

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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EDITORIAL

No fewer than six list leaders were set this weekend in the Top Form 10 km Challenge in Athlone, run in near perfect conditions. Most exciting was winner Annie Bothma's PB of 34:39, which was also a course record. Exactly two minutes behind her was Leanda du Bruyn, also with a PB.

Two other list leaders of the weekend came in the NOSA Hillcrest Marathon, by grandmaster Michael Langa (3:22:09), and in the 27 for Freedom 27 km, by junior Lukhanyo Nobakada (31:14).

The Hillcrest Marathon was run for the 38th time and went to Zimbabwean Prodigal Khumalo (2:33:27) and Pat Dammann (3:21:47), who scored her third win in a row. In Port Elizabeth the Herald/Rafi's/Builders Warehouse Friendly City Marathon was run for the 36th time and won by Mzolisi Makhanda (2:27:47) and Ntombesintu Mfunzi (3:15:00).

South Africa's second oldest marathon, the Sasol race in Sasolburg, was held for the 64th time, but sadly once again is deemed to be short (see explanation with the results below). Considering that the race is at altitude, the Race Time Bias calculation of -9.04 sec/km indicates a course that is considerably short (as are the accompanying half marathon and 10 km). It is about time that the organisers of this historic event have a proper course measurement done so that runners are not short-changed (no pun intended) year after year by producing performances that have no statistical value.

The finishers in the Lion of Africa races (results in last week's DRR) were 1587 in the half marathon (up from 1294 last year) and 1187 in the 10 km (up from 1122).

Due to computer problems last week, this is a somewhat abbreviated issue - no Stats Time and This Month in History. My apologies for this; these columns will be back next week.

Riël Hauman



Duane Fortuin wins the 27 for Freedom 27 km in Paarl this weekend. He scored an 8-second victory over Nkosinathi Madyo. [Jasper Coetzee]

INCLUDED IN THIS ISSUE:

- * NOSA Hillcrest Marathon & Half Marathon, Hillcrest
- * Sasol Marathon, Half Marathon & 10 km, Sasolburg
- * Top Form 10 km Challenge, Athlone
- * The Herald/Rafi's/Builders Warehouse Friendly City Marathon & 10 km, Port Elizabeth
- * 27 for Freedom 27 km & 10 km, Paarl
- * Diaz Marathon & 10 km, Mossel Bay
- * DG Panelbeaters 32 km & 16 km, Durban

International highlights:

- * San Blas Half Marathon, Coamo, PUR
 - * Groet Uit Schoorl Run, Schoorl, NED
 - * Eastern Africa Half-Marathon Championships, Massawa, ERI
 - * All-America City 10 km, Edinburg, USA
 - * XC: USA Cross-country Championships, Boulder, USA
 - * Indoor track: New Balance Indoor Grand Prix, Boston, USA; Copernicus Cup, Torun, POL; Empire State Building Run-Up, New York, USA
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ROAD RUNNING
NOSA Hillcrest Marathon (38th) & Half Marathon

Hillcrest, 8 February

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon - 643 [down from 694 last year]; half marathon - 1114 [up from 1087].)

Note: Third victory in a row here for Pat Dammann. The men's 50-59 time in the half marathon is wrong. - Ed.

Marathon
MEN

1.	Prodigal Khumalo	ZIM/Maxed Elite	2:33:27 (R1200)
2.	Siya Mqambeli	Bluff Meats	2:38:18 (R600)
3.	Syvion Madikane	Mtubatuba	2:40:03 (R300)
4.	Mdumiseni Zondi	Natal Carb	2:45:53
5.	Simthembile Sibezani	PDAC	2:47:23

(All age category prizes were the same: R300, R200, R150.)

40-49:

1.	Thamsanga Mfeka	Maxed Elite	2:49:23
2.	Nkosikhona Dlamini	Phuma KZN	2:56:11
3.	Cliff Robertze	West AC	3:11:58

50-59:

1.	Willie Majombozi	Boxer AC	3:07:46
2.	Nicolas Dlamini	Boxer AC	3:12:07
3.	Shannon Clark	DCS	3:24:17

60+:

1.	Michael Langa	Athletic N	3:22:09
2.	Robin Goddard	West AC	3:51:20
3.	Mike Cowling	Saints	3:52:35

WOMEN (Same prize money as men)

1.	Pat Dammann	Ind	3:21:47
2.	Nonsikelelo Mbambo	Natal Carb	3:26:51
3.	Sibongile Mbambo	Eskom	3:27:33

4.	Lisa Collett	Nedbank AC	3:29:25
5.	Simone Verster	West AC	2:29:41

40-49:

1.	Pat Dammann	Ind	3:21:47
2.	Sibongile Ziqubu	Eskom	3:27:51
3.	Michelle Sims	Eskom	3:43:43

50-59:

1.	Val Watson	New Balance	3:43:14
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60+:

1.	Merry Duncan	Forest Hills	5:01:07
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Half marathon**MEN**

1.	Garikai Madawo	Chatsworth AC	71:58 (R500)
2.	Professor Mollen	ZIM	73:10 (R300)
3.	Claude Eksteen	PDAC	74:17 (R150)

(All age category prize money was the same: R200 for 1st place.)

40-49:

1.	Paul Eichert	West AC	79:26
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50-59:

1.	Sifiso Mazibulo	PDAC	64:06
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60+:

1.	Louis Fourie	ZMSC	98:36
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WOMEN (Same prize money as men)

1.	Jenna Challenor	Boxer AC	79:13
2.	Teneal Featherby	PDAC	87:20
3.	Janene Carey	Boxer AC	88:27

40-49:

1.	Janene Carey	Boxer AC	88:27
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50-59:

1.	Elize Cilliers	DNSOB	108:20
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60+:

1.	Sandy Fismer	Hilton Harr	110:22
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Sasol Marathon (64th), Half Marathon & 10 km

Sasolburg, 7 February

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Weather: very hot. Finishers: marathon – 760 [up from 530 last year]; half marathon – 500 [up from 390]; 10 km – 520 [up from 460].

Note: The story about these races is the same every year - the times are very fast in all three events and the courses are most definitely short, maybe considerably so. DRR has more than once in the past found the courses to be short according to the Race Time Bias (RTB) formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances). The marathon, for instance, has produced a huge negative figure of -11.12 sec/km in the past – more than double the allowable limit of -5 sec/km. This year the races produce figures of -9.04 sec/km for the marathon (17 time comparisons), -9.21 sec/km for the half marathon (13 performances), and a huge -11.57 sec/km for the 10 km (also 13 times). In the latter race, even if one disregards the two most extreme time differences (of more than 5 minutes each), we still have a figure of -7.92 sec/km. No performances in these three races will be used by DRR for statistical purposes. - Ed.

Marathon

MEN

1 William Mokwalakwala (Brooks) 2:18:36; 2 Sechaba Bohosi (LES/GS) 2:21:46; 3 Odwa Tunyiswa (Cool Running) 2:21:48; 4 Lucas Raseruthe (LES/Cool Running) 2:24:14; 5 Tebogo Lejaha (Cool Running) 2:25:00.

Veterans: 1 Johannes Kekana (Cool Running) 2:32:45; 2 Solly Tema (Cool Running) 2:32:56; 3 Thabo Mashigo (Vultures) 2:33:04. **Masters:** 1 Moses Letlhaku (Nedbank) 2:51:42; 2 Joseph Rampai (BCC) 2:59:27; 3 Marius Carstens (Alberton) 3:07:04.

G'masters: 1 Ernest Tjela (Emfuleni) 3:06:04; 2 Don Charles (Nedbank) 3:14:30; 3 Jimmy Styan (Pirates) 3:46:43.

WOMEN

1 Yolande Maclean (Born 2 Run) 2:46:51 (CR); 2 Azwindini Gladys Lukhwareni (Cool Running) 3:02:49; 3 Prudence Zwane (Transnet) 3:02:55; 4 Tania Fourie (Arcelor Mittal) 3:11:04; 5 Salome Cooper (Temp) 3:15:13.

Veterans: 1 Prudence Zwane (Transnet) 3:02:55; 2 Lindsay van Aswegen (Temp) 3:15:14; 3 Michelle Mee (RAC) 3:20:24. **Masters:** 1 Marie Bruwer (Arcelor Mittal) 3:33:04; 2 Sandra Meyer (Goudveld) 4:26:05; 3 Judy van Wyk (Alberton) 4:35:15. **G'masters:** 1 Lettie Coetzee (Goudveld) 4:34:48.

Half marathon

MEN

1 Namakoe Nkhasi (LES/Cool Running) 64:28; 2 Derocious Makhobalo (Nedbank) 65:03; 3 Sibusiso Nzima (Nedbank) 65:32.

Veterans: 1 Simon Mpholo (Nedbank) 68:01; 2 Joseph Molaba (Temp) 72:44. **Masters:** 1 Doug van Meter (Soul Striders) 93:31; 2 Trevor Oosthuizen (Roodepoort) 98:21.

G'masters: 1 Petrus Mohalajeng (Vultures) 98:07; 2 Peter Watson (Dome) 1:43:12.

Juniors: 1 Sam Mokoena (Cool Running) 74:12.

WOMEN

1 Alemtsehay Hailu Kakissa (ETH/Nedbank) 76:27; 2 Kataza Shipalana (Transnet) 77:03; 3 Nobuhle Mahlangu (Cool Running) 83:42.

Veterans: 1 Paulina Phaho (Transnet) 93:00; 2 Sarah Mahlangu (West Rand) 98:15.

Masters: 1 Linda Loxley (Boksburg) 1:50:24; 2 Monica Reis (Roodepoort) 1:51:11.

G'masters: 1 Marietjie Olen (Arcelor Mittal) 2:00:44; 2 Elize Kempen (Arcelor Mittal) 2:11:15.

Juniors: 1 Nonhlanhla Dlamini (UJ) 88:55; 2 Farida Zwane (Cool Running) 89:06.

10 km

MEN

1 Tseiso Moeketsi (LES) 29:43; 2 Givemore Mudzinganyama (ZIM/Cool Running) 29:54; 3 Kgosi Tsosane (Nedbank) 30:17.

Veterans: 1 Reginald Ngobese (GS) 32:43; 2 Tsietsi Mokoena (Nedbank) 34:52. **Masters:** 1 Ephriam Yende (Bidvest) 37:43; 2 Karl Göpper (Enerforce) 41:00. **G'masters:** 1 Aloysius Eybers (Brotherhood) 47:11; 2 Thabo Phali (Vultures) 70:52. **Juniors:** 1 Kabelo Melamu (Randmark) 31:14; 2 Katlego Nonyana (GS) 32:36.

WOMEN

1 Keneilwe Sesing (Randmark) 35:12; 2 Jeanette McKenzie (Nedbank) 39:42; 3 Adelina Moqhali (Sibanye) 42:01.

Veterans: 1 Catherine Naane (Sibanye) 43:12; 2 Paulina Mokoena (Nedbank) 44:10.
Masters: 1 Erica Hamilton (Vaal) 46:05; 2 Charmaine Fourie (Kroonstad) 57:36.
G'masters: 1 Martie Voges (Arcelor Mittal) 57:01; 2 Muriel Charles (Nedbank) 62:27.

Top Form 10 km Challenge

Athlone, 7 February

(Certified out-and-back course with a loop on the outgoing leg. Weather: cool with slight breeze. Finishers: 1754 [up from 1505 last year].)

MEN

1. Siboniso Soldaka (Ind) 30:44
2. Anthony Timoteus (UWC) 30:55
3. Peter Tsawayo (ZIM/Gugs) 31:05

Veterans: 1. Graham Katzen (Celtic) 33:46; 2. Roger Dickson (VOB) 33:55; 3. Tholang Moloi (SANDF) 34:55. **Masters:** 1. Eric Coetzee (Ind) 34:32; 2. Chris Mitchell (Celtic) 36:33; 3. Ludwig Lillie (Durb) 38:51. **G'masters:** 1. Muhammad Kriel (Ommie) 38:17; 2. Jimmy Morris (Forest) 42:28; 3. Dicky Cloete (SANDF) 45:07. **G/g'masters:** 1. Peter Donald (WC) 48:17; 2. Joseph Matthews (MS) 51:44; 3. Manfred Geutner (Celtic) 53:56. **Juniors:** 1. Ashley Smith (Celtic) 31:30; 2. Ronaldo January (Celtic) 33:24; 3. Allesandro Carelse (Celtic) 33:31.

WOMEN

1. Annie Bothma (Ned) 34:39 CR
2. Leanda du Bruyn (CPUT) 36:39
3. Busisiwe Gwala (VOB) 37:13 (1st jun)

Veterans: 1. Sandra van Graan (Edge) 39:27; 2. Ursula Frans (Ned) 40:51; 3. Ronel Steenkamp (Durb) 42:32. **Masters:** 1. Elmarie Coetzee (CMC) 40:39; 2. Charmaine Cupido (Ned) 42:54; 3. Bev Charters (VOB) 45:39. **G'masters:** 1. Ruth Levertton (Pine) 54:51; 2. Rosalie Richfield (UCT) 57:34; 3. Lynda Fillmore (Edge) 61:15. **G/g'masters:** 1. Marlene James (Pine) 58:58; 2. Marianne Nelson (RWFL) 67:43; 3. Cathy Taylor (RWFL) 70:30. **Juniors:** 1. Busisiwe Gwala (VOB) 37:13; 2. Pamela Moyikwa (VOB) 38:33; 3. Ashleigh Simonis (Carb) 38:52.

The Herald/Rafi's/Builders Warehouse Friendly City Marathon (36th) & 10 km

Port Elizabeth, 7 February

(Distance: 42.195 km; out-and-back course. Finishers: 448 [up from 375 last year].)

Marathon

MEN

1	Mzolisi	Makhanda	Nedbank RC EP	32	2:27:47
2	Mzwanele	Maphekula	Bluewater Bay	38	2:28:08
3	Sipho	November	Graaff-Reinet RC	34	2:33:19
4	Melikhaya	Malinga	Tinarha AC	34	2:35:59
5	Terrance	Mjekula (1st vet)	Charlo AC	42	2:42:05
6	Christopher	Mabengeza	Nedbank RC EP	48	2:45:21
7	Anele	Maliza	Nedbank RC EP	37	2:45:57
8	Thobile	Xata	Bluewater Bay	40	2:47:40
9	Ricardo	Plaatjies	X-Cel AC	32	2:51:29
10	Masixole	Dlaku	PEAAC	36	2:51:55
11	Mzamo	Fokwana	Charlo AC	37	2:53:25
12	Mzukisi	Klaas	Motherwell AC	46	2:56:03
13	Andre	Ketchem	X-Cel AC	31	2:58:38

14	Jan	Fick	Graaff-Reinet RC	49	2:59:20
15	Melvin	Reans	Kouga Multi SC	38	2:59:26
16	Jacques	Barnard	Despatch AC	38	2:59:27
17	Sizakele	Dayimani	Kowie Striders	34	3:01:26
18	Alfred	Qogi	Nedbank RC EP	41	3:02:32
19	George	Ntshiliza	Bluewater Bay	35	3:02:34
20	Johannes	Jonck	St Albans CS EP	41	3:02:34

40-44:

1	Terrance	Mjekula	Charlo AC	42	2:42:05
2	Thobile	Xata	Bluewater Bay	40	2:47:40
3	Alfred	Qogi	Nedbank RC EP	41	3:02:32

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	48	2:45:21
2	Mzukisi	Klaas	Motherwell AC	46	2:56:03
3	Jan	Fick	Graaff-Reinet RC	49	2:59:20

50-54:

1	Colben	Ngcupe	Motherwell AC	51	3:04:20
2	Darrell	Wicht	Warriors AC	51	3:04:31
3	Welcome	Loliwe	Tinarha AC	50	3:09:10

55-59:

1	Ronald	Ndiza	Temp	55	3:40:41
2	Disemba	Blou	Charlo AC	56	3:41:53
3	Leonard	Erasmus	Gelvan AC	56	3:47:17

60-64:

1	Elvis	Galela	Madibaz AC	63	3:34:32
2	Jerrit	Rudman	Kouga Multi SC	60	3:43:48
3	Colin	Parkins	Bluewater Bay	61	4:14:09

65-69:

1	Thomas	Groener	PEAAC	67	4:16:39
2	William	Vorster	PEAAC	68	4:22:09
3	Eckart	Schumann	Body Concept	69	4:29:30

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	72	4:13:11
2	Kobus	Gerber	PEAAC	70	4:28:29
3	Godfrey	Kariem	Gelvan AC	74	5:03:35

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC EP	33	3:15:00
2	Elmarie	Bezuidenhout	Charlo AC	33	3:20:38
3	Katherine	Van der Walt	Body Concept	38	3:27:23
4	Jene	Banfield (1st vet)	Run For Life EP	44	3:27:58
5	Janine	Gardiner	Charlo AC	33	3:37:02
6	Maresa	Ah Kun	Bluewater Bay	39	3:39:27
7	Christine	Wienand	Nedbank RC EP	35	3:41:17
8	Rethie	Cumming	Bo-Karoo AC	44	3:41:26
9	Frances	Stone	Body Concept	42	3:47:03
10	Dafre	Troskie	Somerset East	46	3:52:55
11	Benita	Barton	Crusaders AC	44	3:53:23
12	Robyn	Rose	Charlo AC	27	3:57:03
13	Trish	Schuin	Somerset East	48	3:58:01
14	Nolikhanyo	Mdwayi	Transnet Eng EP	33	3:59:35
15	Buyelwa	Kobokana	Nedbank RC EP	49	4:04:27
16	Morne	Mostert	Temp	21	4:06:09
17	Harriet	Knott	Oxford Striders	31	4:07:22
18	Michelle	Pettit	Plett AC	35	4:08:54
19	Rene	Hattingh	PEAAC	37	4:09:01

20	Nandipa	Mafongosi	PEAAC	30	4:10:09
40-44:					
1	Jene	Banfield	Run For Life EP	44	3:27:58
2	Rethie	Cumming	Bo-Karoo AC	44	3:41:26
3	Frances	Stone	Body Concept	42	3:47:03
45-49:					
1	Dafre	Troskie	Somerset East	46	3:52:55
2	Trish	Schuin	Somerset East	48	3:58:01
3	Buyelwa	Kobokana	Nedbank RC EP	49	4:04:27
50-54:					
1	Rosemary	Joubert	Crusaders AC	54	4:17:20
2	Amanda	Shaw	Body Concept	50	4:24:33
3	Salome	Loots	Body Concept	52	4:24:33
55-59:					
1	Christine	Snyman	Despatch AC	58	4:50:05
2	Janette	Van der Kolf	Temp	55	5:16:29
3	Gesina	Oosthuizen	PEAAC	56	5:27:08
65-69:					
1	Christine	Fourie	Elite AC	68	5:12:19
10 km					
MEN					
1	Melikhaya	Frans	Tinarha AC	23	31:47
2	Gift	Chigomarawa	ZIM/Motherwell AC	27	32:13
3	Masande	Mlonyeni	Nedbank RC EP	34	32:43
4	Sibusiso	Thu	Transnet Eng EP	27	32:49
5	Brendon	Effenaar (1st jun)	Nedbank RC EP	18	34:46
6	Mila	Pasiya	Nedbank RC EP	35	34:57
7	Melikhaya	Kepe	Nedbank RC EP	38	35:11
8	Luyolo	Dyubhele	Tinarha AC	21	35:13
9	Duwayne	Lucas	Aspen Pharmacare	25	35:24
10	Nathi	Mda	Motherwell AC	23	35:47
11	Saziso	Pangindawo	Aspen Pharmacare	32	35:54
12	Zamubuntu	Teyise	Charlo AC	38	36:30
13	Tumelo	Mochelenyane	Nedbank RC EP	32	36:40
14	Khayaletu	Makalima	Aspen Pharmacare	31	37:15
15	Juwayne	Fletcher	Charlo AC	24	37:15
16	Michael	Bekapi (1st mast)	Ikhamva AC	53	37:22
17	Kenneth	Menze	Bluewater Bay	53	37:23
18	Jarryd	Cooke	Charlo AC	21	37:45
19	Lufeze	Xinwa	Transnet Eng EP	28	38:36
20	George	Meintjies	Temp	21	38:48
40-44:					
1	Gary	Jackson	Temp	44	44:29
2	Michael	Smith	Temp	40	44:54
3	Johan	Wolmarans	Temp	42	48:10
45-49:					
1	Chris	Darke	Charlo AC	46	40:33
2	Thamsanqa	Sidonti	Temp	46	44:43
3	Warren	Griffiths	Muirite Striders	49	46:50
50-54:					
1	Michael	Bekapi	Ikhamva AC	53	37:22
2	Kenneth	Menze	Bluewater Bay	53	37:23
3	Guy	Cooke	Charlo AC	50	46:04

55-59:

1	Joseph	Bain	St Albans CS EP	55	46:45
2	Robert	Rietmuller	PEAAC	58	47:02
3	George	Meiring	Muirite Striders	58	47:18

60-64:

1	Neville	Schmelzer	Bluewater Bay	63	56:18
2	Barry	Nelson	Nedbank RC EP	63	1:01:18
3	Frans	Conradie	Charlo AC	62	1:05:44

65-69:

1	Hansie	Els	Somerset East	66	46:59
2	Syd	Lippstreu	Crusaders AC	66	54:35
3	David	O'Reilly	Nedbank RC EP	67	1:09:47

70-74:

1	Ron	Clark	Bluewater Bay	72	51:18
2	Bryan	Drake	Temp	70	1:06:30
3	Michael	Smout	Temp	73	1:10:12

75-79:

1	John	Peart	Nedbank RC EP	78	1:47:27
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Juniors:

1	Brendon	Effenaar	Nedbank RC EP	18	34:46
2	Thuso	Lomberg	Bluewater Bay	16	41:19
3	Thembaletu	Komeni	Kowie Striders	18	50:01

WOMEN

1	Asanda	Solani	Born To Run AC	31	41:06
2	Janette	Schierz-Crusius (1st mast)	Body Concept	54	44:23
3	Sime	Baynes	Elite AC	31	45:47
4	Melinda	Jaray-Venter	Temp	36	47:51
5	Terray	Newcombe	Elite AC	24	47:58
6	Tiani	Claassen	Despatch AC	24	48:04
7	Janelle	Stephenson	Temp	36	49:29
8	Nikki	Strooh	Walmer AC	38	50:39
9	Tania	Jordaan	Charlo AC	38	50:45
10	Treloar	Childs	Walmer AC	51	51:29
11	Jane	Kemp	Nedbank RC EP	38	51:48
12	Olwethu	Bomvana	Youth 4 Change AC	28	52:59
13	Lundi	Payne	Temp	31	53:09
14	Nomfundo	Hlela	Charlo AC	32	53:37
15	Melanie	Silver (1st vet)	VW AC	41	53:44
16	Judy	Beens	Charlo AC	48	53:52
17	Elna	Roux	Temp	29	53:57
18	Geraldine	Colvin	Charlo AC	46	54:12
19	Linda	Le Roux	Nedbank RC EP	43	54:25
20	Viwe	Mbedhli	Overtakers SC	32	54:26

40-44:

1	Melanie	Silver	VW AC	41	53:44
2	Linda	Le Roux	Nedbank RC EP	43	54:25
3	Christine	De Beer	Elite AC	43	54:31

45-49:

1	Judy	Beens	Charlo AC	48	53:52
2	Geraldine	Colvin	Charlo AC	46	54:12
3	Anneline	Rautenbach	Nedbank RC EP	47	55:47

50-54:

1	Janette	Schierz-Crusius	Body Concept	54	44:23
2	Treloar	Childs	Walmer AC	51	51:29
3	Carol	Bernard	Temp	50	55:45

55-59:

1	Robin	Elbourne	Crusaders AC	57	1:04:06
2	Colleen	Muller	Walmer AC	57	1:07:53
3	Odette	Vosloo	Crusaders AC	55	1:08:07

60-64:

1	Mariana	Linstrom	Rand AC	61	55:09
2	Nicki	Van Niekerk	Muirite Striders	60	1:02:26
3	Sharon	Brown	PEAAC	61	1:20:13

65-69:

1	Liz	Grundlingh	Muirite Striders	68	57:00
2	Jeanette	Pienaar	PEAAC	66	1:09:49
3	Denise	Terblanche	Walmer AC	67	1:12:00

70-74:

1	Orgia	Nell	Muirite Striders	71	1:11:41
2	Ronelle	Steyn	Temp	70	1:12:17
3	Isabella	Childs	Walmer AC	73	1:15:55

75-79:

1	Dorothy	Hart	Madibaz AC	76	1:21:34
2	Aletta	Fourie	Warriors AC	76	1:37:54

Juniors:

1	Luzanne	Bruyns	Elite AC	16	56:30
2	Yolandi	Barnard	Mansgenoeg AC	18	1:06:16
3	Andrea	Zagh	Temp	17	1:10:20

27 for Freedom 27 km & 10 km

Paarl, 7 February

(Loop courses.)

27 km**MEN**

1. Duane Fortuin (Itheke) 1:26:46
2. Nkosinathi Madyo (Ned WP) 1:26:54
3. Danzil Palse (East) 1:28:16
4. Bernard Rukadza (ZIM/Gugs) 1:28:37
5. Wanda Roro (Itheke) 1:30:22

Veterans: 1. Tsungai Mwanengeni (ZIM/CMC) 1:34:21; 2. Petrus Olyn (East) 1:49:34; 3. Alexander Evertson (Worc) 1:57:03. **Masters:** 1. Johnny Persents (WR) 1:41:52; 2. Shafiek Cassiem (Itheke) 1:54:27; 3. Leonard Kali (Gugs) 1:57:22. **G'masters:** 1. Johannes Jacobs (Celtic) 2:06:41; 2. Barry Bester (CMC) 2:10:05; 3. Brian Merryweather (Edge) 2:16:12.

WOMEN

1. Zintle Xiniwe (CMC) 1:46:12
2. Bulelwa Simae (Ned WP) 1:46:35
3. Nomvuyisi Seti (Itheke) 1:52:01
4. Fortunate Chidzivo (ZIM/Celtic) 1:52:35
5. Candyce Hall (Carb) 1:58:46

Veterans: 1. Marjorie Prins (Bell) 2:06:20; 2. Wilna Eybers (Strand) 2:08:38; 3. Annie Dower (Ind) 2:10:42. **Masters:** 1. Olga Howard (Celtic) 2:11:46; 2. Cheryl Rudolph (East) 2:12:05; 3. Paola Vignani (ITA/Mont) 2:14:32. **G'masters:** 1. Nancy Will (Pine) 2:11:39; 2. Styntjie Prins (Paarl) 2:21:38; 3. Jeanette van Wyk (Tyger) 2:45:16.

10 km**MEN**

1. Angelo Booysen (Well) 30:58
2. Lukhanyo Nobakada (VOB) 31:14 (1st jun)
3. Luyando Qolo (AGA) 31:32
4. Justin Fritz (Ceres) 32:18
5. Nadeel Wildschutt (Ceres) 32:24

Veterans: 1. Pieter Koopman (Itheke) 32:53; 2. Shawn Abrahams (Celtic) 32:55; 3. Isaac Opperman (CS) 33:35. **Masters:** 1. Monde Tutani (Gugs) 38:12; 2. Zolani Ntsodo (SANDF) 39:18; 3. Thomas Moses (Worc) 40:04. **G'masters:** 1. Brian Rothman (Brack) 48:00; 2. Isak Geduld (Ind) 52:38; 3. Martin Wuethrich (Well) 53:55. **Juniors:** 1. Lukhanyo Nobakada (VOB) 31:14; 2. Nadeel Wildschutt (Ceres) 32:24; 3. Adrian Wildschutt (Ceres) 33:22.

WOMEN

1. Nokuthula Sogiba (Ned WP) 40:33
2. Mariëtte Strauss (Tyger) 42:30 (1st mast)
3. Sheryl de Lange (CMC) 42:37 (1st vet)
4. Sharon Chawola (ZIM/Gugs) 42:42 (1st jun)
5. Jacolet van den Berg (CMC) 44:55

Veterans: 1. Sheryl de Lange (CMC) 42:37; 2. Theresa Swart (Swart) 55:52; 3. Sharon Davids (Worc) 57:54. **Masters:** 1. Mariëtte Strauss (Tyger) 42:30; 2. Liz Brink (VOB) 58:51; 3. Sharien Engelbrecht (Ind) 60:36. **G'masters:** 1. Helen du Plessis (Tyger) 50:27; 2. Kathy Burr (Ind) 53:40; 3. Sarah Herdien (Velo) 58:21. **Juniors:** 1. Sharon Chawola (Gugs) 42:42; 2. Rochelle Davids (Lange) 52:19; 3. Catherine Murray (Salk) 54:11.

Diaz Marathon & 10 km

(SWD 10 km Championships)

Mossel Bay, 7 February

(Distances: 42.195 km & 10 km; out-and-back courses. Finishers: marathon -- 89; 10 km - 180.)

Note: The marathon was about 500 m too long and the 10 km was about 350 m too long. In her first race as a veteran, Helga Matthee finished seventh overall in the marathon, while master Annatjie Botes was tenth. -- Ed.

Marathon**MEN**

1	Lloyd Bosman	Nedbank SWD	26	2:35:40
2	Melikhaya Msizi	KMC	31	3:01:34
3	Jugene Maart	TEMP	27	3:03:28
4	Rodney Halom	Outeniqua Harriers	31	3:17:56
5	Mario Meyer	Hartenbos Drawwers	36	3:18:00
6	Jacobus Boshoff	Nedbank SWD	44	3:18:12
7	Heinrich Heuer	Outeniqua Harriers	45	3:22:33
8	George Batchelor	Outeniqua Harriers	40	3:28:12
9	Richard van Wyk	Outeniqua Harriers	39	3:28:13
10	Andre van Gend	Outeniqua Harriers	36	3:28:13

Veterans:

1	Jacobus Boshoff	Nedbank SWD	3:18:12
2	George Batchelor	Outeniqua Harriers	3:28:12

Masters:

1	Hannie Kruger	Hartenbos Drawwers	3:40:26
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2	Frikkie Loubser	Irene	3:45:49
G'masters:			
1	Manie Steenkamp	Nedbank SWD	4:23:58
2	George Cherry	Outeniqua Harriers	4:47:04

WOMEN

1	Helga Matthee	Nedbank SWD	40	3:18:12
2	Annatjie Botes	Nedbank SWD	57	3:24:29
3	Rome Phillipson-Meyer	Hartenbos Drawwers	32	3:47:39
4	Cecilia Muller	TEMP	38	3:48:25
5	Charmaine Lamprecht	Nedbank SWD	31	3:57:15
6	Suzaan Kruger	Outeniqua Harriers	32	3:57:17
7	Carmen Marx	Hartenbos Drawwers	38	4:01:59
8	Johanna Claassen	Nedbank SWD	46	4:17:01
9	Marieke Vorster	KWAY VOB	42	4:22:22
10	Toekie Steenkamp	Nedbank SWD	62	4:23:58

Veterans:

1	Helga Matthee	Nedbank SWD	3:18:12
2	Yolind Strydom	Nedbank SWD	4:29:59

Masters:

1	Annatjie Botes	Nedbank SWD	3:24:29
2	Christa Crous	Secunda Marathon Club	5:26:21

G'masters:

1	Toekie Steenkamp	Nedbank SWD	4:23:59
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10 km

MEN

1	Elfonzo Pieterse	Nedbank SWD	26	34:40
2	Julius Korkee	Nedbank SWD	30	35:00
3	Godwin Heyns	Nedbank SWD	16	35:26
4	Allentino Kleynhans	Mossel Bay Harriers	16	35:37
5	Keith Clark	Outeniqua Harriers	39	36:11
6	Selwyn Losper	Mossel Bay Harriers	50	36:59
7	Sinesipho Didishe	KMC	23	38:02
8	Siyabulela Mgweba	Nedbank SWD	29	38:18
9	Bradley Carelse	Nedbank SWD	16	38:20
10	Aubrey Brinkhuis	KMC	45	39:34

Veterans:

1	Aubrey Brinkhuis	KMC	39:34
2	Peter Jaehne	Outeniqua Harriers	39:37

Masters:

1	Selwyn Losper	Mossel Bay Harriers	36:59
2	Hermanus Jonkerman	Nedbank SWD	40:29

G'masters:

1	Jan du Toit	Hartenbos Drawwers	50:13
2	Leslie Stuart	KMC	53:47

Juniors:

1	Godwin Heyns	Nedbank SWD	35:26
2	Allentino Kleynhans	Mossel Bay Harriers	35:37

WOMEN

1	Marrida Leen	Mossel Bay Harriers	17	40:42
2	Cecilia Nel	Hartenbos Drawwers	33	41:47
3	Lana Theunissen	Nedbank SWD	42	42:17
4	Renee Moll	Nedbank SWD	44	43:47

5	Macnita Samuels	KMC	17	44:56
6	Clarisha Pieterse	Mossel Bay Harriers	16	45:49
7	Elize Kloppers	Hartenbos Drawwers	44	46:48
8	Elzet Oosthuizen	Nedbank SWD	41	47:54
9	Sunet Liebenberg	Nedbank SWD	37	50:11
10	Rina Wray	Hartenbos Drawwers	52	50:28

Veterans:

1	Lana Theunissen	Nedbank SWD	42:17
2	Renee Moll	Nedbank SWD	43:47

Masters:

1	Rina Wray	Hartenbos Drawwers	50:28
2	Elsa de Villiers	Hartenbos Drawwers	53:38

G'masters:

1	Rea Oosthuizen	Hartenbos Drawwers	53:05
2	Mariet Horn	KMC	60:25

Juniors:

1	Marrida Leen	Mossel Bay Harriers	40:42
2	Macnita Samuels	KMC	44:56

DG Panelbeaters 32 km & 16 km

Durban, 1 February
(Loop courses)

Note: Unfortunately times for the category winners were not available. - Ed.

32 km**MEN**

1. Sipho Ngxongo (Born to Run) 1:54:34
2. Jabulani Blomo (Bluff) 1:55:42
3. Phiwayinkosi Mthembu (Bluff) 1:58:41

Veterans: 1. Michael Ndlovu (Inanda). **Masters:** 1. Willie Majombozi (Boxer). **G'masters:** 1. Robin Goddard (West).

WOMEN

1. Fikile Mbuthuma (Ned) 2:14:57
2. Nonsikelelo Mbambo (Carb) 2:28:55
3. Pat Dammann (Ind) 2:36:03

Veterans: 1. Pat Dammann 2:36:03. **Masters:** 1. Vanessa Botha (Stella). **G'masters:** 1. Pam Rasmussen (QBH).

16 km**MEN**

1. Spamandla Nyembe (Born to Run) 51:57
2. Vusi Mnyandu (MP) 55:47
3. Mawande ? (Umzim) 56:07

WOMEN

1. Maya Lawrie (Boxer) 65:01
 2. Janene Carey (Boxer) 65:33
 3. Mokoana Zama (Ind) 69:14
-

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

San Blas Half Marathon (53rd)

Coamo, PUR, 8 February

(Distance: 21.1 km; very hilly)

MEN

- | | | |
|---------------------------------|---------|--------|
| 1. Levy Matebo, KEN | 1:04:13 | \$6000 |
| 2. Kiplimo Kimutai, KEN | 1:04:32 | 4000 |
| 3. Syllas Kimutai Chebogel, KEN | 1:04:48 | 3000 |
| 4. Stanley Koech, KEN | 1:04:48 | 2000 |
| 5. Reuben Limaa Pkerker, KEN | 1:05:08 | 1300 |

WOMEN

- | | | |
|-----------------------------------|---------|-------------------|
| 1. Rose Chelimo, KEN | 1:11:40 | CR \$8000 + 5000* |
| 2. Aliphine Tuliamuk-Bolton, KEN | 1:12:51 | 4000 |
| 3. Gladys Tejeda, PER | 1:13:00 | 3000 |
| 4. Ines Melchor, PER | 1:15:22 | 2000 |
| 5. Carolina Tabares Guerrero, COL | 1:16:08 | 1300 |

*) Course record bonus

Groet Uit Schoorl Run (38th)

(Dutch 10 km Championships)

Schoorl, NED, 8 February

(Distance: 10 km)

MEN (gun times)

- | | |
|------------------------------|----------------|
| 1. Abdi Nageeye, NED | 28:50 (1st NC) |
| 2. Sondre Nordstad Moen, NOR | 28:51 |
| 3. Soufiane Bouchikhi, BEL | 28:55 |
| 4. Michel Butter, NED | 28:56 (2nd NC) |
| 5. Roy Hoornweg, NED | 28:58 (3rd NC) |

WOMEN

- | | |
|--------------------------------|----------------|
| 1. Jip Vastenburg, NED | 33:07 (1st NC) |
| 2. Elizabeth Cherono, KEN | 33:29 |
| 3. Kim Dillen, NED | 33:36 (2nd NC) |
| 4. Lucy Macharia, KEN | 33:42 |
| 5. Miranda Boonstra, 1972, NED | 33:43 (3rd NC) |

Eastern Africa Half-Marathon Championships (3rd)

Massawa, ERI, 7 February

(Distance: 21.1 km; certified two-loop course [also 10 km for women])

Note: Eritrean athletes are shown with their club names (if any). -- Ed.

MEN

- | | |
|----------------------------|---------|
| 1. Zersenay Tadese, ERI | 1:01:37 |
| 2. Hizkiel Tewelde, DENDEN | 1:01:38 |

3. Ghirmay Ghebresilassie, DEBUB, 1:01:39
4. Samsom Ghebreyohannes, ERI, 1:01:40
5. Yohannes Ghebregergish, ERI, 1:01:42
6. Merhawi Kesete, GASHBARKA, 1:01:58

WOMEN (10 km)

1. Nazret WOLDU, MAEKEL, 34:29
2. Hibret DEBESAY, DEBUB, 34:31
3. Nebiat ABRAHAM, DEBUB, 34:43

All-America City 10 km (33rd)

Edinburg, USA, 7 February

MEN (extended gun times)

- | | | | |
|--|---------|------|--------|
| 1. Julius Kogo, Durham, NC (KEN) | 28:04.1 | CR* | \$5000 |
| 2. Geoffrey Kenisi, KEN | 28:14.4 | 3000 | |
| 3. Cleophas Ngetich, Durham, NC (KEN) | 28:22.6 | 2000 | |
| 4. Julius Kipyego Keter, Nyack, NY (KEN) | 28:30.6 | | |
| 5. Alene Reta, New York, NY (ETH) | 29:23.7 | | |

WOMEN (extended gun times)

- | | | |
|--|---------|--------|
| 1. Risper Gesabwa, Marietta, GA (KEN) | 33:04.6 | \$5000 |
| 2. Lilian Mariita, Hebron, KY (KEN) | 33:05.8 | 3000 |
| 3. Simegn Yeshanbel, Albuquerque, NM (ETH) | 33:06.2 | 2000 |
| 4. Dawn Brunnagle, Dallas, TX | 34:52.1 | 2000a |
| 5. Lindsey Scherf, Fayetteville, NC | 35:56.9 | 1500a |

a) Earned USA citizen award

CROSS-COUNTRY

USA Cross-country Championships

Boulder, USA, 7 February

(Course: 2 km loop on firm, short grass; some mud in spots from melted snow, but mostly firm)

OPEN MEN (6 laps/12 km)

Prize money: \$3500-1500-1000-900-750-600-500-400-300-300

IAAF WXC stipend (for those taking their team spots): \$3500-2500-2000-1750-1500-1500

1. Chris Derrick, Nike Bowerman Track Club, 36:18
2. Bobby Curtis, Hansons-Brooks Distance Project, 36:48
3. Dathan Ritzenhein, Nike, 36:51
4. Ryan Vail, Brooks, 36:55
5. Patrick Smyth, Nike, 37:01

OPEN WOMEN (4 laps/8 km)

Prize money: \$3500-1500-1000-900-750-600-500-400-300-300

IAAF WXC stipend (for those taking their team spots): \$3500-2500-2000-1750-1500-1500

1. Laura Thweatt, Boulder Track Club/Saucony, 27:42
2. Mattie Suver, Asics, 28:13
3. Jen Rhines (40+), Boston Athletic Association/adidas, 28:21
4. Brie Felnagle, adidas, 28:23
5. Sara Hall, Asics, 28:26

JUNIOR MEN (4 laps/8 km)

1. Conner Mantz, 18, Smithfield, UT, 25:12
2. Cerake Geberkidane, 18, Oklahoma State, 25:37
3. John Dressel II, 17, Colbert, WA, 25:39

JUNIOR WOMEN (3 laps/6 km)

1. Kaitlyn Benner, 18, University of Colorado, 21:48
2. Valerie Constien, 18, University of Colorado, 21:54
3. Katie Rainsberger16, Kokopelli Racing Team, Colorado Springs, CO, 22:11

MASTERS MEN (4 laps/8 km)

1. Jacques Sallberg, 40, Pasadena, CA, 26:29
2. Gregory Mitchell, 41, Bowerman Track Club, 26:44
3. Simon Gutierrez, 48, Boulder Running Company/adidas, 27:00

MASTERS WOMEN (3 laps/6 km)

1. Colleen De Reuck, 50, Colorado Racing Club, 22:26
2. Melody Fairchild, 41, Boulder Mountain Warriors, 22:29
3. Maureen Wrenn, 41, Boulder Mountain Warriors, 22:52

INDOOR TRACK**New Balance Indoor Grand Prix (20th)**

(IAAF Indoor Permit Meeting)

Boston, USA, 7 February

MEN**1000:**

1. Matthew Centrowitz, USA 2:17.00 WL/PB/MR
2. Pat Casey, USA 2:18.30 PB
3. Erik Sowinski, USA 2:19.12
4. Harun Abda, USA 2:20.33 PB
5. Ryan Martin, USA 2:22.58 PB

Mile:

1. Nick Willis, NZL 3:51.61 WL/PB/NR/MR
2. Ben Blankenship, USA 3:53.13 PB
3. Abdalaati Iguider, MAR 3:54.41 PB
4. Riley Masters, USA 3:56.15 PB
5. Craig Huffer, AUS 3:58.44

3000:

1. Dejen Gebremeskel, ETH 7:48.19
2. Bernard Lagat, USA (40+) 7:48.33 WR M40-44
3. Hassan Mead, USA 7:48.72
4. Will Leer, USA 7:48.80
5. Trevor Dunbar, USA 7:52.24

WOMEN**1000:**

1. Treniere Moser, USA 2:37.86 WL/PB
2. Mary Cain, USA 2:38.25 WJL
3. Molly Beckwith-Ludlow, USA 2:39.16
4. Stephanie Brown, USA 2:39.64 PB
5. Sanne Verstegen, NED 2:39.66 PB
6. Morgan Uceny, USA 2:39.99

2000:

1. Dawit Seyaum, ETH 5:35.46 WL/WJL/PB/MR
2. Sally Kipyego, KEN 5:40.35 PB
3. Emma Coburn, USA 5:41.11 PB

2 Mile:

1. Jenny Simpson, USA 9:18.35 NR/WL/PB
[4:42.64 / 4:35.71]
2. Sentayehu Ejigu, ETH 9:27.05
3. Buze Diriba, ETH 9:29.03 PB
4. Gotytom Gebreslase, ETH 9:31.41 PB
5. Stephanie Garcia, USA 10:04.14 PB

Distance Medley Relay:

1. New Balance USA 10:42.57 WR/NR
Sarah Brown [3:15.54], Mahogany Jones [53.59],
Megan Krumpoch [2:05.68], Brenda Martinez [4:27.77]
2. New York All Stars 10:42.79
Stephanie Charnigo [3:14.32], Katie Hoaldrige
[56.16], Latavia Thomas [2:04.18], Nicole Tully [4:28.14]
3. New Balance Ireland 11:03.07
Claire Tarplee [3:21.06], Christine McMahon [56.01],
Katie Kirk [2:09.46], Ciara Mageean [4:36.55]



Jenny Simpson with a cut-out of herself at the New Balance Grand Prix, where she set a US national record for 2 miles. [Chris Lotsbom/Race Results Weekly]

Copernicus Cup (1st)

Torun, POL, 3 February

MEN

800:

1. Adam KSZCZOT 89-09-02 POLAND(POL) 1:47.05
2. Timothy KITUM 94-11-20 KENYA(KEN) 1:47.54
3. Kamil GURDAK 90-10-17 POLAND(POL) 1:47.88 pb

WOMEN

800:

1. Jenny MEADOWS 81-04-17 GREAT BRITAIN(GBR) 1:59.85
2. Joanna JÓZWIK 91-01-30 POLAND(POL) 2:00.01 PB
3. Renata PLIS 85-02-05 POLAND(POL) 2:03.12 PB

Empire State Building Run-Up (38th)

New York, USA, 4 February

(Distance: About 320 m up 1576 steps)

MEN

1. Christian Riedl, GER, 10:16
2. Thorbjørn Ludvigsen, NOR, 10:19
3. Darren Wilson, 40, AUS, 10:53

WOMEN

1. Suzy Walsham, 41, AUS, 12:31
 2. Stephanie Hucko, 43, Charlotte, NC, 13:50
 3. Shari Klarfeld, 34, Plainview, NY, 13:55
-

SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

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	30:13	Lloyd Bosman	George	28 Jan
	28:59	Rui-Pedro Silva (POR)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	47:04	Melikhaya Frans	Port Elizabeth	17 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:46	Desmond Mokgobu	Benoni	25 Jan
	60:15	Vincent Yator Kipsegechi (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	80:54A	Sipho Mbanjuli	Pinetown	25 Jan
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:17:37	Lukas Jani	Dubai	23 Jan
	2:06:19	Moses Mosop Cheruiyot (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
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	33:39	Shawn Abrahams	Tokai	31 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	49:30	Simon Mpholo	Kempton Park	28 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	73:07	Simon Mpholo	Pretoria	31 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	96:50A	Samson Mnyango	Pinetown	25 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:52:57	Xolile Macanda	Camps Bay	04 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:58	Charles Tjiane	Benoni	25 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:32	Eric Coetzee	Athlone	07 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:13	Desmond Zibi	Port Elizabeth	17 Jan
	47:52	Titus Mamabolo (RSA) 1991		

21.1 km	78:37 66:42	Daniel Mothibe Martin Rees (GBR) 2003	Benoni	25 Jan
25 km	1:44:28A	Nicolas Dlamini	Pinetown	25 Jan
30 km	1:53:00	Eric Coetzee	Camps Bay	04 Jan
Marathon	2:57:26 2:19:29	David Gamede Titus Mamabolo (RSA) 1991	Benoni	25 Jan
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:17	Muhammad Kriel	Athlone	07 Feb
15 km	63:01	Muhammad Kriel	Constantia	10 Jan
21.1 km	94:47	John Woodnutt	Pretoria	24 Jan
25 km	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:22:09	Michael Langa	Hillcrest	08 Feb
100 km				
<u>Juniors</u>				
10 km	31:14 27:52	Lukhanyo Nobakada Richard Chelimo (KEN) 1990	Paarl	07 Feb
15 km	52:39 42:25	Lukhanyo Nobakada Moses Mosop (KEN) 2004	Constantia	10 Jan
21.1 km	78:02 59:16	Denzil Byman Samuel Wanjiru (KEN) 2005	Tokai	31 Jan
WOMEN				
<u>Open</u>				
10 km	34:39 31:25 30:21	Annie Bothma Ana-Dulce Felix (POR) Paula Radcliffe (GBR) 2003	Athlone	07 Feb
15 km	55:53	Annie Bothma	Durbanville	21 Jan
21.1 km	46:28 74:48 69:44 65:50	Tirunesh Dibaba (ETH) 2009 Irvette van Zyl Kimberly Conley (USA) Mary Keitany (KEN) 2011	Benoni	25 Jan
25 km	1:42:12A 79:53	Suzette Botha (vet) Mary Keitany (KEN) 2010	Pinetown	25 Jan
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
Marathon	1:38:49 2:39:45 2:19:52 2:15:25	Mizuki Noguchi (JPN) 2005 Tanith Maxwell Mare Dibaba Hurssa (ETH) Paula Radcliffe (GBR) 2003	Gran Canaria	25 Jan
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	39:27 32:14	Sandra van Graan Priscilla Welch (GBR) 1985	Athlone	07 Feb
15 km	61:36 60:02A 49:35	Ulrica Stander Ulrica Stander Priscilla Welch (GBR) 1985	Durbanville Camps Bay	21 Jan 04 Jan
21.1 km	87:46 69:56	Gillian Sieling Irina Permitina (RUS) 2009	Benoni	25 Jan
25 km	1:42:12A 82:13	Suzette Botha Mizuki Noguchi (JPN) 2005	Pinetown	25 Jan

30 km	2:11:00	Adele Waldron	Camps Bay	04 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	3:06:35	Julanie Basson	Benoni	25 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:39	Elmarie Coetzee	Athlone	07 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:39	Margie Saunders (60+) Port Elizabeth		17 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:40	Jane Mudau	Benoni	25 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:06:53A	Maria Wareing	Pinetown	25 Jan
30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	3:39:17	Cheryl Rudolph	Fish Hoek	17 Jan
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	49:58	Collette van Eck	Tokai	31 Jan
15 km	65:39	Margie Saunders	Port Elizabeth	17 Jan
21.1 km	1:44:11	Nancy Will	Cape Town	25 Jan
25 km	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:27:24	Nancy Will	Camps Bay	04 Jan
Marathon	4:50:22	Jeanette van Wyk	Fish Hoek	17 Jan
100 km				
<u>Juniors</u>				
10 km	37:13	Busisiwe Gwala	Athlone	07 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	61:52	Pamelia Moyikwa	Constantia	10 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:45:00	Jeannie de Beer	Pretoria	24 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, André Pienaar, Derrick Chamberlain, Top Events, Jasper Coetzee

Distance Running Results
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A promotional banner for the Cape Town 12 One Run. The background is a scenic view of a coastline at sunset or sunrise, with a runner in silhouette on a path. The banner includes the event logo, a call to action, the website, and sponsor logos.

ENTRIES NOW OPEN

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