

Distance Running Results

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EDITORIAL

South Africa's third oldest road race, the Duke of York Flying Scramble 16 km in Pietermaritzburg, was held for the 84th time this weekend and won by Anele Dlamini in 57:35 and Jeannie Bomford in 73:58. Bomford's time is quite a bit faster than the winning time last year, when the course was changed to an out-and-back configuration.

In the BASF 32 km in Vanderbijlpark both Tshidiso Bosiu (1:48:20) and Tania Fourie (2:29:03) had easy victories.

The route of the Karoo Ultramarathon (results in last week's issue) is not a loop anymore; a new out-and-back course was used this year, presumably still partly on gravel.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sportmans Warehouse 15 km, Boksburg
- * BSI Duke of York Flying Scramble, Pietermaritzburg
- * Ommiedraai 10 km, Wynberg
- * Spar/Durban West Community Tourism Chesterville 10 km, Durban
- * BASF 32 km & Half Marathon, Vanderbijlpark
- * ITEC 10 km, Table View
- * Fiest-en-Route Trail Run 10 km, George

International highlights:

- * Frankfurt Marathon, Frankfurt, GER
 - * Volkswagen Ljubljana City Marathon, Ljubljana, SLO
 - * Morrisons Great South Run 10 Miles, Southsea to Portsmouth, GBR
 - * Marseille-Cassis Classic, Marseille to Cassis, FRA
 - * XC: Boston Mayor's Cup Cross-country, Boston, USA
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NEWS

'BIZARRE' DECISION: MPHUTHI BANNED, BUT MAY KEEP COMRADES MEDAL

By Riël Hauman

The IAAF has banned Joseph Mphuthi, who placed sixth in this year's Comrades Marathon in 5:54:29, for two years for the use of the banned substance Norandrosterone. The ban is effective from 12 April 2014 to 11 April 2016.

Mphuthi returned a positive test on the former date at the Forever Resorts Loskop 50 km, where he was second in 2:52:26 behind Zongamele Dyubeni.

In an extraordinary decision (called "bizarre" by one expert), the tribunal who found Mphuthi guilty ruled that he could keep his Comrades medal. It is unknown to *Distance Running Results* what the grounds are for this decision. The South African Institute for Drug-Free Sport (SAIDS) is appealing this ruling and the date for the hearing of the appeal still has to be set.

Between the date when he was tested and the 2015 Comrades, Mphuthi competed in four more marathons and ultramarathons. His results in all of these races have been annulled. He failed to finish the 2014 Comrades and in October placed eighth in the Legends 68 km in 4:17:34, where he won R6000 in prize money. In March 2015 he won the Cape Gate Vaal Marathon in 2:30:09; the win (and prize money) should now go to Greg Barnes and – as is the case in all Mphuthi's races during this period – all athletes behind him move up one position.

In April 2015 Mphuthi was second again in the Loskop race, clocking 2:52:10 behind Vincent Seng.

It seems highly unlikely that an athlete could be allowed to keep a medal – and therefore presumably the result – in a race in which he ran during a ban by the international governing body. If the ban is upheld, Vasiliy Larkin (RUS) would move into the tenth position in the Comrades.

But there is another complication: At the Comrades itself Sandile Ngunuza's sample showed the presence of the banned stimulants Oxilofrine and Methylhexanamine. Ngunuza, who finished ninth, requested that his "B" sample be tested and the result was confirmed. His hearing was held on 20 August, but according to information received by DRR it was adjourned so that further information could be obtained from the athlete. The hearing will be resumed in October or November.

If Ngunuza is also banned, Ben Matiso will move into the final gold medal position.

□ See more news later in this issue.

ROAD RUNNING

Sportmans Warehouse 15 km

Boksburg, 25 October

(Loop course. Finishers: 950 [slightly up from 935 last year].)

MEN

1 Lucky Mtshali (Olifantsfontein) 47:31; 2 Retsepile Khotle (Benoni Harriers) 47:45; 3 Karabo Nkachela (Cool Running) 48:01.

Veterans: 1 Sipho Dlamini (GCH) 55:30; 2 George Mooi (Gallopers) 56:26; 3 Cephas Ncube (Jeppe) 56:37. **Masters:** 1 Gideon Radebe (Anglo) 58:24; 2 Graig Cloete (Alberton) 59:41. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 58:35. **G/g'masters:** 1 Daniel McNamara (Kyalami) 1:45:02. **Juniors:** 1 Siyabonga Mabena (GS) 49:42.

WOMEN

1 Mpho Mabuza (Gallopers) 58:48; 2 Farida Zwane (Cool Running) 59:54 (1st jun); 3 Jessica Bezuidenhout (Eagles Kempies) 64:22.

Veterans: 1 Eunice Dumjwa (Ulinda) 65:48; 2 Thuli Mabatha (Kathlehong) 65:55; 3 Wendy Ancill (Jeppe) 69:42. **Masters:** 1 Louise Goosen (Kempton) 75:12; 2 Laura Venter (Nedbank) 78:06. **G'masters:** 1 Bella Carmichael (RRW) 89:15. **G/g'masters:** 1 Dot van Heerden (Fit 2000) 2:11:26. **Juniors:** 1 Farida Zwane (Cool Running) 59:54.

BSI Duke of York Flying Scramble (84th)

Pietermaritzburg, 25 October
(Distance: 16 km; out-and-back course)

Note: The organisers did not indicate clubs in the results. – Ed.

MEN -

1. Anele Dlamini 57:35
2. Bernard Koech (KEN) 60:08
3. Mdumiseni Zondi 61:31

40-49:

1. Thamsanga Mfeka 66:46
2. Cyprian Radebe 75:31
3. Lindani Zulu 78:29

50-59:

1. Joseph Dumakude 80:08
2. Patrick Wynne 82:32
3. Will Basttershill 98:58

60+:

1. Laurie Raubenheimer 75:10

WOMEN -

1. Jeannie Bomford 73:58
2. Nonsikelelo Mbambo 79:39
3. Xoli Madida 83:44

40-49:

1. Julia Thompson 106:33
2. Gail Krige 106:35
3. Gillian Bure 106:39

50-59:

1. Elana Pessenbacher 96:51
2. Jenny Taylor 99:10
3. Anne Blewett 106:36

60+:

1. Sandy Fisser 91:29

Ommiedraai 10 km

Wynberg, 25 October
(Weather: cool. Finishers: 1675.)

Note: Second race in two days for Candyce Hall; she also finished third in the ITEC 10 km the previous day (results below). – Ed.

MEN

1. Akhona Makila (VOB) 30:49
2. Mthandazo Qhina (Ned) 31:02
3. Virginia Ngudlumana (Itheke) 31:38

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 33:06; 2. Nicholas Rupanga (ZIM/Celtic) 34:22; 3. S. Ngcwama (Celtic) 35:20. **Masters:** 1. Eric Coetzee (FNB) 36:33; 2. Monde Tutani (Gugs) 37:35; 3. André Harmse (Brack) 41:17. **G'masters:** 1. Muhammad Kriel (Ommie) 38:58; 2. Gemjikile Tom (Eskom) 41:29; 3. Jimmy Morris (Forest) 42:58. **G/g'masters:** 1. Dave Kennett (VOB) 52:56; 2. Boet van Zyl (SH) 57:08; 3. Yusuf Gamiendien (Itheko) 60:58. **Juniors:** 1. Samuel van der Merwe (Bell) 32:30; 2. Thembeke Mandu (Gugs) 34:16; 3. Danzil Byman (Itheko) 35:15.

WOMEN

1. Fortunate Chidzivo (ZIM/Celtic) 37:07
 2. Candyce Hall (Carb) 40:35
 3. Busisiwe Matiwane (Celtic) 41:13 (1st vet)

Veterans: 1. Busisiwe Matiwane (Celtic) 41:13; 2. Angelique Rabie (Carb) 42:51; 3. Melanie Porter (Pine) 43:58. **Masters:** 1. Mariëtte Strauss (Tyger) 43:44; 2. Charmaine Cupido (Ned) 48:03; 3. Roldah Orrie (Itheko) 49:34. **G'masters:** 1. Nancy Will (Pine) 47:25; 2. Helen du Plessis (Tyger) 48:39; 3. Dawn Middelkoop (Ind) 49:24. **G/g'masters:** 1. Marlene James (Pine) n/t; 2. Annatjie Berntzen (Tyger) n/t; 3. Elsa Olivier (SS) n/t. **Juniors:** 1. Pamela Moyikwa (VOB) 41:45; 2. Busisiwe Gwala (VOB) 42:30; 3. Razaan Kamaldien (MSA) 47:05.

Spar/Durban West Community Tourism Chesterville 10 km

Durban, 25 October

MEN

1.	Sipho Mbantwa	Phantane AC	33:35
2.	Mawonde Hlongwa	Hammersdale AC	33:45
3.	Bonginkosi Zwane	Phantane AC	35:25

40-49:

1.	Israael Mabanga	Chesterville AC	41:14
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50-59:

1.	Makhosomke Khumalo	Sydenham AC	54:24
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60+:

1.	Les Smith	West AC	54:15
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WOMEN

1.	Blandina Makatsi	LES	41:50
2.	Pat Fischer	Stella AC	59:32
3.	Sue Smith	West AC	61:20

40-49:

1.	Claire Sjoblom	QBH	63:59
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50-59:

1.	Sue Smith	West AC	61:20
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60+

1.	Pat Fischer	Stella AC	59:32
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Juniors:

1.	Tyler Petersen	West AC	76:28
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BASF 32 km & Half Marathon

Vanderbijlpark, 24 October

(Distances: 32 km & 21.1 km; loop courses.)

32 km

MEN

1 Tshidiso Bosiu (GS) 1:48:20; 2 William Mokwalakwala (Brooks) 1:50:09; 3 William Morobe (Arcelor Mittal) 1:56:34.

Veterans: 1 Joseph Lubise (Anglo) 2:08:14. **Masters:** 1 Paulus Mofokeng (Nedbank) 2:31:40. **G'masters:** 1 Petrus Mohalajeng (Vultures) 2:42:56.

WOMEN

1 Tania Fourie (Arcelor Mittal) 2:29:03; 2 Belinda Waghorn (Born 2 Run) 2:33:00 (1st vet); 3 Ronel van Graan (Krugersdorp) 2:34:33.

Veterans: 1 Belinda Waghorn (Born 2 Run) 2:33:00. **Masters:** 1 Rita van Wyk (Boksburg) 2:49:38.

Half marathon

MEN

1 Pita Makhoali (Rand Water) 72:05; 2 Tsietsi Mokoena (Nedbank) 78:10 (1st vet); 3 Molefi Sithole (Temp) 79:53.

Veterans: 1 Tsietsi Mokoena (Nedbank) 78:10. **Masters:** 1 Marius Carstens (Alberton) 89:00. **G'masters:** 1 Ernest Tjela (Emfuleni) 90:02. **Juniors:** 1 Cameron Grant (Arcelor Mittal) 89:00.

WOMEN

1 Kathryn van Meter (Souls Striders) 95:46; 2 Sylvia van Tromp (Arcelor Mittal) 98:19; 3 Vanessa Bowman (Kempton) 98:46 (1st vet).

Veterans: 1 Vanessa Bowman (Kempton) 98:46. **Masters:** 1 Marie Bruwer (Arcelor Mittal) 1:40:09. **G'masters:** 1 Empie van Heerden (Arcelor Mittal) 2:25:34.

ITEC 10 km

Table View, 24 October

(Weather: very hot, no wind. Finishers: 476.)

MEN

1. Duane Fortuin (Itheko) 31:26
2. Lwandile Lange (VOB) 32:27
3. Bulelani Behbha (VOB) 34:29

Veterans: 1. Shawn Abrahams (Celtic) 35:41; 2. Xolile Macanda (Gugs) 36:39; 3. Paul Wilson (Durb) 37:58. **Masters:** 1. André Harmse (Brack) 40:34; 2. Paul Kelly (RWFL) 43:04; 3. Martin Geusteyn (Bell) 45:00. **G'masters:** 1. Barry Bester (CMC) 45:52; 2. Brian Merryweather (Edge) 47:47; 3. Kevin Kohler (Edge) 52:30. **G/g'masters:** 1. Claude Brooks (MS) 56:06; 2. Caspar Greeff (AAC) 62:06. **Juniors:** 1. Thembeko Mendu (Gugs) 34:34; 2. Ashley Smith (Celtic) 38:16; 3. Jason Bruiners (Met) 39:47.

WOMEN

1. Zintle Xiniwe (FNB) 38:34
2. Anneline Roffey (FNB) 39:10
3. Candyce Hall (Carb) 41:44

Veterans: 1. Obertina Kanyongo (ZIM/WC) 42:26; 2. Chantal Simpson (Ned) 43:26; 3. Zethena October (Ravens) 50:36. **Masters:** 1. Mariëtte Strauss (Tyger) 42:45; 2. Olga Howard (Celtic) 43:53; 3. Charmaine Cupido (Ned) 47:54. **G'masters:** 1. Helen du Plessis (Tyger) 49:16; 2. Annalene Botha (Brack) 61:57; 3. Lyn Wood (Edge) 63:10. **G/g'masters:** 1. Marlene James (Pine) 61:13; 2. Annatjie Berntzen (Tyger) 76:45; 3. Joan Lang (WC) 88:00. **Juniors:** 1. Busisiwe Gwala (VOB) 43:33.

Fiest-en-Route Trail Run 10 km

George, 24 October

(Course configuration unknown. Finishers: 95.)

MEN

1	Lloyd Bosman	Nedbank	27	38:29
2	Donavan Jantjies	Outeniqua	19	38:48
3	Elfonso Pieterse	Nedbank	26	39:57
4	Dullan Solomons	Nedbank	17	41:15
5	Patrick Mgweba	Nedbank	32	41:26

WOMEN

1	Annatjie Botes	Nedbank	57	52:55
2	Charmaine Lamprecht	Nedbank	31	54:31
3	Elsire Roos	Temp	35	56:00
4	Alison Jordaan	Nedbank	49	59:13
5	Carla Spannenberg	Nedbank	27	62:08

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

Frankfurt Marathon (34th)

(IAAF Gold Label Road Race)

Frankfurt, GER, 25 October

(Distance: 42.195 km; certified course with indoor finish at Festival Hall)

Note: The highlight of this race was Germany's Arne Gabius breaking the 27-year-old German marathon record of Jorg Peter (2:08:47) set in Tokyo way back in 1988. – Ed.

MEN (gun times)

1.	Sisay Lemma Kasaye, ETH	2:06:26 PB	€ 10,000
2.	Lani Rutto, KEN	2:06:34 PB	5,000
3.	Alfers Lagat, KEN	2:06:48 PB	2,500
4.	Arne Gabius, GER	2:08:33 NR	1,600
5.	Suleiman Simotwo, KEN	2:08:49 PB	800
6.	John Kemboi Cheruiyot, KEN	2:08:56 PB	
7.	Estifanos Hidru Tewelde, ERI	2:09:16	
8.	Raymond Kemboi Chemungor, KEN	2:10:06	
9.	Henry Chirchir, KEN	2:10:22	
10.	Micah Kogo, KEN	2:10:24	
... 23.	Charles Wachira Maina, KEN	2:16:39	

WOMEN (gun times)

1. Gulume Tollesa Chala, ETH 2:23:12 PB € 10,000
2. Dinknesh Mekash Tefera, ETH 2:23:12 PB 5,000
3. Koren Jejela Yal, ETH 2:23:52 2,500
4. Sardana Trofimova, RUS 2:24:38 PB 1,600
5. Meseret Kitata Tolwak, ETH 2:27:17 PB 800
6. Lisa Hahner, GER 2:28:39 PB
7. Meseret Mengistu Biru, ETH 2:28:58
8. Agnes Mutune, KEN 2:30:13
9. Risper Gesabwa, KEN 2:30:49 DB
10. Andrea Mayr, AUT 2:33:28

Volkswagen Ljubljana City Marathon (20th)

Ljubljana, SLO, 25 October

(Distance: 42.195 km; loop courses with no start/finish separation)

MEN (gun times)

1. Limenih Getachew, 1991, ETH 2:08:19 CR* € 20,000 + 3000i
2. Mulugeta Wami, 1982, ETH 2:08:37
3. Samuel Rutto, 1994, KEN 2:08:59

WOMEN (gun times)

1. Melkam Gizaw, 1990, ETH 2:25:42 PB € 20,000
2. Rebecca Korir, 1992, KEN 2:30:36
3. Naomi Tuei, 1993, KEN 2:33:58

Morrisons Great South Run 10 Miles (26th)

(IAAF Gold Label Road Race)

Southsea to Portsmouth, GBR, 25 October

(Point-to-point course)

Note: Second-placed Jo Pavey set a masters world best, clocking 52:44 (it's a point-to-point course so not record-eligible). – Ed.

MEN (gun times)

1. Moses Kipsiro, UGA 46:00 PB
2. Emmanuel Kipsang, KEN 46:08 PB
3. Emmanuel Bett, KEN 46:11 PB
4. Evans Kigen Kirui, KEN 46:14 PB
5. Martin Mathathi, KEN 46:16

WOMEN (gun times)

1. Vivian Cheruiyot, KEN 51:17 DB
2. Jo Pavey, 1973, GBR 52:44 PB (WB/40+)
3. Doris Changeiywo, KEN 52:51 PB
4. Gemma Steel, GBR 53:06
5. Betsy Saina, KEN 53:49 PB

Marseille-Cassis Classic (37th)

Marseille to Cassis, FRA, 25 October

(Distance: 20 km; point-to-point course)

MEN (gun times)

1. Edwin Kipyego, KEN 57:18 CR

2. Berhane Tekle, ERI 58:45
3. Titus Mbishei, KEN 58:55
4. Cosmas Birech, KEN 59:43
5. Kennedy Kipyego, KEN 1:01:00

WOMEN (gun times) -

1. Peres Jepchirchir, KEN 1:06:01 CR
2. Shitaye Eshete, BRN 1:06:56
3. Perendes Lekapanda, KEN 1:07:15
4. Bekelech Bedada, ETH 1:07:47
5. Gladys Kipsoi, KEN 1:10:19

CROSS-COUNTRY

Boston Mayor's Cup Cross-country (25th)

(Presented by the B.A.A., USATF New England and adidas)
Boston, USA, 25 October

Note: Traveling to Boston from her home in Bronxville, N.Y., Mary Cain said she was pleased with the race, reports *Race Results Weekly*. Since moving from Portland, Oregon, back to Bronxville, the 19-year-old said she's hit the "reset" button. Speaking with enthusiasm, she noted that training has been going phenomenally well, and her time was an indicator of great things to come. – Ed.

MEN CHAMPIONSHIP (8 km)

Team results: 1. New England Distance, 35 (\$500); 2. Speed River New Balance TFC, 64 (\$300); 3. NB Boston, 91 (\$100) ...

1. Trevor Dunbar, 24, NIKE 23:17 \$600 + 300a
2. Jim Spisak, 25, NEW ENGLAND DISTANCE 23:20 300 + 200a
3. Tabor Stevens, 24, ASICS 23:28 200 + 100a

WOMEN CHAMPIONSHIP (6 km)

Team results: 1. NB Boston, 15 (\$500); 2. Greater Boston Track Club, 60 (\$300); 3. B.A.A., 87 (\$100) ...

1. Liz Costello, 27, NEW BALANCE 16:35 \$600 + 300a
2. Liv Westphal, 21, FRA 16:40 NCAA
3. Mary Cain, 19, NIKE OREGON PROJECT 16:46 300 + 200a

NEWS

Some news items from *Athletics International*:

MIKI GORMAN PASSES AWAY

Michiko 'Miki' Gorman (USA) (née Suwa, b. 9 August 1935 in China to Japanese parents) died on 19 September in Bellingham, Washington, at the age of 80. A pioneer of women's marathon running, she set a world best with 2:46:36 at Culver City on 2 December 1973, improving her best to 2:39:11 to win in New York City in 1976, then the second fastest-ever time, when the race went through the city's five boroughs for the first time. She was also first woman at Boston in 1974 and 1977, Culver City in 1975 and New York again in 1977. She had moved to the USA in 1963 at the age of 28 and married businessman Michael Gorman. Taking up running, she was coached by László Tábori in Los Angeles.

SORRY ABOUT THOSE SHOES, ELIUD!

Nike has apologised to Eliud Kipchoge, winner of the Berlin Marathon in a world leading 2:04:00. The insoles of both his shoes popped out before halfway, and effectively ended his dream of breaking the world record of 2:02:57. Former sprint hurdler Ilana Finley, from Nike, explained: "As he has done in previous races, Eliud was testing a prototype racing flat which we've been working on together for several months. As with any prototype, elements can sometimes go wrong. On this occasion the sockliner didn't work. As in all innovation, we will learn quickly from mistakes. Eliud's ability to not only win but set a new personal record in this race is a testament to his extraordinary athletic ability."

TWO MORE KENYANS BANNED

The doping crisis in Kenya has deepened with the news that two more prominent female athletes have been banned. Agatha Jeruto Kimaswai (21), who ran 1:59.51 for 800 m when winning in Rieti last year and was a member of the Kenyan 4x800 m team which set an African record of 8:04.28 in the 2014 World Relays, is out for four years until 19 May 2019. She tested positive out-of-competition for the banned anabolic agent norandrosterone. Josephine Jepkoech Jepkorir (26), who is banned for two years until 14 March 2017, also tested positive for norandrosterone at a road race in Luanda on 31 December (one day later and her ban would have been four years) and loses her fourth place in the RAK Half Marathon on 13 February where she set a PB of 67:32. Her PB now reverts to 68:53 from 2013. The 2008 Olympic 800 m champion Wilfred Bungei has commented: "Banning these athletes alone is not enough. Let them [Athletics Kenya officials] interrogate them and see to it that they get the people helping them. Criminalise doping and let somebody go to jail, then it will sink in that it is bad."

SHOBUKHOVA IN RIO?

Very few in the sport will welcome her back but, according to her husband and coach Igor Shobukhov, the disgraced Russian marathoner Liliya Shobukhova (38 next month) is aiming to qualify for the Rio Olympic Marathon. Her drugs ban ended in August, although whether she is eligible to race again until she has refunded the huge amount of prize and bonus money she fraudulently accumulated remains to be seen.

NO MORE CHEATS FOR ATHLETE OF THE YEAR

No athlete who has previously been sanctioned for a serious doping offence will be eligible for the IAAF's World Athletes of the Year poll, thus avoiding the controversial situation last year when Justin Gatlin was shortlisted. The winners will be announced at the IAF World Athletics Gala in Monaco on 28 November.

STATS TIME

This week we include a list of the top ten SA women in the 10 km 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 four are also listed. The absolute dominance of the Phalula twins is evident – of the 25 times on the list they own fourteen between them (more than half!), with Lebogang leading Lebo 8-6. Nolene Conrad is not far behind with four times.

2015 10 KM: TOP 10 WOMEN

32:54	Mapaseka Makhanya	1	Cape Town	29 Mar
32:57	Lebo Phalula	1	Port Elizabeth	09 May
33:15	Phalula-2	1	Stellenbosch	10 Aug
33:20	Nolene Conrad	4	Taroudant	08 Mar
33:20	Lebogang Phalula	3	Cape Town	29 Mar
33:22	Lebogang Phalula-2	1	Johannesburg	09 Aug
33:26	René Kalmer	4	Cape Town	29 Mar

33:27	Lebogang Phalula-3	2	Port Elizabeth	09 May
33:36	Lebogang Phalula-4	2	Stellenbosch	10 Aug
33:36	Lebogang Phalula-5	1	Durban	07 Jun
33:39	Conrad-2	2	Durban	07 Jun
33:45	Lebogang Phalula-6	1	Durban	19 Jul
33:45	Lebo Phalula-3	2	Durban	19 Jul
33:50	Lebogang Phalula-7	1	Durban	01 Mar
33:55	Conrad-3	3	Stellenbosch	10 Aug
33:55	Lebo Phalula-4	2	Durban	01 Mar
33:55	Conrad-4	4	Port Elizabeth	09 May
33:58	Christine Kalmer	5	Cape Town	29 Mar
34:03A	Lebo Phalula-5	1	Paulpietersburg	15 Feb
34:04	Cornelia Joubert	4	Durban	07 Jun
34:11	Zintle Xiniwe	6	Cape Town	29 Mar
34:12	Lebogang Phalula-8	1	Cape Town	20 Sep
34:18	Lebo Phalula-6	1	Eldorado Park	22 Feb
34:30	Jenna Challenor	8	Cape Town	29 Mar
34:31	Lena Lötter	9	Cape Town	29 Mar

THIS MONTH IN HISTORY

60 years ago: 10 October 1955

In the fifties of the previous century Jackie Mekler stood out even among the many top-class distance runners in South Africa. In 1955 his magnificent Comrades exploits were still a few years in the future, but he had already won the SA marathon title and finished second in the famous Commonwealth Games Marathon in Vancouver in which Jim Peters failed to finish. On this day, after having already set a world record for 30 miles on the track earlier in the year in Germiston, he defended his Southern Transvaal marathon title and won again in 2:49:54 – much slower than the 2:39:26 which had given him second place in the Turku Marathon in Finland just two weeks earlier.

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)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:12	Lusapho April	Port Elizabeth	28 Feb
	43:31	Eliud Ngetich (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	62:06	Lucky Modike Mohale	Port Elizabeth	25 Jul
	60:40A	Stephen Mokoka	South Shields	13 Sep
	59:14	Bitan Karoki Muchiri (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 (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	2:11:59	Lungile Gongqa	Cape Town	20 Sep
	2:04:00	Eliud Kipchoge (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km	9:42:12	Gcobani Ngqola (vet)	Cape Town	26 Sep
	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	2:17:12	Hendrick Ramaala	Cape Town	20 Sep
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	9:42:12	Gcobani Ngqola	Cape Town	26 Sep
	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	75:12	Eric Coetzee	Cape Town	11 Oct
	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	2:43:54	Eric Coetzee	Cape Town	20 Sep
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	14:03:58	Julian Ohlson	Cape Town	26 Sep

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	3:05:35	Robbie Lindsay	Cape Town	20 Sep
100 km	14:21:53	Ric Marini	Cape Town	26 Sep

Juniors

10 km	30:12	Kabelo Melamu	Cape Town	20 Sep
	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		

WOMENOpen

10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	30:55	Peres Chepchirchir (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:54	Lebo Phalula	Pretoria	15 Aug
	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
	2:19:25	Gladys Cherono (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	10:00:37	Martha Pretorius (vet)	Cape Town	26 Sep
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

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	10:00:37	Martha Pretorius	Cape Town	26 Sep
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

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	2:20:41	Francis van Blerk	Brits	03 Oct
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:14:37	Nancy Will	Cape Town	20 Sep
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
10 km	34:41	Simonay Weitsz	Cape Town	20 Sep
	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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