

Distance Running Results

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EDITORIAL

The Totalsports Women's Day 10 km in Johannesburg resulted in a convincing victory by more than three minutes for Lebogang Phalula, who also won the race last year (in 36:01). Her 33:22 is the ninth fastest ever inland time in South Africa. Only Zola Pieterse (four, with a best of 32:20 – still the SA junior record), Elana Meyer, René Kalmer, Irvette van Zyl and Louisa Leballo have ever run faster. Junior Chery-Lee Schoeman was third in a quick 36:50.

In Cape Town Tanith Maxwell won the Women's Day Challenge in 36:13, well ahead of Bulelwa Simae.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Women's Day Challenge 10 km, Goodwood
- * Castle Walk Centre 10 km, Pretoria
- * Totalsports Women's Day 10 km, Johannesburg
- * Run 4 Education Half Marathon & 10 km, Polokwane
- * Checkout Chatsworth Women's Day 10 km, Durban
- * Mtunzini Bush Challenge 15 km & 10 km, Mtunzini
- * XC: WP League Meeting, Bellville; Gauteng North League Meeting, Pretoria

International highlights:

- * Sun-Herald City to Surf 14 km, Sydney, AUS
 - * Memorial Peppe Greco, Scicli, ITA
 - * Rock 'N' Roll Dublin Half Marathon, Dublin, IRL
 - * Track: Janusz Kusocinski Memorial, Szczecin, POL; North America, Central America & Caribbean Athletics Association (NACAC) Championships, San Jose, CRC; Sir Walter Miler, Raleigh, USA; Copenhagen Games, Copenhagen, DEN
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ROAD RUNNING

Women's Day Challenge 10 km

(Women only)

Goodwood, 10 August

(Certified undulating loop course. Weather: cold, clear. Finishers: 695.)

1. Tanith Maxwell (Boxer) 36:13 (R1000)
2. Bulelwa Simae (Ned) 37:29 (R750)
3. Nomvuyisi Seti (Itheko) 38:15 (R500)

(Prize money in all age categories was the same: R500, R400, R300.)

Veterans: 1. Ulrica Stander (FNB) 38:55; 2. Sandra van Graan (Edge) 39:59; 3. Ursula Frans (Ned) 41:06. **Masters:** 1. Mariëtte Strauss (Tyger) 42:29; 2. Charmaine Cupido (Ned) 44:42; 3. Beverley Charters (VOB) 45:17. **G'masters:** 1. Nancy Will (Pine) 47:35; 2. Helen du Plessis (Tyger) 49:30; 3. Anneline Botha (Brack) 58:58. **G/g'masters:** 1. Marlene James (Pine) 58:44; 2. Jo Goddard (FH) 67:53; 3. Annatjie Berntzen (Tyger) 71:49. **Juniors:** 1. Ashleigh Simonis (Carb) 38:44; 2. Siziphiwe Mbatsa (VOB) 43:19; 3. Linda Detering (Carb) 46:08.

Castle Walk Centre 10 km

Pretoria, 10 August

(Loop course)

MEN

- 1 Bafana Dube (Transnet) 32:49; 2 Collen Mulaudzi (TUT) 33:24; 3 Revaldo Abrahams (Nedbank) 33:59.

Veterans: 1 Enoch Skosana (Nedbank) 38:20; 2 Leon Baker (Midrand) 39:57; 3 Llewelyn Curlewis (Tuks) 41:04. **Masters:** 1 Burger Linde (Armscor) 46:02; 2 Louis Botha (Irene) 50:58; 3 Mike van Eck (Kempton) 52:34. **G'masters:** 1 Johan Pistorius (Phobians) 57:07; 2 Iain McFadyen (Phobians) 57:27; 3 Wallie Weder (Agape) 59:03. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 59:31; 2 Anton Harrop-Allin (ACRW) 60:16; 3 Danie Roux (Kempton) 72:29. **Juniors:** 1 Mpho Mooka (Nedbank) 36:48; 2 Welcome Lubisi (Nedbank) 36:59; 3 James Majenge (Marias Viljoen H/S) 37:20.

WOMEN

- 1 Catherine Skosana (Nedbank) 40:39; 2 Carlyn Fischer (Kovsies) 42:10; 3 Jacquie v.d. Waals (Irene) 43:13 (1st vet).

Veterans: 1 Jacquie v.d. Waals (Irene) 43:13; 2 Sanette van Rooyen (Irene) 53:31; 3 Charmaine Warriker (VTM) 55:32. **Masters:** 1 Debbie Bredenkamp (HQB) 50:59; 2 Connie Blom (Runavation) 51:45; 3 Ronel Fourie (Transnet) 57:43. **G'masters:** 1 Rina Machado (Ndaba) 67:46; 2 Ria Duvenhage (Transnet) 73:43. **G/g'masters:** 1 Deirdre Larkin (Randburg) 68:45; 2 Mavis Stadler (Agape) 71:48; 3 Hettie Booyesen (STD Bank) 78:05. **Juniors:** 1 Annie Bredell (Magnolia) 54:49; 2 Sumarie Moolman (ACRW) 60:12.

Totalsports Women's Day 10 km

(Women only)

Johannesburg, 9 August

(Course configuration unknown. Finishers: 2786 [significantly up from 2168 last year].)

Note: The finisher figure includes the male participants in the race. – Ed.

1. Lebogang Phalula (Boxer) 33:22
2. Tebogo Masehla (Boxer) 36:34
3. Chery-Lee Schoeman (Ned AGN) 36:50
4. Mapaseka Makhanya (Ind) 38:00
5. Yolande Maclean (Born) 38:15
6. Palesa Mabote (Ind) 39:31
7. Poppy Mlambo (Boxer) 39:32
8. Liza Kellerman (Ind) 39:42
9. Andronica Mokgotla (Ind) 40:03
10. Goodness Lichaba (CR) 40:55
11. Itumeleng Davids (Colo) 41:00
12. Gillian Sieling (RAC) 41:08
13. Mamiki Hlaka (Ind) 41:18
14. Takalane Nthulane-Ndandani (Trans) 41:33
15. Nomasonto Sikhosana (Ind) 41:46
16. Melanie Jennett (Four) 42:03
17. Andrea Steyn (Ind) 43:07
18. Ricci-Lee Brookstone (Ind) 43:08
19. Heather Walden (Born) 43:28
20. Ann Ashworth (Born) 43:30
21. Julianie Basson (Born) 43:44

Veterans: 1. Gillian Sieling (RAC) 41:08; 2. Nomasonto Sikhosana (Ind) 41:46; 3. Melanie Jennett (Four) 42:03. **Masters:** 1. Sandra Brookstone (Ind) 47:02; 2. Sonja van der Vyver (Vitality) 47:46; 3. Rita Loots (RAC) 49:02. **G'masters:** 1. Agnes Dlephu (OF) 52:04; 2. Peggy Mugwabana (Ind) 57:32; 3. Rachel Lefalake (Rockies) 59:05. **G/g'masters:** 1. Elise Schofield (Alb) 1:39:23; 2. Dorothy van Heerden (Fit) 1:51:19; 3. Julie Mulley (Ind) 1:52:41. **Juniors:** 1. Chery-Lee Schoeman (Ned AGN) 36:50; 2. Liza Kellerman (Ind) 39:42; 3. Jessica Aylward (New) 44:48.

Run 4 Education Half Marathon & 10 km

Polokwane, 9 August

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1 Sibusiso Nzima (Nedbank) 66:47; 2 Tseiso Moeketsi (LES/Nedbank) 67:02; 3 Luwis Masunda (ZIM/Nedbank) 69:21.

Veterans: 1 Siphon Ncube (ZIM/Maxed Elite) 70:05; 2 Phillimon Manyaka (Nedbank) 74:18; 3 Thomas Thema (Eskom) 79:02. **Masters:** 1 Lazarus Seroka (Twickenham) 75:48; 2 Reform Ndlovu (Randburg) 78:18; 3 David Kubjana (Polokwane) 89:23. **G'masters:** 1 Don Charles (Nedbank) 92:14; 2 Daniel Hlongwane (Nedbank) 1:48:07; 3 Phatlane Mokwala (Eskom) 1:55:57. **Juniors:** 1 Khutso Mmako (Progressive) 72:44; 2 Samuel Manamela (Temp) 73:24; 3 Pontsho Ngobeni (Potties) 73:44.

WOMEN

1 Catherine Malungane (Transnet) 87:22; 2 Jane Mudau (Pietersburg) 90:02 (1st mast); 3 Linah Mhlongo (Eskom) 90:31.

Veterans: 1 Linah Mhlongo (Eskom) 90:31; 2 Mahlodi Mokgoshing (Eskom) 2:01:45.

Masters: 1 Jane Mudau (Pietersburg) 90:02. **Juniors:** 1 Hilda Molokomme (Pietersburg) 1:56:28; 2 Phophi Netshifhefhe (Pietersburg) 2:01:34.

10 km

MEN

1 Stephen Mokoka (Transnet) 30:47; 2 Pharson Magagane (Temp) 31:02; 3 Philemon Mathiba (Nedbank) 31:11.

Veterans: 1 Bethuel Netshifhefhe (Pietersburg) 34:30; 2 Peter Masia (RAC) 36:08; 3 Charles Sekwa (Eskom) 37:11. **Masters:** 1 Daniel Mothibe (Runavation) 36:19; 2 Israel Madibane (Eskom) 38:08; 3 Thomas Ngobeni (Greater Elim) 38:33. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 38:29; 2 Isaac Manyika (Eskom) 46:59; 3 Phuti Mabothe (Eskom) 50:53. **Juniors:** 1 Pogiso Lekganya (Temp) 33:34; 2 Kamogeo Masumola (Temp) 33:44; 3 Solomon Moja (Mokerong) 34:49.

WOMEN

1 Thandi Sehohle (ADT) 39:39 (1st jun); 2 Gift Ramabele (Eskom) 41:19; 3 Paulina Phaho (Transnet) 42:50.

Veterans: 1 Paulina Phaho (Transnet) 42:50; 2 Anna Maponya (UL) 48:33; 3 Betty Mashitisho (Pietersburg) 55:04. **Masters:** 1 Thembeka Ketsekile (Ukhozi) 49:59; 2 Elizabeth Managa (Vhembe) 51:11; 3 Merriam Gafane (UL) 56:53. **G'masters:** 1 Rosina Sebati (RAC) 64:51; 2 Stephina Modiba (UL) 74:56. **Juniors:** 1 Thandi Sehohle (ADT) 39:39; 2 Mtangameelzemi Mammgwe (Temp) 49:18; 3 Sina Letsoalo (Temp) 53:39.

Checkout Chatsworth Women's Day 10 km

(Women only)

Durban, 9 August

1.	Puseletso Dladla	Savages AC	40:20
2.	Caylee Ellero (1 st jun)	Bluff AC	40:43
3.	Nonsikelelo Mbambo	Natal Carb	41:50

40-49:

1.	Barbara Hlangano	West AC	50:25
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50-59:

1.	Blanche Mola	Savages AC	51:10
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60+:

1.	Pat Fischer	Stella AC	57:38
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Juniors:

1.	Caylee Ellero	Bluff AC	40:43
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Mtunzini Bush Challenge 15 km & 10 km

Mtunzini, 9 August

Note: This is an off-road race. – Ed.

15 km

MEN

1. Bongani Mdletshe (NRB Harries) 1:00:07, 2. Simphiwe Ndlela 1:00:34, 3. Innocent Nyawose 1:00:58.

WOMEN

1. Melanie van Rooyen 1:16:57, 2. Desiree Verwey 1:19:12, 3. Amy Burgey 1:20:49.

10 km

MEN

1. Thulani Mdletshe 35:55, 2. Thabani Shoyisa (NRB Harries) 35:56, 3. Calvin Ntshangase (NRB Harries) 35:59.

WOMEN

1. Nomcebo Mthethwa (Ind) 42:57, 2. Bongiwe Nkosi (NRB Harries) 50:30, 3. Julie Mitchell (Ind) 52:30.

CROSS-COUNTRY

WP League Meeting (8th)

Bellville (CPUT), 1 August

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

SR. MEN (10 km)

1	Vuyolwethu	Mbukushe	Gugs	29:49
2	Tom	Lusaseni	Itheko	29:59
3	Xolisa	Batala	VOB	30:32
4	Heinrich	Camphor	FNB Multisport	30:42
5	Nkosinathi	Sotyantya	Itheko	31:52
6	Sibusiso	Madikizela	Itheko	32:18
7	Bulelani	Bhebha	Itheko	32:31
8	Oscar	Coetzee	Itheko	32:41
9	Luyanda	Mapoyi	Wild Runner	32:43
10	Siyabonga	Madala	Gugs	33:37

SR. MEN

1	Anthony	Timoteus	UWC	11:32
2	Emiele	Paulsen	UWC	11:43
3	McMarshall	Hartzenberg	Eerste River	12:07
4	Orian	Faro	Celtic Harriers	12:13
5	Virgina	Ngudlamana	Itheko	12:29
6	Riaan	Wildskut	Easterns	12:32
7	Bulelani	Bhebha	VOB	12:37
8	Envor	Rhodas	Easterns	12:45
9	Gilbert	Korir	KEN/UWC	12:47
10	Christopher	Mazantsana	CPUT	12:51

VETERAN MEN (8 km)

1	Shawn	Abrahams	Celtic Harriers	25:06
2	Xolile	Macanda	Gugs	25:15

3	Roger	Dickson	VOB	25:22
MASTER MEN (8 km)				
1	Eric	Coetzee	No Club	25:18
2	Chris	Mitchell	Celtic Harriers	26:49
3	Julian	Paul	Defence WP	27:28
G'MASTER MEN (8 km)				
1	Les	Chivell	Fish Hoek	29:45
2	Awie	Veldsman	Helderberg Harr	30:18
3	Steve	Granger	VOB	30:36
G/G'MASTER MEN (8 km)				
1	Richard	Osrin	Clemengold	33:42
2	Peter	Donald	West Coast	36:08
3	Ivan	Copelowitz	Tygerberg	41:03
U.19 (8 km)				
1	Ashley	Smith	Celtic Harriers	22:42
2	Rowhaldo	Ratz	Eerste River	23:04
3	Lukhanyo	Nobakada	VOB	23:34
U.17 (6 km)				
1	Samuel	v d Merwe	Bellville	16:58
2	Alantino	Belillie	Eerste River	17:26
3	Allesandro	Carelse	Celtic Harriers	17:48
SR. WOMEN (10 km)				
1	Lena	Lötter	No Club	33:37
2	Tanya	Scott	UCT	36:55
3	Amy	Abrahams	UWC	38:18
4	Khulukazi	Lupondo	Easterns	38:32
5	Hanlie	Jordaan	UWC	39:49
6	Candyce	Hall	Carbineers	40:15
7	Tanya	Posthumus-Fox	Century City	40:33
8	Sheryl	de Lange	FNB Multisport	41:21
9	Cleo	Albertus	Carbineers	42:55
10	Marzanne	Albertse	No Club	43:26
SR. WOMEN				
1	Anel	Terblanche	Cape Multisport	14:26
2	Hanlie	Jordaan	UWC	15:31
3	Tina-Mari	Meyer	Edgemead	15:52
4	Marlise	Jordaan	UWC	16:22
5	Nocwaka	Mthetho	Celtics	17:49
6	Nolubabalo	Dyonase	VOB	18:09
7	Cleo	Albertus	Carbineers	18:12
8	Alexia	Snyders	Helderberg Harr	18:59
9	Iviwe	Zangqa	CPUT	19:06
10	Mandisa	Nqayi	Gugs	20:02
VETERAN WOMEN				
1	Sandra	van Graan	Edgemead	15:27
2	Sheryl	de Lange	FNB Multisport	15:47
3	Busisiwe	Matiwane	Celtic Harriers	16:01
MASTER WOMEN				
1	Olga	Howard	Celtic Harriers	16:14
2	Mariëtte	Strauss	Tygerberg	16:54
3	Charmaine	Cupido	Nedbank	17:19
G'MASTER WOMEN				
1	Nancy	Will	Pinelands	19:12
2	Helen	Du Plessis	Tygerberg	19:52

3	Esmé	September	Spartan Harriers	21:57
G/G'MASTER WOMEN				
1	Marlene	James	Pinelands	23:46
2	Christine	Williams	VOB	26:08
3	Pixie	Sparg	Celtic Harriers	26:51
U.19 (6 km)				
1	Ashleigh	Simonis	Carbineers	19:49
2	Jeamdi	Mukela	No Club	21:01
3	Pamela	Moyikwa	VOB	21:11
U.17				
1	Assnique	Robinson	Bellville	15:33
2	Anitha	Nonene	WCSS	16:13
3	Kirsten	Roodman	VOB	16:29

Gauteng North League Meeting (2nd)

Pretoria, 1 August

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

SR. MEN (8 km)

1	Vuyisile	Tshoba	Transnet	25:51
2	Bafana	Dube	Transnet	25:55
3	Revaldo	Abraams	Skosana Development	26:26
4	Unathi	Nteta	AAC WP	26:30
5	Altus	Badenhorst	Nedbank	27:10
6	Stephen	Mokoka	TUT	27:19
7	Mpho	Motaung	TUT	28:00
8	Martin	Tlhako	Nedbank	28:31
9	Nyakallo	Mokhothu	TUT	28:52
10	Hoshane	Vuma	Suthies	29:42

SR. MEN

1	Moses	Dirane	Tuks	11:30
2	Collen	Mulaudzi	TUT	11:31
3	Charles	Nel	Tuks	11:37
4	Joel	Modiba	TUT	12:00
5	Martin	Nkoe	TUT	12:01
6	Simon	Mokonyama	Monaco	12:04
7	Makgabo	Eliot	Monaco	12:31
8	Ranti	Dikgale	ECAC	13:03
9	Lukhanyo	Mabinza	Transnet	13:22
10	Thabo	Maugalani	TUT	13:27

MEN 40 (8 km)

1	Llewelyn	Curlewis	Tuks	33:07
2	Gustav	Botha	VTM	34:21
3	Hendrik	Mattheus	Individual	35:36

MEN 45 (8 km)

1	Piet	Mosebedi	Transnet	29:39
2	Graham	Megaw	Tuks	31:24
3	Graham	Burnett	Bosch	32:47

MEN 50 (8 km)

1	Avril	Barkuysen	Nedbank	33:05
2	Richard	Sinden	VTM	34:25
3	Gert	Brits	GNMA	36:09

MEN 55 (8 km)			
1	Piet	Lotter	ACRW 29:28
2	Burger	Linde	Armscor 33:41
3	Johann	Walters	Tuks 34:10
MEN 60 (6 km)			
1	Buks	Meyer	GNMA 31:31
2	Hennie	Prinsloo	ACRW 34:32
3	Dirk	Neethling	Tuks 40:53
MEN 65 (6 km)			
1	Mike	Du Bruto	Irene 25:53
2	Allan	Kluge	Agape 30:58
3	Pieter	Rossouw	Enduro 32:50
MEN 70 (6 km)			
1	Mike	Kleinsmit	Transnet 30:53
2	Anton	Harrop-Allin	ACRW 32:39
3	Lammie	Fourie	Agape 34:13
MEN 75 (6 km)			
1	Andries	Van der Merwe	Transnet 31:31
2	Neville	Muir	Phobians 43:57
MEN 80 (6 km)			
1	Ken	Nurden	Agape 34:05
2	Dion	Heigers	ACRW 41:32
3	Frans	Grobler	Transnet 58:45
MEN 23			
1	Jacob	Tseko	Tuks 11:48
2	Johnathan	Bredenkamp	Tuks 11:52
3	Tebogo	Segalagala	Monaco 12:13
JR. MEN (8 km)			
1	Welcome	Lubisi	Skosana Development 27:17
2	Thabang	Maleka	Skosana Development 27:50
3	Thato	Malungane	Temba Prestige 27:50
BOYS 17 (6 km)			
1	Thapelo	Makofane	Tuks Sport 27:35
2	Vuni	Madonsela	Tuks Sport 28:32
3	Mxolisi	Nebonde	Tuks Sport 28:49
SR. WOMEN (8 km)			
1	Kataza	Shipalana	Transnet 31:16
2	Leani	Grimes	Tuks 31:27
3	Vuyokazi	Gebe	Transnet 32:59
4	Carlyn	Fischer	Kovsies 34:02
5	Zintle	Singe	Individual 40:51
SR. WOMEN			
1	Catherine	Skosana	TUT 13:53
2	Stella	Marais	Tuks 13:58
3	Portia	Ngwenya	Transnet 14:07
4	Sarita	Downing	Tuks 15:10
5	Carli	Kuhn	Tuks 18:14
6	Margot	Jansen v. Nieuwenhuizen	TUT 19:32
7	Yvette	Jansen v. Nieuwenhuizen	TUT 19:55
WOMEN 40			
1	Karin	Hillhalse	Runavation 15:36
2	Alicia	Heyns	GNMA 16:58
3	Lourien	Van der Merwe	Ppmk 19:19

WOMEN 45				
1	Jenny	Stoffberg	Tuks	17:20
2	Corlia	Ludick	PPMK	17:29
3	Charmaine	Warriker	VTM	18:22
WOMEN 50				
1	Ansie	Breytenbach	Irene	16:30
2	Elsabe	Brink	Runavation	17:17
3	Lettie	Saayman	Nedbank	17:23
WOMEN 55				
1	Christa	Mouton	Agape	21:40
2	Elsie	Mokone	Temba Prestige	23:28
3	Nicolene	Gericke	Runavation	29:15
WOMEN 60				
1	Frances	Van Blerk	Nedbank	17:11
2	Stephanie	Claassen	Tuks	20:38
WOMEN 65				
1	Ella	Smith	Pmk	24:14
WOMEN 23				
1	Mokoana	Nokuthula	TUT	14:48
2	Adel	Vermaak	Tuks	15:39
3	Michelle	Redelinghuys	Tuks	15:44
JR. WOMEN (6 km)				
1	Yvonne	Pitsane	Tuks Sport	37:57
GIRLS 17				
1	Mulalo	Mulaudzi	Tuks Sport	35:48
2	Johanna	Sethowa	Tuks Sport	36:18
3	Palesa	Msheba	Tuks Sport	37:29

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

Sun-Herald City to Surf 14 km (45th)

Sydney, AUS, 9 August

(Point-to-point course from Hyde Park in Sydney to Bondi Beach)

MEN

1. Brad Milosevic, AUS, 42:09
2. Stewart McSweyn, AUS, 42:17
3. Ben Moreau, AUS, 42:37

WOMEN

1. Cassie Fien, AUS, 46:32
2. Danielle Allen, AUS, 47:32
3. Jessica Trengove, AUS, 48:25

Memorial Peppe Greco (26th)

Scicli, ITA, 8 August

(Distance: 10.2 km)

MEN

1. William Korir, KEN, 30:10
2. Andrea Lalli, 1987, Fiamme Gialle, 30:20
3. Sylvain Rukindo, 1988, Atletica Toscana (RWA), 30:28

Rock 'N' Roll Dublin Half Marathon (3rd)

(Irish Half-marathon Championships)

Dublin, IRL, 2 August

(Distance: 21.1 km; loop course with no start/finish separation)

MEN (gun times)

1. Paul Pollock, Holywood, 1:05:09 CR
2. Mick Clohisey, Dublin, 1:05:20
3. Kevin Seaward, Unattached, 1:05:52

WOMEN (gun times)

1. Lizzie Lee, Cork, 1:13:27 PB
2. Sarah Mulligan, Dublin, 1:17:35
3. Ciara Hickey, Dublin 16, 1:21:49

TRACK**Janusz Kusocinski Memorial (61st)**

Szczecin, POL, 9 August

MEN

800:

1. Adam KSZCZOT 89-09-02 RKS Łódź(POL) 1:44.67
2. Marcin LEWANDOWSKI 87-06-13 CWZS Zawisza Bydgoszcz SL(POL) 1:44.97
3. Artur KUCIAPSKI 93-12-26 AZS-AWF Warszawa(POL) 1:46.14

North America, Central America & Caribbean Athletics Association (NACAC) Track & Field Championships

San Jose, CRC, 7-9 August

MEN

800 (09):

- | | | | |
|-------------------|-------------------|---------|---------|
| 1. Ryan Martin | United States | 1:45.79 | MR GOLD |
| 2. Clayton Murphy | United States | 1:46.38 | SILVER |
| 3. Jamaal James | Trinidad & Tobago | 1:47.07 | BRONZE |

1500 (08):

- | | | | |
|--------------------|---------------|---------|---------|
| 1. Andrew Wheating | United States | 3:45.08 | MR GOLD |
| 2. Daniel Winn | United States | 3:45.43 | SILVER |
| 3. Daniel Gorman | Canada | 3:46.73 | BRONZE |

5000 (08):

- | | | | |
|----------------------|---------------|----------|---------|
| 1. Lopez Lomong | United States | 13:57.53 | MR GOLD |
| 2. Jose Juan Esparza | Mexico | 14:03.81 | SILVER |

3. Fabian Guerrero Mexico 14:06.64 PB BRONZE

3000 s/chase (09):

1. Andy Bayer United States 8:44.88 GOLD
 2. Stanley Kebenei United States 8:52.82 SILVER
 3. Christopher Dulhanty Canada 9:01.44 BRONZE

WOMEN

800 (09):

1. Chanelle Price United States 2:00.48 MR GOLD
 2. Gabriela Medina Mexico 2:02.13 SILVER
 3. Kimarra McDonald Jamaica 2:02.14 BRONZE

1500 (08):

1. Rachel Schneider United States 4:14.78 MR GOLD
 2. Shelby Houlihan United States 4:16.61 SILVER
 3. Cristina Guevara Mexico 4:24.75 BRONZE

5000 (09):

1. Kellyn Taylor United States 16:24.86 MR GOLD
 2. Rosa E Del Toro El Salvador 17:51.74 SILVER
 3. Gabriela Trana Costa Rica 18:41.98 BRONZE

3000 s/chase (09):

1. Ashley Higginson United States 9:56.75 MR* GOLD
 2. Shalaya Kipp United States 10:03.91 SILVER
 3. Anacristina Narvaez Mexico 10:16.25 BRONZE

Sir Walter Miler (2nd)

Raleigh, USA, 7 August

1 mile:

MEN

1. Robby Andrews Adidas 3:57.38 MR/SR \$1000 + 250i
 2. Kyle Merber hoka One One NJ/NY TC 3:57.97 500
 3. Jack Bolas Nj-Ny Track Club 3:58.83 400
 4. Lex Williams Brooks 3:59.40 PB 100 + 100^
 5. Brandon Hudgins Loaded Anarchy 3:59.67 PB 100^

i) Earned time incentive for breaking state record of 3:57.61

^) Earned first time under 4:00 bonus

WOMEN

1. Stephanie Garcia New Balance/Furman Elite 4:28.84 WL/PB/MR/SR \$1000 + 250i
 + 100^
 2. Amanda Eccleston Brooks/Run Gum 4:29.06 PB 500 + 100^
 3. Heather Wilson Nj-Ny Track Club 4:29.39 PB 400 + 100^
 4. Morgan Uceny Adidas 4:34.02 100

i) Earned time incentive for breaking state record of 4:34.05

^) Earned first time under 4:30 bonus

Copenhagen Games

Copenhagen, DEN, 5 August

MEN

3000 s/chase: 1. Dikotsi Lekopa, **RSA**, 8:32.21 MR

NEWS

This report was published in *Athletics International*.

"INCENDIARY REVELATIONS" ABOUT BLOOD DOPING

Our sport's already fragile credibility has received another massive blow with the publication in *The Sunday Times* of previously secret data claiming to reveal the extent of cheating at the highest level. The British newspaper and the German broadcaster ARD/WDR were given access by a whistleblower, concerned about its disturbing content, to an IAAF database containing the results of 12 359 blood tests from more than 5000 athletes taken between the 2001 World Championships and the eve of the 2012 Olympics. Two prominent anti-doping experts who reviewed the files were appalled by their findings. Robin Parisotto said: "Never have I seen such an alarmingly abnormal set of blood values. So many athletes appear to have doped with impunity." Michael Ashenden referred to "a shameful betrayal [by the IAAF] of their primary duty to police their sport and to protect clean athletes."

The files include what *The Sunday Times* described as "the following incendiary revelations":

More than 800 athletes – one in seven of those named in the files – have recorded blood-test results described by one of the experts as "highly suggestive of doping or at the very least abnormal."

A top UK athlete is among seven Britons with "suspicious" blood scores. The athlete scored the single most abnormal blood score of all the 490 tests on British athletes.

Ten medals at London 2012 were won by athletes who have had dubious test results.

Twenty-one athletes recorded blood values so extreme they risked heart attacks or strokes, and should have been given emergency treatment to have their blood drained.

Star names such as Mo Farah and Usain Bolt, who have been the subject of whispering campaigns, emerge as clean with no abnormal results.

More than a third of the world's fastest times in endurance events were achieved by athletes whose tests have triggered suspicion.

Jonathan Calvert and George Arbutnott of the newspaper's Insight team wrote: "The data reveals that a third of the medals, including 55 golds, have been won in endurance events at the Olympics and World Championships by athletes who have recorded suspicious tests – yet the authorities have failed to take away any of the medals. Many athletes are risking death or disability by recklessly using transfusions or banned red cell boosting drugs such as EPO which make their blood so thick they should be seeking hospital treatment rather than competing."

It's no great surprise that Russia tops the table of abnormal blood tests with 30%, followed by Ukraine 28%, Turkey 27%, Greece 26%, Morocco 24%, Bulgaria 22%, Bahrain 20% and Belarus 19%. Kenya ranks equal 13th with 11%, Jamaica 17th with 9%, Ethiopia equal 18th with 8%, USA & China equal 33rd with 5% and Britain equal 42nd with 4%.

The number of medals under suspicion by event breaks down thus: 1500 m – 29, 20 km walk – 28, 800 m – 16, 5000 m, steeplechase & 10000 m – 15 each, 50 km walk – 13, heptathlon/decaathlon – 9, marathon – 6. In terms of the meetings involved the numbers are: 2001 World Champs – 16, 2003 Worlds – 14, 2004 Olympics – 16, 2005 Worlds – 21, 2007 Worlds – 20, 2008 Olympics – 19, 2009 Worlds – 14, 2011 Worlds – 16, 2012 Olympics – 10.

The IAAF has issued this statement: "The IAAF is aware of serious allegations made against the integrity and competence of its anti-doping programme. The relevant allegations were broadcast on WDR (ARD) in Germany yesterday and have been repeated

in an article in *The Sunday Times* newspaper today. They are largely based on analysis of an IAAF Data Base of private and confidential medical data which has been obtained without consent. The IAAF is now preparing a detailed response to both media outlets and will reserve the right to take any follow up action necessary to protect the rights of the IAAF and its athletes."

A statement by European Athletics President Svein Arne Hansen reads (in part): "The allegations ... are a cause for deep dismay and yet another indication of how much we as a sport still have to do to ensure that athletics is free of doping and seen to be fair and clean. Without comment on the veracity of the various claims or the leaking of confidential files from the IAAF, European Athletics shares the concerns expressed by the President of the World Anti-Doping Agency (WADA) and we call on the IAAF, as the world governing body for the sport, to clarify the situation and step up its already leading efforts to combat the scourge of doping. For our part, we in European Athletics understand that integrity is non-negotiable and it is the basis for the continued existence and success of our sport. We also recognise that substance abuse and other forms of cheating for financial gain or other reasons are challenges not only for sport but also for society as a whole. As the European Athletics President I will become a member of the IAAF Council after the World Championships and in this position I will constantly push the new IAAF President and my IAAF Council colleagues to make sure the words of their campaigns about the fight against doping are translated into action and that the IAAF is completely transparent about its work in this area."

Reaction by two leading British athletes who have competed against Russian athletes who have, according to the files, recorded abnormal blood results:

Jessica Ennis-Hill: "It is never good to hear of new possible doping offences in my sport, but if we are to stop a few athletes thinking cheating is acceptable we have to explore all information that comes to light, however damaging it is for the sport as a whole. Like so many other clean athletes I put my faith in the system operated by the IAAF and WADA and focus on training. I very much hope that both organisations can respond to the latest allegations quickly so athletes and fans alike can carry on with confidence believing that progress is being made in tackling doping in our sport."

Jenny Meadows: "When I'm training I go down to the track and almost kill myself on a daily basis. It's not pleasant. I'm trying to get the most out of my body in a natural way. You really have to have a high pain threshold. People who are blood-doping don't have to go through that the same way. It's a short cut. That is really demoralising. You want to know every time you stand on that line you are competing on a level playing field. You don't want to think that someone hasn't gone through those gruelling sessions and are just out to rob you of your result."

63RD S.A. ATHLETICS ANNUAL PUBLISHED

Cornel Fredericks has been voted as South Africa's male Athlete of the Year by the SA Athletics Statisticians (SAAS). His female counterpart, Sunette Viljoen, who appears with Fredericks on the cover of the 2015 edition of the *SA Athletics Annual*, has in turn been voted as the SAAS Female Athlete of the Year for a 5th consecutive year.

The *Annual*, the 63rd in the series since the first ever annual appeared in 1952, has been made possible by a joint sponsorship by North-West University Potchefstroom Campus and Kovsie Athletics, the athletics club of the University of the Free State. It is one of the oldest publications of its kind in the world and copies of it are now available.

Fredericks received overwhelming support as Athlete of the Year in voting by SAAS members on the strength of his Commonwealth Games, Continental Cup and African titles in the 400 m hurdles and his number two ranking in the world in the event in 2014. Viljoen had unanimous support as Athlete of the Year from the SAAS members who participated in the voting. Viljoen, who perhaps does not get sufficient recognition for being one of the best, and even arguably the leading sportswoman in South Africa, continued her impressive athletics career in 2014. She was African champion in the javelin throw and was silver medallist at the Commonwealth Games and the Continental Cup.

Fredericks's number two world ranking also earned him the prestigious Beinart Merit Award for 2014. The award, which commemorates the late Harry Beinart, a founder member and President of the SAAS, is made annually to the highest placed athlete on the world performance lists in an IAAF-recognised track event. The first award was made in 1983.

The *Annual* contains both the annual lists of best performances by South Africans in 2014, as well as all-time lists. As usual, it also includes the Hall of Fame which commemorates the greatest moments of SA athletics history; SA and all major international records; results of the most important local and international meetings; photographs of South Africa's top athletes, and much more.

Also included are obituaries of 800 m greats Mbulaeni Mulaudzi and Anne McKenzie, as well as Piet van der Leeuw, Elizna Prinsloo, Robin Breakey and Derrick Carrington.

The *Annual* is also at pains to recognize the coaches who are responsible for the outstanding performances of South African athletes, and Coach of the Year for 2014 was Hennie Kotze for his work with Cornel Fredericks. DB Prinsloo and De Villiers Lamprecht were inducted into the SAAS Coaches Hall of Fame for their outstanding contributions to South African and Free State Athletics.

Copies of the *Annual* can be ordered for R120 (postage included) from the following address: SA Athletics Annual, P.O. Box 4475, Rivonia 2128. When ordering books, full postal details must be given. Enquiries (also previous annuals) can be made at the following numbers: 011 234 3029 (Richard) or 082 800 6472 (Cobus), or by e-mail from mayer@fullardmayer.co.za or cobuskok14@gmail.com.

BACKGROUND

This article appeared in *The New York Times*. Ryun was also the world record holder in the mile, not only in the 1500 m as mentioned in the third paragraph.

DEMANDING COACH BOB TIMMONS IS DEAD AT 91

Bob Timmons, a former wartime Marine whose rugged brand of coaching helped Jim Ryun become America's most celebrated mile runner of the 1960s, died on Tuesday in Lawrence, Kansas. He was 91.

Timmons was the track and cross-country head coach at the University of Kansas from 1965 to 1988, winning four N.C.A.A. titles and 15 Big Eight titles and nurturing a stellar roster of athletes who broke 16 world records and won seven Olympic berths.

None of his charges were as celebrated as Ryun, a tall, gangly Kansan who loomed over his 5-foot-4 coach. Ryun ran in three Olympics and became a world record holder in the 880-yard and 1500-meter events.

Timmons had earlier coached him at Wichita East High School in Kansas, where, in 1963, Ryun made the team as a 16-year-old sophomore after failing to make his junior high school track squad. In his first meet, Ryun ran the mile in 4 minutes 32 seconds. By



Jim Ryun does intervals under the watchful eyes of Bob Timmons in 1966. [Rich Clarkson/*Sports Illustrated*]

his fourth, his time was down to 4:21, and Timmons told him he had the potential to become the first high school runner to better the magic goal of four minutes.

A year later Ryun did just that, running the mile in 3:59.0. A year after that, he won the Amateur Athletic Union national championship in 3:55.3. The fastest time of his career was 3:51.1, in 1967, a world record that lasted almost nine years.

Timmons practiced a kind of tough but exuberant discipline that harked back to his three years in the Marines, when he fought in the South Pacific during World War II.

"Bob Timmons was probably the most demanding track coach of all time, pushing his runners to the brink — propelling some to greatness and others to the scrap heap," the magazine *Runner's World* wrote in 2009. The article went on to say, "To succeed in his program, you had to trust that the upbeat drill sergeant knew your body better than you did."

Timmons once dropped an athlete from his college team for drinking beer in the off-season. He once sent a team captain home from a national championship meet because he had not shaved. But in midcareer Timmons relaxed the reins, concluding that he had been using outdated standards.

"I used a sport to sell a way of life," he told *Track & Field News* in 1973. "I'm feeling I can't make a contribution to the life of the athlete anymore, that I can't change them; they're too old and mature. So we're winning, but I feel like a failure. I can't cope with what I see.

"But when you come down to it, the problem was me. I had to get out of coaching or change."

He told his athletes of his problem, and he changed.

Robert Leroy Timmons was born on June 20, 1924, in Joplin, Mo., and raised in Pittsburg, Kan. He earned bachelor's and master's degrees in physical education from Kansas. He coached Kansas high school teams in track, cross-country and swimming for 14 years. One high school swimmer, Jeff Farrell, went on to win two gold medals in the 1960 Olympics.

Timmons became the University of Kansas' freshman track coach in 1964, and a year later, after a brief stint as Oregon State's coach, he returned to Kansas as head coach. In addition to Ryun, he coached such outstanding athletes as the sprinters Cliff Wiley and Mark Lutz, the Olympic javelin thrower Sam Colson, the Olympic pole vaulters Jan Johnson and Terry Porter, and the high jumper Tyke Peacock. Seventy-seven of his athletes were N.C.A.A. all-Americans.

After retiring from Kansas, Timmons became an artist, a sculptor and a high school track and volleyball coach. He gave the University of Kansas his 96-acre farm outside Lawrence, Rim Rock Farm, as its cross-country course. (Ryun went on to serve in Congress, from 1996 to 2007, as a Republican representing a Kansas district.)

Timmons felt he might be remembered as a hard-line coach. But Candace Dunback, who oversees the University of Kansas Hall of Fame, once said: "He's expressed regret to me about being too hard. He felt Jim Ryun could handle it, but not everyone was Jim." Ryun had no regrets. "There were those who didn't make it under the Timmons program," he said, "but the larger number of us did and became not just better athletes but, more importantly, better human beings."

STATS TIME

This week we include a list of the top ten SA women in the half marathon for 2015. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed. Whereas only two times on the men's list (published last week) were not run in the SA Championships, the women's list has seven such times – including four achieved on the challenging Two Oceans course.

2015 HALF MARATHON: TOP 10 WOMEN

1:11:54	Lebo Phalula	1	Port Elizabeth	25 Jul
1:12:18	Lebogang Phalula	2	Port Elizabeth	25 Jul
1:12:37	Cornelia Joubert	3	Port Elizabeth	25 Jul
1:12:52	Nolene Conrad	4	Port Elizabeth	25 Jul
1:14:48	Irvette van Zyl	1	Benoni	25 Jan
1:14:51	Lebogang Phalula-2	1	Cape Town	04 Apr
1:15:09	Zintle Xiniwe	5	Port Elizabeth	25 Jul
1:15:11	Mapaseka Makhanya	2	Cape Town	04 Apr
1:15:17	René Kalmer	14	Lisbon	22 Mar
1:15:31	Joubert-2	1	Benoni	26 Apr
1:15:34	Lebo Phalula-2	3	Cape Town	04 Apr
1:15:49	Jenna Challenor	5	Cape Town	04 Apr
1:16:54	Liziwe Mabona	6	Port Elizabeth	25 Jul

THIS MONTH IN HISTORY**58 years ago: 7 August 1957**

British distance runners Derek Ibbotson and Mike Blagrove were the first two men to run a 4-minute mile (on 3 September 1958, when both were given the same time, although Ibbotson got the nod for first). The previous year, on 19 July, Ibbotson had broken John Landy's world record with his 3:57.2 in the White City Stadium in the match between London and New York. On this day, three weeks later, in the tiny Finnish village of Naantali, Ibbotson followed pacemaker Pertti Eräkare through 1000 metres in 2:28.66 to win in 3:58.77. Behind him local hero Olavi Vuorisalo set a Finnish record of 3:59.11 to become the 16th man under 4 minutes. Naantali had only 2300 inhabitants, but 5700 spectators crowded around the cinder track!

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.

MENOpen

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		
	71:18p	Dennis Kipruto Kimetto (KEN)		

30 km	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 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	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	Eric Coetzee	Eersterivier	20 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:23	Daniel Mothibe	Port Elizabeth	25 Jul
	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	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	McMarshal Hartzenberg	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	68:36 59:16	Mbasobhi Gumede Samuel Wanjiru (KEN) 2005	Port Elizabeth	25 Jul
WOMEN				
<u>Open</u>				
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	71:54	Lebo Phalula	Port Elizabeth	25 Jul
	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		
<u>Veterans (40+)</u>				
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	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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