

# Distance Running Results

Vol. 16, No. 34 – 29 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

There was a look of tiredness about most Olympic athletes at the Lausanne Diamond League meeting last Thursday, but two days later in the Paris edition of the series Ruth Jebet and Laura Muir showed remarkable spark with a new world steeplechase record and a new British national mark for 1500 metres respectively. Jebet, the 19-year old former Kenyan now representing Bahrain, smashed Gulnara Galkina's record of 8:58.81 with her 8:52.78 after she had come within two seconds of the record on two occasions earlier this year.

"I am happy. I am happy to be a record holder and a winner," Jebet said according to *Race Results Weekly*. "I recovered the energy. You know, sometimes you can become weak and not realize you are strong." Hitting one kilometre in 2:56.36, Jebet joined pacemaker Caroline Tuigong at the front just ahead of Hyvin Kiyeng. Jebet soon left the designated pacers, Tuigong and Aisha Praught -- as well as Kiyeng -- behind, going through 2000 m in 5:54.16. Jebet's form began to falter slightly over the final two and a half laps, though her 50-metre lead would never be in jeopardy. The top three -- Kiyeng was second and Emma Coburn third -- finished in the same order as in Rio, where Jebet clocked 8:59.75.

The women's 1500 m that followed 20 minutes later was filled with nearly as much excitement. Muir and Olympic gold medallist Faith Kipyegon stuck close to pacers Tamara Tverdstup and Judy Kiyeng through 800 m (2:09.24), setting up a quick run for home while Americans Jenny Simpson and Shannon Rowbury sat back in the pack. With 200 m to go Muir, who faded to seventh in Rio, maintained form and shut the door on any thoughts she'd tie-up in the homestretch. With a sub-60 second last lap, she took home her second Diamond League victory of the year in 3:55.22, broke her own British national record, recorded a world-leading time, and broke the meet record.

"I really didn't know what to expect today. I would have been happy to run four minutes, but to run 3:55, I'm so shocked there," Muir said. IAAF President Seb Coe came over to



Ruth Jebet with the Diamond race trophy in Paris. She broke the world record in the steeplechase by more than 6 seconds. [Chris Lotsbom/*Race Results Weekly*]

Muir and personally congratulated her on the run, saying that he was happy it turned out better than the disappointment in Rio. "It's a bit bittersweet I guess, cause it's great to be in such phenomenal shape while at the same time I wish it was a week ago!" Kipyegon was second (3:56.72), Sifan Hassan third (3:57.13), Rowbury fourth (3:58.00) and Dawit Seyaum fifth (3:58.09). Simpson (sixth, 3:58.19) and Besu Sado (seventh, 3:59.96) rounded out those who dipped under four minutes. Ten of the first eleven athletes ran either a personal best (PB) or season's best (SB).

In the men's 3000 Ethiopian teenager Yomif Kejelcha set a new world junior record with his 7:28.19, which is also a world leader for 2016. Every one of the 17 finishers set either a PB or SB, as well as one national record.

To finish off the coverage of the Rio Olympics, here are some interesting stats of the athletics events:

- 2283** athletes competed in Rio
- 199** member federations were represented
- 69** nations had at least one top-eight finisher
- 42** nations won at least one medal
- 20** nations won at least one gold medal
- 32** medals were won by the USA to top the medals table
- 3** world records were set, plus one world heptathlon best
- 8** Olympic records were set, plus two Olympic bests in combined events disciplines
- 10** area records were set
- 99** national records were set
- 21** world-leading performances were set

Riël Hauman

---

#### INCLUDED IN THIS ISSUE:

- \* Khayelitsha 10 km, Khayelitsha
- \* Mandela Day Marathon, Half Marathon & 10 km, Pietermaritzburg to Howick (marathon) & Hilton to Howick (half marathon)
- \* Cell C Day of Races 5 km, Johannesburg
- \* Formula 1 AC Half-marathon Challenge, Durban
- \* Volkswagen 10 km, Uitenhage
- \* Spirit of Flight 10 km, Pretoria
- \* XC: Gauteng North Championships, Bronkhorstspuit

#### International highlights:

- \* Giro delle Mura Città di Feltre, Feltre, Belluno, ITA
  - \* HealthPlus Crim 10-Mile Road Race, Flint, USA
  - \* Track: Meeting de Paris, Paris, FRA; Athletissima Lausanne, Lausanne, SUI
  - \* Pikes Peak Marathon (61st) & Pikes Peak Ascent, Manitou Springs, USA
  - \* Leadville Trail 100 Mile Endurance Run, Leadville, USA
-

## ROAD RUNNING

### Khayelitsha 10 km

Khayelitsha (Cape Town), 28 August  
(Finishers: 843 [up from 374 last year].)

Note: An amazing increase in numbers here. – Ed.

#### MEN

1. Sibusiso Madikizela (MSA) 31:02
2. Akhona Makila (VOB) 31:03
3. Vuyolwethu Mbukushe (Gugs) 31:19

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 33:48; 2. Bongani Mdlalose (SANDF) 35:38; 3. Xolile Macanda (Gugs) 36:58. **Masters:** 1. Gerald Sullivan (Sanlam) 39:52; 2. Leonard Kali (Gugs) 41:33; 3. Paul Cieverts (Top) 41:42. **G'masters:** 1. Andy Cockroft (Edge) 48:12; 2. Harld Adams (SANDF) 49:31; 3. Brian Merryweather (GBR/Edge) 80:44. **G/g'masters:** 1. Jeff Smith (Itheko) 46:22; 2. Yusuf Gamaldien (Itheko) 58:32; 3. David Kerby (SH) 80:44. **Juniors:** 1. McMarshall Hartzenberg (UWC) 31:23; 2. Rowaldo Ratz (UWC) 32:33; 3. Buhle Fanteni (Ned) 33:33.

#### WOMEN

1. Lee-Shay Willemse (Velo) 38:29
2. Pamela Moyikwa (VOB) 38:55
3. Ebeth Marais (Maties) 39:01

**Veterans:** 1. Busisiwe Matiwane (Ned) 43:30; 2. Melany Porter (Pine) 46:26; 3. Suzan King (Strand) 46:46. **Masters:** 1. Roldah Orrie (Itheko) 49:17; 2. Levona Paul (SANDF) 51:57; 3. Naomi Badenhorst (VOB) 53:18. **G'masters:** 1. (Brack) 50:22; 2. Ruth Leverton (Pine) 56:39; 3. Anne Williams (PnP) 57:42. **G/g'masters:** 1. Pixie Sparg (Celtic) 54:48; 2. Jo Goddard (FH) 71:11; 3. Annetjie Berntzen (Good) 79:54. **Juniors:** 1. Siziphiwe Mbatsa (VOB) 43:46; 2. Razaan Kamaldien (MSA) 45:37; 3. Ingrid Grundling (Sanlam) 52:33.

### Mandela Day Marathon, Half Marathon & 10 km

Pietermaritzburg to Howick (marathon) & Hilton to Howick (half marathon), 28 August  
(Distances: 42.195 km, 21.1 km & 10 km; point-to-point courses. Finishers: marathon – 1798 men + 252 women = 2050 total; half-marathon – 1736 men + 1082 women = 2818 total; 10 km – unknown.)

Note: As was the case last year, pedestrian times here for huge prize money, most of it – at least in the marathon – going to foreigners. – Ed.

#### Marathon

##### MEN

1. Tsepang Ramonene (LES) 2:29:07 (R100 000)
2. Tekletsion Tefera (ETH) 2:30:10 (R50 000)
3. Melly Kennedy (KEN) 2:30:38 (R25 000)
4. Jonas Makhele 2:30:57 (R15 000)
5. Munyaradzi Jari (ZIM) 2:31:38 (R12 000)
6. Bekele Eshefu (ETH) 2:32:22 (R10 000)
7. Sefako Phahlane 2:32:53 (R9000)
8. Tarisai Rukadza (ZIM) 2:32:58 (R8000)
9. Samuela Pazanga (ZIM) 2:33:32 (R7000)
10. Malibongwe Dlamini 2:34:21 (R6000)

WOMEN (Same prize money as men)

1. Selam Alebachew (ETH) 2:51:47
2. Chelitu Asefa (ETH) 2:59:14
3. Makhosazane Mhlongo 3:14:16
4. Melanie van Rooyen 3:23:38
5. Patience Khumalo 3:24:52
6. Lisa Collett 3:29:47
7. Mnganiseni Mathibela 3:33:59
8. Catherine Malungane 3:39:22
9. Candyce Hall 3:39:11
10. Rebecca Mokgosinyane 3:40:43

**Half marathon**

MEN

1. Elroy Gelant 1:04:36 (R20 000)
2. David Manja 1:04:52 (R15 000)
3. Seutloali Khoarahlane (LES) 1:05:24 (R12 000)
4. Lucky Mohale 1:05:56 (R10 000)
5. Motlokoa Nkhabutlane (LES) 1:06:00 (R9000)
6. Moses Kurgat (KEN) 1:06:37 (R8000)
7. Joel Mmone 1:06:53 (R7000)
8. Slindile Gubese 1:06:57 (R6000)
9. Ismail Senyange (UGA) 1:07:13 (R5000)
10. Jeremia Moshwetsi 1:07:38 (R4000)

WOMEN (Same prize money as men)

1. Rutendo Nyahora (ZIM) 1:19:28
2. Lineo Chaka (LES) 1:20:40
3. Maria Shai 1:20:44
4. Jenna Challenor 1:20:48
5. Patiance Murowe (ZIM) 1:21:42
6. Janie Grundlingh 1:22:04
7. Moleboheng Mafata (LES) 1:23:24
8. Catherine Maapela 1:23:47
9. Makampong Letsie (LES) 1:25:49
10. Tabitha Tsatsa (ZIM) 1:26:02

**10 km**

MEN

1. Tebogo Mathiba 30:30 (R10 000)
2. Benedict Moeng 30:34 (R8000)
3. Sibabalwe Mzazi 30:51 (R6000)
4. Ntsindiso Phakathi 30:58 (R5000)
5. Collen Mulaudzi 31:00 (R4500)
6. Givemore Mudzinganyama (ZIM) 31:44 (R4000)
7. Bonginkosi Zwane 31:56 (R3000)
8. Poloko Latela 32:00 (R2500)
9. Tsepanga Maqaleha (LES) 32:07 (R2000)
10. Collen Mailola 32:14 (R1000)

WOMEN (Same prize money as men)

1. Liziwe Mabona 36:36
2. Jenet Dlamini 37:39
3. Andrea Steyn 37:59
4. Loveness Madzivha (ZIM) 38:13
5. Rudo Mhonderwa 38:25
6. Thembi Baloyi 38:37

7. Puseletso Dladla 38:44
8. Nobukhosi Davhana 39:28
10. Thethana Ntlhaloseng (LES) 39:37

### Cell C Day of Races 5 km

Johannesburg, 28 August

#### ELITE MEN

1	Mbongeni	NGXAZOZO	13:59
2	Precious	MASHELE	14:08
3	Sibusiso	NZIMA	14:35
4	Reghen	MANGWAI	14:36
5	Xolisa	TYALI	14:50
6	Jacobs	MALELO	15:11
7	Eesou	RADEBE	15:34
8	Tapelo	Makofane	15:38
9	Vuni	Madonsela	15:56
10	Isaac	Langa	16:16

#### ELITE WOMEN

1	Lebogang	PHALULA	16:13
2	Glenrose	XABA	16:46
3	Lebo	PHALULA	17:03
4	Keltso	SENOSI	17:42
5	Prudence	SEKGODISA	17:46
6	Kataza	SHIPALANA	17:51
7	Cornelia	JOUBERT	17:59
8	Thandi	SEHOHLE	18:43
9	Thulisile	AMON	19:03
10	Malethabo	SEEMA	19:21

### Formula 1 AC Half-marathon Challenge

Durban, 28 August

(Distance: 21.1 km. Finishers: 302.)

#### MEN

1.	Sithembe Faneko	Uzimkulu AC	1:07:54 (R1000)
2.	Michael Ngaseke	ZIM/Maxed Elite	1:12:25 (R500)
3.	Richard Nene	Bluff Meats F1	1:13:01 (R300)

#### 40-49:

1.	Michael Ngasele	ZIM/Maxed Elite	1:12:25 (R250)
----	-----------------	-----------------	----------------

#### 50-59:

1.	Bheki Bhengu	Boxer AC	1:27:36 (R100)
----	--------------	----------	----------------

#### 60+:

1.	Robin Archer	QBH	1:43:09 (R175)
----	--------------	-----	----------------

#### WOMEN

1.	Shani Silver	Boxer AC	1:32:11
2.	Dieketseng Molefe	Kwa Dabeka AC	1:34:09
3.	Gwyneth Meumenn	Ind	1:48:01

#### 40-49:

1.	Shani Silver	Boxer AC	1:32:11
----	--------------	----------	---------

**50 to59:**

1. Roshini Natasen Highway AC 1:45:42

**Juniors:**

1. Caylee Ellero CKAC 1:36:34 (R250)

**Volkswagen 10 km**

Uitenhage, 27 August

(Loop course. Finishers: 410 [up from 366 last year].)

**MEN**

1	Amos	Nyongo	Ikhamva AC	30	29:44
2	Zolani	Ngqaqa	Tinarha AC	27	29:48
3	Mariano	Eesou	Bestmed Madibaz AC	24	29:54
4	Sibusiso	Thu	Tinarha AC	28	31:40
5	Lonwabo	Williams (1 <sup>st</sup> jun)	Tinarha AC	17	32:39
6	Sinethemba	Merele	Tinarha AC	16	32:58
7	Sivuyile	Selani	Tinarha AC	17	33:19
8	Bulelani	Niwa	Achilles AAA	32	33:21
9	Andre	Ketchem	Xcel AC	32	33:22
10	Ricardo	Plaatjies	Xcel AC	33	33:42
11	Duwayne	Lucas	Aspen Pharmacar	26	34:00
12	Terrance	Mjekula (1 <sup>st</sup> vet)	Tinarha AC	43	34:00
13	Charles	Segalo	Charlo AC	29	34:10
14	Mncedi	Khanti	Tinarha AC	36	34:30
15	Thobile	Xata	Bluewater Bay	42	35:35
16	Emerson	Kayana	Nedbank RC	42	36:03
17	Clinton	Barrath	Malabar	34	36:31
18	Lufeze	Xinwa	Tinarha AC	29	36:43
19	Ruan	Smalberger	St Albans AC	26	36:47
20	Juan	Cordier	Kowie Striders	31	36:51

**40-44:**

1	Terrance	Mjekula	Tinarha AC	43	34:00
2	Thobile	Xata	Bluewater Bay	42	35:35
3	Emerson	Kayana	Nedbank RC	42	36:03

**45-49:**

1	Shaun	Coetzee	Xcel AC	47	39:33
2	Luvuyo	Stephen	Nedbank RC	46	40:07
3	Stanton	Jackson	Gelvan AC	45	41:45

**50-54:**

1	Colben	Ngcupe	Charlo AC	53	39:07
2	Ian	Patterson	Muirite Strider	53	39:17
3	Frank	Piron	Charlo AC	53	40:55

**55-59:**

1	Chester	Brooks	Xcel AC	58	43:06
2	Joseph	Bain	St Albans AC	56	43:24
3	Sithembile	Mpako	Nedbank RC	55	45:01

**60-64:**

1	Robert	Rietmuller	PEAAC	60	44:51
2	Bruce	McEwan	Achilles AAA	62	47:38
3	Ken	Barwood	Achilles AAA	61	52:29

**65-69:**

1	Hannes	Els	Madiba BW	66	43:02
2	Graham	Channon	Achilles AAA	66	45:44
3	John	Facey	Nedbank RC	65	54:51

**70-74:**

1	Tamsanqa	Jusayi	Nedbank RC	74	46:07
2	Johannes	Herbst	Muirite Strider	70	49:07
3	Herman	Dekker	SAPS AC EP	71	1:00:00

**75-79:**

1	Godfrey	Kariem	Gelvan AC	75	56:03
2	Henry	Human	VWAC	77	1:03:27

**Juniors:**

1	Lonwabo	Williams	Tinarha AC	17	32:39
2	Sinethemba	Merele	Tinarha AC	16	32:58
3	Sivuyile	Selani	Tinarha AC	17	33:19

**WOMEN**

1	Cherise	Sims	Bestmed Madibaz AC	23	36:50
2	Ndileka	Mvakwendlu	Tinarha AC	25	37:07
3	Asanda	Solani	Achilles AAA	33	40:35
4	Siphokazi	Liwani (1 <sup>st</sup> jun)	Motherwell AC	19	42:05
5	Deliwe	Nyanga	Nedbank RC	27	42:25
6	Talana	Vosloo	Nedbank RC	35	42:58
7	Christine	Claasen (1 <sup>st</sup> mast)	Achilles AAA	52	44:01
8	Terray	Newcombe	Elite A C	25	44:32
9	Janine	Gardiner	Charlo AC	35	45:20
10	Hanlie	Van der Westhuizen (1 <sup>st</sup> g'mast)	Despatch AC	60	45:52
11	Anche	Schubart	Achilles AAA	34	46:23
12	Janette	Schierz-Crusius	Body Concept	55	46:26
13	Toegeda	Vyver (1 <sup>st</sup> vet)	Nedbank RC	44	46:41
14	Theresa	Buchner	Nedbank RC	31	46:45
15	Louise	Mazuelas	Charlo AC	38	47:21
16	Amanda	Prideaux	Bluewater Bay	41	47:23
17	Ludine	Williams	Malabar	29	47:38
18	Nikita	Drury	PEAAC	24	48:01
19	Elize	Adams	Gelvan AC	41	48:39
20	Thembela	Van der Berg	Nedbank RC	34	49:26

**40-44:**

1	Toegeda	Vyver	Nedbank RC	44	46:41
2	Amanda	Prideaux	Bluewater Bay	41	47:23
3	Elize	Adams	Gelvan AC	41	48:39

**45-49:**

1	Cathy	Curtain	Muirite Strider	45	49:28
2	Gail	Klichowicz	Achilles AAA	49	50:54
3	Denise	Darlow	Charlo AC	47	51:08

**50-54:**

1	Christine	Claasen	Achilles AAA	52	44:01
2	Buyelwa	Kobokana	Nedbank RC	51	49:28
3	Desiree	Titus	Gelvan AC	51	52:02

**55-59:**

1	Janette	Schierz-Crusius	Body Concept	55	46:26
2	Rosemary	Joubert	Crusaders AC	55	50:35
3	Ina	Meaker	Walmer AC	55	53:25

**60-64:**

1	Hanlie	Van der Westhuizen	Despatch AC	60	45:52
2	Cathy	Ives	Achilles AAA	63	55:14
3	Stephanie	Hay	Walmer AC	60	1:08:31

**65-69:**

1	Denise	Terblanche	Walmer AC	69	1:08:06
2	Rita	Boucher	Walmer AC	66	1:11:41

**70-74:**

1	Orgia	Nell	Muirite Strider	72	1:16:33
2	Angeline	Kivedo	Walmer AC	70	1:30:34

**75-79:**

1	Dorothy	Hart	Bestmed Madibaz AC	78	1:16:37
---	---------	------	--------------------	----	---------

**Juniors:**

1	Siphokazi	Liwani	Motherwell AC	19	42:05
2	Luzanne	Bruyns	Temp	17	55:22
3	Busisiwe	Gwamanda	Temp	19	57:13

**Spirit of Flight 10 km**

Pretoria (Waterkloof Air Force Base), 27 August

(Loop course. Weather: cool, ideal conditions. Finishers: 963.)

**MEN**

1. Teboho Lejaha (LES/CR) 31:44
2. Charles Nel (Tuks) 31:45
3. Shadrack Hoff (Boxer) 32:23 (1<sup>st</sup> vet)

**Veterans:** 1. Shadrack Hoff (Boxer) 32:23; 2. Leon Baker (Midrand) 36:28. **Masters:** 1. Graham McCallum (B2R) 35:58; 2. Peter Jaehne (Outeniqua) 36:28. **G'masters:** 1. Mike du Bruto (Irene) 41:07; 2. Rainer Ludwig (Irene) 46:23. **G/g'masters:** 1. Andries van Rooyen (Ndaba) 67:22; 2. Graham Strangleman (Phob) 77:38. **80+:** 1. Ken Nurden (Agapa) 57:52; 2. Martin Coetzee (Mag) 75:40. **Juniors:** 1. Jean Michael Loubser (Cent) 35:22.

**WOMEN**

1. Marcelle Coetzee (KPMG) 40:42
2. Peret Badenhorst (ACRW) 42:18
3. Tholana Peu (TUT) 47:51

**Veterans:** 1. Lorraine Boshoff (VTM) 43:27; 2. Cornia Broere (Tuks) 44:45. **Masters:** 1. Ansie Breytenbach (Irene) 44:33; 2. Ansa Strydom (Ned) 45:47. **G'masters:** 1. Melanie Christie (ACRW) 70:09; 2. Magda Mans (ACRW) 70:48. **G/g'masters:** 1. Annetjie Greyvenstein (Irene) 56:00; 2. Wendy Moir (Phob) 1:41:35. **Juniors:** 1. Sumarie Moolman (ACRW) 49:21.

**CROSS-COUNTRY****Gauteng North Championships**

Bronkhorstspuit, 20 August

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

**SR. MEN (10 km)**

1	Precious	Mashele	Transnet	32:32
2	Kgosi	Tsosane	Nedbank	32:39
3	Collen	Mulaudzi	TUT	33:12
4	Vuyisile	Tshoba	TUT	33:26
5	Samuel	Segoaba	Transnet	33:56
6	Victor	Phoeha	Monaco	34:12
7	Esau	Radebe	Nedbank	34:16
8	Kekana	Milton	TUT	34:19
9	Michael	Pienaar	Tuks	34:20
10	Joel	Modiba	TUT	34:24



## SR. MEN

1	Collen	Mulaudzi	TUT	12:59
2	Kgosi	Tsosane	Nedbank	13:07
3	Esau	Radebe	Nedbank	13:10
4	Charles	Nel	Tuks	13:11
5	Samuel	Segoaba	Transnet	13:26
6	Sikhumbuzo	Seme	KPMG	13:52
7	Creel	Chavalala	TUT	13:57
8	Oupa	Maseko	Individual	14:03
9	Diphetogo	Poncho	Soshanguve East	14:07
10	Martin	Nkoe	TUT	14:09

## MEN 40 (8 km)

1	Enoch	Skosana	Nedbank	28:15
2	Peter	Motshoene	RWFL	31:31
3	Llewelyn	Curlewis	Tuks	31:41

## MEN 45 (8 km)

1	Piet	Mosebedi	Transnet	30:41
2	Johan	Buys	Tuks	32:57
3	Ramoroa	Molose	CGA Erwat	33:43

## MEN 50 (8 km)

1	Steve	Motau	Nedbank	31:10
2	Dawie	De Villiers	Nedbank	31:11
3	Moses	Letlhaku	CGA Cool Running	32:59

## MEN 55 (8 km)

1	Burger	Linde	Team Vitality	34:25
2	Isaac	Mothata	Monaco	34:57
3	Gert	Steyn	Gnma	36:13

## MEN 60 (6 km)

1	David	Maphangulo	FPN	27:32
2	Len	Lorenzen	PMMC	29:22
3	Marius	Bosman	ACRW	30:56

## MEN 65 (6 km)

1	Mike	Du Bruto	Irene	25:32
2	Don	Charles	Nedbank	26:36
3	Piet	Kleingeld	BHS	28:37

## MEN 70 (6 km)

1	Harry	V.d. Merwe	BHS	29:23
2	Mike	Kleinsmit	Transnet	33:31
3	Anton	Harrop-Allin	ACRW	34:04

## MEN 75 (6 km)

1	Andries	V.d. Merwe	Transnet	33:43
2	Piet	Van Aswegen	Overkruin	39:03
3	Neville	Muir	Phobians	43:03

## MEN 80 (4 km)

1	Martin	Coetzee	Magnolia	24:37
2	Chris	De Jager	Transnet	28:12

## MEN 85

1	Frans	Grobler	Transnet	28:12
---	-------	---------	----------	-------

## MEN 23

1	Jacob	Tseko	Tuks	13:21
2	Warno	Potgieter	Ec Active AC	13:31
3	Jabolane	Ncamane	Ec Active AC	13:31

## JR. MEN (8 km)

1	Ikageng	Goorekewe	UJ	27:20
2	Kwanele	Mthembu	Prestige	27:25

3	Teboho	Selala	Prestige	27:39
BOYS 17 (6 km)				
1	Dais	Malebane	Prestige College Temba Prestige	20:07
2	Obakeng	Sethole	Monaco AC	21:02
3	Rievhan	Lombard	Centurion High School	21:32

## SR. WOMEN (10 km)

1	Glenrose	Xaba	Eskom	37:24
2	Liziwe	Mabona	AMPA	38:38
3	Thembi	Baloyi	TUT	40:30
4	Marelise	Retief	Boxer	40:36
5	Catherine	Skosana	Nedbank	41:20
6	Kataza	Shipalana	Transnet	42:00
7	Nina	Mosehuus	Tuks	43:22
8	Vudlokazi	Gebe	Transnet	44:17
9	Nthabiseng	Tshelhla	Monaco	46:03
10	Olga	Masia	Individual	48:46

## SR. WOMEN

1	Violet	Raseboya	Olifantfontein	15:34
2	Stella	Marais	Tuks	15:37
3	Lize	Ludick	Midstream	16:50
4	Nokuthula	Mokoana	TUT	17:39
5	Annelien	Motlhala	Tuks	17:51
6	Malatj	Sinah	Prestige	18:15
7	Shona	Van der Merwe	Zwartkop	18:44
8	Ailene	Bezuidenhout	Akasia	18:50
9	Marlize	Odendaal	Runavation	19:54
10	Carli	Kuhn	Tuks	20:12

## WOMEN 40

1	Ronel	Thomas	Boxer	16:47
2	Sanet	Delpport	FPN	17:20
3	Alicia	Heyns	Gauteng North M	18:10

## WOMEN 45

1	Marietjie	McDermott	Love Running	18:41
2	Karen	Coomber	Alpha Centurion	18:49
3	Nesta	Le Roux	Individual	19:42

## WOMEN 50

1	Salome	Vermeulen	Bronkhorstspuit	16:53
2	Lettie	Saayman	Nedbank	19:14
3	Ilse	Merric	Enduro	21:42

## WOMEN 55

1	Lynette	Fischer	Phobians	18:51
2	Jancke	Navarri	ACRW	22:02
3	Adri	Van Dyk		23:09

## WOMEN 60

1	Corrie	Kleingeld	BHS	26:31
2	Etivah	Wolfaardt	Alpha Centurion	28:51

## WOMEN 65

1	Stephanie	Claasen	Tuks	24:43
2	Muriel	Charles	Nedbank	27:18

## WOMEN 70

1	Esme	Kloppers	Transnet	28:09
2	Arina	Van Aswegen	Individual	29:27

## WOMEN 75

1	Annette	Van Rooyen	Transnet	28:51
---	---------	------------	----------	-------

WOMEN 90				
1	Adelaide	Van Aswegen	Individual	24:04
WOMEN 23				
1	Lizerie	Ferreira	Tuks	15:43
2	Murendwa	Davhana	TUT	16:29
3	Madri	Wiid	Tuks	17:20
JR. WOMEN (6 km)				
1	Thobile	Amon	Tuks Sport School Tuks	24:48
2	Thulisile	Amon	Tuks Sport School Tuks	24:59
3	Tshegofatso	Setlhakgoe	Prestige College Temba Prestige	25:19
GIRLS 17				
1	Simonay	Weitsz	Zwartkop	16:01
2	Lehlohonolo	Magoro	Prestige College	16:30
3	Michaela	Oosthuizen	Eldoraigue	16:53

## 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

### Giro delle Mura Città di Feltre (28th)

Feltre, Belluno, ITA, 27 August  
(Distance: about 9.5 km [9 laps])

Note: Ezekiel Kemboi, who was disqualified after finishing third in the steeplechase at the Rio Olympics for stepping on the inside line, got the win here in a rare road racing appearance. – Ed.

#### ELITE MEN

1. Ezekiel Kemboi, KEN, 25:54
2. Philimon Maritim Kipkorir, KEN, 25:25
3. Ronald Ngigi Kariuki, KEN, 25:36
4. Najibe Marco Salami, ITA, 25:40
5. Yemaneberhan Crippa, ITA, 26:10

### HealthPlus Crim 10-Mile Road Race (40th)

Flint, USA, 27 August

#### MEN (gun times)

1. Dathan Ritzenhein, Belmont, MI 47:24
2. Nathan Martin, Spring Arbor, MI 49:53
3. Shuhei Shirota, Boulder, CO (JPN) 50:35
4. Zach Ornelas, Ann Arbor, MI 51:49
5. Alex Wilson, Troy, MI 52:02

#### WOMEN (gun times)

1. Joan Ayabei, KEN 55:37
2. Gladys Kipsoi, KEN 56:04
3. Gabi Anzalone, Grand Blanc, MI 56:16
4. Rachel Hannah, CAN 57:10
5. Daisy Kimeli, Lansing, MI (KEN) 57:50

**TRACK****Meeting de Paris (41st)**

(12th stop of 2016 IAAF Diamond League)

Paris, FRA, 27 August

**MEN****800 (DL):**

1. Alfred Kipkeeter, KEN	1:42.87 PB
2. Taoufik Makhloufi, ALG	1:42.98
3. Jonathan Kitilit, KEN	1:43.05 PB
4. Ferguson Rotich, KEN	1:43.43 SB
5. Ayanleh Souleiman, DJI	1:43.52 SB
6. Pierre-Ambroise Bosse, FRA	1:43.58
7. Marcin Lewandowski, POL	1:43.73 SB
8. Adam Kszczot, POL	1:43.76 SB
9. Samir Dahmani, FRA	1:44.07 PB
10. Nicholas Kipkoech, KEN	1:46.55
DNF-- Boris Berian, USA	[achilles injury; pulled off at 400]

**3000 (DL):**

1. Yomif Kejelcha, ETH	7:28.19 WJR/WL/WJL/PB
2. Abdalaati Iguider, MAR	7:30.09 PB
3. Hagos Gebrhiwet, ETH	7:30.45 SB
4. Ryan Hill, USA	7:30.93 PB
5. Albert Rop, BRN	7:32.02 NR/PB
6. Bethwell Birgen, KEN	7:32.48 PB
7. Muktar Edris, ETH	7:33.28 PB
8. Paul Chelimo, USA	7:37.98 PB
9. Sadik Mikhou, BRN	7:39.02 PB
10. Thomas Longosiwa, KEN	7:41.31 SB

**WOMEN****1500 (DL):**

1. Laura Muir, GBR	3:55.22 NR/WL/PB/MR
2. Faith Kipyegon, KEN	3:56.72
3. Sifan Hassan, NED	3:57.13 SB
4. Shannon Rowbury, USA	3:58.00 SB
5. Dawit Seyaum, ETH	3:58.09 PB
6. Jenny Simpson, USA	3:58.19 SB
7. Besu Sado, ETH	3:59.96 PB
8. Sofia Ennaoui, POL	4:01.00 PB
9. Ciara Mageean, IRL	4:01.46 PB
10. Winny Chebet, KEN	4:02.66 PB
11. Zoe Buckman, AUS	4:03.22 PB
12. Meraf Bahta, SWE	4:03.24

**3000 s/chase (DL):**

1. Ruth Jebet, BRN	8:52.78 WR/WL/NR/PB
2. Hyvin Kiyeng, KEN	9:01.96
3. Emma Coburn, USA	9:10.19
4. Beatrice Chepkoech, KEN	9:10.86 PB
5. Sofia Assefa, ETH	9:13.09 SB
6. Genevieve LaCaze, AUS	9:14.28 AR/NR/PB
7. Virginia Nyambura, KEN	9:18.95 SB
8. Stephanie Garcia, USA	9:19.48 PB
9. Colleen Quigley, USA	9:20.00 PB

10. Etenesh Diro, ETH 9:21.49

**Athletissima Lausanne** (41st)  
(11th stop of 2016 IAAF Diamond League)  
Lausanne, SUI, 25 August

MEN

1000 (DL):

1. Ayanleh Souleiman, DJI 2:13.49 NR/WL/PB/MR
2. Robert Biwott, KEN 2:13.89 PB
3. Jonathan Kitilit, KEN 2:13.95 PB
4. Asbel Kiprop, KEN 2:14.23 PB
5. Marcin Lewandowski, POL 2:14.30 NR/PB
6. Matthew Centrowitz, USA 2:16.67 PB
7. Nicholas Kipkoech, KEN 2:16.68 PB
8. Filip Ingebrigtsen, NOR 2:16.95 PB
9. Johan Rogestedt, SWE 2:17.88
10. Gilbert Kwemai Soet, KEN 2:18.63 WJL/PB
11. Jan Hochstrasser, SUI 2:18.66 PB
12. Silas Kiplagat, KEN 2:19.80 PB

3000 s/chase (DL):

1. Abraham Kibiwott, KEN 8:09.58
2. Nicholas Bett, KEN 8:10.07 PB
3. Abel Mutai, KEN 8:17.88
4. Jairus Birech, KEN 8:19.48
5. Brimin Kipruto, KEN 8:20.46
6. Donn Cabral, USA 8:20.77
7. Amos Kirui, KEN 8:22.59
8. Andy Bayer, USA 8:23.88
9. John Koech, BRN 8:26.76
10. Paul Kipsiele Koech, KEN 8:32.91

WOMEN

800 (DL):

1. Francine Niyonsaba, BDI 1:57.71
2. Eunice Sum, KEN 1:58.41
3. Lynsey Sharp, GBR 1:58.52
4. Melissa Bishop, CAN 1:58.71
5. Selina Büchel, SUI 1:58.77 SB
6. Habitam Alemu, ETH 2:00.46
7. Nataliia Pryshchepa, UKR 2:00.59
8. Winny Chebet, KEN 2:02.21

3000 (DL):

1. Genzebe Dibaba, ETH 8:31.84 MR/SB
2. Hellen Obiri, KEN 8:33.96
3. Mercy Cherono, KEN 8:34.49
4. Margaret Kipkemboi, KEN 8:37.54 PB
5. Janet Kisa, KEN 8:43.34
6. Agnes Tirop, KEN 8:50.74
7. Haftamnesh Tesfay, ETH 9:11.29
8. Alexa Efraimson, USA 9:11.48 PB

## ULTRA/MOUNTAIN/TRAIL RUNNING

### **Pikes Peak Marathon** (61st)

Manitou Springs, USA, 21 August

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

Note: A day after winning the Pikes Peak Ascent (see below), Kim Dobson won this event by 2 minutes and 19 seconds. – Ed.

MEN (gun times)

1. Alex NICHOLS, 31, CO 3:40:29 \$2000
2. Azerya WELDEMARIAM, 37, CO 3:42:52 1200
3. Darren THOMAS, 22, CO 3:47:48 600
4. Galen BURRELL, 37, CO 3:56:05 200
5. Jim REBENACK, 32, CO 4:04:37

WOMEN (gun times) -

1. Kim DOBSON, 32, CO 4:44:44 \$2000
2. Anita ORTIZ, 52, CO 4:47:03 1200
3. Kristina MASCARENAS, 27, CO 4:51:34 600
4. Salynda FLEURY, 31, CO 5:02:23 200
5. Amy BATSON, 33, CO 5:09:17

### **Leadville Trail 100 Mile Endurance Run** (34th)

Leadville, USA, 20-21 August

(Distance: 100 miles ([50 miles out and back], extremely high altitude [the race tops out at 3843 m with constant climbing and descending], difficult terrain)

Note: Ian Sharman won his third Leadville 100 title in four tries. The women's race was a runaway, as Clare Gallagher finished fifth overall. She beat the next closest woman by nearly two hours. – Ed.

MEN

1. Ian Sharman, 35, Bend, OR 16:22:39
2. Kyle Pietari, 29, Denver, CO 18:16:48
3. Luke Jay, 36, Littleton, CO 18:31:22
4. Wesley Sandoval, 39, Leadville, CO 18:40:01
5. Lee Cordova, 29, Denver, CO 19:16:47

WOMEN

1. Clare Gallagher, 24, Boulder, CO 19:00:27
2. Maggie Walsh, 34, Littleton, CO 21:00:08
3. Jennifer Benna, 36, Reno, NV 21:45:00
4. Sabrina Stanley, 26, Breckenridge, CO 22:30:30
5. Stephanie Wurtz, 34, Manitou Springs, CO 23:21:11

### **Pikes Peak Ascent**

Manitou Springs, USA, 20 August

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

MEN (gun times)

1. Joseph GRAY, 32, Colorado Springs, CO 2:05:28 \$2000 + 1000i

2. Andy WACKER, 27, Boulder, CO	2:13:59	1200
3. Eric BLAKE, 37, West Hartford, CT	2:15:04	600
4. Azerya WELDEMARIAM, 37, Englewood, CO	2:15:39	200
5. Touru MIYAHARA, 33, JPN	2:18:02	
... 11. Jonathan WYATT, 43, NZL	2:34:16	

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

#### WOMEN (gun times)

1. Kim DOBSON, 32, Eagle, CO	2:34:39	\$2000 + 1000i
2. Addie BRACY, 30, Longmont, CO	2:46:44	1200
3. Llaura ORGUE, 29, Igualada, ESP	2:49:09	600
4. Michelle HILAND, 28, Estes Park, CO	2:51:08	200
5. Monica FOLTS, 30, Golden, CO	2:55:18	

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

## BACKGROUND

This article on how Great Britain has achieved its success in Rio appeared in *The New York Times*.

### BRITAIN'S HUGE INVESTMENT IN SUMMER OLYMPIC SPORTS PAYS OFF

Twenty years ago, Britain's athletes returned from the Olympics branded as the "team of shame."

Britain had won only one gold medal at the 1996 Summer Games in Atlanta, and finished 36th in the Olympic medal table, below Kazakhstan, Algeria and Ireland.

In this year's Rio Games, though, Britain was second, with 27 gold medals, behind only the United States' 46 and ahead of China's 26. Britain's gold medal count was also higher than the country's combined total from the six Games from 1976 to 1996, and the highest tally it has ever recorded in an Olympics not staged in London.

Overall, the United States took home 121 medals, China 70 and Britain 67.

Huge investment is at the heart of Britain's recent success: It finished 10th in medals in 2000 and 2004, fourth in 2008 and third in 2012. After Britain's performance at the 1996 Olympics, it decided to invest funds raised from the national lottery into elite sports, to improve Britain's prospects of performing well in the Games.

About three-quarters of Britain's Olympic funding comes from the national lottery, making it immune from the cuts

that have affected much of the government's spending since 2008. In total, funding for Summer Olympic sports has risen to 350 million British pounds in 2016, or about \$460 million, from 59 million British pounds, or about \$77.5 million, in 1996.

While British athletes who had won medals received grants of about \$5,200 a year in 1996, today, athletes who have earned a podium level finish at the Games receive up to about \$37,000 a year from U.K. Sport, which allocates funding for the Games, to contribute to their living and personal sporting costs.

U.K. Sport also gives leading athletes support worth about \$47,000 to about \$79,000, which is spent on coaching and training. Each medal that Britain won in Rio has cost, on average, more than \$6.5 million.

Britain not only has spent huge amounts on achieving Olympic success but also has been meticulous in how the funding is used.

"What makes the difference is the amount of money, but also the way in which it is managed, targeted and ruthlessly audited and accounted for," said Borja García, a senior lecturer in

sport management and policy at Loughborough University in England.

U.K. Sport uses what it has called a no-compromise approach, prioritizing sports in which Britain has good prospects of winning medals. And in sports like cycling and rowing, success has become self-perpetuating: Each successful Games results in a further uptick in funding, leaving Britain in a position to win more medals at the next Olympics.

The investment not only targets sports that offer the best medal prospects but also those sports that offer the most medals, García said. Sports that do not offer good prospects have had their funding cut or, in the case of basketball and volleyball for this year's Games, removed altogether.

The funding has helped Britain be at the cutting edge of developments in sports science and psychology, technology, coaching and talent identification. The best example of this is in cycling.

Dave Brailsford, the performance director of British Cycling from 1997 to 2014, pioneered a philosophy of marginal gains, breaking down each aspect of the sport to identify a series of small improvements that, taken together, could lead to a significant overall improvement in performance. As a result, British cycling has been transformed: Britain, which won only two bronze medals at the 1996 Games, won six gold medals, four silvers and two bronzes in 2016. The emphasis on marginal gains has been applied to other sports.

The huge sums available to Britain's most successful Olympic sports have also

enabled those programs to recruit elite coaches from abroad, like the rowing coach Jürgen Gröbler, who was once the national coach for East Germany.

"In many ways, elite-level British sport has become something that is akin to an industrial process," said Simon Chadwick, a professor of sports enterprise at the University of Salford in England.

Last year, the government announced a 29 percent increase in funding for U.K. Sport, designed to continue Britain's fine run in the Games in 2020 and beyond.

Yet there is a paradox behind Britain's Olympic success. It has come at a time when grass-roots sport, after years of cutbacks, is in a perilous state: Official figures show a decrease in the number of people playing sports, or exercising at least once a week, since the 2012 Olympics.

U.K. Sport's ruthless approach to funding has also been criticized for prioritizing sports favored by more affluent people, like rowing and equestrian, over those that are more popular with poorer socioeconomic groups but offer scant medal hopes, like basketball and volleyball.

Still, underpinning all of the investment is the British government's belief in the wider significance of on-field success, strengthened by London's hosting of the 2012 Olympics.

As the Olympics and international sports have become more important "as an arena for national prestige and soft diplomacy," the sports historian Tony Collins said, "so, too, has the British government been willing to allocate more and more money to sport."

---

## STATS TIME

In DRR 16:32 it was stated that Wayde van Niekerk became the thirteenth South African (if you count relay teams as one) to set a world track record (meaning the standard distances recognised by the IAAF, or that were recognised in the past). If you count the individual members of the two relay teams that set world records, the tally is fifteen. This led to enquiries from a few DRR readers about who the SA record breakers were.

Here (in chronological order) is a complete list, also including the road and ultra distance track records. The total is 48, by 26 athletes (once again including the four relay team members). Note that the earlier road marks set by Wally Hayward and a few others are not included because they were run on point-to-point courses. Also not included is the record for 50 miles set by Bruce Fordyce in the London to Brighton race. These performances should be classified as world bests.



Only three track athletes – Gert Potgieter, Barbara Burke and Marjorie Clark, with three each – set more than two records.

Counting all road distances, Elana Meyer set six records, Hayward five and Mekler four.

### **SOUTH AFRICA'S WORLD RECORD SETTERS**

#### **TRACK**

##### **MEN**

120 y H	15.0=	Vincent Duncker	Pietermaritzburg	17 Apr 09
110 m H	14.8=	George Weightman-Smith	Amsterdam	31 Jul 28
110 m H	14.6	George Weightman-Smith	Amsterdam	31 Jul 28
100 y	9.4	Danie Joubert	Grahamstown	16 May 31
440 y H	50.7	Gert Potgieter	Queenstown	20 Apr 57
440 y H	49.7	Gert Potgieter	Cardiff	22 Jul 58
440 y H	49.3	Gert Potgieter	Bloemfontein	16 Apr 60
100 m	10.0	Paul Nash	Krugersdorp	02 Apr 68
1000 m	2:16.0	Danie Malan	Munich	24 Jun 73
DT	68.48	John van Reenen	Stellenbosch	14 Mar 75
400	43.03	Wayde van Niekerk	Rio de Janeiro	14 Aug 16

##### **WOMEN**

80 m H	12.2=	Marjorie Clark	Pietermaritzburg	24 May 30
80 m H	12.0	Marjorie Clark	Pietermaritzburg	02 Apr 31
80 m H	11.8	Marjorie Clark	Pietermaritzburg	02 Apr 31
100 y	11.0	Barbara Burke	Pretoria	20 Apr 35
220 y	24.8	Barbara Burke	Pretoria	22 Apr 35
80 m H	11.6	Barbara Burke	Berlin	01 Aug 37
HJ	1.66	Esther van Heerden	Stellenbosch	29 Mar 41
4 x 110 y	47.3	SA team*	Kimberley	10 Apr 50
4 x 110 y	46.9	SA team*	Pretoria	26 Mar 51

=) Record equalled.

\*) The members of both teams were the same: Florence Willis, Sally Black, Edna Maskell, Daphne Robb-Hasenjager.

#### **ULTRA DISTANCES: TRACK**

##### **MEN**

100 km	7:41:36	Wally Hayward	Motspur Park	20 Nov 53
150 km	11:50:09	Wally Hayward	Motspur Park	20 Nov 53
100 miles	12:46:34	Wally Hayward	Motspur Park	20 Nov 53
200 km	17:33:25	Wally Hayward	Motspur Park	20/21 Nov 53
24 hours	256.400 km	Wally Hayward	Motspur Park	20/21 Nov 53
50 km	3:25:29	Jackie Mekler	Deville	05 Sep 54
40 miles	4:18:14	Jackie Mekler	Deville	05 Sep 54
50 miles	5:24:27.4	Jackie Mekler	Deville	05 Sep 54
30 miles	2:57:48	Jackie Mekler	Germiston	15 Jan 55
40 miles	4:04:34	Gerald Walsh	Walton	19 Oct 57
50 miles	5:16:07	Gerald Walsh	Walton	19 Oct 57
100 miles	12:40:49	Dave Box	Durban	11/12 Oct 68
100 km	7:29:05	Dave Box	Walton	26 Oct 69
150 km	11:07:23	Derek Kay	Durban	06/07 Oct 72
100 miles	11:56:56	Derek Kay	Durban	06/07 Oct 72

##### **WOMEN**

24 hours	171.263 km	Mavis Hutchinson	Johannesburg	27/28 Aug 71
100 km	10:47:43	Marie-Jean Duyvejonck	Pretoria	02 Nov 79

**ULTRA DISTANCES: ROAD****MEN**

30 miles	2:37:31	Thompson Magawana	Cape Town	12 Apr 88
50 km	2:43:38	Thompson Magawana	Cape Town	12 Apr 88
100 km	6:25:07	Bruce Fordyce	Stellenbosch	04 Feb 89

**WOMEN**

30 miles	3:01:16	Frith van der Merwe	Cape Town	25 Mar 89
50 km	3:08:39	Frith van der Merwe	Cape Town	25 Mar 89

**OTHER ROAD DISTANCES****WOMEN**

21.1 km	67:59	Elana Meyer	East London	18 May 91
15 km	46:57	Elana Meyer	Cape Town	02 Nov 91
5 km	15:10	Elana Meyer	Providence	16 Oct 94
21.1 km	67:36	Elana Meyer	Kyoto	09 Mar 97
21.1 km	67:29	Elana Meyer	Kyoto	08 Mar 98
21.1 km	66:44	Elana Meyer	Tokyo	15 Jan 99

**THIS MONTH IN HISTORY****30 years ago: 13 August 1986**

Two former South Africans, representing Great Britain and the USA respectively, competed in the annual Weltklasse meeting in Zurich. Norway's Ingrid Kristiansen scored a decisive victory over Maricica Puica (ROM) in the 3000, clocking the world's second fastest time for the year with her 8:34.10 to Puica's 8:39.06. Zola Budd was third in 8:45.76. Only eight days before, in Stockholm, Kristiansen had set a new world record of 14:37.33 for 5000 m to follow the global mark of 30:13.74 for double the distance that she had set the previous month in Oslo. In the men's race over 3000 m Said Aouita (MAR), world record holder over 1500 m and 5000 m, had an even bigger margin of victory over Sydney Maree, 7:32.54 to 7:38.26.

**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**Open

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	Eersterivier	18 Jun
	41:41	Bitan Karoki Muchiri (KEN)		
	41:13	Leonard Patrick Komon (KEN) 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) 1998		

\*\* ) 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	49:35	Shadrack Hoff	Pretoria	20 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:17	Shadrack Hoff	Port Elizabeth	30 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:28:49	Shadrack Hoff	Pretoria	07 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:45:23	Maxwell Goodman	Uitenhage	05 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:23:46	Charles Tjiane	Benoni	31 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	34:01	Makaya Masumpa	Port Elizabeth	02 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:57	Eric Coetzee	Eersterivier	18 Jun
	47:52	Titus Mamabolo (RSA) 1991		
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	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
Marathon	2:47:07	Dan Mothibe	East London	20 Feb
	2:43:27a	Dan Mothibe	Port Elizabeth	03 Jul
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

#### Grandmasters (60+)

10 km	37:56	Mochamat Kriel	Bellville	02 Apr
	32:48	Martin Rees (GBR) 2013		
15 km	58:27	Mochamat Kriel	Ravensmead	19 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	83:37	Mochamat Kriel	Gordon's Bay	16 Apr
	71:31	Martin Rees (GBR) 2013		
25 km	1:49:33	Jan Lebese	Pretoria	07 May
	94:01	Doug Winn (USA) 2010		
30 km	2:12:25	Mochamat Kriel	Simon's Town	14 Aug
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:14:57	Robbie Lindsay	East London	20 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				

Great grandmasters (70+)

10 km	43:16	Andrew Spence	Sasolburg	06 Feb
	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	Jeff Smith	Port Elizabeth	30 Jul
	82:23	Ed Whitlock (CAN) 2001		
25 km	3:03:13	Assie van Aswegen	Pretoria	07 May
	99:59	Clive Davies (USA) 1985		
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
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				

Juniors

10 km	30:34	Kabelo Melamu	Benoni	31 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	46:36	Adrian Wildschutt	Ravensmead	19 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	65:15	Kabelo Melamu	Port Elizabeth	30 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	33:02	Irvette van Zyl	Durban	17 July
	30:52	Shalane Flanagan (USA)		
	30:21m	Paula Radcliffe (GBR) 2003		
15 km	30:29w	Asmae Leghzaoui (MAR) 2002		
	54:24	Zintle Xiniwe	Constantia	05 Mar
	48:14	Peres Chepchirchir (KEN)		
		Cynthia Cherotich Limo (KEN)		
		Netsanet Gudeta Kebede (ETH)		
		Genet Ayalew Kassahun (ETH)		
21.1 km	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
	71:00	Irvette van Zyl	Port Elizabeth	30 Jul
	65:51	Viola Chepchumba (KEN)		
25 km	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	1:25:36	Alphine Tuliamuk (USA)		
30 km	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:43:55	Miharu Shimokado (JPN)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
Marathon	1:39:11w	Mary Keitany (KEN) 2011		
	2:32:20	Irvette van Blerk	London	24 Apr
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
100 km	2:17:42w	Paula Radcliffe (GBR) 2005		
	6:33:11	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	2:00:38 1:51:37	Tanith Maxwell Mieke Pullen (NED) 2001	Simon's Town	14 Aug
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 (50+)

10 km	39:42 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	17 Apr
15 km	62:15 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Eersterivier	18 Jun
21.1 km	89:22 76:07	Elmarie Coetzee Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	30 Jul
25 km	2:00:27 2:13:42a	Ansa Strydom Roshnee Natasen	Pretoria Pinetown	07 May 31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	East London	20 Feb
100 km				

Grandmasters (60+)

10 km	42:12 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	20 Aug
15 km	64:56 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	06 Feb
21.1 km	92:42 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	11 Jun
25 km	2:37:27 2:22:39a 1:58:24	Pamela Rasmussen Jenny Scott Gloria Brown (USA) 1994	Durban Pinetown	06 Mar 31 Jan
30 km	2:20:20 2:17:11	Margie Saunders Barbara Miller (USA) 1999	Uitenhage	05 Mar
Marathon	3:30:14 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	East London	20 Feb
100 km				

Great grandmasters (70+)

10 km	54:52 44:09	Pixie Sparg Lavinia Petrie (AUS) 2014	Bellville	02 Apr
15 km	82:28 72:52	Pixie Sparg Jo Klein (NED) 2004	Eersterivier	18 Jun
21.1 km	1:47:58 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	16 Apr
25 km	2:18:20	Gerry Davidson (USA) 1991		

30 km	2:50:02 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon	4:11:27a 3:35:29	Veronica van Niekerk Helga Miketta (GER) 2013	Simon's Town	21 Feb
100 km				
<u>Juniors</u>				
10 km	35:25 31:42	Simonay Weitsz Zola Pieterse (RSA) 1984	Port Elizabeth	09 Aug
15 km	58:03 49:40	Ashleigh Simonis Ines Chenonge (KEN) 2001	Eersterivier	18 Jun
21.1 km	1:28:26 1:09:05	Siphokazi Liwani Delilah Asiago (KEN) 1991	Port Elizabeth	11 Jun

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Irene & Jan van Eeden, Derrick Chamberlain, André Gobey

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](mailto:rielh@mweb.co.za)

