

# Distance Running Results

Vol. 16, No. 41 – 17 October 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

---

*Distance Running Results* © is sponsored by the FNB Cape Town 12 OneRun.

---

## EDITORIAL

In the OUTsurance 94.5Kfm Gun Run, held for the 24<sup>th</sup> time in Cape Town yesterday, David Manja, who finished second to Joel Mmone last year, took the title this time in 62:51 – nearly two minutes ahead of Sibusiso Nzima. In the women's race, Jenna Challenor and Tanith Maxwell repeated their one-two placing of 2015, with Maxwell, now a vet, winning that age category by more than eight minutes.

The 28<sup>th</sup> Goss & Balfe Sapphire Coast Marathon in Amanzimtoti went to Bongmusa Mthembu in 2:30:10 and Lisa Collett (for the second year in a row) in 3:15:31.

In the TCS Amsterdam Marathon Daniel Wanjiru (KEN) set a new course record of 2:05:21, moving the race up to twelfth position on the world list of fastest course records. The top ten average for Amsterdam is now 2:05:47, the 8<sup>th</sup> quickest in the world. Second placed Sammy Kitwara (KEN) remains the world's fastest marathoner (his PB is 2:04:28) who has never won over the distance. Wanjiru broke his PB by almost three minutes; earlier this year he had set PBs at 5000 m, 10000 m, 10 km (27:43) and the half marathon (59:20).



Daniel Wanjiru wins the TCS Amsterdam Marathon in a new course record and PB of 2:05:21. [IAAF]

Unfortunately no results of the Voet van Afrika races in Bredasdorp were available.

Riël Hauman

---

## INCLUDED IN THIS ISSUE:

- \* OUTsurance 94.5Kfm Gun Run Half Marathon & 10 km, Cape Town
- \* Goss & Balfe Sapphire Coast Marathon & Half Marathon, Amanzimtoti
- \* NMB Legacy Project Northern Areas 15 km, Gelvandale
- \* Silver Queen Runway Night Race, Ysterplaat
- \* Hartenbos Spring Run 15 km, Hartenbos
- \* Total Whale Half Marathon, Hermanus

**International highlights:**

- \* TCS Amsterdam Marathon, Amsterdam, NED
  - \* Scotiabank Toronto Waterfront Marathon, Toronto, CAN
  - \* Dong-A Ilbo Gyeongju Marathon, Gyeongju, KOR
  - \* PZU Cracovia Royal Half Marathon, Krakow, POL
  - \* Maratonina Città di Cremona, Cremona, ITA
  - \* Tufts Health Plan 10 km for Women, Boston, USA
  - \* Bank of America Chicago Marathon, Chicago, USA
  - \* Medtronic Twin Cities Marathon & 10 Mile, Minneapolis to St. Paul, USA
  - \* B.A.A. Half Marathon, Boston, USA
  - \* Murfreesboro Half Marathon, Murfreesboro, USA
  - \* XC: Ndalat Gaa Cross-country, Ndalat Gaa, KEN; adidas NCAA Division I Pre-Nationals, Terre Haute, USA
- 

**ROAD RUNNING****OUTurance 94.5Kfm Gun Run Half Marathon (24th) & 10 km (13th)**

Cape Town, 16 October

(Distances: 21.1 km & 10 km; certified near-loop courses. Weather: cool, partly cloudy, no wind. Finishers: half marathon – 7625 [considerably up from 5386 last year]; 10 km – 6744 [up from 6342].)

**Half marathon**

MEN

1. David Manja (Ned NW), 25, 1:02:51 (R15 000)
2. Sibusiso Nzima (Ned CGA), 29, 1:04:45 (R10 000)
3. Phillimon Mathiba (Ned CGA), 24, 1:06:18 (R5000)
4. Gert Thys (Postmas), 44, 1:07:21 (R3000) (1<sup>st</sup> vet)
5. Nkosinathi Madyo (Itheke), 28, 1:07:32 (R1500)
6. Anda Lubelwana (Hout) 1:08:16
7. Duane Fortuin (Ind) 1:08:20
8. Danzil Pause (East) 1:09:44
9. Lucas Raseruthe (LES) 1:10:49
10. Oscar Coetzee (Itheke) 1:10:58

**Veterans:** 1. Thys (above) 1:07:21 (R2500); 2. Tsungai Mwanengeni (ZIM/Gugs), 42, 1:13:05 (R1700); 3. Shawn Abrahams (Celtic), 46, 1:15:19 (R1200). **Masters:** 1. Eric Coetzee (FNB), 56, 1:17:43 (R1500); 2. John September (Itheke), 50, 1:23:04 (R1000); 3. Roston Isaacs (Ned), 54, 1:24:55 (R750). **G'masters:** 1. Mochamat Kriel (Ommie), 62, 1:28:54 (R1000); 2. Garry Wilford (Durb), 61, 1:37:04 (R750); 3. Barry Bester (CMC Eden), 65, 1:37:45 (R500). **G/g'masters:** 1. Jeff Smith (Itheke), 70, 1:51:39 (R700); 2. Gideon Malherbe (Celtic), 71, 1:57:12 (R500); 3. Robert Joubert (Ind), 72, 2:01:44 (R350). **Juniors:** 1. Thembeke Mendu (Gugs), 17, 1:13:10 (R1500); 2. Jeandré September (Eerste), 19, 1:19:19 (R1000); 3. Yanga Keli (Sanlam), 19, 1:21:07 (R500).

WOMEN (Same prize money as men)

1. Jenna Challenor (KPMG KZN), 35, 1:16:25
2. Tanith Maxwell (Boxer), 40, 1:19:31 (1<sup>st</sup> vet)
3. Annamart Laubscher (Ind), 22, 1:20:21
4. Tanya Scott (UCT), 26, 1:23:05
5. Bulelwa Simae (Ned), 39, 1:23:50
6. Jessica Pollock (UCT) 1:24:03
7. Alexa Townsend (Ind) 1:25:03
8. Clare Townsend (Ind) 1:26:05
9. Anne Stewart (RAC) 1:28:16
10. Taryn King (ATC) 1:28:58

**Veterans:** 1. Maxwell (above) 1:19:31; 2. Anne Stewart (RAC), 46, 1:28:16; 3. Tracy Forbes (VOB), 43, 1:31:02. **Masters:** 1. Olga Howard (Celtic), 58, 1:37:24; 2. Angelique Rabie (Carb), 50, 1:39:09; 3. Marie Human (Ind), 53, 1:42:08. **G'masters:** 1. Nancy Will (Pine), 64, 1:42:24; 2. Christine Hibberd (Whalers), 60, 1:54:20; 3. Kathy Jolliffe (Ned SWD), 61, 2:01:44. **G/g'masters:** 1. Veronica van Niekerk (EGA), 71, 1:54:50; 2. Margie Plantema (VOB), 72, 1:56:31; 3. Helene Daneel (Ind), 72, 2:46:16. **Juniors:** 1. Tegan Pitt (UCT), 19, 1:38:26; 2. Linda Detering (Carb), 17, 1:50:09; 3. Celine Moses (Ommie), 19, 1:51:21.

## 10 km

### MEN

1. Sibabalwe Gladwin Mzazi (Boxer), 28, 29:32 (R10 000)
2. Collen Mulaudzi (Tshwane), 25, 29:46 (R6000)
3. Thabang Mosiako (Ned CNW), 21, 29:46 (R3000)
4. Xolisa Tyali (Ned CGA), 27, 30:01 (R2000)
5. Khaya Butele (Ind), 24, 30:03 (R1000)
6. Melkihaya Frans (Ikamva) 30:13
7. Siboniso Soldaka (Ind) 30:23
8. Sibusiso Madikizela (MSA) 30:27
9. Givemore Mudzinganyama (ZIM/Asics) 30:40
10. Amos Nyongo (KPMG CGA) 30:54

**Veterans:** 1. Thembelani Zola (Ind), 41, 33:27 (R2000); 2. Pieter Koopman (Itheko), 42, 33:34 (R1500); 3. Henry Wolstenholme (Durb), 49, 36:43 (R1000). **Masters:** 1. Steve Motau (Ned AGN), 50, 36:11 (R1300); 2. Michael Bekapi (Kamva), 55, 38:17 (R1000); 3. Tobias Philander (Itheko), 52, 38:18 (R750). **G'masters:** 1. Robbie Lindsay (Ned), 61, 43:31 (R1000); 2. Peter Nell (CMC), 61, 44:15 (R750); 3. Brian Collier (AAC), 66, 45:43 (R500). **G/g'masters:** 1. Pieter van Aswegen (Celtic), 71, 62:32 (R800); 2. Geoffrey Gilfillan (WC), 73, 75:43 (R600); 3. Cedric Dallas (VOB), 70, 79:32 (R400). **Juniors:** 1. Kabelo Melamu (KPMG CGA), 19, 31:04 (R1500); 2. Itumeleng Sesiko (Randmark), 17, 31:21 (R1000); 3. Lukhanyo Nobakada (Ind), 19, 31:24 (R700).

### WOMEN (Same prize money as men)

1. Rutendo Nyahora (ZIM/Ned AGN), 27, 34:02
2. Zintle Xiniwe (KPMG), 29, 35:46
3. Fortunate Chidzivo (ZIM/Ned), 29, 36:12
4. Vuyhiseka Nkumenge (Ind), 20, 36:37
5. Ntombesintu Mfunzi (Ned EP), 34, 37:30
6. Pamela Moyikwa (VOB) 39:12
7. Jana le Roux (Ned) 39:16 (1<sup>st</sup> jun)
8. Ebeth Marais (Maties) 39:39
9. Kayla de Waal (WPCC) 40:13
10. Lee-Shay Willemse (Velo) 41:07

**Veterans:** 1. Obertina Kanyongo (ZIM/FNB), 49, 41:44; 2. Coriaan de Villiers (Ned), 45, 41:54; 3. Chantel Simpson (Ned), 47, 42:17. **Masters:** 1. Mariëtte Strauss (Tyger), 54, 42:26; 2. Renée Scott (VOB), 54, 46:15; 3. Retha Geldenhuys (CMC), 52, 55:00. **G'masters:** 1. Charmaine Cupido (Ned), 60, 47:41; 2. Judith Grové (Tyger), 63, 49:51; 3. Helen du Plessis (Brack), 64, 50:17. **G/g'masters:** 1. Pixie Sparg (Celtic), 71, 56:36; 2. Fiona Chisholm (RWFL), 77, 78:29; 3. Catherine Linger (RBOWVT), 86, 91:29. **Juniors:** 1. Jana le Roux (Ned), 16, 39:16; 2. Kayla de Waal (WPCC), 16, 40:13; 3. Siphokazi Liwani (Mother), 19, 42:26.

## **Goss & Balfe Sapphire Coast Marathon (28<sup>th</sup>) & Half Marathon**

Amanzimtoti, 16 October

(Distances: 42.195 km & 21.1 km; out-and-back courses.)

Note: These races used to be called the South Coast Marathon and Half Marathon and were run on point-to-point courses from Scottburgh to Amanzimtoti. This year, however, out-and-back courses from Amanzimtoti were used. Lisa Collett successfully defended her title in the marathon. – Ed.

### **Marathon**

MEN

1 Bongmusa Mthembu (Arthur Ford AC) 2:30:10 (R2000); 2 Nkosinathi Michael Duma (Nedbank) 2:32:12 (R750); 3 Delani Armstrong Mkhize (Nedbank) 2:32:59 (R500).

(Prize money in all age categories was the same: R200 for 1<sup>st</sup> place.)

**40-49:** 1 July Ndlovu (NRB Harriers) 2:55:04. **50-59:** 1 Edmund Mngadi (Stella AC) 3:14:13. **60+:** 1 Chris v.d. Westhuizen (uMhlathuze AC) 4:34:41.

WOMEN (Same prize money as men)

1 Lisa Collett (Boxer) 3:15:31; 2 Iris Lindiwe Ndlovu (NRB Harriers) 3:28:29; 3 Simone Verster (KPMG) 3:33:45.

**40-49:** 1 Patricia Dammann (Team Vitality) 3:40:58. **50-59:** 1 Tia Jones (Ind) 3:34:00. **60+:** 1 Sandy Fisser Hilton Harriers 4:21:52.

### **Half marathon**

MEN

1 Silindile Gubese (Phantane AC) 1:08:00 (R300); 2 Prodical Khumalo (ZIM/Maxed Elite) 1:08:19 (R200); 3 Vumani Mlaba (Durban Runner) 1:08:23 (R100).

(Prize money in all age categories except juniors was the same: R150 for 1<sup>st</sup> place.)

**40-49:** 1 Eugene Ncube (Phumanathi) 1:23:14. **50-59:** 1 Wilson Nyandeni (GGA AC) 1:36:52. **60+:** 1 Phineas Mandlakho (Ntombela Striders) 1:44:55. **Juniors:** 1 Lwazi Mpungose (NRB Harriers) 1:14:29 (R100).

WOMEN (Same prize money as men)

1 Zinhle Shabalala (Klip River Striders) 1:32:46; 2 Zanele Mbongwa (Klip River Striders) 1:43:08; 3 Yolande Visser (Bluff AC) 1:44:06.

**40-49:** 1 Maureen Slack (Westville AC) 1:46:35. **50-59:** 1 Gail Babich (Savages AC) 1:45:13. **60+:** 1 Pamela Rasmussen (Yellowwood Park AC) 2:03:40. **Juniors:** 1 Sarah Morrison Young (South Coast Striders) 2:25:58.

## **NMB Legacy Project Northern Areas 15 km**

Gelvandale, Port Elizabeth, 15 October

(Loop course with very hilly first half and an undulating downhill from 8-14 km. Weather: moderate wind. Finishers: 303)

Note: This race has been described as "certainly the toughest 15 km in Port Elizabeth". – Ed.

MEN

1	Mariano	Eesou	Madibaz AC	24	46:51	R2000
2	Zolani	Ngqaqa	Tinarha AC	27	48:53	R1500
3	Rodney	Prins	Nedbank RC	28	49:13	R1000
4	George	Ntshiliza	Bluewater Bay	37	49:28	R750

5	Bulelani	Niwa	Achilles AAA	32	50:18	R500
6	Anele	Maliza	Nedbank RC	38	50:41	
7	Luyanda	Tshangana	Ikhamva AC	33	51:27	
8	Melikhaya	Kepe (1 <sup>st</sup> vet)	Nedbank RC	40	51:28	
9	Kgotso	Majara	Ikhamva AC	36	52:47	
10	Terrance	Mjekula	Tinarha AC	44	53:06	
11	Thobile	Xata	Bluewater Bay	42	54:39	
12	Xabiso	Kobe (1 <sup>st</sup> jun)	Tinarha AC	18	54:49	
13	Charles	Segalo	Charlo AC	29	54:54	
14	Zamubuntu	Teyise	Charlo AC	40	55:47	
15	Xolisa	Ndlumbini	Vukani MS Club	34	55:59	
16	Michael	Bester	Achilles AAA	29	56:28	
17	Christopher	Mabengeza (1 <sup>st</sup> mast)	Nedbank RC	50	57:17	
18	Mzukisi	Klaas	Bluewater Bay	47	57:21	
19	Desmond	Zibi	Achilles AAA	53	57:29	
20	Kenneth	Menze	Bluewater Bay	54	57:32	

(Prize money in all ten-year age categories was the same: R450, R250, R150.)

**40-44:**

1	Melikhaya	Kepe	Nedbank RC	40	51:28
2	Terrance	Mjekula	Tinarha AC	44	53:06
3	Thobile	Xata	Bluewater Bay	42	54:39

**45-49:**

1	Mzukisi	Klaas	Bluewater Bay	47	57:21
2	August	Esau	Nedbank RC	45	59:37
3	Alfred	Pakkies	Charlo AC	48	1:01:20

**50-54:**

1	Christopher	Mabengeza	Nedbank RC	50	57:17
2	Desmond	Zibi	Achilles AAA	53	57:29
3	Kenneth	Menze	Bluewater Bay	54	57:32

**55-59:**

1	Joseph	Bain	St Albans AC	56	1:08:53
2	Peter	Van Rensburg	Elite AC	58	1:11:54
3	Sithembile	Mpako	Nedbank RC	56	1:13:17

**60-64:**

1	Bruce	McEwan	Achilles AAA	63	1:11:06
2	Robert	Rietmuller	PEAAC	60	1:12:09
3	Pieter	Roux	Temp	61	1:22:17

**65-69:**

1	Sizinzo	Kama	Achilles AAA	65	1:09:54
2	Graham	Channon	Achilles AAA	67	1:14:14
3	Percy	Dalton	Achilles AAA	68	1:19:09

**70-74:**

1	Tamsanqa	Jusayi	Nedbank RC	74	1:15:53
2	William	Vorster	PEAAC	70	1:17:49
3	Ron	Clark	Bluewater Bay	73	1:24:35

**75-79:**

1	Henry	Human	VWAC	77	1:48:47
---	-------	-------	------	----	---------

**Juniors:**

1	Xabiso	Kobe	Tinarha AC	18	54:49
2	Keechen	Ruiters	Temp	15	1:05:03
3	Sanelisekile	Sundu	Madibaz AC	18	1:09:47

**WOMEN**

1	Ndileka	Mvakwendlu	Tinarha AC	25	1:00:25
2	Siphokazi	Nojoko	Motherwell AC	21	1:01:15
3	Davera	Magson (1 <sup>st</sup> vet)	Nedbank RC	41	1:02:08

4	Asanda	Solani	Achilles AAA	33	1:05:09
5	Margie	Saunders (1 <sup>st</sup> g'mast)	Nedbank RC	63	1:07:12
6	Talana	Vosloo	Nedbank RC	35	1:08:46
7	Christine	Claasen (1 <sup>st</sup> mast)	Achilles AAA	52	1:09:17
8	Terray	Newcombe	Elite AC	25	1:11:46
9	Priscilla	Dyantyi	Nedbank RC	42	1:12:29
10	Andiswa	Fezani	Nedbank RC	29	1:14:06
11	Janette	Schierz-Crusius	Body Concept	56	1:14:50
12	Janine	Gardiner	Charlo AC	35	1:14:58
13	Buyelwa	Kobokana	Nedbank RC	51	1:14:58
14	Olwethu	Bomvana	Motherwell AC	30	1:16:10
15	Louise	Mazuelas	Charlo AC	38	1:16:15
16	Toegeda	Vyver	Nedbank RC	44	1:16:58
17	Ludine	Williams	Malabar	29	1:17:33
18	Tanya	Wilson	Temp	23	1:18:36
19	Nomakhosi	Ntliziyo (1 <sup>st</sup> jun)	Motherwell AC	18	1:18:37
20	Nikita	Drury	PEAAC	24	1:18:44

**40-44:**

1	Davera	Magson	Nedbank RC	41	1:02:08
2	Priscilla	Dyantyi	Nedbank RC	42	1:12:29
3	Toegeda	Vyver	Nedbank RC	44	1:16:58

**45-49:**

1	Gail	Klichowicz	Achilles AAA	49	1:22:00
2	Lesley	Maggott	Achilles AAA	49	1:29:45
3	Erika	Foreman	St Albans AC	46	1:36:07

**50-54:**

1	Christine	Claasen	Achilles AAA	52	1:09:17
2	Buyelwa	Kobokana	Nedbank RC	51	1:14:58
3	Aletta	Joubert	Crusaders AC	54	1:26:52

**55-59:**

1	Janette	Schierz-Crusius	Body Concept	56	1:14:50
2	Rosemary	Joubert	Crusaders AC	55	1:20:38
3	Liz	Austin	Achilles AAA	58	1:33:34

**60-64:**

1	Margie	Saunders	Nedbank RC	63	1:07:12
2	Cathy	Ives	Achilles AAA	63	1:25:06
3	Christine	Snyman	Despatch AC	60	1:28:25

**70-74:**

1	Ronelle	Steyn	Nedbank RC	72	1:40:58
2	Christine	Fourie	Elite AC	70	1:46:48
3	Angeline	Kivedo	Walmer AC	70	2:14:35

**75-79:**

1	Dorothy	Hart	Madibaz AC	78	2:02:56
---	---------	------	------------	----	---------

**Juniors:**

1	Nomakhosi	Ntliziyo	Motherwell AC	18	1:18:37
2	Marike	Marais	St Albans AC	18	1:48:48

## Silver Queen Runway Night Race

Ysterplaat, 14 October

(Distance: 10 km; certified loop course. Finishers: 909 [up from 712 last year].)

Note: The route was about 500 m short due to a marshalling error. – Ed.

### MEN

1. Danzil Paulse (East) 29:42
2. Siviwe Nkombi (Itheko) 29:53
3. Andrew Louw (East) 30:39

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 31:50; 2. Andile Mlandu (IT) 35:42; 3. Mogale Piloso (SANDF) 37:06. **Masters:** 1. Johnny Persents (WR) 33:01; 2. Zolani Ntsodo (SANDF) 36:08; 3. Sidney Rustin (SANDF) 38:31. **G'masters:** 1. Albert Williams (Top) 43:35; 2. Johan van Zyl (Sanlam) 43:56; 3. Kevin Kohler (Edge) 44:25. **G/g'masters:** 1. Jeff Smith (Itheko) 44:15; 2. Ronnie le Roux (Brack) 46:20; 3. Oloff Crous (Brack) 53:20. **Juniors:** 1. Jason Neels (UWC) 32:52; 2. Timon Nieuwstadt (Bell) 33:27; 3. Michael Mackintosh (FH) 37:03.

### WOMEN

1. Candyce Hall (Carb) 37:32
2. Mariëtte Strauss (Tyger) 39:19 (1<sup>st</sup> mast)
3. Nicola Hooper (Carb) 39:23

**Veterans:** 1. Melanie Porter (Pine) 42:09; 2. Jackie Misroll (Pine) 42:12; 3. Tyshia Johannes (Gugs) 44:41. **Masters:** 1. Mariëtte Strauss (Tyger) 39:19; 2. Teretha Lourens (WC) 44:05; 3. Sally Hollick (WC) 47:45. **G'masters:** 1. Nancy Will (Pine) 44:49; 2. Helen du Plessis (Brack) 46:39; 3. Diane Duggan (Melkbos) 53:13. **G/g'masters:** 1. Pixie Sparg (Celtic) 53:37; 2. Marlene James (Pine) 56:14; 3. Marianne Nelson (RWFL) 62:26. **Juniors:** 1. Razaan Kamaldien (MSA) 42:09; 2. Megan Bruiners (Met) 60:23; 3. Alia Isaacs (Kenfac) 60:43.

## Hartenbos Spring Run 15 km

Hartenbos, 8 October

(Finishers: 188)

Note: Elize Kloppers finished seventh overall. – Ed.

### MEN

1	Godwin Heyns	Nedbank	18	51:40
2	Allentino Kleynhans	Nedbank	18	54:36
3	Melikhaya Msizi	Knysna Marathon Club	33	57:02
4	Corne Conradie	Nedbank	31	1:03:39
5	Mkhawuleli Mazele	Petrosa	29	1:04:40
6	Gida De Swardt	Hartenbos Drawwers	30	1:04:57
7	Uran Le Roux	Volkswagen	49	1:05:27
8	Daniel Stevens	Nedbank	28	1:05:33
9	Johannes Snyman	Rainbow AC	42	1:06:51
10	Samuel Windvogel	Outeniqua Harriers	53	1:07:07

### WOMEN

1	Elize Kloppers	Hartenbos Drawwers	46	1:05:03
2	Danica Dannhauser	Team Vitality	32	1:08:28
3	Danika Gerber	Hartenbos Drawwers	25	1:09:00
4	Nerida Lubbe	Hartenbos Drawwers	40	1:10:14
5	Carla Spangenberg	Nedbank	28	1:12:05

6	Naretha Stockenstrom	RWFL	48	1:14:19
7	Linelle Whitehead	Langeberg AC	35	1:18:52
8	Maryke Sass	Nedbank	45	1:19:02
9	Monica Olivier	Temp	18	1:19:33
10	Elriette Snyman	Hartenbos Drawwers	17	1:20:02

### **Total Whale Half Marathon (20<sup>th</sup>)**

Hermanus, 1 October

(Distance: 21.1 km; loop course, fairly flat but hilly in last 4 km. Weather: cool, overcast, no wind. Finishers: 204 [down from 227 last year].)

Note: Women's winner Tanya Posthumus-Fox successfully defended her title. – Ed.

#### **MEN**

1	Jimmy	Bonjesi	Whalers AC	1:13:44	R750
2	Jonathan	Black	UCT	1:15:38	R500
3	Pieter	Koopman	Itheko	1:21:20	R300
4	Sivuyile	Sibango	Ind	1:22:23	
5	Johan	Oerson	Ind	1:24:16	
6	Clint	Williams	Wellington AC	1:26:38	
7	Mark	Kavanagh	Whalers AC	1:28:26	
8	Mlandeli	Mkhohlakani	Whalers AC	1:28:36	
9	Frank	Gillion	Whalers AC	1:29:57	
10	Mlibaleni	Nadabongo	Bredasdorp AC	1:30:07	

(All age category prize money, except 70+, was the same: R300, R200, R100.)

#### **Veterans:**

1	Pieter	Koopman	Ihteko AC	1:21:20
2	Mark	Kavanagh	Whalers AC	1:28:26
3	Mbaleni	Nadabongo	Bredasdorp AC	1:30:07

#### **Masters:**

1	Frank	Gillion	Whalers AC	1:29:57
2	Lorenco	Lucas	Nedbank	1:31:27
3	Louis	Botha	Ind	1:38:17

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

1	Terrence	Brown	Swartland AC	1:37:50
2	Mike	Skevington	Atlantic AC	1:38:47
3	Willie	van Wyk	Brackenfell AC	1:47:51

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

1	Roelof	van Weele	Whalers AC	2:01:19	R300
2	Riël	Hugo	Durbanville AC	2:28:09	R200

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

1	Tanya	Posthumus-Fox	Century City	1:31:46
2	Somari	Goussard	Ind	1:37:47
3	Marie	Louw	FNB Multiklub	1:39:19
4	Malana	Uys	Ind	1:41:18
5	Enzi	Goussard	Worcester AC	1:42:24
6	Tamryn	Worsnip	Westville AC	1:42:30
7	Annmarie	Steyn	Whalers AC	1:42:37
8	Marie	Gous	VOB	1:43:53
9	Elna	Fourie	Langeberg AC	1:44:24
10	Dawn	Saunders	Helderberg AC	1:50:57



**Veterans:**

1	Enzi	Gous	Worcester AC	1:42:24
2	Annmarie	Steyn	Whalers AC	1:42:37
3	Mari	Gaertner	VOB	1:43:53

**Masters:**

1	Marie	Louw	FNB	1:39:19
2	Malana	Uys	Ind	1:41:18
3	Dawn	Saunders	Helderberg AC	1:50:57

**G'masters:**

1	Christine	Hibbert-Roux	Whalers AC	1:55:29
2	Helen	Sutherland-Johns	Ind	2:09:14
3	Sue	Rymer	Helderberg AC	2:09:58

**G/g'masters:**

1	Annatjie	Berntzen	Goodwood	2:49:07
2	Arlene	Ehrenberg	Whalers AC	3:00:16

**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****TCS Amsterdam Marathon (41st)**

(IAAF Gold Label Road Race/Dutch Marathon Championships)

Amsterdam, NED, 16 October

(Distance: 42.195 km; certified loop course with stadium finish)

**MEN (gun times)**

1.	Daniel Wanjiru, KEN	2:05:21 PB/CR
	[1:03:19 / 1:02:02]	
2.	Sammy Kitwara, KEN	2:05:45
3.	Marius Kimutai, KEN	2:05:47 PB
4.	Laban Korir, KEN	2:05:54 PB
5.	Ezekiel Chebii, KEN	2:06:07 PB
6.	Felix Kandie, KEN	2:06:25 PB
7.	Geoffrey Kirui, KEN	2:06:27 PB
8.	Bernard Kipyego, KEN	2:06:45
9.	Mule Wasihun, ETH	2:07:19
10.	Abera Kuma, ETH	2:07:48

**WOMEN (gun times)**

1.	Meselech Melkamu, ETH	2:23:21
	[1:11:11 / 1:12:10]	
2.	Abebech Afework, ETH	2:24:27
3.	Eunice Chumba, BRN	2:25:00 PB
4.	Priscah Jeptoo, KEN	2:25:57
5.	Meseret Hailu, ETH	2:27:50
6.	Zenash Gezmu, ETH	2:32:48 PB
7.	Ruth van der Meijden, NED	2:33:44 PB (1st NC)
8.	Louise Wiker, SWE	2:36:39 PB

**Scotiabank Toronto Waterfront Marathon** (17th)

(Canadian Marathon Championships)

Toronto, CAN, 16 October

(Distance: 42.195 km)

Note: The incredible Ed Whitlock upstaged the elite field here by running an ARRS world record for men 85 and over, clocking 3:56:38 (previous record was 4:34:55), reports *Race Results Weekly*. "I was hoping for that," said Whitlock in his post-race interview. He admitted that he went out too fast. "I wasn't happy at 25 km. I was thinking that this was going to be an absolute disaster. I was well under four-hour pace at that point." – Ed.

## MEN (gun times)

- |                       |                     |            |
|-----------------------|---------------------|------------|
| 1. Philemon Rono, KEN | 2:08:27             | CAD 25,000 |
|                       | [1:03:57 / 1:04:29] |            |
| 2. Seboka Dibaba, ETH | 2:09:47             | 15,000     |
| 3. Albert Korir, KEN  | 2:10:23             | 8,000      |
| ...                   |                     |            |
| Ed Whitlock, 85, CAN  | 3:56:38             | WR M85-90  |

## WOMEN (gun times)

- |                         |                     |               |
|-------------------------|---------------------|---------------|
| 1. Shure Demise, ETH    | 2:25:18             | CAD 25,000    |
|                         | [1:12:10 / 1:13:06] |               |
| 2. Tadelech Bekele, ETH | 2:26:31             | 15,000        |
| 3. Rebecca Chesir, KEN  | 2:28:54             | 8,000         |
| 4. Ashete Bekere, ETH   | 2:33:18             | 6,000         |
| 5. Krista Duchene, CAN  | 2:34:02             | 4,000 + 5000c |

**Dong-A Ilbo Gyeongju Marathon**

Gyeongju, KOR, 16 October

(Distance: 42.195 km; loop course)

## MEN (gun times)

- |                                     |         |    |
|-------------------------------------|---------|----|
| 1. Filex Kipchirchir Kiprotich, KEN | 2:06:58 | PB |
| 2. Ernest Kiprono Ngeno, KEN        | 2:07:49 | PB |
| 3. Robert Kipkorir Kwambai, KEN     | 2:08:03 | PB |
| 4. Hillary Kipchumba, KEN           | 2:08:23 | PB |
| 5. Wilson Erupe Loyanai, KEN        | 2:08:52 |    |

## WOMEN (gun times)

- |                      |         |
|----------------------|---------|
| 1. Kang Su-Jung, KOR | 2:45:57 |
|----------------------|---------|

**PZU Cracovia Royal Half Marathon** (3rd)

Krakow, POL, 16 October

(Distance: 21.1 km)

## MEN

- |   |         |
|---|---------|
| 1. Hilary Kiptum MAIYO KIMAIYO, 1994, KEN | 1:02:59 |
| 2. Szymon KULKA, 1993, POL                | 1:03:03 |
| 3. Dmytro LASHYN, 1988, UKR               | 1:03:23 |
| 4. Robert Wambua MBITHI, 1989, KEN        | 1:03:46 |
| 5. Henry KEMBOI, 1981, KEN                | 1:04:11 |

## WOMEN

- |                                   |         |
|-----------------------------------|---------|
| 1. Izabela TRZASKALSKA, 1988, POL | 1:11:33 |
|-----------------------------------|---------|

2. Yuliya SHMATENKO, 1991, UKR, 1:12:20 PB
3. Stellah BARSOSIO, 1993, KEN, 1:12:42
4. Lilia FISKOVICZ, 1989, MDA, 1:13:02 PB
5. Christine Moraa OIGO, 1986, KEN, 1:13:14

### **Maratonina Città di Cremona (15th)**

Cremona, ITA, 16 October

(Distance: 21.1 km; one-loop course with no start/finish separation)

MEN (gun times)

1. Victor Kimutai Chumo, KEN 1:02:07 EUR 1400
2. Joash Kipruto Koech, KEN 1:02:10 900
3. Rodgers Maiyo, KEN 1:02:20 500
4. Paul Tiongik, KEN 1:02:43 400
5. Paul Kariuki Mwangi, KEN 1:03:02 250

WOMEN (gun times)

1. Emma Quaglia, ITA 1:14:15 EUR 1400 + 300i
2. Pauline Eapan, KEN 1:16:10 900
3. Deborah Toniolo, ITA 1:16:18 500 + 250i

i) Earned Italian citizen prize money

### **Tufts Health Plan 10 km for Women (40th)**

(Women Only/Also the USA National 10 km Championships)

Boston, USA, 10 October

(Certified standard course)

(gun times)

1. Emily Sisson, 24, Providence, RI 31:47 PB \$4,200 + 7,650a
2. Sarah Pagano, 25, Brighton, MA 32:31 PB 2,800 + 4,650a
3. Monicah Ngige, 22, Lansing, MI (KEN) 32:37 2,400
4. Lauren Paquette, 30, Memphis, TN 32:52 3,650a
5. Becky Wade, 27, Louisville, CO 33:03 3,100a
6. Lindsey Scherf, 30, High Falls, NY 33:03 2,850a
7. Kim Smith, 34, Providence, RI (NZL) 33:17
8. Jen Rhines, 42, Boston, MA 33:30 2,250a + 1,025m

a) Earned American prize money

m) Earned masters prize money

### **Bank of America Chicago Marathon (39th)**

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

Chicago, USA, 9 October

(Distance: 42.195 km; certified loop course, almost completely flat)

MEN (gun times)

1. Abel Kirui, 34, KEN, 2:11:23 \$100,000  
[1:06:51 / 1:04:32]
2. Dickson Chumba, 30, KEN 2:11:26 75,000
3. Gideon Kipketer, 24, KEN 2:12:20 50,000
4. Paul Lonyangata, 24, KEN 2:13:17 30,000
5. Stephen Sambu, 28, KEN 2:13:35 DB 25,000

## WOMEN (gun times)

1. Florence Kiplagat, 29, KEN 2:21:32 \$100,000 + 10,000i  
[1:10:29 / 1:11:03]
2. Edna Kiplagat, 37, KEN 2:23:28 75,000 + 5,000i
3. Valentine Kipketer, 23, KEN 2:23:41 50,000 + 5,000i
4. Purity Rionoripo, 23, KEN 2:24:47 PB 30,000
5. Yebrgual Melese, 26, ETH 2:24:49 25,000

i) Earned time bonus

**Medtronic Twin Cities Marathon (35th) & 10 Mile (18th)**

(USA 10-mile Championships; USA Masters Marathon Championships)

Minneapolis to St. Paul, USA, 9 October

(Distances: 42.195 km; standard certified course with 31 m elevation loss and 29.5% start/finish separation [record-standard]; &amp; 10 mles; certified point-to-point course with 14 m elevation GAIN and 78% start/finish separation [not record-standard].)

**Marathon** (gun times)

## MEN

1. Dominic Ondoro, 28, Santa Fe, NM (KEN) 2:08:51 \$10,000 + 25,000\*
2. Elisha Barno, 31, Santa Fe, NM (KEN) 2:10:21 7,000
3. Rodgers Gesabwa, 28, Marietta, GA (KEN) 2:15:24 PB 5,000

## WOMEN

1. Jane Kibii, 31, Auburn, CA (KEN) 2:30:01 PB \$10,000
2. Sarah Kiptoo, 27, Santa Fe, NM (KEN) 2:32:18 7,000
3. Serkalem Abrha, 29, Albuquerque, NM (ETH) 2:34:58 5,000

**USA 10-mile Championships** (gun times)

## MEN

1. Sam Chelanga, 31, Tucson, AZ 47:25 \$12,000
2. Noah Droddy, 26, Boulder, CO 47:28 DB 10,000
3. Tim Ritchie, 29, New Haven, CT 47:33 7,000

## WOMEN (all-women's race)

1. Jordan Hasay, 25, Beaverton, OR 52:49 DB \$12,000 + 10,000e
2. Aliphine Tuliamuk, 27, Santa Fe, NM 53:01 10,000
3. Gwen Jorgensen, 30, St Paul, MN 53:13 DB 7,000
4. Sara Hall, 33, Redding, CA 53:33 4,000

e) Earned equalizer bonus for beating the first man (5:43 headstart)

**B.A.A. Half Marathon** (16th)

Boston, USA, 9 October

(Distance: 21.1 km; certified, hilly with some rough surfaces and many turns, negligible start/finish separation)

## MEN (gun times)

1. Daniel Salel, 25, Kenya 1:03:13 \$10,000
2. Abraham Kipyatich, 23, Kenya 1:03:22 6,000
3. Tsegay Tuemay, 20, Eritrea 1:03:29 4,000

## WOMEN (gun times)

1. Mary Wacera, 27, Kenya 1:10:19 \$10,000
2. Diane Nukuri, 31, Flagstaff, AZ (BDI) 1:10:52 6,000
3. Valentine Kibet, 26, Kenya 1:14:42 4,000

4. Heather Cappello, 36, Brookline, MA 1:15:53 2,500
5. Mary Davies, 34, Austin, TX (NZL) 1:17:10 1,200

### **Murfreesboro Half Marathon**

Murfreesboro, USA, 8 October  
(Distance: 21.1 km)

MEN

1. Micah Tirop, 33, Murfreesboro, TN (KEN) 1:14:17 \$500 + 200r
2. David Mokone, 25, Bowling Green, KY (RSA) 1:15:35 250
3. John Woodman, 28, Nashville, TN 1:15:48 150

r) Earned Rutherford County prize money

### **CROSS-COUNTRY**

#### **Ndalat Gaa Cross-country**

Ndalat Gaa, KEN, 15 October

SR. MEN (10 km):

1. Abraham KIPTUM (KEN) 1989 30:49
2. Josphat TANUI (KEN) 1994 30:54
3. Bernard KIPKEMOI (KEN) 1994 31:06
4. Elisha KIPCHIRCHIR (KEN) 1990 31:11
5. Emmanuel BOR (KEN) 1993 31:16

SR. WOMEN (8 km):

1. Alice Apron NAWOWUNA (KEN) 1994 27:25
2. Irene CHEPTAI (KEN) 1992 27:46
3. Gladys CHESIRE (KEN) 1993 28:17
4. Sheila KETER (KEN) 1995 28:26
5. Sheila CHEPKIRUI (KEN) 1991 28:32

#### **adidas NCAA Division I Pre-Nationals**

Terre Haute, USA, 15 October

MEN (8 km)

BLUE RACE -

1. Edward CHESEREK, SR, OREGON (KEN) 23:34.7
2. Frankline TONUI, SR, ARKANSAS (KEN) 23:56.1
3. Amon TERER, SR, CAMPBELL (KEN) 23:58.5
4. Matthew MATON, SO, OREGON 24:07.7

WOMEN (6 km)

BLUE RACE -

1. Erin FINN, SR, MICHIGAN 19:44.7
  2. Erin CLARK, SR, COLORADO 20:08.4
  3. Peyton BILO, SO, CAL POLY 20:11.5
  - ... 33. Aynslee VAN GRAAN, JR, COASTAL CAROLINA (RSA) 20:48.5
  - ... 77. Kyla VAN GRAAN, SR, COASTAL CAROLINA (RSA) 21:15.5
-

## STATS TIME

Tanith Maxwell recently set a new South African veteran record of 2:00:38 for 30 km in the John Korasie race in Cape Town. Here is a list of the top ten veterans of all time. Secondary performances by the top three are also listed, with Denise Dippenaar having five times on the list.

### ALL-TIME 30 KM: TOP 10 WOMEN VETERANS

2:00:38	Tanith Maxwell	Cape Town	14 Aug 16
2:02:48	Nancy Will	Cape Town	14 Jan 95
2:04:18	Will-2	Cape Town	15 Jan 94
2:04:18	Denise Dippenaar	Cape Town	13 Jan 96
2:04:18	Will-3	Cape Town	15 Jan 94
2:04:22	Joanna Thomas	Cape Town	09 Jan 11
2:04:23	Marion Jenkins	Milnerton	14 May 88
2:05:02	Renée Scott	Cape Town	13 Jan 01
2:05:31	Barbara Webb	Milnerton	14 May 88
2:05:48	Dippenaar-2	Cape Town	10 Jan 98
2:06:13	Pixie Sparg	Milnerton	13 May 89
2:06:26	Dippenaar-3	Parow	09 Mar 96
2:06:37	Karen Bradford	Parow	26 Mar 00
2:07:07	Dippenaar-4	Parow	13 Mar 99
2:07:22	Dippenaar-5	Cape Town	11 Jan 97
2:07:47	Ursula Frans	Cape Town	09 Jan 11

### THIS MONTH IN HISTORY

#### 33 years ago: 16 October 1983

National records were set by both winners of the America's Marathon in Chicago. New Zealand's Anne Audain, a former world record holder in the 5000 metres who was running her first marathon, had built a lead of two minutes by the 20-mile (32 km) mark before starting to slow. With a mile to go, she was still ahead, but then looked behind her, stumbled and twisted an ankle. Charging down on her was Rosa Mota, who soon overhauled her and went on to win in 2:31:12, a new Portuguese record. Audain finished fourth. In the men's race Joseph Nzau set a Kenyan record of 2:09:45 after a sprint finish against Hugh Jones (GBR), who recorded the same time. In 18th position was South African Johnny Halberstadt, with Bill Rodgers finishing 30th and Emiel Puttemans 38th. (The 39<sup>th</sup> running of the Chicago Marathon, as it is now called, took place last weekend.)

### 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
	27:28	Zane Robertson (NZL)		
	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	31 Jan
	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 94:01	Jan Lebesse Doug Winn (USA) 2010	Pretoria	07 May
30 km	2:12:25 1:57:07	Mochamat Kriel Ed Whitlock (CAN) 1994	Simon's Town	14 Aug
Marathon	3:14:57 2:36:30	Robbie Lindsay Yoshihisa Hosaka (JPN) 2009	East London	20 Feb
100 km				
<u>Great grandmasters (70+)</u>				
10 km	43:16 43:16 37:33	Andrew Spence Jeff Smith Ed Whitlock (CAN) 2004	Sasolburg Goodwood	06 Feb 12 Mar
15 km	66:12 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Ravensmead	19 Mar
21.1 km	95:28 82:23	Jeff Smith Ed Whitlock (CAN) 2001	Port Elizabeth	30 Jul
25 km	3:03:13 99:59	Assie van Aswegen Clive Davies (USA) 1985	Pretoria	07 May
30 km	2:22:55 2:00:56	Jeff Smith Ed Whitlock (CAN) 2001	Camps Bay	10 Jan
Marathon	3:23:49 2:54:49	Johan van Zyl Ed Whitlock (CAN) 2004	Cape Town	18 Sep
100 km				
<u>Juniors</u>				
10 km	30:34 27:52	Kabelo Melamu Richard Chelimo (KEN) 1990	Benoni	31 Jan
15 km	46:36 42:25	Adrian Wildschutt Moses Mosop (KEN) 2004	Ravensmead	19 Mar
21.1 km	65:15 59:16	Kabelo Melamu Samuel Wanjiru (KEN) 2005	Port Elizabeth	30 Jul
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:02 30:52 30:21m 30:29w	Irvette van Zyl Shalane Flanagan (USA) Paula Radcliffe (GBR) 2003 Asmae Leghzaoui (MAR) 2002	Durban	17 July
15 km	54:24 48:14	Zintle Xiniwe Peres Chepchirchir (KEN) Cynthia Cherotich Limo (KEN) Netsanet Gudeta Kebede (ETH) Genet Ayalew Kassahun (ETH)	Constantia	05 Mar
21.1 km	46:14m 46:59w 71:00 65:51 65:09m 66:25w	Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007 Irvette van Zyl Viola Chepchumba (KEN) Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007	Port Elizabeth	30 Jul
25 km	1:47:01 1:33:24a 1:25:36 79:53m 82:47w	Caroline Wöstmann Jenna Challenor Alphine Tuliamuk (USA) Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Pretoria Pinetown	07 May 31 Jan
30 km	1:59:58 1:43:55 1:38:49m	Tanith Maxwell Miharu Shimokado (JPN) Mizuki Noguchi (JPN) 2005	Camps Bay	10 Jan



Marathon	1:39:11w	Mary Keitany (KEN) 2011	London	24 Apr
	2:32:20	Irvette van Zyl		
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
100 km	2:17:42w	Paula Radcliffe (GBR) 2005	Cape Town	24 Sep
	10:16:48	Martha Pretorius		
	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	1:53:29	Maria Vilakazi	Brits	01 Oct
	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 Coetzee	Eersterivier	18 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:22	Elmarie Coetzee	Port Elizabeth	30 Jul
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:00:27	Ansa Strydom	Pretoria	07 May
	2:13:42a	Roshnee Natsen	Pinetown	31 Jan
	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18	Jane Mudau	East London	20 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:12	Margie Saunders	Port Elizabeth	20 Aug
	38:56	Lidia Zentner (GER) 2015		
15 km	64:56	Margie Saunders	Port Elizabeth	06 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	92:42	Margie Saunders	Port Elizabeth	11 Jun
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:37:27	Pamela Rasmussen	Durban	06 Mar
	2:22:39a	Jenny Scott	Pinetown	31 Jan
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:20:20	Margie Saunders	Uitenhage	05 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:30:14	Nancy Will	East London	20 Feb
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	54:14	Pixie Sparg	Grassy Park	04 Sep

15 km	44:09 82:28 72:52	Lavinia Petrie (AUS) 2014 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				
30 km	2:18:20 2:50:02 2:47:08	Gerry Davidson (USA) 1991 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				
<u>Juniors</u>				
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, Top Events, Carina van der Merwe, Margie Saunders

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)



