

Distance Running Results

Vol. 16, No. 9 – 7 March 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

Two of South Africa's oldest submarathon races were held this weekend, the Stella Royal 25 km for the 41st time and the Sunrise Monster 32 km for the 39th time. In the latter, Two Oceans and Comrades champion Caroline Wöstmann scored a huge victory, just six days after finishing third in the Deloitte Pretoria Marathon.

Four list leaders were set in the Constantia Village K-Way 15 km, with an excellent performance coming from Zintle Xiniwe, who ran behind British athlete Tish Jones for most of the way and then passed her to win in 54:24. This is Xiniwe's fastest 15 km since she also won the race in 53:16 in 2013.

In last week's results of the Gino's 10 km the nationalities of Julia Hauser and Lisa Norden were given with question marks; Hauser is from Austria (not Germany) and Norden from Sweden (not Norway).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Stella Royal 25 km & 10 km, Durban
- * Constantia Village K-Way 15 km, Constantia
- * Medihelp Sunrise Monster 32 km & 10 km, Pretoria
- * Swartland Half Marathon & 10 km, Moorreesburg
- * Battlefields Marathon & Half Marathon, Newcastle
- * Discovery Lighthouse 10 km, Cape Town
- * Caltex Border Masters Half Marathon, East London
- * XC: KZN XC Parlauf, Westville

International highlights:

- * Lake Biwa Mainichi Marathon, Otsu, JPN
 - * Semi-Marathon de Paris, Paris, FRA
 - * NN City Pier City Half Marathon, Den Haag, NED
 - * Myrtle Beach 5 km, Myrtle Beach
 - * Indoor track: National Junior College Athletic Association Division I Championships, Winston-Salem, USA
 - * Outdoor track: IAAF Melbourne World Challenge, Melbourne, AUS
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ROAD RUNNING

Stella Royal 25 km (41st) & 10 km

Durban, 6 March

(Loop courses)

25 km

MEN

1 Siphon Nxongo (Ethekewini) 1:29:04; 2 Bernard Phalatsane (ZIM/Zakhele) 1:32:30 (1st vet); 3 Sithembiso Masikane (Protea) 1:36:29.

40-49: 1 Bernard Phalatsane (ZIM/Zakhele) 1:32:30. **50-59:** 1 Eloi de Oliveira (Boxer) 1:43:21. **60+:** 1 Vernon Anley (DHSOB) 2:10:28.

WOMEN

1 Sarah Wilson (West) 1:54:55; 2 Lisa Collett (Nedbank) 1:55:45; 3 Nonsikelelo Mbambo (Orion) 1:56:58.

40-49: 1 Ashleigh White (DHSOB) 1:57:50. **50-59:** 1 Karen Conway (DCS) 2:23:01. **60+:** 1 Pamela Rasmussen (YWP) 2:37:27.

10 km

MEN

1 Lindokuhle Sithole (Phantane) 33:16; 2 Skhumbuzo Dlamini (ME) 33:40; 3 Thulani Mbatha (Chesterville) 33:59.

WOMEN

1 Jenet Dlamini (Umzimkhulu) 36:49; 2 Janene Carey (Boxer) 41:52; 3 Robyn Greyling (Get Fit) 45:01.

Constantia Village K-Way 15 km

Constantia, 5 March

(Certified, undulating loop course. Weather: overcast, cool, but humid. Finishers: 3053 [up from 2844 in 2014].)

Note: This race was not held last year. Zintle Xiniwe scored a repeat victory (just three days after also winning the Lighthouse 10 km), while Bernard Rukadza and Ulrica Stander duplicated their positions from 2014. It was the third race in eight days for Nancy Will and Pixie Sparg (who ran a half marathon and 10 km before this one), and for Tsungai Mwanengeni, Mariëtte Strauss, Charmaine Cupido and Marlene James (who did two 10 km races beforehand). – Ed.

MEN

1. Nkosinathi Madyo (Itheke) 46:47 (R1250)
2. Bernard Rukadza (ZIM/Gugs) 47:21 (R1000)
3. Vuyolwethu Mbukushe (Gugs) 49:04 (R800)
4. Tsungai Mwanengeni (ZIM/Gugs) 49:07 (1st vet) (R450)
5. Nkosiyethu Sotyantya* (Itheke) 49:41 (R300)

*) This is the runner formerly known as Nkosinathi Sotyantya.

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 49:07 (R700); 2. Vuyani Sixaso (WR) 52:21 (R550); 3. Quinton Prince (Met) 54:05 (R450). **Masters:** 1. Eric Coetzee (FNB) 56:23 (R600); 2. Roston Isaacs (Ind) 57:27 (R450); 3. Monde Tutani (Gugs) 58:08 (R350). **G'masters:** 1. Mochamat Kriel (Ommie) 60:53 (R550); 2. Jimmy Morris (Forest) 64:23 (R400); 3. Barry Bester (CMC) 66:14 (R300). **G/g'masters:** 1. Anthony Riddick

(RWFL) 81:05 (R450); 2. Yusuf Gamaldien (Itheko) 90:23 (R300); 3. Rob Joubert (Ind) 91:52 (R200). **Juniors:** 1. Asemahle Kwatsha (Gugs) 53:57 (R400); 2. Esona Mbombo (Sanlam) 57:57 (R300); 3. Siyabonga Meitlo (Khay) 58:40 (R250).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (FNB) 54:24
2. Tish Jones (GBR) 54:31
3. Ulrica Stander (FNB) 58:47 (1st vet)
4. Tanya Posthumus-Fox (CC) 60:57 PB
5. Candyce Hall (Carb) 61:33

Veterans: 1. Ulrica Stander (FNB) 58:47; 2. Angelique Rabie (Carb) 64:43; 3. Elizabeth Brink (Durb) 66:13. **Masters:** 1. Mariëtte Strauss (Tyger) 66:50; 2. Olga Howard (Celt) 67:38; 3. Paola Vignani (ITA/VOB) 68:15. **G'masters:** 1. Nancy Will (Pine) 72:40; 2. Charmaine Cupido (Ned) 75:32; 3. Helen du Plessis (Brack) 76:54. **G/g'masters:** 1. Pixie Sparg (Celtic) 88:09; 2. Friedel Plant (GBR) 91:52; 3. Marlene James (Pine) 93:25.

Juniors: 1. Busisiwe Gwala (VOB) 1:51:23.

Medihelp Sunrise Monster 32 km (39th) & 10 km

Pretoria, 5 March

(Hilly loop courses. Weather: hot. Finishers: 32 km – 2514; 10 km – 3200; also more than 1500 in the 5 km.)

32 km

MEN

1. Tumelo Mahlangu (Ned) 1:54:06
2. Vincent Kipchirchir (KEN/Ned) 1:54:23
3. Samuel Ongaki (KEN/Ned) 1:58:44

Veterans: 1. Rule Nkhi (Zwak) 2:02:33. **Masters:** 1. Joseph Ndlovu (ACE) 2:18:18.

G'masters: 1. John Woodnutt (Morning) 2:36:13.

WOMEN

1. Caroline Wöstmann (KPMG) 2:24:38
2. Louisa Leballo (Ned) 2:38:04
3. Claire O'Reilly (Ind) 2:43:20

Veterans: 1. Mitsie van der Westhuizen (Runav) 2:44:44. **Masters:** 1. Chris Walter (Dain) 2:44:29.

10 km

MEN

1. Esau Radebe (Maokeng) 35:03
2. Bafana Dube (Trans) 35:09
3. Musa Swakaxa (Trans) 36:14

Veterans: 1. Colin Witbooi (Trans) 39:01. **Masters:** 1. Morris Ketshe (Jonrik) 41:18.

G'masters: 1. Machiel van Niekerk (Mag) 50:00. **G/g'masters:** 1. Pele Tshikundamalema (Olifants) 54:10. **80+:** 1. Martin Coetzee (Mag) 79:51. **Juniors:** 1. Kamhele Phasha (ACE) 54:44.

WOMEN

1. Thembi Baloyi (TUT) 43:15
2. Jeannie de Beer (Runav) 47:21
3. Kamogelo Mabena (SANDF) 48:13

Veterans: 1. Naretha Stockenström (RWFL) 52:29. **Masters:** 1. Sonia Scheepers (GM) 55:21. **G'masters:** 1. Frances van Blerk (Ned) 57:37. **80+:** 1. Deirdre Larkin (Rand) 69:24. **Juniors:** 1. Annie Bredell (Mag) 49:12.

Swartland Half Marathon & 10 km

Moorreesburg, 5 March

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 200 [down from 242 last year]; 10 km – 287 [slightly up from 268].)

Half marathon

MEN

1	Luyanda	Xolo	EGA	1:13:01
2	Akhona	Mdaka	EGA	1:15:04
3	Deon	Titus	EGA	1:15:15

Veterans:

1	Julie	Welkom	Swartland	1:17:33
2	Jan	Jafta	Temp	1:22:10
3	Jakobus	Maponopono	Namaqua	1:29:40

Masters:

1	Solly	van Rooyen	Worcester	1:21:26
2	Abraham	Fielies	Worcester	1:24:01
3	Dawid	Andrews	Hopefield	1:30:20

G'masters:

1	Piet	Smit	Swartland	1:34:00
2	Sulaiman	Valley	Worcester	1:48:28
3	Brian	Rothman	Brackenfell	1:52:30

G/g'masters:

1	Jeff	Smith	Itheko	1:40:10
2	Vernon	du Preez	Langebaan	1:44:26
3	Jurie	de Witt	Arcellor Mittal	2:35:05

WOMEN

1	Danette	Smit	KPMG	1:30:08
2	Majorie	Prins	Bellville	1:37:08
3	Ena	Gous	Worcester	1:46:11

Veterans:

1	Marjorie	Prins	Bellville	1:37:47
2	Ena	Gous	Worcester	1:46:11
3	Marina	Jordaan	Swartland	1:52:47

Masters:

1	Cailey	Bredenkamp	Paarl	1:50:20
2	Anne	Pool	Strand	1:54:56
3	Helane	Smit	Arcellor Mittal	2:05:06

G'masters:

1	Styntjie	Prins	Paarl	1:48:26
2	Dorothea	Flink	Easterns	2:06:31
3	Annalene	Botha	Brackenfell	2:26:25

G/g'masters:

1	Wilbe	Fourie	Strand	2:25:45
2	Mabel	Olivier	Strand	2:41:48
3	Marie	Hill	Strand	3:04:51

10 km

MEN

1	William	Kaptein	Temp	31:45
2	Angelo	Doorsen	Korrektiewe Dienste	31:54
3	Johannes	Jansen	Robertson	32:59

Veterans:

1	Abraham	Afrika	Swartland	36:54
2	Owen	Smith	Wellington	38:03
3	Jafta	Hendricks	Swartland	40:13

Masters:

1	Thomas	Moses	Worcester	42:08
2	Antonie	van Bosch	Swartland	44:23
3	Klapie	Nehro	Helderberg	47:04

G'masters:

1	Colin	Willemse	Wellington	45:33
2	Jacob	Erasmus	Ceres	46:53
3	Thys	Bouwer	Sanlam	52:55

G/g'masters:

1	Ronnie	le Roux	Brackenfell	50:34
2	Carl	Hendriks	Elsiesrivier	57:56
3	Pieter	Vrey	Durbanville	1:39:15

Juniors:

1	Tobie	Lewies	Robertson	33:16
2	Francisco	Fritz	Ceres	n/t
3	Christophai	Booise	Swartland	33:47

WOMEN

1	Lee-Shay	Willemse	Velocity	43:14
2	Anri	Joubert	Swartland	46:35
3	Anzel	Booise	Salkoriane	47:06

Veterans:

1	Glenda	Werth	Sanlam	48:51
2	Sharon	Davids	Worcester	56:08
3	Martina	Diedericks	Worcester	1:01:15

Masters:

1	Elmarie	Coetzee	Swartland	54:52
2	Mareen	van der Merwe	Ceres	59:23
3	Denise	Marais	Brackenfell	1:08:31

G'masters:

1	Magriet	Hanekom	Ceres	51:11
2	Gerda	van der Merwe	Ceres	1:00:41
3	Leonie	Oosthuizen	Sanlam	1:07:57

G/g'masters:

1	Cecile	Kidson	Langebaan	1:11:30
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Juniors:

1	Anri	Joubert	Swartland	45:57
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Battlefields Marathon (38th) & Half Marathon

Newcastle, 5 March

(Distances: 42.195 km & 21.1 km; out-and-back courses)

Marathon

MEN

1.	Sibusiso Magadeni	KPMG		2:38:36
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2.	Basil Mazibuko	Osisweni AC	2:44:53
3.	Bongani Sabela	Bigg AC	2:51:55

WOMEN

1.	Kim Hoatson	New Harr	3:51:36
2.	Zelda Ackerman	Pongola AC	4:07:25
3.	Bernadette Buss	Irene AC	4:08:46

Half marathon

MEN

1.	Stembiso Ndaba	Ind	70:51
2.	Thulani Manana	Ind	71:32
3.	Madisa Kubheka	Ind	71:38

WOMEN

1.	Xoli Madida	Natal Carb	101:20
2.	Nicky Williams	Bigg AC	101:32
3.	Candice v.d. Spuy	Irene AC	106:39

Discovery Lighthouse 10 km

Cape Town, 2 March
(Certified loop course)

MEN

1. Unathi Nteta (AAC) 31:02
2. Akhona Makila (VOB) 32:06
3. Tsungai Mwanengeni (ZIM/Gugs) 34:18 (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 34:18; 2. Vuyani Sixaso (WR) 34:40; 3. Xolile Macanda (Gugs) 35:15. **Masters:** 1. Monde Tutani (Gugs) 37:14; 2. Robert Arnold (Top) 39:22; 3. Zolani Ntsodo (SANDF) 39:28. **G'masters:** 1. Robbie Lindsay (Ned) 40:23; 2. Albert Williams (Top) 45:50; 3. Natale Roelofse (Worc) 46:56. **G/g'masters:** 1. Jeff Smith (Itheke) 44:14; 2. Yusuf Kamaldien (Itheke) 54:58; 3. Kaare James (Pine) 56:58. **Juniors:** 1. Asemahle Kwatsha (Gugs) 32:25; Siyabonga Mehlo (Khay) 37:48; 3. Kyle Arendse (MS) 42:41.

WOMEN

1. Zintle Xiniwe (FNB) 35:42
2. Tanith Maxwell (Boxer) 36:37
3. Ashleigh Simonis (Carb) 36:54

Veterans: 1. Norooi Sikunana (Ned) 46:00; 2. Glenda Werth (Sanlam) 46:19; 3. Tana Janse van Rensburg (FNB) 49:14. **Masters:** 1. Mariëtte Strauss (Tyger) 42:37; 2. Lollos Rodseth (Durb) 48:51; 3. Cailey Bredenkamp (Paarl) 50:24. **G'masters:** 1. Nancy Will (Pine) 45:28; 2. Charmaine Cupido (Ned) 49:24; 3. Helen du Plessis (Brack) 50:03. **G/g'masters:** 1. Pixie Sparg (Celtic) 56:15; 2. Marlene James (Pine) 57:54; 3. Friedel Plant (GBR) 59:36. **Juniors:** 1. Ashleigh Simonis (Carb) 36:54; 2. Linda Detering (Carb) 42:06; 3. Busisiwe Gwala (VOB) 50:20.

Caltex Border Masters Half Marathon

East London, 27 February

(Distance: 21.1 km; point-to-point, excessively downhill course, dropping 147 m from start to finish. Finishers: 520 [considerably up from 403 last year].)

Note: Two more very fast times by Lusapho April and Hanlie Botha (who was fifth overall) on this excessively downhill course. The runners' names are in the order of surname first, followed by first name. – Ed.

MEN

1	April Lusapho	Oxford Striders	33	1:02:16
2	? Mbuyiseli	Nedbank	35	1:17:08
3	Nkamjeni Chumisa	Individual	40	1:18:03
4	Fritz Doran	Oxford Striders	42	1:18:18
5	De Klerk Raymond	Oxford Striders	30	1:18:28
6	Lolwana C.	Overtakers	43	1:18:44
7	Witbooi Desmond	Born 2 Run	44	1:18:56
8	Mhlelwa Mandla Mzamgami	All Stars	37	1:19:36
9	Siphamla Dumisani	Cheetahs AC	45	1:20:39
10	Mashicle Xolile	Overtakers	39	1:21:40

40-44:	1	Fritz Doran	Oxford Striders	1:18:18
	2	Lolwana C	Overtakers	1:18:44
	3	Witbooi Desmond	Born 2 Run	1:18:56
45-49:	1	Siphamla Dumisani	Cheetahs AC	1:20:39
	2	Bernardie Christophe	Born 2 Run	1:22:43
	3	Wilson Scott	Born 2 Run	1:29:02
50-54:	1	Poyo Linda	Horizon	1:22:21
	2	Mpalala Mzoli	Real Gijimas	1:27:07
	3	Matjka Themba	All Stars	1:36:20
55-59:	1	Adams Eric	Real Gijimas	1:43:07
	2	Mpemvushe Gladman	Real Gijimas	1:58:03
	3	Addison Russell	Oxford Striders	2:02:13
60-64:	1	Pienaar Charl	Old Boys	1:31:35
	2	Novokoza Matthews	Cheetahs AC	1:33:13
	3	Maci Kenneth	Bufs	1:41:26
65-69:	1	Damane Sam	Oxford Striders	1:52:13
	2	Scholtz Benny	Oxford Striders	1:55:38
	3	Ngqwala Singa	Real Gijimas	1:56:35
70+:	1	De Beyer Brian	Bufs	2:32:10

WOMEN

1	Botha Hanlie	Born 2 Run	37	1:18:23
2	Ranger Andrea	Old Boys	33	1:29:18
3	Conroy Michelle	Foundation AC	40	1:37:43
4	Fourie Emma	Oxford Striders	35	1:38:33
5	Elsdon Melanie	Oxford Striders	35	1:39:18
6	Vermeulen Lindy	Old Boys	33	1:41:35
7	Petersen Rachel	Born 2 Run	34	1:41:58
8	Thysse Nicole	Born 2 Run	32	1:42:41
9	Langeveld Leandi	Old Boys	30	1:45:24
10	Tinhot Carol	Old Boys	42	1:45:55

40-44:	1	Conroy Michelle	Foundation AC	1:37:43
	2	Tinhot Carol	Old Boys	1:45:55
	3	Saliwa Kuthala	RWFL	1:51:39
45-49:	1	Timothy Berenice	Born 2 Run	1:59:58

	2	Roux Christine	Oxford Striders	2:08:22
	3	Mackay Tracy	Bufs	2:43:37
50-54:	1	Langtree Alison	Born 2 Run	1:46:33
	2	Kreusch Sherae	Born 2 Run	1:49:36
	3	Eldridge Sharon	Old Boys	1:54:47
55-59:	1	Wade Renee	ELAC	1:57:47
	2	Pitt Maureen	Oxford Striders	2:00:36
	3	Harper Desiree	Old Boys	2:01:24
60-64:	1	Beyleveld Avril	Kowie Striders	2:03:31
	2	Van der Merwe Hettie	Qtn Harriers	2:04:15
	3	Kitsopoulos Karima	Born 2 Run	2:05:06
65-69:	1	Wiese Marlene	Kowie Striders	2:16:35
	2	Attree Elizabeth	Bufs	2:42:33

CROSS-COUNTRY

KZN XC Parlauf

Westville, 4 March

MEN (8 km)

1.	Sipho Mbanjwa & Sphiwe Ndela	Phantane	25:30
2.	Mbhasobhi Gumede & Silelo Ngobese	Inanda Quadi	25:59
3.	Chris Wilkinson & Chris Wilkinson	QBH	26:06

WOMEN (6 km)

1.	Melody Olivier & Lise Muchna	PDAC	23:15
2.	Dawn Nunes & Taryn Rich	PDAC	24:18
3.	Fiona Baldwin & Michelle Sims	PDAC	24:25

MIXED TEAMS (8 km)

1.	Claude Eksteen & Trish Bahlmann	Ind	27:45
2.	Jonathan Henry & Caylee Ellero	Ind/CKS	28:43
3.	Gareth Brockett & Cary-Ann Smith	West/Nedbank	30:12

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

Lake Biwa Mainichi Marathon (71st)

(IAAF Gold Label Road Race)

Otsu, JPN, 6 March

(Distance: 42.195 km; certified, out-and-back course with start and finish at Ojiyama Stadium)

MEN (gun times)

1.	Lucas Rotich (KEN)	2:09:11
	[1:03:17 / 1:05:54]	
2.	Hisanori Kitajima	2:09:16 PB
	[1:03:54 / 1:05:22]	
3.	Alphonse Felix Simbu (TAN)	2:09:19 PB
4.	Suehiro Ishikawa	2:09:25

5. Takuya Fukatsu 2:09:31 PB

Semi-Marathon de Paris (24th)

Paris, FRA, 6 March

(Distance: 21.1 km; certified one-loop course)

Note: *Race Results Weekly* reports that this huge race, already France's largest half marathon, grew another 6% to a whopping 37 107 finishers this year. The only larger half marathons in Europe are the Göteborgsvarvet in Sweden (46 428 finishers in 2015) and the Great North Run (40 895). – Ed.

MEN

1. Cyprian Kotut, KEN 1:01:00
2. Amos Kipruto, KEN 1:01:09
3. Azmeraw Mengistu, ETH 1:01:15
4. Emmanuel Bor, KEN 1:01:17
5. Stephen Chebogut, KEN 1:01:25
6. Evans Korir, KEN 1:01:25
7. Stephen Arita, KEN 1:01:29
8. Wilfred Murgor, KEN 1:02:10
9. Edwin Rotich, KEN 1:02:33
10. Callum Hawkins, GBR 1:02:36

WOMEN

1. Dibaba Kuma, ETH 1:09:18
2. Poline Wanjiku, KEN 1:09:49
3. Christelle Daunay, FRA 1:09:55
4. Sule Utura, ETH 1:12:07
5. Fanny Pruvost, FRA 1:14:22

NN City Pier City Half Marathon (42nd)

(Dutch Half-Marathon Championships)

Den Haag, NED, 6 March

(Distance: 21.1 km; certified out-and-back course)

MEN (gun times)

1. Edwin Kipyego, KEN 1:00:27 WL
2. Stephen Kibet, KEN 1:00:33
3. Abraham Cheroben, KEN 1:00:35
4. Benard Kimani Kitavi, KEN 1:00:41
5. Eliud Tarus, KEN 1:01:11
6. Jameson Kabuku, KEN 1:01:49 PB
7. Abdi Nageeye, NED 1:02:08 PB (1st NC)
8. Mike Kiprotich, KEN 1:02:39
9. Sondre Nordstad Moen, NOR 1:02:45
10. Abdi Ulad Hakin, DEN 1:02:58

WOMEN (gun times)

1. Minna Lamminen, FIN 1:14:15 PB
2. Inge de Jong, 1976, NED 1:15:24 PB (1st NC)
3. Hanna Lindholm, SWE 1:16:39 PB

Myrtle Beach 5 km

Myrtle Beach, USA, 5 March

WOMEN

1. Letitia Saayman, 23, Myrtle Beach, SC (RSA), 17:38.6; 2. Michelle Ziegler, 34, Greenville, SC, 17:50.1.

INDOOR TRACK**National Junior College Athletic Association Division I Championships**

Winston-Salem, USA, 4-6 March
(200 m unbanked synthetic track)

MEN

800 (5):

1. Robert Downs Jr.	FR South Plains	1:53.88 PB
2. Noah Larsen	SO Iowa Central CC	1:53.99
3. Ryan Parslow	SO Macomb CC	1:54.35
4. Mpho Makofane	SO Monroe College (RSA)	1:54.44

Prelims (4):

Heat 1 -

1. Robert Downs Jr.	FR South Plains	1:54.20Q PB
2. Mpho Makofane	SO Monroe College (RSA)	1:54.33q

1000 (5):

1. Festus Lagat	FR Gillette (KEN)	2:31.43
2. Amanuel Logo	SO Pima CC	2:32.01
3. Kelvin Keter	SO South Plains	2:32.03
... 7. Mpho Makofane	SO Monroe College (RSA)	2:34.76

Heat 3 -

1. Mpho Makofane	SO Monroe College (RSA)	2:33.75Q
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WOMEN

3000 (4):

Heat 2 -

1. Leanne Pompeani	FR Iowa Central CC (AUS)	9:51.50 PB
2. Rose Jebet	FR New Mexico JC (KEN)	10:06.39 PB
3. Nokuthula Dlamini	FR Monroe College (RSA)	10:19.19

5000 (4):

Heat 2 -

1. Leanne Pompeani	FR Iowa Central CC (AUS)	16:55.62 MR*
2. Anais Da Silva	FR Vincennes	17:51.89
3. Nokuthula Dlamini	FR Monroe College (RSA)	18:08.62

OUTDOOR TRACK**IAAF Melbourne World Challenge**

Melbourne, AUS, 5 March

MEN

800:

1. David Rudisha, KEN, 1:44.78

2. Luke Mathews, AUS, 1:45.16 PB
 3. James Gurr, AUS, 1:46.09 PB
-

NEWS

KIPCHOGE, KEITANY NAMED WORLD MARATHON MAJORS CHAMPIONS

After the conclusion of the Tokyo Marathon, officials of the Abbott World Marathon Majors (AbbottWMM) declared that Kenyans Eliud Kipchoge and Mary Keitany were the overall champions of that global marathon league's Series IX, and each would receive a \$500 000 prize, reports *Race Results Weekly*. Series IX began with the 2015 Tokyo Marathon last February and ended at the same event (results in last week's DRR), the first time a 13-month scoring system was used by AbbottWMM, replacing the previous overlapping two-year scoring system.

Kipchoge, who won both the Virgin Money London and BMW Berlin Marathons in 2015, had a perfect score of 50 points and was the outright winner. Compatriot Dickson Chumba, last October's Bank of America Chicago Marathon champion, had a chance to tie Kipchoge in Tokyo, but finished third and out of contention. Kipchoge ran only two marathons during Series IX (a maximum of two races are permitted for scoring), and clocked 2:04:42 in London and 2:04:00 in Berlin. Each victory was worth 25 points.

Keitany, who finished second at London and won the TCS New York City Marathon last November, ended the series in a three-way tie with world champion Mare Dibaba of Ethiopia and Tokyo champion and new course record holder Helah Kiprop of Kenya. Each woman scored 41 points based on their best two finishes. Kiprop was eliminated from contention for the Series IX title in the first of two tie-breakers (head-to-head record) because she had been beaten by Dibaba at last August's IAAF World Championships where she finished second.

Keitany and Dibaba were still tied after the second tie-breaker, number of victories, because each had one. That left the race directors of the six races to vote on whether Keitany or Dibaba was most deserving, and they selected Keitany based on the overall strength of the fields they faced as determined by the number of total AbbottWMM points earned by their competitors in the respective races.

Interestingly, Dibaba also won the Xiamen Marathon in China in January 2015, but that event is not part of the series and that result was not considered.

Also honored in Tokyo were citizen runners David Mark, of Chicago, and Barbara Fleming-Ovens, of Cranfield, Ireland, who finished the Tokyo Marathon to become AbbottWMM Six Star Finishers. They represented the almost 600 runners from all over the world who have completed all six of the AbbottWMM marathons, and they were the first to receive the new medals that are now available to all Six Star Finishers.

AbbottWMM Series X begins on Monday, 18 April, with the Boston Marathon. The remaining series stops will be the Virgin Money London Marathon on 24 April; the women's and men's Olympic Games Marathons on 14 and 21 August, respectively; the BMW Berlin Marathon on 25 September; the Bank of America Chicago Marathon on 9 October; the TCS New York City Marathon on 6 November; the 2017 Tokyo Marathon on 26 February; then the 2017 Boston Marathon on 17 April.

Final standings, Abbott World Marathon Majors Series IX

MEN

1. Eliud Kipchoge, KEN, 50 points (\$500 000)
- =2. Dickson Chumba, KEN, 34
- =2. Feyisa Lilesa, ETH, 34
- =2. Lelisa Desisa, ETH, 34
5. Yemane Tsegay, ETH, 32
6. Stanley Biwott, KEN, 29
- =7. Ghirmay Ghebreslassie, ERI, 25
- =7. Endeshaw Negesse, ETH, 25

WOMEN

- =1. Mary Keitany, KEN, 41 points (\$500 000)*
- =1. Helah Kiprop, KEN, 41
- =1. Mare Dibaba, ETH, 42
- =4. Birhane Dibaba, ETH, 34
- =4. Tigist Tufa, ETH, 34
- 6. Florence Kiplagat, KEN, 26
- =7. Gladys Cherono, KEN, 25
- =7. Caroline Rotich, KEN, 25

*) Won vote of race directors to break tie after first two tie-breakers left both Keitany and Dibaba still eligible.

WORLD RECORD HOLDER SHAHEEN QUILTS

Long-term Achilles injury has prompted world steeplechase record holder Saïf Saaeed Shaheen (33) to finally hang up his spikes, reports *Athletics International*. The former Stephen Cherono of Kenya, who switched allegiance to Qatar in 2003, had not raced since 2010; he had tried to come back but his latest attempt failed and he has now officially ended his amazing career. He was world steeplechase champion in 2003 and 2005, ran 8:19.12 at age 16 in 1999, 8:16.27 at 17 in 2000 and the still standing world junior record of 7:58.66 in 2001. He then progressed to 7:58.10 in 2002, 7:57.38 in 2003 and the world record of 7:53.63 in 2004. He broke 7:58 eight times and was no slouch on the flat either with such PBs as 3:33.51 for 1500 m (2006), 7:32.46 for 3000 m (2009) and 12:48.81 for 5000 m (2003).

TWO OCEANS GOLD MEDALLIST BANNED FOR DOPING

One of the athletes on the latest IAAF list of positive doping cases is Mamorallo Tjoka (LES), who is well known for her exploits in South African road races, reports *Athletics International*. In the Old Mutual Two Oceans Marathon she was fourth three times and also finished third in 2011. She represented Lesotho at the 2008 and 2012 Olympic Games and was her country's flag bearer at the 2012 opening ceremony. She returned a positive test at the final race of the 2014 Spar Grand Prix Series, where she finished third, and has been banned until 21 January 2017.

Three other runners from Lesotho also appear on the list. The complete list is: **8 years ineligibility:** Sekeke Lesole LES (date of test: 6.12.14) ban to 29.4.23; **4 years:** Mariya Nikolayeva RUS (Athlete Biological Passport Case; 18.2.15) to 30.9.19; Yelena Nikulina RUS (1.7.15) to 14.7.19; Dushane Farrier CAN (3.7.15) to 2.7.19; Yuliya Zaytseva RUS (1.7.15) to 15.7.19; **3 years:** Laila Traby Hmatou FRA (7.11.14) to 19.5.18; **2 years:** Irina Maracheva RUS (ABP; 26.6.12) to 22.1.17; Anna Lukyanova RUS (ABP; 19.7.10) to 25.1.17; Anna Mishchenko UKR (ABP; 28.6.12) to 17.8.17; Bohdan Semenovych UKR (11.10.15) to 10.12.17; Rkia El Moukim MAR (ABP; 19.3.11) to 8.2.18; Mamorallo Tjoka LES (12.10.14) to 21.1.17; Tamo Matheleli LES (16.12.14) to 18.3.17; Ramolefi Motsieloa LES (2.11.14) to 5.1.17; Fraancis Merry IND (29.11.14) to 23.12.16; Eliane Pereira BRA (24.8.14) to 23.8.16; **8 months:** Cyrus Gichobi Njui KEN (30.8.15) to 5.6.16; **6 months:** Gladys Tejada PER (17.7.15 & 18.7.15) to 8.3.16.

OTHER DOPING NEWS

Note: Although not strictly a distance running story, the heptathlon does include a distance race and this is a doping case with an interesting twist. – Ed.

There is hope at last that Jessica Ennis-Hill will be awarded the 2011 world heptathlon title as a result of Russia's Tatyana Chernova being stripped of the gold medal, reports *Athletics International*. Chernova, who served a two-year doping ban from July 2013, had her results from 15 August 2009 to 14 August 2011 annulled, but her World Champs victory in Daegu came on 29-30 August 2011. However, as the score with which she qualified for Daegu has been cancelled retrospectively, she was ineligible to compete in the World Champs and thus not entitled to the medal. Regardless of that particular issue, Chernova could receive a further sanction as the Court of Arbitration for Sport has announced that it will be investigating a second doping case relating to abnormalities in Chernova's biological passport. Should Chernova lose her 6880 score in Daegu, the revised medallists would be: 1, Jessica Ennis GBR 6751; 2, Jennifer Oeser GER 6572; 3, Karolina Tyminska POL 6544.

An exclusive by Martha Kelner in the *Daily Mail* states "the glare of the doping police has switched to Ethiopia and the authorities are set to announce a number of positive drugs tests among the country's top athletes in the coming weeks ... Authorities have long been urged to police Ethiopian athletes better after anecdotal evidence suggested lax anti-doping practices."

VIEWPOINT

LET'S PUT THE ATHLETES, NOT THE ADMINISTRATORS, FIRST AGAIN

By James Evans

One would think that athletics administrators would be concerned about the well-being and safety of athletes, and at university level you would expect that things were done properly. Sadly, in South Africa it doesn't seem to work that way.

Let's start with the cross-country trials:

University Sport South Africa (USSA) decided that they could not rely on their championships which were held in Thohoyandou last year to select a team for the FISU World Student Cross-country Championships in March this year. So they held trials in late January. Nothing wrong with that, if the organisation was done properly ...

Instead, it took USSA until 14:30 on Friday, 22 January, to tell the institutions that the trials would be held on Sunday, 31 January, in Pretoria. This meant that many coaches only learnt of the trials on the Monday before the race, and there was a mad scramble to organise travel and accommodation arrangements for the athletes at the coast.

But, that was the good part. It was decided to hold the races at the hottest time of the day during the hottest time of the year. The women's race was supposed to start at 15:30 and the men's race at 16:10. This was for trials for an event in Italy during their winter. Not only was the decision to hold the races at times which bore no resemblance to the conditions in which the team would race, but it was patently dangerous. Any doctor or sport scientist worth their salt would know that it is highly dangerous to run a race of the kind of intensity required for cross-country in such extreme conditions as were experienced – over 35 degrees in direct sunlight (there was minimal cloud cover). To add to the danger, there were no paramedics on duty and one of the athletes collapsed with heatstroke, with no qualified medical personnel to treat her.

And it got even worse. The women were told the distance would be 8 km and the men 10 km. But the course was woefully short. The women's winning time was around 24 minutes – meaning the distance was closer to 6.5 km. The men were told during the race that they would have to run an extra lap, as the course was short! Fortunately Karen Zimmerman was there to vent her frustration and they stayed at the initial number of laps.

But one has to question what thinking went into such haphazard planning and organisation. Why organise a trial race in such extreme conditions, at such short notice and then get the distance so badly wrong? And then, despite the conditions which they knew would be present when the races were held, there was no medical support. Do we really have to wait for someone to die before everyone starts worrying about the safety of our athletes?

USSA Athletics has said that there was nothing wrong because the SA Cross-country Championships (mid-September) and the SA Student Cross-country Championships (early October) were held in the afternoon. For some reason they cannot understand that January is the hottest time of the year, and is a lot hotter than Spring and early Summer when the championships were held.

And surely a university organisation should understand the effects of heat on performance? How can any race in those conditions be relevant to the selection of a team to compete during a European winter?

Ensuring the team takes part:

Now, after the disaster of the trials, you'd think they would get the team in. These are university people after all. But, again, that proved too difficult for USSA Athletics.

For weeks they were asked when the team would travel, what about visas, etc. No one, but no one, could give a straight and honest answer. Then, last week, it all came to a head.

When enquiries were made with the USSA national body, they said that they were waiting for information from USSA Athletics and could not finalise the arrangements with the LOC of the World Championships.

On Friday the message came through to the institutions that the team had been cancelled.

So, athletes who trained for months and who risked their health to run at "trials" will stay at home. Does anyone care? The athletes and their coaches. Will anyone resign? No. They'll blame each other and forget that the athletes are suffering while they bungle.

Let's not forget that the chair of USSA Athletics sits on the ASA Board, the same board which sent four athletes to Beijing to run the marathon when only three are allowed to start. Again an athlete lost out. Did anyone resign or get fired for that? No.

What is to be done?

The solution for everything that is wrong in SA athletics is simple: It's time the athletes and their interests got put at the head of the queue again. If the administrators aren't going to do their jobs or don't want to follow the rules, then we don't need them anymore. But the athletes can no longer suffer.

STATS TIME

Davera Magson's sub-4 hour run in the Bagshaw Bay Ultra two weeks ago, where she clocked 3:53:56, is the fifth fastest by a South African veteran on a standard course for the past ten years and placed the spotlight on the 50 km distance, where Frith van der Merwe holds the SA record at 3:08:39 and Jean Rayner the veteran record at 3:37:30. The only four vets faster than Magson during the past ten years are Carien Visser (3:40:31 and 3:48:25), Julianie Basson (3:41:32) and Lesley Train (3:43:11). This all-time list shows the top ten veterans on all courses. Secondary performances by the top three are also listed, with Grace de Oliveira owning four times.

ALL-TIME 50 KM: TOP 10 VETERAN WOMEN

3:27:03A	Grace de Oliveira	2	Loskop Dam	05 Apr 03
3:30:06A	Laura Hofer	1	Pretoria	05 Aug 89
3:32:42A	De Oliveira-2	2	Loskop Dam	20 Apr 02
3:34:05A	Helene Joubert	1	Loskop Dam	08 Apr 00
3:35:34A	De Oliveira-3	5	Johannesburg	07 Sep 03

3:35:45A	Annemarie Lidderd	2	Loskop Dam	08 Apr 00
3:35:57A	De Oliveira-4	4	Loskop Dam	23 Apr 05
3:36:26A	Ralie Smit	2	Pretoria	05 Aug 89
3:37:30	Jean Rayner	1	Cape Town	29 Mar 97
3:38:53	Sanet Beukes	2	Cape Town	29 Mar 97
3:38:59A	Amor van Zyl	1	Johannesburg	30 Aug 98
3:39:41	Allison Hay	1	Hartbeespoort	16 Mar 02
3:40:02A	Zola Pieterse	5	Loskop Dam	22 Apr 12

THIS MONTH IN HISTORY

54 years ago: 3 March 1962

In the early days of women's distance running on a global scale (the 800 m was only made a regular event at the Olympic Games in 1960, and the 1500 m in 1972), Australia and New Zealand had a number of top runners. On this day in Perth, at the Leederville Oval, Australia's Dixie Willis set the only world record for 800 m that has ever been run in March. She won the Western Australian title in the 880 yards in a world record 2:02.0 and *en route* also broke the metric mark with her 2:01.2. The Kiwi Marise Chamberlain was second in 2:02.3 (2:01.4 at 800 m) – both of them easily broke the previous records of 2:04.3 and 2:06.1. Two years later at the Tokyo Olympics Chamberlain won the bronze medal when Ann Packer (GBR), who had been second in the first-ever Olympic 400 m, broke Willis's mark with 2:01.1.

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	Leonard Patrick Komon (KEN) 2010		05 Mar
	46:47	Nkosinathi Madyo	Constantia	
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		23 Jan
	66:21	Vusi Tshoba	Pretoria	
	62:16a	Lusapho April	East London	
	60:37	Lelisa Desisa Benti (ETH)		
25 km	58:23	Zersenay Tadese (ERI) 2010		06 Mar
	89:04	Sipho Ngxongo	Durban	
	81:12a	Siyabonga Nkonde	Pinetown	
30 km	71:18**	Dennis Kipruto Kimetto (KEN) 2012		10 Jan
	1:42:14	Sibusiso Madikizela	Camps Bay	
Marathon	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		21 Feb
	2:11:43	Sibusiso Nzima	Sevilla	
	2:04:24	Tesfaye Abera Dibaba (ETH)		
100 km	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		

6:13:33 Takahiro Sunada (JPN) 1998

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

Veterans (40+)

10 km	31:02	Shadrack Hoff	Pretoria	28 Feb
	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	1:43:21	Eloi de Oliveira	Durban	06 Mar
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				

Grandmasters (60+)

10 km	38:14	Stephen Seema	Sasolburg	06 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	60:53	Mochamat Kriel	Constantia	05 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	88:45	Mochamat Kriel	Durbanville	27 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	2:10:28	Vernon Anley	Durban	06 Mar
	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				

Great grandmasters (70+)

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				

30 km	99:59	Clive Davies (USA) 1985		
	2:22:55	Jeff Smith	Camps Bay	10 Jan
Marathon	2:00:56	Ed Whitlock (CAN) 2001		
	3:29:46a	Jeff Smith	Simon's Town	21 Feb
100 km	2:54:49	Ed Whitlock (CAN) 2004		
<u>Juniors</u>				
10 km	30:34	Kabelo Melamu	Benoni	31 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:26	Andile Motwani	Despatch	27 Feb
	42:25	Moses Mosop (KEN) 2004		
21.1 km	79:25	Kabelo Melamu	Johannesburg	21 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	54:24	Zintle Xiniwe	Constantia	05 Mar
	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	1:54:55	Sarah Wilson	Durban	06 Mar
	1:33:24a	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	85:39	Suzette Botha	Pietermaritzburg	28 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:57:50	Ashleigh White	Durban	06 Mar
	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

100 km	2:26:51	Priscilla Welch (GBR) 1987		
	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	2:23:01	Karen Conway	Durban	06 Mar
	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	2:37:27	Pamela Rasmussen	Durban	06 Mar
	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	88:09	Pixie Sparg	Constantia	05 Mar
	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	36:49	Ashleigh Simonis	Brackenfell	27 Jan
	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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