

# Distance Running Results

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

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## EDITORIAL

**NOTE:** This is a rather abbreviated issue of *Distance Running Results*, as I unfortunately had a computer crash the day before the Two Oceans, and this issue has been compiled on a borrowed laptop. I have also lost a number of DRR subscribers' addresses, so those readers will not receive this issue. They will hopefully let me know after a day or two if they had not received it and I will then send it to them. My apologies for this situation.

Cape Town is also known as the Mother City, and on Saturday Lungile Gongqa, 38, started the mother of all celebrations when he won the 48<sup>th</sup> running of the Old Mutual Two Oceans Marathon over 56 km in 3:09:43 with a superb display of power running over the last 4 km. He is the first Cape Town runner in 44 years to win the city's premier road race.

The women's race was the opposite of the men's, with Maryna Damantsevich (BLR), 31, delivering a virtually solo performance to win by more than 10 minutes in 3:37:13. She almost doubled her lead from the standard marathon mark to the finish.

The accompanying half-marathon was won by the two defending champions, Namakoe Nkhasi (LES), whose 1:03:15 broke the course record he had shared with Stephen Mokoka, and Irvette van Zyl in 1:13:53.

Gongqa, who is coached by Hendrick Ramaala, did not finish the Rio Olympic Marathon and prepared for the Two Oceans with a twelfth place in the Mumbai Marathon earlier this year, where he ran 2:18:52. His marathon PB is 2:11:59, run when he was second in the Cape Town Marathon in 2015.

He has run the Two Oceans once before, in 2012, when he finished 29<sup>th</sup> in 3:25:04.

The last Cape Town winner of the race was Don Hartley, who won the third and fourth editions in 1972 and 1973. Gongqa is only the sixth South African winner in the last seventeen years.

Blustery conditions prevailed throughout and it was cold in the early stages of the race. The usual large pack of runners was at the front in the morning darkness and when they reached the coast at Muizenberg after 16 km, about 34 men were within six seconds of one another.

All the main contenders were there, with the rather small figure of Gongqa letting the others do the hard work at the front, never showing his hand.

The first test came, as always on this hilly course, on the climb up Chapman's Peak soon after the halfway mark. At that point the unknown Kagiso Motyale had led in 1:34:16, with 24 athletes arranged between 16 and 23 seconds behind him. Prominent in this group were Collen Makaza (ZIM), second last year, defending champion Mike Fokoroni (ZIM), Ethiopia's Kebede Aberra Dinke, ninth last year, Ramaala, Zimbabwe's

former champions Stephen Muzhingi and Moses Njodzi, Gert Thys (who would drop out after the marathon mark; his fourth DNF in six attempts), Warinyane Lebopo (LES) – and Gongqa.

At the top of the climb at 34 km (180 metres above the sea) there were only fourteen left. Fokoroni was still among them, but suffering from stomach cramps. Then the hard running started on the long downhill into the village of Hout Bay. By the time the course flattened out once more and they reached the marathon mark, ten men remained together at the front.

Melly Kennedy (KEN) was leading, crossing the timing mat in 2:22:34. The Lesotho athletes Moeketsi Mosuhli, Teboho Sello and Lebopo, Fokoroni, Dinke, Gongqa, Makaza, Edward Mothibi and Bongmusa Mthembu were within three seconds of him.

Soon after the marathon mark the winding, tree-lined climb up to Constantia Nek loomed. Within the first two kilometres of the hill four men had been left behind and it was down to Gongqa, looking strong and confident, Sello and Lebopo, Makaza, Dinke and Kennedy.

Cresting the hill at 46 km (215 metres above sea level, the highest point on the course), Gongqa waited another kilometre and with the clock showing 2:42, he threw down the gauntlet for the first time and opened a gap. Running with seeming ease through the dappled shade of the leafy suburb of Constantia, he looked in command.

But Lebopo was not done yet. The Lesotho athlete, who, like his rival, had prepared at high altitude – Gongqa in Johannesburg and Lebopo in the mountains of his country – has had a rather spotty record in the Two Oceans (after finishing fifth in 2010, he was 985<sup>th</sup> in 2015 and 284<sup>th</sup> last year), but he now looked like he was going to make amends in 2017.

He caught Gongqa eight minutes later and the pair battled it out side by side around the twisting bends of the next two kilometres. They went through 50 km in 2:50:27, 11 seconds ahead of Sello, who had the same gap on Kennedy. Makaza, Dinke, Mthembu, Mosuhli, Muzhingi and Siphiwe Ndlela rounded out the gold medal contenders. The order would remain almost the same right to the end.

With almost 3 hours on the clock, Gongqa played his final card, and this time there was no response from Lebopo. Gongqa's strong upper legs pulled him away and although his pace and form faltered noticeably on the last short uphill, Chet's Hill (named for former race director Chet Sainsbury, who passed away last year), he covered the last 6 km in 19:16 – 38 seconds faster than Lebopo, whose 3:10:21 was 30 seconds faster than he ran in 2010.

He crossed the line with a huge smile, and then fell onto the grass where he lay face down for a while, covered with a towel and with sobs shuddering his shoulders.

The final gold medal went to Mosuhli. Fokoroni finished in the worst possible position, 11<sup>th</sup>, taking the first silver medal in 3:17:46, just more than four minutes slower than last year. There were only three South Africans in the top eleven.

"This was probably my biggest win," Gongqa understated. He paid tribute to Ramaala, who himself was second on his debut in 2014, and said his training with the man who still holds the SA half-marathon record (and was 21<sup>st</sup> here) provided "the base for my win today. This more than makes up for my disappointment in Rio [where he was ill]. The race went to plan – I just knew I had to stick to the lead pack and make my move towards the end."

Coincidentally the first three runners are all 38, and six of the top sixteen are over 40. The best of these was Muzhingi, who won the race in 2012 and also took the Comrades in 2009, 2010 and 2011; he finished eighth in 3:15:47.

In the women's race there was no stopping Damantsevich. Coming into her first ultramarathon with a marathon PB of 2:30:07, run in Warschau in 2015, and a 45<sup>th</sup> place in Rio (2:37:34), she was hit by misfortune when in the jostling at the start she fell – not once, but THREE times!

"I did not know where my rivals were after that," she said through an interpreter. "I was disoriented in the dark, so I went out quite hard, trying to ignore the pain in my legs. It was only when I saw my manager after 17 km and he told me I was far in front that I thought I should slow down a bit, as it was quite windy."

Far in front she indeed was. At the halfway mark (1:48:20) she led South African debutante Jenna Challenor by 3:28 and was running strongly, looking like an experienced ultramarathoner. The climb up "Chappie's" did not seem to bother her in the least (she said afterwards that she did not go over the route beforehand).

Thabita Tsatsa (ZIM) was third, Elisabeth Kebede Arsedo (ETH) fourth and last year's second placer, Tanith Maxwell, who was not feeling well, fifth.

Damantsevich went past the marathon mark in 2:44:05, now 5:32 ahead of a solid looking Challenor, whose marathon PB is more than seven minutes slower (she ran 2:37:12 in last year's Nagoya Women's Marathon). Maxwell had moved into fourth behind Tsatsa, more than eleven minutes behind the leader.

The climb up Constantia Nek underlined the difference between Damantsevich and the rest. At the 50 km mark she had stretched her lead to 8:04, with another huge gap of 8:12 between Challenor and Maxwell.

Unlike the men's race, there were no fireworks towards the end, except that Mary Khourie passed four runners between the marathon mark and 50 km and moved into fifth ahead of another debutante, Ulrica Stander. Over the last 6 km she also passed Ntombesintu Mfunzi to finish fourth in 4:01:08, more than 25 minutes better than her previous best, clocked in 2015.

Damantsevich's time is the fastest since Olesya Nurgalieva won in 3:33:58 in 2011.

The last gold medal went to debutante Sarah Bard (USA), who was sixth in last year's Comrades, in 4:05:16.

Double defending champion Caroline Wöstmann, who had run a half-marathon in 1:24:29 a week before the Two Oceans – and won the Om die Dam 50 km four weeks ago – pulled out at 11 km with a hamstring injury.

Two runners, Tony Abrahamson and Louis Massyn, finished their 42<sup>nd</sup> Two Oceans and are now the co-holders of the record for the most races completed.

Riël Hauman

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## ROAD RUNNING

### Old Mutual Two Oceans Marathon (48th) & Half Marathon (20th)

Cape Town, 15 April

(Distances: Ultra – 56 km; certified near-loop course with S/F separation of 2.85%, very hilly in second half. Half marathon – 21.1 km; certified near-loop course with S/F separation of 7.56%, very hilly. The finish is 65m HIGHER than the start for both races [both races use the same start and finish areas]. Finishers: Ultramarathon, 8684 [down from 8963 last year]; half marathon, 14 044 [up from 13 760]. Weather: Cool early on, warmer later; windy throughout the day.)

#### Ultramarathon

MEN

1. Lungile Gongqa (Nedbank WP), 38, 3:09:43 (R250 000 + R7500i + R10 000ii)
2. Warinyane Lebopo (ME LES), 38, 3:10:21 (R125 000)
3. Teboho Sello (ME LES), 38, 3:11:48 (R65 000)
4. Collen Makaza (ZIM), 36, 3:12:17 (R35 000)
5. Melly Kennedy (KEN), 34, 3:13:36 (R25 000)
6. Kebede Abera Dinke (ETH/Nedbank), 32, 3:14:19 (R15 000)
7. Bongumusa Mthembu (AF AC), 33, 3:14:44 (R14 000 + R5000i)
8. Stephen Muzhingi (ZIM), 41, 3:15:47 (R13 000)
9. Siphwe Ndlela (Nedbank AGN), 28, 3:17:06 (R12 000 + R2500i)
10. Moeketsi Mosuhli (ME LES), 35, 3:17:36 (R10 000)
11. Mike Fokoroni (ZIM), 40, 3:17:46
12. Thuso Mosiea (AF AC), 41, 3:20:28
13. Rufus Photo (KPMG CGA), 37, 3:20:48
14. Mzwanele Maphekula (Bluewater Bay), 40, 3:21:36

15. Ludwick Mamabolo (Nedbank AGN), 40, 3:21:42
16. Claude Moshiywa (Nedbank AGN), 42, 3:21:49
17. Edward Mothibi (Nedbank AGN), 32, 3:22:55
18. Temo Rampuku (LES), 31, 3:24:44
19. Kipkoech Chirchir (KEN), 31, 3:26:30
20. Bethuel Netshifhefhe (Pieters RR), 45, 3:26:48
21. Hendrick Ramaala (Nedbank CGA), 45, 3:27:20
22. Anda Lubelwana (Hout Bay), 30, 3:27:38 (R7500ii)
23. Thulane Magagula (KPMG CGA), 40, 3:27:50
24. Lutendo Mapoto (Pieters RR), 28, 3:28:08
25. Anele Maliza (Nedbank EC), 39, 3:28:31
26. Thulani Duma (Nedbank KZN), 36, 3:30:07
27. George Ntshiliza (Nedbank EC), 37, 3:30:09
28. Charles Tjiane (ME KZN), 42, 3:30:53
29. John Mboko (Wild Runner), 38, 3:31:13 (R5000ii)
30. Vusi Sokhela (ME KZN), 39, 3:31:46
31. Craig Cynkin (Nedbank AGN), 31, 3:32:14
32. Peter Muthubi (Pieters RR), 35, 3:32:19
33. Timothy Munzhelele (Pieters RR), 29, 3:32:21
34. Teboho Lejaha (LES/Nedbank), 31, 3:33:10
35. Luthando Hejana (Real Gijimas), 30, 3:33:42
36. Johannes Kekana (ME KZN), 44, 3:34:24
37. Reginald Ngobese (32Gi CGA), 50, 3:34:36
38. Anele Ndzuta (Nedbank WP), 37, 3:35:03 (R2000ii)
39. Melikhaya Kepe (Nedbank EC), 40, 3:35:31
40. Hein Camphor (Itheke), 32, 3:35:43 (R1000ii)
41. Phumlani Nxusani (MSA), 29, 3:36:45
42. Sootho Raletsebele (ME LES), 29, 3:37:16
43. Peter Ongkabetse Medupe (Nedbank AGN), 42, 3:37:17
44. Jeffrey Gwebu (KPMG CGA), 36, 3:37:18
45. Mzolisi Makanda (Nedbank EC), 34, 3:37:44
46. Calvin Malatji (Pieters RR), 28, 3:37:47
47. Professa Mthethwa (Nedbank MPU), 23, 3:38:11
48. Ruben Setumu (Nedbank AGN), 49, 3:38:58
49. Nic De Beer (KPMG CGA), 43, 3:40:15
50. Admire Rushika (VOB), 30, 3:41:14
- ... 82. Mthandazo Qhina, 39, 3:52:59
- ... 111. Portipher Dombojena (ZIM), 32, 3:58:08

DNF: Lehlohonolo Raletsebele (LES), Mabuthile Lebopo (LES), Gert Thys.

#### **Veterans:**

1. Stephen Muzhingi (ZIM), 41, 3:15:47 (R10 000)
2. Mike Fokoroni (ZIM), 40, 3:17:46 (R5000)
3. Thuso Mosiea (AF AC), 41, 3:20:28 (R4000)

#### **Masters:**

1. Reginald Ngobese (32Gi CGA), 50, 3:34:36 (R5000)
2. Patrick Chipoyi (ZIM), 55, 3:47:05 (R4000)
3. Matthew Lynas (GBR), 50, 3:51:44 (R3000)

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

1. Gideon Radebe (Anglo ATC), 60, 4:19:31 (R4200)
2. Kosie Botha (CS BOL), 61, 4:22:47 (R2600)
3. Aubrey Roberts (Westville), 61, 4:40:18 (R3000)

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

1. Marosi Mosehla (Polokwane), 75, 5:17:13 (R600)
2. Brian Key (Foresters), 78, 5:29:52 (R450)
3. John Mngadi (Rainbow CGA), 72, 5:55:58 (R300)

i = Incentive for first three South African athletes

ii = Incentive for first five local (Western Province) athletes

WOMEN (Same prize money as men)

1. Maryna Damantsevich (BLR), 31, 3:37:13
2. Jenna Challenor (KPMG KZN), 35, 3:47:32 (+ R7500i)
3. Tanith Maxwell (Boxer KZN), 40, 3:55:42 (+ R5000i + R10 000ii)
4. Mary Khourie (KPMG CGA), 33, 4:01:08 (+ R2500i)
5. Ntombesintu Mfunzi (Nedbank EC), 35, 4:01:26
6. Ulrica Stander (KPMG WPA), 42, 4:02:45 (+ R7500ii)
7. Janie Grundling (Boxer KZN), 37, 4:03:51
8. Thabita Tsatsa (ZIM), 44, 4:04:08
9. Stephanie Smith (B2R BOR), 31, 4:04:16
10. Sarah Bard (USA), 32, 4:05:16
11. Julianie Basson (B2R CGA), 42, 4:06:48
12. Salome Cooper (B2R CGA), 41, 4:08:40
13. Melanie van Rooyen (Richards Bay), 39, 4:09:32
14. Danka Erasmus (KPMG AGN), 30, 4:10:18
15. Samukeliso Moyo (ZIM), 43, 4:13:41
16. Sandra Lynch (IRL), 40, 4:15:17
17. Abby Solms (Save Orion), 27, 4:16:39
18. Allison Blackmore (GBR), 51, 4:20:08
19. Nomaninzi Msumza (Eskom WPA), 33, 4:21:01
20. Tracy Forbes (VOB), 44, 4:21:40 (R5000ii)
21. Paula Rutherford (GBR), 36, 4:22:39
22. Nandi Zaloumis Mitchell (Vitality KZN), 30, 4:25:01
23. Michelle Dreyer (Paarl), 38, 4:25:13
24. Mia van Heerden (RAC), 28, 4:26:37
25. Patricia Gouws (Jeppe), 38, 4:27:20
26. Jennifer Nhlaniki (Jeppe), 39, 4:27:29
27. Simone Verster (KPMG KZN), 38, 4:28:18
28. Laura Peddle (Strand), 34, 4:28:24 (R2500ii)
29. Jana Trojan (VOB), 49, 4:29:10 (R1000ii)
30. Anita du Plessis (Discovery), 34, 4:29:55
31. Nomonde Apiwe Gaga (AF AC), 32, 4:30:07
32. Yolande Van Heerden (Bloemfontein Achilles), 37, 4:30:18
33. Ursula Frans (Nedbank WP), 48, 4:30:34
34. Ashleigh White (DHSOB), 43, 4:30:42
35. Candyce Hall (Carbineers WPA), 32, 4:31:58
36. Maria Vilakazi (RWFL CGA), 41, 4:32:40
37. Irene Goncalves (KPMG CGA), 40, 4:33:02
38. Ursula Turck (Strand), 44, 4:34:19
39. Dianne McEwan (ATC), 33, 4:34:39
40. Cecilia Raath (Nedbank AGN), 40, 4:35:52
41. Funeka Zaula (Makana), 33, 4:36:10
42. Davera Magson (Nedbank EC), 42, 4:36:11
43. Elmarie Goodchild (Pentagon Pistols), 36, 4:36:27
44. Julia Jansen van Rensburg (?), 34, 4:36:27
45. Jeannie Jordaan (MA CGA), 37, 4:36:45
46. Lee-Shay Willemse (Velocity), 23, 4:36:59
47. Mikovhe Dzuguda (Manoni), 35, 4:37:36
48. Christine Claasen (Achilles AAA), 52, 4:37:50
49. Marie Wessels (ATC), 34, 4:38:17
50. Annatjie Botes (Nedbank SWD), 59, 4:38:49
51. Farwa Mentoor (Nedbank WP), 43, 4:39:31
- ... 66. Lindsay van Aswegen (Kempton), 48, 4:45:44

DNF: Caroline Wöstmann

**Veterans:**

1. Tanith Maxwell (Boxer KZN), 40, 3:55:42
2. Ulrica Stander (KPMG WPA), 42, 4:02:45
3. Thabita Tsatsa (ZIM), 44, 4:04:08

**Masters:**

1. Allison Blackmore (GBR), 51, 4:20:08
2. Christine Claasen (Achilles AAA), 52, 4:37:50
3. Annatjie Botes (Nedbank SWD), 59, 4:38:49

**G'masters:**

1. Nancy Will (Pinelands), 64, 4:55:40
2. Jeannine Liebrand (NED), 63, 4:59:28
3. Hanlie van der Westhuizen (Despatch), 60, 5:29:36

i = Incentive for first three South African athletes

ii = Incentive for first five local (Western Province) athletes

**Half marathon**

MEN

1. Namakoe Nkhasi (Nedbank LES), 24, 1:03:15 CR (R25 000)
2. Khoarahlane Seutlaoli (ME LES), 25, 1:03:45 (R12 000)
3. David Manja (Nedbank DC CNW), 25, 1:04:19 (R600)
4. Lucky Mohale (Boxer CGA), 31, 1:04:36 (R5000)
5. Thabang Mosiako (Nedbank DC CNW), 22, 1:04:38 (R4000)
6. Melikhaya Frans (Ikhamva), 27, 1:05:07 (R3000)
7. Gladwin Mzazi (Boxer CGA), 28, 1:05:22 (R2000)
8. Marianio Eesou (Madibaz), 25, 1:05:35 (R1000)
9. Gubese Silindile (Phantane), 29, 1:05:59
10. Phillimon Mathipa (Nedbank CGA), 24, 1:06:24
11. Canisious Nyamutsita (ZIM), 25, 1:07:08
12. Sipho Mbanjwa (Boxer KZN), 22, 1:07:16
13. Philani Richard Buthelezi (KPMG AGN), 27, 1:07:27
14. Thomas Rainhold (NAM), 26, 1:08:04
15. Sibusiso Madikizela (MSA), 25, 1:08:29
16. Vuyolwethu Madikiza (Elliot M), 23, 1:08:55
17. Pita Eric Makhoali (Rand Water VT), 26, 1:09:16
18. Joel Mmone (Nedbank DC CNW), 26, 1:09:17
19. Ayanda Mncube (Phantane), 25, 1:09:20
20. Sikhumbuzo Seme (KPMG AGN), 32, 1:09:21
21. Thabang Masihleho (Nedbank DC CNW), 26, 1:09:23
22. Raydon Balie Wild Runner WPA), 22, 1:09:25
23. Akhona Mdaka (EGA), 24, 1:09:25
24. Mthobisi Baloyi (KPMG AGN), 32, 1:10:10
25. Nkosiyethu Sotyantya (Itheko), 25, 1:10:54
26. Lesiba Peu (Bedfordview), 31, 1:11:14
27. Pule Tjaoana (Ulinda), 35, 1:11:40
28. Thulani Mdletshe (NRB Harriers), 22, 1:12:14
29. Altus Badenhorst (B2R CGA), 27, 1:12:25
30. Xolisani Zamkele (Elliot M), 30, 1:12:28
- ... 40. Sibusiso Nzima (Nedbank CGA), 30, 1:13:54

**Veterans:**

1. Tsungai Mwanengeni (Gugs), 43, 1:14:19 (R4000)
2. Mathias Kanisiu (Hout Bay), 41, 1:20:10 (R3000)
3. Madoda Feni (Satori), 41, 1:21:27 (R1500)

**Masters:**

1. Makaya Masumpa (B2R BOR), 51, 1:17:44 (R2000)
2. Garrett Robson (Sydenham), 51, 1:21:50 (R1000)
3. Desmond Zibi (Achilles AAA), 53, 1:22:50 (R750)

**G'masters:**

1. Muhammad Kriel (Ommiedraai), 63, 1:28:17 (R2000)
2. Robert Lindsay (Nedbank WP), 62, 1:32:49 (R1000)
3. Piet Smit (Swartland), 62, 1:34:40 (R500)

**G/g'masters:**

1. Johannes Herbst (Muirite Striders), 71, 1:56:48 (R1000)
2. Nic Brummer (Sedgefield Striders), 71, 1:59:19 (R500)
3. Jeff Smith (Itheke), 71 02:00:11 (R250)

**Juniors:**

1. Godwin Heyns (Nedbank SWD), 19, 1:18:45 (R750)
2. Alex Colegrave (Ind), 18, 1:24:14 (R500)
3. Calvin Hammond (Nedbank WP), 18, 1:24:40 (R400)

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

1. Irvette van Zyl (Nedbank AGN), 29, 1:13:53
2. Nolene Conrad (KPMG WPA), 31, 1:14:27
3. Louisa Leballo (Nedbank AGN), 39, 1:15:00
4. Cornelia Joubert (Boxer CGA), 28, 1:15:23
5. Lebogang Phalula (Boxer CGA), 33, 1:16:18
6. Lavinia Haitope (NAM), 27, 1:16:26
7. Mapaseka Makhanya (Olifants), 32, 1:17:17
8. Rutendo Nyahora (ZIM), 28, 1:18:11
9. Christine Kalmer (KPMG CGA), 31, 1:18:46
10. Betha Chikanga (ZIM/ME), 20, 1:19:24
11. Rhudo Monderwa (ZIM), 21, 1:19:53
12. Zintle Xiniwe (KPMG WPA), 30, 1:21:12
13. Keneilwe Sesing (KPMG CGA), 28, 1:21:36
14. Onneile Dintwe (BOT), 31, 1:21:51
15. Lineo Chaka (ME LES), 29, 1:22:46
16. Marelise Retief (Boxer AGN), 31, 1:22:55
17. Lusanda Bomvana (Elliot M), 25, 1:23:32
18. Cassie Forman (Ind), 20, 1:23:51
19. Bulelwa Simae (Nedbank WP), 40, 1:24:17
20. Jessica Pollock (UCT), 23, 1:24:18
21. Anet Coetzee (KPMG CGA), 28, 1:25:23
22. Loveness Madziva (ZIM), 26, 1:25:45
23. Andrea Steyn (KPMG AGN), 33, 1:25:51
24. Anél Terblanche (KPMG WPA), 30, 1:26:45
25. Patience Murowe (ZIM), 28, 1:26:46
26. Shelley Young (Chiltern), 27, 1:26:51
27. Leilani Scheffer (RWFL NWN), 33, 1:27:45
28. Madri Wiid (Tuks), 20, 1:27:57
29. Tanya Posthumus-Fox (Century C), 36, 1:28:03
30. Judy Bird (KPMG CGA), 55, 1:28:22

**Veterans:**

1. Bulelwa Simae (Nedbank WP), 40, 1:24:17
2. Janene Carey (Boxer KZN), 45, 1:28:53
3. Helen Ibbotson (B2R CGA), 41, 1:31:17

**Masters:**

1. Judy Bird (KPMG CGA), 55, 1:28:22
2. Elmarie Coetzee (CMC), 53, 1:34:44
3. Georgina Andraos (VOB), 55, 1:37:18

**G'masters:**

1. Margie Saunders (Nedbank EC), 63, 1:41:19
2. Charmaine Cupido (Nedbank WP), 61, 1:54:24
3. Louisa van der Westhuizen (Stellenbosch), 62, 1:57:24

**G/g'masters:**

1. Veronica van Niekerk (EGA), 71, 1:59:23
2. Margaret Plantema (VOB), 72, 2:03:03
3. Diana Thomson (VOB), 70, 2:09:15

**Juniors:**

1. Kirsten Roodman (VOB), 19, 1:42:25
2. Linda Detering (GER/Carbineers WPA), 19, 1:45:08
3. Gabriella Barker (Vitality CGA), 19, 1:49:40

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