Distance Running Results

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EDITORIAL

Lebo Phalula set a new list leader and huge personal best for 15 km when she clocked a course record of 51:54 in the Ocean Basket Marcel van 't Slot 15 km this weekend. Her previous PB was the 54:38 she ran in 2012.

The 40th Sutherlands Home Furnishings Capital Climb in Pietermaritzburg went to Thobani Chagwe, who successfully defended the title he won last year, and Thobile Mkhize. The Amatola Marathon, which is eleven years older, was won by Nkosinathi Ndzingu and Lindy Vermeulen.

Before finishing a rather disappointing 40th in the SA Half Marathon, Western Province Nedbank runner Mthandazo Qhina had the longest winning streak in the world. He won nine consecutive races, from the Gordon's Bay Half Marathon in April to the Spookhill race in the last weekend of June.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Reutech Solutions John Korasie 30 km, Simon's Town
- * Ocean Basket Marcel van 't Slot 15 km, Pretoria
- * Sutherlands Home Furnishings Capital Climb, Pietermaritzburg
- * Continental 10 km, Port Elizabeth
- * Old Eds Half Marathon & 10 km, Johannesburg
- * Nelson Mandela Bay Municipality Diva Run, Port Elizabeth
- * Totalsports Women's Race 10 km, Stellenbosch
- * Amatola Marathon, Stutterheim
- * Oak Cottage Spar Mountain Drive Half Marathon, Grahamstown
- * XC: KZN League Meeting, Ximba

International highlights:

- * New Balance Falmouth Road Race, Woods Hole to Falmouth Heights, USA
- * News and Sentinel Parkersburg Half Marathon, Parkersburg, USA
- * Pikes Peak Marathon & Pikes Peak Ascent, Manitou Springs, USA

ROAD RUNNING

Reutech Solutions John Korasie 30 km

Simon's Town, 16 August

(Certified, very hilly loop course. Weather: cold with rain. Finishers: 1325 [up from 1236 last year].)

MEN

- 1. Nkosinathi Madyo (Itheko) 1:39:54 (R650)
- 2. Siviwe Nkombi (Itheko) 1:41:23 (R450)
- 3. Wanda Roro (Itheko) 1:44:19 (R350)

(Prize money for all age categories except 70+ [R250, R200, R150] was the same: R450, R350, R250.)

Veterans: 1. Thembelani Zola (Well) 1:52:17; 2. Nicholas Rupanga (Celtic) 1:53:04; 3. Tsungai Mwanengeni (ZIM/Gugs) 1:53:48. **Masters:** 1. Monde Tutani (Gugs) 2:01:04; 2. Shafiek Cassiem (Itheko) 2:06:36; 3. Desmore Oppel (Durb) 2:14:53. **G'masters:** 1. Muhammad Kriel (Ommie) 2:14:46; 2. Johannes Jacobs (Celtic) 2:25:17; 3. Robbie Lindsay (Ned) 2:28:59. **G/g'masters:** 1. Joseph Matthews (MS) 3:02:01; 2. Jim Scott (FH) 3:28:52; 3. Kaare James (Pine) 3:35:24.

WOMEN (Same prize money as men)

- 1. Emily Cupido (AAC) 2:15:56
- 2. Ursula Frans (Ned) 2:18:33 (1st vet)
- 3. Janet Adam (Harf) 2:19:51

Veterans: 1. Ursula Frans (Ned) 2:18:33; 2. Janet Adam (Harf) 2:19:51; 3. Busisiwe Matiwane (Celtic) 2:23:48. **Masters:** 1. Cheryl Rudolph (East) 2:29:48; 2. Elizabeth Bax (Pine) 2:37:43; 3. Anne Muller (RWFL) 2:42:00. **G'masters:** 1. Nancy Will (Pine) 2:36:03; 2. Ruth Leverton (Pine) 3:12:59; 3. Anneline Botha (Brack) 3:24:51. **G/g'masters:** 1. Marlene James (Pine) 3:28:18; 2. Annatjie Berntzen (Tyger) 3:58:18.

Ocean Basket Marcel van 't Slot 15 km

Pretoria, 15 August

(Loop course. Finishers: 2420 [up from 2150 last year]; also 850 in the 5 km.)

MEN

1 Lucky Mohale (Boxer) 44:56; 2 Vuyisile Tshoba (Transnet) 47:11; 3 Kgosi Tsosane (Nedbank) 47:31; 4 Collen Mulaudzi (TUT) 48:38; 5 Johannes Kekana (Cool Running) 48:41.

Veterans: 1 Johannes Kekana (Cool Running) 48:41; 2 Greg Barnes (Born 2 Run) 50:41; 3 Peter Medupe (Nedbank) 51:54. **Masters:** 1 Daniel Mothibe (Runavation) 55:30; 2 Johannes Molepo (Corr Serv) 60:11; 3 Paul Mabena (Ford) 60:44. **G'masters:** 1 Rainer Ludwig (Irene) 72:43; 2 Jan Mokiti (Bidvest) 75:50. **G/g'masters:** 1 Anton Harrop-Allin (ACRW) 81:10. **80+:** Ken Nurden (Agape) 86:08.

WOMEN

1 Lebo Phalula (Boxer) 51:54 CR; 2 Rutendo Nyahora (ZIM/Nedbank) 53:41; 3 Liziwe Mabona (Transnet) 54:26; 4 Thembi Baloyi (TUT) 57:49; 5 Nandipha Dywili (Transnet) 59:42.

Veterans: 1 Jaquie v.d. Waals (Irene) 61:06; 2 Gillian Sieling (RAC) 63:15; 3 Suzanne Swanepoel (Temp) 63:41. **Masters:** 1 Ansie Breytenbach (Irene) 65:20; 2 Debbie Bredenkamp (HQH) 72:09; 3 Elsabe Brink (Runavation) 75:06. **G'masters:** 1 Carol de

Waal (Wingate) 85:25; 2 Rina Pretorius (SABS) 93:19. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 89:23. **80+:** Deirdre Larkin (Randburg) 97:51.

Sutherlands Home Furnishings Capital Climb (40th)

Pietermaritzburg, 15 August

(Distance: 15 km; very hilly out-and-back course. Finishers: 1020 [slightly down from 1047 last year].)

MEN 1. 2. 3. 4. 5.	Thobani Chagwe Anele Dlamini Matekase Lefatsa Sibonelo Duma Ndumiso Sokhela	Maxed Elite Hammersdale Phuma KZN Ind Speed Explosion	50:04 50:22 50:30 53:04 53:19
40-49	:		
1.		Maxed Elite	63:35
50-59 1. 60+:	: Willie Majombozi	Boxer AC	67:34
1.	Nicolas Dlamini	Boxer AC	72:13
WOME	N		
1. 2. 3. 4. 5.	Thobile Mkhize Nonsikelelo Mbambo Bathobile Mkhize Sarah Grey Nobuhle Shange	Speed Explosion Natal Carb Speed Explosion Boxer AC Collegian Harriers	67:66 68:43 71:51 72:04 72:43
40-49	:		
1.	Sibongile Ziqubu	Escom AC	74:31
50-59 1. 60+:	: Jenny Taylor	Ind	86:48
1.	Sheree Kirsten	West AC	86:40

Continental 10 km

Port Elizabeth, 15 August

(Loop course. Finishers: 665 [significantly up from 512 last year].)

<u>Note</u>: Third victory in a row for Melikhaya Frans, but Ntombesintu Mfunzi, who won the previous two editions of the race, did not run. Margie Saunders (61) finished an excellent third, with the only two runners ahead of her being respectively 41 and 29 years younger than her! – Ed.

MEN					
1	Melikhaya	Frans	Tinarha AC	23	31:48
2	André	Ketchem	X-Cel AC	31	32:07
3	Mzwanele	Maphekula	Bluewater Bay	39	32:55
4	Zolile	Mhlahlo (1 st vet)	Achilles AAA	40	33:37
5	Brendon	Effenaar	Nedbank RC EP	19	34:09
6	Ricardo	Plaatjies	X-Cel AC	32	34:17
7	Terrance	Mjekula	Charlo AC	42	34:45
8	Juwayne	Fletcher	Charlo AC	24	35:13
9	Nathi	Mda	Motherwell AC	23	35:15

10 11 12 13 14 15 16 17 18 19 20	Michael Tumelo Luyanda Zamubuntu Jarryd Thobile Clinton Luvuyo Kenneth Ruan Michael	Bester Mochelenyane Tshangana Teyise Cooke Xata Koeries Stephen Menze (1st mast) Smalberger Prince	Achilles AAA Nedbank RC EP Temp Charlo AC Charlo AC Bluewater Bay Schools Epa Nedbank RC EP Bluewater Bay St Albans CS EP Nedbank RC EP	28 33 29 38 21 41 18 45 53 25 41	35:27 35:29 35:35 35:44 36:31 36:45 37:24 37:54 37:57 38:00 38:09
40-4	14:				
1	Zolile	Mhlahlo	Achilles AAA	40	33:37
2	Terrance	Mjekula	Charlo AC	42	34:45
3	Thobile	Xata	Bluewater Bay	41	36:45
45-4		Stanban	Nedbank RC EP	45	27.54
1 2	Luvuyo Martin	Stephen Jansen	Nedbank RC EP	45 47	37:54 41:27
3	Vernon	Newfeldt	Gelvan AC	49	43:18
50-5					
1	Kenneth	Menze	Bluewater Bay	53	37:57
2	Darrell	Wicht	Madiba Bay Warriors AC		38:27
3 55- 5	Nelson	Vlakbok	Charlo AC	51	40:59
35-3 1	Disemba	Blou	Charlo AC	57	41:45
2	Leonard	Erasmus	Gelvan AC	57	42:12
3	Gabriel	Ober	Temp	58	42:53
60-6					
1	Elvis	Galela	Madibaz AC	63	40:20
2	Sizinzo	Kama	Achilles AAA	64 61	41:48
ა 65-6	Bruce	McEwan	Achilles AAA	01	46:53
1	Hannes	Els	Madiba Bay Warriors AC	65	41:37
2	Graham	Channon	Achilles AAA	65	46:13
3	Syd	Lippstreu	Crusaders AC	67	50:37
70-7		•	N II L DC ED	70	47.00
1 2	Tamsanqa	Jusayi	Nedbank RC EP SAPS AC EP	73 70	47:09 55:02
3	Herman Brian	Dekker Smith	PEAAC	70 72	1:11:35
75 -7		Simen	127010	, _	1111133
1	Rolf	Mentzel	Profiles AC	75	58:46
80 +					
1	Ernie	Verrall	Madibaz AC	80	1:08:33
2	Wells	Anderson	PEAAC	83	1:08:33
WOM	1FN				
1	Siphokazi	Nojoko	Motherwell AC	20	38:45
2	Asanda	Solani	Vukani MS	32	40:56
3	Margie	Saunders (1 st g'mast)	Nedbank RC EP	61	42:58
4 5	Janette Arinda	Schierz-Crusius (1 st mast)		54 26	45:39
5 6	Arinda Siphokazi	Swart Liwani (1 st jun)	Temp Motherwell AC	36 18	45:40 45:42
7	Terray	Newcombe	Elite AC	24	45:54
8	Janine	Gardiner	Charlo AC	34	46:01
9	Priscilla	Dyantyi (1 st vet)	Nedbank RC EP	41	46:39
10	Anche	Schubart	Achilles AAA	33	47:18

Ludine Talana Treloar Michelle Sunelle Nolikhanyo Tania Nicole Amanda Toegeda	Williams Vosloo Childs Van Iddekinge Horne Mdwayi Jordaan Anderson Prideaux Vyver	Malabar AC Nedbank RC EP Walmer AC Profiles AC Bluewater Bay Transnet Eng EP Charlo AC Madiba Bay Warriors AC Bluewater Bay Nedbank RC EP	28 34 52 48 41 34 38 32 40 43	47:33 48:01 48:28 48:54 49:22 49:27 49:37 49:50 50:40 50:51
14.				
Priscilla Sunelle Amanda	Dyantyi Horne Prideaux	Nedbank RC EP Bluewater Bay Bluewater Bay	41 41 40	46:39 49:22 50:40
Michelle Lana Michelle	Van Iddekinge Bruyns Claassens	Profiles AC Elite AC Despatch AC	48 47 47	48:54 54:40 55:09
Janette Treloar Belinda	Schierz-Crusius Childs Bain	Body Concept Walmer AC Charlo AC	54 52 53	45:39 48:28 51:11
Amanda Marietjie Lynette	Wolmarans Pietersen Crause	Walmer AC Achilles AAA Walmer AC	56 58 55	52:23 54:37 54:58
Monica	Kemp	Madiba Bay Warriors AC	60	42:58 55:48 56:33
	-100	,	V _	
Liz Margaret Jeanette	Grundlingh Paton Pienaar	Muirite Striders Charlo AC PEAAC	68 69 67	56:58 1:05:31 1:08:39
	Stevn	Nedhank RC FP	71	1:06:35
Orgia Isabella	Nell Childs	Muirite Striders Walmer AC	71 73	1:12:00 1:12:57
	U a wt	Madibaz AC	77	1,10,20
	⊓dil	Mauidaz AC	//	1:19:30
Siphokazi Simone Monique	Liwani Theunissen Van Willing	Motherwell AC Nedbank RC EP Temp	18 18 17	45:42 51:02 54:33
	Talana Treloar Michelle Sunelle Nolikhanyo Tania Nicole Amanda Toegeda 14: Priscilla Sunelle Amanda 19: Michelle Lana Michelle Lana Michelle 54: Janette Treloar Belinda 59: Amanda Marietjie Lynette 54: Margie Monica Cathy 59: Liz Margaret Jeanette 74: Ronelle Orgia Isabella 79: Dorothy 10rs: Siphokazi Simone	Talana Vosloo Treloar Childs Michelle Van Iddekinge Sunelle Horne Nolikhanyo Mdwayi Tania Jordaan Nicole Anderson Amanda Prideaux Toegeda Vyver 14: Priscilla Dyantyi Sunelle Horne Amanda Prideaux 19: Michelle Van Iddekinge Lana Bruyns Michelle Claassens 54: Janette Schierz-Crusius Treloar Childs Belinda Bain 59: Amanda Wolmarans Marietjie Pietersen Lynette Crause 54: Margie Saunders Monica Kemp Cathy Ives 59: Liz Grundlingh Margaret Paton Jeanette Pienaar 74: Ronelle Steyn Orgia Nell Isabella Childs 79: Dorothy Hart 10rs: Siphokazi Liwani Simone Theunissen	Talana Vosloo Nedbank RC EP Treloar Childs Walmer AC Michelle Van Iddekinge Profiles AC Sunelle Horne Bluewater Bay Nolikhanyo Mdwayi Transnet Eng EP Tania Jordaan Charlo AC Nicole Anderson Madiba Bay Warriors AC Amanda Prideaux Bluewater Bay Toegeda Vyver Nedbank RC EP 14: Priscilla Dyantyi Nedbank RC EP Sunelle Horne Bluewater Bay Amanda Prideaux Bluewater Bay Michelle Van Iddekinge Profiles AC Lana Bruyns Elite AC Michelle Claassens Despatch AC 54: Janette Schierz-Crusius Body Concept Treloar Childs Walmer AC Belinda Bain Charlo AC 59: Amanda Wolmarans Walmer AC Marietjie Pietersen Achilles AAA Lynette Crause Walmer AC 64: Margie Saunders Nedbank RC EP Monica Kemp Madiba Bay Warriors AC Achilles AAA Lynette Crause Walmer AC Cathy Ives Achilles AAA 59: Liz Grundlingh Muirite Striders Margaret Paton Charlo AC 79: Dorothy Hart Medibaz AC 79: Dorothy Hart Madibaz AC Simone Theunissen Nedbank RC EP	Talana Vosloo Nedbank RC EP 34 Treloar Childs Walmer AC 52 Michelle Van Iddekinge Profiles AC 48 Sunelle Horne Bluewater Bay 41 Noliscle Anderson Madiba Bay Warriors AC 32 Amanda Prideaux Bluewater Bay 40 Toegeda Vyver Nedbank RC EP 43 14: Priscilla Dyantyi Nedbank RC EP 41 Sunelle Horne Bluewater Bay 41 Amanda Prideaux Bluewater Bay 41 Sunelle Horne Bluewater Bay 41 Amanda Prideaux Bluewater Bay 41 Sunelle Horne Bluewater Bay 41 Mamanda Prideaux Bluewater Bay 41 Mamanda Prideaux Bluewater Bay 41 Michelle Van Iddekinge Profiles AC 48 Lana Bruyns Elite AC 47

Old Eds Half Marathon & 10 km

Johannesburg, 10 August

(Distances: 21.1 km & 10 km; loop courses. Weather: perfect running conditions.)

<u>Note</u>: Simon Mpholo is shown as the third vet in both the half marathon and 10 km, which is surely a mistake. – Ed.

Half marathon

MFN

1. Derocious Makhobalo (Ned) 1:08:34; 2. Don Ndolvu (CR) 1:10:42; 3 Jeffrey Gwebu 1:11:58.

Veterans: 1. Charles Tjiane (ME) 1:12:39; 2. Sipho Ncube (ZIM/ME) 1:15:53; 3. Simon Mpholo (Ned) 1:16:38. **Masters:** 1. Reform Ndlovu (Rand) 1:25:21; 2. Francois Mentz (RAC) 1:30:47; 3. Marius Carstens (Alb) 1:33:18. **G'masters:** 1. Stephen Seema (SAPS) 1:28:47. **Juniors:** 1. Dzunani Baloyi (BS) 1:30:29.

WOMEN

1. Portia Ngwenya (Trans) 1:25:26; 2. Mpho Mabuza (Gallop) 1:27:28; 3. Andronica Mokgotla (Ned) 1:30:33.

Veterans: 1. Anne Stewart (RAC) 1:33:34; 2. Debbie Fass (Vital) 1:38:43; 3. Julanie Basson (Born) 1:41:12. **Masters:** 1. Rita van Wyk (Boks) 1:48:48; 2. Mary Jane Miller (RAC) 1:49:16; 3. Sue Robertson (RAC) 1:49:54. **G'masters:** 1. Moira Wainwright (Rockies) 2:18:06.

10 km

MEN

1. Samuel Mathabatha (TIE) 31:50; 2. Shadrack Hoff (Sam) 32:05 (1st vet); 3. Zongamele Dyubeni (Rockies) 33:17.

Veterans: 1. Shadrack Hoff (Sam) 32:05; 2. Zongamele Dyubeni (Rockies) 33:17; 3. Simon Mpholo 33:39. **Masters:** 1. Willie van Heerden (Pegasus) 43:05; 2. Simon Phaiphai (RAC) 43:55; 3. Mike Taylor (Jeppe) 47:58. **G'masters:** 1. Daniel Motshwene (Ned) 47:03.

WOMEN

1. Liziwe Mabona (Trans) 35:17; 2. Nandipha Dywili (Trans) 39:29; 3. Kim Norton (RAC) 40:01.

Veterans: 1. Melanie Jennett (Four) 44:19; 2. Julie Soicher (Rockies) 45:11; 3. Vanessa Bowman (Kempton) 45:49. **Masters:** 1. Frith van der Merwe (BH) 47:49; 2. Sandra Brookstone (Wand) 48:51; 3. Sonja van der Vyver (Vital) 49:12. **G'masters:** 1. Sonja Laxton (RAC) 51:08. **Juniors:** 1. Rachel Leistra (FFA) 42:10.

Nelson Mandela Bay Municipality Diva Run

(Women only)

Port Elizabeth, 10 August

(Distance: 10 km; loop course with some hills. Weather: cold and windy. Finishers: 213.)

1	Zintle	Xiniwe	FNB Multisport WP	28	36:16	R 10000
2	Ntombesintu	Mfunzi	Nedbank RC	33	37:12	R7500
3	Ndileka	Mvakwendlu	Tinarha AC	24	39:13	R5000
4	Siphokazi	Nojoko	Motherwell AC	20	39:21	R2500
5	Jamie-Lee	Schlemmer (1 st jun)	Madibaz AC	19	39:48	R1000
6	Asanda	Solani	Vukani MS Club	32	41:21	R900
7	Jane	Barnardo (1 st vet)	Body Concept	40	42:10	R800

8 9	Siphokazi Terri-Lynn	Liwani Penney	Motherwell AC RWFL EP	18 38	42:19 42:45	R700 R600
10	Nokholo	Hlezupondo	SANDF AC EP	36	43:05	R500
40-4	19:					
1	Jane	Barnardo	Body Concept	40	42:10	R1000
2	Davera	Magson	Nedbank RC	40	43:30	R750
3	Leigh-Ann	Meyer	Midrand	41	43:38	R500
50-5	59:	•				
1	Christine	Claasen	Achilles AAA	50	44:03	R1000
2	Janette	Schierz-Crusius	Body Concept	54	45:38	R750
3	Belinda	Bain	Charlo AC	53	51:27	R500
60-6	59:					
1	Margie	Saunders	Nedbank RC	61	43:43	R1000
2	Cathy	Ives	Achilles AAA	62	57:19	R750
3	Liz	Grundlingh	Muirite Strider	68	57:52	R500
70+	:					
1	Ronelle	Steyn	Nedbank RC	71	1:06:35	R1000
2	Orgia	Nell	Muirite Strider	71	1:10:46	R750
3	Dorothy	Hart	Madibaz AC	77	1:19:21	R500
Juni						
1	Jamie-Lee	Schlemmer	Madibaz AC	19	39:48	R1000
2	Siphokazi	Liwani	Motherwell AC	18	42:19	R750
3	Nomakhosi	Ntliziyo	Youth Fc AC	17	44:18	R500

Totalsports Women's Race 10 km

(Women only) Stellenbosch, 10 August (Loop course)

<u>Note</u>: Theresa Fourie was the first veteran across the line, more than three minutes ahead of Busisiwe Matiwane, but was probably not wearing age tags. – Ed.

1.	Lebo Phalula	Boxer	33:16
2.	Lebogang Phalula	Boxer	33:36
3.	Nolene Conrad	Boxer	33:55
4.	Cornelia Joubert	Ned	35:23
5.	Mapaseka Makhaya	Ned	36:17
6.	René Kalmer	Mod A	36:43
7.	Fortunate Chidzivo	ZIM/Mod A	36:51
8.	Vicky van der Merwe	Ind	37:26
9.	Theresa Fourie	Ind	37:52
10.	Anneline Roffey	FNB	39:04
11.	Candyce Hall	Carb	39:29
12.	Alexandra Quenet	Ind	41:15
13.	Busisiwe Matiwane	Celtic	41:26
14.	Ester Brink	Strand	42:06
15.	Annique Burger	Central	42:07
16.	Anel Wesson	FH	42:13
17.	Anja Wolstenholme	Ind	43:06
18.	Shirley McMurray-Wolmarans	CMC	43:14
19.	Marguerite van Niekerk	Ind	43:27
20.	Olga Howard	Celtic	43:30

Veterans:

1. Busiswe Matiwane Celtic 41:26

2.	Anel Wesson	FH	42:13
3.	Angelique Rabie	Carbineers	44:44
Mas	ters:		
1.	Ester Brink	Strand	42:07
2.	Olga Howard	Celtic	43:32
3.	Zahn Munch	Stell	44:12
G'm	asters:		
1.	Veronica van Niekerk	Elgrab	49:16
2.	Louisa van der Westhuizen	Stell	51:56
3.	Kathy Burr	Ind	54:56
G/g	'masters:		
1.	Marianne Nelson	RWFL	1:02:21
2.	Elize Grobbelaar	Bell	n/t
Juni	ors:		
1.	Anja Wolstenhome	Ind	43:06
2.	Lijan van Niekerk	Ind	44:52
3.	Cathanja Slabbert	Ind	45:11
4.	Anri Joubert	Swart	46:35
5.	Jana Taljaard	Stell	46:43

Amatola Marathon (51st)

Stutterheim, 9 August (Distance: 42.195 km; near-loop course – the S/F separation is approx. 10 km; partly on gravel. Finishers: 104.)

MEN

1 2 3 4 5 6 7 8 9 10	Nkosinathi M. Nkodinathi Lwandile Ngqonga Mbuyisi Mawanda Themba Shane Ntombini	Kalideni	BCMAC Old Boys Oxford Striders Real Gijimas Real Gijimas ELAC Real Gijimas Oxford Striders Eskom	2:32:13 2:47:13 2:54:42 3:07:06 3:07:44 3:12:30 3:12:52 3:13:07 3:17:57 3:20:08
WOM	IEN			
1	Lindy	Vermeulen	Old Boys	3:58:19
2	Pamela	Mvinyelwa	Real Gijimas	4:11:53
		,		
3	Ncedisa	Ndona	Real Gijimas	4:14:23
4	Ncedisa Steph	•		
		Ndona Kretzman	Real Gijimas	4:14:23
4	Steph	Ndona Kretzman	Real Gijimas Born 2 Run	4:14:23 4:21:50
4 5 6 7	Steph Mmampho Marlene Pamela	Ndona Kretzman Gogela De Wet Mpange	Real Gijimas Born 2 Run Real Gijimas Harriers Real Gijimas	4:14:23 4:21:50 4:29:53
4 5 6	Steph Mmampho Marlene	Ndona Kretzman Gogela De Wet	Real Gijimas Born 2 Run Real Gijimas Harriers Real Gijimas Real Gijimas	4:14:23 4:21:50 4:29:53 4:32:21
4 5 6 7	Steph Mmampho Marlene Pamela	Ndona Kretzman Gogela De Wet Mpange	Real Gijimas Born 2 Run Real Gijimas Harriers Real Gijimas	4:14:23 4:21:50 4:29:53 4:32:21 4:43:23

Oak Cottage Spar Mountain Drive Half Marathon

Grahamstown, 8 August

(Distance: 21.1 km; hilly loop course, partly on gravel. Finishers: 328 [slightly up from 325 last year].)

MEN					
1	Melikhaya	Frans	Tinarha AC	23	1:12:16
2	Melikhaya	Kepe	Nedbank RC	39	1:13:07
3	George	Ntshiliza	Bluewater Bay	35	1:13:58
4 5	Zolile Mila	Mhlahlo (1 st vet)	Achilles AAA Nedbank RC	40	1:16:15 1:17:08
5 6	Terrance	Pasiya Mjekula	Charlo AC	35 42	1:17:08
7	Andile	Motwani (1 st jun)	Tinarha AC	18	1:18:43
8	Sisa	Camasu	Temp	40	1:19:19
9	Emerson	Kayana	Nedbank RC	41	1:21:00
10	Juwayne	Fletcher	Charlo AC	24	1:21:14
11 12	Christopher Tumelo		Nedbank RC Nedbank RC	49 33	1:21:57 1:22:14
13	Sizakele	Mochelenyane Dayimani	Kowie Striders	35	1:23:11
14	Mzwanele	Maphekula	Bluewater Bay	38	1:23:20
15	Basie	Bonaparte	Albany RR	49	1:23:29
16	Masixole	Xayiya	RWFL EP	21	1:23:38
17	Welcome	Loliwe (1 st mast)	Nedbank RC	50	1:23:56
18 19	Mncedi Kingston	Khanti	Tinarha AC	35	1:24:16 1:24:53
20	Simphiwe	Khumalo Tana	Motherwell AC Nedbank RC	16 36	1:24:33
20	Simplific	Tunu	Neubank Ne	30	1.20.27
40-4	= =	NAL I. I. I.	A 1 11 A A A	40	1 16 15
1 2	Zolile Terrance	Mhlahlo Mjekula	Achilles AAA Charlo AC	40 42	1:16:15 1:17:33
3	Sisa	Camasu	Temp	40	1:17:33
45-4		Carriada	Temp	10	1.13.13
1	Christopher		Nedbank RC	49	1:21:57
2	Basie	Bonaparte	Albany RR	49	1:23:29
3 50-5	Luvuyo 4:	Stephen	Nedbank RC	45	1:27:33
1	Welcome	Loliwe	Nedbank RC	50	1:23:56
2	Frank	Piron	Charlo AC	52	1:35:48
3	Graham	Terblanche	Madibaz AC	50	1:36:11
55-5		Nive di	Diversates Devi	ГС	1.46.22
1 2	Christopher Ronald	Ndiza	Bluewater Bay Transnet Eng	56 56	1:46:23 1:46:58
3	Chester	Brooks	Xcel AC	57	1:48:52
60-6					
1	Elvis	Galela	Madibaz AC	63	1:35:19
2	Sizinzo	Kama	Achilles AAA	64	1:37:15
3 65-6	Ken	Barwood	Achilles AAA	60	2:02:24
1	Hannes	Els	Warriors AC	65	1:38:56
2	Graham	Channon	Achilles AAA	65	1:55:48
3	Alexander	Weed	Kowie Striders	65	1:58:00
70-7		Variom	Column AC	74	2,10,46
1 2	Godfrey Gerald	Kariem Bouwer	Gelvan AC Achilles AAA	74 72	2:10:46 2:52:24
Junio		2041101	,	, _	T
1	Andile	Motwani	Tinarha AC	18	1:18:43
2	Kingston	Khumalo	Motherwell AC	16	1:24:53

3 Devernito	Du Plessis	Temp	17	1:35:33
WOMEN 1 Asanda 2 Natalie 3 Jane 4 Terri-Lyn 5 Elmarie 6 Christine 7 Janine 8 Nolikhane 9 Luthando 10 Sarah 11 Trish 12 Jade 13 Camille 14 Philippa 15 Wilandi 16 Gail 17 Muir 18 Rosemar 19 Jane 20 Christine	Bezuidenhout Coppinger Gardiner yo Mdwayi Nxanisa Raubenheimer Schuin De Sousa Trollope Field Esterhuysen Klichowicz Ellouise y Joubert Holderness	Vukani MS Club Rhodes Univ Body Concept RWFL EP Charlo AC Temp Charlo AC Transnet Eng Tinarha AC Rhodes Univ Somerset East Temp Temp Albany RR RWFL EP Achilles AAA Temp Crusaders AC Temp Despatch AC	32 24 40 38 33 27 34 34 22 22 49 22 22 39 36 48 35 54 36 59	1:34:20 1:35:11 1:37:31 1:40:19 1:40:32 1:43:49 1:51:46 1:52:01 1:54:12 1:54:26 1:54:27 1:55:22 1:55:50 1:59:33 1:59:35 2:00:18 2:01:03 2:03:09 2:04:25 2:05:51
40-44: 1 Jane 2 Lesley Ar 3 Toegeda 45-49:	Barnardo nn Bush Vyver	Body Concept Despatch AC Nedbank RC	40 43 43	1:37:31 2:06:54 2:07:15
1 Trish 2 Gail 3 Lana 50-54:	Schuin Klichowicz Bruyns	Somerset East Achilles AAA Elite AC	49 48 47	1:54:27 2:00:18 2:08:22
1 Rosemar 2 Merle 3 Lynette 55-59:	y Joubert Nair Harbrecht	Crusaders AC Achilles AAA Kowie Striders	54 53 50	2:03:09 2:09:26 2:09:47
1 Christine 2 Lynette 3 Gail 60-64:	Snyman Crause Jackson	Despatch AC Walmer AC Temp	59 55 55	2:05:51 2:15:32 2:17:40
1 Avril 2 Jos 65-69:	Beyleveld Els	Kowie Striders Warriors AC	63 63	2:11:51 2:17:46
 Marlene Christine Lynne 	Wiese Fourie Marshall	Kowie Striders Elite AC Temp	69 69 66	2:26:56 2:33:39 2:52:33
Juniors: 1 Kayla 2 Claire	Mizen Ter Morshuizen	Temp Temp	19 18	2:14:38 2:19:30

CROSS-COUNTRY

KZN League Meeting

Ximba (Valley of a Thousand Hills), 15 August

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

MEN (1. 2. 3.	10km) Silindile Gubese Skhulu Zuma Neo Thusi	Phantane AC Hlonipha Hlonipha	37:40 38:33 49:55
MEN 1.	Sphiwe Ntuli	Hlengimpilo	17:56
1. 2. 3. 50-59 1. 2. 3.	Donavan van Gelder Steve Muchna Stefan Wilmans (8 km): Aubrey Roberts Andy Daly Ken Culverwell 6 km): Robin Archer Dave Williams	PDAC PDAC West AC West AC West AC West AC QBH Savages	35:07 35:43 38:26 33:58 35:19 35:56 33:28 41:67
WOME 1. 2.	N (10 km) Makhosana Mhlongo Happiness Memela	Savages Nedbank AC	37:24 54:27
40-49):		
1. 2. 3. 50-59	Lise Muchna Michelle Sim BrendACox	PDAC Eskom West AC	17:33 19:10 26:08
1. 2. 3. 60+ 1. 2.	Teresa Scott June Watson Gay Tilbury Sheree Kirsten Colleen Mc Cann	PDAC PDAC PDAC West AC PDAC	23:39 24:47 28:35 22:48 26:58
3.	Sheila Knudsen	PDAC	30:36

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

New Balance Falmouth Road Race (43rd)

Woods Hole to Falmouth Heights, USA, 16 August (Distance: 7.0 miles; certified point-to-point course with rolling hills. Also certified 5 km and 10 km checkpoints)

MEN (gun times)

1. Stephen Sambu, 27, Kenya

32:17 \$8000 + 5000c

[14:31 / 28:49]

2. Micah Kogo, 29, Kenya

32:19 7000

[14:32 / 28:49]

3. Leonard Korir, 28, Kenya

32:20 6000

[14:32 / 28:49]

4. Sam Chelanga, 30, Tucson, AZ

32:21 PB 5000 + 2000a

[14:32 / 28:49]

5. Moses Kipsiro, 28, Uganda

[14:32 / 28:49]

6. Daniel Salel, 24, Kenya

[14:31 / 28:54]

[14:44 / 30:06]

DNF-- Abdi Abdirahman, 38, Tuscon, AZ (Muscle Cramp) c) Earned "The Countdown" Gender challenge bonus by 3 seconds over Diane Nukuri

32:30

32:51

4000

3000

34:01

a) Earned American prize money

m) Earned Masters prize money

ELITE WOMEN'S ONLY RACE (gun times)

... 10. Meb Keflezighi, 40, San Diego, CA

1. Diane Nukuri, 30, Burundi 36:47 \$8000

[16:08 / 32:29]

2. Sara Hall, 32, Flagstaff, AZ 37:10 PB 7000 + 2000a

[16:09 / 32:55]

3. Sentayehu Ejigu, 30, Ethiopia 37:26 6000

[16:08 / 33:07]

4. Neely Spence Gracey, 25, Superior, CO 37:32 5000 + 1000a

[16:50 / 33:30]

5. Amy Cragg, 31, Portland, OR 37:53 PB 4000 + 500a

[16:27 / 33:28]

a) Earned American prize money

m) Earned Masters prize money



Diane Nukuri wins the Falmouth Road Race, just 3 seconds short of taking the gender challenge bonus over defending champion Stephen Sambu. [Chris Lotsbom/Race Results Weekly]

500 + 1000m

News and Sentinel Parkersburg Half Marathon (29th)

Parkersburg, USA, 15 August

(Distance: 21.1 km; certified, very hilly)

MEN (gun times)

1. Kimutai Cheruiyot, KEN 1:02:54 \$3000 2. Josphat Kiptanui Too, KEN 1:05:23 2000 3. Julius Koskei, KEN 1:05:32 1500

WOMEN (gun times)

1. Buze Diriba, ETH 1:12:56 \$3000 2. Hannah Wanjiru, KEN 1:13:44 2000

3. Aubrey Moskal, Morgantown, WV 1:13:55 1500 + 1000a + 250wv

a) Earned American prize money

wv) Earned West Virginia citizen bonus

ULTRA/MOUNTAIN/TRAIL RUNNING

Pikes Peak Marathon (60th)

Manitou Springs, USA, 16 August

(Distance: 42.195 km; course begins at 1918 m on a paved road, climbs to 4299 m on a rocky trail, then comes back down to 1934 m; weather was hot at the bottom but close to freezing at the top

MEN (gun times)

1. Alex Nichols, 30, Colorado Spgs, CO 3:46:42 \$2000

2. Abu Kebede Diriba, 27, NYC, NY (ETH) 3:54:07 1250

3. Rickey Gates, 34, Madison, WI 3:55:31 600

WOMEN (gun times)

1. Hirut Beyene Guangul, 23, NYC, NY (ETH) 4:29:09 \$2000

2. Hayley Benson, 33, Littleton, CO 4:45:22 1250

3. Kim Dobson, 31, Eagle, CO 4:47:02 600

Pikes Peak Ascent

Manitou Springs, USA, 15 August

(Distance: 13.32 miles; race begins at an elevation of 1918 m and ends at 4299 m for a net elevation GAIN of 2381 m and covers a rocky course.)

<u>Note</u>: One day after finishing third in the Pikes Peak Marathon (results above), Kim Dobson won the women's race here. – Ed.

MEN (gun times)

1. Touru Miyahara, 32, JPN 2:15:44 \$2000 + 1000i 2. Andy Wacker, 26, Boulder, CO 2:18:37 1200 3. Tim Parr, 33, Leadville, CO 2:23:54 600

WOMEN (gun times)

1. Kim Dobson, 31, Eagle, CO 2:40:46 \$2000 + 1000i

Brandy Erholtz, 37, Evergreen, CO
 Sophia Torres, 23, Cordova, NM
 3:03:04
 600

i) Earned time bonus for fastest ascent of the weekend, which includes Pikes Peak Marathon (above).

THE WORLD OF DOPING

IAAF REJECTS 'SENSATIONALIST' DOPING ALLEGATIONS

Athletics International reports that the IAAF has issued this statement in response to the widely publicised allegations relating to blood doping issues:

The IAAF takes the allegations published by *The Sunday Times* and ARD very seriously and has investigated them thoroughly.

- The published allegations were sensationalist and confusing: the results referred to were not positive tests. In fact, ARD and *The Sunday Times* both admit that their evaluation of the data did not prove doping.
- Professor Giuseppe d'Onofrio, one of the world's leading haematologists working as an expert in the field of the Athlete Biological Passport, commented: "Ethically, I deplore public comments coming from colleagues on blood data that has been obtained and processed outside of the strict regulatory framework established by WADA which is designed to ensure a complete and fair review of ABP profiles. There is no space for shortcuts, simplistic approaches or sensationalism when athletes' careers and reputations are at stake."
- The data on which the reports were based was not "secret" the IAAF published a detailed analysis of this data more than four years ago.
- The Sunday Times' story is based on the allegation that six specific athletes recorded suspicious results which we did not follow up. In fact, as the newspaper was told before publication, each test led to intensive follow up, as a result of which the six athletes were subsequently caught cheating and banned.
- The IAAF wants to stamp out all doping in sport and welcomes greater public debate. There is no perfect system for catching drug cheats, but the IAAF has been at the forefront of drug testing for many years. Under its pioneering Athlete Biological Passport (ABP) system, more athletes have been banned for cheating by the IAAF than all other sports federations and national anti-doping agencies put together.

It is important to be very clear that a large proportion of these blood samples were collected in a period before the implementation of the ABP and cannot therefore be used as proof of doping. The IAAF quite rightly operates within an anti-doping framework, provided by WADA, where suspicion alone does not equal proof of doping. Any reporting or insinuation of such is wholly irresponsible on behalf of these media outlets and we refute outright any allegation that the IAAF did not appropriately follow up suspicious profiles which had been proactively identified through its world leading blood profiling programme. The IAAF condemns in the strongest possible terms the distribution, sharing, and publication of private and confidential medical data that was obtained from the IAAF without consent. The IAAF retains the right to take any action necessary to protect the rights of the IAAF and its athletes.

While the ARD and *The Sunday Times* may wish to pretend they have a "scoop" by reporting on suspected prevalence of doping, their efforts are in fact over four years behind those of the IAAF. The IAAF has already publicly published (in 2011) a review of its blood profiles in a peer reviewed journal. Far from hiding from these statistics, to our knowledge the IAAF is the only sport in the world to have openly reported, reviewed and analysed the statistics available in its long-term blood profiling database.

The 2011 IAAF study, which indicates a similar overall level of suspected doping as has been recently reported, found that there are clearly some nations who account for the largest percentage of suspicious blood values. The IAAF does not shy away from this fact. The IAAF also notes that those countries who are reported by the ARD and *The Sunday*

Times as having among the highest percentage of abnormal samples are the very same countries who currently lack a history of implementing a strong, robust and Code compliant national anti-doping programme backed with government support. WADA is responsible for national compliance with the World Anti-Doping Code, and the IAAF remains available as always to provide assistance wherever possible to ensure these nations are implementing effective anti-doping controls.

The IAAF is responsible for working with its Member Federations to ensure they are also complying with the Code and its requirements, and acknowledges that there is work still to do in some nations. The IAAF is however very encouraged that those countries that are actively implementing serious and Code compliant anti-doping programmes have a much smaller level of suspected doping.

It should be again made clear that the IAAF is only able to use the tests and analysis which are validated and made available to it through WADA. At the time in question, the ABP was not in existence. The IAAF, therefore, systematically compiled a database of blood profiles from international athletes, and then used this database to guide its targeted, no-advance-notice, out-of-competition testing programme. The 2015 World Anti-Doping Code stresses the importance of an intelligence, risk based approach to testing. This is exactly what the IAAF was already implementing ten years earlier.

The IAAF has confirmed that it will send its full database with pre-2009 data to WADA and will fully co-operate with WADA on the analysis of its contents. The Agency's President, Sir Craig Reedie, said that WADA "deplores the manner in which this data was obtained, leaked to the media and analysed. To suggest or imply doping with respect to any athlete whose data is contained within the database is, at the very least, irresponsible and potentially libellous." WADA is to begin an urgent investi-gation, led by its independent commission, into the allegations.

In an exclusive interview with Stephen Wilson of The Associated Press, IAAF Vice President Sebastian Coe described the latest doping allegations as "a declaration of war on my sport." He continued: "There is nothing in our history of competence and integrity in drug-testing that warrants this kind of attack. Nobody should underestimate the anger at the way our sport has been portrayed. The fightback has to start here. We cannot be portrayed as a sport that is in any way dragging our heels. The use of that database, however it got into their possession, displayed either breathtaking ignorance or a level of malevolence around a set of readings you can simply cannot extrapolate beyond. The idea that my sport sat there either covering up wrongdoing or just being incompetent could not be wider of the mark."

IAAF Vice President Sergey Bubka, Coe's rival in the election for Lamine Diack's successor on 19 August, urged: "We must be more proactive and even more transparent in our aggressive pursuit of a zero tolerance policy against doping cheats. At present the anti-doping system is too complex and takes too long. It needs to be simplified to become faster and more efficient and we need to deploy the best research and science to ensure that we keep a step ahead of the dopers."

Responding to the IAAF's rebuttal, *The Sunday Times* stated: "[We] based this story of immense public interest on an impeccable source, thoroughly researched, precisely conveyed and responsibly communicated. We did not draw any sweeping conclusions going beyond the evidence we obtained." The two Australian scientists, Michael Ashenden and Robin Parisotto, who interpreted the data, stated: "We stand by the evaluations we submitted."

In a further development, the IAAF is to write directly to Michael Ashenden and Robin Parisotto, believing their statement of 5 August "contains a number of seriously incorrect assertions which the IAAF has a duty to correct. Of most concern to us is that the two scientists continue to defend their statements that the IAAF did nothing to act on 'suspicious profiles', and that the scientists also continue to believe that they were in a position to make this analysis based on their background and involvement in a number of Athlete Biological Passport (ABP) cases related to the sport of athletics. Their statement does not address the fact that they had no knowledge whatsoever of the actions taken by the IAAF in following these suspicious profiles." The IAAF statement points out that the

scientists ignored the fact that more than 60 athletes have been sanctioned on the basis of abnormal blood values collected after 2009, and these athletes accrued 140 notable international medals, three world records, six World Marathon Majors wins and 13 other big city marathon wins before they were exposed by the IAAF as cheats.

Accusations that Russia is the worst offender in terms of doping have been denied by the country's Sports Minister, Vitaliy Mutko: "This scandal doesn't have to do with Russia, it has to do with the world system of track and field athletics. We've played by the general rules all these years." Former head coach Valentin Maslakov, who resigned in January, agreed: "Everyone is the same, everyone is equal. Russia is not the leader in this area." This is nonsense, of course. Just refer to the IAAF list of athletes currently banned for doping offences and you will find Russia is the undisputed leader with no fewer than 49 suspended athletes. Next come India with 35, Morocco, Ukraine and Kenya with 15 apiece, and Turkey with 13. The USA have nine; Britain, Jamaica and China two each.

SHOBUKHOVA STRIPPED OF HONOURS

The IAAF has officially confirmed that all competitive results achieved by Liliya Shobukhova as from 9 October 2009 have been disqualified. Her personal bests on the track, including 2:03.18 800 m (2006), 4:03.78 1500 m (2004), 4:22.14 mile (2004), 8:27.86 3000 m (2006; European indoor rec), 14:23.75 5000 m (2008; European rec) and 30:29.36 10000 m (July 2009), still stand but she loses such marathon marks as 2:18:20 (2011), 2:20:15 (2011) and 2:20:25 (2010) and her PB reverts to a far more modest 2:24:24 when placing third in her marathon debut in London in April 2009. She will now be stripped of her marathon victories in London 2010 and Chicago 2009, 2010 & 2011, her 2nd in London 2011 and 4th in Chicago 2012, and the World Marathon Majors Series for 2009/10 and 2010/11 – involving prize money and bonuses of probably close to two million dollars. Shobukhova (37) is banned from competition until 23 March 2016, although there cannot be many in the sport who would want to see her racing ever again.

Nick Bitel, Chief Executive of the London Marathon, has stated: "We will take action through the English courts to recover the prize and appearance money paid to Shobukhova in 2010 and 2011. We will do everything we can to ensure cheats are caught and do not benefit from cheating and we continue to work closely with the IAAF and other authorities to improve out-of-competition drug testing." No doubt the Chicago Marathon and World Marathon Majors will also be taking legal action.

Any money that is recovered could be used to pay athletes reallocated prize money. The revised 1-2-3 of those marathons are: 2009 Chicago: 1, Mikitenko GER 2:26:31; 2, Grigoryeva RUS 2:26:47; 3, Erkesso ETH 2:26:56; 2010 London: 1, Mergia ETH 2:22:38; 2, Bekele ETH 2:23:17; 3, Tafa ETH 2:24:39; 2010 Chicago: 1, Bayisa ETH 2:23:40; 2, Konovalova RUS 2:23:50; 3, Davila USA 2:26:20; 2011 London: 1, Keitany KEN 2:19:19; 2, E Kiplagat KEN 2:20:46; 3, Bekele 2:23:42; 2011 Chicago: 1, E Dibaba ETH 2:22:09; 2, Fukushi JPN 2:24:38; 3, Gebre ETH 2:26:17.

Following front page allegations in *The Sunday Times* on August 9 that the London Marathon was won seven times in 12 years by athletes who had recorded suspicious blood scores that indicate they could have doped, Nick Bitel has criticised the IAAF. Interviewed by BBC Sport, he said: "We are disappointed when we have been doing more than anyone to fight doping in our sport. This is about the IAAF's failure to take effective action. Those athletes that have been caught have only been caught because of tests at the London Marathon. The IAAF needs to do more to stop people from starting who have blood values which are out of the normal range. But we never get these results even though we are paying tens of thousands to get athletes tested – only after the IAAF finally take action are we made aware, but by then it is too late." Relying again on analysis of leaked IAAF data by Michael Ashenden and Robin Parisotto, the newspaper alleged that the winners of 34 big city marathons should have faced censure or at least been investigated over evidence of potential blood-doping within their test results and that Shobukhova recorded extreme blood scores for nine years before action was finally taken against her.

Stung by the criticism of its anti-doping programme, the IAAF described Bitel's comments as "outrageous and insulting". It stated: "Representatives of the London Marathon have no idea what actions have been taken by the IAAF in the field of anti-doping

nor would they have the competence to review these actions." Referring to the cases of Shobukhova and 2007 runner-up Abderrrahim Goumri, the IAAF declared: "London Marathon paid £200 for two tests, we spent more than 200 hours cumulated on the admin/legal work necessary behind the tests to put the cheats away and 100 times more than was spent by the London Marathon for the athletes in question."

NEWS

BEIJING TEAM SELECTED

The final South African team for the World Championships in Beijing is (in alphabetical order):

MEN		
Antonio ALKANA	WPA	110 m H
Henricho BRUINTJIES	AGN	100 m
Willem COERTZEN	ACNW	Decathlon
Orazio CREMONA	AGN	SP
Johan CRONJE	AFS	1500 m
Jacobus ENGELBRECHT	CGA	SP
Cornel FREDERICKS	AGN	400 m H
Victor HOGAN	BOLA	DT
Lucas JANI	AGN	Marathon
Anaso JOBODWANA	EPA	100 m/200 m
Berend KOEKEMOER	EPA	400 m
Benedict MOENG	AGN	Marathon
Desmond MOKGOBU	CGA	Marathon
Kgotso MOKOENA	CGA	LJ/TJ
Stephen MOKOKA	AGN	10000 m
Marc MUNDEL	AGN	50 km Walk
Sibusiso NZIMA	CGA	Marathon
Ruswahl SAMAAI	CGA	LJ
Lebogang SHANGE	CGA	20 km Walk
Akani SIMBINE	AGN	100 m/200 m
Wayde VAN NIEKERK	AFS	400 m
Rynardt VAN RENSBURG	AFS	800 m
Rocco VAN ROOYEN	WPA	JT
L.J. VAN ZYL	AGN	400 m H
Zarck VISSER	CGA	IJ
WOMEN		
Catharina HORN	AGN	100 m
Tanith MAXWELL	WPA	Marathon
Wenda NEL	AGN	400 m H
Justine PALFRAMAN	BOLA	200 m/400 m
Caster SEMENYA	ACNW	800 m
Sunette VILJOEN	ACNW	JT

INNOVATIVE APPROACH BY ASHTON EATON

<u>Note</u>: Not distance running, but the kind of innovative approach that is sorely needed in South African athletics – and there is a South African in the group selected. (From *Athletics International*.) – Ed.

Backed by the IAAF, Olympic and world decathlon champion Ashton Eaton has selected five

athletes who impressed him at the World Youth Championships to join him in Eugene for an all-expenses-paid three-day training camp next March. They will stay on in Oregon and be invited guests at the World Indoor Champs in Portland. The progress of the five will then be followed on the road to the 2016 World Junior Champs in Kazan and then as seniors. The lucky five, with their winning marks in Cali, are Maribel Vanessa Caicedo (ECU; 13.04 100 m H), Candace Hill (USA; 11.08 100 m), Niklas Kaul (GER; 8002 Dec), Salwa Eid Nasser (BRN; 51.50 400 m) and Werner Visser (RSA; 64.24 DT).

STATS TIME

This week we include a list of the top twenty SA marathon times ever at altitude. The list shows only times on standard courses. The fastest ever, on all courses, is the 2:13:48 by Josiah Thugwane on the excessively downhill Ngodwana course (6 April 1991). Mark Plaatjes has five times on the list.

MARATHON TIMES AT ALTITUDE: TOP 20 MEN'S PERFORMANCES

2:14:11	Zithulele Sinqe	1	Johannesburg	21 Jun 87
2:14:28	David Phalatse	1	Oos Driefontein	01 Mar 86
2:14:45	Mark Plaatjes	1	Johannesburg	10 Oct 84
2:14:45	Bernard Rose	1	Sun City	19 Mar 83
2:15:02	Plaatjes-2	1	Johannesburg	10 Oct 85
2:15:08	Singe-2	2	Johannesburg	10 Oct 85
2:15:57	Josiah Thugwane	1	Pretoria	13 Nov 93
2:16:05	Nixon Nkodima	2	Pretoria	13 Nov 93
2:16:15	Gibeon Moshaba [9] 2	Johannesburg	10 Oct 84
2:16:15	Sinqe-3	1	Johannesburg	10 Oct 86
2:16:17	Plaatjes-3	1	Potchefstroom	17 Oct 81
2:16:31	Nkodima-2	1	Pretoria	10 Oct 98
2:16:32	Charles Vilakazi	1	Vereeniging	04 Mar 90
2:16:50	Brian Chamberlain	1	Pretoria	05 Jul 80
2:16:55	Plaatjes-4	2	Johannesburg	10 Oct 86
2:17:00	Kevin Shaw	1	Johannesburg	27 Feb 82
2:17:05	Eric Mhlongo	1	Pretoria	14 Nov 92
2:17:15	Petrus Kekana	1	Pretoria	14 Nov 87
2:17:19	Plaatjes-5	1	Johannesburg	10 Oct 83
2:17:22	Samuel Seun Moleshioa	1	Secunda	12 Mar 11

THIS MONTH IN HISTORY

40 years ago: 2 August 1975

In the mid-seventies Titus Mamabolo was one of the finest runners in South Africa. He could hold his own even in international competition, as he showed on this day in the English AAA Championships in London. Four months before, Mamabolo had won the SA open title over 5000 metres, running 13:36.2; here he placed a close second in 13:33.02 behind Marty Liquori (USA), who ran 13:32.52. The national title was won by Nick Rose, who was third. Mamabolo's best time for the year was the 13:32.2 he had run in Port Elizabeth in March; he finished the year with the four fastest times by a South African and was the third fastest from Africa.

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				
<u>Open</u>				
10 km	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
	26:44	Leonard Patrick Komor	n (KEN) 2010	
15 km	44:12	Lusapho April	Port Elizabeth	28 Feb
	43:31	Eliud Ngetich (KEN)		
	41:13	Leonard Patrick Komor	n (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
	80:54A	Sipho Mbanjuli	Pinetown	25 Jan
	72:31	Abraham Cheroben (Ki		
	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 (ETI	H) 2009	
Marathon	2:15:17	Desmond Mokgobu	Santiago	12 Apr
	2:04:42	Eliud Kipchoge (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN)	2013	
100 km				
	6:13:33	Takahiro Sunada (JPN)	1998	
	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) 2	2003		
15 km	48:41	Johannes Kekana	Pretoria	15 Aug	
	44:14	Pierre Levisse (FRA) 19	992		
21.1 km	64:35	Shadrack Hoff	Port Elizabeth	25 Jul	
	62:28	John Campbell (NZL) 1	.990 & Nelson Chirch	nir (KEN) 1996	
25 km	1:23:50	Shadrack Hoff	Pretoria	09 May	
	76:49	Martin Mondragon (ME	X) 1994		
30 km	1:44:59	Maxwell Goodman	Uitenhage	22 Mar	
	1:35:28	Geraldo Antonio da Sil	va (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		
<u>Masters</u> (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		25 Jul	
	66:42	Martin Rees (GBR) 200)3		

25 km 30 km Marathon	1:43:01 1:41:14A 1:51:00 2:48:48 2:19:29	Peter Sehloho Michael Bekapi Eric Coetzee Shaun Meiklejohn Titus Mamabolo (RSA)	Durban Somerset East Parow Durban 1991	08 Mar 18 Apr 15 Mar 01 Mar
100 km				
<u>Grandmasters</u> 10 km	(60+) 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
30 km	2:04:18A 2:11:13	Boysie van Staden Muhammad Kriel	Pinetown Camps Bay	25 Jan 04 Jan
Marathon	3:18:02	Michael Langa	Durban	01 Mar
100 km				
lumia na				
<u>Juniors</u> 10 km	31:03	McMarshal Hartzenberg	ı Ballvilla	28 Mar
10 KIII	27:52	Richard Chelimo (KEN)		20 1101
15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 20		
21.1 km	68:36		Port Elizabeth	25 Jul
	59:16	Samuel Wanjiru (KEN)	2005	
WOMEN				
<u>Open</u>				
10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	30:56	Gladys Cherono (KEN)	1002	
15 km	30:21 51:54	Paula Radcliffe (GBR) 2 Lebo Phalula	Pretoria	15 Aug
15 KIII	46:14	Florence Kiplagat (KEN		15 Aug
	46:28	Tirunesh Dibaba (ETH)		
	46:14p	Florence Kiplagat (KEN		
21.1 km	71:54	Lebo Phalula	Port Elizabeth	25 Jul
	65:09	Florence Kiplagat (KEN		
	65:12 65:09p	Florence Kiplagat (KEN Florence Kiplagat (KEN		
25 km	1:36:08	Jenna Challenor	•	08 Mar
25 KIII	1:21:55	Sutume Asefa Kebede		00 1101
	79:53	Mary Keitany (KEN) 20		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:45:00	Saori Noda (JPN)	005	
Marathon	1:38:49 2:31:02	Mizuki Noguchi (JPN) 2 Mapaseka Makhanya		10 Apr
Maratrion	2:31:02	Mare Dibaba Hurssa (E		19 Apr
	2:15:25	Paula Radcliffe (GBR) 2	-	
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans</u> (40+)				
10 km	, 37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:15		Eersterivier	20 Jun
	60:02A 49:35	Ulrica Stander Priscilla Welch (GBR) 1	Camps Bay 985	04 Jan

21.1 km	82:50 69:56	Ulrica Stander Irina Permitina (RUS) 2	Port Elizabeth	25 Jul
25 km	1:49:37 1:42:12A 82:13	Heather Walden Suzette Botha Mizuki Noguchi (JPN) 2	Pretoria Pinetown	09 May 25 Jan
30 km	2:11:00 1:51:37	Adele Waldron Mieke Pullen (NED) 200	Camps Bay	04 Jan
Marathon	2:53:38 3:02:08A 2:26:51	Gillian Sieling Jacqui Bakkes Priscilla Welch (GBR) 1	London Simon's Town	26 Apr 15 Feb
100 km				
	7:00:27	Normi Sakurai (JPN) 20	007	
Masters (50+)				
10 km	39:23 34:44	Judy Bird Tatyana Pozdniakova (Durban	07 Jun
15 km	61:03 54:33	Elmarie Coetzee Shirley Matson (USA) 1	Ravensmead	14 Mar
21.1 km	90:02 76:07	Jane Mudau Tatyana Pozdniakova (Polokwane	09 Aug
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 2:31:05	Jane Mudau Tatyana Pozdniakova (Polokwane UKR) 2005	28 Mar
100 km				
Grandmasters	(60+)			
10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
15 km	64:00	Nancy Will	Eersterivier	20 Jun
21.1 km	1:32:59	Nancy Will	Port Elizabeth	25 Jul
25 km	2:27:12	Francis van Blerk	Pretoria	11 Jul
20 km	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km Marathon	2:24:42 3:58:19	Margie Saunders Wendy Fitzmaurice	Uitenhage Durban	22 Mar 01 Mar
Marathon	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km	J.30.47A	reality will	Simon's Town	13100
<u>Juniors</u>				
10 km	34:52	Nicole van der Merwe	Durban	07 Jun
	31:42	Zola Pieterse (RSA) 19		
15 km	58:12	Ashleigh Simonis	Eersterivier	20 Jun
21 1 1	49:40	Ines Chenonge (KEN) 2		04 4===
21.1 km	84:17 1:09:05	Nonhlanhla Dlamini Delilah Asiago (KEN) 19	Cape Town	04 Apr
	1.05.03	Demail Asiago (KLIV) 1	99 1	

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