

# 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

Old Mutual Two Oceans champion Caroline Wöstmann did her final tune-up for next weekend's Comrades Marathon by winning the Kolonade VirSeker Half Marathon in Pretoria this weekend, running 1:24:28. A week ago she was also first in the McCarthy Volkswagen/Audi Love Run Half Marathon, running much faster – 1:20:50 – and winning by more than eleven minutes.

The only list leaders recorded since the last issue of *Distance Running Results* came in the Mayoral Half Marathon in Polokwane last weekend – 1:09:39 by veteran Johannes Kekana and 1:30:10 by master Jane Mudau. Although the times in this race and the accompanying 10 km generally look very fast, a Race Time Bias analysis produced acceptable figures for both events.

The first two Diamond League meetings produced eleven world leads, including a scintillating 14:14.32 5000 metres by Ethiopian Almaz Ayana, the third fastest of all time, in Shanghai. There were some outstanding performances in non-distance events as well, including the first men's triple jump competition in which two men jumped more than 18 m.

In the USA Dominique Scott, who inexplicably has not been included in the provisional ASA squad for the World Championships, won both the 1500 (4:15.20) and 5000 (16:06.52) at the Southeastern Conference Championships. Letitia Saayman took the titles in the 5000 and 10000 at the Big South Championships.

I mentioned in the previous issue of DRR that Gerhard Dekkers is the uncle of the exciting new US mile star Matthew Maton. It should have been great-uncle, as Gerhard is the brother of Matthew's grandfather Deon.

Also included in DRR 15:19 were the results of the Adrienne Hersch Half Marathon. According to subscriber John Neale of Randburg Harriers, Schindlers Attorneys provided a cash incentive of R10 000 for a new course record for both men and women. Lucky Mohale won by more than six minutes in 67:05 to break Derocious Makhobalo's mark by one second and claim the bonus. "It was a stout effort," wrote John in an e-mail, "made more difficult by the fact that he had to negotiate his way through the back-markers on the second lap of this very testing double-lap route." Mohale also won the race in 2009, as well as the 10 km in a record time of 30:31 in 2012. Coincidentally, this record was surpassed last year by Joel Mmone – also by the scant margin of one second! Two weeks before his record run Mohale finished tenth in the Istanbul Half Marathon. The women's record for the Randburg race is René Kalmer's 76:18 from 2012.

This is one of the biggest editions of DRR for quite a while and it also includes the results of the final two track meetings of the SA season, held in Germiston and Cape Town. It is uncertain what the purpose of these meetings was, as the fields in some events were woefully thin. The meetings seemed like an afterthought – and that is not the way athletics should be promoted.

Riël Hauman

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**INCLUDED IN THIS ISSUE:**

- \* Voet of the Wine Route 10 km, Kuils River
- \* Kolonade VirSeker Half Marathon & 10 km, Pretoria
- \* The Sweat Shop Asics RAC 10 km, Johannesburg
- \* Starling Plumbers Half Marathon & 10 km, Mount Edgecombe
- \* Nashua Richards Bay Half Marathon & 10 km, Richards Bay
- \* FNB Cape Town 12 ONERUN, Milnerton to Cape Town
- \* McCarthy Volkswagen/Audi Love Run Half Marathon & 10 km, Pretoria
- \* Sunridge Village Family 10 km, Port Elizabeth
- \* George Habelgaarn Memorial 10 km, Mossel Bay
- \* Mayoral Half Marathon & 10 km, Polokwane
- \* Zio Cash & Carry Half Marathon & 10 km, Sasolburg
- \* XC: WP league meetings, Athlone & Atlantis; Gauteng North League Meeting, Eldoraigne
- \* Track: ASA invitation meetings, Cape Town & Germiston

**International highlights:**

- \* TCS World 10 km, Bangalore, IND
  - \* Gifu Seiryu Half Marathon, Gifu, JPN
  - \* Bay to Breakers 12 km, San Francisco, USA
  - \* Nordea Riga Marathon & Half Marathon, Riga, LAT
  - \* Russian Marathon Championships, Kazan, RUS
  - \* Track: IAAF Diamond League, Shanghai, CHN; Portland Twilight Meet, Portland, USA; Kyushu Jitsugyodan Track & Field Championships, Kitakyushu, JPN; IAAF Diamond League, Doha, QAT; Hoka One One Middle Distance Classic, Los Angeles, USA; Southeastern Conference (SEC) Championships, Starkville, USA; Big South Outdoor Track Championship, High Point, USA
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**TRIVIA QUESTION**

This picture was taken in Boston recently after the running of the Boston Marathon. The two SA athletes on the left and right are Ben Brimble and Thomas Gerhardt, who both took part in the 119<sup>th</sup> running of the famous race. But does any DRR reader know the person in the centre? Clue: He is a famous marathon runner, once the best in the world. Send your answer to *Distance Running Results*. No, there are no prizes.

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## ROAD RUNNING

### Voet of the Wine Route 10 km

Kuils River, 24 May

(Certified out-and-back course with loop at far end. Weather: cool, perfect running conditions. Finishers: 1782 [almost double last year's 894].)

Note: An amazing increase in the number of participants here! – Ed.

#### MEN

1. Danzil Paulse (East) 31:40 (R500)
2. Akhona Makila (VOB) 31:51 (R300)
3. Siyabonga Makhaluza (East) 32:01 (R200)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/CMC) 33:57 (R350); 2. Shawn Abrahams (Celtic) 34:51 (R250); 3. Sabelo Ngcwama (Celtic) 36:14 (R150). **Masters:** 1. Tobias Philander (Itheke) 38:13 (R300); 2. Monde Tutani (Gugs) 39:25 (R200); 3. Zolani Ntsodo (SANDF) 39:51 (R100). **G'masters:** 1. Ebrahim Stemmet (Itheke) 48:07 (R250); 2. Osbourne Reynecke (WC) 48:20 (R150); 3. Neville Frieslich (FH) 48:36 (R100). **G/g'masters:** 1. Ronnie le Roux (Brack) 48:50 (R150); 2. Joseph Matthews (MS) 54:14 (R100). **Juniors:** 1. Lukhanyo Nobakada (VOB) 32:48 (R250); 2. Denzil Byman (Itheke) 35:30 (R150); 3. Thembeke Mndu (Gugs) 35:50 (R100).

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

1. Bulelwa Simae (Ned) 37:45
2. Fortunate Chidzivo (ZIM/Celtic) 40:14
3. Mariella Dierks (Carb) 41:43

**Veterans:** 1. Ursula Frans (Ned) 44:23; 2. Patricia Adams (Ind) 46:21; 3. Angelique Rabie (Carb) 46:58. **Masters:** 1. Mariëtte Strauss (Tyger) 43:20; 2. Olga Howard (Celtic) 43:51; 3. Levona Paul (SANDF) 53:08. **G'masters:** 1. Nancy Will (Pine) 53:00; 2. Helen du Plessis (Tyger) 53:08; 3. Ruth Leverton (Pine) 58:08. **G/g'masters:** 1. Marietha Herbert (Bell) 58:00; 2. Marlene James (Pine) 62:22. **Juniors:** 1. Busisiwe Gwala (VOB) 45:21; 2. Sharon Chawola (Gugs) 45:52; 3. Razaan Kamielien (ARD) 48:17.

### Kolonade VirSeker Half Marathon & 10 km

Pretoria, 23 May

(Distances: 21.1 km & 10 km. Finishers: half marathon – 530; 10 km – 920.)

#### Half marathon

##### MEN

1. Lukas Jani (Trans) 1:09:46; 2. Simon Mokonyama (Monaco) 1:12:41; 3. Rapelang Kgaje (Trans) 1:13:13.

**Veterans:** 1. Zacharia Tsotetsi (Polok) n/t. **Masters:** 1. Rodney Scott (Enduro) 1:40:18. **G'masters:** 1. John Woodnutt (Morning) 1:33:32.

##### WOMEN

1. Caroline Wöstmann (Ned) 1:24:28; 2. Azwindini Gladys Lukhwareni (CR) 1:31:23; 3. Ansie Breytenbach (Irene) 1:33:42 (1<sup>st</sup> mast).

**Veterans:** 1. Cornia Broere (Tuks) 1:45:30. **Masters:** 1. Ansie Breytenbach (Irene) 1:33:42. **G'masters:** 1. Frances van Blerk (Ned) 1:55:04. **Juniors:** 1. Georgia Janisch (Mag) 1:44:38.

**10 km**

## MEN

1. Simon Mpholo (Ned) 32:55 (1<sup>st</sup> vet); 2. Sam Mokoena (CR) 35:46 (1<sup>st</sup> jun); 3. Leon Baker (Midrand) 35:59.

**Veterans:** 1. Simon Mpholo (Ned) 32:55. **Masters:** 1. Derrick Rausch (Phob) 48:54.

**G'masters:** 1. Thomas du Plessis (Enduro) 49:50. **Juniors:** 1. Sam Mokoena (CR) 35:46.

## WOMEN

1. Chery-Lee Schoeman (Ned) 39:38 (1<sup>st</sup> jun); 2. Tersia Muller (RI) 48:40; 3. Melissa Taylor (Runav) 57:58.

**Veterans:** 1. Hope Lange (Runav) 54:51. **Masters:** 1. Connie Blom (Runav) 55:06.

**G'masters:** 1. Chanel Stegmann (PMC) 67:07. **Juniors:** 1. Chery-Lee Schoeman (Ned) 39:38.

**The Sweat Shop Asics RAC 10 km (32<sup>nd</sup>)**

Johannesburg, 17 May

(Loop course)

## MEN

1	Tumelo Motlagale	University Jhb	28	30:42
2	Tiisetso Ramokheseng	LES/Olifants	33	30:57
3	Givemore Mudziganyama	ZIM/Cool Running	25	31:29
4	Decocious Makhobalo	Nedbank	26	31:39
5	Samuel Bolo	Bedfordview	37	31:40
6	Thabo Motaung	Scaw	27	32:10
7	Sipho Ncube	ZIM/Mr Price	43	32:12
8	Kotapetsa Mhlangu	Nedbank	26	32:18
9	Tumelo Mhlangu	Nedbank	26	32:21
10	Omphile Motlagale	Sibanye Gold Kloof	23	32:23

**Veterans:**

1	Sipho Ncube	ZIM/Mr Price	43	32:12
2	Justanus Gantsi	Mr Price	40	32:30
3	Simon Mpholo	Nedbank	40	32:55

**Masters:**

1	Graeme McCallum	Born 2 Run	52	35:51
2	Reform Ndlovu	Randburg Harriers	52	36:49
3	Ephraim Yende	Bidvest	51	39:03

**G'masters (60-64):**

1	Mike Hurst	Striders	64	41:20
2	Willie Maisela	Boksburg	63	42:00
3	Fans Ramakopa	RAC	61	43:46

**G'masters (65+):**

1	Brian Chamberlain	Kudus	66	44:57
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**G/g'masters:**

1	Pele Tshikundamblema	Olifants	74	51:50
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**Juniors:**

1	Kabelo Melamu	Randmark	18	32:39
2	Andries Ramango	Randmark	18	33:57
3	Collins Mapfulagasha	Randmark	18	34:07

## WOMEN

1	Cornelia Joubert	Nedbank	26	35:57
2	Liziwe Mabona	Transnet AGN	27	36:19

3	Mpho Mabuza	Gallopers	35	38:33
4	Kim Norton	RAC	32	39:45
5	Jeanette McKenzie	Nedbank	29	39:52
6	Michelle Strydom	University JHB	21	39:57
7	Heather Walden	Born 2 Run	42	41:28
8	Takalane Nthulane	Transnet AGN	35	41:40
9	Marcia Vilakazi	RWFL	39	41:44
10	Anne Stewart	RAC	45	42:21

**Veterans:**

1	Heather Walden	Born 2 Run	42	41:28
2	Anne Stewart	RAC	45	42:21
3	Nomasonleo Skosana	Nedbank	44	42:56

**Masters:**

1	Rita van Wyk	Boksburg	52	46:59
2	Rene Strydom	Randburg Harriers	50	47:38
3	Sara Crooks	Randburg Harriers	51	49:00

**G'masters (60-64):**

1	Sonja Laxton	RAC	66	49:35
2	Linda Icely	Old Eds	63	54:27
3	Elspeth Kirkman	RWFL	61	54:37

**G'masters (65+):**

1	Rachel Ledwaba	Rockies	66	1:21:07
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**G/g'masters:**

1	Elaine Murphy	JHAC	71	1:28:54
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**Juniors:**

1	Amber Jevan	Randhoer	16	42:40
2	Thobile Vilakazi	Scaw	16	43:29
3	Cian Oldknow	Fitness from Africa	18	46:55

**Starling Plumbers Half Marathon & 10 km**

Mount Edgecombe, 17 May

(Distances: 21.1 km & 10 km; out-and-back courses)

**Half marathon****MEN**

1.	Bonginkosi Zwane	Phantane AC	67:43
2.	Thabiso Ngalomkulu	Chatsworth AC	70:29
3.	Mbhasoomi Gumede	Inanda Q	70:56

**40-49:**

1.	Mbongeni Sosibo	Nedbank AC	76:52
2.	Dumisani Mtaung	Nedbank	78:14
3.	Herbert Mazongolo	Maxed Elite	78:46

**50-59:**

1.	Mandla Dlamini	Boxer AC	87:21
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**60-69:**

1.	Nicolas Dlamini	Boxer AC	90:02
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**WOMEN**

1.	Tanith Maxwell	Boxer AC	81:47
2.	Puseleto Dladla	Savages AC	84:02
3.	Janie Grundling	West AC	84:05

**40-49:**

1.	Ash Naidoo	Phoenix Vill	103:10
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2.	Nicola Hewitt	Riverside Harr	118:23
3.	Tammy Dennill	West AC	118:23

**50-59:**

1.	Blanche Moila	Savages AC	111:07
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**60-69:**

1.	Jenny Scott	DCS	116:35
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**10 km**

## MEN

1.	Sipho Mbanjwa	Phantane AC	31:18
2.	Nkuluirko Mgubhele	MAC	32:45
3.	Senzo Nkosi	Phantane AC	33:35

**40-49:**

1.	Nonhanhla Khanyile	SANDF	36:15
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**50-59:**

1.	Thando Masikane	Ind	36:30
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**60+**

1.	Jeff Armstrong	Athletic North	61:03
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## WOMEN

1.	Themawe Gumedede	IQ	40:10
2.	Nonsikelelo Mbambo	Natal Carb	40:23
3.	Caylee Ellero	Bluff AC	40:55

**40-49:**

1.	Sharon Williams	SS	56:59
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**50-59:**

1.	Nomsa Nene	Wiath AC	50:02
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**60+:**

1.	Pat Fischer	Stella AC	51:57
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**Nashua Richards Bay Half Marathon & 10 km**

Richards Bay, 17 May

(Distances: 21.1 km &amp; 10 km)

**Half marathon**

## MEN

1.	Nathi Zungu	NRB Harr	1:16:42
2.	Bongani Mdletshee	NRB Harr	1:16:56
3.	Thabani Mncwango	Mthuba St	1:18:18

**40-40:**

1.	Rasta Sibiyia	NRB Harr	1:26:45
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**50-59:**

1.	Sipho Mhlongo	NRB Harr	1:39:53
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**60+:**

1.	Chris v d Westhuizen	Umhlathuze	1:48:44
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## WOMEN

1.	Desiree Verwey	ZMSC	1:48:18
2.	Theresa Muller	NRBAC	1:54:21
3.	Melinda Gregory	ZMSC	1:54:45

**50-59:**

1.	Theresa Muller	NRBAC	1:54:21
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**60+:**

1.	Sandy Curren	RBAC	2:06:58
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**10 km**

## MEN

1.	Sifiso Mdletshe	NRB Harr	34:05
2.	Ntokoza Mthethwa	Emp A C	34:30
3.	Mbongeni Sibiyi	Mthuba St	34:56

**40-49:**

1.	Theuns Berning	ZMSC	50:59
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**50-59:**

1.	Jeffrey Zulu	Umhlathuze	60:30
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## WOMEN

1.	Noncebo Mthethwa	Umhlathuze	39:96
2.	Nolwazi Jiyane	Ind	44:10
3.	Silidile Mhlanga	Umhlathuze	51:40

**40-49:**

1.	Diana Mchunu	NRB Harr	53:37
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**60+:**

1.	Lorna Rautenbach	ZMSC	60:17
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**FNB Cape Town 12 ONERUN (1<sup>st</sup>)**

Milnerton to Cape Town, 17 May

(Distance: 12 km; certified point-to-point course, the finish is slightly higher than the start. Weather: perfect running conditions. Finishers: 6975.)

Note: The results were included in the special edition of DRR published last week. There have been some amendments; here are the corrected, and somewhat deeper, results (the age categories are in the Special Edition). Also shown are the extended gun times for the first two men, who were both given the same time of 33:32. Emmanuel Bett's age was given as 30 in the results, but he is in fact 32. Ken Young's Race Time Bias (RTB) analysis, which compares runners' times in a race with what one could expect them to run based on their most recent performances, gives a figure of -2.57 sec/km for the men and -6.44 sec/km for the women (slightly higher than the allowable -5 sec/km), but the average is -4.50 sec/km, i.e. within the limit. - Ed.

## MEN

1	Emmanuel	BETT (KEN)	32	33:32 (33:31.2)
2	Daniel	SALEL (KEN)	24	33:32 (33:31.3)
3	Timothy	TOROITICH (UGA)	23	33:48
4	Moses	KIPSIRO (UGA)	28	34:31
5	Elroy	GELANT	25	34:51
6	Gladwin	MZAZI	25	34:59
7	Lucky	MOHALE	25	35:27
8	Joel	MMONE	25	35:36
9	Xolisa	TYALI	26	35:39
10	Lungile	GONGQA	36	35:39
11	Mthobisi	BOLOI	30	35:40
12	Moses	MASAI (KEN)	28	35:48
13	Dominique	KHOZA	28	36:16
14	Lusapho	APRIL	25	36:18
15	Richard	MURRAY	26	36:20
16	Philani	BUTHELEZI	25	36:27

17	Sityhilo	DIKO	23	36:29
18	Rantso	MOKOPANE	21	36:35
19	Philimon	MATHIBA	23	36:37
20	Michael	KIPYEGO (KEN)	31	36:38
21	Kgosi	TSOSANE	25	36:44
22	Sibusiso	MADIKIZELA	23	37:27
23	Lukas	JANI	25	37:28
24	Mluleki	NOBANDA	46	37:36
25	Siboniso	SOLDAKA	25	37:47
26	Justin	FRITZ	21	37:52
27	Zongamele	DYUBENI	41	38:10
28	Merlin	KLAASTE	22	38:14
29	Anthony	TIMOTEUS	19	38:17
30	Tsungai	MWANENGENI (ZIM)	41	38:19

## WOMEN

1	Vivian	CHERUIYOT (KEN)	31	38:22
2	Yenenesh	TILAHUN (ETH)	21	39:17
3	Lebo	PHALULA	25	39:21
4	Lebogang	PHALULA	25	39:34
5	Doris	CHANGEYWO (KEN)	30	39:48
6	Rutendo	NYAHORA (ZIM)	26	40:16
7	Nolene	CONRAD	29	40:29
8	Zintle	XINIWE	25	41:23
9	Christine	KALMER	29	41:36
10	Lena	LOTTER	26	41:47
11	Irvette	VAN ZYL	25	42:18
12	Annie	BOTHMA	19	42:33
13	Ntombesintu	MFUNZI	30	43:13
14	Yolande	MACLEAN	37	43:27
15	Bulelwa	SIMAE	38	43:34
16	Vicky	VAN DER MERWE	25	44:04
17	Ebeth	MARAIS	19	44:45
18	Pamela	MOYIKWA	19	45:19
19	Mari	RABIE	28	45:20
20	Ashleigh	SIMONIS	17	45:26
21	Fortunate	CHIDZIVO (ZIM)	28	45:58
22	Theresa	FOURIE	42	46:43
23	Candyce	HALL	31	47:42
24	Landie	GREYLING	31	47:59
25	Nomvuyisi	SETI	25	48:11
26	Nadia	REBELO	32	48:18
27	Maria	SHAI	28	48:22
28	Sandra	VAN GRAAN	47	48:57
29	Busiswe	MATIWANE	40	49:08
30	Obertina	KANYONGO (ZIM)	48	49:13
31	Mapaseka	MAKHANYA	30	49:52



## McCarthy Volkswagen/Audi Love Run Half Marathon & 10 km

Pretoria, 16 May

(Distances: 21.1 km & 10 km; hilly courses. Finishers: half marathon – 1300 [up from 1000 last year]; 10 km – 1960 [down from 2500].)

### Half marathon

MEN

1 Bafana Dube (Transnet) 69:54; 2 Collin Parura (ZIM/Nedbank) 71:26; 3 Brighton Chipere (ZIM/F1) 73:04 (1<sup>st</sup> vet).

**Veterans:** 1 Brighton Chipere (ZIM/F1) 73:04; 2 Leon Baker (Midrand) 80:12; 3 Johannes Mathibedi (A4A) 80:42. **Masters:** 1 Joseph Ndlovu (ACE) 86:59; 2 Theo Bohnen (Irene) 1:43:56; 3 Anton Stokenstrom (RWFL) 1:48:19. **G'masters:** 1 Deon Rossouw (Krugersdorp) 1:45:40; 2 James da Silva (CSIR) 1:53:34; Iain McFadyen (Phobians) 1:56:12. **G/g'masters:** 1 Dion Heigers (ACRW) 2:49:51; 2 Graham Strangleman (Phobians) 2:51:51.

WOMEN

1 Caroline Wöstmann (Nedbank) 80:50; 2 Vuyokosi Gebe (Transnet) 92:17; 3 Tegan Edwards (Phobians) 1:41:10.

**Veterans:** 1 Sharon Newman (Midrand) 1:45:56; 2 Cornia Broere (Tuks) 1:51:54; 3 Charmaine Warriken (VTM) 1:55:26. **Masters:** 1 Elizabeth Ingram (Vitality) 1:48:06; 2 Connie Blom (Runavation) 1:50:07; 3 Ansa Strydom Runavation) 1:52:12. **G'masters:** 1 Francis van Blerk (Nedbank) 1:45:40; 2 Carole de Waal (Wingate) 1:53:34; 3 Rina Machado (Ndaba) 2:30:05. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 2:17:17.

### 10 km

MEN

1 Jacob Tseko (Tuks) 35:08; 2 Sepitle Phaladi (Nedbank) 35:10; 3 Ludwick Mamabolo (Nedbank) 35:42.

**Veterans:** 1 Elmon Ndlovu (PMMC) 40:32; 2 Thomas Ndlovu (Ford) 41:55; 3 Louis Begeman (Magnolia) 47:45. **Masters:** 1 Philemon Mailola (Moretele) 41:22; 2 Nonu Thomaz (Runavation) 42:27; 3 Billy Benecke (NPO) 50:41. **G'masters:** 1 Claude Smith (ACRW) 54:14; 2 Hubrecht Ribbens (CSIR) 55:07; 3 Fred Wilke (ACRW) 55:29. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 57:11; 2 Charles Stewart (Phobians) 61:57; 3 Lammie Fourie (Agape) 67:42. **Juniors:** 1 Jermaine Adams (ACE) 39:21; 2 Lucrecios Mabier (ACE) 40:27; 3 Lean de Plessis (Irene) 55:33.

WOMEN

1 Paulina Phaho (Transnet) 41:55 (1<sup>st</sup> vet); 2 Violet Raseboya (Transnet) 42:25; 3 Kety Vannetei (Striders) 43:22.

**Veterans:** 1 Paulina Phaho (Transnet) 41:55; 2 Mitsie v.d. Westhuizen (Runavation) 44:17; 3 Anel Vorster (Irene) 47:52. **Masters:** 1 Debbie Bredenkamp (HQH) 48:49; 2 Ina Lagerwall (Magnolia) 55:15; 3 Ronel Fourie (Transnet) 59:14. **G'masters:** 1 Lynn de Bruin (Irene) 61:43; 2 Sarie Botha (Phobians) 69:02; 3 Moira Terwey (RWFL) 70:11. **G/g'masters:** 1 Hettie Booysen (STD Bank) 63:43; 2 Wendy Muir (Phobians) 1:53:24. **Juniors:** 1 Annie Bredell (Magnolia) 51:00; 2 Sumarie Moolman (ACRW) 53:39.

**Sunridge Village Family 10 km**

Port Elizabeth, 16 May

(Loop course. Finishers: 824 [up from 749 last year]; also 827 in the 5 km.)

**MEN**

1	Melikhaya	Frans	Tinarha AC	23	30:24
2	Mariano	Eesou	Madibaz AC	23	30:50
3	George	Ntshiliza	Bluewater Bay	35	31:01
4	Andre	Ketchem	X-Cel AC	31	31:31
5	Anele	Maliza	Nedbank RC EP	37	31:50
6	Adriaan	Gerwel (1 <sup>st</sup> jun)	X-Cel AC	19	32:05
7	Sinathi	Mafa	SAP M C EP	24	32:16
8	Brendon	Effenaar	Nedbank RC EP	19	32:26
9	Sandile	Ngunuza	Nedbank RC EP	32	33:04
10	Ryan	Peter	Madibaz AC	31	33:06
11	Masixole	Dlaku	PEAAC	36	33:14
12	Zolile	Mhlahlo (1 <sup>st</sup> vet)	Achilles AAA	40	33:18
13	Kgotso	Majara	Ikhamva AC	34	33:35
14	Terrance	Mjekula	Charlo AC	42	33:41
15	Masande	Mlonyeni	Nedbank RC EP	34	33:51
16	Lindisipho	Mxhwashula	Motherwell AC	18	33:52
17	Duwayne	Lucas	Aspen Pharmacare	25	34:15
18	Thobile	Xata	Bluewater Bay	40	34:28
19	Keegan	Cooke	Charlo AC	18	34:39
20	Mandilakhe	Nel	Motherwell AC	17	34:48
<b>40-44:</b>					
1	Zolile	Mhlahlo	Achilles AAA	40	33:18
2	Terrance	Mjekula	Charlo AC	42	33:41
3	Thobile	Xata	Bluewater Bay	40	34:28
<b>45-49:</b>					
1	Luvuyo	Stephen	Nedbank RC EP	45	36:32
2	Alfred	Pakkies	PEAAC	46	37:55
3	Chris	Darke	Charlo AC	47	38:27
<b>50-54:</b>					
1	Darrell	Wicht	Warriors AC	52	36:04
2	Michael	Bekapi	Ikhamva AC	53	37:48
3	Colben	Ngcupe	Motherwell AC	51	37:50
<b>55-59:</b>					
1	Disemba	Blou	Charlo AC	56	40:48
2	Chester	Brooks	X-Cel AC	57	45:23
3	Christopher	Nyodi	Bluewater Bay	56	45:37
<b>60-64:</b>					
1	Elvis	Galela	Madibaz AC	63	40:13
2	Johan	Barnard	Nedbank RC EP	60	48:57
3	Bruce	McEwan	Achilles AAA	61	49:02
<b>65-69:</b>					
1	Percy	Dalton	Achilles AAA	66	49:14
2	Johannes	Herbst	Muirite Striders	69	49:51
3	Graham	Channon	Achilles AAA	65	50:04
<b>70-74:</b>					
1	Tamsanqa	Jusayi	Nedbank RC EP	73	49:16
2	Robin	Clark	Achilles AAA	74	1:14:00
3	Gerald	Bouwer	Achilles AAA	71	1:16:25
<b>75-79:</b>					
1	Rolf	Mentzel	Profiles AC	75	57:43
2	Donald	Flynn	Nedbank RC EP	77	1:26:54

**Juniors:**

1	Adriaan	Gerwel	X-Cel AC	19	32:05
2	Brendon	Effenaar	Nedbank RC EP	19	32:26
3	Lindisipho	Mxhwashula	Motherwell AC	18	33:52

**WOMEN**

1	Ndileka	Mvakwendlu	Tinarha AC	24	38:22
2	Natalie	Ross	Rhodes University	24	38:46
3	Jamie-Lee	Schlemmer (1 <sup>st</sup> jun)	Madibaz AC	19	39:34
4	Asanda	Solani	Born To Run AC	31	40:38
5	Siphokazi	Nojoko	Motherwell AC	20	40:39
6	Terri-Lynn	Penney	Run For Life EP	38	41:13
7	Nomakhosi	Ntliziyo	Youth 4 Change AC	16	41:33
8	Michelle	Galloway	Madibaz AC	27	42:08
9	Deliwe	Nyanga	Nedbank RC EP	26	42:14
10	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	54	42:41
11	Camarin	Van Eyk	Nedbank RC EP	32	43:27
12	Grizelda	Pietersen (1 <sup>st</sup> vet)	Malabar AC	46	43:29
13	Pearl	Prinsloo	Temp	36	43:33
14	Siphokazi	Liwani	Motherwell AC	18	43:34
15	Sime	Baynes	Elite AC	31	43:37
16	Sarah	Raubenheimer	Rhodes University	21	45:44
17	Estee	Cockcroft	Temp	30	46:07
18	Janine	Nel	Temp	42	46:14
19	Terray	Newcombe	Elite AC	24	46:25
20	Sunelle	Horne	Bluewater Bay	41	47:23

**40-44:**

1	Janine	Nel	Temp	42	46:14
2	Sunelle	Horne	Bluewater Bay	41	47:23
3	Elize	Adams	Gelvan AC	40	50:13

**45-49:**

1	Grizelda	Pietersen	Malabar AC	46	43:29
2	Gail	Klichowicz	Achilles AAA	48	50:50
3	Judy	Beens	Charlo AC	48	52:23

**50-54:**

1	Janette	Schierz-Crusius	Body Concept	54	42:41
2	Treloar	Childs	Walmer AC	51	50:30
3	Nurunnisa	Madatt	Malabar AC	53	50:39

**55-59:**

1	Amanda	Wolmarans	Walmer AC	56	52:00
2	Lynette	Crause	Walmer AC	55	55:02
3	Christine	Snyman	Despatch AC	59	55:07

**60-64:**

1	Renee	Hawkridge	Harlequin Harriers	64	49:54
2	Cathy	Ives	Achilles AAA	62	54:07
3	Nicki	Van Niekerk	Muirite Striders	61	59:12

**65-69:**

1	Liz	Grundlingh	Muirite Striders	68	54:57
2	Helene	Oppel	Crusaders AC	65	58:19
3	Christine	Fourie	Elite AC	68	1:02:01

**70-74:**

1	Ronelle	Steyn	Nedbank RC EP	71	1:06:23
2	Orgia	Nell	Muirite Striders	71	1:10:04
3	Isabella	Childs	Walmer AC	73	1:16:23

**75-79:**

1	Dorothy	Hart	Madibaz AC	77	1:18:31
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**Juniors:**

1	Jamie-Lee Schlemmer	Madibaz AC	19	39:34
2	Nomakhosi Ntliziyo	Youth 4 Change AC	16	41:33
3	Siphokazi Liwani	Motherwell AC	18	43:34

**George Habelgaarn Memorial 10 km**

Mossel Bay, 16 May

(Loop course. Finishers: 68 [down from 74 last year].)

Note: Marrida Leen finished seventh overall and Elize Kloppers tenth. – Ed.**MEN**

1	Godwin Heyns	Nedbank SWD	17	33:50
2	Selwyn Losper	Mossel Bay Harriers	50	36:11
3	Sivuyile Jika	Mossel Bay Harriers	32	37:09
4	Brenton Taylor	Rainbow	16	37:26
5	Jugene Maart	Nedbank SWD	28	37:49
6	Mashudu Marubini	PetroSA	37	39:58
7	Mteteleli Dlule	Mossel Bay Harriers	35	41:30
8	Eddie Mouton	Nedbank SWD	41	41:32
9	Eugene Marais	NBMC SWD	42	43:37
10	John Windvogel	Temp	50	45:02

**Veterans:**

1	Eddie Mouton	Nedbank SWD	41:32
2	Neil Michaels	PetroSA	50:14

**Masters:**

1	Selwyn Losper	Mossel Bay Harriers	36:11
2	Johnny Dlamini	PetroSA	50:13

**G'masters:**

1	Jan du Toit	Hartenbos Drawwers	47:41
2	Burnett Zaayman	Hartenbos Drawwers	55:13

**Juniors:**

1	Godwin Heyns	Nedbank SWD	33:50
2	Brenton Taylor	Mossel Bay Harriers	37:26

**WOMEN**

1	Marrida Leen	Mossel Bay Harriers	17	40:58
2	Elize Kloppers	Hartenbos Drawwers	45	41:55
3	Cecilia Nel	Hartenbos Drawwers	33	42:04
4	Candice van Beulen	Rainbow	15	45:46
5	Alison Giliomee-Nell	Nedbank SWD	34	48:01
6	Maryke Sass	Nedbank SWD	44	48:01
7	Prissie Muller	Hartenbos Drawwers	38	48:19
8	Rome Phillipson-Meyer	Hartenbos Drawwers	33	48:19
9	Nadeane Coetzee	Sedgefield Striders	25	48:49
10	Chantelle de Bruin	Nedbank SWD	44	50:30

**Veterans:**

1	Elize Kloppers	Hartenbos Drawwers	41:55
2	Maryke Sass	Nedbank SWD	48:01

**Masters:**

1	Elsa de Villiers	Hartenbos Drawwers	51:28
2	Helen Brink	Hartenbos Drawwers	52:30

**G'masters:**

1	Karin Otto	Hartenbos Drawwers	1:09:27
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**Juniors:**

1	Marrida Leen	Mossel Bay Harriers	40:58
2	Candice van Beulen	Rainbow	45:46

**Mayoral Half Marathon & 10 km**

Polokwane, 16 May

(Distances: 21.1 km & 10 km. Finishers: half marathon – 840; 10 km – 1050; also 1213 in the 5 km.)

**Half marathon****MEN**

1. Desmond Mokgobu (Boxer) 1:04:52
2. Sibusiso Nzima (Ned) 1:05:02
3. David Manja (Ned) 1:05:03
4. Vuyisela Tshoba (Trans) 1:05:33
5. Mbongeni Ngxazazo (GS) 1:06:16
6. Lucky Mtshali (Olifants) 1:06:36
7. Munyaradzi Jari (ZIM) 1:07:20
8. Jeffrey Gwebu (Ned) 1:07:41
9. Derocious Makhobalo (Ned) 1:08:29
10. Coolboy Ngamole (Ned) 1:08:38

**Veterans:** 1. Johannes Kekana (CR) 1:09:39; 2. Shadrack Hoff (Samancor) 1:11:10; 3. Siphon Ncube (ZIM/ME) 1:13:27. **Masters:** 1. Lazarus Seroka (Twick) 1:16:22; 2. Dan Mothibe (Runav) 1:18:26; 3. Reform Ndlovu (Rand) 1:18:28. **G'masters:** 1. Francis Mukuka (ZAM/Phob) 1:26:03; 2. Stephen Seema (SAPS) 1:28:57; 3. Johannes Phago (Molet) 1:31:38. **G/g'masters:** 1. Pele Tshikundamalema (Olifants) 1:45:39; 2. Benjamin Mamabolo (Ind) 2:30:37. **Juniors:** 1. Reuben Mosiane (Ned) 1:13:33; 2. Mutshidi Morana (Vhembe) 1:13:35; 3. Pontshe Ngubeni (Potties) 1:14:21.

**WOMEN**

1. Louisa Leballo (Trans) 1:17:03
2. Sharon Tavengwa (ZIM) 1:18:22
3. Tebogo Masehla (Boxer) 1:18:53
4. Shitaye Gemechu Debelle (ETH) n/t
5. Faithy Nyasango (ZIM) 1:20:18
6. Kataza Shipalana (Trans) 1:21:20
7. Ashia Lehungwa (Ind) 1:22:03
8. Poppy Mlambo (Boxer) 1:23:13
9. Alicen Manake (ZIM/Ubonye) 1:24:28
10. Nandipha Dywili (Trans) 1:24:56

**Veterans:** 1. Tabitha Tsatsa (ZIM) 1:26:55; 2. Prudence Zwane (Trans) n/t; 3. Linah Mhlongo (Eskom) 1:33:57. **Masters:** 1. Jane Mudau (Pieters) 1:30:10; 2. Xolisile Mwelase (Phuma) 1:46:06; 3. Muthurua Managa (Vhembe) 1:58:51. **G'masters:** 1. Rosina Sebati (RAC) 2:12:42; 2. Felicity Roberts (Polok) 2:16:37; 3. Liliana Mazzarro (Polok) 2:23:22. **Juniors:** 1. Farida Zwane (CR) 1:27:37; 2. Thandi Sehohle (ADT) 1:34:34; 3. Hilda Mokolokomme (Pieters) 1:37:33.

**10 km****MEN**

1. Stephen Mokoka (Trans) 30:40
2. Thabang Mosiako (Ned) 30:45
3. Luwis Masunda (ZIM/Ned) 30:53
4. Zimuto Tendani (Ind) 31:12
5. Givemore Mudzinganyama (ZIM/CR) 31:23

6. Benedict Moeng (Trans) 31:28
7. Lebogang Masilo (Trans) 31:31
8. Reghen Magwai (Temb) 31:33
9. Ayanda Mncube (Phatane) 31:52
10. Collen Humbulani Mulaudzi (TUT) 32:09

**Veterans:** 1. Peter Masia (RAC) 34:57; 2. Charles Selowa (Eskom) 36:04; 3. Emmanuel Matumba (Vhembe) 38:45. **Masters:** 1. Israel Madibana (Eskom) 38:31; 2. Themba Pulu (Panorama) 38:57; 3. Isaac ? (Pieters) 39:31. **G'masters:** 1. Isaac Manyika (Ned) 46:01; 2. Frans Kekana (Ned) 46:01; 2. Frans Kekana (Phalong) 48:34; 3. Jack Thokwane (Maku) 48:54. **G/g'masters:** 1. Petrus Botha (Potties) 70:22; 2. H. Omar (RWFL) 70:25; 3. Andries Ravhele (Vhembe) 2:21:09. **Juniors:** 1. Kamogelo Masimua (Zebed) 33:33; 2. Hlubuko Msapha (Vhembe) 33:46; 3. Pogiso Legenyane (Ind) 35:29.

#### WOMEN

1. Constance Nyasango (ZIM) 35:48
2. Liziwe Mabona (Trans) 36:08
3. Thembi Baloyi (TUT) 36:32
4. Portia Ngwenya (Trans) 36:37
5. Alemtseyayu Hailu Kakissa (ETH/Ned) 36:59
6. Glenrose Xaba (Sasol) 37:11
7. Samukeliso Moyo (ZIM/ME) 38:17 (1<sup>st</sup> vet)
8. Catherine Malungane (Trans) 39:20
9. Phophi Netshifhefhe (Pieters) 40:27 (1<sup>st</sup> jun)
10. Azwindini Gladys Lukhwareni (CR) 41:08

**Veterans:** 1. Samukeliso Moyo (ZIM/ME) 38:17; 2. Mirriam Mooki (Trans) 44:58; 3. Stella Mafolala (Ricoh) 50:31. **Masters:** 1. Carmin Schoeman (Ind) 49:29; 2. Miriam Gafana (Ind) 56:07; 3. Selinah Netshisaulu (RAC) 57:10. **G'masters:** 1. Muriel Charles (Ned) 62:53; 2. M. Mesenya (Ind) 81:45; 3. Tabitha Seabela (Ind) 84:13. **G/g'masters:** 1. Stephina Modiba (Ind) 74:32; 2. Annatjie van Wyk (RWFL) 92:28; 3. Willemina Mpotolla (Ind) 103:35. **Juniors:** 1. Phophi Netsifhefhe (Pieters) 40:27; 2. Seipati Makwaeba (Ind) 44:24; 3. Sina Lesoala (Ind) 51:06.

### Zio Cash & Carry Half Marathon & 10 km

(Free State Half-marathon Championships)  
Sasolburg, 16 May  
(Distances: 21.1 km & 10 km)

Note: This event now includes a half marathon. The 10 km has often been short in the past when analysed with the Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances. This year, however, the 10 km returns a figure of -1.75 sec/km (eleven time comparisons) and the half marathon -3.17 sec/km (fourteen time comparisons) – well within the allowable limit of -5 sec/km – so both courses seem to be acceptable for statistical purposes. – Ed.

#### Half marathon

##### MEN

1 David Ngakane (Nedbank) 66:41; 2 Samuel Matsepe (Eskom) 66:44 (Free State champion); 3 Thato Molatedi (Take it Easy) 69:00; 4 Tseiso Moeketsi (Nedbank) 69:06; 5 Khothatso Mokone (Kovsies) 69:12

**Veterans:** 1 Simon Mpholo (Nedbank) 71:21, **Masters:** 1 Paulus Mofokeng (Nedbank) 91:42. **G'masters:** 1 Ernest Tjela (Emfuleni) 89:59. **Juniors:** 1 Thabelo Modula (Eskom) 74:20.

## WOMEN

1 Keneilwe Sesing (Randmark) 83:28; 2 Patience Khumalo (TUT) 83:33; 3 Maryna Swanepoel (Eskom) 87:05 (Free State champion); 4 Anna Moeketsi (Transnet) 89:36; 5 Dolores Bondis (Eskom) 93:35.

**Veterans:** 1 Catherine Naane (Sibanye Gold) 97:12. **Masters:** 1 Annatjie Strydom (Arcelor Mittal) 2:00:49. **G'masters:** 1 Marietjie Olen (Arcelor Mittal) 2:00:05.

**10 km**

## MEN

1 William Monelo (Temp) 31:07; 2 Duncan Mulaudzi (Nedbank) 31:36; 3 Kabelo Melamu (Randmark) 31:49 (1<sup>st</sup> jun); 4 Paseka Mokubung (Sasol) 32:23; 5 Samuel Mathabatha (Take it Easy) 33:55.

**Veterans:** 1 Jacob Rathaba (Dome) 34:49. **Masters:** 1 Willem Jooste (Sasol) 41:58.

**G'masters:** 1 Petrus Mohalajeng (Vultures) 42:42. **Juniors:** 1 Kabelo Melamu (Randmark) 31:49.

## WOMEN

1 Andronika Mokgotla (Nedbank) 39:30; 2 Simangele Mabuza (Transnet) 41:11; 3 Michaela Louw (Nedbank) 41:33; 4 Refiloe Mokoena (Temp) 43:11; 5 Sarah Mahlangu (West Rand) 44:24.

**Veterans:** 1 Sarah Mahlangu (West Rand) 44:24. **Masters:** 1 Erica Hamilton (Vaal) 49:17.

**G'masters:** 1 Johanna Maseko (Vaal) 82:11. **Juniors:** 1 Refiloe Mokoena (Temp) 43:11.

**CROSS-COUNTRY****WP League Meeting (3<sup>rd</sup>)**

Athlone, 16 May

Note: No times were awarded in all the 8 km races (only participation points), because runners were misdirected by marshalls. All distances are 4 km except where indicated otherwise. – Ed.

## SR. MEN (12 km)

1	Nkosinathi	Sotyantya	Itheke	34:52
2	Vuyolwethu	Mbukushe	Gugs	35:01
3	Akhona	Makila	VOB	35:11
4	Danzil	Paulse	Easterns	35:51
5	Victor	Msopi	Nedbank	35:52
6	Phumlani	Nxusoni	Nedbank	36:18
7	Xolisa	Batala	VOB	36:35
8	Phumlani	Shabalala	UCT	36:51
9	Luyanda	Mpoyi	Wild Runner	36:51
10	Raydon	Balie	Wild Runner	37:18

## SR. MEN

1	Nkosinathi	Madyo	Nedbank	11:58
2	Granwin	Katzen	Celtic Harriers	12:06
3	Emiele	Paulsen	UWC	12:11
4	Riaan	Wildskut	Easterns	12:28
5	Bulelani	Bhebha	VOB	12:36
6	Dawood	Goeiman	ATC Running	12:45
7	Mlulami	Mabona	VOB	12:47

8	Sibusiso	Magwaza	UWC	12:51
9	Orion	Faro	No Club	13:01
10	Christopher	Makantshana	CPUT	13:02

## VETERAN MEN (8 km)

1	Nicholas	Mpontshane	Sanlam
2	Graham	Katzen	Celtic Harriers
3	Vuyani	Sixaso	Wild Runners

## MASTER MEN (8 km)

1	Chris	Mitchell	Celtic Harriers
2	Zolani	Ntsodo	Defence
3	Julian	Paul	Defence

## G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek
2	Gemjikile	Tom	Eskom
3	Awie	Veldsman	Helderberg Harr

## G/G'MASTER MEN (8 km)

1	Richard	Osrin	No Club
2	Dave	Kennett	VOB
3	Joseph	Matthews	Midas Spartans

## U.19 (8 km)

1	Seiso	Setlaba	Easterns
2	Jason	Lackay	Bottelary AC
3	Justin	Lackay	Bottelary AC

## U.17 (6 km)

1	Rowhaldo	Ratz	Eerste River	17:57
2	Alantino	Belillie	Eerste River	18:31
3	Ronaldo	January	Celtic Harriers	18:49

## SR. WOMEN (8 km)

1	Celeste	Renaud	UCT
2	Candyce	Hall	Carbineers
3	Amy	Abrahams	UWC
4	Jessica	Pollock	UCT
5	Ester	Brink	Strand
6	Elizabeth	Brink	Durbanville
7	Khulukazi	Lupondo	Easterns
8	Cleo	Albertus	Carbineers
9	Hanlie	Jordaan	UWC
10	Tosca	Joseph	Easterns

## SR. WOMEN

1	Marlise	Jordaan	UWC	15:31
2	Hanlie	Jordaan	UWC	16:02
3	Heleen	Malan	Maties	16:05
4	Elizabeth	Tango	Bonteheuwel	16:21
5	Tina-Mari	Meyer	Edgemead	16:45
6	Annereen	Malan	Maties	17:56
7	Chantall	Watt	Helderberg Harr	18:18
8	Nelubabalo	Dyonase	VOB	18:22
9	Lee-Shay	Willemse	Velocity	18:33
10	Mandisa	Nqayi	Gugs	19:01

## VETERAN WOMEN

1	Busisiwe	Matiwane	Celtic Harriers	15:51
2	Ester	Brink	Strand	16:11
3	Ellie	Courts	Celtic Harriers	16:12



## MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	16:29
2	Georgina	Andraos	VOB	16:49
3	Charmaine	Cupido	Nedbank	17:11

## G'MASTER WOMEN

1	Nancy	Will	Pinelands	17:41
2	Helen	Du Plessis	Tygerberg	19:51
3	Esmé	September	Spartan Harriers	21:39

## G/G'MASTER WOMEN

1	Marlene	James	Pinelands	23:17
2	Pixie	Sparg	Celtic Harriers	23:18
3	Lee	Keeling	Spartan Harriers	25:29

## U.19 (6 km)

1	Ashleigh	Simonis	Carbineers	21:59
2	Lauren	Jonathan	VOB	22:05
3	Pamela	Moyikwa	VOB	22:19

## U.17

1	Hayley	Preen	Hout Bay	15:01
2	Anitha	Nonene	WCSS	16:24
3	Zahra	Ayyoub	VOB	16:43

**Gauteng North League Meeting (2<sup>nd</sup>)**

Eldoraigne, 15 May

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

## SR. MEN (8 km)

1	Bafana	Dube	Transnet	25:55
2	Ian	Slinger	Eldoraigne	26:08
3	Mosito	Thobile	Tuks	26:26
4	Madiba	Joel	TUT	26:40
5	Sikhalo	Mthimukulu	TUT	26:45
6	Simon	Mokonyama	Monaco	27:41
7	Tshepo	Leeto	TUT	27:43
8	Andrew	Roodt	UJ	27:47
9	Hoshanne	Vuma	Suthies	27:52
10	Sello	Lekalakala	Ikhonyane	27:54

## SR. MEN

1	Moses	Dirane	Tuks	12:43
2	Rapelang	Kgaje	Transnet	13:16
3	Sello	Lekalakala	Ikhonyane	13:28
4	Simon	Mokonyane	Monaco	14:03
5	Thabo	Mathala	Ikhonyane	14:45
6	William	Grimes	Tuks	14:45
7	Boeta	Van Emmenis	Midstream	17:10
8	McCullen	Molungane	Temba Prestige	21:15

## MEN 40 (8 km)

1	Colin	Witbooi	PPMC	28:41
2	Llewelyn	Curlewis	Tuks	31:10
3	Demetri	Jansen	PPMC	31:10

## MEN 45 (8 km)

1	Leo	Prinsloo	PPMC	33:24
2	William	Kiewitt	Wingate	34:02
3	?	Venter	Bestmed	34:03

MEN 50 (8 km)				
1	Piet	Lotter	ACRW	32:28
2	Avril	Barkhuysen	Nedbank	32:38
3	Japie	Badenhorst	ACRW	34:43
MEN 55 (8 km)				
1	Burger	Linde	Armscor	33:48
2	Anthony	Bold	Runavation	34:47
3	Len	Lorentzen	PMMC	37:03
MEN 60 (6 km)				
1	Fanie	Van Vuuren	Harlequin Harriers	20:15
MEN 65 (6 km)				
1	Piet	Kleingeld	Bronkhorstspruit	23:26
2	Anton	Harrop-Allin	ACRW	26:22
3	Andre	Smit	PMK	28:25
MEN 70 (6 km)				
1	Andries	Van der Merwe	Transnet	26:33
2	Assie	Van Aswegen	Overkruin	29:06
3	Piet	Van Aswegen	Overkruin	30:17
MEN 80 (6 km)				
1	Martin	Coetzee	Magnolia	29:00
2	Frans	Grobler	Transnet	30:17
MEN 23				
1	Johnathan	Bredenkamp	Tuks	12:44
2	Koos	Baloyi	Temba Prestige	13:02
3	Jabolane	Ncamaiye	Sasolburg	13:15
JR. MEN (8 km)				
1	Warno	Potgieter	Kempton Eagles Active	27:14
2	Tomrin	Vlok	Zwartkop	27:21
3	Jonna	Le Roux	Bronkhorstspruit	27:43
BOYS 17 (6 km)				
1	Romano	Slinger	Eldoraigine	15:06
2	Songezo	Njubane	Temba Prestige	15:15
3	Renaldo	Slinger	Eldoraigine	15:20
SR. WOMEN (8 km)				
1	Tshehla	Nthabiseng	Monaco	34:54
SR. WOMEN				
1	Nerissa	Van der Walt	Runavation	15:13
2	Mariska	Steinbach	Runavation	16:19
3	Sarita	Downing	Tuks	17:04
4	Kamogelo	Mabena	PMMC	17:18
5	Judime	Kieser	Suthies	17:37
6	Carli	Kuhn	Bronkhorstspruit	20:06
7	Margot	Jansen van Nieuwenhuizen	TUT	20:17
8	Yvette	Jansen van Nieuwenhuizen	TUT	20:24
9	Ilze	Compaan	Individual	21:59
WOMEN 40				
1	Ronel	Thomas	Boxer	17:60
2	Esmarie	Pretorius	PMC	18:47
3	Celeste	Labuschagne	Bronkhorstspruit	19:15
WOMEN 45				
1	Seanette	Van Rooyen	GNMA	17:34
2	Carol	Goodinson	FPN	19:19
3	Letmarie	Dreekmeier	AS Eagles	19:48

WOMEN 50				
1	Lettie	Saayman	Nedbank	18:51
2	Canie	Cullen	Individual	19:24
3	Emmarie	Theunissen	Bronkhorstspuit	20:22
WOMEN 60				
1		Kleingeld	Bronkhorstspuit	23:23
WOMEN 65				
1	Ellen	Smith	PMK	26:03
WOMEN 70				
1	Annette	Van Rooyen	Transnet	28:54
WOMEN 23				
1	Megan	Odendaal	Waterkloof	15:54
2	Michelle	Redelinghuys	Tuks	16:03
3	Elindi	De Coning	Waterkloof	16:14
JR. WOMEN (6 km)				
1	Marne	Mentz	Kovsies	18:34
2	Jessica	Bezuidenhout	Eagles Club	18:34
3	Lethabo	Seema	Tuks Sport	19:14
GIRLS 17				
1	Zelma	Botha	Eldoraigue	15:31
2	Caelin	Van der Westhuizen	Eldoraigue	15:43
3	Carla	Venter	Zwartkop	16:05

### **WP League Meeting (2<sup>nd</sup>)**

Atlantis, 9 May

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

#### SR. MEN (12 km)

1	Merlin	Klaaste	UWC	41:06
2	Vuyolwethu	Mbukushe	Gugs	41:43
3	Danzil	Paulse	Easterns	41:46
4	Xolisa	Batala	VOB	42:02
5	Victor	Msopi	Nedbank	42:29
6	Du-Wayne	Philander	UWC	42:37
7	Anthony	Timoteus	UWC	42:57
8	Sive	Ngubo	Nedbank	42:58
9	Akhona	Makila	VOB	43:32
10	Npepdulo	Sigwadi	Gugs	43:33

#### SR. MEN

1	Orion	Faro	No Club	13:27
2	Akhona	Makila	VOB	13:32
3	Emiele	Paulsen	UWC	13:37
4	Bulelani	Bebha	VOB	13:38
5	Envor	Rhodas	Easterns	13:45
6	Sibusiso	Magwaza	UWC	14:08
7	Thabo	Phelane	Easterns	14:24
8	Reginald	Poss	ATC Running	14:28
9	André	Afrika	Eerste River	14:34
10	Llewellyn	Jacobs	Celtic Harriers	14:37

#### VETERAN MEN (8 km)

1	Vuyani	Sixaso	Wild Runners	29:55
2	Xolile	Macanda	Gugs	30:31
3	Tholang	Moloi	Defence	30:36

## MASTER MEN (8 km)

1	Chris	Mitchell	Celtic Harriers	31:44
2	Tobias	Philander	Itheko	32:33
3	Zolani	Ntsodo	Defence	32:59

## G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	34:02
2	Gemjikile	Tom	Eskom	34:56
3	Awie	Veldsman	Helderberg Harr	35:54

## G/G'MASTER MEN (8 km)

1	Richard	Osrin	No Club	40:14
2	Peter	Donald	West Coast	43:16
3	Manfred	Geutner	Celtic Harriers	46:21

## U.19 (8 km)

1	Jerome	Kotzee	Velocity	34:31
2	Jason	Lackay	Bottelary AC	29:19
3	Seiso	Setlaba	Easterns	29:36

## U.17 (6 km)

1	Thembeko	Mendu	Gugs	21:29
2	Antonio	Peters	WCSS	21:32
3	Juwayden	Baartman	Eerste River	21:41

## SR. WOMEN (8 km)

1	Ebeth	Marais	Maties	32:32
2	Fortunate	Chidzivo	ZIM/Celtic Harriers	34:01
3	Candyce	Hall	Carbineers	34:28
4	Amy	Abrahams	UWC	35:13
5	Anél	Terblanche	CMC	36:49
6	Khulukazi	Lupondo	Easterns	37:01
7	Cleo	Albertus	Carbineers	37:02
8	Hanlie	Jordaan	UWC	37:21
9	Sheryl	de Lange	CMC	38:07
10	Christine	de Kock	Durbanville	38:28

## SR. WOMEN

1	Anel	Terblanche	CMC	15:53
2	Lee-Shay	Willemse	Velocity	16:56
3	Tina-Mari	Meyer	Edgemead	17:43
4	Nomaxesibe	Ngcantsi	VOB	18:14
5	Chris	Gie	CMC	19:12
6	Chantall	Watt	Helderberg Harr	19:26
7	Nelubabalo	Dyonase	VOB	19:53
8	Mandisa	Nqayi	Gugs	20:25
9	Amanda	Dani	No Club	20:28
10	Tahier	Donough	Ultra Athletics	21:05

## VETERAN WOMEN

1	Busisiwe	Matiwane	Celtic Harriers	17:03
2	Sandra	van Graan	Edgemead	17:11
3	Sheryl	de Lange	CMC	17:19

## MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	17:42
2	Charmaine	Cupido	Nedbank	18:37
3	Bev	Charters	VOB	18:38

## G'MASTER WOMEN

1	Nancy	Will	Pinelands	18:46
2	Collette	Van Eck	Fish Hoek	21:01
3	Helen	Du Plessis	Tygerberg	21:38

## G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	25:54
2	Carol	Gahwiler	VOB	26:55
3	Christine	Williams	VOB	27:52
U.19 (6 km)				
1	Pamela	Moyikwa	VOB	23:51
2	Ashleigh	Simonis	Carbineers	24:21
3	Busisiwe	Gwala	VOB	25:54
U.17				
1	Hayley	Preen	Hout Bay	16:04
2	Anitha	Nonene	WCSS	17:09
3	Kirsten	Roodman	VOB	17:56

**TRACK****ASA Invitation Meeting**

Cape Town, 23 May

Note: This meeting was held in the new Green Point Stadium in cold, rainy conditions. – Ed.

## MEN

## 800:

1	Rynardt van Rensburg	1:46.95
2	Jacob Rozani	1:47.66
3	Duran Faro	1:50.35
4	Darren Stevens	1:52.10
5	Emiele Paulsen	1:53.92
6	Juan Jones	1:56.24
7	Sibusiso Magwaza	1:57.35
8	Ashwyn Claassen	2:02.70

## 5000:

1	Gladwin Mzazi	13:51.78
2	Philani Buthelezi	13:54.93
3	Sibusiso Nzima	13:58.58
4	Sibusiso Madikizela	14:12.66
5	Marko Buccarizza	14:13.73
6	Anthony Timoteus	14:17.25
7	Nkosinathi Madyo	14:35.41
8	Unathi Nteta	14:44.17
9	Siboniso Soldaka	14:49.31

## WOMEN

## 1500:

1	Lebogang Phalula	4:16.44
2	Lebo Phalula	4:17.63
3	Bulelwa Simae	4:47.21
4	Ebeth Marais	4:58.02
5	Pamela Moyikwa	5:00.87
6	Julia Weinert	5:09.31
7	Bia van Heerden	6:03.17

## 3000 s/chase:

1	Thembi Baloyi	10:22.94
2	Cherise Sims	11:02.08
3	Ileana Dreyer	11:57.38

**ASA Invitation Meeting**

Germiston, 16 May

## MEN

1500:

1.	Tlou	Seloba	3:58.44
2.	Henry	Makane	3:58.82
3.	Amos	Nyongo	4:03.37
4.	Migael	Strydom	4:05.99
5.	Jacob	Khomola	4:13.69
6.	Thato	Tsotsetsi	4:26.94
7.	Mmako	Gumede	4:38.30

3000 s/chase:

1.	Tumisang	Monnatlala	9:07.37
2.	Tumelo	Motlagale	9:15.59

## WOMEN

800:

1.	Rorisang	Rammony	2:11.85
2.	Liza	Kellerman	2:12.72
3.	Itumeleng	Rasekanye	2:13.41
4.	Beatrice	Themane	2:15.90
5.	Tswanelo	Maruping	2:23.97
6.	Thandi	Sehohle	2:27.91

5000:

1.	Cornelia	Joubert	17:16.41
2.	Mpho	Mabuza	17:58.49
3.	Nonhlanhla	Dlamini	19:11.38

**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****TCS World 10 km** (8th)Bangalore, IND, 17 May  
(Certified course)

## MEN (gun times)

1.	Mosinet Geremew, ETH	28:16	USD 21,000
2.	Fikadu Seboka, ETH	28:18	15,000
3.	Edwin Kiptoo, KEN	28:20	9,000
4.	Micah Kogo, KEN	28:29	5,000
5.	Birhanu Legese, ETH	28:42	4,000

## WOMEN (gun times)

1.	Mamitu Daska, ETH	31:57	USD 21,000
2.	Wude Ayalew, ETH	32:10	15,000
3.	Gladys Chesire, KEN	32:12	9,000
4.	Helah Kiprop, KEN	32:19	5,000

5. Emily Chebet, KEN 32:25 4,000

### **Gifu Seiryu Half Marathon (5th)**

Gifu, JPN, 17 May  
(Distance: 21.1 km)

#### MEN

1. James Rungaru, KEN	1:02:12
2. Michael Githae, KEN	1:02:27
3. Martin Mathathi, KEN	1:02:40
4. Cyrus Njui, KEN	1:02:50
5. Patrick Muwaka, KEN	1:03:31
Tsegaye Kebede, ETH	DNF (29:53 at 10 km)

#### WOMEN

1. Eunice Kirwa, BRN	1:09:37 CR*
2. Atsede Baysa, ETH	1:10:37
3. Brianne Nelson, USA	1:12:43
4. Pascalina Kipkoech, KEN	1:12:51
5. Yuko Mizuguchi, JPN	1:13:47
René Kalmer, RSA	DNF (17:30 at 5 km)

### **Bay to Breakers 12 km (104th)**

San Francisco, USA, 17 May

(Certified point-to-point course with minimal elevation loss [0.1 m/km]. Format: Mixed-gender format this year [no early start for elite women].)

#### MEN

1. Isaac Mukundi Mwangi, KEN	35:25	\$3000
2. Bashir Abdi, BEL	35:27	2500
3. Julius Keter, KEN	35:30	2250
4. Kevin Kochei, KEN	35:47	2000
5. Afewerki Berhane Hidru, ETH	35:49	1750

#### WOMEN

1. Jane Kibij, KEN	40:04	\$3000
2. Nazret Weldu, ETH	40:46	2500
3. Susan Jerotich, KEN	40:47	2250
4. Tigist Jabore, ETH	40:50	2000
5. Hellen Jemutai, KEN	41:07	1750

### **Nordea Riga Marathon & Half Marathon**

Riga, LAT, 17 May

(Distances: 42.295 km [3 x 14.1 km loop] and 21.1 km [1 x 14.1 km loop + 2 x 7 km loop])

Note: The two-year ban of Natalia Volgina ended three days before this race. She tested positive for a banned substance after finishing first in the 2013 Old Mutual Two Oceans Marathon. – Ed.

### **Marathon (gun times)**

#### MEN

1. Haile Tolossa Bekuma, 1990, ETH	2:12:29
2. Beyene Effa Doboka, 1987, ETH	2:12:52

3. Duncah Cheruiyot Koech, 1981, KEN 2:12:53

#### WOMEN

1. Eshetu Deme Meseret, 1993, ETH 2:37:04  
 2. Worknesh Tola Biru, 1980, ETH 2:42:07  
 3. Ruth Wanjiru Kuria, 1981, KEN 2:42:29  
 4. Natalia Volgina, 1977, RUS 2:45:26

#### Half marathon (gun times)

##### MEN

1. Jānis Girgensons, 1991, LAT 1:06:21  
 2. Andrei Hrechny, 1988, ??? 1:09:25

##### WOMEN

1. Jelena Prokopcuka, 1976, LAT 1:13:25  
 2. Rasa Drazdauskaite, 1981, LTU 1:16:32

### Russian Marathon Championships

Kazan, RUS, 11 May  
 (Distance: 42.195 km)

##### MEN

1. Yuriy Chechun (05.07.86) 2:14:10  
 2. Dmitriy Safronov (09.10.81) 2:14:16  
 3. Fyodor Shutov (10.02.86) 2:15:38

##### WOMEN

1. Sardana Trofimova (28.03.88) 2:29:30  
 2. Natalya Sokolova (12.03.82) 2:31:51  
 3. Gulnara Vygovskaya (06.09.80) 2:32:22

## TRACK

### IAAF Diamond League - Shanghai

(2nd stop of 2014 IAAF Diamond League)  
 Shanghai, CHN, 17 May

##### MEN

##### 1500 (DL):

1. Silas Kiplagat, KEN, 3:35.29 WL  
 2. Hillary Cheruiyot Ngetich, KEN, 3:35.40 PB  
 3. Collins Cheboi, KEN, 3:35.46  
 4. Ben Blankenship, USA, 3:35.48 PB  
 5. Robert Kiptoo Biwott (1996), KEN, 3:35.75 WJL/PB  
 6. James Kiplagat Magut, KEN, 3:35.91  
 7. Jakub Holuša, CZE, 3:35.98  
 8. Ronald Musagala, UGA, 3:36.23 PB  
 9. Nixon Kiplimo Chepseba, KEN, 3:36.37

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

1. Jarius Birech, KEN, 8:05.36 WL  
 2. Paul Kipsiele Koech, KEN, 8:11.39  
 3. Conseslus Kipruto, KEN, 8:14.59  
 4. Jonathan Muia Ndiku, KEN, 8:15.54



5. Clement Kemboi Kimutai, KEN, 8:16.22 PB
6. Brimin Kiprop Kipruto, KEN, 8:18.55
7. Hillary Kipsang Yego, KEN, 8:19.87
8. Abel Kiprop Mutai, KEN, 8:20.38

#### WOMEN

##### 800 (DL):

1. Eunice Sum, KEN, 2:00.28
2. Malika Akkaoui, MAR, 2:00.73
3. Janeth Jepkosgei Busienei, KEN, 2:01.14
4. Molly Beckwith-Ludlow, USA, 2:01.31
5. Jennifer Meadows, GBR, 2:01.37
6. Angelika Cichocka, POL, 2:01.64
7. Marina Arzamasova, BLR, 2:02.24
8. Lenka Masná, CZE, 2:02.64

##### 5000 (DL):

1. Almaz Ayana, ETH, 14:14.32 WL/PB/#3 all-time  
[8:36.53 at 3000; 2:47.57 last kilometer]
2. Viola Kibiwot, KEN, 14:40.32
3. Senbere Teferi, ETH, 14:41.98 PB
4. Alemitu Heroye, ETH, 14:43.28 PB
5. Irene Jelagat, KEN, 14:55.49 PB
6. Irene Cheptai, KEN, 14:58.40
7. Magdalene Masai, KEN, 14:58.54 PB
8. Peril Nengampi, KEN, 15:08.39 PB
9. Gelete Burka, ETH, 15:14.39

### **Portland Twilight Meet**

Portland, USA, 17 May

#### WOMEN

##### 800:

1. Alexa Efraimson (1997), Nike, 2:01.13 WJL/PB
2. Casey Atkin, Unattached (CAN), 2:06.02 PB
3. Amanda Banks, STFC (CAN), 2:06.45

### **Kyushu Jitsugyodan Track & Field Championships (58th)**

Kitakyushu, JPN, 16-17 May 1

#### MEN

##### 1500 (16):

1. Kenta Murayama, 3:50.39
2. Tsukasa Matsuda, 3:52.04
3. Keisuke Hirata, 3:52.52

##### 5000 Race 2 (16):

1. Tomoya Onishi, 14:13.97
2. Keijiro Mogi, 14:16.84
3. Taku Miyahara, 14:21.35

##### 10000 (16):

##### Race 3:

1. Paul Tanui (KEN), 27:08.21 WL/MR
2. Kota Murayama, 28:12.31

3. Hiroto Inoue, 28:12.96

### **IAAF Diamond League - Doha**

(1st stop of 2015 IAAF Diamond League)

Doha, QAT, 15 May

#### **MEN**

##### **800 (DL):**

1. Ayanleh Souleiman, DJI, 1:43.78 WL
2. Ferguson Cheruiyot Rotich, KEN, 1:44.53
3. Alfred Kipketer (1996), KEN, 1:44.59 WJL
4. Pierre-Ambroise Bosse, FRA, 1:44.95
5. Asbel Kiprop, KEN, 1:45.11
6. Job Koech Kinyor, KEN, 1:45.12
7. Jeremiah Kipkorir Mutai, KEN, 1:45.50
8. Musaeb Abdulrahman Balla, QAT, 1:46.14

##### **3000 (DL):**

1. Hagos Gebrhiwet, ETH, 7:38.08 WL  
[54.40 last 400]
2. Mo Farah, GBR, 7:38.22
3. Thomas Longosiwa, KEN, 7:39.22
4. Imane Merga, ETH, 7:39.96 PB
5. Yomif Kejelcha (1997), ETH, 7:39.99 WJL
6. Isiah Koech, KEN, 7:40.39
7. Edwin Soi, KEN, 7:41.69
8. Benson Seurei, BRN, 7:42.03
- ... 12. Henrik Ingebrigtsen, NOR, 7:46.59

#### **WOMEN**

##### **1500 (DL):**

1. Dawit Seyaum (1996) ETH, 4:00.96 WL
2. Sifan Hassan, NED, 4:01.40
3. Senbere Teferi, ETH, 4:01.86 PB
4. Anna Mishchenko, UKR, 4:01.95
5. Luiza Gega, ALB, 4:02.63 NR
6. Axumawit Embaye, ETH, 4:04.18
7. Abeba Aregawi, SWE, 4:04.42
8. Rababe Arafai, MAR, 4:05.11

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

1. Virginia Nyambura Nganga (pace), KEN, 9:21.51 WL/PB
2. Hiwot Ayalew, ETH, 9:21.54
3. Hyvin Kiyeng Jepkemoi, KEN, 9:22.11
4. Tigist Getnet (1997), ETH, 9:27.07 WJL/PB
5. Lidya Chepkurui, KEN, 9:27.62
6. Madeline Heiner, AUS, 9:28.41 PB
7. Sofia Asefa, ETH, 9:35.32
8. Daisy Jepkemei, KEN, 9:38.16 PB

## Hoka One One Middle Distance Classic

Los Angeles, USA, 14 May

### MEN

800:

Race 1:

1. Casimir Loxsom, Brooks Beasts, 1:46.23 (\$2000)
2. Matthew Centrowitz, Nike Oregon Project, 1:46.55 (\$500)
3. Charles Jock, Nike OTC, 1:46.58

Race 2:

1. Ryan Martin, Asics, 1:46.37 (\$1000)
2. Anthony Romaniw, Speed River New Balance TFC (CAN), 1:46.58
3. Jared West, Nike (AUS), 1:48.49

1500:

Race 1 (only section which was held):

1. Leo Manzano, Hoka One One, 3:38.96 (\$2000)
2. Andrew Wheating, Nike OTC, 3:39.56 (\$1000)
3. Kyle Merber, Hoka One One/NJNYTC, 3:40.03 (\$500)

3000 s/chase:

1. Matt Hughes, Nike (CAN), 8:25.54
2. Taylor Milne, Speed River New Balance TFC (CAN), 8:25.72
3. Travis Mahoney, NJNYTC, 8:27.08 PB (\$2000)

### WOMEN

800:

Race 1:

1. Treniere Moser, Nike Oregon Project, 2:01.67 (\$500)
2. Geena Lara, Unattached, 2:01.87
3. Latavia Thomas, NJNYTC, 2:01.89
- ... 8. Shannon Rowbury, Nike Oregon Project, 2:03.46

Race 2:

1. Maggie Vessey, Unattached, 2:00.70 (\$2000)
2. Jenny Simpson, New Balance, 2:00.79 (\$1000)
3. Brittany McGowan, Melbourne Track Club (AUS), 2:02.17

Race 3:

1. Rachel Francois, Unattached, 2:04.12
2. Erin Donohue, NJNYTC, 2:04.18
3. Bethany Praska, Unattached, 2:04.38

Race 4:

1. Alexa Efraimson (1997), Nike, 2:03.23 PB/WJL
2. McKayla Fricker, Unattached, 2:03.50
3. Lindsey Butterworth, SFU, 2:05.87

1500:

Race 1:

1. Katie Mackey, Brooks Beasts, 4:07.51 (\$2000)
2. Gabe Grunewald, Brooks/Team USA Minnesota, 4:07.67 (\$1000)
3. Nicole Sifuentes, Saucony (CAN), 4:09.23

Race 2:

1. Sarah Brown, New Balance, 4:09.00 (\$500)

2. Nicole Tully, Hoka/NYAC, 4:09.10
3. Nikki Hamblin, NZL, 4:09.37
4. Melissa Duncan, Melbourne Track Club (AUS), 4:09.41
5. Morgan Uceny, adidas, 4:09.74
6. Emma Coburn, New Balance, 4:10.77
7. Sheila Reid, Nike OTC (CAN), 4:12.66
- ... 11. Mary Cain (1996), Nike Oregon Project, 4:16.48

Race 3:

1. Sasha Gollish, University of Toronto (CAN), 4:13.40
2. Rachel Schneider, Under Armour, 4:13.81
3. Carise Thompson, Speed River New Balance TFC (CAN), 4:14.20

3000 s/chase:

1. Stephanie Garcia, New Balance, 9:37.19 MR (\$2000)
2. Ashley Higginson, Saucony/ NJ/NY Track Club, 9:41.27 (\$1000)
3. Genevieve Lalonde, Speed River New Balance TFC (CAN), 9:42.40 PB

### **Southeastern Conference (SEC) Championships**

Starkville, USA, 14-16 May

WOMEN

1500 (16):

1. Dominique Scott, JR - Arkansas (RSA), 4:15.20
2. Rhianwedd Price, SO - Miss State (GBR), 4:18.32
3. Marta Freitas, JR - Miss State (POR), 4:19.38

5000 (16):

1. Dominique Scott, JR - Arkansas (RSA), 16:06.52
2. Diane Robison, SR - Arkansas, 16:07.81
3. Chelsea Blaase, SO - Tennessee, 16:14.61

### **Big South Outdoor Track Championship**

High Point, USA, 14-16 May

WOMEN

800 (16):

1. Teresa Williamson, JR, Radford, 2:12.95
2. Imani Boatwright, SO, Coastal Carolina, 2:13.44
3. Aynslee van Graan, FR, Coastal Carolina (RSA), 2:14.94

1500 (16):

1. Teresa Williamson, JR, Radford, 4:28.32
2. Joan Maritim, FR, Campbell (KEN), 4:29.40
3. Aynslee van Graan, FR, Coastal Carolina (RSA), 4:30.00

5000 (16):

1. Letitia Saayman, SR, Coastal Carolina (RSA), 16:51.56
2. Ednah Kurgat, FR, Liberty (KEN), 17:01.12
3. Leah Anne Wirfel, SR, High Point, 17:06.27
- ... 6. Kyla van Graan, SO, Coastal Carolina (RSA), 17:57.86

10000 (14):

1. Letitia Saayman, SR, Coastal Carolina (RSA), 34:54.43
2. Ednah Kurgat, FR, Liberty (KEN), 35:10.16

3. Kyla van Graan, SO, Coastal Carolina (RSA), 36:49.94

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## OBITUARIES

Two obituaries from *Athletics International*. Coincidentally, a photograph of Nina Otkalenko was included in DRR 15:18 (with "This month in history"), just nine days before she passed away.

Joseph "Joe" McGhee (GBR) (b 9 July 1929) died on 17 April in Edinburgh at the age of 85. He will ever be remembered as the man who won the 1954 Empire Games Marathon for Scotland in 2:39:36, finishing in the stadium in Vancouver long after Jim Peters had been carried off after collapsing just prior to the finish due to the heat and humidity. He was Scottish champion 1954-6, including his personal best 2:25:50 in 1955. He ran in the International Cross-country Championships three times. An RAF flight lieutenant, he went to Glasgow University and ran for Shettleston Harriers, becoming an English teacher.

Nina Otkalenko (USSR/Russia) (b. 23 May 1928 in Kursk, née Pletnyova) died on 13 May at the age of 86. She ran seven world records for 800 metres, of which five were ratified, from 2:12.0 in 1951, one each year, to 2:05.0 in 1955, but that distance did not return to the Olympics until 1960. She was European champion in 1954 and won four Soviet titles, 1951-4, followed by four second places and a third up to 1960. She also ran world bests for 400 m of 55.5 in 1954 (improving to a PB 55.0 in 1955) and for 1500 m of 4:37.0 in 1955, and ran on five world record teams at 4 x 800 m relay.

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## STATS TIME

With the spotlight on the very successful first FNB Cape Town 12 ONERUN of last weekend we include all-time South African 12 km lists for both men and women, as well as the SA and WP records and bests in all age categories.

### ALL-TIME 12 KM: TOP 20 MEN & WOMEN

#### MEN

34:23	Matthews Motshwarateu	2	Spokane	01 May 88
34:50a	Ashley Johnson	1	Evansville	12 May 90
34:51a	Elroy Gelant	5	Cape Town	17 May 15
34:54	Johannes Mabitle	4	Spokane	05 May 96
34:59a	Gladwin Mzazi	6	Cape Town	17 May 15
35:27a	Lucky Mohale	7	Cape Town	17 May 15
35:36a	Joel Mmone	8	Cape Town	17 May 15
35:39a	Xolisa Tyali	9	Cape Town	17 May 15
35:39a	Lungile Gongqa	10	Cape Town	17 May 15
35:40a	Mthobisi Boloji	[10] 11	Cape Town	17 May 15
35:57a	Johnson-2	1	Evansville	11 May 91
36:16a	Dominique Khoza	13	Cape Town	17 May 15
36:18a	Lusapho April	14	Cape Town	17 May 15
36:20a	Richard Murray	15	Cape Town	17 May 15
36:27a	Philani Buthelezi	16	Cape Town	17 May 15
36:29a	Sityhilo Diko	17	Cape Town	17 May 15
36:35a	Rantso Mokopane	18	Cape Town	17 May 15
36:37a	Philimon Mathiba	19	Cape Town	17 May 15
36:44a	Kgosi Tsosane	21	Cape Town	17 May 15
37:27a	Sibusiso Madikizela	22	Cape Town	17 May 15
37:28a	Lukas Jani	[20] 23	Cape Town	17 May 15

## WOMEN

38:39a	Elana Meyer	2	San Francisco	16 May 99
38:42a	Colleen de Reuck	1	San Francisco	21 May 00
38:48	De Reuck-2	1	Spokane	05 May 96
38:56a	Meyer-2	1	San Francisco	19 May 96
39:20a	De Reuck-3	2	San Francisco	16 May 93
39:21a	Lebo Phalula	3	Cape Town	17 May 15
39:23	Meyer-3	1	Spokane	06 May 01
39:34a	Lebogang Phalula	4	Cape Town	17 May 15
40:29a	Nolene Conrad	7	Cape Town	17 May 15
41:23a	Zintle Xiniwe	8	Cape Town	17 May 15
41:36a	Christine Kalmer	9	Cape Town	17 May 15
41:47a	Lena Lötter	10	Cape Town	17 May 15
42:05	Patsy Sharples	5	Spokane	06 May 84
42:18a	Irvette van Zyl	[10] 11	Cape Town	17 May 15
42:33a	Annie Bothma	12	Cape Town	17 May 15
43:13a	Ntombesintu Mfunzi	13	Cape Town	17 May 15
43:27a	Yolande Maclean	14	Cape Town	17 May 15
43:34a	Bulelwa Simae	15	Cape Town	17 May 15
44:04a	Vicky van der Merwe	16	Cape Town	17 May 15
44:45a	Ebeth Marais	17	Cape Town	17 May 15
45:19a	Pamela Moyikwa	18	Cape Town	17 May 15
45:20a	Mari Rabie	19	Cape Town	17 May 15
45:26a	Ashleigh Simonis	20	Cape Town	17 May 15
46:43a	Theresa Fourie	[20] 22	Cape Town	17 May 15

**SOUTH AFRICAN & WESTERN PROVINCE RECORDS AND BEST TIMES**

NOTE: a = aided course, i.e. best time (not a record)

**SA RECORDS**

## MEN

Seniors:	34:23	Matthews Motshwarateu	Spokane	01 May 88
Seniors open:	33:32a	Emmanuel Bett (KEN)	Cape Town	17 May 15
	33:32a	Daniel Salel (KEN)	Cape Town	17 May 15
Veterans:	37:36a	Mluleki Nobanda	Cape Town	17 May 15
Masters:	41:07a	Eric Coetzee	Cape Town	17 May 15
Grandmasters:	50:14a	Robbie Lindsay	Cape Town	17 May 15
Great g'masters:	70:58a	Yusuf Gamielidien	Cape Town	17 May 15
Juniors:	38:25a	Bruce-Lynn Damons	Cape Town	17 May 15

## WOMEN

Seniors:	38:48	Colleen de Reuck	Spokane	05 May 96
	38:39a	Elana Meyer	San Francisco	16 May 99
Seniors open:	38:22a	Vivian Cheruiyot (KEN)	Cape Town	17 May 15
Veterans:	46:43a	Theresa Fourie	Cape Town	17 May 15
Masters:	50:29a	Mariëtte Strauss	Cape Town	17 May 15
Grandmasters:	53:05a	Nancy Will	Cape Town	17 May 15
Great g'masters:	72:33a	Marlene James	Cape Town	17 May 15
Juniors:	45:19a	Pamela Moyikwa	Cape Town	17 May 15

**WP RECORDS**

## MEN

Seniors:	35:39a	Lungile Gongqa	Cape Town	17 May 15
Seniors open:	As above			
Veterans:	41:07a	Eric Coetzee	Cape Town	17 May 15

Veterans open:	37:36a	Mluleki Nobanda	Cape Town	17 May 15
Masters:	As above			
Grandmasters:	As above			
Great g'masters:	As above			
Juniors:	As above			

**WOMEN**

Seniors:	41:23a	Zintle Xiniwe	Cape Town	17 May 15
Seniors open:	As above			
Veterans:	As above			
Masters:	As above			
Grandmasters:	As above			
Great g'masters:	As above			
Juniors:	As above			

**THIS MONTH IN HISTORY****48 years ago: 6 May 1967**

It was the thirteenth anniversary of Roger Bannister's historic mile in Oxford, but on this day in Toronto all eyes were on an athlete much younger, running a distance much longer. With the unofficial world record for the women's marathon standing at 3:19:33, Maureen Wilton finished sixth overall in the Eastern Canadian AAU Centennial Marathon. She reached the finish in 3:15:22 to break the record by more than four minutes. The remarkable aspect of Wilton's performance was that she was only 13 years old! The tiny runner was 1.47 m tall and weighed 36 kg. In second place was Katherine Switzer, who three weeks earlier had run the Boston Marathon, which was then still closed to women, with an official race number by entering as "K. Switzer" and thus fooling the organisers. It resulted in the famous shoving incident when race official Jock Semple tried to rip off Switzer's number during the race.

**SOUTH AFRICAN ROAD LIST LEADERS FOR 2015**

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	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	44:12	Lusapho April	Port Elizabeth	28 Feb
	43:49	Temesgen Ejerssa Daba (ETH)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	64:04	Stephen Mokoka	Cape Town	04 Apr
	61:21A	Lusapho April	New York	15 Mar
	59:20	Stanley Biwott (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	82:32	Nkosihona Mhlakwana	Durban	08 Mar
	80:54A	Sipho Mbanjuli	Pinetown	25 Jan
	71:50	Sammy Kosgei (KEN) 2010		

30 km	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:15:17	Desmond Mokgobu	Santiago	12 Apr
	2:04:42	Eliud Kipchoge (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	2:03:23p	Wilson Kipsang (KEN) 2013		
	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	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	49:30	Simon Mpholo	Kempton Park	28 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	69:39	Johannes Kekana	Polokwane	16 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:23:50	Shadrack Hoff	Pretoria	09 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:58	Charles Tjiane	Benoni	25 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	33:25	Eric Coetzee	Bellville	28 Mar
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:45	Desmond Zibi	Port Elizabeth	02 May
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	76:21	Eric Coetzee	Gordon's Bay	18 Apr
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
	1:41:14A	Michael Bekapi	Somerset East	18 Apr
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

#### Grandmasters (60+)

10 km	37:40	Muhammad Kriel	Bellville	28 Mar
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	86:11	Terence Brown	Wellington	01 May
25 km	1:54:30	Elias Raphulu	Pretoria	09 May
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:18:02	Michael Langa	Durban	01 Mar
100 km				

#### Juniors

10 km	31:03	McMarshal Hartzenberg	Bellville	28 Mar
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:11	Andile Motwana	Despatch	07 Mar



21.1 km	42:25	Moses Mosop (KEN) 2004		
	70:54	Andile Motwana	Port Alfred	26 Apr
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	34:03A	Lebo Phalula	Paulpietersburg	15 Feb
	31:00	Malika Asahssah (MAR)		
15 km	30:21	Paula Radcliffe (GBR) 2003		
	55:00	Ebeth Marais	Ravensmead	14 Mar
	46:14	Florence Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	74:48	Irvette van Zyl	Benoni	25 Jan
	65:09	Florence Kiplagat (KEN)		
	65:12	Florence Kiplagat (KEN) 2014		
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08	Jenna Challenor	Durban	08 Mar
	1:31:20	Marily dos Santos (BRA)		
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:45:00	Saori Noda (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:02	Mapaseka Makhanya	Hannover	19 Apr
	2:19:52	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	84:01	Prudence Zwane	Pretoria	21 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:37	Heather Walden	Pretoria	09 May
	1:42:12A	Suzette Botha	Pinetown	25 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:00	Adele Waldron	Camps Bay	04 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:53:38	Gillian Sieling	London	26 Apr
	3:02:08A	Jacqui Bakkes	Simon's Town	15 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	39:59	Judy Bird	Port Elizabeth	09 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:03	Elmarie Coetzee	Ravensmead	14 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:10	Jane Mudau	Polokwane	16 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:11:04	Julie Shadwell	Pretoria	09 May

30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	3:11:23	Jane Mudau	Polokwane	28 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
15 km	64:01	Margie Saunders	Port Elizabeth	28 Feb
21.1 km	1:39:36	Margie Saunders	Port Alfred	26 Apr
25 km	2:44:20	Maureen Parry	Durban	08 Mar
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19	Wendy Fitzmaurice	Durban	01 Mar
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
10 km	36:12	Nicole van der Merwe	Pretoria	28 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:26	Pamelia Moyikwa	Ravensmead	14 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	84:17	Nonhlanhla Dlamini	Cape Town	04 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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