

# Distance Running Results

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*Distance Running Results* (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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## EDITORIAL

There were no list leaders this weekend -- these are hard to come by at this stage of the year -- but SA half-marathon champion Jenet Mbhele ran the second fastest time of her career over this distance when she won the Legends Half Marathon in East London in 1:14:02, winning by more than 5½ minutes. Andile Motwana won the men's race by just 3 seconds in 1:05:26. The Legends Ultramarathon over 68 km went to two foreigners, Mike Fokoroni (ZIM) and Jennifer Koech (KEN).

An interesting result came in the Merewent 10 km in Durban, where 53-year-old Kylie Griffin won the women's race in 46:19.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Legends Ultramarathon, Half Marathon & 10 km, East London
- \* ARD 3 Vlei Race, Grassy Park
- \* Merewent 10 km, Durban
- \* Ulundi Half Marathon & 10 km, Ulundi
- \* White Cane Charity Run 10 km, Port Elizabeth
- \* CSIR Half Marathon & 10 km, Pretoria
- \* West Coast AC Half Marathon, Melkbosstrand
- \* Meiringspoort Live Life Run Half Marathon & 12.5 km, Meiringspoort to De Rust

## International highlights:

- \* Scotiabank Toronto Waterfront Marathon & Half Marathon, Toronto, CAN
- \* TCS Amsterdam Marathon, Amsterdam, NED
- \* AirTel Delhi Half Marathon, New Delhi, IND
- \* Hytteplanmila 10 km, Hole, NOR
- \* Four Miles of Groningen, Groningen, NED
- \* Marathon Eindhoven, Eindhoven, NED
- \* Medibank Melbourne Marathon Festival, Melbourne, AUS
- \* Staten Island Half Marathon, Staten Island, NY, USA
- \* 20 km de Paris, Paris, FRA
- \* PZU Cracovia Royal Half Marathon, Krakow, POL
- \* Giro Podistico Internazionale de Rovereto, Rovereto, ITA
- \* Lake Padden Trail Run, Bellingham, USA
- \* Track: Youth Olympic Games Athletics, Buenos Aires, ARG

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## CORRECTIONS AND ADDITIONS

*Distance Running Results* reported last week on the magnificent performances at the FNB Durban 10 km CitySurfRun and noted that Swiss star Julien Wanders's 27:32 was just 14 seconds slower than the fastest time ever by a European, the 27:18 by Jon Brown (GBR) in 1995. In fact, Wanders's time was not only a Swiss record, but also a European record as some research showed Brown's performance came on an aided course in Pittsburgh (on 24 September 1995).

Wanders surpassed the former European record of Mo Farah, who clocked 27:44 in London on 31 May 2010.

Apart from Brown's time there are three other performances on the European all-time list that are faster than Farah's: 27:25 by Risto Ulmala (FIN), in the same Pittsburgh race; 27:32 by Andrew Ledwith (IRL), in Salt Lake City on 24 July 2010; and 27:34 by Nick Rose (GBR), in New Orleans on 1 April 1984.

The latter course was the same one on which Matthews Motshwarateu ran his 27:54 in 1988 -- which was for many years the fastest by a South African under any conditions.

Wanders's time is probably the first ever European record set in Africa.

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## ROAD RUNNING

### Legends Ultramarathon, Half Marathon & 10 km

East London, 21 October

(Distances: 68 km -- certified point-to-point course from Bisho to East London with a drop of 7.9 m/km from start [544 m above sea level] to finish [6 m above sea level] and a S/F separation of 49.2 km [72% of race distance]; 21.1 km -- certified, five laps at sea level; 10 km -- one lap at sea level with 1.5 km out and back at start and finish. Finishers: ultramarathon -- 215 [slightly down from 235 last year]; half marathon -- 574 [up from 487]; 10 km -- 320 [considerably up from 212].)

#### Ultramarathon

##### MEN

1	Mike	Fokoroni	ZIM	41	4:08:35
2	Joseph	Mphuthi	Sibanya Stillwater	42	4:11:25
3	Siya	Mqambeli	Entsika	36	4:12:13
4	Thobile	Mbolekwa	Hollywood Bet	30	4:14:13
5	Fanuel	Mapamura	Hollywood Bet	26	4:14:36
6	Mahlomola	Sekhonyana	Maxed Elite	32	4:15:38
7	Sibisi	Sanele	Maritzburg City	31	4:16:03
8	Craig	Cynkin	Maxed Elite	33	4:17:01
9	Fanzo	Ndlovu	Sibanya Stillwater	34	4:17:12
10	Solicitor	Manduwa	Save Orion	43	4:17:24

#### Veterans:

1	Mike	Fokoroni	ZIM	41	4:08:35
2	Joseph	Mphuthi	Sibanya Stillwater	42	4:11:25
3	Solicitor	Manduwa	Save Orion	43	4:17:24

#### Masters:

1	Mike	Ndlovu	Zakhele	51	4:43:40
2	Mthetheleli	Ndzundzu	Eskom	55	6:07:46
3	David	Samuels	Lusikisiki	50	6:09:42

#### G'masters:

1	Cornet	Matemane	Ced - Matat	65	5:39:59
2	Sonny	Leopeng	Rand Athletic Club	62	6:41:48
3	Cyril	Bekker	Gonubie Harriers	66	8:22:11

## WOMEN

1	Jennifer	Koech	KEN/Nedbank	39	4:57:10
2	Lieketseng	Molefe	Chiltern	40	5:38:35
3	Monica	Kativhu	ZIM	38	5:42:57
4	Jane	Mudau	Faranani	55	6:04:19
5	Xoliswa	Bici	Ind	38	6:13:10
6	Precious	Duma	Nedbank	40	6:22:45
7	Buyelwa	Kobekana	Nedbank	53	6:36:53
8	Thembela	V.d. Berg	Nedbank	36	6:38:13
9	Weziwe	Dlavana	Hcazo	47	6:38:37
10	Carmen	Schaefer	Team Vitality	39	6:44:25

**Veterans:**

1	Lieketseng	Molefe	Chiltern	40	5:38:35
2	Precious	Duma	Nedbank	40	6:22:45
3	Weziwe	Dlavana	Hcazo	47	6:38:37

**Masters:**

1	Jane	Mudau	Faranani	55	6:04:19
2	Buyelwa	Kobekana	Nedbank	53	6:36:53
3	Sarah	Mahlangu	Sunninghill	52	6:57:08

**G'masters:**

1	Margaret	Boshoe	Sunninghill Striders	67	8:17:37
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**Half marathon**

## MEN

1	Andile	Montwana	Tinarha	21	1:05:26
2	Samuel	Pazanga	ZIM/Maxed Elite	33	1:05:29
3	Mabuthile	Lebopo	LES	42	1:05:33
4	Lungile	Gongqa	Nedbank WP	39	1:06:03
5	Mariano	Eesou	Madibaz	26	1:06:36
6	Zolani	Mohau	Ismo	27	1:07:36
7	Masivuye	Poswa	Born 2 Run	31	1:07:45
8	Phillip	Phakwago	Ind	43	1:09:21
9	Twalana	Okuhle	Adventist	19	1:09:29
10	Warinyane	Lebopo	LES/Maxed Elite	28	1:10:24

**Veterans:**

1	Mabuthile	Lebopo	LES	42	1:05:33
2	Phillip	Phakwago	Ind	43	1:09:21
3	Mndeni	Zulu	Oxford Striders	42	1:17:45

**Masters:**

2	Desmond	Zibi	Achilles AAA	55	1:17:01
3	Makaya	Masumpa	Born 2 Run	52	1:18:16
4	Kenny	Swartz	Oxford Striders	54	1:28:12

**G'masters:**

1	Sipho	Faas	Ind	60	1:33:56
2	Themba	Bhelwana	Oxford Striders	61	1:36:58
3	Raymond	Lottering	United	61	1:51:10

**Juniors:**

1	Twalana	Okuhle	Adventist	19	1:09:29
2	Benathi	Mgquba	Inyibiba	18	1:15:43
3	Asthandile	Manuel	Rising Stars	17	1:21:40

## WOMEN

1	Jenet	Mbhele	Umzimkhulu Striders	24	1:14:02
2	Mokulubete	Makatisi	LES	23	1:19:40

3	Ntebaleng	Letsela	LES/Maxed Elite	28	1:20:55
4	Jessica	Pollock	UCT	25	1:21:12
5	Stephanie	Smith	Born 2 Run	33	1:26:16
6	Andrea	Ranger	Born 2 Run	36	1:27:05
7	Lauren	Ranger	Born 2 Run	34	1:27:16
8	Rosaline	Nyawira	KEN/Maxed Elite	25	1:27:44
9	Elizabeth	Dlhiwayo	Run Walk For Life	43	1:27:46
10	Caryn	Lategan	Born 2 Run	37	1:28:18

**Veterans:**

1	Elizabeth	Dlhiwayo	Run Walk For Life	43	1:27:46
2	Karen	Davis	Born2 Run	41	1:29:58
3	Janine	Donaldson	Born 2 Run	42	1:47:01

**Masters:**

1	Sharon	Wood	Run Walk For Life	52	1:38:41
2	Debbie	Gee	Oxford Strider	52	1:45:17
3	Sharon	Eldridge	Old Selbornians	56	1:58:18

**G'masters:**

1	Jenni	Opperman	Ind	60	1:45:37
2	Michelle	Whittington	Old Selbornians	65	1:58:20
3	Beanie	Beard	Old Selbornians	65	2:06:59

**Juniors:**

1	Danieke	De Kock	Born 2 Run	17	1:50:38
2	Aviwe	Tele	Rising Stars	17	1:56:58

**10 km****MEN**

1	Yanga	Malusi	Zwelonke	21	31:34
2	Sootho	Raletebele	LES/Maxed Elite	36	31:51
3	Amos	Nyongo	Motherwell	32	32:01

**WOMEN**

1	Cindy	Schwulst	Born 2 Run	27	41:40
2	Mannini	Pitso		25	43:03
3	Zandile	Rubushe	Rainbow	34	45:07

**ARD 3 Vlei Race (8<sup>th</sup>)**

Grassy Park, Cape Town, 21 October

(Distance: 10 km; certified loop course. Finishers: 2090 [down from 2155 last year].)

**MEN**

1. Nkosiyethu Sotyantye (MSA) 30:49
2. Carlo Flink (Itheke) 30:57 (1st jun)
3. Dwayne Philander (UWC) 31:08

**Veterans:** 1. Vakalisa Kopolo (Ned) 32:59; 2. Tsungai Mwanengeni (ZIM/Gugs) 34:32; 3. Johnson Njoroge (Bell) 37:11. **Masters:** 1. Andrew Cooper (Ned) 36:23; 2. John September (Itheke) 36:52; 3. Peter Wensch (Carb) 40:02. **G'masters:** 1. Mochamat Kriel (Ommie) 38:32; 2. Henry Cieverts (Top) 44:38; 3. Neville Frieslich (FH) 45:51.

**G/g'masters:** 1. Willie van Wyk (Brack) 51:58; 2. Horst Schiffer (FH) 52:34; 3. Franklin Smith (Celtic) 52:48. **Juniors:** 1. Carlo Flink (Itheke) 30:57; 2. Thembeke Mendu (Gugs) 31:45; 3. Edward Jack (Central) 33:29.

**WOMEN**

1. Natalie Beckenstrater (WC) 39:10
2. Candyce Hall (Carb) 40:10

3. Nteto Nocwaka (MSA) 40:24

**Veterans:** 1. Elme Middlemost (Brack) 41:37; 2. Busisiwe Matiwane (Ned) 42:14; 3. Sharon Sunderland (Ned) 42:18. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 41:25; 2. Mariëtte Strauss (Tyger) 45:12; 3. Nicki Hill (Carb) 48:42. **G'masters:** 1. Olga Howard (Ned) 43:49; 2. Bev Charters (VOB) 46:27; 3. Nancy Will (Pine) 47:30. **G/g'masters:** 1. Pixie Sparg (Celtic) 57:52; 2. Marlene James (Pine) 60:50; 3. Jean Cammidge (FH) 69:42. **Juniors:** 1. Laila Abouzaid (Good) 41:52; 2. Jana le Roux (KPMG Bol) 42:46; 3. Ascanathi Tyony (VOB) 44:15.

### Merewent 10 km

Durban, 21 October

#### MEN

1.	Nkoskhona Mhlakwana	Boxer AC	31:55
2.	Simphiwe Zulu	Hollywood Bets	32:44
3.	T. Thabiso	Black Diamond	32:49

#### 40-49:

1.	Simphiwe Zulu	Hollywood bets	32:44
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#### 50-59:

1.	Herbert Mazongolo	Maxed Elite	38:15
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#### 60+:

1.	B.D. Smith	Bluff AC	51:21
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#### Juniors:

1.	Chad Kilroe	Bluff AC	42:58
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#### WOMEN

1.	Kylie Griffin	Westville AC	46:19
2.	Monique Galliers	Riverside Harr	47:48
3.	Roshini Natasen	Highway AC	48:34

#### 40-49:

1.	Monique Galliers	Riverside Harr	47:48
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#### 50-59:

1.	Kylie Griffin	Westville AC	46:19
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#### 60+:

1.	Pat Fischer	Stella AC	52:27
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#### Juniors:

1.	Marizelle J. van Rensburg	Toti AC	61:58
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### Ulundi Half Marathon & 10 km

Ulundi, 21 October

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 106; 10 km -- 104.)

#### Half marathon

##### MEN

1.	Sipho Mbanjwa	Boxer AC	66:46
2.	Ayanda Mncube	Ethekweni AC	66:49
3.	Mbuleli Mathanga	Inanda Qwadi	67:37

#### 40-49:

1.	July Ndlovu	NRB Harr	81:40
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#### 50-59:

1.	Vusumuzi Ngobese	Gi32 RC	75:39
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**60 +:**

1.	Sipho Lukhele	Mandeni AC	101:52
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**WOMEN**

1.	Makhosi Mhlongo	Boxer AC	80:15
2.	Nwabisa Mjoli	Hollywood Bets	81:17
3.	Slindile Chili	Ethekweni AC	83:41

**40-49:**

1.	N/a		
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**50-59:**

1.	Mary Mwelase	Nedbank AC	106:19
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**10 km****MEN**

1.	Bonginkosi Zwane	Boxer AC	30:40
2.	Sibusiso Kubeka	Nedbank AC	30:54
3.	Wiseman Mthembu	Amabutho AC	30:59

**Juniors:**

1.	Wiseman Mthembu	Amabutho AC	30:59
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**WOMEN**

1.	Loveness Madziva	ZIM/Nedbank AC	36:10
2.	Thobile Mkhize	Amaqhawwe AC	38:07
3.	Zama Mokoena	Ind	38:30

**Juniors:**

1.	Sebenele Shabalala	Nedbank AC	38:40
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**White Cane Charity Run 10 km**

Port Elizabeth, 20 October  
(Finishers: 575 [up from 550 last year].)

**MEN**

1	André	Ketchem	Xcel AC	35	31:55
2	Vuyolwethu	Selani	SAPS AC EP	22	32:52
3	Keegan	Cooke	Charlo AC	21	33:03
4	Tandisile	Xoshoba	SAPS AC EP	22	33:22
5	Anele	Maliza (1st vet)	Nedbank RC	40	33:46
6	Ricardo	Plaatjies	Xcel AC	35	34:21
7	Thando	Ncipha	SAPS AC EP	26	34:26
8	Brendon	Effenaar	Nedbank RC	22	34:41
9	Mandilazhe	Nel	SAPS AC EP	24	34:50
10	Sinathi	Mafanga	SAPS AC EP	27	34:59

**40-44:**

1	Anele	Maliza	Nedbank RC	40	33:46
2	Zolile	Mhlahlo	Achilles AAA	43	35:27
3	Melikhaya	Kepe	Nedbank RC	42	35:44

**45-49:**

1	Terrence	Mjekula	Tinarha AC	46	35:07
2	Noel	Adams	Gelvan AC	46	36:28
3	Adriaan	Gouws	Nedbank RC	45	36:55

**50-54:**

1	Sithembiso	Yozo	Nedbank RC	54	37:11
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2	Andre	Ownhouse	Gelvan AC	51	40:51
3	Patric	Makwenkwe	Charlo AC	52	41:47
<b>55-59:</b>					
1	Darrell	Wicht	Madiba BW	55	37:29
2	Ian	Patterson	Muirite Strider	55	40:00
3	Colben	Ngcupe	Charlo AC	55	40:43
<b>60-64:</b>					
1	Nelson	Mgubasi	Nedbank RC	60	45:26
2	Roger	Trader	Achilles AAA	64	45:30
3	Chester	Brooks	Xcel AC	60	48:06
<b>65-69:</b>					
1	Hannes	Els	Madiba BW	68	43:55
2	Eddie	Eades	Nedbank RC	69	44:31
3	Bruce	McEwan	Achilles AAA	65	45:11
<b>70-74:</b>					
1	Percy	Dalton	Achilles AAA	70	48:28
2	Johannes	Herbst	Muirite Strider	72	51:35
3	Allan	Verreynne	Crusaders AC	71	55:55
<b>75-79:</b>					
1	Robin	Clark	Achilles AAA	77	1:20:19
<b>Juniors:</b>					
1	Khanyiso	Cini	SAPS AC EP	17	35:05
2	Anele	Voorman	Nedbank RC	18	35:30
3	Tumelo	Monyane	Tinarha AC	18	38:26
<b>WOMEN</b>					
1	Luthando	Nxanisa	Ikhamva AC	25	39:50
2	Siphokazi	Nojoko	Motherwell AC	23	41:11
3	Christine	Claasen (1st mast)	Achilles AAA	54	44:11
4	Kayla	Nell	St Albans AC	24	44:40
5	Priscilla	Dyantyi (1st vet)	Nedbank RC	44	44:52
6	Ludine	Williams	St Albans AC	31	45:19
7	Terray	Newcombe	Elite AC	27	45:22
8	Lindie	Stander	Despatch AC	34	45:33
9	Sam	Du Toit	Crusaders AC	49	45:47
10	Anche	Schubart	Achilles AAA	37	46:26
<b>40-44:</b>					
1	Priscilla	Dyantyi	Nedbank RC	44	44:52
2	Louise	Axon	Charlo AC	40	46:43
3	Elize	Adams	Gelvan AC	44	48:27
<b>45-49:</b>					
1	Sam	Du Toit	Crusaders AC	49	45:47
2	Cathy	Curtain	Muirite Strider	47	46:52
3	Pauline	Thompson	Crusaders AC	48	49:39
<b>50-54:</b>					
1	Christine	Claasen	Achilles AAA	54	44:11
2	Michelle	Van der Watt	Elite AC	51	52:14
3	Denise	Darlow	Charlo AC	50	52:54
<b>55-59:</b>					
1	Janette	Schierz-Crusius	Body Concept	58	47:07
2	Rosemary	Joubert	32Gi EP AC	57	53:56
3	Belinda	Bain	Charlo AC	56	54:36
<b>60-64:</b>					
1	Liz	Austin	Achilles AAA	60	1:00:59
2	Nicki	Van Niekerk	Muirite Strider	64	1:02:51
3	Noleen	Norris	Gelvan AC	61	1:10:27

**65-69:**

1	Cathy	Ives	Achilles AAA	65	1:01:23
2	Helene	Oppel	Elite AC	68	1:04:41
3	Jos	Els	Madiba BW	66	1:11:06

**70-74:**

1	Liz	Jenkerson	Muirite Strider	71	57:34
2	Denise	Terblanche	Infinity AC	71	1:07:23
3	Jeanette	Pienaar	PEAAC	70	1:10:17

**Juniors:**

1	Jastine	Van der Berg	SAPS AC EP	16	1:00:39
2	Simone	Olckers	SAPS AC EP	16	1:00:49
3	Marilaine	Fourie	Temp	19	1:07:24

**CSIR Half Marathon & 10 km**

Pretoria, 20 October

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 1500 [up from 1350 last year]; 10 km -- 1900 [considerably up from 1450].)

**Half marathon**

MEN

1 Philani Buthelezi (KPMG) 69:09; 2 Wesley Mutai (KEN) 69:23; 3 Thomas Ndlovu (PMMC) 71:08.

**Veterans:** 1 Moses Njuguna (KEN/Nedbank) 71:23; 2 Jeoffrey Mashau (HQH) 80:21.

**Masters:** 1 Nhlanhla Magubane (CS) 84:23; 2 Joseph Ndlovu (ACE) 85:12. **G'masters:** 1 Johan Nel (Irene) 99:26. **G/g'masters:** 1 Pele Tshikundumalema (Nedbank) 1:49:55.

WOMEN

1 Karien Booysse (Agape) 97:53; 2 Ingrid Koster (Runavation) 97:59 (1st vet); 3 Heidi Kalidas (Eskom) 1:40:06.

**Veterans:** 1 Ingrid Koster (Runavation) 97:59; 2 Rosemary Brink (Irene) 1:51:18.

**Masters:** 1 Ansa Strydom (Nedbank) 1:50:49; 2 Sue Peterkin (Tuks) 1:52:32. **G'masters:** 1 Gizelle Geyer (Phobians) 2:23:35.

**10 km**

MEN

1 Reghen Magwai (Born 2 Run) 32:20; 2 Raoul Mabitimisa (VTM) 32:24; 3 Richard Mavuso (Temp) 32:46 (1st vet).

**Veterans:** 1 Richard Mavuso (Temp) 32:46; 2 Micah Kipyego (KEN/Nedbank) 34:01.

**Masters:** 1 Tidimalo Modiga (MiWay) 39:37; 2 Koos Aphane (PMMC) 45:00. **G'masters:** 1 Jan Esau (PMMC) 48:41. **G/g'masters:** 1 Lammie Fourie (Agape) 59:05. **80+:** 1 Andries van Rooyen (VTM) 74:30. **Juniors:** 1 Chris Mhlanga (Take it Easy) 34:21.

WOMEN

1 Marelise Retief (Boxer) 39:48; 2 Tsholofelo Zwane (MassMart) 41:46; 3 Charlene Archer (Fit Pta) 41:47.

**Veterans:** 1 Trish Heimann (VTM) 47:00; 2 Cornia Broere (Tuks) 48:49. **Masters:** 1 Maria Bendana (Morningside) 46:07; 2 Debbie Bredenkamp (HQH) 48:36. **G'masters:** 1 Joey Cloete (Irene) 61:53. **G/g'masters:** 1 Gina Hughes (Agape) 67:58. **80+:** 1 Deirdre Larkin (Randburg) 73:13. **Juniors:** 1 Kate van Zyl (Wingate) 51:42.



## West Coast AC Half Marathon

Melkbosstrand, 20 October

(Distance: 21.1 km; certified, flat loop course but with many corners. Finishers: 915 [up from 889 last year].)

Note: The course was between 400 m and 500 m short because of a marshalling error. -- Ed.

### MEN

1. Moses Njodzi (ZIM/Itheko) 1:07:12
2. Danzil Paulse (Sanlam) 1:07:21
3. Alantino Belillie (Sanlam) 1:08:43

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 1:15:30; 2. Nhamo Kanondu (Velo) 1:22:43; 3. Imran Paya (MAW/Gugs) 1:23:33. **Masters:** 1. Johnny Persents (Edge) 1:16:39; 2. John September (Itheko) 1:19:36; 3. Isaac Manuel (Edge) 1:26:26.

**G'masters:** 1. Willie Coetzee (WC) 1:31:48; 2. Roger Arendse (Gugs) 1:34:57; 3. Graham Hough (WC) 1:40:32. **G/g'masters:** 1. John Kemp (Brack) 1:50:25; 2. Willie van Wyk (Brack) 1:51:29; 3. Lamingo Murco (WC) 1:56:54. **Juniors:** 1. Ricco Visser (Pine) 1:54:15.

### WOMEN

1. Jeanetta Kohler (WC) 1:26:30 (1st vet)
2. Candyce Hall (Carb) 1:27:23
3. Elme Middlemost (Brack) 1:28:35

**Veterans:** 1. Jeanetta Kohler (WC) 1:26:30; 2. Elme Middlemost (Brack) 1:28:35; Suzette Botha (WC) 1:28:58. **Masters:** 1. Sandra Khonert (Edge) 1:33:05; 2. Griet Zakarian (Ind) 1:42:48; 3. Monica Paterson (WC) 1:44:42. **G'masters:** 1. Nancy Will (Pine) 1:41:25; 2. Hilary Rhode (Edge) 1:42:41; 3. Tilda Krugmann (WC) 1:47:37. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:03:48; 2. Marlene James (Pine) 2:13:41; 3. Marianne Nelson (Durb) 2:38:05.

## Meiringspoort Live Life Run Half Marathon & 12.5 km

Meiringspoort to De Rust, 13 October

(Distances: 21.1 km & 12.5 km; point-to-point downhill courses. Finishers: half marathon – 1875 [down from 1951 last year]; 12.5 km – 1154 [up from 1000].)

Note: Repeat victories here for Lloyd Bosman and Melissa van Rensburg. -- Ed.

### Half marathon

#### MEN

- |   |              |         |         |
|---|--------------|---------|---------|
| 1 | Lloyd Bosman | Nedbank | 1:03:51 |
| 2 | Godwin Heyns | Nedbank | 1:09:10 |
| 3 | John April   | Nedbank | 1:09:11 |

#### Veterans:

- |   |                     |                       |         |
|---|---------------------|-----------------------|---------|
| 1 | Tjaart van der Walt | Cape Multi Sport Club | 1:17:57 |
| 2 | Riaan Barnard       | Born 2 Run            | 1:23:57 |
| 3 | Bryan Ranger        | Old Selbornians       | 1:25:41 |

#### Masters:

- |   |                      |           |         |
|---|----------------------|-----------|---------|
| 1 | Lindile Tokota       | Nedbank   | 1:14:15 |
| 2 | Shaun Attenborough   | Charlo AC | 1:23:32 |
| 3 | Friedl van der Merwe | Nedbank   | 1:23:44 |

#### G'masters:

- |   |                |                    |         |
|---|----------------|--------------------|---------|
| 1 | Koos Smit      | Hartenbos Drawwers | 1:39:07 |
| 2 | Mark Wagenheim | Atlantic AC        | 1:43:21 |

3	Gustav Cilliers	Kempton	1:46:22
<b>G/g'masters:</b>			
1	Hannes Bisshoff	VKRR	1:55:16
2	Ken Duveen	Savages	2:09:40
3	Wallie Weder	Agape	2:14:13
<b>Juniors:</b>			
1	Henrico Badenhorst	DHS	1:33:51
2	Daniel van der Walt	DHS	1:37:10
3	Elroy Claassen	Charlo AC	1:40:35
<b>WOMEN</b>			
1	Melissa van Rensburg	Nedbank	1:22:05
2	Andrea Ranger	Born 2 Run	1:25:55
3	Mandi Herholdt	Ind	1:27:02
<b>Veterans:</b>			
1	Nerida Lubbe	Hartenbos Drawwers	1:33:43
2	Analie Heyns	Langeberg AC	1:35:01
3	Marisa Ferraris	Ind	1:40:03
<b>Masters:</b>			
1	Elmarie Coetzee	Cape Multi Sport Club	1:34:02
3	Morjorie Prins	Ceres	1:34:08
2	Karen Brough	Born 2 Run	1:34:42
<b>G'masters:</b>			
1	Annatjie Botes	Nedbank	1:35:33
2	Renee Hawkrige	Bluewaters Bay	1:51:48
3	Penny Ingram	Ind	1:53:30
<b>G/g'masters:</b>			
1	Denise Terblanche	Infinity	2:31:05
2	Helene Daneel	Ind	2:45:16
3	Nesha Green	Pirates	2:49:16
<b>Juniors:</b>			
1	Chane Gricius	Outeniqua Harriers	1:34:35
2	Nolene van Rensburg	Nedbank	2:00:57
3	Aneka Stanbeld	Outeniqua Harriers	2:23:19
<b>12.5 km</b>			
<b>MEN</b>			
1	Donovan Jantjies	Nedbank	41:13
2	Luther Blaauw	Nedbank	41:51
3	Anderson Ncube	Nedbank	42:08
<b>WOMEN</b>			
1	Sunel Jacobs	Stellenbosch AC	50:26
2	Anastatia Plaatjies	Nedbank	50:32
3	Candice van Beulen	Nedbank	51:40

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## INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

## ROAD RUNNING

### Scotiabank Toronto Waterfront Marathon (19th) & Half Marathon

(Canadian Marathon Championships/IAAF Gold Label Road Race)

Toronto, CAN, 21 October

(Distances: 42.195 km & 21.1 km)

#### Marathon

MEN (gun times)

1. Benson Kipruto, 27, KEN	2:07:24	CAD 30,000
[1:03:21 / 1:04:03]		
2. Augustino Sulle, 21, TAN	2:07:46 NR	15,000
3. Felix Kandie, 31, KEN	2:08:30	10,000
4. Cam Levins, 29, Portland, OR (CAN)	2:09:25 DB/NR	6,000 + 5,000c + 43,000
5. Jake Robertson, 28, NZL	2:09:52	4,000

c) Earned Canadian Championships prize money (subject to time restrictions)

WOMEN (gun times)

1. Mimi Belete, 30, BRN	2:22:29 PB/CR	CAD 30,000 + 40,000*
[1:10:35 / 1:11:54]		
2. Marta Megra, 27, ETH	2:22:35 PB	15,000
3. Ruth Chebitok, 27, KEN	2:23:29 PB	10,000
4. Jessica Trengove, 31, AUS	2:25:59 PB	6,000
5. Celestine Chepchirchir, 22, KEN	2:26:58 PB	4,000
6. Amane Beriso, 27, ETH	2:28:56	2,000

\*) Course record bonus

#### Half Marathon (net times)

MEN

1. Will Norris, USA	1:05:30
2. Chris Balestrini, CAN	1:05:47
3. Lee Wesselius, CAN	1:07:21

WOMEN

1. Allie Kieffer, USA	1:12:44
2. Renata Plis, POL	1:13:58
3. Claire Sumner, CAN	1:14:24
4. Kate Bazeley, CAN	1:14:50
5. Erin McClure, CAN	1:15:21

### TCS Amsterdam Marathon (43rd)

(IAAF Gold Label Road Race/Dutch Marathon Championships)

Amsterdam, NED, 21 October

(Distance: 42.195 km; certified loop course with stadium finish)

MEN (gun times)

1. Lawrence Cheronno, KEN	2:04:06 PB/CR/ACR
[29:08 - 44:04 - 59:00 - 1:02:11 - 1:13:49 - 1:28:58]	
2. Mule Wasihun, ETH	2:04:37 PB

- |                         |            |
|-------------------------|------------|
| 3. Solomon Deksis, ETH  | 2:04:40 PB |
| 4. Gideon Kipketer, KEN | 2:06:15    |
| 5. Kaan Özbilen, TUR    | 2:06:24    |

## WOMEN (gun times)

- |   |               |
|---|---------------|
| 1. Tadelech Bekele, ETH                                 | 2:23:14       |
| [33:05 - 49:06 - 1:06:40 - 1:10:16 - 1:23:17 - 1:40:17] |               |
| 2. Shasho Insermu, ETH                                  | 2:23:28 PB    |
| 3. Azmera Gebru, ETH                                    | 2:23:31 debut |
| 4. Desi Jisa, BRN                                       | 2:23:39 PB    |
| 5. Linet Masai, KEN                                     | 2:23:46 DB    |
| 6. Jackline Chepngeno, KEN                              | 2:24:38 DB    |
| 7. Zinash Mekonen, ETH                                  | 2:25:55 DB    |
| 8. Meseret Defar, ETH                                   | 2:27:25 DB    |

**AirTel Delhi Half Marathon** (14th)

New Delhi, IND, 21 October

(Distance: 21.1 km; AIMS certified, with finish at Jawaharlal Nehru Stadium)

## MEN (gun times)

- |                           |          |            |
|---------------------------|----------|------------|
| 1. Andamlak Belihu, ETH   | 59:18 PB | USD 27,000 |
| 2. Amdework Walelegn, ETH | 59:22    | 20,000     |
| 3. Daniel Kipchumba, KEN  | 59:48    | 13,000     |
| 4. Aron Kifle, ERI        | 59:50    | 8,000      |
| 5. Aweke Ayalew, BRN      | 1:00:09  | 6,000      |
| 6. Leonard Korir, USA     | 1:00:12  | 5,000      |
| 7. Abdallah Mande, UGA    | 1:00:34  | 4,000      |
| 8. Betesfa Getahun, ETH   | 1:00:47  | 3,000      |
| 9. Emmanuel Bett, KEN     | 1:00:48  | 2,000      |

## WOMEN (gun times)

- |                             |               |                     |
|-----------------------------|---------------|---------------------|
| 1. Tsehay Gemechu, ETH      | 1:06:49 DB/CR | USD 27,000 + 10,000 |
| 2. Joyciline Jepkosgei, KEN | 1:06:56       | 20,000              |
| 3. Zeineba Yimer, ETH       | 1:06:59       | 13,000              |
| 4. Stacy Ndiwa, KEN         | 1:07:15       | 8,000               |
| 5. Ababel Yeshaneh, ETH     | 1:07:49       | 6,000               |
| 6. Tirunesh Dibaba, ETH     | 1:08:36       | 5,000               |
| 7. Worknesh Degefa, ETH     | 1:11:04       | 4,000               |
| 8. Tejitu Daba, BRN         | 1:12:49       | 3,000               |
| 9. Failuna Matanga, TAN     | 1:12:51       | 2,000               |
| 10. Sanijvani Jadhav, IND   | 1:13:58       | 1,000 + INR 40,000  |

**Hytteplanmila 10 km**

Hole, NOR, 20 October

Note: Debuts here for both Ingebrigtsen brothers, with Henrik winning. -- Ed.

## MEN (gun times)

- Henrik Ingebrigtsen, NOR, Sandnes IL - Team Ingebrigtsen, 28:40 DB
- Filip Ingebrigtsen, NOR, Sandnes IL - Team Ingebrigtsen, 28:47 DB
- Okubamichael Fissehatsion, ERI, Tjalve IK, 29:12

## WOMEN (gun times)

- Meraf Bahta, SWE, Hälle IF, 31:38 PB
- Karoline Bjerkeli Grøvdal, NOR, Tjalve IK, 31:43

3. Ingvill Måkestad Bovim, NOR, Tjalve IK, 33:02 PB
4. Vienna Søyland Dahle, NOR, Skjalg IL, 33:31
5. Sigrid Jervell Våg, NOR, BUL IL - Torshov sport runners, 33:31

### **Four Miles of Groningen** (32nd)

Groningen, NED, 14 October

(Distance: 4 miles; point-to-point flat course)

MEN (gun times)

1. Davis Kiplangat, KEN 17:12
2. Albert Rop, BRN 17:14
3. Victor Chumo, KEN 17:26
4. Telahun Haile, ETH 17:46
5. Ibrahim Jeilan, ETH 17:55

WOMEN (gun times)

1. Eva Cherono, KEN 19:50
2. Valentina Mateiko, KEN 19:59
3. Susan Krumins, NED 20:03
4. Maureen Koster, NED 20:48
5. Julia van Velthoven, NED 21:13

### **Marathon Eindhoven Powered by ASML** (35th)

(Belgian Marathon Championships)

Eindhoven, NED, 14 October

(Distance: 42.195 km; one-loop course)

MEN (gun times)

1. Elisha Kipchirchir Rotich, KEN, 2:07:32 PB
2. Laban Mutai, KEN, 2:07:38 PB
3. Vincent Kipsang Rono, KEN, 2:07:50 PB

WOMEN (gun times)

1. Nina Lauwaert, BEL, 2:30:24 PB
2. Betty Chepleting, KEN, 2:31:18 PB
3. Karen Van Proeyen, BEL, 2:39:49 PB

### **Medibank Melbourne Marathon Festival** (41st)

Melbourne, AUS, 14 October

(Distances: Marathon, 42.195 km, loop course with many sharp turns; half marathon, 21.1 km, loop course)

Note: A great performance by 41-year-old Sinead Diver. She not only bettered Lisa Weightman's course record, earning a total of AUD 43 000 in prize money and time bonus, but she became the fourth-fastest marathoner in Australian history. -- Ed.

**Marathon** (gun times)

MEN

1. Liam Adams, AUS 2:15:13 DB AUD 20 000
2. Dominic Ondoro, KEN 2:16:55 7000
3. William Chebon Chebor, KEN 2:18:05 4000

## WOMEN

- |                                 |                     |                      |
|---------------------------------|---------------------|----------------------|
| 1. Sinead Diver, 1977, AUS      | 2:25:19 PB/ER*      | AUD 20 000 + 23 000* |
|                                 | [1:12:36 / 1:12:43] |                      |
| 2. Rochelle Rodgers, AUS        | 2:47:05             | 7000                 |
| 3. Erchana Murray-Bartlett, AUS | 2:54:11             | 4000                 |

\*) Event record bonus

**Half Marathon** (gun times)

## MEN

- |                        |         |          |
|------------------------|---------|----------|
| 1. Brett Robinson, AUS | 1:04:15 | AUD 6000 |
| 2. Louis McAfee, AUS   | 1:06:11 | 2500     |
| 3. Matthew Hudson, AUS | 1:06:21 | 1200     |

## WOMEN

- |                            |         |          |
|----------------------------|---------|----------|
| 1. Melanie Panayiotou, AUS | 1:15:17 | AUD 6000 |
| 2. Camille Buscomb, AUS    | 1:17:28 | 2500     |
| 3. Jayne Grebinski, AUS    | 1:20:08 | 1200     |

**Staten Island Half Marathon**

Staten Island, NY, USA, 14 October

(Distance: 21.1 km; certified loop course with no net elevation change and negligible start/finish separation)

## MEN (gun times)

- |   |                                 |       |
|---|---------------------------------|-------|
| 1. Bereket Alem Kidanu, 34, West Side Runners (ETH)         | 1:03:55                         | \$800 |
|   | [15:17 / 30:11 / 45:18 1:00:43] |       |
| 2. Tadesse Yae Dabi, 29, West Side Runners (ETH)            | 1:04:44                         | 600   |
| 3. Temesgen Habtemariam Bekele, 27, West Side Runners (ETH) | 1:04:59                         | 300   |

## WOMEN (gun times)

- |  |                                   |          |
|--|-----------------------------------|----------|
| 1. Allie Kieffer, 31, Oiselle/New York Athletic Club | 1:10:59                           | CR \$800 |
|  | [17:16 / 33:54 / 50:51 / 1:07:36] |          |
| 2. Belaynesh Fikadu, 31, West Side Runners (ETH)     | 1:15:22                           | 600      |
| 3. Alexandra Cadicamo, 30, New York Athletic Club    | 1:17:49                           | 300      |

**20 km de Paris** (40th)

(IAAF Silver Label Road Race)

Paris, FRA, 14 October

(Distance: 20 km; certified, record-standard course)

Note: Ophélie Claude-Boxberger took the title 36 years after her father, Jacky Boxberger, won the 1982 edition. -- Ed.

## MEN

- |                            |         |
|----------------------------|---------|
| 1. Samuel Tsegay, ERI      | 58:23   |
| 2. Félicien Muhitira, BDI  | 58:35   |
| 3. Sidi-Hassan Chahdi, FRA | 59:51   |
| 4. Alfred Cherop, KEN      | 1:00:25 |
| 5. John Njoki, KEN         | 1:00:59 |

## WOMEN

- |                                  |         |
|----------------------------------|---------|
| 1. Ophélie Claude-Boxberger, FRA | 1:09:48 |
| 2. Chaltu Dida, ETH              | 1:09:57 |
| 3. Liv Westphal, FRA             | 1:11:10 |

**PZU Cracovia Royal Half Marathon (5th)**

Krakow, POL, 14 October  
(Distance: 21.1 km)

## MEN (gun times)

1. Mengustu ZELALEM, 1993, ETH 1:02:50
2. David Kiprono METTO, 1990, KEN 1:02:56
3. Tomasz GRYCKO, 1992, POL 1:04:45 PB

## WOMEN (gun times)

1. Ayantu Kumela TADESSE, 1996, ETH 1:15:18
2. Olga OCHAL, 1985, POL 1:15:33
3. Aleksandra BRZEZINSKA, 1991, POL 1:15:55 PB

**Giro Podistico Internazionale de Rovereto (71st)**

Rovereto, ITA, 13 October  
(Distance: 9.63 km for elite men [9 laps of 1070 m])

## MEN (extended gun times)

1. Rodgers Maiyo, KEN, 1993 27:00.97
2. Robert Ndiwa, KEN, 1989 27:11.31
3. Paul Tiongik, KEN, 1990 27:33.80

**TRACK****Youth Olympic Games Athletics**

Buenos Aires, ARG, 11-16 October

Note: The medals were awarded in the middle and long distance events using an unusual system. In the 800 m races, all athletes competed in two rounds. The fastest athletes ran in the third of three heats in the second stage, effectively the medal race, and were scored on total time for both stages. In the 1500, 3000 and 2000 steeplechase, the athletes first competed in their track disciplines, then they competed in a big cross-country race held over 4 km on a different day. The medals were awarded based on the combined performance from the track and cross-country disciplines. -- Ed.

## YOUTH BOYS

800: (15):

Stage 2:

Heat 3:

1. YADA Tasew ETH 3 OCT 2001 1:50.38 Gold
2. CELIK Mehmet TUR 1 DEC 2001 1:50.96 Silver
3. PESI Francis Leshoo KEN 6 JUL 2001 1:51.02
- ... 6. GOUANED Mohamed Ali ALG 5 JUL 2002 1:51.66 Bronze

1500:

Stage 1 (12):

Heat 1:

1. BUTOYI Jean de Dieu BDI 4 APR 2002 3:54.32 Gold
2. TIXIER Corentin FRA 27 FEB 2002 3:55.20 PB
3. PINHO LEITE Lucas BRA 20 FEB 2002 3:56.29

Heat 2:

1. NBERET Melese ETH 20 JAN 2001 3:52.95 Bronze

2. ESSAYI Anass MAR 18 MAY 2001 3:53.75 Silver

3000:

Stage 1 (11):

1. CHELIMO Oscar UGA 12 DEC 2001 8:08.20 Bronze  
 2. AREGAWI Berihu ETH 28 FEB 2001 8:09.17 Silver  
 3. MUEMA Jackson Kavesa KEN 3 SEP 2001 8:09.95 Gold

2000 s/chase:

Stage 1 (12):

1. SIME Abrham ETH 7 NOV 2001 5:34.94 PB Gold  
 2. KADRI Ahmed Sayf TUN 12 OCT 2001 5:44.56 PB  
 3. VANDERMESSEN Louis J.C. BEL 2 APR 2001 5:46.07 PB  
 ... 5. YAMANE Abel ERI 16 DEC 2002 5:47.71 Bronze  
 6. GUYON Baptiste FRA 17 JAN 2001 5:50.18 Silver

Cross-country 4 km (15):

1. MUEMA Jackson Kavesa KEN 3 SEP 2001 11:12  
 2. AREGAWI Berihu ETH 28 FEB 2001 11:13  
 3. CHELIMO Oscar UGA 12 DEC 2001 11:28  
 4. BUTOYI Jean de Dieu BDI 4 APR 2002 11:31  
 5. DAMASI Francis Damiano TAN 1 JUN 2001 11:35

YOUTH GIRLS

800:

Stage 2 (14):

Heat 3:

1. SMALL Keely AUS 9 JUN 2001 2:04.76 Gold  
 2. MU Athing USA 8 JUN 2002 2:05.23 Silver  
 3. MESHESHA Hirut ETH 20 JAN 2001 2:06.25 Bronze  
 SEKGODISO Prudence RSA 5 JAN 2002 7 DQ (Rule 163.3a)

Heat 3:

1. SMALL Keely AUS 9 JUN 2001 2:05.68  
 2. SEKGODISO Prudence RSA 5 JAN 2002 2:08.53  
 3. UEDA Maki JPN 9 JAN 2002 2:09.91

1500:

Stage 1 (12):

Heat 1:

1. HAILU Lemlem ETH 21 MAY 2001 4:25.03 SB Bronze  
 2. ACUNA VIDAL Laura Elena CHI 27 JAN 2002 4:31.00  
 3. LEWIS Kendra CAN 18 APR 2002 4:35.15

Heat 2:

1. JEBITOK Edinah KEN 10 NOV 2001 4:16.68 Gold  
 2. HANCOCK-CAMERON Jaylah AUS 28 MAY 2002 4:18.44 PB Silver  
 3. AZROUR Meryeme MAR 5 DEC 2002 4:21.22  
 ... 6. LOUW Nicole Rodrigues RSA 26 JUL 2001 4:27.06

3000:

Stage 1 (11):

1. CHELANGAT Sarah UGA 5 JUN 2001 9:11.63 PB Gold  
 2. KERAREI Mercy Chepkorir KEN 29 DEC 2001 9:13.59 Silver  
 3. MINSEWO Aberash ETH 22 FEB 2001 9:14.99 Bronze  
 4. PRINSLOO Carmie RSA 31 JAN 2002 9:18.92 PB



2000 s/chase:

Stage 1 (12):

1. CHERONO Fancy KEN 2 AUG 2001 6:26.08 Gold
2. ABEBE Mekides ETH 29 JUL 2001 6:27.93 Silver
3. MARISTELA Parami Wasanthi SRI 28 MAY 2001 6:33.06 PB Bronze

Cross-country 4 km (15):

1. CHELANGAT Sarah UGA 5 JUN 2001 12:32
2. JEBITOK Edinah KEN 10 NOV 2001 12:37
3. CHERONO Fancy KEN 2 AUG 2001 12:51
4. KERAREI Mercy Chepkorir KEN 29 DEC 2001 12:56
5. HAILU Lemlem ETH 21 MAY 2001 13:11
- ... 13. PRINSLOO Carmie RSA 31 JAN 2002 13:33
- ... 25. LOUW Nicole Rodrigues RSA 26 JUL 2001 14:02

## ULTRA/TRAIL/MOUNTAIN RUNNING

### Lake Padden Trail Run

Bellingham, USA, 13 October

(Distance: 21.1 km; double-loop trail course around Lake Padden, including heavily-forested trails on single track)

MEN (gun times)

1. Andrew Wise, 23, Denver, CO, 1:24:37
2. Thomas Kean, 24, Bellingham, WA, 1:29:40
3. Nick Danielson, 24, Seattle, WA, 1:34:51

WOMEN (gun times)

1. Ladia Albertson-Junkans, 32, Snoqualmie, WA, 1:30:26
2. Katelyn Steen, 25, Bellingham, WA, 1:35:28
3. Sara Bard, 34, 1:37:03

## STATS TIME

This week we include a list of the top ten SA women in the 10 km for 2018. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed. The domination by Glenrose Xaba is evident from the list; she has seven of the performances. An interesting facet of the year list is that the top twenty performances have been recorded by just eight athletes.

### 2018 10 KM: TOP 10 WOMEN

32:06	Irvette van Zyl	3	Durban	14 Oct
33:14	Glenrose Xaba	4	Durban	14 Oct
33:21	Xaba-2	1	Port Elizabeth	07 Apr
33:27	Xaba-3	2	Durban	24 Jun
33:28	Kesa Molotsane	1	Bellville	02 Jun
33:36	Gerda Steyn	5	Durban	14 Oct
33:41	Xaba-4	1	Durban	22 Jul
33:43	Nolene Conrad	3	Durban	24 Jun
33:46	Molotsane-2	1	Port Elizabeth	05 May
33:52	Van Zyl-2	1	Johannesburg	24 Sep
33:56	Xaba-5	1	Pretoria	04 Aug
34:01	Xaba-6	2	Port Elizabeth	05 May

34:10	Molotsane-3	1	Bellville	25 Mar
34:14	Jenet Mbhele	2	Durban	22 Jul
34:15	Molotsane-4	6	Durban	24 Jun
34:23	Zintle Xiniwe	5	Port Elizabeth	05 May
34:25	Christine Kalmer	6	Port Elizabeth	05 May
34:26	Van Zyl-3	1	Pietermaritzburg	19 Aug
34:37	Lebo Phalula	7	Durban	24 Jun
34:39	Xaba-7	2	Bellville	25 Mar
34:39	Lebogang Phalula	7	Port Elizabeth	05 May

### THIS MONTH IN HISTORY

#### 35 years ago (exactly): 22 October 1983

For the first 24 years of its existence the Voet van Afrika Half Marathon in Bredasdorp was for women only. On this day the sixth race went to Matie Sibis Mouton in 1:23:46 for a rather easy win over former SA marathon record holder Judy Ryan (1:27:06), who had won the second race in 1979. Defending champion Jenny Wilson was 15th. Mouton, a Springbok in modern pentathlon, would win again, a full eight years later, when she ran more than a minute faster.

### SOUTH AFRICAN ROAD LIST LEADERS FOR 2018

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green.  
– Ed.

#### MEN

##### Open

10 km	28:18	Stephen Mokoka	Durban	14 Oct
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:26	Stephen Mokoka	Valencia	24 Mar
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:06	Lucky Mohale	Pretoria	12 May
	81:02A	Mhlakwana Nkoshona	Pinetown	28 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	1:38:53	Nkosinathi Madyo	Uitenhage	03 Mar
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:08:31	Stephen Mokoka	Cape Town	23 Sep
	2:02:57	Dennis Kimetto (KEN) 2014		
	2:01:39p	Eliud Kipchoge (KEN) 2018		
100 km	6:33:47	Bongmusa Mthembu	Sveti Martin	08 Sep
	6:13:33	Takahiro Sunada (JPN) 1998		

\*\* ) The ARRS does not recognise records set at intermediate points in a longer race.

##### Veterans (40+)

10 km	30:41	Simphiwe Zulu	Durban	15 Jul
	27:48	Bernard Lagat (USA) 2015		
15 km	48:11	Mthandazo Qhina	Constantia	06 Jan

21.1 km	44:14 66:57	Pierre Levisse (FRA) 1992 Simon Mpholo	Port Elizabeth	28 Jul
25 km	61:09 89:07	Haile Gebrselassie (ETH) 2013 Sikhumbuzo Dlamini	Durban	21 Mar
30 km	76:49 1:40:20	Martin Mondragon (MEX) 1994 Mthandazo Qhina	Simon's Town	19 Aug
Marathon	89:45 2:20:32	Mark Kiptoo Kosgei (KEN) 2016 Mthandazo Qhina	Cape Town	23 Sep
100 km	2:08:38 9:46:50 6:18:24	Kenneth Mungara (KEN) 2016 Johan van der Merwe Mario Ardemagni (ITA) 2004	Polokwane	15 Apr
<u>Masters (50+)</u>				
10 km	33:19 30:35	Desmond Zibi Tecwyn Davies (GBR) 1988	Uitenhage	30 Jun
15 km	54:32 47:52	John September Titus Mamabolo (RSA) 1991	Ravensmead	24 Mar
21.1 km	72:30 66:23	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	28 Jul
25 km	99:31 92:17A 84:12	Joseph Ndlovu Michael Ndlovu Norman Green (USA) 1984	Pretoria Pinetown	12 May 28 Jan
30 km	1:54:26 1:46:33	Makaya Masumpa Norman Green (USA) 1988	Uitenhage	03 Mar
Marathon	2:40:00 2:19:29	Desmond Zibi Titus Mamabolo (RSA) 1991	Cape Town	23 Sep
100 km	12:00:07 6:43:33	Hilton Murray Roland Vuillemot (FRA) 1996	Polokwane	15 Apr
<u>Grandmasters (60+)</u>				
10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Kenilworth	09 Sep
15 km	57:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Eersterivier	07 Jul
21.1 km	79:02 71:31	Sello Maphangulo Martin Rees (GBR) 2013	Port Elizabeth	28 Jul
25 km	2:06:10 1:48:50A 94:01	Derrick Mazibuko Andy Daly Doug Winn (USA) 2010	Durban Pinetown	21 Mar 28 Jan
30 km	2:10:49 1:57:07	Mochamat Kriel Ed Whitlock (CAN) 1994	Simon's Town	19 Aug
Marathon	3:16:33 2:59:27A 2:36:30	Marius Carstens Kosie Botha Yoshihisa Hosaka (JPN) 2009	Benoni Simon's Town	28 Jan 18 Feb
100 km	14:19:11 7:53:43	Ric Marini Bernd Juckel (GER) 2012	Polokwane	15 Apr
<u>Great grandmasters (70+)</u>				
10 km	43:34 37:33	Jimmy Morris Ed Whitlock (CAN) 2004	Athlone	10 Feb
15 km	66:46 58:19	Jimmy Morris Ed Whitlock (CAN) 2001	Claremont	24 Jun
21.1 km	97:09 82:23	Johannes Phoo Ed Whitlock (CAN) 2001	Polokwane	19 May
25 km	2:09:11A 99:59	Hansie Els Clive Davies (USA) 1985	Somerset East	21 Apr
30 km	2:46:46	Tamsanqa Jusayi	Uitenhage	03 Mar

	2:34:20A	Brian Key	Camps Bay	14 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:39:04	Daniel Hlongwane	Mossel Bay	06 Oct
	2:54:49	Ed Whitlock (CAN) 2004		
100 km	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
10 km	30:02	Dais Malebana	Durban	14 Oct
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	48:05	Carlo Flink	Eersterivier	07 Jul
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	67:15	Itumeleng Sesiko	Port Elizabeth	28 Jul
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:01	Irvette van Zyl	Durban	14 Oct
	29:43 Mx	Joycilene Jepkosgei (KEN) 2017		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	55:22	Anel Terblanche	Eersterivier	07 Jul
	45:37 Mx	Joycilene Jepkosgei (KEN) 2017		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	71:44	Nolene Conrad	Valencia	24 Mar
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	96:16	Charné Bosman (vet)	Pretoria	12 May
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	2:00:03	Ntombesintu Mfunzi	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell (vet)	Camps Bay	14 Jan
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:36:05 Wo	Mary Keitany (KEN) 2017		
Marathon	2:34:39	Nolene Conrad	Cape Town	23 Sep
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:01 Wo	Mary Keitany (KEN) 2017		
100 km	7:51:13	Salome Cooper (vet)	Sveti Martin	08 Sep
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:15	Tanith Maxwell	Cape Town	07 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:02	Charné Bosman	Jeffreys Bay	06 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:15	Tanith Maxwell	Wellington	01 May
	79:44A	Tanith Maxwell	Simon's Town	18 Feb
	69:37	Deena Kastor (USA) 2014		
25 km	96:16	Charné Bosman	Pretoria	12 May
	85:15	Colleen de Reuck (USA) 2005		
30 km	2:05:14	Bulelwa Simae	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell	Camps Bay	14 Jan
	1:49:40	Yoshimi Hoshino (JPN) 2007		
Marathon	2:44:52	Charné Bosman	Cape Town	23 Sep
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km	7:51:13	Salome Cooper	Sveti Martin	08 Sep

7:20:22 Maria Auxiliadora (BRA) 1998

Masters (50+)

10 km	39:43	Judy Bird	Port Elizabeth	05 May
	34:14	Linda Somers (USA) 2011		
15 km	63:46	Suzanne Marais	Constantia	10 Mar
	52:38	Monica Joyce (USA) 2009		
21.1 km	87:28	Joanna Thomas	Cape Town	14 Oct
	75:18	Linda Somers (USA) 2011		
25 km	2:04:42	Ansie Breytenbach	Pretoria	12 May
	1:56:28A	Christine Claasen	Somerset East	21 Apr
	96:58	Colleen de Reuck (USA) 2016		
30 km	2:20:14	Christine Claasen	Uitenhage	03 Mar
	1:56:43	Colleen de Reuck (USA) 2016		
Marathon	3:10:59	Jane Mudau	Cape Town	23 Sep
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km	7:51:10	Meghan Arbogast (USA) 2011		

Grandmasters (60+)

10 km	42:20	Margie Saunders	Colchester	22 Sep
	38:56	Lidia Zentner (GER) 2015		
15 km	69:28	Hanlie van der Westhuizen	Despatch	24 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	92:16	Annatjie Botes	Port Elizabeth	28 Jul
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:28:20	Jenny Scott	Durban	21 Mar
	2:22:03A	Sylvia Burton	Pinetown	28 Jan
	1:50:50	Edie Stevenson (USA) 2011		
30 km	2:26:52	Annatjie Botes	Sedgefield	10 Mar
	2:15:30	Kathryn Martin (USA) 2012		
Marathon	3:27:12	Annatjie Botes	Mossel Bay	06 Oct
	3:26:19A	Nancy Will	Simon's Town	18 Feb
	3:12:57	Emmi Luthi (SUI) 2009		
100 km	17:51:42	Martie Boesenberg	Polokwane	15 Apr
	9:20:07	Ursula Schmitz (GER) 1999		

Great grandmasters (70+)

10 km	52:30	Sonja Laxton	Johannesburg	07 Oct
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:25	Marietha Herbert	Constantia	10 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	1:57:18	Veronica van Niekerk	Gordon's Bay	14 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	3:19:19	Pixie Sparg	Simon's Town	19 Aug
	2:58:52A	Veronica van Niekerk	Camps Bay	14 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:49:16	Veronica van Niekerk	Cape Town	23 Sep
	4:37:20A	Marietha Herbert	Simon's Town	18 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km	12:50:49	Helen Klein (USA) 1993		

Juniors

10 km	35:21	Carmie Prinsloo	Cape Town	23 Sep
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15 km	31:29 59:40	Karoline Bjerkeli Grovdal (NOR) 2009 Simonay Weitsz	Kempton Park	31 Jan
21.1 km	48:33 80:48 67:57	Mekasha Waganesh Amare (ETH) 2011 Lesego Mpshe Abebu Gelan Adugna (ETH) 2009	Polokwane	19 May

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