

Distance Running Results

Vol. 15, No. 7 – 16 February 2015

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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.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.

EDITORIAL

A race is never over until you cross the finish line. This most basic of running laws was ignored (or forgotten) by defending champion and current SA marathon title holder Zintle Xiniwe in the takealot.com Cape Peninsula Half Marathon yesterday. Despite her vast experience, Xiniwe slowed down in the last 100 metres of the race and was passed in the final five metres by a sprinting Ulrica Stander for an upset victory. The 40-year-old Stander, twelve years Xiniwe's senior, had led for the first 17 km before Xiniwe went by on the most open stretch of the course next to the ocean where the howling headwind was at its strongest. Stander stayed in touch, though, and took her chance -- and the win -- with a strong finish at the end, clocking 1:25:45. The wind, a real "Black Southeaster" as it is called in Cape Town, made conditions very tough, with Zimbabwean Bernard Rukadza (2:25:45) and Tanith Maxwell (2:53:19), out on a testing-the-waters run for the Two Oceans Marathon in April, taking the marathon wins. The men's half marathon went to Virginia Ngudlumana with an easy win in 1:09:51. He had won



Above: Tanith Maxwell and Bernard Rukadza take line honours in the takealot.com Cape Peninsula Marathon after a windy run from Cape Town to Simon's Town yesterday. Right: Ulrica Stander wins the half marathon after passing Zintle Xiniwe (observed behind her) five metres from the finish line. [Jasper Coetzee]



the 1500 m at the League Meeting in Parow the previous afternoon - where the wind was also strong. (Results will appear in DRR next week.)

The point-to-point (and probably downhill) eDumbe Half Marathon and 10 km in Paulpietersburg produced fast times by Stephen Mokoka (64:52), Lineo Chaka (77:30), Lesiba Precious Mashele (29:44) and Lebo Phalula (34:03). Both 10 km times are faster than the list leaders on standard courses.

A "real" list leader of 42:44 was set by grandmaster Margie Saunders in the Metlife Mall/Die Burger Valentines 10 km in Port Elizabeth, where she -- as often happens -- beat both the first veteran and first master. In the open category Mapaseka Makhanya's 34:34 in the midweek Irene race leads the list.

The big news of the weekend was the new world half-marathon record of 65:09 by Florence Kiplagat in Barcelona. Running on the same course where she set world records for 20 km (61:56) and the half marathon (65:12) last year, Kiplagat this time set three pending IAAF world records (for a mixed gender race) at 15 km (46:14), 20 km (61:54) and the half marathon. "I began to believe I could break records at 11 km, then I got to 15 km and thought that was enough, especially as I am preparing for the London Marathon," *Race Results Weekly* reported Kiplagat saying. "I also had to ease back twice in the next five kilometres so I was amazed I was still on world record pace at 20 km."

In Seattle Dominique Scott set a new personal best and meeting record of 8:52.57 for 3000 m indoors.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * takealot.com Cape Peninsula Marathon & Half Marathon, Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half marathon)
- * Zabalaza Half Marathon & 10 km, Durban
- * eDumbe Half Marathon & 10 km, Paulpietersburg
- * Metlife Mall/Die Burger Valentines 10 km, Port Elizabeth
- * Bronkhorstspuit 32 km & 10 km, Bronkhorstspuit
- * KFC Valentine 10 km, Randburg
- * Spar Lantern Irene Nite Race, Irene
- * Palms Mall 15 km & 10 km, Vanderbijlpark

International highlights:

- * Mitja Maratón de Barcelona, Barcelona, ESP
 - * All-Japan Corporate Team Half-marathon Championships, Yamaguchi, JPN
 - * RAK Half Marathon, Ras Al Khaimah, UAE
 - * XC: Cinque Mulini, San Vittore Olona, ITA
 - * Indoor track: NYRR Millrose Games, New York, USA; Husky Classic, Seattle, USA
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NEWS

BORDER HALF-MARATHON COURSE WAS SHORT

Doubts were expressed in *Distance Running Results* last year (and also in previous years) about the length of the Border Masters Half Marathon, run on 8 February in East London on a point-to-point downhill course. Lusapho April won in 62:39 and Hanlie Botha in 75:50, a personal best. It was pointed out that Botha had never previously run faster than 79:27 on a standard course, and that her performance was more than 2½ min faster than René Kalmer's legitimate list leader at that time of the year! Using 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 figure for three athletes (including April and Botha) was -6.56 sec/km – well beyond the maximum allowable limit of -5 sec/km.

Because of road construction in that area of East London, the course was only recently validated and Tony Viljoen reported that it turned out to be 10 metres short. The drop in elevation is 147 m from start to finish, i.e. a massive 6.97 m/km.

CORRECTION

NOSA HILLCREST MARATHON

Some of the results of the NOSA Hillcrest Marathon (in last week's DRR) have been corrected. The main change affects the open women's listing, where Janie Grundlingh was left out, but actually won by almost 21 minutes; the correct result of the top five is:

1. Janie Grundlingh 3:00:54
2. Pat Dammann 3:21:47
3. Helen Buley 3:24:15
4. Nonsikelelo Mbamba 3:26:51
5. Lisa Collett 3:29:25

The correct time for the grandmaster winner, Merryl (not Merry) Duncan was 5:01:00. In the half marathon the winner of the masters category was Peter Sehloho in 1:23:55 (not Sifiso Mazibuko). The correct time for grandmaster winner Louis Fourie was 1:38:52.

ROAD RUNNING

takealot.com Cape Peninsula Marathon (48th) & Half Marathon (15th)

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

(Distances: 42.195 km & 21.1 km; certified point-to-point courses with no elevation loss.
Weather: cool, partly cloudy, breezy throughout, but very strong headwind over the last 10 km of both races.)

Note: Unfortunately deeper results were not available, especially in the half marathon, nor finisher figures. -- Ed.

Marathon

MEN

1. Bernard Rukadza (ZIM/Gugs), 33, 2:25:45 (R3500)
2. Sityhilo Diko (Ned), 23, 2:27:25 (R2000)
3. Ben Matiso (Itheko), 27, 2:27:30 (R1000)
4. Mthobeli Mathomane (Sat), 29, 2:32:09
5. Dicarado Jakobs (Itheko), 29, 2:32:24
6. Abongile Snyman (East), 31, 2:34:34
7. Wanda Roro (Itheko), 25, 2:35:57
8. Anda Lubbelwana (Hout), 28, 2:36:57
9. Admire Rushika (ZIM/VOB), 28, 2:38:26
10. Siyabonga Madala (Gugs), 29, 2:38:54
11. Luyanda Mapoyi (WR), 28, 2:40:08
12. Phumlani Nxusani (Ned), 27, 2:40:50
13. Mpendulo Sigwadi (Gugs), 28, 2:41:27
14. Imran Paya (MAW/Gugs), 37, 2:41:51
15. Reuben Mhashu (Hout), 26, 2:42:32

Veterans: 1. Tholang Moloi (SANDF), 46, 2:49:58 (R1200); 2. Nic de Beer (CMC), 41, 2:50:53 (R800); 3. Sihle Mapukata (Adidas), 38, 2:52:47 (R450). **Masters:** 1. Johnny Persents (WR), 50, 2:51:30 (R800); 2. Eric Mlonyeni (Strand), 55, 2:58:56 (R400); 3. Friedl van der Merwe (CMC), 54, 3:00:43 (R250). **G'masters:** 1. Muhammad Kriel (Ommie), 61, 3:26:38 (R750); 2. Brian Merryweather (Edge) 3:32:03 (R400); 3. Johannes Jacobs (Celtic), 61, 3:34:41 (R250). **G/g'masters:** 1. Brian Key (Forest), 76, 3:27:11 (R400); 2. Anthony Riddick (RWFL), 70, 3:41:37 (R300); 3. Joseph Matthews (MS), 70, 4:18:35 (R150).

WOMEN (Same prize money as men)

1. Tanith Maxwell (Boxer), 38, 2:53:19
2. Danette Smith (Ind), 26, 2:56:12 PB
3. Jacqui Bakkes (Paarl), 44, 3:02:08
4. Kerry-Ann Marshall (AAC), 31, 3:05:10
5. Candyce Hall (Carb), 30, 3:10:33
6. Lisl Grobler (Knysna), 38, 3:11:27
7. Susan de Wet (CMC), 39, 3:13:33
8. Ursula Frans (Ned), 46, 3:16:03
9. Kutlwano Ramaboa (WC), 38, 3:16:22
10. Funeka Zaula (Makana), 30, 3:18:04
11. Thalia Charalambous (ATC), 25, 3:18:20
12. Phathiswa Dyalvane (Gugs), 29, 3:21:26
13. Theresa Brand (Bell), 41, 3:21:30
14. Sylvie Scherzinger (VOB), 43, 3:22:11
15. Robyn Hopkinton (WR), 39, 3:23:57

Veterans: 1. Jacqui Bakkes (Paarl), 44, 3:02:08; 2. Ursula Frans (Ned), 46, 3:16:03; 3. Theresa Brand (Bell), 41, 3:21:30. **Masters:** 1. Elizabeth Bax (Pine), 54, 3:38:55; 2. Vivien Fransman (Namaq), 55, 3:44:54; 3. Matilda le Roux (Durb), 53, 3:53:51. **G'masters:** 1. Nancy Will (Pine), 62, 3:30:47; 2. Styntjie Prins (Paarl), 60, 3:51:39; 3. Annelie van der Linde (Durb) 4:05:19. **G/g'masters:** 1. Avril Delapelin Dumont (WC), 70, 5:16:48; 2. Helene Daneel (Bell), 70, 5:33:41.

Half marathon

MEN

1. Virginia Ngudlumana (Itheke), 25, 1:09:51 (R1750)
2. Peter Tsawayo (ZIM), 34, 1:11:23 (R1000)
3. Michael Bailey (Ind), 32, 1:14:09 (R500)
4. Babalo Hambu (Itheke), 20, 1:15:31
5. Shawn Abrahams (Celtic), 44, 1:15:31

Veterans: 1. Shawn Abrahams (Celtic), 44, 1:15:31 (R600); 2. Pieter Koopman (Itheke), 40, 1:15:32 (R400); 3. Graham Katzen (Celtic), 44, 1:17:29 (R200). **Masters:** 1. Gemjikile Tom (Eskom), 59, 1:35:41 (R400); 2. Dave Ockhuis (Eerste), 51, 1:35:48 (R200); 3. Dries Swart (CMC), 50, 1:35:49 (R120). **G'masters:** 1. Christian Edwards (VOB), 62, 1:39:08 (R350); 2. Herman van der Merwe (Kruger), 62, 1:43:33 (R200); 3. Ronnie le Roux (Bell), 69, 1:47:20 (R120). **G/g'masters:** 1. Roelof van Weele (Whalers), 71, 1:53:46 (R200); 2. Yusuf Gamielien (Itheke), 74, 2:07:43 (R150); 3. Sydney Cullis (WPCC), 72, 2:15:18 (R100). **Juniors:** 1. Gershwin Kammies (Sanlam), 19, 1:29:02 (R200); 2. Mogamad Ally (Ommie), 19, 1:31:27 (R150); 3. Yanga Keli (Sanlam), 17, 1:36:55 (R100).

WOMEN (Same prize money as men)

1. Ulrica Stander (Ind), 40, 1:25:45
2. Zintle Xiniwe (Ind), 28, 1:25:49 1000
3. Tanya Posthumus-Fox (CC), 34, 1:31:48

4. Busisiwe Matiwane (Celtic), 39, 1:32:35
5. Ursula Turck (Strand), 42, 1:33:27

Veterans: 1. Ulrica Stander (Ind), 40, 1:25:45; 2. Ursula Turck (Strand), 42, 1:33:27; 3. Ester Brink (Strand), 49, 1:35:34. **Masters:** 1. Charmaine Cupido (Ned), 59, 1:39:58; 2. Zahn Munch (Stell), 51, 1:42:50; 3. Georgina Andraos (VOB), 52, 1:42:57. **G'masters:** 1. Helen du Plessis (Tyger), 62, 1:53:43; 2. Louisa van der Westhuizen (Stell), 60, 1:57:49; 3. Theresa Isaacs (VOB), 63, 2:12:06. **G/g'masters:** 1. Marlene James (Pine), 71, 2:13:57; 2. Wilbé Fourie (Strand), 70, 2:19:12; 3. Heather Cooke (Ind), 74, 2:30:09. **Juniors:** 1. Qudsiyyah Ceres (Ommie), 17, 2:23:30; 2. Katharina Gensicke (Pine), 18, 2:36:09; 3. Mishkah Mohamed (Central), 18, 2:53:00.

Zabalaza Half Marathon & 10 km

Durban, 15 February

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 137; 10 km -- 87.)

Half marathon

MEN

1.	Nkosihona Mhlakwana	Durban Runner	69:33
2.	Andele Dlamini	Hammersdale AC	70:37
3.	Shingi Badza	ZIM/Maxed Elite	75:54
4.	Mdumiseni Zondi	Natal Carb	76:41
5.	Vincent Zungu	Ind	77:23

40-49:

1.	Shingi Badza	ZIM/Maxed Elite	75:54
2.	Mbongeni Sosibo	Nedbank AC	78:16
3.	Isaac Sithole	Hammersdale AC	94:00

50-59:

1.	Nicholas Dlamini	Boxer AC	91:27
2.	Siyabonga Jali	Boxer AC	102:40
3.	Broughton Lloyd	Virginia AC	114:16

60-69:

1.	Amos Ntuli	Hammersdale AC	110:46
2.	Bill Hoof	H/Quins	112:30
3.	Jan Shaw	Natal Carb	132:56

70+:

1.	Barry Varty	YWP AC	140:54
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WOMEN

1.	Puseletso Dladla	Savages	91:24
2.	Nonsikelelo Mbambo	Natal Carb	91:40
3.	Tammy Dennill	West AC	111:01
4.	Zukiswa Nondabula	Phuma KZN	114:05
5.	Dawn Mackey	QBH	114:39

40-49:

1.	Tammy Dennill	West AC	111:01
2.	Dawn Mackey	QBH	114:39
3.	Gertrude Sosibo	Chatsworth AC	131:01

60-69:

1.	Pat Fischer	Stella AC	124:05
2.	Denise Reynecke	QBH	141:06

10 km**MEN**

1.	Kwakhiwakwakhe Ngubane	Nedbank AC	35:05
2.	Ndumiso Ndlovu	Eskom A K	35:23
3.	Sandile Majola	Eskom A K	42:39

50-59:

1.	Patrick Wynne	West AC	56:50
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60-69:

1.	Iam Abrams	Natal Carb	57:40
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70+:

1.	Fred Moodley	Gem Sports	69:57
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Juniors:

1.	Ndumiso Ndlovu	Eskom A K	35:23
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WOMEN

1.	Sthembe Radebe	Shongweni AC	45:21
2.	Sandy Fismer	Hilton Harr	53:11
3	Monique Gallairs-Ward	Riverside Harr	53:45

40-49:

1.	Cynthia Radebe	Shongweni AC	62:57
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60+:

1.	Sandy Fismer	Hilton Harr	53:11
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70+:

1.	Gill Tregenna	West AC	59:19
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eDumbe Half Marathon & 10 km

Paulpietersburg, 15 February

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

Note 1: Last year these two races, which are point to point and probably downhill, returned Race Time Bias (RTB) figures of -8.40 sec/km and -4.54 sec/km respectively and the times were disregarded for statistical purposes. This year the calculation of the RTB, a formula established by Ken Young of *The Analytical Distance Runner*, in which runners' times are compared to what one could expect them to run (based on their most recent performances), gives figures of -1.27 sec/km (15 time comparisons) for the half marathon and -1.1 sec/km for the 10 km (9 comparisons). The times therefore seem to be acceptable. -- Ed.

Note 2: The first woman in the junior category in the 10 km is not a junior anymore, as she was born in 1995, so Nondumiso Sithole is the real winner here. DRR has corrected many names; there may be even more undetected mistakes. -- Ed.

Half marathon**MEN**

1	Stephen Mokoka	Transnet	1:04:52
2	Sibabalwe Gladwin Mzazi	Transnet	1:05:15
3	David Manja	Nedbank	1:05:17
4	Siyabonga Nkonde	Boxer	1:05:41
5	Sibusiso Nzima	Nedbank	1:06:00
6	Philani Buthelezi	Boxer	1:06:08
7	Myiswa Lameck	Nedbank	1:06:13
8	Luwis Masunda	ZIM/Nedbank	1:06:48
9	George Majaji	ZIM	1:06:48
10	Teboho Sello	LES/Maxy	1:06:54

Veterans:

1	Justice Nkosi	Phuma	1:14:30
2	Bongani Ngobese	Osizweni	1:18:16

Masters:

1	Sipho Masambizi	Boxer	1:27:11
2	Maxwell Mngwengwe	Nedbank	1:30:20

G'masters:

1	S.R. Dlomo	Phongolo	1:49:35
2	Isaac Manyika	Nedbank	1:51:13

Juniors:

1	Mduduzi Hlatshwayo	Sinest Home	1:12:22
2	Sibusiso Hlophe	eDumbe	1:14:25

WOMEN

1	Lineo Chaka	LES/Nedbank	1:17:30
2	Lebogang Phalula	Transnet	1:18:40
3	Rutendo Nyahora	ZIM/Nedbank	1:19:10
4	Poppy Mlambo	Boxer	1:23:04
5	Louisa Leballo	Transnet	1:23:16
6	Winile Mnisi	SWZ/Transnet	1:36:00
7	Smangele Mahlambi	AAS	1:39:31
8	Phumzile Maphalala	Msukaligwa	1:40:48
9	Priscilla Dlamini	SWZ	1:42:16
10	Philile Smelane	Nedbank	1:47:10

Veterans:

1	Priscilla Dlamini	SWZ	1:42:16
2	Lungile Nkosi	Eskom	1:55:27

Masters:

1	Xolisile Mwelase	Puma KZN	1:55:04
2	Cathy de Beer	Vryheid	2:09:15

G'masters:

1	Lorraine van der Nest	Vryheid	2:30:53
2	Ivy Lotterine	Wings	2:48:22

10 km**MEN**

1	Lesiba Precious Mashele	Transnet	29:44
2	Lukas Jani	Transnet	29:53
3	Ayanda Mncube	Phantane	30:00
4	Givemore Mudzinganyama	ZIM/Cool Running	30:07
5	Sootho Raletsebele	LES	30:13

Veterans:

1	Mxolisi Dlodlu	Leopard	35:30
2	Wilson Mpalala	Nedbank	n/t

Masters:

1	Magic Hlatshwayo	Klip River	47:50
2	Linda Zulu	Vryheid	1:03:05

G'masters:

1	Malcolm Ball	Collegians	1:17:06
2	Smuts van der Nest	Vryheid	1:19:39

Juniors:

1	Anele Hadebe	eDumbe	32:11
2	Siphesihle Ndaba	KRS	n/t
3	Bongani Nkosi	eDumbe	n/t

WOMEN

1	Lebo Phalula	Boxer	34:03
2	Glenrose Xaba		35:33
3	Nobuhle Mahlangu	ZIM	38:11
4	Silindile Chili	Chesterville	40:02
5	Xolile Madida	Natal Carbineers	40:07

Veterans:

1	Sarah Mahlangu	Wesrand	43:32
2	Hleziphi Ncayiyana	Nedbank	48:55

Juniors:

1	Nokuphiwo Maziya	ASS	43:51 [not a junior anymore]
2	Nondumiso Sithole	Klipriver	45:42

Metlife Mall/Die Burger Valentines 10 km

Port Elizabeth, 14 February

Loop course. Finishers: 677 [significantly up from 484 last year].)

MEN

1	Melikhaya	Frans	Tinarha AC	23	30:40
2	Mariano	Eesou	Madibaz AC	23	30:41
3	Zolani	Ngqaqa	Madibaz AC	26	31:26
4	Amos	Nyongo	Temp	28	31:54
5	Sibusiso	Thu	Transnet Eng EP	27	33:22
6	Melikhaya	Malinga	Tinarha AC	34	34:03
7	Brendon	Effenaar (1st jun)	Nedbank RC EP	18	34:09
8	Mvuyisi	Googeo	Temp	25	34:16
9	Mila	Pasiya	Nedbank RC EP	35	34:31
10	Zolile	Mhlahlo (1st vet)	Achilles AAA	40	34:49
11	Ricardo	Plaatjies	X-Cel AC	32	35:04
12	Mzamo	Fokwana	Charlo AC	37	35:06
13	Terrance	Mjekula	Charlo AC	42	35:06
14	Zamubuntu	Teyise	Charlo AC	38	35:32
15	Duwayne	Lucas	Aspen Pharmacare	25	35:56
16	Thobile	Xata	Bluewater Bay	40	35:57
17	Tumelo	Mochelenyane	Nedbank RC EP	32	36:27
18	Desmond	Zibi (1st mast)	Achilles AAA	51	36:41
19	Thembekile	Msipa	Charlo AC	40	36:52
20	Lufeze	Xinwa	Transnet Eng EP	28	37:08

40-44:

1	Zolile	Mhlahlo	Achilles AAA	40	34:49
2	Terrance	Mjekula	Charlo AC	42	35:06
3	Thobile	Xata	Bluewater Bay	40	35:57

45-49:

1	Freek	Daniels	Transnet Eng EP	48	38:50
2	Chris	Darke	Charlo AC	46	40:05
3	Vernon	Newfeldt	Gelvan AC	48	40:52

50-54:

1	Desmond	Zibi	Achilles AAA	51	36:41
2	Darrell	Wicht	Warriors AC	51	37:31
3	Kenneth	Menze	Bluewater Bay	53	37:34

55-59:

1	Disemba	Blou	Charlo AC	56	43:03
2	Gerrie	Hermann	Kouga Multi SC	58	43:09

3	Leonard	Erasmus	Gelvan AC	57	43:16
60-64:					
1	Armin	Brandle	Charlo AC	63	51:24
2	Riaan	Smalberger	St Albans CS EP	60	52:35
3	Mbulelo	Sobikwa	Madibaz AC	60	54:28
65-69:					
1	Hannes	Els	Warriors AC	65	42:54
2	Cilliers	Swart	Nedbank RC EP	68	46:48
3	Johannes	Herbst	Muirite Striders	69	51:06
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	72	47:00
2	Ron	Clark	Bluewater Bay	72	51:16
3	Herman	Dekker	SAP MC EP	70	54:45
75-79:					
1	Donald	Flynn	Temp	77	1:29:49
80+:					
1	Wells	Anderson	PEAAC	82	1:08:44
Juniors:					
1	Brendon	Effenaar	Nedbank RC EP	18	34:09
2	Judaïd	Marais	X-Cel AC	18	37:55
3	Thuso	Lomberg	Bluewater Bay	16	40:22
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC EP	33	37:10
2	Natalie	Ross	Temp	24	38:58
3	Jamie-Lee	Schlemmer (1st jun)	Madibaz AC	18	39:00
4	Ndileka	Mvakwendlu	Tinarha AC	24	40:57
5	Siphokazi	Nojoko	Motherwell AC	20	41:00
6	Terri-Lynn	Penney	Run For Life EP	37	42:14
7	Margie	Saunders (1st g'mast)	Nedbank RC EP	61	42:44
8	Jene	Banfield (1st vet)	Run For Life EP	44	42:53
9	Christine	Claasen (1st mast)	Achilles AAA	50	43:03
10	Grizelda	Pietersen	Temp	46	44:25
11	Janette	Schierz-Crusius	Body Concept	54	44:55
12	Camarin	Van Eyk	Nedbank RC EP	32	45:08
13	Sime	Baynes	Elite AC	31	45:34
14	Catherine	Curtain	Muirite Striders	44	46:20
15	Hanlie	Van der Westhuizen	Despatch AC	58	46:25
16	Janine	Gardiner	Charlo AC	33	46:41
17	Laura	Maritz	Elite AC	54	46:51
18	Terray	Newcombe	Elite AC	24	46:52
19	Lindie	Steyn	Charlo AC	27	47:12
20	Talana	Vosloo	Nedbank RC EP	33	49:01
40-44:					
1	Jene	Banfield	Run For Life EP	44	42:53
2	Catherine	Curtain	Muirite Striders	44	46:20
3	Melanie	Silver	VW AC	41	51:47
45-49:					
1	Grizelda	Pietersen	Temp	46	44:25
2	Desiree	Ebrahim	Gelvan AC	49	50:33
3	Judy	Beens	Charlo AC	48	52:01
50-54:					
1	Christine	Claasen	Achilles AAA	50	43:03
2	Janette	Schierz-Crusius	Body Concept	54	44:55
3	Laura	Maritz	Elite AC	54	46:51
55-59:					

1	Hanlie	Van der Westhuizen	Despatch AC	58	46:25
2	Amanda	Wolmarans	Walmer AC	56	52:32
3	Lynette	Crause	Walmer AC	55	55:29
60-64:					
1	Margie	Saunders	Nedbank RC EP	61	42:44
2	Jos	Els	Warriors AC	62	57:52
3	Sharon	Brown	PEAAC	61	1:16:05
65-69:					
1	Helene	Oppel	Crusaders AC	65	1:00:55
2	Christine	Fourie	Elite AC	68	1:02:55
3	Jeanette	Pienaar	PEAAC	66	1:08:32
70-74:					
1	Ronelle	Steyn	Temp	70	1:10:29
2	Orgia	Nell	Muirite Striders	71	1:10:40
3	Isabella	Childs	Walmer AC	73	1:13:19
75-79:					
1	Dorothy	Hart	Madibaz AC	76	1:18:52
Juniors:					
1	Jamie-Lee	Schlemmer	Madibaz AC	18	39:00
2	Shannon	Farmer	Temp	17	51:39
3	Sisanda	Sam	Temp	18	1:01:12

Bronkhorstspuit 32 km & 10 km

Bronkhorstspuit, 14 February

(Loop courses. Finishers: 32 km -- 1700; 10 km -- 950.)

Note: The 32 km was approximately 600 metres too long. -- Ed.

32 km

MEN

1 Altus Badenhorst (Nedbank) 1:53:32; 2 Michael Kipyego (KEN/Nedbank) 1:54:46; 3 William Chinyanga (ZIM/Nedbank) 1:55:23.

Veterans: 1 Greg Barnes (Born 2 Run) 1:59:58; 2 Nikky Masombuko (Nedbank) 2:01:19; 3 Radiseswane Maleka (Kwa-Thema) 2:06:27. **Masters:** 1 Tony da Matta (BNAC) 2:26:19; 2 Nuno Thomaz (Runavation) 2:35:08. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 2:13:14. **G/g'masters:** 1 Bert v.d. Raad (ACRW) 3:36:16.

WOMEN

1 Riana van Niekerk (Nedbank) 2:18:02; 2 Caroline Wostmann (Nedbank) 2:20:20; 3 Marcel Coetzee (Runavation) 2:26:22.

Veterans: 1 Anel Vorster (Irene) 2:36:23; 2 Vanessa Bowman (Kempton) 2:37:05; 3 Zelda Breytenbach (Irene) 2:38:00. **Masters:** 1 Ansie Breytenbach (Irene) 2:34:26; 2 Louise Goosen (Kempton) 2:48:37. **G'masters:** 1 Lettie Coetzee (Goudveld) 3:27:35.

10 km

MEN

1 Bafana Dube (Transnet) 31:03; 2 Steve Ngqala (Transnet) 31:49; 3 Colin Parura (Nedbank) 32:10.



The winners of the Bronkhorstspuit 32 km, Riana van Niekerk and Altus Badenhorst. [Allie van Niekerk]

Veterans: 1 Piet Mosibedi (Transnet) 34:50. **Masters:** 1 Nel Mtsweni (Transnet) 38:41. **G'masters:** 1 Daniel Mtsweni (Nedbank) 45:10. **G/g'masters:** 1 Danie Roux (Kempton) 63:26. **Juniors:** 1 Morne Olivier (Tuks) 35:31.

WOMEN

1 Portia Ngwenya (TUT) 38:39; 2 Jaquie v.d. Waals (Irene) 39:50 (1st vet); 3 Tholoana Peu (TUT) 40:59 (1st jun).

Veterans: 1 Jaquie v.d. Waals (Irene) 39:50. **Masters:** 1 Mariet Geyer (Benoni High) 47:41. **G'masters:** 1 Elsa Meyer (Irene) 63:17. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 54:34. **Juniors:** 1 Tholoana Peu (TUT) 40:59.

KFC Valentine 10 km

Randburg, 13 February

(Loop course. Finishers: 5100 [significantly up from 4300 last year].)

MEN

1 Sibusiso Nzima (Nedbank) 31:19; 2 Lebogang Masilo (Transnet) 31:41; 3 Edwin Khonkhobe (Samancor) 31:59.

Veterans: 1 Simon Mpholo (Nedbank) 32:57; 2 Zongamele Dyubeni (Nedbank) 33:53; 3 Peter Masia (RAC) 36:15. **Masters:** 1 Dan Mothibe (RunAvation) 37:07; 2 Reform Ndlovu (Randburg) 37:20; 3 Sontaga Mabala (Breakthru Midrand) 40:09. **G'masters:** 1 Stephen Seema (SAPS) 41:45; 2 Don Charles (Nedbank) 44:16. **G/g'masters:** 1 Pele Tshikundamalema (Olifantsfontein) 47:44. **Juniors:** 1 Katlego Masilela (Carlton) 35:18; 2 Thato Rampa (GS) 35:24; 3 Daniel Ellis (FFA) 43:27.

WOMEN

1 Alemtsehay Hailu Kakissa (ETH/Nedbank) 37:25; 2 Andronica Mokgotla (Nedbank) 41:04; 3 Maria Vilikazi (RWFL) 42:09.

Veterans: 1 Thuli Mbatha (Kathlehong) 43:52; 2 Ester Schmidt (Old Eds) 44:30; 3 Sarah Mahlangu (West Rand) 45:35. **Masters:** 1 Sarah Crooks (Randburg) 49:00; 2 Sue Robertson (RAC) 55:01; 3 Cynthia Mkovane (Ricoh) 55:14. **G'masters:** 1 Sonja Laxton (RAC) 55:40; 2 Joan de Klerk (RAC) 59:38. **G/g'masters:** 1 Deirdre Larkin (Randburg) 67:21. **Juniors:** 1 Donè Grove (Nedbank) 42:51; 2 Rachel Leistra (FFA) 42:56; 3 Tinyika Maluli (Blue Sky) 43:41.

Spar Lantern Irene Nite Race

Irene, 11 February

(Distance: 10 km; out-and-back course. Weather: Hot with clear skies. Finishers: 2293.)

MEN

1. Lucky Mohale (Ind) 30:20; 2. Phillimon Mathiba (Ind) 30:25; 3. Lukas Jani (Trans) 30:28.

Veterans: 1. Enoch Skosana (Ned) 33:17; 2. Peter Medupe (Ned) 34:13. **Masters:** 1. Sam Ndala (Ned) 43:03. **G'masters:** 1. Francis Mukuka (ZAM/Phob) 37:57. **G/g'masters:** 1. Pele Tshikundamalema (Olifants) 46:41. **Juniors:** 1. Rian Botes (VTM) 49:58.

WOMEN

1. Mapaseka Makhanya (Ned) 34:34 CR; 2. Thembi Baloyi (TUT) 38:29; 3. Prudence Zwane (Trans) 38:51 (1st vet).

Veterans: 1. Prudence Zwane (Trans) 38:51; 2. Marcelle Moorcroft (PMMC) 56:58.
Masters: 1. Elsabe Brink (Runa) 45:26. **G'masters:** 1. Lettie Coetzee (Goud) 57:01.
G/g'masters: 1. Deirdre Larkin (RH) 68:32. **Juniors:** 1. Tholoana Peu (TUT) 42:01.

Palms Mall 15 km & 10 km

Vanderbijlpark, 11 February

(Loop courses. Finishers: 15 km – 150 [down from 170 last year]; 10 km – 280 [slightly up from 275].)

15 km

MEN

1 David Ngakane (Nedbank) 45:20; 2 Sibisiso Nzima (Nedbank) 46:25; 3 William Mokwalakwala (Brooks) 46:51.

Veterans: 1 Henk du Plessis (Arcelor Mittal) 61:02. **Masters:** 1 Khabi Motaung (Vaal) 65:04. **G'masters:** 1 Peter Watson (Dome) 73:54.

WOMEN

1 Lebo Mofokeng (Temp) 65:13; 2 Catherine Naane (Sibanye) 67:11 (1st vet); 3 Paulina Mokoena (Nedbank) 68:45.

Veterans: 1 Catherine Naane (Sibanye) 67:11. **Masters:** 1 Lynne Nicholas (JHAC) 1:44:04.

10 km

MEN

1 Kagiso Mofokeng (Temp) 31:50; 2 Puseletso Mofokeng (VUT) 30:59; 3 Peter Makgwadi (Rand Water) 32:00.

Veterans: 1 Jacob Rathaba (Dome) 34:08. **Masters:** 1 Fritz Terrence (Temp) 44:00.
G'masters: 1 Pieter Meyer (Midas) 49:40.

WOMEN

1 Simangele Mabuza (Transnet) 41:57; 2 Florence Molawa (Arcelor Mittal) 46:59 (1st vet); 3 Erica Hamilton (Vaal) 47:02.

Veterans: 1 Florence Molawa (Arcelor Mittal) 46:59. **Masters:** 1 Erica Hamilton (Vaal) 47:02. **G'masters:** 1 Marietjie Olen (Arcelor Mittal) 52:02.

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

Mitja Maratón de Barcelona (25th)

Barcelona, ESP, 15 February

(Distance: 21.1 km; two-loop course [two different loops]; negligible start/finish separation)

MEN (gun times)

1. Tadesse Abraham, SUI	1:00:42 PB
2. Getu Feleke, ETH	1:00:45
3. Azmeraw Mengistu, ETH	1:00:48 PB

4. Yitayal Atanfu, ETH 1:01:16
5. Fentahun Hunegnaw Simeneh, ETH 1:01:18 PB
6. Abel Kirui, KEN 1:01:22
7. Luka Rotich, KEN 1:02:20
8. Emmanuel Mutai, KEN 1:03:13
9. Henry Sang, KEN 1:03:45
10. Hendrick Pfeiffer, GER 1:04:27 PB

WOMEN (gun times)

1. Florence Kiplagat, KEN 1:05:09 WR*
[15:39 / 31:02 / 46:14 WR* / 1:01:54 WR*]
2. Lizzie Lee, IRL 1:14:06 PB
3. Charlotte Karlsson, SWE 1:15:25 PB
4. Fatima El Aouja, ESP 1:16:04 PB
5. Adeline Roche, FRA 1:16:12 PB

All-Japan Corporate Team Half-marathon Championships (43rd)

Yamaguchi, JPN, 15 February

(Distances: 21.1 km and 10 km [women only])

Note: Astounding depth here -- 27 men under 63 minutes and 16 women under 73! -- Ed.

Half marathon (gun times)

MEN

1. Charles Ndirangu (KEN) 1:00:18 PB/CR
2. Macharia Ndirangu (KEN) 1:00:30 PB
3. Masato Kikuchi 1:00:32 PB
[57:24 at 20 km = NR]
4. Jacob Wanjuki (KEN) 1:01:05
5. Keita Shitara 1:01:12 PB
6. Shota Hattori 1:01:25 PB
7. Johana Maina (KEN) 1:01:29 PB
8. Taku Fujimoto 1:01:31 PB
9. Yuji Osuda 1:01:40 PB
10. Kenta Matsumoto 1:01:55 PB
11. Chihiro Miyawaki 1:02:18
12. Keita Baba 1:02:23 PB
13. Shuji Matsuo 1:02:25 PB
14. Shusei Ohashi 1:02:27 PB
15. Kenta Kitzawa 1:02:32 PB
16. Takuya Fukatsu 1:02:36
17. Kazuyoshi Shimoizato 1:02:44
18. Tomoya Shirayanagi 1:02:45 PB
19. Masaru Aoki 1:02:45 PB
20. Kyohei Nishi 1:02:45 PB
21. Yoshihiro Yamamoto 1:02:47
22. Ryotaro Otani 1:02:48 PB
23. Ryuji Okada 1:02:48 PB
24. Norihiro Komatsu 1:02:49 PB
25. Kenta Matsubara 1:02:50 PB
26. Nobuyuki Matsumoto 1:02:52 PB
27. Shota Kai 1:02:53

WOMEN

1. Michi Numata 1:09:27 PB
2. Mai Ito 1:09:57 PB

3. Reia Iwade	1:10:13
4. Misaki Kato	1:10:43
5. Rina Yamazaki	1:10:57
6. Yoko Shibui	1:11:00
7. Yuka Yano	1:11:11 PB
8. Yurie Doi	1:11:28
9. Kotomi Takayama	1:11:48
10. Ai Inoue	1:11:53 PB
11. Eri Hayakawa	1:11:55
12. Sayaka Kurogi	1:12:28 PB
13. Mizuki Tanimoto	1:12:39 PB
14. Yuko Mizuguchi	1:12:44
15. Mami Onuki	1:12:48 PB
16. Shoko Shimizu	1:12:55 PB
17. Akane Yabushita	1:13:11 PB

10 km (gun times)

WOMEN

1. Yuika Mori	32:26 PB/CR
2. Yuka Miyazaki	32:29 PB
3. Sakiho Tsutsui, 1996	32:30 PB
4. Yuki Mitsunobu	32:38 PB
5. Riko Matsuzaki	32:41 PB
6. Nami Hashimoto	32:45 PB
7. Nao Isaka	33:05 PB
8. Ai Utsunomiya	33:11 PB
9. Mai Ishibashi	33:16
10. Eri Hashimoto	33:20 PB

RAK Half Marathon (9th)

Ras Al Khaimah, UAE, 13 February

(Distance: 21.1 km; IAAF certified loop course)

MEN (gun times)

1. Mosinet Geremew, ETH	1:00:05	AED 37,500* (=USD 10,210)
2. Daniel Wanjiru, KEN	1:00:06	26,250*
3. Jonathan Maiyo, KEN	1:00:08	18,750*
4. Edwin Kiptoo, KEN	1:00:11 PB	13,500*
5. Mike Kigen, KEN	1:00:14	11,250*
6. Eliud Kipchoge, KEN	1:00:50	10,000
7. Tsegaye Mekonnen, ETH	1:01:05 PB	7,500
8. Abera Kuma, ETH	1:01:07	5,500
9. Demessew Tsega, ETH	1:01:36 PB	3,500
10. Peter Cheruiyot Kirui, KEN	1:03:32	2,000

*) Prize money for top-5 men reduced by 25% for times slower than 60:00

WOMEN (gun times)

1. Mary Keitany, KEN	1:06:02	AED 50,000 (=USD 13,613)
2. Mamitu Daska, ETH	1:06:28 NR	35,000
3. Cynthia Limo, KEN	1:07:02 PB	25,000
4. Josephine Chepkoech, KEN	1:07:32 PB	18,000
5. Worknesh Degefa, ETH	1:10:45	11,250*
6. Meseret Hailu, ETH	1:10:58	10,000
7. Philes Ongori, KEN	1:12:15	7,500
8. Belainesh Yami, ETH	1:17:21	5,500

- | | | |
|------------------------------|---------|-------|
| 9. Anne-Mari Hyrylainen, FIN | 1:17:47 | 3,500 |
| 10. Meskerem Hunde, ETH | 1:22:42 | 2,000 |

*) Prize money for top-5 women reduced by 25% for times slower than 70:00

CROSS-COUNTRY

Cinque Mulini (83rd)

San Vittore Olona, ITA, 15 February

MEN (10.2km)

- | | |
|---------------------------|-------|
| 1. Muktar Edris, ETH | 33:50 |
| 2. Alex Kibet, KEN | 33:59 |
| 3. Jairus Birech, KEN | 34:08 |
| 4. Olivier Irabaruta, BDI | 34:16 |
| 5. Yassine Rachik, ITA | 34:38 |

WOMEN (6.45km)

- | | |
|-------------------------|-------|
| 1. Violet Jelagat, KEN | 24:40 |
| 2. Ana Dulce Félix, POR | 25:02 |
| 3. Valeria Roffino, ITA | 25:10 |
| 4. Mercy Chalangat, UGA | 25:22 |
| 5. Caryl Jones, GBR | 25:30 |

INDOOR TRACK

NYRR Millrose Games (108th)

New York, USA, 14 February

Note: Bernard Lagat smashed Eamonn Coghlan's 1994 world record for veterans, 3:58.15, with his 3:54.91. -- Ed.

MEN

1000:

- | | | |
|------------------|---------------|------------|
| 1. Erik Sowinski | Nike | 2:21.18 |
| 2. Robby Andrews | adidas | 2:21.23 |
| 3. Drew Windle | Ashland Univ. | 2:22.91 PB |

NYRR Wanamaker Mile:

- | | | |
|---------------------------|--------------|----------------|
| 1. Matthew Centrowitz | Nike OP | 3:51.35 WL |
| [Final 200 meters: 26.84] | | |
| 2. Nick Willis | adidas (NZL) | 3:51.46 PB |
| [Final 200 meters: 26.64] | | |
| 3. Pat Casey | Nike OTC | 3:54.36 PB |
| 4. Bernard Lagat | Nike | 3:54.91 WR M40 |
| 5. Evan Jager | Nike BTC | 3:55.25 PB |
| 6. Chris O'Hare | adidas (GBR) | 3:55.35 |
| 7. Leo Manzano | HOKA ONE ONE | 3:56.05 PB |
| 8. Edward Cheserek | Oregon (KEN) | 3:56.43 PB |
| 9. Lawi Lalang | Nike (KEN) | 3:57.15 |
| 10. John Gregorek | Oregon | 3:57.47 PB |
| 11. Kyle Merber | HOKA / NJNYT | 4:05.96 |
| 12. Will Leer | Nike | 4:10.21 |

En Route 1500:

1. Nick Willis	adidas (NZL)	3:36.73
2. Matthew Centrowitz	Nike OP	3:36.73
3. Pat Casey	Nike OTC	3:38.28 PB
4. Bernard Lagat	Nike	3:40.20 WR M40
5. Chris O'Hare	adidas (GBR)	3:40.42
6. Evan Jager	Nike BTC	3:40.88 PB
7. Leo Manzano	HOKA ONE ONE	3:40.92
8. Lawi Lalang	Nike (KEN)	3:41.05
9. Edward Cheserek	Oregon (KEN)	3:41.19 PB
10. John Gregorek	Oregon	3:41.76 PB

3000:

1. Eric Jenkins	Oregon	7:44.91 PB
2. Will Geoghegan	Oregon	7:45.71 PB
3. Andy Bayer	Nike BTC	7:52.47

5000:

1. Lopez Lomong	Nike BTC	13:27.60
2. Ryan Hill	Nike BTC	13:27.80 PB
3. Suguru Osako	Nissin Foods (JPN)	13:28.00 PB

WOMEN

800:

1. Ajee' Wilson	adidas	2:01.57
2. Charlene Lipsey	adidas (CAN)	2:02.91 PB
3. Latavia Thomas	NJ-NY TC	2:03.12

NYRR Wanamaker Women's Mile:

1. Shannon Rowbury	Nike OP	4:24.32
[Final 200: 33.84]		
2. Treniere Moser	Nike OP	4:27.49 PB
3. Stephanie Charnigo	NJ-NY TC	4:28.02 PB
4. Jordan Hasay	Nike OP	4:28.27 PB
5. Morgan Uceny	adidas	4:29.39 PB
6. Heather Kampf	Asics	4:30.07 PB
7. Shelby Houlihan	Arizona State	4:30.77 PB
8. Mary Cain	Nike OP	4:31.31 WJL
9. Nicole Tully	HOKA / NYAC	4:31.34 PB
10. Rosie Clarke	Iona College (GBR)	4:31.78 PB

En Route 1500:

1. Shannon Rowbury	Nike OP	4:05.08 PB
2. Jordan Hasay	Nike OP	4:07.93 PB
3. Treniere Moser	Nike OP	4:09.54
4. Stephanie Charnigo	NJ-NY TC	4:10.68 PB
5. Mary Cain	Nike OP	4:11.10
6. Morgan Uceny	adidas	4:11.18

3000:

1. Sally Kipyego	Nike OTC (KEN)	8:41.72 MR/WL/PB*
2. Betsy Saina	Nike (KEN)	8:43.19 PB
3. Gotytom Gebreslase	adidas (ETH)	8:45.05 PB
4. Emily Sisson	Providence	8:52.60 PB

Husky Classic

Seattle, USA, 13-14 February

WOMEN

3000 (14):

Section 5 -

1. Dominique Scott	Arkansas (RSA)	8:52.57 PB/MR
2. Brie Felnagle	Adidas	8:54.77
3. Angela Bizzarri	Brooks Beasts	8:58.51
4. Elise Cranny	Stanford	9:02.36 WJL/PB

NEWS

JONAS BUUD OUT OF COMRADES

Swedish star Jonas Buud, runner-up in the 2013 Comrades Marathon, has announced his withdrawal from this year's race due to a stress fracture in his pelvic bone. Buud also placed seventh last year and fourth in 2011. His time in the 2013 "up" run was 5:41:21.

"Unfortunately I have incurred a hip injury - a stress fracture of the pelvic bone. After doing a magnetic X-ray, my judgment is to not run before May. As you can imagine, it will be hard for me not to run the Comrades this year - really boring," Buud said.

"I am disappointed with the news that Jonas will not take part in the Comrades this year," said Nick Bester, National Manager of the Nedbank Running Club. "He is a strong uphill runner and, I believe, could have challenged for a win this year. We at the Nedbank Running Club hope he recovers quickly and is ready to tackle the Comrades again next year."

Buud has won the Swiss Alpine Marathon over 78 km seven times in a row.

STATS TIME

This week we include a list of the top ten SA veteran men in the half marathon for 2014. Secondary performances by the top three are also listed. Johannes Kekana dominates the list with five performances, all under 69 minutes. It should be noted that, although the Eastern Limb Mines Half Marathon in Burgersfort was not shown to be short when analysed with the Race Time Bias formula (just barely), there are serious concerns about the length of this course.

2014 HALF MARATHON: TOP 10 VETERAN MEN

1:07:23	Malesela Johannes Kekana	Burgersfort	06 Dec
1:07:31	Kekana-2	Johannesburg	05 Oct
1:07:40	Gert Thys	Wellington	01 May
1:07:48A	Mluleki Nobanda	East London	01 Mar
1:07:52	Kekana-3	Irene	20 Sep
1:07:54	Thys-2	Boksburg	13 Apr
1:08:12	Kekana-4	Johannesburg	30 Mar
1:08:17	Zongamele Dyubeni	East London	05 Oct
1:08:22	Shadrack Hoff	Burgersfort	06 Dec
1:08:56	Kekana-5	Germiston	14 Sep
1:09:09	Nobanda-2	Bredasdorp	18 Oct
1:09:40	Edwin Lesudi	Polokwane	17 May
1:10:00	Enoch Skosana	Pretoria	15 Nov
1:10:18	Maxwell Goodman	East London	05 Oct
1:10:43	Elias Mabane	Pretoria	08 Mar
1:10:49	Graham Katzen	Bellville	21 Mar

THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

30 years ago: 9 February 1985

Big names abounded at the Gasparilla Distance Classic 15 km in Tampa, Florida. Among them were Bill Rodgers, four-time winner of both the Boston and New York City marathons, Julian Goater, Eamonn Martin, Mike Musyoki, Mark Curp, Simeon Kigen and Domingo Tibaduiza. But the winner was yet another Olympian, Briton Mike McLeod, who left the pack for dead with a surge 500 metres from the finish. His acceleration left the others stunned, and all Ivan Huff could say was: "McLeod. Boom! Like a rocket." McLeod won in 43:02, two seconds ahead of Belgian Peter Daenens. Goater was third, Tom Wysocki fourth, Curp sixth, Paul Williams 12th, Tibaduiza 13th, Martin 17th, Rodgers 22nd, and Musyoki 25th. The women's field was no less loaded, and Grete Waitz, nine-time winner in New York, beat Wendy Sly by seven seconds in 48:10; behind them came Jacqueline Gareau, Regina Joyce, Aurora Cunha and Liz McColgan.

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
	29:44A	Lesiba Precious Mashele	Paulpietersburg	15 Feb
	28:59	Rui-Pedro Silva (POR)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:20	David Ngakane	Vanderbijlpark	11 Feb
	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	32:57	Simon Mpholo	Randburg	13 Feb
	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	Daniel Mothibe	Benoni	25 Jan
	66:42	Martin Rees (GBR) 2003		
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	David Gamede	Benoni	25 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

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				

Juniors

10 km	31:14	Lukhanyo Nobakada	Paarl	07 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	52:39	Lukhanyo Nobakada	Constantia	10 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	78:02	Denzil Byman	Tokai	31 Jan
	72:22A	Mduduzi Hlatshwayo	Paulpietersburg	15 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

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10 km	34:34	Mapaseka Makhanya	Irene	11 Feb
	34:03A	Lebo Phalula	Paulpietersburg	15 Feb
	31:25	Ana-Dulce Felix (POR)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:53	Annie Bothma	Durbanville	21 Jan
	46:28	Tirunesh Dibaba (ETH) 2009		

21.1 km	74:48	Irvette van Zyl	Benoni	25 Jan
	69:44	Kimberly Conley (USA)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:42:12A	Suzette Botha (vet)	Pinetown	25 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:39:45	Tanith Maxwell	Gran Canaria	25 Jan
	2:19:52	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	38:51	Prudence Zwane	Irene	11 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	61:36	Ulrica Stander	Durbanville	21 Jan
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	87:46	Gillian Sieling	Benoni	25 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:42:12A	Suzette Botha	Pinetown	25 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
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	42:44	Margie Saunders	Port Elizabeth	14 Feb
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

21.1 km	49:40	Ines Chenonge (KEN) 2001	
	1:45:00	Jeannie de Beer	Pretoria
	1:09:05	Delilah Asiago (KEN) 1991	

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