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

When there is no wind in the Windy City, you have to take advantage of it. The runners in the SA Half Marathon grabbed the chance with both hands and the perfect, windless conditions resulted in thirteen men among the top thirty setting personal bests, with the same number of women doing likewise. The strong wind that blew the previous day and during the night, accompanied by heavy rain, stopped about an



Above left: The lead group in the SA Half Marathon (from left), Mbongeni Nxazozo, David Manja, Sibusiso Nzima, Xolisa Tyali, Lusapho April and Philemon Mathabe. Above right: Lucky Mohale and Nxazozo sprint for the line and the title. Right: Spearheaded by eventual champion Lebo Phalula, the top five women run together. Nolene Conrad is partly obscured by Phalula, and to their right are Lebogang Phalula, Cornelia Joubert and Zintle Xiniwe. [Photographs supplied]





hour before the start. The flat course on the Port Elizabeth seafront played its part to produce a fast, competitive race in which eight men ducked under 63 minutes.

Lucky Modike Mohale took the title in 1:02:06 after outsprinting Mbongeni Nxazozo by one second. Mohale's time is the fastest in the championships since Stephen Mokoka ran 1:00:57 in 2012. Mokoka, who won the title five times in the previous seven years, had to settle for seventh in 1:02:41. Mohale also won in 2010 when the race was held in the same city.

Shadrack Hoff, who lost his SA 5000 m track record to Mokoka in April, got a new national record with his 1:04:35 in the veteran (40+) category, breaking Mluleki Nobanda's 1:04:48, which was also run in Port Elizabeth in 2009.

In the women's race the Phalula twins, Lebo and Lebogang, had to run hard to beat Cornelia Joubert, with Lebo taking her first title in a PB 1:11:54. The next three all ran PBs as well: Lebogang 1:12:18, Joubert 1:12:37 and Nolene Conrad 1:12:52. The winning time is the fastest in the race since Irvette van Zyl clocked 1:11:09 in 2010. Eight women went below 78 minutes.

Defending women's champion Makhosi Mhlongo was 11th in 1:19:14 – slower than the time she ran at altitude last year. Men's champion Precious Mashele did not defend his title.

Both Kalmer sisters, René (who has won the title three times) and Christine, failed to finish.

List leaders were set in all age categories except women masters and juniors. The quality of performances was excellent, altough not quite as outstanding as in 2009, when sixteen men were faster than 63 minutes, or 2011, when eleven women dipped under 78 minutes.

Using 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, 23 men's time comparisons give a figure of -5.18 sec/km – slightly over the maximum allowable figure of -5 sec/km – but 29 women's time comparisons produce a figure of -4.09 sec/km. The figure for the 52 times combined is -4.57 sec/km, so the times are acceptable for statistical purposes.

Over the weekend *Race Results Weekly* reported that the well-known athlete manager Zane Branson, who guided the careers of marathoners Jimmy Muindi, Wilson Chebet and Patrick Makau, as well as Joyce Chepkirui and Emily Chebet among many others, died of a heart attack on Saturday morning in Iten, Kenya. Muindi won the Honolulu Marathon six times, while Chebet and Chepkirui are the current champions.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * South African Half-marathon Championships, Port Elizabeth
- * Zwartkop Lapa Half Marathon & 10 km, Centurion

International highlights:

- * Media Maratón Internacional Bogotá, Bogotá, COL
- * Quad-City Times Bix 7, Davenport, USA
- * Track: Sainsbury's Anniversary Games, London, GBR; Pan American Games, Toronto, CAN; Galà dei Castelli, Bellinzona, SUI
- * USA Mountain Running Championships, Bend, USA
- * Swiss Alpine Marathon, Davos, SUI

NEWS

THOZAMA APRIL MAY KEEP S.A. CHAMPS MEDAL

In a somewhat strange decision, the South African Institute for Drug-Free Sport (SAIDS) has decided that Thozama April's suspension for the use of prohibited substances will not be from the date when she was tested, as reported in DRR 15:27, but from 29 December 2014. The suspension of two years will end on 28 December 2016.

April returned a positive test for three prohibited substances – Phentermine, Prednisolone and Norandrosterone – at the Cape Town 10 km on 21 September 2014. After the Cape Town race she finished second in the SA Half Marathon on 15 November, but this performance will now not be annulled.

This decision is contrary to the doping rules of the International Association of Athletics Federations (IAAF), which states that "[d]isqualification of an athlete shall be automatic from the event when a violation occurs in connection with an in-competition test, with forfeiture of titles, awards, medals, points, and prize money. ... All competitive results from the date the sample was provided shall be annulled ..."

According to Pieter de Jager, Technical Manager of ASA, the SAIDS decision means that five of the six performances by April listed in DRR will still be acceptable. They are:

PetroSA Half Marathon, 27 September: 77:10 (2); probable short course

Spar 10 km Johannesburg, 12 October: 38:46 (13)

Landmarks Half Marathon, 2 November: 84:54 (3)

SA Half Marathon, 15 November: 82:07 (2)

TomTom Street Mile 10 km, 8 November: 39:00 (6)

The only performance scrapped is her second place (79:51) in the Eastern Limb Mines Half Marathon on 6 December. She will therefore retain her silver medal and prize money from the SA Half Marathon.

□ In the meantime it has also been announced that two of this year's Comrades gold medallists have returned positive tests. According to the website Sport24, Joseph Mphuthi, who finished sixth, ran despite being provisionally suspended after having tested positive for the anabolic steroid Nandrolone at the Loskop 50 km in 2014 (he finished second). Mphuthi's hearing was held on 8 July and the decision is still pending.

Sandile Ngunuza's sample at the Comrades showed the presence of the banned stimulants Oxilofrine and Methylhexanamine. He requested that his "B" sample be tested and the result was confirmed. He will now face a hearing. He finished ninth in the Comrades.

VOET VAN AFRIKA SHOCK: MARATHON CANCELLED

In a shock decision, it has been decided that one of the oldest marathons in South Africa, the Voet van Afrika, will not be held this year. The Bredasdorp race, which would have been run for the 38th time this year, is accompanied by a half marathon (which also has had 37 runnings) and a 10 km.

According to Orton King, Executive Group Director of Mega Group, organisers of this historic event for the past two years, unforeseen extensive road works and stop-and-go arrangements on the provincial road between Napier and Bredasdorp made this unfortunate decision to call off the 2015 races inevitable. "We are however already planning the 2016 Voet van Afrika on Saturday, 15 October, when the new routes, based on the historic Voet van Afrika Marathon trail in 1978 will be launched," King said.

King emphasised that this year the exciting and popular annual Bredasdorp High School Top 10 track and field meeting for both primary and secondary schools will remain the highlight in the Overberg on 16 and 17 October at Bredasdorp High School.

Many people in the running community took issue with King's statement, feeling that the decision was by no means "inevitable". There are plenty of other routes that could be used to keep the race alive – as a number of races, most notably the Winelands Marathon, have done in the past in similar circumstances. At least four possible routes could have been used: the R317 to Stormsvlei, R319 to Swellendam and to Struisbaai in die opposite direction, and the R316 to Waenhuiskrans.

ROAD RUNNING

South African Half-marathon Championships

(34th for men; 30th for women)

(Incorporated in the Jumbo Half Marathon)

Port Elizabeth, 25 July

(Distance: 21.1 km; certified two-loop course. Weather: Cool after heavy rain overnight, no wind, perfect conditions. Finishers: 523.)

 $\underline{\text{Note}}$: Personal bests are indicated for the top thirty. Foreigners were not eligible for the SA Championships. – Ed.

MEN						
1	Lucky Modike	Mohale	CGA	29	1:02:06	R35 000
2	Mbongeni	Nxazozo	CGA	35	1:02:07	R20 000
3	Lusapho	April	BORA	33	1:02:14	R12 500
4	Sibabalwe Gladwin		AGN	26	1:02:25	R10 000
5	Vuyisile	Tshoba	AGN	24	1:02:27 PB	R8000
6	Xolisa	Tyali	CGA	26	1:02:29	R6000
7	Stephen	Mokoka	AGN	30	1:02:41	R5000
8	Desmond	Mokgobu	CGA	26	1:02:48	R4000
9	Philemon	Mathabe	CGA	23	1:03:06 PB	R3000
10	Thabiso Benedict	Moeng	TNETGN	32	1:03:28	R2000
11	Sibusiso	Nzima	CGA	28	1:03:47	
12	Folavio	Sehohle	CGA	24	1:03:58 PB	
13	Samuel	Matsepe	AFS	26	1:04:01 PB	
14	Mariano	Eesou	Madibaz	23	1:04:02 PB	R5000*
15	Philani	Buthelezi	KZNA	26	1:04:05 PB	. 1.5
16	Chabeli	Nyedimane	NEDNWN	32	1:04:09	
17	Lungile	Gongqa	WPA	36	1:04:17	
18	David	Manja	NEDNWN	24	1:04:27	
19	Derocious	Makhobalo	CGA	27	1:04:33 PB	
20	Shadrack	Hoff	AGN	42	1:04:35	
21	Tlou	Peu	CGA	30	1:04:42 PB	
22	Steven	Mudzanani	LIMA	26	1:04:42	
23	Namakoe	Nkhasi	LES	22	1:04:49	
24	Abednego	Mashaba	AMPU	25	1:04:50	
25	Sikhumbuzo	Seme	AGN	30	1:04:54	
26	Abram	Khumalo	NEDRCAGN	27	1:05:15 PB	
27	Melikhaya	Frans	Tinarha	23	1:05:19 PB	R3000*
28	Leswene Afrika	Mailola	CGA	29	1:05:19 PB	
29	Bonginkosi	Zwane	KZNA	25	1:05:23 PB	
30	Ayanda	Mncube	KZNA	23	1:05:24 PB	
31	Gert	Thys	MAXED WP	43	1:05:28	
32	Joseph	Tsieso	NEDNWN	26	1:05:36	
33	William	Kaptein	BOLA	23	1:05:36	
34	Don	Ndlovu	CGA	30	1:05:40	
35	Siyabonga	Nkonde	KZNA	27	1:05:43	
36	Adam	Lipschitz	KZNA	21	1:05:47	
37	Raphael	Segodi	CGA	29	1:05:49	
38	Zolani	Ngqaqa	Madibaz	26	1:05:52	R1000*
39	Collen	Mulaudzi	TUT	24	1:06:01	
40	Mthandazo	Qhina	WPA	37	1:06:12	
41	Siphiwe	Tefo	MADMS	19	1:06:21	
42	Michael	Mazibuko	NEDRCCGA	28	1:06:30	
43	Sipho	Mbanjwa	KZNA	20	1:06:32	
44	Anele	Dlamini	KZNA	28	1:06:35	

45	Amos	Thanjekwayo	AMPU	26	1:06:37
46	Nthuthuko	Maseko	AMPU	38	1:06:41
47	Kgosi	Tsosane	AGN	29	1:06:50
48	Zongamele	Dyubeni	CGA	42	1:06:55
49	Joel	Madiba	TUT	24	1:06:56
50	Hendrick	Ramaala	CGA	43	1:06:58

^{*)} Incentives for first three EP athletes.

(The prize money in all ten-year age categories was the same: R4000, R2500 and R1250. In most categories the first three in the younger five-year group won the prize money; the exceptions are indicated.)

	otions are indicated	.)				
40-4						_
1	Shadrack	Hoff	AGN	42	1:04:35 (SA	rec)
2	Gert	Thys	M Elite WP	43	1:05:28	
3	Zongamele	Dyubeni	CGA	42	1:06:55	
4	Hendrick	Ramaala	CGA	43	1:06:58	
5	Simon	Mpholo	CGA	40	1:09:16	
45-4	9:					
1	Piet	Mosebedi	AGN	45	1:14:19	
2	Makaya	Masumpa	BORA	49	1:14:46	
3	Richard	Dlamini	KZNA	45	1:17:25	
50-5	4:					
1	Daniel	Mothibe	AGN	53	1:15:23	
2	Reform	Ndlovu	CGA	53	1:15:58	
3	Lizo	Thomas	ATRA	53	1:16:40	
55-5						
1	Thomas	Moses	BOLA	58	1:24:33	
2	Henry	Cieverts	Top Form	57	1:35:59	
3	Christopher	Nyodi	Bluewater Bay		1:38:10	
60-6		,	,			
1	Moalosi Ernest	Tjela	AVT	60	1:25:21	
2	Nicholas	Dlamini	KZNA	60	1:25:41	
3	Elvis	Galela	EPA	63	1:26:46	
65-6						
1	Hannes	Els	EPA	65	1:31:01	
2	Don	Charles	Nedbank CGA	66	1:31:13	
3	Mike	Du Bruto	AGN	66	1:32:48	
70-7						
1	Tamsanqa	Jusayi	EPA	73	1:43:13	R2500
2	Roger	Bailey	KZNA	74	1:50:05	R1250
3	Ron	Clark	Bluewater Bay		1:51:11	
75-7	-		2.40400. 24,	. –		
1	Brian	Key	WPA	76	1:33:48	R4000
Junio		,				
1	Mbasobhi	Gumede	KZNA	18	1:08:36	
2	Tshapelo	Modula	AFS	19	1:10:13	
3	Welcome	Lubisi	AGN	18	1:10:14	
WOM	EN (Same prize mo	ney as men)				
	Lebo	Phalula	CGA	31	1:11:54 PB	
2	Lebogang	Phalula	CGA	31	1:12:18 PB	
3	Cornelia	Joubert	CGA	27	1:12:37 PB	
4	Nolene	Conrad	CGA	29	1:12:52 PB	
5	Zintle	Xiniwe	WPA	28	1:15:09	
6	Liziwe	Mabona	AGN	27	1:16:54 PB	
7	Tanith	Maxwell	WPA	39	1:17:26	
,	ramen	IIIAWCII	**! 🔼	3,5	1.1/.20	

8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 40 41 42 43 44 45 46 46 47 48 48 48 49 49 40 40 40 40 40 40 40 40 40 40 40 40 40	Ntombesintu Kataza Portia Makhosi Mapaseka Louisa Bulelwa Janie Thembi Tebogo Catherine Adele Puseletso Anna Ulrica Prudence Silindile Maria Siphokazi Maryna Sandra Noria Linah Farida Nontokozo Asanda Busisiwe Ursula Patience Jene Shani Gift Mariëtte Ansie Davera Deliwe Jeannie Olga Nancy Kehilwe Precious Christine Siphokazi	Mfunzi Shipalana Ngwenya Mhlongo Makhanya Leballo Simae Grundling Baloyi Masehla Skosana Broodryk Dladla Moeketsi Stander Zwane Chili Shai Nojoko Swanepoel Van Graan Sibanda Mhlongo Zwane Dlamini Solani Matiwane Frans Khumalo Banfield Silver Ramabele Strauss Breytenbach Magson Nyanga De Beer Howard Will Mothibe Tshabalala Claasen Liwani	NEDBANK AGN AGN KZNA CGA AGN WPA KZNA AGN CGA AGN TNETGW KZNA AFS WPA AGN KZNA NEDNWN Mother AFS WPA AMPU AMPU COOL AMPU Vukani WPA AGN RFLG KZNA AGN RFLG KZNA AGN RFLG KZNA AMPU WPA AGN NEDBANK NEDBANK NEDBANK NEDBANK AGN WPA Khotso AMPU ACH Mother	33 29 26 33 37 38 36 34 23 29 40 21 28 29 47 27 43 46 26 44 45 33 51 40 21 21 22 40 40 41 45 46 46 47 47 48 48 49 49 40 40 40 40 40 40 40 40 40 40 40 40 40	1:17:51 1:18:32 PB 1:18:34 1:19:14 1:19:36 1:20:47 1:20:49 1:21:00 PB 1:21:45 1:22:13 1:22:15 1:22:16 PB 1:22:17 PB 1:22:47 1:22:50 1:23:41 1:24:15 1:24:56 PB 1:24:57 PB 1:25:24 1:25:51 PB 1:26:37 1:26:50 1:27:56 1:28:00 1:28:05 1:28:05 1:28:05 1:28:05 1:29:18 1:29:23 1:29:52 1:31:43 1:31:54 1:31:56 1:32:55 1:33:29 1:33:44 1:33:52 1:34:26	R5000* R3000*
	Sipnokazi icentives for first th		Modilef	10	1.34.20	
40-4		ree Li atilietes.				
1	Ulrica	Stander	WPA	40	1:22:50	R4000
2	Prudence	Zwane	AGN	40	1:23:41	R2500
3 45-4	Linah 19:	Mhlongo	AMPU	43	1:26:37	
1	Sandra	Van Graan	WPA	47	1:25:51	R1250
2	Ursula	Frans	WPA	46	1:28:55	
3 50-5	Shani 34.	Silver	KZNA	45	1:29:52	
30-3 1	Mariëtte	Strauss	WPA	53	1:30:58	R4000
2	Ansie	Breytenbach	AGN	51	1:31:25	R2500
		-				

3 Christine Claasen		EPA	50	1:33:52		
55-5	i9:					
1	Olga	Howard	WPA	57	1:32:55	R1250
2	Hanlie	V.d. Westhuizen	Despatch	59	1:43:29	
3	Barbara	Foot	Crusaders	56	2:07:07	
60-6	54:					
1	Nancy	Will	WPA	62	1:32:59	
2	Frances	Van Blerk	AGN	60	1:40:35	
3	Sandy	Fismer	KZNA	62	1:47:20	
65-6	9 :					
1	Liz	Grundlingh	Muirite Strider	68	2:17:50	
2	Jeanette	Pienaar	PEAAC	67	2:29:05	
70-7	'4 :					
1	Gill	Tregenna	KZNA	73	2:10:00	
2	Ronelle	Steyn	Nedbank	71	2:31:22	
3	Orgia	Nell	Muirite Strider	71	2:35:08	
75-7	'9 :					
1	Dorothy	Hart	Madibaz	77	3:00:12	
Juniors:						
1	Farida	Zwane	Coolrunning	19	1:26:50	
2	Jeannie	De Beer	AGN	19	1:31:56	
3	Siphokazi	Liwani	Motherwell	18	1:34:26	

Zwartkop Lapa Half Marathon & 10 km

Centurion, 25 July

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

<u>Note</u>: Two DRR subscribers ran well here – Charné Bosman won the 10 km, while Nico Steenekamp was the first grandmaster. Well done! – Ed.

Half marathon

MFN

1 Lucky Mtshali (Olifantsfontein) 68:04; 2 Eliya Tshepiso Mogoboya (Nedbank) 73:19; 3 Solly Sebothma (Nedbank) 74:33.

Veterans: 1 Colin Witbooi (PMMC) 77:24. **Masters:** 1 Moses Letlhaka (Cool Running) 87:12. **G'masters:** 1 Theo Swanepoel (Kempton) 93:48. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:55:02. **80+:** Dion Heigers (ACRW) 2:42:54. **Juniors:** 1 Yasheen Bhawanipersad (Runavation) 88:09.

WOMEN

1 Keneilwe Sesing (Randmark) 84:02; 2 Emma Mathibela (Nedbank) 88:20; 3 Judy Bird (Midrand) 89:41.

Veterans: 1 Truzanne Swanepoel (Temp) 92:15. **Masters:** 1 Judy Bird (Midrand) 89:41. **G'masters:** 1 Liz Shochot (Fit 2000) 2:28:48. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 2:05:33. **80+:** 1 Deirdre Larkin (Randburg) 2:16:33. **Juniors:** 1 Sumarie Moolman (ACRW) 1:58:49.

10 km

MEN

1 Paulus Radebe (ARCSA) 31:39; 2 Kabelo Melamu (Randmark) 32:02 (1st jun); 3 Asematile Mnkwali (Olifantsfontein) 32:56.

Veterans: 1 Leon Baker (Midrand) 37:27. **Masters:** 1 Joseph Moloto (PMMC) 39:02. **G'masters:** 1 Nico Steenekamp (Rustenburg) 45:51. **G/g'masters:** 1 Andries v.d. Merwe

(Transnet) 52:34. **80+:** 1 Ken Nurden (Agape 52:52. **Juniors:** 1 Kabelo Melamu (Randmark) 32:02.

WOMEN

1 Charné Bosman (Nedbank) 37:47; 2 Simonay Weitsz (Boxer) 39:01 (1st jun); 3 Emmerentia Rautenbach (Nedbank) 39:35.

Veterans: 1 Susan Rossouw (CSIR) 44:12. **Masters:** 1 Susan Maree (Irene) 50:09. **G'masters:** 1 Rina Pretorius (SABS) 58:42. **G/g'masters:** 1 Mavis Stadler (Agape) 63:46.

Juniors: 1 Simonay Weitsz (Boxer) 39:01.

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

Media Maratón Internacional Bogotá (16th)

(IAAF Gold Label Road Race)

Bogotá, COL, 26 July

(Distance: 21.1 km at 2600 m of altitude)

MEN (gun times)

1. Stanley Biwott, KEN 1:03:15 COP 30,000,000 (=USD 10,517)

2. Tadesse Tola, ETH 1:04:49 15,000,000 3. Kiplimo Kimutai, KEN 1:05:14 10,000,000

... 19. Wirimayi Juwawo, ZIM 1:12:31

WOMEN (gun times)

1. Amane Gobena, ETH 1:13:44 COP 30,000,000 (=USD 10,517)

2. Shure Demise, ETH 1:13:47 15,000,000 3. Sharon Cherop, KEN 1:13:55 10,000,000

Quad-City Times Bix 7 (41st)

Davenport, USA, 25 July

(Distance: 7 miles; out-and-back course)

MEN (gun times)

 Leonard Korir, Kenya 	33:06 \$12,500
2. Solomon Deksisa, Ethiopia	33:07 4,000
3. Micah Kogo, Kenya	33:11 2,500
4. Yitayal Atanfu, Ethiopia	33:22 1,500
5. Silas Kipruto, Kenya	33:37 1,000

WOMEN (gun times)

 Cynthia Limo, Kenya 	36:57	\$12,500
2. Mary Wacera, Kenya	37:07	4,000
3. Caroline Rotich, Kenya	37:08	2,500
4. Diane Nukuri, Burundi	37:10	1,500
5. Aliphine Tuliamuk, Kenya	37:15	1,000

TRACK

Sainsbury's Anniversary Games (2nd)

(11th stop of 2015 IAAF Diamond League) London, GBR, 24-25 July

MEN

800:

1. Nijel Amos, BOT 1:44.57 2. David Rudisha, KEN 1:44.67 3. Adam Kszczot, POL 1:44.85 4. Mark English, IRL 1:45.49 SB 5. Michael Rimmer, GBR 1:45.67 SB 6. Pierre-Ambroise Bosse, FRA 1:45.73 7. Kyle Langford, GBR 1:45.78 PB 8. Erik Sowinski, USA 1:45.82 9. Boris Berian, USA 1:46.13 10. Cas Loxsom, USA 1:48.04

Emsley Carr Mile (DL/25):

<u>Note</u>: Bernard Lagat set a masters (40+) world outdoor record for the distance, finishing 13th in 3:57.91. He is the first man in history to break four minutes over the age of 40 outdoors.

1. Asbel Kiprop, KEN 3:54.87 (3:40.48 at 1500) 2. Matthew Centrowitz, USA 3:55.03 (3:40.51) 3. Ayanleh Souleiman, DJI 3:55.06 (3:40.27) 3:55.27 SB 4. Charlie Grice, GBR 5. Ben Blankenship, USA 3:55.48 SB 6. Henrik Ingebrigtsen, NOR 3:55.51 7. Jakub Holuša CZE 3:55.66 8. Leo Manzano, USA 3:55.67

 9. Ross Murray, GBR
 3:55.71 SB

 10. Chris O'Hare, GBR
 3:56.35 PB

 11. Tom Lancashire, GBR
 3:56.87 SB

 12. Jake Wightman, GBR
 3:57.80 PB

13. Bernard Lagat, USA 3:57.91 WR M4044*

14. Dale Clutterbuck, GBR 3:59.23 PB15. Zakaria Mazouzi, MAR 3:59.68 PB

3000 (24):

1. Mo Farah, GBR 7:34.66 WL/PB 2. Othmane El Goumri, MAR 7:36.71 PB 3. Emmanuel Kipsang, KEN 7:37.05 PB 4. Yenew Alamirew, ETH 7:38.47 5. Collis Birmingham, AUS 7:39.85 SB 6. Bashir Abdi, BEL 7:40.44 PB 7. Bernard Lagat, USA 7:42.78 8. Chris Derrick, USA 7:43.77 PB 7:45.77 9. Lopez Lomong, USA Suguru Osako, JPN 7:46.14 SB 11. Elroy Gelant, RSA 7:47.35 SB

3000 s/chase (DL/25):

Conseslus Kipruto, KEN
 Jairus Birech, KEN
 Paul Kipsiele Koech, KEN
 8:09.47
 8:09.81
 8:12.13

4. Hillary Yego, KEN	8:13.10 SB
5. Clement Kimutai, KEN	8:16.11
6. Andy Bayer, USA	8:18.08 PB
7. Abel Mutai, KEN	8:21.46
8. Abraham Kibiwott, KEN	8:22.10 PB
9. Víctor García, ESP	8:22.46 SB
10. Stanley Kebenei, USA	8:24.58
11. Chris Winter, CAN	8:26.55 PB
12. Rob Mullett, GBR	8:31.32 PB

WOMEN

800 (DL/25):

Eunice Sum, KEN
 Sifan Hassan, NED
 Lynsey Sharp, GBR
 Molly Ludlow, USA
 Chanelle Price, USA
 Angelika Cichocka, POL
 Shelayna Oskan-Clarke, GBR
 Selina Büchel, SUI
 1:59.46 PB
 1:59.57 SB
 1:59.59
 2:00.39 SB
 2:00.60 PB
 2:01.70

8. Selina Buchel, SUI 2:01.70 9. Brenda Martinez, USA 2:02.40

1500 (24):

1. Laura Weightman, GBR 4:06.09 2. Gabe Grunewald, USA 4:06.35 3. Katie Mackey, USA 4:06.54 4. Rababe Arafi, MAR 4:06.66 5. Treniere Moser, USA 4:08.06 6. Renata Plis, POL 4:08.25 7. Rachel Schneider, USA 4:08.60 8. Gudaf Tsegay, ETH 4:10.01 9. Steph Twell, GBR 4:11.53 10. Sarah Brown, USA 4:11.70 11. Jessica Judd, GBR 4:11.72 12. Lauren Johnson, USA 4:12.26 13. Mary Cain, USA 4:12.89

5000 (DL/25):

1. Mercy Cherono, KEN 14:54.81 2. Molly Huddle, USA 14:57.42 3. Janet Kisa, KEN 15:10.66 SB 4. Marielle Hall, USA 15:19.96 5. Haftamnesh Tesfay, ETH 15:20.52 PB 6. Emily Sisson, USA 15:27.30 7. Rhona Auckland, GBR 15:27.60 PB 8. Kate Avery, GBR 15:27.94

Pan American Games (18th)

Toronto, CAN, 18-26 July

MEN

800 (23):

1. Clayton MURPHY, USA 1:47.19 Gold 2. Rafith RODRIGUEZ, COL 1:47.23 Silver 3. Ryan MARTIN, USA 1:47.73 Bronze

1500 (24):

- 1. Andrew WHEATING, USA 3:41.41 Gold 2. Nate BRANNEN, CAN 3:41.66 Silver
- 3. Charles PHILIBERT-THIBOUTOT, CAN 3:41.79 Bronze

5000 (25):

1. Juan Luis BARRIOS, MEX
2. David TORRENCE, USA
3. Victor ARAVENA, CHI
13:46.47 GOLD
13:46.60 SILVER
13:46.94 PB BRONZE

10000 (21):

1. Mohammed AHMED, CAN
2. Aron RONO, USA
28:50.83 Silver
3. Juan Luis BARRIOS, MEX
28:51.57 Bronze

3000 s/chase (21):

1. Matt HUGHES, CAN 8:32.18 Gold 2. Alex GENEST, CAN 8:33.83 Silver 3. Cory LESLIE, USA 8:36.83 Bronze

WOMEN

800 (22):

1. Melissa BISHOP, CAN 1:59.62 Gold 2. Alysia MONTANO, USA 1:59.76 Silver 3. Flavia DE LIMA, BRA 2:00.40 PB Bronze

1500 (25):

1. Muriel CONEO, COL 4:09.05 NR/PB Gold 2. Nicole SIFUENTES, CAN 4:09.13 Silver 3. Sasha GOLLISH, CAN 4:10.11 Bronze

5000 (21):

Juliana Paula DOS SANTOS, BRA 15:45.97 PB Gold
 Brenda FLORES, MEX 15:47.19 Silver
 Kellyn TAYLOR, USA 15:52.78 Bronze

10000 (23):

Brenda FLORES, MEX
 Desiree LINDEN, USA
 Lanni MARCHANT, CAN
 32:41.33 PR* Gold
 32:43.99 SB Silver
 32:46.03 Bronze

3000 s/chase (24):

Ashley HIGGINSON, USA
 Shalaya KIPP, USA
 Geneviève LALONDE, CAN
 9:48.12 GR Gold
 9:49.96 Silver
 9:53.03 Bronze

Galà dei Castelli

Bellinzona, SUI, 21 July

MEN

800:

- 1. Amel Tuka, 1991, BIH, 1:45.80
- 2. Amine El Manaoui, 1991, MAR, 1:46.30
- 3. Andreas Bube, 1987, DEN, 1:46.32
- 4. Guy Learmonth, 1992, GBR, 1:46.65 PB
- 5. Hugo Santacruz, 1988, LC Rapperswil-Jona, 1:46.68 PB

- 6. Erik Sowinski, 1989, USA, 1:46.95
- 7. Lukas Rifesser, 1987, ITA, 1:47.14
- 8. Henco Uys, 1992, RSA, 1:48.13

3000:

- 1. Cornelius Kangogo, 1993, KEN, 7:47.21
- 2. Soufiyan Bouqantar, 1993, MAR, 7:48.81
- 3. Brahim Taleb, 1985, MAR, 7:49.13 PB
- 4. Geoffrey Kipkirui Korir, 1996, KEN, 7:52.27 PB
- 5. Geoffrey Barusei, 1994, KEN, 7:54.11
- 6. Yassine Rachik, 1993, ITA, 8:03.26
- 7. Jerry Motsau, 1990, RSA, 8::06.48
- 8. Francis Ekidor Erain, 1994, KEN, 8:08.30 PB
- 9. Maston Dikotsi, 1988, RSA, 8:12.42 PB

ULTRA/MOUNTAIN/TRAIL RUNNING

USA Mountain Running Championships

Bend, USA, 26 July

(Course: 4.1 km loop which climbs then descends 238 m)

MEN (3 loops/12.3 km)

- 1. Patrick Smyth, 28, Nike 46:11 \$1500 + 1000c
- 2. Andy Wacker, 26, Rocky Mountain Elite 46:21 975
- 3. Joseph Gray, Club Northwest 46:52 675 + 750c

WOMEN (2 loops/8.2 km)

- 1. Morgan Arritola, 29, Salomon 36:21 \$1500 + 1000c
- 2. Kasie Enman, 35, Green Mountain AA 37:32 975
- 3. Kimber Mattox, 26, Team Run Eugene 38:18 675
- c) Earned College Running Association Championships prize money

Swiss Alpine Marathon (33rd)

Davos, SUI, 25 July

"k78" 78 km (course gains, then loses, 2600 m of elevation):

MEN

- 1. Evgeni Glyva, UKR, 6:31:51
- 2. Dimitri Tsyganov, RUS, 6:37:47
- 3. Vajin Armstrong, NZL, 6:38:34

WOMEN

- 1. Jasmin Nunige, SUI, 6:52:21
- 2. Andrea Huser, SUI, 7:27:41
- 3. Simona Staicu, HUN, 7:48:03

"K42" 42.2 km (course gains 1720 m, then loses 1550 m):

MEN

- 1. Stephan Wenk, SUI, 3:33:52
- 2. Martin Lustenberger, SUI, 3:37:00
- 3. Lukas Gehring, SUI, 3:53:56

WOMEN

1. Cathrin Cheridito, SUI, 4:33:23

- 2. Yvonne Haefeli, SUI, 4:41:52
- 3. Evelyne Prof. Dr. Blumenthal, SUI, 4:51:01

OBITUARY

SIXTIES DISTANCE STAR ALF BLAND PASSES AWAY

By Riël Hauman

Alfred James (Alf) Bland, one of South Africa's top distance runners of the early sixties, passed away on 19 July in Cape Town at the age of 75. Bland, who was born on 6 February 1940, never won a South African title, but represented the country in what was called "South Africa's first full-scale international meeting", against Rhodesia (now Zimbabwe) and Portugal in Lourenço Marques (now Maputo) on 5 and 6 May 1962. Springbok colours were not awarded for this meeting. Bland finished sixth in the 800 metres, running 2:00.8.

Bland, who went to school at SACS in Cape Town, first attracted attention in 1958 when he ran 880 yards in 1:56.3 at age 18. The next year he improved to 1:55.8 to place second on the SA junior performance list and also recorded the fastest mile by a junior: 4:19.2.

He had his best year in 1965, when he clocked a personal best of 13:59.0 for 3 miles in a 5000-metre race in Stellenbosch. His time for the metric distance was 14:24.1 and these times gave him the seventh and third positions respectively on the SA lists for the year.

On 15 December that year he beat Willie Olivier over 6 miles in Cape Town in 29:02.6, then the third fastest ever behind Henk Altmann (28:28.7) and Olivier (28:58.0).

Two years earlier he had run the fastest mile in the country for 1963 when he recorded 4:05.0 on 27 December in Cape Town behind Rhodesian Terry Sullivan's SA open record of 4:03.2. This also placed him third on the all-time list behind Michael Hodgson (4:03.4) and SA record holder Harold Clark (4:04.5).

Exactly a month before the mile, on 27 November, he had beaten Olivier over 3 miles, also in Cape Town, in 13:59.1 against 14:01.7. This made him the fifth fastest South African ever.

He recorded his best time for 2 miles, 9:02.5, on New Year's Day 1964 behind Olivier and Charles Minnaar.

Bland is survived by his second wife, Mariaan, and son Jonathan.

Bland's annual progression for 880 yards, 1 mile, 2 miles, 3 miles and 6 miles were:

```
1958:
          1:56.3
1959:
          1:55.8
                    4:19.2
1960:
          1:53.4
          1:54.7
                               9:39.6
1961:
                               9:34.5
1962:
          1:53.4
                    4:17.1
1963:
          1:52.8
                    4:05.0
                               9:35.5
                                         13:59.1
          1:55.0
1964:
                    4:12.6
                               9:02.5
                                         14:25.0
1965:
          1:55.1
                    4:14.3
                                         13:59.0
                                                     29:02.6
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BACKGROUND

THE TRAGIC PLIGHT OF S.A.'S BLACK RUNNING HEROES OF YESTERYEAR

By Bob de la Motte, author of *Runaway Comrade* (www.runawaycomrade.com)

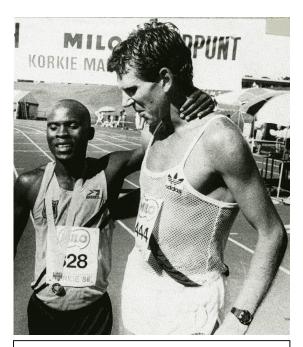
I am frequently asked when I might be publishing my next book, but while I currently have no intention of publishing anything as voluminous as *Runaway Comrade*, I remain passionate about the unrecorded stories of South Africa's great black runners from the apartheid era. My book merely touches on a few and I believe it would be a great tragedy if the life stories of many more great SA black athletes were not documented within the next few years. Many have already passed away, some have simply disappeared and most surviving runners from that era do not have the families or resources to assemble the data, statistics and rich anecdotes about the most exciting time (ever) in SA athletics. Given my

short connection with the ultrarunners in the 80's and the tragic plight of a guy like Hoseah Tjale, I have commenced my research and started documenting his 14-year career from debut in 1979 to retirement in 1993.

The 2015 Comrades Marathon programme contained a short article about Tjale that, in my humble opinion, did not do justice to the man and his phenomenal contribution to Comrades, let alone Two Oceans and other major races. I have completed about 60% of Tjale's profile/CV and hope to have it done before the end of the year. Ideally the end result should be chronicled/archived (along with other relevant source materials) as part of the respective histories of Two Oceans and Comrades.

Tjale's (major) achievements were simply dazzling. A few highlights:

 Winner of Korkie, Two Oceans, City to City (JSE) and London to Brighton ultras and winner at least nine (per my research) other standard marathons, including victories over superstars like Mark Plaatjes and Gabashane Rakabaele - tough wins against quality opponents.



Hoseah Tjale and Bob de la Motte after the 1986 Pieter Korkie Ultramarathon, which De la Motte won. Tjale was the champion in 1982, 1984 and 1987. [Photograph supplied]

- · First black SA runner to win a Comrades gold.
- Recipient of Two Oceans Blue Number 21 as the first winner of five gold medals in
- First runner to achieve permanent numbers in both Comrades and Two Oceans for winning five gold medals in both ultras – when he won his fifth Comrades gold in 1986. I believe the only other runners to have achieved this Two Oceans/Comrades golden "double" are Stephen Muzhingi and the Nurgalieva twins.
- Second runner in Comrades history to run the combo of sub-5:45 in the "Up" and sub-5:30 in the "Down" runs, in 1986. Only Bruce Fordyce had achieved that ahead of Tjale. Some three decades later only five other athletes have replicated this phenomenal achievement of ultra versatility and competitiveness in both directions.
- Between 1980 and 1990 in SA's four premier ultras Pieter Korkie, Two Oceans, Comrades and City to City (JSE) – he achieved
 - o 29 top-10 or gold medal finishes
 - o 17 top-3 (or podium) finishes
 - 9 Comrades gold medals, including two 2nd and two 3rd positions
 - o 6 major ultramarathon wins
- All of this was achieved as an amateur and a full-time, lowly paid employee working as a handyman and a delivery driver. No corporate sponsor, no trainer, no structured strength sessions, no nutritional programme and tough living conditions. He never worked for the gold mines.

In my humble opinion he undoubtedly was South Africa's most consistent, competitive ultrarunner during the 80's. And he was an amateur. He may not have won Comrades but he was on the Comrades podium four times and won nine Comrades gold medals. He won "everything" outside of Comrades, the only race that did not offer him any prize money at a time when weekend prize money provided an invaluable financial lifeline. In tennis terms he would have been the Roger Federer of the 80s who won everything, made every Grand Slam final and lost a few Wimbledon finals, the only title to elude him.

Tragically Tjale has virtually been unsighted since his retirement from competitive running in 1993. Contact with Tjale simply vanished.

During my recent travels, the line used in SA about the non-attendance of Tjale at Two Oceans and Comrades was that ... "he would prefer not to attend" ... well, in my humble opinion that does not reflect a genuine understanding of his personal situation. In fact no one even knew where he lived (if in fact he was still alive) or how to contact him. As recently as last year when CMA wished to invite him to a "Living Legends" gala function, they did not even know how to contact him. Tjale told me that prior to that telephone call he had not heard from Comrades/CMA for some 25 years, let alone Two Oceans. He is living the life of a township resident in Tembisa. He is reserved and appears to be shy and that is incorrectly interpreted as Tjale electing to be reclusive. This man made a monumental contribution to the success of Comrades and Two Oceans. He needs friendship and needs to be a part of Two Oceans and Comrades just as much as Two Oceans and Comrades should need him. He legitimized Two Oceans and Comrades along with Rakabaele, Ben Choeu, Siphiwe Gqele and Thompson Magawana and, in my view, is capable of making the transition. He has simply lost his confidence.

His running defined him and encouraged millions of black South Africans. Today he lives in Tembisa and catches two taxis to work each morning and returns via two taxis every evening. He has to change taxis at the Carlton Centre, downtown Johannesburg. He told me that some mornings he walks the (one hour) second leg from the Carlton Centre to his place of employment in Langlaagte because he still enjoys being outdoors. Most of his work colleagues can't contemplate walking that far and think he is crazy. He smiled when he told me the story as he said, "Bob, they don't know."

His footprints have disappeared and Athletics South Africa appears totally disinterested in his plight and that of the other remaining black athletes of the early era. Tjale is an unknown, lost in impoverished obscurity and too proud to ask for assistance. The last thing he would want is to suddenly appear as a VIP at a "Living Legends" function or in the VIP areas at Two Oceans/Comrades. He is in need of genuine friendship and compassion. It took me a full year to engage with Tjale to the point where he now shares his stories willingly with humour and sincerity.

Many South Africans like Vreni Welch and others have worked tirelessly over the decades. The voluntary contribution from this community group is simply immeasurable and irreplaceable. Yet, based on my most recent observations in SA, the work is far from over.

☐ Hoseah Tjale will be one of the beneficiaries of the proceeds of *Runaway Comrade*.

STATS TIME

This week we deviate from the normal format of the statistics by taking another look at the wonderful new world record of 3:50.07 set by Genzebe Dibaba in Monaco.

Dibaba's 100-metre splits were 14.7, 29.6 (14.9), 44.8 (15.2), 1:00.5 (15.7), 1:16.3 (15.8), 1:32.3 (16.0), 1:48.4 (16.1), 2:04.7 (16.3), 2:20.2 (15.5), 2:35.6 (15.4), 2:50.3 (14.7), 3:04.62 (14.3), 3:19.4 (14.8), 3:34.6 (15.2), 3:50.07 (15.5).

Although the 800-metre time of 2:04.52 (2:04.7 for Dibaba) was slower than the 2:03 that was planned, it was the third lap that made the difference: she covered that in 59.9 seconds and then, inevitably slowing, ran the last 300 m in 45.45 sec. Her last 400 was 59.79.

Mel Watman wrote in *Athletics International*, referring to the controversial Chinese-owned record broken by Dibaba: "When Qu Yunxia was timed at a stunning 3:50.46 [in 1993] many fans were perplexed. How was it possible on successive days for her to clock 3:59.38 in her heat, win the final in 3:50.46 (splits of 57.2, 2:00.8, 3:05.2), run an 8:12.27 3000 m heat and place second in the final in 8:12.18, still the second fastest ever time. Her best times previously were 3:57.08 and 8:28.71 (winning the World title in Stuttgart), and also in 1993 she ran 1:56.24 for 800 m and a 2:24:32 marathon! That 1500 m record has for so many years looked impregnable, the nearest approach since by

any non-Chinese athlete being 3:55.33 by the subsequently banned Süreyya Ayhan in 2003."

The ten fastest non-Chinese athletes now are (note that half of the times were run in 1992 or earlier):

3:50.07	Genzebe Dibaba (ETH)	Monaco	17 Jul 15
3:52.47#	Tatyana Kazankina (RUS)	Zurich	30 Aug 80
3:53.96	Paula Ivan (ROU)	Seoul	01 Oct 88
3:54.23	Olga Dvirna (RUS)	Kyiv	27 Jul 82
3:55.30	Hassiba Boulmerka (ALG)	Barcelona	08 Aug 92
3:55.33#	Süreyya Ayhan (TUR)	Brussels	05 Sep 03
3:55.68#	Yuliya Chizhenko (RUS)	Saint-Denis	08 Jul 06
3:56.05	Sifan Hassan (NED)	Monaco	17 Jul 15
3:56.14	Zamira Zaytseva (UZB)	Kyiv	27 Jul 82
3:56.18	Maryam Jamal (BRN)	Rieti	27 Aug 06

#) Time by athlete who at some stage of her career was suspended for drug use.

THIS MONTH IN HISTORY

50 years ago: 17 July 1965

One of the biggest upsets of the 1964 Olympic Games in Tokyo was the shock victory of Billy Mills over world record holder Ron Clarke in the 10000 metres. It was of the part-Sioux 2nd lieutenant Marine that Clarke's friend, Pat Clohessy, had said before the Games: "Oh, won't it be a great boost for him if he finishes in the first ten!" He did, and so in 1965 Mills was an established athlete on the world's tracks. On this day, at the famed ISTAF Meeting in Berlin, he scored another good victory, this time over 5000 m when he beat Germans Harald Norpoth, who had been second over the same distance in Tokyo, and Lutz Philipp. Mills clocked 13:41.4 – exactly the same time that he had done two days before in Oslo! This remained his best of the year. Norpoth finished in 13:42.8 and Philipp in 13:44.0.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

80:54A

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.

Pinetown

25 Jan

MEN				
<u>Open</u>				
10 km	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
	26:44	Leonard Patrick Komon	(KEN) 2010	
15 km	44:12	Lusapho April	Port Elizabeth	28 Feb
	43:31	Eliud Ngetich (KEN)		
	41:13	Leonard Patrick Komon	(KEN) 2010	
21.1 km	62:06	Lucky Modike Mohale	Port Elizabeth	25 Jul
	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

Sipho Mbanjuli

	72:31	Abraham Cheroben (KEN)			
	71:50	Sammy Kosgei (KEN)	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimett	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 (ET	H) 2009		
Marathon	2:15:17	Desmond Mokgobu	Santiago	12 Apr	
	2:04:42	Eliud Kipchoge (KEN)			
	2:03:38	Patrick Makau (KEN) 2	011		
	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.

\/-t	`				
Veterans (40+ 10 km) 30:59	Shadrack Hoff	Pretoria	28 Feb	
10 KIII	28:51	Paulo Catarino (POR) 2		20 1 60	
15 km	49:30	Simon Mpholo	Kempton Park	28 Jan	
	44:14	Pierre Levisse (FRA) 19			
21.1 km	64:35	Shadrack Hoff	Port Elizabeth	25 Jul	
	62:28	John Campbell (NZL) 1	990 & Nelson Chirchi	ir (KEN) 1996	
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	
Manablass	1:35:28	Geraldo Antonio da Silv	•	25.1	
Marathon	2:24:58 2:08:46	Charles Tjiane Andres Espinosa (MEX)	Benoni	25 Jan	
100 km	2:08:46	Andres Espinosa (MEX)	2003		
100 KIII	6:18:24	Mario Ardemagni (ITA)	2004		
	0.1012	riano / il demagni (11/1)			
Masters (50+)					
10 km	33:25	Eric Coetzee	Bellville	28 Mar	
	30:35	Tecwyn Davies (GBR) 1			
15 km	52:07	Eric Coetzee	Eersterivier	20 Jun	
	47:52	Titus Mamabolo (RSA)			
21.1 km	75:23	Daniel Mothibe	Port Elizabeth	25 Jul	
25.1	66:42	Martin Rees (GBR) 200		00.14	
25 km	1:43:01 1:41:14A	Peter Sehloho	Durban Somerset East	08 Mar	
30 km	1:51:00	Michael Bekapi Eric Coetzee	Parow	18 Apr 15 Mar	
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar	
riaraction	2:19:29	Titus Mamabolo (RSA)		OI Hai	
100 km	2.13.23	ricas riamasoro (ris/i)	1331		
Grandmasters	(60+)				
10 km	37:40	Muhammad Kriel	Bellville	28 Mar	
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar	
21.1 km	85:21	Moalosi Ernest Tjela	Port Elizabeth	25 Jul	
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	McMarshal Hartzenberg	ı Bellville	28 Mar	
20 KIII	31.03	. io. iai oriai riai (zeriberg	, 2011 1110	20 1 101	

15 km	27:52 48:11	Richard Chelimo (KEN) Andile Motwana	1990 Despatch	07 Mar
13 KIII	42:25	Moses Mosop (KEN) 20		o, mai
21.1 km	68:36		Port Elizabeth	25 Jul
	59:16	Samuel Wanjiru (KEN)		
WOMEN				
<u>Open</u>				
10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	34:03A	Lebo Phalula	Paulpietersburg	15 Feb
	30:56	Gladys Cherono (KEN)	2002	
1 E Jum	30:21	Paula Radcliffe (GBR) 2		20 1
15 km	54:14	Tanith Maxwell	Eersterivier	20 Jun
	46:14 46:28	Florence Kiplagat (KEN Tirunesh Dibaba (ETH)		
	46:14p	Florence Kiplagat (KEN		
21.1 km	71:54	Lebo Phalula	Port Elizabeth	25 Jul
ZI.I KIII	65:09	Florence Kiplagat (KEN		23 Jul
	65:12	Florence Kiplagat (KEN		
	65:09p	Florence Kiplagat (KEN		
25 km	1:36:08	Jenna Challenor	Durban	08 Mar
	1:21:55	Sutume Asefa Kebede		
	79:53	Mary Keitany (KEN) 20		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:45:00	Saori Noda (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2	005	
Marathon	2:31:02	Mapaseka Makhanya	Hannover	19 Apr
	2:19:52	Mare Dibaba Hurssa (E	TH)	
	2:15:25	Paula Radcliffe (GBR) 2	2003	
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
\/ahawawa (40	`			
Veterans (40+ 10 km	37:43	Prudence Zwane	Pretoria	20 Eab
IU KIII	37.43 32:14	Priscilla Welch (GBR) 1		28 Feb
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
13 KIII	60:15	Sandra van Graan	Eersterivier	20 Jun
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1		o i saii
21.1 km	82:50	Ulrica Stander	Port Elizabeth	25 Jul
	69:56	Irina Permitina (RUS) 2		
25 km	1:49:37	Heather Walden	Pretoria	09 May
	1:42:12A	Suzette Botha	Pinetown	25 Jan
	82:13	Mizuki Noguchi (JPN) 2	005	
30 km	2:11:00	Adele Waldron	Camps Bay	04 Jan
	1:51:37	Mieke Pullen (NED) 200	01	
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) 1	987	
100 km	7 00 27	N : C : (1DN) 20	207	
	7:00:27	Normi Sakurai (JPN) 20	JU/	
Masters (50+)	1			
10 km		Judy Bird	Durban	07 Jun
TO KIII	19'/1			
	39:23 34:44			0, 54
15 km	34:44	Tatyana Pozdniakova (UKR) 2005	
15 km			UKR) 2005 Ravensmead	14 Mar

21.1 km	90:10 76:07	Jane Mudau Tatyana Pozdniakova (Polokwane UKR) 2006	16 May		
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 (
100 km						
<u>Grandmasters</u> (60+)						
10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr		
15 km	64:00	Nancy Will	Eersterivier	20 Jun		
21.1 km	1:32:59	Nancy Will	Port Elizabeth	25 Jul		
25 km	2:27:12	Francis van Blerk	Pretoria	11 Jul		
	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	Nicole van der Merwe	Durban	07 Jun		
	31:42	Zola Pieterse (RSA) 1984				
15 km	58:12	Ashleigh Simonis	Eersterivier	20 Jun		
	49:40	Ines Chenonge (KEN) 2				
21.1 km	84:17	Nonhlanhla Dlamini	Cape Town	04 Apr		
	1:09:05	Delilah Asiago (KEN) 1991				

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