Distance Running Results

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EDITORIAL

Can you win the Comrades Marathon by walking at regular intervals AND going to a roadside toilet? And can you win the Comrades – against all accepted wisdom – by taking the lead early?

Yes, you can, if your name is Caroline Wöstmann.

The 32-year-old lecturer in accountancy, the newest star in the South African distance running firmament, did everything against accepted wisdom – but, as one TV commentator put it, "entertained the crowd" – yet still won by more than 21 minutes in 6:12:22, the biggest margin of victory since Frith van der Merwe won by 45:58 in 1991.

With this win and her victory in the Old Mutual Two Oceans Marathon over Easter Wöstmann cemented her position as the best South African ultrarunner since Van der Merwe. She became only the fourth athlete after Derek Preiss, Elena Nurgalieva (RUS) and Van der Merwe to win both Two Oceans and Comrades in the same year.

Wöstmann's crushing win over her rivals overshadowed another piece of history: the men's race went to Rustenburg policeman Gift Kelehe, who thus followed in his brother Andrew's footsteps to make them the first set of brothers to win the Comrades. Andrew won the "down" run in 2001; Gift took the title ahead of Ethiopia's Mohammed Temam Hussein in 5:38:34. He is coached by John Hamlett, who also was his brother's mentor.

There was more history: Wöstmann was followed across the line by Charné Bosman to complete the first SA one-two in the women's race since 1993 (when Tilda Tearle and Rae Bisschoff achieved the feat). Wöstmann is the first SA winner since Bisschoff in 1998 and it was the first time since 1992 (when Jetman Msutu and Frances van Blerk won) that South Africans took both the men's and women's races. All this, of course, happened before the Comrades became an international event.

Both Wöstmann and Bosman dedicated their runs to team-mate Riana van Niekerk, who was diagnosed with pancreatic cancer last week and withdrew from the race, and ran with pink ribbons attached to their vests.

There were six South African men and four women in the top ten. Only the top ten men ran under 6 hours, so there were no Wally Hayward medals (awarded from 11^{th} position to sub-6 hours). One has to go back to the 1985 "up" run – which was even longer at 88.6 km – to find the last time this happened.

Wöstmann took the lead quite early after the runners left Durban, catching the Nurgalieva twins, Elena and Olesya, after one hour and 55 minutes of running. Smiling broadly, she looked at them and then moved past – never to be headed again, except for one brief interval. She gradually stretched her lead to about 50 metres, but on the third of the five major climbs, Botha's Hill, she took her first short walk. With the whole of South Africa holding its collective breath, as one TV commentator put it, she smiled, took a drink and watched the twins go past.

But it was not a walk out of necessity; it was part of her strategy. Quite a few brief walks would follow throughout the race and she quickly resumed running. Within less than a hundred metres she had regained the lead and this time it was for good. Looking very comfortable, smiling all the time as she did in the Two Oceans, she often could be seen chatting to the male runners around her.

Watching, one was almost inclined to think, does she not know what she is up against? Not only the two most formidable Comrades competitors of recent years, but more than 60 km still to run.

In fact, Wöstmann was running according to plan. "I followed a plan my coach and I had worked out," she said afterwards. "It just so happened that I took the lead early; I was just sticking to my plan." The man who worked out the plan is Lindsey Parry at the University of Pretoria High Performance Centre, who achieved a remarkable double: he also coaches Bosman, whose race plan was just the opposite of Wöstmann's.

Wöstmann reached Drummond, who used to be the halfway mark but this time was somewhat beyond that because of the deviation in Pinetown near the start of the race, in 3:10:04, with the Nurgalievas 1:36 behind. They were followed by former Two Oceans winner Nina Podnebesnova (RUS), who was a further six minutes in arrears, defending champion Ellie Greenwood (GBR) and Bosman, running together in 3:18:54, and Emmerentia Rautenbach.

Wöstmann stretched her lead all the way up the next major obstacle, Inchanga, running comfortably. She walked once again, but smiled reassuringly at the TV camera. She looked for all the world as if she was out on a Sunday morning jog, not leading the world's most difficult ultramarathon against one of the best fields ever assembled. It is no wonder that she had said before the race: "I want to go out comfortably and just enjoy myself. I have always seen myself as more of an uphill runner." In her previous up Comrades, in 2011, she ran 8:33:29 – she would surpass this by almost $2\frac{1}{2}$ hours today.

She stormed over the top of Inchanga and with a half marathon to run, she was an almost unbelievable 8½ minutes ahead of Olesya Nurgalieva, who was slightly in front of her sister; they were followed by Bosman, Podnebesnova, Greenwood, Rautenbach and former Two Oceans winner Simona Staicu (HUN).

With just over four hours on the clock Wöstmann walked again, and 20 minutes later she did so once more at a refreshment point. The clock showed 4:58:47 when she reached 18 km to go and half a minute later she abruptly swerved off the course to use one of the mobile toilets at the side of the road. Despite this, she covered that kilometre to 17 km to go in 5:03.

And that was, as they say, that. With the twins struggling behind her, losing their rhythm, she went up "Little Polly's" with barely a decrease in pace and then tackled the dreaded Polly Shortts – the most fearsome hill on the up run which crests at 737 metres above sea level, 7 km from the finish – with the knowledge that no runner in the 90-year history of the Comrades had ever lost after getting to the summit first.

And indeed there was no need to worry, because her lead had grown to more than 12 minutes and the twins were looking like mere shadows of their former glory. But Wöstmann was not prepared to rest on her laurels – in fact, she would run the last 8 km faster than male winner Kelehe!

At one stage during the second half there was a thought that Wöstmann may yet break Elena Nurgalieva's 2006 course record of 6:09:24 despite the course being the longest since 1985, but it was not to be. Her average pace for the race was 4:15/km, compared to Nurgalieva's 4:13/km.

Over the last few kilometres the strain was showing and, unlike the Two Oceans, there was no sign of the contented smile this time. But there was no slowing in pace either and she kept her rhythm across the thick grass of the stadium grounds until the very end. There she sagged back to lie on the grass, dark glasses protecting her eyes from the sun – and then the smile broke across her face.

Caroline Wöstmann had arrived on the ultrarunning scene, and her life will never be the same again. "I've had just such an incredible year," she said. "It is a wonderful day for South Africa. I have pushed myself to the limit, and everything is sore now." That was understandable, for she had smashed even her previous best for the down run, 6:51:43 last year when she had finished sixth, by more than 39 minutes.

It was a long wait until Bosman arrived, but she, too, was elated. Gone were the memory of last year's disastrous run when thyroid problems forced her to quit the race. She ran 20 minutes faster than when she finished fifth in the last up run and beat the Nurgalieva twins by more than seven minutes. (Bosman and Julanie Basson, who finished in 8:50:21 after her training had been cut short because of an injury following the Two Oceans and furthermore was in a car accident the Monday before the race, are DRR subscribers. Congratulations to both!)

Elena finished third, followed by her sister less than a minute later, with Podnebesnova, who was beaten by Wöstmann in the Two Oceans, fifth. Greenwood was sixth, but her smile showed she was not disappointed. Next was Rautenbach (6:45:22), whose steady performances in the preceding months had shown that she was a force to be reckoned with. Her previous best for the up run was more than two hours slower: 8:49:55 for 112th position in 2004.

Yolande Maclean, who was leading at the first "hot spot" at Cowie's Hill after 16.8 km and was eighth at Drummond, got the last gold medal in her first Comrades since 2007; she now has six golds.

In the men's race Kelehe, the only top contender who beforehand was confident enough to predict that he would win, was only 54th after an hour of running. But by Drummond, with all the rabbits who had started too fast in the hope of winning some of the hot spot prizes gone from the scene, he had moved up to twelfth, 2:23 behind the leader. Joseph Manyedi reached this point in 2:47:46 with Charles Tjiane second, one minute behind, and Vasiliy Larkin (RUS) third. Then came a huge group that included Hussein, three-time winner Stephen Muzhingi (ZIM), Sage Canaday (USA), world 100 km champion Max King (USA), Prodigal Khumalo (ZIM), David Gatebe, Rufus Photo, Joseph Mphuthi and Mike Fokoroni (ZIM).

Just behind this group came Kelehe and then former winners Claude Moshiywa, Bongmusa Mthembu, last year's champion, and Ludwick Mamabolo, but they would play no further role in the proceedings.

Inchanga took its toll and just after 3 hours a smoothly striding Tjiane went into the lead, followed by Lebohang Monyele (LES). Larkin looked probably the best up the hill, but ten

minutes later a group of eight, led by Muzhingi and Kelehe, swallowed him. Surprisingly, it was Hussein, in his first Comrades, who moved ahead and took the lead with 34 km to go. Behind him and Monyele the trio of Kelehe, Hatiwande Nyamande and Mphuthi were running together, but at first they were making no impression on the two front runners. Then Kelehe decided it was time to make his move for the win.

The little man accelerated, cut into Monyele's lead and caught him at 3:50:40. Ten minutes later Hussein's fluid style had vanished and in less than another ten minutes Kelehe, running strongly and working hard on an incline, caught him. He ran the 66th kilometre in 3:33 and it was over. Two minutes later he had stretched his lead to more than a minute and continued to enlarge the gap to the finish. Hussein walked a few times and Nyamande also passed him, but he rallied again on Polly Shortts, although both he and Nyamande looked much the worse for wear.

Just after Polly's Hussein repassed his rival and their positions did not change again. Behind them, however, there were many changes, with a surprising Teboho Sello (LES) moving into fifth at the finish and Moshiywa into seventh, with Muzhingi and Larkin falling back. Sandile Ngunuza and Thuso Mosiea claimed the last two gold medals.

A jubilant Kelehe, arms waving ecstatically, ran across the finish line, where he was greeted by his wife and brother Andrew. He said he was not worried when he was so far back in the beginning. "I was confident I could destroy these people on the hills. I prefer the up run; you need more strength. I am scared of no one. I will come back next year and try to win again."

King was among the big chasing pack in the first half, but faded to 50th in 6:33:48, almost exactly half an hour behind compatriot Canaday (15th). Halfway leader Manyedi did not make the top 200, while Mthembu finished 17th.

Four-time winner Alan Robb finished in 10:36:54 to claim his 42nd medal. While Marina Zhalybina (14th) failed in her bid to win her thirteenth gold medal and Elena Nurgalieva in her's to get her ninth win and equal the great Bruce Fordyce, Nurgalieva did achieve her thirteenth gold, passing Robb to own the most golds in the history of the race. Former winner Shaun Meiklejohn again won the masters division.

☐ At the Prefontaine Classic Diamond League Meeting in Eurgene, Oregon, Genzebe Dibaba did not succeed in breaking sister Tirunesh's world 5000-metre record (14:11.15), yet still ran the fastest time ever on US soil, a PB of 14:19.76. She is now the fourth fastest woman ever. In the men's steeplechase Ezekiel Kemboi beat compatriot Jairus Birech, 8:01.71 to 8:01.83, establishing a world lead and meeting record. American Evan Jager (4th in 8:05.28) missed his US record by less than a second. In the women's 1500 m Jenny Simpson clocked 4:00.98, the world's second fastest time this year, beating big guns Mercy Cherono, Sifan Hassan and Shannon Rowbury. In seventh the exciting youngster Alexa Efraimson set a national junior and high school record of 4:03.39 (eclipsing none other than Mary Cain's 4:04.62). World champion Eunice Sum won the 800 m narrowly from Ajee' Wilson, 1:57.82 (a world lead) to 1:57.87. The men's 10000 m

went to Mo Farah in a world-leading 26:50.97; in 14th Stephen Mokoka qualified for the World

Genzebe Dibaba in full flight in Eugene. [Chris Lotsbom/Race Results Weekly]



Championships with 27:43.73. Johan Cronje finished 8th in the Bowerman Mile in 3:53.02. In the men's 5000 m Bernard Lagat slashed almost 30 seconds from the world 40+ record with his 13:14.97.

Riël Hauman



ANSWER TO TRIVIA QUESTION

Here is the picture from DRR 15:20 again. The famous marathon runner in the centre is Belayneh Dinsamo of Ethiopia, who broke the world record in Rotterdam on 17 May 1988. His 2:06:50 surpassed the 2:07:12 run by Carlos Lopes on the same course three years before. That was the middle of Dinsamo's three wins in Rotterdam – he also won in 1987 and 1989. Later in 1988 he was second in Fukuoka. *Track & Field News* ranked him first for the year, above Olympic champion Gelindo Bordin. His world record stood for more than ten years, until September 1998 – longer than any other world record since then.

Dinsamo is now a taxi driver in Boston, where the two South African runners alongside him met him. They described him as "a most charming man".

Quite a few readers took a stab at guessing his identity, but only two got it right: Dirk du Toit and Harold Berman (on his second try). Well done!

Thanks to John Brimble for sharing the photograph.

INCLUDED IN THIS ISSUE:

- * Comrades Marathon, Durban to Pietermaritzburg
- * Fieka UWC Fast & Flat 10 km, Bellville
- * XC: WP League Meeting, Youngsfield; Gauteng North League Meeting, Pretoria

International highlights:

- * Hague Royal 10 km, Den Haag, NED
- * Suja Rock 'n' Roll San Diego Half Marathon, San Diego, USA
- * Freihofer's Run for Women 5 km, Albany, USA
- * Healthy Kidney 10 km, New York, USA
- * ASICS Stockholm Marathon, Stockholm, SWE
- * 100 km del Passatore, Faenza, ITA
- * Bupa London 10000, London, GBR
- * Bolder BOULDER 10 km & International Team Challenge, Boulder, USA
- * Tamarack Ottawa Race Weekend, Ottawa, CAN
- * Mattoni Karlovy Vary Half Marathon, Karlovy Vary, CZE
- * Göteborgsvarvet, Göteborg, SWE
- * Yangzhou Jianzhen International Half Marathon, Yangzhou, CHN
- * Track: Prefontaine Classic, Eugene, USA; NCAA Division I East Preliminary Round, Jacksonville, USA; NCAA Division I West Preliminary Round, Austin, USA; Zlata Tetra -Golden Spike, Ostrava, CZE; Internationales Sportfest, Rehlingen, GER; AA Drink FBK-Games, Hengelo, NED; Grand Prix de Dakar, Dakar, SEN

ROAD RUNNING

44

Reuben Maapola

Comrades Marathon (90th)

Durban to Pietermaritzburg, 31 May

(Distance: 87.72 km; certified point-to-point uphill course, gaining elevation from sea level to 670 m above sea level, very hilly. Highest point: 870 m. Weather: cool at the start, warming to 22° C later, no wind. Finishers: 10 442 men + 2564 women = 13 006 total [up from 11 983 last year].)

MEN				
1	Gift Kelehe	Samancor Chrome	5:38:36	R375 000 + R175 000i +
2 3 4 5	Mohammed Temam Hussein Hatiwande Nyamande Lebohang Monyele Teboho Sello	ETH/Nedbank F1 Xcallibre LES/Maxed Elite LES/Maxed Elite	5:46:14 5:48:19 5:52:32 5:54:03	R20 000h R190 000 R140 000 R70 000 R55 000
6	Joseph Mphuthi	Sibanye Gold AC	5:54:29	R35 000
7	Claude Moshiywa	Nedbank	5:55:17	R30 000
8 9	Stephen Muzhingi Sandile Ngunuza	ZIM/FAST WAY AC Nedbank EP	5:56:36 5:57:08	R25 000 R20 000
10	Thuso Mosiea	Maxed Elite	5:59:08	R17 000 + R35 000ii
11 12	Vasiliy Larkin Ben Matiso	RUS/Nedbank Itheko	6:00:56	133 00011
13	Prodigal Khumalo	ZIM/Maxed Elite	6:01:24 6:01:43	
14	Rufus Photo	Pietersburg Road Runners	6:02:52	
15	Sage Canaday	USA/Nedbank	6:03:47	
16	Thabo Nkuna	Cool Running AC	6:04:18	
17 18	Bongmusa Mthembu Siphiwe Ndlela	Faku Chiefs AC Nedbank	6:05:01 6:06:08	
19	Renier Grobler	Nedbank	6:06:33	
20	Harmans Mokgadi	Nedbank	6:06:59	
21	David Gatebe	Impala	6:07:18	
22 23	Thulane Magagula Lympson Maifo	Germiston Callies Harriers ZIM/Nedbank	6:10:30 6:12:00	
23 24	Mthokozisi Mbokombela	Nedbank KZN	6:12:15	
25	Skhumbuzo Dlamini	Boxer Super Store	6:12:54	
26	Latudi Makofane	Samancor Chrome	6:13:00	
27	Temo Rampuku	LES/Maxed Elite	6:16:17	
28 29	Siyabonga Dingile Gaolatlhe Lesetedi	Nedbank Samancor Chrome	6:19:07 6:21:05	
30	Siya Mqambeli	F1 Xcallibre	6:21:30	
31	Bongani Mthembu	Maxed Elite - KZN	6:22:04	
32	Themba Mthembu	Maxed Elite - KZN	6:22:24	
33 34	Johannes Kekana	Cool Running AC	6:24:04	
3 4 35	Sam Munyai Peter Muthubi	Nedbank AGN Maxed Elite	6:24:12 6:24:12	
36	Craig Cynkin	Maxed Elite CGA	6:25:29	
37	Lucas Raseruthe	LES/Cool Running AC	6:25:37	
38	Phillip Shezi	Nedbank KZN	6:26:35	
39 40	Judas Ntuli	Magnolia Road Runners SWE/Torsby Löparklubb	6:28:53	
40 41	Patrik Verme Ruben Setumu	Nedbank AGN	6:29:14 6:30:11	
42	Mosongo Mokoatsi	Benoni Harriers AC	6:30:58	
43	Lee Muir	GBR	6:31:28	
		<u> </u>		

Nedbank AGN

6:31:49

45	Fusi Nhlapo	Maxed Elite	6:32:24
46	Bongani Msimango	Nedbank AGN	6:32:24
47	Johnny Young	RWFL NW Rustenburg	6:32:52
48	Justice Nkosi	Phuma KZN	6:33:10
49	Richard Dlamini		
		Phuma KZN	6:33:40
50	Max King	USA/Nedbank	6:33:48
51	Lovemore Chabata	ZIM/Maxed Elite	6:34:36
52	Othaniel Phahlane	Nedbank	6:34:58
53	Mahlomola Sekhonyana	Hillcrest Villagers AC	6:35:40
54	Hlalazi Shezi	Hillcrest Villagers AC	6:36:18
55	Dumsani Dlamini	Ingwavuma District AC	6:36:29
		_	6:37:00
56	Luzuko Mdeliswa	Maxed Elite KZN	
57	Francis Kotelo	LES/Sibanye Gold	6:37:02
58	Mike Fokoroni	ZIM/Maxed Elite	6:37:16
59	Lucas Nonyana	Maxed Elite	6:37:16
60	Ngamulela Desmond Gumede	Maxed Elite KZN	6:38:23
61	Makalang Phapano	LES/Nelspruit	6:38:24
62	Jerry Rakau	Fitness From Africa AC	6:38:58
63		Orion AC	6:39:56
	Shaun Meiklejohn		
64	Marshall Mushaninga	ZIM/Bidvest AC	6:40:11
65	Bongani Mdletshe	NRB Harriers AC	6:40:16
66	Frans Mola	South Deep AC	6:40:58
67	David Ashworth	Born 2 Run AC CGA	6:41:09
68	Sthembiso Gcaba	Gallopers AC	6:41:17
69	Jeffrey Morewane Thipana	Rocky Road Runners Club	6:41:17
70	Kwakhiwakwawo Ngubane	Nedbank KZN	6:42:00
71	Thabiso Casewell Bontsi	Honey Lotus AC	6:43:19
72	Sakhile Gcwensa	Nedbank KZN	6:43:40
73	Derick Bafana Gumede	Checkout Verulam Falcons	6:43:41
74	Luntu Kosana	RCS Gugulethu AC	6:43:58
75	Matthew Lynas	GBR/Thames Hare & Hounds	6:44:07
76	Mzwanele Mlatsha	Bluewater Bay RR Club	6:44:20
77	Madimetsa Tema	Cool Running AC	6:45:09
78	Mbuyiseli Mema	Born 2 Run AC BOR	6:45:15
79			
	Warren Kidgell	Hillcrest Villagers AC	6:45:16
80	Stuart Mc Coll	Turn To God AC	6:45:19
81	Kirsten Leemans	Fourways Road Runners	6:45:36
82	Donald Mathipa	Tembisa AC	6:46:08
83	Edward Mbedzi	Vhembe AC	6:47:10
84	Patrick Tshilidzi Mukwevho	Ricoh AC	6:47:50
85	Mthetho Mntungwa	Maxed Elite KZN	6:47:57
86	Tebogo Lenyibi	Standard Bank AC CG	6:48:12
	Phadima Lazarus Seroka		
87		Twickenham Mine AC	6:48:28
88	Vusi Sokhela	Maxed Elite	6:48:43
89	Sipho Sibanyoni	Rocky Road Runners Club	6:48:52
90	Gregory Bishop	Benoni Northerns AC	6:48:55
91	Mandlenkosi Dumakude	Maxed Elite KZN	6:49:08
92	Abram Hugo	Germiston Callies Harriers	6:49:17
93	Tshepo Mompati	Diepsloot AC	6:49:24
94	Malusi Dlomo	Nedbank KZN	6:49:36
95	Sepitle Phaladi	Nedbank	6:50:00
96	Sithabiso Sithole	Mooi River AC	6:50:03
97	Edward Catmur	GBR/Thames Hare & Hounds	6:50:05
98	Nkosinathi Mthalane	Maritzburg City AC	6:50:12
99	Jaco Smith	Durbanville AC	6:50:14
100	Nick Bester	Boksburg AC	6:50:18
101	Reginald Ngobese	-	6:50:28
	- 3 1.90000		

102	Odwa Tunyiswa	Cool Running AC	6:50:32
 104	Sandile Makhaye	Phuma KZN	6:51:23
 111	Fusi Nhlapo	Maluti FET College AC	6:53:34
 119	Zwelithini Vaphi	Germiston Callies Harriers	6:55:06
 124	Petros Sosibo	FAST WAY AC	6:55:56
 131	Ernest Leboko Noto	LES/Modikwa	6:59:17
 133	Charles Dibate Tjiane	Maxed Elite	6:59:42
 137	Oliver Kandiero	ZIM/Maxed Elite	7:00:17

Other finishers:

221. Joseph Manyedi 7:14:40 R15 000h

296. Collin Parura (ZIM) 7:22:08

577. Vladimir Kotov (BLR) 7:51:43

4882. Alan Robb 10:36:54

DNF: Gert Thys, Marko Mambo (ZIM), Butiki Jantjies, Thobani Chagwe, Gilbert Mutandiro (ZIM), Mncedisi Mkhize, Ludwick Mamabolo

40-49:

- 1. Moshiywa (above) 5:55:17 (R15 000)
- 2. Kekana (above) 6:24:04 (R10 000)
- 3. Ntuli (above) 6:28:53 (R5000)

50-59:

- 1. Meiklejohn (above) 6:39:56 (R10 000)
- 2. McColl (above) 6:45:19 (R5000)
- 3. Seroka (above) 6:48:28 (R4000)
- 20. Kotov (BLR/Cent City) 7:51:43

60+:

- 1. Francis Mukuka (ZAM/Phobians) 7:49:14 (R5000)
- 2. Nicholas Dlamini (Boxer) 8:14:23 (R4000)
- 3. Almon Zibuse (Randmark) 8:18:45 (R3000)

i = incentive as first South African

ii = incentive as first runner from Kwazulu-Natal

h = hot spot prize awarded at three points along the route (Gilbert Mutandiro [ZIM] won the first, but did not finish the race under 7:30 as required.)

WOMEN (Same prize money as men)

1	Caroline Wostmann	Nedbank	6:12:22	R375 000 + R175 000i +
				R35 000h
2	Charné Bosman	Nedbank	6:33:24	
3	Elena Nurgalieva	RUS/Team Vitality	6:40:36	
4	Olesya Nurgalieva	RUS/Team Vitality	6:41:18	
5	Nina Podnebesnova	RUS/Nedbank	6:41:48	
6	Eleanor Greenwood	GBR/Nedbank	6:44:03	
7	Emmerentia Rautenbach	Nedbank	6:45:22	
8	Joasia Zakrzewski	GBR/Nedbank	7:00:45	
9	Simona Staicu	HUN/Nedbank	7:01:14	

10	Yolande Maclean	Born 2 Run AC CGA	7:01:49	R10,000h
11	Irina Antropova	RUS/Nedbank	7:02:36	,
12	Lesley Train Austin	Krugersdorp Road Runners	7:09:08	
13	Stephanie Smith	Born 2 Run AC CGA	7:11:26	
14	Marina Zhalybina	RUS/Maxed Elite	7:18:33	
15	Fikile Mbuthuma	Nedbank	7:18:41	R35,000ii
				K35,00011
16	Eve Bugler	GBR	7:21:38	
17	Salome Cooper	RunaVation AC	7:22:49	
18	Kerry-Ann Marshall	Atlantic AC	7:23:07	
19	Sophia Sundberg	SWE/Nedbank	7:26:46	
20	Sarah Wilson	Westville AC	7:27:41	
21	Alemtsehay Hailu Kakissa	ETH/Nedbank	7:28:52	
22	Adele Waldron	West Coast AC	7:37:19	
23	Karen Sobrino	Amanzimtoti AC	7:44:26	
24	Ursula Turck	Strand Atletiekklub	7:46:06	
25	Mitsie van der Westhuizen	RunaVation AC	7:47:57	
26	Jadi Clark	Stella AC	7:51:56	
27	Mary Khourie		7:53:00	
28	Janie Grundling	Westville AC	7:53:10	
29	Zelda Breytenbach	Irene AC	7:56:06	
30	Simone Verster	Savages AC	7:56:14	
31	Danka Erasmus	Magnolia Road Runners	7:56:59	
32	Vanessa Bowman	Kempton Road Runners	7:58:05	
33	Marcelle Coetzee	RunaVation AC	7:59:09	
34	Lisa Brignull	NZL	7:59:19	
3 4 35	Carien Visser			
		Tuks Road Runners Club	7:59:40	
36	Cheryl-Lynn Ceronie	Kempton Road Runners	8:01:20	
37	Melanie Melville	Polokwane AC	8:02:01	
38	Lindy Benson	Bedfordview CC	8:02:14	
39	Heather Walden	Born 2 Run AC CGA	8:04:53	
40	Maria Vilakazi	Run & Walk For life	8:05:44	
41	Elmarie Bezuidenhout	Charlo AC	8:06:06	
42	Maphuti Phaka	Born 2 Run AC CGA	8:06:28	
43	Martine Baker	Rand AC	8:06:48	
44	Helen Buley	Collegians Harriers	8:07:37	
45	Megan Winderley	Born 2 Run AC CGA	8:07:44	
46	Anel Labuschagne	Kempton Road Runners	8:09:24	
47	Tracy Forbes	VOB	8:10:27	
48	Nonsikelelo Mbambo	Natal Carbineers AC	8:10:36	
49	Lisa Collett	Nedbank KZN	8:12:26	
50	Tracy Leigh Zunckel	Estcourt AC	8:13:06	
51	Lesego Hlako	Zwakala AC	8:13:44	
52	Tania Anderson	VOB	8:13:46	
53	Enie Molatseli	City of Ekurhuleni AC	8:14:24	
54	Ronel Van Graan	Krugersdorp Road Runners	8:15:41	
55	Jacqueline Maritz	Eskom AC MPU	8:15:48	
56	Gerda Steyn	Dubai Road Runners	8:19:08	
57	Lelanie van Zyl	Nedbank	8:19:18	
58	Taryn Retief	Boksburg AC	8:22:32	
59	Theresa Brand	boksburg Ac	8:22:48	
60	Anelle Vorster	Irene AC	8:25:24	
61	Laura Peddle	Strand Atletiekklub	8:26:05	
62 63	Pascalina Lepheana	Nedbank KZN	8:27:13	
63	Precious Duma	Maxed Elite KZN	8:28:02	
64 65	Cory Newman	AUS	8:28:37	
65	Jana Trojan	CZE/VOB	8:28:50	
66	Alta Kruger	Krugersdorp Road Runners	8:30:22	

67 68 69 70 71 72 73 74 75 77 78 79 81 82 83 84 85 86 87 89 99 91 95 97 98 97 98 97 98 97 98 97 98 97 98 97 97 97 97 97 97 97 97 97 97 97 97 97	Tia Jones Jo Mackenzie Gina Schefermann Sarah Gray Christina Khinast Denise de Souza Amanda Ligthelm Jane Mudau Toni Bennetts Duduzile Zulu Lizzy Heather Phipson Lindy-Lee Fölscher Kaoma Chileshe Val Watson Ashleigh White Barbara Vicki Luckemeyer Lia Percival Pat Dammann Nokholo Hlezupondo Nicola Pabst Heidi Brooks Stephane Montgomery Naomi Brand Franci Myburgh Mary-Anne Nieuwoudt Nandi Zaloumis Nocawe Morake Ursula Gassmann Sibongile Ziqubu Nadine Breytenbach Sarah Eksteen Helena Oberholzer	AUS/Dubai Road Runners Mtunzini AC Nedbank LVCC Nelspruit Collegians Harriers AUT/TriRun Linz Randburg Harriers Eskom AC CGA Pietersburg Road Runners Klerksdorp SAPS CGA Rand AC Boksburg AC HSRC RunaVation AC DHS Old Boys Alberton Amateur AC Mtunzini AC Team Vitality SANDF EP Magnolia Road Runners GBR/Varsity Kudus Faku Chiefs AC Rand AC Team Vitality Wonderpark AC SUI/TV Unterstrass Eskom AC KZN Irene AC Pirates Road Running	8:31:06 8:31:10 8:31:42 8:32:20 8:32:23 8:32:36 8:33:10 8:33:19 8:33:55 8:33:55 8:34:08 8:35:57 8:37:18 8:37:56 8:40:58 8:40:58 8:40:58 8:42:20 8:42:44 8:42:44 8:43:06 8:43:47
98 99	Helena Oberholzer Michelle Davis	Pirates Road Running	8:43:47 8:44:18
100 109	Theresa Majeed Julanie Basson	USA Born 2 Run AC CGA	8:44:34 8:50:21
124	Nancy Will	Pinelands AC	8:53:31

40-49:

- 1. Staicu (above) 7:01:14
- 2. Train Austin (above) 7:09:08
- 3. Waldron (above) 7:37:19

50-59:

- 1. Van Zyl (above) 8:19:18
- 2. Mudau (above) 8:33:19
- 3. Watson (above) 8:35:57

60+:

- 1. Will (above) 8:53:31
- 2. Linda Icely (Old Eds) 10:33:19
- 3. Irmgard Uhlig (GER/DJK Freudenheim) 10:33:35
- i = incentive as first South African
- ii = incentive as first runner from Kwazulu-Natal
- h = hot spot prize awarded at three points along the route (Wöstmann won both the last two.)

Fieka UWC Fast & Flat 10 km

Bellville, 30 May

(Certified loop course. Weather: cold with heavy rain and wind. Finishers: 1328 [down from 1463 last year].)

MEN

- 1. Siboniso Soldaka (CPUT) 30:04 (R1400)
- 2. Sibusiso Madikizela (Itheko) 30:08 (R1000)
- 3. Anthony Timoteus (UWC) 30:12 (R800)

Veterans: 1. Tsungai Mwanengeni (ZIM/CMC) 31:44 (R300); 2. Shawn Abrahams (Celtic) 33:18 (R200); 3. Graham Katzen (Celtic) 33:49 (R100). Masters: 1. Monde Tutani (Gugs) 36:47 (R200); 2. Roston Isaacs (Ned) 38:42 (R100); 3. Friedl van der Merwe (CMC) 38:49 (R50). G'masters: 1. Robbie Lindsay (Ned) 41:35 (R200); 2. Ashaan Davids (Ommie) 46:26 (R100); 3. Cornelius de Wee (Tyger) 46:37 (R50). Juniors: 1. McMarshal Hartzenberg (Eerste) 31:13 (R400); 2. Lukhanyo Nobakada (VOB) 31:24 (R300); Nadeel Wildschutt (Ceres) 31:34 (R150).

WOMEN (Same prize money as men)

- 1. Zintle Xiniwe (Ind) 34:46
- 2. Annie Bothma (Ned) 36:15
- 3. Bulelwa Simae (Ned) 36:26

Veterans: 1. Sandra van Graan (Edge) 39:59; 2. Busisiwe Matiwane (Celtic) 40:27; 3. Sheryl de Lange (CMC) 42:24. **Masters:** 1. Elmarie Coetzee (CMC) 41:18; 2. Mariëtte Strauss (Tyger) 41:39; 3. Olga Howard (Celtic) 42:41. **G'masters:** 1. Helen du Plessis (Tyger) 49:46; 2. Annalene Botha (Brack) 57:48; 3. Rita van Wyk (Brack) 69:53. **Juniors:** 1. Pamela Moyikwa (VOB) 37:14; 2. Ashleigh Simonis (Carb) 37:42; 3. Busisiwe Gwala (VOB) 39:51.

CROSS-COUNTRY

WP League Meeting (4th)

Youngsfield, 23 May

Note: All distances are 4 km except where indicated otherwise. - Ed.

SR. I	MEN (12 km)			
1	Danzil	Paulse	Easterns	37:05
2	Lungile	Gongqa	Nedbank	37:06
3	Vuyolwethu	Mbukushe	Gugs	38:23
4	Nkosinathi	Sotyantya	Itheko	38:41
5	Akhona	Makila	VOB	38:51
6	Andrew	Louw	CPUT	39:02
7	Xolisa	Batala	VOB	39:28
8	Virgina	Ngudlumana	Itheko	40:12
9	Raydon	Balie	Wild Runner	40:22
10	Heinrich	Camphor	No Club	40:54
SR. I	MEN			
1	Granwin	Katzen	Celtic Harriers	13:37
2	Emiele	Paulsen	UWC	13:39
3	Riaan	Wildskut	Easterns	13:42
4	Mlulami	Mabona	VOB	13:43
5	Orion	Faro	No Club	13:55

Rhodas Makantshana Shabalala Bebha Magwaza	Easterns CPUT UCT VOB UWC	14:11 14:12 14:14 14:31 14:37
Macanda Moloi Mpontshane (m) Mitchell Ntsodo v.d. Merwe	Gugs Defence Sanlam Celtic Harriers Defence Cape Multi-sport Fish Hoek	28:44 29:13 29:16 29:17 31:09 31:16 31:14
` ,	Helderberg Harr VOB	34:41 35:06
Osrin Donald Matthews	West Coast Midas Spartans	37:48 40:24 42:41
Damons Hartzenberg Ratz	Celtic Harriers Eerste River Eerste River	26:01 26:03 26:09
n) Renaud Hall Sogiba Lupondo Jordaan Fynn de Lange Joseph de Kock Willemse	UCT Carbineers Nedbank Easterns UWC Wild Runner Cape Multi-sport Easterns Durbanville Velocity	32:16 32:51 33:12 34:19 35:08 35:41 35:57 36:11 37:08 37:46
Terblanche Simonis Willemse Jordaan Ngcantsi Meyer Dyonase Watt Mandisa Dani	CMC Carbineers Velocity UWC VOB Edgemead VOB Helderberg Harr Gugs Durbanville	16:14 16:57 17:26 17:34 18:01 18:11 20:27 20:45 20:54 21:47
Matiwane van Graan de Lange	Celtic Harriers Edgemead CMC	17:45 17:57 18:11
	Makantshana Shabalala Bebha Magwaza km) Macanda Moloi Mpontshane km) Mitchell Ntsodo v.d. Merwe km) Chivell Veldsman Edwards (8 km) Osrin Donald Matthews Damons Hartzenberg Ratz m) Renaud Hall Sogiba Lupondo Jordaan Fynn de Lange Joseph de Kock Willemse Terblanche Simonis Willemse Jordaan Ngcantsi Meyer Dyonase Watt Mandisa Dani Matiwane van Graan	Makantshana Shabalala Bebha VOB Magwaza UWC km) Macanda Moloi Defence Mpontshane Km) Mitchell Merwe Mitchell Mitchell Mitchell Mefence Month Mitchell Molence M

2	Mariëtte	Strauss	Tygerberg	18:31	
3	Georgina	Andraos	VOB	19:02	
G′MA	STER WOME	V			
1	Nancy	Will	Pinelands	20:32	
2	Collette	Van Eck	Fish Hoek	21:47	
3	Helen	Du Plessis	Tygerberg	22:36	
G/G'	G/G'MASTER WOMEN				
1	Marlene	James	Pinelands	26:28	
2	Carol	Gahwiler	VOB	27:56	
3	Christine	Williams	VOB	28:24	

Gauteng North League Meeting (3rd) Pretoria, 23 May

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (8 km 1 Joel 2 Ian 3 Victor 4 Motsamai 5 Sikhalo 6 Mpho 7 Tebogo 8 Jack 9 James 10 Nyakallo	Modiba Slinger Pheeha Motone Mthimkulu Mothaung Ndwandwe Masogo Mothwa Mokhothi	TUT Eldoraigne Monaco Transnet TUT TUT TUT Monaco Nedbank TUT	26:40 26:46 27:41 27:50 27:51 28:15 28:24 28:44 28:45 28:52
SR. MEN 1 Collen 2 Moses 3 Gino 4 Martin 5 Simon 6 Elliot 7 Rapelang 8 Sello 9 Thabang 10 Michael	Mulaudzi Dirane Nkoe Nkoe Mokonyama Makgoba Kgaje Lekalakala Madiba Chauke	TUT Tuks Nissan TUT Monaco Monaco Transnet Ikhonjane Nedbank Monaco	12:59 13:06 13:30 13:34 13:51 13:56 13:58 14:11 14:30
MEN 40 (8 km) 1 Colin 2 Demetri 3 Peter MEN 45 (8 km) 1 Piet 2 Graham 3 Graham MEN 50 (8 km) 1 Piet 2 Avril 3 Japie MEN 55 (8 km) 1 Burger	Witbooi Jansen Motshoene Mosebedi Megaw Burnett Lotter Barkhuysen Badenhorst Linde	PMMC PMMC RWFL Transnet Tuks Bosch ACRW Nedbank ACRW Armscor	30:00 31:14 31:18 30:31 33:11 34:51 34:22 34:58 36:05
2 Anthony3 Len	Bold Lorenzen	Runavation PMMC	36:05 38:44

ME	VI 60 (6 km)			
™⊏1	N 60 (6 km) Buks	Meyer	GNMA	34:23
2	Gawie	Pretorius	Sabs Striders	37:09
	N 65 (6 km)	rrecortas	Sabs Striders	37.03
1	Piet	Kleingeld	Bronkhorstspruit	29:39
2	Harry	Van der Merwe	Bronkhorstspruit	30:20
3	Anton	Harrop-Allin	ACRW	32:02
	N 70 (6 km)			
1	Mike	Kleinsmit	Transnet	32:02
2	Andries	Van der Merwe	Transnet	33:55
3	Assie	Van Aswegen	Overkruin	36:24
MEI	N 75 (6 km)			
1	Neville	Muir	Phobians	43:07
MEI	N 80 (6 km)			
1	Frans	Grobler	Transnet	42:47
	V 23		_	
1	Jabolane	Ncamane	Sasol	13:24
2	Tebogo	Segalagala	Monaco	13:28
3	Koos	Baloyi	Temba Prestige	13:38
	MEN (8 km)	B. I	5.6. 14	27.42
1	Mathimba	Baloyi	Dr Sam Motsinyano	27:42
2	Nicolas	Mphela	Temba Prestige	29:28
3	Welcome	Lubisi	Skosana Development	29:38
1	YS 17 (6 km)		Tomba Prostigo	20:52
2	Songezo Thapelo	Njubane Makhofane	Temba Prestige Tuks Sport School	20.52
3	Teboho	Selola	Temba Prestige	21:34
J	TEDONO	Seloid	remba Frestige	21.54
SR	WOMEN (8 I	(m)		
1	Glenrose	Xaba	Sasol	31:02
2	Portia	Ngwenya	Transnet	32:05
3	Kataza	Shipalana	Transnet	32:32
4	Andrea	Steyn	TBC	33:30
5	Patience	Khumalo	TUT	33:47
6	Vuyokazi	Gebe	Transnet	34:18
7	Marelise	Retief	Boxer	35:51
8	Ronel	Thomas	Boxer	36:25
SR.	WOMEN			
1	Anuschka	Nice	Tuks	15:36
2	Nerissa	Van der Walt	Runavation	16:10
3	Nthabiseng	Tshehla	Monaco	17:23
4	Sarita	Downing	Tuks	18:07
5	Judime	Kieser	Sutherland	18:31
6	Done	Moolman	Individual	19:47
7	Nicole	Redelinghuys	Tuks	19:55
8	Marlize	De Beer	Nedbank	19:56
9	Annelien	Motlhala	Tuks	19:58
10	Carli	Kuhn	Tuks	21:04
WO	MEN 40			
1	Prudence	Zwane	Transnet	16:15
2	Jacquie	Van der Waals	Irene	18:07
3	Karin	Hillhouse	Runavation	18:22
	MEN 45			
1	Salome	Vermeulen	Bronkhorstspruit	17:02
2	Seanette	Van Rooyen	GNMA	18:35

3 WC	Carol MEN 50	Goodinson	FPN	20:24
1	Lettie	Saayman	Nedbank	19:50
2	Emmarie	Theunissen	Bronkhorstspruit	21:17
3	Thea	Van der Merwe	Irene	21:48
WC	MEN 55			-
1	Adri	Van Dyk	Danie Malan	22:35
2	Christa	Mouton	Agape	26:47
3	Elsie	Mokone	Temba Prestige	27:19
WC	MEN 60		_	
1	Francis	Van Blerk	Nedbank	20:17
2	Lyn	De Bruin	Irene	22:53
3	Rina	Pretorius	Sabs Striders	23:42
WC	MEN 75			
1	Annette	Van Rooyen	Transnet	41:20
WC	MEN 23			
1	Murendwa	Davhana	TUT	15:20
2	Nokuthula	Mokoana	TUT	16:29
3	Minette	Van der Westhuizen	TUT	17:23
JR.	WOMEN (6 k	cm)		
1	Thobile	Amon	Tuks Sport School	24:43
2	Tholoana	Peu	TUT	25:33
3	Lize	Botha	Centurion	25:40
GIF	RLS 17			
1	Tshegofatso	Setlhakgoe	Prestige College	15:40
2	Caelin	Van der Westhuizen	Eldoraigne	16:03
3	Zelma	Botha	Eldoraigne	16:34
		· · · · · · · · · · · · · · · · · · ·		

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

Hague Royal 10 km (19th)

Den Haag, NED, 31 May

MEN (gun times)

- 1. Brehane Tdegay Tekle, 1983, ERI, 28:54
- 2. Mogos Shumay, 1997, ERI, 28:54
- 3. Folavio Sehohle, RSA, 29:49

WOMEN (gun times) -

- 1. Lucy Macharia, KEN, 32:31
- 2. Maureen Jepkoech Kiprono, 1991, KEN, 33:57
- 3. Kim Dillen, 1983, NED, 34:21

Suja Rock 'n' Roll San Diego Half Marathon (5th)

(USA Masters Half-marathon Championships)

San Diego, USA, 31 May

(Distance: 21.1 km; point-to-point certified course with approx. 4.1 m/km loss and 15.2% separation [not record standard].)

Note: Meb Keflezighi ran his first race as a masters (40+) runner here, taking second in 1:02:26 and winning the national masters title. His was the fastest time ever by an over-40 American, but will not count for a record because the course has too much elevation loss. In the accompanying marathon, 92-year-old Harriette Thompson became the oldest-ever person to finish a marathon, clocking 7:24:36. The two-time cancer survivor started running at the young age of 76, and ran her 16th marathon here to raise awareness and funds for the Leukemia & Lymphoma Society. – Ed.

MEN (gun times)

- 1. Jordan Chipangama, Flagstaff, AZ (ZAM) 1:02:24
- 2. Meb Keflezighi, 40, San Diego, CA 1:02:26
- 3. Shadrack Biwott, Mammoth Lakes, CA 1:03:08

WOMEN (gun times)

1. Eri Hayakawa, JPN	1:10:47
2. Jessica Trengove, AUS	1:11:07
Sara Hall, Redding, CA	1:11:28
8. Jen Rhines, 41, Boston, MA	1:16:33

Freihofer's Run for Women 5 km (37th)

Albany, USA, 30 May

(NEW certified course for 2015 due to construction)

(qun times)

1. Emily Chebet, 29, Kenya	15:38	\$10,000
2. Cynthia Limo, 25, Kenya	15:41	5,000
3. Buze Diriba, 21, Ethiopia	15:45	3,000
4. Isabella Ochichi, 35, Kenya	15:49	2,000
5. Meskerem Assefa, 29, Ethiopia	15:55	PB= 1,000

Healthy Kidney 10 km (11th)

Central Park, New York, USA, 30 May

(Certified one-loop course with separately certified 8 km point with fully automatic timing; the course used was the original course with the Tavern On The Green finish line [different from the last two years].)

MEN (gun times)

(9		
1. Ben True, 29, Saucony	28:12.4 \$	25,000
[14:11 at 5 km / 22:40 PB at 8 km] 2. Stephen Sambu, 26, KEN (Nike) [14:10 / 22:39]	28:12	.5 10,000
3. Geoffrey Mutai, 33, KEN (adidas)	28:20	5,000
[14:11 / 22:40]		
4. Wilson Kipsang, 33, KEN (adidas)	28:49	3,000
[14:11 / 22:55] 5. Leonard Korir, 28, KEN (Nike)	29:14	2,000

WOMEN (gun times)

1. Joyce Chepkirui, 26, KEN (adidas) 32:32.5 \$25,000

[16:25 at 5 km / 26:19 at 8 km]

2. Gladys Cherono, 32, KEN (adidas) 32:32.6 10,000

[16:26 / 26:20]

3. Gemma Steel, 29, GBR (Nike) 33:48 5,000

[16:36 / 26:51]

- 4. Risper Gesabwa, 26, KEN (Nike) 33:59 3,000
- 5. Askale Merachi, 28, ETH (West Side Runners) 34:24 2,000

ASICS Stockholm Marathon (37th)

(Swedish Marathon Championships)

Stockholm, SWE, 30 May

(Distance: 42.195 km; two-loop course with stadium finish)

<u>Note</u>: Olympian Isabellah Andersson won the women's race here for the seventh time. She also won in 2008 through 2011, 2013 and 2014. – Ed.

MEN (gun times)

- 1. Yekeber Bayabel, 1991, ETH 2:18:22 SEK 50,000 (=USD 5864)
- 2. Mohammad Jaafar Moradi, 1990, IRI 2:21:09 25,000
- 3. Fredrik Johansson, 1985, SWE 2:23:05 70,000^ (1st NC)

WOMEN (gun times)

- 1. Isabellah Andersson, 1980, SWE 2:34:14 SEK 70,000^ (1st NC)
- 2. Eunice Jeptoo, KEN 2:34:59 25,000
- 3. Meseret Legese Biratu, 1987, ETH 2:35:24 15,000
- ^) Earned SEK 50,000 as top Nordic runner + SEK 20,000 for Swedish title

100 km del Passatore (43rd)

Faenza, ITA, 30 May

<u>Note</u>: Giorgio Calcaterra, a taxi driver from Rome, got his 10th consecutive victory here. – Fd.

MEN (gun times)

- Giorgio Calcaterra, 1972, ITA
 Dmitry Pavlov, RUS
 Chad Ricklefs, USA
 7:08:04 € 1000 + 300i
 7:17:32 600 + 300i
 7:18:19 400 + 300i
- i) Earned time incentive for sub-7:30

WOMEN

- Nikolina Sustic, 1987, CRO
 Veronika Jurisic, CRO
 Branda Carawan, USA
 7:41:42 € 1000 + 500i
 53:04 600 + 500i
 8:33:09 400 + 300ii
- i) Earned time incentive for sub-8:10
- ii) Earned time incentive for sub-8:40

Bupa London 10000 (8th)

(British 10 km Championships)

London, GBR, 25 May

(Certified one-loop course with start/finish in St. James's Park)

MEN

1. Andy Vernon 28:38 PB £2000 2. Jonathon Mellor 29:13 1000 3. Luke Caldwell 29:14 800

WOMEN

1. Jo Pavey, 1973 32:56 £2000 2. Rebecca Murray 33:19 1000 3. Faye Fullerton 33:27 PB 800

Bolder BOULDER 10 km (37th) & International Team Challenge (18th)

Boulder, USA, 25 May

(Certified point-to-point course for citizen and elite runners with slight elevation gain; Boulder is at high altitide [1655 m].)

INTERNATIONAL TEAM CHALLENGE MEN (extended gun times)

Individuals:

1. Belete Assefa, ETH 29:04.13 \$3000 + 1000i 2. Solomon Deksisa, ETH 29:20.72 2000 + 750i 3. Allan Kiprono, KEN 29:33.75 1500 + 500i

4. Bobby Curtis, USA Red 29:42.87 1000 + 1250# + 500i 5. Abdi Abdirahman, USA Red 29:50.78 800 + 800# + 250i

#) Earned USA training funds, which were determined by overall place

Teams (cross-country scoring):

1. ETHIOPIA, 13 points (1-2-10) \$15,000

2. USA RED, 17 points (4-5-8) 10,000 + 17,500#

3. ERITREA, 27 points (6-9-12) 7,000 4. KENYA, 27 points (3-7-17) 6,000 5. USA WHITE, 40 points (11-13-16) 4,000

6. MEXICO, 49 points (11-15-10) 4,000^

7. USA BLUE, 60 points (18-19-23)

8. COMMONWEALTH, 68 points (21-22-24)

- #) USA training funds, which were determined by overall place
- ^) Under this year's rules, the second USA team cannot displace a foreign team, so Mexico also earned 5th place prize money

INTERNATIONAL TEAM CHALLENGE WOMEN (extended gun times) Individuals:

1. Meskerem Assefa, ETH 33:31.09 \$3000 + 500i 2. Amane Gobena, ETH 33:37.61 2000 + 500i 3. Risper Gesabwa, KEN 33:53.23 1500 + 250i

4. Rei Ohara, JPN 34:04.95 1000 5. Makida Abdela, ETH 34:23.44 800

Teams (cross-country scoring):

1. ETHIOPIA, 8 points (1-2-5) \$15,000

2. USA RED, 21 points (6-7-8) 10,000 + 17,500#

3. KENYA, 30 points (3-13-14) 7,000

- 4. JAPAN, 33 points (4-9-20) 6,000
- 5. USA WHITE, 40 points (11-12-17) 4,000
- 6. MEXICO, 41 points (10-15-16) 4,000^
- 7. USA BLUE, 58 points (18-19-21)
- #) USA training funds, which were determined by overall place
- ^) Under this year's rules, the second USA team cannot displace a foreign team, so Mexico also earned 5th place prize money

Tamarack Ottawa Race Weekend

(Canadian 10 km Championships)

Ottawa, CAN, 23 & 24 May

(Distances: 42.195 km [IAAF-certified loop course with negligible start/finish separation] & 10 km [out-and-back course with negligible start/finish separation; early start for elite women])

Marathon (24)

MEN

1. Girmay Berhanu, ETH 2:08:14 USD 30,000 2. Philip Kangogo, KEN 2:09:56 15,000 3. Chala Dechase, ETH 2:09:59 10,000

WOMEN

1. Aberu Zennebe, ETH 2:25:30 USD 30,000 2. Rebecca Chesir, KEN 2:25:41 15,000 3. Abebech Afework, ETH 2:25:53 10,000

10 km (23)

1. Nicholas Bor, KEN 27:55 USD 8000 2. Simon Cheprot, KEN 27:57 4000 3. David Kogei, KEN 28:16 2000

WOMEN (all-women's race)

1. Gladys Cherono, KEN 30:56 PB/CR* USD 8000 + 2000* + 2000^

2. Peres Jepchirchir, KEN 31:18 PB 4000

3. Lanni Marchant, CAN 31:49 PB=(1st NC)2000 + CAD 3000 4. Natasha Wodak, CAN 31:59 PB (2nd NC)1000 + CAD 1500

5. Polline Wanjiku, KEN 32:17 800

Mattoni Karlovy Vary Half Marathon (3rd)

(IAAF Silver Label Road Race) Karlovy Vary, CZE, 23 May (Distance: 21.1 km)

MEN (qun times)

1. Elijah Tirop SEREM, KEN 1:01:01 CR* € 2000 + 1000*

Nicholas KIPKEMBOI, KEN
 Benard Kiplagat BETT, KEN
 Edwin KIPTOO, KEN
 Hailemariam TESFAYE, 1996, ETH 1:03:47

*) Course record bonus

WOMEN (gun times)

1. Mulu SEBOKA, ETH 1:09:11 CR* € 2000 + 1000* + 1000i

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2. Linah CHERUTO, 1995, KEN 1:10:22 1000
3. Eunice Chebichi CHUMBA, KEN 1:10:59 800
4. Lucy Wambui MURIGI, KEN 1:12:06 600
5. Lucy LIAVOGA, KEN 1:12:38 500
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i) Earned time bonus for sub-1:10:00

Göteborgsvarvet (36th)

Göteborg, SWE, 23 May (Distance: 21.1 km)

Note: This is the world's largest half-marathon, with 46 428 finishers this year. - Ed.

MEN (gun times)

- 1. Richard Mengich, KEN, 1:00:44
- 2. Hizkial Tewelde, ERI, 1:01:19
- 3. Josphat Kiptis, KEN, 1:01:30
- 4. Henry Kiplagat, KEN, 1:01:46
- 5. Sisay Lemma, ETH, 1:02:06

WOMEN (gun times)

- 1. Worknesh Degefa, ETH, 1:08:13 CR*
- 2. Isabella Ochichi, KEN, 1:09:45
- 3. Beatrice Mutai, KEN, 1:09:46
- 4. Michi Numata, JPN, 1:11:37
- 5. Viola Jepchumba, KEN, 1:11:46

Yangzhou Jianzhen International Half Marathon (10th)

Yangzhou, CHN, 19 April

(Distance: 21.1 km; IAAF-certified point-to-point course)

<u>Note</u>: Very fast times here, with the first ten men running under 61 min and the first six women under 70 min.

MEN

1. Mosinet Geremew Bayih, ETH	59:52	CR CNY 120,000 + 20,000* (=USD	22,573)
Geoffrey Kipkopip Kirui, KEN	59:55	50,000	
3. Nguse Amlosom Tesfaldet, ERI	59:55	40,000	
4. Vincent Kipsegechi Yator, KEN	59:55	10,000	
Tamirat Tola Adera, ETH	1:00:08	9,000	
6. Hiskel Tewelde Ghebru, ERI	1:00:29	7,000	
Leul Gebresilase Aleme, ETH	1:00:34	6,000	
8. Mule Wasihun Lakew, ETH	1:00:42	3,000	
9. Simon Cheprot, KEN	1:00:50	1,100	
10. Mathew Kisorio, KEN	1:00:58	900	

*) Course record bonus

WOMEN

1. Flomena Cheyech Daniel, KEN	1:08:36 0	CNY 120,000 (=USD 19,348)
2. Worknesh Degefa Debele, ETH	1:08:37	50,000
3. Netsanet Gudeta Kebede, ETH	1:08:53	40,000
4. Purity Cherotich Rionoripo, KEN	1:09:00	10,000
5. Abebech Afework Bekele, ETH	1:09:14	9,000
6. Gladys Chesir Kiptagelai, KEN	1:09:17	7,000

7. Guteni Shone Imana, ETH 1:10:37 6,000 8. Beatrice Chepkemoi Mutai, KEN 1:10:39 3,000 9. Polline Wanjiku Njeru, KEN 1:10:51 1,100 10. He Yinli, CHN 1:11:48 900

TRACK

Prefontaine Classic (41st)

(3rd stop of 2015 IAAF Diamond League) Eugene, USA, 29-30 May

Day One results:

MEN Mile:

Boys High School:

Carlos Villareal, MEX
 Mike Brannigan, USA
 Jack Salisbury, USA
 4:05.25 PB
 4:05.78 PB
 4:06.74 WYL/PB

5000:

1. Yomif Kejelcha, 1997, ETH 13:10.54 WL/WJL/PB

2. Edwin Soi, KEN 13:11.97 3. Galen Rupp, USA 13:12.36 4. Bernard Lagat, 1974, USA 13:14.97 5. Albert Rop, BRN 13:15.66 ... 8. Collis Birmingham, AUS 13:17.49 10. Ibrahim Jeilan, ETH 13:20.21

10000:

1. Mo Farah, GBR 26:50.97 WL 2. Paul Tanui, KEN 26:51.86 3. Geoffrey Kamworor, KEN 26:52.65 PB 4. Cam Levins, CAN 27:07.51 NR/PB

5. Geoffrey Kirui, KEN 27:17.91 6. Emmanuel Bett, KEN 27:22.34 7. El Hassan Elabbassi, BRN 27:25.02 PB

8. Joshua Cheptegei, 1996, UGA 27:27.57 WJL/PB

9. Diego Estrada, USA 27:30.53 PB 10. Titus Mbishei, KEN 27:31.48 ... 14. Stephen Mokoka, RSA 27:43.73

WOMEN

800 (non-DL):

Maggie Vessey, USA
 Phoebe Wright, USA
 Margaret Nyairera Wambui, KEN
 Lauren Wallace, USA
 Dana Mecke, USA
 2:00.79
 2:01.32
 2:01.46 PB
 2:01.49 PB

Mile:

Girls High School (29) -

1. Ryen Frazier, USA 4:39.84 WJL/PB
2. Danielle Jones, USA 4:39.88 PB
3. Christina Aragon, USA 4:40.75 PB
... 6. Ella Donaghu, USA 4:41.66 WYL/PB

Day Two results:

MEN

800:

1. Mohammed Aman, ETH	1:44.92
2. Nijel Amos, BOT	1:45.06
3. Taoufik Makhloufi, ALG	1:45.17
4. Alfred Kipketer, KEN	1:45.69
5. Job Kinyor, KEN	1:45.87
6. Charles Jock, USA	1:46.08
7. André Olivier, RSA	1:46.10
8. Adam Kszczot, POL	1:46.14

Mile:

Bowerman Mile -

1. Ayanleh Souleiman, DJI	3:51.10 WL \$10,000
2. Matthew Centrowitz, USA	3:51.20 6,000
Asbel Kiprop, KEN	3:51.25 4,000
4. Silas Kiplagat, KEN	3:51.92 3,000
5. James Magut, KEN	3:52.33 2,500
6. Ronald Kwemoi, KEN	3:52.57 PB 2,000
7. Collins Cheboi, KEN	3:52.63 1,500
8. Johan Cronje, RSA	3:53.02 1,000
9. Abdalaati Iguider, MAR	3:53.21
10. Henrik Ingebrigtsen, NOR	3:53.43
44 1 84 1164	0 50 55

11. Leo Manzano, USA 3:53.55

3000 s/chase:

1. Ezekiel Kemboi, KEN	8·01 71 W	L/MR* \$10,000	า
•			,
2. Jairus Birech, KEN	8:01.83	6,000	
3. Conseslus Kipruto, KEN	8:05.20	4,000	
4. Evan Jager, USA	8:05.28	3,000	
5. Paul Kipsiele Koech, KEN	8:13.95	2,500	
6. Jonathan Ndiku, KEN	8:18.38	2,000	
7. Hillary Yego, KEN	8:18.99	1,500	
8. Donn Cabral, USA	8:19.24	1,500	

WOMEN

800:	
 Eunice Sum, KEN 	1:57.82 WL \$10,000
2. Ajee' Wilson, USA	1:57.87 6,000
3. Brenda Martinez, USA	1:59.06 4,000
4. Abeba Aregawi, SWE	1:59.98 3,000
5. Janeth Jepkosgei Busienei,	KEN 2:00.02 2,500
6. Chanelle Price, USA	2:00.19 2,000
7. Lynsey Sharp, GBR	2:00.61 1,500
8. Marina Arzamasova, BLR	2:02.49 1,000
10. Alysia Montano, USA	2:03.72

1500:

1. Jenny Simpson, USA	4:00.98
2. Mercy Cherono, KEN	4:01.26 PB
3. Sifan Hassan, NED	4:01.65
4. Shannon Rowbury, USA	4:02.28
5. Axumawit Embaye, ETH	4:03.00
6. Sarah Brown, USA	4·03 20 PB

6. Sarah Brown, USA 4:03.20 PB
7. Alexa Efraimson, 1997, USA 4:03.39 PB/NJR/HSR/AJR
8. Katie Mackey, USA 4:03.81 PB

9. Treniere Moser, USA	4:04.26
10. Renata Plis, POL	4:04.78
11. Emma Coburn, USA	4:05.10 PB
12. Zoe Buckman, AUS	4:06.30
13. Hannah England, GBR	4:19.26

5000:

1. Genzebe Dibaba, ETH	14:19.76 MR	X/PB* \$10,000
2. Faith Kipyegon, KEN	14:31.95 DB	6,000
3. Vivian Cheruiyot, KEN	14:46.69	4,000
4. Sally Kipyego, KEN	14:47.75	3,000
5. Alemitu Heroye, ETH	14:48.52	2,500
6. Irene Cheptai, KEN	14:53.32	2,000
7. Viola Kibiwot, KEN	15:00.69	1,500
8. Elena Korobkina, RUS	15:18.80	1,000

NCAA Division I East Preliminary Round

Jacksonville, USA, 28-30 May

WOMEN

10,000 (28):

Molly Seidel, JR, Notre Dame
 Chelsea Blaase, SO, Tennessee
 Emily Stites, JR, William and Mary
 Letitia Saayman, SR, Coastal Caro(RSA)
 33:38.48Q PB
 33:47.20Q
 Letitia Saayman, SR, Coastal Caro(RSA)

Division I West Preliminary Round

Austin, USA, 28-30 May 28

WOMMEN

5000 (30):

Heat 1 -

- Bethan Knights, FR California (GBR) 16:02.49Q
 Jessica Tonn, SR Stanford 16:04.31Q
 Molly Grabill, JR Oregon 16:04.62Q
- Heat 2 -
- Dominique Scott, JR Arkansas (RSA)
 Sandie Raines, SO Texas
 Emma Bates, SR Boise State
 15:50.07Q
 15:51.57Q
 15:52.74Q

10000 (28):

Hannah Everson, JR - Air Force 34:23.52Q
 Alice Wright, FR - New Mexico (GBR) 34:25.04Q
 Dominique Scott, JR - Arkansas (RSA) 34:25.46Q
 Emma Bates, SR - Boise State 34:29.05Q

Zlata Tetra - Golden Spike (54th)

(IAAF World Challenge) Ostrava, CZE, 26 May

<u>Note</u>: David Rudisha pulled up lame within the first 200 of the 600, reaching for the front of his right leg; Adam Kszczot got the win in 1:16:02. – Ed.

MEN

600:

- 1. Adam Kszczot, POL, 1:16.02
- 2. Mark English, IRL, 1:16.14
- 3. Kyle Langford, GBR, 1:16.69
- 4. Artur Kuciapski, POL, 1:16.98
- 5. Guy Learmonth, GBR, 1:17.03

David Rudisha, KEN, DNF (pulled up inside 1st 200)

1000:

- 1. Marcin Lewandowski, POL, 2:17.25 WL
- 2. Asbel Kiprop, KEN, 2:17.38
- 3. Timothy Kitum, KEN, 2:17.62
- 4. Jakub Holuša, CZE, 2:18.42
- 5. Pierre-Ambroise Bosse, FRA, 2:19.35

5000:

- 1. Dejen Gebremeskel, ETH, 13:23.72
- 2. Hayle Ibrahimov, AZE, 13:26.77
- 3. Abdi Bashir, SOM, 13:28.07
- 4. Elroy Gelant, RSA, 13:28.69
- 5. Japhet Kipyegon Korir, KEN, 13:29.01

WOMEN

1500:

- 1. Anna Mishchenko, UKR, 4:07.09
- 2. Besu Sado, ETH, 4:07.93
- 3. Maureen Koster, NED, 4:08.17
- 4. Nicole Sifuentes, CAN, 4:09.50
- 5. Angelika Cichocka, POL, 4:09.70

Internationales Sportfest (51st)

Rehlingen, GER, 25 May

MEN

1500:

- 1. Morhad Amdouni, 1988, FRA, 3:40.24
- 2. Geoffrey Barusei, 1994, KEN, 3:40.43
- 3. Gilbert Kwemboi, 1990, KEN, 3:40.47
- 4. Jerry Motsau, 1990, RSA, 3:40.90 Armin Botha, 1990, RSA, DNF

AA Drink FBK-Games (33rd)

(IAAF World Challenge Series) Hengelo, NED, 24 May

MEN

800:

- 1. Marcin Lewandowski, POL, 1:45.46
- 2. Robin Schembera, GER, 1:45.48 PB
- 3. André Olivier, RSA, 1:45.73
- 4. Patrick Kiprotich Ronoh, KEN, 1:45.74 PB
- 5. Mark English, IRL, 1:45.83

1500:

- 1. Robert Kiptoo Biwott, 1996, KEN, 3:33.64 WL/PB
- 2. Ronald Musagala, UGA, 3:35.02 NR
- 3. Anthony Kiptoo, KEN, 3:35.33 PB
- 4. Mekonnen Gebremedhin, ETH, 3:35.73
- 5. Thiago Andrè, BRA, 3:35.90 PB
- ... 7. Johan Cronje, RSA, 3:36.34
- 8. Elroy Gelant, RSA, 3:37.97 PB

WOMEN

1000:

- 1. Sifan Hassan, NED, 2:34.68 WL/PB
- 2. Joanna Józwik, POL, 2:35.57 PB
- 3. Jenny Meadows, GBR, 2:36.13 PB
- 4. Angelika Cichocka, POL, 2:36.50 PB
- 5. Aníta Hinriksdóttir, 1996, ISL, 2:36.63 NR
- ... 8. Jessica Judd, GBR, 2:39.52 PB

3000:

- 1. Irene Jelagat, KEN, 8:36.90
- 2. Laura Muir, GBR, 8:38.47 PB
- 3. Madeline Heiner, AUS, 8:44.20 PB
- 4. Renata Plis, POL, 8:45.93
- 5. Peril Nengampi, KEN, 8:46.17

Grand Prix de Dakar

(IAAF World Challenge) Dakar, SEN, 23 May

WOMEN

800:

Yuneisy Santiusty, CUB
 Noélie Yarigo, BEN
 Savina, UKR
 Sylivia Chematui Chesebe, KEN
 Caster Semenya, RSA
 2:02.12
 2:02.23
 2:02.64
 2:03.91
 2:04.19

STATS TIME

This week we include a list of the top ten SA women 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.

2015 MARATHON: TOP 10 WOMEN

2:31:02	Mapaseka Makhanya	3	Hannover	19 Apr
2:33:21	René Kalmer	6	Vienna	12 Apr
2:39:16	Christine Kalmer	9	Vienna	12 Apr
2:39:43	Tanith Maxwell	2	Gran Canaria	25 Jan
2:46:55	Yolande Maclean	1	Benoni	25 Jan
2:53:38	Gillian Sieling	37	London	26 Apr
2:54:10	Riana van Niekerk	4	Durban	01 Mar
2:54:15	Catherine Malungane	1	Umzimkulu	29 Mar
2:54:58	Charné Bosman	1	Johannesburg	08 Feb
2:55:12A	Stephanie Smith	1	East London	28 Feb

THIS MONTH IN HISTORY

33 years ago: 5 June 1982

MENI

Many celebrated distance races have taken place at the Prefontaine Classic meeting in Eugene, which was held this past weekend as part of the IAAF Diamond League. On this day one of these resulted in a new world record for 5000 metres when Mary Decker-Tabb (USA) smashed Kiwi Anne Audain's mark with 15:08.26, beating Paula Fudge (GBR) by more than 11 seconds. The meeting, then called the Prefontaine Memorial, honours US distance star Steve Prefontaine. Decker had first attracted attention when, at the tender age of 14, she was selected to represent the USA in an international meeting against the Soviet Union. But she was plagued by injuries throughout her career, mainly because of too heavy training in the early stages. Six weeks after the 5000 record she also set a global mark of 31:35.3 for 10000 m, again in Eugene. On 5 January 1984 her 5000 m record was broken, albeit unofficially, by Zola Budd at Coetzenburg; their famous clash in Los Angeles followed seven months later.

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					
<u>Open</u>					
10 km	27:38	Stephen Mokoka	Manchester	10 May	
	27:30	Stephen Sambu (KEN)			
	26:44	Leonard Patrick Komor	(KEN) 2010		
15 km	44:12	Lusapho April	Port Elizabeth	28 Feb	
	43:48a	Silas Kiprono (KEN)			
	41:13	Leonard Patrick Komor	(KEN) 2010		
21.1 km	64:04	Stephen Mokoka	Cape Town	04 Apr	
	61:21A	Lusapho April	New York	15 Mar	
	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	
	72:31	Abraham Cheroben (KEN)			
	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.

Votorano (40 i	1			
Veterans (40+ 10 km	30:59	Shadrack Hoff	Pretoria	28 Feb
10 Km	28:51	Paulo Catarino (POR) 2		20165
15 km	49:30	Simon Mpholo	Kempton Park	28 Jan
	44:14	Pierre Levisse (FRA) 19	992	
21.1 km	69:39	Johannes Kekana	Polokwane	16 May
25 1	62:28	John Campbell (NZL) 1		
25 km	1:23:50 76:49	Shadrack Hoff Martin Mondragon (ME	Pretoria	09 May
30 km	1:44:59	Maxwell Goodman	Vitenhage	22 Mar
30 Km	1:35:28	Geraldo Antonio da Silv		22 1 101
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
10 KIII	30:35	Tecwyn Davies (GBR)		20 Mai
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) 200		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
20 Jun	1:41:14A	Michael Bekapi	Somerset East	18 Apr
30 km Marathon	1:51:00 2:48:48	Eric Coetzee Shaun Meiklejohn	Parow Durban	15 Mar 01 Mar
Marathon	2:19:29	Titus Mamabolo (RSA)		OI Mai
100 km	2.13.23	ricas riamasoro (rieri)	1001	
<u>Grandmasters</u>	(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	1:54:30 2:04:18A	Elias Raphulu Boysie van Staden	Pretoria Pinetown	09 May 25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:18:02	Michael Langa	Durban	01 Mar
100 km		g.		
<u>Juniors</u>				
10 km	31:03	McMarshal Hartzenberg		28 Mar
1 E Juna	27:52 48:11	Richard Chelimo (KEN) Andile Motwana		07 Man
15 km	48:11 42:25	Moses Mosop (KEN) 20	Despatch	07 Mar
21.1 km	70:54	Andile Motwana	Port Alfred	26 Apr
	59:16	Samuel Wanjiru (KEN)		_0
WOMEN				
Open 10 km	32:54	Manacoka Makhanya	Cano Town	29 Mar
10 km	32:54 34:03A	Mapaseka Makhanya Lebo Phalula	Cape Town Paulpietersburg	15 Feb
	30:56	Gladys Cherono (KEN)	i daipietei sbui g	13100
	30:21	Paula Radcliffe (GBR) 2	2003	
15 km	55:00	Ebeth Marais	Ravensmead	14 Mar
	46:14	Florence Kiplagat (KEN		
	46:28	Tirunesh Dibaba (ETH)	2009	

21.1 km	46:14p 74:48 65:09 65:12	Florence Kiplagat (KEN Irvette van Zyl Florence Kiplagat (KEN Florence Kiplagat (KEN	Benoni)) 2014	25 Jan
25 km	65:09p 1:36:08 1:21:55 79:53	Florence Kiplagat (KEN Jenna Challenor Sutume Asefa Kebede Mary Keitany (KEN) 20	Durban (ETH)	08 Mar
30 km	1:56:32 1:45:00	Tanith Maxwell Saori Noda (JPN)	Camps Bay	04 Jan
Marathon	1:38:49 2:31:02 2:19:52	Mizuki Noguchi (JPN) 2 Mapaseka Makhanya Mare Dibaba Hurssa (E	Hannover TH)	19 Apr
100 km	2:15:25 6:33:11	Paula Radcliffe (GBR) 2 Tomoe Abe (JPN) 2000		
\/-t (40)	`			
<u>Veterans</u> (40+ 10 km	37:43 32:14	Prudence Zwane Priscilla Welch (GBR) 1	Pretoria 985	28 Feb
15 km	60:15 60:02A 49:35	Sandra van Graan Ulrica Stander Priscilla Welch (GBR) 1	Ravensmead Camps Bay	14 Mar 04 Jan
21.1 km	84:01 69:56	Prudence Zwane Irina Permitina (RUS) 2	Pretoria	21 Feb
25 km	1:49:37 1:42:12A	Heather Walden Suzette Botha	Pretoria Pinetown	09 May 25 Jan
30 km	82:13 2:11:00 1:51:37	Mizuki Noguchi (JPN) 2 Adele Waldron Mieke Pullen (NED) 200	Camps Bay	04 Jan
Marathon	2:53:38 3:02:08A 2:26:51	Gillian Sieling Jacqui Bakkes Priscilla Welch (GBR) 1	London Simon's Town	26 Apr 15 Feb
100 km				
	7:00:27	Normi Sakurai (JPN) 20	007	
Masters (50+)				
10 km	39:59	•	Port Elizabeth	09 May
15 km	34:44 61:03 54:33	Tatyana Pozdniakova (Elmarie Coetzee Shirley Matson (USA) 1	Ravensmead	14 Mar
21.1 km	90:10 76:07	Jane Mudau Tatyana Pozdniakova (Polokwane	16 May
25 km	2:11:04	Julie Shadwell	Pretoria	09 May
30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	3:11:23 2:31:05	Jane Mudau Tatyana Pozdniakova (Polokwane	28 Mar
100 km	2.31.03	ratyana r ozamakova (OKK) 2003	
Grandmasters	(60+)			
10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
15 km 21.1 km	64:01	Margie Saunders Margie Saunders	Port Alfred	28 Feb
21.1 km 25 km	1:39:36 2:44:20	Margie Saunders Maureen Parry	Port Alfred Durban	26 Apr 08 Mar
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km Marathon	2:24:42 3:58:19	Margie Saunders Wendy Fitzmaurice	Uitenhage Durban	22 Mar 01 Mar

100 km	3:30:47A	Nancy Will	Simon's Town	15 Feb
<u>Juniors</u>				
10 km	36:12	Nicole van der Merwe		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) 1	991	•
		3 ()		

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