

Distance Running Results

Vol. 15, No. 30 – 3 August 2015

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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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Publisher: Riël Hauman

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EDITORIAL

There were no list leaders this weekend, with the best performance coming from Tanith Maxwell in the McKenna Scott Pinelands 10 km, which she won in 35:31. She will represent South Africa in the World Championships Marathon in 27 days.

The 30th PPC Cement Riebeeckberg Marathon went to Phumlani Nxusani in 2:31:18 and Lee-Shay Willemse in 3:24:14.

Top grandmaster Nancy Will had a very busy weekend last Saturday and Sunday. She ran the SA Half Marathon in Port Elizabeth on Saturday (and won her category by almost eight minutes), then a 12 km trail race on Sunday morning, and then TWO cross-country races in the afternoon (4 and 10 km) for an astounding total of 47.1 km over two days!

Riël Hauman

INCLUDED IN THIS ISSUE:

- * McKenna Scott Pinelands 10 km, Pinelands
- * Durban Runner Half Marathon & 10 km, Durban
- * The Longest Day 12-hour Race, Pietermaritzburg
- * Race Against Crime Half Marathon & 15 km, Herbertsdale
- * PPC Cement Riebeeckberg Marathon, Half Marathon & 10 km, Riebeeck West
- * XC: WP League Meeting, Bellville; Gauteng North League Meeting, Pretoria

International highlights:

- * High Street Mile, Newburyport, USA
 - * TD Beach to Beacon 10 km, Cape Elizabeth, USA
 - * Track: Pan American Junior Championships, Edmonton, CAN; Kenyan Trials for IAAF World Championships, Nairobi, KEN; Gert Rasschaert Memorial, Ninove, BEL
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ROAD RUNNING

McKenna Scott Pinelands 10 km

Pinelands, 2 August

(Certified, flat figure-eight course. Weather: Cold, good conditions. Finishers: 1502 [huge increase from 1084 last year].)

Note: A remarkable increase of 39% over last year in the number of finishers. – Ed.

MEN

1. Siviwe Nkombi (Itheke) 30:29 (R450)
2. Akhona Makila (VOB) 31:21 (R300)
3. Vuyolwethu Mbukushe (Gugs) 31:42 (R200)

(Prize money in all age categories was the same: R250, R200, R150)

Veterans: 1. Xolile Macanda (Gugs) 34:26; 2. Vuyani Sixaso (WR) 34:35; 3. Yusuf Kanouni (Central) 35:48. **Masters:** 1. Monde Tutani (Gugs) 36:45; 2. Shafiek Cassiem (Itheke) 38:53; 3. Gerald Sullivan (Durb) 42:43. **G'masters:** 1. Jimmy Morris (Forest) 42:16; 2. Johannes Jacobs (Celtic) 43:59; 3. Neville Freislich (FH) 47:08. **G/g'masters:** 1. Joseph Matthews (MS) 52:58; 2. Yusuf Kamiendien (Itheke) 58:14; 3. George Kane-Smith (VOB) 58:21. **Juniors:** 1. Samuel van der Merwe 31:57; 2. Lukhanyo Nobakada (VOB) 33:55; 3. Thembeko Mendu (Gugs) 34:17.

WOMEN (Same prize money as men)

1. Tanith Maxwell (Boxer) 35:31
2. Pamela Moyikwa (VOB) 37:26 (1st jun)
3. Ebeth Marais (Maties) 37:36

Veterans: 1. Busisiwe Mawane (Celtic) 40:39; 2. Janet Adam (Harf) 42:56; 3. Chantal Simpson (Ned) 43:52. **Masters:** 1. Renée Scott (VOB) 43:10; 2. Charmaine Cupido (Ned) 44:42; 3. Lorraine Rogers (Durb) 48:12. **G'masters:** 1. Helen du Plessis (Tyger) 50:15; 2. Judy Collins (VOB) 62:19; 3. Linda Fillmore (Edge) 62:41. **G/g'masters:** 1. Marlene James (Pine) 58:02; 2. Jo Goddard (FH) n/t; 3. Annatjie Berntzen (Tyger) 71:49. **Juniors:** 1. Pamela Moyikwa (VOB) 37:26; 2. Ashleigh Simonis (Carb) 38:26; 3. Busisiwe Gwala (VOB) 41:18.

Durban Runner Half Marathon & 10 km (1st)

Durban, 2 August

(Distances: 21.1 km & 10 km)

Note: There were timing problems at this first race organised by Durban Runner AC, with all times given in full minutes (no seconds), and with some times missing altogether. The times will be disregarded for statistical purposes. The winner of the men's half marathon is probably Philani Buthelezi. – Ed.

Half marathon

MEN

- | | | | |
|----|-------------------|------------|-------|
| 1. | P. Philani | Boxer | 67:00 |
| 2. | Nkosikona ? | Phuma | 70:00 |
| 3. | Sphamandla Nyembi | Ethekeweni | 72:00 |

40-49:

- | | | | |
|----|--------------|-------------|-----|
| 1. | Shingi Badza | ZIM/M Elite | n/t |
|----|--------------|-------------|-----|

50-59:

- | | | | |
|----|------------------|-------|-------|
| 1. | Willie Majombozi | Boxer | 87:00 |
|----|------------------|-------|-------|

60+:

1.	Robin Archer	QBH	91:00
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WOMEN

1.	Nonsikelelo Mbambo	Natal Carb	90:00
2.	N. Nomalanga	Inanda	93:00
3.	Robyn Greyling	Get Fit	n/t

40-49:

1.	Sandy de Beer	SANDF	n/t
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50-59:

1.	Xolisile Mvelase	Phuma	n/t
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60+:

1.	Pat Fisher	Stella	n/t
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10 km

MEN

1.	Sipho Mbanjwa	Phantane	31:07
2.	Siyabonga Nkonde	Boxer	31:25
3.	J Jabulani	Ind	32:06

WOMEN

1.	Jenna Challenor	Ind	36:00
2.	Caylee Ellero	Bluff	40:00
3.	Asta Kraus	Get Fit	43:00

The Longest Day 12-hour Race (20th)

Pietermaritzburg, 1 August

(333.3-metre grass track. Finishers: 28 [up from 21 last year].)

Note: Ash Naidoo finished sixth overall, while Mzwakhe Khanyile successfully defended his title for his fourth win in a row. No clubs were indicated in the results. – Ed.

MEN

1. Mzwakhe Khanyile 137.6 km
2. Jaco de Jager 125.6 km
3. Anthony Albrightson 116.0 km
4. Brad Kavanagh 109.6 km
5. Sibonelo Mashimane 99.2 km

WOMEN

1. Ash Naidoo 94.4 km
2. Natalie Laynes 86.4 km
3. Cordelia Kirsten 85.2 km
4. Trish Botton 84.8 km
5. Maritza Erasmus 83.6 km

Race Against Crime Half Marathon & 15 km

Herbertsdale, 1 August

(Distances: 21.1 km & 15 km; hilly loop courses, partly on gravel. Finishers: half marathon – 46 49 [slightly down from 49 last year]; 15 km – 68 [exactly double last year's 34].)

Note: Elfonzo Pieterse and Godwin Heyns repeated their victories of last year in the half marathon and 15 km respectively. Cecilia Nel finished 9th overall in the half marathon and Elize Kloppers 11th. In the 15 km Marie Wolmarans was 9th overall. – Ed.

Half marathon**MEN**

1	Elfonzo	Pieterse	Nedbank SWD	26	1:19:29
2	Auschten	October	Nedbank SWD	17	1:22:03
3	Selwyn	Losper	Mosselbaai Harriers	51	1:22:18
4	Jerome	Ferland	Nedbank SWD	36	1:27:53
5	Ashwell	Clooco	TEMP	19	1:29:26
6	Anton	Chevalier	Nedbank SWD	50	1:30:05
7	Mteteleli	Dlule	Mosselbaai Harriers	35	1:30:14
8	Phillipus	du Toit	Hartenbos Drawwers	49	1:32:44
9	Cecilia	Nel	Nedbank SWD	33	1:36:55
10	Eugene	Marais	NBMC SWD	42	1:37:17
11	Elize	Kloppers	Hartenbos Drawwers	45	1:37:21
12	Mario	Meyer	Hartenbos Drawwers	36	1:37:30

Veterans:

1	Phillipus du Toit	Hartenbos Drawwers	1:32:44
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Masters:

1	Selwyn Losper	Mosselbaai Harriers	1:22:18
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G'masters:

1	Jan du Toit	Hartenbos Drawwers	1:51:56
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Juniors:

1	Auschten October	Nedbank SWD	1:22:03
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WOMEN

1	Cecilia	Nel	Nedbank SWD	33	1:36:55
2	Elize	Kloppers	Hartenbos Drawwers	45	1:37:21
3	Danika	Gerber	Hartenbos Drawwers	24	1:43:00
4	Alison	Giliomee-Nell	Nedbank SWD	34	1:47:00
5	Maryke	Sass	Nedbank SWD	44	1:49:34
6	Bianca	Brent	Outeniqua Harriers	30	1:55:45
7	Delmarie	Henning	Hartenbos Drawwers	54	2:01:56
8	Prissie	Muller	Hartenbos Drawwers	38	2:02:04
9	Rome	Phillipson-Meyer	Hartenbos Drawwers	33	2:02:04
10	Una	Saayman	SAPS WP	65	2:02:24

Veterans:

1	Elize Kloppers	Hartenbos Drawwers	1:37:21
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Masters:

1	Delmarie Henning	Hartenbos Drawwers	2:01:56
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15 km**MEN**

1	Godwin	Heyns	Nedbank SWD	17	59:27
2	Curshwill	Taylor	Nedbank SWD	18	1:00:16
3	Wayne	Hartzenberg	Outeniqua Harriers	18	1:03:55
4	Hermanus	Jonkerman	Nedbank SWD	55	1:04:33
5	Graham	Hendricks	Outeniqua Harriers	16	1:06:51
6	Aubrey	Brinkhuis	KMC	45	1:08:01
7	Johan	van der Berg	Outeniqua Harriers	32	1:13:39
8	Samuel	Windvogel	Outeniqua Harriers	52	1:14:15
9	Marie	Wolmarans	Nedbank SWD	56	1:16:34
10	Mariano	Pitersen	Nedbank SWD	17	1:18:33
11	Wessel	Joubert	Hartenbos Drawwers	34	1:18:51

Veterans:

1	Aubrey Brinkhuis	KMC	1:08:01
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Masters:

1	Hermanus Jonkerman	Nedbank SWD	1:04:33
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G'masters:

1	Plaatjie Cronje	Outeniqua Harriers	1:28:10
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Juniors:

1	Godwin Heyns	Nedbank SWD	59:27
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WOMEN

1	Marie	Wolmarans	Nedbank SWD	56	1:16:34
2	Diana	Mouton	Nedbank SWD	38	1:35:59
3	Nthabiseng	Makwela	PetroSA	35	1:36:55
4	Sollie	Liebenberg	Mosselbaai Harriers	59	1:36:59
5	Annelize	Joubert	Hartenbos Drawwers	31	1:37:05
6	Vuyokazi	Zazini	PetroSA	34	1:37:56
7	Aaltje	Nieman	Nedbank SWD	53	1:38:31
8	Maria	Britz	TEMP	58	1:39:18
9	Dina	Fryer	Hartenbos Drawwers	61	1:40:28
10	Carmen	Marx	Hartenbos Drawwers	38	1:41:08

Masters:

1	Marie Wolmarans	Nedbank SWD	1:16:34
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G'masters:

1	Dina Fryer	Hartenbos Drawwers	1:40:28
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PPC Cement Riebeeckberg Marathon (30th), Half Marathon & 10 km

Riebeeck West, 1 August

(Distances: 42.195 km, 21.1 km & 10 km; loop courses, very hilly)

Note: As far as is known, this was Lee-Shay Willemse's first marathon. – Ed.

Marathon**MEN**

1. Phumlani Nxusani (Ned) 2:31:18
2. Justin Fritz (Ceres) 2:33:44
3. Ben Matiso (Itheke) 2:34:28
4. Anele Mnukwa (EGA) 2:40:47
5. Mpendulo Siqwadi (Gugs) 2:48:28

WOMEN

1. Lee-Shay Willemse (Velo) 3:24:14
2. Miranda Symons (WR) 3:38:20
3. Marietjie de Vries (Strand) 3:40:19
4. Anneke Slabbert (Stell) 3:40:31
5. Laura Peddle (Strand) 3:48:13

Half marathon**MEN**

1. Mthandazo Qhina (Ned) 1:07:57
2. Nkosinathi Madyo (Itheke) 1:12:21
3. Phumezo Gelem (East) 1:15:07
4. Vincent Lebogang Mpona (Lime) 1:15:12
5. Japhta Nero (Swart) 1:21:01

WOMEN

1. Candyce Hall (Carb) 1:29:32\
2. Alex Adie (VOB) 1:39:20
3. Herlien Kapp (Durb) 1:41:35
4. Johandie de Kock (CMC) 1:41:37
5. Cheryl Rudolph (East) 1:42:04

10 km

MEN

1. Siviwe Nkombi (Itheko) 31:16
2. Leon Lewis (Velo) 35:33
3. Garith Maarman (Swart) 35:33 [correct]

WOMEN

1. Mariëtte Strauss (Tyger) 43:53
2. Marijke West (Swart) 45:34
3. Lisa Nevitt (ATC) 48:18

CROSS-COUNTRY**WP League Meeting (7th)**

Bellville, 26 July

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

SR. MEN (10 km)

1	Lungile	Gongqa	Nedbank	28:22
2	Siviwe	Nkombi	Itheko	29:23
3	Xolisa	Batala	VOB	29:34
4	Nadeel	Wildschutt	Ceres	29:37
5	Adrian	Wildschutt	Ceres	29:49
6	Victor	Msopi	Nedbank	30:03
7	Nkosinathi	Sotyantya	Itheko	30:21
8	Heinrich	Camphor	FNB Multisport	30:29
9	Vuyolwethu	Mbukushe	Gugs	30:39
10	Ben	Matiso	Itheko	30:42

SR. MEN

1	Anthony	Timoteus	UWC	10:52
2	Lungile	Gongqa	Nedbank	10:56
3	Emiele	Paulsen	UWC	11:13
4	Orian	Faro	Celtic Harriers	11:32
5	Rowhaldo	Ratz	Eerste River	11:39
6	Manfred	Samuels	Helderberg Harr	11:59
7	Envor	Rhodas	Easterns	12:01
8	Gilbert	Korir	KEN/UWC	12:04
9	Bulelani	Bhebha	VOB	12:12
10	Fabian	Slingers	UWC	12:24

VETERAN MEN (8 km)

1	Graham	Katzen	Celtic Harriers	25:29
2	Vuyani	Sixaso	Wild Runners	25:46
3	Shawn	Abrahams	Celtic Harriers	26:06

MASTER MEN (8 km)

1	Eric	Coetzee	No Club	26:29
2	Tobias	Philander	Itheko	27:19

3	Chris Mitchell	Celtic Harriers	27:47
G'MASTER MEN (8 km)			
1	Les Chivell	Fish Hoek	30:09
2	Awie Veldsman	Helderberg Harr	30:28
3	Christian Edwards	VOB	32:38
G/G'MASTER MEN (8 km)			
1	Richard Osrin	Clemengold	34:51
2	Peter Donald	West Coast	36:06
3	Ivan Copelowitz	Tygerberg	39:38
U.19 (8 km)			
1	McMarshall Hartzenberg	Eerste River	24:15
2	Heinrich Wagner	Celtic Harriers	24:32
3	Ashley Smith	Celtic Harriers	25:01
U.17 (6 km)			
1	Samuel v:d Merwe	Bellville	17:49
2	Aubrey Kotze	Eerste River	18:14
3	Alantino Belillie	Eerste River	18:33
SR. WOMEN (10 km)			
1	Bulelwa Simae	Nedbank	36:29
2	Tanya Scott	UCT	36:53
3	Candyce Hall	Carbineers	37:56
4	Amy Abrahams	UWC	38:12
5	Khulukazi Lupondo	Easterns	38:24
6	Busisiwe Matiwane	Celtic Harriers	39:19
7	Hanlie Jordaan	UWC	39:31
8	Sheryl de Lange	FNB Multisport	40:57
9	Marzanne Albertse	No Club	42:23
10	Cleo Albertus	Carbineers	42:36
SR. WOMEN			
1	Anel Terblanche	Cape Multi Sport	13:25
2	Pamela Moyikwa	VOB	14:02
3	Lee-Shay Willemse	Velocity	14:29
4	Hanlie Jordaan	UWC	14:32
5	Tina-Mari Meyer	Edgemead	14:56
6	Nomaxesibe Ngcantsi	VOB	15:15
7	Cleo Albertus	Carbineers	15:44
8	Nolubabalo Dyonase	VOB	17:21
9	Razaan Kamaldien	Cape Multi Sport	17:54
10	Maurecia Hartnick	Helderberg Harr	18:22
VETERAN WOMEN			
1	Sandra van Graan	Edgemead	14:26
2	Busisiwe Matiwane	Celtic Harriers	14:45
3	Sheryl de Lange	FNB Multisport	14:55
MASTER WOMEN			
1	Elmarie Coetzee	FNB Multisport	14:59
2	Olga Howard	Celtic Harriers	15:29
3	Mariëtte Strauss	Tygerberg	15:41
G'MASTER WOMEN			
1	Nancy Will	Pinelands	16:54
2	Collette Van Eck	Fish Hoek	18:11
3	Helen Du Plessis	Tygerberg	18:59
G/G'MASTER WOMEN			
1	Marlene James	Pinelands	21:26
2	Carol Gahwiler	VOB	22:47

3	Pixie	Sparg	Celtic Harriers	23:32
U.19 (6 km)				
1	Ashleigh	Simonis	Carbineers	20:42
2	Pamela	Moyikwa	VOB	21:38
3	Busisiwe	Gwala	VOB	21:51
U.17				
1	Assnique	Robinson	Bellville	14:24
2	Siziphiwe	Mbatsa	VOB	15:06
3	Kirsten	Roodman	VOB	15:51

Gauteng North League Meeting (1st)

Pretoria, 25 July

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

SR. MEN (8 km)

1	Thobile	Mosito	Tuks	27:22
2	Khutso	Molekwa	Individual	27:40
3	Altus	Badenhorst	Nedbank	27:48
4	Elliot	Makgoba	Monaco AC	28:28
5	Anele	Sonqibido	Transnet	28:38
6	Martin	Tlhako	Nedbank	28:57
7	Hoshane	Vuma	Sutherland	29:05
8	Derick	Mtshweni	Ikhonjane AC	30:12
9	Andries	Nienaber	Magnolia	31:05
10	Michael	Joubert	Tuks	31:41

SR. MEN

1	Charles	Nel	Tuks	12:58
2	Fourie	Wiid		14:19
3	Lukhanyo	Mabinda	Transnet	14:55
4	Wilke	Pretorius	Tuks	16:26
5	Mathews	Matsetela	Nedbank	17:10
6	Ofentse	Mpongosi	Monaco AC	18:41
7	Manie	Groenewald	Individual	19:50

MEN 40 (8 km)

1	Elmon	Ndlovu	PMM	33:38
2	Colin	Witbooi	PMCC	36:39
3	Gustaf	Botha	Solidariteit	37:06

MEN 45 (8 km)

1	Dawie	De Villiers	Wingate	31:44
2	Graham	Megaw	Tuks	32:30
3	Willie	Brokhorst	Tuks	33:02

MEN 50 (8 km)

1	Rob	Hudson	Irene	36:24
2	Gert	Brits	GNMA	38:00
3	Chris	Britz	Tuks	38:07

MEN 55 (8 km)

1	Danie	Krugell	ACRW	33:38
2	Johann	Walters	Tuks	35:38
3	Japie	Badenhorst	Acw	36:21

MEN 60 (6 km)

1	Buks	Meyer	GNMA	33:40
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MEN 65 (6 km)

1	Piet	Kleingeld	Bronkhorstspuit	29:41
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2	Allan	Kluge	Agape	31:24
3	Pieter	Rossouw	Enduro	33:21
MEN 70 (6 km)				
1	Anton	Harrop-Allin	ACRW	32:26
2	Andries	Van der Merwe	Transnet	33:22
3	Assie	Van Aswegen	Overkruin	37:44
MEN 80 (6 km)				
1	Frans	Grobler	Transnet	41:26
MEN 23				
1	Jonathan	Bredenkamp	Tuks	13:13
2	Johann	Berrange	Tuks	13:19
3	Jacob	Tseko	Tuks	13:23
JR. MEN (8 km)				
1	Morne	Olivier	Tuks	34:02
BOYS 17 (6 km)				
1	Thapelo	Makofane	Tuks Sport School	28:15
2	Samkelisiwe	Shongwe	Tuks Sport School	28:59
3	Mxolisi	Nebonde	Tuks Sport School	29:22
SR. WOMEN (8 km)				
1	Marelise	Retief	Boxer	32:07
2	Carlyn	Fischer	Kovsies	32:38
3	Thobile	Amon	Tuks Sport School	34:09
4	Jacque	Van der Waals	Irene	34:32
5	Leandri	Jansen van Rensburg	PMK	34:44
6	Annerie	Kruger	Magnolia	35:01
7	Lethabo	Seema	Tuks Sport School	35:26
8	Malethabo	Seema	Tuks Sport School	35:58
9	Nthabiseng	Tshela	Monaco AC	36:32
10	Johanna	Sethowa	Tuks Sport School	37:09
SR. WOMEN				
1	Nerissa	Van der Walt	Runavation	15:47
2	Stella	Marais	Tuks	15:56
3	Anuscha	Nice	Tuks	16:29
WOMEN 40				
1	Ronel	Thomas	Boxer	17:03
2	Karin	Hillhouse	Runavation	17:57
3	Esmarie	Pretorius	PMK	19:07
WOMEN 45				
1	Lindsay	Van Aswegen	Runavation	17:40
2	Amelia	Piper	Runnex	21:41
3	Petro	Dalhouzie	Individual	23:30
WOMEN 50				
1	Lettie	Saayman	Nedbank	19:08
2	Ilse	Merrick	Individual	20:51
3	Thea	Van der Merwe	Irene	21:05
WOMEN 55				
1	Lynette	Fischer	Kovsies	19:28
2	Jackie	Navarria	ACRW	23:37
3	Christa	Mouton	Agape	25:26
WOMEN 60				
1	Corrie	Kleingeld	Bronkhorstspruit	24:35
2	Bertha	Shack	Akasia	30:55
WOMEN 23				
1	Lizerie	Ferreira	Tuks	16:14

2	Minette	Van der Westhuizen	TUT	16:42
3	Sonel	Bezuidenhut	Individual	17:26
GIRLS 17				
1	Megan	Capper	Tuks Sport School	17:46
2	Jisa	Emihle	Tuks Sport School	22:15

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

High Street Mile (24th)

Newburyport, USA, 2 August

(Point-to-point course with 2.5 m/km elevation loss; USATF certified but not record-standard)

MEN

1. Steve Mangan, 23 4:11.7 PB \$750
2. Andy Sukeforth, 23 4:14.2 500
3. Ryan Hayes, 21 4:27.0 250

WOMEN

1. Morgan Uceny, 30 4:43.0 \$750
2. Beverly Antunes, 32 4:57.2 500
3. Grace Kahura, KEN 4:58.6 250

TD Beach to Beacon 10 km (18th)

Cape Elizabeth, USA, 1 August

(Certified, point-to-point course with 65% start/finish separation and 0.82 m/km elevation loss)

MEN (gun times)

1. Stephen Kosgei Kibet, 28, KEN 28:28.2 \$10,000
2. Moses Kipsiro, 28, UGA 28:39.7 5,000
3. Daniel Salel, 24, KEN 28:40.5 3,000
4. Eric Jenkins, 23, Portsmouth, NH 28:50.0 DB 2,000 + 5,000a
5. Micah Kogo, 29, KEN 29:07.5 1,000
- ... 7. Abdi Abdirahman, 38, Tucson, AZ 29:36.7 800 + 2,000a

WOMEN

1. Wude Ayalew, 28, ETH 31:55.5 \$10,000
2. Diane Nukuri, 30, BDI 31:59.6 5,000
3. Sentayehu Ejigu, 30, ETH 32:16.2 3,000
4. Gemma Steel, 29, Leicester, GBR 32:56.5 2,000
5. Alexi Pappas, 25, Eugene, OR 32:56.9 1,000 + 5,000a

a) Earned American prize money

TRACK**Pan American Junior Championships**

Edmonton, CAN, 31 July – 2 August

MEN

5000 (31):

- | | | | |
|-----------------------|------------------|-------------|--------|
| 1. Matthew Maton | 96 United States | 14:20.58 PB | Gold |
| 2. Cerake Geberkidane | 96 United States | 14:28.45 PB | Silver |
| 3. Daniel Nascimento | 98 Brazil | 14:31.81 PB | Bronze |

Kenyan Trials for IAAF World Championships

Nairobi, KEN, 31 July – 1 August

Note: Athletes named to the team for Beijing are annotated with *. – Ed.

MEN

800 (01):

1. Ferguson Cherirot ROTICH*, 1:43.60 CR
2. David RUDISHA*, 1:43.89
3. Alfred KIPKETER*, 1:44.07
4. Jackson Kivuva MUMBWA, 1:44.56
5. Job Kinyor KOECH, 1:45.00

1500 (01/Final Only):

1. Asbel KIPROP*, 3:34.03
2. Silas KIPLAGAT*, 3:34.44
3. Elijah Manangoi MOTONEI*, 3:34.46
4. Robert KIBIWOTT, 3:34.71
5. Timothy CHERUIYOT, 3:34.86

5000 (01):

Note: Caleb Ndiku was named to the Kenyan team, but did not compete in the Trials. – Ed.

1. Edwin SOI*, 13:30.83
2. Emmanuel KIPSANG*, 13:33.84
3. Isiah Kiplangat KOECH*, 13:41.19
4. Thomas LONGOSIWA, 13:52.91
5. Victor Kimutai CHUMO, 13:53.67

10000 (01):

1. Geoffrey Kipsang KAMWOROR*, 27:11:89 CR (58.1 last lap)
2. Bedan KAROKI*, 27:15:33
3. Paul TANUI*, 27:18:45
4. Vincent YATOR, 27:33:45
5. Leonard BARSOTON, 27:35:75

3000 s/chase (01):

1. Jairus Kipchoge BIRECH*, 8:19.55
2. Conseslus KIPRUTO*, 8:21.73
3. Brimin Kipruto KIPROP*, 8:22.95
4. Ezekiel KEMBOI*, 8:24.42 (fell after 3rd water barrier)
5. Abel Kiprop MUTAI, 8:25.56

WOMEN

800 (01):

1. Eunice SUM*, 1:59.46

2. Janeth Jepksogei BUSIENEI*, 2:00.42
3. Annet Mwanzi LUKHUYI, 2:01.46
4. Sylvia CHESEBE, 2:02.06
5. Winnie CHEBET, 2:02.38

1500 (01):

1. Faith Chepngetich KIPYEGON*, 4:01.85 CR
2. Mercy CHERONO**, 4:02.21
3. Nancy CHEPKWEMOI*, 4:04.67
4. Violah LAGAT*, 4:05.98
5. Beatrice CHEPKOECH, 4:06.73

**) Named to the 5000 squad for Beijing

5000 (01):

1. Viola KIBIWOTT*, 15:42.58
2. Irene Cheptai CHEBET*, 15:42.98
3. Janet KISA*, 15:44.77
4. Margaret Chelimo KIPKEMOI, 15:47.11
5. Alice APOROT, 15:51.79

10000 (31):

1. Vivian Cheruiyot JEPKEMOI*, 32:58.4
2. Betsy SAINA*, 32:59.2
3. Joyce CHEPKIRUI, 33:00.1
4. Gladys CHESIR, 33:00.9
5. Agnes TIROP, 33:14.9
- Sally KIPYEGO*, DNF
- Linet MASAI, DNF

3000 s/chase (01):

1. Hyvin Kiyeng JEPKEMOI*, 9:33.42
2. Virginia NYAMBURA*, 9:33.69
3. Roseflina CHEPNGETICH*, 9:35.75
4. Purity Cherutich KIRUI, 9:37.62
5. Magdalene MASAI, 9:42.77

Gert Rasschaert Memorial (25th)

Ninove, BEL, 1 August

MEN

800:

Race 1:

1. Joshua Ralph, 1991, AUS, 1:45.79
2. Alderaan Ali Saad, 1990, KSA, 1:46.03
3. Khaled Belmehdi, 1988, ALG, 1:46.12

Race 2:

1. Mohammed Ayoub Tiouali, 1991, BRN, 1:47.11
2. Elliot Giles, 1994, GBR, 1:47.92
3. Karl Griffin, 1995, IRL, 1:48.13
- Andrew Barnes, 1988, RSA, DNF

1500:

Race 1:

1. Youssouf Hiss Bachir, 1987, DJI, 3:36.96

2. Chala Regassa, 1997, ETH, 3:37.24
3. Rachid Ramzi, 1980, BRN, 3:37.59

WOMEN

800:

Race 1:

1. Adelle Tracey, 1993, GBR, 2:01.10
2. Aníta Hinriksdóttir, 1996, ISL, 2:01.15
3. Rachel Aubry, 1990, CAN, 2:01.56

LINZ, AUT (1 August): WOMEN 800: 1. Caster Semenya, **RSA**, 2:00.72; 2. Lenka Masna, CZE, 2:02.33; 3. Verena Menapace, AUG, 2:04.35.

TABOR, CZE (28 July): WOMEN 800: 1. Lenka Masna, CZE, 2:03.94; 2. Caster Semenya, **RSA**, 2:05.47.

STATS TIME

This week we include a list of the top ten SA men 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. Secondary performances by the top three are also listed. All the times on the list were run in SA Half Marathon last weekend, except two – both by Lusapho April.

2015 HALF MARATHON: TOP 10 MEN

1:01:21A	Lusapho April	4	New York	03 Mar
1:02:06	Lucky Modike Mohale	1	Port Elizabeth	25 Jul
1:02:07	Mbongeni Nxazozo	2	Port Elizabeth	25 Jul
1:02:14	April-2	3	Port Elizabeth	25 Jul
1:02:25	Sibabalwe Gladwin Mzazi	4	Port Elizabeth	25 Jul
1:02:27	Vuyisile Tshoba	5	Port Elizabeth	25 Jul
1:02:27A	April-3	1	East London	21 Feb
1:02:29	Xolisa Tyali	6	Port Elizabeth	25 Jul
1:02:41	Stephen Lesego Mokoka	7	Port Elizabeth	25 Jul
1:02:48	Desmond Mokgobu	8	Port Elizabeth	25 Jul
1:03:06	Philemon Mathabe	9	Port Elizabeth	25 Jul
1:03:28	Thabiso Benedict Moeng	10	Port Elizabeth	25 Jul

THIS MONTH IN HISTORY

34 years ago: 2 August 1981

Bernard Rose had the SA record, 2:12:10 by Geoff Bacon the previous year, in his sights when he started South Africa's oldest club marathon, the Durban Athletic Club race. The race, originally called the Siedle Shield Marathon, was being run for the 48th time and Rose's personal best was the 2:13:01 he had run three months earlier in Port Elizabeth. He improved on that, but not by much and the record remained out of reach. Rose finished in 2:12:57 to beat Ben Choeru (2:14:12) and Gabashane Rakabaele (2:14:20). Bacon was tenth in 2:28:22. Further back were a couple of well-known names: Ian Emery, Frans Ntoale, Eloi de Oliveira, Des Rountree, Dudley Hulbert and Clive Crawley. Nineteen months later, in the point-to-point Peninsula Marathon, Rose would equal Bacon's record. Sadly, the DAC Marathon was discontinued after 68 runnings in 2001.

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
	43:31	Eliud Ngetich (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	62:06	Lucky Modike Mohale	Port Elizabeth	25 Jul
	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		
100 km	2:03:23p	Wilson Kipsang (KEN) 2013		
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	49:30	Simon Mpholo	Kempton Park	28 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	64:35	Shadrack Hoff	Port Elizabeth	25 Jul
	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 47:52	Eric Coetzee Titus Mamabolo (RSA) 1991	Eersterivier	20 Jun
21.1 km	75:23 66:42	Daniel Mothibe Martin Rees (GBR) 2003	Port Elizabeth	25 Jul
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 2:19:29	Shaun Meiklejohn Titus Mamabolo (RSA) 1991	Durban	01 Mar

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	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				

Juniors

10 km	31:03 27:52	McMarshal Hartzenberg Richard Chelimo (KEN) 1990	Bellville	28 Mar
15 km	48:11 42:25	Andile Motwana Moses Mosop (KEN) 2004	Despatch	07 Mar
21.1 km	68:36 59:16	Mbasobhi Gumede Samuel Wanjiru (KEN) 2005	Port Elizabeth	25 Jul

WOMENOpen

10 km	32:54 34:03A 30:56	Mapaseka Makhanya Lebo Phalula Gladys Cheron (KEN)	Cape Town Paulpietersburg	29 Mar 15 Feb
	30:21	Paula Radcliffe (GBR) 2003		
15 km	54:14 46:14 46:28 46:14p	Tanith Maxwell Florence Kiplagat (KEN) Tirunesh Dibaba (ETH) 2009 Florence Kiplagat (KEN) 2015	Eersterivier	20 Jun
21.1 km	71:54 65:09 65:12 65:09p	Lebo Phalula Florence Kiplagat (KEN) Florence Kiplagat (KEN) 2014 Florence Kiplagat (KEN) 2015	Port Elizabeth	25 Jul
25 km	1:36:08 1:21:55 79:53	Jenna Challenor Sutume Asefa Kebede (ETH) Mary Keitany (KEN) 2010	Durban	08 Mar
30 km	1:56:32 1:45:00 1:38:49	Tanith Maxwell Saori Noda (JPN) Mizuki Noguchi (JPN) 2005	Camps Bay	04 Jan
Marathon	2:31:02 2:19:52 2:15:25	Mapaseka Makhanya Mare Dibaba Hurssa (ETH) Paula Radcliffe (GBR) 2003	Hannover	19 Apr
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:43	Prudence Zwane	Pretoria	28 Feb
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	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	82:50	Ulrica Stander	Port Elizabeth	25 Jul
	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		
<u>Masters (50+)</u>				
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	Jane Mudau	Polokwane	28 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
15 km	64:00	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) 2001		
21.1 km	84:17	Nonhlanhla Dlamini	Cape Town	04 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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 The banner features a background image of a runner's silhouette against a sunset over a coastal path. On the left is a circular logo for Cape Town 12 One Run. Three white text boxes are overlaid on the image:

- ENTRIES NOW OPEN
- GET YOUR RUN ON NOW
- www.thecapetown12.com

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