

# Distance Running Results

Vol. 16, No. 17 – 2 May 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

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## EDITORIAL

Dominique Scott, whose exploits on US indoor and outdoor tracks have been well documented in these pages over the last three years, produced one of the outstanding performances in SA track distance running for the last several years when she clocked 31:56.84 in the 10000 m at the famed Payton Jordan Cardinal Invitational in Palo Alto this weekend. Although Scott finished "only" fifteenth, she broke her PB of last year by more than 14 seconds and solidified her third position on the SA all-time list. It is the fastest time by a South African since Colleen de Reuck ran 31:56.00 in 1996 and easily an Olympic qualifier.

Scott, whose PB two years ago was only 33:51.84, beat such prominent runners as Diane Nukuri and Jordan Hasay. Five of the runners ahead of her also set PBs and one a national record. The winner was Irene Cheptai, who won her debut in 31:15.38.

De Reuck's 1996 time, second on the all-time list, is within Scott's reach and she is a little more than a minute behind Elana Meyer's national record, set in 1994. They are the only SA runners who have achieved times faster than 33:25.

The SA all-time top ten list:

30:52.51	Elana Meyer	London	10 Sep 94
31:56.00	Colleen de Reuck	Cape Town	19 Apr 96
31:56.84	Dominique Scott	Palo Alto	01 May 16
33:25.0	Michelle Dekkers	Indianapolis	22 Apr 89
33:37.3	Madeleine Olivier	Stellenbosch	05 Oct 89
33:43.8	Agnes Berger	Stellenbosch	05 Oct 89
33:39.07	Karin van Rooye	Walnut	15 Apr 05
33:46.23	Poppy Mlambo	Durban	16 Apr 05
33:59.3	Patsy Sharples	Walnut	29 Apr 82
34:00.1	Ronell Scheepers	Stellenbosch	05 Oct 89

Cold and wet weather in Port Alfred kept Lusapho April to a 1:06:06 winning time in the Siza Vitality Half Marathon this weekend, with two Western Province women taking the top places in their race: Zintle Xiniwe in 1:20:49 and Bulelwa Simae in 2:21:11. Grandmaster Margie Saunders once again beat all the veterans and masters in 1:36:19 to finish tenth overall.

Results of the Forever Loskop 50 km, run for the 30<sup>th</sup> time on 16 April, were also received. The wins went to veteran Charles Tjiane in 2:47:34 and Yolande Maclean in 3:31:01, but unfortunately some of the times recorded are doubtful – see note with the results.

One of the most remarkable "old men" of running, Canadian Ed Whitlock (85), has set another world single-age record when he completed the Waterloo Half Marathon in Ontario in 1:50:47 to shatter the previous record by more than nine minutes. Whitlock holds more than 80 age group world records from 1500 m to the marathon and remains the only person over 70 to run under 3 hours for the marathon (he did 2:54:48 at age 73 and has two other single age sub-3 hour records: 2:59:10 at age 72 and 2:58:40 at age 74).

Riël Hauman

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**INCLUDED IN THIS ISSUE:**

- \* MiWay Wally Hayward Marathon, Half Marathon & 10 km, Centurion
- \* SSISA/UCT Memorial 10 km, Rondebosch
- \* Safari Half Marathon & 10 km, Wellington
- \* Colgate John Hattle 32 km & 15 km, Boksburg
- \* Siza Vitality Half Marathon, Port Alfred
- \* Freedom to Run Day 10 km, Bridgetown, Cape Town
- \* Hibiscus Coast Ultramarathon, 24 km & 10 km, Ramsgate
- \* Langebaan Country Estate Weskus Marathon & Half Marathon, Langebaan
- \* Sportsmans Warehouse 15 km, Port Elizabeth
- \* Forever Resorts Loskop 50 km & Half Marathon, Middelburg to Loskop Dam

**International highlights:**

- \* Lilac Bloomsday Run, Spokane, USA
  - \* Russian Marathon Championships, Volgograd, RUS
  - \* BMO Bank of Montreal Vancouver Marathon, Vancouver, CAN
  - \* Ohio Health Capital City Half Marathon, Columbus, USA
  - \* Track: Payton Jordan Cardinal Invitational, Palo Alto; Hyogo Relays, Kobe, JPN; Larry Ellis Invitational, Princeton, USA; Bryan Clay Invitational, Azusa, USA
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**STATISTICS**

**FREE STATE O.R. TAMBO MARATHON PROBABLY SHORT**

The results of the Free State O.R. Tambo Marathon in Bloemfontein were included in last week's issue. Mention was made of the exceptional time of 2:18:08 run by veteran Johannes Kekana. The first three runners ducked under 2:12 – very fast for a marathon at altitude. Due to lack of time, no RTB analysis was made. DRR has since received reports that the marathon was much less than the required 42.195 km in length.

The Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, does indeed show that the course is probably short. To complicate matters, there is a considerable difference in the RTB figures for the men and women (DRR only received the top ten results). The men's figure (for ten time comparisons – nine of the top ten plus Kekana) is -8.09 sec/km – well in excess of the allowable -5 sec/km. The women's RTB (for nine times) is -2.16 sec/km. The combined RTB is -5.28 sec/km.

A possible explanation is that at least the top ten men ran short due to a marshalling error or some other mishap. Because of this uncertainty, no times recorded in the marathon will be used for statistical purposes.

The times in the half marathon and 10 km look in order.

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## ROAD RUNNING

### MiWay Wally Hayward Marathon (40<sup>th</sup>), Half Marathon & 10 km

Centurion, 2 May

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 3200 [slightly up from 3175 last year]; half marathon – 3100 [up from 2870]; 10 km – 2700 [up from 2300].)

Note: Just a little more than two weeks after winning the Forever Resorts Loskop 50 km (results below), Yolande Maclean scored a repeat victory here, but in a slower time than last year's 2:53:18. Julianie Basson, the 2014 winner, was second and won the veterans prize; she was also second the previous day in the Colgate John Hattie 32 km (results below). – Ed.

#### Marathon

##### MEN

1 Tshidiso Bosiu (Rockies) 2:23:00; 2 Teboho Lejaha (LES/Cool Running) 2:24:55; 3 Lucky Mtshali (Nedbank) 2:31:41; 4 Samuel Ongaki (KEN/Nedbank) 2:32:12; 5 Best Ngwenya (Nedbank) 2:32:48; 6 Frans Mogashoa (Wingate) 2:33:54; 7 Frans Mola (South Deep) 2:34:16; 8 Reuben Maapola (Nedbank) 2:35:52; 9 Peter Tadziripa (ZIM/Maxed Elite) 2:37:10 (1<sup>st</sup> vet); 10 Raymond Phaladi (Nedbank) 2:39:10.

**Veterans:** 1 Peter Tadziripa (ZIM/Maxed Elite) 2:37:10; 2 Meshack Monareng (Cool Running) 2:41:11; 3 Johannes Shabangu (Live Athletics) 2:49:51. **Masters:** 1 Moses Letlhaku (Cool Running) 2:57:28; 2 Nhlanhla Magubane (Corr Serv) 2:59:27; 3 Bethuel Mlambo (Nedbank) 3:02:14. **G'masters:** 1 Sam Ndala (Nedbank) 3:27:37; 2 Theo Swanepoel (Kempton) 3:28:51; 3 Johan Nel (Irene) 3:35:51. **G/g'masters:** 1 Luuk Hepkema (Magnolia) 4:50:38.

##### WOMEN

1 Yolande Maclean (Born 2 Run) 2:57:58; 2 Julianie Basson (Born 2 Run) 3:13:48 (1<sup>st</sup> vet); 3 Lesley Austin (KPMG) 3:19:40; 4 Nocawe Morake (Wonderpark) 3:21:15; 5 Enie Molatseu (Ekurhuleni) 3:25:02; 6 Kaoma Chileshe (A4A) 3:25:04; 7 Bathabile Manyaka (Diepkloof) 3:25:54; 8 Alta Kruger (Krugersdorp) 3:27:05; 9 Marcelle Coetzee (KPMG) 3:27:37; 10 Berdine Smit (Nedbank) 3:27:41.

**Veterans:** 1 Julianie Basson (Born 2 Run) 3:13:48; 2 Lesley Austin (KPMG) 3:19:40; 3 Nocawe Morake (Wonderpark) 3:21:15. **Masters:** 1 Berdine Smit (Nedbank) 3:27:41; 2 Almarie Rothman (Kempton) 3:47:22; 3 Ansa Strydom (Nedbank) 3:49:38. **G'masters:** 1 Val Watson (Runavation) 3:43:42; 2 Heleen Holl (Rustenburg) 4:04:47; 3 Daleen van Wyk (Vitality) 4:37:02.

#### Half marathon

##### MEN

1 Lucky Mohale (Boxer) 67:12; 2 Jeffrey Gwebu (KPMG) 67:16; 3 Lucas Jani (Nedbank) 67:27.

**Veterans:** 1 Philimon Manyaka (Nedbank) 75:49; 2 Judas Ntuli (Magnolia) 76:38; 3 Sello Monama (Rockies) 76:52. **Masters:** 1 Dan Mothibe (Runavation) 79:20; 2 Tidimalo Modiga (Temp) 80:38; 3 Joseph Ndlovu (ACE) 81:46. **G'masters:** 1 Mike du Bruto (Irene) 93:06; 2 Elias Raphuku (Black Diamond) 95:51; 3 Aubrey Watson (Runavation) 1:40:35. **G/g'masters:** 1 Pele Tshikundamalema (Olifantsfontein) 2:01:04. **80+:** 1 Martin Coetzee (Magnolia) 2:58:00. **Juniors:** 1 Wiehan van Niekerk (HS Eldoraigne) 86:41; 2 David Mashiane (RWFL) 87:16; 3 Bopape Lesetja (Nedbank) 93:56

## WOMEN

1 Liziwe Mabona (AMPA) 83:05; 2 Marlize du Plessis (KPMG) 85:53; 3 Nandipha Dywili (Nedbank) 87:16.

**Veterans:** 1 Truzanne Swanepoel (Runavation) 89:31; 2 Mitsie v.d. Westhuizen (KPMG) 89:54; 3 Marilise Vermaak (Kempton) 96:14. **Masters:** 1 Elmarie Pretorius (RWFL) 1:40:16; 2 Julie Soicher (Rockies) 1:44:49; 3 Sonia Scheepers (Green Mile) 1:46:31. **G'masters:** 1 Frances van Blerk (Nedbank) 1:45:31; 2 Vollie Spies (Tuks) 1:58:41; 3 Carol de Waal (Wingate) 2:07:19. **Juniors:** 1 Carla Venter (Temp) 1:40:00; 2 Melanie Roux (PPMK) 1:42:37; 3 Lizelle vd Velde (PMMC) 3:28:50.

**10 km**

## MEN

1 Thabang Mosiako (Nedbank) 30:57; 2 Vincent Kipchircir (KEN/Nedbank) 31:49; 3 Phillemon Mathiba (Nedbank) 32:09

**Veterans:** 1 Enoch Skosana (Nedbank) 34:57; 2 Philip Phawago (Nedbank) 36:21; 3 Timothy Tshokolo (Nedbank) 37:38. **Masters:** 1 Joseph Moloto (SANDF) 39:54; 2 Piet Chauke (Gallopers) 41:21; 3 Brendan Divine (Fit 2000) 41:55. **G'masters:** 1 Chris Reed (Florida) 50:20; 2 Tommie Breedt (Akasia) 53:18; 3 Neville Young (CSIR) 53:54. **G/g'masters:** 1 Harry v.d. Merwe (BHS) 49:58. **80+:** 1 Ken Nurden (Agape) 67:25. **Juniors:** 1 Reuben Masiane (Nedbank) 33:26; 2 Ezra Ferreira (Nedbank) 36:24; 3 Jean-Michael Laubscher (Centurion) 36:28.

## WOMEN

1 Andrea Steyn (Bicycle Run) 36:20; 2 Cornelia Joubert (Boxer) 36:54; 3 Simonay Weitsz (KPMG) 38:30 (1<sup>st</sup> jun).

**Veterans:** 1 Samukeliso Moyo (ZIM/Maxed Elite) 40:52; 2 Lizzie Dhiwayo (RWFL) 42:14; 3 Mirriam Mooki (Rockies) 44:06. **Masters:** 1 Jackie Frey (Khoza) 49:16; 2 Beatrix le Roux (Irene) 50:54; 3 Elmarie Boshoff (Fit Pta) 66:21. **G'masters:** 1 Sonja Laxton (RAC) 50:40; 2 Erika Geldenhuys (Temp) 50:41. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 66:26. **80+:** Deidre Larkin (Randburg) 65:19. **Juniors:** 1 Simonay Weitsz (KPMG) 38:30; 2 Jeanne de Beer (Affies) 45:22; 3 Monique Geel (Affies) 46:25.

**SSISA/UCT Memorial 10 km (35th)**

Rondebosch, 2 May

(Certified hilly loop course. Finishers: 1420 [up from 1280 last year].)

## MEN

1. Siboniso Soldaka (CPUT) 31:56  
2. Unathi Nteta (AAC) 32:02  
3. Sibusiso Madikizela (FNB) 32:06  
4. Nkosinathi Madyo (Itheke) 32:11  
5. Siviwe Nkombi (Itheke) 32:21

**Veterans:** 1. Shawn Abrahams (Celtic) 34:34; 2. Graham Katzen (Celtic) 34:46; 3. Nicholas Rupanga (ZIM/Celtic) 35:03. **Masters:** 1. Zolani Ntsodo (SANDF) 38:34; 2. [Illegible] Ngqunge (Ned) 40:01; 3. Shafiek Cassiem (Itheke) 41:01. **G'masters:** 1. Jimmy Morris (Forest) 44:05; 2. Stephen Granger (VOB) 45:30; 3. Henry Cleophas (Ned) n/t. **Juniors:** 1. Lukhanyo Nobakada (VOB) 33:34; 2. Ronald January (Celtic) 33:46; 3. Thembeko Mendu (Gugs) 35:03.

## WOMEN

1. Ashleigh Simonis (Carb) 37:27 (1<sup>st</sup> jun)  
2. Michelle Sikes (Ind) 40:42

3. Ursula Frans (Ned) 41:51 (1<sup>st</sup> vet)
4. Nicky Wills (UCT) 41:59
5. Funeka Zaula (Mak) 42:12

**Veterans:** 1. Ursula Frans (Ned) 41:51; 2. Chantal Simpson (Ned) 42:55; 3. Busisiwe Mawane (Celtic) 42:55. **Masters:** 1. Bridgette Hamilton Russell (Harf) 46:43; 2. Kathleen McQuaide (VOB) 47:07; 3. Dawn Middelkoop (Ind) 51:32. **G'masters:** 1. Charmaine Cupido (Ned) 52:24; 2. Rosalie Richfield (UCT) 64:50; 3. Judy Collins (VOB) 68:57. **Juniors:** 1. Ashleigh Simonis (Carb) 37:27; 2. Megan Bruiners (Met) 70:01; 3. Thakira Williams (Ommie) 71:00

### **Safari Half Marathon (29th) & 10 km**

Wellington, 2 May

(Distances: 21.1 km & 10 km; the half marathon a hilly loop course, partly on gravel; the 10 km course configuration is unknown.)

Note: Quite a few times were not included in the results, especially in the 10 km. Gert Thys, the SA marathon record holder, also won this half marathon as long ago as 1996. – Ed.

#### **Half marathon**

##### **MEN**

1. Gert Thys (ME) 1:09:14 (1<sup>st</sup> vet)
2. Gerswill Jacobs (Ned SWD) 1:09:40
3. Mthandazo Qhina (Ned WP) 1:10:05
4. Akhona Mdaka (EGA) 1:10:17
5. Marks Mpekula (VOB) 1:10:55

**Veterans:** 1. Gert Thys (ME) 1:09:14; 2. Tsungai Mwanengeni (ZIM/Gugs) 1:11:51; 3. Thembelani Zola (Gugs) 1:13:51. **Masters:** 1. Abraham Fielies (Worc) 1:23:22; 2. Dawid Andrews (Hope) 1:24:51; 3. Leon Williams (Swart) 1:27:17. **G'masters:** 1. Robbie Lindsay (Ned WP) 1:29:30; 2. Piet Smit (Swart) 1:31:32; 3. Eise Geerts (Bell) 1:33:38. **G/g'masters:** 1. Joseph Matthews (SH) n/t; 2. Yusuf Gamielien (Itheke) 2:11:00; 3. Oloff Crous (Brack) n/t. **Juniors:** 1. Francisco Fritz (Ind) 1:14:15; 2. Deon-Lee Hendricks (Ind) 1:24:15; 3. Stefan Oosthuizen (Well) 1:24:57.

##### **WOMEN**

1. Tish Jones (GBR/KPMG) 1:21:08
2. Anel Terblanche (KPMG) 1:23:43
3. Danette Smith (KPMG) 1:27:31
4. Belinda Noades (Ind) 1:28:23 (1<sup>st</sup> vet)
5. Nicola Hooper (CMC) 1:28:26

**Veterans:** 1. Belinda Noades (Ind) 1:28:23; 2. Obertina Kanyongo (ZIM/WC) 1:30:41; 3. Marlize Vienings (Edge) 1:33:17. **Masters:** 1. Mariëtte Strauss (Tyger) 1:33:54; 2. Salome Castelyn (Stell) 1:40:32; 3. Roldah Orrie (Itheke) 1:50:07. **G'masters:** 1. Nancy Will (Pine) 1:43:48; 2. Styntjie Prins (Paarl) 1:49:05; 3. Magrieta Hanekom (Ceres) 1:50:07. **G/g'masters:** 1. Veronica van Niekerk (EGA) 1:53:55; 2. Pixie Sparg (Celtic) 2:06:04; 3. Marlene James (Pine) 2:20:23. **Juniors:** 1. Sophie Cope (SH) 1:39:33; 2. Ingrid Grundling (Sanlam) 2:02:01.

#### **10 km**

##### **MEN**

1. Nadeel Wildschutt (Itheke) 29:15
2. Adrian Wildschutt (Ceres) 29:46 (1<sup>st</sup> jun)
3. Akhona Makila (VOB) 29:59

4. Justin Fritz (Ceres) 30:21
5. Vakalisa Kopolo (Ned WP) 31:26

**Veterans:** 1. Pieter Koopman (Itheko) n/t; 2. David [illegible] (Dwars) 40:57; 3. Arrie Goliath (Ned WP) 42:58. **Masters:** 1. Tobias Philander (Itheko) 35:14; 2. John September (Itheko) n/t; 3. Thomas Moses (Worc) 38:31. **G'masters:** 1. Colin Williams (Well) 42:39; 2. Richard Wilson (CC) 44:52; 3. Peter Nell (CMC) 48:16. **Juniors:** 1. Adrian Wildschutt (Ceres) 29:46; 2. Carlo Flink (Itheko) 31:31; 3. Allister Blaauw (Dwars) 31:40.

#### WOMEN

1. Jana le Roux (Ned Bol) 37:58 (1<sup>st</sup> jun)
2. Megan Swanepoel (Maties) 40:14
3. Veronique Jacobs (Maties) n/t
4. Vernita Africa (Maties) 41:59
5. Anri Joubert (Swart) n/t

**Veterans:** 1. Elizabeth van der Berg (Bred) 43:56; 2. Desiré Rex (Atlantis) 48:16; 3. Sharon Davids (Worc) 51:35. **Masters:** 1. Berita Schreuder (Maties) 53:10; 2. Debbie Carelse (Ind) 53:46; 3. Faiza Oswald (Atlantis) n/t. **G'masters:** n/a; **Juniors:** 1. Jana le Roux (Ned Bol) 37:58; 2. Megan Swanepoel (Maties) 40:14; 3. Vernita Africa (Maties) 41:59.

### Colgate John Hattle 32 km (37th) & 15 km

Boksburg, 1 May

(Loop courses. Finishers: 32 km – 1400 [down from 1600 last year]; 15 km – 3200 [considerably up from 2800].)

Note: A repeat victory for Don Ndlovu in the longer race and a second place for DRR subscriber Julianie Basson. – Ed.

#### 32 km

##### MEN

- 1 Don Ndlovu (Cool Running) 1:48:58; 2 Lucky Mosikili (Nedbank) 1:51:58; 3 Thapelo Mofokeng (BCC) 1:52:14.

**Veterans:** 1 Masala Mbengeni (Jeppe) 2:02:06; 2 Sipho Dlamini (GCH) 2:04:50; 3 Johannes Mthimkulu (Gallopers) 2:05:37. **Masters:** 1 Simon Ramashapa (Corobrik) 2:01:21; 2 Solomon Khumalo (Carlton) 2:05:03; 3 Ronald Shibiri (SCAW) 2:09:00. **G'masters:** 1 Don Charles (Nedbank) 2:38:15; 2 Thomas Ntai (Corobrik) 2:56:17; 3 Patrick Waterson (Rockies) 2:56:22. **G/g'masters:** 1 Pieter Firman (GRRR) 3:08:33; 2 Moses Mhlongo (RAC) 3:17:28; 3 Albert Collins (Fit 2000) 3:26:40.

#### WOMEN

- 1 Maria Vilakazi (RWFL) 2:20:24 (1<sup>st</sup> vet); 2 Julianie Basson (Born 2 Run) 2:24:30; 3 Cheryl-Lynn Ceronie (Kempton) 2:30:54.

**Veterans:** 1 Maria Vilakazi (RWFL) 2:20:24; 2 Julianie Basson (Born 2 Run) 2:24:30; 3 Vanessa Bowman (Kempton) 2:32:16. **Masters:** 1 Chris Walter (Dainfern) 2:39:27; 2 Ansa Strydom (Nedbank) 2:44:48; 3 Sharon Knopfmacher (Vitality) 2:47:07. **G'masters:** 1 Linda Icely (Old Eds) 3:07:40; 2 Bella Carmichael (RRW) 3:23:26; 3 Frieda Muir (Nedbank) 3:32:14.

#### 15 km

##### MEN

- 1 Moeletsi Moletsane (Temp) 50:37; 2 Phakamani Ximba (Harambe) 52:29; 3 John Moeketsi (Phuthanang) 52:46.

**Veterans:** 1 Ntheleng Mosime (Cool Running) 53:26; 2 David Nkosi (Temp) 57:23; 3 Mashack Sogo (Honey Lotus) 58:10. **Masters:** 1 Gideon Radebe (Anglo) 58:42; 2 Zeb Mokonoto (Nedbank) 60:01; 3 Anbrose Klassen (Jaguars) 61:37. **G'masters:** 1 Zeblon Nxumalo (Honey Lotus) 67:41; 2 Malcolm Wade (RWFL) 70:05; 3 Anton Reynders (Kempton) 72:48. **G/g'masters:** 1 George Hodgson (BNAC) 90:21; 2 Danie Roux (Kempton) 98:40; 3 Trevor Payne (Carlton) 99:15. **Juniors:** 1 Jan Komone (Honey Lotus) 60:51; 2 Keagan Driver (FFA) 77:49; 3 Andrew Xaba (Alberton) 83:07.

#### WOMEN

1 Robyn Kaltenbrun (KPMG) 60:51 (1<sup>st</sup> jun); 2 Maputi Phaka (Born 2 Run) 61:23; 3 Angela Bensch (Sunninghill) 65:40.

**Veterans:** 1 Nomasonto Skosana (Nedbank) 68:28; 2 Ronel de Bruyn (Victoria Lake) 69:53; 3 Kerry-Ann Scrase (Temp) 70:25. **Masters:** 1 Julie Soicher (Rockies) 67:43; 2 Elize Uys (Magnolia) 74:36; 3 Louise Goosen (Kempton) 75:37. **G'masters:** 1 Jenny Robertshaw (Rockies) 1:40:11; 2 Bets Greyling (Sunward) 1:42:32; 3 Sally Halim (RRW) 1:49:19. **G/g'masters:** 1 Deirdre Larkin (Randburg) 92:26; 2 Mavis Stadler (Agape) 1:58:52; 3 Esme McIlvin (BNAC) 2:07:31. **Juniors:** 1 Robyn Kaltenbrun (KPMG) 60:51; 2 Katlego Mangala (Dayveton) 66:55; 3 Tinyiko Mduli (Blue Sky) 78:37.

### Siza Vitality Half Marathon

Port Alfred, 30 April

(Distance: 21.1 km; two-loop hilly course. Weather: cold, windy and wet. Finishers: 424 [considerably up from 195 last year].)

Note: A huge increase in numbers here – more than double that of 2015. – Ed.

#### MEN

1	Lusapho	April	Oxford Str	33	1:06:06
2	Melikhaya	Frans	Ikhamba AC	26	1:06:23
3	Nyedimane	Chabeli	Nedbank RC CNW	33	1:07:02
4	Mbongeni	Ngxazozo	Gauteng Str	36	1:07:45
5	Joseph	Tsieso	KPMG	27	1:08:17
6	Zolani	Ngqaqa	Tinarha AC	27	1:09:10
7	George	Ntshiliza	Bluewater Bay	36	1:09:21
8	Zolani	Mabhongo	Ikhamba AC	29	1:09:35
9	Bulelani	Niwa	Achilles AAA	32	1:10:57
10	Eric	Sigxashe	Motherwell AC	37	1:11:01

#### **Veterans:**

1	Mluleki	Nobanda	Mr Price TRA	47	1:12:22
2	Shadrack	Hlabahlaba	Sibanya Gold AC	42	1:12:49
3	Pastor	Nalavana	Temp	40	1:13:49

#### **Masters:**

1	Makaya	Masumpa	Born To Run	50	1:19:27
2	Basie	Bonaparte	Albany SS	50	1:22:18
3	Mutekile	Rasmeni	Nedbank RC	51	1:23:13

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

1	Elvis	Galela	Madibaz AC	64	1:31:43
2	Sizinzo	Kama	Achilles AAA	64	1:39:08
3	Mpumelelo	Maci	Buffalo R R	61	1:42:19

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

1	Tamsanqa	Jusayi	Nedbank RC	74	1:46:37
2	Ron	Clark	Bluewater Bay	73	2:03:54
3	Godfrey	Kariem	Gelvan AC	75	2:09:05

**Juniors:**

1	Andile	Motwani	Tinarha AC	19	1:11:13
2	Sivuyile	Selani	Tinarha AC	16	1:14:49
3	Lonwabo	Williams	Tinarha AC	17	1:16:46

**WOMEN**

1	Zintle	Xiniwe	FNB WP	29	1:20:49
2	Bulelwa	Simae	Nedbank RC WP	39	1:21:11
3	Ntombesintu	Mfunzi	Nedbank RC	34	1:22:07
4	Siphokazi	Nojoko	Motherwell AC	21	1:29:39
5	Xoliswa	Bici	Nedrcbor	36	1:32:12
6	Nokholo	Hlezupondo	SANDF AC EP	37	1:32:35
7	Andrea	Ranger	Old Selbornian	33	1:33:55
8	Kieren	Bremner	Temp	32	1:35:00
9	Siphokazi	Liwani (1 <sup>st</sup> jun)	Motherwell AC	18	1:36:10
10	Margie	Saunders (1 <sup>st</sup> g'mast)	Nedbank RC	62	1:36:19

**Veterans:**

1	Grizelda	Pietersen	Nedbank RC	47	1:36:51
2	Busisiwe	Matiwane	Celtic Harriers	41	1:38:07
3	Weziwe	Dlavana	Hlazo AC	45	1:41:43

**Masters:**

1	Christine	Claasen	Achilles AAA	51	1:37:24
2	Janette	Schierz-Crusius	Body Concept	55	1:46:48
3	Colleen	Peens	Born To Run	59	1:49:11

**G'masters:**

1	Margie	Saunders	Nedbank RC	62	1:36:19
2	Hanlie	Van der Westhuizen	Despatch AC	60	1:47:48
3	Karima	Kitsopoulos	Born To Run	61	2:02:04

**G/g'masters:**

1	Marlene	Wiese	Kowie Striders	70	2:23:34
2	Orgia	Nell	Muirite Strider	72	2:44:29

**Juniors:**

1	Siphokazi	Liwani	Motherwell AC	18	1:36:10
2	Nomakhosi	Ntliziyo	Motherwell AC	17	1:36:43
3	Nelisa	Mtandeki	Phakama AC	19	1:44:08

**Freedom to Run Day 10 km**

Bridgetown, Cape Town, 27 April

(Weather: cold and overcast. Finishers: 2212.)

**MEN**

1. Vuyolwethu Mbukushe (Gugs) 31:29 (R500)
2. Akhona Makila (VOB) 31:44 (R300)
3. Brandon Pullian (Itheke) 32:40 (R200)

(All age group prizes except juniors were the same: R250, R200, R150.)

**Veterans:** 1. Shawn Abrahams (Celtic) 33:56; 2. Xolile Macanda (Gugs) 34:10; 3. Gerald Myburgh (MPT) 36:27. **Masters:** 1. Johnny Persents (WR) 35:20; 2. Zolani Ntsodo (SANDF) 37:21; 3. John September (Itheke) 37:31. **G'masters:** 1. Mochamat Kriel (Ommie) 38:31; 2. Johannes Jacobs (Celtic) 41:43; 3. Eise Geerts (Bell) 41:49.

**G/g'masters:** 1. Joseph Matthews (MS) 52:29. **Juniors:** 1. Lukhanyo Nobakada (VOB) 33:06 (R500); 2. Thembeko Mendu (Gugs) 33:15 (R300); 3. Asemahle Kwatsha (Gugs) 34:11 (R200).



WOMEN (Same prize money as men)

1. Ashleigh Simonis (Carb) 36:27 (1<sup>st</sup> jun)
2. Zintle Xiniwe (FNB) 36:28
- Jana le Roux (Ned Bol) 38:26

**Veterans:** 1. Obertina Kanyongo (ZIM/WC) 40:06; 2. Busisiwe Matiwane (Celtic) 42:10; 3. Sharon Sunderland (WC) 43:06. **Masters:** 1. Olga Howard (Celtic) 44:01; 2. Bev Charters (VOB) 46:26; 3. Roldah Orrie (Itheko) 47:43. **G'masters:** 1. Charmaine Cupido (Ned) 48:24; 2. Helen du Plessis (Brack) 48:29; 3. Lea Norton (Gugs) 56:04. **G/g'masters:** 1. Pixie Sparg (Celtic) 57:05. **Juniors:** 1. Ashleigh Simonis (Carb) 36:27; 2. Jana le Roux (Ned Bol) 38:26; 3. Sizimphiwe Mbatsa (VOB) 39:58.

## Hibiscus Coast Ultramarathon, 24 km & 10 km

Ramsgate, 27 April

(Distances: 48 km, 24 km & 10 km; loop courses)

Note: Unfortunately no clubs were indicated in the results. DRR subscriber Melanie Jennett got a second in the 10 km. – Ed.

### Ultramarathon

MEN

1. Mthobisi Mgedezi 2:58:29, 2. Mosoeunyane Marapalla (LES) 3:01:34, 3. Thandabantu Phafuza 3:03:47, 4. Vusi Cele 3:10:46, 5. Nqamulela Gumede 3:11:50, 6. Maxwell Ngwazi 3:13:44, 7. Bhekithemba Nqoko 3:25:26, 8. Syvion Madikane 3:26:33, 9. Dion Sanele 3:27:01, 10. Goodman Mqayi 3:29:34.

WOMEN

1. Iris Ndlovu 4:19:34, 2. Zandile Dunywa 4:33:26, 3. Hleziphi Ncayiyana 4:36:33, 4. Kim Jackson 4:47:15, 5. Chantel Bromwich 4:47:32, 6. Maranata McCall 5:01:16, 7. Stephanie Joyner 5:14:38, 8. Nombuliso Mbebe 5:18:56, 9. Rhonda Harrower 5:25:09, 10. Alicia Simpson 5:25:42.

### 24 km

MEN

1. Silindile Gubese 1:19:58, 2. Anele Dlamini 1:22:30, 3. Muzi Mzobe 1:23:04, 4. Lwanda Ntitshana 1:23:53, 5. Mholi Jali 1:26:19, 6. Asanda Malunga 1:27:00, 7. Simphiwe Mfowentsizwa 1:29:35, 8. Samuel Pazanga (ZIM) 1:31:02, 9. Elmore Sibanda (ZIM) 1:31:07, 10. Thembisa Xesibe 1:32:19.

WOMEN

1. Loveness Madziva (ZIM) 1:39:30, 2. Nwabisa Mjoli 1:48:12, 3. Leverne Poisson 2:06:41, 4. Slindile Nzama 2:13:01, 5. Claire Weston 2:14:59, 6. Juanette D'Oliveira 2:15:57, 7. Beth Mandel 2:16:20, 8. Coco Burger 2:19:21, 9. Charmaine Greeves 2:22:11, 10. Nombuso Montobeko Mlotha 2:22:24.

### 10 km

MEN

1. Gift Mbanjwa 32:32, 2. Ayanda Mncube 32:35, 3. Aphelele Phungula 33:14, 4. Mawande Hlongwe 33:44, 5. Sinovuyo Nkasa 34:58, 6. Thobile Ngewagule 36:13, 7. Mitchell Malinga 36:46, 8. Delani Dlezi 37:25, 9. Sikhosane Njabulo 38:05, 10. Sibonelo Cele 38:57.

WOMEN

1. Puseletso Dladla 40:22, 2. Melanie Jennett 42:34, 3. Caitlyn Schlehmeier 45:57, 4. Banele Mjokwa 52:07, 5. Nicolette Schlehmeier 52:28, 6. Olivia Luke 55:42, 7. Kim Apostolides 58:46, 8. Thabisile Msane 59:20, 9. Rachel Siyangapi 59:50, 10. Nomzamo Cele 01:01:29.

## Langebaan Country Estate Weskus Marathon & Half Marathon

Langebaan, 23 April

(Distances: 42.195 km & 21.1 km; the marathon point to point with a start/finish separation of 6.25 km or 14.8% of the distance, the half marathon a near loop – both record standard. Finishers: marathon – 928 [up from 809 last year; half marathon – 1025 [up from 850].)

Note: About half the field in the 10 km followed the wrong (much too long) route and the organisers decided not to publish the results. Some runners ended up running up to 17 km! Tanya Posthumus-Fox and Lee-Shay Willemse also finished first and second in the half marathon in 2014, but both ran much faster this time. – Ed.

### Marathon

#### MEN

1	Siviwe	Nkombi	Itheko	2:25:12
2	Anda	Lubelwana	Hout Bay Harriers	2:29:23
3	Admire	Rushika	ZIM/VOB	2:32:42
4	Siyabulela	Mponewana	VOB	2:36:43
5	Wanda	Roro	Temp	2:38:35
6	Imran	Paya	MAW/Gugs	2:40:32
7	Tawanda	Chomuzinda	ZIM/Gugs	2:40:37
8	Dumisani	Dosi	Paarl	2:41:07
9	Richard	Flint	VOB	2:42:13
10	Njenyana	Zwane	Swartland	2:42:25
11	Mpendulo	Sigwadi	Gugs	2:45:57
12	Nic	De Beer	CMC	2:46:56
13	Julie	Welkom	Swartland	2:48:24
14	Luntu	Kosana	Gugs	2:48:41
15	Xolile	Skepe	Khayelitsha	2:49:07
16	Lucky	Ziqwayi	VOB	2:50:56
17	Nceco	Makunga	Temp	2:51:31
18	Xolile	Macanda	Gugs	2:51:53
19	Dawid	Gous	Temp	2:52:55
20	Randall	Joshua	Nantes	2:53:00

#### WOMEN

1	Thalia	Charalambous	ATC	3:06:23
2	Candyce	Hall	Carbineers	3:14:42
3	Ursula	Frans	Nedbank	3:14:58
4	Angelique	Rabie	Carbineers	3:21:06
5	Tracy	Forbes	VOB	3:22:35
6	Guinivere	Rogers	Durbanville	3:24:53
7	Berdene	Nell	CMC	3:30:52
8	Liana	Maree	Stellenbosch	3:35:22
9	Ilse	Hugo	Ceres	3:37:00
10	Prissie	Muller	Hartenbos	3:37:34
11	Lynn	Davis	Atlantic	3:38:44
12	Martha	Pretorius	Nantes	3:43:06
13	Louise	Muller	CMC	3:45:11
14	Cailey	Bredenkamp	Paarl	3:46:11
15	Alet	Carsten	CMC	3:47:49
16	Sanja	Murray	Temp	3:49:26
17	Megan	Goliath	Brackenfell	3:51:11
18	Tania	Anderson	VOB	3:52:06
19	Andrea	Swartz	CS	3:52:10

20	Mari	Bester	ATC	3:52:32
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**Half marathon**

## MEN

1	Bernard	Rukadza	ZIM/Gugs	1:09:37
2	Babalo	Hambi	Itheko	1:11:02
3	Vuyolwethu	Mbukushe	Gugs	1:11:44
4	Mthandazo	Qhina	Nedbank	1:12:16
5	Danzil	Paulse	Temp	1:13:10
6	Jacobus	Fritz	Temp	1:17:19
7	Denzil	Byman	Itheko	1:19:45
8	Derek	Baartman	Worcester	1:21:30
9	Samson Stanley	Mokwena	SAPS MPU	1:23:06
10	Alan	Matthews	VOB	1:23:07
11	Jovan	Coetzee	Wellington	1:25:01
12	Sylvano	Hindley	Itheko	1:25:59
13	Siyabonga	Mehlo	Khayelitsha	1:26:27
14	Nicolaas	De Jager	Worcester	1:27:24
15	Dolfie	Mostert	Durbanville	1:27:42
16	Louis	Claassen	Arcelor Mittal	1:28:55
17	Thomas	Moses	Worcester	1:30:08
18	Renier	Bekker	Brackenfell	1:30:50
19	Dean	Hewitt	Brackenfell	1:31:31
20	Jabulani	Mabena	Temp	1:31:56

## WOMEN

1	Tanya	Posthumus-Fox	Century City	1:30:09
2	Lee-Shay	Willemse	Velocity	1:32:05
3	Phatiswa	Dyalvane	Temp	1:33:41
4	Natalie	Diss	West Coast	1:34:30
5	Emily	Cupito	USA/Atlantic	1:35:28
6	Busisiwe	Matiwane	Celtic Harriers	1:37:33
7	Adrienne	Darrow Boyd	Temp	1:39:46
8	Florah	Sithole	SANDF	1:40:15
9	Marie	Louw	CMC	1:40:37
10	Kutlwano	Ramaboa	West Coast	1:41:46
11	Shirley	Mcmurray-Wolmarans	ATC	1:42:56
12	Jacky	Misroll	Pinelands	1:43:06
13	Tyshia	Johannes	Gugs	1:43:08
14	Riette	Basson	Durbanville	1:43:10
15	Anelma	Janse van Rensburg	Temp	1:43:33
16	Faieka	Slemming	Itheko	1:43:40
17	Helen	Wolfaardt	Temp	1:43:47
18	Erin	Morkel	Temp	1:43:58
19	Karen	Wentzel	Durbanville	1:44:16
20	Kuu	Watermeyer	Boland Athletics	1:44:21

**Sportsmans Warehouse 15 km**

Port Elizabeth, 16 April

(Loop course. Finishers: 575 [down from 607 last year].)

## MEN

1	Zolani	Ngqaqa	Tinarha AC	27	47:42
2	Andile	Motwani (1 <sup>st</sup> jun)	Tinarha AC	19	49:19
3	Anele	Maliza	Nedbank RC	38	50:33
4	Brendon	Effenaar	Nedbank RC	20	52:47

5	Lubabalo	Mdlungwane	Tinarha AC	25	53:00
6	Hassan	Abdi	Temp	27	53:21
7	Siyabonga	Honni	Temp	32	53:27
8	George	Ntshiliza	Bluewater Bay	36	54:13
9	Zolile	Mhlahlo (1 <sup>st</sup> vet)	Achilles AAA	41	54:14
10	Zamubuntu	Teyise	Charlo AC	39	54:56

**Veterans:**

1	Zolile	Mhlahlo	Achilles AAA	41	54:14
2	Malibongwe	Mbelu	RWFL EP	43	56:35
3	Michael	Prince	Nedbank RC	42	59:23

**Masters:**

1	Michael	Bekapi	Ikhamva AC	54	1:01:03
2	Andre	Dalton	Nedbank RC	55	1:01:41
3	Efese	Peter	SANDF AC EP	55	1:07:44

**G'masters:**

1	Elvis	Galela	Madibaz AC	64	1:03:44
2	Sizinzo	Kama	Achilles AAA	64	1:08:07
3	Roger	Trader	Achilles AAA	62	1:08:17

**G/g'masters:**

1	Tamsanqa	Jusayi	Nedbank RC	74	1:16:16
2	Herman	Dekker	SAPS AC EP	71	1:30:30
3	Tom	D'Arcy	Achilles AAA	70	1:34:25

**Juniors:**

1	Andile	Motwani	Tinarha AC	19	49:19
2	Kingston	Khumalo	Vukani MS Club	17	56:34
3	Monre	Lerm	Madibaz AC	17	1:07:15

**WOMEN**

1	Ndileka	Mvakwendlu	Tinarha AC	25	1:01:28
2	Jamie-Lee	Schlemmer	Madibaz AC	19	1:04:44
3	Siphokazi	Liwani (1 <sup>st</sup> jun)	Motherwell AC	18	1:06:07
4	Elmare	Bezuidenhout	Charlo AC	34	1:06:58
5	Grizelda	Pietersen (1 <sup>st</sup> vet)	Nedbank RC	47	1:07:17
6	Leah	Sloman	Madibaz AC	24	1:08:21
7	Leigh-Ann	Bowden	Midrand Strider	41	1:08:58
8	Terray	Newcombe	Elite A C	25	1:09:26
9	Katherine	Van der Walt	Body Concept	40	1:09:39
10	Natalie	Langdon	Oxford Str	23	1:09:42

**Veterans:**

1	Grizelda	Pietersen	Nedbank RC	47	1:07:17
2	Leigh-Ann	Bowden	Midrand Strider	41	1:08:58
3	Toegeda	Vyver	Nedbank RC	44	1:13:18

**Masters:**

1	Janette	Schierz-Crusius	Body Concept	55	1:12:37
2	Hanlie	Van der Westhuizen	Despatch AC	59	1:14:23
3	Buyelwa	Kobokana	Nedbank RC	51	1:16:08

**G'masters:**

1	Liz	Grundlingh	Muirite Strider	69	1:29:19
2	Helene	Oppel	Crusaders AC	66	1:38:02
3	Rina	Pelser	RWFL EP	64	1:39:53

**G/g'masters:**

1	Ronelle	Steyn	Nedbank RC	72	1:43:12
2	Orgia	Nell	Muirite Strider	72	1:50:56
3	Dorothy	Hart	Madibaz AC	78	1:57:56

**Juniors:**

1	Siphokazi Liwani	Motherwell AC	18	1:06:07
2	Monique Van Willing	Despatch AC	17	1:23:40

### Forever Resorts Loskop 50 km (30th) & Half Marathon (10<sup>th</sup>)

Middelburg to Loskop Dam, 16 April

(Distances: 50 km & 21.1 km. Ultramarathon: Point-to-point downhill course; the elevation loss from start [1475 m] to finish [930 m] is 545 m, i.e. 10.9 m/km. Half Marathon: drop unknown. Weather: ideal running conditions.)

Note: It seems very odd that so many times in the ultramarathon end in zero seconds (eg. 2:58:00, 3:08:00). DRR correspondent Pete van der Merwe confirms this and wrote in an e-mail that the times were probably rounded off incorrectly. – Ed.

#### 50 km

##### MEN

1. Charles Tjiane (ME) 2:47:34 (1<sup>st</sup> vet)
2. Charles Soza (ZIM/Ned) 2:51:57
3. Raymond Phaladi (Ned) 2:52:27
4. Collin Parura (ZIM/Ned) 2:52:39
5. Best Ngwenya (Ned) 2:58:00
6. Lutendo Mapoto (PRR) 2:59:16
7. Phuti Mohale (PRR) 2:59:48
8. Fanie Matshipa (Sam) 3:02:31
9. Ntheleng Mosime (CR) 3:04:27
10. Judas Ntuli (Mag) 3:08:04

**Veterans:** 1. Charles Tjiane (ME) 2:47:34; 2. Ntheleng Mosime (CR) 3:04:37; 3. Judas Ntuli (Mag) 3:08:00. **Masters:** 1. Joseph Ndlovu (ACE) 3:24:00; 2. Thapo Hlako (Kempton) 3:28:00; 3. Eloi de Oliveira (Boxer) 3:28:00. **G'masters:** 1. Don Charles (Ned) 4:06:00; 2. Johan Nel (Irene) 4:08:00.

##### WOMEN

1. Yolande Maclean (B2R) 3:31:01
2. Ezbé Strydom (Ned) 3:34:35
3. Julianie Basson (B2R) 3:35:41
4. Salomé Cooper (B2R) 3:36:47
5. Jennifer Koech (KEN/Ned) 3:37:58
6. Johanna van Schalkwyk (Ind) 3:45:00
7. Leilani Scheffer (RWFL) 3:45:00
8. Mitsie van der Westhuizen (Runav) 3:46:00
9. Ann Ashworth (B2R) 3:47:00
10. Lesley Austin (KPMG) 3:50:00

**Veterans:** 1. Julianie Basson (B2R) 3:35:41; 2. Salomé Cooper (B2R) 3:36:47; 3. Mitsie van der Westhuizen (Runav) 3:46:00. **Masters:** 1. Mari Bruwer (Arc M) 4:06:30; 2. Chris Walter (Dain) 4:18:01; 3. Julie Soicher (RRR) 4:20:34. **G'masters:** 1. Heleen Holl (Rust) 4:42:18. 2. Daleen van Wyk (Vital) 5:18:00.

#### Half marathon

##### MEN

1. Amos Thanjekwayo (Midack) 1:16:37
2. Lucky Mosikili (LC) 1:17:50
3. Mapanado Hamilton (DCSR) 1:17:51
4. Edwin Khankhobe (Hamlett) 1:18:30
5. Pret Seblo (DCSR) 1:18:49

**Veterans:** 1. Mamkge Magedi (Makud) 1:22:33; 2. Mfana Ngwenya (Eskom) 1:38:47; 3. Enoch Mkaunyane (Enk) 1:40:04. **Masters:** 1. Hendrik Naudé (Midack) 1:52:48; 2. Isaac Dintshi (A4A) 1:56:54; 3. Johannes Masemola (Sasol) 1:57:27. **G'masters:** 1. Alan Smith (Merc) 1:38:47; 2. Stoney Steenkamp (Coal) 1:57:48. **Juniors:** 1. Shadow Mokolo (Eskom) 1:22:25; 2. Ephraim Masombuka (Ind) 1:34:41; 3. Dillen Olivier (Rooies) 1:44:58.

#### WOMEN

1. Lerentia Strydom (Eskom) 1:35:40  
 2. Cynthia Dlamini (DCSR) 1:37:06  
 3. Elizabeth Dhiwayo (RWFL) 1:41:24 (1<sup>st</sup> vet)  
 4. Gift Ramabela (Eskom) 1:42:42  
 5. Hlengiwe Msezane (DCSR) 1:43:43

**Veterans:** 1. Elizabeth Dhiwayo (RWFL) 1:41:24; 2. Florence Molawa (Ind) 1:55:03; 3. Setilda Heiberg (Midack). **Masters:** 1. Jacqueline Frey (Xhosa) 1:58:41; 2. Susan Maree (Irene) 2:11:19; 3. Erika Swart (Ned) 2:19:44. **G'masters:** 1. Frances van Blerk (Ned) 2:01:47; 2. Rina Machado (Ned) 2:30:26. **Juniors:** 1. Melanie le Roux (Bobbies) 1:51:15; 2. Cindy Mavuso (DCSR) 2:00:15; 3. Rene-Mari Luus (Rooies) 2:06:11.

## 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

#### Lilac Bloomsday Run (40th)

(A PRRO Circuit Event)

Spokane, USA, 1 May

(Distance: 12 km; certified course with negligible drop and start/finish separation [record standard course], rolling hills)

#### MEN (gun times)

1. Philip Langat, KEN	34:26	\$7000
2. Isaac Mwangi, KEN	34:38	4500
3. Philemon Cheboi, KEN	34:42	3000
4. Macdonard Ondara, KEN	35:02	2500
5. Eliud Ngetich, KEN	35:28	1800

#### WOMEN (gun times):

1. Cynthia Limo, KEN	38:03	CR*	\$7000
2. Aliphine Tuliamuk-Bolton, Santa Fe, NM	39:42	4500 +	5000a
3. Jane Kibii, KEN	39:59	3000	
4. Lineth Chepkurui, KEN	40:22	2500	
5. Simegn Abnet Yeshanbel, ETH	40:36	1800	

a) Earned usa citizen prize money

### Russian Marathon Championships

Volgograd, RUS, 1 May

(Distance: 42.195 km; course certification and configuration unknown)

MEN (gun times)

1. Fyodor Shutov, 1986 2:11:26 PB
2. Aleksey Sokolov, 1983 2:13:59
3. Mikhail Maksimov, 1986 2:14:07 PB

WOMEN (gun times)

1. Tatyana Arkhipova, 1983 2:28:34
2. Alina Prokopyeva, 1985 2:28:59 PB
3. Natalya Starkova, 1987 2:30:47
4. Marina Kovalyova, 1984 2:32:30
5. Nina Podnebesnova, 1980 2:35:15

### BMO Bank of Montreal Vancouver Marathon (45th)

Vancouver, CAN, 1 May

(Distance: 42.195 km)

MEN (gun times)

1. Daniel Kipkoech, KEN 2:21:04 CAD 4000
2. Habteselassa Lemma Gemechu, ETH 2:23:29 2000
3. Ryan Day, CAN 2:36:44 1000

WOMEN (gun times)

1. Hirut Beyene Guangul, ETH 2:39:52 CAD 4000
2. Allison Macsas, USA 2:42:07 2000
3. Ellie Greenwood, GBR 2:45:21 1000

### Ohio Health Capital City Half Marathon

(USA Half-Marathon Championships for men & women)

Columbus, USA, 30 April

(Distance: 21.1 km; one-loop course, certified, pre-validated and record-eligible)

MEN (gun times)

1. Christo Landry, 30, Charlotte, NC 1:02:52 PB \$12,000 + 750i
2. Scott Fauble, 24, Flagstaff, AZ 1:03:06 PB 10,000 + 500i
3. Scott Bauhs, 29, San Luis Obispo, CA 1:03:15 7,000 + 500i
4. Shadrack Biwott, 31, Mammoth Lakes, CA 1:03:19 5,000 + 500i
5. Phillip Reid, 30, San Luis Obispo, CA 1:03:30 PB 3,000 + 500i

i) Earned time incentive bonus

WOMEN

1. Tara Welling, 26, Portland, OR 1:10:25 PB \$12,000 + 1000i
2. Desiree Linden, 32, Washington, MI 1:11:06 10,000 + 750i
3. Brianne Nelson, 35, Golden, CO 1:11:24 7,000 + 750i
4. Lindsay Flanagan, 25, Silver Spring, MD 1:12:16 5,000 + 500i
5. Janet Bawcom, 37, Flagstaff, AZ 1:13:49 3,000 + 250i

i) Earned time incentive bonus

**TRACK****Payton Jordan Cardinal Invitational**

Palo Alto, USA, 1 May

Note: The highlight was Bernard Lagat's 10000 debut at age 41. He not only won the race with a 58.8-second last lap, but smashed the world 40+ record by some 40 seconds in 27:49.35. In the women's 25-lap race, Irene Cheptai got the win in 31:15.38, narrowly defeating Caroline Chepkoech. Eighteen women in the first section (and one in the second) broke 32 minutes. – Ed.

**MEN**

1500:

Section 1 -

1. Izaic Yorks	Washington	3:37.74
2. Henrik Ingebrigtsen	Jrs Sports M (NOR)	3:38.33
3. Evan Jager	Nike/Bowerman TC	3:38.67

5000:

Section 1 -

1. Shadrack Kipchirchir	US Army Wcap	13:18.52 PB
2. Andrew Butchart	Unattached (GBR)	13:18.96 PB
3. David Torrence	Hoka One One	13:19.42

10000:

Section 1 -

1. Bernard Lagat	Nike	27:49.35 DB/WR 40+
2. Suguru Osako	Nike Oregon Proj(JPN)	27:50.27
3. Futsum Zienasellassie	Northern Arizona (ERI)	27:52.70 PB

**WOMEN**

800:

Section 1 -

1. Chrishuna Williams	Unattached	2:00.58
2. Justine Fedronic	Nike (FRA)	2:00.64
3. Maggie Vessey	Unattached	2:00.82
... 6. Alexa Efraimson	Nike	2:01.64

1500:

Section 1 -

1. Linden Hall	Wolfpack TC	4:04.47
2. Gabriela Stafford	Toronto (CAN)	4:07.91
3. Lauren Johnson	Unattached	4:08.18

5000:

Section 1 -

1. Sally Kipyego	Nike Otc (KEN)	14:58.60
2. Nicole Tully	Hoka-NYAC	15:04.08
3. Maureen Koster	Unattached (NED)	15:07.20
... 5. Eilish McColgan	Unattached (GBR)	15:09.94 PB
6. Kim Conley	New Balance	15:12.73
... 15. Emily Sisson	New Balance	15:32.51
... 20. Jen Rhines	B.A.A. (40+)	15:45.94



10000:

## Section 1 -

1. Irene Cheptai	Nike (KEN)	31:15.38 DB
2. Caroline Chepkoech	adidas (KEN)	31:16.38 DB
3. Ayuko Suzuki	Japan Post Group(JPN)	31:18.16 PB
4. Marielle Hall	Nike	31:37.45 DB
5. Karoline Bjerkeli Grøvdal	Jrs Sports M (NOR)	31:37.91 DB
6. Buze Diriba	Adidas (ETH)	31:38.61
7. Miyuki Uehara	Daiichi Seimei (JPN)	31:38.80
8. Kellyn Taylor	Naz Elite	31:40.70 PB
9. Veronica Inglese	C.S. Esercito (ITA)	31:42.02 PB
10. Liz Costello	New Balance	31:43.79 PB
11. Alexi Pappas	Nike/Oregon (GRE)	31:46.85 NR
12. Hanami Sekine	Japan Post Group(JPN)	31:48.90
13. Erin Finn	Unattached	31:51.84 PB
14. Riko Matsuzaki	Sekisui Kagaku (JPN)	31:55.26
15. Dominique Scott	Arkansas (RSA)	31:56.84 PB
16. Diane Nukuri	Asics (BDI)	31:57.99 NR
17. Jordan Hasay	Nike Oregon Project	31:58.33

## Section 2 -

1. Sarah Lahti	SWE	31:54.87 NR
2. Margarita Hernandez Flores	MEX	32:11.04
3. Sara Slattery	Brooks	32:13.03

**Hyogo Relays**

Kobe, JPN, 24 April

MEN

10000:

1. Paul Tanui (KEN & Kyudenko) 27:22.28 WL
2. Mamiyo Nuguse (ETH & Yasukawa Electric) 27:24.85
3. Rodgers Chumo Kemoi (KEN & Aisan Industry) 27:43.85
4. Benard Kimani (KEN & Yakult) 27:50.81

WOMEN

10000:

1. Felista Wanjugu (KEN & Universal Entertainment) 32:11.68
2. Yuka Ando 32:16.34
3. Risa Yokoe 32:24.87
4. Yukari Abe 32:26.84
5. Rei Ohara 32:27.51
6. Miho Shimizu 32:28.62
7. Kaho Tanaka 32:28.77
8. Obare Doricah (KEN & Hitachi) 32:28.79
9. Yukari Ishizawa 32:38.73
10. Mao Kiyota 32:39.43

**Larry Ellis Invitational**

Princeton, USA, 22-23 April

MEN

800:

Elite Sections (22):

Section 1 -

1. Jesse Garn SR Binghamton 1:47.11

Section 2 -

1. Samuel Ellison BAA 1:48.19

Section 3 -

1. Joe Gioielli JR Central Connecticut 1:50.23

Section 4 -

1. Trevor Guerrero SO Sacred Heart 1:49.92

Section 5 -

1. Mpho Makofane SO Monroe College (RSA) 1:49.78

**Bryan Clay Invitational hosted by Azusa Pacific University**

Azusa, USA, 15 April

MEN

5000:

Section 1 -

1. Futsum Zienasellassie JR Northern Ari 13:37.89 MR/FR/PB

Section 2 -

1. Ethan Gonzales	FR Colorado	14:36.37 PB
2. Tom Goforth	SO Saginaw Vall	14:37.46 PB
3. Sam Vincent	Stride Ahead (CAN)	14:38.78 PB
4. Connor Fisher	SO Chico State	14:38.88
5. James Coleman	SR North Texas	14:40.45 PB
6. Joey Southgate	JR Saginaw Vall	14:40.82 PB
7. Trent Warren	SR Cal St. San	14:42.87 PB
8. Steven Ing	SR Cal St. San (RSA)	14:43.22 PB

**BACKGROUND****IS KIPCHOGE THE BEST EVER?**

Note: This excerpt from Mel Watman's report on the London Marathon (slightly edited here) appeared in *Athletics International* and is a good summary of the remarkable career of Eliud Kipchoge; it also includes his splits in London. – Ed.

Discounting Geoffrey Mutai's aided 2:03:02 in Boston in 2011, Eliud Kipchoge registered the second fastest ever marathon time of 2:03:05 when winning the Virgin Money London Marathon. Only Dennis Kimetto (ninth in this race) with his 2:02:57 in Berlin in 2014 has gone quicker, and one could argue that as Berlin is acknowledged as a faster course than London then Kipchoge's performance might be regarded as the best yet. It was a stunning run as he completed the halves in 61:24 and 61:41, finishing so strongly as he pulled away from Stanley Biwott (also running the race of his life) that he covered the 5 km leading to

40 km in 14:42 and taking just 6:16 for the final 2.195 km as against Biwott's 14:51 and 6:53.

What a phenomenal athlete Kipchoge is. He was only 18 when, in Paris in 2003, he won the World 5000 m title in 12:52.79... outkicking Hicham El Guerrouj and Kenenisa Bekele no less. The following year he was Olympic bronze medallist and, still at 5000 m, he picked up silvers at the 2007 Worlds and 2008 Olympics. He possesses a wonderful array of track PBs: 3:33.20 1500 m (2004), 3:50.40 mile (2004), 7:27.66 3000 m (2011), 12:46.53 5000 m (2004) and 26:49.02 10000 m (2007). It was in 2012 that he decided to start concentrating on longer road races, clocking 59:25 for the half marathon, and the following year, aged 28, he began his marathon career. He made a brilliant debut by winning in Hamburg in 2:05:30 and later in 2013 he placed second behind the world record 2:03:23 in Berlin by Wilson Kipsang with 2:04:05 ... and has not lost a marathon since. In 2014 he won in Rotterdam (2:05:00) and Chicago (2:04:11), while last year he triumphed in London in 2:04:42 and Berlin in 2:04:00 despite the distraction of running almost the entire race with the insole from his shoe flapping around his ankle.

He will certainly start favourite to win the Olympic title, where one of his Kenyan teammates will surely be Biwott, the 2015 New York winner who was second in London in 2014 in a PB of 2:04:55. Now, runner-up again, he has improved by over a minute to rank sixth on the world (and Kenyan!) all-time list, one place above Haile Gebrselassie.

Kipchoge's 5 km splits were 14:16, 14:21, 14:40, 14:53, 14:29, 14:34, 14:54 and 14:42. Unofficial mile splits: 4:30, 4:43, 4:35, 4:36, 4:35, 4:37, 4:44, 4:40, 4:44, 4:50 (46:34 at 10 miles), 4:43, 4:47, 4:48, 4:48, 4:32 (1:10:12 at 15 miles), 4:35, 4:42, 4:43, 4:44, 4:42 (1:33:38 at 20 miles), 4:52, 4:55, 4:50, 4:42, 4:39, 4:35. He and Biwott passed 30 km in a world record 1:27:13.

## HISTORY

### MULTIPLE WINNERS AT S.A. CHAMPIONSHIPS: CORRECTION

Last week's DRR included a list of all athletes in history who have won three or more gold medals at the SA Championships. One athlete was omitted from the list: Johannes Hendrikus (Snaar) Viljoen, who in 1934 took the unusual triple of 120y and 220y hurdles, as well as the long jump. Thanks to Dewald Steyn for this correction; this brings the total of athletes who have achieved this feat to sixteen (and twenty occurrences).

Another mistake in the article was that, although four pole vault victories for Harry Hart were listed (correctly), the text said he won three titles. (He bagged 31 SA titles in total.)

In order that readers have a complete list of the multiple winners, the list is repeated here, with the amendments (athletes with three or more titles, and in chronological order):

C.H. Jones	1904	100y, 220y, 440y
Herbert Phillips	1905, 1906	100y, 220y, 440y
George Patching	1910, 1912	100y, 220y, 440y
John Victor	1912, 1913	880y, 1 mile, 2 miles s/chase
Len Richardson	1924	4 miles, 10 miles, 2 miles s/chase
Harry Hart	1928	SP, DT, HT, JT
Hart	1929, 1932	PV, SP, DT
Hart	1930, 1931	PV, SP, DT, JT
Marjorie Clark	1930	100y, 220y, 100y H, HJ, LJ
Clark	1931, 1932	100y, 220y, 100y H, HJ
Hart	1934	SP, DT, HT
Snaar Viljoen	1934	120y H, 220y H, LJ
Barbara Burke	1935, 1936	100y, 220y, 80m H*
Dennis Shore	1938	100y, 220y, 440y
George Hazle	1961, 1963, 1967	walk: 3 miles, 20 km, 50 km
Willie Olivier	1962	1 mile, 3 miles, 6 miles
De Villiers Lamprecht	1967	1 mile, 3 miles, 6 miles

Albert Landmann	1970	walk: 5000m, 20 km, 50 km
Evette de Klerk	1987	100m, 200m, 400m
Caster Semenya	2016	400, 800, 1500

\*) Burke and Clark tied for first in 1935.

## STATS TIME

After the brilliant running by Eliud Kipchoge and Stanley Biwott in last weekend's London Marathon, here is an all-time list of the top twenty times, by twelve men. Dennis Kimetto, the world record holder, and Kipchoge dominate the list with three and four times respectively. All but three of the runners are from Kenya.

### ALL-TIME MARATHON: TOP 20 TIMES

1	2:02:57	Dennis Kimetto	KEN	1 Berlin	28 Sept 14
2	2:03:02A	Geoffrey Mutai	KEN	1 Boston	18 Apr 11
3	2:03:05	Eliud Kipchoge	KEN	1 London	24 Apr 16
4	2:03:06A	Moses Mosop	KEN	2 Boston	18 Apr 11
5	2:03:13	Emmanuel Mutai	KEN	2 Berlin	28 Sept 14
6	2:03:23	Wilson Kipsang	KEN	1 Berlin	29 Sept 13
7	2:03:38	Patrick Makau	KEN	1 Berlin	25 Sept 11
8	2:03:42	Kipsang-2		1 Frankfurt	30 Oct 11
9	2:03:45	Kimetto-2		1 Chicago	13 Oct 13
10	2:03:51	Stanley Biwott	KEN	2 London	24 Apr 16
11	2:03:52	Emmanuel Mutai-2		2 Chicago	13 Oct 13
12	2:03:59	Haile Gebrselassie	ETH	1 Berlin	28 Sept 08
13	2:04:00	Kipchoge-2		1 Berlin	27 Sept 15
14	2:04:05	Kipchoge-3		2 Berlin	29 Sept 13
15	2:04:11	Kipchoge-4		1 Chicago	12 Oct 14
16	2:04:15	Geoffrey Mutai-2		1 Berlin	30 Sept 12
17	2:04:16	Kimetto-3		2 Berlin	30 Sept 12
18	2:04:23	Ayele Abshero	ETH	1 Dubai	27 Jan 12
19	2:04:24	Tesfaye Abera Dibaba	ETH	1 Dubai	22 Jan 16
20	2:04:26	Haile Gebrselassie		1 Berlin	30 Sep 07

## THIS MONTH IN HISTORY

### 35 years ago (exactly): 2 May 1981

Although the first Wally Hayward Marathon in 1977 was held in July, the race has mostly been run in May, and since 1996 always on either the first or second day of the month. The first time was on this day and one of South Africa's best women marathoners at the time, Ralie Smit, won by more than 16 minutes in 3:15:07, with defending champion C. Faure second. Smit would win four more times, with her last victory in 1989 when she was the first woman to complete the race in under 3 hours (2:56:40). Less than two months after this first win in the Wally Hayward race, Smit also won the Pieter Korkie Ultramarathon for the first time.

## SOUTH AFRICAN ROAD 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	28:50	Elroy Gelant	Port Elizabeth	02 Apr
	27:42	Bitan Karoki Muchiri (KEN)		
	27:42	Leonard Barsoton Kiplimo (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		19 Mar
	46:36	Adrian Wildschutt (jun)	Ravensmead	
	44:04	Bethwell Birgen Chemwono (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		26 Mar
	61:27	Stephen Mokoka	Cardiff	
	59:10	Geoffrey Kipsang Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		06 Mar
	89:04	Sipho Ngxongo	Durban	
	81:12a	Siyabonga Nkonde	Pinetown	
	75:36	Wellington Bezerra da Silva (BRA)		
30 km	71:18**	Dennis Kipruto Kimetto (KEN) 2012		05 Mar
	1:36:30	Melikhaya Frans	Uitenhage	
	1:30:45	Keita Shitara (JPN)		
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
Marathon	2:11:27	Lusapho April	Hannover	10 Apr
	2:03:05	Eliud Kipchoge (KEN)		
	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	69:14	Gert Thys	Wellington	02 May
	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	34:01	Makaya Masumpa	Port Elizabeth	02 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:10	Johnny Persents	Ravensmead	19 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:13	Johnny Persents	Gordon's Bay	16 Apr
	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	37:56	Mochamat Kriel	Bellville	02 Apr
	32:48	Martin Rees (GBR) 2013		
15 km	58:27	Mochamat Kriel	Ravensmead	19 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	83:37	Mochamat Kriel	Gordon's Bay	16 Apr
	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	29:46	Adrian Wildschutt	Wellington	02 May
	27:52	Richard Chelimo (KEN) 1990		
15 km	46:36	Adrian Wildschutt	Ravensmead	19 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:13	Andile Motwani	Port Alfred	30 Apr
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	33:24	Irvette van Zyl	Cape Town	17 Apr
	31:06	Edith Chelimo (KEN)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	49:36	Maryanne Wangari Wanjiru (KEN)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	72:08	Irvette van Zyl	Benoni	31 Jan
	65:51	Viola Chepchumba (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
	1:27:47	Amy Cragg & Shalane Flanagan (USA)		
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:43:55	Miharu Shimokado (JPN)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	2:32:20	Irvette van Blerk	London	24 Apr
	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	39:42	Judy Bird	Cape Town	17 Apr
	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	91:29	Mariëtte Strauss	Gordon's Bay	16 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:23:01	Karen Conway	Durban	06 Mar
	2:13:42a	Roshnee Natsen	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	42:30	Margie Saunders	Cape Town	17 Apr
	38:56	Lidia Zentner (GER) 2015		
15 km	64:56	Margie Saunders	Port Elizabeth	06 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	93:39	Nancy Will	Gordon's Bay	16 Apr
	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

Marathon	2:17:11	Barbara Miller (USA) 1999		
	3:30:14	Nancy Will	East London	20 Feb
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	54:52	Pixie Sparg	Bellville	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:23	Pixie Sparg	Ravensmead	19 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	1:47:58	Veronica van Niekerk	Gordon's Bay	16 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02	Veronica van Niekerk	Camps Bay	10 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:11:27a	Veronica van Niekerk	Simon's Town	21 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:38	Simonay Weitsz	Cape Town	17 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	60:51	Robyn Kaltenbrunn	Boksburg	01 May
	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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