

Distance Running Results

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EDITORIAL

The 50th Cape Peninsula Marathon turned into a triumph for debutante Ulrica Stander. Stander (42), who won the accompanying half marathon two years ago when she surprised a jogging-to-the-finish Zintle Xiniwe over the last 10 metres, took the lead when Comrades champion Charné Bosman dropped out at around 32 km. She clocked 2:58:45 to score a resounding victory by more than 12 minutes and looks set to improve quite a bit in better conditions. The dreaded southeasterly wind known as the "Cape Doctor", which often sweeps across the Cape Peninsula at this time of the year, gave the runners no respite. It was especially fierce over the last 7 km of both races, dramatically slowing the times. Xiniwe took her fifth win in the half marathon (she won three times in a row, 2012-14, as well as in 2007). The men's marathon title went to Lutendo Mapoto, while in the half marathon Nkosinathi Madyo retained his title and scored his third win.

In other action over the weekend Benedict Moeng (67:10) and Mamorallo Tjoka (81:52) won the BestMed Tuks Half Marathon, with Lucky Mohale (29:59) and Glenrose Xaba (35:42) taking the accompanying 10 km.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cape Peninsula Marathon & Half Marathon, Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half marathon)
- * Zabalaza Half Marathon & 10 km Challenge, Cato Ridge
- * Nongoma 28 km & 10 km, Nongoma
- * BestMed Tuks Half Marathon & 10 km, Pretoria
- * Spar Irene Lantern 10 km, Irene
- * Border Masters Half Marathon, East London
- * KFC Brackenfell 10 km, Brackenfell

International highlights:

- * All-Japan Corporate Team Half-marathon Championships, Yamaguchi, JPN
 - * Groet Uit Schoorl Run, Schoorl, NED
 - * Gensan Giulietta & Romeo Half Marathon, Verona, ITA
 - * Standard Chartered Hong Kong Marathon, Hong Kong, HKG
 - * Aloha Zane Branson Memorial 15 km, Kabarak, KEN
-

ROAD RUNNING

Cape Peninsula Marathon (50th) & Half Marathon (17th)

Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half marathon),
19 February

(Distances: 42.195 km & 21.1 km; certified point-to-point courses with no elevation loss.
Weather: mostly cool, with exceptionally strong headwind, especially in the second half of
the marathon and the whole half marathon. Finishers: marathon – 2230 men + 1077
women = 3307 total [up from 2927 last year]; half marathon – 1377 men + 1737 women
= 3114 total [up from 2607].)

Marathon

MEN

1. Lutendo Mapoto (Pieters) 2:27:34 (R12 000)
2. Luthando Hejana (Gijimas) 2:28:39 (R8000)
3. Anda Lubelwana (Hout) 2:30:55 (R5000)
4. Phumlani Nxusani (MSA) 2:33:42
5. Ben Matiso (Ned) 2:33:55
6. Timothy Munzhelele (Pieters) 2:35:27
7. Calvin Malatji (Pieters) 2:37:50
8. John Mboko (WR) 2:40:56
9. Reuben Mhashu (Hout) 2:41:17
10. Lucas Raseruthe (LES) 2:42:23
11. Jimmy Bonjesi (Whalers) 2:42:30
12. Odwa Tunyiswa (Ned CGA) 2:44:46
13. Mthetheleli Myaka (AAC) 2:45:39
14. Laban Ponco (Ind) 2:47:35
15. Lehlohonolo Nyombane (Ned) 2:48:38
16. Oscar Coetzee (Itheke) 2:50:08
17. Simphiwe Vellem (Gugs) 2:52:50
18. Julian Atkinson (Ind) 2:53:19
19. Michael Mnguni (B2R CGA) 2:54:13
20. Vuyani Sixaso (Gugs) 2:55:10 (1st vet)

Veterans: 1. Vuyani Sixaso (Gugs) 2:55:10 (R3000); 2. Nicholas Rupanga (ZIM) 2:56:17 (R1500); 3. Wandisile Nongodlwana (Vitality CGA) 2:56:50 (R1000). **Masters:** 1. Johnny Persents (WR) 3:03:34 (R1200); 2. Zolani Ntsodo (SANDF) 3:15:44 (R900); 3. Mark Humphreys (Sunning) 3:18:59 (R600). **G'masters:** 1. Louis Claassen (Saldanha) 3:25:28 (R900); 2. Mark Wagenheim (AAC) 3:45:18 (R700); 3. Mochamat Kriel (Ommie) 3:45:19 (R500). **G/g'masters:** 1. Anthony Riddick (RWFL) 4:07:03 (R700); 2. Bruce Barber (FH) 4:34:37 (R500); 3. Lawrence Ashworth (Strand) 4:39:13 (R300).

WOMEN (Same prize money as men)

1. Ulrica Stander (KPMG) 2:58:45 DB (1st vet)
2. Lee-Shay Willemsse (Velo) 3:10:52
3. Jenna Kamps (Langa) 3:13:41
4. Michelle Dreyer (Paarl) 3:16:55
5. Winsie Oosthuizen (Strand) 3:24:15
6. Claire Horner (MTD) 3:23:42
7. Diane McEwan (ATC) 3:25:16
8. Marlize van Schaik (Durb) 3:25:16
9. Sylvie Scherzinger (VOB) 3:25:40
10. Phatiswa Dyalvane (Ned) 3:26:27
11. Sarah Gordon (Whalers) 3:27:11
12. Linda Kinloch-Smith (CMC) 3:27:37
13. Heather Phipson (RAC) 3:27:58
14. Elme Middlemost (Brack) 3:28:11

15. Lorraine Paxton (Ind) 3:28:24
16. Ursula Frans (Ned) 3:28:34
17. Alet Carsten (CMC) 3:28:50
18. Maritsa Kotze (Bell) 3:28:52
19. Marie Louw (Cent C) 3:29:00 (1st mast)
20. Ashleigh Hansen (ATC) 3:30:55

Veterans: 1. Ulrica Stander (KPMG) 2:58:45; 2. Marlize van Schaik (Durb) 3:25:16; 3. Sylvie Scherzinger (VOB) 3:25:40. **Masters:** 1. Marie Louw (Cent C) 3:29:00; 2. Cailey Bredenkamp (Paarl) 3:53:08; 3. Elizabeth Bax (Pine) 3:54:12. **G'masters:** 1. Nancy Will (Pine) 3:40:03; 2. Hester Kotze (Durb) 3:53:11; 3. Annelie Mader (Durb) 4:04:11.

Half marathon

MEN

1. Nkosinathi Madyo (Itheke) 1:11:58 (R5000)
2. Lungile Gongqa (Ned) 1:12:47 (R3000)
3. Akhona Makila (VOB) 1:15:14 (R2000)
4. Colin Makatees (Namaqua) 1:16:48
5. Babalo Hambani (Itheke) 1:17:05
6. Tsungai Mwanengeni (ZIM/Gugs) 1:17:17 (1st vet)
7. Barry Pienaar (Sanlam) 1:17:52
8. Josiah Mathomane (Ind) 1:17:56
9. Vakalisa Kopolo (Ned) 1:17:57
10. Thembelani Zola (Ned) 1:19:24

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:17:17 (R1500); 2. Vakalisa Kopolo (Ned) 1:17:57 (R1000); 3. Thembelani Zola (Ned) 1:19:24 (R500). **Masters:** 1. Steve Motau (Itheke) 1:27:28 (R800); 2. Monde Tutani (Gugs) 1:29:41 (R600); 3. Shafiek Cassiem (Itheke) 1:33:02 (R400). **G'masters:** 1. Robbie Lindsay (Ned) 1:33:07 (R500); 2. Gemjikile Tom (Eskom) 1:36:33 (R300); 3. Christian Edwards (VOB) 1:42:49 (R200). **G/g'masters:** 1. Roelof van Weele (Whalers) 1:55:56 (R400); 2. Maajid Warley (SH) 2:15:53 (R300); 3. Caspar Greeff (AAC) 2:17:32 (R200). **Juniors:** 1. Inga Ngwenduna (Satori) 1:26:26 (R1000); 2. Michael Mackintosh (FH) 1:29:44 (R800); 3. Max Jewell (VOB) 1:31:30 (R600).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (KPMG) 1:27:01
2. Bulelwa Simae (Ned) 1:29:42
3. Alexandra Townsend (Ind) 1:30:02
4. Candyce Hall (Carb) 1:31:01
5. Tanya Posthumus-Fox (Cent C) 1:32:24
6. Funeka Zaula (Makana) 1:34:34
7. Christelle Hattingh (MSM) 1:35:22
8. Clare Townsend (Ind) 1:35:28
9. Obertina Kanyongo (ZIM/FNB) 1:36:20 (1st vet)
10. Ivy Gongqa (Ned) 1:36:34

Veterans: 1. Obertina Kanyongo (ZIM/FNB) 1:36:20; 2. Busisiwe Matiwane (Ned) 1:36:38; 3. Anel Wesson (FH) 1:41:28. **Masters:** 1. Olga Howard (Ned) 1:42:50; 2. Georgina Andraos (VOB) 1:44:58; 3. Jill Allen (VOB) 1:50:22. **G'masters:** 1. Charmaine Cupido (Ned) 1:50:50; 2. Styntjie Prins (Paarl) 1:51:05; 3. Christine Hibberd (FH) 1:54:57. **G/g'masters:** 1. Marlene James (Pine) 2:12:17; 2. Wendy Wilkins (AAC) 2:14:03; 3. Heather Cooke (Ind) 2:28:28. **Juniors:** 1. Celine Moses (Ommie) 1:47:39; 2. Qudsiyyah Ceres (Ommie) 2:15:49; 3. Stella Hertantyo (Pine) 2:21:36.

Zabalaza Half Marathon & 10 km Challenge

Cato Ridge, 19 February

(Distances: 21.1 km & 10 km)

Half marathon

MEN

- | | | | |
|----|--------------------|-------------|---------|
| 1. | Lindokuhle Sithole | Phantane AC | 1:12:29 |
| 2. | M. Mholi | Phantane AC | 1:13:15 |
| 3. | Delani Mkhize | Nedbank AC | 1:13:34 |

40-49:

- | | | | |
|----|-----------------|------------|---------|
| 1. | Kwa Khona Kwawo | Nedbank AC | 1:16:57 |
|----|-----------------|------------|---------|

50-59:

- | | | | |
|----|------------------|------------|---------|
| 1. | Nicholas Cekwane | Nedbank AC | 1:31:00 |
|----|------------------|------------|---------|

60-69:

- | | | | |
|----|-----------------|-------------|---------|
| 1. | Nicolas Dlamini | Phantane AC | 1:38:18 |
|----|-----------------|-------------|---------|

70+:

- | | | | |
|----|----------------|----------------|---------|
| 1. | Jeff Armstrong | Athletic North | 2:15:53 |
|----|----------------|----------------|---------|

WOMEN

- | | | | |
|----|---------------------|------------|---------|
| 1. | Erica Walker | HH | 1:42:27 |
| 2. | Fezeka Mngadi | Kwa Dabeka | 1:51:12 |
| 3. | Ziphezinhle Khumalo | Ind | 1:59:49 |

40-49:

- | | | | |
|----|-----------------|-------|---------|
| 1. | Duduza Gatsheni | Eskom | 2:07:05 |
|----|-----------------|-------|---------|

50-59:

- | | | | |
|----|---------------|---------|---------|
| 1. | Anne Chadwick | West AC | 2:31:48 |
|----|---------------|---------|---------|

60-69:

- | | | | |
|----|-----------------|-------------|---------|
| 1. | Denise Johansen | Maxed Elite | 2:17:57 |
|----|-----------------|-------------|---------|

70 +

- | | | | |
|----|---------------|----------|---------|
| 1. | Maureen Parry | Chiltern | 2:17:51 |
|----|---------------|----------|---------|

10 km

MEN

- | | | | |
|----|---------------------|-------------|-------|
| 1. | Nkosikona Mhlakwana | Phuma KZN | 32:18 |
| 2. | Siyabonga Ngiba | Phantane AC | 34:49 |
| 3. | M Mlungisi | Umkomaas AC | 34:57 |

WOMEN

- | | | | |
|----|-------------------|-----------------|-------|
| 1. | Emma Potts | Savages | n/t |
| 2. | Nondumiso Ngmande | Maritzburg City | n/t |
| 3. | Heidi Bird | Faku Chiefs | 43:45 |

Nongoma 28 km & 10 km

Nongoma, 19 February

28 km

MEN

1. Siyabonga Nkonde (Boxer) 1:31:03, 2. Slindile Gubese (Phantane) 1:31:08, 3. Simphiwe Ndlela (Nedbank) 1:39:04, 4. Bhekani Sithole (Klipriver) 1:42:05, 5. Mahlomula Sehlonyane (Hillcrest) 1:45:08.

WOMEN

1. Loveness Madziva (Nedbank) 1:57:40, 2. Makhosi Mhlongo (32Gi) 2:08:11, 3. Poppy Mlambo (Boxer) 2:12:03, 4. Zithande Mkhize (Zakhele), 5. Xoli Madida (Natal Carbs) 2:35:45 5. Welile Mdunge n/t.

10 km

MEN

1. Ayanda Mncube (Phantane) 40:37, 2. Maradona Ngcobo (Eskom) 40:34, 3. Phakamani Kunene (Nongoma) 40:40, 4. Thulani Mdletshe (NRB Harries) 40:42, 5. Lwazi Mpungose (NRB) 41:53.

WOMEN

1. Slindile Chili (EThekwini) 50:17, 2. Iris Ndlovu (NRB) 54:00, 3. Zethembe Mncwango (Nongoma) 59:53, 4. Noma Nzuzo (SAPS) 1:01:58, 5. Bongiwe Nkosi (NRB) 1:01:59.

BestMed Tuks Half Marathon & 10 km

Pretoria, 18 February

(Distances: 21.1 km & 10 km; loop courses – the half marathon undulating and the 10 km fast and flat.)

Half marathon

MEN

1 Benedict Moeng (Temp) 67:10; 2 Sikhumbuzo Seme (KPMG) 67:49; 3 Charles Soza (ZIM/Nedbank) 68:12.

Veterans: 1 William Mokwalakwala (MiWay) 70:25; 2 Simon Mpholo (Nedbank) 72:52; 3 Peter Tadziripa (ZIM/Maxed Elite) 75:42. **Masters:** 1 Reginald Ngobese (32GI) 74:50; 2 George Mooi (Gallopers) 78:06; 3 Tidimalo Modiga (Temp) 81:36. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 90:06. **G/g'masters:** 1 Elias Raphulu (Runners Store) 97:19. **80+:** 1 Andries van Rooyen (VTM) 2:33:01. **Juniors:** 1 Tumi Laphoto (KPMG) 76:29.

WOMEN

1 Mamorallo Tjoka (LES) 81:52; 2 Liziwe Mabona (Temp) 82:21; 3 Yolande Maclean (Born 2 Run) 86:49.

Veterans: 1 Corne Prinsloo (NPO) 97:03; 2 Ronel van Graan (Krugersdorp) 1:41:26; 3 Lethiwe Zondo (CSIR) 1:49:46. **Masters:** 1 Ansie Breytenbach (Irene) 1:41:18; 2 Ronel du Plessis (HMK) 1:45:51; 3 Ansa Strydom (Nedbank) 1:46:00. **G'masters:** 1 Carole de Waal (Wingate) 2:01:09. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 2:21:01. **80+:** 1 Deirdre Larkin (Randburg) 2:19:39.

10 km

MEN

1 Lucky Mohale (Boxer) 29:59; 2 Precious Mashele (Nedbank) 30:03; 3 Vuyisile Tshoba (KPMG) 30:41.

Veterans: 1 Shadrack Hoff (Boxer) 32:05; 2 Tsotang Maine (LES/Nedbank) 32:09; 3 Zongamele Dyubeni (Rockies) 33:30. **Masters:** 1 Graham McCallum (Born 2 Run) 36:40; 2 Nhlanhla Magubane (CS) 37:52; 3 Dawie de Villiers (Nedbank) 38:05. **G'masters:** 1 Mike du Bruto (Irene) 44:56. **G/g'masters:** 1 Pele Tshikundamalema (Temp) 42:35. **80+:** 1 Ken Nurden (Agape) 58:58. **Juniors:** 1 Kumalo Msizi (Ivory Park) 34:46.

WOMEN

1 Glenrose Xaba (Boxer) 35:42; 2 Andrea Steyn (KPMG) 36:48; 3 Christine Kalmer (KPMG) 37:19.

Veterans: 1 Ronel Thomas (Boxer) 41:22; 2 Mitsie v.d. Westhuizen (KPMG) 42:11; 3 Theresa Loots (Runavation) 43:54. **Masters:** 1 Sarah Mahlangu (Ricoh) 46:29; 2 Linda v.d. Gryp (Krugersdorp) 48:06; 3 Elisheva Rossouw (Nedbank) 57:06. **G'masters:** 1 Francis van Blerk (Nedbank) 52:08. **G/g'masters:** 1 Hettie Booysen (Green Mile) 88:20. **80+:** 1 Miemie Schoeman (Transnet) 88:20. **Juniors:** 1 Georgia Janish (Magnolia) 43:12.

Spar Irene Lantern 10 km (21st)

Irene, 15 February
(Out-and-back course)

MEN

1 Lucky Mohale (Boxer) 31:34; 2 Jacob Tseko (Tuks) 32:05; 3 Victor Pheeha (Monaco) 32:58.

Veterans: 1 Peter Medupe (Nedbank) 35:18; 2 Action Ramaboea (Ivory Park) 35:36. **Masters:** 1 Joseph Moloto (PMMC) 40:14. **G'masters:** 1 Sam Ndala (Nedbank) 48:39. **G/g'masters:** 1 Elias Raphulu (Runners Store) 49:05. **80+:** Andries van Rooyen (VTM) 70:14. **Juniors:** 1 Lesetja Bopape (Nedbank) 40:41.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 36:24; 2 Liziwe Mabona (AMPA) 38:00; 3 Catherine Skosana (Boxer) 42:36.

Veterans: 1 Patricia Forbes (Tuks) 46:23; 2 Busiswe Pakati (SCAW) 50:57. **Masters:** 1 Ansa Strydom (Nedbank) 48:53. **G'masters:** 1 Lettie Coetzee (PMMC) 61:27. **80+:** 1 Deidre Larkin (Randburg) 65:23. **Juniors:** 1 Sumarie Moolman (ACRW) 50:02.

Border Masters Half Marathon

East London, 12 February

(Distance: 21.1 km; NEW point-to-point course, dropping from approx. 90 m above sea level to approx 30 m [i.e., 2.8 m/km], highest point 120 m. Weather: excellent. Finishers: 623 [up from 520 last year].)

Note: The times were indicated in thousandths (!) of a second and rounded up by DRR according to the rules. Thanks to Tony Viljoen for providing a course map. – Ed.

MEN

1	Lusapho	April	Oxford Striders	1:06:05
2	Luthando	Hejana	Real Gijimas	1:07:50
3	Bulelani	Mgubo	All Stars	1:09:20
4	Sivuyile	Poswa	No Club	1:11:06
5	Siviwe	Pati	Horizon AC	1:14:54
6	Doran	Fritz	Nedbank Running	1:17:13
7	Mnonopheli	Zunguzane	Old Mutual AC	1:18:00
8	Lwandile	Ngobe	Real Gijimas	1:20:07

9	Tembisile	Vakele	Eskom EC Club	1:20:09
10	Shane	Moses	Eskom EC Club	1:21:29

40-44:

1	Doran	Fritz	Nedbank	1:17:13
2	Xolile	Mashicila	Overtakers	1:22:33
3	Mndeni	Zulu	Oxford Striders	1:22:50

45-49:

1	Dumisane	Siphmala	Cheetahs	1:22:53
2	Christopher	Bernadie	Born to Run AC	1:23:31
3	Elroy	Matthews	Mercedes Benz RR	1:31:10

50-54:

1	Mzoli	Mpalala	OMAC	1:26:33
2	Simon	Ngxeke	Born to Run AC	1:30:07
3	Tembakazi	Matika	All Stars	1:46:41

55-59:

1	Madala	Moyo	OMAC	1:42:26
2	Jannie	Bronkhorst	Oxford Striders	1:51:31
3	Graham	Arthur	Oxford Striders	1:58:14

60-64:

1	Charl	Pienaar	Old Selbornians	1:37:21
2	Graham	Kumm	Oxford Striders	1:47:24
3	Neville	Kirsten	Born to Run AC	2:00:26

65-69:

1	Bennie	Scholtz	Oxford Striders	2:05:07
2	Rob	Joiner	Kowie Striders	2:25:06
3	Brian	Beling	Gonubie Harriers	2:39:36

WOMEN

1	Stephanie	Smith	Born to Run AC	1:27:30
2	Lauren	Ranger	Born to Run AC	1:28:57
3	Caryn	Lategan	Born to Run AC	1:28:58
4	Melikhaya	Dyubele	Eskom EC Club	1:30:28
5	Ingrid	Webber	Old Selbornian RR	1:32:49
6	Karen	Davis	Born to Run AC	1:33:26
7	Andrea	Ranger	Old Selbornian RR	1:37:26
8	Brenda	Graham	Foundation A/C	1:38:06
9	Melanie	Elsdon	Oxford Striders	1:38:38
10	Zandile	Rubushe	Mdantsane A\C	1:39:26

40-44:

1	Karen	Davis	Born to Run AC	1:33:26
2	Micelle	Conroy	Born to Run AC	1:40:24
3	Carol	Tinhof	Old Selbornians	1:45:17

45-49:

1	Bernice	Timothy	Born to Run AC	2:03:13
2	Catherine	Fetting	Born to Run AC	2:06:08
3	Christine	Roux	Oxford Striders	2:19:38

50-54:

1	Debbie	Gee	Oxford Striders	1:47:36
2	Sherae	Kreusch	Born to Run AC	1:48:13
3	Suzette	Krause	Oxford Striders	2:03:32

55-59:

1	Maureen	Muhlenberg	Born to Run AC	1:53:47
2	Anjie	Bronkhurst	Oxford Striders	2:06:29
3	Maureen	Pitt	Oxford Striders	2:15:51

60-64:

1	Karima	Kitsopoulos	Born to Run AC	2:13:23
2	Hettie	van der Merwe	Queenstown Harriers	2:13:37
3	Beanie	Beard	Old Selbarnians	2:15:03

65-69:

1	Avril	Beyleveld	Kowie Striders	2:14:27
2	Jeanette	Halkema	EL Pacers	2:40:59

70-74:

1	Liz	Attree	Buffalo RR	2:39:20
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KFC Brackenfell 10 km

Brackenfell, 1 February

(Finishers: 1184 [down from 1377 last year].)

MEN

1	Nadeel	Wildschutt	Itheko	20	31:00
2	Akhona	Makila	VOB	25	31:27
3	André	Afrika	Eerste River	22	31:48
4	Carlo	Flink	Itheko	16	32:02
5	Adriaan	Wildschutt	Itheko	18	32:11
6	Gershwin	Van Staden	Itheko	20	32:16
7	Vuyolwethu	Mbukushe	Gugs	25	32:43
8	Brandon	Pullian	Itheko	21	32:56
9	Tsungai	Mwanengeni	ZIM/Gugs	43	33:29
10	Tino	Adams	Eerste River	21	33:57

WOMEN

1	Nomvuyisi	Seti	Itheko	35	38:19
2	Ebeth	Marais	Carbineers	21	38:44
3	Candyce	Hall	Carbineers	32	40:01
4	Mareli	Van Schalkwyk	Temp	20	42:06
5	Elizabeth	Brink	Durbanville	42	43:35
6	Mariëtte	Strauss	Tygerberg	54	43:47
7	Maritsa	Kotze	Bellville	34	43:53
8	Razaan	Kamaldien	Carbineers	17	45:08
9	Kelly	Mendonca	Temp	29	45:26
10	Alet	Carsten	Cape Multisport	28	45:55

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**All-Japan Corporate Team Half-marathon Championships (45th)**

Yamaguchi, JPN, 12 February

(Distances: 21.1 km for both men and women, plus 10 km for women)

Half Marathon (gun times)**MEN**

1. Abiyot Abinet, 1989, ETH 1:01:21 PB
2. Macharia Ndirangu, KEN 1:01:46
3. Charles Ndirangu, 1993, KEN 1:01:52
4. Takuya Fujimoto, 1989 1:01:53

5. Hideto Yamanaka, 1994 1:02:00 PB
6. Shun Inoura, 1992 1:02:01 PB
7. Daniel Muiva Kitonyi, KEN 1:02:05
8. Ken Yokote, 1993 1:02:15
9. Naoya Takahashi 1:02:31
10. Keita Baba 1:02:31

WOMEN

1. Ai Utsunomiya, 1995 1:10:47 PB
2. Sakiho Tsutsui, 1996 1:10:55 PB
3. Ayaka Fujimoto, 1997 1:11:00 PB
4. Maki Ashi, 1993 1:11:12 PB
5. Yuri Nozoe, 1996 1:11:14 PB
6. Yui Okada, 1994 1:11:17 PB
7. Felista Wanjugu, 1990, KEN 1:11:34
8. Ayano Ikemitsu, 1991 1:11:36 PB=
9. Reno Okura, 1995 1:11:56 PB
10. Mizuki Tanimoto, 1994 1:12:17 PB

10 km (gun times)

WOMEN

1. Yui Fukuda, 1995 32:17 PB/CR
2. Mao Ichiyama, 1997 32:24 PB
3. Kaori Morita, 1995 32:27 PB
4. Ryo Koido 32:39
5. Yuka Hori 32:40
6. Kanayo Miyata 32:57
7. Yuna Terashima 33:18
8. Sayaka Ikegame 33:27
9. Shiori Morita 33:29
10. Miyuki Oka 33:30

Groet Uit Schoorl Run (40th)

(Dutch 10 km Championships)

Schoorl, NED, 12 February

(Distance: 10 km)

MEN (gun times)

1. Abdi Nageeye, NED 28:45 (1st NC)
2. Ross Millington, GBR 28:46
3. Jonny Mellor, GBR 28:55
4. Jseper van der Wielen, NED 29:15 (2nd NC)
5. Abdi Hakin Uland, DEN 29:14
6. Ronald Schroer, NED 29:14 (3rd NC)

WOMEN (gun times)

1. Susan Krumins, NED 31:43 (1st NC)
2. Elizeba Cheronno, NED 33:00 (2nd NC)
3. Tabitha Gichia, KEN 33:12
4. Sabrina Mockenhaupt, GER 33:16
5. Ruth van der Meijden, NED 33:17 (3rd NC)

Gensan Giulietta & Romeo Half Marathon

Verona, ITA, 12 February

(Distance: 21.1 km; IAAF-certified, point-to-point course with 10% start/finish separation and negligible elevation change)

MEN (gun times)

- | | |
|----------------------|---------|
| 1. Edwin KOECH, KEN | 1:00:24 |
| 2. Bernard BETT, KEN | 1:03:08 |
| 3. Robert NDIWA, KEN | 1:03:15 |

WOMEN (gun times)

- | | |
|-----------------------------|------------|
| 1. Mimi BELETE, BRN | 1:09:15 PB |
| 2. Fatna MARAOUI, 1977, ITA | 1:12:37 |
| 3. Rosaria CONSOLE, ITA | 1:12:48 |

Standard Chartered Hong Kong Marathon (21st)

Hong Kong, HKG, 12 February

(Distance: 42.195 km)

MEN (gun times)

- | | | |
|---------------------------------|----------------|--------------------|
| 1. Bizuneh Melaku Belachew, ETH | 2:10:31 PB/CR* | USD 65,000 + 5000i |
| 2. Julius Kipyego Keter, KEN | 2:10:34 | 30,000 + 5000i |
| 3. Chala Adguna Bekele, ETH | 2:11:32 | 15,000 + 5000i |

WOMEN (gun times)

- | | | |
|--------------------------------------|---------|------------|
| 1. Aberu Mekuria Zennebe, ETH | 2:33:43 | USD 65,000 |
| 2. Bethelhem Moges Cherenet, ETH | 2:33:48 | 30,000 |
| 3. Letebrhan Haylay Gebreslasea, ETH | 2:33:56 | 15,000 |

Aloha Zane Branson Memorial 15 km

Kabarak, KEN, 9 February

(High altitude net uphill course starting at 1584 m and ending at 1694 m)

MEN

1. Donald MITEI, 04/04/1996, 44:26
2. Kandie KIBIWOTT, 20/06/1998, 44:28
3. Noah KIGEN, 12/06/1989, 44:30
4. Edwin KIPLAGAT, 19/02/1993, 44:31
5. Vincent YATOR, 11/07/1989, 44:32

NEWS

SAVINOVA LOSES MOST OF HER MEDALS, INCLUDING OLYMPIC GOLD

Russia's Mariya Savinova, one of the most decorated 800 m runners in history, has been stripped of most of her championships medals for doping, according to a decision handed down by the Court of Arbitration for Sport (CAS), reports *Race Results Weekly*.

Savinova, 31, was found guilty of doping via the IAAF's biological passport program. CAS said she was "found to have been engaged in using doping" from July, 2010 through August, 2013. She loses her 2012 Olympic 800 m gold medal (which will go to Caster Semenya), her 2011 IAAF World Championships gold medal (also to Semenya), and her 2010 European Championships title (to Yvonne Hak NED).

She is also banned through August, 2019, effectively ending her career.

VIEWPOINT

CORPORATE CLUBS: FINDING A BALANCE IS KEY

By Patrick Baranksy

Very interesting news on ASA and corporate clubs in last week's DRR. I hope their investigation includes engagement with corporate clubs. It would be sad to paint all clubs with the same brush without discerning the differences in structure, infrastructure, admittance criteria, footprint and roles across multiply provinces.

And low behold the differentiator of clubs adding value beyond membership, including hosting races, supporting athletes or developing talent.

The (past) amateur status of running clubs is more and more dependant on community and corporate support at many levels, and in many cases return value is given by title names or association. Without financial support most clubs would be prohibitively expensive for participants; from admissions, running gear to facilities. Finding a balance is key.

Athletics needs to think outside the box and find ways to fund and provide value for all parties. Local rugby and cricket teams realised this many years ago. Let's hope that ASA recognises the potential of a well structured set of guidelines that encourage mutual engagement, not solely based on funding, or punitive financial penalties that discourage investment.

A complex issue that needs careful consideration and input.

STATS TIME

With the Cape Peninsula Marathon having been run for the 50th time yesterday, here are lists of the top ten times by men and women in the history of the race. All the times are obviously aided and were run on the traditional course from Cape Town to Simon's Town. The race was run in the opposite direction in 1984, with Ron Boreham and Monica Drögemöller winning in 2:17:14 and 2:55:38 respectively. In 2009 and 2010 it was run on a loop course.

PENINSULA MARATHON: TOP 10 PERFORMANCES, MEN & WOMEN

MEN

2:11:47	Ernest Tjela	1	07 Mar 87
2:12:10	Bernard Rose	1	05 Mar 83
2:13:40	Tjela-2	1	22 Feb 86
2:14:12	Isaac Tshabalala	1	29 Feb 92
2:14:21	Willie Farrell	1	07 Mar 81
2:14:41	Rose-2	1	10 Mar 79
2:14:45	Thompson Magawana	1	27 Feb 88
2:14:47	John Sebata	2	27 Feb 88
2:14:58	Rose-3	2	07 Mar 81
2:15:11	Tjela-3	1	23 Feb 85

WOMEN

2:37:19	Monica Drögemöller	1	03 Mar 90
2:37:46	Adelene Joubert	1	23 Feb 85
2:39:56	Annette Falkson	1	07 Mar 87
2:43:13	Drögemöller-2	1	16 Feb 91
2:44:22	Helen Lucre	2	16 Feb 91
2:45:14	Drögemöller-3	1	27 Feb 88
2:45:35	Sonja Laxton	1	07 Mar 81
2:46:14	Lucre-2	1	29 Feb 92

2:46:52	Isavel Roche-Kelly	1	06 Mar 82
2:46:59	Lucre-3	2	07 Mar 87

THIS MONTH IN HISTORY

39 years ago: 25 February 1978

The first Peninsula Marathon was held in June 1964 and in the early years the race was run mostly in May and June. On this day, the 15th edition, it was held in February for the first time. The reigning SA marathon champion, Brian Chamberlain, scored a fairly easy victory in 2:32:43, with Johnny Kriel second in 2:34:21. As introduction to the results, the organising committee pointed out that in future the race would have to consider "the total and utter banishment of unofficial runners [who] can't have a conscientious interest in the sport" and added that because of this it was "very difficult to publish accurate 21 km and 32 km time splits". Janet Bailey won the women's race in 3:37:36. Exactly one month later, on 25 March, Chamberlain and Bailey would win again in Cape Town when they were first across the line in the Two Oceans Marathon.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2017

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	29:29	Thabang Mosiako	Benoni	29 Jan
	27:52	Nicholas Kosimbei (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		04 Feb
	45:29	Melikhaya Frans	Port Elizabeth	
	43:40	Yigrem Demelash Endale (ETH)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		15 Jan
	65:53	Thabang Mosiako	Bedfordview	
	59:10	Bedan Karoki (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		29 Jan
	81:36A	Sipho Mbanjwa	Pinetown	
30 km	71:18	Dennis Kipruto Kimetto (KEN)		08 Jan
	96:10	Lusapho April	Camps Bay	
	96:10	Lusapho April (RSA)		
	87:13**	Eliud Kipchoge (KEN) 2016		
Marathon	87:13**	Stanley Biwott (KEN) 2016		15 Jan
	2:18:52	Lungile Gongqa	Mumbai	
	2:04:11	Tamirat Tola Adere (ETH)		
100 km	2:02:57	Dennis Kimetto (KEN) 2014		
	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	32:05	Shadrack Hoff	Pretoria	18 Feb
	28:51	Paulo Catarino (POR) 2003		

15 km	49:54 44:14	Mzwanele Maphekula Pierre Levisse (FRA) 1992	Port Elizabeth	04 Feb
21.1 km	70:25 62:28	William Mokwalakwala John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Pretoria	18 Feb
25 km	86:38A 76:49	Jonathan Edwards Martin Mondragon (MEX) 1994	Pinetown	29 Jan
30 km	1:45:54 1:35:28	Gert Thys Geraldo Antonio da Silva (BRA) 2002	Camps Bay	08 Jan
Marathon	2:24:32 2:08:46	Johannes Kekana Andres Espinosa (MEX) 2003	Benoni	29 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	34:19 30:35	George Mooi Tecwyn Davies (GBR) 1988	Benoni	29 Jan
15 km	52:48 47:52	Reginald Ngobese Titus Mamabolo (RSA) 1991	Vanderbijlpark	08 Feb
21.1 km	74:36 66:42	Reginald Ngobene Martin Rees (GBR) 2003	Benoni	29 Jan
25 km	99:08A	Phakhama Shezi	Pinetown	29 Jan
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15 2:19:29	Reginald Ngobese Titus Mamabolo (RSA) 1991	Sasolburg	04 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:29 32:48	Goodman Mpukane Martin Rees (GBR) 2013	Athlone	11 Feb
15 km	61:16A 62:09	Mochamat Kriel Mochamat Kriel	Camps Bay Constantia	08 Jan 14 Jan
21.1 km	54:32 88:35 71:31	Cees Stolwijk (NED) 2013 Mochamat Kriel Martin Rees (GBR) 2013	Tokai	04 Feb
25 km	1:54:07A 94:01	Devilliers Oberholzer Doug Winn (USA) 2010	Pinetown	29 Jan
30 km	2:17:54 1:57:07	Louis Claassen Ed Whitlock (CAN) 1994	Camps Bay	08 Jan
Marathon	3:06:21 2:36:30	Gideon Radebe Yoshihisa Hosaka (JPN) 2009	Benoni	29 Jan
100 km				
<u>Great grandmasters (70+)</u>				
10 km	42:35 37:33	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Pretoria	18 Feb
15 km	73:45 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	14 Jan
21.1 km	97:19 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	18 Feb
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:59:59 2:00:56	Gideon Malherbe Ed Whitlock (CAN) 2001	Camps Bay	08 Jan
Marathon	3:57:21 2:54:49	David Ngobeni Ed Whitlock (CAN) 2004	Pretoria	28 Jan
100 km				

Juniors

10 km	30:17	Kabelo Seboko	Benoni	29 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:12	Carlo Flink	Durbanville	25 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	72:27	Itumeleng Sesiko	Sasolburg	04 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	35:12	Kesa Molotsane	Benoni	29 Jan
	32:01	Eilish McColgan (GBR)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott	Camps Bay	08 Jan
	56:43	Ntombesintu Mfunzi	Port Elizabeth	04 Feb
	47:45	Veronica Nyaruai Wanjiru (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	72:36	Irvette van Zyl	Barcelona	12 Feb
	65:06	Peres Jepchirchir (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:59:01	Danette Smith	Camps Bay	08 Jan
	1:59:01	Danette Smith (RSA)		
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:39:11 Wo	Mary Keitany (KEN) 2011		
Marathon	2:57:05	Gerda Steyn	Dubai	20 Jan
	2:22:36	Worknesh Degefa Debele (ETH)		
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:36	Charné Bosman	Sasolburg	04 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	64:24	Davera Magson	Port Elizabeth	14 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	81:28	Tanith Maxwell	Tokai	04 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:48:53A	Shani Silver	Pinetown	29 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:02:35	Ulrica Stander	Camps Bay	08 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:45A	Ulrica Stander	Simon's Town	19 Feb
	3:06:00	Salome Cooper	Benoni	29 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	43:04 34:44	Mariëtte Strauss Tatyana Pozdniakova (UKR) 2005	Paarl	11 Feb
15 km	65:45 54:33	Christine Claasen Shirley Matson (USA) 1991	Port Elizabeth	04 Feb
21.1 km	93:56 76:07	Elmarie Coetzee Tatyana Pozdniakova (UKR) 2006	Tokai	04 Feb
25 km	2:05:56A	Roshini Natasen	Pinetown	29 Jan
30 km	2:28:30	Ester Brink	Camps Bay	08 Jan
Marathon	3:29:00A 3:36:18 2:31:05	Marie Louw Jane Mudau Tatyana Pozdniakova (UKR) 2005	Simon's Town Benoni	19 Feb 29 Jan
100 km				

Grandmasters (60+)

10 km	43:14 38:56	Nancy Will Lidia Zentner (GER) 2015	Athlone	11 Feb
15 km	68:15 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	14 Jan
21.1 km	97:38 84:56	Nancy Will Bernadine Portenski (NZL) 2010	Tokai	04 Feb
25 km	2:25:43A 1:58:24	Sheree Kirsten Gloria Brown (USA) 1994	Pinetown	29 Jan
30 km	2:32:53 2:17:11	Nancy Will Barbara Miller (USA) 1999	Camps Bay	08 Jan
Marathon	3:40:03A 3:44:49 3:01:30	Nancy Will Val Watson Bernadine Portenski (NZL) 2010	Simon's Town Benoni	19 Feb 29 Jan
100 km				

Great grandmasters (70+)

10 km	57:49 44:09	Annetjie Greyvenstein Lavinia Petrie (AUS) 2014	Bronkhorstspuit	11 Feb
15 km	88:32 72:52	Liz Grundlingh Jo Klein (NED) 2004	Port Elizabeth	04 Feb
21.1 km	2:12:17A 2:17:01 97:38	Marlene James Marlene James Lavinia Petrie (AUS) 2014	Simon's Town Tokai	19 Feb 04 Feb
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon	3:35:29	Helga Miketta (GER) 2013		
100 km				

Juniors

10 km	36:44 31:42	Ashleigh Simonis Zola Pieterse (RSA) 1984	Tokai	04 Feb
15 km	70:51 49:40	Siphokazi Liwani Ines Chenonge (KEN) 2001	Port Elizabeth	14 Jan
21.1 km	1:47:39A 2:17:51 1:09:05	Celine Moses Maureen Parry Delilah Asiago (KEN) 1991	Simon's Town Cato Ridge	19 Feb 19 Feb

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