

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

South Africa's top female distance runner, René Kalmer, scored her second win in the Spar Grand Prix Series this weekend after also having won the first race in the series in Bellville at the beginning of April. Her time of 33:48 is the fastest by a South African woman this year, while Michelle Bartman's 36:52 is the quickest by a master (40+) and Maxine Heine-Wacker's 35:45 the best by a junior. Heine-Wacker, just five days past her 19th birthday, retained her first position on the series' points table, while Kalmer moved into second ahead of Bartman. Jenna Challenor scored a big PB in fifth place, while Annerien van Schalkwyk missed hers by 6 seconds.

The very next day Heine-Wacker raced the Cradle of Humankind Half Marathon in Krugersdorp, clocking the second fastest time by a junior this year in South Africa (87:24).

The Safari Half Marathon in Wellington produced four list leaders, by juniors Wanda Roro and Quarta Wiese, master Styntjie Prins and grandmaster Veronica van Niekerk.

Internationally, Lusapho April ran his debut marathon in the TUIfly Marathon Hannover and recorded a solid 2:14:19 for 8th place. In the Payton Jordan Cardinal Invitationl in Palo Alto Peter van der Westhuizen clocked a PB 3:37:22 in the 1500 m and Christine Kalmer a PB 16:11.77 in the 5000 behind Jennifer Barringer's NCAA record.

According to the Comrades Newsletter, this year's field will be the largest since 2005. The past four years have seen entries average at 12 000, while this year 12 890 entries have been received, a 17% increase in numbers. Of these 2 404 are novice runners.

Kenyan Duncan Kibet, who astounded the running world with his 2:04:27 win in the Rotterdam Marathon – the equal third fastest of all time – has now completed six marathons, running faster each time: 8th 2002 Monaco 2:28:37, 2nd 2004 Caen 2:20:13, 5th 2004 La Rochelle 2:19:52, 2nd 2008 Vienna 2:08:33, 1st 2008 Milan 2:07:53, 1st 2009 Rotterdam 2:04:27.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cradle of Humankind Half Marathon & 10 km, Krugersdorp
- * Swift Hulamini Half Marathon, Pietermaritzburg
- * Verulam Falcons Half Marathon & 10 km, Verulam
- * Spar Grand Prix Series, Port Elizabeth
- * Summerbreeze Spar Men's 10 km, Port Elizabeth
- * Traumeel Wally Hayward Marathon, 32 km, Half Marathon & 10 km, Centurion

- * Safari Half Marathon, Wellington
- * XC: WP Cross-country Relay Meeting, Pinelands

International highlights:

- * TUIfly Marathon Hannover, Hannover, GER
 - * Lilac Bloomsday Run, Spokane, USA
 - * BUPA Great Edinburgh Run, Edinburgh, GBR
 - * 10 km du Conseil Général, Marseille, FRA
 - * 15 km du Puy-en-Velay, Puy-en-Velay, FRA
 - * Humarathon Half Marathon, Ivry to Vitry-sur-Seine, FRA
 - * Mezza Maratona Merano-Lugundo, Merano, ITA
 - * Maratona di Sant' Antonio, Padova, ITA
 - * Möbel Kraft Hamburg Marathon, Hamburg, GER
 - * Enschede Marathon, Enschede, NED
 - * Country Music Marathon, Nashville, USA
 - * Track: Shizuoka International Meeting, Shizuoka, JPN; Payton Jordan Cardinal Invitational, Palo Alto, USA; Brutus Hamilton Invitational, Berkeley, USA; FPA Torneo #3, Sao Paulo, BRA; Oregon Relays, Eugene, USA; Drake Relays, Des Moines, USA
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ROAD RUNNING

Cradle of Humankind Half Marathon & 10 km

Krugersdorp, 3 May
(Distances: 21.0975 km & 10 km)

Half marathon

MEN

1 Shadrack Selewane (ADT) 70:51; 2 Peter Muso (Dainfern) 71:04; 3 Daniel Radebe (ADT) 73:32 (1st vet).

Veterans: 1 Daniel Radebe (ADT) 73:32; 2 Peter Masia (RAC) 79:07; 3 Phineas Maphosa (Nedbank) 87:04. **Masters:** 1 Almon Zibuse (ADT) 82:39. **G'masters:** 1 Patrick Mafilika (Nedbank) 1:40:34.

WOMEN

1 Marelise Retief (Nedbank) 86:29; 2 Paula Quinsee (RH) 86:54; 3 Maxine Heine-Wacker (Nedbank) 87:24 (1st jun).

Veterans: 1 Marie Bruwer (Mittal) 1:43:23; 2 Petro Small (Kempton) 1:46:06; 3 Annetjie Strydom (Nedbank) 1:46:23. **Masters:** 1 Selinah Netshisaulu (RAC) 1:47:18. **G'masters:** 1 Hazel Quilliam (Roodepoort) 2:04:18. **Juniors:** 1 Maxine Heine-Wacker (Nedbank) 87:24.

10 km

MEN

1 Joseph McKenzie (ADT) 30:46; 2 Enoch Manyandi (Powerade) 30:58; 3 Tapelo Madiba (ADT) 32:01 (1st jun).

Veterans: 1 Belay Hagos (ETH/ADT) 37:13; 2 Dale Rynhoud (Irene) 40:51; 3 Darius Mabotla (ADT) 41:24. **Masters:** 1 John Grundy (RH) 42:42. **G'masters:** 1 Andy McKissock (RAC) 47:34. **Juniors:** 1 Tapelo Madiba (Nedbank) 32:01.

WOMEN

1 Onneile Dintwe (BOT/Nedbank) 37:14; 2 Annah Sepotokele (ADT) 38:27; 3 Bianca van Niekerk (Nedbank) 38:38.

Veterans: 1 Noeleen McCallum (Standard Bank) 54:12; 2 Maria Khalipha (Nedbank) 60:31; 3 Patsy Parker (RAC) 65:43. **Masters:** 1 Moira Terwey (RWFL) 58:54. **G'masters:** 1 Elaine Greenblatt (RRR) 47:11. **Juniors:** 1 Juan-Marie Cooper (KHOSA) 39:19.

Swift Hulamin Half Marathon

Pietermaritzburg, 3 May

(Distance: 21.0975 km; loop course)

MEN

1.	Samuel Pazanga	ZIM/Form One AC	64:31
2.	Bongamusa Mthembu	Mr Price AC	65:52
3.	Sebonelo Dduma	Boxer AC	66:28

40-49:

1.	Simphiwe Ntentesa	Toyota AC	73:38
2.	Enoch Ngubane	Mr Price AC	76:31
3.	Alfred Chonco	Boxer AC	78:01

50-59:

1.	Eloi de Oliveira	Boxer AC	75:03
2.	Joseph Dumakude	Verulam AC	84:32
3.	Steve Grey	Coll Harr	86:48

60+:

1.	Moray Calder	Howick AC	102:53
2.	Jan Landman	PDAC	146:57

Juniors:

1.	Muzi Zuma	Boxer AC	72:49
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WOMEN

1.	Debbie Eaton	Coll Harr	89:10
2.	Sibongile Ziqubu	RWFL	89:57
3.	Precious Mukuza	Form One AC	91:23

40-49:

1.	Julie Shadwell	Hillcrest Vill	94:58
2.	Tammy Dennill	West AC	98:03
3.	Mary Mvelase	Boxer AC	99:18

50-59:

1.	Sandy Fismer	Hilton Harr	99:48
2.	Judith Grove	Hilton Harr	109:25
3.	Jane Dickenson	RWFL	109:45

Juniors:

1.	Alicen Manake	Form One AC	91:45
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Verulam Falcons Half Marathon & 10 km

Verulam, 3 May

(Distances: 21.0975 km & 10 km; loop courses)

MEN

1.	Collin Makaza	ZIM/Form One AC	70:14
2.	Sipho Nxongo	Nedbank AC	71:58
3.	Richard Nene	ZIM/Boxer AC	74:43

40-49:

1.	Themba Ndlovu	PDAC	83:07
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50-59:

1	Ivan Charles	Newlands AC	94:23
60+:			
1.	Pooblan Reddy	Chatsworth AC	108:30

WOMEN

1.	Iris Ndlovu	Boxer AC	92:29
2.	Fikile Mbuthuma	Nedbank AC	92:44
3.	Monica Noyingana	Nedbank AC	95:53

40-49:

1.	Nana Sigubu	Boxer AC	100:46
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50-59:

1.	Jane Baker	DAC	112:34
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60+:

1.	Marie Smit	A/Mittal	121:32
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10 km

MEN

1.	Bernard Phalatsane	Nedbank AC	34:35
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WOMEN

1.	Janine Carey	Boxer AC	40:20
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Spar Grand Prix Series

Port Elizabeth, 2 May

(Distances: 10 km & 5 km; loop courses.)

10 km

1	René	Kalmer	MPCGA	28	33:48
2	Annerien	van Schalkwyk	Irene MC	29	33:52
3	Irvette	van Blerk	Nedbank RC CGA	21	34:39
4	Poppy	Mlambo	Nedbank RC CGA	28	34:54
5	Jenna	Challenor	Boxer Superst	27	35:00
6	Ronel	Thomas	Bashewa	37	35:13
7	Maxine	Heine-Wacker (1 st jun)	Nedbank RC CGA	19	35:45
8	Ezbe	Strydom	Potch Univ	28	35:49
9	Catherine	Skosana	Transnet	28	36:00
10	Thozama	April	Mr Price Celtic	23	36:35
11	Dimakatso	Menong	Gauteng Strider	33	36:44
12	Ntombesintu	Ntshiliza	Mr Price PE	27	36:52
13	Michelle	Bartman (1 st vet)	Harfield Harr	45	36:52
14	Phillis	de Fouw	Temp	37	36:56
15	Danielle	Adlam	Boxer Superst	28	37:08
16	Eunice	Nhlapo	Gauteng Strider	30	37:10
17	Celeste	Swart	Nedbank RC	40	38:08
18	Simangele	Mabuza	Nedbank RC AGN	26	38:08
19	Nani	Mdlangathi	Gauteng Strider	26	38:21
20	Maya	Lawrie	Boxer Superst	41	38:54
21	Grace	de Oliveira	Boxer Superst	47	39:17
22	Deliwe	Nyanga	PEAAC	20	39:54
23	Rene	Strydom	Randburg Harrie	44	40:10
24	Busisiwe	Matiwane	Temp	34	40:30
25	Terri-Lynn	Penney	RFLG	32	40:43

40-44:

1	Celeste	Swart	Nedbank RC	40	38:08
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2	Maya	Lawrie	Boxer Superst	41	38:54
3	Rene	Strydom	Randburg Harrie	44	40:10
45-49:					
1	Michelle	Bartman	Harfield Harr	45	36:52
2	Grace	de Oliveira	Boxer Superst	47	39:17
3	Treloar	Childs	Spar Walmer AC	45	44:11
50-54:					
1	Loesje	de Beer	Spar Walmer AC	50	42:49
2	Hanlie	van der Westhuizen	Despatch AC	53	44:36
3	Lesley	Wood	Achilles AAA	51	45:02
55-59:					
1	Margie	Saunders	Nedbank RC	55	41:37
2	Rina	Pelser	Spar Walmer AC	57	1:03:48
3	Maria	Black	Temp	56	1:04:41
60-64:					
1	Sonja	Laxton	Rand Ath Club	60	41:42
2	Liz	Grundlingh	Muirite Strider	62	49:35
3	Retha	Snyman	PEAAC	62	53:07
65-69:					
1	Orgia	Nell	Muirite Strider	65	1:05:53
2	Isabella	Childs	Spar Walmer AC	67	1:11:19
3	Shirley	Jorgensen	Charlo RR	67	1:13:30
70+:					
1	Dorothy	Hart	PEAAC	71	1:00:11
2	Elna	Groothart	Temp	75	1:13:32
3	Lorna	Brown	PEAAC	70	1:24:26
Juniors:					
1	Maxine	Heine-Wacker	Nedbank RC CGA	19	35:45
2	Annica	Coetzee	Framesby	17	40:50
3	Michelle	Strydom	Randburg Harrie	15	42:21

5 km

1	Liandre	Pretorius	MPEP	30	18:01
2	Zanele	Mbambo	NMMU AC	23	19:47
3	Jaime-Lee	Schlemmer	Temp	15	19:49
4	Carla	Petzer	Framesby	14	19:56
5	Asanda	Solani	Temp	25	20:22

Summerbreeze Spar Men's 10 km

Port Elizabeth, 1 May
(Loop course)

1	Rodney	Prins	Mr Price PE	20	30:05
2	Tom	Lusaseni	Mr Price Celtic	20	30:21
3	Zolani	Ngqaqa	Mr Price PE	20	30:29
4	Phumelelo	August	Mr Price PE	24	30:43
5	Nkosinathi	Madyo	Nedbank RC	21	30:44
6	Lawrence	Ntantiso	Nedbank RC	33	31:28
7	Desmond	Zibi	Mr Price PE	45	31:45
8	Luyanda	Tshangana	Mr Price PE	25	31:59
9	Xola	Bongoza	Mr Price PE	16	32:00
10	Zolani	Mabongo	Mr Price PE	22	32:03

Traumeel Wally Hayward Marathon (33rd), 32 km, Half Marathon & 10 km

Centurion, 1 May

(Distances: 42.195 km, 32 km, 21.0975 km & 10 km loop courses)

Note: Apart from the first three men, all athletes in the 10 km ran approx. 1.2 km too far due to a marshalling error. – Ed.

Marathon

MEN

1 Johannes Mthimkulu (Powerade) 2:24:10; 2 Mpho Mokgonami (Nedbank) 2:26:47; 3 Phillip Phakwagwo (Mr Price) 2:27:21; 4 Lucas Nonyana (Nedbank) 2:32:08; 5 Craig Cynkin (Temp) 2:34:56; 6 Stephen Sanianza (Temp) 2:36:23; 7 Peter Medupe (Bashewa) 2:36:38; 8 Taapelo Pitso (Nedbank) 2:37:29; 9 Frank Ntoane (SANDF) 2:37:41; 10 Frans Kutu (Nedbank) 2:38:19.

Veterans: 1 Johannes Maluleka (Varsity Sports) 2:41:19; 2 James Xaba (SAPS) 2:41:45; 3 Phillip Mavuso (Cheetah) 2:42:49. **Masters:** 1 Elias Letlape (Nedbank) 2:37:56; 2 Gideon Radebe (Sasol) 3:10:20; 3 Ralph Mashabela (Cheetah) 3:10:48. **G'masters:** 1 Sandy Anderson (Harmony Striders) 3:39:59; 2 Johan Jonk (Hi Midas) 3:44:47.

WOMEN

1 Paulina Phaho (Nedbank) 3:07:05; 2 Anita O'Brien (Nedbank) 3:09:34; 3 Riana van Niekerk (Mr Price) 3:09:44; 4 Belinda Waghorn (Nedbank) 3:10:11; 5 Julandie Basson (Randmark) 3:11:12; 6 Monica Neuling (Boksburg) 3:15:51; 7 Erina du Toit (Lichtenburg) 3:19:57; 8 Bronwyn Small (Fourways) 3:20:29; 9 Lindy-Lee Folscher (Boksburg) 3:28:44; 10 Theresa Gorrie (Randburg Harriers) 3:37:19.

Veterans: 1 Theresa Gorrie (Randburg Harriers) 3:37:19; 2 Annetjie Strydom (Nedbank) 3:50:30. **Masters:** 1 Karin Smith (Brooks) 3:46:08; 2 P Hattingh (Varsity Sports) 3:58:27.

32 km

MEN

1 Odwa Tunyiswa (Gauteng Striders) 1:44:21; 2 Michael Ngaseke (ZIM/Toyota) 1:45:46; 3 Aaron Gabonewe (Mr Price) 1:52:02; 4 Kenneth Baloyi (ADT) 1:52:20; 5 Daniel Mothibe (New Balance) 1:56:54 (1st vet); 6 Samule Mashishi (ADT) 1:57:40; 7 Simon Masuku (Yebo) 1:58:34; 8 Meschack Monareng (Ilanga) 1:58:48; 9 Aaron Khosa (Arcadia) 1:59:08; 10 Nic de Beer (Randburg Harriers) 1:59:49.

Veterans: 1 Daniel Mothibe (New Balance) 1:56:54; Richard Sinden (Transnet) 2:16:41; 3 Dirk Cloete (Irene) 2:18:11. **Masters:** 1 Sam Ndala (Nedbank) 2:12:19; 2 Hannes v Wyk (Kimberly RR) 2:29:00; 3 Daniel Moeti (Beefcor) 2:35:16. **G'masters:** 1 Chris Fourie (Naboom) 2:55:17; 2 Jannie v Deventer (Fit 2000) 2:59:45. **G/g'masters:** 1 Neville Muir (Phobians) 4:59:00.

WOMEN

1 Jennifer Koech (KEN/Nedbank) 2:20:44; 2 Renata Dreyer (Sunninghill) 2:23:48; 3 Belinda Hickman (Phobians) 2:28:01; 4 Heleen Joubert (Irene) 2:32:05; 5 Natalie Saunders (Fourways) 2:38:05 (1st mast); 6 Emma Mahlangu (ACR) 2:38:20; 7 Sharleen Bester (Tuks) 2:39:38; 8 Antoinette Look (Agape) 2:38:47 (1st vet); 9 Stephanie Montgomery (Bashewa) 2:41:34; 10 Sanette Loubser (Running Inn) 2:43:02.

Veterans: 1 Antoinette Look (Agape) 2:38:47; 2 Marina Coetzee (PMC) 2:52:58; 3 Riana Rossouw (Toyota) 3:00:19. **Masters:** 1 Natalie Saunders (Fourways) 2:38:05; 2 Vollie Spies (Tuks) 2:51:00; 3 Christa Mouton (Agape) 3:12:57. **G'masters:** 1 Regina Hughes (Agape) 3:25:25; 2 Sue v Heerden (Roodepoort) 3:25:48.

Half marathon**MEN**

1 Shadrack Hoff (Bashewa) 65:45; 2 Lucky Mohale (Gauteng Striders) 65:46; 3 Wesley Ruto (KEN/Toyota) 65:51; 4 Sipho Ncube (ZIM/Mr Price) 67:08; 5 Benedict Moeng (Transnet) 67:09; 6 Edwin Molepo (NW Univ.) 68:00; 7 Millen Matende (ZIM/Bashewa) 70:07; 8 Peter Muso (Dainfern) 70:09; 9 Jackson Seanego (New Balance) 74:13 (1st vet); 10 Thabang Madiba (New Balance) 74:57.

Veterans: 1 Jackson Seanego (New Balance) 74:13; 2 Walter Nkosi (Raiders) 76:05; 3 Stemmer Lekota (Nedbank) 76:39. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 78:41; 2 Aubrey Watson (New Balance) 84:31; 3 Rufan Palm (AS Eagles) 88:49. **G'masters:** 1 Dan Hlongwane (Nedbank) 90:55; 2 Pele Tshikundamalema (Vyebo) 95:30. **G/g'masters:** 1 Johan Moolman (Transnet) 2:06:02.

WOMEN

1 Olivia Chitate (ZIM/Bashewa) 81:08; 2 Thabita Tsatsa (ZIM/Boxer) 81:27; 3 Mantukoane Matlakeng (LES/Mr Price) 84:27; 4 Melissa Vermaak (Nedbank) 86:53; 5 Lesley Train (Nedbank) 91:19; 6 Marie Boshoff (Nigel) 92:00; 7 Lelanie v Zyl (Nedbank) 94:06 (1st vet); 8 Mapeng Matlakeng (LES/Mr Price) 94:08; 9 Helene Anderson (New Balance) 94:13; 10 Natalie Gorries (Randburg Harriers) 95:00.

Veterans: 1 Lelanie v Zyl (Nedbank) 94:06; 2 Hannelie le Roux (Wingate) 1:40:34; 3 Elmarie Pretorius (RWFL) 1:40:34. **Masters:** 1 Rene v Zyl (Tuks) 1:40:04; 2 Pam Hampton (Sunninghill) 1:46:56; 3 Alta vd Berg (Varsity Sports) 1:49:07. **G'masters:** 1 Penny Visser (Breakthru Midrand) 1:54:05; 2 Ina Wheatley (PMMC) 2:02:46. **G/g'masters:** 1 Phyllis Maartens (Fit 2000) 2:51:38.

10 km**MEN**

1 Enos Matalane (Bashewa) 30:41; 2 Richard Mavuso (Mr Price) 31:05; 3 Desmond Mogobu (Gauteng Striders) 31:14.

Veterans: 1 Tidimalo Modiga (Toyota) 38:53; 2 Frans Sebothma (Faranani) 39:41; 3 Koos Aphane (SANDF) 40:52. **Masters:** 1 Colin Fisher (CSIR) 39:45. **G'masters:** 1 Trevor Paine (Carlton) 59:33. **G/g'masters:** 1 Ken Nurden (Agape) 50:24.

WOMEN

1 Andrea Steyn (Running Inn) 40:32; 2 Charné Bosman (Mr Price) 41:00; 3 Ndhofhiwa Mandiwana (Nedbank) 42:16.

Veterans: 1 Marietjie Montgomery (Bashewa) 46:55; 2 Yvette v Schalkwyk (Akasia) 50:55; 3 Lona Liebenberg (New Balance) 51:58. **Masters:** 1 Linda Potgieter (Phobians) 52:55. **G'masters:** 1 Eileen Jones (Old Eds) 64:00. **G/g'masters:** 1 Marina Odendaal (Solidariteit) 61:50.

Safari Half Marathon (22nd)

Wellington, 1 May

(Distance: 21.0975 km; hilly loop course, partly on gravel. Finishers: 3456.)

MEN

1. Lindikhaya Mthangayi (Mr Pr) 65:34 (R5000); 2. Zolani Ntongana (Mr Pr) 66:00 (R3000); 3. Dicarido Jacobs (Ind) 66:18 (R1000); 4. George Ntshiliza (Mr Pr) 66:25 (R500); 5. Mandla Maseko (Tr'net) 66:38 (R250); 6. Anthony Godongwana (Celt) 67:54; 7. Sibusiso Mbingeleli (Mr Pr) 67:55; 8. Pieter Koopman (Mat) 69:29; 9. Thanduluntu Magqaza (M.Spart) 69:41; 10. Graham Katzen (Celt) 69:48; 11. Hein Camphor (Ad) 70:01; 12. Tebello Poni (VOB) 70:14; 13. Wanda Roro (Ad) 71:02 (1st jun); 14. Hillroy Slingers

(Worc) 71:16; 15. Makhosonke Fika (RCS Gug) 72:20; 16. Masixole Peza (Ad) 72:25; 17. Roger Davids (Rob) 72:30; 18. Vuyani Sixaso (VOB) 72:38; 19. Mkhululi Mbejeni (Atl) 72:40; 20. Dawid van Rooyen (Worc) 72:44; 21. Henrico Rooi (Ned) 72:59; 22. Isaac Opperman (CS) 73:02 (1st vet); 23. Dawid Gous (Sw) 73:02; 24. Garith Maarman (Sw) 73:28; 25. Brian Mapeyi (VOB) 74:09; 26. Owen Smith (Wel) 74:46; 27. Zolani Sowazi (RCS Gug) 75:06; 28. Henry Wolstenholme (Dur) 75:52; 29. Collins Lekitima (Ind) 76:21; 30. Durin May (Rob) 76:32; 31. Ruan de Jager (Bel) 76:57; 32. Christo Anthonissen (Bel) 77:48; 33. Julie Welkom (Sw) 78:02; 34. Wilmore Benn (Wel) 78:09; 35. Richard Bergoer (Mossel) 78:15; 36. Solle van Rooyen (CS) 78:18; 37. Lucky Zawayi (VOB) 78:19; 38. B. Matiwane (Celt) 78:24; 39. Mervyn Sereyners (Ceres) 78:29; 40. Thabiso Molefe (Ind) 78:32; 41. Bantu Zozi (Ind) 78:36; 42. Aldrin Smit (NB) 78:55; 43. Leon Williams (Sw) 79:00; 44. Andries Swanepoel (Brack) 79:15; 45. Khayaletu Jacobs (RCS Gug) 79:23; 46. Xolani Caleni (Met) 79:38; 47. Adrian Neethling (CPUT) 79:41; 48. Thomas Moses (Worc) 80:08 (1st mast); 49. Marthinus Corah (Elg/Grab) 80:46; 50. Abraham Fielies (Worc) 81:06.

Masters: (40+): 1. Isaac Opperman (CS) 73:02 (R600); 2. Brian Mapeyi (VOB) 74:09 (R400); 3. Henry Wolstenholme (Dur) 75:52 (R200). **(50+):** 1. Thomas Moses (Worc) 80:08 (R300); Goodman Mpukane (RCS Gug) 84:30 (R200); 3. Michael Tala (Atl) 85:53 (R100). **(60+):** 1. Albertus Bock (Ad) 86:48 (R200); 2. Michael Clarke (VOB) 90:37 (R100); 3. Kenny Williams (Pine) 93:56 (R75). **Juniors:** 1. Wanda Roro (Ad) 70:14 (R200); 2. Hillroy Slingers (Worc) 71:02 (R100); 3. Durin May (Rob) 76:32 (R50).

WOMEN (Same prize money as men)

1. Anna Amutoko (NAM/Mr Pr/Tr'kei) 79:44; 2. Ntombesinto Ntshiliza (Mr Pr) 80:17; 3. Bakela Akukothela (NAM/Mr Pr/Tr'kei) 80:56; 4. Alae Brand (Ad) 82:45; 5. Paulina Njeya (Tr'net/FS) 83:27; 6. Quarta Wiese (Esk Gij) 84:09 (1st jun); 7. Danette Smith (Mat) 85:53; 8. Madele du Plessis (Ind) 86:31; 9. Helene Perold (Dur) 86:40; 10. Jacoline Haasbroek (Stel) 87:09 (1st vet); 11. E. Meintjes (Ind) 89:02; 12. Sheryl de Lange (Ad) 89:06; 13. Petro Visser (Ind) 89:27; 14. Marlize van Schaik (Dur) 89:40; 15. F. du Plessis (Ind) 90:06; 16. Liesl Stoltz (Dur) 91:41; 17. Anita Naudé (Ind) 92:16; 18. Mariëtte Esterhuyse (Tyg) 92:47; 19. Tania van Rensburg (Dur) 93:09; 20. Styntjie Prins (Paarl) 93:16 (1st mast); 21. Glenda Werth (Ned) 93:39; 22. Benita Stevens (Ind) 94:07; 23. Olga Howard (Celt) 95:57; 24. Renée Scott (Ad) 96:12; 25. Ilse Grimes (Ind) 96:24; 26. Michelle Dreyer (Paarl) 96:26; 27. Anneke Slabbert (Stel) 96:43; 28. Liana Maree (Stel) 96:44; 29. Twane Stillianou (Met) 96:57; 30. Chantel Simpson (Pine) 97:15.

Masters: (40+): 1. Jacoline Haasbroek (Stel) 87:09; 2. Sheryl de Lange (Ad) 89:06; 3. Mariëtte Esterhuyse (Tyg) 92:47. **(50+):** 1. Styntjie Prins (Paarl) 93:16; 2. Olga Howard (Celt) 95:57; 3. Nancy Will (Pine) 98:02. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 100:37; 2. Pixie Sparg (Celt) 113:22; 3. Marlene James (Pine) 122:21. **Juniors:** 1. Quarta Wiese (Esk Gij) 84:09; 2. Amy Gilmour (VOB) 109:35; 3. Jana de Jongh (Bol) 110:07.

ADDITIONS:

Category results in last weekend's New Heights Nedbank Outeniqua Marathon in Wilderness (open results were in DRR 9:17):

MEN

Veterans:

1	Paulus Allart	Mossel Bay	2:40:10
2	Principal Fana	Nedbank SWD	2:43:58

Masters:

1	Sidwell Oktober	Rainbow	3:17:54
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G'masters:

1	Caspar Greeff	Atlantic	4:11:16
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WOMEN

Veterans:

1	Alison Jordaan	Outeniqua	3:22:12
2	Johanna Claassen	Nedbank SWD	3:28:18

Masters:

1	Mariëtte de Haan	Nedbank SWD	4:02:47
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G'masters:

1	Gail McLellan	VOB	4:50:18
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CROSS-COUNTRY**WP Cross-country Relay Meeting**

Pinelands, 2 May

(Distance: 5 x 3 km)

MEN

Seniors: Celtic Harriers 39:53; 2. VOB C 40:17; 3. Khayelitsha 41:41.**Masters: (40+):** 1. Celtic Harriers 46:01; 2. Nedbank 46:59; 3. VOB 48:17. **(50+):** 1. Brackenfell 56:17; 2. Celtic Harriers 56:28; 3. VOB 102:36. **Juniors:** 1. Celtic Harriers 41:08; 2. Helderberg Harriers A 42:02; 3. Zakes 43:22.

WOMEN

Seniors: 1. Helderberg Harriers 63:28; 2. Ou Mutual 79:36; 3. Mille Miglia 80:13.**Meesters: (40+):** 1. Celtic Harriers 65:34; 2. Brackenfell 65:57; 3. Topform 69:28.**(50+):** 1. Celtic Harriers 62:37; 2. Pinelands 64:05; 3. Spartan Harriers A 71:02.**Juniors:** 1. Celtic Harriers 50:52; 2. HS Stellenberg 56:49.

MIXED TEAMS

1. RCS Guguletu 46:24; 2. Easterns 48:55; 3. Celtic Harriers 51:41.

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**TUIfly Marathon Hannover**

Hannover, GER, 3 May

(Distance: 42.195 km)

MEN (gun times)

1.	Evans Kipkogei Ruto, KEN	2:10:48
2.	Julius Muriuki, KEN	2:10:49
3.	Hussen Adem Jemal, ETH	2:11:18
4.	Pius Muasa Mutuku, KEN	2:11:34
5.	Stanley Kiprotich Rono, KEN	2:12:26
... 8.	Lusapho April, RSA	2:14:19

WOMEN (gun times)

1.	Fridah Jepkite Too, KEN	2:35:48
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Lilac Bloomsday Run (33rd)

Spokane, USA, 3 May

(Distance: 12 km; certified, rolling hills)

MEN

1. John Yuda, TAN	34:36	\$7000
2. Robert Letting, KEN	34:45	4500
3. Karim El Mabchour, MAR	34:54	3000
4. Gilbert Okari, KEN	35:06	2500
5. Dan Browne, Chula Vista, CA	35:07	6800*

WOMEN

1. Lineth Chepkurui, KEN	38:37	\$7000
2. Teyba Erkesso, ETH	39:17	4500
3. Genoveva Jelagat Kigen, KEN	39:30	3000
4. Rose Kosgei, KEN	39:47	2500
5. Hyvon Ngetich, KEN	39:50	1800
... 19. Lidia Simon, ROU	41:23	

BUPA Great Edinburgh Run

Edinburgh, GBR, 3 May

(Distance: 10 km; hilly course)

MEN

1. Micah Kogo, KEN	28:13
2. Bernard Kipyego, KEN	28:27
3. José Manuel Martínez, ESP	29:33

WOMEN (all-women's race)

1. Deena Kastor, USA	32:38
2. Jelena Prokopcuka, LAT	33:14
3. Sally Barsosio, KEN	33:34
4. Anikó Kálovics, HUN	33:42

10 km du Conseil Général (16th)

Marseille, FRA, 1 May

MEN (gun times)

1. Silas Kipruto, KEN	27:43	3000 euro
2. Joseph Kitur, KEN	28:11	1300
3. Abraham Chebii, KEN	28:17	1000

WOMEN (gun times)

1. Sylvia Kibet, KEN	31:40	2000 euro
2. Grace Momanyi, KEN	31:43	1300
3. Peninah Arusei, KEN	31:45	1000

15 km du Puy-en-Velay

Puy-en-Velay, FRA, 1 May

MEN

1. Mubarak Hassan Shami, QAT	43:31
2. Hillary Bii, KEN	44:18
3. Daniel Limo, KEN	44:19

- | | |
|------------------------|-------|
| 4. Luka Kanda, KEN | 44:37 |
| 5. Justus Moranga, KEN | 44:45 |

WOMEN (gun times)

- | | |
|--------------------------|-----------|
| 1. Iness Chenonge, KEN | 48:13 CR* |
| 2. Helah Kiprop, KEN | 49:17 |
| 3. Caroline Kwambai, KEN | 50:21 |

Humarathon Half Marathon

Ivry to Vitry-sur-Seine, FRA, 26 April

(Distance: 21.1 km; loop course)

MEN

- | | |
|-------------------------------|---------|
| 1. Nicholas Kiprono, UGA | 1:00:37 |
| 2. John Kiprotich, KEN | 1:00:38 |
| 3. David Kisang, KEN | 1:00:42 |
| 4. Lukas Kanda, KEN | 1:01:01 |
| 5. Michael Tesfay, ERI | 1:01:26 |
| 6. Moses Kipruto, KEN | 1:01:53 |
| 7. Samson Kiflemarian, ERI | 1:01:55 |
| 8. MacDonald Ondara, KEN | 1:01:57 |
| 9. Jairus Chinchima, KEN | 1:02:06 |
| 10. Ezekiel Nizigiyimana, BDI | 1:02:54 |

WOMEN

- | | |
|---------------------------|---------|
| 1. Peninah Arusei, KEN | 1:09:31 |
| 2. Caroline Kwambai, KEN | 1:09:46 |
| 3. Magdaline Mukunzi, KEN | 1:10:05 |
| 4. Meriam Wangari, KEN | 1:10:28 |
| 5. Emily Rotich, KEN | 1:11:59 |

Mezza Maratona Merano-Lugundo (16th)

Merano, ITA, 26 April

(Distance: 21.1 km; loop course)

MEN (gun times)

- | | | |
|-----------------------------|---------|-------------------|
| 1. Collins Tanui, 1992, KEN | 1:01:29 | 1000 + 200i euros |
| 2. Daniel Limo, 1983, KEN | 1:01:31 | 800 + 200i |
| 3. Samwel Shauri, 1985, TAN | 1:02:25 | 500 + 100i |

WOMEN

- | | | |
|--------------------------------|---------|------------------|
| 1. Helah Kiprop, 1985, KEN | 1:12:43 | 800 + 100i euros |
| 2. Florence Chepsol, 1984, KEN | 1:14:22 | 500 |
| 3. Sara Jeriwai, 1989, KEN | 1:15:42 | 400 |

Maratona di Sant' Antonio (21st)

Padova, ITA, 26 April

(Distance: 42.195 km)

MEN

- | | | |
|-----------------------------|---------------|-------------------|
| 1. Ben Chebet Kipruto, KEN | 2:09:42 PB/CR | 6000 + 1000i euro |
| 2. Noah Kiplagat Serem, KEN | 2:11:44 | 4000 + 400i |
| 3. Tesfaye Bekele, ETH | 2:13:34 | 2000 + 350i |

i) Earned time bonus

WOMEN

1. Woyshinet Girma, ETH 2:31:03 2000 + 200i euro
2. Moges Gebre Zebenay, ETH 2:31:15 1000 + 200i
3. Deborah Toniolo, ITA 2:31:20 500 + 200i

Möbel Kraft Hamburg Marathon (24th)

(IAAF Gold Label Road Race)

Hamburg, GER, 26 April

(Distance: 42.195 km; loop course with no net elevation change and negligible start/finish separation)

MEN (gun times)

1. Solomon Tsige, ETH 2:11:47
2. Charles Ngolepus, KEN 2:13:25
3. Jose Telles des Souza, BRA 2:14:46

WOMEN (gun times)

1. Alessandra Aguilar, ESP 2:29:01
2. Tigist Abdi Sheni, ETH 2:34:01
3. Ulrike Maisch, GER 2:34:28

Enschede Marathon (41st)

Enschede, NED, 26 April

(Distance: 42.195 km with no elevation change or start/finish separation)

MEN (gun times)

1. Jacob Yator, KEN 2:09:02 CR
2. Sammy Kibet, KEN 2:11:47
3. Tsegaye Gebrselassie, ETH 2:11:48
- ... 6. Daniel Komen, KEN 2:15:54
7. Christopher Cheboiboch, KEN 2:16:34

WOMEN (gun times)

1. Ilona Pfeiffer, NED 2:44:58

Country Music Marathon (10th)

Nashville, USA, 25 April

(Distance: 42.195 km; certified standard course, hilly)

MEN

1. Amos Matui, KEN 2:13:41 \$10,000 + \$10,000i
2. Alphonse Yatich Kibor, KEN 2:14:53 5,000
3. Noah Talam, KEN 2:14:54 3,000

WOMEN (gun times/all women's race) -

1. Tatiana Pushkareva, RUS 2:36:44 \$10,000
2. Yulia Arhipova, KGZ 2:38:29 5,000
3. Albina Gallyamova (40+), RUS 2:40:39 3,000
- ... 7. Madina Biktagirova (40+), RUS 2:49:15

TRACK**Shizuoka International Meeting**

Shizuoka, JPN, 3 May

MEN**10000:**

1. Josphat Muchiri Ndambiri, KEN 26:57.36 PB
2. Martin Mathathi, KEN 26:59.88 PB
3. Nicholas Makau KEN 28:07.39
4. Samuel Ndungu, KEN 28:08.15
5. Micah Njeru, KEN 28:21.59

WOMEN**3000:**

1. Ann Mwangi, KEN 8:43.54 PB
2. Grace Kimanzi, 1992, KEN 9:04.96 PB
3. Chisa Nishio 9:05.24 PB
4. Chiaki Takagi 9:13.03 PB
5. Hiromi Nakashino 9:15.79 PB

10000:

1. Kazumi Nishihara 32:29.59
2. Seika Nishikawa 32:38.94
3. Yuika Mori 32:44.31
4. Yoshika Fujinaga 32:46.68
5. Sayo Nomura 32:47.41

Payton Jordan Cardinal Invitational

Palo Alto, USA, 2 May

MEN**1500:****Section 1 -**

1. Matt Centrowitz, Oregon 3:36.92 PB
2. Peter van der Westhuizen, Team Neb [RSA] 3:37.22 PB
3. Lee Emanuel, New Mexico 3:37.25 PB

5000:**Section 1 -**

1. Alistair Cragg, Adidas [IRL] 13:22.36
2. Matt Tegenkamp, Oregon Track Club 13:22.60
3. Sam Chelanga, Liberty [KEN] 13:28.31
4. Josphat Boit, Adidas [KEN] 13:28.70
5. Bolota Asmerom, Nike 13:29.75

Section 2 -

1. Hasssan Mead, Minnesota 13:28.45 PB
2. Evan Jager, Oregon Track 13:29.65 PB
3. Chris Derrick, 1990, Stanford 13:29.98 AJR
4. German Fernandez, 1990, Okla, Sta 13:31.78 PB
5. Stephen Furst, Adidas Raleigh 13:36.42 PB

10000 (Kim McDonald):

1. Tim Nelson, Oregon Track 27:36.99 PB
2. Simon Bairu, Oregon Track [CAN] 27:50.76

3. Shawn Forrest, Arkansas [AUS] 27:52.10 PB

WOMEN

1500:

Section 1 -

1. Anna Willard, Nike 4:06.90 WL
2. Susan Kuijken, Florida St [NED] 4:08.90 PB
3. Sara Hall, Asics 4:09.69
- ... 11. Jordan Hasay, Una 4:16.80 [1991]

5000:

Section 1 -

1. Jennifer Barringer, Colorado 15:07.64 PB/NCAA Record
2. Deirdre Byrne, Unat [IRL] 15:51.28 PB
3. Gwen Jorgensen, Wisconsin 15:52.19 PB
- ... 11. Christine Kalmer, Arkansas [RSA] 16:11.77 PB

3000 s/chase:

Section 1 -

1. Lindsey Anderson, Nike 9:35.30 WL
2. Nicole Bush, Michigan Sta 9:39.38 PB
3. Lindsay Allen, Adidas 9:40.83 PB
- ... 6. Angela Wagner, Unat [RSA] 10:00.60

Brutus Hamilton Invitational

Berkeley, USA, 24-25 April

10000 Invitational (24):

1. Sam Chelanga, Liberty [KEN] 27:28.48 WL/PB/NCAA record
2. Collis Birmingham, New Balance [AUS] 27:29.73 AR
3. Yuki Sato, Nissin Group [JPN] 27:38.25 PB
4. Anthony Famiglietti, Saucony 27:39.68
5. Juan Luis Barrios, Nike [MEX] 27:40.10 PB
6. Boaz Cheboiwo, Nike [KEN] 27:48.97
7. Andrew Lemoncello, adidas-McMil [GBR] 27:57.23 PB
8. Martin Fagan, Reebok [IRL] 27:58.48 PB
9. Michael Shelley, Nike 27:59.77
10. Fasil Bizuneh, New Balance 28:00.22

WOMEN

5000:

Invitational (24):

1. Shannon Rowbury, Nike 15:12.95 PB
2. Sara Hall, Asics 15:34.68
3. Carrie Tollefson, adidas 15:35.33
4. Emily Brown, New Balance 15:37.32
5. Maria Elena Calle, ECU 16:03.19 NR

10000 Invitational (24):

1. Philes Ongori, Hokuren [KEN] 31:53.46 WL
2. Katie McGregor, Reebok 32:14.57
3. Desiree Davila, Hansons-Brook 32:25.78 PB
4. Lara Tamsett, adidas [AUS] 32:27.23 PB
5. Lisa Koll, Iowa State 32:43.85

FPA Torneo #3

Sao Paulo, BRA, 18 April

MEN

5000:

- | | |
|------------------------------|----------|
| 1. Marilson Gomes dos Santos | 14:07.16 |
| 2. Daniel Chaves da Silva | 14:09.60 |
| 3. Joilson Bernardo da Silva | 14:10.47 |

Oregon Relays

Eugene, USA, 23-25 April

MEN

5000 (24):

- | | |
|----------------------------------|-------------|
| 1. Shadrack Biwott, Oregon [KEN] | 13:36.25 PB |
| 2. Josh Rohatinsky, NIKE | 13:37.21 |
| 3. Matthew Centrowitz, Oregon | 13:49.15 PB |
| 4. Girma Mecheso, Auburn [ETH] | 13:50.80 PB |
| 5. Elkanah Kibet, Auburn [KEN] | 13:52.70 PB |

10000 (24):

- | | |
|-----------------------------------|-------------|
| 1. Galen Rupp, Oregon | 28:28.68 |
| 2. Luke Puskedra, Oregon | 28:34.17 PB |
| 3. Stephen Sambu, Rend Lake [KEN] | 28:37.96 PB |

WOMEN

800 (25):

Section 1 -

- | | |
|------------------------------|------------|
| 1. Jenny Barringer, Colorado | 2:05.43 PB |
| 2. Zoe Buckman, Oregon | 2:06.66 |
| 3. Emily McMahon, Eugene H&P | 2:08.85 |

1500:

Section 1 (24):

- | | |
|------------------------------------|------------|
| 1. Jenny Barringer, Colorado | 4:08.38 PB |
| 2. Kellyn Johnson, Wichita St. | 4:17.36 PB |
| 3. Jessica Pixler, Seattle Pacific | 4:20.97 |

5000:

Section 1 (24):

- | | |
|-----------------------------|-------------|
| 1. Nicole Blood, Oregon | 16:11.58 |
| 2. Nicole Feest, Unattached | 16:34.83 |
| 3. Kelly Waters, Oklahoma | 16:40.54 PB |

Drake Relays (100th)

Des Moines, USA, 23-25 April

MEN

Mile (25):

- | | |
|----------------------------------|---------|
| 1. Alan Webb, Nike | 4:00.61 |
| 2. Peter Van der westhuizen, RSA | 4:00.84 |
| 3. Pablo Solares, MEX | 4:00.88 |
-

NEWS

SOUTH AFRICAN TEAMS FOR BIG INTERNATIONAL MEETINGS

Six athletes who have reached the "A" qualifying standards have been included in the provisional South African team for the World Championships in Berlin in August. Also included are seven athletes who won gold medals at last year's African Championships in Ethiopia and reached the "B" qualifying standard.

The cut-off date for qualification for the World Championships is 27 July.

Five marathon runners, led by the experienced Hendrick Ramaala, are included in the team. Ramaala will be joined by Enos Matalane, Norman Dlomo, Johannes Kekana and Coolboy Ngamole. Tanith Maxwell is the only woman marathon runner in the team.

The team is:

MEN: Simon Magakwe, 100 m (ACNW); Mbulaeni Mulaudzi, 800 m (CGA); Ruben Ramolefi, 3000 m steeplechase (CGA); Khotso Mokoena, long jump (AGN); LJ van Zyl, 400 m hurdles (AGN); Chris Harmse, hammer throw (AFS); Thuso Mpuang, 200 m (AFS); Robert Oosthuizen, javelin throw (BOL); Hannes Hopley, discus throw (ANWN); Pieter Smith, 400 m (AGN); Hendrick Ramaala, marathon (CGN); Enos Matalane, marathon (AGN); Norman Dlomo, marathon (AVT); Johannes Kekana, marathon (CGA); and Coolboy Ngamole, marathon (CGA).

WOMEN: Tsholofelo Thipe, 400 m (ANWN); Janice Josephs, long jump (BOL); Sunette Viljoen, javelin throw (ACNW); Isabel le Roux, 200 m (AGN); Elizna Naude, discus throw (AGN); Caster Semenya, 800 m (AGN) and Tanith Maxwell, marathon (KZNA).

ASA also announced a team of 16 men and 10 women to participate in the Southern Region Senior Championships in Gaborone, Botswana, on 30 and 31 May. Only one male field event athlete, triple jumper Tumelo Thagane, has been included.

The team is:

MEN: Thuso Mpuang, 100 m; 200 m (AFS); Kagisho Kumbane, 100 m (AFS); Hannes Dreyer, 100 m (AGN); Thabo Mathibedi, 200 m (ANWN); Rapula Sefenyatso 200 m (ANWN); Ofentse Mogawane, 400 m (AGN); Sibusiso Sishi, 400 m (CGA); Andre Olivier, 800 m (ACNW); Hezekiel Sepeng, 800 m (ACNW); Samson Ngoepe, 800 m (AMPU); Pharson Magagane, 1500 m (LIMA); Tshamano Setone, 1500 m (CGA); Olebogeng Masire, 5000 m (ACNW); Boy Soke, 5000 m (AFS); Sibusiso Nzima 5000 m (CGA) and Tumelo Thagane, triple jump (ACNW).

WOMEN: Nombulelo Mkenku, 100 m (AFS); Isabel Le Roux, 200 m (AGN); Janet Wienand, 400 m hurdles (BOL); Caster Semenya, 800 m (AGN); Lebo Phalula, 1500 m (CGA); Lebogang Phalula, 1500 m (CGA); Tazmin Britz, javelin throw (ACNW); Justine Robbeson, javelin throw (ACNW); Christine Ras, 100 m hurdles (CGA); and Patience Ntshingila, long jump and triple jump (CGA).

ASA announced the provisional team for the World Championships in Bressanone, Italy, on 8-12 July. The provisional team will compete in the Southern Region Youth Championships in Windhoek, Namibia, on 13 June, and the final team for the World Championships will be announced immediately thereafter.

The team is:

BOYS: Richmond Collins, 100 m (AGN); Gideon Trotter, 100 m (AFS); Sean de Klerk, 200 m (AFS); Mzwandile Quashani, 200 m (BOL); Jacques de Swardt, 400 m (AGN); MC Kruger, 400 m (AVT); Michael van Aswegen, 800 m (CGA); Werner Pretorius, 110 m hurdles (AGN); Layne Scheffers, 110 m hurdles (WPA); Lionel Abrahams, long jump (BOL); Frans Schutte, shot put (AMPU); Charl Grobler, discus throw (AFS); Charles Burger, discus throw (AFS); Dean Goosen, javelin throw (AVT); Siyabonga Derison, 1500 m (AVT);

Tebogo Khanye, 1500 m (KZNA); Olwethu Mhlaba, 2000 m steeplechase (CGA); Benjamin Molehe, 2000 m steeplechase (AFS); and Mfumaneko Fadane, 3000 m (ATRA).

GIRLS: Justine Palframan, 200 m and 400 m (KZNA); Anri Steyn, 400 m (ANCW); Rikenette Steenkamp, 100 m hurdles (AGN); Melissa Harmse, 400 m hurdles (AGN); Zanri van der Merwe, long jump (AGN); Suriette Botha, discus throw (AGN); Simone Meyer, discus throw (KZNA); Annemie Smith, hammer throw (ASWD); Masabatha Matoane, 800 m (AGN); and Happiness Mkhize, 800 m (KZNA).

The following athletes not in the above squad will also compete in Windhoek:

BOYS: Ryhardt van Rensburg, 800 m (AFS); Hannes Greyling, 110m hurdles (ANCW); Donovan Stebbing, shot put (AMPU); Jeremy Andrews, 3000 m (WC); Albert Korf, pole vault (BOLA); Rickus Kok, high jump (AMPU); and Shaun Van Wyk, 400 m hurdles (ANWN).

GIRLS: Jade Thiele, 100 m (CGA); Mihandra Dorfling, 100 m hurdles (AFS); Tamia Ras, 400 m hurdles (AGN); Sylvia Tsetlanyane, 3000 m (CGA); Dominique Scott, 3000 m (WPA); June Roelofse, high jump (AGN); Danielle Erwee, triple jump (AFS); Luchelle Prinsloo, triple jump (ANWN), Liezel de Swart, javelin throw (ANWN) and Leandri Swiegers, javelin throw (AGN).

SPAR GP STANDINGS

The first twenty women in the Spar Grand Prix Series after the second race in Port Elizbaeth this weekend is:

1	Maxine Heine-Wacker	Nedbank CGA	58
2	Rene Kalmer	Mr Price CGA	56
3	Michelle Bartman	Harfield Harriers	49
4	Poppy Mlambo	Nedbank CGA	41
5	Jenna Challenor	Boxer	39
6	Ezbe Strydom	Temp	38
7	Ronel Thomas	Bashewa	37
8	Annerien van Schalkwyk	Irene	32
9	Irvette van Blerk	Nedbank CGA	31
10	Sonja Laxton	RAC	27
	Thozama April	Celtics	27
12	Danielle Adlam	Boxer	24
13	Phyllis de Fouw	Standard Bank	22
14	Maya Lawrie	Boxer	21
15	Nomvuyisi Seti	Mr Price WP	18
16	Simangele Mabuza	Nedbank AGN	17
17	Tshifhiwa Mundalamo	Nedbank CGA	16
	Rene Strydom	Randburg Harriers	16
19	Grace de Oliveira	Boxer	15
	Catherine Skosana	Transnet RE	15

OLYMPIC CHAMPION RAMZI TESTS POSITIVE FOR NEW DRUG

Seven Beijing Olympic competitors, among them Olympic 1500-metre champion Rashid Ramzi, have tested positive for CERA, a new version of the endurance-enhancing drug EPO. Ramzi's sample was among 847 samples collected at the 2008 Olympic Games that were retested earlier this year.

At the same time it was announced that Italian marathoner Roberto Barbi has been banned from athletics for life. Barbi, 44, tested positive for rh EPO at the Semi-Marathon

Marvejols Mende, a hilly 22.5 km race in Lozere, France, on 20 July. He finished eighth and was the top master (veteran 40+) finisher. Barbi received a lifetime ban because it was his third doping violation.

Ramzi's "B" sample will be tested on 8 June in Paris. For a positive test result to be declared, both the "A" and "B" samples must come back positive (blood and urine samples are divided into two parts after collection, then tested separately).

"The further analysis of the Beijing samples that we conducted should send a clear message that cheats can never assume that they have avoided detection," said Arne Ljungqvist, Chairman of the IOC Medical Commission, upon release of the retesting numbers. "The vast majority of athletes do not seek an unfair advantage. We intend to do all we can to ensure that they have a fair environment for competition."

In a statement, the IAAF, track's international governing body, confirmed that according to the IOC, three track athletes were among the seven who tested positive for CERA.

"Just as the IAAF has already re-analysed its own samples taken prior to Beijing, the IAAF would like to commend the IOC for their efforts in the storage and re-analysis of samples and for their coordination with the IAAF in this process," the statement read. "This step shows that athletes who cheat can never be comfortable that they will avoid detection and sends a strong message of deterrence."

Two other athletes also tested positive: Greek walker Athanasia Tsoumeleka, who won the 20 km walk at the 2004 Olympics, and Vanja Perisic, a Croatian 800-metre runner.

If Ramzi is found guilty, Asbel Kiprop of Kenya would be elevated to the gold medal position, followed by Nick Willis of New Zealand, with Mehdi Baala of France taking the bronze.

The Moroccan-born Ramzi, who has competed internationally for Bahrain since 2002, scored a commanding victory in Beijing, clocking 3:32.94. He was a surprise double winner at the 2005 World Championships, winning both the 800 and 1500. Two years later, he took silver in the 1500 m.

All of Barbi's results from 20 July 2008 to the present have been annulled. His first doping infraction was also for EPO in 2001 when he was tested prior to the IAAF World Championships Marathon, where he placed 60th.

Barbi recorded a marathon personal best of 2:10:12 when he finished third at the Venice Marathon in 2000. That year he also ran 61:49 for the half marathon. His best performance outside of Italy was a sixth place finish at the New York City Marathon in 1998.

FURORE OVER EX-GDR COACHES

Five DLV (German Athletics Federation) coaches have confessed they were part of the GDR's state-controlled doping programme. *Athletics International* reports that Klaus Baarck (combined events), Gerhard Böttcher (discus), Rainer Pottel (long jump), Maria Ritschel (javelin) and Klaus Schneider (shot) have apologised to the athletes involved and will continue to work on behalf of the DLV, having signed a German Olympic Sports Federation declaration admitting past doping offences. "We knew we were breaking sports rules, but we felt legitimised by state policy, and any refusal of these practices would have resulted in our exclusion from competitive sports and loss of employment," they said.

However, former GDR sprinter Ines Gneipel described the decision as "a political perversion" and said it discredited victims like herself. Andreas Krieger, who as Heidi Krieger was 1986 European women's shot champion and for several years was on such a severe steroids programme that she later underwent sex reassignment surgery, was also outraged. "Seeing that these people can simply buy themselves out of their past with this statement, I can only speak of a grave violation of moral principles."

Another victim of the GDR doping regime was Australia's Raelene Boyle, who would have been the 1972 Olympic 100m and 200m champion but for the presence of Renate Stecher. Boyle stated, interviewed by Margie McDonald of *The Australian*, that East German secret service files revealed that Stecher was on the state-sponsored doping programme. "I personally went and had a look [at the files]. And she [Stecher] talks about not wanting to take any more pills, meaning drugs, between the 1972 Olympics and when she started her

preparation for the 1976 Olympics because she wanted to have children. She was part of it, she was involved."

Boyle feels that the coaches' confessions have come far too late and should not exonerate them from punishment. "Why didn't they come forward sooner and think about the athletes who were duped? What they're trying to do now is just save their jobs." She is also critical of the IOC's lack of action. "It was never properly addressed. It's extremely sad that we as the clean Olympians were abused by the organisation that was there to protect us."

The IOC has said medals could not be redistributed because the offences took place outside its eight-year retrospective for drug complaints – a policy described as "rubbish" by Boyle. "It still would be really nice if the IOC did one day turn around and say, 'you guys deserve these medals'. But the powers that be have shut it off. They want to move forward and not play out that dirty part of their history."

STATS

Here are the splits for the leaders at each mile in last weekend's Flora London Marathon, as well as for each 5 km. Note that there were only three miles slower than 5 minutes.

1 mile - 4:37	14 miles - 65:57 (4:55)
2 miles - 9:13 (4:36)	15 miles - 70:55 (4:58)
3 miles - 13:35 (4:22)	16 miles - 75:55 (5:00)
4 miles - 18:12 (4:37)	17 miles - 1:20:57 (5:02)
5 miles - 22:47 (4:35)	18 miles - 1:25:51 (4:54)
6 miles - 27:29 (4:42)	19 miles - 1:30:16 (4:25)
7 miles - 32:13 (4:44)	20 miles - 1:34:56 (4:40)
8 miles - 36:53 (4:40)	21 miles - 1:39:45 (4:49)
9 miles - 41:40 (4:47)	22 miles - 1:44:30 (4:45)
10 miles - 46:25 (4:45)	23 miles - 1:49:26 (4:56)
11 miles - 51:13 (4:48)	24 miles - 1:54:19 (4:53)
12 miles - 56:01 (4:48)	25 miles - 1:59:14 (4:55)
13 miles - 61:02 (5:01)	26 miles - 2:04:04 (4:50)
Half - 61:35	

5 km - Wanjiru 14:08
 10 km - Wanjiru 28:30
 15 km - Kebede 43:12
 20 km - Wanjiru 58:14
 Half - Mutai 61:35 + Tadese, Kebede, Goumri, Gharib, Harroufi, Wanjiru 61:36
 25 km - Wanjiru 1:13:35
 30 km - Kebede 1:28:35
 35 km - Wanjiru 1:43:18
 40 km - Wanjiru 1:58:32, Kebede 1:58:33

STATS TIME

Hendrick Ramaala's magnificent 2:07:44 in last weekend's Flora London Marathon underscored his talent, but also emphasised the distressing lack of depth in South African marathoning. Ramaala and Gert Thys, whose career has been put in jeopardy by his drugs ban, are the only two South Africans who have been able to run faster than 2:10 since 2004. Both of them are older than 37. On the all-time list of sub-2:10 performers only three others are still active – Josiah Thugwane, Ezael Tlhobo and Andries Khulu – and they are 38, 45 and 36 respectively, with their best days long behind them.

Thys's national record has now stood for more than ten years, and it seems unlikely that Ramaala is still capable of breaking it. No other South African than Ramaala has been able

to dip under 2:15 for the past two years – the fastest in 2008 was Coolboy Ngamole with 2:15:08 and in 2009 Enos Matalane with 2:15:11, both utterly pedestrian times.

Both Ramaala and Thys have beaten 2:10 eight times; no other runner has more than three such performances.

The question is: Who is going to carry the flag after Ramaala? And also: When will we see a sub-2:10 from anyone else? Last year 106 runners worldwide were under 2:10; so far this year 46 have done so already.

The twelve SA men who have run faster than 2:10 (32 times):

ALL-TIME MARATHON: S.A. MEN UNDER 2:10

2:06:33	Gert Thys	12-Nov-71	1	Tokyo	14-Feb-99
2:06:55	Hendrick Ramaala	02-Feb-72	3	London	23-Apr-06
2:07:06	Thys-2		1	Seoul	14-Mar-04
2:07:06	Ian Syster	20-Jan-76	5	London	14-Apr-02
2:07:28	Josiah Thugwane	15-Apr-71	1	Fukuoka	07-Dec-97
2:07:44	Ramaala-2		5	London	26-Apr-09
2:07:45	Thys-3		3	Chicago	11-Oct-98
2:07:49	Syster-2		1	Beijing	19-Oct-03
2:07:52A	Thys-4		3	Boston	20-Apr-98
2:07:56	Ramaala-3		5	London	22-Apr-07
2:08:04A	Zithulele Sinqe	09-Jun-63	1	Port Elizabeth	03-May-86
2:08:06	Thugwane-2		3	London	13-Apr-97
2:08:07	David Tsebe	09-Nov-66	1	Berlin	27-Sep-92
2:08:15A	Willie Mtolo	05-May-64	2	Port Elizabeth	03-May-86
2:08:30	Thys-5		1	Beppu	04-Feb-96
2:08:32	Ramaala-4		3	London	17-Apr-05
2:08:42	Thys-6		1	Seoul	16-Mar-03
2:08:58	Ramaala-5		8	London	13-Apr-03
2:08:58A	Mark Plaatjes	01-Jun-61	1	Port Elizabeth	04-May-85
2:09:10	Lawrence Peu	13-Feb-66	7	London	13-Apr-97
2:09:18	Syster-3		9	London	13-Apr-03
2:09:28A	Ramaala-6		1	New York	07-Nov-04
2:09:29	Mtolo-2		1	New York	01-Nov-92
2:09:31	Thys-7		2	Fukuoka	05-Dec-93
2:09:31	Ramaala-7		2	New York	06-Nov-05
2:09:36	Andries Khulu	21-Aug-72	7	Berlin	28-Sep-97
2:09:41A	Ernest Seleke	05-Dec-59	1	Port Elizabeth	31-Mar-84
2:09:43	Ramaala-8		5	London	16-Apr-00
2:09:45	Thys-8		1	Oita	05-Feb-06
2:09:50	Tsebe-2		1	Port Elizabeth	24-Feb-90
2:09:54	Ezael Tihobo	04-May-64	3	Prague	24-May-98
2:09:56	Tihobo-2		1	Reims	20-Oct-96

THIS MONTH IN HISTORY

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

11 years ago: 25 May 1998

Colleen de Reuck finished second in the 20th running of the famous Bolder Boulder 10 km in the high altitude Colorado town, her 34:06 beaten by 40 seconds by Jame Omoro (KEN). Simon Rono (KEN) won the men's race in 28:50. Six weeks later De Reuck was third in the Peachtree 10 km in Atlanta in a blistering 32:18, the second fastest time for the year by a South African.

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	Somers 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	2:07:44	Hendrick Ramaala	London	26 Apr
	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	Somers 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	50:03	Sakhiwo Ganca	Port Elizabeth	25 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:02	Wanda Roro	Wellington	01 May
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENSeniors

10 km	33:48	René Kalmer	Port Elizabeth	02 May
	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
	2:22:11	Irina Mikiitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:52	Michelle Bartman	Port Elizabeth	02 May
	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	93:16	Styntjie Prins	Wellington	01 May
	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	1:40:37	Veronica van Niekerk	Wellington	01 May
25 km	2:22:00	Gill Tregenna	Durban	26 Apr
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	35:45	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:35	Nadia Hechter	Krugersdorp	04 Feb
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	84:09	Quarta Wiese	Wellington	01 May
	1:09:05	Delilah Asiago (KEN) 1991		

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