

# 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

Mthandazo Qhina repeated his victory of last year in this weekend's 35<sup>th</sup> Kwikspar Spookhill 15 km in Somerset West, but ran more than a minute faster than last year. The Nedbank athlete has now won his last nine races, including two cross-country events; his last loss was in the Two Oceans Marathon over Easter, where he placed fourth.

In Durban Louisa Leballo won big prize money in the Archie Gumede Memorial Half Marathon; her 1:18:23 netted her R10 000.

At the US Track & Field Championships Galen Rupp won his seventh consecutive 10000-metre title, while in the women's 800 Alysia Montano took her sixth outdoor win, less than a year after giving birth to a baby girl. Montano is now equal with Madeline Manning on the number of titles won over two laps. Ajee' Wilson, the heavy favourite, wound up finishing with one shoe, as she was caught up when Maggie Vessey fell with about 200 to go. Wilson just barely made the team for the World Championships.

At the junior champions, held at the same time, recent sub-4 minute miler Matthew Maton elected to run the 5000 m and won with a PB 14:47.10.

With the late publication of *Race Results Weekly* this week, we will catch up with the main road running results, as well as complete results of the US Junior Championships, next week.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Archie Gumede Memorial Half Marathon, Durban
- \* Kwikspar Spookhill 15 km, Somerset West
- \* Run/Walk for Bibles Half Marathon & 10 km, Centurion



Matthew Maton, grandson of South African distance star Deon Dekkers and the new US junior champion over 5000 m. [Chris Lotsbom/*Race Results Weekly*]

**International highlights:**

USA Outdoor Track & Field Championships & USA Junior Championships, Eugene, USA

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**ROAD RUNNING****Archie Gumede Memorial Half Marathon**

Durban, 28 June

(Distance: 21.1 km; point-to-point course)

Note: Big prize money in this race, going down to fifth place in the open category (R1000 for fourth and R500 for fifth), but only one prize for the grandmasters. – Ed.

**MEN**

1. Tsepo Ramonene (LES/Phantane) 1:06:56 (R10 000), 2. Thabo Nhaloe (Ind) 1:07:06 (R6000), 3. Siyabonga Nkonde (Boxer) 1:07:16 (R4000).

**40-49:** 1. Shingirai Badza (ZIM/Maxed Elite) 1:16:44 (R2000), 2. Bheki Ngubane (Fieldshill Water) 1:20:25 (R1000), 3. Nicholas Mjadu (Maxed Elite) 1:21:17 (R500). **50-59:** 1. Sipho Majombozi (Boxer) 1:26:04 (R2000), 2. Mandla Dlamuka (Boxer) 1:30:02 (R1000), 3. Bhekithemba Sibisi (Forest Hill) 1:30:26 (R500). **60+:** 1. Michael Langa (Athletics North) 1:40:12 (R2000), 2. Samson Dladla (Ubunye) 1:59:46, 3. Julius Simbine (Stella) 2:07:21. **Juniors:** 1. Mubhasobhi Gumede (Inanda Qadi) 1:16:28 (R2000), 2. Sinovuyo Nkasa (Wild Coast) 1:16:52 (R1000), 3. Siyabonga Malunga (Inanda Qadi) 1:19:49 (R500).

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

1. Louisa Leballo (Transnet Engineering) 1:18:23, 2. Lineo Chaka (LES/Nedbank) 1:19:01, 3. Makhosi Mhlongo (Savages) 1:24:13.

**40-49:** 1. Phanikazi Mooki (Transnet) 1:38:36, 2. Sibongile Ziqubu (Eskom) 1:41:57, 3. Tholakele Ngcobo (Eskom) 1:57:47. **50-59:** 1. Janine Engels (Westville) 1:46:50, 2. Mamaekele Masiu (Phantane) 1:51:30, 3. Xolisile Mwelase (Phuma) 1:52:45. **60+:** 1. Philisiwe Made (SAPS Ingwenya) 2:29:28. **Juniors:** 1. Thobile Khomo (Inanda Qadi) 1:49:29, 2. Londiwe Mtezame (Inanda Qadi) 1:50:26.

**Kwikspar Spookhill 15 km (35th)**

Somerset West, 27 June

(Certified loop course, very hilly. Weather: cold, clear, no wind. Finishers: 1060 [slightly down from 1071 last year].)

**MEN**

1. Mthandazo Qhina (Nedbank) 48:46 (R750); 2. Lungile Gongqa (Nedbank) 48:55 (R500); 3. Unathi Nteta (Atlantic) 49:38 (R300); 4. Vuyolwethu Mbukushe (Gugs) 49:58; 5. Sibusiso Madikizela (Itheke) 50:09; 6. Nkosinathi Sotyantya (Itheke) 50:45; 7. Sive Ngubo (Nedbank) 52:22; 8. Mpendulo Sigwadi (Gugs) 52:46; 9. Hein Campher (Temp) 52:48; 10. Vakalisa Kopolo (Khayelitsha) 53:28; 11. Sityhilo Diko (Nedbank) 53:49; 12. Wanda Roro (Itheke) 54:04; 13. Raydon Balie (Wild Runner) 54:24; 14. Vuyani Sixaso (Wild Runner) 54:51 (1<sup>st</sup> vet); 15. Luyanda Mapoyi (Wild Runner) 55:01.

**Veterans:** 1. Vuyani Sixaso (Wild Runner) 54:51 (R350); 2. Xolile Macanda (Gugs) 56:30 (R200); 3. Tholang Moloi (SANDF) 1:00:11 (R150). **Masters:** 1. Elliott Mhlaba (Strand) 1:02:00 (R300); 2. Shafiek Cassiem (Itheke) 1:02:37 (R150); 3. Eric Mlonyeni (Strand) 1:03:35 (R100). **G'masters:** 1. Robbie Lindsay (Nedbank) 1:06:26 (R250); 2. Stephen Granger (VOB) 1:08:58 (R150); 3. Gemjikile Tom (Eskom) 1:10:07 (R100). **Juniors:** 1. Thembeke Mendu (Gugs) 56:38 (R250); 2. Thabo Koti (Strand) 1:00:05 (R150); 3. Asemahle Kwatsha (Celtics) 1:00:15 (R100).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Itheko) 1:04:08; 2. Candyce Hall (Carbineers) 1:04:40; 3. Busisiwe Matiwane (Celtics) 1:05:30 (1<sup>st</sup> vet); 4. Sheryl de Lange (CMC) 1:06:12; 5. Ivy Nokuthula (Nedbank) 1:08:43; 6. Cleo Albertus (Carbineers) 1:09:05; 7. Jessica Stevens (Strand) 1:09:58; 8. Ester Brink (Strand) 1:10:13; 9. Elizabeth Brink (D'ville) 1:11:25; 10. Heidi Viljoen (Temp) 1:11:57.

**Veterans:** 1. Busisiwe Matiwane (Celtics) 1:05:30; 2. Sheryl de Lange (CMC) 1:06:12; 3. Ester Brink (Strand) 1:10:13. **Masters:** 1. Cheryl Rudolph (Easterns) 1:13:06; 2. Charmaine Cupido (Nedbank) 1:14:19; 3. Anne Pool (Strand) 1:19:13. **G'masters:** 1. Nancy Will (Pine) 1:17:57; 2. Helen du Plessis (Tygerberg) 1:20:57; 3. Ruth Leverton (Pine) 1:32:31. **Juniors:** 1. Luisa Orth (Sanlam) 1:17:06; 2. Tshebeleso Taetso (Brack) 1:17:07; 3. Mia Doyle (Temp) 1:21:13.

### Run/Walk for Bibles Half Marathon & 10 km

Centurion, 27 June

(Distances: 21.1 km & 10 km. Weather: cold and cloudy.)

#### Half marathon

##### MEN

1 Joel Madiba (TUT) 71:29; 2 Martin Nkoe (TUT) 73:25; 3 John Thipe (Nkangala) 73:38.

**Veterans:** 1 Peter Medupe (Nedbank) 75:47. **Masters:** 1 Ralph Mashabela (Cool Running) 97:59. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 91:57. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 2:03:25.

##### WOMEN

1 Andrea Steyn (TBC) 86:30; 2 Thabile Mkhonza (SAPS Academy) 1:42:13; 3 Karin Hillhouse (Runavation) 1:43:05.

**Veterans:** 1 Karin Hillhouse (Runavation) 1:43:05. **Masters:** 1 Ansie Breytenbach (Irene) 1:43:27. **G'masters:** 1 Francis van Blerk (Nedbank) 1:50:49. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 2:08:22.

#### 10 km

##### MEN

1 Anthony Timoteus (UWC) 32:59; 2 Jonathan Bredenkamp (Tuks) 34:00; 3 Walter Mzinzama (Temp) 35:33.

**Veterans:** 1 Demetri Jansen (OMMC) 36:35. **Masters:** 1 Joseph Moloto (PMMC) 41:03. **G'masters:** 1 Pieter Rossouw (Enduro) 53:52. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 55:13. **80+:** Ken Nurden (Agape) 55:08. **Juniors:** 1 Tomrin Vlok (H/S Zwartkops) 38:11.

##### WOMEN

1 Thembi Baloyi (TUT) 40:34; 2 Murendwa Dawana (TUT) 40:50; 3 Jacquie v.d. Waals (Irene) 41:13 (1<sup>st</sup> vet).

**Veterans:** 1 Jacquie v.d. Waals (Irene) 41:13. **Masters:** 1 Linda v.d. Gryp (Krugersdorp) 47:54. **G'masters:** 1 Mariet Louw (Irene) 70:39. **G/g'masters:** 1 Mavis Stadler (Agape) 66:48. **80+:** Deirdre Larkin (Randburg) 63:03. **Juniors:** 1 Monique Geel (Tuks) 44:19.

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## 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.

## TRACK

### USA Outdoor Track & Field Championships

Eugene, USA, 25-28 June

#### MEN

##### 800 (28):

1. Nick Symmonds, BROOKS Beasts 1:44.53  
[25.22 / 51.27 / 1:17.50]
2. Erik Sowinski, NIKE 1:44.84
3. Cas Loxsom, Brooks 1:45.35
4. Clayton Murphy, Akron 1:45.59 PB
5. Ryan Martin, ASICS 1:46.04
6. Shaquille Walker, BYU 1:46.60
7. Mike Rutt, Hoka One One/ NJ/NY TC 1:48.75
8. Duane Solomon, Saucony 3:08.74  
[24.01 / 49.76 / 1:16.34]

##### 1500 (27):

1. Matthew Centrowitz, Nike Oregon Proj. 3:37.25 (52.03 last 400)
2. Robby Andrews, adidas 3:38.75 (52.13)
3. Leo Manzano, Hoka One One 3:38.76 (53.31)
4. Ben Blankenship, Nike Oregon TC Elite 3:38.78
5. Andrew Wheating, Nike Oregon TC Elite 3:39.47
6. Kyle Merber, Hoka One One/ NJ/NY TC 3:39.62
7. Daniel Winn, Oregon 3:39.99
8. Will Geoghegan, NIKE 3:40.05 PB
9. Colby Alexander, Oregon 3:40.62
10. Jordan McNamara, Nike Oregon TC Elite 3:42.69

##### 5000 (27):

1. Ryan Hill, Nike Bowerman Track Club 13:50.69 (54.59 last 400)
2. Ben True, Saucony 13:51.09 (54.50)
3. Galen Rupp, Nike Oregon Project 13:51.54 (55.65)
4. Garrett Heath, Brooks 13:51.61 (54.81)
5. David Torrence, Hoka One One 13:52.24
6. Lopez Lomong, Nike Bowerman TC 13:53.64
7. Eric Jenkins, NIKE 13:56.16
8. Jeff See, Furman Elite 13:56.27
9. Riley Masters, Brooks 13:58.23
10. Bernard Lagat, NIKE 13:59.48

##### 10000 (25):

1. Galen Rupp, Nike Oregon Project 28:11.61 (60.50 last 400)
2. Ben True, Saucony 28:14.26
3. Hassan Mead, Nike Oregon TC Elite 28:16.54
4. Shadrack Kipchirchir, U.S. Army 28:19.40 (59.21)
5. Ryan Vail, Brooks 28:22.21
6. Aron Rono, U.S. Army 28:24.73
7. Chris Derrick, Nike/Bowerman TC 28:31.75
8. Diego Estrada, ASICS 28:36.06
9. Aaron Braun, adidas 28:38.86

10. Brian Shrader, Saucony 28:40.12

3000 s/chase (28):

1. Evan Jager, Nike Bowerman Track Club 8:12.29 CR (4th straight national title)
2. Donn Cabral, NIKE 8:13.37 PB
3. Daniel Huling, NIKE Bowerman TC 8:14.11
4. Andy Bayer, Nike Bowerman Track Club 8:21.44 PB
5. Stanley Kebenei, NIKE 8:26.79 [Fell on last lap]
6. Cory Leslie, NIKE 8:28.08
7. Tabor Stevens, ASICS 8:30.18
8. Donnie Cowart, Saucony 8:31.57
9. Craig Forys, New York Athletic Club 8:34.40
10. Darren Fahy, Georgetown 8:35.25 PB

WOMEN -

800 (28):

1. Alysia Montano, ASICS/NYAC 1:59.15
2. Brenda Martinez, New Balance 1:59.71
3. Ajee' Wilson, adidas 2:00.05
4. Molly Ludlow, Saucony 2:00.09
5. Chanelle Price, NIKE 2:00.16
6. Phoebe Wright, NIKE 2:01.12
7. Dana Mecke, Unattached 2:01.24
8. Maggie Vessey, Unattached 3:14.92

1500 (28):

Final (28) -

1. Jenny Simpson, New Balance 4:14.86
2. Shannon Rowbury, Nike Oregon Project 4:14.99
3. Kerri Gallagher, Oiselle/NYAC 4:15.81
4. Lauren Johnson, Nike Oregon TC ELite 4:16.08
5. Rachel Schneider, Under Armour 4:16.09
6. Treniere Moser, Nike Oregon Project 4:16.18
7. Heather Kampf, ASICS/Team USA Minn. 4:16.25
8. Mary Cain, Nike Oregon Project 4:16.77
9. Sarah Brown, New Balance 4:17.01
10. Shelby Houlihan, Nike Bowerman TC 4:17.15

Prelims (26):

Heat 1 -

1. Shannon Rowbury, Nike Oregon Project 4:18.89Q
2. Mary Cain, Nike Oregon Project 4:19.26Q
3. Shelby Houlihan, Arizona State 4:19.51Q
- ... 7. Morgan Uceny, adidas 4:21.20

Heat 3 -

1. Lauren Johnson, Nike Oregon TC Elite 4:13.68Q
2. Gabriele Grunewald, Brooks/TeamUSA MN 4:13.79Q
3. Sarah Brown, New Balance 4:14.52Q
4. Alexa Efraimson, NIKE 4:15.21

5000 (28):

1. Nicole Tully, Hoka One One/NYAC 15:06.44 (64.39 last 400)
2. Marielle Hall, NIKE 15:06.45 PB (64.37)
3. Abbey D'Agostino, New Balance 15:06.59 PB (64.68)
4. Emily Infeld, Nike Bowerman TC 15:07.18 PB (64.94)
5. Shalane Flanagan, Nike Bowerman TC 15:10.02 (67.92)

6. Katie Mackey, Brooks 15:16.96
7. Kellyn Taylor, Hoka One One/N. AZ El 15:32.04 PB
8. Desiree Linden, Hansons-Brooks DP 15:37.50
9. Brie Felnagle, adidas 15:45.35
10. Amanda Mergaert, Brooks Beasts 15:46.32
- ... 18. Kara Goucher, Oiselle 16:05.35

10000 (25):

1. Molly Huddle, Saucony 31:39.20 (65.56 last 400)
2. Shalane Flanagan, Nike/Bowerman TC 31:42.29
3. Emily Infeld, Nike/Bowerman TC 31:42.60
4. Amy Cragg, Brooks 32:03.95
5. Emily Sisson, New Balance 32:28.73 [Professional Debut]
6. Desiree Linden, Hansons-Brooks DP 32:53.50
7. Liz Costello, New Balance 33:06.66
8. Mattie Suver, ASICS 33:11.43
9. Alexi Pappas, Nike/Nike OTCE 33:14.24
10. Alia Gray, Brooks 33:36.51
11. Emma Bates, Boise St. 34:02.65
12. Sara Hall, ASICS 34:03.25

3000 s/chase (27):

Final (27) -

1. Emma Coburn, New Balance 9:15.59 MR
2. Stephanie Garcia, New Balance 9:23.48 PB
3. Colleen Quigley, Nike Bowerman TC 9:24.92 PB
4. Leah O'Connor, adidas 9:31.03 PB
5. Ashley Higginson, Saucony 9:35.55
6. Shalaya Kipp, Oiselle 9:37.09
7. Courtney Frerichs, UMKC 9:46.24
8. Bridget Franek, Team Run Eugene 9:47.81
9. Rachel Johnson, Baylor 9:53.34
10. Sarah Pease, Adidas/Rogue 9:54.07
11. Nicole Bush, New Balance 9:54.51

## USA Junior Championships

Eugene, USA, 25-27 June

MEN

5000 (26):

1. Matthew Maton, Unattached 14:47.10 PB (60.92 last 400)
2. Cerake Geberkidane, Oklahoma State 14:52.87 PB
3. Albert Meier, Unattached 14:55.47

## NEWS

### IAAF RATIFIES KIPLAGAT'S WORLD RECORDS

The IAAF announced last week that the following world records had been ratified. They were all set by Florence Kiplagat at the Barcelona Half Marathon last February where event organisers certified the 15 km, 20 km and finish marks, and had officials/electronic timing at each point. These are mixed-gender records:

15 km: 46:14+ Florence Jebet Kiplagat (KEN), Barcelona, ESP, 15 Feb 15  
(Previous: 46:28 Tirunesh Dibaba (ETH), Nijmegen, NED, 15 Nov 09)

20 km: 1:01:54+ Florence Jebet Kiplagat (KEN), Barcelona, ESP, 15 Feb 15  
(Previous: 1:01:56 Florence Jebet Kiplagat (KEN), Barcelona, ESP, 16 Feb 14)

Half Marathon: 1:05:09 Florence Jebet Kiplagat (KEN), Barcelona, ESP, 15 Feb 15  
(Previous: 1:05:12 Florence Jebet Kiplagat (KEN), Barcelona, ESP, 16 Feb 14)

+En route mark

## BACKGROUND

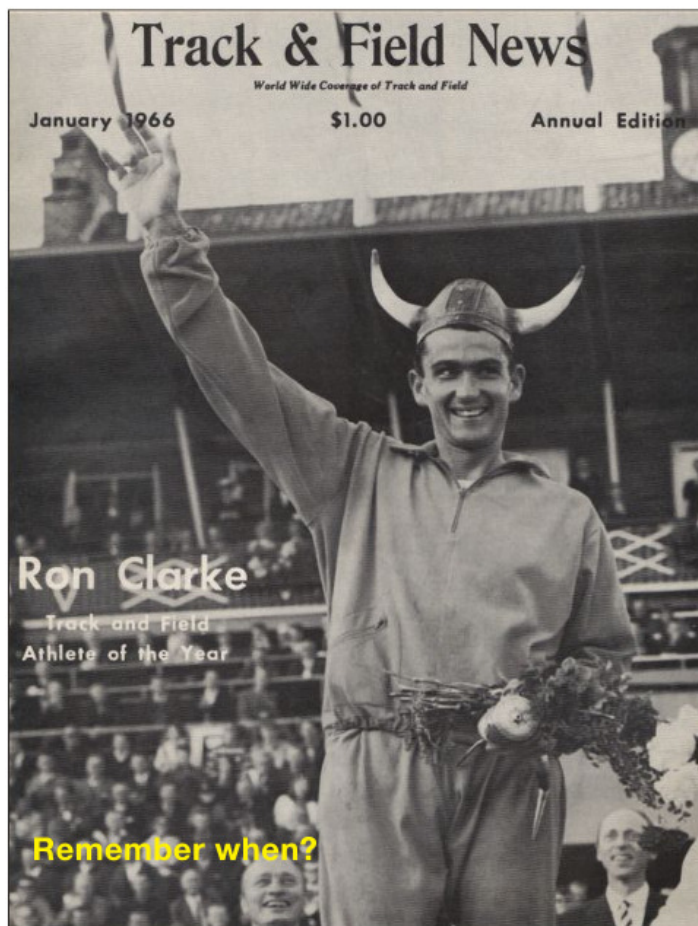
DRR published an extensive obituary of Ron Clarke last week. This appreciation by Mel Watman, one of the world's most eminent athletics writers, makes such good reading that it is included here. It appeared in *Athletics International*. What was not mentioned last week was that Clarke's 36.2-second improvement on the world record for 10000 m in 1965 remains the biggest in the history of the sport – better than anything Nurmi, Zatopek or Gebrselassie could achieve. Also, in his magnificent year of 1965 he competed in 66 races (from 2 January to 27 December) and lost 15 times.

### RON CLARKE: AN APPRECIATION

Journalists are supposed to be impartial observers but I have to admit having "favourites", athletes whose exploits and demeanour have made me particularly appreciative of their achievements and personal qualities. Emil Zátopek is one example. Another is Ron Clarke.

You look in vain for Ron's name in the roll of Olympic champions, but he made a greater contribution to the development of distance running than almost anybody. As at November 1963 the best times ever recorded for 5000 m and 10000 m were 13:35.0 and 28:18.2, yet Ron – an exuberant front runner – went on to produce times of 13:16.6 and 27:39.4. Only Paavo Nurmi previously held the world records for 3 miles, 5000 m, 6 miles, 10000 m, 10 miles, 20000 m and one hour, but even he did not hold the complete set simultaneously as did Ron, who later set new figures also for 2 miles.

I was privileged to report on many of Ron's races. Some were triumphant affairs like his barrier-breaking 3 miles at the 1965 AAA Championships when I could hardly believe what my stopwatch was telling me; others were acutely disappointing as when he was sensationally beaten in the 1964 Olympic 10000 m in Tokyo. Worst of all was his experience at the Mexico City Olympics four years later when he almost literally ran



Ron Clarke when he was the *Track & Field News* Athlete of the Year for his magic year of 1965. [*Track & Field News*]



his heart out, having no chance of success at high altitude. All these years later I still seethe at the folly of staging Olympic endurance events at such a venue.

*The following piece is an excerpt from Watman's report in Athletics Weekly of Clarke's barrier-breaking 1965 AAA Championships 3 miles.*

"The only time I really felt all right was two yards past the tape! I was very tired indeed, as tired as I've ever been in my life." So spoke Ron Clarke a few minutes after his stupendous new record. It was a relief to hear this, for it proved that Clarke **is** just flesh and blood like the rest of us and not an indefatigable running machine. One had one's doubts as he reeled off lap after lap at unheard of speeds – head and trunk erect, arms held low and relaxed, his magnificently fluent stride never faltering.

Clarke's achievement in covering 3 miles in 12:52.4 is, I submit, the most prodigious in the long history of track running. It is his third improvement on the world record at the distance, having previously clocked 13:07.6 on 3 December 1964 and 13:00.4 on 4 June 1965. Thus, in the brief span of seven months, he has cut no less than 17.6 seconds – practically one and a half seconds per lap – from Murray Halberg's 1961 figures of 13:10.0.

The background to Clarke's run makes it all the more fantastic. Since the end of May, the 28-year-old company secretary from Melbourne has been racing his way around the world. Competing on average once every three days, he has graced the tracks of Hawaii, California, Canada, Finland, France, Sweden and Norway; setting records galore and losing occasionally despite such sensational times as 8:24.8 for 2 miles and 13:29.0 for 5000 m.

Seven weeks of globe-trotting, covering 20 000 miles by air, averaging 5-6 hours sleep a night, racing hard two or three times a week, training with fearful intensity every day – Clarke should have been physically and mentally exhausted by the time he reached London. Not at all. This man loves racing ("the challenge of pitting my body against others") so much that he never grows stale.

As he stepped on the rain-soaked White City track – having run 5 miles over a golf course in the morning – Clarke received an ovation from the 16 000 privileged spectators. From the very start, the race acquired a sensational aspect, for Geoff North took it upon himself to open with a 62.0 lap! Yet, as if North's pace was too slow for him, the 19-year-old Gerry Lindgren went ahead at 660 yards. The irrepressible American – looking like a scraggy little duckling beside the swan-like nobility of Clarke – led at the mile in an unprecedented 4:15.4 but this was the last occasion that he was able to head Clarke, who reached the half-distance in 6:26.0, still shadowed by Lindgren (6:26.4). The next two laps were covered in the murderous times of 65.4 and 65.0, and still Lindgren held on. The times at 2 miles were astonishing: Clarke 8:36.4, Lindgren 8:36.6 (a personal best!).

One lap later it was all over as far as the race was concerned: Lindgren had been dropped by Clarke's ninth circuit of 66.4, slowest of the race. Now the crowd could concentrate on the record aspect, and how they cheered Clarke. Unbelievably, he stepped up the pace: 64.0 for the 10th lap, 64.6 for the 11th! Thus, the bell tolled in 11:51.4, and Clarke needed a mere 68.4 to make history by running inside 13 minutes. Well aware of his lap times, Clarke must have been sorely tempted to ease his undoubted suffering (not that it showed) by running just that fast and no more, but typically he gave his all and sped around in 61.0. What a runner! Well behind him, Lindgren shattered the American record with 13:04.2. We may never see another race like it, and the wildly applauded lap of honour by Clarke and Lindgren set an unforgettable seal on it.

## STATS TIME

This week we include a list of the top ten SA men in the 10 km 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. Secondary performances by the top three are also shown. Note that the time by Reghen Magwai in Polokwane is doubtful because of possible course length/timing inaccuracy.



**2015 10 KM: TOP 10 MEN**

|        |                         |   |                 |        |
|--------|-------------------------|---|-----------------|--------|
| 27:38  | Stephen Lesego Mokoka   | 2 | Manchester      | 10 May |
| 28:33  | Mokoka-2                | 1 | Durban          | 01 Mar |
| 28:37  | Joel Mmone              | 8 | Taroudant       | 08 Mar |
| 28:44  | Gladwin Sibabalwe Mzazi | 2 | Durban          | 01 Mar |
| 28:55  | Sibusiso Nzima          | 3 | Durban          | 01 Mar |
| 29:21  | Xolisa Tyali            | 1 | Port Elizabeth  | 11 Apr |
| 29:23  | Lungile Gongqa          | 2 | Port Elizabeth  | 11 Apr |
| 29:36  | Xolisani Zamkele        | 3 | Port Elizabeth  | 11 Apr |
| 29:37  | Mokoka-3                | 1 | Pretoria        | 28 Feb |
| 29:39  | Reghen Magwai           | 1 | Polokwane       | 28 Mar |
| 29:43  | Mzazi-2                 | 2 | Pretoria        | 28 Feb |
| 29:44A | Lesiba Precious Mashele | 1 | Paulpietersburg | 15 Feb |
| 29:50  | Mthobisi Baloyi         | 3 | Pretoria        | 28 Feb |

**THIS MONTH IN HISTORY****60 years ago: 18 June 1955**

Robert McMinnis, then England's best marathoner, won the 43rd edition of the Polytechnic Marathon in a slow time of 2:26:23. South Africa's Jackie Mekler, the national marathon champion in 1953, was 12th in 2:40:21. The previous year Mekler had finished second in the marathon at the British Empire and Commonwealth Games in Vancouver. His personal best was then 2:33:08; the start of his Comrades career of five wins was still three years in the future. Of course, the Polytechnic race, run from Windsor Castle to the Chiswick stadium, was famous for the world's first legitimate sub-2:20 produced there by Jim Peters on 13 June 1953, when he clocked 2:18:40.4 for the third of his four victories.

**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 |
|         | 43:48a  | Silas Kiprono (KEN)              |                |        |
| 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 |
|         | 72:31   | Abraham Cheroben (KEN)           |                |        |
|         | 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)             |          |        |
|          | 87:49**  | Haile Gebrselassie (ETH) 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) 2013     |          |        |
| 100 km   |          |                               |          |        |
|          | 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    | 52:07    | Eric Coetzee              | Eersterivier  | 20 Jun |
|          | 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 Hartszenberg     | Bellville   | 28 Mar |
|         | 27:52 | Richard Chelimo (KEN) 1990 |             |        |
| 15 km   | 48:11 | Andile Motwana             | Despatch    | 07 Mar |
|         | 42:25 | Moses Mosop (KEN) 2004     |             |        |
| 21.1 km | 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 |
|          | 30:56   | Gladys Cheronu (KEN)         |                 |        |
|          | 30:21   | Paula Radcliffe (GBR) 2003   |                 |        |
| 15 km    | 54:14   | Tanith Maxwell               | Eersterivier    | 20 Jun |
|          | 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 |
|          | 1:21:55 | Sutume Asefa Kebede (ETH)    |                 |        |
|          | 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 |
|          | 60:15    | Sandra van Graan           | Eersterivier | 20 Jun |
|          | 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   | 39:23   | 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) 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<br>2:31:05 | Jane Mudau<br>Tatyana Pozdniakova (UKR) 2005     | Polokwane      | 28 Mar |
| 100 km                    |                    |  |                |        |
| <u>Grandmasters (60+)</u> |                    |  |                |        |
| 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 |
|                           | 3:30:47A           | Nancy Will                                       | Simon's Town   | 15 Feb |
| 100 km                    |                    |  |                |        |
| <u>Juniors</u>            |                    |  |                |        |
| 10 km                     | 34:52<br>31:42     | Nicole van der Merwe<br>Zola Pieterse (RSA) 1984 | Durban         | 07 Jun |
| 15 km                     | 58:12<br>49:40     | Ashleigh Simonis<br>Ines Chenonge (KEN) 2001     | Eersterivier   | 20 Jun |
| 21.1 km                   | 84:17<br>1:09:05   | Nonhlanhla Dlamini<br>Delilah Asiago (KEN) 1991  | Cape Town      | 04 Apr |

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