

Distance Running Results

Vol. 16, No. 18 – 9 May 2016

© Distance Running Results. All rights reserved.

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

While Irvette van Zyl scored her first ever win in the Port Elizabeth Spar Grand Prix Series race, in 33:24 (for an easy victory over the Phalula twins), Comrades and Two Oceans champion Caroline Wöstmann and René Kalmer have been busy this weekend. Wöstmann took the Konica Minolta Jackie Mekler 25 km on Saturday in 1:47:01 (an even easier win – by almost seven minutes) and then finished third in the Adrienne Hersch Challenge Half Marathon the very next day. The latter race was won by Kalmer in 1:22:04, just the day after she had been 14th in the Spar race in 36:29.

Lucky Mohale successfully defended his title in the Adrienne Hersch race.

Wöstmann's time in Pretoria was one of seven list leaders set in the Jackie Mekler race.

Evergreen Sonja Laxton ran her 90th Spar event in Port Elizabeth, clocking 49:43 to take the third grandmaster position.

Also in Pretoria, 92-year-old Adelaide van Aswegen became what is believed to be the oldest runner in history to finish a cross-country race in South Africa. Her daughter-in-law, Arina van Aswegen, competed in the 70+ race.

In Doha former world champion Caster Semenya scored a significant win in the first Diamond League meeting, clocking 1:58.26 for a world lead.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Adrienne Hersch Challenge Half Marathon & 10 km, Randburg
- * Slave Route Challenge Half Marathon & 10 km, Cape Town
- * Spar Grand Prix Series 10 km, Port Elizabeth
- * Konica Minolta Jackie Mekler 25 km & 10 km, Pretoria
- * Waterberg Executive Mayor's 28 km & 10 km, Nylstroom to Warmbaths



Irvette van Zyl battles it out with Lebo Phalula (left) and her twin sister, Lebogang (right), in the Spar 10 km. [Photograph supplied]

- * Two Lagoons 32 km & 10 km, Wilderness
- * XC: KZN League Meeting, Durban; WP League Meeting, Tokai; Gauteng North Meeting, Pretoria
- * Track: SA Open Championships, Bloemfontein; USSA (Universities) Championships, Polokwane

International highlights:

- * Volkswagen Prague Marathon, Praha, CZE
- * Placentia Half Marathon for Unicef, Piacenza, ITA
- * OneAmerica Mini-Marathon, Indianapolis, USA
- * Track: Jamaica International Invitational, Kingston, JAM; German 10000 m Championships, Celle, GER; IAAF Diamond League, Doha, QAT

ROAD RUNNING

Adrienne Hersch Challenge Half Marathon & 10 km

Randburg, 8 May

(Distances: 21.1 km & 10 km; undulating loop courses at altitude. Weather: cool and overcast with slight breeze.)

Half marathon

MEN

1. Lucky Mohale (Boxer) 1:07:34
2. Jeffrey Gwebu (KPMG) 1:07:38
3. Raphael Segodi (RRR) 1:07:55

Veterans: 1. Claude Moshiywa (Ned) 1:15:19; 2. Peter Masia (RAC) 1:19:58; 3. Richard Seanego (Midrand) 1:20:35. **Masters:** 1. Ephraim Yende (Bid) 1:26:27; 2. Iain Morsehead (Boks) 1:28:09; 3. D. Khosa (RAC) 1:31:13. **G'masters:** 1. Alan Smith (Merc) 1:29:52; F. Ramogope (RAC) 1:30:43.

WOMEN

1. René Kalmer (MA) 1:22:04
2. Yolande Maclean (B2R) 1:25:32
3. Caroline Wöstmann (KPMG) 1:25:45

Veterans: 1. Paulina Phaho (RRR) 1:31:50; 2. Anne Stewart (RAC) 1:32:29; 3. Veliswa Dunjwa (Ulinda) 1:36:52. **Masters:** 1. Sharon Knopfmacher (Vital) 1:46:43; 2. Ansa Strydom n/t; 3. Lyn Biesheuvel (RAC) 1:51:27. **G'masters:** 1. Linda Icely (OE) 2:01:57; 2. Joan de Klerk (RAC) 2:09:40. **Juniors:** 1. Robyn Kaltenbrunn (KPMG) 1:35:40.

10 km

MEN

1. Leswene Africa Mailola (Ned) 32:11
2. Siphwe Teffo (Bedford) 32:59
3. Teboho Lejaha (LES/CR) 33:19

Veterans: 1. Johannes Kekana (CR) 34:02; 2. Ntheleng Mosima (CR) 35:07; 3. Sipho Ncube (ZIM/RRR) 36:01. **Masters:** 1. Piet Chauke (Gallop) 41:04; 2. Sontaga Mabale (Midrand) 41:37; 3. Elias Nhlapo (Ned) 49:01. **G'masters:** 1. Don Charles (Ned) 45:26; 2. Wilson Netshisaulu (RAC) 51:07. **G/g'masters:** 1. Charles Akeroyd (RAC) 73:03. **Juniors:** 1. Thubo Tshusango (RRR) 36:19; 2. Francois Joubert (Ned) 36:27; 3. Daniel Viljoen (HS Rand) 38:14.

WOMEN

1. Portia Ngwenya (TUT) 39:30

2. Jeanette McKenzie (Ned) 41:51
3. Leigh Privett (Wand) 42:40

Veterans: 1. Mirriam Mooki (RRR) 45:19; 2. Comfort Selebi (Kempton) 48:55; 3. Estrelle Jansen van Vuuren (Irene) 53:51. **Masters:** 1. Linda v.d. Gryp (Krugers) 49:01; 2. Sonia v.d. Vyver (Vital) 54:43; 3. Magdeline Makgata (Tsut) 58:33. **G'masters:** 1. Sonja Laxton (RAC) 52:42; 2. Gerda Hunt (RAC) 64:00. **G/g'masters:** 1. Ann Haddow (RWFL) 83:08. **Juniors:** 1. Tylo Cumberlege (Morning) 50:20; 2. Kelly Fairon (FFA) 58:44.

Slave Route Challenge Half Marathon & 10 km

Cape Town, 8 May

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half marathon – unknown; 10 km – 2599 [up from 2047 last year].)

Note: One day after competing in the Spar 10 km in Port Elizabeth, junior Ashleigh Simonis finished second here. – Ed.

Half marathon

MEN

1. Siviwe Nkombi (Itheke) 1:09:12
2. Sibusiso Madikizela (MSA) 1:10:36
3. Mthandazo Qhina (Ned) 1:12:25

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:13:47; 2. Shawn Abrahams (Celtic) 1:16:57; 3. Yusuf Kunene (Central) 1:23:05. **Masters:** 1. Zolani Ntsodo (SANDF) 1:26:25; 2. Shafiek Cassiem (Itheke) 1:30:01; 3. Solly Miller (VOB) 1:40:37. **G'masters:** 1. Mochamat Kriel (Ommie) 1:30:13; 2. Johannes Jacobs (Celtic) 1:37:01; 3. Mark Wagenheim (AAC) 1:42:06. **G/g'masters:** 1. Jeff Smith (Itheke) 1:45:41; 2. Wally Steel (Hout) 2:06:27; 3. Robbie Joubert (Vital) 2:08:26. **Juniors:** 1. Kyle McKinnon (ARD) 1:33:00; 2. Achmat Arnold (Farn) 1:33:47; 3. [Illegible] 2:00:34.

WOMEN

1. Michelle Dreyer (Paarl) 1:30:50
2. Thalia Charalambous (ATC) 1:31:39
3. Obertina Kanyongo (ZIM/WC) 1:32:13 (1st vet)

Veterans: 1. Obertina Kanyongo (ZIM/WC) 1:32:13; 2. Ursula Frans (Ned) 1:34:36; 3. Angelique Rabie (Carb) 1:41:00. **Masters:** 1. Olga Howard (Celtic) 1:41:51; 2. Sonia Smith (Celtic) 1:51:55; 3. Anne Pool (Strand) n/t. **G'masters:** 1. Nancy Will (Pine) 1:51:54; 2. Brenda Stevenson (Pine) 2:05:58; 3. Sandra Eardley (VOB) 2:10:25. **G/g'masters:** 1. Chippy Steel (Hout) 2:15:13; 2. Avril Delapelin Dumont (WC) 2:24:40. **Juniors:** 1. Alia Isaacs (Kenfac) 2:41:48.

10 km

MEN

1. Siboniso Soldaka (CPUT) 32:06
2. Unathi Nteta (AAC) 32:36
3. Granwin Katzen (Celtic) 32:57

Veterans: 1. Thembelani Zola (Gugs) 35:03; 2. Xolile Macanda (Gugs) 35:34; 3. Graham Katzen (Celtic) 35:45. **Masters:** 1. Eric Coetzee (FNB) 37:32; 2. Tobias Philander (Itheke) 38:41; 3. Monde Tutani (Gugs) 39:48. **G'masters:** 1. Albert Williams (Top) 48:40; 2. Richard Wilson (CC) 50:09; 3. Chris Lourens (Brack) 52:44. **G/g'masters:** 1. Ronnie le Roux (Brack) 52:22; 2. Olof Crous (Brack) 60:56; 3. Majiet Wharley (SH) 61:49. **Juniors:** 1. Carlo Flink (Itheke) 34:07; 2. Lukhanyo Nobakada (VOB) 34:34; 3. Ronaldo January (Celtic) 34:41.

WOMEN

1. Zintle Xiniwe (FNB) 37:53
2. Ashleigh Simonis (Carb) 38:09 (1st jun)
3. Nomvuyisi Seti (Itheko) 40:27

Veterans: 1. Busisiwe Mawane (VOB) 43:45; 2. Norooi Sikunana (Ned) 44:04; 3. Coriaan de Villiers (Ned) 44:54. **Masters:** 1. Mariëtte Strauss (Tyger) 45:26; 2. Hillary Rhode (Edge) 52:38; 3. Evelina Tshabalala (Gugs) 54:16. **G'masters:** 1. Charmaine Cupido (Ned) 51:56; 2. Helen du Plessis (Brack) 51:58; 3. Glenda Mills (VOB) 63:05. **G/g'masters:** 1. Pixie Sparg (Celtic) 70:59; 2. Marlene James (Pine) 64:34; 3. Carol Gahwiler (VOB) 73:27. **Juniors:** 1. Ashleigh Simonis (Carb) 38:09; 2. Alex Hoffman (Strand) 53:23; 3. Emily Tewas (MSA) 57:02.

Spar Grand Prix Series 10 km

(Women only)

Port Elizabeth, 7 May

(Certified loop course. Weather: cold, rain, strong wind. Finishers: 779 [considerably down from 1146 last year].)

1	Irvette	Van Zyl	Nedbank RC AGN	28	33:28
2	Lebogang	Phalula	Boxer Superst	32	34:09
3	Lebo	Phalula	Boxer Superst	32	34:10
4	Onneile	Dintwe	BOT/Nedbank RC AGN	30	34:32
5	Rutendo	Nyahaha	ZIM/Nedbank RC AGN	27	34:55
6	Nolene	Conrad	KPMG	30	35:02
7	Cornelia	Joubert	Boxer Superst	27	35:06
8	Christine	Kalmer	KPMG	30	35:22
9	Mapaseka	Makhanya	Temp	31	35:51
10	Fortunate	Chidzivo	ZIM/Nedbank RC WP	29	36:04
11	Keneilwe	Sesing	KPMG	27	36:14
12	Jani	Grundling	Boxer Superst	36	36:18
13	Ntombesintu	Mfunzi	Nedbank RC	34	36:23
14	René	Kalmer	Temp	35	36:29
15	Simonay	Weitsz (1 st jun)	KPMG	17	36:31
16	Bulelwa	Simae	Nedbank RC WP	39	37:02
17	Poppy	Mlambo	Temp	35	37:07
18	Anel	Terblanche	KPMG	29	37:07
19	Nicole	Van der Merwe	KPMG	17	37:32
20	Tanith	Maxwell	Boxer Superst	39	37:42

40-44:

1	Janene	Carey	Boxer Superst	44	40:27
2	Adri	Wessels	Temp	40	40:36
3	Davera	Magson	Nedbank RC	41	41:17

45-49:

1	Grizelda	Pietersen	Nedbank RC	47	45:33
2	Michelle	Van Iddekinge	Profiles AC	49	49:00
3	Jene	Banfield	RWFL	45	51:58

50-54:

1	Judy	Bird	Midrand Strider	54	41:02
2	Christine	Claasen	Achilles AAA	51	45:12
3	Sharon	De Coning	Temp	54	50:21

55-59:

1	Janette	Schierz-Crusius	Body Concept	55	46:13
2	Annalene	Moolman	Temp	55	51:51

3	Marita Meyer	Temp	58	54:24
60-64:				
1	Margie Saunders	Nedbank RC	62	43:11
2	Hanlie Van der Westhuizen	Despatch AC	60	48:13
3	Joan Marlborough	Temp	61	55:21
65-69:				
1	Sonja Laxton	Rand Ath Club	67	49:43
2	Liz Grundlingh	Muirite Strider	69	56:36
3	Helene Oppel	Crusaders AC	66	1:00:12
70-74:				
1	Ronelle Steyn	Nedbank RC	72	1:05:29
2	Vicky Ashley	Profiles AC	70	1:10:24
3	Orgia Nell	Muirite Strider	72	1:13:53
75-79:				
1	Dorothy Hart	Madibaz AC	78	1:18:26
2	Aletta Fourie	Madiba Bw	77	1:34:52
Juniors:				
1	Simonay Weitsz	KPMG	17	36:31
2	Nicole Van der Merwe	KPMG	17	37:32
3	Ashleigh Simonis	Carbineers	18	38:07

Konica Minolta Jackie Mekler 25 km (9th) & 10 km

Pretoria, 7 May

(Distances: 25 km & 10 km; undulating loop courses. Weather: cool, partly cloudy, good running conditions. Finishers: 25 km – 1465; 10 km – 859.)

25 km

MEN

1. Luwis Masunda (ZIM/Ned) 1:23:01 (1st vet)
2. Tumelo Mahlangu (Ned) 1:23:28
3. Lukhanyo Mabinza (RRR) 1:28:02
4. Shadrack Hoff (Boxer) 1:28:49
5. Malusi Dlomo (Ned) 1:29:54
6. Musa Sibiyi (ACRW) 1:30:58
7. Renier Grobler (Ned) 1:32:36
8. Raymond Phaladi (Ned) 1:32:56
9. Thomas Ndlovu (Ind) 1:32:57
10. Greg Barnes (B2R) 1:33:00

Veterans: 1. Luwis Masunda (ZIM/Ned) 1:23:01; 2. Shadrack Hoff (Boxer) 1:28:49; 3. Greg Barnes (B2R) 1:33:00. **Masters:** 1. Joseph Ndlovu (ACE) 1:37:22. **G'masters:** 1. Jan Lebeso (PPMC) 1:49:33. **G/g'masters:** 1. Assie van Aswegen (Over) 3:03:13. **Juniors:** 1. Simon Bopape (Ned) 1:48:21.

WOMEN

1. Caroline Wöstmann (KPMG) 1:47:01
2. Angeline Latten (Strid) 1:53:59
3. Elanza de Villiers (Ind) 1:57:32
4. Tegan Edwards (Vital) 1:59:26
5. Ansa Strydom (Ned) 2:00:27 (1st mast)
6. Karen Coomber (ACRW) 2:01:25 (1st vet)
7. Anel Vorster (Irene) 2:00:34 [Note: This time is obviously wrong. – Ed.]
8. Noloyiso Skiti (Vital) 2:04:59
9. Winnie Mbukwana (Strid) 2:07:46
10. Sonette Schoonraad (Ned) 2:07:48

Veterans: 1. Karen Coomber (ACRW) 2:01:25; 2. Anel Vorster (Irene) 2:00:34; 3. Martenie le Roux (Tuks) 2:07:48. **Masters:** 1. Ansa Strydom (Ned) 2:00:27.

10 km

MEN

1. Esau Radebe (MG) 32:20
2. Bafana Dube (Trans) 34:21
3. Jacob Tseko (Tuks) 35:48

Veterans: 1. Jackson Seanego (Arms) 36:00; 2. Oupa Marope (Tuks) 38:37. **Masters:** 1. Joseph Moloto (PMMC) 38:27. **G'masters:** 1. Elias Raphulu (BD) 43:36. **G/g'masters:** 1. Andries v.d. Merwe (Trans) 57:52. **Juniors:** 1. Emeric Mellamphy (RWFL) 43:11.

WOMEN

1. Marli van Staden (Runav) 42:01
2. Sithembil Sonqo (Resbank) 43:22
3. Hlengiwe Zuma (Tuks) 44:52

Veterans: 1. Marili Munnik (Tuks) 45:00; 2. Estelle Jansen van Vuuren (Irene) 49:58. **Masters:** 1. Elsabe Brink (Runav) 47:27. **G'masters:** 1. Frances van Blerk (Ned) 48:25. **G/g'masters:** 1. Deirdre Larkin (Rand) 59:54. **Juniors:** 1. Hlengiwe Zuma (Tuks) 44:52.

Waterberg Executive Mayor's 28 km & 10 km

Nylstroom (Modimolle) to Warmbaths (Bela-Bela), 7 May
(Point-to-point courses)

28 km

MEN

1 Tebofo Puluso (Dwarsrivier) 91:30; 2 Harmans Mokgadi (Brooks) 95:40 (1st vet); 3 Charles Soza (ZIM/Nedbank) 96:01; 4 Solomon Moruni (Eskom) 96:09; 5 Thulani Duma (Nedbank) 96:25.

Veterans: 1 Harmans Mokgadi (Brooks) 95:40; 2 Mike Selamolela (Addicted to Life) 1:42:59. **Masters:** 1 Israel Madibana (Eskom) 1:53:49. **G'masters:** 1 Johan Nel (Irene) 2:11:27. **Juniors:** 1 Elvis Mokhonoana (Temp) 1:47:55.

WOMEN

1 Liziwe Mabona (AMPA) 1:55:22; 2 Jane Mudau (Pietersburg) 2:07:11; 3 Izelle Louw (Loskop) 2:16:13; 4 Estelle Geerkens (Potties) 2:16:26; 5 Danielle Luyt (Pukke) 2:20:37.

Veterans: 1 Estelle Geerkens (Potties) 2:16:26; 2 Maria Moloko (Ford) 2:24:28. **Masters:** 1 Jane Mudau (Pietersburg) 2:07:11. **G'masters:** 1 Rina Machado (Ndaba) 3:04:42. **Juniors:** 1 Koketso Thoala (Dwarsrivier) 2:51:06.

10 km

MEN

1 Emmanuel Ramohlale (Pietersburg) 33:13; 2 Happy Molefe (Temp) 33:18 (1st jun); 3 Samuel Manamela (Temp) 33:38.

Veterans: 1 Louis Conradie (Akaksia) 49:31. **G'masters:** 1 Frans Kekana (Folang Mokerong) 56:26. **Juniors:** 1 Happy Molefe (Temp) 33:18.

WOMEN

1 Gift Ramabele (Eskom) 44:35; 2 Makhadzi Madi (Eskom) 46:07; 3 Shane Matheta (Midrand Striders) 46:31.

Masters: 1 Mpoi Kale (PPMC) 2:19:24. **G'masters:** 1 Roselina Makgamatho (Potties) 1:43:34. **Juniors:** 1 Promise Hlako (Dwarsrivier) 61:00.

Two Lagoons 32 km & 10 km

Wilderness, 30 April

(32 km – loop course; 10 km – point to point. Finishers: 32 km – 78 [down from 116 last year; 10 km – 96 [considerably down from 156]; also 28 in the 5 km.)

Note: A repeat victory here for Nancy Cloete in the longer race. – Ed.

32 km

MEN

1	Elfonso Pieterse	Nedbank	1:54:42
2	Sinisipho Didishe	KMC	1:55:28
3	Lindile Tokota	Nedbank	1:57:28

Veterans:

1	Lindile Tokota	Nedbank	1:57:28
---	----------------	---------	---------

Masters:

1	Sydney Landsberg	Nedbank	2:20:33
---	------------------	---------	---------

G'masters:

1	Carl Hendricks	Elsies River AC	3:39:24
---	----------------	-----------------	---------

WOMEN

1	Nancy Cloete	Outeniqua Harriers	2:25:39
2	Barene Jankowich-Besan	RAC	2:29:24
3	Danika Gerber	Hartenbos Drawwers	2:37:09

Veterans:

1	Barene Jankowich-Besan	RAC	2:29:24
---	------------------------	-----	---------

Masters:

1	Margaret von Zeil	Cape Multisport Eden	3:08:38
---	-------------------	----------------------	---------

10 km

MEN

1	Lloyd Bosman	Nedbank	32:31
2	Dullon Solomons	Nedbank	33:47
3	Jeandre McCarthy	Outeniqua Harriers	35:56

Veterans:

1	Mogale Matshaitela	SANDF	39:26
---	--------------------	-------	-------

Masters:

1	Peter Jaehne	Outeniqua Harriers	38:47
---	--------------	--------------------	-------

G'masters:

1	Peter Jakoby	KMC	47:56
---	--------------	-----	-------

G/g'masters:

1	Nic Brummer	Sedgefield Striders	49:10
---	-------------	---------------------	-------

Juniors:

1	Dullon Solomons	Nedbank	33:47
---	-----------------	---------	-------

WOMEN

1	Brittney-Ann Meyer	Nedbank	40:40
2	Lisl Grobler	KMC	42:00
3	Charmaine Lamprecht	Nedbank	43:43

Veterans:

1	Johanna King	KMC	1:07:59
---	--------------	-----	---------

Masters:

1	Delmari Henning	Hartenbos Drawwers	50:15
---	-----------------	--------------------	-------

G'masters:

1	Mariette Horn	KMC	57:03
---	---------------	-----	-------

G/g'masters:

1	Anna-Marie van Eck	Outeniqua Harriers	1:08:46
---	--------------------	--------------------	---------

Juniors:

1	Brittney-Ann Meyer	Nedbank	40:40
---	--------------------	---------	-------

CROSS-COUNTRY**KZN League Meeting**

Durban, 7 May

SR. MEN (10 km)

1.	Menzi Mtolo	Born 2 Run	42:41
2.	Tebogo Khany	Rockfield AC	42:46
3.	Mbuso Ngcongco	Somandla SC	59:41

SR. WOMEN (10 km)

1.	Happiness Mkhize	UKZN	49:59
----	------------------	------	-------

WP League Meeting (1st)

Pollsmoor, Tokai, 30 April

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (10 km)

1	Nadeel	Wildschutt	Itheko	32:12
2	Vuyolwethu	Mbukushe	Gugs	32:31
3	Siviwe	Nkombi	Itheko	32:39
4	Akhona	Makila	VOB	33:13
5	Sibusiso	Madikizela	MSA Multi Sport	33:35
6	Phumlani	Nxusani	Nedbank	33:37
7	Warren	Hefkie	UWC	33:54
8	Riaan	Wildskut	Easterns	34:01
9	Siyabulela	Mpongwana	VOB	34:31
10	Bulelani	Bhebha	VOB	34:38

SR. MEN

1	Emiele	Paulsen	UWC	12:04
2	Granwin	Katzen	Celtic Harriers	12:08
3	Nkosinathi	Sotyantya	West Coast	12:11
4	Akhona	Makila	VOB	12:21
5	Bulelani	Bebha	VOB	12:27
6	Xolisa	Batala	VOB	12:36
7	Raydon	Balie	Wild Runner	12:37
8	Lungile	Mdaka	VOB	12:56
9	Bongani	Krala	VOB	13:01
10	Mlangabezi	Mbuntshu	Helderberg Harriers	13:07

VETERAN MEN (8 km)

1	Shawn	Abrahams	Celtic Harriers	26:03
---	-------	----------	-----------------	-------

2	Xolile	Macanda	Gugs	26:19
3	Roger	Dickson	VOB	26:45
MASTER MEN (8 km)				
1	Tobias	Philander	Itheke	27:54
2	Chris	Mitchell	Celtic Harriers	29:09
3	Roston	Isaacs	Nedbank	29:31
G'MASTER MEN (8 km)				
1	Les	Chivell	Fish Hoek	30:31
2	Awie	Veldsman	Helderberg Harr	32:28
3	Christian	Edwards	VOB	34:14
G/G'MASTER MEN (8 km)				
1	Jeff	Smith	Itheke	34:06
2	Richard	Osrin	VOB	34:14
3	David	Daniels	Spartan Harriers	44:28
U.19 (8 km)				
1	Jeandré	September	Eerste River	26:18
2	Franklin	September	Atlantis Harr	26:36
3	Justin	Claasen	Durbanville	26:51
U.17 (6 km)				
1	Carlo	Flink	Itheke	23:03
2	Thembeke	Mendu	Gugs	23:19
3	Ronaldo	January	Celtic Harriers	23:29
SR. WOMEN (10 km)				
1	Lena	Lötter	Nedbank	38:07
2	Anneline	Roffey	FNB Multi-Sport	41:33
3	Tanya	Posthumus-Fox	Century City	42:26
4	Candyce	Hall	Carbineers	42:56
5	Nomaxesibe	Ngcantsi	VOB	45:48
6	Tyshia	Johannes	Gugs	48:43
7	Sinethema	Masana	SANDF	50:21
8	Cleo	Albertus	Carbineers	50:45
9	Coleka	Qomiyana	Gugs	52:22
10	Simone	Faulmann	Spartan Harriers	52:31
SR. WOMEN				
1	Anel	Terblanche	KPMG	13:57
2	Leanda	du Bruyn	FNB Multi-Sport	14:09
3	Lee-Shay	Willemse	Velocity	15:34
4	Tina-Mari	Meyer	FNB Multi-Sport	15:51
5	Nowbabalo	Dyonase	VOB	16:03
6	Nomaxesibe	Ngcantsi	VOB	16:23
7	Pamela	Moyikwa	VOB	16:57
8	Nocwaka	Mthetho	Celtic Harriers	17:09
9	Madelé	du Plessis	Edgemead	17:18
10	Chantall	Watt	Helderberg Harr	17:37
VETERAN WOMEN				
1	Elizabeth	Brink	Durbanville	16:39
2	Sharon	Sunderland	West Coast	16:49
3	Tyshia	Johannes	Gugs	17:33
MASTER WOMEN				
1	Mariëtte	Strauss	Tygerberg	16:08
2	Olga	Howard	Celtic Harriers	16:35
3	Bev	Charters	VOB	17:24
G'MASTER WOMEN				
1	Charmaine	Cupido	Nedbank	19:11

2	Judith	Grove	Tygerberg	19:18
3	Helen	Du Plessis	Brackenfell	19:39
G/G'MASTER WOMEN				
1	Pixie	Sparg	Celtic Harriers	21:45
2	Marlene	James	Pinelands	23:05
3	Wendy	Wilkins	Atlantic	23:22
U.19 (6 km)				
1	Monwabisi	Magwa	Bottelary	26:26
2	Ashleigh	Simonis	Carbineers	26:28
3	Siziphiwe	Mbatsa	VOB	29:07
U.17				
1	Kayla	de Waal	No Club	19:45
2	Hayley	Preen	Hout Bay	20:16
3	Aqeelah	Isaacs	SANDF	21:44

Gauteng North Meeting

Pretoria, 23 April

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (8 km)

1	Lucas	Jani	Nedbank	27:08
2	Samuel	Segoaba	Transnet	27:11
3	Tshepo	Leelo	TUT	27:38
4	Bafana	Dube	Transnet	28:01
5	Milton	Kekana	TUT AC	28:03
6	Michael	Pienaar	Tuks AC	28:24
7	Mpho	Motaung	TUT	28:59
8	Paseka	Mokubang	TUT	29:18
9	Sikhalo	Mthimkulu	TUT	29:24
10	Aubrey	Mmotong	Nedbank	29:39

SR. MEN

1	Esau	Radebe	Maokeng Golden Sprinters	13:07
2	Tebogo	Ndwandwe	TUT	13:19
3	Martin	Nkoe	TUT	13:03
4	Vuyisile	Tshoba	Ram Rockies	13:03
5	Collen	Mulaudzi	TUT	13:32
6	Victor	Pheeha	Monaco	13:39
7	Musa	Swakaxa	Rockies	13:04
8	Sikhumbuzo	Seme	KPMG	13:45
9	Joel	Modiba	TUT	14:02
10	Koos	Baloyi	Temba Prestige	14:24

MEN 40 (8 km)

1	Colin	Witbooi	PMMC	31:26
2	Peter	Motshoene	RWFL	31:57
3	Llewelyn	Curlewis	Tuks	32:13

MEN 45 (8 km)

1	Piet	Mosebedi	Transnet	32:09
2	Andreas	Harms	Individual	33:39
3	Andries	Blignaut	PPMC	34:12

MEN 50 (8 km)

1	Moses	Letlhaku	Cool Running	32:43
2	Koos	Aphane	PMMC	33:17
3	Avril	Barkhuysen	Nedbank	35:07

MEN 55 (8 km)				
1	Loy	Snyman	Phobians	36:57
2	Piet	Lotter	Alpha Centurion	37:44
3	M	Mcgeer	Team Vitality	38:51
MEN 60 (6 km)				
1	Charlie	Tholo	PMMC	34:11
2	Gerhard	Swart	PMK	36:59
3	Henne	Prinsloo	ACRW	44:14
MEN 65 (6 km)				
1	Don	Charles	Nedbank	32:44
2	Piet	Kleingeld	Bronkhorstspruit	34:00
3	Allan	Kluge	Agape	37:43
MEN 70 (6 km)				
1	Harry	Van Der Merwe	Bronkhorstspruit	35:37
2	Lammie	Fourie	Agape	42:52
3	Assie	Van Aswegen	Overkruin	45:33
MEN 75 (6 km)				
1	Piet	Van Aswegen	Overkruin	54:38
2	Neville	Muir	Phobians	54:48
MEN 80 (6 km)				
1	Ken	Nurden	Agape	42:54
2	Dion	Holgers	ACRW	52:49
3	Martin	Coetzee	Magnolia	58:31
MEN 23				
1	Thobitlu	Mosito	TUT	13:16
2	Diphetogo	Poncho	Soshanguve East	13:05
3	Thabang	Maloka	Nedbank	13:56
JR. MEN (8 km)				
1	Romano	Slinger	Eldoraigne	28:21
2	Thapelo	Makofane	Tuks Sport School	29:05
3	Mzwakhe	Mmakkola	Amogelang Sec School	29:40
BOYS 17 (6 km)				
1	Obakeng	Sethole	Monaco AC	26:59
2	Rievan	Lombard	Centurion	27:01
3	Leepile	Taungyane	Tuks Sport School	27:12
SR. WOMEN (8 km)				
1	Glenrose	Xaba	Eskom Mpu	31:33
2	Thembi	Baloyi	TUT	33:19
3	Patience	Khumalo	Brooks	33:46
4	Vuyokazi	Gebe	Transnet	34:08
5	Nthabiseng	Tshehla	Monaco AC	35:03
6	Tholoana	Peu	TUT	37:12
7	Elsmarie	King	Reserve Bank	37:54
8	Clarah	Skosana	Ikhonjane	42:50
9	Mamikie	Manaka	Rosinah Sedibane	43:07
10	Charlotte	Teffo	Nedbank Skosana	43:50
SR. WOMEN				
1	Patience	Khumalo	Brooks	15:45
2	Annelien	Motlhala	Tuks	17:42
3	Kamogelo	Mabena	PMMC	18:03
4	Suane	Cillie	Tuks	18:11
5	Marlize	Odendaal	Runavation	20:17
6	Chantelle	Smit	PPMC	21:45
7	Yvette	Jansen Van Nieuwenhuizen	TUT	25:58
8	Lefa	Manamela	Monaco AC	28:52

9	Jean-Marie	Du Plessis	Individual	29:52
WOMEN 40				
1	Ronel	Thomas	Boxer	17:31
2	Sanet	Delpont	FPN	18:00
3	Jennette	Visser	Montana	21:05
WOMEN 45				
1	Salome	Vermeulen	Bronkhorstspruit	17:35
2	Retha	Hofmeyer	Individual	19:58
3	Nesta	Le Roux	Individual	20:15
WOMEN 50				
1	Lettie	Saayman	Nedban	18:54
2	Connie	Van Der Westhuizen	GNMA	19:12
3	Liz	Popich	As Eagles	22:18
WOMEN 55				
1	Ilze	Crous	Unisa	21:04
2	Emmarie	Theunissen	Bronkhorstspruit	21:08
3	Adri	Van Dyk	Danie Malan	23:45
WOMEN 60				
1	Frances	Van Blerk	Nedbank	20:33
2	Rina	Pretorius	AS Eagles	24:40
3	Corrie	Kleingeld	Bronkhorstspruit	24:55
WOMEN 65				
1	Ella	Smith	PMK	27:08
WOMEN 70				
1	Arina	Van Aswegen	Individual	45:40
WOMEN 75				
1	Annette	Van Rooyen	Transnet	36:45
WOMEN 80				
1	Adelaide	Van Aswegen	Individual	45:36
WOMEN 23				
1	Karla	Greeff	Waterkloof	17:17
2	Michelle	Redelinghuys	Tuks	17:18
3	Madri	Widd	Tuks	17:20
JR. WOMEN (6 km)				
1	Thulisile	Amon	Tuks Sport School	30:48
2	Malethabo	Seema	Tuks Sport School	30:55
3	Lethabo	Seema	Tuks Sport School	31:08
GIRLS 17				
1	Fortune	Mabotsa	Tuks Sport School	17:12
2	Marisca	Robbertse	Centurion	17:29
3	Cosy	Maripa	Tuks Sport School	17:43

TRACK

SA Open Championships

Bloemfontein, 6-7 May

MEN

800 (7): 1. Jacob Rozani (Bafo) 1:47.35; 2. George Kusche (Eagles) 1:48:50; 3. Duran Faro (UWC) 1:48.86. Ht 2: 1. Motlalephula Mothosola (Nels) 1:47.19; 2. Rozani 1:47.39; 3. Kusche 1:47.85

1500 (6): 1. Nkosinathi Sibiya (Ind) 3:44.58; 2. Treasure Derison (Eskom) 3:45.99; 3. Goitsimodimo Botlholo (TUT) 3:55.02.

3000 s/chase (7): 1. Tumelo Motlagale (AMPA) 8:54.42; 2. Shaun April (GR) 11:17.74.

5000 (7): 1. Nkosinathi Sibiyi (Ind) 14:49.58; 2. Collen Mulaudzi (TUT) 14:58.41; 3. Xaba Mavuso (RL) 15:40.33.

10000 (6): 1. Collen Mulaudzi (TUT) 30:57.37; 2. Lebogang Mosit (TUT) 31:24.22; 3. Melusi Sihlongonyane (SWZ) 31:32.17.

WOMEN

800 (7): 1. Gena Lofstrand (Pukke) 2:09.85; 2. Mandie Brandt (Paarl) 2:11.13; 3. Naomi Bopape (Ind) 2:30.29.

1500 (6): 1. Simonay Weitsz (KPMG) 4:25.14; 2. Kesa Molotsane (Kovsies) 4:26.17; 3. Stella Marais (Tuks) 4:30.11

3000 s/chase (7): 1. Thembi Baloyi (TUT) 11:02.47; 2. Carina Swiegers (Pukke) 11:04.05.

USSA (Universities) Championships

Polokwane, 29-30 April

Note: Unfortunately the dates of the individual events are not known. – Ed.

MEN

800:

1. Rynhardt van Rensburg (Kov) 1:50.91
2. Thabang Matiwane (UJ) 1:50.88
3. Duran Faro (UWC) 1:51.17

1500:

1. Thabang Matiwane (UJ) 3:46.56
2. Michael Pienaar (Tuks) 3:47.57
3. Jeromy Andreas (UJ) 3:48.26

3000 s/chase:

1. Rantso Mokopane (Puk) 9:03.84
2. Ikageng Goarakwe (UJ) 9:04.40
3. Siboniso Soldaka (CPUT) 9:13.91

5000:

1. Stephen Mokoka (TUT) 14:15.46
2. Jeromy Andreas (UJ) 14:20.31
3. Dumisane Hlaselo (UJ) 14:44.93

10000:

1. Stephen Mokoka (TUT) 30:06.25
2. Dumisane Hlaselo (UJ) 30:35.38
3. Collen Mulaudzi (TUT) 30:54.71

WOMEN

800:

1. Caster Semenya (Puk) 2:03.59
2. Gene Lofstrand (Pukke) 2:07.57
3. Anuschka Nice (Tuks) 2:08.74

1500:

1. Caster Semenya (Puk) 4:31.12

2. Kesa Molotsane (Kov) 4:32.58
3. Stella Marais (Tuks) 4:33.04

3000 s/chase:

1. Cherise Sims (Madiba) 11:37.22
2. Carina Swiegers (Puk) 11:45.81
3. Lizandre Mulder (Kov) 11:52.07

5000:

1. Kesa Molotsane (Kov) 16:46.10
2. Tanya Scott (UCT) 18:19.40
3. Sherilene Gelderblom (Puk) 18:27.01

10000:

1. Thembeka Ngwenya (TUT) 37:54.45
2. Sherilene Gelderblom (Puk) 38:04.86
3. Caroline Marandela (UJ) 38:46.20

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

Volkswagen Prague Marathon (22nd)

(IAAF Gold Label Road Race)

Praha, CZE, 8 May

(Distance: 42.195 km; mostly flat loop course with sections on cobblestones)

MEN (gun times)

- | | | |
|----------------------------|---------------------|--------------------|
| 1. Lawrence Cherono, KEN | 2:07:24 PB | € 15,000 + 10,000i |
| | [1:03:07 / 1:04:17] | |
| 2. Felix Kandie, KEN | 2:08:14 | 7,500 + 10,000i |
| 3. Solomon Kirwa Yego, KEN | 2:08:31 DB | 5,000 |
| 4. Daniel Wanjiru, KEN | 2:09:25 | 2,500 |
| 5. Samuel Kosgei, KEN | 2:10:12 | 1,000 |

i) Earned sub-2:08:30 time bonus

WOMEN (gun times)

- | | | |
|------------------------------------|------------|--------------------|
| 1. Lucy Karimi, KEN | 2:24:46 PB | € 15,000 + 10,000i |
| 2. Purity Cherotich Rionoripo, KEN | 2:25:00 PB | 7,500 + 10,000i |
| 3. Risper Chebet, KEN | 2:27:23 DB | 5,000 |
| 4. Marta Lema, ETH | 2:28:02 | 2,500 |
| 5. Rael Kiyara Nguriatukei, KEN | 2:28:46 | 1,000 |

i) Earned sub-2:26:00 incentive prize money

Placentia Half Marathon for Unicef (21st)

Piacenza, ITA, 8 May

(Distance: 21.1 km)

MEN (gun times)

1. James Thomas Lokomwa, KEN 1:00:56
2. Simon Muthoni, KEN 1:01:19
3. Robert Kipkoech Kirui, KEN 1:03:13

WOMEN (gun times)

1. Viola Jelagat, KEN 1:11:10
2. Caroline Cherono, KEN 1:15:40
3. Daneja Grandovec, SLO 1:17:57

OneAmerica Mini-Marathon (40th)

Indianapolis, USA, 7 May

(Distance: 21.1 km; certified, standard course)

MEN (gun times)

1. MacDonard Ondara, 31, Grand Prairie, TX (KEN) 1:02:03 \$3500
2. Hillary Too, 38, KEN 1:02:08 2000
3. Eliud Ngetich, 22, Santa Fe, NM (KEN) 1:03:05 1750

WOMEN (gun times)

1. Ogla Kimaiyo, 27, Morristown, NJ (KEN) 1:11:43 \$3500
2. Sarah Kiptoo, 26, Santa Fe, NM (KEN) 1:12:03 2000
3. Gladys Kipsoi, 30, Lansing, MI (KEN) 1:12:20 1750

TRACK**Jamaica International Invitational**

(IAAF World Challenge)

Kingston, JAM, 7 May

WOMEN

1. Alexa Efraimson, 1997, USA, 4:08.37 WJL
2. Leah O'Connor, USA, 4:11.45
3. Dana Mecke, USA, 4:17.09

German 10000 m Championships

Celle, GER, 7 May

Note: Sabrina Mockenhaupt, who in 2014 beat all the men in a historic win in the Runners' Memorial Race in Cape Town, earned her 42nd national title here. – Ed.

MEN

1. Mitku Seboka, 1988, LAC Quelle Fürth, 29:23,57
2. Amanal Petros, 1995, SV Brackwede, 29:35,47
3. Dominik Notz, 1993, LAV Stadtwerke Tübingen, 29:42,04

WOMEN

1. Sabrina Mockenhaupt, 1980, LG Sieg, 32:40,80
 2. Laura Hottenrott, 1992, GSV Eintracht Baunatal, 33:43,41
- [Martina Strähl, 1987, SUI, 33:46,18]

3. Franziska Reng, 1996, LG TELIS FINANZ Regensburg, 34:23,93

IAAF Diamond League - Doha

(1st stop of 2016 IAAF Diamond League)

Doha, QAT, 6 May

MEN

1500 (DL):

1. Asbel Kiprop, KEN, 3:32.15 WL
2. Elijah Manangoi, KEN, 3:33.67
3. Silas Kiplagat, KEN, 3:33.86
4. Bethwell Birgen, KEN, 3:33.94
5. Abdi Waiss Mouhyadin, DJI, 3:34.55 PB
6. Aman Wote, ETH, 3:34.58
7. Robert Kiptoo Biwott, KEN, 3:34.68
8. Vincent Kibet, KEN, 3:34.81
9. Dumisane Hlaselo, RSA, 3:36.65
10. Musaab Adam Ali, QAT, 3:36.67 PB
11. Dawit Wolde, ETH, 3:36.95
12. Ryan Gregson, AUS, 3:40.69 (tripped at start)

3000 s/chase (DL):

1. Conseslus Kipruto, KEN, 8:05.13 WL
2. Jairus Birech, KEN, 8:08.28
3. Abraham Kibiwott, KEN, 8:09.25 PB
4. John Kibet Koech, BRN, 8:09.62 PB
5. Barnabas Kipyego, KEN, 8:10.11 PB
6. Clement Kemboi Kimutai, KEN, 8:10.65 PB
7. Paul Kipsiele Koech, KEN, 8:15.69
8. Abel Kiprop Mutai, KEN, 8:16.84
9. Lawrence Kemboi Kipsang, KEN, 8:17.79 PB
10. Mitko Tsenov, BUL, 8:21.34
11. Mohamed Ismail Ibrahim, 1997, DJI, 8:23.77 NR/WJL
12. Ezekiel Kemboi, KEN, 8:31.18
13. Hillary Kipsang Yego, KEN, 8:33.52
14. Abdalla Targan, SUD, 8:38.82 PB

WOMEN

800 (DL):

1. Caster Semenya, RSA, 1:58.26 WL
2. Habitam Alemu, 1997, ETH, 1:59.14 NJR
3. Eunice Sum, KEN, 1:59.74
4. Malika Akkaoui, MAR, 1:59.93
5. Shelayna Oskan-Clarke, GBR, 2:01.04
6. Chanelle Price, USA, 2:01.05
7. Winny Chebet, KEN, 2:02.27
8. Adelle Tracey, GBR, 2:02.30
9. Molly Ludlow, USA, 2:02.64
10. Sofia Ennaoui, POL, 2:03.85

3000 (DL):

1. Almaz Ayana, ETH, 8:23.11 WL
2. Mercy Cherono, KEN, 8:26.36
3. Gelete Burka, ETH, 8:28.49
4. Vivian Cheruiyot, KEN, 8:31.86
5. Janet Kisa, KEN, 8:32.13 PB

6. Viola Kibiwot, KEN, 8:34.50
 7. Etenesh Diro, ETH, 8:38.32 PB
 8. Selah Jepleting Busienei, KEN, 8:42.01 PB
 9. Meraf Bahta, SWE, 8:43.08 NR
 10. Eilish McColgan, GBR, 8:43.27 PB
 11. Tigist Gashaw, BRN, 8:48.60 PB
 12. Mimi Belete, BRN, 8:51.00
 13. Dera Dida, ETH, 8:54.73 PB
 14. Alemitu Hawi, ETH, 8:56.03
 15. Haftamnesh Tesfay, ETH, 8:56.24
 16. Madeline Hills, AUS, 8:59.34
-

STATS TIME

In last week's DRR a list of the top ten SA women over 10000 metres on the track was included. While the list was correct, the statement that Dominique Scott's time of 31:56.84 in Palo Alto was the fastest time by a South African since Colleen de Reuck ran 31:56.00 in 1996 was not. Elana Meyer, the SA record holder, clocked 31:14.70 at the 2000 Sydney Olympics. Here is an expanded all-time list, showing all Meyer's secondary performances – there are seven of them between her national record and De Reuck's time. The list shows all the times under 32 minutes; Meyer has the top eight and no one else has more than one.

ALL-TIME 10000 M: TOP 10 WOMEN

30:52.51	Elana Meyer	London	10 Sep 94
31:11.75	Meyer-2	Barcelona	07 Aug 92
31:14.70	Meyer-3	Sydney	30 Sep 00
31:23.96	Meyer-4	Stellenbosch	11 Feb 95
31:31.87	Meyer-5	Villeneuve d'Ascq	17 Jun 95
31:31.96	Meyer-6	Gothenburg	09 Aug 95
31:33.46	Meyer-7	Cape Town	23 Dec 91
31:45.58	Meyer-8	Cape Town	17 Dec 92
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

THIS MONTH IN HISTORY

31 years ago: 4 May 1985

Only one SA record in the women's marathon has ever been set in May. It came in the SA Championships in Port Elizabeth, only the second time the men's and women's title races were held together. Adelene Joubert, who ten weeks earlier had won the Peninsula Marathon in 2:37:46, here not only won her third consecutive title, but also removed Sonja Laxton's national record from the books with her superb 2:35:45 – 59 seconds faster than the previous mark. Laxton was second in 2:37:45, with Liz Eglington third in 2:47:20. Laxton, who had won the very first SA Marathon for women in 1981, would retake the record the next year.

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		
	46:36	Adrian Wildschutt (jun)	Ravensmead	19 Mar
	44:04	Bethwell Birgen Chemwono (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	61:27	Stephen Mokoka	Cardiff	26 Mar
	59:10	Geoffrey Kipsang Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	83:28	Tumelo Mahlangu	Pretoria	07 May
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
30 km	75:36	Wellington Bezerra da Silva (BRA)		
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
Marathon	1:30:45	Keita Shitara (JPN)		
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
	2:11:27	Lusapho April	Hannover	10 Apr
100 km	2:03:05	Eliud Kipchoge (KEN)		
	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	69:14	Gert Thys	Wellington	02 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:28:49	Shadrack Hoff	Pretoria	07 May
	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

21.1 km	47:52	Titus Mamabolo (RSA) 1991		
	75:13	Johnny Persents	Gordon's Bay	16 Apr
	66:42	Martin Rees (GBR) 2003		
25 km	1:37:22	Joseph Ndlovu	Pretoria	07 May
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				
<u>Grandmasters (60+)</u>				
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	1:49:33	Jan Lebeso	Pretoria	07 May
	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				
<u>Great grandmasters (70+)</u>				
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	3:03:13	Assie van Aswegen	Pretoria	07 May
	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				
<u>Juniors</u>				
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				
<u>Open</u>				
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		

21.1 km	46:59w	Lornah Kiplagat (NED) 2007		
	72:08	Irvette van Zyl	Benoni	31 Jan
25 km	65:51	Viola Chepchumba (KEN)		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
30 km	1:27:47	Amy Cragg & Shalane Flanagan (USA)		
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:43:55	Miharu Shimokado (JPN)		
Marathon	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
	2:32:20	Irvette van Blerk	London	24 Apr
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
100 km	2:17:42w	Paula Radcliffe (GBR) 2005		
	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
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	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	2:00:27	Ansa Strydom	Pretoria	07 May
	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18	Jane Mudau	East London	20 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	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 84:56	Nancy Will Bernadine Portenski (NZL) 2010	Gordon's Bay	16 Apr
25 km	2:37:27 2:22:39a 1:58:24	Pamela Rasmussen Jenny Scott Gloria Brown (USA) 1994	Durban Pinetown	06 Mar 31 Jan
30 km	2:20:20 2:17:11	Margie Saunders Barbara Miller (USA) 1999	Uitenhage	05 Mar
Marathon	3:30:14 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	East London	20 Feb
100 km				
<u>Great grandmasters (70+)</u>				
10 km	54:52 44:09	Pixie Sparg Lavinia Petrie (AUS) 2014	Bellville	02 Apr
15 km	85:23 72:52	Pixie Sparg Jo Klein (NED) 2004	Ravensmead	19 Mar
21.1 km	1:47:58 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	16 Apr
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon	4:11:27a 3:35:29	Veronica van Niekerk Helga Miketta (GER) 2013	Simon's Town	21 Feb
100 km				
<u>Juniors</u>				
10 km	35:38 31:42	Simonay Weitsz Zola Pieterse (RSA) 1984	Cape Town	17 Apr
15 km	60:51 49:40	Robyn Kaltenbrunn Ines Chenonge (KEN) 2001	Boksburg	01 May
21.1 km	1:31:25 1:09:05	Robyn Kaltenbrunn Delilah Asiago (KEN) 1991	Cape Town	26 Mar

Contributors to this issue: Sonia & Kevin Harlock, Alen Hattingh, Derrick Chamberlain, Irene & Jan van Eeden, Pete van der Merwe, Top Events, Elsa & Ben Oliver, André Gobey, James Evans

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530,
RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za





ENTER THE FNB Cape Town 12 ONERUN
Visit: www.thecapetown12.com

Date: 15 MAY 2016

Sponsors and social media icons: FNB, PUMA, KFM, Cape Town 12, @ctown12, #ct12run