

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 distance runners had mixed fortunes at the World Indoor Championships in Doha. Juan van Deventer reached the final of the 1500 m, but ran a tactically poor race and finished sixth in 3:43.77. He clocked 3:40.07 in his heat. Peter van der Westhuizen could not qualify for the final.

In the women's 3000 René Kalmer set another national record, 9:01.41, in her heat, but in the final ran almost 3 sec slower (after leading for a while) to finish ninth. South Africa's only medal came from Khotso Mokoena, who was second in the long jump.

Five list leaders were produced in the Constantia Village 15 km; notable were Zintle Xiniwe's return to top form after having given birth to a baby last year (she clocked 55:31) and Vladimir Kotov's umpteenth Western Province masters record of 48:59.

In the US 15 km Championships Colleen de Reuck's ran a US W45 record of 50:51; she finished a remarkable fourth overall.

In the results of the WP Masters Championships in last week's DRR the times for Hans Hugo and Bub Evans in the 10000 m were transposed. Hugo (60-64) should be credited with 49:34.90 and Evans (70-74) with 51:03.18.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Alberton City 15 km, Alberton
- * Oasis Crescent Half Marathon & 10 km, Durban
- * Umgeni Water Midmar Marathon, 32 km & 15 km, Howick
- * Medihelp Sunrise Monster 32 km & 10 km, Pretoria
- * Constantia Village 15 km, Constantia
- * Transnet Rail Engineering 10 km, Port Elizabeth
- * Groot Gat Marathon & Half Marathon, Kimberley
- * Karoo National Park Half Marathon & 10 km, Beaufort West

International highlights:

- * Fortis City-Pier-City Half Marathon, The Hague, NED
- * Nagoya International Ladies Marathon, Nagoya, JPN
- * Gate River Run 15 km, Jacksonville, USA
- * XC: Trofeo Alasport - Alà dei Sardi, Sardinia, ITA; McCain Cross Challenge Final, Birmingham, GBR

* Indoor track: IAAF World Indoor Championships, Doha, QAT; NCAA Division I Indoor Championships, Fayetteville, USA

CORRECTION

Some of the age category times published in DRR 10:09 for the Men's Health 10 km have changed in the official results. The published times followed by the corrected times are shown below (all others remain the same):

John September 32:22 → 32:08	Charmaine Cupido 45:41 → 45:44
Brian Mapeyi 34:28 → 34:21	Marietha Herbert 50:51 → 50:56
Henry Cleophas 44:54 → 44:56	Pixie Sparg 51:57 → 52:05
Nancy Will 42:53 → 42:56	Ayanda Mqhakayi n/t → 47:50

ROAD RUNNING

Alberton City 15 km

Alberton, 14 March
(Loop course. Finishers: 970.)

MEN

1 Degene Asefa (ETH/ADT) 46:08; 2 Raphael Segodi (GS) 46:09; 3 Sechaba Bohosi (LES) 47:58; 4 Wayne Gallant (Mr Price) 48:02; 5 Kgathatso Checha (ADT) 49:00.

Veterans: 1 Reginald Ngobese (GS) 50:28; 2 Tidimalo Modiga (Toyota) 51:46; 3 Sipho Dhlamini (GCH) 54:55. **Masters:** 1 Andre Jansen (GS) 57:19; 2 Ernest Tjela (Emfuleni) 59:05. **G'masters:** 1 Don Charles (Brotherhood) 62:32. **Juniors:** 1 Andre Venter (UJ) 58:48.

WOMEN

1 Poppy Mlambo (Nedbank) 59:26; 2 Takalane Nthulane (Transnet) 59:36; 3 Lesley Train (Nedbank) 62:53; 4 Sarah Mahlangu (Mr Price) 65:55 (1st vet); 5 Marietjie Ceronio (Nedbank) 66:46 (1st mast).

Veterans: 1 Sarah Mahlangu (Mr Price) 65:55; 2 Vanessa Bowman (Kempton) 72:38; 3 Marie Brits (Chappies) 83:23. **Masters:** 1 Marietjie Ceronio (Nedbank) 66:46; 2 Pam Hampton (Sunninghill) 74:49. **G'masters:** 1 Patricia Moore (Temp) 85:11.

Oasis Crescent Half Marathon & 10 km

Durban, 14 March
(Distances: 21.0975 km & 10 km. Finishers: half marathon – 567.)

Half marathon

MEN

1.	Five Mthembu	Mr Price AC	1:16:26
2.	Babalo Mtsokoba	Stella AC	1:17:56
3.	Menzi Ngcobo	UKZN AC	1:19:50

40-49:

1.	Peter Sehloho	Boxer AC	1:24:59
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50-59:

1.	Justice Mngomezulu	Sydenham AC	1:47:59
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60+:

1. Poobalan Reddy Chatsworth AC 1:58:35

WOMEN

1. Janene Carey Boxer AC 1:32:01
 2. Thobile Ngwane Mr Price AC 1:33:39
 3. Marie Mnthembu Boxer AC 1:45:08

40-49:

1. Tammy Dennill West AC 1:47:07

50-59:

1. Jenny Scott DCS 1:54:21

60+:

1. Pam Osborne Ath North 2:07:10

10 km

MEN

1. Vusi Sokela Mr Price AC 33:19
 2. Bernard Phalaltsane Nedbank A c 33:44
 3. Zakhele Mthembu YWP AC 34:23

WOMEN

1. Fikiele Mbuthuma Nedbank AC 43:06
 2. Hleziphi Nlayiyana Nedbak AC 44:50
 3. Nana Sigubudu Boxer AC 46:33

Umgeni Water Midmar Marathon, 32 km & 15 km

Howick, 14 March

(Distances: 42.195 km, 32 km & 15 km; out-and-back courses)

Note: Unfortunately the organisers provided no club affiliations. – Ed.

Marathon

MEN

1. Washington Zuma 2:33:36
 2. Mntungwa Mfanufikile 2:34:36
 3. Muzi Madikwa 2:36:02

40-49: 1. Enoch Ngubane 2:41:20. **50-59:** 1. Nicholas Dlamini 3:05:06. **60+:** 1. Petros Shumi 3:30:57.

WOMEN

1. Suzette Botha 2:56:24
 2. Helen Burley 3:09:12
 3. Melanie van Rooyen 3:13:36

40-49: 1. Erica Walker 3:20:34. **50-59:** 1. Jennifer Sinclair 4:08:13. **60+:** 1. Rachel Rossouw 4:34:50.

32 km

MEN

1. Sibonelo Duma 1:53:56
 2. Richard Dlamini 1:58:20
 3. Erick Govender 1:58:29

40-49: 1. Richard Dlamini 1:55:20. **50-59:** 1. Siyabonga Jali 2:32:50. **60+:** 1. Dave Lowe 2:51:05.

WOMEN

- | | | |
|----|-----------------|---------|
| 1. | Kerry Koen | 2:11:30 |
| 2. | Sbongile Ziqubu | 2:33:59 |
| 3. | Julie Shadwell | 2:34:28 |

40-49: 1. Julie Shadwell 2:34:28. **50-59:** 1. Judy Geldenhuys 2:35:34. **60+:** 1. Cathy Blake 3:31.

15 km

MEN

- | | | |
|----|-------------------|-------|
| 1. | Bongmusa Mthembu | 48:21 |
| 2. | Khulekani Ngubane | 51:09 |

WOMEN

- | | | |
|----|------------------|-------|
| 1. | Kristen Williams | 63:08 |
| 2. | Maureen Slack | 66:08 |

Medihelp Sunrise Monster 32 km & 10 km

Pretoria, 13 March

(Hilly loop courses. Finishers: 32 km – 1730; 10 km – 2020.)

32 km

MEN

1 George Mofokeng (Transnet) 1:50:30; 2 Richard Mavuso (Mr Price) 1:57:35; 3 William Chinyanga (ZIM/Nedbank) 1:58:27.

Veterans: 1 Elias Mabane (Cabstrut) 2:01:29. **Masters:** 1 Johannes Ramaphakela (Carlton) 2:30:21. **G'masters:** 1 John Cannon (Irene) 2:57:44. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 2:51:48.

WOMEN

1 Louisa Leballo (GS) 2:14:55; 2 Muchaneta Gwata (ZIM/Mr Price) 2:23:42; 3 Adinda Kruger (Nedbank) 2:24:51.

Veterans: 1 Carien Visser (Tuks) 2:51:21. **Masters:** 1 Sue Harrisburg (RAC) 2:51:21. Penny Visser (Breakthru Midrand) 3:09:19.

10 km

MEN

1 Lucky Miya (Nedbank) 32:37; 2 Brighton Chipere (ZIM/Nedbank) 32:49; 3 Charles Soza (ZIM/Bashewa) 33:09.

Veterans: 1 Justice Mafunisa (Nedbank) 37:02. **Masters:** 1 Moketsi Letseka (Unisa) 48:25. **G'masters:** 1 Joahannes Setshedi (New Balance) 42:29. **G/g'masters:** 1 Ken Nurden (Agape) 50:59. **Juniors:** 1 Aaron Bulala (Elim) 40:16.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 37:55; 2 Helen Chiundo (ZIM/Nedbank) 40:56; 3 Kerry-Anne Walton (Running Inn) 41:03.

Veterans: 1 Ansie Viljoen (Irene) 44:13. **Masters:** 1 Linda Potgieter (Magnolia) 50:02. **G'masters:** 1 Olga Smit (Affies) 68:02. **G/g'masters:** 1 Marina Odendaal (Solidarity) 68:03. **Juniors:** 1 Geraldine Combrink (Nedbank) 53:49.

Constantia Village 15 km

Constantia, 13 March
(Certified loop course)

MEN

1. Luketz Swartbooi (NAM) 44:57 (1st vet); 2. Tom Lusaseni (Adid) 46:17; 3. Patrick Magadla (VOB) 46:34; 4. Sibusiso Mbingeleli (MP) 46:48; 5. Tebello Poni (VOB) 46:50; 6. Mthanda Zoghina (Adid) 47:13; 7. Zolile Bhitane (VOB) 47:41; 8. Nkosinathi Madyo (MP) 47:52; 9. Hein Camphor (Adid) 48:21; 10. Marks Mpekula (VOB) 48:37; 11. Michael Bailey (Celtic) 48:40; 12. Victor Msopi (VOB) 48:57; 13. Vladimir Kotov (BLR/Cent) 48:59 (1st mast); 14. Bulelani Mafilika (Gugs) 49:39; 15. Zolani Sowazi (Gugs) 49:46; 16. Sihle Mapukane (MP) 50:13; 17. Akhona Makila (VOB) 50:17 (1st jun); 18. Shaun Zuzani (Ind) 50:19; 19. Patrick Ketelo (Adid) 50:30; 20. Velani Lusaseni (Adid) 50:37.

40-49: 1. Luketz Swartbooi (NAM) 44:57; 2. John September (Celtic) 50:50; 3. Clifford Drury (MP) 51:30. **50-59:** 1. Vladimir Kotov (BLR/Cent) 48:59 (WP rec); 2. Gregory Jacobs (Edge) 56:30; 3. Goodman Mpukane (Gugs) 57:22. **60+:** 1. Albertus Bock (Adid) 59:47; 2. Jimmy Morris (Forest) 60:13; 3. Awie Veldsman (HH) 60:21. **Juniors:** 1. Akhona Makila (VOB) 50:17; 2. Thandilo Joseph (Gugs) 51:22; 3. Gcobani Mndi (VOB) 52:31.

WOMEN

1. Zintle Xiniwe (MP) 55:31; 2. Nomvuyisi Seti (MP) 56:16; 3. Anneline Roffey (Adid) 56:36; 4. Asiphe Sikabalanjana (Gugs) 57:44 (1st jun); 5. Michelle Bartman (Harf) 57:46 (1st vet); 6. Helene Perold (Adid) 58:32; 7. Busisiwe Matiwane (Celtic) 59:44; 8. Ursula Frans (Adid) 60:07; 9. Ronel Natrass (Adid) 61:45; 10. Sarah Williams (WC) 62:50; 11. Olga Howard (Celtic) 64:03 (1st mast); 12. Nicola Collins (UCT) 64:15; 13. Chantel Simpson (Pine) 64:58; 14. Bianca Marais (Edge) 65:07; 15. Bulelwa Mtshagi (Celtic) 65:36; 16. Kirsten Norris (VOB) 66:13; 17. Nancy Will (Pine) 66:26; 18. Tania Anderson (VOB) 66:40; 19. Tania Kapp (VOB) 66:59; 20. Ronelle Marshall (RWFL) 67:32.

40-49: 1. Michelle Bartman (Harf) 57:46; 2. Ursula Frans (Adid) 60:07; 3. Chantel Simpson (Pine) 64:58. **50-59:** 1. Olga Howard (Celtic) 64:03; 2. Nancy Will (Pine) 66:26; 3. Charmaine Cupido (Ned) 67:39. **60+:** 1. Marietha Herbert (Bell) 75:35; 2. Pixie Sparg (Celtic) 77:33; 3. Yvonne Blomkamp (VOB) 80:37. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 57:44; 2. Asanda Dayimani (Ind) 69:55; 3. Leanne Slack (VOB) 71:48.

Transnet Rail Engineering 10 km

Port Elizabeth, 13 March

MEN

1	George	Ntshiliza	Nedbank RC	30	29:59
2	Zolani	Ngqaqa	Mr Price PE	21	30:28
3	Vuso	Nkonzo	Mr Price PE	25	32:03
4	Aphlyn	Taai	Mr Price PE	27	32:17
5	Robert	Matthys	Mr Price PE	33	32:27
6	Morne	Buis (1 st jun)	Nedbank RC	17	32:42
7	Mncedi	Khanti	Nedbank RC	30	33:32
8	Welcome	Loliwe (1 st vet)	Nedbank RC	45	34:30
9	Thando	Bixa	Triangle Sports	29	34:41
10	Mthobeli	Ndalen	PEAAC	19	35:11
11	Mongezi	Mboya	PEAAC	32	35:47
12	John	Du Preez	Cradock AC	44	36:19
13	Sinekhaya	Ndlakuse	Nedbank RC	20	36:24
14	Nigel	Fortuin	Temp	20	36:39
15	Johannes	Arries	Nedbank RC	36	36:42
16	Luzuko	Booi	Nedbank RC	21	36:47

17	Sidwel	Roboshi (1 st mast)	Nedbank RC	50	36:48
18	Ruan	Smalberger	Nedbank RC	20	37:40
19	Siyanda	Mqolo	Transnet RE	24	38:51
20	Ndumiso	Matches	Temp	37	40:00
40-44:					
1	John	Du Preez	Cradock AC	44	36:19
2	Melvin	Erasmus	Transnet RE	40	40:26
3	Bisho	Nombewu	Nedbank RC	43	41:06
45-49:					
1	Welcome	Loliwe	Nedbank RC	45	34:30
2	John	Stevens	Bluewater Bay	46	40:02
3	Hernus	Sass	Temp	45	40:34
50-54:					
1	Sidwel	Roboshi	Nedbank RC	50	36:48
2	Pieter	Greeff	Temp	53	53:23
3	Theo	Wait	St Albans CSEP	52	54:55
55-59:					
1	Marthunis	Van Graan	VWAC	57	51:24
2	Barry	Nelson	Legacy AC	58	53:52
3	Eldon	Fortmann	Spar Walmer AC	59	54:14
60-64:					
1	Hannes	Els	Madiba Bay	60	40:35
2	Piet	Meyer	St Albans CSEP	60	48:34
3	William	Grobler	Elite AC	61	54:21
65-69:					
1	Loynes	Jenkerson	Spar Walmer AC	68	54:49
2	Andries	De Ridder	Muirite Strider	67	1:13:40
3	Brian	Smith	PEAAC	66	1:16:35
70+:					
1	Alf	Zehmke	PEAAC	70	1:06:39
2	John	Peart	Nedbank RC	74	1:10:25
Juniors:					
1	Morne	Buis	Nedbank RC	17	32:42
2	Stefan	Jacobs	Nedbank RC	16	40:40
3	J C	Stevens	Bluewater Bay	17	43:25
WOMEN					
1	Deliwe	Nyanga	Nedbank RC	20	37:25
2	Babalwa	Ngcoko	Mr Price PE	22	39:11
3	Ursula	Kuhn	Nmmu AC	28	41:11
4	Asanda	Solani	Nedbank RC	26	42:08
5	Tineke	Rademeyer (1 st jun)	Muirite Strider	16	43:42
6	Noxolo	Marks	Mr Price PE	23	44:20
7	Adele	Nel	St Albans CSEP	37	44:54
8	Lizette	Sydien	Elite AC	23	45:25
9	Lindie	Stander	St Albans CSEP	25	46:24
10	Melanie	Muller	Bluewater Bay	27	46:25
11	Anita	Ndiki	Nedbank RC	19	47:33
12	Liz	Grundlingh (1 st g'mast)	Muirite Strider	63	48:13
13	Terray	Newcombe	Nedbank RC	19	49:54
14	Nicolette	Zani	Transnet RE	31	51:30
15	Paulette	Jordaan (1 st mast)	Muirite Strider	52	51:41
16	Margietha	Voight	Muirite Strider	39	52:40
17	Doris	Liberty	Elite AC	50	52:49
18	Mandisa	Dyani	Transnet RE	29	52:53
19	Denise	Darlow (1 st vet)	Charlo RR	41	53:10

20	Odessa	Perelson	Madiba Bay	25	53:24
40-44:					
1	Denise	Darlow	Charlo RR	41	53:10
2	Rehana	De Maine	Willard Batt	42	56:46
3	Carol	Mallett	Muirite Strider	41	58:45
45-49:					
1	Leta	Dos Santos	Spar Walmer AC	45	54:15
2	Charlene	De Coning	Crusaders AC	45	57:09
3	Aletta	Joubert	Crusaders AC	48	57:13
50-54:					
1	Paulette	Jordaan	Muirite Strider	52	51:41
2	Doris	Liberty	Elite AC	50	52:49
3	Michelle	Lawson	Charlo RR	51	56:18
55-59:					
1	Jos	Els	Madiba Bay	57	56:17
2	Cathy	Van Der Merwe	Temp	55	1:12:19
3	Joan	Senekal	PEAAC	58	1:18:09
60-64:					
1	Liz	Grundlingh	Muirite Strider	63	48:13
2	Denise	Terblanche	Spar Walmer AC	62	1:07:15
3	Angeline	Kivedo	Spar Walmer AC	64	1:12:04
65-69:					
1	Mary	De Ridder	Muirite Strider	68	1:26:47
70+:					
1	Dorothy	Hart	PEAAC	72	1:02:51
Juniors:					
1	Tineke	Rademeyer	Muirite Strider	16	43:42
2	Anita	Ndiki	Nedbank RC	19	47:33
3	Terray	Newcombe	Nedbank RC	19	49:54

Groot Gat Marathon & Half Marathon

Kimberley, 27 February

(Distances: 42.195 km & 21.0975 km; loop courses)

Marathon

MEN

1. Neo Molema (MP) 2:39:01
2. Walter Kgoro (Bon) 2:45:06
3. Joseph Jika (Transnet) 2:48:36
4. Stephen Bassie (KRR) 3:04:02
5. Pietertjie Boorman (Assmang) 3:05:49

WOMEN

1. Marlie Hunt (K Pir) 3:29:39
2. Berdine Smit (Ned GN) 3:35:30
3. Erika du Toit (Kathu) 3:49:34
4. Lulu Ntsie (Galesh) 3:57:30
5. Heidi Coetzer (Finlime) 4:04:30

Half marathon

MEN

1. Gert Thys (Ind) 72:54
2. Petrus Motsune (Transnet) 75:25
3. Jacob Danster (K Pir) 81:20
4. Enoch Thuso (Taung) 83:30

5. Lucas Mosiuca (Ind) 84:32

WOMEN

1. Riëtte Douglas (K Pir) 1:45:27
2. Christel Pelser (K Pir) 1:53:32
3. Louisa Galloway (Finlime) 1:54:37
4. Martha Morfokane (Ind) 1:59:10
5. Karien van der Merwe (K Pir) 1:59:23

Karoo National Park Half Marathon & 10 km

Beaufort West, 13 February

(Distances: 21.0975 km & 10 km; loop courses. Finishers: half marathon – 84; 10 km – 69.)

Half marathon

MEN

1	Friedel Maans	Adidas	1:14:20
2	Bernardo Fredericks	Spoornet AC	1:14:33
3	Marshall Boksmann	Spoornet AC	1:18:43
4	Jan Frieslaar	Nedbank Running C	1:19:16
5	Mario Meyer	Hartenbos	1:20:15
6	Marlon Martlock	Knysna	1:20:39
7	Julie Saaier	Nedbank Running C	1:23:30
8	Kenneth Vermeulen	Spoornet AC	1:27:00
9	Alfred Nise	Knysna	1:27:14
10	Mihan Roos	Knysna	1:27:53

WOMEN

13	Lisl Grobler	Knysna	1:33:11
14	Kerry Roos	Knysna	1:33:44
22	Marie Wolmarans	Nedbank	1:40:14
28	Karin Pauw	Nedbank	1:48:16
30	Mari Steyn	Beaufort Wes Drawwers	1:49:13
31	Christa Smit	Hartenbos	1:49:55
32	Rome Phillipson	Individual	1:50:12
33	Linda Mocke	Beaufort Wes Drawwers	1:52:22
35	Rina Fraser	Hartenbos	1:56:24
36	Lorette Jordaan	Oudtshoorn	1:56:24

10 km

MEN

1	Dewald Van Rooi	Ind	34:00
2	Sinesipho Didishc	KMC	34:33
3	Jesse Visagie	Ind	35:20
4	Msizi Melikhaya	Knysna	35:53
5	Kevin Bezjek	Ind	41:08
6	Karel Vlok	Ind	43:15
7	Stefan Swiegers	Ind	49:20
8	Petrus Le Roux	Nedbank	50:13
9	Jacques Jacobs	Ind	51:15
10	Antoine Hugo	Ind	51:16

WOMEN

1	Nomawethu de Bruyn	B-Wes Drawwers	48:42
2	Marianne Brown	Knysna	58:20
3	Michelle Ellis	Ind	58:56

4	M. Schermbucker	Hartenbos Drawwers	1:00:44
5	Lidia Basson	Outeniqua	1:02:42

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

Fortis City-Pier-City Half Marathon (36th)

The Hague, NED, 14 March

(Distance: 21.1 km; certified out-and-back course)

MEN (gun times)

1. Patrick Makau, KEN 59:51
2. Eshetu Wendimu, ETH 59:52 PB
3. John Mwangangi, KEN 59:56 PB
4. Eric Ndiema, KEN 59:57 PB
5. Robert Kipchumba, KEN 59:58
6. Bernard Kipyego, KEN 1:00:02
7. Julius Arile, KEN 1:00:31 PB
8. Robert Mbithi, KEN 1:01:00 PB
9. Philemon Kisang, KEN 1:01:35
10. Ezekiel Meli, KEN 1:01:43 PB

WOMEN (gun times)

1. Pauline Wangui, KEN 1:10:36
2. Irene Jerotich, KEN 1:11:17 PB
3. Merel de Knecht, NED 1:13:10 PB
4. Christina Bus Holth, NOR 1:14:50 PB
5. Inge de Jong, NED 1:15:28 PB

Nagoya International Ladies Marathon (30th)

(Japanese Marathon Championships)

Nagoya, JPN, 14 March

(Distance: 42.195 km; certified out and back course)

WOMEN (gun times)

1. Yuri Kano, Second Wind AC (JPN) 2:27:11
2. Derartu Tulu, Mizuno (ETH) 2:28:13
3. Hiromi Ominami, JPN 2:28:35
4. Mai Ito, JPN 2:29:13 DB
5. Mayumi Fujita, JPN 2:29:36

Gate River Run 15 km (33rd)

(US 15 km Championships for men and women)

Jacksonville, 13 March

(Certified standard course)

MEN (gun times)

1. Mo Trafteh, 24, Duarte, CA 42:58 PB \$12,000 + 5,000^
2. Tim Nelson, 26, Corvallis, OR 43:52 5,000
3. Antonio Vega, 26, St Paul, MN 43:56 PB 3,000

4. Jason Lehmkuhle, 32, Minneapolis, MN 44:00 PB 2,000
5. Sean Quigley, 25, Philadelphia, PA 44:06 PB 1,000

^) Earned "equalizer" bonus for passing top woman who had 5 minute head start

WOMEN (all-women's race)

1. Katie McGregor, 29, Minneapolis, MN 49:51 PB \$12,000
2. Jen Rhines, 35, Mammoth Lakes, CA 50:27 5,000
3. Magdalena Lewy Boulet, 36, Oakland, CA 50:39 PB 3,000
4. Colleen De Reuck, 45, Boulder, CO 50:51 AR w45 2,000 + 1000
5. Rebecca Donaghue, 34, State College, PA 51:13 1,000

CROSS-COUNTRY

Trofeo Alasport - Alà dei Sardi (35th)

Sardinia, ITA, 14 March

MEN (approx. 10 km):

1. Zersenay Tadese, ERI 31:38
2. Philemon Limo, KEN 31:46
3. Silas Kipruto, KEN 32:00
4. Mathew Kisorio, KEN 32:09
5. Imane Merga Jida, 1989, ETH 32:09

WOMEN (approx. 5 km):

1. Sule Utura Gedo, ETH 18:03
2. Pauline Korikwiang, KEN 18:04
3. Tizita Bogale, ETH 18:12
4. M. Wangari, KEN 18:20
5. Asmeraworch Bekele, ETH 18:37

McCain Cross Challenge Final

Birmingham, GBR, 13 March

SR. MEN (12 km)

1. Mo Farrah, Newham & Essex Beagles, 34:41
2. Andy Vernon, Hampshire, 35:25
3. Moumin Geele, Newham & Essex Beagles, 35:40
4. Michael Skinner, Kent, 35:54
5. Phil Hinch, Warwickshire, 36:02

JR. MEN (8 km)

1. Richard Goodman, Middlesex, 25:04
2. Ben Norris, Nottinghamshire, 25:06
3. Calum Hawkins, Scotland West, 25:26
4. Jonny Hay, Surrey, 25:29
5. Ronnie Sparke, Essex, 25:29

SR. WOMEN (8 km)

1. Freya Murray, Scotland East, 27:21
2. Stephanie Twell, Hampshire, 27:30
3. Fay Fullerton, Essex, 27:41
4. Hannah Whitmore, Leicestershire, 27:47
5. Emily Pidgeon, Gloucestershire, 27:54

JR. WOMEN (6 km)

1. Emelia Gorecka, Surrey, 20:40
2. Annabel Gummow, Cornwall, 20:53
3. Hannah Walker, Hertfordshire, 21:00
4. Sarah Inglis, Scotland East, 21:04
5. Beth Potter, Scotland West, 21:05

INDOOR TRACK**IAAF World Indoor Championships**

Doha, QAT, 12-14 March

MEN

800 (14):

1. Abubaker Kaki, SUD 1:46.23 Gold \$40,000
2. Boaz Lalang, KEN 1:46.39 Silver 20,000
3. Adam Kszczot, POL 1:46.69 Bronze 10,000
4. Ismail Ahmed Ismail, SUD 1:46.90 8,000
5. Jakub Holusa, CZE 1:47.28 6,000
6. Luis Alberto Marco, ESP 1:48.99 4,000

1500 (13):

1. Deresse Mekonnen, ETH 3:41.86 Gold \$40,000
2. Abdalaati Iguider, MAR 3:41.96 Silver 20,000
3. Haron Keitany, KEN 3:42.32 Bronze 10,000
4. Mekonnen Gebremedhin, ETH 3:42.42 8,000
5. Amine Laalou, MAR 3:42.42 6,000
6. Juan van Deventer, RSA 3:43.77 4,000
7. Garrett Heath, USA 3:43.81
8. Mahiedine Mekhissi-Benabbad, FRA 3:45.22
9. Diego Ruiz, ESP 3:52.45

Prelims (12):

Heat 1:

1. Amine Laalou, MAR 3:39.96 Q PB
2. Juan van Deventer, RSA 3:40.07 Q

Heat 2:

1. Deresse Mekonnen, ETH 3:39.66 Q^
2. Diego Ruiz, ESP 3:40.00 Q
- ... 6. Peter van der Westhuizen, RSA 3:45.76

3000 (14):

1. Bernard Lagat, USA 7:37.97 Gold \$40,000
2. Sergio Sánchez, ESP 7:39.55 Silver 20,000
3. Sammy Alex Mutahi, KEN 7:39.90 Bronze 10,000
4. Tariku Bekele, ETH 7:40.10 8,000
5. Galen Rupp, USA 7:42.40 PB 6,000
6. Jesus España, ESP 7:42.82
7. Hicham Bellani, MAR 7:44.15
8. James Kwalia C'Kurui, QAT 7:46.12
9. Essa Ismail Rashed, QAT 7:47.94
10. Dejen Gebremeskel, ETH 7:48.69
11. Augustine Choge, KEN 7:53.42
12. Hais Welday, ERI 8:04.10

WOMEN

800 (14):

1. Mariya Savinova, RUS	1:58.26	Gold	\$40,000	WL
2. Jenny Meadows, GBR	1:58.43	Silver	20,000	NR
3. Alysia Johnson, USA	1:59.60	Bronze	10,000	PB
4. Anna Pierce, USA	2:00.53		8,000	PB
5. Egle Balciunaite, LTU	2:01.37		6,000	NR
6. Yevgeniya Zinurova, RUS	2:01.68		4,000	

1500 (14):

1. Kalkidan Gezahegne, ETH	4:08.14	Gold	\$40,000
2. Natalia Rodríguez, ESP	4:08.30	Silver	20,000
3. Gelete Burka, ETH	4:08.39	Bronze	10,000
4. Sylwia Ejdys, POL	4:09.24		8,000
5. Irene Jelagat, KEN	4:09.57	PB	6,000
6. Erin Donohue, USA	4:09.59	PB	4,000
7. Anna Alminova, RUS	4:09.81		
8. Helen Clitheroe, GBR	4:10.38		
9. Sarah Bowman, USA	4:10.72	PB	
10. Natallia Kareiva, BLR	4:12.76		

3000 (13):

1. Meseret Defar, ETH	8:51.17	Gold	\$40,000
2. Vivian Cheruiyot, KEN	8:51.85	Silver	20,000
3. Sentayehu Ejigu, ETH	8:52.08	Bronze	10,000
4. Sylvia Kibet, KEN	8:52.16		8,000
5. Alemitu Bekele, TUR	8:53.78		6,000
6. Sara Moreira, POR	8:55.34		4,000
7. Layes Abdullayeva, AZE	8:57.59		
8. Jessica Augusto, POR	9:01.71		
9. René Kalmer, RSA	9:04.11		
10. Desiree Davila, USA	9:07.24		
11. Lidia Chojecka, POL	9:07.80		
12. Adrienne Herzog, NED	9:12.99		

Prelims (12):

Heat 1:

1. Sentayehu Ejigu, ETH	9:00.34	Q
2. Sara Moreira, POR	9:01.01	Q
3. Vivian Cheruiyot, KEN	9:01.35	Q
4. René Kalmer, RSA	9:01.41	Q NR

NCAA Division I Indoor Championships

Fayetteville, USA, 12-13 March

MEN

Team Results:

1. Florida, 57 points
2. Oregon, 44
2. Texas A&M, 44
4. LSU, 42
5. Arkansas, 38

800 (13):

1. Robby Andrews, FR Virginia, 1:48.39
2. Andrew Wheating, SR Oregon, 1:48.40

3. Ryan Foster, JR Penn State (AUS), 1:48.79

Mile (13):

1. Lee Emanuel, SR New Mexico (GBR), 3:59.26
2. Mac Fleet, FR Oregon, 4:01.63
3. Patrick Casey, FR Montana State, 4:01.87

3000 (13):

1. Dorian Ulrey, Arkansas, 8:10.52
2. David McNeill, Northern Arizona (AUS), 8:10.96
3. Andrew Bayer, Indiana, 8:11.19

5000 (12):

1. David McNeill, JR Northern Arizona (AUS), 13:36.41 PB
2. Sam Chelanga, JR Liberty (KEN), 13:37.01
3. Justin Tyner, JR Air Force, 13:41.26 PB

WOMEN

Team Results:

1. Oregon, 61 points
2. Tennessee, 36
3. LSU, 35
4. Florida, 33
5. Texas A&M, 31

800 (13):

1. Phoebe Wright, SR Tennessee, 2:02.55
2. Lacey Cramer, SO BYU, 2:03.89 PB
3. LaTavia Thomas, SR LSU, 2:03.90

Heat 3:

1. Molly Beckwith, Indiana, 2:04.61 Q
- ... 6. Angela Wagner, BYU (RSA), 2:06.65

Mile (13):

1. Charlotte Browning, SR Florida (GBR), 4:35.66
2. Katie Follett, SR Washington, 4:36.39
3. Pilar McShine, SR Florida State (TRI), 4:37.20
4. Jordan Hasay, FR Oregon, 4:38.29

3000 (13):

1. Angela Bizzarri, SR Illinois, 8:57.40 PB
2. Lisa Koll, SR Iowa State, 8:57.52
3. Sheila Reid, JR Villanova (CAN), 9:01.13 PB

DNF--Jordan Hasay, FR Oregon

5000 (12):

1. Lisa Koll, SR Iowa State, 15:39.65
 2. Marie Louise Asselin, JR West Virginia (CAN), 15:50.53 PB
 3. Jackie Areson, SR Tennessee, 15:53.12 PB
-

NEWS

RECORD FIELD IN TWO OCEANS

A record field of more than 20 000 runners, including the men's and women's defending champions in the ultramarathon and over 1 000 international runners, will line up in Newlands on Easter Saturday, 3 April, for the Old Mutual Two Oceans Marathon and Half Marathon.

The Cape's biggest road running event has attracted a field of 8 700 runners in the 56 km ultramarathon, making this the second biggest field in the history of the event. The record stands at just under 10 000 (9 766) runners, which was in 2004 when the traditional route over Chapman's Peak reopened after four years. In the ultra 35% of the field are novices who are running the event for the first time, an indication that the sport is growing and still attracting people to the longer distances.

The 21.1 km has attracted a field of 11 571 runners, which makes it the biggest half marathon in the country. Last year over 13 221 runners took part in the shorter event, but race organisers decided to reduce this number for 2010 in the interests of runner safety, both out on the route and at the finish.

Race director Rowyn James said: "Entries for the half marathon closed four weeks before the entry deadline of 3 March, which goes to show that interest in the half marathon is massive. We are investigating other route options for 2011 that will allow us to increase the field to take at least 16 000 entrants."

New to this year's event is the 8 km and 18 km trail runs, which will take place on Good Friday, 2 April. Close to 750 entries have been received for the trail run, so runners wanting to secure their entries in this event are advised to do so as soon as they can. The field is limited to 800 runners, 400 for the 8 km and 400 for the 18 km. According to trail run organiser Trevor Ball it is the biggest single-day trail run in the country.

SPAR GRAND PRIX STARTS ON 18 APRIL

The Spar Grand Prix series of races for women will start on Cape Town on 18 April. The total prize money for the 2010 series is R170 000, of which R146 000 will be for the open category and R6 000 each for the four age groups.

Five races over 10 km will be run. The other four events are on 1 May in Port Elizabeth, 1 August in Durban, 28 August in Pretoria and 10 October in Johannesburg.

The overall first prize will be R60 000, with the second runner earning R30 000. Prize money goes down to R2 000 for tent position.

In each of the five races runners will score points as follows in the open category: 20 points for first place, 19 for second, and so forth down to 1 point for 20th position. Runners can also score time incentive points in addition to position points – each runner surpassing the 2009 overall winning time in the corresponding race will earn 10 points.

The same system will also be in place in the age categories, with runners earning 5 incentive points for beating the corresponding 2009 time.

More information is available at www.spar.co.za.

CAVIN WOODWARD DIES AT 62

Cavin Woodward, one of the world's top ultradistance athletes of the seventies who set five world records in 1975, died on 26 February after a heart attack at the age of 62. Woodward finished fourth in the historic 1976 Two Oceans Marathon won by Gabashane Rakabaele. The Englishman ran 3:26:08 and later the same year was second in the Comrades behind Alan Robb in 5:49:19.

He set world records for 30 miles with 2:43:52 at Ewell on 24 April 1975 and then in his great run on 25 October 1975 at Tipton for 50 miles (4:58:53.0), 100 km (6:25:28), 150 km 10:54:55 and 100 miles (11:38:54). He also won the London to Brighton race that

year. A member of Leamington Cycling & Athletics Club, he had a marathon best of 2:19:50 (1973).

STATS TIME

After a few weeks of 2009 ultra lists, we include the first list of South African performances for 2010 this week.

2010 10 KM: TOP 10 MEN

28:40	Gladwin Mzazi	1	Sasolburg	06 Feb
28:57	Kgosi Samuel Tsosane	2	Sasolburg	06 Feb
29:03	Sibusiso Nzima	3	Sasolburg	06 Feb
29:04	Samuel Segoaba	1	Bloemfontein	06 Feb
29:15	B. Ramolefi	3	Bloemfontein	06 Feb
29:24	Jeffrey Gwebu	4	Sasolburg	06 Feb
29:25	Thulo Richard Nyedimane	4	Bloemfontein	06 Feb
29:36	Tumelo Motlagale	6	Sasolburg	06 Feb
30:10	Unathi Phezolo	1	Brackenfell	20 Jan
30:16	Nkosinoxolo Sonqibido	2	Pretoria	20 Feb

THIS MONTH IN HISTORY

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

43 years ago: 3 March 1967

De Villiers Lamprecht is best remembered as the first South African to run a sub-4 minute mile, on 13 November 1964. He also set a national marathon record in 1966 when he recorded 2:20:43. Both performances came in Stellenbosch. Less well known is that the bespectacled Matie was also the first SA athlete to duck under 14 minutes for 5000 metres. This came – no surprise here – at Stellenbosch on 3 March 1967 when Lamprecht ran 13:53.3. Less than a month later he won both the 3 miles and 6 miles at the SA Championships.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2010

This section lists this year's best South African performance 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

Open

10 km	28:40	Gladwin Mzazi	Sasolburg	06 Feb
	28:40	Gladwin Mzazi (RSA)		
15 km	27:01	Micah Kogo (KEN) 2009		
	43:50	Lusapho April	Port Elizabeth	06 Mar
	44:46a	James Carney (USA)		
21.1 km	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	63:15	Chabeli Nyedimane	Bloemfontein	06 Feb
	59:18	Tilahun Regassa (ETH)		

	58:33	Samuel Wanjiru (KEN) 2007		
25 km	76:58a	Moses Lepheana	Pinetown	24 Jan
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:15:29	Hendrick Ramaala	Otsu	07 Mar
	2:06:09	Haile Gebrselassie (ETH)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	32:22	John September	Cape Town	03 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	48:40	Maboyisana Mazwayi	Port Elizabeth	16 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	71:39	Lawrence Chipangaan	Benoni	31 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	89:35a	Peter Sehloho	Pinetown	24 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:47	Johnny Persents	Camps Bay	10 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:29:04	Reginald Ngobese	Sasolburg	06 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	36:46	Johannes Seakamela	Pretoria	30 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:46	Raymond Howard	Duynefontein	27 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:31	Eloi de Oliveira	Pietermaritzburg	28 Feb
	66:42	Martin Rees (GBR) 2003		
25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	2:00:02	Thomas Moses	Camps Bay	10 Jan
Marathon	2:45:10	Ernest Tjela	Sasolburg	06 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:50	Albertus Bock	Athlone	13 Feb
15 km	59:47	Albertus Bock	Constantia	13 Mar
21.1 km	85:17	Mike du Bruto	Pretoria	06 Feb
25 km	1:54:19a	Petros Shumi	Pinetown	24 Jan
30 km	2:13:46	Albertus Bock	Camps Bay	10 Jan
Marathon	3:10:22a	Simon Mokone	East London	27 Feb
100 km				

Juniors

10 km	30:10	Unathi Phezolo	Brackenfell	20 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:39	Xola Bongoza	Port Elizabeth	06 Feb
	42:25	Moses Mosop (KEN) 2004		
21.1 km	72:38	Philani Ngcobo	Pietermaritzburg	28 Feb

59:16 Samuel Wanjiru (KEN) 2005

WOMENOpen

10 km	34:55	Irvette van Blerk	Pretoria	06 Mar
	32:50	Shino Saito (JPN)		
15 km	30:21	Paula Radcliffe (GBR) 2003		
	55:31	Zintle Xiniwe	Constantia	13 Mar
	51:05a	Janet Cherobon (KEN)		
21.1 km	46:28	Tirunesh Dibaba (ETH) 2009		
	77:36	Irvette van Blerk	Benoni	31 Jan
	67:14	Mary Keitany (KEN)		
25 km	66:25	Lornah Kiplagat (KEN) 2007		
	1:36:29	René Kalmer	Johannesburg	24 Jan
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
Marathon	1:38:49	Mizuki Noguchi (JPN) 2005		
	2:55:52	Adinda Kruger	Sasolburg	06 Feb
	2:23:53	Teyiba Erkiso (ETH)		
100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	39:39	Elmarie Coetzee	Cape Town	03 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:46	Michelle Bartman	Constantia	13 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	84:53	Joanna Thomas	Tokai	06 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:52:13a	Vanessa Zimmerman	Pinetown	24 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:43	Joanna Thomas	Camps Bay	10 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	3:02:42	Carol Mercer	Pietermaritzburg	28 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:24	Marietjie Ceronio	Sasolburg	06 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:03	Olga Howard	Constantia	13 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:39:41	Sandra Fismer	Pietermaritzburg	28 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:04:09a	Jenny Scott	Pinetown	24 Jan
30 km	2:16:34	Olga Howard	Camps Bay	10 Jan
Marathon	3:29:19	Wendy Fitzmaurice	Pietermaritzburg	28 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	48:13	Liz Grundlingh	Port Elizabeth	13 Mar
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:45:49	Lien Botha	Scottburgh	17 Jan
25 km	2:10:34	Elaine Greenblatt	Johannesburg	24 Jan

30 km	2:31:56	Veronica van Niekerk	Camps Bay	10 Jan
Marathon	3:41:39	Elaine Greenblatt	Sasolburg	06 Feb
100 km				

Juniors

10 km	37:19	Nandi Phadywala	Pretoria	20 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	57:44	Asiphe Sikabalanjana	Constantia	13 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	88:00	Juan-Marie Cooper	Pretoria	20 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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