

# Distance Running Results

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

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## BACKGROUND

### SABRINA SHOWS THE MEN THE WAY

By Riël Hauman

Women scoring overall wins in road races – beating all the men – isn't that rare anymore globally, but in South Africa it still is. *Distance Running Results* is aware of only one such



occurrence in an official race (not a fun run), when Elana Meyer took line honours in a race a number of years ago.

It has never happened in Cape Town – until New Year's Eve, when one of Europe's best distance runners, Sabrina Mockenhaupt (GER), left all the men in her wake in the 42<sup>nd</sup> edition of the aQuellé Runners' Memorial Race over 8 km.

She won by 18 seconds (and the women's race by almost 7 minutes!) in 26:12 to smash Gwen van Lingen's 2003 course record by almost 1½ minutes.

Mockenhaupt (34) has represented Germany on many occasions, with best performances a silver medal in the 2005 European Cross-country Championships, a bronze at 3000 m in the same year's European Indoor Championships, and another bronze at 10000 m in the 2001 European U.23 Championships. She has won 34 national titles.

DRR's Editor interviews German star Sabrina Mockenhaupt after her historic win in the aQuellé Runners' Memorial Race in Cape Town on New Year's Eve. [Albertus Dippenaar]

On the road she has a marathon PB of 2:26:21, clocked when she placed fourth in the 2010 Berlin Marathon. She won three of her first four marathons, including the Cologne Marathon twice. In 2009 she placed 16<sup>th</sup> in the World Championships Marathon. In 2013 she was 7<sup>th</sup> in New York and 10<sup>th</sup> in Boston. She has completed eight marathons.

At the 2008 Olympics in Beijing she was 13<sup>th</sup> in the 10000 m with a marvellous PB of 31:14.21 for 25<sup>th</sup> on the world list that year.

Her other PBs include 14:59.88 (5000 m), 31:49 (10 km) and 68:45 (half marathon). The latter time was run when she won the Vattenfall Berlin Half Marathon in 2009. She has won the Cologne Half Marathon three times.

In an interview after her historic Cape Town achievement Mockenhaupt said her visit to the Mother City was "a mixture of holiday and training". She plans to run a marathon in the European Spring, but her long-term goal is the 2016 Olympics in Rio de Janeiro.

□ For more on the Runners' Memorial Race, see This Month in History later in this issue.



Tanith Maxwell all alone on her way to a brilliant 1:56:32 in yesterday's Ocean Basket Bay to Bay 30 km in the Cape Peninsula. [Riël Hauman]

1:24:53 on this quick course – breaking the mark (1:29:09) of none other than her sister, Gill Tregenna! Nancy Will (60) bettered the Western Province record with her 1:08:25, but she has a faster time awaiting ratification.

In what was her last race as a junior, Annie Bothma scored an excellent victory in the Cashkows Onrus 10 km. Her 35:48 is the second fastest time ever in this race behind Elana Meyer's course record of 35:24. Juniors dominated the race.

## EDITORIAL

Tanith Maxwell started the year with a bang when she used good conditions at the hilly Ocean Basket Bay to Bay 30 km yesterday to record the sixth fastest time ever in South Africa, 1:56:32. She won the race by almost five minutes. Her time is also the third fastest ever on the course, behind Monica Drögemöller's current SA record of 1:53:01 in 1987 (albeit on a slightly different route) and Drögemöller's 1:56:31 in 1986. In South African history only Drögemöller and Evelina Tshabalala (1:55:08) are faster than Maxwell. The men's race went to Duane Fortuin in 1:37:54.

The last two list leaders of 2014 came in the Avbob 15 km in Table View, Cape Town, which was held for the 34<sup>th</sup> time, by master Eric Coetzee in 52:01 and veteran Sandra van Graan in 59:38. But 70-year-old Pixie Sparg went one better when she set a new SA record of

### CANDYCE HALL'S 2014 RACING TOTAL

Carbineers runner Candyce Hall did not run many long races in November and December – only one marathon, the Vital Winelands, to bring her total to eleven for the year – but did manage to add another 220.6 km to bring her racing total for 2014 to 1529.3 km. She ran 75 races during the year, or a race every 4.9 days. Her weekly average was 29.4 km, and on average she completed a half marathon every five days.

During the last two months of the year she ran two races three days apart on three occasions, once she did two races within two days, and once she ran two half marathons on consecutive days! Apart from her ultras and marathons, she also completed seventeen half marathons.

In Jeffreys Bay this past weekend Charné Bosman won the Woodlands Dairy 15 km for the third year in a row, clocking 58:40. The men's race went to Zolani Ngqqa in 48:41.

This first issue of the 15<sup>th</sup> year of *Distance Running Results* is, as usual, quite a big one and brings you up to date with the results of races since the last issue of 2014.

#### **Anne McKenzie correction**

In my obituary on Anne McKenzie (DRR 14:30) I wrote that McKenzie won the first ever SA 880-yard title for women in 1963. This was incorrect, as the first 880 yards for women was held at the 1936 SA Championships in Port Elizabeth, where Doris Morgan took the title in 2:25.6. The event was not held in 1937, but in 1938 the champion was M. Labuschagne in 2:38.8. Then the event was discontinued, to be revived only in 1963. My apologies for this error. (At the Olympic Games the 800 metres was first held in 1928 and then discontinued until reintroduced in 1960.)

Riël Hauman

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#### **INCLUDED IN THIS ISSUE:**

- \* Ocean Basket Bay to Bay 30 km & 15 km, Camps Bay
- \* Woodlands Dairy 15 km, Jeffreys Bay
- \* aQuellé Runners' Memorial 8 km, Cape Town
- \* Stilbaai NSRI 10 km, Stilbaai
- \* Tokai Manor House Run, Tokai
- \* Cashkows Onrus 10 km, Onrus
- \* Growthpoint Properties Sundowner 10 km, Cape Town
- \* Reconciliation Day 10 km, Guguletu
- \* Illovo Sugar 15 km Christmas Challenge, Durban
- \* Avbob 15 km, Table View
- \* Taalmonument Aandwedloop, Paarl
- \* Correctional Services Pollsmoor 10 km, Tokai
- \* Havenga Elektries Ernst Louw Memorial Race, Little Brak River
- \* Prison to Prison Marathon & Half Marathon, Rawsonville
- \* Track: Tygerberg Summer Series Meeting, Parow

#### **International highlights:**

- \* Adana Half Marathon, Adana, TUR
  - \* Xiamen International Marathon, Xiamen, CHN
  - \* São Silvestre Road Race, São Paulo, BRA
  - \* San Silvestre Vallecana, Madrid, ESP
  - \* Corrida Pedestre Internationale de Houilles 10 km, Houilles, FRA
  - \* Honolulu Marathon, Honolulu, USA
  - \* Silvesterlauf Zürich, Zürich, SUI
  - \* Course de Noël, Sion, SUI
  - \* XC: Cross International Venta de Baños, Venta de Baños, ESP; Lotto CrossCup Brussels, Bruxelles, BEL; SPAR European Cross-country Championships, Samokov, BUL; USATF National Club Cross-country Championships, Bethlehem, USA
  - \* International 24-Hour Race, Taipei, TPE
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## ROAD RUNNING

### Ocean Basket Bay to Bay 30 km (39<sup>th</sup>) & 15 km (2<sup>nd</sup>)

Camps Bay, 4 January

(30 km: certified out-and-back course with loop at far end, very hilly; 15 km: point to point but very hilly. Weather: cool, overcast with mist early on, warming up later; little wind.

Finishers: 30 km – 2317 [significantly up from 1882 last year]; 15 km – 1478 [up from 1130].)

Note: Unfortunately deeper results were unavailable. Both courses were slightly changed from last year, although the start and finish remained in the same place. – Ed.

#### 30 km

MEN

1. Duane Fortuin (Itheke) 1:37:54 (R1500 + R1000\*)
2. Nkosinathi Madyo (Ned) 1:39:15 (R1000 + R700\*)
3. Bernard Rukadza (ZIM/Gugs) 1:40:41 (R750 + R500\*)
4. Sibusiso Madikizela (Itheke) 1:41:20 (R500 + R300\*)
5. Mthandazo Qhina (Ned) 1:42:18 (R250 + R200\*)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/NBMC) 1:45:16 (R1000 + R700\*); 2. Xolile Macanda (Gugs) 1:52:57 (R750 + R500\*); 3. Quinton Prince (Met) 1:54:37 (R500 + R300\*). **Masters:** 1. Eric Coetzee (NBMC) 1:53:00 (R750 + R500\*); 2. Monde Tutani (Gugs) 2:03:46 (R500 + R300\*); 3. Johnny Persents (WR) 2:05:12 (R250 + R200\*).

**G'masters:** 1. Muhammad Kriel (Ommie) 2:11:13 (R500 + R300\*); 2. Barry Bester (NBMC) 2:21:16 (R250 + R200\*); 3. Johannes Jacobs (Celtic) 2:31:31 (R100 + R100\*).

**G/g'masters:** 1. Brian Key (Forest) 2:23:52 (R250 + R200\*).

WOMEN (Same prize money as men)

1. Taniith Maxwell (Boxer KZN) 1:56:32
2. Lena Lötter (Ind) 2:01:20
3. Bulelwa Simae (Ned) 2:03:54
4. Danette Smith (NBMC) 2:08:31
5. Kerry-Ann Marshall (ATC) 2:08:47

**Veterans:** 1. Adele Waldron (WC) 2:11:00; 2. Ursula Frans (NBMC) 2:12:45; 3. Obertina Kanyongo (ZIM/WC) 2:17:21.

**Masters:** 1. Olga Howard (Celtic) 2:23:26; 2. Cheryl Rudolph (Easterns) 2:29:58; 3. Georgina Andraos (VOB) 2:31:32. **G'masters:** 1. Nancy Will (Pine) 2:27:24; 2. Annelie van der Linde (Durb) 2:47:57; 3. Elaine Greenblatt (RAC) 3:06:23. **G/g'masters:** 1. Avril Delapelin-Dumont (WC) 3:24:54.

#### 15 km

MEN

1. Peter Tsawayo (ZIM/Gugs) 48:58 (R850 + R500\*)
2. Lwandile Lange (Kay) 49:30 (R600 + R300\*)
3. Duran Byman (Itheke) 51:10 (R350 + R200\*)

**Veterans:** 1. Colin Witbooi (SANDF) 54:49; 2. Scott Harris (Celtic) 66:27; 3. Vaughan Olckers (Hout) 69:06. **Masters:** 1. Peter Wrench (Tyger) 67:57; 2. Anton Engelbrecht (Ned) 68:06; 3. Bernie Temmers (Gugs) 71:31. **G'masters:** 1. Neville Frieslich (FH) 1:16:39; 2. Keith Bake (AAC) 1:33:32; 3. Derrick du Plessis (Strand) 1:40:32. **Juniors:** 1.



Current SA long distance trail champion Danette Smith was fourth in the Bay to Bay 30 km. [Riël Hauman]

Dean Kuchera (NBMC) 73:25; 2. John Peters (IT) 76:218; 3. Samuel Braxton (Brack) 84:01.

#### WOMEN

1. Zintle Xiniwe (NBMC) 58:51
2. Nomvuyisi Seti (Itheko) 59:07
3. Carlin Fischer (Ind) 59:20

**Veterans:** 1. Ulrica Stander (NBMC) 60:02; 2. Elizabeth de Gouveia (Durb) 69:07; 3. Marie Louw (NBMC) 69:57. **Masters:** 1. Sandra Brookstone (Ind) 1:11:07; 2. Tina Harkett (AAC) 1:19:01; 3. Lorraine [illegible] (VOB) 1:30:38. **G'masters:** 1. Helen du Plessis (Tyger) 1:20:09; 2. Chippy Steele (Hout) 1:35:27; 3. Theresa Isaacs (VOB) 1:36:10. **Juniors:** 1. Pamela Moyikwa (VOB) 64:06; 2. Busisiwe Gwala (VOB) 64:06 [correct]; 3. Christine de Kock (Durb) 70:09.

\*) Ocean Basket meal vouchers

### Woodlands Dairy 15 km

Jeffreys Bay, 3 January

(Loop course. Finishers: 547 [up slightly from 538 last year].)

#### MEN

1	Zolani	Ngqaqa	Madibaz AC	26	48:41
2	Melikhaya	Frans	Tinarha AC	22	48:43
3	Zolani	Mabongo	Madibaz AC	28	49:27
4	Bulelini	Niwa	PEAAC	29	50:43
5	Gift	Chigomarawa	ZIM/Ikhamva AC	24	50:52
6	Melikhaya	Kepe	Nedbank RC EP	38	51:02
7	Mzamo	Fokwana	Charlo AC	37	51:50
8	Renier	Grobler	Nedbank RC AGN	31	52:03
9	Masande	Mlonyeni	Nedbank RC EP	34	53:47
10	Terrance	Mjekula (1 <sup>st</sup> vet)	Charlo AC	42	53:50
11	Thobile	Xata	Bluewater Bay	40	54:41
12	Jan	Ras	Kovsies AC	20	54:50
13	Brendon	Effenaar (1 <sup>st</sup> jun)	No Club	18	55:34
14	Mzukisi	Klaas	Motherwell AC	46	56:04
15	Melikhaya	Malinga	Tinarha AC	34	56:39
16	Juwayne	Fletcher	Charlo AC	24	56:59
17	Desmond	Zibi (1 <sup>st</sup> mast)	Ikhamva AC	51	58:26
18	Welcome	Loliwe	Nedbank RC EP	50	58:38
19	Thembekile	Msipa	Charlo AC	40	58:49
20	Lindeleni	Mlisa	Motherwell AC	16	59:30

#### 40-44:

1	Terrance	Mjekula	Charlo AC	42	53:50
2	Thobile	Xata	Bluewater Bay	40	54:41
3	Thembekile	Msipa	Charlo AC	40	58:49

#### 45-49:

1	Mzukisi	Klaas	Motherwell AC	46	56:04
2	Vernon	Newfeldt	Gelvan AC	48	1:04:42
3	Geddes	Gallant	SANDF EP	48	1:05:01

#### 50-54:

1	Desmond	Zibi	Ikhamva AC	51	58:26
2	Welcome	Loliwe	Nedbank RC EP	50	58:38
3	Michael	Bekapi	Maxed Elite EP	53	1:03:14

**55-59:**

1	Peter	Van Rensburg	Elite AC	56	1:16:01
2	Kerneels	Meintjies	Temp	55	1:16:12
3	Koos	Olivier	Nedbank RC EP	56	1:16:37

**60-64:**

1	Sizinzo	Kama	Achilles AAA	63	1:09:20
2	Sticks	Stiglingh	Temp	60	1:09:41
3	Errol	Rossouw	PEAAC	64	1:15:23

**65-69:**

1	Graham	Channon	Achilles AAA	65	1:18:25
2	Johannes	Herbst	Muirite Striders	68	1:25:00
3	Peter	Eck	Muirite Striders	68	1:35:31

**70-74:**

1	Tamsanqa	Jusayi	Nedbank RC EP	72	1:13:15
2	Godfrey	Kariem	Gelvan AC	74	1:27:48
3	Herman	Dekker	SAP M C EP	70	1:42:46

**75-79:**

1	Paul	Sieberhagen	Temp	79	1:56:56
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**Juniors:**

1	Brendon	Effenaar	No Club	18	55:34
2	Lindeleni	Mlisa	Motherwell AC	16	59:30
3	Ruan	Jonck	St Albans CS EP	18	59:50

**WOMEN**

1	Charné	Bosman	Nedbank RC AGN	39	58:40
2	Ntombesintu	Mfunzi	Nedbank RC EP	33	58:56
3	Marli	Van Staden	New Balance AGN	21	1:01:11
4	Asanda	Solani	Motherwell AC	31	1:06:38
5	Siphokazi	Nojoko	Motherwell AC	20	1:09:09
6	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	54	1:10:10
7	Robyn	Pedlar (1 <sup>st</sup> jun)	Temp	19	1:10:43
8	Terray	Newcombe	Elite AC	23	1:11:16
9	Janine	Gardiner	Charlo AC	33	1:12:40
10	Grizelda	Pietersen (1 <sup>st</sup> vet)	Maxed Elite EP	46	1:13:24
11	Trudie	Vermeulen	Temp	45	1:14:55
12	Nolikhanyo	Mdwayi	Transnet Eng EP	33	1:15:12
13	Laura	Maritz	Elite AC	54	1:15:21
14	Anel	Viljoen	Temp	37	1:16:44
15	Melinda	Jaray-Venter	Temp	36	1:18:48
16	Estee	Cockcroft	Temp	30	1:19:24
17	Anadia	Serfontein	Nedbank Bfn Ach	30	1:19:26
18	Martha	Van Zyl	Kimberley RR	40	1:19:37
19	Tania	Jordaan	Charlo AC	38	1:20:35
20	Gail	Klichowicz	Achilles AAA	48	1:20:55

**40-44:**

1	Martha	Van Zyl	Kimberley RR	40	1:19:37
2	Maresa	Meyer	Temp	42	1:22:35
3	Alta	Adlam	Temp	44	1:22:53

**45-49:**

1	Grizelda	Pietersen	Maxed Elite EP	46	1:13:24
2	Trudie	Vermeulen	Temp	45	1:14:55
3	Gail	Klichowicz	Achilles AAA	48	1:20:55

**50-54:**

1	Janette	Schierz-Crusius	Body Concept	54	1:10:10
2	Laura	Maritz	Elite AC	54	1:15:21
3	Treloar	Childs	Walmer AC	51	1:21:24

**55-59:**

1	Mari	Malan	Agape RC	56	1:26:35
2	Laura	Ridley	Nedbank RC CGA	56	1:30:15
3	Barbara	Foot	Crusaders AC	55	1:30:32

**60-64:**

1	Cora	Van der Wath	Temp	64	1:30:00
2	Nicki	Van Niekerk	Muirite Striders	60	1:51:11
3	Jakkie	Van Niekerk	Temp	63	2:00:04

**65-69:**

1	Helene	Oppel	Crusaders AC	65	1:45:31
2	Christine	Fourie	Elite AC	68	1:45:37
3	Jeanette	Pienaar	PEAAC	66	1:52:39

**70-74:**

1	Orgia	Nell	Muirite Striders	71	1:55:42
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**75-79:**

1	Dorothy	Hart	Madibaz AC	76	2:12:56
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**Juniors:**

1	Robyn	Pedlar	Temp	19	1:10:43
2	Tanita	Thysman	Temp	16	1:32:32
3	Monja	Vorster	Temp	19	1:33:12

**aQuellé Runners' Memorial 8 km (42nd)**

Cape Town, 31 December

(Certified two-loop course – a small and a big loop. Weather: warm, very light breeze.

Finishers: 1345 [up from 1239 last year].)

**MEN**

1. Llewellyn Jacobs (Celtic), 28, 26:30
2. Dawid Visser (Asics), 35, 27:12
3. Kaleb Beukes (UWC), 18, 27:29
4. Daniel Mannweller (GER), 35, 27:41
5. Youssef Kanouni (Central), 41, 27:53
6. Shawn Johnson (NBMC), 16, 27:56
7. C. Witbooi (SANDF), 41, 28:07
8. John September (Celtic), 48, 28:27
9. Shen Tian (AAC), 30, 28:41
10. Neels Jason (UWC), 16, 29:03

**WOMEN -**

1. Sabrina Mockenhaupt (GER), 34, 26:12 CR\* [overall winner]
2. Ashleigh Simonis (Carb), 16, 33:03
3. Lauren Jonathan (VOB), 17, 33:03
4. Candyce Hall (Carb), 30, 33:03
5. Steffi Steinberg (SC), 33, 34:36
6. Renée Scott (VOB), 52, 35:48
7. Amore Strauss (Charlo), 30, 36:20
8. Kathrin Mannweiler (GER), 30, 36:33
9. Jean Welsh (Ind), 37, 37:27
10. Marcel Moessler (Ind) 38:03

\*) Course record; previous 27:34, Gwen van Lingen, 2003

**Stilbaai NSRI 10 km**

Stilbaai, 31 December

(Route mostly on tracks and the beach. Finishers: 843 [significantly up from 681 last year].)

Note: Race organiser and DRR subscriber Nico Steenekamp was the first grandmaster. – Ed.**MEN**

1	Van Zyl Steenekamp	35	37:04
2	Johnny Young	40	40:22
3	Nicolaas Steenekamp	26	41:27
4	Piet Lourens	21	41:44
5	Johannes Esterhuizen	18	42:31
6	Johan Stephan	20	43:01
7	Devan de Lange	20	43:20
8	André ?	45	44:24
9	Joshua Prins	16	45:24
10	Christian ?	22	46:20

**Veterans:**

1	Johnny Young	40	40:22
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**Masters:**

1	Harold Basson		50:04
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**G'masters:**

1	Nico Steenekamp		52:58
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**Juniors:**

1	Johannes Esterhuizen		42:31
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**WOMEN**

1	Elizma Horne	36	46:33
2	Ursula Turck	42	47:00
3	M. Scribante	21	47:56
4	M. Kotze	21	49:57
5	Cecilia Roath	37	51:14
6	Liani Jacobs	24	51:49
7	Marthine Herbert	27	52:08
8	Cecile Eaglestone	38	52:16
9	Tarryn de Beer	28	52:18
10	Marie-Louise Pienaar	33	52:40

**Veterans:**

1	Ursula Turck	42	47:00
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**Masters:**

1	Teretha Loursens		53:01
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**G'masters:**

1	Mariet Louw		80:22
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**Juniors:**

1	Sumien Hugo		52:49
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### Tokai Manor House Run

Tokai, 26 December

(Distance: 16 km; loop course on gravel and forest trails; hilly. Finishers: 736 [considerably down from 942 last year].)

#### MEN

1	Piet	Jacobs	Nedbank AGN	36	56:46
2	Gareth	Berning	VOB	39	59:20
3	Stuart	Berry	Temp	36	1:04:41
4	Youssef	Kanouni	Central AC	41	1:04:48
5	Stephen	Davis	Temp	38	1:04:49
6	Jason	Bailey	Groot Constantia	38	1:04:51
7	Nicholas	Rupanga	ZIM/Celtic		1:05:48
8	Michael	Gombart	VOB	27	1:05:57
9	Adam	Todes	Celtic	22	1:06:10
10	Mark	Pikker	VOB	31	1:06:42

#### WOMEN

1	Ashleigh	Simonis	Carbineers	16	1:12:17
2	Candyce	Hall	Carbineers	30	1:12:19
3	Kutlwano	Ramaboa	West Coast	38	1:12:23
4	Liesl	Stoltz	Durbac	38	1:13:25
5	Jana	Trojan	CZE/VOB	47	1:15:38
6	Tania	Anderson	VOB		1:19:09
7	B	Du Plessis	New Balance	33	1:20:21
8	Y	Visser	Temp	32	1:20:22
9	Claudine	Weisemann	Temp	20	1:22:32
10	Coriaan	De Villiers	Nedbank	43	1:22:42

### Cashkows Onrus 10 km

Onrus, 20 December

(Loop course. Weather: cool, overcast early, warmer later. Finishers: 353 [down from 443 last year].)

Note: The second, third and fourth men are all still juniors (Nadeel and Adrian Wildschut are brothers), as was women's winner Annie Botha (she joined the senior ranks on January 1), who ran the second fastest time ever here, behind Elana Meyer's course record 35:24. – Ed.

#### MEN

1	Justin	Fritz	Ceres	32:03 (R500)
2	Nadeel	Wildschut	Ceres	33:37 (R300)
3	Adrian	Wildschut	Ceres	34:03 (R200)
4	Llewellyn	Groenewald	Maties	34:26
5	John	September	Itheko	35:40
6	Jac	Steenekamp	Tuks	36:28
7	Thomas	Browne	Temp	36:54
8	Mlandeli	Mkhohlakali	Whalers	37:55
9	Gavin	McCarthy	Edgemead	38:05
10	Christiaan	?	Temp	38:12

(All age category prizes the same: R200, R150, R100.)

#### Veterans:

1	John	September	Itheko	35:40
2	Gavin	McCarthy	Edgemead	38:05
3	Sean	Privett	Whalers	38:31

**Masters:**

1	Kosie	Botha	Korrektiewe Dienste	38:50
2	Frank	Gillion	Whalers	40:59
3	Evan	Austin	Whalers	43:08

**G'masters:**

1	Neil	Ebing	WP Cricket Club	47:59
2	Roelof	van Weele	Whalers	49:56
3	Kêk	Verster	Temp	51:57

**Juniors:**

1	Nadeel	Wildschut	Ceres	33:37
2	Adrian	Wildschut	Ceres	34:03
3	Llewellyn	Groenewald	Maties	34:26

## WOMEN (Same prize money as men)

1	Annie	Bothma	Nedbank WP	35:48
2	Mia	Bosman	Temp	40:30
3	Tanya	Posthumus-Fox	Century City	40:56
4	Liesl	Stoltz	Durbanville	42:11
5	Dane	?	Temp	43:00
6	Annamarie	Storm	Temp	43:13
7	Jana	Taljaard	Stellenbosch	43:14
8	Janelle	Verster	Unisa	43:48
9	Marie	Louw	New Balance	44:01
10	Malana	Uys	Temp	44:30

**Veterans:**

1	Marie	Louw	New Balance	44:01
2	Maryn	Potgieter	Temp	46:05
3	Tersie	Bosman	Temp	46:11

**Masters:**

1	Malana	Uys	Temp	44:30
2	Paola	Vignani	Nedbank Boland	44:46
3	Louise	Erasmus	Whalers	47:54

**G'masters:**

1	Thea	Kruger	Whalers	59:33
2	I.	Frangs	Temp	60:45
3	Jeanette	van Wyk	Tygerberg	61:15

**Juniors:**

1	Annie	Bothma	Nedbank WP	35:48
2	Mia	Bosman	Temp	40:30
3	Jana	Taljaard	Stellenbosch	43:14

**Growthpoint Properties Sundowner 10 km**

Cape Town, 18 December

(Certified loop course with 2 km out-and-back section at beginning and end. Weather: warm. Finishers: 2533 [up from 2409 last year].)

## MEN

1. Sibuniso Soldaka (CPUT) 30:52
2. Unathi Nteta (AAC) 31:01
3. Sibusiso Madikizela (Itheko) 31:09

**Veterans:** 1. Tsungai Mwanengeni (ZIM/NBMC) 32:11; 2. Shawn Abrahams (Itheko) 33:51; 3. Xolile Macanda (Gugs) 34:46. **Masters:** 1. Eric Coetzee (NBMC) 34:59; 2. Johnny Persents (WR) 36:01; 3. Monde Tutani (Gugs) 36:13. **G'masters:** 1. Muhammad Kriel (Ommie) 39:55; 2. Awie Veldsman (Held) 40:53; 3. Albert Williams (Top) 44:38.

**Juniors:** 1. Anthony Timoteus (UWC) 31:12; 2. Granwin Katzen (Itheko) 33:27; 3. Lwando Makhasi (Ommie) 34:37.

#### WOMEN

1. Bulelwa Simae (Ned) 36:40  
2. Tanith Maxwell (Boxer) 37:21  
3. Ulrica Stander (NBMC) 38:21

**Veterans:** 1. Ulrica Stander (NBMC) 38:21; 2. Sandra van Graan (Edge) 39:36; 3. Obertina Kanyongo (ZIM/WC) 41:05. **Masters:** 1. Mariëtte Strauss (Tyger) 43:28; 2. Charmaine Cupido (Ned) 44:28; 3. Sandra [illegible] (Ind) 45:19. **G'masters:** 1. Nancy Will (Pine) 44:13; 2. Helen du Plessis (Tyger) 49:25; 3. Pixie Sparg (Celtic) 55:28. **Juniors:** 1. Pamela Moyikwa (VOB) 40:05; 2. Busisiwe Gwala (VOB) 40:05; 3. Christine de Kock (Durb) 44:55.

### Reconciliation Day 10 km

Guguletu, 16 December

(Certified loop course. Weather: warm and slightly windy. Finishers: 1225 [up from 1126 last year].)

Note: Because of a shooting incident in the Guguletu township, the athletes ran approx. 100 m short. Junior Anthony Timoteus won a cool R2250 here. – Ed.

#### MEN

1. Anthony Timoteus (UWC) 30:13 (1<sup>st</sup> jun) (R1500)  
2. Sityhio Diko (Ned) 30:35 (R1050)  
3. Nkosinathi Madyo (Ned) 30:45 (R750)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/NBMC) 32:34 (R450); 2. John September (Itheko) 34:55 (R300); 3. Nicholas Mpontshame (WR) 35:46 (R150). **Masters:** 1. Julian Paul (SANDF) 38:18 (R375); 2. Wilson Baartman (SH) 41:14 (R300); 3. Allan Ryninks (WR) 42:18 (R150). **G'masters:** 1. Albert Williams (Top) 43:46 (R225); 2. Paul Fortuin (VOB) 48:26 (R150); 3. Radebe Madlingozi (VOB) 49:03 (R75). **Juniors:** 1. Anthony Timoteus (UWC) 30:13 (R750); 2. Lukhanyo Nobakada (VOB) 32:44 (R600); 3. Granwin Katzen (Itheko) 34:01 (R450).

#### WOMEN

1. Zintle Xiniwe (NBMC) 35:01  
2. Nolene Conrad (Boxer) 35:34  
3. Busisiwe Gwala (VOB) 36:32 (1<sup>st</sup> jun)

**Veterans:** 1. Ursula Frans (NBMC) 42:25; 2. Marjorie Prins (Bell) 43:23; 3. Tracy Rogers (Forest) 45:55. **Masters:** 1. Mariëtte Strauss (Tyger) 42:23; 2. Charmaine Cupido (Ned) 44:00; 3. Hillary Rhode (Edge) 51:12. **G'masters:** 1. Nancy Will (Pine) 45:31; 2. Helen du Plessis (Tyger) 49:26; 3. Pixie Sparg (Celtic) 56:20. **Juniors:** 1. Busisiwe Gwala (VOB) 36:32; 2. Annie Bothma (Ned) 36:29; 3. Pamela Moyikwa (VOB) 38:40.

### Illovo Sugar 15 km Christmas Challenge (21st)

Durban, 14 December

(Loop course. Finishers: 1750.)

#### MEN

1 Elmore Sibanda (ZIM/ME) 49:28 (R500), 2 Anele Dlamini (Hammersdale) 49:59 (R300), 3 Menzi Ngcobo (Nedbank) 50:25 (R200).

(Prize money in all age categories was the same: R200, R150, R100)

**40-49:** 1 Shingie Badza (ZIM/Mr Price) 52:43, 2 Thembinkosi Gumede (Boxer) 56:40, 3 Samson Mnyango (Mtatubatuba) 57:34. **50-59:** Mandla Dlamuka (Boxer) 1:00:05, 2 Willie Majombezi (Boxer) 1:01:46, 3 Vukami Shezi (ME) 1:06:42. **60-69:** 1 Bongani Ndlovo (Zabalala) 1:14:02, 2 Andrew Spence (South Coast Striders) 1:14:33, 3 Mbekiseni Mchunu (Kwamashu) 1:16:36. **70+:** Malcolm McIntosh (Hillcrest) 1:34:00. **Juniors:** 1 Ndumiso Ndlovu (Eskom) 56:43, 2 Mpumelelo Mveli (Yellowwood) 59:02, 3 Fred Goodhead (South Coast Striders) 1:01:48 .

WOMEN (Same prize money as men)

1 Cary-Ann Smith (Nedbank) 1:02:34, 2 Danielle Adlam (Nedbank) 1:02:42, 3 Janene Carey (Boxer) 1:02:51.

**40-49:** 1 Janene Carey (Boxer) 1:02:51, 2 Karen Sobrino (Toti) 1:07:59, 3 Michelle Sims (Eskom) 1:10:51. **50-59:** 1 Debbie de Koning (Eskom) 1:16:32, 2 Khaya Mahlati (DAC) 1:27:21, Lauren Tippett (Florida) 1:27:51. **60-69:** 1 Pat Fisher (Stella) 1:26:03, 2 Corinne Parsons (South Coast Striders) 1:36:??, 3 Denise Reynecke QHB 1:38:?. **70+:** 1 Hester Bekker (Stella) 2:02:?. **Juniors:** 1 Zungu Zuzile (Eskom) 1:46:??.

### Avbob 15 km (34th)

Table View, 13 December

(Certified loop course. Finishers: 1222 [up from 1051 last year].)

Note: A new Western Province and SA record in the 70+ category here for Pixie Sparg, and a WP record in the 60+ age group for Nancy Will. – Ed.

#### MEN

1	Sityhilo	Diko	Nedbank	23	47:03
2	Tom	Lusaseni	Itheko	29	47:08
3	Vuyolwethu	Mbukushe	Gugs	23	47:33
4	Mthandazo	Ohina	Nedbank	37	48:32
5	Tsungai	Mwanengeni	ZIM/New Balance	40	48:55
6	Bernard	Rukadza	Gugs	33	49:53
7	Ben	Matiso	Cool Runnings	27	50:27
8	Siyabhlela	Mpongwa	VOB	33	50:33
9	Akhona	Makila	VOB	23	50:56
10	Oscar	Coetzee	New Balance	31	51:06

#### Veterans:

1	Tsungai	Mwanengeni	ZIM/New Balance	48:55
2	Shawn	Abrahams	Itheko	51:13
3	Lawrence	Chipangaan	Gallopers	51:14

#### Masters:

1	Eric	Coetzee	New Balance	52:01
2	Jonny	Persents	Wild Runner	56:34
3	Monde	Tutani	Rcs Gugs	57:05

#### G'masters:

1	Muhammad	Kriel	Ommiedraai	1:00:25
2	Barry	Bester	New Balance	1:05:19
3	Albert	Williams	Topform	1:06:39

#### G/g'masters:

1	Yusuf	Gamiel dien	Itheko	1:25:34
2	David	Frazer	Temp	1:30:25
3	Rj	Badrick	Strand	1:32:47

#### Juniors:

1	Vuyolwethu	Peta	Rcs Gugs	52:37
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2	Buhle	Yokwana	VOB	54:07
3	Azola	Mazabuka	Hout Bay	55:44

**WOMEN**

1	Bulelwa	Simae	Nedbank	37	55:15
2	Zintle	Xiniwe	New Balance	28	57:02
3	Nomvuyisi	Seti	Itheko	33	57:47
4	Ebeth	Marais	Maties	18	58:13
5	Busisiwe	Gwala	VOB	17	59:23
6	Fortunate	Chidzivo	ZIM/Itheko	30	59:29
7	Candyce	Hall	Carbineers	30	59:34
8	Sandra	Van Graan	Edgemead	46	59:38
9	Obertina	Kanyongi	ZIM/West Coast	47	62:29
10	Busisiwe	Matiwane	Celtic	39	63:12

**Veterans:**

1	Sandra	Van Graan	Edgemead	59:38
2	Obertina	Kanyongi	ZIM/West Coast	1:02:29
3	Jana	Trojan	VOB	1:04:28

**Masters:**

1	Charmaine	Cupido	Nedbank	1:05:38
2	Olga	Howard	Celtic	1:09:20
3	Tina	Harkett	AAC	1:16:10

**G'masters:**

1	Nancy	Will	Pinelands	1:08:25
2	Lyn	Wood	Edgemead	1:27:54
3	Marie	Hill	Ceres	1:54:30

**G/g'masters:**

1	Pixie	Sparg	Celtic	1:24:53
2	Avril	Delapelin Dumont	West Coast	1:36:15
3	Jo	Goddard	Fish Hoek	1:52:15

**Juniors:**

1	Ebeth	Marais	Maties	58:13
2	Busisiwe	Gwala	VOB	59:23
3	Christine	De Kock	Durbac	1:06:43

**Taalmonument Aandwedloop**

Paarl, 10 December

(Distance: 10 km. Finishers: 361.)

Note: No fewer than 55 athletes did not hand in their name cards at the finish! – Ed.**MEN**

1	Tsungai	Mwanengeni	ZIM/NBMC	40	35:58
2	Isaac	Opperman	Correctional Services	48	37:32
3	Marks	Mpekula	RDM		39:50
4	Gershwin	Kammies	Sanlam AC	19	41:15
5	Yanga	Keli	Sanlam AC	17	41:43
6	Samuel	Botha		32	41:59
7	Echardt	Visser	Durbac	48	43:41
8	Cresswill	?	Nedbank	24	43:55
9	Jafta	Hendricks	Swartland	46	44:33
10	J.	Schreiber	Durbac	46	44:41

**WOMEN**

1	Christine	De Kock	Durbac	19	48:03
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2	Elizabeth	De Gouveia	Durbac	40	49:38
3	Paola	Vignani	ITA/Nedbank Boland	50	51:17
4	Maritsa	Volschenk	Nedbank	20	54:08
5	Inge	Reissenzahn	Pinelands	43	55:19
6	Sarah-Jane	Jackson	Paarl	27	55:46
7	Styntjie	Prins	Paarl	60	56:22
8	Anne	Pool	Strand	53	57:04
9	Veruschke	Kolbe	In Touch	37	57:15
10	Patricia	Van Wyk	Durbac	46	57:25

### Correctional Services Pollsmoor 10 km

Tokai, 10 December

(Weather: cool, strong wind. Finishers: 903 [considerably up from 591 last year].)

#### MEN

1. Sityhilo Diko (Ned) 30:58 (R500)
2. Akhona Makila (VOB) 31:11 (R300)
3. Mthandazo Qhina (Ned) 31:14 (R200)

**Veterans:** 1. Lawrence Chipangaan (Gallop) 34:20 (R250); 2. Xolile Macanda 34:43 (R200); 3. Youssef Kanouni (NBMC) 35:02 (R150). **Masters:** 1. Monde Tutani (Gugs) 34:47 (R150); 2. Keith Tessner (SANDF) 42:41 (R100); 3 Paul Kelly (RWFL) 43:37 (R50). **G'masters:** 1. Michael Clarke (VOB) 46:41 (R100); 2. D.J. Price (FH) 49:41 (R50). **G/g'masters:** 1. Yusuf Gamiendien (Itheke) 57:38 (R100). **Juniors:** 1. Granwin Katzen (Itheke) 33:11 (R150); 2. Buhle Yokwana (VOB) 34:50 (R100); 3. Vuyolwethu Pita (Gugs) 35:28 (R50).

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

1. Pamela Moyikwa (VOB) 36:51
2. Nomvuyisi Seti (Itheke) 37:43
3. Busisiwe Gwala (VOB) 37:46

**Veterans:** 1. Leanne Dawson (Ind) 42:59 2. Tracy Rogers (Forest) 44:37; 3. Ellie Courts (Celtic) 46:54. **Masters:** 1. Mariëtte Strauss (Tyger) 43:25; Renée Scott (VOB) 44:51; 3. Georgina Andraos (VOB) 46:59. **G'masters:** 1. Colette van Eck (FH) 50:54; 3. Nadia Wilds (Celtic) 54:51. **G/g'masters:** 1. Pixie Sparg (Celtic) 55:02. **Juniors:** 1. Pamela Moyikwa (VOB) 36:51; 2. Busisiwe Gwala (VOB) 37:46; 3. Ashleigh Simonis (Carb) 39:36.

### Havenga Elektries Ernst Louw Memorial Race

Little Brak River, 10 December

(Distance: 10 km; loop course. Finishers: 145 [down from 165 last year].)

Note: Gauteng visitor Jacqui van der Waals finished eleventh overall. – Ed.

#### MEN

1	Julius Korkee	Mosselbay Harriers	30	33:33
2	Godwin Heyns	Mosselbay Harriers	16	35:07
3	Sivuyile Jika	Mosselbay Harriers	32	35:55
4	Selwyn Losper	Mosselbay Harriers	50	36:44
5	Ruben Gouws	Temp	18	38:22
6	Peter Jaehne	Outeniqua Harriers	49	39:06
7	Jacques Mouton	Outeniqua Harriers	36	39:17
8	Jacobus Boshoff	Nedbank SWD	44	39:17
9	Bradley Carelse	Nedbank SWD	16	39:51
10	Jugene Maart	Mosselbay Harriers	27	39:57

**Veterans:**

1	Peter Jaehne	Outeniqua Harriers	39:06
2	Cobus Boshoff	Nedbank SWD	39:17

**Masters:**

1	Selwyn Losper	Mossel Bay Harriers	36:44
2	Martin Cronje	Kimberley Road Runners	44:13

**G'masters:**

1	Jan du Toit	Hartenbos Drawwers	46:28
2	Andre Niemand	Hartenbos Drawwers	53:29

**G/g'masters:**

1	Johan Keuler	Nedbank SWD	59:45
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**Juniors:**

1	Godwin Heyns	Mossel Bay Harriers	35:07
2	Bradley Carelse	Nedbank SWD	39:51

**WOMEN**

1	Jacqui van der Waals	Temp	40	40:13
2	Cecilia Nel	Hartenbos Drawwers	32	44:00
3	Rome Phillipson-Meyer	Hartenbos Drawwers	32	46:51
4	Naretha Stockenstrom	RWFL Gauteng	46	47:20
5	Elzet Oosthuizen	Nedbank SWD	41	47:49
6	Manansa Kruger	Temp	25	48:36
7	Nerida Lubbe	Hartenbos Drawwers	38	48:47
8	Carla Coetzee	Nedbank SWD	26	49:11
9	Helen Brink	Hartenbos Drawwers	50	49:48
10	Annakie Pretorius	Hartenbos Drawwers	36	49:50

**Veterans:**

1	Jacqui van der Waals	Temp	40:13
2	Naretha Stockenstrom	Rwfl Gauteng	47:20

**Masters:**

1	Helen Brink	Hartenbos Drawwers	49:48
2	Michele Schrembrucker	Hartenbos Drawwers	63:18

**G'masters:**

1	Dina Fryer	Hartenbos Drawwers	63:18
2	Joey Fourie	Hartenbos Drawwers	65:15

**Prison to Prison Marathon & Half Marathon**

Rawsonville, 6 December

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 120 [up from 97 last year]; half marathon – 133 [up from 117].)

Note: The times in the half marathon were given in hundredths of a second and rounded up by DRR according to the rules. – Ed.

**Marathon****MEN**

1	Mthandazo	Qhina	Nedbank WP	37	2:27:31
2	Siviwe	Nkombi	Itheko	26	2:32:31
3	Dicardo	Jacobs	Itheko	28	2:33:11
4	Ahmed	Hassan	Nedbank	25	2:37:42
5	Bongile	Tshewula	Easterns	28	2:51:44
6	Abraham	Fielies	Nedbank	51	3:03:14
7	Kedama	Anthony	Nedbank SWD		3:04:40
8	Phumezo	Gelem	Easterns	29	3:06:14

9	Nicolaas	De Jager	Worcester	32	3:12:59
10	Christo	Dourie	Correctional Service	39	3:13:54

## WOMEN

1	Cheryl	Rudolph	Easterns	53	3:45:18
2	Zethena	Oktober	Ravensmead AC	45	3:57:58
3	Leoni	De Jager	Ind	41	4:00:59
4	Arina	Cilliers	ORAK	46	4:01:50
5	Ronelle	Bennett	Ind	34	4:04:44
6	Lauren	Beviss-Challinor	Westville AC		4:08:06
7	Yolande	Vivier	Paarl	35	4:16:00
8	Andrea	Swartz	Correctional Service	37	4:16:04
9	Venita	Nel	Tygerberg	44	4:21:19
10	Claire	Hodge	Ind	38	4:23:09

**Half marathon**

## MEN

1	Sityhilo	Diko	Nedbank	23	1:08:12
2	Danzil	Paulse	East	21	1:08:39
3	Siyabonga	Makhaluza	East	26	1:09:23
4	Gershwill	Jacobs	Nedbank	23	1:09:45
5	Tsungai	Mwanengeni	ZIM/N/Balance	40	1:13:21
6	Justin	Fritz	Ceres AC	21	1:15:37
7	Vakalisa	Kopolo	Khayelitsha	37	1:19:10
8	Trevor	Nuku	Nedbank	20	1:19:12
9	Enele	Mnukwa	EGA	34	1:20:20
10	Danzel	Minnaar	Worcester	27	1:21:44

## WOMEN

1	Liana	Maree	Stellenbosch	37	1:42:52
2	Ena	Gous	Worcester	44	1:45:13
3	Liezel	Du Plooy	Ceres AC	39	1:46:08
4	Styntjie	Prins	Paarl	60	1:50:33
5	Mari	Vermeulen	Nedbank	19	1:54:59
6	Bea	De Klerk	Ind	29	1:56:42
7	Christine	Hibberd	Whalers	58	1:58:50
8	Ilse	Cordier	Ind	25	1:59:19
9	Cailey	Bredenkamp	Paarl	51	1:59:48
10	Gerda	Henn	Wild Runner		2:05:18

**TRACK****Tygerberg Summer Series Meeting**

Parow, 13 December

## MEN

1 mile:

1	MADIKIZELA, Sibusiso	ETHE	4:31.26
2	STEELE, Nolan	UCT	4:31.93
3	BYMAN, Duran	ITHE	4:34.46
4	STEVENSON, Dylan	TEMP	4:36.76

3000:

1	MADIKIZELA, Sibusiso	ETHE	8:33.18
2	TIMOTEUS, Anthony	UWC	8:33.47
3	KAPTEIN, William	MATI	9:02.67



4	LOUW, Andrew	EAST	9:14.62
5	BALIE, Raydon	WILD	9:34.65

## YOUTH MEN

800:

1	WILLIAMS, Zaid	STRA	1:58.87
2	ATSON, Dylon	UWC	2:00.61
3	SWIEGELAAR, Lexton	WCSS	2:02.54

## WOMEN

1000:

1	DU BRUYN, Leanda	CPUT	3:07.57
2	TERBLANCHE, Anel	NBMS	3:10.99
3	WILLEMSE, Lee-Shay	VELO	3:21.96
4	SMIT, Nicola	BELL	3:53.29
5	TAYLOR, Amy	TNLK	4:45.50

3000:

1	DU BRUYN, Leanda	CPUT	10:16.92
2	COETZEE, Kara	BELL	13:10.87

**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****Adana Half Marathon** (5th)

Adana, TUR, 4 January

(Distance: 21.1 km; course configuration and certification unknown)

Note: *Race Results Weekly* reports that, although the timing company listed these times as net times, they are likely equal to gun times given the very small field and the clear bib numbering of elite athletes who would be placed at the front of the race. The bigger problem is the course certification, which is unknown (the course is most likely short). – Ed.

## MEN

1.	Barselius Kipyego, 1993, KEN	1:00:51
2.	Amos Kipruto, 1992, KEN	1:01:02
3.	Mike Kipruto Kigen, 1986, KEN	1:01:12
4.	Ali Kaya, 1994, TUR	1:01:21
5.	Youssef Nasir, 1990, MAR	1:01:32

## WOMEN

1.	Rose Chelimo, 1989, KEN	1:08:53
2.	Sultan Haydar, 1987, TUR	1:09:49
3.	Rkia El Moukim, 1988, MAR	1:12:50
4.	Burcu Buyukbezgin, 1991, TUR	1:13:28
5.	Ummu Kiraz, 1982, TUR	1:13:40

**Xiamen International Marathon** (12th)

(IAAF Gold Label Road Race)

Xiamen, CHN, 3 January

(Distance: 42.195 km; AIMS certified out-and-back course)

## MEN (gun times)

1. Moses Mosop, KEN	2:06:19	ACR*	USD 40,000 + 40,000*
2. Tilahun Regassa, ETH	2:06:54		20,000
3. Abrha Milaw, ETH	2:08:09		10,000
4. Robert Kipkorir Kwambai, KEN	2:08:19	PB	5,000
5. Tadese Tola, ETH	2:10:30		3,000
6. Ali Abdosh, ETH	2:12:55	PB	2,500
7. Julius Muriuki, KEN	2:15:12		2,000
8. Albert Matebor, KEN	2:16:36		1,500

\*) All-comers record/\$40,000 bonus; previous 2:06:32, Sammy Wanjiru, Beijing Olympics, 2008. Also course record.

## WOMEN (gun times)

1. Mare Dibaba, ETH	2:19:52	=PB/CR	USD 40,000 + 20,000*
2. Meseret Legesse, ETH	2:27:38		20,000
3. Miriam Wangari, KEN	2:27:53	PB	10,000

\*) Course record bonus

**São Silvestre Road Race** (90th)

São Paulo, BRA, 31 December

(Distance: 15 km; one-loop course with negligible start/finish separation)

## MEN (gun times)

1. Dawit FIKADU ADMASU, 1995, ETH	45:04	BRL 70,000 (=USD 25,982)
2. Stanley KIPCHIRCHIR KOECH, KEN	45:05	35,000
3. Fabiano JOSEPH NAASI, TAN	45:10	21,500
4. Mark KORIR, KEN	45:19	15,500
5. Giovanni DOS SANTOS, BRA	45:22	10,500
... 9. Tariku BEKELE, ETH	46:30	1,300
... 12. Stanley BIWOTT, KEN	47:10	

## ALL-WOMEN'S PROFESSIONAL RACE (gun times)

1. Wude AYALEW YIMER, ETH	50:43	BRL 70,000 (=USD 25,982)
2. Netsanet GUDETA KEBEDE, ETH	50:46	35,000
3. Priscah JEPTOO, KEN	51:29	21,500
4. Feyse TADESE BORU, ETH	52:31	15,500
5. Delvine RELIN MERINGOR, KEN	52:34	10,500

**San Silvestre Vallecana** (50th)

Madrid, ESP, 31 December

(Distance: 10 km; certified point-to-point course with 55 m elevation loss [EXTREMELY aided, not record-standard]; however, Madrid is at slightly high altitude)

## MEN

1. Mike Kigen, KEN	27:51
2. Jesus España, ESP	28:29
3. Antonio Abadía, ESP	28:45
4. Mazouzi Zakariae, ???	28:47

5. Alberto Sanchez, ESP 28:51  
 ... 10. Mahiedine Mekhissi-Benabbad, FRA 28:59

#### WOMEN

1. Gemma Steel, GBR 31:52  
 2. Malika Asahssah, MAR 32:18  
 3. Christelle Daunay, FRA 32:24  
 4. Iwona Lewandowska, POL 32:25  
 5. Salome Rocha, POR 32:34  
 6. Desiree Linden, USA 33:02

### **Corrida Pedestre Internationale de Houilles 10 km (43rd)**

Houilles (Yvelines), FRA, 28 December

#### MEN (gun times)

1. Victor CHUMO, KEN 28:04 PB  
 2. Abrar OSMAN, ERI 28:05 PB  
 3. Mark KIPTOO, KEN 28:34  
 4. Hailemariam AMARE, ETH 28:34  
 5. Cornelius KANGOGO, KEN 28:38

#### WOMEN (gun times)

1. Peres JEPCHIRCHIR, KEN 31:34 PB  
 2. Ruth JEBET, BRN 32:18 PB  
 3. Yemenu TEWABECH, ETH 32:20  
 4. Linet CHEBET, UGA 32:22  
 5. Rkia EL MOUKIM, MAR 32:44

### **Honolulu Marathon (42nd)**

Honolulu, USA, 14 December

(Distance: 42.195 km; certified out and back course)

#### MEN (gun times)

1. Wilson Chebet, KEN 2:15:35 \$40,000  
 2. Paul Lonyangata, KEN 2:16:04 16,000  
 3. Gebretsadik Abraha, ETH 2:16:27 10,000  
 4. Benjamin Koloum, KEN 2:16:37 6,000  
 5. Yemane Adhane, ETH 2:17:54 3,000

#### WOMEN (gun times)

1. Joyce Chepkirui, KEN 2:30:23 PB \$40,000  
 2. Lisa Nemeč, CRO 2:31:35 16,000  
 3. Isabellah Ochichi, KEN 2:32:22 10,000  
 4. Valentina Galimova, RUS 2:32:26 6,000  
 5. Woykishet Girma, ETH 2:33:20 3,000

### **Silvesterlauf Zürich (38th)**

Zürich, SUI, 14 December

(Distances: Elite races - men, 9.0 km; women, 6.6 km )

#### MEN

1. Abraham Kipyatich, 1993, KEN 25:39.5  
 2. Tadesse Abraham, 1982, ERI 25:57.3  
 3. Bernard Matheka, 1988, KEN 26:27.1

4. Patrick Ereng, 1987, KEN 26:37.5
5. Daniel Kiptum, 1978, KEN 26:39.9

#### WOMEN

1. Cynthia Kosgei, 1993, KEN 21:26.1
2. Fabienne Schlumpf, 1990, SUI 21:28.8
3. Jane Muia, 1986, KEN 21:48.8
4. Maja Neuschwander, 1980, SUI 21:56.1
5. Selina Büchel, 1991, SUI 22:32.1

### Course de Noël (46th)

Sion, SUI, 13 December

(Distances: Men, 7.35 km; women, 5.25 km)

#### MEN (extended gun times)

1. Abraham Kipyatich, 1993, KEN 19:37.2
2. Tadesse Abraham, 1982, ERI 19:53.4
3. Bernard Matheka, 1988, KEN 20:05.4
4. Simon Tesfay, 1985, ERI 20:11.1
5. Patrick Ereng, 1987, KEN 20:26.0

#### WOMEN (extended gun times)

1. Cynthia Kosgei, 1993, KEN 16:19.0
2. Jane Muia, 1986, KEN 16:25.2
3. Aster Demissie Bacha, 1983, CAN 16:28.6
4. Alice Gaggi, 1987, ITA 16:51.1
5. Laura Hrebec, 1977, SUI 16:54.0

## CROSS-COUNTRY

### Cross International Venta de Baños (35th)

Venta de Baños (Palencia), ESP, 21 December

#### MEN (10680 m)

- |                                   |       |
|-----------------------------------|-------|
| 1. Timothy TOROITICH, UGA         | 34:57 |
| 2. Antonio ABADIA, SIMPLY SCORPIO | 35:01 |
| 3. Roberto ALAIZ, NIKE RUNNING    | 35:01 |
| 4. Jauad TOUGANE, MAR             | 35:05 |
| 5. Fernando CARRO, CASTELLON      | 35:25 |

#### WOMEN (6640 m)

- |   |       |
|---|-------|
| 1. Mimi BELETE, BRN                     | 24:05 |
| 2. Sifan HASSAN, NED                    | 24:31 |
| 3. Carla SALOMÉ ROCHA, POR              | 24:46 |
| 4. Lidia RODRIGUEZ, C.A. SANTUTXU       | 25:05 |
| 5. Alessandra AGUILAR, CD SEOANE PAMPIN | 25:14 |

### Lotto CrossCup Brussels (22nd)

(IAAF Permit Meeting)

Bruxelles, BEL, 21 December

#### MEN

JR. MEN (6 km) -

1. Dieter KERSTEN, BEL 20:30

2. Abel TSEGAY, GBR 20:31
3. Noah SCHUTTE, NED 20:42

## SR. MEN (10.5 km) -

1. Alex KIBET, KEN 32:09
2. Abraham KIPYATICH, KEN 32:20
3. Albert ROP, BAH 33:11
4. James RUNGARU, KEN 33:19
5. Dame TASAMA, ETH 33:27

## WOMEN

## JR. WOMEN (4 km) -

1. Grace BAKER, GBR 15:06
2. Harriet KNOWLES-JONES, GBR 15:10
3. Nicole TAYLOR, GBR 15:32

## SR. WOMEN (6 km) -

1. Sheila CHEPNGETICH, KEN 19:57
2. Faith KIPYEGON, KEN 20:12
3. Fionnuala BRITTON, IRE 20:34
4. Perinne NENKAMPI, KEN 20:35
5. Ruth JEBET, BAH 20:55

**SPAR European Cross-country Championships (21st)**

Samokov, BUL, 14 December

## SR. MEN (10010 m)

Team results: 1. Turkey, 33 points; 2. Spain, 36; 3. Italy, 59.

1. Polat Kemboi ARIKAN, TUR, 12 DEC 1990 32:19 Gold
2. Ali KAYA, TUR, 20 APR 1994 32:19 Silver
3. Alemayehu BEZABEH, ESP, 22 SEP 1986 32:30 Bronze
4. Florian CARVALHO, FRA, 9 MAR 1989 32:59
5. Ross MILLINGTON, GBR, 19 SEP 1989 33:00
6. Mohamed MARHUM, ESP, 26 NOV 1987 33:04
7. Khalid CHOUKOU, NED, 23 MAR 1986 33:04
8. Stefano LA ROSA, ITA, 22 SEP 1985 33:17
9. Adam HICKEY, GBR, 30 MAY 1988 33:19
10. Timothée BOMMIER, FRA, 11 OCT 1986 33:21

## SR. WOMEN (7782 m)

Team results: 1. Great Britain &amp; NI, 21 points; 2. Spain, 70; 3. Ireland, 87.

1. Gemma STEEL, GBR, 12 NOV 1985 28:27 Gold
2. Kate AVERY, GBR, 10 OCT 1991 28:27 Silver
3. Meraf BAHTA, SWE, 24 JUN 1989 28:52 Bronze
4. Almensch BELETE, BEL, 26 JUL 1989 28:52
5. Sophie DUARTE, FRA, 31 JUL 1981 28:58
6. Fionnuala BRITTON, IRL, 24 SEP 1984 28:59
7. Steph TWELL, GBR, 17 AUG 1989 29:07
8. Iwona LEWANDOWSKA, POL, 19 FEB 1985 29:09
9. Iris María FUENTES-PILA, ESP, 10 AUG 1980 29:19
10. Carla Salomé ROCHA, POR, 25 APR 1990 29:20
- ... 32. Olivera JEVTIC, SRB, 24 JUL 1977 30:29
- DNF-- Sara MOREIRA, POR, 17 OCT 1985

## U.23 MEN (7782 m):

Team results: 1. Russia, 16 points, 2. Great Britain & NI, 31; 3. Sweden, 62.

1. Ilgizar SAFIULIN, RUS, 9 DEC 1992	25:31	Gold
2. Igor MAKSIMOV, RUS, 26 APR 1992	25:33	Silver
3. Vladimir NIKITIN, RUS, 5 AUG 1992	25:37	Bronze
4. Jonathan HAY, GBR, 12 FEB 1992	25:46	
5. Callum HAWKINS, GBR, 22 JUN 1992	25:49	

## U.23 WOMEN (6085 m):

Team results: 1. Russia, 32 points; 2. Great Britain & NI, 37; 3. Turkey, 95.

1. Rhona AUCKLAND, GBR, 11 MAY 1993	22:23	Gold
2. Militza MIRCHEVA, BUL, 24 MAY 1994	22:25	Silver
3. Gulshat FAZLITDINOVA, RUS, 28 AUG 1992	22:28	Bronze
4. Yekaterina SOKOLENKO, RUS, 13 SEP 1992	22:32	
5. Maureen KOSTER, NED, 3 JUL 1992	22:37	

## JR. MEN (6085 m):

Team results: 1. Italy, 18 points; 2. Spain, 41; 3. Turkey, 70.

1. Yemaneberhan CRIPPA, ITA, 15 OCT 1996	20:07	Gold
2. Carlos MAYO, ESP, 18 SEP 1995	20:22	Silver
3. Said ETTAQY, ITA, 14 SEP 1996	20:28	Bronze
4. Ayoub MOKHTAR, ESP, 26 OCT 1996	20:30	
5. Yohanes CHIAPPINELLI, ITA, 18 AUG 1997	20:33	

## JR. WOMEN (3857 m):

Team results: 1. Great Britain & NI, 18 points; 2. France, 64; 3. Germany, 74.

1. Emine TUNA Hatun, TUR, 7 DEC 1995	14:13	Gold
2. Jessica JUDD, GBR, 7 JAN 1995	14:18	Silver
3. Lydia TURNER, GBR, 19 NOV 1996	14:25	Bronze
4. Alina REH, GER, 23 MAY 1997	14:34	
5. Amy GRIFFITHS, GBR, 22 MAR 1996	14:38	

**USATF National Club Cross-country Championships**

Bethlehem, USA, 13 December

(Distances: Open men, 10.2 km; open women, 6 km)

## MEN

Team results: 1. Zap Fitness Reebok, 65 points; 2. Boston Athletic Association, 116; 3. Asics Aggie Running Club, 118.

1. Ryan Hill, 24, Bowerman Track Club	29:07.03
2. Jake Riley, 26, Hanson Brooks	29:09.08
3. German Fernandez, 24, Bowerman Track Club	29:09.96
4. Craig Forys, 25, New York AC	29:13.98
5. Andrew Colley, 23, Zap Fitness Reebok	29:14.49
... 9. Matt Tegenkamp, 32, Bowerman Track Club	29:22.81

## WOMEN

Team results: 1. Boston Athletic Association, 50 points; 2. Boulder Running Company, 58; 3. Adidas/RogueAC, 85.

1. Laura Thweatt, 25, Boulder Track Club	19:14.41
--	----------

2. Tara Erdmann, 25, Nike 19:24.06
3. Angela Bizzarri, 26, Unattached 19:33.72
4. Alisha Williams, 32, Boulder Runn 19:34.05
5. Brianne Nelson, 34, Boulder Runn 19:34.61
- ... 19. Jennifer Rhines, 40, Boston Athletic Assn. 20:18.82

## ULTRA/MOUNTAIN/TRAIL RUNNING

### International 24-Hour Race

Taipei, TPE, 6-7 December

#### MEN

1. Yoshikazu Hara, JPN 285.366 km
2. Ivan Cudin, ITA 255.499
3. Florian Reus, GER 253.899

#### WOMEN

1. Mami Kudo, JPN 222.431 km
2. Leung Wan Yee, HKG 203.992
3. Huang Yen-Ling, TPE 200.792

## STATS TIME

This week we include a list of the top ten SA men in the half marathon for 2014. 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. Note: Although the Burgersfort course returned an acceptable result when analysed with the Race Time Bias calculation (see DRR 14:49), serious doubts remain about the length of this race.

### 2014 21.1 KM: TOP 10 MEN

1:00:47	Stephen Lesego Mokoka	Copenhagen	29 Mar
1:01:10	Elroy Gelant	Copenhagen	29 Mar
1:01:16	Lusapho April	Copenhagen	29 Mar
1:01:25	Mokoka-2	Glasgow	05 Oct
1:01:55	Gladwin Sibabalwe Mzazi	Prague	05 Apr
1:02:14	Mokoka-3	Burgersfort	06 Dec
1:03:13	April-2	East London	05 Oct
1:03:17	Gelant-2	Birmingham	19 Oct
1:03:20	William Kaptein	Cape Town	12 Oct
1:03:33	Lucky Modike Mohale	Burgersfort	06 Dec
1:03:40	David Manja	Cape Town	12 Oct
1:03:41	Joel Mmone	Burgersfort	06 Dec
1:03:46	Tebogo Pulusa	Burgersfort	06 Dec
1:04:06	Vuyisile Tshoba	Burgersfort	06 Dec

## THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month. We are exercising some editorial licence here, because there is normally only one issue of DRR in December and thus events in that month seldom get a chance for inclusion in this column – and it is still close to December!

### 25 years ago: 30 December 1989

Top track star Marius-Hugo Schlechter became the first – and so far the only – man to win the Chris McKinnon Memorial Race over 7 km three years in a row when he took victory in a fast 20:35. After Coralyn Curtin had won the race on the Sea Point beachfront in 1984, 1985 and 1986, Tanya Peckham became the second woman to achieve three wins in succession with her first place in 23:50. It was also the first and only time in the history of the race that both the men's and women's champions were the same for three years in a row. This year was one of the two occasions (the other was in 1978) that the race was held on 30 December; all the others were on the last day of the year. The event started as the New Year's Eve Race, held in commemoration of Chris McKinnon, a well-known UCT runner who was killed in Pretoria in 1973 while training for the SA Games. In 1979 it was officially called the Chris McKinnon Memorial Race for the first time. In 2000 the name was changed to the current Runners' Memorial Race to commemorate all Western Cape runners who have passed away. It has been held over a variety of distances, viz. 4 miles in 1973, 7.2 km in 1974-77, 7 km in 1978-79, 6 km in 1980, 7 km in 1981-83, 8 km in 1984, 7.2 km in 1985, 7 km in 1986-87, 7.2 km in 1988, 7 km in 1989, and 8 km since then (although on at least two occasions, in 1991 and 1992, it was only about 7.6 km). The race was held for the 42nd time last week.

### 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; this will be the last list for 2014. 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	28:22	Gladwin Mzazi	Cape Town	12 Oct
	27:25	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		01 Mar
	44:29	Lusapho April	Port Elizabeth	
	42:18	Abera Kuma Lema (ETH)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		29 Mar
	60:47	Stephen Mokoka	Copenhagen	
	58:48	Abraham Cheroben (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		10 May
	81:09	Sikhumbuso Seme	Pretoria	
	80:18A	George Ntshiliza	Somerset East	
	71:47	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		05 Jan
	1:40:20	Anthony Godongwana	Camps Bay	
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:08:43	Stephen Mokoka	Shanghai	02 Nov
	2:02:57	Dennis Kimetto (KEN)		
	2:03:23	Wilson Kipsang (KEN) 2013		
	2:02:57p	Dennis Kimetto (KEN) 2014		
100 km	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	30:31	Gert Thys	Goodwood	01 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	46:51	Johannes Kekana	Pretoria	16 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:23	Johannes Kekana	Burgersfort	06 Dec
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	82:29	Shadrack Hoff	Pretoria	10 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:05	Graham Katzen	Parow	30 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:21:16	Charles Tjiane	Cape Town	21 Sep
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:22	Eric Coetzee	Brackenfell	04 Oct
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:01	Eric Coetzee	Table View	13 Dec
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	76:08	Stuart McColl	Pretoria	15 Nov
	66:42	Martin Rees (GBR) 2003		
25 km	1:45:51	Victor Phetoe	Pretoria	10 May
	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	1:59:56	Sollie van Rooyen	Parow	30 Mar
Marathon	2:46:35	Daniel Mothibe	Pretoria	23 Feb
	2:42:57A	Thomas Lizo	East London	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:35	Muhammad Kriel	Bellville	31 May
	38:35	Clive Owen	Cape Town	21 Sep
15 km	58:27	Muhammad Kriel	Eersterivier	21 Jun
21.1 km	84:16	Awie Veldsman	Atlantis	23 Aug
25 km	2:01:18	Petrus Ratshikakala	Pretoria	10 May
	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:09:56	Muhammad Kriel	Parow	30 Mar
Marathon	3:11:05	Stephen Seema	Cape Town	21 Sep
100 km				

Juniors

10 km	29:54	Thabang Mosiako	Bloemfontein	22 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:38	Granwin Katzen	Ravensmead	26 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	65:36	Thabang Mosiako	Burgersfort	06 Dec
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	32:20	Irvette van Zyl	Stellenbosch	09 Aug
	30:46	Betsy Saina (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:54	Kim Laxton	Germiston	06 Apr
	46:59	Priscilla Cheptoo (KEN)		

	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:53	René Kalmer	Copenhagen	29 Mar
	65:39	Mary Keitany (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:44:00	Marli van Staden	Pretoria	10 May
	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	84:37	Janet Rono Chelegat (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:01:11	Zintle Xiniwe	Parow	30 Mar
	1:44:19	Yuka Takashima (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:29:27	René Kalmer	Berlin	28 Sep
	2:18:57A	Rita Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:24	Paulina Phaho	Pretoria	31 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	59:38	Sandra van Graan	Table View	13 Dec
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	83:10	Suzette Botha	Mount Edgecombe	25 May
	69:56	Irina Permitina (RUS) 2009		
25 km	1:47:39	Michelle Mee	Pretoria	10 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:09:47	Ursula Turck	Parow	30 Mar
	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		

Masters (50+)

10 km	40:17*	Elmarie Coetzee	Bellville	31 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	60:59	Elmarie Coetzee	Eersterivier	21 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	87:45	Jane Mudau	Port Elizabeth	15 Nov
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:01:43	Ansa Strydom	Pretoria	10 May
	1:55:22A	Janette Schierz-Crusius	Somerses East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Mari Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

\*) She ran the same time in Cape Town on 6 April.

Grandmasters (60+)

10 km	41:31	Margie Saunders	Port Elizabeth	26 Apr
15 km	64:09	Margie Saunders	Port Elizabeth	18 Oct
21.1 km	1:30:53	Margie Saunders	Port Elizabeth	29 Mar
25 km	2:10:01	Lyn de Bruin	Pretoria	10 May
30 km	2:39:03	Nancy Will	Simon's Town	17 Aug
Marathon	3:15:48	Margie Saunders	Port Elizabeth	06 Dec
100 km				

Juniors

10 km	35:07 31:42	Pamela Moyikwa Zola Budd (GBR) 1984	Bellville	31 May
15 km	54:48 49:40	Annie Bothma Ines Chenonge (KEN) 2001	Ravensmead	26 Apr
21.1 km	79:09 1:09:05	Annie Bothma Delilah Asiago (KEN) 1991	Bloubegstrand	08 Nov

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Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, André Pienaar, SWD Athletics, Nico Steenekamp, Carina van der Merwe, James Evans

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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)