

# Distance Running Results

Vol. 16, No. 21 – 30 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

Drama is usually an integral part of the Comrades Marathon – the very nature of the race sees to that. But the 2016 race produced drama of a kind that has not been seen in the world's largest ultramarathon for many years.

A blistering pace from the start in the men's race – with David Gatebe taking the lead soon after 3 hours and 47 minutes of running – resulted in him obliterating Leonid Shvetsov's 2007 course record (5:20:41) with his magnificent 5:18:19 and pulling the next two runners under 5½ hours. This has only happened twice before – in 1986 when Bruce Fordyce set his record of 5:24:07 that stood for 21 years, and in 2001 when Andrew Kelehe won in 5:25:51.

Many experts believed beforehand that most attention would be directed to the women's race, where the seemingly unbeatable defending champion Caroline Wöstmann could make history by becoming the first woman – and second athlete – to win both the Two Oceans and Comrades in consecutive years. But it was not to be, and the cramp-stricken Wöstmann had to settle for second after also having been hit by a motorcycle in the latter stages of the race.

The women's champion was another South African, Charné Bosman, who crossed the finish jubilantly in 6:25:55.

An outstanding run came from USA star and former South African Colleen de Reuck (52), who clocked 6:50:21 in seventh. There were two Americans in the top ten – Sarah Bard finished fourth in 6:42:35.

South African men took the first three positions – Ludwick Mamabolo, the 2012 champion, was second in 5:24:05 and Bongmusa Mthembu, the winner of the last "down" run, third in 5:26:39. This also happened in the last down run, 2014 (when Mamabolo was also second), but to find another instance of South Africans taking the top three places one has to go back to 1992.

After the "TV runners" were disposed of, the Zimbabweans Bernard Dandadzi and Collin Parura took the lead, with a huge following pack containing most of the serious contenders about three minutes behind them. Among these were Mamabolo, Mthembu, 2013 winner Claude Moshiywa, and Gatebe. With 57 km to go, Dandadzi was leading William Mokwalakwala, Charles Tjiane, Fanie Matshipa and Warinyane Lebopo (LES), with Two Oceans champion Mike Fokoroni (ZIM) in eighth. Mamabolo, Gatebe, Teboho Sello (LES), Gert Thys, Marko Mambo (ZIM) and Moses Njodzi (ZIM) were still biding their time, running together about 100 metres in arrears.

Dandadzi reached the halfway point at Drummond in 2:42:16, followed 33 seconds later by Njodzi, Fokoroni, Tjiane and Mambo running together and Gatebe in eighth position (2:44:00). But the leader started walking on the steep incline out of Drummond. He was passed by six runners, including the Ethiopian Kebede Aberra Dinke and Thys, who had started much more conservatively than in his previous attempts at the Comrades (but nevertheless would again not finish, as did Dinke).

At 3 hours on the clock Fokoroni was just ahead of Sello and Dinke, about 50 m ahead of the rest. Soon afterwards Sello, who was fifth last year, broke away. But he could not stretch his lead by more than 20 m over Fokoroni. Five minutes later Fokoroni caught him and the two started a cat and mouse game, with the lead alternating several times. Moshiywa was in third and Gatebe fourth.

Ten minutes later Fokoroni took control and surged away from Sello. Mamabolo and Gatebe were 40 seconds behind at this stage, followed by Moshiywa, former triple Two Oceans winner Mambo, Temo Rampuku (LES) and Raymond Phaladi. But Sello was not going to give up, and at 3:44 he stormed past Fokoroni, looking strong. Behind him, however, Gatebe was even stronger and running more fluidly. He had started his bid for victory.

Barely a minute later Gatebe passed Fokoroni and set his sights on the leader. They were now running in the beautiful leafy suburb of Kloof, with the trees shading them from the sun. With the clock showing 3:47, Gatebe took the lead, which he would never again relinquish. Gatebe flew down Field's Hill, despite the general wisdom that you should be careful here and save your legs for the undulating last section of the course into Durban, and at the bottom he was 30 seconds ahead of Mamabolo, regarded as the most experienced downhill runner in the field (he was second, first and second in the last three down runs). Then Gatebe really started pressing, and very soon he had stretched his lead to a minute. On Cowie's Hill, the last significant uphill, he looked much better than Mamabolo, with Sello now 2:39 behind him.

It was then that thoughts started turning towards a new record. When the clock showed 4:30, Gatebe was two minutes ahead of Mamabolo, with Fokoroni fourth, Moshiywa fifth and the accelerating Mthembu sixth. Fifteen minutes later Mthembu was in third, but he could not overhaul Mamabolo. At the front the strong-running Gatebe was increasing his lead right up to the finish and there was nothing Mamabolo could do. He finished more than 5½ minutes behind.

Gatebe now has the unique distinction of being the only male runner who has won the SA marathon title (2008, in 2:15:30), the Two Oceans (2013) and the Comrades. The only other athlete who has managed this feat is Frith van der Merwe, who won all three races in a single year, 1989.

John Hamlett, Gatebe's coach (and also the mentor of last year's winner, Gift Kelehe, who finished 41st), said that it was the first time that Gatebe, who only had three silver medals to his credit before this year, joined his group at their altitude training camp in preparation for the ultra.

"At halfway I said to myself, now I am going for the record," said Gatebe, who finished a lowly 665<sup>th</sup> in this year's Two Oceans, in an interview after the race. "And now the record is back in South Africa. I am very, very happy."

There were eight South African men in the top ten, with the other two gold medals going to Fokoroni (fifth) and American Max King (eighth), who was only twelfth at 70 km. World 100 km champion Jonas Buud (SWE) finished 22<sup>nd</sup>.

In the women's race it looked like business as usual early on, with Wöstmann speeding away from her rivals right from the start, smiling and waving to the cameras – just like last

year. But, unlike last year, the smile did not last to the finish. And the planned, almost nonchalant, walking intervals of 2015 became forced walking breaks as she slowed down ... and then slowed down more.

About 30 km into the race she was already 2½ minutes ahead of Bosman, who was second last year, with Ethiopian Alemtsehay Hailu Kakissa sandwiched between them. Kakissa would eventually finish in the last half hour of the race, in 11:36:49. Running comfortably, Wöstmann reached halfway in 3:07:54 – somewhat faster than she had planned – with Bosman 4:11 behind her and Kakissa in third (3:14:10), followed by Briton Carla Molinaro (3:16:18). With the second half being so much quicker than the first, a time of sub-6 hours – which only three other women have managed – still looked possible.

After about four hours of running, Wöstmann was seven minutes ahead of Bosman and just before five hours took her first walk on the climb up Cowie's Hill. Her lead was now eleven minutes, but then she walked again – and this time there was clearly something wrong. She looked unbalanced and her right leg seemed to be swinging oddly.

And she wasn't smiling anymore.

At 5:30, after several short walk breaks, the unthinkable happened. She swerved to the side to get a drink from a refreshment station – directly into one of the motorcycles accompanying her. It was a strange move, because it seems improbable that she was not aware of the bike directly next to her. She jumped to the side, seemingly not hurt, but unaware of another motorcycle behind her. The bike rider swung around in an effort to miss her, fell over and skidded onto her heels. Again Wöstmann seemed unperturbed and a few metres further succeeded in grabbing two water sachets from the table.

She continued, but walked often and seemed disoriented and ungainly. It was agonising to watch, and at 5:45 another disaster struck when her legs suddenly folded under her and she hit the tar. She was up fairly quickly, but the writing was clearly on the wall. She was still moving forward, but it went very slowly, despite huge support from the crowd along the road and at one stage also from coach Lindsey Parry.

Behind her Bosman, who is also coached by Parry and did not finish the previous down run after suffering health problems, was gaining with every stride: 7:20 behind at six hours, 4:24 nine minutes later, and with the clock showing 6:16:16 and about 2 km to go, she brushed past without so much as a sideways look.

"I realised that this was my chance," Bosman said afterwards, "and I said to myself, 'You really have to run hard now'. It is a dream come true; it is a miracle." She revealed that she had broken her little toe on 8 April; she received specialised treatment and could continue training after only two weeks.

Many other runners in Wöstmann's situation would probably have thrown in the towel, but to her credit, she stuck it out to the end and finished just under five minutes behind the winner, who greeted her with a hug. She collapsed on the grass, crawled to a shady spot and soon managed to produce the famous smile before she was stretchered off to the medical tent. She said later that she had run the first 60 km too hard in an effort to break 6 hours and this resulted in severe cramps. She did not blame the motorcycle incident for her misfortune. "I wasn't hurt and actually feel bad about the spectacle I caused."

Some critics feel that she had over-raced in the months before the Comrades and that this, not the fast pace, caused the cramps.

Behind Bosman and Wöstmann Sweden's Kajsa Berg, second in last year's World 100 km Championships, came through into third in the latter stages, with Bard, who won the JFK

50 Mile in November last year and was fourth in the World 100 km, finishing fourth, looking relaxed.

Boulder resident De Reuck, who grew up near the Comrades route, was third after about four hours of running, but was then passed by runners much younger. She received tremendous support all along the route and inside the stadium, and finished her debut Comrades with a smile to add another remarkable achievement to an already illustrious career.

Two athletes, Barry Holland (10:03:01) and Louis Massyn (11:09:55), each earned their 44<sup>th</sup> medal – they are now just one behind medal-winning leader Dave Rogers.

- Both Bosman, who was also the first veteran, and Julianie Basson, who was ninth overall and second veteran, are DRR subscribers. Hearty congratulations to both – well done!

□ With our US partner *Race Results Weekly* only being published tomorrow, we will catch up with the main international results next week.

Riël Hauman

---

#### INCLUDED IN THIS ISSUE:

- \* Comrades Marathon, Pietermaritzburg to Durban
- \* BestMed UWC Fast and Flat 10 km, Bellville
- \* Oorie Berg Half Marathon & 10 km, Kareedouw
- \* Run for Education Half Marathon & 10 km, Polokwane
- \* Hoekwil Half Marathon & 10 km, Hoekwil
- \* Mazars Diesel Depot 15 km Challenge, East London
- \* XC: WP League Meeting, Youngsfield; EP League Meeting, Uitenhage; Gauteng North Meeting, Soshanguve

#### International highlights:

- \* Highgate Harriers Night of the 10000 m PBs, London, GBR
- 

## ROAD RUNNING

### Comrades Marathon (91st)

Pietermaritzburg to Durban, 29 May

(Distance: 89.208 km. Certified point-to-point downhill course, dropping from 670 m to sea level, but very hilly. Highest point: 870 m. Finishers: 11 593 men + 3009 women = 14 602 total [up from 13 006 last year].)

Note: Unfortunately the hot spot prizes were not available at DRR's publication time. – Ed.

#### MEN

1	David Gatebe	TomTom AC NWN	5:18:19	R400 000 + R290 000i + R400 000r
2	Ludwick Mamabolo	Nedbank RC AGN	5:24:05	R200 000
3	Bongmusa Mthembu	Arthur Ford AC	5:26:39	R150 000 + R35 000k
4	Mike Fokoroni (ZIM)	Nedbank RC International	5:35:09	R75 000
5	Rufus Photo	Pietersburg Road Runners	5:35:40	R60 000
6	Claude Moshiywa	Nedbank RC AGN	5:36:25	R36 000
7	Siphiwe Ndlela	Nedbank RC KZN	5:36:56	R32 000
8	Max King (USA)	Nedbank RC International	5:37:27	R27 000

9	Charles Dibate Tjiane	Maxed KZN	5:37:40	R22 000
10	Mncedisi Mkhize	Maxed KZN	5:38:34	R18 000
11	Teboho Sello (LES)	Maxed KZN	5:39:37	
12	Andrew Chimbidzikai (ZIM)	FAST WAY AC	5:42:49	
13	Marko Mambo (ZIM)	Maxed KZN	5:45:08	
14	Fritjof Fagerlund (SWE)	Nedbank RC International	5:45:25	
15	Mzwanele Mlatsha	Bluewater Bay RR Club	5:45:58	
16	Lucas Nonyana	Maxed Gauteng	5:46:53	
17	Luzuko Mdeliswa	Arthur Ford AC	5:48:15	
18	Renier Grobler	Nedbank RC AGN	5:49:53	
19	Brendan Davies (AUS)		5:53:55	
20	Thulane Magagula	KPMG RC CGA	5:56:26	
21	Malusi Dlomo	Nedbank RC KZN	5:58:06	
22	Jonas Buud (SWE)	Nedbank RC International	5:58:17	
23	Peter Muthubi	Maxed Gauteng	5:58:37	
24	Thabo Nkuna	KPMG RC CGA	5:59:20	
25	Gaolatlhe Lesetedi	TomTom AC NWN	5:59:38	
26	Harmans Mokgadi	Nedbank RC AGN	5:59:39	
27	Eric Ngubane	Nedbank RC KZN	6:00:44	
28	Ruben Setumu	Nedbank RC AGN	6:01:40	
29	Siyabonga Dingile	Nedbank RC AGN	6:02:35	
30	Mzwenkosi Mjaja	Nedbank RC KZN	6:04:21	
31	Thapelo Leseyane	Rand AC	6:04:28	
32	Zach Bitter (USA)	Nedbank RC International	6:05:52	
33	Bongani Mdletshe	NRB Harriers AC	6:06:05	
34	Petoro Gaebetse	TomTom AC NWN	6:06:18	
35	Fusi Fanyani Nhlapo	KPMG RC CGA	6:06:20	
36	Themba Mthembu	Maxed KZN	6:06:59	
37	Jacob Seduma	Pietersburg Road Runners	6:07:19	
38	Timothy Munzhelele	Pietersburg Road Runners	6:07:19	
39	Bongani Msimango	Vryheid AC	6:09:03	
40	Richard Dlamini	Phuma KZN	6:09:11	
41	Gift Kelehe	TomTom AC NWN	6:09:41	
42	Fanie Matshipa	Samancor Chrome MC Limpopo	6:09:41	
43	Samuel Mashishi	Fitness From Africa AC	6:10:24	
44	Mbuyiseli Mema	Nedbank RC EP	6:10:57	
45	Malefetsane Nkhi	Zwakala AC	6:11:44	
46	Sfiso Chili	NRB Harriers AC	6:14:14	
47	Vusi Sokhela	Maxed KZN	6:14:45	
48	Dumsani Dlamini (SWZ)	Ingwavuma District AC	6:14:56	
49	Sam Munyai	Nedbank RC AGN	6:16:53	
50	Kirsten Leemans	Fourways Road Runners	6:17:10	
51	Jabulani Edward Mabaso	Mandeni Harriers	6:18:04	
52	Nkosinathi Mthlane	SAPS Ingwenya	6:18:05	
53	Kwakhwakwawo Ngubane	Maxed KZN	6:18:29	
54	Mthetheleli Myaka	Ntunjambili AC	6:18:41	
55	Thanda Mthembu	Nedbank RC KZN	6:19:11	
56	Ntheleng Mosime	Cool Running AC	6:19:38	
57	Reginald Ngobese	Gauteng Striders	6:19:55	
58	Andrew Tuckey (AUS)		6:19:57	
59	Best Ngwenya	Nedbank RC AGN	6:20:53	
60	Lympson Maifo	Nedbank RC AGN	6:20:59	
61	Kopano Peter Muso	Colossus Aerobic AC	6:22:42	
62	Judas Ntuli	Magnolia Road Runners	6:23:26	
63	Lovemore Chabata (ZIM)	Maxed KZN	6:23:43	
64	Reuben Maapola	Nedbank RC AGN	6:24:25	
65	Nqamulela Desmond Gumede	Maxed KZN	6:24:34	

66	Nkosi Ntuli	Scottburgh AC	6:24:36
67	Mandlenkosi Dumakude	Arthur Ford AC	6:24:37
68	Ian Sharman (GBR)	Altra Running	6:25:38
69	Nic de Beer	KPMG RC WP	6:25:40
70	Christopher Cherry	Varsity Kudus	6:25:45
71	Sifundo Dlamini	Nedbank RC KZN	6:27:20
72	Velani Sosibo	Maxed KZN	6:28:05
73	Nick Bester	KPMG RC CGA	6:28:52
74	Thulani Duma	Nedbank RC KZN	6:29:34
75	Khubulani Zondo	Nedbank RC AGN	6:29:45
76	Andrias Telang (LES)	Nedbank RC KZN	6:30:47
77	Tsepo Lekoa (LES)	Brooks AC	6:31:41
78	Billy Makate	Arcadia RC	6:32:32
79	Joseph Giyani	Chappies RC	6:32:34
80	Mthandazo Qhina	Nedbank RC WP	6:33:17
81	Abram Retschedisitswe	KPMG RC CGA	6:34:12
82	Mdumiseni Zondi	Save Orion AC	6:34:15
83	Joseph Tutubala	Anglo American Thermal Coal AC	6:34:29
84	Johnny Young	RWFL NW Rustenburg	6:35:21
85	Jerry Rakau	Fitness From Africa AC	6:35:44
86	Ernest Leboka Noto (LES)	Modikwa MC	6:36:05
87	Mthokozisi Ndwandwe	Phuma KZN	6:36:38
88	Jairzinho Mokoena	Nedbank RC LVCC Nelspruit	6:36:46
89	Thabiso Casewell Bontsi	Honey Lotus AC	6:36:59
90	Thipe Thoka	Nedbank RC Johannesburg	6:37:06
91	Julius Mdluli	Rocky Road Runners Club	6:37:11
92	Victor Ngubelanga	Maxed KZN	6:37:26
93	Patrick Kanyane	Nedbank RC AGN	6:37:35
94	Ayanda Ntshayisa	Nedbank RC KZN	6:37:55
95	Eugene van der Westhuizen	Boksburg AC	6:38:01
96	Alastair Leslie (GBR)	Stella AC	6:38:09
97	Andries Maletse	Polokwane AC	6:38:14
98	Mthokozisi Mbokombela	Nedbank RC KZN	6:38:34
99	Jabulani Nkabinde	Bedfordview Country Club	6:39:14
100	Warren Kidgell	Hillcrest Villagers AC	6:39:34
...			
137	Lebohlang Mahloane (LES)	Nedbank RC International	6:45:01
...			
166	Oliver Kandiero (ZIM)	Maxed International	6:49:19
...			
168	Zwelithini Vaphi	Germiston Callies	6:49:54
...			
174	Collin Parura (ZIM)	Nedbank RC International	6:50:55
...			
192	Bernard Dandadzi (ZIM)	Lobels Link Africa AC	6:54:39

DNF: Gert Thys, Moses Njodzi (ZIM), Raymond Phaladi, Kebede Aberra Dinke (ETH), Temo Rampuku (LES), Lebohlang Monyele (LES), Warinyane Lebopo (LES), Mabuthile Lebopo (LES), Sootho Raletetebele (LES), William Mokwalakwala.

**40-49:**

1. Moshiywa (above) 5:36:25 (R16 000)
2. Tjiane (above) 5:37:40 (R11 000)
3. Mambo (ZIM, above) 5:45:08 (R5500)

**50-59:**

1. Phadima Lazarus Seroka (RWFL Limpopo) 6:42:47 (R11 000)
2. Shaun Meiklejohn (Save Orion AC) 6:43:29 (R5500)

## 3. Pienas Magashule (Polokwane AC) 6:58:33 (R4500)

**60+:**

1. Johan Nel (Irene AC) 8:07:41 (R5500)
2. Shalom Levi (ISR) 8:18:21 (R4500)
3. Almon Zibushe (Randmark) 8:25:21 (R3000)

i = incentive as first South African

r = incentive for breaking the course record

k = incentive as first runner from Kwazulu-Natal

## WOMEN (Same prize money as men)

1	Charné Bosman	Nedbank RC AGN	6:25:55	R400 000 + R290 000i
2	Caroline Wöstmann	KPMG RC AGN	6:30:44	
3	Kajsa Berg (SWE)	Nedbank RC International	6:39:04	
4	Sarah Bard (USA)	Nedbank RC International	6:42:35	
5	Yolande Maclean	Born 2 Run AC CGA	6:43:24	
6	Kerry-Ann Marshall	KPMG RC WP	6:48:51	
7	Colleen de Reuck (USA)	KPMG RC AGN	6:50:21	
8	Fikile Mbuthuma	Nedbank RC KZN	6:56:32	R35 000k
9	Julanie Basson	Born 2 Run AC CGA	6:58:10	
10	Salome Cooper	Born 2 Run AC CGA	7:01:02	
11	Monica Kativhu (ZIM)	Harare AC	7:05:06	
12	Lesley Train Austin	KPMG RC AGN	7:06:37	
13	Ann Ashworth	Born 2 Run AC CGA	7:07:27	
14	Gerda Steyn	Nedbank RC International	7:08:23	
15	Lindy-Lee Fölscher	Boksburg AC	7:09:41	
16	Frida Södermark (SWE)	Nedbank RC International	7:14:15	
17	Mary Khourie	RunaVation AC	7:16:52	
18	Traci Falbo (USA)	Nedbank RC International	7:19:58	
19	Cassandra Scallon (USA)	Nedbank RC International	7:20:29	
20	Sarah Wilson	Westville AC	7:21:30	
21	Kashmira Parbhoo	Lenasia AC	7:22:21	
22	Adele Waldron	KPMG RC WP	7:22:22	
23	Carla Molinaro (GBR)	Windsor, SE&H AC	7:23:06	
24	Marlize du Plessis	KPMG RC AGN	7:25:18	
25	Michelle de Montille	Hillcrest Villagers AC	7:28:10	
26	Elissa Ballas (USA)		7:29:23	
27	Danka Erasmus	Magnolia Road Runners	7:30:17	
28	Michelle Dreyer	Paarl AC	7:30:32	
29	Carien Visser	Tuks AC	7:35:14	
30	Carly Kent	Sunninghill Striders RC	7:35:48	
31	Enie Molatseli	?	7:36:25	
32	Mitsie van der Westhuizen	KPMG RC AGN	7:38:11	
33	Marcelle Coetzee	KPMG RC AGN	7:39:25	
34	Toni Bennetts	Klerksdorp MC	7:42:28	
35	Davera Magson	Nedbank RC EP	7:45:15	
36	Marilyn Fischer		7:45:37	
37	Karen Sobrino	Amanzimtoti AC	7:47:15	
38	Maphuti Phaka	Born 2 Run AC CGA	7:47:24	
39	Elmarie Bezuidenhout	Charlo AC	7:48:01	
40	Iris Ndlovu	NRB Harriers AC	7:48:52	
41	Zuziwe Buthelezi	SAPS Ingwenya	7:48:59	
42	Vicky Hansen	Wanderers AC	7:53:21	
43	Anel Van Wyk	Nedbank RC SWD	7:54:02	
44	Belinda-Leigh Hickman Mosdell	Harlequin Harriers	7:54:41	
45	Nadine Breytenbach	Irene AC	7:55:12	

46	Vanessa Bowman	Kempton Road Runners	7:55:43
47	Kaoma Chileshe	Aerobics 4 All	7:56:04
48	Nokholo Hlezupondo	SANDF AC EP	7:56:36
49	Martine Baker	Rand AC	7:57:30
50	Cory Newman (AUS)	Australia	7:57:58
51	Nandi Zaloumis	Team Vitality KZN	7:59:43
52	Natasha Gorrie	Randburg Harriers	8:02:43
53	Jeannie Jordaan	Modern Athlete AC	8:02:48
54	Heather Walden	Born 2 Run AC CGA	8:04:54
55	Amanda Williams	Krugersdorp Road Runners	8:05:51
56	Cecilia Raath	Nedbank RC AGN	8:06:35
57	Katie Duncan (AUS)	Australia	8:08:36
58	Debbie Kitto	DHS Old Boys	8:08:44
59	Precious Duma	Nedbank RC KZN	8:09:27
60	Geneva Raphahla	Pietersburg Road Runners	8:09:46
61	Ursula Turck	Strand Atletiekkklub	8:10:41
62	Vicky Unsworth (GBR)	Liverpool Harriers	8:11:57
63	Ricarda Bethke (GER)	Swiss Mystery Racing Team	8:13:02
64	Angelique Rabie	Carbineers WP	8:13:46
65	Candyce Hall	Carbineers WP	8:13:47
66	Zelda Breytenbach	Team Vitality PTA	8:13:55
67	Tia Jones (AUS)	Desert Road Runners	8:14:21
68	Gina Schefermann	Nedbank RC LVCC Nelspruit	8:14:56
69	Natasja Kask	Kempton Road Runners	8:17:11
70	Jane Mudau	Pietersburg Road Runners	8:17:26
71	Corne Prinsloo	NPO Walkers & Runners	8:18:10
72	Cheryl-Lynn Ceronie	Kempton Road Runners	8:18:26
73	Nonsikelelo Mbambo	Save Orion AC	8:18:36
74	Trudie Smith	Klerksdorp MC	8:19:02
75	Franci Myburgh	Nedbank RC Johannesburg	8:19:20
76	Lisa Collett	Boxer Super Store	8:19:35
77	Bambie de Wet	Harrismith MC	8:19:45
78	Anel Labuschagne	Kempton Road Runners	8:19:47
79	Verlie Briscoe	DHS Old Boys	8:21:37
80	Berdine Smit	Nedbank RC WP	8:22:24
81	Angela Sadler (GBR)	Tewkesbury AC	8:22:32
82	Ashleigh White	DHS Old Boys	8:22:35
83	Jo Mackenzie	Mtunzini AC	8:23:40
84	Victoria White	DHS Old Boys	8:24:13
85	Otilia Mwape	Eskom AC MPU	8:24:13
86	Lora Hirst	Wanderers AC	8:24:37
87	Simonie Borchers	Loskop Vallei MC	8:26:07
88	Melissa Pretorius	Team Vitality PTA	8:26:07
89	Tegan Edwards	Team Vitality PTA	8:27:13
90	Irene Goncalves	Sunninghill Striders RC	8:27:21
91	Sibongile Ziqubu	?	8:27:32
92	Theresa Majeed (USA)		8:27:32
93	Carla du Toit	Mtunzini AC	8:27:46
94	Christelle du Plessis	Middelburg MC	8:27:58
95	Alta Kruger	Krugersdorp Road Runners	8:27:58
96	Debbie Bates	Nedbank RC Johannesburg	8:28:21
97	Christena Walter (IRL)	Dainfern RC	8:29:08
98	Natasha Malan	Secunda MC	8:29:20
99	Miranda Symons	Wild Runner AC	8:30:27
100	Victoria Reuvers	ATC RC	8:30:27
...			
2173.	Alemtsehay Hailu Kakissa (ETH)	Nedbank RC International	11:36:49



**40-49:**

1. Bosman (above) 6:25:55
2. Basson (above) 6:58:10
3. Cooper (above) 7:01:02

**50-59:**

1. De Reuck (USA, above) 6:50:21
2. Jones (AUS, above) 8:14:21
3. Mudau (above) 8:17:26

**60+:**

1. Val Watson (Runavation AC) 8:38:13
2. Blanche Moila (Savages AC) 9:12:25
3. Nancy Will (Pinelands AC) 9:31:00

i = incentive as first South African

k = incentive as first runner from Kwazulu-Natal

**BestMed UWC Fast and Flat 10 km (22<sup>nd</sup>)**

Bellville, 28 May

(Certified loop course. Weather: Thick mist early on, sunny but cold later.)

Note: Zintle Xiniwe scored her eighth win here, while last year's first two males, Siboniso Soldaka and Siboniso Madikizela, switched places and Anthony Timoteus duplicated his third spot. Unfortunately most of the women's times were missing from the results received by DRR. – Ed.

**MEN**

1. Siboniso Madikizela (MSA) 30:01
2. Siboniso Soldaka (CPUT) 30:02
3. Anthony Timoteus (UWC) 30:12

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 31:19; 2. Thembelani Zola (Gugs) 32:09;

3. Pieter Koopman (Itheko) 32:23. **Masters:** 1. Eric Coetzee (FNB) 35:20; 2. Tobias Philander (Itheko) 35:26; 3. Kevin Isaacs (Top) 38:02. **G'masters:** 1. Robbie Lindsay (Ned) 39:24; 2. Colin Williams (Well) 41:41; 3. Gemjikile Tom (Eskom) 42:46.

**G/g'masters:** 1. Ronnie le Roux (Brack) 47:23; 2. Joseph Matthews (MS) 48:42; 3. Peter Donald (WC) 48:50. **Juniors:** 1. Adrian Wildschutt (Ceres) 30:45; 2. Samuel van der Merwe (Bell) 30:58; 3. McMarshal Hartzenberg (UWC) 31:15.

**WOMEN**

1. Zintle Xiniwe (FNB) 35:17
2. Fortunate Chidzivo (ZIM/Ned) 35:25
3. Bulelwa Simae (Ned) 36:08

**Veterans:** 1. Belinda Noades (Ned) 38:44; 2. Obertina Kanyongo (ZIM/FNB); 3. Coriaan de Villiers (Ned). **Masters:** 1. Elmarie Coetzee (FNB); 2. Mariëtte Strauss (Tyger); 3. Olga Howard (Celtic). **G'masters:** 1. Charmaine Cupido (Ned) 47:25; 2. Helen du Plessis (Brack); 3. Judith Grové (Tyger). **G/g'masters:** 1. Pixie Sparg (Celtic); Marlene James (Pine); Marianne Nelson (RWFL). **Juniors:** 1. Ashleigh Simonis (Carb) 36:30; 2. Jana le Roux (Ned) 38:40; 3. Linda Detering (Carb).

## Oorie Berg Half Marathon & 10 km

Kareedouw, 28 May

(Distances: 21.1 km & 10 km; out-and-back courses with a tough 2 km climb to the top of the mountain, which the half-marathon runners had to do twice. Finishers: half marathon – 143; 10 km – 25.)

Note: It certainly doesn't happen often that four women finish in the first four positions in a race – as Joan Viljoen (a win by almost 15½ minutes), Sylma Watkins, Amanda van Niekerk and Zelda Krige did here in the 10 km – or that a 69-year-old wins the men's race, as André Fourie did! – Ed.

### Half marathon

#### MEN

1	André	Ketchem	X-Cel AC	32	1:13:56
2	George	Ntshiliza	Bluewater Bay	36	1:17:54
3	Deon	Appollis	Temp	36	1:25:54
4	Basie	Bonaparte	Albany Saints & Sinners MS	50	1:26:51
5	Lubabalo	Bokuva	Albany Saints & Sinners MS	25	1:27:10
6	Khayelihle	Ncube	Nedbank RC EP	29	1:29:58
7	Kevin	Gasebo	VW AC	36	1:30:40
8	Darrell	Wicht	Madiba Bay Warriors AC	53	1:31:36
9	Andre	Dalton	Nedbank RC EP	55	1:34:28
10	Benjamin	Miggels	Muirite Striders	40	1:38:35

#### 40-44:

1	Benjamin	Miggels	Muirite Striders	40	1:38:35
2	Johnston	Jumba	Kouga Multi SC	42	1:43:50
3	Jeffrey	Van Niekerk	Charlo AC	43	2:00:00

#### 45-49:

1	Morne	Van Wyk	Nedbank RC EP	46	1:44:45
2	Willem	Dafel	Elite AC	48	2:07:10
3	Andre	Nel	Nedbank RC EP	49	2:07:15

#### 50-54:

1	Basie	Bonaparte	Albany Saints & Sinners MS	50	1:26:51
2	Darrell	Wicht	Madiba Bay Warriors AC	53	1:31:36
3	George	Winship	Muirite Striders	50	2:06:50

#### 55-59:

1	Andre	Dalton	Nedbank RC EP	55	1:34:28
2	Joseph	Bain	St Albans CS EP	56	1:52:25
3	Clive	Wewers	Elite AC	55	1:54:15

#### 60-64:

1	Elvis	Galela	Madibaz AC	64	1:39:00
2	Paul	Steffens	Nedbank RC EP	64	2:00:20
3	Jerrit	Rudman	Kouga Multi SC	62	2:02:35

#### 65-69:

1	Geoff	Hawkridge	Harlequin Harriers	68	2:09:45
2	Robert	Galloway	Charlo AC	65	2:49:20
3	Eldon	Fortmann	Walmer AC	65	3:01:33

#### 70-74:

1	Jean	Nepgen	Kowie Striders	71	3:46:55
---	------	--------	----------------	----	---------

#### Juniors:

1	Elroy	Claassen	Charlo AC	16	1:55:45
2	Creswinne	Slotto	VW AC	15	2:38:00

#### WOMEN

1	Janette	Schierz-Crusius	Body Concept	55	1:49:45
2	Lindie	Steyn	Temp	29	1:51:20

3	Hanlie	Van der Westhuizen	Despatch AC	60	1:54:20
4	Terray	Newcombe	Elite AC	25	1:59:35
5	Amanda	Prideaux	Bluewater Bay	40	2:00:08
6	Elize	Fenwick	Kouga Multi SC	46	2:01:10
7	Rosemary	Joubert	Crusaders AC	55	2:02:45
8	Tania	Jordaan	Charlo AC	39	2:03:15
9	Renee	Hawkridge	Harlequin Harriers	65	2:06:10
10	Adele	Slabbert	Madiba Bay Warriors AC	45	2:06:15

**40-44:**

1	Amanda	Prideaux	Bluewater Bay	40	2:00:08
2	Eidie	Janse van Rensburg	Temp	40	2:12:35
3	Ronel	Scheepers	PEAAC	41	2:30:30

**45-49:**

1	Elize	Fenwick	Kouga Multi SC	46	2:01:10
2	Adele	Slabbert	Madiba Bay Warriors AC	45	2:06:15
3	Cathy	Curtain	Muirite Striders	45	2:13:30

**50-54:**

1	Aletta	Joubert	Crusaders AC	54	2:13:00
2	Ina	Meaker	Walmer AC	54	2:14:34
3	Debbie	Du Plessis	Temp	51	2:18:20

**55-59:**

1	Janette	Schierz-Crusius	Body Concept	55	1:49:45
2	Rosemary	Joubert	Crusaders AC	55	2:02:45
3	Amanda	Wolmarans	Walmer AC	57	2:07:35

**60-64:**

1	Hanlie	Van der Westhuizen	Despatch AC	60	1:54:20
2	Christine	Snyman	Despatch AC	60	2:21:20
3	Nicki	Van Niekerk	Muirite Striders	62	2:29:25

**65-69:**

1	Renee	Hawkridge	Harlequin Harriers	65	2:06:10
2	Christine	Fourie	Elite AC	69	2:37:37
3	Carol	Nepgen	Kowie Striders	65	3:46:55

**10 km****MEN**

1	André	Fourie	Nedbank RC EP	69	1:03:47
2	Ricardo	Phillips	Kouga Multi SC	28	1:11:49
3	Vetkoek	Van Wyk	Temp	48	1:11:54
4	Denver	Pienaar	Temp	31	1:12:20
5	Marius	Wolmarans	Walmer AC	58	1:13:00

**45-49:**

1	Vetkoek	Van Wyk	Temp	48	1:11:54
2	Rhyno	Olivier	Despatch AC	46	1:20:38

**55-59:**

1	Marius	Wolmarans	Walmer AC	58	1:13:00
2	Cyril	Plaatjies	Run 4 Christ AC	57	1:26:21

**65-69:**

1	Andre	Fourie	Nedbank RC EP	69	1:03:47
---	-------	--------	---------------	----	---------

**WOMEN**

1	Joan	Viljoen	Nedbank RC EP	22	43:50
2	Sylma	Watkins	St Albans CS EP	48	59:13
3	Amanda	Van Niekerk	Temp	56	1:00:40
4	Zelda	Krige	Walmer AC	55	1:01:38
5	Estelle	De Klerk	Nedbank RC EP	49	1:03:56

**45-49:**

1	Sylma	Watkins	St Albans CS EP	48	0:59:13
2	Estelle	De Klerk	Nedbank RC EP	49	1:03:56
3	Yolande	Knoetze	Elite AC	48	1:07:31

**50-54:**

1	Lee-Ann	Gardner	PEAAC	53	1:34:28
---	---------	---------	-------	----	---------

**55-59:**

1	Amanda	Van Niekerk	Temp	56	1:00:40
2	Zelda	Krige	Walmer AC	55	1:01:38
3	Silvia	Jonck	Run 4 Christ AC	55	1:26:24

**60-64:**

1	Stephanie	Hay	Walmer AC	60	1:15:46
---	-----------	-----	-----------	----	---------

**65-69:**

1	Denise	Terblanche	Walmer AC	68	1:14:34
2	Rita	Boucher	Walmer AC	66	1:14:39

**75-79:**

1	Dorothy	Hart	Madibaz AC	78	1:34:29
---	---------	------	------------	----	---------

**Run for Education Half Marathon & 10 km**

Polokwane, 28 May  
(Distances: 21.1 km & 10 km)

Note: A repeat victory here for Sibusiso Nzima in the half marathon. – Ed.

**Half marathon****MEN**

1 Sibusiso Nzima (Nedbank) 63:21; 2 Jeffrey Gwebu (KPMG) 63:23; 3 Lucky Mohale (Boxer) 66:21.

**Veterans:** 1 Johannes Kekana (Cool Running) 73:55; 2 Sedrick Motimele (Polokwane) 78:05; 3 William Matome (Eskom) 87:54. **Masters:** 1 Dan Mothibe (Runanvation) 78:13; 2 Ralugozwe Nemasetone (UL) 1:49:32; 3 Sogo Matlala (UL) 2:03:05. **G'masters:** 1 Johannes Phago (Moletjie) 98:36; 2 Bobby Sacco (RWFL) 1:43:06. **Juniors:** 1 Kwanele Mthembu (Themba) 71:33; 2 Ponthsho Ngobeni (Potties) 71:54; 3 Elvis Mokhonoan (Temp) 73:16.

**WOMEN**

1 Liziwe Mabona (AMPA) 81:10; 2 Tabitha Tsatsa (ZIM/Maxed Elite) 83:24 (1<sup>st</sup> vet); 3 Joyce Netshifhefhe (Pierersburg) 92:55.

**Veterans:** 1 Tabitha Tsatsa (ZIM/Maxed Elite) 83:24. **Masters:** 1 Catherine Naane (Sibanye Gold) 94:49; 2 Levuhani Makwaralale (Vhembe) 2:03:19. **G'masters:** 1 Adel Matotoka (UL) 2:39:49. **Juniors:** 1 Poppy Netshifhefhe (Pietersburg) 1:48:48; 2 Nompumlelo (Eskom) 1:57:18; 3 Lydia Ngele (Temp) 2:02:22.

**10 km****MEN**

1 Xolisa Tyali (Nedbank) 31:22; 2 Desmond Mokgobu (Boxer) 31:35; 3 Colin Khoza (Eskom) 31:40.

**Veterans:** 1 Luwis Masunda (ZIM/Nedbank) 32:32; 2 Roney Mabotja (SAPS) 35:07; 3 Frans Ramaila (UL) 43:19. **Masters:** 1 Nel Mtsweni (Eskom) 37:10; 2 Alfred Mamabolo (UL) 49:15. **G'masters:** 1 Jannie Sacco (RWFL) 49:15; 2 Jan Nkoana (RAC) 53:46; 3 Frans

Kekana (Mokero) 54:00. **Juniors:** 1 Ikageng Gaorekwwe (UJ) 34:06; 2 Jacob Khomola (KPMG) 34:07; 3 Sello Nyawene (H/S Potgieter) 35:50.

#### WOMEN

1 Thembu Baloyi (TUT) 39:23; 2 Catherine Skosana (Nedbank) 39:41; 3 Molalatladi Melita (Temp) 43:50.

**Veterans:** 1 Elsabe Cronje (RWFL) 43:55; 2 Sarah Mahlangu (Ricoh) 46:57; 3 Anna Maponya (UL) 47:50. **Masters:** 1 Miriam Gafane (UL) 56:14 ; 2 Susan Selemela (Pietersburg) 66:02; 3 Sarah Ramele (Kelly's) 81:04. **G'masters:** 1 Elsie Mothamale (UL) 69:39. **Juniors:** 1 Nuam Bopape (UL) 48:02; 2 Ndou Khodani (Vhembe) 50:24; 3 Manngwe Ntaga (Vhembe) 53:26

### Hoekwil Half Marathon & 10 km

Hoekwil, George, 21 May

(Distances: 21.1 km & 10 km. Finishers: half marathon – 113; 10 km – 158.)

Note: Melissa van Rensburg finished tenth overall in the half marathon and Macnita Samuels tenth in the 10 km. – Ed.

#### Half marathon

##### MEN

1	Ettienne Plaatjies	Nedbank SWD	28	1:11:15
2	Elfonzo Pieterse	Nedbank SWD	27	1:14:09
3	Sinesipho Didishe	KMC	25	1:16:58
4	Mxolise Fana	Outeniqua Harriers	47	1:18:18
5	Melikhaya Msizi	KMC	32	1:22:34
6	Patrick Peters	Military Sport Club	52	1:23:25
7	Curshwill Taylor	Nedbank SWD	18	1:23:51
8	Peter Jaehne	Outeniqua Harriers	51	1:24:58
9	JC Visser	Nedbank SWD	30	1:25:30
10	Sydney Landsberg	Nedbank SWD	54	1:26:34

##### Veterans:

1	Mxolise Fana	Outeniqua Harriers	1:18:18
2	Phillipus du Toit	Hartenbos Drawwers	1:28:24

##### Masters:

1	Patrick Peters	SANDF	1:23:25
2	Peter Jaehne	Outeniqua Harriers	1:24:58

##### G'masters:

1	Jan du Toit	Hartenbos Drawwers	1:44:57
2	Trevor van Rensburg	Sedgefield Striders	2:06:06

##### Juniors:

1	Curshwill Taylor	Nedbank SWD	1:23:51
2	Komani Awonke	Knysna Marathon Club	1:26:54

##### WOMEN

1	Melissa van Rensburg	Nedbank SWD	34	1:26:08
2	Nancy Cloete	Outeniqua Harriers	29	1:34:01
3	Annatjie Botes	Nedbank SWD	58	1:38:43
4	Caryke Fourie	Nedbank SWD	39	1:41:54
5	Charmaine Lamprecht	Nedbank SWD	32	1:44:06
6	Yolande Strydom	Nedbank SWD	42	1:46:55
7	Cia Berger-Herholdt	Nedbank SWD	49	1:47:10
8	Rina Wray	Hartenbos Drawwers	52	1:52:48
9	Justine Sharples	Outeniqua Harriers	42	1:52:48

10	Doortjie van der Spuy	Outeniqua Harriers	50	1:53:19
----	-----------------------	--------------------	----	---------

**Veterans:**

1	Yolandie Strydom	Nedbank SWD		1:46:55
2	Cia Berger	Nedbank SWD		1:47:10

**Masters:**

1	Annatjie Botes	Nedbank SWD		1:38:43
2	Rina Wray	Hartenbos Drawwers		1:52:48

**G'masters:**

1	Mariette de Haan	Nedbank SWD		2:08:41
2	Saundra Visser	Nedbank SWD		2:23:10

**10 km****MEN**

1	Lloyd Bosman	Nedbank SWD	28	31:32
2	Godwin Heyns	Nedbank SWD	18	32:51
3	Francois Maquassa	Nedbank SWD	20	33:34
4	Dullan Solomons	Nedbank SWD	17	34:25
5	Booi Salman	Oudtshoorn AAC	42	35:32
6	Jan Isaks	Rainbow AC	31	36:38
7	Mauritz Janse van Rensburg	Outeniqua Harriers	45	38:19
8	Jacobus Boshoff	Outeniqua Harriers	45	38:35
9	Cameron Pieterse	KMC	18	39:46
10	Phelowethu Dickson	KMC	16	40:57

**Veterans:**

1	Booi Salman	Oudtshoorn AAC		35:32
2	Mauritz Janse van Rensburg	Outeniqua Harriers		38:19

**Masters:**

1	James Ngxale	Knysna Marathon Club		44:28
2	Koos Smit	Langeberg AC		47:48

**G'masters:**

1	Peter Jakoby	Knysna Marathon Club		49:05
2	Burnett Zaayman	Hartenbos Drawwers		57:44

**G/g'masters:**

1	Nic Brummer	Sedgefield Striders		49:19
---	-------------	---------------------	--	-------

**Juniors:**

1	Godwin Heyns	Nedbank SWD		32:51
2	Dullan Solomons	Nedbank SWD		34:25

**WOMEN**

1	Macnita Samuels	KMC	19	40:57
2	Lana Theunissen	Nedbank SWD	43	42:08
3	Brittney-Ann Meyer	Nedbank SWD	15	43:14
4	Melluxca Toovey	Nedbank SWD	27	44:04
5	Elsire Roos	Nedbank SWD	36	44:17
6	Clarissa Pieterse	Mossel Bay Harriers	17	45:20
7	Corne de Swardt	Nedbank SWD	31	48:59
8	Helgard van der Watt	TEMP	27	51:15
9	Delmarie Henning	Hartenbos Drawwers	54	51:25
10	Shirleen du Plessis	TEMP	30	51:26

**Veterans:**

1	Lana Theunissen	Nedbank SWD		42:08
2	Leatitia du Toit	Nedbank SWD		57:26

**Masters:**

1	Delmarie Henning	Hartenbos Drawwers		51:25
---	------------------	--------------------	--	-------

2	Kleintjie van Schalkwyk	Hartenbos Drawwers	52:04
<b>G'masters:</b>			
1	Mariet Horn	Knysna Marathon Club	59:43
2	Dottie Joubert	Hartenbos Drawwers	1:09:37
<b>G/g'masters:</b>			
1	Anna-Marie van Eck	Nedbank SWD	1:10:07
<b>Juniors:</b>			
1	Macnita Samuels	Knysna Marathon Club	40:57
2	Brittney-Ann Meyer	Nedbank SWD	43:14

### Mazars Diesel Depot 15 km Challenge

East London, 7 May

(Near-loop course. Finishers: 823.)

#### MEN

1	Lukhanyo	Ngxoko	20	Born 2 Run	48:14	R250
2	Luthando	Hejana	29	Born 2 Run	48:20	R200
3	Nkosinathi	?	34	Nedbank	49:20	R150
4	Bulelani	Mgubo	33	All Stars	51:12	
5	N	Xiniwe	27	Born 2 Run	51:19	
6	Monwabisi	?	25	Zwenathi Running Club	52:25	
7	Simphiwe	?		Nedbank	52:41	
8	Malixole	Kalindeni	23	Old Selbornians	53:12	
9	Lithobe	Menzeleleli	17	Real Gijimas	53:46	
10	A.N.	Other			53:59	

#### WOMEN (Same Prize money as men)

1	Hanlie	Botha	37	Born 2 Run	57:34	
2	Andrea	Ranger	33	Old Selbornians	1:04:11	
3	Caryn	Lategan	34	Born 2 Run	1:05:59	
4	Lauren	Ranger	31	Born 2 Run	1:06:00	
5	Jaime	Griffiths	29	Born 2 Run	1:06:06	
6	Chantelle	Adoons	26	United AC	1:07:06	
7	Kelly	Nel	22	Individual	1:07:41	
8	Ingrid	Webber	35	Old Selbornians	1:07:46	
9	Karen	Davis	39	Born 2 Run	1:10:06	
10	Rachel	Peterson	34	Born 2 Run	1:10:15	

### CROSS-COUNTRY

#### WP League Meeting (4<sup>th</sup>)

Youngsfield, 21 May

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

#### SR. MEN (10 km)

1	Nkosinathi	Madyo	Itheko	34:03
2	Vuyolwethu	Mbukushe	Gugs	34:25
3	Anthony	Timoteus	UWC	34:26
4	Ashley	Smith	Celtic Harriers	34:57
5	Warren	Hefke	UWC	35:27
6	Siyabonga	Madala	Gugs	36:17
7	Siyabulela	Mpongwana	VOB	36:18
8	Kurt	Rabie	UWC	36:56
9	Riaan	Wildskut	Easterns	37:23

10	Gershwin	van Staden	Itheko	38:04
----	----------	------------	--------	-------

## SR. MEN

1	Granwin	Katzen	Celtic Harriers	12:57
2	Emiele	Paulsen	UWC	13:01
3	Nkosiyethu	Sotyantya	Itheko	13:07
4	Heinrich	Wagner	KPMG	13:14
5	Akhona	Makila	VOB	13:21
6	Sive	Ngubo	Nedbank	13:31
7	Duran	Faro	UWC	13:43
8	Sibusiso	Magwaza	UWC	13:48
9	Bulelani	Bebha	VOB	13:49
10	Envor	Rhodas	Itheko	14:05

## VETERAN MEN (8 km)

1	Xolile	Macanda	Gugs	29:07
2	Roger	Dickson	VOB	29:57
3	Sabelo	Ngcwaba	Gugs	30:54

## MASTER MEN (8 km)

1	Tobias	Philander	Itheko	31:27
2	Eric	Coetzee	FNB	31:36
3	Chris	Mitchell	Celtic Harriers	31:55

## G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	33:39
2	Robbie	Lindsay	Nedbank	34:29
3	Johannes	Jacobs	Celtic Harriers	35:37

## G/G'MASTER MEN (8 km)

1	Richard	Osrin	VOB	38:26
2	Joseph	Matthews	Midas Spartans	45:03
3	Kaare	James	Pinelands	51:08

## U.20 (8 km)

1	Lukhanyo	Nobakada	VOB	28:03
2	Jeandré	September	Eerste River	28:56
3	Justin	Claasen	Durbanville	29:01

## U.18 (6 km)

1	Carlo	Flink	Itheko	21:27
2	Ruschin	Fortuin	UWC	21:39
3	Ronaldo	January	Celtic Harriers	21:55

## SR. WOMEN (10 km)

1	Tanya	Scott	UCT	41:33
2	Bulelwa	Simae	Nedbank	44:17
3	Candyce	Hall	Carbineers	44:19
4	Nomawethu	Nika	Hout Bay Harriers	50:42
5	Julie	Fritz	Easterns	50:43
6	Sinethema	Masana	SANDF	51:01
7	Angelique	Rabie	Carbineers	52:15
8	Cleo	Albertus	Carbineers	52:21
9	Sarah	Lephuthing	SANDF	54:11
10	Nazli	Gasant	Ommiedraai	54:16

## SR. WOMEN

1	Anel	Terblanche	KPMG	15:05
2	Anneline	Roffey	FNB Multi-Sport	15:36
3	Lee-Shay	Willemse	Velocity	16:41



## VETERAN WOMEN

1	Busisiwe	Matiwane	Celtic Harriers	17:42
2	Sharon	Sunderland	West Coast	18:11
3	Elizabeth	Brink	Durbanville	18:27

## MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	17:51
2	Olga	Howard	Celtic Harriers	17:52
3	Georgina	Andraos	VOB	18:32

## G'MASTER WOMEN

1	Nancy	Will	Pinelands	19:23
2	Judith	Grove	Tygerberg	20:23
3	Charmaine	Cupido	Nedbank	20:38

## G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	23:31
2	Marlene	James	Pinelands	26:25
3	Carol	Gahwiler	VOB	27:25

## U.20 (6 km)

1	Ashleigh	Simonis	Carbineers	23:54
2	Hayley	Preen	Hout Bay	25:11
3	Tegan	Pitt	UCT	26:58

## U.18

1	Simone	Adams	Bottelary	17:12
2	Petro	Moses	Velocity	17:34
3	Dominique	Fuchs	Multi-Sport	18:38

**EP League Meeting (1<sup>st</sup>)**

Uitenhage, 21 May

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

## SR. MEN (10 km)

1	Andre	Ketchem	X-Cel AC	33	31:08
2	Zolani	Mabonga	Ikhamva AC	29	31:23
3	Melikhaya	Frans	Ikhamva AC	26	31:49
4	Sibusiso	Thu	Tinarha AC	29	32:00
5	Anele	Maliza	Nedbank RC	38	33:19
6	Ivan	Ambraal	Temp	27	33:51
7	Lwazi	Mkhaliphi	Madibaz AC	22	34:47
8	Lukhanyiso	Jabavu	Temp	32	35:54
9	Thulani	Mdlalo	Temp	31	37:03
10	Azola	Mthala	Madibaz AC	23	38:43

## SR. MEN

1	Zolani	Ngqaqa	Tinarha AC	27	12:36
2	Adrian	Gerwel	X-Cel AC	20	13:00
3	Brendon	Effenaar	Nedbank RC	20	13:42
4	Dawid	Du Plessis	Temp	45	19:30
5	Attie	Williams	Run 4 Christ AC	53	20:20

## VETERAN MEN (8 km)

1	Thobile	Xata	Bluewater Bay	41	27:50
2	Vusumzi	Runeli	Nedbank RC	44	29:47
3	Luvuyo	Stephen	Nedbank RC	46	31:52

## MASTER MEN (8 km)

1	Welcome	Loliwe	Nedbank RC	52	29:13
2	Sidwel	Roboshi	Nedbank RC	56	34:06

3	Peter	Pohlman	Charlo AC	51	41:20
G'MASTER MEN (8 km)					
1	Elvis	Galela	Madibaz AC	64	25:30
2	Thembisile	Ntoni	PEAAC	68	32:44
3	Mbulelo	Sobikwa	Madibaz AC	61	33:03
U.20 (8 km)					
1	Andile	Motwani	Tinarha AC	19	27:00
2	Lindisipho	Mnxhwashula	Motherwell AC	19	27:36
3	Mandilakhe	Nel	Motherwell AC	19	27:37
U.18 (6 km)					
1	Sivuyile	Selani	Tinarha AC	17	19:31
2	Heinrich	Willemse	Madibaz AC	17	23:29
3	Athenkosi	Valelo	Douglas Mbopha SSS	16	24:04
SR. WOMEN (10 km)					
1	Ntombesintu	Mfunzi	Nedbank RC	34	39:52
2	Deliwe	Nyanga	Nedbank RC	27	43:48
3	Luthando	Nxanisa	Tinarha AC	23	45:46
SR. WOMEN					
1	Nonkululeko	Mbane	Motherwell AC	25	19:53
VETERAN WOMEN					
1	Grizelda	Pietersen	Nedbank RC	47	16:49
MASTER WOMEN					
1	Janette	Schierz-Crusius	Body Concept	55	18:27
U.20 (6 km)					
1	Chanel	Kelsey	Framesby H/S	18	29:46
2	Sacree	Kabeya	Victoria Girls H/S	18	36:53
3	Siphokazi	Martin	Douglas Mbopha SSS	18	36:55
U.18					
1	Channah	Du Plessis	Cradock H/S	16	16:33
2	Lukhanyiso	Cuka	Victoria Girls H/S	17	19:06
3	Chante	Roberson	Madibaz AC	16	19:40

### Gauteng North Meeting

Soshanguve, 21 May

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

#### SR. MEN (8 km)

1	Collen	Mulaudzi	TUT	26:13
2	Vuyisile	Tshoba	TUT	26:48
3	Mokosane	Kekana	TUT	26:51
4	Victor	Pheeha	Monaco	27:07
5	Joel	Madiba	TUT	27:09
6	Simon	Mokanyana	Runavation	28:08
7	Tshepo	Leeto	TUT	28:21
8	Tebogo	Sithole	A4A	28:27
9	Sikhalo	Mthimkhulu	TUT	28:28
10	Tshepo	Segole	Ekgangala	28:29

#### SR. MEN

1	Collen	Mulaudzi	TUT	12:43
2	Victor	Pheeha	Monaco AC	12:49
3	Ginoe	Nkoe	Nissan	13:06

4	Simon	Mokanyama	Runavation	13:17
5	Diphetogo	Poncho	Soshanguve East	13:18
6	Sikhumbuzo	Seme	KPMG	13:32
7	Lucas	Mokonyama	Arcadia RC	13:51
8	Martin	Nkoe	TUT	13:57
9	Koos	Baloyi	Temba Prestige	13:59
10	Jack	Masogo	Monaco AC	14:12
MEN 40 (8 km)				
1	Colin	Witbooi	PMMC	30:19
2	William	Sibanyoni	A4A	33:29
3	Rob	Donkin	Individual	36:34
MEN 45 (8 km)				
1	Koos	Aphane	PMMC	34:14
2	Aaron	Mabena	Transnet	35:20
3	Gareth	Greer	TBC	35:49
MEN 50 (8 km)				
1	Sipho	Motau	Nedbank	32:05
2	Isaac	Dintshi	A4A	38:44
3	Torrie	Stoltz	FPN	39:04
MEN 55 (8 km)				
1	Piet	Lotter	ACRW	38:42
2	Jan	Esau	PMMC	38:52
3	Jan	Bester	ACRW	38:54
MEN 60 (6 km)				
1	Hennie	Prinsloo	ACRW	39:00
2	Koos	Van Wyk	Wonderboom AC	40:59
MEN 65 (6 km)				
1	Piet	Kleingeld	Bronkhorstspuit	33:31
2	Gawie	Pretorius	AS Eagles	40:32
MEN 75 (6 km)				
1	Andries	Van der Merwe	Transnet	34:21
2	Neville	Muir	Phobians	45:49
MEN 80 (6 km)				
1	Dion	Heigers	ACRW	39:25
2	Frans	Grobler	Transnet	45:49
MEN 23				
1	Lebogang	Mosito	TUT	12:42
2	Paseka	Mokubung	TUT	12:57
3	Mpho	Motaung	TUT	13:08
JR. MEN (8 km)				
1	Thapelo	Makofane	Tuks Sport School	27:47
2	Proud	Mngomezulu	TUT	28:22
3	Samkelisiwe	Shongwe	Tuks Sport School	28:36
BOYS 17 (6 km)				
1	Obakeng	Sethole	Monaco	20:53
2	Lethlogonolo	More	Tuks Sport School	21:20
3	Leepile	Taunyane	Tuks Sport School	21:46
SR. WOMEN (8 km)				
1	Liziwe	Mabona	AMPA	30:54
2	Vuyokazi	Gebe	Transnet	33:59
3	Tholoana	Peu	TUT	38:38
4	Clarrah	Skosana	Ikhonjane	41:25
5	Asanda	Dayimani	Individual	45:54

SR. WOMEN			
1	Thembi	Baloyi	TUT 17:51
2	Nokuthula	Mokoana	TUT 17:56
3	Suane	Cillie	Tuks 19:42
4	Carli	Kuhn	Tuks Sport School 22:12
5	Sunette	Vos	Alpha Centurion 22:14
6	Jean-Marie	Du Plessis	Individual 23:49
WOMEN 40			
1	Sanet	Delport	FPN 17:57
2	Alicia	Heyns	Gauteng North Masters 20:09
3	Belinda	Stephens	PPMK 21:19
WOMEN 45			
1	Salome	Vermeulen	Bronkhorstspuit 18:53
2	Letmari	Dreeckmeier	AS Eagles 21:46
3	Antoinette	Van der Merwe	Montana 22:18
WOMEN 50			
1	Lettie	Saayman	Nedbank 20:45
2	Liz	Popich	AS Eagles 22:55
3	Ilse	Merrick	Enduro 23:01
WOMEN 55			
1	Adri	Van Dyk	Danie Malan 23:04
2	Christa	Mouton	Agape 23:26
3	Elsie	Mokone	Temba Prestige 23:55
WOMEN 60			
1	Corrie	Kleingeld	Bronkhorstspuit 23:48
WOMEN 65 (2 km)			
1	Asnat	Mnguni	Temba Prestige 19:10
2	Sophy	Masombuka	Temba Prestige 20:46
3	Sophy	Mnguni	Temba Prestige 23:43
WOMEN 70 (2 km)			
1	Jessie	Mabena	Temba Prestige 22:39
WOMEN 90 (2 km)			
1	Sophy	Mahlangu	Temba Prestige 21:55
WOMEN 23			
1	Paballo	Kobe	SMU AC 20:11
2	Kylie	Merrick	NWU Pukke 20:38
3	Victoria	Moshapo	Nedbank Skosana 21:07
JR. WOMEN (6 km)			
1	Tshegofatso	Setlakgoe	Prestige College 24:07
2	Lethabo	Seema	Tuks Sport School 25:06
3	Thulisile	Amon	Tuks Sport School 25:29
GIRLS 17			
1	Gizelde	Strauss	Tuks Sport School 17:22
2	Micahela	Oosthuizen	Eldoraigue 17:27
3	Letlhogonololo	Magoro	Temba Prestige 17:48

---

## 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.

## OUTDOOR TRACK

### Highgate Harriers Night of the 10000 m PBs

London, GBR, 21 May  
(Distance: 10000 m)

Note: Peter Matthews of *Athletics International* reported as follows about this event (something which is also sorely needed in South Africa): The initiative launched in 2013 by Ben Pochee and Highgate Harriers to organise a night of 10000-metre races at Parliament Hill in London had already proved successful in revitalising an event that had almost disappeared off the British domestic calendar. This year the incorporation of the England Championships and UK Olympic Trials for the event proved a huge success. It was always expecting too much for any British men to get the Olympic qualifying standard, but there was decent depth of times and Ross Millington was an excellent winner in 28:28.2, improving from 28:38.38 that he had run on his debut at the event in Stanford 20 days earlier and not far off the European Champs qualifying time. But then came the final event of the evening of five 10000 races – the women's championship. To start with there was much attention on Jo Pavey who followed the excellent pacemaking of Helen Clitheroe, but Pavey had to yield and lost her chance of making a fifth Olympic team at the age of 42. The favourite, the Kenyan 2009 World champion Linet Masai, sped away from 5000 m (c.16:04) followed by Sabrina Mockenhaupt but the top British runners, led by Beth Potter, steadily closed the gap and after the German dropped out it was three British women chasing but with Masai still well clear with four laps to go. With Potter came Kate Avery and ... who was that? ... Jessica Andrews. Then Andrews took off and not only caught Masai but steamed past her and ran a brilliant final kilometre to come home in 31:58.00 to get the Olympic qualifying time. For me this was just about the most sensational breakthrough I have ever seen from a British athlete to win a national title. Before this year Andrews had two fifth places in the English Schools at 1500 m steeplechase and 3rd place in the England U23 5000 m in 2012 with track PBs of 4:24.86 last year for 1500 and 16:19.66 in 2014 for 5000. Based in Spain, she started this year with a fine 2nd to Mercy Cherono in a cross-country race in Amorebieta in January ahead of several of Spain's top women. Then she had 3000 m times of 9:22.69 and 9:25.76 indoors and made a useful 10000 m debut with 33:21.53 for 5th in the Trofeu Iberico in Maia with a road 10 km win in 33:33 in April. But her run at Parliament Hill was at an entirely new level.

Race 6 (Women):

1. Jessica Andrews, Aldersot Farnham & District, 31:58.00 PB
  2. Linet Masai, KEN, 32:02.48
  3. Beth Potter, Victoria Park/City of Glasgow, 32:05.37
  4. Salome Rocha, POR, 32:05.82 PB
  5. Kate Avery, Shildon AC, 32:11.84
  - ... 10. Jo Pavey, 1973, Exeter Harriers, 33:22.76
-

## STATS TIME

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

### 2016 MARATHON: TOP 10 WOMEN

2:32:20	Irvette van Zyl	15	London	24 Apr
2:33:48	Lebo Phalula	6	Enschede	17 Apr
2:37:12	Jenna Challenor	32	Nagoya	13 Mar
2:39:44	René Kalmer	19	London	24 Apr
2:47:21	Patience Khumalo	1	East London	20 Feb
2:48:52	Charné Bosman	1	Benoni	31 Jan
2:51:32	Mapaseka Makhanya	2	East London	20 Feb
2:53:21	Tanith Maxwell	3	East London	20 Feb
2:57:05A	Nomvuyisi Seti	2	Simon's Town	21 Feb
2:57:26	Yolande Maclean	1	Sasolburg	06 Feb

### THIS MONTH IN HISTORY

#### 30 years ago: 18 May 1986

Four of the world's best female marathon runners met at the 75 edition of the Bay to Breakers 12 km in San Francisco, and it was the former world record holder, Norway's Grete Waitz, who triumphed over the then Olympic champion, Joan Benoit (USA). Waitz, who won the New York Marathon nine times, ran 38:45 to beat Benoit (39:10) rather easily. In third was Lisa Ondieki (AUS), who would win two years later (and again in 1992), and fourth was Lorraine Moller (NZL). Waitz's victory came less than a month after she had won the London Marathon in 2:24:54, the fastest time of the year (she was also the world champion at the time). The race was held for the 105th time earlier this month.

### 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		07 May
	83:28	Tumelo Mahlangu	Pretoria	
	81:12a	Siyabonga Nkonde	Pinetown	
	75:36	Wellington Bezerra da Silva (BRA)		31 Jan

	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
30 km	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
	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	1:28:49	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
	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	1:37:22	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				

#### 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	1:49:33	Jan Lebesse	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				

Great grandmasters (70+)

10 km	43:16	Andrew Spence	Sasolburg	06 Feb
	43:16	Jeff Smith	Goodwood	12 Mar
15 km	37:33	Ed Whitlock (CAN) 2004		
	66:12	Jeff Smith	Ravensmead	19 Mar
21.1 km	58:19	Ed Whitlock (CAN) 2001		
	96:48	Jeff Smith	Tokai	06 Feb
25 km	82:23	Ed Whitlock (CAN) 2001		
	3:03:13	Assie van Aswegen	Pretoria	07 May
30 km	99:59	Clive Davies (USA) 1985		
	2:22:55	Jeff Smith	Camps Bay	10 Jan
Marathon	2:00:56	Ed Whitlock (CAN) 2001		
	3:29:46a	Jeff Smith	Simon's Town	21 Feb
100 km	2:54:49	Ed Whitlock (CAN) 2004		

Juniors

10 km	30:34	Kabelo Melamu	Benoni	31 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	46:36	Adrian Wildschutt	Ravensmead	19 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	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)		
15 km	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
21.1 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	49:36	Maryanne Wangari Wanjiru (KEN)		
25 km	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
30 km	72:08	Irvette van Zyl	Benoni	31 Jan
	65:51	Viola Chepchumba (KEN)		
35 km	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
40 km	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
45 km	1:27:47	Amy Cragg & Shalane Flanagan (USA)		
	79:53m	Mary Keitany (KEN) 2010		
50 km	82:47w	Paula Radcliffe (GBR) 2005		
	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
55 km	1:43:55	Miharu Shimokado (JPN)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
60 km	1:39:11w	Mary Keitany (KEN) 2011		
	2:32:20	Irvette van Blerk	London	24 Apr
65 km	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
70 km	2:17:42w	Paula Radcliffe (GBR) 2005		
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:15	Charné Bosman	Pretoria	23 Jan
	32:14	Priscilla Welch (GBR) 1985		



15 km	57:28 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Jeffreys Bay	02 Jan
21.1 km	85:39 69:56	Suzette Botha Irina Permitina (RUS) 2009	Pietermaritzburg	28 Feb
25 km	1:57:50 1:45:58a 82:13	Ashleigh White Suzette Botha Mizuki Noguchi (JPN) 2005	Durban Pinetown	06 Mar 31 Jan
30 km	2:14:22 1:51:37	Davera Magson Mieke Pullen (NED) 2001	Uitenhage	05 Mar
Marathon	2:48:52 2:26:51	Charné Bosman Priscilla Welch (GBR) 1987	Benoni	31 Jan
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:42 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	17 Apr
15 km	64:56 54:33	Margie Saunders (g'mast) Shirley Matson (USA) 1991	Port Elizabeth	06 Feb
21.1 km	91:29 76:07	Mariëtte Strauss Tatyana Pozdniakova (UKR) 2006	Gordon's Bay	16 Apr
25 km	2:00:27 2:13:42a	Ansa Strydom Roshnee Natasen	Pretoria Pinetown	07 May 31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	East London	20 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:30 38:56	Margie Saunders Lidia Zentner (GER) 2015	Cape Town	17 Apr
15 km	64:56 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	06 Feb
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

Juniors

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, Elsa & Ben Oliver, André Gobey, Karen Zimmerman, André Pienaar, Derrick Chamberlain

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](mailto:rielh@mweb.co.za)



**ENTER THE FNB Cape Town 12 ONERUN**  
Visit: [www.thecapetown12.com](http://www.thecapetown12.com)






 Cape Town 12
  @ctown12
  #ct12run

**Date: 15 MAY 2016**