

Distance Running Results

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EDITORIAL

An outstanding performance by RAC veteran Gillian Sieling has come to light since the publication of the London Marathon results last week. Sieling, who turned 46 nine days before the race, ran a huge personal best of 2:53:38 to place 37th overall, 2nd in the 45-49 category and 7th in the veteran category. This is the fastest time ever by a South African in the 45-49 age group and makes her the ninth fastest SA vet of all time (seventh on a standard course). Her previous best was the 3:04:09 she ran in the SA Marathon in 2011 (her 2:57:57 in 2012 was on the short Vaal Marathon course.)

In the Rockets Wally Hayward 10 km the 83-year-old Deirdre Larkin ran another excellent time. Her 62:38 missed the world single-age record by a little over 1½ minutes. Larkin holds the records for 81 and 82 years. In the recent Ford Motor Corp 10 km in Pretoria Larkin (52:51) was robbed of a certain world record by a short course.

Three list leaders in the half marathon have been set. In Port Alfred, on a difficult course, junior Andile Motwana ran 1:10:54 and grandmaster Margie Saunders 1:39:36, while in Wellington grandmaster Terence Brown clocked 1:26:11. Saunders now has four list leaders, more than any other runner. There was also a list leader in the 15 km, where Desmond Zibi achieved 53:45 in Port Elizabeth.

There was some magnificent running at the Payton Jordan Cardinal Meeting in Palo Alto, USA. South Africa's Dominique Scott set a new PB of 15:32.55 – placing her fifth on the SA all-time list, ahead of René Kalmer – yet she finished only 18th! In the 10000 m the depth



Gillian Sieling on her way to her magnificent time of 2:53:38 in London. [Photograph supplied]

was even more astounding: fifteen women broke 32:00 across both sections of the race (that might not even happen in the World Championships later this year). Susan Kuijken (NED) achieved a huge PB of 31:31.97 to get the win, while Jip Vastenberg (NED) set a European U.23 record in third place. Natasha Wodak got the Canadian record with her excellent 31:41.59, while Ines Melchor scored a Peruvian record of 31:56.62 in the second section. There were personal bests galore.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Colgate John Hattle 32 km & 15 km, Boksburg
- * UCT Memorial 10 km, Rondebosch
- * Sportsmans Warehouse 15 km, Port Elizabeth
- * Two Lagoons 32 km & 10 km, Wilderness
- * Rockets Wally Hayward Marathon, Half Marathon & 10 km, Centurion
- * Safari Half Marathon & 10 km, Wellington
- * Deloitte Challenge Marathon & Half Marathon, Ballito to Durban
- * Siza Vitality Half Marathon, Port Alfred
- * Hydrassist Half Marathon, (EP Half-marathon Championships), Port Elizabeth
- * Outeniqua Marathon, Half Marathon & 50 km, George to Wilderness

International highlights:

- * Volkswagen Prague International Marathon, Praha, CZE
 - * Placencia Half Marathon for UNICEF, Piacenza, ITA
 - * Lilac Bloomsday Run, Spokane, USA
 - * BMO Bank of Montreal Vancouver Marathon, Vancouver, CAN
 - * Chia Laguna Half Marathon, Chia, ITA
 - * Track: IAAF World Relays, Nassau, BAH; Billy Hayes Invitational, Bloomington, USA; Payton Jordan Cardinal Invitational, Palo Alto, USA; African Youth Championships, Réduit, MRI
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ROAD RUNNING

Colgate John Hattle 32 km (36th) & 15 km

Boksburg, 3 May

(Loop courses. Finishers: 32 km – 1600 [down from 1700 last year]; 15 km – 2800 [up from 2500].)

32 km

MEN

1 Don Ndlovu (Cool Running) 1:46:20; 2 Frans Mola (South Deep) 1:46:57; 3 Leswene Africa Mailola (Nedbank) 1:49:32; 4 Thabo Mashigo (Vultures) 1:53:18; 5 Malose Mabote (Rainbow) 1:55:09.

Veterans: 1 Thabo Mashigo (Vultures) 1:53:18; 2 Elliot Manyosi (Vitality) 1:58:44; 3 Siphon Dlamini (Callies) 2:01:28. **Masters:** 1 Dieter Stapel (BNAC) 2:17:03; 2 Nzama Sibisi (Eskom) 2:21:24; 3 Raymond Sibanyani (SCAW) 2:24:55. **G'masters:** 1 John Woodnutt (Morningside) 2:22:08.

WOMEN

1 Salome Cooper (Runavation) 2:18:10; 2 Seipati Peu (Maxed Elite) 2:21:15; 3 Enie Molatseli (Ekurhuleni) 2:22:00; 4 Maria Vilikazi (RWFL) 2:25:07; 5 Anel Labuschagne (Kempton) 2:25:29.

Veterans: 1 Heather Walden (Born 2 Run) 2:29:56; 2 Sharon Newman (Midrand) 2:43:20; 3 Vanessa Bowman (Kempton) 2:45:08. **Masters:** 1 Val Watson (Runavation) 2:50:57; 2 Kholiwe Khoza (Kwa-Thema) 2:51:50; 3 Elizabeth Ingram (Vitality) 2:52:17. **G'masters:** 1 Linda Iceley (Old Eds) 3:15:20

15 km

MEN

1 Tlou Peu (MAD Multisport) 47:36; 2 Lesiba Peu (MAD Multisport) 47:44; 3 Karabo Nkachela (Cool Running) 48:51.

Veterans: 1 Simon Segau (Vitality) 52:48; 2 Kagiso Mogatle (Sibanye Gold) 53:17; 3 Sphiwe Gumbi (Carlton) 55:42. **Masters:** 1 Gideon Radebe (Anglo) 58:12; 2 Ambrose Klassen (Jaquars) 59:39; 3 Jerry Rankapule (Gallopers) 63:49. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 60:27. **Juniors:** 1 Siyabanga Mabena (GS) 51:33.

WOMEN

1 Farida Zwane (Cool Running) 61:12 (1st jun); 2 Nomasanto Skosana (Nedbank) 63:44; 3 Alison de Bruin (Temp) 65:00.

Veterans: 1 Nomasanto Skosana (Nedbank) 63:44; 2 Thuli Mbatha (Katlehong) 65:21; 3 Eunice Dunjwa (Kwa-Thema) 65:50. **Masters:** 1 Frith v.d. Merwe (Benoni High) 71:12; 2 Engelinah Munyai (BNAC) 71:58; 3 Monica Reis (Roodepoort) 74:55. **G'masters:** 1 Lyn de Bruin (Irene) 82:37. **Juniors:** 1 Farida Zwane (Cool Running) 61:12.

UCT Memorial 10 km (34th)

Rondebosch, 3 May

(Certified hilly loop course. Weather: cool and misty. Finishers: 1280 [down from 1382 last year].)

Note: A category win here for Busisiwe Matiwane in her first race as a veteran after having turned 40 five days earlier. And the second race in three days for Ursula Frans, Mariëtte Strauss and Nancy Will – they all ran the Safari Half Marathon on Friday as well (results below). – Ed.

MEN

1. Siboniso Soldaka (CPUT) 31:43
2. Andrew Louw (CPUT) 32:13
3. Xolisa Batala (VOB) 32:21
4. Lwande Lange (Ind) 32:28
5. Siyabulale Mpongwana (VOB) 32:33

Veterans: 1. Xolile Macanda (Gugs) 35:13; 2. Sabelo Mgcwama (Celtic) 36:49; 3. Colin George (VOB) 37:10. **Masters:** 1. Monde Tutani (Gugs) 37:58; 2. Zolani Ntsodo (SANDF) 38:19; 3. Shafiek Cassiem (Itheko) 38:59. **G'masters:** 1. Gemjikile Tom (Eskom) 42:18; 2. Jimmy Morris (Forest) 42:49; 3. Stephen Granger (VOB) 43:27. **Juniors:** 1. Lukhanyo Nobakada (VOB) 34:31; 2. Yanga Keli (Sanlam) 37:50; 3. Esona Mbombo (Sanlam) 37:52.

WOMEN

1. Lena Lötter (Ind) 35:42
2. Ashleigh Simonis (Carb) 38:00
3. Ebeth Marais (Maties) 38:12
4. Pamela Moyikwa (VOB) 41:05
5. Busisiwe Matiwane (Celtic) 41:20

Veterans: 1. Busisiwe Matiwane (Celtic) 41:20; 2. Ursula Frans (Ned) 42:53; 3. Lesyl Potgieter (ATC) 43:47. **Masters:** 1. Mariëtte Strauss (Tyger) 43:32; 2. Renée Scott (VOB)

45:11; 3. Kathy McQuaide (Celtic) 46:37. **G'masters:** 1. Nancy Will (Pine) 47:56; 2. Beverley Ball (SACS) 50:24; 3. Helen du Plessis (Tyger) 51:52. **Juniors:** 1. Ashleigh Simonis (Carb) 38:00; 2. Pamela Moyikwa (VOB) 41:05; 3. Busisiwe Gwala (VOB) 47:31.

Sportsmans Warehouse 15 km

Port Elizabeth, 2 May

(Loop course. Finishers: 607 [up from 577 last year].)

MEN

1	Melikhaya	Frans	Tinarha AC	23	48:47
2	Sandile	Ngunuza	Nedbank RC	32	50:23
3	Eric	Sigxashe	Motherwell AC	36	50:57
4	Terrance	Mjekula (1 st vet)	Charlo AC	42	52:32
5	Desmond	Zibi (1 st mast)	Achilles AAA	51	53:45
6	Melikhaya	Kepe	Nedbank RC	38	54:32
7	Juwayne	Fletcher	Charlo AC	24	54:41
8	Malibongwe	Mbelu	RWFL EP	42	55:11
9	Ross	Hilliwell	Temp	27	55:15
10	Rikhotso	Rooi	RWFL EP	32	56:29
11	August	Esau	Nedbank RC	44	56:33
12	Jacques	Barnard	Despatch AC	39	56:55
13	Melikhaya	Jacobs	Nedbank RC	36	57:04
14	Daryl	North	Achilles AAA	38	57:45
15	Noel	Adams	Temp	42	57:52
16	Jarryd	Cooke	Charlo AC	21	58:00
17	Ruan	Smalberger	St Albans AC	25	58:15
18	Samkelo	Sinyongo	Nedbank RC	33	58:27
19	Michael	Bekapi	Ikhamva AC	53	58:37
20	Mtetwa	Jarati	Body Concept	25	59:01
40-44:					
1	Terrance	Mjekula	Charlo AC	42	52:32
2	Malibongwe	Mbelu	RWFL EP	42	55:11
3	August	Esau	Nedbank RC	44	56:33
45-49:					
1	Martin	Jansen	Nedbank RC	47	1:02:04
2	Shaun	Attenborough	Charlo AC	46	1:02:57
3	Deon	Pretorius	Nedbank RC	49	1:04:39
50-54:					
1	Desmond	Zibi	Achilles AAA	51	53:45
2	Michael	Bekapi	Ikhamva AC	53	58:37
3	Mutekile	Rasmeni	Nedbank RC	50	1:02:37
55-59:					
1	Alan	Taylor	Achilles AAA	57	1:05:24
2	Joseph	Bain	St Albans AC	55	1:10:15
3	Jan	Van Eeden	Nedbank RC	56	1:10:33
60-64:					
1	Elvis	Galela	Madibaz AC	63	1:02:55
2	Sizinzo	Kama	Achilles AAA	63	1:06:17
3	Armin	Brandle	Charlo AC	63	1:16:57
65-69:					
1	Percy	Dalton	Achilles AAA	66	1:15:26
2	Johannes	Herbst	Muirite Strider	69	1:16:04
3	Eckart	Schumann	Body Concept	69	1:18:45
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC	73	1:14:39

2	Kobus	Gerber	PEAAC	71	1:16:57
3	Herman	Dekker	SAPS AC EP	70	1:20:43

Juniors:

1	Keegan	Cooke	Charlo AC	18	1:04:17
2	Sanelisekile	Sundu	Ikhamva AC	16	1:04:43
3	Athenkosi	Fani	Elite A C	18	1:19:04

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	33	1:00:03
2	Ndileka	Mvakwendlu	Tinarha AC	24	1:00:09
3	Adri	Wessels	Temp	39	1:00:45
4	Asanda	Solani	Born To Run	31	1:02:19
5	Terri-Lynn	Penney	RWFL EP	38	1:04:23
6	Grizelda	Pietersen (1 st vet)	Malabar	46	1:04:43
7	Jene	Banfield	RWFL EP	44	1:05:27
8	Christine	Claasen (1 st mast)	Achilles AAA	50	1:06:01
9	Michelle	Galloway	Madibaz AC	27	1:06:06
10	Camarin	Van Eyk	Nedbank RC	32	1:07:42
11	Janette	Schierz-Crusius	Body Concept	54	1:07:43
12	Siphokazi	Liwani (1 st jun)	Motherwell AC	18	1:08:03
13	Terray	Newcombe	Elite A C	24	1:08:15
14	Janine	Gardiner	Charlo AC	34	1:10:54
15	Priscilla	Dyantyi	Nedbank RC	41	1:11:48
16	Sharon	Gouws	Nedbank RC	44	1:11:59
17	Noxolo	Marks	Ikhamva AC	29	1:13:15
18	Callie	Thomson	Rhodes Univ	24	1:13:47
19	Estee	Cockcroft	Temp	30	1:14:02
20	Tania	Jordaan	Charlo AC	38	1:14:13

40-44:

1	Jene	Banfield	RWFL EP	44	1:05:27
2	Priscilla	Dyantyi	Nedbank RC	41	1:11:48
3	Sharon	Gouws	Nedbank RC	44	1:11:59

45-49:

1	Grizelda	Pietersen	Malabar	46	1:04:43
2	Judy	Beens	Charlo AC	48	1:19:32
3	Gail	Klichowicz	Achilles AAA	48	1:19:52

50-54:

1	Christine	Claasen	Achilles AAA	50	1:06:01
2	Janette	Schierz-Crusius	Body Concept	54	1:07:43
3	Amanda	Shaw	Body Concept	50	1:19:00

55-59:

1	Lynette	Crause	Walmer AC	55	1:23:54
2	Christine	Snyman	Despatch AC	59	1:25:45
3	Liz	Austin	Achilles AAA	56	1:30:10

60-64:

1	Cathy	Ives	Achilles AAA	62	1:25:44
2	Nicki	Van Niekerk	Muirite Strider	61	1:34:20
3	Rina	Barnard	Elite A C	61	2:06:17

65-69:

1	Helene	Oppel	Crusaders AC	65	1:30:35
2	Liz	Grundlingh	Muirite Strider	68	1:32:05
3	Denise	Terblanche	Walmer AC	67	1:39:40

70-74:

1	Ronelle	Steyn	Nedbank RC	71	1:45:46
2	Orgia	Nell	Muirite Strider	71	1:47:27

75-79:

1	Dorothy	Hart	Madibaz AC	77	2:01:14
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Juniors:

1	Siphokazi	Liwani	Motherwell AC	18	1:08:03
2	Claire	Balshaw	Temp	17	1:25:52
3	Marike	Marais	St Albans AC	17	1:44:33

Two Lagoons 32 km & 10 km

Wilderness, 2 May

(32 km – loop course; 10 km – point to point. Finishers: 32 km – 116 [down from 125 last year; 10 km – 156 [slightly up from 153]; also 48 in the 5 km.)

Note: Nancy Cloete was ninth overall in the 32 km and master Annatjie Botes twelfth. – Ed.

32 km**MEN**

1	Ettiene Plaatjies	Nedbank SWD	27	1:49:29
2	Michael Bailey	RAC	32	1:55:12
3	Joseph Phuka	KMC	35	2:06:50
4	Mxolise Fana	Outeniqua Harriers	46	2:09:49
5	Luxolo Mahamba	KMC	25	2:13:58
6	Jugene Maart	Nedbank SWD	28	2:17:02
7	Elton Botha	KMC	22	2:17:12
8	Neil de Meillon	Nedbank PE	52	2:26:26
9	Stephan Joubert	Outeniqua Harriers	36	2:29:03
10	Eddie Mouton	Nedbank SWD	41	2:35:43

Veterans:

1	Mxolise Fana	Outeniqua Harriers	2:09:49
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Masters:

1	Neil de Meillon	Nedbank EPA	2:26:26
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G'masters:

1	Arthur Valasis	Hamlet CGA	3:04:00
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G/g'masters:

1	Dave Edge	Sedgefield Striders	3:06:56
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WOMEN

1	Nancy Cloete	Outeniqua Harriers	28	2:29:02
2	Anel van Wyk	Nedbank SWD	35	2:29:37
3	Annatjie Botes	Nedbank SWD	57	2:35:43
4	Ashleigh Lord	Temp	26	2:51:14
5	Suzaan Kruger	Outeniqua Harriers	32	2:57:29
6	Thoko Khanyile	Mossel Bay Harriers	34	2:58:21
7	Kirsty Brits	Temp	35	3:04:57
8	Claire Badenhorst	Plett AC	42	3:07:07
9	Petra Schreuder	Madibaz	20	3:09:03
10	Doortjie van der Spuy	Outeniqua Harriers	49	3:09:17

Veterans:

1	Claire Badenhorst	Plett AC	3:07:07
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Masters:

1	Annatjie Botes	Nedbank SWD	2:35:43
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G'masters:

1	Johanna du Toit	Sedgefield Striders	3:29:24
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10 km**MEN**

1	Elfonzo Pieterse	Nedbank SWD	26	32:26
2	Godwin Heyns	Nedbank SWD	17	32:50
3	Lindile Tokota	Nedbank SWD	47	33:37
4	Anderson Ncube	Nedbank SWD	19	33:44
5	Christo Niemand	Nedbank SWD	22	35:12
6	Jan Isaks	Rainbow	29	35:13
7	Dullan Solomons	Nedbank SWD	16	35:29
8	Aviwe Kinana	KMC	16	36:41
9	Wayne Hartzenberg	Outeniqua Harriers	17	36:48
10	Marshall Richenberg	KMC	38	38:01

Veterans:

1	Lindile Tokota	Nedbank SWD	33:37
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Masters:

1	Patrick Peters	Military Sport Club	38:23
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G'masters:

1	Peter Jakoby	KMC	46:17
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G/g'masters:

1	Leslie Stuart	KMC	52:02
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Juniors:

1	Godwin Heyns	Nedbank SWD	32:50
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WOMEN

1	Macnita Samuels	KMC	18	43:39
2	Nicola Jean Widlake	Temp	35	45:41
3	Shona Gazidis	Temp	31	46:27
4	Carike Jacobs	Nedbank SWD	38	47:01
5	Holly Godfrey	Sedgefield Striders	36	52:12
6	Chantelle de Bruin	Nedbank SWD	44	52:59
7	Ariadne van Zandbergen	Plett AC	43	53:15
8	Chante Meyer	Nedbank SWD	21	53:21
9	Annelie Kruger	Hartenbos Drawwers	44	53:41
10	Gillian Webster	Temp	47	54:50

Veterans:

1	Chantelle de Bruin	Nedbank SWD	52:59
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Masters:

1	Ronel Swart	Nedbank SWD	56:58
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G'masters:

1	Mariet Horn	KMC	58:23
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Juniors:

1	Macnita Samuels	KMC	43:39
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Rockets Wally Hayward Marathon (39th), Half Marathon & 10 km

Centurion, 1 May

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 3175 [significantly up from 2360 last year]; half marathon – 2870 [up from 2680]; 10 km – 2300 [down from 2500].)

Note: The winner of the marathon, Sam Bolo (BCC), was disqualified. (He won the Slow-Mag Marathon the previous weekend.) – Ed.

Marathon

MEN

1 Lucky Mtshali (Olifantsfontein) 2:25:14; 2 Sipho Ncube (ZIM/Maxed Elite) 2:30:09 (1st vet); 3 Brighton Chipere (ZIM/F1) 2:31:01; 4 Matthews Nkoana (ACSA) 2:34:17; 5 William Chinyanga (ZIM/Nedbank) 2:35:46; 6 Jonas Makhele (Bidvest) 2:37:28; 7 Philip Ratho (Tuks) 2:38:48; 8 Sipho Mqati (Tuks) 2:39:20.

Veterans: 1 Sipho Ncube (ZIM/Maxed Elite) 2:30:09; 4 Brighton Chipere (ZIM/F1) 2:31:01; 5 Matthews Nkoana (ACSA) 2:34:17. **Masters:** 1 Johannes Ramaphakala (Tshwane) 2:58:20; 2 Linda Maphanga (Anglo) 2:58:42; 3 Lucas Funani (Anglo) 2:59:31. **G'masters:** 1 Almond Zibuse (Randmark) 3:18:49; 2 Theo Swanepoel (Kempton) 3:27:55; 3 Johan Nel (Irene) 3:33:39. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 4:21:00.

WOMEN

1 Yolande Maclean (Born 2 Run) 2:53:18; 2 Jennifer Koech (KEN/Nedbank) 2:53:45; 3 Lesley Train-Austin (Krugersdorp) 3:08:13 (1st vet); 4 Emmerentia Rautenbach (Nedbank) 3:13:56; 5 Lindy Benson (BCC) 3:21:54; 6 Mary Khourie (Nedbank) 3:21:59; 7 Nocawe Morake (Wonderpark) 3:22:33; 8 Lindiwe Khumalo (RAC) 3:23:20; 9 Annemarie Kruger (Irene) 3:24:29; 10 Lesego Hlako (Zwakala) 3:25:40.

Veterans: 1 Lesley Train-Austin (Krugersdorp) 3:08:13; 2 Lindy Benson (BCC) 3:21:54; 3 Nocawe Morake (Wonderpark) 3:22:33. **Masters:** 1 Lelanie van Zyl (Nedbank) 3:33:51; 2 Dianne Schlebusch (Nedbank) 3:50:22; 3 Val Watson (Runavation) 3:50:50. **G'masters:** 1 Regina Hughes (Agape) 5:05:57; 2 Miemie Rudling (Kempton) 5:13:19.

Half marathon

MEN

1 Paulus Radebe (ACSA) 69:35; 2 Amos Thanjekwayo (Midack) 70:16; 3 Lensyadso ? (Ventersdorp) 72:12.

Veterans: 1 Adam Montana (Diepsloot) 76:37; 2 Frank Kiemhofer (Kudus) 83:31; 3 D. de Villiers (Krugersdorp) 85:22. **Masters:** 1 Ephraim Yende (Bivest) 83:57; 2 Victor Phetoe (Irene) 85:38; 3 Paul Mabena (Ford) 86:26. **G'masters:** 1 Elias Raphulu (Magnolia) 1:44:37; 2 Andre v.d. Walt (RAC) 1:50:02; 3 Daniel Moeti (Beefcor) 1:51:08. **G/g'masters:** Pele Tshikundamalema (Olifantsfontein) 1:52:45. **G/g/g'masters (80+):** Dion Heigers (ACRW) 2:42:29. **Juniors:** 1 Mike Mooka (TUT) 75:30; 2 Morne Olivier (Tuks) 78:31; 3 Ephram Masombuka (Ikmanjane) 88:16.

WOMEN

1 Annerie Kruger (Magnolia) 85:22; 2 Mitsie v.d. Westhuizen (Runavation) 88:06 (1st vet); 3 Elizabeth Dhiwayo (Nedbank) 90:00.

Veterans: 1 Mitsie v.d. Westhuizen (Runavation) 88:06; 2 Linah Mhlongo (Eskom) 91:15; 3 Vanessa Bowman (Kempton) 91:31. **Masters:** 1 Debbie Bredenkamp (HQH) 1:44:06; 2 Ina Lagerwall (Magnolia) 1:50:20; 3 Ilze Crous (Unisa) 1:52:28. **G'masters:** 1 Carol de Waal (Wingate) 2:02:25; 2 Ina Wheatley (PMMC) 2:11:38; 3 Rina Machado (Ndaba) 2:14:12. **G/g'masters:** 1 Mavis Stadler (Agape) 2:34:34. **Juniors:** 1 Jeannie de Beer

(Nedbank) 97:07; 2 Mihandi Kirchnel (Affies) 1:53:59; 3 Nqobile Skosana (Tkonyane) 2:31:05.

10 km

MEN

1 Gladwin Mzazi (Transnet) 30:40; 2 Edward Mothibe (Impala Plats) 31:28; 3 Prince Jali (Take it Easy) 31:56.

Veterans: 1 Jackson Seanego (Armscor) 35:36; 2 Lawrence Chipangaan (Gallopers) 35:51; 3 Colin Witbooi (SANDF) 37:05. **Masters:** 1 Andre du Toit (GN **Masters:**) 40:17; 2 Piet Chauke (Gallopers) 41:00; 3 Willie Beneke (NPO) 47:07. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 38:38; 2 Ernest Tjela (Emfuleni) 42:33; 3 Don Charles (Nedbank) 43:06. **G/g'masters:** 1 Mike Kleinsmit (Transnet) 55:05. **G/g/g'masters (80+):** 1 Ken Nurden (Agape) 56:16. **Juniors:** 1 Thato Pule (Take it Easy) 34:41; 2 Zithule Ntanzzi (Take it Easy) 34:47; 3 Siyabonga Mabena (GS) 35:39.

WOMEN

1 Cornelia Joubert (Nedbank) 35:22; 2 Catherine Skosana (Nedbank) 38:13; 3 Anuschka Nice (Tuks) 40:36.

Veterans: 1 Mirriam Mooki (Transnet) 43:13; 2 Assalina Nyathi (Post Office) 45:19; 3 Florence Molawa (Areclor Mittal) 46:32. **Masters:** 1 Ansie Breytenbach (Irene) 43:14; 2 Gillian Keartland (Kyalami) 55:22; 3 Ronel Fourie (Transnet) 56:34. **G'masters:** 1 Sonja Laxton (RAC) 51:05; 2 Moira Terwey (RWFL) 64:46; 3 Sally Halim (RRW) 66:05. **G/g'masters:** 1 Hazel Quilliam (Roodepoort) 72:09. **G/g/g'masters (80+):** 1 Deirdre Larkin (Randburg) 62:38. **Juniors:** 1 Jeanne de Beer (Affies) 44:31; 2 Carla Venter (Zwartkops) 44:35; 3 Kelebogie Moreo (Boksburg) 44:27.

Safari Half Marathon (28th) & 10 km

Wellington, 1 May

(Distances: 21.1 km & 10 km; the half marathon a hilly loop course, partly on gravel; the 10 km course configuration is unknown. Finishers: half marathon – 3695 [up from 2879 last year]; 10 km – 2704.)

Note: Nancy Will's time in the half marathon is faster than the existing WP record, but she has a quicker time pending. – Ed.

Half marathon

MEN

1	Lloyd	Bosman	Ned SWD	1:05:16
2	Peter	Tsawayo	ZIM/Gugs	1:08:22
3	Elfonso	Pieterse	Ned SWD	1:08:23
4	Unathi	Nteta	AAC	1:08:37
5	Akhona	Mdaka	Elgrab	1:08:44
6	Victor	Msopi	Ned WP	1:10:59
7	Jacobus	Frits	Temp	1:11:20
8	Tsungai	Mwanengeni	ZIM/CMC	1:11:59
9	Alvino	Cupido	Ned WP	1:12:13
10	Pieter	Koopman	Itheko	1:12:20

Veterans:

1	Tsungai	Mwanengeni	CMC	1:11:59
2	Pieter	Koopman	Itheko	1:12:20
3	Shawn	Abrahams	Celtic	1:16:40

Masters:

1	Solly	Van Rooi	Alive Bol	1:24:24
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2	Hermanus	Jonkerman	Ned SWD	1:24:38
3	Ludwig	Lillie	Durbac	1:26:25

G'masters:

1	Terence	Brown	Bell	1:26:11
2	Robbie	Lindsay	Ned WP	1:30:23
3	Muhammad	Kriel	Odraai	1:32:04

G/g'masters:

1	Joseph	Matthews	Midas	1:58:23
2	Richard	Badrieck	Strand	2:10:18
3	Oloff	Crous	Bracken	2:11:08

Juniors:

1	Nigel	Plaatjies	Welling	1:22:35
2	Stefan	Oosthuizen	Welling	1:24:08
3	Reuben	Strauss	Bell	2:24:52

WOMEN

1	Annie	Bothma	Ned WP	1:19:45
2	Fortunate	Chidzivo	ZIM/Celtic	1:25:45
3	Obertina	Kanyongo	ZIM/Wcoast	1:27:50
4	Candyce	Hall	Carbineers	1:28:04
5	Thalia	Charalambous	ATC	1:31:55

Veterans:

1	Obertina	Kanyongo	ZIM/Wcoast	1:27:50
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Masters:

1	Mariëtte	Strauss	Tyger	1:33:16
2	Olga	Howard	Celtic	1:35:28
3	Salome	Castelyn	Stellen	1:42:55

G'masters:

1	Nancy	Will	Pine	1:40:05
2	Styntjie	Prins	Paarl	1:45:23
3	Koba	Bellingan	Stellen	1:47:36

G/g'masters:

1	Marlene	James	Pine	2:15:24
2	Avril	Delapelin Dumont	Wcoast	2:24:02
3	Heather	Cooke	Temp	2:27:05

Juniors:

1	Magda	De Mooij	Bracken	1:46:38
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10 km**MEN**

1	Luyando	Qolo	Elgrab	29:57
2	Akhona	Makila	VOB	30:01
3	Justin	Fritz	Ceres	30:09
4	Virgina	Ngudlumana	Itheko	30:12
5	Angelo	Booyen	Welling	30:57
6	Nadeel	Wildschutt	Ceres	31:13
7	Lukhanyo	Nobakada	VOB	31:40
8	Siphe	Dlokweni	VOB	31:48
9	Adrian	Wildschutt	Ceres	32:00
10	Dicardo	Jacobs	Temp	32:05

WOMEN

1	Marrida	Leen	Mossel	38:22
2	Britney	Meyer	Outenh	39:10
3	Clairiece	Slinger	Maties	39:49
4	Sharlan	Boer	Maties	40:30

5 Megan Swanepoel Maties 40:33

Deloitte Challenge Marathon & Half Marathon

Ballito to Durban, 1 May

(Distances: 42.195 km & 21.1 km; point-to-point courses. Finishers: marathon – 1689.)

Note: This is the old Indian Ocean Marathon that has been revived. As far as DRR could ascertain, it was last held in 2007. – Ed.

MEN

1.	Shingi Badza	ZIM/Maxed Elite	2:28:47
2.	Garikai Madawo	Chatsworth AC	2:28:59
3.	Pitso Malau	Tlokoa AC	2:32:15
4.	Thelumusa Sibiya	NRB Harr	2:32:19
5.	Delani Mkhize	Nedbank AC	2:34:03

40-49:

1.	Shingi Badza	ZIM/Maxed Elite	2:28:47
2.	Peter Tadziripa	ZIM/Maxed Elite	2:37:43
3.	Njabulo Hlatswayo	Newlands	2:46:25

50-59:

1.	Mandla Dlamuka	Boxer AC	2:52:37
2.	Eloi de Oliveira	Boxer AC	2:53:27
3.	Cosmos Langa	Corr Serv	2:57:30

60+:

1.	Michael Langa	Athletic North	3:22:48
2.	Bongani Ndlovu	Zabalaza AC	3:27:54
3.	Anandh Ramdhayal	Nambithi St	3:39:25

WOMEN

1.	Nonsikelelo Mbambo	Natal Carb	3:06:22
2.	Helen Buley	Coll Harr	3:12:29
3.	Lisa Collett	Nedbank AC	3:12:33
4.	Tracey Zunckel	Estcourt AC	3:15:07
5.	Teneal Featherby	PDAC	3:19:48

40-49:

1.	Lise Muchna	PDAC	3:30:01
2.	Ria Mornet	Save Orian	3:32:50
3.	Sarah Eksteen	West AC	3:33:27

50-59:

1.	Khaya Mahlali	DAC	3:45:56
2.	Daniela Papini	Savages	3:51:28
3.	Meg Finestone	West AC	3:53:39

60+:

1.	Sandy Curren	R/Bay AC	4:42:45
2.	Maureen Parry	Chiltern AC	4:51:39
3.	Pat Boyall	Savages	4:52:26

Half marathon

MEN

1.	Bonginkosi Zwane	Phantane AC	65:29
2.	Anele Dlamini	Hammersdale	66:26
3.	Sipho Mbanjwa	Phantane AC	67:00

WOMEN

1.	Kate McDade	Ind	80:10
2.	Alicen Manake	ZIM/Nedbank AC	81:42
3.	Makhosi Mhlongo	Savages AC	82:11

Siza Vitality Half Marathon

Port Alfred, 26 April

(Distance: 21.1 km; two-loop hilly course. Finishers: 195)

MEN

1	Melikhaya	Frans	Tinarha AC	23	1:08:06	R10 000
2	Nyedimane	Chabeli	Nedbank Bfn Ach	32	1:08:18	R5000
3	George	Ntshiliza	Bluewater Bay	35	1:09:19	R3000
4	Nkosinathi	Madyo	Nedbank RC WP	27	1:09:53	R1000
5	Shadrack	Hlabahlaba (1 st vet)	Sibanya Gold AC	41	1:10:34	R500
6	Andile	Motwana (1 st jun)	Tinarha AC	18	1:10:54	
7	Tsungai	Mwanengeni	Temp	41	1:11:47	
8	Anele	Maliza	Nedbank RC EP	37	1:11:55	
9	Maxwell	Goodman	Ikhamva AC	42	1:11:59	
10	Thulo	Nyedimane	Transnet FS	27	1:12:37	
11	Melikhaya	Kepe	Nedbank RC EP	38	1:13:37	
12	Nkosinathi	Nzingo	Municipal AC	32	1:15:41	
13	Zolile	Mhlahlo	Achilles AAA	40	1:16:36	
14	Kgotso	Majara	Ikhamva AC	34	1:16:45	
15	Mazandi	Dzudzudzu	Nedbank RC EP	34	1:16:57	
16	Sizakele	Dayimani	Kowie Striders	35	1:17:23	
17	Desmond	Zibi (1 st mast)	Achilles AAA	51	1:18:23	
18	Brendon	Effenaar	Nedbank RC EP	19	1:18:30	
19	Phumzile	Nelo	Temp	31	1:18:39	
20	Nkosinathi	Gcakasi	Bluewater Bay	44	1:19:09	

(Prize money in each 10-year age category [40-49, etc., plus juniors] was the same: R3000, R2000, R1000)

40-44:

1	Shadrack	Hlabahlaba	Sibanya Gold AC	41	1:10:34
2	Tsungai	Mwanengeni	Temp	41	1:11:47
3	Maxwell	Goodman	Ikhamva AC	42	1:11:59

45-49:

1	Thembinkosi	Mdyogolo	Nedbank RC EP	46	1:28:46
2	Bolly	Jekana	Nedbank RC EP	48	1:28:58
3	Carriot	Galela	Run For Life EP	45	1:31:55

50-54:

1	Desmond	Zibi	Achilles AAA	51	1:18:23
2	Michael	Bekapi	Ikhamva AC	53	1:21:26
3	Monde	Tutani	Gugulethu AC	53	1:21:31

55-59:

1	Jan	Van Eeden	Nedbank RC EP	56	1:50:48
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60-64:

1	Sticks	Stiglingh	Kowie Striders	60	1:35:33
2	Sizinzo	Kama	Achilles AAA	63	1:36:50
3	Elvis	Galela	Madibaz AC	63	1:37:28

65-69:

1	Billy	Futter	Temp	68	2:43:59
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70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	73	1:45:33
2	Ron	Clark	Bluewater Bay	72	1:59:04

3	Godfrey	Kariem	Gelvan AC	74	2:05:44
Juniors:					
1	Andile	Motwana	Tinarha AC	18	1:10:54
2	Brendon	Effenaar	Nedbank RC EP	19	1:18:30
3	Kingston	Khumalo	Temp	16	1:19:50

WOMEN (Same prize money as men)

1	Ntombesintu	Mfunzi	Nedbank RC EP	33	1:20:58
2	Ndileka	Mvakwendlu	Tinarha AC	24	1:29:31
3	Busisiwe	Matiwane	Celtic Harriers	39	1:33:33
4	Nomakhosi	Ntliziyo (1 st jun)	Youth 4 Change AC	16	1:34:25
5	Jene	Banfield (1 st vet)	Run For Life EP	44	1:34:40
6	Christine	Claasen (1 st mast)	Achilles AAA	50	1:36:38
7	Nokholo	Hlezupondo	Sandf AC EP	36	1:38:23
8	Margie	Saunders (1 st g'mast)	Nedbank RC EP	61	1:39:36
9	Janette	Schierz-Crusius	Body Concept	54	1:39:39
10	Terri-Lynn	Penney	Run For Life EP	38	1:43:42
11	Siphokazi	Liwani	Motherwell AC	18	1:44:51
12	Jade	De Sousa	Temp	22	1:48:49
13	Buyelwa	Kobokana	Nedbank RC EP	50	1:50:05
14	Megan	Hobson	Temp	41	1:50:11
15	Nolikhanyo	Mdwayi	Transnet Eng EP	34	1:54:48
16	Emma	Browne	Temp	23	1:54:49
17	Natalie	Christie	Temp	43	1:55:19
18	Sinelizwi	Nongauza	Real Gijimas	26	1:58:58
19	Suzette	Krause	Oxford Striders	52	1:59:56
20	Pamela	Mpange	Real Gijimas	42	2:02:28

40-44:

1	Jene	Banfield	Run For Life EP	44	1:34:40
2	Megan	Hobson	Temp	41	1:50:11
3	Natalie	Christie	Temp	43	1:55:19

45-49:

1	Marianne	Stiglingh	Kowie Striders	49	2:11:04
2	Stephanie	Kretzmann	Born To Run AC	46	2:24:33
3	Genevieve	Laycock	Warriors AC	46	2:28:25

50-54:

1	Christine	Claasen	Achilles AAA	50	1:36:38
2	Janette	Schierz-Crusius	Body Concept	54	1:39:39
3	Buyelwa	Kobokana	Nedbank RC EP	50	1:50:05

55-59:

1	Lynette	Crause	Walmer AC	55	2:14:52
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60-64:

1	Margie	Saunders	Nedbank RC EP	61	1:39:36
2	Avril	Beyleveld	Kowie Striders	63	2:07:06

Juniors:

1	Nomakhosi	Ntliziyo	Youth 4 Change AC	16	1:34:25
2	Siphokazi	Liwani	Motherwell AC	18	1:44:51
3	Andisiwe	Shavings	Temp	15	2:35:11

Hydrassist Half Marathon

(EP Half-marathon Championships)

Port Elizabeth, 25 April

(Distance: 21.1 km; loop course. Finishers: 677 [slightly down from 682 last year].)

MEN

1	Rodney	Prins	Malabar AC	26	1:08:03
2	Andre	Ketchem	X-Cel AC	31	1:08:13
3	Sandile	Ngunuza	Nedbank RC EP	32	1:09:09
4	Bulelani	Niwa	PEAAC	29	1:10:20
5	Aphlyn	Taai	Transnet Eng EP	32	1:10:22
6	Mzolisi	Makhanda	Nedbank RC EP	32	1:10:32
7	Mzwanele	Maphekula	Bluewater Bay	38	1:12:29
8	Mila	Pasiya	Nedbank RC EP	35	1:12:56
9	Masande	Mlonyeni	Nedbank RC EP	34	1:13:17
10	Terrance	Mjekula (1 st vet)	Charlo AC	42	1:14:36
11	Sinathi	Mafa	SAP MC EP	24	1:14:50
12	Juwayne	Fletcher	Charlo AC	24	1:14:52
13	Sandle	Tsholoba	Queenstown	37	1:14:53
14	Ricardo	Plaatjies	X-Cel AC	32	1:15:15
15	Thobile	Xata	Bluewater Bay	40	1:15:26
16	Tumelo	Mochelenyane	Nedbank RC EP	32	1:17:27
17	Michael	Bester	Achilles AAA	27	1:18:08
18	Deon	Appollis	Profiles AC	35	1:18:18
19	Luyolo	Dyubhele	Tinarha AC	21	1:19:48
20	August	Esau	Nedbank RC EP	44	1:19:53

40-44:

1	Terrance	Mjekula	Charlo AC	42	1:14:36
2	Thobile	Xata	Bluewater Bay	40	1:15:26
3	August	Esau	Nedbank RC EP	44	1:19:53

45-49:

1	Mzukisi	Klaas	Motherwell AC	46	1:22:08
2	Dean	Moldenhauer	Cape Multisport	45	1:28:22
3	Martin	Jansen	Nedbank RC EP	46	1:29:30

50-54:

1	Darrell	Wicht	Warriors AC	51	1:20:12
2	Kenneth	Menze	Bluewater Bay	53	1:21:33
3	Colben	Ngcupe	Motherwell AC	51	1:25:00

55-59:

1	Disemba	Blou	Charlo AC	56	1:29:35
2	Christopher	Nyodi	Bluewater Bay	56	1:37:19
3	Clifford	Hicken	Nedbank RC EP	57	1:38:38

60-64:

1	Elvis	Galela	Madibaz AC	63	1:30:32
2	Johan	Barnard	Nedbank RC EP	60	1:53:42
3	Armin	Brandle	Charlo AC	63	1:54:24

65-69:

1	Hannes	Els	Warriors AC	65	1:33:53
2	Hansie	Els	Somerset East	67	1:40:14
3	Johannes	Herbst	Muirite Striders	69	1:49:34

70-74:

1	Herman	Dekker	SAP MC EP	70	1:54:15
2	Godfrey	Kariem	Gelvan AC	74	1:55:22
3	Brian	Smith	PEAAC	72	2:44:01

Juniors:

1	Judaïd	Marais	X-Cel AC	18	1:28:54
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2	Jaco	Momberg	Temp	17	1:42:00
3	Aphiwe	Xayimpi	Temp	17	1:47:17

WOMEN

1	Asanda	Solani	Born To Run AC	31	1:28:04
2	Grizelda	Pietersen (1 st vet)	Malabar AC	46	1:32:14
3	Deliwe	Nyanga	Nedbank RC EP	26	1:32:38
4	Nokholo	Hlezupondo	SANDF AC EP	36	1:33:00
5	Terri-Lynn	Penney	Run For Life EP	38	1:34:06
6	Katherine	Van der Walt	Body Concept	39	1:34:23
7	Siphokazi	Nojoko	Motherwell AC	20	1:34:35
8	Michelle	Galloway	Madibaz AC	27	1:34:57
9	Terray	Newcombe	Elite AC	24	1:36:57
10	Sime	Baynes	Elite AC	31	1:37:33
11	Lisa	Rentzke	Body Concept	32	1:38:12
12	Camarin	Van Eyk	Nedbank RC EP	32	1:38:26
13	Frances	Stone	Body Concept	42	1:39:53
14	Laura	Maritz (1 st mast)	Elite AC	54	1:44:11
15	Sharon	Gouws	Nedbank RC EP	44	1:46:57
16	Wilandi	Esterhuysen	Run For Life EP	36	1:47:22
17	Janine	Gardiner	Charlo AC	34	1:48:20
18	Lindy	Vermeulen	Old Selbornians	32	1:48:36
19	Nolikhanyo	Mdwayi	Transnet Eng EP	34	1:49:00
20	Christine	Wienand	Nedbank RC EP	35	1:50:11

40-44:

1	Frances	Stone	Body Concept	42	1:39:53
2	Sharon	Gouws	Nedbank RC EP	44	1:46:57
3	Toegeda	Vyver	Nedbank RC EP	43	1:52:45

45-49:

1	Grizelda	Pietersen	Malabar AC	46	1:32:14
2	Agnes	Van Iddekinge	Profiles AC	49	1:52:59
3	Gail	Klichowicz	Achilles AAA	48	1:55:05

50-54:

1	Laura	Maritz	Elite AC	54	1:44:11
2	Rosemary	Joubert	Crusaders AC	54	1:55:49
3	Salome	Loots	Body Concept	52	1:55:55

55-59:

1	Amanda	Wolmarans	Walmer AC	56	1:57:05
2	Lynette	Crause	Walmer AC	55	2:03:52
3	Monica	Kemp	Warriors AC	59	2:06:03

60-64:

1	Cathy	Ives	Achilles AAA	62	2:07:32
2	Nicki	Van Niekerk	Muirite Striders	61	2:14:16
3	Louisa	Bosman	Muirite Striders	60	2:57:23

65-69:

1	Liz	Grundlingh	Muirite Striders	68	2:05:19
2	Denise	Terblanche	Walmer AC	67	2:26:47
3	Jeanette	Pienaar	PEAAC	66	2:31:33

70-74:

1	Orgia	Nell	Muirite Striders	71	2:37:57
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Juniors:

1	Luzanne	Bruyns	Elite AC	16	2:07:45
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Outeniqua Marathon (29th), Half Marathon (26th) & 50 km (3rd)

George to Wilderness, 25 April

(Distances: 42.195 km, 21.1 km & 50 km; point-to-point downhill courses, but hilly and partly on gravel. Finishers: marathon – 105 [up from 87 last year]; half marathon – 201 [up from 185]; 50 km – 90 [significantly up from 52].)

Note: Melikhaya Msizi (marathon) and Lloyd Bosman (half marathon) defended their titles successfully. Also achieving success was husband-and-wife team Roger and Sue Dickson: both placed seventh overall in the half marathon, with Roger winning the veteran competition and Sue, in her first race since December 2011, taking second in the same category. – Ed.

Marathon**MEN**

1	Melikhaya Msizi	KMC	31	2:47:54
2	Lindile Tokota	Nedbank SWD	47	2:51:25
3	Sydney Landsberg	Nedbank SWD	53	2:53:35
4	Jugene Maart	Nedbank SWD	28	2:56:46
5	Johan Stemmet	Bonnievale	40	2:58:34
6	Mxolise Fana	Outeniqua Harriers	46	2:59:41
7	Dewald Kleinhans	Hartenbos Drawwers	32	3:06:43
8	Phillipus du Toit	Hartenbos Drawwers	49	3:16:36
9	Joey Klaasen	Sedgefield Stri	44	3:16:51
10	Marshall Richenberg	KMC	38	3:17:29

Veterans:

1	Lindile Tokota	Nedbank SWD	2:51:25
2	Mxolise Fana	Outeniqua Harriers	2:59:41

Masters:

1	Sydney Landsberg	Nedbank SWD	2:53:35
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G'masters:

1	Gary Ristow	Edgemead	4:09:07
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WOMEN

1	Maryke Sass	Nedbank SWD	44	3:40:07
2	Alison Giliomee-Nell	Nedbank SWD	34	3:40:07
3	Thoko Khanyile	Mossel Bay Harriers	34	3:54:33
4	Elana Buckley	Nedbank SWD	39	3:55:08
5	Carin Venter	Outeniqua Harriers	51	4:04:20
6	Una Saayman	SAPS WPA	54	4:12:38
7	Yolanda Vermeulen	Hartenbos Drawwers	40	4:19:00
8	Chantell Barkhuizen	Nedbank SWD	35	4:19:01
9	Mariette de Haan	Nedbank SWD	60	4:27:50
10	Marietjie Swart	Oudtshoorn	30	4:32:15

Veterans:

1	Maryke Sass	Nedbank SWD	3:40:07
2	Yolanda Vermeulen	Hartenbos Drawwers	4:19:00

Masters:

1	Caren Venter	Outeniqua Harriers	4:04:20
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G'masters:

1	Mariette de Haan	Nedbank SWD	4:27:50
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Half marathon**MEN**

1	Lloyd Bosman	Nedbank SWD	27	1:09:22
2	Bernardo Fredericks	Nedbank SWD	27	1:09:35

3	Elfonzo Pieterse	Nedbank SWD	26	1:10:14
4	Godwin Heyns	Nedbank SWD	17	1:14:39
5	Nelson Bass	VOB	36	1:16:11
6	Sinesipho Didishe	KMC	24	1:16:23
7	Roger Dickson	VOB	41	1:17:25
8	Wouter Frazenburg	Nedbank SWD	37	1:18:24
9	Joseph Phuka	KMC	35	1:18:24
10	Archie Boome	KMC	19	1:20:52

Veterans:

1	Roger Dickson	VOB	1:17:25
2	Marlon Mortlock	KMC	1:23:51

Masters:

1	Hermanus Jonkerman	Nedbank SWD	1:27:42
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G'masters:

1	Manie Steenkamp	Nedbank SWD	1:43:02
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Juniors:

1	Godwin Heyns	Nedbank SWD	1:14:39
2	Archie Boome	KMC	1:20:52

WOMEN

1	Melissa van Rensburg	Nedbank SWD	33	1:27:41
2	Cecilia Nel	Hartenbos Drawwers	33	1:32:47
3	Elize Kloppers	Hartenbos Drawwers	45	1:33:25
4	Annatjie Botes	Nedbank SWD	57	1:37:38
5	Carike Jacobs	Nedbank SWD	38	1:44:50
6	Danika Gerber	Hartenbos Drawwers	23	1:46:27
7	Sue Dickson	VOB	46	1:47:20
8	Monica Olivier	Hartenbos Drawwers	24	1:47:32
9	Jo-Ann Fransman	Outeniqua Harriers	38	1:48:27
10	Marie Wolmarans	Nedbank SWD	56	1:48:44

Veterans:

1	Elize Kloppers	Hartenbos Drawwers	1:33:25
2	Sue Dickson	VOB	1:47:20

Masters:

1	Annatjie Botes	Nedbank SWD	1:37:38
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G'masters:

1	Toekie Steenkamp	Nedbank SWD	2:12:41
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50 km**MEN**

1	Keith Clark	Outeniqua Harriers	40	3:12:02
2	Sivuyile Jika	Mossel Bay Harriers	32	3:35:04
3	Siyabulela Mgweba	Nedbank SWD	29	3:49:26
4	Eddie Mouton	Nedbank SWD	41	3:49:43
5	Robert de Reuck	NBMC SWD	57	4:09:57
6	Rodney Halom	Outeniqua Harriers	31	4:12:34
7	Gerard Visser	Hout Bay Harriers	53	4:13:24
8	Charl Bingle	Cape Multisport Club	24	4:14:29
9	Jason Jafta	Nedbank SWD	55	4:17:34
10	Gerald Willeman	Temp	35	4:19:57

Veterans:

1	Keith Clark	Outeniqua Harriers	3:12:02
2	Eddie Mouton	Nedbank SWD	3:49:43

Masters:

1	Gerard Visser	Hout Bay Harriers	4:13:24
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G'masters:

1	Arthur Valasis	Hamlet Online	5:00:45
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WOMEN

1	Bettie Stevens	Nedbank WPA	27	4:24:26
2	Anel van Wyk	Nedbank SWD	35	4:31:07
3	Paola Vignani	ITA/Montagu	51	4:35:57
4	Jana van Houwelingen	Atlantic AC	26	4:47:19
5	Carmen Marx	Hartenbos Drawwers	38	4:49:09
6	Caroline Balkwill	Atlantic AC	41	4:50:42
7	Penny Fourie	Temp	48	4:51:08
8	Maryna Bingle	Cape Multisport Club	50	4:54:16
9	Kleintjie van Schalkwyk	Hartenbos Drawwers	51	4:55:14
10	Frances van der Walt	Hartenbos Drawwers	37	4:55:14

Veterans:

1	Ruweida du Preez	Nedbank SWD	5:05:31
2	Marinda Pheiffer	Nedbank WPA	5:32:00

Masters:

1	Paola Vignani	ITA/Montagu	4:35:57
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G'masters:

1	Johanna du Toit	Sedgefield Striders	5:20:42
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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**Volkswagen Prague International Marathon (21st)**

(IAAF Gold Label Road Race)

Praha, CZE, 3 May

(Distance: 42.195 km; mostly flat loop course)

MEN (gun times)

1.	Felix Kipchirchir Kandie, KEN	2:08:32	PB	€ 15,000
		[1:04:07 / 1:04:25]		
2.	Evans Kiplagat Chebet, KEN	2:08:50		7,500
3.	Deribe Robi, ETH	2:09:05		5,000
4.	Fikre Assefa, ETH	2:10:01		2,500
5.	Geoffrey Ronoh, KEN	2:10:52	PB	1,000

WOMEN (gun times)

1.	Yebrgual Melese, ETH	2:23:49		€ 15,000 + 10,000i
		[1:12:20 / 1:11:29]		
2.	Sara Moreira, POR	2:24:49	PB	7,500 + 10,000i
		[1:12:15 / 1:12:34]		
3.	Letebrhan Gebreslasea, ETH	2:25:24	PB	5,000 + 10,000i
4.	Jane Jelagat Rono, KEN	2:26:31	PB	2,500
5.	Ashete Bekele, ETH	2:26:55		1,000
... 12.	Jenna Challenor, RSA	2:42:26		

i) Earned time bonus for sub-2:26:00

Placentia Half Marathon for UNICEF (20th)

Piacenza, ITA, 3 May

(Distance: 21.1 km)

MEN (gun times)

1. James Thomas Lokomwa, KEN 1:00:41 CR
2. Lhoussaine Oukhrid, MAR 1:02:41
3. Jairus Birech, KEN 1:02:51

WOMEN (gun times)

1. Viola Jelagat, KEN 1:09:27 CR
2. Hellen Jepkurgat, KEN 1:09:56
3. Isabella Morlini, ITA 1:17:26

Lilac Bloomsday Run (39th)

(A PRRO Circuit Event)

Spokane, USA, 3 May

(Distance: 12 km; certified course with negligible drop and start/finish separation, rolling hills)

MEN (gun times)

1. Lani RUTTO, KEN 34:22 \$7000
2. Allan KIPRONO, KEN 34:33 4500
3. Isaac MWANGI, KEN 34:55 3000
4. Philip LANGAT, KEN 34:58 2500
5. Teshome ASAFA, ETH 35:13 1800

WOMEN (gun times)

1. Cynthia LIMO, KEN 39:27 \$7000
2. Ruti AGA, ETH 39:28 4500
3. Jane KIBII, KEN 39:29 3000
4. Risper GESABWA, KEN 40:00 2500
5. Etulemahu HABTEWOLD, ETH 40:12 1800

BMO Bank of Montreal Vancouver Marathon (44th)

Vancouver, CAN, 3 May

(Distance: 42.195 km)

MEN (gun times)

1. Luka Chelimo, KEN 2:18:37
2. Daniel Kipkoech, KEN 2:18:49
3. Kip Kangogo, KEN 2:19:21

WOMEN (gun times)

1. Lioudmila Kortchaguina (40+), CAN 2:37:37
2. Hirut Beyene Guangul, ETH 2:41:25
3. Ellie Greenwood, CAN 2:47:23

Chia Laguna Half Marathon (4th)

Chia, ITA, 3 May

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

MEN (gun times)

1. Ruggero Pertile, Assindustir S. Padova 1:11:18

WOMEN (gun times)

1. Valeria Straneo, Runner Team 99 SBV 1:17:07

TRACK**IAAF World Relays** (2nd)

Nassau, BAH, 2-3 May

Note: Incredibly, no South African team at this important global meeting – but Papua New Guinea, Botswana, Namibia, Saudi Arabia and Belgium, among others, were there! – Ed.

MEN

4x800 (02):

1. United States 7:04.84 CR/WL GOLD
Duane SOLOMON (1:47.60), Erik SOWINSKI (1:44.75), Casimir LOXSOM (1:45.59), Robby ANDREWS (1:46.90)
2. Poland 7:09.98 SILVER
Karol KONIECZNY (1:48:28), Kamil GURDAK (1:48.17), Marcin LEWANDOWSKI (1:46.80), Adam KSZCZOT (1:46.73)
3. Australia 7:16.30 SB BRONZE
Jared WEST (1:48.50), Joshua RALPH (1:49:74), Ryan GREGSON (1:47.81), Jordan WILLIAMSZ (1:50.25)
4. Mexico 7:22.61 SB

DQ-- Kenya [Rule 170.19, Starting outside the takeover zone]

Distance Medley (03):

1. United States 9:15.50 WR GOLD (\$50,000 World Record Bonus)
Kyle MERBER (2:53.56), Brycen SPRATLING (45.95), Brandon JOHNSON (1:44.75), Ben BLANKENSHIP (3:51.24)
2. Kenya 9:17.20 SILVER
Abednego Chesebe MITI (2:54.48), Alphas Leken KISHOYIAN (45.48), Ferguson ROTICH (1:44.49), Timothy CHERUIYOT (3:53.75)
3. Australia 9:21.62 BRONZE
Ryan GREGSON (2:53.15), Alexander BECK (45.83), Jordan WILLIAMSZ (1:45.64), Collis BIRMINGHAM (3:57.00)
4. Poland 9:24.07
5. Germany 9:24.37
6. Papua New Guinea 10:50.63

WOMEN

4x800 (03):

1. United States 8:00.62 CR GOLD
Chanelle PRICE (2:01.30), Maggie VESSEY (2:00.92), Molly BECKWITH-LUDLOW (1:59.50), Alysia MONTANO (1:58.90)
2. Poland 8:11.36 NR SILVER
Syntia ELLWARD (2:02.44), Katarzyna BRONIATOWSKA (2:03.64), Angelika CICHOCKA (2:00.90), Sofia ENNAOUI (2:04.38)
3. Australia 8:13.97 SB BRONZE

Abbey DE LA MOTTE (2:02.43), Kelly HETHERINGTON (2:03.49), Selma KAJAN (2:05.68), Brittany MCGOWAN (2:02.37)

- | | |
|------------|------------|
| 4. Cuba | 8:15.84 NR |
| 5. Jamaica | 8:16.04 NR |
| 6. Canada | 8:16.27 SB |
| 7. Mexico | 8:30.56 SB |
| 8. Kenya | 8:33.15 SB |

Distance Medley (02):

- | | |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| 1. United States | 10:36.50 WR GOLD (\$50,000 World Record Bonus) |
| | Treniere MOSER (3:18.38), Sanya RICHARDS-ROSS (50.12), Ajee' WILSON (2:00.08), Shannon ROWBURY (4:27.92) |
| 2. Kenya | 10:43.35 SILVER |
| | Selah Jepleting BUSIENEI (3:18.96), Joy Nakhumicha SAKARI (52.59), Sylvia Chematui CHESEBE (2:03.32), Virginia Nyambura NGANGA (4:28.48) |
| 3. Poland | 10:45.32 BRONZE |
| | Katarzyna BRONIATOWSKA (3:19.87), Monika SZCZESNA (54.12), Angelika CICHOCKA (2:01.06), Sofia ENNAOUI (4:30.27) |
| 4. Australia | 10:46.94 |
| 5. Germany | 11:06.14 |
| 6. France | 11:06.33 |

Billy Hayes Invitational

Bloomington, USA, 2 May

MEN

800:

- | | | |
|---------------------|------------------|------------|
| 1. Tre'tez Kinnaird | Indiana | 1:47.91 |
| 2. Daniel Kuhn | Indiana (RSA) | 1:48.52 |
| 3. Ephraim Dorsey | Eastern Illinois | 1:49.43 PB |

Payton Jordan Cardinal Invitational

Palo Alto, USA, 2 May

MEN

1500:

Section 1 -

- | | | |
|---------------------|---------------------|------------|
| 1. Ryan Hill | Nike Btc | 3:38.79 |
| 2. Ford Palmer | Hoka One One/Njnytc | 3:39.07 |
| 3. Evan Jager | Nike | 3:39.40 |
| 4. Cristian Soratos | Montana State | 3:39.68 PB |
| 5. Lawi Lalang | Global Sport (KEN) | 3:40.01 |
| 6. Mike Atchoo | Strava TC | 3:40.20 PB |
| 7. Oliver Aitchison | Adams State (GBR) | 3:40.21 PB |
| 8. Jack Bolas | New Jersey-N | 3:40.70 |
| 9. Nate Brannen | Saucony (CAN) | 3:41.03 |
| 10. Nick Symmonds | Brooks Beast | 3:44.22 |

Section 2 -

- | | | |
|------------------------|----------------|------------|
| 1. Chad Noelle | Oklahoma State | 3:38.35 PB |
| 2. Robby Creese | Penn State | 3:39.02 PB |
| 3. Kirubel Erassa | Oklahoma State | 3:39.05 PB |
| DNF-- German Fernandez | Nike | |

5000:

Section 1 -

1. Juan Luis Barrios	Nike (MEX)	13:15.71
2. Garrett Heath	Brooks Beasts	13:16.31 PB
3. Diego Estrada	Asics	13:17.30
4. Tom Farrell	Nike Otc Elite (GBR)	13:17.87
5. Riley Masters	Brooks Beasts TC	13:17.97 PB
11. Henrik Ingebrigtsen	Norway (NOR)	13:27.10 PB

10000:

Section 1 -

1. Andy Vernon	Melbourne Tr (GBR)	27:42.62 WL/PB
2. Ben True	Saucony	27:43.79
3. Ben St. Lawrence	Melbourne Tr (AUS)	27:44.24
4. David McNeill	Melbourne Tr (AUS)	27:45.01 PB
5. Mo Ahmed	NikeBTC (CAN)	27:46.90

3000 s/chase:

Section 1 -

1. Stanley Kebenei	Arkansas	8:23.93 WL/PB
2. Dan Huling	Nike Btc	8:24.61
3. Alex Genest	Speed River (CAN)	8:24.84
4. Taylor Milne	Speed River (CAN)	8:25.46 PB
5. Tabor Stevens	Adams State	8:26.81 PB

WOMEN

5000:

Section 1 -

1. Sally Kipyego	Nike Otc (KEN)	14:57.44 WL
2. Betsy Saina	Nike (KEN)	15:00.48
3. Nicole Tully	Hoka/NYAC	15:05.58 DB
4. Jessica O'Connell	Ucac (CAN)	15:06.44 PB
5. Maureen Koster	Messerschmidt-Kna(NED)	15:07.73 PB
6. Marielle Hall	Nike	15:09.90 PB
7. Madeline Heiner	Team Tempo A (AUS)	15:11.17 PB
8. Steph Twell	New Balance (GBR)	15:13.82
... 18. Dominique Scott	Arkansas (RSA)	15:32.55 PB
19. Erin Finn	Michigan	15:32.88
20. Emelia Gorecka	Nike (GBR)	15:35.17
21. Abbey D'Agostino	New Balance	15:42.79

10000:

Section 1 -

1. Susan Kuijken	Global Sport (NED)	31:31.97 PB
2. Buze Diriba	Adidas (ETH)	31:33.27 PB
3. Jip Vastenburger	Global Sport (NED)	31:35.48 NUR/PB
4. Yuka Takashima	Denso (JPN)	31:37.32 PB
5. Emily Sisson	Providence	31:38.03 PB
6. Emily Infeld	Nike	31:38.71 PB
7. Kate Avery	Iona (GBR)	31:41.44 PB
8. Natasha Wodak	Praire Inn Harrie(CAN)	31:41.59 NR/PB
9. Mao Kiyota	Suzuki (JPN)	31:44.79 PB
10. Brenda Eunice Flores Muñiz	Mexico-FMAA (MEX)	31:45.16 PB
11. Lanni Marchant	Asics/Canada (CAN)	31:46.94 PB
12. Eri Makikawa	Suzuki (JPN)	31:48.22 PB
13. Alisha Williams	adidas Rocky	31:49.99 PB
14. Mattie Suver	Asics	31:54.43 PB

15. Liz Costello	New Balance	32:01.79 PB
16. Alexi Pappas	Oregon Track Club	32:02.22 PB
17. Obare Doricah	Hitachi (KEN)	32:03.18
18. Emma Bates	Boise State	32:13.28 PB
19. Kasumi Nishihara	Yamada Denki (JPN)	32:23.65
20. Carolina Tabares Guerrer	Porvenir-Colombia(COL)	32:24.24 NR/PB

Section 2 -

1. Ines Melchor	Federacion Peruan(PER)	31:56.62 NR/PB
2. Yuka Ando	Suzuki (JPN)	32:07.37 PB
3. Sayaka Kuwahara	Sekisui Kagaku (JPN)	32:14.43 PB
4. Serena Burla	Mizuno	32:17.34 PB
5. Jessica Trengove	Team Tempo A (AUS)	32:17.67 PB
6. Gladys Tejada	Federacion Peruan(PER)	32:18.49 PB
7. Lindsay Flanagan	Mizuno	32:22.15 PB
8. Margarita Hernandez	Mexico-FMAA (MEX)	32:36.29 PB
9. Sarah Pagano	B.A.A.	32:46.13 PB
10. Allison Morgan	Brooks	32:46.49 PB

3000 s/chase:

Section 1 -

1. Courtney Frerichs	Umkc	9:32.12 PB
2. Colleen Quigley	Florida State	9:33.63 PB
3. Jessica Furlan	Excel Athletika (CAN)	9:39.20
4. Aisha Praught	Nike Otc	9:40.43
5. Genevieve Lalonde	Speed River (CAN)	9:46.05 PB

Oregon State University High Performance Meet

Corvallis, USA, 1 May

WOMEN

1500:

Invitational Section -

1. Mary Cain, Nike Oregon Proj., 4:15.42
2. Ashley Maton, JR Oregon, 4:25.34
3. Nikki Hiltz, FR Oregon, 4:26.14

African Youth Championships

Réduit, MRI, 23-26 April

BOYS

800:

1	Kipyegon	BETT	KEN	1:51.67
2	Sila	KIMELI	KEN	1:52.14
3	Edrissa	MARONG	GAM	1:52.88
4	Theuns	EHLERS	RSA	1:53.10

1500:

1	Taki	KUMARU	KEN	3:44.35
2	Brimin	KIPRONO	KEN	3:46.22
3	Daniel	WELDETNSAE	ERI	3:38.49

2000 S/CHASE:

1	Vincent	KIPYEGON	KEN	5:37.05
2	Nickson	KIPLANGAT	KEN	5:41.28

3	Mohamed	MIFTAHOU	COM	6:13.77
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3000:

1	Davies	KIPLANGAT	KEN	7:56.29
2	Richard Kimunyan	YATOR	KEN	7:56.33
3	Mehari	TSEGAI	ERI	8:18.75

GIRLS

800:

1	Liza	KELLERMAN	RSA	2:10.79
2	Betty	CHEPKEMOI	KEN	2:10.94
3	Honorine	IRIBAGIZA	RWA	2:13.26

1500:

1	Beatha	NISHIMWE	RWA	4:17.37
2	Janat	CHEMUSTO	UGA	4:17.61
3	Janeth	CHEPNGETICH	KEN	4:21.87
4	Simonay	WEITZ	RSA	4:25.26

2000 s/chase:

1	Sandra Felis	CHEBET	KEN	6:20.47
2	Fatima Zahra	GHIZLANE	MAR	7:06.59
3	Ann	GATHONI	KEN	6:29.09
4	Tsegofatso	SETHLAGOE	RSA	8:56.77

3000:

1	Emily	CHEBET	KEN	9:10.57
2	Sheila	CHELANGAT	KEN	9:11.38
3	Janat	CHEMUSTO	UGA	9:15.38

South Africa's other medals:

BOYS:

100: 1. Tlotliso Gift Leotlela 10.38; 2. Kyle Appel 10.49
 200: 1. Tlotliso Gift Leotlela 20.84
 400: 3. Nikolas Marich 48.41
 100 H: 1. Mphu Tladi 13.38; 2. Levert Pieterse 13.62
 400 H: 2. Morné van As 52.43
 10000 W: 1. Pierre Vermaak 46:09.53
 Medley relay: 1. Leotlela, Appel, Tladi, Van As
 SP: 1. Burger Lambrecht 20.89; 3. Patrick Duvenhage 19.80
 DT: 1. Werner Visser 64.88; Patrick Duvenhage 60.61
 JT: 1. Henru van Vuuren 72.68; 2. Paul Botha 71.48

GIRLS

100: 1. Nicola de Bruyn, 11.87
 200: 1. Nicole de Bruyn 23.59; 3. Madia Ehlers 24.01
 100 H: 1. Taylon Bieldt 13.30
 400 H: 1. Taylon Bieldt 59.22; 3. Amore le Roux 61.40
 Medley relay: 2. De Bruyn, Ehlers, Le Roux, Bieldt
 LJ: 1. Renate van Tonder 5.92
 SP: 1. Yolande Stander 14.95
 DT: 1. Chané Coetzee 42.95; 3. Yolande Stander 40.94
 JT: 1. Anneke Germishuis 49.72; 3. Maggie le Roux 46.89

BACKGROUND

The following article was published by Ken Young in his newsletter *The Analytical Distance Runner*. In South Africa *Distance Running Results* regularly experiences difficulty in obtaining results because some timing companies do not seem to understand the importance of deadlines and, just as importantly, the need for results in a format that can be "translated" easily and quickly into a suitable layout for publication purposes. Excel is by far the best way to provide results, as this format can be converted quickly into publishable form. Results in PDF format have to be retyped – something for which there is seldom time when a deadline has to be met – and the same goes for results on a website which, while mostly published in tabular form, also have to be retyped because of the underlying hyperlinks and other HTML code.

Results from companies like Top Events, Chamberlain's Timekeeping and RaceTec (at the Two Oceans, with valuable assistance from Paul Kilfoil), and track results by TimeTronics (when these can be obtained, usually with assistance from James Evans), are far ahead – in terms of publisher-friendliness – of most others. Some companies seem to regard results of an event as a jealously guarded secret. I once acted as announcer at an international event in Cape Town and, after working with the timing company for hours, reading the competitors' names from its computer screen as they finished, was refused the results for publication in DRR!

It will be a wonderful day when all results have the following basic information: Race name, venue (yes, this is often lacking!) and date, each runner's full first name, club, age, age category (not all 19-year-olds are juniors), gender (yes, even this is sometimes absent, making it impossible to know which runners are female, especially when only initials are given), and gun time. Nice-to-have additions are dates of birth (easy in pre-entry chip-timed races) and a separate column giving women's positions.

Lastly, it must also be said that the very reliable cooperation of Pieter de Jager, Technical Manager of Athletics South Africa, with national championships makes this editor's work to get results into DRR much easier. And, of course, DRR would not be possible each week without the help of its array of correspondents who provide results in either Word or Excel format. – Ed.

SOMETIMES RESULTS SEEM TO BE AN AFTERTHOUGHT

By Ken Young

All large races these days are chip-timed. Many small races are chip-timed as well altho it baffles me why a marathon (for example) with 30 finishers needs hi-tech to time their race. Yes, I have encountered this.

When the posted race results provide only a single time, the times are very frequently net (netto) times. Times are often labeled as "official time" or "total time" or "elapsed time," none of which convey any useful information. Often net times are disguised as "real" times. This a certain indicator that the times are net times.

More and more, races are relegating posting their results to companies who specialize in this. This has progressed to where it is almost impossible to even find a link to the race results on the race website. You can find all sorts of pictures, links to Facebook, Twitter, and other time wasters, T-shirt sizes, post race parties, and such but it seems that the race results are an afterthought and of little interest.

One company in particular, does a pretty good job, mostly for USA races. This is ChronoTrack. You do have to click on the runner's name to get a pop-up window that gives gun (brutto) times but at least they provide gun times. It is also very easy to filter the results by gender and age groups.

Another company in particular, is horrible, This is OnLineRaceResults. One time I managed to find gun times (by accident). However, I have accessed results from this group hundreds of times and with that one exception, they have never posted gun times. In addition, the utility lacks versatility and is awkward. Filtering by gender yields a listing of all results, sorted by gender.

ChronoTrack provides lists that are exclusively for male or female results so you don't have to scroll down thru 100's of female results to find the top male results.

These are only two examples of the many that I have to deal with. Having both gun and net times is helpful since it occasionally spots problems in the timing. This past week, I found a race that had a gun time/net time difference of more than an hour for some of the runners and gun times that were faster than the net times (not possible in a properly functioning system). It turned out that there were early starters that got mixed in with the real race among other timing problems.

Gun times have fewer places where they can get screwed up. There are more and more races whose results are excluded from ARRS rankings and records lists because the only times provided are net times. If races are pestered by requests for gun times, eventually some of them may get the message.

STATS TIME

This week we include a list of the top ten SA men in the marathon for 2015. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances for the top three are also listed.

2015 MARATHON: TOP 10 MEN

2:15:17	Desmond Mokgobu	3	Santiago	12 Apr
2:16:25A	Lusapho April	13	Boston	20 Apr
2:16:35	Sibusiso Nzima	4	Dusseldorf	26 Apr
2:17:37	Lukas Jani	27	Dubai	23 Jan
2:19:33	Lungile Gongqa	1	Umzimkulu	29 Mar
2:19:42	Ntsindiso Mphakathi	2	Umzimkulu	29 Mar
2:21:10	Nkosikhona Mhlakwana	2	Pietermaritzburg	22 Feb
2:21:11	Sikhumbuzo Bosiu	5	Umzimkulu	29 Mar
2:22:54	Tshidso Bosiu	1	Benoni	25 Jan
2:23:04	Mokgobu-2	5	Durban	01 Mar
2:24:33	Raphael Segodi	1	Pretoria	01 Mar

A = aided course



Sin Kim Dan (26) runs behind Lyudmila Lisenko-Shevtsova (451) and Nina Otkalenko (474) in a 1960 Moscow 800 m. Lisenko-Shvetsova set a new world record of 2:04.3 in this race. with Sin 2nd in 2:04.5. [Wizards of the middle distances: Roberto L. Quercetani & Nejat Kök]

THIS MONTH IN HISTORY

54 years ago: 1 May 1961

Sin Kim Dan (or Shin Geum Dan) of North Korea was one of the most controversial figures of early women's distance running. This athlete, born at Pyongyang on 3 July 1938, set new standards in the 800 metres in the early sixties, but because her country was not affiliated to the IAAF or IOC, she had few opportunities to compete against the world's best. On this day, with the official world record at 2:04.3, she ran 2:01.2 in Pyongyang to achieve her first "world record" – a time equalled the next year, officially, by Dixie Willis (AUS). In October 1962 she set her first and only official world record with 51.9 in the 400 m. Near the end of 1963, in the unsanctioned GANEFO (Games of the New Emerging Forces) Games in Djakarta, Sin became the first

woman to duck under 2 minutes for two laps with her 1:59.1. A year later, again in Pyongyang, she slashed this to 1:58.0. Although doubts were expressed in the Western media about the feminity of this "mythical and rather mysterious" athlete (as she was called in a book on the history of the 800 m), she married and had two children

after her career was over. (The first official sub-2 minute time, 1:58.5, was achieved by Hildegard Falck in 1971.)

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
	28:02	Amos Mitei Kiplimo (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		28 Feb
	44:12	Lusapho April	Port Elizabeth	
	43:49	Temesgen Ejerssa Daba (ETH)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		04 Apr
	64:04	Stephen Mokoka	Cape Town	
	61:21A	Lusapho April	New York	
	59:20	Stanley Biwott (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		08 Mar
	82:32	Nkosihona Mhlakwana	Durban	
	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
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:15:17	Desmond Mokgobu	Santiago	12 Apr
	2:04:42	Eliud Kipchoge (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	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	70:08	Enoch Skosana	Pretoria	11 Apr
	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	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	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	33:25	Eric Coetzee	Bellville	28 Mar
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:45	Desmond Zibi	Port Elizabeth	02 May
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	76:21	Eric Coetzee	Gordon's Bay	18 Apr
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
	1:41:14A	Michael Bekapi	Somerset East	18 Apr
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	37:40	Muhammad Kriel	Bellville	28 Mar
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	86:11	Terence Brown	Wellington	01 May
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	31:03	McMarshal Hartzenberg	Bellville	28 Mar
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15 km	27:52	Richard Chelimo (KEN) 1990		
	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	70:54	Andile Motwana	Port Alfred	26 Apr
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	34:03A	Lebo Phalula	Paulpietersburg	15 Feb
	31:00	Malika Asahssah (MAR)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:00	Ebeth Marais	Ravensmead	14 Mar
	46:14	Florence 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
	1:31:20	Marily dos Santos (BRA)		
	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	2:31:02	Mapaseka Makhanya	Hannover	19 Apr
	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	60:15	Sandra van Graan	Ravensmead	14 Mar
	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	40:10	Elmarie Coetzee	Cape Town	29 Mar
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:03	Elmarie Coetzee	Ravensmead	14 Mar
	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	3:11:23	Jane Mudau	Polokwane	28 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
15 km	64:01	Margie Saunders	Port Elizabeth	28 Feb
21.1 km	1:39:36	Margie Saunders	Port Alfred	26 Apr
25 km	2:44:20	Maureen Parry	Durban	08 Mar
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19	Wendy Fitzmaurice	Durban	01 Mar
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
10 km	36:12	Nicole van der Merwe	Pretoria	28 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:26	Pamelia Moyikwa	Ravensmead	14 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	84:17	Nonhlanhla Dlamini	Cape Town	04 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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