

# 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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## EDITORIAL

The smile was there again, just as it was last year, but this time it was a confident smile, because Caroline Wöstmann was in well-known territory and she knew she is the best that South African ultrarunning has produced since the great Frith van der Merwe. It did not matter that her winning time of 3:44:44 in the Old Mutual Two Oceans Marathon on Saturday is the slowest since Sarah Mahlangu clocked 3:48:58 in 2000, because she had become the first South African woman who has won both the Two Oceans and the Comrades in two consecutive years.

Wöstmann, who last year was the first South African female winner in 14 years, is also the first South African woman since Monica Drögemöller in 1992 to successfully defend her title. That was, of course, before the race became a real international event.

Even though the Two Oceans was without the presence of the formidable Russians this year – their country is banned by the IAAF – the Ethiopian Amelework Fikadu Boshu, in her first ultra, delivered a strong challenge and led the race at one stage, with four other foreigners finishing in the top ten.

Tanith Maxwell, who had led for most of the race, ended up second in 3:45:55, one position better than last year, with Boshu third. Former champion Simona Juhász-Staicu (HUN), who has never been out of the top six in six previous attempts, finished eighth.

In the men's race the international contingent dominated as usual. The win went to Mike Fokoroni (ZIM) in 3:13:33, the slowest time since Phineas Makaba won in 3:15:06 as long ago as 1994. Three South Africans finished in the top ten, with former Comrades champion Modibe Ludwick Mamabolo taking sixth in 3:17:52.

Apart from Wöstmann's repeat victory, the highlight of the day was the new world age best at 50 km by former South African Colleen de Reuck. The American, now 51 but still the holder of the SA record for the marathon (2:26:35 run in 1996), set a new world mark of



Mike Fokoroni of Zimbabwe nears the finish to win the Old Mutual Two Oceans Marathon. The Nedbank athlete ran 3:13:33 for his first victory in the ultramarathon. [Aldré Lategan]

3:27:38 at 50 km – shattering the previous time of 3:41:57 by Lavina Petrie (GBR) in Canberra in 1994. De Reuck was fifth, also demolishing the age-group (50-59) course record with her 3:53:07.

De Reuck's times are not only a world best at 50 km and a course record for the full distance, but also a WP and SA open record for 50 km in the masters category. Three other 50 km records were also set: Charné Bosman (who was fourth) ran 3:24:46 for a South African record for veterans, as well as a WP open record, while the Pole Bogdan Barewski's 3:58:03 is a WP open record for grandmasters.

The race was run in memory of Chet Sainsbury, who was Race Director for an unprecedented 27 years (1981-2007) and developed the Two Oceans from a purely local event to the world-class race it has become. Sainsbury passed away in February after a long battle with cancer.

The race was held on the traditional route after the alternate route over Ou Kaapse Weg was used in 2015. (The start and finish for both routes are the same, however.)

It did not rain as much as in 2012 and the wind was not as strong as in 2013, but conditions were far from ideal for the ultramarathon, with a strong wind buffeting the runners along Chapman's Peak Drive. The half marathon had much better conditions – cool with light rain in the beginning.

Mamabolo and SA marathon record holder Gert Thys were at the front of the big leading pack early on, but soon after the 15 km mark Thys could not contain himself any longer and pulled away to reach the halfway mark in 1:33:58, with Mamabolo 50 seconds behind. Then came Mzolisi Makanda, Admire Rushika (ZIM), Collen Makaza (ZIM), Mthandazo Qhina, Charles Tjiane, Portipher Dombojena (ZIM), Melly Kennedy (KEN) and Fokoroni all within the span of a minute.

But Thys had overplayed his hand – as he has done so often in the past – and the energy-sapping climb up "Chappies", with the wind now blowing in the runners' faces, ended his challenge and he soon disappeared from the scene and pulled out.

Mamabolo was the only South African in the front group of six who raced over the top of Chapman's Peak and down into Hout Bay. When they reached the marathon mark, just before the next brutal climb to the highest point on the course, Constantia Nek (215 m above sea level), Makaza and Fokoroni were together in a slow 2:25:22, with Mamabolo, Dombojena and Kebede Aberra Dinke (ETH) just a stride behind. Kennedy was still in touch, just 10 seconds behind the trio. Defending champion Motlokoa Nkhabutlane (LES) was eleventh in the company of 2010 champion Mabuthile Lebopo, more than two minutes behind the leaders.

The slow early pace seemed to play into the hands of Fokoroni, who easily pulled away on the meandering climb up "the Nek". He dropped his rivals one after the other as no one could live with his powerful drive. When he reached the top, victory appeared to be in the bag. Fokoroni sped past the 50 km mark near the famous Kirstenbosch Botanical Gardens in 2:52:52, now 51 seconds ahead of Makaza. Then came a gap of 1:26 to a flying Nkhabutlane, who had started his charge – but too late, as it would turn out.

In fourth was Lebopo, and he was followed by Dombojena, a fading Mamabolo, Dinke, Tjiane, Teboho Sello (LES) and Moses Kurgat (KEN), who rounded out the top ten.

Fokoroni (39) finished fastest of all, running the last 6 km in 20:41 (the only one to dip under 21 minutes) to win by 72 seconds from Makaza, who was also second last year. Fokoroni had won four golds before this year, but has never been higher than sixth (in 2010 and last year). His two halves were run very close to equal splits: 1:36:35 and

1:36:58 – and this is probably the reason for his success, as the second half is much more difficult than the first.

"This is the biggest win of my career," he said. "And certainly the biggest prize. My wife and four children will be proud of me! I love running in Cape Town." His marathon PB of 2:15:12 has also been run in Cape Town.

Nkhabutlane was third in 3:16:22 after he had been only 43<sup>rd</sup> at the halfway mark. Lebopo finished fourth.

The other two South Africans, apart from Mamabolo, who won gold medals were Tjiane (8<sup>th</sup>) and Siphiwe Ndlela (10<sup>th</sup>). Qhina, who had been the best South African last year when he was fourth, could manage only fourteenth this time.

Wöstmann had said beforehand that the race was just "a training run" and part of her preparations for the Comrades in nine weeks. (Last year the interval between the two races was only eight weeks.) As it turned out, the training run was enough for the win and too much for the brave Maxwell, who until 53 km thought she had the race won. "I thought just maybe I'm going to pull this off. The race went according to plan," she said, "but I had nothing left when Caroline overtook me."

Wöstmann started slowly and at the halfway mark, which she reached in 1:54:06, she was exactly five minutes behind Maxwell. Between them were Boshu, who was more than two minutes behind the leader, Jennifer Koech (KEN), Paulina Njeya and Charné Bosman, who was second in last year's Comrades (and second in the Two Oceans in 2013).

At the marathon mark Maxwell (2:47:54, her fastest marathon of the year) was still leading and looking strong, but the Ethiopian was now only four seconds back, with a strong running Bosman third and Wöstmann fourth. The tiny Boshu then pushed up the incline and soon passed Maxwell to reach the top of Constantia Nek first, with a lead of about 30 m.

The top ten did not change much for the remainder of the race. Maxwell soon retook the lead and reached 50 km in 3:22:39, with Boshu on her heels. Wöstmann was now third, having passed Bosman, and only 52 seconds behind Maxwell. The chase was relentless, and Wöstmann, almost seven years younger (Maxwell turns 40 in June), cut into the gap between them with every stride. She went past with less than 3 km remaining and that was that. She won by 71 seconds, a much narrower victory than in 2015, but the slow time did not concern her.

"I am very happy where I am in my training – not quite in the same shape as I was last year, as I am planning to peak for the Comrades. I think the absence of the Russians made the race slower than last year. I was happy to let Tanith set the pace and to hang back in the main pack." She said she had pushed hard for only the last 8 km. "I asked myself, 'If I was running a time trial now, how do my legs feel? They don't feel too bad.'"

Wöstmann, a mother of two who won the Om die Dam 50 km only two weeks ago, said her aim is a sub-6 hour Comrades – something that only Van der Merwe, American Ann Trason and Tatyana Zhirkova (RUS) have managed. "I don't think this will mess up my Comrades," said Wöstmann, and added she would do a 10 km training run the next day.

Two runners, Tony Abrahamson and Louis Massyn, finished their 41st Two Oceans, in 5:08:44 and 6:08:24 respectively – both quite a bit quicker than in 2015. If they finish again next year, they will break their tie with Noel Stamper at the top of the medal table.

Just as the ultramarathon missed the presence of the Russians, the half marathon did not include many of South Africa's top runners over that distance – they were doing duty in the World Championships in Cardiff. The country's fastest female half-marathoner of the year

was running, however, and she won easily, just seven months after the birth of her and hurdler husband L.J. van Zyl's son. Irvette van Zyl took the lead from the start and at the halfway mark had a huge lead already. She crossed the finish line in 1:13:14, just 31 seconds slower than the course record, to win by more than four minutes ahead of Onneile Dintwe (BOT), with last year's sixth-placer, Alina Armas (NAM), third.

René Kalmer, the winner in 2010 and 2012 who is making a comeback from injury, continued her good form with a fourth place in 1:18:13. Both she and Van Zyl will compete in the London Marathon next month. Sister Christine was fifth.

In the men's race Namakoe Nkhasi (LES) had to sprint to beat track star Elroy Gelant by two seconds in a personal best of 1:03:38 – a mere three seconds slower than three-time winner Stephen Mokoka's course record. Mokoka was running in Cardiff. Gelant was also second last year. David Manja, fourth in 2015, was third.

Three course records were set, by Elmarie Coetzee (50-59) in 1:33:33, Margie Saunders (60-69) in 1:38:01, and Veronica van Niekerk (70+) in 1:54:16. Five list leaders were recorded.

*Distance Running Results* subscribers did quite well. Apart from Bosman, René Kalmer, Coetzee and Saunders, who have been mentioned already, Julianie Basson finished tenth (3<sup>rd</sup> vet) and Nancy Will first grandmaster in the ultra. Former double champion Brian Chamberlain (66) finished in 5:06:27, while Ian Bocock (67) finished his 38<sup>th</sup> run in 6:16:48 and John Brimble (68) his 37<sup>th</sup> in 6:48:53. (John's son Ben was the fourth WP athlete.) Tanya Posthumus-Fox was 17<sup>th</sup> in the half marathon. WPA Vice-



FNB Multisport Club members used their new kit for the first time in the Two Oceans. Here Elmarie Coetzee (second from left), who set a new masters course record in the half marathon, poses with three fellow club members, Albertus Dippenaar, Dries Swart and Carien Helberg. [Aldré Lategan]



Geoffrey Kipsang Kamworor takes his second consecutive world half-marathon title in a wet and windy Cardiff on Saturday. [IAAF]

president Jakes Jacobs missed a sub-2 hour time in the half marathon by exactly a minute. Congratulations to all! (And as her coach, DRR subscriber Andrew Bosch should get some credit for Maxwell's performance!)

□ In the Welsh city of Cardiff Stephen Mokoka (61:27) led the SA team to seventh place in the team competition at the World Half-marathon Championships. Mbongeni Ngxazozo (64:51) was the second South African, but none of the other men did their country proud in the cold, windy and rainy conditions – with Lucky Mohale running slower than the first three SA women. Mokoka's time at 15 km, 42:44, broke his own SA best set in Copenhagen in 2014 by 5 seconds.

(His other splits were 14:11, 28:21 and 58:05.) Nolene Conrad was the best of the SA women, finishing 37<sup>th</sup> in 73:45. The only other South Africans under 83 minutes were Lebogang Phalula (74:21) and Cornelia Joubert (74:23).

The world titles went to defending champion Geoffrey Kamworor (KEN) in 59:10, despite a nasty fall at the start, and Peres Jepchirchir (KEN) in 67:31.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Old Mutual Two Oceans Marathon & Half Marathon, Cape Town
- \* Top Form 10 km, Athlone
- \* Mariannhill Half Marathon & 10 km, Pinetown
- \* Willem Boshoff Marathon & Half Marathon, Vryheid
- \* Umhlobo Wenene 10 km, Port Elizabeth

#### International highlights:

- \* IAAF/Cardiff University World Half-Marathon Championships, Cardiff, GBR
  - \* Allstate Sugar Bowl Crescent City Classic 10 km, New Orleans, USA
  - \* Outdoor track: Raleigh Relays, Raleigh, USA; Arkansas Razorback Spring Invitational, Fayetteville, USA
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## ROAD RUNNING

### Old Mutual Two Oceans Marathon (47th) & Half Marathon (19th)

Cape Town, 26 March

(Distances: Ultra – 56 km; certified near-loop course with S/F separation of 2.85%, very hilly in second half. Half-marathon – 21.1 km; certified near-loop course with S/F separation of 7.56%, very hilly. The finish is 65 m HIGHER than the start for both races [both races use the same start and finish areas]. The traditional route over Chapman's Peak was used this year for the longer race. Finishers: Ultramarathon, 8963 [up from 8678 last year]; Half-marathon, 13 760 [up from 13 124]. Weather: Cool; windy with intermittent rain, mostly in the ultramarathon)

#### Ultramarathon

##### MEN

1	Mike	Fokoroni	Ned Int (ZIM)	39	3:13:33	R250 000
2	Collen	Makaza	Ned Int (ZIM)	35	3:14:45	R125 000
3	Motlokoa	Nkhabutlane	Ori Int (LES)	31	3:16:22	R65 000
4	Mabhutle	Lebopo	ME Int (LES)	40	3:16:28	R35 000
5	Porthiper	Dombojena	ZIM	31	3:17:40	R25 000
6	Modibe	Mamabolo	Ned AGN	38	3:17:52	R15 000 + R7500i
7	Masilo	Matjeane	LES	34	3:19:03	R14 000
8	Charles	Tjiane	ME KZN	41	3:19:10	R13 000 + R5000i
9	Kebede Aberra	Dinke	Ned Int (ETH)	31	3:19:51	R12 000
10	Siphiwe	Ndlela	Ned KZN	26	3:19:55	R10 000 + R2500i
11	Moses	Kurgat	Ned Int (KEN)	24	3:20:52	
12	Teboho	Lejaha	Cool Int (LES)	30	3:21:27	
13	Bongumusa	Mthembu	AFAC	32	3:21:48	
14	Mthandazo	Qhina	Ned WP	38	3:22:11	R10 000ii
15	Claude	Moshiywa	Ned AGN	41	3:22:20	
16	Andrew	Chimbidzikai	Fast Int (ZIM)	37	3:22:49	

17	Mzwanele	Maphekula	Bluebay	39	3:23:50	
18	Siviwe	Nkombi	Itheko	27	3:24:30	R7500ii
19	Lucas	Nonyana	ME KZN	36	3:27:28	
20	Lebohlang	Monyele	ME Int (LES)	35	3:27:32	
21	Kenett	Kiptoo	Ned Int (KEN)	36	3:27:50	
22	Teboho	Sello	ME Int (LES)	37	3:27:57	
23	Kopano Peter	Muso	Colaaccg	35	3:28:22	
24	Peter	Muthubi	ME KZN	34	3:29:12	
25	Azeze Sema	Amogne	Ned Int (ETH)	32	3:29:59	
26	Thabo	Nkuna	Cool	36	3:33:05	
27	Lucas	Raseruthe	Cool	34	3:33:07	
28	Godfrey	Ramokone	EKCNW	30	3:33:18	
29	Thulane	Magagula	KPMG CGA	39	3:33:46	
30	Tarisai	Rukadza	Gugs (ZIM)	34	3:33:52	R5000ii
31	Rofhiwa	Mathidi	Fitafr	32	3:34:02	
32	Ruben	Setumu	Ned AGN	47	3:34:12	
33	Vusi	Sokhela	ME KZN	38	3:35:12	
34	Moeketsi	Mosuhli	ME Int (LES)	34	3:35:26	
35	Craig	Cynkin	KPMG CGA	30	3:35:33	
36	Thabo	Motaung	Scaw	27	3:36:42	
37	Bongani	Mdletshe	Nrbhar	29	3:36:43	
38	Ben	Brimble	Asics WP	30	3:37:01	R2500ii
39	Anda	Lubelwana	Houtbay	29	3:37:19	R1000ii
40	Siyabulela	Mpongwana	VOB	35	3:37:22	
41	Mila	Pasiya	Ned EC	36	3:37:22	
42	Siyabonga	Madala	Gugs	30	3:37:25	
43	Siya	Mqambeli	Ned AGN	34	3:38:09	
44	Willem	Maphanga	Cool	29	3:39:02	
45	Shingarai	Badza	ME KZN (ZIM)	42	3:39:07	
46	Zingisile	Marikeni	Ned Bor	40	3:39:28	
47	Patrick	Mukwevho	Ricoh	43	3:40:30	
48	Imran	Paya	Gugs (MAW)	38	3:40:59	
49	Edward	Mothibi	Impala	31	3:41:02	
50	Samuel	Bolo	KPMG CGA	38	3:41:15	
51	Thuso	Mosiea	AFAC	40	3:42:39	
52	Sam	Munyai	Ned AGN	35	3:43:47	
53	Mzolisi	Makanda	Ned EC	33	3:44:35	
54	Simphiwe	Vellem	Gugs	36	3:44:44	
55	Jade	Muller	Ach	29	3:44:57	
56	Anele	Maliza	Ned EC	38	3:45:07	
57	Sityhilo	Diko	Ned WP	24	3:45:24	
58	Matthew	Lynas	GBR	49	3:45:45	
59	Admire	Rushika	VOB (ZIM)	29	3:46:14	
60	Bonginkosi	Noluhlazana	Cheettri	37	3:46:45	
61	Peter Ongkabetse	Medupe	Ned AGN	41	3:46:52	
62	Nic	De Beer	KPMG CGA	42	3:46:55	
63	Luthando	Hejana	B2rbor	29	3:47:06	
64	Mpendulo	Sigwadi	Gugs	29	3:47:10	
65	David	Mokganya	Ned AGN	35	3:47:35	
66	Karel	Burger	Boks	35	3:47:36	
67	Warren	Kidgell	HVAC	37	3:48:32	
68	Ken Chanda	Mwape	Phobian	33	3:48:52	
69	Eugene	V.d. Westhuizen	Boks	28	3:49:28	
70	Lee	Muir	GBR	29	3:49:31	
71	Musa Eugen	Maluleke	Fordgn	32	3:49:33	
72	Mdumiseni	Zondi	Orion	36	3:50:45	
73	Paul	Pitco	BNAC	37	3:51:10	



74	Luyanda	Mapoyi	WR WP	30	3:51:52
75	Oscar	Coetzee	Itheko	32	3:52:12
76	Lucky	Miya	Gallopers	35	3:52:14
77	Thabiso	Bontsi	Honey	31	3:52:20
78	King	Ntluzi	Yebo	41	3:52:27
79	Muntu	Phamla	Acsacg	39	3:52:30
80	Zwelithini	Vaphi	GCH	44	3:52:51
81	Rob	Gee	CH	39	3:53:04
82	Mosongo	Mokoatsi	Benh	39	3:53:07
83	Ntandoyenkosi	Xulu	Nrbhar	35	3:53:08
84	Mervin	Steenkamp	Itheko	27	3:53:17
85	Zuko	Matsheke	Cheettri	37	3:53:18
86	Zwelakhe	Mkorwana	Scaw	38	3:53:22
87	Samuel	Ongaki	Ned Int (KEN)	32	3:53:36
88	Bongane	Zwane	Ned CGA	42	3:53:44
89	Fantastic Gezani	Makhubela	Juluka	34	3:54:16
90	Giyani	Joseph	Chapcg	38	3:54:25
91	Mandla	Phangalele	Gugs	38	3:55:11
92	Tshililo	Ngwana	Manoni	37	3:55:23
93	Hloni	Serero	B2rcg	30	3:55:29
94	Nimrod	Kobeni	Ned AGN	42	3:55:41
95	Tokie France	Mofokeng	Sportsc	44	3:55:53
96	Ryan Peter	Gibson	Boks	33	3:55:57
97	Jaco	Brummer	KPMG Int (RSA)	38	3:55:58
98	Grant	Johnson	B2rcg	35	3:56:26
99	Innocent	Cele	SCS	30	3:56:29
100	Mandlenkosi	Dumakude	AFAC	37	3:56:30

Other finishers: 175. Rufus Photo, 36, 4:06:13; 284. Warinyane Lebopo, LES, 37, 4:18:31; 1391. Brian Chamberlain, 66, 5:06:27; 2913. Alan Robb, 62, 5:40:26; 6163. Bruce Fordyce, 60, 6:27:00.

DNF: Gert Thys, Mohammed Teman Hussein (ETH), Thobane Chagwe, Stephen Muzhingi (ZIM), Bethuel Netshifhefhe, Lehlohonolo Raletetebele (LES).

i = Incentive for the first three SA athletes

ii = Incentive for the first five WP athletes

#### **Veterans:**

1.	Mabhutle Lebopo	Maxed Elite Int (LES)	40	3:16:28	R10 000
2.	Charles Tjjane	Maxed Elite KZN	41	3:19:10	R5000
3.	Claude Moshiywa	Nedbank RC AGN	41	3:22:20	R4000

#### **Masters:**

1.	Shaun Meiklejohn	Save Orion AC	54	3:59:47	R5000
2.	Sipho Willie Majombozi	Boxer Superstores	52	4:02:56	R4000
3.	Welcome Loliwe	Nedbank RC EC	51	4:03:17	R3000

#### **G'masters:**

1.	Bogdan Barewski	POL	61	4:26:03	R4200
2.	Matt Shields	GBR	61	4:30:45	R2600
3.	Aubrey Roberts	Westville AC	60	4:36:34	R1600

#### **G/g'masters:**

1.	Steve Koller	RAC	71	5:56:52	R600
2.	John Mngadi	Rainbow AC CGA	70	6:08:02	R450
3.	Vernon du Preez	Langebaan Strandlopers	70	6:13:01	R300

WOMEN (Same prize money as men)

1	Caroline	Wöstmann	KPMG CGA	33	3:44:44	R7500i
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2	Tanith	Maxwell	Boxerss	39	3:45:55	R5000i
3	Amelework Fikadu	Bosho	Ned Int (ETH)	29	3:47:40	
4	Charné	Bosman	Ned AGN	40	3:48:40	R2500i
5	Colleen	De Reuck	KPMG Int (USA)	51	3:53:07	
6	Kerry-Ann	Marshall	AAC	32	3:57:39	R10 000ii
7	Jenniffer	Koech	Ned Int (KEN)	36	4:02:23	
8	Simona	Staicu	Ned Int (HUN)	44	4:02:59	
9	Alemtsehay Hailu	Kakissa	Ned Int (ETH)	31	4:03:55	
10	Julanie	Basson	B2rcg	41	4:06:44	
11	Yolande	Maclean	B2rcg	38	4:10:07	
12	Danette	Smith	KPMG Int (RSA)	27	4:10:33	
13	Chelitu Bogale	Asefa	Ned Int (ETH)	24	4:13:18	
14	Gerda	Steyn	Ned AGN	26	4:15:43	
15	Elizabeth	Phaka	B2rcg	37	4:21:30	
16	Sandra	Lynch	IRL	39	4:23:57	
17	Elmarie	Bezuidenhout	Charlo	34	4:24:19	
18	Ursula	Frans	Ned WP	47	4:24:25	R7500ii
19	Carly	Kent	Sunning	40	4:25:28	
20	Adele	Waldron	KPMG WP	42	4:26:11	R5000ii
21	Mitsie	V.d. Westhuizen	Runav	41	4:28:01	
22	Lesego	Hlako	Zwakala	34	4:28:15	
23	Lesley	Train Austin	KPMG CGA	42	4:28:39	
24	Anel	Van Wyk	Ned SWD	36	4:28:41	
25	Danka	Erasmus	MRR	29	4:28:58	
26	Toni	Bennetts	Klerks	36	4:31:36	
27	Tracy	Forbes	VOB	43	4:32:05	R2500ii
28	Paulina	Njeya	Cool	38	4:32:21	
29	Nokholo	Hlezupondo	SANDEF EP	37	4:32:37	
30	Angelique	Rabie	Carb	49	4:33:15	R1000ii
31	Christine	Wenzl	AUT	35	4:34:07	
32	Maria	Vilakazi	Rwflcg	40	4:34:44	
33	Jana	Trojan	VOB (CZE)	48	4:35:13	
34	Heather	Walden	B2rcg	42	4:35:14	
35	Vanessa	Bowman	Kemrr	46	4:35:17	
36	Taryn	King	ATC	28	4:36:14	
37	Elmarie	Goodchild	Ppistol	35	4:36:29	
38	Andrea	Ranger	Oldselb	33	4:36:37	
39	Mary	Khourie	Nbgn	31	4:37:10	
40	Kerryyn	Armstrong	Celtic	31	4:37:19	
41	Christine	Claasen	Ach	51	4:40:14	
42	Adrienne	Boyd	USA	27	4:40:45	
43	Jenni	Kruse	Sunning	42	4:41:30	
44	Annatjie	Botes	Ned SWD	58	4:42:31	
45	Linda	Kinloch-Smith	CMSC	39	4:42:32	
46	Emily	Cupito	AAC (USA)	32	4:43:44	
47	Jacqueline	Kellerman	Green	39	4:44:11	
48	Clare	Mullenger	GBR	37	4:44:52	
49	Christena	Walter	Dainfern	55	4:45:08	
50	Elizabeth Varela	Brink	Durbac	42	4:46:04	
51	Laura	Peddle	Strand	33	4:46:29	
52	Iris	Ndlovu	Nrbhar	38	4:46:58	
53	Kaoma	Chileshe	Hsrcgn	36	4:47:21	
54	Corinne	Berg	Troi	29	4:47:46	
55	Jill	Oliphant	RAC	44	4:48:11	
56	Lelanie	Van Zyl	Ned AGN	50	4:48:14	
57	Verlie	Briscoe	DHSOB	36	4:48:15	
58	Lisl	Grobler	Knysna	39	4:48:17	



59	Taryn	Greenblatt	RRR	33	4:48:22
60	Yolanda	Gratton	GBR	43	4:48:23
61	Nadine	Breytenbach	Irene	38	4:48:53
62	Sarah	Gordon	Whalers	46	4:49:32
63	Franci	Myburgh	Ned CGA	31	4:49:47
64	Kathryn	Van Meter	KPMG CGA	28	4:50:08
65	Juli	Switala	Celtic	34	4:50:18
66	Nicki	Ryder	RAC	42	4:50:21
67	Miranda	Dudley	WR WP	37	4:51:07
68	Andriël	De Lange	Teamvicg	36	4:51:07
69	Tania	Anderson	VOB	44	4:52:00
70	Lee-Shay	Willemse	VELAC	22	4:52:04
71	Beryl	Makokha	Lovergn	26	4:52:25
72	Nicola	Hewitt	Riverh	42	4:52:36
73	Laura	Sibé	FRA	29	4:52:44
74	Theodora Lintletse	Mathobisa	Bertsb	34	4:52:59
75	Rome	Phillipson	Hartenb	34	4:53:00
76	Marlize	Van Schaik	Durbac	40	4:53:00
77	Emily	Muller	VOB	35	4:53:01
78	Dana-Bianca	Van Zyl	Florida	39	4:53:01
79	Talia	Zulberg	RRR	38	4:53:25
80	Lora	Hirst	Wander	28	4:54:11
81	Marise	Fourie	Runav	37	4:54:37
82	Stephanie	Marais	Overk	29	4:54:42
83	Desiree	Briedenhann	ZMSC	31	4:54:47
84	Lizanne	Scholtz	ZMSC	44	4:54:47
85	Guinivere	Rogers	Durbac	25	4:54:50
86	Edna	Havlin	USA	39	4:54:55
87	Sibongile	Ziqubu	Eskkzn	43	4:54:56
88	Jane	Mudau	Pietrr	53	4:55:34
89	Adriana	Schwartz	BRA	45	4:55:35
90	Nomonde Apiwe	Gaga	AFAC	31	4:55:59
91	Nancy	Will	Pine	63	4:56:06
92	Ines	Roessler	GER	47	4:56:13
93	Heidi	Viljoen	Strand	38	4:56:24
94	Izaan	Smit	Durbac	34	4:56:26
95	Marloes	Veldhuis	NED	34	4:56:38
96	Suzaan	Kruger	Outenh	33	4:56:38
97	Kathleen	McQuaide	VOB	51	4:56:44
98	Denise	De Souza	Randh	35	4:56:56
99	Theresa	Brand	Bell	42	4:57:14
100	Carli	Basson	Bell	37	4:57:14

DNF: Louisa Leballo

i = Incentive for the first three SA athletes

ii = Incentive for the first five WP athletes

#### **Veterans:**

1.	Charné Bosman	Nedbank RC AGN	40	3:48:40
2.	Simona Staicu	Nedbank RC Int (HUN)	44	4:02:59
3.	Julanie Basson	Born 2 Run CGA	41	4:06:44

#### **Masters:**

1.	Colleen de Reuck	KPMG AC Int (USA)	51	3:53:07 WB/CR
2.	Christine Claasen	AAA	51	4:40:14
3.	Annatjie Botes	Nedbank RC SWD	58	4:42:31

**G'masters:**

1. Nancy Will	Pinelands AC	63	4:56:06
2. Andrea Menay	FRA	60	5:32:14
3. Eva Kissling-Fischer	SUI	61	5:41:31

**Half marathon**

## MEN

1	Namakoe	Nkhasi	Cool Int (LES)	23	1:03:38	R25 000
2	Elroy	Gelant	Boxerss	29	1:03:40	R12 000
3	David	Manja	Ned CNW	24	1:03:43	R6000
4	Joel	Mmone	Ned CNW	24	1:03:56	R5000
5	Xolisa	Tyali	Ned CGA	27	1:04:59	R4000
6	Thabang	Mosiako	Ned CNW	21	1:05:11	R3000
7	William	Kaptein	Boxerss	23	1:05:47	R2000
8	Mthobisi	Baloyi	KPMG CGA	31	1:06:00	R1000
9	Kgosi	Tsosane	Ned AGN	29	1:06:02	R750
10	Jeffrey	Gwebu	KPMG CGA	35	1:06:32	R500
11	Samuel	Segoaba	Tnetgn	32	1:07:41	
12	Lungile	Gongqa	Ned WP	37	1:08:26	R2500i
13	Sibusiso	Nzima	Ned CGA	29	1:08:26	
14	Sikhumbuzo	Seme	Kpmg Int (RSA)	31	1:08:32	
15	Chabeli Sidwell	Nyedimane	Ned CNW	32	1:08:56	
16	Tseiso	Moeketsi	KPMG CGA (LES)	27	1:09:23	
17	Xolisani	Zamkele	E.M.C.C	29	1:09:24	
18	Bonginkosi	Zwane	PHATAC	24	1:09:30	
19	Philani Richard	Buthelezi	Boxerss	26	1:09:35	
20	Vuyolwethu	Mbukushe	Gugs	25	1:09:50	R1250i
21	Vuyolwethu	Madikiza	E.M.C.C	22	1:10:07	
22	Tebogo	Pulusa	Dwami	26	1:10:19	
23	Raydon	Balie	WR WP	21	1:11:27	R500i
24	Don	Ndlovu	Cool	31	1:11:47	
25	Tsungai	Mwanengeni	Gugs (ZIM)	42	1:11:52	
26	Xolisa	Batala	VOB	27	1:12:12	
27	Akhona	Mdaka	EGA	23	1:12:23	
28	Justin	Fritz	Ceres	22	1:12:50	
29	Etienne	Plaatjies	Ned SWD	28	1:12:52	
30	Akhona	Makila	VOB	24	1:12:54	
31	Thembaletu	Molefe	VOB	29	1:13:08	
32	Tselane	Sekonyela	Harmfs	37	1:14:31	
33	Elfonzo	Pieterse	Ned SWD	27	1:14:31	
34	Andries	Pongwana	VKRR	28	1:15:03	
35	Andile	Maqele	Cheettri	28	1:16:01	
36	Innocent	Nyawose	Qbh	36	1:16:20	
37	Babalo	Hambi	Itheko	21	1:16:55	
38	Justin	Marais	Lanberg	20	1:16:58	
39	Pieter	Koopman	Itheko	41	1:17:10	
40	Dirk	Schwarzbach	GER	34	1:17:25	
41	Colin	Makatees	Namqa	23	1:17:43	
42	Gerrit	Verland	Satori	35	1:17:48	
43	Xolisa	Malane	WR WP	26	1:17:51	
44	Gilbert	Korir	Ned WP	31	1:17:55	
45	Reonard	Namupala	NAM	33	1:18:02	
46	Aphlyn	Taai	Charlo	33	1:18:02	
47	Jacob	Danster	VKRR	34	1:18:03	
48	Burt	Verster	Tuks	22	1:18:26	
49	Arne	Verster	AS Eagles	19	1:18:26	
50	Chris	Muller	ATC	27	1:19:12	

i = Incentive for the first three WP athletes

**Veterans:**

1. Tsungai Mwanengeni	Gugs (ZIM)	42	1:11:52	R4000
2. Pieter Koopman	Itheko	41	1:17:10	R3000
3. Uwe Braun	GER	43	1:20:56	R1500

**Masters:**

1. Iain Morshead	Boksburg AC	51	1:21:51	R2000
2. Tobias Philander	Itheko	51	1:22:16	R1000
3. Roston Isaacs	Nedbank RC WP	53	1:25:08	R750

**G'masters:**

1. Robert Lindsay	Nedbank RC WP	61	1:29:48	R2000
2. Piet Smit	Swartland AC	61	1:34:43	R1000
3. Christian Edwards	VOB	63	1:36:18	R500

**G/g'masters:**

1. Johannes Herbst	Muirite Striders	70	1:58:19	R1000
2. Peter van den Berg	Celtic Harriers	72	2:02:32	R500
3. Pieter Budde	Temp KZN	73	2:04:36	R250

**Juniors:**

1. Arne Verster	AS Eagles	19	1:18:26	R750
2. Godwin Heyns	Nedbank RC SWD	18	1:21:22	R500
3. Aviwe Kinana	Knysna MC	17	1:22:47	R400

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

1	Irvette	Van Zyl	Ned AGN	28	1:13:14	
2	Onneile	Dintwe	Ned Int (BOT)	30	1:17:15	
3	Alina	Armas	NAM	32	1:18:05	
4	René	Kalmer	Modathcg	35	1:18:13	
5	Christine	Kalmer	KPMG CGA	30	1:19:08	
6	Mapaseka	Makhanya	Ned AGN	30	1:19:57	
7	Ntombesintu	Mfunzi	Ned EC	34	1:20:00	
8	Keneilwe	Sesing	KPMG CGA	27	1:20:37	
9	Myrette	Brink	KPMG CGA	35	1:21:00	
10	Fortunate	Chidzivo	Ned WP (ZIM)	29	1:22:11	R2500i
11	Svenja	Thoes	GER	24	1:22:24	
12	Nandipha	Dywili	Tnetgn	24	1:23:28	
13	Bulelwa	Simae	Ned WP	38	1:24:22	R1250i
14	Adele	Broodryk	NWUMC	25	1:25:40	
15	Jessica	Pollock	UCT	22	1:26:22	R500i
16	Kristen	Williams	Tmp Natal	26	1:26:50	
17	Tanya	Posthumus-Fox	CCAC	35	1:27:17	
18	Leilani	Scheffer	Rwflnwn	32	1:27:51	
19	Paula	Quinsee	B2rcg	44	1:27:58	
20	Cecilia	Nel	Ned SWD	34	1:27:59	
21	Camilla	Hyslop	Tmp AGN	22	1:28:04	
22	Nicola	Hooper	CMSC	29	1:28:25	
23	Marli	Van Staden	Runav	22	1:28:59	
24	Martha	Hall	GBR	39	1:29:52	
25	Christiane	Adriaanse	GER	38	1:29:54	
26	Janene	Carey	Boxerss	44	1:30:16	
27	Sarah	Murless	Tmp WP	23	1:30:58	
28	Anne	Stewart	RAC	46	1:31:11	
29	Rone	Reynecke	Rwflnwn	30	1:31:12	
30	Robyn	Kaltenbrunn	KPMG CGA	19	1:31:25	
31	Puseletso	Dladla	Sav	24	1:32:17	
32	Melanie	Jennett	Fourway	43	1:32:53	

33	Paige	Botten	VOB	19	1:33:09
34	Orbertina	Kanyongo	Wcoast (ZIM)	48	1:33:20
35	Clare	Townsend	Tmp WP	27	1:33:22
36	Marlise	Robbertze	Teamvicg	37	1:33:30
37	Elmarie	Coetzee	FNB	52	1:33:33
38	Jeannie	De Beer	Runav	19	1:33:59
39	Tayla	Glover	Boxerss	25	1:34:24
40	Laune	Meyer	NWUMC	22	1:35:01
41	Chantel	Simpson	Ned WP	46	1:35:11
42	Peret	Badenhorst	ACRW	39	1:35:11
43	Alice	Oosthuizen	Mutual	29	1:35:18
44	Somari	Goussard	Tmp WP	37	1:35:23
45	Dorothea	Schwarzbach	GER	34	1:35:25
46	Maritsa	Kotze	Bell	33	1:36:35
47	Sarette	Van den Heever	CMSC	33	1:36:37
48	Ricci-Lee	Brookstone	Tmp CGA	27	1:36:39
49	Abby	Solms	Tmp KZN	26	1:36:49
50	Carien	Helberg	FNB	42	1:37:02

i = Incentive for the first three WP athletes

#### **Veterans:**

1.	Paula Quinsee	Born 2 Run CGA	44	1:27:58
2.	Janene Carey	Boxer Superstores	44	1:30:16
3.	Anne Stewart	RAC	46	1:31:11

#### **Masters:**

1.	Elmarie Coetzee	FNB	52	1:33:33 CR
2.	Georgina Andraos	VOB	54	1:37:48
3.	Vivienne Williams	ATC Running	53	1:39:00

#### **G'masters:**

1.	Margie Saunders	Nedbank RC EC	62	1:38:01 CR
2.	Chloe Glover	Team Vitality Club CGA	65	1:48:38
3.	Charmaine Cupido	Nedbank RC WP	60	1:51:33

#### **G/g'masters:**

1.	Veronica van Niekerk	EGA	70	1:54:16 CR
2.	Margaret Plantema	VOB	71	1:59:36
3.	Annatjie Greyvenstein	Irene RRC	71	2:07:58

#### **Juniors:**

1.	Robyn Kaltenbrunn	KPMG CGA	19	1:31:25
2.	Linda Detering	Carbineers WP	18	1:40:54
3.	Michelle Marais	Temp WP	19	1:42:19

### **Top Form 10 km**

Athlone, 21 March

(Certified out-and-back course with a loop on the outgoing leg. Weather: cool, warmer later, ideal conditions. Finishers: 2299 [considerably up from 1754 last year].)

Note: Vuyolwethu Mbukushe won this race just five days before competing in the Old Mutual Two Oceans Half Marathon, where Tsungai Mwanengeni and Jessica Pollock, among others, also ran. – Ed.

#### **MEN**

1. Vuyolwethu Mbukushe (Gugs) 31:42
2. Tsungai Mwanengeni (ZIM/Gugs) 31:45 (1<sup>st</sup> vet)
3. Xolisa Batala (VOB) 32:05

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 31:45; 2. Pieter Koopman (Itheke) 33:30; 3. Thembelani Zola (Gugs) 34:47. **Masters:** 1. Tobias Philander (Itheke) 34:52; 2. Eric Coetzee (FNB) 35:37; 3. Zolani Ntsodo (SANDF) 37:36. **G'masters:** 1. Mochamat Kriel (Ommie) 38:14; 2. Jimmy Morris (Forest) 41:39; 3. Johannes Jacobs (Celtic) 42:16. **G/g'masters:** 1. Jeff Smith (Itheke) 43:54; 2. Joseph Matthews (MS) 50:27; 3. Yusuf Gamiendien (Itheke) 57:03. **Juniors:** 1. Carlo Flink (Itheke) 32:30; 2. Asemahle Kwatsha (Gugs) 35:07; 3. Boithapelo Lehlehla (Held) 35:25.

#### WOMEN

1. Anel Terblanche (KPMG) 37:00
2. Pamela Moyikwa (VOB) 39:09
3. Jessica Pollock (UCT) 39:12

**Veterans:** 1. Angelique Rabie (Carb) 42:53; 2. Busisiwe Matiwane (Celtic) 43:01; 3. Tyshia Johannes (Gugs) 45:12. **Masters:** 1. Mariëtte Strauss (Tyger) 43:20; 2. Paola Vignani (ITA/VOB) 44:26; 3. Lollos Rodseth (Durb) 47:43. **G'masters:** 1. Charmaine Cupido (Ned) 48:26; 2. Helen du Plessis (Brack) 49:22; 3. Joy Riviera (SH) 54:57. **G/g'masters:** 1. Pixie Sparg (Celtic) 57:21; 2. Marlene James (Pine) 57:44; 3. Annatjie Berntzen (Good) 71:18. **Juniors:** 1. Busisiwe Gwala (VOB) 46:54; 2. Emily Tewas (MSA) 55:13; 3. Ingrid Grundling (Sanlam) 56:00.

### Mariannahill Half Marathon & 10 km

Pinetown, 21 March

(Distances: 21.1 km & 10 km)

#### MEN

- |    |                  |             |         |
|----|------------------|-------------|---------|
| 1. | Ayanda Mncube    | Phantane AC | 1:11:21 |
| 2. | Siyabonga Nkonde | Boxer AC    | 1:11:28 |
| 3. | Thabiso Ngaconde | Bluff AC    | 1:15:08 |

#### 40-49:

- |    |                  |              |         |
|----|------------------|--------------|---------|
| 1. | Bernard ?        | F1           | 1:30:08 |
| 2. | Thokozane Mhlugu | Mtubatuba AC | 1:32:52 |
| 3. | Jabulani Mdalose | Zabalaza AC  | 1:42:43 |

#### 50+:

- |    |                 |              |         |
|----|-----------------|--------------|---------|
| 1. | Willie Majobozi | Boxer AC     | 1:30:42 |
| 2. | Bheki Bhengu    | Boxer AC     | 1:30:43 |
| 3. | Sipho Mbokazi   | Mtubatuba AC | 1:36:20 |

#### WOMEN

- |    |                   |            |         |
|----|-------------------|------------|---------|
| 1. | Putseletso Dladla | Savages AC | 1:41:30 |
| 2. | Iris Ndlovu       | NRB Harr   | 1:48:31 |
| 3. | Khanyi Duze       | QBH        | 1:49:47 |

#### 40-49:

- |    |                |        |         |
|----|----------------|--------|---------|
| 1. | Rhonda ?       | PDAC   | 2:18:27 |
| 2. | Zuki ?         | Stella | 2:27:23 |
| 3. | Phillipa Trace | RWFL   | 2:37:14 |

#### 50+:

- |    |                 |            |         |
|----|-----------------|------------|---------|
| 1. | Tammy Dennill   | West AC    | 2:03:47 |
| 2. | Roshnee Natasen | Highway AC | 2:05:48 |
| 3. | Erica Walker    | HV         | 2:14:54 |

## Willem Boshoff Marathon & Half Marathon

Vryheid, 20 March

(Distances: 42.195 km & 21.1 km)

### Marathon

#### MEN

1	Thelumusa Sibiya	2:38:22
2	Bongani Sabelo	2:49:53
3	Justice Nkosi	2:49:25

**40-49:** Justice Nkosi 2:49:25

**60-69:** Sidiso Dlomo 4:30:18

#### WOMEN

1	Laiken Pretorious	3:39:44
2	Thobeka Thobeka	4:07:02
3	Sanet Westermeyer	4:23:33

**40-49:** Sanet Westermeyer 4:23:33

**50-59:** Val Opperman 4:50:02

**60+:** Georgie Tasseron 5:03:27

### Half marathon

#### MEN

1	Beckham Hlatshwayo	1:12:35
2	Phakamani Kunene	1:13:58
3	I. Sangweni	1:15:27

**40-49:** Casper Louw 1:55:52

#### WOMEN

1	Xoli Madida	1:40:15
2	Nicky Williams	1:40:23
3	Phumzile Maphalala	1:46:21

**40-49:** Ronell Keeve 2:09:01

**50-59:** Leana Aslett 1:53:10

## Umhlobo Wenene 10 km (29<sup>th</sup>)

Port Elizabeth, 19 March

(Out-and-back course. Finishers: 1137 [up from 933 last year].)

Note: A great new list leader here for grandmaster Margie Saunders. – Ed.

#### MEN

1	Melikhaya	Frans	Ikhamba AC	26	29:36
2	Zolani	Ngqaqa	Tinarha AC	27	30:48
3	Adriaan	Gerwel	Xcel AC	19	31:03
4	Andre	Ketchem	Xcel AC	32	31:34
5	Andile	Motwani (1 <sup>st</sup> jun)	Tinarha AC	19	31:36
6	Mzwanele	Maphekula	Bluewater Bay	39	32:03
7	Mzolisi	Makhanda	Nedbank RC	33	32:13
8	Brendon	Effenaar	Nedbank RC	20	32:25
9	Rodney	Prins	Nedbank RC	27	32:31
10	Anele	Maliza	Nedbank RC	38	32:34
11	Gift	Chigomarawa	ZIM/Motherwell AC	28	32:37

12	Melikhaya	Kepe	Nedbank RC	39	32:50
13	Bulelani	Niwa	Temp	32	33:15
14	Saziphi	Blaai	Nedbank RC	35	33:17
15	Mila	Pasiya	Nedbank RC	36	33:22
16	Zolile	Mhlahlo (1 <sup>st</sup> vet)	Achilles AAA	41	33:24
17	Duwayne	Lucas	Aspen Pharmacar	26	33:28
18	Sim	Mojiki	Nedrcbor	31	33:36
19	Aphlyn	Taai	Charlo AC	33	33:52
20	Aviwe	Scout	Temp	15	34:07

**40-44:**

1	Zolile	Mhlahlo	Achilles AAA	41	33:24
2	Thobile	Xata	Bluewater Bay	41	34:33
3	Terrance	Mjekula	Tinarha AC	43	34:59

**45-49:**

1	Simon	Ngcoko	Nedbank RC	46	35:28
2	Luvuyo	Dyani	Motherwell AC	45	36:44
3	August	Esau	Nedbank RC	45	37:01

**50-54:**

1	Desmond	Zibi	Achilles AAA	52	35:52
2	Welcome	Loliwe	Nedbank RC	51	36:04
3	Kenneth	Menze	Bluewater Bay	54	36:10

**55-59:**

1	Alan	Taylor	Achilles AAA	58	39:42
2	Christopher	Nyodi	Bluewater Bay	57	43:27
3	Kevin	Gillmer	Muirite Strider	55	43:56

**60-64:**

1	Elvis	Galela	Madibaz AC	64	41:02
2	Roger	Trader	Achilles AAA	62	43:09
3	Mpumelelo	Maci	Buffalo RR	61	44:53

**65-69:**

1	Hansie	Els	Somerset East	68	46:50
2	Percy	Dalton	Achilles AAA	67	48:21
3	William	Vorster	PEAAC	69	50:37

**70-74:**

1	Tamsanqa	Jusayi	Nedbank RC	73	47:59
2	Eckart	Schumann	Body Concept	70	52:25
3	Tom	D'Arcy	Achilles AAA	70	59:40

**75-79:**

1	Godfrey	Kariem	Gelvan AC	75	55:10
2	Ernie	Verrall	Madibaz AC	81	66:38
3	Wells	Anderson	PEAAC	83	70:06

**Juniors:**

1	Andile	Motwani	Tinarha AC	19	31:36
2	Aviwe	Scout	Temp	15	34:07
3	Kingston	Khumalo	Temp	17	36:39

**WOMEN**

1	Ntombesintu	Mfunzi	Nedbank RC	34	35:44
2	Ndileka	Mvakwendlu	Tinarha AC	25	37:54
3	Siphokazi	Nojoko	Motherwell AC	21	39:24
4	Liza-Marie	Kingston	Temp	34	40:18
5	Luthando	Nxanisa	Tinarha AC	23	41:39
6	Margie	Saunders (1 <sup>st</sup> g'mast)	Nedbank RC	62	42:52
7	Terray	Newcombe	Elite AC	25	42:54
8	Christine	Claasen (1 <sup>st</sup> mast)	Achilles AAA	51	43:11
9	Nomakhosi	Ntliziyo (1 <sup>st</sup> jun)	Motherwell AC	17	43:38



10	Janette	Schierz-Crusius	Body Concept	55	43:59
11	Andiswa	Fezani	Nedbank RC	28	45:24
12	Sarah	Raubenheimer	Rhodes Univ	22	45:34
13	Theresa	Buchner	Nedbank RC	30	46:03
14	Anche	Schubart	Achilles AAA	34	46:31
15	Hanlie	Van der Westhuizen	Despatch AC	59	46:35
16	Toegeda	Vyver (1 <sup>st</sup> vet)	Nedbank RC	43	46:46
17	Sunelle	Horne	Bluewater Bay	42	46:54
18	Freedah	Ncube	Madibaz AC	33	47:08
19	Michelle	Van Iddekinge	Profiles AC	49	47:15
20	Hayley	Mason	Temp	31	47:29
<b>40-44:</b>					
1	Toegeda	Vyver	Nedbank RC	43	46:46
2	Sunelle	Horne	Bluewater Bay	42	46:54
3	Amanda	Prideaux	Bluewater Bay	40	48:22
<b>45-49:</b>					
1	Michelle	Van Iddekinge	Profiles AC	49	47:15
2	Cathy	Curtain	Muirite Strider	45	48:24
3	Agnes	Nieburg	Profiles AC	49	50:47
<b>50-54:</b>					
1	Christine	Claasen	Achilles AAA	51	43:11
2	Buyelwa	Kobokana	Nedbank RC	51	50:30
3	Ann	Van der Merwe	Temp	50	52:31
<b>55-59:</b>					
1	Janette	Schierz-Crusius	Body Concept	55	43:59
2	Hanlie	Van der Westhuizen	Despatch AC	59	46:35
3	Amanda	Wolmarans	Walmer AC	57	50:46
<b>60-64:</b>					
1	Margie	Saunders	Nedbank RC	62	42:52
2	Nicki	Van Niekerk	Muirite Strider	62	58:40
3	Sharon	Brown	PEAAC	62	70:01
<b>65-69:</b>					
1	Liz	Grundlingh	Muirite Strider	69	56:41
2	Christine	Fourie	Elite AC	69	57:35
3	Helene	Oppel	Crusaders AC	66	60:18
<b>70-74:</b>					
1	Ronelle	Steyn	Nedbank RC	72	68:21
2	Orgia	Nell	Muirite Strider	72	71:33
3	Gaynor	Knoetze	Temp	70	79:42
<b>75-79:</b>					
1	Dorothy	Hart	Madibaz AC	78	77:57
2	Aletta	Fourie	Madiba BW	77	94:29
<b>Juniors:</b>					
1	Nomakhosi	Ntliziyo	Motherwell AC	17	43:38
2	Lise	De Villiers	Schools EPA	17	53:09
3	Monique	Van Willing	Despatch AC	17	64:44

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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

#### IAAF/Cardiff University World Half-Marathon Championships (23rd)

Cardiff, GBR, 26 March

(Distance: 21.1 km; IAAF-certified, flat, one-loop course with negligible start/finish separation [start is 11 m above sea level and the finish is 14 m above sea level].)

#### CHAMPIONSHIPS MEN (gun times)

Teams (score 3 athletes on total time): 1. KEN, 2:58:58 (\$15,000); 2. ETH, 3:01:16 (\$12,000); 3. ERI, 3:06:18 (\$9000); 4. GBR, 3:07:00 (\$7500); 5. JPN, 3:12:11 (\$6000); 6. USA, 3:12:28 (\$3000); 7. **RSA**, 3:13:13; 8. IRL, 3:13:29; 9. PER, 3:15:27; 10. FRA, 3:16:20.

#### Individual finishers:

1. Geoffrey Kipsang KAMWOROR, 1992, KEN	59:10 SB	Gold	\$30,000
2. Bedan Karoki MUCHIRI, 1990, KEN	59:36 SB	Silver	15,000
3. Mo FARAH, 1983, GBR	59:59 SB	Bronze	10,000
4. Abayneh AYELE, 1987, ETH	59:59 PB		7,000
5. Tamirat TOLA, 1991, ETH	1:00:06 PB		5,000
6. Simon CHEPROT, 1993, KEN	1:00:12 SB		3,000
7. Abrar OSMAN, 1994, ERI	1:00:58 SB		
8. Mule WASIHUN, 1993, ETH	1:01:11 SB		
9. Edwin Kiprop KIPTOO, 1993, KEN	1:01:21		
10. Stephen MOKOKA, 1985, <b>RSA</b>	1:01:27 SB		
11. Teshome MEKONEN, 1995, ETH	1:01:39 SB		
12. Edwin KIPYEGO, 1990, KEN	1:01:52		
13. Nguse AMLOSOM, 1986, ERI	1:01:54		
14. Paul POLLOCK, 1986, IRL	1:02:46 SB		
15. Callum HAWKINS, 1992, GBR	1:02:51		
16. Guye ADOLA, 1990, ETH	1:03:26		
17. Hiskel TEWELDE, 1986, ERI	1:03:26 SB		
18. Ayad LAMDASSEM, 1981, ESP	1:03:29 SB		
19. Sidi-Hassan CHAHDI, 1989, FRA	1:03:30 SB		
20. Michael SHELLEY, 1983, AUS	1:03:33 SB		
21. Robert CHEMONGES, 1997, UGA	1:03:39 PB		
22. Naoki KUDO, 1995, JPN	1:03:41		
23. Tim RITCHIE, 1987, USA	1:03:49		
24. Samsom GEBREYOHANNES, 1992, ERI	1:04:03		
25. Stefano LA ROSA, 1985, ITA	1:04:05 SB		
26. Jared WARD, 1988, USA	1:04:05 SB		
27. Dewi GRIFFITHS, 1991, GBR	1:04:10 PB		
28. Minato OISHI, 1988, JPN	1:04:11		
29. Keijiro MOGI, 1995, JPN	1:04:19		
30. Jhordan Alonso CCOPE, 1995, PER	1:04:23 SB		
... 37. Mbongeni NGXAZOZO, 1980, <b>RSA</b>	1:04:51 SB		
... 61. Vuyisile TSHOBA, 1991, <b>RSA</b>	1:06:55		
... 79. Gladwin MZAZI, 1988, <b>RSA</b>	1:11:49 SB		
... 82. Lucky MOHALE, 1985, <b>RSA</b>	1:15:28		

## CHAMPIONSHIPS WOMEN (gun times)

Teams (score 3 athletes on total time): 1. KEN, 3:22:59 (\$15,000); 2. ETH, 3:26:29 (\$12,000); 3. JPN, 3:32:25 (\$9000); 4. AUS, 3:32:48 (\$7500); 5. USA, 3:34:26 (\$6000); 6. CAN, 3:36:54 (\$3000); 7. ITA, 3:38:44; 8. MEX, 3:39:07; 9. COL, 3:39:23; 10. PER, 3:39:46... 12. **RSA**, 3:42:29.

## Individual finishers:

1. Peres JEPCHIRCHIR, 1993, KEN	1:07:31	Gold	\$30,000
2. Cynthia Jerotich LIMO, 1989, KEN	1:07:34	Silver	15,000
3. Mary Wacera NGUGI, 1988, KEN	1:07:54	Bronze	10,000
4. Netsanet GUDETA, 1991, ETH	1:08:01		7,000
5. Genet YALEW, 1992, ETH	1:08:15		5,000
6. Gladys Chesire KIPTAGELAI, 1993, KEN	1:08:46		3,000
7. Pascalia Chepkorir KIPKOECH, 1988, KEN	1:09:44	SB	
8. Dehininet DEMSEW, 1984, ETH	1:10:13	PB	
9. Gladys TEJEDA, 1985, PER	1:10:14	AR	
10. Yuka ANDO, 1994, JPN	1:10:34		
11. Janet BAWCOM, 1978, USA	1:10:46	SB	
12. Eloise WELLINGS, 1982, AUS	1:10:47		
13. Milly CLARK, 1989, AUS	1:10:48	PB	
14. Miho SHIMIZU, 1990, JPN	1:10:51		
15. Sara HALL, 1983, USA	1:10:58		
16. Veronica INGLESE, 1990, ITA	1:10:59	SB	
17. Mizuki MATSUDA, 1995, JPN	1:11:00		
18. Cassie FIEN, 1985, AUS	1:11:13	PB	
19. Kellys ARIAS, 1989, COL	1:11:21	PB	
20. Lanni MARCHANT, 1984, CAN	1:11:26	SB	
21. Vianey DE LA ROSA, 1986, MEX	1:11:52	PB	
22. Margarita HERNÁNDEZ, 1985, MEX	1:11:56	PB	
23. Tarah KORIR, 1987, CAN	1:12:04	PB	
24. Askale ALEMAYEHU, 1996, ETH	1:12:28	SB	
25. Kellyn TAYLOR, 1986, USA	1:12:42	SB	
26. Laurane PICOCHÉ, 1985, FRA	1:12:43	SB	
27. Alyson DIXON, 1978, GBR	1:12:57	SB	
28. Brianne NELSON, 1980, USA	1:13:01	SB	
29. Sinke DESSIE, 1994, ETH	1:13:12	PB	
30. Angie ORJUELA, 1990, COL	1:13:16	SB	
... 37. Nolene CONRAD, 1985, <b>RSA</b>	1:13:45	SB	
... 41. Lebogang PHALULA, 1983, <b>RSA</b>	1:14:21	SB	
42. Cornelia JOUBERT, 1988, <b>RSA</b>	1:14:23	SB	
... 76. Dina Lebo PHALULA, 1983, <b>RSA</b>	1:23:49	SB	
... 78. Zintle XINIWE, 1986, <b>RSA</b>	1:26:30	SB	

**Allstate Sugar Bowl Crescent City Classic 10 km** (38th)

New Orleans, USA, 26 March

(Certified record-eligible course, with zero elevation change and 49.2% start/finish separation)

## MEN (gun times)

1. John Muritu, 19, KEN	28:02	PB	\$6000
2. Silas Kipruto, 31, KEN	28:07		4000
3. Dominic Ondoro, 28, KEN	28:13		2500

## WOMEN (gun times)

1. Buze Diriba, 22, ETH	31:57		\$6000
2. Monicah Ngige, 22, KEN	32:10		4000

3. Jen Rhines, 41, Boston, MA 33:21 5000d + 4000 + 1000i

## OUTDOOR TRACK

### Raleigh Relays

Raleigh, USA, 25-26 March

#### WOMEN

1500 (25):

Heat 9 -

- |   |            |
|---|------------|
| 1. Caroline King, PUMA                            | 4:15.91 PB |
| 2. Paige Kouba, SR, Harvard                       | 4:16.46 PB |
| 3. Chanelle Price, Nike                           | 4:17.59    |
| ... 5. Aynslee van Graan, SO, Coast.Carolina(RSA) | 4:22.11 PB |

5000 (25):

Heat 4 -

- |  |             |
|--|-------------|
| 1. Kyla van Graan, JR, Coastal Carolina(RSA) | 16:42.87 PB |
| 2. Madeline Britton, SO, Xavier              | 16:53.12 PB |
| 3. Brooke Kingma, FR, Lipscomb               | 16:54.75 PB |

### Arkansas Razorback Spring Invitational

Fayetteville, USA, 25-26 March

#### WOMEN

1500 (26):

Seeded Section -

- |  |            |
|--|------------|
| 1. Dominique Scott, SR, Arkansas (RSA) | 4:15.61    |
| 2. Devin Clark, FR, Arkansas           | 4:24.39 PB |
| 3. Valerie Reina, SO, Arkansas         | 4:26.34 PB |

## BACKGROUND

### HISTORY OF S.A. DISTANCE RUNNING PUBLISHED

By Riël Hauman

I was fortunate to attend the launch of Dewald Steyn's magnificent series of books (there are five volumes), *History of South African Cross-country, Middle- and Long-distance Running and Walking 1894-2014* last week. It is a superb compilation of history, stories, recollections and especially photographs (many of them from private collections) by a passionate follower and authority of the sport.

Each book has an index, and there is also a separate index for all five volumes, which makes it easy to find any piece of information.

The famous athletes attending the gathering – many now with much more grey hair than when they were in their prime – were just as impressive as the books. I added up the SA titles won by those present and reached a total 127! At the top of the list, with 40, is René Kalmer, followed by Elana Meyer with 30 – but in fairness it should be remembered that the younger athletes have had more opportunities, with multiple road championships available to them (something which the older runners did not have). Other athletes with more than ten SA titles at the function were Fanie van Zijl (16) and Willie Olivier (12).

[Photograph on next page]



Pictured from left: Stewart Banner, who was the master of ceremonies, Peter Whewell, Brian Chamberlain (obscured), Dirk Muller, Bernard Rose, Raymond Parker, Wilfred Daniels, Jacques van Rensburg, Marjorie van der Merwe, René Kalmer, Chris Davids, Fanie van Zijl, Deewald Steyn, Willie Olivier, Caroline Wöstmann, Eben Theron, Elana Meyer, Wilf Thring, Alan Robb, Mike Walters, Lew Leppan, Freddie van der Merwe, Martin Bester, Ewald Bonzet and Riël Hauman. [André van Wyk]

## STATS TIME

This week we include a list of the top ten SA women in the 10 km 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.

### 2016 10 KM: TOP 10 WOMEN

33:30	Irvette van Zyl	1	Pretoria	23 Jan
33:55	Van Zyl-2	1	Pretoria	20 Feb
34:09	Lebo Phalula	1	Sasolburg	06 Feb
34:48	Lebogang Phalula	2	Sasolburg	06 Feb
35:03	Nolene Conrad	3	Sasolburg	06 Feb
35:19	Lebo Phalula-2	2	Pretoria	23 Jan
35:21	Jenna Challenor	1	Pietermaritzburg	28 Feb
35:34	Keneilwe Sesing	1	Benoni	31 Jan
35:42	Mari Rabie	3	Stellenbosch	17 Feb
35:50	Kesa Molotsane	4	Sasolburg	06 Feb
35:54	Glenrose Xaba	3	Pretoria	20 Feb
35:55	Christine Kalmer	5	Sasolburg	06 Feb

## THIS MONTH IN HISTORY

### 38 years ago: 25 March 1978

This day was the very first time the Old Mutual Two Oceans Marathon was held in March. It was the ninth running of the Cape ultramarathon and Brian Chamberlain came back as the defending champion, having won in a course record 3:15:22 the year before. He was also the reigning national marathon champion – he had won the title the previous September in 2:19:20. In the previous eight years two runners had won the Two Oceans twice – Don Hartley and Derek Preiss – and Chamberlain followed suit. He did his best to go faster than his year-old course record, but missed it by one second. In the women's race (the fourth

time women had participated) Janet Bailey became the first to dip under 5 hours with her 4:34:28.

## 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		19 Mar
	46:36	Adrian Wildschutt (jun)	Ravensmead	
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)		
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	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	34:52	Tobias Philander	Athlone	21 Mar
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:10	Johnny Persents	Ravensmead	19 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	81:51	Iain Morshead	Cape Town	26 Mar
	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
	38:14	Mochamat Kriel	Athlone	21 Mar
	32:48	Martin Rees (GBR) 2013		
15 km	58:27	Mochamat Kriel	Ravensmead	19 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	66:12	Jeff Smith	Ravensmead	19 Mar
	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	46:36	Adrian Wildschutt	Ravensmead	19 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	79:25	Kabelo Melamu	Johannesburg	21 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	33:30	Ivette van Zyl	Pretoria	23 Jan
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	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	93:33	Elmarie Coetzee	Cape Town	26 Mar
	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				

Grandmasters (60+)

10 km	42:52	Margie Saunders	Port Elizabeth	19 Mar
	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	Nancy Will	East London	20 Feb
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				

Great grandmasters (70+)

10 km	54:57	Annetjie Greyvenstein	Pretoria	30 Jan
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:23	Pixie Sparg	Ravensmead	19 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	1:54:16	Veronica van Niekerk	Cape Town	26 Mar
	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				

Juniors

10 km	36:49	Ashleigh Simonis	Brackenfell	27 Jan
	31:42	Zola Pieterse (RSA) 1984		
15 km	65:47	Sisiphiwe Mbatsa	Ravensmead	19 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:31:25	Robyn Kaltenbrunn	Cape Town	26 Mar
	1:09:05	Delilah Asiago (KEN) 1991		

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