

# Distance Running Results

Vol. 16, No. 39 – 3 October 2016

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

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Publisher: Riël Hauman

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## EDITORIAL

South Africa's third oldest road race, the Duke of York Flying Scamble 16 km in Pietermaritzburg, was held for the 85<sup>th</sup> time this weekend and won by Linelani Zondo in 58:15 and Nonsikelelo Mbambo in 78:28.

One list leader was set this weekend, by vet Maria Vilakazi, who won the Kromberg & Schubert 25 km in Brits in 1:53:29.

The course for the Festival of Running 100 km and 50 km races (results in last week's DRR) consists of 5 km loops, not 10 km. In the results of the Satori Camel Run Prem Trojan is listed among the women, but this athlete is in fact the husband of Jana Trojan (included just ahead of him).

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Constantia Valley Grape Run Half Marathon & 14 km, Constantia
- \* BSI Duke of York Flying Scramble, Pietermaritzburg
- \* Cooee Challenge Marathon, Half Marathon & 10 km, Durban
- \* Uthungulu Veld & Vlei Marathon & 10 km, Richards Bay
- \* Kromberg & Schubert 25 km & 15 km, Brits
- \* Cape Gate Clicks 10 km, Brackenfell
- \* Ladysmith Night Race, Ladysmith
- \* Karoolus Windpomp Half Marathon & 10 km, Graaff-Reinet
- \* FNB Joburg 10 km CityRun, Johannesburg
- \* Ceres Fruit Juices Mitchell's Pass Half Marathon & 10 km, Ceres

### International highlights:

- \* Bank of Scotland Great Scottish Run Half Marathon, Glasgow, SCO
  - \* Rock 'n' Roll San Jose Half Marathon, San Jose, USA
  - \* Cardiff University Cardiff Half Marathon, Cardiff, GBR
  - \* AMGEN Bredase Singegloop Half Marathon, Breda, NED
  - \* XC: Greater Louisville Cross-country Classic, Louisville, USA; Chile Pepper Cross-country Festival, Fayetteville, USA
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## ROAD RUNNING

### Constantia Valley Grape Run Half Marathon & 14 km

Constantia, 2 October

(Distances: 21.1 km & 14 km; loop courses, very hilly, partly on gravel through vineyards and forest. Finishers: half marathon – 779 [down from 875 last year]; 14 km – 950 [up from 835].)

Note: Two races in two days here for juniors Lukhanyo Nobakada, Asemahle Kwatsha and Thembeko Mendu, as well as for Nancy Will, Helen du Plessis, Pixie Sparg, Akhona Makila, Sibusiso Madikizela, Tsungai Mwanengeni, Ursula Frans, Marlene James and Charmaine Cupido – all of them also ran the Cape Gate Clicks 10 km the day before. – Ed.

#### Half marathon

##### MEN

1	Siviwe Nkombi	Itheko	1:17:57
2	Sibusiso Madikizela	MSA Multisport	1:20:26
3	Reuben Mhashu	Hout Bay	1:20:27

#### Veterans:

1	Sihlemapu Kata	Nedbank	1:20:35
2	Quinton Prince	Metropolitan	1:20:56
3	Colin George	VOB	1:24:12

#### Masters:

1	Sidney Rustin	Defence	1:34:16
2	Neil Hermann	Temp	1:38:29
3	Leonard Kali	Gugs	1:40:38

#### G'masters:

1	Gemjikile Tom	Eskom	1:37:27
2	Ashaan Davids	Ommiedraai	1:54:25
3	Mark Wagenheim	AAC	1:57:05

#### G/g'masters:

1	Jeff Smith	Itheko	1:52:38
2	Ken Andrew	Celtics	2:46:02

##### WOMEN

1	Keelyn van Breda	Temp	1:30:46
2	Katya Soggot	Temp	1:32:49
3	Anneline Roffey	FNB Multisport	1:36:23

#### Veterans:

1	Katya Soggot	Temp	1:32:49
2	Marlize van Schalk	Durbanville	1:46:10
3	Jacky Misroll	Pinelands	1:50:37

#### Masters:

1	Dain Hamilton	VOB	1:40:19
2	Georgina Andraos	VOB	1:49:19
3	Karen Wentzel	Durbanville	1:57:29

#### G'masters:

1	Nancy Will	Pinelands	1:54:07
2	Helen du Plessis	Brackenfell	2:03:53
3	Sandey Earldley	VOB	2:28:37

#### G/g'masters:

1	Pixie Sparg	Celtics	2:20:21
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**14 km****MEN**

1. Anda Lubelwana (Hout) 47:15
2. Lukhanyo Nobakada (Ind) 47:31 (1<sup>st</sup> jun)
3. Akhona Makila (VOB) 48:53

**Veterans:** 1. Tsungai Mwanengeni (Gugs) 50:20; 2. Youssef Kanouni (Central) 55:05; 3. Sabelo Ngcwana (Gugs) 56:00. **Masters:** 1. Monde Tutani (Gugs) 61:03; 2. Henry Cieverts (Top) 61:38; 3. James [illegible] (Ind) 62:10. **G'masters:** 1. Albert Williams (Top) 71:17; 2. Neville Freislich (FH) 73:13; 3. Aubrey Springer (Satori) 73:34. **G/g'masters:** 1. Richard Osrin (VOB) 72:27; 2. Rob Joubert (Ind) 84:07. **Juniors:** 1. Lukhanyo Nobakada (Ind) 47:31; 2. Asemahle Kwatsha (Gugs) 52:01; 3. Thembeke Mendu (Gugs) 52:01.

**WOMEN**

1. Ursula Frans (Ned) 62:16 (1<sup>st</sup> vet)
2. Busisiwe Matiwane (Ned) 64:02
3. Anel Wesson (FH) 64:27

**Veterans:** 1. 1. Ursula Frans (Ned) 62:16; 2. Busisiwe Matiwane (Ned) 64:02; 3. Anel Wesson (FH) 64:27. **Masters:** 1. Roldah Orrie (Itheke) 73:38; 2. Dawn Springer (Satori) 76:29; 3. Linda du Bruyn (FNB) 77:23. **G'masters:** 1. Charmaine Cupido (Ned) 80:46; 2. Ruth Leverton (Pine) 89:21; 3. Rosalie Richfield (UCT) 91:07. **G/g'masters:** 1. Marlene James (Pine) 93:48; 2. Carol Gahwiler (VOB) 1:46:57. **Juniors:** 1. Razaan Kamaldien (MSA) 68:39.

**BSI Duke of York Flying Scramble (85th)**

Pietermaritzburg, 2 October

(Distance: 16 km; out-and-back course)

Note: Some runners had no club indicated with their names. – Ed.**MEN**

1	Linelani	Zondo	Temp	58:15 (R500)
2	Menzi	Ngcobo		58:56 (R200)
3	Thomas	Cebekhulu		60:00 (R100)

(All age category prize money was the same: R100, R50.)

**Veterans:**

1	Sakhile	Kubheka		1:47:15
2	Mduduzi	Ndimande		1:48:31

**Masters:**

1	Sydney	Thusi	Spartan	1:19:28
2	Joseph	Dumakade		1:20:03

**G'masters:**

1	Benfield	Zulu	Alex Wasps	1:45:24
2	Jan	Shau	Natal Carbineers	1:52:31

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

1	Nonsikelelo	Mbambo	Save Orion	1:18:28
2	Sandra	Fismer	Hilton Harriers	1:27:41
3	Happiness	Dlomo	Maritzburg City	1:31:53

**Veterans:**

1	Judy	Stewart	Natal Carbineers	1:38:56
2	Claire	Symons	Collegians Harriers	1:48:32

**Masters:**

1	Debra	Kruger	SAP	1:39:48
2	Gisele	Anderson	Savages	1:43:26

**G'masters:**

1	Sandra	Fismer	Hilton Harriers	1:27:41
2	Olive	Anthony	Spartan	2:10:58

**Juniors:**

1	Lauren	Knobel	Temp	1:34:01
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**Cooe Challenge Marathon, Half Marathon & 10 km**

Durban, 2 October

(Distances: 42.195, 21.1 km &amp; 10 km)

**Marathon****MEN**

1 Luzuko Mdeliswa (Arthur Ford AC) 2:39:14; 2 Shepherd Chitake (ZIM/ME) 2:41:19; 3 Innocent Nyawose (Queensburgh Harriers) 2:43:01.

**40-49:** 1 Mbongeni Sosibo (Nedbank) 2:46:39; 2 Michael Ngaseke (ZIM/ME) 3:10:20. **50-59:** 1 Cosmos Langa (Correctional Services AC) 3:11:19. **60+:** 1 Dipchand Moodley (KwaDukuza AC) 4:17:46.

**WOMEN**

1 Lisa Collett (Boxer) 3:09:44; 2 Sibongile Ziqubu (Eskom) 3:18:05 (1<sup>st</sup> vet); 3 Tia Jones (Ind) 3:26:50 (1<sup>st</sup> mast).

**40-49:** 1 Sibongile Ziqubu (Eskom) 3:18:05; 2 Ash Naidoo (Phoenix Villagers) 4:11:24. **50-59:** 1 Tia Jones (Ind) 3:26:50. **60+:** 1 Sheree Kirsten (Westville) 4:54:15.

**Half marathon****MEN**

1 Adam Lipschitz (ME) 1:09:48; 2 Nkosinathi Duma (Nedbank) 1:09:52; 3 Siyabonga Nyawo (Correctional Services AC) 1:15:39.

**40-49:** 1 Robert Ngema (Ubuntu Striders) 1:27:03. **50-59:** 1 Mike Thackaray (Hillcrest Villagers AC) 1:32:30. **60+:** 1 Mbhekiseni Mchunu (KwaMashu AC) 1:50:26. **Juniors:** 1 Jabulani Majombozi (Wild Coast AC) 1:34:52.

**WOMEN**

1 Shelley Young (Chiltern AC) 1:28:05; 2 Maya Lawrie (Boxer) 1:29:55 (1<sup>st</sup> vet); 3 Jadi Clark (Stella AC) 1:29:59.

**40-49:** 1 Maya Lawrie (Boxer) 1:29:55. **50-59:** 1 Joanne Gibb (Ind) 1:44:01. **60+:** 1 Bernie Swartz (Woodview AC) 1:47:38.

**10 km****MEN**

1 Elmore Sibanda (ZIM/uBunye AC) 32:47; 2 Nkosikhona Ntuli (Rockfield AC) 33:03; 3 Muziwenkosi Elvis Mjaja (Nedbank) 33:59.

**Juniors:** 1 Siyabunga Malunga (Inanda Qadi) 35:28.

**WOMEN**

1 Sarah Kruger (Nedbank) 41:15; 2 Caylee Ellero (CKS) 42:04; 3 Gail Babich (Savages AC) 47:08.

**Juniors:** 1 Caylee Ellero (CKS) 42:04.

### **Uthungulu Veld & Vlei Marathon & 10 km**

Richards Bay, 2 October

(Distances: 42.195 km & 10 km)

#### **Marathon**

MEN

1. Tsepang Ramonene (LES/Phantane) 2:21:36, 2. Bonginkosi Zwane (Phantane) 2:24:10, 3. Anele Dlamini (Phantane) 2:26:35, 4. Thobani Chagwe (Maxed Elite) 2:28:19, 5. Delani Dlamini (Nedbank) 2:28:47.

**40-49:** 1. Reginald Ngobese (Rockies) 2:33:39, 2. Joseph Malaba (Cool Running) 2:36:52, 3. Nkosinathi Nyamakazi (Arthur Ford) 2:37:51. **50-59:** 1. Willie Majombozi (Boxer) 2:58:16, 2. Wilton Mbatwa (Nongoma) 3:06:31, 3. Willo Shabalala (Umhlathuze) 3:09:17. **60+:** 1. Michael Langa (Athletics North) 3:31:29, 2. Chris van der Westhuizen (Umhlathuze) 4:11:05.

WOMEN

1. Tabitha Tsatsa (ZIM/Maxed Elite) 2:55:46 (1<sup>st</sup> vet), 2. Fikile Mbuthuma (Nedbank) 3:02:10, 3. Zisande Mkhize (Zakhele) 3:02:14, 4. Loveness Madziva (ZIM/DCMS) 3:05:01, 5. Iris Ndlovu (NRB) 3:16:55.

**40-49:** Tabitha Tsatsa (ZIM/Maxed Elite) 2:55:46, 2. Izelle Geyso (ZMSC) 3:28:00, 3. Hleziphi Ncayiyana (Nedbank) 3:39:32. **50-59:** 1. Xolisole Mwelase (Phuma KZN) 4:00:49, 2. Nombuliso Mbebe (Nedbank) 4:18:45. **60+:** 1. Philisiwe Made (SAPS Ngwenya) 5:19:35.

#### **10 km**

MEN

1. Sbusiso Nzima (Nedbank) 29:01, 2. Amos Nyongo (Ikamva) 29:13, 3. Slindile Gubese (Phantane) 29:17, 4. Xolisa Tyali (Nedbank) 29:52, 5. Jacob Maleko (UJ) 30:25.

WOMEN

1. Jenet Dlamini (Umzimkhulu Striders) 34:57, 2. Nehene Khatala (Maxed Elite) 35:40, 3. Makhosi Mhlongo (Savages) 35:45, 4. Thembi Baloyi (TUT) 36:20, 5. Rutendo Nyahora (ZIM/Maxed Elite) 36:32.

### **Kromberg & Schubert 25 km & 15 km**

Brits, 1 October

(Finishers: 25 km – 190; 15 km – 180; also 510 in the 5 km)

#### **25 km**

MEN

1 Phineas Mothoa (Amanzi) 83:53; 2 Peter Tadziripa (ZIM/Maxed Elite) 89:07 (1<sup>st</sup> vet); 3 Richard Mavuso (CS) 89:34.

**Veterans:** 1 Peter Tadziripa (ZIM/Maxed Elite) 89:07. **Masters:** 1 Herman Mulder (Temp) 1:43:19.

WOMEN

1 Maria Vilakazi (RWFL) 1:53:29 (1<sup>st</sup> vet); 2 Nocawe Morake (Wonderpark) 2:01:31; 3 Ansa Strydom (Nedbank) 2:03:14 (1<sup>st</sup> mast).

**Veterans:** 1 Maria Vilakazi (RWFL) 1:53:29. **Masters:** 1 Ansa Strydom (Nedbank) 2:03:14.

**15 km**

## MEN

1 Godfrey Malepe (Madikwe Mambas) 50:05; 2 Shadrack Hoff (Boxer) 51:13 (1<sup>st</sup> vet); 3 Esau Radebe (Nedbank) 51:19.

**Veterans:** 1 Shadrack Hoff (Boxer) 51:13. **Masters:** 1 Hennie Jooste (Kumba) 77:44.

**Juniors:** 1 Tshenolo Mojanaga (Madikwe Mambas) 57:36.

## WOMEN

1 Nandipha Dywili (Nedbank) 62:50; 2 Lizzy Dhiwayo (RWFL) 66:25 (1<sup>st</sup> vet); 3 Erica Geldenhuys (Temp) 80:18.

**Veterans:** 1 Lizzy Dhiwayo (RWFL) 66:25. **Masters:** 1 Connie Blom (Runavation) 83:47.

**Cape Gate Clicks 10 km**

Brackenfell, 1 October

(Certified hilly loop course. Finishers: 1677 [up from 1454 last year].)

## MEN

1. Sibuniso Soldaka (EGA) 30:12
2. Sibusiso Madikizela (MSA) 30:29
3. Akhona Makila (VOB) 30:32

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 31:58; 2. Thembelani Zola (Ind) 33:49; 3. Shawn Abrahams (Celtic) 35:17. **Masters:** 1. Johnny Persents (WR) 35:11; 2. Eric Coetzee (FNB) 36:00; 3. Steve Motau (Ned) 36:29. **G'masters:** 1. Mochamat Kriel (Ommie) 39:19; 2. Gemjikile Tom (Eskom) 41:29; 3. Eise Geerts (Bell) 43:05. **G/g'masters:** 1. Jeff Smith (Itheke) 45:07; 2. Ronnie le Roux (Brack) 48:56; 3. Joseph Matthews (MS) 53:56.

**Juniors:** 1. Lukhanyo Nobakada (VOB) 32:27; 2. Thembeko Mendu (Gugs) 33:24; 3. Asemahle Kwatsha (Gugs) 34:35.

## WOMEN

1. Zintle Xiniwe (KPMG) 35:31
2. Fortunate Chidzivo (ZIM/Ned) 37:20
3. Ebeth Marais (Maties) 38:44

**Veterans:** 1. Obertina Kanyongo (ZIM/FNB) 41:42; 2. Ursula Frans (Ned) 41:52; 3. Marieke Coetzer (Durb) 43:40. **Masters:** 1. Mariëtte Strauss (Tyger) 42:11; 2. Suzanne Marais (Strand) 42:21; 3. Olga Howard (Celtic) 43:57. **G'masters:** 1. Nancy Will (Pine) 46:54; 2. Charmaine Cupido (Ned) 48:13; 3. Helen du Plessis (Brack) 50:00.

**G/g'masters:** 1. Pixie Sparg (Celtic) 57:09; 2. Marlene James (Pine) n/t; 3. Marianne Nelson (RWFL) n/t. **Juniors:** 1. Jana le Roux (Ned) 39:10; 2. Siziphiwe Mbatsa (VOB) 43:10; 3. Layla Obouzaid (Good) 44:14.

**Ladysmith Night Race**

Ladysmith, 1 October

(Distance: 21.1 km. Finishers: 101.)

## MEN

- |    |                  |           |                 |
|----|------------------|-----------|-----------------|
| 1. | Siyabonga Nkonde | Boxer AC  | 1:09:42 (R1000) |
| 2. | Bhekani Sithole  | KRS       | 1:12:18 (R500)  |
| 3. | Perfect Dlamini  | Phuma KZN | 1:13:55 (R250)  |

**40-49:**

1. Thokozani Ndebele Nedbank AC 1:34:29 (R150)

**50-59:**

1. Sha Mthembeni Newlands AC 2:12:46 (R150)

**60+:**

1. Bill Hogg Harq Harr 2:15:16 (R150)

**Juniors:**

1. Njabulo Ndaba Ezakheni AC 1:21:57 (R100)

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

1. Xoli Madida Natal Carb 1:38:56

2. Zinhle Shabalala KRS 1:39:55

3. Nontobeko Mlambo Loskop Gijmas 1:42:44

**40-49:**

1. Petro Matthysen H/smith AC 1:57:52

**50-59:**

1. Edea van Zuydam H/smith AC 2:11:13

**Karoolus Windpomp Half Marathon & 10 km**

Graaff-Reinet, 1 October

(Distances: 21.1 km & 10 km. Finishers: half marathon – 303 [up from 290 last year]; 10 km – 141 [no 10 km last year].)

**Half marathon****MEN**

1	Andre	Ketchem	Xcel AC	32	1:05:51
2	Melikhaya	Kepe (1 <sup>st</sup> vet)	Nedbank RC	40	1:09:03
3	Simthembile	Swarts	Temp	24	1:09:35
4	Patrick	Peta	Somerset East	40	1:14:53
5	Duwayne	Lucas	Aspen Pharmacar	27	1:15:06
6	Sipho	November	Graaff-Reinet	35	1:16:36
7	Christopher	Mabengeza (1 <sup>st</sup> mast)	Nedbank RC	50	1:19:33
8	Jacques	Barnard	Despatch AC	40	1:19:52
9	Aphlyn	Taai	Charlo AC	34	1:20:00
10	Leon	Weitsz	Despatch AC	42	1:21:24
11	Donovan	Matthews	Nedbank RC	32	1:21:58
12	Jp	Minnie	Temp	30	1:22:35
13	Bongani	Witbooi	TPT AC EP	43	1:22:46
14	Alfred	Malotana	Nedbank RC	46	1:23:12
15	Sakhele	Zulu	Temp	21	1:23:22
16	Desmond	Zibi	Achilles AAA	53	1:24:12
17	Errol	Whittal	Charlo AC	41	1:24:13
18	Stegmann	Van Zyl	Temp	26	1:24:13
19	Samkelo	Sinyongo	Aspen Pharmacar	35	1:24:47
20	Mauritz	Pretorius	Despatch AC	26	1:25:16

**40-44:**

1. Melikhaya Kepe Nedbank RC 40 1:09:03

2. Patrick Peta Somerset East 40 1:14:53

3. Jacques Barnard Despatch AC 40 1:19:52

**45-49:**

1. Alfred Malotana Nedbank RC 46 1:23:12

2. Stanton Jackson Gelvan AC 45 1:31:49

3. Uran Le Roux VWAC 49 1:32:07

**50-54:**

1	Christopher	Mabengeza	Nedbank RC	50	1:19:33
2	Desmond	Zibi	Achilles AAA	53	1:24:12
3	Frank	Piron	Charlo AC	53	1:27:52

**55-59:**

1	Mike	Burger	Charlo AC	57	1:39:14
2	Peter	Van Rensburg	Elite AC	58	1:41:57
3	Jacob	Masimla	Graaff-Reinet	56	1:42:32

**60-64:**

1	Geoff	Roberts	Achilles AAA	64	1:57:57
2	Ken	Barwood	Achilles AAA	61	1:59:25
3	Frederick	Ferreira	Born To Run	61	2:06:56

**65-69:**

1	Hansie	Els	Somerset East	68	1:37:56
2	Graham	Channon	Achilles AAA	67	1:40:18
3	David	O'Reilly	Nedbank RC	68	2:05:56

**70-74:**

1	Herman	Dekker	SAPS AC EP	71	2:19:21
2	Denis	Human	Temp	70	2:54:59

**Juniors:**

1	Ivan	Harmse	Temp	19	2:09:36
2	Damon	Rubidge	Temp	18	2:09:41

**WOMEN**

1	Siphokazi	Nojoko	Motherwell AC	21	1:24:15
2	Asanda	Solani	Achilles AAA	33	1:29:23
3	Christine	Claasen (1 <sup>st</sup> mast)	Achilles AAA	52	1:30:23
4	Terri-Lynn	Penney	RWFL EP	39	1:34:47
5	Ilze	Nel (1 <sup>st</sup> vet)	Temp	44	1:36:32
6	Terray	Newcombe	Elite AC	25	1:37:55
7	Zoe	Henn	Temp	39	1:39:08
8	Janine	Gardiner	Charlo AC	35	1:39:30
9	Siphokazi	Liwani (1 <sup>st</sup> jun)	Motherwell AC	19	1:39:50
10	Louise	Mazuelas	Charlo AC	38	1:40:21
11	Hanlie	Van der Westhuizen (1 <sup>st</sup> g'mast)	Despatch AC	60	1:41:15
12	Annelie	Gregory	Body Concept	42	1:43:12
13	Johannette	Oosthuizen	Body Concept	52	1:43:53
14	Marnice	Pieterse	Temp	37	1:44:29
15	Theresa	Buchner	Nedbank RC	31	1:44:58
16	Amanda	Pieterse	Elite AC	39	1:46:39
17	Tania	Jordaan	Charlo AC	40	1:47:26
18	Liandre	Marais	Temp	23	1:48:24
19	Marisa	Olivier	Temp	36	1:49:31
20	Anne-Marie	Du Toit	Temp	51	1:50:40

**40-44:**

1	Ilze	Nel	Temp	44	1:36:32
2	Annelie	Gregory	Body Concept	42	1:43:12
3	Tania	Jordaan	Charlo AC	40	1:47:26

**45-49:**

1	Denise	Darlow	Charlo AC	47	1:50:43
2	Gail	Klichowicz	Achilles AAA	49	1:51:22
3	Gail	Engelke	Temp	46	1:59:11

**50-54:**

1	Christine	Claasen	Achilles AAA	52	1:30:23
2	Johannette	Oosthuizen	Body Concept	52	1:43:53
3	Anne-Marie	Du Toit	Temp	51	1:50:40



**55-59:**

1	Amanda	Wolmarans	Walmer AC	57	1:51:02
2	Lynette	Crause	Walmer AC	56	1:57:35
3	Ina	Meaker	Walmer AC	55	2:00:57

**60-64:**

1	Hanlie	Van der Westhuizen	Despatch AC	60	1:41:15
2	Christine	Snyman	Despatch AC	60	1:58:09
3	Nicki	Van Niekerk	Muirite Strider	62	2:15:07

**65-69:**

1	Denise	Terblanche	Walmer AC	69	2:28:55
2	Rita	Boucher	Walmer AC	66	2:38:41

**Juniors:**

1	Siphokazi	Liwani	Motherwell AC	19	1:39:50
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**10 km****MEN**

1	Adriaan	Gerwel	Xcel AC	20	31:44
2	Brendon	Effenaar	Nedbank RC	20	32:09
3	Kgotso	Majara	Ikhamva AC	36	33:18
4	Meschack	Haman	Temp	21	34:11
5	Eric	Foendien	Graaff-Reinet	38	37:29
6	Adrian	Clarke (1 <sup>st</sup> mast)	Temp	51	39:36
7	Kenneth	Vermeulen	Temp	30	40:43
8	Simphiwe	Saul	Nedbank RC	30	41:16
9	Jannie	Nieuwenhuys	Temp	55	41:17
10	Asisipho	Winti	Motherwell AC	19	41:34
11	Gerrit	Nel	Temp	24	43:50
12	Brian	Jacobs	Temp	51	48:06
13	Divan	Rall	Temp	26	48:09
14	Albertus	Geldenhuis (1 <sup>st</sup> vet)	Temp	46	52:36
15	Johan	Theron	Temp	27	55:30
16	Brad	Pitts	Temp	51	56:45
17	Jean	De Lange	Temp	34	58:42
18	David	Parker	Temp	46	59:44
19	Colin	Ingram	Nedbank RC	56	1:00:24
20	Brian	Bopp (1 <sup>st</sup> g'mast)	Temp	66	1:02:56

**40-44:**

1	Johan	Van der Merwe	Temp	44	1:14:54
2	Johan	Kruger	Temp	41	1:30:17

**45-49:**

1	Albertus	Geldenhuis	Temp	46	52:36
2	David	Parker	Temp	46	59:44
3	Miles	Bowker	Temp	47	1:02:58

**50-54:**

1	Adrian	Clarke	Temp	51	39:36
2	Brian	Jacobs	Temp	51	48:06
3	Brad	Pitts	Temp	51	56:45

**55-59:**

1	Jannie	Nieuwenhuys	Temp	55	41:17
2	Colin	Ingram	Nedbank RC	56	1:00:24
3	Johann	Grebe	Temp	56	1:08:11

**60-64:**

1	Chris	Bekker	Crusaders AC	63	1:27:19
2	Christie	Stols	Temp	61	1:43:38
3	Charles	Blignaut	Temp	61	1:58:00

**65-69:**

1	Brian	Bopp	Temp	66	1:02:56
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**70-74:**

1	Anton	Doyer	Temp	70	1:09:03
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**75-79:**

1	Wilkie	De Jager	Graaff-Reinet	76	1:13:50
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**WOMEN**

1	Joan	Viljoen	Nedbank RC	22	41:18
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2	Kayla	Moos (1 <sup>st</sup> jun)	Temp	15	45:34
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3	Donnae	Broeksma	Temp	21	48:17
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4	Elana	Loest	Temp	37	49:03
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5	Rensia	De Lange	Temp	29	49:52
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6	Elsabe	Ndlumbini	Motherwell AC	33	52:50
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7	Elsje	Oosthuizen	Temp	23	54:46
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8	Delina	Jordaan	Temp	37	55:46
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9	Bianca	Du Preez (1 <sup>st</sup> vet)	Temp	40	56:23
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10	Marijke	Beukes	Graaff-Reinet	28	57:40
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11	Kim	Nel	Temp	34	57:43
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12	Carisa	Marais	Temp	30	58:07
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13	Chanel	Hauvette	Temp	25	58:43
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14	Claudia	Parker	Temp	47	59:44
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15	Lynette	Ittershagen-Strauss	Temp	16	1:00:20
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16	Anja	Nieuwenhuys	Temp	22	1:01:03
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17	Zelda	Krige (1 <sup>st</sup> mast)	Walmer AC	56	1:01:13
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18	Anje	Zerwick	Temp	22	1:01:35
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19	Vonita	Nieuwenhuys	Temp	51	1:02:22
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20	Liebe	Botha	Temp	15	1:03:59
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**40-44:**

1	Bianca	Du Preez	Temp	40	56:23
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2	Maryke	Lategan	Temp	42	1:04:54
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3	Michelle	Marais	Temp	44	1:05:37
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**45-49:**

1	Claudia	Parker	Temp	47	59:44
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2	Juanita	Botha	Temp	47	1:04:07
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3	Maryke	Schoonbee	Temp	45	1:04:15
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**50-54:**

1	Vonita	Nieuwenhuys	Temp	51	1:02:22
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2	Irma	Ingram	Temp	50	1:06:13
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3	Angela	Marriner	Temp	53	1:12:15
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**55-59:**

1	Zelda	Krige	Walmer AC	56	1:01:13
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2	Lesbe	Greeff	Temp	58	1:14:34
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3	Lehesta	Gallaudy	Temp	57	1:17:54
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**60-64:**

1	Rita	Vosloo	Muirite Strider	60	1:27:00
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2	Sonja	Esterhuysen	Temp	60	1:34:44
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3	Anna	Meyer	Temp	61	1:34:46
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**65-69:**

1	Margaretha	Doyer	Temp	66	1:09:06
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**Juniors:**

1	Kayla	Moos	Temp	15	45:34
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2	Lynette	Ittershagen-Strauss	Temp	16	1:00:20
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3	Liebe	Botha	Temp	15	1:03:59
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**FNB Joburg 10 km CityRun**

Johannesburg, 24 September

(Finishers: 8880)

Note: The times were given in hundredths of a second and rounded up by DRR according to the rules. – Ed.

**MEN**

1	Namakoe	NKHASI (LES)	29:49
2	Edwin	KOECH (KEN)	30:08
3	Sibusiso	NZIMA	30:11
4	Phillimon Tebogo	MATHIBA	30:31
5	Joel	MMONE	30:33
6	Elroy	GELANT	30:53
7	Stephen	MOKOKA	30:54
8	Gladwin	MZAZI	31:01
9	Jonas	MAKHELE	31:03
10	Collen	MULAUDZI	31:09
11	Rantso	MOKOPANE	31:38
12	Desmond	MOKGOBU	31:45
13	Kgosi	TSOSANE	31:58
14	Jerry	MOTSAU	31:59
15	Charles Dibate	TJIANE	32:18
16	Zongamele	DYUBENI	32:25
17	Benedict	MOENG	32:29
18	Vuysile	SHOBA	32:31
19	Reghen	MANGWAI	32:36
20	Lucky	MOHALE	33:09

**WOMEN**

1	Lebogang	PHALULA	35:34
2	Rutendo	NYAHORA (ZIM)	36:00
3	Glenrose	XABA	36:08
4	Lebo	PHALULA	36:32
5	Ikesa	MOLETSANE	36:37
6	Andrea	STEYN	36:42
7	Maria	SHAI	37:15
8	Yolande	MACLEAN	38:13
9	Fortunate	CHIDZIVO (ZIM)	38:42
10	Kataza	SHIPALANA	38:54
11	Tebogo	MASEHLA	39:33
12	Thobile	AMON	40:17
13	Vuyokazi	GEBE	41:17
14	Tumelo	MATLOU	42:04
15	Madri	WIID	42:05
16	Palesa	LEHASA	42:18
17	Rebecca Tebogo	MOKGOSINYANE	42:37
18	Prudence	SEKGODISA	43:24
19	Neelke	STADLER	44:06
20	Anri	VAN DER MESCHT	44:20

**Ceres Fruit Juices Michell's Pass Half Marathon (25<sup>th</sup>) & 10 km (11<sup>th</sup>)**

Ceres, 24 September

(Distances: 21.1 km &amp; 10 km; the half marathon out and back, very hilly; the 10 km a loop. Finishers: half marathon – 216 [up from 185 last year]; 10 km – 426 [up from 358].)

Note: The third runner in the 10 km is most likely Akhona Makila. – Ed.**Half marathon****MEN**

1	Danzil	Paulse	Easterns	23	1:09:04
2	Akhona	Mdaka	EGA	23	1:09:11
3	Siviwe	Nkombi	Itheko	27	1:09:21
4	Johannes	Jansen	Robertson	21	1:14:10
5	Jumat	Witbooi	Robertson	30	1:14:34
6	Luyanda	Qolo	EGA	24	1:15:37
7	Moletsane	Pheletso	EGA	24	1:16:38
8	Nkosiyethu	Sotyantya	Itheko	24	1:16:40
9	Lehlohonolo	Nyonbane	Ned WP	25	1:16:49
10	Zanele	Mnukwa	EGA	36	1:16:55

**WOMEN**

1	Francis	Matthee	Temp	40	1:36:47
2	Busisiwe	Matiwane	Ned WP	41	1:39:39
3	Anneke	Slabbert	Stellenbosch	45	1:45:11
4	Chanelle	Hoffman	Strand	45	1:49:44
5	Styntjie	Prins	Paarl	62	1:50:02
6	Cornell	Badenhorst	Easterns	38	1:51:06
7	Liza	Retief	Paarl	44	1:51:54
8	Monique	Marais	Temp	42	1:52:06
9	Cailey	Bredenkamp	Paarl	53	1:52:12
10	Mariena	Jordaan	Swartland	46	1:52:53

**10 km****MEN**

1	Justin	Fritz	Ceres	22	31:51
2	Angelo	Booyesen	Korrektiewediens	24	31:59
3	Akhona	Marik	VOB	25	32:49
4	Quinton	Pedro	Ceres	21	32:54
5	Fransco	Fritz	Ceres	19	33:08
6	Tobie	Lewies	Robertson	18	33:48
7	Babalo	Hambi	Itheko	22	34:11
8	Shaun	Tobias	Robertson	19	34:28
9	Nizaam	Sauls	Robertson	17	34:53
10	Anton	Earo	Ned WP	36	35:19

**WOMEN**

1	Mariëtte	Strauss	Tygerberg	54	44:12
2	Joeye	Moletsane	De Keur-Temp	20	46:02
3	Chrisna	Du Toit	Temp	33	48:44
4	Anri	Joubert	Swartland	17	49:08
5	Magrietha	Willemse	Ceres	32	50:02
6	Magrietha	Hanekom	Ceres	61	50:32
7	Dricka	Lourens	Ceres	27	50:44
8	Annari	Jordaan	Temp	35	51:11
9	Judith	Grove	Tygerberg	63	51:57
10	Helen	Du Plessis	Brackenfell	64	52:23

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## INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

## ROAD RUNNING

### **Bank of Scotland Great Scottish Run Half Marathon** (29th as HM or 25-K)

Glasgow, SCO, 2 October

(Distance: 21.1 km, with only small start/finish separation [record-standard course])

MEN (gun times)

1. Callum HAWKINS, Kilbarchan AAC, 1:00:24 PB/CR\*
2. Moses KIPSIRO, UGA, 1:00:54
3. Joel KIMUTAI, KEN, 1:01:34 PB
4. Chris THOMPSON, Aldershot Farnham & District A. C., 1:01:58
5. Tewolde MENGISTEAB, Shettleston Harriers, 1:04:23

\*) Course record; previous 1:01:09, Haile Gebrselassie (ETH), 2013

WOMEN (gun times)

1. Betsy SAINA, KEN, 1:07:22 PB/CR
2. Helah KIPROP, KEN, 1:08:52
3. Doris CHANGEIYWO, KEN, 1:11:34
4. Lily PARTRIDGE, Aldershot Farnham & District A. C., 1:11:39
5. Beth POTTER, Shaftesbury Barnet Harriers, 1:12:07 PB
6. Georgie BRUINVELS, Aldershot Farnham & District A. C., 1:13:29 PB
7. Sarah KISTNER, GER, 1:13:41 DB

### **Rock 'n' Roll San Jose Half Marathon** (11th)

San Jose, USA, 2 October

(Distance: 21.1 km; certified loop course with no elevation change)

MEN (gun times)

1. Shadrack Biwott, 31, Mammoth Lakes, CA 1:01:55 \$500 + 500i
2. Patrick Smyth, 30, Santa Fe, NM 1:03:21 400 + 500i
3. Daniel Tapia, 29, Mammoth Lakes, CA 1:04:13 300 + 500i

i) Earned time bonus for sub-65:00

WOMEN (gun times)

1. Sally Kipyego, 30, Eugene, OR (KEN) 1:09:53 \$500 + 500i
2. Sara Hall, 33, Redding, CA 1:12:47 400 + 500i
3. Lyndy Davis, 26, Portland, OR 1:18:47 300
4. Allison Gonzales, 26, Exeter, CA 1:21:39 200
5. Molly Friel, 49, Fresno, CA 1:21:50 100

i) Earned time bonus for sub-75:00

**Cardiff University Cardiff Half Marathon**

Cardiff, GBR, 2 October

(Distance: 21.1 km )

MEN (gun times)

1. Shadrack Korir (10-Feb-1996), KEN 1:00:53 PB
2. Cybrian Kotut, KEN 1:01:04
3. Charles Mneria, KEN 1:01:35
4. Ben Siwa, UGA 1:01:56 PB
5. Jonah Chesum, KEN 1:02:04 PB

WOMEN (gun times)

1. Violah Jepchumba, KEN 1:08:13
2. Flomena Cheyech, KEN 1:10:05
3. Lenah Jerotich, KEN 1:11:23 PB
4. Teresiah Omosa, KEN 1:13:09 PB
5. Rachel Felton, GBR 1:14:03

**AMGEN Bredase Singeloop Half Marathon (31st)**

Breda, NED, 2 October

(Distance: 21.1 km)

MEN (gun times)

1. Nicholas Kipchirchir Korir, KEN 59:50 PB/CR  
[14:16 / 28:10 / 42:29 / 56:44]
2. Pete Cheruiyot Kirui, KEN 1:00:06
3. Gilbert Masai, KEN 1:02:37

WOMEN (gun times)

1. Ivy Kibet, KEN 1:11:24 PB
2. Tejitu Daba, BRN 1:11:57 PB
3. Veerle Dejaeghere, 1973, BEL 1:13:55 PB

**CROSS-COUNTRY****Greater Louisville Cross-country Classic**

Louisville, USA, 1 October

WOMEN (5 km)

GOLD RACE:

1. Erin Finn, SR Michigan 16:26.7
2. Martina Rodriguez, SR Memphis (ESP) 16:50.3
3. Charlotte Imer, JR E. Kentucky (AUS) 16:52.2
- ... 30. Laura Labuschaigne, SO S. Alabama(RSA)17:29.2

**Chile Pepper Cross-country Festival (28th)**

Fayetteville, USA, 1 October

MEN (8 km)

Team results (Div. I): 1. Arkansas, 32; 2. Wichita State, 115; 3. Missouri, 115; 4. Texas Tech, 132; 5. Villanova, 149.

1. Vincent Kiprop, Missouri Southern (KEN) 23:03.9
2. Alex George, University of Arkansas (GBR) 23:33.2

3. Frankline Tonui, University of Arkansas (KEN) 23:33.3  
 ... 15. Moses Dirane, Cloud County CC (RSA) 24:06.6

#### WOMEN (5 km)

Team results (Div. I): 1. Arkansas, 22; 2. Missouri, 72; 3. TCU, 127; 4. Wichita State, 134; 5. Samford, 156.

1. Karissa Schweizer, University of Missouri 16:09.9  
 2. Aminat Olowora, Oklahoma City (NGR) 16:16.9  
 3. Devin Clark, Arkansas 16:19.4  
 ... 7. Carina Viljoen, University of Arkansas (RSA) 16:36.3

### STATS TIME

After last week's Berlin Marathon we included a list of the top ten world women in the marathon for 2016. Here are the men – five from Kenya and five from Ethiopia.

#### 2016 MARATHON: WORLD TOP 10 MEN

2:03:03	NR	Kenenisa Bekele	ETH	1	Berlin	25 Sep
2:03:05		Eliud Kipchoge	KEN	1	London	24 Apr
2:03:13		Wilson Kipsang	KEN	2	Berlin	25 Sep
2:03:51		Stanley Biwott	KEN	2	London	24 Apr
2:04:24		Tesfaye Abera	ETH	1	Dubai	22 Jan
2:04:33		Lemi Berhanu	ETH	2	Dubai	22 Jan
2:04:46		Tsegaye Mekonnen	ETH	3	Dubai	22 Jan
2:05:13		Wilson Lyanai	KEN	1	Seoul	20 Mar
2:05:16		Sisay Lemma	ETH	4	Dubai	22 Jan
2:05:31		Evans Chebet	KEN	3	Berlin	25 Sep



#### THIS MONTH IN HISTORY

##### 94 years ago: 1 October 1922

A number of world records for 30 km on the track have been set in October. The first – and certainly the most peculiar – came on this day in Viipuri, Finland, when Finnish star Hannes Kolehmainen (pictured) ran 1:47:13.4. Only the first 5200 metres and the last 3500 m were run on the track; the rest of the distance was covered through the streets outside the stadium! Kolehmainen, a vegetarian and bricklayer by trade and the first-ever Olympic champion over 5000 and 10000 (in 1912, when he also won the cross-country race), had also finished first in the Olympic Marathon two years before. When he won his 1912 gold medals, Finland was still part of Russia and the Russian flag was raised for his victories. This made him say that he "almost wished I hadn't won". He became a US citizen in 1921.

## 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)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		18 Jun
	45:39	Jeromy Andreas	Eersterivier	
	41:41	Bitan Karoki Muchiri (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		30 Jul
	61:26	Stephen Mokoka	Port Elizabeth	
	59:10	Geoffrey Kipsang Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		07 May 31 Jan
	83:28	Tumelo Mahlangu	Pretoria	
	81:12a	Siyabonga Nkonde	Pinetown	
30 km	75:32	Christopher Landry (USA)		05 Mar
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
	1:36:30	Melikhaya Frans	Uitenhage	
Marathon	1:30:45	Keita Shitara (JPN)		10 Apr
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
	2:11:27	Lusapho April	Hannover	
100 km	2:03:05	Eliud Kipchoge (KEN)		24 Sep
	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
	9:28:59	Randall Joshua	Cape Town	
	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				
<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 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				
<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	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				
<u>Juniors</u>				
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		
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:02	Irvette van Zyl	Durban	17 July
	30:52	Shalane Flanagan (USA)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	48:14	Peres Chepchirchir (KEN)		
		Cynthia Cherotich Limo (KEN) Netsanet Gudeta Kebede (ETH)		

		<b>Genet Ayalew Kassahun (ETH)</b>		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	71:00	Irvette van Zyl	Port Elizabeth	30 Jul
	<b>65:51</b>	<b>Viola Chepchumba (KEN)</b>		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	<b>1:25:36</b>	<b>Alphine Tuliamuk (USA)</b>		
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	<b>1:43:55</b>	<b>Miharu Shimokado (JPN)</b>		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	2:32:20	Irvette van Zyl	London	24 Apr
	<b>2:19:41</b>	<b>Tirfe Beyene Tsegay (ETH)</b>		
	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		
<u>Veterans (40+)</u>				
10 km	35:39	Tanith Maxwell	Durban	05 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	54:40	Tanith Maxwell	Eersterivier	18 Jun
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	78:09	Tanith Maxwell	Port Elizabeth	30 Jul
	69:56	Irina Permitina (RUS) 2009		
25 km	<b>1:53:29</b>	<b>Maria Vilakazi</b>	<b>Brits</b>	<b>01 Oct</b>
	1:45:58a	Suzette Botha	Pinetown	31 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:00:38	Tanith Maxwell	Simon's Town	14 Aug
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:45:26	Tanith Maxwell	Cape Town	18 Sep
	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	62:15	Elmarie Coetsee	Eersterivier	18 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:22	Elmarie Coetsee	Port Elizabeth	30 Jul
	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				

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	Gloria Brown (USA) 1994 Margie Saunders	Uitenhage	05 Mar
Marathon	2:17:11 3:30:14	Barbara Miller (USA) 1999 Nancy Will	East London	20 Feb
100 km	3:01:30	Bernadine Portenski (NZL) 2010		

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 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon	4:10:26 3:35:29	Veronica van Niekerk Helga Miketta (GER) 2013	Cape Town	18 Sep
100 km				

Juniors

10 km	35:25 31:42	Simonay Weitsz Zola Pieterse (RSA) 1984	Port Elizabeth	09 Aug
15 km	58:03 49:40	Ashleigh Simonis Ines Chenonge (KEN) 2001	Eersterivier	18 Jun
21.1 km	1:28:26 1:09:05	Siphokazi Liwani Delilah Asiago (KEN) 1991	Port Elizabeth	11 Jun

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Irene & Jan van Eeden, Lionel Hill, EventTiming, Newport Media

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)



