

# Distance Running Results

Vol. 18, No. 44 – 12 November 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

The 41st Winelands Marathon in Stellenbosch was won this weekend by Zimbabwe's Moses Njodzi in 2:25:57 and Candyce Hall in 3:13:06 (her third victory). Both defending champions, Ben Matiso and Lee-Shay Willemse, had to be content with second place this year. In the half marathon Fortunate Chidzivo, who had won the previous three years, likewise was second -- and had to watch Annie Bothma smash her course record by almost four minutes with a brilliant personal best of 1:15:13.

The only list leader of the weekend came in the Nelson Mandela Bay Northern Areas Legacy Project 15 km, where master Desmond Zibi clocked 54:30. Zibi now has four list leaders.

The second half split for Geoffrey Kamworor in the TCS New York City Marathon in last week's DRR was given as 1:03:27, but it should have been 1:02:27.

Riël Hauman

---

## INCLUDED IN THIS ISSUE:

- \* PPS Alberton Half Marathon & 10 km, Alberton
- \* The Ignition 10 km, Durban
- \* Save Orion Half Marathon & 10 km, Pietermaritzburg
- \* Winelands Marathon & Half Marathon, Stellenbosch
- \* Nelson Mandela Bay Northern Areas Legacy Project 15 km, Port Elizabeth

## International highlights:

- \* Vodafone Istanbul Marathon, Istanbul, TUR
  - \* BLOM BANK Beirut Marathon, Beirut, LIB
  - \* Athens Marathon, Athens, GRE
  - \* Fukuoka Marathon, Fukuoka, JPN
  - \* Bank of Nanjing Nanjing Marathon, Nanjing, CHN
  - \* EQT Pittsburgh 10 Miler, Pittsburgh, USA
  - \* JoongAng Seoul International Marathon, Seoul, KOR
  - \* Hangzhou International Marathon, Hangzhou, CHN
  - \* Taulé Morlaix 10 km & Half Marathon, Morlaix, FRA
  - \* Indianapolis Monumental Marathon & Half Marathon, Indianapolis, USA
  - \* XC: NCAA Div I Regional Championships: South Central Region, College Station, USA; Southeast Region, Rock Hill, USA; West Region, Sacramento, USA
-

## ROAD RUNNING

### PPS Alberton Half Marathon & 10 km

Alberton, 11 November

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon -- 670 [up from 487 last year]; 10 km -- 800 [huge increase from 481].)

Note: In the 10 km evergreen Sonja Laxton (70) won the grandmasters category and was just 23 sec slower than the SA record she set a few weeks ago. -- Ed.

#### Half marathon

MEN

1 Wesley Mutai (KEN) 71:12; 2 Motsamai Rantho (Rockies) 72:11; 3 Owen Masipa (Modern Athlete) 73:04.

**Veterans:** 1 Zwelakhe Mkorwana (Anglo) 74:13; 2 Werner v.d. Berg (Boksburg) 79:50; 3 Erwin Spies (Medihelp) 80:06. **Masters:** 1 Tony Silva (BCC) 85:32. **G'masters:** 1 Norman Milne (BNAC) 96:05. **Juniors:** 1 Nielen Norman (Reiger Park) 96:05.

WOMEN

1 Julianie Basson (Born 2 Run) 88:54 (1st vet); 2 Nancy Barber (Born 2 Run) 92:14; 3 Melissa Jansen van Vuuren (Nedbank) 93:35.

**Veterans:** 1 Julianie Basson (Born 2 Run) 88:54; 2 Leigh Previtt (Modern Athlete) 95:16; 3 Elizabeth Potter (Vitality) 97:38. **Masters:** 1 Maria Bendana (Morningside) 1:40:02. **G'masters:** 1 Sharon Zeelie (Vaal) 2:03:51.

#### 10 km

MEN

1 Dylan v.d. Merwe (KPMG) 30:33; 2 Marko Bucarizza (Born 2 Run) 30:39; 3 Kwanda Longoza (East AC) 31:48.

**Veterans:** 1 Wayne Gallant (32Gi) 32:52; 2 Justice Dlamini (Umjantshi) 34:51; 3 Never Mathiya (Jeppe) 35:49. **Masters:** 1 Davis Gamede (Boksburg) 38:41. **G'masters:** 1 Clive Duncan (Run Zone) 56:29. **Juniors:** 1 Arno van Schalkwyk (Chappies) 46:48.

WOMEN

1 Nicole v.d. Merwe (UJ) 38:39; 2 Nomsa Cossa (Sentrarand) 40:43; 3 Deneke Snyman (Lewensentrum) 42:50.

**Veterans:** 1 Gillian Sieling (RAC) 44:08; 2 Michelle Pieterse (Vitality) 46:34; 3 Sue Botton (Lewensentrum) 50:43. **Masters:** 1 Leonor Erwee (MiWay) 44:57. **G'masters:** 1 Sonja Laxton (RAC) 52:53. **Juniors:** 1 Deneke Snyman (Lewensentrum) 42:50.

### The Ignition 10 km (1st)

Durban, 11 November

(Finishers: 821.)

MEN

1.	Wiseman Mthembu	Amabutho AC	32:07
2.	Muziwenkosi Mjaja	Nedbank AC	32:15
3.	Simphiwe Zulu	Hollywood Bets	33:25

#### 40-49:

1.	Simphiwe Zulu	Hollywood Bets	33:25
----	---------------	----------------	-------

**50-59:**

1.	Garry Babich	Faku Chiefs	48:18
----	--------------	-------------	-------

**60+:**

1.	Andrew Birthwistle	PDAC	42:08
----	--------------------	------	-------

## WOMEN

1.	Jenna Challenor	KPMG	38:10
----	-----------------	------	-------

2.	Amber Schlebusch	Fast Feet	40:39
----	------------------	-----------	-------

3.	Janene Cary	Boxer AC	42:55
----	-------------	----------	-------

**40-49:**

1.	Janine Carey	Boxer AC	42:55
----	--------------	----------	-------

**50-59:**

1.	Maya Lawrie	Boxer AC	43:57
----	-------------	----------	-------

**60+:**

1.	Colleen Peens	Team Vitality	54:08
----	---------------	---------------	-------

**Save Orion Half Marathon & 10 km**

Pietermaritzburg, 11 November

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon -- 960 [considerably up from 673 last year]; 10 km -- 2022 [also considerably up from 1441].)

**Half marathon**

## MEN

1.	Siyabonga Nkonde	Ethekweni AC	1:07:08
----	------------------	--------------	---------

2.	Bonginkosi Zwane	Boxer AC	1:07:17
----	------------------	----------	---------

3.	Ayanda Mncube	Ethekweni AC	1:07:34
----	---------------	--------------	---------

**40-49:**

1.	Ephraim Xaba	Hillcrest Villagers	1:14:09
----	--------------	---------------------	---------

**50-59:**

1.	Allen Ndlovu	Chesterville AC	1:20:08
----	--------------	-----------------	---------

**60-69:**

1.	Andy Daly	West AC	1:27:33
----	-----------	---------	---------

**70+:**

1.	Zitulele Zulu	Amaqhawa AC	2:15:01
----	---------------	-------------	---------

## WOMEN

1.	Jenet Mbhele	Umzimkulu AC	1:17:44
----	--------------	--------------	---------

2.	Makhosi Mhlongo	Ind	1:21:43
----	-----------------	-----	---------

3.	Slindile Magagula	Ind	1:21:58
----	-------------------	-----	---------

**40-49:**

1.	Buysile Zuma	Ind	1:35:03
----	--------------	-----	---------

**50-59:**

1.	Michelle Sims	PDAC	1:38:08
----	---------------	------	---------

**60-69:**

1.	Sanet Beukes	West AC	1:56:36
----	--------------	---------	---------

**70+:**

1.	Gill Tregenna	West AC	2:21:03
----	---------------	---------	---------

**10 km**

## MEN

1.	Phalang Mosea	Arthur Ford	32:34
----	---------------	-------------	-------

2.	Mondli Duma	Ind	32:56
----	-------------	-----	-------

3.	Lindikuhle Sithole	Phantane AC	33:05
----	--------------------	-------------	-------

## WOMEN

1.	Thobile Mkhize	Amaqhawa AC	39:11
2.	Bathobile Mkhize	Amaqhawe AC	40:15
3.	Nonsikelelo Mbambo	Natal Carbineers	45:31

**Winelands Marathon (41st) & Half Marathon (22nd)**

Stellenbosch, 10 November

(Distances: 42.195 km &amp; 21.1 km; certified, hilly loop courses with approx. 4 km on gravel.

Finishers: marathon -- 1131 men + 545 women = 1676 total [2 more than last year]; half marathon -- 1114 men + 1353 women = 2467 total [up from 2240 last year].)

**Marathon**

## MEN

1	Moses Njodzi	ZIM/Itheko	2:25:57	R2200
2	Ben Matiso	Itheko	2:27:13	R1750
3	Bernard Rukadza	ZIM/Itheko	2:28:34	R1500
4	Jimmy Bonjesi (1st vet)	MAW/Whalers	2:32:57	R1250
5	Siyabonga Sakwe	Itheko	2:32:58	R950
6	Lehlohonolo Nyombane	Nedbank	2:38:08	R750
7	Phumlani Nxusani	MSA Multisport	2:40:12	R600
8	Luca Boyane	Century City	2:40:43	R450
9	Warrick Smith	Carbineers	2:44:54	R350
10	Marks Mpekula	Langebaan	2:44:57	R150

**Veterans:**

1	Jimmy Bonjesi	MAW/Whalers	2:32:57	R1300
2	Abraham Afrika	Swartland	2:51:28	R1000
3	Senzo Ngobese	Spartan Harriers	2:51:46	R700

**Masters:**

1	John September	Itheko	2:59:38	R800
2	Abraham Fielies	Worcester	3:06:49	R600
3	Desmond Pietersen	SANDF	3:10:54	R400

**G'masters:**

1	Kosie Botha	Correctional Services Boland	3:17:16	R500
2	Pieter Langenegger	Helderberg Harriers	3:40:45	R400
3	Alan Jacobs	Spartan Harriers	3:48:25	R250

**G/g'masters:**

1	Henry Cleophas	Nedbank	4:20:36	R300
2	Anthony Riddick	Run Walk For Life	4:34:43	R200
3	Franklin Smith	Celtic Harriers	4:38:16	R150

## WOMEN (Same prize money as men)

1	Candyce Hall	Carbineers	3:13:06
2	Lee-Shay Willemse	Velocity	3:14:49
3	Linda Kinloch-Smith (1st vet)	Asics	3:17:03
4	Ursula Turck	Strand	3:24:21
5	Laura Peddle	Strand	3:26:21
6	Adele Waldron	West Coast	3:26:27
7	Maritsa Kotze	Asics	3:26:33
8	Elme Middlemost	Brackenfell	3:28:20
9	Tania Anderson	VOB	3:29:47
10	Leonie Schoeman		3:30:45

**Veterans:**

1	Linda Kinloch-Smith	Asics	3:17:03
---	---------------------	-------	---------

2	Ursula Turck	Strand	3:24:21
3	Adele Waldron	West Coast	3:26:27

**Masters:**

1	Marjorie Prins	Ceres	3:34:25
2	Angelique Rabie	VOB	3:39:03
3	Lynn Davis	Atlantic	3:43:32

**G'masters:**

1	Nancy Will	Pinelands	3:46:54
2	Annelie Mader/Van der Linde	Durbanville	4:05:26
3	Juliette Savini	Durbanville	4:06:29

**Half marathon****MEN**

1	Danzil Paulse	Sanlam	1:08:11	R1800
2	Lindikhay Mthangayi	Itheko	1:08:13	R1350
3	Nkosinathi Madyo	Itheko	1:08:38	R900
4	Siviwe Nkombi	Itheko	1:08:42	R700
5	Admire Rushika	ZIM/VOB	1:10:10	R600
6	Sibusiso Madikizela	AAC	1:11:17	R500
7	Mthandazo Qhina (1st vet)	Nedbank	1:11:17	R400
8	Philani Sengce	Helderberg Harriers	1:11:26	R300
9	Vakalisa Kopolo	Nedbank	1:11:55	R200
10	Thomas Struis	Tygerberg	1:12:11	R150

**Veterans:**

1	Mthandazo Qhina	Nedbank	1:11:17	R1300
2	Vakalisa Kopolo	Nedbank	1:11:55	R900
3	Tsungai Mwanengeni	ZIM/Gugs	1:14:56	R700

**Masters:**

1	Stephen Motau	Itheko	1:19:12	R900
2	Andrew Cooper	Nedbank	1:19:41	R600
3	Timothy Hess	Eersterivier	1:25:19	R400

**G'masters:**

1	Louis Claassen	Arcelor Mittal Saldanha	1:28:25	R400
2	Frank Gillion	Whalers	1:31:25	R300
3	Robbie Lindsay	Nedbank	1:34:43	R200

**G/g'masters:**

1	Willie van Wyk	Brackenfell	1:52:57	R300
2	Les Hanna	Whalers	2:03:34	R250
3	Henk Bos	Montagu	2:11:15	R175

**Juniors:**

1	Gershon Aziza	Spartan Harriers	1:17:20	R250
2	Siyabonga Mathe	Easterns	1:20:55	R150
3	Shema Fiacre	Spartan Harriers	1:22:13	R100

**WOMEN (Same prize money as men)**

1	Annie Bothma	Nedbank	1:15:13	PB/CR
2	Fortunate Chidzivo	ZIM/Langa	1:19:50	
3	Marion Leiberich	Langa	1:23:24	
4	Danette Smith	KPMG	1:28:03	
5	Nolubabalo Dyonase	VOB	1:29:11	
6	Clare Rodseth	VOB	1:30:06	
7	Suzette Botha (1st vet)	West Coast	1:30:56	
8	Lijan van Niekerk		1:31:03	
9	Monique Jansen v. Rensburg		1:31:52	
10	Natalie Beckenstrater	West Coast	1:33:51	

**Veterans:**

1	Suzette Botha	West Coast	1:30:56
2	Busisiwe Matiwane	Nedbank	1:34:08
3	Elizabeth Brink	Durbanville	1:34:46

**Masters:**

1	Obertina Kanyongo	ZIM/Nedbank	1:32:33
2	Estelle Steyn	Strand	1:43:23
3	Evelina Tshabalala	Century City	1:46:59

**G'masters:**

1	Olga Howard	Nedbank	1:38:29
2	Beverly Charters	VOB	1:47:15
3	Ora Human	Carbineers	1:58:41

**G/g'masters:**

1	Pixie Sparg	Celtic Harriers	2:06:50
2	Marlene James	Pinelands	2:21:07
3	Norma Wheeler	Whalers	2:22:42

**Juniors:**

1	Willene Fredericks	Stellenbosch	1:50:24
2	Sophia Els	Bellville	1:54:30
3	Veronique Jacobs	Spartan Harriers	1:54:32

**Nelson Mandela Bay Northern Areas Legacy Project 15 km**

Port Elizabeth, 10 November

(Finishers: 353.)

**MEN**

1	Melikhaya	FRANS	Ikhamva AC	28	47:22
2	Adriaan	GERWEL	Ikhamva AC	22	47:57
3	Andile	MOTWANA	Tinarha AC	21	48:14
4	Amos	NYONGO	Motherwell AC	32	48:26
5	Gift	CHIGOMARAWA	ZIM/Nedbank RC	30	48:27

**Veterans:**

1	Anele	MALIZA	Nedbank RC	40	52:23
2	Mzwanele	MAPHEKULA	Ikhamva AC	42	53:14
3	Melikhaya	KEPE	Nedbank RC	42	55:02

**Masters:**

1	Desmond	ZIBI	Achilles AAA	55	54:30
2	Ian	PATTERSON	Muirite Strider	55	1:03:28
3	Graham	TERBLANCHE	Madibaz AC	53	1:04:47

**G'masters:**

1	Chester	BROOKS	Xcel AC	60	1:07:59
2	Hannes	ELS	Madiba BW	68	1:08:18
3	Alan	TAYLOR	Achilles AAA	61	1:09:42

**G/g'masters:**

1	Lochi	LOCHNER	Charlo AC	70	1:15:37
2	Percy	DALTON	Achilles AAA	70	1:16:04
3	Eckart	SCHUMANN	Body Concept	73	1:30:53

**Juniors:**

1	Anele	VOORMAN	Nedbank RC	18	56:33
2	Sinawo	POTI	Ikhamva AC	16	1:00:37
3	Lindokuhle	MAVATHA	Nedbank RC	17	1:01:05

**WOMEN**

1	Ntombesintu	MFUNZI	Nedbank RC	36	59:26
2	Luthando	NXANISA	Ikhamva AC	25	1:01:46

3	Siphokazi	NOJOKO	Motherwell AC	24	1:04:28
4	Nokholo	HLEZUPONDO	SANDF AC EP	39	1:04:50
5	Liza-Marie	KINGSTON	Nedbank RC	36	1:05:37

**Veterans:**

1	Davera	MAGSON	Nedbank RC	44	1:09:41
2	Priscilla	DYANTYI	Nedbank RC	44	1:09:57
3	Toegeda	VYVER	Nedbank RC	46	1:16:26

**Masters:**

1	Christine	CLAASEN	Achilles AAA	54	1:10:49
2	Grizelda	PIETERSEN	Nedbank RC	50	1:15:50
3	Buyelwa	KOBOKANA	Nedbank RC	53	1:19:59

**G'masters:**

1	Hanlie	VAN DER WESTHUIZEN	Despatch AC	62	1:14:49
2	Renee	HAWKRIDGE	Bluewater Bay	67	1:23:09
3	Christine	SNYMAN	Despatch AC	62	1:29:45

**G/g'masters:**

1	Jeanette	PIENAAR	PEAAC	70	1:47:18
2	Denise	TERBLANCHE	Infinity AC	71	1:48:56
3	Angeline	KIVEDO	Infinity AC	72	2:05:40

**Juniors:**

1	Jastine	VAN DER BERG	SAPS AC EP	16	1:34:26
2	Simone	OLCKERS	SAPS AC EP	16	1:48:07

**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****Vodafone Istanbul Marathon (40th)**

(IAAF Gold Label Road Race)

Istanbul, TUR, 11 November

Distance: 42.195 km; point-to-point coastal course with about 20 m elevation loss)

**MEN (gun times)**

1.	Felix Kimutai, KEN	2:09:57	PB/CR	USD 50,000 + 10,000t*
2.	Abdi Ibrahim Abdo, BRN	2:10:37		25,000
3.	Abraham Kiprotich, FRA	2:10:55		15,000

t\*) Earned time bonus (not cumulative with course record bonus)

**WOMEN (gun times)**

1.	Ruth Chepngetich, KEN	2:18:35	PB/CR	USD 50,000 + 10,000t*
		[16:14 - 32:00 - 48:16 - 1:04:45 - 1:08:23 - 1:21:25 - 1:37:43]		
2.	Margaret Agai, KEN	2:25:04		25,000
3.	Fatuma Sado, ETH	2:31:05		15,000
4.	Zerfie Limeneh, ETH	2:31:10		7,000
5.	Elvan Abeylegesse, TUR	2:32:23		5,000

t\*) Earned time bonus (not cumulative with course record bonus)

**BLOM BANK Beirut Marathon** (16th)

(IAAF Silver Label Road Race/World Military Marathon Championships)

Beirut, LIB, 11 November

(Distance: 42.195 km; revised IAAF-certified course with negligible start/finish separation)

MEN (gun times)

- |                                     |                     |                     |
|-------------------------------------|---------------------|---------------------|
| 1. Mohamed Reda El Araby, 1983, MAR | 2:10:41 CR*         | USD 10,000 + 3,000* |
|                                     | [1:05:07 / 1:05:34] |                     |
| 2. Felix Chemonges, 1995, UGA       | 2:11:57 DB          | 6,000               |
| 3. Deresa Geleta Ulfata, 1996, ETH  | 2:12:33 PB          | 3,500               |

\*) Course record bonus

WOMEN (gun times)

- |                                       |               |            |
|---------------------------------------|---------------|------------|
| 1. Medina Deme Armino, 1997, ETH      | 2:29:31 PB    | USD 10,000 |
| 2. Nazret Weldu Gebrehiwet, 1990, ERI | 2:29:48 DB/NR | 6,000      |
| 3. Selamwit Getnet Tsegaw, 1998, ETH  | 2:31:42 PB    | 3,500      |

**Athens Marathon. The Authentic** (36th)

Athens, GRE, 11 November

(Distance: 42.195 km; hilly, point-to-point, AIMS-certified course from Marathon to Athens, finishing in the ancient Panethenaiko Stadium [same course as the 2004 Olympic Games marathon].)

MEN (gun times)

- |                                |         |
|--------------------------------|---------|
| 1. Brimin Kipkorir Misoi, KEN  | 2:10:56 |
| 2. Workneh Tesfa Tiruneh, ETH  | 2:12:52 |
| 3. Mengist Azmeraw Gereme, ETH | 2:13:20 |

WOMEN (gun times)

- |                                  |         |
|----------------------------------|---------|
| 1. Shelmith Nyawira Muriuki, KEN | 2:36:46 |
| 2. Rebbay Cherono Koech, KEN     | 2:38:54 |

**Fukuoka Marathon** (5th)

Fukuoka, JPN, 11 November

(Distance: 42.195 km)

Note: This is not the famous international marathon for elite men held the first weekend of December, but rather a mass-participation race. -- Ed.

MEN (gun times)

- |                           |         |
|---------------------------|---------|
| 1. Kosuke Hamada, JPN     | 2:26:34 |
| 2. Kazuaki Kawashita, JPN | 2:29:13 |
| 3. Yosuke Maeda, JPN      | 2:29:38 |

WOMEN (gun times)

- |                                |             |
|--------------------------------|-------------|
| 1. Hiroko Yoshitomi, 1983, JPN | 2:30:09 CR* |
|--------------------------------|-------------|

**Bank of Nanjing Nanjing Marathon**

Nanjing, CHN, 4 November

(Distance: 42.195 km)

MEN (gun times)

- |                               |         |
|-------------------------------|---------|
| 1. Felix Kipchumba Korir, KEN | 2:14:16 |
|-------------------------------|---------|



2. Philemon Kipchilis Cheboi, KEN 2:15:03
3. Tadesse Mamo, ETH 2:15:27
- ... 6. Modike Lucky Mohale, RSA 2:18:54

WOMEN (gun times)

1. Kebene Chala, ETH 2:30:49
2. Genet Getaneh, ETH 2:31:04
3. Kellen Mukami Waithira, KEN 2:34:24

**EQT Pittsburgh 10 Miler** (6th)

Pittsburgh, USA, 4 November

(Distance: 10 miles; certified near-loop course with negligible start/finish separation)

MEN (gun times)

1. Martin Hehir, Reebok Running 46:49 CR\* \$5000a
2. Stephen Sambu, Nike 46:56 2500
3. Dominic Korir, KEN 47:12 1500

a) Includes USA citizen bonus

WOMEN (gun times)

1. Monicah Ngige, Nike (KEN) 52:07 \$4000
2. Gotytom Gebreslasie, adidas (ETH) 53:05 2500
3. Vicoty Chepngeno, KEN 53:23 1500

**JoongAng Seoul International Marathon** (20th)

Seoul, KOR, 4 November

(Distance: 42.195 km; loop course with negligible start/finish separation)

MEN (gun times)

1. Asefa Negewo, ETH 2:08:11 USD 50,000
2. Tariku Kebede, ETH 2:08:19 30,000
3. Abdela Gameda, ETH 2:08:32 15,000

**Hangzhou International Marathon** (32nd)

(IAAF Silver Label Road Race)

Hangzhou, CHN, 4 November

(Distance: 42.195 km)

MEN (gun times)

1. Michael Njenga Kunyuga, KEN 2:10:37 USD 20,000
2. Douglas Kimeloi Kiprugut, KEN 2:11:06 15,000
3. Mike Kiprotich Mutai, KEN 2:11:12 8,000

WOMEN (gun times)

1. Hirut Tibebu Damte, ETH 2:25:10 CR\* USD 40,000
2. Tsehay Desalegn Adhana, ETH 2:27:35 15,000
3. Sifan Melaku Demise, ETH 2:31:47 8,000

**Taulé Morlaix 10 km & Half Marathon** (46th)

Morlaix, FRA, 4 November

(Distances: 10 km, drops 85 m, not record eligible, and 21.1 km, drops 15 m.)

**10 km** (gun times)

MEN

1. Paul Melly, KEN 29:01
2. Stephan Ogari Barongo, KEN 29:15
3. Paul Omuya, KEN 29:28

WOMEN

1. Chaltu Negasa, ETH 32:08
2. Daria Mykhailova, UKR 33:10
3. Mekdes Woldu, ETH 33:20
4. Karine Pasquier, FRA 33:54

**Half Marathon** (gun times)

MEN

1. Gerald Vincent, KEN 1:05:10
2. Getinet Gedamu Mele, ETH 1:05:11
3. Dieudonne Nsengiyumva, BDI 1:05:13

WOMEN

1. Adanech Mesfen Mekonnen, ETH 1:14:50
2. Melkitu Workneh Geremew, ETH 1:16:10
3. Lucy Macharia, KEN 1:17:25

**Indianapolis Monumental Marathon** (11th) & **Half Marathon**

Indianapolis, USA, 3 November

(Distances: 42.195 km &amp; 21.1 km, both record-standard courses with negligible start/finish separation)

**Marathon** (gun times)

MEN

1. Aaron Fletcher, Salt Lake City, UT 2:17:23 \$ 1200 + 1000otq
2. Zack Beavin, Lexington, KY 2:18:26 PB 750 + 1000otq
3. Mike Deren, Louisville, KY 2:18:31 PB 600 + 1000otq

WOMEN

1. Laurie Knowles, 1977, Atlanta, GA 2:37:52 CR\* \$ 1200 + 250m + 1000otq
2. Hiruni Wijayarathne (SRI), Broomfield, CO 2:38:36 750
3. Sallie Post, Portland, OR 2:42:01 600 + 1000otq

otq) Earned bonus for obtaining USA Olympic Trials qualifying (2:19:00 for men &amp; 2:45:00 for women)

**Half Marathon (gun times)**

MEN

1. Brogan Austin, West Des Moines, IA 1:02:39 PB \$500 + 550otq
2. Reed Fischer, Boulder, CO 1:02:57 PB 400 + 550otq
3. Edwin Kibichiy, Louisville, KY (KEN) 1:03:05 300

WOMEN

1. Allison Cleaver, Austin, TX 1:12:47 PB \$500 + 550otq
2. Molly Grabill, Boulder, CO 1:13:21 PB 400
3. Michele Lee, Sun Prairie, WI 1:13:35 PB 300

otq) Earned bonus for obtaining Olympic Trials qualifying (1:04:00 for men & 1:13:00 for women)

## CROSS-COUNTRY

Note: The top-2 teams (\*) from each of the following regional championships qualify automatically for the the NCAA Division I Cross-country Championships scheduled for 17 November in Madison, Wisconsin (seven athletes per team). An additional 13 teams qualified through the at-large bid process (\*\*). Also, individual qualifiers are also indicated (#). -- Ed.

### **NCAA Div I Regional Championships: South Central Region**

College Station, USA, 9 November

MEN (10 km)

Teams: 1. Arkansas\*, 59 points; 2. Texas\*, 76; 3. Texas A&M, 135; 4. Rice, 141; 5. North Texas, 162.

Individual finishers:

1. Jamie Crowe#, SR, Lamar, 31:36.3
2. Abraham Chirchir#, FR, UT-Rio Grande Valley (KEN), 31:40.4
3. Florian Lussy#, JR, North Texas (SUI), 31:41.6

WOMEN (6 km)

Teams: 1. Arkansas\*, 21 points; 2. Texas\*, 99; 3. Texas State, 122; 4. Texas A&M, 154; 5. Rice, 162.

Individual finishers:

1. Katrina Robinson, FR, Arkansas (NZL), 20:20.3
2. Taylor Werner, JR, Arkansas, 20:29.0
3. Lauren Gregory, SO, Arkansas, 20:29.0
4. Carina Viljoen, JR, Arkansas (RSA), 20:33.9

### **NCAA Div I Regional Championships: Southeast Region**

Rock Hill, USA, 9 November

MEN (10 km)

Teams: 1. North Carolina State\*, 83 points; 2. Eastern Kentucky\*, 90 points; 3. Virginia, 102; 4. Furman, 116; 5. Wake Forest, 177.

Individual finishers:

1. James Sugira, FR, Eastern Kentucky (RWA), 29:26.9
2. Peter Seuffer#, JR, Virginia Tech, 29:27.6
3. Aaron Templeton#, SR, Furman, 29:31.3
- ... 20. Adriaan Wildschutt, FR, Coastal Carolina (RSA), 30:31.7
- ... 52. Nadeel Wildschutt, SO, Coastal Carolina (RSA), 31:19.1

WOMEN (6 km)

Teams: 1. North Carolina State\*, 70 points. 2. Furman University\*, 94 points; 3. Duke, 139; 4. Wake Forest, 163; 5. Virginia Tech, 181.

Individual finishers:

1. Dorcas Wasike#, JR, Louisville (KEN), 19:42.1
2. Elly Henes, JR, North Carolina St., 19:47.6

3. Savannah Carnahan, JR, Furman, 19:54.5

### **NCAA Div I Regional Championships: West Region**

Sacramento, USA, 9 November

#### MEN (10 km)

Teams: 1. Portland\*, 77 points; 2. Washington\*, 82; 3. Boise State, 102\*\*; 4. Stanford\*\*, 110; 5. Oregon\*\*, 149.

#### Individual finishers:

1. Nick Hauger, SR, Portland, 29:42.4
2. Carlos Villarreal#, JR, Arizona (MEX), 29:43.4
3. Koby Pederson#, SR, Loyola Marymount, 29:44.1

#### WOMEN (6 km)

Teams: 1. Oregon\*, 44 points; 2. Boise State\*, 49; 3. Stanford\*\*, 95; 4. Washington\*\*, 118; 5. Portland\*\*, 144; 6. Oregon State\*\*, 196.

#### Individual finishers:

1. Allie Ostrander, JR, Boise State, 19:09.0
2. Jessica Hull, SR, Oregon (AUS), 19:22.5
3. Susan Ejore, SR, Oregon (KEN), 19:24.6
4. Elise Cranny, SR, Stanford, 19:26.2

### **STATS TIME**

This week we include a list of the top-10 averages in the women's marathon for the 15 best countries in 2018 (from Japan Running News), followed by South Africa's ten fastest women. The world top-10 average is 2:19:05.

### **2018 WOMEN'S MARATHON: TOP-10 AVERAGES BY COUNTRY**

1. Ethiopia	2:19:43
2. Kenya	2:20:58
3. Japan	2:24:59
4. Bahrain	2:25:45
5. United States of America	2:27:18
6. North Korea	2:31:07
7. Russia	2:32:06
8. Australia	2:32:20
9. Belarus	2:32:32
10. China	2:33:32
11. Germany	2:34:25
12. Italy	2:34:42
13. South Korea	2:34:43
14. Canada	2:35:21
15. Great Britain	2:35:34
... South Africa	2:42:08

### **SOUTH AFRICA'S TOP 10 WOMEN IN 2018**

2:31:04A	Gerda Steyn	13	New York	04 Nov
2:33:43	Irvette van Zyl	1	Soweto	04 Nov
2:34:39	Nolene Conrad	8	Cape Town	23 Sep
2:42:11	Christine Kalmer	14	Cape Town	23 Sep
2:44:33	Makhosazane Mhlongo	15	Cape Town	23 Sep

2:44:52	Charné Bosman	16	Cape Town	23 Sep
2:47:07	Yolande Maclean	18	Cape Town	23 Sep
2:47:17A	Ann Ashworth	1	Nelspruit	03 Nov
2:47:54A	Yolande Maclean	2	Nelspruit	03 Nov
2:47:56	Ntombesintu Mfunzi	19	Cape Town	23 Sep

### THIS MONTH IN HISTORY

#### 83 years ago: 16 November 1935

South Africa's oldest marathon (apart from the national championships race), the Durban Athletic Club (or DAC) Marathon, was first held in 1927 -- but was, very sadly, discontinued after the 2001 race and 68 runnings. On this day Johannes (or Johnny, as he was called) Coleman won the first of his amazing five consecutive victories in a South African record of 2:38:32, only two months after taking the Natal marathon title. It remained the fastest of his wins (the next year Coleman broke his record in Port Elizabeth, running more than 6½ minutes faster). A year after this Durban victory Coleman finished sixth in the Olympic Marathon and another two years later won the Commonwealth title in Sydney. In the midst of all his marathon running, Coleman also won the Comrades in 1937 and 1939, setting a record for the "down" run on each occasion.

### 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	54:30 47:52	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	10 Nov
21.1 km	72:30 66:23	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	28 Jul
25 km	99:31 92:17A	Joseph Ndlovu Michael Ndlovu	Pretoria Pinetown	12 May 28 Jan
30 km	84:12 1:54:26	Norman Green (USA) 1984 Makaya Masumpa	Uitenhage	03 Mar
Marathon	1:46:33 2:40:00	Norman Green (USA) 1988 Desmond Zibi	Cape Town	23 Sep
100 km	2:19:29 12:00:07 6:43:33	Titus Mamabolo (RSA) 1991 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	Derrick Mazibuko Andy Daly	Durban Pinetown	21 Mar 28 Jan
30 km	94:01 2:10:49	Doug Winn (USA) 2010 Mochamat Kriel	Simon's Town	19 Aug
Marathon	1:57:07 3:16:33	Ed Whitlock (CAN) 1994 Marius Carstens	Benoni	28 Jan
	2:59:27A	Kosie Botha	Simon's Town	18 Feb
100 km	2:36:30 14:19:11 7:53:43	Yoshihisa Hosaka (JPN) 2009 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
	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

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 Micketta (GER) 2013		
100 km	12:50:49	Helen Klein (USA) 1993		

Juniors

10 km	35:21	Carmie Prinsloo	Cape Town	23 Sep
-------	-------	-----------------	-----------	--------



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

---

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Irene & Jan van Eeden, Derrick Chamberlain, FinishTime, Ian Bocock

---

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](mailto:rielh@mweb.co.za)



[www.runyourcityseries.com](http://www.runyourcityseries.com)