

Distance Running Results

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EDITORIAL

One list leader was set this past weekend, by master George Mooi in the Sportsmans Warehouse 15 km in Boksburg; he clocked 53:34. Promising junior Robyn Kaltenbrunn won the women's title by a big margin in 60:24.

The previous weekend Siyabulela Mpongwana (2:42:25) and Candyce Hall (3:31:17) won the 38th Voet van Afrika Marathon on a newly designed, much tougher course, but there are problems with the results of this race and its accompanying half marathon (see comment with the results below).

That same weekend Melissa van Rensburg won the downhill Meiringspoort Half Marathon in a quick 1:22:04; her best time on a standard course is 1:25:39.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sportsmans Warehouse 15 km, Boksburg
- * Ommiedraai 10 km, Kenilworth
- * ITEC 10 km, Table View
- * White Cane Eye & Laser 10 km, Port Elizabeth
- * CSIR Half Marathon & 10 km, Pretoria
- * Trevor Gee 10 km, East London
- * Voet van Afrika Marathon, Half Marathon & 10 km, Bredasdorp
- * Meiringspoort Half Marathon & 12.5 km, Meiringspoort to De Rust
- * Spur to Spur 10 km, George

International highlights:

- * Venice Marathon, Venezia, ITA
 - * Medio Maratón Ciudad de Valencia, Valencia, ESP
 - * Great South Run 10 Miles, Southsea to Portsmouth, GBR
 - * XC: Boston Mayor's Cup Cross-country, Boston
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ROAD RUNNING

Sportmans Warehouse 15 km

Boksburg, 23 October
(Finishers: 1400)

MEN

1 Donald Mashamaite (BCC) 47:57; 2 Paulus Radebe (Tembisa) 48:34; 3 Kgathatso Checha (Cool Running) 50:35.

Veterans: 1 Action Ramaboea (Ivory Park) 52:07; 2 Masaia Mbengeni (Jeppe) 54:10; 3 Siphon Dlamini (GCH) 56:03. **Masters:** 1 George Mooi (Gallopers) 53:34; 2 Solomon Khumalo (Carlton) 54:30. **G'masters:** 1 Patrick Waterson (Rockies) 78:58. **G/g'masters:** 1 Pele Tshidikudamalema (Olifants) 75:23. **Juniors:** 1 Evans Malepe (Benoni Harriers) 53:19.

WOMEN

1 Robyn Kaltenbrunn (KPMG) 60:24; 2 Rebecca Mokgosinyane (Nedbank) 61:40; 3 Danka Erasmus (KPMG) 62:27.

Veterans: 1 Veliswa Dunjwa (Unlinda) 68:10; 2 Lisa Fernandez (Kayalami) 69:38; 3 Wendy Ancill (Jeppe) 70:28. **Masters:** 1 Ansa Strydom (Nedbank) 71:47; 2 Louise Goosen (Kempton) 76:50. **G'masters:** 1 Patricia Shaw (BNAC) 91:52. **G/g'masters:** 1 Deirdre Larkin (Randburg) 94:02. **Juniors:** 1 Robyn Kaltenbrunn (KPMG) 60:24.

Ommiedraai 10 km

Kenilworth, 23 October

Note: Second race in two days here for Akhona Makila, John September, Fortunate Chidzivo, Candyce Hall, Mariëtte Strauss and Helen du Plessis, who all ran the ITEC 10 km the previous day. Hall also completed (and won) the Voet van Afrika Marathon the previous weekend. – Ed.

MEN

1. Akhona Makila (VOB) 30:35 (R500)
2. Vuyolwethu Mbukushe (Gugs) 31:10 (R400)
3. Siviwe Nkombi (Itheke) 31:13 (R300)

(All age category prize money except juniors was the same: R300, R250, R150.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:52; 2. Pieter Koopman (Itheke) 34:23; 3. Xolile Macanda (Gugs) 35:56. **Masters:** 1. Johnny Persents (WR) 35:09; 2. Steve Motau (Ned AGN) 36:01; 3. John September (Itheke) 36:33. **G'masters:** 1. Mochamat Kriel (Ommie) 40:04; 2. Gemjikile Tom (Eskom) 41:44; 3. Awie Veldsman (Held) 42:35. **G/g'masters:** 1. Jeff Smith (Itheke) 50:18; 2. Joseph Matthews (MS) 52:57; 3. Oloff Crous (Brack) 56:24. **Juniors:** 1. Thembeko Mendu (Gugs) 32:55 (R350); 2. Lukhanyo Nobakada (VOB) 34:04 (R300); 3. Asemahle Kwatsha (Gugs) 34:33 (R200).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Ned) 37:31
2. Candyce Hall (Carb) 40:39
3. Nicola Hooper (Carb) 41:11

Veterans: 1. Busisiwe Matiwane (Ned) 43:18; 2. Melanie Porter (Pine) 44:31; 3. Jacky Misroll (Pine) 44:48. **Masters:** 1. Mariëtte Strauss (Tyger) 41:48; 2. Olga Howard (Celtic) 43:54; 3. Beverley Charters (VOB) 46:31. **G'masters:** 1. Nancy Will (Pine) 44:41; 2. Charmaine Cupido (Ned) 49:11; 3. Helen du Plessis (Brack) 50:25. **G/g'masters:** 1. Pixie

Sparg (Celtic) 58:00; 2. Annatjie Berntzen (Good) 76:12; 3. Ruth Francis (IT) 77:15.
Juniors: 1. Siziphiwe Mbatsa (VOB) 44:41; 2. Razaan Kamaldien (MSA) 45:18; 3. Celine Moses (Ommie) 46:03.

ITEC 10 km

Table View, 22 October
 (Finishers: 513 [up from 476 last year].)

MEN

1. Andrew Louw (East) 31:46 (R300)
2. Akhona Makila (VOB) 33:40 (R200)
3. Bulelani Bhebha (VOB) 33:42 (R150)

(All age category prize money was the same: R150, R100, R50.)

Veterans: 1. Gavin McCarthy (Edge) 39:40; 2. Cassiem Lindoor (Stell) 41:01; 3. David Yuill (WC) 41:20. **Masters:** 1. John September (Itheko) 36:55; 2. Leonard Kali (Gugs) 39:34; 3. Isaac Manuel (Edge) 40:17. **G'masters:** 1. Albert Williams (Top) 45:52; 2. Kevin Kohler (Edge) 46:55; 3. Richard Wilson (CC) 47:10. **G/g'masters:** 1. Ronnie le Roux (Brack) 50:01; 2. Peter Donald (WC) 51:49; 3. Caspar Greeff (AAC) 61:37. **Juniors:** 1. Lethu Cetwayo (VOB) 35:56; 2. Yanga Keli (Sanlam) 36:45; 3. Bonvuyise Pingo (VOB) 38:22.

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Ned) 38:29
2. Ebeth Marais (Maties) 38:31
3. Candyce Hall (Carb) 39:03

Veterans: 1. Obertina Kanyongo (ZIM/FNB) 40:24; 2. Tyshia Johannes (Gugs) 45:14; 3. Alexis Sacks (Carb) 47:34. **Masters:** 1. Mariëtte Strauss (Tyger) 41:54; 2. Teretha Lourens (WC) 47:10; 3. Cailey Bredenkamp (Paarl) 50:25. **G'masters:** 1. Judith Grove (Tyger) 49:22; 2. Helen du Plessis (Brack) 49:36; 3. Ruth Leverton (Pine) 56:17. **G/g'masters:** 1. Annatjie Berntzen (Good) 76:33; 2. Irene Eygelaar (Edge) 78:16. **Juniors:** 1. Kyla Clark (Stell) 52:55; 2. Megan Bruiners (Met) 67:37.

White Cane Eye & Laser 10 km

Port Elizabeth, 22 October
 (Finishers: 526 [up from 510 last year].)

MEN

1	Mariano	Eesou	Madibaz AC	24	31:43
2	Brendon	Effenaar	Nedbank RC	20	31:50
3	George	Ntshiliza	Bluewater Bay	37	32:38
4	Lonwabo	Williams (1 st jun)	Tinarha AC	18	32:53
5	Luyanda	Tshangana	Ikhamva AC	33	33:00
6	Siyabonga	Kahla	Motherwell AC	20	33:04
7	Tandisile	Xoshomba	Temp	20	33:42
8	Melikhaya	Kepe (1 st vet)	Nedbank RC	40	34:08
9	Michael	Bester	Achilles AAA	29	34:58
10	Zamubuntu	Teyise	Charlo AC	40	34:59
11	Xolisa	Ndlumbini	Vukani MS Club	34	35:14
12	Nathi	Mda	Motherwell AC	24	35:30
13	Tumelo	Mochelenyane	Nedbank RC	34	35:59
14	Xabiso	Kobe	Tinarha AC	18	36:17
15	Khayaletu	Makalima	Aspen Pharmacar	33	36:20
16	Darrell	Wicht (1 st mast)	Madiba BW	53	36:27

17	Victor	Goliath	Temp	17	36:45
18	Clinton	Barrath	Malabar	34	37:07
19	Mandisi	Zamani	VWAC	24	37:30
20	Msindisi	Matshobeni	NMB Mun	37	37:44
40-44:					
1	Melikhaya	Kepe	Nedbank RC	40	34:08
2	Zamubuntu	Teyise	Charlo AC	40	34:59
3	Johannes	Jonck	St Albans AC	43	37:47
45-49:					
1	Luvuyo	Stephen	Nedbank RC	46	39:03
2	Shaun	Coetzee	Xcel AC	47	40:34
3	Robert	Jordaan	Xcel AC	49	42:31
50-54:					
1	Darrell	Wicht	Madiba BW	53	36:27
2	Colben	Ngcupe	Charlo AC	53	39:13
3	Vernon	Newfeldt	Gelvan AC	50	41:03
55-59:					
1	Andre	Dalton	Nedbank RC	55	39:46
2	Chester	Brooks	Xcel AC	58	44:56
3	Lorence	Ntika	Ikhamva AC	59	44:57
60-64:					
1	Bruce	McEwan	Achilles AAA	63	45:24
2	Robert	Rietmuller	PEAAC	60	46:36
3	Donald	Mancasa	Madibaz AC	62	49:54
65-69:					
1	Sizinzo	Kama	Achilles AAA	65	43:47
2	Hannes	Els	Madiba BW	66	43:53
3	Graham	Channon	Achilles AAA	67	46:32
70-74:					
1	Johannes	Herbst	Muirite Strider	70	50:30
2	Tom	D'Arcy	Achilles AAA	70	58:49
75-79:					
1	Godfrey	Kariem	Gelvan AC	76	55:17
2	Robin	Clark	Achilles AAA	75	1:17:10
3	Kai	Tarnow	Kouga Multi SC	78	1:18:45
Juniors:					
1	Lonwabo	Williams	Tinarha AC	18	32:53
2	Xabiso	Kobe	Tinarha AC	18	36:17
3	Victor	Goliath	Temp	17	36:45
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC	34	38:17
2	Thalia	Slatem	ATC Running	29	40:12
3	Siphokazi	Liwani (1 st jun)	Motherwell AC	19	42:48
4	Freedah	Ncube	Madibaz AC	34	43:30
5	Talana	Vosloo	Nedbank RC	35	44:09
6	Leah	Sloman	Madibaz AC	24	44:10
7	Christine	Claasen (1 st mast)	Achilles AAA	52	44:21
8	Lise	De Villiers	Schools EPA	17	46:11
9	Andiswa	Fezani	Nedbank RC	29	46:34
10	Terray	Newcombe	Elite AC	25	46:55
11	Michelle	Van Iddekinge (1 st vet)	Elite AC	49	48:03
12	Toegeda	Vyver	Nedbank RC	44	48:20
13	Louise	Mazuelas	Charlo AC	38	48:47
14	Lindsay	Van Niekerk	Temp	26	49:03
15	Elize	Adams	Gelvan AC	42	49:05

16	Robyn	Rose	Charlo AC	29	50:00
17	Sizibuie	Dibela	Eskom AC	29	50:06
18	Amanda	Prideaux	Bluewater Bay	41	50:15
19	Clarissa-Mari	Rabie	Charlo AC	26	50:22
20	Lesley Ann	Bush	Despatch AC	44	50:39
40-44:					
1	Toegeda	Vyver	Nedbank RC	44	48:20
2	Elize	Adams	Gelvan AC	42	49:05
3	Amanda	Prideaux	Bluewater Bay	41	50:15
45-49:					
1	Michelle	Van Iddekinge	Elite AC	49	48:03
2	Denise	Darlow	Charlo AC	48	50:52
3	Claire	Hogg	Profiles AC	48	54:46
50-54:					
1	Christine	Claasen	Achilles AAA	52	44:21
2	Belinda	Bain	Charlo AC	54	52:43
3	Magda	Grobelaar	VWAC	52	55:53
55-59:					
1	Rosemary	Joubert	Crusaders AC	55	51:55
2	Marietjie	Pietersen	Achilles AAA	59	58:23
3	Miemsie	Swanepoel	Elite AC	55	59:44
60-64:					
1	Christine	Snyman	Despatch AC	60	54:36
2	Cathy	Ives	Achilles AAA	63	54:53
3	Theresa	Lillis	Achilles AAA	60	58:16
65-69:					
1	Liz	Grundlingh	Muirite Strider	69	58:34
2	Jeanette	Pienaar	PEAAC	68	1:07:18
3	Kaye	Henrick	Temp	69	1:19:56
70-74:					
1	Ronelle	Steyn	Nedbank RC	72	1:03:52
2	Christine	Fourie	Elite AC	70	1:07:41
3	Vicky	Ashley	Profiles AC	70	1:17:05
75-79:					
1	Dorothy	Hart	Madibaz AC	78	1:15:39
Juniors:					
1	Siphokazi	Liwani	Motherwell AC	19	42:48
2	Lise	De Villiers	Schools EPA	17	46:11
3	Ashlin	Krisjan	Temp	18	1:00:29

CSIR Half Marathon & 10 km

Pretoria, 22 October

(Distances: 21.1 km & 10 km. Finishers: half marathon – 1050; 10 km – 1200.)

Half marathon

MEN

1 Derocious Makhobalo (Nedbank) 68:38; 2 Vincent Kipchirchir (KEN/Nedbank) 68:48; 3 Simon Mpholo (Nedbank) 69:56 (1st vet).

Veterans: 1 Simon Mpholo (Nedbank) 69:56; 2 Colin Witbooi (PMMC) 78:47. **Masters:** 1 Shaun Meiklejohn (Save Orion) 89:25; 2 John Mosito (Rustenburg) 95:47. **G'masters:** 1 Johan Nel (Irene) 99:10. **G/g'masters:** 1 Assie van Aswegen (Overkruin) 2:43:33.

Juniors: 1 Daniel Lobo (Love Running) 1:56:19.

WOMEN

1 Vuyokazi Gebe (Transnet) 88:44; 2 Maria Vilakazi (RWFL) 93:33 (1st vet); 3 Mitsi v.d. Westhuizen (KPMG) 94:00.

Veterans: 1 Maria Vilakazi (RWFL) 93:33; 2 Mitsi v.d. Westhuizen (KPMG) 94:00.

Masters: 1 Ansie Breytenbach (Irene) 1:41:26; 2 Ansa Strydom (Nedbank) 1:42:11.

G'masters: 1 Heleen Holl (Rustenburg) 1:51:45.

10 km

MEN

1 Vuyisile Tshoba (TUT) 31:32; 2 Kabelo Melamu (KPMG) 31:42 (1st jun); 3 Bafana Dube (Transnet) 31:44.

Veterans: 1 Psetlane Mohlala (Ford) 43:34; 2 Johannes Ratsela (Moretele) 43:42.

Masters: 1 Tidimalo Modiga (Temp) 36:09; 2 Joseph Moloto (PMMC) 40:50. **G'masters:** 1 Lourens Smit (Irene) 57:39. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 58:53. **80+:**

1 Ken Nurden (Agape) 61:56. **Juniors:** 1 Kabelo Melamu (KPMG) 31:42.

WOMEN

1 Glenrose Xaba (Eskom) 37:36; 2 Marlize du Plessis (KPMG) 40:28; 3 Ronel Thomas (Boxer) 41:13 (1st vet).

Veterans: 1 Ronel Thomas (Boxer) 41:13; 2 Collette Brighton (Phobians) 47:54. **Masters:**

1 Debbie Bredenkamp (HQH) 47:37; 2 Annetjie Bezuidenhout (VTM) 61:14. **G'masters:** 1

Moira Terwey (RWFL) 69:45. **G/g'masters:** 1 Bertha v.d. Raad (Irene) 80:09. **80+:** 1

Deirdre Larkin (Randburg) 64:51. **Juniors:** 1 Sumarie Moolman (ACRW) 52:19.

Trevor Gee 10 km

East London, 16 October

(Out-and-back course. Finishers: 296 [more than double last year's 134].)

Note: Hanlie Botha finished ninth overall. – Ed.

MEN

1	Luthando	Hejana	Born 2 Run	29	32:05
2	Mgubo	Bulelani	All Stars	33	32:23
3	Malusi	Yanga	Mizziles	33	33:08
4	Xolani	Ganca	BAC	39	34:25
5	Camagc	Lubabalo	Nedbank	30	35:30
6	Mbedlanyana	Mzwanele	Nedbank	46	35:39
7	Makaya	Masumpa	Born 2 Run	50	35:53
8	Xolile	Mashicila	Overtakers	40	36:23
9	Kaylem	Coetzee	Old Boys	29	36:35
10	Hanfura	Tayassa	Oxford Striders	31	36:48

Veterans:

1	Mzwanele	Mbedlanyana	Nedbank	35:39
2	Xolile	Mashicila	Overtakers	36:48

Masters:

1	Makaya	Masumpa	Born 2 Run	35:53
2	Monde	Tutani	Guguletu	39:18

G'masters:

1	Charl	Pienaar	Old Boys	44:47
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Juniors:

1	Yanga	Malusi	Mizziles	33:08
2	Edward	Schemel	ELAC	48:00

WOMEN

1	Hanlie	Botha	Born 2 Run	37	36:26
2	Andrea	Ranger	Old Boys	34	41:45
3	Caryn	Lategan	Born 2 Run	35	42:53
4	Jaime	Griffiths	Born 2 Run	29	43:41
5	Emma	Fourie	Oxford Striders	36	47:14
6	Rachel	Petersen	Born 2 Run	35	47:36
7	Sharon	Wood	Runwalkforlife	50	47:54
8	Nina	Chambers		42	48:11
9	Doerte	Reinke		32	48:24
10	Lindy	Vermeulen	Old Boys	34	49:48

Veterans:

1	Lynda	Saunders	Born 2 Run	55:09
2	Annemarie	Acton	Born 2 Run	55:35

Masters:

1	Sharon	Wood	RunWalkForLife	47:54
2	Sharon	Eldridge	Old Boys	52:56

G'masters:

1	Michelle	Whittington	Old Boys	58:47
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Juniors:

1	Olwewthu	Bonyongo	Real Gijimas	54:37
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Voet van Afrika Marathon, Half Marathon (both 38th) & 10 km

Bredasdorp, 15 October

(Distances: 42.195 km – NEW very hilly loop course, mostly on gravel; 21.1 km – NEW hilly loop course, mostly on gravel; 10 km – hilly loop course. Finishers: marathon –293 [down from 306 in 2014]; half marathon – 377 [only about half of 2014's 692]; 10 km – 394 [down from 518].)

Note: Unfortunately there were many mistakes in the results, which DRR tried to correct as much as possible. Many names were wrong, there were numerous omissions, and many times in the full results differed from those in the category results. Many athletes' gender was wrong, so it is impossible to give a gender breakdown of finishers. In the half marathon and 10 km only the top three are included here. Regrettably, from a statistical point of view these results are suspect. It is indeed sad that this once proud event, which had five-star organisation in the past, cannot produce accurate results. The races were not held last year. – Ed.

Marathon**MEN**

1	Siyabulela	Mpongwana	35	VOB	2:42:25
2	Admire	Rushika	30	ZIM/VOB	2:51:26
3	Blessing	Makariki	22	Easterns	2:51:40
4	Richard	Flint	32	VOB	2:57:16
5	Lehlohonolo	Nyombane	26	Nedbank WP	2:58:58
6	A.N. Other (probably 1 st vet, Zwelithini Vaphi)				3:02:14
7	Jumat	Witbooi	30	Robertson	3:04:08
8	Sityhilo	Diko	25	Nedbank WP	3:06:50
9	A.N. Other				3:06:50
10	Xolile	Skepe	29	Khayelitsha	3:06:55

Veterans:

1	Zwelithini Vaphi	Germiston Callies	3:02:14
2	Andries Swanepoel	Brackenfell AC	3:21:01

3	Sihle Mapukata	Nedbank	3:31:54
Masters:			
1	Henry Cieverts	Top Form AC	3:24:27
2	Jacobus Visagie	Wellington	3:40:54
3	Lorenzo Lucas	Nedbank	3:54:37
G'masters:			
1	Louis Claasen	Saldahna Mittal	3:23:54
G/g'masters:			
1	Godfrey Kariem	CS	5:30:35

WOMEN

1	Candyce Hall	32	Carbineers	3:31:17
2	Farwa Mentoor	40	Nedbank WP	3:37:59
3	Laura Peddle	33	Strand	3:40:23
4	Ursula Turck	44	Strand	3:40:54
5	Elizabeth Brink	42	Durbanville	3:44:30
6	Jana Van Houwelingen	28	Atlantic	3:46:13
7	Marietjie De Vries	43	Strand	4:04:31
8	Sparks Sarah	29	Vitality	4:07:37
9	Elisabeth Van der Berg	43	Bredasdorp	4:08:58
10	Christine De Jager	50	Bethlehem MC	4:09:37

Veterans:

1	Farwa Mentoor	Nedbank	3:37:59
2	Ursula Turck	Strand	3:40:54
3	Elizabeth Brink	Durbac	3:44:30

Masters:

1	Christene de Jager	Bethlehem AC	4:09:57
2	Michelle Murray	Atlantic AC	4:37:43
3	Marie Barnard	RWFL WP	4:46:31

G'masters:

1	Doris Flink	Easterns	4:49:48
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Half marathon

MEN

1	Andries Pongwana	Nedbank	1:15:03
2	Tarisai Rukadza	ZIM/Gugs	1:16:12
3	Siviwe Nkombi	Itheko	1:18.44

Veterans:

1	Tsungai Mwanengeni	ZIM/Gugs	1:30:15
2	Barry Goliath	ATC Running	1:54:36
3	Nel Meiring	Worcester	2:11:47

Masters:

1	Frank Gillion	Hermanus Whalers	1:44:05
2	Kobus Lourens	West Coast	1:57:50
3	Gideon Lerm	RWFL WP	2:06:33

G'masters:

1	Colin Williams	Wellington	1:54:33
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G/g'masters:

1	Roelof van Wheele	Hermanus Whalers	2:21:37
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WOMEN

1	Nomvuyisi Seti	Itheko	1:44:00
2	Busisiwe Matiwane	Nedbank	1:48:00
3	Jonette Coetzee	Temp	1:53:32

Veterans:

1	Busisiwe Matiwane	Nedbank	1:48:00
2	Annemarie Steyn	Worcester	1:57:11
3	Ena Gous	Worcester	2:11:43

Masters:

1	Anne Pool	Strand	2:04:09
2	Theretha Lourens	West Coast	2:04:16
3	Roldah Orrie	Itheko	2:09:30

G'masters:

1	Nancy Will	Pinelands	2:06:06
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G/g'masters:

1	Marlene James	Pinelands	2:37:01
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10 km**MEN**

1. Gert Thys (Postmasburg) 33:49
2. Bulelani Behbha (VOB) 36:38
3. Siyabonga Mehlo (Khay) 37:38

WOMEN

1. Pamela Moyikwa (VOB) 45:25
2. Karli Frenz (CMC) 48:03
3. Tara Pohl (Ind) 52:27

Meiringspoort Half Marathon & 12.5 km

Meiringspoort to De Rust, 15 October

(Distances: 21.1 km & 12.5 km; point-to-point downhill courses. Finishers: half marathon – 1933 [up from 1713 last year]; 12.5 km – 1003 [up from 853 for last year's 10 km].)

Note: The usual 10 km was changed to a 12.5 km race this year. Lana Theunissen finished tenth overall. – Ed.

Half marathon**MEN**

1	Etienne Plaatjies	Nedbank RC	29	1:07:10
2	John April	Nedbank RC	27	1:10:59
3	Elfonzo Pieterse	Nedbank RC	27	1:11:23
4	Lindile Tokota	Nedbank RC	48	1:12:29
5	Ivan Ambraal	SANDF Gauteng	27	1:13:14
6	Mohapi Lebusho	SANDF Free State	25	1:14:39
7	Collin Otniel Witbooi	SANDF Gauteng	43	1:14:50
8	Auschten October	Nedbank RC	18	1:15:16
9	Nhlanhla Khanyile	SANDF KZN	45	1:15:35
10	Joey Klaasen	Sedgefield Striders	46	1:16:02

Veterans:

1	Lindile Tokota	Nedbank	1:12:29
2	Collin Witbooi	SANDF	1:14:50
3	Nhlanhla Khanyile	SANDF	1:15:35

Masters:

1	Peter Jaehne	Outeniqua Harriers	1:20:36
2	Lokotla Pitlele	SANDF	1:20:41
3	Xolani Ntsodo	SANDF	1:21:28

G'masters:

1	Mark Wagenheim	Outeniqua Harriers	1:37:23
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2	Harold Basson	Outeniqua Harriers	1:38:46
3	Koos Smit	Langeberg AC	1:40:44

G/g'masters:

1	Ken Duveen	Savages AC	2:07:14
2	Maurice Wicomb	Oudtshoorn AAC	2:35:16
3	Thomas Meintjies	Varsity Kudus	2:43:08

Juniors:

1	Auschten October	Nedbank	1:15:16
2	Dullan Solomons	Nedbank	1:16:05
3	Kian Terblanche	Temp	1:33:51

WOMEN

1	Melissa van Rensburg	Nedbank RC	34	1:22:04
2	Alexia Loizou	Temp	32	1:23:44
3	Liza Kingston	Nedbank RC - EP	34	1:23:58
4	Anel van Wyk	Nedbank RC	37	1:24:06
5	Cecila Nel	Nedbank RC	34	1:27:08
6	Leana Spies	Temp	29	1:28:19
7	Lizl Grobler	Knysna MC	40	1:30:35
8	Andrea Bellingan	Temp	32	1:31:41
9	Annatjie Botes	Nedbank RC	58	1:33:31
10	Anri van der Mescht	Team Vitality AC	25	1:35:44

Veterans:

1	Lizl Grobler	KMC	1:30:35
2	Nerida Lubbe	Hartenbos Drawwers	1:36:06
3	Marissa Ferraris	Temp	1:37:33

Masters:

1	Annatjie Botes	Nedbank	1:33:31
2	Patricia Thomson	Temp	1:43:58
3	Santa van Heerden	Polokwane AC	1:48:05

G'masters:

1	Hanlie van der Westhuizen	Despatch AC	1:43:33
2	Rene Hawkridge	Harlequin Harriers	1:50:52
3	Karina Kitsopoulos	Born 2 Run AC	1:57:13

G/g'masters:

1	Paula Richardsocn	Buffalo RR	2:16:37
2	Marlene Wiese	Kowie Striders	2:22:10
3	Anne Marie van Eck	Nedbank	2:36:27

Juniors:

1	Mare-Louisa Koegelenberg	Wellington AC	1:46:05
2	Elriette Snyman	Hartenbos Drawwers	1:51:25
3	Monique van Willing	Despatch AC	2:08:58

12.5 km**MEN**

1	Godwin Heyns	Nedbank RC	18	41:10
2	Booi Salman	Oudtshoorn AAC	43	43:25
3	Jerome Ferland	Nedbank RC	17	44:22
4	Eugene Malgas	Temp	19	47:18
5	Marlon Mortlock	Knysna MC	42	48:59
6	Phelolwethu Dixon	Knysna MC	16	49:22
7	Jacobus Boshoff	Outeniqua Harriers	45	49:35
8	Travis McGrath	Temp	22	50:46
9	Jason Jafta	Oudtshoorn AAC	56	50:56
10	Tony Cleopas	Oudtshoorn AAC	50	52:55

Veterans:

1	Booi Salman	Oudtshoorn AAC	43:25
2	Marlon Mortlock	KMC	48:59
3	Jacobus Boshoff	Outeniqua Harriers	49:35

Masters:

1	Jason Jafta	Oudtshoorn AAC	50:56
2	Tony Cleophas	Oudtshoorn AAC	52:55

G'masters:

1	Peter Jakoby	KMC	58:31
2	Neil Ebing	WPCC	58:58
3	Leon Nel	Nedbank	

G/g'masters:

1	Nic Brummer	Sedgefield Striders	1:02:16
2	George Kane-Smith	VOB	1:11:50
3	David Morgan-Smith	KMC	1:33:12

Juniors:

1	Godwin Heyns	Nedbank	41:10
2	Jerome Ferland	Nedbank	44:22
3	Phelolwethu Dixon	KMC	49:22

WOMEN

1	Lana Theunissen	Nedbank RC	44	50:58
2	Brittney-Ann Meyer	Nedbank RC	15	53:02
3	Joan Viljoen	Nedbank RC - EP	22	53:23
4	Charmaine Lamprecht	Nedbank RC	32	55:43
5	Nichol du Toit	Nedbank RC	32	57:54
6	Cia Herholdt	Nedbank RC	49	58:14
7	Rebekah Swanepoel	Temp	19	58:33
8	Salome Steyn	Temp	17	1:01:34
9	Rina Wray	Hartenbos Drawwers	53	1:01:59
10	Johanna Claassen	Nedbank RC	48	1:02:14

Veterans:

1	Lana Theunissen	Nedbank	50:58
2	Cia Heroldt	Nedbank	58:14
3	Johanna Claassen	Nedbank	1:02:14

Masters:

1	Rina Wray	Hartenbos Drawwers	1:01:59
2	Marie Wolmarans	Nedbank	1:03:39
3	Michelle Janse van Vuren	Nedbank	1:08:31

G'masters:

1	Mariet Horn	KMC	1:19:59
2	Liedie Coetzee	Plett AC	1:21:17
3	Dottie Joubert	Hartenbos Drawwers	1:23:13

G/g'masters:

1	Cecilia Swiegers	Nedbank	1:34:27
2	Elaine Verreyne	Crusaders	1:38:50
3	Lisetta Visage	Nedbank	1:42:48

Juniors:

1	Brittney-Ann Meyer	Nedbank	53:02
2	Frances Herholdt	Nedbank	1:08:30
3	Michaela Olivier	Nedbank	1:27:05

Spur to Spur 10 km

George, 12 October

(Finishers: 313)

MEN

1	Godwin Heyns	Nedbank	18	32:27
2	Elfonzo Pieterse	Nedbank	27	32:58
3	Donovan Jantjies	Outeniqua Harriers	20	33:44
4	Rohan Kennedy	Temp	36	34:06
5	Julius Korkee	Nedbank	32	34:48
6	Mxolise Fana	Outeniqua Harriers	48	35:02
7	Jeandré McCarthy	Outeniqua Harriers	18	36:09
8	Ross Welsh	Nedbank	17	36:13
9	Melikhaya Msizi	Knysna Marathon Club	33	36:19
10	Joey Klaasen	Sedgefield Striders	46	36:24

Veterans:

1	Mxolise Fana	Outeniqua Harriers	36:02
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Masters:

1	Dirk Joubert	Hartenbos Drawwers	44:11
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G'masters:

1	Koos Smit	Langeberg AC	45:10
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G/g'masters:

1	Peter Brown	KMC	57:17
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Juniors:

1	Godwin Heyns	Nedbank	32:27
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WOMEN

1	Melissa van Rensburg	Nedbank	34	38:52
2	Annatjie Botes	Nedbank	58	43:42
3	Nerida Lubbe	Hartenbos Drawwers	40	43:48
4	Charmaine Lamprecht	Nedbank	32	43:58
5	Carike Fourie	Nedbank	40	44:19
6	Carla Spangenberg	Nedbank	28	44:45
7	Elmien Nel	Nedbank	45	46:46
8	Lanice Gricius	Outeniqua Harriers	45	47:08
9	Alison Nell	Nedbank	36	47:53
10	Maryke Sass	Hartenbos Drawwers	45	48:05

Veterans:

1	Nerida Lubbe	Hartenbos Drawwers	43:48
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Masters:

1	Annatjie Botes	Nedbank	43:42
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G'masters:

1	Toekie Steenkamp	Nedbank	53:28
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G/g'masters:

1	Lissetta Visagie	Nedbank	1:21:10
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Juniors:

1	Nolene van Rensburg	Outeniqua Harriers	56:19
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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

Venice Marathon (31st)

(IAAF Silver Label Road Race)

Venezia, ITA, 23 October

(Distance: 42.195 km; AIMS certified)

MEN (gun times)

1. Julius Chepkwony ROTICH, KEN 2:10:22 € 5000 + 3000i
2. Adugna Chala BEKELE, ETH 2:13:51 3000
3. Titus Kwemoi MASAI, KEN 2:15:34 2000

i) Earned time bonus of for sub-2:12:00

WOMEN (gun times)

1. Priscah CHERONO, KEN 2:27:41 PB € 5000 + 3000i
2. Ester Wanjiru MACHARIA, KEN 2:35:15 3000
3. Ivana IOZZIA (40+), ITA 2:37:04 2000 + 1500#

i) Earned time bonus for sub-2:30:00

Medio Maratón Ciudad de Valencia (26th)

(IAAF Gold Label Road Race)

Valencia, ESP, 23 October

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

MEN (gun times)

1. Stephen Kosgei KIBET, KEN 59:27 € 3000
[13:59 / 28:01 / 42:19 / 56:25]
2. Mustapha EL AZIZ, MAR 59:29 PB 1500
3. Edwin Kipsang ROTICH, KEN 59:32 PB 1000
4. Mourad MAROFIT, MAR 59:33 PB 750
5. Geoffrey YEGON, KEN 59:46 500
6. Solomon Kirwa YEGO, KEN 1:00:11 250
7. Kenneth KETER, KEN 1:01:42 250
8. Belay Tilahun BEZABH, ETH 1:01:51 PB 250
9. Abraham CHEROBEN, BRN 1:01:55 250
10. Michael Mugo GITHAE, KEN 1:02:28 250

WOMEN (gun times)

1. Peres JEPCHIRCHIR, KEN 1:07:09 CR* € 3000
[15:20 / 31:01 / 46:59 / 63:30]
2. Violah JEPCHUMBA, KEN 1:08:22 1500
3. Rose CHELIMO, BRN 1:09:35 1000
4. Gladys Jepkemoi YATOR, KEN 1:11:00 750
5. Mao KIYOTA, JPN 1:11:07 500
6. Margarita HERNANDEZ, MEX 1:13:25 250
7. Beata NAIGAMBO, NAM 1:13:45 250
8. Marta ESTEBAN POVEDA, ESP 1:15:01 125 + 1000#
9. Marisa CASANUEVA CABRERO, ESP 1:15:14 125 + 500#
10. Esmeralda REBOLLO SALGADO, MEX 1:15:24 125

#) Earned Spanish citizen prize money

Great South Run 10 Miles (27th)

Southsea to Portsmouth, GBR, 23 October

(Certified loop course with negligible start/finish separation [record eligible])

Note: Tirunesh Dibaba's time in her debut over the distance is worth about 48:18 for 15 km. – Ed.

MEN (gun times)

1. Chris Thompson, Aldershot Farnham & District A. C., 47:23
2. Andy Vernon, Aldershot Farnham & District A. C., 48:09 PB
3. Matt Sharp, Enfield and Haringey A C, 48:18 DB

ALL-WOMEN'S ELITE RACE (gun times)

1. Tirunesh Dibaba, ETH, 51:49 DB/WL
2. Senbere Teferi, ETH, 52:51 DB
3. Elizeba Cherono, NED, 53:54
4. Lily Partridge, Aldershot Farnham & District A. C., 54:41 DB
5. Beth Potter, Shaftesbury Barnet Harriers, 54:57 PB

CROSS-COUNTRY

Boston Mayor's Cup Cross-country (26th)

Boston, USA, 23 October

MEN'S CHAMPIONSHIP (5 km)

Team results: 1. NE Distance, 19 (\$500); 2. B.A.A., 55 (\$300); 3. Battle Road TC, 59 (\$100).

- | | | |
|-------------------------------------|-------|-------|
| 1. Jim Spisak, 25, NE Distance | 23:37 | \$600 |
| 2. Matt McClintock, 22, ZAP Fitness | 24:01 | 300 |
| 3. Aaron Nelson, 24, ZAP Fitness | 24:10 | 200 |

WOMEN'S CHAMPIONSHIP (5 km)

Team results: 1. Battle Road TC, 21 (\$500); 2. Greater Boston TC, 41 (\$300); 3. Dartmouth College, 94 (\$100)

- | | | |
|--|-------|-------|
| 1. Liv Westphal, 24, France | 16:53 | \$600 |
| 2. Amy Van Alstine, 28, Hoka NAZ Elite | 16:57 | 300 |
| 3. Mary Cain, 20, Nike | 17:08 | 200 |

NEWS

COMRADES PIONEER SIMON MKHIZE PASSES AWAY

The Comrades Marathon Association has announced that Simon Mkhize (74), the first Black runner to obtain his Comrades Green Number for running the Comrades Marathon ten times, has passed away. Mkhize went on to achieve Double Green Number status.

His twenty successful Comrades finishes brought him twelve bronze and eight silver medals. His best time of 6:40 was achieved in the 1971 race. Due to the Comrades Marathon being officially opened up to runners of all races and genders only in 1975, Mkhize's Comrades finishes before that year were all retrospectively awarded to him.

Mkhize was born on 4 March 1942 near Howick as one of nine children. He started running when he was 28 years old.

Mkhize also liked other sports and soon got into canoeing. He was the first Black person to take part in the Duzi Canoe Marathon. He also tried mountain-climbing as well as rafting, which became one of his favourite pastimes.

RECENT DOPING SANCTIONS AFFECT MARATHON RESULTS

Race Results Weekly reports that recently announced doping sanctions from the IAAF has changed the order of finish of several marathons. Note that Irina Timofeyeva was caught twice!

HAI MARATHON HANNOVER (10 April 2016):

Women's winner Edinah Jerotich Kwambai (KEN), has been disqualified for doping, and served a three-month ban from 23 June 2016 through 22 September 2016. The new winner is Anna Hahner of German in 2:30:35.

SHANGHAI MARATHON (29 November 2009):

Irina Timofeyeva (RUS) has been disqualified for doping. She had finished 4th in 2:33:33.

EUROPEAN CHAMPIONSHIPS, Barcelona (31 Jul 2010):

Irina Timofeyeva (RUS) has been disqualified for doping. She had finished 8th in 2:35:53.

CHEVRON HOUSTON MARATHON (17 January 2016):

Men's winner Gebo Burka (ETH) has been disqualified for doping, and is serving an 18-month ban from 17 January 2016 through 16 July 2017. He forfeits USD 40 000 in prize money. Runner-up Girmay Gebru (ETH) is the new winner in 2:11:05.

MARATHON INTERNATIONAL DU LAC D'ANNECY (17 April 2016):

Men's winner Kennedy Lagat Kipyego (KEN) has been disqualified for doping, and is serving a four-year ban from 2 August 2016 through 1 August 2020. The new winner is Isaac Birir Kipkosgei in 2:14:28.

STATS TIME

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

2016 HALF MARATHON: TOP 10 MEN

1:01:26	Stephen Lesego Mokoka	1	Port Elizabeth	30 Jul
1:01:27	Mokoka-2	10	Cardiff	26 Mar
1:02:15	David Manja	2	Port Elizabeth	30 Jul
1:02:16A	Lusapho April	1	East London	27 Feb
1:02:23	Thabiso Benedict Moeng	5	Port Elizabeth	30 Jul
1:02:27	Gladwin Sibabalwe Mzazi	3	Port Elizabeth	30 Jul
1:02:28A	April-2	6	New York	20 Mar
1:02:37	Sibusiso Nzima	4	Port Elizabeth	30 Jul
1:02:39	April-3	5	Port Elizabeth	30 Jul
1:02:40	Phillimon Mathiba	6	Port Elizabeth	30 Jul
1:03:16	Joel Mmone	7	Port Elizabeth	30 Jul
1:03:23	Jeffrey Gwebu	2	Polokwane	28 May
1:03:25	Mbongeni Ngxazoza	8	Port Elizabeth	30 Jul

THIS MONTH IN HISTORY

90 years ago: 9 October 1926

The fourth SA Marathon was held in Johannesburg on this day, with the win going to Willie Steytler in 2:48:12. Only the first two runners, Steytler and Harry Phillips (2:55:29) dipped under three hours. Phillips had also won the previous two editions of the Championships, in 1923 and 1924, and would take the next one, in 1928, as well (although this race was "declared null and void owing to the distance being short", according to reports). Two brothers, R. Sutton and Frank Sutton, finished third and fourth.

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)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		18 Jun
	45:39	Jeromy Andreas	Eersterivier	
21.1 km	41:41	Bitan Karoki Muchiri (KEN)		30 Jul
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	61:26	Stephen Mokoka	Port Elizabeth	07 May
	59:10	Geoffrey Kipsang Kamworor (KEN)		
30 km	58:23	Zersenay Tadesse (ERI) 2010		05 Mar
	83:28	Tumelo Mahlangu	Pretoria	
Marathon	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
	75:32	Christopher Landry (USA)		
100 km	71:18**	Dennis Kipruto Kimetto (KEN) 2012		10 Apr
	1:36:30	Melikhaya Frans	Uitenhage	
Marathon	1:30:45	Keita Shitara (JPN)		24 Sep
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
100 km	2:11:27	Lusapho April	Hannover	10 Apr
	2:03:05	Eliud Kipchoge (KEN)		
100 km	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		24 Sep
	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		
<u>Masters (50+)</u>				
10 km	34:01	Makaya Masumpa	Port Elizabeth	02 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:34	George Mooi	Boksburg	23 Oct
	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 Lebese	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 59:16	Kabelo Melamu Samuel Wanjiru (KEN) 2005	Port Elizabeth	30 Jul
WOMEN				
<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 1:39:11w	Tanith Maxwell Miharu Shimokado (JPN) Mizuki Noguchi (JPN) 2005 Mary Keitany (KEN) 2011	Camps Bay	10 Jan
Marathon	2:32:20 2:19:41 2:15:25m 2:17:42w	Irvette van Zyl Tirfe Beyene Tsegay (ETH) Paula Radcliffe (GBR) 2003 Paula Radcliffe (GBR) 2005	London	24 Apr
100 km	10:16:48 6:33:11	Martha Pretorius Tomoe Abe (JPN) 2000	Cape Town	24 Sep
<u>Veterans (40+)</u>				
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	1:53:29 1:45:58a 82:13	Maria Vilakazi Suzette Botha Mizuki Noguchi (JPN) 2005	Brits Pinetown	01 Oct 31 Jan
30 km	2:00:38 1:51:37	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		
<u>Masters (50+)</u>				
10 km	39:42 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	17 Apr
15 km	62:15	Elmarie Coetzee	Eersterivier	18 Jun

21.1 km	54:33	Shirley Matson (USA) 1991		
	89:22	Elmarie Coetzee	Port Elizabeth	30 Jul
25 km	76:07	Tatyana Pozdniakova (UKR) 2006		
	2:00:27	Ansa Strydom	Pretoria	07 May
	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18	Jane Mudau	East London	20 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:12	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
	44:09	Lavinia Petrie (AUS) 2014		
15 km	82:28	Pixie Sparg	Eersterivier	18 Jun
	72:52	Jo Klein (NED) 2004		
21.1 km	1:47:58	Veronica van Niekerk	Gordon's Bay	16 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02	Veronica van Niekerk	Camps Bay	10 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	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: Sonia & Kevin Harlock, Irene & Jan van Eeden, Derrick Chamberlain, Graham Reynolds, Frans Botha, Athletics SWD

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

