

# 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

The infamous "Cape Doctor", the Cape Peninsula's howling seasonal southeasterly wind, was out in force at the Ocean Basket Bay to Bay 30 km yesterday and caused havoc with runners' goals for the first race of the year in Cape Town. British runner Tish Jones did not seem to notice, though, and ran just more than a minute slower than Tanith Maxwell's outstanding winning time of last year (1:56:32), which made her the third fastest South African ever over this distance. Maxwell was second this time, while Kerry-Ann Marshall moved up two positions to third. Men's defending champion Duane Fortuin was fifth, with the 2015 fourth placer, Sibusiso Madikizela, taking the win and Nkosinathi Madyo and Bernard Rukadza repeating their second and third finishes.

Jones, who runs for the Belgrave club, was also third in the Growthpoint Properties Sundowner 10 km. She has best times of 16:26.88 and 33:48.01 on the track, and 33:05 and 72:55 on the road.

Highlights of the day were new world single-age and WP grandmaster records by Nancy Will (63), who ran 2:23:30 to break American Barbara Miller's 2:29:32 and her own 2:27:24 from last year, and a WP open record of 2:50:02 by great grandmaster Veronica van Niekerk, who shattered the previous mark by almost 23 minutes!

The year began on a high note for new veteran Charné Bosman when



I sent this photograph of two of South Africa's top distance runners of yesteryear to some friends in December and asked them to identify the athletes. No one could identify both – most got one right – and I would now like to give DRR readers the same challenge. There is no prize for the correct answer, but if you do try, do not click on "Reply to All" in your e-mail programme.

she finished eleventh overall in the Woodlands Dairy 15 km race in Jeffreys Bay, running an excellent 57:28. Bosman has now won the race four times in succession (and six times in total); last year she clocked 58:40. Her personal best for 15 km, 52:47, dates from 1994.

Two weeks before, Ntombesintu Mfunzi, who was second to Bosman in Jeffreys Bay, beat her in the Drommedaris 10 km in Port Elizabeth, 37:23 to 37:43.

In earlier action towards the end of the year Nolene Conrad won the Growthpoint Properties Sundowner 10 km in Cape Town in 33:51, her third fastest of the year, with Lena Lötter, in one her rare appearances on the road, second in 34:33.

Four days later Conrad won the 5000 m at the UCT Meeting on the Green Point track in windy conditions in a quick 16:20.31 – her best since she set her PB of 15:57.92 in 2012.

The international highlight this weekend – in fact, the international shocker – happened in the Great Edinburgh Cross-country, where unheralded American Garrett Heath achieved what none of the great Ethiopian and Kenyan runners could manage the last few years: he outsprinted multiple Olympic and world champion Mo Farah to take the title by two seconds.

In the NYRR Joe Kleinerman 10 km in New York Cape Town junior Ashleigh Simonis finished fourth in 36:54.

One of South Africa's top middle distance runners of the 1980s, Bennie Greyling, passed away last Thursday at the age of 50. When Greyling, who would later achieve Junior Springbok colours, ran 3:59.7 in Port Elizabeth on 23 March 1982, placing second to Johan Fourie's 3:57.0, he was the second youngest athlete after the American Jim Ruyn to clock a dream mile. Ruyn (3:59.0 on 5 June 1964) became the first junior to break through the 4-minute barrier at the age of 17 years 1 month and 7 days; Greyling was 17 years 1 month and 23 days old. Although Greyling never won a South African senior title, he took one silver medal and three bronze medals in the 1500 m and won the SA u.17 title in the 3000 m in 1982. His best time for the mile was the 3:54.59 he clocked in 1987; in the 1500 m he achieved 3:40.33 in 1988. Only five South Africans have run faster in the mile. Greyling is survived by his wife Zelda (born Gresse and also an outstanding distance runner).

This first issue of the 16<sup>th</sup> year of *Distance Running Results* is, as usual, quite a big one and brings you up to date with the results of races since the last issue of 2015.

Riël Hauman

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## **CORRECTIONS & ADDITIONS**

The Love Life Run (results in DRR 15:49) replaced the Marthinus Jenkins Memorial Run, and it was run in Wilderness, not Klein Brakrivier.

In Stats Time the Harrismith Mountain Race was given 89 runnings and it was stated that DRR was unsure whether it had been run in 2015. It was indeed run, but DRR has been unable to obtain the results. Furthermore, four of its earlier editions were added to the database during 2015, but unfortunately the total was not updated. Therefore this race has now had 94 runnings, making it South Africa's longest running road race. The Comrades is second, with 90 runnings.

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### **INCLUDED IN THIS ISSUE:**

- \* Ocean Basket Bay to Bay 30 km & 15 km, Camps Bay
- \* Harcourts Ronnie Davel Memorial 16 km, Durban

- \* Woodlands Dairy 15 km, Jeffreys Bay
- \* Bophelong 10 km, Mamelodi
- \* aQuellé Runners' Memorial 8 km, Cape Town
- \* Stilbaai NSRI 10 km, Stilbaai
- \* Tokai Manor House Run, Tokai
- \* The Big Hill Half Marathon & 10 km, Ballito
- \* Cashkows Onrus 10 km, Onrus
- \* Drommedaris 10 km, Port Elizabeth
- \* Growthpoint Properties Sundowner 10 km, Cape Town
- \* Knysna Marathon Club 10 km Nite Race, Knysna
- \* Reconciliation Day 10 km, Guguletu
- \* Avbob 15 km, Table View
- \* Bay West Mall 10 km, Port Elizabeth
- \* Palm Tyres Half Marathon & 10 km, George
- \* Taalmonument Aandwedloop, Paarl
- \* Track: UCT Meeting, Cape Town

#### **International highlights:**

- \* NYRR Joe Kleinerman 10 km, Central Park, New York, USA
- \* Ooredoo Doha Marathon, Doha, QAT
- \* Adana Half Marathon, Adana, TUR
- \* Xiamen International Marathon, Xiamen, CHN
- \* San Silvestre Vallecana, Madrid, ESP
- \* Corsa Internazionale di San Silvestro "Boclassic", Bolzano, ITA
- \* São Silvestre Road Race, São Paulo, BRA
- \* Corrida de São Silvestre, Luanda, ANG
- \* Sanyo Women's Road Race, Okayama, JPN
- \* Pisa City Marathon, Pisa, ITA
- \* XC: Great Edinburgh Cross-country, Edinburgh, Scotland, GBR; Campaccio Classica del Cross, San Giorgio su Legnano, ITA; Cross Internacional Zornotza, Amorebieta, ESP; Joker+ CrossCup Brussels, Brussels, BEL
- \* Indoor track: Zoom! Yah! Yah! Indoor Marathon, Northfield, USA; Villanova Open, New York, USA

## **ROAD RUNNING**

### **Ocean Basket Bay to Bay 30 km (40th) & 15 km (3rd)**

Camps Bay, 10 January

(30 km – certified out-and-back course with loop at far end, very hilly; 15 km – point to point [starting and finishing at sea level], but very hilly. Weather: cool early on, but warm later; very windy.)

#### **30 km**

MEN

1. Sibusiso Madikizela (Itheke) 1:42:14 (R1500 + R1000\*)
2. Nkosinathi Madyo (Itheke) 1:42:36 (R1000 + R700\*)
3. Bernard Rukadza (ZIM/Gugs) 1:43:04 (R750 + R500\*)
4. Siviwe Nkombi (Itheke) 1:43:50 (R500 + R300\*)
5. Duane Fortuin (Itheke) 1:44:25 (R250 + R200\*)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 1:52:09 (R1000 + R700\*); 2. Thembelani Zola (Ind) 1:53:58 (R750 + R500\*); 3. Nicholas Rupanga (Celtic) 1:56:38 (R500 + R300\*). **Masters:** 1. Eric Coetzee (FNB) 1:59:47 (R750 + R500\*); 2. Monde Tutani (Gugs) 2:03:53 (R500 + R300\*); 3. Johnny Persents (WR) 2:05:48 (R250 + R200\*). **G'masters:** 1. Garry Wilford (Durb) 2:21:37 (R500 + R300\*); 2. Robbie Lindsay (Ned) 2:23:51 (R250

+ R200\*); 3. Muhammad Kriel (Ommie) 2:28:53 (R100 + R100\*). **G/g'masters:** 1. Jeff Smith (Itheke) 2:22:55 (R250 + R200\*); 2. Vernon du Preez (Lange) n/t.

WOMEN (Same prize money as men)

1. Tish Jones (GBR) 1:57:56
2. Tanith Maxwell (Boxer) 1:59:58
3. Kerry-Ann Marshall (AAC) 2:01:26
4. Danette Smith (KPMG) 2:11:30
5. Candyce Hall (Carb) 2:15:16

**Veterans:** 1. Ursula Frans (Ned) 2:17:14; 2. Adele Waldron (WC) 2:18:24; 3. Joanna Thomas (VOB) 2:21:14. **Masters:** 1. Ester Brink (Strand) 2:20:31; 2. Suzanne marais (Strand) 2:25:13; 3. Salome Castelyn (Stell) 2:28:32. **G'masters:** 1. Nancy Will (Pine) 2:23:30 (WP rec); 2. Annelie van der Linde (Durb) 2:53:57; 3. Ruth Leverton (Pine) 3:08:50. **G/g'masters:** 1. Veronica van Niekerk (EGA) 2:50:02 (WP open rec).

### 15 km

MEN

1. Mthandazo Qhina (Ned) 50:10 (R850 + R500\*)
2. Nkosinathi Sotyantya (Itheke) 53:03 (R600 + R300\*)
3. Babalo Hambi (Itheke) 54:15 (R350 + R200\*)

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Itheke) 1:05:06
2. Obertina Kanyongo (ZIM/WC) 65:40
3. Phatiswa Dyalvane (Ned) 67:28

\*) Ocean Basket meal vouchers

### Harcourts Ronnie Davel Memorial 16 km (38<sup>th</sup>)

Durban, 10 January  
(Undulating loop course)

MEN

- |    |                   |               |       |
|----|-------------------|---------------|-------|
| 1. | Buti Mokoena      | Harrismith AC | 56:15 |
| 2. | Mosea Phalang     | Speed Exp     | 56:58 |
| 3. | Nthokozi Mazibuko | Speed Exp     | 58:50 |

#### 40-49:

- |    |              |         |       |
|----|--------------|---------|-------|
| 1. | Paul Eichert | DHSOB   | 65:34 |
| 2. | John Adams   | West AC | 76:05 |

#### 50-59:

- |    |                  |            |       |
|----|------------------|------------|-------|
| 1. | Shaun Micklejohn | Save Orion | 66:29 |
| 2. | Ken Culverwell   | West AC    | 77:23 |

#### 60+:

- |    |           |         |       |
|----|-----------|---------|-------|
| 1. | Les Smith | West AC | 87:07 |
|----|-----------|---------|-------|

#### Juniors:

- |    |                |            |        |
|----|----------------|------------|--------|
| 1. | Prenav Dhamlal | Save Orion | 106:19 |
|----|----------------|------------|--------|

WOMEN

- |    |                |            |       |
|----|----------------|------------|-------|
| 1. | Thobile Mkhize | Speed Exp  | 72:01 |
| 2. | Abby Solms     | Save Orion | 74:00 |
| 3. | Nonsiki Mbambo | Natal Carb | 76:57 |

#### 40-49:

- |    |               |       |       |
|----|---------------|-------|-------|
| 1. | Sandy de Beer | SANDF | 86:05 |
|----|---------------|-------|-------|

2.	Claire Sjoblom	QBH	88:05
<b>50-59:</b>			
1.	Sylia Burton	HV	93:00
2.	Theresa Scott	PDAC	99:41
<b>60+:</b>			
1.	Sheree Kirsten	West AC	91:55
<b>Juniors:</b>			
1.	Nobuhle Shange	Speed Exp	83:50

### Woodlands Dairy 15 km

Jeffreys Bay, 2 January

(New, more difficult, hilly loop course. Finishers: 475 [down from 547 last year].)

#### MEN

1	Melikhaya	Frans	Ikhamva AC	25	48:22
2	Mzwanele	Maphekula	Bluewater Bay	39	50:18
3	Andre	Ketchem	Xcel AC	32	50:29
4	Anele	Maliza	Nedbank RC	37	50:52
5	Renier	Grobler	Nedbank RC AGN	32	51:13
6	Rodney	Prins	Malabar	27	52:36
7	Bulelani	Niwa	PEAAC	30	54:43
8	Thobile	Xata (1 <sup>st</sup> vet)	Bluewater Bay	41	55:25
9	Terrance	Mjekula	Charlo AC	43	56:23
10	Desmond	Zibi (1 <sup>st</sup> mast)	Achilles AAA	52	57:22
11	Michael	Bester	Achilles AAA	28	59:34
12	Ruan	Jonck	Kovsies AC	19	59:57
13	Welcome	Loliwe	Nedbank RC	51	1:00:58
14	Ruan	Smalberger	St Albans AC	26	1:01:03
15	Johannes	Jonck	St Albans AC	42	1:02:01
16	Daryl	North	Achilles AAA	38	1:02:07
17	Chris	Darke	Charlo AC	47	1:03:55
18	Michael	Bekapi	Ikhamva AC	54	1:04:12
19	Geddes	Gallant	SANDF AC EP	49	1:04:33
20	Jacques	Barnard	Despatch AC	39	1:04:48
<b>40-44:</b>					
1	Thobile	Xata	Bluewater Bay	41	55:25
2	Terrance	Mjekula	Charlo AC	43	56:23
3	Johannes	Jonck	St Albans AC	42	1:02:01
<b>45-49:</b>					
1	Chris	Darke	Charlo AC	47	1:03:55
2	Geddes	Gallant	SANDF AC EP	49	1:04:33
3	Jabulani	Dube	Nedbank RC	45	1:06:05
<b>50-54:</b>					
1	Desmond	Zibi	Achilles AAA	52	57:22
2	Welcome	Loliwe	Nedbank RC	51	1:00:58
3	Michael	Bekapi	Ikhamva AC	54	1:04:12
<b>55-59:</b>					
1	Alan	Taylor	Achilles AAA	58	1:08:18
2	Ronald	Ndiza	Transnet Eng EP	56	1:14:35
3	Lats	Tuboly	Temp	55	1:15:21
<b>60-64:</b>					
1	Bruce	McEwan	Achilles AAA	62	1:14:16
2	Dappie	Prinsloo	Temp	60	1:20:10
3	Deon	Bekker	Somerset East	61	1:23:03

**65-69:**

1	Syd	Lippstreu	Crusaders AC	67	1:21:13
2	Graham	Channon	Achilles AAA	66	1:21:24
3	Johannes	Herbst	Muirite Strider	69	1:22:16

**70-74:**

1	Tamsanqa	Jusayi	Nedbank RC	73	1:20:24
2	Hannes	Bisschoff	Vodashop Kimrr	71	1:24:21
3	Ron	Clark	Bluewater Bay	72	1:24:38

**75+:**

1	Godfrey	Kariem	Gelvan AC	75	1:35:57
2	Henry	Human	VWAC	76	2:01:37
3	Paul	Sieberhagen	Temp	80	2:02:43

**Juniors:**

1	Ethan	Van den Berg	Temp	13	1:14:22
2	Monre	Lerm	Madibaz AC	17	1:18:33
3	Kristof	Dirnberger	Temp	18	1:24:04

**WOMEN**

1	Charné	Bosman (1 <sup>st</sup> vet)	Nedbank RC AGN	40	57:28
2	Ntombesintu	Mfunzi	Nedbank RC	34	58:14
3	Siphokazi	Nojoko	Motherwell AC	21	1:03:32
4	Liza-Marie	Kingston	Madibaz AC	33	1:05:47
5	Grizelda	Pietersen	Malabar	47	1:09:49
6	Elmare	Bezuidenhout	Charlo AC	33	1:10:03
7	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	55	1:11:19
8	Terray	Newcombe	Elite AC	24	1:12:24
9	Bridget	Lee	Temp	32	1:12:58
10	Nomakhosi	Ntliziyo (1 <sup>st</sup> jun)	Youth FC AC	17	1:13:58
11	Nolikhanyo	Mdwayi	Transnet Eng EP	34	1:14:07
12	Bianca	Van Niekerk	Kouga Multi SC	31	1:14:50
13	Joan	Viljoen	Nedbank RC	21	1:15:27
14	Lindie	Steyn	Charlo AC	28	1:15:33
15	Danika	Scheepers	Temp	35	1:15:37
16	Jean	Buckham	Temp	44	1:16:42
17	Janine	Gardiner	Charlo AC	34	1:16:53
18	Chrisma	Rautenbach	Temp	33	1:17:16
19	Megan	Gerber	Temp	16	1:17:33
20	Amanda	Prideaux	Bluewater Bay	40	1:17:56

**40-44:**

1	Charné	Bosman	Nedbank RC AGN	40	57:28
2	Jean	Buckham	Temp	44	1:16:42
3	Amanda	Prideaux	Bluewater Bay	40	1:17:56

**45-49:**

1	Grizelda	Pietersen	Malabar	47	1:09:49
2	Cathy	Curtain	Muirite Strider	45	1:23:51
3	Gail	Klichowicz	Achilles AAA	49	1:24:46

**50-54:**

1	Susan	Meyer	Hartebeespoort	54	1:23:11
2	Treloar	Childs	Walmer AC	52	1:23:16
3	Barbara	Cowley	Temp	54	1:25:25

**55-59:**

1	Janette	Schierz-Crusius	Body Concept	55	1:11:19
2	Rosemary	Joubert	Crusaders AC	55	1:26:28
3	Mari	Malan	Agape RC	57	1:28:11

**60-64:**

1	Nicki	Van Niekerk	Muirite Strider	61	1:39:17
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2	Hettie	Van der Merwe	Temp	61	1:39:25
3	Rose	Prew	Celtic Harriers	61	1:47:50
<b>65-69:</b>					
1	Jeanette	Pienaar	PEAAC	67	1:46:50
2	Anna	Potgieter	Temp	69	2:09:52
<b>70-74:</b>					
1	Orgia	Nell	Muirite Strider	72	1:54:26
2	Carol-Ann	Aver	Run Walk For Li	70	1:58:30
<b>75+:</b>					
1	Dorothy	Hart	Madibaz AC	77	2:19:22
<b>Juniors:</b>					
1	Nomakhosi	Ntliziyo	Youth FC AC	17	1:13:58
2	Megan	Gerber	Temp	16	1:17:33
3	Tanita	Thysman	Temp	17	1:25:22

### **Bophelong 10 km**

Mamelodi, Pretoria, 2 January

Note: The third woman is possibly Ntebaleng Letsela (LES). – Ed.

#### MEN

1 Samuel Segoaba (Transnet) 31:10; 2 Simon Mokonyama (Monaco) 32:10; 3 Lukhanyo Mabinza (Transnet) 32:26.

**Veterans:** 1 Enoch Skosana (Nedbank) 34:49; 2 Jackson Seanego (Armscor) 35:41.

**Masters:** 1 Paul Mabena (Ford) 39:14. **G'masters:** 1 Peter Moabelo (ACE) 48:34.

**G/g'masters:** 1 Johan Janse van Vuuren (Irene) 63:19. **80+:** 1 Ken Nurden (Agape) 59:04. **Juniors:** 1 Brian Mbambo (Zwakala) 38:23.

#### WOMEN

1 Jacquie v.d. Waals (Irene) 39:22 (1<sup>st</sup> vet); 2 Takalane Nthulane-Ndandani (Transnet) 41:27; 3 Nthabiseng Tshehla (Monaco) 42:16.

**Veterans:** 1 Jacquie v.d. Waals (Irene) 39:22. **Masters:** 1 Estelle Kroukamp (Runavation) 56:55. **G'masters:** 1 Sue Darrol (RAC) 95:40.

### **aQuellé Runners' Memorial 8 km** (43rd)

Cape Town, 31 December

(Certified two-loop course – a small and a big loop. Weather: warm, very light breeze.

Finishers: 1367 [slightly up from 1345 last year].)

Note: Ewald Bonzet, one of the best runners ever produced in South Africa who won the first race in 1973, and then a further five times, finished as eighth grandmaster. – Ed.

#### MEN

1	Oscar	Coetzee	Itheko	32	26:51
2	Matthias	Sandten	GER	22	27:08
3	Mervin	Steenkamp	Itheko	27	27:23
4	Phumezo	Gelem	Easterns	30	27:52
5	Daniel	Mannweiler	GER	36	28:51
6	Alexander	Betts	Oxford Univ (GBR)	35	29:24
7	Deon	Hopf	ATC	27	29:31
8	Simon	Short	Pinelands	16	29:43
9	Erik	Scheers	Phanos (NED)	41	29:45
10	Sven	Muller	Tri Team Bad Sanlgan (GER)	35	29:51

...  
220 Ewald Bonzet Temp 64 42:47

WOMEN

1	Anneline	Roffy	FNB Multisport	34	30:29
2	Leanda	Du Bruyn	FNB Multisport	21	31:02
3	Jana	Trojan	CZE/VOB	48	34:49
4	Sue	Kumleben	Serpentine RC	54	36:29
5	Kerstin	Matt	LG Hohenfels (GER)	30	36:44
6	Angelique	Rabie	Carbineers	49	37:26
7	Chloe	Park-Ross	Temp	27	37:47
8	Esrie	?	ATC	33	38:52
9	Chantel	Sissing	Carbineers	41	38:58
10	Mandy	Wood	Temp	42	39:04

**Stilbaai NSRI 10 km**

Stilbaai, 31 December

(Route mostly on tracks and the beach. Finishers: 905 [up from 843 last year].)

Note: Elmarie Goodchild finished ninth overall. Johnny Young was second last year, but won this time, while Ursula Turck repeated her second place from 2015. – Ed.

MEN

1	Johnny Young	41	40:07 (1 <sup>st</sup> vet)
2	Andre Meyer	18	41:28 (1 <sup>st</sup> jun)
3	Henry Wolstenhome	48	41:36
4	Johannes Esterhuizen	19	42:10
5	Piet Lourens	22	43:55
6	Joshua Prins	17	43:58
7	Andries du Toit	19	44:37
8	David Smith	21	45:38
9	Chris Franken	47	46:01
10	Andrew Bird	37	46:15

**Masters:** 1. Louis van Antwerp 49:21. **G'masters:** 1. John Watermeyer 56:00.

WOMEN

1	Elmarie Goodchild	35	45:45
2	Ursula Turck	43	48:04 (1 <sup>st</sup> vet)
3	Cecilia Raath	38	50:54
4	Christilee Jansen	26	52:22
5	Carla Serfontein	27	52:56
6	Cherilee Jansen	26	53:03
7	Mirjam Gouws	26	53:40
8	Carine Badenhorst	37	53:40
9	Analie Heyns		53:40
10	Mari-Lou van Neckerk	41	54:20

**Masters:** 1. Teretha Lourens 54:20. **G'masters:** 1. Styntjie Prins 55:00.



### Tokai Manor House Run

Tokai, 26 December

(Distance: 16 km; loop course on gravel and forest trails; hilly. Finishers: 805 [up from 736 last year].)

Note: Yet another race for junior Ashleigh Simonis, who defended the title she won in 2014. From 1-26 December she ran seven races, winning three – for a total of 76 km, or an average of 20.5 km a week! – Ed.

#### MEN

1	Gareth	Berning	VOB	40	59:21
2	Yuri	Van der Heijden	USA/Nashville Harr	36	59:30
3	Christo	Van Rooyen	FNB Multisport	38	1:00:27
4	Eugene	?	Boksburg		1:01:23
5	Christian	Alles	Asics	37	1:02:57
6	Alexander	Betts	GBR/Oxford Uni	35	1:03:00
7	Stephen	Davis	Mates	39	1:03:07
8	Sheraaz	Osman	Edgemead	28	1:03:11
9	L.F.	Van Nivate	Temp	31	1:03:41
10	Casper	Van Antwerpen	Tuks	40	1:04:22

#### WOMEN

1	Ashleigh	Simonis	Carbineers	17	1:10:44
2	Candyce	Hall	Carbineers	31	1:10:44
3	Ingrid	Peens	Temp	35	1:14:42
4	Jana	Trojan	CZE/VOB	48	1:16:26
5	Angelique	Rabie	Carbineers	49	1:18:44
6	Mari	Gautner	VOB	47	1:20:07
7	Nancy	Will	Pinelands	63	1:20:09
8	Monique	Marais	Temp	41	1:22:16
9	Lorna	Rensburg	Spartan	49	1:22:18
10	Amy	Goodwin	CC	14	1:22:27

### The Big Hill Half Marathon & 10 km

Ballito, 20 December

(Distances: 21.1 km & 10 km)

Note: The times in this half marathon look in order, but the 10 km is clearly short. Using the Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, six time comparisons produce a whopping figure of -22.07 sec/km – more than four times over the maximum allowable figure of -5 sec/km. Even when the most extreme negative figure for one of the six athletes is left out, the rest still shows -9.38 sec/km – almost double the allowable figure. The 10 km times are thus not acceptable for statistical purposes. – Ed.

#### Half marathon

##### MEN

1 Siyabonga Nkonde (Boxer) 1:06:51; 2 Silindile Gubese (Phantane) 1:07:31; 3 Siphon Mbanjwa (Phantane) 1:09:03; 4 Henri Schoeman (Ind) 1:11:20; 5 Malusi Dlomo (Nedbank) 1:15:02.

**40-49**: 1 Michael Ndlovu (Ethekwini) 1:19:38. **50-59**: 1 Shaun Meiklejohn (Orion) 1:26:49. **60+**: 1 Aubrey Roberts (Westville) 1:32:19.

## WOMEN

1 Slindile Chili (Chesterville) 1:31:30; 2 Lisa Collett (Nedbank) 1:33:18; 3 Stephane Montgomery (Faku Chiefs) 1:36:47; 4 Simone Verster (Savages) 1:36:51; 5 Jo Mackenzie (Mtunzini) 1:37:11 (1<sup>st</sup> vet).

**40-49:** 1 Jo Mackenzie (Mtunzini) 1:37:11. **50-59:** 1 Mary Xolisile Mwelase (Phuma) 1:53:15. **60+:** 1 Sheree Kirsten (Westville) 1:56:04.

**10 km**

## MEN

1 Bonginkosi Zwane (Phantane) 28:41; 2 Nkosinathi Sibiya (Phantane) 29:15; 3 Sikhumbuzo Seme (Phantane) 30:08.

**40-49:** 1 Nkosi Mhlongo (Umkomaas) 43:52. **50-59:** 1 Bradley Sander (uMhlathuze) 51:43. **60+:** 1 David Flood (Nedbank) 59:58.

## WOMEN

1 Caylee Ellero (Bluff) 39:30; 2 Geraldine Von Fintel (Ind) 47:00; 3 Julia Rutherford (Ind) 48:38.

**40-49:** 1 Dawn Mackay (Queensburgh Harriers) 52:19. **50-59:** 1 Margie Liddiatt (Riverside Harriers) 1:13:06.

**Cashkows Onrus 10 km**

Onrus, 19 December

(Loop course. Weather: cool early on, warm and humid later, light wind. Finishers: 347 [six down from 353 last year].)

Note: Brothers Nadeel and Adrian Wildschutt finished second and third last year behind Justin Fritz. Master Elmarie Coetzee beat all the veterans as well as the masters. – Ed.

## MEN

1	Nadeel	Wildschutt	Ceres AC	31:25 (R500)
2	Adrian	Wildschutt	Ceres AC	31:30 (R300)
3	Justin	Fritz	Ceres AC	31:50 (R200)
4	Masande	Mlonyeni	Sanlam	34:25
5	Quinton	Pedro	Ceres AC	34:26
6	Jimmy	Bonjesi	Whalers	35:39
7	Barry-John	Pienaar	Sanlam	36:05
8	Brink	Coetzee	Temp	36:09
9	Reagan	Rooi	Ceres AC	36:11
10	Ignatious	Matema	Whalers	36:22

(Prize money was the same for all age categories except 70+: R200, R150, R100.)

**Veterans:**

1	Henry	Wolstenholme	Durbac AC	36:53
2	Marius	Nel	West Coast	39:16
3	John	Sepember	Itheko	39:20

**Masters:**

1	Sollie	Van Rooyen	Worcester	36:58
2	Thomas	Moses	Worcester	40:51
3	Frank	Gillion	Whalers	42:05

**G'masters:**

1	Kosie	Botha	Correct Serv	42:37
2	Jonathan	Kriel	Paarl	48:51
3	Chris	Louwrens	Brackenfell	49:00

**G/g'masters:**

1	Roelof	Van Weele	Whalers	54:31 (R150)
2	Hugh	Waters	Whalers	62:33 (R100)

**Juniors:**

1	Nadeel	Wildschutt	Ceres AC	31:25
2	Adrian	Wildschutt	Ceres AC	31:30
3	Brink	Coetzee	Temp	36:09

**WOMEN (Same prize money as men)**

1	Danette	Smith	FNB Multisport	40:07
2	Jana	Le Roux	Nedbank	41:03
3	Tanya	Posthumus-Fox	Cent City AC	41:05
4	Candyce	Hall	Carbineers	41:58
5	Marguerite	Coetzee	Temp	42:15
6	Elmarie	Coetzee	FNB Multisport	42:59
7	Sharon	Sunderland	West Coast	43:12
8	Angelique	Rabie	Carbineers	44:52
9	Ashleigh	Simonis	Carbineers	44:54
10	Evonne	Nieuwoudt	Paarl	45:15

**Veterans:**

1	Sharon	Sunderland	West Coast	43:12
2	Angelique	Rabie	Carbineers	44:52
3	Evonne	Nieuwoudt	Paarl	45:15

**Masters:**

1	Elmarie	Coetzee	FNB Multisport	42:59
2	Paola	Vignani	ITA/Montagu	45:22
3	Tersie	Bosman	Temp	47:45

**G'masters:**

1	Hanlie	Lötter	Temp	52:29
2	Norma	Wheeler	Whalers	60:25
3	Annalene	Botha	Brackenfell	60:55

**G/g'masters:**

1	Veronica	Van Niekerk	EGA	51:13
2	Thea	Kruger	Whalers	56:59

**Juniors:**

1	Jana	Le Roux	Nedbank	41:03
2	Marguerite	Coetzee	Temp	42:15
3	Ashleigh	Simonis	Carbineers	44:54

**Drommedaris 10 km**

Port Elizabeth, 19 December

**MEN**

1	Melikhaya	Frans	Tinarha AC	25	31:45
2	Renier	Grobler	Nedbank RC AGN	32	32:48
3	Carlive	Peterson	Temp	23	39:23
4	Robbie	Stander	RWFL NWN	36	40:28
5	Leon	Loubser (1 <sup>st</sup> vet)	Nedbank RC	41	40:31
6	Sadrick	Grootboom	Transnet Eng EP	34	40:38
7	Stephen	Weyers	Temp	41	41:30
8	Stefan	Van Niekerk	Temp	28	41:32
9	Simphiwe	Saul	Nedbank RC	29	41:48
10	Deon	Verster	Magnolia RR	27	43:19
11	Jarryd	Heugh	Achilles AAA	23	43:55
12	Luciano	Daniels	Temp	31	44:14

13	Zandisile	Cweya	Nedbank RC	35	44:18
14	Frank	Piron (1 <sup>st</sup> mast)	Charlo AC	52	44:19
15	Thando	Majola (1 <sup>st</sup> jun)	Temp	16	45:15
16	Mkhululi	Manyala	Nedbank RC	34	45:39
17	Mark	Murray	Temp	28	45:43
18	Louis	Daniels	Temp	58	46:09
19	Wessel	Wolmarans	Nedbank RC	37	46:12
20	Adriaan	Jonker	JQ	50	46:14
<b>40-44:</b>					
1	Leon	Loubser	Nedbank RC	41	40:31
2	Stephen	Weyers	Temp	41	41:30
3	Thembinkosi	Jumba	SAPS AC EP	41	47:34
<b>45-49:</b>					
1	Peter	Parker	Temp	46	51:03
2	Freddie	Jacobs	Nedbank RC	48	52:38
3	James	Parker	Temp	49	53:27
<b>50-54:</b>					
1	Frank	Piron	Charlo AC	52	44:19
2	Adriaan	Jonker	JQ	50	46:14
3	Gavin	Steyl	JCC	52	47:09
<b>55-59:</b>					
1	Louis	Daniels	Temp	58	46:09
2	Lats	Tuboly	Temp	55	46:27
3	Jan	Van Eeden	Nedbank RC	57	47:52
<b>60-64:</b>					
1	Christopher	Agenbag	Temp	62	54:08
2	Leon	Leonard	Temp	63	54:31
3	Kosie	Van Vuuren	FITCG	61	54:53
<b>65-69:</b>					
1	Syd	Lippstreu	Crusaders AC	67	52:32
2	Andre	Fourie	Nedbank RC	68	1:10:28
3	Andre	Geldenduys	Temp	66	1:13:30
<b>70-74:</b>					
1	Hannes	Bisschoff	Vodashop Kimrr	71	55:18
2	Albert	Venter	Temp	74	1:18:40
<b>Juniors:</b>					
1	Thando	Majola	Temp	16	45:15
2	Murray	Agenbag	Temp	19	47:00
3	Cecil	Harley	Temp	19	49:51
<b>WOMEN</b>					
1	Ntombesintu	Mfunzi	Nedbank RC	33	37:23
2	Charné	Bosman (1 <sup>st</sup> vet)	Nedbank RC AGN	40	37:43
3	Siphokazi	Nojoko	Motherwell AC	21	39:52
4	Deliwe	Nyanga	Nedbank RC	26	42:25
5	Megan	Gerber (1 <sup>st</sup> jun)	Temp	16	43:21
6	Anel	Labuschagne	Kempton RR	34	44:52
7	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	55	45:28
8	Trudie	Vermeulen	Temp	46	46:15
9	Beatie	Grober	Temp	28	47:09
10	Nomakhosi	Ntliziyo	Youth FC AC	17	47:13
11	Rinda	Vermeulen	Temp	35	49:15
12	Melinda	Venter	Temp	37	49:18
13	Suzanne	Cilliers	Temp	20	50:04
14	Joan	Viljoen	Nedbank RC	21	50:23
15	Chantal	Groenewald	Temp	32	51:11

16	Beanel	Lourens	Temp	16	52:24
17	Melanie	Lambrechts	Temp	24	52:26
18	Charmaine	Van der Walt	Nedbank Ach	56	52:28
19	Jackie	Jones	Temp	41	52:46
20	Suzette	Victor	Madiba BW	45	52:54
<b>40-44:</b>					
1	Charné	Bosman	Nedbank RC AGN	40	37:43
2	Jackie	Jones	Temp	41	52:46
3	Lesley Ann	Bush	Despatch AC	43	53:09
<b>45-49:</b>					
1	Trudie	Vermeulen	Temp	46	46:15
2	Suzette	Victor	Madiba BW	45	52:54
3	Anne	De Swardt	Temp	47	53:40
<b>50-54:</b>					
1	Yvonne	Van Rensburg	Temp	54	58:27
2	Elizna	Basson	Despatch AC	52	58:28
3	Denise	Ferreira	Crusaders AC	54	1:01:41
<b>55-59:</b>					
1	Janette	Schierz-Crusius	Body Concept	55	45:28
2	Charmaine	Van der Walt	Nedbank Ach	56	52:28
3	Amanda	Wolmarans	Walmer AC	57	53:53
<b>60-64:</b>					
1	Mart	Claassen	Temp	60	1:11:27
2	Elsa	Gomez	Temp	63	1:13:08
3	Amanda	Bezuidenhout	Temp	61	1:16:32
<b>65-69:</b>					
1	Cora	Van der Wath	Temp	65	56:53
<b>Juniors:</b>					
1	Megan	Gerber	Temp	16	43:21
2	Nomakhosi	Ntliziyo	Youth FC AC	17	47:13
3	Beanel	Lourens	Temp	16	52:24

### Growthpoint Properties Sundowner 10 km

Cape Town, 17 December

(Certified loop course with 2 km out-and-back section at beginning and end. Weather: warm, very little wind. Finishers: 2544 [slightly up from 2533 last year].)

#### MEN

1. Jeromy Andreas (UJ) 30:30
2. Sibusiso Madikizela (Ind) 30:32
3. Anthony Timoteus (UWC) 30:33

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 32:38; 2. Thembelani Zola (Ind) 33:24; 3. Nicholas Rupanga (ZIM/Celtic) 35:14. **Masters:** 1. Eric Coetzee (FNB) 35:57; 2. Monde Tutani (Gugs) 37:12; 3. Zolani Ntsodo (SANDF) 39:09. **G'masters:** 1. Muhammad Kriel (Ommie) 40:14; 2. Robbie Lindsay (Ned) 40:59; 3. Garry Wilford (Durb) 43:26. **Juniors:** 1. Lukhanyo Nobakada (VOB) 34:11; 2. Juwayden Baartman (Eerste) 34:25; 3. Shaun Tobias (Rob) 34:58.

#### WOMEN

1. Nolene Conrad (KPMG) 33:51
2. Lena Lötter (Ned) 34:33
3. Tish Jones (GBR) 35:31

**Veterans:** 1. Sandra van Graan (Edge) 40:23; 2. Obertina Kanyongo (ZIM/WC) 40:25; 3. Busisiwe Matiwane (Celtic) 41:55. **Masters:** 1. Ester Brink (Strand) 42:46; 2. Mariëtte Strauss (Tyger) 43:28; 3. Kathy McQuaide (Celtic) 47:41. **G'masters:** 1. Nancy Will (Pine) 46:20; 2. Helen du Plessis (Brack) 50:36; 3. Joy Riviera (SH) 62:58. **Juniors:** 1. Ashleigh Simonis (Carb) 38:41; 2. Lara Rossouw (Stell) 43:58; 3. Sophie Cope (SH) 45:12.

### Knysna Marathon Club 10 km Nite Race

Knysna, 16 December

(Loop course. Finishers: 352 [slightly down from 368 last year].)

#### MEN

1	Charles Nel	Ind	24	31:43
2	Elfonzo Pieterse	Nedbank	26	31:49
3	Godwin Heyns	Nedbank	17	33:16
4	Dullan Solomons	Nedbank	17	33:22
5	Donavan Jantjies	Outeniqua Harriers	17	33:47
6	Lindile Tokota	Nedbank	48	34:02
7	Wilhelm Steyn	TBC	36	34:36
8	Archie Boome	KMC	17	35:14
9	Barend Vorster	Marais Viljoen	18	36:01
10	Melikhaya Msizi	KMC	32	36:24

#### Veterans:

1	Lindile Tokota	Nedbank	34:02
2	Eddie Mouton	Nedbank	39:19
3	Phillip Ntiyo	Sedgefield Striders	41:02

#### Masters:

1	Didier Oesch	RAC	37:46
2	Patrick Peters	SANDF	38:02
3	Samuel Windvogel	Outeniqua Harriers	42:37

#### G'masters:

1	Jan du Toit	Hartenbos Drawwers	45:47
2	Peter Jakoby	KMC	47:22
3	Attie Barnard	Berts Bricks	51:23

#### G/g'masters:

1	Dave Edge	Sedgefield Striders	53:07
2	David Morgan-Smith	KMC	1:13:10
3	Thomas Meijers	Kudus	1:15:13

#### Juniors:

1	Godwin Heyns	Nedbank	33:16
2	Dullan Solomons	Nedbank	33:22
3	Donovan Jantjies	Outeniqua Harriers	33:47

#### WOMEN

1	Andrea Steyn	TBC	31	38:56
2	Mitsie Vd Westhuizen	Ind	40	39:57
3	Cecilia Nel	Nedbank	33	40:03
4	Anastasia Plaatjies	Outeniqua Harriers	19	40:45
5	Macnita Samuels	KMC	18	41:11
6	Laune Meyer	Nwu Pukke	22	42:00
7	Davera Magson	Nedbank EPA	41	42:07
8	Kirsten Gohl	Ind	25	42:14
9	Lisl Grobler	KMC	39	42:22
10	Ursula Turck	Strand	43	43:00

**Veterans:**

1	Mitsie v.d. Westhuizen	Temp	39:57
2	Davera Magson	Nedbank EPA	42:07
3	Ursula Turck	Strand	43:00

**Masters:**

1	Mia Anfield	Discovery Vitality	58:24
2	Audrey Thomas	KMC	1:03:00
3	Sharon Brown	KMC	1:03:24

**G'masters:**

1	Mariet Horn	KMC	58:11
2	Diane Duggan	Melkbos	59:32
3	Jane Mouton	Cape Multisport Eden	1:12:10

**G/g'masters:**

1	Norma Soule	KMC	1:19:58
2	Jean Merrills	Sedgefield Striders	1:24:14

**Juniors:**

1	Anastacia Plaatjies	Outeniqua Harriers	40:45
2	Macnita Samuels	KMC	41:11
3	Brittney-Ann Meyer	Outeniqua Harriers	43:42

**Reconciliation Day 10 km**

Guguletu, 16 December

(Certified loop course. Weather: cool early on, warm and humid later. Finishers: 1160 [down from 1225 last year].)

**MEN**

1. Jerome Andreas (UJ) 30:24 (R1500)
2. Anthony Timoteus (UWC) 30:37 (R1050)
3. Sibusiso Madikizela (Ind) 30:48 (R750)

**Veterans:** 1. Thembelani Zola (Ind) 34:57 (R450); 2. Graham Katzen (Celtic) 35:05 (R300); 3. Sabelo Ngcwama (Celtic) 35:59 (R150). **Masters:** 1. Eric Coetsee (FNB) 34:37 (R375); 2. Zolani Ntsodo (SANDF) 38:18 (R300); 3. Willie Baartman (SH) 42:17 (R150).

**G'masters:** 1. Brian Collier (AAC) 42:59 (R225); 2. Stephen Granger (VOB) 45:03 (R150); 3. Albert Williams (Top) 46:12 (R75). **Juniors:** 1. McMarshall Hartzenberg (Eerste) 31:18 (R750); 2. Rowaldo Ratz (Eerste) 31:33 (R600); 3. Lukhanyo Nobakada (VOB) 31:44 (R450).

**WOMEN (Same prize money as men)**

1. Zintle Xiniwe (FNB) 36:26
2. Ashleigh Simonis (Carb) 37:18 (1<sup>st</sup> jun)
3. Pamela Moyikwa (VOB) 38:54

**Veterans:** 1. Sandra van Graan (Edge) 40:31; 2. Obertina Kanyongo (ZIM/WC) 40:48; 3. Sharon Sunderland (WC) 41:23. **Masters:** 1. Mariëtte Strauss (Tyger) 42:38; 2. Olga Howard (Celtic) 44:36; 3. Lollos Rodseth (Durb) 47:57. **G'masters:** 1. Nancy Will (Pine) 48:01; 2. Helen du Plessis (Brack) 49:19; 3. Ruth Leverton (Pine) 51:11. **Juniors:** 1. Ashleigh Simonis (Carb) 37:18; 2. Pamela Moyikwa (VOB) 38:54; 3. Busisiwe Gwala (VOB) 39:07.

**Avbob 15 km (35th)**

Table View, 12 December

(Certified loop course. Finishers: 684 [almost half last year's 1222].)

Note: A dramatic decrease in the number of finishers here. Second-placed Tania Posthumus-Fox, in her first race since coming back from an injury, scored a PB. – Ed.

**MEN**

1	Vuyolwethu	Mbukushe	Gugs	24	47:21
2	Nkosinathi	Sotyantya	Itheko	23	47:42
3	Siviwe	Nkombi	Itheko	27	47:56
4	Phumlani	Nxusani	Nedbank	30	48:27
5	Samuel	Van der Merwe	Bellville	17	48:33
6	Reuben	Mhashu	Hout Bay	26	49:37
7	Virgina	Ngudlumana	Itheko	26	50:57
8	Babalo	Hambi	Itheko	21	51:14
9	Bulelani	Bhebha	VOB	30	51:19
10	Marks	Mpekula	VOB	27	51:25

**Veterans:**

1	Xolile	Macanda	Gugs	54:50
2	Bongani	Mdlalose	SANDF	55:21
3	Japhta	Nero	Swartland	56:43

**Masters:**

1	Eric	Coetzee	FNB	54:25
2	Monde	Tutani	Gugs	56:01
3	Ludwig	Lillie	Durbac	61:55

**G'masters:**

1	Muhammad	Kriel	Ommiedraai	60:47
2	Piet	Smit	Swartland	65:04
3	Albert	Williams	Topform	69:42

**G/g'masters:**

1	Ronnie	Le Roux	Brackenfell	74:05
2	M	Lamminga	West Coast	83:53
3	Kaare	James	Pinelands	88:04

**Juniors:**

1	Samuel	Van der Merwe	Bellville	48:33
2	A	Kwatsha	Gugs	55:18
3	Martin	Makumba	Hout Bay	60:00

**WOMEN**

1	Ebeth	Marais	Maties	20	57:49
2	Tanya	Posthumus-Fox	Century City	35	61:25 PB
3	Pamela	Moyikwa	VOB	19	61:51
4	Obertina	Kanyongo	ZIM/West Coast	40	62:53
5	Busisiwe	Matiwane	Celtics	40	63:10
6	Maritsa	Kotze	Bellville	33	64:49
7	Marlize	Vienings	Edgemead	40	65:05
8	Jana	Trojan	CZE/VOB	48	66:43
9	Madele	Du Plessis	Edgemead	27	66:56
10	Elizabeth	Brink	Durbac	41	67:06

**Veterans:**

1	Obertina	Kanyongo	ZIM/West Coast	1:02:53
2	Busisiwe	Matiwane	Celtics	1:03:10
3	Marlize	Vienings	Edgemead	1:05:05



**Masters:**

1	Thelma	Naude	West Coast	1:13:51
2	Dawn	Saunders	Helderberg	1:15:23
3	Tina	Harkett	AAC	1:15:56

**G'masters:**

1	Nancy	Will	Pinelands	1:11:05
2	Micky	Elliott	MSM	1:29:10
3	Joy	Riviera	Spartan Harriers	1:33:14

**G/g'masters:**

1	Marlene	James	Pinelands	1:34:30
2	Wilbe	Fourie	Strand	1:40:57
3	Mabel	Olivier	Strand	1:47:21

**Juniors:**

1	Pamela	Moyikwa	VOB	1:01:51
2	Busisiwe	Gwala	VOB	1:09:44
3	Razaan	Kamaldien	MSM	1:13:30

**Bay West Mall 10 km**

Port Elizabeth, 12 December

(Finishers: 317)

**MEN**

1	Amos	Nyongo	Transnet Eng EP	29	30:46
2	Melikhaya	Frans	Tinarha AC	25	31:17
3	Mariano	Eesou	Madibaz AC	24	31:57
4	Sibusiso	Thu	Transnet Port Term AC	27	33:18
5	George	Ntshiliza	Bluewater Bay	36	33:19
6	Sinathi	Mafa	SAPS AC EP	24	34:00
7	Mila	Pasiya	Nedbank RC EP	36	34:07
8	Sinethemba	Mirele (1 <sup>st</sup> jun)	Transnet Eng EP	15	35:09
9	Terrance	Mjekula (1 <sup>st</sup> vet)	Charlo AC	43	35:24
10	Lindisipho	Mxhwashula	Motherwell AC	18	36:03
11	Talent	Mudyawabikwa	Temp	30	36:29
12	Juwayne	Fletcher	Charlo AC	25	36:31
13	Desmond	Zibi (1 <sup>st</sup> mast)	Achilles AAA	52	36:58
14	Kenneth	Menze	Bluewater Bay	54	37:05
15	Khayelihle	Ncube	Nedbank RC EP	29	37:49
16	Ruan	Jonck	Kovsies AC	18	38:16
17	Kobus	Joubert	Kouga Multi SC	40	38:34
18	Michael	Charlie	Motherwell AC	49	38:47
19	Ruan	Smalberger	St Albans CS EP	25	39:13
20	Thembinkosi	Hambiyani	Nedbank RC EP	43	40:29

**40-44:**

1	Terrance	Mjekula	Charlo AC	43	35:24
2	Kobus	Joubert	Kouga Multi SC	40	38:34
3	Thembinkosi	Hambiyani	Nedbank RC EP	43	40:29

**45-49:**

1	Michael	Charlie	Motherwell AC	49	38:47
2	Shaun	Attenborough	Charlo AC	47	42:34
3	Riaan	Kock	Temp	45	42:46

**50-54:**

1	Desmond	Zibi	Achilles AAA	52	36:58
2	Kenneth	Menze	Bluewater Bay	54	37:05
3	Colben	Ngcupe	Motherwell AC	52	41:41

**55-59:**

1	Efese	Peter	SANDF AC EP	55	42:46
2	Christopher	Nyodi	Bluewater Bay	57	47:35
3	Clifford	Hicken	Nedbank RC EP	58	48:21

**60-64:**

1	Elvis	Galela	Madibaz AC	63	42:51
2	Donald	Mancasa	Transnet Eng EP	61	53:49
3	Mbulelo	Sobikwa	Madibaz AC	61	55:08

**65-69:**

1	Hannes	Els	Madiba Bay Warriors AC	65	43:13
2	Syd	Lippstreu	Crusaders AC	67	51:05
3	Andre	Fourie	Nedbank RC EP	68	1:02:30

**70-74:**

1	Ron	Clark	Bluewater Bay	72	52:14
2	Herman	Dekker	SAPS AC EP	70	1:09:11
3	Brian	Smith	PEAAC	72	1:19:24

**75-79:**

1	Henry	Human	VW AC	76	1:12:43
2	John	Peart	Nedbank RC EP	79	1:45:29

**Juniors:**

1	Sinethemba	Mirele	Transnet Eng EP	15	35:09
2	Lindisipho	Mxhwashula	Motherwell AC	18	36:03
3	Ruan	Jonck	Kovsies AC	18	38:16

**WOMEN**

1	Ntombesintu	Mfunzi	Nedbank RC EP	33	38:09
2	Davera	Magson (1 <sup>st</sup> vet)	Nedbank RC EP	41	42:45
3	Asanda	Solani	Vukani MS	32	43:12
4	Jamie-Lee	Schlemmer (1 <sup>st</sup> jun)	Madibaz AC	19	43:22
5	Leigh-Ann	Bowden	Midrand AC	41	44:15
6	Margie	Saunders (1 <sup>st</sup> g'mast)	Nedbank RC EP	62	44:40
7	Grizelda	Pietersen	Malabar AC	47	46:22
8	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	55	47:01
9	Terray	Newcombe	Elite AC	24	47:09
10	Jene	Banfield	Run For Life EP	45	47:15
11	Ansel	Smit	Temp	22	48:16
12	Camarin	Van Eyk	Nedbank RC EP	33	48:27
13	Sime	Baynes	Elite AC	32	48:28
14	Ludine	Williams	Malabar AC	28	50:23
15	Toegeda	Vyver	Nedbank RC EP	43	50:25
16	Lexie	Byrne	Temp	25	51:44
17	Belinda	Bain	Charlo AC	53	53:18
18	Lundi	Meyer	Temp	31	53:19
19	Lesley Ann	Bush	Despatch AC	43	53:21
20	Vicki	Oelofse	Schools EPA	15	53:39

**40-44:**

1	Davera	Magson	Nedbank RC EP	41	42:45
2	Leigh-Ann	Bowden	Midrand AC	41	44:15
3	Toegeda	Vyver	Nedbank RC EP	43	50:25

**45-49:**

1	Grizelda	Pietersen	Malabar AC	47	46:22
2	Jene	Banfield	Run For Life EP	45	47:15
3	Suzette	Victor	Madiba Bay Warriors AC	45	54:01

**50-54:**

1	Belinda	Bain	Charlo AC	53	53:18
2	Miemsie	Swanepoel	Elite AC	54	59:33

3	Elizna	Basson	Despatch AC	52	1:00:27
<b>55-59:</b>					
1	Janette	Schierz-Crusius	Body Concept	55	47:01
2	Rosemary	Joubert	Crusaders AC	55	56:25
3	Lynette	Crause	Walmer AC	55	58:39
<b>60-64:</b>					
1	Margie	Saunders	Nedbank RC EP	62	44:40
2	Jos	Els	Madiba Bay Warriors AC	63	1:03:20
3	Gerrie	Dimitriou	Temp	60	1:05:23
<b>65-69:</b>					
1	Jeanette	Pienaar	PEAAC	67	1:07:42
2	Christine	Fourie	Elite AC	69	1:08:37
<b>70-74:</b>					
1	Ronelle	Steyn	Nedbank RC EP	71	1:10:31
<b>75-79:</b>					
1	Dorothy	Hart	Madibaz AC	77	1:22:13
<b>Juniors:</b>					
1	Jamie-Lee	Schlemmer	Madibaz AC	19	43:22
2	Vicki	Oelofse	Schools EPA	15	53:39
3	Monique	Van Willing	Despatch AC	17	59:37

### **Palm Tyres Half Marathon & 10 km**

George, 12 December

(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon – 112 [down from 148 last year]; 10 km – 157 [up from 132].)

Note: Melissa van Rensburg, who also won the race in 2014, finished fifth overall in the half marathon and Anamarie Pretorius eighth. In the 10 km veteran Jacquie van der Waals also successfully defended her title and was tenth overall. – Ed.

#### **Half marathon**

##### **MEN**

1	Elfonzo Pieterse	Nedbank	26	1:15:21
2	Thabo Motete	Ind	27	1:19:09
3	Melikhaya Msizi	KMC	32	1:23:22
4	Didier Oesch	RAC	50	1:25:39
5	Marlon Mortlock	KMC	41	1:29:15
6	Handre Potgieter	Ind	37	1:34:45
7	Angelo Malgas	Rainbow	38	1:36:50
8	Bertie Janse v. Rensburg	Outeniqua Harriers	34	1:37:43
9	Eddie Mouton	Nedbank	41	1:38:25
10	Stephen Meijeis	Modern Athlete	54	1:39:41

##### **Veterans:**

1	Marlon Mortlock	KMC	1:29:15
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##### **Masters:**

1	Didier Oesch	RAC	1:25:39
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##### **G'masters:**

1	Jan du Toit	Hartenbos Drawwers	1:56:36
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##### **WOMEN**

1	Melissa van Rensburg	Nedbank	33	1:28:11
2	Anamarie Pretorius	Ind	45	1:35:17
3	Annatjie Botes	Nedbank	58	1:38:25
4	Alison Giliomee-Nell	Nedbank	35	1:41:56
5	Susna du Plessis	Nedbank CNW	44	1:49:32

6	Thoko Khanyile	Ind	35	1:49:50
7	Alison Jordaan	Nedbank	49	1:50:49
8	Carine Badenhorst	Nedbank	37	1:51:44
9	Elmien Nel	Nedbank	44	1:52:55
10	Romé Phillipson-Meyer	Hartenbos Drawwers	33	1:52:55

**Veterans:**

1	Susna du Plessis	Nedbank ACNW		1:49:30
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**Masters:**

1	Annatjie Botes	Nedbank		1:38:25
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**10 km****MEN**

1	Godwin Heyns	Nedbank	17	34:10
2	Allentino Kleynhans	Mossel Bay Harriers	17	34:15
3	Dullan Solomons	Nedbank	17	34:36
4	Jan Isaks	Rainbow	30	34:47
5	Curshwill Taylor	Nedbank	18	36:01
6	Aviwe Kinana	KMC	16	37:36
7	Walter Lutsch	Outeniqua Harriers	39	37:44
8	Jugene Maart	Nedbank	28	39:07
9	Awonke Komani	KMC	17	39:14
10	Kyle McKinnon	ARD	16	39:58

**Veterans:**

1	Aubrey Brinkhuis	KMC		43:32
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**Masters:**

1	Hermanus Jonkerman	Nedbank		40:03
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**G'masters:**

1	Bryan Hagan-Watson	Outeniqua Harriers		59:04
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**Juniors:**

1	Godwin Heyns	Nedbank		34:10
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**WOMEN**

1	Jacque van der Waals	Irene	41	39:22
2	Cecilia Nel	Nedbank	33	40:04
3	Andrea Biffi	ITA/Montagu	22	40:34
4	Lana Theunissen	Nedbank	43	41:37
5	Brittney-Ann Meyer	Outeniqua Harriers	15	43:25
6	Helga Matthee	Ind	40	44:19
7	Mellusca Toovey	Nedbank	26	44:24
8	Charmaine Lamprecht	Nedbank	32	44:52
9	Paola Vignani	ITA/Montagu	51	46:46
10	Carike Jacobs	Nedbank	39	46:50

**Veterans:**

1	Jacque van der Waals	Irene		39:22
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**Masters:**

1	Hester Willer	Outeniqua Harriers		52:52
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**G'masters:**

1	Liedie Coetzee	Plett AC		61:27
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**Juniors:**

1	Brittney-Ann Meyer	Outeniqua Harriers		43:25
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## Taalmonument Aandwedloop

Paarl, 9 December

(Distance: 10 km. Finishers: 282 [down from 361 last year].)

### MEN

1. Danzil Pause (East), 22, 34:46
2. Marks Mpekula (VOB), 27, 38:26
3. Deonlee Hendricks (Stell), 18, 39:42

### WOMEN

1. Isabelle Engelbrecht (Kovsies), 20, 50:10
2. Annemie Nieuwoudt (Ind), 19, 51:25
3. Romi Engelbrecht (Kovsies), 22, 53:36

## TRACK

### UCT Meeting

Cape Town, 21 December

Note: The meeting was held on the "new" Green Point track, in warm and windy conditions.

– Ed.

### MEN

1 mile:

1. Siboniso Soldaka (CPUT) 4:17.20
2. Heinrich Wagner (Celtic) 4:27.90
3. André Afrika (Eerste) 4:29.60
4. Raydon Balie (WR) 4:36.30
5. Darren Williams (Eerste) 4:47.50

5000:

1. Rowhaldo Ratz (Eerste) 14:53.36
2. McMarshall Hartzenberg (Eerste) 15:22.68
3. Ashley Smith (Celtic) 15:38.02
4. Aubrey Kotze (Eerste) 15:56.31
5. Christopher Peck (UNAF) 16:22.38

10000:

1. Raydon Balie (WR) 33:14.18
2. Jeandre September (Eerste) 36:12.82

### WOMEN

1 mile:

1. Anel Terblanche (FNB) 5:11.13
2. Charmaine Leung (Mil) 5:48.11
3. Julia Weinert (CPUT) 6:04.95

5000:

1. Nolene Conrad (KPMG) 16:20.31
  2. Leanda du Bruyn (FNB) 17:48.67
  3. Anneline Roffey (FNB) 17:52.38
  4. Ebeth Marais (Maties) 18:00.85
  5. Hanlie Jordaan (UWC) 19:57.32
-

## 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

#### NYRR Joe Kleinerman 10 km

Central Park, New York, USA, 9 January  
(Certified one-loop course; hilly)

MEN (net times)

- |   |       |       |
|---|-------|-------|
| 1. Audun Nordtveit, 27, NOR                     | 30:36 | ---   |
| 2. Harbert Okuti, 30, High Falls, NY (UGA)      | 31:12 | \$500 |
| 3. Tariku Abosete Bokan, 34, New York, NY (ETH) | 31:13 | 400   |

WOMEN (net times)

- |   |       |       |
|---|-------|-------|
| 1. Allie Kieffer, 28, New York, NY        | 35:13 | \$500 |
| 2. Sarah Cummings, 27, New York, NY       | 35:34 | 400   |
| 3. Grace Kahura, 22, High Falls, NY (KEN) | 36:05 | 300   |
| 4. Ashleigh Simonis, 17, RSA              | 36:54 | ---   |

#### Ooredoo Doha Marathon

Doha, QAT, 8 January  
(Distances: 42.195 km [out and back course] & 21.1 km)

#### Marathon (gun times)

MEN

- |                         |         |
|-------------------------|---------|
| 1. Amos Maindi, KEN     | 2:21:21 |
| 2. John Roni Evans, KEN | 2:25:10 |
| 3. Andrew Jones, GBR    | 2:28:31 |

WOMEN

- |                                    |         |
|------------------------------------|---------|
| 1. Pamela Chepkoech Bundotich, KEN | 2:58:41 |
| 2. Caroline Drew, GBR              | 3:22:57 |
| 3. Suzette Vermaak-McIvor, RSA     | 3:24:07 |

#### Half marathon (gun times)

MEN

- |                           |         |
|---------------------------|---------|
| 1. Benard Korir, KEN      | 1:07:28 |
| 2. Isaiah Mamai, KEN      | 1:11:04 |
| 3. Mohsen Alzaytouni, QAT | 1:12:15 |

WOMEN

- |                            |         |
|----------------------------|---------|
| 1. Nicoleta Hodorozea, ROU | 1:33:50 |
| 2. Francesca Wilkin, NZL   | 1:41:20 |
| 3. Chloe Stevenson, RSA    | 1:41:39 |

#### Adana Half Marathon (6th)

Adana, TUR, 3 January  
(Distance: 21.1 km)

MEN (gun times)

- |                                 |               |
|---------------------------------|---------------|
| 1. Barselius KIPYEGO, 1993, KEN | 1:00:46 PB/WL |
|---------------------------------|---------------|

- |                                      |            |
|--------------------------------------|------------|
| 2. Paul Kipkemei KIPKORIR, 1982, KEN | 1:00:57 PB |
| 3. Stephen Omiso ARITA, 1988, KEN    | 1:01:15    |
| 4. Youssef NASIR, 1990, MAR          | 1:02:40 PB |
| 5. Chakir BOUJATTAOUI, 1983, MAR     | 1:02:40 PB |

## WOMEN (gun times)

- |                                       |            |
|---------------------------------------|------------|
| 1. Ababel Yeshaneh BIRHANE, 1991, ETH | 1:09:36 WL |
| 2. Visiline JEPKESHO, 1989, KEN       | 1:09:43    |
| 3. Lucy CHERUIYOT, 1997, KEN          | 1:12:23 PB |
| 4. Esmā AYDEMIR, 1992, TUR            | 1:12:26 PB |
| 5. Meryem ERDOGAN, 1990, TUR          | 1:12:27    |

**Xiamen International Marathon** (13th)

(IAAF Gold Label Road Race)

Xiamen, CHN, 2 January

(Distance: 42.195 km; AIMS certified out-and-back course)

## MEN (gun times)

- |                            |         |             |
|----------------------------|---------|-------------|
| 1. Vincent Kipruto, KEN    | 2:10:18 | USD 25,000* |
| 2. Shura Kitata, 1996, ETH | 2:10:20 | 15,000*     |
| 3. Feyisa Bekele, ETH      | 2:11:09 | 7,000*      |

\*) Prize money was reduced for times slower than 2:09 (1st place), 2:10 (2nd) and 2:11 (3rd)

## WOMEN (gun times)

- |                        |            |            |
|------------------------|------------|------------|
| 1. Worknesh Edesa, ETH | 2:24:04 PB | USD 40,000 |
| 2. Marta Lema, ETH     | 2:24:32 PB | 20,000     |
| 3. Fantu Eticha, ETH   | 2:26:53    | 10,000     |

**San Silvestre Vallecana** (51st)

Madrid, ESP, 31 December

(Distance: 10 km; certified point-to-point course with 55 m elevation loss [EXTREMELY aided, not record-standard].)

## INTERNATIONAL MEN

- |   |          |
|---|----------|
| 1. Kaan Kigen Özbilen, 1986, TUR (Nike)     | 27:35    |
| 2. Evan Jager, 1989, USA (Nike Bowerman TC) | 28:54 PB |
| 3. Ilias Fifa, 1989, ESP (FC Barcelona)     | 28:56    |
| ... 21. Ezekiel Kemboi, 1982, KEN (Nike)    | 30:36    |

## INTERNATIONAL WOMEN

- |  |       |
|--|-------|
| 1. Linet Masai, 1989, KEN (Nike)       | 31:38 |
| 2. Clemence Calvin, 1990, FRA (Nike)   | 32:41 |
| 3. Iwona Lewandowska, 1985, POL (Nike) | 32:53 |

**Corsa Internazionale di San Silvestro "Boclassic"** (40th)

Bolzano, ITA, 31 December

(Distances: Men, 10.05 km [8 laps]; women, 5.05 km [4 laps]. Course: 1250 m circuit, flat with sharp turns and cobblestone surfaces.)

## MEN (extended gun times)

- |                            |         |
|----------------------------|---------|
| 1. Tamirat Tola, 1991, ETH | 28:28.2 |
| 2. Muktar Edris, 1994, ETH | 28:44.9 |

- |                              |         |
|------------------------------|---------|
| 3. Imane Merga, 1988, ETH    | 28:56.6 |
| 4. Jairus Birech, 1992, KEN  | 28:58.0 |
| 5. Zane Robertson, 1989, NZL | 28:59.3 |

## WOMEN (extended gun times)

- |  |         |
|--|---------|
| 1. Netsanet Gudeta, 1991, ETH              | 15:57.8 |
| 2. Janet Kisa, 1992, KEN                   | 16:02.8 |
| 3. Viola Kibiwot, 1983, KEN                | 16:08.4 |
| 4. Elinor Kirk, 1989, GBR                  | 16:32.2 |
| 5. Margherita Magnani, 1987, Fiamme Gialle | 16:36.8 |

**São Silvestre Road Race** (91st)

São Paulo, BRA, 31 December

(Distance: 15 km; one-loop course with negligible start/finish separation)

## MEN (gun times)

- |  |                                   |
|--|-----------------------------------|
| 1. Stanley Biwott, KEN (Nike)              | 44:31 PB BRL 80,000 (=USD 20,207) |
| 2. Leul Gebresilase Aleme, ETH (Fila)      | 44:34 PB 40,000                   |
| 3. Feyisa Lilesa Gemechu, ETH (Nike)       | 44:38 PB 24,000                   |
| 4. Edwin Kipsang Rotich, KEN (Fila)        | 44:41 18,000                      |
| 5. Giovanni dos Santos (Pe De Vento Caixa) | 44:58 13,000                      |

## WOMEN (gun times)

- |   |                                |
|---|--------------------------------|
| 1. Wude Ayalew Yimer, ETH (Nike)                | 54:01 BRL 80,000 (=USD 20,207) |
| 2. Delvine Relin Meringor, KEN (Luasa)          | 54:03 40,000                   |
| 3. Failuna Abdi Matanga, TAN (Luasa)            | 54:11 24,000                   |
| 4. Sueli Pereira Silva (Cruzeiro)               | 54:15 18,000                   |
| 5. Joziane da Silva Cardoso (Pe De Vento Caixa) | 54:22 13,000                   |

**Corrida de São Silvestre** (60th)

Luanda, ANG, 31 December

(Distance: 10 km)

## MEN (gun times)

- |                              |       |
|------------------------------|-------|
| 1. Alex OLOITIPTIP, KEN      | 28:45 |
| 2. Daniel CHEBII, KEN        | 28:46 |
| 3. Edwin KIPYEGO, KEN        | 28:51 |
| 4. Edwin KIPTOO, KEN         | 28:52 |
| 5. Evans KURUI, KEN          | 28:57 |
| ... 19. Folavio SEHOHLE, RSA | 31:15 |

## WOMEN (gun times)

- |                               |       |
|-------------------------------|-------|
| 1. Jemima SUMGONG, KEN        | 32:15 |
| 2. Peres JEPCHIRCHIR, KEN     | 33:07 |
| 3. Polline WANJIKU NJERU, KEN | 33:16 |
| 4. Angela TANUI, KEN          | 33:55 |
| 5. Genet ROBI, ETH            | 33:57 |

**Sanyo Women's Road Race** (34th)

Okayama, JPN, 23 December

(Distances: 21.1 km &amp; 10 km)

**Half marathon**

- |                                 |             |
|---------------------------------|-------------|
| 1. Selly Kaptich Chepyego (KEN) | 1:08:17 CR* |
|---------------------------------|-------------|



2. Rei Ohara	1:09:17 PB
3. Pauline Kamulu (KEN)	1:09:44 PB
4. Yuka Ando	1:09:51 PB
5. Eloise Wellings (AUS)	1:09:56 PB
6. Mirai Waku	1:09:56 PB
7. Misaki Kato	1:10:17
8. Hiroko Miyauchi	1:10:27
9. Michi Numata	1:10:30
10. Reia Iwade	1:11:18 PB

### 10 km

1. Rosemary Monica Wanjiru (KEN)	32:03 PB
2. Felista Wanjugu (KEN)	32:24
3. Mariam Waithera Mururi (KEN)	32:34 PB
4. Grace Kimanzi (KEN)	32:46
5. Nao Yamamoto	33:01 PB

### Pisa City Marathon

Pisa, ITA, 20 December  
(Distance: 42.195 km)

#### MEN (gun times)

1. Youssef Sbaai, MAR	2:15:23
2. John Kipkorir Mutai, KEN	2:19:15
3. Carmine Buccilli, ITA	2:19:16

#### WOMEN (gun times)

1. Karin Freitag, AUT	2:42:56
2. Simona Staicu, HUN (40+)	2:44:31
3. Roberta Ferru, ITA (45+)	2:48:53

## CROSS-COUNTRY

### Great Edinburgh Cross-country (12th)

Edinburgh, Scotland, GBR, 9 January

OVERALL MATCH SCORE (all scoring events combined):

1. GBR	125 points
2. Europe	197
3. USA	232

INTERNATIONAL CHALLENGE: MEN (8 km)

Teams (score 6 athletes per team): 1. GBR, 36 points; 2. USA, 47; 3. EUR, 112.

Individual finishers:

1. 25:29	Garrett Heath, USA (USD 8000)
2. 25:31	Mo Farah, GBR (4500)
3. 25:38	Scott Fauble, USA (3500)
4. 25:41	Callum Hawkins, GBR (2500)
5. 25:43	Ross Millington, GBR (1750)

**INTERNATIONAL CHALLENGE: WOMEN (6 km)**

Teams (score 6 athletes per team): 1. EUR, 41 points; 2. GBR, 48; 3. USA, 100

## Individual finishers:

1. 21:05 Kate Avery, GBR (USD 8000)
2. 21:09 Fionnuala McCormack, EUR (4500)
3. 21:31 Gemma Steel, GBR (3500)
4. 21:38 Ancuta Bobocel, EUR (2500)
5. 21:39 Charlotte Arter, GBR (1750)

## JR. MEN (6 km):

1. 19:23 Alex YEE, GBR (USD 1000)
2. 19:25 Kevin MULCAIRE, EUR (750)
3. 19:32 Fabien PALCAU, EUR (750)

## JR. WOMEN (4 km):

1. 14:09 Bobby Clay, GBR (USD 1000)
2. 14:11 Harriet Knowles-Jones, GBR (750)
3. 14:12 Anne Emilie Moller, EUR (750)

**Campaccio Classica del Cross** (59th)

(IAAF Cross-country Permit Meeting)

San Giorgio su Legnano, ITA, 6 January

## SR. MEN (10 km)

- |                          |       |
|--------------------------|-------|
| 1. Imane Merga, ETH      | 28:50 |
| 2. Hasin Haji, ETH       | 28:50 |
| 3. Jairus Birech, KEN    | 28:54 |
| 4. Thomas Longosiwa, KEN | 29:03 |
| 5. Abraham Cheroben, KEN | 29:06 |

## SR. WOMEN (6 km)

- |                        |       |
|------------------------|-------|
| 1. Alice Aprot, KEN    | 18:56 |
| 2. Ruth Jebet, BRN     | 19:01 |
| 3. Linet Masai, KEN    | 19:02 |
| 4. Mercy Cheronon, KEN | 19:19 |
| 5. Sofia Assefa, ETH   | 19:30 |

**Cross Internacional Zornotza** (62nd)

Amorebieta, ESP, 4 January

## SR. MEN (9550 m):

1. Thomas AYEKO, 1987, UGA, 29:33
2. Timothy TOROITICH, 1991, UGA, 29:47
3. Moses KIBET, 1991, UGA, 29:50
4. Berhane AMANUEL, 1996, ERI, 30:34
5. Yemane HAILESELASSIE, 1998, ERI, 30:51

## SR. WOMEN (8700 m):

1. Mercy CHERONO, 1991, KEN, 31:51
2. Jessica ANDREWS, 1992, GBR, 32:06
3. Iris FUENTES-PILA, 1980, ESP, 32:13
4. Lidia RODRÍGUEZ, 1986, ESP, 32:14
5. Diana MARTÍN, 1981, ESP, 32:15

**Joker+ CrossCup Brussels** (23rd)

(Formerly Lotto CrossCup Brussels/IAAF Permit Meeting)  
Brussels, BEL, 20 December

## SR. MEN (10.5 km)

- |                           |       |
|---------------------------|-------|
| 1. Tasama Dame Faisa, ETH | 32:19 |
| 2. Patrick Ereng, KEN     | 32:44 |
| 3. Jeroen D'Hoedt, BEL    | 32:47 |
| 4. Nick Swinburn, GBR     | 32:53 |
| 5. Dickson Kurui, KEN     | 32:58 |

## SR. WOMEN (6 km)

- |  |       |
|--|-------|
| 1. Fionnuala McCormack (formerly Britton), IRL | 20:07 |
| 2. Maureen Koster, NED                         | 20:14 |
| 3. Debela Delesa Derartu, ETH                  | 20:23 |
| 4. Louise Carton, BEL                          | 20:27 |
| 5. Veerle Dejaeghere, BEL                      | 20:40 |

**INDOOR TRACK****Zoom! Yah! Yah! Indoor Marathon** (11th)

Northfield, USA, 10 January  
(Distance: 42.195 km on flat 280 m jogging track)

Note: This race takes place on the indoor recreational jogging track (not the competition track) at St. Olaf's College. Athletes run 150 laps, changing direction every 30 minutes to try to avoid blisters and other one-directional running injuries. – Ed.

## MEN

1. Eric Cogdill, Ankeny, IA, 2:56:56

## WOMEN

1. Jamie Blumentritt, Eagan, MN, 3:17:16

**Villanova Open**

New York, USA, 8 January

## WOMEN

3000: 1. Nokuthula Dlamini, Monroe College (RSA), 9:58.00; 2. Katie Fisher, Villanova (CAN), 10:05.45.

**NEWS****EATON AND DIBABA ON TOP OF THE WORLD**

Ashton Eaton and Genzebe Dibaba have been named the male and female IAAF World Athletes of the Year for 2015. Both athletes set world records last year, Eaton in the decathlon and Dibaba in the 1500 m, and won gold medals in these events at the IAAF World Champs in Beijing.

*Athletics International* reports that Eaton became the first decathlete to win the World Athlete of the Year award after his spectacular performance in the Chinese capital, his only decathlon of the year, when he set a world record of 9045. Notable among his individual events in Beijing was a 45.00 400 m at the end of the first day, the fastest one lap of the

track ever run within a decathlon.

Dibaba, after setting a world indoor 5000 m record of 14:18.86, was then unbeaten in her five 1500 m races during the summer. Firstly, she ran an African record of 3:54.11 in Barcelona, the fastest time in the world for almost twelve years, and then topped that with a stunning world record of 3:50.07 in Monaco to beat a mark that had been on the books since 1993. In Beijing, Dibaba was majestic through all three rounds of the 1500 m, winning every race comfortably, and she also took a 5000 m bronze medal.

"I am humbled and honoured to receive this award from the IAAF," said Dibaba. "It feels so good to be the World Athlete of the Year. After being a finalist and narrowly missing out on this award one year ago, I am very proud to be recognised by the fans and experts of our sport. I had a great season and truly enjoyed competing around the world, from Monaco where I managed to establish a world record, to Beijing where I finally captured my first world outdoor title. I would like to pay tribute to Dafne Schippers and Anita Wlodarczyk who have been incredible all year round. Maybe your time will come next year! Thank you to all the people who voted for me and supported me. My family, my sisters, my coaches, my partners, my agents and all the people from Ethiopia! My focus in 2016 will be the IAAF World Indoor Championships in Portland and as preparation for that I will try to break the world indoor mile record in Stockholm on 17 February. This is a difficult time for our sport and with the Athletes' Commission we stand together with Sebastian Coe as he deals with the challenges."

The other award winners: **IAAF Rising Star:** Abdul Hakim Sani Brown JPN (16; World Youth 100 m & 200 m champion in 10.28 & 20.34) and Candace Hill USA (16; also World Youth 100 m & 200 m champion; best times of 10.98 & 22.43). **IAAF Golden Shoe** (presented by adidas for the top performance at the IAAF World Champs): Almaz Ayana ETH in the 5000 m. **IAAF Coaching Achievement:** Bart Bennema NED (38-year-old former international decathlete, best known as coach to Dafne Schippers). **IAAF World Journalist:** Pat Butcher GBR (first attended Olympics in 1972 and subsequently has covered all IAAF World Champs & Olympic Games as writer and/or commentator since 1980). **Masters' Athletes of the Year:** David Heath GBR (set European M50 800 m best of 1:58.72 and won both M50 800 m & 1500 m at 2015 WMA World Champs) & Silke Schmidt GER (won four W55 gold medals at 2015 WMA World Champs: at 1500 m, 5000 m, 10000 m & half marathon).

Eaton and Dibaba were also voted Athletes of the Year by readers of *Athletics International*. The American decathlete ran out a clearcut winner over Usain Bolt but Dibaba was pressed hard by world record breaking hammer thrower Anita Wlodarczyk. Readers were invited to vote for their top ten athletes of the year and the placings were: MEN: 1, Ashton Eaton 661 pts; 2, Usain Bolt 544; 3, Mo Farah 531; 4, Christian Taylor 478; 5, Julius Yego & Pawel Fajdek 277; 7, Wayde van Niekerk 267; 8, Asbel Kiprop 245; 9, Eliud Kipchoge 196; 10, Matej Tóth 132; 11, Justin Gatlin 85; 12, Renaud Lavillenie 81; 13, Joe Kovacs 80; 14, Nicholas Bett 45; 15, Greg Rutherford 27. WOMEN: 1, Genzebe Dibaba 639; 2, Anita Wlodarczyk 612; 3, Dafne Schippers 581; 4, Caterine Ibargüen 397; 5, Allyson Felix 324; 6, Shelly-Ann Fraser-Pryce 318; 7, Almaz Ayana 314; 8, Jessica Ennis-Hill 170; 9, Liu Hong 137; 10, Tianna Bartoletta 122; 11, Yarisley Silva 96; 12, Zuzana Hejnová 93; 13, Christina Schwanitz 68; 14, Florence Kiplagat 63; 15, Gladys Cherono 30.

## DIACK'S SON AND TWO OTHERS BANNED FOR LIFE

Papa Massata Diack, the former marketing consultant to the IAAF and son of ex-IAAF president Lamine Diack, is among three senior officials to have been given life bans from athletics, reports *Athletics Weekly*.

The IAAF Ethics Commission announced on Thursday that former president of the All-Russia Athletic Federation (ARAF) and honorary treasurer of the IAAF Valentin Balakhnichev, plus former senior ARAF coach for long-distance walkers and runners Alexei

Melnikov, would also be banned for life, while former IAAF anti-doping director Gabriel Dolle has been handed a five-year ban from the sport.

In reaction to the decision the IAAF said in a media release that the four individuals "are no longer associated with the IAAF in any capacity. The IAAF is reassured that the panel of the Ethics Board has seen no evidence implicating any other members of the IAAF Anti-Doping Department who continue their ground-breaking work on the Athlete Biological Passport programme with WADA."

IAAF President Sebastian Coe commented: "I'd like to thank the independent IAAF Ethics Board for their diligent and detailed investigation. The life bans announced today could not send a stronger message that those who attempt to corrupt or subvert the sport of athletics will be brought to justice. We continue to work with the French authorities' investigation and the WADA's Independent Commission."

In its report *Athletics Weekly* said the four men were ruled to have committed various breaches of the IAAF Code of Ethics, with the decision report of the Ethics Commission, which is chaired by Michael Beloff QC, including details about the case of Russian marathoner Liliya Shobukhova.

"On the Panel's findings the head of a national Federation, the senior coach of a major national team and a marketing consultant for the IAAF conspired together (and, it may yet be proven with others too) to conceal for more than three years anti-doping violations by an athlete at what appeared to be the highest pinnacle of her sport," the Ethics Commission stated.

"As to the first two, VB (Balakhnichev) and AM (Melnikov), their actions were the antithesis of what was appropriate. Far from – as they should have – supporting the anti-doping regime, they subverted it, and, in so doing, allowed LS (Shobukhova) to compete in two marathons when she should not have done so, to the detriment of her rivals in those races and the integrity of the competition.

"As to the third, PMD (Papa Massata Diack), he had no functional responsibilities in the anti-doping regime but equally no justification at all for subverting it.

"All three compounded the vice of what they did by conspiring to extort what were in substance bribes from LS (Shobukhova) by acts of blackmail. They acted dishonestly and corruptly and did unprecedented damage to the sport of track and field which, by their actions, they have brought into serious disrepute."

Confirming the sanctions, the Commission's report went on to state: "The Panel considers in the light of its findings that VB (Balakhnichev), AM (Melnikov) and PMD (Papa Massata Diack) should be banned for life from any further involvement in any way in the sport of track and field; any lesser sanction would not meet the gravity of their offences.

"In GD's (Dolle) case such ban is also appropriate but in his case for 5 years only; his sins were those of omission, not commission."

It added that the four men have been informed of their right to appeal the decision to the Court of Arbitration for Sport.

Shobukhova had been handed a ban of three years and two months following abnormalities detected in her biological passport. That sanction was later reduced by seven months after WADA said the athlete provided "substantial assistance".

The ARAF is currently suspended as an IAAF Member following a WADA Independent Commission report detailed findings including a "deeply rooted culture of cheating" in Russian athletics.

This investigation by the Ethics Commission is separate to the one being undertaken by the WADA Independent Commission, which is due to present the second part of its findings concerning allegations of widespread doping in international athletics on 14 January.

□ EARLIER REPORT:

### **MORE DOPING DEVELOPMENTS**

Note: These are excerpts from the latest doping news as published by *Athletics International*. See also Background below. – Ed.

It was reported by the French newspaper *Le Monde* that former IAAF President, Lamine Diack, had admitted to French police that in 2011 he had asked the former All-Russian Athletics Federation (ARAF) President and former IAAF Treasurer Valentin Balakhnichev for 1.5 million euros (\$1.6 million) in order to finance a political campaign in his native Senegal. Diack reportedly told the investigators that there had been an agreement and Balakhnichev had organised the payment. In return, Diack allegedly offered to cover up some positive drugs tests by Russian athletes. Balakhnichev denied any such conversation, and Diack's lawyers stated on 19 December that their client denies any financial involvement in the Sénégal election. French magistrates have now filed more serious charges against Diack, accusing him of "active [rather than passive] corruption", giving the National Office for Financial Prosecutions more time to investigate before deciding whether to send the case to trial. Diack is on bail but forbidden to leave France.

Meanwhile in London, the IAAF Ethics Commission concluded a hearing into alleged covering up of doping offences by Balakhnichev, Papa Massata Diack (Lamine's son), former IAAF Anti-Doping Director Gabriel Dollé and the former ARAF chief coach for long distances, Aleksey Melnikov. All four are charged with violations of the IAAF's Code of Ethics and could face lifetime bans. The charges relate to the Russian marathoner Liliya Shobukhova who admitted to WADA that she paid over \$450,000 to avoid a doping ban.

Mikhail Butov, the ARAF General Secretary, has confirmed that if banned walkers Sergey Kiryapkin and Olga Kaniskina are to return to competition they must return their medals and prize money. Kiryapkin is the reigning Olympic 50 km champion and was World champion in 2005 and 2009; Kaniskina's honours at 20 km include the Olympic title in 2008 (silver medal in 2012), World titles in 2007, 2009 and 2011, and she was European champion in 2010 (silver in 2006). Last January she received a 3 years and 2 months ban backdated to 15 October 2012, which has now expired, and all her results between 15 July 2009 and 16 September 2009 and between 30 July 2011 and 8 November 2011 – dates which included two World titles – were annulled. The Court of Arbitration for Sport has yet to rule on an IAAF appeal which, if successful, would cost her the 2012 Olympic silver medal. The IAAF is also appealing against RUSADA's dates regarding Kiryapkin, whose 3 years and 2 months ban was also backdated to 15 October 2012, conveniently safeguarding his Olympic title although stripped of his World Cup victory in May 2012. The CAS will next month announce whether those IAAF appeals and those involving fellow walkers Sergey Bakulin, Valeriy Borchin and Vladimir Kanaykin were successful but the court's findings will not be released until after the case involving steeplechaser Yuliya Zaripova has been heard on 26 February. No decision on whether Tatyana Chernova should be stripped of the 2011 World heptathlon title in favour of Jessica Ennis-Hill is imminent as the CAS is still awaiting the conclusion of an investigation by the Russians.

Interviewed by *Athletics Weekly*, European Athletics President Svein Arne Hansen said he did not expect Russia to have enough time to fulfill all the criteria in order to be reinstated in time for the Olympics. "I cannot really see them competing in Rio. They must have a cultural change. They must get rid of all those people from before." However, he is confident the necessary changes will be made eventually. "We know some good people in Russian athletics and I'm sure they will be elected. We hope that some new people will come in who really understand that this must be changed."

Germany has brought in a tough new anti-doping law, whereby German athletes who test positive for banned performance-enhancing drugs, or are found guilty of possession, can be jailed for up to three years. Providers of banned substances face sentences of up to ten years.

The IAAF Taskforce will make its first visit to Russia on 10-11 January. Its independent

Chairman, Rune Andersen, said it would mark the formal beginning of its work to confirm Russia's commitment to the verification process.

Ramil Khabriev, who resigned last month as the head of RUSADA, has claimed that 40% of Russian drug positives have involved young sportsmen and women. He said: "The problem of doping in Russia, of course, is acute and this cannot be denied. The results of our activity show that we have the most violations in anti-doping rules in comparison with other countries. This, of course, shows there's a serious problem. It's alarming that around 40% of these violations are from youth sports; even on that level the coaches have turned to using doping in order to gain some sort of local results."

Still they come... yet another Russian doper. Alena Kudashkina (21), third in the 2013 European Junior 5000 m and with pbs of 9:01.51 3000 m in 2011, 15:31.06 5000 m in 2013 and 32:49.24 10000 m in 2014, has been banned for 30 months from 23 September 2015. Her results between 9 June & 9 August 2012, 17 June to 17 August 2013 and 9 June to 9 August 2014 have been annulled, so she loses 6th place in the 2012 World Junior 5000 m and her European Junior bronze, which will go instead to Britain's Rebecca Weston.

Angel Mullera, who finished fourth in the European Champs steeplechase in 2014 but was awarded the bronze medal after Mahiedine Mekhissi was disqualified for pulling off his vest before the finish, has been handed a two year doping ban by Spain's Sports Council.

US-based Kenyan distance runner Lilian Mariita (half marathon pb of 71:28 in 2014) has been banned for eight years, from 14 August 2015, after a second anti-doping violation last July.

Asli Cakir, stripped of the gold medals she won at the 2012 Olympics and European Champs, and banned for eight years for blood doping, has further cause for regret. The Turkish government is demanding the return of around \$850 000, given in support of her running career, but she claims the money has been spent and she cannot repay it.

## BACKGROUND

*Athletics International* recently published an excellent article summarising the drugs scandal that hit the sport in the last months of last year. Here is an excerpt. – Ed.

### IAAF'S RESPONSE TO DOPING ALLEGATIONS

Ahead of Sebastian Coe's appearance before the UK Parliament's Culture Media and Sport Select Committee inquiry on 2 December, the IAAF published a 38-page response to allegations made by ARD and *The Sunday Times* that it had tolerated blood doping in athletics. The document (in part) demonstrates that:

- The IAAF has consistently been a pioneer in the war against blood doping in sport, using every tool available to it to catch blood dopers in athletics and with considerable success.
- The Athlete Biological Passport (ABP) began in 2009. The IAAF in consultation with WADA was the first sports organisation to adopt the ABP across the whole sport.
- Prior to 2009, the IAAF screened nearly 8000 blood samples for potential markers of blood doping, and followed up with thousands of urine tests to detect the presence of rEPO.
- That strategy, which continues to this day, has led to 145 athletes being caught with rEPO in their systems, and another eight athletes being caught and banned for manipulating the tests in an attempt to evade detection.
- The IAAF has created ABP profiles for more than 5500 athletes, based on more than 13 000 ABP samples collected from those athletes. As a result, 56 more athletes have been caught and sanctioned for blood doping with 13 further cases pending, and 12 more currently in the pipeline. This is significantly more ABP cases than every other anti-doping organisation in the world put together.
- ARD/*The Sunday Times* and their consultants cannot deny any of this. Instead, they

argue that the abnormal values found in the blood screening tests conducted by the IAAF from 2001-2009 (i.e., pre-ABP) were not just indicators of potential doping that could be used to target expensive urine tests for rEPO, but instead constituted "compelling evidence" of blood doping, so stating the IAAF should have charged the athletes based on that evidence alone, without the need for any further testing.

- The IAAF fundamentally disagrees with that assertion, and it is not alone. WADA and Dick Pound, the chair of its Independent Commission, have also stated clearly and unequivocally that "no test data derived from the IAAF database prior to the adoption of the ABP in 2009 can be considered to be proof of doping. It would be reckless, if not libellous, to make such an allegation. The reported values may be suspicious and lead to targeted testing of the athletes involved, but nothing more could be done with the information".
  - No charge could ever be brought based on the pre-2009 data, for fear of mistaking an abnormal reading for blood doping when it could have been entirely innocent.
  - Paula Radcliffe's case illustrates the point perfectly. She has been publicly accused of blood doping based on the gross misinterpretation of raw and incomplete data. When all of the necessary information is considered, however (as the WADA ABP protocols require), there are clearly plausible explanations for the values in her profile that are entirely innocent. For example, in two of the cases highlighted by *The Sunday Times*, the samples were collected immediately after competition (when dehydration causes a decrease in plasma concentration, and so an increase in reported haemoglobin concentration, even though there has been no increase in red blood cells). Any competent scientist would therefore immediately conclude that they should be disregarded. Furthermore, the IAAF followed up by testing Ms Radcliffe's urine samples for rEPO, and her blood samples for evidence of blood transfusions, and all of those tests came back negative.
  - Michael Ashenden, one of the anti-doping experts involved in the ARD/*The Sunday Times* investigations, responded to the criticism: "The irony of a disgraced federation casting aspersions is not lost on me. The (WADA) Independent Commission said that the IAAF was inexplicably lax in following up suspicious blood profiles. Faced with the life threatening blood values which they knew existed amongst their athletes, I say they should have tried to push the legal envelope. The IAAF were legally timid when they should have been morally strong."
- The following eight South African athletes are currently banned by the IAAF:
- **Thozama April**, for Phentermine, Prednisolone and Norandrosterone, tested on 21 September 2014, for two years until 28 December 2016.
  - **André Koekemoer**, for Stanazolol and Testosterone, tested on 8 February 2012 and 23 July 2013, for eight years until 22 July 2021.
  - **Elias Mabane**, for Norandrosterone, tested on 5 October 2014, for two years until 13 May 2017.
  - **Simon Magakwe**, for refusal to submit to doping control on 22 December 2014, for two years until 28 January 2017.
  - **Joseph Mphuti**, for Norandrosterone, tested on 12 April 2014, for two years until 11 April 2016.
  - **Lindikhaya Mthangayi**, for Mehandienone, tested on 22 September 2013, for four years until 21 September 2017.
  - **Martiniq Potgieter**, for Phentermine and Furosemide, tested on 1 June 2014, for two years until 31 May 2016.
  - **Innis Viviers**, for Stanazolol, tested on 11 February 2005, life ban.

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## STATS TIME

Our first list of 2016 shows the world's top ten men in the marathon for 2015. All the runners are from either Kenya (six) or Ethiopia (four). South Africa's Stephen Mokoka is 41<sup>st</sup> on the list.



**2015 MARATHON: WORLD'S TOP 10 MEN**

2:04:00	Eliud Kipchoge (KEN)	1	Berlin	27 Sep
2:04:47	Wilson Kipsang (KEN)	2	London	26 Apr
2:05:21	Eliud Kiptanui (KEN)	2	Berlin	27 Sep
2:05:28	Hayle Lemi (ETH)	1	Dubai	23 Jan
2:05:49	Mark Korir (KEN)	1	Paris	12 Apr
2:05:50	Dennis Kimetto (KEN)	3	London	26 Apr
2:05:52	Lelisa Desisa (ETH)	2	Dubai	23 Jan
2:05:52	Stephen Chebogut (KEN)	1	Eindhoven	11 Oct
2:05:58	Deriba Robi (ETH)	2	Eindhoven	11 Oct
2:06:00	Endeshaw Negesse (ETH) [10]	1	Tokyo	22 Feb
...				
2:07:40	Stephen Mokoka (RSA) [41]	2	Shanghai	08 Nov

**THIS MONTH IN HISTORY****35 years ago: 10 January 1981**

Four-time Boston and New York Marathon champion Bill Rodgers won the ninth edition of the Houston Marathon by beating Dick Beardsley and John Lodwick in 2:12:20. Beardsley was 30 seconds behind the winner, with Lodwick following in 2:13:39. In the women's race Patti Catalano and Laurie Binder sprinted to the line, with Catalano winning in 2:35:28 against 2:35:31. Six years later South Africa's Derrick May won the marathon in 2:11:51, the fifth fastest time by a South African that year.

**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		13 Sep
	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		25 Jan
	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	2:07:40	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	29:41	Ruben Dlepu	Mossel Bay	05 Dec
	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		

**WOMEN**Open

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 Cherono (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
	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
	88:25A	Elmarie Coetzee	De Rust	17 Oct
	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
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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f Cape Town 12    @ctown12    #ct12run

The advertisement features a silhouette of a runner on a paved path at sunset. The background shows a coastline with mountains and the ocean. The text is overlaid on white rectangular boxes. The bottom of the ad displays logos for FNB, KFM, and PUMA, along with social media handles for Facebook, Twitter, and Instagram.