## **Distance Running Results**

Vol. 16, No. 30 - 1 August 2016

© Distance Running Results. All rights reserved.

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.

#### **EDITORIAL**

Ideal running conditions at the quick Port Elizabeth course produced a handful of personal bests in the SA Half Marathon on Saturday, with the South African titles going to Stephen Mokoka (1:01:26) and Irvette van Zyl (1:11:00), both finishing second behind Kenyan visitors. It is Mokoka's sixth national title over this distance and Van Zyl's second.

Mokoka, who ran one second faster than he did in the World Half-marathon Championships in Chicago earlier this year, led an impressive list of eight list leaders, including Van Zyl. The only categories that did not see a list leader were M60-69, F60-69, F70+ and junior women.



Kenya's Edwin Koech wins the Nelson Mandela Bay Half Marathon in Port Elizabeth, finishing 10 seconds ahead of Stephen Mokoka, who earned his sixth SA half-marathon title. [Tania Zwiegelaar]

The race winners were Edwin Koech in 1:01:16 and Sheila Chesang in 1:10:58. Chesang was only two seconds ahead of Van Zyl, who ran her fastest ever time on a standard course (her best is 1:10:56 on the aided New York course, clocked in 2011). She will represent South Africa in the Rio Olympic Marathon.

The other medals in the men's race went to David Manja in a PB of 1:02:15 and Gladwin Mzazi in 1:02:27, and in the women's event to Lebogang Phalula and Mapaseka Makhanya in PBs of 1:11:35 and 1:14:06 respectively.

Apart from Manja, eight of the top twenty men ran PBs, while seven of the top twenty women did likewise.

Riël Hauman

## INCLUDED IN THIS ISSUE:

- \* McKenna Scott Pinelands 10 km, Pinelands
- \* South African Half-marathon Championships, Port Elizabeth

- \* Zwartkop Half Marathon & 10 km, Centurion
- \* XC: WP League Meeting, Bellville

## **International highlights:**

- \* Media Maratón Internacional Bogotá, Bogotá, COL
- \* Quad-City Times Bix 7, Davenport, USA
- \* Track: TrackTown Summer Series, Eugene, USA; Karlstad Grand Prix, Karlstad, SWE
- \* White River 50-Mile Trail Run, Crystal Mountain, USA; Swiss Alpine Marathon, Davos, SUI

#### **ROAD RUNNING**

## McKenna Scott Pinelands 10 km

Pinelands, 31 July

(Certified, flat figure-eight course. Weather: Cold with mist. Finishers: 1631 [up from 1502 last year].)

<u>Note</u>: Just one day after winning the 70+ age category in the SA Half Marathon, Jeff Smith ran again here. Others who competed in both races were Mariëtte Strauss, Nancy Will and Pixie Sparg (who, like Smith, won the 70+ category in Port Elizabeth). – Ed.

## MEN

- 1. Akhona Makila (VOB) 31:31
- 2. Emiele Paulsen (FNB) 31:37
- 3. Petrus Malherbe (Maties) 31:39

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 33:32; 2. Xolile Macanda (Gugs) 35:16; 3. Hansley Weaver (SANDF) 37:34. **Masters:** 1. John September (Itheko) 38:10; 2. Leonard Kali (Gugs) 43:00; 3. Owen Hendricks (Celtic) 43:26. **G'masters:** 1. Barry Bester (CMC) 43:39; 2. Albert Williams (Top) 46:09; 3. Daniel van Wyk (Brack) 48:53. **G/g'masters:** 1. Jeff Smith (Itheko) 46:36; 2. George Smith (VOB) 59:11; 3. Peter Chubb (VOB) 61:30. **Juniors:** 1. Oliver Stewart (AAC) 33:36; 2. Thembeko Mendu (Gugs) 34:12; 3. Timon Nieustadt (Bell) 35:30.

#### WOMEN

- 1. Tish Jones (GBR/KPMG) 35:07
- 2. Anneline Roffey (FNB) 39:09
- 3. Candyce Hall (Carb) 40:11

**Veterans:** 1. Coriaan de Villiers (Ned) 41:26; 2. Chantel Simpson (Ned) 41:36; 3. Marlize Vienings (Edge) 42:11. **Masters:** 1. Mariëtte Strauss (Tyger) 44:47; 2. Taretha Lourens (WC) 46:59; 3. Bev Charters (VOB) 47:13. **G'masters:** 1. Nancy Will (Pine) 44:17; 2. Charmaine Cupido (Ned) 48:39; 3. Helen du Plessis (Brack) 51:08. **G/g'masters:** 1. Pixie Sparg (Celtic) 56:57; 2. Marlene James (Pine) 61:33; 3. Hildegard Vey (VOB) 74:11. **Juniors:** 1. Kirsten Roodman (VOB) 44:37; 2. Ingrid Grundling (Sanlam) 54:36; 3. Leyla Clark (Stell) 57:43.

#### **South African Half-marathon Championships**

(35th for men; 31st for women)

(Incorporated in the Nelson Mandela Bay Half Marathon)

Port Elizabeth, 30 July

(Distance: 21.1 km; certified two-loop course. Weather: Cool with light rain at times, no wind, perfect conditions. Finishers: 857.)

<u>Note</u>: Foreigners and SA runners who were not members of provincial teams were not eligible for the national championships – they are indicated by \*. Therefore the SA

Championships medals in the open categories were won by Mokoka, Manja and Mzazi among the men, and Van Zyl, Phalula and Makhanya among the women. – Ed.

MEN						
1	Edwin	Koech*	KEN	24	1:01:16	R50 000
2	Stephen	Mokoka	AGN	31	1:01:16	R30 000
3	Asefa	Negewo*	ETH/Ned AGN	28	1:01:26	R17 500
4	David	Manja	ACNW	25	1:02:15 PB	
5	Thabiso Benedict	Moeng*	Rock	33	1:02:13 PB	
6	Sibabalwe Gladwin	Mzazi	CGA	27	1:02:27	R8000
7	Sibusiso	Nzima	CGA	29	1:02:27	R7000
8	Lusapho		BORA	34	1:02:37	R5000
9	Pillemon	April Mathiba	CGA	24	1:02:39 1:02:40 PB	
10	Joel	Mmone	ACNW	2 <del>4</del> 25	1:02:40 PB	R3000
11			CGA	36	1:03:16	K3000
12	Mbongeni Silindile	Ngxazozo Gubese	KZNA	29	1:03:23 1:03:49 PB	
13			WPA	29 37		
	Lungile	Gongqa			1:03:57 PB	
14	Abednego	Mashaba	AMPU	26	1:04:12 PB	
15	Jabulani Collin	Khoza	AMPU	35	1:04:19	
16	Ayanda	Mncube	KZNA	24	1:04:19 PB	
17	Mariano	Eesou Maaiblaha*	EPA	24	1:04:22	
18	Thabang	Masihleho*	Temp	26	1:04:26 PB	
19	Vuyisile	Tshoba	AGN	25	1:04:29	
20	Jeremia	Moshwetsi	NWN	28	1:04:30 PB	
21	Moeketsi	Tseiso	ACNW	27	1:04:51 PB	
22	Sibusiso	Madikizela*	MSM	25	1:04:53 PB	
23	Coolboy	Ngamole	ACNW	39	1:04:59	
24	Omphemetse Edward		NWN	31	1:05:03	
25	Tlou	Peu	CGA	31	1:05:04	
26	Jeffry	Gwebu	CGA	35	1:05:04	
27	Thabang	Mosiako	ACNW	21	1:05:12	
28	Kabelo	Melamu*	Randmark	19	1:05:15 PB	
29	Samuel	Segoaba	AGN	33	1:05:20	
30	Nkosinathi	Madyo	WPA	28	1:05:21	
31	Zolani	Mabhongo	EPA	30	1:05:27 PB	
32	Khaya	Butele	ATRA	24	1:05:36	
33	Kgosi	Tsosane	AGN	30	1:05:57	
34	Lucky	Mohale	CGA	30	1:06:01	
35	Siyabonga	Nkonde	KZNA	28	1:06:06	
36	Melikhaya	Frans	EPA	26	1:06:11	
37	Xolisani	Zamkele*	Elliot	29	1:06:11	
38	Philani	Buthelezi*	KPMG	27	1:06:12	
39	Siphiwe	Tefo*	Bed	20	1:06:18	
40	George	Ntshiliza	EPA	36	1:06:30	
41	Godfrey	Ramokone	AFS	31	1:06:34	
42	Adam	Lipschitz	KZNA	22	1:06:37	
43	Desmond	Mokgobu	CGA	27	1:06:43	
44	Bonginkosi	Zwane	KZNA	26	1:06:51	
45	Justin	Fritz	BOLA	22	1:07:15	
46	Shadrack	Hoff	AGN	43	1:07:17	
47	André	Ketchem	EPA	32	1:07:27	
48	Tebogo	Pelusa	LIMA	21	1:07:44	
49	Johannes	Kekana	CGA	44	1:07:56	
50	Sipho	Mbanjwa	KZNA	21	1:07:58	

(Prize money in all five-year age categories was the same: R4000, R2500, R1000.) 40-44:  1 Shadrack Hoff AGN 43 1:07:17 2 Johannes Kekana CGA 44 1:07:56 3 Simon Mpholo CGA 41 1:08:16 45-49:  1 Miluleki Nobanda ATRA 47 1:12:04 2 Tsietsi Mokoena AVT 46 1:14:57 3 Alfred Matema AGN 47 1:15:32 50-54: 1 Nel Mtsweni AMPU 53 1:15:10 2 Makaya Masumpa BORA 50 1:15:32 50-59: 1 Nel Mothibe AGN 54 1:16:13 55-59: 1 Eric Coetzee WPA 55 1:16:49 2 Michael Bekapi* Ikhamva AC 55 1:25:40 3 Thomas Moses BOLA 59 1:26:08 60-64: 1 Mochamat Kriel WPA 55 1:16:08 60-64: 1 Mochamat Kriel WPA 64 1:24:13 2 Jacobus Botha BOLA 60 1:29:09 3 Aubrey Roberts KZNA 60 1:29:09 3 Aubrey Roberts AGN 67 1:30:30 3 Mike Du Bruto AGN 67 1:30:30 3 Mike Du Bruto AGN 67 1:30:30 3 Mike Du Bruto AGN 67 1:30:55 3 Ron Clark* Bluewater Bay 73 1:59:01  Juniors: 1 Kabelo Melamu* Randmark 19 1:05:15 2 Mohasombi Gumede KZNA 19 1:08:09 [gold medal] 4 Itumeleng Sesiko CGA 17 1:09:25 [bronze medal]  WOMEN (Same prize money as men) 1 Sheila Chesana* KEN 30 1:15:44   Mapaseka Makhanya CGA 28 1:11:35 PB 4 Mapaseka Makhanya CGA 28 1:11:35 PB 5 Hanle Grundling KZNA 29 1:11:00 11 Liziwe Mabona AGN 25 1:15:49 13 Liziwe Mabona AGN 26 1:15:34 14 Hanle Botha BORA 37 1:15:19 15 Hef Wapaseka Makhanya CGA 28 1:11:35 PB 16 Makhanya CGA 28 1:11:35 PB 17 Mahasombi Mahanya CGA 28 1:11:35 PB 18 Liziwe Mabona AGN 28 1:17:21 19 Liziwe Mabona AGN 29 1:11:00 11 Liziwe Mabona AGN 26 1:15:34 PB 11 Liziwe Mabona AGN 28 1:17:20 11 Liziwe Mabona AGN 37 1:18:09 PB 13 Janie Grundling KZNA 39 1:18:09 PB 14 Hanlie Botha BORA 37 1:18:09 PB 15 Makhanya CGA 28 1:17:20 17 Thermbi Baloyi* TUT AGN 27 1:20:20 PB 18 Bullelwa Simae WPA 39 1:20:515 18 Makhasi Mihongo* Savages 34 1:19:20 17 Thermbi Baloyi* TUT AGN 27 1:20:20 PB	(Priz	e money in all five-yea	ar age categories	was the same: R	4000	R2500 R1000 )
2			ar age categories	was the same. I	4000,	N2500, N1000.)
3 Simon         Mpholo         CGA         41         1:08:16           45-49:         Hilleki         Nobanda         ATRA         47         1:12:04           2 Tsietsi         Mokoena         AVT         46         1:14:57           3 Alfred         Matema         AGN         47         1:15:32           50-54:         USA           1 Nel         Mtsweni         AMPU         53         1:15:10           2 Makaya         Masumpa         BORA         50         1:15:32           3 Daniel         Mothibe         AGN         54         1:16:49           2 Michael         Bekapi*         Ikhamva AC         55         1:26:08           60-64:         USA           1 Mochamat         Kriel         WPA         64         1:24:13           2 Jacobus         Botha         BOLA         60         1:29:29           65-69:         11         Sinzinzo         Kama         EPA         65         1:29:39           2 Donald         Charles         AGN         67         1:30:30           3 Mike         Du Bruto         AGN         67         1:35:55           70+:         1		Shadrack	Hoff	AGN	43	1:07:17
45-49:         ATRA         47         1:12:04           2         Tsietsi         Mokoena         AVT         46         1:14:57           3         Alfred         Matema         AGN         47         1:15:32           50-54:         T         1:15:32         1:15:10           1         Nel         Mtsweni         AMPU         53         1:15:10           2         Makaya         Masumpa         BORA         50         1:15:32           3         Daniel         Mothibe         AGN         54         1:16:13           55-59:         T         Tonomat         Morel         AGN         55         1:16:149           2         Michael         Bekapi*         Ikhamva AC         55         1:25:40         3           3         Thomas         Moses         BOLA         65         1:25:40         3           4         Michael         Bekapi*         Ikhamva AC         55         1:26:08           60-64:         T         Ikhamva AC         59         1:26:08           65-69:         T         Ikinael         Mohama         60         1:29:09           3         Aubrey         Robets						
1 Miuleki         Nobanda         ATRA         47         1:12:04           2 Tsietsi         Mokoena         AVT         46         1:14:57           3 Alfred         Matema         AGN         47         1:15:32           50-54:         *** Wireland			Mpholo	CGA	41	1:08:16
2 Tsietsi         Mokoena         AVT         46         1:14:57           3 Alfred         Matema         AGN         47         1:15:32           50-54:         1         Nel         Mtsweni         AMPU         53         1:15:10           2 Makaya         Masumpa         BORA         50         1:15:32           3 Daniel         Mothibe         AGN         54         1:16:13           55-59:         1         Eric         Coetzee         WPA         55         1:16:49           2 Michael         Bekapi*         Ikhamva AC         55         1:25:40         3           3 Thomas         Moses         BOLA         59         1:26:08           60-64:         1         1         Mcchamat         Kriel         WPA         64         1:29:13           2 Jacobus         Botha         BOLA         60         1:29:09         3           3 Aubrey         Roberts         KZNA         60         1:29:19           1 Sinzinzo         Kama         EPA         65         1:29:39           2 Donald         Charles         AGN         67         1:30:30           3 Ron         Clark*         Muirite Strider					47	4 40 04
3 Alfred         Matema         AGN         47         1:15:32           50-54:         Vol         Mtsweni         AMPU         53         1:15:10           2 Makaya         Masumpa         BORA         50         1:15:32           3 Daniel         Mothibe         AGN         54         1:16:13           55-59:         Image: Cotace         WPA         55         1:16:49           2 Michael         Bekapi*         Ikhamva AC         55         1:25:40           3 Thomas         Moses         BOLA         59         1:26:08           60-64:         Image: Cotace         WPA         64         1:24:13         120:08           60-64:         Image: Cotace         WPA         64         1:24:13         120:09         3           3 Aubrey         Roberts         KZNA         60         1:29:09         3         122:09         3           4 Sinzinzo         Kama         EPA         65         1:29:39         2         2         20         20         20         20         20         20         20         20         20         20         20         20         20         20         20         20         20						
Solution   Solution						
1 Nel         Masumpa         AMPU         53         1:15:10           2 Makaya         Masumpa         BORA         50         1:15:32           3 Daniel         Mothibe         AGN         54         1:16:13           55-59:         IFric         Coetzee         WPA         55         1:16:49           2 Michael         Bekapi*         Ikhamva AC         55         1:25:40         3           3 Thomas         Moses         BOLA         59         1:26:08           60-64:         """         """         """         """         """         """         """         """         """         """         """         """         """         """         1:25:40         ""         ""         ""         ""         ""         ""         ""         ""         ""         ""         ""         ""         1:26:08         ""         1:29:29         ""         ""         ""         1:29:21         ""			Масента	AGN	47	1.15.52
2         Makaya         Masumpa         BORA         50         1:15:32         3           55-59:         Teric         Coetzee         WPA         55         1:16:49           2         Michael         Bekapi*         Ikhamva AC         55         1:25:40           3         Thomas         Moses         BOLA         59         1:26:08           60-64:         Temporal Michael         WPA         64         1:24:13           2         Jacobus         Botha         BOLA         60         1:29:09           3         Aubrey         Roberts         KZNA         60         1:29:21           65-69:         Temporal Michael         KZNA         60         1:29:39           2         Donald         Charles         AGN         67         1:30:30           3         Mike         Du Bruto         AGN         67         1:31:56           70+:         Till Jeff         Smith         WPA         70         1:35:28           2         Johannes         Herbst*         Muirite Strider         70         1:51:55           3         Ron         Clark*         Bluewater Bay			Mtsweni	ΔΜΡΙΙ	53	1.15.10
Section		-				
S5-59:						
2         Michael         Bekapi*         Ikhamva AC         55         1:25:40           3         Thomas         Moses         BOLA         59         1:26:08           60-64:         "** Use Control of State Park           1         Mochamat         Kriel         WPA         64         1:24:13           2         Jacobus         Botha         BOLA         60         1:29:09           3         Aubrey         Roberts         KZNA         60         1:29:09           65-69:         "** Use Control of State Park           1         Sinzinzo         Kama         EPA         65         1:29:39           2         Donald         Charles         AGN         67         1:30:30           3         Mike         Du Bruto         AGN         67         1:30:30           3         Mike         Du Bruto         AGN         67         1:30:30           3         Mike         Du Bruto         AGN         67         1:31:56           70+:         "** Smith         WPA         70         1:35:28         1:59:01           2         Johannes         Herbst** Muirite Strider         70         1:51:51						
3         Thomas         Moses         BOLA         59         1:26:08           60-64:         1         Mochamat         Kriel         WPA         64         1:24:13           2         Jacobus         Botha         BOLA         60         1:29:09           3         Aubrey         Roberts         KZNA         60         1:29:09           4         Aubrey         Roberts         KZNA         60         1:29:09           5-65-69:         T         T         T           1         Sinzinzo         Kama         EPA         65         1:29:39           2         Donald         Charles         AGN         67         1:31:56           70+:         "Tonal Mike         Du Bruto         AGN         67         1:31:56           70+:         "Tonal Mike         Du Bruto         AGN         67         1:31:55           2         Johannes         Herbst*         Muirite Strider         70         1:51:55         3         1:05:15         2           3         Ron         Clark*         Bluewater Bay         73         1:50:51         2           4         Kabelo         Melamu*         Ra	1	Eric	Coetzee	WPA	55	1:16:49
Mochamat   Kriel   WPA	2	Michael	Bekapi*	Ikhamva AC	55	1:25:40
1         Mochamat         Kriel         WPA         64         1:24:13           2         Jacobus         Botha         BOLA         60         1:29:09           3         Aubrey         Roberts         KZNA         60         1:29:09           65-69:         1         Sinzinzo         Kama         EPA         65         1:29:39           2         Donald         Charles         AGN         67         1:33:30           3         Mike         Du Bruto         AGN         67         1:33:56           70+:         1         Jeff         Smith         WPA         70         1:35:28           2         Johannes         Herbst*         Muirite Strider         70         1:51:55           3         Ron         Clark*         Bluewater Bay         73         1:59:01           Juniors:         1         Kabelo         Melamu*         Randmark         19         1:05:15           2         Mbhasombi         Gumede         KZNA         19         1:08:09 [gold medal]           3         Luthando         Ndonyela         ATRA         19         1:08:09 [fort medal]           4<	3	Thomas	Moses	BOLA	59	1:26:08
2         Jacobus Aubrey         Botha Roberts         BOLA 60         1:29:09           3         Aubrey         Roberts         KZNA         60         1:29:21           65-69:         T         1:30:30         1:29:39         1:29:39           2         Donald         Charles         AGN         67         1:30:30           3         Mike         Du Bruto         AGN         67         1:31:56           70+:           1         Jeff         Smith         WPA         70         1:51:55           3         Ron         Clark*         Bluewater Bay         73         1:59:01           Juniors:           1         Kabelo         Melamu*         Randmark         19         1:08:19         1:08:19         1:08:19         1:08:19         1:08:09         [gold medal]         3:1:0:15         1:09:25 [bronze medal]         3:0:0:15         2:0:0:0:0         1:0:0:15         2:0:0:0:0         1:0:0:15         3:0:0:0:0         1:0:0:15         3:0:0:0:0         1:0:0:15         3:0:0:0:0         1:0:0:0:0         1:0:0:0:0         1:0:0:0:0         1:0:0:0:0         1:0:0:0:0         1:0:0:0:0         1:0:0:0:0         1:0:0:0:0         1:0:0:0:0         1:0:0:0:0						
3         Aubrey         Roberts         KZNA         60         1:29:21           65-69:         Common Sinzinzo         Kama         EPA         65         1:29:39           2         Donald         Charles         AGN         67         1:30:30           3         Mike         Du Bruto         AGN         67         1:30:30           3         Mike         Du Bruto         AGN         67         1:30:30           4         Mike         Du Bruto         AGN         67         1:31:56           70+:         ***********************************						
Sinzinzo						
1         Sinzinzo         Kama         EPA         65         1:29:39           2         Donald         Charles         AGN         67         1:30:30           3         Mike         Du Bruto         AGN         67         1:30:30           70+:         *** Use of the control of the co			Roberts	K∠NA	60	1:29:21
2         Donald Mike         Charles Du Bruto         AGN         67 1:30:30           70+:         70+:           1         Jeff         Smith         WPA         70 1:35:28           2         Johannes         Herbst*         Muirite Strider 70 1:51:55           3         Ron         Clark*         Bluewater Bay 73 1:59:01           Juniors:           1         Kabelo         Melamu*         Randmark 19 1:08:19 [gold medal]           3         Luthando         Ndonyela         ATRA 19 1:08:17 [silver medal]           4         Itumeleng         Sesiko         CGA 17 1:09:25 [bronze medal]           WOMEN (Same prize money as men)         T         Sheila         Chesang*         KEN 30 1:10:58           2         Irvette         Van Zyl AGN 29 1:11:00         3 1:10:58           2         Irvette Van Zyl AGN 29 1:11:00         3 1:11:00           3         Lebogang Phalula CGA 32 1:11:35 PB           4         Mapaseka Makhanya CGA 32 1:11:35 PB           5         Chelitu Bogale Asefa* ETH/Ned AGN 25 1:14:40           6         Meseret Taye Asefaw* ETH/Ned AGN 25 1:14:40           7         Jannet Dlamini KZNA 21 1:15:34           8         Zintle Xiniwe WPA 29 1:16:38			Vama	EDA	6 E	1.20.20
3 Mike         Du Bruto         AGN         67         1:31:56           70+:         70+:         1         Jeff         Smith         WPA         70         1:35:28           2 Johannes         Herbst*         Muirite Strider         70         1:51:55           3 Ron         Clark*         Bluewater Bay         73         1:59:01           Juniors:           1 Kabelo         Melamu*         Randmark         19         1:08:09 [gold medal]           3 Luthando         Ndonyela         ATRA         19         1:08:09 [gold medal]           3 Luthando         Ndonyela         ATRA         19         1:08:09 [gold medal]           4 Itumeleng         Sesiko         CGA         17         1:09:25 [bronze medal]           WOMEN (Same prize money as men)           1 Sheila         Chesang*         KEN         30         1:10:58           2 Irvette         Van Zyl         AGN         29         1:11:00           3 Lebogang         Phalula         CGA         32         1:11:35 PB           4 Mapaseka         Makhanya         CGA         31         1:14:06 PB           5 Chelitu Bogale         Asefa*         ETH/Ned AGN         25						
Total						
1         Jeff         Smith         WPA         70         1:35:28           2         Johannes         Herbst*         Muirite Strider         70         1:51:55           3         Ron         Clark*         Bluewater Bay         73         1:59:01           Juniors:           1         Kabelo         Melamu*         Randmark         19         1:08:09 [gold medal]           2         Mbhasombi         Gumede         KZNA         19         1:08:17 [silver medal]           3         Luthando         Ndonyela         ATRA         19         1:08:17 [silver medal]           4         Itumeleng         Sesiko         CGA         17         1:09:25 [bronze medal]           WOMEN (Same prize money as men)           1         Sheila         Chesang*         KEN         30         1:10:58           2         Irvette         Van Zyl         AGN         29         1:11:00           3         Lebogang         Phalula         CGA         32         1:11:35 PB           4         Mapaseka         Makhanya         CGA         31         1:14:06 PB           5         Chelitu Bogale         Asefa*         ETH/Ned AGN <t< td=""><td></td><td></td><td>Du Di uto</td><td>AON</td><td>07</td><td>1.51.50</td></t<>			Du Di uto	AON	07	1.51.50
2         Johannes         Herbst*         Muirite Strider         70         1:51:55           3         Ron         Clark*         Bluewater Bay         73         1:59:01           Juniors:           1         Kabelo         Melamu*         Randmark         19         1:08:09 [gold medal]           2         Mbhasombi         Gumede         KZNA         19         1:08:17 [silver medal]           3         Luthando         Ndonyela         ATRA         19         1:08:17 [silver medal]           4         Itumeleng         Sesiko         CGA         17         1:09:25 [bronze medal]           WOMEN (Same prize money as men)           1         Sheila         Chesang*         KEN         30         1:10:58           2         Irvette         Van Zyl         AGN         29         1:11:00           3         Lebogang         Phalula         CGA         32         1:11:35 PB           4         Mapaseka         Makhanya         CGA         31         1:14:06 PB           5         Chelitu Bogale         Asefa*         ETH/Ned AGN         25         1:14:40           6         Meseret         Taye Asefaw*         ETH/Ned A			Smith	WPA	70	1:35:28
Ron						
Name						
2         Mbhasombi         Gumede         KZNA         19         1:08:09 [gold medal]           3         Luthando         Ndonyela         ATRA         19         1:08:17 [silver medal]           4         Itumeleng         Sesiko         CGA         17         1:08:17 [silver medal]           WOMEN (Same prize money as men)         Treste         CGA         17         1:09:25 [bronze medal]           WOMEN (Same prize money as men)         Treste         Van Zyl         AGN         29         1:11:00           1         Sheila         Chesang*         KEN         30         1:10:58           2         Irvette         Van Zyl         AGN         29         1:11:00           3         Lebogang         Phalula         CGA         32         1:11:35 PB           4         Mapaseka         Makhanya         CGA         31         1:14:06 PB           5         Chelitu Bogale         Asefa*         ETH/Ned AGN         25         1:14:40           6         Meseret         Taye Asefaw*         ETH/Ned AGN         26         1:15:34           7         Jannet         Dlamini         KZNA         21         1:16:38           9         Benoy				,		
3         Luthando         Ndonyela         ATRA         19         1:08:17 [silver medal]           4         Itumeleng         Sesiko         CGA         17         1:09:25 [bronze medal]           WOMEN (Same prize money as men)         Total         1         Sheila         Chesang*         KEN         30         1:10:58           2         Irvette         Van Zyl         AGN         29         1:11:00           3         Lebogang         Phalula         CGA         32         1:11:35 PB           4         Mapaseka         Makhanya         CGA         31         1:14:06 PB           5         Chelitu Bogale         Asefa*         ETH/Ned AGN         25         1:14:40           6         Meseret         Taye Asefaw*         ETH/Ned AGN         26         1:15:34           7         Jannet         Dlamini         KZNA         21         1:15:44 PB           8         Zintle         Xiniwe         WPA         29         1:16:38           9         Benoy         Cheruiyot*         KEN         26         1:16:39           10         Cornelia         Joubert         CGA         28         1:17:00           11         Liziwe <td></td> <td>Kabelo</td> <td>Melamu*</td> <td>Randmark</td> <td>19</td> <td>1:05:15</td>		Kabelo	Melamu*	Randmark	19	1:05:15
WOMEN (Same prize money as men)         KEN         30         1:10:58           Invette         Van Zyl         AGN         29         1:11:00           Lebogang         Phalula         CGA         32         1:11:35 PB           Mapaseka         Makhanya         CGA         31         1:14:06 PB           Chelitu Bogale         Asefa*         ETH/Ned AGN         25         1:14:40           Meseret         Taye Asefaw*         ETH/Ned AGN         26         1:15:34           Jannet         Dlamini         KZNA         21         1:15:44 PB           Zintle         Xiniwe         WPA         29         1:16:38           Benoy         Cheruiyot*         KEN         26         1:16:39           10         Cornelia         Joubert         CGA         28         1:17:00           11         Liziwe         Mabona         AGN         28         1:17:21           12         Tanith         Maxwell         WPA         40         1:18:09           13         Janie         Grundling         KZNA         36         1:18:10 PB           14         Hanlie         Botha         BORA         37         1:18:20		Mbhasombi	Gumede	KZNA	19	1:08:09 [gold medal]
WOMEN (Same prize money as men)         KEN         30         1:10:58           I Sheila         Chesang*         KEN         30         1:10:58           Irvette         Van Zyl         AGN         29         1:11:00           Lebogang         Phalula         CGA         32         1:11:35 PB           Mapaseka         Makhanya         CGA         31         1:14:06 PB           Chelitu Bogale         Asefa*         ETH/Ned AGN         25         1:14:40           Meseret         Taye Asefaw*         ETH/Ned AGN         26         1:15:34           Jannet         Dlamini         KZNA         21         1:15:44 PB           Zintle         Xiniwe         WPA         29         1:16:38           Benoy         Cheruiyot*         KEN         26         1:16:38           Denoy         Cheruiyot*         KEN         26         1:16:39           Cornelia         Joubert         CGA         28         1:17:00           Li         Liziwe         Mabona         AGN         28         1:17:21           Tanith         Maxwell         WPA         40         1:18:09           Janie         Grundling         KZNA         36<						
1       Sheila       Chesang*       KEN       30       1:10:58         2       Irvette       Van Zyl       AGN       29       1:11:00         3       Lebogang       Phalula       CGA       32       1:11:35 PB         4       Mapaseka       Makhanya       CGA       31       1:14:06 PB         5       Chelitu Bogale       Asefa*       ETH/Ned AGN       25       1:14:40         6       Meseret       Taye Asefaw*       ETH/Ned AGN       26       1:15:34         7       Jannet       Dlamini       KZNA       21       1:15:44 PB         8       Zintle       Xiniwe       WPA       29       1:16:38         9       Benoy       Cheruiyot*       KEN       26       1:16:38         9       Benoy       Cheruiyot*       KEN       26       1:16:39         10       Cornelia       Joubert       CGA       28       1:17:00         11       Liziwe       Mabona       AGN       28       1:17:21         12       Tanith       Maxwell       WPA       40       1:18:09         13       Janie       Grundling       KZNA       36       1:18:10 PB	4	Itumeleng	Sesiko	CGA	17	1:09:25 [bronze medal]
1       Sheila       Chesang*       KEN       30       1:10:58         2       Irvette       Van Zyl       AGN       29       1:11:00         3       Lebogang       Phalula       CGA       32       1:11:35 PB         4       Mapaseka       Makhanya       CGA       31       1:14:06 PB         5       Chelitu Bogale       Asefa*       ETH/Ned AGN       25       1:14:40         6       Meseret       Taye Asefaw*       ETH/Ned AGN       26       1:15:34         7       Jannet       Dlamini       KZNA       21       1:15:44 PB         8       Zintle       Xiniwe       WPA       29       1:16:38         9       Benoy       Cheruiyot*       KEN       26       1:16:38         9       Benoy       Cheruiyot*       KEN       26       1:16:39         10       Cornelia       Joubert       CGA       28       1:17:00         11       Liziwe       Mabona       AGN       28       1:17:21         12       Tanith       Maxwell       WPA       40       1:18:09         13       Janie       Grundling       KZNA       36       1:18:10 PB	WON	IFN (Same prize mone	ov as men)			
2       Irvette       Van Zyl       AGN       29       1:11:00         3       Lebogang       Phalula       CGA       32       1:11:35 PB         4       Mapaseka       Makhanya       CGA       31       1:14:06 PB         5       Chelitu Bogale       Asefa*       ETH/Ned AGN       25       1:14:40         6       Meseret       Taye Asefaw*       ETH/Ned AGN       26       1:15:34         7       Jannet       Dlamini       KZNA       21       1:15:44 PB         8       Zintle       Xiniwe       WPA       29       1:16:38         9       Benoy       Cheruiyot*       KEN       26       1:16:39         10       Cornelia       Joubert       CGA       28       1:17:00         11       Liziwe       Mabona       AGN       28       1:17:21         12       Tanith       Maxwell       WPA       40       1:18:09         13       Janie       Grundling       KZNA       36       1:18:10 PB         14       Hanlie       Botha       BORA       37       1:18:20         15       Maria       Shai       ACNW       29       1:18:49 PB				KFN	30	1:10:58
3         Lebogang         Phalula         CGA         32         1:11:35 PB           4         Mapaseka         Makhanya         CGA         31         1:14:06 PB           5         Chelitu Bogale         Asefa*         ETH/Ned AGN         25         1:14:40           6         Meseret         Taye Asefaw*         ETH/Ned AGN         26         1:15:34           7         Jannet         Dlamini         KZNA         21         1:15:44 PB           8         Zintle         Xiniwe         WPA         29         1:16:38           9         Benoy         Cheruiyot*         KEN         26         1:16:39           10         Cornelia         Joubert         CGA         28         1:17:00           11         Liziwe         Mabona         AGN         28         1:17:21           12         Tanith         Maxwell         WPA         40         1:18:09           13         Janie         Grundling         KZNA         36         1:18:10 PB           14         Hanlie         Botha         BORA         37         1:18:20           15         Maria         Shai         ACNW         29         1:18:49 PB						
4       Mapaseka       Makhanya       CGA       31       1:14:06 PB         5       Chelitu Bogale       Asefa*       ETH/Ned AGN       25       1:14:40         6       Meseret       Taye Asefaw*       ETH/Ned AGN       26       1:15:34         7       Jannet       Dlamini       KZNA       21       1:15:44 PB         8       Zintle       Xiniwe       WPA       29       1:16:38         9       Benoy       Cheruiyot*       KEN       26       1:16:39         10       Cornelia       Joubert       CGA       28       1:17:00         11       Liziwe       Mabona       AGN       28       1:17:21         12       Tanith       Maxwell       WPA       40       1:18:09         13       Janie       Grundling       KZNA       36       1:18:10 PB         14       Hanlie       Botha       BORA       37       1:18:20         15       Maria       Shai       ACNW       29       1:18:49 PB         16       Makhosi       Mhlongo*       Savages       34       1:19:20         17       Thembi       Baloyi*       TUT AGN       27       1:20:20 PB						
5         Chelitu Bogale         Asefa*         ETH/Ned AGN         25         1:14:40           6         Meseret         Taye Asefaw*         ETH/Ned AGN         26         1:15:34           7         Jannet         Dlamini         KZNA         21         1:15:44 PB           8         Zintle         Xiniwe         WPA         29         1:16:38           9         Benoy         Cheruiyot*         KEN         26         1:16:39           10         Cornelia         Joubert         CGA         28         1:17:00           11         Liziwe         Mabona         AGN         28         1:17:21           12         Tanith         Maxwell         WPA         40         1:18:09           13         Janie         Grundling         KZNA         36         1:18:10 PB           14         Hanlie         Botha         BORA         37         1:18:20           15         Maria         Shai         ACNW         29         1:18:49 PB           16         Makhosi         Mhlongo*         Savages         34         1:19:20           17         Thembi         Baloyi*         TUT AGN         27         1:20:20 PB     <						
7       Jannet       Dlamini       KZNA       21       1:15:44 PB         8       Zintle       Xiniwe       WPA       29       1:16:38         9       Benoy       Cheruiyot*       KEN       26       1:16:39         10       Cornelia       Joubert       CGA       28       1:17:00         11       Liziwe       Mabona       AGN       28       1:17:21         12       Tanith       Maxwell       WPA       40       1:18:09         13       Janie       Grundling       KZNA       36       1:18:10 PB         14       Hanlie       Botha       BORA       37       1:18:20         15       Maria       Shai       ACNW       29       1:18:49 PB         16       Makhosi       Mhlongo*       Savages       34       1:19:20         17       Thembi       Baloyi*       TUT AGN       27       1:20:20 PB         18       Bulelwa       Simae       WPA       39       1:20:54         19       Ntombesinthu       Mfunzi       EPA       34       1:21:21         20       Puseletso       Dladla       KZNA       24       1:21:47 PB <td></td> <td></td> <td></td> <td>ETH/Ned AGN</td> <td></td> <td></td>				ETH/Ned AGN		
8       Zintle       Xiniwe       WPA       29       1:16:38         9       Benoy       Cheruiyot*       KEN       26       1:16:39         10       Cornelia       Joubert       CGA       28       1:17:00         11       Liziwe       Mabona       AGN       28       1:17:21         12       Tanith       Maxwell       WPA       40       1:18:09         13       Janie       Grundling       KZNA       36       1:18:10 PB         14       Hanlie       Botha       BORA       37       1:18:20         15       Maria       Shai       ACNW       29       1:18:49 PB         16       Makhosi       Mhlongo*       Savages       34       1:19:20         17       Thembi       Baloyi*       TUT AGN       27       1:20:20 PB         18       Bulelwa       Simae       WPA       39       1:20:54         19       Ntombesinthu       Mfunzi       EPA       34       1:21:21         20       Puseletso       Dladla       KZNA       24       1:21:47 PB	6	Meseret	Taye Asefaw*	ETH/Ned AGN	26	1:15:34
9       Benoy       Cheruiyot*       KEN       26       1:16:39         10       Cornelia       Joubert       CGA       28       1:17:00         11       Liziwe       Mabona       AGN       28       1:17:21         12       Tanith       Maxwell       WPA       40       1:18:09         13       Janie       Grundling       KZNA       36       1:18:10 PB         14       Hanlie       Botha       BORA       37       1:18:20         15       Maria       Shai       ACNW       29       1:18:49 PB         16       Makhosi       Mhlongo*       Savages       34       1:19:20         17       Thembi       Baloyi*       TUT AGN       27       1:20:20 PB         18       Bulelwa       Simae       WPA       39       1:20:54         19       Ntombesinthu       Mfunzi       EPA       34       1:21:21         20       Puseletso       Dladla       KZNA       24       1:21:47 PB	7	Jannet	Dlamini	KZNA	21	1:15:44 PB
10       Cornelia       Joubert       CGA       28       1:17:00         11       Liziwe       Mabona       AGN       28       1:17:21         12       Tanith       Maxwell       WPA       40       1:18:09         13       Janie       Grundling       KZNA       36       1:18:10 PB         14       Hanlie       Botha       BORA       37       1:18:20         15       Maria       Shai       ACNW       29       1:18:49 PB         16       Makhosi       Mhlongo*       Savages       34       1:19:20         17       Thembi       Baloyi*       TUT AGN       27       1:20:20 PB         18       Bulelwa       Simae       WPA       39       1:20:54         19       Ntombesinthu       Mfunzi       EPA       34       1:21:21         20       Puseletso       Dladla       KZNA       24       1:21:47 PB						
11       Liziwe       Mabona       AGN       28       1:17:21         12       Tanith       Maxwell       WPA       40       1:18:09         13       Janie       Grundling       KZNA       36       1:18:10 PB         14       Hanlie       Botha       BORA       37       1:18:20         15       Maria       Shai       ACNW       29       1:18:49 PB         16       Makhosi       Mhlongo*       Savages       34       1:19:20         17       Thembi       Baloyi*       TUT AGN       27       1:20:20 PB         18       Bulelwa       Simae       WPA       39       1:20:54         19       Ntombesinthu       Mfunzi       EPA       34       1:21:21         20       Puseletso       Dladla       KZNA       24       1:21:47 PB		•	•			
12       Tanith       Maxwell       WPA       40       1:18:09         13       Janie       Grundling       KZNA       36       1:18:10 PB         14       Hanlie       Botha       BORA       37       1:18:20         15       Maria       Shai       ACNW       29       1:18:49 PB         16       Makhosi       Mhlongo*       Savages       34       1:19:20         17       Thembi       Baloyi*       TUT AGN       27       1:20:20 PB         18       Bulelwa       Simae       WPA       39       1:20:54         19       Ntombesinthu       Mfunzi       EPA       34       1:21:21         20       Puseletso       Dladla       KZNA       24       1:21:47 PB						
13       Janie       Grundling       KZNA       36       1:18:10 PB         14       Hanlie       Botha       BORA       37       1:18:20         15       Maria       Shai       ACNW       29       1:18:49 PB         16       Makhosi       Mhlongo*       Savages       34       1:19:20         17       Thembi       Baloyi*       TUT AGN       27       1:20:20 PB         18       Bulelwa       Simae       WPA       39       1:20:54         19       Ntombesinthu       Mfunzi       EPA       34       1:21:21         20       Puseletso       Dladla       KZNA       24       1:21:47 PB						
14 Hanlie       Botha       BORA       37 1:18:20         15 Maria       Shai       ACNW       29 1:18:49 PB         16 Makhosi       Mhlongo*       Savages       34 1:19:20         17 Thembi       Baloyi*       TUT AGN       27 1:20:20 PB         18 Bulelwa       Simae       WPA       39 1:20:54         19 Ntombesinthu       Mfunzi       EPA       34 1:21:21         20 Puseletso       Dladla       KZNA       24 1:21:47 PB						
15       Maria       Shai       ACNW       29       1:18:49 PB         16       Makhosi       Mhlongo*       Savages       34       1:19:20         17       Thembi       Baloyi*       TUT AGN       27       1:20:20 PB         18       Bulelwa       Simae       WPA       39       1:20:54         19       Ntombesinthu       Mfunzi       EPA       34       1:21:21         20       Puseletso       Dladla       KZNA       24       1:21:47 PB			_			
16       Makhosi       Mhlongo*       Savages       34       1:19:20         17       Thembi       Baloyi*       TUT AGN       27       1:20:20 PB         18       Bulelwa       Simae       WPA       39       1:20:54         19       Ntombesinthu       Mfunzi       EPA       34       1:21:21         20       Puseletso       Dladla       KZNA       24       1:21:47 PB						
17 Thembi       Baloyi*       TUT AGN       27       1:20:20 PB         18 Bulelwa       Simae       WPA       39       1:20:54         19 Ntombesinthu       Mfunzi       EPA       34       1:21:21         20 Puseletso       Dladla       KZNA       24       1:21:47 PB						
18       Bulelwa       Simae       WPA       39       1:20:54         19       Ntombesinthu       Mfunzi       EPA       34       1:21:21         20       Puseletso       Dladla       KZNA       24       1:21:47 PB			-			
19NtombesinthuMfunziEPA341:21:2120PuseletsoDladlaKZNA241:21:47 PB						
20 Puseletso Dladla KZNA 24 1:21:47 PB						

22	Nomvuyisi	Seti	WPA	34	1:22:01
23	Kataza	Shipalana	AGN	30	1:22:06
24	Marilize	Retief	AGN	30	1:22:39
25	Keneilwe	Sesing	CGA	27	1:22:44
26	Ndileka	Mvakwendlu	EPA	25	1:22:45
27	Ulrica	Stander	WPA	41	1:22:48
28	Silindile	Chili	KZNA	22	1:23:56
29	Sherilene	Gelderblom	ACNW	20	1:24:02
30	Cary-Ann	Smith	KZNA	36	1:24:40
31	Nontando	Ncapayi*	Balekani	37	1:24:54
32	Belinda	Noades*	Ned WP	43	1:25:06
33	Nandipha	Dywili	AGN	34	1:26:23
34	Anne	Stewart	CGA	46	1:26:39
35	Suzette	Botha	KZNA	44	1:27:07
36	Siphokazi	Nojoko	EPA	21	1:27:46
37	Vuyokazi	Gebe	AGN	25	1:27:55
38	Sally	Waterworth*	Bodycon	38	1:28:34
39	Caryn	Lategan	BORA	34	1:28:39
40	Julanie	Basson	CGA	41	1:28:49
41	Jane	Barnardo	EPA	41	1:28:56
42	Nontokozo	Dlamini	AMPU	27	1:29:07
43	Elmarie	Coetzee	WPA	52	1:29:22
44	Truzanne	Swanepoel	AGN	41	1:29:27
45	Maryna	Swanepoel	AFS	30	1:29:34
46	Melanie	Jennett	CGA	43	1:30:08
47	Ursula	Frans	WPA	47	1:30:36
48	Davera	Magson*	Nedbank	41	1:31:10
49	Julie	Soicher	CGA	50	1:32:45
50	Lindiwe	Mtombeni	AFS	21	1:33:08

#) This runner is also known as Catherine Skosana (formerly Nkosi and Maapela).

40-4	4:				
1	Tanith	Maxwell	WPA	40	1:18:09
2	Ulrica	Stander	WPA	41	1:22:48
3	Belinda	Noades*	Nedbank WP	43	1:25:06
45-4	l9:				
1	Anne	Stewart	CGA	46	1:26:39
2	Ursula	Frans	WPA	47	1:30:36
3	Michelle	Enslin*	Temp	48	1:34:33
50-5	54:				
1	Elmarie	Coetzee	WPA	52	1:29:22
2	Julie	Soicher	CGA	50	1:32:45
3	Christine	Claasen	EPA	51	1:34:43
55-5	<b>59:</b>				
1	Janette	Schierz-Crusius	EPA	55	1:37:14
2	Olga	Howard	WPA	58	1:38:14
3	Pat	Thomson*	Temp	56	1:44:41
60-6	<b>54:</b>				
1	Margie	Saunders	EPA	62	1:33:15
2	Nancy	Will	WPA	63	1:33:29
3	Frances	Van Blerk	AGN	61	1:39:47
65-6	<b>i9:</b>				
1	Renee	Hawkridge*	Harlequin Harri	65	1:52:39
2	Liz	Grundlingh*	Muirite Strider	69	2:14:17
3	Helene	Oppel*	Crusaders AC	66	2:19:29

-:				
Pixie	Sparg	WPA	71	2:00:59
Gill	Tregenna	KZNA	74	2:08:25
Ronelle	Steyn	EPA	72	2:17:42
iors:				
Puseletso	Dieta	CGA	19	1:36:13 [gold medal]
Nomakhosi	Ntliziyo*	Motherwell AC	18	1:36:59
Siphokazi	Liwani	EPA	19	1:38:13 [silver medal]
	Pixie Gill Ronelle <b>iors:</b> Puseletso Nomakhosi	Pixie Sparg Gill Tregenna Ronelle Steyn iors: Puseletso Dieta Nomakhosi Ntliziyo*	Pixie Sparg WPA Gill Tregenna KZNA Ronelle Steyn EPA iors: Puseletso Dieta CGA Nomakhosi Ntliziyo* Motherwell AC	Pixie Sparg WPA 71 Gill Tregenna KZNA 74 Ronelle Steyn EPA 72 iors: Puseletso Dieta CGA 19 Nomakhosi Ntliziyo* Motherwell AC 18

## **Zwartkop Half Marathon & 10 km**

Centurion, 30 July 2016

(Distances: 21.1 km & 10 km; loop courses. Weather: very cold. Finishers: half marathon – 1000; 10 km – 1450.)

#### Half marathon

MEN

1 Africa Mailola (Nedbank) 70:00; 2 Thato Tsotetsi (Nedbank) 75:15; 3 Peter Ramoloto (Maxed Elite) 75:34.

**Veterans:** 1 Rulf Nkhi (Nedbank) 76:31. **Masters:** 1 Burger Linde (Team Vitality) 90:10. **G'masters:** 1 Johan Nel (Irene) 98:34. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 2:12:22. **Juniors:** 1 Jermaine Adams (ACE) 93:22.

#### WOMEN

1 Catherine Malungane (Nedbank) 89:27; 2 Yolande Maclean (Born 2 Run) 89:59; 3 Maria Vilakazi (RWFL) 92:56 (1<sup>st</sup> vet).

**Veterans:** 1 Maria Vilakazi (RWFL) 92:56. **Masters:** 1 Debbie Bredenkamp (HQH) 1:45:25. **G'masters:** 1 Carol de Waal (Wingate) 2:08:07. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 2:25:30. **80+:** 1 Deirdre Larkin (Randburg) 2:12:30. **Juniors:** 1 Sumarie Moolman (ACRW) 1:55:28.

## 10 km

MEN

1 Bafana Dube (Transnet) 32:15; 2 Kemang Khunonyane (Rockies) 32:23; 3 Johann Berrange (Tuks) 32:57.

**Veterans:** 1 Greg Barnes (Born 2 Run) 33:14. **Masters:** 1 Graeme McCallum (Born 2 Run) 37:22. **G'masters:** 1 Werner Jakoby (Kayalami) 50:24. **G/g'masters:** 1 Harry v.d. Merwe (BHS) 49:56. **80+:** 1 Ken Nurden (Agape) 59:33. **Juniors:** 1 Marthinus Schultz (Temp) 36:04.

## WOMEN

1 Jeannie Jordaan (Modern Athlete) 39:59; 2 Annerie Kruger (Magnolia) 40:44; 3 Fraza Landman (Temp) 40:48.

**Veterans:** 1 Lorraine Boshoff (VTM) 42:38. **Masters:** 1 Ansie Breytenbach (Irene) 47:01. **G'masters:** 1 Ina Wheatley (PMMC) 62:02. **G/g'masters:** 1 Maria van Rooyen (PMMC) 98:21. **Juniors:** 1 Tikara Nothnagel (VTM) 46:47.

## **CROSS-COUNTRY**

# **WP League Meeting** (7<sup>th</sup>) Bellville (CPUT), 24 July

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

SR. MEN (10 km 1 Nadeel 2 Akhona 3 Warren 4 Duane 5 Vuyolwethu 6 Kurt 7 Du-Wayne 8 Andrew 9 Danzil 10 Marks	Wildschutt Makila Hefke Fortuin	Itheko VOB UWC Itheko Gugs UWC UWC Easterns Easterns VOB	29:58 30:13 30:21 30:31 30:48 30:54 31:09 31:37 31:54 32:05
SR. MEN 1 Emiele 2 Ashley 3 Granwin 4 Heinrich 5 Bruce-Lynn 6 André 7 Duran 8 Sibusiso 9 Nkosiyethu 10 Lee-Roy	Afrika Faro Magwaza	FNB Celtic Harriers Celtic Harriers KPMG Celtic Harriers Eerste River UWC UWC Itheko Easterns	11:41 11:43 11:48 11:51 11:52 11:56 11:59 12:21 12:45 13:05
VETERAN MEN ( 1 Tsungai 2 Shaun 3 Xolile MASTER MEN (8 1 Tobias 2 Chris 3 John G'MASTER MEN	Mwanageni Abrahams Macanda km) Philander Mitchell September	ZIM/Gugs Celtic Harriers Gugs Itheko Celtic Harriers Itheko	24:35 25:54 26:56 28:21 28:41 29:28
1 Les 2 Awie 3 Christian G/G'MASTER ME 1 Richard 2 Carl 3 Kaare U.20 (8 km)	Chivell Veldsman Edwards	Fish Hoek Helderberg Harriers VOB VOB Elsies River Pinelands	31:29 32:29 34:26 35:27 44:46 48:02
<ul> <li>1 McMarshall</li> <li>2 Lukhanyo</li> <li>3 Jeandré</li> <li>U.18 (6 km)</li> <li>1 Carlo</li> <li>2 Thembeko</li> <li>3 Jeremon</li> </ul>	Hartzenberg Nobakada September Flink Mendu Williams	UWC VOB Eerste River Itheko Gugs Bottelary AC	24:29 24:43 25:09 36:51 37:49 38:16

SR. 1 2 3 4 5 6 7 8 9 10	WOMEN (10 Ashleigh Tanya Leanda Candyce Anneline Tanya Amy Hanlie Paige Angelique	km) Simonis Scott Du Bruyn Hall Roffey Posthumus-Fox Abrahams Jordaan Douglas Rabie	Carbineers UCT FNB Carbineers FNB Century City UWC UWC Carbineers Carbineers	36:52 36:56 37:15 38:21 38:45 39:37 40:17 41:01 43:39 43:51
SR. 1 2 3 4 5 6 7 8 9 10	WOMEN Anel Pamela Nolubabalo Tina-Mari Lee-Shay Candyce Elizabeth Nocwaka Madelé Chantel	Terblanche Moyikwa Dyonase Meyer Willemse Hall Brink Mthetho du Plessis Watt	KPMG VOB VOB FNB Velocity Carbineers Durbanville MSA Edgemead Helderberg Harriers	14:26 15:03 15:25 15:26 15:37 15:44 16:49 16:58 17:02 17:32
1 2 3 MAS	FERAN WOME Busisiwe Chantel Tana STER WOMEI Mariëtte	Matiwane Simpson Janse v Rensburg N Strauss	Nedbank Nedbank FNB Tygerberg	16:15 16:16 16:31
	Olga Georgina IASTER WOM		Celtic Harriers VOB	16:38 16:46
	Nancy Charmaine Judith S'MASTER W	Grove OMEN	Pinelands Nedbank Tygerberg	17:32 18:59 19:11
1 2 3 U.2	Pixie Wendy Marlene 0 (6 km)	Sparg Wilkins James	Celtic Harriers Atlantic Pinelands	21:03 22:51 24:29
1 2 3 U.1	Tegan Kirsten Heike	Pitt Roodman Thumser	UCT VOB No Club	43:32 44:35 47:27
1 2 3	Kayla Anitha Simone	de Waal Nonene Adams	CC WCSS Bottelary	14:21 15:14 16:07

## **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**

## Media Maratón Internacional Bogotá (17th)

(IAAF Gold Label Road Race)

Bogotá, COL, 31 July

(Distance: 21.1 km at 2600 m of altitude)

## MEN (gun times)

1. Tadese Tola, ETH	1:05:16
2. Marius Kipserem, KEN	1:05:31
3. Kiprop Limo, KEN	1:06:19
Dennis Kimetto, KEN	DNF

## WOMEN (gun times)

<ol> <li>Purity Rionoripo, KEN</li> </ol>	1:11:56
2. Veronica Nyaruai, KEN	1:13:41
3. Amane Gobena, ETH	1:14:11

## **Quad-City Times Bix 7** (42nd)

Davenport, USA, 30 July

(Distance: 7 miles; certified out-and-back course with negligible start/finish separation or elevation loss)

## MEN (gun times)

1. Silas Kipruto, 1984, KEN	33:03 \$3	12,500
2. Belay Tilahun, 1995, ETH	33:07	4,000
3. Isaac Mwangi, 1987, KEN	33:15	2,500
7. Meb Keflezighi, 1975, USA	33:42	800
Also:		

Bill Rodgers, 1947, USA 57:00 (56:52 net)

## WOMEN (gun times)

1. Mary Keitany, 1982, KEN 35:20 CR\* \$12,500 2. Caroline Chepkoech, 1994, KEN 35:22 4,000 2,500 3. Cynthia Limo, 1989, KEN 36:21 Also:

Joan Samuelson, 1957, USA 45:34 (45:32 net)

#### **TRACK**

## TrackTown Summer Series (1st)

(Presented by Beynon Sports) Eugene, USA, 29 July

## MEN

## 800:

1. Erik Sowinski, San Francisco 1:45.38 \$4000 + 1000t

2. Duane Solomon, Portland 1:45.66 3000

3. Harun Abda, San Francisco 1:45.77 SB 2000 + 1000t

4. Matthew Centrowitz, New York 1:47.17 SB 1000

## t) Earned winning team bonus

#### 1500:

1. Colby Alexander, San Francisco 3:34.88 PB \$4000 + 1000t

2. David Torrence, PER (guest)
3:34.95 NR/SB N/A^
3. Ben Blankenship, Philadelphia
3:35.02 PB
3000

- ^) David Torrence was not part of the Series, though was allowed to compete as a guest. It is unclear if he was allowed to earn prize money.
- t) Earned winning team bonus

#### 3000 s/chase:

 1. Donn Cabral, New York
 8:20.72 SB \$4000

 2. Mason Ferlic, Portland
 8:21.57 PB 3000

 3. Andy Bayer, Portland
 8:22.79 2000

## 4-mile Road Race:

1. Sam Chelanga, New York 18:23.6 \$4000

2. Chris Derrick, San Francisco 18:27.7 3000 + 1000t

3. Scott Fauble, Philadelphia 18:38.1 2000 4. Luke Puskedra, Portland 18:46.3 1000

## **WOMEN**

#### 800:

- 1. Melissa Bishop, San Francisco (CAN) 1:59.74 \$4000 + 1000t
- 2. Brenda Martinez, Philadelphia 1:59.82 3000
- 3. Shannon Rowbury, San Francisco 1:59.97 PB 2000 + 1000t

## t) Earned winning team bonus

## 1500:

<ol> <li>Kate Grace, Portland</li> </ol>	4:09.92 \$4	1000
2. Katie Mackey, New York	4:09.97	3000
3. Lauren Johnson, Portland	4:10.12	2000
4. Amanda Eccleston, Philadelphia	4:10.29	1000
5. Emma Coburn, New York	4:10.55	750
6. Morgan Uceny, Philadelphia	4:11.14	500

## 3000 s/chase:

1. Stephanie Garcia, New York	9:39.81	\$4000
2. Ashley Higginson, New York	9:42.52	3000
3. Shalaya Kipp, Philadelphia	9:45.05	2000

4-mile Road Race:

1. Jessica Tebo, New York 19:49.7 \$4000 2. Jordan Hasay, Portland 20:07.9 3000

3. Tara Welling, San Francisco 20:54.6 2000 + 1000t

t) Earned winning team bonus

## **Karlstad Grand Prix**

(Folksam Grand Prix Series) Karlstad, SWE, 27 July

## MEN

3000:

#### Race A:

- 1. Jonas Leanderson, 91, SWE, 7:59.86 €500
- 2. Jonny Davies, 94, GBR, 8:01.38 €300
- 3. Thijs Nijhuis, 92, NOR, 8:02.08 €150 Jerry Motsau, 90, RSA, dnf

## **ULTRA/MOUNTAIN/TRAIL RUNNING**

#### White River 50-Mile Trail Run

Crystal Mountain, USA, 30 July

(Distance: 50 miles with 2806 m of climbing and descending)

<u>Note</u>: An outstanding run here by reigning world 50 km and 100 km world champion Camille Herron. She was only beaten by three men, and missed Susannah Beck's course record by less than 5 minutes. – Ed.

#### OVERALL (qun times)

- 1. Olin Berger, (M), 31, Seattle, WA, 7:06:48
- 2. Patrick Reaves, (M), 31, Portland, OR, 7:23:11
- 3. Ben Mangrum, (M), 37, Tacoma, WA, 7:34:54
- 4. Camille Herron, (F), 34, Ann Arbor, MI, 7:36:42

## **Swiss Alpine Marathon** (34th)

Davos, SUI, 30 July

## "k78" 78 km (course gains, then loses, 2600 m of elevation)

MEN

Vajin Armstrong, NZL 6:25:23
 Evgeni Glyva, UKR 6:41:17
 Bernhard Eggenschwiler, SUI 6:44:11

## WOMEN

Jasmin Nunige, SUI
 Andrea Huser, SUI
 Susanne Wings, GER
 7:05:41
 7:20:22
 7:27:16

## "K42" 42.2 km (course gains 1720 m, then loses 1550 m):

## MEN

Stephan Wenk, SUI
 Remo Betschart, SUI
 Sandro Spaeth, SUI
 4:00:15
 4:01:28

#### WOMEN

- 1. Evelyne Blumenthal, SUI 4:21:37
- 2. Cathrin Cheridito, SUI 4:34:11
- 3. Anita Haas-Wüethrich, SUI 4:36:01

#### **NEWS**

## BEKELE, KIPSANG TO FACE OFF AT BMW BERLIN MARATHON

SCC Berlin announced last week that Ethiopia's Kenenisa Bekele and Kenya's Wilson Kipsang would face off at the 2016 BMW Berlin Marathon on Sunday, 25 September, reports *Race Results Weekly*. The race will kick off the fall season of the Abbott World Marathon Majors.

Bekele, 34, has never run a road race in Germany. The three-time Olympic gold medallist on the track had hoped to compete in the Rio Olympic Marathon, but was not selected for the team despite his third place finish at the Virgin Money London Marathon last April in 2:06:36. Bekele's marathon best is 2:05:04, achieved at the Schneider Electric Paris Marathon in 2014.

Kipsang, also 34, was the Berlin champion in 2013 when he set the world record (since broken) of 2:03:23, which remains his career best time. Like Bekele, Kipsang will not be competing in the Rio Olympics after his fifth place finish at the Virgin Money London Marathon in 2:07:52. Kipsang won both the 2014 TCS New York City and Virgin Mondy London Marathons.

## TWO WINNERS OF MARATHONS IN CHINA BANNED FOR DOPING

The IAAF reported last week that the following distance runners had been banned for doping, including two winners of marathons in China, reports *Race Results Weekly*:

## Taemo SHUMYE WELDEGEBRIEL (ETH):

Failed an in-competition test at the Taiyuan International Marathon in China on 13 September 2015. She had won the race in 2:34:03. She loses that result (the new race champion is Mulahabt Tsega Chekol), and is banned from 25 January 2016 through 24 January 2020.

## Sentayehu MERGA EJIGU (ETH):

Failed an in-competition test at the Guangzhou Marathon in China on 6 December 2015. He had won the race in 2:09:57. He loses that result (the new race champion is Abdellah Tagharrafet of Morocco) and is banned from 25 January 2016 through 24 January 2020. Ironically, Tagharrefet served a two-year doping ban from 2012 to 2014.

## Yassine BENSGHIR (MAR):

Has been suspended based on his biological passport. All of his results have been annulled from 7 June 2014, and his is suspended from 2 April 2016 through 11 April 2020. He loses the 3:34.80 1500 m he ran at the Mohammed IV Meeting in Marrakech in 2014, and the 3:34.29 he ran at Rabat in 2015.

\_\_\_\_\_

#### **VIEWPOINT**

This viewpoint by Mel Watman, Co-Editor of *Athletics International*, appeared in the latest edition of the magazine.

#### **IOC HAS FUDGED THE RUSSIAN ISSUE**

Three cheers for the IAAF. They alone among the world's sports federations have had the guts to ban a Russian team from competing in Rio. With the totally corrupt state-inspired doping regime in Russia laid bare, the IAAF acted prudently so that the world's clean athletes would not have to compete against the products of a system based on cheating. There may be some Russian athletes who have not resorted to doping but they would find it impossible to prove their innocence. It's no good claiming they have never failed a doping test when it's clear that immense numbers of samples were falsified or thrown away. Those who really have reached the top honestly, and one hopes that such great athletes as Yelena Isinbayeva and Sergey Shubenkov are among them, should not blame the IAAF or WADA or the CAS. They should blame their own administrators, coaches, medics, etc., who for years have enabled dozens of Russian athletes to cheat their way to records, medals and financial rewards. It is highly probable that President Putin made it clear to his Ministry of Sport that high level success was imperative, regardless of the methods used.

Predictably, alas, the International Olympic Committee fudged the issue. Here at last was the opportunity – unavailable when the GDR doped their way to success as the proof wasn't there at the time – to make an example of a member country lacking any moral compass. Investigations proved that many Olympic sports, not just athletics, were involved and surely a blanket ban was called for. Instead the IOC have failed to face up to their responsibilities to safeguard honest competition by requesting individual sports federations to make decisions regarding the eligibility of Russian competitors. Few of those federations have ever displayed the willingness, shown by the IAAF over the years despite the recent damaging revelations, to tackle the problem of doping and so it's probable that hordes of Russians will be prominent in Rio.

The IOC has a long history of making poor decisions. Way back in 1912 they disqualified the hero of those Games, Jim Thorpe. They waited until 1928 to incorporate women's athletics into the Olympic programme, allowing all of five events to be contested. From 1932 to 1956 inclusive the longest running event, absurdly, was 200 m and it was only in 2008 that parity between men's and women's events was achieved. The most influential but notorious IOC President was Avery Brundage, seemingly a staunch upholder of the amateur ethos and Olympic code during his presidency from 1952 to 1972, who was in fact a racist and Nazi supporter. He was among those responsible for awarding the 1968 Games to high altitude Mexico City, destroying the hopes of so many lowland athletes, and his reaction to the Munich massacre in 1972 left much to be desired, apparently being more vexed over the absence of a Rhodesian team. In more recent years the IOC has been obsessed more with financial affairs – no doubt grateful to Mr Putin for the obscene amount of money invested in the Sochi Winter Olympics – while reacting so very slowly to redistributing medals as a result of retrospective doping disqualifications. No, the IOC – in my view – is not fit for purpose.

#### **STATS TIME**

This week we include a list of the top ten SA veteran women in the marathon for 2016. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

## **2016 MARATHON: TOP 10 VETERAN WOMEN**

2:48:52	Charné Bosman	1	Benoni	31 Jan
3:10:01	Julanie Basson	2	Pretoria	28 Feb
3:12:12	Mitsie v.d. Westhuizen	1	East London	20 Feb
3:12:33	Adele Waldron	2	East London	20 Feb
3:13:48	Basson-2	1	Centurion	02 May
3:14:18	Jane Mudau (master)	3	East London	20 Feb
3:14:41A	Jane Barnardo	2	Port Elizabeth	03 Jul
3:14:47	Gillian Sieling	4	East London	20 Feb
3:14:58	Ursula Frans	1	Langebaan	23 Apr
3:15:10	Lise Muchna	5	East London	20 Feb
3:15:43	Salome Cooper	3	Pretoria	28 Feb

## THIS MONTH IN HISTORY

Todat we deviate a little from the normal short format of this column. On Thursday it is the 20<sup>th</sup> anniversary of Josiah Thugwane's victory in the Olympic Marathon in Atlanta. To celebrate the occasion, the following article was kindly submitted by Ian Laxton, well-known television commentator who described Thugwane's brilliant performance to TV viewers that memorable day.

#### 20 years ago: 4 August 1996

Standing there, he looked small, lost. His tracksuit was a size too big, adding to the image of a little boy lost in a big world. Nervously gazing around the stadium with wide eyes, he was hardly able to take in the crowd, now more than fifty thousand strong, the grandstands that swept up into the darkness, the cacophony of sound from the cheering fans, the intermittent public address announcements in English and French, and the blast of military music from the large brass band parading the infield.

Earlier in the day, he had been, like Julius Caesar of old, master of all he surveyed, the champion, the tactical genius, a man in total harmony with his environment. Now he looked like a scrub hare caught in a car's headlights at midnight in the depths of the African bush. Scared, unsure of exactly what to do, eager to rush into the welcoming darkness, but frozen by the glaring light.

Eventually, after what seemed like an eternity to him, all was quiet as the crowd, the band and the public address became silent. The lights dimmed around the stadium until it became darker and fifty thousand people stood as one. Time seemed to stand still as spotlights bathed the infield in white light, highlighting the tiny man himself and the flag that slowly moved up the flagpole across to his right. It was green, gold, red, blue and black, with two streams of colour merging into a single, united line.

Then the anthem started, quietly at first, then louder as the music, and the emotion, reached a crescendo... Nkosi, sikelel' iAfrika.

For the first time that night, Josiah Thugwane smiled.

\*\*\*

It was still dark when we left the hotel that morning. The Hawthorn Suites was some twenty kilometres from downtown Atlanta, and even further from the massive stadium that was to be our base for the next few hours. There were three of us in the car: Tony Frost, Production Director Robin Kempthorne and me. As we drove in the pre-dawn, I noticed

how quiet the streets were, with few cars about and no pedestrians at all.

This was not surprising as it was, after all, a Sunday morning, the final day of the 1996 Olympic Games, and there were more weighty things to occupy the minds of the people of Atlanta.

Like the men's marathon race, due to start in less than two hours.

Robin's foresight bore immediate fruits. When he dropped us off outside the stadium before he headed off to the IBC, Tony and I were on time, unstressed and in a perfect frame of mind for what turned out to be, for me at least, the most significant day of my broadcasting life. Before or since.

Like the streets, the stadium was effectively deserted. Tony and I made our way up to the SABC's permanent commentary position, opposite the 100-metre finish line, high up in the main grandstand.

There were 124 runners in the men's marathon race, from dozens of different countries, all looking keyed-up and anxious to start. The men's marathon race is in many ways the cruelest event at the Games, coming as it does on the last day.

With ten minutes to go before the gun fired, the broadcast opened with a shot of the start and the runners milling around. We knew that the conditions were as close to ideal as they ever going to be in Atlanta in August. There was low cloud cover, but no rain, and the on-screen temperature graphic showed that it was 18 degrees, warm but not uncomfortably so. The cloud cover suggested that it was unlikely to go much higher, certainly not in to the stratospheric regions of 30 degrees plus that we had endured earlier in the week.

From the start in Atlanta that day, the pace was not fast, at least by international standards. In the 1990's, big city marathons such as Berlin and London were routinely won in times under 2 hours 8 minutes, or an average pace of 3:02/km. In Atlanta the group set off at a speed of around 3:10, predicting a finishing time of around 2 hours 14, and, not surprisingly, the lead group was large, containing more than twenty runners. No one was keen to either push the pace along or charge off on a solo bid for glory. So the group just moved along steadily, with the lead changing hands regularly.

The South African runners were always in contention. Lawrence Peu, Gert Thys and Thugwane wore the Reebok-sponsored kit that the South African team used for the Games, predominantly green running vest and shorts, with bright yellow shafts radiating across their chests, colours that stood out clearly in the lead group of runners. At one stage well into the second half, Peu proudly took the lead, his tall figure and upright running style pulling the group through the crowded Atlanta streets.

One by one the athletes fell out of the group, the pace picking up as they passed 32 km, the temperature rising into the mid-twenties, the humidity hovering in the seventies. Sadly for me, Thys and Peu were among the early casualties and, as the cameras stayed with the lead group, we had no idea how the South Africans, other than Thugwane, were doing. We would have to wait until the finish to find out.

Then the Spaniard Martin Fiz fell off the pace. This was significant, as he was the clear pre-race favourite.

By 37 km just three men remained in contention: Thugwane, his face hidden behind an enormous pair of sunglasses, Lee Bong-Ju of Korea and Eric Wainaina of Kenya. This trio surged towards the Olympic Stadium, now just a few kilometres away, the crowds along the way cheering and frantically waving Korean, Kenyan and South African flags. I was certain that these three would split the medals. By who would collect which colour? It was impossible to tell and a thrilling finish lay in store.

Until about 40 km it was anyone's race. Then came the crucial turning point. I was on mike and spotted the tactic immediately – at the final water point, both Lee and Wainaina hesitated for a second as they reached out to grab something from the officials – a water sachet, bottle or sponge, it didn't matter. All Thugwane did was increase his pace. Thirty metres later, a crucial, potentially gold-medal-winning three second gap had appeared. Thugwane hung on with every fibre of his body, his strength of mind and his very soul. Running onto the track with 400 metres to go, he was about forty metres ahead and it was game over. At that stage, the other men were just thinking, "I've won a medal." Their minds were already focused on the podium, the crowd, the medal and the glory awaiting

them back home. They lacked the heart and the strength to sprint after the little man with the big sunglasses.

Two hours, twelve minutes and 36 seconds after the gun had fired, Josiah Thugwane crossed the finish line as the race winner, beating Lee by three seconds and Wainaina by eight. It was the closest finish ever in the men's Olympic marathon race. It's amazing how powerful the lure of an Olympic medal is, no matter what the colour. Thugwane won gold that day because he was tactically smarter at that final water-point, but, mainly, because he wanted it more: for himself, for his coach (the late) Jacques Malan, for his country and for his president, Nelson Mandela.

After the marathon had finished, we walked to the closing ceremony. And there was the little man, this time without his giant sunglasses. There was the anthem, the flag, the gentle silence as fifty thousand people stood and paid their respects to the final gold medallist of the Games.

#### **SOUTH AFRICAN ROAD LIST LEADERS FOR 2016**

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	28:50	Elroy Gelant	Port Elizabeth	02 Apr	
	27:42	Bitan Karoki Muchiri (KEN)			
	27:42	Leonard Barsoton Kiplimo (KEN)			
	26:44	Leonard Patrick Komon (KEN) 2010			
15 km	45:39	Jeromy Andreas		18 Jun	
	41:41	Bitan Karoki Muchiri (KEN)			
	41:13	Leonard Patrick Komon (Kl	EN) 2010		
21.1 km	61:26	Stephen Mokoka	Port Elizabeth	30 Jul	
	59:10	Geoffrey Kipsang Kamworor (KEN)			
	58:23	Zersenay Tadese (ERI) 2010			
25 km	83:28	Tumelo Mahlangu	Pretoria	07 May	
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan	
	75:32	Christopher Landry (USA)			
	71:18** Dennis Kipruto Kimetto (KEN) 2012				
30 km	1:36:30	Melikhaya Frans	Uitenhage	05 Mar	
	1:30:45	Keita Shitara (JPN)			
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014			
Marathon	2:11:27	Lusapho April	Hannover	10 Apr	
	2:03:05	Eliud Kipchoge (KEN)			
	2:02:57	Dennis Kipruto Kimetto (KEN) 2014			
100 km					
	6:13:33	Takahiro Sunada (JPN) 199	98		

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

Veterans (40+	-)			
10 km	30:57	Gert Thys	Goodwood	12 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	49:49	Johannes Kekana	Kempton Park	27 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:17	Shadrack Hoff	Port Elizabeth	30 Jul

	62.20	7 1 6 1 11 (1171.) 4000	0.11.1.1.1.1.1	VEN) 4006
25 km	62:28 1:28:49	John Campbell (NZL) 1990 Shadrack Hoff	Pretoria	07 May
30 km	76:49 1:45:23	Martin Mondragon (MEX) 1 Maxwell Goodman	Uitenhage	05 Mar
Marathon	1:35:28 2:23:46	Geraldo Antonio da Silva (E Charles Tjiane	Benoni	31 Jan
100 km	2:08:46	Andres Espinosa (MEX) 200	J3	
100 1	6:18:24	Mario Ardemagni (ITA) 200	)4	
Masters (50+)				
10 km	34:01 30:35	Makaya Masumpa Tecwyn Davies (GBR) 1988	Port Elizabeth	02 Apr
15 km	53:57 47:52	Eric Coetzee Titus Mamabolo (RSA) 199	Eersterivier	18 Jun
21.1 km	75:10	Nel Mtsweni	Port Elizabeth	30 Jul
	66:42	Martin Rees (GBR) 2003		
25 km	1:37:22	Joseph Ndlovu	Pretoria	07 May
30 km Marathon	1:57:58 2:47:07	Welcome Loliwe Dan Mothibe	Uitenhage East London	05 Mar 20 Feb
Maratrion	2:47:07 2:43:27a	Dan Mothibe	Port Elizabeth	03 Jul
	2:19:29	Titus Mamabolo (RSA) 199		05 541
100 km		,		
6 1 1	(60)			
Grandmasters		MaakawatiKiial	Dalleilla	02 4
10 km	37:56 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Bellville	02 Apr
15 km	58:27	Mochamat Kriel	Ravensmead	19 Mar
15 1	54:32	Cees Stolwijk (NED) 2013	na v en en en e	13
21.1 km	83:37 71:31	Mochamat Kriel Martin Rees (GBR) 2013	Gordon's Bay	16 Apr
25 km	1:49:33 94:01	Jan Lebese Doug Winn (USA) 2010	Pretoria	07 May
30 km	2:18:15 1:57:07	Mochamat Kriel Ed Whitlock (CAN) 1994	Parow	14 Feb
Marathon	3:14:57 2:36:30	Robbie Lindsay Yoshihisa Hosaka (JPN) 200	East London	20 Feb
100 km				
Great grandma	actors (70 L	1		
10 km	43:16	Andrew Spence	Sasolburg	06 Feb
10 KIII	43:16	Jeff Smith	Goodwood	12 Mar
	37:33	Ed Whitlock (CAN) 2004		
15 km	66:12	Jeff Smith	Ravensmead	19 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	95:28 82:23	Jeff Smith Ed Whitlock (CAN) 2001	Port Elizabeth	30 Jul
25 km	3:03:13	Assie van Aswegen	Pretoria	07 May
25 Km	99:59	Clive Davies (USA) 1985	Trecoria	o, ilay
30 km	2:22:55	Jeff Smith	Camps Bay	10 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:29:46a	Jeff Smith	Simon's Town	21 Feb
100 km	2:54:49	Ed Whitlock (CAN) 2004		
Juniors 10 km	20.24	Kabala Malaran	Donon:	21 1
10 km	30:34	Kabelo Melamu	Benoni	31 Jan

15 km	27:52 46:36	Richard Chelimo (KEN) 199 Adrian Wildschutt	00 Ravensmead	19 Mar
21.1 km	42:25 65:15 59:16	Moses Mosop (KEN) 2004 Kabelo Melamu Samuel Wanjiru (KEN) 200	Port Elizabeth	30 Jul
WOMEN Open				
10 km	33:02 30:52 30:21m 30:29w	Irvette van Zyl Shalane Flanagan (USA) Paula Radcliffe (GBR) 2003 Asmae Leghzaoui (MAR) 20		17 July
15 km	54:24 48:14	Zintle Xiniwe Peres Chepchirchir (KEN) Cynthia Cherotich Limo (KEN) Netsanet Gudeta Kebede (In Genet Ayalew Kassahun (E	Constantia EN) ETH) TH)	05 Mar
21.1 km	46:14m 46:59w 71:00 65:51 65:09m	Florence Kiplagat (KEN) 20 Lornah Kiplagat (NED) 200 Irvette van Zyl Viola Chepchumba (KEN) Florence Kiplagat (KEN) 20	7 Port Elizabeth	30 Jul
25 km	66:25w 1:47:01 1:33:24a 1:25:36 79:53m	Lornah Kiplagat (NED) 200 Caroline Wöstmann Jenna Challenor Alphine Tuliamuk (USA) Mary Keitany (KEN) 2010	Pretoria Pinetown	07 May 31 Jan
30 km	82:47w 1:59:58 1:43:55 1:38:49m	Paula Radcliffe (GBR) 2005 Tanith Maxwell Miharu Shimokado (JPN) Mizuki Noguchi (JPN) 2005	Camps Bay	10 Jan
Marathon	1:39:11w 2:32:20 2:19:41 2:15:25m	Mary Keitany (KEN) 2011 Irvette van Blerk Tirfe Beyene Tsegay (ETH) Paula Radcliffe (GBR) 2003	}	24 Apr
100 km	2:17:42w 6:33:11	Paula Radcliffe (GBR) 2005 Tomoe Abe (JPN) 2000		
Veterans (40+ 10 km	35:39 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Durban	05 Jun
15 km	54:40 49:35	Tanith Maxwell Priscilla Welch (GBR) 1985	Eersterivier	18 Jun
21.1 km	78:09 69:56	Tanith Maxwell Irina Permitina (RUS) 2009	Port Elizabeth	30 Jul
25 km	1:57:50 1:45:58a 82:13	Ashleigh White Suzette Botha Mizuki Noguchi (JPN) 2005	Durban Pinetown	06 Mar 31 Jan
30 km	2:14:22 1:51:37	Davera Magson Mieke Pullen (NED) 2001	Uitenhage	05 Mar
Marathon	2:48:52 2:26:51	Charné Bosman Priscilla Welch (GBR) 1987	Benoni	31 Jan
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (FOL)				
Masters (50+) 10 km		Judy Pied	Cana Tawn	17 / 05
IU KIII	39:42 34:44	Judy Bird Tatyana Pozdniakova (UKR	Cape Town	17 Apr
15 km	62:15	Elmarie Coetzee	Eersterivier	18 Jun
13 KIII	54:33	Shirley Matson (USA) 1991		10 Juli
21.1 km	89:22	Elmarie Coetzee	Port Elizabeth	30 Jul
ZI.I KIII	76:07	Tatyana Pozdniakova (UKR		30 Jul
25 km	2:00:27	Ansa Strydom	Pretoria	07 May
25 KIII	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:20	Margie Saunders (g'mast)		05 Mar
Marathon	3:14:18	Jane Mudau	East London	20 Feb
Marachon	2:31:05	Tatyana Pozdniakova (UKR		20100
100 km	2.31.03	racyana r ozamakova (okt	.) 2003	
100 KIII				
Grandmasters	(60+)			
10 km	42:30	Margie Saunders	Cape Town	17 Apr
10 Km	38:56	Lidia Zentner (GER) 2015	cape rown	17 / Pi
15 km	64:56	Margie Saunders	Port Elizabeth	06 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	92:42	Margie Saunders	Port Elizabeth	11 Jun
	84:56	Bernadine Portenski (NZL)		
25 km	2:37:27	Pamela Rasmussen	Durban	06 Mar
	2:22:39a	Jenny Scott	Pinetown	31 Jan
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:20:20	Margie Saunders	Uitenhage	05 Mar
	2:17:11	Barbara Miller (USA) 1999	J	
Marathon	3:30:14	Nancy Will	East London	20 Feb
	3:01:30	Bernadine Portenski (NZL)	2010	
100 km		,		
Great grandm	asters (70+	)		
10 km	54:52	Pixie Sparg	Bellville	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		•
15 km	82:28	Pixie Sparg	Eersterivier	18 Jun
	72:52	Jo Klein (NED) 2004		
21.1 km	1:47:58	Veronica van Niekerk	Gordon's Bay	16 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 199		
30 km	2:50:02	Veronica van Niekerk	Camps Bay	10 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:11:27a	Veronica van Niekerk	Simon's Town	21 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:38	Simonay Weitsz	Cape Town	17 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:03	Ashleigh Simonis	Eersterivier	18 Jun
04.4.1	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:28:26	Siphokazi Liwani	Port Elizabeth	11 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Sonia & Kevin Harlock, Elsa & Ben Oliver, Irene & Jan van Eeden, Derrick Chamberlain, Ian Laxton

Published by Riël Hauman 42 Fifteenth Avenue, Boston, Bellville 7530,

RSA

Telephone: 021 948-0293 Fax: 0866 89-44-74 Cellphone: 082 922-8538 E-mail: rielh@mweb.co.za



