

Distance Running Results

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EDITORIAL

Two list leaders were set in the Siza Fit Half Marathon in Port Alfred this weekend – 64:07 by Elroy Gelant, who finished second to the 63:05, a personal best, by Lesotho athlete Namakoe Nkhasi, and 70:31 by junior Itumeleng Sesiko. In third Melikhaya Frans also ducked under 65 minutes for a PB of 64:55.

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

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Safari Half Marathon & 10 km, Wellington
 - * Voet of the Wine Route 10 km, Kuils River
 - * Siza Fit Half Marathon, Port Alfred
 - * City of Tshwane Half Marathon & 10 km, Silverton
 - * Nantes Freedom to Run Day 10 km, Athlone
 - * Paarl Mall 10 km, Paarl
 - * Track: SA Track & Field Championships, Potchefstroom
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NEWS

2016 S.A. MARATHON CHAMPION KHUMALO BANNED FOR TWO YEARS

By Riël Hauman

The 2016 SA marathon champion, Gauteng North's Puleg Patience Khumalo, has been banned by the IAAF after testing positive for a banned substance at the SA Marathon in East London on 20 February 2016. Khumalo, then 27, won the title in a personal best of 2:47:21. She has been banned for two years, from 5 August 2016 to 4 August 2018.

Khumalo returned a positive test for Prednisone and Prednisolone.

The national title will therefore go to Mapaseka Makhanya, who was second in 2:51:32, with the silver medal going to Tanith Maxwell (2:53:21) and the bronze to Makhosazane Mhlongo (2:57:36).

After the positive test, Khumalo ran in the following road races, as well as two Gauteng North cross-country league meetings. All these results have been annulled.

Spar Grand Prix 10 km, Cape Town, 17 April, 22nd in 36:59

Ice Breaker Half Marathon, 9 July, 1st in 85:47
 Springbok Vasbyt 25 km, 16 July, 1st in 1:50:25
 Mandela Day Marathon, 28 August, 5th in 3:24:52

ROAD RUNNING

Safari Half Marathon (30th) & 10 km

Wellington, 1 May

(Distances: 21.1 km & 10 km; the half marathon a hilly loop course, partly on gravel; the 10 km course configuration is unknown. Finishers: half marathon – 3748 [up from 3114 last year]; 10 km – 2158.)

Half marathon

MEN

1. Mbongeni Nxazozo (BPA CGA) 1:08:11
2. William Kaptein (Maties) 1:09:49
3. Akhona Mdaka (EGA) 1:10:11
4. Gert Thys (Post) 1:11:38
5. Wanda Roro (MSA) 1:12:13
6. Ncedo Makunga (Ned) 1:13:33
7. Pheletso Pheletso (EGA) 1:14:07
8. Petrus Zwane (Swart) 1:14:19
9. Alvino Cupido (Well) 1:15:20
10. Tsungai Mwanengeni (ZIM/Gugs) 1:16:41

WOMEN

1. Jessica Pollock (UCT) 1:24:53
2. Jeanetta Kohler (WC) 1:29:02
3. Sophie Cope (SH) 1:34:48
4. Michelle Dreyer (Paarl) 1:34:53
5. Elme Middlemost (Brack) 1:36:02
6. Linda Kinloch-Smith (Bell) 1:36:24
7. Katjie Moos (Ind) 1:36:39
8. Andrea Ouwerkerk (Ind) 1:36:57
9. Mariëtte Strauss (Tyger) 1:37:27
10. Bettie Stevens (Langeberg) 1:37:51

10 km

MEN

1. Angelo Booysen (CS) 29:55
2. Akhona Makila (VOB) 30:19
3. André Afrika (Eerste) 30:19 [correct]

WOMEN

1. Vuyiseka Nkumenge (Ned) 39:18
2. Jana le Roux (Ind) 40:26
3. Gianna Marais (Ind) 41:39

Voet of the Wine Route 10 km

Kuils River, 30 April

(Certified out-and-back course with loop at far end. Finishers: 1043 [less than half of the 2455 of last year].)

Note: Just three days after running in the Nantes 10 km (results below), the juniors Adrian Wildschutt, Carlo Flink and Thembeke Mendu, as well as Adrian's older brother Nadeel,

competed again here. The three juniors were also in action in the Telkom 10 km on 22 April. The time of the third woman in the masters category is faster than that of the second athlete. – Ed.

MEN

1. Nadeel Wildschutt (Itheke) 31:19
2. Sibusiso Madikizela (MSA) 31:45
3. Granwin Katzen (Celtic) 31:52

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 34:21; 2. Shawn Abrahams (Kuils) 34:56; 3. Graham Katzen (Celtic) 35:20. **Masters:** 1. John September (Itheke) 37:36; 2. Henry Wolstemholme (Durb) 37:44; 3. Zolani Ntsodo (SANDF) 39:10. **G'masters:** 1. Mochamat Kriel (Ommie) 41:25; 2. Gemjikile Tom (Eskom) 45:24; 3. Sam Kotze (Ned) 48:36. **G/g'masters:** 1. Eddie Hendricks (Elsies) 52:16; 2. Ronnie le Roux (Brack) 53:12; 3. Jeff Smith (Itheke) 61:47. **Juniors:** 1. Adrian Wildschutt (Itheke) 31:59; 2. Carlo Flink (Itheke) 33:01; 3. Thembeke Mendu (Gugs) 34:49.

WOMEN

1. Zintle Xiniwe (KPMG) 38:54
2. Bulelwa Simae (Ned) 39:13 (1st vet)
3. Anna Bungu (Gugs) 41:59

Veterans: 1. Bulelwa Simae (Ned) 39:13; 2. Busisiwe Matiwane (Ned) 44:49; 3. Jill Lategan (Good) 53:52. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 42:35; 2. Olga Howard (Ned) 48:57; 3. Bev Charters (VOB) 48:37. **G'masters:** 1. Nancy Will (Pine) 49:29; 2. Charmaine Cupido (Ned) 52:57; 3. Helen du Plessis (Brack) 53:15. **G/g'masters:** 1. Marietha Herbert (Ind) 57:52; 2. Pixie Sparg (Celtic) 62:25; 3. Marlene James (Pine) 63:11. **Juniors:** 1. Anique Arendse (UWC) 47:31; 2. Nel Singleton (Worc) 53:54; 3. Willene Fredericks (Stell) 56:21.

Siza Fit Half Marathon

Port Alfred, 29 April

(Distance: 21.1 km; two-loop hilly course. Finishers: 542 [up from 424 last year].)

MEN

1	Namakoe	Nkhasi	LES/Nedbank RC AGN	24	1:03:05 PB
2	Elroy	Gelant	Boxer Superst	30	1:04:07
3	Melikhaya	Frans	Ikhamva AC	27	1:04:55 PB
4	Thabiso	Moeng	KPMG	34	1:05:17
5	Kabelo	Melamu	KPMG	20	1:06:27
6	Mbongeni	Ngxazozo	Boxer Superst	37	1:07:12
7	Amos	Nyongo	Ikhamva AC	30	1:07:34
8	Masivuye	Poswa	Born 2 Run	30	1:09:51
9	Kgosi	Tsosane	Nedbank RC AGN	31	1:10:01
10	George	Ntshiliza	Nedbank RC	37	1:10:03
11	André	Ketchem	Xcel AC	33	1:10:12
12	Itumeleng	Sesiko (1st jun)	KPMG	17	1:10:31
13	Mluleki	Nobanda (1st vet)	Mr Price Tra	48	1:10:37
14	Vusumzi	Zondo	Oxford Str	22	1:10:51
15	Mzwanele	Maphekula	Bluewater Bay	40	1:11:10
16	Anele	Maliza	Nedbank RC	39	1:11:17
17	Pastor	Madlavana	Born 2 Run	41	1:11:34
18	Eric	Sigxashe	Motherwell AC	38	1:11:55
19	Nkosinathi	Nzingo	Nedrcbor	34	1:12:31
20	Sivuyile	Selani	SAPS AC EP	17	1:12:42

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	40	1:11:10
2	Pastor	Nalavana	Born 2 Run	41	1:11:34
3	Shadrack	Hlabahlaba	Sibanya Gold AC	43	1:12:43

45-49:

1	Mluleki	Nobanda	Mr Price Tra	48	1:10:37
2	Thembinkosi	Mdyogolo	Nedbank RC	48	1:28:01
3	Sandiso	Ngxishe	NMB Mun	47	1:29:06

50-54:

1	Makaya	Masumpa	Born 2 Run	51	1:18:21
2	Abram	Ndhlebe	Old Mutual AC	53	1:19:34
3	Desmond	Zibi	Achilles AAA	53	1:20:03

55-59:

1	Hendrick	Erasmus	Temp	56	1:27:51
2	Sidwel	Roboshi	Nedbank RC	57	1:40:39
3	Chester	Brooks	Xcel AC	59	1:41:06

60-64:

1	Sticks	Stiglingh	Kowie Striders	62	1:37:33
2	Mpumelelo	Maci	Buffalo RR	62	1:42:53
3	Richard	Foss	Albany SS	63	1:45:15

65-69:

1	Albert	Ngcanga	Xcel AC	67	1:39:29
2	Sizinzo	Kama	Achilles AAA	65	1:42:11
3	Graham	Channon	Achilles AAA	67	1:53:23

70-74:

1	Ron	Clark	Bluewater Bay	74	2:04:38
2	André	Fourie	Nedbank RC	70	2:25:42

75-79:

1	Tamsanqa	Jusayi	Nedbank RC	75	1:47:39
2	Godfrey	Kariem	Gelvan AC	76	2:08:47

Juniors:

1	Itumeleng	Sesiko	KPMG	17	1:10:31
2	Sivuyile	Selani	SAPS AC EP	17	1:12:42
3	Sinethemba	Merele	SAPS AC EP	17	1:13:46

WOMEN

1	Liziwe	Mabona	Ampa AC	29	1:19:26
2	Keneilwe	Sesing	KPMG	28	1:21:59
3	Ntombesintu	Mfunzi	Nedbank RC	35	1:24:06
4	Ndileka	Mvakwendlu	Tinarha AC	26	1:26:24
5	Thalia	Slatem	Achilles AAA	27	1:27:17
6	Poppy	Mlambo	Boxer Superst	36	1:27:57
7	Davera	Magson (1st vet)	Nedbank RC	42	1:30:33
8	Siphokazi	Nojoko	Motherwell AC	22	1:32:34
9	Lauren	Ranger	Born 2 Run	32	1:33:08
10	Luthando	Nxanisa	Madibaz AC	24	1:34:27
11	Christine	Claasen (1st mast)	Achilles AAA	52	1:35:26
12	Siphokazi	Liwani	Motherwell AC	19	1:37:30
13	Leah	Sloman	Temp	25	1:38:14
14	Margie	Saunders (1st g'mast)	Nedbank RC	63	1:39:53
15	Grizelda	Pietersen	Nedbank RC	48	1:40:06
16	Zandile	Rubushe	Rainbow AC	32	1:42:04
17	Priscilla	Dyantyi	Nedbank RC	43	1:42:05
18	Faith	Buyana	BRAC	24	1:44:40
19	Hanlie	Van der Westhuizen	Despatch AC	60	1:45:31
20	Nomakhosi	Ntliziyo (1st jun)	Madibaz AC	18	1:46:44

40-44:

1	Davera	Magson	Nedbank RC	42	1:30:33
2	Priscilla	Dyantyi	Nedbank RC	43	1:42:05
3	Jane	Kemp	Despatch AC	40	1:53:24

45-49:

1	Grizelda	Pietersen	Nedbank RC	48	1:40:06
2	Toegeda	Vyver	Nedbank RC	45	1:48:37
3	Berenice Karen	Timothy	Born 2 Run	48	1:57:22

50-54:

1	Christine	Claasen	Achilles AAA	52	1:35:26
2	Buyelwa	Kobokana	Nedbank RC	52	1:48:09
3	Salome	Loots	Temp	54	1:56:53

55-59:

1	Janette	Schierz-Crusius	Body Concept	56	1:47:35
2	Lynette	Crause	Infinity AC	57	2:07:02
3	Amanda	Blignault	Despatch AC	57	2:22:46

60-64:

1	Margie	Saunders	Nedbank RC	63	1:39:53
2	Hanlie	Van der Westhuizen	Despatch AC	60	1:45:31
3	Pamela	Johnson	Temp	60	2:16:43

65-69:

1	Avril	Beyleveld	Kowie Striders	65	2:10:09
2	Jeanette	Pienaar	PEAAC	68	2:32:39

70-74:

1	Ronelle	Steyn	Nedbank RC	73	2:21:47
2	Christine	Fourie	Elite AC	70	2:21:55
3	Marlene	Wiese	Kowie Striders	71	2:22:45

Juniors:

1	Nomakhosi	Ntliziyo	Madibaz AC	18	1:46:44
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City of Tshwane Half Marathon & 10 km

Silverton, Pretoria, 29 April

(Distances: 21.1 km & 10 km; half marathon – two slightly different loops with many corners, hilly; 10 km – the same as the first loop of the half marathon. Finishers: 10 km – 909; half marathon – unknown.)

Half marathon**MEN**

1	Bafana Dube	Boot Camp	1:09:15
2	Phumlani Mabophe	Irene	1:19:47
3	Sekgwane Maloele	Nedbank	1:23:24

40-49:

1	Sekgwane Maloele	Nedbank	1:23:24
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50-59:

1	Paul Mabena	Ford	1:27:47
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60-69:

1	Dieter Gloeck	Magnolia	1:54:07
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70-79:

1	Johan van Vuuren	Irene	2:31:26
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WOMEN

1	Tegan Edwards	Vitality	1:38:15
2	Sunet Schoonraad	Nedbank	1:49:34
3	Elize Uys	Magnolia	1:49:43

40-49:

1	Belinda de Bruyn	Irene	1:59:48
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50-59:

1	Elize Uys	Magnolia	1:49:43
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60-69:

1	Gizelle Geyer	Phobians	2:10:40
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10 km

MEN

1	Simon Mokomyama	Monaco	31:32
2	Jacob Tseko	Tuks	33:09
3	Mahlangu Mandla	Temp	33:15

40-49:

1	Piet Mosebedi	Minomba	36:55
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50-59:

1	Joseph Ndlovu	ACE	37:08
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60-69:

1	Jan Esau	PMMC	43:04
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70-79:

1	Lammie Fourie	Agape	56:16
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Juniors:

1	Mahlangu Mandla	Temp	33:15
2	Thato Setshosho	Bophelong	38:00
3	Jermaine Adams	ACE	38:16

WOMEN

1	Ansie Breytenbach	Irene	46:08
2	Heleen de Bruin	Irene	49:28
3	Hester van Vuuren	HQH	50:06

40-49:

1	Hester van Vuuren	HQH	50:06
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50-59:

1	Ansie Breytenbach	Irene	46:08
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60-69:

1	Joey Cloete	Irene	54:08
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70+:

1	Deirdre Larkin	Randburg Harriers	62:10
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Nantes Freedom to Run Day 10 km

Athlone, 27 April

(Finishers: 2643)

MEN

1. Nadeel Wildschutt (Itheke) 30:12 (R1500)
2. Sibusiso Madikizela (MSA) 30:52 (R800)
3. Retsepile Kholte (Vitality) 30:54 (R400)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:33 (R800); 2. Shawn Abrahams (Kuils) 33:32 (R400); 3. Bonisile Ngculana (VOB) 33:55 (R250). **Masters:** 1. Johnny Persents (WR) 35:00 (R500); 2. John September (Itheke) 35:15 (R300); 3. Steve Motau (Itheke) 35:34 (R150). **G'masters:** 1. Mochamat Kriel (Ommie) 39:08 (R500); 2. Johannes Jacobs (Celtic) 45:30 (R300); 3. Albert Williams (Top) 46:43 (R150). **G/g'masters:** 1. Jeff Smith (Itheke) 49:44 (R375); 2. Eddie Hendricks (Elsies) 50:10 (R150); 3. Joseph Matthews

(Midas) 52:38 (R100). **Juniors:** 1. Adrian Wildschutt (Itheke) 31:14 (R500); 2. Carlo Flink (Itheke) 31:53 (R300); 3. Thembeko Mendu (Gugs) 33:13 (R200).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (KPMG) 35:37
2. Bulelwa Simae (Ned) 36:47 (1st vet)
3. Vuyiseka Nkumenge (Ned) 37:21

Veterans: 1. Bulelwa Simae (Ned) 36:47; 2. Obertina Kanyongo (ZIM/Ned) 40:21; 3. Busisiwe Matiwane (Ned) 42:25. **Masters:** 1. Mariëtte Strauss (Tyger) 42:31; 2. Olga Howard (Ned) 43:36; 3. Roldah Orrie (Itheke) 49:26. **G'masters:** 1. Nancy Will (Pine) 45:54; 2. Hilary Rhode (Edge) 48:01; 3. Charmaine Cupido (Ned) 49:14. **G/g'masters:** 1. Marlene James (Pine) 57:51; 2. Pixie Sparg (Celtic) 57:58; 3. Marianne Nelson (RWFL) 64:09. **Juniors:** 1. Razaan Kamaldien (Carb) 44:55; 2. Elenice Olifant (Velo) 48:20; 3. Nikita Booysen (Velo) 51:15.

Paarl Mall 10 km

Paarl, 22 April
(Finishers: 107)

Note: Michelle Dreyer finished eighth overall. – Ed.

MEN

1	Anton	Faro	Wellington	36	33:52
2	Ricardo	Jaftha	Wild Runner		34:10
3	Henrico	Rooi	Temp	28	35:36
4	Dawid	Pieterse	Franschhoek	46	36:23
5	Eustin	Martin		26	38:48

WOMEN

1	Michelle	Dreyer	Paarl	38	39:45
2	Cailey	Bredenkamp	Paarl	54	47:23
3	Marize	?	Paarl	30	49:00
4	Janneke	Kemp	Stellenbosch	29	49:18
5	Vondra	Singleton	Worcester	49	51:11

TRACK

South African Track & Field Championships (110th)

Potchefstroom, 21 & 22 April

Note: All the events were on the second day, except the two 5000-metre races. – Ed.

MEN

800:

1	VAN RENSBURG, Rynardt	AFS	1:46.56
2	UYS, Henco	ACNW	1:46.65
3	TSHITE, Tshepo	ACNW	1:47.11
4	MOTHOSOLO, William	AMPU	1:47.31
5	BASSON, Tian	AMPU	1:47.86
6	ROZANI, Jacob	ANWN IND	1:48.02
7	KUSCHE, George	AGN	1:48.38
8	OLIVIER, Andre	ACNW	1:49.61

1500:

1	HLASELO, Dumizani	CGA	3:41.63
2	SIBIYA, Nkosinathi	KZNA	3:41.86
3	SEHOHLE, Folario	AMPU	3:42.50
4	DERISON, Treasure	AFS	3:43.97
5	MAKANE, Henry	CGA	3:44.42
6	MPHAHLELE, Ryan	CGA	3:45.91
7	ANDREAS, Jeromy	CGA	3:48.55
8	BOTHOLO, Solomon	AGN	3:50.58
9	MALEBANE, Dais	AGN IND	3:51.43
10	DAMONS, Bruce-lynn	WPA	3:56.35
11	MOTSAU, Jerry	ACNW	3:57.88
12	KOOPMAN, Jason	WPA IND	4:01.87

3000 s'chase:

1	MOKOPANE, Rantso	ACNW	8:34.47
2	LEKOPA, Dikotsi	ACNW	8:47.15
3	SEBOKO, Kabelo	CGA	8:54.83
4	MONATLALA, Tumisang	CGA	9:08.11
5	MEINTJIES, Ruan	AFS	9:08.42
6	MADIKIZELA, Sibusiso	WPA	9:09.67
7	MOLEJANE, Nope	AFS	9:13.96
8	BOTHOBUTHLE, Lucas	ACNW	9:19.92
9	MOKONYAMA, Simon	AGN	9:23.38
10	MAKHOBALO, Derorious	CGA	9:29.09
11	MOTLAGALE, Ontiretse	ACNW	9:30.07
12	MALEPE, Godfrey	ANWN	9:31.34
13	NGOBE, Mongezi	ATRA	9:43.02
14	NGUBO, Sive	AGN IND	9:43.58
15	SOLDAKA, Siboniso	WPA	9:45.07
16	MASONDO, Siphesihle	KZNA	9:58.44

5000:

1	MOSIAKO, Thabang	ACNW	14:03.84
2	GELANT, Elroy	ACNW	14:05.59
3	MOKOKA, Stephen	AGN	14:09.55
4	MELAMU, Kabelo	CGA	14:23.83
5	MOSHWETSI, Ntekele	ANWN	14:31.28
6	MATHIBA, Phillimon	CGA	14:31.42
7	MMONE, Joel	ACNW	14:39.47
8	BUTHELEZI, Philani	AGN	14:39.99
9	MOTLOUNG, Malefetsane	AFS	14:46.13
10	EESOU, Mariano	EPA	14:48.30
11	MULAUDZI, Collen	AGN IND	14:51.10
12	BOTHOBUTHLE, Lucas	ACNW	14:52.39
13	MOFOKENG, Puseletso	AVT	14:52.87
14	MTHEMBU, Pakiso	AFS	14:54.39
15	MAGWAI, Regnen	AGN	15:00.39
16	TIMOTHEUS, Anthony	WPA	15:01.99
17	WILDSCHUTT, Nadeel	WPA	15:02.01
18	RATZ, Rowhaldo	WPA	15:07.03
19	THOHLANE, Thabo	AFS	15:12.38
20	MBANJWA, Siphon	KZNA	15:13.12
21	ZAMKELE, Xolisani	ATRA	15:16.97

10000:

1	GELANT, Elroy	ACNW	29:09.87
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2	MELAMU, Kabelo	CGA	30:08.99
3	MATHIBA, Phillimon	CGA	30:15.57
4	MOSHWETSI, Ntekele	ANWN	30:23.42
5	BUTHELEZI, Philani	AGN	30:41.13
6	MULAUDZI, Collen	AGN IND	30:53.51
7	KEKANA, Milton	AGN IND	31:23.40
8	MOHLOMI, Siphwe	CGA	31:23.84
9	MASINA, Thabo	CGA	32:09.96
10	VAN DER MERWE, Dylan	CGA IND	32:18.89
11	ZAMKELE, Xolisani	ATRA	33:08.15
12	MADIKIZA, Vuyolwethu	ATRA	33:10.60
13	ZWANE, Bonginkosi	KZNA	33:24.02
14	MASEMOLA, Kamo	LIMA	34:16.46

WOMEN

800:

1	SEMENYA, Caster	ACNW	2:01.03
2	LOFSTRAND, Gena	KZNA	2:03.32
3	NICE, Anuscha	AGN	2:05.88
4	MULLER, Niene	AGN	2:08.32
5	BLAKE, Lee Anne	AGN IND	2:08.72
6	SENOSI, Keletso	AGN	2:11.88
7	DU PLESSIS, Danel	ACNW	2:12.11
8	SWIEGERS, Carina	ACNW	2:18.91

1500:

1	WEITZ, Simonay	CGA	4:21.93
2	MENTZ, Marne	AFS	4:22.46
3	VAN ZYL, Irvette	AGN	4:23.23
4	LOUW, Nicole	AFS	4:26.02
5	ROELOFSE, Lyndi	CGA	4:26.63
6	MARAIS, Stella	AGN	4:30.80
7	MKHIZE, Happiness	KZNA	4:31.08
8	MASHISHI, Dipuo	CGA	4:31.29
9	SHANGE, Yandiswa	CGA	4:31.33
10	BELING, Tylor	AFS	4:31.62
11	BRANDT, Mandie	WPA IND	4:32.45
12	MARITZ, Liza	AGN IND	4:36.45

3000 s'chase:

1	SIMS, Cherise	EPA	10:46.29
2	BALOYI, Thembi	AGN	10:59.84
3	KOEKEMOER, Shanley	AGN	11:04.66
4	MAKGOGA, Lethabo	CGA	11:08.65
5	SWIEGERS, Carina	ACNW	11:26.31
6	ORROCK, Lara	AFS	11:34.16
7	MPSHE, Lesego	CGA	11:42.38
8	MULDER, Lizandre	AFS	11:50.44

5000:

1	MOLOTSANE, Kesa	AFS	16:22.30
2	VAN ZYL, Irvette	AGN	16:28.53
3	CONRAD, Nolene	WPA	16:32.51
4	MAKHANYA, Mapaseka	CGA	16:36.49
5	XABA, Glenrose	AGN	16:39.34
6	GELDERBLOM, Sherilene	ACNW	17:26.28
7	BOSMAN, Casey	CGA	17:43.18

8	VAN DER MERWE, Nicole	CGA	18:02.78
9	BOMVANA, Lusanda	ATRA	18:35.26
10	MADOA, Pam	ACNW	18:48.57
11	TYWALANA, Ntombomzi	ATRA	19:58.55
12	DEMPSTER, Megan	EPA	20:01.10
13	SINOBOB, Willie	ATRA	20:13.22

10000:

1	XABA, Glenrose	AGN	34:56.12
2	JOUBERT, Cornelia	CGA	35:12.32
3	MAKHANYA, Mapaseka	CGA	35:26.89
4	SHAI, Maria	CGA	35:41.62
5	SIMAE, Bulelwa	WPA	35:53.32
6	BOMVANA, Lusanda	ATRA	36:32.67
7	DLADLA, Puseletso	KZNA	37:18.36
8	MJOLI, Monwabisi	KZNA	38:20.97
9	MKHIZE, Bathobile	KZNA	38:51.74
10	SWANEPOEL, Maryna	AFS	39:04.00

STATS TIME

A conversation with Ilze Wicksell at the SA Junior Championships in Cape Town about the sorry state of 800-metre running in South Africa prompted me to include an all-time list this week. As Ilze Venter, Wicksell in 1983 became the first South African to break the 2-minute barrier when she clocked 1:59.39 in Stellenbosch. Since that date – 34 years ago! – only three more South Africans have run under two minutes. Eranée van Zyl was the second, also in 1983, and Zelda Pretorius the third. Since the appearance of Caster Semenya, the SA record has been taken down to the 1:55.28 she ran in Rio (preceded by another national record, 1:55.33 in Monaco), but there is no depth. Wicksell and Van Zyl each had only one sub-2 clocking, Pretorius had four (all in 1991 – the last year anyone had run sub-2 minutes before Semenya achieved her first in 2009), while Semenya now has 27 (she added an astonishing eleven to her tally last year alone!).

ALL-TIME 800 M: TOP 10 WOMEN

1:55.28	Caster Semenya	Rio de Janeiro	20 Aug 16
1:58.85	Zelda Pretorius	Pretoria	01 Apr 91
1:59.39	Ilze de Kock (Wicksell)	Stellenbosch	25 Mar 83
1:59.70	Eranée van Zyl	Stellenbosch	25 Apr 83
2:00.90	Zola Pieterse	Kroonstad	16 Mar 84
2:00.99	Helga van Wermeskerken	Potchefstroom	13 Apr 85
2:01.28	Madelé Naudé	Pretoria	14 Mar 88
2:01.49	Ronelle Roodt	Stellenbosch	11 Apr 87
2:01.64	Mari-Louise Henning	Stellenbosch	17 Apr 98
2:02.16	Ria Hugo	Stellenbosch	25 Mar 83

THIS MONTH IN HISTORY

28 years ago (exactly): 1 May 1989

While the first running of the Safari Half Marathon in 1988 took place on 6 May, the second one was held on the first day of May, and this has been the standard date for the race ever since. On this day victory went to two of South Africa's best road runners at the time, Lawrence Peu (64:57) and Colleen de Reuck (75:22). Almost three months later, De Reuck would beat Elana Meyer for the SA title in Durban, running a national record of 68:38. De Reuck won in Wellington again the next year, while Peu scored two more wins, in 1991 and

1995. The 30th running of the half marathon took place today.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2017

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	28:48	Mbongeni Ngxazozo	Port Elizabeth	22 Apr
	27:52	Nicholas Kosimbei (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		04 Feb
	45:29	Melikhaya Frans	Port Elizabeth	
	43:22	Leonard Korir (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		29 Apr
	64:07	Elroy Gelant	Port Alfred	
	59:10	Bedan Karoki (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	76:22	Wellington Bezerra da Silva (BRA)		
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	90:54	Melikhaya Frans	Uitenhage	04 Mar
	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:16:53	Stephen Mokoka	Tokyo	26 Feb
	2:03:58	Wilson Kipsang (KEN)		
	2:02:57	Dennis 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	31:45	Mzwanele Maphekula	Port Elizabeth	22 Apr
	28:51	Paulo Catarino (POR) 2003		
15 km	48:58	Johannes Kekana	Leondale	19 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:32	Johannes Kekana	Polokwane	01 Apr
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:38A	Jonathan Edwards	Pinetown	29 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:38:16	Mzwanele Maphekula	Uitenhage	04 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:32	Johannes Kekana	Benoni	29 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:20	Makaya Masumpa	Port Elizabeth	22 Apr
	30:35	Tecwyn Davies (GBR) 1988		

15 km	52:48 47:52	Reginald Ngobese Titus Mamabolo (RSA) 1991	Vanderbijlpark	08 Feb
21.1 km	74:36 66:42	Reginald Ngobene Martin Rees (GBR) 2003	Benoni	29 Jan
25 km	97:58A	Basie Bonaparte	Somerset East	18 Mar
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15 2:19:29	Reginald Ngobese Titus Mamabolo (RSA) 1991	Sasolburg	04 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	25 Feb
15 km	60:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	18 Mar
21.1 km	88:35 71:31	Mochamat Kriel Martin Rees (GBR) 2013	Tokai	04 Feb
25 km	1:54:07A 94:01	Devilliers Oberholzer Doug Winn (USA) 2010	Pinetown	29 Jan
30 km	2:10:11 1:57:07	Kosie Botha Ed Whitlock (CAN) 1994	Parow	26 Mar
Marathon	3:06:21 2:36:30	Gideon Radebe Yoshihisa Hosaka (JPN) 2009	Benoni	29 Jan
100 km				
<u>Great grandmasters (70+)</u>				
10 km	42:35 37:33	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Pretoria	18 Feb
15 km	64:04 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	11 Mar
21.1 km	95:36 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	08 Apr
25 km	4:37:56A 99:59	Jean Nepgen Clive Davies (USA) 1985	Somerset East	18 Mar
30 km	2:46:08 2:00:56	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Uitenhage	04 Mar
Marathon	3:57:21 2:54:49	David Ngobeni Ed Whitlock (CAN) 2004	Pretoria	28 Jan
100 km				
<u>Juniors</u>				
10 km	30:17 27:52	Kabelo Seboko Richard Chelimo (KEN) 1990	Benoni	29 Jan
15 km	49:31 42:25	Sivuyile Selani Moses Mosop (KEN) 2004	Port Elizabeth	25 Mar
21.1 km	70:31 59:16	Itumeleng Sesiko Samuel Wanjiru (KEN) 2005	Port Alfred	29 Apr
WOMEN				
<u>Open</u>				
10 km	32:55 30:04 30:21 Mx 30:04p Mx 30:29 Wo	Louisa Leballo Joyciline Jepkosgei (KEN) Paula Radcliffe (GBR) 2003 Joyciline Jepkosgei (KEN) Asmae Legzaoui (MAR) 2002	Cape Town	02 Apr
15 km	53:59A 56:00	Dominique Scott Ntombesintu Mfunzi	Camps Bay Port Elizabeth	08 Jan 25 Mar

	45:37	Joyciline Jepkosgei (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	45:37p Mx	Joyciline Jepkosgei (KEN)		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	72:36	Irvette van Zyl	Barcelona	12 Feb
	64:52	Joyciline Jepkosgei (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	64:52p Mx	Joyciline Jepkosgei (KEN)		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	1:40:31	Jenna Challenor	Durban	19 Mar
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43	Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:46:24	Ami Utsunomiya (JPN)		
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:39:11 Wo	Mary Keitany (KEN) 2011		
Marathon	2:48:13A	Ann Ashworth	East London	25 Feb
	2:54:59	Danette Smith	Durban	09 Apr
	2:17:01	Mary Keitany (KEN)		
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:43	Tanith Maxwell	Cape Town	01 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	56:45	Tanith Maxwell	Ravensmead	18 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	81:28	Tanith Maxwell	Tokai	04 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:48:53A	Shani Silver	Pinetown	29 Jan
	1:49:48	Maya Lawrie	Durban	19 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:02:35	Ulrica Stander	Camps Bay	08 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:45A	Ulrica Stander	Simon's Town	19 Feb
	3:06:00	Salome Cooper	Benoni	29 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	38:43	Judy Bird	Cape Town	02 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:28	Elmarie Coetzee	Constantia	11 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	93:19	Mariëtte Strauss	Gordon's Bay	01 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A	Roshini Natsen	Pinetown	29 Jan
	2:13:40	Roshini Natsen	Durban	19 Mar
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:18:52	Jane Mudau	Durban	09 Apr
	2:31:05	Tatyana Pozdniakova (UKR) 2005		

100 km

Grandmasters (60+)

10 km	42:31 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	22 Apr
15 km	66:11 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	25 Mar
21.1 km	97:38 84:56	Nancy Will Bernadine Portenski (NZL) 2010	Tokai	04 Feb
25 km	2:25:43A 2:27:24 1:58:24	Sheree Kirsten Pamela Rasmussen Gloria Brown (USA) 1994	Pinetown Durban	29 Jan 19 Mar
30 km	2:25:27 2:17:11	Margie Saunders Barbara Miller (USA) 1999	Uitenhage	04 Mar
Marathon	3:26:99 3:44:49 3:01:30	Nancy Will Val Watson Bernadine Portenski (NZL) 2010	Durban Benoni	09 Apr 29 Jan

100 km

Great grandmasters (70+)

10 km	49:38 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Cape Town	02 Apr
15 km	87:32 72:52	Liz Jenkerson Jo Klein (NED) 2004	Port Elizabeth	25 Mar
21.1 km	2:12:17A 2:15:27 97:38	Marlene James Marlene James Lavinia Petrie (AUS) 2014	Simon's Town Gordon's Bay	19 Feb 01 Apr
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon	3:35:29	Helga Miketta (GER) 2013		

100 km

Juniors

10 km	35:33 31:42	Ashleigh Simonis Zola Pieterse (RSA) 1984	Bellville	22 Apr
15 km	66:42 49:40	Celine Moses Ines Chenonge (KEN) 2001	Ravensmead	18 Mar
21.1 km	98:46 1:09:05	Georgina Janisch Delilah Asiago (KEN) 1991	Pretoria	08 Apr

Contributors to this issue: Sonia & Kevin Harlock, Irene & Jan van Eeden, Jakes Jacobs, Pieter de Jager

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

