

Distance Running Results

Vol. 16, No. 3 – 25 January 2016

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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

EDITORIAL

The list leaders fell at a fast and furious pace this weekend, with the best performance certainly Irvette van Zyl's 33:30 in the PWC George Claassen Memorial 10 km, where she beat Lebo Phalula (35:19) rather easily. The half marathon was held for the 41st time (this count includes the earlier marathon) and went to Vusi Tshoba (66:21) and Rutendo Nyahora (79:47), with Patience Khumalo (81:49 in second) getting a list leader – as did Tshoba.

The RealNet Properties Red Hill 36.2 km was also run for the 41st time; Siviwe Nkombi (2:06:11) and Danette Smith (2:36:55) scored the wins. The accompanying 27th marathon was won by Ben Matiso and Ursula Frans.

In Port Elizabeth grandmaster Margie Saunders achieved her second list leader in the masters category when she clocked 95:50 in the Aspen Hydrassist Half Marathon. She finished fourth overall.

SA veteran marathon record holder Hendrick Ramaala did not finish the Standard Chartered Mumbai Marathon, with Lungile Gongqa taking 14th in 2:17:15.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Kearsney Striders Charity Run, Botha's Hill
- * RealNet Properties Red Hill 36.2 km & Marathon, Fish Hoek
- * Aspen Hydrassist Half Marathon & 10 km, Port Elizabeth
- * PWC George Claassen Memorial Half Marathon & 10 km, Pretoria
- * Schoemanshoek Half Marathon & 10 km, Oudtshoorn
- * JointEze Dan Luyt 15 km, Durbanville

International highlights:

- * Mitja Marato Internacional Vila de Santa Pola, Santa Pola (Alicante), ESP
- * Gran Canaria Maratón, Las Palmas de Gran Canaria, ESP
- * Standard Chartered Dubai Marathon & 10 km, Dubai, UAE
- * Chevron Houston Marathon & Aramco Half Marathon, Houston, USA
- * Standard Chartered Mumbai Marathon, Mumbai, IND
- * XC: Cross Internacional Memorial Juan Muguerza, Elgoibar, ESP; Cross Internacional de Itálica, Seville, ESP; Kenyan Police Cross-country Championships, Nairobi, KEN
- * Indoor track: New Balance Games, New York, USA; Albany Great Dane Classic, Staten Island, USA; Virginia Tech Invitational, Blacksburg, USA; TrackTown USA House of Track Meet #1, Portland, USA

* Outdoor track: Capital Classic, Wellington, NZL; Cooks Garden Classic, Wanganui, NZL

ROAD RUNNING

Kearsney Striders Charity Run

Botha's Hill, 24 January

(Distances: 21.1 km & 10 km; loop courses)

Half marathon

MEN

1 Silindile Gubese (Phantane) 1:10:33; 2 Sphamandla Nyembe (Ethekewini) 1:15:06; 3 Prodical Khumalo (ZIM/Maxed Elite) 1:15:15.

Veterans: 1 Alastair Leslie (Stella) 1:24:14; 2 Bhekisisa Khumalo (Ind) 1:26:40.

Masters: 1 Siphon Majombozi (Boxer) 1:31:20; 2 Wayne Scott (PD) 1:34:59. **G'masters:** 1 Robin Archer (Queensburgh) 1:58:02.

WOMEN

1 Puseletso Dladla (Savages) 1:31:47; 2 Cary-Ann Smith (Nedbank) 1:35:07; 3 Michelle De Montille (Hillcrest) 1:36:14.

Veterans: 1 Janene Carey (Boxer) 1:37:56; 2 Patricia Dammann (Team Vitality) 1:45:12.

Masters: 1 Janine Goes (DCS) 1:59:39; 2 Khaya Mahlali Durban 2:01:35. **G'masters:** 1 Sheree Kirsten Westville 2:11:04.

10 km

MEN

1 Siphon Mbanjwa (Phantane) 34:59; 2 Siyabonga Zakwe (Ind) 35:59 (1st jun); 3 Lindojuhle Sithole (Ind) 36:19.

Juniors: 1 Siyabonga Zakwe (Ind) 35:59; 2 Edmund Mthethwa (Savages) 40:02; 3 Qhawe Mdluli (Ind) 42:37.

WOMEN

1 Silindile Chili (Chesterville) 42:37; 2 Fikile Mbuthuma (Nedbank) 42:45; 3 Caylee Ellero (CK) 43:29 (1st jun).

Juniors: 1 Caylee Ellero (CK) 43:29; 2 Xoliswa Mngadi (Savages) 46:49; 3 Kyra Leigh Cooper ROAG 1:18:36.

RealNet Properties Red Hill 36.2 km (41st) & Marathon (27th)

Fish Hoek, 23 January

(Distances: 36.2 km & 42.195 km; certified, very hilly loop courses. Finishers: 36.2 km – 1047 [down from 1089 last year]; marathon – 920 [a huge increase from 650].)

36.2 km

MEN

1. Siviwe Nkombi (Itheke) 2:06:11 (R900)
2. Mthobeli Mathomane (Sat) 2:12:27 (R800)
3. Siyabulela Mpongwana (VOB) 2:12:51 (R700)

Veterans: 1. Nicholas Rupanga (ZIM/Celtic) 2:19:43 (R700); 2. Tsungai Mwanengeni (ZIM/Gugs) 2:31:42 (R600); 3. Colin George (VOB) 2:32:19 (R500). **Masters:** 1. Julian Paul (SANDF) 2:39:39 (R500); 2. Leonard Kali (Gugs) 2:50:04 (R400); 3. Willie Baartman (SH) 2:51:11 (R300). **G'masters:** 1. Mochamat Kriel (Ommie) 2:54:22 (R400); 2. Garry

Wilford (Durb) 2:58:57 (R300); 3. Johannes Jacobs (Celtic) 3:05:31 (R200).

G/g'masters: 1. Jeff Smith (Itheke) 3:04:27 (R200); 2. Yusuf Gamielien (Itheke) 4:25:27 (R150).

WOMEN (Same prize money as men)

1. Danette Smith (KPMG CGA) 2:36:55
2. Thalia Charalambous (ATC) 2:44:58
3. Ursula Turck (Strand) 2:51:54 (1st vet)

Veterans: 1. Ursula Turck (Strand) 2:51:54; 2. Janet Adam (Harf) 2:57:35; 3. Tracy Forbes (VOB) 3:03:20. **Masters:** 1. Rholda Orrie (Itheke) 3:25:46; 2. Mathilda le Roux (Durb) 3:28:29; 3. Denise Johannes (SH) 3:36:37. **G'masters:** 1. Nancy Will (Pine) 3:06:21; 2. Styntjie Prins (Paarl) 3:24:00; 3. Annelie van der Linde (Durb) 3:40:55.

G/g'masters: 1. Avril Delapelin Dumont (WC) 4:33:35.

Marathon (Same prize money as 36.2 km)

MEN

1. Ben Matiso (Itheke) 2:28:40
2. Bernard Rukadza (ZIM/Gugs) 2:29:35
3. Sityhilo Diko (Ned) 2:33:01

Veterans: 1. Vuyani Sixaso (WR) 2:45:27; 2. Julie Welkom (Swart) 2:50:05; 3. King Ntluzi (Voda) 2:56:20. **Masters:** 1. Abraham Fillies (Worc) 3:08:43; 2. Robert Arnold (Top) 3:13:09; 3. Henry Cieverts (Top) 3:16:30. **G'masters:** 1. Gerald Martin (Met) 3:37:56; 2. Klaus Kassel (WC) 3:52:54; 3. Brian Merryweather (GBR/Edge) 3:54:50. **G/g'masters:** 1. Joseph Matthews (Midas) 4:47:12; 2. Rob Collins (HV) 4:55:35.

WOMEN

1. Ursula Frans (Ned) 3:18:22 (1st vet)
2. Candyce Hall (Carb) 3:21:53
3. Funeka Zaula (Makana) 3:25:49

Veterans: 1. Ursula Frans (Ned) 3:18:22; 2. Elizabeth Brink (Durb) 3:28:40; 3. Angelique Rabie (Carb) 3:28:45. **Masters:** 1. Paola Vignani (ITA/VOB) 3:47:58; 2. Lorraine Rogers (Durb) 3:56:38; 3. Elizabeth Bax (Pine) 4:00:48.

Aspen Hydrassist Half Marathon & 10 km

Port Elizabeth, 23 January

(Distances: 21.1 km & 10 km. Finishers: half marathon – 392; 10 km – 187.)

Half marathon

MEN

1	George	Ntshiliza	Bluewater Bay	36	1:10:11
2	Anele	Maliza	Nedbank RC	38	1:10:30
3	Saziphi	Blaai	Temp	35	1:14:02
4	Mzwanele	Maphekula	Bluewater Bay	39	1:15:37
5	Melikhaya	Kepe	Nedbank RC	39	1:16:11
6	Christopher	Mabengeza (1 st vet)	Nedbank RC	49	1:19:34
7	Melikhaya	Frans	Ikhamba AC	25	1:21:20
8	Nkosinathi	Gcakasi	Bluewater Bay	45	1:22:29
9	Lwandile	Ngope	Real Gijimas	32	1:22:31
10	Tumelo	Mochelenyane	Nedbank RC	33	1:23:14
11	Mzukisi	Klaas	Bluewater Bay	47	1:23:42
12	Kgotso	Majara	Ikhamba AC	35	1:25:00
13	Luyanda	Tshangana	Ikhamba AC	32	1:25:02
14	Simon	Ngcoko	Nedbank RC	45	1:26:26

15	Thembekile	Msipa	Charlo AC	41	1:27:18
16	Marco	Fabbri	Achilles AAA	43	1:27:21
17	Vuyo	Lloyd	Bluewater Bay	38	1:27:28
18	Johannes	Jonck	St Albans AC	42	1:27:49
19	Leon	Weitsz	Despatch AC	41	1:27:53
20	Jabulani	Dube	Vukani MS Club	45	1:28:06

40-44:

1	Thembekile	Msipa	Charlo AC	41	1:27:18
2	Marco	Fabbri	Achilles AAA	43	1:27:21
3	Johannes	Jonck	St Albans AC	42	1:27:49

45-49:

1	Christopher	Mabengeza	Nedbank RC	49	1:19:34
2	Nkosinathi	Gcakasi	Bluewater Bay	45	1:22:29
3	Mzukisi	Klaas	Bluewater Bay	47	1:23:42

50-54:

1	Andre	Dalton	Temp	54	1:30:30
2	Colben	Ngcupe	Motherwell AC	52	1:31:38
3	Graham	Terblanche	Madibaz AC	51	1:35:22

55-59:

1	Christopher	Nyodi	Bluewater Bay	57	1:41:55
2	Schoombee	Pretorius	Madiba BW	58	1:43:10
3	Kevin	Gillmer	Muirite Strider	55	1:50:02

60-64:

1	Elvis	Galela	Madibaz AC	63	1:32:57
2	Mbulelo	Sobikwa	Madibaz AC	61	2:09:45
3	Geoff	Roberts	Achilles AAA	63	2:13:54

65-69:

1	Graham	Channon	Achilles AAA	66	1:57:17
2	Syd	Lippstreu	Crusaders AC	67	2:01:12
3	William	Vorster	PEAAC	69	2:04:19

75-79:

1	Godfrey	Kariem	Gelvan AC	75	2:12:51
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Juniors:

1	Nico	Jordaan	Elite AC	18	1:39:19
2	Monre	Lerm	Madibaz AC	17	1:51:38

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	34	1:28:35
2	Alexia	Loizou	Temp	32	1:31:30
3	Davera	Magson (1 st vet)	Nedbank RC	41	1:33:44
4	Margie	Saunders (1 st g'mast)	Nedbank RC	62	1:35:50
5	Janette	Schierz-Crusius (1 st mast)	Body Concept	55	1:38:27
6	Terray	Newcombe	Elite AC	24	1:41:13
7	Zandile	Rubushe	Mdantsane	31	1:42:25
8	Arinda	Swart	Temp	37	1:42:37
9	Lisa	Rentzke	Body Concept	32	1:44:10
10	Claire	Van der Nest	Body Concept	34	1:45:34
11	Bianka	Venter	Temp	27	1:47:00
12	Nolikhanyo	Mdwayi	TPT AC EP	34	1:47:07
13	Ilze	Ritter	Temp	27	1:48:17
14	Sunelle	Horne	Bluewater Bay	41	1:48:34
15	Kim	Drinkwater	Temp	39	1:49:15
16	Amanda	Prideaux	Bluewater Bay	40	1:50:09
17	Robyn	Rose	Charlo AC	28	1:50:16
18	Talana	Vosloo	Nedbank RC	34	1:50:25
19	Nikita	Bentley	PEAAC	23	1:50:35

20	Katherine	Van der Walt	Body Concept	39	1:51:37
40-44:					
1	Davera	Magson	Nedbank RC	41	1:33:44
2	Sunelle	Horne	Bluewater Bay	41	1:48:34
3	Amanda	Prideaux	Bluewater Bay	40	1:50:09
45-49:					
1	Michelle	Van Iddekinge	Profiles AC	48	1:51:51
2	Suzette	Victor	Madiba BW	45	1:58:35
3	Adele	Slabbert	Madiba BW	45	2:00:49
50-54:					
1	Aletta	Joubert	Crusaders AC	54	2:10:37
2	Charlene	De Coning	Elite AC	51	2:12:01
3	Denise	Ferreira	Crusaders AC	54	2:17:34
55-59:					
1	Janette	Schierz-Crusius	Body Concept	55	1:38:27
2	Amanda	Wolmarans	Walmer AC	57	1:57:44
3	Rosemary	Joubert	Crusaders AC	55	2:04:23
60-64:					
1	Margie	Saunders	Nedbank RC	62	1:35:50
65-69:					
1	Jeanette	Pienaar	PEAAC	67	2:28:14
2	Christine	Fourie	Elite AC	69	2:31:49
3	Denise	Terblanche	Walmer AC	68	2:45:35
Juniors:					
1	Monique	Van Willing	Despatch AC	17	2:12:44
10 km					
MEN					
1	Amos	Nyongo	Transnet Eng EP	29	32:20
2	Brendon	Effenaar	Nedbank RC	19	32:22
3	Lubabalo	Mdlungwane	Tinarha AC	25	32:40
4	Zolani	Mabhongo	Motherwell AC	29	32:57
5	Bulelani	Niwa	PEAAC	30	34:54
6	Mongezi	Mboya	PEAAC	38	38:33
7	Lewis	Skade	Transnet AC	37	38:49
8	Leon	Loubser (1 st vet)	Nedbank RC	41	39:49
9	Mpumzi	Plaatjie	Temp	39	40:02
10	Stuart	Gillmer	Madibaz AC	23	41:07
11	Gqoloza	Xola	Tinarha AC	22	41:49
12	Lonwabo	Mtshake	Spar EC AC	45	44:18
13	Mpumelelo	Ndlumbini	Motherwell AC	43	44:35
14	Sylvester	Appollis	Nedbank RC	32	45:27
15	Chris	Meistre	Temp	34	48:09
16	Gareth	Greenwood	Temp	24	48:15
17	Crezzwinne	Slotto (1 st jun)	VWAC	15	51:49
18	Donald	Mancasa (1 st g'mast)	Madibaz AC	61	52:18
19	Colin	Bennett	Albany RR	32	54:38
20	John	Appels	St Albans AC	41	55:26
40-44:					
1	Leon	Loubser	Nedbank RC	41	39:49
2	Mpumelelo	Ndlumbini	Motherwell AC	43	44:35
3	John	Appels	St Albans AC	41	55:26
45-49:					
1	Lonwabo	Mtshake	Spar EC AC	45	44:18
2	Riaan	Barnard	Run 4 Christ AC	47	1:02:57

3	Rafick	Ally	Malabar	48	1:16:32
50-54:					
1	Robin	Coyle-Dowling	Achilles AAA	50	56:56
2	Derick	Goliath	Gelvan AC	52	58:15
3	Mossie	Mostert	Despatch AC	52	1:01:10
55-59:					
1	Johann	Stassen	Crusaders AC	55	59:18
2	Rodney	Maggott	Achilles AAA	57	1:00:40
3	Christie	Julius	Temp	55	1:10:12
60-64:					
1	Donald	Mancasa	Madibaz AC	61	52:18
2	Neville	Schmelzer	Bluewater Bay	64	56:10
3	Pieter	Roux	Temp	60	56:28
65-69:					
1	Andre	Fourie	Nedbank RC	68	1:02:04
2	David	O'Reilly	Nedbank RC	68	1:08:37
3	Alan	Penney	Walmer AC	69	1:12:39
75-79:					
1	Kai	Tarnow	Kouga Multi SC	77	1:20:53
Juniors:					
1	Crezzwinne	Slotto	VWAC	15	51:49
2	Justin	Attenborough	Charlo AC	14	57:32
3	Tawfeeq	Vyver	Nedbank RC	17	1:01:50
WOMEN					
1	Siphokazi	Nojoko	Motherwell AC	21	39:33
2	Jamie-Lee	Schlemmer	Madibaz AC	19	41:33
3	Nomakhosi	Ntliziyo (1 st jun)	Motherwell AC	17	43:53
4	Annica	Coetzee	Madibaz AC	23	46:45
5	Lise	De Villiers	Temp	16	49:09
6	Janine	Gardiner	Charlo AC	34	49:45
7	Maria	Van Zyl (1 st mast)	Walmer AC	52	50:10
8	Treloar	Childs	Walmer AC	52	50:34
9	Clarissa-Mari	Rabie	Temp	25	51:30
10	Elana	Loest	Temp	37	52:47
11	Elsabe	Ndlumbini	Motherwell AC	32	54:28
12	Vuyokazi	Dudumayo	Madibaz AC	36	55:06
13	Bianca	Deyzel	Muirite Strider	30	55:30
14	Charmell	Koopman	Nedbank RC	36	55:36
15	Ceri	Tustin	Temp	36	55:55
16	Ntombentsha	Nazo	Ikhamba AC	31	57:07
17	Ivana	Bands	Temp	35	57:55
18	Nishkah	Swart	Gelvan AC	22	58:23
19	Zelda	Krige	Walmer AC	55	58:37
20	Andrea	Dyer	Temp	37	58:43
40-44:					
1	Adelle	Erasmus	Temp	40	1:01:49
2	Christine	De Beer	Elite AC	44	1:02:13
3	Gaynor	Appels	St Albans AC	41	1:03:14
45-49:					
1	Lesley	Maggott	Achilles AAA	48	1:00:41
2	Lucille	De Villiers	Temp	47	1:01:53
3	Estelle	De Klerk	Nedbank RC	49	1:03:15
50-54:					
1	Maria	Van Zyl	Walmer AC	52	50:10
2	Treloar	Childs	Walmer AC	52	50:34

3	Wilna	Basson	Despatch AC	52	1:05:09
55-59:					
1	Zelda	Krige	Walmer AC	55	58:37
2	Hendrina	Claassen	Despatch AC	59	1:25:33
3	Maureen	Rogers	RWFL EP	58	1:29:13
60-64:					
1	Gerrie	Dimitriou	Temp	60	1:03:39
2	Stephanie	Hay	Walmer AC	60	1:20:01
3	Rina	Barnard	Elite AC	62	1:23:40
65-69:					
1	Caroline	Dawkins	Temp	69	1:16:17
2	Anna	Schnetler	Walmer AC	68	1:35:55
70-74:					
1	Ronelle	Steyn	Nedbank RC	71	1:12:24
2	Angeline	Kivedo	Walmer AC	70	1:34:44
3	Norah	Beukes	Crusaders AC	70	1:40:52
75-79:					
1	Dorothy	Hart	Madibaz AC	77	1:20:35
Juniors:					
1	Nomakhosi	Ntliziyo	Motherwell AC	17	43:53
2	Lise	De Villiers	Temp	16	49:09

PWC George Claassen Memorial Half Marathon (41st) & 10 km

Pretoria, 23 January

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 2000; 10 km – 2700; also 1150 in 5 km.)

Half marathon

MEN

1 Vusi Tshoba (Rockies) 66:21; 2 Lucky Mohale (Boxer) 66:44; 3 Moses Kiptoo (KEN/Nedbank) 66:49.

Veterans: 1 Johnny Young (RWFL) 77:14; 2 Greg Barnes (Born 2 Run) 79:36; 3 Ruben Setumu (Nedbank) 80:29. **Masters:** 1 Joseph Ndlovu (ACE) 84:16; 2 Paul Mabena (Ford) 89:35; 3 Burger Linde (Team Vitality) 93:43. **G'masters:** 1 John Woodnutt (Morningside) 95:19; 2 Johan Nel (Irene) 97:38; 3 Iain McFadyen (Phobains) 1:56:08. **G/g'masters:** 1 Johan Janse van Vuuren (Irene) 2:25:09; 2 Ken de Kock (Love Running) 2:32:12; 3 Assie van Aswegen (Overkruin) 2:51:34. **Juniors:** 1 Alexander Snyder (Fit Pta) 85:55; 2 Mpho Mooka (Nedbank) 87:40.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 79:47; 2 Patience Khumalo (TUT) 81:49; 3 Salome Cooper (Born 2 Run) 93:22 (1st vet).

Veterans: 1 Salome Cooper (Born 2 Run) 93:22; 2 Paulina Phaho (Transnet) 96:01; 3 Natasha Kask (Kempton) 97:21. **Masters:** 1 Ansie Breytenbach (Irene) 1:41:20; 2 Rita van Wyk (Boksburg) 1:47:23; 3 Renate van Niekerk (Magnolia) 1:48:56. **G'masters:** 1 Francis van Blerk (Nedbank) 2:02:10; 2 Kim Roberts (Kudus) 2:20:51; 3 Carole de Waal (Wingate) 2:24:45.

10 km

MEN

1 Desmond Mokgobu (Boxer) 30:51; 2 Libonto Tootsei (LES/Colossus) 31:01; 3 Kgosi Tsosane (Nedbank) 31:59.

Veterans: 1 Piet Mosibedi (Transnet) 36:45; 2 Gustav Roos (Born 2 Run) 36:53; 3 Tiaan Conradie 38:43. **Masters:** 1 Joseph Moloto (SANDF) 39:18; 2 Dawie de Villiers (Nedbank) 39:36; 3 Johannes Molepo (Corr Serv) 43:48. **G'masters:** 1 Don Charles (Nedbank) 44:42; 2 Hein du Toit (Wingate) 53:44; 3 Claude Smit (Agape) 54:40. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 53:52; 2 Lammie Fourie (Agape) 60:25; 3 Charlie Stewart (Phobians) 65:42. **80+:** 1 Ken Nurden (Agape) 58:24. **Juniors:** 1 Duvan Roos (Born 2 Run) 47:23; 2 Dhanlall Pranav (Orion) 63:56; 3 Johan Louw (Affies) 68:07.

WOMEN

1 Irvette van Zyl (Nedbank) 33:30; 2 Lebo Phalula (Boxer) 35:19; 3 Charné Bosman (Nedbank) 37:15 (1st vet).

Veterans: 1 Charné Bosman (Nedbank) 37:15; 2 Jacquie v.d. Waals (Irene) 41:24; 3 Patricia Forbes (Running Inn) 47:40. **Masters:** 1 Debbie Bredenkamp (HQH) 48:55; 2 Ina Lagerwall (Magnolia) 52:17; 3 Susan Maree (Irene) 55:11. **G'masters:** 1 Rina Machado (Ndaba) 65:03; 2 Regina Hughes (Agape) 65:21; 3 Olga Smit (Affies) 67:43. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 56:54; 2 Mavis Stadler (Agape) 74:00; 3 Hettie Booysen (STD bank) 1:51:29. **80+:** 1 Deirdre Larkin (Randburg) 63:09; 2 Miemie Schoeman (Transnet) 1:48:31. **Juniors:** 1 Christine Popich (AS Eagles) 58:18; 2 Sumarie Moolman (ACRW) 61:34; 3 Johne du Toit (Ndaba) 64:16.

Schoemanshoek Half Marathon & 10 km

Oudtshoorn, 23 January

(Distances: 21.1 km & 10 km; out-and-back courses on gravel. Finishers: half marathon – 115 [down from 133 last year]; 10 km – 117 [down from 157].)

Note: Anel van Wyk finished 11th overall in the half marathon and Cecile Nel 12th. – Ed.

Half marathon

MEN

1	Etienne Plaatjies	Nedbank	28	1:08:59
2	Francois Maquassa	Nedbank	20	1:14:48
3	Anderson Ncube	Nedbank	19	1:19:29
4	Melikhaya Msizi	KMC	32	1:21:45
5	Auschten October	Nedbank	17	1:24:07
6	Marshall Riebenberg	KMC	39	1:24:26
7	Marlon Mortlock	KMC	41	1:26:19
8	Peter Jaehne	Outeniqua	50	1:27:44
9	Julius Korkee	Nedbank	31	1:29:21
10	Karel Vlok	Beaufort-West	42	1:29:30

Veterans:

1 Marlon Mortlock KMC 1:26:19

Masters:

1 Peter Jaehne Outeniqua 1:27:44

G'masters:

1 Leon van der Merwe Outeniqua 1:55:51

Juniors:

1 Auschten October Nedbank 1:24:07

WOMEN

1	Anel van Wyk	Nedbank	36	1:30:03
2	Cecile Nel	Nedbank	34	1:36:04
3	Carine Badenhorst	Nedbank	37	1:42:04
4	Danika Gerber	Hartenbos	24	1:42:08
5	Alison Nell	Nedbank	35	1:43:50

6	Teresa Bester	Nedbank	40	1:48:04
7	Carla Spangenberg	Nedbank	27	1:55:18
8	Ronelle Engelbrecht (Martin)	Nedbank	31	1:56:40
9	Michelle du Plessis	Outeniqua	44	1:57:43
10	Ilse-Ann Oliphant	Nedbank	38	1:58:11

Veterans:

1	Teresa Bester	Nedbank		1:48:04
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Masters:

1	Aletta van Rensburg	Outeniqua		2:06:06
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G'masters:

1	Adele Ungerer	Hartenbos		2:19:21
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10 km

MEN

1	John April	Nedbank	26	35:07
2	Ferland Jerome	Nedbank	17	35:41
3	Jan Isaks	Rainbow	30	36:14
4	Bradley Carelse	Nedbank	17	37:33
5	Aviwe Kinana	KMC	16	38:56

Veterans:

1	Christo du Plessis	Whalers		42:05
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Masters:

1	Patrick Peters	MSC		40:10
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G'masters:

1	Johan Swiegers	Oudtshoorn		57:06
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Juniors:

1	Ferland Jerome	Nedbank		35:41
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WOMEN

1	Charmaine Lamprecht	Nedbank	32	45:47
2	Elsire Roos	Temp	36	46:15
3	Anastasia Plaatjies	Outeniqua	19	47:11
4	Anzel du Plessis	Whalers	47	47:43
5	Linelle Groenewald	CMC WP	25	50:53

Veterans:

1	Anzel du Plessis	Whalers		47:43
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Masters:

1	Ronel Swart	Nedbank		58:57
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G'masters:

1	Mariet Horn	KMC		60:24
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Juniors:

1	Chine Geldenhuis	Outeniqua		53:42
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JointEze Dan Luyt 15 km (43rd)

Durbanville, 21 January

(Certified loop course, hilly, partly on gravel around horseracing track. Weather: warm and windy, cooling down later. Finishers: 821 [down from 979 last year].)

Note: A new route was used this year, incorporating parts of the old route, and also a new starting and finishing venue (Durbanville Racecourse). – Ed.

MEN

1.	Vuyolwethu Mbukushe (Gugs)	49:51 (R750)
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2. Mthandazo Qhina (Ned) 51:03 (R500)
3. Danzil Paulse (East) 52:25 (R300)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 53:54 (R400); 2. Pieter Koopman (Itheko) 57:27 (R200); 3. Henry Wolstenholme (Durb) 58:36 (R150). **Masters:** 1. Zolani Ntsodo (SANDF) 63:25 (R350); 2. André Harmse (Brack) 68:19 (R200); 3. Mike Skevington (AAC) 72:43 (R100). **G'masters:** 1. Garry Wilford (Durb) 73:00 (R300); 2. Klaus Kassel (WC) 74:29 (R200); 3. Brian Merryweather (GBR/Edge) 80:16 (R100). **G/g'masters:** 1. Ronnie le Roux (Brack) 1:21:38 (R200); 2. Boet van Zyl (SH) 92:06 (R150). **Juniors:** 1. Riaz Orrie (Itheko) 73:35 (R200); 2. Muhammad Lamara (MSA) 80:12 (R100); 3. Cleevan Koopman (Sanlam) 88:21 (R50).

WOMEN (Same prize money as men)

1. Candyce Hall (Carb) 66:45
2. Natalie Ross (Carb) 68:06
3. Mariëtte Strauss (Tyger) 70:27 (1st mast)

Veterans: 1. Angeliqwe Rabie (Carb) 70:47; 2. Junita van As (Durb) 81:16; 3. Jacky Misroll (Pine) 81:21. **Masters:** 1. Mariëtte Strauss (Tyger) 70:27; 2. Olga Howard (Celtic) 71:32; 3. Cailey Bredenkamp (Paarl) 84:15. **G'masters:** 1. Nancy Will (Pine) 75:22; 2. Styntjie Prins (Paarl) 80:34; 3. Helen du Plessis (Brack) 90:01. **G/g'masters:** 1. Gail Buhrmann (Durb) 1:57:16; 2. Annetjie Berntzen (Tyger) 2:06:41. **Juniors:** 1. Razaan Kamaldien (MSA) 80:32.

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

Mitja Marato Internacional Vila de Santa Pola (27th)

(Spanish Half-marathon Championships)

Santa Pola (Alicante), ESP, 24 January

(Distance: 21.1 km)

MEN (gun times)

1. Morris Munene Gachaga, KEN 1:01:02 PB
2. Jacob Kendagor, KEN 1:01:26
3. Ben Somikwo, UGA 1:01:52
4. Ouais Zitane, MAR 1:01:54 PB
5. Javier Guerra Polo, ESP 1:02:22 PB= (1st NC)

WOMEN (gun times)

1. Polline Wanjiku, KEN 1:10:25
2. Paula Gonzalez Berodia, ESP 1:11:04 PB (1st NC)
3. Souad Ait Salem, ALG 1:11:09
4. Alessandra Aguilar Moran, ESP 1:12:02
5. Marta Silvestre Soriano, ESP 1:12:13 PB

Gran Canaria Maratón (7th)

Las Palmas de Gran Canaria, ESP, 24 January

(Distance: 42.195 km)

MEN (gun times)

1. Julius Korir, KEN, 2:14:47
2. Pharis Kimani, KEN, 2:15:39
3. Zemenu Tsega, ETH, 2:18:48

WOMEN

1. Elina Junnila, FIN, 2:57:49
2. Lucy Biddlestone, GBR, 3:04:36
Tanith Maxwell, RSA, DNF (ill)

Standard Chartered Dubai Marathon (17th) & 10 km

Dubai, UAE, 22 January

(Distances: 42.195 km – AIMS certified, record-standard, out-and-back course; 10 km – out-and-back course)

Note: Very quick times here, including world leads for both men and women, and a world record over 30 km *en route* for Sisay Lemma Kasay, who finished fourth in the marathon. – Ed.

Marathon (gun times)

MEN

- | | | |
|------------------------------------|---------------------------|--------|
| 1. Tesfaye Abera Dibaba, ETH | 2:04:24 WL/PB USD 200,000 | |
| | [1:01:38 / 1:02:46] | |
| 2. Lemi Berhanu Hayle, ETH | 2:04:33 PB | 80,000 |
| 3. Tsegaye Mekonnen Asefa, ETH | 2:04:46 | 40,000 |
| 4. Sisay Lemma Kasaye, ETH | 2:05:16 PB | 20,000 |
| | [1:27:20 at 30 km WR] | |
| 5. Mula Wasihun Lakew, ETH | 2:05:44 PB | 12,000 |
| 6. Abayneh Ayele Woldegiorgis, ETH | 2:06:45 PB | 11,200 |
| 7. Samuel Kiplimo Kosgei, KEN | 2:06:53 PB | 10,400 |
| 8. Tilahun Regassa Dabe, ETH | 2:08:11 | 9,600 |
| 9. Thomas Kiplagat Rono, KEN | 2:08:34 | 8,800 |
| 10. Mesfin Teshome Bekele, ETH | 2:09:24 PB | 8,000 |

WOMEN

- | | | |
|-------------------------------------|---------------------------|--------|
| 1. Tirfi Tsegaye Beyene, ETH | 2:19:41 WL/PB USD 200,000 | |
| | [1:10:17 / 1:09:24] | |
| 2. Amane Beriso Shankule, ETH | 2:20:48 DB | 80,000 |
| 3. Meselech Melkamu Haileyesus, ETH | 2:22:29 | 40,000 |
| 4. Sutume Asefa Kebede, ETH | 2:24:00 PB | 20,000 |
| 5. Mulu Seboka Seyfu, ETH | 2:24:24 | 12,000 |
| 6. Shitaye Eshete Habtegebrel, BRN | 2:25:36 PB | 11,200 |
| 7. Mestawet Tufa Demissie, ETH | 2:26:34 | 10,400 |
| 8. Dinknesh Mekash Tefera, ETH | 2:28:19 | 9,600 |
| 9. Mamitu Daska Molisa, ETH | 2:28:53 | 8,800 |
| 10. Megertu Ifa Geletu, ETH | 2:29:45 PB | 8,000 |

10 km (gun times)

MEN

1. Samir Jouaher, MAR 28:41 DIR 4000 (=USD 1089)
2. Ashenafi Moges Weldegiorgis, ETH 29:31 2000
3. Ihya Ben Youssef, MAR 29:55 1000

WOMEN

1. Anne Mari Hyrylainen, 1978, FIN 34:42 DIR 4000 (=USD 1089)
2. Parisa Arab, IRI 37:03 NR 2000
3. Gerda Steyn, RSA 37:43 1000

Chevron Houston Marathon (44th) & Aramco Half Marathon (15th)

Houston, USA, 17 January

(Distances: 42.195 km & 21.1 km; certified, loop courses with no net elevation change)

Marathon (gun times)

MEN

1. Gebo Burka, 28, ETH 2:10:54 \$40,000
2. Girmay Gebru, 28, ETH 2:11:05 20,000
3. Birhanu Gedefa, 31, ETH 2:11:53 10,000

WOMEN

1. Biruktayit Degefa, 25, ETH 2:26:07 \$40,000 + 2,500i
2. Lisa Weightman, 37, AUS 2:27:35 20,000 + 1,000i
3. Sechale Delasa, 24, ETH 2:28:43 10,000

i) Earned time bonus

Half marathon (gun times)

MEN

1. Lelisa Desisa, 26, ETH 1:00:37 \$20,000 + 3,000i
2. Mosinet Geremew, 23, ETH 1:00:45 10,000 + 3,000i
3. Samsom Gebreyohannes Gezahai, 23, ERI 1:01:28 5,000 + 1,000i
4. Luke Puskedra, 25, USA 1:01:29 PB 3,000 + 1,000i
5. Terefa Delesa, 17, ETH 1:01:55 PB 2,000 + 1,000i

i) Earned time bonus

WOMEN

1. Mary Wacera, 27, KEN 1:06:29 PB/ACR \$20,000 + 15,000*
2. Cynthia Limo, 26, KEN 1:06:41 PB 10,000 + 10,000i
3. Mare Dibaba, 26, ETH 1:07:55 5,000 + 10,000i
4. Ruti Aga, 22, ETH 1:08:07 PB 3,000 + 10,000i
5. Sara Hall, 32, USA 1:10:07 PB 2,000 + 1,000i
- ... 21. Jen Rhines, 41, USA 1:14:57 1,000m
- ... 31. Colleen De Reuck, 51, USA 1:17:25
- Buzunesh Deba, ETH DNF (went wrong direction at marathon/HM course split)

*) Course record bonus

i) Earned time bonus

m) Earned masters prize money

Standard Chartered Mumbai Marathon (13th)

Mumbai, IND, 17 January

(Distance: 42.195 km)

MEN (gun times)

1. Gideon Kipketer, KEN 2:08:35 CR* USD 41,000 + 15,000*
2. Seboka Dibaba, ETH 2:09:20 21,000
3. Marius Kimutai, KEN 2:09:39 15,000

4. Herpasa Negasa, ETH	2:10:17	10,000
5. Jacob Cheshari, KEN	2:11:59	8,000
... 14. Lungile Gongqa, RSA	2:17:15	
Hendrick Ramaala (40+), RSA	DNF	

*) Course record (and all-comers record) bonus

WOMEN

1. Shuko Genemo, ETH	2:27:50	USD 41,000
2. Bornes Kitur, KEN	2:32:00	21,000
3. Valentine Kipketer, KEN	2:34:07	15,000
4. Rebecca Korir, KEN	2:34:31	10,000
5. Tesfanesh Merga, ETH	2:36.16	8,000

CROSS-COUNTRY

Cross Internacional Memorial Juan Muguerza (73rd)

Elgoibar, ESP, 25 January

SR. MEN (10796 m)

1. Aweke Ayalew, 1993, BRN,	32:05
2. Tamirat Tola, 1991, ETH,	32:07
3. El Hassan Elabbassi, 1984, BRN,	32:19
4. Timothy Toroitich, 1991, UGA,	32:29
5. Antonio Abadia Beci, 1990, CD Nike Running,	32:38

SR. WOMEN (6624 m):

1. Irene Chepet Cheptai, 1992, KEN,	24:49
2. Netsanet Gudeta, 1991, ETH,	25:11
3. Alemitu Heroye, 1995, ETH,	25:24
4. Juliet Chekwel, 1990, UGA,	25:44
5. Trihas Gebre Aunoon, 1990, Bilbao Atletismo,	25:49

Cross Internacional de Itálica (34th)

Seville, ESP, 17 January

INTERNATIONAL MEN (10.846 km)

1. Tamirat TOLA, ETH	30:57
2. Teklemariam MEHDIN, ERI	31:09
3. Thimothy TOROITICH, UGA	31:12
4. El Hassan ELABBASSI, BRN	31:24
5. Conseslus KIPRUTO, KEN	31:49

INTERNATIONAL WOMEN (8.106 km)

1. Faith KIPYEGON, KEN	24:56
2. Viola KIBIWOT, KEN	25:16
3. Irene CHEPET CHEPTAI, KEN	25:50
4. Alemitu HEROYE, ETH	26:15
5. Netsanet GUDETA, ETH	26:43

Kenyan Police Cross-country Championships

Nairobi, KEN, 16 January

(Distance: approx. 10 km)

Note: Reigning IAAF world cross-country champion Geoffrey Kamworor won here for the fourth straight year over a star-studded field which included world champions Asbel Kiprop and Caleb Ndiku. Five-time world champion Vivian Cheruiyot won the women's race. – Ed.

MEN

1. Geoffrey Kamworor, 30:52.7
2. Augustine Choge, 31:30.1
3. Asbel Kiprop, 31:47.1
4. Josephat Bett, 31:53.2
5. Johnson Nakari, 31:57.5
6. Caleb Ndiku, 32:00.1
7. Peter Kirui, 32:05.1
8. Philemon Rono, 32:14.7
9. Paul Kipsiele Koech, 32:17.5

WOMEN

1. Vivian Cheruiyot, 36:29.9
2. Margaret Chelimo, 1997, 36:30.1
3. Hyvin Kiyeng Jepkemoi, 36:34.3
4. Janet Kisa, 36:47.5
5. Linet Masai 36:49.6
6. Lydia Rotich, 36:54.9
7. Pascalia Kipkoech, 37:09.9
8. Virginia Nyambura, 37:15.8
9. Isabella Ochichi, 37:25.3
10. Getrude Jepchichir, 37:27.1

INDOOR TRACK

New Balance Games (21st)

New York, USA, 22 & 24 January

(200 banked Mondo track)

WOMEN

Mile:

1. Kim Conley, New Balance, 4:27.88 WL
2. Kate Grace, Oiselle, 4:28.30 PB
3. Stephanie Garcia, New Balance, 4:28.97 PB
4. Cory McGee, New Balance, 4:30.93 PB

1500 *en route* times (FAT):

1. Kate Grace, Oiselle, 4:09.76 WL
2. Stephanie Garcia, New Balance, 4:09.97 PB
3. Kim Conley, New Balance, 4:10.66

Albany Great Dane Classic

Staten Island, USA, 16 January

MEN

1000:

1. Joe Gioielli, Central Connecticut, 2:24.88

2. Mpho Makofane, Monroe College (RSA), 2:27.65 PB
3. Peter Garmon, Connecticut, 2:28.22

WOMEN

800:

1. Ajee' Wilson, Adidas, 2:05.91
2. Kimarra McDonald, Juventus (JAM), 2:06.04
3. Latosha Wallace, Chase Athletics TC, 2:07.98 PB

Virginia Tech Invitational

Blacksburg, USA, 15-16 January
(200 m banked synthetic track)

WOMEN

3000 (15):

1. Kyla van Graan, SR Coastal Carolina (RSA), 10:02.73
2. Madison Hill, SR Army West Point, 10:03.74 PB
3. Aynslee van Graan, JR Coastal Carolina (RSA), 10:09.10 PB

TrackTown USA House of Track Meet #1

Portland, USA, 15 January
(200 m banked synthetic track)

MEN

3000 [Sections Combined]:

1. Matthew Centrowitz, Nike Oregon Project, 7:55.25
2. Dan Castle, WCAP Air Force, 8:39.89 PB
3. Will Baker-Robinson, Portland, 8:45.14

WOMEN

Mile:

1. Jordan Hasay, Nike Oregon Project, 4:49.88
2. Nozomi Takamatsu, Musembi Osaka Kun-ei HS (JPN), 4:53.26
3. Michaela Freeby, Team Run Eugene, 5:12.28

3000:

1. Shannon Rowbury, Nike Oregon Project, 8:53.52
2. Stephenie Spencer, Pacific (Ore.), 10:40.03

OUTDOOR TRACK

Capital Classic

(Athletics New Zealand 3000 National Championships)
Wellington, NZL, 22 January

MEN

3000 NC:

1. Nick Willis, 33, Wellington, 8:00.09
2. Hamish Carson, 28, Wellington, 8:05.97
3. Julian Matthews, 28, Tasman, 8:07.40

WOMEN

3000 NC:

1. Rosa Flanagan, 20, Canterbury, 9:09.33
2. Lucy Oliver, 28, Nth Harbour Bays, 9:10.67
3. Lydia O'Donnell, 26, Nth Harbour Bays, 9:14.99

Cooks Garden Classic

Wanganui, NZL, 19 January

MEN

Mile:

1. Nick Willis, Lower Hutt, 3:55.56 WL
2. Hamish Carson, 28, Wellington Scottish, 3:56.72 PB
3. Eric Speakman, 26, Napier, 3:57.30 PB

WOMEN

Mile (mostly for junior athletes):

1. Katherine Marshall, 24, Te Awamutu, 4:46.71 PB
2. Amelia Mazza-Downie, 17, AUS, 4:49.46 WYL/WJL/PB
3. Heidi Demeo, 17, Chilwell, 4:50.78 PB

NEWS**PLENTY OF STARS IN LONDON MEN'S FIELD**

Befitting an Olympic Year, organizers of the Virgin Money London Marathon announced a blockbuster men's elite field for the 36th edition of their race – Britain's largest marathon – on 24 April, reports *Race Results Weekly*. The field includes current champions of the Berlin, London, New York, Rotterdam, Tokyo, and World Championships marathons; eight men who have broken the 2:06 barrier; and the present and previous world record holders.

Topping the athlete list are the first five men to finish last year's race (in order): Kenyans Eliud Kipchoge, Wilson Kipsang, Dennis Kimetto, and Stanley Biwott, and Ethiopia's Tilahun Regassa. Kipchoge, the #1-ranked marathoner by *Track & Field News* for 2015 with victories in both London and Berlin, ran the two fastest times in the world last year: 2:04:42 at London and 2:04:00 at Berlin. He is the points leader of the Abbott World Marathon Majors Series IX which concludes at the Tokyo Marathon next month. Coached by Patrick Sang, Kipchoge has five marathon victories in six starts.

Kipsang, the former world record holder with a 2:03:23 personal best, was the London champion in both 2012 and 2014. He was also the TCS New York City Marathon winner in 2014, and took fourth last year.

Kimetto is the current world record holder and the only man to break 2:03 in the marathon: 2:02:57. In London, he'll be trying to rebound from a disappointing second half of 2015 in which he dropped out of both the IAAF World Championships and Fukuoka marathons.

Biwott is the reigning TCS New York City Marathon champion and has a career best time of 2:04:55. He recently won the Sao Silvestre Road Race over 15 km in Sao Paulo, Brazil, on 31 December.

Regassa is an erratic athlete with a solid marathon best of 2:05:27, but an even better half-marathon record of 59:19. He won the Rotterdam Marathon in 2013 and the Eindhoven Marathon in 2014.

There are other outstanding athletes in the race, like three-time Olympic gold medalist Kenenisa Bekele of Ethiopia, reigning world marathon champion Ghirmay Ghebreslassie of Eritrea, national marathon record holder Arne Gabius of Germany, nine-time European Cross-country Championships gold medalist Serhiy Lebid of Ukraine, and 10000 m and half-marathon ace Bedan Karoki of Kenya, who will be making his marathon debut.

The race also serves as the UK Athletics trial for the Rio Olympics. The first two British athletes to cross the finish line on The Mall will be nominated for team selection, provided they have achieved a mark of 2:14:00 or better during the UK Athletics qualifying period (the team will be announced the day after the race). Top British entrants include Chris Thompson, Scott Overall and Callum Hawkins. Thirteen British men have entered.

Here is the full elite field with personal best times:

Eliud Kipchoge (KEN) 2:04:00; Dennis Kimetto (KEN) 2:02:57; Wilson Kipsang (KEN) 2:03:23; Endeshaw Negesse (ETH) 2:04:52; Stanley Biwott (KEN) 2:04:55; Kenenisa Bekele (ETH) 2:05:04; Tilahun Regassa (ETH) 2:05:27; Abera Kuma (ETH) 2:05:56; Samuel Tsegay (ERI) 2:07:28; Ghirmay Ghebreslassie (ERI) 2:07:47; Amanuel Mesel (ERI) 2:08:17; Serhiy Lebid (UKR) 2:08:32; Arne Gabius (GER) 2:08:33; Tewelde Estifanos (ERI) 2:09:16; Ghebregziabhier Kibrom (ERI) 2:09:36; Vitaliy Shafar (UKR) 2:09:58; Marcin Chabowski (POL) 2:10:07; Scott Overall (GBR) 2:10:55; Chris Thompson (GBR) 2:11:14; Yuki Sato (JPN) 2:12:12; Callum Hawkins (GBR) 2:12:17; Nordstad Moen (NOR) 2:12:54; Lee Merrien (GBR) 2:13:41; Derek Hawkins (GBR) 2:14:04; Shawn Forrest (AUS) 2:14:37; Kevin Seaward (IRL) 2:14:52; Phil Wicks (GBR) 2:15:37; Paul Pollock (IRL) 2:15:38; Ben Moreau (GBR) 2:15:52; Ian Kimpton (GBR) 2:15:55; Matthew Hynes (GBR) 2:16:00; John Beattie (GBR) 2:16:38; Andrew Davies (GBR) 2:16:55; Stephen Scullion (IRL) 2:34:33; Bedan Karoki (KEN) debut; Gervais Hakizimana (RWA) debut; Jonathan Hay (GBR) debut; Ryan McLeod (GBR) debut; Alejandro Fernandez Martin (ESP) debut.

BACKGROUND

SCRAP WORLD RECORDS AND START ANEW, SAYS UK ATHLETICS

The suggestion by UK Athletics that the IAAF should consider scrapping the present set of world records has met with a howl of disapproval, led by Paula Radcliffe, whose marathon mark is one of the few women's world records untainted by the possibility of doping, reports *Athletics International*. "Do that and you will end up punishing innocent athletes," she told *The Times*. "The record holders probably competed against cheats for most of their career, so essentially you are punishing them twice at the hands of doping. It just doesn't make sense."

Radcliffe supports the idea that athletes who serve a doping ban should have all of their previous results annulled. "If you make the decision to cheat you are forfeiting the right to everything which went before in your career." Radcliffe has long been an advocate of a lifetime ban for cheats. "If that's not possible, then what about eight to ten years, because that's a lifetime in sport, and might get you over the legal hurdle?"

The only current world record holders who received doping bans at some stage of their career are Javier Sotomayor (2.45 HJ), Randy Barnes (23.12 SP), Gulnara Galkina (8:58.81 3000 SC) and Inessa Kravets (15.50 TJ), but many others, including the GDR's state-controlled Jürgen Schult (74.08 DT), Marita Koch (47.60 400) and Gabriele Reinsch (76.80 DT), managed to evade sanctions.

One formula which has often been touted is to create a new category of 21st century records (as from 1.1.2001), with "absolute" world records continuing to be acknowledged. Following are the 21st century records in "Olympic" events which remain inferior to the current world records (* athlete with a doping ban):

MEN: 400: 43.45 Jeremy Wariner USA 2007 (WR: 43.18 Michael Johnson USA 1999); 1500: 3:26.12 Hicham El Guerrouj MAR 2001 (3:26.00 El Guerrouj 1998); 400 H: 47.24 Kerron Clement USA 2005 (46.78 Kevin Young USA 1992); HJ: 2.43 Mutaz Essa Barshim QAT 2014 (2.45 Javier Sotomayor* CUB 1993); LJ: 8.74 Dwight Phillips USA 2009 (8.95 Mike Powell USA 1991); TJ: 18.21 Christian Taylor USA 2015 (18.29 Jonathan Edwards GBR 1995); SP: 22.67 Kevin Toth* USA 2003 (23.12 Randy Barnes* USA 1990); DT: 73.38 Gerd Kanter EST 2006 (74.08 Jürgen Schult GDR 1986); HT: 84.90 Vadim Devyatovskiy* BLR 2005 (86.74 Yuriy Sedykh URS/RUS 1986); JT: 92.80 Jan Zelezny CZE 2001 (98.48 Zelezny 1996); 4x400: 2:55.39 USA 2008 (2:54.29 USA 1993).

WOMEN: 100: 10.64 Carmelita Jeter USA 2009 (10.49 Flo Jo 1988); 200: 21.63 Dafne Schippers NED 2015 (21.34 Flo Jo 1988); 400: 48.70 Sanya Richards USA 2006 (47.60 Marita Koch GDR 1985); 800: 1:54.01 Pamela Jelimo KEN 2008 (1:53.28 Jarmila Kratochvílová CZE 1983); 10000: 29:53.80 Meselech Melkamu ETH 2009 (29:31.78 Wang Junxia CHN 1993); 100 H: 12.26 Brianna Rollins USA 2013 (12.21 Yordanka Donkova BUL 1988); HJ: 2.08i Kajsa Bergqvist SWE 2006 & 2.08 Blanka Vlasic CRO 2009 (2.09 Stefka Kostadinova BUL 1987); LJ: 7.42 Tatyana Kotova* RUS 2002 (7.52 Galina Chistyakova URS/RUS 1988); TJ: 15.39 Françoise Mbango CMR 2008 (15.50 Inessa Kravets* UKR 1995); SP: 21.70i Nadezhda Ostapchuk* BLR 2010 & 21.58 2012 (22.63 Natalya Lisovskaya URS/RUS 1987); DT: 71.08 Sandra Perkovic* CRO 2014 (76.80 Gabriele Reinsch GDR 1988); Hep: 7032 Carolina Klüft SWE 2007 (7291 JJK 1988); 4x400: 3:16.87 USA 2012 (3:15.17 URS 1988).

Peter Matthews, co-editor of *Athletics International* and editor of the *ATFS Annual*, comments: I find it pretty absurd that anyone (including us!) should be giving any space or credence to such a proposal from British Athletics. It could be, of course, that British Athletics were unaware that two of their athletes held and would lose world records, but do we really think that any athletics follower would disregard Jonathan Edwards and Paula Radcliffe as world record holders and replace with inferior marks that just happen to have been made more recently! And would British Athletics recast all British records as well – if not we really would be in cloud-cuckoo land.

□ The following two articles appeared in *The New York Times*. – Ed.

A SECOND CHANCE FOR COE TO CLEAN UP HIS SPORT



In the world of Olympic sports, Richard W. Pound, the former chief of the World Anti-Doping Agency, is known as a straight talker who has no tolerance for corruption or doping.

After all, he's the one who, after the cyclist Floyd Landis failed a drug test in 2006 with an insanely high ratio of testosterone to epitestosterone, said: "You'd think he'd be violating every virgin within 100 miles. How does he even get on a bicycle?"

Yet on Thursday, when Pound spoke at a news conference in Munich about the report he wrote for WADA regarding corruption and possible criminal behavior at the top levels of the International Association of Athletics Federations — the world's governing body of track and field — he did not wield his verbal sword against the

sport's officials who he said helped facilitate systematic doping in Russia. He did not skewer those who, as the report suggested, watched as the cover-up unfolded all around them.

Instead, Pound basically brought flowers to the man at the top of the I.A.A.F., Sebastian Coe, its president.

"There's an enormous amount of reputational recovery that needs to occur here, and I can't think of anyone better than Lord Coe to do that," he said.

Wait, how could that be? That's the same Lord Coe who was a part of the I.A.A.F. Council which, according to the report, "could not have been unaware of the extent of doping in athletics and the nonenforcement of applicable antidoping rules."

What had WADA done with the real Dick Pound?

Pound did not immediately return a phone call to explain his contradiction. So what I've surmised is that he was sticking with Coe because he considers it smarter to back the devil he knows than the one he might not know. With so much corruption in international sports, there would be no guarantee that Coe's successor would be blemish-free.

Just look at the top officials at FIFA, soccer's governing body. As soccer endures its own head-spinning corruption scandal, it has become comical to consider who might reform the organization as president when Sepp Blatter's reign ends next month.

Michel Platini once was thought to be a lock to succeed Blatter. But, whoops, he was barred from the sport for eight years for accepting an unauthorized payment of \$2 million from FIFA and is also under criminal investigation in Switzerland for it.

What about Sheikh Salman bin Ebrahim al-Khalifa of Bahrain, one of the five men on the ballot? Human rights organizations say that he and his family were responsible for the torture and imprisonment of pro-democracy protesters in 2011. Sheikh Salman denies the accusations.

Would Tokyo Sexwale get your vote? He was a member of the bid team and the organizing committee for the 2010 World Cup in South Africa, which still faces questions about a \$10 million payment that United States Justice Department officials have called a bribe.

It can be difficult to find purity at the top of international sports. In track and field, Coe, the former middle-distance star and Olympic champion, just might be the best option. He should serve his punishment for not speaking out against pervasive doping in track and field. His sentence: to clean up his dirty sport.

Some athletes who have been outspoken on doping issues, including Lauren Fleshman, a two-time national champion in the 5000 meters, are willing to give Coe a second chance. She told me on Thursday that it was possible that Coe did not know the extent of the corruption at the I.A.A.F. because the organization was so big and disorganized.

"He could take this chance and be highly motivated and apply all of those skills that made him an elite athlete, conquering all the obstacles and all the doubt, and attack the I.A.A.F. with vigor," Fleshman said. "He has to make some serious changes to earn people's trust. Transparency is huge."

I tend to agree. Coe should get a chance to do the right thing. He should consider stepping aside temporarily to let an independent reform committee take over the I.A.A.F. and rebuild its shoddy governance structure. Then Coe could return to run the federation like a public company.

Let transparency reign. Disclose financial results. Rid itself of nepotism.

Coe should treat the I.A.A.F. as if it were beholden to shareholders — the sport's fans and clean athletes — if he really wants track and field to rebound from this scandal. Coe must get to work, and make changes now. With the Rio Olympics nearly six months away, the clock is ticking.

Which brings me to another curious thing Pound said: that the Russian track and field organization, which was suspended after it was found to operate a state-supported doping program, has a chance to be reinstated before the Rio Games. That means Russian track and field athletes could compete in Rio.

Just the thought of that makes Travis Tygart, the chief executive of the United States Anti-Doping Agency, fume because the Russian organization was given a chance to start rehabilitating itself when WADA's first report was released, in November, but nothing has happened on that front since.

"They're still attacking the brave and courageous whistle-blowers," Tygart said of the Russians. "There is no lab. There's no testing agency." He added: "We're a few months before the Games and it's too late, even if they hold all of those who are responsible accountable. It's too late to assure that those in the state-supported doping program are clean."

The feisty Dick Pound would have agreed. Many times, he told me that the benefits of doping could last 10 years or more, depending on the drug used, because the athlete was able to train much harder and recover much quicker.

Instead, he is suggesting opening the door to the Olympics to Russian runners and jumpers and throwers, though their presence at the Games would only make track and field look even more like a joke.

One way to deter countries from even thinking about sponsoring teamwide doping is to kick them out of the Olympics for at least one Games when they violate the basic rules of clean sport.

"It would be a cleaner Games if they weren't there," Fleshman said about the Russian team.

And if WADA cannot have a perfectly clean Games, why shouldn't it push for cleaner ones?

Seems simple. But the politics of sports makes it so hard.

AS TRACK ATONES, SOME ATHLETES SEEK MORE THAN AN APOLOGY

By Christopher Clarey

There have been many doping scandals, too many, but if allegations about the demanding and extorting of bribes to cover up test results are true, track and field's former leader Lamine Diack and his minions and relations took the category to a new level of low by corrupting from the top.

It is a big, particularly rank can of worms, and the Diack damage, along with the Russian federation's suspension from the sport, raises the question of what might be done for athletes who have missed out on their rightful rewards.

Reallocating medals has become standard practice — depressing testimony to how often that sports event you just watched turns out to be a sham. But what about a more radical approach: paying reparations to those who were cheated?

"I think that's quite tricky legally, but look, I'm not ruling anything in, and I'm not ruling anything out at the moment," Sebastian Coe, Diack's successor as president of the International Association of Athletics Federations, said in a recent interview.

The idea is certainly worth a long look, and there is the possibility that legal action could make it even more pressing business. Doping is fraud, and so is covering up doping when it allows for competition by athletes who should have been excluded.

"There's so much stuff you can't get back; it's like a class-action lawsuit that we're looking at," said Alysia Montano, the American 800-meter runner who finished fifth at the 2012 Olympics behind two Russians accused of cheating and

fourth at two World Championships behind one of them.

The Canadian racewalker Evan Dunfee, who is particularly outspoken on doping issues, declared last week that since 2005, Russian racewalkers had effectively "stolen" \$1.7 million in prize money from clean athletes with their performances in World Championships and the World Walking Cup.

But prize money and sponsor bonuses are only part of the loss. Even more difficult to recover is the value of would-be endorsements, appearance fees and contracts.

"It's just so much domino effect," Montano said.

There is also the mental anguish of defeat, more destructive when an athlete suspects being cheated.

"I've seen a number of athletes who were so concerned and angry about what everybody else was doing or may have been doing that it literally ruined their careers and their lives," said Adam Nelson, a former shot putter from the United States. Nelson is particularly well placed to speak to this issue. He was awarded the gold medal in the shot put nearly nine years after the 2004 Olympics when retesting resulted in the Ukrainian Yuriy Bilonog's being stripped of his gold.

"I jokingly refer to the fact that I am actually the most recent gold medalist and kind of, sort of the defending champion because I received my medal in 2013 at the food court in the Atlanta airport," Nelson said.

But the material effect of his winning in 2013 instead of 2004 is no joke. "Losing out on the gold medal in 2004, that cost

me over \$2 million in future earnings," Nelson said.

Montano estimated her lost bronze medals had cost her \$500,000.

"It's going to be really interesting to see if any athletes bring any claims," said Sean Cottrell, the founder and chief executive of the British website LawInSport. The question is whom to target: the IAAF, the Russian federation or the penalized athletes themselves.

Last year, the Track and Field Athletes Association, a still-fledgling group led by Nelson, called on the IAAF, the World Anti-Doping Agency and the Russian federation to pay reparations to athletes "denied their rightful competition placements."

"It would be a huge symbol, a huge gesture from the IAAF to recognize and take ownership of the fact that they really did mess up, and it's not just the IAAF," Nelson said.

Coe said the IAAF would examine the possibility of fining athletes who broke doping rules but said allocating money from those fines to the wronged could prove legally complicated. It could also prove premature: How to have confidence at this dire stage that the beneficiaries would be truly clean, either?

Still, Nelson believes the time has come for athletes to be rewarded financially for following the rules. With the statute of limitations on retesting doping samples now at 10 years after the initial test, Nelson proposes deferring compensation for athletes into a "fair play" fund, which could be bankrolled by the IAAF, meet directors or sponsors.

The idea? Keep a clean record for those 10 years, and collect a bonus.

"There's a need to actually start to align your overall values with the compensation model," Nelson said. "That's usually what it takes to change a culture, unfortunately."

While the opprobrium has been rightly directed at the sport's administrators of late, reform is not all about the now-chastened Coe. There is also the issue of what the athletes themselves should do differently.

Not dope, you might answer (or perhaps shout, at this stage). But Nelson and others also believe it is time for athletes to play a much more proactive and collective role, policing themselves and changing the culture from the ground up instead of relying on the top-down model that has failed miserably. That clearly means much more of a neighborhood-watch approach.

The IAAF already has an athletes' commission, whose members — a mix of former and current athletes — include the American decathlete Ashton Eaton, one of the sport's biggest stars. But Nelson and Dunfee, the racewalker, believe the commission is too much under the IAAF umbrella and too constrained.

The Track and Field Athletes Association or another organization like it could be the equivalent of an independent players' union. "You can't change a culture just by making new policies," Nelson said. "We athletes need to start talking much more openly."

"Depending on what estimates you use, 75 to 85 percent of all athletes are doing the sport the right way. And it's incumbent upon that significant majority doing it the right way to start taking ownership of this and say, 'We're not going to tolerate the 15 to 25 percent of you who are not doing it the right way, and furthermore, we are not going to allow the coaches who perpetuate the myth that there is only way to win to come into our culture and mislead another group of athletes.' That can't happen just from the top down."

Coe now insists that he wants "more whistle-blowers." Nelson resists the use of that term, but this is semantics. He knows that the flow of information behind the scenes — fueled by well-grounded suspicions — has to increase soon and significantly.

"It looks poor if we cast doubt on someone's results," he said. "But we know the difference between poor sportsmanship and jealousy and when something just doesn't smell right. Athletes know that better than you do. We truly do, so now we have to find a way to address that."

STATS TIME

This week we list the fastest ten women in the marathon for 2015. Although the list leader is from Kenya, Ethiopia dominates the top of the list: of the top 30, no fewer than 26 are from either Kenya or Ethiopia, with the latter accounting for 19 athletes. The best South African is only 175th on the list.

2015 MARATHON: WORLD'S TOP 10 WOMEN

2:19:25	Gladys Cherono (KEN)	1	Berlin	27 Sep
2:19:52	Mare Dibaba (ETH)	1	Xiamen	03 Jan
2:20:02	Aselefech Mergia (ETH)	1	Dubai	23 Jan
2:20:21	Lucy Kabuu (KEN)	3	Dubai	23 Jan
2:20:48	Aberu Kebede (ETH)	2	Berlin	27 Jan
2:20:59 WJR	Shure Demise (ETH)	4	Dubai	23 Jan
2:21:56	Mulu Seboka (ETH)	6	Dubai	23 Jan
2:22:08 NR	Eunice Jepkirui (BRN)	1	Nagoya	08 Mar
2:22:48	Sairi Maeda (JPN)	2	Nagoya	08 Mar
2:22:51	Tadelech Bekele (ETH) [10]	7	Dubai	23 Jan
...				
2:31:02	Mapaseka Makhanya (RSA) [175]	3	Hannover	19 Apr

THIS MONTH IN HISTORY

30 years ago: 19 January 1986

Paul Cummings (USA) beat David Edge (CAN) to win the 14th edition of the Houston-Tenneco Marathon, 2:11:32 to 2:11:40. In the women's race Veronique Marot (GBR) had a two-minute margin on runner-up Francie Larrieu (USA), 2:31:33 to 2:33:37. Marot would win the race two more times, in 1989 and 1991. Two famous Germans finished fourth and eleventh: Christa Vahlensieck, who set two world records in 1975 and 1977 (with a best of 2:34:48) finished in 2:35:43, while 20-year-old Birgit Lennartz crossed the line in 2:46:28. She was already an experienced marathoner at that age, since she had run her first marathon at age 12! She ran her 138th marathon in September 2014 and has scored 120 wins throughout her career, including the Comrades in 1999. (The result of the 44th running of the marathon appears elsewhere in this issue.)

SOUTH AFRICAN ROAD LIST LEADERS FOR 2016

This is the first compilation of list leaders for 2016. 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	30:51	Desmond Mokgobu	Pretoria	23 Jan
	28:56	Yohan Durand (FRA)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	47:04	Amos Nyongo	Port Elizabeth	16 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	66:21	Vusi Tshoba	Pretoria	23 Jan
	62:45	Aritaka Kajiwara (JPN) & Kinari Ikeda (JPN)		

25 km	58:23	Zersenay Tadese (ERI) 2010		
30 km	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
	1:42:14	Sibusiso Madikizela	Camps Bay	10 Jan
Marathon	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
	2:17:15	Lungile Gongqa	Mumbai	17 Jan
	2:10:18	Vincent Kipruto Limo (KEN)		
100 km	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
	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	34:49	Enoch Skosana	Pretoria	02 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	52:36	Terrance Mjekula	Port Elizabeth	16 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	77:14	Johnny Young	Pretoria	23 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	76:49	Martin Mondragon (MEX) 1994		
30 km	1:53:58	Thembelani Zola	Camps Bay	10 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:45:27	Vuyani Sixaso	Fish Hoek	23 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	39:14	Paul Mabena	Pretoria	02 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	56:20	Desmond Zibi	Port Elizabeth	16 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	84:16	Joseph Ndlovu	Pretoria	23 Jan
	66:42	Martin Rees (GBR) 2003		
25 km				
30 km	1:59:47	Eric Coetzee	Camps Bay	10 Jan
Marathon	3:08:43	Abraham Fillies	Fish Hoek	23 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	43:38	Mike du Bruto	Pretoria	16 Jan
	32:48	Martin Rees (GBR) 2013		
15 km	63:30	Muhammad Kriel	Constantia	16 Jan
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	92:57	Elvis Galela	Port Elizabeth	23 Jan
	71:31	Martin Rees (GBR) 2013		
25 km	94:01	Doug Winn (USA) 2010		
30 km	2:21:37	Garry Wilford	Camps Bay	10 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:37:56	Gerald Martin	Fish Hoek	23 Jan
	2:36:30	Yoshihisa Hosaka (JPN) 2009		

100 km

Great grandmasters (70+)

10 km	53:52	Andries v.d. Merwe	Pretoria	23 Jan
	37:33	Ed Whitlock (CAN) 2004		
15 km	69:48	Jeff Smith	Constantia	16 Jan
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	2:12:51	Godfrey Kariem	Port Elizabeth	23 Jan
	82:23	Ed Whitlock (CAN) 2001		
25 km				
	99:59	Clive Davies (USA) 1985		
30 km	2:22:55	Jeff Smith	Camps Bay	10 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	4:47:12	Joseph Matthews	Fish Hoek	23 Jan
	2:54:49	Ed Whitlock (CAN) 2004		

100 km

Juniors

10 km	34:59	Samekeliswe Shongwe	Pretoria	16 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:06	Samuel van der Merwe	Constantia	16 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	85:55	Alexander Snyder	Pretoria	23 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	33:30	Irvette van Zyl	Pretoria	23 Jan
	33:15	Fanny Pruvost (FRA)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	57:28	Charné Bosman (vet)	Jeffreys Bay	02 Jan
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	81:49	Patience Khumalo	Pretoria	23 Jan
	73:41	Stephanie Dinius (USA)		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km				
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	3:18:22	Ursula Frans (vet)	Fish Hoek	23 Jan
	2:24:04	Worknesh Edesa (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
	2:17:42w	Paula Radcliffe (GBR) 2005		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:15	Charné Bosman	Pretoria	23 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:28	Charné Bosman	Jeffreys Bay	02 Jan

21.1 km	49:35 93:22 69:56	Priscilla Welch (GBR) 1985 Salome Cooper Irina Permitina (RUS) 2009	Pretoria	23 Jan
25 km				
30 km	82:13 2:17:14 1:51:37	Mizuki Noguchi (JPN) 2005 Ursula Frans Mieke Pullen (NED) 2001	Camps Bay	10 Jan
Marathon	3:18:22 2:26:51	Ursula Frans Priscilla Welch (GBR) 1987	Fish Hoek	23 Jan
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	46:36 34:44	Ansie Breytenbach Tatyana Pozdniakova (UKR) 2005	Pretoria	16 Jan
15 km	66:47 54:33	Margie Saunders (g'mast) Shirley Matson (USA) 1991	Port Elizabeth	16 Jan
21.1 km	95:50 76:07	Margie Saunders (g'mast) Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	23 Jan
25 km				
30 km	2:20:31	Ester Brink	Camps Bay	10 Jan
Marathon	3:56:38 2:31:05	Lorraine Rogers Tatyana Pozdniakova (UKR) 2005	Fish Hoek	23 Jan
100 km				
<u>Grandmasters (60+)</u>				
10 km	51:21 38:56	Frances van Blerk Lidia Zentner (GER) 2015	Pretoria	16 Jan
15 km	66:47 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	16 Jan
21.1 km	95:50 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	23 Jan
25 km				
30 km	1:58:24 2:23:30 2:17:11	Gloria Brown (USA) 1994 Nancy Will Barbara Miller (USA) 1999	Camps Bay	10 Jan
Marathon	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	56:54 44:09	Annetjie Greyvenstein Lavinia Petrie (AUS) 2014	Pretoria	23 Jan
15 km	1:29:24 72:52	Margie Plantema Jo Klein (NED) 2004	Constantia	16 Jan
21.1 km	97:38	Lavinia Petrie (AUS) 2014		
25 km				
30 km	2:18:20 2:50:02 2:47:08	Gerry Davidson (USA) 1991 Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	36:54	Ashleigh Simonis	New York	09 Jan

15 km	31:42 69:54 49:40	Zola Pieterse (RSA) 1984 Nomakhozi Ntliziyo Ines Chenonge (KEN) 2001	Port Elizabeth	16 Jan
21.1 km	1:43:42 1:09:05	Nompumlelo Shongwe Delilah Asiago (KEN) 1991	Pretoria	16 Jan

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