

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

A super run in the 38th running of the Avbob 15 km in Table View on Saturday produced a huge personal best – by more than two minutes! – for Annie Bothma, who clocked 52:38. Her previous PB, 54:48, was set more than 4½ years ago. It is also a list leader, by a long way. About two hours after finishing third – also in a list leader, 57:33 – vet Bulelwa Simae also ran a 3000-metre track race in Parow. Two more list leaders were set, by master Sandra Kohnert (62:48) and grandmaster Olga Howard (67:31).

In the 25th Illovo Sugar 15 km Christmas Challenge in Durban course records were set by both male and female winners, Mathanga Mbuleli (47:40) and Jenna Challenor (57:14).

It does not often happen that a marathon runner is honoured as athlete of the year, but the incomparable Eliud Kipchoge received the IAAF Male Athlete of the Year Award last week. His female counterpart was triple jumper Caterine Ibargüen, who also excelled in the long jump this year.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Illovo Sugar 15 km Christmas Challenge, Durban
- * Avbob 15 km, Table View
- * Bay West Mall 10 km, Port Elizabeth
- * Aspen Pharmacare PE City Marathon & Relay EMS 10 km, Port Elizabeth
- * Phoenix AC 10 km, Bellville
- * RAC Tough One 32 km, Johannesburg

International highlights:

- * Honolulu Marathon, Honolulu, USA
 - * ADNOC Abu Dhabi Marathon, Abu Dhabi, UAE
 - * Kosa 10 Mile, Kosa, JPN
 - * Pfixx Solar Montferland Run, 's-Heerenberg, NED
 - * Ziwa Farmers 10 km, Kabenes Center to Ziwa Center, KEN
 - * XC: SPAR European Cross-country Championships, Tilburg, NED; NCAA Division II Cross-country Championships, Pittsburgh, USA; Nike Cross Nationals, Portland, USA
 - * Track: Nittai University Time Trials, Yokohama, JPN
 - * IAU 24-Hour Championships For Asia and Oceania, Taipei, TPE
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ROAD RUNNING**Illovo Sugar 15 km Christmas Challenge (25th)**

Durban, 9 December

(Loop course. Finishers: 2632 [considerably up from 2117 last year].)

MEN

1.	Mathanga Mbuleli	Phantane AC	47:40 CR (previous 47:42)
2.	Wiseman Mthembu	Amabutho AC	48:51
3.	Ayanda Ngcobo	Phantane AC	49:51

40-49:

1.	Simphiwe Zulu	Hollywood Bets	52:11
2.	Bernard Phalatsane	ZIM/Phantane AC	55:02
3.	Dumisani Manzini	H/Dale AC	56:29

50-59:

1.	Bheki Bhengu	Boxer AC	61:00
2.	Thierry Pletinckx	Toti AC	61:38
3.	Willie Majombozi	Boxer AC	62:43

60-69:

1.	Andy Daly	West AC	63:10
2.	Andrew Birtwhistle	PDAC	64:48
3.	Henry Cieverts	Topform AC	70:49

70+:

1.	Andrew Spencer	SCS	86:56
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Juniors:

1.	Wiseman Mthembu	Amabutho AC	48:51
2.	Ben De La Porte	Varsity Coll	53:04
3.	Sneliso Sithole	Loskop Gijimas	57:35

WOMEN

1.	Jenna Challenor	KPMG	57:14 CR (previous 57:48)
2.	Zama Mokoena	Nedbank AC	63:16
3.	Robyn Mare	HV	64:43

40-49:

1.	Robyn Mare	HV	64:43
2.	Cecelia Molefe	ChilternAC	65:46
3.	Nonsikelo Mbambo	Natal Carbs	72:04

50-59:

1.	Gail Babich	Savages AC	76:22
2.	Roshini Natasen	Highway AC	78:38
3.	Veronica Mzobe	NRB Harr	89:47

60-69:

1.	Karen Bargate	Team Vitality	92:38
2.	Pat Fischer	Stella AC	96:02
3.	Pam Rasmussen	YWP AC	97:12

70+:

1.	Maureen Parry	Chiltern AC	108:58
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Juniors:

1.	Miranda Mazibuko	Loskop Gijimas	75:16
2.	Owami Dubazane	Ind	84:25
3.	Khethiwe Zuma	Ind	84:49

Avbob 15 km (38th)

Table View, 8 December

(Certified loop course. Finishers: 1109 [down from last year's 1155].)

MEN

1. Nkosinathi Madyo (Itheke) 46:41 (R800)
2. Duane Fortuin (Kuil) 46:43 (R600)
3. Nkosiyethu Sotyantya (MSA) 47:08 (R400)

Veterans: 1. Mthandazo Qhina (Ned) 48:35 (R400); 2. Vakalisa Kopolo (Ned) 50:27 (R300); 3. Bonisile Ngculana (VOB) 52:05 (R200). **Masters:** 1. Steve Motau (Itheke) 55:07 (R400); 2. John September (Itheke) 55:27 (R300); 3. Jacques Schreiber (Durb) 59:15 (R200). **G'masters:** 1. Mochamat Kriel (Ommie) 59:46 (R400); 2. Willie Baartman (SH) 63:09 (R300); 3. Mark Wagenheim (AAC) 70:50 (R200). **G/g'masters:** 1. Ian Bocock (Forest) 77:19 (R220); 2. Eugene Cairncross (Celtic) 81:34 (R170); 3. Franklin Smith (Celtic) 83:49 (R120). **Juniors:** 1. Shiraz Shakeel (Ned) 60:27 (R220); 2. Bradley de Kock (Good) 64:12 (R170); 3. Rico Visser (Pine) 69:34 (R120).

WOMEN (Same prize money as men)

1. Annie Bothma (Ned) 52:38
2. Nomvuyisi Seti (Langa) 56:16
3. Bulelwa Simae (Boxer) 57:33 (1st vet)

Veterans: 1. Bulelwa Simae (Boxer) 57:33; 2. Christiane Adriaanse (GER/VOB) 57:43; 3. Jeanetta Kohler (WC) 61:05. **Masters:** 1. Sandra Kohnert (Edge) 62:48; 2. Obertina Kanyongo (ZIM/Boxer) 63:43; 3. Mariëtte Strauss (Tyger) 66:21. **G'masters:** 1. Olga Howard (Ned) 67:31; 2. Nancy Will (Pine) 69:54; 3. Hilary Rhode (Edge) 74:41. **G/g'masters:** 1. Pixie Sparg (Celt) 87:44; 2. Marlene James (Pine) 97:51; 3. Marie Hill (Ceres) 2:03:47. **Juniors:** 1. Siobhan Dunn (SH) 99:33.

Bay West Mall 10 km

Port Elizabeth, 8 December

(Finishers: 501 [huge increase from 335 last year].)

MEN

1	Gift	Chigomarawa	ZIM/Nedbank RC	30	32:50
2	George	Ntshiliza	Nedbank RC	39	33:14
3	Xolisa	Ndlumbini	Vukani MS Club	36	33:48
4	Sibusiso	Thu	SAPS AC EP	30	34:48
5	Khanyiso	Cini (1 st jun)	SAPS AC EP	18	35:51

40-44:

1	Errol	Whittal	Elite AC	43	41:31
2	Mzwanele	Nqoqo	Vukani MS Club	41	41:42
3	Richard	Mazungula	Nedbank RC	41	43:47

45-49:

1	Rudi	Van Tonder	Elite AC	46	43:34
2	Etienne	Gerber	VWAC	48	46:05
3	Helgard	Potgieter	Despatch AC	46	46:59

50-54:

1	Sithembiso	Yozo	Nedbank RC	54	37:46
2	Geddes	Gallant	SANDF AC EP	52	42:24
3	Graham	Terblanche	Madibaz AC	53	44:14

55-59:

1	Bennie	Stadler	Achilles AAA	55	41:24
2	Joseph	Bain	St Albans AC	59	48:41

3	Arthur	Williams	Run 4 Christ AC	55	49:20
60-64:					
1	Clifford	Hicken	Nedbank RC	61	45:40
2	Nelson	Mgubasi	Nedbank RC	61	46:49
3	Fanie	Claassen	Despatch AC	61	46:59
65-69:					
1	Hannes	Els	Madiba BW	68	44:42
2	Mati	Jack	Achilles AAA	66	56:01
3	Lance	Shortt	PEAAC	67	58:21
70-74:					
1	Hansie	Els	Somerset East	70	48:01
2	Herman	Dekker	SAPS AC EP	73	55:21
3	Andre	Fourie	Nedbank RC	71	1:00:53
75+:					
1	Kai	Tarnow	Kouga Multi SC	80	1:26:13
Juniors:					
1	Khanyiso	Cini	SAPS AC EP	18	35:51
2	Keanu	Domingo	Gelvan AC	16	37:00
3	Wehan	Smith	Schools EPA	15	46:30
WOMEN					
1	Asanda	Zamisa	Achilles AAA	35	43:21
2	Anja	Webber (1 st jun)	St Albans AC	17	46:01
3	Sharon	Gouws (1 st vet)	Nedbank RC	47	46:27
4	Neevra	Bellingan	Despatch AC	32	47:06
5	Kayla	Nell	St Albans AC	24	47:35
40-44:					
1	Heidi	Van de Merwe	Temp	41	49:40
2	Charmaine	Byleveld	Temp	41	50:36
3	Marissa	Black	Nedbank RC	40	53:29
45-49:					
1	Sharon	Gouws	Nedbank RC	47	46:27
2	Toegeda	Vyver	Nedbank RC	46	49:10
3	Christel	Smith	Nedbank RC	46	52:43
50-54:					
1	Michelle	Van der Watt	Elite AC	51	48:38
2	Carol	Booyesen	Muirite Strider	50	51:03
3	Buyelwa	Kobokana	Nedbank RC	53	51:46
55-59:					
1	Janette	Schierz-Crusius	Body Concept	58	48:08
2	Annelize	Theron	Team Vitality	55	56:06
3	Susan	Meyer	Kouga Multi SC	57	58:54
60-64:					
1	Hanlie	Van der Westhuizen	Despatch AC	62	48:47
2	Christine	Snyman	Despatch AC	62	58:42
3	Tina	Derbyshire	Temp	64	1:18:11
65-69:					
1	Helene	Oppel	Elite AC	68	1:02:46
2	Lea	Bezuidenhout	Infinity AC	69	1:03:15
3	Jos	Els	Madiba BW	66	1:09:47
70-74:					
1	Ronelle	Steyn	Nedbank RC	74	1:06:30
2	Jeanette	Pienaar	PEAAC	70	1:11:59
3	Christine	Fourie	Elite AC	72	1:14:14
75+:					
1	Dorothy	Hart	Nedbank RC	80	1:33:01

2	Aletta	Fourie	Run 4 Christ AC	80	1:35:31
Juniors:					
1	Anja	Webber	St Albans AC	17	46:01
2	Lise	De Villiers	Temp	19	49:54
3	Janke	Gerber	Temp	20	51:53

Aspen Pharmacare Port Elizabeth City Marathon (36th) & Relay EMS 10 km (Eastern Province Marathon Championships)

Port Elizabeth, 1 December

(Distances: 42.195 km & 10 km; marathon a loop course with out-and-back section at beginning and end, 10 km a loop. Finishers: marathon – 714 men + 285 women = 999 total [up from 862 last year]; 10 km – 616 [up from 445].)

Marathon

MEN

1	Gift	Chigomorawa	ZIM/Nedbank RC	2:28:13
2	Xolisa	Ndlumbini	Vukani Multisport	2:35:46
3	Eric	Sigxashe	Motherwell AC	2:37:23

Veterans:

1	Eric	Sigxashe	Motherwell AC	2:37:23
2	Craig	Bruinders	Born 2 Run	2:48:17
3	Patrick	Makasi	Ind	2:50:15

Masters:

1	Darrell	Wicht	Madiba Bay Road Warriors AC	3:01:44
2	Mzukisi	Klaas	Nedbank	3:04:04
3	Shaun	Attenborough	Charlo AC	3:11:21

G'masters:

1	Alan	Taylor	Achilles AAA	3:17:36
2	Mongezi	Novokoza	Ind	3:35:46
3	Clifford	Hicken	Nedbank Running Club	3:37:04

G/g'masters:

1	Lochi	Lochner	Charlo AC	3:58:06
2	Herman	Dekker	SAP EP	5:06:39
3	David	O'Reilly	Nedbank	5:10:25

WOMEN

1	Danette	Smith	Ind	3:04:57
2	Renata	Vosloo	Sunninghill Str AC	3:05:32
3	Annerie	Kruger	Magnolia Road Running	3:09:42

Veterans:

1	Melanie	Van Rooyen	Richards Bay	3:13:50
2	Julanie	Basson	Born 2 Run AC	3:14:00
3	Kate	Rees	Wanderers AC	3:14:08

Masters:

1	Shannon	Chamberlain	Kouga Multi SC	3:17:35
2	Johanette	Jacobs	Smiles & Profiles	4:05:39
3	Maureen	Muhlenberg	Born 2 Run AC Border	4:07:27

G'masters:

1	Aletta	Van Rensburg	Outeniqua Harriers	4:37:51
2	Toekie	Steenkamp	Nedbank Running Club SWD	4:43:46
3	Amanda	Wolmaraans	Infinity	4:59:56

10 km**MEN**

1	Vuyolwethu	Selati	SAPS Marathon Club	34:12
2	Benathi	Mgquba	Ind	34:39
3	Vusumizi	Zondo	Born To Run AC	34:53

Veterans:

1	Kenneth	Shibambo	Zwakala AC	37:16
2	Tiaan	Conradie	Charlo	38:20
3	Daryl	North	Achilles	39:33

Masters:

1	Sthembiso	Yozo	Ind	36:48
2	Basie	Bonaparte	Albany's Sinners	39:27
3	Ian	Patterson	Muirite	40:41

G'masters:

1	Hannes	Els	Madiba Bay	45:13
2	Bruce	McEwan	Ind	46:51
3	Fanie	Claassen	Despatch	47:56

G/g'masters:

1	Tom	Darcy	Achilles AAC	60:50
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Juniors:

1	Benathi	Mgquba	Ind	34:39
2	Khayiso	Cini	SAPS	36:56
3	Jeremiah	Dyonashe	Kowie	37:10

WOMEN

1	Asanda	Zamisa	Achilles AC	43:34
2	Rashida	Oboray	Team Massmart	46:18
3	Lindy	Kretzam	32Gi	47:10

Veterans:

1	Elize	Adams	Gelvan	51:13
2	Lindi	Van Tonder	Charlo AC	51:30

Masters:

1	Janette	Schierz-Crusius	Body Concept	47:33
2	Janine	Relling	Achilles	49:31
3	Grizelda	Pietersen	Ind	49:47

G'masters:

1	Helene	Oppel	Elite	63:36
2	Lea	Bezudenhout	Infinity	64:01
3	Michelle	Lawson	Charlo	64:43

G/g'masters:

1	Liz	Jenkerson	Muirite Striders	58:18
2	Ronelle	Steyn	Nedbank	67:19
3	Denise	Terblanche	Infinity	68:34

Juniors:

1	Jastine	Van der Berg	SAPS	66:38
2	Simone	Olckers	SAPPE	66:39
3	Michelle	Van Loggenburg	Ind	68:24

Phoenix AC 10 km

Bellville, 1 December

(Finishers: 1081)

Note: Annie Bothma missed her PB, set in 2015, by five seconds and won by almost two minutes. -- Ed.

MEN

1.	Siboniso	Soldaka	CPUT	30:32	R850
2.	Akhona	Makila	VOB	31:54	R650
3.	Carlo	Flink	Itheko	32:01	R500

Veterans:

1.	Mthandazo	Qhina	Nedbank	32:14	R550
2.	Tsungai	Mwanengeni	ZIM/Gugs	32:43	R450
3.	Vakalisa	Kopolo	Nedbank	33:00	R350

Masters:

1.	Andrew	Cooper	Nedbank	35:40	R350
2.	John	September	Itheko	35:56	R300
3.	Johnny	Persents	Edgemead	36:04	R250

G'masters:

1.	Mochamat	Kriel	Ommiedraai	39:20	R250
2.	Wilson	Baartman	Spartan	41:31	R200
3.	Paul	Cieverts	Top Form	42:37	R150

G/g'masters:

1.	Yusuf	Gamiel dien	Itheko	1:01:11	R150
2.	Hashiem	Arnold	Top Form	1:08:42	R100
3.	Koert	Meyer	Tygerberg	1:17:49	

Juniors:

1.	Carlo	Flink	Itheko	32:01	R450
2.	Edward	Jack	Central	33:50	R350
3.	Siyabonga	Mathe	Easterns	34:12	R250

WOMEN (Same prize money as men)

1.	Annie	Bothma	Nedbank	34:44	
2.	Nomvuyisi	Seti	Langa	36:25	
3.	Vuyiseka	Nkumenge	Nedbank	38:00	

Veterans:

1.	Bulelwa	Simae	Temp	39:48	
2.	Elme	Middlemost	Brackenfell	41:01	
3.	Busisiwe	Matiwane	Langa	42:25	

Masters:

1.	Obertina	Kanyongo	ZIM/Nedbank	41:21	
2.	Mariët te	Strauss	Tygerberg	44:36	
3.	Lynn	Davis	AAC	47:46	

G'masters:

1.	Olga	Howard	Nedbank	44:12	
2.	Nancy	Will	Pinelands	46:03	
3.	Bev	Charters	VOB	48:00	

G/g'masters:

1.	Pixie	Sparg	Celtic Harriers	58:01	
2.	Marlene	James	Pinelands	1:01:26	
3.	Annatjie	Berntzen	Goodwood	1:17:49	

Juniors:

1.	Nande	Mrwebi	Gugs	44:31	
2.	Emihle	Ntuthu	VOB	45:22	

3. Buhle Mtshabe VOB 47:05

RAC Tough One 32 km (44th)

Johannesburg, 25 November

(Loop course. Finishers: 5000 [down from 5722 last year].)

Note: There were numerous errors in the results as produced on the website, starting with the fact that the men were numbered from position 5. DRR therefore decided to use the results it received that were signed by the referees (but even these contained errors), with one exception (the third runner was given as Peter Skhosana), and not to publish the category results at all. For instance, Lesley Train was given as the tenth female and third veteran, but she appears nowhere in the results. In the category results Valerie Watson is given as the first great-grandmaster, but in the results she is shown as a veteran. The results also did not include clubs, nor any female grandmasters. DRR has corrected the spelling of some names. -- Ed.

MEN

1	Mbongeni NGXAZOZO (Boxer)	1:49:34
2	Thabiso LETHABA (Ned)	1:54:45
3	Peter MOKHUBEDU (RZ)	1:54:57
4	Benjamin SKHOSANA (BH)	1:55:41
5	Micah KIPYEGO (KEN/Ned)	1:56:23
6	Leswene Africa MAILOLA (Ned)	1:56:41
7	Charles MOKHOANTO (Ind)	1:56:42
8	Ryno VAN VOLLENHOVEN (B2R)	1:57:05
9	Sam BOLO (RRR)	1:57:30
10	Elvas POPETSE (Boxer)	1:58:18

WOMEN

1	Charné BOSMAN (Ned)	2:10:21
2	Cobie SMITH (Ned)	2:14:32
3	Christine KALMER (KPMG)	2:21:30
4	Ann ASHWORTH (Mass)	2:22:21
5	Jeannie JORDAAN (Wand)	2:27:39
6	Dana-Bianca VAN ZYL (B2R)	2:28:55
7	Chrizzell ROBERTS (Ned)	2:30:16
8	Enie MANZINI (Mass)	2:33:24
9	Claire AITKEN (RAC)	2:33:54
10	Lesley TRAIN (KPMG)	2:34:04

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

Honolulu Marathon (46th)

Honolulu, USA, 9 December

(Distance: 42.195 km; certified out-and-back course with no net elevation change)

MEN (gun times)

1.	Titus Ekiru, KEN	2:09:01	\$25,000 + 3000i
2.	Reuben Kiprof Kerio, KEN	2:12:59	10,000
3.	Vincent Yator, KEN	2:15:31	5,000

i) Earned time incentive bonus for sub-2:10:00

WOMEN (gun times)

- | | | |
|--------------------------------|---------|----------|
| 1. Vivian Jerono Kiplagat, KEN | 2:36:22 | \$25,000 |
| 2. Sheila Jerotich, KEN | 2:42:09 | 10,000 |
| 3. Eri Suzuki, JPN | 2:47:53 | 5,000 |

ADNOC Abu Dhabi Marathon (1st)

Abu Dhabi, UAE, 7 December

(Distance: 42.195 km; certified record-standard course)

Note: *Race Results Weekly* reports that, despite the fact that the course was duly certified by an international measurer, it seems the full distance wasn't covered. An investigation is being conducted by the Athletics Integrity Unit focusing on lost distance in the 30 to 35 km segment. – Ed.

MEN (gun times)

- | | | | |
|-----------------------------|---------|----|-------------|
| 1. Marius Kipsereem, KEN | 2:04:04 | PB | USD 100,000 |
| 2. Abraham Kiptum, KEN | 2:04:16 | PB | 25,000 |
| 3. Dejena Debela Gonfa, ETH | 2:07:06 | PB | 15,000 |

WOMEN

- | | | | |
|---------------------------------|---------|----|-------------|
| 1. Ababel Yeshaneh Birhane, ETH | 2:20:16 | PB | USD 100,000 |
| 2. Eunice Chebichii Chumba, BRN | 2:20:54 | PB | 25,000 |
| 3. Gelete Burka Bati, ETH | 2:24:07 | | 15,000 |
| 4. Chaltu Tafa Waka, ETH | 2:25:09 | | 10,000 |

Kosa 10 Mile (43rd)

Kosa, JPN, 2 December

(Distance: 10 miles)

MEN (gun times)

1. John Muritu (KEN), 45:56 DB
2. Takuya Fujimoto, 45:57 PB
3. Cyrus Kingori (KEN), 45:58 DB

Pfixx Solar Montferland Run (22nd)

's-Heerenberg, NED, 2 December

(Distance: 15 km)

MEN (gun times)

1. Stephen Kissa, UGA, 43:21
2. Solomon Berihu, ETH, 43:21
3. Bashir Abdi, BEL, 43:40
4. Koen Naert, BEL, 43:47
5. Jorum Okombo, KEN, 43:48
6. Eric Kiptanui, KEN, 43:48

WOMEN (gun times)

1. Joan Chelimo Melly, KEN, 48:44
2. Bekelech Gudeta, ETH, 49:19
3. Mercyline Chelangat, UGA, 49:26
4. Caroline Chepkemai, KEN, 50:04

5. Rose Chelimo, BRN, 51:09

Ziwa Farmers 10 km

Kabenes Center to Ziwa Center, KEN, 1 December

(Point-to-point, downhill course at high elevation [2060 m start and 1990 m finish]; not record eligible)

MEN (gun times)

- | | | |
|--|-------|------------------------|
| 1. Nicholas Kipkorir KIMELI (KEN) 1998 | 28:20 | KSH 100,000 (=USD 975) |
| 2. Josphat KIPCHIRCHIR (KEN) 1997 | 28:23 | 50,000 |
| 3. Albert KANGOGO (KEN) 1987 | 28:32 | 30,000 |

WOMEN (gun times)

- | | | |
|--|-------|------------------------|
| 1. Agnes TIROP (KEN) 1995 | 31:17 | KSH 100,000 (=USD 975) |
| 2. Dorcas Jepchirchir TUITOEK (KEN) 1996 | 31:31 | 50,000 |
| 3. Valary JEMELI (KEN) 1991 | 31:42 | 30,000 |
| 4. Stacey NDIWA (KEN) 1992 | 31:43 | 20,000 |
| 5. Deborah SAMUM (KEN) 1995 | 32:40 | 10,000 |

CROSS-COUNTRY

SPAR European Cross-country Championships (25th)

Tilburg, NED, 9 December

U20 WOMEN (4300 m):

Teams (score three women): 1. GBR, 23 points; 2. NED, 28; 3. TUR, 39; 4. SUI, 40; 5. ITA, 41 ...

Individual finishers:

- | | | |
|--|-------|--------|
| 1. Nadia BATTOCLETTI, ITA, 12 APR 2000 | 13:46 | Gold |
| 2. Delia SCLABAS, SUI, 8 NOV 2000 | 13:47 | Silver |
| 3. Inci KALKAN, TUR, 30 JUL 2001 | 13:48 | Bronze |
| 4. Jasmijn LAU, NED, 11 MAR 1999 | 13:51 | |
| 5. Amelia QUIRK, GBR, 18 DEC 1999 | 13:57 | |

U20 MEN (6300 m):

Teams (score three men): 1. NOR, 28 points; 2. GBR, 30; 3. GER, 38; 4. FRA, 41; 5. IRL, 55 ...

Individual finishers:

- | | | |
|---|-------|--------|
| 1. Jakob INGEBRIGTSEN, NOR, 19 SEP 2000 | 18:00 | Gold |
| 2. Ouassim OUMAIZ, ESP, 30 MAR 1999 | 18:09 | Silver |
| 3. Elzan BIBIC, SRB, 8 JAN 1999 | 18:11 | Bronze |
| 4. Jake HEYWARD, GBR, 26 APR 1999 | 18:16 | |
| 5. Simen Halle HAUGEN, NOR, 9 JAN 1999 | 18:18 | |

U23 WOMEN (6300 m):

Teams (score three women): 1. GER, 22 points; 2. ESP, 25; 3. GBR, 33; 4. FRA, 56; 5. DEN, 56 ...

Individual finishers:

- | | | |
|---|-------|--------|
| 1. Anna Emilie MØLLER, DEN, 28 JUL 1997 | 20:34 | Gold |
| 2. Anna GEHRING, GER, 15 NOV 1996 | 20:36 | Silver |
| 3. Weronika PYZIK, POL, 14 MAY 1996 | 20:46 | Bronze |
| 4. Chiara SCHERRER, SUI, 24 JAN 1996 | 20:48 | |

5. Célia ANTÓN, ESP, 23 JAN 1997 20:57

U23 MEN (8300 m):

Teams (score 3 men): 1. FRA, 11 points; 2. GBR, 30; 3. ESP, 42; 4. GER, 48; 5. BEL, 58

...

Individual finishers:

1. Jimmy GRESSIER, FRA, 4 MAY 1997	23:37	Gold
2. Samuel FITWI, GER, 1 JAN 1996	23:45	Silver
3. Hugo HAY, FRA, 28 MAR 1997	23:48	Bronze
4. Ryan FORSYTH, IRL, 7 JUL 1996	23:49	
5. Patrick DEVER, GBR, 5 SEP 1996	24:05	

SR WOMEN (8300 m):

Teams (score 3 women): 1. NED, 20 points; 2. GBR, 24; 3. GER, 50; 4. FRA, 70; 5. SWE, 80 ...

Individual finishers:

1. Yasemin CAN, TUR, 11 DEC 1996	26:05	Gold
2. Fabienne SCHLUMPF, SUI, 17 NOV 1990	26:06	Silver
3. Karoline Bjerkeli GRØVDAL, NOR, 14 JUN 1990	26:07	Bronze
4. Susan KRUMINS, NED, 8 JUL 1986	26:16	
5. Jip VASTENBURG, NED, 21 MAR 1994	26:45	

SR MEN (10300 m):

Teams (score 3 men): 1. TUR, 14 points; 2. GBR, 34; 3. ITA, 37; 4. ESP, 38; 5. BEL, 38

...

Individual finishers:

1. Filip INGEBRIGTSEN, NOR, 20 APR 1993	28:49	Gold
2. Isaac KIMELI, BEL, 9 MAR 1994	28:52	Silver
3. Aras KAYA, TUR, 4 APR 1994	28:56	Bronze
4. Kaan Kigen ÖZBILEN, TUR, 15 JAN 1986	29:04	
5. Napoleon SOLOMON, SWE, 14 FEB 1994	29:12	

NCAA Division II Cross-country Championships

Pittsburgh, USA, 1 December

MEN (10 km)

Team results:

1. Grand Valley State, 89 points
2. Colorado Mines, 99
3. Western Colorado, 117

Individual finishers:

1. Marcelo Laguera, SR, CSU-Pueblo, 31:46.4
2. Zach Panning, SR, Grand Valley State, 31:53.6
3. Elias Gedyon, SR, Adams State, 32:05.1

WOMEN (6 km)

Team results:

1. Grand Valley State, 41 points
2. U-Mary, 83
3. Adams State, 90

Individual finishers:

1. Sarah Berger, SR, Grand Valley State, 22:07.7
2. Eilish Flanagan, JR, Adams State (IRL), 22:12.4
3. Emily Roberts, SR, U-Mary, 22:15.5

Nike Cross Nationals (NXN) (15th)

(USA High School Team Cross-country Championships)

Portland, USA, 1 December

(Distance: 5 km, all on grass)

BOYS:

Teams:

1. Purcellville, 77 points
2. Temecula Spread, 114
3. Littleton, 115

Individual finishers:

1. Liam ANDERSON, SR, California, 14:57.6 CR*
2. Cole HOCKER, SR, Midwest, 15:00.9
3. Cole SPROUT, JR, Southwest, 15:02.7

GIRLS:

Teams:

1. Central Oregon, 120 points
2. North Naperville, 186
3. Wayzata, 207

Individual finishers:

1. Katelyn TUOHY, JR, New York, 16:37.8 CR*
2. Kelsey CHMIEL, SR, Kinetic, 16:54.8
3. Taylor EWERT, JR, Midwest, 17:06.7

TRACK**Nittai University Time Trials**

Yokohama, JPN, 1-2 December

MEN

5000, Race 43 (02):

1. Bernard Koech (KEN), 13:27.37
2. Evans Keitany (KEN), 13:29.20
3. Daniel Muiva Kitonyi (KEN), 13:38.00

10000, Race 11 (01):

1. Daniel Muiva Kitonyi (KEN), 27:47.19
2. James Rungaru (KEN), 27:48.59
3. Titus Wambua (KEN), 28:44.73

WOMEN

3000, Race 10 (02):

1. Wakana Kabasawa, 9:16.25
2. Maya Iino, 9:16.31
3. Azusa Mihara, 9:20.64

5000, Race 7 (01):

1. Martha Mokaya (KEN), 15:20.27
2. Harumi Okamoto, 15:20.56
3. Tabitha Kamau (KEN), 15:21.67

ULTRA/MOUNTAIN/TRAIL RUNNING

IAU 24-Hour Championships For Asia and Oceania

Taipei, TPE, 1-2 December

MEN

1. Yoshihiko Ishikawa, JPN, 253.420 km
2. Nobuyuki Takahashi, JPN, 252.301 km
3. Ullas Hosahalli Narayana, IND, 250.371 km

WOMEN

1. Yuri Matsumoto, JPN, 219.112 km
2. Tia Jones, AUS, 218.177 km
3. Aiko Kanematsu, JPN, 212.700 km

STATS TIME

In last week's DRR it was noted that 115 Japanese men ran under 29 minutes for 10000 metres in a single weekend. Here we include the top ten SA men over this distance for 2018 – with only one, Stephen Mokoka, getting under 29 minutes! Worldwide 57 men dipped under 28:00 in 2018, 389 under 29:00 and 978 under 30:00. Kenya (37) and Japan (20) accounted for more than half of the top hundred men.

2018 10000 METRES: TOP 10 MEN

27:44.58	Stephen Mokoka	6	Gold Coast	13 Apr
29:15.90	Lesiba Precious Mashele	2	Germiston	11 Feb
29:26.50	Desmond Mokgobu	3	Germiston	11 Feb
29:28.67	Elroy Gelant	1	Potchefstroom	20 Feb
29:29.32	Milton Kekana	1	Pretoria	23 Feb
29:33.10	Reghen Magwai	2	Pretoria	23 Feb
29:40.64	Sibabalwe Gladwin Mzazi	2	Pretoria	15 Mar
29:49.10	Angelo Booysen	1	Paarl	24 Feb
30:05.34	Collen Mulaudzi	4	Pretoria	23 Feb
30:13.32	Samuel Matsepe	4	Pretoria	15 Mar

THIS MONTH IN HISTORY

60 years ago: 26 December 1958

The famed Boxing Day Meeting in Paarl produced many outstanding performances during the years when, under the leadership of "Oom" Martin du Toit, it was one of the best track and field meetings in the country. On this day the mile was the highlight, with SA record holder Harold Clark in the field. Clark's intention was to surpass his record (4:05.4 in Durban in May), and he succeeded when he sped away from his rivals to break the tape in 4:04.9. This record was to stand for almost six years until De Villiers Lamprecht recorded South Africa's first dream mile in 1964. Clark had run 4:04.5 in Kimberley only six days before the Paarl event, but this was never recognised as a national record. Also, earlier in the year SA junior record holder Michael Hodgson had run 4:04.5 and 4:04.9 in the USA, but in those days performances in overseas meetings were not recognised as SA records.

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	61:17	Lesiba Precious Mashele	Boulogne-Billancourt	18 Nov
	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
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	66:57	Simon Mpholo	Port Elizabeth	28 Jul
	61:09	Haile Gebrselassie (ETH) 2013		
25 km	89:07	Sikhumbuzo Dlamini	Durban	21 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:40:20	Mthandazo Qhina	Simon's Town	19 Aug
	89:45	Mark Kiptoo Kosgei (KEN) 2016		
Marathon	2:20:32	Mthandazo Qhina	Cape Town	23 Sep
	2:08:38	Kenneth Mungara (KEN) 2016		
100 km	9:46:50	Johan van der Merwe	Polokwane	15 Apr
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:19	Desmond Zibi	Uitenhage	30 Jun
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:55	Desmond Zibi	Port Elizabeth	17 Nov
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	72:30	Desmond Zibi	Port Elizabeth	28 Jul
	66:23	Titus Mamabolo (RSA) 1991		
25 km	99:31	Joseph Ndlovu	Pretoria	12 May

	92:17A	Michael Ndlovu	Pinetown	28 Jan
	84:12	Norman Green (USA) 1984		
30 km	1:54:26	Makaya Masumpa	Uitenhage	03 Mar
	1:46:33	Norman Green (USA) 1988		
Marathon	2:40:00	Desmond Zibi	Cape Town	23 Sep
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	12:00:07	Hilton Murray	Polokwane	15 Apr
	6:43:33	Roland Vuillemot (FRA) 1996		
<u>Grandmasters (60+)</u>				
10 km	38:05	Mochamat Kriel	Kenilworth	09 Sep
	32:48	Martin Rees (GBR) 2013		
15 km	57:24	Mochamat Kriel	Eersterivier	07 Jul
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	79:02	Sello Maphangulo	Port Elizabeth	28 Jul
	71:31	Martin Rees (GBR) 2013		
25 km	2:06:10	Derrick Mazibuko	Durban	21 Mar
	1:48:50A	Andy Daly	Pinetown	28 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:10:49	Mochamat Kriel	Simon's Town	19 Aug
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:16:33	Marius Carstens	Benoni	28 Jan
	2:59:27A	Kosie Botha	Simon's Town	18 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km	14:19:11	Ric Marini	Polokwane	15 Apr
	7:53:43	Bernd Juckel (GER) 2012		
<u>Great grandmasters (70+)</u>				
10 km	43:34	Jimmy Morris	Athlone	10 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	66:46	Jimmy Morris	Claremont	24 Jun
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	97:09	Johannes Phoo	Polokwane	19 May
	82:23	Ed Whitlock (CAN) 2001		
25 km	2:09:11A	Hansie Els	Somerset East	21 Apr
	99:59	Clive Davies (USA) 1985		
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		
WOMEN				
<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	52:38	Annie Bothma	Table View	08 Dec
	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
	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	2:33:43	Irvette van Zyl	Soweto	04 Nov
	2:31:04A	Gerda Steyn	New York	04 Nov
	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	57:33	Bulelwa Simae	Table View	08 Dec
	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		
<u>Masters (50+)</u>				
10 km	39:43	Judy Bird	Port Elizabeth	05 May
	34:14	Linda Somers (USA) 2011		
15 km	62:48	Sandra Kohnert	Table View	08 Dec
	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		

<u>Grandmasters (60+)</u>				
10 km	42:20	Margie Saunders	Colchester	22 Sep
	38:56	Lidia Zentner (GER) 2015		
15 km	67:31	Olga Howard	Table View	08 Dec
	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		
<u>Great grandmasters (70+)</u>				
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		
<u>Juniors</u>				
10 km	35:21	Carmie Prinsloo	Cape Town	23 Sep
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		
15 km	59:40	Simonay Weitsz	Kempton Park	31 Jan
	48:33	Mekasha Waganesh Amare (ETH) 2011		
21.1 km	80:48	Lesego Mpshe	Polokwane	19 May
	67:57	Abebu Gelan Adugna (ETH) 2009		

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