

Distance Running Results

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EDITORIAL

South Africa's third fastest male (see also Stats Time in this issue) and fastest female half marathoners respectively, Elroy Gelant and Nolene Conrad, won the Mitchells Plain Titans AC Half Marathon this weekend. Gelant triumphed by more than three minutes in 1:06:15, while Conrad took the women's race by almost six minutes in 1:23:51.

Bongmusa Mthembu, the Comrades champion of the last two years, won the tough Sani Stagger Marathon in 3:13:27 after finishing second last year.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Hope Challenge & Abstinence Run, Durban
- * Mitchells Plain Titans AC Half Marathon & 10 km, Mitchells Plain
- * Voortrekker Monument Half Marathon & 10 km, Pretoria
- * Sani Stagger Marathon & Half Marathon, Sani Pass
- * Josiah Gumede Marathon, Half Marathon & 10 km, Bergville
- * Sanlam Niel Joubert Plaaswedloop, Simondium

International highlights:

- * Osaka Marathon, Osaka, JPN
 - * Basler Stadtlauf, Basel, SUI
 - * Otawara Marathon, Otawara, JPN
 - * Manchester Road Race, Manchester, USA
 - * Fort Collins Thanksgiving Day 4-Mile, Ft. Collins, USA
 - * Great Ethiopian Run, Addis Ababa, ETH
 - * KASS FM Marathon, Kapsabet to Eldoret, KEN
 - * Kobe Marathon, Kobe, JPN
 - * AACR Philadelphia Marathon & Dietz & Watson Half Marathon, Philadelphia, USA
 - * La Corrida Bulloise, Bulle, SUI
 - * XC: Tuskys Wareng Cross-country Championships, Eldoret, KEN; Cross de l'Acier, Leffrinckroucke, FRA; NCAA Division III Championships, Oshkosh, USA
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VIEWPOINT

WHERE IS CASTER SEMENYA?

By Riël Hauman

The IAAF shocked athletics enthusiasts all over the world last week when it did not include Caster Semenya in the five finalists for Female World Athlete of the Year. The finalists are Dina Asher-Smith (GBR), Shauna Miller-Uibo (BAH), Beatrice Chepkoech (KEN), Nafissatou Thiam (BEL) and Caterine Ibargüen (COL).

Semenya was included in the initial list of ten nominees for the award, which will be made in Monaco on 4 December.

As in previous years, I was a member of the panel invited by the world body to select the ten nominees, and thought that Semenya had a very good chance to win the ultimate award as the best female athlete of the year. The South African achieved a remarkable range of performances in 2018 and can be regarded as one of the world's most versatile female athlete, apart from the heptathletes.

Her range of events, and the standards she achieved in each of these, from the 400 m to 1500 m, is unrivalled. She set national records in the 400 m (49.62), 800 m (1:54.25; fourth on the all-time list), 1000 m (2:30.70; 5th all-time), and 1500 m (3:59.92). She won the Commonwealth Games 800/1500 double, the African Championships 400/800 double, and scored victories in the 800 m at both the Diamond League and Continental Cup.

In all four these events she is in the top ten on the world lists for 2018, even the 400 m. Her world list positions are: 400 m -- 4; 800 m -- 1; 1000 m -- 1; 1500 m -- 9.

Apart from the five finalists mentioned above, the other five nominees were Semenya, Anita Włodarczyk (POL), Sifan Hassan (NED), Sandra Percovic (CRO) and Mariya Lasitskene (RUS).

The voting for the five finalists was done by the IAAF Council, whose votes counted for 50% of the total (and this is probably where the problem lies), the "IAAF Family" (25%) and the global fans (25%).

One cannot escape the thought that the exclusion of Semenya is a snub in retaliation for the decision to challenge the IAAF's testosterone rule in court. If this is the case, it is one of the great injustices in world sport in recent times.

The five male finalists are Christian Coleman (USA), Armand Duplantis (SWE), Eliud Kipchoge (KEN), Kevin Mayer (FRA) and Abderrahman Samba; the other five nominees were Noah Lyles (USA), Tomas Walsh (NZL), Timothy Cheruiyot (KEN), Luvo Manyonga (RSA) and Emmanuel Korir (KEN).

ROAD RUNNING

Hope Challenge & Abstinence Run (3rd)

Durban, 25 November

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 278 [up from 202 last year]; 10 km -- 234 [up from 190].)

Half marathon

MEN

1.	Bonginkosi Zwane	Ind	1:11:29
2.	Simphiwe Zulu	Hollywood Bets	1:13:43
3.	Siphon Ngxongo	Ulundi Striders	1:15:17

40-49:

1.	Simphiwe Zulu	Hollywood Bets	1:13:43
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50-59:

1.	Garret Robson	Stdenham AC	1:45:54
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60+:

1.	Patrick Lurrele	Manden Harr	1:52:47
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WOMEN

1.	Simone Verster	KPMG	1:43:12
2.	Roshini Natasen	Highway AC	1:53:52
3.	Tamsyn Edgumbe	Ind	1:58:39

40-49:

1.	Simone Verster	KPMG	1:43:12
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50-59:

1.	Roshini Natasen	Highway AC	1:53:52
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60+:

1.	Johanna Taljaard	Toti AC	2:30:37
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10 km

MEN

1.	Mbuleli Mathanga	Phantane AC	32:13
2.	Wiseman Mthembu	Amabutho AC	33:27
3.	Ayanda Ngcobo	Phantane AC	33:49

WOMEN

1.	Neiliswe Biyela	Phantane AC	50:13
2.	Anele Dlomo	M/Burg AC	50:26
3.	Sarah Kruger	Nedbank AC	52:17

Mitchells Plain Titans AC Half Marathon & 10 km

Mitchells Plain, 24 November

(Distances: 21.1 km & 10 km; certified, fairly flat out-and-back courses. Finishers: half marathon – 1219 [up from 931 last year]; 10 km – 1154 [up from 1064].)

Half marathon

MEN

1. Elroy Gelant (Boxer) 1:06:15
2. Nkosiyethu Sotyantya (MSA) 1:09:40
3. Siviwe Nkombi (Itheke) 1:09:48

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:13:27; 2. Vakalisa Kopolo (Ned) 1:14:56; 3. Vuyani Sixaso (Gugs) 1:17:11. **Masters:** 1. Steve Motau (Itheke) 1:21:15; 2. John September (Itheke) 1:24:09; 3. Julian Paul (SANDF) 1:28:59. **G'masters:** 1. Wilson Baartman (SH) 1:32:04; 2. Mochamat Kriel (Ommie) 1:32:12; 3. Vernon Murtz (Pine) 1:39:36. **G/g'masters:** 1. John Kemp (Brack) 2:02:32; 2. Franklin Smith (Celtic) 2:04:58; 3. Yusuf Gamielien (Itheke) 2:27:11.

WOMEN

1. Nolene Conrad (KPMG) 1:23:51
2. Bulelwa Simae (Ned) 1:29:30 (1st vet)
3. Clare Rodseth (VOB) 1:29:51

Veterans: 1. Bulelwa Simae (Ned) 1:29:30; 2. Suzette Botha (WC) 1:31:26; 3. Elme Middlemost (Brack) 1:31:52. **Masters:** 1. Anne Pool (Strand) 1:56:53; 2. Una Harding (Kenfac) 2:01:42; 3. Beverley Mehl (Top) 2:01:46. **G'masters:** 1. Nancy Will (Pine) 1:43:05; 2. Sonia Smith (Celtic) 1:58:18; 3. Doris Flink (East) 2:11:13. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:11:53; 2. Marlene James (Pine) 2:22:16; 3. Esther Vlok (Strand) 2:48:17.

10 km

MEN

1. Ashley Smith (UWC) 30:40
2. Kabelo Seboko (Boxer) 31:12
3. Amos Nyongo (Ind) 31:21

Veterans: 1. Mthandazo Qhina (Ned) 32:30; 2. Bonisile Ngculana (VOB) 35:18; 3. Xolile Macanda (Gugs) 36:56. **Masters:** 1. Andrew Cooper (Ned) 36:57; 2. Shafiek Cassiem (Itheke) 43:12; 3. Richard Muller (MS) 46:34. **G'masters:** 1. Paul Cieverts (Top) 44:49; 2. Michael Crozier (Atlantis) 46:47; 3. Albert Williams (Top) 48:08. **G/g'masters:** 1. Henry Cleophas (Ned) 51:53; 2. Jeff Smith (Itheke) 54:52; 3. Hugo Loubser (Strand) 64:28. **Juniors:** 1. Carlo Flink (Itheke) 32:26; 2. Edward Jack (Central) 33:38; 3. Gershon Aziza (SH) 34:21.

WOMEN

1. Glenrose Xaba (Boxer) 35:50
2. Kyla van Graan (Ned) 37:42
3. Mia Steytler (Maties) 38:33

Veterans: 1. Melody Marcus-Cupido (IT) 42:33; 2. Tysha Johannes (Gugs) 48:03; 3. Nicolette Herring (Itheke) 48:35. **Masters:** 1. Mariëtte Strauss (Tyger) 46:26; 2. Naomi Badenhorst (VOB) 56:49; 3. Martie Lourens (Brack) 64:01. **G'masters:** 1. Olga Howard (Ned) 44:51; 2. Charmaine Cupido (Ned) 53:13; 3. Judith Grove (Tyger) 54:04. **G/g'masters:** 1. Jo Goddard (FH) 75:34; 2. Dye Dennis (Edge) 83:46; 3. Charlotte Kettlewell (VOB) 86:27. **Juniors:** 1. Emihle Ntuthu (VOB) 46:52; 2. Buhle Mtshabe (VOB) 47:24; 3. Veronique Jacobs (SH) 49:01.

Voortrekker Monument Half Marathon & 10 km (1st)

Pretoria, 24 November

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 425; 10 km -- 890; also 190 in 5 km.)

Half marathon

MEN

- 1 Oupa Maseko (Zwakala) 76:19; 2 Samule Ongaki (Nedbank) 77:19; 3 Jonathan de Freitas (Temp) 85:17.

Veterans: 1 Ethiene Marais (Nedbank) 1:46:05. **Masters:** 1 Dirk Cloete (Irene) 1:45:06. **G'masters:** 1 Colin Fisher (CSIR) 1:40:39. **Juniors:** 1 Arno van Schalkwyk (Chappies) 1:57:41.

WOMEN

- 1 Katy van Meter (Massmart) 90:36; 2 Tegan Edwards (Vitality) 99:44; 3 Marizaan Kleynhans (KPMG) 1:45:15.

Veterans: 1 Erina du Toit (Lichtenburg) 1:50:06. **Masters:** 1 Sandra Steenkamp (Irene) 1:51:31. **G'masters:** 1 Lettie Coetzee (Pta Bobbies) 2:32:27. **Juniors:** 1 Naftileen Grobler (Highveld Pumas) 1:53:44.

10 km

MEN

- 1 Wesley Mutai (KEN) 33:51; 2 Mpho Motaung (TUT) 34:03; 3 Musa Nkosi (Born 2 Run) 34:21.

Veterans: 1 Moses Njuguna (KEN/Nedbank) 34:47. **Masters:** 1 Johan Buys (KPMG) 41:26. **G'masters:** 1 André Bredenkamp (BNAC) 44:30. **Juniors:** 1 Rikus van Niekerk (Eagles Active) 34:12.

WOMEN

1 Carla Molinaro (Nedbank) 41:41; 2 Michelle Redelinghuys (Tuks) 43:12; 3 Lisho Prinsloo (HS Montana) 47:11 (1st jun).

Veterans: 1 Elzane Prinsloo (Fit Pretoria) 55:43. **Masters:** 1 Maria Bendana (Morningside) 49:26. **G'masters:** 1 Joey Cloete (Irene) 58:27. **Juniors:** 1 Lisho Prinsloo (HS Montana) 47:11.

Sani Stagger Marathon & Half Marathon

Sani Pass, 24 November

(Distances: 42.195 km [up and down pass] & 21.1 km [down pass]. Finishers: marathon -- 226 [down from 269 last year]; half marathon -- 315 [up from 297].)

Note: Unfortunately the organisers did not indicate clubs in the results. -- Ed.

Marathon

MEN

1.	Bongmusa Mthembu	3:13:27
2.	Nkosinathi Duma	3:17:05
3.	Phillip Shezi	3:19:47

40-49:

1.	Skhumbuzo Dlamini	3:21:49
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50-59:

1.	Mbongeni Sosibo	3:31:46
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60+:

1.	Guy Nottingham	4:50:56
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WOMEN

1.	Lisa Collett	4:21:06
2.	Natasha Malan	4:46:23
3.	Roxanne Vale	4:51:20

40-49:

1.	Lisa Collett	4:21:06
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50-59:

1.	Colleen Mc Grath	5:26:26
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Half marathon

MEN

1.	Solicitor Manduwa	1:13:52
2.	Lovemore Chabata (ZIM)	1:20:01
3.	Minenhle Ngcobo	1:28:31

40-49:

1.	Solicior Manduwa	1:13:52
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50-59:

1.	Shane Skidmore	1:52:20
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60-69:

1.	Clive Willows	2:15:36
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70+:

1.	Robin Honneysett	3:53:07
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WOMEN

1.	Alison Wasserfall	1:53:01
2.	Jeanette Jordan	1:58:03
3.	Marie-Agnes Pierrel	1:59:15

40-49:

1.	Ronelle Vermaak	2:14:13
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50-59:

1.	Jeanette Jordan	1:58:03
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60-69:

1.	Ann Williams	2:53:10
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Josiah Gumede Marathon, Half Marathon & 10 km

Bergville, 24 November

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point courses)

Marathon

MEN

1.	Mziwenkosi Mjaja	Nedbank AC	2:31:37 (R5000)
2.	Brian Sikhakhane	Ind	2:33:22 (R1500)
3.	Thulani Duma	Nedbank AC	2:38:41 (R750)

40-49:

1.	Vusi Sokhela	Maxed Elite	2:45:50 (R1000)
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50-59:

1.	Bethuel Mlambo	Nedbank AC	3:07:52 (R500)
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60+:

1.	Jan Shaw	Save Orion AC	5:03:30 (R500)
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WOMEN (Same prize money as men)

1.	Sanelisiwe Mbanjwa	Phantane AC	3:22:23
2.	Xoli Madida	Natal Carbineers	3:25:22
3.	Zinhle Shabalala	KRS	3:28:39

40-49:

1.	Nonsikelelo Mbambo	Natal Carbineers	3:43:01
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50-59:

1.	Sharda Narathum	Eskom	4:58:24
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Half marathon

MEN

1.	Sitila Matilolo	Ind	1:24:55 (R3000)
2.	Lucky Mthabela	Drak AC	1:33:13 (R1000)
3.	Isreal Nhlanhla	Ezakheni AC	1:35:19 (R500)

WOMEN (Same prize money as men)

1.	Nontobeko Mlambo	Loskop Gijimas	1:41:32
2.	Mary Mvelase	Nedbank AC	1:46:01
3.	Pretty Hlongwane	Maxed Elite	1:47:55

10 km

MEN

1.	Mandisa Kubheka	Pamoja AC	30:05 (R1500)
2.	Buti Isaac Mokoena	Harrismith A K	31:05 (R750)
3.	Lizwi Mbuyisa	Loskop Gijimas	31:15 (R350)

WOMEN (Same prize money as men)

- | | | | |
|----|------------------|-----------------|-------|
| 1. | Minenhle Mncube | Loskop Gijimas | 42:26 |
| 2. | Hlobisile Madida | Newcastle Harr | 44:10 |
| 3. | Babongile Memela | Protea Striders | 44:26 |

Sanlam Niel Joubert Plaaswedloop (23rd)

Simondium, 21 November

(Distance: 12.3 km; loop course on gravel farm roads, very hilly. Weather: warm and windy; cooler later. Finishers: 1055 [up from 805 last year].)

Note: Second win in a row here for Raydon Balie, and fourth in a row for Fortunate Chidzivo. The race was only 12.3 km this year, not the usual 13 km. -- Ed.

MEN

1. Raydon Balie (Eerste) 40:59 (R1000)
2. Lungile Gongqa (Ned) 41:04 (R800)
3. Nkosinathi Madyo (Itheke) 41:45 (R600)

Veterans: 1. Mthandazo Qhina (Ned) 42:53 (R400); 2. Vakalisa Kopolo (Ned) 45:37 (R300); 3. Tsungai Mwanengeni (ZIM/Gugs) 45:58 (R250). **Masters:** 1. Andrew Cooper (Ned) 49:38 (R400); 2. Steve Motau (Itheke) 50:10 (R300); 3. Jacques Schreiber (Durb) 53:30 (R250). **G'masters:** 1. Kosie Botha (CS) 53:55 (R300); 2. Paul Cieverts (Top) 60:24 (R250); 3. Errol Cunnama (Ned) 65:59 (R200). **G/g'masters:** 1. Willie van Wyk (Brack) 69:26 (R200); 2. John Kemp (Brack) 72:21 (R150); 3. Ulli Lehmann (Held) 79:01 (R100). **Juniors:** 1. Lethu Cetywayo (VOB) 47:14 (R300); 2. Stephen Millard (Strand) 50:31 (R250); 3. Sibulele Ngalo (VOB) 51:08 (R200).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Langa) 48:26
2. Leanda du Bruyn (Ind) 48:34
3. Zintle Xiniwe (KPMG) 51:23

Veterans: 1. Bulelwa Simae (Ned) 52:15; 2. Michelle Dreyer (KPMG) 54:45; 3. Linda Kinloch-Smith (Asics) 58:15. **Masters:** 1. Mariëtte Strauss (Tyger) 60:55; 2. Sandra Kohnert (Edge) 63:46; 3. Marie Louw (CC) 65:09. **G'masters:** 1. Nancy Will (Pine) 68:14; 2. Sally le Roux (Strand) 73:59; 3. Judith Grove (Tyger) 75:01. **G/g'masters:** 1. Pixie Sparg (Celtic) 81:52; 2. Marlene James (Pine) 1:44:21. **Juniors:** 1. Jana le Roux (Ind) 61:52; 2. Caitlyn Schlemeyer (Lange) 65:11; 3. Kyla Clarke (Brack) 73:59.

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

Osaka Marathon (8th)

Osaka, JPN, 25 November

(Distance 42.195 km; point-to-point course with 0.33 m/km elevation loss [not record-eligible].)

Note: The third placed woman, Hiroko Yoshitomi (2:34:39) also ran -- and won -- the Otawara Marathon just two days before (see below)! -- Ed.

MEN (gun times)

1. Charles Munyeki, KEN 2:14:11
2. Igarasi Shingo, JPN 2:14:19
3. Abdenasir Fathi, MAR 2:17:37

WOMEN

1. Soud Kanbouchia, MAR 2:31:19 CR*
2. Haruka Yamaguchi, JPN 2:34:12
3. Hiroko Yoshitomi, JPN 2:34:39

Basler Stadtlauf (36th)

Basel, SUI, 24 November

(Distances: Men, 7.55 km [five-lap course]; women, 5.9 km [four-lap course].)

MEN (extended times)

1. Julien Wanders, SUI, 1996 21:23.6
2. Bernhard Mateka, KEN, 1988 22:08.0
3. Sebastian Hendel, GER, 1995 22:09.9

WOMEN (extended times)

1. Helene Bekele Tola, ETH, 1994 18:45.2
2. Cynthia Kosgei, KEN, 1993 18:49.8
3. Judith Wyder, SUI, 1988 19:38.5
- ... 5. Selina Büchel, SUI, 1991 20:16.2

Otawara Marathon (31st)

Otawara, JPN, 23 November

(Distance: 42.195 km)

MEN (gun times)

1. Takao Imai, JPN 2:28:32

WOMEN (gun times)

1. Hiroko Yoshitomi, JPN 2:37:22

Manchester Road Race (82nd)

Manchester, USA, 22 November

(Distance: 4.748 miles; loop course with significant hills)

Note: Well behind the top runners, 72-year-old Amby Burfoot, a nine-time Manchester winner, completed the race for a remarkable 56th consecutive year. His finish time was not immediately available. -- Ed.

MEN (gun times)

- | | | |
|--|-------|-------------------|
| 1. Edward Cheserek, 24, Flagstaff, AZ (KEN) | 21:16 | CR \$7000 + 2000* |
| 2. Paul Chelimo, 27, Colorado Spgs, CO | 21:44 | 4000 + 1000k |
| 3. Andy Butchart, 27, Flagstaff, AZ (GBR) | 21:45 | 3000 |
| 4. Kirubel Erassa, 25, Colorado Spgs, CO | 21:45 | 2000 |
| 5. Eric Jenkins, 25, Cambridge, MA | 21:46 | 1500 |
| ... 13. Nick Willis, 35, Ann Arbor, MI (NZL) | 22:24 | 200 |

*) Course record bonus

k) Earned King of the Hill bonus for leading on the Highland Street hill just before the 2-mile mark

WOMEN (gun times)

- | | | |
|--|-------|--------------|
| 1. Celliphine Chespol, 19, Lansing, MI (KEN) | 24:33 | \$7000 |
| 2. Buze Diriba, 24, Albuquerque, NM (ETH) | 24:34 | 4000 |
| 3. Emily Sisson, 27, Cambridge, MA | 24:36 | 3000 + 1000q |
| 4. Monicah Ngige, 25, Lansing, MI (KEN) | 25:02 | 2000 |
| 5. Elaina Tabb, 26, Watertown, MA | 25:08 | 1500 |

q) Earned Queen of the Hill bonus for leading on the Highland Street hill just before the 2-mile mark

Fort Collins Thanksgiving Day 4-Mile (25th)

Ft. Collins, USA, 22 November

(Distance: 4 miles; one-loop course, at high altitude)

MEN (gun times)

- | | | |
|--|-------|-------|
| 1. Noah Drodgy, 28, Boulder, CO | 18:56 | \$600 |
| 2. Will Leer, 33, Boulder, CO | 19:04 | 400 |
| 3. Dominic Korir, 25, Colorado Springs, CO | 19:10 | 300 |

WOMEN (gun times)

- | | | |
|--|-------|-------|
| 1. Aisha Praught Leer, 28, Boulder, CO (JAM) | 21:19 | \$600 |
| 2. Grace Kahura, 25, Boulder, CO | 21:28 | 400 |
| 3. Katie Mackey, 31, Seattle, WA | 21:32 | 300 |

Great Ethiopian Run (18th)

Addis Ababa, ETH, 18 November

(Distance: 10 km at very high altitude [2355 m])

MEN (extended gun times)

- Hagos Gebrhiwet, 28:54.3
- Bonsa Dida, 29:03.8
- Tilahun Ayen, 29:13.7

WOMEN (extended gun times)

- Foten Tesfaye, 33:43.5

2. Tseyah Gemechu, 33:48.8
3. Tsege Gebreselama, 33:52.8

KASS FM Marathon

Kapsabet to Eldoret, KEN, 18 November

(Distance: 42.195 km; start at 2015 m and finish at 1713 m; net elevation loss of 302 m [not record-eligible].)

MEN (gun times)

1. Jackson KEMBOI, 1993, 2:20:28
2. Silas MWETICH, 1997, 2:21:11
3. Denis KIPTOO, 2:21:15
4. David BARMASAI TUMO, 1987, 2:22:06
5. Philip BIRECH, 1983, 2:22:37

WOMEN (gun times)

1. Cynthia JEROP, 1994, 2:39:16
2. Beatrice RUTTO, 1985, 2:45:07
3. Peris JEPCHIRCHIR, 1993, 2:46:15

Kobe Marathon (8th)

(IAAF Bronze Label Road Race)

Kobe, JPN, 18 November

(Distance: 42.195 km; record-quality course)

MEN (gun times) -

- | | |
|-----------------------------|---------|
| 1. Khalil Lemciyeh, 31, MAR | 2:13:54 |
| 2. Liam Adams, 32, AUS | 2:14:38 |

WOMEN (gun times)

- | | |
|----------------------------------|---------------|
| 1. Susan Jerotich, 31, KEN | 2:31:38 PB/CR |
| 2. Munkhzaya Bayartsogt, 25, MGL | 2:31:48 |
| 3. Nina Savina, 25, BLR | 2:33:36 PB |
| 4. Sanaa Achahbar, 33, MAR | 2:34:11 PB |

AACR Philadelphia Marathon (62nd) & Dietz & Watson Half Marathon

Philadelphia, USA, 18 November

(Distances: 42.195 km & 21.1 km, both certified)

Marathon (gun times)

MEN

- | | |
|---|------------------------------|
| 1. Tadesse Yae Dabi, 29, New York, NY (ETH) | 2:14:47 CR \$10,000 + 1,500* |
| 2. Birhanu Dare Kemel, 31, New York, NY (ETH) | 2:14:54 5,000 |

*) Course and event record bonus

WOMEN

1. Serkalem Biset Abrha, 31, Albuquerque, NM (ETH) 2:32:53 CR \$10,000 + 1,500*

*) Course and event record bonus

Half Marathon (gun times)

MEN

- | | |
|---|----------------|
| 1. James Ngandu, 28, Van Wert, OH (KEN) | 1:02:43 \$2500 |
|---|----------------|

- | | | |
|---|---------|------|
| 2. Panuel Mkungo, 24, Elkton, MD (KEN) | 1:03:11 | 1000 |
| 3. Silas Kipruto, 34, Grand Prairie, TX (KEN) | 1:04:08 | 500 |

WOMEN

- | | | |
|--|---------|--------------------|
| 1. Vicoty Chepngeno, 25, Grand Prairie, TX (KEN) | 1:10:18 | CR* \$2500 + 1000* |
| 2. Birtukan Alemu, 29, Washington, DC (ETH) | 1:11:11 | 1000 |
| 3. Pamela Cherotich, 32, Chapel Hill, NC (KEN) | 1:16:30 | 500 |

*) Course record bonus

La Corrida Bulloise (43rd)

Bulle, SUI, 17 November

(Distances: Men, 8 km; women, 6 km)

MEN (extended times)

- | | | |
|------------------------------|---------|----|
| 1. Julien Wanders, SUI, 1996 | 22:27.3 | CR |
| 2. Zouhair Talbi, MAR, 1995 | 23:06.5 | |
| 3. Moses Koech, KEN, 1997 | 23:06.9 | |

WOMEN (extended times)

- | | | |
|--|---------|--|
| 1. Fabienne Schlumpf, SUI, 1990 | 19:41.1 | |
| 2. Cynthia Chepchichir Kosgei, KEN, 1993 | 19:41.3 | |
| 3. Mercyline Jeronoh, KEN, 1992 | 20:16.6 | |

CROSS-COUNTRY**Tuskys Wareng Cross-country Championships**

Eldoret, KEN, 24 November

MEN (10 km)

- | |
|------------------------------|
| 1. Rhonex Kipruto, 29:38.1 |
| 2. Davis Kimeli, 29:55.9 |
| 3. Shadrack Kimutai, 30:07.3 |

WOMEN (8 km)

- | |
|--------------------------|
| 1. Agnes Tirop, 33:10.5 |
| 2. Norah Jeruto, 33:34.8 |
| 3. Norah Jeruto, 33:34.8 |

Cross de l'Acier (29th)

(European Athletics Cross-country Permit Meeting)

Leffrinckroucke, FRA, 18 November

ELITE MEN (9530 m)

- | | |
|------------------------------|-------|
| 1. Solomon Berihu, ETH, 1999 | 30:41 |
| 2. Teklu Haftu, ETH, 2000 | 30:47 |
| 3. Getnet Wale, ETH, 2000 | 30:48 |

ELITE WOMEN (6970 m)

- | | |
|--------------------------------|-------|
| 1. Letesenbet Gidey, ETH, 1998 | 25:25 |
| 2. Eva Cherono, KEN, 1996 | 25:36 |
| 3. Margaret Chelimo, KEN, 1993 | 25:46 |

NCAA Division III Cross-country Championships

Oshkosh, USA, 17 November

MEN (8 km)

1. Dhruvil Patel, SR, North Central (Ill.), 24:24.5
2. Al Baldonado, SR, North Central (Ill.), 24:29.7
3. Andy Reischling, SR, Pomona-Pitzer, 24:32.9

WOMEN (6 km)

1. Paige Lawler, JR, Washington U., 20:55.0
2. Claire Lamb, SR, Otterbein, 20:58.7
3. Annie Rodenfels, SR, Centre, 20:58.9

STATS TIME

This week we include a list of the top ten SA men in the half marathon for 2018. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed. List leader Lesiba Mashele and Elroy Gelant each has three performances on the list.

2018 HALF MARATHON: TOP 10 MEN

1:01:17	Lesiba Precious Mashele	3	Boulogne-Billancourt	18 Nov
1:01:26	Stephen Lesego Mokoka	16	Valencia	24 Mar
1:01:44	Mokoka-2	1	Port Elizabeth	28 Jul
1:01:48	Elroy Gelant	2	Port Elizabeth	28 Jul
1:01:49	Gladwin Sibabalwe Mzazi	3	Port Elizabeth	28 Jul
1:01:50	Desmond Mokgobu	4	Port Elizabeth	28 Jul
1:01:59	Thabang Mosiako	5	Port Elizabeth	28 Jul
1:02:02	Mashele-2	6	Port Elizabeth	28 Jul
1:02:29	Joel Mmone	7	Port Elizabeth	28 Jul
1:02:35	Collen Mulaudzi	8	Port Elizabeth	28 Jul
1:02:35	Mbongeni Ngxazozo	9	Port Elizabeth	28 Jul
1:02:48A	Gelant-2	3	Howick	26 Aug
1:02:52	Gelant-3	41	Valencia	24 Mar
1:02:58	Mashele-3	44	Valencia	24 Mar
1:02:58	David Manja	1	Cape Town	14 Oct

THIS MONTH IN HISTORY

43 years ago: 15 November 1975

The first four runnings of the hilly Hohenort 15 km in Constantia, Cape Town, were held in November. On this day, in the first race (over 16.6 km), the well-known Western Province runner and artist Don Hartley, former double Two Oceans champion, got the win in 57:13. Roger Cameron was second in 58:22; among the other athletes behind them were Bruce Matthews, Leo Benning, P.J. Sullivan and Tim Noakes (as well as DRR's editor). The distance changed to 15 km in 1984 and these days the race is held in January; the 44th running took place this year. Four months later Hartley also won the Peninsula Marathon.

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	41:17 37:33	Henry Cleophas Ed Whitlock (CAN) 2004	Edgemead	17 Nov
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

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