

# Distance Running Results

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

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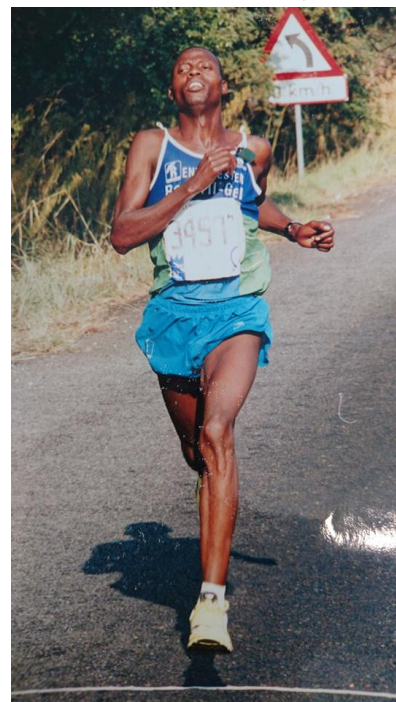
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## EDITORIAL

The Medihelp Bike & Tekkie Challenge 10 km, the only road race in South Africa that is run on a handicap basis, was held for the ninth time on Saturday. This year the women started 4 min 40 sec ahead of the men and although the men tried hard, Akhona Makila (30:59) was still 34 sec behind Zintle Xiniwe (35:05) at the finish. Xiniwe scored her fifth victory in the women's race, and her fourth overall. In the nine editions of the race so far, the men have won only three times (2009, 2010 and 2015), while Xiniwe was first across the line in 2011, 2012, 2014 and 2016. Nomvuyisi Seti, who won overall by two seconds in 2013, has now finished second five times.

In her very first race after arriving at California Baptist University (CBU) in Riverside, Capetonian Leanda du Bruyn scored a victory over 4 km at the university's cross-country invitational meeting on Friday, running 14:19. She beat Laura Aceves (CSU San Bernardino), 14:22, and Courtney Moore (Fresno Pacific), 14:26. CBU easily won the team competition.

Dewald Steyn reports that Jacob Ledwaba (pictured), who represented South Africa in the 1993 World Cup Marathon (where he finished 47<sup>th</sup> in San Sebastian in 2:18:11), has passed away after suffering three strokes. Ledwaba was 48. His highest position in the SA Marathon was third in 1993, when he ran his personal best of 2:16:07 in Cape Town. Other PBs were 44:40 for 15 km in 1990 and 64:23 for the half marathon in 1993. He won the DAC Marathon in 1992 in 2:18:07 and clocked under 2:20 four times.



There were a few typing errors in the results of the Khayelitsha 10 km in last week's DRR. It should have been Harold Adams and not Harld; Yusuf Gamildien and not Gamaldien; David Kirby and not Kerby; while the winner of the grandmasters category was Helen du Plessis.

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

Riël Hauman

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INCLUDED IN THIS ISSUE:

- \* ARD 3 Vlei Race, Grassy Park
- \* KPMG Randburg 10 km, Randburg
- \* Mpati Mountain Race, Dundee
- \* Medihelp Bike & Tekkie Challenge 10 km, Kuils River
- \* Spar Grand Prix Series 10 km, Pretoria
- \* Rockets Half Marathon, Uitenhage
- \* Best Drive PVR Dorpsfees 10 km, Pretoria
- \* ArcelorMittal Saldanha Half Marathon & 10 km, Langebaan

**International highlights:**

- \* Track: Weltklasse in Zürich, Zürich, SUI
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**S.A. WORLD RECORD BEATERS: CORRECTION**

One world record by South African athletes was unfortunately omitted from the list in last week's DRR. That is the 28:00 for 10 km run by Matthews Motshwarateu in Purchase, USA, on 4 October 1980. His extended time was 27:59.3, so he became the first runner to dip under 28 minutes for the distance. The previous world record was 28:24 by Greg Meyer (USA).

Motshwarateu ran in the first race of the newly instituted TAC Grand Prix series. He beat Nick Rose, whose 28:15 was also under the old record. Rod Dixon was third in 28:30. Motshwarateu won \$10 000.

"Loop en Val", as he was called because of his running style, died on his 43<sup>rd</sup> birthday after having been shot in a robbery in Johannesburg.

This addition brings the total number of world records by South Africans to 49, by 27 athletes.

Thanks to Harold Berman for pointing out the error.

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**ROAD RUNNING**

**ARD 3 Vlei Race** (6<sup>th</sup>)

Grassy Park, Cape Town, 4 September  
(Distance: 10 km; certified loop course)

Note: Second race in two days for junior Buhle Fanteni, who also ran the Medihelp Bike & Tekkie 10 km the previous day – what a waste of talent! Others who ran both races are Tsungai Mwanengeni, Eric Coetzee, John September, Mochamat Kriel, Gemjikile Tom, Jeff Smith, Candyce Hall, Farwa Mentoer, Busisiwe Matiwane, Mariëtte Strauss, Roldah Orrie, Nancy Will, Charmaine Cupido and Helen du Plessis. Pixie Sparg set a new WP record in the great-grandmaster section, breaking her own mark by 6 sec; it is a list leader as well. – Ed.

**MEN**

1. Nkosinathi Madyo (Itheke) 30:35 (R600)
2. Vuyolwethu Mbukushe (Gugs) 30:48 (R400)
3. Emiele Paulsen (FNB) 31:08 (R250)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 32:11 (R350); 2. Bongani Mdlalose (SANDF) 34:39 (R200); 3. Xolile Macanda (Gugs) 35:31 (R100). **Masters:** 1. Eric Coetzee (FNB) 35:39 (R350); 2. John September (Itheke) 37:23 (R200); 3. Monde Tutani (Gugs) 38:23 (R100). **G'masters:** 1. Mochamat Kriel (Ommie) 38:40 (R300); 2. Gemjikile Tom (Eskom) 41:34 (R200); 3. Christian Edwards (VOB) 43:53 (R100). **G/g'masters:** 1. Jeff Smith (Itheke) 45:26 (R300); 2. Joseph Matthews (MS) 52:15 (R200); 3. George Kane-

Smith (VOB) 55:28 (R100). **Juniors:** 1. Buhle Fanteni (Ned) 35:25 (R500); 2. Jeandré September (Eerste) 33:36 (R350); 3. Aubrey Kotze (Eerste) 33:52 (R250).

WOMEN (Same prize money as men)

1. Candyce Hall (Carb) 38:52
2. Phatiswa Dyalvane (Ned) 39:37
3. Chantel Simpson (Ned) 40:33 (1<sup>st</sup> vet)

**Veterans:** 1. Chantel Simpson (Ned) 40:33; 2. Farwa Mentoor (Ned) 41:24; 3. Busisiwe Matiwane (Ned) 42:03. **Masters:** 1. Mariëtte Strauss (Tyger) 42:37; 2. Bev Charters (VOB) 45:09; 3. Roldah Orrie (Itheke) 48:00. **G'masters:** 1. Nancy Will (Pine) 44:01; 2. Charmaine Cupido (Ned) 49:08; 3. Helen du Plessis (Brack) 49:14. **G/g'masters:** 1. Pixie Sparg (Celtic) 54:14 (WP rec); 2. Marlene James (Pine) 57:58; 3. Jean Cammidge (FH) 79:00. **Juniors:** 1. Sophie Cope (SH) 41:48; 2. Razaan Kamaldien (MSA) 43:56; 3. Luan Samson (SH) 48:07.

### KPMG Randburg 10 km

Randburg, 4 September

MEN

1 Lucky Mohale (Boxer) 31:30; 2 Jeffrey Gwebu (KPMG) 31:33; 3 Jonas Makhele (Nedbank) 32:02.

**Veterans:** 1 Johannes Kekana (Cool Running) 33:41; 2 Zongamele Dyubeni (Rockies) 34:27; 3 Justinus Gantsi (AMPA) 34:38. **Masters:** 1 Piet Chauke (Gallopers) 41:23; 2 Paseka Nhlapo (Nedbank) 42:14; 3 Jay Bradley (Born 2 Run) 43:15. **G'masters:** 1 André Jansen (GS) 43:09; 2 Kosie van Vuuren (Fit 2000) 54:34. **G/g'masters:** 1 Pele Tshikundamalema (Olifants) 50:55. **Juniors:** 1 Dillon v.d. Merwe (KPMG) 33:43.

WOMEN

1 Tebogo Masehla (Save Orion KZN) 40:16; 2 Mpho Mabuza (Gallopers) 40:20; 3 Maputhi Phaka (Born 2 Run) 42:33.

**Veterans:** 1 Barbara Luckemeyer (Alberton) 45:41; 2 Estelle Jansen van Vuuren (Irene) 53:21; 3 Michelle MacFie (RAC) 55:28. **Masters:** 1 Stella Madlala (Ricoh) 54:42; 2 Diane Schlebusch (Nedbank) 55:05; 3 Rita Loots (RAC) 55:32. **G'masters:** 1 Joan de Klerk (RAC) 60:54; 2 Moira Terwey (RWFL) 73:30. **G/g'masters:** 1 Dee Macartney (RWFL) 89:29. **Juniors:** 1 Rachel Leistra (UJ) 43:15.

### Mpati Mountain Race (36<sup>th</sup>)

Dundee, 4 September

(Distance: 15 km; hilly loop course on tar, mountain trails and gravel.)

MEN

1. Bongani Msimango (Vryheid) 1:05:20
2. Kwenza Ngubane (ME) 1:05:42
3. Bhekani Sithole (KRS) 1:06:20

WOMEN

1. Undokhule Gabela (Muden) 1:26:17
2. Nandi Mitchell (Vitality) 1:28:16
3. Namusa Xaba (Muden) 1:39:43

### Medihelp Bike & Tekkie Challenge 10 km (9th)

Kuils River, 3 September

(Certified figure-eight course. Weather: cool at the start, becoming warm later. Finishers: 1093 [slightly up from 1064 last year].)

#### MEN

1. Akhona Makila (VOB) 30:59 (R1000)
2. Lukhanyo Nobakada (VOB) 31:25 (R500)
3. Siviwe Nkombi (Itheke) 31:38 (R300)
4. Nkosiyethu Sotyantya (Itheke) 31:54 (R200)
5. Tsungai Mwanengeni (ZIM/Gugs) 32:05 (1<sup>st</sup> vet) (R100)

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

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 32:05; 2. Thembelani Zola (Gugs) 33:21; 3. Shawn Abrahams (Celtic) 34:15. **Masters:** 1. Eric Coetzee (FNB) 35:41; 2. John September (Itheke) 38:10; 3. Gerald Sullivan (Sanlam) 38:50. **G'masters:** 1. Mochamat Kriel (Ommie) 40:34; 2. Gemjikile Tom (Eskom) 41:59; 3. Desmond Rondganger (Bell) 43:24. **Juniors:** 1. Lukhanyo Nobakada (VOB) 31:25 (R350); 2. Buhle Fanteni (Ned) 33:23 (R250); 3. Thembeko Mendu (Gugs) 33:31 (R150).

#### WOMEN (Same prize money as men)

1. Zintle Xiniwe (FNB) 35:05 (R500#)
2. Nomvuyisi Seti (Itheke) 38:51
3. Candyce Hall (Carb) 39:34
4. Jana le Roux (Ned) 40:00 (1<sup>st</sup> jun)
5. Nicola Hooper (CMC) 40:32

**Veterans:** 1. Farwa Mentoor (Ned) 41:54; 2. Busisiwe Matiwane (Ned) 43:04; 3. Elizabeth Brink (Durb) 43:56. **Masters:** 1. Mariëtte Strauss (Tyger) 42:46; 2. Olga Howard (Celtic) 43:23; 3. Annetjie Pienaar (CMC) 48:15. **G'masters:** 1. Nancy Will (Pine) 45:10; 2. Charmaine Cupido (Ned) 47:25; 3. Helen du Plessis (Brack) 49:27. **Juniors:** 1. Jana le Roux (Ned) 40:00; 2. Kyla Clark (Stell) 53:02; 3. Ingrid Grundling (Sanlam) 53:18.

#) Incentive for first athlete across the finish line.

### Spar Grand Prix Series 10 km

(Women only)

Pretoria, 3 September

(Certified, hilly loop course. Weather: very warm; start time 14:00.)

- 1 Rutendo Nyahora (ZIM/Nedbank) 35:25
- 2 Lebo Phalula (Boxer) 35:40
- 3 Glenrose Xaba (Eskom) 36:16
- 4 Lebogang Phalula (Boxer) 36:32
- 5 Mapaseka Makhanya (Olifants) 36:39
- 6 Andrea Steyn (The Bicycle Company) 36:51
- 7 Christine Kalmer (KPMG) 37:12
- 8 Fortunate Chidzivo (ZIM/Nedbank) 37:16
- 9 Marelize Retief (Boxer) 37:38
- 10 Jenna Challenor (KPMG) 37:47

**Veterans:** 1 Ulrica Stander (KPMG) 40:02; 2 Ronel Thomas (Boxer) 40:41; 3 Janene Carey (Boxer) 41:32. **Masters:** 1



Rutendo Nyahora on her way to victory in the Spar race in Pretoria. [Photograph supplied]

Judy Bird (KPMG) 41:33; 2 Jackie Frey (Khoza) 46:15; 3 Catherine Naane (Sibanye Gold) 47:30. **G'masters:** 1 Francis van Blerk (Nedbank) 50:12; 2 Blanche Moila (Savages) 50:48; 3 Erica Geldenhuys (Temp) 54:14. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 60:48. **Juniors:** 1 Koletso Senosi (Tuks) 38:22; 2 Nicole v.d. Merwe (KPMG) 39:19; 3 Simonay Weitsz (KPMG) 39:54.

### **Rockets Half Marathon (31st)**

(Incorporating the SA Police Championships)

Uitenhage, 3 September

(Distance: 21.1 km. Finishers: 492 [up from 354 last year].)

#### **MEN**

1	Zolani	Ngqaqa	Tinarha AC	27	1:12:18
2	Mluleki	Nobanda (1 <sup>st</sup> vet)	Mr Price Tra	47	1:13:07
3	Mzwanele	Maphekula	Bluewater Bay	40	1:13:31
4	Ronny	Mabotja	SAP AC MPL	38	1:13:40
5	Mphuthumi	Ngedle	Hlazo AC	38	1:13:58
6	Wildred	Leeuw	SAP AC FS	33	1:14:25
7	Mkhuseli	Dayiya	Kimberley RR	25	1:14:39
8	Mzukiseni	Matyhwaphula	Mr Price Trans	33	1:14:44
9	Melikhaya	Frans	Ikhamva AC	26	1:14:59
10	Masande	Mlonyeni	Sanlam RRC	35	1:15:01
11	Sipho	November	Graaff-Reinet	35	1:15:02
12	Zolani	Mabhongo	Ikhamva AC	30	1:15:25
13	Lindokuhle	Thusi	Temp	35	1:15:58
14	Zolile	Mhlahlo	Achilles AAA	41	1:16:28
15	Anele	Maliza	Nedbank RC	38	1:16:53
16	Teboho	Majoro	Temp	32	1:17:09
17	Dumisani	Dosi	Paarl AC	37	1:17:14
18	James	Mgcina	SAP AC CGA	40	1:17:52
19	Aranoleng	Mogapi	Temp	34	1:18:15
20	Johannes	Mokoto	SAP AC CGA	31	1:18:40

#### **40-44:**

1	Mzwanele	Maphekula	Bluewater Bay	40	1:13:31
2	Zolile	Mhlahlo	Achilles AAA	41	1:16:28
3	James	Mgcina	SAP AC CGA	40	1:17:52

#### **45-49:**

1	Mluleki	Nobanda	Mr Price Tra	47	1:13:07
2	Madoda	Miya	SAP AC CGA	47	1:21:19
3	Mohale	Raholane	SAPS Limpopo	45	1:28:50

#### **50-54:**

1	Desmond	Zibi	Achilles AAA	52	1:26:46
2	Welcome	Loliwe	Nedbank RC	51	1:27:33
3	Sithembiso	Yozo	Temp	52	1:31:21

#### **55-59:**

1	Disemba	Blou	Charlo AC	58	1:42:57
2	Chester	Brooks	Xcel AC	58	1:46:17
3	Sidwel	Roboshi	Nedbank RC	56	1:46:29

#### **60-64:**

1	Jan	Lebese	Pta Police MC	60	1:35:18
2	Robert	Rietmuller	PEAAC	60	1:51:04
3	Geoff	Roberts	Achilles AAA	64	2:08:02

#### **65-69:**

1	Graham	Channon	Achilles AAA	66	2:02:40
2	Thembisile	Ntoni	PEAAC	68	2:13:59

3	David	O'Reilly	Nedbank RC	68	2:17:27
<b>75-79:</b>					
1	Godfrey	Kariem	Gelvan AC	75	2:18:01
<b>Juniors:</b>					
1	Jacobus	Stadler	Achilles AAA	16	2:14:58
WOMEN					
1	Siphokazi	Nojoko	Motherwell AC	21	1:31:54
2	Jane	Barnardo (1 <sup>st</sup> vet)	Body Concept	41	1:33:26
3	Asanda	Solani	Achilles AAA	33	1:34:13
4	Davera	Magson	Nedbank RC	41	1:38:30
5	Sarah-Jane	Kumalo	SAP AC CGA	41	1:40:09
6	Marie	Louw (1 <sup>st</sup> mast)	FNB Multisport	50	1:40:20
7	Katherine	Van der Walt	Body Concept	40	1:43:04
8	Elmare	Bezuidenhout	Charlo AC	34	1:43:21
9	Hanlie	V.d. Westhuizen (1 <sup>st</sup> g'mast)	Despatch AC	60	1:47:38
10	Lettie	Seabela	SAP AC CGA	30	1:47:52
11	Talana	Vosloo	Nedbank RC	35	1:47:58
12	Elizabeth	Squires	SAPS KZN	46	1:48:22
13	Masamuel	Moyana	SAP AC FS	51	1:49:29
14	Terray	Newcombe	Elite AC	25	1:49:31
15	Motheo	Kgaphola	SAP AC CGA	39	1:50:56
16	Ntombizodwa	Bovula	SAPS North West	33	1:52:54
17	Senzeny	Dube	SAPS KZN	27	1:53:38
18	Louise	Mazuelas	Charlo AC	38	1:54:30
19	Kristen	Lawson	Achilles AAA	23	1:55:55
20	Olwethu	Bomvana	Motherwell AC	30	1:56:23
<b>40-44:</b>					
1	Jane	Barnardo	Body Concept	41	1:33:26
2	Davera	Magson	Nedbank RC	41	1:38:30
3	Sarah-Jane	Kumalo	SAP AC CGA	41	1:40:09
<b>45-49:</b>					
1	Elizabeth	Squires	SAPS KZN	46	1:48:22
2	Adele	Slabbert	Madiba Bw	45	2:02:11
3	Gail	Klichowicz	Achilles AAA	49	2:05:13
<b>50-54:</b>					
1	Marie	Louw	FNB Multisport	50	1:40:20
2	Masamuel	Moyana	SAP AC FS	51	1:49:29
3	Desiree	Titus	Gelvan AC	51	2:03:53
<b>55-59:</b>					
1	Una	Saayman	Nedbank RC SWD	55	2:00:53
2	Victoria	Ngobese	SAP AC CGA	55	2:02:34
3	Ina	Meaker	Walmer AC	55	2:05:16
<b>60-64:</b>					
1	Hanlie	Van der Westhuizen	Despatch AC	60	1:47:38
2	Cathy	Ives	Achilles AAA	63	2:07:29
3	Theresa	Lillis	Achilles AAA	60	2:09:04
<b>65-69:</b>					
1	Jeanette	Pienaar	PEAAC	68	2:35:45
2	Denise	Terblanche	Walmer AC	69	2:36:48
3	Rita	Boucher	Walmer AC	66	2:44:33
<b>70-74:</b>					
1	Christine	Fourie	Elite AC	70	2:44:21

**Best Drive PVR Dorpsfees 10 km**

Pretoria, 31 August  
(Finishers: 400)

**MEN**

1 Musa Swakaxa (Rockies) 32:12; 2 Peter Medupe (Nedbank) 34:56 (1<sup>st</sup> vet); 3 Judas Ntuli (Magnolia) 35:18.

**Veterans:** 1 Peter Medupe (Nedbank) 34:56. **Masters:** 1 Johnny Jonker (Denel) 45:06.  
**G'masters:** 1 Abdul Mohammed (Magnolia) 53:56. **G/g'masters:** 1 Fred Clements (Tuks) 59:53. **Juniors:** 1 Khan Nothnagel (VTM) 45:08.

**WOMEN**

1 Nerissa v.d. Walt (Irene) 41:15; 2 Cornia Broere (Tuks) 45:45 (1<sup>st</sup> vet); 3 Tikana Nothnagel (VTM) 47:52.

**Veterans:** 1 Cornia Broere (Tuks) 45:45. **Masters:** 1 Eugenia Iturralde (Magnolia) 53:40.  
**G'masters:** 1 Lettie Coetsee (PPMK) 58:17. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 57:44. **Juniors:** 1 Tikana Nothnagel (VTM) 47:52; 2 Carissa Schubert (Love Running) 57:58.

**ArcelorMittal Saldanha Half Marathon & 10 km**

Langebaan, 27 August

(Distances: 21.1 km & 10 km; the half marathon a loop course, the 10 km unknown.  
Finishers: half marathon – 389 [up from 342 last year]; 10 km – 245.)

Note: Ashleigh Simonis finished fourth overall in the 10 km. – Ed.

**Half marathon****MEN**

1	Sibusiso	Madikizela	CMC	25	1:07:03
2	Justin	Fritz	Ceres	22	1:07:12
3	Nkosinati	Madyo	Itheko	25	1:08:24
4	Siviwe	Nkombi	Itheko	27	1:09:05
5	Sean Lee	Brains	Temp	25	1:11:44
6	Sive	Ngubo	Nedbank	21	1:13:29
7	Vakalisa	Kopolo	Nedbank	39	1:13:56
8	Ncedo	Makunga	Nedbank	24	1:14:36
9	Lehlohonolo	Nyombang	Nedbank	25	1:16:33
10	Tsungai	Mwanangeni	ZIM/Guguletu	41	1:16:35

**WOMEN**

1	Zintle	Xiniwe	Temp	29	1:20:48
2	Tanith	Maxwell	Boxer	40	1:20:53
3	Nomvuyisi	Seti	Itheko	34	1:27:19
4	Marie	Wessels	Temp	33	1:29:24
5	Jessamine	Ward	Temp	32	1:38:48
6	Jacqueline	Misroll	Pinelands	47	1:40:16
7	Lee	Schoombie	Carbineers	26	1:42:34
8	Jessica	Griesel	ATC	29	1:42:39
9	Rianda	Gilliland	AAC	32	1:43:09
10	Jessica	Rohman	Edgemead	32	1:43:12

**10 km****MEN**

1	Lukhanyo	Nobakana	VOB	19	32:26
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2	Quinton	Pedro	Ceres	21	33:07
3	Jafta	Hendricks	Swartland	48	39:15
4	Coert	Blom	Tygerberg	46	40:50
5	Peter	Doren	Correc Services	52	42:56

#### WOMEN

1	Ashleigh	Simonis	Carbineers	18	39:29
2	Busisiwe	Matiwane	Nedbank	41	43:20
3	Nealon	Kensohn	Temp	30	43:29
4	Mariëtte	Strauss	Tygerberg	54	43:31
5	Franette	Van der Watt	Temp	38	47:44

### 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.

### TRACK

#### Weltklasse in Zürich (87th)

(1st of two finals for the 2016 IAAF Diamond League)

Zürich, SUI, 1 September

#### MEN

##### 5000:

1. Hagos Gebrhiwet (ETH) 13:14.82
2. Paul Chelimo (USA) 13:16.51
3. Evan Jager (USA) 13:16.86 SB
4. Albert Rio (BRN) 13:17.56
5. Abdelaati Iguider (MAR) 13:19.35
6. Bernard Lagat (USA) 13:19.73
7. Yomif Kejelcha (ETH) 13:19.90
8. Mohammed Ahmed (CAN) 13:20.31
9. Ryan Hill (USA) 13:20.46
10. Mukta Edris (ETH) 13:23.05
11. Cornelius Kangogo (KEN) 13:25.12
12. Thomas Longosiwa (KEN) 13:25.48
13. Ibrahim Jeilan (ETH) 13:30.55
14. Bethwel Birgen (Ken) 13:31.08
15. Isiah Koech (KEN) 13:31.26

#### WOMEN

##### 800:

1. Caster Semenya (RSA) 1:56.44
2. Francine Niyonsaba (BDI) 1:56.76
3. Margaret Wambui (KEN) 1:57.04
4. Joanna Józwiak (POL) 1:58.21
5. Kate Grace (USA) 1:58.28
6. Marina Arzamasova (BLR) 1:58.36
7. Nataliia Pryshchepa (UKR) 1:58.60
8. Melissa Bishop (Can) 1:58.84
9. Eunice Sum (KEN) 1:59.31
10. Selina Büchel (SUI) 1:59.48
11. Lynsey Sharp (GBR) 2:00.55



1500:

1. Shannon Rowbury (USA) 3:57.78
2. Laura Muir (GBR) 3:57.85
3. Sifan Hassan (NED) 3:58.43
4. Jennifer Simpson (USA) 3:58.54
5. Dawit Sayaum (ETH) 3:58.63
6. Besu Sado (ETH) 3:59.47
7. Faith Kipyegon (KEN) 4:01.86
8. Meraf Bahta (SWE) 4:03.06
9. Gudaf Tsegay (ETH) 4:04.29
10. Laura Weightman (GBR) 4:04.77

3000 s/chase:

1. Ruth Jebet (BRN) 9:07.00
2. Hyvin Jepkemoi (KEN) 9:10.15
3. Emma Coburn (USA) 9:17.42
4. Beatrice Chepkoech (KEN) 9:19.37
5. Etenesh Diro (ETH) 9:21.67
6. Sofia Assefa (ETH) 9:22.09
7. Virginia Nganga (KEN) 9:29.16
8. Celliphine Chespol (KEN) 9:32.30
9. Aisha Praught (JAM) 9:33.10
10. Colleen Quigley (USA) 9:35.30

## NEWS

### SPAR GRAND PRIX STANDINGS

The points table after the Pretoria leg of the Spar Grand Prix races is as follows. The final race takes place in Johannesburg on 9 October.

#### OPEN

1	Irvette van Zyl	Nedbank	70
2	Lebogang Phalula	Boxer	64
3	Christine Kalmer	KPMG	58
4	Lebo Phalula	Boxer	55
5	Cornelia Joubert	Boxer	54
6=	Janie Grundling	Boxer	42
6=	Mapaseka Makhanya	Olifantsfontein	42
8	Keneilwe Sesing	KPMG	36
9	Glenrose Xaba	Eskom	34
10	Nolene Conrad	KPMG	29
11	Simonay Weitsz	KPMG	22
12	Marelize Retief	Boxer	19
13=	René Kalmer	Modern Athlete	16
13=	Ntombi Mfunzi	Nedbank	16
15	Andrea Steyn	Bicycle Company	15
16=	Tanith Maxwell	Boxer	13
16=	Jenet Dlamini	Temp	13
18=	Thembi Baloyi	TUT	11
18=	Poppy Mlambo	Boxer	11
18=	Jenna Challenor	KPMG	11

#### Veterans:

1	Ulrica Stander	KPMG	29
2	Janene Carey	Boxer	14

3	Ronel Thomas	Boxer	13
<b>Masters:</b>			
1	Judy Bird	Midrand	25
2	Ansie Breytenbach	Irene	6
3=	Elmarie Coetzee	FNB Multisport	4
3=	Christine Claasen	Achilles	4
3=	Jackie Very	Khoza	4
3=	Gail Babich	Savages	4
<b>G'masters:</b>			
1	Margie Saunders	Nedbank	15
2	Nancy Will	Pinelands	9
3	Blanche Moila	Savages	8
<b>Juniors:</b>			
1	Simonay Weitsz	KPMG	28
2	Nicole van der Merwe	KPMG	21
3	Ashleigh Simonis	Carbineers	19

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## VIEWPOINT

These views on the Rio Olympics were expressed in *Athletics International* by renowned statistician Peter Matthews, editor of the *International Track & Field Annual*, the official publication of the ATFS.

I do not like one athlete per nation being allowed to compete irrespective of standard. This is welcome if it really allows for encouragement of the sport in a particular nation, but all too often the one man or woman chosen is no athlete and will never get to anything approaching international standard. Most of these competitors do the 100 m and an additional round is now organised for them, but, sorry, men running well over 11.0 sec or, even worse, women running times in the 13-14 sec range should have no place in the Olympic Games, particularly with pressure on spaces. This is just a vote gathering move for the IAAF.

There were several cases of athletes being entered for the Games with what appeared to be faked marks. Winfried Kramer drew particular attention, in advance of the Games, to various athletes for whom submitted performances looked very dubious. All of these who actually competed in Rio were well below their entry mark. Most of the athletes came from nations of the former USSR, with Armenia and Uzbekistan of particular concern, while there have been dubious marks from Georgia for several years. Of course, many athletes underperform for a variety of reasons when it comes to major Games, but this is clearly an area that needs stringent checking, difficult as this may be, but this has been done in the past – and there has been a working group set up by the IAAF for this issue.

For me the women's 800 m was a farce. One can sympathise with Semenya for her problems over the years but it is simply unfair to the 'normal' women for athletes with Hyperandrogenism to be allowed to compete with them now that the permissible limit of the androgenic hormone has been set aside by the CAS. One just hopes that the IAAF will be able to provide the requisite scientific evidence to get a sensible limit put back in place. We all deplore the use of drugs, but this surely has even greater effects. How many of the competitors are so affected (three in the 800?). Interestingly research was published just last week that suggested that the use of DDT, the insecticide used to kill malaria-carrying mosquitos in Africa, and in particular in the northern Limpopo province where Semenya grew up, was responsible for the high number of "genital ambiguity" cases in the area.

There were an amazing number of advancements to semis or finals for seemingly just about every athlete who fell over. That was kind of the judges but they were very harsh in other, more important instances, such as disqualifying Ezekiel Kemboi in the steeplechase, Britain's 4x400 m team and, initially, the top 5000 m men.

The support by generally naïve crowds for Brazilian athletes was terrific, but boeing of 'foreign' competitors was decidedly unwelcome. This came to the fore with boeing of

Renaud Lavillenie on his final attempt at 6.08 in the pole vault and again during the medal ceremony on the following day. IOC president Thomas Bach said it was "shocking behaviour for the crowd to boo Renaud Lavillenie on the medal podium. Unacceptable at the Olympics."

The Russian team had been banned from competing at the Games – with the curious exception of Darya Klishina. The ban was needed due to the state backing of drugs use or the abuse of the testing procedures, but personally I missed the opportunity of seeing such stars as Sergey Shubenkov and Yelena Isinbayeva, who have never tested positive in what must be scores of tests over the years and I would rather that they had competed than the many athletes who had served drugs bans, with the most notable of them, Justin Gatlin, also getting roundly booed (to the distaste of Bolt) when he appeared.

## STATS TIME

The brilliant world record in the 10000 m at the Rio Games by Almaz Ayana is one of the greatest performances by a female athlete in recent years. The first four in that race ran PBs that placed them in the top five on the all-time list. Here is a list of the top ten of all time. South Africa's Elana Meyer is 68<sup>th</sup> on the list. A total of 35 women, of whom 22 are from Kenya and Ethiopia (or were born there), have run under 30:30.

### ALL-TIME 10000 M: TOP 10 WOMEN

29:17.45 WR	Almaz Ayana ETH	1	Rio de Janeiro	12 Aug 16
29:31.78 WR	Wang Junxia CHN	1	Beijing	08 Sep 93
29:32.53 NR	Vivian Cheruiyot KEN	2	Rio de Janeiro	12 Aug 16
29:42.56	Tirunesh Dibaba ETH	3	Rio de Janeiro	12 Aug 16
29:53.51	Alice Nawowuna KEN	4	Rio de Janeiro	12 Aug 16
29:53.80 AR	Meselech Melkamu ETH	1	Utrecht	14 Jun 09
29:56.34 AR	Elvan Abeylegesse ETH	2	Beijing	15 Aug 08
29:59.20	Meseret Defar ETH	1	Birmingham	11 Jul 09
30:01.09 NR	Paula Radcliffe GBR	1	Munich	06 Aug 02
30:04.18	Berhane Adere ETH	1	Paris	23 Aug 03
...				
(68) 30:52.51 NR	Elana Meyer RSA	1	London	10 Sep 94

## THIS MONTH IN HISTORY

### 39 years ago (exactly): 5 September 1977

Four-time (and current) Comrades champion Alan Robb scored his second consecutive victory in the Golden Reef Marathon, run from Brakpan to Johannesburg, on this day in 2:32:53. Robb, who earlier in the year had set a record of 5:47:09 for the "up" Comrades (and would repeat this achievement in the 1978 "down" run to become the first runner to complete the ultra in under 5½ hours), was just more than four minutes slower than his win in 1976. Lettie van Zyl also got her second victory in a row, in 3:39:30. She and the Germiston Callies runner had something else in common – they both won the Comrades in 1976, 1977 and 1978. (This was the first time in Comrades history that the male and female winners were the same three years in a row, and it has happened only once again since – when Bruce Fordyce and Helen Lucre won in 1985, 1986 and 1987.)

## 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				
<u>Grandmasters (60+)</u>				
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 Lebesse	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				
<u>Great grandmasters (70+)</u>				
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				
<u>Juniors</u>				
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		
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:02	Irvette van Zyl	Durban	17 July
	30:52	Shalane Flanagan (USA)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	48:14	Peres Chepchirchir (KEN)		
		Cynthia Cherotich Limo (KEN)		
		Netsanet Gudeta Kebede (ETH)		
		Genet Ayalew Kassahun (ETH)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	71:00	Irvette van Zyl	Port Elizabeth	30 Jul

	65:51	Viola Chepchumba (KEN)		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	1:25:36	Alphine Tuliamuk (USA)		
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:43:55	Miharu Shimokado (JPN)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	2:32:20	Irvette van Blerk	London	24 Apr
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
	2:17:42w	Paula Radcliffe (GBR) 2005		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	35:39	Tanith Maxwell	Durban	05 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	54:40	Tanith Maxwell	Eersterivier	18 Jun
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	78:09	Tanith Maxwell	Port Elizabeth	30 Jul
	69:56	Irina Permitina (RUS) 2009		
25 km	1:57:50	Ashleigh White	Durban	06 Mar
	1:45:58a	Suzette Botha	Pinetown	31 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:00:38	Tanith Maxwell	Simon's Town	14 Aug
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:48:52	Charné Bosman	Benoni	31 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:42	Judy Bird	Cape Town	17 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	62:15	Elmarie Coetzee	Eersterivier	18 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:22	Elmarie Coetzee	Port Elizabeth	30 Jul
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:00:27	Ansa Strydom	Pretoria	07 May
	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18	Jane Mudau	East London	20 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:12	Margie Saunders	Port Elizabeth	20 Aug
	38:56	Lidia Zentner (GER) 2015		
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) 2010		

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		
Marathon	3:30:14	Nancy Will	East London	20 Feb
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	54:14	Pixie Sparg	Grassy Park	04 Sep
	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) 1991		
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	35:25	Simonay Weitsz	Port Elizabeth	09 Aug
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:03	Ashleigh Simonis	Eersterivier	18 Jun
	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		

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