Distance Running Results

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EDITORIAL

The outstanding performance of the weekend was Nancy Will's new SA record for grandmasters of 64:00 in the Avbob Eersterivier 15 km. With this she broke the previous record, set by Margie Saunders in February, by one second. Will set a Western Province record of 68:05 in last year's race; she now shattered this by more than four minutes! Her time is also a world single-age record for 62-year-olds; the previous mark was 67:08 by Gonny Houtman (NED), run in 2013.

Amazingly, the very next day Will also raced the extremely difficult K-Way Table Mountain 16 km and won her age category there as well. Including the Comrades, where she won the grandmaster category by more than $1\frac{1}{2}$ hours, she has now raced 184.7 km in three weeks, or an average of 61.6 km per week – an incredible workload for someone who is 62 years old.

Apart from Will's time in Eersterivier, the fast course and good, windless conditions produced a further four list leaders – by Tanith Maxwell (54:14), master Eric Coetzee (52:07), veteran Sandra van Graan (60:15, equalling her time in Ravensmead in March), and junior Ashleigh Simonis (58:12).

While she lost her SA record, Saunders set a list leader of 1:38:02 in the Makro Heartbreak Hill Half Marathon in Port Elizabeth.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * K-Way Table Mountain 16 km, Cape Town
- * Avbob Eersterivier 15 km, Eersterivier
- * Makro Heartbreak Hill Half Marathon, Port Elizabeth
- * @ Health Winter Warmer Half Marathon & 10 km, Centurion
- * Dave Spence Memorial 10 km, Guguletu
- * XC: KZN League Meeting, Durban; WP League Meeting, Elfindale, Cape Town

International highlights:

- * B.A.A. 10 km, Boston, USA
- * Hella Hamburg Halbmarathon, Hamburg, GER
- * Mattoni Olomouc Half Marathon, Olomouc, CZE
- * Shelter Island 10 km, Shelter Island, USA

- * St. Bavoloop, Rijsberg, NED
- * Internationale Bottrop Gala, Bottrop, GER
- * Track: New Balance Nationals Outdoor 2015, Greensboro, USA; Meeting International Villa de Bilbao, Bilbao, ESP; Ethiopian 10000 m Trials for IAAF World Championships, Hengelo, NED



The way Ron Clarke's races often turned out: with his rivals the length of the straight behind him. [IAAF]

OBITUARY

This obituary was compiled by Riël Hauman with the aid of articles written by Roger Robinson and Len Johnson for the IAAF.

RON CLARKE, ONE OF THE GREATEST RUNNERS EVER, PASSES AWAY

Ron Clarke, one of the greatest distance runners of the 20th century, died on Wednesday at age 78 after a short illness on Australia's Gold Coast. Clarke will be remembered as the greatest record breaker in the history of running. In his peak year of 1965, the front-running Australian set eleven world records at distances from three miles to one hour (12 miles, 1006 yards). Not even Paavo Nurmi or Haile Gebrselassie held such a full set of world marks simultaneously. Later Clarke added the two-mile record to that astonishing range.

Clarke was an athlete who literally changed his event. He showed in the 1960s that distance runners could race hard, race often, race anyone and everyone, but mostly that you could run a lot faster than had previously been thought possible.

The scale of improvement that he achieved was also unequalled. He slashed the world 5000-metre record from 13:35 to 13:16.6, and the 10000-metre mark from 28:18.2 to 27:39.4. The day he took the world three-mile mark under 13:00 for the first time is still the stuff of legend. In that race, Clarke decisively beat American Gerry Lindgren, and at his

peak he defeated nearly every top runner of the era, including Michel Jazy, Kipchoge Keino, Ron Hill, Billy Mills, and Bruce Kidd.

But gold medals eluded him. In his first major championship, the 1962 Commonwealth Games, he was second in the 5000 m behind Murray Halberg of New Zealand. Then came the first of his world records, at 10000 m, and he went to the Tokyo Olympics in 1964 as favourite at that distance. But on the day, on a wet cinder track crowded with lapped runners, he was beaten by the inspired Mills and Mohamed Gammoudi, and took only the bronze.



Clarke running the final leg of the Olympic torch relay in the Melbourne stadium in 1956. [The Unforgiving Minute]

Two years later, in the 1966
Commonwealth Games in the heat of Kingston, Jamaica, Clarke encountered the beginning of the Kenyan upsurge, and placed second to Keino at 5000 m and the unknown Naftali

The famous incident in the 1956 Australian mile title race when the 19-year-old Clarke was tripped and fell and John Landy turned around to help him to his feet — and then went on to win the race. [The Unforgiving Minute]







Temu at 10000 m. The highaltitude Mexico City Olympics in 1968 were even more ill-timed for him, and he was carried from the track on oxygen support.

In his last chance for gold, the 1970 Commonwealth Games in Edinburgh, Clarke again fell victim to an inspired performance, from Scottish home hero Lachie Stewart.

After Clarke visited him in Prague, the great Emil Zatopek covertly donated one of his own Olympic gold medals to Clarke, with a note that said "because you deserved it."

Born in Melbourne on 21
February 1937, Clarke was outstanding as a teenager, setting three world junior records at age 18. He featured in another legendary moment in the Australian mile championship in 1956, when he was tripped and fell, and John Landy turned back to help him to his feet (and went on to win), an incident immortalized on film, in a statue in Melbourne, and in Australian sporting legend.

He was hailed as a potential champion, but his Melbourne Olympic chances were dashed by his compulsory national service falling due that year. The

consolation prize was that he was chosen to carry the Olympic torch on its final leg around the Melbourne Cricket Ground and to light the Olympic flame.

After 1956, Clarke's running stagnated and he then put his sporting career on hold while he acquired his accountancy qualifications and established himself in working life, marrying Helen and starting a lifelong partnership which endured better even than his recordbreaking running abilities.

After some quiet years, he came back in 1961 to become one of the supreme distance runners of history, even without Olympic gold medal success.

His first of 17 official world records was set at 10000 m (and six miles *en route*) in the 1963 Emil Zatopek 10000 m in Melbourne, when he ran 28:15.6. Clarke often joked there were so few people there that he knew most of the crowd.

His three greatest records were probably the 27:39.4 for 10000 m at the Bislett Games in 1965, the first sub-28 run in history – he beat the second-placed runner by almost two minutes, his own world record by 36.2 sec, and also set a world 6-mile record *en route*; the 13:16.6 for 5000 m in 1966 (plus a world record for 3 miles); and his one-hour run of 20.232 km in 1965 (plus a world record for 20 km). Apart from his barrier-breaking 10000 m, he was also the first to run faster than 13:00 for 3 miles and 27:00 for 6 miles (in the Bislett race mentioned above). These three historic clocking were achieved only four days apart in 1965; in the 3-mile race, the AAA Championships, Clarke (12:52.4) beat Gerry Lindgren by 11.8 sec, with South African Henk Altmann ninth.

Clarke was mostly self-coached, and trained and raced intensively. One of the highest tributes that could be paid was by Derek Clayton, the first to break 2:10 in the marathon. Clayton, a Melbourne resident notorious for his ferocious training, said, "Only Clarkey would run with me."

Frank Shorter, the American who won the 1972 Olympic Marathon and was second in 1976, spoke once of the impact Clarke had on him. "Ron Clarke was my idol. I grew up seeing Ron Clarke in the dark blue singlet with the V on it - to me that was the symbol of running."

"He was a great star in the sport of athletics and a wonderfully kind and generous man. I extend my deep condolences to his family and friends," said his compatriot and early rival John Landy. "He held every world record from the two miles to the one hour run and no athlete in history has ever matched this feat. Ron Clarke, by his running feats inspired Australian distance runners and, in a world sense, demonstrated the potential athletics achievements possible," added Landy.

Clarke later had success in other fields, as a businessman, and then as mayor of the Gold Coast, from 2004 to 2012. He remained committed to the sport of running, and was generous in sharing his knowledge.

Clarke's *The Unforgiving Minute* (1966, with Alan Trengrove) is an excellent sporting autobiography. He also contributed to Norman Harris' classic *The Lonely Breed* and worked at several Olympics as a TV commentator. He was honoured with his nation's top award, the Order of Australia, and as MBE (Member of the British Empire).

Clarke is survived by his wife, Helen, and sons Marcus and Nicolas. A daughter, Monique, pre-deceased him.

ROAD RUNNING

K-Way Table Mountain 16 km (39th)

Cape Town, 21 June

(Out-and-back course up the "back table" of Table Mountain and then down again; extremely difficult. Finishers: 231 [up from 173 last year].)

<u>Note</u>: Just one day after setting a new SA record for grandmasters in the Eersterivier 15 km, Nancy Will ran again here! Ellie Courts successfully defended her title. – Ed.

MEN

1. Admire Rushika (ZIM/VOB) 61:58

- 2. Jarryd Dunn (VOB) 64:10
- 3. Dion Middelkoop (VOB) 64:59 (1st vet)

Veterans: 1. Dion Middelkoop (VOB) 64:59; 2. Colin George (VOB) 66:32; 3. Jason Courts (Celtic) 76:05. **Masters:** 1. Derrek Oehley (Harf) 76:08; 2. Malcolm Harrington (WR) 81:11; 3. Alan Ryninks (WR) 82:08. **G'masters:** 1. Terrance Mazzolini (VOB) 87:26.

WOMEN

- 1. Ellie Courts (Celtic) 79:33 (1st vet)
- 2. Claire le Manach (Ind) 81:28
- 3. Bianca Tait (Satori) 81:50

Veterans: 1. Ellie Courts (Celtic) 79:33; 2. Marie Louw (CMC) 89:56; Jana Trojan (CZE/VOB) 92:43. **Masters:** 1. Cheryl Rudolph (East) 89:22; 2. Bridgid Hamilton Russell (Harf) 94:33; 3. Paola Vignani (ITA/Mont) 98:35. **G'masters:** 1. Nancy Will (Pine) 92:46.

Avbob Eersterivier 15 km

Eersterivier, 20 June

(Certified flat out-and-back course. Weather: Cold, clear, no wind. Finishers: 939 [down from 984 last year].)

MEN

- 1. Mthandazo Ohina (Ned) 45:27 (R800)
- 2. Sibusiso Madikizela (Itheko) 45:58 (R600)
- 3. Akhona Makila (VOB) 45:58 [correct] (R500)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 49:14 (R500); 2. Pieter Koopman (Itheko) 50:14 (R400); 3. Shawn Abrahams (Celtic) 50:19 (R300). Masters: 1. Eric Coetzee (Ind) 52:07 (R400); 2. Johnny Persents (WR) 57:07 (R300); 3. Friedl van der Merwe (CMC) 57:09 (R200). G'masters: 1. Awie Veldsman (Held) 63:59 (R300); 2. Bian Merryweather (Edge) 70:23 (R200); 3. Carnelius de Wee (Tyger) n/t (R100). G/g'masters: 1. Ronnie le Roux (Brack) 72:02 (R200). Juniors: 1. Thembeko Mendu (Gugs) 53:05 (R200); 2. Denzil Byman (Itheko) 55:15 (R150); 3. Yanga Keli (Sanlam) 55:38 (R80).

WOMEN (Same prize money as men)

- 1. Tanith Maxwell (Boxer) 54:14
- 2. Annie Bothma (Ned) 56:04
- 3. Nomvuyisi Seti (Itheko) 57:13

Veterans: 1. Sandra van Graan (Edge) 60:15; 2. Busisiwe Matiwane (Celtic) 60:46; 3. Ursula Frans (Ned) 60:52. **Masters:** 1. Mariëtte Strauss (Tyger) 62:17; 2. Olga Howard (Celtic) 64:50; 3. Bev Charters (VOB) 68:55. **G'masters:** 1. Nancy Will (Pine) 64:00 (SA rec); 2. Helen du Plessis (Tyger) 73:13; 3. Ruth Leverton (Pine) 84:23. **G/g'masters:** 1. Pixie Sparg (Celtic) 87:04. **Juniors:** 1. Ashleigh Simonis (Carb) 58:12; 2. Busisiwe Gwala (VOB) 64:49; 3. Tshebeletso Taetso (Brack) 71:46.

Makro Heartbreak Hill Half Marathon (37th)

Port Elizabeth, 20 June

(Distance: 21.1 km; loop course. Finishers: 758 [down from 786 last year].)

MEN

1	Melikhaya	Frans	Tinarha AC	23	1:07:05
2	Andre	Ketchem	X-Cel AC	31	1:08:26
3	Zolani	Ngqaqa	Madibaz AC	26	1:09:57
4	Eric	Sigxashe	Motherwell AC	36	1:10:47

5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	Anele Winter Mzwanele Zolile Mila Jade Lindisipho Mvuyisi Duwayne Sandile Christopher Tumelo Desmond Mongezi George Francois	Maliza Madubung Maphekula Mhlahlo (1 st vet) Pasiya Muller Mxhwashula (1 st jun) Gcogco Lucas Ngunuza Mabengeza Mochelenyane Zibi (1 st mast) Mboya Ntshiliza De Villiers	Nedbank RC EP Nedbank RC AGN Bluewater Bay Achilles AAA Nedbank RC EP Achilles AAA Motherwell AC Temp Aspen Pharmacare Nedbank RC EP Nedbank RC EP Nedbank RC EP Nedbank RC EP Achilles AAA PEAAC Bluewater Bay Achilles AAA	37 34 38 40 35 28 18 25 25 32 49 32 51 37 35 39	1:11:13 1:12:07 1:13:14 1:15:10 1:15:15 1:16:17 1:17:05 1:17:21 1:17:24 1:17:28 1:17:46 1:18:05 1:22:16 1:22:17 1:22:19
40-4	۵٠				
1	Zolile	Mhlahlo	Achilles AAA	40	1:15:10
2	Malibongwe	Mbelu	Run For Life EP	43	1:24:07
3	Warren	Dickson	Achilles AAA	42	1:26:48
45-4		Dieksen.	7.665 7.5.5.		1120110
1	Christopher	Mabengeza	Nedbank RC EP	49	1:17:46
2	Luvuyo	Stephen	Nedbank RC EP	45	1:22:43
3	Luvuyo	Dyani	Temp	45	1:25:29
50-5	•	, -	- r		
1	Desmond	Zibi	Achilles AAA	51	1:22:16
2	Darrell	Wicht	Madiba Bay Warriors AC	52	1:25:14
3	Colben	Ngcupe	Motherwell AC	52	1:25:16
55-5	9:	5 .			
1	Alan	Taylor	Achilles AAA	58	1:31:58
2	Christopher	Nyodi	Bluewater Bay	56	1:38:58
3	Jan	Van Eeden	Nedbank RC EP	57	1:43:23
60-6					
1	Elvis	Galela	Madibaz AC	63	1:33:22
2	Sizinzo	Kama	Achilles AAA	63	1:35:59
3	Roland	Dace	Gelvan AC	60	1:48:02
65-6	9:				
1	Hannes	Els	Madiba Bay Warriors AC		1:36:33
2	Graham	Channon	Achilles AAA	65	1:47:44
3	Percy	Dalton	Achilles AAA	66	1:55:10
70-7					
1	Tamsanqa	Jusayi	Nedbank RC EP	73	1:46:19
2	Godfrey	Kariem	Gelvan AC	74	2:00:33
3	Brian	Smith	PEAAC	72	2:41:40
Junio					
1	Lindisipho	Mxhwashula	Motherwell AC	18	1:17:05
2	Kingston	Khumalo	Temp	16	1:24:07
3	Clinton	Koeries	Schools EPA	18	1:29:38
\A/\^\A	EN				
WOM 1	Ntombesintu	Mfunzi	Nedbank RC EP	33	1:24:42
2	Ndileka	Mvakwendlu	Tinarha AC	33 24	1:30:13
3	Liza-Marie		Madibaz AC	33	1:31:14
3 4		Kingston Banfield (1 st vet)	Run For Life EP	33 44	1:32:22
5	Jene Doliwa		Nedbank RC EP	26	
5 6	Deliwe	Nyanga Claasen (1 st mast)	Achilles AAA		1:33:35
O	Christine	Ciaaseii (1 IIIast)	ACIIIIES AAA	50	1:35:33

7 8 9 10 11 12 13 14 15 16 17 18 19 20	Davera Margie Antonelle Nokholo Katherine Sime Terray Pearl Siphokazi Sharon Camarin Estee Pat Luthando	Magson Saunders (1st g'mast) Saporta Hlezupondo Van Der Walt Baynes Newcombe Prinsloo Liwani (1st jun) Gouws Van Eyk Cockcroft Thomson Nxanisa	Nedbank RC EP Nedbank RC EP Nedbank RC EP SANDF AC EP Body Concept Elite AC Elite AC Temp Motherwell AC Nedbank RC EP Nedbank RC EP Temp Temp Temp Tinarha AC	40 61 35 36 39 31 24 36 18 44 33 30 55	1:36:16 1:38:02 1:38:03 1:38:13 1:39:32 1:41:22 1:42:16 1:42:27 1:43:27 1:44:30 1:44:52 1:45:28 1:45:43
40- 4	14: Jene	Banfield	Run For Life EP	44	1:32:22
2	Davera	Magson	Nedbank RC EP	44 40	1:36:16
3	Sharon	Gouws	Nedbank RC EP	44	1:43:27
45-4	19:				
1	Grizelda	Pietersen	Malabar AC	46	1:46:57
2	Agnes	Van Iddekinge	Profiles AC	49	1:49:36
3 50- 5	Gail	Klichowicz	Achilles AAA	48	1:54:17
30-3	Christine	Claasen	Achilles AAA	50	1:35:33
2	Amanda	Shaw	Body Concept	50	1:50:51
3	Rosemary	Joubert	Crusaders AC	54	1:53:52
55-5					
1	Pat	Thomson	Temp	55	1:45:28
2	Hanlie	Van der Westhuizen	Despatch AC	59	1:46:22
3 60- 6	Amanda	Wolmarans	Walmer AC	56	1:57:48
1	Margie	Saunders	Nedbank RC EP	61	1:38:02
2	Renee	Hawkridge	Harlequin Harriers	64	1:55:54
3	Cathy	Ives	Achilles AAA	62	2:06:52
65-6					
1	Helene	Oppel	Crusaders AC	65	2:17:45
2	Christine	Fourie	Elite AC	69	2:24:02
	Jeanette	Pienaar	PEAAC	67	2:28:59
70- 7	74: Orgia	Nell	Muirite Striders	71	2:48:56
75-7	_	INCII	Mulite Striders	/ 1	2.70.30
1	Dorothy	Hart	Madibaz AC	77	3:09:41
Juni	ors:				
1	Siphokazi	Liwani	Motherwell AC	18	1:42:27
2	Simone	Theunissen	Nedbank RC EP	18	1:54:50

@ Health Winter Warmer Half Marathon & 10 km

Centurion, 16 June

(Distances: 21.1 km & 10 km; loop courses)

Note: The races started at 14:00. – Ed.

Half marathon

MEN

1 Joel Madiba (TUT) 70:58; 2 Siyavuya (ACSA) 76:09; 3 James Mothwa (Nedbank) 76:55.

Veterans: 1 Dixon Rowland (Jeppe) 83:25. **Masters:** 1 Ian Morsehead (Boksburg) 86:46. **G'masters:** 1 Johan Nel (Irene) 98:14. **G/g'masters:** 1 Albert Lumley (GRRR) 2:23:41. **Juniors:** 1 Godfrey Mhlanga (Transnet) 86:29.

WOMEN

1 Thembi Baloyi (TUT) 90:25; 2 Murendwa Davhana (TUT) 96:21; 3 Vanessa Bowman (Kempton) 98:25 (1st vet).

Veterans: 1 Vanessa Bowman (Kempton) 98:25. **Masters:** 1 Ansie Breytenbach (Irene) 1:41:20. **G'masters:** 1 Francis van Blerk (Nedbank) 1:49:27. **G/g'masters:** 1 Deirdre Larkin (Randburg) 2:38:47.

10 km

MFN

1 Paulus Radebe (ACSA) 30:17; 2 Asemahle Nkwali (Olifantsfontein) 33:52; 3 Welcome Lubisi (Transnet) 34:29 (1st jun).

Veterans: 1 Leon Baker (Midrand) 37:00. **Masters:** 1 Paul Mabena (Ford) 40:06. **G'masters:** 1 Hubrecht Ribbens (CSIR) 54:11. **G/g'masters:** 1 Ken Nurden (Agape) 54:58. **Juniors:** 1 Welcome Lubisi (Transnet) 34:29.

WOMEN

1 Emma Mathebule (Nedbank) 41:38; 2 Jacquie v.d. Waals (Irene) 41:45 (1st vet); 3 Heletje Botha (HS Eldoraigne) 43:55 (1st jun).

Veterans: 1 Jacquie v.d. Waals (Irene) 41:45. **Masters:** 1 Ina Lagerwall (Magnolia) 51:15. **G'masters:** 1 Rina Pretorius (SABS Striders) 61:19. **G/g'masters:** 1 Mary Gevers (RWFL) 91:14. **Juniors:** 1 Heletje Botha (HS Eldoraigne) 43:55.

Dave Spence Memorial 10 km (6th)

Guguletu, 16 June

(Certified flat loop course. Weather: cool, ideal conditions. Finishers: 873 [far more than double last year's 346].)

<u>Note</u>: Mthandazo Qhina repeated his win of last year, but Pamela Moyikwa could not – she was beaten by more than three minutes by Tanith Maxwell. – Ed.

MEN

- 1. Mthandazo Qhina (Ned) 30:31 (R600)
- 2. Vuyolwethu Mbukushe (Gugs) 30:34 (R400)
- 3. Anthony Timoteus (UWC) 30:59 (R250)
- 4. Nkosinathi Sotyantya (Itheko) 31:03 (R100)

Veterans: 1. Tsungai Mwanengeni (ZIM/CMC) 32:02 (R250); 2. Xolile Macanda (Gugs) 35:05 (R150); 3. Nicholas Mpontshane (Sanlam) 35:28 (R100). Masters: 1. Monde Tutani (Gugs) 36:32 (R150); 2. Julian Paul (SANDF) 39:29 (R100); 3. Stephen Parkins (Tyger) 39:34 (R50). G'masters: 1. Gemjikile Tom (Eskom) 41:51 (R100); 2. Mervin Smith (Celtic) 46:06 (R50). Juniors: 1. Anthony Smith (Celtic) 31:22 (R250); 2. Heinrich Wagner (Celtic) 31:50 (R150); 3. Bruce-Lyn Damons (Celtic) 33:07 (R100).

WOMEN (Same prize money as men)

- 1. Tanith Maxwell (Boxer) 35:45
- 2. Pamela Moyikwa (VOB) 39:05 (1st jun)
- 3. Candyce Hall (Carb) 39:44
- 4. Busisiwe Matiwane (Celtic) 40:26 (1st vet)

Veterans: 1. Busisiwe Matiwane (Celtic) 40:26; 2. Angelique Rabie (Carb) 44:22; 3. Eunice James (Gugs) 46:43. **Masters:** 1. Charmaine Cupido (Ned) 43:40; 2. Levona Paul (SANDF) 52:43; 3. Sonia Harlock (FH) 53:02. **G'masters:** 1. Helen du Plessis (Tyger) 49:49; 2. Ruth Leverton (Pine) 56:10. **Juniors:** 1. Pamela Moyikwa (VOB) 39:05; 2. Busisiwe Gwala (VOB) 41:39; 3. Siziphiwe Mbatsa (VOB) 43:33.

CROSS-COUNTRY

KZN League Meeting (5th)

Durban, 20 June

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

1. 2.	EN (10 km) Bonginkosi Zwane Ayanda Mncube Nkosikhona Mhlakwana	Phantane AC Phantane AC Durban Runner	32:35 33:12 33:15
SR. ME 1.	EN Sakhiwo Manguzela	Savages	13:28
40-44	(8 km):		
	Bheki Mgubane	FHW	31:25
	(8 km):		
	Thierry Pletinikx	Toti AC	31:24
	(8 km):	200	22.22
	Warren Thackwray	DCS	32:38
	(8 km): Vernon Anley	DHSOB	38:22
	6 km):	БПЭОБ	30.22
1.	Norman Bowker	QBH	28:18
2.	Robin Archer	QBH	29:44
3.	Les Smith	West AC	30:36
CD W	OMEN (10 km)		
	OMEN (10 km) Makhosana Mhlongo	Savages	40:50
	Khaya Mahlati	DAC	54:09
	Tariaya Flamaci	5710	31103
SR. W	OMEN		
1.	Nana Sigubudu	Fast Feet	21:23
40 44	_		
40-44 1.	: Sibongile Ziqubu	Eskom AC	18:49
45-49		LSKOIII AC	10.75
	Lise Muchna	PDAC	16:59
50-54	:		
	Kylie Griffin	West AC	17:46
55-59			
	Blanche Moila	Savages	21:24
60-69	: Judith Grove	НН	20:16
1. 70+:	Juditil Glove	1111	20.10
1.	Gill Tregenna	West AC	26:57

WP League Meeting (6th) Elfindale, Cape Town, 14 June

 $\underline{\text{Note}} \colon \mathsf{All} \ \mathsf{distances} \ \mathsf{are} \ \mathsf{4} \ \mathsf{km} \ \mathsf{except} \ \mathsf{where} \ \mathsf{indicated} \ \mathsf{otherwise.} \ \mathsf{-} \ \mathsf{Ed}.$

SR. 1 2 3 4 5 6 7 8 9	MEN (10 km) Mathandazo Vuyolwethu Danzil Victor Du-Wayne Andrew Sive Phumlani Xolisa Sityhilo	Qhina Mbukushe Paulse Msopi Philander Louw Ngubo Shabalala Batala Diko	Nedbank Gugs Easterns Nedbank UWC CPUT Nedbank UCT VOB Nedbank	31:51 32:52 33:03 33:18 33:44 33:53 34:21 34:54 35:14 35:26
SR. 1 2 3 4 5 6 7 8 9	MEN Merlon Emiele Unathi Anthony Duran Riaan Dawood Envor Gilbert André	Klaaste Paulsen Nteta Timoteus Faro Wildskut Goeiman Rhodas Mokorir Afrika	UWC UWC Atlantic UWC UWC Easterns ATC Running Easterns UWC Eerste River	12:42 12:52 12:57 13:05 13:18 13:31 13:44 13:46 13:54 14:02
1 2 3	ERAN MEN (8 kn Shawn Roger Graham TER MEN (8 km Chris Tobias Zolani	Abrahams Dickson Katzen	Celtic Harriers VOB Celtic Harriers Celtic Harriers Itheko Defence	27:06 27:08 27:34 28:52 29:22 30:02
1 2 3 G/G' 1 2 3	ASTER MEN (8 k Lawrie Les Awie MASTER MEN (8 Richard Peter Manfred	Raubenheimer Chivell Veldsman	Hilton Harriers KZN Fish Hoek Helderberg Harr Clemengold West Coast Celtic Harriers	30:49 31:11 31:41 37:43 39:29 43:44
1 2 3	(8 km) Heinrich Ashley Justin (6 km) Samuel Tashwell Thembeko	Wagner Smith Lackay Van der Merwe Damons Mendu	Celtic Harriers Celtic Harriers Bottelary AC Bellville WCSS Gugs	25:25 26:04 27:01 19:22 20:15 20:35
SR. 1 2	WOMEN (10 km Candyce Amy) Hall Abrahams	Carbineers UWC	41:51 42:49

3 4 5 6 7 8 9	Khulukazi Sheryl Angelique Nancy Melody Tyshia Nocwaka Denise	Lupondo De Lange Rabie Will Fynn Johannes Mtetho Johannes	Easterns CMC Carbineers Pinelands Wild Runner Gugs Celtic Harriers Spartan Harriers	45:07 45:21 46:57 47:49 48:29 49:52 52:31 52:32
SR. \	WOMEN			
1 2 3 4 5 6 7 8 9	Ivy Nokuthula Hanlie Tina-Mari Jade Nocwaka Tahier Melody Mandisa Mauricia	Soyiba Jordaan Meyer Bucklow Mthetho Donough Fynn Nqayi Hartnick	Nedbank UWC Edgemead Fish Hoek Celtics Ultra Athletics Wild Runner Gugs Helderberg Harr	16:32 17:08 17:41 18:39 18:51 19:31 19:52 20:25 21:38
10	Alexia	Snyders	Helderberg Harr	21:39
VETE	RAN WOMEN			
1 2 3	Busisiwe Sandra Sheryl TER WOMEN	Matiwane Van Graan De Lange	Celtic Harriers Edgemead CMC	16:35 16:46 17:19
1 2 3	Olga Elmarie Mariëtte ASTER WOMEN	Howard Coetzee Strauss	Celtic Harriers CMC Tygerberg	17:21 17:26 17:46
1 2 3	Nancy Collette Helen	Will Van Eck Du Plessis	Pinelands Fish Hoek Tygerberg	19:34 20:53 21:51
	MASTER WOME			
1 2 3	Pixie Marlene Carol (6 km)	Sparg James Gahwiler	Celtic Harriers Pinelands VOB	23:39 25:11 27:18
1 2 3	Ashleigh Busisiwe Pamela	Simonis Gwala Moyikwa	Carbineers VOB VOB	22:08 25:41 27:51
U.17 1 2 3	Hayley Assnique Anitha	Preen Robinson Nonene	Hout Bay Bellville WCSS	15:58 16:53 17:41

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

B.A.A. 10 km (5th)

Boston, USA, 21 June

(Certified flat course through Boston's Back Bay)

MEN (gun times)

1. Daniel Salel, 24, KEN	28:09 \$10,000
2. Stephen Sambu, 26, KEN	28:21 5,000
3. Leonard Korir, 28, KEN	28:26 3,000
4. Philip Langat, 25, KEN	28:27 1,500
5. Arne Gabius, 34, Stuttgart, GER	28:36 1,000

WOMEN (gun times)

- (5)	
1. Mary Wacera, 26, KEN	32:07 \$10,000
2. Edna Kiplagat, 35, KEN	32:15 5,000
3. Diane Nukuri, 30, BDI	32:23 3,000
4. Caroline Kilel, 34, KEN	32:49 1,500
5. Tomomi Tanaka, 27, Tokyo, JPN	32:56 PB 1,000
9. Jen Rhines, 40, Boston, MA	35:42 300 + 300

Hella Hamburg Halbmarathon (21st)

Hamburg, GER, 21 June

(Distance: 21.1 km; point-to-point course with minimal start/finish separation)

MEN

1. Merhawi KESETE, 1986, ERI	1:00:52 PB/CR
2. Daniel Kipkosgei YATOR, 1988, KEN	1:01:12
3. Charles CHERUIYOT, 1990, KEN	1:01:57 PB
4. Abraham YANO, 1987, KEN	1:02:19
5. Abraham KIPLIMO, 1989, UGA	1:02:27

WOMEN (gun times)

1:11:27 CR*
1:12:29
1:13:20
1:13:49
1:13:54

Mattoni Olomouc Half Marathon (6th)

(IAAF Gold Label Road Race)

Olomouc, CZE, 20 June (19:00 start time) (Distance: 21.1 km; certified loop course)

MEN (gun times)

1. Josphat Kiprop Kiptis, 1994, KEN	1:00:21 PB € 2500 + 1000i	
2. Jonathan Maiyo, 1988, KEN	1:00:32 1000 + 1000i	
3. Cosmas Jairus Kipchoge Birech,	1986, KEN 1:01:01 PB 800	
4. Felix Kandie, 1987, KEN	1:02:05 600	
5. Wilson Kipsang, 1982, KEN	1:02:09 500	

i) Earned time bonus for sub-61:00

WOMEN (gun times)

- 1. Mary Keitany, 1982, KEN 1:06:38 $CR^* \in 2500 + 1000^* + 5000i$ [15:16 / 31:11 / 47:18]
- 2. Rose Chelimo, 1989, KEN 1:08:33 1000 + 1000ii 3. Angela Jemesunde Tanui, 1992, KEN 1:08:41 PB 800 + 1000ii
- 4. Helah Kiprop, 1985, KEN 1:09:25 600
- 5. Eunich Chebichi Chumba, 1993, BRN 1:10:50 500
- 6. Lucy Karimi, 1986, KEN 1:11:33 400 7. Atsedu Habtamu, 1987, ETH 1:11:47 200 8. Viola Jelagat, 1992, KEN 1:12:35 100
- 9. Yuka Takamoto[^], 1986, JPN 1:13:34
- *) Course record bonus
- i) Earned time bonus for winning time sub-69:00
- ii) Earned time bonus for sub-70:00 (a maximum of 3 athletes could earn time bonuses)

Shelter Island 10 km (36th)

Shelter Island, USA, 20 June (Standard, certified course)

MEN (gun times)

- 1. Eliud Ngetich, 21 New York, NY (KEN) 28:54 PB \$1000^
- 2. Diriba Degefa Yigezu, 27 New York, NY (ETH) 29:45 500
- 3. Ayele Megersa Feisa, 27 New York, NY (ETH) 29:53 300
- 4. Meb Keflezighi, 40 San Diego, CA 30:00 MR* 200 + 300^ + 300b + 250u
- ^) Also earned two travel certificates good for domestic travel on JetBlue Airways
- *) Masters course record
- b) Earned bonus for setting masters course record
- u) Earned US Citizen prize money

WOMEN (gun times)

- 1. Elfenesh Melaku, 29 Silver Spring, MD (ETH) 34:06 \$1000^
- 2. Katie DiCamillo, 27 Providence, RI 34:11 500 + 250u
- 3. Valentine Kibet, 25 Lansing, MI (KEN) 34:22 300
- ^) Also earned two travel certificates good for domestic travel on JetBlue Airways
- u) Earned US Citizen prize money

St. Bavoloop (28th)

Rijsberg, NED, 20 June (Distance: 10 km)

MEN

1. Folavio Sehole, 1990, RSA, 30:14; 2. Kjell de Hondt, 1988, BEL, 30:15; 3. Regis Thonon, 1987, BEL, 30:20.

WOMEN

1. Veerle Dejaeghere, 1973, BEL, 33:48.

TRACK

Internationale Bottrop Gala (9th)

Bottrop, GER, 21 June

MEN

5000:

- 1. Abrar Osman, 1994, ERI, 13:14,00
- 2. Alfred Ngeno, 1997, KEN, 13:22,04
- 3. Birhanu Legese, 1994, ETH, 13:23,26
- ... 6. Elroy Gelant, 1986, RSA, 13:54,48

New Balance Nationals Outdoor 2015

(USA Outdoor High School National Championships) Greensboro, USA, 19-21 June

<u>Note</u>: Precocious senior Ryen Frazier from Raleigh, N.C., joined her sister Wesley as the only female preps ever to win the distance triple at this meeting, claiming wins in the mile, 2 mile, and 5000. Frazier will attend North Carolina State University next fall. – Ed.

GIRLS

Mile:

Championship Sections (21):

Heat 2 -

- 1. Ryen Frazier, Una-Nc-Raleigh-White 4:45.23
- 2. Allie Schadler, Rio Rico Tc-Az 4:49.37
- 3. Briana Gess, Haddonfield Tc-Nj 4:51.44

2 Mile:

Championship Sections (20):

Heat 2 -

- 1. Ryen Frazier, Una-Nc-Raleigh-White 10:07.16 PB
- 2. Libby Davidson, Una-Va-Lynchburg 10:24.67
- Rachel DaDamio, Una-Mi-Bloomfield 10:24.72

5000 (19):

Note: Ryen Frazier's bid for the distance triple was almost denied before it even began. Due to a major storm passing through the Greensboro area that dropped more than three inches of rain, the meet was delayed three hours on Friday, reports *Race Results Weekly*. Instead of waiting at the track, Frazier sat at home, planning to leave for the track when the meet resumed (there were still many events to go until the 5000). When Frazier did arrive at the track, she was alerted via text message that the 5000 heats were going to be combined, and that she was needed at check in immediately. Warming up for only two minutes, Frazier took to the track and still ran away with the title, finishing 17 seconds up on Massachusetts' Erin Dietz. – Ed.

- 1. Rven Frazier, Una-Nc-Raleigh-White 16:20.72 PB
- 2. Erin Dietz, Emerging Elites-MA 16:38.17 PB
- 3. Libby Davidson, Una-Va-Lynchburg- 16:50.89 PB

Meeting International Villa de Bilbao (15th)

Bilbao, ESP, 20 June

MEN

800:

Race A -

- 1. Nader Belhanbel, 1994, MAR 1:45.83
- 2. Ryhardt van Rensburg, RSA 1:46.78
- 3. Andy González, CUB 1:47.29

Race B -

- 1. Alvaro De Arriba, ESP 1:47.49
- 2. Lucirio Garrido, VEN 1:48.18
- 3. Antonio Manuel Reina, ESP 1:48.46
- 4. Hannes Naude, RSA 1:48.64

1500:

- 1. Amine Laalou, MAR 3:38.08
- 2. Abdi Waiss Mouhyadin, DJI 3:38.46 PB
- 3. Abderrahmane Anou, ALG 3:38.97
- ... 5. Dumisani Hlaselo, RSA 3:40.44

WOMEN

800:

- 1. Rose Mary Almanza, CUB 2:00.49
- 2. Sahhily Diago, CUB 2:01.26
- 3. Lidiya Melese, ETH 2:03.78
- ... 9. Anuschka Nice, RSA 2:08.42

Ethiopian 10000 m Trials for IAAF World Championships

Hengelo, NED, 17 June

<u>Note</u>: Very fast times here in both races to select the Ethiopian 10000-metre team for the World Championships. – Ed.

MEN

- 1. Muktar Edris, ETH, 14 Jan 94, 27:17.18 PB
- 2. Imane Merga, ETH, 15 Oct 88, 27:17.63
- 3. Mosinet Geremew, ETH, 12 Feb 92, 27:18.86 PB
- 4. Adugna Tekele, ETH, 26 Feb 89, 27:19.34 PB
- 5. Tebalu Zawude, ETH, 2 Nov 87, 27:20.54 PB
- 6. Tamirat Tola, ETH, 11 Aug 91, 27:22.64 PB
- 7. Leul Gebrselassie, ETH, 20 Sep 93, 27:22.89 PB
- 8. Azmeraw Mengistu, ETH, 15 Sep 92, 27:33.82 PB
- 9. Yitayal Atnafu, ETH, 20 Jan 93, 27:50.70 PB
- 10. Yigrem Demelash, ETH, 28 Jan 94, 28:18.03

Tariku Bekele, ETH, 21 Jan 87, DNF

Ibrahim Jeilan, ETH, 12 Jun 89, DNF

WOMEN

- 1. Gelete Burka, ETH, 15 Feb 86, 30:49.68 WL/PB
- 2. Alemitu Haroye, ETH, 9 May 95, 30:50.83 PB
- 3. Belaynesh Oljira, ETH, 26 Jun 90, 30:53.69
- 4. Mamitu Daska, ETH, 16 Oct 83, 30:55.56 PB
- 5. Ayalew Wude, ETH, 4 Jul 87, 30:58.03
- 6. Netsanet Gudeta, ETH, 12 Feb 91, 31:06.53 PB

- 7. Genet Ayalew, ETH, 31 Dec 92, 31:08.82 PB
- 8. Yeshaneh Ababel, ETH, 10 Jun 90, 31:23.60
- 9. Sule Utura, ETH, 8 Feb 90, 31:57.85 Meselech Melkamu, ETH, 27 Apr 85, DNF

STATS TIME

This week we include a list of the top ten SA women in the half marathon for 2015. 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.

2015 HALF MARATHON: TOP 10 WOMEN

1:14:48	Irvette van Zyl	1	Benoni	25 Jan
1:14:51	Lebogang Phalula	1	Cape Town	04 Apr
1:15:11	Mapaseka Makhanya	2	Cape Town	04 Apr
1:15:17	René Kalmer	14	Lisbon	22 Mar
1:15:31	Cornelia Joubert	1	Benoni	26 Apr
1:15:34	Lebo Phalula	3	Cape Town	04 Apr
1:15:49	Jenna Challenor	5	Cape Town	04 Apr
1:17:03	Louisa Leballo	1	Polokwane	16 May
1:17:12	Zintle Xiniwe	7	Cape Town	04 Apr
1:17:18	Nolene Conrad	8	Cape Town	04 Apr

THIS MONTH IN HISTORY

48 years ago: 27 June 1967

Ron Clarke, who passed away last week (see Obituary elsewhere in this issue) set 17 official world records, all of them – except two – over the longer distances. These two were over 2 miles, and on this day he achieved the first when he ran 8:19.8 in Västerås, Sweden, at an international meeting in the Arosvallen Stadium. The pacemaker lasted only two laps, after which Clarke took over and churned out laps between 61.8 and 62.5; his mile splits were 4:11.5 and 4:08.3. The Aussie won by more than 36 seconds and bettered Michel Jazy's record by 2.8 sec. A year later he brought the record down slightly to 8:19.6.

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.

ΜI	ΞN
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<u>Open</u>				
10 km	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
	26:44	Leonard Patrick Komor	n (KEN) 2010	
4.	44:12	Lusapho April	Port Elizabeth	28 Feb
	43:48a	Silas Kiprono (KEN)		
	41:13	Leonard Patrick Komor	n (KEN) 2010	
21.1 km	64:04	Stephen Mokoka	Cape Town	04 Apr
	61:21A	Lusapho April	New York	15 Mar

	59:20	Stanley Biwott (KEN)		
	58:23	Zersenay Tadese (ERI)	2010	
25 km	82:32	Nkosihona Mhlakwana	Durban	08 Mar
	80:54A	Sipho Mbanjuli	Pinetown	25 Jan
	72:31	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH	H) 2009	
Marathon	2:15:17	Desmond Mokgobu	Santiago	12 Apr
	2:04:42	Eliud Kipchoge (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2	2013	
100 km				
	6:13:33	Takahiro Sunada (JPN)	1998	

**) The ARRS does not recognise records set at intermediate points in a longer race.

1 ine ARRS does not recognise records set at intermediate points in a longer race.				
<u>Veterans</u> (40+)			
10 km	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2		
15 km	49:30	Simon Mpholo	Kempton Park	28 Jan
21.1 km	44:14 69:39	Pierre Levisse (FRA) 19 Johannes Kekana	992 Polokwane	16 May
21.1 KIII	62:28	John Campbell (NZL) 1		,
25 km	1:23:50	Shadrack Hoff	Pretoria	09 May
	76:49	Martin Mondragon (ME)		,
30 km	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	1:35:28	Geraldo Antonio da Silv	/a (BRA) 2002	
Marathon	2:24:58	Charles Tjiane	Benoni	25 Jan
1001	2:08:46	Andres Espinosa (MEX)	2003	
100 km	6:18:24	Maria Ardamagni (ITA)	2004	
	0.10.24	Mario Ardemagni (ITA)	2004	
Masters (50+)				
10 km	33:25	Eric Coetzee	Bellville	28 Mar
	30:35	Tecwyn Davies (GBR) 1	1988	
15 km	52:07	Eric Coetzee	Eersterivier	20 Jun
04.4.1	47:52	Titus Mamabolo (RSA)		10.4
21.1 km	76:21	Eric Coetzee	Gordon's Bay	18 Apr
25 km	66:42 1:43:01	Martin Rees (GBR) 200 Peter Sehloho	Durban	08 Mar
25 KIII	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				
Cua in disa a at a ua	(60+)			
Grandmasters 10 km		Muhammad Krial	Dallyilla	20 Man
15 km	37:40 60:04	Muhammad Kriel Muhammad Kriel	Bellville Ravensmead	28 Mar 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				
<u>Juniors</u> 10 km	31:03 27:52	McMarshal Hartzenberg Richard Chelimo (KEN)		28 Mar
15 km	48:11 42:25	Andile Motwana Moses Mosop (KEN) 20	Despatch	07 Mar
21.1 km	70:54 59:16	Andile Motwana Samuel Wanjiru (KEN)	Port Alfred	26 Apr
WOMEN Open				
10 km	32:54 34:03A 30:56 30:21	Mapaseka Makhanya Lebo Phalula Gladys Cherono (KEN) Paula Radcliffe (GBR) 2	Cape Town Paulpietersburg	29 Mar 15 Feb
15 km	54:14 46:14 46:28	Tanith Maxwell Florence Kiplagat (KEN Tirunesh Dibaba (ETH)	Eersterivier) 2009	20 Jun
21.1 km	46:14p 74:48 65:09 65:12	Florence Kiplagat (KEN Irvette van Zyl Florence Kiplagat (KEN Florence Kiplagat (KEN	Benoni)) 2014	25 Jan
25 km	65:09p 1:36:08 1:21:55 79:53	Florence Kiplagat (KEN Jenna Challenor Sutume Asefa Kebede (Mary Keitany (KEN) 20	Durban (ETH)	08 Mar
30 km	1:56:32 1:45:00 1:38:49	Tanith Maxwell Saori Noda (JPN) Mizuki Noguchi (JPN) 2	Camps Bay	04 Jan
Marathon	2:31:02 2:19:52 2:15:25	Mapaseka Makhanya Mare Dibaba Hurssa (E Paula Radcliffe (GBR) 2	Hannover TH)	19 Apr
100 km	6:33:11	Tomoe Abe (JPN) 2000		
Veterans (40+	·)			
10 km	37:43 32:14	Prudence Zwane Priscilla Welch (GBR) 1		28 Feb
15 km	60:15 60:15 60:02A 49:35	Sandra van Graan Sandra van Graan Ulrica Stander Priscilla Welch (GBR) 1	Camps Bay	14 Mar 20 Jun 04 Jan
21.1 km	84:01 69:56	Prudence Zwane Irina Permitina (RUS) 2	Pretoria	21 Feb
25 km	1:49:37 1:42:12A 82:13	Heather Walden Suzette Botha Mizuki Noguchi (JPN) 2	Pretoria Pinetown	09 May 25 Jan
30 km	2:11:00 1:51:37	Adele Waldron Mieke Pullen (NED) 200	Camps Bay	04 Jan
Marathon	2:53:38 3:02:08A 2:26:51		London Simon's Town	26 Apr 15 Feb
100 km	7:00:27	Normi Sakurai (JPN) 20	007	

Masters (50+)				
10 km	39:23	Judy Bird	Durban	07 Jun
	34:44	Tatyana Pozdniakova (UKR) 2005	
15 km	61:03	Elmarie Coetzee	Ravensmead	14 Mar
	54:33	Shirley Matson (USA)		
21.1 km	90:10	Jane Mudau	Polokwane	16 May
	76:07	Tatyana Pozdniakova (•	
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
100 km	2:31:05	Tatyana Pozdniakova (UKK) 2005	
100 km				
Grandmasters	(60+)			
10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
15 km	64:00	Nancy Will	Eersterivier	20 Jun
21.1 km	1:38:02	Margie Saunders	Port Elizabeth	20 Jun
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
1001	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
10 km	34:52	Nicole van der Merwe	Durban	07 Jun
	31:42	Zola Pieterse (RSA) 19	84	
15 km	58:12	Ashleigh Simonis	Eersterivier	20 Jun
	49:40	Ines Chenonge (KEN)	2001	
21.1 km	84:17	Nonhlanhla Dlamini	Cape Town	04 Apr
	1:09:05	Delilah Asiago (KEN) 1	991	

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