

Distance Running Results

Vol. 16, No. 4 – 1 February 2016

© Distance Running Results. All rights reserved.

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

With a brilliant performance, Irvette van Zyl yesterday ran the fastest ever inland half marathon in South Africa, 1:12:08, to win the Johnson Crane Hire Half Marathon by more than nine minutes. Benoni is at 1645 m above sea level. The previous best, run in Johannesburg, was the 1:12:12 clocked by René Kalmer in 2014 – in a race in which Van Zyl was second in 1:12:50. Van Zyl herself has run faster only three times; her best on a standard course is 1:11:09. Kalmer, coming back from injury, was ninth, 20 minutes behind the winner. Charné Bosman won the marathon, run for the 36th time, in 2:48:52, her fastest since she ran 2:48:21 in 2013.

The three races in Benoni produced no fewer than fifteen list leaders, among them a good 49:13 by Sonja Laxton, as well as 31:19 by Shadrack Hoff and 1:10:59 by Johannes Kekana, who scored his second list leader of the week.

In the downhill PDAC 25 km Jenna Challenor ran 1:33:24 – the seventh fastest ever by a South African on all courses (three of the faster times were also run on this route).

The Die Burger/Rafi's/Builders Warehouse Friendly City Marathon in Port Elizabeth was run for the 37th time and resulted in two list leaders. The winners were George Ntshiliza in 2:34:52 and Davera Magson in 3:16:22.

The results of the Standard Chartered Dubai Marathon were included in DRR last week. It has since become known that Gladwin Mzazi dropped out after 31 km (after going through 25 km in 1:17:58), complaining of the heat.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Johnson Crane Hire Marathon, Half Marathon & 10 km, Benoni
- * PDAC 25 km, Pinetown



Charné Bosman on her way to victory in the Johnson Crane Hire Marathon, during which she had to answer the call of nature but still won comfortably in a good 2:48:52. [Photograph supplied]

- * Kloofnek Classic Half Marathon, Cape Town
- * Die Burger/Rafi's/Builders Warehouse Friendly City Marathon & 10 km, Port Elizabeth
- * Wonderpark Akasia Marathon, Half Marathon & 10 km, Pretoria
- * ARWYP 15 km, Kempton Park

International highlights:

- * Osaka Women's Marathon & Half Marathon, Osaka, JPN
 - * Marrakech Marathon & Half Marathon, Marrakech, MAR
 - * XC: Cross Country Cinque Mulini, San Vittore Olona, ITA
 - * Indoor track: University of Washington Invitational, Seattle, USA; Camel City Elite Races, Winston-Salem, USA; Boston University John Thomas Terrier Classic, Boston, USA
-

ROAD RUNNING

Johnson Crane Hire Marathon (36th), Half Marathon & 10 km

Benoni, 31 January

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 2857; half-marathon – 2659; 10 km – unknown.

Marathon

MEN

1 Charles Tjiane (Maxed Elite) 2:23:46 (1st vet); 2 Ludwick Mamabolo (Nedbank) 2:25:25; 3 Samuel Mashishi (FFA) 2:26:19; 4. Kennett Kiptoo (KEN/Nedbank) 2:28:28; 5. Rofhiwa Mathidi (RRR) 2:29:37.

Veterans: 1 Charles Tjiane (Maxed Elite) 2:23:46; 2 Rulf Nkhi (Nedbank) 2:38:47.

Masters: 1 Graeme McCallum (Born 2 Run) 3:09:40. **G'masters:** 1 Johan Nel (Irene) 3:21:11.

WOMEN

1 Charné Bosman (Nedbank) 2:48:52 (1st vet); 2 Risper Kimaiyo (KEN/Nedbank) 2:52:05; 3 Julianie Basson (Born 2 Run) 3:05:23; 4. Salome Brits (Toyota) 3:06:14; 5. Enie Molatseli (Ekur) 3:08:57.

Veterans: 1 Charné Bosman (Nedbank) 2:48:52; 2 Julianie Basson (Born 2 Run) 3:05:23.

Masters: 1 Yvonne Laing (RRW) 3:37:43. **G'masters:** 1 Val Watson (Runavation) 3:47:44.

Half marathon

MEN

1 Lucky Mohale (Boxer) 66:46; 2 Tiisetso Ramokheseng (LES/Colossus) 67:06; 3 Leswene Africa Mailola (Nedbank) 67:07.

Veterans: 1 Johannes Kekana (Cool Running) 70:59; 2 Mkhuhlane Mgcina (Sports Connection) 75:07. **Masters:** 1 Solomon Khumalo (Carlton) 82:25. **G'masters:** 1 Don Charles (Nedbank) 93:20.

WOMEN

1 Irvette van Zyl (Nedbank) 72:08; 2 Christine Kalmer (KPMG) 81:27; 3 Yolande Maclean (Born 2 Run) 85:36; 4. Paula Quinsee (Born 2 Run) 85:43 (1st vet); 5. Andronica Mokgotla (Toyota) 87:14.

Veterans: 1 Paula Quinsee (Born 2 Run) 85:43; 2 Heather Walden (Born 2 Run) 91:50.

Masters: 1 Julie Soicher (Rockies) 96:06. **G'masters:** 1 Debbie Blake (Runavation) 1:57:12.

10 km

MEN

1 Desmond Mokgobu (Boxer) 29:44; 2 Moses Kiptoo (KEN/Nedbank) 30:07; 3 Lebogang Masilo 30:28.

Veterans: 1 Shadrack Hoff (Ind) 31:19; 2 Justinus Gantsi (Ampa) 31:51. **Masters:** 1 Tony Silva (BCC) 36:22. **G'masters:** 1 Andre Jansen (GS) 39:19. **Juniors:** 1 Kabelo Melamu (Randmark) 30:34; 2 Ntandazo Xaba (Paradise) 33:48; 3 Wiseman Sibiya (Benoni Harriers) 34:28.

WOMEN

1 Keneilwe Sesing (KPMG) 35:34; 2 Mpho Mabuza (Gallopers) 36:45; 3 Jeanette McKenzie (Nedbank) 38:06.

Veterans: 1 Marlise Vermaak (Kempton) 41:05; 2 Melanie Jennett (Fourways) 41:59. **Masters:** 1 Jackie Frey (Khosa) 46:41. **G'masters:** 1 Sonja Laxton (RAC) 49:13. **Juniors:** 1 Puseletso Dieta (Simunye) 39:53; 2 Rachel Leistra (UJ) 41:15; 3 Kelebogile Moreo (Boksburg) 42:51.

PDAC 25 km (35th)

Pinetown, 31 January
(Point-to-point downhill course)

MEN

1.	Siyabonga Nkonde	Boxer AC	1:21:12
2.	Nkosi Mhlakwana	Phuma KZN	1:21:54
3.	Perfect Dlamini	Phuma KZN	1:23:40

40-49:

1.	Oliver Brown	DHSOB	1:45:30
----	--------------	-------	---------

50-59:

1.	Andy Daly	West AC	1:48:38
----	-----------	---------	---------

60+:

1.	Boysie van Staden	DHSOB	2:06:04
----	-------------------	-------	---------

WOMEN

1.	Jenna Challenor	KPMG	1:33:24
2.	Cary-Ann Smith	Nedbank AC	1:44:57
3.	Suzette Botha	Eskom	1:45:58

40-49:

1.	Sandy de Beer	SANDF	2:03:26
----	---------------	-------	---------

50-59:

1.	Roshnee Natasen	Highway AC	2:13:42
----	-----------------	------------	---------

60+:

1.	Jenny Scott	DCS	2:22:39
----	-------------	-----	---------

Kloofnek Classic Half Marathon (21st)

Cape Town, 31 January
(Distance: 21.1 km; certified, very hilly out-and-back course. Weather: warm early, became hot later, no wind. Finishers: 1768 [up from 1598 last year].)

MEN

1. Bernard Rukadza (ZIM/Gugs) 1:14:20
2. Siyabulela Mpongwana (VOB) 1:15:16

3. Babalo Hambi (Itheko) 1:18:10

Veterans: 1. Thembelani Zola (Gugs) 1:18:53; 2. Tsungai Mwanengeni (ZIM/Gugs) 1:19:38; 3. Vuyani Sixaso (WR) 1:20:57. **Masters:** 1. Sollie van Rooyen (Worc) 1:27:34; 2. Chris Mitchell (Celtic) 1:32:01; 3. Zolani Ntsodo (SANDF) 1:32:38. **G'masters:** 1. Robbie Lindsay (Ned) 1:41:22; 2. Gemjikile Tom (Eskom) 1:49:23; 3. Klaus Kassel (WC) 1:52:28. **G/g'masters:** 1. Vernon du Preez (Lange) 1:49:24; 2. Gideon Malherbe (Celtic) 2:07:02; 3. Wally Steel (Hout) 2:17:01. **Juniors:** 1. Martin Makumba (Hout) 1:36:13.

WOMEN

1. Kate Mapham (Ind) 1:33:13
2. Phatiswa Dyalvane (Ned) 1:38:19
3. Candyce Hall (Carb) 1:39:02

Veterans: 1. Elizabeth Brink (Durb) 1:43:06; 2. Marlize Vienings (Edge) 1:43:25; 3. Janet Adam (Harf) 1:45:48. **Masters:** 1. Viv Williams (ATC) 1:41:38; 2. Renée Scott (VOB) 1:49:46; 3. Karen Jennings (VOB) 1:51:20. **G'masters:** 1. Helen du Plessis (Brack) 2:01:42; 2. Ruth Leverton (Pine) 2:17:19; 3. Cecily Michaels (Held) 2:42:22. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:21:22; 2. Chippy Steel (Hout) 2:24:24; 3. Marlene James (Pine) 2:32:16.

Die Burger/Rafi's/Builders Warehouse Friendly City Marathon (37th) & 10 km

Port Elizabeth, 30 January

(Distances: 42.195 km & 10 km; out-and-back courses. Finishers: marathon – 393 [down from 448 last year]; 10 km – 441 [down from 507]).

Marathon

MEN

1	George	Ntshiliza	Bluewater Bay	36	2:34:52
2	Eric	Sigxashe	Motherwell AC	37	2:36:40
3	Ricardo	Plaatjies	Xcel AC	32	2:41:08
4	Sipho	November	Graaff-Reinet	34	2:56:40
5	Mzukisi	Klaas (1 st vet)	Bluewater Bay	47	2:56:48
6	Jan	Fick (1 st mast)	Graaff-Reinet	50	2:58:32
7	Mongezi	Mboya	PEAAC	38	3:00:07
8	Luyanda	Matiwana	Spar EC AC	37	3:00:18
9	Gcobani	Bekwapi	Tinarha AC	36	3:01:37
10	Patrick	Peta	Somerset East	39	3:02:03
11	Adriaan	Gouws	Nedbank RC	42	3:04:54
12	Mila	Pasiya	Nedbank RC	36	3:05:49
13	Leon	Weitsz	Despatch AC	41	3:05:55
14	Luvuyo	Stephen	Nedbank RC	45	3:12:02
15	Bulalani	Mapetshana	Phakama AC	36	3:12:02
16	Mtetwa	Jarati	Body Concept	26	3:13:10
17	Mzoli	Mpalala	Real Gijimas	53	3:13:15
18	Khayelihle	Ncube	Nedbank RC	29	3:13:44
19	Jacques	Barnard	Despatch AC	39	3:14:52
20	Colben	Ngcupe	Charlo AC	52	3:16:33

40-44:

1	Adriaan	Gouws	Nedbank RC	42	3:04:54
2	Leon	Weitsz	Despatch AC	41	3:05:55
3	Themba	Gxabeka	Temp	40	3:17:29

45-49:

1	Mzukisi	Klaas	Bluewater Bay	47	2:56:48
2	Luvuyo	Stephen	Nedbank RC	45	3:12:02

3	Geddes	Gallant	SANDF AC EP	49	3:21:04
50-54:					
1	Jan	Fick	Graaff-Reinet	50	2:58:32
2	Mzoli	Mpalala	Real Gijimas	53	3:13:15
3	Colben	Ngcupe	Charlo AC	52	3:16:33
55-59:					
1	Disemba	Blou	Charlo AC	57	3:31:19
2	Ntsikelelo	Mtshabe	Cheetahs AC	56	3:45:25
3	Christopher	Nyodi	Bluewater Bay	57	3:48:40
60-64:					
1	Elvis	Galela	Madibaz AC	63	3:17:33
2	Richard	Foss	Albany RR	61	4:08:35
3	George	Botha	Elite AC	62	4:44:37
65-69:					
1	Cilliers	Swart	Nedbank RC	69	4:27:31
2	Thembisile	Ntoni	PEAAC	68	4:45:06
3	Henry	Muller	Gelvan AC	65	5:06:45
70-74:					
1	Ben	Bouwer	Hartenbos Draw	70	5:17:32
75-79:					
1	Godfrey	Kariem	Gelvan AC	75	5:28:41
WOMEN					
1	Davera	Magson (1 st vet)	Nedbank RC	41	3:16:22
2	Nokholo	Hlezupondo	SANDF AC EP	36	3:27:10
3	Jene	Banfield	RWFL EP	45	3:35:49
4	Terray	Newcombe	Elite AC	24	3:39:21
5	Ilze	Ritter	Charlo AC	27	3:48:24
6	Claire	Van der Nest	Body Concept	34	3:50:25
7	Nolikhanyo	Mdwayi	TPT AC EP	34	3:52:38
8	Heidi	Viljoen	Strand AC	38	3:53:18
9	Pearl	Prinsloo	Elite AC	37	3:53:54
10	Bianka	Venter	Temp	27	3:56:04
11	Robyn	Rose	Charlo AC	28	3:56:43
12	Sunelle	Horne	Bluewater Bay	41	4:04:33
13	Talana	Vosloo	Nedbank RC	34	4:06:03
14	Amanda	Shaw (1 st mast)	Body Concept	51	4:07:04
15	Benita	Barton	Crusaders AC	45	4:11:25
16	Nadia	Zimri	Kouga Multi SC	28	4:12:30
17	Priscilla	Dyantyi	Nedbank RC	41	4:15:09
18	Dafre	Troskie	Somerset East	47	4:15:30
19	Amanda	Prideaux	Bluewater Bay	40	4:15:50
20	Suzette	Victor	Madiba Bw	45	4:16:50
40-44:					
1	Davera	Magson	Nedbank RC	41	3:16:22
2	Sunelle	Horne	Bluewater Bay	41	4:04:33
3	Priscilla	Dyantyi	Nedbank RC	41	4:15:09
45-49:					
1	Jene	Banfield	RWFL EP	45	3:35:49
2	Benita	Barton	Crusaders AC	45	4:11:25
3	Dafre	Troskie	Somerset East	47	4:15:30
50-54:					
1	Amanda	Shaw	Body Concept	51	4:07:04
2	Salome	Loots	Body Concept	53	4:39:26
3	Desiree	Titus	Gelvan AC	50	4:49:30

55-59:

1	Rosemary	Joubert	Crusaders AC	55	4:17:54
2	Janette	Van der Kolf	Coega AC	56	5:09:08
3	Christine	Snyman	Despatch AC	59	5:11:29

60-64:

1	Nicki	Van Niekerk	Muirite Strider	61	5:09:58
---	-------	-------------	-----------------	----	---------

10 km

MEN

1	Amos	Nyongo	Transnet Eng EP	29	32:31
2	Mzwanele	Maphekula	Bluewater Bay	39	32:33
3	Andre	Ketchem	Xcel AC	32	33:01
4	Melikhaya	Kepe	Nedbank RC	39	33:52
5	Duwayne	Lucas	Aspen Pharmacar	26	34:29
6	Brendon	Effenaar	Nedbank RC	19	35:27
7	Gqoloza	Xola	Tinarha AC	22	35:38
8	Mncedi	Khanti	Tinarha AC	36	35:42
9	Tumelo	Mochelenyane	Nedbank RC	33	36:17
10	Welcome	Loliwe (1 st mast)	Nedbank RC	51	36:52
11	Juwayne	Fletcher	Charlo AC	25	37:10
12	Simon	Ngcoko (1 st vet)	Nedbank RC	45	37:33
13	Kenneth	Menze	Bluewater Bay	54	37:38
14	Vuyo	Lloyd	Bluewater Bay	38	37:38
15	Noel	Adams	Temp	43	38:59
16	Alfred	Pakkies	Charlo AC	47	41:03
17	Juan	Cordier	Temp	30	41:04
18	Nkosinathi	Vlakkbok	Ikhamva AC	38	41:21
19	Freek	Daniels	Transnet Eng EP	49	42:21
20	Monre	Lerm (1 st jun)	Madibaz AC	17	42:22

40-44:

1	Noel	Adams	Temp	43	38:59
2	Mncedisi	Tiyo	Bluewater Bay	43	42:29
3	Loren	Meyer	Temp	43	45:35

45-49:

1	Simon	Ngcoko	Nedbank RC	45	37:33
2	Alfred	Pakkies	Charlo AC	47	41:03
3	Freek	Daniels	Transnet Eng EP	49	42:21

50-54:

1	Welcome	Loliwe	Nedbank RC	51	36:52
2	Kenneth	Menze	Bluewater Bay	54	37:38
3	Reuben	Ralane	SANDF AC EP	53	46:59

55-59:

1	Hansie	Minnaar	Madibaz AC	59	48:14
2	Daniel	Ferreira	Elite AC	57	48:15
3	Rennen	Du Plessis	Madibaz AC	57	51:26

60-64:

1	Chris	Fenwick	Kouga Multi SC	62	55:47
2	Charles	Rose	PEAAC	62	57:12
3	Neville	Schmelzer	Bluewater Bay	64	58:19

65-69:

1	Syd	Lippstreu	Crusaders AC	67	50:31
2	Thomas	Groener	PEAAC	68	1:00:17
3	Joseph	Serfontein	PEAAC	65	1:00:18

70-74:

1	Willem	Schoeman	Muirite Strider	74	1:12:26
2	Michael	Smout	Temp	74	1:14:30

75+:

1	Rolf	Mentzel	Profiles AC	76	59:30
2	Ernie	Verrall	Madibaz AC	81	1:13:25
3	John	Pearl	Nedbank RC	79	1:41:10

Juniors:

1	Monre	Lerm	Madibaz AC	17	42:22
2	Hanno	Engelbrecht	Run 4 Christ AC	17	42:31
3	Crezzwinne	Slotto	VWAC	15	48:33

WOMEN

1	Ndileka	Mvakwendlu	Tinarha AC	25	40:43
2	Carlin	Jansen van Rensburg	Somerset East	23	44:43
3	Janette	Schierz-Crusius (1 st mast)	Body Concept	55	45:27
4	Joan	Viljoen	Nedbank RC	21	47:13
5	Hanlie	Van der Westhuizen	Despatch AC	59	47:42
6	Melinda	Jaray-Venter	Temp	37	48:35
7	Carmen	Hickman	Temp	35	48:40
8	Theresa	Buchner	Nedbank RC	30	48:50
9	Toegeda	Vyver (1 st vet)	Nedbank RC	43	49:22
10	Ludine	Williams	Malabar	28	49:42
11	Andiswa	Fezani	Nedbank RC	28	50:07
12	Janine	Gardiner	Charlo AC	34	50:17
13	Adele	Bosch	Bloem Stiders	55	51:21
14	Nomakhosi	Ntliziyo (1 st jun)	Motherwell AC	17	51:26
15	Elana	Loest	Temp	37	51:42
16	Elize	Adams	Gelvan AC	41	51:57
17	Rethie	Cumming	Bo-Karoo AC	45	52:03
18	Tania	Jordaan	Charlo AC	39	52:22
19	Lindi	Van Tonder	Charlo AC	37	52:25
20	Geraldine	Colvin	Charlo AC	47	54:23

40-44:

1	Toegeda	Vyver	Nedbank RC	43	49:22
2	Elize	Adams	Gelvan AC	41	51:57
3	Liesl	Strydom	Elite AC	41	57:02

45-49:

1	Rethie	Cumming	Bo-Karoo AC	45	52:03
2	Geraldine	Colvin	Charlo AC	47	54:23
3	Anneline	Rautenbach	Nedbank RC	48	58:06

50-54:

1	Ina	Meaker	Walmer AC	54	54:36
2	Miemsie	Swanepoel	Elite AC	54	58:30
3	Veronica	Boshoff	Despatch AC	54	1:02:02

55-59:

1	Janette	Schierz-Crusius	Body Concept	55	45:27
2	Hanlie	Van der Westhuizen	Despatch AC	59	47:42
3	Adele	Bosch	Bloem Stiders	55	51:21

60-64:

1	Rina	Barnard	Elite AC	62	1:23:12
2	Stephanie	Hay	Walmer AC	60	1:29:56

65-69:

1	Liz	Grundlingh	Muirite Strider	69	57:57
2	Jeanette	Pienaar	PEAAC	67	1:07:37
3	Denise	Terblanche	Walmer AC	68	1:14:08

70-74:

1	Ronelle	Steyn	Nedbank RC	71	1:08:55
2	Orgia	Nell	Muirite Strider	72	1:14:35

3	Gaynor	Knoetze	Temp	70	1:25:18
75+:					
1	Dorothy	Hart	Madibaz AC	77	1:17:55
Juniors:					
1	Nomakhosi	Ntliziyo	Motherwell AC	17	51:26
2	Monique	Van Willing	Despatch AC	17	57:37
3	Tamsin	Prins	Temp	17	1:04:17

Wonderpark Akasia Marathon, Half Marathon & 10 km

Pretoria, 30 January

(Distances: 42.195 km, 21.1 km & 10 km; loop courses at altitude. Finishers: marathon – 1100 [up from 850 last year]; half marathon – 1500 [down from 1550]; 10 km – 2600 [considerably up from 2150]; also 2000 in the 5 km.)

Marathon

MEN

1 Raymond Phaladi (Nedbank) 2:34:03; 2 Pelly Lamola (Polokwane) 2:36:10; 3 Lympton Maifo (Nedbank) 2:39:11; 4 Micah Kipyego (KEN/Nedbank) 2:41:47; 5 George Mmonwa (Exxaro) 2:42:07.

Veterans: 1 Mpho Ngoepe (Cool Running) 2:46:50; 2 Simon Jantjies (Live Athletics) 2:49:27; 3 Lucky Molapo (Nedbank) 3:00:05. **Masters:** 1 Bernard Mosala (Carlton) 3:02:32. **G'masters:** 1 Daniel Hlongwane (Nedbank) 3:32:42. **G/g'masters:** 1 Koos Fourie (Nylstroom) 4:44:13.

WOMEN

1 Lesego Hlako (Zwakala) 3:12:24; 2 Mary Khourie (Runavation) 3:16:30; 3 Tegan Edwards (Phobians) 3:30:16; 4 Danka Erasmus (Magnolia) 3:34:20; 5 Berryll Mokokha (Love Running) 3:35:19.

Veterans: 1 Belinda de Bruin (Irene) 3:56:55; 2 Sanette Nell (Magnolia) 3:57:52; 3 Sonja Aucamp (Lewenssentrum) 4:10:41. **Masters:** 1 Julie Shadwell (Phobians) 3:41:49.

Half marathon

MEN

1 Vincent Kipchirchir (KEN/Nedbank) 71:43; 2 Solly Sebothoma (Nedbank) 72:24; 3 Nicky Masombuka (Nedbank) 73:14 (1st vet).

Veterans: 1 Nicky Masombuka (Nedbank) 73:14; 2 Dirk Ligthelm (Tuks) 77:29; 3 Richard Seanego (Midrand) 82:38. **Masters:** 1 Victor Pheto (Irene) 88:56. **G'masters:** 1 Trevor Parry (HMK) 1:44:49. **G/g'masters:** 1 Ken de Kock (Love Running) 2:12:27. **Juniors:** 1 Mpho Mooka (Nedbank) 84:22; 2 Alexander Snyder (Fit PTA) 87:33.

WOMEN

1 Annerie Kruger (Magnolia) 91:50; 2 Jeannie de Beer (Runavation) 93:41; 3 Isel Barnard (Magnolia) 94:07.

Veterans: 1 Paulina Phaho (Transnet) 97:26; 2 Yvette Rademan (Irene) 97:29; 3 Lithiwe Zondo (CSIR) 1:43:17. **Masters:** 1 Ansie Breytenbach (Irene) 1:41:03. **G'masters:** 1 Francis van Blerk (Nedbank) 1:56:02.

10 km

MEN

1 Moses Kiptoo (KEN/Nedbank) 30:53; 2 Juan van Deventer (Nedbank) 31:13; 3 Simon Mokonyame (Monaco) 32:15.

Veterans: 1 Colin Witbooi (PMMC) 35:17; 2 Geelboy Mahlangu (Wonderpark) 37:12; 3 Tiaan Conradie (Brooks) 37:47. **Masters:** 1 Dan Mothibe (Runavation) 36:58. **G'masters:** 1 Mike du Bruto (Irene) 41:30. **G/g'masters:** 1 Andries van Rooyen (Ndaba) 70:03. **80+:** Ken Nurden (Agape) 54:40. **Juniors:** 1 Thabang Maleka (Nedbank) 34:31; 2 Marno du Plessis (Tuks) 38:14; 3 Lesetja Bopape (Nedbank) 38:50.

WOMEN

1 Marli van Staden (Runavation) 40:22; 2 Mirriam Mooki (Temp) 45:00 (1st vet); 3 Vicky Stroh (Temp) 45:11.

Veterans: 1 Mirriam Mooki (Temp) 45:00; 2 Carole Hatfield (RAC) 55:48; 3 Elzane Prinsloo (Fit PTA) 57:07. **Masters:** 1 Elsabe Brink (Runavation) 46:25. **G'masters:** 1 Vollie Spies (Tuks) 54:17. **G/g'masters:** 1 Annetjie Greyvensteyn (Irene) 54:57. **80+:** Deirdre Larkin (Randburg) 59:10. **Juniors:** 1 Fortuna Matshele (Nedbank) 47:44; 2 Refeilwe Tlobolo (Nedbank) 47:52; 3 Beauty Ndlovo (Nedbank) 49:42.

ARWYP 15 km

Kempton Park, 27 January
(Finishers: 1200)

Note: The second and third women, Kobie and Carol Smith, are twin sisters. – Ed.

MEN

1 Lucky Mtshali (Olifantsfontein) 48:08; 2 Retsepile Khotle (Benoni Harriers) 48:26; 3 Johannes Kekana (Cool Running) 49:49 (1st vet).

Veterans: 1 Johannes Kekana (Cool Running) 49:49; 2 Action Ramaboea (Ivory Park) 52:26. **Masters:** 1 Piet Chauke (Gallopers) 63:24; 2 Ian Morsehead (Boksburg) 64:54. **G'masters:** 1 John Woodnutt (Morningside) 66:57; 2 Joos Massyn (BNAC) 75:15. **Juniors:** 1 Phiwenkosi Mokoena (Rockies) 60:38; 2 Gift Linda (Rockies) 61:13.

WOMEN

1 Katy van Meter (Soul Striders) 62:10; 2 Kobie Smith (Team Vitality) 67:37; 3 Carol Smith (Team Vitality) 70:48.

Veterans: 1 Kashmira Parbhoo (Lenasia) 72:01; 2 Winnie Mbukwana (Striders) 73:42. **Masters:** 1 Rita van Wyk (Boksburg) 75:06; 2 Ronelle Heyns (Roodepoort) 81:33. **G'masters:** 1 Patricia Shaw (BNAC) 92:22; 2 Sharon van Wyk (RFLW) 99:00. **Juniors:** 1 Tanla Jacobs (Benoni High) 1:42:00.

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

Osaka Women's Marathon (35th) & Half Marathon

(IAAF Silver Label Road Race)

Osaka, JPN, 31 January

(Distances: 42.195 km, certified out-and-back course, and 21.1 km)

Marathon (gun times)

1. Kayoko Fukushi, JPN 2:22:17 PB

[1:10:28 / 1:11:49]	
2. Misato Horie, JPN	2:28:28
[1:14:07 / 1:14:21]	
3. Risa Takenaka, JPN	2:29:14
[1:10:27 / 1:18:47]	
4. Diana Lobacevske, LTU	2:30:09
5. Risa Shigetomo, JPN	2:30:40
6. Misaki Kato, JPN	2:31:04 DB
7. Aya Higashimoto, JPN	2:31:28 DB
8. Hiroko Miyauchi, JPN	2:32:40
9. Hitomi Nakamura, JPN	2:33:23 PB
10. Yuka Takemoto, JPN	2:33:29 PB

Half marathon (gun times)

MEN

1. Ryoichi Matsuo	1:04:13
2. Kazuki Muramoto	1:04:13
3. Yasuyuki Nakamura	1:04:13

WOMEN

1. Mai Ito	1:10:27
2. Asami Kato	1:10:30
3. Keiko Nogami	1:11:52

Marrakech Marathon (27th) & Half Marathon

Marrakech, MAR, 31 January

(Distances: 42.195 km [AIMS certified according to the race website] and 21.1 km)

Marathon (gun times)

MEN

1. Moses Gaikarira Mbugua, KEN	2:11:41 PB
2. Khamis Bakari, MAR	2:11:54 PB
3. Augustine Kipkoech Ronoh, KEN	2:12:36

WOMEN

1. Shasho Insermu, ETH	2:32:42 PB
2. Tigist Girma Getachew, ETH	2:33:03 PB
3. Loice Jebet Kiptoo, KEN	2:33:54 PB

Half marathon (gun times)

MEN

1. Mustapha El Aziz, MAR	1:00:39 PB
2. Zakaria Boudad, MAR	1:02:14 PB
3. El Hassan El Abbassi, BRN	1:02:16

WOMEN

1. Keltoum Bouassriya, MAR	1:12:29
2. Souad Kanbouchia, MAR	1:13:10
3. Aicha Bani, MAR	1:15:11

CROSS-COUNTRY**Cross Country Cinque Mulini (84th)**

San Vittore Olona, ITA, 31 January

MEN (10.2km)

- | | |
|------------------------|-------|
| 1. Jairus BIRECH, KEN | 34:38 |
| 2. Ayalew AWEKE, BRN | 34:40 |
| 3. Geoffrey KORIR, KEN | 35:24 |
| 4. Fred MUSOBO, UGA | 35:44 |
| 5. Lorenzo DINI, ITA | 35:46 |

WOMEN (6.45km) -

- | | |
|-----------------------------|-------|
| 1. Faith KIPYEGON, KEN | 18:15 |
| 2. Alemitu Amara HAWI, ETH | 19:03 |
| 3. Mercyline CHELANGAT, UGA | 19:13 |
| 4. Lily PARTRIDGE, GBR | 19:25 |
| 5. Silvia LA BARBERA, ITA | 19:38 |

INDOOR TRACK**University of Washington Invitational**

Seattle, USA, 29-30 January

MEN

800 (30):

Section 6 -

- | | | |
|---------------------|------------|---------------|
| 1. Shaquille Walker | Byu | 1:46.97 MR/PB |
| 2. Izaic Yorks | Washington | 1:47.89 PB |
| 3. Mark Wiczorek | Unattached | 1:48.70 |

WOMEN

Mile (30):

Section 4 -

- | | | |
|---------------------------|---------------------|-------------|
| 1. Alexa Efraimson (1997) | Nike | 4:34.35 WJL |
| 2. Jamie Cheever | Oiselle/Club | 4:35.92 PB |
| 3. Jessica Smith | Valley Royals (CAN) | 4:37.84 PB |
| 4. Maddie Meyers | Washington | 4:38.59 PB |
| 5. Eleanor Fulton | Washington | 4:39.07 PB |

5000 (29):

Section 1 -

- | | | |
|-----------------------|--------------------|-------------------|
| 1. Kim Conley | New Balance | 15:09.31 WL/PB/MR |
| 2. Allie Ostrander | Boise State | 15:21.85 PB |
| 3. Amy Van Alstine | Hoka Naz Elite | 15:45.34 PB |
| 4. Alycia Cridebring | New Balance Norcal | 15:53.66 PB |
| 5. Minttu Hukka | Boise State (FIN) | 16:09.36 NR/PB |
| 6. Alexandria Hackett | Abilene Christian | 16:10.65 PB |

Camel City Elite Races (4th)

(Opening Event of 2016 Bring Back the Mile Tour)

Winston-Salem, USA, 29-30 January

(200 m flat track)

MEN

Mile:

Invitational (30):

1. Matthew Centrowitz, Nike Oregon Project 3:54.02 WL/FR* \$4000 + 1000*
2. Cory Leslie, Nike/Furman Elite 3:56.25 PB 2000
3. Graham Crawford, North Carolina St. 4:02.72 NCAA

WOMEN

800:

Invitational (31):

1. Melissa Bishop, Nike (CAN) 2:02.10 FR/PB \$4000 + 1000*
2. Laura Roesler, Nike 2:03.27 2000
3. Phoebe Wright, Nike 2:04.72 1000

*) Facility record/\$1000 bonus

Mile:

Invitational (30):

1. Shannon Rowbury, Nike Oregon Project 4:26.01 WL \$4000 + 1000i
2. Stephanie Garcia, New Balance 4:28.47 PB 2000
3. Heidi See, Asics Furman Elite 4:33.30 PB 1000
4. Heather Kampf, Asics / Team USA MN 4:36.08 500
5. Fiona Benson, Nike 4:38.18 PB
6. Lauren Johnson, USA 4:38.38
7. Megan Moye, North Carolina St. 4:43.08 PB
8. Kate Murphy (1999), Unattached 4:43.87 PB/WYL

i) Earned sub-4:30 bonus

Open Section (29)

1. Aynslee van Graan, Coastal Carolina (RSA) 4:59.56
2. Kyla van Graan, Coastal Carolina (RSA) 5:00.18
3. Ericka Charles, Unattached 5:01.45

3000:

Invitational (30):

1. Kerri Gallagher, Nike 8:56.52 PB/FR \$4000 + 1000*
2. Rachel Schneider, Under Armour 8:58.84 PB 2000
3. Wesley Frazier (1995), North Carolina St. 9:01.26 PB NCAA

*) Facility record/\$1000 bonus

Boston University John Thomas Terrier Classic

Boston, USA, 29-30 January

(200 m banked synthetic track)

MEN

800 (30):

Section 1 -

1. Drew Piazza New Hampshire 1:47.28 PB
2. Ethan Homan Boston U. 1:48.36 PB

3. Paul Duffey Northeastern 1:48.62

Section 2 -

1. Jose Veras	Zenith Velocity AC(DOM)	1:49.88
2. Dage Minors	Franklin Pierce	1:50.27 PB
3. Peter Garmon	Connecticut	1:50.62 PB
4. Stanley Davis	Hampton	1:50.85 PB
5. Mpho Makofane	Monroe College (RSA)	1:51.33 PB

NEWS

LOS ANGELES MARATHON WINNER BANNED

The winner of women's race at the 2013 Los Angeles Marathon, Aleksandra Duliba of Belarus, has received a two-year doping ban, reports the Associated Press. The IAAF announced last week that Duliba was sanctioned for a biological passport violation. The passport program monitors an athlete's blood profile over time for evidence of doping.

Duliba won the Los Angeles race in her marathon debut in 2:26:08. In addition to the \$25 000 first prize, Duliba won a \$50 000 bonus.

The IAAF said Duliba's suspension took effect on 28 September 2015 and will expire on 27 September 2017.

All of her results from 11 October 2013 are annulled, which also include the 2013 Chicago Marathon, the 2014 Boston and Toronto Waterfront marathons, and the 2015 Dubai and Boston marathons.

Duliba's ban was one of 32 new doping sanctions listed in the IAAF's latest list of positive cases. Among other cases, Spanish hurdler Josephine Onyia received a lifetime ban for a second doping offense. The Nigerian-born Onyia received a two-year doping ban in 2009.

Onyia was among five Spaniards banned in the latest sanctions, along with five Indians.

Two Russians were suspended, including middle distance runner Svetlana Kireyeva, who received a two-year ban in a biological passport case.

BACKGROUND

RUSSIAN GLOBAL MEDALLISTS WHO CHEATED

This list of Russian athletes who have won Olympic (OG) and/or World (WC) medals since 2004 and have served doping bans (some still awaiting final adjudication) was published in *Athletics International*:

MEN

20kW: Valeriy Borchin (1, 2008 OG, 2009 & 2011 WC); Vladimir Kanaykin (2, 2011 WC).

50kW: Sergey Kiryapkin (1, 2005 & 2009 WC, 2012 OG); Sergey Bakulin (1, 2011 WC); Aleksey Voyevodin (3, 2004 OG; 2, 2005 WC); Mikhail Ryzhov (2, 2013 WC).

4x400: Team inc. Andrey Rudnitskiy (2, 2004 W Indoor).

WOMEN

800: Tatyana Andrianova (3, 2005 WC).

1500: Tatyana Tomashova (1, 2005 WC; 2, 2004 OG; 3 2012 OG); Yuliya Chizhenko (1, 2006 W Ind); Yelena Soboleva (1, 2008 W Ind; 2, 2006 W Ind); Olga Yegorova (2, 2005 WC after Chizhenko dq – was 2001 WC 5000 & W Ind 3000 champion); Yuliya Chizhenko (2, 2005 WC; 1, 2006 W Ind; 2, 2008 W Ind).

3000: Liliya Shobukhova (2, 2006 W Ind).

3000 SC: Gulnara Galkina (1, 2008 OG; 3, 2009 WC; 3, 2004 W Ind 1500); Yuliya Zaripova (1, 2011 WC & 2012 OG; 2, 2009 WC).

LJ: Tatyana Kotova (1, 2006 W Ind; 3, 2004 OG; 2, 2004 W Ind; 2, 2005 WC; 3, 2007 WC)

– was 1999/2003 W Ind champ); Irina Meleshina (2, 2004 OG; 3, 2008 W Ind).

TJ: Yekaterina Koneva (1, 2014 W Ind; 2, 2013 WC)

SP: Irina Korzhanenko (1, 2004 OG); Svetlana Krivelyova (3, 2004 OG; 1, 2004 W Ind – was 1992 OG & 2003 WC champion).

DT: Natalya Sadova (1, 2004 OG; 2, 2005 WC); Darya Pishchalnikova (2, 2007 WC & 2012 OG).

HT: Olga Kuzenkova (1, 2004 OG & 2005 WC); Tatyana Lysenko (1, 2011 WC, 2012 OG & 2013 WC; 2, 2005 WC).

Hep: Tatyana Chernova (1, 2011 WC; 3, 2008 & 2012 OG; 3, 2010 W Ind Pen).

20kW: Olimpiada Ivanova (1, 2005 WC; 2, 2004 OG – was 2001 WC champion); Olga Kaniskina (1, 2007 WC, 2008 OG, 2009 & 2011 WC; 2, 2012 OG); Yelena Lashmanova (1, 2012 OG & 2013 WC).

4x400: Teams included Kseniya Ryzhova (1, 2013 WC; 2, 2010 W Ind; 3, 2011 WC); Anastasiya Kapachinskaya (1, 2004 OG; 2, 2008 & 2012 OG; 3, 2009 & 2011 WC (& 3, 400); 1, 2004 W Ind 200 – was 2003 WC 200 champ).

Cases pending:

W 800: Mariya Savinova (1, 2010 W Ind, 2011 WC & 2012 OG; 2, 2013 WC); Yekaterina Poistogova (3, 2012 OG).

STATS TIME

This week we list the fastest ten veteran men in the 10 km for 2015. Secondary performances by the top three are also listed. Shadrack Hoff and Simon Mpholo dominate the list, with sixteen of the 24 times.

2015 10 KM: TOP 10 VETERAN MEN

30:59	Shadrack Hoff	1	Pretoria	28 Feb
31:20	Hoff-2	1	Hartebeespoort	21 Mar
31:23	Mluleki Nobanda	1	Port Elizabeth	11 Apr
31:28	Hoff-3	1	Pretoria	21 Feb
31:47	Hoff-4	1	Pretoria	01 Mar
31:49	Simon Mpholo	2	Pretoria	28 Feb
31:50	Malesela Johannes Kekana	1	Irene	19 Sep
31:55	Mpholo-2	1	Pretoria	02 Sep
31:56	Mpholo-3	2	Johannesburg	22 Aug
32:00	Mpholo-4	1	Johannesburg	12 Apr
32:05	Hoff-5	1	Johannesburg	10 Aug
32:14	Hoff-6	1	Pretoria	12 Dec
32:20	Pieter Koopman	2	Bellville	28 Mar
32:29	Mpholo-5	1	Pretoria	18 Jul
32:30	Justinus Gantsi	2	Johannesburg	17 May
32:38	Shawn Abrahams	3	Bellville	28 Mar
32:42	Mpholo-6	1	Irene	28 Mar
32:44	Mpholo-7	1	Randburg	28 Jun
32:48	Maxwell Goodman	2	Port Elizabeth	11 Apr
32:50	Greg Barnes	1	Pretoria	04 Jul
32:51	Hoff-7	1	Pretoria	28 Nov
32:55	Mpholo-8	1	Pretoria	23 May
32:55	Mpholo-9	3	Johannesburg	17 May
32:56	Zongamele Dyubeni	2	Randburg	28 Jun

THIS MONTH IN HISTORY

35 years ago: 28 February 1981

The Cango Marathon was always held in March in its early years, although in recent years it has often been run in February. The first time this happened was in 1981 when the Oudtshoorn race, which is point to point and downhill, was run on the last day of the month. The title went to UCT runner Stephen Granger, who beat Ig de Villiers and Louis Massyn in 3:32:09. Alida van der Nest scored her second win in a row in 3:44:05. There were 64 finishers. Granger, now a grandmaster, still runs regularly and is a well-known writer on athletics.

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	29:44	Desmond Mokgobu	Benoni	31 Jan
	28:41	Samir Jouaher (MAR)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		16 Jan
	47:04	Amos Nyongo	Port Elizabeth	
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		23 Jan
	66:21	Vusi Tshoba	Pretoria	
25 km	60:37	Lelisa Desisa Benti (ETH)		31 Jan
	58:23	Zersenay Tadese (ERI) 2010		
30 km	81:12a	Siyabonga Nkonde	Pinetown	10 Jan
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
Marathon	1:42:14	Sibusiso Madikizela	Camps Bay	17 Jan
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
100 km	2:17:15	Lungile Gongqa	Mumbai	17 Jan
	2:04:24	Tesfaye Abera Dibaba (ETH)		
	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	31:19	Shadrack Hoff	Benoni	31 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	49:49	Johannes Kekana	Kempton Park	27 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:59	Johannes Kekana	Benoni	31 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:45:30a	Oliver Brown	Pinetown	31 Jan
	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	2:23:46	Charles Tjiane	Benoni	31 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	36:22	Tony Silva	Benoni	31 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	82:25	Solomon Khumao	Benoni	31 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	1:48:38a	Andy Daly	Pinetown	31 Jan
30 km	1:59:47	Eric Coetzee	Camps Bay	10 Jan
Marathon	2:58:32	Jan Fick	Port Elizabeth	30 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	39:19	André Jansen	Benoni	31 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	2:06:04a	Boysie van Staden	Pinetown	31 Jan
	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	3:17:33	Elvis Galela	Port Elizabeth	30 Jan
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
<u>Great grandmasters (70+)</u>				
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	1:49:24	Vernon du Preez	Cape Town	31 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	4:44:13	Koos Fourie	Pretoria	30 Jan
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
<u>Juniors</u>				
10 km	30:34	Kabelo Melamu	Benoni	31 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	84:22	Mpho Mooka	Pretoria	30 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	33:30	Irvette van Zyl	Pretoria	23 Jan
	32:11	Diane Nukuri (BDI)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	57:28	Charné Bosman (vet)	Jeffreys Bay	02 Jan
	53:32	Julia Viellehner (GER)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	72:08	Irvette van Zyl	Benoni	31 Jan
	66:29	Mary Wacera Ngugi (KEN)		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km	93:24a	Jenna Challenor	Pinetown	31 Jan
	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	2:48:52	Charné Bosman (vet)	Benoni	31 Jan
	2:19:41	Tirfe Beyene Tsegay (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
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	85:43	Paula Quinsee	Benoni	31 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:45:58a	Suzette Botha	Pinetown	31 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:17:14	Ursula Frans	Camps Bay	10 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:48:52	Charné Bosman	Benoni	31 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	45:27	Janette Schierz-Crusius	Port Elizabeth	30 Jan
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	66:47	Margie Saunders (g'mast)	Port Elizabeth	16 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	95:50	Margie Saunders (g'mast)	Port Elizabeth	23 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:31	Ester Brink	Camps Bay	10 Jan
Marathon	3:37:43	Yvonne Laing	Benoni	31 Jan
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	49:13	Sonja Laxton	Benoni	31 Jan
	38:56	Lidia Zentner (GER) 2015		
15 km	66:47	Margie Saunders	Port Elizabeth	16 Jan
	61:25	Kathryn Martin (USA) 2011		
21.1 km	95:50	Margie Saunders	Port Elizabeth	23 Jan
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:22:39a	Jenny Scott	Pinetown	31 Jan
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:23:30	Nancy Will	Camps Bay	10 Jan
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:47:44	Val Watson	Benoni	31 Jan
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				

Great grandmasters (70+)

10 km	54:57	Annetjie Greyvenstein	Pretoria	30 Jan
	44:09	Lavinia Petrie (AUS) 2014		
15 km	1:29:24	Margie Plantema	Constantia	16 Jan
	72:52	Jo Klein (NED) 2004		
21.1 km	2:21:22	Pixie Sparg	Cape Town	31 Jan
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02	Veronica van Niekerk	Camps Bay	10 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon				
	3:35:29	Helga Miketta (GER) 2013		
100 km				

Juniors

10 km	36:54	Ashleigh Simonis	New York	09 Jan
	31:42	Zola Pieterse (RSA) 1984		
15 km	69:54	Nomakhozi Ntliziyo	Port Elizabeth	16 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:43:42	Nompumlelo Shongwe	Pretoria	16 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Derrick Chamberlain, Irene & Jan van Eeden, Rowyn James, Sean Falconer, Jakes Jacobs

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530,
RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za





ENTRIES NOW OPEN

GET YOUR RUN ON NOW

www.thecapetown12.com

FNB **KFM** **PUMA**

f Cape Town 12 @ctown12 #ct12run