

Distance Running Results

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Kenenisa Bekele and former world record holder Wilson Kipsang battle for supremacy in the BMW Berlin Marathon. Bekele's surge in the last kilometre carried him to a victory by 10 seconds. [IAAF]

EDITORIAL

The IAAF website called it a battle for the ages, and the BMW Berlin Marathon yesterday certainly was that, with a phenomenal clash between Kenenisa Bekele, the world record holder for 5000 m and 10000 m, who was running his fifth marathon, and former world record holder Wilson Kipsang. Bekele perhaps waited too long to start his final surge for the finish line – he kicked away from Kipsang over the last kilometre – and missed the world record, set in Berlin in 2014, by six seconds with his 2:03:03. But he did break the great Haile Gebrselassie's Ethiopian record of 2:03:59, also run in Berlin and a world record at the time.

Kipsang was second in 2:03:13, bettering his personal best – which also was recorded in Berlin and was a world record in 2013 – by ten seconds. Evans Chebet was third in 2:05:31.

Bekele, who failed to finish the Dubai Marathon last year and whose PB (2:05:04) dated from his debut marathon in Paris in 2014, became the tenth runner to break through 2:04. His time and Kipsang's helped the Berlin race to further open the gap on the world's other major marathons, with the average of its top ten performances now being 2:03:35 – nearly a minute up on London. The averages for the top five performances in the world in 2016 (2:03:31) and for the top ten (2:04:18) are now the fastest in history.

Bekele's performance has a South African connection. The Ethiopian was advised on the use of his replenishment drinks and carbohydrate intake by Cape Town scientist and coach Dr Andrew Bosch. During his training for the marathon Bekele was experimenting with a new drink type developed by a Swiss company. The drink allows the athlete to use a much

higher concentration of carbs than normal. Bosch believes that the drink, and the way Bekele used it during the race (he drank much more regularly than Kipsang), was the difference between the two runners. (See also This Month in History in this issue.)

Kipsang now has three times under 2:04 and six under 2:05, the most ever. His average for his top five performances is now 2:03:54, the best ever. He has completed fifteen marathons, of which he has won eight (and finished second or third in four).

The women's race went to Aberu Kebede, who scored her third victory in Berlin, in 2:20:45, the second fastest time in the world this year (see also Stats Time in this issue). She now has four sub-2:21 performances, second only to Paula Radcliffe.

Despite "meagre training", former Comrades star Bob de la Motte finished 11th in his age category in 3:09:08.

Locally, list leaders for 100 km were set by both winners of the WP 100 km Championships in Cape Town this weekend: 9:28:59 by Randall Joshua and 10:16:48 by Martha Pretorius.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Ethekwini Township to Township Marathon & Half Marathon, Umlazi to KwaMashu (marathon) & Chesterville to KwaMashu (half marathon)
- * Festival of Running Half Marathon, Cape Town
- * Clover Milk Run 10 km, Port Elizabeth
- * Clover Irene Village Mall Half Marathon & 10 km, Irene
- * PetroSA Marathon, Half Marathon & 10 km, Mossel Bay
- * Festival of Running 100 km & 50 km, Cape Town
- * Satori Camel Run, Noordhoek

International highlights:

- * BMW Berlin Marathon, Berlin, GER
 - * PZU Warsaw Marathon, Warszawa, POL
 - * ING Route du Vin Half Marathon, Remich to Wormeldange to Remich, LUX
 - * XC: Virginia Panorama Farms Invitational, Charlottesville, USA; TCS Lidingöloppet, Stockholm, SWE
 - * Ultra Race of Champions 100 km, Auburn, USA
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ROAD RUNNING

Ethekwini Township to Township Marathon & Half Marathon

Umlazi to KwaMashu (marathon) & Chesterville to KwaMashu (half marathon), 25 September

(Distances: 42.195 km & 21.1 km; point-to-point courses. Finishers: marathon – 629 [up from 503 last year]; half-marathon – 798 [up from 514].)

Note: Huge prize money in the marathon here, with R40 000 for a time of slower than 3:06! By comparison, the half-marathon prizes were pitifully small. It seems very odd to have only one prize for veterans, masters, etc., but three for juniors! – Ed.

Marathon

MEN

1 Melly Kennedy Nedbank (KEN) 2:22:11 (R40 000); 2 Sikhumbuzo Seme (KPMG) 2:26:50 (R20 000); 3 Ngonidzashe Ncube (ME) 2:28:32 (R15 000); 4 Sphamandla Nyembe (Ethekwini) 2:29:58 (R10 000); 5 Phakoane Rakoto (Phantane) 2:30:03 (R8000); 6 David

Ramafothole (Brooks Striders) 2:30:59 (R5000); 7 Muziwenkosi Elvis Mjaja (Nedbank) 2:31:22 (R4000); 8 Pitso Malau (Tlokoa) 2:32:24 (R3000); 9 Sithembele Fanekho (Umzimkhulu Striders) 2:32:44 (R2000); 10 Pule Maeko (Rockies) 2:33:34 (R1000).

(All age category prize money was the same: R2000, R1500, R1000.)

40-49: 1 Peter Ramoloto (ME) 2:33:48; 2 Justin Chitake (ZIM/ME) 2:42:45; 3 Njabulo Hlatshwayo (Nedbank) 2:51:15. **50-59:** 1 Dan Mothibe (Runavation) 2:55:44; 2 Siphon Willie Majombozi (Boxer) 3:05:33; 3 Bhekizizwe Bhengu (Boxer) 3:06:18. **60+:** 1 Mfundiso Weston Mvunguse (SCS) 3:34:10; 2 Sifiso Mfayela (Stella) 3:34:44; 3 Aubrey Roberts (Westville) 3:39:11.

WOMEN (Same prize money as men)

1 Jennifer Koech (KEN/Nedbank) 3:06:18; 2 Nandi Zaloumis (Team Vitality) 3:19:25; 3 Iris Ndlovu (NRB Harriers) 3:27:11; 4 Apiwe Nomonde Gaga (Nedbank) 3:27:30; 5 Precious Duma (Nedbank) 3:30:42; 6 Paulina Njeya (Boxer) 3:32:49; 7 Sarah Mahlangu (Ricoh) 3:43:44 (1st mast); 8 Nonsikelelo Mbambo (Orion) 3:44:25; 9 Lieketseng Molefe (Kwa Dabeka) 3:44:37; 10 Lindiwe Hlongwa (Verulam Falcons) 3:45:00 (1st vet).

40-49: 1 Lindiwe Hlongwa (Verulam Falcons) 3:45:00; 2 Hleziphi Ncayiyana (Nedbank) 3:53:52; 3 Phamlakazi Mooki (Rockies) 3:55:25. **50-59:** 1 Sarah Mahlangu (Ricoh) 3:43:44; 2 Mary Xolisile Mwelase (Phuma) 4:07:24; 3 Philisiwe Khuzwayo (Scottburgh) 4:10:09. **60+:** 1 Pat Fisher (Stella) 4:35:13; 2 Brenda Hughes (Sydenham SC) 5:09:03; 3 Denise Johansen (ME) 5:26:18.

Half marathon

MEN

1 Silindile Gubese (Phantane) 1:07:52 (R3000); 2 Tsepo Mathibelle (Phantane) 1:07:59 (R1500); 3 Vumani Mlaba (Durban Runner) 1:13:16 (R1000).

(All age category prize money except juniors was the same: R300.)

40-49: 1 Michael Ndlovu (Ethekewini) 1:21:18. **50-59:** 1 Sello Mokoena (UKZN) 1:47:35. **60+:** 1 Phineas Mandlakho (Ntombela Striders) 1:51:44. **Juniors:** 1 Thulani Mdletshe (NRB Harriers) 1:15:08 (R300); 2 Thabiso Wiseman Gumede (Verulam) 1:31:20 (R200); 3 Nkululeko McHunu (KwaNdengezi) 1:32:58 (R100).

WOMEN (Same prize money as men)

1 Zama Mokoena (KPMG) 1:31:04; 2 Zisandele Mkhize (Zakhele) 1:32:29; 3 Happiness Nokukhanya Memela (Ind) 1:44:39.

40-49: 1 Nobuhle Gazu (KwaMashu) 2:01:47. **50-59:** 1 Khethiwe Memela (Boxer) 2:09:22. **60+:** 1 Gill Tregenna (Westville) 2:23:23.

Festival of Running Half Marathon (17th)

Cape Town, 25 September

(Distance: 21.1 km; certified hilly out-and-back course. Weather: mild with little wind. Finishers: 744 [down from 823 last year].)

MEN

1. Siviwe Nkombi (Itheko) 1:09:34
2. Siyabulela Mpongwana (VOB) 1:11:20
3. Vuyolwethu Mbukushe (Gugs) 1:12:54

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:16:16; 2. Sihle Mapukata (Ned) 1:17:56; 3. Xolile Macanda (Gugs) 1:23:13. **Masters:** 1. Monde Tutani (Gugs) 1:25:21; 2. Sidney Rustin (SANDF) 1:28:17; 3. Wilson Baartman (SH) 1:29:06. **G'masters:** 1. Mochamat Kriel (Ommie) 1:31:57; 2. Gemjikile Tom (Eskom) 1:32:38; 3. Yusuf Kara (Itheko) 1:40:17.

G/g'masters: 1. Caspar Greeff (AAC) 2:15:34; 2. Yusuf Gamielien (Itheko) 2:15:36; 3. Kaare James (Pine) n/t.

WOMEN

1. Jessica Pollock (UCT) 1:28:39
2. Nicola Hooper (Carb) 1:32:19
3. Candyce Hall (Carb) 1:32:20

Veterans: 1. Melanie Porter (Pine) 1:38:59; 2. Elizabeth Brink (Durb) 1:39:22; 3. Busisiwe Matiwane (Ned) 1:40:58. **Masters:** 1. Cheryl Rudolph (East) 1:42:16; 2. Angelique Rabie (Carb) 1:45:33; 3. Ester Brink (Strand) 1:46:05. **G'masters:** 1. Helen du Plessis (Brack) 1:51:40; 2. Anne Williams (PnP) 2:12:15; 3. Theresa Jordaan (VOB) 2:27:29.

G/g'masters: 1. Marlene James (Pine) 2:20:11; 2. Marianne Nelson (RWFL) 2:24:39; 3. Avril Delapelin Dumont (WC) 2:35:28.

Clover Milk Run 10 km

Port Elizabeth, 24 September

(Loop course with a long hill; somewhat windy. Finishers: 812 [up from 689 last year].)

MEN

1	Amos	Nyongo	Ikhamba AC	30	29:43
2	Khaya	Bufele	Glen Gray AC	24	29:48
3	Melikhaya	Frans	Ikhamba AC	26	30:03
4	Mariano	Eesou	Madibaz AC	24	30:21
5	Zolani	Ngqqaqa	Tinarha AC	27	30:51
6	Andre	Ketchem	Xcel AC	32	31:07
7	Adriaan	Gerwel	Xcel AC	20	31:49
8	Zolani	Mabhongo	Ikhamba AC	30	31:51
9	Brendon	Effenaar	Nedbank RC	20	32:29
10	Sibusiso	Thu	Tinarha AC	28	32:33
11	Anele	Maliza	Nedbank RC	38	32:50
12	Tandisile	Xoshomba	Temp	20	32:57
13	Xolile	Ndingane (1 st vet)	Temp	45	32:58
14	Melikhaya	Kepe	Nedbank RC	40	33:02
15	Zolile	Mhlahlo	Achilles AAA	41	33:07
16	Sivuyile	Selani (1 st jun)	Tinarha AC	17	33:09
17	Lonwabo	Williams	Tinarha AC	18	33:10
18	Luyanda	Tshangana	Ikhamba AC	33	33:18
19	Charles	Segalo	Charlo AC	29	34:24
20	Terrance	Mjekula	Tinarha AC	43	34:32

40-44:

1	Melikhaya	Kepe	Nedbank RC	40	33:02
2	Zolile	Mhlahlo	Achilles AAA	41	33:07
3	Terrance	Mjekula	Tinarha AC	43	34:32

45-49:

1	Xolile	Ndingane	Temp	45	32:58
2	Luvuyo	Dyani	Motherwell AC	46	36:00
3	Zoysile	Maklein	Youth FC AC	45	37:23

50-54:

1	Desmond	Zibi	Achilles AAA	53	35:38
2	Darrell	Wicht	Madiba BW	53	35:51
3	Christopher	Mabengeza	Nedbank RC	50	36:37

55-59:

1	Andre	Dalton	Nedbank RC	55	39:26
2	Disemba	Blou	Charlo AC	58	43:17

3	Chester	Brooks	Xcel AC	58	43:20
60-64:					
1	Bruce	McEwan	Achilles AAA	62	45:10
2	Christopher	Callaghan	Love Running	63	48:08
3	Pieter	Roux	Temp	61	51:50
65-69:					
1	Sizinzo	Kama	Achilles AAA	65	42:50
2	Graham	Channon	Achilles AAA	67	46:22
3	Lochi	Lochner	Charlo AC	68	47:09
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC	74	48:15
2	William	Vorster	PEAAC	70	53:15
3	Ron	Clark	Bluewater Bay	73	53:47
75-79:					
1	Godfrey	Kariem	Gelvan AC	75	54:32
2	Rolf	Mentzel	Profiles AC	76	55:56
3	Willem	Schoeman	Muirite Strider	75	1:12:45
Juniors:					
1	Sivuyile	Selani	Tinarha AC	17	33:09
2	Lonwabo	Williams	Tinarha AC	18	33:10
3	Xabiso	Kobe	Tinarha AC	18	34:51
WOMEN					
1	Vuyhiseka	Nkumenge	Future Olympian	20	36:03
2	Ntombesintu	Mfunzi	Nedbank RC	34	36:47
3	Ncumisa	James (1 st jun)	Tinarha AC	14	37:36
4	Ndileka	Mvakwendlu	Tinarha AC	25	37:49
5	Bulelwa	Simae	Nedbank RC WP	39	39:06
6	Siphokazi	Nojoko	Motherwell AC	21	39:20
7	Alexia	Loizou	Temp	32	39:37
8	Jamie-Lee	Schlemmer	Madibaz AC	20	39:59
9	Davera	Magson (1 st vet)	Nedbank RC	41	40:24
10	Freedah	Ncube	Madibaz AC	34	41:44
11	Margie	Saunders (1 st g'mast)	Nedbank RC	63	42:25
12	Katherine	Van der Walt	Body Concept	40	43:16
13	Siphokazi	Liwani	Motherwell AC	19	43:31
14	Christine	Claasen (1 st mast)	Achilles AAA	52	43:31
15	Joan	Viljoen	Nedbank RC	22	44:16
16	Nomakhosi	Ntliziyo	Motherwell AC	18	44:49
17	Anche	Schubart	Achilles AAA	34	45:36
18	Clarissa-Mari	Rabie	Charlo AC	25	45:52
19	Rochelle	Fowlds	Achilles AAA	36	45:55
20	Hanlie	Van der Westhuizen	Despatch AC	60	46:10
40-44:					
1	Davera	Magson	Nedbank RC	41	40:24
2	Katherine	Van der Walt	Body Concept	40	43:16
3	Elize	Adams	Gelvan AC	41	48:23
45-49:					
1	Gail	Klichowicz	Achilles AAA	49	49:03
2	Joanne	Tucker	Charlo AC	49	51:40
3	Geraldine	Colvin	Charlo AC	48	53:55
50-54:					
1	Christine	Claasen	Achilles AAA	52	43:31
2	Amanda	Shaw	Body Concept	51	49:40
3	Treloar	Childs	Walmer AC	53	49:52
55-59:					

1	Rosemary	Joubert	Crusaders AC	55	51:06
2	Amanda	Wolmarans	Walmer AC	57	51:44
3	Lynette	Crause	Walmer AC	56	54:30
60-64:					
1	Margie	Saunders	Nedbank RC	63	42:25
2	Hanlie	Van der Westhuizen	Despatch AC	60	46:10
3	Cathy	Ives	Achilles AAA	63	54:31
65-69:					
1	Liz	Grundlingh	Muirite Strider	69	56:21
2	Denise	Terblanche	Walmer AC	69	1:09:31
3	Rita	Boucher	Walmer AC	66	1:13:49
70-74:					
1	Ronelle	Steyn	Nedbank RC	72	1:03:35
2	Christine	Fourie	Elite AC	70	1:06:25
3	Orgia	Nell	Muirite Strider	73	1:19:36
75-79:					
1	Isabella	Childs	Walmer AC	75	1:11:47
2	Dorothy	Hart	Madibaz AC	78	1:15:19
Juniors:					
1	Ncumisa	James	Tinarha AC	14	37:36
2	Siphokazi	Liwani	Motherwell AC	19	43:31
3	Nomakhosi	Ntliziyo	Motherwell AC	18	44:49

Clover Irene Village Mall Half Marathon & 10 km

Irene, 24 September

(Distances: 21.1 km & 10 km; undulating loop courses.)

Half marathon

MEN

1 Derocious Makhobalo (Nedbank) 66:10; 2 Moses Kurgat (KEN/Nedbank) 66:27; 3 Lucky Mtshali (Nedbank) 68:12; 4 Chamakwana Mailola (Nedbank) 68:20; 5 Willem Maphanga (Arcadia) 70:02

Veterans: 1 Action Ramaboea (Ivory Park) 76:19; 2 Reuben Setumi (Nedbank) 76:27; 3 Siphon Dlamini (GCH) 80:30. **Masters:** 1 Graeme McCallum (Born 2 Run) 79:47; 2 Joseph Ndlovu (ACE) 83:04. **G'masters:** 1 John Woodnutt (Morningside) 92:14; 2 Theo Swanepoel (Kempton) 96:30. **G/g'masters:** 1 Pele Tshikundamalema (Olifants) 1:51:13. **Juniors:** 1 Lucky Mahlalela (Ivory Park) 1:44:07.

WOMEN

1 Marelise Retief (Boxer) 83:33; 2 Andronica Mokgotla (Nedbank) 88:28; 3 Jeannie Jordaan (Modern Athlete) 90:31; 4 Maria Vilakazi (RWFL) 90:54 (1st vet); 5 Mitsie v.d. Westhuizen (KPMG) 91:08

Veterans: 1 Maria Vilakazi (RWFL) 90:54; 2 Mitsie v.d. Westhuizen (KPMG) 91:08; 3 Vanessa Bowman (Kempton) 96:51. **Masters:** 1 Ansa Strydom (Nedbank) 97:57; 2 Rita van Wyk (Boksburg) 1:44:00. **G'masters:** 1 Lettie Coetzee (PPMK) 2:00:24; 2 Gizelle Geyer (Phobians) 2:13:59. **G/g'masters:** 1 Deirdre Larkin (Randburg Harriers) 2:21:58.

10 km

MEN

1 Lucas Jani (Nedbank) 30:54; 2 Kemang Khunonyane (Rockies) 31:32; 3 Paulus Radebe (Tembisa) 31:38; 4 Jacob Tseko (Rockies) 32:20; 5 Esau Radebe (Nedbank) 32:41.

Veterans: 1 James Mgcina (Sports Connection) 34:49; 2 Matthews Nkoana (ACSA) 36:24; 3 Leon Baker (Midrand) 36:30. **Masters:** 1 Dawie de Villiers (Nedbank) 37:48; 2 Joseph

Moloto (PMMC) 39:41. **G'masters:** 1 Neville Young (CSIR) 53:09; 2 Chris van Wyk (Boksburg) 54:42. **G/g'masters:** 1 Ken Nurden (Agape) 59:21. **Juniors:** 1 Ryan Mphahlele (Tembisa) 32:48; 2 Daniel Shelver (Magnolia) 45:36.

WOMEN

1 Stella Marais (Tuks) 40:45; 2 Zintle Sinqe (Nedbank) 41:23; 3 Ommalisa Moyo (Tembisa) 41:24; 4 Marelise Vermaak (Kempton) 42:12 (1st vet); 5 Historina Mokoena (SAPS Pta) 42:54.

Veterans: 1 Marelise Vermaak (Kempton) 42:12; 2 Tania Blignaut (Nedbank) 45:50; 3 Patricia Forbes (Tuks) 46:04. **Masters:** 1 Lettie Saayman (Nedbank) 46:13; 2 Linda v.d. Gryp (Krugersdorp) 46:26. **G'masters:** 1 Francis van Blerk (Nedbank) 50:20; 2 Marian v.d. Walt (Running Inn) 62:28. **G/g'masters:** 1 Phyllis Maartens (Fit 2000) 87:48. **Juniors:** 1 Caelin v.d. Westhuizen (Active Eagles) 43:51; 2 Carissa Schubert (Love Running) 53:16.

PetroSA Marathon, Half Marathon & 10 km

Mossel Bay, 24 September

(Distances: 42.195 km, 21.1 km & 10 km; certified out-and-back courses, the marathon undulating. Finishers: marathon – 93 men + 31 women = 124 total [down from 216 last year]; half marathon – 176 [down from 207]; 10 km – 275 [down from 294].)

Note: Just six days after running the Sanlam Cape Town Marathon, Mthandazo Qhina, Thabita Tsatsa and Nancy Will were in action in another marathon here. The tenth athlete (and first veteran) is most likely Mzwanele Maphekula. DRR has corrected the spelling of some names. – Ed.

Marathon

MEN

1	Gilbert Mutandiro	ZIM/FI Buff Meats	2:21:49	R60 000
2	Mbongeni Ngxazozo	Gauteng Striders	2:23:58	R40 000
3	Mthandazo Qhina	Nedbank RC WPA	2:25:23	R25 000
4	George Ntshiliza	Bluewater Bay RR	2:26:08	R15 000
5	Lucas Raseruthe	LES/Cool Running AC	2:28:03	R10 000
6	Vincent Kipchirchir	KEN/Nedbank RC AGN	2:28:50	R5000
7	Tobatsi Thipane	Sibanye Gold FS	2:29:19	R4000
8	Anda Lubelwana	Houtbay	2:29:49	R3000
9	Temo Rampuku	Fast Way AC	2:30:03	R2000
10	Mzwanhlu Maphelga	Bluewater Bay RR	2:30:19	R1000

(All age category prizes were the same: R3000, R2000, R1000.)

Veterans:

1	Mzwanhlu Maphelga	Bluewater Bay RR	2:30:19
2	Rulf Nkhi	Nedbank RC AGN	2:35:58
3	Lindile Tokota	Nedbank RC SWD	2:36:26

Masters:

1	Henry van der Walt	Elite	3:26:19
2	Efese Peter	SANDF - EPA	3:29:15
3	Jason Jafta	Oudtshoorn AAC	3:46:42

G'masters:

1	Abraham Coetzee	Knysna MC	4:43:30
2	John Innes	Vodacom Kimberley RR	4:44:45
3	George Cherry	Outeniqua Harriers	4:48:55

WOMEN Same prize money as men)

1	Olivia Chitate	ZIM	2:53:53
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2	Eunice Muchiri	KEN/Nedbank RC AGN	2:58:54
3	Alemtsehay Hailu Kakissa	ETH/Nedbank RC AGN	2:59:08
4	Thabita Tsatsa	ZIN/Mr Price Elite CGA	3:00:34
5	Anna Moeketsi	Transnet	3:05:39
6	Naum Masai	KEN/FI Bluff Meats	3:06:46
7	Anel van Wyk	Nedbank RC SWD	3:10:38
8	Mohadi ?	Temp	3:28:31
9	Danika Gerber	Hartenbos Drawwers	3:40:33
10	Lindile Bouwer	Nedbank WP	3:48:14

Veterans:

1	Thabita Tsatsa	ZIM/Mr Price Elite CGA	3:00:34
2	Ruweida du Preez	Outeniqua Harriers	3:53:45
3	Michelle van Iddekinge	Elite	4:17:41

Masters:

1	Gillian Innes	Vodacom Kimberley RR	4:39:12
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G'masters:

1	Nancy Will	Pinelands WPA	3:51:22
2	Rene van Zyl	Plett AC	4:44:10

Half marathon**MEN**

1	Nkosinathi Madoyo	Itheko	1:07:19	R10 000
2	Givemore Mudzinganyama	ZIM/Asics	1:10:50	R8000
3	Elfonzo Pieterse	Nedbank SWD	1:10:59	R6000
4	John April	Nedbank SWD	1:12:49	R4000
5	Godwin Heyns	Nedbank SWD	1:13:04	R2000

(All age category prizes were the same: R1500, R1000, R500.)

Veterans:

1	Mxolise Fana	Outeniqua Harriers	1:17:04
2	Jake Nell	Nedbank SWD	1:35:23
3	Gavin Jantjies	Sedgefield Striders	1:36:34

Masters:

1	Peter Jaehne	Outeniqua Harriers	1:24:16
2	Hermanus Jonkerman	Nedbank SWD	1:32:59
3	Cornelius Bewee	Sedgefield Striders	1:36:32

G'masters:

1	Thys Bouwer	Sanlam WPA	1:43:10
2	Jan du Toit	Hartenbos Drawwers	1:43:26
3	Trevor van Rensburg	Sedgefield Striders	1:55:30

Juniors:

1	Godwin Heyns	Nedbank SWD	1:13:04
2	Auschten October	Nedbank SWD	1:15:42
3	Allentino Kleynhans	Nedbank SWD	1:15:56

WOMEN (Same prize money as men)

1	Liziwe Mabona	AGM	1:18:11
2	Catherine Skosana	Nedbank AGM	1:23:09
3	Nobukoshi Tshuma	ZIM	1:28:35
4	Cecilia Nel	Nedbank SWD	1:29:08
5	Ursula Frans	Nedbank WPA	1:31:56

Veterans:

1	Ursula Frans	Nedbank WPA	1:31:56
2	Lisl Grobler	Nedbank SWD	1:32:58
3	Carike Fourie	Nedbank SWD	1:38:36

Masters:

1	Olga Howard	Celtic Harriers	1:38:36
2	Una Saayman	Nedbank SWD	1;49:31
3	Rina Wray	Hartenbos Drawwers	1:50:16

G'masters:

1	Beatrix Liebenberg	Sedgefield Striders	2:03:08
2	Adele Ungerer	Hartenbos Drawwers	2:14:05
3	Lorraine Zehmke	Outeniqua Harriers	2:42:04

Juniors:

1	Sandiswa Makabeni	Temp	2:11:59
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10 km**MEN**

1	Ruben Dlepu	Langeberg AC	31:11	R5000
2	Lukhanyo Nobakada	K-Way VOB	31:26	R3000
3	Andre Afrika	Eersterivier AC	31:31	R2000
4	Heinrich Wagner	Temp	31:53	R1000
5	Dullan Solomons	Nedbank SWD	32:53	R700

(All age category prizes were the same: R1000, R800, R500.)

Veterans:

1	Enoch Skosana	Nedbank WPA	33:04
2	Booi Salman	Oudsthoorn AAC	34:53
3	Gurome Gelderbloem	Mosselbay Harriers	35:32

Masters:

1	Patrick Peters	SANDF	37:02
2	Mike Bekapi	AMVA EPA	37:28
3	Tony Cleophas	Oudsthoorn AAC	40:56

G'masters:

1	Kosie Botha	Correctional Services Boland	40:21
2	Koos Smit	Langeberg AC	46:43
3	Peter Jakoby	Knysna Marathon Club	48:08

Juniors:

1	Ruben Dlepu	Langeberg AC	31:11
2	Lukhanyo Nobakada	K-Way VOB	31:26
3	Dullan Solomons	Nedbank SWD	32:53

WOMEN (Same prize money as men)

1	Thembi Baloyi	TUT AC	37:34
2	Melissa van Rensburg	Nedbank SWD	37:45
3	Brittney-Ann Meyer	Nedbank SWD	43:34
4	Clarisha Pieterse	Mosselbay Harriers	43:59
5	Sophia Terblanche	TEMP	46:11

Veterans:

1	Teresa Bester	Nedbank SWD	48:53
2	Johanna Claassen	Nedbank SWD	49:14
3	Antoinette du Preez	Hartenbos Drawwers	49:55

Masters:

1	Elsa de Villiers	Hartenbos Drawwers	51:21
2	Delmari Henning	Hartenbos Drawwers	51:48
3	Ronel Swart	Nedbank SWD	56:15

G'masters:

1	Charmaine Cupido	Nedbank WPA	49:11
2	Helena Smit	Nedbank SWD	1:07:37
3	Anna-Marie van Eck	Nedbank SWD	1:11:32

Juniors:

1	Brittney-Ann Meyer	Nedbank SWD	43:34
2	Clarisha Pieterse	Mosselbay Harriers	43:59
3	Nolene van Rensburg	Outeniqua Harriers	57:22

Festival of Running 100 km & 50 km

(WP 100 km Championships)

Cape Town, 24 September

(10 km loop course for both races.)

Note: Martha Pretorius finished third overall in the 100 km (last year she was second) and Fundiswa Sandi fifth. – Ed.

100 km

MEN

1. Randall Joshua (Nantes) 9:28:59
2. P.J. Moses (Carb) 10:00:03
3. Gregory Crowder (Telkom) 10:41:16
4. Quinton van Rensburg (Bell) 11:29:37
5. Kanakana Mushanganyisi (Pine) 12:00:39

WOMEN

1. Martha Pretorius (Nantes) 10:16:48
2. Fundiswa Sandi (Ravens) 11:25:58
3. Maureen Mbata (Echaya CGA) 12:11:15
4. Zethena October (Ravens) 12:36:51 [WP bronze medal]
5. Monique Roberts (Bell) 13:31:21

50 km

MEN

1. Johannes Joseph (Ravens) 4:05:16
2. Mogamat Abrahams (Durb) 4:14:03
3. Renier Becker (Brack) 4:19:43
4. Satirios Laoapoulus (WR) 4:28:29
5. Peter John August (Celtic) 4:29:50

WOMEN

1. Natasha Kruger (CMC) 4:49:00
2. Bridget Scherman (Hout) 5:10:00
3. Janine Sutherland (Chappies) 5:27:00
4. Maretha de Kock (Bell) 5:30:08
5. Estee Visser (Bell) 5:47:12

Satori Camel Run

Noordhoek, 11 September

(Distance: 16.1 km; loop course, partly on gravel, beach and off-road tracks. Finishers: 707 [down from 888 last year].)

MEN

1	Siviwe	Nkombi	Itheko	56:47
2	Akhona	Makila	VOB	59:23
3	Babalo	Hambi	Itheko	1:00:41
4	Reuben	Mhashu	Hout Bay Harriers	1:01:08
5	Gimo	Matusso	Satori	1:01:14
6	Marks	Mpekula	VOB	1:01:19

7	Mervin	Steenkamp	Itheko	1:02:00
8	Klaus	Chihowa	Satori	1:03:32
9	Nicholas	Rupanga	ZIM/Celtic Harriers	1:03:35
10	Evaristo	Kaamenanye	Hout Bay Harriers	1:04:13

WOMEN

1	Marie	Wessels	Temp	1:11:59
2	Jo	Thomas	VOB	1:17:29
3	Tegan	Pitt	Uct	1:18:18
4	Candyce	Hall	Carbineers	1:21:46
5	Jana	Trojan	CZE/VOB	1:22:07
6	Prem	Trojan	CZE/VOB	1:22:24
7	Jana	Van Houwelingen	AAC	1:23:03
8	Dominique	Leibbrandt	AAC	1:23:37
9	Elme	Middlemost	Brackenfell	1:23:54
10	Elisabeth	Jengo	AAC	1:24:17

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

BMW Berlin Marathon (43rd)

(An Abbott World Marathon Majors event/IAAF Gold Label Road Race)

Berlin, GER, 25 September

(Distance: 42.195 km; AIMS-certified loop course)

MEN (gun times)

1.	Kenenisa Bekele, ETH	2:03:03 NR € 40,000 + 30,000i
	[1:01:11 / 1:01:52]	
2.	Wilson Kipsang, KEN	2:03:13 PB 20,000 + 15,000i
	[1:01:11 / 1:02:02]	
3.	Evans Chebet, KEN	2:05:31 PB 15,000
	[1:01:11 / 1:04:20]	
4.	Sisay Lemma, ETH	2:06:56 12,000
5.	Eliud Kiptanui, KEN	2:07:47 10,000
6.	Geoffrey Ronoh, KEN	2:09:29 PB 7,500
7.	Alfers Lagat, KEN	2:09:46 5,000
8.	Yohanes Gebregergish, ERI	2:09:48 PB 4,000
9.	Jacob Kendagor, KEN	2:10:01 3,000
10.	Suleiman Simotwo, KEN	2:10:22 2,000
11.	Mark Kiptoo (40+), KEN	2:10:24
12.	Emmanuel Mutai, KEN	2:10:29
	[1:01:15 / 1:09:14]	

5 km splits for Bekele & Kipsang:

	Bekele	Kipsang
5 km	14:21	14:20
10 km	29:00 (14:39)	29:00 (14:40)
15 km	43:37 (14:37)	43:37 (14:37)
20 km	58:02 (14:25)	58:02 (14:25)
25 km	1:12:47 (14:45)	1:12:47 (14:45)
30 km	1:27:30 (14:43)	1:27:26 (14:39)
35 km	1:42:01 (14:31)	1:41:56 (14:30)

40 km 1:56:55 (14:54) 1:56:56 (15:00)
 Last 2.195 km 6:08 6:17

WOMEN (gun times)

1. Aberu Kebede, ETH 2:20:45 € 40,000
 [1:09:27 / 1:11:18]
2. Birhane Dibaba, ETH 2:23:58 20,000
 [1:09:35 / 1:14:23]
3. Ruti Aga, ETH 2:24:41 PB 15,000
 [1:09:36 / 1:15:05]
4. Reina Iwade, JPN 2:28:16 12,000
5. Katharina Heinig, GER 2:28:34 PB 10,000
6. Janet Ronoh, KEN 2:29:35 7,500
7. Elena Dolinin, ISR 2:35:59 PB 5,000
8. Cassie Fien, AUS 2:37:28 4,000
9. Claire McCarthy (40+), IRL 2:38:00 PB 3,000
10. Gladys Ganiel, IRL 2:39:10 2,000

PZU Warsaw Marathon (38th)

Warszawa, POL, 25 September

(Distance: 42.195 km; multi-loop course with no start/finish separation)

MEN (gun times)

1. Ezekiel OMULLO, KEN 2:08:55 PB
2. Douglas Kipsanai CHEBII, KEN 2:11:26 PB
3. Dominic Kangor KIMWETICH, KEN 2:11:49

WOMEN (gun times)

1. Gladys KIBIWOTT, BRN 2:36:34
2. Tizifa Niguse WUBISHET, ETH 2:37:31
3. Jane Mwikali MUIA, KEN 2:39:11

ING Route du Vin Half Marathon (55th)

Remich to Wormeldange to Remich, LUX, 25 September

(Distance: 21.1 km; out-and-back course)

MEN (gun times)

1. Kalipus Lomwai, KEN 1:03:57 € 1250
2. Mengistu Zelalem Gezahagn, ETH 1:03:59 900
3. Erick Koskei, KEN 1:04:10 700
4. Collins Chebii Kiptarius, KEN 1:04:17 400
5. Alfred Cherop, KEN 1:04:35 300

WOMEN (gun times)

1. Nancy Arusei, KEN 1:12:31 € 1250
2. Beatrice Cheronno, KEN 1:13:57 900
3. Agnieszka Gortel, POL 1:15:10 700

CROSS-COUNTRY

Virginia Panorama Farms Invitational

Charlottesville, USA, 24 September

WOMEN (5 km)

1. Regan Rome (W&M), JR, 17:02
2. Annie Bothma (RSA/Coastal), FR, 17:05
3. Hannah Miller (SMU), FR, 17:11
- ... 6. Aynslee van Graan (RSA/Coastal), JR, 17:18
- ... 21. Kyla van Graan (RSA/Coastal), SR, 17:49

TCS Lidingöloppet

Stockholm, SWE, 24 September

(Distance: 30 km)

MEN (gun times; 11180 finishers)

1. Japhet Kipkorir, 1981, KEN, 1:37:52
2. Desta Kibrom, 1993, ETH, 1:37:53
3. David Nilsson, 1987, SWE, 1:38:45
4. Mustafa Mohamed, 1979, SWE, 1:39:58
5. Ebba Thulu Chala, 1996, ERI, 1:41:12

WOMEN (4255 finishers)

1. Maria Larsson, 1994, SWE, 1:56:54
2. Malin Ewerlöf, 1972, SWE, 1:58:51
3. Anna Mårzell, 1976, SWE, 2:08:16
4. Johanna Nilsson, 1980, SWE, 2:08:31
5. Anna Bjurman, 1988, SWE, 2:09:01

ULTRA/MOUNTAIN/TRAIL RUNNING

Ultra Race of Champions 100 km

Auburn, USA, 24 September

(Distance: 100 km; point-to-point course; very high altitude throughout [2928 m elevation at start; 2486 m at finish]; maximum elevation of 3782 m)

Note: Camille Herron finished third overall in this torturous, high-altitude ultra, despite experiencing extreme exhaustion in the latter stages of the race. *Race Results Weekly* reports that she consumed 2.5 beers to help her get through the final miles. – Ed.

MEN (gun times)

- | | | |
|------------------|---------|--------|
| 1. Cody Reed | 9:00:16 | \$5000 |
| 2. Brett Horning | 9:31:25 | 2000 |
| 3. Charlie Ware | 9:47:42 | 1500 |

WOMEN (gun times)

- | | | |
|-------------------|----------|-----------|
| 1. Camille Herron | 9:37:04 | CR \$5000 |
| 2. Sally McRae | 11:10:23 | 2000 |
| 3. Kerri Wlad | 11:40:43 | 1500 |
-

STATS TIME

With the Berlin Marathon having been run yesterday (where Aberu Kebede ran the second fastest time of the year), here is a list of the top ten world women in the marathon for 2016. The men will follow next week.

2016 MARATHON: WORLD TOP 10 WOMEN

2:19:41	Tirfi Tsegaye ETH	1	Dubai	22 Jan
2:20:45	Aberu Kebede ETH	1	Berlin	25 Sep
2:20:48	Amane Beriso Shankule ETH	2	Dubai	22 Jan
2:21:27	Helah Kiprop KEN	1	Tokyo	28 Feb
2:21:51	Amane Gobena ETH	2	Tokyo	28 Feb
2:21:54	Meselech Melkamu ETH	1	Hamburg	17 Apr
2:22:17	Kayoko Fukushi JPN	1	Osaka	31 Jan
2:22:36	Edna Kilagat KEN	3	Tokyo	28 Feb
2:22:40	Eunice Jepkirui Kirwa BRN	1	Nagoya	13 Mar
2:22:58	Jemima Jelagat Sumgong KEN	1	London	24 Apr

THIS MONTH IN HISTORY

35 years ago (exactly): 26 September 1981

Andrew Bosch, one of the youngest runners in the field, beat his more experienced rivals to win the 21st running of the Border Marathon Championships in East London. Bosch, who went through halfway in 1:15:22, ran 2:33:37 to beat the two athletes who had finished ahead of him two years previously: Justice Teyise was second in 2:33:46 and Tammy Bilibana third in 2:38:07. Nowadays Bosch is a well-known sports scientist in Cape Town and coach to top-level marathoner and ultrarunner Tanith Maxwell. Another athlete who is well known in the field of sports science these days, Mike Lambert, finished sixth in 2:44:44.

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	28:42	Sibusiso Nzima	Cape Town	18 Sep
	27:40	Abraham Kipyatich Kapsis (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:39	Jeromy Andreas	Eersterivier	18 Jun
	41:41	Bitan Karoki Muchiri (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:26	Stephen Mokoka	Port Elizabeth	30 Jul
	59:10	Geoffrey Kipsang Kamworor (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	83:28	Tumelo Mahlangu	Pretoria	07 May
	81:12a	Siyabonga Nkonde	Pinetown	
	75:32	Christopher Landry (USA)		
	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	9:28:59	Randall Joshua	Cape Town	24 Sep
	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	49:35	Shadrack Hoff	Pretoria	20 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:17	Shadrack Hoff	Port Elizabeth	30 Jul
	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	53:57	Eric Coetzee	Eersterivier	18 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:10	Nel Mtsweni	Port Elizabeth	30 Jul
	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	2:46:19	Dan Mothibe	Cape Town	18 Sep
	2:43:27a	Dan Mothibe	Port Elizabeth	03 Jul
	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	2:12:25	Mochamat Kriel	Simon's Town	14 Aug
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:14:57	Robbie Lindsay	East London	20 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				

Great grandmasters (70+)

10 km	43:16	Andrew Spence	Sasolburg	06 Feb
	43:16	Jeff Smith	Goodwood	12 Mar
	37:33	Ed Whitlock (CAN) 2004		
15 km	66:12	Jeff Smith	Ravensmead	19 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	95:28	Jeff Smith	Port Elizabeth	30 Jul
	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	3:23:49	Johan van Zyl	Cape Town	18 Sep
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				

Juniors

10 km	30:34	Kabelo Melamu	Benoni	31 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	46:36	Adrian Wildschutt	Ravensmead	19 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	65:15	Kabelo Melamu	Port Elizabeth	30 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	33:02	Irvette van Zyl	Durban	17 July
	30:52	Shalane Flanagan (USA)		
	30:21m	Paula Radcliffe (GBR) 2003		
15 km	30:29w	Asmae Leghzaoui (MAR) 2002		
	54:24	Zintle Xiniwe	Constantia	05 Mar
	48:14	Peres Chepchirchir (KEN)		
		Cynthia Cherotich Limo (KEN)		
		Netsanet Gudeta Kebede (ETH)		
21.1 km		Genet Ayalew Kassahun (ETH)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
	71:00	Irvette van Zyl	Port Elizabeth	30 Jul
	65:51	Viola Chepchumba (KEN)		
25 km	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
	1:25:36	Alphine Tuliamuk (USA)		
30 km	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)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
Marathon	1:39:11w	Mary Keitany (KEN) 2011		
	2:32:20	Irvette van Zyl	London	24 Apr
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
	2:17:42w	Paula Radcliffe (GBR) 2005		
100 km	10:16:48	Martha Pretorius	Cape Town	24 Sep
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	35:39 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Durban	05 Jun
15 km	54:40 49:35	Tanith Maxwell Priscilla Welch (GBR) 1985	Eersterivier	18 Jun
21.1 km	78:09 69:56	Tanith Maxwell Irina Permitina (RUS) 2009	Port Elizabeth	30 Jul
25 km	1:57:50 1:45:58a	Ashleigh White Suzette Botha	Durban Pinetown	06 Mar 31 Jan
30 km	82:13 2:00:38 1:51:37	Mizuki Noguchi (JPN) 2005 Tanith Maxwell Mieke Pullen (NED) 2001	Simon's Town	14 Aug
Marathon	2:45:26 2:26:51	Tanith Maxwell Priscilla Welch (GBR) 1987	Cape Town	18 Sep
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	39:42 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	17 Apr
15 km	62:15 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Eersterivier	18 Jun
21.1 km	89:22 76:07	Elmarie Coetzee Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	30 Jul
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				

Grandmasters (60+)

10 km	42:12 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	20 Aug
15 km	64:56 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	06 Feb
21.1 km	92:42 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	11 Jun
25 km	2:37:27 2:22:39a	Pamela Rasmussen Jenny Scott	Durban Pinetown	06 Mar 31 Jan
30 km	1:58:24 2:20:20 2:17:11	Gloria Brown (USA) 1994 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				

Great grandmasters (70+)

10 km	54:14 44:09	Pixie Sparg Lavinia Petrie (AUS) 2014	Grassy Park	04 Sep
15 km	82:28 72:52	Pixie Sparg Jo Klein (NED) 2004	Eersterivier	18 Jun
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	Veronica van Niekerk	Camps Bay	10 Jan

Marathon	2:47:08	Myra Rhodes (USA) 2002		
	4:10:26	Veronica van Niekerk	Cape Town	18 Sep
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:25	Simonay Weitsz	Port Elizabeth	09 Aug
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:03	Ashleigh Simonis	Eersterivier	18 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:28:26	Siphokazi Liwani	Port Elizabeth	11 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Irene & Jan van Eeden, Derrick Chamberlain, Christo Bothma, EventTiming

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

