

Distance Running Results

Vol. 16, No. 10 – 14 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

South Africa won two team bronze medals – in the senior women's and junior men's races – at the African Cross-country Championships in Yaoundé this weekend. The senior men and junior women finished fourth in their events. The highest individual placings, both 13th, came from Lebo Phalula and junior Simonay Weitsz. Lebo's twin sister Lebogang was 14th. Kenya took all four team golds.

On the road running front Jenna Challenor scored a huge list leader with her 2:37:12 PB in the Nagoya International Women's Marathon. She broke her former personal best by 4:32 and this moves her up into 15th place on the SA all-time list.

Caroline Wöstmann had a busy weekend. On Saturday she scored a convincing victory in the 26th Old Mutual Om die Dam 50 km, just two weeks before she will defend her title in the Old Mutual Two Oceans Marathon. She won in 3:38:38 to become only the second woman since Frith van der Merwe to score wins in the Om die Dam, Two Oceans and Comrades – but she went one better than the redoubtable Frith: she is the first to hold the three titles simultaneously. Her time is the slowest since Annette Schoeman won the second race in 3:40:56 in 1992. In the men's race Fanie Matshipa's 2:59:32 is also the slowest since the second race.

Then, in a remarkable display of over-racing, Wöstmann finished second in the Sarens Edenvale Half Marathon the very next day, running 1:23:54 behind Keneilwe Sesing! (For Sesing's over-racing, see comment with the results of the race.)

In the NMBM Legacy Project Uitenhage Human Rights 30 km Margie Saunders (62) set another world single-age record with her 2:20:20 when finishing sixth. The oldest of the five athletes ahead of her is 21 years younger than her! The previous record of 2:20:26 belonged to Melody-Anne Schultz (USA), who clocked her time in 2003. In the same race Andile Motwani broke the SA junior record of Harrison Kraqa, run in 1986, by 55 seconds with his 1:41:25 in third place. Six list leaders were recorded (Saunders's time is also a list leader for masters).

Three list leaders were run in the Century City 10 km Express, among them a new WP record in the 70+ category by Jeff Smith (43:16).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sarens Edenvale Marathon & Half Marathon, Edenvale
- * Umgeni Water Midmar Marathon, 32 km & 15 km, Howick

- * Old Mutual Om die Dam 50 km, Half Marathon & 10 km, Hartebeespoort Dam
- * Century City 10 km Express, Goodwood
- * Lake Farm Centre 10 km, Port Elizabeth
- * NMBM Legacy Project Uitenhage Human Rights 30 km & 10 km, Uitenhage

International highlights:

- * Nagoya International Women's Marathon, Nagoya, JPN
- * Maratonina Roma-Ostia, Roma to Ostia, ITA
- * Ras na hEireann U.S.A., Somerville, USA
- * Gate River Run 15 km, Jacksonville, USA
- * XC: African Cross-country Championships, Yaoundé, CMR
- * Indoor track: USA Indoor Championships, Portland, USA; NCAA Division I Indoor Championships, Birmingham, USA
- * Outdoor track: Perth Track Classic, Perth, AUS

ROAD RUNNING

Sarens Edenvale Marathon & Half Marathon

Edenvale, 13 March

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 563 men + 179 women = 742 total; half maraton – 1415.)

Note: Incredibly, Keneilwe Sesing's victory in the half marathon came less than a day after she had finished 28th in the African Cross-country Championships (results elsewhere in this issue). – Ed.

Marathon

MEN

1. James Thapelo Leseiyane (RAC) 2:32:55
2. Thulane Magagula (GCH) 2:33:15
3. Ndabili Bashingili (Ned) 2:35:13

WOMEN

1. Chris Walter (Dain) 3:30:06
2. Linda Smart (Dain) 3:34:31
3. Belinda Waghorn (B2R) 3:35:45

Half marathon

MEN

1. Jeffrey Gwebu (KPMG) 1:07:53
2. Donald Mashamaite (BCC) 1:09:49
3. Mbongeleni Lucky Mtshali (Olifants) 1:11:17

WOMEN

1. Keneilwe Sesing (KPMG) 1:21:36
2. Caroline Wöstmann (KPMG) 1:23:54
3. Kefilwe Philda Molefe (Randmark) 1:30:28

Umgeni Water Midmar Marathon (19th), 32 km & 15 km

Howick (Midmar Dam), 13 March

(Distances: 42.195 km, 32 km & 15 km; loop courses, partly on gravel.)

Marathon

MEN

1. Muzi Madikwa Save Orion 2:43:24

2.	Sithembiso Masikane	Protea	2:48:34
3.	Sandele Ndela	Save Orion	2:49:40

40-49:

1.	Peter Hobden	Hilton Harr	3:11:35
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50-59:

1.	Pakama Shezi	Nedbank AC	3:07:18
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60+:

1.	Mike Cowling	Saints	4:02:58
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WOMEN

1.	Lisa Collett	Nedbank AC	3:13:54
2.	Nonsikelo Mbambo	Save Orion	3:31:41
3.	Lauren Callenborne	West AC	3:42:30

40-49:

1.	Lauren Callenborne	West AC	3:42:30
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32 km

MEN

1.	Philani Ngcobo	Coll Harr	1:54:39
2.	Lucky Madiala	QBH	2:02:54
3.	Denzyll Hadebe	Natal Carb	2:06:57

40-49:

1.	Silwayiphi Mathosi	Phuma KZN	2:07:24
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50-59:

1.	Prakash Ghela	Save OriOn	2:48:51
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60+:

1	Danny Holton	QBH	3:02:05
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WOMEN

1.	Pat Dammann	Vitality	2:32:28
2.	Lara Williams	Ind	2:34:33
3.	Yolanda Visser	Bluff AC	2:48:54

40-49:

1.	Pat Dammann	Vitality	2:32:26
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50-59:

1.	Elana Pessenbacher	Eskom	2:58:58
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60+:

1.	Pat Moore	Ind	4:01:47
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15 km

MEN

1.	Andile Mkhize	Eskom	53:53
2.	Siphelele Zondi	Amaqwe	54:13
3.	Derrick Makhaye	Maritzburg City	54:49

WOMEN

1.	Shelley Cadle	Chiltern	63:36
1.	Michelle de Montilie	HV	64:50
3.	Debbie Perry	Boxer AC	67:16.

Old Mutual Om die Dam 50 km (26th), Half Marathon & 10 km

Hartebeespoort Dam, 12 March

(Distances: 50 km, 21.1 km & 10 km; hilly loop courses. Finishers: 50 km – 2830 [down from 3300 last year]; half marathon – 1851 [up from 1736]; no figures available for 10 km.)

Note: Two DRR subscribers did well here – Julianie Basson was second (and first vet) in the 50 km and Nico Steenkamp was the first grandmaster in the 10 km. Congratulations to both! – Ed.

50 km

MEN

1. Fanie Matshipa (Samancor) 2:59:32
2. Modibe Ludwick Mamabolo (Ned) 3:01:48
3. Khubulani Zondo (Ned) 3:01:58
4. Nicholas Mugomeri (ZIM/Ned) 3:04:05
5. Leonard Koki (ZIM/FFA) 3:04:45
6. Renier Grobler (Ned) 3:08:15
7. Eliya Tshepiso Mogoboya (Ned) 3:09:11
8. Siyabonga Dinsile (Ned) 3:10:26
9. Samuel Mashishi (FFA) 3:12:56
10. Harmans Mokgadi (Brooks) 3:13:09

Veterans: 1. Nicholas Mugomeri (ZIM/Ned) 3:04:05; 2. Harmans Mokgadi (Brooks) 3:13:09; 3. Reginald Ngobese (Ind) 3:13:31. **Masters:** 1. Daniel Radebe (Ind) 3:30:12; 2. Joseph Ndlovu (Ind) 3:31:10; 3. Kenneth Motsoai (Ind) 3:38:48. **G'masters:** 1. Johan Nel (Irene) 4:11:20; 2. Don Charles (Ned) 4:30:09; 3. Malefetsane Mlaba (Setsing) 4:38:53. **G/g'masters:** 1. Pele Tshikundamalema (Vodac) 5:11:46; 2. Izak Smalman (Ind) 5:52:46; 3. Motlogelwa Khoele (Rainbow) 6:23:35.

WOMEN

1. Caroline Wöstmann (KPMG) 3:38:38
2. Julianie Basson (B2R) 3:45:47
3. Salome Cooper (B2R) 3:51:11
4. Kashmira Parbhoo (Lenasia) 3:59:41
5. Anel Labuschagne (KRR) 4:11:27
6. Danka Erasmus (Mag) 4:11:52
7. Litha Williams (Soweto) 4:14:00
8. Natasja Kask (KRR) 4:14:35
9. Kaoma Chileshe (RCRC) 4:17:29
10. Marlize du Plessis (Runav) 4:18:06

Veterans: 1. Julianie Basson (B2R) 3:45:47; 2. Salome Cooper (B2R) 3:51:11; 3. Kashmira Parbhoo (Lenasia) 3:59:41. **Masters:** 1. Elmarie Pretorius (RWFL) 4:46:30; 2. Marina Coetzee (PMC) 5:01:05; 3. Louise Goosen (KRR) 5:04:29. **G'masters:** 1. Makgoale Magwentshu (Ukhozi) 5:28:26; 2. Feroza van der Merwe (Merc) 5:55:44; 3. Petra Myburgh (Striders) 5:56:41.

Half marathon

MEN

1. Joel Mmone (Ned) 1:06:40
2. Coolboy Ngamole (Ned) 1:07:35
3. Chabeli Nyedimane (Ned) 1:08:19
4. Juan van Deventer (Ned) 1:08:51
5. Johannes Kekana (MP) 1:10:48 (1st vet)

WOMEN

1. Catherine Skosana (Ned) 1:26:33
2. Maria Shai (Ned) 1:30:56
3. Mitsie van der Westhuizen (Runav) 1:31:09
4. Elizabeth Dhiwayo (RWFL) 1:34:48
5. Lesley Train (Ind) 1:35:55

10 km

MEN

- 1 Kgosi Tsosane (Nedbank) 29:47; 2 Desmond Mokgobu (Boxer) 29:49; 3 Phillimon Mathiba (Nedbank) 30:24.

Veterans: 1 Shadrack Hoff (Boxer) 32:03; 2 Rulf Nki (Zwakala) 33:15. **Masters:** 1 Daniel Mothibe (Runavation) 36:31; 2 Reform Ndlovu (Randburg Harriers) 37:55. **G'masters:** 1 Nico Steenekamp (Rustenburg) 46:51. **G/g'masters:** 1 Lerumo Lentswe (Vaal Reefs) 72:20. **Juniors:** 1 Tshenolo Mojana (Madibeng Mambas) 38:16.

WOMEN

- 1 Cornelia Joubert (Boxer) 37:01; 2 Thembi Baloyi (TUT) 38:24; 3 Paulina Phaho (Rockies) 41:27 (1st vet).

Veterans: 1 Paulina Phaho (Rockies) 41:27; 2 Maria Bendana (Morningside) 48:08. **Masters:** 1 Monica Reis (Roodepoort) 51:00; 2 Leonie Jurgens (BNAC) 54:01. **G'masters:** 1 Joan de Klerk (RAC) 59:42. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 58:11. **Juniors:** 1 Chanell Dittrich (Krugersdorp) 64:45.

Century City 10 km Express

Goodwood, 12 March

(Certified loop course. Weather: Cool at start, warmer later; good running conditions.)

MEN

1. Sibabalwe Gladwin Mzazi (Boxer) 29:52
2. Sibusiso Madikizela (MSA) 30:22
3. Tseiso Moeketsi (LES/KPMG CGA) 30:24

Veterans: 1. Gert Thys (Boxer) 30:57; 2. Tsungai Mwanengeni (ZIM/Gugs) 31:32; 3. Thembelani Zola (Gugs) 34:29. **Masters:** 1. Johnny Persents (WR) 35:00; 2. Eric Coetzee (FNB) 35:53; 3. Chris Mitchell (Celtic) 37:03. **G'masters:** 1. Mochamat Kriel (Ommie) 38:50; 2. Robbie Lindsay (Ned) 40:35; 3. Brian Merryweather (GBR/Edge) 44:29. **G/g'masters:** 1. Jeff Smith (Itheko) 43:16; 2. Ronnie le Roux (Brack) 47:53; 3. Joseph Matthews (MS) 52:48. **Juniors:** 1. McMarshall Hartzenberg (Eerste) 32:15; 2. Asemahle Kwatsha (Gugs) 35:00; 3. Calvin Hammond (Pine) 37:32.

WOMEN

1. Nolene Conrad (KPMG) 34:57
2. Zintle Xiniwe (FNB) 35:30
3. Fortunate Chidzivo (ZIM/Ned) 35:59

Veterans: 1. Obertina Kanyongo (ZIM/Edge) 40:31; 2. Marlize Vienings (Edge) 42:24; 3. Sharon Sunderland (WC) 42:56. **Masters:** 1. Olga Howard (Celtic) 44:04; 2. Teretha Lourens (WC) 45:35; 3. Bev Charters (VOB) 45:59. **G'masters:** 1. Nancy Will 44:38; 2. Charmaine Cupido (Ned) 49:40; 3. Helen du Plessis (Brack) 49:43. **G/g'masters:** 1. Pixie Sparg (Celtic) 56:34; 2. Marlene James (Pine) 59:03; Annatjie Berntzen (Good) 74:03. **Juniors:** 1. Lauren Jonathan (VOB) 41:15; 2. Busisiwe Gwala (VOB) 46:23.

Lake Farm Centre 10 km (32nd)

Port Elizabeth, 12 March

(Distance: 10 km; hilly loop course. Finishers: 324 [considerably down from 471 last year].)

MEN

1	Adriaan	Gerwel	Xcel AC	19	33:38
2	Anele	Maliza	Nedbank RC	38	34:44
3	Brendon	Effenaar	Nedbank RC	20	35:30
4	Zukile	Bunzi	Temp	24	36:59
5	Luyanda	Tshangana	Ikhamba AC	32	37:17
6	Juwayne	Fletcher	Charlo AC	25	39:32
7	Khayelihle	Ncube	Nedbank RC	29	40:18
8	Msindisi	Matshobeni	NMB Mun	37	40:55
9	Juan	Cordier	Kowie Striders	30	41:03
10	Michael	Prince (1 st vet)	Nedbank RC	42	43:07
11	Neo	Mohapi	Rhodes Univ	25	43:11
12	Jaco	Goliath	Temp	28	44:19
13	Martin	Jansen	Nedbank RC	47	44:21
14	John	Du Preez (1 st mast)	Temp	50	44:51
15	Bradley	Plaatjies	Temp	24	45:41
16	Llewellyn	Barnard	Elite AC	26	46:11
17	Disemba	Blou	Charlo AC	57	46:17
18	Geddes	Gallant	SANDF AC EP	49	46:26
19	Cobus	Pretorius	SAPS AC EP	48	47:04
20	Rudi	Van Tonder	Elite AC	43	47:27

40-44:

1	Michael	Prince	Nedbank RC	42	43:07
2	Rudi	Van Tonder	Elite AC	43	47:27
3	Loren	Meyer	VWAC	43	47:31

45-49:

1	Martin	Jansen	Nedbank RC	47	44:21
2	Geddes	Gallant	SANDF AC EP	49	46:26
3	Cobus	Pretorius	SAPS AC EP	48	47:04

50-54:

1	John	Du Preez	Temp	50	44:51
2	Stephen	Phillipson	Muirite Strider	52	48:07
3	Phillip	Dyakala	Bluewater Bay	51	49:24

55-59:

1	Disemba	Blou	Charlo AC	57	46:17
2	Peter	Van Rensburg	Elite AC	57	52:08
3	David	Enslin	Charlo AC	57	54:32

60-64:

1	Armin	Brandle	Charlo AC	64	58:17
2	Barry	Nelson	Nedbank RC	64	1:02:49
3	Chris	Bekker	Crusaders AC	63	1:11:29

65-69:

1	Hansie	Els	Somerset East	68	51:04
2	Syd	Lippstreu	Crusaders AC	68	53:17
3	Errol	Rossouw	PEAAC	66	57:14

70-74:

1	Brian	Smith	PEAAC	72	1:22:44
2	Clive	Batty	Temp	71	1:22:46

Juniors:

1	Jacobus	Stadler	Achilles AAA	16	48:28
2	Dane	Allie	Temp	16	54:09

3	Tawfeeq	Vyver	Nedbank RC	17	1:06:51
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WOMEN

1	Asanda	Solani	Achilles AAA	32	45:21
2	Janette	Schierz-Crusius (1 st mast)	Body Concept	55	46:10
3	Terray	Newcombe	Elite AC	25	47:36
4	Lisa	Rentzke	Body Concept	32	49:11
5	Katherine	Van der Walt (1 st vet)	Body Concept	40	50:06
6	Claire	Van der Nest	Body Concept	35	50:35
7	Theresa	Buchner	Nedbank RC	30	51:33
8	Marielize	Van Zyl	Walmer AC	56	51:44
9	Toegeda	Vyver	Nedbank RC	43	52:12
10	Tembela	Van der Berg	Nedbank RC	33	52:16
11	Michelle	Van Iddekinge	Profiles AC	49	52:28
12	Juanita	Claassen	Temp	27	54:16
13	Treloar	Childs	Walmer AC	52	54:31
14	Bianca	Deyzel	Muirite Strider	30	56:12
15	Rosemary	Joubert	Crusaders AC	55	56:52
16	Ashley	Reeves	Temp	25	57:37
17	Ann	Van der Merwe	Temp	50	58:13
18	Catherine	Meier	Temp	22	58:18
19	Ina	Meaker	Walmer AC	54	58:29
20	Lesley Ann	Bush	Despatch AC	43	59:11

40-44:

1	Katherine	Van der Walt	Body Concept	40	50:06
2	Toegeda	Vyver	Nedbank RC	43	52:12
3	Lesley Ann	Bush	Despatch AC	43	59:11

45-49:

1	Michelle	Van Iddekinge	Profiles AC	49	52:28
2	Lana	Bruyns	Madibaz AC	47	59:27
3	Anneline	Rautenbach	Nedbank RC	48	1:02:12

50-54:

1	Treloar	Childs	Walmer AC	52	54:31
2	Ann	Van der Merwe	Temp	50	58:13
3	Ina	Meaker	Walmer AC	54	58:29

55-59:

1	Janette	Schierz-Crusius	Body Concept	55	46:10
2	Marielize	Van Zyl	Walmer AC	56	51:44
3	Rosemary	Joubert	Crusaders AC	55	56:52

60-64:

1	Avuyile	Mazibe	Nedbank RC	63	1:16:05
2	Stephanie	Hay	Walmer AC	60	1:18:20
3	Suzette	Naude	Temp	61	1:34:19

65-69:

1	Helene	Oppel	Crusaders AC	66	1:05:20
2	Christine	Fourie	Elite AC	69	1:10:03
3	Jeanette	Pienaar	PEAAC	67	1:10:46

70-74:

1	Ronelle	Steyn	Nedbank RC	72	1:11:17
2	Isabella	Childs	Walmer AC	74	1:16:21
3	Gaynor	Knoetze	Temp	70	1:27:04

75-79:

1	Dorothy	Hart	Madibaz AC	78	1:20:35
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Juniors:

1	Michaela	Olivier	Nedbank RC	15	1:11:52
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NMBM Legacy Project Uitenhage Human Rights 30 km (2nd) & 10 km (1st)

Uitenhage, 5 March

(Undulating out-and-back courses with some longish hills in the 30 km. Finishers: 30 km – 287 [considerably up from 157 last year]; 10 km – 103)

Note: This 30 km was called the Legacy Project Human Race last year. – Ed.**30 km**

MEN

1	Melikhaya	Frans	Ikhamva AC	26	1:36:30
2	George	Ntshiliza	Bluewater Bay	36	1:40:22
3	Andile	Motwani (1 st jun)	Tinarha AC	19	1:41:25
4	Eric	Sigxashe	Motherwell AC	37	1:41:54
5	Andre	Ketchem	Xcel AC	32	1:42:12
6	Anele	Maliza	Nedbank RC	38	1:44:45
7	Rodney	Prins	Malabar	27	1:45:00
8	Maxwell	Goodman (1 st vet)	Ikhamva AC	43	1:45:23
9	Saziphi	Blaai	Nedbank RC	35	1:45:45
10	Luthando	Hejana	Temp	29	1:46:05
11	Amos	Nyongo	Ikhamva AC	29	1:48:33
12	Bulelani	Niwa	Temp	32	1:48:46
13	Mila	Pasiya	Nedbank RC	36	1:48:49
14	Zolile	Mhlahlo	Achilles AAA	41	1:50:46
15	Siyabonga	Honni	Temp	32	1:52:33
16	Sipho	November	Graaff-Reinet	35	1:53:35
17	Deon	Appollis	Temp	36	1:55:10
18	Nkosinathi	Gcakasi	Bluewater Bay	45	1:55:17
19	Gcobani	Bekwapi	Tinarha AC	36	1:55:26
20	Sim	Mojiki	Nedrcbor	31	1:56:50

40-44:

1	Maxwell	Goodman	Ikhamva AC	43	1:45:23
2	Zolile	Mhlahlo	Achilles AAA	41	1:50:46
3	Noel	Adams	Gelvan AC	43	2:02:38

45-49:

1	Nkosinathi	Gcakasi	Bluewater Bay	45	1:55:17
2	Christopher	Mabengeza	Nedbank RC	49	2:00:02
3	Simon	Ngcoko	Nedbank RC	46	2:00:53

50-54:

1	Welcome	Loliwe	Nedbank RC	51	1:57:58
2	Kenneth	Menze	Bluewater Bay	54	1:59:36
3	Desmond	Zibi	Achilles AAA	52	2:00:53

55-59:

1	Gerrie	Hermann	Kouga Multi SC	59	2:27:23
2	Christopher	Nyodi	Bluewater Bay	57	2:29:55
3	Alan	Taylor	Achilles AAA	58	2:36:59

60-64:

1	Elvis	Galela	Madibaz AC	64	2:19:27
2	Sizinzo	Kama	Achilles AAA	64	2:32:21
3	Ken	Barwood	Achilles AAA	60	3:02:53

65-69:

1	Lochi	Lochner	Charlo AC	68	2:39:25
2	Thomas	Groener	PEAAC	68	3:06:11
3	Peter	Eck	Temp	69	3:23:18

70-74:

1	Tamsanqa	Jusayi	Nedbank RC	73	2:48:51
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2	Eckart	Schumann	Body Concept	70	2:56:17
3	Johannes	Herbst	Muirite Strider	70	3:01:33

75-79:

1	Godfrey	Kariem	Gelvan AC	75	3:27:57
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Juniors:

1	Andile	Motwani	Tinarha AC	19	1:41:25
2	Lonwabo	Williams	Tinarha AC	17	2:05:32

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	34	2:00:50
2	Bulelwa	Simae	Temp	38	2:09:39
3	Davera	Magson (1 st vet)	Nedbank RC	41	2:14:22
4	Nokholo	Hlezupondo	SANDF AC EP	37	2:17:00
5	Asanda	Solani	Achilles AAA	32	2:19:07
6	Margie	Saunders (1 st g'mast)	Nedbank RC	62	2:20:20
7	Janette	Schierz-Crusius (1 st mast)	Body Concept	55	2:20:55
8	Terray	Newcombe	Elite AC	25	2:24:38
9	Jene	Banfield	RWFL EP	45	2:26:30
10	Grizelda	Pietersen	Temp	47	2:29:10
11	Amore	Strauss	Charlo AC	31	2:31:56
12	Terri-Lynn	Penney	RWFL EP	38	2:40:08
13	Robyn	Rose	Charlo AC	28	2:42:54
14	Sunelle	Horne	Bluewater Bay	42	2:43:48
15	Amanda	Prideaux	Bluewater Bay	40	2:45:24
16	Yandiswa	Mqoqi	Vukani MS Club	38	2:49:50
17	Buyelwa	Kobokana	Nedbank RC	51	2:50:16
18	Talana	Vosloo	Nedbank RC	34	2:50:34
19	Rosemary	Joubert	Crusaders AC	55	2:51:25
20	Louise	Mazuelas	Charlo AC	37	2:52:40

40-44:

1	Davera	Magson	Nedbank RC	41	2:14:22
2	Sunelle	Horne	Bluewater Bay	42	2:43:48
3	Amanda	Prideaux	Bluewater Bay	40	2:45:24

45-49:

1	Jene	Banfield	RWFL EP	45	2:26:30
2	Grizelda	Pietersen	Temp	47	2:29:10
3	Denise	Darlow	Charlo AC	47	3:03:03

50-54:

1	Buyelwa	Kobokana	Nedbank RC	51	2:50:16
2	Aletta	Joubert	Crusaders AC	54	3:13:01
3	Melanie	Gardiner	Madiba BW	50	3:18:01

55-59:

1	Janette	Schierz-Crusius	Body Concept	55	2:20:55
2	Rosemary	Joubert	Crusaders AC	55	2:51:25
3	Janette	Van der Kolf	Coega AC	56	3:26:40

60-64:

1	Margie	Saunders	Nedbank RC	62	2:20:20
2	Nicki	Van Niekerk	Muirite Strider	61	3:24:28

65-69:

1	Jeanette	Pienaar	PEAAC	67	3:47:06
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10 km**MEN**

1	Mariano	Eesou	Madibaz AC	24	32:01
2	Adriaan	Gerwel	Xcel AC	19	32:17
3	Brendon	Effenaar	Nedbank RC	20	32:53

4	Xolani	Mabophe	Ikhamba AC	32	33:22
5	Melikhaya	Kepe	Nedbank RC	39	33:31
6	Sinethemba	Mirle (1 st jun)	Temp	13	34:28
7	Melikhaya	Malinga	Tinarha AC	35	34:45
8	Terrance	Mjekula (1 st vet)	Tinarha AC	43	35:06
9	Lindisipho	Mnxashula	Temp	18	35:52
10	Maboyisana	Mazwayi	Nedbank RC	47	35:53
11	Luyanda	Tshangana	Ikhamba AC	32	36:26
12	Bonginkosi	Noluhlazana	Cheetahs AC	37	36:44
13	Alfred	Qogi	Nedbank RC	42	36:51
14	Nangamso	Madyibi	Nedbank RC	25	37:18
15	Thobile	Xata	Bluewater Bay	41	37:49
16	Mandilakhe	Nel	Motherwell AC	18	37:53
17	Mzukisi	Klaas	Bluewater Bay	47	38:15
18	Michael	Bekapi (1 st mast)	Ikhamba AC	54	39:28
19	Mtetwa	Jarati	Body Concept	26	40:00
20	Luvuyo	Stephen	Nedbank RC	45	41:00

40-44:

1	Terrance	Mjekula	Tinarha AC	43	35:06
2	Alfred	Qogi	Nedbank RC	42	36:51
3	Thobile	Xata	Bluewater Bay	41	37:49

45-49:

1	Maboyisana	Mazwayi	Nedbank RC	47	35:53
2	Mzukisi	Klaas	Bluewater Bay	47	38:15
3	Luvuyo	Stephen	Nedbank RC	45	41:00

50-54:

1	Michael	Bekapi	Ikhamba AC	54	39:28
2	Vusumzi	Simakuhle	Nedbank RC	50	47:44
3	Plaaitjie	Damons	VWAC	52	47:55

55-59:

1	Sidwel	Roboshi	Nedbank RC	56	46:53
2	Stephanus	Pretorius	Muirite Strider	58	53:58

60-64:

1	Xolile	Gomomo	Motherwell AC	63	1:12:08
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65-69:

1	Hannes	Els	Madiba BW	66	46:15
2	Syd	Lippstreu	Crusaders AC	67	53:09
3	Nick	Ferreira	Bluewater Bay	65	1:04:49

70-74:

1	Ron	Clark	Bluewater Bay	73	54:54
2	Gerald	Bouwer	Achilles AAA	72	1:14:35

80+:

1	John	Peart	Nedbank RC	80	1:10:10
2	John	Peart	Nedbank RC	80	1:53:48

Juniors:

1	Sinethemba	Mirle	Temp	13	34:28
2	Lindisipho	Mnxashula	Temp	18	35:52
3	Mandilakhe	Nel	Motherwell AC	18	37:53

WOMEN

1	Ndileka	Mvakwendlu	Tinarha AC	25	39:05
2	Siphokazi	Nojoko	Motherwell AC	21	40:53
3	Luthando	Nxanisa	Tinarha AC	23	44:00
4	Andiswa	Fezani	Nedbank RC	28	46:16
5	Nomakhosi	Ntliziyo (1 st jun)	Motherwell AC	17	47:57
6	Hanlie	V.d. Westhuizen (1 st mast)	Despatch AC	59	49:22

7	Hayley	Mason	Temp	31	49:48
8	Toegeda	Vyver (1 st vet)	Nedbank RC	43	49:55
9	Olwethu	Bomvana	Motherwell AC	29	52:13
10	Elize	Adams	Gelvan AC	41	52:50
11	Lynette	Crause	Walmer AC	56	57:27
12	Adrie	Geddie	Nedbank RC	37	1:00:11
13	Susanne	Hansson	Temp	40	1:00:33
14	Christine	De Beer	Elite AC	44	1:00:40
15	Miemsie	Swanepoel	Elite AC	54	1:01:01
16	Ashenda	Makonie	VWAC	40	1:02:00
17	Rushda	Jappie	Malabar	45	1:02:26
18	Nadia	Jonck	St Albans AC	22	1:06:11
19	Ayanda	Mji	PEAAC	45	1:06:22
20	Lucille	De Villiers	Crusaders AC	47	1:07:38

40-44:

1	Toegeda	Vyver	Nedbank RC	43	49:55
2	Elize	Adams	Gelvan AC	41	52:50
3	Susanne	Hansson	Temp	40	1:00:33

45-49:

1	Rushda	Jappie	Malabar	45	1:02:26
2	Ayanda	Mji	PEAAC	45	1:06:22
3	Lucille	De Villiers	Crusaders AC	47	1:07:38

50-54:

1	Miemsie	Swanepoel	Elite A C	54	1:01:01
2	Pauline	Rennie	Crusaders AC	50	1:15:51
3	Vicki	Reynolds	Bluewater Bay	52	1:17:46

55-59:

1	Hanlie	Van der Westhuizen	Despatch AC	59	49:22
2	Lynette	Crause	Walmer AC	56	57:27

60-64:

1	Stephanie	Hay	Walmer AC	60	1:17:08
2	Rina	Barnard	Elite AC	62	1:22:50

65-69:

1	Denise	Terblanche	Walmer AC	68	1:12:16
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70-74:

1	Orgia	Nell	Muirite Strider	72	1:15:37
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75-79:

1	Dorothy	Hart	Madibaz AC	78	1:23:37
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Juniors:

1	Nomakhosi	Ntliziyo	Motherwell AC	17	47:57
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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

Nagoya International Women's Marathon (35th)

(IAAF Gold Label Road Race)

Nagoya, JPN, 13 March

(Distance: 42.195 km; certified out-and-back course)

(gun times)

- | | |
|-------------------------------------|------------|
| 1. Eunice Jepkirui Kirwa, BRN | 2:22:40 |
| [1:11:45 / 1:10:55] | |
| 2. Tomomi Tanaka, JPN | 2:23:19 PB |
| [1:11:46 / 1:11:33] | |
| 3. Rei Ohara, JPN | 2:23:20 PB |
| [1:11:46 / 1:11:34] | |
| 4. Mao Kiyota, JPN | 2:24:32 PB |
| 5. Reia Iwade, JPN | 2:24:38 PB |
| 6. Sayaka Kuwahara, JPN | 2:25:09 PB |
| 7. Shiho Takechi, JPN | 2:25:29 PB |
| 8. Betelhem Moges, ETH | 2:26:36 |
| 9. Michi Numata, JPN | 2:27:27 PB |
| 10. Ryoko Kizaki, JPN | 2:28:49 |
| ... 32. Jenna Challenor, RSA | 2:37:12 |

Maratonina Roma-Ostia (42nd)

Roma to Ostia, ITA, 13 March

(Distance: 21.1 km; point-to-point course with 20 m elevation loss)

MEN (gun times)

- | | |
|---------------------------------|----------------|
| 1. Solomon Kirwa Yego, KEN | 58:44 WL/PB/CR |
| 2. Leonard Kipkoech Langat, KEN | 59:18 PB |
| 3. Remmy Limo Ndiwa, KEN | 1:00:06 PB |
| 4. Peter Kwemai Ndorobo, KEN | 1:00:13 PB |
| 5. Tulu Wami Kebede, ETH | 1:01:11 PB |
| ... 12. Sergey Lebid, UKR | 1:05:18 |

WOMEN (gun times)

- | | |
|--------------------------------|------------|
| 1. Worknesh Degefa Debele, ETH | 1:07:08 PB |
| 2. Angela Jemesunde Tanui, KEN | 1:07:16 PB |
| 3. Magdalyne Yeko Masai, KEN | 1:07:31 PB |
| 4. Marta Lema Megra, ETH | 1:07:58 PB |
| 5. Penninah Jerop Arusei, KEN | 1:09:08 |
| 6. Emmaculete Jebet, KEN | 1:10:39 PB |
| 7. Martha Akeno, KEN | 1:11:11 |

Ras na hEireann U.S.A.

"The Race of Ireland & United States of America"
Somerville, USA, 13 March
(Distance: 5 km)

MEN (gun times)

1. Andrea Sorgato, 34, Medford, MA 14:49
2. John Schilkowsky, 24, Cambridge, MA 14:49
3. Brian Harvey, 28, Boston, MA 14:55

WOMEN (gun times)

1. Jen Rhines, 41, Boston, MA 16:16
2. Rosa Moriello, 23, Brighton, MA 16:34
3. Holly Rees, 22, Somerville, MA 16:47

Gate River Run 15 km (39th)

(U.S. 15 km Championships for men and women)
Jacksonville, USA, 12 March
(Certified standard course)

MEN (gun times)

1. Stanley Kebenei, 26, Tucson, AZ 44:37 PB \$12,000
2. Shadrack Kipchirchir, 27, Beaverton, OR 44:40 PB 5,000
3. Christo Landry, 29, Charlotte, NO 44:42 3,000

ALL WOMEN' PROFESSIONAL RACE (gun times)

1. Tara Welling, 26, Portland, OR 50:34 PB \$12,000 + 5000g
2. Stephanie Bruce, 32, Flagstaff, AZ 51:13 5,000
3. Lindsey Scherf, 29, High Falls, NY 51:23 3,000

CROSS-COUNTRY**African Cross-country Championships** (4th)

Yaoundé, CMR, 12 March
(Distances: Approximate, only; the official distances listed in the results were obviously too long [10 km for senior men and women, 8 km for junior men and 6 km for junior women].)

SR. MEN (10 km):

Teams: 1. KEN, 13 points; 2. UGA, 30; 3. ETH, 41; 4. **RSA**, 68; 5. SUD, 109; 6. CMR, 145; 7. NGR, 173.

Individual finishers:

1. James RUNGARU, KEN, 26:34
2. Phillip KIPYEKO, UGA, 26:35
3. Charles YOSEI, KEN, 26:46
4. Cleophas NGETICH, KEN, 26:52
5. Geoffrey Kimutai KOECH, KEN, 27:09
6. Getaneh Molla TAMIRE, ETH, 27:13
7. Philip LANGAT, KEN, 27:13
8. MANDE ABDALLAH, UGA, 27:15
9. Daniel ROTICH, UGA, 27:38
10. Nebebew TESFYE BIRHAN, ETH, 27:48
- ... 15. Thabang MOSIAKO, **RSA**, 28:20
16. Preciuos MASHELE, **RSA**, 28:21
- ... 18. David MANJA, **RSA**, 28:42

19. Jeromy ANDREAS, RSA, 28:49
 ... 21. Thabang MASIHEHLO, RSA, 29:12
 ... 26. Derocious MAKHUBALO, RSA, 29:45

JR. MEN (7 km):

Teams: 1. KEN, 12 points; 2. ETH, 38; 3. RSA, 80; 4. SUD, 88; 5. MAR, 113; 6. ALG, 117.

Individual finishers:

1. Isaac KIPSANG, KEN, 21:33
2. Ronald KIPROTICH, KEN, 21:44
3. Aron KIPLE, ERI, 21:48
4. Anthony KIPTOO, KEN, 21:56
5. Andrew LOROT, KEN, 21:59
6. Nickson KIPLANGAT, KEN, 22:11
7. Tefera MOSISA MIDEKSSA, ETH, 22:15
8. Solomon Berihum WELDESLASSIE, ETH, 22:16
9. Willy KIPSEREM KWEMOI, KEN, 22:32
10. Nega FEKANSI GURMESSA, ETH, 22:36
- ... 17. Ikageng GAOREKWE, RSA, 23:49
18. Kabelo MELAMU, RSA, 23:52

SR. WOMEN (9 km):

Teams: 1. KEN, 26 points; 2. ETH, 32; 3. RSA, 73; 4. CMR, 112.

Individual finishers:

1. Alice Aprot NAWORIRINA, KEN, 29:52
2. Sheila CHEPKIRUI, KEN, 30:44
3. Beatrice CHEPKEMOI MUTAI, KEN, 31:08
4. Dida YAMI DERA, ETH, 31:13
5. Daisy JEPKEMEI, KEN, 31:29
6. Nancy NZISA, KEN, 31:30
7. Pauline KAVEKE, KEN, 31:43
8. KIDSANALEMA GEBREMEDHIN, ETH, 31:51
9. Alamerew TIRUSEW ENATHANESH, ETH, 32:10
10. Stella CHESANG, UGA, 32:42
- ... 13. Lebo PHALULA, RSA, 33:09
14. Lebogang PHALULA, RSA, 33:43
- ... 16. Andrea STEYN, RSA, 34:30
- ... 22. Murhendwa DHAVANHA, RSA, 37:43
- ... 28. Keneilwe SESING, RSA, 43:19

JR. WOMEN (5.5 km):

Teams: 1. KEN, 10 points; 2. ETH, 26; 3. MAR, 72; 4. RSA, 72; 5. CMR, 115.

Individual finishers:

1. Mariam CHEROP, KEN, 18:31
2. Gloria KITE, KEN, 18:39
3. Wilfred MBITHE, KEN, 18:40
4. Lucy CHERIUYOT, KEN, 18:42
5. Muliye DEKOBBO HAYLEMARIYAM, ETH, 18:52
6. Tersit DESALGN MENGISTU, ETH, 19:02
7. Zerfie LIMINEH TESENA, ETH, 19:03
8. Tiblet GETANETH DERSEH, ETH, 19:08
9. Kalkidan FENITE DEBEBE, ETH, 19:24
10. Lilian KASAIT RENGURUK, KEN, 19:48
- ... 13. Simonay WEITSZ, RSA, 20:42

INDOOR TRACK**USA Indoor Championships**

Portland, USA, 11-12 March
(200 banked synthetic track)

MEN

800 (12):

- | | | |
|-----------------------------------|---------|--------|
| 1. Boris Berian, Big Bear TC/NBal | 1:47.19 | \$5000 |
| 2. Erik Sowinski, Nike | 1:47.62 | 3000 |
| 3. Casimir Loxsom, Brooks Beasts | 1:47.89 | 1250 |

1500 (12):

- | | | |
|--|---------|--------|
| 1. Matthew Centrowitz, Nike Oregon Project | 3:44.33 | \$5000 |
| 2. Robby Andrews, adidas | 3:44.40 | 3000 |
| 3. Ben Blankenship, Nike Oregon TC | 3:45.40 | 1250 |

3000 (10):

- | | | |
|--------------------------------------|---------|-----------|
| 1. Ryan Hill, Nike Bowerman TC | 7:38.60 | CR \$5000 |
| 2. Paul Chelimo, U.S. Army | 7:39.00 | PB 3000 |
| 3. Eric Jenkins, Nike Oregon Project | 7:41.19 | 1250 |
| 4. Bernard Lagat, 1974, Nike | 7:41.25 | 750 |
| ... 7. Evan Jager, Nike Bowerman TC | 7:44.05 | |
| 8. Galen Rupp, Nike Oregon Project | 7:48.34 | |

WOMEN

800 (12):

- | | | |
|---|---------|--------|
| 1. Ajee' Wilson, adidas
[3rd title in 4 years] | 2:00.87 | \$5000 |
| 2. Laura Roesler, Nike | 2:02.44 | 3000 |
| 3. Phoebe Wright, Nike | 2:02.51 | 1250 |

1500 (12):

- | | | |
|------------------------------------|---------|--------|
| 1. Brenda Martinez, New Balance | 4:08.37 | \$5000 |
| 2. Cory McGee, New Balance Boston | 4:09.97 | 3000 |
| 3. Amanda Eccleston, Brooks | 4:10.42 | 1250 |
| ... 6. Alexa Efraimson, 1997, Nike | 4:13.44 | |

3000 (10):

- | | | |
|---|---------|---------|
| 1. Shannon Rowbury, Nike Oregon Proj | 8:55.65 | \$5000 |
| 2. Abbey D'Agostino, New Balance Boston | 8:57.31 | 3000 |
| 3. Shalaya Kipp, Oiselle | 8:59.85 | PB 1250 |

NCAA Division I Indoor Championships

Birmingham, USA, 11-12 March
(200 banked synthetic track)

MEN

800 (12):

- | | | |
|--|---------|-----|
| 1. Clayton Murphy, JR, Akron | 1:46.68 | FR* |
| 2. Eliud Rutto, JR, Mid. Tenn. St. (KEN) | 1:46.81 | PB |
| 3. Shaquille Walker, JR, BYU | 1:47.50 | |

Mile (12):

1. Henry Wynne, JR, Virginia 4:06.63
2. Blake Haney, SO, Oregon 4:06.75
3. Thomas Awad, SR, Penn 4:06.97

3000 (12):

1. Edward Cheserek, JR, Oregon (KEN) 8:00.40 FR
2. Sean McGorty, SO, Stanford 8:01.55
3. Justyn Knight, FR, Syracuse (CAN) 8:01.85

5000 (11):

1. Edward Cheserek, JR, Oregon (KEN) 13:47.89 FR
2. Thomas Curtin, SR, Virginia Tech 13:50.70
3. Pierce Murphy, SR, Colorado 13:52.22

Distance Medley Relay (11):

1. Oregon 9:27.27 MR/FR*
Matthew Maton [2:58.58], Ben Thiel [48.04], Grant Grosvenor [1:47.82], Edward Cheserek (KEN) [3:52.84]
2. Washington 9:28.00
Colby Gilbert [2:56.54], Jacopo Spano (ITA) [47.06], Blake Nelson [1:50.17], Izaic Yorks [3:54.24]
3. Mississippi 9:31.82
Robert Domanic [2:55.84], Derek Gutierrez [50.23], Craig Engels [1:48.00], Sean Tobin (IRL) [3:57.76]

WOMEN

800 (12):

1. Raevyn Rogers, SO, Oregon 2:04.68
2. Hanna Green, JR, Virginia Tech 2:05.90
3. Olivia Baker, SO, Stanford 2:06.08

Mile (12):

1. Kaela Edwards, JR, Oklahoma State 4:35.62 FR
2. Angel Piccirillo, SR, Villanova 4:36.26
3. Elinor Purrier, SO, New Hampshire 4:38.42

3000 (12):

1. Molly Seidel, JR, Notre Dame 8:57.86 FR*
2. Erin Finn, SO, Michigan 9:04.40
3. Katrina Coogan, SR, Georgetown 9:07.74

DNS-- Aisling Cuffe, SR, Stanford

DNS-- Allie Ostrander, FR, Boise State

5000 (11):

1. Molly Seidel, JR, Notre Dame 15:15.21 FR/PB*
2. Erin Finn, SO, Michigan 15:23.16 PB
3. Chelsea Blaase, SR, Tennessee 15:42.47 PB

DNF-- Allie Ostrander, FR, Boise State [apparent knee injury]

Distance Medley Relay (11):

1. Georgetown 10:57.21 FR*
Andrea Keklak [3:24.11], Heather Martin [54.04], Emma Keenan [2:05.13], Katrina Coogan [4:33.95]
2. Washington 10:58.52
Baylee Mires [3:23.46], Krista Armstead [55.31], Eleanor Fulton [2:05.54], Maddie Meyers [4:34.23]

3. Stanford 10:58.94
 Elise Cranny [3:24.04], Kristyn Williams [52.78], Malika Waschmann [2:06.25],
 Rebecca Mehra [4:35.88]

OUTDOOR TRACK

Perth Track Classic

Perth, AUS, 12 March

MEN

800:

1. David Rudisha, KEN 1:44.89
2. Peter Bol, WESTERN AUSTRALIA 1:46.68
3. Joshua Ralph, NEW SOUTH WALES 1:47.01

STATS TIME

This week we include a list of the top ten SA women in the marathon for 2016. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

2016 MARATHON: TOP 10 WOMEN

2:37:12	Jenna Challenor	32	Nagoya	13 Mar
2:47:21	Patience Khumalo	1	East London	20 Feb
2:48:52	Charné Bosman	1	Benoni	31 Jan
2:57:05A	Nomvuyisi Seti	2	Simon's Town	21 Feb
2:51:32	Mapaseka Makhanya	2	East London	20 Feb
2:53:21	Tanith Maxwell	3	East London	20 Feb
2:57:26	Yolande Maclean	1	Sasolburg	06 Feb
2:57:28A	Kerry-Ann Marshall	3	Simon's Town	21 Feb
2:57:36	Makhosazane Mhlongo	4	East London	20 Feb
2:59:37	Nandipha Dywili	5	East London	20 Feb

THIS MONTH IN HISTORY

20 years ago: 23 March 1996

Former basketball player Paul Tergat (KEN) won the second of his record five consecutive world titles when the World Cross-country Championships were held in Africa for the first time, on a picturesque course at the famed Coetzenburg track in Stellenbosch. Tergat beat Salah Hissou (MAR) by 12 seconds in 33:44 over a distance of 12.15 km. Ismael Kirui (KEN) was third in 33:58. The top South African was Shadrack Hoff, who finished 15th in 35:04. In the women's race over 6.35 km, won by Gete Wami in 20:12, Colleen de Reuck was fifth in 20:21. Seven years later Tergat would set a world marathon record of 2:04:55.

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		05 Mar
	1:36:30	Melikhaya Frans	Uitenhage	
Marathon	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		21 Feb
	2:11:43	Sibusiso Nzima	Sevilla	
	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	30:57	Gert Thys	Goodwood	12 Mar
	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	1:45:23	Maxwell Goodman	Uitenhage	05 Mar
	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	35:00	Johnny Persents	Goodwood	12 Mar
	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	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
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
	43:16	Jeff Smith	Goodwood	12 Mar
	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

Juniors

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		

WOMENOpen

10 km	33:30	Irvette van Zyl	Pretoria	23 Jan
	32:11	Diane Nukuri (BDI)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	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	2:37:12	Jenna Challenor	Nagoya	13 Mar
	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	2:14:22	Davera Magson	Uitenhage	05 Mar
	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	2:23:01	Karen Conway	Durban	06 Mar
	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
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	2:20:20	Margie Saunders	Uitenhage	05 Mar
	2:17:11	Barbara Miller (USA) 1999		

Marathon	3:30:14 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	East London	20 Feb
100 km				
<u>Great grandmasters (70+)</u>				
10 km	54:57 44:09	Annetjie Greyvenstein Lavinia Petrie (AUS) 2014	Pretoria	30 Jan
15 km	88:09 72:52	Pixie Sparg Jo Klein (NED) 2004	Constantia	05 Mar
21.1 km	2:08:12a 97:38	Pixie Sparg Lavinia Petrie (AUS) 2014	Simon's Town	21 Feb
25 km				
30 km	2:18:20 2:50:02 2:47:08	Gerry Davidson (USA) 1991 Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon	4:11:27a 3:35:29	Veronica van Niekerk Helga Miketta (GER) 2013	Simon's Town	21 Feb
100 km				
<u>Juniors</u>				
10 km	36:49 31:42	Ashleigh Simonis Zola Pieterse (RSA) 1984	Brackenfell	27 Jan
15 km	67:03 49:40	Nomakhozi Ntliziyo Ines Chenonge (KEN) 2001	Despatch	27 Feb
21.1 km	1:43:42 1:09:05	Nompumlelo Shongwe Delilah Asiago (KEN) 1991	Pretoria	16 Jan

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