

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

The highlight of this week's issue (although not of this weekend – it happened a week ago) is the new SA grandmasters record of 64:01 accomplished by Margie Saunders in the Cassie's 15 km in Port Elizabeth – a race that usually produces fast times. Saunders's time is even better than what any runner in the 50-59 category could do so far this year. She followed this up with 66:15 in the Kromberg & Schubert 15 km this past weekend, again beating all the veterans and masters.

Lusapho April also ran a list leader of 44:12 in the Cassie's race, winning by almost four minutes.

With category results for the Durban City Marathon having become available, three more list leaders were added, headed by master Shaun Meiklejohn's 2:48:48. A week later, again in Durban, Jenna Challenor won the Stella Royal 25 km, held for the 40th time, in 96:08, making her the eleventh fastest SA woman ever on a standard course.

This issue includes the results, among others, of five of South Africa's oldest marathons, led by the Buffs race in East London, which was run for the 42nd time. Unfortunately three of them – the Cape Gate Vaal, Infantry School Congo and Sasol (Secunda) marathons – have been found to be short when tested with the Race Time Bias calculation. (See explanations with the results of each race.) All three these courses have turned out to be short in the past, too – a great pity considering their prominence on the marathon racing scene.

Some of SA's top women runners have been piling up the racing kilometres recently. Paula Quinsee has run the Springs Striders 32 km on 1 February, Sasol Marathon on 14 February, Pirates Half Marathon on 15 February (yes, the next day!) and the Sunrise Monster 32 km on 7 March. Caroline Westmann has done the Pick 'n Pay Marathon (8 February), Bronkhorstspuit 32 km (14 February), Tuks 10 km (21 February) and Edenvale Marathon (8 March). Emmerentia Rautenbach won the Akasia Marathon (24 January), then ran the Pretoria Marathon (1 March) and also won the Sunrise Monster (7 March). Julianie Basson has run four marathons – Johnson Crane (25 January; 1st vet), Pick 'n Pay (8 February; 2nd), Vaal (1 March; 1st) and a week later Edenvale (8 March; 1st vet).

DRR subscriber Elaine Greenblatt finished as second grandmaster in the Tel Aviv Marathon on 27 February, running a (then) list leader of 4:27:59, which has since been surpassed by Wendy Fitzmaurice's 3:58:19.

CORRECTIONS TO DRR 15:9

The time of Pule Hlabahlaba, who was sixth in the Deloitte Pretoria Marathon, was 2:30:13 and not 2:20:13. In the Durban City Marathon results Peter Tadziripa's time in eighth position should be 2:28:23 and not 2:24:23. Also in the Durban race, Gillian Sieling runs for RAC, not Nedbank. The Milkwood Half Marathon was not sponsored by BNP Paribas Cadiz.

In the Century City 10 km the first four athletes (the winner was Sibusiso Madikizela in 31:13; the fourth runner – not shown in DRR – was Unathi Nteta [AAC] in 31:34) ran an extra 600 m when they followed the lead vehicle, which made a wrong turn. This error did not affect the results, though, as they were far ahead of the fifth runner.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sarens Edenvale Marathon & Half Marathon, Edenvale
- * Stella Royal 25 km & 10 km, Durban
- * Kromberg & Schubert 15 km, Despatch
- * Medihelp Sunrise Monster 32 km & 10 km, Pretoria
- * Cape Gate Vaal Marathon, Vereeniging
- * Durban City Marathon & 10 km, Durban
- * Infantry School Congo Marathon & Half Marathon, Oudsthoorn
- * Buffs Marathon & Half Marathon, Macleantown to East London
- * Cassie's 15 km, Port Elizabeth
- * Groot Gat Marathon, Kimberley
- * Pirates Half Marathon, Johannesburg
- * Sasol Marathon, Secunda
- * XC: KZN XC Parlauf, Westville

International highlights:

- * Nagoya International Women's Marathon, Nagoya, JPN
 - * NN City Pier City Half Marathon, Den Haag, NED
 - * Semi-Marathon de Paris, Paris, FRA
 - * 10 km International Asta Footing Taroudant , Taroudant, MAR
 - * Anthem 5 km Fitness Classic, Louisville, USA
 - * Indoor track: European Indoor Championships, Praha, CZE; NJCAA Indoor Track Championships, Albuquerque, USA
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ROAD RUNNING

Sarens Edenvale Marathon & Half Marathon

Edenvale, 8 March

(Distances: 42.195 km & 21.1 km; loop courses)

Marathon

MEN

1. Mpho Ndlovu (Acsa) 2:32:12
2. Matthews Nkoana (Acsa) 2:36:05
3. Reuben Maapola (Ned) 2:37:08

Veterans: 1. Jabulani Nkabinde (Bedford) 2:40:24. **Masters:** 1. Joseph Rampai (Bedford) 3:15:57. **G'masters:** 1. Vivian Augustine (RAC) 3:46:55.

WOMEN

1. Caroline Wostmann (Ned) 3:03:12

2. Enie Molatseli (Ekur) 3:09:36
3. Julianie Basson (B2R) 3:10:35 (1st vet)

Veterans: 1. Julianie Basson (B2R) 3:10:35. **Masters:** 1. Rita van Wyk (Boks) 3:45:31.
G'masters: 1. Rachel Lekalake (Rockies) 4:53:37.

Half marathon

MEN

1. Phillimon Mathiba (Ned) 1:06:43
2. Lucky Mohale (Boxer) 1:11:55
3. Frans Mola (SD) 1:12:04

Veterans: 1. Sipho Ncube (ZIM/ME) 1:16:06. **Masters:** 1. Roelof van Wyk (Vaal) 1:33:16.
G'masters: 1. Anthonie Groenewald (Arc M) 1:56:42.

WOMEN

1. Seipati Peo (ME) 1:32:08
2. Maphuti Phaka (B2R) 1:33:18
3. Melanie Jennett (Four) 1:35:00 (1st vet)

Veterans: 1. Melanie Jennett (Four) 1:35:00. **Masters:** 1. Frith van der Merwe (BH) 1:46:36. **G'masters:** 1. Jennifer Fuller (Sunning) 2:14:18.

Stella Royal 25 km (40th) & 10 km

Durban, 8 March

(Loop courses. Finishers: 25 km – 648 [considerably down from 841 last year]; 10 km – 426 [also much down from 602].)

25 km

MEN

- | | | | |
|----|---------------------|-----------------|---------|
| 1. | Nkosihona Mhlakwana | Durban Runner | 1:22:32 |
| 2. | Professor Mollen | ZIM/Maxed Elite | 1:25:06 |
| 3. | Perfect Dlamini | Phuma KZN | 1:27:18 |

40-49:

- | | | | |
|----|---------------|-----------------|---------|
| 1. | Deon Janneher | Sydenham Sports | 1:48:16 |
|----|---------------|-----------------|---------|

50-59:

- | | | | |
|----|---------------|----------|---------|
| 1. | Peter Sehloho | Boxer AC | 1:43:01 |
|----|---------------|----------|---------|

60-69:

- | | | | |
|----|-------------------|--------------|---------|
| 1. | Mbhekiseni Mchunu | Kwa Mashu AC | 2:13:26 |
|----|-------------------|--------------|---------|

WOMEN

- | | | | |
|----|-----------------|------------|---------|
| 1. | Jenna Challenor | Ind | 1:36:08 |
| 2. | Cary-Ann Smith | Nedbank AC | 1:49:08 |
| 3. | Danielle Adlam | Nedbank AC | 1:49:50 |

40-49:

- | | | | |
|----|----------------|-------|---------|
| 1. | Ashleigh White | DHSOB | 1:56:26 |
|----|----------------|-------|---------|

50-59:

- | | | | |
|----|-----------------|-------|---------|
| 1. | Debby de Koning | Eskom | 2:15:05 |
|----|-----------------|-------|---------|

60-69:

- | | | | |
|----|---------------|-------------|---------|
| 1. | Maureen Parry | Chiltern AC | 2:44:20 |
|----|---------------|-------------|---------|

10 km

MEN

- | | | | |
|----|------------------|-------------|-------|
| 1. | Bonginkosi Zwane | Phantane AC | 31:48 |
|----|------------------|-------------|-------|

2.	Sipho Mbanjwa	Phantane AC	31:47
3.	Nkosinathi Duma	Nedbank AC	33:10

WOMEN

1.	Janene Carey	Boxer AC	40:32
2.	Nomalanga Goba	Inanda Qadi	43:09
3.	Marietjie Montgomery	Faku Chiefs	47:58

Kromberg & Schubert 15 km

Despatch, 7 March

(Loop course. Finishers: 445 [down from 491 last year].)

Note: Not as fast as last week (see results below) when she set a new SA record of 64:01, but Margie Saunders took it easy here – and yet beat all the vets and masters again in 66:15! – Ed.

MEN

1	Zolani	Ngqqaqa	Madibaz AC	26	46:22
2	Melikhaya	Frans	Tinarha AC	23	47:32
3	Bulelani	Niwa	PEAAC	29	48:07
4	Andile	Motwana (1 st jun)	Tinarha AC	18	48:11
5	Mzolisi	Makhandla	Nedbank RC EP	32	48:14
6	Andre	Ketchem	X-Cel AC	31	48:47
7	Mzwanele	Maphekula	Bluewater Bay	38	49:29
8	Maxwell	Goodman (1 st vet)	Ikhama AC	42	50:26
9	Melikhaya	Malinga	Tinarha AC	34	51:11
10	Aphlyn	Taai	Transnet Eng EP	32	51:16
11	Terrance	Mjekula	Charlo AC	42	52:29
12	Alfred	Qogi	Nedbank RC EP	41	52:55
13	Mzamo	Fokwana	Charlo AC	37	52:59
14	Anele	Maliza	Nedbank RC EP	37	53:03
15	Melikhaya	Kepe	Nedbank RC EP	38	53:40
16	Tumelo	Mochelenyane	Nedbank RC EP	32	54:01
17	Kgotso	Majara	Ikhama AC	34	54:24
18	Thando	Bixa	Warriors AC	34	54:50
19	Juwayne	Fletcher	Charlo AC	24	55:16
20	Thobile	Xata	Bluewater Bay	40	56:16

40-44:

1	Maxwell	Goodman	Ikhama AC	42	50:26
2	Terrance	Mjekula	Charlo AC	42	52:29
3	Alfred	Qogi	Nedbank RC EP	41	52:55

45-49:

1	Alfred	Pakkies	PEAAC	46	1:00:57
2	Chris	Darke	Charlo AC	46	1:02:01
3	Buyisile	Ngesi	PEAAC	45	1:03:12

50-54:

1	Kenneth	Menze	Bluewater Bay	53	56:27
2	Welcome	Loliwe	Tinarha AC	50	56:58
3	Colben	Ngcupe	Motherwell AC	51	1:00:56

55-59:

1	Disemba	Blou	Charlo AC	56	1:04:48
2	Christopher	Nyodi	Bluewater Bay	56	1:09:58
3	Chester	Brooks	X-Cel AC	57	1:10:59

60-64:

1	Elvis	Galela	Madibaz AC	63	1:03:53
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2	Sizinzo	Kama	Achilles AAA	63	1:09:02
3	Johannes	Augustus	Temp	61	1:12:44

65-69:

1	Hannes	Els	Warriors AC	65	1:04:20
2	Errol	Rossouw	PEAAC	65	1:14:19
3	Graham	Channon	Achilles AAA	65	1:17:46

70-74:

1	Ron	Clark	Bluewater Bay	72	1:19:05
2	Herman	Dekker	SAP MC EP	70	1:25:25
3	Godfrey	Kariem	Gelvan AC	74	1:25:57

Juniors:

1	Andile	Motwana	Tinarha AC	18	48:11
2	Cukhanyo	Cakuma	Rhodes University	18	1:00:46

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC EP	33	56:24
2	Ndileka	Mvakwendlu	Tinarha AC	24	1:02:09
3	Margie	Saunders (1 st g'mast)	Nedbank RC EP	61	1:06:15
4	Terray	Newcombe	Elite AC	24	1:08:22
5	Janette	Schierz-Crusius (1 st mast)	Body Concept	54	1:08:34
6	Lwanele	Tele	Temp	28	1:10:51
7	Rethie	Cumming (1 st vet)	Bo-Karoo MC	44	1:11:02
8	Hanlie	Van der Westhuizen	Despatch AC	58	1:11:45
9	Luthando	Nxanisa	Tinarha AC	22	1:14:55
10	Melinda	Jaray-Venter	Temp	37	1:14:58
11	Nolikhanyo	Mdwayi	Transnet Eng EP	33	1:15:21
12	Tiani	Claassen	Despatch AC	24	1:16:42
13	Jane	Kemp	Nedbank RC EP	38	1:18:56
14	Nikki	Strooh	Walmer AC	38	1:19:14
15	Nandipa	Mafongosi	PEAAC	30	1:19:18
16	Ludine	Williams	Malabar AC	27	1:20:58
17	Rosemary	Joubert	Crusaders AC	54	1:21:05
18	Olwethu	Bomvana	Youth 4 Change AC	28	1:21:18
19	Judy	Beens	Charlo AC	48	1:22:26
20	Nurunnisa	Madatt	Malabar AC	52	1:23:11

40-44:

1	Rethie	Cumming	Bo-Karoo MC	44	1:11:02
2	Toegeda	Vyver	Nedbank RC EP	42	1:24:20
3	Lesley Ann	Bush	Despatch AC	42	1:26:46

45-49:

1	Judy	Beens	Charlo AC	48	1:22:26
2	Sharon	Smuts	St Albans CS EP	48	1:25:21
3	Geraldine	Colvin	Charlo AC	47	1:26:09

50-54:

1	Janette	Schierz-Crusius	Body Concept	54	1:08:34
2	Rosemary	Joubert	Crusaders AC	54	1:21:05
3	Nurunnisa	Madatt	Malabar AC	52	1:23:11

55-59:

1	Hanlie	Van der Westhuizen	Despatch AC	58	1:11:45
2	Christine	Snyman	Despatch AC	58	1:27:12
3	Barbara	Foot	Crusaders AC	55	1:28:46

60-64:

1	Margie	Saunders	Nedbank RC EP	61	1:06:15
2	Jos	Els	Warriors AC	62	1:30:20
3	Cathy	Ives	Achilles AAA	61	1:33:17

65-69:

1	Denise	Terblanche	Walmer AC	67	1:49:40
2	Ria	Bouwer	Hartenbos	68	2:07:27
3	Angeline	Kivedo	Walmer AC	69	2:22:07
70-74:					
1	Orgia	Nell	Muirite Striders	71	1:51:16
75-79:					
1	Dorothy	Hart	Madibaz AC	77	2:02:20

Medihelp Sunrise Monster 32 km (38th) & 10 km

Pretoria, 7 March
(Hilly loop courses)

32 km

MEN

1. Simon Mpholo (Ned) 1:53:37 (1st vet)
2. Sikhumbuzo Seme (Trans) 1:55:19
3. William Maphanga (Vutha) 1:55:20

Veterans: 1. Simon Mpholo (Ned) 1:53:37. **Masters:** 1. Elias Legodi (Moretele) 2:16:51.
G'masters: 1. Petrus Ratshikalala (Mag) 2:48:37. **G/g'masters:** 1. Hendrik Wageng (Kudus) 3:45:46.

WOMEN

1. Emmerentia Rautenbach (Ned) 2:22:50
2. Paula Quinsee (B2R) 2:24:27 (1st vet)
3. Samukeliso Moyo (ZIM/ME) 2:27:14

Veterans: 1. Paula Quinsee (B2R) 2:24:27. **Masters:** 1. Sandra Steenkamp (Irene) 2:50:19. **G'masters:** 1. Linda Icely (Old Eds) n/t. **G/g'masters:** 1. Mavis Stadler n/t.

10 km

MEN

1. Altus Badenhorst (Ned) 36:16
2. Lympson Maifo (ZIM/Ned) 36:20
3. Anele Sonqibido (Trans) 36:24

Veterans: 1. Colin Witbooi (SANDF) 42:10. **Masters:** 1. Sontaga Mabele (Break) 45:35.
G'masters: 1. Francis Makuka (ZAM/Phob) 43:11. **G/g'masters:** 1. Pele Tshikundamalema (Olifants) 54:02. **Juniors:** 1. Samuel Mokoena (Cool) 36:42.

WOMEN

1. Jacquie van der Waals (Irene) 46:03 (1st vet)
2. Marianne Semmelink (Ind) 46:16
3. Lisa Maritz (Irene) 48:06

Veterans: 1. Jacquie van der Waals (Irene) 46:03. **Masters:** 1. Ansie Breytenbach (Irene) 49:42. **G'masters:** 1. Lyn de Bruin (Irene) 67:02. **G/g'masters:** 1. Annetjie Greyvenstein (Irene) 75:09. **Juniors:** 1. Jeannie de Beer (Ned) 52:04.

Cape Gate Vaal Marathon (41st)

Vereeniging, 1 March

(Distance: 42.195 km; loop course. Finishers: 2162 [up from 1950 last year].)

Note: This marathon, which has been shown as short in the past, returns one of the highest negative RTB figures ever calculated by DRR. The Race Time Bias (RTB) formula

devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, shows the course to be considerably short. The figure for nine time comparisons is -18.12 sec/km – more than three times in excess of the allowable -5 sec/km. Even when one leaves out two times which were both more than 20 minutes faster than expected, the figure for the remaining seven is still a huge -8.97 sec/km. The times in this race can therefore not be used for statistical purposes. – Ed.

MEN

1. Joseph Mphuthi (Toy) 2:30:09
2. Greg Barnes (B2R) 2:30:10 (1st vet)
3. Gaolatlhe Lesetedi (Samancor) 2:32:39
4. Johannes Mogoane (Samancor) 2:33:43
5. Peter Gaebetse (Samancor) 2:35:49

WOMEN

1. Julianie Basson (B2R) 2:56:52 (1st vet)
2. Cheryl-Lynn Ceronie (Kempton) 3:01:08
3. Salome Cooper (Runav) 3:06:53
4. Lindy-Lee Fölscher (Boks) 3:10:25
5. Anel Labuschagne (Kempton) 3:11:25

Durban City Marathon & 10 km

Durban, 1 March

(Distances: 42.195 km & 10 km; loop courses. Weather: warm and very humid.)

Note: The main open results were included last week; here are some deeper women's results in the 10 km (where there were excellent times below the top five), and the category results of both races. – Ed.

Marathon

MEN

Veterans: 1. Peter Tadziripa (ZIM/ME) 2:28:23; 2. Herbert Mazongolo (Toy) 2:46:26; 3. Mbongeni Sosibo (Ned) 2:46:58. **Masters:** 1. Shaun Meiklejohn (Orion) 2:48:48; 2. Sipho Majombozi (Boxer) 3:04:05; 3. Maxwell Mngwengwe (Toy) 3:08:23. **G'masters:** 1. Michael Langa (AN) 3:18:02; 2. Gopal Chetty (Chats) 3:40:11; 3. Bongani Ndlovu (Zaba) 3:41:42.

WOMEN

Veterans: 1. Thabita Tsatsa (ZIM/ME) 2:50:45; 2. Samukeliso Moyo (ZIM/ME) 2:57:20; 3. Gillian Sieling (RAC) 3:18:09. **Masters:** 1. Janine Goes (DCS) 3:42:26; 2. Khaya Mahlati (DAC) 3:52:37; 3. Megan Finestone (West) 4:06:05. **G'masters:** 1. Wendy Fitzmaurice (West) 3:58:19; 2. Pamela Rasmussen (QH) 4:05:45; 3. Sandy Curran (RB) 4:08:58.

10 km

MEN

Veterans: 1. Geoffrey Ngcobo (Toti) 35:50; 2. Petros Zweni (DCS) 36:51; 3. Bhekizizwe Bhengu (Ind) 38:08. **Masters:** 1. Peter Sehloho (Boxer) 36:45; 2. Mandla Dlamuka (Boxer) 38:20; 3. Tnado Masikani (DCS) 42:37. **G'masters:** 1. Ackim Mhlanzi (Sav) 41:14; 2. Robin Archer (QH) 45:53; 3. Charm Naidoo (Chats) 51:01. **Juniors:** 1. Mbhasombi Gumede (Inanda) 32:07; 2. Aphelele Fanekho (Sav) 33:18; 3. Amanda Nyangeni (Ind) 34:13.

WOMEN

6. Jenna Challenor (Ind) 35:17
7. Louisa Leballo (Trans) 36:21
8. Lusanda Bomvana (Ind) 37:30

9. Makhosazana Mhlongo (Sav) 37:46
10. Jenet Dlamini (Umzim) 37:55
11. Fikile Fundisiwe Mbuthuma (Ned) 38:00
12. Nobuhle Tshuma (ZIM/Cool) 38:47

Veterans: 1. Shani Silver (West) 40:25; 2. Sandy de Beer (SANDF) 45:30; 3. Louisa Bezuidenhout (River) 49:49. **Masters:** 1. Blanche Moila (Sav) 50:38; 2. Denise Johansen (ME) 56:11; 3. Sarla Juglal (Chats) 56:19. **G'masters:** 1. Judith Grove (HH) 50:54; 2. Sithuli Seme (Ind) 59:52; 3. Wendy Coleman (Ind) 65:42. **Juniors:** 1. Caylee Ellero (Bluff) 40:06; 2. Xoliswa Mngadi (Sav) 41:30; 3. Nokukhanya Mtshali (Muden) 42:57.

Infantry School Congo Marathon (39th) & Half Marathon

Oudsthoorn, 28 February

(Distances: 42.195 & 21.1 km; point-to-point downhill courses. Finishers: marathon – 925 [considerably up from 759 last year]; half marathon – 515 [up from 464].)

Note: These races, like two of the other marathons included in this issue, have often been shown as short in the past, and this year is no exception. The Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, shows both courses to be short. The figure for nineteen time comparisons in the marathon is -10.47 sec/km – more than double the allowable -5 sec/km. Even when one leaves out six times which were more than 10 minutes faster than expected, the figure for the remaining thirteen is still -5.98 sec/km. The half marathon (twelve time comparisons) returns a figure of -9.3 sec/km. The times in these races can therefore not be used for statistical purposes. – Ed.

Marathon

MEN

1. Ettienne Plaatjies (Ned) 2:22:59
2. Lindile Tokota (Ned) 2:30:29
3. A.N. Other (Ned) 2:32:20
4. J. Jadiata (Brack) 2:32:51
5. Keith Clark (Ind) 2:37:32

WOMEN

1. Danette Smith (Ind) 2:55:56
2. Candyce Hall (Carb) 2:59:12
3. Obertina Kanyongo (ZIM/WC) 3:03:28
4. Anel van Wyk (Ned) 3:03:34
5. Ursula Turck (Strand) 3:05:36

Half marathon

MEN

1. Lloyd Bosman (Ned) 1:04:15
2. B. Fredericks (Hart) 1:06:35
3. G. Jacobs (Ned) 1:06:48
4. Francois Maquassa (Ned) 1:11:12
5. ? April (Ind) 1:13:14

WOMEN

1. Melissa van Rensburg (Ind) 1:24:13
2. Cecilia Nel (Hart) 1:29:26
3. Liesl Stoltz (Durb) 1:30:57
4. Sanet Brits (Ind) 1:32:56
5. Jacolet van den Berg (Ind) 1:35:30

Bufs Marathon (42nd) & Half Marathon

Macleantown to East London, 28 February

(Distances: 42.195 km – point-to-point downhill course, dropping approx. 9.5 m/km from start to finish; 21.1 km – the second half of the marathon route, drop unknown. Finishers: marathon – 481 [down from 504 last year]; half marathon – 323 [up from 236].)

Note: Zingisile Marikeni and Stephanie Smith scored their third wins here, with Smith's being consecutive and in her personal best this year. Unfortunately no club names were provided with the results. – Ed.

Marathon

MEN

1. Zingisile Marikeni 2:28:02
2. Simphiwe Mfowentsizwei 2:30:25
3. Nkosinathi Nzingo 2:30:50
4. Thomas Edwards 2:31:58
5. Thandabantu Rhafuza 2:37:10

WOMEN

1. Stephanie Smith 2:55:12
2. Wendy Morgan 3:08:34
3. Jene Banfield 3:17:15
4. Sandy Hunter 3:23:34
5. Ingrid Webber 3:27:34

Half marathon

MEN

1. Lubabalo Camagu 1:10:54
2. Andile Masele 1:14:35
3. Zukile Mbinyashe 1:15:26

WOMEN

1. Asanda Solani 1:28:16
2. Reinette Rubushe 1:36:14
3. Nina Chambers 1:38:32

Cassie's 15 km

Port Elizabeth, 28 February

(Out-and-back course. Finishers: 583 [significantly down from 728 last year].)

Note: A new South African record here for grandmaster Margie Saunders, who beat all the veterans and masters in 64:01 to break her own mark, set in November, by 8 seconds. Lusapho April repeated his win of last year, but ran 17 seconds faster. – Ed.

MEN

1	Lusapho	April	Oxford Str	32	44:12
2	Mzolisi	Makhanda	Nedbank	32	48:00
3	Rodney	Prins	Malabar	26	48:17
4	Gift	Chigomarawa	ZIM/Mother	24	48:41
5	Andre	Ketchem	Xcel	31	48:42
6	Anele	Maliza	Nedbank	37	49:01
7	George	Ntshiliza	Bluebay	35	49:20
8	Maxwell	Goodman (1 st vet)	Ikhamba	42	49:39
9	Mzamo	Fokwana	Charlo	37	50:09

10	Mila	Pasiya	Nedbank	35	50:51
11	Aphlyn	Taai	TREEC	32	51:54
12	Sibusiso	Thu	TREEC	27	51:54
13	Melikhaya	Kepe	Nedbank	38	53:00
14	Duwayne	Lucas	Aspen	25	53:09
15	Tumelo	Mochelenyane	Nedbank	32	53:20
16	Masande	Mlonyeni	Nedbank	34	53:20
17	Thobile	Xata	Bluebay	40	53:56
18	Juwayne	Fletcher	Charlo	24	55:04
19	Thando	Bixa	Warriors	34	55:27
20	Francois	De Villiers	Ach	38	56:23
40-44:					
1	Maxwell	Goodman	Ikhamva	42	49:39
2	Thobile	Xata	Bluebay	40	53:56
3	Johannes	Jonck	CSEP	41	57:07
45-49:					
1	Alfred	Pakkies	PEAAC	46	1:01:24
2	Vernon	Newfeldt	Gelvan	48	1:02:32
3	Martin	Jansen	Nedbank	46	1:02:33
50-54:					
1	Kenneth	Menze	Bluebay	53	56:40
2	Darrell	Wicht	Warriors	51	57:05
3	Colben	Ngcupe	Mother	51	59:44
55-59:					
1	Disemba	Blou	Charlo	56	1:05:04
2	Christopher	Nyodi	Bluebay	56	1:08:09
3	Kerneels	Meintjies	Muirite	55	1:08:51
60-64:					
1	Elvis	Galela	Madibaz	63	1:03:36
2	Sizinz	Kama	Ach	63	1:03:39
3	Bruce	McEwan	Ach	61	1:08:56
65-69:					
1	Hannes	Els	Warriors	65	1:03:55
2	Graham	Channon	Ach	65	1:11:00
3	Errol	Rossouw	PEAAC	65	1:14:38
70-74:					
1	Ron	Clark	Bluebay	72	1:16:46
2	Godfrey	Kariem	Gelvan	74	1:23:50
3	Brian	Smith	PEAAC	71	1:48:34
80+:					
1	Wells	Anderson	PEAAC	82	1:46:17
2	Ernie	Verrall	Madibaz	80	1:46:17
Juniors:					
1	Jaco	Momberg	Temp	17	1:07:30
2	Nico	Jordaan	Elite AC	17	1:08:46
3	Kent	Osborne	Temp	18	1:15:34
WOMEN					
1	Siphokazi	Nojoko	Mother	20	1:00:49
2	Ndileka	Mvakwendlu	Tinarha	24	1:01:39
3	Margie	Saunders (1 st g'mast)	Nedbank	61	1:04:01
4	Janette	Schierz-Crusius (1 st mast)	Bodycon	54	1:05:22
5	Deliwe	Nyanga	Nedbank	25	1:06:36
6	Sime	Baynes	Elite AC	31	1:07:55
7	Suretha	Verwey (1 st vet)	Kouga	48	1:08:31
8	Terray	Newcombe	Elite AC	24	1:08:58

9	Camarin	Van Eyk	Nedbank	32	1:09:35
10	Laura	Maritz	Elite AC	54	1:10:52
11	Janine	Gardiner	Charlo	33	1:11:19
12	Catherine	Curtain	Muirite	44	1:12:17
13	Christine	Wienand	Nedbank	35	1:12:32
14	Lucy	Vosloo	Madibaz	35	1:12:53
15	Robyn	Rose	Charlo	27	1:13:53
16	Sunelle	Horne	Bluebay	41	1:14:28
17	Jolene	Jansen	Bluebay	29	1:15:32
18	Nicolette	Strooh	Walmer	38	1:15:45
19	Jane	Kemp	Nedbank	38	1:16:55
20	Elize	Adams	Gelvan	40	1:17:00

40-44:

1	Catherine	Curtain	Muirite	44	1:12:17
2	Sunelle	Horne	Bluebay	41	1:14:28
3	Elize	Adams	Gelvan	40	1:17:00

45-49:

1	Suretha	Verwey	Kouga	48	1:08:31
2	Agnes	Van Iddekinge	Profiles	48	1:19:54
3	Sharon	Smuts	CSEP	48	1:20:10

50-54:

1	Janette	Schierz-Crusius	Bodycon	54	1:05:22
2	Laura	Maritz	Elite AC	54	1:10:52
3	Charmaine	Button	Madibaz	51	1:23:00

55-59:

1	Amanda	Wolmarans	Walmer	56	1:20:55
2	Lynette	Crause	Walmer	55	1:23:04
3	Barbara	Foot	Crusade	55	1:24:56

60-64:

1	Margie	Saunders	Nedbank	61	1:04:01
2	Jos	Els	Warriors	62	1:29:08
3	Nicki	Van Niekerk	Muirite	60	1:30:51

65-69:

1	Liz	Grundlingh	Muirite	68	1:22:30
2	Helene	Oppel	Crusade	65	1:32:29
3	Christine	Fourie	Elite AC	68	1:35:57

70-74:

1	Orgia	Nell	Muirite	71	1:44:51
2	Ronelle	Steyn	Temp	71	1:48:15

75-79:

1	Dorothy	Hart	Madibaz	77	2:02:02
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Groot Gat Marathon (25th)

Kimberley, 28 February

(Distance: 42.195 km; loop course. Finishers: 82 men + 24 women = 106 total)

Note: Third win in a row here for Xwazi Sihlalo. – Ed.

MEN

1. Xwazi Sihlalo (Khotso), 41, 2:40:29
2. Tebogo Moipolai (SANDF), 38, 2:44:50
3. Walter Kgoro (SANDF), 47, 2:54:22

WOMEN

1. Fairroos Kana (Vodacom), 45, 3:48:57

2. Lulu Mxekezo (Trans), 49, 3:54:15
3. Laura Coetzee (SANDF), 44, 4:10:30

Pirates Half Marathon

Johannesburg, 15 February

(Distance: 21.1 km; very hilly loop course. Finishers: 2548 [slightly down from 2564 last year].)

Note: Just one day after winning the Sasol Marathon in Secunda in 2:57:44 (see below), Paula Quinsee took the veteran category here! – Ed.

MEN

1	Lucky Mohale	Individual	29	1:08:50
2	Mbongeni Ngxazozo	Gaut Str	32	1:08:55
3	Derocious Makhobalo	Nedbank	26	1:09:39
4	Xolisa Tyali	Nedbank	27	1:10:02
5	Moeketsi Mosuhli	LES/Mr Price	34	1:10:33

Veterans:

1	Simon Mpholo	Nedbank	40	1:11:57
2	Zongamele Dyubeni	Nedbank	41	1:16:14
3	Sipho Ncube	ZIM/Mr Price	43	1:16:39

Masters:

1	Dan Mothibe	Runavation	52	1:23:13
2	Sontaga Mabale	Midrand	54	1:30:14

G'masters:

1	Stephen Seema	SAPG	63	1:38:49
2	Joseph Mugolovhedi	Rockies	61	1:43:26

Juniors:

1	S. Mokoena	Cool Running	18	1:18:16
2	Katlego Masilela	Carlton AC	18	1:20:19
3	Armond Burger	Vaal AC	18	1:53:20

WOMEN

1	Nolene Conrad	Boxer	29	1:22:29
2	Cornelia Joubert	Nedbank	26	1:24:03
3	Mpho Mabosa	Gallopers	35	1:28:37
4	Maria Vilakazi	RWFL	39	1:35:37
5	Paula Quinsee (1 st vet)	Born 2 Run	43	1:40:20

Veterans:

1	Paula Quinsee	Born 2 Run	43	1:40:20
2	Denleigh Wilensky	Bedf CC	42	1:46:20
3	Karen Fisher	Westville	49	1:46:40

Masters:

1	Ansa Strydom	Runavation	51	1:53:58
2	Diane Schlebusch	Nedbank	50	1:54:38

G'masters:

1	Joan de Klerk	RAC	60	2:20:56
2	Elaine Greenblatt	RAC	65	2:20:48

Sasol Marathon

Secunda, 14 February

(Distance: 42.195 km; loop course. Finishers: 326 men + 94 women = 420 total)

Note: Like the Cape Gate Vaal Marathon (results above), this marathon course has always been suspect and this year shows an equally huge negative RTB figure than the Vaal race. The Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, shows the course to be considerably short. The figure for eight time comparisons is -18.10 sec/km – more than three times higher than the allowable -5 sec/km. The times in this race can therefore not be used for statistical purposes. – Ed.

MEN

1	Kipkoech	Chirchir	KEN/Nedbank	29	2:25:45
2	Sipho	Ncube	ZIM/Mr Price	43	2:26:32
3	Lovers	Hlatswayo	Nedbank	33	2:29:19
4	B	Msimango	Nedbank	31	2:33:11
5	L	Sithole	Nkangala		2:44:37

WOMEN

1	Paula	Quinsee	Born 2 Run	43	2:57:44
2	Winile	Mnisi	SWZ	27	3:09:09
3	Seipati	Peo	Maxed Elite	33	3:09:51
4	J	Maritz	Eskom Gijimas	37	3:12:12
5	A	Ligthelm	Eskom Gijimas	40	3:26:31

CROSS-COUNTRY

KZN XC Parlauf

Westville, 6 March

MEN (8 km)

1. Sipho Mnajwo & Mduduzi Khumalo (Phant) 25:57
2. Lucky Madlala & Innocent Nyawose (QBH) 26:25
3. Mbhasobhi Gumede & Lonwabo Magwa (IQ) 26:49

WOMEN (6 km)

1. Danielle Adlam & Cary-Ann Smith (Ned) 21:53
2. Janie Grundlingh & Shani Silver (West) 22:13
3. Teneal Featherby & Lise Muchna (PDAC) 22:55

MIXED TEAM (8 km)

1. Wendy Morgan (West) & Craig Buchanan (PDAC) 30:19
 2. Derek & Alison Wasserfall (HV) 30:33
 3. Robin & Ursula Cockbain (MAC) 32:16
-

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

Nagoya International Women's Marathon (34th)

(IAAF Gold Label Road Race)

Nagoya, JPN, 8 March

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

Note: Magnificent depth here, with three women under 2:23, nine under 2:30, and 18 under 2:35. Eunice Kirwa (BRN) set a national record of 2:22:08 in first, with Mariya Konovalova (RUS) getting a world masters record of 2:22:27 in second. What is more, Konovalova also passed 25 km in 1:24:16 and 30 km in 1:41:10, also world 40+ bests. – Ed.

WOMEN (gun times)

1. Eunice Jepkirui Kirwa, BRN 2:22:08 NR/CR
[1:11:08 / 1:11:00]
2. Mariya Konovalova, 1974, RUS 2:22:27 PB/WR40+
[1:11:08 / 1:11:19]
3. Sairi Maeda, JPN 2:22:48 PB
[1:11:09 / 1:11:39]
4. Mai Ito, JPN 2:24:42 PB
5. Risa Takenaka, JPN 2:28:09 PB
6. Keiko Nogami, JPN 2:28:19 PB
7. Anna Incerti, ITA 2:29:10
8. Reia Iwade, JPN 2:29:16
9. Olena Burkovska, UKR 2:29:45
10. Eri Hayakawa, JPN 2:30:21

NN City Pier City Half Marathon (41st)

Den Haag, NED, 8 March

(Distance: 21.1 km; certified out-and-back course)

MEN (gun times)

1. Stanley Biwott, KEN 59:20 WL
2. Cyprian Kotut, KEN 59:28
3. Edwin Kiptoo, KEN 59:35 PB
4. Eliud Tarus, KEN 1:00:04 PB
5. Bernard Kimani, KEN 1:00:05 PB
6. Vincent Rono, KEN 1:00:52 PB
7. Azmeraw Mengistu, ETH 1:00:54
8. Mark Kiptoo, KEN 1:02:21
9. Khalid Choukoud, NED 1:02:52
10. Mohammed Burka, NED 1:03:43 PB

WOMEN (gun times)

1. Maja Neuenschwander, SUI 1:11:08 PB
2. Gezashign Hunduma Gemed, ETH 1:12:41 PB
3. Fabienne Schlumpf, SUI 1:13:56 PB
4. Anna Holm Baumeister, DEN 1:14:19 PB
5. Martina Tresch, SUI 1:16:18 PB

Semi-Marathon de Paris (23rd)

Paris, FRA, 8 March

(Distance: 21.1 km; certified one-loop course)

MEN

1. Vincent YATOR, KEN	1:00:12 PB
2. Mark KORIR, KEN	1:00:48 PB
3. Abrha Milaw ASEFA, ETH	1:01:06 PB
4. Hassan CHAHDI, FRA	1:01:38 PB
5. Timothy KIPTOO, KEN	1:01:41 PB
6. Edwin KIPTOO, KEN	1:01:59
7. Abdellatif MEFTAH, FRA	1:02:53
8. Denis MAYAUD, FRA	1:03:01 PB
9. Yohan DURAND, FRA	1:03:46
10. Matthew HYNES, GBR	1:03:54 PB

WOMEN

1. Yebgual MELESE, ETH	1:09:50
2. Afera GODFAY, ETH	1:10:04
3. Bekelech BEDADA, ETH	1:10:09
4. Sarah CHEPCHIRCHIR, KEN	1:11:40
5. Karine PASQUIER, FRA	1:13:27 PB
6. Laurane PICOCHÉ, FRA	1:13:43
7. Corinne HERBRETEAU, 1976, FRA	1:15:40
8. Ludivine LACROIX, FRA	1:16:13 PB
9. Elodie Navarro, FRA	1:17:02
10. Lindsay HODGE, GBR	1:18:08

10 km International Asta Footing Taroudant (5th)

Taroudant, MAR, 8 March

(Distance: 10 km, but distance doubtful)

Note: The performances in this race seem to indicate a possible short course. DRR will wait for Ken Young's RTB calculation in *The Analytical Distance Runner* to see what he finds. – Ed.

MEN (gun times)

1. Amos Kiplimo Mitei, KEN	28:02
2. Ahmed Tamri, MAR	28:06
3. Leul Gebrselassie Aleme, ETH	28:15
4. Salah Eddine Bounnasser, MAR	28:15
5. Zakaria Boudad, MAR	28:27
... 8. Joel Mohali Mmone, RSA	28:37

WOMEN (gun times)

1. Malika Asahssah, MAR	31:30 CR*
2. Hiwot Gebrekidan Gebremaryam, ETH	32:22
3. Teresiah Kwamboka Omosa, KEN	33:00
4. Nolene Conrad, RSA	33:20
5. Claudia Periera, POR	34:20

Anthem 5 km Fitness Classic

Louisville, USA, 7 March

(Distance: 5 km)

MEN (gun times)

1. Dustin Betz, 25, Schnellville, IN 14:47 \$500
2. Thomas Frazer, 33, Lake Forest, IL (IRL) 14:48 250
3. Philip Lagat, 32, Louisville, KY (KEN) 14:55 150
- ... 5. Retlale Mokone, 24, Bowling Green, KY (RSA) 15:10 100

WOMEN (gun times) -

1. Rhiannon Johns, 24, Indianapolis, IN (CAN) 16:30 \$500
2. Emmy Chepkirui, 26, Hebron, KY (KEN) 16:45 250
3. Lydia Kosgei, 28, Richmond, KY (KEN) 17:08 150

INDOOR TRACK

European Indoor Championships (33rd)

Praha, CZE, 5-8 March

Note: A new European junior record in the women's 800 by Aníta Hinriksdóttir (ISL), who ran 2:01.56 in her heat. She could not match this in the final and finished fifth. – Ed.

MEN

800 (08):

1. Marcin LEWANDOWSKI, 1987, POL 1:46.67 Gold
2. Mark ENGLISH, 1993, IRL 1:47.20 Silver
3. Thijmen KUPERS, 1991, NED 1:47.25 SB Bronze

1500 (08):

1. Jakub HOLUŠA, 1986, CZE 3:37.68 NR Gold
[last 200 in 26.6]
2. İlham Tanui ÖZBILEN, 1990, TUR 3:37.74 SB Silver
3. Chris O'HARE, 1990, GBR 3:38.96 SB Bronze

3000 (07):

1. Ali KAYA, 1994, TUR 7:38.42 CR/NR Gold
2. Lee EMANUEL, 1985, GBR 7:44.48 PB Silver
3. Henrik INGEBRIGTSEN, 1991, NOR 7:45.54 NR Bronze

WOMEN

800 (08):

1. Selina BÜCHEL, 1991, SUI 2:01.95 Gold
2. Yekaterina POISTOGOVA, 1991, RUS 2:01.99 Silver
3. Nataliya LUPU, 1987, UKR 2:02.25 Bronze
- ... 5. Aníta HINRIKSDÓTTIR, 1996, ISL 2:02.74
- Jenny MEADOWS, 1981, GBR DNS (illness)

Prelims (06):

Heat 1:

1. Yekaterina POISTOGOVA, RUS 2:01.44 Q
2. Aníta HINRIKSDÓTTIR, ISL 2:01.56 Q EJNR/NR
3. Ciara EVERARD, IRL 2:02.69 q SB

1500 (08):

1. Sifan HASSAN, 1993, NED 4:09.04 Gold

2. Angelika CICHOCKA, 1988, POL 4:10.53 Silver
3. Federica DEL BUONO, 1994, ITA 4:11.61 Bronze

3000 (07):

1. Yelena KOROBKINA, 1990, RUS 8:47.62 Gold
2. Sviatlana KUDZELICH, 1987, BLR 8:48.02 PB Silver
3. Maureen KOSTER, 1992, NED 8:51.64 Bronze

NJCAA Indoor Track Championships

(National Junior College Athletic Association)

Albuquerque, USA, 6-7 March

Note: Albuquerque is at high altitude. – Ed.

MEN

1000 (07):

- | | | |
|----------------------|------------------------|---------|
| 1. Ronaldo Ball | Monroe College | 2:29.56 |
| 2. Sampson Laari | Barton County CC (GHA) | 2:29.79 |
| 3. Josh Thompson | Central Arizona | 2:30.70 |
| ... 6. Mpho Makofane | Monroe College (RSA) | 2:32.43 |

Prelims (06):

Heat 1 -

- | | | |
|----------------------|----------------------|----------|
| 1. Josh Thompson | Central Arizona | 2:30.64Q |
| ... 4. Mpho Makofane | Monroe College (RSA) | 2:33.23q |

Mile (07):

Section 2 -

- | | | |
|-----------------------------|-----------------------|---------|
| 1. Harry Mulenga | Central Arizona (ZAM) | 4:16.17 |
| 2. Josh Thompson | Central Arizona | 4:17.12 |
| 3. Robert Murphy | Vincennes | 4:17.32 |
| 4. Kyle Hosting | Iowa Central CC | 4:22.26 |
| 5. Antibahs Kibiwott Kosgey | South Plains (KEN) | 4:22.28 |
| 6. Apolinar Baltazar | Central Arizona | 4:22.68 |
| 7. Jose Martinez | South Plains | 4:22.84 |
| 8. Trey Simons | North Iowa Area CC | 4:24.06 |

Section 1 -

- | | | |
|------------------|------------------------|---------|
| 1. Sampson Laari | Barton County CC (GHA) | 4:21.01 |
| 2. Katleho Dyoyi | Monroe College (RSA) | 4:25.10 |

3000 (06):

Section 2 -

- | | | |
|-----------------------------|-----------------------|---------|
| 1. Harry Mulenga | Central Arizona (ZAM) | 8:36.47 |
| 2. Robert Murphy | Vincennes | 8:37.44 |
| 3. Antibahs Kibiwott Kosgey | South Plains (KEN) | 8:47.20 |
| ... 6. Katleho Dyoyi | Monroe College (RSA) | 8:52.66 |

Section 1 -

- | | | |
|-----------------|-----------|---------|
| 1. Albert Meier | Butler CC | 8:57.56 |
|-----------------|-----------|---------|
-

STATS TIME

This week we include a list of the top ten SA veteran women over 15 km for 2014.

2014 15 KM: TOP 10 VETERAN WOMEN

59:38	Sandra van Graan	Table View	13 Dec
60:59	Elmarie Coetzee	Eersterivier	21 Jun
62:14	Ursula Frans	Eersterivier	21 Jun
62:16	Judy Bird	Constantia	08 Mar
62:36	Ursula Turck	Brackenfell	19 Jul
62:57	Janene Carey	Queensburgh	23 Nov
63:06	Mariëtte Strauss	Eersterivier	21 Jun
63:12	Sheryl de Lange	Eersterivier	21 Jun
63:41	Lorraine Barry	Boksburg	16 Nov
63:45	Celeste Swart	Port Elizabeth	01 Mar

THIS MONTH IN HISTORY

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

83 years ago: 26 March 1932

In the early years of its existence the South African Marathon Championships were mostly held in April, but often also in March. The 1932 race in Durban was the first one that was run in March and an easy win went to William ("Bill") Cochrane in 3:03:38. He was followed by two of the three Savage brothers, J.W.W. Savage in 3:10 and W.E.R. (also "Bill") Savage in 3:12 (the seconds are not known, or were not timed). Less than two months later, on Empire Day, Bill Savage won the "up" Comrades, with Cochrane third. But in 1935, after he had finished second in each of the intervening years, Cochrane took the ultramarathon from Hardy Ballington.

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	28:33	Stephen Mokoka	Durban	01 Mar
	28:05	Julius Kiprotich Kogo (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:12	Lusapho April	Port Elizabeth	28 Feb
	45:18a	Tyler McCandless (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:46	Desmond Mokgobu	Benoni	25 Jan
	62:27A	Lusapho April	East London	21 Feb
	59:20	Stanley Biwott (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	82:32	Nkosihona Mhlakwana	Durban	08 Mar
	80:54A	Sipho Mbanjuli	Pinetown	25 Jan

30 km	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:17:37	Lukas Jani	Dubai	23 Jan
	2:05:28	Lemi Berhanu Hayle (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	2:03:23p	Wilson Kipsang (KEN) 2013		
	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:59	Shadrack Hoff	Pretoria	28 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	70:32	Simon Mpholo	Pretoria	21 Feb
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:48:16	Deon Janneher	Durban	08 Mar
	1:36:50A	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	34:00	Eric Coetzee	Goodwood	28 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	1:43:01	Peter Sehloho	Durban	08 Mar
30 km	1:53:00	Eric Coetzee	Camps Bay	04 Jan
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar
	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	2:13:26	Mbekiseni Mchunu	Durban	08 Mar
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:18:02	Michael Langa	Durban	01 Mar
100 km				

Juniors

10 km	31:06	Creel Chavalala	Pretoria	28 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	75:48	Sam Mokoena	Pretoria	21 Feb
	72:22A	Mduduzi Hlatshwayo	Paulpietersburg	15 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	33:50	Lebogang Phalula	Durban	01 Mar
	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
	46:14	Floence Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	74:48	Irvette van Zyl	Benoni	25 Jan
	65:09	Florence Kiplagat (KEN)		
	65:12	Florence Kiplagat (KEN) 2014		
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08	Jenna Challenor	Durban	08 Mar
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:45:00	Saori Noda (JPN)		
	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		

Veterans (40+)

10 km	37:43	Prudence Zwane	Pretoria	28 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	84:01	Prudence Zwane	Pretoria	21 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:56:26	Ashleigh White	Durban	08 Mar
	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
	3:02:08A	Jacqui Bakkes	Simon's Town	15 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	40:39	Elmarie Coetzee	Athlone	07 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		

15 km	64:01	Margie Saunders (60+)	Port Elizabeth	28 Feb
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:40	Jane Mudau	Benoni	25 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:15:05	Debby de Koning	Durban	08 Mar
	2:06:53A	Maria Wareing	Pinetown	25 Jan
30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	3:30:00	Ansie Breytenbach	Pretoria	01 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	42:44	Margie Saunders	Port Elizabeth	14 Feb
15 km	64:01	Margie Saunders	Port Elizabeth	28 Feb
21.1 km	1:44:11	Nancy Will	Cape Town	25 Jan
25 km	2:44:20	Maureen Parry	Durban	08 Mar
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:27:24	Nancy Will	Camps Bay	04 Jan
Marathon	3:58:19	Wendy Fitzmaurice	Durban	01 Mar
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				

Juniors

10 km	36:12	Nicole van der Merwe	Pretoria	28 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	1:44:52	Georgia Janisch	Pretoria	21 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Sonia & Kevin Harlock, Alen Hattingh, Derrick Chamberlain, André Pienaar, Pete van der Merwe, Harold Berman, SWD Athletics, Vreni Welch, Karen Zimmerman, July Mavuso, Mark Hunt

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



A promotional banner for the Cape Town 12 One Run. The background is a scenic view of a coastline at sunset, with a runner silhouetted against the bright sky. The banner includes the event logo, a call to action, the website, and logos of sponsors FNB, KFM, and Puma, along with social media handles.

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