

Distance Running Results

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EDITORIAL

The Mandela Day Marathon in Howick once again offered huge prize money for very mediocre times. Ethiopia's Sintayehu Legese Yinesu took the title in 2:28:06 (he has a PB of 2:11:07) and won R100 000, with defending champion Tekletsion Kassahun Tefera tenth. The women's race, with the same prize money, went to Kenya's Loice Jebet Kiptoo in 2:50:01 (PB of 2:28:39). Last year's female marathon champion, Mamorallo Tjoka (LES), won the half marathon in 1:18:47 from Nolene Conrad.

Foreigners dominated the two longer races, with 25 of the 40 top ten places going to them. Of the total prize money (counting the open category only) of R676 000, foreigners won R545 000, or just more than R80%.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Khayelitsha 10 km, Khayelitsha
- * Mandela Day Marathon, Half Marathon & 10 km, Howick
- * Schoemanshoek Half Marathon & 10 km, Oudtshoorn

International highlights:

- * Half-Marathon Buenos Aires, Buenos Aires, ARG
 - * Hokkaido Marathon, Sapporo, JPN
 - * Asian Games Marathon, Jakarta, INA
 - * Meia Maratona do Rio de Janeiro, Rio de Janeiro, BRA
 - * Servus Credit Union Edmonton Half Marathon, Edmonton, CAN
 - * News and Sentinel Half Marathon, Parkersburg, USA
 - * Aetna Falmouth Mile, Falmouth, USA
 - * Track: Asian Games, Jakarta, INA; Ed Murphey Mile, Memphis, USA
-

ROAD RUNNING

Khayelitsha 10 km

Khayelitsha (Cape Town), 26 August

(Finishers: 549 [considerable decrease from 883 last year].)

MEN

1. Kabelo Melamu (KPMG CGA) 30:22
2. Vuyolwethu Mbukushe (AAC) 30:32
3. Siviwe Nkombi (Ithekeo) 30:32 [correct]

Veterans: 1. Mthandazo Qhina (Ned) 31:20; 2. Vakalisa Kopolo (Ned) 32:35; 3. Bonisile Ngculana (VOB) 34:12. **Masters:** 1. John September (Ithekeo) 39:49; 2. Solo Kali (Gugs) 42:16; 3. W. Koorts (Ind) 45:01. **G'masters:** 1. Robbie Lindsay (Ned) 41:11; 2. Paul Fortuin (VOB) 48:09; 3. Achmat Peters (Top) 63:22. **G/g'masters:** 1. Jeff Smith (Ithekeo) 57:10; 2. Christopher Meyer (Tyger) 66:47; 3. Koert Meyer (Tyger) 80:17. **Juniors:** 1. Thembeke Mendu (Gugs) 31:56; 2. Siyabonga Mathe (East) 33:10; 3. Inga Ngwenduna (Sat) 34:07.

WOMEN

1. Bulelwa Simae (Ned) 38:06 (1st vet)
2. Nolubabalo Dyonase (VOB) 40:34
3. Laila Abouzaid (Good) 43:13 (1st jun)

Veterans: 1. Bulelwa Simae (Ned) 38:06; 2. Busisiwe Matiwane (Ned) 45:23; 3. Zethena October (Ravens) 53:06. **Masters:** 1. Evelina Tshababala (CC) 48:47; 2. Cynthia Booyen (Gugs) 55:20; 3. Rozetta Lekay (Carb) 58:30. **G'masters:** 1. Beverley Charters (VOB) 46:07; 2. Hilary Rhode (Edge) 47:16; 3. Charmaine Cupido (Ned) 50:02. **G/g'masters:** 1. Marietha Herbert (Bell) 56:25; 2. Pixie Sparg (Celtic) 61:07; 3. Annatjie Berntzen (Good) 77:45. **Juniors:** 1. Laila Abouzaid (Good) 43:13; 2. Emihle Ntuthu (VOB) 47:30; 3. Buhle Mtshabe (VOB) 49:33.

Mandela Day Marathon, Half Marathon & 10 km

Pietermaritzburg to Howick (marathon), Hilton to Howick (half-marathon), 26 August

(Distances: 42.195 km & 21.1 km -- point-to-point courses, the marathon quite hilly, and both with a net GAIN in elevation; the 10 km starts and finishes in Howick. Finishers: marathon – 2736 [slightly down from 2745 last year]; half-marathon – 5102 [considerable increase from 3739]; 10 km - 4736 [big increase from 3609].)

Note: Many runners did not have clubs indicated, so all clubs are omitted here. The winner of the half marathon was given as Bernard Bii, but he is probably the same runner as Benard Bil, who finished second in the Nelson Mandela Bay Half Marathon in Port Elizabeth recently. -- Ed.

Marathon

MEN

1. Sintayehu Legese Yinesu (ETH) 2:28:06 (R100 000)
2. Mabuthile Lebopo (LES), 43, 2:29:12 (R50 000)
3. Mark Oyugu (KEN) 2:31:04 (R25 000)
4. Justin Chesire (KEN) 2:31:08 (R15 000)
5. Siyabonga Nkonde 2:32:29 (R12 000)
6. Teboho Noosi (LES) 2:32:38 (R10 000)
7. Lyno Muchena (ZIM) 2:32:43 (R9000)
8. Kebede Aberra Dinke (ETH) 2:32:54 (R8000)
9. Ndumiso Sokhela 2:33:26 (R7000)
10. Tekletsion Kassahun Tefera (ETH) 2:33:51 (R6000)

(All age category prize money was the same: R1000, R800, R500.)

Veterans:

- | | | |
|----|------------------------|---------|
| 1. | Mabuthile Lebopo (LES) | 2:29:11 |
| 2. | Herbert Mokgala | 2:47:36 |
| 3. | Mosekamane Nape | 2:49:27 |

Masters:

- | | | |
|----|-------------------|---------|
| 1. | Tumi Malefetsane | 2:57:57 |
| 2. | Raymond Nkwanyana | 2:59:48 |
| 3. | Reginald Ngobese | 3:01:34 |

G'masters

- | | | |
|----|--------------------|---------|
| 1. | Anthony Nyabanyaba | 3:45:59 |
| 2. | Mfundiso Mvunguse | 3:55:06 |
| 3. | Lekhu Molefe | 3:56:54 |

WOMEN (Same prize money as men)

- Loice Jebet Kiptoo (KEN) 2:50:01
- Selam Abere Alebachew (ETH) 2:53:22
- Tsega Galani Reta (ETH) 3:03:25
- Makhosi Mhlongo 3:04:08
- Jennifer Koech (KEN) 3:05:59
- Loveness Madziva (ZIM) 3:11:49
- Ntokozo Mkhize 3:19:23
- Nandi Zaloumis-Mitchell 3:24:10
- Beryl Makokha (KEN) 3:29:26
- Puleng Khumalo 3:29:45

Veterans:

- | | | |
|----|-----------------|---------|
| 1. | Thato Sesheme | 3:40:55 |
| 2. | Aloyisa Khantsi | 4:07:09 |
| 3. | Welile Mdunge | 4:11:16 |

Masters:

- | | | |
|----|--------------------|---------|
| 1. | Zamlekile Rasmeni | 3:54:29 |
| 2. | Bongani Ngema | 4:06:20 |
| 3. | Vivienne O'Carroll | 4:18:10 |

G'masters:

- | | | |
|----|----------------|---------|
| 1. | Pat Freeman | 5:19:56 |
| 2. | Grace Sikakane | 5:42:17 |
| 3. | Rasheeda Kadar | 5:46:48 |

Half marathon

MEN

- Benard Bii (KEN) 1:02:23 (R20 000)
- Jobo Khatoane (LES) 1:02:25 (R15 000)
- Elroy Gelant 1:02:48 (R12 000)
- Lebenya Nkoka (LES) 1:03:24 (R10 000)
- David Manja 1:03:39 (R9000)
- Sibusiso Nzima 1:03:47 (R8000)
- Tebello Ramakongoana (LES) 1:03:54 (R7000)
- Namakoe Nkhasi (LES) 1:04:02 (R6000)
- Sibabalwe Gladwin Mzazi 1:04:21 (R5000)
- Ntsindiso Mphakathi 1:04:44 (R4000)

WOMEN (Same prize money as men)

- Mamorallo Tjoka (LES) 1:18:47
- Nolene Conrad 1:18:57
- Jenet Mbhele 1:19:30

4. Rutendo Nyahora (ZIM) 1:20:01
5. Rudo Mhonderwa (ZIM) 1:20:38
6. Patience Murowe (ZIM) 1:22:21
7. Ntebaleng Letsela (LES) 1:24:04
8. Lineo Chaka (LES) 1:24:16
9. Slindile Chili 1:27:26
10. Poppy Mlambo 1:28:33

10 km

MEN

1. Precious Mashele 30:33 (R10 000)
2. Desmond Mokgobu 30:37 (R8000)
3. Badboy Toka 30:40 (R6000)
4. Thabang Mosiako 30:54 (R5000)
5. Mbongeni Nxazozo 31:24 (R4500)

WOMEN (Same prize money as men)

1. Portia Ngwenya 37:17
2. Nobuhle Tshuma (ZIM) 37:46
3. Thobile Mkhize 37:48
4. Mokulubete Makatise (LES) 38:26
5. Yolandi Smal 38:52

Schoemanshoek Half Marathon & 10 km

Oudtshoorn, 25 August

(Distances: 21.1 km & 10 km; out-and-back courses on gravel. Finishers: half marathon – 128 [up from 100 last year]; 10 km – 127 [slightly up from 117].)

Half marathon

MEN

1	Lloyd Bosman	Nedbank	1:12:16
2	John April	Nedbank	1:12:45
3	Francois Maquassa	Nedbank	1:14:31

Veterans:

1	Fana Principle	Outeniqua Harriers	1:21:16
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Masters:

1	Peter Jaehne	Outeniqua Harriers	1:34:22
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G'masters:

1	Koos Smit	Hartenbos Drawwers	1:49:32
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G/g'masters:

1	Abraham Coetzee	Knysna MC	2:06:58
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Juniors:

1	Ricardo Cornelius	CMC Eden	1:23:06
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WOMEN

1	Cecilia Nel	Nedbank	1:43:12
2	Lise-Mari Rautenbach	Temp	1:50:58
3	Chandre Boshoff	Outeniqua Harriers	1:55:34

Veterans:

1	Chandre Boshoff	Outeniqua Harriers	1:52:46
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Masters:

1	Louisa du Buisson	Nedbank	2:14:31
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G'masters:

1	Mariette de Haan	Nedbank	2:06:57
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Juniors:

1	Chane Gricius	Outeniqua Harriers	1:55:34
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10 km

MEN

1	Selwyn Matthews	Nedbank	33:47
2	Anderson Ncube	Nedbank	34:13
3	Donovan Jantjies	Nedbank	35:58

Veterans:

1	Rob Welsh	Nedbank	39:49
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Masters:

1	Patrick Peters	SANDF	61:05
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G'masters:

1	Leon van der Merwe	Oudtshoorn AC	51:57
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G/g'masters:

1	Leslie Martin	Nedbank	58:38
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80+:

1	David Morgan-Smith	Knysna MC	1:15:36
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Juniors:

1	Christiaan Lingervelt	Nedbank	36:06
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WOMEN

1	Anastatia Plaatjies	Nedbank	43:00
2	Macnita Samuels	Knysna MC	49:19
3	Karien Maritz	Temp	50:00

Veterans:

1	Avril Davids	Nedbank	1:08:46
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Masters:

1	Iona du Plessis	Nedbank	1:06:22
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G'masters:

1	Mariet Horn	Knysna MC	1:02:26
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G/g'masters:

1	Dalene Le Roux	Nedbank	1:19:58
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80+:

1	Cecilia Swiegers	Nedbank	1:17:55
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Juniors:

1	Zelna Hugo	Temp	50:24
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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**Half-Marathon Buenos Aires (30th)**

(IAAF Gold Label Road Race)

Buenos Aires, ARG, 26 August

(Distance: 21.1 km; out and back course at sea level)

MEN (gun times)

1.	Mosinet Geremew Bayih, ETH	59:48 (59:48.0) ACR/CR*
2.	Bedan Karoki Muchiri, KEN	59:50 (59:49.5)
3.	Lawrence Cherono, KEN	1:01:58

4. Paul Kipkemoi Kipkorir, KEN 1:02:21
5. Kiplimo Kimutai, KEN 1:03:44

WOMEN (gun times)

1. Vivian Jerono Kiplagat, KEN 1:09:10 CR*
2. Mercy Jerotich Kibarus, KEN 1:10:28
3. Esther Chesang Karkuri, KEN 1:10:40
4. Addisalem Belay Tegegn, ETH 1:12:22
5. Robarta De Carvalho Tatiele, BRA 1:13:30

Hokkaido Marathon (32nd)

Sapporo, JPN, 26 August

(Distance: 42.195 km; near-loop course with about 3 km start/finish separation and 11 m elevation loss [record standard].)

MEN (gun times) -

1. Naoki Okamoto (Chugoku Denryoku) 2:11:29 PB
2. Paul Kuiru (Konica Minolta/KEN) 2:11:58 PB
3. Tomohiro Tanigawa (Konica Minolta) 2:12:02

WOMEN (gun times) -

1. Ayuko Suzuki (Japan Post) 2:28:32 DB
2. Sairi Maeda (Daihatsu) 2:30:56
3. Mizuki Tanimoto (Tenmaya) 2:31:34 PB

Asian Games Marathon (16th for men and 9th for women)

Jakarta, INA, 25 & 26 August

(Distance: 42.195 km with stadium finish)

MEN (gun times) (25)

1. Hiroto Inoue, JPN, 06.01.93 2:18:22 Gold
2. El Hassan El Abbassi, BRN, 13.04.84 2:18:22 Silver
3. Duo Bujie, CHN, 16.02.94 2:18:48 Bronze

WOMEN (gun times) (26)

1. Rose Chelimo, BRN, 12.07.89 2:34:51 Gold
2. Keiko Nogami, JPN, 06.12.85 2:36:27 Silver
3. Kim Hye Song, PRK, 09.03.93 2:37:20 Bronze

Meia Maratona do Rio de Janeiro (22nd)

Rio de Janeiro, BRA, 19 August

(Distance: 21.1 km; certified, coastal point-to-point course with 74% start-finish separation [not record eligible].)

MEN

1. Paul Kipkemoi Kipkorir, KEN 1:05:02 BRL 10,000 (=USD 2555)
2. Wellington Bezerra da Silva, BRA 1:05:27 5,000
3. Denis Kemboi Bera Kusimba, KEN 1:05:42 4,000

WOMEN

1. Esther Chesang Kakuri, KEN 1:18:42 BRL 10,000 (=USD 2555)
2. Emily Chepkemoi Arusio, KEN 1:18:46 5,000
3. Meseret Gezahegn Merine, KEN 1:19:03 4,000

Servus Credit Union Edmonton Half Marathon

Edmonton, CAN, 19 August
(Distance: 21.1 km)

MEN (gun times)

- | | | |
|-------------------------|---------|-----------------|
| 1. Evan Esselink, CAN | 1:05:44 | CAD 2000 + 350c |
| 2. Daniel Wendimu, ETH | 1:05:52 | 1000 |
| 3. Anthony Tomsich, CAN | 1:05:59 | 500 + 150c |

WOMEN (gun times)

- | | | |
|--------------------------|---------|--------------------|
| 1. Anteneh Emebet, ETH | 1:11:23 | CAD 2000 + 1000i |
| 2. Rachel Cliff, CAN | 1:12:20 | 1000 + 350c + 750i |
| 3. Dayna Pidhoresky, CAN | 1:12:38 | 500 + 150c |

News and Sentinel Half Marathon (32nd)

Parkersburg, USA, 18 August
(Distance: 21.1 km; certified, very hilly)

Note: Julius Kogo won the men's race here for a record 8th time. -- Ed.

MEN (gun times)

- | | | |
|---|---------|--------|
| 1. Julius Kogo, Chapel Hill, NC (KEN) | 1:04:00 | \$3000 |
| 2. Edwin Kibichiy, Louisville, KY (KEN) | 1:05:19 | 2000 |
| 3. Cyrus Korir, Chapel Hill, NC (KEN) | 1:05:29 | 1500 |

WOMEN (gun times) -

- | | | |
|--|---------|--------|
| 1. Delvine Meringor, Lansing, MI (KEN) | 1:13:00 | \$3000 |
| 2. Vicoty Chepngeno, Grand Prairie, TX (KEN) | 1:13:25 | 2000 |
| 3. Brilliant Jepkorir, Lansing, MI (KEN) | 1:14:52 | 1500 |

Aetna Falmouth Mile (23rd)

Falmouth, USA, 18 August

ELITE MEN

- | | | |
|--|---------|--------|
| 1. Craig Engels, Nike Oregon Project | 3:58.88 | \$3500 |
| 2. Cristian Soratos, adidas | 3:59.19 | 2000 |
| 3. Ben Blankenship, Nike Oregon TC Elite | 3:59.23 | 1250 |
| 4. Josh Kerr, Brooks Beasts (GBR) | 3:59.67 | 750 |
| 5. Will Leer, Brooks | 3:59.95 | |

ELITE WOMEN

- | | | |
|---|---------|----------------|
| 1. Rachel Schneider, Under Armour | 4:27.23 | \$3500 + 1000i |
| 2. Helen Schlachtenhaufen, Saucony Freedom TC | 4:31.44 | 2000 |
| 3. Cory McGee, Team New Balance | 4:31.56 | 1250 |
| 4. Nikki Hiltz, adidas | 4:32.29 | 750 |
| 5. Amanda Eccleston, Brooks | 4:36.49 | |

i) Earned time incentive bonus for sub-4:30 winner

TRACK**Asian Games (18th)**

Jakarta, INA, 25-30 August

MEN

10000 (26):

- | | | |
|------------------------------------|----------|--------|
| 1. Hassan Chani, BRN, 05.05.88 | 28:35.54 | Gold |
| 2. Abraham Cheroben, BRN, 11.10.92 | 29:00.29 | Silver |
| 3. Zhao Changhong, CHN, 27.12.96 | 30:07.49 | Bronze |

WOMEN

10000 (25):

- | | | |
|---------------------------------|----------|-----------|
| 1. Daria Maslova, KGZ, 06.05.95 | 32:07.23 | Gold |
| 2. Eunice Chumba, BRN, 23.05.93 | 32:11.12 | Silver |
| 3. Zhang Deshun, CHN, 21.02.96 | 32:12.78 | PB Bronze |

Ed Murphey Mile

Memphis, USA, 25 August

(Distances: 1 mile for both men and women)

ELITE MEN

- | | | | |
|--------------------------------------|---------|-------|-----------------------|
| 1. Eric Avila, adidas | 3:55.43 | PB/MR | \$2500 + 500i + 250ii |
| 2. Ryan Hill, Nike Bowerman TC | 3:55.48 | PB | 2000 |
| 3. Craig Engels, Nike Oregon Project | 3:55.51 | | 1500 |
| 4. Johnny Gregorek, Asics | 3:55.67 | | 1250 |
| 5. Tripp Hurt, Unattached | 3:56.02 | PB | 1000 |
| 6. Riley Masters, Nike | 3:56.23 | PB | 750 |
| 7. Graham Crawford, Hoka NJ-NY TC | 3:56.42 | | |
| 8. Colby Alexander, Hoka NJ-NY TC | 3:56.77 | | |
| 9. Daniel Herrera, HP West/MEX | 3:57.61 | | |

i) Earned \$500 bonus for fastest time ever on Tennessee soil (sub-3:55.65)

ii) Earned \$250 bonus for fastest time ever in Memphis (sub-3:58.35)

ELITE WOMEN

- | | | | |
|-------------------------------|---------|-------|-----------------------|
| 1. Shannon Osika, Nike | 4:25.47 | PB/MR | \$2500 + 500i + 250ii |
| 2. Kate Van Buskirk, Nike/CAN | 4:29.24 | | 2000 |
| 3. Emily Lipari, adidas | 4:31.99 | | 1500 |
| 4. Sara Sutherland, Saucony | 4:32.03 | | 1250 |
| 5. Nikki Hiltz, adidas | 4:32.59 | | 1000 |
| 6. Amanda Eccleston, Brooks | 4:34.08 | | 750 |

i) Earned \$500 bonus for fastest time ever on Tennessee soil (sub-4:30.12)

ii) Earned \$250 bonus for fastest time ever in Memphis (sub-4:35.00)

TRIBUTE

"BIG JOHN" VAN REENEN PASSES AWAY

By Riël Hauman

John van Reenen was not a distance runner, but as one of the greatest field athletes ever produced in Africa, I would like to honour his memory with this tribute. He was also a personal friend since I first met him in 1970.



"Big John", as he was called, was born as Jan Nicolaas Rossouw van Reenen in the Free State town of Bethlehem on 26 March 1947, one of six children. He died in Calitzdorp last Tuesday, 21 August, from complications of diabetes, from which he had suffered for years. His health declined over the last few years, and his lower right leg was amputated in 2013 (and later amputated under the knee).

On 14 March 1975, twelve days before his 28th birthday, he became South Africa's fourteenth world record holder when he threw the discus 68.48 m at Coetzenburg in Stellenbosch. This stood as a national record for more than 25 years, until Frantz Kruger threw 69.75 in 2000. Van Reenen's performance still places him second on the African all-time list. His best shot put mark of 19.81 remains seventh on the SA all-time list.

Van Reenen matriculated from the Hoërskool Voortrekker in Bethlehem in 1965, spent a year in the Air Force and in January 1967 left to study art at Washington State University (he later changed to a course in social sciences). In 1966 he had won his first SA senior title with the discus, and also successfully defended his junior crowns in the shot put and discus throw, both with SA records.

Denied the opportunity to compete at the Olympic Games because of South Africa's apartheid policies, Van Reenen set out to become the best US collegiate discus thrower and -- ultimately -- break the world record. He won the NCAA title three times in a row (1968, 1969, 1970). Working at various jobs after completing his studies ("Hell, if I don't work, I'll starve. I'm working as a matter of survival," he said.), among these as a bouncer at Papa Joe's Rock Emporium and Screen Door Factory in Redondo Beach, Van Reenen went from strength to strength and made steady progress, coached by the renowned Dick Tomlinson.

In 1972 the authoritative magazine *Track & Field News* called him the "best discus-throwing bouncer in the world" and put a self-portrait of him on the cover, the first South African to be so honoured. In the early part of the 1972 season Van Reenen had topped 200 ft (60.96) in ten of twelve meetings and his PB of 65.78 moved him to ninth on the world all-time list. (This throw, in Long Beach, was never accepted as an SA record.) Despite all these performances, Van Reenen lamented: "And I haven't even had a good wind yet this year."

Van Reenen had never lifted weights before he arrived in the USA, and never liked it much. He said that his big improvement in 1972 came from "the actual throwing of the discus. I'm doing a lot on my technique ... and I am throwing a lot more than I ever did before."

He beat Jay Silvester, the world record holder and the man who would win the silver medal at the Olympic Games later in 1972, three times and finished the year in fifth place

on the world list. He also threw 60.50 in Washington State's unique indoor fieldhouse, a mark which is, as far as is known, still the best ever indoors.

In 1973, after a break of six years, he won his second SA discus throw title and the next year -- now a postgraduate student at Stellenbosch University -- improved to 68.04 and won both the shot put and discus throw titles. The discus performance put him third on the world list, just 12 cm behind leader Ricky Bruch, and fourth on the world all-time list behind Silvester (70.38), Bruch (68.40) and John Powell (68.08).

Silvester's throw was not recognised as a world record; the official distance was his and Bruch's 68.40, set in 1968 and 1972 respectively.

That was the record that fell to the South African in 1975, the year he also achieved his honours degree in art. According to well-known Stellenbosch distance coach Bennie Stander, Van Reenen often threw over 70 m in practice (Stander had to place the markers for the measurement), but the big man could never duplicate this in a meeting, although he had little competition locally (the only South African to beat him in 1975 -- once -- was Piet Goosen).

On the world record day Van Reenen actually had two competitions. He first threw 68.06 in an invitational event, the longest throw in the world at the time, and then, in a second meeting later in the day, he broke the world record by 8 cm. His series was 66.70, 68.48, x, x, 67.06, x. At the end of the year *Track & Field News* ranked him seventh in the world.

"I suppose John is as capable as any discus thrower in the world," Silvester said. "Perhaps he is the most capable. The future? Under proper conditions, [he] can throw about 235 [feet; 71.62 m]." And Mac Wilkins, who would win Olympic gold in 1976, commented: "Big John has to be the most physically awesome thrower ever."

Gary Ordway, another US rival, said: "Surprised? Are you kidding? Big John has had the potential to throw over the world record for years. He has thrown over the record many times in practice."

But Van Reenen never improved on this great performance, and two months later Powell surpassed his record with 69.08, while in 1976 Wilkins became the first to top 70 m.

I had the privilege of many chats with Van Reenen over the years. One of the most memorable -- for an interview that appeared in *Die Huisgenoot* -- was on a scorching day in a Paarl hotel on 26 December 1970. He had been invited by the Paarl Athletics Club to compete in the shot put at the famed Boxing Day Meeting -- his first visit to South Africa since he went to the USA.

With his last throw of the day he shattered Dawid Booysen's SA record with a massive 19.81 -- a throw that would put him joint tenth on the world list for the year. (In 1973 he threw just one centimetre shorter.)

Another occasion I remember well came five years later, in the stadium where he had thrown his world record almost to the day six months before. I had just completed my first marathon, the Stellenbosch Marathon, and was lying prone on the track. Suddenly the floodlights were blocked from my view and above me, offering congratulations, towered John and his wife Beverley, then a colleague of mine at a Cape Town publishing firm. From my position, flat on my back, he looked even bigger than usual.

John van Reenen was a big man indeed, and he left a huge impression on South African athletics. His big, muscular body belied his gentle spirit, his kindness, his humility and his sense of humour.

He leaves two brothers and two sisters.

Van Reenen won five SA shot put titles (1974-78) and seven in the discus throw (1966, 1973-78), as well as two junior titles each in the shot put and discus throw. His annual progression (with world list position in brackets): 1964 -- 17.17/45.12, 1965 -- 17.84/49.62, 1966 -- 18.15/54.87 (79), 1967 -- 18.21/56.59 (48), 1968 -- 18.86/60.48 (23), 1969 -- 19.33/63.25 (6), 1970 -- 19.81/63.65 (10), 1971 -- 18.97/61.82 (32), 1972 -- 17.70/65.78 (5), 1973 -- 19.80/63.70 (14), 1974 -- 19.36/68.04 (3), 1975 -- 19.04/68.48 (2), 1976 -- 18.42/66.12 (7), 1977 -- 19.00/61.94 (44), 1978 -- 18.26/60.98 (73), 1980 -- 58.76.

He topped the SA performance lists for the shot put for nine consecutive years (1969-77) and for the discus throw thirteen years in a row (1966-78). He set seven official SA

discus throw records: 59.70/1968, 63.24/1969, 63.70/1973, 63.90/1974, 65.28/1974, 68.04/1974, 68.48/1975.

NEWS

SPAR GRAND PRIX POINTS STANDINGS

The points standings after the fifth race in the Spar Grand Prix Series are as follows:

OPEN

1	Glenrose Xaba	Boxer	87
2	Rudo Mhonderwa	ZIM/Nedbank	82
3	Rutendo Nyahora	ZIM/Nedbank	78
4	Kesa Molotsane	KPMG	73
5	Irvette van Zyl	Nedbank	55
6	Zintle Xiniwe	KPMG	52
7	Patience Murowe	ZIM/Nedbank	51
8	Cherise Sims	Boxer	49
9	Christine Kalmer	KPMG	48
10	Maria Shai	Boxer	46
11	Cornelia Joubert	Boxer	40
12	Portia Ngwenya	Nedbank	37
13	Lebogang Phalula	Boxer	36
14	Stella Marais	KPMG	33
15	Mapaseka Makhanya	Massmart	29
16	Lebo Phalula	Boxer	28
17	Ntombesintu Mfunzi	Nedbank	21
18	Betha Chikanga	ZIM/Maxed Elite	20
19 =	Anel Terblanche	KPMG	19
19 =	Jenet Mbhele		19

Veterans:

1	Bulelwa Simae	Nedbank	24
2	Ronel Thomas	Boxer	17
3	Janene Carey	Boxer	11

Masters:

1=	Judy Bird	KPMG	15
1=	Grace de Oliveira	KPMG	15
3=	Obertina Kanyongo	ZIM/Nedbank	4
3=	Christine Claasen		4
3=	Dawn James	Dolphin Coast	4
3=	Xolisile Mwelase		4

G'masters:

1	Margie Saunders	Nedbank	20
2	Blanche Moila	Savages	19
3	Nancy Will	Pinelands	5

Juniors:

1	Lyndi Roelofse	Boxer	8
2	Nicole Louw	KPMG	7
3=	Thobile Vilakazi	KPMG	5
3=	Liza Kellerman	UJ	5

DEFENDING CHAMPIONS TO RETURN TO TCS NYC MARATHON

Both champions from the 2017 TCS NYC Marathon -- Shalane Flanagan (USA) and Geoffrey Kamworor (KEN) -- have committed to return to this year's edition of the race on Sunday, 4 November, reports *Race Results Weekly*.

Also in the elite female field is Old Mutual Two Oceans champion Gerda Steyn, who finished second in the Comrades Marathon this year. Steyn has a best marathon time of 2:37:22, set in November last year.

At last year's race, Flanagan became the first USA woman to win the open division in New York since Miki Gorman in 1977, while Kamworor claimed his first major marathon victory in the men's open division.

Flanagan, 37, ended a 40-year drought for American women in the open division at the 2017 TCS New York City Marathon by seizing the crown from Kenya's Mary Keitany with a time of 2:26:53. With her first victory in just her second appearance at the TCS New York City Marathon -- she was runner-up in her marathon debut in 2010 -- Flanagan became the sixth US women's champion in the event and recorded the second-fastest time by a USA woman at the event.

"When I think about returning to race in New York City, I'm flooded with magical memories," Flanagan said through a statement. "My heart skips a beat, I get butterflies in my stomach, and my palms get sweaty. New York City is incredibly special to me. It's where I ran my first marathon in 2010, and of course, my dream-come-true moment in 2017 when I won the TCS New York City Marathon."

Kamworor, 25, claimed his first major marathon victory last year when he held off compatriot Wilson Kipsang in the race's final metres in Central Park. The 2015 TCS New York City Marathon runner-up separated himself from the field with a 4:31 penultimate mile to finish in 2:10:53. The Kenyan -- who is coached by Patrick Sang, the coach of 2016 Olympic Marathon champion Eliud Kipchoge -- has won either the IAAF World Cross-country or World Half-marathon title for the last five consecutive years.

The TCS New York City Marathon is part of the Abbott World Marathon Majors, a series made up of the world's six most renowned marathons in Berlin, Boston, Chicago, London, New York and Tokyo.

STATS TIME

This week we include a list of the top ten SA veteran men in the marathon 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. William Mokwalakwala dominates the list with four performances.

2018 MARATHON: TOP 10 VETERAN MEN

2:26:06	William Mokwalakwala	1	Eldorado Park	25 Feb
2:26:17	Mokwalakwala-2	1	Centurion	01 May
2:26:18	Richard Motsamai Mavuso	2	Centurion	01 May
2:26:31	Mphikeleli Graham Malinga	1	Pretoria	25 Feb
2:27:48	Joseph Mphuthi	1	Sasolburg	03 Feb
2:28:33	Malesela Johannes Kekana	2	Pretoria	25 Feb
2:29:12	Malinga-2	1	Secunda	10 Feb
2:31:27	Charles Tjiane	3	Pretoria	25 Feb
2:32:52	Mokwalakwala-3	1	Johannesburg	15 Apr
2:34:07	Mokwalakwala-4	2	Sasolburg	03 Feb
2:34:23	Ntuthuko Maseko	2	Standerton	21 Mar
2:34:26	Ephraim Xaba	1	Durban	15 Apr
2:34:53A	Mthandazo Qhina	1	Simon's Town	18 Feb
2:34:58	Ludwick Mamabolo	2	Polokwane	07 Apr

THIS MONTH IN HISTORY

90 years ago: 2 August 1928

The magnificent world record of 2:16.8 set by Germany's Lina Radke in the very first Olympic 800 metres for women in Amsterdam was overshadowed by the controversy that followed. After the race several women collapsed on the track from exhaustion and some had to be given first aid. Criticism poured in -- also amongst the ranks of the IAAF -- and especially antifeminists charged that women were not strong enough to run 800 m and that 200 m should be the maximum distance. Doctors were quoted that such "feats of endurance" would make women "old too soon". The president of the IOC even favoured eliminating all women's sports from the Olympics! The ridiculous outcome was that the IAAF actually banned races longer than 200 m, and no women's event longer than this was run at the Games for the next 32 years. Radke's record stood until 1944. The silver medal in Amsterdam went to Kinuye Hitomi (JPN) in 2:17.6 and the bronze to Inga Gentzel (SWE) in 2:17.8. When the event was next held in 1960, the gold medal was won in 2:04.3, an indication -- if any was needed -- of what women were capable of.

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	7:24:12	Lucas Nonyana	Polokwane	15 Apr
	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	30:41	Simphiwe Zulu	Durban	15 Jul
	27:48	Bernard Lagat (USA) 2015		
15 km	48:11	Mthandazo Qhina	Constantia	06 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	66:57	Simon Mpholo	Port Elizabeth	28 Jul
	61:09	Haile Gebrselassie (ETH) 2013		
25 km	89:07	Sikhumbuzo Dlamini	Durban	21 Mar

30 km	76:49	Martin Mondragon (MEX) 1994		
	1:40:20	Mthandazo Qhina	Simon's Town	19 Aug
Marathon	89:45	Mark Kiptoo Kosgei (KEN) 2016		
	2:26:17	William Mokwalakwala	Centurion	01 May
100 km	2:08:38	Kenneth Mungara (KEN) 2016		
	9:46:50	Johan van der Merwe	Polokwane	15 Apr
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:19	Desmond Zibi	Uitenhage	30 Jun
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:32	John September	Ravensmead	24 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	72:30	Desmond Zibi	Port Elizabeth	28 Jul
	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	12:00:07	Hilton Murray	Polokwane	15 Apr
	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	57:24	Mochamat Kriel	Eersterivier	07 Jul
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	79:02	Sello Maphangulo	Port Elizabeth	28 Jul
	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	2:10:49	Mochamat Kriel	Simon's Town	19 Aug
	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	14:19:11	Ric Marini	Polokwane	15 Apr
	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	Somerset 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		
Juniors				
10 km	31:13	Carlo Flink	Athlone	10 Feb
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	48:05	Carlo Flink	Eersterivier	07 Jul
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	67:15	Itumeleng Sesiko	Port Elizabeth	28 Jul
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
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	55:22	Anel Terblanche	Eersterivier	07 Jul
	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	10:28:21	Daleen Cilliers	Polokwane	15 Apr
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
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	11:26:45	Cornel Metcalfe	Polokwane	15 Apr
	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	91:08	Mariëtte Strauss	Port Elizabeth	28 Jul
	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	92:16	Annatjie Botes	Port Elizabeth	28 Jul
	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	17:51:42	Martie Boesenberg	Polokwane	15 Apr
	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	Mariëtha 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	3:19:19	Pixie Sparg	Simon's Town	19 Aug
	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	Mariëtha 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	Simonay Weitsz	Kempton Park	31 Jan

21.1 km	48:33 80:48 67:57	Mekasha Waganesh Amare (ETH) 2011 Lesego Mpshe Polokwane Abebu Gelan Adugna (ETH) 2009	19 May
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