

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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EDITORIAL

The 113th Boston Marathon produced one of the most exciting finishes ever seen in major marathoning, with Salina Kosgei (2:32:16) beating defending champion Dire Tune by a single second after a frantic sprint to the line. American hope Kara Goucher, who is sure to win a major marathon soon, was third. In the men's race Deribe Merga (2:08:42) had things more his own way, winning by 50 sec from Daniel Rono, with US star Ryan Hall, who forced the pace from the start, third. Since deep results were not available when this issue of DRR was finalised, these will be included next week.

Norman Dlomo finished fifth in the Nagano Olympic Commemorative Marathon in Japan this weekend, running 2:15:45 – just more than 30 sec slower than Enos Matalane's list leader. The previous weekend Johannes Kekana had clocked 2:17:20 in the Mangyongdae Prix International Marathon in Korea.

The Umhlobo Wenene 10 km in Port Elizabeth and the Pro Sano 10 km in Bellville both produced some fast times on Saturday, with Lusapho April moving into 6th place on the performance list for the year with his 28:54 in the former event, and Zolani Ntongana and Lindikhaya Mthangayi clocking the same time, 29:22, in the latter. (See Stats Time later in this issue.) In the Bellville race grandmaster Albertus Bock recorded a list leader of 37:58.

South African runners won both races at the Southern Region Half Marathon in the Comoro Islands on 12 April. In the men's race the first three across the line were South Africans: Coolboy Ngamole won in 66:34, followed by Zongamele Dyubeni and Xolisa Tyali, both in 70:51. Poppy Mlambo won the women's race in 80:50.

There were two errors in the report on the Old Mutual Two Oceans Marathon last week. Lindile Tokota (first veteran) is not from Knysna, but runs for Nedbank SWD. Chet Sainsbury was race director from 1981 to 2007, not from 1980.

Because I am going away for a few days to run my favourite race, the Outeniqua Half Marathon, this weekend, and will be driving back on Monday, next week's DRR may be a little later than usual.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cavanagh Ultramarathon, Estcourt
- * Dick King Half Marathon, Amanzimtoti
- * Forever Resorts Loskop 50 km, Middelburg to Loskop Dam
- * Umhlobo Wenene 10 km, Port Elizabeth

- * Callies Comrades Legends 32 km & 15 km, Germiston
- * Pro Sano 10 km Challenge, Bellville
- * Vista 12 km Trail Run, Stellenbosch
- * Vryheid Cash & Carry Liquors Easter Ultramarathon, Paulpietersburg to Vryheid

International highlights:

- * BAA Boston Marathon, Hopkinton to Boston, USA
 - * Nagano Olympic Commemorative Marathon, Nagano, JPN
 - * Jaarbeurs Marathon Utrecht, Utrecht, NED
 - * Giro Media Blenio, Dongio, SUI
 - * Daegu Marathon, Daegu, KOR
 - * Mangyongdae Prix International Marathon, Pyongyang, PRK
 - * Crescent City Classic 10 km, New Orleans, USA
 - * Int'l Paderborner Osterlauf 10 km, Paderborn, GER
 - * Track: Nebraska Invitational, Lincoln, USA
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ROAD RUNNING

Cavanagh Ultramarathon (37th)

Estcourt, 19 April

(Distance: 50 km; loop course)

MEN

1.	Senzo Miya	Mr Price AC	3:23:07
2.	Mdumiseni Zondi	Natal Carbs	3:34:26
3.	Muzi Madikwa	Coll Harr	3:36:43

40-49:

1.	Maxwell Mngwengwe	Toyota AC	4:03:39
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50-59:

1	Mike Cowling	Saints AC	4:58:11
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60+:

1.	Dave Lowe	West AC	5:38:35
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WOMEN

1.	Melanie v Rooyen	R/Bay AC	4:19:40
2.	Debbie Eaton	Coll Harr	4:33:40
3.	Janet v Veyerer	Newcastle Harr	4:42:43

40-49:

1.	Erica Walker	Natal Carbs	5:26:37
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Dick King Half Marathon (34th)

Amanzimtoti, 19 April

(Distance: 21.0975 km; loop course. Finishers: 438.)

Note: Jenna Challenor scored her second win in a row here. – Ed.

MEN

1.	Thubuletu Phaku	DIT AC	66:55
2.	Samuel Pazanga	ZIM/Form One AC	69:59
3.	Proffesor Mollen	ZIM/Mr Price AC	70:15

40-49:

1.	Simphiwe Ntentesa	Toyota AC	76:15
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2.	Willie Majombozi	Boxer AC	80:14
3.	Garrett Robson	Boxer AC	80:34

50-59:

1.	Jeremiah Ngwenya	Boxer AC	85:10
2.	Les Smith	West AC	99:23

WOMEN

1.	Jenna Challenor	Boxer AC	87:25
2.	Janine Carey	Boxer AC	90:09
3.	Precious Makuzal	Form One AC	94:46

40-49:

1.	Maureen Slack	Glenwood Harr	101:14
2.	Nana Sigubudu	Boxer AC	101:23
3.	Jenny Sutton	YWP	101:59

50-59:

1.	Jenny Scott	DCS	111:42
2.	Rene Pienaar	Queensburgh Harr	112:55
3.	Sheree Kirsten	PDAC	113:59

60+:

1.	Gill Tregenna	West AC	117:57
2.	Mauren Parry	Chiltern AC	128:15

Forever Resorts Loskop 50 km

Middelburg to Loskop Dam, 18 April

(Distance: 50 km. Point-to-point downhill course; the elevation loss from start [1475 m] to finish [930 m] is 545 m, i.e. 10.9 m/km; drop in half marathon unknown)

MEN

1. Josiah Thugwane (Nedbank) 2:47:53
2. Gilbert Mutandiero (ZIM/Mr Price) 2:48:46
3. Mpho Mokgonami (Nedbank) 2:53:27
4. Paul Mhizha (ZIM/Mr Price) 2:53:30
5. Doctor Mtsweni (Anmar Striders) 2:57:35

Veterans:

1. Stephen Motau (Nedbank) 3:09:05
2. Herbert Mazongolo (Ind) 3:17:02
3. Alfred Khoza (Kruger Park MC) 3:19:05

Masters:

1. Eloi de Oliveira (Boxer Superstores) 3:12:48
2. Cornet Matomane (Nedbank) 3:20:57
3. Jumario Khuzwayo (Nedbank) 3:24:01

G'masters:

1. Danial Hlongane (Nedbank) 3:51:44
2. Patrick Mafilika (Nedbank) 4:14:21
3. Jack Thokoane (Sasol) 4:22:21

WOMEN

1. Chiyedza Chokore (ZIM/Mr Price) 3:30:09
2. Riana van Niekerk (Mr Price) 3:34:41
3. Anita O'Brien (Alpha Centurion Runners) 3:42:33

Veterans:

1. Lindsay van Aswegen (Nedbank) 3:52:10
2. Louise Oosthuizen (Alberton) 3:53:42

3. Barbara van der Hoven (Harrismith) 4:09:06

Masters:

1. Adri van Jaarsveld (Eskom Gijimas) 4:14:54

2. Rae Bisschoff (Nedbank) 4:18:01

3. Valerie Watson (New Balance) 4:35:27

Umhlobo Wenene 10 km (22nd)

Port Elizabeth, 18 April

(Loop course. Finishers: 738.)

MEN

1	Lusapho	April	Nedbank RC	26	28:54
2	George	Ntshiliza	Mr Price PE	29	30:07
3	Rodney	Prins	Mr Price PE	20	30:23
4	Zolani	Ngqaqa	Mr Price PE	20	30:56
5	Phumelelo	August	Mr Price PE	24	31:10
6	Khayaletu	Makalima	Mr Price PE	25	31:24
7	Phumzile	Sikawuti	Nedbank RC	29	31:27
8	Luyanda	Tshangana	Mr Price PE	25	31:45
9	Zolani	Mabongo	Mr Price PE	22	31:46
10	Patrick	Made	Mr Price PE	27	31:51
11	Ivan	Ambraal	Malabar	19	32:01
12	Sandile	Mateza (1 st jun)	Mr Price PE	16	32:12
13	Sakhiwo	Ganca	PEAAC	19	32:15
14	Bulelini	Niwa	PEAAC	23	32:26
15	Mila	Pasiya	Nedbank RC	29	32:34
16	Anele	Maliza	Mr Price PE	31	32:41
17	Masibulele	Heugh	Nedbank RC	14	32:43
18	Marinus	Johnson	Mr Price PE	23	32:53
19	Xola	Bongoza	Mr Price PE	16	32:56
20	Desmond	Zibi (1 st vet)	Mr Price PE	45	33:06

40-44:

1	Welcome	Loliwe	Nedbank RC	44	35:32
2	Mutekile	Rasmeni	Raleigh AC	44	35:47
3	Vernon	Newfeldt	Willard Batt	43	37:56

45-49:

1	Desmond	Zibi	Mr Price PE	45	33:06
2	Kenneth	Menze	Nedbank RC	47	35:35
3	Neil	De Meillon	New Balance	46	37:20

50-54:

1	Andre	Willemse	Elite AC	50	39:53
2	Nelson	Mgubasi	Willard Batt	51	40:16
3	Mike	Bosch	Temp	52	40:19

55-59:

1	Sizinzo	Kama	Achilles AAA	57	39:09
2	Donald	Mancasa	Raleigh AC	55	40:57
3	Darsoo	Moonien	Malabar	57	42:51

60-64:

1	Percy	Dalton	Achilles AAA	60	43:24
2	Fred	Verrall	Charlo RR	60	44:07
3	Leo	Botha	Temp	64	44:13

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	67	39:29
2	Godfrey	Kariem	Cadbury AC	68	47:41
3	Nic	Snyman	PEAAC	65	52:40

70-74:

1	David	Fraser	PEAAC	70	54:23
2	Herbert	Gillson	Raleigh AC	70	57:34
3	Selwyn	Solomon	Crusaders AC	70	1:07:21

75-79:

1	Wells	Anderson	PEAAC	76	1:01:55
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80+:

1	Zeb	Luhabe	Real Gijimas	82	1:18:33
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Juniors:

1	Sandile	Mateza	Mr Price PE	16	32:12
2	Sakhiwo	Ganca	PEAAC	19	32:15
3	Masibulele	Heugh	Nedbank RC	14	32:43

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price PE	27	35:29
2	Liziwe	Mabona	Oxford Striders	21	38:57
3	Liandre	Pretorius	Mr Price PE	29	39:27
4	Zandile	Msinekelwa (1 st jun)	Nedbank RC	18	39:38
5	Deliwe	Nyanga	PEAAC	20	39:41
6	Mariëtte	Hattingh (1 st vet)	NMMU AC	43	41:07
7	Ursula	Kuhn	NMMU AC	27	41:17
8	Margie	Saunders (1 st mast)	Nedbank RC	55	42:13
9	Priscilla	Dyantyi	Mr Price PE	35	42:46
10	Christine	Claasen	Achilles AAA	44	43:03
11	Grizelda	Pietersen	Achilles AAA	40	44:11
12	Suzanne	Lavis	Jeffreys Bay	50	44:16
13	Noxolo	Marks	Mr Price PE	22	44:55
14	Elmarie	Bezuidenhout	Charlo R R	27	45:02
15	Pat	Thomson	Achilles AAA	48	45:05
16	Adele	Nel	St Albans CSEP	36	45:25
17	Hanlie	van der Westhuizen	Despatch AC	52	45:30
18	Asanda	Solani	NMMU AC	25	45:34
19	Ame	Magazi	Temp	34	46:11
20	Nozuko	Nyanga	PEAAC	21	46:21

40-44:

1	Mariëtte	Hattingh	NMMU AC	43	41:07
2	Christine	Claasen	Achilles AAA	44	43:03
3	Grizelda	Pietersen	Achilles AAA	40	44:11

45-49:

1	Pat	Thomson	Achilles AAA	48	45:05
2	Claire	Nagel	Elite AC	45	46:27
3	Janette	Schierz-Crusius	Body Concept	48	47:29

50-54:

1	Suzanne	Lavis	Jeffreys Bay	50	44:16
2	Hanlie	van der Westhuizen	Despatch AC	52	45:30
3	Liz	Austin	Achilles AAA	50	53:16

55-59:

1	Margie	Saunders	Nedbank RC	55	42:13
2	Cathy	Ives	Achilles AAA	56	50:39
3	Jos	Els	Madiba Bay	57	52:44

60-64:

1	Liz	Grundlingh	Muirite Strider	62	51:04
2	Retha	Snyman	PEAAC	62	51:37
3	Denise	Terblanche	Spar Walmer AC	61	1:05:19

65-69:

1	Orgia	Nell	Muirite Strider	65	1:08:02
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2	Bertie	Richards	Muirite Strider	65	1:29:31
70+:					
1	Dorothy	Hart	PEAAC	71	59:31
2	Lorna	Brown	Temp	70	1:31:07
Juniors:					
1	Zandile	Msinekelwa	Nedbank RC	18	39:38
2	Terray	Newcombe	Nedbank RC	18	48:38
3	Lee-Anne	Diedericks	PEAAC	18	50:05

Callies Comrades Legends 32 km & 15 km

Germiston, 19 April
(Out-and-back courses)

32 km

MEN

1 Sipho Ncube (ZIM/MP) 1:47:35; 2 Augustine Manamela (Powerade) 1:48:09; 3 Donald Kgopa (Nedbank) 1:51:23; 4 Isaac Mahaoke (Powerade) 1:52:30; 5 Elvis Mazibuko (Powerade) 1:57:29.

Veterans: 1 John Makhanya (GCH) 2:01:56; 2 Philip Mavuso (Cheetah) 2:09:35; 3 Davis Xulu (Ukhozi) 2:10:29. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 2:08:55.

WOMEN

1 Rabia Filima (ZIM/MP) 2:19:38; 2 Monica Neuling (Boksburg) 2:21:27; 3 Azwindini Lukhwareni (Nedbank) 2:30:32; 4 Shelly van der Spuy (Boksburg) 2:33:52 (1st vet); 5 Julani Basson (Randmark) 2:34:35.

Veterans: 1 Shelly van der Spuy (Boksburg) 2:33:52; 2 Lyn Biesheuvel (RAC) 2:41:27; 3 Sonja Aukamp (Alberton) 3:00:14. **Masters:** 1 Natalie Sanders (Fourways) 2:42:23.

15 km

MEN

1 Lucky Miya (Powerade) 46:07; 2 Raphael Segodi (GS) 46:25; 3 David Kgathatso (GCH) 46:58; 4 Millen Matode (ZIM/Bashewa) 48:04; 5 Johannes Maseko (Nedbank) 48:11.

Veterans: 1 Gethun Wordofa (ETH/ADT) 48:29; 2 Tula Bosara (Temp) 49:51; 3 Peter Mosia (RAC) 52:08. **Masters:** 1 Andre Jansen (Nedbank) 58:55. **G'masters:** 1 Nicodemus Ngwenya (GS) 69:08. **Juniors:** 1 Werner Botha (Kempies) 65:20.

WOMEN

1 Olivia Chitata (ZIM/Bashewa) 57:42; 2 Sarah Mahlangu (MP) 61:15 (1st vet); 3 Liz Douglas (Sunward) 61:59; 4 Andronica Mokgotla (GS) 63:45; 5 Tracey Jarman (Fit 2000) 69:13.

Veterans: 1 Sarah Mahlangu (MP) 61:15; 2 Laura Venter (Nedbank) 69:03; 3 Tracey Jarman (Fit 2000) 69:13. **Masters:** 1 Pam Hampton (Sunninghill) 71:35. **G'masters:** 1 Marilyn Moore (Breakthru) 87:31. **Juniors:** 1 Marli Kortenhoven (Tuks) 92:55.

Pro Sano 10 km Challenge

Bellville, 18 April
(Certified loop course)

MEN

1. Zolani Ntongana (Mr Pr) 29:22 (R400); 2. Lindikhaya Mthangayi (Mr Pr) 29:22 (R300); 3. Peter Tsawayo (ZIM/RCS Gug) 30:12 (R200); 4. Anthony Godongwana (Celt) 30:31; 5.

Tom Lusaseni (Celt) 30:42; 6. Kevin Oliphant (Ad) 30:50; 7. Shaun Zuzani (Ned) 30:52 (1st jun); 8. Dicarado Jacobs (Thoko) 30:56; 9. Zolile Bhitane (Ned) 31:06; 10. Hein Camphor (Ad) 31:07; 11. Virginia Ngudlumana (Celt) 31:09; 12. Zolani Matshoba (Celt) 31:12; 13. Pieter Koopman (Thoko) 31:14; 14. Velani Lusaseni (Ad) 31:16; 15. Unathi Phezolo (IRCS Gug) 31:16; 16. Akhona Makila (VOB) 31:23; 17. Luxolo Mdzanga (RCS Gug) 31:29; 18. Gilbert Korir (KEN/UWC) 31:29; 19. Masixole Peza (Ad) 31:31; 20. Gcobani Mndi (VOB) 31:37; 21. Sithembele Ngwela (Ned) 31:48; 22. Bulelani Bhebha (VOB) 31:51; 23. Tebello Poni (VOB) 31:57; 24. Thanduluntu Magqaza (M.Spart) 32:01; 25. Anton Faro (Thoko) 32:04; 26. Duane Fortuin (Thoko) 32:07; 27. Pivose Vuyolwethu (Met) 32:09; 28. Isaac Opperman (Thoko) 32:18 (1st vet); 29. Fabian Faro (MP Titans) 32:27; 30. Zola Matshoba (Celt) 32:29.

Masters: (40+): 1. Isaac Opperman (Thoko) 32:18 (R300); 2. Johnny Persents (Ad) 32:36 (R200); 3. Tobias Philander (Ad) 33:02 (R150). **(50+):** 1. Goodman Mpukane (RCS Gug) 35:52 (R200); 2. Gregory Jacobs (Edg) 37:30 (R150); 3. Peter Wrench (Tyg) 38:07 (R100). **(60+):** 1. Albertus Bock (Ad) 37:58 (R150); 2. Michael Clarke (VOB) 40:03 (R100); 3. Willie van Wyk (Brack) 43:07 (R75). **Juniors:** 1. Shaun Zuzani (Ned) 30:52 (R200); 2. Zolani Matshoba (Celt) 31:12 (R150); 3. Unathi Phezolo (RCS Gug) 31:16 (R125).

WOMEN (Same prize money as men)

1. Anna Amatoku (NAM/Mr Pr/Tr'kei) 35:45; 2. Nomvuyisi Seti (Mr Pr) 36:15; 3. Thozama April (Celt) 36:29; 4. Ottile Amwata (NAM/Mr Pr/Tr'kei) 34:58; 5. Rachel Akukothela (NAM/Mr Pr/Tr'kei) 37:43; 6. Busisiwe Matiwane (Celt) 39:48; 7. Natasha Oosthuizen (Ad) 39:48; 8. Sheryl de Lange (Ad) 40:02 (1st vet); 9. Tania J. van Rensburg-Fourie (Dur) 40:58; 10. Asanda Dayamani (Atl) 40:58 (1st jun); 11. Mariëtte Esterhuyse (Tyg) 40:59; 12. Glenda Werth (Ned) 41:45; 13. Alice de Waal (OM) 41:56; 14. Tania Kapp (VOB) 42:42; 15. Patricia Adams (Met) 43:26; 16. Zintle Xiniwe (Mr Pr) 43:31; 17. Zile de Kock (Dur) 43:42; 18. Thuliswa Nonkonyana (Ad) 44:06; 19. Renata Schoeman (Ned) 44:15; 20. Nancy Will (Pine) 44:15 (1st mast).

Masters: (40+): 1. Sheryl de Lange (Ad) 40:02; 2. Mariëtte Esterhuyse (Tyg) 40:59; 3. Rita Toto (RCS Gug) 45:52. **(50+):** 1. Nancy Will (Pine) 44:15; 2. Deirdre Hewitt (Pine) 45:00; 3. Charmaine Cupido (Ned) 46:26. **(60+):** 1. Pixie Sparg (Celt) 50:38; 2. Marlene James (Pine) 55:52; 3. Cathy Taylor (Dur) 57:06. **Juniors:** 1. Asanda Dayamani (Atl) 40:58; 2. Ayanda Mqhakayi (RCS Gug) 45:02; 3. Amy Abrahams (ER) 46:35.

Vista 12 km Trail Run

Stellenbosch, 18 April

MEN

1. Dawid Pieterse (Dwars) 45:42; 2. Johannes April (Ned) 46:11; 3. David Pedro (Ned) 47:00; 4. Nkosinathi Sotyantya (Celt) 48:03; 5. Joachim Kempf (Stel) 50:52; 6. James Moelrel (Ind) 52:52; 7. Xolani Mbuzo (Ind) 52:59; 8. Willy Dommie (Mat) 53:11; 9. J. du Prooz (Ind) 54:07; 10. Conor O'Sullivan (Ind) 54:26; 11. Cobus de Jager (Str) 54:51; 12. Neethling Joubert (Ind) 55:28; 13. Gerhard van der Westhuizen (Stel) 58:22; 14. Brett Natrass (Ind) 56:32; 15. Craig February (Celt) 56:44; 16. Theuns Cloete (Ind) 57:13; 17. J. Janse van Vuuren (Ind) 58:23; 18. Godfrey Swart (Hang) 58:24; 19. Franklin van Wyk (Ind) 58:34; 20. Danie le Grange (Ind) 58:41.

WOMEN

1. Ronél Natrass (Ad) 56:27; 2. Jacoline Haasbroek (Stel) 57:08; 3. Marlize Viviers (Ind) 61:02; 4. Andrea Pretorius (NB Multi) 64:04; 5. Caitlin Lewis (Ind) 64:00; 6. Jo-Ann Bate (Tyg/NL) 65:02; 7. Marinda Surridge (Str) 65:12; 8. Hendré de Villiers (Edg) 65:16; 9. Virgil Fisher (Satori) 66:43; 10. Ursula Turck (Str) 66:58; 11. Liz Verheyden (Ind) 68:45; 12. Charn de Lange (Edg) 69:21; 13. Lizl Hobson (Ind) 70:41; 14. Annemi van Zyl (Celt)

70:50; 15. Susan Bracher (Dur) 71:06; 16. Caroline Weinel (Dur) 71:15; 17. C. Meyer (MP Titans) 71:39; 18. Marisa van der Merwe (CPUT) 71:54; 19. Fran van Rooyen (Ind) 72:25; 20. A. de Villiers (Ind) 73:08.

Vryheid Cash & Carry Liquors Easter Ultramarathon

Paulpietersburg to Vryheid, 11 April

(Distance: 50 km; point-to-point course. Finishers: 126.)

MEN

1. Justice Nkosi (Umqu) 3:09:15, 2. Wonder Zungu (Umqu) 3:20:26, 3. Zakhele Nxumalo (Vry) 3:23:55.

40-49: 1. Xolani Mazibuko (Biggars) 3:26:21. **50-59:** 1. Louis Fourie (R/Bay) 4:03:53.

60+: 1. Jerome Mswane (Umhlat) 5:03:18.

WOMEN

1. Ria-Li Scholtz (Tuks) 4:16:14, 2. Theresa Gorrie (Randburg) 4:18:42 (1st vet), 3. Marina Coetzee (PMC) 4:42:35.

40-49: 1. Theresa Gorrie (Randburg) 4:18:42. **50-59:** 1. Glenda Badenhorsts (Umhlat) 5:18:28. **60+:** 1. Cynthia Perks (HV) 6:30:00.

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

BAA Boston Marathon (113th)

Hopkinton to Boston, USA, 20 April

(Distance: 42.195 km; point-to-point downhill course with 3.1 m/km elevation loss)

Note: These are preliminary results. – Ed.

MEN

1. Deriba Merga (ETH) 2:08:42, \$150 000
2. Daniel Rono (KEN) 2:09:32, \$75 000
3. Ryan Hall (USA) 2:09:40, \$40 000
4. Tekeste Kebede (ETH) 2:09:49, \$25 000
5. Robert Kiprono Cheruiyot (KEN) 2:10:06, \$15 000
6. Gashaw Asfaw (ETH) 2:10:44, \$12 000
7. Solomon Molla (ETH) 2:12:02, \$9000
8. Evans Cheruiyot (KEN) 2:12:45, \$7400
9. Stephen Kigora (KEN) 2:13:00, \$5700
10. Timothy Cherigat (KEN) 2:13:04, \$4200

WOMEN

1. Salina Kosgei (KEN) 2:32:16, \$150 000
2. Dire Tune (ETH) 2:32:17, \$75 000
3. Kara Goucher (USA) 2:32:25, \$40 000
4. Bezunesh Bekele (ETH) 2:33:08, \$25 000
5. Helena Kirop (KEN) 2:33:24, \$15 000
6. Lidiya Grigoryeva (RUS) 2:34:20, \$12 000

7. Atsede Habtamu (ETH) 2:35:34, \$9 000
8. Colleen De Reuck (USA) 2:35:37

Nagano Olympic Commemorative Marathon

Nagano, JPN, 19 April

(Distance: 42.195 km; point-to-point course)

MEN

- 1) Isaac Macharia (KEN) 2:11:21
- 2) Girma Tolla (ETH) 2:12:11
- 3) Simon Wangai (KEN) 2:12:34
- 4) Gidey Amaha (ETH) 2:15:01
- 5) Norman Dlomo (RSA) 2:15:45

WOMEN

- 1) Irina Timofeyeva (RUS) 2:30:08
- 2) Irene Limika (KEN) 2:30:50
- 3) Akemi Ozaki 2:31:18
- 4) Derartu Tulu (ETH) 2:34:17
- 5) Tatiana Aryasova (RUS) 2:34:32

Jaarbeurs Marathon Utrecht (9th)

Utrecht, NED, 13 April

(Distance: 42.195 km)

MEN

1. William Kipchumba, KEN 2:09:41 PB/CR
2. Larbi Es Sraidi, FRA 2:10:08 PB
3. Khamis Ismail Adam, BRN 2:10:41 PB
4. Raymond Bett, KEN 2:11:32
5. Mark Tanui, KEN 2:11:52
- ... 9. Moses Moeketsi Mosuhli, LES 2:18:08

WOMEN

1. Lydia Kurgat, KEN 2:34:28

Giro Media Blenio (25th)

Dongio, SUI, 13 April

(Distance: 10 km; 8 laps of a 1250 m circuit)

MEN (extended gun times)

1. Moses Mosop, KEN 28:52.6
2. Wilson Kiprop, KEN 29:21.9
3. José Manuel Martínez, ESP 29:22.0
- ... 5. Sergey Lebid, UKR 29:37.4

Daegu Marathon (1st)

Daegu, KOR, 12 April

(Distance: 42.195 km; near-loop course)

MEN

1. Ji Young-Jun, 1981, KOR 2:08:30 PB USD 80,000 + 20,000i + 20,000^
2. Kiprotich Kenei, 1978, KEN 2:10:00 40,000

- | | | |
|-------------------------------------|---------|--------|
| 3. Samson Kiprono Barmao, 1980, KEN | 2:10:01 | 25,000 |
| 4. Chala Lemi, 1987, ETH | 2:10:01 | 15,000 |
| 5. Joseph Kiptum, 1987, KEN | 2:10:07 | 10,000 |

WOMEN

- | | | |
|----------------------------------|---------|------------------|
| 1. Yeshi Esayias, 1985, ETH | 2:30:44 | USD 40,000 |
| 2. Youn Sun-Sook, 1972, KOR | 2:32:04 | 20,000 + 10,000^ |
| 3. Joyce Chepchumba, 1970, KEN | 2:35:09 | 15,000 |
| 4. Wang Xueqin, 1987, CHN | 2:36:00 | 10,000 |
| 5. Elizabeth Chemweno, 1978, KEN | 2:36:24 | 5,000 |

i) Earned time bonus

^) Earned Korean citizen bonus

Mangyongdae Prix International Marathon (22nd)

Pyongyang, PRK, 12 April

(Distance: 42.195 km)

MEN

- | | |
|-------------------------------|---------|
| 1. Wang Ze Min, CHN | 2:14:21 |
| 2. Reinholdt Lita, NAM | 2:14:23 |
| 3. Jackson Kipchogo Rono, KEN | 2:14:37 |
| ... 5. Brighton Chipere, ZIM | 2:14:50 |
| ... 7. Mike Fokoroni, ZIM | 2:16:48 |
| 8. Johannes Kekana, RSA | 2:17:20 |

WOMEN

- | | |
|----------------------|---------|
| 1. Pyo Un Suk, PRK | 2:28:34 |
| 2. Kim Kum Ok, PRK | 2:29:38 |
| 3. Jong Yong Ok, PRK | 2:32:51 |

Crescent City Classic 10 km (31st)

New Orleans, USA, 11 April

(Certified, flat point-to-point course)

MEN

- | | | |
|-----------------------------|-------|--------|
| 1. Mark Kiptoo, 32, KEN | 28:18 | \$5000 |
| 2. Feyisa Lelisa, 19, ETH | 28:20 | 3500 |
| 3. Robert Letting, 24, KEN | 28:22 | 2000 |
| 4. Kiplimo Kimutai, 27, KEN | 28:30 | 1500 |
| 5. Silas Sang, 30, KEN | 28:46 | 750 |

WOMEN

- | | | |
|--------------------------------------|-------|--------|
| 1. Lineth Chepkurui, 21, KEN | 32:24 | \$5000 |
| 2. Genoveva Jelagat Kigen, 27, KEN | 32:27 | 3500 |
| 3. Abebu Gelan, 19, ETH | 32:38 | 2000 |
| 4. Zemedkun Gebre Belainesh, 21, ETH | 32:43 | 1500 |
| 5. Jane Kibij, 25, KEN | 32:46 | 750 |

Int'l Paderborner Osterlauf 10 km (63rd)

Paderborn, GER, 11 April

(Certified two-loop course)

MEN

- | | |
|----------------------|-------|
| 1. Peter Kamais, KEN | 28:16 |
|----------------------|-------|

2. Job Tanui, KEN 28:23
3. Urige Arado Buta, NOR 28:24

WOMEN

1. Irina Mikitenko, GER 31:22
2. Sally Barsosio, KEN 32:25
3. Alice Mogire, KEN 33:21

TRACK

Nebraska Invitational

Lincoln, USA, 11 April

MEN

1500: 1. Peter van der Westhuizen, UNAT [RSA], 3:47.12

NEWS

GERT THYS REINSTATED TO COMPETE AGAIN

South African marathon record holder Gert Thys has been reinstated and may compete in races again with immediate effect. According to a media release by Athletics South Africa (ASA), Thys has completed the mandatory four out-of-competition tests during his period of ineligibility and all results were negative.

Thys tested positive for the prohibited substance Norandrosterone at the Seoul Marathon in Korea on 12 March 2006, which he won in 2:10:40, and after having carefully reviewed all the evidence presented in his case, an ASA tribunal found Thys guilty of having committed a doping offence and declared him ineligible to participate.

In December last year ASA announced that Thys would be reinstated as soon as he had complied with the obligatory number of tests that have to be done during an athlete's period of ineligibility/suspension. The Seoul result is the only performance invalidated by his suspension.

Thys, now 37, has completed 35 marathons since he debuted over the distance in May 1988. Not counting the Seoul race, he failed to finish eleven of his last 23 marathons.

Thys won the Seoul Marathon for the third time in four years in 2006. The previous month he had also won the Beppu-Oita Mainichi Marathon in 2:09:45. He set the still standing South African record of 2:06:33 in Tokyo in 1999.

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2008 each week, with one list per issue. Secondary performances of the top three are also listed. 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.

2009 10 KM: TOP 12 MEN

28:28	Hendrick Ramaala	2	Matha Series	Durban	08 Feb
28:29	Lungisa Mdedelwa	3	Matha Series	Durban	08 Feb
28:34	Stephen Mokoka	4	Matha Series	Durban	08 Feb
28:44	Sibusiso Nzima	5	Matha Series	Durban	08 Feb
28:48	Domenic Khoza	6	Matha Series	Durban	08 Feb
28:54	Lusapho April	1	Umhlobo Wenene	Port Elizabeth	18 Apr
29:02	Juan van Deventer	10	Matha Series	Durban	08 Feb

29:02	Olebogeng Masire	9	Matha Series	Durban	08 Feb
29:13	Xolisa Tyali	11	Matha Series	Durban	08 Feb
29:22	Zolani Ntongana	1	Pro Sano	Bellville	18 Apr
29:22	Lindikhaya Mthangayi	2	Pro Sano	Bellville	18 Apr
29:27	Jeffrey Gwebu	14	Matha Series	Durban	08 Feb

THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

10 years ago: 11 April 1999

South African Hendrick Ramaala scored an excellent win over a very deep field in the Humarathon Half Marathon in Vitry-sur-Seine, France, running 60:40 to beat Tanzanian Faustin Baha by 5 seconds. A total of 34 men broke 66 minutes. In third place was Philip Rugut (KEN), who also broke 61:00 with his 60:51. Six months later in Palermo Ramaala placed second in the World Championships, where Paul Tergat beat him by a whisker – both men clocked 61:50.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2009

This section lists the best South African performance this year for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in SA races, 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

Seniors

10 km	28:28	Hendrick Ramaala	Durban	08 Feb
	27:01	Micah Kogo (KEN)		
	27:02*	Haile Gebrselassie (ETH) 2002		
15 km	44:27	Lusapho April	Port Elizabeth	07 Mar
	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	63:12	Hendrick Ramaala	Middelburg	04 Apr
	58:52	Patrick Makau (KEN)		
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	80:54	Moses Lepheana	Durban	22 Mar
	83:12a	Eric Sigxashe	Somersset East	14 Mar
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
Marathon	2:15:11	Enos Matalane	Durban	08 Feb
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

*) The Association of Road Racing Statisticians (ARRS) recognises Kenyan Sammy Kipketer's 27:18 in 2001 as the world record because of technical irregularities with the Gebrselassie time. A time of 27:01 by Micah Kogo (KEN) in 2009 is pending.

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:18	Mluleki Nobanda	Durban	08 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:48	Sam Molokomme	Pretoria	17 Jan
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	90:56	Eloi de Oliveira (mast)	Durban	22 Mar
	89:35a	Basie Bonaparte	Somerset East	14 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:25	Lindile Tokota	Sedgefield	21 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:27:32	Reginald Ngobese	Durban	08 Feb
	2:24:22a	Lindile Tokota	Oudtshoorn	28 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:50	Thulani Sibisi	Durban	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:45	Goodman Mpukane	Constantia	07 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	78:25	Johannes Seakamelo	Benoni	25 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	90:56	Eloi de Oliveira	Durban	22 Mar
30 km	1:59:19	Gemjikile Tom	Parow	22 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon	2:36:53	Eloi de Oliveira	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	37:58	Albertus Bock	Bellville	18 Apr
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	86:37	Paulus Masilela	Middelburg	04 Apr
	84:42a	Tamsanqa Jusayi	Jeffreys Bay	28 Mar
25 km	1:47:48a	Tamsanqa Jusayi	Somerset East	14 Mar
30 km	2:09:10	Albertus Bock	Parow	22 Mar
Marathon	3:02:17	Paulus Masilela	Durban	08 Feb
100 km				

Juniors

10 km	29:56	Sityhilo Diko	Durban	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:27	Luxolo Mdzanga	Bloubergstrand	03 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:55	Shaun Zuzani	Pretoria	17 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENSeniors

10 km	34:08	Irvette van Blerk	Durban	08 Feb
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:18	Kim Laxton	Eldorado Park	08 Mar

	49:23	Sara Moreira (POR)		
	46:55	Kayoko Fukushi (JPN) 2006		
21.1 km	76:08	Tanith Maxwell	Warsaw	29 Mar
	67:18	Dire Tune (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:48:56	Davera Magson	Port Elizabeth	21 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:47:01	Tomoe Yokoyama (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:47:05	Tshifhiwa Mundalamo	Durban	08 Feb
	2:23:42	Yoko Shibui (JPN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:30	Michelle Bartman	Bellville	05 Apr
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:58	Michelle Bartman	Constantia	07 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:41	Zola Pieterse	Myrtle Beach	14 Feb
	70:32	Helena Javornik (SLO) 2007		
25 km	1:50:46	Grace de Oliveira	Durban	22 Mar
	1:54:08a	Grizelda Pietersen	Somerset East	14 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:10	Sarah Mahlangu	Durban	08 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:02	Loesje de Beer	Port Elizabeth	21 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
		(and same time in Port Elizabeth on 31 Jan)		
	54:33	Shirley Matson (USA) 1991		
21.1 km	93:37	Erika Swart	Middelburg	04 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:04:06	Suzanne Lavis	Port Elizabeth	21 Mar
30 km	2:18:56	Annatjie Botes	Sedgefield	21 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	41:20	Sonja Laxton	Bellville	05 Apr
15 km	68:48	Sonja Laxton	Eldorado Park	08 Mar
21.1 km	1:41:15	Hester Kotze	Constantia	07 Feb
25 km	2:22:06	Gill Tregenna	Durban	22 Mar
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:28:36	Liz Ruickbie	Durban	08 Feb
100 km				

Juniors

10 km	35:58	Nandipha Dywili	Durban	08 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:35	Nadia Hechter	Krugersdorp	04 Feb
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:34:00	Annida Claassens	Middelburg	04 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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