

# Distance Running Results

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*Distance Running Results* (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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## EDITORIAL

Among the highlights of the weekend were the fast winning time of 70:45 in windy conditions by Akhona Mdaka in the Total Whale Half Marathon in Hermanus, as well as the 30:41 by Sibusiso Madikizela and 35:42 by Nomvuyisi Seti when they won the Cape Gate Charity 10 km on a hilly course in Brackenfell.

The only list leader of the weekend came in the Kromberg & Schubert 25 km in Brits, where grandmaster Frances van Blerk ran 2:20:41.

The Chappies Challenge Half Marathon in Hout Bay was changed to a 15 km this year, and the inaugural wins went to Sityhilo Diko (51:02) and Candyce Hall (63:22).

In the USA Molly Huddle produced a brilliant solo run in the women's USA 10-mile Championships. Starting with the other elite women 6 minutes and 18 seconds ahead of the men, she pounded out 5:10 miles on a net uphill course to set a championship record and personal best of 51:44. "Yeah, this was special," Huddle said in her post-race interview on USATF.tv, as reported by *Race Results Weekly*. "I was thinking of the guys behind me." Although her time is faster than Janet Bawcom's ratified USA record for an all-women's race (52:12), the point-to-point course used in St Paul isn't record-eligible.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Chappies Challenge 15 km & 10 km, Hout Bay
- \* Cape Gate Charity 10 km, Brackenfell
- \* Total Whale Half Marathon, Hermanus
- \* Flash van Niekerk Night Race, Ladysmith
- \* Kromberg & Schubert 25 km & 10 km, Brits
- \* Michell's Pass Half Marathon & 10 km, Ceres

### International highlights:

- \* Medtronic Twin Cities Marathon & 10 Mile, Minneapolis to St. Paul, USA
  - \* Bank of Scotland Great Scottish Run Half Marathon, Glasgow, SCO
  - \* AMGEN Bredase Singelloop Half Marathon, Breda, NED
  - \* Kosice Peace Marathon, Kosice, SVK
  - \* XC: Chile Pepper Cross Country Festival, Fayetteville, USA
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## ROAD RUNNING

### Chappies Challenge 15 km & 10 km

Hout Bay, 4 October

(Certified hilly out-and-back courses. Weather: cool. Finishers: 15 km – 675; 10 km – 322 [considerably down from 460 last year].)

Note: The half marathon was changed to a 15 km race this year. Two races in two days for André Harmse, Muhammad Kriel, Nancy Will, Pixie Sparg, Marlene James, Akhona Makila, Busisiwe Matiwane, Charmaine Cupido, Helen du Plessis and Annatjie Berntzen (they all ran the Cape Gate race the day before – see results below). Will has now raced 109.4 km in 15 days, and Matiwane 41.1 km in eight days. – Ed.

#### 15 km

MEN

1. Sityhilo Diko (Ned) 51:02
2. Bulelani Bhebha (VOB) 52:05
3. Admire Rushika (ZIM/VOB) 52:54

**Veterans:** 1. Sabelo Ngcwama (Celtic) 57:09; 2. Youssef Kanouni (Central) 57:12; 3. Scott Harris (Celtic) 61:54. **Masters:** 1. Shafiek Cassiem (Itheke) 64:25; 2. André Harmse (Brack) 67:34; 3. Mark Wagenheim (AAC) 70:17. **G'masters:** 1. Muhammad Kriel (Ommie) 63:03; 2. John Woodnutt (Morning) 70:18; 3. Neville Frieslich (FH) 75:18. **G/g'masters:** 1. Boet van Zyl (SH) 90:34; 2. Richard Badrick (Strand) 96:34; 3. Caspar Greeff (AAC) 98:36.

WOMEN

1. Candyce Hall (Carb) 63:22
2. Obertina Kanyongo (ZIM/WC) 65:34 (1<sup>st</sup> vet)
3. Angelique Rabie (Carb) 69:32

**Veterans:** 1. Obertina Kanyongo (ZIM/WC) 65:34; 2. Angelique Rabie (Carb) 69:32; 3. Terry Deats (AAC) 70:16. **Masters:** 1. Thelma Naudé (WC) 76:54; 2. Roldah Orrie (Itheke) 79:40; 3. Tina Harkett (AAC) 80:55. **G'masters:** 1. Nancy Will (Pine) 75:02; 2. Brenda Stevenson (Pine) 86:16; 3. Ruth Leverton (Pine) 90:01. **G/g'masters:** 1. Pixie Sparg (Celtic) 90:50; 2. Marlene James (Pine) 94:17; 3. Jean Cammidge (FH) 1:48:19.

#### 10 km

MEN

1. Lwandile Lange (VOB) 37:56
2. Akhona Makila (VOB) 39:14
3. Xolile Macanda (Gugs) 39:16 (1<sup>st</sup> vet)

**Veterans:** 1. Xolile Macanda (Gugs) 39:16; 2. Heimie Misroll (Pine) 40:57; 3. Vaughan Olckers (Celtic) 41:22. **Masters:** 1. Reignald Crowster (Tyger) 48:11; 2. Glen Abrahams (ARD) 68:07; 3. Craig Mylne (VOB) 69:01. **G'masters:** 1. Paul San Giorgio (VOB) 47:32; 2. Achmat Salie (ARD) 59:09; 3. Earl Hargreaves (Celtic) 70:47. **G/g'masters:** 1. Dave Kennett (VOB) 56:06; 2. Ian Goddard (FH) 74:54. **Juniors:** 1. Martin Makuaba (Hout) 39:28; 2. Jameel Petersen (ARD) 43:13; 3. Riz Orrie (Itheke) 47:57.

WOMEN

1. Anna Koziskova (RUS) 40:38
2. Busisiwe Matiwane (Celtic) 41:52 (1<sup>st</sup> vet)
3. Abby Solms (Ind) 42:18

**Veterans:** 1. Busisiwe Matiwane (Celtic) 41:52; 2. Sandra Raffaelli (SH) 55:46; 3. Anastasia Sasman (SH) 60:19. **Masters:** 1. Charmaine Cupido (Ned) 50:41; 2. Liz Brink (VOB) 58:05; 3. Anne Williams (P&P) 59:14. **G'masters:** 1. Helen du Plessis (Tyger) 51:15; 2. Theresa Isaacs (VOB) 59:16; 3. Jean Hargreaves (SH) 91:58. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 77:22. **Juniors:** 1. Razaan Kamaldien (MSA) 48:38; 2. Justine Williams (ARD) 57:39; 3. Jamwela Rwaoot (Itheke) 66:21.

### Cape Gate Charity 10 km

Brackenfell, 3 October

(Certified hilly loop course. Weather: cool with light rain at times. Finishers: 1454 [down from 1478 last year].)

#### MEN

1. Sibusiso Madikizela (Itheke) 30:41
2. Akhona Makila (VOB) 30:44
3. Nkosinathi Madyo (Itheke) 30:51

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 31:42; 2. Thembelani Zola (Well) 33:20; 3. Shawn Abrahams (Celtic) 34:04. **Masters:** 1. Eric Coetzee (FNB) 34:40; 2. Tobias Philander (Itheke) 36:11; 3. André Harmse (Brack) 39:52. **G'masters:** 1. Muhammad Kriel (Ommie) 38:56; 2. Gemjikile Tom (Eskom) 41:50; 3. Johan van Zyl (Sanlam) 48:00. **G/g'masters:** 1. Peter Donald (WC) 48:26; 2. Ronnie le Roux (Brack) 48:27; 3. Oloff Crous (Brack) 57:06. **Juniors:** 1. Lukhanyo Nobakada (VOB) 32:19; 2. Ashley Smith (Celtic) 33:27; 3. Thembeko Mendu (Gugs) 33:56.

#### WOMEN

1. Nomvuyisi Seti (Itheke) 35:42
2. Fortunate Chidzivo (ZIM/Celtic) 35:48
3. Ashleigh Simonis (Carb) 36:59 (1<sup>st</sup> jun)

**Veterans:** 1. Busisiwe Matiwane (Celtic) 41:37; 2. Ursula Frans (Ned) 42:22; 3. Jacky Misroll (Pine) 44:45. **Masters:** 1. Mariëtte Strauss (Tyger) 42:00; 2. Olga Howard (Celtic) 43:05; 3. Charmaine Cupido (Ned) 47:12. **G'masters:** 1. Nancy Will (Pine) 48:18; 2. Helen du Plessis (Tyger) 48:43; 3. Louise van der Westhuizen (Stell) 50:25. **G/g'masters:** 1. Pixie Sparg (Celtic) 57:28; 2. Marlene James (Pine) n/t; 3. Annatjie Berntzen (Tyger) n/t. **Juniors:** 1. Ashleigh Simonis (Carb) 36:59; 2. Pamela Moyikwa (VOB) 38:49; 3. Busisiwe Gwala (VOB) 39:22.

### Total Whale Half Marathon

Hermanus, 3 October

(Distance: 21.1 km; loop course, hilly in last 4 km. Weather: Partly overcast, windy.)

Note: A personal best here for Tanya Posthumus-Fox (second last year), who dipped under 90 minutes for the first time, while winner Akhona Mdaka ran the second fastest time in the history of the race. – Ed.

#### MEN

1. Akhona Mdaka (EGA) 1:10:45 (R750)
2. Nkosinathi Sotyantya (Itheke) 1:12:39 (R500)
3. Luyanda Qolo (EGA) 1:14:55 (R300)

(All age category prize money was the same: R300, R200, R100, with only two prizes in the 70+ category.)

**Veterans:** 1. Ivan Reyneke (Whalers) 1:21:50; 2. Owen Smith (Well) 1:23:28; 3. Coert Blom (Tyger) 1:34:48. **Masters:** 1. Charles de Wet (Held) 1:29:27; 2. Frank Gillion

(Whalers) 1:29:55; 3. Lorenzo Lucas (Ned) 1:33:08. **G'masters:** 1. Jeff Smith (Itheko) 1:36:16; 2. Kek Verster (Ind) 1:48:03; 3. Richard Majiet (Pine) 1:55:37. **G/g'masters:** 1. Richard Badrick (Strand) 2:16:52; 2. Gavin Turner (Whalers) 2:25:18.

WOMEN (Same prize money as men)

1. Tanya Posthumus-Fox (CC) 1:29:41 PB  
2. Elizabeth van der Berg (Bred) 1:40:05 (1<sup>st</sup> vet)  
3. Anzel du Plessis (Whalers) 1:43:05

**Veterans:** 1. Elizabeth van der Berg (Bred) 1:40:05; 2. Anzel du Plessis (Whalers) 1:43:05; 3. Ena Gous (Worc) 1:43:38. **Masters:** 1. Una Saayman (SAPS) 1:57:38; 2. Carien Kruger (Held) 1:57:57; 3. Christine Hibberd (Whalers) 2:03:55. **G'masters:** 1. Jeanette van Wyk (Tyger) 2:14:46; 2. Norma Wheeler (Whalers) 2:25:17; 3. Monica Hamman (Whalers) 2:34:50. **G/g'masters:** 1. Thea Kruger (Whalers) 2:12:34.

### Flash van Niekerk Night Race

Ladysmith, 3 October  
(Distance: 21.1 km. Finishers: 167.)

MEN

1.	Ayanda Mncube	Phlatane A C	1:12:11
2.	Professor Mollen	ZIM/Maxed E	1:13:33
3.	Mpo Mokena	Maluti	1:14:33

**40-49:**

1.	Charles Selepe	Nqutu	1:25:19
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**50-59:**

1.	Magic Hlatswayo	KRS	1:42:16
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**60+:**

1.	Hoppie Hopkinson	QBH	2:54:55
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**Juniors:**

1.	Njabulo Ndaba	KRS	1:19:45
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WOMEN

1.	Zanele Mbongwa	KRS	1:40:30
2.	Zikile Shabalala	KRS	1:42:03
3.	Mpumelelo Mnyando	KRS	1:44:17

**40-49:**

1.	Annaline Derckson	Fit Pretoria	2:16:34
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**50-59:**

1.	Edea van Zuydam	Natal Carb	2:19:35
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**60+:**

1.	Ruth Kirkwood	QBH	3:01:01
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**Juniors:**

1.	Zanele Mbongwa	KRS	1:40:30
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### Kromberg & Schubert 25 km & 10 km

Brits, 3 October

**25 km**

MEN

1 Siphoncube (ZIM/Maxed Elite) 85:18 (1<sup>st</sup> vet); 2 Phineas Mothoa (Temp) 85:33; 3 Revaldo Abraams (Nedbank) 86:21.

**Veterans:** 1 Sipho Ncube (ZIM/Maxed Elite) 85:18. **Masters:** 1 Felix Lubanda (Rustenburg) 1:55:38. **G'masters:** 1 Johan Nel (Irene) 1:55:38. **Juniors:** 1 Brian Mbambo (Zwakala) 1:42:09.

#### WOMEN

1 Michelle Stassen (Nedbank) 2:00:28; 2 Belinda Waghorn (Born 2 Run) 2:00:44 (1<sup>st</sup> vet); 3 Sharon Neuman (Midrand) 2:05:51.

**Veterans:** 1 Belinda Waghorn (Born 2 Run) 2:00:44. **Masters:** 1 Lindsay Steinhobel (Midrand) 2:27:00. **G'masters:** 1 Francis van Blerk (Nedbank) 2:20:41.

#### 15 km

##### MEN

1 Shadrack Hoff (Boxer) 51:38 (1<sup>st</sup> vet); 2 Thabang Maleka (Nedbank) 53:39; 3 Zonke Ngwendu (RWFL) 53:47.

**Veterans:** Shadrack Hoff (Boxer) 51:38. **Masters:** 1 Pieter Louw (HMK) 76:55. **G'masters:** 1 Trevor Parry (HMK) 71:53. **Juniors:** 1 Thabang Maleka (Nedbank) 53:39.

#### WOMEN

1 Catherine Skosana (Nedbank) 61:04; 2 Elizabeth Dhiwayo (Nedbank) 68:38; 3 Nicolene v.d. Sandt (Temp) 71:44.

**Veterans:** 1 Stienie Kompagnie (Transnet) 1:57:48. **Masters:** 1 Joanne Kontaxopoulos (HMK) 76:36. **G'masters:** 1 Estelle Oosthuizen (RandMark) 99:34.

#### Michell's Pass Half Marathon (24<sup>th</sup>) & 10 km (10<sup>th</sup>)

Ceres, 26 September

(Distances: 21.1 km & 10 km; the half marathon out and back, very hilly; the 10 km a loop. Finishers: half marathon – 185 [down from 231 last year]; 10 km – 358 [slightly up from 352].)

#### Half marathon

##### MEN

1	Mthandazo	QHINA	Nedbank	38	1:07:56
2	Siviwe	NKOMBI	Itheko	26	1:10:16
3	Akhona	MDAKA	EGA	22	1:10:25
4	Luyanda	QOLO	EGA	23	1:12:51
5	Deon	TITUS	EGA	28	1:14:47
6	Anele	MNUKWA	EGA		1:17:02
7	Oscar	COETZEE	Itheko	32	1:18:22
8	Julie	WELKOM	Swartland	43	1:18:31
9	Thomas	STRUIS	Swartland	21	1:20:49
10	Akanyang	GOLEBAMANG	Worcester	30	1:22:57

##### WOMEN

1	Nomvuyisi	SETI	Itheko	34	1:27:52
2	Marlize	DU TOIT	Temp	37	1:43:45
3	Steyntjie	PRINS	Paarl	61	1:48:04
4	Ilse	HUGO	Ceres	41	1:50:23
5	Cailey	BREDENKAMP	Paarl	52	1:54:53
6	Nina	KOEGELEBERG	Temp	36	1:57:36
7	Mariena	JORDAAN	Swartland	45	1:58:48
8	Veruschke	KOLBE	Intouch	38	1:59:27
9	Esterlene	LEVENDAL	Intouch	54	1:59:28
10	Lucunda	OLSEN	Brackenfell	43	2:04:51

**10 km****MEN**

1	Justin	FRITZ	Ceres	21	31:19
2	Nadeel	WILDSCHUTT	Ceres	18	31:55
3	Adrian	WILDSCHUTT	Ceres	17	32:30
4	Fransco	FRITZ	Ceres	18	33:07
5	Vakalisa	KOPOLO	Khayelitsha	38	34:29
6	Michael	PRINS	Robertson	19	34:30
7	Quinton	PEDRO	Ceres	20	34:33
8	Mdilisa	MANGLIPU	Temp	23	34:58
9	Tobie	LEWIES	Robertson	17	35:01
10	Paseka	PARAGE	Salkoriane	19	35:41

**WOMEN**

1	Bernette	COTTER	Temp	39	38:03
2	Ivy	NOKUTHULA	Nedbank	26	41:57
3	Liezl	DU PLOOY	Ceres	40	42:41
4	Azel	BOOIS	Salkoriane	19	47:48
5	Mariaan	MALAN	Nedbank	48	49:23
6	Elnoria	SWART	Temp	40	50:46
7	Helen	DU PLESSIS	Tygerberg	63	51:37
8	J.	PAGE	RAC	35	51:41
9	Magrietha	WILLEMSE	Ceres	32	51:47
10	Maria	DE WEE	Ceres	33	52:16

**INTERNATIONAL**

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

**ROAD RUNNING****Medtronic Twin Cities Marathon (34th) & 10 Mile (17th)**

(USA 10-mile Championships; USA Masters Marathon Championships)

Minneapolis to St. Paul, USA, 4 October

(Distances: Marathon, 42.195 km, standard certified course with 31 m elevation loss and 29.5% start/finish separation (record-standard); 10 miles, certified point-to-point course with 14 m elevation GAIN and 78% start/finish separation [not record-standard])

**Marathon (gun times)****MEN**

1.	Dominic Ondoro, 28, KEN	2:11:16	\$10,000
... 8.	Clint Wells, 40, Boulder, CO	2:24:00	500 + 1250a + 1500m + 7500mm

**WOMEN (gun times)**

1.	Serkalem Biset Abrha, 28, ETH	2:31:40	\$10,000
...10.	Jenny Schulze, 43, Clive, IA	2:45:17	200 + 750a + 1500m + 7500mm

a) Earned USA citizen prize money

m) Earned masters prize money

mm) Earned USA masters championships prize money

**USA 10-mile Championships** (gun times)

## MEN

- |   |          |          |
|---|----------|----------|
| 1. Sam Chelanga, 30, Tuscon, AZ         | 46:47 PB | \$12,000 |
| 2. Tyler Pennel, 27, Blowing Rock, NC   | 46:48 PB | 10,000   |
| 3. Dathan Ritzenhein, 32, Belmont, MI   | 46:53 PB | 7,000    |
| 4. Jim Spisak, 24, Woonsocket, RI       | 46:59 PB | 4,000    |
| 5. Jonathan Grey, 27, Boulder, CO       | 47:12 PB | 2,500    |
| ... 10. Abdi Abdirahman, 38, Tucson, AZ | 47:52    | 500      |

## ALL-WOMEN'S ELITE RACE

- |                                     |              |                     |
|-------------------------------------|--------------|---------------------|
| 1. Molly Huddle, 31, Providence, RI | 51:44 PB/CR* | \$12,000 + 10,000eq |
| 2. Neely Spence, 25, Superior, CO   | 53:03 PB     | 10,000              |
| 3. Alexi Pappas, 25, Eugene, OR     | 53:10 PB     | 7,000               |
| 4. Laura Thweatt, 26, Superior, CO  | 53:14 PB     | 4,000               |
| 5. Alisha Williams, 33, Golden, CO  | 53:28 PB     | 2,500               |
| 11. Kara Goucher, 37, Boulder, CO   | 54:54        |                     |

\*) Course record & championships record

eq) Earned equalizer bonus, finishing ahead of all the men after a 6:18 head start.

**Bank of Scotland Great Scottish Run Half Marathon** (28th)

Glasgow, SCO, 4 October

(Distance: 21.1 km, with only small start/finish separation [record-standard course])

## MEN (gun times)

- |                        |            |
|------------------------|------------|
| 1. Moses Kipsiro, UGA  | 1:02:18    |
| 2. Callum Hawkins, GBR | 1:02:42 PB |
| 3. Japheth Korir, KEN  | 1:03:14    |

## WOMEN (gun times)

- |                           |                  |
|---------------------------|------------------|
| 1. Edna Kiplagat, KEN     | 1:08:21          |
| 2. Doris Changeiywo, KEN  | 1:09:50          |
| 3. Gemma Steel, GBR       | 1:09:56          |
| 4. Jo Pavey, 1973, GBR    | 1:09:58 NR W4044 |
| 5. Sara Moreira, POR      | 1:10:23          |
| 6. Maria McCambridge, IRL | 1:13:23          |

**AMGEN Bredase Singelloop Half Marathon** (30th)

Breda, NED, 4 October

(Distance: 21.1 km)

## MEN (gun times)

- |                             |            |
|-----------------------------|------------|
| 1. Philip Langat, KEN       | 1:01:06    |
| 2. Tsegay Tuemay, 1995, ERI | 1:01:39 PB |
| 3. Okbay Tsegay, ERI        | 1:03:10 PB |

## WOMEN (gun times)

- |                         |            |
|-------------------------|------------|
| 1. Elizeba Cherono, KEN | 1:10:10 PB |
| 2. Lucy Macharia, KEN   | 1:12:35    |
| 3. Kim Dillen, NED      | 1:14:55    |

**Kosice Peace Marathon** (90th)

Kosice, SVK, 4 October

(Distance: 42.195 km)

Note: *Race Results Weekly* reports that the prize money for the race winners here was adjusted for time. Men's winner Samuel Kosgei earned €15 000 for breaking 2:08, but he would have earned €20 000 had he broken 2:07. Women's winner Mulu Diro Melka earned only €6000 because she ran over 2:27. – Ed.

MEN (gun times)

1. Samuel Kiplimo Kosgei, 1986, KEN 2:07:07 € 15,000
2. Collins Kosgei Tanui, 1992, KEN 2:08:08 4,500 + 1000i
3. Haile Tolossa Bekuma, 1990, ETH 2:11:05 2,500

i) Earned time bonus for sub-2:09

WOMEN (gun times)

1. Mulu Diro Melka, 1994, ETH 2:35:33 € 6,000
2. Abebu Gelan Adugna, 1990, ETH 2:40:57 2,500
3. Dorcus Chesang, 1987, KEN 2:51:34 1,500

**CROSS-COUNTRY****Chile Pepper Cross Country Festival** (27th)

Fayetteville, USA, 3 October

WOMEN (6 km)

1. Dominique Scott, Arkansas (RSA), 16:07.2
2. Devin Clark, Arkansas, 16:28.6
3. Kelsey Bruce, Dallas Baptist, 16:34.1

**STATS TIME**

This week we include a list of the top ten women in the marathon for 2015.

**2015 MARATHON: WORLD TOP 10 WOMEN**

2:19:25	Gladys Cherono (KEN)	Berlin	27 Sep
2:19:52	Mare Dibaba (ETH)	Xiamen	03 Jan
2:20:02	Aselefech Mergia (ETH)	Dubai	23 Jan
2:20:21	Lucy Kabuu (KEN)	Dubai	23 Jan
2:20:48	Aberu Kebede (ETH)	Berlin	27 Sep
2:20:59	WJR Shure Demise (ETH)	Dubai	23 Jan
2:21:56	Mulu Seboka (ETH)	Dubai	23 Jan
2:22:08	NR Eunice Jepkirui (BRN)	Nagoya	08 Mar
2:22:09	NR Tetyana Gamera (UKR)	Osaka	25 Jan
2:22:27	Mariya Konovalova (RUS)	Nagoya	08 Mar

**THIS MONTH IN HISTORY****87 years ago: 7 October 1928**

World distance records in October are fairly rare. Three of the earliest after the establishment of the IAAF came on this day in Berlin's old SCC Stadium, where the redoubtable Finn Paavo Nurmi attacked Frenchman Jean Bouin's 15-year-old mark of



19.021 km for the hour run. Ten weeks after he had achieved his second Olympic title over 10000 m, Nurmi won by almost exactly a kilometre when after 60 minutes he had covered 19 210 metres. The first world record in the race fell at 15 km when he went through that mark in 46:49.5, while after 10 miles the clock showed 50:15.0. This broke the record of Englishman Alfred Shrubbs, which was even older than Bouin's (set in 1904), by more than 25 seconds. Both the 10-mile and hour records stood for a week short of 17 years. Nurmi, with 40 marks, is the most prolific world record breaker in the history of the sport (not all were ratified).

## 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		28 Feb
	44:12	Lusapho April	Port Elizabeth	
	43:31	Eliud Ngetich (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		25 Jul
	62:06	Lucky Modike Mohale	Port Elizabeth	
	60:40A	Stephen Mokoka	South Shields	
	59:14	Bitan Karoki Muchiri (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		08 Mar
	82:32	Nkosihona Mhlakwana	Durban	
	80:54A	Sipho Mbanjuli	Pinetown	
	72:31	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		04 Jan
	1:37:54	Duane Fortuin	Camps Bay	
	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		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km	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 1:35:28	Maxwell Goodman Geraldo Antonio da Silva (BRA) 2002	Uitenhage	22 Mar
Marathon	2:17:12 2:08:46	Hendrick Ramaala Andres Espinosa (MEX) 2003	Cape Town	20 Sep
100 km	9:42:12 6:18:24	Gcobani Ngqola Mario Ardemagni (ITA) 2004	Cape Town	26 Sep

Masters (50+)

10 km	33:25 30:35	Eric Coetzee Tecwyn Davies (GBR) 1988	Bellville	28 Mar
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 1:41:14A	Peter Sehloho Michael Bekapi	Durban Somerset East	08 Mar 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 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	3:05:35	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

**WOMEN**Open

10 km	32:54 30:55 30:21	Mapaseka Makhanya Peres Chepchirchir (KEN) Paula Radcliffe (GBR) 2003	Cape Town	29 Mar
15 km	51:54 46:14 46:28 46:14p	Lebo Phalula Florence Kiplagat (KEN) Tirunesh Dibaba (ETH) 2009 Florence Kiplagat (KEN) 2015	Pretoria	15 Aug
21.1 km	71:54 65:09 65:12 65:09p	Lebo Phalula Florence Kiplagat (KEN) Florence Kiplagat (KEN) 2014 Florence Kiplagat (KEN) 2015	Port Elizabeth	25 Jul
25 km	1:36:08 1:21:55 79:53	Jenna Challenor Sutume Asefa Kebede (ETH) Mary Keitany (KEN) 2010	Durban	08 Mar
30 km	1:56:32 1:45:00	Tanith Maxwell Saori Noda (JPN)	Camps Bay	04 Jan

Marathon	1:38:49	Mizuki Noguchi (JPN) 2005		
	2:31:02	Mapaseka Makhanya	Hannover	19 Apr
	2:19:25	Gladys Cheronu (KEN)		
100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	10:00:37	Martha Pretorius (vet)	Cape Town	26 Sep
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:15	Sandra van Graan	Eersterivier	20 Jun
	60:02A	Ulrica Stander	Camps Bay	04 Jan
21.1 km	49:35	Priscilla Welch (GBR) 1985		
	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	2:20:41	Francis van Blerk	Brits	03 Oct
	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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The advertisement features a background image of a runner's silhouette against a sunset over a coastal path. On the left side, there is a circular logo for Cape Town 12 One Run. In the center, there are three white rectangular boxes containing 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'.