

Distance Running Results

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EDITORIAL

The 84th SA Marathon this weekend was won by Coolboy Ngamole in a slow 2:17:26, the fourth slowest time in the championships since 1982. Only five runners clocked under 2:19:00. Ngamole regained the title he won in 2012, when he ran more than four minutes faster. There were a mere 89 finishers. Makhosazana Mhlongo took the women's title in 2:48:16 – a personal best by almost ten minutes. The race was held as part of the PetroSA Marathon, with Ethiopian Zehara Datu the first woman across the line in 2:46:00. There were only three SA women in the top eight. In third was Janie Grundling in 2:54:29, also a PB.

Incredibly, just six days after setting a South African and world single-age record in the Sanlam Cape Town Marathon, grandmaster Nancy Will ran again and won her age category in 3:29:47.



The winners of the BMW Berlin Marathon yesterday, Eliud Kipchoge and Gladys Cheronono, who both ran personal bests. [BMW Berlin Marathon]

In the 42nd BMW Berlin Marathon Eliud Kipchoge (KEN) literally ran the inner soles out of his shoes to win easily in a personal best of 2:04:00, his fourth sub-2:05 time. His previous best, 2:04:05, was also set in Berlin. With the inner soles flapping around his ankles he stormed to the world's fastest time this year, beating his winning time in London by 42 seconds. When Kipchoge ran the 5 km between 30 km and 35 km in a blistering 14:23, there was still a chance that he could break Dennis Kimetto's world mark of 2:02:57, but the pace then slackened to 14:56 for the next 5 km.

"It wasn't a good day for me in these shoes, although they're actually very good," Kipchoge said after the race. "I tested them in Kenya but just had bad luck on the day. I had problems from the first kilometre." With his victory, Kipchoge goes to the top of the Abbott World Marathon Majors Series IX leaderboard with 50 points. He also won the Virgin London Marathon last April and has the two fastest times in the world this year. The series concludes at the Tokyo Marathon in February.

Kipchoge, a former world 5000-metre champion, has now run six marathons, of which he has won five. The average of his five quickest marathons is now 2:04:24, second only to Wilson Kipsang's 2:04:13. All six Kipchoge's marathons have been under 2:06:00 – this ties him with Kipsang for the most such times in history.

Namesake Eliud Kiptanui (KEN) also got a PB in second with his 2:05:21. In the women's race Gladys Cheronu (KEN), in only her second marathon, became the 19th woman to dip under 2:20:00 (18th if one disregards Rita Jeptoo) when she won in 2:19:25 – also the fastest time of the year.

South Africa's Lusapho April dropped out after 35 km. At the halfway mark April was less than two minutes behind the leaders and on course for a PB, but took 16:50 for the 5 km between 30 km and 35 km and then stopped.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Festival of Running Half Marathon, Cape Town
- * Ethekwini Township to Township Marathon & Half Marathon, KwaMashu to Umlazi & Chesterville to Umlazi
- * PetroSA Marathon, Half Marathon & 10 km (incorporating the SA Marathon Championships), Mossel Bay
- * Andrew Greyling Half Marathon & 10 km, Pretoria
- * Festival of Running 100 km & 50 km, Cape Town
- * Richmond Challenge 16 km, Richmond
- * Clover Milk Run 10 km, Port Elizabeth

International highlights:

- * BMW Berlin Marathon, Berlin, GER
 - * PZU Warsaw Marathon, Warszawa, POL
 - * Singelloop, Utrecht, NED
 - * Rock 'n' Roll San Jose Half Marathon & 5 km, San Jose, USA
 - * ING Route du Vin Half Marathon, Remich, LUX
 - * XC: Roy Griak Invitational Cross-country, Minneapolis, USA; Virginia Panorama Farms Invitational, Earlysville, USA
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ROAD RUNNING

Festival of Running Half Marathon (16th)

Cape Town, 27 September

(Distance: 21.1 km; certified hilly out-and-back course. Weather: cool, very windy.

Finishers: 823 [up from 693 last year].)

Note: One day after winning the PetroSA Half Marathon, Zimbabwean Fortunate Chidzivo ran again here. – Ed.

MEN

1. Mthandazo Qhina (Ned) 1:08:58
2. Sityhilo Diko (Ned) 1:09:20
3. Vuyolwethu Mbukushe (Gugs) 1:09:23

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:14:46; 2. Thembelani Zola (Well) 1:18:23; 3. Xolile Macanda (Gugs) 1:19:58. **Masters:** 1. Eric Coetzee (FNB) 1:18:32; 2. Zolani Ntsodo (SANDF) 1:27:07; 3. Shafiek Cassiem (Itheke) 1:29:20. **G'masters:** 1. Gemjikile Tom (Eskom) 1:39:35; 2. Albert Williams (Top) 1:43:02; 3. M. Smith (Celtic) 1:43:41.

WOMEN

1. Tanith Maxwell (Boxer) 1:22:39
2. Fortunate Chidzivo (Celtic) 1:32:35
3. Busisiwe Matiwane (Celtic) 1:32:39 (1st vet)

Veterans: 1. Busisiwe Matiwane (Celtic) 1:32:39; 2. Angelique Rabie (Carb) 1:38:38; 3. [Illegible] (Ravens) 1:57:03. **Masters:** 1. Elmarie Coetzee (FNB) 1:33:25; 2. Z. Lippert (Celtic) 1:52:22; 3. [Illegible] (Itheke) 1:52:23. **G'masters:** 1. Helen du Plessis (Tyger) 1:56:29; 2. Brenda Stevenson (Pine) 2:01:27; 3. Ruth Leverton (Pine) 2:05:55.

Ethekwini Township to Township Marathon & Half Marathon

KwaMashu to Umlazi (marathon) & Chesterville to Umlazi (half marathon), 27 September

(Distances: 42.195 km & 21.1 km; point-to-point courses. Finishers: marathon – 503; half marathon – 514.)

Note: Another marathon with huge prize money for rather pedestrian times, mostly by foreigners. The direction of the races alternates each year. – Ed.

Marathon

MEN

1 Munyaradzi Jari (ZIM/Fast Way) 2:25:49 (R40 000); 2 Wilson Kibet (KEN/Fast Way) 2:25:56 (R20 000); 3 Ezekiel Tarus (KEN/Fast Way) 2:27:25 (R15 000); 4 Xolisani Zamkele (Lusikisiki) 2:29:37 (R10 000); 5 Muziwenkosi Elvis Mjaja (Nedbank) 2:30:06 (R8000); 6 Pitso Malau (Tlokoa) 2:30:16 (R5000); 7 Mfumaneko Wiseman Fadane (Umzimkhulu Striders) 2:30:55 (R4000); 8 Ngonidzashe Ncube (ME) 2:31:14 (R3000); 9 Lyno Muchena (ZIM/Nedbank) 2:31:44 (R2000); 10 Phakoane Rakoto (Phantane) 2:33:05 (R1000).

(Prize money the same in all age categories: R2000, R1500, R1000)

40-49: 1 Shingie Badza (ZIM) 2:38:24; 2 Thabo Ndusulwana (Lusikiski) 2:43:50; 3 Nimrod Kobeni (Nedbank) 2:46:35. **50-59:** 1 Protas Hlophe (PD) 3:34:38; 2 Sibongiseni Mpisane (Durban) 3:34:40; 3 Mziwoxolo Maxwell Mpiti (SCS) 3:39:43. **60+:** 1 Sifiso Mfayela (Stella) 3:42:57; 2 Vusi Mngadi (Umlazi) 3:53:30; 3 Michael Langa (AN) 4:02:01.

WOMEN (Same prize money as men)

1 Peris Jepkorir (KEN/Fast Way) 2:46:50; 2 Jennifer Chepkosgei Koech (KEN/Nedbank) 3:00:14; 3 Alicen Manake (ZIM/uBunye) 3:01:51; 4 Irene Cherop Leritareng (KEN/Nedbank) 3:20:29; 5 Precious Duma (ME) 3:48:53; 6 Babongile Memela (Natal Carbineers) 3:58:24; 7 Apiwe Nomonde Gaga (Nedbank) 4:02:07; 8 Lindiwe Hlongwa (Verulam) 4:02:16; 9 Blanche Moila (Savages) 4:02:43; 10 Norah Tembisile Mwelase (Kwadabeka Harriers) 4:04:54.

40-49: 1 Norah Tembisile Mwelase (Kwadabeka Harriers) 4:04:54; 2 Hleziphi Ncayiyana (Nedbank) 4:11:37; 3 Tholakele Ngcobo Eskom 4:16:43. **50-59:** 1 Blanche Moila (Savages) 4:02:43; 2 Mary Xolisile Mwelase (Phuma) 4:11:10; 3 Lindwe Cynthia Hoosen (Stella) 4:39:43. **60+:** 1 Patricia Fisher (Stella) 4:41:23; 2 Philisiwe Made (SAPS) 5:28:17; 3 Nomfanelo Dandala (Durban Runner) 5:58:15.

Half marathon

MEN

1 Kenneth Cheruiyot (KEN/Fast Way) 1:09:07 (R3000); 2 Ayanda Mncube (Phantane) 1:09:42 (R1500); 3 Silindile Gubese (Phantane) 1:10:37 (R1000).

(Prize money the same in all age categories: R300)

40-49: 1 Eugene Sabelo Ncube (Phumanathi) 1:26:44. **50-59:** 1 Thando Masikane (Dolphin CS) 1:37:10. **60+:** 1 Sibusiso Mkhize (Highway) 1:56:31. **Juniors:** 1 Phumelelo Mveli (Yellowwood Park) 1:23:47; 2 Ntando Sihhonyana (ME) 1:27:56; 3 Sfundu Mabhida (Hammersdale) 1:43:38.

WOMEN (Same prize money as men)

1 Zama Mokoena (Durban Runner) 1:38:33; 2 Chenai Hangare (Ind) 1:44:46; 3 Andisiwe Ntlatywa (Vitality) 1:44:53.

40-49: 1 Jowaine Parrott (Westville) 2:09:01. **50-59:** 1 Trish Botton (Natal Carbineers) 2:38:41. **60+:** 1 Sheree Kirsten (Westville) 2:07:56.

PetroSA Marathon, Half Marathon & 10 km

(Incorporating the South African Marathon Championships – 84th for men; 32nd for women) Mossel Bay, 26 September

(Distances: 42.195 km, 21.1 km & 10 km; certified out-and-back courses. Finishers: marathon – 162 men + 54 women = 216 total [61 men + 28 women = 89 total in the national championships race]; half-marathon – 207; 10 km – 294.)

Note: Foreigners were not part of the SA Marathon. No clubs were indicated with the results of the half marathon and 10 km. – Ed.

Marathon

MEN

1	Coolboy Ngamole	39	2:17:26	R60 000
2	Benedict MOENG	32	2:18:26	R40 000
3	Raphael SEGODI	29	2:18:37	R25 000
4	Ntsindiso MPHAKATHI	25	2:18:42	R15 000
5	Siyabonga NKONDE	27	2:18:55	R10 000
6	Edwin CHIMOMBO (ZIM)	34	2:20:26	R5000
7	Pule MAEKOM	28	2:20:30	R4000
8	Abram KHUMALO	27	2:22:30	R3000
9	Lucky MTSHALI	31	2:23:56	R2000
10	Sithembele FANEKHO	24	2:24:12	R1000
11	Nkosikhona MHLAKWANA	22	2:24:54	
12	JABULANE KHOZA	36	2:25:34	

13	Phatlalla MOHLOLI (LES)	31	2:26:02
14	Charles TJIANE	41	2:28:03
15	Mzolisi MAKHANDA	32	2:28:28
16	Anele MALIZA	37	2:28:36
17	Anele DLAMINI	28	2:29:00
18	Claude MOSHIYWA	40	2:29:40
19	Johannes MANTSWE	32	2:31:06
20	Ntuthuko MASEKO	38	2:31:58
21	Lovers HLATSWAYO	34	2:32:24
22	Collen MAILOLA	33	2:32:41
23	Edward MOTHIBI	30	2:33:24
24	Zolile MHLAHO	40	2:36:24
25	Motsamai Alexander MOTONE	35	2:37:22
26	Peter Ongkabets MEDUPE	40	2:37:39
27	Andries MALETE	30	2:38:12
28	Jabulani NKABINDE	40	2:40:35
29	Phuti MOHALE	31	2:40:42
30	Pelly LAMOLA	30	2:40:43
31	Potso Sesing KHOMO	32	2:41:33
32	Piet MPHETENG	37	2:41:36
33	Tiyani KHOZA	30	2:41:45
34	Philimon MANYAKA	42	2:41:52
35	Ephraim XABA	43	2:42:18
36	Christopher MABENGEZA	49	2:43:42
37	Tumelo MAHLANGU	26	2:44:43
38	Daniel MOTIHIBE	53	2:45:22
39	Zwene MORENG	27	2:45:26
40	Terrence MJEKULA	42	2:45:50
41	Thobile XATA	41	2:46:47
42	Frans MOLA	37	2:46:48
43	Ewood GROBLER	34	2:47:15
44	Melikhaya MALINGA	35	2:48:04
45	Welcome LOLIWE	50	2:48:41
46	Richard MAVUSO	37	2:52:36
47	Lucky MADLALA	35	2:52:53
48	Phillimon MATHIBA	23	2:53:58
49	Desmond ZIBI	52	2:54:52
50	Zingisile MARIKENI	40	2:55:07

(All age category prizes were the same: R3000, R2000, R1000.)

Veterans:

1	Charles Tjiane	2:28:03
2	Claude Moshiywa	2:29:40
3	Zolile Mhlahlo	2:36:24

Masters:

1	Daniel Mothibe	2:45:22
2	Welcome Loliwe	2:48:41
3	Desmond Zibi	2:54:52

G'masters:

1	Nicholas Dlamini	3:09:54
2	Elvis Galela	3:16:49
3	Michael Langa	3:18:49

WOMEN (Same prize money as men)

1	Zehara Datu (ETH)	28	2:46:00
2	Tsehay Maru (ETH)	21	2:47:44
3	Makhosazana MHLONGO	33	2:48:16 [SA champion]

4	Tabitha Tsatsa (ZIM)	43	2:49:44
5	Korahubsh Bedada (ETH)	23	2:50:36
6	Mpho MABUZA	35	2:53:16 [silver medal]
7	Janie GRUNDLING	35	2:54:29 [bronze medal]
8	Lebohang MOTSOANO (LES)	24	2:59:48
9	Catherine SKOSANA	34	3:02:09
10	Nandipha DYWILI	24	3:05:08
11	Poppy MLAMBO	34	3:06:17
12	Catherine MALUNGANE	33	3:09:02
13	Patience KHUMALO	26	3:10:27
14	Linah MHLONGO	43	3:14:07
15	Nonsikelelo MBAMBO	37	3:16:46
16	Ursula FRANS	46	3:17:38
17	Maphuti PHAKA	37	3:18:20
18	Lesley TRAIN	41	3:18:39
19	Jane MUDAU	52	3:20:30
20	Seipati PEU	34	3:20:46
21	Anél VAN WYK	36	3:20:47
22	Zelda BREYTENBACH	48	3:20:56
23	Annatjie BOTES	57	3:21:19
24	Gillian SIELING	46	3:24:16
25	Thuli MBATHA	41	3:25:04
26	Christelle DU PLESSIS	31	3:25:25
27	Christine CLAASEN	51	3:26:37
28	Ansie BREYTENBACH	51	3:27:47
29	Natasha MALAN	33	3:28:58
30	Enie MOLATSELI	34	3:29:22

Veterans:

1	Tabitha Tsatsa (ZIM)	2:49:44
2	Linah Mhlongo	3:14:07 [SA champion]
3	Ursula Frans	3:17:38

Masters:

1	Jane Mudau	3:20:30
2	Annatjie Botes	3:21:19
3	Christine Claasen	3:26:37

G'masters:

1	Nancy Will	3:29:47
2	Pamela Rasmussen	4:13:50

Half marathon**MEN**

1	Givemore Mudzinganyama (ZIM)	25	1:05:29	R10 000
2	Ettiene Plaatjies	28	1:05:36	R8000
3	Derocius Makhobalo	27	1:06:22	R6000
4	Samuel Sesoaba	32	1:06:38	R4000
5	Bevaldo Abraams	24	1:10:24	R2000
6	Elfonzo Pieterse	26	1:11:03	
7	Thabo Motete	27	1:15:11	
8	Godwin Heyns	17	1:15:13	
9	Auschten October	17	1:15:20	
10	Allentino Kleynhans	17	1:15:30	
11	Xavier Adams	19	1:15:55	
12	Selwyn Losper	51	1:15:58	
13	Mxolise Fana	47	1:16:01	
14	Francois Maquassa	20	1:17:16	
15	Vuyo Witbooi	58	1:19:43	

16	Melikhaya Msizi	33	1:20:05
17	Patrick Peters	52	1:20:26
18	Louis Holtzhausen	36	1:23:09
19	Peter Jaehne	50	1:24:13
20	Mario Meyer	36	1:25:40

(All age category prizes were the same: R1500, R1000, R500.)

Veterans:

1	Mxolise Fana	1:16:01
2	Vuyo Witbooi	1:19:43
3	Jaco Botha	1:25:54

Masters:

1	Selwyn Losper	1:15:58
2	Patrick Peters	1:20:26
3	Peter Jaehne	1:24:13

G'masters:

1	Jan du Toit	1:43:03
2	Manie Steenkamp	1:43:38
3	Thys Bouwer	1:51:16

Juniors:

1	Godwin Heyns	1:15:13
2	Auschten October	1:15:20
3	Allentino Kleynhans	1:15:30

WOMEN (Same prize money as men)

1	Fortunate Chidzivo (ZIM)	28	1:20:04
2	Faithy Nyasango (ZIM)	31	1:21:42
3	Portia Ngwenya	27	1:23:24
4	Bulelwa Simae	38	1:26:24
5	Helga Mathee	40	1:31:24
6	Nancy Cloete	28	1:36:41
7	Linda Hegerty	39	1:38:15
8	Franci Myburgh	31	1:39:31
9	Sanet Brits	57	1:40:05
10	Danika Gerber	24	1:40:56
11	Alison Nell	35	1:41:41
12	Macnita Samuels	19	1:41:45
13	Alison Jordaan	49	1:43:00
14	Elmien Nel	44	1:43:16
15	Thoko Khanyile	35	1:46:05
16	Elzet Oosthuizen	43	1:48:17
17	Annakie Pretorius	36	1:48:41
18	Elena le Roux	26	1:50:25
19	Eileen Ketterer	34	1:50:25
20	Teresa Bester	40	1:51:22

Veterans:

1	Helga Mathee	1:31:24
2	Alison Jordaan	1:43:00
3	Elmien Nel	1:43:16

Masters:

1	Sanet Brits	1:40:05
2	Riana van den Berg	1:58:36
3	Sarita van Heerden	1:58:46

G'masters:

1	Toekie Steenkamp	2:01:43
2	Rita van Wyk	2:31:20

3 Lorraine Zehmke 2:44:50

Juniors:

1 Macnita Samuels 1:41:45

2 Marcia Stenvert 2:12:55

10 km

MEN

1	William Kaptein	23	29:28	R5000
2	Melikhaya Frans	25	29:34	R3000
3	Collen Mulaudzi	24	29:37	R2000
4	Philani Buthelezi	26	30:09	R1000
5	Sibusiso Madikizela	24	30:22	R700
6	Tumelo Motlagale	28	31:01	
7	Ruben Dlepu	18	31:02	
8	Kebaabetswe Madiba	24	31:18	
9	Gershwill Jacobs	25	31:25	
10	Janson Darries	19	31:31	
11	Donavan Jantjies	19	31:41	
12	Willem Darries	26	32:01	
13	Andile Motwana	18	32:33	
14	Lubabalo Mdlungwane	25	33:20	
15	Lonwabo Williams	17	33:31	
16	Dullan Solomons	17	33:55	
17	Archie Boome		34:18	
18	Henrico Vena	17	34:40	
19	Christian Oosthuysen	18	35:06	
20	Dylan van Wyk	19	35:55	

(All age category prizes were the same: R1000, R800, R500.)

Veterans:

1 Malibongwe Mbelu 36:14

2 Mauritz J. van Rensburg 36:28

3 Aubrey Brinkhuis 39:10

Masters:

1 Basie Boneparte 36:28

2 Kosie Botha 39:52

3 Patrick Rawlins 42:27

G'masters:

1 Andre Niemand 47:00

2 Peter Jakoby 47:09

3 Willie van Wyk 49:03

Juniors:

1 Ruben Dlepu 31:02

2 Janson Darries 31:31

3 Donovan Jantjies 31:41

WOMEN (Same prize money as men)

1 Thembi Baloyi 26 36:34

2 Anna Moeketsi 30 37:45

3 Melissa van Rensburg 33 39:11

4 Sandra van Graan 48 40:16

5 Lana Theunissen 43 40:56

6 Cecilia Nel 33 41:00

7 Mariëtte Strauss 53 41:55

8 Olga Howard 57 42:42

9 Anastasia Plaatjies 19 42:44

10 Luthando Nxnis 22 44:02

Veterans:

1	Sandra van Graan	40:16
2	Lana Theunissen	40:56
3	Cia Berger	50:33

Masters:

1	Mariëtte Strauss	41:55
2	Olga Howard	42:42
3	Charmaine Cupido	44:39

G'masters:

1	Rea Oosthuizen	52:12
2	Dina Fryer	59:11
3	Mariet Horn	59:16

Juniors:

1	Bianca la Grange	44:23
2	Candice van Beulen	45:13
3	Clarisha Pieterse	45:25

Andrew Greyling Half Marathon & 10 km

Pretoria, 26 September

(Distances: 21.1 km & 10 km. Finishers: half marathon – 900; 10 km – 1340.)

Half marathon

MEN

1 Kenny Mwape (Phobians) 77:07; 2 Judas Ntuli (Magnolia) 77:43 (1st vet); 3 Lekitima Collins (City of Tshwane) 81:04.

Veterans: 1 Judas Ntuli (Magnolia) 77:43. **Masters:** 1 Richard Sinden (VTM) 95:32.

G'masters: 1 Elias Raphulu (Magnolia) 98:01. **G/g'masters:** 1 Pele Tshikundamalema (Olifantsfontein) 1:47:47. **80+:** 1 Dion Heigers (ACRW) 2:49:27.

WOMEN

1 Caroline Wöstmann (Nedbank) 81:57; 2 Vuyokazi Gebe (Transnet) 89:36; 3 Jacquie v.d. Waals (Irene) 99:29 (1st vet).

Veterans: 1 Jacquie v.d. Waals (Irene) 99:29. **Masters:** 1 Rita van Wyk (Boksburg) 1:46:00. **G'masters:** 1 Francis van Blerk (Nedbank) 1:50:05.

10 km

MEN

1 Jacob Tseko (Tuks) 31:35; 2 Trust Munkombwe (Nkangala) 32:27; 3 Greg Barnes (Born 2 Run) 33:30 (1st vet).

Veterans: 1 Greg Barnes (Born 2 Run) 33:30. **Masters:** 1 Joseph Moloto (PMMC) 39:13.

G'masters: 1 Francis Makuka (ZAM/Phobians) 38:26. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 52:09. **80+:** Ken Nurden (Agape) 54:14. **Juniors:** 1 Michael Brink (Pukke) 38:14.

WOMEN

1 Glenrose Xaba (Sasol) 36:23; 2 Keneilwe Sesing (Randmark) 38:29; 3 Judy Bird (Midrand) 41:00 (1st mast).

Veterans: 1 Mirriam Mooki (Transnet) 43:35. **Masters:** 1 Judy Bird (Midrand) 41:00.

G'masters: 1 Sonja Laxton (RAC) 50:18. **G/g'masters:** 1 Mavis Stadler (Agape) 69:11. **80+:** 1 Deirdre Larkin (Randburg) 62:44.

Festival of Running 100 km & 50 km

(WP 100 km Championships)

Cape Town, 26 September

(10 km loop course for both races. Finishers: 100 km – 22; 50 km – 44.)

Note: Martha Pretorius finished second overall in the 100 km, Louise Kock fourth, Zethena October sixth, Charlene Irwin seventh and Nicky Horenz eighth. In the 50 km Inge Reissenzahn was sixth overall. The times were rounded up to the next full second by DRR according to the rules. – Ed.

100 km

MEN

1	Gcobani	Ngqola	Wild Runner	9:42:12
2	Youssef	Kanouni	Central	10:33:00
3	Quintus	Van Rensburg	Bellville AC	10:48:18
4	Hannes	Pieters	Swartland AC	12:10:39
5	Leon	Visser	Brackenfell AC	12:54:23

WOMEN

1	Martha	Pretorius	SANDF	10:00:37
2	Louise	Kock	Bellville AC	10:41:55
3	Zethena	October	Ravensmead	11:29:26
4	Charlene	Irwin	VOB	11:46:21
5	Nicky	Horenz	VOB	11:46:21 [correct]

50 km

MEN

1	Lionel	Cronje	Bellville	4:15:53
2	Frik	Nelson	Bellville AC	4:34:23
3	Sotirios	Ladopoulos	Bellville AC	4:41:09
4	Peter-John	August	VOB	4:41:59
5	Craig	Daniel	ATC Running	4:46:00

WOMEN

1	Inge	Reissenzahn	Pinelands AC	4:51:53
2	Anne	Pool	Strand AC	5:22:15
3	Arina	Cilliers	Olifantsrivier AC	5:26:47
4	Angela	Ross Innes	Ind	5:27:24
5	Maitele	Tshifularo	Pinelands AC	5:42:12

Richmond Challenge 16 km

Richmond, 24 September

(Point-to-point course)

MEN

1.	Munya Jari	ZIM/Fastways AC	52:59
2.	Kenneth Cheruiyot	KEN/Fastways AC	53:00
3.	Bernard Koech	KEN/Fastways AC	53:56

40-49:

1.	Simon Mbele	Mpuanlanga AC	64:26
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50-59:

1.	Jannie Herbst	Eskom	78:12
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60+:

1.	Andre Booysen	Coll Harr	75:42
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WOMEN

1.	Sandy Fismer	Hilton Harr	79:39
2.	Tammy Dennill	West AC	80:56
3.	Sheree Kirsten	West AC	83:26

40-49:

1.	Tammy Dennill	West AC	80:56
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50-59:

1.	Elana Pessenbacher	Eskom	87:52
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60+:

1.	Sandy Fismer	Hilton Harr	79:39
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Clover Milk Run 10 km

Port Elizabeth, 19 September

(Loop course. Finishers: 689 [down from 808 last year].)

MEN

1	Melikhaya	Frans	Tinarha AC	25	29:56
2	Kabelo	Melamu (1 st jun)	Randmark	18	29:56
3	Zolani	Ngqaqa	Madibaz AC	26	30:50
4	Adriaan	Gerwel	Xcel AC	19	31:41
5	Mzwanele	Maphekula	Bluewater Bay	39	31:43
6	Brendon	Effenaar	Nedbank RC	19	31:54
7	Anele	Maliza	Nedbank RC	37	32:01
8	Mzolisi	Makhanda	Nedbank RC	32	32:06
9	Andries	Ramango	Randmark	18	32:49
10	Andile	Motwani	Tinarha AC	18	32:52
11	Zolani	Mabhongo	Motherwell AC	29	32:53
12	Siyabonga	Honi	Nedbank RC	31	33:00
13	Lonwabo	Williams	Tinarha AC	17	33:03
14	Sibusiso	Thu	Transnet Eng EP	27	33:05
15	Zolile	Mhlahlo (1 st vet)	Achilles AAA	40	33:10
16	Duwayne	Lucas	Aspen Pharmacar	26	33:11
17	Lindisipho	Mxhwashula	Motherwell AC	18	33:52
18	Mzamo	Fokwana	Charlo AC	37	33:56
19	Zamubuntu	Teyise	Charlo AC	38	33:58
20	Terrance	Mjekula	Charlo AC	42	33:59

40-44:

1	Zolile	Mhlahlo	Achilles AAA	40	33:10
2	Terrance	Mjekula	Charlo AC	42	33:59
3	Thobile	Xata	Bluewater Bay	41	34:31

45-49:

1	Christopher	Mabengeza	Nedbank RC	49	34:15
2	Paul	Wolff	Achilles AAA	47	37:47
3	Luvuyo	Stephen	Nedbank RC	45	39:09

50-54:

1	Desmond	Zibi	Achilles AAA	51	36:04
2	Darrell	Wicht	Madiba BW	52	36:05
3	Kenneth	Menze	Bluewater Bay	53	36:34

55-59:

1	Disemba	Blou	Charlo AC	57	40:54
2	Leonard	Erasmus	Gelvan AC	57	41:49
3	Chester	Brooks	Xcel AC	57	44:20

60-64:

1	Elvis	Galela	Madibaz AC	63	39:48
2	Sizinzo	Kama	Achilles AAA	64	40:21
3	Roger	Trader	Achilles AAA	61	42:26

65-69:

1	Hannes	Els	Madiba BW	65	40:56
2	Graham	Channon	Achilles AAA	66	45:26
3	Johannes	Herbst	Muirite Strider	69	48:34

70-74:

1	Tamsanqa	Jusayi	Nedbank RC	73	49:19
2	Ron	Clark	Bluewater Bay	72	50:08
3	Eckart	Schumann	Body Concept	70	51:58

80+:

1	Ernie	Verrall	Madibaz AC	80	1:07:59
2	John	Peart	Nedbank RC	79	1:44:22

Juniors:

1	Kabelo	Melamu	Randmark	18	29:56
2	Adriaan	Gerwel	Xcel AC	19	31:41
3	Brendon	Effenaar	Nedbank RC	19	31:54

WOMEN

1	Keneilwe	Sesing	Randmark	27	34:48
2	Ntombesintu	Mfunzi	Nedbank RC	33	36:14
3	Siphokazi	Nojoko	Motherwell AC	20	37:44
4	Kefilwe	Molefe	ADT CGA	27	38:32
5	Alexia	Loizou	Temp	31	39:13
6	Liza-Marie	Kingston	Madibaz AC	33	39:23
7	Deliwe	Nyanga	Nedbank RC	26	41:04
8	Margie	Saunders (1 st g'mast)	Nedbank RC	62	41:52
9	Nokholo	Hlezupondo	SANDF AC EP	36	42:25
10	Davera	Magson (1 st vet)	Nedbank RC	40	42:54
11	Siphokazi	Liwani (1 st jun)	Motherwell AC	18	43:24
12	Christine	Claasen (1 st mast)	Achilles AAA	51	43:53
13	Janette	Schierz-Crusius	Body Concept	55	43:58
14	Luthando	Nxanisa	Tinarha AC	22	44:47
15	Nomakhosi	Ntliziyo	Youth FC AC	17	44:55
16	Janine	Gardiner	Charlo AC	34	45:02
17	Asanda	Solani	Vukani MS Club	32	45:04
18	Suretha	Verwey	Kouga Multi SC	48	45:04
19	Terray	Newcombe	Elite AC	24	45:15
20	Maria	Pettersson	Temp	25	45:48

40-44:

1	Davera	Magson	Nedbank RC	40	42:54
2	Cathy	Curtain	Muirite Strider	44	46:54
3	Sunelle	Horne	Bluewater Bay	41	47:39

45-49:

1	Suretha	Verwey	Kouga Multi SC	48	45:04
2	Agnes	Van Iddekinge	Profiles AC	49	49:29
3	Anita	Boehmke	Achilles AAA	45	50:06

50-54:

1	Christine	Claasen	Achilles AAA	51	43:53
2	Treloar	Childs	Walmer AC	52	47:49
3	Rosemary	Joubert	Crusaders AC	54	49:25

55-59:

1	Janette	Schierz-Crusius	Body Concept	55	43:58
2	Hanlie	Van der Westhuizen	Despatch AC	59	46:07

3	Jenny	Reynolds	Temp	57	53:53
60-64:					
1	Margie	Saunders	Nedbank RC	62	41:52
2	Monica	Kemp	Madiba BW	60	54:13
3	Jos	Els	Madiba BW	63	56:02
65-69:					
1	Liz	Grundlingh	Muirite Strider	68	55:18
2	Helene	Oppel	Crusaders AC	65	1:00:17
3	Gaynor	Knoetze	Temp	69	1:19:36
70-74:					
1	Ronelle	Steyn	Nedbank RC	71	1:05:51
2	Orgia	Nell	Muirite Strider	72	1:09:47
3	Isabella	Childs	Walmer AC	74	1:11:24
75-79:					
1	Dorothy	Hart	Madibaz AC	77	1:18:33
Juniors:					
1	Siphokazi	Liwani	Motherwell AC	18	43:24
2	Nomakhosi	Ntliziyo	Youth FC AC	17	44:55
3	Monique	Van Willing	Schools Epa	17	52:43

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

BMW Berlin Marathon (42nd)

(An Abbott World Marathon Majors event/IAAF Gold Label Road Race)

Berlin, GER, 27 September

(Distance: 42.195 km; AIMS-certified loop course)

MEN (gun times)

1.	Eliud Kipchoge, KEN	2:04:00 PB/WL	€ 40,000 + 15,000i
	[1:01:53 / 1:02:07]		
2.	Eliud Kiptanui, KEN	2:05:21 PB	20,000
3.	Feyisa Lilesa, ETH	2:06:57	15,000
4.	Emmanuel Mutai, KEN	2:07:46	12,000
5.	Geoffrey Mutai, KEN	2:09:29	10,000
6.	Reid Coolsaet, CAN	2:10:28 PB	7,500
7.	Koen Naert, BEL	2:10:31 PB	5,000
8.	Yared Shegumo, POL	2:10:47	4,000
9.	Koji Gokaya, JPN	2:10:58	3,000
10.	Scott Overall, GBR	2:11:24	2,000
	Lusapho April, RSA	DNF	

i) Earned time bonus for sub-2:05

WOMEN (gun times)

1.	Gladys Cheronon, KEN	2:19:25 PB/WL	€ 40,000 + 15,000i
	[1:10:15 / 1:09:10]		
2.	Aberu Kebede, ETH	2:20:48	20,000
3.	Meseret Hailu, ETH	2:24:33	15,000
4.	Tadelech Bekele, ETH	2:25:01	12,000
5.	Andrea Deelstra, NED	2:26:46 PB	10,000

6. Maja Neuenschwander, SUI	2:26:49 NR	7,500
7. Lisa Nemeč, CRO	2:27:57	5,000
8. Tomomi Tanaka, JPN	2:28:00	4,000
9. Sonia Samuels, GBR	2:28:04 PB	3,000
10. Fate Tola, ETH	2:28:24	2,000
... 31. Simona Staicu (40+), HUN	2:41:28	

i) Earned time bonus for sub-2:20:30

PZU Warsaw Marathon (37th)

Warszawa, POL, 27 September

(Distance: 42.195 km; multi-loop course with no start/finish separation)

MEN (gun times)

1. Ezekiel Kemboi Omullo, KEN	2:09:19 PB
2. Victor Kipchirchir, KEN	2:10:45
3. Johnstone Mayo, KEN	2:10:58

WOMEN

1. Ruth Wanjiru, KEN	2:29:39
2. Lilia Fiscovich, 1989, MDA	2:35:12 PB
3. Izabela Trzaskalska, POL	2:35:33 PB

Singelloop (65th)

Utrecht, NED, 27 September

(Distance: 10 km; flat one-loop course with no start/finish separation)

MEN (gun times)

1. Abraham Cheroben, KEN, 27:35 PB
2. Philip Langat, KEN, 28:02
3. Lawi Lalang, KEN, 28:30 DB
4. Philip Kipyeko, UGA, 28:32
5. Moges Tuemay, ETH, 29:27

WOMEN (gun times)

1. Yasmin Hillebrink, NED, 34:36

Rock 'n' Roll San Jose Half Marathon (10th) & 5 km

San Jose, USA, 26 & 27 September

(Distances: 21.1 km; certified loop course with no elevation change; & 5 km)

Half marathon (27/gun times)

MEN

1. Jordan Chipangama, Flagstaff, AZ (ZAM)	1:03:00
2. Meb Keflezighi, 40, San Diego, CA	1:03:02 NR M40*
[20-K split of 59:43 is also pending USA 40+ record**]	
3. Daniel Tapia, Mammoth Lakes, CA	1:03:39 PB
4. Nicholas Hilton, Flagstaff, AZ	1:03:43
5. Matt Daniels, Evergreen, CO	1:03:43 PB

*) USA masters record

**) USA masters record

WOMEN

1. Aliphine Tuliamuk Bolton, Santa Fe, NM (KEN) 1:11:26
2. Adriana Nelson, Mammoth Lakes, CA 1:12:08
3. Joanna Thompson, Raleigh, NC 1:15:11 DB
4. Natasha LaBeaud, San Diego, CA (CAN) 1:15:19
5. Maor Tiyouri, Boulder, CO (ISR) 1:15:24 DB

5 km (26/gun times)

MEN

1. Salvador Guerero, 41, San Jose, CA 15:42
2. Billy Mateker, San Jose, CA 15:47
3. Mohammad Al Matar, Mammoth Lakes, CA 16:36

WOMEN

1. Deena Kastor, 42, Mammoth Lakes, CA 15:48 =NR W40*
2. Kirsty Legg Howell, Mountain View, CA 16:39
3. Ayla Granados, Castro Valley, CA 17:18
4. Leslie Haverstock, Santa Cruz, CA 19:39

*) Equals USA masters record set by Colleen De Reuck in 2004

ING Route du Vin Half Marathon (54th)

Remich, LUX, 27 September

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

MEN (gun times)

1. Paul Kipkemoi Kipkorir, KEN 1:02:04 € 1250
2. John Kemboi, KEN 1:02:07 900
3. Bethwell Chemweno, KEN 1:02:11 700
4. Bernard Muinde Matheka, KEN 1:02:21 400
5. Wycliffe Biwott, KEN 1:02:42 300

WOMEN (gun times)

1. Yeshi Chekole, ETH 1:12:17 € 1250
2. Monica Mariola Stefanowicz, POL 1:12:20 900
3. Margaret Muringi, KEN 1:13:59 700

CROSS-COUNTRY**Roy Griak Invitational Cross-country**

Minneapolis, USA, 26 September

Note: A first race here for Stellenbosch star Annie Bothma since joining Boise State University in Boise, Idaho. She finished third, one place behind team-mate Allie Ostrander. Ostrander, a native of Alaska, placed second only a week after winning the junior race at the WMRA World Mountain Running Championships in Betws Y Coed, Great Britain. – Ed.

WOMEN (6 km)

Jack Johnson Gold (Division I) Race:

Team results: 1. Boise State, 37; 2. Michigan State, 116; 3. Minnesota, 141.

1. Bethan Knights, California (GBR) 20:53.8
2. Allie Ostrander, Boise State 21:09.4
3. Annie Bothma, Boise State (RSA) 21:18.6
4. Alyssa Schneider, Illinois 21:27.3

5. Rachele Schulist, Michigan State 21:31.5

Virginia Panorama Farms Invitational

Earlsville, USA, 26 September

WOMEN (6 km)

Division I Race:

Team results: 1. Virginia, 30; 2. Miss State, 83; 3. Auburn, 106 ... 7. Coastal Carolina, 195.

1. Iona Lake, SR, Virginia (GBR) 16:49.5

2. Cleo Boyd, SR, Virginia (CAN) 16:59.5

3. Letitia Saayman, SR, Coastal Carolina (RSA) 17:02.4

...

18. Kyla van Graan, JR, Coastal Carolina (RSA) 17:44.0

...

41. Aynslee van Graan, SO, Coastal Carolina (RSA) 18:21.5

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. The fastest veteran, Gillian Sieling, is twelfth on the list for the year.

2015 MARATHON: TOP 10 WOMEN

2:31:02	Mapaseka Makhanya	3	Hannover	19 Apr
2:33:21	René Kalmer	6	Vienna	12 Apr
2:38:55	Lebo Phalula	5	Cape Town	20 Sep
2:39:16	Christine Kalmer	9	Vienna	12 Apr
2:39:43	Tanith Maxwell	2	Gran Canaria	25 Jan
2:42:26	Jenna Challenor	12	Prague	03 May
2:43:38	Keneilwe Sesing	6	Cape Town	20 Sep
2:45:00	Zintle Xiniwe	7	Cape Town	20 Sep
2:46:55	Yolande Maclean	1	Benoni	25 Jan
2:47:46	Nolene Conrad	8	Cape Town	20 Sep
...				
2:53:38	Gillian Sieling (vet)	[12] 37	London	26 Apr

THIS MONTH IN HISTORY

40 years ago exactly: 28 September 1975

Two weeks earlier Jos Hermens's attempt on the world one-hour record had fallen short by about 50 metres, but this time the Dutchman made no mistake at the same venue, the Papendal Sports Centre, and after 60 minutes of running he had covered 20 907 m to break the mark of 20 784 m achieved by Gaston Roelants almost exactly three years before. Hermens, who these days is a well-known athletes manager, passed the 20 km mark in 57:31.6 for another world record. Seven months later Hermens made an attempt to become the first man to cover more than 21 km in an hour, but his 20 944 m was short by a mere 56 m.

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	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	44:12	Lusapho April	Port Elizabeth	28 Feb
	43:31	Eliud Ngetich (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	62:06	Lucky Modike Mohale	Port Elizabeth	25 Jul
	60:40A	Stephen Mokoka	South Shields	13 Sep
	59:14	Bitan Karoki Muchiri (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	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		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:11:59	Lungile Gongqa	Cape Town	20 Sep
	2:04:00	Eliud Kipchoge (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	2:03:23p	Wilson Kipsang (KEN) 2013		
	9:42:12	Gcobani Ngqola (vet)	Cape Town	26 Sep
	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	48:41	Johannes Kekana	Pretoria	15 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	64:35	Shadrack Hoff	Port Elizabeth	25 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:23:50	Shadrack Hoff	Pretoria	09 May
	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	2:17:12	Hendrick Ramaala	Cape Town	20 Sep
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	9:42:12	Gcobani Ngqola	Cape Town	26 Sep
	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	52:07 47:52	Eric Coetzee Titus Mamabolo (RSA) 1991	Eersterivier	20 Jun
21.1 km	75:23 66:42	Daniel Mothibe Martin Rees (GBR) 2003	Port Elizabeth	25 Jul
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	2:43:54 2:19:29	Eric Coetzee Titus Mamabolo (RSA) 1991	Cape Town	20 Sep
100 km	14:03:58	Julian Ohlson	Cape Town	26 Sep

Grandmasters (60+)

10 km	37:40	Muhammad Kriel	Bellville	28 Mar
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	85:21	Moalosi Ernest Tjela	Port Elizabeth	25 Jul
25 km	1:54:30	Elias Raphulu	Pretoria	09 May
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:05:35	Robbie Lindsay	Cape Town	20 Sep
100 km	14:21:53	Ric Marini	Cape Town	26 Sep

Juniors

10 km	30:12 27:52	Kabelo Melamu Richard Chelimo (KEN) 1990	Cape Town	20 Sep
15 km	48:11 42:25	Andile Motwana Moses Mosop (KEN) 2004	Despatch	07 Mar
21.1 km	68:36 59:16	Mbasobhi Gumede Samuel Wanjiru (KEN) 2005	Port Elizabeth	25 Jul

WOMENOpen

10 km	32:54 30:55	Mapaseka Makhanya Peres Chepchirchir (KEN)	Cape Town	29 Mar
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:54 46:14	Lebo Phalula Florence Kiplagat (KEN)	Pretoria	15 Aug
	46:28	Tirunesh Dibaba (ETH) 2009		
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	71:54 65:09	Lebo Phalula Florence Kiplagat (KEN)	Port Elizabeth	25 Jul
	65:12	Florence Kiplagat (KEN) 2014		
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08 1:21:55	Jenna Challenor Sutume Asefa Kebede (ETH)	Durban	08 Mar
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32 1:45:00	Tanith Maxwell Saori Noda (JPN)	Camps Bay	04 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:02 2:19:25	Mapaseka Makhanya Gladys Cherono (KEN)	Hannover	19 Apr
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	10:00:37 6:33:11	Martha Pretorius (vet) Tomoe Abe (JPN) 2000	Cape Town	26 Sep

Veterans (40+)

10 km	37:43 32:14	Prudence Zwane Priscilla Welch (GBR) 1985	Pretoria	28 Feb
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15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:15	Sandra van Graan	Eersterivier	20 Jun
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	82:50	Ulrica Stander	Port Elizabeth	25 Jul
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:37	Heather Walden	Pretoria	09 May
	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	2:53:38	Gillian Sieling	London	26 Apr
	3:02:08A	Jacqui Bakkes	Simon's Town	15 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	10:00:37	Martha Pretorius	Cape Town	26 Sep
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:23	Judy Bird	Durban	07 Jun
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:03	Elmarie Coetzee	Ravensmead	14 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:02	Jane Mudau	Polokwane	09 Aug
	76:07	Tatyana Pozdniakova (UKR) 2006		
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	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	64:00	Nancy Will	Eersterivier	20 Jun
21.1 km	1:31:38	Nancy Will	Atlantis	22 Aug
25 km	2:27:12	Francis van Blerk	Pretoria	11 Jul
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:14:37	Nancy Will	Cape Town	20 Sep
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
10 km	34:41	Simonay Weitsz	Cape Town	20 Sep
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:12	Ashleigh Simonis	Eersterivier	20 Jun
	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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A promotional banner for the Cape Town 12 One Run event. The background is a scenic view of a coastline at sunset, with a silhouette of a runner on a paved path. On the left side, there is a circular logo for the event. In the center, three white rectangular boxes contain the text: 'ENTRIES NOW OPEN', 'GET YOUR RUN ON NOW', and 'www.thecapetown12.com'. At the bottom, there are logos for FNB, KFM, and PUMA, along with social media handles: 'f Cape Town 12', '@ctown12', and '#ct12run'.