

Distance Running Results

Vol. 15, No. 44 – 9 November 2015

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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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Publisher: Riël Hauman

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This time Stephen Mokoka did not win in Shanghai (as pictured in 2014), but ran much faster than in any of his victories. [IAAF]

EDITORIAL

South Africa's number one distance runner, Stephen Mokoka, moved closer to the national marathon record in Shanghai yesterday. He could not score his third successive win in the city's marathon, but improved his personal best from the 2:08:33 he ran in Seoul in 2010 by almost a minute to 2:07:40.

This moved him up into fifth place on the SA all-time list, with the sixth fastest performance. Mokoka's time is the quickest by a South African since Hendrick Ramaala ran 2:06:55 in London in 2006.

Five South Africans have now clocked eleven times under 2:08:00, with SA record holder Gert Thys owning four of these. (See the list of sub-2:08:00 performances on p 3.)

Mokoka, the current SA champion over 5000 and 10000 m on the track and 10 km on the road, finished second in Shanghai behind Kenya's Paul Kipchumba (2:07:24). Both broke Mokoka's course record of 2:08:43, which he set last year. The South African also won the race in 2013, in 2:09:29.

The downhill Rudamans Kaapsehoop Marathon produced two sub-3 hour performances: Mitsie van der Westhuizen won in 2:57:27, with Katy van Meter second in 2:59:46.

The correct name of the third runner in the 70+ category in the Landmarks Half Marathon (results in last week's issue) is Wally Steel, not Wally Stutz.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Save Orion Half Marathon & 10 km, Pietermaritzburg
- * Xerox Lightning Fast 10 km, East London
- * Rudamans Kaapsehoop Marathon, Half Marathon & 10 km, Kaapsehoop to Nelspruit
- * West Coast AC Half Marathon, Bloubergstrand
- * Dwarsrivier Valley Orchard Half Marathon & 10 km, Pniel
- * King Price Irene Farm Race, Irene
- * Meiringspoort Half Marathon & 10 km, Meiringspoort to De Rust

International highlights:

- * 2015 Toray Cup - Shanghai International Marathon, Shanghai, CHN
- * Banque du Liban Beirut Marathon, Beirut, LIB
- * Big Sur Half Marathon, Monterey, USA
- * TCS New York City Marathon, New York, USA
- * Joon Ang Seoul International Marathon, Seoul, KOR
- * American Association for Cancer Research Rock 'n' Roll Philadelphia Half Marathon, Philadelphia, USA
- * Standard Chartered Nairobi Marathon & Half Marathon, Nairobi, KEN
- * XC: Sun Belt Conference Championships, Atlanta, USA; Big South Championships, Spartanburg, USA; SEC Championships, College Station, USA

CORRECTIONS & ADDITIONS

Readers with long memories will remember that last year's Elsie's River 10 km was judged to be short, according to the Race Time Bias (RTB) calculation. *Distance Running Results* reported at the time: "DRR has received a number of reports from runners who took part whose GPS watches showed the course to be approx. 400 m short, which would certainly explain the fast times. Some runners were also seen to 'substantially' cut some corners, which were not adequately taped. This could have resulted in an even shorter course (than merely being 400 m short). DRR then applied the RTB calculation formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), to the results received. Eighteen times gave a figure of -5.91 sec/km – over the limit of -5 sec/km. Times in this race will therefore not be used in any statistical lists."

Last week we reported on this year's race, where both Anel Terblanche (35:53) and junior Ashleigh Simonis (35:54) set huge personal bests. Due to time pressure (your Editor was also working for *Race Results Weekly* in the USA on Sunday and Monday), an RTB calculation was not made then.

This has now been done (in the meantime DRR has also received reports that runners' GPS watches showed the course to be approx. 200 metres short), and once again the figures have indicated a short course. The men's times (18 time comparisons) return a figure of -8.03 sec/km – well over the limit of -5 sec/km – while the women (twelve times) produce a figure of -7.28 sec/km. The combined figure is -7.73 sec/km. This course is clearly short, and these performances will not be considered for any statistical lists.

STATS**SOUTH AFRICAN MARATHON ALL-TIME LIST**

The eleven SA marathon performances under 2:08:00 are:

2:06:33	Gert Thys	1	Tokyo	14 Feb 99
2:06:55	Hendrick Ramaala	3	London	23 Apr 06
2:07:06	Ian Syster	5	London	14 Apr 02
2:07:06	Thys-2	1	Seoul	14 Mar 04
2:07:28	Josiah Thugwane	1	Fukuoka	07 Dec 97
2:07:40	Stephen Mokoka	2	Shanghai	08 Nov 15
2:07:44	Ramaala-2	5	London	26 Apr 09
2:07:45	Thys-3	3	Chicago	11 Oct 98
2:07:49	Syster-2	1	Beijing	19 Oct 03
2:07:52A	Thys-4	3	Boston	20 Apr 98
2:07:56	Ramaala-3	5	London	22 Apr 07

ROAD RUNNING**Save Orion Half Marathon & 10 km**

Pietermaritzburg, 8 November

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 691; 10 km – 1270.)

MEN

1.	Sibabalwe Mzazi	Transnet	1:06:55 (R15 000)
2.	Vincent Kipchirchir	KEN	1:07:34 (R5000)
3.	Lucky Mohale	Central Gauteng	1:09:06 (R2500)

(Prize money in all age categories was the same: R500 for first place.)

40-49:

1.	Sandile Makhaye	Ind	1:15:47
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50-59:

1.	Willie Majombozi	Boxer AC	1:26:10
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60-69:

1.	Aubrey Roberts	West AC	1:31:12
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Juniors:

1.	Ndumiso Ndlovu	Eskom AC	1:29:26
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WOMEN (Same prize money as men)

1.	Lebo Phalula	Boxer AC	1:16:46
2.	Lavinia Haitope	NAM/Maxed Elite	1:19:12
3.	Liziwe Mabona	Ind	1:23:18

40-49:

1.	Sibongile Zuiqubu	Eskom AC	1:40:28
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50-59:

1.	Elana Pessenbacher	Eskom AC	1:55:28
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60-69:

1.	Sandy Fismer	Hilton Harr	1:50:06
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70+:

1.	Gill Tregenna	West AC	2:16:57
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Juniors:

1.	Sindisiwe Mntungwa	Ind	2:14:05
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10 km

MEN

1.	Lesiba Mashele	Ind	31:18 (R5000)
2.	A.N. Other	Ind	31:29 (R2500)
3.	Elmore Sibanda	ZIM/Ubunye AC	31:50 (R1000)

WOMEN (Same prize money as men)

1.	Jenna Challenor	KPMG	35:57
2.	Jenet Dlamini	Ind	37:23
3.	Glenrose Xaba	Sasol	37:52

Xerox Lightning Fast 10 km

East London, 8 November

(Point-to-point downhill course. Finishers: 534.)

MEN

1. Amos Nyongo, 28 (Trans) 29:38
2. Monde Polisiti, 18 (Ox S) 31:04 (1st jun)
3. Makaya Masumpa, 49 (BtoR) 33:08 (1st vet)

Veterans: 1. Makaya Masumpa, 49 (BtoR) 33:08; 2. Colbert Lolwana, 42 (Over) 36:40; 3. Desmond Witbooi, 44 (BtoR) 37:02. **Masters:** 1. Themba Bhelwana, 58 (Ox S) 38:23; 2. Mzoli Mpalala, 53 (RG) 38:30; 3. Freeman Vutu, 50 (FH) 41:27. **G'masters:** 1. Kenneth Maci, 61 (Buffs) 44:11; 2. Graham Kumm (Ox S) 44:37; 3. Cyril Bekker (Gonubie) 48:13. **Juniors:** 1. Monde Polisiti, 18 (Ox S) 31:04; 2. Lithobe Menzelelelli, 16 (RG) 36:59.

WOMEN

1. Stephanie Smith, 30 (BtoR) 37:54
2. Andrea Ranger, 33 (Ind) 40:07
3. Natalie Ross, 25 (Rhodes) 40:33

Veterans: 1. Michelle Conroy, 40 (Found) 44:01; 2. Jolene Yazbek, 40 (Old S) 49:51; 3. Robyn Coleman, 43 (BtoR) 50:29. **Masters:** 1. Alison Langtree, 52 (BtoR) 49:22; 2. Maureen Muhlenberg (Gonubie) 50:30; 3. Beth Hayes (Old S) 52:54. **G'masters:** 1. Michelle Whittington, 62 (Old S) 55:16; 2. Beanie Beard, 62 (Ind) 55:55; 3. Liz Attree, 68 (Buffs) 71:20. **Juniors:** 1. Elna Owen, 16 (BtoR) 47:21; 2. Nandipha Ntata, 18 (ELAC) 50:05.

Rudamans Kaapsehoop Marathon, Half Marathon & 10 km

Kaapsehoop to Nelspruit, 7 November

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point, severely downhill courses [not record eligible]. Finishers: marathon – 2330 [significantly up from 1645 last year]; half marathon – 1150 [up from 889]; 10 km – 720 [significantly up from 490].)

Marathon

MEN

1 Tebogo Lejaha (LES/Cool Running) 2:22:23; 2 Ntuthuko Maseko (Nedbank) 2:24:22; 3 Graham Malinga (Glencore) 2:28:10; 4 Thulane Magagule (GCH) 2:30:38; 5 Reginald Ngobese (Gauteng Striders) 2:31:30 (1st vet); 6 Bongani Msimango (Nedbank) 2:34:04; 7 Greg Barnes (Born 2 Run) 2:34:34; 8 Frans Mogashoa (Wingate) 2:36:58; 9 Freedom Makhubela (RWFL) 2:37:10; 10 Calvin Malati (Pietersburg) 2:37:22.

Veterans: 1 Reginald Ngobese (Gauteng Striders) 2:31:30; 2 Greg Barnes (Born 2 Run) 2:34:34; 3 Joseph Tutubala (Anglo) 2:42:35. **Masters:** 1 Peter Jaehne (Outeniqua)

2:55:58; 2 Linda Mapanga (Anglo) 2:57:36; 3 Paul Mabena (Ford) 2:58:19. **G'masters:** 1 Peter Sebola (Wingate) 3:37:49

WOMEN

1 Mitsie v.d. Westhuizen (Runavation) 2:57:27 (1st vet); 2 Katy van Meter (Soul Striders) 2:59:46; 3 Heather Walden (Born 2 Run) 3:05:35; 4 Kashmira Parbhoo (Lenasia) 3:06:51; 5 Linah Mhlongo (Eskom) 3:07:39; 6 Natasha Malan (Assegaai) 3:08:16; 7 Marlize du Plessis (Runavation) 3:11:09; 8 Ann Ashworth (Born 2 Run) 3:12:37; 9 Naomi Nel (Nedbank) 3:13:16; 10 Danka Erasmus (Magnolia) 3:14:08.

Veterans: 1 Mitsie v.d. Westhuizen (Runavation) 2:57:27; 2 Heather Walden (Born 2 Run) 3:05:35; 3 Kashmira Parbhoo (Lenasia) 3:06:51. **Masters:** 1 Chris Walter (Dainfern) 3:23:05; 2 Martie Naude (Individual) 3:36:10; 3 Sue Harrisberg (RAC) 3:43:22. **G'masters:** 1 Val Watson (Runavation) 3:36:32

Half marathon

1 Motlalepula Motshosola (Nedbank) 64:35; 2 Tebogo Pulusa (Dwarsrivier) 64:39; 3 Donald Mashamatte (Bedfordview) 65:28.

Veterans: 1 Herbert Mokgala (Cool Runnings) 68:15; 2 Makalang Phapano (Nelspruit) 76:00. **Masters:** 1 Phillip van Rooyen (RWFL) 86:22; 2 Grant Bosman (Legogote Villagers) 91:22. **G'masters:** 1 Piet Britton (Eskom) 1:46:16. **G/g'masters:** 1 Daniel McNamara (Kyalami) 2:21:57. **Juniors:** 1 Edu Mondlane (Nedbank) 82:26; 2 Steven Herceg (GCH) 94:34; 3 Alexander Snyder (Fit Pretoria) n/t.

WOMEN

1 Montokoza Dlamini (Nedbank) 85:38; 2 Helen Ibbolson (Born 2 Run) 85:57; 3 Melanie Jennett (Fourways) 86:57.

Masters: 1 Helen Ibbolson (Born 2 Run) 85:57; 2 Melanie Jennett (Fourways) 86:57. **Masters:** 1 Heleen Höll (Rustenburg) 1:45:45; 2 Ronel Heyns (Roodepoort) 1:47:16. **G'masters:** 1 Kitty Maree (Middleburg) 2:09:41. **G/g'masters:** 1 Mavis Stadler (Agape) 2:29:30. **Juniors:** 1 Bianke Potgieter (Nedbank) 1:46:46; 2 Anthea Lees (Nedbank) 1:53:36; 3 Cornea Janse van Rensburg (Nedbank) 1:56:30.

10 km

MEN

1 Abednego Mashaba (Born 2 Win) 30:44; 2 Prince Ndlovu (RWFL) 30:59; 3 Lesibu Peu (Bedfordview) 31:03.

Veterans: 1 Alpheus Motloug (Nelspruit) 41:05; 2 Dale Rynhoud (Roodepoort) 42:47. **Masters:** 1 Hennie Naude (Midack) 47:27; 2 Jayson Cyster (SAPS) 49:07. **G'masters:** 1 Hans Slied (Top Start) 46:56. **G/g'masters:** 1 Danie Roux (Kempton) 61:50. **Juniors:** 1 Thulane Likhule (Born 2 Win) 31:58; 2 Asher Biggs (Nedbank) 35:14; 3 Willem Botha (RWFL) 37:31.

WOMEN

1 Gift Ramabele (Eskom) 39:51; 2 Mariaan Semmelink (Individual) 40:00; 3 Noria Sibanda (Definition) 41:05.

Veterans: 1 Sibongile Mlambo (Legogote Villagers) 48:41; 2 Hannalize Coetzee (RWFL) 53:52. **Masters:** 1 Shelley van der Spuy (Boksburg) 55:27; 2 Desiree Hainsworth (GRRR) 77:10. **G'masters:** 1 Jenny Robertshaw (Rockies) 69:57. **G/g'masters:** 1 Phyllis Maartens (Born 2 Run) 91:06. **Juniors:** 1 Sindile Thabethe (Definition) 46:39.

West Coast AC Half Marathon

Bloubergstrand, 7 November

(Distance: 21.1 km; certified out-and-back course with a loop at each end. Weather: cool, good running conditions. Finishers: 912 [up from 710 last year].)

MEN

1. Wanda Roro (AAC) 1:10:56
2. Babalo Hambi (Itheko) 1:12:45
3. Blessing Mukusa (WR) 1:14:48

Veterans: 1. Roger Dickson (VOB) 1:17:28; 2. Bongani Mdlalose (SANDF) 1:20:01; 3. Tholang Moloi (SANDF) 1:21:31. **Masters:** 1. Johnny Persents (WR) 1:17:02; 2. Eric Coetzee (FNB) 1:18:58; 3. Tobias Philander (Itheko) 1:19:37. **G'masters:** 1. Muhammad Kriel (Ommie) 1:30:15; 2. Gemjikile Tom (Eskom) 1:30:41; 3. Garry Wilford (Durb) 1:32:16. **G/g'masters:** 1. Boet van Zyl (SH) 2:04:49; 2. Murco Lamminga (WC) 2:05:02; 3. Caspar Greeff (AAC) 2:16:39. **Juniors:** 1. Jason Bruiners (Met) 1:30:03.

WOMEN

1. Fortunate Chidzivo (ZIM/Celtic) 1:28:34
2. Candyce Hall (Carb) 1:29:08
3. Obertina Kanyongo (ZIM/WC) 1:29:59 (1st vet)

Veterans: 1. Obertina Kanyongo (ZIM/WC) 1:29:59; 2. Angelique Rabie (Carb) 1:35:09; 3. Marlize Vienings (Edge) 1:35:54. **Masters:** 1. Monica Paterson (WC) 1:54:26; 2. Jenny da Silva (Met) 1:55:43; 3. Naomi Badenhorst (VOB) 2:01:21. **G'masters:** 1. Nancy Will (Pine) 1:44:42; 2. Helen du Plessis (Tyger) 1:45:55; 3. Ruth Leverton (Pine) 2:03:39. **G/g'masters:** 1. Jenny Bancroft (WC) 2:44:35. **Juniors:** 1. Katherine Watt (Sanlam) 2:36:24.

Dwarsrivier Valley Orchard Half Marathon & 10 km

Pniel, 7 November

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1. Vuyolwethu Mbukushe (Gugs) 1:11:18; 2. Akhona Makila (VOB) 1:14:53; 3. Bulelani Bhebha (VOB) 1:14:55.

40-49: Pieter Koopman (Itheko) 1:17:02. **50-59:** Abraham Fielies (Worcester) 1:23:13. **60-69:** Jeff Smith (Itheko) 1:36:50.

WOMEN

1. Ursula Turck (Strand) 1:34:37; 2. Samari Goussard (Temp) 1:37:09; 3. Esther Brink (Strand) 1:37:09.

40-49: Ursula Turck (Strand) 1:34:37. **50-59:** Esther Brink (Strand) 1:37:09. **60-69:** Styntjie Prins (Paarl) 1:48:23.

10 km

MEN

1. Justin Fritz (Ceres) 31:11; 2. Nadeel Wildschut (Ceres) 31:21; 3. Adrian Wildschut (Ceres) 32:07.

40-49: Isaac Opperman (Correctional Services) 36:42. **50-59:** Thomas Moses (Worcester) 40:53. **60-69:** Colin Williams (Correctional Services) 45:09. **Juniors:** Nadeel Wildschut (Ceres) 31:21.

WOMEN

1. Anneline Roffey (FNB Multi-Sport) 39:58; 2. Mariëtte Strauss (Tygerberg) 43:39; 3. Lorinda Watson (Century City) 51:26.

40-49: Denise Liebenberg (Temp) 54:32. **50-59:** Mariëtte Strauss (Tygerberg) 43:39. **60-69:** Dolla Geldenhuys (Ceres) 1:13:04 (she was formerly Naurattel). **Juniors:** Pamela Moyikwa (VOB) 1:01:20.

King Price Irene Farm Race

Irene, 7 November

(Distances: 21.1 km & 10 km; undulating loop courses. Weather: very hot.)

Note: The event used to be called the Liquifruit races. The half marathon is clearly short. Applying the RTB calculation formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), to the results, the men's times (nine time comparisons) return a figure of -5.94 sec/km – over the limit of -5 sec/km, while seven women's times produce a whopping -14.82 sec/km (almost three times over the limit). Even when leaving out the two most extreme female performances, the other five still result in a figure of -7.45 sec/km. Times in this race will therefore not be used in any statistical lists. – Ed.

Half marathon

MEN

1. Lukas Jani (Trans) 1:03:32
2. Jeffrey Gwebu (Ned) 1:04:32
3. Pule Maeko (FFA) 1:04:50
4. Lucky Mtshali (Olifants) 1:05:16
5. Retsepile Khotle (BH) 1:05:18

Veterans: 1. Shadrack Hoff (Boxer) 1:07:57; 2. Enoch Skosana (Ned) 1:11:52; 3. Peter Medupe (Ned) 1:12:06. **Masters:** 1. Sandile Nzimande (Vital) 1:30:43; 2. John Mosdell (Harl) 1:35:27. **G'masters:** 1. Johannes Khole (JHAC) 1:44:21; 2. James da Silva (Ind) 1:45:16. **G/g'masters:** 1. Pele Tshikundamalema (Olifants) 1:43:26. **80+:** 1. Martin Coetzee (Mag) 2:48:54.

WOMEN

1. Vuyokazi Gebe (Trans) 1:23:26
2. Isabel Barnard (Mag) 1:32:21
3. Martie Kroukamp (Vital) 1:33:20
4. Yvette Rademan (Ind) 1:33:57 (1st vet)
5. Tegan Edwards (Phob) 1:34:35

Veterans: 1. Yvette Rademan (Ind) 1:33:57; 2. Catherine Naane (SG) 1:35:35. **Masters:** 1. Rita van Wyk (Boks) 1:38:58; 2. Liz Ingram (Vital) 1:40:20. **G'masters:** 1. Carole de Waal (Win) 2:04:26; 2. Rina Pretorius (SABS) 2:11:20. **G/g'masters:** 1. Debbie van Heerden (Roode) 2:08:23. **80+:** 1. Gizelle Geyer (Rand) 2:17:30.

10 km

MEN

1. Victor Pheeha (Mon) 32:16
2. Thobile Mosito (Ind) 32:20
3. Jacob Tseko (Tuks) 32:40
4. Lukhanyo Mabinza (Trans) 32:49
5. Anele Sonqibido (Trans) 33:14

Veterans: 1. Thomas Mkanzi (Carlton) 37:15; 2. Geelboy Mahlangu (Wonder) 37:39; 3. Elmon Ndlovu (SANDF) 38:39. **Masters:** 1. Joseph Moloto (SANDF) 39:29; 2. Jan Esau (SANDF) 45:33. **G'masters:** 1. Francis Makuka (ZAM/Phob) 38:19; 2. Jan Pienaar (Rand) 62:20. **G/g'masters:** 1. Andries van der Merwe (Trans) 54:33. **80+:** 1. Ken Nurden (Agape) 54:06. **Juniors:** 1. Thapelo Mothusi (BS) 36:07; 2. Dzunani Baloyi (BS) 37:23; 3. Willie Botha (Ermelo) 38:23.

WOMEN

1. Davhana Eva Murendwa (TUT) 38:17
 2. Catherine Skosana (Ned) 39:38
 3. Makoma Nkomi (Olifants) 42:07
 4. Caelin van der Westhuizen (Eagles) 43:33 (1st jun)
 5. Mariska Steinbach (Runav) 43:44

Veterans: 1. Karen Hillhouse (Runav) 45:38; 2. Elsabe Prinsloo (FP) 55:56; 3. Riana Reisema (Tuks) 77:19. **Masters:** 1. Elsabe Brink (Runav) 50:51; 2. Sonja van der Vyver (Disc) 51:21. **G'masters:** 1. A.N. Other; 2. Moira Verwey (RWFL) 67:23. **G/g'masters:** 1. Hazel Quilliam (Roode) 76:05. **Juniors:** 1. Caelin van der Westhuizen (Eagles) 43:33; 2. Tinyiko Ndluli (BS) 51:11; 3. Sumarie Moolman (ACRW) 58:20.

Meiringspoort Half Marathon & 10 km

Meiringspoort to De Rust, 17 October

(Distances: 21.1 km & 10 km; point-to-point downhill courses. Finishers: half marathon – 1713 [up from 1640 last year]; 10 km – 853 [significantly up from 623].)

Note: These are the corrected official results of the Meiringspoort races. – Ed.

Half marathon

MEN

1	Lloyd Bosman	Nedbank	1:04:39
2	Etienne Plaatjies	Nedbank	1:05:11
3	Elfonzo Pieterse	Nedbank	1:08:18
4	Godwin Heyns	Nedbank	1:13:34
5	Julius Korkee	Nedbank Running Club	1:13:50
6	Mauritz Jansen van Rensburg	Outeniqua Harriers	1:16:49
7	John April	Ind	1:16:51
8	Joseph Phuka	Knysna Marathon Club	1:17:31
9	Kobus Joubert	Kouga Multi Sport	1:17:56
10	Marshall Richenberg	Knysna Marathon Club	1:18:21

Veterans:

1	Mauritz Jansen van Rensburg	Outeniqua Harriers	1:16:49
2	Kobus Joubert	Koliga MS	1:17:56
3	Joey Klaasen	Sedgefield Striders	1:22:32

Masters:

1	Peter Jaehne	Outeniqua Harriers	1:20:46
2	Adrian Clark	Body Concept Road	1:22:55
3	Anton Chevalier	Nedbank	1:25:16

G'masters:

1	Hannes Els	Warriors RC	1:30:14
2	Manie Steenkamp	Nedbank	1:37:04
3	Jan du Toit	Hartenbos Drawwers	1:38:36

G/g'masters:

1	Dave Edge	Sedgefield Striders	1:55:22
2	Mike Derbridge	KMC	1:58:44
3	Roelf Mentzel	Profiles	2:08:35

Juniors:

1	Godwin Heyns	Nedbank	1:13:34
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WOMEN

1	Alexia Loizou	Ind	1:24:10
2	Anel Van Wyk	Nedbank	1:26:59
3	Cecilia Nel	Hartenbos Drawwers	1:27:15
4	Helga Matthee	Nedbank	1:28:03
5	Elmarie Coetzee	FNB Multisport	1:28:25
6	Nancy Cloete	Outeniqua Harriers	1:29:00
7	Annatjie Botes	Nedbank	1:30:48
8	Lisl Grobler	Knysna Marathon Club	1:30:58
9	Terry Deats	Atlantic AC	1:32:35
10	Pearl Prinsloo	Ind	1:32:44

Veterans:

1	Helga Matthee	Nedbank	1:28:03
2	Terry Deats	Atlantic AC	1:32:35
3	Monice Brand	Cape Multisport	1:34:57

Masters:

1	Elmarie Coetzee	FNB Multisport	1:28:25
2	Annatjie Botes	Nedbank	1:30:48
3	Sanet Brits	Nedbank	1:36:40

G'masters:

1	Renee Hawkridge	Harlequin Harriers	1:50:10
2	Rene van Zyl	Plett	1:51:09
3	Toekie Steenkamp	Nedbank	1:56:18

Juniors:

1	Mare-Louisa Koegelenberg	Ind	1:35:28
2	Sumien Hugo	Ind	1:43:42
3	Bianca Bekker	Vodacom RR	1:47:39

10 km**MEN**

1	Gershwill Jacobs	Nedbank	30:46
2	Francois Maquassa	Nedbank	31:49
3	Auchten October	Nedbank	32:49
4	Anderson Ncube	Nedbank	33:14
5	Dylan van Wyk	Plett AC	33:25

Veterans:

1	Kobus Boshoff	Outeniqua Harriers	38:07
2	Anton Jordaan	Temp	43:11
3	Greens Groenewald	Temp	44:15

Masters:

1	Marius-Hugo Schlechter	KMC	38:27
2	Jason Jafta	Nedbank	41:35
3	Peter Deister	Nedbank	50:11

G'masters:

1	Neil Ebing	WP Cricket Club	47:37
2	Nic Brummer	Sedgefeild Striders	51:54
3	Lampies Lamprecht	Nedbank	54:09

G/g'masters:

1	Willem Oosthuizen	Hartenbos Drawwers	1:03:20
2	John Hilliar-Zuyl	Celtic Harriers	1:14:54
3	George Soule	KMC	1:24:37

Juniors:

1	Auchten October	Nedbank	32:49
2	Anderson Ncube	Nedbank	33:14
3	Jerome Ferland	Nedbank	33:51

WOMEN

1	Lana Theunissen	Nedbank	40:06
2	Macnita Samuels	Knysna Marathon Club	41:55
3	Leana Spies	Ind	43:03
4	Alejandra Vazquez	Ind	44:54
5	Colleen Fourie	Ind	45:55

Veterans:

1	Lana Theunissen	Nedbank	40:06
2	Cia Berger	Temp	47:04
3	Johanna Claassen	Nedbank	51:30

Masters:

1	Marie Wolmarans	Nedbank	47:15
2	Rina Wray	Hartenbos Drawwers	48:48
3	Ronel Swart	Nedbank	55:09

G'masters:

1	Jos Els	Warriors Running Club	58:03
2	Dottie Joubert	Hartenbos Drawwers	1:02:45
3	Mariet Horn	KMC	1:04:19

Juniors:

1	Macnita Samuels	KMC	41:55
2	Bianca la Grange	Nedbank	46:31
3	Frances Herdholdt	Temp	50:32

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**2015 Toray Cup - Shanghai International Marathon (16th)**

(IAAF Gold Label Road Race)

Shanghai, CHN, 8 November

(Distance: 42.195 km)

Note: Women's winner Rael Kiyara Kguriatukei returned to competition last year after serving a two-year ban for doping, convicted of using Norandrosterone. – Ed.

MEN (gun times)

1.	Paul Kipchumba Lonyangata, KEN	2:07:14 PB/CR	USD 45,000 + 10,000i
2.	Stephen Mokoka, RSA	2:07:40 PB	25,000
3.	Tola Shura Kitata, ETH	2:08:53	12,000
4.	Endeshaw Negesse, ETH	2:10:51	6,000
5.	Workneh Tiruneh Tesfa, ETH	2:11:21	5,000

i) Earned time bonus for course record

WOMEN (gun times)

1.	Rael Kiyara Nguriatukei, KEN	2:26:23	USD 45,000
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2. Letebrhan Haylay Gebreslasea, ETH	2:28:11	25,000
3. Rahma Tusa, ETH	2:33:57 DB	12,000
4. Mapaseka Makhanya, RSA	2:37:21	6,000
5. Sultan Haydar, TUR	2:40:59	5,000

Banque du Liban Beirut Marathon (13th)

(IAAF Silver Label Road Race)

Beirut, LIB, 8 November

(Distance: 42.195 km; new one-loop AIMS/IAAF certified course with negligible start/finish separation)

MEN (gun times)

1. Jackson Limo, KEN	2:11:04 CR*	USD 10,000 + 4,000*
2. Abdela Godana, ETH	2:13:02	7,000
3. Hussein Mohammed, ETH	2:14:49	4,000

*) Course record bonus

WOMEN (gun times)

1. Kaltoum Bouaasayriya, MAR	2:36:05 DB	USD 10,000
2. Meseret Abebayehu, ETH	2:36:26	7,000
3. Bizunesh Urgessa, ETH	2:42:07	2,000^

^) Prize money reduced 50% for slower than 2:38:00

Big Sur Half Marathon (13th)

Monterey, USA, 8 November

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

MEN

1. Elisha Barno, 30, Santa Fe, NM (KEN)	1:03:04	\$3000
2. MacDonard Ondara, 20, Santa Fe, NM (KEN)	1:03:31	1800
3. Karim El Mabchour, 33, Bayfield (MAR)	1:03:54	1200

WOMEN

1. Kara Goucher, 37, Boulder, CO	1:11:13	\$3000 + 500a
2. Abnet Simegn Yeshanbel, 29, Bayfield(ETH)	1:12:47	1800
3. Kristen Zaitz, 34, Broomfield, CO	1:13:02	1200 + 350a

a) Earned USA prize money (top-3 Americans)

TCS New York City Marathon (45th)

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

New York, USA, 1 November

(Distance: 42.195 km, certified, point-to-point, challenging course; 5.5 m total elevation loss [negligible])

Note: The main results were published last week; here are more detailed results. The race had 49 330 finishers (28 686 men + 20 644 women), slightly down from last year. – Ed.

MEN (gun times)

1. Stanley Biwott, 29, KEN	2:10:34	\$100,000
[1:06:49 / 1:03:45; last 10 km 28:35]		
2. Geoffery Kamworor, 22, KEN	2:10:48	60,000

3. Lelisa Desisa, 25, ETH	2:12:10	40,000
4. Wilson Kipsang, 33, KEN	2:12:45	25,000
5. Yemane Tsegay, 30, ETH	2:13:24	15,000
6. Yuki Kawauchi, 28, JPN	2:13:29	12,500
7. Meb Keflezighi, 40, San Diego, CA	2:13:32	NR M40 10,000 + 3000m
8. Craig Leon, 30, Eugene, OR	2:15:16	6,500
9. Birhanu Dare Kemal, 29, ETH	2:15:40	3,500 + 5000n + 1000ii
10. Kevin Chelimo, 32, Eugene, OR (KEN)	2:15:49	2,500
... 45. Martin Fiz, 52, ESP	2:34:53	
Daniele Meucci, 30, ITA	DNF (had been sick during the week)	
Li Zicheng, 25, CHN	DNF	

- ii) Earned NYRR member time bonus
- m) Earned masters prize money
- n) Earned NYRR member prize money

ALL-WOMEN'S PRO RACE (gun times)

1. Mary Keitany, 33, KEN	2:24:25	\$100,000 + 30,000i
[1:12:56 / 1:11:29]		
2. Aselefech Mergia, 30, ETH	2:25:32	60,000 + 15,000i
3. Tigist Tufa, 28, ETH	2:25:50	40,000 + 15,000i
4. Sara Moreira, 30, POR	2:25:53	25,000 + 15,000i
5. Christelle Daunay, 40, FRA	2:26:57	15,000 + 10,000i + 3000m
6. Priscah Jeptoo, 31, KEN	2:27:03	12,500
7. Laura Thweatt, 26, Boulder, CO	2:28:23	DB 10,000
8. Jelena Prokopcuka, 39, LAT	2:28:46	6,500
9. Anna Incerti, 35, ITA	2:33:13	3,500
10. Caroline Rotich, 31, KEN	2:33:19	2,500
11. Cassie Fien, 30, AUS	2:38:53	DB
... 16. Caroline Wöstmann, 32, RSA	2:44:26	PB
Buzunesh Deba, 28, Bronx, NY (ETH),	DNF (leg injury)	
Sally Kipyego, 29, Eugene, OR (KEN),	DNF (in debut)	

- i) Earned open time bonus
- m) = Earned masters prize money

MIXED-GENDER WOMEN'S RACE (gun times)

1. Rocio Cantara Rojas, 28, PER	2:37:05	PB
2. Emma Nordling, 30, SWE	2:43:28	PB

Joon Ang Seoul International Marathon (17th)

Seoul, KOR, 1 November

(Distance: 42.195 km; loop course with negligible start/finish separation)

MEN

1. Tebalu Zawude Hehi, ETH	2:08:46	USD 50,000
2. Gideon Kipkemoi Kipketer, KEN	2:09:01	30,000
3. Abreham Cherkos Feleke, ETH	2:09:22	15,000
4. James Kipsang Kwambai, KEN	2:09:23	10,000
5. Wilfred Kipkosgei Murgor, KEN	2:09:37	5,000

WOMEN

1. Park Ho-Sun, KOR	2:36:30	KRW 10,000,000
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American Association for Cancer Research Rock 'n' Roll Philadelphia Half Marathon (38th)

Philadelphia, USA, 31 October

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

MEN (gun times)

1. Tim Ritchie, 28, Brighton, MA 1:01:23 PB
2. Jake Riley, 27, Rochester MI 1:03:23
3. Daniel Tapia, 29, Mammoth Lakes, CA 1:03:55
4. Ben Bruce, 33, Flagstaff, AZ 1:04:08
5. Tom Anderson, 25, Indianapolis, IN 1:04:11

WOMEN (gun times)

1. Maegan Krifchin, 27, Silver Spring, MD 1:09:51 PB
2. Neely Spence Gracey, 25, Louisville, CO 1:09:59 PB
3. Alisha Williams, 33, Golden, CO 1:10:32 PB
4. Kellyn Taylor, 29, Flagstaff, AZ 1:11:01 PB
5. Brianne Nelson, 35, Golden, CO 1:11:54
6. Anjie Orjuela, 26, COL 1:12:22
7. Adriana Nelson, 35, Boulder, CO 1:12:35
8. Mattie Suver, 28, Colorado Springs, CO 1:12:38
9. Marta Mekonen, 25, Silver Spring, MD (ETH) 1:12:37
10. Jen Rhines, 41, Boston, MA 1:12:46

Standard Chartered Nairobi Marathon (13th) & Half Marathon

Nairobi, KEN, 25 October

(Distances: 42.195 km; loop course starting and finishing at Nyayo Stadium; and 21.1 km [Nairobi is at 1680 m of altitude])

Marathon

MEN

1. Joshua KIPKORIR (KEN) 2:13:25
2. Shadrack KIPTOO (KEN) 2:13:56
3. Hillary KIPLIMO (KEN) 2:14:18
4. Moses MENGICH (KEN) 2:14:40
5. ??? (KEN) 2:15:04

WOMEN

1. Elizabeth RUMOKOL (KEN) 1983 2:29:32
2. Georgina RONO (KEN) 1980 2:32:06
3. Chemutai Rionotukei (KEN) 1993 2:34:45
4. Sarah CHEBET (KEN) 2:35:01
5. Gladys CHEMWENO (KEN) 1988 (KEN) 2:36:27

Half Marathon

MEN

1. Patrick KIPNGENO (KEN) 1992 62:42
2. Nicholas KORIR (KEN) 62:49
3. Geoffrey KIPYEGO (KEN) 1987 62:58
4. Amos KIBIWOTT (KEN) 1990 63:01
5. Paul MUGO (KEN) 1988 63:03

WOMEN

1. Purity CHANGWONY (KEN) 1990 71:16
2. Pauline KORIKWIANG (KEN) 1988 72:03
3. Lucy CHERUIYOT (KEN) 1997 72:41

4. Veronica MAINA (KEN) 1986 73:03
5. Joyceline JEPKOSGEI (KEN) 1993 74:06

CROSS-COUNTRY

Sun Belt Conference Cross-country Championships

Atlanta, USA, 1 November

MEN (8 km)

1. Eric Ojeda, SR Texas-Arlington 25:17.8
2. Beau Robinson, SO UL-Lafayette 25:30.2
3. Christoph Graf, JR South Alabama (SUI) 25:36.8
- ... 9. Katleho Dyoyi, JR South Alabama (RSA) 26:04.1

WOMEN (5 km)

1. Noora Wallenius, FR Arkansas-Little Rock (FIN) 17:49.0
2. Tristin Van Ord, JR Appalachian State 17:51.0
3. Abbey Dixon, SR Arkansas State 17:53.8
- ... 6. Laura Labuschaigne, FR South Alabama (RSA) 18:13.6

Big South Cross-country Championships

Spartanburg, USA, 31 October

WOMEN (5 km)

Team Results: 1. High Point, 47; 2. Coastal Carolina, 51; 3. Liberty.

1. Letitia Saayman, SR, Coastal Carolina (RSA) 16:49.44
2. Ednah Kurgat, FR, Liberty (KEN) 17:12.97
3. Kyla van Graan, JR, Coastal Carolina (RSA) 17:26.72
4. Kelly Hayes, SO, High Point 17:32.65
5. Aynslee van Graan, SO, Coastal Carolina (RSA) 17:43.74

SEC (Southeastern Conference) Cross-country Championships

College Station, USA, 30 October

MEN (8 km)

Team Results: 1. Arkansas, 25; 2. Texas A&M, 98; 3. Ole Miss, 122.

1. Antibahs Kosgei, Alabama (KEN) 23:24.1
2. Christian Heymsfield, Arkansas 23:25.2
3. Frankline Tonui, Arkansas (KEN) 23:32.4

WOMEN (6 km)

Team Results: 1. Arkansas, 38; 2. Miss State, 95; 3. Vanderbilt, 112.

1. Dominique Scott, Arkansas (RSA) 19:23.5
2. Chelsea Blaase, Tennessee 19:40.9
3. Caroline Pietrzyk, Vanderbilt 19:54.0

STATS TIME

This week we include a list of the top ten SA veteran 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. Secondary performances by the top three are also listed. DRR subscriber Julianie Basson has four times on the list.

2015 MARATHON: TOP 10 VETERAN WOMEN

2:53:38	Gillian Sieling	7	London	26 Apr
3:01:05	Julanie Basson	1	Johannesburg	08 Mar
3:02:08A	Jacqui Bakkes	1	Simonstad	15 Feb
3:06:35	Basson-2	1	Benoni	25 Jan
3:08:13	Lesley Train	1	Centurion	01 May
3:08:31	Adele Waldron	1	Fish Hoek	17 Jan
3:08:34A	Wendy Morgan	1	East London	28 Feb
3:09:03	Basson-3	1	Eldorado Park	22 Feb
3:10:35	Basson-4	1	Edenvale	08 Mar
3:11:14	Jane Mudau (master)	1	Polokwane	21 Feb
3:12:16	Lindsay van Aswegen	1	Cape Town	20 Sep
3:12:55A	Shani Silver	2	East London	05 Sep
3:12:58	Mitsie van der Westhuizen	2	Benoni	25 Jan

THIS MONTH IN HISTORY

36 years ago: 24 November 1959

Although neither Alberto Salazar nor Margaret Groos could win the US universities cross-country titles (Salazar was second to the formidable Kenyan Henry Rono, while Groos was narrowly beaten by Julie Shea), both took the national titles in Raleigh with relative ease. It was the first time that the AAU, the US governing body, held its men's and women's championships on the same day and at the same venue. Salazar beat Herb Lindsay by 20 seconds and said of his race against Rono only five days earlier: "There were some good guys in this field, but I didn't feel anywhere as much pressure as against Rono. He's the best in the world. I don't think I ran as hard today as I did in the NCAA race." In the women's race Groos took revenge by beating Shea by 9 seconds.

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		
	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	2:07:40	Stephen Mokoka	Shanghai	08 Nov
	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	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	Eric Coetzee	Eersterivier	20 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:12	Eric Coetzee	Cape Town	11 Oct
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
	1:41:14A	Michael Bekapi	Somerset East	18 Apr
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:43:54	Eric Coetzee	Cape Town	20 Sep
	2:19:29	Titus Mamabolo (RSA) 1991		
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	Kabelo Melamu	Cape Town	20 Sep
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	27:52	Richard Chelimo (KEN) 1990		
15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:36	Mbasobhi Gumede	Port Elizabeth	25 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

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

Veterans (40+)

10 km	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:15	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		

Masters (50+)

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					
Grandmasters (60+)					
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					
Juniors					
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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