

# Distance Running Results

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

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Publisher: Riël Hauman

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## EDITORIAL

One of South Africa's oldest marathons, the Deloitte Pretoria Marathon, was run for the 43<sup>rd</sup> time this weekend and won by Raphael Segodi in 2:27:21 (by one second from Colin Parura) and Yolande Maclean in 3:02:54 (by exactly two minutes from Samukeliso Moyo). In the accompanying half marathon Irvette van Zyl set a course record of 75:28, while Gladwin Mzazi did likewise in the 10 km (29:37). Veteran Shadrack Hoff ran a list leader of 31:02.

Other list leaders over the weekend came in the Tyger Run Half Marathon (grandmaster Mochamat Kriel, 88:45), Kromberg & Schubert 15 km (juniors Andile Motwani, 48:26, and Nomakhozi Ntliziyo, 67:03), The Witness Pietermaritzburg Half Marathon (vet Suzette Botha, 85:39) and its accompanying 10 km (junior Ashleigh Simonis, 36:52)

Lusapho April won the Tony Viljoen Border Masters Half Marathon in 62:16. Full results will be published next week. The East London course is point to point and excessively downhill, dropping 147 m from start to finish, i.e. a massive 6.97 m/km.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Deloitte Pretoria Marathon, Half Marathon & 10 km, Pretoria
- \* The Witness Pietermaritzburg City Marathon, Half Marathon & 10 km, Pietermaritzburg
- \* Kromberg & Schubert 15 km, Despatch
- \* Tyger Run Half Marathon & 10 km, Durbanville
- \* Pirates Half Marathon, Johannesburg
- \* Gino's 10 km Night Race, Stellenbosch

### International highlights:

- \* Tokyo Marathon, Tokyo, JPN
  - \* World's Best 10km, San Juan, PUR
  - \* Indoor track: British Indoor Championships, Sheffield, GBR; Big South Conference Indoor Championships, Blacksburg, USA; Sun Belt Conference Indoor Championship, Birmingham, USA
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## OBITUARY

### CHET SAINSBURY, 'MR TWO OCEANS', PASSES AWAY

A personal tribute by RIËL HAUMAN

What does one say about a man like Chet Sainsbury? Where do you start, and where do you stop?

You can say that he was Race Director of the Old Mutual Two Oceans Marathon for an unprecedented 27 years and essentially made the race what it is today.

And that he served as Vice-president of Celtic Harriers, Chairman of Villager Football Club and WP Road Running, and in his days on the committee of the SA Road Running Association (SARRA) played a vital role in the development of the sport on a national level.

That he had a successful career at the Old Mutual and was highly competitive in everything he did, from work to running to cycling.

That he represented Western Province in the SA Marathon three times as a veteran and was team manager of WP teams on numerous occasions.

That he was a devoted family man and passionate about outdoor activities and nature.

That he was a hard but fair taskmaster who did not suffer fools gladly, a perfectionist who demanded much from those he worked with, but gave much himself.

That he was a leader who led by example and was inspiring, innovative and visionary.

That he was a loyal, caring friend to all his running and rugby partners.

But, of course, this list goes only a little way in describing the man.

To me he was a friend, a colleague in athletics, someone I admired for his dedication, his integrity, his thoroughness and the excellence he strived for in everything he did. The greatest compliment he ever paid me was when he said: "You know, we are very much alike – we both want things to be done properly."

I used to joke with him that, although he was almost five years older, I was Chairman of WP Road Running when he was still just a rugby player at Villagers. He took it good-naturedly. The thing is, while in the seventies and early eighties we as a road running committee were discussing whether we could afford to contribute R10 or R20 to the costs of each member of a WP team to a national championship race, when Chet took over, he pushed, pulled and cajoled the sport in general, and the Two Oceans in particular, into the professional era. He made Western Province the best organised road running province in the country.

And he made the Two Oceans, where he served as race director from 1981 to 2007, the world class race that it has become. When he took charge, it had 1602 finishers; in 2007 it had 6529. I have no doubt that he was the best race organiser in South Africa and on par with anyone organising the big city marathons such as New York, Chicago, Boston, London and Berlin.

Chet and I worked together in road running administration for more than thirty years, on the committees of WP Road Running and SARRA, the WP Athletics (WPA) Executive, on race organising committees, and as race referees. He shared my love of statistics and his attention to detail made it a joy to help him with the Two Oceans results books. I observed



In jovial mood. DRR's editor is flanked by Chet Sainsbury and race commentator Harold Berman at the Tygerberg 30 km race in 2014, where Sainsbury won his age category. The last time the three longtime friends were together was at Berman's 70<sup>th</sup> birthday celebration in August last year. [Jasper Coetzee]

him on a national level, when with people like Mick Winn, Cliff Hopkins, Bob Norris and Lars Naylor he set up a countrywide framework in which road running functioned as the best organised section of athletics, and on a local level, where he deftly managed the explosion in clubs and races, and the increase in revenue, for the benefit of the sport he loved so much. Chet's leadership in all these activities was both exemplary and visionary.

As Chairman of WPA Road Running for fourteen years (he stood down from this position and that of Vice-chairman of WPA in June 2003) he was perhaps the most influential figure in the sport after the demise of SARRA. He was described by various people who knew him as "incredibly dedicated to his work", "very precise", "loyal and adaptable", "honest", "a man of integrity", "passionate about excellence and order".

"I wanted to run road running like a business. If there is a secret to my success," he once said, "it is that I surrounded myself with successful people." His work rate and drive became legendary and seems to have been part of him since early days: "Chet was always at the bottom of every loose scrum," said a colleague of his rugby days.

After his retirement from his job as Manager: Sports Sponsorship of the Old Mutual in 2003, he said, in typical Sainsbury fashion: "Now I will have more time to make [the Two Oceans] a good race." To which Carol Sowray, then the race administrator, reacted (perhaps not without some trepidation): "I'm sure we will see more of him in the office now."

He was a hands-on leader and before he became ill one could see him most weekends either running local road races or refereeing – and in between he measured countless courses (he was an internationally qualified course measurer). He ran his first marathon, the Peninsula, in 1978 (also his first Two Oceans) after a career of playing rugby for Villager Football Club (he was chairman of the Villagers main club for many years), and brought his marathon PB down to 2:41:47 in 1983. He ran 32 Two Oceans (best time of 3:58:01 in 1987) and 14 Comrades (including eleven silver medals in a row). When he became race director, he did not run for four years ("I was too scared to leave the finish on race day in case anything went wrong") and then ran on the Friday a few times, but found it "boring".

He organised the Peninsula Marathon in 1979 and 1980 and moved on to the Two Oceans the next year – and with the help of wife Annemarie, who was race secretary and then race administrator for a total of 21 years, took the race to international stature. (For the first few years they did the organising from their home.) He regarded its two awards in a row as the best race in South Africa as the highlight of his involvement in the Cape classic.

Chet organised numerous SA championships in Cape Town, as well as the international 100 km race held in Stellenbosch in 1989.

This is perhaps not the place to sound a critical note, but it has to be said: It is road running's great misfortune – a tragedy, even – that in the post-1994 era it could not find a way – or the willingness, even – to use Chet's skills and leadership at national administrative level.

After he left his Two Oceans position, he could not sit still and became organiser of the Landmarks Half Marathon, which, naturally, he built into a successful, popular event.

But it would be a mistake to see him only as a road running fanatic. He completed the Argus Cycle Tour 24 times (and in 2011 became the only runner/cyclist with 30 Two Oceans and 21 Cycle Tours), climbed Kilimanjaro and did most of South Africa's hiking trails – among them the Otter numerous times. He was also a member of a bird-watching club.

Chet was awarded many honours during his career – among them life membership of Western Province Athletics (he was the first recipient of the award) and Celtic Harriers, and a merit award of the SA Amateur Athletics Union. He was granted the Civic Honours award by the Protea Sub-Council of the City of Cape Town. To honour him and Annemarie, the Two Oceans introduced the Sainsbury medal for a finish between four and five hours. Sadly, Chet never managed to win one – in 2006 he missed it by just over four minutes.

When I phoned him about two weeks before he died, he spoke mostly Afrikaans – which he had never done before – and told me about his enjoyable visit with his son to the farm of Warren Petterson in the Karoo. He sounded positive, although I could hear he was

getting tired towards the end of the conversation, and said he was "hoping to make it to the Two Oceans". Last Friday he phoned me and asked if I could make a list of the seven permanent numbers he earned in races other than the Two Oceans and Comrades and how many finishes he had in each (Winelands, Voet van Afrika, Peninsula and Cape Town marathons, Red Hill 36.2 km, Puffer and Rhodes Trail Run).

Little did I realise that would be our last conversation. I was still busy working on the list when I received the news on Tuesday that he had left us.

I felt a sadness beyond words about such a splendid life that had come to an end. Chet Sainsbury was indeed a man of many parts. But first and foremost, perhaps, a Villagers and Celtics man and a Two Oceans man. Oh, yes, and a Bishops man.

*Welgedaan, ou vriend, jy het 'n wonderlike wedloop gehardloop.*

## CORRECTIONS & ADDITIONS

The results of the US Olympic Trials Marathon were included in DRR 16:06, with Colleen de Reuck's 67<sup>th</sup> place in 2:49:57 (a US age-51 record) added last week. It turns out that De Reuck, who will be running the Old Mutual Two Oceans Marathon over Easter, also set pending US records for masters (50+) at 20 km (1:17:12), 25 km (1:36:38) and 30 km (1:56:43).

The Wanamaker Mile at the NYRR Millrose Games (results in DRR 16:07) was not the only exciting mile race at the meeting. High school star Drew Hunter shattered his own high school national record by running 3:57.81 in the Invitational Mile hours earlier, placing fourth among a field of professionals and collegians. Johnny Gregorek was the winner in 3:56.57, leading eight men under four minutes. The result:

Invitational Mile:

- |  |                       |
|--|-----------------------|
| 1. Johnny Gregorek, Asics                  | 3:56.57 PB            |
| 2. Julian Matthews, Saucony (NZL)          | 3:56.91 PB            |
| 3. Thomas Awad, Penn                       | 3:57.03 PB            |
| 4. Drew Hunter, Loudoun Valley- VA (HS)    | 3:57.81 HSR/PB        |
| 5. Jake Hurysz, New Jersey-New York TC     | 3:58.10 [3:58.094] PB |
| 6. John Travers, Ireland                   | 3:58.10 [3:58.097] PB |
| 7. Julian Oakley, Providence College (NZL) | 3:58.34 PB            |
| 8. Robert Denault, Villanova (CAN)         | 3:58.48               |

At 1500 m Hunter was clocked in 3:41.93 for an American junior and high school record, breaking his own 3:42.63. His mile splits were 60.1, 60.0, 59.7, 58.0 (note: each one faster than the previous one).

Two weeks before, on the same lightning-fast track at the New Balance Track and Field Center at the Armory on 168th Street in Upper Manhattan, Hunter broke Alan Webb's national indoor high school record in the mile, running a 3:58.25.

Before Hunter, only Webb, an Olympian in 2004 and the American record holder at 3:46.91, had run a sub-four-minute mile indoors as a high school student, and he did so only once. Only eight high school runners have ever broken the four-minute barrier, indoors or outdoors, and until Saturday, only Webb and the former world record holder Jim Ryun had beaten 3:58.

Also at the Millrose Games, DRR reported last week that Dominique Scott broke the SA record with her 4:31.57 in the mile. The 1500-metre splits that have become available since showed that she also broke the national record at the metric mark with 4:13.38. The previous record belonged to René Kalmer at 4:16.96.

## ROAD RUNNING

### Deloitte Pretoria Marathon (43<sup>rd</sup>), Half Marathon & 10 km

Pretoria, 28 February

(Distances: 42.195 km, 21.1 km & 10 km; loop courses at altitude. Finishers: marathon – 2650 [up from 2347 last year]; half marathon – 3180 [considerably up from 2087]; 10 km – 4050 [huge increase from 2512].)

#### Marathon

MEN

1 Raphael Segodi (Rockies) 2:27:21; 2 Colin Parura (ZIM/Nedbank) 2:27:22; 3 Graham Malinga (Brooks) 2:32:20; 4 Johannes Kekana (Cool Running) 2:35:00 (1<sup>st</sup> vet); 5 Rulf Nkhi (Zwakala) 2:36:49; 6 Ruben Setumu (Nedbank) 2:40:30; 7 Collen Mailola (Nedbank) 2:41:56; 8 Hector Mahlangu (Callies) 2:44:01; 9 Frans Mogashoa (Wingate) 2:44:02; 10 Kgabo Somo (Farani) 2:45:42.

**Veterans:** 1 Johannes Kekana (Cool Running) 2:35:00; 2 Rulf Nkhi (Zwakala) 2:36:49; 3 Ruben Setumu (Nedbank) 2:40:30. **Masters:** 1 Dan Mothibe (Runavation) 2:55:54; 2 Thabo Hlako (Kempton) 2:56:19. **G'masters:** 1 Johan Nel (Irene) 3:29:31. **G/g'masters:** 1 Steve Koller (RAC) 4:16:11.

WOMEN

1 Yolande Maclean (Born 2 Run) 3:02:54; 2 Samukeliso Moyo (Maxed Elite) 3:04:54 (1<sup>st</sup> vet); 3 Caroline Wöstmann (KPMG) 3:09:34; 4 Julianie Basson (Born 2 Run) 3:10:01; 5 Lesego Hlako (Zwakala) 3:11:06; 6 Salome Cooper (Born 2 Run) 3:15:43; 7 Tegan Edwards (Vitality) 3:23:16; 8 Ann Ashworth (Born 2 Run) 3:23:51; 9 Heather Walden (Born 2 Run) 3:24:29; 10 Dana van Zyl (Florida) 3:25:11.

**Veterans:** 1 Samukeliso Moyo (Maxed Elite) 3:04:54; 2 Julianie Basson (Born 2 Run) 3:10:01; 3 Salome Cooper (Born 2 Run) 3:15:43. **Masters:** 1 Ansie Breytenbach (Irene) 3:31:14; 2 Chris Walter (Runavation) 3:32:25. **G'masters:** 2 Val Watson (Runavation) 3:56:57.

#### Half marathon

MEN

1 Kgosi Tsosane (Nedbank) 66:38; 2 Moses Kiptoo (KEN/Nedbank) 66:42; 3 Lucky Mohale (Boxer) 67:17.

**Veterans:** 1 Phillip Phakmago (Nedbank) 79:32; 2 Peter Medupe (Nedbank) 80:14; 3 Kwana Manji (Rainbow) 85:51. **Masters:** 1 Tidimalo Modiga (Temp) 83:26; 2 Linda Maphanga (Eskom) 83:46. **G'masters:** 1 Daniel Hlongwane (Nedbank) 1:41:51. **G/g'masters:** 1 Ken de Kock (Love Running) 2:13:31. **80+:** 1 Martin Coetsee (Magnolia) 2:51:12. **Juniors:** 1 Yasheen Bhawavipersad (Asics) 91:20.

WOMEN

1 Irvette van Zyl (Nedbank) 75:28 CR; 2 Kataza Shipalana (Transnet) 84:34; 3 Thabita Tsatsa (ZIM/Maxed Elite) 85:45 (1<sup>st</sup> vet).

**Veterans:** 1 Thabita Tsatsa (ZIM/Maxed Elite) 85:45; 2 Mitsie v.d. Westhuizen (Runavation) 94:59; 3 Lisa Alexander (HMK) 1:44:53. **Masters:** 1 Lelani van Zyl (Nedbank) 1:45:25; 2 Elsabe Brink (Runavation) 1:47:59. **G'masters:** 1 Vollie Spies (Tuks) 2:07:00. **G/g'masters:** 1 Felicity Roberts (Polokwane) 2:28:22. **Juniors:** 1 Shangwe Nompumebo (Eskom) 2:03:29.

**10 km****MEN**

1 Gladwyn Mzazi (Boxer) 29:37 CR; 2 Precious Mashele (Temp) 30:11; 3 Mthobisi Baloyi (KPMG) 30:28.

**Veterans:** 1 Shadrack Hoff (Boxer) 31:02; 2 Nicky Masombuka (Nedbank) 33:50; 3 Enoch Skosana (Nedbank) 33:57. **Masters:** 1 Nel Mtsweni (Eskom) 35:35; 2 Johannes Ramphakela (Tshwane) 40:20. **G'masters:** 1 Mike du Bruto (Irene) 42:01. **G/g'masters:** 1 Pele Tshikundamalema (Olifantsfontein) 48:50. **Juniors:** 1 Scelo Mashba (Nedbank) 37:48.

**WOMEN**

1 Keneilwe Sesing (KPMG) 36:03; 2 Andrea Steyn (The Bicycle Company) 36:53; 3 Myrette Brink (Temp) 37:33.

**Veterans:** Linah Mhlongo (Eskom) 41:54; 2 Mirriam Mooki (Temp) 44:32; 3 Comfort Selebi (Kempton) 49:27. **Masters:** 1 Sonja v.d. Vyver (Vitality) 50:54; 2 Susan Maree (Irene) 51:24. **G'masters:** 1 Sonja Laxton (RAC) 51:04. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 57:15. **80+:** 1 Deirdre Larkin (Randburg) 62:39. **Juniors:** 1 Cherylee Schoeman (KPMG) 37:58.

**The Witness Pietermaritzburg City Marathon (20th), Half Marathon & 10 km**

Pietermaritzburg, 28 February

(Distances: 42.195 km, 21.1 km & 10 km; loop courses – the marathon twice the half-marathon loop. Finishers: marathon – 2200; half marathon – 1338; 10 km – unknown.)

Note: Quite a few club names are missing from the results. – Ed.

**Marathon****MEN**

1	Prodigal KHUMALO	ZIM/Maxed Elite	2:26:44	R3000
2	Thelumusa SIBIYA	NRB Harriers	2:32:08	R2500
3	Sipho NGXONGO	Ethekwini AC	2:34:19	R2000
4	Temo RAMPUKO	LES/Fastway AC	2:35:12	R1500
5	Lovemore CHABATA	ZIM/Maxed Elite	2:37:36	R1000
6	Mlondi Benedict ZUMA	Save Orion AC	2:38:06	R900
7	Garikai MADAWO	Chatsworth AC	2:38:11	R800
8	Shepherd CHITAKE	ZIM/Save Orion AC	2:38:26	R700
9	Sifiso CHILI	NRB Harriers	2:38:50	R600
10	Perfect DLAMINI	Phuma Kzn	2:38:51	R500

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

**Veterans:**

1	Michal NDLOVU	Ethekwini AC	2:44:29
2	Maxwell SOBETSHE	Maxed Elite	2:45:08
3	Nkosikhona DLAMINI	Phuma	2:46:16

**Masters:**

1	Marius CARSTENS	Alberton AC	3:12:23
2	Edmund MNGADI	Stella AC	3:12:30
3	Shannon CLARK	Dolphin Coast Striders	3:15:40

**G'masters:**

1	Reuben GEMA	Ixopo AC	3:45:09
2	Sivalingum THAMBU	Save Orion AC	3:46:31
3	Tim BRISCOE	Durban Athletic AC	3:53:25

## WOMEN (Same prize money as men)

1	Lisa COLLETT	Nedbank RC	3:09:09
2	Candyce HALL	Carbineers WP	3:11:51
3	Zisandele MKHIZE	ZAC	3:15:30
4	Cary-Ann SMITH	Nedbank RC	3:16:37
5	Ashleigh WHITE	DHS Old Boys AC	3:17:22
6	Mambo NONSIKELELO	Save Orion AC	3:22:51
7	Sbongile ZIQUBU	Eskom AC	3:23:25
8	Patricia DAMMANN	Team Vitality	3:25:10
9	Julia HACKLAND	Collegians Harriers	3:25:23
10	Chin PIETERSE	Ladysmith AC	3:26:30

**Veterans:**

1	Ashleigh WHITE	DHS Old Boys AC	3:17:22
2	Sbongile ZIQUBU	Eskom AC	3:23:25
3	Patricia DAMMANN	Team Vitality	3:25:10

**Masters:**

1	Karen FISHER	Westville AC	3:46:34
2	Helen MANN	Stella AC	3:56:07
3	Khaya MAHLATI	Durban AC	4:04:25

**G'masters:**

1	Blanche MOILA	Savages AC	4:03:00
2	Maureen PARRY	Chiltern AC	5:05:46
3	Rita GOVENDER	Chatsworth AC	5:08:21

**Half marathon**

## MEN

1	Motlokoa NKHABUTLANE	LES/Save Orion AC	1:06:38	R2000
2	Silindile GUBESE	Phantane AC	1:06:59	R1500
3	Ndumiso SOKHELA		1:07:41	R1000
4	Mholi JALI	Umzimkulu A C	1:08:09	R900
5	Ayanda MNCUBE	Phantane AC	1:08:26	R800
6	Wiseman FADANE	Elliot/Madeira CC	1:08:32	R700
7	Mziwenkosi MJAJA	Nedbank RC	1:08:39	R600
8	Aphelele PHUNGULA	Umzimkulu AC	1:08:43	R500
9	Micheal MZOBE		1:09:00	R400
10	Sphamandla NYEMBE	Ethekwini AC	1:09:05	R300

(Prize money was the same in all age categories: R300 for first.)

**Veterans:**

1	Donovan VAN GELDER	Pinetown & Districts AC	1:21:50
2	Jerome ZONDI	Speed Explosion	1:22:39
3	Jeofrey SOSIBO	Sani AC	1:25:35

**Masters:**

1	Phakama SHEZI	Nedbank AC	1:21:16
2	Sipho MBOKAZI	Mtubatuba AC	1:25:26
3	Sanele KHUZWAYO	Hulamin AC	1:25:38

**G'masters:**

1	Les BURNARD	Collegians Harriers	1:52:13
2	Mbhekiseni MCHUNU	Kwa Mashu AC	1:52:29
3	David SWAN	Collegians Harriers	1:56:51

## WOMEN (Same prize money as men)

1	Suzette BOTHA	Eskom AC	1:25:39
2	Nwabisa MJOLI	Umzimkulu AC	1:26:54
3	Lindokuhle GABELA	Muden AC	1:27:47
4	Shelley CADLE	Chiltern AC	1:28:45

5	Nomcebo MTHETHWA	Umhlatuze AC	1:29:17
6	Janene CAREY	Boxer AC	1:29:30
7	Xoli MADIDA	Natal Carbineers	1:31:12
8	Shani SILVER	Boxer AC	1:35:12
9	Abby SOLMS	Save Orion AC	1:35:44
10	Danielle ADLAM	Nedbank AC	1:35:56

**Veterans:**

1	Suzette BOTHA	Eskom AC	1:25:39
2	Janene CAREY	Boxer AC	1:29:30
3	Shani SILVER	Boxer AC	1:35:12

**Masters:**

1	Elana PESSENBACHER	Eskom AC	1:54:28
2	Ntombifikile MTUNGWA	Vertical Spaces AC	2:03:19
3	Pam HOLTON	Dolphin Coast Striders	2:06:08

**G'masters:**

1	Sandy FISMER	Hilton Harriers	1:47:36
2	Colleen MCCANN	Pinetown & Districts AC	2:18:39
3	Pamela VAN ROOYEN	Collegians Harriers	2:18:40

**10 km****MEN**

1	Siyabonga NKONDE		30:05	R1000
2	Elmore SIBANDA	ZIM	30:18	R950
3	Thobani CHAGWE		30:24	R900
4	Bonginkosi ZWANE	Phantane AC	30:50	R800
5	Xolisani ZAMKELE	Elliot/Madeira CC	30:55	R700
6	Mthokozisi MAZIBUKO		31:25	R600
7	Professr MOLLEN	ZIM/Maxed Elite	31:28	R500
8	Vuyolwethu MADIKIZA	Elliot/Madeira CC	31:39	R400
9	Sipho MBANJWA	Phantane AC	31:40	R300
10	Skhumbuzo DLAMINI		31:54	R200

(Prize money was the same in all age categories: R200 for first.)

**Veterans:**

1	Hein DE KLERK	Westville AC	44:31
2	Sipho SIBISI		48:35
3	Kevin GOUS	E.G. Striders	50:28

**Masters:**

1	Mbuso GUMEDE	Phumanathi AC	47:31
2	Greg BEYROOTI	Howick AC	50:34
3	Martin GABELA		57:41

**G'masters:**

1	Andrew SPENCE	South Coast Striders	45:47
2	Khangelani THUSI	Spartan AC	50:49
3	Venkaijamy NAIDOO		57:54

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

1	Jenna CHALLENGOR	KPMG RC	35:21
2	Ashleigh SIMONIS	Carbineers WP	36:52
3	Poppy MLAMBO		37:40
4	Bathabile MKHIZE		38:06
5	Thobile MKHIZE		38:40
6	Lusanda BOMVANA	Elliot/Madeira CC	39:01
7	Slindile CHILI	Ethekwini AC	39:08
8	Zandile MENZE	Nedbank AC	39:34
9	Nobuhle SHANGE		40:38



10 Nokukhanya MTSHALI 42:57

**Veterans:**

1	Cathryn MEYER	Team Vitality	1:09:57
2	Graca EDWARDS	ROAG	1:10:22
3	Khanyisile MTHEMBU	Umhlathuze AC	1:11:49

**Masters:**

1	Beate HORRELL	Run Walk For Life	1:02:29
2	Elsie VENTER	Century City AC	1:06:59
3	Odette RANDELHOFF		1:07:25

**G'masters:**

1	Jane DICKINSON		57:51
2	Carolina HATTINGH		1:24:36
3	Nokukhanya NGCOBO		1:27:27

**Kromberg & Schubert 15 km**

Despatch, 27 February

(Loop course. Finishers: 432 [down from 445 last year].)

**MEN**

1	Melikhaya	Frans	Ikhamba AC	26	47:27
2	Andile	Motwani (1 <sup>st</sup> jun)	Tinarha AC	19	48:26
3	Andre	Ketchem	Xcel AC	32	48:50
4	Aphlyn	Taai	Charlo AC	33	50:06
5	Brendon	Effenaar	Nedbank RC	19	50:29
6	Melikhaya	Kepe	Nedbank RC	39	50:43
7	Maxwell	Goodman (1 <sup>st</sup> vet)	Ikhamba AC	43	51:09
8	Melikhaya	Malinga	Tinarha AC	35	51:13
9	Saziphi	Blaai	Nedbank RC	35	51:15
10	Tumelo	Mochelenyane	Nedbank RC	33	53:22
11	Mila	Pasiya	Nedbank RC	36	53:57
12	Zolile	Mhlahlo	Achilles AAA	41	54:00
13	Deon	Appollis	Temp	36	54:31
14	Mncedi	Khanti	Tinarha AC	36	55:00
15	Simon	Ngcoko	Nedbank RC	46	55:25
16	Juwayne	Fletcher	Charlo AC	25	55:55
17	Alfred	Qogi	Nedbank RC	42	56:53
18	Vuyo	Lloyd	Bluewater Bay	38	57:26
19	Khayelihle	Ncube	Nedbank RC	29	57:26
20	Jacques	Barnard	Despatch AC	39	58:06

**40-44:**

1	Maxwell	Goodman	Ikhamba AC	43	51:09
2	Zolile	Mhlahlo	Achilles AAA	41	54:00
3	Alfred	Qogi	Nedbank RC	42	56:53

**45-49:**

1	Simon	Ngcoko	Nedbank RC	46	55:25
2	Alfred	Pakkies	Charlo AC	47	59:10
3	Jacob	Abraham	Body Concept	49	1:03:36

**50-54:**

1	Bennie	Stadler	Achilles AAA	53	58:45
2	Colben	Ngcupe	Charlo AC	52	1:00:07
3	John	Du Preez	Temp	50	1:02:36

**55-59:**

1	Christopher	Nyodi	Bluewater Bay	57	1:10:08
2	Joseph	Bain	St Albans AC	56	1:10:28

3	Chester	Brooks	Xcel AC	58	1:10:50
<b>60-64:</b>					
1	Elvis	Galela	Madibaz AC	64	1:04:19
2	Roger	Trader	Achilles AAA	62	1:07:07
3	Sizinzo	Kama	Achilles AAA	64	1:08:54
<b>65-69:</b>					
1	Hannes	Els	Madiba Bw	66	1:09:29
2	Percy	Dalton	Achilles AAA	67	1:16:07
3	Graham	Channon	Achilles AAA	66	1:19:44
<b>70-74:</b>					
1	Herman	Dekker	Saps AC EP	71	1:26:32
2	Gerald	Bouwer	Achilles AAA	72	1:55:00
3	Brian	Smith	PEAAC	72	1:55:43
<b>75-79:</b>					
1	Godfrey	Kariem	Gelvan AC	75	1:24:04
<b>Juniors:</b>					
1	Andile	Motwani	Tinarha AC	19	48:26
2	Creswinne	Slotto	VWAC	15	1:15:28
<b>WOMEN</b>					
1	Ntombesintu	Mfunzi	Nedbank RC	34	58:17
2	Siphokazi	Nojoko	Motherwell AC	21	58:27
3	Ndileka	Mvakwendlu	Tinarha AC	25	59:17
4	Leah	Sloman	Madibaz AC	24	1:05:41
5	Christine	Claasen (1 <sup>st</sup> mast)	Achilles AAA	51	1:06:06
6	Jene	Banfield (1 <sup>st</sup> vet)	RWFL EP	45	1:06:36
7	Nomakhosi	Ntliziyo (1 <sup>st</sup> jun)	Motherwell AC	17	1:07:03
8	Terry	Newcombe	Elite AC	25	1:07:05
9	Janette	Schierz-Crusius	Body Concept	55	1:08:06
10	Luthando	Nxanisa	Tinarha AC	23	1:09:08
11	Anche	Schubart	Achilles AAA	34	1:10:50
12	Sunelle	Horne	Bluewater Bay	42	1:11:09
13	Hanlie	Van Der Westhuizen	Despatch AC	59	1:12:04
14	Andiswa	Fezani	Nedbank RC	28	1:12:08
15	Lise	De Villiers	Temp	17	1:13:00
16	Toegeda	Vyver	Nedbank RC	43	1:13:04
17	Melinda	Jaray-Venter	Temp	38	1:14:16
18	Janine	Gardiner	Charlo AC	34	1:14:20
19	Nikita	Drury	PEAAC	23	1:14:41
20	Louise	Mazuelas	Charlo AC	37	1:16:52
<b>40-44:</b>					
1	Sunelle	Horne	Bluewater Bay	42	1:11:09
2	Toegeda	Vyver	Nedbank RC	43	1:13:04
3	Lesley Ann	Bush	Despatch AC	43	1:21:41
<b>45-49:</b>					
1	Jene	Banfield	RWFL EP	45	1:06:36
2	Denise	Darlow	Charlo AC	47	1:20:01
3	Agnes	Nieburg	Profiles AC	49	1:23:28
<b>50-54:</b>					
1	Christine	Claasen	Achilles AAA	51	1:06:06
2	Desiree	Titus	Gelvan AC	50	1:18:11
3	Magda	Grobelaar	VWAC	51	1:27:47
<b>55-59:</b>					
1	Janette	Schierz-Crusius	Body Concept	55	1:08:06
2	Hanlie	Van der Westhuizen	Despatch AC	59	1:12:04
3	Lynette	Crause	Walmer AC	56	1:23:49

**60-64:**

1	Gerrie	Dimitriou	Crusaders AC	60	1:37:24
2	Rina	Barnard	Elite AC	62	2:05:30

**65-69:**

1	Christine	Fourie	Elite AC	69	1:38:21
2	Jeanette	Pienaar	PEAAC	67	1:41:39
3	Denise	Terblanche	Walmer AC	68	1:43:49

**75-79:**

1	Dorothy	Hart	Madibaz AC	78	1:55:10
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**Juniors:**

1	Nomakhosi	Ntliziyo	Motherwell AC	17	1:07:03
2	Lise	De Villiers	Temp	17	1:13:00
3	Monique	Van Willing	Despatch AC	17	1:27:13

**Tyger Run Half Marathon & 10 km**

Durbanville, 27 February

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half marathon – 1149 [down from 1527 last year]; 10 km – 1493 [up from 1162].)

**Half marathon****MEN**

1. Babalo Hambani (Itheke) 1:14:34
2. Nkosinathi Sotyantya (Itheke) 1:14:42
3. Siyabonga Madala (Gugs) 1:16:20
4. Gilbert Korir (KEN/Ned) 1:17:20
5. Thembelani Zola (Gugs) 1:18:43 (1<sup>st</sup> vet)

**Veterans:** 1. Thembelani Zola (Gugs) 1:18:43; 2. Isaac Ikalaheng (AAC) 1:18:51; 3. Mark Kalis (Celtic) 1:19:56. **Masters:** 1. Roston Isaacs (Ind) 1:25:09; 2. Zolani Ntsodo (SANDF) 1:25:39; 3. Steven Parkins (Tyger) 1:28:09. **G'masters:** 1. Mochamat Kriel (Ommie) 1:28:45; 2. Ashaan Davids (Ommie) 1:47:33; 3. Brian Merryweather (GBR/Edge) 1:47:42. **G/g'masters:** 1. Jeff Smith (Itheke) 1:42:14; 2. Ronnie le Roux (Brack) 1:42:46; 3. Olof Crous (Brack) 1:43:31. **Juniors:** 1. Yanga Keli (Sanlam) 1:26:43; 2. Siyabonga Mehlo (Ind) 1:27:07; 3. Aiden Bester (Res) 2:10:23.

**WOMEN**

1. Fortunate Chidzivo (ZIM/Ned) 1:21:26
2. Tish Jones (GBR) 1:21:34
3. Bulelwa Simae (Ned) 1:28:55
4. Obertina Kanyongo (ZIM/WC) 1:30:53 (1<sup>st</sup> vet)
5. Nicola Hooper (CMC) 1:31:33

**Veterans:** 1. Obertina Kanyongo (ZIM/WC) 1:30:53; 2. Jacky Misroll (Pine) 1:44:58; 3. Mardre Bethke (Sanlam) 1:46:53. **Masters:** 1. Paola Vignani (ITA/VOB) 1:42:46; 2. Roldah Orrie (Itheke) 1:43:14; 3. Cailey Bredenkamp (Paarl) 1:43:47. **G'masters:** 1. Nancy Will (Pine) 1:44:43; 2. Styntjie Prins (Paarl) 1:47:45; 3. Lea Norton (Gugs) 2:09:05. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:09:46; 2. Marianne Nelson (RWFL) 2:10:14; 3. Wilbe Fourie (Strand) 2:10:36.

**10 km****MEN**

1. Siboniso Soldaka (CPUT) 31:10
2. Vuyolwethu Mbukushe (Gugs) 31:22
3. Lukhanyo Nobakada (VOB) 31:58 (1<sup>st</sup> jun)
4. Xolisa Batala (VOB) 33:09
5. Tsungai Mwanengeni (ZIM/Gugs) 33:11 (1<sup>st</sup> vet)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 33:11; 2. Graham Katzen (Celtic) 34:19; 3. John September (Itheke) 40:25. **Masters:** 1. Eric Coetzee (FNB) 36:42; 2. Monde Tutani (Gugs) 38:42; 3. Zaldeus Steenkamp (Held) 39:36. **G'masters:** 1. Gemjikile Tom (Eskom) 42:42; 2. Albert Williams (Top) 46:42; 3. Cornelius de Wee (Tyger) 48:13. **G/g'masters:** 1. Yusuf Gamielien (Itheke) 58:18; 2. Lionel Hill (Ceres) 71:18. **Juniors:** 1. Lukhanyo Nobakada (VOB) 31:58; 2. Asemahle Kwatsha (Gugs) 34:19; 3. Esona Mbombo (Sanlam) 36:11.

#### WOMEN

1. Pamela Moyikwa (VOB) 40:51
2. Ursula Frans (Ned) 41:44 (1<sup>st</sup> vet)
3. Lauren Jonathan (VOB) 42:00
4. Marlize Vienings (Edge) 42:22
5. Mariëtte Strauss (Tyger) 42:31 (1<sup>st</sup> mast)

**Veterans:** 1. Ursula Frans (Ned) 41:44; 2. Marlize Vienings (Edge) 42:22; 3. Sharon Sunderland (WC) 42:39. **Masters:** 1. Mariëtte Strauss (Tyger) 42:31; 2. Olga Howard (Celtic) 46:03; 3. Teretha Lourens (WC) 46:49. **G'masters:** 1. Charmaine Cupido (Ned) 51:10; 2. Helen du Plessis (Brack) 51:27; 3. Lyn Wood (Edge) 59:58. **G/g'masters:** 1. Marlene James (Pine) 62:01; 2. Gail Buhmann (Durb) 64:36; 3. Hildegard Vey (VOB) 73:20. **Juniors:** 1. Lauren Jonathan (VOB) 42:00; 2. Busisiwe Gwala (VOB) 44:24; 3. Magda de Mooij (Brack) 45:55.

### Pirates Half Marathon

Johannesburg, 21 February  
(Distance: 21.1 km; very hilly loop course)

#### MEN

1	Lebonto	Tootsei	LES/Colossus	32	1:09:42
2	Lucky	Mohale	Boxer	30	1:10:04
3	Pule	Maeko	Rockies	29	1:10:04
4	Derocious	Makhobalo	Nedbank	27	1:12:57
5	Kemag	Khunonyana	Rockies		1:13:00

#### Veterans:

1	Shadrack	Hoff	Boxer	42	1:13:30
2	Zongamele	Dyubeni	Rockies	42	1:14:32

#### Masters:

1	André	Bekker	Randburg Har	52	1:31:27
2	Hadley	McCormik	Randburg Har	53	1:33:56

#### G'masters:

1	André	Jansen	Gauteng Striders	61	1:34:30
2	Frans	Ramokgopa	RAC	62	1:42:39

#### Juniors:

1	Kabelo	Melamu	Randmark	19	1:19:25
2	Thabo	Tshabangu	Ind	15	1:20:12
3	Itumeleng	Sesiko	Randmark	17	1:23:11

#### WOMEN

1	Lebogang	Phalula	Boxer	32	1:24:35
2	Cornelia	Joubert	Ind	28	1:26:20
3	Kim	Norton-Laxton	RAC	33	1:29:32
4	Keneilwe	Sesing	KPMG	28	1:30:18
5	Thembi	Baloyi	TUT	27	1:31:36

**Veterans:**

1	Heather	Walden	Born 2 Run	42	1:38:33
2	Julanie	Basson	Born 2 Run	41	1:41:20

**Masters:**

1	Mari	Bruwer	ArcelorMittal		1:53:38
2	Sarah	Crooks	Randburg Har	52	1:56:30

**G'masters:**

1	Virginia	Augustine	RAC	62	2:11:30
2	Joan	de Klerk	RAC	62	2:16:50

**Gino's 10 km Night Race**

Stellenbosch, 17 February

(Loop course. Finishers: 1212.)

Note: Very slow times here by some of the top ten men, but the first four women ducked under 36 minutes. Jodi Simpson finished seventh overall and Ingvill Måkestad Bovim, one of Europe's best 800-metre runners, ninth. An incredible 253 athlete of the 1212 total finishers did not hand in their cards at the finish (something that usually occurs at this race). – Ed.

**MEN**

1	Justin	Fritz	Ceres	22	30:24
2	Lungile	Gongqa	Nedbank WP	36	30:32
3	Akhona	Makila	VOB	25	32:11
4	Sive	Ngube	Nedbank WP	21	32:42
5	A J	Calitz	Ind	32	32:59
6	Deonlee	Hendricks	Stellenbosch	18	34:09
7	Boithapelo	Lehlela	Helderberg	18	34:20
8	Christiaan	?	Helderberg	31	35:24
9	Xolile	Macanda	Gugs	40	35:29
10	Marks	Mpekula	VOB		36:00

**Veterans:**

1	Xolile Macanda	Gugs	35:29
2	Adam Clark	Stellenbosch	37:29
3	Nikki Steenkamp	Stellenbosch	38:10

**Masters:**

1	Zolani Ntsodo	SANDF	38:02
2	Zaldeus Steenkamp	Helderberg	39:29
3	André Harmse	Brackenfell	40:40

**G'masters:**

1	Kosie Botha	Correction Serv	39:05
2	Natale Roelofse	Worcester	47:41
3	Errol Cunnama	Nedbank WP	48:23

**Juniors:**

1	Deonlee Hendricks	Stellenbosch	34:09
2	Shane Fortuin	Wellington	39:44
3	Michael Koopman	Wellington	40:28

**WOMEN**

1	Jodi	Simpson	GBR		34:16
2	Ingvill	Måkestad Bovim	NOR	34	34:47
3	Mari	Rabie	Ind	29	35:42
4	Julia	Hauser	GER?	21	35:52
5	Tanith	Maxwell	Boxer	39	36:53
6	Lisa	Norden	NOR?	31	37:08

7	Bulelwa	Simae	Nedbank WP	38	37:14
8	Ashleigh	Simonis	Carbineers	18	37:26
9	Landie	Greyling	KPMG	32	38:19
10	Candyce	Hall	Carbineers	31	39:12

**Veterans:**

1	Ursula Turck		Strand	42:29
2	Carien Ross		Strand	43:56
3	Hanlie Booyen		Ind	44:10

**Masters:**

1	Elmarie Coetzee		FNB	41:34
2	Mariëtte Strauss		Tygerberg	42:38
3	Barbara ?		Ind	45:36

**G'masters:**

1	Styntjie Prins		Paarl	48:01
2	Helen du Plessis		Brackenfell	49:47
3	Louisa van der Westhuizen		Stellenbosch	52:33

**Juniors:**

1	Ashleigh Simonis		Carbineers	37:26
2	Lijan van Niekerk		Ind	46:58
3	Ingrid Grundling		Sanlam	52:14

**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****Tokyo Marathon** (37th/10th as a mixed gender race)

(Abbott World Marathon Majors/IAAF Gold Label Event)

Tokyo, JPN, 28 February

(Distance: 42.195 km; point-to-point course with approximately 30 m of elevation loss [eligible for record-setting])

**MEN** (gun times)

1.	Feyisa Lilesa, ETH	2:06:56	JPY 8,000,000 (=USD 70,185)
	[1:02:54 / 1:04:02]		
2.	Bernard Kipyego, KEN	2:07:33	4,000,000
	[1:02:52 / 1:04:41]		
3.	Dickson Chumba, KEN	2:07:34	2,000,000
	[1:02:52 / 1:04:42]		
4.	Stephen Kiprotich, UGA	2:07:46	1,000,000
5.	Abel Kirui, KEN	2:08:06	750,000
... 93.	Martin Fiz, ESP	2:28:29	
... 98.	Michael Wardian, USA	2:29:06	

**WOMEN**

1.	Helah Kiprop, KEN	2:21:27	PB/CR*JPY 8,000,000 (=USD 70,185)
	[1:10:41 / 1:10:46]		
2.	Amane Gobena, ETH	2:21:51	PB 4,000,000
	[1:10:42 / 1:11:09]		
3.	Edna Kiplagat, KEN	2:22:36	2,000,000
	[1:10:43 / 1:11:53]		
4.	Aberu Kebede, ETH	2:23:01	1,000,000

5. Birhane Dibaba, ETH 2:23:16 750,000

### **World's Best 10km** (19th)

San Juan, PUR, 28 February  
(Certified out-and-back course)

#### MEN (gun times)

1. Bedan Karoki, 25, KEN	27:42	\$15,000
[8:25 / 14:03 / 22:42]		
2. Leonard Barsoton, 21, KEN	27:42	7,500
3. Stephen Sambu, 27, KEN	27:48	6,000
4. Phillip Langat, 25, KEN	28:00	5,000
5. John Mwangangi, 25, KEN	28:00	3,500

#### WOMEN

1. Mary Wacera, 31, KEN	31:49	\$15,000
[9:16 / 15:49 / 25:38]		
2. Belaynesh Oljira, 25, ETH	31:51	7,500
3. Veronicah Nyaruai, 26, KEN	31:55	6,000
4. Linet Masai, 26, KEN	31:56	5,000
5. Monicah Wanjiku Ngige, KEN	31:58	3,500

## **INDOOR TRACK**

### **British Indoor Championships**

Sheffield, GBR, 27-28 February

#### MEN

800 (28):

1. Jamie WEBB, LIVERPOOL, 1:51.25
2. Spencer THOMAS, BRIGHTON, 1:51.35
3. Guy LEARMONTH, LASSWADE, 1:51.45

1500 (28):

1. Charlie GRICE, BRIGHTON, 3:46.50 SB
2. James BREWER, C & C A, 3:46.70
3. Lewis MOSES, GATESHEAD, 3:48.51

3000 (27):

1. Lee EMANUEL, SHEFFIELD, 7:55.61 SB
2. Thomas FARRELL, BORDER, 7:57.39
3. Sam STABLER, OWLS LEICS, 7:59.14 SB

#### WOMEN

800 (28):

1. Adelle TRACEY, G&G, 2:02.99
2. Leah BARROW, WSE HOUNS, 2:03.18 PB
3. Lynsey SHARP, EAC, 2:03.50
4. Jenny MEADOWS, WIGAN, 2:03.81

1500 (28):

1. Hannah ENGLAND, OXFORD, 4:15.44
2. Alison LEONARD, BLACKBURN, 4:16.00
3. Madeleine MURRAY, EAC, 4:16.49

3000 (28):

1. Stephanie TWELL, NORTH P, 8:54.99
2. Josephine MOULTRIE, VICTORIA P, 8:58.75
3. Elinor KIRK, SWANSEA, 9:05.69 PB

### Big South Conference Indoor Championships

Blacksburg, USA, 26-27 February  
(200 m banked synthetic track)

WOMEN

800 (27):

- |                          |                        |         |
|--------------------------|------------------------|---------|
| 1. Delaney McDowell      | Liberty                | 2:09.98 |
| 2. Ansley Gebben         | Liberty                | 2:10.80 |
| 3. Aynslee van Graan     | Coastal Carolina (RSA) | 2:14.19 |
| ... 8. Lisha van Onselen | Coastal Carolina (RSA) | 2:19.64 |

Mile (27):

- |                          |                        |         |
|--------------------------|------------------------|---------|
| 1. Ednah Kurgat          | Liberty (KEN)          | 4:50.82 |
| 2. Aynslee van Graan     | Coastal Carolina (RSA) | 4:56.48 |
| 3. Joan Maritim          | Campbell (KEN)         | 4:58.02 |
| ... 6. Kyla van Graan    | Coastal Carolina (RSA) | 5:03.42 |
| ... 8. Lisha van Onselen | Coastal Carolina (RSA) | 5:06.43 |

3000 (26):

- |                   |                        |         |
|-------------------|------------------------|---------|
| 1. Ednah Kurgat   | Liberty (KEN)          | 9:32.67 |
| 2. Kyla van Graan | Coastal Carolina (RSA) | 9:40.25 |
| 3. Joan Maritim   | Campbell (KEN)         | 9:59.99 |

5000 (27):

- |                   |                        |          |
|-------------------|------------------------|----------|
| 1. Kyla van Graan | Coastal Carolina (RSA) | 17:10.38 |
| 2. Joan Maritim   | Campbell (KEN)         | 17:33.10 |
| 3. Julia Zautcke  | High Point             | 17:52.19 |

### Sun Belt Conference Indoor Championship

Birmingham, USA, 22-23 February

WOMEN

Mile (23):

- |  |            |
|--|------------|
| 1. Noora Wallenius, FR, U A L R (FIN)          | 4:56.12 PB |
| 2. Katelyn Hayward, SR, Texas-Arlington        | 4:57.18    |
| 3. Laura Labuschaigne, SO, South Alabama (RSA) | 4:59.37    |

3000 (22):

- |  |            |
|--|------------|
| 1. Tristin Van Ord, JR, App St                     | 9:43.54    |
| 2. Noora Wallenius, FR, U A L R (FIN)              | 9:45.88    |
| 3. Joanna McCoy, SR, South Alabama                 | 9:47.13 PB |
| ... 7. Laura Labuschaigne, SO, South Alabama (RSA) | 10:03.58   |

### STATS TIME

This week we list the fastest ten women in the 10 km for 2015. Secondary performances by the top three are also listed. The total dominance of the Phalula twins and, to a lesser extent, Nolene Conrad, is evident in the list. Of the 28 times on the list, Lebogang Phalula has eight, Lebo six and Conrad five – a total of 19.



**2015 10 KM: TOP 10 WOMEN**

32:54	Mapaseka Makhanya	1	Cape Town	29 Mar
32:57	Lebo Phalula	1	Port Elizabeth	09 May
33:15	Phalula-2	1	Stellenbosch	10 Aug
33:20	Nolene Conrad	4	Taroudant	08 Mar
33:20	Lebogang Phalula	3	Cape Town	29 Mar
33:22	Lebogang Phalula-2	1	Johannesburg	09 Aug
33:26	René Kalmer	4	Cape Town	29 Mar
33:27	Lebogang Phalula-3	2	Port Elizabeth	09 May
33:36	Lebogang Phalula-4	2	Stellenbosch	10 Aug
33:36	Lebogang Phalula-5	1	Durban	07 Jun
33:39	Conrad-2	2	Durban	07 Jun
33:45	Lebogang Phalula-6	1	Durban	19 Jul
33:45	Lebo Phalula-3	2	Durban	19 Jul
33:50	Lebogang Phalula-7	1	Durban	01 Mar
33:51	Conrad-3	1	Cape Town	17 Dec
33:55	Conrad-4	3	Stellenbosch	10 Aug
33:55	Conrad-5	4	Port Elizabeth	09 May
33:55	Lebo Phalula-4	2	Durban	01 Mar
33:58	Christine Kalmer	5	Cape Town	29 Mar
34:03A	Lebo Phalula-5	1	Paulpietersburg	15 Feb
34:04	Cornelia Joubert	4	Durban	07 Jun
34:11	Zintle Xiniwe	6	Cape Town	29 Mar
34:12	Lebogang Phalula-8	1	Cape Town	20 Sep
34:18	Lebo Phalula-6	1	Eldorado Park	22 Feb
34:28	Makhanya-2	2	Cape Town	20 Sep
34:30	Jenna Challenor	8	Cape Town	29 Mar
34:31	Lena Lötter	9	Cape Town	29 Mar

**THIS MONTH IN HISTORY****24 years ago (exactly): 29 February 1992**

Isaac Tshabalala ran the third fastest time in the history of the Peninsula Marathon up to that time when he won the 29th edition of the Cape Town race in 2:14:12, beating Buyile Tshikila by more than six minutes. Behind them came such famous names as reigning Two Oceans champion Miltas Tshabalala, Israel Morake and 51-year-old Titus Mamabolo, to name a few. Women's winner Helen Lucre (2:46:14), three times the Comrades champion, finished 73rd overall. A few months later Morake would win the Two Oceans, while Tshabalala was the champion in 1993.

**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)		

15 km	26:44 47:04	Leonard Patrick Komon (KEN) 2010 Amos Nyongo	Port Elizabeth	16 Jan
21.1 km	41:13 66:21 62:16a	Leonard Patrick Komon (KEN) 2010 Vusi Tshoba Lusapho April	Pretoria East London	23 Jan 27 Feb
25 km	60:37 58:23 81:12a	Lelisa Desisa Benti (ETH) Zersenay Tadese (ERI) 2010 Siyabonga Nkonde	Pinetown	31 Jan
30 km	71:18** 1:42:14	Dennis Kipruto Kimetto (KEN) 2012 Sibusiso Madikizela	Camps Bay	10 Jan
Marathon	87:37** 2:11:43 2:04:24	Emmanuel Kipchirchir Mutai (KEN) 2014 Sibusiso Nzima Tesfaye Abera Dibaba (ETH)	Sevilla	21 Feb
100 km	2:02:57 6:13:33	Dennis Kipruto Kimetto (KEN) 2014 Takahiro Sunada (JPN) 1998		

\*\* ) The ARRS does not recognise records set at intermediate points in a longer race.

#### Veterans (40+)

10 km	31:02	Shadrack Hoff	Pretoria	28 Feb
15 km	28:51 49:49	Paulo Catarino (POR) 2003 Johannes Kekana	Kempton Park	27 Jan
21.1 km	44:14 70:04	Pierre Levisse (FRA) 1992 Simon Mpholo	Pretoria	20 Feb
25 km	62:28 1:45:30a	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996 Oliver Brown	Pinetown	31 Jan
30 km	76:49 1:53:58	Martin Mondragon (MEX) 1994 Thembelani Zola	Camps Bay	10 Jan
Marathon	1:35:28 2:23:46	Geraldo Antonio da Silva (BRA) 2002 Charles Tjiane	Benoni	31 Jan
100 km	2:08:46 6:18:24	Andres Espinosa (MEX) 2003 Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	35:09 30:35	Selwyn Losper Tecwyn Davies (GBR) 1988	George	29 Jan
15 km	55:46 47:52	Welcome Loliwe Titus Mamabolo (RSA) 1991	Port Elizabeth	06 Feb
21.1 km	82:25 66:42	Solomon Khumalo Martin Rees (GBR) 2003	Benoni	31 Jan
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 2:19:29	Dan Mothibe Titus Mamabolo (RSA) 1991	East London	20 Feb
100 km				

#### Grandmasters (60+)

10 km	38:14 32:48	Stephen Seema Martin Rees (GBR) 2013	Sasolburg	06 Feb
15 km	62:42 54:32	Elvis Galela Cees Stolwijk (NED) 2013	Port Elizabeth	06 Feb
21.1 km	88:45	Mochamat Kriel	Durbanville	27 Feb

25 km	71:31 2:06:04a	Martin Rees (GBR) 2013 Boysie van Staden	Pinetown	31 Jan
30 km	94:01 2:18:15	Doug Winn (USA) 2010 Mochamat Kriel	Parow	14 Feb
Marathon	1:57:07 3:14:57	Ed Whitlock (CAN) 1994 Robbie Lindsay	East London	20 Feb
100 km	2:36:30	Yoshihisa Hosaka (JPN) 2009		
<u>Great grandmasters (70+)</u>				
10 km	43:16 37:33	Andrew Spence Ed Whitlock (CAN) 2004	Sasolburg	06 Feb
15 km	69:48 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	16 Jan
21.1 km	96:48 82:23	Jeff Smith Ed Whitlock (CAN) 2001	Tokai	06 Feb
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:22:55 2:00:56	Jeff Smith Ed Whitlock (CAN) 2001	Camps Bay	10 Jan
Marathon	3:29:46a 2:54:49	Jeff Smith Ed Whitlock (CAN) 2004	Simon's Town	21 Feb
100 km				
<u>Juniors</u>				
10 km	30:34 27:52	Kabelo Melamu Richard Chelimo (KEN) 1990	Benoni	31 Jan
15 km	48:26 42:25	Andile Motwani Moses Mosop (KEN) 2004	Despatch	27 Feb
21.1 km	79:25 59:16	Kabelo Melamu Samuel Wanjiru (KEN) 2005	Johannesburg	21 Feb
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:30 32:11	Irvette van Zyl Diane Nukuri (BDI)	Pretoria	23 Jan
15 km	30:21m 30:29w 57:28 53:32	Paula Radcliffe (GBR) 2003 Asmae Leghzaoui (MAR) 2002 Charné Bosman (vet) Julia Viellehner (GER)	Jeffreys Bay	02 Jan
21.1 km	46:14m 46:59w 72:08 66:04	Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007 Irvette van Zyl Cynthia Limo (KEN)	Benoni	31 Jan
25 km	65:09m 66:25w 93:24a 79:53m 82:47w	Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007 Jenna Challenor Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Pinetown	31 Jan
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
Marathon	1:38:49m 1:39:11w 2:47:21 2:19:41 2:15:25m 2:17:42w	Mizuki Noguchi (JPN) 2005 Mary Keitany (KEN) 2011 Patience Khumalo Tirfe Beyene Tsegay (ETH) Paula Radcliffe (GBR) 2003 Paula Radcliffe (GBR) 2005	East London	20 Feb

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	85:39	Suzette Botha	Pietermaritzburg	28 Feb
	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	41:34	Elmarie Coetzee	Stellenbosch	17 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
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<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

Marathon	2:47:08	Myra Rhodes (USA) 2002	Simon's Town	21 Feb
	4:11:27a	Veronica van Niekerk		
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	36:52	Ashleigh Simonis	Pietermaritzburg	28 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	67:03	Nomakhozi Ntliziyo	Despatch	27 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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