

## **ASA ROAD RUNNING COMMISSION REPORT – 2 JULY 2016**

This Olympic year, we are proud to announce that 22 athletes (14 men and 8 ladies) have achieved qualifying times in the marathon. SASCOC selected the 3 men (excluding Mokoka, who is unavailable for marathon selection) and 3 ladies with the fastest qualifying times:

<b>1.2:11:27</b> Lusapho April	1	Hannover	10-Apr-16
<b>2.2:11:41</b> Sibusiso Nzima	4	Seville	21-Feb-16
<b>3.2:11:59</b> Lungile Gongqa	2	Cape Town	20-Sep-15
<b>1.2:32:20</b> Irvette van Zyl	15	London	24-Apr-16
<b>2.2:33:43</b> Christine Kalmer	10	Valencia	15-Nov-15
<b>3.2:33:48</b> Dinah Lebo Phalula	4	Enschede	17-Apr-16

The Olympic squad will prove their fitness at SA 21km champs in PE on Saturday 30 July. We wish them well and know that they will perform at their best in Rio.

We would like to extend our thanks to AFS for hosting the SA 10km champs on 6 February. Our 2016 10km champions are:

Lebo Phalula        34:09

Stephen Mokoka    29:18

CGA won the ladies' team prize, with AGN taking the mens' team prize.

The ASA Marathon Champs were hosted in East London in conjunction with the Buffs marathon on 20 February. Our 2016 ASA marathon champs are:

Lucas Jani         2:21:32

Patience Khumalo 2:47:15

We are appreciative of Eastern Provinces' application to host the 2016 championships.

A 10 member ASA team was selected to participate in the IAAF half marathon champs in Cardiff, Wales on 26 March. Despite the cold, windy conditions, our men finished as the 7<sup>th</sup> team, with the ladies finishing 12<sup>th</sup>.

## **MEN**

*Individuals:* 1 Geoffrey Kamworor (KEN) 59:10, 2 Bedan Muchiri (KEN) 59:36, 3 Mo Farah (GBR) 59:59...

10 Stephen Mokoka (RSA) 1:01:27, 37 Mbongeni Ngxazozo (RSA) 1:04:51, 61 Vuyisile Tshoba (RSA) 1:06:55, 79 Gladwin Mzazi (RSA) 1:11:49, 82 Lucky Mohale (RSA) 1:15:28

*Teams:* 1 Kenya 2:58:58, 2 Ethiopia 3:01:16, 3 Eritrea 3:06:18... 7 South Africa 3:13:13

## **LADIES**

*Individuals:* 1 Peres Jechirchir (KEN) 1:07:31, 2 Cynthia Limo (KEN) 1:07:34, 3 Mary Ngugi (KEN) 1:07:54...

37 Nolene Conrad (RSA) 1:13:45, 41 Lebo Phalula (RSA) 1:14:21, 42 Cornelia Joubert (RSA) 1:14:23, 76 Lebogang Phalula (RSA) 1:23:49, 78 Zintle Xiniwe (RSA) 1:26:30

*Teams:* 1 Kenya 3:22:59, 2 Ethiopia 3:26:29, 3 Japan 3:32:25... 12 South Africa 3:42:29

The Road Commission members, Moses Gericke (vice-chairman), Hilde du Plessis, Colleen McNally (secretary) and Enock Skosana have actively helped the chairperson take control of Road Running. Due to our involvement at all levels, we have been able to manage the LOCs of SA champs, as well as select the best possible teams.

Our aim is to have a national road race calendar finalised by the end of November. This will necessitate the input of all provinces.

We urge provinces to consider hosting Inter-Provincial races in conjunction with their bigger races. This would mean reserving 50 entries and inviting neighbouring provinces.

We would like to ensure that all technical aspects of road events are in line with ASA/IAAF policies, and we encourage provinces to assist clubs achieve this standard of excellence.

A recurring issue this year has been the implementation of the rule regarding age category tags. In Rule 12 (approved 2015 asa rules and regulations), point 13 reads:

*The size of the lettering on all age category tags must be a minimum of 6cm and a maximum of 8cm in height and must be worn visibly above the Licence/Race bib on the upper body clothing, back and front. The lettering shall be red on a white background.*

This rule has not been consistently applied, causing embarrassment to some top age category athletes. We would recommend that the rule be revisited (possibly with a 5-7cm age tag), then communicated to all provinces via the office, so that uniform size age tags will be produced throughout the country.

We appreciate the clubs who have offered financial incentives for athletes who set new event records. Hopefully this will lead to many faster times being recorded.

***James Moloj: ASA Road Running Chairperson***