

Distance Running Results

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EDITORIAL

In a rather low-key and sloppily arranged SA 10 km which seemed to have been held without much fanfare (the course was only measured the day before the race and the entry system apparently left much to be desired), Stephen Mokoka won his third SA 10 km title with a relatively easy victory over Gladwin Mzazi. His 29:16 is the slowest winning time in the championship since 1997. Mokoka also won in 2009 and 2010; he has now taken eight SA road titles in his career.

In the women's race Nolene Conrad had an even easier victory to claim her first SA road title of any kind; her 33:37 is a personal best by 34 seconds. Defending champion Lebo Phalula was third behind repeat second placer Christine Kalmer and one position ahead of Lesotho junior Blandina Makatisi's big PB. (Makatisi, of course, was not eligible for the SA Championships and the junior title went to Pamela Moyikwa.) SA marathon record holder Gert Thys could not defend his veteran crown – he was beaten by Shadrack Hoff, who clocked 31:09.

Six list leaders were set – by Hoff, Thabang Mosiako (junior), Conrad, Linley Holmes (veteran) and Margie Saunders (grandmaster).

One day after competing in the SA 10 km, Mzazi and Hoff ran again, in the Deloitte Pretoria 10 km. Mzazi was second in the national title race and ran 18 seconds slower for the win in Pretoria, while Hoff won the veteran title in both races.

Veteran Sandile Makhaye set a list leader of 2:25:39 in the Natal Witness Pietermaritzburg Marathon, while Cary-Ann Smith took the women's race in 2:57:13, her second fastest time.

Riël Hauman



The well-known Irene Road Running Club recently celebrated its 20th birthday with a beer festival. Here a proud Wynand Breytenbach, general manager of the club, poses with the birthday cake. For the last couple of years the club's annual entries for the Comrades Marathon have been surpassed only by those of the Rand Athletic Club. [Sarel van der Walt/Beeld]

INCLUDED IN THIS ISSUE:

- * Deloitte Pretoria Marathon, Half Marathon & 10 km, Pretoria
- * Natal Witness Pietermaritzburg Marathon, Half Marathon & 10 km, Pietermaritzburg
- * South African 10 km Championships, Bloemfontein
- * Bagshaw Bay Ultra & 10 km, Port Elizabeth
- * Koeberg 15 km, Duynefontein
- * Cape Peninsula Marathon & Half Marathon, Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half marathon)
- * Track: New Balance Tuks Challenge, Pretoria

International highlights:

- * Giulietta & Romeo Half Marathon, Verona, ITA
- * Kumanichi Road Race, Kumamoto, JPN
- * Standard Chartered Hong Kong Marathon, Hong Kong, HKG
- * XC: KCB Nairobi Cross-country, Nairobi, KEN
- * Indoor track: Iowa State Classic, Ames, USA; University of New Mexico Don Kirby Elite Invitational, Albuquerque, USA

ROAD RUNNING

Deloitte Pretoria Marathon (41st), Half Marathon & 10 km

Pretoria, 23 February

(Distances: 42.195 km, 21.1 km & 10 km; loop courses – the marathon twice the hilly half-marathon loop. Finishers: marathon – 1900; half marathon – 1900; 10 km – 3200; also a fun run on the Saturday with 450 finishers.)

Note: These races were held on a Sunday for the first time, and were also pre-entry only events for the first time. – Ed.

Marathon

MEN

1 Raphael Segodi (Nedbank) 2:22:19 (CR); 2 Othaniel Phahlane (Toyota) 2:23:07; 3 Peter Muthubi (ACRW) 2:26:21; 4 Charles Tjiane (Maxed Elite) 2:28:51; 5 Nicky Masombuka (Nedbank) 2:29:47 (1st vet); 6 Sipho Ncube (ZIM/Maxed Elite) 2:30:37; 7 Peter Ramoloto (Maxed Elite) 2:32:55; 8 Siyabonga Dingile (Nedbank) 2:34:19; 9 Richard Mavuso (Toyota) 2:38:54; 10 Lucas Nonyana ((Temp) 2:39:20.

Veterans: 1 Nicky Masombuka (Nedbank) 2:29:47; 2 Sipho Ncube (ZIM/Maxed Elite) 2:30:37; 3 Elias Mabane (Nedbank) 2:41:23. **Masters:** 1 Daniel Mothibe (New Balance) 2:46:35; 2 Steve Motau (Toyota) 2:56:00. **G'masters:** 1 Paulus Masilela (Nedbank) 3:22:21. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 4:14:04.

WOMEN

1 Yolande Maclean (Temp) 2:50:40 (CR); 2 Thabita Tsatsa (ZIM/Maxed Elite) 2:53:52 (1st vet); 3 Mpho Mabuza (Galopper) 2:58:49; 4 Riana van Niekerk (Boxer) 3:00:46; 5 Alemtsehay Hailu Kakisa (ETH/Nedbank) 3:02:44; 6 Julianie Basson (Toyota) 3:10:25; 7 Prudence Zwane (Transnet) 3:11:49; 8 Salome Cooper (Toyota) 3:20:42; 9 Zelda Breytenbach (Irene) 3:22:08; 10 Jane Mudau (Nedbank) 3:22:25.

Veterans: 1 Thabita Tsatsa (ZIM/Maxed Elite) 2:53:52; 2 Zelda Breytenbach (Irene) 3:22:08; 3 Lorraine Boshoff (VTM) 3:35:56. **Masters:** 1 Jane Mudau (Nedbank) 3:22:25; 2 Sandra Steenkamp (Irene) 3:38:18. **G'masters:** 1 Vollie Spies (Tuks) 4:18:07.

Half marathon

MEN

1 Lucky Mohale (Maxed Elite) 66:53; 2 Xolisa Tyali (Nedbank) 67:02; 3 Desmond Mokgobu (Maxed Elite) 67:44.

Veterans: 1 Johannes Kekana (Toyota) 72:13; 2 Philemon Manyaka (New Balance) 76:48; 3 Jackson Seanego (New Balance) 78:01. **Masters:** 1 Philemon Mailola (Moretele) 83:29; 2 Sam Ndala (Nedbank) 92:36. **G'masters:** 1 David Jordaan (Nedbank) 92:36.
G/g'masters: 1 Pat Chaperon (ACRW) 2:38:56.

WOMEN

1 Catherine Malungane (Transnet) 86:24; 2 Nerissa v.d. Walt (New Balance) 88:11; 3 Annerie Kruger (Magnolia) 91:03.

Veterans: 1 Jillian Sotto-Corona (Boksburg) 95:20; 2 Ronel van Graan (Krugersdorp) 98:49; 3 Madeleen Simmonds (Nedbank) 99:33. **Masters:** 1 Ansa Strydom (New Balance) 1:48:11; 2 Igna le Roux (SABS) 1:49:03. **G'masters:** 1 Noreen Jordaan (Midack) 2:17:25.
G/g'masters: 1 Mavis Stadler (Agape) 2:24:26. **Juniors:** 1 Nobuhle Tshuma (ZIM/Elim) 92:07.

10 km

MEN

1 Gladwin Mzazi (Transnet) 29:50; 2 Benedict Moeng (Transnet) 30:01; 3 Shadrack Hoff (New Balance) 31:36.

Veterans: 1 Shadrack Hoff (New Balance) 31:36; 2 Zongamele Dyubeni (Nedbank) 33:10; 3 Enoch Skosana (Transnet) 35:01. **Masters:** 1 Linda Mapanga (Anglo) 37:41; 2 Mike van Eck (Toyota) 44:37. **G'masters:** 1 Mike du Bruto (Irene) 41:37. **G/g'masters:** 1 Pele Tshidikudamalema (Toyota) 47:01. **Juniors:** 1 Oneal Peterie (ACE) 35:22.

WOMEN

1 Mapaseka Makhanya (Temp) 34:47; 2 Catherine Skosana (Boxer) 39:49; 3 Paulina Phaho (Transnet) 41:00 (1st vet).

Veterans: 1 Paulina Phaho (Transnet) 41:00; 2 Ronel Thomas (Boxer) 41:28; 3 Linah Mhlongo (Nedbank) 43:43. **Masters:** 1 Elsabe Brink (New Balance) 45:32; 2 Debbie Bredenkamp (HQH) 45:49. **G'masters:** 1 Sarie du Toit (Magnolia) 50:17. **G/g'masters:** 1 Deirdre Larkin (Randburg Harriers) 65:05.

Natal Witness Pietermaritzburg Marathon, Half Marathon & 10 km

Pietermaritzburg, 23 February

(Distances: 42.195 km, 21.1 km & 10 km; loop courses – the marathon twice the half-marathon loop. Finishers: marathon – 2265; half marathon – 911; 10 km – 471.)

Note: Mamorallo Tjoka ran both the half marathon (finishing first) and 10 km (placing second). The results contained a number of errors, which DRR corrected as far as possible, and it seems improbable that the winners of the male categories for veterans, masters and grandmasters in the 10 km all ran the same time – and an exact 40 minutes at that! The results of the 10 km may still not be entirely correct. – Ed.

Marathon

MEN

1 Tsofong Maine LES 2:25:18, 2 Sandile Makhaye Phuma 2:25:39, 3 Njabulo Mzibuko Maxed Elite 2:26:14, 4 Maropalla Mosoeunyane Ned 2:26:58, 5 Gilbert Mutandiro ZIM/Maxed Elite 2:28:22.

40-49: Sandile Makhaye Phuma 2:25:39. **50-59:** Peter Sehloho Boxer 2:53:55. **60+:** Michael Langa Athletic North 3:18:08.

WOMEN

1 Cary-Ann Smith Ned 2:57:13, 2 Fikile Mbuthuma Ned 3:03:05, 3 Debbie Perry Boxer 3:08:10, 4 Shani Silver Westville 3:10:11, 5 Helen Buley Collegians Harriers 3:12:10.

40-49: Shani Silver Westville 3:10:11. **50-59:** Debby de Koning Eskom 3:49:15. **60+:** Meryl Duncan Forest 4:34:29.

Half marathon

MEN

1 Munyaradzi Jari ZIM/Toyota 1:05:54, 2 Prodigal Khumalo ZIM/Maxed Elite 1:07:03, 3 Philani Buthelezi Klip River Striders 1:07:14.

40-49: Richard Dlamini Phuma 1:12:05. **50-59:** Willie Majumbozi Boxer 1:27:07. **60+:** Les Burnard Collegians Harriers 1:49:09. **Juniors:** Neleni Memela 1:23:26.

WOMEN

1 Mamorallo Tjoka LES/Toyota 1:21:11, 2 Sithulisiwe Zhou ZIM/Phantane 1:21:27, 3 Suzette Botha Eskom 1:24:15.

40-49: Janene Carey Boxer 1:27:11. **50-59:** Erica McDonald 1:52:28. **60+:** Sandy Fisser Hilton Harriers 1:52:02. **Juniors:** Jenet Dlamini 1:27:07.

10 km

MEN

1 Lungisa Mdedelwa Boxer 30:33, 2 Samuel Pazanga ZIM 30:56; 3 Muzi Madikwa Collegians 31:05, 4 Anele Dlamini 31:15, 5. Stephen Katam KEN 31:29.

40-49: Andries Notunini Ned 40:00. **50-59:** Siyabonga Jali Boxer 40:00. **60+:** Moray Calder Howick 40:00.

WOMEN

1 Jenna Challenor Boxer 36:06, 2 Mamorallo Tjoka LES/Toyota 36:07, 2, 3 Lineo Chaka LES/Ned 38:21, 4 Poppy Mlambo Boxer 39:00, 5 Slindile Chili Chesterville 39:02.

40-49: Kylie Griffin Westville 44:51. **50-59:** Shereen Powell 75:39. **60+:** Jane Dickinson RWFL 52:04.

South African 10 km Championships (21st for men; 23rd for women)

Bloemfontein, 22 February

(Certified loop course. Finishers: 422.)

Note: Thanks to Pieter de Jager, who had to compile these results under somewhat trying circumstances. – Ed.

MEN

1	Stephen Mokoka	29	29:16
2	Gladwin Mzazi	25	29:32
3	Kgosi Tsosane	27	29:39
4	Motlagale Tumelo	28	29:42
5	Derocious Makhubalo	25	29:45
6	Precious Mashele	23	29:52
7	Siyabonga Nkonde	25	29:53
8	Khothatso Mokone	25	29:54

9	Thabang Mosiako	18	29:54
10	Sihumbuzo Seme	28	29:55
11	Prince Jali	24	30:03
12	Lucas Jani	29	30:07
13	Lungisa Mdedelwa	29	30:11
14	Sibusiso Nzima	27	30:24
15	William Kaptein	21	30:25
16	Godfrey Ramokone	28	30:26
17	Siyabonga Makhaluza	23	30:33
18	Collen Mulaudzi	22	30:35
19	Jonas Soke	25	30:36
20	Mariano Eesou	22	30:36
21	Tumisang Monatlala	19	30:38
22	Dominic Khoza	27	30:38
23	Samuel Matsepe	25	30:38
24	Thobane Chagwe	22	30:40
25	John Thipe	23	30:43
26	Brendon Leniswe	17	30:45
27	Samuel Segoba	30	30:49
28	Karabo Jacobs	21	30:51
29	Anthony Godongwana	29	30:52
30	Paulus Radebe	22	30:54
31	Stanley Mofu	25	30:54
32	Puseletso Mofokeng	20	31:00
33	Zolani Ngqaqa	25	31:09
34	Shadrack Hoff	40	31:09
35	Creel Chavalala	17	31:17
36	Lebogang Masilo	23	31:19
37	Zwelakhe Seboto	25	31:20
38	Amos Tsanjekwayo	25	31:24
39	Sibusiso Madikizela	22	31:25
40	Paul Ramokopu	36	31:26
41	Nkozinathi Vilakazi	22	31:28
42	Thulo Nyedimane	25	31:30
43	Gert Thys	42	31:31
44	Monwabisi Cele	21	31:44
45	Steve Ngcola	26	31:51
46	Tseko Lechong	24	31:52
47	Pita Makhoali	23	31:53
48	Luyanda Qolo	21	31:55
49	Ntuthuko Maseko	36	31:59
50	Thato Molatedi	22	32:05

35-39:

1	Paul Ramokopu	36	31:26
2	Ntuthuko Maseko	36	31:59
3	Sibusiso Mbingeleli	36	32:5

40-44:

1	Shadrack Hoff	40	31:09
2	Gert Thys	42	31:31
3	Never Matiya	44	32:47

45-49:

1	Jackson Seanago	45	35:09
2	Bolosoane Nkgashu	46	41:30
3	Pule Leepo	49	41:56

50-54:

1	Desmond Zibi	50	35:38
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2	Sollie van Rooyen	50	35:57
3	Reform Ndlovu	51	36:12
55-59:			
1	Andy Daly	57	39:46
2	Goodman Mpukane	57	41:22
3	T.S. Ralejalla	57	58:51
60-64:			
1	Awie Veldsman	64	40:39
2	John Woodnutt	61	41:09
3	Willie Maisela	62	42:15
65-69:			
1	Mike du Bruto	65	39:30
2	Mpho Paul	65	43:38
3	Blackie Swart	65	51:25
70-74:			
1	Tamsanqa Jusayi	71	45:32
2	Roger Bailey	73	51:15
75-79:			
1	Johan Windhorst	76	64:46
Juniors:			
1	Thabang Mosiako	18	29:54
2	Tumisang Monatlala	19	30:38
3	Creel Chavalala	17	31:17

WOMEN

1	Nolene Conrad	28	33:37
2	Christine Kalmer	28	34:20
3	Lebo Phalula	30	34:53
4	Blandina Makatisi (LES)	18	35:09
5	Cornelia Joubert	25	35:53
6	Caroline Marandela	20	36:12
7	Thitshaamba Ravhandalala	24	36:24
8	Moeketsi Moeketsi	28	36:42
9	Zintle Xiniwe	27	36:55
10	Ntombesintu Mfunzi	32	36:56
11	Thembi Baloyi	25	36:59
12	Kataza Siphilana	27	37:05
13	Thozama April	28	37:43
14	Davhana Murendwa	20	38:13
15	Catherine Malungane	31	38:19
16	Marli van Staden	20	38:21
17	Silindile Chili	19	38:42
18	Natalie Ross	24	38:43
19	Pule Molosi	42	38:44
20	Pamela Moyikwa	17	38:46
21	Catherine Skosana	33	38:56
22	Bulelwa Simae	36	39:04
23	Marrida Leen	16	39:05
24	Linley Holmes	43	39:46
25	Gloria Baeba	33	40:11
26	Marisa Kruger	35	40:19
27	Ronel Thomas	42	40:37
28	Madoa Palesa	23	40:48
29	Maryna Swanepoel	27	40:48
30	Alicia Labuschagne	18	40:49
31	Olivia Labuschagne	18	40:51
32	Busisiwe Gwala	17	41:22

33	Lilian Tshobane	17	41:22
34	Michelle Mee	41	41:30
35	Lana Theunissen	41	42:04
36	Silindile Sabasaba	18	42:42
37	Luane Meyer	20	43:45
38	Thenjiwe Gumede	16	43:55
39	Margie Saunders	60	44:01
40	Pusgetso Maema	31	44:09
41	Connie v.d. Westhuizen	50	44:11
42	Kebileng Mahloko	18	44:22
43	Lorraine Boshoff	43	44:22
44	Jene Banfield	43	44:33
45	Dolores Bondis	26	44:37
46	Zelda Prinsloo	43	45:00
47	Sheryl de Lange	45	45:07
48	Mamello Malaoa	20	45:36
49	Pansti ?	55	45:40
50	Anel van Pletzen	35	45:53

35-39:

1	Bulelwa Simae	36	39:04
2	Marisa Kruger	35	40:19
3	Anel van Pletzen	35	45:53

40-44:

1	Linley Holmes	43	39:46
2	Ronel Thomas	42	40:37
3	Michelle Mee	41	41:30

45-49:

1	Sheryl de Lange	45	45:07
2	Amanda Nieuwoudt	46	54:09
3	Elsabe Deacon	49	55:40

50-54:

1	Connie v.d. Westhuizen	50	44:11
2	Janine Engels	51	46:14
3	Ansie Breytenbach	50	46:32

55-59:

1	Erica Hamilton	55	46:39
3	Charlene Oelschig	57	69:54

60-64:

1	Margie Saunders	60	44:01
2	Lyn de Bruin	61	49:08
3	Helen Du Plessis	61	50:36

65-69:

1	Lucie Grové	65	70:51
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70-74:

1	Gill Tregenna	72	58:54
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80+:

1	Deirdre Larkin	81	56:52
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Juniors:

1	Blandina Makatisi (LES)	18	35:09
2	Pamela Moyikwa	17	38:46 [SA champion]
3	Marrida Leen	16	39:05 [silver medal]
4	Alicia Labuschagne	18	40:49 [bronze medal]

Bagshaw Bay Ultra (32nd) & 10 km

Port Elizabeth, 22 February

(Distances: 50 km & 10 km; out-and-back courses. Finishers: 50 km – 234 [down from 259 last year]; 10 km – 400 [significantly down from 633].)

50 km**MEN**

1	Masande	Mlonyeni	Nedbank RC EP	33	3:04:30
2	Eric	Sigxashe	PEAAC	35	3:05:16
3	Mzwanele	Maphekula	Malabar AC	37	3:05:53
4	George	Ntshiliza	Nedbank RC EP	34	3:06:53
5	Masixole	Dlaku	PEAAC	35	3:10:42
6	Mila	Pasiya	Nedbank RC EP	34	3:12:12
7	Thobile	Xata	Bluewater Bay	39	3:20:12
8	Hasan	Shire	Malabar AC	24	3:21:13
9	Emerson	Kayana (1 st vet)	Nedbank RC EP	40	3:22:02
10	Alfred	Qogi	Nedbank RC EP	40	3:25:07
11	Bonginkosi	Noluhlazana	Temp	35	3:34:52
12	Muntu	Phamla	Airports AC	37	3:36:40
13	Gcobani	Bekwapi	Charlo AC	34	3:37:59
14	Luyanda	Matiwana	Motherwell AC	35	3:41:28
15	Mzukisi	Klaas	Motherwell AC	45	3:44:33
16	Mzamo	Fokwana	Charlo AC	36	3:47:06
17	Colben	Ngcupe (1 st mast)	Motherwell AC	50	3:47:09
18	Thembekile	Msipa	Charlo AC	39	3:47:32
19	Mongezi	Mboya	PEAAC	36	3:47:55
20	Graham	Eshmade	Crusaders AC	36	3:49:48

40-44:

1	Emerson	Kayana	Nedbank RC EP	40	3:22:02
2	Alfred	Qogi	Nedbank RC EP	40	3:25:07
3	Nkosinathi	Gcakasi	Bluewater Bay	43	4:00:20

45-49:

1	Mzukisi	Klaas	Motherwell AC	45	3:44:33
2	Welcome	Loliwe	Nedbank RC EP	49	3:52:08
3	Vernon	Newfeldt	Gelvan AC	47	4:02:16

50-54:

1	Colben	Ngcupe	Motherwell AC	50	3:47:09
2	Darrell	Wicht	Warriors AC	50	3:49:49
3	Ian	Patterson	Muirite Striders	50	4:09:26

55-59:

1	Leonard	Erasmus	Gelvan AC	56	4:11:38
2	Disemba	Blou	Charlo AC	55	4:22:32
3	Christopher	Nyodi	Bluewater Bay	55	4:31:30

60-64:

1	Jimmy	Styan	Temp	61	4:12:44
2	Paul	Steffens	Nedbank RC EP	62	4:54:48
3	Errol	Rossouw	Temp	64	5:42:07

65-69:

1	Thomas	Groener	Temp	66	5:23:15
2	William	Vorster	PEAAC	67	5:29:33
3	David	O'Rielly	Nedbank RC EP	66	5:49:00

70-74:

1	Godfrey	Kariem	Gelvan AC	73	5:52:30
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WOMEN

1	Maresa	Ah Kun	Bluewater Bay	38	4:12:52
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2	Janine	Gardiner	Charlo AC	32	4:22:05
3	Celeste	Swart (1 st vet)	Nedbank RC EP	45	4:23:02
4	Benita	Barton	Crusaders AC	43	4:34:56
5	Debbie	Dodd	Charlo AC	43	4:37:34
6	Priscilla	Dyantyi	Nedbank RC EP	39	4:38:25
7	Elmien	Nel	Nedbank RC SWD	42	4:43:25
8	Laura	Maritz (1 st mast)	Elite AC	53	4:46:03
9	Buyelwa	Kobokana	Nedbank RC EP	48	4:49:35
10	Jessica	Trollip	Temp	26	4:52:48
11	Priscilla	Maleiba	Gelvan AC	43	4:57:07
12	Taryn	Pringle	Temp	32	4:57:22
13	Sunelle	Horne	Bluewater Bay	39	5:02:44
14	Camarin	Van Eyk	Nedbank RC EP	31	5:04:08
15	Nurunnisa	Madatt	Malabar AC	51	5:04:39
16	Brigitta	Albrecht	Madibaz AC	29	5:07:23
17	Anna-Lize	Du Preez	Madibaz AC	46	5:10:38
18	Annelize	Shergold-Smith	Bluewater Bay	33	5:13:19
19	Jacqui	Van der Vyver	Elite AC	45	5:14:59
20	Wilandi	Esterhuysen	Mansgenoeg AC	35	5:17:26

40-44:

1	Benita	Barton	Crusaders AC	43	4:34:56
2	Debbie	Dodd	Charlo AC	43	4:37:34
3	Elmien	Nel	Nedbank RC SWD	42	4:43:25

45-49:

1	Celeste	Swart	Nedbank RC EP	45	4:23:02
2	Buyelwa	Kobokana	Nedbank RC EP	48	4:49:35
3	Anna-Lize	Du Preez	Madibaz AC	46	5:10:38

50-54:

1	Laura	Maritz	Elite AC	53	4:46:03
2	Nurunnisa	Madatt	Malabar AC	51	5:04:39
3	Janette	Van der Kolf	Coega AC	54	5:57:33

55-59:

1	Gesina	Oosthuizen	PEAAC	55	6:17:03
2	Noleen	Norris	Gelvan AC	56	6:22:17

60-64:

1	Saundria	Visser	Nedbank RC SWD	62	6:19:41
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10 km**MEN**

1	Amos	Nyongo	Madibaz AC	27	31:16
2	Melikhaya	Frans	Nedbank RC EP	22	32:04
3	Rodney	Prins	Malabar AC	25	32:21
4	Zolani	Mabongo	Madibaz AC	27	32:21
5	Sibusiso	Thu	Transnet Eng EP	25	32:28
6	Sylvester	Honi	Madibaz AC	30	32:36
7	Ricardo	Plaatjies	X-Cel AC	31	35:10
8	Tumelo	Mochelenyane	Nedbank RC EP	31	35:59
9	Johannes	Jonck (1 st vet)	St Albans CS EP	40	36:32
10	Luyolo	Dyubhele	Madibaz AC	20	36:38
11	John	Rafani	Nedbank RC EP	46	36:49
12	Luvuyo	Stephen	Nedbank RC EP	43	37:15
13	JC	Visser	Nedbank RC SWD	28	37:46
14	Jacques	Barnard	Despatch AC	37	37:56
15	David	Mama	Aspen Pharmacare	38	39:09
16	Mauritz	Pretorius	Despatch AC	24	39:11
17	Hein	Lodewyks	Madibaz AC	31	39:18

18	Juan	Cordier	Despatch AC	28	39:35
19	Thulani	Mdlalo	Temp	28	40:01
20	Zukile	Pipe	Tem	36	40:27
40-44:					
1	Johannes	Jonck	St Albans CS EP	40	36:32
2	Luvuyo	Stephen	Nedbank RC EP	43	37:15
3	Thembinkosi	Hambiyani	Nedbank RC EP	42	40:54
45-49:					
1	John	Rafani	Nedbank RC EP	46	36:49
2	Freek	Daniels	Transnet Eng EP	47	40:56
3	Leonardo	De Villiers	Madibaz AC	48	41:59
50-54:					
1	Robin	Fourie	Achilles AAA	50	41:15
2	Linton	Harmse	Madibaz AC	50	42:09
3	Randall	Cunningham	St Albans CS EP	52	46:42
55-59:					
1	Peter	Van Rensburg	Elite AC	55	44:42
2	George	Meiring	Muirite Striders	57	47:09
3	Johan	Barnard	Nedbank RC EP	58	47:50
60-64:					
1	Peter	Bashela	Gelvan AC	61	57:01
2	Barry	Nelson	Legacy AC	62	59:02
3	Aubrey	Le Roux	St Albans CS EP	61	1:08:28
65-69:					
1	Percy	Dalton	Achilles AAA	65	52:02
2	Thembisile	Ntoni	Temp	66	54:54
3	Tom	D'Arcy	Achilles AAA	68	55:58
70-74:					
1	Ron	Clark	Bluewater Bay	71	51:36
2	Robin	Clark	Achilles AAA	73	1:11:04
3	Brian	Smith	PEAAC	70	1:13:41
75-79:					
1	John	Peart	Nedbank RC EP	77	1:25:37
Juniors:					
1	Thuso	Lomberg	Bluewater Bay	15	41:27
2	Rendall	Gysman	VW AC	17	50:53
3	Naasir	Louis	Malabar AC	17	53:26
WOMEN					
1	Thabisa	Sirayi	Madibaz AC	20	41:49
2	Babalwa	Ngcoko	Nedbank RC EP	26	41:53
3	Olivia	Read	Temp	37	42:35
4	Michelle	Galloway	Madibaz AC	26	43:05
5	Marisa	Ferraris (1 st vet)	Temp	43	43:18
6	Tiani	Claassen	Despatch AC	23	44:03
7	Leigh-Ann	Bowden	Midrand AC	39	44:52
8	Janette	Schierz-Crusius (1 st mast)	Body Concept	53	45:14
9	Terray	Newcombe	Elite AC	23	45:33
10	Grizelda	Pietersen	Maxed Elite EP	45	46:34
11	Anche	Schubart	Achilles AAA	32	46:59
12	Lynette	Marais	Temp	27	47:39
13	Riette	Neethling	Maxed Elite EP	25	48:08
14	Kerrin	Watson-Smith	Temp	31	48:45
15	Angela	Parker	Charlo AC	37	48:48
16	Hanlie	Van der Westhuizen	Despatch AC	57	48:49
17	Megan	Wilson (1 st jun)	Charlo AC	18	49:03

18	Debbie	Flynn	Temp	43	49:22
19	Johannette	Oosthuizen	Body Concept	49	51:01
20	Louise	Mazuelas	Charlo AC	35	51:14
40-44:					
1	Marisa	Ferraris	Temp	43	43:18
2	Debbie	Flynn	Temp	43	49:22
3	Leonie	Ah Kee	Nedbank RC EP	40	51:28
45-49:					
1	Grizelda	Pietersen	Maxed Elite EP	45	46:34
2	Johannette	Oosthuizen	Body Concept	49	51:01
3	Judy	Beens	Charlo AC	47	52:25
50-54:					
1	Janette	Schierz-Crusius	Body Concept	53	45:14
2	Barbara	Foot	Crusaders AC	54	57:17
3	Miemsie	Swanepoel	Elite AC	52	58:31
55-59:					
1	Hanlie	Van der Westhuizen	Despatch AC	57	48:49
2	Alma	Fourie	Charlo AC	56	1:06:26
3	Ray	Schroeder	Profiles AC	59	1:13:45
60-64:					
1	Helene	Oppel	Crusaders AC	64	1:01:01
2	Marietta	Millard	VW AC	64	1:13:02
3	Rina	Barnard	Elite AC	60	1:22:59
65-69:					
1	Liz	Grundlingh	Muirite Striders	67	54:03
2	Denise	Terblanche	Walmer AC	66	1:05:31
3	Jeanette	Pienaar	PEAAC	65	1:06:34
75-79:					
1	Dorothy	Hart	Charlo AC	76	1:14:46
Juniors:					
1	Megan	Wilson	Charlo AC	18	49:03
2	Yolandi	Barnard	Temp	17	1:02:19
3	Danielle	Harkin	Madibaz AC	18	1:06:10

Koeberg 15 km

Duynefontein, 22 February

(Certified loop course, partly on gravel through nature reserve. Weather: Cool, became hot later. Finishers: 857 [down from 1064 last year].)

MEN

1. Wanda Roro (Itheko) 48:24
2. Tom Lusaseni (Itheko) 48:25
3. Danzil Paulse (East) 49:32

Veterans: 1. Graham Katzen (Itheko) 50:10; 2. Isaac Ikalaheng (AAC) 53:21; 3. Shawn Abrahams (Itheko) 54:31. **Masters:** 1. Roston Isaacs (Ned) 61:35; 2. Eise Geerts (Bell) 61:47; 3. Chris Goedhals (Fit2000) 63:54. **G'masters:** 1. Albert Williams (Top) 68:39; 2. Brian Merryweather (Edge) 76:08; 3. Kevin Kohler (Edge) 80:51. **Juniors:** 1. Granwin Katzen (Itheko) 53:20; 2. Alesandro Carelse (Itheko) 55:37; 3. Deauwin Japhta (Sanlam) 59:17.

WOMEN

1. Kutlwano Ramaboa (WC) 62:46
2. Mariëtte Strauss (Tyger) 64:51 (1st mast)
3. Tanya Posthumus-Fox (Cent) 67:15

Veterans: 1. Ena Gous (Worc) 73:45; 2. Charlene Maartens (Tyger) 91:34; 3. Zethena October (Ravens) 92:57. **Masters:** 1. Mariëtte Strauss (Tyger) 64:51; 2. Miema Murray (ORAK) 70:04; 3. Beverley Ball (SACSOB) 92:57. **G'masters:** 1. Nancy Will (Pine) 78:23; 2. Pixie Sparg (Celtic) 82:14; 3. Robin Sherry (Forest) 86:27. **Juniors:** 1. Nthuseng Lolwana (VOB) 71:47; 2. Nocwana Mthetho (VOB) 75:11; 3. Londeka Miya (Gugs) 93:32.

Cape Peninsula Marathon (47th) & Half Marathon (14th)

Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half marathon), 16 February

(Distances: 42.195 km & 21.1 km; certified point-to-point courses with no elevation loss. Finishers: marathon – 1551 men + 597 women = 2148 total [down from 2229 last year]; half marathon – 1752 [down from 1826].)

Note: The top results were published last week; here are deeper results. Zintle Xiniwe finished 20th overall in the half marathon. Although Bev Charters (VOB) is shown as the second master in the category results (without a time), her name does not appear in the full results – an obvious mistake. – Ed.



Half-marathon winner Zintle Xiniwe (right), after her first race for the New Balance Multisport Club, and third placer Danette Smith. [Jasper Coetzee]

Marathon

MEN

1	Dicardo	Jakobs	Ned Bol	2:23:08	R3500
2	Wanda	Roro	Itheko	2:23:27	R2000
3	Bernard	Rukadza	ZIM/Gugs	2:24:28	R1000
4	Admire	Rushika	ZIM/Ned	2:32:19	
5	Hein	Camphor	NBMC	2:33:43	
6	John	Mboko	Wild	2:34:14	
7	Luyanda	Mapoyi	Khaye	2:35:37	
8	Anele	Ndzuta	Temp	2:36:11	
9	Tsungai	Mwanengeni (1 st vet)	ZIM/NBMC	2:37:30	
10	Abongile	Snyman	East	2:38:44	
11	Anele	Mnukwa	Elgrab	2:41:21	
12	Craig	Cynkin	Temp	2:41:44	
13	Simphiwe	Vellem	Gugs	2:43:07	
14	Oscar	Coetzee	NBMC	2:43:32	
15	Nic	De Beer	NBMC	2:43:33	
16	Mandla	Phangalele	Gugs	2:43:55	
17	Faizal	October	NBMC	2:46:26	
18	Pieter	Koopman	Ned Bol	2:46:27	
19	Professor	Khwetane	VOB	2:47:10	
20	Siyabonga	Madala	Gugs	2:47:31	

Veterans:

1	Tsungai	Mwanengeni	ZIM/NBMC	2:37:39	R1200
2	Nic	de Beer	NBMC	2:43:43	R800
3	Mbuyiselo	Ketelo	NBMC	2:50:31	R450

Masters:

1	Zama	Witvoet	Gugs	2:58:24	R800
2	Friedl	van der Merwe	NBMC	3:02:23	R400

3	Steven	Parkins	Tyger	3:09:03	R250
G'masters:					
1	David	Wheeler	Hout	3:45:41	R750
2	Albert	Williams	Tform	3:51:23	R400
3	Natale	Roelofse	Worc	3:52:00	R250
G/g'masters:					
1	Brian	Key	Forest	3:44:57	R400
2	Chet	Sainsbury	Celtic	4:40:03	R300
3	Hugh	Waters	Whalers	5:39:57	R150

WOMEN (Same prize money as men)

1	Kerry-Ann	Marais	ATC	3:11:46	
2	Candyce	Hall	Carb	3:17:10	
3	Tracy	Forbes (1 st vet)	VOB	3:17:42	
4	Kutlwano	Ramaboa	Wcoast	3:20:22	
5	Adele	Waldron	Wcoast	3:20:55	
6	Mariëtte	Strauss (1 st mast)	Tyger	3:22:00	
7	Tania	Anderson	VOB	3:22:13	
8	Theresa	Brand	Bell	3:23:53	
9	Laura	Peddle	Strand	3:24:47	
10	Linda	Smart	Dainfern	3:25:07	
11	Kerry	Sillifant	NBMC	3:28:03	
12	Helette	Basson	Lbaan	3:29:05	
13	Sylvie	Scherzinger	VOB	3:30:42	
14	Chare	Calitz	Vaal	3:30:57	
15	Julie	Marshall	Wild	3:33:46	
16	Rianda	Gilliland	Temp	3:34:18	
17	Miranda	Symons	Celtic	3:35:48	
18	Susan	MacKinnon	Celtic	3:38:12	
19	Christy	Smith	Durbac	3:38:24	
20	Paula	Ensor-Smith	ATC	3:38:46	

Veterans:

1	Tracy	Forbes	VOB	3:17:56	
2	Adele	Waldron	Wcoast	3:21:03	
3	Tania	Anderson	VOB	3:22:22	

Masters:

1	Mariëtte	Strauss	Tyger	3:22:09	
2	Elizabeth	Bax	Pine	3:37:30	
3	Julie	Shadwell	VOB	3:49:02	

G'masters:

1	Annelie	Mader	VOB	4:12:00	
2	Patricia	Shaw	Bennor	4:14:00	
3	Veronica	van Niekerk	Elgrab	4:32:43	

Half marathon

MEN

1	Nkosinathi	Madyo	Ned	1:09:52	R1750
2	Peter	Tsawayo	ZIM/Gugs	1:11:40	R1000
3	Bronwyn	Van Rhyn	NBMC	1:11:45	R500
4	Graham	Katzen (1 st vet)	Itheko	1:12:50	
5	Riaan	Witbooi	Eerste	1:13:48	
6	Mpendulo	Mphkane	Gugs	1:14:35	
7	Vakalisa	Kopolo	Khaye	1:16:12	
8	Enver	Pedro	NBMC	1:16:29	
9	Elfonzo	Pieterse	Ned SWD	1:16:31	
10	Christopher	Carelse	NBMC	1:16:50	

11	Shawn	Abrahams	Itheke	1:17:46
12	Mnonopheli	Zunguzane	Strand	1:20:10
13	Nelson	Bass	UCT	1:20:29
14	Anele	Kosana	Gugs	1:21:47
15	Thembekile	Kebeni	Khaye	1:22:04
16	Xolisa	Malane	Wild	1:22:37
17	Angelo	Matthys (1 st jun)	ARD	1:23:01
18	Farid	Mazari	Temp	1:23:13
19	Neo	Molema	Ned	1:23:18
20	Philip	Crous	Ned	1:24:14

Veterans:

1	Graham	Katzen	Itheke	1:12:50	R600
2	Shawn	Abrahams	Itheke	1:17:46	R400
3	Youssef	Kanouni	NBMC	1:25:28	R200

Masters:

1	Hermanus	Jonkerman	Ned SWD	1:26:26	R400
2	Julian	Paul	Absa	1:30:50	R200
3	Gregory	Jacobs	Edge	1:31:13	R120

G'masters:

1	Ivan	Marais	Ned	1:39:38	R350
2	Michael	Clarke	VOB	1:48:17	R200
3	Neville	Frieslich	Temp	1:54:15	R120

G/g'masters:

1	Roelof	van Weele	Whalers	1:56:44	R200
2	Yusuf	Gamiendien	Itheke	2:09:36	R150
3	Kaare	James	Pine	2:22:11	R100

Juniors:

1	Angelo	Matthys	ARD	1:22:58	R200
2	Moegamat	Hendrich	ARD	1:26:49	R150
3	Darren	Bownes	Hout	1:27:24	R100

WOMEN (Same prize money as men)

1	Zintle	Xiniwe	NBMC	1:23:25
2	Khanya	Mateyisi	Khaye	1:24:22
3	Danette	Smith	Temp	1:24:35
4	Kate	Mapham	Whalers	1:28:16
5	Ursula	Turck (1 st vet)	Strand	1:31:47
6	Helene	Roux	NBMC	1:32:33
7	Tana	Janse van Rensburg	NBMC	1:35:19
8	Chantel	Simpson	Ned	1:36:39
9	Lesyl	Potgieter	ATC	1:36:44
10	Christine	Rust	Temp	1:38:14
11	Coriaan	De Villiers	Ned	1:39:45
12	Marie	Louw	NBMC	1:41:08
13	Anel	Wesson	Temp	1:41:50
14	Yoshka	Prins	Durbac	1:41:54
15	Leigh	Barrow	Temp	1:42:28
16	Lee-Shay	Willemse	Velocity	1:42:39
17	Daniella	Calthorpe	UCT	1:44:12
18	Kelly	Jenkinson	Temp	1:44:27
19	Stephanie	Mallory	Over	1:44:36
20	Paula	Dollman	UCT	1:45:01

Veterans:

1	Ursula	Turck	Strand	1:31:45
2	Tana	Janse van Rensburg	NBMC	1:35:17

3	Chantel	Simpson	Ned	1:36:36
Masters:				
1	Marie	Wolmarans	Ned SWD	1:45:49
2	Beverley	Charters	VOB	?
3	Charmaine	Cupido	Ned	1:50:40
G'masters:				
1	Nancy	Will	Pine	1:53:43
2	Pixie	Sparg	Celtic	1:58:59
3	Sarah	Herdien	Velocity	2:14:30
G/g'masters:				
1	Marlene	James	Pine	2:23:38
2	Heather	Cooke	Temp	2:26:36
3	Carol	Gahwiler	VOB	2:37:40
Juniors:				
1	Maria	Vermeulen	Ned	1:54:29
2	Devon	Basson	Celtic	2:15:50
3	Qudsiyyah	Ceres	Odraai	2:22:02

TRACK

New Balance Tuks Challenge

Pretoria, [date unknown]

MEN

1500:

1	Gladwin	Mzazi	Transnet	3:49.35
2	Precious	Mashele	Transnet	3:51.84
3	Mpho	Makofane	TUT	3:52.27
4	Vuyislat	Thsoba	Transnet	3:55.75
5	Lukhanmo	Mabinza	Transnet	3:56.14

WOMEN

1500:

1	Anuschka	Nice	Tuks	4:35.75
2	Thitshaamba	Ravhandalala	TUT	4:41.94
3	Thembi	Baloyi	TUT	4:42.91
4	Olga	Firsova	RUS	4:43.93
5	Stella	Marais	Tuks	4:46.50

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

Giulietta & Romeo Half Marathon

(Italian Half-marathon Championships)

Verona, ITA, 16 February

MEN (gun times)

1. William Kibor, KEN, 1:00:51 PB
2. Daniele Meucci, ITA, 1:02:44
3. Wilson Busienei, UGA, 1:03:06
4. Yassine Rachik, MAR, 1:03:18 PB

5. Gianmarco Buttazzo, ITA, 1:03:26

WOMEN (gun times)

1. Valeria Straneo, ITA, 1:09:45
2. Anna Incerti, ITA, 1:10:10
3. Veronica Inglese, ITA, 1:11:24 PB
4. Nadia Ejjafini, ITA, 1:12:19
5. Laila Soufyane, ITA, 1:13:41 PB

Kumanichi Road Race (58th)

Kumamoto, JPN, 16 February

(Distance: 30 km, hilly out-and-back course)

MEN (gun times)

1. Yuma Hattori, Toyo University, 1:28:52 PB/CR/Collegiate Record
2. Johana Maina, Fujitsu (KEN), 1:29:55 PB
3. Shogo Nakamura, Komazawa, University, 1:30:11 PB

WOMEN

1. Yuka Takashima, Denso, 1:44:19
2. Noriko Higuchi, 1:44:48
3. Kana Orino, 1:46:16

Standard Chartered Hong Kong Marathon (18th)

Hong Kong, HKG, 16 February

(Distance: 42.195 km)

MEN

- | | | |
|----------------------------|---------|------------|
| 1. Feyera Gemedo, ETH | 2:15:05 | USD 65,000 |
| 2. Bedada Abdisa Sori, ETH | 2:15:11 | 30,000 |
| 3. Elisha Kiprop, KEN | 2:15:12 | 15,000 |

WOMEN

- | | | |
|--------------------------------|---------|------------|
| 1. Rehima Kedir, ETH | 2:34:53 | USD 65,000 |
| 2. Misiker Mekonin Demise, ETH | 2:35:05 | 30,000 |
| 3. Shitaye Gemechu, ETH | 2:35:18 | 15,000 |

CROSS-COUNTRY

KCB Nairobi Cross-country

Nairobi, KEN, 15 February

SR. MEN (12 km)

1. Bedan Karoki, 1990, Central, 34:55.2
2. Leonard Barsoton, 1984, Kenya Police, 35:02.2
3. Philip Kiprono Langat, , South Rift, 35:07.1
4. Cornelius Kangogo, 1993, North Rift, 35:12.6
5. Solomon Kirwa Yego, 1992, Central Rift, 35:17.5
6. Philemon Rono, 1991, Kenya Police, 35:19.8
7. Joseph Kitur, 1988, Kenya Police, 35:26.3
8. Julius Kogo, 1992, Kenya Prisons, 35:29.0
9. John Melly, 1983, Central, 35:37.0
10. John Mwangangi, 1989, Kenya Prisons, 35:43.3

SR. WOMEN (8 km)

1. Faith Chepngetich, 1994, South Rift, 26:09.7
2. Peris Chepchirchir*, Kenya Prisons, 26:11.7
3. Emily Chebet, 1986, Kenya Police, 26:14.4
4. Jemimah Jelagat Sumgong, 1985, Defence Forces, 26:26.4
5. Janet Kisa, 1992, Kenya Police, 26:31.3
6. Beatrice Mutai, South Rift, 26:35.0
7. Alice Aprot, 1994, Central Rift, 26:39.2
8. Edith Chelimo, 1986, Kenya Police, 26:40.4
9. Sharon Cherop, 1984, Defence Forces, 26:44.3
10. Mercy Cheronon, 1991, Kenya Police, 26:51.2

*) Probably the same athlete who won the Discovery Kenya 10 km on 2 February in Eldoret as "Peris Chepkirui".

JR. MEN (8 km)

1. Moses Mukono, 1995, Nairobi, 23:04.0
2. Emmanuel Bett, 1995, Nairobi, 23:06.1
3. Andrew Loret, 1997, Nairobi, 23:16.3
4. John Langat, 31.12.1996, South Rift, 23:21.1
5. Elvis Cheboi, 1998, Nairobi, 23:21.3

JR. WOMEN (6 km):

1. Agnes Chebet, 1995, Central Rift, 19:21.3
2. Lilian Kasait, 1997, North Rift, 19:35.7
3. Nancy Nzisa, 1995, Southern, 19:37.1
4. Mbithe Nzisa, 1997, Southern, 19:37.8
5. Roseline Chepngetich, 17.6.1997, South Rift, 19:47.6

INDOOR TRACK**Iowa State Classic**

Ames, USA, 14-15 February

MEN

600 yards (14):

- | | | |
|--------------------|----------------|------------|
| 1. Pieter Conradie | FR Texas (RSA) | 1:10.94 PB |
| 2. Brennan Davey | JR Iowa | 1:11.22 PB |
| 3. Bradley Johnson | FR Minnesota | 1:11.35 |

800 (15):

Seeded Section -

- | | | |
|---------------------|---------------------------|---------|
| 1. Edward Kemboi | JR Iowa State (KEN) | 1:45.98 |
| 2. Sean Obinwa | SR Florida | 1:47.76 |
| 3. Billy Ledder | JR Georgetown | 1:47.89 |
| ... 8. David Mokone | SR Western Kentucky (RSA) | 1:49.49 |

University of New Mexico Don Kirby Elite Invitational

Albuquerque, USA, 14-15 February

WOMEN

Mile (15):

- | | | |
|--------------------|---------------------|---------|
| 1. Jordan Hasay | Nike Oregon Project | 4:43.58 |
| 2. Shannon Rowbury | Nike Oregon Project | 4:43.71 |
| 3. Nicole Roberts | New Mexico | 5:01.91 |

NEWS

COMRADES APPOINTS ROWYN JAMES AS RACE DIRECTOR



When the world's largest ultramarathon is held for the 89th time on 1 June, it will have a brand new Race Director. The Comrades Marathon Association (CMA) has announced that Rowyn James (pictured) will take over the helm of the KZN race.

James, who owns fifteen Comrades medals, worked as Race Director of the Old Mutual Two Oceans Marathon until last year. Previously he was Sports Marketing Manager of Nike South Africa and also worked as a member of the Deloitte Pretoria Marathon organising committee for eight years.

CMA General Manager Chris Bruwer said: "Together with the rest of the Comrades Marathon team, we are thrilled to welcome Rowyn to the Comrades Marathon family. With Rowyn overseeing the 2014 Ultimate Human Race, we aim to give all participants an unbelievable race day experience and ensure the continuity and sustainability of this iconic brand that is the Comrades Marathon."

In an interview with DRR James said he was looking forward very much to the new challenge. According to a CMA media release, he felt "honoured and privileged to have been appointed to this position and thank the CMA Board for the faith and trust they have placed in me, thereby enabling me to achieve my lifelong dream of being a part of the Comrades.

"Key for me will be to maintain and enhance the wealth of knowledge and experience of my fellow team players which already exists; and work with them in enhancing new innovations and strategies which will continue to propel the Comrades Marathon forward, whilst acknowledging and respecting the rich culture, history and tradition of the race," he said.

James, who is also a regular contributor to *Distance Running Results*, will start in his new job on 12 March.

STATS TIME

The scintillating running in last week's RAK Half Marathon in Ras Al Khaimah put the spotlight on the half marathon. Here is a list of the top ten men of all time (with twelve performances). Only two men, world record holder Zersenay Tadese and Samuel Wanjiru, appear twice on the list. Tadese also leads the list of top-5 average performances – the only one with a sub-59 average (apart from the two times on the all-time list, he has also run 58:59, 59:05 and 59:16).

HALF MARATHON: ALL-TIME TOP TEN MEN

1	58:23	1	Zersenay Tadese	ERI	1	Lisboa	21 Mar 2010
2	58:30		Tadese		1	Lisboa	20 Mar 2011
3	58:33	2	Samuel Wanjiru	KEN	1	Den Haag	17 Mar 2007
4	58:41	3	Bernard Koech	KEN	1	San Diego	2 June 2013
5	58:46	4	Mathew Kisorio	KEN	1	Philadelphia	18 Sept 2011
6	58:47	5	Atsedu Tsegay	ETH	1	Praha	31 Mar 2012
7	58:48	6	Sammy Kitwara	KEN	2	Philadelphia	18 Sept 2011
8	58:52	7	Patrick Makau	KEN	1	Ras Al Khaimah	20 Feb 2009
9	58:53		Wanjiru		1	Ras Al Khamah	9 Feb 2007
10	58:54	8	Stephen Kibet	KEN	1	Den Haag	11 Mar 2012
11	58:54	9	Geoffrey Kipsang Kamworor	KEN	1	Ras Al Khaimah	15 Feb 2013

12 58:55 10 Haile Gebrselassie ETH 1 Phoenix 15 Jan 2006

FASTEST HALF-MARATHON RUNNERS ON AVERAGE OF THEIR TOP 5 PERFORMANCES

1	58:51	Zersenay Tadese	ERI
2	59:04	Patrick Makau	KEN
3	59:09	Samuel Wanjiru	KEN
4	59:18	Wilson Kiprotich Kipsang	KEN
5	59:19.2	Paul Tergat	KEN
6	59:19.5	Deriba Merga	ETH
7	59:21	Haile Gebrselassie	ETH

THIS MONTH IN HISTORY

30 years ago: 11 February 1984

Grete Waitz (NOR) scored the fourth of her six victories in the Gasparilla Distance Classic 15 km in Tampa, Florida, and bettered the world record she had set in the same race four years earlier with her 47:52 – almost a minute ahead of Wendy Sly (GBR), who clocked 48:42. In the men's race Mike McLeod (GBR) beat Mike Musyoki (KEN), 42:55 to 42:57. John Treacy was third in 42:57. McLeod would also win the next year. Six months later Waitz and Treacy both finish second in the Olympic Marathon in Los Angeles. South Africa's Elana Meyer won the Gasparilla race in 1994 and 1995.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

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	29:00	Kgosi Tsosane	Sasolburg	01 Feb
	28:34	Abel Kipsang (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		12 Feb
	47:03	Tshidiso Bosiu	Vanderbijlpark	
	45:44	Abdelmajid El Hissouf (MAR)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		26 Jan
	64:46	Xolisa Tyali	Benoni	
	61:23	Mebrahtom Keflizighi (USA)		
25 km	58:23	Zersenay Tadese (ERI) 2010		26 Jan
	82:44A	Sibonelo Duma	Pinetown	
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		05 Jan
	1:40:20	Anthony Godongwana	Camps Bay	
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:32	Tsegay Mekonnen Assefa (jr) (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	2:03:23p	Wilson Kipsang (KEN) 2013		
	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	31:09	Shadrack Hoff	Bloemfontein	22 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	50:10	Graham Katzen	Duynefontein	22 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	71:01	Johannes Kekana	Benoni	26 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	87:49A	Ephraim Xaba	Pinetown	26 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:53:10	Graham Katzen	Camps Bay	05 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:25:39	Sandile Makhaye	Pietermaritzburg	23 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:12	Sontaga Mabale	Irene	12 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:47	Daniel Mothibe	Kempton Park	22 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:07	Dan Mothibe	Pretoria	15 Feb
	66:42	Martin Rees (GBR) 2003		
25 km	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	2:03:06	Chris Mitchell	Camps Bay	05 Jan
Marathon	2:46:35	Daniel Mothibe	Pretoria	23 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	39:17	Barry Bester	Athlone	08 Feb
15 km	62:47	Clive Owen	Constantia	11 Jan
21.1 km	89:14	Mike Hirst	Benoni	26 Jan
25 km	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:17:58	Barry Bester	Camps Bay	05 Jan
32 km				
Marathon	3:18:04	Don Charles	Sasolburg	01 Feb
100 km				

Juniors

10 km	29:54	Thabang Mosiako	Bloemfontein	22 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	51:01	Thabang Mafa	Kempton Park	22 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	33:37	Nolene Conrad	Bloemfontein	22 Feb
	32:21	Sophie Duarte (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	57:30	Ntombesintu Mfunzi	Despatch	08 Feb
	52:30	Souad Kambouchia (MAR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	78:26	René Kalmer	Bedfordview	12 Jan

	69:58	Caroline Rotich Cheptanui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:03:01	Thozama April	Camps Bay	05 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:46:52	Kim Laxton	Xiamen	02 Jan
	2:21:36	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	39:46	Linley Holmes	Bloemfontein	22 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	64:15	Gillian Sieling	Johannesburg	05 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	86:44	Janene Carey	Hillcrest	09 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:52:29A	Shani Silver	Pinetown	26 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:15:53	Elmarie Coetzee	Camps Bay	05 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:59:42	Zola Pieterse	Charleston	18 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	41:17	Viv Williams	Athlone	08 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:51	Mariëtte Strauss	Duynefontein	22 Feb
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:34	Judy Bird	Johannesburg	09 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:03:09A	Debby de Koning	Pinetown	26 Jan
30 km	2:33:38	Lorraine Rogers	Camps Bay	05 Jan
Marathon	3:10:46	Marie Bruwer	Sasolburg	01 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	44:01	Margie Saunders	Bloemfontein	22 Feb
15 km	66:26	Margie Saunders	Despatch	08 Feb
21.1 km	1:41:14	Liz Ruickbie	Benoni	26 Jan
25 km	2:11:05A	Jenny Scott	Pinetown	26 Jan
30 km	2:45:55	Veronica van Niekerk	Camps Bay	05 Jan
32 km				
Marathon	4:18:07	Vollie Spies	Pretoria	23 Feb
	4:12:00A	Annelie Mader	Simon's Town	16 Feb
100 km				
<u>Juniors</u>				
10 km	37:25	Pamela Moyikwa	Athlone	08 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	69:03	Nthuseng Lolwana	Constantia	11 Jan
	49:40	Ines Chenonge (KEN) 2001		

21.1 km 87:07 Jenet Dlamini Pietermaritzburg 23 Feb
1:09:05 Delilah Asiago (KEN) 1991

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