

**i** ADVERTORIAL

Kyla Jacobs

# Medals, Wins and PB's Galore

The numbers are staggering: Eight victories, 17 podiums and 13 personal bests! Murray & Roberts athletes have earned a rich haul of medals and PB's in various national championships in recent weeks.

Carmie Prinsloo



Tshepo Ntuntwana

At the senior SA Track & Field championships at Tukkies, **Kyla Jacobs** took third in the women's 5000m in 16:11.53, while **Carmie Prinsloo** grabbed bronze in the women's 1500m in 4:27.49. **Tshepo Ntuntwana** made it three thirds in the men's 3000m steeplechase in 9:17.62, his best time to date.

At the SA Junior Championships our Vorentoe Academy team did both Vories and the club proud

Khunedi Mashishi, Kgopotso Shokane & Ntokozo Tlou



Lutho Timati & Oratile Masego

with a long list of superb performances:

- **Naledi Makgatlle** – 1<sup>st</sup> in Girls U/18 3000m (9:22.03)
- **Khunedi Mashishi** – 1<sup>st</sup> in Girls U/18 2000m SC (6:48.73)
- **Kgopotso Shokane** – 2<sup>nd</sup> in Girls U/18 2000m SC (6:59.77)
- **Ntokozo Tlou** – 3<sup>rd</sup> in Girls U/18 2000m SC (7:09.00)
- **Lutho Timati** – 1<sup>st</sup> in Boys U/16 3000m (8:59.84)
- **Oratile Masego** – 2<sup>nd</sup> in Boys U/16 3000m (9:09.73)
- **Saokga Sedibeng** – 2<sup>nd</sup> in Girls U/16 1500m SC (5:25.24)
- **Siyabonga Mvelase** – 1<sup>st</sup> in Boys U/18 2000m SC (6:06.20)
- **Duduzile Kumile** – 3<sup>rd</sup> in Girls U/20 3000m SC (11:54.02)
- **Johannes Morepe** – 1<sup>st</sup> in Boys U/18 1500m (3:51.68)
- **Mvuyo Moss** – 2<sup>nd</sup> in Boys U/20 4x100m Relay

Our club athletes followed suit:

- **Carmie Prinsloo** – 1<sup>st</sup> in Girls U/20 1500m (4:24) & 3000m (9:22)
- **Tshepo Ntuntwana** – 1<sup>st</sup> in Boys U/20 3000m SC (9:29.75)
- **Jayde Rosslee** – 2<sup>nd</sup> in Boys U/18 3000m (8:34.82)

## Seniors Step Up Too

At the SA Half Marathon Championships in Port Elizabeth, the black & yellow team produced no fewer than 11 personal bests, led by **Cian Oldknow**, who clocked 1:16:53 to obliterate her 21.1km best by more



Saokga Sedibeng



Siyabonga Mvelase



Duduzile Kumile



Johannes Morepe




Cian Oldknow

than 13 minutes! Hailed as “Miss PB” by her coach George Bradley, she’s been racking them up in just about every distance she’s raced since lockdown eased, and this run brought her a gold medal as part of the victorious Gauteng women’s team.

**David Manja** clocked 1:02:11 and took three seconds off his best, **Philani Buthelezi** improved his best by 18 seconds with a 1:02:23, while **Kabelo Melamu** went almost a minute faster in 1:02:32. **Dylan van der Merwe** hacked almost four minutes off his best with a 1:03:57 clocking, while **Megan Dempster** broke 79 minutes for the first time with

her 1:18:42. **Ilse Marais** ran 1:21:12 and improved by exactly three minutes, **Enie Manzini** (1:21:26) went two minutes better than her best, and **Simone Verster** (1:22:19) produced a four-minute PB, while **Kate Rees** clocked 1:23:48 to go almost three minutes faster than her previous best.

“It’s overwhelming, humbling and makes us so proud to see so many superlative performances,” says club chairman Ed Jardim. “Quite clearly the consistent training over the ‘non-competitive’ period of lockdown has done our athletes well. We cannot wait for when they get really race-fit to produce even more.” 



Enie Manzini



Philani Buthelezi



Simone Verster



Kabelo Melamu



David Manja



Kate Rees



Dylan van der Merwe



Megan Dempster



Ilse Marais

You can find more info on the Murray & Roberts Running Club via our Facebook page.

**Murray & Roberts**