

# Distance Running Results

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*Distance Running Results* (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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## EDITORIAL

The Medihelp Bike & Tekkie Challenge 10 km, the only road race in South Africa that is run on a handicap basis, was held for the eighth time on Saturday (on a new course). This year the women started 4 min 50 sec ahead of the men and although Zintle Xiniwe scored her fourth victory in the women's race, the men took the overall win for the first time in five years. In fact, the first three men, led by Lungile Gongqa in 29:15, finished ahead of Xiniwe, and Gongqa recorded the first sub-30 minute time in the history of the race. Gongqa reached the finish 1 min 39 sec ahead of Xiniwe. The last man to win outright was Sityhilo Diko in 2010. Xiniwe also won in 2011, 2012 and last year. Nomvuyisi Seti, who won overall by two seconds in 2013, has now finished second four times.

One of South Africa's oldest marathons, the Star Bakery Tony Viljoen Border Masters race, was held for the 38<sup>th</sup> time this weekend and was won by Nkosinathi Hadebe in 2:43:58 and Shani Silver in 3:12:55. Hadebe's time is the slowest winning time since 2000, while Silver's is the fastest since 2009.

With our US partner publication *Race Results Weekly* only being published tomorrow, we will catch up with international results again next week.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Satori Camel Run, Noordhoek
  - \* Medihelp Bike & Tekkie Challenge 10 km, Kuils River
  - \* Star Bakery Tony Viljoen Border Masters Marathon, East London
  - \* Keystone Milling Rustenburg Mountain Race, Rustenburg
  - \* Tzaneen Spring Opener Half Marathon & 10 km, Tzaneen
  - \* Rockets Half Marathon, Uitenhage
  - \* Lentefees Half Marathon & 10 km, Riebeek Kasteel
  - \* PVR Dorpsfees 10 km Night Race, Pretoria
  - \* ArcelorMittal Saldanha Half Marathon, Langebaan
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## ADDITIONS & CORRECTIONS

The prize money in the Mandela Day Marathon (results in last week's DRR) was as follows (equal prize money for men and women):

### MEN

1. Matela Makhetha (LES) 2:28:17 (R100 000)
2. Sufa Damessa (ETH) 2:28:27 (R50 000)
3. Sikhumbuzo Seme 2:29:40 (R25 000)
4. Tsepang Ramonene (LES) 2:30:09 (R15 000)
5. Mike Fokoroni (ZIM) 2:30:18 (R12 000)
6. Coolboy Ngamole 2:30:50 (R10 000)
7. Munyaradzi Jari (ZIM) 2:31:03 (R9000)
8. Melly Kennedy (KEN) 2:31:27 (R8000)
9. Lyno Muchena (ZIM) 2:32:11 (R7000)
10. Ntsindiso Mphakathi 2:33:01 (R6000)

### WOMEN

1. Selam Alebachew (ETH) 2:58:28
2. Immaculate Chemutai (UGA) 2:59:38
3. Chelitu Asefa (ETH) 2:59:58
4. Tabitha Tsatsa (ZIM) 3:05:17
5. Makhosazane Mhlongo 3:07:41
6. Fortunate Chidzivo (ZIM) 3:11:14
7. Catherine Skhosana 3:13:11
8. Lizih Chokore (ZIM) 3:15:25
9. Chiyedza Chokore (ZIM) 3:15:45
10. Monica Kativhu (ZIM) 3:16:38

Thanks to Harold Berman for this information.

In the Khayelitsha 10 km the correct spelling of the name of the winner is Sibuniso Soldaka (not Sibusiso); the name of the third veteran, whose surname was illegible in the results, is Chris Magobotiti; and the winner of the masters category is Zolani Ntsodo, not Ntsono.

## ROAD RUNNING

### Satori Camel Run

Noordhoek, 6 September

(Distance: 16.1 km; loop course, partly on gravel, beach and off-road tracks)

Note: One day after competing in the Medihelp Bike & Tekkie Challenge 10 km (results below), Candyce Hall and Nancy Will also ran here. – Ed.

### MEN

1. Gimo Matuso (Sat) 1:04:31
2. Mervyn Steenkamp (Itheko) 1:05:16
3. Reuben Mhashu (Hout) 1:06:59

**Veterans:** 1. Yussef Kanouni (Central) 1:08:10; 2. Colin George (VOB) 1:08:29; 3. Francis Jeke (Hout) 1:09:52. **Masters:** 1. Chris Mitchell (Celtic) 1:08:43; 2. Ebrahim Darius (Central) 1:21:57; 3. Charles Parry (Pine) 1:22:15. **G'masters:** 1. Mervyn Smith (Celtic) 1:32:58; 2. Neville Frieslich (FH) 1:40:26; 3. David Hofmeyer (Pine) 1:40:46.

**G/g'masters:** 1. Brian Key (Forest) 1:27:47; 2. Rob Joubert (Ind) 1:46:30. **Juniors:** 1. Shane Moodley (Pine) 2:03:03.

## WOMEN

1. Candyce Hall (Carb) 1:19:12
2. Thalia Charalambous (ATC) 1:19:59
3. Angeliqe Rabie (Carb) 1:24:37 (1<sup>st</sup> vet)

**Veterans:** 1. Angeliqe Rabie (Carb) 1:24:37; 2. Ellie Courts (Celtic) 1:25:03; 3. Veresa Domingo (VOB) 1:28:15. **Masters:** 1. Paola Vignani (Mont) 1:25:22; 2. Georgina Andraos (VOB) 1:28:54; 3. Elizabeth Bax (Pine) 1:32:47. **G'masters:** 1. Nancy Will (Pine) 1:29:35; 2. Colette van Eck (FH) 1:42:43; 3. Chippy Steel (Hout) 1:54:06. **G/g'masters:** 1. Marlene James (Pine) 2:00:56; 2. Jean Cammidge (FH) 2:19:09. **Juniors:** 1. Tegan Pitt (FH) 1:28:15.

**Medihelp Bike & Tekkie Challenge 10 km (8th)**

Kuils River, 5 September

(NEW certified loop course. Weather: cool at the start, becoming warm later. Finishers: 1064 [up from 1024 last year].)

## MEN

1. Lungile Gongqa (Ned) 29:15 (R1000 + R500#)
2. Mthandazo Qhina (Ned) 30:40 (R500)
3. Sibusiso Madikizela (Itheko) 30:47 (R300)
4. Akhona Makila (VOB) 30:58 (R200)
5. Ashley Smith (Celtic) 31:04 (1<sup>st</sup> jun) (R100)

#) Incentive for first across the finish line

(Prize money in all age categories except juniors was the same: R400, R300, R200.)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 32:16; 2. Shawn Abrahams (Celtic) 33:14; 3. Xolile Macanda (Gugs) 35:28. **Masters:** 1. Eric Coetzee (FNB) 34:38 (R400); 2. Gerald Sullivan (Durb) 39:45; 3. André Harmse (Brack) 41:09. **G'masters:** 1. Muhammad Kriel (Ommie) 39:29; 2. Gemjikile Tom (Eskom) 42:49; 3. Desmond Rondganger (Bell) 43:39. **Juniors:** 1. Ashley Smith (Celtic) 31:04 (R350); 2. Samuel van der Merwe (Bell) 32:50 (R250); 3. Thembeko Mendu (Gugs) 35:57 (R150).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (FNB) 35:44
2. Nomvuyisi Seti (Itheko) 37:17
3. Pamela Moyikwa (VOB) 38:48 (1<sup>st</sup> jun)
4. Ashleigh Simonis (Carb) 38:56
5. Candyce Hall (Carb) 39:27

**Veterans:** 1. Busisiwe Matiwane (Celtic) 41:35; 2. Elizabeth Brink (Durb) 44:12; 3. Jacky Misroll (Pine) 44:47. **Masters:** 1. Mariëtte Strauss (Tyger) 42:55; 2. Olga Howard (Celtic) 43:34; 3. Carine Kruger (Held) 52:02. **G'masters:** 1. Nancy Will (Pine) 44:11; 2. Helen du Plessis (Tyger) 50:39; 3. Kathy Burr (Ind) 54:16. **Juniors:** 1. Pamela Moyikwa (VOB) 38:48; 2. Ashleigh Simonis (Carb) 38:56; 3. Busisiwe Gwala (VOB) 42:05.

## Star Bakery Tony Viljoen Border Masters Marathon (38<sup>th</sup>)

East London, 5 September

(Distance: 42.195 km; point-to-point downhill course on the Macleantown Road, finishing at the Beacon Bay Country Club. Finishers: 283 [up from 245 last year].)

Note: The runners' names are in the order of surname followed by first name. – Ed.

### MEN

1	Hadebe Nkosinathi	Oxford Striders	35	2:43:58
2	Lele Siyabonga	All Stars	32	2:50:31
3	Sihele Mawanda	Real Gijimas	37	2:52:12
4	Ngqonga Mbulelo	Real Gijimas	35	2:53:19
5	Witbooi Desmond	Born 2 Run	44	2:55:02
6	Molose Mcebisi	Real Gijimas	38	2:55:41
7	Mashicila Xolile	Overtakers	39	2:58:34
8	Retyu Zakuthini	Qtn Harriers	44	3:01:22
9	Ndabeni Vukile	Old Boys	40	3:02:59
10	Zulu Mndeni	Oxford Striders	39	3:03:21

### 40-44:

1	Witbooi Desmond	Born 2 Run	2:55:02
2	Retyu Zakuthini	Qtn Harriers	3:01:22
3	Ndabeni Vukile	Old Boys	3:02:59

### 45-49:

1	Wilson Scott	Born 2 Run	3:23:12
2	Cotterell Eugene	Old Boys	3:28:00
3	Mcquirk Deon	Foundation	3:32:14

### 50-54:

1	Mpalala Mzoli	Real Gijimas	3:03:23
2	Adams Eric	Real Gijimas	3:22:38
3	Button Anthony	NMMU	3:23:03

### 55-59:

1	Bhelwana Thema	Oxford Striders	3:15:56
2	Novokoza Mathews	Cheetahs	3:28:04
3	Mtshabe Ntsikane	Cheetahs	3:56:03

### 60-64:

1	Elson Patrick	Gonubie Harriers	3:53:49
2	Bekker Cyril	Gonubie Harriers	4:04:36
3	Stencel Mike	Kearsney Striders	4:09:04

### 65-69:

1	Damane Sam	Oxford Striders	3:42:39
2	Kriel Johan	Bufs	4:14:52
3	Iffland Colin	Nedbank Free State	4:20:44

### WOMEN

1	Silver Shani	Westville	45	3:12:55
2	Ranger Andrea	Individual	33	3:16:29
3	Graham Brenda	Fort Hare	35	3:29:46
4	Petersen Jenni	Born 2 Run	31	3:30:00
5	Rubushe Zandile	Mdantsane	31	3:32:58
6	Mclaren Hayley	Living Free	39	3:33:17
7	Robb Clare	Born 2 Run	40	3:35:13
8	Kitching Tracy	Run Walk For Life	46	3:37:40
9	Stapelberg Mariette	Indwe Runners	36	3:42:45
10	Louw Yvette	Born 2 Run	36	3:46:32

**40-44:**

1	Robb Clare	Born 2 Run	3:35:13
2	Stuart Denise	Bloem Achilles	3:47:09
3	Coleman Robyn	Born 2 Run	4:10:57

**45-49:**

1	Silver Shani	Westville	3:12:55
2	Durant Colleen	Individual	4:07:18
3	Roux Christine	Oxford Striders	4:34:18

**50-54:**

1	Joubert Rosemary	Crusaders	3:49:34
2	Langtree Alison	Born 2 Run	3:53:14
3	Uys Heloise	Gonubie Harriers	3:59:10

**55-59:**

1	Douthwaite Vauneen	Hillcrest Villagers	4:12:16
2	Pitt Maureen	Oxford Striders	4:21:42
	Painter Jennifer	Bufs	4:49:01

**60-64:**

1	Tarloff Beverley	Bloem Achilles	5:04:05
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**Keystone Milling Rustenburg Mountain Race**

Rustenburg, 5 September

(Distances: 25 km – out-and-back course with loop at far end, very hilly and partly on gravel – & 10 km. Weather: cold, overcast, intermittent rain. Finishers: 25 km – 287 [less than half of last year's 598]; 10 km – 200 [down from 266].)

**25 km**

MEN

1. Chabeli Nyedimane (Nedbank) 1:31:54; 2. Tiisetso Ramokheseng (LES/Olifants) 1:34:39; 3. Siphoncube (ZIM/Maxed Elite) 1:35:56 (1st vet).

**Veterans:** 1. Siphoncube (ZIM/Maxed Elite) 1:35:56; 2. Simon Segau (Discovery Vitality) 1:40:25; 3. Spencer Moraope (Madikwe Mambas) 1:53:32. **Masters:** 1. Simon Ramashapa (Corobrik) 1:46:50. **G'masters:** 1. Johan Nel (Irene) 2:08:37.

WOMEN

1. Lorraine Boshoff (VTM) 2:11:02; 2. Estelle Pretorius (RWFL Rustenburg) 2:15:09; 3. Dawn Hadebe (Hartbeespoort MC) 2:17:38.

**Veterans:** 1. Lorraine Boshoff (VTM) 2:11:02; 2. Estelle Pretorius (RWFL Rustenburg) 2:15:09; 3. Marelise Nel (RWFL) 2:25:06. **Masters:** Rita van Wyk (Boksburg) 2:27:47. **G'masters:** Anna Sonnendecker (Krugersdorp) 3:47:51.

**10 km**

MEN

1. Joseph Manyedi (Sedibela) 32:48; 2. Obed Kopang (Impala Plats) 34:15; 3. David Gadebe (Impala Plats.) 34:19.

**Veterans:** 1. Peter Gaebetse (Samancor) 36:18. **Masters:** 1. Ishmael Moremoneng (Kopano) 45:40. **G'masters:** 1. Jacob Mojandana (Rustenburg) 46:08. **Juniors:** 1. Reuben Mosiane (Nedbank) 34:34; 2. Tshepo Tshiete (Sedibela) 35:13.

WOMEN:

1. Leilani Scheffer (RWFL) 40:12; 2. Maria Shai (Nedbank) 41:40; 3. Lizzy Dhiwayo (Nedbank) 44:11.

**Veterans:** 1. Magda Haasbroek (Protea) 48:48. **Masters:** 1. Susan Bosch (RWFL) 1:32:21.

## Tzaneen Spring Opener Half Marathon & 10 km

Tzaneen, 5 September

(Distances: 21.1 km & 10 km. Weather: rain.)

Note: The half marathon incorporated the SAPS national championships. – Ed.

### Half marathon

MEN

1 Phuti Mohale (Pietersburg) 70:51; 2 Lutendo Mapoto (Greater Elim) 71:39; 3 Mogale Ramaina (Tzaneen) 71:55.

**Veterans:** 1 Mluleki Nobanda (SAPS EC) 72:27; 2 James Mgcina (Sports Connection) 81:34. **Masters:** 1 Kenneth Motsoani (SAPS NW) 83:46. **G'masters:** 1 Petros Davhana (SAPS) 1:44:36. **Juniors:** 1 Reggie Modiba (Tzaneen) 2:36:54.

WOMEN

1 Jane Mudau (Pietersburg) 94:03 (1<sup>st</sup> mast); 2 Sarah-Jane Khumalo (SAPS Gauteng) 97:43; 3 Duduzile Zulu (SAPS) 1:44:22.

**Veterans:** 1 Sarah-Jane Khumalo (SAPS Gauteng) 97:43; 2 Muthuphei Managa (Vhembe) 1:55:50. **Masters:** 1 Jane Mudau (Pietersburg) 94:03.

### 10 km

MEN

1 Phuti Sethowa (Eskom) 33:59; 2 Emmanuel Ramohlale (Pietersburg) 34:24; 3 Chrispen Muchemwa (Temp) 36:39.

**Veterans:** 1 Thomas Thema (Eskom) 37:52; 2 Alfred Mudau (Ebony) 41:18. **Juniors:** 1 Matimu Mashakeni (Giyani) 38:56.

WOMEN

1 Sietske van Tol (Temp) 49:19; 2 Tina Masia (Vhembe) 49:50; 3 Phophi Netshifhefhe (Pietersburg) 49:57.

**Veterans:** 1 Adele Bazley (SAPS KZN) 66:14. **Juniors:** 1 Tina Masia (Vhembe) 49:50.

## Rockets Half Marathon (30<sup>th</sup>)

Uitenhage, 5 September

(Distance: 21.1 km. Finishers: 354 [slightly up from 339 last year].)

Note: This race used to be the Afri-Save Marathon and changed to a half marathon last year. Melikhaya Frans repeated his win of 2014. – Ed.

MEN

1	Melikhaya	Frans	Tinarha AC	25	1:11:07
2	Mzwanele	Maphekula	Bluewater Bay	39	1:11:12
3	Mzolisi	Makhanda	Nedbank RC EP	32	1:11:17
4	Anele	Maliza	Nedbank RC EP	37	1:13:35
5	Aphlyn	Taai	Charlo AC	33	1:14:51
6	Zolile	Mhlahlo (1 <sup>st</sup> vet)	Achilles AAA	40	1:15:54
7	Melikhaya	Kepe	Nedbank RC EP	39	1:16:26
8	Zamubuntu	Teyise	Charlo AC	38	1:18:36
9	Andile	Motwani (1 <sup>st</sup> jun)	Tinarha AC	18	1:19:02
10	Alfred	Qogi	Nedbank RC EP	42	1:19:55

11	Desmond	Zibi (1 <sup>st</sup> mast)	Achilles AAA	51	1:21:55
12	Juwayne	Fletcher	Charlo AC	24	1:22:14
13	Deon	Appollis	Profiles AC	36	1:22:23
14	Nathi	Mda	Motherwell AC	23	1:22:31
15	Mzamo	Fokwana	Charlo AC	37	1:22:56
16	Thobile	Xata	Bluewater Bay	41	1:23:12
17	Warren	Dickson	Achilles AAA	43	1:25:03
18	Welcome	Loliwe	Nedbank RC EP	50	1:25:07
19	Kobus	Joubert	Kouga Multi SC	40	1:25:42
20	Ruan	Smalberger	St Albans CS EP	25	1:26:26

**40-44:**

1	Zolile	Mhlahlo	Achilles AAA	40	1:15:54
2	Alfred	Qogi	Nedbank RC EP	42	1:19:55
3	Thobile	Xata	Bluewater Bay	41	1:23:12

**45-49:**

1	Luvuyo	Stephen	Nedbank RC EP	45	1:27:48
2	Alfred	Pakkies	PEAAC	47	1:29:10
3	Vernon	Newfeldt	Gelvan AC	49	1:34:50

**50-54:**

1	Desmond	Zibi	Achilles AAA	51	1:21:55
2	Welcome	Loliwe	Nedbank RC EP	50	1:25:07
3	Darrell	Wicht	Madiba Bay Warriors AC	52	1:26:50

**55-59:**

1	Alan	Taylor	Achilles AAA	58	1:32:44
2	Disemba	Blou	Charlo AC	57	1:36:09
3	Chester	Brooks	X-Cel AC	57	1:42:44

**60-64:**

1	Elvis	Galela	Madibaz AC	63	1:32:54
2	Roger	Trader	Achilles AAA	61	1:44:30
3	Roland	Dace	Gelvan AC	60	1:49:57

**65-69:**

1	Hannes	Els	Madiba Bay Warriors AC	65	1:38:06
2	Graham	Channon	Achilles AAA	66	1:51:49
3	Syd	Lippstreu	Crusaders AC	67	2:03:40

**70-74:**

1	Gerald	Bouwer	Achilles AAA	72	2:50:13
2	Brian	Smith	PEAAC	72	2:53:48

**Juniors:**

1	Andile	Motwani	Tinarha AC	18	1:19:02
2	Romario	Connelly	Temp	17	2:01:17

**WOMEN**

1	Asanda	Solani	Vukani MS	32	1:33:41
2	Natalie	Ross	Rhodes University	24	1:34:19
3	Christine	Claasen (1 <sup>st</sup> mast)	Achilles AAA	51	1:39:16
4	Pearl	Prinsloo	Elite AC	36	1:40:13
5	Janette	Schierz-Crusius	Body Concept	55	1:41:24
6	Janine	Gardiner	Charlo AC	34	1:42:48
7	Sime	Baynes	Elite AC	31	1:42:51
8	Katherine	Van der Walt	Body Concept	39	1:43:12
9	Lisa	Rentzke	Body Concept	32	1:43:51
10	Claire	Van der Nest	Body Concept	34	1:45:01
11	Terray	Newcombe	Elite AC	24	1:46:05
12	Hanlie	Van der Westhuizen	Despatch AC	59	1:46:19
13	Luthando	Nxanisa	Tinarha AC	22	1:47:57
14	Suretha	Verwey (1 <sup>st</sup> vet)	Kouga Multi SC	48	1:49:09

15	Ludine	Williams	Malabar AC	28	1:50:16
16	Genee	Reed	Temp	31	1:51:15
17	Talana	Vosloo	Nedbank RC EP	34	1:54:08
18	Sunelle	Horne	Bluewater Bay	41	1:54:19
19	Nikita	Bentley	PEAAC	23	1:54:31
20	Agnes	Van Iddekinge	Profiles AC	49	1:54:32

**40-44:**

1	Sunelle	Horne	Bluewater Bay	41	1:54:19
2	Toegeda	Vyver	Nedbank RC EP	43	1:55:57
3	Adele	Slabbert	Madiba Bay Warriors AC	44	1:57:06

**45-49:**

1	Suretha	Verwey	Kouga Multi SC	48	1:49:09
2	Agnes	Van Iddekinge	Profiles AC	49	1:54:32
3	Michelle	Van Iddekinge	Profiles AC	48	1:54:33

**50-54:**

1	Christine	Claasen	Achilles AAA	51	1:39:16
2	Ina	Meaker	Walmer AC	54	2:03:13
3	Merle	Nair	Achilles AAA	53	2:03:20

**55-59:**

1	Janette	Schierz-Crusius	Body Concept	55	1:41:24
2	Hanlie	Van der Westhuizen	Despatch AC	59	1:46:19
3	Christine	Snyman	Despatch AC	59	2:04:03

**60-64:**

1	Renee	Hawkridge	Harlequin Harriers	64	1:56:04
2	Jos	Els	Madiba Bay Warriors AC	63	2:12:39

**65-69:**

1	Christine	Fourie	Elite AC	69	2:20:26
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**75-79:**

1	Dorothy	Hart	Madibaz AC	77	3:13:07
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**Juniors:**

1	Shannon	Gerber	Achilles AAA	18	2:01:33
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**Lentefees Half Marathon & 10 km**

Riebeek Kasteel, 5 September

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

Note: According to a report received by DRR, William Kaptein, the winner of the 10 km, ran the correct course, but some of the runners behind him did not and ran a longer distance. – Ed.

**Half marathon****MEN**

1. Akhona Mdaka (EGA) 1:11:16
2. Luyanda Qolo (EGA) 1:11:37
3. Alvino Cupido (Ned) 1:15:09

**Veterans:** 1. Thembelani Zola (Well) 1:21:41; 2. Julie Welkom (Swart) 1:21:42; 3. Abraham Afrika (Swart) 1:22:11. **Masters:** 1. Thomas Moses (Worc) 1:30:21; 2. Lorenzo Lukas (Ned) 1:32:50 3. Martin Geustyn (Brack) 1:35:58. **G'masters:** 1. Piet Smith (Swart) 1:35:04; 2. Jeff Smith (Itheke) 1:41:19; 3. Frank Gordon (CS) 2:03:22.

**WOMEN**

1. Marjorie Prins (Bell) 1:39:35 (1<sup>st</sup> vet)
2. Cheryl Rudolph (East) 1:42:42 (1<sup>st</sup> mast)
3. Ena Gous (Worc) 1:44:41



**Veterans:** 1. Marjorie Prins (Bell) 1:39:35; 2. Ena Gous (Worc) 1:44:41; 3. Martha Pretorius (SANDF) 1:48:50. **Masters:** 1. Cheryl Rudolph (East) 1:42:42; 2. Anne Pool (Strand) 1:54:16; 3. Tina Harkett (AAC) 1:57:30. **G'masters:** 1. Styntjie Prins (Paarl) 1:48:18; 2. Veronica van Niekerk (EGA) 1:54:06; 3. Doris Flink (East) 2:04:14.

### 10 km

#### MEN

1. William Kaptein (Maties) 31:11  
2. Nadeel Wildschutt (Ceres) 34:24  
3. Johannes Jansen (Rob) 35:43

**Veterans:** 1. Owen Smith (Well) 41:15; 2. Jaftha Hendricks (Swart) 43:58; 3. Ilias Francis (Well) 46:09. **Masters:** 1. Michael Crozier (Atlantis) 46:34; 2. J. McGregor (Swart) 47:02; 3. André Swarts (Ceres) 47:32. **G'masters:** 1. Colin Williams (CS) 49:14; 2. Ronnie le Roux (Brack) 50:15; 3. Albert Williams (Top) 50:49. **Juniors:** 1. Nadeel Wildschutt (Ceres) 34:24; 2. Willem van Wyk (Rob) 40:58; 3. Shaun Tobias (Rob) 41:02.

#### WOMEN

1. Sheryl de Lange (FNB) 44:38 (1<sup>st</sup> vet)  
2. Mareijke West (Swart) 48:42  
3. Nicolise Goosen (Strand) 49:28

**Veterans:** 1. Sheryl de Lange (FNB) 44:38; 2. Mariaan Malan (Ned) 50:34; 3. Elaine Matthee (Tyger) 58:04. **Masters:** 1. Charmaine Cupido (Ned) 51:32; 2. Lirene Bester (Tyger) 57:20; 3. Evanda Carstens (Swart) 1:52:02. **G'masters:** 1. Cecile Kidson (Lange) 1:52:28; 2. Floripens Degois (Lange) 1:58:51; 3. Louise Lategan (Oudts) 2:00:10. **Juniors:** 1. Anré Joubert (Swart) 50:07; 2. Azel Boois (Salk) 50:56; 3. Nicoleen Blankenberg (Mont) 1:45:30.

### PVR Dorpsfees 10 km Night Race

Pretoria, 2 September  
(Finishers: 500)

#### MEN

1. Vuyisile Tshoba (Transnet) 31:47; 2. Simon Mpholo (Nedbank) 31:55 (1<sup>st</sup> vet); 3. Revaldo Abraams (Nedbank) 32:09.

**Veterans:** 1. Simon Mpholo (Nedbank) 31:55; 2. Peter Medupe (Nedbank) 34:38. **Masters:** 1. Japie Badenhorst (ACRW) 43:49; 2. Richard Sinden (VTM) 43:53. **G'masters:** 1. Hein du Toit (Wingate) 52:54; 2. Abdul Mohammed (Magnolia) 55:40. **G/g'masters:** 1. Patrick Mafilika (Nedbank) 52:40; 2. Anton Harrop-Allin (ACRW) 56:19. **Juniors:** 1. Thabang Maleka (Nedbank) 34:07; 2. Mpho Mooka (Nedbank) 34:31; 3. Sam Mokoena (Cool Running) 35:05.

#### WOMEN

1. Nerissa v.d. Walt (Runavation) 39:11; 2. Jaquie v.d. Waals (Irene) 40:13 (1<sup>st</sup> vet); 3. Mariska Steinbach (Runavation) 41:19.

**Veterans:** 1. Jaquie v.d. Waals (Irene) 40:13; 2. Vanessa Fourie (Magnolia) 50:03. **Masters:** 1. Debbie Bredenkamp (HQH) 47:17; 2. Sonia Scheepers (Irene) 53:03. **G'masters:** 1. Rina Pretorius (SABS) 60:50; 2. Retha Knoetze (PMWC) 66:12. **G/g'masters:** 1. Annetjie Greyvenstein (Irene) 56:41; 2. Francis Steel (RWFL) 94:04. **Juniors:** 1. Tsolo Zwane (Nedbank) 47:18.

## ArcelorMittal Saldanha Half Marathon

Langebaan, 29 August

(Distance: 21.1 km; loop course. Finishers: 342 [two more than last year].)

### MEN

1	Siviwe	Nkombi	Itheko	25	1:07:29
2	Bernard	Rukadza	ZIM/Gugs	34	1:07:50
3	Nkosinathi	Madyo	Itheko	28	1:08:26
4	Riaan	Wildskut	Easterns Kraaifontein	28	1:14:33
5	Tsungai	Mwanengeni	ZIM/Gugs	40	1:14:35
6	Masande	Mlonyeni	Sanlam	34	1:16:46
7	Thembelani	Zola	Wellington	40	1:18:16
8	Tholang	Moloi	Defence	46	1:18:17
9	Phumezo	Gelem	Easterns Kraaifontein	30	1:18:25
10	Stephen	Lourbrey	Harfield Harriers	38	1:23:08

### WOMEN

1	Candyce	Hall	Carbineers	31	1:27:05
2	Lee-Shay	Willemse	Velocity	21	1:28:06
3	Ursula	Frans	Nedbank (WP)	46	1:30:56
4	Ester	Brink	Strand	50	1:35:46
5	Alet	Carsten	CMSC	27	1:41:29
6	Jacqueline	Misroll	Pinelands	46	1:41:43
7	Nancy	Will	Pinelands	62	1:41:45
8	Angela	Visser	New Balance	31	1:42:34
9	Patricia	Gerth van Wijk	Durbanville	47	1:44:18
10	Chris-Maré	Schoeman	Temp	25	1:45:03

## NEWS

### SPAR GRAND PRIX POINTS TABLE

The Spar Grand Prix points table after four races is:

#### OPEN

1	Lebogang Phalula	Various*	75
2	Cornelia Joubert	Nedbank	61
3	Mapaseka Makhanya	Nedbank	57
4	Lebo Phalula	Boxer	54
5=	Christine Kalmer	Boxer	53
5=	Nolene Conrad	Boxer	53
7	René Kalmer	Mod Athlete	47
8	Ntombesintu Mfunzi	Nedbank	40
9	Irvette van Zyl	Nedbank	30
10	Bulelwa Simae	Nedbank	29
11	Thembi Baloyi	TUT	26
12=	Liziwe Mabona	Transnet	16
12=	Chery-Lee Schoeman	KPMG	16
14=	Zintle Xiniwe	Temp	15
14=	Glenrose Xaba	Transnet	15
16	Charné Bosman	Nedbank	14
17=	Jenna Challenor	Temp	13
17=	Nicole van der Merwe	Temp	13
17=	Marelise Retief	Boxer	13
17=	Simonay Weitsz	Boxer	13
17=	Caroline Wöstmann	Nedbank	13

**Veterans:**

1	Janene Carey	Boxer	25
2	Ronel Thomas	Boxer	10
3	Lana Theunissen	Nedbank	7

**Masters:**

1	Judy Bird	Midrand	25
2	Elmarie Coetzee	Cape M/Sport	10
3	Ansie Breytenbach	Irene	7

**G'masters:**

1	Margie Saunders	Nedbank	25
2	Sonja Laxton	RAC	15
3	Nancy Will	Pinelands	10

**Juniors:**

1	Simonay Weitsz	Boxer	13
2	Nicole van der Merwe	Temp	10
3=	Pamela Moyikwa	K Way VOB	5
3=	Chery-Lee Schoeman	KPMG	5

\*) Phalula ran for Transnet in the first three races and then changed clubs to Boxer.

**BEIJING POINTS TABLE**

Here is the final points table (top 15 countries) for the IAAF World Championships in Beijing (gold, silver, bronze medals, and total medals). Points were scored as eight points for first, seven for second, etc., to one point for eighth.

1.	USA	6	6	6	18	214
2.	Kenya	7	6	3	16	173
3.	Jamaica	7	2	3	12	132
4.	Germany	2	3	3	8	113
5.	Great Britain	4	1	2	7	94
5.	China	1	7	1	9	94
7.	Ethiopia	3	3	2	8	83
8.	Poland	3	1	4	8	68
9.	Canada	2	3	3	8	65
10.	Russia	2	1	1	4	60
11.	France	0	0	2	2	42
12.	Cuba	2	1	0	3	30
13.	Ukraine	0	1	1	2	29
14.	Netherlands	1	1	1	3	28
15.	South Africa	1	0	2	3	22
15.	Trinidad & Tobago	0	1	1	2	22

**STATS TIME**

This week we include the world all-time list in the women's 5000 metres. Six of the top ten are Ethiopian born, including the first four. Two of the times were run in 2015. Note that all Shobukhova's performances since 9 October 2009 have been scrapped because of her suspension for using performance-enhancing drugs.

**5000 METRES: WORLD ALL-TIME TOP 10 WOMEN**

14:11.15 WR	Tirunesh Dibaba	ETH	Oslo	06 Jun 08
14:12.88	Meseret Defar	ETH	Stockholm	11 Jul 08

14:14.32	Almaz Ayana ETH		Shanghai	17 May 15
14:15.41	Genzebe Dibaba ETH		Saint-Denis	04 Jul 15
14:20.87 NR	Vivian Cheruiyot KEN		Stockholm	29 Jul 11
14:23.75 AR	Liliya Shobukhova RUS		Kazan	19 Jul 08
14:24.68	Elvan Abeylegesse TUR		Bergen	11 Jun 04
14:28.09 AR	Jiang Bo CHN		Shanghai	23 Oct 97
14:28.39	Sentayehu Ejigu ETH		Saint-Denis	16 Jul 10
14:29.11 NR	Paula Radcliffe GBR		Bydgoszcz	20 Jun 04
...				
14:44.05 NR	Elana Meyer RSA	[61]	Hechtel	22 Jul 95

### THIS MONTH IN HISTORY

#### 42 years ago: 30 September 1973

The New York City Marathon was first held in 1970 and during the first six years were run on a four-lap course entirely within Central Park. No women competed in the inaugural race, but on this day Nina Kuscsik scored a crushing victory when she won by almost 19 minutes in 2:57:08. Second was Katherine Switzer in 3:16:02. Both women had won fame in the Boston Marathon – Kuscsik when she was the first official female winner the year before, and Switzer when she entered as "K. Switzer" in 1967 and then had to suffer abuse from race organiser Jock Semple, who tried to tear her number from her clothes and physically remove her from the race.

### 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		28 Feb
	44:12	Lusapho April	Port Elizabeth	
	43:31	Eliud Ngetich (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		25 Jul
	62:06	Lucky Modike Mohale	Port Elizabeth	
	61:21A	Lusapho April	New York	
	59:20	Stanley Biwott (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		08 Mar
	82:32	Nkosihona Mhlakwana	Durban	
	80:54A	Sipho Mbanjuli	Pinetown	
	72:31	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		04 Jan
	1:37:54	Duane Fortuin	Camps Bay	
	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	48:41	Johannes Kekana	Pretoria	15 Aug
	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	Mbasobhi Gumede	Port Elizabeth	25 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

#### **WOMEN**

##### Open

10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
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	30:56	Gladys Cheron (KEN)		
15 km	30:21	Paula Radcliffe (GBR) 2003		
	51:54	Lebo Phalula	Pretoria	15 Aug
	46:14	Florence Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	46:14p	Florence Kiplagat (KEN) 2015		
	71:54	Lebo Phalula	Port Elizabeth	25 Jul
	65:09	Florence Kiplagat (KEN)		
	65:12	Florence Kiplagat (KEN) 2014		
25 km	65:09p	Florence Kiplagat (KEN) 2015		
	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	90:02	Jane Mudau	Polokwane	09 Aug
	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	1:31:38	Nancy Will	Atlantis	22 Aug
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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