

Distance Running Results

Vol. 18, No. 47 – 3 December 2018

© Distance Running Results. All rights reserved.

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.

EDITORIAL

Comrades champion Ann Ashworth delivered a superb performance in the Maratón Valencia Trinidad Alfonso edp in Valencia yesterday when she finished twelfth in 2:35:47. This broke her previous PB, run on the severely aided Kaapsehoop course, by more than 12 minutes. The three best times that DRR has in its database for her were all run on aided courses, so she now has a top-class time on a standard, record-eligible, course.

One of South Africa's oldest shorter races, the Stainbank Cup 15 km, was held for the 45th time in Yellowwood Park, Durban, yesterday. The wins went to Mathanga Mbuleli in 48:30 and Jenna Challenor in 59:44. It was Challenor's second win in a row and fifth in total.

The 25th running of the Illovo Sugar 15 km Christmas Challenge will be held in Westville this coming Sunday at 06:00. The start is at the Westville AC clubhouse, corner of Maryvale Road and Syringa Avenue. The first 2500 finishers within the cut-off (2 hours 30 minutes) will receive T-shirts.

Riël Hauman

INCLUDED IN THIS ISSUE:

* Stainbank Cup 15 km, Durban

International highlights:

- * Maratón Valencia Trinidad Alfonso edp & 10 km Valencia Trinidad Alfonso, Valencia, ESP
 - * Fukuoka Marathon, Fukuoka, JPN
 - * California International Marathon, Folsom Dam to Sacramento, USA
 - * Course de l'Escalade, Genève, SUI
 - * Asics Firenze Marathon, Florence, Italy
 - * MTN Marathon & Half Marathon, Kampala, UGA
 - * PSPB Half Marathon, New Delhi, IND
 - * Alexandria Turkey Trot, Alexandria, USA
 - * Suzhou International Marathon, Suzhou, CHN
 - * XC: Cross Internacional de la Constitución, Aranda de Duero, ESP; Cross Internacional de la Constitución, Alcobendas, ESP; Ioket.nl Warande Cross, Tilburg, NED; Liverpool Cross Challenge / British Athletics Cross Challenge #3, Liverpool, GBR
 - * XTERRA Trail Running World Championship Half Marathon, Oahu, USA
 - * Track: Hachioji Long Distance Meet, Tokyo, JPN
-

ROAD RUNNING**Stainbank Cup 15 km (45th)**

Durban, 2 December

(Loop course. Finishers: 858 [down from 926 last year].)

MEN

1.	Mathanga Mbuleli	Inanda Qadi	48:30
2.	Mziwenkosi Mjaja	Nedbank AC	50:00
3.	Ayanda Ngcobo	Phantane AC	50:13
4.	Wiseman Mthembu	Amabutho AC	50:58
5.	Simphiwe Zulu	Hollywood Bets	51:25

40-49:

1.	Simphiwe Zulu	Hollywood Bets	51:25
2.	Nkosinathi Ngcongo	Stella AC	55:10
3.	Mofhethi Mfeka	Kearsney St	56:39

50-59:

1.	Thierry Pletinckx	Toti AC	63:47
2.	Bheki Bhengu	Boxer AC	64:23
3.	Willie Majombozi	Boxer AC	65:51

60-69:

1.	Andy Daly	West AC	64:41
2.	Vernon Anley	DHSOB	75:14

70+:

1.	Bernard Mosaka	Durban City	83:51
----	----------------	-------------	-------

WOMEN

1.	Jenna Challenor	KPMG	59:44
2.	Janie Grundling	Boxer AC	61:35
3.	Zama Mokoena	Nedbank AC	64:14
4.	Shelley Young	Chiltern AC	65:10
5.	Janene Cary	Boxer AC	66:56

40-49:

1.	Janene Carey	Boxer AC	66:56
2.	Nonsikelelo Mbambo	Natal Carb	71:52
3.	Lise Muchna	PDAC	72:10

50-59:

1.	Maya Lawrie	Boxer AC	69:26
2.	Michelle Sims	PDAC	70:19
3.	Gail Babich	Savages AC	78:17

60-69:

1.	Blanche Moila	Savages AC	82:07
2.	Sheree Kirsten	West AC	85:53

70+:

1.	Gill Tregenna	West AC	101:28
----	---------------	---------	--------

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

Maratón Valencia Trinidad Alfonso edp (38th) & 10 km Valencia Trinidad Alfonso (8th)

(IAAF Gold & Bronze Label Road Races, respectively)

Valencia, ESP, 2 December

(Distances: 42.195 & 10 km; flat, AIMS-certified course with negligible start/finish separation)

Marathon (gun times)

MEN

1. Leul Gebrselassie Aleme, ETH	2:04:31 ACR/CR	€ 65,000 + 15,000b* + 30,000r*
[29:48 - 44:40 - 1:02:31 - 1:14:14 - 1:29:04]		
2. Elhassan Elabbassi, BRN	2:04:43 AR	35,000
[29:49 - 44:42 - 1:02:32 - 1:14:15 - 1:29:07]		
3. Mathew Kisorio, KEN	2:04:53 PB	20,000
[29:47 - 44:39 - 1:02:30 - 1:14:14 - 1:29:04]		
4. Tsegaye Kebede, ETH	2:05:21	10,000
5. Nobert Kipkoech Kigen, KEN	2:05:22	7,000
6. Almahjoub Dazza, MAR#	2:05:26 PB	5,000
7. Sammy Kirop Kitwara, KEN	2:06:21	4,000
8. Solomon Kirwa Yego, KEN	2:06:24 PB	3,000
9. Deribe Robi Melka, ETH	2:07:33	2,000
10. Benson Kiplagat Seurei, ETH	2:07:37 PB	1,500
... 24. Tefera Tekletsion Kassahun, ETH	2:14:57 PB	
... 25. Motlokoa Clement Nkhabutlane, LES	2:14:59	

*r) Course record bonus

*b) Sub 2:05:00 bonus

#) His transfer of allegiance to BRN was never approved by IAAF, although he has competed for BRN in some competitions.

WOMEN

1. Ashete Bekere Dido, ETH	2:21:14 ACR/PB/CR	€ 50,000 + 30,000r*
[33:33 - 50:22 - 1:10:51 - 1:23:58 - 1:40:42]		
2. Lydia Cheromei (40+), KEN	2:22:11	25,000
[33:21 - 49:37 - 1:09:33 - 1:22:45 - 1:39:59]		
3. Tinbit Gidey Weldfegebriel, ETH	2:23:37	15,000
[33:33 - 50:22 - 1:10:52 - 1:23:58 - 1:40:53]		
4. Aberu Mekuria Zennebe, ETH	2:24:35 PB	10,000
5. Ana Dulce Felix, POR	2:25:24 DB	7,000
6. Pamela Jepkosgei Rotich, KEN	2:29:47	4,000
7. Stephanie Twell, GBR	2:30:14 DB	2,000
8. Valeria Straneo (40+), ITA	2:30:26	1,500
9. Hanna Lindholm, SWE	2:30:37 PB	1,000
10. Demisei Fadis Malu, ETH	2:34:23 PB	800
... 12. Ann Ashworth, RSA	2:35:47 PB	

*r) Course record bonus

10 km (gun times)

MEN

- | | | |
|---------------------------------------|-------|--------|
| 1. Jonas Leanderson, SWE | 28:41 | € 1000 |
| 2. Engdayehu Haymanot Alew, ETH | 28:43 | 500 |
| 3. Jean Marie Vianney Niyomukiza, RWA | 28:49 | 300 |

WOMEN

- | | | |
|----------------------------------|-------|------------|
| 1. Tsige Haileselase Abreha, ETH | 32:03 | € 1000 |
| 2. Susan Jeptoo, KEN | 32:06 | 500 |
| 3. Soukaina Atanane, MAR | 32:12 | 300 |
| 4. Cavaline Nahimana, BDI | 32:48 | 200 |
| 5. Marta Galimany, ESP | 33:08 | 100 + 400e |

Fukuoka Marathon (72nd)

(IAAF Gold Label Road Race)

Fukuoka, JPN, 2 December

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

MEN (gun times)

- | | | |
|-----------------------|---------|----|
| 1. Yuma Hattori, JPN | 2:07:27 | PB |
| 2. Yemane Tsegay, ETH | 2:08:54 | |
| 3. Amanuel Mesel, ERI | 2:09:45 | |

California International Marathon (36th)

(USA Marathon Championships for men & women)

Folsom Dam to Sacramento, USA, 2 December

(Distance: 42.195 km; certified course with 105 m elevation loss)

MEN (gun times)

- | | | | |
|----------------------|---------|----|------------------|
| 1. Brogan Austin, 27 | 2:12:38 | PB | \$20,000 + 1500a |
| 2. Matt Llano, 30 | 2:12:59 | | 12,500 + 1500a |
| 3. Josh Izewski, 28 | 2:13:15 | DB | 9,000 + 1500a |

a) Earned \$1500 bonus for 2:15:00 or better (2020 USA Olympic Trials Marathon "A" Standard)

WOMEN (gun times)

- | | | | |
|-------------------------|---------|----|------------------|
| 1. Emma Bates, 26 | 2:28:18 | DB | \$20,000 + 1500a |
| 2. Steph Bruce, 34 | 2:29:20 | PB | 12,500 + 1500a |
| 3. Samantha Roecker, 27 | 2:30:25 | PB | 9,000 + 1500a |

a) Earned \$1500 bonus for 2:37:00 or better (2020 USA Olympic Trials Marathon "A" Standard)

Course de l'Escalade (41st)

Genève, SUI, 2 December

(Distance: 7.32 km [three laps])

ELITE MEN (extended times)

- | | |
|---|---------|
| 1. Julien Wanders, SUI, 1996 | 20:46.0 |
| 2. Fredrick Kipkosgei Kiptoo, KEN, 1996 | 20:58.8 |
| 3. Rinas Akhmadeev, RUS, 1989 | 21:01.0 |

ELITE WOMEN (extended times)

- | | |
|---------------------------------|-------------|
| 1. Helen Bekele Tola, ETH, 1994 | 23:51.2 CR* |
| 2. Peruth Chemutai, UGA, 1998 | 23:53.4 |
| 3. Esther Chebet, UGA, 1997 | 24:02.8 |

Asics Firenze Marathon (35th)

Florence, Italy, 25 November

(Distance: 42.195 km; loop cours with start and finish at the Piazza del Duomo)

Note: Lona Chemtai Salpeter set a course record, an Israeli national record, and ran the fastest marathon by a European woman this year. --Ed.

MEN (gun times)

- | | | |
|-------------------------------|---------|------------|
| 1. Abdi Ali GELCHU, ETH | 2:11:32 | EUR 10,000 |
| 2. Hicham BOUFARS, MAR | 2:12:16 | 6,500 |
| 3. Gilbert Kipruto KIRWA, KEN | 2:13:08 | 3,000 |

WOMEN (gun times)

- | | | | |
|--------------------------------|---------|-------|------------|
| 1. Lonah Chemtai SALPETER, ISR | 2:24:17 | NR/CR | EUR 10,000 |
| 2. Caroline CHEPKWONY, KEN | 2:30:46 | | 6,500 |
| 3. Clementine MUKANDANGA, RWA | 2:30:59 | | 3,000 |

MTN Marathon & Half Marathon

Kampala, UGA, 25 November

(Distances: 42.195 km & 21.1 km)

Marathon (gun times)

MEN

- | | | |
|-------------------------|---------|----------------------------|
| 1. Joshua Chemutai, UGA | 2:18:27 | UGX 20,000,000 (=USD 5350) |
| 2. Kibet Soyekwo, UGA | 2:18:43 | 10,000,000 |
| 3. Philip Kiplimo, UGA | 2:19:56 | 5,000,000 |

WOMEN

- | | | |
|-------------------------------|---------|----------------------------|
| 1. Lydia Nasimiyu Wafula, KEN | 2:44:59 | UGX 20,000,000 (=USD 5350) |
| 2. Rael Kimaiyo Jepyator, KEN | 2:48:59 | 10,000,000 |
| 3. Immaculate Chemutai, UGA | 2:49:24 | 5,000,000 |

Half Marathon (gun times)

MEN

- | | | |
|--------------------------|---------|---------------------------|
| 1. Robert Chemonges, UGA | 1:03:31 | UGX 4,500,000 (=USD 1204) |
| 2. Martin Musau, UGA | 1:03:32 | 2,500,000 |
| 3. Abel Chebet, UGA | 1:03:40 | 1,500,000 |
| 4. Victor Kiplangat, UGA | 1:03:58 | 750,000 |
| 5. Thomas Ayeko, UGA | 1:04:18 | 375,000 |

WOMEN

- | | | |
|--------------------------------|---------|---------------|
| 1. Linet Torotich Chebet, UGA | 1:16:08 | UGX 4,500,000 |
| 2. Patricia Chekwemboi, UGA | 1:16:37 | 2,500,000 |
| 3. Vene Nyaboke Nyangamba, KEN | 1:17:12 | 1,500,000 |
| 4. Rebecca Cheptegei, UGA | 1:17:59 | 750,000 |
| 5. Viola Chemos, UGA | 1:18:53 | 375,000 |

PSPB Half Marathon

New Delhi, IND, 25 November

(Distance: 21.1 km [course configuration and certification unknown])

MEN (gun times)

1. Moses Kiptanui Kibor, KEN, 1:03:45
2. Kalidas Hirave, IND, 1:03:46
3. Abera Ketema Tilahun, ETH, 1:03:52
4. Thonakal Gopi, IND, 1:04:07
5. Isaac Nduro Mbuguru, KEN, 1:04:14

WOMEN (gun times)

1. Zinashwork Yenew, ETH, 1:12:11
2. Pascalia Chepkogei, KEN, 1:12:39
3. Caren Cheptoek(?), KEN, 1:17:05

Alexandria Turkey Trot (43rd)

Alexandria, USA, 22 November

(Distance: 5 miles)

MEN (gun times)

- | | | |
|--|-------|-------|
| 1. Chase Weaverling, 22, Charlottesville, VA | 24:07 | \$500 |
| 2. Girma Gebre, 25, New York, NY (ETH) | 24:48 | 400 |
| 3. Landon Peacock, 31, Wilmington DE | 24:50 | 300 |

WOMEN (gun times) -

- | | | |
|---|-------|-----------------|
| 1. Birtukan Fente Alemu, 29, Washington, DC (ETH) | 26:21 | CR \$500 + 300* |
| 2. Maura Linde, 25, Sykesville, MD | 27:59 | 400 |
| 3. Barb Fallon Wallace, 45, Alexandria, VA | 29:19 | 300 + 100m |

*) Course record bonus

m) Masters prize money

Suzhou (Taihu) International Marathon

Suzhou, CHN, 18 November

(Distance: 42.195 km)

MEN (gun times)

1. Daniel Kipkemoi Kiptoo, KEN 2:13:04
2. Gilbert Kiplangat Kirui, KEN 2:16:32
3. Jacob Cheshari Kirui, KEN 2:17:04

WOMEN (gun times)

1. Ayantu Abera, ETH 2:30:25
2. Yinli He, CHN 2:30:30
3. Senbete Gelanie, ETH 2:34:17

CROSS-COUNTRY**Cross Internacional de la Constitución (33rd)**

Aranda de Duero, ESP, 2 December

Senior MEN (9470 m)

1. Awet Habte, ERI 29:02

- 2. David Palacio, ESP 29:23
- 3. Javier García, ESP 29:38

Senior WOMEN (7910 m)

- 1. Tigist Gashaw, BRN 27:06
- 2. Marta Pérez, ESP 28:47
- 3. Gema Martín, ESP 28:52

Cross Internacional de la Constitución (37th)

(IAAF Cross Country Permit)

Alcobendas, ESP, 25 November

MEN (10.06 km):

- 1. Jacob Kiplimo, UGA 30:01
- 2. Aron Kifle, ERI 30:23
- 3. Edward Zakayo, KEN 30:44

WOMEN (8.04 km):

- 1. Eva Cherono, KEN 27:20
- 2. Glorinah Kite, KEN 27:30
- 3. Trihas Gebre, ESP 28:01

Ioket.nl Warande Cross (60th)

Tilburg, NED, 25 November

SR. MEN

CrossGala 10.3 km:

- 1. Yemaneberhan Crippa, ITA, 29:23:
- 2. Rinas Akhmadiyev, RUS, 29:25
- 3. Napoleon Solomon, SWE, 29:32

SR. WOMEN

CrossGala 8 km:

- 1. Fabienne Schlumpf, SUI, 26:37
- 2. Jip Vastenburg, NED, 26:50
- 3. Anna Gosk, POL, 27:22

Liverpool Cross Challenge / British Athletics Cross Challenge #3

(incorporating European XC Championships Trials)

Liverpool, GBR, 24 November

SR./U23 MEN (9.8 km)

- 1. Ross Millington, Stockport Harriers & AC, 28:00
- 2. Nick Goolab, Belgrave Harriers, 28:04
- 3. Marc Scott, Richmond & Zetland Harriers, 28:05

SR./U23 WOMEN (8.1 km)

- 1. Charlotte Arter, Cardiff AAC, 26:10
- 2. Verity Ockenden, Swansea Harriers, 26:14
- 3. Jessica Piasecki, Stockport Harriers & AC, 26:14

U20 MEN (6.7 km)

- 1. Jake Heyward, Cardiff AAC, 19:41
- 2. Isaac Akers, Corby AC, 19:53
- 3. Tom Mortimer, Stroud & District AC, 20:00

U20 WOMEN (4.4 km)

1. Cari Hughes, Swansea Harriers, 14:41
2. Amelia Quirk, Bracknell AC, 14:42
3. Khahisa Mhlanga, Herts Phoenix AC, 14:45

ULTRA/MOUNTAIN/TRAIL RUNNING**XTERRA Trail Running World Championship Half Marathon (10th)**

Oahu, USA, 2 December

(Distance: 21.1 km)

MEN (gun times)

- | | | |
|--|---------|--------|
| 1. Joseph Gray, Colorado Springs, CO | 1:23:07 | \$2000 |
| 2. Brett Hales, Billings, MT | 1:25:21 | 1000 |
| 3. Andy Wacker, Boulder, CO | 1:27:53 | 750 |
| 4. Abu Kebede Diriba, New York, NY (ETH) | 1:32:33 | 500 |
| 5. Douglas Da Silva, BRA | 1:34:26 | 300 |

WOMEN (gun times)

- | | | |
|-----------------------------------|---------|--------|
| 1. Dani Moreno, Santa Barbara, CA | 1:41:07 | \$2000 |
| 2. Polina Carlson, Kaneohe, HI | 1:42:48 | 1000 |
| 3. Taylor Ward, Ogden, UT | 1:44:02 | 750 |

TRACK**Hachioji Long Distance Meet**

Hachioji, Tokyo, JPN, 24 November

Note: Amazing depth here, with a total of 18 men breaking 28:00 in two heats. On the same day many of the top Japanese men ran at Yokohama University, where there were twelve races over 10000 m for men and two for women. The men's winning time (28:27.40) was much slower than at this meeting, but 25 of 28 finishers in the main race clocked PBs. In total an astounding 115 Japanese ducked under 29 minutes on this single weekend! -- Ed.

MEN

10000:

Race 7:

1. Dadi Tulu Merga (ETH), 27:25.86 PB
2. Bernard Kimeli (KEN), 27:26.27 PB
3. Daniel Kipkemoi (KEN), 27:30.47 PB
4. Bernard Koech (KEN), 27:31.83 PB
5. Amos Kurgat (KEN), 27:32.04 PB
6. Wesley Ledama (KEN), 27:41.12 PB
7. Josphat Kisaisa Ledama (KEN), 27:43.52
8. Dominic Langat (KEN), 27:44.27
9. Abraham Kipyatich (KEN), 27:44.92
10. Sitonik Kiprono (KEN), 27:53.59

Race 6:

1. Tetsuya Yoroizaka, 27:55.85
2. Hiroto Inoue, 27:56.27 PB
3. Hiroki Abe, 27:56.45 PB
4. Takuya Fujikawa, 27:58.87 PB

WOMEN

10000 m:

Race 2:

1. Yuka SUZUKI, 32:37.54
 2. Naruha SATO, 32:44.93
 3. Rino GOSHIMA, 32:46.10 PB
 4. Airu KOUCHI, 32:58.50
 5. Misato KAGAYAMA, 32:59.07 PB
 6. Ena KAGAYAMA, 33:11.74 PB
 7. Nanayo OKAMOTO, 33:15.02 PB
 8. Shiori YOSHIZONO, 33:15.51
 9. Erina SHIRAKAWA, 33:16.29
 10. Miyu ICHISE, 33:21.74 PB
-

NEWS

FARAH WILL RETURN TO LONDON MARATHON IN 2019

Four-time Olympic gold medalist Mo Farah will run the Virgin Money London Marathon on 28 April, reports *Race Results Weekly*. Farah, 25, most recently set the British marathon record of 2:05:11 at the Bank of America Chicago Marathon in October. He finished third in London last April in 2:06:21.

"I'm delighted to confirm I'll be returning to race the Virgin Money London Marathon again next year," Farah said through a statement provided by race organisers. "I've often said how racing in London is very special to me and the London Marathon gives me the chance to run in front of my fans, on my home roads, where the atmosphere is like nothing else."

This will be the fourth time that Farah will line up on London's famous starting line at Blackheath. In 2013 he ran about 20 kilometers of the race as a planned test run, then came back in 2014 and ran the full distance in 2:08:21, placing eighth. He did not return to the race until last April. Farah has only completed three marathons.

"I feel I have made great strides in the past year, finishing third in London in April, and winning my first major marathon in Chicago in October," Farah continued. "That and breaking both the British and European records has given me the confidence that I can compete against the best marathon runners in the world."

STATS TIME

Athletics International has published the official splits for the leaders at each kilometre in the BMW Berlin Marathon on 16 September. Note that Eliud Kipchoge was always in the lead; Gladys Cherono was behind between 14 and 24 km, and the chip split times taken in this section for her were 49:10 (15 km), 1:05:36 (20 km) and 1:09:10 (half marathon).

	Kipchoge		Cherono	
1k	2:45	2:45	3:19	3:19
2k	5:42	2:57	6:37	3:18
3k	8:36	2:54	9:55	3:18
4k	11:30	2:54	13:09	3:14
5k	14:24	2:54	16:26	3:17
6k	17:20	2:56	19:42	3:16
7k	20:15	2:55	22:56	3:14
8k	23:10	2:55	26:12	3:16
9k	26:05	2:55	29:26	3:14
10k	29:01	2:56	32:44	3:18
11k	31:56	2:55	35:59	3:14

12k	34:52	2:56	39:16	3:17
13k	37:48	2:56	42:33	3:17
14k	40:44	2:56	45:48	3:15
15k	43:38	2:54	49:08	3:20
16k	46:30	2:52	52:26	3:18
17k	49:21	2:51	55:42	3:16
18k	52:14	2:53	59:01	3:19
19k	55:06	2:52	1:02:15	3:14
20k	57:56	2:50	1:05:30	3:15
21k	1:00:48	2:52	1:08:45	3:15
HM	1:01:06	---	1:09:03	---
22k	1:03:42	2:54	1:12:03	3:18
23k	1:06:35	2:53	1:15:21	3:18
24k	1:09:30	2:55	1:18:38	3:17
25k	1:12:24	2:54	1:21:52	3:14
26k	1:15:18	2:54	1:25:06	3:14
27k	1:18:09	2:51	1:28:21	3:15
28k	1:21:04	2:55	1:31:41	3:20
29k	1:23:55	2:51	1:34:53	3:12
30k	1:26:45	2:50	1:38:04	3:11
31k	1:29:39	2:54	1:41:23	3:19
32k	1:32:28	2:49	1:44:32	3:09
33k	1:35:21	2:53	1:47:46	3:14
34k	1:38:13	2:52	1:50:56	3:10
35k	1:41:02	2:49	1:54:06	3:10
36k	1:44:00	2:58	1:57:26	3:20
37k	1:46:52	2:52	2:00:39	3:13
38k	1:49:46	2:54	2:03:56	3:17
39k	1:52:39	2:53	2:07:10	3:14
40k	1:55:29	2:50	2:10:32	3:22
41k	1:58:20	2:51	2:13:56	3:24
42k	2:01:08	2:48	2:17:24	3:28
42,195k	2:01:39	0:31	2:18:11	0:47

THIS MONTH IN HISTORY

62 years ago: 1 December 1956

The only time the Olympic Games have been held in December was in 1956 when they took place in Melbourne (also the first time they were held in the southern hemisphere -- and the first time Kenya and Ethiopia took part). A few finals took place on this day. In probably the biggest shock of the Games, world mile record holder and local hero John Landy was beaten into third place in the 1500 metres, while the record holder for the metric mile, István Rózsavölgyi (HUN) did not even make the final -- as did defending champion Josy Barthel (LUX). Irishman Ron Delany took the gold medal in an Olympic record 3:41.2 after having been only fourth in the last bend. Landy produced the best finishing kick of his career, but could not catch Delany and Klaus Richtzenhain (GER); bot Landy and Richtzenhain ran 3:42.0. Delany's first three laps were "only" 60.0, 61.4 and 61.0, but he blitzed the last 300 m in 38.8 and his last full lap was 53.8. Rózsavölgyi fared much better four years later when he earned the bronze medal behind Herb Elliott's world record.

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 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 2:34:20A 2:00:56	Tamsanqa Jusayi Brian Key Ed Whitlock (CAN) 2001	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	3:39:04 2:54:49	Daniel Hlongwane Ed Whitlock (CAN) 2004	Mossel Bay	06 Oct
100 km	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
10 km	30:02 27:11	Dais Malebana Mathew Kimeli Kipkorir (KEN) 2017	Durban	14 Oct
15 km	48:05 42:17	Carlo Flink Ayele Abshiro Biza (ETH) 2008	Eersterivier	07 Jul
21.1 km	67:15 59:16	Itumeleng Sesiko Samuel Wanjiru (KEN) 2005	Port Elizabeth	28 Jul
WOMEN				
<u>Open</u>				
10 km	32:01 29:43 Mx 30:29 Wo	Irvette van Zyl Joycilene Jepkosgei (KEN) 2017 Asmae Legzaoui (MAR) 2002	Durban	14 Oct
15 km	55:22 45:37 Mx	Anel Terblanche Joycilene Jepkosgei (KEN) 2017	Eersterivier	07 Jul

21.1 km	46:59** Wo	Lornah Kiplagat (NED) 2007		
	71:44	Nolene Conrad	Valencia	24 Mar
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
25 km	66:25 Wo	Lornah Kiplagat (NED) 2007		
	96:16	Charné Bosman (vet)	Pretoria	12 May
	79:53 Mx	Mary Keitany (KEN) 2010		
30 km	82:47 Wo	Paula Radcliffe (GBR) 2005		
	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	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		
<u>Masters (50+)</u>				
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		
<u>Grandmasters (60+)</u>				
10 km	42:20	Margie Saunders	Colchester	22 Sep
	38:56	Lidia Zentner (GER) 2015		

15 km	69:28 61:25	Hanlie van der Westhuizen Kathryn Martin (USA) 2011	Despatch	24 Feb
21.1 km	92:16 84:56	Annatjie Botes Bernadine Portenski (NZL) 2010	Port Elizabeth	28 Jul
25 km	2:28:20 2:22:03A 1:50:50	Jenny Scott Sylvia Burton Edie Stevenson (USA) 2011	Durban Pinetown	21 Mar 28 Jan
30 km	2:26:52 2:15:30	Annatjie Botes Kathryn Martin (USA) 2012	Sedgefield	10 Mar
Marathon	3:27:12 3:26:19A 3:12:57	Annatjie Botes Nancy Will Emmi Luthi (SUI) 2009	Mossel Bay Simon's Town	06 Oct 18 Feb
100 km	17:51:42 9:20:07	Martie Boesenberg Ursula Schmitz (GER) 1999	Polokwane	15 Apr
<u>Great grandmasters (70+)</u>				
10 km	52:30 44:09	Sonja Laxton Lavinia Petrie (AUS) 2014	Johannesburg	07 Oct
15 km	85:25 72:52	Marietha Herbert Jo Klein (NED) 2004	Constantia	10 Mar
21.1 km	1:57:18 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	14 Apr
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	3:19:19 2:58:52A 2:47:08	Pixie Sparg Veronica van Niekerk Myra Rhodes (USA) 2002	Simon's Town Camps Bay	19 Aug 14 Jan
Marathon	4:49:16 4:37:20A 3:35:29	Veronica van Niekerk Marietha Herbert Helga Miketta (GER) 2013	Cape Town Simon's Town	23 Sep 18 Feb
100 km	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	35:21 31:29	Carmie Prinsloo Karoline Bjerkeli Grovdal (NOR) 2009	Cape Town	23 Sep
15 km	59:40 48:33	Simonay Weitsz Mekasha Waganesh Amare (ETH) 2011	Kempton Park	31 Jan
21.1 km	80:48 67:57	Lesego Mpshe Abebu Gelan Adugna (ETH) 2009	Polokwane	19 May

Contributors to this issue: Alen Hattingh

Published by Riël Hauman
 42 Fifteenth Avenue, Boston, Bellville 7530, RSA
 Telephone: 021 948-0293
 Fax: 0866 89-44-74
 Cellphone: 082 922-8538
 E-mail: rielh@mweb.co.za



www.runyourcityseries.com