

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 African runners were quite active in international competition over the weekend. In the adidas Track Classic in Carson, USA, Peter van der Westhuizen was third in the 1500 m behind Bernard Lagat and Nate Brannen, running 3:38.29. Christine Kalmer finished fifth in the 5000 at the SEC Championships and sixth in the 10000, while Hezekiel Sepeng was tenth in the two-lapper at a meeting in Rio de Janeiro. On the road Ezbé Strydom easily won the all-women Mariken Run over 5 km in Nijmegen in 16:56.

Haile Gebrselassie won the BUPA Great Manchester Run 10 km in 27:39.

In last week's Editorial I included comments by Bobby McGee on the state of SA marathoning. In translating them from Afrikaans, I unfortunately misrepresented what he said about Gert Thys and his problems with blood sugar during races. In a subsequent e-mail Bobby explained that they had had difficulty finding a solution, and that Thys tried to eat differently and also experimented with energy replacement drinks containing less sugar. I apologise for this error.

South Africa's top marathoner, Hendrick Ramaala, has also responded to Bobby's comments and wrote: "I think Bobby has a point. But I also think he should give the runners he mentions some credit for achieving their results with minimum support and coaching. I am sure he can do more by keeping contact with people [in South Africa] and helping with coaching, etc. I know he is very knowledgeable, but getting involved can go a longer way than just being critical. Our young athletes can do with his support."

According to reports received by DRR, the women's and male veterans' results of the Jackie Mekler 25 km as published last week were not a true reflection of what happened, as several athletes ran short because of a marshalling error (see also the results of the Plexus Durbanville 10 km in this issue). Ronel Thomas was placed fifth (in the results), but actually crossed the finish line first – her time was simply amended to place her fifth. The winner of the veteran division, Johannes Maluleka, did run the correct route; however, some of the other veterans did not. Except for Maluleka's time, none of the times in these two categories will be considered for statistical purposes.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Plexus Durbanville Half Marathon & 10 km, Durbanville
- * Gauteng Striders Half Marathon, Johannesburg
- * Starling Plumbers Half Marathon & Woodview 10 km, Mount Edgecombe
- * Sunridge Superspar 10 km, Port Elizabeth

* XC: WP League Meeting, Bellville

International highlights:

- * ING Bay to Breakers 12 km, San Francisco, USA
- * BUPA Great Manchester Run 10 km, Manchester, GBR
- * Tribuna FM 10 km, Santos, BRA
- * Mariken Run, Nijmegen, NED
- * Healthy Kidney 10 km, Central Park, New York, USA
- * Track: Grande Prêmio Rio/Caixa de Atletismo, Rio de Janeiro, BRA; adidas Track Classic, Carson, USA; PAC-10 Championships, Eugene, USA; SEC Championships, Gainesville, USA

COMRADES PREDICTIONS

As usual, readers are invited to send in their predictions of the gold medal winners (men and women) in this year's Comrades. Your predictions can be in position order (please indicate) or merely the top ten names in any order. Please submit your lists on or before Friday, 22 May.

ROAD RUNNING

Plexus Durbanville Half Marathon & 10 km

Durbanville, 17 May

(Distances: 21.0975 km & 10 km; certified out-and-back courses)

Note: Since the first 19 men in the 10 km ran short (due to a marshalling error), no times were provided for the men's race. The order of the runners as included here is that in which they finished. – Ed.

Half marathon

MEN

1. Tebello Poni (VOB) 67:48; 2. Thanduluntu Magqaza (M.Spart) 68:51; 3. Zolani Bhitane (Ned) 70:18; 4. Velani Lusaseni (Ad) 70:45; 5. Patrick Magadla (VOB) 71:22; 6. Marks Mpekula (VOB) 71:50; 7. Manfred Samuels (HH) 72:00 (1st jun); 8. Givemore Mudzingama (ZIM/Ad) 72:08; 9. Dennis Cbriero (Celt) 72:20; 10. Masixole Peza (Ad) 72:29; 11. Zondwa Nombexeza (Atl) 73:23; 12. Anthony Matthee (HH) 73:29; 13. Tom Lusaseni (Ind) 73:46; 14. Collins Lekitima (WP Def) 74:41; 15. Dawid Gous (Sw) 75:11; 16. Morné Kammies (Met) 76:56; 17. Sibusiso Nontando (Met) 77:02; 18. Akhona Makila (VOB) 78:17; 19. Forgiveness Zhanje (Dur) 78:39; 20. Joseph Sethulele (RCS Gug) 79:06; 21. Brian Mapeyi (VOB) 79:16 (1st vet); 22. Charles Phokane (WP Def) 79:48; 23. Morné Hansen (Worc) 81:29; 24. David Barr (Ind) 82:25; 25. Lebogang Mosala (WP Def) 82:25; 26. Mogale Piloso (WP Def) 82:34; 27. Jakobus Januarie (Met) 82:38; 28. Charles Witbooi (VOB) 82:39; 29. Ryan Winter (Pine) 82:48; 30. Stef Patten (VOB) 83:47.

Masters: (40+): 1. Brian Mapeyi (VOB) 79:16; 2. Jakobus Januarie (Met) 82:38; 3. Steven Parkins (Met) 104:03. **(50+):** 1. Henry Cieverts (Top) 87:41; 2. Richard Johnson (OM) 90:13; 3. Pedro Pheiffer (MPT) 94:24. **(60+):** 1. Gideon Malherbe (Celt) 105:00; 2. Dennis Jeffreys (Pine) 111:31; 3. Mike Taylor (Tyg) 111:43. **Juniors:** 1. Manfred Samuels (HH) 72:00; 2. Givemore Mudzingama (ZIM/Ad) 72:08; 3. Anthony Matthee (HH) 73:29.

WOMEN

1. Nomvuyisi Seti (MP) 85:26; 2. Helene Perold (Dur) 87:06; 3. Bulelwa Mtshagi (Celt) 87:09; 4. Elmarie Coetzee (Ad) 87:16 (1st vet); 5. Joanna Thomas (VOB) 87:45; 6. Sheryl de Lange (Ad) 89:30; 7. Rachel Shuttleworth (Str) 92:19; 8. Tania Fourie (Dur) 92:28; 9. Ulrica Stander (Ind) 95:22; 10. Tania Kapp (VOB) 97:07; 11. Marie Louw (Ad) 98:33; 12.

Grace Bokaba (WP Def) 99:01; 13. Karen de Kock (Dur) 102:13; 14. Sandra van Graan (Edg) 102:13; 15. Stella Strydom (Met) 102:51; 16. Caroline Weinel (Dur) 103:08 (1st mast); 17. Sue Bracher (Dur) 103:55; 18. Liesl Thomas (Dur) 104:03; 19. Karin Matthee (Ind) 104:17; 20. Charmaine Botha (Dur) 104:43.

Masters: (40+): 1. Elmarie Coetzee (Ad) 87:16; 2. Joanna Thomas (VOB) 87:45; 3. Sheryl de Lange (Ad) 89:30. **(50+):** 1. Caroline Weinel (Dur) 103:08; 2. Sue Bracher (Dur) 103:55; 3. Juliette Savini (Dur) 106:28. **(60+):** 1. Pixie Sparg (Celt) 113:27; 2. Cathy Taylor (Dur) 136:24; 3. Dolla Naurattel (Ceres) 150:54. **(70+):** 1. Annelie Gous (Rob) 148:13. **Juniors:** 1. Andiswa Ndamane (Ned) 137:18; 2. Benine Havenga (Tyg) 139:13.

10 km

MEN

1. Kevin Oliphant (Ad); 2. Peter Tsawayo (ZIM/RCS Gug); 3. Unathi Phezolo (Atl) (1st jun); 4. Luxolo Mdzanga (RCS Gug); 5. Gcobani Mndi (VOB); 6. Hillroy Slingers (Worc); 7. Nkosinathi Sotyantya (Celt); 8. Mervyn Steenkamp (Ad); 9. Zolani Sowazi (RCS Gug); 10. Thembaletu Zweli (Ad); 11. Fabian Faro (MPT); 12. McNeil Hendricks (HH); 13. Yandisha Cisbeni (RCS Gug); 14. Mmota Mothophelisi (MPT); 15. Tabiso Sekayi (Atl); 16. Henry Erasmus (HH); 17. Ricardo Pietersen (HH); 18. Christopher Nel (HH); 19. Nardus Matthysen (Ad); 20. Isak Oliphant (WP Def) (1st vet); 21. Eckhardt Visser (Dur); 22. Ludwig Lillie (Dur); 23. Gerald Sullivan (Dur); 24. Elwin van Zyl (NB); 25. Carlo Jacobs (Top); 26. Nqaba Tshuta (HH); 27. Goodman Mpukane (RCS Gug) (1st mast); 28. John van der Byl (MPT); 29. Shaun Daniels (HH); 30. Jason Fredericks (Dur).

Masters: (40+): 1. Isak Oliphant (WP Def) 37:08; 2. Eckhardt Visser (Dur) 37:10; 3. Ludwig Lillie (Dur) 37:11. **(50+):** 1. Goodman Mpukane (RCS Gug) 38:04; 2. Garry Wilford (Dur) 39:14; 3. Peter Wrensch (Tyg) 40:31. **(60+):** 1. Johan Botha (R/W for L) 42:32; 2. Ronnie le Roux (Brack) 44:38; 3. Carl Hendricks (Ned) 46:15. **Juniors:** 1. Unathi Phezolo (Atl); 2. Luxolo Mdzanga (RCS Gug); 3. Gcobani Mndi (VOB).

WOMEN

1. Busisiwe Matiwane (Celt) 40:21; 2. Anita Naudé (Ind) 41:01; 3. Mariëtte Esterhuyse (Tyg) 41:17 (1st vet); 4. Asanda Dayamani (Atl) 41:54 (1st jun); 5. Olga Howard (Celt) 42:16 (1st mast); 6. Monice Brand (Ad) 42:39; 7. Asiphe Sikabalanjana (RCS Gug) 42:53; 8. Yonela Hewu (RCS Gug) 43:24; 9. Tandi Kitching (Dur) 43:44; 10. Nancy Will (Pine) 44:37; 11. Ayanda Mqhakayi (RCS Gug) 45:12; 12. Cheryl Rudolph (East) 45:20; 13. Amy Abrahams (ER) 45:29; 14. Charmaine Cupido (Ned) 46:07; 15. Brenda Robertson (NB) 46:49; 16. Busisiwe Mogale (WP Def) 47:26; 17. Adele Hamman (Dur) 48:14; 18. Thandiwe Balindalo (Zakes) 48:54; 19. Margaret von Zeil (Pine) 49:01; 20. Carina Roux (Ind) 49:11.

Masters: (40+): 1. Mariëtte Esterhuyse (Tyg) 41:17; 2. Monice Brand (Ad) 42:39; 3. Cheryl Rudolph (East) 45:20. **(50+):** 1. Olga Howard (Celt) 42:16; 2. Nancy Will (Pine) 44:37; 3. Charmaine Cupido (Ned) 46:07. **(60+):** 1. Priscilla von Schlicht (Dur) 50:37; 2. Marlene James (Pine) 56:30; 3. Annetjie Berntzen (Tyg). **Juniors:** 1. Asanda Dayamani (Atl) 41:54; 2. Asiphe Sikabalanjana (RCS Gug) 42:53; 3. Yonela Hewu (RCS Gug) 43:24.

Gauteng Striders Half Marathon

Johannesburg, 17 May

(Distance: 21.0975 km; course configuration unknown)

MEN

1 Xolisa Tyali (Nedbank) 65:23; 2 Themba Miya (GS) 65:44; 2 Raphael Segodi (GS) 65:58; 3 Tsofong Maine (LES/GS) 66:01; 4 Themba Miya (GS) 66:16; 5 Vincent Seng (Powerade) 66:31.

Veterans: 1) 69:23; 1 Gethun Wordofa (ETH/ADT) 71:21; 2 Bheke Nene (ADT) 71:45; 4 Elgin Mokale (Nedbank) 72:14; 5 Basara Tulu (ADT) n/t. **Masters:** 1 Francis Makuka (ZAM/Bashewa) n/t; 2 Thulani Sibisi (Soweto) 86:04; 3 Alpheus Thema (RRR) n/t. **G'masters:** 1 Don Charles (Brotherhood) 92:55; 2 Andy McKissok (RAC) 1:49:47; 3 Peta Firman (GRRRC) 1:58:32. **G/g'masters:** 1 Pele Tshinkundalema (Yebo) 98:26.

WOMEN

1 Mamorallo Tjoka (LES/GS) 78:28; 2 Nolene Conrad (UJ) 81:43; 3 Olivia Chitate (ZIM/Bashewa) 84:43; 4 Dimakatso Menong (GS) 87:25; 5 Rakela Akukothela (NAM/MP) 87:41.

Veterans: 1 Sarah Mahlangu (MP) 96:36; 2 René Strydom (RH) 97:21; 3 Cynthia Mkovane (Powerade) 1:44:21; 4 Thembeke Ketsekile (Ukhozi) 1:48:22; 5 Vanessa Wayland (GRRRC) 1:49:25. **Masters:** 1 Rae Bisschoff (Nedbank) 1:49:36; Celina Netshisaulu (RAC) 1:49:54; 3 Margaret Baseu (Sunninghill) n/t. **G'masters:** 1 Elsa Meyer (Irene) n/t; 2 Carol Rodgers RWFL) n/t; 3 Maureen Carhart (AC) n/t.

Starling Plumbers Half Marathon & Woodview 10 km

Mount Edgecombe, 17 May

(Distances: 21.0975 km & 10 km; out-and-back courses)

Note: The times in the 10 km look exceedingly fast, and according to reports received by DRR the timekeeping apparatus seemed to be faulty, with the times being much faster than what the runners recorded themselves. These times will therefore not be considered for any statistical lists. – Ed.

MEN

1.	Joseph Madiza	Form One AC	68:41
2.	Simon Tsoanyane	Nedbank AC	72:29
3.	Richard Nene	ZIM/Boxer AC	72:49

40-49:

1.	Willie Majombozi	Boxer AC	79:10
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60+:

1.	David Shackleton	Virginia AC	108:55
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WOMEN

1.	Precious Mukuza	Form One AC	90:36
2.	Fikile Mbuthuma	Nedbank AC	91:32
3.	Alican Manake	Form One AC	95:53

40-49:

1.	Roshnee Nadasen	Hi Way AC	114:04
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50-59

1.	Jenny Scott	Dolphin C S	110:35
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60+

1.	Pushpa Pillay	Tongaath Panthers	152:51
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10 km

MEN

1.	Lungisa Mdedelwa	Nedbank AC Trans	28:57
2.	Thubaletu Phaku	DIT	29:37
3.	Samuel Pazanga	ZIM/Form One AC	30:39

40- 49:

1.	Peter Sehloho	Boxer AC	34:04
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50-59:

1.	Eloi de Oliveria	Boxer AC	35:46
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60+:

1.	Andrew Spence	South Coast Strid	41:49
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WOMEN

1.	Jenna Challenor	Boxer AC	35:08
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2.	Janine Carey	Boxer AC	36:42
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3.	Maya Laurie (1 st vet)	Boxer AC	37:42
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40-49:

1.	Maya Lawrie	Boxer AC	37:42
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50-59:

1.	Sheree Kirstem	PDAC	48:31
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60+:

1.	Gill Tregaenna	West AC	50:01
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Sunridge Superspar 10 km

Port Elizabeth, 16 May

(Loop course. Finishers: 675.)

MEN

1	Lungile	Gongqa	Mr Price Tra	30	30:28
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2	Nkosinathi	Madyo	Nedbank RC	21	30:33
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3	George	Ntshiliza	Mr Price PE	29	30:41
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4	Desmond	Zibi (1 st vet)	Mr Price PE	45	31:14
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5	Lwazi	Gonqa (1 st jun)	Mr Price Tra	18	31:46
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6	Maboyisana	Mazwayi	Nedbank RC	40	31:47
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7	Melikhaya	Kepe	Nedbank RC	32	31:59
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8	Mzwanele	Maphekula	Nedbank RC	32	32:14
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9	Bulelini	Niwa	PEAAC	23	32:26
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10	Masibulele	Heugh	Nedbank RC	14	32:30
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11	Sibusiso	Thu	Mr Price PE	21	32:30
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12	Sandile	Ngunuza	Nedbank RC	26	32:31
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13	Xola	Bongoza	Mr Price PE	16	32:37
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14	Lubabaloo	Mdlungwane	PEAAC	15	33:02
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15	Mila	Pasiya	Nedbank RC	29	33:09
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16	Christopher	Mabengeza	Nedbank RC	42	33:51
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17	Monwabisi	Mtwisha	PEAAC	25	34:35
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18	Lolwethu	Mbityi	PEAAC	18	35:01
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19	Willem	Mare	Jeffreys Bay	44	35:04
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20	Wilson	Bennett	Jeffreys Bay	29	35:09
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40-44:

1	Maboyisana	Mazwayi	Nedbank RC	40	31:47
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2	Christopher	Mabengeza	Nedbank RC	42	33:51
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3	Willem	Mare	Jeffreys Bay	44	35:04
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45-49:

1	Desmond	Zibi	Mr Price PE	45	31:14
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2	Darrell	Wicht	Raleigh AC	46	35:28
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3	Kenneth	Menze	Nedbank RC	47	35:56
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50-54:

1	Alan	Taylor	Raleigh AC	51	38:33
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2	Andre	Willemse	Elite AC	50	39:13
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3	Nelson	Mgubasi	Willard Batt	51	39:44
55-59:					
1	Hannes	Els	Madiba Bay	59	40:31
2	Sizinzo	Kama	Achilles AAA	57	40:51
3	Donald	Mancasa	Raleigh AC	55	41:01
60-64:					
1	Cilliers	Swart	Nedbank RC	62	43:38
2	Percy	Dalton	Achilles AAA	60	43:38
3	Eddie	Walker	PEAAC	62	44:55
65-69:					
1	Tamsanqa	Jusayi	Mr Price PE	67	38:31
2	Robin	Clark	Achilles AAA	68	58:09
3	Gerald	Bouwer	Achilles AAA	65	58:10
70+:					
1	Kai	Tarnow	Jeffreys Bay	70	59:38
2	Wells	Anderson	PEAAC	77	1:00:15
3	Herbert	Gillson	Raleigh AC	70	1:00:25
Juniors:					
1	Lwazi	Gonqa	Mr Price Tra	18	31:46
2	Masibulele	Heugh	Nedbank RC	14	32:30
3	Xola	Bongoza	Mr Price PE	16	32:37
WOMEN					
1	Ntombesintu	Ntshiliza	Mr Price PE	27	36:48
2	Celeste	Swart (1 st vet)	Nedbank RC	40	38:40
3	Deliwe	Nyanga	PEAAC	20	39:18
4	Zandile	Msinekelwa (1 st jun)	Nedbank RC	18	39:53
5	Babalwa	Ngcoko	Mr Price PE	21	40:36
6	Sharon	Zeelie	Raleigh AC	38	40:39
7	Annica	Coetzee	High	17	40:50
8	Margie	Saunders (1 st mast)	Nedbank RC	55	42:38
9	Grizelda	Pietersen	Achilles AAA	40	42:52
10	Treloar	Childs	Spar Walmer AC	45	43:35
11	Suzanne	Lavis	Jeffreys Bay	50	44:04
12	Lorna	Lumb	PEAAC	41	44:29
13	Lizelle	Norris	Achilles AAA	32	44:50
14	Hanlie	van der Westhuizen	Despatch AC	53	45:06
15	Georgina	Thomas	Varsity Old Boy	43	45:49
16	Julie	Taunton	Crusaders AC	49	46:18
17	Claire	Nagel	Elite AC	45	46:58
18	Lindie	Barnardo	NMMU AC	24	47:32
19	Dorianne	Phillips	Jeffreys Bay	36	47:45
20	Frebah	Ncube	Temp	27	48:08
40-44:					
1	Celeste	Swart	Nedbank RC	40	38:40
2	Grizelda	Pietersen	Achilles AAA	40	42:52
3	Lorna	Lumb	PEAAC	41	44:29
45-49:					
1	Treloar	Childs	Spar Walmer AC	45	43:35
2	Julie	Taunton	Crusaders AC	49	46:18
3	Claire	Nagel	Elite AC	45	46:58
50-54:					
1	Suzanne	Lavis	Jeffreys Bay	50	44:04
2	Hanlie	van der Westhuizen	Despatch AC	53	45:06
3	Theresa	Lillis	Achilles AAA	52	49:59

55-59:

1	Margie	Saunders	Nedbank RC	55	42:38
2	Cathy	Ives	Achilles AAA	56	49:59
3	Jos	Els	Madiba Bay	57	50:52

60-64:

1	Liz	Grundlingh	Muirite Strider	62	49:23
2	Yvonne	Lumb	PEAAC	60	59:58
3	Esly	Strydom	Legacy AC	64	1:10:56

65-69:

1	Orgia	Nell	Muirite Strider	65	1:05:53
2	Isabella	Childs	Spar Walmer AC	67	1:09:58
3	Marina	Shadiack	Temp	65	1:17:38

70+:

1	Dorothy	Hart	PEAAC	71	1:00:20
2	Lorna	Brown	PEAAC	70	1:22:59
3	Sylvia	Pritchard	Crusaders AC	75	1:32:34

Juniors:

1	Zandile	Msinelwa	Nedbank RC	18	39:53
2	Annica	Coetzee	High	17	40:50
3	Claudea	Coetzee	NMMU AC	19	48:38

CROSS-COUNTRY**WP League Meeting (2nd)**

Bellville, 16 May

MEN

12 km: 1. Anthony Godongwana (Celt) 38:29; 2. Patrick Magadla (VOB) 38:38; 3. Tom Lusaseni (Atl) 38:57; 4. Kevin Oliphant (Ad) 38:59; 5. Hein Camphor (Ad) 39:28; 6. Velani Lusaseni (Ad) 39:31; 7. Marks Mpekula (VOB) 39:45; 8. Bonisile Ngculana (Atl) 39:55; 9. Isaac Opperman (CS) 40:13; 10. Patrick Ketelo (RCS Gug) 40:21; 11. Fabian Faro (MPT) 40:26; 12. Nicholas Rupanga (Celt) 40:35; 13. Wanda Roro (Ad) 40:37; 14. Gilbert Korir (KEN/UWC) 40:41; 15. Thobekile Mbalawa (Khaye) 40:46; 16. Mandla Pangalele (RCS Gug) 40:47; 17. Riaan Witbooi (ER) 40:56; 18. Wongalethu Melemi (VOB) 40:57; 19. Samson Gulubela (Atl) 41:12; 20. Mervin Steenkamp (Ad) 41:24.

4 km: 1. Virginia Ngudlumana (Celt) 12:36; 2. Duane Fortuin (Celt) 12:37; 3. Tebello Poni (VOB) 12:51.

Masters (8 km): (35+): 1. Graham Katzen (Celt) 26:01; 2. Shaun Abrahams (Ad) 27:18; 3. Roger Dickson (VOB) 27:51. **(40+):** 1. Johnny Persents (Ad) 27:18; 2. Aaron Lewis (Ad) 27:49; 3. Brian Mapeyi (VOB) 28:16. **(50+):** 1. Goodman Mpukane (RCS Gug) 29:21; 2. Raymond Howard (Ind) 30:46; 3. Robbie Lindsay (Ned) 31:11. **(60+):** 1. Albertus Bock (Ad) 32:47; 2. Michael Clarke (VOB) 33:31; 3. Anthony Riddick (VOB) 35:32. **Juniors (8 km):** 1. Manfred Samuels (HH) 26:12; 2. Anthony Matthee (HH) 26:22; 3. Thembaletu Zwele (Ad) 26:52.

WOMEN

8 km: 1. Thozama April (Celt) 30:16; 2. Kirsty Weir (Ad) 30:53; 3. Bulelwa Mtshagi (Celt) 31:32; 4. Anneline Roffey (Ad) 31:49; 5. Natasha Oosthuizen (Ad) 32:01; 6. Busisiwe Matiwane (Celt) 32:36; 7. Ursula Frans (Ad) 32:43; 8. René de Bruin (WP Def) 32:44; 9. Chantel de Lange (Ad) 33:49; 10. Andrea Pretorius (NB) 34:54; 11. Ineke Nel (UCT) 35:07; 12. Renée Scott (Ad) 35:24; 13. Grace Bokaba (WP Def) 36:09; 14. Colleen de Oliveira (NB) 36:28; 15. Kath Fennemore (UCT) 37:23.

4 km: 1. Dominique Scott (Ad) 14:21; 2. Ayanda Mahlana (Atl) 17:07; 3. Tina-Mari Meyer (Bel) 17:17.

Masters (4 km): (35+): 1. Francis Roman (Celt) 16:11; 2. Ellie Courts (Celt) 17:31; 3. Elizabeth de Gouveia (Dur) 17:45. **(40+):** 1. Joanna Thomas (VOB) 15:53; 2. Sheryl de Lange (Ad) 16:02; 3. Mariëtte Esterhuysen (Tyg) 16:27. **(50+):** 1. Olga Howard (Celt) 16:54; 2. Nancy Will (Pine) 17:51; 3. Charmaine Cupido (Ned) 18:31. **(60+):** 1. Pixie Sparg (Celt) 19:47; 2. Priscilla von Schlicht (Tyg) 20:29; 3. Marlene James (Pine) 22:22.

Juniors (6 km): 1. Martha Lötter (Ind) 24:42; 2. Yonela Hewu (RCS Gug) 25:31; 3. Tanya Scott (UCT) 25:34.

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

ING Bay to Breakers 12 km (98th)

San Francisco, USA, 17 May

(Distance: 12 km; certified point-to-point course with minimal elevation loss [0.1 m/km].

Finishers: 21 999.)

MEN

1. Sammy Kitwara, 22, KEN	33:31	CR*	\$40,000+
2. Tilahun Regassa, 19, ETH	34:15	3,000	
3. John Yuda, 29, TAN	34:23	2,000	
4. John Korir, 33, KEN	34:53	1,250	
5. Silas Sang, 31, KEN	34:54	750	
6. Gilbert Okari, 30, KEN	35:18		
7. Gilbert Koech, 28, KEN	36:01		
8. Justin Young, 29, Boulder, CO	36:05	1,000a	
9. Mike Sayenko, 24, Bellevue, WA	36:36	500a	
10. Josh Moen, 27, Readlyn, IA	36:53	250a	

WOMEN

1. Teyba Erkesso, 26, ETH	38:29	\$7,000	
2. Lineth Chepkurui, 21, KEN	38:35	3,000 + 5000^	
3. Deena Kastor, 36, Mammoth Lakes, CA	39:04	2,000 + 1,000a	
4. Edna Kiplagat, 29, KEN	40:30	1,250	
5. Jane Kibii, 24, KEN	40:40	750	
6. Teyba Naser, 19, BRN	40:47		
7. Liliya Shobukhova, 31, RUS	41:04		
8. Katie McGregor, 31, St. Louis Park, MN	41:29	500a	
9. Mariya Konvalova, 34, RUS	41:37		
10. Kiyoko Shimahara, 32, JPN	42:07		

^) Earned ING Hayes Street Hill Summit bonus

a) Earned USA citizen award; b = Earned Bay Area bonus

BUPA Great Manchester Run 10 km

Manchester, GBR, 17 May

(Certified course with 10 m elevation loss; start/finish separation is 600 m, or 6% of the race distance)

MEN

1. Haile Gebrselassie, ETH 27:39
2. Ali Mabrouk El Zaidi, 1978, LBA 28:13
3. Sergey Lebid, UKR 28:36
4. Fabiano Joseph, TAN 28:41
5. José Manuel Martínez, ESP 28:42

WOMEN (all women's race)

1. Vivian Cheruiyot, KEN 32:01
2. Sara Moreira, POR 32:33
3. Jelena Prokopcuka, LAT 32:41
4. Anikó Kálovics, 1977, HUN 33:23
5. Maria Sig Møller, DEN 33:33
6. Lidia Simon, ROU 33:46

Tribuna FM 10 km (24th)

Santos, BRA, 17 May

MEN

1. Marilson Gomes dos Santos, BRA 28:16 CR
2. Stanley Kipleting Biwott, KEN 28:57
3. Emmanuel Kipkemei Bett, KEN 29:00

WOMEN

1. Eunice Kirwa, KEN 32:52
2. Luzia de Souza Pinto, BRA 32:56
3. Cruz Nonato da Silva, BRA 33:28

Mariken Run

(Women only)

Nijmegen, NED, 17 May

(Distance: 5 km)

1. Ezbe Strydom, RSA 16:56
2. Lindy Burgman, NED 17:45
3. Reina Visser, NED 17:56

Healthy Kidney 10 km (5th)

Central Park, New York, USA, 16 May

(Certified one-loop course with 6 m elevation GAIN)

MEN

1. Tadesse Tola, 21, ETH 27:48 PB/CR \$7,500 + \$20,000*
2. Patrick Makau Musyoki, 24, KEN 28:38 5,000
3. Boaz Cheboiywo, 30, Ypsilanti, MI (KEN) 28:31 3,000
4. Wegayehu Tefera, 20, ETH 28:40 PB 2,000 + 1,000^
5. Stephen Chemlany, 26, Sl. Hollow, NY (KEN) 28:41 PB 1,000 + 500^

WOMEN

1. Aziza Aliyu, 23, Bronx, NY (ETH) 33:38 \$1,000^
2. Hirut Mandefro, 23, Silver Spring, MD (ETH) 33:41 500^
3. Salome Kosgei, 28, High Falls, NY (KEN) 34:20 250^
4. Alemtsehay Misganaw, 28, NYC, NY (ETH) 34:24

5. Abbi Antablin, 27, New York, NY 35:01 PB

^)Earned NYRR member prize money.

TRACK

Grande Prêmio Rio/Caixa de Atletismo

Rio de Janeiro, BRA, 17 May

MEN

800:

- | | |
|---------------------------------|------------|
| 1. Kleberon Davide, BRA | 1:44.97 |
| 2. Fabiano Pecanha, BRA | 1:45.08 |
| 3. Reuben Bett, KEN | 1:45.33 PB |
| 4. Mohamed Aman, ETH | 1:46.34 PB |
| 5. Fernando Linma da Silva, BRA | 1:47.28 PB |
| ... 10. Hezekiel Sepeng, RSA | 1:50.62 |

adidas Track Classic

Carson, USA, 16 May

MEN

1500:

- | | |
|---------------------------------|---------|
| 1. Bernard Lagat, USA | 3:36.38 |
| 2. Nate Brannen, CAN | 3:37.03 |
| 3. Pete van der Westhuizen, RSA | 3:38.29 |
| 4. Lopez Lomong, USA | 3:39.21 |
| 5. Will Leer, USA | 3:39.69 |
| ... 13. David Krummyacker, USA | 3:49.70 |

5000:

- | | |
|---------------------------|----------|
| 1. Dejen Gebremeskel, ETH | 13:16.52 |
| 2. Alistair Cragg, IRL | 13:16.83 |
| 3. Scott Bauhs, USA | 13:38.95 |
| 4. Bolota Asmerom, USA | 13:39.93 |
| 5. Josphat Boit, KEN | 13:42.19 |
| ... 7. Jorge Torres, USA | 13:54.32 |

WOMEN

800:

- | | |
|-------------------------------|--------------------|
| 1. Hazel Clark, USA | 2:01.40 |
| 2. Jemma Simpson, GBR | 2:01.58 (2:01.572) |
| 3. Christin Wurth-Thomas, USA | 2:01.58 (2:01.580) |
| 4. Katie Waits, USA | 2:02.36 |
| 5. Treniere Clement, USA | 2:02.80 |

1500:

- | | |
|---------------------------|---------|
| 1. Kenia Sinclair, JAM | 4:13.16 |
| 2. Marina Muncan, SRB | 4:13.43 |
| 3. Mestawot Tadesse, ETH | 4:13.69 |
| 4. Amy Mortimer, USA | 4:13.85 |
| 5. Malindi Elmore, CAN | 4:13.88 |
| 6. Erin Donohue, USA | 4:13.91 |
| ... 11. Jordan Hasay, USA | 4:16.92 |

5000:

1. Aheza Kiros, ETH	14:56.33 PB
2. Ejegayehu Dibaba, ETH	15:07.45
3. Sally Kipyego, KEN	15:09.03 PB
4. Shalane Flanagan, USA	15:10.86
5. Jen Rhines, USA	15:36.09
6. Carrie Tollefson, USA	15:52.38
... 8. Sara Hall, USA	16:33.62

3000 s/chase:

1. Anna Willard, USA	9:26.85 WL/ACR
2. Lindsey Anderson, USA	9:37.88
3. Lindsey Allen, USA	9:47.21
4. Irene Kimaiyo, KEN	9:50.55 PB
5. Delilah Dicleszenzo, USA	9:53.58

PAC-10 Championships

Eugene, USA, 16-17 May

MEN

1500 (17):

1. Matthew Centrowitz	Oregon	3:51.00
2. Galen Rupp	Oregon	3:51.18
3. Andrew Wheating	Oregon	3:51.27

10000 (16):

1. Galen Rupp	Oregon	29:01.93
2. Shadrack Biwott	Oregon [KEN]	29:03.47
3. Chris Derrick	Stanford	29:08.33
4. Luke Puskedra	Oregon	29:18.11

SEC Championships

Gainesville, USA, 14-17 May

WOMEN

1500 (17):

1. Sarah Bowman, Tennessee	4:15.03
2. Charlotte Browning, Fla [GBR]	4:19.66 PB
3. Jillian Rosen, Arkansas	4:21.58 PB

5000 (17):

1. Catherine White, Arkansas	16:29.72
2. Jackie Areson, Tennessee	16:32.72
3. Denise Bargiachi, Arkansas	16:36.27
4. Genevieve LaCaze, Florida [AUS]	16:42.36
5. Christine Kalmer, Arkansas [RSA]	16:46.69

10000 (15):

1. Catherine White, Arkansas	35:07.50
2. Denise Bargiachi, Arkansas	35:13.64
3. Sara Petrick, Florida	35:15.39
4. Laura Garrow, Florida	35:17.66
5. Jacy Kruzel, Florida	35:40.27
6. Christine Kalmer, Arkansas [RSA]	36:00.62

NEWS

TAKAHASHI LOSES PHITEN SPONSORSHIP

The 2000 Olympic marathon champion, Naoko Takahashi, lost her longtime sponsor Phiten when the company did not renew her contract which expires at the end of May, reports *Race Results Weekly*. Phiten makes products which contain titanium, most famously a necklace which is thought to interact with the body through the skin and boost endurance.

Takahashi had an estimated 600 million yen (\$6 093 226) contract with Phiten since June 2005. Phiten's marquis athlete is now Britain's Paula Radcliffe.

Although she continues to run, the 37-year-old Takahashi no longer competes at an elite level. Her last attempt at an elite marathon was in Nagoya in March 2008. After passing through halfway in 1:19:08, she finished in 2:44:18. She ran Nagoya again in 2009, but only as a special guest, clocking 2:52:23.

Takahashi remains the Olympic marathon record holder, clocking 2:23:14 in Sydney when she defeated Lidia Simon of Romania. She has a personal best time of 2:19:46 set in Berlin in 2001.

STATS TIME

The top ten veterans on the South African all-time list for the half marathon are as follows. Not that none of these times was run after 2000.

1:05:02	George Mosweu	Durban	22 Jul 89
1:05:16	Ernest Tjela	Durban	13 Aug 95
1:05:24	Antony Nyabanyaba	Durban	27 Aug 94
1:05:26	David Mponye	East London	18 May 91
1:05:39	David Chawane	Port Elizabeth	24 Jun 00
1:05:49	Zacharia Mosala	Port Elizabeth	24 Jun 00
1:05:51A	Titus Mamabolo	East London	25 Jul 87
1:05:54	Stephen Seema	Durban	28 Aug 93
1:06:10	Bernet Khuele	Durban	13 Aug 95
1:06:11A	Paulus Masilela	East London	25 Jul 87

THIS MONTH IN HISTORY

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

51 years ago: 18 May 1958

John J. Kelley, the younger of the two famous American marathoners named John Kelley (the other one was John A. Kelley), scored his third successive win in the Yonkers Marathon in New York in 2:21:00.4. He would also win the next five editions of the race for a remarkable total of eight wins in a row. All of these victories also gave him the US title. The previous year (1957) he had won the Boston Marathon in 2:20:05 – a race his namesake would finish 58 times, the last time in 1992 at the age of 84.

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)		
15 km	27:02*	Haile Gebrselassie (ETH) 2002		
	44:27	Lusapho April	Port Elizabeth	07 Mar
21.1 km	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	63:12	Hendrick Ramaala	Middelburg	04 Apr
25 km	58:52	Patrick Makau (KEN)		
	58:33	Samuel Wanjiru (KEN) 2007		
	79:32	Shadrack Hoff	Pretoria	09 May
30 km	73:24	Matthew Kipchirchir (KEN)		
	72:45	Paul Kosgei (KEN) 2004		
	1:42:54	Sipho Phala	Parow	22 Mar
Marathon	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
	2:07:44	Hendrick Ramaala	London	26 Apr
100 km	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
	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	66:40	Desmond Zibi	Port Elizabeth	09 May
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:36	Johannes Maluleka	Pretoria	09 May
	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 2:19:29	Gemjikile Tom Titus Mamabolo (RSA) 1991	Parow		22 Mar
Marathon	2:36:53	Eloi de Oliveira	Durban		08 Feb
100 km					
<u>Grandmasters (60+)</u>					
10 km	37:58	Albertus Bock	Bellville		18 Apr
15 km	58:51	Albertus Bock	Constantia		07 Mar
21.1 km	83:45	Tamsanqa Jusayi	Port Elizabeth		09 May
	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					
<u>Juniors</u>					
10 km	29:56 27:52	Sityhilo Diko Richard Chelimo (KEN) 1990	Durban		08 Feb
15 km	50:03 42:25	Sakhiwo Ganca Moses Mosop (KEN) 2004	Port Elizabeth		25 Apr
21.1 km	71:02 59:16	Wanda Roro Samuel Wanjiru (KEN) 2005	Wellington		01 May
WOMEN					
<u>Seniors</u>					
10 km	33:48 31:12 30:21	René Kalmer Vivian Cheruiyot (KEN) Paula Radcliffe (GBR) 2003	Port Elizabeth		02 May
15 km	55:18 48:13	Kim Laxton Ines Chenonge (KEN)	Eldorado Park		08 Mar
21.1 km	46:55 76:08 67:18	Kayoko Fukushi (JPN) 2006 Tanith Maxwell Dire Tune (ETH)	Warsaw		29 Mar
25 km	66:25 1:48:56 82:31	Lornah Kiplagat (KEN) 2007 Davera Magson Peninah Arusei (KEN)	Port Elizabeth		21 Mar
30 km	82:13 2:06:39 1:47:01	Mizuki Noguchi (JPN) 2005 Joanna Thomas Tomoe Yokoyama (JPN)	Camps Bay		11 Jan
Marathon	1:38:49 2:47:05 2:22:11	Mizuki Noguchi (JPN) 2005 Tshifhiwa Mundalamo Irina Mikiitenko (GER)	Durban		08 Feb
100 km	2:15:25 6:33:11	Paula Radcliffe (GBR) 2003 Tomoe Abe (JPN) 2000			
<u>Veterans (40+)</u>					
10 km	36:52 32:14	Michelle Bartman Priscilla Welch (GBR) 1985	Port Elizabeth		02 May
15 km	57:58 49:35	Michelle Bartman Priscilla Welch (GBR) 1985	Constantia		07 Mar
21.1 km	80:41 70:32	Zola Pieterse Helena Javornik (SLO) 2007	Myrtle Beach		14 Feb
25 km	1:42:34 82:13	Sandra Steenkamp Mizuki Noguchi (JPN) 2005	Pretoria		09 May
30 km	2:06:39 1:51:37	Joanna Thomas Mieke Pullen (NED) 2001	Camps Bay		11 Jan

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		
<u>Masters (50+)</u>				
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	91:14	Margie Saunders	Port Elizabeth	09 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:58:00	Rae Bisschoff	Pretoria	09 May
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				
<u>Grandmasters (60+)</u>				
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	1:59:25	Regina Hughes	Pretoria	09 May
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:28:36	Liz Ruickbie	Durban	08 Feb
100 km				
<u>Juniors</u>				
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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