

# 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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## EDITORIAL

Highlight of the weekend was the Spar Grand Prix race in Durban, which went to Zimbabwean Betha Chikanga. She scored a comfortable 20-second victory over Glenrose Xaba, with Nolene Conrad third in 33:43.

One of South Africa's oldest short-distance races, the Don Lock 8 km, was run for the 59th time. The winners were Siboniso Soldaka in 24:34 and Lee-Shay Willemse (who also ran the accompanying 15 km) in 31:10.

In Port Elizabeth Andile Motwana's 1:06:12 in the Galaxy Bingo Heartbreak Hill Half Marathon was the fastest in the race since George Ntshiliza's 1:05:46 in 2007. Ntshiliza was fourth this time.

There were two list leaders this weekend, by grandmaster Annatjie Botes in George (42:22) and great grandmaster Jimmy Morris in the Don Lock 15 km (66:46).

In the BAA 10 km in Boston South African junior Oliver Stewart won his age category in 31:24 (full results next week).

In the results of the Qaph'e Qolo Save the Rhino Half Marathon, included last week, it was noted that the names of the first master and first grandmaster were omitted, because these runners were in fact still seniors. But I overlooked the fact that Mamorallo Tjoka (LES), listed as the first master, is still only 33, so does not belong in that category either. My apologies for this error. DRR has since learnt that the actual first male master was Michael Ndlovu (Ind), 1:18:53, and the first grandmaster Patrick Siphon Lukhele (Mandini), 1:45:42.

In last week's column "This month in history" it was stated that the earliest result for the Dan Luyt 15 km that could be found is 1974. DRR reader Dirk du Toit wrote in an e-mail that he (in previous research) found the result of the 1971 race, when Ewald Bonzet scored his initial victory in 54:15. Bonzet first ran the race in 1969, when he was still at school. This means that the race has had at least 50 runnings. The distance in 1969 was 9.6 miles and in 1971 10.6 miles. Also, according to the newspaper report on the 1977 race that Dirk found, Bonzet's time in 1977 was 52:38 and not the 53:38 mentioned last week, which was taken from a report in the magazine *SA Athlete* and was clearly a typing error.

Riël Hauman

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**INCLUDED IN THIS ISSUE:**

- \* Spar Grand Prix Series, Durban
- \* Don Lock Memorial 8 km & 15 km, Claremont
- \* Galaxy Bingo Heartbreak Hill Half Marathon, Port Elizabeth
- \* Riana van Niekerk Run 4 Bibles Half Marathon & 10 km, Pretoria
- \* Mamre Half Marathon, Mamre
- \* McDonalds 2 McDonalds 10 km, George
- \* K-Way Table Mountain 16 km, Cape Town
- \* Total Youth Day 10 km, George
- \* Hoekwil Half Marathon & 10 km, Hoekwil
- \* XC: WP League Meeting, False Bay Nature Reserve; KZN League Meeting, Yellowwood Park
- \* Track: USSA Championships, Sasolburg
- \* Pietersburg Road Runners 100-mile and 24-hour Track Race, Polokwane

**International highlights:**

- \* Mattoni Olomouc Half Marathon, Olomouc, CZE
- \* Track: USATF Outdoor Track & Field Championships, Des Moines, USA; Kenyan Athletics Championship, Nairobi, KEN; Meeting international Lotto de Nivelles, Nivelles, BEL; Meeting Elite de Montreuil, Montreuil, FRA
- \* Lake Saroma 100 km, Yubetsu, JPN

**ROAD RUNNING****Spar Grand Prix Series**

(Women only; 3rd event of six-race series)

Durban, 24 June

(Distance: 10 km; certified loop course. Finishers: 5642 [up from 5523 last year].)

1. Betha Chikanga (ZIM/ME) 33:07
2. Glenrose Xaba (Boxer) 33:27
3. Nolene Conrad (KPMG) 33:43
4. Rudo Mhonderwa (ZIM/Ned) 33:53
5. Rutendo Nyahora (ZIM/Ned) 34:07
6. Kesa Molotsane (KPMG) 34:15
7. Lebo Phalula (Boxer) 34:37
8. Zintle Xiniwe (KPMG) 34:56
9. Lebogang Phalula (Boxer) 34:59
10. Cherise Sims (Boxer) 35:09
11. Patience Murowe (ZIM) 35:27
12. Mapaseka Makhanya (Ind) 35:31
13. Maria Shai (Boxer) 35:42
14. Ntombesintu Mfunzi (Ned) 35:47
15. Christine Kalmer (KPMG) 35:49
16. Makhosi Mhlongo (Ind) 35:56
17. Nontokozo Mkhize (Ind) 36:12
18. Thobile Mkhize (Ind) 36:29
19. Stella Marais (KPMG) 36:34
20. Anel Terblanche (KPMG) 37:03
- ... 26. René Kalmer (KPMG) 37:57

**Veterans:** 1. Bulelwa Simae (Ned) 38:16; 2. Ulrica Stander (KPMG) 38:33; 3. Ronel Thomas (Boxer) 39:38. **Masters:** 1. Judy Bird (KPMG) 40:03; 2. Grace de Oliveira (KPMG) 42:51; 3. Kim Meter (RAC) 43:09. **G'masters:** 1. Blanche Moila (Sav) 47:52; 2. Jenny Scott (DCS) 51:15; 3. Teresa Scott (PDAC) 54:16. **G/g'masters:** 1. Gill Tregenna (West)

57:55; 2. Ingrid Bolt (River) 74:05; 3. Ivy Lottering (Wings) 77:14. **Juniors:** 1. Thobile Vilakazi (KPMG) 37:33; 2. Casey Bosman (KPMG) 38:31; 3. Lyndi Roelofse (Boxer) 38:58.

### **Don Lock Memorial 8 km (59th) & 15 km (5th)**

Claremont, 24 June

(Certified loop courses. Finishers: 8 km – 847 [considerably up from 605 last year]; 15 km – 1156 [up from 1050].)

Note: Lee-Shay Willemse not only ran both races here, winning the shorter one easily and finishing second in the 15 km, but had also run the Mamre Half Marathon the previous day, (results below) while junior Carlo Flink also ran both races here and won his age category in both -- what an amazing waste of talent by these two young athletes! Another junior, Sophia Els, ran the Mamre race as well as the 15 km here. Like Willemse, veteran Mthandazo Qhina also ran all three races. Candyce Hall competed in Mamre and again in the 8 km here. --Ed.

#### **8 km**

MEN

1. Siboniso Soldaka (CPUT) 24:34
2. Lukhanyo Nobakada (VOB) 25:19
3. Mthandazo Qhina (Ned) 25:34

**Veterans:** 1. Mthandazo Qhina (Ned) 25:34; 2. Vuyani Sixaso (Gugs) 26:45; 3. Boy Makutu (Ned) 28:21. **Masters:** 1. Tobias Philander (Itheke) 29:17; 2. Isaac Manuel (Edge) 33:28; 3. Reggie Crowster (Tyger) n/t. **G'masters:** 1. Mark Wagenheim (AAC) 36:10; 2. Albert Williams (Top) 36:58; 3. Tim Jobson (Met) 39:01. **G/g'masters:** 1. Fred Moore (Ind) 37:36; 2. George Kane-Smith (VOB) 49:02; 3. Selwyn Tessel (AAC) 73:55. **Juniors:** 1. Carlo Flink (Itheke) 26:36; 2. Ayabulela Bodlo (VOB) 27:38; 3. Curtis Booyen (Itheke) 31:29.

WOMEN

1. Lee-Shay Willemse (Velo) 31:10
2. Candyce Hall (Carb) 33:03
3. Kesha Temmers (Velo) 33:21 (1st jun)

**Veterans:** 1. Caroline Wills [Illegible] 37:00; 2. Alexis Sacks (Carb) 42:01; 3. Kashiefa Anthony (Ommie) 42:07. **Masters:** 1. Sandra Khonert (Edge) 37:52; 2. Jillian Alterne (FH) 40:45; 3. Loren Rees (Harf) 42:07. **G'masters:** 1. Nancy Will (Pine) 38:18; 2. Charmaine Cupido (Ned) 41:17; 3. Helen Sutherland-Johns (VOB) 44:10. **G/g'masters:** 1. Marietha Herbert (Bell) 45:20; 2. Fatima Nieuwenhuis (Top) 68:43; 3. Elza Olivier (SS) 69:51. **Juniors:** 1. Kesha Temmers (Velo) 33:21; 2. Sama Galant (Ind) 34:45; 3. Emihle Mbinda (VOB) 35:08.

#### **15 km**

MEN

1. Bernard Rukadza (ZIM/Itheke) 47:33
2. Akhona Makila (VOB) 48:37
3. Petrus Zwane (Swart) 48:58

**Veterans:** 1. Mthandazo Qhina (Ned) 49:19; 2. Vuyani Sixaso (Gugs) 52:45; 3. Imran Paya (MAW/Gugs) 55:16. **Masters:** 1. Isaac Manuel (Edge) 61:48; 2. James Irlam (Itheke) 61:50; 3. Shafiek Cassiem (Itheke) 62:44. **G'masters:** 1. Mochamat Kriel (Ommie) 60:19; 2. Les Chivell (FH) 61:06; 3. Neville Frieslich (FH) 70:03. **G/g'masters:** 1. Jimmy Morris (Forest) 66:46; 2. Horst Schiffer (FH) 81:15; 3. Fred Moore (Ind) 86:22. **Juniors:** 1. Carlo Flink (Itheke) 50:59; 2. Lethu Cetywayo (VOB) 53:45; 3. Zubenathi Ncapayi (Central) 62:50.

## WOMEN

1. Madele du Plessis (Ned) 1:01:02
2. Lee-Shay Willemse (Velo) 1:03:16
3. Candice Davidson (Ind) 63:18

**Veterans:** 1. Marlize Vienings (Edge) 64:26; 2. Ursula Frans (Ned) 65:17; 3. Suzie Caras (Harf) 65:45. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 64:26; 2. Olga Howard (Ned) 65:05; 3. Sandra Kohnert (Edge) 68:10. **G'masters:** 1. Bev Charters (VOB) 71:48; 2. Nancy Will (Pine) 73:47; 3. Ora Human (Carb) 86:56. **G/g'masters:** 1. Pixie Sparg (Celtic) 86:44; 2. Marlene James (Pine) 1:50:23; 3. Hildegard Vey (VOB) 1:53:36. **Juniors:** 1. Razaan Kamaldien (Carb) 71:47; 2. Sophia Els (Bell) 96:27; 3. Anesu Magaya (Itheke) 1:41:02.

**Galaxy Bingo Heartbreak Hill Half Marathon (40th)**

Port Elizabeth, 23 June

(Distance: 21.1 km; certified loop course. Finishers: 820 [three fewer than last year's 823].)

## MEN

1	Andile	Motwana	Tinarha AC	21	1:06:12
2	Amos	Nyongo	Motherwell AC	31	1:10:07
3	Andre	Ketchem	Xcel AC	34	1:10:08
4	George	Ntshiliza	Nedbank RC	38	1:10:28
5	Mzolisi	Makhanda	Nedbank RC	35	1:10:58
6	Mvuyisi	Gcogco	Motherwell AC	28	1:13:07
7	Kevin	Gasebo	Transnet Eng EP	38	1:13:17
8	Mzwanele	Maphekula (1st vet)	Bluewater Bay	41	1:14:36
9	Anele	Maliza	Nedbank RC	40	1:15:26
10	Melikhaya	Kepe	Nedbank RC	42	1:15:54
11	Sinethemba	Mirele	SAPS AC EP	21	1:16:02
12	Zolile	Mhlahlo	Achilles AAA	43	1:17:32
13	Xolisa	Ndlumbini	Vukani MS Club	36	1:17:57
14	Mncedi	Khanti	Tinarha AC	38	1:18:34
15	Conrad	Viljoen	Temp	34	1:21:11
16	Brendon	Effenaar	Nedbank RC	22	1:21:44
17	Thabo	Witbooi	Kouga Multi SC	33	1:21:59
18	Trust	Mtewa	Up And Running	28	1:22:02
19	Bradley	Mackenzie	Achilles AAA	46	1:22:15
20	Michael	Bester	Achilles AAA	31	1:22:16

**40-44:**

1	Mzwanele	Maphekula	Bluewater Bay	41	1:14:36
2	Anele	Maliza	Nedbank RC	40	1:15:26
3	Melikhaya	Kepe	Nedbank RC	42	1:15:54

**45-49:**

1	Bradley	Mackenzie	Achilles AAA	46	1:22:15
2	Terrance	Mjekula	Tinarha AC	45	1:23:55
3	Luvuyo	Stephen	Nedbank RC	48	1:27:22

**50-54:**

1	Desmond	Zibi	Achilles AAA	54	1:23:21
2	Mutekile	Rasmeni	Nedbank RC	53	1:23:38
3	Sithembiso	Yozo	Nedbank RC	54	1:27:04

**55-59:**

1	Darrell	Wicht	Madiba BW	55	1:24:35
2	Ian	Patterson	Muirite Strider	55	1:31:44

3	Stephen	McCarthy	Edgemead Runnin	57	1:32:29
<b>60-64:</b>					
1	Chester	Brooks	Xcel AC	60	1:36:06
2	Bruce	McEwan	Achilles AAA	64	1:41:53
3	Charles	Baatjies	Gelvan AC	61	1:46:00
<b>65-69:</b>					
1	Hannes	Els	Madiba BW	68	1:39:37
2	Albert	Ngcanga	Xcel AC	68	1:41:07
3	Sizinzo	Kama	Achilles AAA	66	1:45:52
<b>70-74:</b>					
1	Syd	Lippstreu	Crusaders AC	70	2:05:08
2	Kobus	Gerber	PEAAC	74	2:05:26
3	Thembisile	Ntoni	PEAAC	70	2:12:43
<b>Juniors:</b>					
1	Anele	Voorman	Nedbank RC	18	1:28:24
2	Dewald	Klinkenburg	Temp	17	1:48:39
3	Sophumelela	Swartbooi	SAPS AC EP	15	2:04:55
<b>WOMEN</b>					
1	Liza-Marie	Kingston	Nedbank RC	36	1:31:00
2	Ndileka	Mvakwendlu	Tinarha AC	27	1:31:12
3	Adri	Wessels (1st vet)	St Albans AC	42	1:31:16
4	Davera	Magson	Nedbank RC	43	1:32:42
5	Siphokazi	Nojoko	Motherwell AC	23	1:34:24
6	Michelle	Enslin (1st mast)	Temp	50	1:34:56
7	Pearl	Prinsloo	Elite A C	39	1:35:29
8	Christine	Claasen	Achilles AAA	53	1:36:13
9	Asanda	Zamisa	Achilles AAA	35	1:36:24
10	Lea	Steyn	Temp	26	1:38:37
11	Tracey	Campbell	Profiles AC	37	1:38:54
12	Lindi	Georgiou	Body Concept	38	1:40:33
13	Katherine	Van der Walt	Body Concept	42	1:43:47
14	Pat	Thomson	Temp	58	1:43:49
15	Wilmeri	Potgieter	Crusaders AC	27	1:45:14
16	Agnes	Nieburg	Profiles AC	52	1:45:28
17	Lize-Ann	Steyn	Temp	25	1:45:38
18	Grizelda	Pietersen	Nedbank RC	49	1:45:49
19	Maieke	Kensley	Temp	34	1:46:37
20	Michelle	Van der Watt	Elite A C	51	1:46:48
<b>40-44:</b>					
1	Adri	Wessels	St Albans AC	42	1:31:16
2	Davera	Magson	Nedbank RC	43	1:32:42
3	Katherine	Van der Walt	Body Concept	42	1:43:47
<b>45-49:</b>					
1	Grizelda	Pietersen	Nedbank RC	49	1:45:49
2	Pauline	Thompson	Crusaders AC	48	1:50:47
3	Lesley Ann	Bush	Despatch AC	46	1:56:21
<b>50-54:</b>					
1	Michelle	Enslin	Temp	50	1:34:56
2	Christine	Claasen	Achilles AAA	53	1:36:13
3	Agnes	Nieburg	Profiles AC	52	1:45:28
<b>55-59:</b>					
1	Pat	Thomson	Temp	58	1:43:49
2	Laura	Maritz	Infinity AC	57	1:53:09
3	Rosemary	Joubert	32Gi EP AC	57	1:58:26

**60-64:**

1	Christine	Snyman	Despatch AC	62	2:09:07
2	Noleen	Norris	Gelvan AC	61	2:44:53
3	Shelley	Buncombe	Aspen Pharmacar	61	2:48:40

**65-69:**

1	Renee	Hawkridge	Bluewater Bay	67	1:55:24
2	Cathy	Ives	Achilles AAA	65	2:15:37

**70-74:**

1	Liz	Jenkerson	Muirite Strider	71	2:11:51
2	Ronelle	Steyn	Nedbank RC	74	2:17:35
3	Denise	Terblanche	Infinity AC	70	2:34:09

**Juniors:**

1	Natasha	Magaga	Motherwell AC	16	2:15:32
2	Britney	Wilmans	Temp	18	2:18:24
3	Zene	Gerber	Madibaz AC	17	2:20:38

**Riana van Niekerk Run 4 Bibles Half Marathon & 10 km**

Pretoria, 23 June

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 600; 10 km -- 1180.)

**Half marathon****MEN**

1 Vuyisile Tshoba (KPMG) 71:10; 2 Philani Buthelezi (KPMG) 71:11; 3 Moses Njuguna (KEN) 74:18 (1st vet).

**Veterans:** 1 Moses Njuguna (KEN) 74:18. **Masters:** 1 Joseph Ndlovu (ACE) 84:57.

**G'masters:** 1 Colin Fisher (CSIR) 95:39. **G/g'masters:** 1 Pele Tshikundamalema (Nedbank) 1:53:52.

**WOMEN**

1 Vuyokazi Gebe (CSIR) 85:20; 2 Annerie Kruger (Magnolia) 94:47; 3 Maria Bendana (Moningside) 97:59

**Veterans:** 1 Sonet Marias-Werner (Agape) 1:47:40. **Masters:** 1 Maria Bendana (Moningside) 97:59. **G'masters:** 1 Carole de Waal (Wingate) 2:03:01. **Juniors:** 1 Naftileen Grobler (Highveld Pumas) 1:48:05.

**10 km****MEN**

1 Lucky Mohale (Boxer) 31:27; 2 Reghen Magwai (Born 2 Run) 31:31; 3 Richard Mavuso (CS) 32:22 (1st vet).

**Veterans:** 1 Richard Mavuso (CS) 32:22. **Masters:** 1 Nelson Simango (CS) 38:32.

**G'masters:** 1 Jan Esau (PMMC) 46:26. **G/g'masters:** 1 Lammie Fourie (Agape) 57:29.

**80+:** 1 Ken Nurden (Agape) 61:36. **Juniors:** 1 Khan Nothnagel (VTM) 37:55.

**WOMEN**

1 Kataza Shipalana (Masai) 37:14; 2 Magretha Pierce (Irene) 40:24; Jacquie v.d. Waals (Irene) 40:28 (1st vet).

**Veterans:** 1 Jacquie v.d. Waals (Irene) 40:28. **Masters:** 1 Eugenia Iturralde (Magnolia) 51:27. **G'masters:** 1 Joey Cloete (Irene) 51:55. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 68:59. **80+:** 1 Deirdre Larkin (Randburg) 70:02. **Juniors:** 1 Chanelle Kruger (KPMG) 40:53.

## Mamre Half Marathon

Mamre, 23 June

(Distance: 21.1 km. Finishers: 554 [up from 489 last year].)

### MEN

1. Siviwe Nkombi (Itheke) 1:08:15
2. Nkosiyethu Sotyantya (MSA) 1:09:33
3. Mthandazo Qhina (Ned) 1:11:59 (1st vet)

**Veterans:** 1. Mthandazo Qhina (Ned) 1:11:59; 2. Vakalisa Kopolo (Ned) 1:12:58; 3. Shawn Abrahams (Kuil) 1:17:38. **Masters:** 1. Steve Motau (Itheke) 1:23:15; 2. John September (Itheke) 1:26:54; 3. Leon Williams (Sawrt) 1:27:41. **G'masters:** 1. Mochamat Kriel (Ommie) 1:32:51; 2. Graham Hough (WC) 1:44:53; 3. Johannes Jacobs (Celtic) 1:47:05. **G/g'masters:** 1. Willie van Wyk (Brack) 1:48:51; 2. Gideon Malherbe (Celtic) 2:03:13; 3. Jeff Smith (Itheke) 2:12:52. **Juniors:** 1. Siyabonga Mathe (East) 1:17:14; 2. Bronwyn George (Durb) 1:22:19; 3. Zitron Jones (Velo) 1:27:52.

### WOMEN

1. Nomvuyisi Seti (Langa) 1:26:56
2. Lee-Shay Willemsse (Velo) 1:28:48
3. Candyce Hall (Carb) 1:33:34

**Veterans:** 1. Melany Porter (Pine) 1:40:08; 2. Jacky Misroll (Pine) 1:42:48; 3. Laura Simonis (Carb) 1:44:59. **Masters:** 1. Mariëtte Strauss (Tyger) 1:38:55; 2. Monica Paterson (WC) 1:48:50; 3. Griet Zakarian (Ind) 1:49:01. **G'masters:** 1. Charmaine Cupido (Ned) 1:49:05; 2. Sonia Smith (Celtic) 1:58:27; 3. Helen du Plessis (Brack) 2:11:58. **G/g'masters:** 1. Marlene James (Pine) 2:43:26; 2. Fatima Nieuwenhuis (Top) 3:01:16. **Juniors:** 1. Sophia Els (Bell) 2:04:44.

## McDonalds 2 McDonalds 10 km

George, 23 June

(Finishers: 371 [up from 349 last year].)

### MEN

1	Lloyd Bosman	Nedbank	29:44
2	Godwin Heyns	Nedbank	31:10
3	Gershwill Jacobs	Nedbank	32:24

### Veterans:

1	Mxolisi Fana	Outeniqua Harriers	35:21
2	Marlon Mortlock	Knysna	38:00

### Masters:

1	Anton Chevalier	Nedbank	38:30
2	Peter Jaehne	Outeniqua Harriers	38:48

### G'masters:

1	Koos Smit	Hartenbos Drawwers	44:34
2	Jan du Toit	Hartenbos Drawwers	47:28

### G/g'masters:

1	Abraham Coetzee	Knysna	51:58
2	Plaatjie Cronje	Outeniqua Harriers	58:41

### 80+:

1	David Morgan-Smith	Knysna	1:11:13
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### Juniors:

1	Christiaan Lingerveldt	Nedbank	34:24
2	Ricardo Cornelius	Cape Multi Sport	35:06

## WOMEN

1	Melissa van Rensburg	Nedbank	38:15
2	Candice van Beulen	Nedbank	40:26
3	Annatjie Botes	Nedbank	42:22

**Veterans:**

1	Adriadne van Zandbrgen	Cape Multi Sport	43:42
2	Johanna Claassen	Nedbank	45:45

**Masters:**

1	Alison Jordaan	Nedbank	44:56
2	Rina Wray	Hartenbos	48:01

**G'masters:**

1	Annatjie Botes	Nedbank	42:22
2	Mariëtte de Haan	Nedbank	53:30

**G/g'masters:**

1	Anna-Mari van Eck	Nedbank	1:08:35
2	Daleen le Roux	Nedbank	1:16:38

**80+:**

1	Cecilia Swiegers	Nedbank	1:12:40
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**Juniors:**

1	Candice van Beulen	Nedbank	40:26
2	Louw-Anne Lourens	Nedbank	44:00

**K-Way Table Mountain 16 km (42nd)**

Cape Town, 17 June

(Out-and-back course up the "back table" of Table Mountain and then down again; extremely difficult. Finishers: 205 [down from 217 last year].)

Note: Repeat victories here for Admire Rushika and Suzie Caras. -- Ed.

## MEN

1.	Admire Rushika	ZIM/VOB	61:46
2.	Colin George	VOB	69:22
3.	Ryan Winter	Pinelands	73:24

**Veterans:**

1.	Colin George	VOB	69:22
2.	Ryan Winter	Pinelands	73:24
3.	Peter Shackleton	Ind	77:16

**Masters:**

1.	Piers Stead	WP Cricket	77:05
2.	James Wisebach	Ind	77:36
3.	Derek Oehley	Harfield Harriers	77:54

**G'masters:**

1.	Kashief Sardilen	Ommiedraai	1:41:00
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## WOMEN

1.	Suzie Caras	Harfield Harriers	83:01
2.	Dain Hamilton	VOB	84:47
3.	Rose Buchanan	Ind	88:27

**Veterans:**

1.	Suzie Caras	Harfield Harriers	84:47
2.	Jacqui Thomas	Ind	1:44:50
3.	Shelly van der Westhuizen	Ind	1:50:18



**Masters:**

1.	Dain Hamilton	VOB	84:47
2.	Suzanne Nicholas	Ind	1:37:22
3.	Bridgid Hamilton Russell	Harfield Harriers	1:38:37

**G'masters:**

1.	Rosalie Richfield	UCT	1:57:03
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**Total Youth Day 10 km**

George, 16 June  
(Finishers: 401)

**MEN**

1	Lloyd Bosman	Nedbank	30:13
2	Godwin Heyn	Nedbank	31:18
3	Donavon Jantjies	Nedbank	33:02

**Veterans:**

1	Wouter Franzenburg	Outeniqua Harriers	34:28
2	Mxolisi Fana	Outeniqua Harriers	34:50

**Masters:**

1	Anton Chevalier	Nedbank	39:30
2	Hermanus Jonkerman	Nedbank	40:58

**G'masters:**

1	Sidwell Oktober	Rainbow AC	42:32
2	Patrick Rawlins	Outeniqua Harriers	43:37

**G/g'masters:**

1	Abraham Coetzee	Knysna	52:22
2	Leslie Stuart	Hartenbos Drawwers	52:42

**Juniors:**

1	Luther Blaauw	Nedbank	33:52
2	Christiaan Lingerveldt	Nedbank	34:33
3	Rubin Geduld	Rainbow AC	34:40

**WOMEN**

1	Stephany Petro	Nedbank	39:41
2	Candice van Beulen	Nedbank	40:54
3	Nadine Malan	Plett AC	42:35

**Veterans:**

1	Annegret Pauw	Nedbank	45:23
2	Carike Fourie	Nedbank	45:53

**Masters:**

1	Agnes Nieburg	Profile-EPA	46:39
2	Annemari v.d. Westhuizen	Nedbank	50:48

**G'masters:**

1	Annatjie Botes	Nedbank	42:53
2	Mariette de Haan	Nedbank	54:30

**G/g'masters:**

1	Anna-Mari van Eck	Nedbank	1:08:32
2	Daleen Le Roux	Nedbank	1:13:07

**Juniors:**

1	Stephany Petro	Nedbank	39:41
2	Candice van Beulen	Nedbank	40:54
3	Nadine Malan	Plett AC	42:35

## Hoekwil Half Marathon & 10 km

Hoekwil, George, 19 May

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 181 [up from 145 last year]; 10 km -- 211 [slightly up from 204].)

### Half marathon

#### MEN

1	John April	Nedbank	1:14:49
2	Lindile Tokota	Nedbank	1:18:06
3	Melikhaya Msizi	Knysna MC	1:20:36

#### Veterans:

1	Mxolisi Fana	Outeniqua Harriers	1:21:38
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#### Masters:

1	Lindile Tokota	Nedbank	1:18:06
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#### G'masters:

1	Sidwell Oktober	Rainbow AC	1:48:07
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#### G/g'masters:

1	Michael Brewis	Knysna MC	1:51:12
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#### Juniors:

1	Mosuli Plaatjie	Knysna MC	1:32:22
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#### WOMEN

1	Melissa van Rensburg	Nedbank	1:32:20
2	Lisl Grobler	Knysna MC	1:42:15
3	Annatjie Botes	Nedbank	1:42:58

#### Veterans:

1	Lisl Grobler	Knysna MC	1:42:15
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#### Masters:

1	Alison Jordaan	Nedbank	1:48:07
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#### G'masters:

1	Anatjie Botes	Nedbank	1:42:58
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#### G/g'masters:

1	Ester Oosthuizen	Hartenbos Drawwers	2:42:58
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### 10 km

#### MEN

1	Donovan Jantjies	Nedbank	33:56
2	Francois Nkwasa	Nedbank	34:26
3	Anderson Ncube	Nedbank	35:24

#### Veterans:

1	Wouter Fransenberg	Outeniqua Harriers	36:46
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#### Masters:

1	Alfred Nise	Knysna MC	44:20
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#### G'masters:

1	Patrick Rawlins	Outeniqua Harriers	47:25
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#### G/g'masters:

1	Mike Derbidge	Knysna MC	54:18
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#### Juniors:

1	Christiaan Lingerveldt	Nedbank	36:00
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#### WOMEN

1	Britney-Ann Meyer	Nedbank	43:32
2	Anastasia Plaatjies	Nedbank	44:41
3	Candice van Beulen	Nedbank	47:03

**Veterans:**

1	Tanya Osborn	Outeniqua Harriers	57:36
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**Masters:**

1	Sharon Losper	Nedbank	57:11
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**G'masters:**

1	Mariet Horn	Knysna MC	1:04:38
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**G/g'masters:**

1	Dolla Geldenhuys	Ceres AC	1:17:15
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**Juniors:**

1	Britney-Ann Meyer	Nedbank	43:32
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**CROSS-COUNTRY****WP League Meeting (2nd)**

False Bay Nature Reserve, 17 June

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

## SR. MEN (10 km)

1	Anthony	Timoteus	UWC	30:43
2	Vuyolwethu	Mbukushe	Gugs	31:03
3	Siviwe	Nkombi	Nedbank	31:07
4	Kane	Reilly	Ind	31:23
5	Gilbert	Mutandiro	ZIM/Century City	31:58
6	Lukhanyo	Nobokada	VOB	32:57
7	Akhona	Makila	VOB	32:58
8	Lorenzo	Olyn	Sanlam	33:18
9	Mandilakhe	Mbekwa	VOB	33:25
10	G C	Motsoagosele	SANDF	33:29

## SR. MEN

1	Vuyolwethu	Mbukushe	Gugs	15:04
2	Andre	Afrika	Eerste River	15:26
3	Morne	Kammies	Sanlam	15:34
4	Heinrich	?	UWC	15:41
5	Rowhaldo	Ratz	UWC	15:48
6	Mbali	Hhashe	Nedbank	16:06
7	Lorenzo	Pieters	ORAK	16:13
8	Aubrey	Kotze		16:14
9	Vakalisa	Kopolo	Nedbank	16:16
10	Tashwell	Damons	UWC	16:27

## VETERAN MEN (8 km)

1	Vakalisa	Kopolo	Nedbank	28:22
2	Alonzo	Mei	Spartan	28:47
3	Bonisile	Ngculana	VOB	28:47

## MASTER MEN (8 km)

1	Andrew	Cooper	Nedbank	31:01
2	Tobias	Philander	Itheko	31:45
3	Julian	Paul	SANDF	33:07

## G'MASTER MEN (8 km)

1	Les	Chivell	Fishhoek	23:43
2	Jeremy	Kropman	Foresters	26:38
3	Christian	Edwards	VOB	26:47

## G/G'MASTER MEN (8 km)

1	Horst	Schiffer	Fishhoek	31:08
2	Peter	Donald	West Coast	34:14
3	Jeff	Smith	Itheko	35:45

## U.20 (8 km)

1	Carlo	Flink	Itheko	27:42
2	Siyabonga	Mathe	Easterns	28:02
3	Gershon	Aziza	Spartan	28:07

## U.18 (6 km)

1	Sherwin	Jooste	Bottelary	19:19
2	Edward	Jack	Central	19:46
3	Zubenathi	Ncapayi	Central	19:47

## SR. WOMEN (10 km)

1	Bulelwa	Simae	Nedbank	38:40
2	Sophie	Cope	UCT	39:03
3	Madele	du Plessis	Nedbank	39:59
4	Lee-Shay	Willemse	Velocity	40:01
5	Candyce	Hall	Carbineers	40:36
6	Nolubabalo	Queen	VOB	42:56
7	Nocwaka	Mthetho	MSA	44:39
8	Linda	Detering	Carbineers	45:12
9	Vuyiseka	Nkumenge	Nedbank	45:12
10	Busisiwe	Matiwane	Nedbank	45:16

## SR. WOMEN

1	Icarien	Van Deventer	Nedbank	20:01
2	Lee-Shay	Willemse	Velocity	20:59
3	Mandy-Lee	Jacobs	Nedbank	21:17
4	Annereen	Malan	Nedbank	22:04
5	Monique	Roberts	RWFL	22:43
6	Jacky	Misroll	Pinelands	22:51
7	Nolwando	Tsutsu	Khayelitsha	23:15
8	Kaylon	Herman	Helderberg	23:28
9	Melody	Marcus-Cupido	In Touch	23:37
10	Nolitha	Mhlomi	AAC	25:12

## VETERAN WOMEN

1	Christiane	Adriaanse	VOB	18:28
2	Bulelwa	Simae	Nedbank	19:29
3	Marilize	Vienings	Edgemead	20:43

## MASTER WOMEN

1	Sandra	Kohnert	Edgemead	20:25
2	Mariette	Strauss	Tygerberg	20:52
3	Olga	Howard	Nedbank	21:14

## G'MASTER WOMEN

1	Bev	Charters	VOB	21:55
2	Hilary	Rhode	Edgemead	23:20
3	Judith	Grove	Tygerberg	24:10

## G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic	27:08
2	Fatima	Nieuwenhuis	Top Form	36:07
3	Annatjie	Berntzen	Goodwood	37:18

## U.20 (6 km)

1	Anitha	Nonene	Gugs	24:40
2	Mia	Lyons	Langebaan	24:52
3	Simone	Adams	Bottelary	25:16

## U.18

1	Alexa	Mesham	VOB	17:38
2	Kia	Gibbs	VOB	18:16
3	Athemba J	Nqumashe	Bottelary	19:11

**KZN League Meeting (8th)**

Yellowwood Park, 23 June

## MEN (10 km)

1	Sipho Gift	Mbanjwa	Phantane AC	33:15
2	Ncedisani	Phungula	Hollywood Bets	33:32
3	Lindokuhle	Ntuli	Hollywoodbets	35:13
4	Ntokozo	Zukulu	DUT	37:49
5	Thabiso	Ngalonkulu	Black Diamond	37:53
6	Mpatho	Shandu	Umlazi	40:33
7	Simphiwe	Zondi	Umgababa AC	42:23
8	Lucky	Smith	Chatsworth	40:24
9	Philani	Mngadi	Nedbank	42:40

**TRACK****USSA Championships**

Sasolburg, 27-29 April

## MEN

## 800 (29):

1. Rynardt van Rensburg (Kov) 1:48.59
2. Henco Uys (NWU) 1:48.99
3. Ruan Jonck (Kov) 1:49.78

## 1500 (28):

1. Rantso Mokopane (NWU) 3:48.99
2. Hlaselo Dumisane (UJ) 3:50.29
3. Henry Makane (UJ) 3:50.46

## 3000 s/chase (28):

1. Sive Ngubo (TUT) 9:24.38
2. Onkabeste Sebola (UJ) 9:27.94
3. Bongani Nkutha (Kov) 9:32.74

## 5000 (29):

1. Rantso Mokopane (NWU) 14:35.14
2. Milton Kekana (TUT) 14:37.52
3. Pakiso Kantoro Mthembu (Kov) 14:46.71

## 10000 (27):

1. Milton Kekana (TUT) 30:02.60
2. Puseletso Mofokeng (NWU) 30:06.80
3. Michael Pienaar (Tuk) 31:00.50

## WOMEN

## 800 (29):

1. Ts'epang Sello (Kov) 2:10.35
2. Niene Muller (Tuk) 2:10.80
3. Danette Marais (Tuk) 2:10.90

1500 (28):

1. Ts'epang Sello (Kov) 4:29.09
2. Marné Mentz (Kov) 4:31.99
3. Tyler Beling (Kov) 4:34.83

3000 s/chase (28):

1. Lara Orrock (Kov) 11:12.00
2. Thembi Baloyi (TUT) 11:49.58
3. Lizandre Mulder (Kov) 11:59.39

5000 (29):

1. Kesa Molotsane (Kov) 17:00.53
2. Tyler Beling (Kov) 17:38.82
3. Marné Mentz (Kov) 17:50.97

10000 (27):

1. Kesa Molotsane (Kov) 34:49.16
2. Rachel Leistra (UJ) 37:54.39
3. Hanlie Etsebeth (NWU) 39:16.08

## ULTRAMARATHONING

### Pietersburg Road Runners 100-mile and 24-hour Track Race

Polokwane, 14-15 April

(Finishers: 100 miles -- 13; 24 hours -- 35)

Note: Daleen Cilliers finished 5th overall in the 100 miles and 10th in the 24 hours, while Cornel Metcalfe was 6th and 4th respectively. Lorraine Boshoff was 9th and 6th respectively. Oleg Kharitonov, 2006 Comrades champion, set a new world 50+ record of 13:27:27 in the 100 miles. A total of fourteen SA age-group records were set in the 100 miles, 24 hours and 100 km. -- Ed.

#### 100 miles

MEN

1. Oleg Kharitonov (RUS) 13:27:27
2. Ivan Penalba Lopez (ESP) 14:30:35
3. Nonoza Lucky Maahlo (PRR) 15:20:21
4. Dmitry Prokhorov (SWE) 18:47:00
5. Hilton Murray (Bell) 19:56:19

WOMEN

1. Daleen Cilliers (Maluti) 19:18:15
2. Cornel Metcalfe (Carlton) 19:44:24
3. Lorraine Boshoff (Voortrekker) 20:59:06

#### 24 hours (distance in kilometres)

MEN

1. Ivan Penalba Lopez (ESP) 249.324 NR
2. Dmitry Prokhorov (SWE) 191.038
3. Hilton Murray (Bell) 176.525
4. Gavin Pansegrouw (B2R) 169.072
5. Tobie Reynecke (Magnolia) 166.547

WOMEN

1. Cornel Metcalfe (Carlton) 174.000

2. Lorraine Boshoff (Voortrekker) 168.847
  3. Daleen Cilliers (Maluti) 161.600
  4. Charmaine Warriker (Voortrekker) 133.830
  5. Martie Boesenberg (Agape) 128.687
- 

## 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

### Mattoni Olomouc Half Marathon (9th)

(IAAF Gold Label Road Race)

Olomouc, CZE, 23 June (19h00 start time)

(Distance: 21.1 km; certified loop course)

MEN (gun times)

- |                                    |                |                        |
|------------------------------------|----------------|------------------------|
| 1. Stephen KIPROP, KEN             | 1:00:15 PB/CR* | € 3000 + 1000* + 2000i |
| 2. Jemal YIMER, ETH                | 1:00:37        | 1500 + 1000i           |
| 3. Abel KIPCHUMBA, KEN             | 1:00:57        | 1000 + 1000i           |
| 4. Evans CHERUIYOT, KEN            | 1:01:00        | 600                    |
| 5. Justus Kipkogei KANGOGO, KEN    | 1:01:34        | 500                    |
| 6. Festus TALAM, KEN               | 1:01:35        | 400                    |
| 7. Meshack Kiprop KOECH, KEN       | 1:01:37        | 200                    |
| 8. Roncer Kipkorir KONGA, KEN      | 1:01:47 PB     | 100                    |
| 9. Kenneth KETER, KEN              | 1:01:54        |                        |
| 10. Philimon Kipkorir MARITIM, KEN | 1:03:36        |                        |

\*) Course record bonus

i) Earned open time bonus

WOMEN (gun times)

- |                                 |            |                                     |
|---------------------------------|------------|-------------------------------------|
| 1. Netsanet GUDETA, ETH         | 1:07:30    | € 3000 + 1000i                      |
| 2. Aselefech MERGIA, ETH        | 1:09:45    | 1500                                |
| 3. Trihas GEBRE, ESP            | 1:09:51 PB | 1000                                |
| 4. Clémence CALVIN, FRA         | 1:09:52 PB | 600                                 |
| 5. Eva VRABCOVÁ, CZE            | 1:11:10    | 500 + CZK 12,000 + 5000# + 10,000## |
| 6. Lilia FISI KOVICI, MDA       | 1:11:43 NR | 400                                 |
| 7. Antonia KWAMBAI, KEN         | 1:11:52    | 200                                 |
| 8. Maryna DAMANTSEVICH, BLR     | 1:12:32    | 100                                 |
| 9. Penninah KANDIE, KEN         | 1:13:13    |                                     |
| 10. Brendah Kamonya KEBEYA, KEN | 1:14:46 PB |                                     |

i) Earned open time bonus

#) Bonus for Czech athlete event record

##) Earned Czech athlete time bonus

**TRACK****USATF Outdoor Track & Field Championships**

(USA Athletics Championships)

Des Moines, USA, 21-24 June

**MEN**

800 (24):

1. Clayton Murphy, NIKE Oregon Project, 1:46.50
2. Isaiah Harris, NIKE, 1:47.11
3. Erik Sowinski, NIKE, 1:47.76
4. Brandon Lasater, Atlanta, TC 1:48.27
5. Drew Piazza, Unattached, 1:48.36

1500 (23):

1. Matthew Centrowitz, NIKE Oregon Project, 3:43.37  
[last 400 53.6; 4th national 1500 title]
2. Izaic Yorks Brooks Beasts TC, 3:43.63
3. Eric Jenkins NIKE Oregon Project, 3:43.74
4. Patrick Casey, Under Armour, 3:43.84
5. Robert Domanic, Ole Miss, 3:43.95
6. Drew Hunter, adidas/Tinman Elite, 3:43.97

5000 (24):

1. Paul Chelimo, U.S. Army, 13:29.47  
[last 400, 55.8; retains title]
2. Ryan Hill, NIKE Bowerman TC, 13:29.67
3. Hassan Mead, NIKE Oregon Track Club Elite, 13:30.12
4. Riley Masters, NIKE, 13:30.23
5. Emmanuel Bor, U.S. Army/Am, 13:31.52

10000 (21):

1. Lopez Lomong, NIKE/Bowerman TC, 28:58.38
2. Shadrack Kipchirchir, NIKE, 28:59.67
3. Elkanah Kibet, U.S. Army, 29:05.51
4. Reed Fischer, Tinman Elite, 29:06.81
5. Garrett Heath, Brooks Beasts TC, 29:09.15

3000 s/chase (24):

1. Evan Jager, NIKE Bowerman TC, 8:20.10  
[7th straight national title]
2. Hillary Bor, U.S. Army, 8:22.58
3. Andy Bayer, NIKE, 8:24.66
4. Stanley Kebenei, NIKE, 8:28.39
5. Jordan Mann, Ocean State, 8:28.55

**WOMEN**

800 (24):

1. Ajee' Wilson, adidas, 1:58.18 FR  
[3rd national title]
2. Raevyn Rogers, NIKE, 1:58.57 PB
3. Ce'Aira Brown, HOKA NJNYTC, 1:58.65 PB
4. Kaela Edwards, adidas, 1:59.68 PB
5. Charlene Lipsey, adidas, 1:59.95



## 1500 (23):

1. Shelby Houlihan, NIKE/Bowerman TC, 4:05.48  
[last 400 57.7]
2. Jenny Simpson, New Balance, 4:06.21
3. Kate Grace, NIKE/Bowerman TC, 4:07.04
4. Rachel Schneider, Under Armour, 4:08.33
5. Dani Jones, Colorado, 4:09.16  
Brenda Martinez, New Balance, DNF (fell)

## 5000 (24):

1. Shelby Houlihan, NIKE/Bowerman TC, 15:31.03  
[1st to complete 1500/5000 double since Regina Jacobs, 2000]
2. Rachel Schneider, Under Armour, 15:32.71
3. Karissa Schweizer, Missouri, 15:34.31
4. Lauren Paquette, Brooks, 15:36.83
5. Vanessa Fraser, Bowerman TC, 15:36.89

## 10000 (21):

1. Molly Huddle, Saucony, 31:52.32  
[last 4 laps 73.2 - 71.8 - 69.0 - 64.6; last 1600 4:38.6]
2. Marielle Hall, NIKE/Bowerman TC, 31:56.68
3. Stephanie Bruce, HOKA ONE ONE, 32:05.05
4. Emily Sisson, New Balance, 32:06.31
5. Sarah Pagano, Boston Athletic Association, 32:13.21

## 3000 s/chase (23):

1. Emma Coburn, New Balance, 9:17.70 FR\*  
[7th national title; 5th in a row]
2. Courtney Frerichs, NIKE/Bowerman TC, 9:18.69
3. Mel Lawrence, Oiselle, 9:33.30 PB
4. Shalaya Kipp, Unattached, 9:41.24
5. Emily Oren, Oiselle, 9:44.75

**Kenyan Athletics Championship**

Nairobi, KEN, 21-23 June

## MEN

## 800 (23):

1. Jonathan KITILIT (KEN) 1994 1:43.46
2. Ferguson ROTICH (KEN) 1989 1:44.26
3. Jackson KIVUVA (KEN) 1988 1:44.73
4. Boaz KIPRUGUT (KEN) 1998 1:45.22
5. Cornelius TUWEI (KEN) 1993 1:45.28

## 1500 (23):

1. Timothy CHERUIYOT (KEN) 1995 3:34.82
2. Charles SIMOTWO (KEN) 1995 3:36.86
3. Jeremiah KIPTANUI (KEN) 1998 3:36.98
4. Laban KIPLIMO (KEN) 3:37.37
5. Lawi KOSGEI (KEN) 1999 3:38.28

## 5000 (23):

1. Samuel CHEBOLEL (KEN) 2001 13:38.26
2. Cyrus RUTTO (KEN) 1992 13:38.81
3. Peter NDEGWA (KEN) 13:39.35
4. Richard KIMUNYAN (KEN) 1998 13:39.86

5. Vedic KIPKOECH (KEN) 1996 13:41.93

10000 (22):

1. Vincent RONO (KEN) 1990 28:17.24
2. Josphat BETT (KEN) 1990 28:24.85
3. Isaac KIPSANG TEMOI (KEN) 1999 28:27.55
4. Stephen ARITA (KEN) 1988 28:30.79
5. Peter KIPROTICH (KEN) 1998 28:32.95

3000 s/chase (23):

1. Conseslus KIPRUTO (KEN) 1994 8:18.05
2. Amos KIRUI (KEN) 1998 8:18.37
3. Kennedy NJIRU (KEN) 1991 8:18.48
4. Benjamin KIGEN (KEN) 1993 8:22.64
5. Emmanuel KIPRONO BETT (KEN) 1995 8:25.10
6. Ezekiel KEMBOI (KEN) 1982 8:34.90

WOMEN

800 (23):

1. Emily CHEROTICH (KEN) 1986 1:59.52
2. Eunice SUM (KEN) 1988 2:00.76
3. Margaret NYAIRERA (KEN) 1995 2:00.86
4. Eglay NALYANLA (KEN) 1996 2:01.84
5. Jarinter MAWIA (KEN) 2:04.70

1500 (23):

1. Winny CHEBET (KEN) 1990 4:09.69
2. Mary KURIA (KEN) 1987 4:10.81
3. Judy KIYENG (KEN) 1994 4:10.83
4. Nelly JEPKOSGEI (KEN) 1991 4:11.76
5. Winfred MBITHE (KEN) 1997 4:14.28

5000 (23):

1. Hellen OBIRI (KEN) 1989 15:09.82
2. Lilian KASAIT (KEN) 1997 15:14.52
3. Beatrice CHEPKOECH (KEN) 1991 15:15.34
4. Loice CHEMNUNG (KEN) 1997 15:16.99
5. Paskalia CHEPKORIR (KEN) 1988 15:32.26

10000 (22):

1. Pauline KORIKWIANG (KEN) 1988 31:51.1h
2. Alice APROT (KEN) 1994 31:59.1h
3. Sandrafelis CHEBET (KEN) 1998 32:16.5h
4. Perine NENGAMPI (KEN) 1988 32:42.3h
5. Rosemary WANJIRU (KEN) 1994 32:59.3h

3000 s/chase (22):

1. Beatrice CHEPKOECH (KEN) 1991 9:23.73
2. Celliphine CHESPOL (KEN) 1999 9:28.36
3. Fancy CHERONO (KEN) 2001 9:37.62
4. Joan CHEPKEMOI (KEN) 1993 9:42.99
5. Mercy WANJIRU (KEN) 1999 9:45.62

**Meeting international Lotto de Nivelles (32nd)**

(Europe Athlétisme Promotion Meeting)

Nivelles, BEL, 23 June

## MEN

800:

Race A:

- |                                |            |
|--------------------------------|------------|
| 1. Jamal Al-Hayrani, QAT, 1993 | 1:45.67 PB |
| 2. Abubaker Hayder, QAT, 1996  | 1:46.02    |
| 3. Henco Uys, RSA, 1992        | 1:47.67    |
| 4. Adam Musab, QAT, 1995       | 1:47.69    |
| 5. Naude Hannes, RSA, 1990     | 1:48.03    |

1500:

Race A:

- |                              |         |
|------------------------------|---------|
| 1. Ryan Mphahlele, RSA, 1998 | 3:41.44 |
| 2. Ziad Audah, CABW, 1998    | 3:45.61 |
| 3. Peter Glans, DEN, 1993    | 3:45.69 |

3000:

- |                                    |         |
|------------------------------------|---------|
| 1. Yaser Salem Bagharab, QAT, 1998 | 8:03.24 |
| 2. Marko Bucarizza, RSA, 1988      | 8:10.61 |
| 3. Said Mechaal, ESP, 1998         | 8:13.99 |

## WOMEN

Race A:

- |                                  |         |
|----------------------------------|---------|
| 1. Tsepang Sello, LES, 1997      | 2:06.25 |
| 2. Vera Hoffmann, LUX, 1996      | 2:06.84 |
| 3. Elea Henrard, LACE, 1999      | 2:06.99 |
| ... 8. Danette Marais, RSA, 1996 | 2:09.28 |

Race B:

- |                                |         |
|--------------------------------|---------|
| 1. Laura Moeller, DEN, 1994    | 2:11.57 |
| 2. Danel du Plessis, RSA, 1997 | 2:13.62 |
| 3. Lise Thimon, FRA, 1997      | 2:14.43 |

**Meeting Elite de Montreuil**

Montreuil, FRA, 19 June

## WOMEN

- |                             |         |
|-----------------------------|---------|
| 1. Francine Niyonsaba, BDI  | 1:59.71 |
| 2. Nataliya Prishchepa, UKR | 1:59.83 |
| 3. Malika Akkaoui, MAR, 87  | 2:00.34 |
| 4. Docus Ajok, ITA          | 2:00.66 |
| 5. Renelle Lamote, FRA, 93  | 2:00.76 |

2000:

- |                        |            |
|------------------------|------------|
| 1. Genzebe Dibaba, ETH | 5:27.73 WL |
| 2. Meraf Bahta, SWE    | 5:37.12    |
| 3. Beyenu Defega, ETH  | 5:38.19    |

## ULTRAMARATHONING

**Lake Saroma 100 km** (33rd)  
Yubetsu, Hokkaido, JPN, 24 June

Note: A pending men's IAU world record (world best by IAAF standards) for Nao Kazami here. --Ed.

MEN (gun times)

1. Nao Kazami - 6:09:14 CR/WB\*
2. Koji Hayasaka - 6:20:49
3. Takehiko Gyoba - 6:22:55
4. Hideaki Yamauchi - 6:23:49
5. Yoshiki Kawauchi - 6:28:35

\*) Course record and IAU world record; previous 6:13:33, Takahiro Sunada (JPN), 1998

WOMEN (gun times)

1. Mai Fujisawa - 7:37:56
2. Konoka Azumi - 7:47:07
3. Aiko Kanematsu - 7:49:18
4. Yuko Kusunose - 7:55:19
5. Tomomi Nakashima - 8:01:20

## NEWS

### FARAH TO FACE RUPP AT BANK OF AMERICA CHICAGO MARATHON

Four-time Olympic gold medallist Mo Farah of Great Britain will face defending champion and former training partner Galen Rupp at the 2018 Bank of America Chicago Marathon on Sunday, 7 October, reports *Race Results Weekly*. The race also announced that it will be bringing back pacemakers which were discontinued in 2015.

Farah and Rupp were formerly training partners under Nike's Oregon Project program and coach Alberto Salazar, but Farah subsequently moved back to Britain and is now coached independently by Gary Lough. Rupp still lives in Portland and still trains under Salazar.

Rupp, twice an Olympic medallist, won last year's Chicago race in 2:09:20 in his first attempt at that event. Farah has never run Chicago and is coming off of a third place finish at the Virgin Money London Marathon last April where he finished third in a national record 2:06:21. The last British man to win the Chicago Marathon was Paul Evans of England in 1996 (2:08:52).

At distances of 3000 m and above, Farah has beaten Rupp in 22 of their 23 meetings, according to statistics compiled by the Association of Road Racing Statisticians (ARRS). Farah's only "defeat" came in the 2013 IAAF World Championships where Rupp finished 4th and Farah 5th in their 5000 m prelim (Farah won the final where Rupp placed 8th).

□ In the meantime, Eliud Kipchoge has confirmed his participation in the Berlin Marathon on 16 September, aiming to improve on his PB of 2:03:05, itself only 8 sec outside the world record. His opposition will include Wilson Kipsang and Zersenay Tadese.

### KIPROP WILL NOT APPEAL EPO TEST

Former Olympic and three-time world 1500 m champion Asbel Kiprop, who tested positive for EPO last November, will not be appealing against a likely four-year doping ban, although still protesting his innocence. According to *Athletics International*, he stated in a

recent Facebook post: "I have let the struggle to prove my innocence go. Not because I doped, but I take the sacrifice because I support the anti-doping campaign. I do not have the money to meet legal fees and find qualified physicians who can give their opinion on my sample and discredit any possible unjust reasons to why the sample resulted in an EPO finding. I'm financially weak to challenge my accuser, the IAAF, whom I have always worked hard for. However, I'm rich in truth and sincerity – this seems to mean nothing." The 28 year-old Kenyan is the third fastest ever 1500m performer at 3:26.69 and has broken 3:30 on six other occasions.

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## OBITUARY

### 'STUBBORN SCOTSMAN' DON RITCHIE PASSES AWAY

Don Ritchie (GBR) (b. 6 Jul 1944 Aberdeenshire), universally regarded as one of the greatest ultramarathon stars of modern times, died on June 17 aged 73. In his long career he set numerous track world bests, reports *Athletics International*: 50 km 2:51:38.0 '77, 40 miles 3:48:35 '82, 50 miles 4:53:28 '78 & 4:51:49 '83, 100 km 6:10:20 '78, 150 km 10:36:42 '77, 100 miles 11:50:51 '77, 200 km 16:32:30 '83 & 16:31:08i '90; and a road best: 100 km 6:18:00 '78. UK best 12 hours 161.6 km '77. Other pbs: 6 miles 30:32.4 '68, 10 miles 49:54.0 '71, 1 hour 19.241m '71, marathon 2:19:35 '83, 30 miles/50 km 2:44:36/2:50:30 '79.

He also, despite physical problems, set a record for John O'Groats to Land's End of 10 days 15 hours 27 mins in 1989. He won numerous continental 100 km races, the London to Brighton in 1977 and 1978, and the inaugural IAU 24 Hours Championship. He had started as a quarter-miler with Aberdeen AAC in 1962 and 23 years after his first world best in 1977 he was a member of the British team that won team bronze at Uden in 2000. He was awarded the MBE in 1995.

Ritchie wrote an autobiography, *The stubborn Scotsman Don Ritchie, world record holding ultra distance runner* (2016).

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## STATS TIME

This week we include a list of the top ten SA men in the 10 km for 2018. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

### 2018 10 KM: TOP 10 MEN

28:40	Gladwin Sibabalwe Mzazi	2	Port Elizabeth	07 Apr
28:41	David Manja	3	Port Elizabeth	07 Apr
28:47	Joel Mmone	4	Port Elizabeth	07 Apr
28:49	Melikhaya Frans	5	Port Elizabeth	07 Apr
29:18	Lukhanyo Ngxoko	6	Port Elizabeth	07 Apr
29:36	Mariano Eesou	7	Port Elizabeth	07 Apr
29:43	Lesiba Precious Mashele	12	Paderborn	31 Mar
29:43	Mzazi-2	1	Sasolburg	03 Feb
29:45	Nkosinathi Madyo	8	Port Elizabeth	07 Apr
29:47	Mthobisi Baloyi	2	Sasolburg	03 Feb
29:53	Mbongeni Ngxazozo	9	Port Elizabeth	07 Apr

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## THIS MONTH IN HISTORY

### 46 years ago: 24 June 1972

Like Ewald Bonzet, who was featured last week, Johnny Halberstadt is one of the most versatile athletes ever produced in South Africa, boasting a best mile time of 3:59.9 and a marathon of 2:11:46. And, like Bonzet, he was not afraid of speaking his mind -- which often landed him in hot water with the authorities. On this day at the Rose Festival meeting in Gresham, Oregon, he took aim at Fanie van Zijl's SA record of 13:48.4 for 5000 metres, set almost three months earlier. A furious sprint to hold off Jeff Galloway and Sid Sink resulted in a new national mark of 13:44.0, two-tenths of a second ahead of Galloway. Also in the South African's wake were Jack Bacheler and Dick Buerkle. Halberstadt's performance came just three weeks after he had won the NCAA title for 10000 m in the colours of Oklahoma State University, setting another SA record of 28:50.4.

## SOUTH AFRICAN ROAD LIST LEADERS FOR 2018

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	28:40	Sibabalwe Gladwin Mzazi	Port Elizabeth	07 Apr
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:26	Stephen Mokoka	Valencia	24 Mar
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:06	Lucky Mohale	Pretoria	12 May
	81:02A	Mhlakwana Nkoshona	Pinetown	28 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	1:38:53	Nkosinathi Madyo	Uitenhage	03 Mar
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:09:31	Desmond Mokgobu	Oita	04 Feb
	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	31:37	Simphiwe Zulu	Durban	15 Apr
	27:48	Bernard Lagat (USA) 2015		
15 km	48:11	Mthandazo Qhina	Constantia	06 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:13	Richard Mavuso	Polokwane	19 May
	61:09	Haile Gebrselassie (ETH) 2013		
25 km	89:07	Sikhumbuzo Dlamini	Durban	21 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:43:15	Mzwanele Maphekula	Uitenhage	03 Mar

	1:41:42A	Mthandazo Qhina	Camps Bay	14 Jan
	89:45	Mark Kiptoo Kosgei (KEN) 2016		
Marathon	2:26:17	William Mokwalakwala	Centurion	01 May
	2:08:38	Kenneth Mungara (KEN) 2016		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:47	Desmond Zibi	Port Elizabeth	07 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:32	John September	Ravensmead	24 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:04	Desmond Zibi	Port Elizabeth	26 May
	66:23	Titus Mamabolo (RSA) 1991		
25 km	99:31	Joseph Ndlovu	Pretoria	12 May
	92:17A	Michael Ndlovu	Pinetown	28 Jan
	84:12	Norman Green (USA) 1984		
30 km	1:54:26	Makaya Masumpa	Uitenhage	03 Mar
	1:46:33	Norman Green (USA) 1988		
Marathon	2:41:31	Michael Ndlovu	Durban	15 Apr
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
	6:43:33	Roland Vuillemot (FRA) 1996		
<u>Grandmasters (60+)</u>				
10 km	38:26	Mochamat Kriel	Pinelands	24 Feb
		(The same time in Guguletu on 16 June.)		
	32:48	Martin Rees (GBR) 2013		
15 km	57:51	Mochamat Kriel	Ravensmead	24 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	85:12	Mochamat Kriel	Cape Town	13 May
	71:31	Martin Rees (GBR) 2013		
25 km	2:06:10	Derrick Mazibuko	Durban	21 Mar
	1:48:50A	Andy Daly	Pinetown	28 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:18:26	Alan Taylor	Uitenhage	03 Mar
	2:11:11A	Mochamat Kriel	Camps Bay	14 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:16:33	Marius Carstens	Benoni	28 Jan
	2:59:27A	Kosie Botha	Simon's Town	18 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
	7:53:43	Bernd Juckel (GER) 2012		
<u>Great grandmasters (70+)</u>				
10 km	43:34	Jimmy Morris	Athlone	10 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	66:46	Jimmy Morris	Claremont	24 Jun
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	97:09	Johannes Phoo	Polokwane	19 May
	82:23	Ed Whitlock (CAN) 2001		
25 km	2:09:11A	Hansie Els	Somersset East	21 Apr
	99:59	Clive Davies (USA) 1985		
30 km	2:46:46	Tamsanqa Jusayi	Uitenhage	03 Mar
	2:34:20A	Brian Key	Camps Bay	14 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:55:49	Pele Tshikundamalema	Sasolburg	03 Feb

100 km	2:54:49	Ed Whitlock (CAN) 2004		
	8:53:45	Max Courtillon (FRA) 1997		
<b>Juniors</b>				
10 km	31:13	Carlo Flink	Athlone	10 Feb
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	49:33	Thembeke Mendu	Constantia	10 Mar
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	68:44	Sakhile Dhladhla	Polokwane	19 May
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<b>Open</b>				
10 km	33:21	Glenrose Xaba	Port Elizabeth	07 Apr
	29:43 Mx	Joycilene Jepkosgei (KEN) 2017		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	56:30	Anel Terblanche	Constantia	10 Mar
	45:37 Mx	Joycilene Jepkosgei (KEN) 2017		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	71:44	Nolene Conrad	Valencia	24 Mar
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	96:16	Charné Bosman (vet)	Pretoria	12 May
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	2:00:03	Ntombesintu Mfunzi	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell (vet)	Camps Bay	14 Jan
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:36:05 Wo	Mary Keitany (KEN) 2017		
Marathon	2:38:17	Nolene Conrad	Vienna	22 Apr
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:01 Wo	Mary Keitany (KEN) 2017		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<b>Veterans (40+)</b>				
10 km	36:15	Tanith Maxwell	Cape Town	07 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:02	Charné Bosman	Jeffreys Bay	06 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:15	Tanith Maxwell	Wellington	01 May
	79:44A	Tanith Maxwell	Simon's Town	18 Feb
	69:37	Deena Kastor (USA) 2014		
25 km	96:16	Charné Bosman	Pretoria	12 May
	85:15	Colleen de Reuck (USA) 2005		
30 km	2:05:14	Bulelwa Simae	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell	Camps Bay	14 Jan
	1:49:40	Yoshimi Hoshino (JPN) 2007		
Marathon	2:50:57	Charné Bosman (vet)	Pretoria	17 Feb
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km	7:20:22	Maria Auxiliadora (BRA) 1998		



Masters (50+)

10 km	39:43	Judy Bird	Port Elizabeth	05 May
	34:14	Linda Somers (USA) 2011		
15 km	63:46	Suzanne Marais	Constantia	10 Mar
	52:38	Monica Joyce (USA) 2009		
21.1 km	93:04	Judy Bird	Bedfordview	14 Jan
	92:19A	Sandra Kohnert	Simon's Town	18 Feb
	75:18	Linda Somers (USA) 2011		
25 km	2:04:42	Ansie Breytenbach	Pretoria	12 May
	1:56:28A	Christine Claasen	Somerset East	21 Apr
	96:58	Colleen de Reuck (USA) 2016		
30 km	2:20:14	Christine Claasen	Uitenhage	03 Mar
	1:56:43	Colleen de Reuck (USA) 2016		
Marathon	3:23:52	Maya Lawrie	Pietermaritzburg	25 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km	7:51:10	Meghan Arbogast (USA) 2011		

Grandmasters (60+)

10 km	42:22	Annatjie Botes	George	23 Jun
	38:56	Lidia Zentner (GER) 2015		
15 km	69:28	Hanlie van der Westhuizen	Despatch	24 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	94:29	Margie Saunders	Port Elizabeth	26 May
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:28:20	Jenny Scott	Durban	21 Mar
	2:22:03A	Sylvia Burton	Pinetown	28 Jan
	1:50:50	Edie Stevenson (USA) 2011		
30 km	2:26:52	Annatjie Botes	Sedgefield	10 Mar
	2:15:30	Kathryn Martin (USA) 2012		
Marathon	3:37:54	Nancy Will	Fish Hoek	27 Jan
	3:26:19A	Nancy Will	Simon's Town	18 Feb
	3:12:57	Emmi Luthi (SUI) 2009		
100 km	9:20:07	Ursula Schmitz (GER) 1999		

Great grandmasters (70+)

10 km	53:29	Veronica van Niekerk	Bellville	25 Mar
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:25	Marietha Herbert	Constantia	10 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	1:57:18	Veronica van Niekerk	Gordon's Bay	14 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	3:36:03	Liz Jenkerson	Uitenhage	03 Mar
	2:58:52A	Veronica van Niekerk	Camps Bay	14 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:50:46	Willemien Smuts	Sasolburg	03 Feb
	4:37:20A	Marietha Herbert	Simon's Town	18 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km	12:50:49	Helen Klein (USA) 1993		

Juniors

10 km	36:04	Nicole Louw	Port Elizabeth	05 May
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		

15 km	59:40 48:33	Simonay Weitsz Mekasha Waganesh Amare (ETH) 2011	Kempton Park	31 Jan
21.1 km	80:48 67:57	Lesego Mpshe Abebu Gelan Adugna (ETH) 2009	Polokwane	19 May

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