

# Fast Friendly City winners take aim at Two Oceans

**Mogan Segadavan**

segadavanm@timesmedia.co.za.

"TWO Oceans here we come." That was the message from the winners of both the men's and women's category of the Herald Rafi's Builders Warehouse Friendly City Marathon at the Fountain Vineyard Church fields on Saturday.

The weather conditions were perfect, which contributed to the fast finishing times.

Nedbank runner Mzolisi Makhanda, who won the men's category in an excellent 2:27:47, said he had used the race as a preparation for the Two Oceans where he was hoping for a top-10 finish.

"The flat course in the early stages made for fast times. I was trailing up to one kilometre from the finish line but when I stepped on the gas no one could catch me," said Makhanda, who was in the Nedbank team which won gold at last year's Two Oceans.

Mzwanele Maphekula of Bluewater Bay Running Club was second in 2:28:08 with Sipho November third in 2:33:19.

Women's category winner Ntombesintu Mfunzi also said the race was ideal preparation for a crack at the Two Oceans. It was her third consecutive win in the event and her best time.

After finishing second in the Woodlands Dairy 15km and N2 City Bluewater Bay Challenge, she was an easy winner in 3:15:00 from Charlo runner Elmarie Bezuidenhout.

"I will be doing the Spar Ladies 10km in Cape Town a week before Two Oceans to fine-tune my preparations," Mfunzi said.

Bezuidenhout, who won the race three years ago but missed the last two races through pregnancy, finished in 3:20:38.

Katherine van der Walt, of Body Concept, finished third in 3:27:23.

Chairman of organising club Achilles Bob Stedman said: "With R30 000 in prizes and R9 000 cash in category prizes we had more than 1 500 participants. For the first two marathon runners to finish under 2:30 was excellent. I can't remember the last time we had such fast times."

In the men's 10km event, Melikhaya Frans, of Tinarha Athletics Club in Uitenhage finished first with a big lead in 31:47. Frans ran the 5km after his 10km sprint and won this race too!

Gift Chigomarawa of Motherwell Athletics Club, finished in second position in a time of 32:13 followed by Masanda Mlonyeni, of Nedbank Running Club, in third position in 32:43.

The first woman to finish the 10km with a big lead was Asanda Solani of Born to Run in 41:06.

Asanda was followed by Jeanette Schierz-Cruisius of Body Concept in 44:23. Sime Baynes of Elite Athletics Club came third in 45:47.

Mzolisi Makhanda was the first man home in the 5km fun run, while Kayla Nell was the first woman to finish the 5km.

**LEADING LADY:** Ntombesintu Mfunzi on her way to winning the Herald Rafi's Builders Warehouse Friendly City Marathon

Picture: FREDLIN ADRIAAN





# WAREHOUSE CITY MARATHON

The Herald

Rafi's  
FRIENDLY CITY  
MARATHON 2015

## HERALD RAFI'S BUILDERS

### LEADING RESULTS

42km

**Senior Men:** 1 Mzoli Makhanda Nedbank RC 2.27.47, 2 Mzwanele Maphekula Bluewater Bay 2.28.08, 3 Sipho November Graaff-Reinet 2.33.19, 4 Melikhaya Malinga Tinarha AC 2.35.59, 5 Terrance Mjekula Charlo AC 2.42.05, 6 Christopher Mabengeza Nedbank RC 2.45.21, 7 Anele Maliza Nedbank RC 2.45.57, 8 Thobile Xata Bluewater Bay 2.47.40, 9 Ricardo Plaatjies Xcel AC 2.51.29, 10 Masixole Daku PEACC 2.51.55

**Senior women:** 1 Ntombesintu Mfunzi Nedbank RC 3.15.00, 2 Elmarie Bezuidenhout Charlo AC 3.20.38, 3 Katherine van der Walt Body Concept 3.27.23, 4 Jene Banfield RWFL EP 3.27.58, 5 Janine Gardiner Charlo AC 3.37.02, 6 Maresa Ah Kun Bluewater Bay 3.39.27, 7 Christine Wienand Nedbank RC 3.41.17, 8 Rethie Cumming Bo-Karoo AC 3.41.26, 9 Frances Stone Body Concept 3.47.03, 10 Dafre Troskie Somerset East 3.52.55

**35-39 Men:** 1 Mzwanele Maphekula Bluewater Bay 2.28.08, 2 Anele Maliza Nedbank RC 2.45.57, 3 Masixole Daku PEACC 2.51.55

**40-44 Men:** 1 Terrance Mjekula Charlo AC 2.42.05, 2 Thobile Xata Bluewater Bay 2.47.40, 3 Alfred Qogi Nedbank RC 3.02.32

**45-49 Men:** 1 Christopher Mabengeza Nedbank RC 2.45.21, 2 Mzukisi Klaas Motherwell AC 2.56.03, 3 Jan Fick Graaff-Reinet 2.59.20

**50-54 Men:** 1 Colben Ngcupe Motherwell AC 3.04.20, 2 Darrell Wicht Warriors AC 3.04.31, 3 Welcome Lolwe Tinarha AC 3.09.10

**55-59 Men:** 1 Ronald Ndiza Temp 3.40.41, 2 Disemba Blou Charlo AC 3.41.53, 3 Leonard Erasmus Gelvan AC 3.47.17

**60-64 Men:** 1 Elvis Galela Madibaz AC 3.34.32, 2 Jerri Rudman Kouga Multi SC 3.43.48, 3 Colin Parkins Bluewater Bay 4.14.09

**65-69 Men:** 1 Thomas Groener PEACC 4.16.39, 2 William Vorster PEACC 4.22.09, 3 Eckart Schumann Body Concept 4.29.30

**70-74 Men:** 1 Tamsanqa Jusayi Nedbank RC 4.13.11, 2 Kobus Gerber PEACC 4.28.29, 3 Godfrey Kariem Gelvan AC 5.03.35

**35-39 women:** 1 Katherine van der Walt Body Concept 3.27.23, 2 Maresa Ah Kun Bluewater Bay 3.39.27, 3 Christine Wienand Nedbank RC 3.41.17

**40-44 women:** 1 Jene Banfield RWFL EP 3.27.58, 2 Rethie Cumming Bo-Karoo AC 3.41.26, 3 Frances Stone Body Concept 3.47.03

**45-49 women:** 1 Dafre Troskie Somerset East 3.52.55, 2 Trish Schuin Somerset East 3.58.01, 3 Buyelwa Kobokana Nedbank RC 4.04.27

**50-54 women:** 1 Rosemary Joubert Crusaders AC 4.17.20, 2 Amanda Shaw Body Concept 4.24.33, 3 Salome Loots Body Concept 4.24.33

**55-59 women:** 1 Christine Snyman Despatch AC 4.50.05, 2 Janette van der Kolf Temp 5.16.29, 3 Gesina Oosthuizen PEACC 5.27.08

**65-69 women:** 1 Christine Fourie Elite A C 5.12.19

10km

**Senior Men:** 1 Melikhaya Frans Tinarha AC 0.31.47, 2 Gift Chigomara Motherwell AC 0.32.13, 3 Masande Mlonyeni Nedbank RC 0.32.43, 4 Sibusiso Thu Transnet Eng 0.32.49, 5 Brendon Effenaar Nedbank RC 0.34.46, 6 Milla Pasiya Nedbank RC 0.34.57, 7 Melikhaya Kepe Nedbank RC 0.35.11, 8 Luyolo Dyubhele Tinarha AC 0.35.13, 9 Duwayne Lucas Aspen Pharmacar 0.35.24, 10 Nathi Mda Motherwell AC 0.35.47

**Senior women:** 1 Asanda Solani Born to Run 0.41.06, 2 Janette Schierz-Crusius Body Concept 0.44.23, 3 Sime Baynes Elite A C 0.45.47, 4 Melinda Jaray-Venter Temp 0.47.51, 5 Terray Newcombe Elite AC 0.47.58

**35-39 Men:** 1 Milla Pasiya Nedbank RC 0.34.57, 2 Melikhaya Kepe Nedbank RC 0.35.11, 3 Zamubuntu Teyise Charlo AC 0.36.30

**40-44 Men:** 1 Gary Jackson Temp 0.44.29, 2 Michael Smith Temp 0.44.54, 3 Johan Wolmarans Temp 0.48.10

**45-49 Men:** 1 Chris Darke Charlo AC 0.40.33, 2 Tamsanqa Sidonti Temp 0.44.43, 3 Warren Griffiths Muirite Strider 0.46.50

**50-54 Men:** 1 Michael Bekapi Ikhamva AC 0.37.22, 2 Kenneth Menze Bluewater Bay 0.37.23, 3 Guy Cooke Charlo AC 0.46.04

**55-59 Men:** 1 Joseph Bain St Albans AC 0.46.45, 2 Robert Rietmuller PEACC 0.47.02, 3 George Meiring Muirite Strider 0.47.18

**60-64 Men:** 1 Neville Schmelzer Bluewater Bay 0.56.18, 2 Barry Nelson Nedbank RC 1.01.18, 3 Frans Conradie Charlo AC 1.05.44

**65-69 Men:** 1 Hansie Els Somerset East 66 0.46.59, 2 Sydney Lippstreu Crusaders AC 0.54.35, 3 David O'Reilly Nedbank RC 1.09.47

**70-74 Men:** 1 Ron Clark Bluewater Bay 0.51.18, 2 Bryan Drake Temp 1.06.30, 3 Michael Smout Temp 1.10.12

**75+ Men:** 1 John Peart Nedbank RC 1.47.27

**Junior Men:** 1 Brendon Effenaar Nedbank RC 0.34.46, 2 Thuso Lomborg Bluewater Bay 0.41.19, 3 Thembaletu Komeni Kowie Striders 0.50.01

**35-39 women:** 1 Melinda Jaray-Venter Temp 0.47.51, 2 Janelle Stephenson Temp 0.49.29, 3 Nicolette Strooh Walmer AC 0.50.39

**40-44 women:** 1 Melanie Silver VWAC 0.53.44, 2 Linda Le Roux Nedbank RC 0.54.25, 3 Christine de Beer Elite AC 0.54.31

**45-49 women:** 1 Judy Beens Charlo AC 0.53.52, 2 Geraldine Colvin Charlo AC 0.54.12, 3 Anneline Rautenbach Nedbank RC 0.55.47

**50-54 women:** 1 Janette Schierz-Crusius Body Concept 0.44.23, 2 Treloar Childs Walmer AC 0.51.29, 3 Carol Bernard Temp 0.55.45

**55-59 women:** 1 Robin Elbourne Crusaders AC 1.04.06, 2 Colleen Muller Walmer AC 1.07.53, 3 Odette Vosloo Crusaders AC 1.08.07

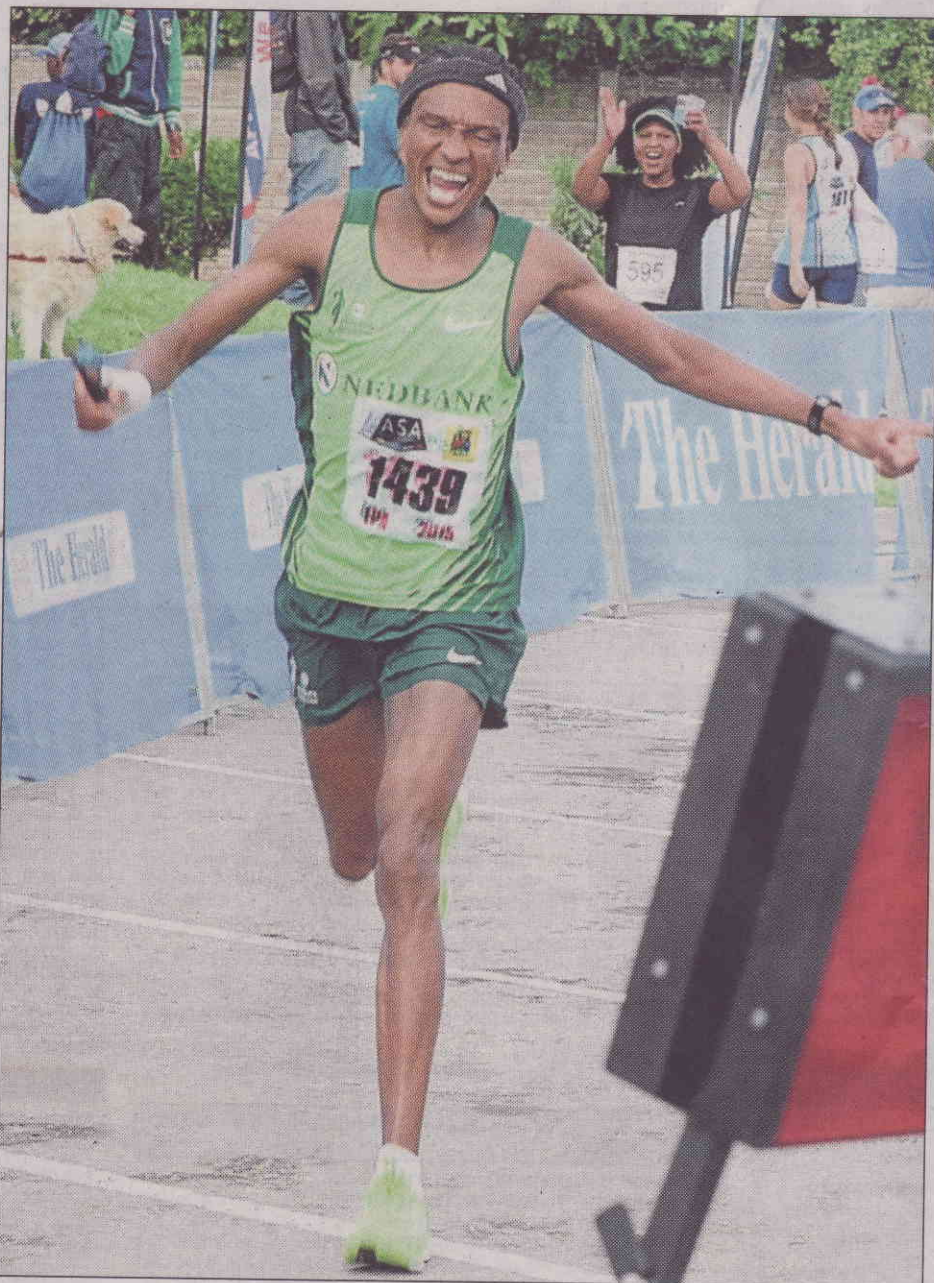
**60-64 women:** 1 Jacomina Linstrom Rand Ath Club 0.55.09, 2 Nicki van Niekerk Muirite Strider 1.02.26, 3 Sharon Brown PEACC 1.20.13

**65-69 women:** 1 Liz Grundlingh Muirite Strider 0.57.00, 2 Jeanette Pienaar PEACC 1.09.49, 3 Denise Terblanche Walmer AC 1.12.00

**70-74 women:** 1 Orgia Nell Muirite Strider 1.11.41, 2 Ronelle Steyn Temp 1.12.17, 3 Isabella Childs Walmer AC 1.15.55

**75+ women:** 1 Dorothy Hart Madibaz AC 1.21.34, 2 Aletta Fourie Warriors AC 1.37.54

**Junior women:** 1 Luzanne Bruyns Elite AC 0.56.30, 2 Yolandi Barnard Mansgenog 1.06.16, 3 Andrea Zagh Temp 1.10.20



**GLAD IT'S OVER:** The men's Herald Rafi's Builders Warehouse City Marathon winner, Mzoli Makhanda  
Pictures: FREDLIN ADRIAAN