



**PRESS RELEASE FOR THE FOSKOR 21 HALF MARATHON HOSTED ON 28 JULY 2018**

This year's 25<sup>th</sup> F21 Half Marathon, which took place on Saturday, 28 July, saw Nedbank running club's Sibusiso Nzima-NEDBANK – 01: 06: 22 and Nedbank running club's female winner, Rutendo Nyahora - (ZIM) – 01: 18: 44 finishing the race with big smiles on their faces as they were crowned the F21 Half Marathon 2018 1<sup>st</sup> Male and 1<sup>st</sup> Female winners. The total number of entries through our records is 1 047 athletes. Ba-Phalaborwa community saw runners from all over the world filled with energy and excitement to finish the race and they came in numbers to support and cheer the runners. This unique, charity focused race started at 07H00 with the employees, community and contractors relay race, Thirty teams entered the race and only 28 teams participated, the relay race saw 7SAI battalion taking two prizes for 1<sup>st</sup> and 2<sup>nd</sup> positions, the 3<sup>rd</sup> team was Springbok team and the last place winning the skilpad (tortoise) trophy is the team called the Skilpads.

The Springbok and Skilpad were teams from HR training (appy's and learners). the F5 which was launched in 2016 for primary schools from 6 to 15 years, saw eleven schools entries for the race competition and the winning school with most entries was Mabine Primary School with 721 entries and Relebogile High School with 96 entries. Each School received a Computer and a printer. The F10 development race started at 11H00 which caters for learners above 15 years and adults were seen running the 10KM and also walking.

The main race started at Foskor Community Centre at Namakgale (Phalaborwa) into two of the local villages, Majeje and Makhushane and the runners were excited with the friendly supporters along the route. The runners were hydrated at every 3 kilometre water point up to kilometre 18 and another water point was added at kilometre 19.5. The Makhushane traditional dancers and the Military band from Polokwane, entertained the community as people were waiting to see who might walk away with R 42 200 bonus for breaking the records which are still standing at 1:01:55 by Ezael Thlobo in 1997 and Elana Meyer 01:12:19 in 1999.

The event was hosted under the joint banner of the Phalaborwa Road Runners and Foskor Athletics clubs and all entry fees raised were shared between the two clubs with each club receiving a cheque of R20 000.00.

Below are the Foskor Half Marathon 2018 results:

Top 10 Men						
Position	Name	Surname	Time			
1	Sibusiso	Nzima	01	:	06	: 22
2	Phillimon	Mathiba	01	:	07	: 13
3	Moketsi	Tseiso Tsunami	01	:	08	: 37
4	Mosa	Nkosi	01	:	09	: 31
5	Berengs	Moqeti	01	:	09	: 57
6	Sithembele	Faneko	01	:	10	: 15
7	Wirimai	Juwawo	01	:	10	: 56
8	Samuel	Segoaba	01	:	11	: 07
9	Peu	Lesisa	01	:	11	: 16
10	Cornelius	Langat	01	:	12	: 44

<b>Category Age 16 - 19 Men</b>						
Position	Name	Surname	Time			
1	Given	Mukwevo	01	:	24	: 02
2	Raymond	Lesufi	01	:	24	: 26
3	Khongelani	Shivambu	01	:	26	: 46
<b>Category Age 40 - 49 Men</b>						
Position	Name	Surname	Time			
1	Negusa Mekone Alemsthu		01	:	13	: 55
2	Moses Njuguna		01	:	14	: 29
3	Herbert Mokgala		01	:	16	: 49
<b>Category Age 50 - 59 Men</b>						
Position	Name	Surname	Time			
1	Elgin Mokale	Mokale	01	:	20	: 33
2	Reckson Nemukula	Nemukula	01	:	21	: 05
3	Nzama Sibisi	Sibisi	01	:	26	: 22
<b>Category Age 60+</b>						
Position	Name	Surname	Time			
1	Stephen Seema	Seema	01	:	33	: 45
2	Thompson Mbombi	Mbombi	01	:	35	: 41
3	Bonginkosi Shobede	Shobede	01	:	37	: 01
<b>Category 70+</b>						
Position	Name	Surname	Time			
1	Johannes	Masehla	01	:	41	: 46
<b>Top 10 Women</b>						
Position	Name	Surname	Time			
1	Rutendo	Nyabora	01	:	18	: 44
2	Lineo	Chaka	01	:	25	: 34
3	Adronica	Makgotlo	01	:	26	: 10
4	Catherine	Skhosana	01	:	27	: 01
5	Tabitha	Tsatsa	01	:	27	: 59
6	Catherine	Malungane	01	:	32	: 14
7	Farida	Zwane	01	:	33	: 07
8	Beryl	Makhokha	01	:	36	: 16
9	Linah	Dlamini Mhlongo	01	:	39	: 33
10	Mamala	Maponya	01	:	41	: 03
<b>Category Age 16 - 19 Women</b>						
Position	Name	Surname	Time			
1	Violet Mulaudzi	Mulaudzi	01	:	57	: 19
2	Ntanganedzeni	Manngwe	02	:	24	: 10

3	Sedzani	Maluta	02	:	24	:	25
<b>Category Age 40 - 49 Women Veteran</b>							
Position	Name	Surname	Time				
1	Tabitha	Tsatsa	01	:	27	:	51
2	Linah	Mhlongo	01	:	39	:	33
3	Mamala	Maponya	01	:	41	:	03
<b>Category Age 50 - 59 Women Master</b>							
Position	Name	Surname	Time				
1	Catherine Naane		01	:	43	:	55
2	Sarah Mahlangu		01	:	50	:	04
3	Lindiwe Shube		02	:	05	:	16
<b>Category Age 60+ Women Grand Master</b>							
Position	Name	Surname	Time				
1	Adel Mathotoka		02	:	12	:	53
2	Sewele Maponya		02	:	22	:	22
3	Margaret Boshoe		02	:	46	:	23

During the live interview with Munghana Lonene FM, Mr. Abram Ledwaba has congratulated all athletes and issued a vote of thanks to our co-Sponsors Komatsu and LA Crushers, Foskor/Samreu Security. The Department of Roads & Transport Limpopo, SAPS, Ba-Phalaborwa Municipality, Barloworld, Toyota, suppliers, medical personnel, route marshals, helpers, local and provincial authorities, different companies that manned the water points, Limpopo Athletics (LIMA), our local media partners, Phalaborwa Herald and Phalaborwa FM, Capricorn FM, Thobela FM most specifically SABC radio sport, Munghana Lonene FM for maintaining their live coverage hours from the start of the event till the end. Phalaborwa Road Runners, and Foskor Athletics Club.

**We are looking forward to hosting the 26<sup>th</sup> annual F21  
HALF MARATHON on 27 July 2019**