

Distance Running Results

Vol. 17, No. 11 – 20 March 2017

© 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

Former Comrades champion Caroline Wöstmann repeated her win of last year in the weekend's 27th Old Mutual Om die Dam 50 km, with the woman who beat her for the 2016 Comrades crown, Charné Bosman, second. Former winner Ludwick Mamabolo was second in the men's race, just like last year – this time behind Zimbabwean Collin Parura, who won by three seconds short of three minutes. Excellent times were run, with Parura's 2:53:54 being the fastest since John Chebii (KEN) won in 2:50:12 in 2013 and Wöstmann's 3:29:47 the quickest since Lizih Chokore (ZIM) ran 3:23:52 in 2011 – and the best by a South African since Riana van Niekerk clocked 3:27:30 in 2009.

In the other ultramarathon of the weekend, the 40th Bruintjieshoogte 50 km, the wins went to Charles Segalo in 3:12:49 and vet Davera Magson in 4:11:11. It was Magson's second win in a row, and fourth in total.

Another Zimbabwean, Prodigal Khumalo, won the 42nd running of the Stella Royal 25 km, with Jenna Challenor easily taking the women's race.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Stella Royal 25 km & 10 km, Durban
- * K-Way Gallopers 15 km, Leondale
- * Old Mutual Om die Dam 50 km, Half Marathon & 10 km, Hartebeespoort Dam
- * Bruintjieshoogte 50 km, 25 km & 15 km, Pearston to Somerset East
- * Ravensmead 15 km, Ravensmead
- * Lake Farm Centre 10 km, Port Elizabeth

International highlights:

- * United Airlines NYC Half, New York, USA
 - * Eldoret Red Cross Half Marathon, Eldoret, KEN
 - * Meia-Maratona Internacional de Lisboa EDP, Lisbon, POR
 - * Stramilano Half Marathon, Milano, ITA
 - * Seoul International Marathon, Seoul, KOR
-

ROAD RUNNING

Stella Royal 25 km (42nd) & 10 km

Durban, 19 March

(Loop courses)

25 km

MEN

1 Prodigal Khumalo (ZIM/ME) 1:24:18 (R700); 2 Mawande Hlongwe (Zakhele) 1:25:35 (R500); 3 Sithembele Fanekho (Nedbank) 1:27:29 (R300).

40-49: 1 Nhlanhla Clement Khanyile (SANDF) 1:35:15 (R300). **50-59:** 1 Thierry Pletinckx (Amanzimtoti) 1:45:34 (R300). **60+:** 1 Phineas Mandlakho Ntombela (KZN Striders) 2:10:12 (R250).

WOMEN (Same prize money as men)

1 Jenna Challenor (KPMG) 1:40:31; 2 Slindile Chili (Chesterville) 1:49:04; 3 Maya Lawrie (Boxer) 1:49:48 (1st vet).

40-49: 1 Maya Lawrie (Boxer) 1:49:48. **50-59:** 1 Roshini Natasen (Highway) 2:13:40. **60+:** 1 Pamela Rasmussen (YWP) 2:27:24.

10 km

MEN

1 Nkosikhona Mhlakwana (Phuma) 32:40 (R400); 2 Zama Mndiyaya (Zakhele) 34:19 (R300); 3 Bruce Maake (DR) 35:38 (R200).

WOMEN (Same prize money as men)

1 Sandy de Beer (SANDF) 48:14; 2 Samantha Beukes (DHSOB) 49:43; 3 Maureen Slack (West) 50:12.

K-Way Gallopers 15 km

Leondale, Johannesburg, 19 March

(Finishers: 650)

MEN

1 Lucky Mohale (Boxer) 48:50; 2 Johannes Kekana (Maxed Elite) 48:58 (1st vet); 3 Lucky Mtshali (Nedbank) 49:02; 4 Samuel Moloi (Orlando) 49:48; 5 Piet Sebalo (Gallopers) 50:22.

Veterans: 1 Johannes Kekana (Maxed Elite) 48:58; 2 Modise Mokaoane (Kagiso Triders) 52:51. **Masters:** 1 Solomon Khumalo (Carlton) 54:53; 2 Paseko Nhlapo (Temp) 62:06.

G'masters: 1 Andre Jansen (GS) 63:43; 2 Andre Bredenkamp (BNAC) 73:19. **Juniors:** 1 Caleb Beukes (KPMG) 51:57.

WOMEN

1 Pam Madoa (NW Pukke) 61:21; 2 Enie Manzini (Ekurhuleni) 62:08; 3 Frida Zwane (Cool Running) 64:14; 4 Bodene Nienaber (Nedbank) 66:04; 5 Leigh Privett (Wanderers) 66:12 (1st vet).

Veterans: 1 Leigh Privett (Wanderers) 66:12; 2 Assalina Nyathi (Post Office) 78:34.

Masters: 1 Carol Wallace (Striders) 89:22; 2 Annetjie Strydom (Arcelor Mittal) 91:26.

G'masters: 1 Liz Sweidan (Wanderers) 91:55; 2 Bella Carmichael (RRW) 98:37. **Juniors:** 1 Tylo Cumberlege (FFA) 76:10.

Old Mutual Om die Dam 50 km (27th), Half Marathon & 10 km

Hartebeespoort Dam, 18 March

(Distances: 50 km, 21.1 km & 10 km. Hilly loop courses. Weather: very hot, clear skies. Finishers: 50 km – 3678 [huge increase from 2830 last year]; half marathon – 1984 [up from 1851]; 10 km – 887; also 1350 in 5 km.)

50 km

MEN

1. Collin Parura (ZIM/Ned) 2:53:54
2. Modibe Ludwick Mambolo (Ned) 2:56:51
3. Rofhiwa Mathidi (RRR) 2:57:55
4. Jeffrey Gwebu (KPMG) 2:59:17
5. Lebohang Mahloane (LES/Ned) 3:00:06
6. Marko Mambo (ZIM/Ned) 3:01:26 (1st vet)
7. Trevor Ngubane (Mom) 3:03:23
8. Motsamai Rantho (RRR) 3:04:55
9. Renier Grobler (KMPG) 3:06:35
10. Felix Mushurwa (ZIM/Ned) 3:06:36

Veterans: 1. Marko Mambo (ZIM/Ned) 3:01:26; 2. Felix Mushurwa (ZIM/Ned) 3:06:36; 3. Harmans Mokgadi (KPMG) 3:06:55. **Masters:** 1. Reginald Ngobese (32Gi) 3:17:05; 2. Joseph Ndlovu (ACE) 3:32:18; 3. Lindeque Mokhachane (RW) 3:34:47. **G'masters:** 1. Johan Nel (Irene) 4:09:44; 2. Don Charles (Ned) 4:21:51. **G/g'masters:** 1. John Mngadi (Rain) 5:25:40.

WOMEN

1. Caroline Wöstmann (KPMG) 3:29:47
2. Charné Bosman (Ned) 3:34:42 (1st vet)
3. Yolande Maclean (B2R) 3:40:46
4. Mary Khourie (KPMG) 3:41:27
5. Salome Cooper (B2R) 3:42:20
6. Danka Erasmus (KPMG) 3:51:14
7. Fianza Landman (KPMG) 3:51:14 [correct]
8. Emmah Mathibela (Ned) 3:54:16
9. Julianie Basson (B2R) 3:58:17
10. Jenni Kruse (Sunning) 4:00:31

Veterans: 1. Charné Bosman (Ned) 3:34:42; 2. Salome Cooper (B2R) 3:42:20; 3. Julianie Basson (B2R) 3:58:17. **Masters:** 1. Julie Shadwell (Vital) 4:24:43; 2. Rita van Wyk (Boks) 4:41:24; 3. Chris Walter (Dain) 4:44:23. **G'masters:** 1. Val Watson (Runav) 4:49:49; 2. Linda Icly (Old Eds) 5:31:26.

Half marathon

MEN

1. Obed Kopong (Ned) 1:10:50
2. Henno Havenga (Pukke) 1:14:22
3. Fortune Howard (Anglo) 1:22:23 (1st vet)

Veterans: 1. Fortune Howard (Anglo) 1:22:23; 2. Enrico Flusk (PMMC) 1:22:48. **Masters:** 1. Joseph Rampai (Bedford) 1:39:35; 2. Jeremiah Mtsweni (Anglo) 1:43:39. **G'masters:** 1. Jose Araujo (Chamber) 1:52:59.

WOMEN

1. Andronica Mokgotla (Ned) 1:26:40
2. Rebecca Mokgosinyane (Ned) 1:30:09
3. Maria Vilakazi (Ind) 1:31:47 (1st vet)

Veterans: 1. Maria Vilakazi (Ind) 1:31:47; 2. Lizzy Dlhwiwayo (RWFL) 1:32:42. **Masters:** 1. Magdeline Makgata (Ind) n/t; 2. Sonja van der Vyver (Rand) 1:52:50. **G'masters:** 1. Norah Doherty (RTR) 1:59:47. **G/g'masters:** 1. Annetjie Greyvenstein (Irene) 2:11:50.

10 km

MEN

1. Desmond Mokgobu (Boxer) 30:49
2. Leswene Africa Mailola (Ned) 31:05
3. Itumeleng Sesiko (KPMG) 32:35 (1st jun)

Veterans: 1. Onkabetse Thole (Kimb) 38:00; 2. Dawie Janse van Rensburg (NWU) 38:08.

Masters: 1. Jerry Xaba (Scaw) n/t; 2. Daniel Jordaan (Ind) n/t. **G'masters:** 1. Francis Makuka (ZAM/Phob) 44:01. **G/g'masters:** 1. Hennie Niemand (Ind) 62:37. **Juniors:** 1. Itumeleng Sesiko (KPMG) 32:35.

WOMEN

1. Rutendo Nyahora (ZIM/Ned) 36:37
2. Christine Kalmer (KPMG) 37:39
3. Mpuse Thiane (Siban) 41:28

Veterans: 1. Beatrice Werner (RI) 53:23; 2. Fantine Nel (Roode) 56:11. **Masters:** 1. Linda van der Gryp (Krugers) 47:07; 2. Monica Reis (FFA) 50:18. **G'masters:** 1. Erica Geldenhuys (Ind) 51:10.

Bruintjieshoogte 50 km (40th), 25 km & 15 km

Pearston to Somerset East, 18 March

(Distances: 50 km, 25 km & 15 km. Point-to-point courses, but hilly. Finishers: 50 km – 172 [down from 197 last year]; 25 km – 130 [slightly up from 120]; 15 km – 74 [slightly up from 70].)

50 km

MEN

1	Charles	Segalo	Charlo AC	30	3:12:49
2	Mzwanele	Maphekula (1 st vet)	Bluewater Bay	40	3:16:36
3	Anele	Maliza	Nedbank RC	39	3:17:27
4	Saziphi	Blaai	Nedbank RC	36	3:21:05
5	Xolisa	Ndlumbini	Vukani MS Club	34	3:23:12
6	Melikhaya	Kepe	Nedbank RC	40	3:23:41
7	Sipho	November	Graaff-Reinet	36	3:33:46
8	Terrance	Mjekula	Tinarha AC	44	3:36:25
9	Luvuyo	Dyani	Motherwell AC	46	3:41:02
10	Jacques	Barnard	Despatch AC	40	3:42:41
11	Nkosinathi	Gcakasi	Bluewater Bay	46	3:44:49
12	Christopher	Mabengeza (1 st mast)	Nedbank RC	50	3:44:57
13	Mazandi	Dzudzudzu	Nedbank RC	35	3:48:12
14	Luvuyo	Stephen	Nedbank RC	46	3:48:56
15	Daryl	North	Achilles AAA	40	3:49:03
16	Mzukisi	Klaas	Bluewater Bay	48	3:51:45
17	Nathi	Mda	Motherwell AC	25	3:54:09
18	Patrick	Peta	Somerset East	40	3:55:17
19	Leon	Weitsz	Despatch AC	42	3:56:03
20	Melikhaya	Jandick	RCS Gugulethu	32	3:59:36

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	40	3:16:36
---	----------	-----------	---------------	----	---------

2	Melikhaya	Kepe	Nedbank RC	40	3:23:41
3	Terrance	Mjekula	Tinarha AC	44	3:36:25
45-49:					
1	Luvuyo	Dyani	Motherwell AC	46	3:41:02
2	Nkosinathi	Gcakasi	Bluewater Bay	46	3:44:49
3	Luvuyo	Stephen	Nedbank RC	46	3:48:56
50-54:					
1	Christopher	Mabengeza	Nedbank RC	50	3:44:57
2	Graham	Terblanche	NMMU Madibaz	52	4:19:38
3	Uran	Le Roux	VWAC	50	4:30:56
55-59:					
1	Leonard	Erasmus	Gelvan AC	59	4:34:56
2	Efese	Peter	SANDB AC EP	56	5:06:58
3	Karl	Baker	RCS Gugulethu	57	5:31:30
65-69:					
1	Zamayedwa	Tom	Oxford Str	67	6:28:24
2	Reginald	Jacobs	Gelvan AC	65	6:29:59

WOMEN

1	Davera	Magson (1 st vet)	Nedbank RC	42	4:11:11
2	Terray	Newcombe	Elite AC	26	4:34:04
3	Martha	Pretorius	Nantes RC	46	4:41:02
4	Ingrid	Eckstein	Body Concept	35	4:47:06
5	Ludine	Williams	St Albans AC	29	4:54:23
6	Lauren	Van der Walt	Gonubie Harrier	29	4:56:38
7	Talana	Vosloo	Despatch AC	35	5:01:40
8	Jacky	Scholtz	Plett AC	48	5:08:57
9	Elizma	Horne	Somerset East	38	5:18:20
10	Catharina	Warren	Amanzimtoti AC	39	5:18:20
11	Rosemary	Joubert (1 st mast)	32Gi EP AC	56	5:18:44
12	Louise	Mazuelas	Charlo AC	38	5:18:48
13	Thembakazi	Ntsantsa	Old Mutual AC	31	5:21:34
14	Marissa	Black	Nedbank RC	38	5:31:00
15	Ansa	Von Hagen	PEAAC	44	5:31:01
16	Elise	Steynberg	Graaff-Reinet	37	5:34:56
17	Marianne	Stiglingh	Kowie Striders	51	5:44:32
18	Erika	Foreman	St Albans AC	46	5:47:39
19	Lesley Ann	Bush	Despatch AC	44	5:53:15
20	Michelle	Claassens	Despatch AC	48	5:53:16

40-44:

1	Davera	Magson	Nedbank RC	42	4:11:11
2	Ansa	Von Hagen	PEAAC	44	5:31:01
3	Lesley Ann	Bush	Despatch AC	44	5:53:15

45-49:

1	Martha	Pretorius	Nantes RC	46	4:41:02
2	Jacky	Scholtz	Plett AC	48	5:08:57
3	Erika	Foreman	St Albans AC	46	5:47:39

50-54:

1	Marianne	Stiglingh	Kowie Striders	51	5:44:32
2	Paige	Lee	32Gi EP AC	50	6:09:57
3	Ingrid	Van der Westhuizen	Xcel AC	50	6:12:21

55-59:

1	Rosemary	Joubert	32Gi EP AC	56	5:18:44
2	Helen	McLean	Madiba BW	56	6:03:59

25 km**MEN**

1	Andre	Ketchem	Xcel AC	33	1:21:59
2	George	Ntshiliza	Nedbank RC	37	1:22:55
3	Kgotso	Majara	Ikhamva AC	36	1:30:33
4	Lubabalo	Bokuva	Albany SS	26	1:33:22
5	Thobile	Xata (1 st vet)	Nedbank RC	42	1:34:00
6	Melikhaya	Jacobs	Albany SS	38	1:37:40
7	Basie	Bonaparte (1 st mast)	Albany SS	51	1:37:58
8	Juwayne	Fletcher	Charlo AC	26	1:38:19
9	Rikhotso	Rooi	Nedbank RC	33	1:41:33
10	Desmond	Zibi	Achilles AAA	53	1:43:45
11	Alfred	Pakkies	Charlo AC	48	1:43:47
12	Mloyiswa	Sibanda	Real Gijimas	38	1:49:01
13	Jaco	Bekker	Temp	33	1:51:47
14	Siyabonga	Oliphant	Somerset East	26	1:55:14
15	Vincent	Mbixana	Vukani MS Club	48	1:56:35
16	Stefan	Steynberg	Graaff-Reinet	38	1:57:14
17	Richard	Mazungula	Nedbank RC	40	1:59:04
18	Chester	Brooks	Xcel AC	59	1:59:06
19	Donovan	Matthews	Nedbank RC	32	2:00:59
20	Sticks	Stiglingh (1 st g'mast)	Kowie Striders	62	2:02:57

40-44:

1	Thobile	Xata	Nedbank RC	42	1:34:00
2	Richard	Mazungula	Nedbank RC	40	1:59:04
3	Andile	Siphango	Temp	40	2:05:17

45-49:

1	Alfred	Pakkies	Charlo AC	48	1:43:47
2	Vincent	Mbixana	Vukani MS Club	48	1:56:35
3	Marius	Ferreira	St Albans AC	48	2:02:57

50-54:

1	Basie	Bonaparte	Albany Ss	51	1:37:58
2	Desmond	Zibi	Achilles AAA	53	1:43:45
3	Tertius	Buys	Bluewater Bay	51	2:17:18

55-59:

1	Chester	Brooks	Xcel AC	59	1:59:06
2	Mike	Burger	Charlo AC	57	2:08:06
3	Jacob	Masimla	Graaff-Reinet	56	2:10:39

60-64:

1	Sticks	Stiglingh	Kowie Striders	62	2:02:57
2	Ken	Barwood	Achilles AAA	61	2:30:41
3	Renier	Van Vuuren	PEAAC	60	2:56:45

70-74:

1	Jean	Nepgen	Kowie Striders	72	4:37:56
---	------	--------	----------------	----	---------

WOMEN

1	Terri-Lynn	Penney	RWFL EP	39	1:53:42
2	Grizelda	Pietersen (1 st vet)	Nedbank RC	48	1:57:26
3	Priscilla	Dyantyi	Nedbank RC	43	2:03:58
4	Olwethu	Bomvana	Motherwell AC	30	2:05:25
5	Joan	Viljoen	Nedbank RC	22	2:06:27
6	Lisa	Liebenberg	Somerset East	26	2:11:41
7	Katie	Morris	Achilles AAA	33	2:17:31
8	Janine	Gardiner	Elite AC	35	2:19:59
9	Marlize	Hayward	Despatch AC	35	2:22:21
10	Elzabe	Phillipson	Despatch AC	33	2:24:34

11	Noncedo	Reme-Mnandi	Rhodes Univ	34	2:30:38
12	Muthumuni	Managa	Rhodes Univ	29	2:30:38
13	Leta	Dos Santos (1 st mast)	Infinity AC	52	2:31:23
14	Lynette	Crause	Infinity AC	57	2:31:32
15	Ina	Meaker	Infinity AC	55	2:32:59
16	Lizelle	Notley	Bluewater Bay	34	2:33:06
17	Ncedine	Njili	Somerset East	41	2:35:07
18	Anchen	Coetzer (1 st jun)	Temp	18	2:36:04
19	Lize Marie	Lemmer	Despatch AC	25	2:36:41
20	Jhaninen	Boshoff	Despatch AC	51	2:38:34

40-44:

1	Priscilla	Dyantyi	Nedbank RC	43	2:03:58
2	Ncedine	Njili	Somerset East	41	2:35:07
3	Sophia	Du Plessis	Graaff-Reinet	44	2:39:42

45-49:

1	Grizelda	Pietersen	Nedbank RC	48	1:57:26
2	Doris	Gerber	Nedbank RC	46	2:39:45
3	Carol-Anne	Cash	Achilles AAA	46	2:39:51

50-54:

1	Leta	Dos Santos	Infinity AC	52	2:31:23
2	Jhaninen	Boshoff	Despatch AC	51	2:38:34
3	Charlene	De Coning	Elite AC	52	2:39:47

55-59:

1	Lynette	Crause	Infinity AC	57	2:31:32
2	Ina	Meaker	Infinity AC	55	2:32:59
3	Beverley	Barends	Achilles AAA	56	2:46:00

60-64:

1	Nicki	Van Niekerk	Muirite Strider	63	2:42:32
---	-------	-------------	-----------------	----	---------

65-69:

1	Carol	Nepgen	Kowie Striders	66	3:25:24
---	-------	--------	----------------	----	---------

Juniors:

1	Anchen	Coetzer	Temp	18	2:36:04
---	--------	---------	------	----	---------

15 km**MEN**

1	Masixole	Xayiya	Temp	22	55:14
2	Bonakele	Ntshangasi	Nedbank RC WP	36	58:47
3	Lesley	Koeseba (1 st vet)	Nedbank RC	43	59:29
4	Devernito	Du Plessis	Albany SS	19	1:02:07
5	Malan	Ferreira (1 st jun)	Temp	15	1:02:31
6	Xolile	Goliath	Temp	14	1:11:55
7	Dirk	Van Rooyen	Nedbank RC	48	1:12:17
8	Hansie	Els (1 st g'mast)	Somerset East	69	1:13:19
9	Lotter	Van Niekerk	Graaff-Reinet	21	1:16:25
10	Siyamthanda	Pikoli	Temp	22	1:18:46
11	Abongile	Peza	Temp	33	1:20:44
12	Sibahle	Dakuse	Temp	16	1:26:59
13	Stephanus	Pretorius	Muirite Strider	60	1:27:14
14	Petrus	Plaatjies	Craddock AC	48	1:30:52
15	Johan	Mattheyse	Temp	17	1:33:37
16	Ralph	Jonck	Temp	37	1:33:51
17	Hannes	De Waal	Temp	47	1:36:29
18	Moloko	Mokubedi	Temp	19	1:38:02
19	Francois	Mattheyse	Temp	26	1:38:40
20	Nathan	Coetzee	SANDEF AC EP	32	1:38:57

40-44:

1	Lesley	Koeseba	Nedbank RC	43	59:29
---	--------	---------	------------	----	-------

45-49:

1	Dirk	Van Rooyen	Nedbank RC	48	1:12:17
2	Petrus	Plaatjies	Cradock AC	48	1:30:52
3	Hannes	De Waal	Temp	47	1:36:29

50-54:

1	Andre	Potgieter	Temp	50	1:42:11
2	Johan	Mattheyse	Somerset East	53	1:46:28
3	Pieta	Booyens	Temp	53	1:46:29

55-59:

1	Neil	Grobler	Muirite Strider	57	1:55:16
---	------	---------	-----------------	----	---------

60-64:

1	Stephanus	Pretorius	Muirite Strider	60	1:27:14
2	Mof	Botha	Achilles AAA	61	1:51:07
3	Christie	Stols	Temp	62	2:20:59

65-69:

1	Hansie	Els	Somerset East	69	1:13:19
---	--------	-----	---------------	----	---------

80+:

1	John	Warren	Temp	80	2:19:22
---	------	--------	------	----	---------

Juniors:

1	Malan	Ferreira	Temp	15	1:02:31
2	Xolile	Goliath	Temp	14	1:11:55
3	Sibahle	Dakuse	Temp	16	1:26:59

WOMEN

1	Dafre	Troskie (1 st vet)	Somerset East	48	1:19:57
2	Trish	Schuin (1 st mast)	Somerset East	51	1:20:43
3	Corle	Ferreira	Temp	23	1:24:58
4	Genevieve	Garth	Temp	30	1:26:52
5	Thokoza	Galada	Cradock AC	35	1:27:24
6	Marieette	Grobler	Temp	28	1:28:29
7	Maricia	Schulpfort	Somerset East	30	1:28:57
8	Alma	Els	Temp	26	1:32:31
9	Noludwe	Ntshanga	Temp	37	1:34:12
10	Zelda	Krige	Infinity AC	56	1:34:48
11	Zanele	Yashe	Cradock AC	28	1:35:11
12	Michele	Hobson	Graaff-Reinet	51	1:35:42
13	Anya	Gerryts	Graaff-Reinet	43	1:37:54
14	Janita	Botha	Temp	46	1:38:25
15	Allison	Von Waltzleben	Temp	21	1:38:57
16	Ayanda	Mdludlu	Dept Public Wor	32	1:41:47
17	Jenny	Ferreira	Temp	51	1:42:10
18	Portia	Dibela	Eskom AC	28	1:44:37
19	Thina	Maqubela	Rhodes Univ	26	1:44:55
20	Abongile	Nonxuba	Nedbank RC	33	1:45:21

40-44:

1	Anya	Gerryts	Graaff-Reinet	43	1:37:54
2	Hannelie	Ferreira	St Albans AC	41	1:59:33

45-49:

1	Dafre	Troskie	Somerset East	48	1:19:57
2	Janita	Botha	Temp	46	1:38:25
3	Madelein	Claassen	Despatch AC	49	1:52:31

50-54:

1	Trish	Schuin	Somerset East	51	1:20:43
2	Michele	Hobson	Graaff-Reinet	51	1:35:42

3	Jenny	Ferreira	Temp	51	1:42:10
55-59:					
1	Zelda	Krige	Infinity AC	56	1:34:48
2	Lesbe	Greeff	Temp	59	1:55:49
3	Maria	Bezuidenhout	Muirite Strider	57	2:03:40
60-64:					
1	Martie	Groves	Temp	64	1:59:35
2	Shelley	Buncome	Temp	60	2:00:38
3	Anneri	Du Randt	Temp	62	2:32:41
65-69:					
1	George	Groves	Temp	65	2:00:09

Ravensmead 15 km

Ravensmead, 18 March

(Certified out-and-back course with loop on the return leg. Finishers: 1278 [up from 984 last year].)

MEN

1. Duane Fortuin (KR) 46:52
2. Siviwe Nkombi (Ned) 47:53
3. Nkosiyethu Sotyantya (Itheke) 48:06

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 50:39; 2. Xolile Macanda (Gugs) 53:39; 3. Penwell Ntshaluba (Ned) 54:13. **Masters:** 1. Johnny Persents (WR) 53:40; 2. John September (Itheke) 56:16; 3. Zolani Ntsodo (SANDF) 57:12. **G'masters:** 1. Mochamat Kriel (Ommie) 60:24; 2. Johannes Jacobs (Celtic) 68:43; 3. Patrick Dlangala (RWFL) 69:49. **G/g'masters:** 1. Ronnie le Roux (Brack) 78:36; 2. Joseph Matthews (MS) 81:02; 3. Claude Brooks (MS) 87:54. **Juniors:** 1. Edwin Idas (Frans) 64:20; 2. Ismael Cozyn (Ommie) 68:34; 3. Brandey Daniels (Brack) 71:55.

WOMEN

1. Tanith Maxwell (Boxer) 56:45 (1st vet)
2. Nomvuyisi Seti (Itheke) 59:18
3. Lee-Shay Willemse (Velo) 59:23

Veterans: 1. Tanith Maxwell (Boxer) 56:45; 2. Marlize Vienings (Edge) 64:29; 3. Busisiwe Matiwane (Ned) 65:57. **Masters:** 1. Cailey Bredenkamp (Paarl) 73:59; 2. Bev Charters (VOB) 74:17; 3. Gail Maharage (SANDF) 77:38. **G'masters:** 1. Nancy Will (Pine) 69:56; 2. Charmaine Cupido (Ned) 75:46; 3. Hilary Rhode (Edge) 76:09. **G/g'masters:** 1. Marlene James (Pine) 1:30:23; 2. Ruth Francis (IT) 1:52:03. **Juniors:** 1. Celine Moses (Ommie) 66:42; 2. Razaan Kamaldien (Carb) 69:13; 3. Justine Willemse (ARD) 87:37.

Lake Farm Centre 10 km (33rd)

Port Elizabeth, 11 March

(Distance: 10 km; hilly loop course. Finishers: 352 [up from 324 last year].)

MEN

1	Andile	Motwani	Tinarha AC	20	32:31
2	Zolani	Mabhongo	Ikhamva AC	30	32:53
3	Brendon	Effenaar	Nedbank RC	21	33:49
4	Mhlanganisi	Makosa	VWAC	27	38:06
5	Simon	Ngcoko (1 st vet)	Temp	47	38:22
6	Xoyiya	Masixola	Temp	32	39:16
7	Msindisi	Matshobeni	NMB Mun	38	39:53
8	Khayelihle	Ncube	Nedbank RC	30	40:02

9	Jarryd	Cooke	Charlo AC	23	40:03
10	Juan	Cordier	Kowie Striders	31	40:15
11	Ntomezo	Biycle	Temp	42	40:57
12	Michael	Prince	Nedbank RC	43	41:19
13	Thembekile	Msipa	Charlo AC	42	41:19
14	Unknown		Temp	29	42:26
15	Martin	Jansen	Nedbank RC	48	42:26
16	Mbulelo	Kitas	Youth FC AC	47	42:26
17	Henriques	Alvaro	Achilles AAA	38	45:26
18	Xolisa	Tshona (1 st jun)	Temp	18	45:39
19	Jason	Schreiber	Nedbank RC	22	46:46
20	Edvin	Donley	Despatch AC	39	46:31

40-44:

1	Ntomezo	Biycle	Temp	42	40:57
2	Michael	Prince	Nedbank RC	43	41:19
3	Thembekile	Msipa	Charlo AC	42	41:19

45-49:

1	Simon	Ngcoko	Temp	47	38:22
2	Martin	Jansen	Nedbank RC	48	42:26
3	Mbulelo	Kitas	Youth FC AC	47	42:26

50-54:

1	Bruce	King	Achilles AAA	50	52:23
2	Deon	Vyver	Nedbank RC	50	52:42
3	Charles	Bataille	Temp	52	54:59

55-59:

1	Peter	Van Rensburg	Elite AC	58	54:15
2	Danie	Van Rensburg	Temp	55	57:25
3	John	Facey	Nedbank RC	59	58:25

60-64:

1	Mike	Burger	Crusaders AC	63	59:47
2	Monde	Ncoyo	Aspen Pharmacar	60	1:00:57
3	Paul	Quinn	Temp	61	1:02:16

65-69:

1	Syd	Lippstreu	Crusaders AC	69	52:55
2	Nick	Ferreira	Bluewater Bay	66	1:00:24
3	Andre	Fourie	Nedbank RC	69	1:10:54

70-74:

1	Tamsanga	Jusayi	Nedbank RC	74	49:43
2	Brian	Smith	PEAAC	73	1:19:28

Juniors:

1	Xolisa	Tshona	Temp	18	45:39
2	Gerhard	Venter	Temp	13	47:40
3	Vuyisa	Mtimkuke	Temp	15	47:58

WOMEN

1	Janette	Schierz-Crusius (1 st mast)	Body Concept	56	48:21
2	Lindi	Georgiou	Body Concept	37	48:32
3	Anja	Webber (1 st jun)	Temp	15	49:15
4	Toegeda	Vyver (1 st vet)	Nedbank RC	44	49:59
5	Sarah	Agar	Temp	21	51:27
6	Jessica	Steele	Temp	25	52:37
7	Melanie	Morris	32Gi EP AC	44	53:50
8	Georgie	Darke	Charlo AC	50	54:17
9	Lesley Ann	Bush	Despatch AC	44	54:43
10	Elsabe	Ndlumbini	Motherwell AC	33	55:05
11	Lauren	Alcock	Madiba BW	16	55:49

12	Natascia	De Ridder	Nedbank RC	38	56:13
13	Jacqueline	Nel	Profiles AC	48	56:44
14	Catherine	Meier	Aspen Pharmacar	23	57:01
15	Carzel	Nieuwenhuizen	Temp	24	57:01
16	Charmaine	Byleveld	Temp	39	57:07
17	Cindy	Miller	Temp	36	57:45
18	Melanie	Tiran	32Gi EP AC	27	57:48
19	Kelly	Schwarz	Rhodes AC	30	57:51
20	Lana	Bruyns	Madibaz AC	48	58:29
40-44:					
1	Toegeda	Vyver	Nedbank RC	44	49:59
2	Melanie	Morris	32Gi EP AC	44	53:50
3	Lesley Ann	Bush	Despatch AC	44	54:43
45-49:					
1	Jacqueline	Nel	Profiles AC	48	56:44
2	Lana	Bruyns	Madibaz AC	48	58:29
3	Bennie	Heynike	Temp	46	58:55
50-54:					
1	Georgie	Darke	Charlo AC	50	54:17
2	Laurinda	Rheeder	Temp	53	59:02
3	Belinda	Bain	Charlo AC	54	59:37
55-59:					
1	Janette	Schierz-Crusius	Body Concept	56	48:21
2	Lynette	Crause	Infinity AC	57	59:43
3	Zelda	Krige	Infinity AC	56	1:02:50
60-64:					
1	Stephanie	Hay	Infinity AC	61	1:12:32
2	Shelley	Buncome	Temp	60	1:19:44
3	Rina	Barnard	Elite AC	63	1:20:45
65-69:					
1	Helene	Oppel	Elite AC	67	1:03:14
2	Glenys	Joubert	Madiba BW	65	1:10:27
3	Denise	Terblanche	Infinity AC	69	1:10:57
70-74:					
1	Ronelle	Steyn	Nedbank RC	73	1:06:49
2	Christine	Fourie	Elite AC	70	1:11:47
3	Angeline	Kivedo	Walmer AC	71	1:24:08
75-79:					
1	Isabella	Childs	Infinity AC	75	1:34:18
Juniors:					
1	Anja	Webber	Temp	15	49:15
2	Lauren	Alcock	Madiba BW	16	55:49
3	Zene	Gerber	Madibaz AC	15	1:00:07

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

United Airlines NYC Half (12th)

Central Park to Lower Manhattan, New York, USA, 19 March

(Distance: 21.1 km; certified point-to-point course with 0.67 m/km elevation loss and 39.1% start/finish separation [performances acceptable by IAAF and USATF for records]; challenging hills in first half and flat and downhill in second half)

MEN (gun times)

1. Feyisa Lilesa, 27, ETH	1:00:04	\$20,000
[14:25 / 28:48 / 42:53 / 57:00]		
2. Callum Hawkins, 24, GBR	1:00:08	10,000
[14:25 / 28:46 / 42:52 / 56:58]		
3. Teshome Mekonen, 21, ETH	1:00:28	5,500 + 1,500n
[14:25 / 28:47 / 42:52 / 57:10]		
4. Stephen Sambu, 28, KEN	1:00:55	3,500 + 1,000n
5. Kenta Murayama, 24, JPN	1:00:57	2,000
6. Chris Derrick, 26, USA	1:01:12	PB 1,500
7. Noah Droddy, 26, USA	1:01:48	PB 1,000
8. Diego Estrada, 27, USA	1:01:54	500
9. Juan Luis Barrios, 33, MEX	1:02:23	350
10. Jonny Mellor, 30, GBR	1:02:23	PB 300
20. Meb Keflezighi, 41, USA	1:04:55	

n) Earned NYRR member award

ALL-WOMEN'S PROFESSIONAL RACE (gun times)

1. Molly Huddle, 32, USA	1:08:19	\$20,000
[16:59 / 33:27 / 49:09 / 1:04:49; 10K to 20K in 31:22]		
2. Emily Sisson, 25, USA	1:08:21	DB 10,000
[16:59 / 33:27 / 49:09 / 1:04:51; 10K to 20K in 31:24]		
3. Diane Nukuri, 32, BDI	1:09:13	5,500
[16:59 / 33:27 / 49:11 / 1:05:31]		
4. Edna Kiplagat, 37, KEN	1:09:37	3,500
5. Amy Cragg, 33, USA	1:09:38	2,000
6. Sarah Lahti, 22, SWE	1:09:58	NR 1,500
7. Desiree Linden, 33, USA	1:11:05	1,000
8. Rachel Cliff, 28, CAN	1:12:07	PB 500
9. Caroline Rotich, 32, KEN	1:12:09	350
10. Kellys Arias, 27, COL	1:12:12	300

Eldoret Red Cross Half Marathon

Eldoret, KEN, 19 March

(Distance: 21.1 km [course certification and configuration unknown])

MEN

1. Isaac LANGAT (KEN) 1994	1:00:52
2. Joseph APERUMOI (KEN) 1988	1:00:54
3. Shadrack KORIR (KEN) 1996	1:01:00
4. Timothy RONO (KEN)	1:01:11
5. Donald MITEI (KEN) 1997	1:01:21

6. Daniel YATOR (KEN) 1988 1:01:51
7. Stephen CHESANG (KEN) 1:02:18
8. Rhonzas LOKITAM (KEN) 1997 1:02:44
9. Dennis KEMBOI (KEN) 1:02:53
10. Stephen KIBET (KEN) 1986 1:02:55

WOMEN

1. Esther CHESANG (KEN) 1994 1:10:08
2. Joan CHELIMO (KEN) 1990 1:10:33
3. Lilian JELAGAT (KEN) 1:10:59
4. Dorcas JEPCHIRCHIR (KEN) 1990 1:12:51
5. Alice JEPKEMBOI (KEN) 1992 1:12:54

Meia-Maratona Internacional de Lisboa EDP (27th)

(IAAF Gold Label Road Race)

Lisbon, POR, 19 March

(Distance: 21.1 km; flat and IAAF-certified and prevalidated by Hugh Jones, including the 15 km and 20 km marks [record-standard course])

MEN (gun times)

1. Jake Robertson, NZL 1:00:01
2. James Wangari Mwangi, KEN 1:00:11
3. Edwin Kibet Koech, KEN 1:00:45
4. Tadu Abate Deme, ETH 1:00:46
5. Nuguse Amlosom, ERI 1:03:52

ALL-WOMEN'S ELITE RACE (gun times)

1. Mare Dibaba, ETH 1:09:43
2. Vivian Cheruiyot, KEN 1:09:44
3. Mary Wacera, KEN 1:09:53
4. Afera Godfay Berha, ETH 1:09:55
5. Ruti Aga, ETH 1:10:02
6. Ababel Yeshaneah, ETH 1:10:13
7. Jessica Augusto, POR 1:10:38
8. Katarzyna Kowalska, POR 1:12:01
9. Susan Kipsang Jeptoo, KEN 1:12:02
10. Christelle Daunay (40+), FRA 1:12:03
11. Sara Moreira, POR 1:12:07

Stramilano Half Marathon (46th)

Milano, ITA, 19 March

(Distances: 21.1 km; certified one-loop course)

MEN

1. Frederick Oncocke Moronga, KEN 1:01:20 €2000 + 150i
2. Mustapha El Aziz, MAR 1:01:29 1200 + 150i
3. Simon Kiruthi Muthoni, KEN 1:01:34 800 + 150i
4. Julien Wanders, 1996, SUI 1:01:43 DB 600 + 150i
5. Philimon Kipkorir Maritim, KEN 1:01:56 400 + 150i

WOMEN

1. Ruth Chepngetich, KEN 1:07:42 PB/CR* €2000 + 1500i + 150i
2. Betty Williams Lempus KEN 1:09:25 PB 1200 + 150i
3. Pauline Nagaroi Esikon, KEN 1:11:21 800 + 150i
4. Anna Incerti, ITA 1:12:35 600 + 150i

5. Giovanna Epis, ITA 1:14:22 400 + 150i

Seoul International Marathon (54th running as a marathon)

(IAAF Gold Label Road Race)

Seoul, KOR, 19 March

(Distance: 42.195 km)

MEN (gun times)

1. Amos Kipruto, KEN 2:05:54 PB
2. Felix Kipchirchir Kandie, KEN 2:06:03 PB
3. Mark Korir, KEN 2:06:05

WOMEN (gun times)

1. Margaret Agai, KEN 2:25:52
2. Ashete Bekere, ETH 2:25:57
3. Mercy Jerotich Kibarus, KEN 2:26:52 PB
4. Aberu Mekuria Zennebe, ETH 2:26:55
5. Priscah Jepleting, KEN 2:28:29

OBITUARY

This article appeared in *The New York Times*. It is slightly edited here. At the time of his death Whitlock held 40 world age-group records and 108 world single-age records in the events covered by the Association of Road Racing Statisticians.

ED WHITLOCK, OLDEST MARATHONER TO BREAK 4 HOURS, DIES AT 86

Ed Whitlock, a retired mining engineer and masters running champion who broke three hours in the marathon in his 70s and last fall became the oldest person ever to run 26.2



miles in under four hours, died on Monday in Toronto. He was 86.

His death, at the Princess Margaret Cancer Center, was caused by prostate cancer, his family said in a statement.

The British-born Whitlock trained in a cemetery near his home in Milton, Ontario, outside Toronto, running laps for three hours or more at a time in his shuffling style. He had no coach, followed no special diet, did no stretching except on the morning of a race, got no massages and took no medication, except for a supplement for his knees.

The training itself was drudgery, Whitlock said, and he did not run for his health. He simply enjoyed setting records and getting attention. And those records forced scientists and

fellow runners to reassess the possibilities of aging and performance.

"The real feeling of enjoyment," he said in an interview with *The New York Times* in December, "is getting across the finish line and finding out that you've done O.K."

Wearing a Prince Valiant haircut, Whitlock, then 85, finished the Toronto Waterfront Marathon on 16 October in 3:56:34. No one in his or her mid-80s had ever run 26.2 miles so fast. And in a world of flashy Day-Glo gear, few marathoners of any age had been so unencumbered by appearances. His racing shoes that day were 15 years old, and his running singlet was 20 to 30 years old.

"His performances were so far out there beyond what anyone has done or could imagine," said Amby Burfoot, the winner of the 1968 Boston Marathon and a longtime editor at *Runner's World* magazine.

"We worshiped him as a god even though he had no interest in being a god," Burfoot said. "He didn't run to inspire us, to impress us. He ran for higher reasons — he ran for himself. In the end, that's why we all run. He was a pure athlete, following his own drummer."

Whitlock's greatest masters race came at the Toronto Marathon on 26 September 2004. Then 73, he became the first person age 70 or older to complete a marathon in under three hours, finishing in 2:54:48. He is still the only one.

Adjusted for age, that race was the equivalent of a runner in his prime completing a marathon in 2:04:48, which is less than two minutes off the current world record of 2:02:57.

Writing in *The Times*, the running journalist Marc Bloom said that that stirring performance might have made Whitlock "the world's best athlete for his age."

At 1.7 metres and a racing weight of 49-50 kg, Whitlock was also a marvel of science. At 81, he underwent a battery of physiological tests at McGill University in Montreal. His oxygen-carrying capacity was the highest ever recorded in the literature for someone his age, scientists said. And his relative retention of muscle mass was also considered remarkable.

One of the tests measured his VO_2 max, the maximum amount of oxygen that can be consumed and used by the muscles during exercise. It is measured in milliliters of oxygen per kilogram of body weight per minute. The higher the number, the greater a person's aerobic fitness. A top Olympic-level cross-country skier might have a VO_2 max of 90, compared to 20 for those living independently in their 80s. Whitlock's score was an exceptional 54. That is roughly equivalent to someone of college age who is a recreational athlete, said Russell Hepple, an exercise physiologist who performed the tests with his colleague and wife, Tanja Taivassalo.

A VO_2 max reading of 54 appears to be unsurpassed for people tested in their 80s, said Scott Trappe, the director of the human-performance laboratory at Ball State University in Muncie, Indiana, who has studied Swedish cross-country skiers who continued to perform at high levels into their 80s and early 90s, including the 1948 Olympic champion Martin Lundstrom.

"There's nothing higher than that in the literature," Trappe said of Whitlock. "It's phenomenal physiology."

At McGill, Whitlock also underwent imaging and biopsy testing of his muscles. The smallest functional entity of muscle is called a motor unit, which consists of a neuron and the muscle fibers it activates. The number of functioning motor units declines with age. For example, a healthy young adult has about 160 motor units in the shin muscle, called the tibialis anterior, which helps lift the toes. In an octogenarian, that number could have declined to about 60 motor units, Hepple said, but Whitlock retained "closer to 100."



This preservation might largely be explained, he said, by a chronically elevated level of circulating chemicals, called neurotrophins, which protect and nurture neurons, helping them survive.

"He's about as close as you can get to minimal aging in a human individual," Dr. Michael Joyner, a researcher at the Mayo Clinic who has studied performance and aging, told *The Times* in December.

Edward Frederick Whitlock was born in London on 6 March 1931. He ran a 4:34 mile as a schoolboy, but an injury to the Achilles tendon in his right foot curtailed his collegiate running career. Upon graduating in 1952 from the Royal School of Mines at Imperial College in London, he moved to Canada for work and did not run again seriously for nearly two decades, until he was 41.

Whitlock is survived by his wife of 58 years, Brenda; two sons, Neil and Clive; and a sister, Catherine Hunt.

It was Clive, 14 at the time, who spurred his father's interest in marathon running when the two completed one together in 1975 (they ran 3:09). Since then, Whitlock had become what one scientist called a "rock star" among masters runners.

By December, though, his running had been interrupted by various pains in his shoulder, knee, hip and groin. His weight had also dropped to 47.6 kg. Even so, as with many runners, he was reluctant to visit a doctor. He gave no indication that he was gravely ill.

"To some extent, I believe if anything is wrong, the body will cure itself," he told *The Times*, adding, "I don't want to be a burden on the system."

STATS TIME

This week we include an all-time list of the top ten SA men over 50 km. Only the top time, Thompson Magawana's world record set in the Two Oceans, was run on a standard course, so the list is extended with the next five fastest men on standard courses.

ALL-TIME 50 KM: TOP 10 MEN

2:43:38	Thompson Magawana	1	Cape Town	02 Apr 88
2:44:03A	Josiah Thugwane	1	Loskop Dam	23 Apr 05
2:44:43A	Samuel Seun Moleshioa	1	Loskop Dam	16 Apr 11
2:44:45A	Simon Peu	1	Loskop Dam	05 Apr 03
2:45:27A	Mphikeleli Graham Malinga	1	Loskop Dam	24 Apr 04
2:45:41A	Bethuel Netshishefhe	1	Pretoria	25 Sep 06
2:46:07A	Phillip Molefe	1	Loskop Dam	22 Apr 12
2:46:08A	Ben Choeru	1	Johannesburg	21 Aug 82
2:46:10A	Othaniel Phahlane	1	Loskop Dam	20 Apr 13
2:46:34A	Willie Farrell	1	Pretoria	02 Aug 80
2:47:39	Zithulele Sinqe	1	Cape Town	29 Mar 97
2:48:06	Eric Mhlono	2	Cape Town	29 Mar 97
2:49:43	Joseph Masuku	1	Hartbeespoort	19 Mar 05
2:49:47	Johannes Thobejane	1	Pretoria	06 Aug 88
2:49:55	Modibe Ludwick Mamabolo	1	Hartbeespoort	15 Mar 03

THIS MONTH IN HISTORY

135 years ago: 25 March 1882

Last week it was mentioned how rare distance running records in South Africa are in March. Of course, on the world stage it is even rarer. One of the earliest was run on this day in the famous Stamford Bridge Stadium in England. In a 7-mile handicap race Walter George became the first man to run 6 miles in under 31 minutes with his 30:49.0. George, who revolutionised training methods in the last two decades of the 19th Century, was the

inspiration for the fartlek training method later devised by the celebrated Swedish coach Gosta Holmer. Over the next few years George brought the 6-mile record down to 30:21.5 and in 1884 set a world mile record of 4:18.4 before turning professional and taking the record to 4:12.8 in 1886.

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.

MEN

Open

10 km	29:29	Thabang Mosiako	Benoni	29 Jan
	27:52	Nicholas Kosimbei (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:29	Melikhaya Frans	Port Elizabeth	04 Feb
	43:40	Yigrem Demelash Endale (ETH)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	65:22A	Lukhanyo Ngxoko	East London	25 Feb
	65:53	Thabang Mosiako	Bedfordview	15 Jan
	59:10	Bedan Karoki (KEN)		
	58:23	Zersenay Tadesse (ERI) 2010		
25 km	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	90:54	Melikhaya Frans	Uitenhage	04 Mar
	90:54	Melikhaya Frans (RSA)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:16:53	Stephen Mokoka	Tokyo	26 Feb
	2:03:58	Wilson Kipsang (KEN)		
	2:02:57	Dennis Kimetto (KEN) 2014		
100 km	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	31:54	Gert Thys	Goodwood	04 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	48:58	Johannes Kekana	Leondale	19 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:25	William Mokwalakwala	Pretoria	18 Feb
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:38A	Jonathan Edwards	Pinetown	29 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:38:16	Mzwanele Maphekula	Uitenhage	04 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:32	Johannes Kekana	Benoni	29 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:19	George Mooi	Benoni	29 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:48	Reginald Ngobese	Vanderbijlpark	08 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	74:36	Reginald Ngobene	Benoni	29 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	97:58A	Basie Bonaparte	Somerset East	18 Mar
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15	Reginald Ngobese	Sasolburg	04 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:05	Mochamat Kriel	Pinelands	25 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	60:24	Mochamat Kriel	Ravensmead	18 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	88:35	Mochamat Kriel	Tokai	04 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	1:54:07A	Devilliers Oberholzer	Pinetown	29 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:17:54	Louis Claassen	Camps Bay	08 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:06:21	Gideon Radebe	Benoni	29 Jan
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				

Great grandmasters (70+)

10 km	42:35	Pele Tshikundamalema	Pretoria	18 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	64:04	Jeff Smith	Constantia	11 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	97:19	Elias Raphulu	Pretoria	18 Feb
	82:23	Ed Whitlock (CAN) 2001		
25 km	4:37:56A	Jean Nepgen	Somerset East	18 Mar
	99:59	Clive Davies (USA) 1985		
30 km	2:46:08	Tamsanqa Jusayi	Uitenhage	04 Mar
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:57:21	David Ngobeni	Pretoria	28 Jan
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				

Juniors

10 km	30:17	Kabelo Seboko	Benoni	29 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:41	Thembeke Mendu	Constantia	11 Mar
	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	34:53	Lena Lötter	Pinelands	25 Feb
	32:01	Eilish McColgan (GBR)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		

15 km	30:29	Wo	Asmae Legzaoui (MAR) 2002		
	53:59A		Dominique Scott	Camps Bay	08 Jan
	56:43		Ntombesintu Mfunzi	Port Elizabeth	04 Feb
	47:45		Veronica Nyaruai Wanjiru (KEN)		
21.1 km	46:14**	Mx	Florence Kiplagat (KEN) 2015		
	46:59**	Wo	Lornah Kiplagat (NED) 2007		
	72:36		Irvette van Zyl	Barcelona	12 Feb
	65:06		Peres Jepchirchir (KEN)		
25 km	65:09	Mx	Florence Kiplagat (KEN) 2015		
	65:06p	Mx	Peres Jepchirchir (KEN) 2017		
	66:25	Wo	Lornah Kiplagat (NED) 2007		
	90:21A		Jenna Challenor	Pinetown	29 Jan
30 km	1:40:31		Jenna Challenor	Durban	19 Mar
	79:53	Mx	Mary Keitany (KEN) 2010		
	82:47	Wo	Paula Radcliffe (GBR) 2005		
	1:54:43		Ntombesintu Mfunzi	Uitenhage	04 Mar
Marathon	1:54:43		Ntombesintu Mfunzi (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		
100 km	2:48:13A		Ann Ashworth	East London	25 Feb
	2:57:05		Gerda Steyn	Dubai	20 Jan
	2:21:17		Eunice Kirwa (BRN)		
	2:15:25	Mx	Paula Radcliffe (GBR) 2003		
Veterans (40+)	2:17:42	Wo	Paula Radcliffe (GBR) 2005		
	6:33:11		Tomoe Abe (JPN) 2000		
10 km	36:43		Tanith Maxwell	Cape Town	01 Mar
	32:14		Priscilla Welch (GBR) 1985		
	56:45		Tanith Maxwell	Ravensmead	18 Mar
	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
	1:49:48		Maya Lawrie	Durban	19 Mar
	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		
<u>Masters (50+)</u>					
10 km	41:32		Mariëtte Strauss	Pinelands	25 Feb
	34:44		Tatyana Pozdniakova (UKR) 2005		
15 km	64:28		Elmarie Coetzee	Constantia	11 Mar
	54:33		Shirley Matson (USA) 1991		
21.1 km	93:56		Elmarie Coetzee	Tokai	04 Feb
	76:07		Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A		Roshini Natsen	Pinetown	29 Jan
	2:13:40		Roshini Natsen	Durban	19 Mar
30 km	2:16:59		Christine Claasen	Uitenhage	04 Mar
Marathon	3:29:00A		Marie Louw	Simon's Town	19 Feb

	3:30:56	Jane Mudau	Pretoria	26 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	43:14	Nancy Will	Athlone	11 Feb
	38:56	Lidia Zentner (GER) 2015		
15 km	67:27	Nancy Will	Constantia	11 Mar
	61:25	Kathryn Martin (USA) 2011		
21.1 km	97:38	Nancy Will	Tokai	04 Feb
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:25:43A	Sheree Kirsten	Pinetown	29 Jan
	2:27:24	Pamela Rasmussen	Durban	19 Mar
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:25:27	Margie Saunders	Uitenhage	04 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:40:03A	Nancy Will	Simon's Town	19 Feb
	3:44:49	Val Watson	Benoni	29 Jan
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	57:17	Marlene James	Cape Town	01 Mar
	44:09	Lavinia Petrie (AUS) 2014		
15 km	88:32	Liz Grundlingh	Port Elizabeth	04 Feb
	72:52	Jo Klein (NED) 2004		
21.1 km	2:12:17A	Marlene James	Simon's Town	19 Feb
	2:17:01	Marlene James	Tokai	04 Feb
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37	Veronica van Niekerk	Camps Bay	08 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon				
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	36:44	Ashleigh Simonis	Tokai	04 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	66:42	Celine Moses	Ravensmead	18 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:43:36	Nompumelela Shongwe	Pretoria	26 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Irene & Jan van Eeden, Pete van der Merwe, Derrick Chamberlain, Karen Zimmerman, Norrie Williamson

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

