

Results of the Two Oceans Marathon in Cape Town on Saturday, 4 April 2015 (RSA unless otherwise stated)

56km:

Men: 1 Motlokoa Nkhabutlane (LES) 3:10:29, 2 Collen Makaza (ZIM) 3:12:43, 3 Moeketsi Mosuhli (LES) 3:13:46, 4 Mthandazo Qhina 3:14:28, 5 Charles Maina (KEN) 3:16:46, 6 Mike Fokoroni (ZIM) 3:16:57, 7 Stephen Muzhingi (ZIM) 3:17:30, 8 Mohammed Husien (ETH) 3:18:39, 9 Teboho Sello (LES) 3:19:05, 10 Arnold Kiptaoi (KEN) 3:19:07

Women: 1 Caroline Wostmann 3:41:25, 2 Nina Podnebesnova (RUS) 3:44:06, 3 Tanith Maxwell 3:45:20, 4 Tabitha Tsatsa (ZIM) 3:51:13, **5 Charne Bosman 3:54:33**, 6 Simona Staicu (HUN) 4:01:11, 7 Devon Yanko (USA) 4:01:41, 8 Chelitu Asefa (ETH) 4:01:42, 9 Paulina Njeya 4:03:59, 10 Julianie Basson 4:06:15

21km:

Men: 1 Stephen Mokoka 1:04:00, 2 Elroy Gelant 1:04:04, 3 Joel Mmone 1:04:05, 4 David Manja 1:04:16, 5 Lusapho April 1:04:20, 6 Sibusiso Nzima 1:04:25, 7 Gladwin Mzazi 1:04:53, 8 Precious Mashele 1:05:40, 9 Kgosi Tsosane 1:05:41, 10 Lloyd Bosman 1:06:00

Women: 1 Lebogang Phalula 1:14:48, 2 Mapaseka Makhanya 1:15:08, 3 Lebo Phalula 1:15:31, 4 Rutendo Nyahora (ZIM) 1:15:40, 5 Jenna Challenor 1:15:46, 6 Alina Armas (NAM) 1:16:17, 7 Nolene Conrad 1:17:15, 8 Annie Bothma 1:18:43, 9 Bulelwa Simae 1:20:43, 10 **Irvette van Zyl 1:21:14**