

# 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

So the sub-2 hour marathon almost happened. In highly contrived conditions in a "race" that many critics viewed as a Nike publicity stunt and others called "an epic marketing ploy", Olympic champion Eliud Kipchoge ran 2:00:25 on the Monza Formula One race track on Saturday. The runners had to run 17.5 laps of 2.4 km each.

Nike chose the course for the area's cool temperature (about 11 degrees C at the start),



trees that shield the wind, consistent asphalt surface and lack of sharp turns, as well as a water vapor pressure that would help cool the runners' bodies through the evaporation of sweat.

A group of 30 pacesetters, in a triangular formation behind the pace car to help reduce wind resistance, alternated during the run to remain fresh. This contravened regulations that require all so-called rabbits to start a race at the beginning. (It was unclear from watching online

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Eliud Kipchoge at the finish of his attempt to run a sub-2 hour marathon on Saturday. [IAAF]  
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whether the time clock atop the pace car also helped block the wind to some degree.) A green line projected onto the road from an electric pace car also showed the pacesetters the precise speed to maintain.

The runners also had access to customized carbohydrate fluids by helpers riding on bikes so they did not have to slow down, which is not permitted in major marathon competitions.

Kipchoge, Lelisa Desisa and Zersenay Tadese, the world half-marathon record holder, wore customized lightweight Nike shoes with a carbon-fiber plate that some scientists believed gave the runners an unfair advantage because it effectively acted as a spring.

Kipchoge ran more than 2½ minutes faster than the official world record of 2:02:57, set by Dennis Kimetto in Berlin in 2014. Kipchoge's best time is the 2:03:05 which he ran in last year's London Marathon.

The attempt, called Breaking2, came just a few weeks before Nike will put its new shoes on the market. "I believe that this has everything to do with shoe sales and very little to do with marathoning," Kevin Hanson, a top American marathon coach, said earlier in the week.

"In a bigger field, I think [the 2-hour marathon] will happen; it increases the odds of more than one person having the day of a lifetime," said Dr. Michael Joyner, an expert in human performance at the Mayo Clinic who in 1991 predicted that a human could eventually run the marathon as fast as 1:57:58.

With a target pace of 14:13 for each 5 km, the runners went through the first 5 km in 14:14 and took 14:07 for the second section (28:21 at 10 km). Desisa started to drop back after 50 minutes and Kipchoge and Tadese reached the halfway mark in 59:57. Then Tadese slowed down, with Kipchoge reaching 30 km in 85:20 and 35 km in 99:37 (5 km in 14:17). The next 5 km took 14:23, and the goal seemed out of reach.

"My mind was fully on finishing within two hours, but on the last lap I lost 10 seconds and the time escaped," said Kipchoge. "It has been hard, it has taken seven good months of preparation and dedication. This journey has been a long challenge, but I'm a happy man to run a marathon in two hours."

Tadese finished in 2:06:51 and Desisa in a slow 2:14:10.

Deirdre Larkin's 2:05:13 in the Geneva Half Marathon yesterday cannot be considered as a new world single-age record as the course is point to point and drops 46 m from start to finish, i.e. more than double the allowable 1 m/km. So the record remains the 2:12:37 which she ran in the McCarthy Half Marathon in February. The world record for 80+ is Betty Jean McHugh's 2:04:19.

In local action, great grandmaster Elias Raphulu ran two list leaders in a week (for 25 km and the marathon) to bring his tally of such achievements to three (he already owned the half-marathon leader).

The results of the Dick King Half Marathon in DRR 17:16 listed the venue as Durban. It is, of course, Amanzimtoti.

Riël Hauman

#### INCLUDED IN THIS ISSUE:

- \* SSISA/UCT Memorial 10 km, Rondebosch
- \* Spar Grand Prix Series 10 km, Port Elizabeth
- \* Langebaan Country Estate Weskus Marathon, Half Marathon & 10 km, Langebaan
- \* Waterberg Executive Mayor's 28 km & 10 km, Nylstroom to Warmbaths
- \* Konica Minolta Jackie Mekler 25 km & 10 km, Pretoria
- \* MiWay Wally Hayward Marathon, Half Marathon & 10 km, Centurion
- \* Avis Van Run 2 Raise 10 km, George
- \* Safari Half Marathon & 10 km, Wellington
- \* JG Zuma Marathon, Half Marathon & 10 km, Albert Falls to Greytown
- \* Outeniqua Marathon, Half Marathon & 10 km, George to Wilderness
- \* XC: Gauteng North League Meeting, Cullinan

#### **International highlights:**

- \* Volkswagen Prague Marathon, Praha, CZE
- \* Lilac Bloomsday Run, Spokane, USA
- \* Memorial Rahal 10 km, Casablanca, MAR

- \* Diacore Gaborone Marathon, Half Marathon & 10 km, Gaborone, BOT
- \* Nike Breaking2 Marathon, Monza, ITA
- \* 15 km du Puy-en-Velay, Puy-en-Velay, FRA
- \* Vodafone Istanbul Half Marathon, Istanbul, TUR
- \* SHAPE Women's Half Marathon, New York, USA
- \* Simplyhealth Great Birmingham 10 km, Birmingham, GBR
- \* Ohio Health Capital City Half Marathon, Columbus, USA
- \* Track: IAAF Diamond League - Doha, Doha, QAT; Payton Jordan Cardinal Invitational, Palo Alto, USA; Penn Relays, Philadelphia, USA; Drake Relays, Des Moines, USA; SEC Relays, Baton Rouge, USA

## ROAD RUNNING

### SSISA/UCT Memorial 10 km (36th)

Rondebosch, 7 May

(Certified hilly loop course. Finishers: 1591 [up from 1420 last year].)

#### MEN

1. Siboniso Soldaka (CPUT) 30:27 (R1000)
2. Sibusiso Madikizela (MSA) 30:38 (R750)
3. Lungile Gongqa (Ned) 30:46 (R500)
4. Lukhanya Nobakada (VOB) 31:11 (R250)
5. Granwin Katzen (Celtic) 31:43 (R100)

(All age category prize money except juniors was the same: R200, R130, R80.)

**Veterans:** 1. Vakalisa Kopolo (Ned) 33:54; 2. Graham Katzen (Celtic) 34:43; 3. Xolile Macanda (Gugs) 35:44. **Masters:** 1. Monde Tutani (Gugs) 38:52; 2. James Wisbeach (Ind) 40:30; 3. Julian Paul (SANDF) 41:03. **G'masters:** 1. Mochamat Kriel (Ommie) 40:54; 2. Gemjikile Tom (Eskom) 44:22; 3. Sam Kotze (Ned) 48:08. **G/g'masters:** 1. Jeff Smith (Itheko) 58:32; 2. Maajid Warley (SH) 59:49; 3. Claude Brooks (MS) 61:02. **Juniors:** 1. Thembeke Mendu (Gugs) 34:56 (R500); 2. Edward Jack (Gugs) 35:01 (R300); 3. Lethu Cetywayo (VOB) 35:49 (R200).

WOMEN (Same prize money as men)

1. Bulelwa Simae (Ned) 39:10 (1st vet)
2. Jessica Pollock (UCT) 39:44
3. Madele du Plessis (Ind) 41:08
4. Ebeth Marais (Carb) 41:28
5. Sandra Kohnert (Edge) 41:55

**Veterans:** 1. Bulelwa Simae (Ned) 39:10; 2. Sandra Kohnert (Edge) 41:55; 3. Chantel Simpson (Ned) 43:49. **Masters:** 1. Kathy McQuaide (VOB) 46:23; 2. Kerea Jennings (Edge) 49:45; 3. Roldah Orrie (Itheko) 50:17. **G'masters:** 1. Nancy Will (Pine) 50:00; 2. Hilary Rhode (Edge) 52:42; 3. Helen du Plessis (Brack) 54:52. **G/g'masters:** 1. Marietha Herbert (Ind) 56:37; 2. Pinkie Park (Celtic) 60:59; 3. Marlene James (Pine) 61:15. **Juniors:** 1. Razaan Kamaldien (Carb) 46:11; 2. Laila Abouzaid (Good) 46:20; 3. Tina Fana (VOB) 52:45.

### Spar Grand Prix Series 10 km

(Women only)

Port Elizabeth, 6 May

(Certified loop course. Finishers: 1005 [up from 779 last year].)

1	Kesa	Molotsane	KPMG	25	33:19
2	Irvette	Van Zyl	Ned AGN	29	33:23

3	Mapaseka	Makhanya	Olifant	32	33:43
4	Nolene	Conrad	KPMG	31	33:52
5	Lebogang	Phalula	Boxer	33	34:06
6	Elisabeth	Arsedo	ETH/Ned AGN	24	34:09
7	Glenrose	Xaba	Boxer	22	34:15 PB
8	Cornelia	Joubert	Boxer	28	34:17
9	Louisa	Leballo	Ned AGN	39	34:42
10	Zintle	Xiniwe	KPMG	30	35:13
11	Rutendo	Nyahora	ZIM/Ned AGN	28	35:24
12	Onneile	Dintwe	BOT/Ned AGN	31	35:33
13	Rhudo	Monderwa	ZIM/Ned AGN	31	35:34
14	Christine	Kalmer	KPMG	31	35:46
15	Keneilwe	Sesing	KPMG	28	35:59
16	Simonay	Weitsz (1st jun)	Boxer	18	36:02
17	Jenna	Challenor	KPMG	35	36:05
18	Marelise	Retief	Boxer	31	36:39
19	Tanith	Maxwell (1st vet)	Boxer	40	36:54
20	Bulelwa	Simae	Ned WP	40	37:15
21	Anet	Coetzee	KPMG	28	37:25
22	Makhosi	Mahlongo	32Gi	35	37:27
23	Stella	Marais	KPMG	24	37:39
24	Anel	Terblanche	KPMG	30	37:44
25	Anna	Moeketsi	Ned FSA	31	38:48
26	Chery-Lee	Schoeman	KPMG	18	38:57
27	Judy	Bird	KPMG	55	39:19
28	Janene	Carey	Boxer	45	39:24
29	Alexia	Loizou	Temp	33	39:49
30	Liza-Marie	Kingston	Nedbank	35	40:03

**40-44:**

1	Tanith	Maxwell	Boxer Superst	40	36:54
2	Bulelwa	Simae	Nedbank WP	40	37:15
3	Davera	Magson	Nedbank RC	42	41:11

**45-49:**

1	Janene	Carey	Boxer Superst	45	39:24
2	Ronel	Thomas	Boxer Superst	45	40:12
3	Jene	Banfield	RWFL EP	46	45:06

**50-54:**

1	Suretha	Verwey	Kouga Multi SC	50	47:26
2	Johannette	Oosthuizen	Body Concept	52	48:23
3	Michelle	Van Iddekinge	Elite AC	50	48:57

**55-59:**

1	Judy	Bird	KPMG	55	39:19
2	Janette	Schierz-Crusius	Body Concept	56	46:29
3	Belinda	Bain	Charlo AC	55	55:51

**60-64:**

1	Margie	Saunders	Nedbank RC	63	44:22
2	Hanlie	Van der Westhuizen	Despatch AC	61	46:18
3	Joan	Marlborough	Temp	62	52:59

**65-69:**

1	Sonja	Laxton	Rand Ath Club	68	49:19
2	Renee	Hawkridge	Bluewater Bay	66	53:27
3	Minnie	Trimally	PEAAC	67	59:51

**70-74:**

1	Liz	Jenkerson	Muirite Strider	70	54:43
2	Ronelle	Steyn	Nedbank RC	73	1:02:52
3	Elaine	Verreyne	Crusaders AC	71	1:13:41

**75+:**

1	Dorothy	Hart	Nedbank RC	79	1:19:51
2	Colleen	Davey	Temp	75	1:38:41
3	Aletta	Fourie	Madiba BW	78	1:38:49

**Juniors:**

1	Simonay	Weitsz	Boxer Superst	18	36:02
2	Chery-Lee	Schoeman	KPMG	18	38:57
3	Amber	Rayners	Schools EPA	15	40:16

**Langebaan Country Estate Weskus Marathon, Half Marathon & 10 km**

Langebaan, 6 May

(Distances: 42.195 km, 21.1 km & 10 km; the marathon point to point with a start/finish separation of 6.25 km or 14.8% of the distance, the half marathon a near loop – both record standard; the configuration of the 10 km is unknown. Finishers: marathon – 555 men + 242 women = 797 total [down from 928 last year]; half marathon – 1195 [up from 1025]; 10 km – 464.)

Note: Tanya Posthumus-Fox also won the half marathon in 2014 and 2016, but this year's 1:29:50 is her fastest time in the race. On the two preceding days she won the 5000 m at the SA Masters T&F Championships and was second in her age category in the 800 m in a PB. No clubs or age category results were available for the two shorter races. - Ed.

**Marathon****MEN**

1. Anda Lubelwana (Hout) 2:27:30
2. Ben Matiso (Itheke) 2:27:44
3. Siviwe Nkombi (Ned) 2:30:07
4. Wanda Roro (Ind) 2:31:10
5. Hein Camphor (Itheke) 2:32:19

**Veterans:** 1. Nic de Beer (KPMG) 2:53:52; 2. Rupert Becker (FH) 3:02:04; 3. Mogale Piloso (SANDF) 3:04:20. **Masters:** 1. Dawid Andrews (Hope) 3:06:36; 2. Henry Cieverts (Top) 3:15:43; 3. Wilson Baartman (SH) 3:26:40. **G'masters:** 1. Sidney Cleophas (Pine) 3:38:13; 2. Patrick Dlangamandla (RWFL) 3:41:14. **G/g'masters:** 1. Donald Ross-Watt (FH) 4:37:56; 2. Herbert Becker (?) 5:09:13.

**WOMEN**

1. Candyce Hall (Carb) 3:11:42
2. Ursula Frans (Ned) 3:15:12
3. Lee-Shay Willemse (Velo) 3:16:29
4. Linda Kinloch-Smith (Bell) 3:18:05
5. Tracy Forbes (VOB) 3:18:53

**Veterans:** 1. Ursula Frans (Ned) 3:15:12; 2. Linda Kinloch-Smith (Bell) 3:18:05; 3. Tracy Forbes (VOB) 3:18:53. **Masters:** 1. Cailey Bredenkamp (Paarl) 3:45:15; 2. Vivien Fransman (Ind) 4:02:05; 3. Helane Smit (Sald) 4:08:21. **G'masters:** 1. Ruth Leverton (Pine) 4:23:38; 2. Riana Rousseau (Ind) 4:59:32.

**Half marathon****MEN**

1. Retsepile Khotle 1:08:25
2. Danzil Paulse 1:09:28
3. Nkosinathi Madyo 1:11:39
4. Gershwin van Staden 1:12:52
5. Babalo Hambi 1:13:38

## WOMEN

1. Tanya Posthumus-Fox 1:29:50
2. Ivy Sogiba 1:31:28
3. Obertina Kanyongo (ZIM) 1:33:27
4. Phatiswa Dyalvan 1:33:49
5. Lauren Granger 1:38:14

**10 km**

## MEN

1. Nadeel Wildschutt 31:24
2. Adrian Wildschutt 31:43
3. Sibusiso Magwaza 32:06
4. Carlo Flink 33:00
5. Marks Mpekula 33:50

## WOMEN

1. Yvonne Steenkamp 39:12
2. Anna Bungu 41:50
3. Mia Lyons 44:24
4. Linda Detering (GER) 45:48
5. Caity Schlehmeier 45:48

**Waterberg Executive Mayor's 28 km & 10 km**

Nylstroom (Modimolle) to Warmbaths (Bela-Bela), 6 May  
(Point-to-point courses. Finishers: 28 km -- 340 [up from 311 last year]; 10 km -- 210 [up from 192].)

**28 km**

## MEN

1 Gladwin Mzazi (Boxer) 88:42; 2 Moses Kurgat (KEN/Nedbank) 89:12; 3 Tebogo Pulusa (Dwarsrivier) 91:09.

**Veterans:** 1 Mike Selamela (Addicted to Life) 1:41:58; 2 Tshokolo Ratshway (Nedbank) 1:48:30. **Masters:** 1 Tidimalo Modiga (Temp) 1:48:29. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 1:59:56. **G/g'masters:** 1 Roy Brunette (Ndaba) 4:10:20. **Juniors:** 1 Simon Manka (Dwarsrivier) 1:48:45.

## WOMEN

1 Liziwe Mabona (AMPA) 1:52:27; 2 Catherine Skosana (Boxer) 1:57:17; 3 Jane Mudau (Temp) 2:04:15 (1st mast).

**Veterans:** 1 Maria Moloko (Ford) 2:27:02; 2 Alice Coetser (Runavation) 2:31:39.  
**Masters:** 1 Jane Mudau (Temp) 2:04:15. **G'masters:** 1 Rina Machado (Ndaba) 3:07:48.  
**G/g'masters:** 1 Felicity Robbertze (Polokwane) 3:17:45.

**10 km**

## MEN

1 Reghen Magwai (Born 2 Run) 31:42; 2 Paul Nyairo (Nedbank) 32:10; 3 Martin Nkoe (TUT) 32:27.

**Masters:** 1 Louis Conradie (Akasia) 55:09. **Juniors:** 1 Kwena Matlala (Eskom) 33:05.

## WOMEN

1 Vuyokazi Gebe (CSIR) 39:34; 2 Gift Ramabele (Eskom) 42:58; 3 Elmarie King (Magnolia) 44:49.

**G'masters:** 1 Rina Pretorius (PPMK) 63:43. **Juniors:** 1 Asia Lehungwane (Dwarsrivier) 61:46.

### **Konica Minolta Jackie Mekler 25 km (10th) & 10 km**

Pretoria, 6 May

(Distances: 25 km & 10 km; undulating loop courses. Finishers: 25 km – 1500 [up from 1465 last year]; 10 km – 1200 [considerably up from 859].)

Note: Yet another race for Cobie Smith, who since 22 April has run the Loskop 50 km, the MiWay Wally Hayward Marathon (results below), and now here. -- Ed.

#### **25 km**

MEN

1 Tsiisetso Ramokheseng (LES/Colossus) 81:08; 2 Bafana Dube (Boot Camp) 82:00; 3 Collen Mulaudzi (TUT) 82:01; 4 Richard Mavuso (CS) 83:17; 5 Lucas Raseruthe (LES/32Gi) 85:42; 6 Shadrack Hoff (Maxed Elite) 85:54 (1st vet); 7 Paulus Radebe (Tembisa) 87:06; 8 Reuben Maapola (Nedbank) 87:30; 9 Bereng Moqeti (Nedbank) 90:11; 10 Siyavuya Thomas (Tembisa) 90:12.

**Veterans:** 1 Shadrack Hoff (Maxed Elite) 85:54; 2 Peter Motshoene (RWFL) 96:47; 3 Eric Mudau (Rainbow) 98:50. **Masters:** 1 Joseph Ndlovu (ACE) 98:49. **G'masters:** 1 Theo Bohnen (Irene) 1:58:06. **G/g'masters:** 1 Elias Raphulu (Runners Store) 1:56:09. **Juniors:** 1 Simon Bopape (Nedbank) 1:45:08.

WOMEN

1 Kim Laxton (RAC) 1:41:00; 2 Tabitha Tsatsa (ZIM/Nedbank) 1:43:04 (1st vet); 3 Cobie Smith (Vitality) 1:44:11; 4 Jeanette McKenzie (Nedbank) 1:48:46; 5 Maria Vilakazi (RWFL) 1:49:32; 6 Franci Myburgh (Nedbank) 1:55:54; 7 Danielle v.d. Merwe (Temp) 1:56:23; 8 Takalani Ndandani (KPMG) 1:57:07; 9 Tegan Edwards (Vitality) 1:59:29; 10 Cecilia Raath (PMK) 2:01:17.

**Veterans:** 1 Tabitha Tsatsa (ZIM/Nedbank) 1:43:04; 2 Maria Vilakazi (RWFL) 1:49:32; 3 Cecilia Raath (PMK) 2:01:17. **Masters:** 1 Ansa Strydom (Nedbank) 2:07:29. **G'masters:** 1 Val Watson (Runavation) 2:16:25. **Juniors:** 1 Helne Kotze (PPMK) 2:23:32.

#### **10 km**

MEN

1 Jacob Tseko (Tuks) 31:49; 2 Raul Mabirimisa (VTM) 33:04; 3 Mandla Mahlangu (Nkodima) 34:12 (1st jun).

**Veterans:** 1 Masilo Mogotsi (City of Tshwane) 45:25; 2 De Wet de Beer (Agape) 50:28. **Masters:** 1 Colin Fisher (CSIR) 41:32. **G'masters:** 1 Mike de Bruto (Irene) 44:07. **G/g'masters:** 1 Lammie Fourie (Agape) 54:44. **80+:** 1 Ken Nurden (Agape) 54:37. **Juniors:** 1 Mandla Mahlangu (Nkodima) 34:12.

WOMEN

1 Leshan Curlewis (Waterkoof HS) 38:00 (1st jun); 2 Michelle Redelinghuys (Tuks) 41:51; 3 Nicole Redelinghuys (Tuks) 44:00.

**Veterans:** 1 Maria Bendana (Morningside) 46:20; 2 Hester van Vuuren (HQH) 49:33. **Masters:** 1 Elsabe Brink (Runavation) 48:41. **G'masters:** 1 Joey Cloete (Irene) 53:30. **G/g'masters:** 1 Hettie Booysen (Green Mile) 85:41. **Juniors:** 1 Leshan Curlewis (Waterkoof HS) 38:00.

## **MiWay Wally Hayward Marathon (41st), Half Marathon & 10 km**

Centurion, 1 May

(Distances: 42.195 km, 21.1 km & 10 km; loop courses at altitude. Finishers: marathon – 3700 [up from 3200 last year]; half-marathon – 3500 [up from 3100]; 10 km – 2700 [the same as last year].)

Note: Just nine days after finishing sixth in the Forever Resorts Loskop 50 km, Cobie Smith won the marathon here. – Ed.

### **Marathon**

MEN

1 William Mokwalakwala (MiWay) 2:23:41 (1<sup>st</sup> vet); 2 Charles Soza (ZIM/Nedbank) 2:24:41; 3 Charles Tjiane (Maxed Elite) 2:25:04; 4 Richard Mavuso (Corr Serv) 2:25:59; 5 Jonas Makhele (Nedbank) 2:28:46; 6 Goodwill Leburu (HMK) 2:34:15; 7 Lesley Kgetse (Soweto) 2:35:06; 8 Clement Maluleke (Nedbank) 2:35:22; 9 Kagiso Motyale (Nedbank) 2:35:54; 10 Shadrack Hoff (Boxer) 2:36:04.

**Veterans:** 1 William Mokwalakwala (MiWay) 2:23:41; 2 Charles Tjiane (Maxed Elite) 2:25:04; 3 Shadrack Hoff (Boxer) 2:36:04. **Masters:** 1 Daniel Radebe (WRDAC) 2:49:17; 2 Josph Ndlovu (ACE) 2:53:49; 3 Caiphus Masipa (Gallopers) 3:00:42. **G'masters:** 1 Lekhu Molefe (Berts Bricks) 3:21:15; 2 Guy Nottingham (FFA) 3:22:40; 3 James Nukeri (Ivory Park) 3:29:31. **G/g'masters:** 1 Elias Raphulu (Runners Store) 3:37:53.

WOMEN

1 Cobie Smith (Vitality) 3:04:22; 2 Samukeliso Moyo (ZIM/Nedbank) 3:05:04 (1<sup>st</sup> vet); 3 Maria Vilakazi (RWFL) 3:13:13; 4 Elmarie Bezuidenhout (Charlo) 3:17:04; 5 Khubuzile Lephalala (Kathlehong) 3:19:05; 6 Nomthandazo Mhunu (BNAC) 3:19:27; 7 Julianie Basson (Born 2 Run) 3:23:22; 8 Theresa Louw (Medihelp) 3:26:08; 9 Estelle Paul (Warmbaths) 3:26:15; 10 Alta Kruger (KPMG) 3:26:37.

**Veterans:** 1 Samukeliso Moyo (Nedbank) 3:05:04; 3 Maria Vilakazi (RWFL) 3:13:13; Julianie Basson (Born 2 Run) 3:23:22. **Masters:** 1 Karen Brough (Born 2 Run) 3:31:54; 2 Chris Walter (Dainfern) 3:42:11; 3 Connie Blom (Runavation) 3:51:41. **G'masters:** 1 Val Watson (Runavation) 3:47:06; 2 Catherine Monja (RAC) 4:13:24; 3 Vollie Speis (Tuks) 4:20:43.

### **Half marathon**

MEN

1 Lucky Mohale (Boxer) 68:43; 2 Philani Buthelezi (KPMG) 68:47; 3 Victor Pheeha (Monaco) 70:22.

**Veterans:** 1 Peter Medupe (Nedbank) 77:25; 2 Judas Ntuli (Magnolia) 77:44; 3 Mankgabe Magedi (Makhuduthamaga) 79:54. **Masters:** 1 Tidimalo Modiga (MiWay) 77:58; 2 Alan Coulter (Krugersdorp) 93:16; 3 Ephraim Yende (Bidvest) 93:24. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 89:22; 2 Daniel Hlongwane (Nedbank) 98:31; 3 Charles Stofberg (Green Mile) 1:40:21. **G/g'masters:** 1 Pele Tshidukandamalema (Nedbank) 1:44:04. **80+:** 1 Andries van Rooyen (VTM) 2:35:13. **Juniors:** 1 Mandla Mahlangu (Nkodima) 75:50; 2 Themba Chauke (A4A) 76:54; 3 Simon Bopape (Nedbank) 83:32.

WOMEN

1 Rudo Mhonderwa (ZIM/Nedbank) 81:41; 2 Liziwe Mabona (AMPA) 84:36; 3 Leilani Scheffer (RWFL) 85:36.

**Veterans:** 1 Leigh Privett (Wanderers) 93:03; 2 Cecilia Raath (PMK) 93:40; 3 Corne Prinsloo (PPMK) 95:13. **Masters:** 1 Sonia Scheepers (Green Mile) 1:49:55; 2 Ina Lagerwall (Magnolia) 1:50:05; 3 Elise Uys (Magnolia) 1:50:39. **G'masters:** 1 Francis van Blerk (Nedbank) 1:54:28; 2 Carole de Waal (Wingate) 1:56:16; 3 Debbie Blake (Runavation)



2:02:35. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 2:25:28. **Juniors:** 1 Cindy Mabudafhasi (A4A) 1:42:47; 2 Anna Chauke (A4A) 1:42:51.

### 10 km

#### MEN

1 Gladwin Mzazi (Boxer) 30:44; 2 Derocious Makhobalo (Nedbank) 31:27; 3 Jeromia Moswetsi (Temp) 31:41.

**Veterans:** 1 Zongamele Dyubeni (Rockies) 35:26; 2 Timothy Tshokolo (Nedbank) 36:10; 3 Ian Macdonald (RAC) 38:06. **Masters:** 1 Dan Mothibe (Nedbank) 37:06; 2 Nelson Simango (Temp) 39:41; 3 Brendan Devine (Fit 2000) 42:46. **G'masters:** 1 Don Charles (Nedbank) 45:02; 2 Chris Harmse (Irene) 51:40; 3 Johan Bronkhorst (RWFL) 55:19. **G/g'masters:** 1 Danie Roux (Kempton) 66:17. **80+:** John Macdonald (RAC) 57:09. **Juniors:** 1 Lindokuhle Mazibuko (Ubuhle) 33:36; 2 Caleb Beukes (KPMG) 34:28; 3 Mzizi Mtshali (NRB Harriers) 35:11.

#### WOMEN

1 Simonay Weitsz (Boxer) 38:10 (1<sup>st</sup> jun); 2 Leshan Curlewis (Waterkloof HS) 38:23; 3 Nina Mosehuis (Temp) 39:25.

**Veterans:** 1 Elizabeth Dhiwayo (RWFL) 41:57; 2 Patricia Forbes (Tuks) 44:37; 3 Mirriam Mooki (Corr Serv) 45:28. **Masters:** 1 Leonor Erwee (MiWay) 45:04; 2 Ronel Fourie (Oos Moot) 54:06; 3 Linda v.d. Gryp (Krugersdorp) 54:27. **G'masters:** 1 Joey Cloete (Irene) 54:44; 2 Alta v.d. Walt (Striders) 72:45; 3 Moira Terwey (Randburg) 73:08. **G/g'masters:** 1 Persephone van Rensburg (PMK) 63:03. **80+:** Deirdre Larkin (Randburg) 64:38. **Juniors:** 1 Simonay Weitsz (Boxer) 38:10; 2 Leshan Curlewis (Waterkloof HS) 38:23; 3 Carmie Prinsloo (Montana) 39:56.

### Avis Van Run 2 Raise 10 km

George, 1 May  
(Finishers: 210)

Note: Nosithandiwe Mateyisi finished sixth overall. - Ed.

#### MEN

1	Godwin Heyns	Nedbank	18	35:01
2	Aviwe Kinana	Knysna MC	18	37:31
3	Melikhaya Msizi	Knysna MC	33	38:17
4	Jerome Ferland	Nedbank	18	38:54
5	Komani Awonke	Knysna MC	19	38:58

#### **Veterans:**

1	Marshall Richenberg	Knysna MC		39:19
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#### **Masters:**

1	Hermanus Jonkerman	Nedbank		42:06
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#### **G'masters:**

1	Koos Smit	Hartenbos Drawwers		47:35
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#### **G/g'masters:**

1	Maurice Wicomb	Oudtshoorn AAC		1:15:54
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#### **Juniors:**

1	Godwin Heyns	Nedbank		35:01
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#### WOMEN

1	Nosithandiwe Mateyisi	Nedbank	28	39:12
2	Stephany Petro	Nedbank	15	39:53
3	Melissa van Rensburg	Nedbank	35	40:31

4	Cecilia Nel	Nedbank	35	44:14
5	Annatjie Botes	Nedbank	59	45:38

**Veterans:**

1	Johanna Claassen	Nedbank		51:28
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**Masters:**

1	Annatjie Botes	Nedbank		45:38
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**G'masters:**

1	Mariëtte de Haan	Nedbank		57:35
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**G/g'masters:**

1	Magdalena le Roux	Nedbank		1:20:11
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**Juniors:**

1	Stephany Petro	Nedbank		39:53
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**Safari Half Marathon (30th) & 10 km**

Wellington, 1 May

(Distances: 21.1 km & 10 km; the half marathon a hilly loop course, partly on gravel; the 10 km course configuration is unknown. Finishers: half marathon – 3748 [up from 3114 last year]; 10 km – 2158.)

Note: The open results were included last week. The category results have been received since, so we have added these to the open results and include everything here (with two more runners added in the 10 km). In the results received by DRR, Sophie Cope (SH) was indicated as the first junior, but as she was born on 3 July 1997, she is no longer a junior and should not have received the first prize. -- Ed.

**Half marathon****MEN**

1. Mbongeni Nxazozo (BPA CGA) 1:08:11
2. William Kaptein (Maties) 1:09:49
3. Akhona Mdaka (EGA) 1:10:11
4. Gert Thys (Post) 1:11:38
5. Wanda Roro (MSA) 1:12:13
6. Ncedo Makunga (Ned) 1:13:33
7. Pheletso Pheletso (EGA) 1:14:07
8. Petrus Zwane (Swart) 1:14:19
9. Alvino Cupido (Well) 1:15:20
10. Tsungai Mwanengeni (ZIM/Gugs) 1:16:41

**Veterans:** 1. Gert Thys (Post) 1:11:38; 2. Tsungai Mwanengeni (ZIM/Gugs) 1:16:41; 3. Dawid Pieterse (Fransch) 1:22:06. **Masters:** 1. Isaac Opperman (DCS) 1:19:41; 2. Henry Wolstenholme (Durb) 1:23:37; 3. Leon Williams (Swart) 1:25:27. **G'masters:** 1. Thomas Moses (Worc) 1:27:56; 2. Louis Claassen(Sald) 1:29:01; 3. Piet Smit (Swart) 1:35:28. **G/g'masters:** 1. Joseph Matthews (MS) 1:58:19; 2. Lawrence Ashworth (Strand) 2:00:00; 3. Eddie Hendricks (Elsies) 2:01:30. **Juniors:** 1. Harry van Niekerk (Well) 1:25:48; 2. Levino Lewis (Strag) 1:43:23; 3. Abduraghmaan Souma (Eskom) 1:43:28.

**WOMEN**

1. Jessica Pollock (UCT) 1:24:53
2. Jeanetta Kohler (WC) 1:29:02
3. Sophie Cope (SH) 1:34:48
4. Michelle Dreyer (Paarl) 1:34:53
5. Elme Middlemost (Brack) 1:36:02
6. Linda Kinloch-Smith (Bell) 1:36:24
7. Katjie Moos (Ind) 1:36:39
8. Andrea Ouwerkerk (Ind) 1:36:57

9. Mariëtte Strauss (Tyger) 1:37:27
10. Bettie Stevens (Langeberg) 1:37:51

**Veterans:** 1. Linda Kinloch-Smith (Bell) 1:36:24; 2. Marjorie Prins (Ceres) 1:38:44; 3. Marlize Vienings (Edge) 1:40:38. **Masters:** 1. Mariëtte Strauss (Tyger) 1:37:27; 2. Marie Human (Ind) 1:42:55; 3. Cheryl Rudolph (East) 1:44:52. **G'masters:** 1. Nancy Will (Pine) 1:47:17; 2. Louisa van der Westhuizen (Stell) 1:54:44; 3. Hilary Rhode (Edge) 1:58:44. **G/g'masters:** 1. Veronica van Niekerk (EGA) 1:55:21; 2. Pixie Sparg (Celtic) 2:12:32; 3. Marlene James (Pine) 2:15:12. **Juniors:** 1. Wilmi Agenbach (Ind) 1:55:35; 2. Carla Johnson (Ind) 1:58:24.

### 10 km

#### MEN

1. Angelo Booysen (CS) 29:55
2. Akhona Makila (VOB) 30:19
3. André Afrika (Eerste) 30:19 [correct]
4. Reagan Rooi (Ceres) 31:17
5. A.N. Other 31:55

**Veterans:** 1. Pieter Koopman (Itheko) 36:50; 2. David Skoti (Fransch) 42:36; 3. Stanley Beyers (Met) 47:11. **Masters:** 1. John September (Itheko) 35:41; 2. Solly van Rooyen (Worc) 44:24; 3. Michael Crozier (Atlantis) 44:10. **G'masters:** 1. Robbie Lindsay (Ned) 40:25; 2. Neville Frieslich (FH) 45:58; 3. Brian Rothman (Brack) 49:15. **Juniors:** 1. Reagan Rooi (Ceres) 31:17; 2. Allister Blaauw (Maties) 33:38; 3. Bradley Davids (Held) 34:06.

#### WOMEN

1. Vuyiseka Nkumenge (Ned) 39:18
2. Jana le Roux (Ind) 40:26
3. Gianna Marais (Ind) 41:39
4. Kyla Moos (Ind) 41:55
5. Ilana Dreyer (?) 42:32

**Veterans:** 1. Elizabeth van der Berg (Bred) 46:01; 2. Londea van Loggerenberg (Edge) 55:58; 3. Veronique Vermaak (SH) 59:25. **Masters:** 1. Berita Jones (Ind) 50:54; 2. Beatrix le Roux (Irene) 51:55; 3. Tamara Blomerus (MS) 53:04. **G'masters:** 1. Nancy Will (Pine) 48:30; 2. Judith Grove (Tyger) 55:02; 3. Liz Britz (WC) 61:10. **Juniors:** 1. Jana le Roux (Ind) 40:26; 2. Gianna Marais (Ind) 41:39; 3. Kyla Moos (Ind) 41:55.

### JG Zuma Marathon, Half Marathon & 10 km

Albert Falls to Greytown, 30 April

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point courses)

Note: Once again, incredible prize money – contributed by the tax payers – for pedestrian times. – Ed.

### Marathon

#### MEN

1. Raphael Segodi 2:27:40 (R50 000)
2. Melly Kennedy (KEN) 2:27:54 (R25 000)
3. Phakoane Rakoto 2:29:12 (R15 000)
4. Lenanya Reakeboha 2:29:25 (R10 000)
5. Edwin Chimombo (ZIM) 2:29:49 (R8000)
6. Sootho Raletsebele (LES) 2:30:01 (R5000)
7. Ramolefi Motsieloa 2:30:01 (R4000)
8. Rebone Sello (LES) 2:30:33 (R3000)

9. Mopenyane Lebelo 2:30:38 (R2000)
10. Thabang Masopha 2:30:46 (R1000)

WOMEN (Same prize money as men)

1. Mamorallo Tjoka (LES) 2:52:47
2. Nthabeleng Letsele (LES) 2:52:53
3. Elizabeth Arsedo (ETH) 2:53:57
4. Makampong Letsie (LES) 3:06:04
5. Lizih Chokore (ZIM) 3:12:03
6. Nandi Zaloumis 3:21:10
7. Jane Mudau 3:26:25
8. Florence Chepkurui (KEN) 3:26:23
9. Samukelisiwe Khumalo 3:26:53
10. Takalani Ndandani 3:27:01

### Half marathon

MEN

1. David Munyai (KEN) 65:44 (R20 000), 2. Mothimokholo Hatasi (LES) 65:55 (R10 000), 3. Tebello Ramakongoana 66:08 (R7000), 4. Kabelo Lesia 66:55 (LES) (R6000), 5. Lebenya Nkoka (LES) 68:16 (R5000).

WOMEN (Same prize money as men)

1. Maria Shai 1:19:26, 2. Bertha Chikanga (ZIM) 1:21:19, 3. Nehengg Khatala 1:21:26, 4. Jenet Dlamini 1:21:39, 5. Lineo Chaka (LES) 1:24:23.

### 10 km

MEN

1. Slindile Gubese 32:54 (R5000), 2. Sipho Mbanjwa 32:55 (R3500), 3. Ayanda Mncube 33:09 (R3000), 4. Bonginkosi Zwane 33:20 (R2000), 5. Mholi Jali 33:25 (R1000).

WOMEN (Same prize money as men)

1. Nwabisa Mjoli 41:21, 2. Blandina Makatsi (LES) 41:38, 3. Litebogo Makwatseane 41:49, 4. Puseletso Dladla 43:02, 5. Nontokozo Mkhize 43:21.

### Outeniqua Marathon (31st), Half Marathon (28<sup>th</sup>) & 10 km

George to Wilderness, 29 April

(Distances: 42.195 km, 21.1 km & 10 km; marathon & half marathon -- point-to-point downhill courses, but hilly and partly on gravel; 10 km -- route configuration unknown.

Finishers: marathon – 205; half marathon – 282; 10 km – 166.)

### Marathon

MEN

1	Siyabonga Madala	Gugulethu AC	31	2:51:39
2	Melikhaya Msizi	Knysna MC	33	2:57:44
3	Jugene Maart	Nedbank	30	3:08:51
4	Jason Jafta	Oudtshoorn AAC	57	3:20:48
5	Ashleigh Driver	Harfield Harriers	45	3:21:00

### Veterans:

1	Lingisice Njadayi	Knysna MC	3:24:46
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### Masters:

1	Jason Jafta	Oudtshoorn AAC	3:20:48
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### G'masters:

1	Louis van der Vyver	Nedbank	3:54:24
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### G/g'masters:

1	Ben Bouwer	Hartenbos Drawwers	5:20:19
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## WOMEN

1	Candyce Hall	Carbineers AC	32	3:26:35
2	Frances Myburgh	Nedbank CGA		3:33:58
3	Elize Kloppers	Temp	47	3:35:21
4	Terray Newcombe	Elite AC	26	3:41:24
5	Marion Hart	Nedbank	37	3:46:20

**Veterans:**

1	Elise Kloppers	Temp		3:35:21
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**Masters:**

1	Kathy McQuaide	VOB		3:56:48
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**G'masters:**

1	Mariette de Haan	Nedbank		5:08:42
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**Half Marathon**

## MEN

1	Ettienne Plaatjies	Nedbank	29	1:11:07
2	Elfonzo Pieterse	Nedbank	28	1:14:09
3	John April	Nedbank	28	1:14:40
4	Nelson Bass	VOB	38	1:17:24
5	Sinesipho Didishe	Knysna MC	26	1:20:15

**Veterans:**

1	Mxolise Fana	Outeniqua Harriers		1:21:01
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**Masters:**

1	Anton Chevalier	Nedbank		1:28:42
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**G'masters:**

1	Andre Barnardo	Nedbank		1:51:13
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**G/g'masters:**

1	Mike Derbidge	Knysna MC		1:55:17
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**Juniors:**

1	Aviwe Kinana	Knysna MC		1:22:43
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## WOMEN

1	Melissa van Rensburg	Nedbank	35	1:29:29
2	Candice-Lee Davison	Harfield Harriers	39	1:30:24
3	Cecilia Nel	Nedbank	35	1:34:21
4	Annatjie Botes	Nedbank	59	1:38:01
5	Jana Trojan	CZE/VOB	49	1:38:47

**Veterans:**

1	Jana Trojan	CZE/VOB		1:38:47
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**Masters:**

1	Annatjie Botes	Nedbank		1:38:01
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**G'masters:**

1	Kathy Jolliffe	Nedbank		2:03:09
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**G/g'masters:**

1	Anna-Marie van Eck	Nedbank		2:47:14
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**Juniors:**

1	Christle Smit	Hartenbos Drawwers		2:13:02
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**10 km**

## MEN

1	Donovan Jantjies	Nedbank	20	33:55
2	Anderson Ncube	Nedbank	21	34:35
3	Booi Salman	Nedbank	43	35:19

4	Jerome Ferland	Nedbank	18	35:32
5	Ross Welsh	Nedbank	18	36:29

**Veterans:**

1	Booi Salman	Nedbank		35:18
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**Masters:**

1	Jacobus v.d. Mescht	Beaufort W Drawwers		45:41
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**G'masters:**

1	Colin Wilson	Phalaborwa Runners		1:00:48
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**G/g'masters:**

1	Nicolaas Brummer	Sedgefield Striders		52:55
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**Juniors:**

1	Jerome Ferland	Nedbank		35:32
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**WOMEN**

1	Mellusca Toovey	Nedbank	28	44:50
2	Louw-Anne Lourens	Nedbank	14	44:55
3	Cia Herholdt	Nedbank	50	49:41
4	Ariadne van Zandbergen	CMC Eden	45	50:49
5	Nina Marais	Temp	14	51:07

**Veterans:**

1	Ariadne van Zandbergen	CMC Eden		50:48
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**Masters:**

1	Cia Herolt	Nedbank		49:41
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**G'masters:**

1	Mariet Horn	Knysna MC		1:02:22
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**G/g'masters:**

1	Lisetta Visagie	Nedbank		1:20:30
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**Juniors:**

1	Louw-Anne Lourens	Nedbank		44:55
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**CROSS-COUNTRY****Gauteng North League Meeting (1st)**

Cullinan, 29 April

Note: All distances are 4 km except where indicated otherwise. – Ed.

**SR. MEN (8 km)**

1	Titus	SEGOLE	Ekangala	28:02
2	Richard	MAVUSO	Correctional Services	29:02
3	Michael	MNGUNI	Ekangala	31:01
4	Andy	MUKONA	Eagles Active	31:14
5	Sello	MANAMELA	Individual	33:47
6	Moshe	SEAGE	Cultivation	34:13
7	Isaac	MASHABA	Ekangala	34:31
8	Juan-Pierre	DE VILLIERS	Montana	36:25
9	Michael	VAN NIEKERK	Ekangala	38:54

**SR. MEN**

1	Adriaan	ALDRIDGE	Eagles Active	14:25
2	Derick	MTSWENI	Ikhonjane AC	14:30
3	Jonathan	BREDENKAMP	Individual	17:01
4	Grimes	GRIMES	Tuks	20:37

MEN 40 (8 km)				
1	Enoch	MAKUNYANE	Ekangala	32:55
2	Peter	NTEO	Cultivation	33:50
3	Hercu	DU PREEZ	Individual	35:31
MEN 45 (8 km)				
1	Gareth	GREES	TBC	34:05
2	Peter	VAN HEERDEN	Irene	34:31
3	Piet	MOSEBEDI	Mkhombo	38:00
MEN 50 (8 km)				
1	Jan	BESTER	Individual	36:26
2	Brandon	HUGHES	Phobians	39:20
3	Jan	VERSCHOOR	Mcarthur	45:24
MEN 55 (8 km)				
1	Johnie	JONKER	Denel	37:46
2	Japie	BADENHORST	ACRW	40:32
3	Nico	VOS	ACRW	43:08
MEN 60 (6 km)				
1	David	MAHLANGU	FPN	25:19
2	Buks	MEYER	GNMA	34:10
3	Wessel	VAN WYK	Individual	34:21
MEN 65 (6 km)				
1	Mike	DE BRUTO	Irene	27:45
MEN 70 (6 km)				
1	Harry	VAN DER MERWE	BHS	31:25
2	Assie	VAN ASWEGEN	Overkruin	42:02
MEN 75 (6 km)				
1	Andries	VAN DER MERWE	Transnet	42:35
2	Piet	VAN ASWEGEN	Overkruin	49:01
MEN 85 (6 km)				
1	Martin	COETZEE	Magnolia	40:25
2	Frans	GROBLER	Transnet	52:29
MEN 23				
1	Ephraime	MASOMBUKA	Ikhonjane AC	14:29
2	Marco	RUTHVEN	Individual	14:39
3	Dumisa	SANGWENI	FPN	15:13
JR. MEN (8 km)				
1	Tiaan	BEKKER	FPN	30:29
2	Hennoe	KOEKEMOER	Centurion	30:59
3	Morkel	JOHL	Zwartkop	31:20
BOYS 17 (6 km)				
1	Jean-Michael	LAUBSCHER	Zwartkop	21:58
2	Estian	EEK	Die Wilgers	23:57
3	Luanre	VAN NIEKERK	FPN	25:16
SR. WOMEN				
1	Marlize	ODENDAAL	Runavation	18:32
2	Sunette	VOS	ACRW	20:13
WOMEN 40				
1	Corne	PRINSLOO	FPN	16:53
2	Elmarie	NOLTE	Individual	17:54
3	Thwali	MAKOLANE	DRDLR AC	19:33
WOMEN 45				
1	Ronel	THOMAS	Boxer	16:52
2	Marietjie	MCDERMOTT	Love Running	18:06
3	Retha	HOFMEYER	Individual	18:35

WOMEN 50				
1	Ansie	BREYTENBACH	Irene	18:18
2	Lettie	SAAYMAN	Nedbank	19:33
3	Ronel	FOURIE	Oos Moot	20:14
WOMEN 55				
1	Ilze	CROUS	Affies	18:58
2	Hester	MERRITT	ACRW	24:13
3	Lenah	MAHLANGU	Ikhonjane AC	24:15
WOMEN 60				
1	Frances	VAN BLERK	Nedbank	20:10
WOMEN 75				
1	Arina	VAN ASWEGEN	Individual	26:43
WOMEN 90				
1	Adelaide	VAN ASWEGEN	Individual	26:43
WOMEN 23				
1	Danielle	JORDAAN	Oos Moot	16:40
2	Jeannie	DE BEER	Runavation	16:55
3	Leandri	DE BEER	Sterk Span Academy	17:27
GIRLS 17				
1	Chantelle	RAS	FPN	17:02
2	Zhandre	LOUBSER-KUHN	Montana	17:04
3	M'zhane	LOUBSER-KUHN	Montana	17:04

## 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

### Volkswagen Prague Marathon (23rd)

(IAAF Gold Label Road Race)

Praha, CZE, 7 May

(Distance: 42.195 km; AIMS/IAAF-certified loop course, mostly flat with sections on cobblestones and some trolly tracks)

MEN (gun times)

1. Gebretsadik ABRAHA, ETH 2:08:47 € 15,000
2. Bazu WORKU, ETH 2:08:48 7,500
3. Mekuant AYENEW, ETH 2:09:00 PB 5,000

WOMEN (gun times)

1. Valary AIYABEI, KEN 2:21:57 PB/ACR € 15,000 + 10,000\* + 30,000i  
[1:08:24 / 1:13:33]
2. Amane BERISO, ETH 2:22:15 7,500 + 30,000i
3. Tadelech BEKELE, ETH 2:22:23 PB 5,000 + 10,000i
4. Hirut TIBEBU, ETH 2:24:04 2,500 + 2,500i
5. Feyse TADESE, ETH 2:26:46 1,000
- ... 10. Lavinia HAITOPE, NAM 2:40:22 PB 100

\*) Course and Czech all-comers record €10,000 bonus

i) Earned time bonus



**Lilac Bloomsday Run (41st)**

(A PRRO Circuit Event)

Spokane, USA, 7 May

(Distance: 12 km; certified course with negligible drop and start/finish separation [record standard course], rolling hills)

## MEN (gun times)

1. Gabriel GEAY, TAN	34:31	\$7000
2. Philemon CHEBOI, KEN	34:34	4500
3. Geoffrey BUNDI, KEN	34:42	3000
4. Teshome MEKONEN, ETH	34:48	2500
5. Philip LANGAT, KEN	35:07	1800

## WOMEN (gun times)

1. Buze DIRIBA, ETH	40:19	\$7000
2. Mamitu DASKA, ETH	40:21	4500
3. Karolina NADOLSKA, POL	40:29	3000
4. Risper GESABWA, KEN	40:43	2500
5. Grace WAMBUI, KEN	40:56	1800

**Memorial Rahal 10 km (6th)**

Casablanca, MAR, 7 May

(Course configuration and certification unknown)

## MEN (gun times)

1. Hassan El Abassi, BRN, 27:55
2. Peter Langat, KEN, 27:57
3. Lokitam Kilimo Rhonzas, KEN, 28:22

## WOMEN

1. Tsegaye Beyene Belaynesh, ETH, 32:09
2. Damaris Muthuee Mutua, BRN, 32:36
3. Martha Akeno, KEN, 32:40

**Diacore Gaborone Marathon, Half Marathon & 10 km**

Gaborone, BOT, 7 May

(Distances: 42.195 km, 21.1 km &amp; 10 km; certified loop courses with 1 km out-and-back section at beginning and end.)

Note: Thanks to Pieter de Jager for the results and detailed course information. Just one day after running in the Spar Grand Prix 10 km in Port Elizabeth (results above), Onneile Dintwe won the half marathon here. Prize money: 1 BWP (Botswana Pula) = R1.28. -- Ed.

**Marathon**

## MEN

1. Paulus Iiyambo (NAM) 2:18:59 (BWP 25 000)
2. Simon Shipingana (NAM) 2:19:25 (15 000)
3. Obed Kopo (RSA/Ned) 2:26:15 (10 000)
4. Oscar Komeya (NAM) 2:26:21 (1st vet) (7500)
5. Jesaya Matheus (NAM) 2:28:49 (5000)

## WOMEN (Same prize money as men)

1. Ndeshimona Ekandjo (NAM) 2:45:29
2. Ottillie Aimwata (NAM) 2:56:06
3. Badumentse Matshapelo (BOT) 3:02:29

4. Esna Roux (?) 3:52:02 (1st vet)
5. Theani van Zyl (?) 4:01:50

### Half marathon

#### MEN

1. David Manja (RSA/Ned) 1:03:41 (BWP 10 000)
2. Joel Mmone (RSA/Ned) 1:03:55 (5000)
3. Rapula Diphoko (BOT) 1:03:59 (3000)
4. Derocious Makhobalo (RSA/Ned) 1:06:10 (2000)
5. Sesebo Matlapeng (BOT) 1:06:11 (1000)

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

1. Onneile Dintwe (BOT) 1:20:52
2. Mema Tiango (BOT) 1:23:00
3. Joyce Tau (BOT) 1:23:21
4. Samukeliso Moyo (ZIM) 1:23:51
5. Kefilwe Galeitsiwe (BOT) 1:24:51

### 10 km

#### MEN

1. Thabang Mosiako (RSA/Ned) 29:13 (BWP 5000)
2. Sylvester Koko (BOT) 30:04 (3000)
3. Phillemon Mathiba (RSA/Ned) 30:31 (2000)
4. Shepherd Kenatshela (BOT) 30:52 (1500)
5. Amantle Kekganetswe (BOT) 31:05 (1000)

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

1. Marea Maano (BOT) 37:00
2. Lame Nare (?) 37:12
3. Gaone Bathoeng (BOT) 37:17
4. Salmi Ndunitoko (NAM) 39:31
5. Constance Itseng (?) 40:18

### Nike Breaking2 Marathon

Autodromo Nazionale, Monza, ITA, 6 May

(Distance: 42.195 km; 17.5-lap, 2.4 km course measured by IAAF "A" measurer David Katz [USA] who also observed the race to make sure the athletes covered the course as measured)

#### MEN (gun times)

1. Eliud Kipchoge, KEN, 2:00:25
2. Zersenay Tadese, ERI, 2:06:51
3. Lelisa Desisa, ETH, 2:14:10

#### Pacemakers (partial list):

Chris Derrick, USA, DNF  
 Sam Chelanga, USA, DNF  
 Andrew Bumbalough, USA, DNF  
 Teklemariam Medhim, ERI, DNF  
 Nguse Amlosom, ERI, DNF  
 Aron Kifle, ERI, DNF  
 Dejene Debela Gonfa, ETH, DNF  
 Abayneh Ayele Woldegiorgis, ETH, DNF  
 Tadu Abate Deme, ETH, DNF  
 Collis Birmingham, AUS, DNF  
 Selemon Barega, ETH, DNF

Alex Korio, KEN, DNF  
 Gideon Kipketer, KEN, DNF  
 Stephen Sambu, KEN, DNF  
 Bernard Lagat, USA, DNF  
 Philemon Rono, KEN, DNF  
 Julien Wanders, SUI, DNF  
 Abdi Nageeye, NED, DNF

Kipchoge's 5 km splits:

5 km 14:14  
 10 km 28:21 (14:07)  
 15 km 42:34 (14:13)  
 20 km 56:49 (14:15)  
 25 km 1:11:03 (14:12)  
 30 km 1:25:20 (14:19)  
 35 km 1:39:37 (14:17)  
 40 km 1:54:04 (14:27)  
 Halves: 59:57 / 60:28

### **15 km du Puy-en-Velay** (35th)

Puy-en-Velay, FRA, 1 May

MEN (gun times)

1. Mathew Kimeli, KEN, 42:00 CR
2. Jorum Okombo, KEN, 42:50
3. Simon Cheprot, KEN, 42:51
4. Ambros Bore, KEN, 42:52
5. Josphat Kiptis, KEN, 43:41

WOMEN -

1. Yvonne Jelagat, KEN, 47:47
2. Joan Chelimo, KEN, 48:19
3. Gladys Kimaina, KEN, 49:21
4. Hawi Feysa, ETH, 50:09
5. Leonidah Mosop, KEN, 51:16

### **Vodafone Istanbul Half Marathon** (3rd)

(IAAF Gold Label Road Race)

Istanbul, TUR, 30 April

(Distance: 21.1 km; IAAF certified out-and-back course)

MEN

1. Ismail Juma, TAN, 1:00:09
2. Terefa Debela, ETH, 1:00:22
3. Edwin Kipsang Rotich, KEN, 1:00:37
4. Adugna Takele Bikila, ETH, 1:00:45
5. Kaan Kigen Ozbilen, TUR, 1:00:51
6. Vincent Kipsegechi Yator, KEN, 1:01:01
7. Peter Kwemoi Ndorobo, KEN, 1:01:15
8. Evans Kiplagat, AZE, 1:01:47
9. Moses Martin Kurong, UGA, 1:01:51
10. Paul Kipkemoi Kipkorir, KEN, 1:02:12

WOMEN

1. Ruth Chepngetich, KEN, 1:06:19

2. Eunice Kirwa, BRN, 1:06:46
3. Worknesh Degefa, ETH, 1:08:55
4. Meskerem Seifu Amare, ETH, 1:10:00
5. Muliye Dekebo, ETH, 1:10:07
6. Esther Chesang Kakuri, KEN, 1:10:07
7. Tejitu Daba, BRN, 1:10:28
8. Hiwot Gebrekidan, ETH, 1:11:05
9. Esma Aydemir, TUR, 1:11:55
10. Azuncena Diaz Calvo, ESP, 1:14:08

### **SHAPE Women's Half Marathon (14th)**

Central Park, New York, USA, 30 April

(Distance: 21.1 km; certified two-loop course with significant hills)

Note: *Race Results Weekly* reports that Deena Kastor, 44, won here for the fourth time in a solo run from gun to tape. She also won in 2013, 2014 and 2015. - Ed.

WOMEN (gun times)

- |  |         |        |
|--|---------|--------|
| 1. Deena Kastor, 44, Mammoth Lakes, CA | 1:16:18 | \$1000 |
| 2. Marisa Cummings, 25, New York, NY   | 1:21:13 | 750    |
| 3. Mary Bida, 21, Milbrook, NY         | 1:23:09 | 500    |

### **Simplyhealth Great Birmingham 10 km**

Birmingham, GBR, 30 April

MEN (gun times)

1. Frankline Keitany, KEN, 28:41
2. Timothy Toroitich, UGA, 28:42
3. Matt Clowes, Cardiff AAC, 30:00

WOMEN (gun times)

1. Caroline Chepkoech, KEN, 30:45 PB
2. Violah Jepchumba, KEN, 30:57
3. Lucy Cheruiyot, KEN, 32:17

### **Ohio Health Capital City Half Marathon**

(USA Half-Marathon Championships)

Columbus, USA, 29 April

(Distance: 21.1 km; one-loop course, certified, pre-validated and record-eligible)

CHAMPIONSHIPS: MEN (gun times)

- |  |         |          |
|--|---------|----------|
| 1. Leonard Korir, 30, Colorado Springs, CO | 1:03:04 | \$12,100 |
| 2. Sam Chelanga, 32, Colorado Springs, CO  | 1:03:04 | 8,100    |
| 3. Christopher Landry, 31, Charlotte, NC   | 1:03:13 | 5,000    |
| 4. Kiya Dandena, 28, Flagstaff, AZ         | 1:03:19 | 4,000    |
| 5. Tim Ritchie, 29, New Haven, CT          | 1:03:29 | 3,000    |

CHAMPIONSHIPS: WOMEN (gun times)

- |   |            |          |
|---|------------|----------|
| 1. Natosha Rogers, 25, Littleton, CO    | 1:10:45 DB | \$12,100 |
| 2. Neely Gracey, 27, Boston, MA         | 1:10:54    | 8,100    |
| 3. Aliphine Tuliamuk, 28, Santa Fe, NM  | 1:11:42    | 5,000    |
| 4. Bethany Sachtleben, 25, Stafford, VA | 1:13:28 PB | 4,000    |
| 5. Belainesh Gebre, 29, Flagstaff, AZ   | 1:13:40    | 3,000    |

**TRACK****IAAF Diamond League - Doha**

(1st stop of 2017 IAAF Diamond League)  
Doha, QAT, 5 May

**MEN****1500 (DL):**

1. Elijah Manangoi, KEN, 3:31.90 WL
2. Silas Kiplagat, KEN, 3:32.23
3. Bethwell Birgen, KEN, 3:32.27
4. Vincent Kibet, KEN, 3:32.66
5. Timothy Cheruiyot, KEN, 3:32.87
6. Robert Kiptoo Biwott, KEN, 3:34.30
7. Ryan Gregson, AUS, 3:34.56
8. Aman Wote, ETH, 3:34.81
9. Jakub Holuša, CZE, 3:36.16
10. Said Aden Said, QAT, 3:37.42 PB
11. Ayanleh Souleiman, DJI, 3:40.81

**3000 (DL):**

1. Ronald Kwemoi, KEN, 7:28.73 WL/PB
2. Paul Chelimo, USA, 7:31.57 PB
3. Yomif Kejelcha, ETH, 7:32.27
4. Caleb Ndiku, KEN, 7:33.36
5. Albert Rop, BRN, 7:38.30
6. Muktar Edris, ETH, 7:40.97
7. Jacob Kiplimo, 2000, UGA, 7:43.73 WJL/PB
8. Andrew Butchart, GBR, 7:45.36
9. Tariq Ahmed Al-Amri, KSA, 7:46.72 PB
10. Ben True, USA, 7:47.00
11. Edwin Soi, KEN, 7:48.12
12. Conseslus Kipruto, KEN, 7:49.00

**WOMEN****800 (DL):**

1. Caster Semenya, **RSA**, 1:56.61 WL
2. Margaret Wambui, KEN, 1:57.03
3. Eunice Sum, KEN, 1:58.76
4. Habitam Alemu, ETH, 1:58.92 PB
5. Genzebe Dibaba, ETH, 1:59.37 PB
6. Charlene Lipsey, USA, 2:00.29 PB
7. Malika Akkaoui, MAR, 2:01.13
8. Natoya Goule, JAM, 2:01.59
9. Joanna Józwik, POL, 2:05.68
- Jenny Meadows, GBR, DNF (pace)

**3000 s/chase (DL):**

1. Hyvin Kiyeng Jepkemoi, KEN, 9:00.12 WL/AR
2. Beatrice Chepkoech, KEN, 9:01.57 PB
3. Ruth Jebet, BRN, 9:01.99
4. Celliphine Chepteek Chespol, 1999, KEN, 9:05.70 WJR
5. Emma Coburn, USA, 9:14.53
6. Sofia Assefa, ETH, 9:15.66
7. Gesa Krause, GER, 9:15.70 NR
8. Aisha Praught, JAM, 9:19.29 NR

9. Habiba Ghribi, TUN, 9:27.97  
 10. Stephanie Garcia, USA, 9:30.43

### Payton Jordan Cardinal Invitational

Palo Alto, USA, 5 May

#### MEN

5000:

##### Section 1 -

- |                    |                    |                |
|--------------------|--------------------|----------------|
| 1. Justyn Knight   | Syracuse (CAN)     | 13:17.51 WL/PB |
| 2. Sam McEntee     | Melbourne Tr (AUS) | 13:17.55 PB    |
| 3. Gabriel Geay    | Posso Sports (TAN) | 13:20.35 PB    |
| 4. Edward Cheserek | Oregon (KEN)       | 13:24.72       |
| 5. Riley Masters   | Nike               | 13:29.85       |

##### Section 2 -

- |                       |                     |             |
|-----------------------|---------------------|-------------|
| 1. Jack Rayner        | Melbourne Tr (AUS)  | 13:47.41 PB |
| 2. Matthew Centrowitz | Nike Oregon Project | 13:48.42    |
| 3. Drew Hunter        | adidas              | 13:49.56 PB |
| 4. Clayton Young      | Byu                 | 13:50.00 PB |
| 5. Amon Terer         | Campbell (KEN)      | 13:50.25 PB |

10000:

- |                             |                    |                |
|-----------------------------|--------------------|----------------|
| 1. Patrick Tiernan          | Melbourne Tr (AUS) | 27:29.81 WL/PB |
| 2. Mo Ahmed                 | Nike Btc (CAN)     | 27:30.00 PB    |
| 3. Shadrack Kipchirchir     | US Army Wcap       | 27:32.18 PB    |
| 4. Hassan Mead              | Nike Otc Elite     | 27:34.38       |
| 5. Abbabiya Simbassa        | American Dis       | 27:45.78 PB    |
| 6. Diego Estrada            | Asics              | 27:48.57       |
| 7. Luis Fernando Ostos Cruz | Federación P (PER) | 27:53.58 NR/PB |
| 8. Stanley Kebenei          | Elite Athlet       | 27:58.56 PB    |
| 9. Andy Vernon              | Melbourne Tr (GBR) | 27:58.69       |
| 10. Richard Ringer          | Unattached (GER)   | 28:05.96 PB    |

#### WOMEN

5000:

##### Section 1 -

- |                          |                      |             |
|--------------------------|----------------------|-------------|
| 1. Sifan Hassan          | Global Sport (NED)   | 15:13.15    |
| 2. Riko Matsuzaki        | Sekisui Kagaku (JPN) | 15:19.91    |
| 3. Lauren Paquette       | Brooks               | 15:20.48    |
| 4. Andrea Seccafien      | University o (CAN)   | 15:21.64    |
| 5. Eilish McColgan       | Nike (GBR)           | 15:22.12    |
| 6. Kate Van Buskrik      | Unattached (CAN)     | 15:22.17 PB |
| 7. Jessica O'Connell     | Unattached (CAN)     | 15:22.35    |
| 8. Dominique Scott-Efurd | adidas (RSA)         | 15:24.60 PB |

##### Section 2 -

- |                     |                    |             |
|---------------------|--------------------|-------------|
| 1. Heidi See        | Melbourne Tr (AUS) | 15:22.36 PB |
| 2. Ednah Kurgat     | Unattached (KEN)   | 15:26.00 PB |
| 3. Giulia Viola     | Diadora (ITA)      | 15:28.22 PB |
| 4. Melissa Courtney | Unattached (GBR)   | 15:28.95 PB |
| 5. Lauren Howarth   | Global Sport (GBR) | 15:29.26 PB |

10000:

- |                |                |                   |
|----------------|----------------|-------------------|
| 1. Meraf Bahta | Hälle IF (SWE) | 31:13.06 WL/NR/PB |
| 2. Amy Cragg   | Nike BTC       | 31:17.20          |

3. Goytom Gebreslase	adidas (ETH)	31:25.61
4. Emily Sisson	New Balance	31:32.53 PB
5. Yuka Takashima	Shiseido Run (JPN)	31:33.33 PB
6. Kim Conley	New Balance	31:35.88 PB
7. Madeline Hills	adidas (AUS)	31:41.10 PB
8. Ayuko Suzuki	Japan Post G (JPN)	31:41.74
9. Camille Buscomb	Melbourne Tr (NZL)	31:45.02 PB
10. Mao Ichiyama	Wacoal (JPN)	31:49.01 PB
11. Kaitlin Goodman	Strava TC	31:55.46 PB

### **Penn Relays** (123rd)

Philadelphia, USA, 25-29 April

MEN

4x800:

College Championship of America Invitational (29) -

1. Virginia Tech 7:13.75
2. Penn State 7:20.54
3. Clemson 7:20.94

Oliver Lloyd (1:53.71), Mpho Makofane (RSA/1:47.66), Terrell Jackson (1:49.78), John Lewis (1:49.80)

Sprint medley relay:

College Championship of America Invitational (28) -

1. G.C. Foster 3:16.15
2. Penn State 3:17.40
3. Clemson 3:18.74

Michael Cheeks, Cordell Lamb, John Lewis, Mpho Makofane (RSA)

### **Drake Relays** (108th)

Des Moines, USA, 26-29 April

WOMEN

1500:

Rio Rematch Elite Section (28) -

- |                    |                  |            |
|--------------------|------------------|------------|
| 1. Jenny Simpson   | New Balance      | 4:16.10    |
| 2. Brenda Martinez | New Balance      | 4:16.40    |
| 3. Kate Grace      | Nike             | 4:16.62    |
| 4. Shelby Houlihan | Nike Bowerman TC | 4:16.67    |
| 5. Charlene Lipsey | adidas           | 4:17.36 PB |
| 6. Alexa Efraimson | Nike             | 4:17.54    |

### **SEC Relays** (1st)

Baton Rouge, USA, 28-29 April

WOMEN

4x800 (28):

- |                    |                            |
|--------------------|----------------------------|
| 1. Arkansas 'A'    | 8:33.97                    |
| 1) Ceara Watson SO | 2) Carina Viljoen FR (RSA) |
| 3) Nikki Hiltz JR  | 4) Therese Haiss SR        |
| 2. Miss State 'A'  | 8:39.06                    |
| 3. LSU 'A'         | 8:44.46                    |
| 4. Texas A&M 'A'   | 8:46.97                    |
| 5. Vanderbilt 'A'  | 8:53.61s                   |

Distance medley relay (29):

1. Miss State 'A'	11:20.59
2. Arkansas 'A'	11:30.83
1) Carina Viljoen FR (RSA)	2) Sydney Hammit JR
3) Alexandra Byrnes FR	4) Taylor Werner FR
3. Texas A&M 'A'	11:46.91

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## BACKGROUND

### SOME LONDON MARATHON STATS

The London Marathon course, where Mary Keitany set a new world record of 2:17:01 for a women's only race on 23 April, as well as a world record of 1:36:05 at 30 km, is a record eligible course, although not all intermediate points are record eligible. The highest point on the course is 41 m above sea level (near the start), and the lowest point is 3 m. All of the intermediate points from 5 km to 25 km are NOT record eligible. However, the 30 km point is OK, because the course climbs about 10 m in the 30th kilometer on the ramp up to Canary Wharf. The elevation loss limit for record-setting by both ARRS and IAAF is 1 m per kilometer of race distance.

Here is a summary of the various points along the marathon route:

- 5 km: exceeds drop and separation
- 10 km: exceeds drop; separation okay
- 15 km: exceeds drop; separation okay
- 20 km: exceeds drop; separation okay
- Half marathon: exceeds drop; separation okay
- 25 km: exceeds drop; separation okay (38 m drop!)
- 30 km: drop and separation okay
- 35 km: drop and separation okay
- 40 km: drop and separation okay
- Finish: drop and separation okay

*Race Results Weekly* reported that the combined winning times of Daniel Wanjiru and Mary Keitany of 4:22:49 was the lowest of any marathon in history, topping the Chicago Marathon in 2002, where the total time was 4:23:14 (Khalid Khannouchi, 2:05:56 & Paula Radcliffe, 2:17:18).

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## STATS TIME

This week we include a list of the top ten SA men in the marathon for 2017. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

### 2017 MARATHON: TOP 10 MEN

2:10:51	Desmond Mokgobu	12	Rotterdam	09 Apr
2:11:41	Lusapho April	5	Hannover	09 Apr
2:16:53	Stephen Lesego Mokoka	34	Tokyo	26 Feb
2:18:52	Lungile Gongqa	12	Mumbai	16 Jan
2:21:26	Sphamandla Nyembe	1	The Woodlands	04 Mrt
2:22:23	Anele Dlamini	1	Durban	09 Apr
2:22:53A	Ntsindiso Mphakathi	2	Umzimkulu	05 Mrt
2:23:00	Duane Fortuin	2	Durban	09 Apr
2:24:32	Malesela Johannes Kekana	1	Benoni	29 Jan
2:24:35	Jeffrey Gwebu	2	Ermelo	01 Apr



## THIS MONTH IN HISTORY

### 52 years ago: 31 May 1965

In the first few years of the Peninsula Marathon the race was always run on Republic Day, 31 May (except for the first one, which was held on 1 June). On this day, the second running of the marathon, policeman Willie Olivier scored a fairly easy victory by almost three minutes over defending champion Dave Wassung. Olivier's 2:27:30 was almost identical to Wassung's 2:27:28 the previous year. There were seventeen finishers, all men, with South Africa's first sub-4 minute miler, De Villiers Lamprecht, eighth (2:49:54). Although Lamprecht set a national record of 2:20:42.5 the next year (which was surpassed by Olivier's 2:20:21 in the 1968 Peninsula Marathon, also on 31 May), he never won Cape Town's premier 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	28:48	Mbongeni Ngxazozo	Port Elizabeth	22 Apr
	27:52	Nicholas Kosimbei (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		04 Feb
	45:29	Melikhaya Frans	Port Elizabeth	
	43:22	Leonard Korir (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		29 Apr
	64:07	Elroy Gelant	Port Alfred	
	59:10	Bedan Karoki (KEN)		
25 km	58:23	Zersenay Tadesse (ERI) 2010		29 Jan
	81:36A	Sipho Mbanjwa	Pinetown	
	76:22	Wellington Bezerra da Silva (BRA)		
30 km	71:18	Dennis Kipruto Kimetto (KEN)		04 Mar
	90:54	Melikhaya Frans	Uitenhage	
	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
Marathon	87:13**	Stanley Biwott (KEN) 2016		26 Feb
	2:16:53	Stephen Mokoka	Tokyo	
	2:03:58	Wilson Kipsang (KEN)		
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	31:45	Mzwanele Maphekula	Port Elizabeth	22 Apr
	28:51	Paulo Catarino (POR) 2003		
15 km	48:58	Johannes Kekana	Leondale	19 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:32	Johannes Kekana	Polokwane	01 Apr

25 km	62:28 85:54 76:49	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996 Shadrack Hoff Pretoria 06 May Martin Mondragon (MEX) 1994
30 km	1:38:16 1:35:28	Mzwanele Maphekula Uitenhage 04 Mar Geraldo Antonio da Silva (BRA) 2002
Marathon	2:23:41 2:08:46	William Mokwalakwala Centurion 01 May Andres Espinosa (MEX) 2003
100 km	6:18:24	Mario Ardemagni (ITA) 2004
<u>Masters (50+)</u>		
10 km	33:20 30:35	Makaya Masumpa Port Elizabeth 22 Apr Tecwyn Davies (GBR) 1988
15 km	52:48 47:52	Reginald Ngobese Vanderbijlpark 08 Feb Titus Mamabolo (RSA) 1991
21.1 km	74:36 66:42	Reginald Ngobene Benoni 29 Jan Martin Rees (GBR) 2003
25 km	97:58A 98:49	Basie Bonaparte Somerset East 18 Mar Joseph Ndlovu Pretoria 06 May
30 km	1:57:25	Steve Motau Camps Bay 08 Jan
Marathon	2:33:15 2:19:29	Reginald Ngobese Sasolburg 04 Feb Titus Mamabolo (RSA) 1991
100 km		
<u>Grandmasters (60+)</u>		
10 km	38:05 32:48	Mochamat Kriel Pinelands 25 Feb Martin Rees (GBR) 2013
15 km	60:24 54:32	Mochamat Kriel Ravensmead 18 Mar Cees Stolwijk (NED) 2013
21.1 km	88:35 71:31	Mochamat Kriel Tokai 04 Feb Martin Rees (GBR) 2013
25 km	1:54:07A 1:58:06 94:01	Devilliers Oberholzer Pinetown 29 Jan Theo Bohnen Pretoria 06 May Doug Winn (USA) 2010
30 km	2:10:11 1:57:07	Kosie Botha Parow 26 Mar Ed Whitlock (CAN) 1994
Marathon	3:06:21 2:36:30	Gideon Radebe Benoni 29 Jan Yoshihisa Hosaka (JPN) 2009
100 km		
<u>Great grandmasters (70+)</u>		
10 km	42:35 37:33	Pele Tshikundamalema Pretoria 18 Feb Ed Whitlock (CAN) 2004
15 km	64:04 58:19	Jeff Smith Constantia 11 Mar Ed Whitlock (CAN) 2001
21.1 km	95:36 82:23	Elias Raphulu Pretoria 08 Apr Ed Whitlock (CAN) 2001
25 km	1:56:09 99:59	Elias Raphulu Pretoria 06 May Clive Davies (USA) 1985
30 km	2:46:08 2:00:56	Tamsanqa Jusayi Uitenhage 04 Mar Ed Whitlock (CAN) 2001
Marathon	3:37:53 2:54:49	Elias Raphulu Centurion 01 May Ed Whitlock (CAN) 2004
100 km		
<u>Juniors</u>		
10 km	30:17	Kabelo Seboko Benoni 29 Jan

15 km	27:52	Richard Chelimo (KEN) 1990		
	49:31	Sivuyile Selani	Port Elizabeth	25 Mar
21.1 km	42:25	Moses Mosop (KEN) 2004		
	70:31	Itumeleng Sesiko	Port Alfred	29 Apr
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	32:55	Louisa Leballo	Cape Town	02 Apr
	30:04	Joyciline Jepkosgei (KEN)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:04p Mx	Joyciline Jepkosgei (KEN)		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott	Camps Bay	08 Jan
	56:00	Ntombesintu Mfunzi	Port Elizabeth	25 Mar
	45:37	Joyciline Jepkosgei (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	45:37p Mx	Joyciline Jepkosgei (KEN)		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	72:36	Irvette van Zyl	Barcelona	12 Feb
	64:52	Joyciline Jepkosgei (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	64:52p Mx	Joyciline Jepkosgei (KEN)		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	1:40:31	Jenna Challenor	Durban	19 Mar
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43	Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:46:24	Ami Utsunomiya (JPN)		
	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	2:48:13A	Ann Ashworth	East London	25 Feb
	2:54:59	Danette Smith	Durban	09 Apr
	2:17:01	Mary Keitany (KEN)		
	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	36:43	Tanith Maxwell	Cape Town	01 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	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
	1:49:32	Maria Vilakazi	Pretoria	06 May
	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	38:43	Judy Bird	Cape Town	02 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:28	Elmarie Coetzee	Constantia	11 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	93:19	Mariëtte Strauss	Gordon's Bay	01 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A	Roshini Natasen	Pinetown	29 Jan
	2:07:29	Ansa Strydom	Pretoria	06 May
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:18:52	Jane Mudau	Durban	09 Apr
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:31	Margie Saunders	Port Elizabeth	22 Apr
	38:56	Lidia Zentner (GER) 2015		
15 km	66:11	Margie Saunders	Port Elizabeth	25 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	2:16:25	Val Watson	Pretoria	06 May
	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	3:26:99	Nancy Will	Durban	09 Apr
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	49:38	Veronica van Niekerk	Cape Town	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	87:32	Liz Jenkerson	Port Elizabeth	25 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	1:55:21	Veronica van Niekerk	Wellington	01 May
	2:15:27	Marlene James	Gordon's Bay	01 Apr
	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	35:33	Ashleigh Simonis	Bellville	22 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	66:42	Celine Moses	Ravensmead	18 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	98:46	Georgina Janisch	Pretoria	08 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Irene & Jan van Eeden, Pieter de Jager, Derrick Chamberlain, Top Events, SWD Athletics, André Gobey

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Published by Riël Hauman  
42 Fifteenth Avenue, Boston, Bellville 7530,  
RSA  
Telephone: 021 948-0293  
Fax: 0866 89-44-74  
Cellphone: 082 922-8538  
E-mail: [rielh@mweb.co.za](mailto:rielh@mweb.co.za)

