

Distance Running Results

Vol. 16, No. 7 – 22 February 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 South African marathon titles, on a new course in East London, went to Lucas Jani in a slow 2:21:32 and Patience Khumalo in 2:47:21. (This was not Khumalo's debut marathon, as some newspaper reports said; she ran the SA Marathon last year as well – but it was a personal best.) Nobody in the race qualified for the Rio Olympics. The unreasonable demand by Athletics South Africa that runners who want to be eligible for the Olympic Games had to have run the last three national championships races caused athletes like the Kalmer sisters to start the race and use it as a (shorter) training run, and others like Tanith Maxwell (who is running the Old Mutual Two Oceans) and Mapaseka Makhanya to finish in slow times.

There were five list leaders in the race, including Khumalo's time. Another one came from grandmaster Nancy Will, who ran 3:30:14. Incredibly, Will also ran the Cape Peninsula Marathon the very next day!

One South African who did qualify for the Olympic Marathon this weekend is Sibusiso Nzima, who finished fourth in the Seville Marathon in a PB 2:11:43.

In the USA Dominique Scott ran in the famous Millrose Games' Wanamaker Mile and although she finished "only" tenth, she set a new SA record of 4:31.57 to surpass the 4:32.48 which she ran last year on an oversized (and thus ineligible) track. The race was won by US Olympian Shannon Rowbury in a scintillating 4:24.39.

The 49th Cape Peninsula Marathon was won by Kenyan Moses Kurgat in 2:24:00 and Briton Tish Jones in 2:54:04 in her first marathon.

Two prominent athletics personalities passed away last week. Steve Rautenbach (74) coached some of the best athletes in South African history during his long career – among them Johan Fourie, Claudie van Straaten, Danie Zaayman, Deon Brummer, Flippie Prinsloo, Henning Gericke, Ronelle Roodt, Marie-Louise Henning, Myrette Filmalter and Charné Bosman. He was the manager of the SA team when the country returned to the Olympic Games in 1992, and was inducted into the University of Pretoria's Hall of Fame in 2008 and the SA Athletics Statisticians' Coaches Hall of Fame the next year.

Johan van Wyk (65) was one of South Africa's top athletics journalists and retired from the sports staff of *Rapport* in August last year. He reported on numerous Olympic Games and World Championships and was a spectator during the infamous clash between Zola Budd and Mary Decker at the 1984 Olympics in Los Angeles. He started his career at the Pretoria daily *Hoofstad* in 1974 and later became sports editor of *Rapport*.

Some more detail about the RAK Half Marathon (results in last week's issue): The first six

women ran PBs, with the first two, Cynthia Limo (66:04) and Gladys Cherono (66:07), taking 37 sec and 31 sec respectively from their bests to move up to third and fourth on the all-time list. Cherono's time is the fastest ever non-winning performance. Only their compatriots Florence Kiplagat and Mary Keitany, with the current world record of 65:09 and former world record of 65:50, have run faster. Ethiopia's Genet Yalew was third in a national record of 66:26, while Kenya's Peres Jepchirchir came home fourth in 66:39. In a race of incredible depth, Kenya's Gladys Chesire and Jemima Jelagat finished in the next two positions, clocking 66:57 and 66:58 respectively. Never before have six women run under 67 minutes in the same race, the previous best being four in the 2013 edition of the same race. Into the bargain, the fastest ever times for the places from second to tenth were established, beating the times that were set in this race in 2013.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cape Peninsula Marathon & Half Marathon, Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half-marathon)
- * SA Marathon Championships (run as part of the Buffs Marathon), East London
- * Bagshaw Bay Ultra & 10 km, Port Elizabeth
- * BestMed Tuks Half Marathon & 10 km, Pretoria,
- * NOSA Hillcrest Marathon & Half Marathon, Hillcrest

International highlights:

- * Zürich Maratón Ciudad de Sevilla, Sevilla, ESP
 - * Ohme-Hochi Road Race 30 km, Ohme, Tokyo, JPN
 - * Indoor track: NYRR Millrose Games, New York, USA; Glasgow Indoor Grand Prix, Glasgow, GBR; Globen Galan, Stockholm, SWE; AIT International Arena Grand Prix, Athlone, IRL
-

CORRECTIONS & ADDITIONS

In the results of the 27 for Freedom 10 km the club of the winner, Justin Fritz, was wrong – he runs for Ceres and not Adidas.

Former South African Colleen de Reuck placed 67th in the US Olympic Trials Marathon in Los Angeles, running 2:49:57.

There were still some errors in the corrected and expanded results of the SA 10 km. In the men masters the correct result was: 1. Sollie van Rooyen (BOL) 35:59; 2. Dan Mothibe (AGN) 36:15; 3. Johnny Persents (WPA) 36:35. The great grandmasters result was as follows: 1. Andrew Spence (KZN) 43:16; 2. Tamsanqa Jusayi (EPA) 48:48; 3. Andries van der Merwe (AGN) 53:11. The third junior was Ryan Mphahlele (CGA) 31:29. In the women great grandmasters the result was: 1. Deirdre Larkin (CGA) 57:04; 2. Gil Tregenna (KZN) 58:59. The correct times in the women junior race were: 1. Ashleigh Simonis (WPA) 36:55; 2. Nicole van der Merwe 36:59; 3. Carina Viljoen 37:10.

ROAD RUNNING**Cape Peninsula Marathon (49th) & Half Marathon (16th)**

Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half-marathon),
21 February

(Distances: 42.195 km & 21.1 km; certified point-to-point courses with no elevation loss.

Finishers: marathon – 1978 men + 949 women = 2927 total [up from 2577 last year]; half
marathon – 1116 men + 1491 women = 2607 total [up from 2228].)

Marathon**MEN**

| | | | | |
|----|------------|-----------|------------|---------|
| 1 | Moses | Kurgat | KEN/NEDAGN | 2:24:00 |
| 2 | Siviwe | Nkombi | ITHEKO | 2:25:25 |
| 3 | Lucas | Raseruthe | LES/COOLR | 2:25:28 |
| 4 | Phumlani | Nxusani | NED | 2:28:47 |
| 5 | Anda | Lubelwana | HOUT | 2:29:05 |
| 6 | Willem | Maphanga | COOLR | 2:32:01 |
| 7 | Sityhilo | Diko | NED | 2:32:44 |
| 8 | Mica | Kipyego | KEN/BROOKS | 2:33:18 |
| 9 | Siyabulela | Mpongwana | VOB | 2:37:18 |
| 10 | Luyanda | Mapoyi | WILD | 2:38:36 |
| 11 | Richard | Flint | VOB | 2:39:44 |
| 12 | Mpendulo | Sigwadi | GUGS | 2:40:26 |
| 13 | Sihle | Mapukata | NED | 2:43:10 |
| 14 | Mandla | Pangalele | GUGS | 2:43:43 |
| 15 | Siyabonga | Madala | GUGS | 2:45:36 |
| 16 | Imran | Paya | MAW/GUGS | 2:46:07 |
| 17 | Mervin | Steenkamp | ITHEKO | 2:47:01 |
| 18 | Chomuzinda | Tawanda | ZIM/GUGS | 2:49:28 |
| 19 | Bernard | Rukadza | ZIM/GUGS | 2:50:06 |
| 20 | Petrus | Zwane | SWART | 2:51:08 |

Veterans:

| | | | | |
|---|---------|--------|---------|---------|
| 1 | Francis | Jeke | HOUT | 2:54:43 |
| 2 | Andile | Mlandu | INTOUCH | 2:55:41 |
| 3 | Gcobani | Ngqola | WILD | 2:58:10 |

Masters:

| | | | | |
|---|--------|----------|----------|---------|
| 1 | Johnny | Persents | WILD | 2:54:57 |
| 2 | Julian | Paul | SANDFSWD | 2:59:36 |
| 3 | Zolani | Ntsodo | SANDFCGA | 3:07:51 |

G'masters:

| | | | | |
|---|----------|---------|--------|---------|
| 1 | Johannes | Jacobs | CELTIC | 3:27:30 |
| 2 | Hennie | Wentzel | DURBAC | 3:33:31 |
| 3 | Muhammad | Kriel | ODRAAI | 3:36:43 |

G/g'masters:

| | | | | |
|---|--------|----------|--------|---------|
| 1 | Jeff | Smith | ITHEKO | 3:29:46 |
| 2 | Vernon | Du Preez | LBAAN | 3:46:37 |
| 3 | Gideon | Malherbe | CELTIC | 4:23:20 |

WOMEN

| | | | | |
|---|-----------|--------------|---------|------------|
| 1 | Tish | Jones | GBR | 2:54:04 DB |
| 2 | Nomvuyisi | Seti | ITHEKO | 2:57:05 |
| 3 | Kerry-Ann | Marshall | AAC | 2:57:28 |
| 4 | Danette | Smith | KPMG | 3:00:48 |
| 5 | Mlandeli | Mkhohlakali | WHALERS | 3:03:10 |
| 6 | Thalia | Charalambous | ATC | 3:10:24 |
| 7 | Ursula | Frans | NED | 3:15:22 |

| | | | | |
|----|----------|------------|---------|---------|
| 8 | Ursula | Turck | STRAND | 3:16:33 |
| 9 | Raasay | Waters | TEMP | 3:17:17 |
| 10 | Laura | Peddle | STRAND | 3:18:49 |
| 11 | Theresa | Brand | BELL | 3:20:20 |
| 12 | Kerryn | Armstrong | CELTIC | 3:21:42 |
| 13 | Anele | Kosana | GUGS | 3:22:17 |
| 14 | Sarah | Gordon | WHALERS | 3:22:43 |
| 15 | Brenna | Coupland | DURBAC | 3:22:59 |
| 16 | Janet | Adam | HARF | 3:23:45 |
| 17 | Marlize | Van Schaik | DURBAC | 3:24:25 |
| 18 | Miranda | Dudley | WILD | 3:26:04 |
| 19 | Maritsa | Kotze | BELL | 3:26:34 |
| 20 | Michelle | Dreyer | PAARL | 3:27:36 |

Veterans:

| | | | | |
|---|---------|-------|--------|---------|
| 1 | Ursula | Frans | NED | 3:15:22 |
| 2 | Ursula | Turck | STRAND | 3:16:33 |
| 3 | Theresa | Brand | BELL | 3:20:20 |

Masters:

| | | | | |
|---|-----------|----------|--------|---------|
| 1 | Kathleen | McQuaide | VOB | 3:33:53 |
| 2 | Elizabeth | Bax | PINE | 3:46:37 |
| 3 | Lorraine | Rogers | DURBAC | 3:46:48 |

G'masters:

| | | | | |
|---|---------|------------------|--------|---------|
| 1 | Nancy | Will | PINE | 3:35:51 |
| 2 | Annelie | V.d. Linde-Mader | DURBAC | 4:04:54 |
| 3 | Sandra | Eardley | VOB | 4:21:44 |

G/g'masters:

| | | | | |
|---|----------|-------------------|--------|---------|
| 1 | Veronica | Van Niekerk | ELGRAB | 4:11:27 |
| 2 | Avril | De Lapelin Dumont | WCOAST | 5:18:50 |

Half marathon**MEN**

| | | | | |
|----|------------|------------|------------|---------|
| 1 | Nkosinathi | Madyo | ITHEKO | 1:07:45 |
| 2 | Sibusiso | Madikizela | MSA | 1:09:06 |
| 3 | Vuyolwethu | Mbukushe | GUGS | 1:09:40 |
| 4 | Raydon | Balie | WILD | 1:11:30 |
| 5 | Babalo | Hambi | ITHEKO | 1:12:43 |
| 6 | Tsungai | Mwanengeni | ZIM/RCGUGS | 1:12:49 |
| 7 | Colin | Makatees | NAMAQ | 1:12:56 |
| 8 | Oscar | Coetzee | ITHEKO | 1:13:23 |
| 9 | Akhona | Makila | VOB | 1:14:02 |
| 10 | Elfonso | Pieterse | NEDSWD | 1:14:31 |
| 11 | Morne | Kammies | SANLAMC | 1:14:51 |
| 12 | Gerrit | Verland | SATORI | 1:15:37 |
| 13 | Graham | Katzen | CELTIC | 1:16:10 |
| 14 | Vuyani | Sixaso | WILD | 1:17:46 |
| 15 | Ricardo | Jaftha | WILD | 1:17:53 |
| 16 | Nelson | Bass | VOB | 1:18:51 |
| 17 | Roger | Dickson | VOB | 1:19:06 |
| 18 | Barry-John | Pienaar | SANLAMC | 1:19:35 |
| 19 | Faiez | Adams | CENTRAL | 1:19:36 |
| 20 | Mboneni | Dlamini | STRAND | 1:19:40 |

Veterans:

| | | | | |
|---|---------|------------|----------|---------|
| 1 | Tsungai | Mwanengeni | ZIM/GUGS | 1:12:49 |
| 2 | Graham | Katzen | CELTIC | 1:16:10 |
| 3 | Vuyani | Sixaso | WILD | 1:17:46 |

Masters:

| | | | | |
|---|--------|---------|---------|---------|
| 1 | Vaughn | Olckers | CELTIC | 1:34:01 |
| 2 | Andre | Harmse | BRACKEN | 1:34:35 |
| 3 | Gary | Pekeur | EERSTE | 1:35:24 |

G'masters:

| | | | | |
|---|-----------|---------|---------|---------|
| 1 | Christian | Edwards | VOB | 1:36:07 |
| 2 | Eric | Bateman | VOB | 1:43:51 |
| 3 | Dave | Wright | WHALERS | 1:49:03 |

G/g'masters:

| | | | | |
|---|--------|-------------|---------|---------|
| 1 | Roelof | Van Weele | WHALERS | 1:53:17 |
| 2 | Yusuf | Gamiel dien | ITHEKO | 2:07:51 |
| 3 | Caspar | Greeff | AAC | 2:11:38 |

Juniors:

| | | | | |
|---|---------|------------|-------|---------|
| 1 | Michael | Mackintosh | FHOEK | 1:33:05 |
| 2 | Jonas | Gensicke | PINE | 1:46:48 |
| 3 | Mikhail | Solomon | ESKOM | 2:05:46 |

WOMEN

| | | | | |
|----|------------|-----------|------------|---------|
| 1 | Fortunate | Chidzivo | ZIM/NED | 1:20:10 |
| 2 | Candyce | Hall | CARBINEERS | 1:30:11 |
| 3 | Jessica | Pollock | UCT | 1:30:40 |
| 4 | Michelle | Sikes | USA | 1:31:56 |
| 5 | Christelle | Hattingh | ASA | 1:33:15 |
| 6 | Obertina | Kanyongo | ZIM/WCOAST | 1:33:48 |
| 7 | Marie | Wessels | TEMP | 1:35:32 |
| 8 | Christine | De Kock | DURBAC | 1:36:20 |
| 9 | Elizabeth | Mabee | SANDF | 1:37:22 |
| 10 | Leigh | Barrow | UCT | 1:37:30 |
| 11 | Olga | Howard | TEMP | 1:37:37 |
| 12 | Chantal | Berowsky | AAC | 1:37:45 |
| 13 | Shirley | Wolmarans | ATC | 1:37:48 |
| 14 | Susan | Dickson | VOB | 1:37:53 |
| 15 | Megan | Beckett | HARF | 1:38:01 |
| 16 | Anel | Wesson | TEMP | 1:38:10 |
| 17 | Jessica | Kaliski | TEMP | 1:38:23 |
| 18 | Kaitlin | Carson | AAC | 1:39:20 |
| 19 | Lauren | Arendse | TEMP | 1:39:20 |
| 20 | Wandie | Kramer | TYGER | 1:40:14 |

Veterans:

| | | | | |
|---|----------|----------|------------|---------|
| 1 | Obertina | Kanyongo | ZIM/WCOAST | 1:33:48 |
| 2 | Susan | Dickson | VOB | 1:37:53 |
| 3 | Anel | Wesson | TEMP | 1:38:10 |

Masters:

| | | | | |
|---|--------|----------|--------|---------|
| 1 | Olga | Howard | CELTIC | 1:37:37 |
| 2 | Monica | Paterson | WCOAST | 1:52:37 |
| 3 | Tina | Harkett | AAC | 1:53:45 |

G'masters:

| | | | | |
|---|-----------|------------|-------|---------|
| 1 | Charmaine | Cupido | NED | 1:50:28 |
| 2 | Helen | Du Plessis | BRACK | 1:50:43 |
| 3 | Hester | Kotze | TEMP | 1:55:59 |

G/g'masters:

| | | | | |
|---|---------|-------|--------|---------|
| 1 | Pixie | Sparg | CELTIC | 2:08:12 |
| 2 | Marlene | James | PINE | 2:12:57 |
| 3 | Heather | Cooke | TEMP | 2:21:33 |

Juniors:

| | | | | |
|---|-----------|-------|--------|---------|
| 1 | Qudsiyyah | Ceres | ODRAAI | 2:12:26 |
|---|-----------|-------|--------|---------|

| | | | | |
|---|---------|---------|---------|---------|
| 2 | Anri | Nortje | WHALERS | 2:16:39 |
| 3 | Mishkah | Mohamed | CENTRAL | 2:26:33 |

South African Marathon Championships

(85th for men; 33rd for women; run as part of the 43rd Buffs Marathon)

East London, 20 February

(Distance: 42.195. Certified, hilly figure-eight course, the first loop 4 km, then a centre out-and-back section from 4-11 km, followed by a second loop between 11 and 35.5 km.

Weather: strong wind. Finishers: 313 men + 37 women = 350 total.)

MEN

| | | | | | | |
|-----|------------|------------|------|----|---------|---------|
| 1. | Lucas | JANI | AGN | 31 | 2:21:32 | R15 000 |
| 2. | Lungile | GONGQA | WPA | 36 | 2:22:19 | R8000 |
| 3. | Ntsindiso | MPHAKATHI | CGA | 25 | 2:23:12 | R6000 |
| 4. | Siyabonga | NKONDE | KZNA | 27 | 2:25:12 | |
| 5. | Chabeli | NYEDIMANE | ACNW | 32 | 2:27:16 | |
| 6. | Charles | TJIANE | CGA | 41 | 2:28:12 | |
| 7. | Claude | MOSHIYWA | CGA | 41 | 2:29:02 | |
| 8. | Africa | MAILOLA | CGA | 34 | 2:30:46 | |
| 9. | Mzolisi | MAKHANDA | EPA | 33 | 2:31:07 | |
| 10. | Nthuthuko | MASEKO | AMPU | 38 | 2:31:16 | |
| 11. | Melikhaya | KEPE | EPA | 39 | 2:31:49 | |
| 12. | Lutendo | MAPHOTO | LIMA | 27 | 2:32:54 | |
| 13. | Luthando | HEJANA | BORA | 29 | 2:33:12 | |
| 14. | Peter | MEDUPE | AGN | 41 | 2:33:54 | |
| 15. | Babalo | MTSOKOBA | KZNA | 35 | 2:34:47 | |
| 16. | Sithembele | FANEKHO | KZNA | 24 | 2:36:09 | |
| 17. | Siyabulela | MADLAVANA | BORA | 40 | 2:37:55 | |
| 18. | Pelly | LAMOLA | LIMA | 30 | 2:38:06 | |
| 19. | Ruben | SETUMU | AGN | 47 | 2:38:17 | |
| 20. | Omphile | MOTLAGALE | ACNW | 23 | 2:38:29 | |
| 21. | Lovers | HLATSHWAYO | AMPU | 34 | 2:38:43 | |
| 22. | Anele | MALIZA | EPA | 38 | 2:39:10 | |
| 23. | Mohale | PHUTI | LIMA | 31 | 2:39:34 | |
| 24. | Nkosinathi | NZINGO | BORA | 33 | 2:39:46 | |
| 26. | Sandile | MAKHAYE | KZNA | 42 | 2:41:25 | |
| 29. | Ephraim | XABA | KZNA | 43 | 2:43:06 | |
| 30. | Philemon | MANYAKA | AGN | 43 | 2:43:30 | |

(The prize money was awarded in 10-year age groups.)

40-44:

| | | | | | | |
|----|------------|-----------|------|----|---------|-------|
| 1. | Charles | TJIANE | CGA | 41 | 2:28:12 | R2500 |
| 2. | Peter | MEDUPE | AGN | 41 | 2:33:54 | R1000 |
| 3. | Siyabulela | MADLAVANA | BORA | 40 | 2:37:55 | R750 |

45-49:

| | | | | | | |
|----|-------------|-----------|------|----|---------|--|
| 1. | Ruben | SETUMU | AGN | 47 | 2:38:17 | |
| 2. | Richard | DLAMINI | KZNA | 46 | 2:45:53 | |
| 3. | Christopher | MABENGEZA | EPA | 49 | 2:52:30 | |

50-54:

| | | | | | | |
|----|---------|---------|-----|----|---------|-------|
| 1. | Daniel | MOTHIBE | AGN | 53 | 2:47:07 | R2500 |
| 2. | Welcome | LOLIWE | EPA | 51 | 2:53:06 | R1000 |
| 3. | Joseph | NDLOVU | AGN | 50 | 2:53:49 | R750 |

55-59:

| | | | | | | |
|----|--------|-------------|------|----|---------|--|
| 1. | Eloi | DE OLIVEIRA | KZNA | 57 | 2:59:16 | |
| 2. | Themba | BHELWANA | BORA | 59 | 3:21:59 | |

60-64:

| | | | | | | |
|----|----------|---------|------|----|---------|-------|
| 1. | Robbie | LINDSAY | WPA | 60 | 3:14:57 | R2500 |
| 2. | Nicholus | DLAMINI | KZNA | 60 | 3:20:06 | R1000 |
| 3. | Elvis | GALELA | EPA | 64 | 3:22:07 | |

65-69:

| | | | | | | |
|----|---------|---------|------|----|---------|------|
| 1. | Don | CHARLES | AGN | 66 | 3:20:59 | R750 |
| 2. | Michael | LANGA | KZNA | 67 | 3:38:29 | |

70-74:

| | | | | | | |
|----|-------|-----|-----|----|---------|-------|
| 1. | Brain | KEY | WPA | 77 | 4:04:41 | R2500 |
|----|-------|-----|-----|----|---------|-------|

WOMEN (Same prize money as men)

| | | | | | | |
|-----|-------------|--------------------|------|----|---------|----|
| 1. | Patience | KHUMALO | AGN | 27 | 2:47:21 | PB |
| 2. | Mapaseka | MAKHANYA | CGA | 30 | 2:51:32 | |
| 3. | Tanith | MAXWELL | WPA | 39 | 2:53:21 | |
| 4. | Makhosazane | MHLONGO | KZNA | 34 | 2:57:36 | |
| 5. | Nandipha | DYWILI | AGN | 24 | 2:59:37 | |
| 6. | Yolande | MACLEAN | CGA | 37 | 3:01:26 | |
| 2. | Louisa | LEBALLO | AGN | 38 | 3:04:24 | |
| 8. | Bulelwa | SIMAE | WPA | 38 | 3:07:29 | |
| 9. | Fikile | MBUTHUMA | KZNA | 36 | 3:08:23 | |
| 10. | Maphuti | PHAKA | CGA | 37 | 3:08:29 | |
| 11. | Mpho | MABUZA | CGA | 36 | 3:10:33 | |
| 12. | Mitsie | VAN DER WESTHUIZEN | AGN | 41 | 3:12:12 | |
| 13. | Adele | WALDRON | WPA | 41 | 3:12:33 | |
| 14. | Jane | MUDAU | LIMA | 53 | 3:14:18 | |
| 15. | Gillian | SIELING | CGA | 46 | 3:14:47 | |
| 16. | Lise | MUCHNA | KZNA | 45 | 3:15:10 | |
| 17. | Linah | MHLONGO | AMPU | 44 | 3:17:49 | |
| 18. | Catherine | MALUNGANE | AGN | 33 | 3:18:10 | |
| 19. | Natasha | MALAN | AMPU | 34 | 3:19:56 | |
| 20. | Angelique | RABIE | WPA | 49 | 3:20:33 | |
| 21. | Nonsikelelo | MBAMBO | KZNA | 37 | 3:23:37 | |
| 22. | Emma | MATHIBELA | CGA | 33 | 3:24:01 | |
| 23. | Ingrid | WEBBER | BORA | 35 | 3:24:29 | |
| 24. | Christine | CLAASEN | EPA | 51 | 3:24:35 | |
| 25. | Andrea | RANGER | BORA | 33 | 3:25:01 | |
| 26. | Annamaria | BREYTENBACH | AGN | 52 | 3:25:14 | |
| 27. | Wendy | MORGAN | KZNA | 41 | 3:25:42 | |
| 28. | Christelle | DU PLESSIS | AMPU | 31 | 3:26:54 | |
| 29. | Nocawe | MORAKE | AGN | 43 | 3:27:02 | |
| 30. | Nancy | WILL | WPA | 63 | 3:30:14 | |

...

DNF: René Kalmer, Christine Kalmer

40-44:

| | | | | | | |
|----|--------|--------------------|------|----|---------|-------|
| 1. | Mitsie | VAN DER WESTHUIZEN | AGN | 41 | 3:12:12 | R2500 |
| 2. | Adele | WALDRON | WPA | 41 | 3:12:33 | R1000 |
| 3. | Linah | MHLONGO | AMPU | 44 | 3:17:49 | |

45-49:

| | | | | | | |
|----|-----------|---------|------|----|---------|------|
| 1. | Gillian | SIELING | CGA | 46 | 3:14:47 | R750 |
| 2. | Lise | MUCHNA | KZNA | 45 | 3:15:10 | |
| 3. | Angelique | RABIE | WPA | 49 | 3:20:33 | |

50-54:

| | | | | | | |
|----|-----------|-------------|------|----|---------|-------|
| 1. | Jane | MUDAU | LIMA | 53 | 3:14:18 | R2500 |
| 2. | Christine | CLAASEN | EPA | 51 | 3:24:35 | R1000 |
| 3. | Annamaria | BREYTENBACH | AGN | 52 | 3:25:14 | R750 |

60-64:

| | | | | | | |
|----|--------|-----------|------|----|---------|-------|
| 1. | Nancy | WILL | WPA | 63 | 3:30:14 | R2500 |
| 2. | Pamela | RASMUSSEN | KZNA | 63 | 4:39:36 | R1000 |

Bagshaw Bay Ultra (34th) & 10 km

Port Elizabeth, 20 February

(Distances: 50 km & 10 km; out-and-back courses. Finishers: 50 km – 244 [two down from 246 last year]; 10 km – 314 [considerably down from 473].)

Note: Another victory here over all the younger age categories by grandmaster Margie Saunders, and a huge win for Eric Sigxashe in the 50 km. – Ed.

50 km**MEN**

| | | | | | |
|----|------------|-----------------------------|---------------|----|---------|
| 1 | Eric | Sigxashe | Motherwell AC | 37 | 3:14:28 |
| 2 | Charles | Segalo | Ikhamba AC | 28 | 3:30:23 |
| 3 | Alfred | Qogi (1 st vet) | Nedbank RC | 42 | 3:30:27 |
| 4 | Zamubuntu | Teyise | Charlo AC | 39 | 3:30:49 |
| 5 | Gcobani | Bekwapi | Tinarha AC | 36 | 3:32:48 |
| 6 | Bulelini | Niwa | Temp | 30 | 3:40:47 |
| 7 | Patrick | Peta | Somerset East | 39 | 3:41:01 |
| 8 | Thobile | Xata | Bluewater Bay | 41 | 3:42:43 |
| 9 | Adriaan | Gouws | Nedbank RC | 42 | 3:43:47 |
| 10 | Eric | Foendien | Graaff-Reinet | 37 | 3:44:33 |
| 11 | Mzukisi | Klaas | Bluewater Bay | 47 | 3:44:51 |
| 12 | Mongezi | Mboya | PEAAC | 38 | 3:45:18 |
| 13 | Noel | Adams | Gelvan AC | 43 | 3:45:58 |
| 14 | Jan | Fick (1 st mast) | Graaff-Reinet | 50 | 3:46:37 |
| 15 | Colben | Ngcupe | Charlo AC | 52 | 3:53:22 |
| 16 | Daryl | North | Achilles AAA | 38 | 3:53:57 |
| 17 | Leon | Loubser | Nedbank RC | 41 | 3:54:18 |
| 18 | Khayelihle | Ncube | Nedbank RC | 29 | 3:54:26 |
| 19 | Thembekile | Msipa | Charlo AC | 41 | 3:56:24 |
| 20 | Melikhaya | Jandick | Gugulethu | 31 | 3:57:23 |

40-44:

| | | | | | |
|---|---------|-------|---------------|----|---------|
| 1 | Alfred | Qogi | Nedbank RC | 42 | 3:30:27 |
| 2 | Thobile | Xata | Bluewater Bay | 41 | 3:42:43 |
| 3 | Adriaan | Gouws | Nedbank RC | 42 | 3:43:47 |

45-49:

| | | | | | |
|---|---------|---------|---------------|----|---------|
| 1 | Mzukisi | Klaas | Bluewater Bay | 47 | 3:44:51 |
| 2 | Christo | Muller | Somerset East | 47 | 3:58:00 |
| 3 | Alfred | Pakkies | Charlo AC | 47 | 4:05:06 |

50-54:

| | | | | | |
|---|--------|---------|---------------|----|---------|
| 1 | Jan | Fick | Graaff-Reinet | 50 | 3:46:37 |
| 2 | Colben | Ngcupe | Charlo AC | 52 | 3:53:22 |
| 3 | Marius | Van Eyk | Body Concept | 51 | 4:14:48 |

55-59:

| | | | | | |
|---|----------|----------|------------------|----|---------|
| 1 | Disemba | Blou | Charlo AC | 57 | 4:27:48 |
| 2 | Clifford | Hicken | Nedbank RC | 58 | 4:34:51 |
| 3 | Stephen | McCarthy | Edgemead Running | 55 | 4:45:22 |

60-64:

| | | | | | |
|---|---------|---------|---------------|----|---------|
| 1 | Sizinzo | Kama | Achilles AAA | 64 | 4:46:31 |
| 2 | Ric | Marini | Rand Ath Club | 61 | 5:41:29 |
| 3 | Ken | Barwood | Achilles AAA | 60 | 5:42:33 |

65-69:

| | | | | | |
|---|--------|---------|---------|----|---------|
| 1 | Albert | Ngcanga | Xcel AC | 65 | 5:20:27 |
|---|--------|---------|---------|----|---------|

75-79:

| | | | | | |
|---|---------|--------|-----------|----|---------|
| 1 | Godfrey | Kariem | Gelvan AC | 75 | 6:14:29 |
|---|---------|--------|-----------|----|---------|

WOMEN

| | | | | | |
|----|----------|--------------------------------|----------------|----|---------|
| 1 | Davera | Magson (1 st vet) | Nedbank RC | 41 | 3:53:56 |
| 2 | Elmarie | Bezuidenhout | Charlo AC | 34 | 3:56:23 |
| 3 | Nokholo | Hlezupondo | SANDF AC EP | 37 | 4:02:26 |
| 4 | Terray | Newcombe | Elite AC | 25 | 4:21:48 |
| 5 | Asanda | Solani | Achilles AAA | 32 | 4:29:04 |
| 6 | Camarin | Van Eyk | Nedbank RC | 33 | 4:29:59 |
| 7 | Elmien | Nel | Nedbank RC SWD | 44 | 4:46:39 |
| 8 | Sunelle | Horne | Bluewater Bay | 41 | 4:50:52 |
| 9 | Rosemary | Joubert (1 st mast) | Crusaders AC | 55 | 4:59:13 |
| 10 | Buyelwa | Kobokana | Nedbank RC | 50 | 5:00:34 |
| 11 | Amanda | Shaw | Body Concept | 51 | 5:04:45 |
| 12 | Amanda | Prideaux | Bluewater Bay | 40 | 5:04:47 |
| 13 | Jacqui | Van der Vyver | Elite AC | 47 | 5:06:14 |
| 14 | Sizibuie | Dibela | Eskom AC | 28 | 5:06:32 |
| 15 | Melanie | Gorman | Charlo AC | 31 | 5:10:28 |
| 16 | Ludine | Williams | Malabar | 28 | 5:11:14 |
| 17 | Karin | Oelofsen | Somerset East | 45 | 5:11:54 |
| 18 | Joanne | Tucker | Charlo AC | 48 | 5:12:48 |
| 19 | Adele | Slabbert | Madiba BW | 45 | 5:13:29 |
| 20 | Suretha | Verwey | Kouga Multi SC | 49 | 5:15:56 |

40-44:

| | | | | | |
|---|---------|--------|----------------|----|---------|
| 1 | Davera | Magson | Nedbank RC | 41 | 3:53:56 |
| 2 | Elmien | Nel | Nedbank RC SWD | 44 | 4:46:39 |
| 3 | Sunelle | Horne | Bluewater Bay | 41 | 4:50:52 |

45-49:

| | | | | | |
|---|--------|---------------|---------------|----|---------|
| 1 | Jacqui | Van der Vyver | Elite AC | 47 | 5:06:14 |
| 2 | Karin | Oelofsen | Somerset East | 45 | 5:11:54 |
| 3 | Joanne | Tucker | Charlo AC | 48 | 5:12:48 |

50-54:

| | | | | | |
|---|----------|-----------|----------------|----|---------|
| 1 | Buyelwa | Kobokana | Nedbank RC | 50 | 5:00:34 |
| 2 | Amanda | Shaw | Body Concept | 51 | 5:04:45 |
| 3 | Marianne | Stiglingh | Kowie Striders | 50 | 6:03:00 |

55-59:

| | | | | | |
|---|----------|--------------|--------------|----|---------|
| 1 | Rosemary | Joubert | Crusaders AC | 55 | 4:59:13 |
| 2 | Theresa | Lillis | Achilles AAA | 59 | 5:43:21 |
| 3 | Janette | Van der Kolf | Coega AC | 56 | 6:05:47 |

10 km**MEN**

| | | | | | |
|----|------------|----------------------------------|---------------|----|-------|
| 1 | Mariano | Eesou | Madibaz AC | 24 | 32:38 |
| 2 | Adriaan | Gerwel | Temp | 19 | 33:27 |
| 3 | Andre | Ketchem | Xcel AC | 32 | 33:41 |
| 4 | Brendon | Effenaar | Nedbank RC | 19 | 34:29 |
| 5 | Rodney | Prins | Nedbank RC | 27 | 34:44 |
| 6 | George | Ntshiliza | Bluewater Bay | 36 | 36:42 |
| 7 | Mzwanele | Maphekula | Bluewater Bay | 39 | 36:43 |
| 8 | Lindisipho | Mxhwashula (1 st jun) | Motherwell AC | 18 | 37:04 |
| 9 | Nathi | Mda | Motherwell AC | 24 | 37:58 |
| 10 | Charles | Beaurain | Temp | 36 | 38:14 |
| 11 | Vuyo | Lloyd | Bluewater Bay | 38 | 39:11 |

| | | | | | |
|-----------------|--------------|--|-----------------|----|---------|
| 12 | Mandilakhe | Nel | Motherwell AC | 18 | 39:12 |
| 13 | Kenneth | Menze (1 st mast) | Bluewater Bay | 54 | 39:41 |
| 14 | Michael | Bekapi | Ikhamva AC | 54 | 40:47 |
| 15 | Ndyedo | Qwakanisa | SAPS AC EP | 29 | 41:49 |
| 16 | Sulaiman | Jacobs | Itheko | 29 | 42:00 |
| 17 | Benjamin | Miggels (1 st vet) | Muirite Strider | 40 | 43:03 |
| 18 | Selaotswe | Tlhakuli | Temp | 29 | 43:08 |
| 19 | Zukile | Pipe | Nedbank RC | 38 | 43:51 |
| 20 | Mlungiseleli | Manyati | St Albans AC | 40 | 44:56 |
| 40-44: | | | | | |
| 1 | Benjamin | Miggels | Muirite Strider | 40 | 43:03 |
| 2 | Mlungiseleli | Manyati | St Albans AC | 40 | 44:56 |
| 3 | Loren | Meyer | VWAC | 43 | 47:14 |
| 45-49: | | | | | |
| 1 | Mnyamezeli | Mashaya | Temp | 46 | 45:57 |
| 2 | Timothy | Njokweni | Achilles AAA | 45 | 46:26 |
| 3 | Lonwabo | Mtshake | Spar EC AC | 45 | 46:56 |
| 50-54: | | | | | |
| 1 | Kenneth | Menze | Bluewater Bay | 54 | 39:41 |
| 2 | Michael | Bekapi | Ikhamva AC | 54 | 40:47 |
| 3 | Nelson | Vlakkbok | Charlo AC | 51 | 45:35 |
| 55-59: | | | | | |
| 1 | Joseph | Bain | St Albans AC | 56 | 48:20 |
| 2 | Christopher | Nyodi | Bluewater Bay | 57 | 49:28 |
| 3 | Peter | Van Rensburg | Elite AC | 57 | 52:09 |
| 60-64: | | | | | |
| 1 | Sticks | Stiglingh | Kowie Striders | 61 | 46:48 |
| 2 | John | Kotze | Achilles AAA | 64 | 55:29 |
| 3 | Neville | Schmelzer | Bluewater Bay | 64 | 56:41 |
| 65-69: | | | | | |
| 1 | Syd | Lippstreu | Crusaders AC | 67 | 53:10 |
| 2 | Thembisile | Ntoni | PEAAC | 68 | 59:37 |
| 3 | David | O'Reilly | Nedbank RC | 68 | 1:02:26 |
| 70-74: | | | | | |
| 1 | Ron | Clark | Bluewater Bay | 73 | 55:14 |
| 2 | Tamsanqa | Jusayi | Nedbank RC | 73 | 1:04:12 |
| 3 | Gerald | Bouwer | Achilles AAA | 72 | 1:15:57 |
| 75-79: | | | | | |
| 1 | Kai | Tarnow | Kouga Multi SC | 77 | 1:19:12 |
| Juniors: | | | | | |
| 1 | Lindisipho | Mxhwashula | Motherwell AC | 18 | 37:04 |
| 2 | Mandilakhe | Nel | Motherwell AC | 18 | 39:12 |
| 3 | Creswinne | Slotto | VWAC | 15 | 52:14 |
| WOMEN | | | | | |
| 1 | Liza-Marie | Kingston | Temp | 33 | 41:28 |
| 2 | Ndileka | Mvakwendlu | Tinarha AC | 25 | 41:35 |
| 3 | Siphokazi | Nojoko | Motherwell AC | 21 | 42:47 |
| 4 | Margie | Saunders (1 st g'mast) | Nedbank RC | 62 | 45:45 |
| 5 | Janette | Schierz-Crusius (1 st mast) | Body Concept | 55 | 46:50 |
| 6 | Theresa | Buchner | Nedbank RC | 30 | 48:56 |
| 7 | Toegeda | Vyver (1 st vet) | Nedbank RC | 43 | 49:59 |
| 8 | Olwethu | Bomvana | Motherwell AC | 29 | 51:37 |
| 9 | Elize | Adams | Gelvan AC | 41 | 52:25 |
| 10 | Anita | Boehmke | Achilles AAA | 45 | 52:27 |
| 11 | Adele | Van de Venter | Temp | 47 | 53:23 |

| | | | | | |
|---------------|----------------|-----------------|--------------|----|---------|
| 12 | Lundi | Payne | Temp | 32 | 54:09 |
| 13 | Noluvuyolwethu | Qokweni | Charlo AC | 34 | 55:00 |
| 14 | Nomfundo | Hlela | Charlo AC | 33 | 55:01 |
| 15 | Tembela | Van der Berg | Nedbank RC | 33 | 56:08 |
| 16 | Louise | Mazuelas | Charlo AC | 37 | 57:02 |
| 17 | Ina | Meaker | Walmer AC | 54 | 58:12 |
| 18 | Belinda | Bain | Charlo AC | 53 | 58:20 |
| 19 | Tembakazi | Goqwana | Ikhamba AC | 28 | 58:41 |
| 20 | Anathi | Titi | Real Gijimas | 29 | 59:09 |
| 40-44: | | | | | |
| 1 | Toegeda | Vyver | Nedbank RC | 43 | 49:59 |
| 2 | Elize | Adams | Gelvan AC | 41 | 52:25 |
| 3 | Anize | Gerber | Despatch AC | 42 | 1:00:12 |
| 45-49: | | | | | |
| 1 | Anita | Boehmke | Achilles AAA | 45 | 52:27 |
| 2 | Adele | Van de Venter | Temp | 47 | 53:23 |
| 3 | Lana | Bruyns | Madibaz AC | 47 | 59:10 |
| 50-54: | | | | | |
| 1 | Ina | Meaker | Walmer AC | 54 | 58:12 |
| 2 | Belinda | Bain | Charlo AC | 53 | 58:20 |
| 3 | Elizna | Basson | Despatch AC | 52 | 1:00:24 |
| 55-59: | | | | | |
| 1 | Janette | Schierz-Crusius | Body Concept | 55 | 46:50 |
| 2 | Lynette | Crause | Walmer AC | 56 | 59:33 |
| 3 | Veronica | Boshoff | Despatch AC | 55 | 1:02:27 |
| 60-64: | | | | | |
| 1 | Margie | Saunders | Nedbank RC | 62 | 45:45 |
| 2 | Glenys | Joubert | Temp | 64 | 1:26:30 |
| 65-69: | | | | | |
| 1 | Helene | Oppel | Crusaders AC | 66 | 1:01:56 |
| 2 | Christine | Fourie | Elite AC | 69 | 1:07:10 |
| 3 | Jeanette | Pienaar | PEAAC | 67 | 1:07:31 |
| 75-79: | | | | | |
| 1 | Dorothy | Hart | Madibaz AC | 78 | 1:22:16 |

BestMed Tuks Half Marathon & 10 km

Pretoria, 20 February

(Distances: 21.1 km & 10 km; loop courses – the half marathon undulating and the 10 km fast and flat. Finishers: half marathon – 2700 [up from 2400 last year]; 10 km – 4600 [big increase from 3700].)

Half marathon

MEN

1 Vuyisile Tshaba (Rockies) 67:50; 2 Jeffrey Gwebu (KPMG) 68:04; 3 Collen Mulaudzi (TUT) 68:29.

Veterans: 1 Simon Mpholo (Nedbank) 70:04; 2 Shadrack Hoff (Boxer) 72:27; 3 Nicky Masombuka (Nedbank) 74:44. **Masters:** 1 Philemon Mailola (Moretele) 83:58; 2 Johannes Ramaphakela (Tshwane AC) 88:10; 3 Elias Nhlapo (Individual) 89:24. **G'masters:** 1 John Woodnutt (Morningside) 95:26. **G/g'masters:** 1 Pele Tshikundamalema (Olifantsfontein) 1:46:12. **80+:** 1 Dion Heigers (ARCW) 2:56:22. **Juniors:** 1 Amos Tsotetsi (Rockies) 79:56.

WOMEN

1 Liziwe Mabona (AMPA) 82:19; 2 Samukeliso Moyo (ZIM/Maxed Elite) 88:31 (1st vet); Caroline Wöstmann (KPMG) 90:30.

Veterans: 1 Samukeliso Moyo (ZIM/Maxed Elite) 88:31; 2 Lesley Austin (Krugersdorp) 90:52; 3 Salome Cooper (Born 2 Run) 91:18. **Masters:** 1 Lelanie van Zyl (Nedbank) 1:43:23; 2 Connie Blom (Runavation) 1:45:46; 3 Chris Walter (Dainfern) 1:46:25. **G'masters:** 1 Francis van Blerk (Nedbank) 1:49:32. **Juniors:** 1 Michael-Ann Bredell (Magnolia) 1:54:17.

10 km

MEN

1 Kgosi Tsosane (Nedbank) 30:22; 2 Kwanele Mthembu (Prestige) 31:17; 3 Collen Mailola (Nedbank) 31:22.

Veterans: 1 Sipho Ncube (ZIM/Rockies) 34:32; 2 Jackson Seanego (Armcor) 35:26; 3 Colin Witbooi (PMMC) 35:31. **Masters:** 1 Nel Mtsweni (Eskom) 35:32; 2 Nhlanhla Magubane (Corr Serv) 38:03; 3 Victor Phetoe (Irene) 39:54. **G'masters:** 1 Elias Raphulu (Black Diamonds) 45:44. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 53:14. **Juniors:** 1 Kwanele Mthembu (Prestige) 31:17.

WOMEN

1 Irvette van Zyl (Nedbank) 33:55; 2 Rutendo Nyahora (ZIM/Nedbank) 34:56; 3 Glenrose Xaba (Eskom) 35:54.

Veterans: 1 Jacquie v.d. Waals (Irene) 40:24; 2 Theresa Loots (Runavation) 46:43; 3 Patricia Forbes (Running Inn) 47:20. **Masters:** 1 Elsabe Brink (Runavation) 47:00; 2 Debbie Bredenkamp (HQH) 48:31; 3 Sonja Scheepers (Green Mile) 51:50; **G'masters:** 1 Ria Duvenhange (Transnet) 68:15. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 57:31. **80+:** 1 Miemie Schoeman (Transnet) 99:54. **Juniors:** 1 Georgia Janish (Magnolia) 44:47.

NOSA Hillcrest Marathon (39th) & Half Marathon

Hillcrest, 14 February

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 1175 [almost double last year's 643]; half marathon – 1062 [down from 1114].)

Marathon

MEN

| | | | | |
|----|---------------|------------|---------|-------|
| 1. | Eric Ngubane | Nedbank AC | 2:30:20 | R1250 |
| 2. | Delani Nkhize | Nedbank AC | 2:32:42 | R620 |
| 3. | Nkosi Duma | Nedbank AC | 2:36:14 | R320 |

(All age category prizes were the same: R320, R210, R160.)

40-49:

| | | | |
|----|-----------------|-----------|---------|
| 1. | Alastair Leslie | Stella AC | 2:48:57 |
| 2. | Paul Echert | DHSOB | 2:53:47 |
| 3. | Jerico Khathi | Phuma KZN | 2:54:29 |

50-59:

| | | | |
|----|----------------|-----------|---------|
| 1. | Craig Anderson | DHSOB | 3:06:06 |
| 2. | Bheki Bhengu | Boxer AC | 3:09:59 |
| 3. | Cosmos Langa | Corr Serv | 3:19:15 |

60+:

| | | | |
|----|-------------------|---------|---------|
| 1. | Boysie van Staden | DHSOB | 3:47:56 |
| 2. | Robin Goddard | West AC | 3:51:24 |
| 3. | Mike Cowling | Saints | 3:53:21 |

WOMEN (Same prize money as men)

| | | | |
|----|--------------|------------|---------|
| 1. | Lisa Collett | Nedbank AC | 3:10:43 |
| 2. | Sarah Wilson | West AC | 3:21:15 |

3. Iris Ndlovu NRB Harr 3:34:18

40-49:

1. Pat Dammann Vitality 3:25:19
 2. Sarah Eksteen West AC 3:30:56
 3. Michelle Sims Eskom 3:34:18

50-59:

1. Janine Goss DCS 3:55:38
 2. Elana Pessenbacher Eskom 4:10:14
 3. Karen Conway DCS 4:40:27

60+

1. Maureen Parry Chiltern 5:05:43

Half marathon

MEN

1. Garika Madawo Chatsworth 75:25 R520
 2. Sphelele Zondi Amaqhawe 77:12 R320
 3. Mcebisi Jali Sydenham 78:23 R160

(All age category prizes were the same: R220.)

40-49:

1. Michael Ndlovu Ethekeweni AC 80:49

50-59:

1. Andy Daly West AC 88:52

60+

1. Tony Page PDAC 97:40

WOMEN (Same prize money as men)

1. Jenna Challenor Ind 79:39
 2. Janie Grundling Boxer 82:13
 3. Cary-Ann Smith Nedbank 90:03

40-49:

1. Janene Carey Boxer 92:58

50-59:

1. Marietje Montgomery Faku Chiefs 1:42:16

60+:

1. Sandy Fismer HH 1:47:07

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

Zürich Maratón Ciudad de Sevilla (32nd)

(Spanish Marathon Championships/IAAF Bronze Label Road Race)

Sevilla, ESP, 21 February

(Distance: 42.195 km)

MEN (gun times)

1. Cosmas Kiplimo Lagat, KEN 2:08:14 PB/CR* € 6000 + 3000*
 2. Carles Castillejo Salvador, 1978, ESP 2:11:29 1750^ + 4000#
 3. Hassane Ahouchar, 1975, MAR 2:11:39 1000^

- | | | |
|-------------------------------|------------|-----|
| 4. Sibusiso Nzima, RSA | 2:11:43 PB | 800 |
| 5. Hassan Omanga Mokaya, KEN | 2:11:53 | 700 |

*) Course record bonus

^) Prize money reduced 50% for slower than 2:11:00 for top-3 finishers

#) Earned Spanish championships prize money

WOMEN (gun times)

- | | | |
|--------------------------------|------------|-----------------|
| 1. Paula Gonzalez Berodia, ESP | 2:31:18 DB | € 3000^ + 4000# |
| 2. Kaoutar Boulaid, MAR | 2:31:26 PB | 1750^ |
| 3. Estela Navascues Parra, ESP | 2:32:49 | 1000^ + 2000# |
| 4. Eunice Jeptoo, KEN | 2:33:13 PB | 800 |
| 5. Doroteia Peixoto, POR | 2:36:01 PB | 700 |

^) Prize money reduced 50% for slower than 2:30:00 for top-3 finishers

#) Earned Spanish championships prize money

Ohme-Hochi Road Race 30 km (47th)

Ohme, Tokyo, JPN, 21 February

MEN (gun times)

1. Yuki Oshikawa, 1:31:37
2. Michael Githae (KEN), 1:31:46
3. Yuki Kawauchi, 1:32:40

WOMEN

1. Miharu Shimokado, 1:43:55
2. Mirai Waku, 1:43:57
3. Kotomi Takayama, 1:46:12

INDOOR TRACK

NYRR Millrose Games (109th)

New York, USA, 21 February
(200 m banked Mondo track)

MEN

800:

- | | |
|-------------------------------|---------|
| 1. Duane Solomon, Saucony | 1:47.52 |
| 2. Brannon Kidder, Penn State | 1:47.59 |
| 3. Alex Amankwah, Ghana | 1:48.94 |

Mile:

NYRR Wanamaker Mile -

- | | |
|--|---------------------|
| 1. Matthew Centrowitz, Nike Oregon Project | 3:50.63 WL/MR/FR/PB |
| 2. Nick Willis, adidas (NZL) | 3:51.06 NR/PB |
| 3. Chris O'Hare, adidas (GBR) | 3:52.91 PB |
| 4. Robby Andrews, adidas | 3:53.16 PB |
| 5. Cory Leslie, Nike | 3:53.87 PB |
| 6. Garrett Heath, Brooks Beasts | 3:55.10 SB |
| 7. Cristian Soratos, adidas | 3:56.05 SB |
| 8. Blake Haney, University of Oregon | 3:56.36 PB |

3000:

- | | |
|--|------------------|
| 1. Ryan Hill, Nike Bowerman Track Club | 7:38.82 WL/MR/SB |
|--|------------------|

2. Hassan Mead, Nike Oregon Track Club 7:38.85 PB
3. Eric Jenkins, Nike Oregon Project 7:39.43 PB
4. Evan Jager, Nike Bowerman Track Club 7:40.10 SB
5. Mohammed Ahmed, Nike Bowerman TC (CAN) 7:40.11 NR/PB

WOMEN

800:

1. Ajee' Wilson, adidas 2:00.09 WL/PB
2. Brenda Martinez, New Balance 2:00.14 PB
3. Laura Roesler, Nike 2:00.49 PB
4. Raevyn Rogers, University of Oregon 2:00.90 PB
5. Lynsey Sharp, Nike (GBR) 2:01.55

Mile:

NYRR Wanamaker Women's Mile:

1. Shannon Rowbury, Nike Oregon Project 4:24.39 SB
2. Kerri Gallagher, Nike 4:26.18 PB
3. Amanda Eccleston, Brooks 4:26.63 PB
4. Heather Kampf, Asics 4:27.26 PB
5. Morgan Uceny, adidas 4:27.99 PB
6. Ciara Mageean, New Balance (IRL) 4:28.40 NR/PB
7. Katie Mackey, Brooks Beasts 4:28.84 PB
8. Alexa Efraimson, Nike 4:28.91 PB
9. Heather Wilson, NJ/NY Track Club 4:30.80
10. Dominique Scott, Unatt.-Arkansas (RSA) 4:31.57 NR

5000:

1. Betsy Saina, Nike Bowerman TC (KEN) 14:57.18 WL/PB
2. Molly Huddle, Saucony 14:57.31 PB
3. Emily Infeld, Nike Bowerman Track Club 15:00.91 PB
4. Marielle Hall, Nike 15:06.05 PB
5. Shelby Houlihan, Nike Bowerman TC 15:06.22 PB
6. Abbey D'Agostino, New Balance 15:24.44 PB
- ... 10. Jordan Hasay, Nike Oregon Project 15:46.45 SB

Glasgow Indoor Grand Prix

Glasgow, GBR, 20 February

MEN

1500:

1. Abdelaati IGUIDER, MAR, 3:34.94 WL/FR
2. Ayanleh SOULEIMAN, DJI, 3:36.30
3. Bethwel BIRGEN, KEN, 3:37.55
4. Vincent KIBET, KEN, 3:37.55
5. Lee EMANUEL, GBR, 3:38.68

3000:

1. Mo FARAH, GBR, 7:39.55 FR
2. Augustine CHOGE, KEN, 7:40.66
3. Dawit WOLDE, ETH, 7:41.69 PB
4. Ben BLANKENSHIP, USA, 7:44.96 PB
5. Paul Kipsiele KOECH, KEN, 7:45.23

WOMEN

800:

1. Melissa BISHOP, CAN, 2:00.19 NR/FR

2. Laura MUIR, GBR, 2:00.70 PB
3. Joanna JOZWIK, POL, 2:00.88
4. Christina HERING, GER, 2:00.93 PB
5. Selina BÜCHEL, SUI, 2:01.31
- ... 7. Zuzana HEJNOVA, CZE, 2:03.40 PB
8. Jenny MEADOWS, GBR, 2:03.66

1500:

1. Sifan HASSAN, NED, 4:01.40 FR
2. Gudaf TSEGAY, 1997, ETH, 4:01.81 PB/WJR
3. Axumawit EMBAYE, ETH, 4:06.11
4. Rababe ARAFI, MAR, 4:09.27
5. Hannah ENGLAND, GBR, 4:09.69
- ... 8. Mary CAIN, USA, 4:13.55

3000:

1. Nancy CHEPKWEMOI, KEN, 8:49.06 PB/FR
2. Sofia ENNAOUI, 1995, POL, 8:49.07 PB
3. Maureen KOSTER, NED, 8:49.18 PB
4. Gesa KRAUSE, GER, 8:49.43 PB
5. Stephanie TWELL, GBR, 8:50.24 PB

Globen Galan

Stockholm, SWE, 17 February

MEN

800:

Race 1:

1. Adam Kszczot, 89, POL, 1:45.63 WL
2. Abdulrahman Musaeb Balla 89 QAT, 1:45.93
3. Mohamed Aman, 94, ETH, 1:47.39
4. Paul Renaudie, 90, FRA, 1:47.80
5. Andreas Kramer, 97, SWE, 1:47.85 NJR

Race 2:

1. Nicholas Kipkoech, 92, KEN, 1:46.93
2. Jackson Kivuva, 88, KEN, 1:47.63
3. Mohamed Hamada, 92, EGY, 1:47.82
4. Mukhtar Mohammed, 90, GBR, 1:48.41
5. Johan Eriksson, 88, SWE, 1:51.37

1000:

1. Ayanleh Souleiman, 92, DJI, 2:14.20 WR
2. Thijmen Kupers, 91, NED, 2:17.02
3. Elijah Manangoi, 93, KEN, 2:17.09
4. Jakub Holuša, 88, CZE, 2:18.27 NR
5. Fouad El Kaam, 88, MAR, 2:19.71

3000:

1. Abdelaati Iguider, 87, MAR, 7:39.04 WL
2. Yomif Kejelcha, 97, ETH, 7:39.11
3. Yenew Alamirew, 90, ETH, 7:42.46
4. Youssouf Hiss Bachir, 87, DJI, 7:43.44
5. Paul Kipsiele Koech, 81, KEN, 7:45.58

WOMEN

Mile:

1. Genzebe Dibaba, 91, ETH, 4:13.31 WR
2. Gudaf Tsegay, 97, ETH, 4:24.98
3. Axumawit Embaye, 94, ETH, 4:27.75
4. Rabab Arrafi, 91, MAR, 4:30.10
5. Sara Lahti, 95, SWE, 4:30.42 NR
6. Sofia Ennaoui, 95, POL, 4:30.43
7. Sandra Eriksson, 89, FIN, 4:30.91 NR
8. Hannah England, 87, GBR, 4:31.53

AIT International Arena Grand Prix (2nd)

Athlone, IRL, 17 February

WOMEN

800:

1. Melissa BISHOP, CAN, 2:00.60 NR
2. Adelle TRACEY, GBR, 2:02.34
3. Anastasiya TKACHUK, UKR, 2:02.44

STATS TIME

This week we list the fastest ten veteran women in the marathon for 2015. Secondary performances by the top three are also listed. The Kaapsehoop Marathon route, on which Mitsie van der Westhuizen ran her sub-3 hour time (with another three times in this race on the list), is excessively downhill.

2015 MARATHON: TOP 10 VETERAN WOMEN

| | | | | |
|----------|---------------------------|---|--------------|--------|
| 2:53:38 | Gillian Sieling | 7 | London | 26 Apr |
| 2:57:57A | Mitsie van der Westhuizen | 1 | Nelspruit | 07 Nov |
| 3:01:05 | Julanie Basson | 1 | Johannesburg | 08 Mrt |
| 3:02:08A | Jacqui Bakkes | 1 | Simon's Town | 15 Feb |
| 3:05:35A | Heather Walden | 2 | Nelspruit | 07 Nov |
| 3:06:35 | Basson-2 | 1 | Benoni | 25 Jan |
| 3:06:51A | Kashmira Parbhoo | 3 | Nelspruit | 07 Nov |
| 3:07:39A | Linah Mhlongo | 4 | Nelspruit | 07 Nov |
| 3:08:13 | Lesley Train | 1 | Centurion | 01 Mei |
| 3:08:31 | Adele Waldron | 1 | Fish Hoek | 17 Jan |
| 3:08:34A | Wendy Morgan | 1 | East Londen | 28 Feb |

THIS MONTH IN HISTORY**37 years ago: 3 February 1979**

Only three South African marathon records have been set in February. The first came from Clare Taylor, a former swimmer, in the early days of SA women's marathoning. On this day – after she had finished her first Comrades in 10:41 the previous year – she ran 3:01:32 in the Transvaal Championships in Johannesburg. Seven weeks later, under the guidance of Ivor Lazerson, she became the first woman in Africa to run a sub-3 hour marathon when she won the Interprovincial Marathon in East London in 2:57:26. She had four further wins in 1979, including her third SA record of the year, 2:56:28, in September. Her other victories came in the Jackie Gibson Marathon in August, the City to City 50 km, also in September, and the RAC Tough One in December.

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 | 29:15 | Elroy Gelant | Sasolburg | 06 Feb |
| | 28:41 | Samir Jouaher (MAR) | | |
| | 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 |
| | 60:37 | Lelisa Desisa Benti (ETH) | | |
| | 58:23 | Zersenay Tadese (ERI) 2010 | | |
| 25 km | 81:12a | Siyabonga Nkonde | Pinetown | 31 Jan |
| | 71:18** | Dennis Kipruto Kimetto (KEN) 2012 | | |
| 30 km | 1:42:14 | Sibusiso Madikizela | Camps Bay | 10 Jan |
| | 87:37** | Emmanuel Kipchirchir Mutai (KEN) 2014 | | |
| Marathon | 2:11:43 | Sibusiso Nzima | Sevilla | 21 Feb |
| | 2:04:24 | Tesfaye Abera Dibaba (ETH) | | |
| | 2:02:57 | Dennis Kipruto Kimetto (KEN) 2014 | | |
| 100 km | 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 | 70:04 | Simon Mpholo | Pretoria | 20 Feb |
| | 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 | | |

Masters (50+)

| | | | | |
|---------|-------|---------------------------|----------------|--------|
| 10 km | 35:09 | Selwyn Losper | George | 29 Jan |
| | 30:35 | Tecwyn Davies (GBR) 1988 | | |
| 15 km | 55:46 | Welcome Loliwe | Port Elizabeth | 06 Feb |
| | 47:52 | Titus Mamabolo (RSA) 1991 | | |
| 21.1 km | 82:25 | Solomon Khumalo | 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 | 2:47:07 | Dan Mothibe | East London | 20 Feb |
| | 2:19:29 | Titus Mamabolo (RSA) 1991 | | |
| 100 km | | | | |
| <u>Grandmasters (60+)</u> | | | | |
| 10 km | 38:14 | Stephen Seema | Sasolburg | 06 Feb |
| | 32:48 | Martin Rees (GBR) 2013 | | |
| 15 km | 62:42 | Elvis Galela | Port Elizabeth | 06 Feb |
| | 54:32 | Cees Stolwijk (NED) 2013 | | |
| 21.1 km | 89:20 | Ernest Tjela | Sasolburg | 06 Feb |
| | 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 | 2:18:15 | Mochamat Kriel | Parow | 14 Feb |
| | 1:57:07 | Ed Whitlock (CAN) 1994 | | |
| Marathon | 3:14:57 | Robbie Lindsay | East London | 20 Feb |
| | 2:36:30 | Yoshihisa Hosaka (JPN) 2009 | | |
| 100 km | | | | |
| <u>Great grandmasters (70+)</u> | | | | |
| 10 km | 43:16 | Andrew Spence | Sasolburg | 06 Feb |
| | 37:33 | Ed Whitlock (CAN) 2004 | | |
| 15 km | 69:48 | Jeff Smith | Constantia | 16 Jan |
| | 58:19 | Ed Whitlock (CAN) 2001 | | |
| 21.1 km | 96:48 | Jeff Smith | Tokai | 06 Feb |
| | 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 | 3:29:46a | Jeff Smith | Simon's Town | 21 Feb |
| | 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 | 49:44 | Andile Motwani | Port Elizabeth | 06 Feb |
| | 42:25 | Moses Mosop (KEN) 2004 | | |
| 21.1 km | 79:56 | Amos Tsotetsi | Pretoria | 20 Feb |
| | 59:16 | Samuel Wanjiru (KEN) 2005 | | |
| WOMEN | | | | |
| <u>Open</u> | | | | |
| 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 |
| | 66:04 | Cynthia Limo (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 | 2:47:21 | Patience Khumalo | East London | 20 Feb |
| | 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 | | |
| <u>Veterans (40+)</u> | | | | |
| 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 | 2:15:18 | Ursula Frans | Parow | 14 Feb |
| | 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 | | |
| <u>Masters (50+)</u> | | | | |
| 10 km | 42:26 | Viv Williams | Tokai | 06 Feb |
| | 34:44 | Tatyana Pozdniakova (UKR) 2005 | | |
| 15 km | 64:56 | Margie Saunders (g'mast) | Port Elizabeth | 06 Feb |
| | 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 | 3:14:18 | Jane Mudau | East London | 20 Feb |
| | 2:31:05 | Tatyana Pozdniakova (UKR) 2005 | | |
| 100 km | | | | |
| <u>Grandmasters (60+)</u> | | | | |
| 10 km | 44:29 | Nancy Will | Sasolburg | 06 Feb |
| | 38:56 | Lidia Zentner (GER) 2015 | | |
| 15 km | 64:56 | Margie Saunders (g'mast) | Port Elizabeth | 06 Feb |
| | 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 | 3:30:14 | Nancy Will | East London | 20 Feb |

| | | | | |
|---------------------------------|----------|--------------------------------|----------------|--------|
| 100 km | 3:01:30 | Bernadine Portenski (NZL) 2010 | | |
| <u>Great grandmasters (70+)</u> | | | | |
| 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 | 2:08:12a | Pixie Sparg | Simon's Town | 21 Feb |
| | 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 | 4:11:27a | Veronica van Niekerk | Simon's Town | 21 Feb |
| | 3:35:29 | Helga Miketta (GER) 2013 | | |
| 100 km | | | | |
| <u>Juniors</u> | | | | |
| 10 km | 36:54 | Ashleigh Simonis | New York | 09 Jan |
| | 31:42 | Zola Pieterse (RSA) 1984 | | |
| 15 km | 69:03 | Nomakhozi Ntliziyo | Port Elizabeth | 06 Feb |
| | 49:40 | Ines Chenonge (KEN) 2001 | | |
| 21.1 km | 1:43:42 | Nompumlelo Shongwe | Pretoria | 16 Jan |
| | 1:09:05 | Delilah Asiago (KEN) 1991 | | |

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