

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 athletes did very well at the World Cross-country Championships in the Polish city of Bydgoszcz. While last year there were no runners in the top 25, this time there were four: Lebogang Phalula 15th and her sister Lebo 22nd in the senior race, Joel Mmone 21st in the junior event, and Stephen Mokoka (who was 32nd last year) 23rd among the seniors. The best SA runner in the fourth race, the junior women, was Letitia Saayman (39th). Compared to 2009, the country had one less runner (nine) in the top 55. In 2009 all four teams were in the top ten – this year the senior men did not quite match that by finishing 12th. Both the junior and senior women's teams were tenth, while the junior men were an excellent seventh. Another way of comparing the two years is by adding, cross-country fashion, the positions of the best-placed six athletes irrespective of which race they ran. The 2009 tally was 242; this time it was a much improved 150. Apart from Mmone, another junior, Sityhilo Diko, finished in the top 30 (although DRR still has doubts about his real age).

Athletes from Kenya dominated the Championships, sweeping all four individual and team titles.

Last weekend three-time world half-marathon champion Zersenay Tadese produced an outstanding run in the IAAF Gold Label race in Lisbon, which these days is run on an IAAF-certified and record-standard course. Tadese clocked a new world record of 58:23 in a mostly solo effort. He also picked up a second IAAF world record at 20 km (55:21) because that distance was separately certified (although it should be noted that the independent Association of Road Racing Statisticians does not recognize world records at intermediate points in longer races). The previous records belonged to Samuel Wanjiru (58:33) and Haile Gebrselassie (55:48).

The Lisbon Half Marathon was one of three half marathons on 21 March that had winning times of less than an hour – the first time in history that more than one race produced such a fast time on a single day. The other two quick half marathons were the New York City race (59:53) and the Stramilano event (59:20). Another interesting fact is that the first two runners in the latter race both ran under 60 min – and in their debuts. The third athlete was also in his first half marathon.

In the Seoul International Marathon Kenyan Sylvester Teimet broke Gert Thys's course record of 2:07:06, set in 2004, when he won in 2:06:49.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Capestorm UCT Memorial Race, Cape Town
- * Honey Dew Midlands Meander Marathon & Half Marathon, Nottingham Road
- * Queensburgh Mineshaft Half Marathon, Queensburgh
- * Xstrata Long Tom Ultramarathon & Half Marathon, Sabie to Lydenburg
- * Umhlobo Wenene 10 km, Port Elizabeth
- * Marthinus Jenkins Memorial 10 km, Wilderness
- * Our Times Castle Lite Jeffreys Bay Beach Run, St Francis to Jeffreys Bay
- * Beesloop 15 km, Worcester
- * Noordelike Athletics Club Races, Jan Kempdorp
- * GWK Diamant Marathon, Half Marathon & 10 km, Kimberley
- * Track: Yellow Pages Meeting #4, Johannesburg; Yellow Pages SA Track & Field Championships, Durban

International highlights:

- * Parelloop 10 km, Brunssum, NED
- * Vattenfall Berliner Half Marathon, Berlin, GER
- * Around the Bay 30 km, Hamilton, CAN
- * Cooper River Bridge Run, Charleston, USA
- * Hervis Prague Half Marathon, Prague, CZE
- * Medio Maratón Azkoitia-Azpeitia "Memorial Diego García", Azkoitia, ESP
- * Azalea Trail Run 10 km, Mobile, USA
- * Meia-Maratona Internacional de Lisboa, Lisbon, POR
- * NYC Half-Marathon, New York, USA
- * Stramilano Agonistica Internazionale, Milano, ITA
- * Seoul International Marathon, Seoul, KOR
- * Honda LA Marathon, Los Angeles to Santa Monica, USA
- * All Japan Corporate Team Half-Marathon Championships, Yamaguchi, JPN
- * ING Venloop Half Marathon, Venlo, NED
- * 10 Km Villa de Laredo, Laredo, ESP
- * XC: IAAF World Cross-country Championships, Bydgoszcz, POL

BACKGROUND

WHAT WENT WRONG AT THE CANGO MARATHON?

In last week's *Distance Running Results* doubts were expressed about the results, especially regarding the name of the winner and that of the third woman. DRR has now established that the winner was Tsungai Mwanengeni of Zimbabwe (not E. Mwanargni), who is 36 years old and not 42 as indicated in the results.

As DRR suspected, evidence suggests that the third person on the women's results list was indeed a male. Annatjie Botes was in fact third (and all others have to move up one position); she had 3:08:19 on her watch (she is given 3:08:34 in the results).

Other errors in the results have now also come to DRR's notice, with a number of runners pointing out mistakes. Runners in the top twenty are placed in the wrong order and others have wrong times assigned to their names.

For example, the two Varsity Old Boys runners Stef Patten and Roger Dickson finished 13th and 14th respectively, not fifth and 12th. The times for these two positions (13th and 14th) in the results correspond almost to the second with what they recorded on their own watches.

Eddie Lambert (10th in the results) ran at least 5 minutes faster than indicated.

And of course DRR noticed but forgot to point out that the third runner's time is faster than that of the second athlete. According to information received, Eugene Pelem was second and not third, but it is not certain whether Lindile Tokota (shown as second) was third, and what their respective times were.

DRR has decided to accept the time of the women's winner, Joanna Thomas, as indicated in the results, because that is also the time she recorded on her watch. The rest of the times will not be included in any statistical lists – at least for the moment. Hopefully corrected results will be released soon.

It is indeed a great pity that a race with such a long tradition, and which to all accounts was well organised otherwise, has this cloud of doubt over its results. Accurate and trustworthy results are one of the most essential aspects a race organiser should have correct.

ROAD RUNNING

Capestorm UCT Memorial Race

Cape Town, 28 March

(Distance: 10 km; certified loop course)

Note: According to a report received by DRR, all athletes except the winner ran approx. 80 metres short because of a marshalling error. – Ed.

MEN

1. Nkosinathi Madyo (MP) 30:38; 2. Nicholas Mduyana (UWC) 32:32; 3. Akhona Makila (VOB) 32:33; 4. Vladimir Kotov (BLR/Cent) 32:48; 5. Zolani Sowazi (Gugs) 33:14; 6. Xolile Macanda (Ned) 33:18; 7. Thobekile Mbulawa (Khay) 33:19; 8. Gcobani Mndi (Ind) 33:39; 9. Yeyethu Njokweni (Ned) 33:39; 10. Stanley Malange (Gugs) 33:49; 11. Luyanda Mapoyi (Khay) 33:50; 12. Mandla Pangalele (Gugs) 33:59; 13. Willy-John Cupido (UWC) 34:18; 14. Baoibalo Hambu (Adid) 34:30; 15. Laban Ponco (Ned) 34:41; 16. Luthando Diba (Celtic) 35:07; 17. Thandile Joseph (Gugs) 35:09; 18. Odwa Peter (Khay) 35:11; 19. Eloi de Oliveira (Boxer) 35:12; 20. Thabiso Sakayi (Gugs) 35:32.

Veterans: 1. Xolile Macanda (Ned) 33:18; 2. Barend Jacobs (Celtic) 35:49; 3. Chris Mitchell (Celtic) 36:40. **Masters:** 1. Vladimir Kotov (BLR/Cent) 32:48; 2. Eloi de Oliveira (Boxer) 35:12; 3. Goodman Mpukane (Gugs) 38:13. **G'masters:** 1. Jimmy Morris (Forest) 41:37; 2. M.Y. Abrahams (Top) 47:21; 3. Roger Davids (FH) 47:41. **Juniors:** 1. Akhona Makila (VOB) 32:33; 2. Gcobani Mndi (Ind) 33:39; 3. Yeyethu Njokweni (Ned) 33:39.

WOMEN -

1. Tanith Maxwell (Boxer) 35:12; 2. Zintle Xiniwe (MP) 37:06; 3. Nomvuyisi Seti (MP) 37:54; 4. Asiphe Sikabalanjana (Gugs) 38:08; 5. Busisiwe Matiwane (Celtic) 39:55; 6. Natasha Oosthuizen (Adid) 41:14; 7. Mariëtte Esterhuyse (Tyger) 41:52; 8. Joanna Thomas (VOB) 42:58; 9. Asanda Dayimani (AAC) 44:17; 10. Dominique Scott (Adid) 44:28; 11. Renée Scott (Adid) 44:31; 12. Glenda Werth (Met) 45:32; 13. Chantel Simpson (Pine) 45:57; 14. Cleo Olivier (VOB) 45:59; 15. Kathozine Antel (ATC) 46:24; 16. Rita Toto (Gugs) 46:42; 17. Kim ? (VOB) 47:20; 18. Patience ? (Ind) 47:47; 19. Charmaine Cupido (Ned) 48:02; 20. Kathleen McQuaide-Little (Celtic) 48:11.

Veterans: 1. Mariëtte Esterhuyse (Tyger) 41:52; 2. Joanna Thomas (VOB) 42:58; 3. Renée Scott (Adid) 44:31. **Masters:** 1. Charmaine Cupido (Ned) 48:02; 2. Sandy Wood (VOB) 51:26; 3. Tessa Fuchsloch (AAC) 51:43. **G'masters:** 1. Marietha Herbert (Bell) 49:21; 2. Marlene James (Pine) 58:24; 3. Jean Cammidge (FH) 62:47. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 38:08; 2. Asanda Dayimani (AAC) 44:17; 3. Dominique Scott (Adid) 44:28.

Honey Dew Midlands Meander Marathon & Half Marathon

Nottingham Road, 28 March

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

Marathon

MEN

1.	Professor Mollen	ZIM/Mr Price AC	2:35:35
2.	Richard Nene	ZIM/Mr Price AC	2:37:18
3.	Msanufikile Mntungusa	Mr Price AC	2:38:51

40-49:

1.	Enoch Ngubane	Mr Price	2:39:50
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50-59:

1.	Simphiwe Ntentesa	Toyota AC	2:58:20
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60+

1.	Dave Flatley	Savages AC	3:41:00
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WOMEN

1.	Lindsay van Aswegen	Kempton Pk	3:09:03
2.	Tracey Zunckel	EAC	3:22:56
3.	Erica Walker	Ntl Carb	3:27:50

40-49:

1.	Lindsay van Aswegen	Kempton Pk	3:09:03
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50-49:

1.	Wendy Rook	Savages AC	4:17:51
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Half marathon

MEN

1.	Khulekani Ngubane	Coll Harr	1:15:02
2.	Tsepo Shelembe	Boxer AC	1:16:15
3.	Nduduzi Ndelela	Mr Price AC	1:19:49

40-49:

1.	Orbit Ngcobo	Coll Harr	1:24:35
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50-59:

1.	Robin Gardiner	Hilton Harr	1:40:14
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60+

1.	Niel Perritt	Savages AC	1:44:48
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WOMEN

1.	Kirsten Williams	UKZN	1:35:36
2.	Clare Kent	EAC	1:40:12
3.	Sandy Fismer	Hilton Harr	1:44:31

40-49:

1.	Sharla Juglal	Chatsworth AC	1:53:34
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50-59:

1.	Sandy Fismer	Hilton Harr	1:44:31
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60+

1.	Margaret Usher	Spartan AC	n/t
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Queensburgh Mineshaft Half Marathon (30th)

Queensburgh, 28 March

(Distance: 21.0975 km; hilly two-lap course. Finishers: 523.)

MEN

1.	Thabiso Ngalonkulu	Chatsworth AC	1:14:45	R300
2.	Phiwayinkosi Khuzwayo	Clermont AC	1:15:04	R200
3.	Hendrick Mncadi	Mr Price AC	1:15:40	R100

40-49:

1.	Mbongeni Sosibo	Nedbank AC	1:20:06	R150
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50-59:

1.	Jeremiah Ngwenya	Boxer AC	1:30:01	R100
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60+:

1.	Petros Shumi	Zabalazi AC	1:42:34	R100
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WOMEN (Same prize money as men)

1.	Thobile Ngwane	Mr Price AC	1:36:29	
2.	Jo Mckenzie	Sani AC	1:38:30	
3.	Sibongile Mpanza	Boxer AC	1:43:21	

40-49:

1.	Nana Sigubu	Boxer AC	1:43:23	
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50-59:

1.	Jane Baker	DAC	2:02:40	
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60+:

1.	Maureen Parry	Chiltern AC	2:19:14	
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Xstrata Long Tom Ultramarathon (28th) & Half Marathon

Sabie to Lydenburg, 27 March

(Distances: 56 km & 21.0975 km. Both routes point-to-point; the ultramarathon starting at 1000 m above sea level, climbing to 2150 m and then dropping to 1379 m at the finish; the half marathon dropping from 2150 m to 1379 m, i.e. 36.5 m/km.)

56 km

MEN

1 Lucas Nonyana (Nedbank) 3:36:14; 2 Leboka Noto (LES/Mr Price) 3:48:15; 3 Joseph Molaba (Nedbank) 3:52:08; 4 Victor Mntambo (Nedbank) 3:54:47; 5 Sipho Dlamini (New Balance) 3:58:01; 6 Ben Breyntzis (Cabstrut) 4:01:01; 7 Peter Molapo (Nedbank) 4:01:47; 8 Putina Mndebele (Modikwa) 4:07:44; 9 Jeffrey Chabalala (Giyani) 4:08:55 (1st vet); 10 Pienas Magashule (Polokwane) 4:16:02.

Veterans: 1 Jeffrey Chabalala (Giyani) 4:08:55; 2 Pienas Magashule (Polokwane) 4:16:02; 3 Gary Smith (Jeppe) 4:18:30. **Masters:** 1 Ralph Mashabela (Cheethas) 4:33:44; 2 Johannes Nyalunga (Ngodwana) 4:37:38. **G'masters:** 1 Johannes Mosehla (Polokwane) 5:29:10.

WOMEN

1 Melanie van Rooyen (Richards Bay) 4:44:02; 2 Carien Visser (Tuks) 4:54:22 (1st vet); 3 Ria-Li Scholtz (Tuks) 5:13:30; 4 Barene Jankovich-Besan (RAC) 5:18:18; 5 Silvia Caroto (BCC) 5:22:45; 6 Paulina Phaho (Bonitas) 5:23:40; 7 Izelle Pretorius (RAC) 5:24:05; 8 Nocawe Morake (DLA) 5:24:29; 9 Bonny Bridgeford (Nedbank) 5:29:53; 10 Terry Swait (RAC) 5:32:07.

Veterans: 1 Carien Visser (Tuks) 4:54:22; 2 Barene Jankovich-Besan (RAC) 5:18:18; 3 Terry Swait (RAC) 5:32:07. **Masters:** 1 Lyndsay Steinhobel (Breakthru Midrand) 6:21:45;

2 Miemie Liebenberg (Panorama) 6:23:01. **G'masters:** 1 Anne Sonnendecker (Krugersdorp) 5:37:55.

Half marathon

MEN

1 Brighton Chipere (ZIM/Nedbank) 61:05; 2 Josua Sabao (ZIM/Mr Price) 62:47; 3 Enos Matalane (GS) n/t; 4 Lovers Hlatwayo (Kruger Park) 66:42; 5 Freedom Khumalo (Nedbank) 70:11; 6 Tsietsie Paka (Polokwane) 70:17; 7 Patrick Rambau (Legogote) 70:33; 8 Willie Magagala (Nedbank) 70:51; 9 Pieter Lekuba (Nedbank) 71:18 (1st vet); 10 Reuben Malatji (Nelspruit) 72:53.

Veterans: 1 Pieter Lekuba (Nedbank) 71:18; 2 Samuel Mabuza (Corr Serv) 73:19; 3 John Mayathi (Kruger Park) 74:42. **Masters:** 1 Thomas Moagi (Tubatse) 81:01; 2 Mfaneng Magabane (Tubatse) 83:01. **G'masters:** 1 Pele Thudakamelame (Vyebo Striders) 90:55. **Juniors:** 1 Nicolas Mofokeng (Arcelor Mittal) 73:55.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 74:53; 2 Chiyedza Chokore (ZIM/Mr Price) 75:27; 3 Winele Mnisi (Nedbank) 83:53; 4 Nontokoza Dlamini (Nelspruit) 86:17; 5 Esna Roux (Longtom) 93:25; 6 Beatrice Hlope (Nedbank) 94:12; 7 Rose Sikosana (Anglo) 94:57; 8 Ashley MacLaghlan (Temp) 95:24; 9 Doris Mabilo (Foskor) 96:27; 10 Magda Weideman (Nedbank) 96:44.

Veterans: 1 Ester Liebenberg (Eskom) 1:48:17; 2 Janita de Villiers (Sasol) 2:00:52; 3 Amanda Oosthuizen (Nelspruit) 2:02:52. **Masters:** 1 Rosemarie Hart (Longtom) 1:50:42; 2 Lydia Esterhuzen (Baberton) 1:51:07. **G'masters:** 1 Linda Vickers (Sasol) 2:06:17.

Umhlobo Wenene 10 km (23rd)

Port Elizabeth, 27 March
(Loop course. Finishers: 708.)

MEN

1	Rodney	Prins	MPEP	21	29:53
2	Zolani	Ngqaqa	MPEP	21	30:16
3	Xola	Bongoza (1 st jun)	MPEP	17	30:53
4	Mzwanele	Maphekula	Nedbank	33	31:11
5	Khayaletu	Makalima	MPEP	26	31:30
6	Bulelini	Niwa	PEAAC	24	31:33
7	Maboyisana	Mazwayi (1 st vet)	Nedbank	41	31:36
8	Luyanda	Tshangana	MPEP	26	31:45
9	Mzolisi	Makhanda	Nedbank	27	31:51
10	Mariano	Eesou	Nedbank	18	32:04
11	Phumzile	Sikawuti	Nedbank	30	32:09
12	Sindile	Somke	Nedbank	33	32:10
13	Morne	Buis	Nedbank	17	32:10
14	Aphlyn	Taai	MPEP	27	32:30
15	Masibulele	Heugh	Kwano	15	32:33
16	Sibusiso	Thu	PEAAC	22	32:34
17	Vuso	Nkonzo	MPEP	25	32:42
18	Robert	Matthys	MPEP	33	32:42
19	Mila	Pasiya	Nedbank	30	32:49
20	Mzamo	Fokwana	Charlo	32	32:57

40-44:

1	Maboyisana	Mazwayi	Nedbank	41	31:36
2	Thembinkosi	Ndyogolo	Nedbank	41	35:00

3	Hans	Jacobs	Nedbank	41	35:12
45-49:					
1	Kenneth	Menze	Nedbank	48	35:26
2	Colben	Ngcupe	Nedbank	46	35:38
3	Mutekile	Rasmeni	Triangle	45	35:51
50-54:					
1	Sidwel	Roboshi	Nedbank	50	37:00
2	Leonard	Erasmus	Willard	52	38:47
3	Andre	Willemse	Elite AC	51	39:22
55-59:					
1	Sizinzo	Kama	Ach	58	38:36
2	Bruce	Mcewan	Ach	56	41:57
3	Donald	Mancasa	Triangle	56	43:57
60-64:					
1	Hannes	Els	Madiba	60	40:06
2	Percy	Dalton	Ach	61	42:50
3	Errol	Rossouw	PEAAC	60	43:47
65-69:					
1	Godfrey	Kariem	Cadbury	69	46:40
2	Herman	Dekker	SAPEP	65	55:31
3	Loynes	Jenkerson	WAC	68	56:45
70-74:					
1	Alf	Zehmke	PEAAC	70	1:04:18
2	Selwyn	Solomon	Crusade	71	1:05:03
3	John	Peart	Nedbank	74	1:12:47
75-79:					
1	Ernie	Verrall	NMMU	75	58:41
2	Wells	Anderson	PEAAC	77	1:00:52
80+:					
1	Zeb	Luhabe	Realgij	82	1:13:49
2	Oliver	Barayi	Temp	81	1:38:00
Juniors:					
1	Xola	Bongoza	MPEP	17	30:53
2	Mariano	Eesou	Nedbank	18	32:04
3	Morne	Buis	Nedbank	17	32:10
WOMEN					
1	Deliwe	Nyanga	Nedbank	20	36:36
2	Babalwa	Ngcoko	MPEP	22	38:05
3	Davera	Magson	MPEP	35	39:48
4	Jane	Barnardo	Bodycon	35	40:10
5	Marisa	Ferraris	Triangle	39	40:18
6	Thabisa	Mayedwa	Nedbank	23	40:41
7	Asanda	Solani	Nedbank	26	41:35
8	Ursula	Kuhn	NMMU	28	41:53
9	Grizelda	Pietersen (1 st vet)	Ach	41	42:07
10	Christine	Claasen	Ach	45	42:47
11	Janine	Papenhuijzen	Ach	30	43:09
12	Treloar	Childs	WAC	46	44:22
13	Lesley	Wood (1 st mast)	Ach	52	44:25
14	Claire	Nagel	Elite AC	45	44:37
15	Noxolo	Marks	MPEP	23	44:41
16	Priscilla	Maleiba	Cadbury	39	44:47
17	Lorna	Lumb	PEAAC	41	45:04
18	Adele	Nel	CSEP	37	45:31
19	Lizette	Sydien	Elite AC	23	45:41
20	Janette	Schierz-Crusius	Bodycon	49	45:43

40-44:

1	Grizelda	Pietersen	Ach	41	42:07
2	Lorna	Lumb	PEAAC	41	45:04
3	Leana	Berg	Nedbank	41	46:05

45-49:

1	Christine	Claasen	Ach	45	42:47
2	Treloar	Childs	WAC	46	44:22
3	Claire	Nagel	Elite AC	45	44:37

50-54:

1	Lesley	Wood	Ach	52	44:25
2	Suzanne	Lavis	Jeffbay	51	46:18
3	Liz	Austin	Ach	51	51:39

55-59:

1	Cathy	Ives	Ach	56	52:56
2	Jos	Els	Madiba	57	53:35
3	Glenys	Joubert	Nedbank	58	1:02:21

60-64:

1	Liz	Grundlingh	Muirite	63	48:18
2	Helene	Oppel	Crusade	60	55:42
3	Marlene	Wiese	Kowie	64	57:16

65-69:

1	Eslly	Strydom	Legacy	65	1:12:54
2	Orgia	Nell	Muirite	66	1:15:32
3	Catharene	Botha	Temp	69	1:25:10

70-74:

1	Dorothy	Hart	PEAAC	72	1:02:15
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Juniors:

1	Cheri	Rademeyer	NMMU	19	46:38
2	Anita	Ndiki	Nedbank	19	48:06
3	Terray	Newcombe	Nedbank	19	48:37

Marthinus Jenkins Memorial 10 km

Wilderness, 27 March

(Two-lap course)

MEN

1	Julie Saaers	Nedbank RC	40	33:41
2	Frans Malgas	Knysna MC	20	34:03
3	Sinesipho Didishe	Knysna MC	18	34:33
4	Vuyo Witbooi	Outeniqua Harriers	35	35:37
5	Melikhaya Msizi	Knysna MC	27	35:43
6	Joey Claasen	Rainbow AC	40	36:08
7	Giaan Moos	Nedbank RC	25	36:50
8	DP Swart	Outeniqua Harriers	17	37:18
9	Marlon Mortlock	Knysna MC	36	38:08
10	Mihan Roos	Knysna MC	32	39:44

40-49: Julie Saaers Nedbank RC 33:41**50-59:** Hermanus Jonkerman Outeniqua Harriers 40:42**60+:** Jurgens Zwiegelaar Nedbank RC 42:12**Juniors:** Didishe Sinesipho Knysna MC 34:32**WOMEN**

1	Kerry Roos	Knysna MC	32	44:06
2	Helga Mathee	Outeniqua Harriers	35	45:29

3	Michelle v Rooyen	Nedbank RC	15	46:13
4	Marcia Vorster	Nedbank RC	16	46:30
5	Thea-Mari v d Sandt	Nedbank RC	35	49:03
6	Christa Smit	Hartenbos Drawwers	42	49:46
7	Elsa de Villiers	Hartenbos Drawwers	50	50:45
8	Sanjo Jenkins	Eden AC	15	51:46
9	Carike Jacobs	Nedbank RC	33	53:13
10	Lisa Behrens	Plettenberg Bay AC	38	54:02

40-49:	Christa Smit	Hartenbos Drawwers	49:45
50-59:	Elsa de Villiers	Hartenbos Drawwers	50:44
60+:	Gill Cummings	Knysna MC	1:18:35
Juniors:	Michelle van Rooyen	Ind	46:13

Our Times Castle Lite Jeffreys Bay Beach Run

St Francis to Jeffreys Bay, 22 March

(Distances: approx. 17 km; point-to-point course)

Note: Correspondent André Pienaar wrote that the distance was advertised as 18.5 km, but it was much less. The first 3 km are on tar, the rest on the beach, and there was a strong following wind. Runners have a choice of swimming through the river at St Francis, or going across with a Jetski. According to André, who won the 45-49 category, "the tide was very strong and I don't think anyone swam!" – Ed.

MEN

1	André	Willemse (1 st mast)	Elite AC	51	1:14:53
2	Richard	Blouw (1 st vet)	Temp	40	1:15:03
3	Melwin	Reans	Temp	33	1:16:40
4	Lance	Dondashe	Temp	30	1:18:38
5	Jan	Van Eeden	Nedbank RC	51	1:18:58
6	Jannie	Venter	Jeffreys Bay	34	1:21:34
7	Hansie	Smit	Temp	31	1:22:34
8	Willem	Van Gent	Jeffreys Bay	54	1:22:35
9	Bevan	Foreman	Temp	36	1:23:24
10	Nicholas	Njoku	Temp	36	1:27:39

40-44:

1	Richard	Blouw	Temp	40	1:15:03
2	Starlyne	Hassien	VWAC	41	1:39:56

45-49:

1	André	Pienaar	Bluewater Bay	47	1:32:28
2	Nico	Blake	Jeffreys Bay	48	1:35:15

50-54:

1	André	Willemse	Elite AC	51	1:14:53
2	Jan	Van Eeden	Nedbank RC	51	1:18:58
3	Willem	Van Gent	Jeffreys Bay	54	1:22:35

55-59:

1	Robin	Butler	Jeffreys Bay	59	1:42:19
2	Graham	Elbourne	Crusaders AC	57	1:50:04

60-64:

1	Willy	Porter	Temp	61	1:36:34
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65-69:

1	Abie	Petersen	Brotherhood AC	68	2:22:20
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WOMEN

1	Suretha	Verwey (1 st vet)	Jeffreys Bay	43	1:29:05
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2	Nadia	Kock	Jeffreys Bay	23	1:33:58
3	Carol	Bernard	Humansdorp AC	45	1:34:43
4	Barbara-Dee	Darne	Temp	43	1:36:15
5	Whitity	Kubashe	Nedbank RC	48	1:37:23
6	Christine	Cordier	Oxford Striders	41	1:47:14
7	Aletta	Joubert	Crusaders AC	48	1:50:02
8	Charlene	De Coning	Crusaders AC	45	1:50:03
9	Robin	Elbourne (1 st mast)	Crusaders AC	52	1:50:05
10	Sonja	Saunders	Temp	39	1:52:05

40-44:

1	Suretha	Verwey	Jeffreys Bay	43	1:29:05
2	Barbara-Dee	Darne	Temp	43	1:36:15
3	Christine	Cordier	Oxford Striders	41	1:47:14

45-49:

1	Carol	Bernard	Humansdorp AC	45	1:34:43
2	Whitity	Kubashe	Nedbank RC	48	1:37:23
3	Aletta	Joubert	Crusaders AC	48	1:50:02

50-54:

1	Robin	Elbourne	Crusaders AC	52	1:50:05
2	Christine	Snyman	VWAC	53	2:03:19
3	Tertia	Grobler	Transnet Re	50	2:03:20

Beesloop 15 km

Worcester, 20 March

(Loop course, mostly on gravel)

MEN

1	Graham	Katzen	Celtics	39	50:25
2	Willem	Kaptein	Robertson	17	52:20
3	David	Ruiters	Robertson	25	53:29
4	Petrus	Volmoer	Hamlet	23	54:18
5	Nathan	Matthysen	Uwc		55:09
6	Sollie	van Rooyen	Worcester	47	55:42
7	Gerhard	Daniels	Korrek D	34	57:01
8	Thomas	Moses	Worcester	53	57:17
9		Fester	Temp	23	57:49
10	Jan	Oliphant	Worcester	42	58:08

WOMEN

1	Alae	Brand	Addidas	24	59:52
2	Mariëtte	Esterhuyse	Tygerberg	47	1:04:38
3	Suzette	Williams	Worcester	19	1:07:37
4	C.	Bezuidenhout	Ceres	27	1:11:25
5	Bettel	Stevens	Langeberg	22	1:11:29
6	Ena	Gous	Worcester	39	1:12:05
7	Maryann	Baron	Korrek D	42	1:13:08
8	Junita	Van As	Worcester	35	1:18:28
9	Ronel	Bennett	Montagu	29	1:19:15
10	Annamarie	van Niekerk	Worcester	35	1:19:24

Noordelike Athletics Club Races

Jan Kempdorp, 20 March

(Distances: 21.0975 km & 10 km)

Half marathon

MEN

1	Sipho	Moitse	Bonitas	1:13:04
2	Walter	Kgoro	Noordelike	1:14:07
3	Petrus	Matagdo	Christiana MC	1:20:47
4	Shadrack	Selaleni	Noordelike	1:22:45
5	Sonnyboy	Leeuw	Kimberley M	1:23:33

WOMEN

1	Berdine	Smit	Nedbank GN	1:32:09
2	Susna	du Plessis		1:45:10
3	Mariaan	Deysel	Pirates	1:52:38

10 km

MEN

1	Vincent	Dayidi	Noordelike	32:34:00
2	Joseph	Moipalai	Bonitas	33:58:00
3	Karel	Frans	Noordelike	35:14:00
4	Johan	Motsiri	Noordelike	35:18:00
5	Edwin	Loseb	Noordelike	37:25:00

WOMEN

1	Jessica	v Wyk	Noordelike	45:58:00
2	Nelia	Jacobs		47:03:00
3	Karien	v.d. Merwe	Pirates	54:12:00

GWK Diamant Marathon, Half Marathon & 10 km

Kimberley, 13 March

(Distances: 42.195 km, 21.0975 km & 10 km. Finishers: marathon – 80; half marathon – 40; 10 km – 37.)

Note: This may have been the 20th running of the marathon, but the exact number is uncertain. Berdine Smit finished 10th overall in the marathon. – Ed.

Marathon

MEN

1	Neo Molema	Mr Price W.P.	33	2:37:01
2	Mpho ?	Mamusa	37	2:37:16
3	Harry Seekoei	Kimberley Harriers	34	2:47:20
4	Abram Ditsebe	Vodashop Kbly Road Runners	34	2:49:37
5	Patrick Moeng	VKRR	39	2:54:25
6	Stephen Bassie	VKRR	36	2:54:08
7	Stephen Mokhuwa	Goobie Educators A/C	27	3:02:18
8	Frans Tokelo	Free State Nedbank Club	44	3:08:55
9	Nicolas Theron	New Balance A/C	41	3:13:51
10	Ja Seilamashi	Kbly Weermag Klub	37	3:22:46

WOMEN

1	Berdine Smit	Nedbank GN	45	3:18:56
2	Marlie Hunt	Kbly Pirates	26	3:32:42
3	Lulu Ntsie	Galeshewe Striders	43	3:48:42
4	Louise van Niekerk	Kbly Pirates	41	3:58:36

5 Laura de Haast 43 4:00:59

Half marathon

MEN

1	Jacob Danster	Kbly Pirates	28	1:13:16
2	Sipho Moitse	Bonitas AC	30	1:13:50
3	P Moopewa	Mameush Club	42	1:30:00
4	Ockie Vermeulen	VKRR	43	1:46:31
5	Martin Mafojane	Kbly Pirates	44	1:47:22
6	Hein Victor	VKRR	33	1:47:29
7	K. Mgube	KMSC	23	1:49:25
8	Hendrik Oliphant	Galeshewe Striders	44	1:50:46
9	Dig Morake		47	1:54:13
10	Elias Pretorius		26	1:55:08

WOMEN

1	Johnene Ralph	VKRR	40	1:51:24
2	Carlie Britz	Bfn Striders	22	1:52:40
3	Fairoos Kana	Kbly Pirates	39	1:54:52
4	Lynette Tolmay	VKRR	35	1:56:34
5	Magriet Truter	VKRR	51	1:56:31

10 km

MEN

1	Stofel Sebuaseng	Mamusa A/C	23	31:45
2	David Morcal	VKRR	25	32:35
3	Andries Pongwana	TRE	22	33:50

WOMEN

1	Abigail Kaars	VKRR	20	49:31
2	Lindie Steyn	VKRR	22	51:50
3	Hermien Burger		27	52:28

TRACK

Yellow Pages Meeting #4

Johannesburg, 24 March

Note: Fully automatic electronic times were provided by ASA at DRR's request (initially the times were rounded off to tenths of a second in violation of IAAF rules). See also the note with the results of the SA Championships below. – Ed.

MEN

800 – Race 1:

1	Vuyolwethu	Kayi	Adidas	1:50.66
2	Brad	Bonner	Tuks	1:51.14
3	Daniel	Nghipandulwa	NAM	1:51.40
4	Said-Ali	Mohamed	UAE	1:51.42
5	Werner	du Toit	UJ	1:51.46
6	Andrew	Roodt	Tuks	1:52.15
7	Shadrack	Motswiri	BOT	1:53.58
8	Rudolf	Coetzer	UJ	1:54.44
9	Clinton	Swanepoel	UJ	1:54.84
10	Andrew	Leeu	UJ	1:56.11

800 – Race 2:

1	Windy	Jonas	Kovsie	1:46.77
2	Onalenna	Baloi	BOT	1:49.50
3	Adriaan	van Wyk	Tuks	1:49.57
4	Molefe	Molefe	UJ	1:49.61
5	Jan	Maenamela	Nelspr	1:50.09
6	Henk	Beukes	UJ	1:50.26
7	Hannes	Naude	Kovsie	1:50.56
8	Lefu	Lephoto	Tsakan	1:50.87
9	William	Motsohola	Kovsie	1:51.13
	Setarara	Moshampe	BOT	Disq

3000:

1	Olebogeng	Masire	Gold	8:05.12
2	Mthobisi	Baloyi	Pukke	8:06.39
3	Gladwin	Mzazi	Trans	8:06.57
4	Xolisa	Tyali	Ned	8:17.50
5	Motsamai	Motone	Trans	8:18.26
6	Nkosinoxolo	Sonqibido	Trans	8:19.13
7	Sibusiso	Nzima	Ned	8:19.64
8	Tumelo	Motlagale	Ned	8:26.56
9	Dean	Brummer	Pukke	8:29.43
10	Ngxazozo	Mbongeni	Gau Str	8:33.21
11	Boy	Thipe	Lekoa	8:33.70
12	Armin	Botha	UJ	8:34.00
13	Jean	Brummer	Pukke	8:38.34
14	Makhubulo	Derocious	Gau Str	8:41.51
15	Thuso	Phaswana	UJ	8:44.55
16	Kgosietsile	Lefifi	Wits	8:45.29
17	Abram	Khumalo	UJ	8:46.10
18	Vuyisile	Tshoba	Ned	8:50.26
19	Anthony	Godongwana	Trans	8:51.59
20	Vincent	Seng	Ned	8:53.12

WOMEN

800:

1	Lebogang	Phalula	UJ	2:04.59
2	Maphaseka	Makhanya	Mr Pr	2:06.21
3	René	Kalmer	Ned	2:07.05
4	Juanee	Cilliers	Pukke	2:08.80
5	Elsire	Roos	Belvil	2:08.99
6	Roné	Reynecke	Kovsie	2:09.58
7	Doné	Vermaak	Tuks	2:13.34
8	Megan	Williams	UJ	2:18.52
9	Lauren	Boyha	UJ	2:23.42
	Lebo	Phalula	UJ	Disq

3000:

1	Irvette	van Blerk	Ned	9:46.13
2	Thomzama	April	Trans	9:51.30
3	Christine	Kalmer	Tuks	9:52.05
4	Idah	Simon	UCKG	9:55.99
5	Onneilwe	Dintwe	Ned	9:56.38
6	Nolene	Conrad	UJ	9:56.75
7	Bianca	van Niekerk	Ned	10:00.18
8	Zinhle	Sinqe	Tuks	10:03.63

Yellow Pages SA Track & Field Championships (103rd)

Durban, 20-21 March

Note: The medal winners were included in last week's DRR. For some inexplicable reason the times in the distance events were rounded off to tenths of a second by Athletics South Africa – despite the fact that electronic (fully automatic) timing was used at the Championships. To make matters worse, some times were rounded up and some down! DRR has requested ASA to provide the times in the original (electronic) format, but has not received the corrected results. If and when these become available, an updated report will be published. All events were on the second day, except the men's 10000 m and women's 5000 m. Furthermore, in events other than the distance races, some times were given in hundredths and some in tenths, while no wind readings for the horizontal jumps were included – a totally unsatisfactory situation as far as the compilation of statistical lists is concerned. – Ed.

MEN

800:

1	Ettienne	Plaatjies	ACNW	1:47.7
2	William	Mothosola	AFS	1:48.2
3	Jan	Masanamela	AMPU	1:48.2
4	Adriaan	van Wyk	AGN	1:48.7
5	Henk	Beukes	CGA	1:48.8
6	Hannes	Naude	AFS	1:49.6
7	Vuyolwethu	Kayi	WPA	1:49.8
8	Zwelakhe	Sebotso	ACNW	1:49.9
9	Nathan	Beukes	BOLA	1:50.5
10	Brad	Bonner	AGN	1:50.6
11	Shaun	Abrahams	WPA	1:51.3

1500:

1	Stephen	Mokoka	AGN	3:38.5
2	Juan	van Deventer	CGA	3:38.7
3	Parson	Mgagane	LIMA	3:39.5
4	Mthobisi	Baloyi	ACNW	3:39.9
5	Molefe	Molefe	CGA	3:40.0
6	Windy	Jonas	AFS	3:40.3
7	Dumisani	Hlaselo	AFS	3:40.5
8	Enock	Manyandi	INCGA	3:42.7
9	Jerry	Matsau	INCGA	3:44.8
10	Folavia	Sehohle	CGA	3:47.0
11	Rathale	Mokone	AFS	3:49.1
12	Jacques	Pretorius	BOLA	3:50.8

3000 s/chase:

1	Ruben	Ramolefe	CGA	8:21.7
2	Edwin	Molepo	ACNW	8:38.5
3	Tisetso	Masehla	CGA	8:51.2
4	Dicardo	Jacobs	INBOL	8:59.8
5	Dikotsi	Lekopa	ACNW	9:02.7
6	Sithembele	Fanekho	ATRA	9:07.0
7	Derocious	Makhubalo	CGA	9:13.7
8	Donney	Danster	ACNW	9:15.6
9	Thuso	Phaswane	CGA	9:15.7
10	Mokone	Khotatso	AFS	9:28.4
11	Sibusiso	Madikizela	KZNA	10:13.3

5000:

1	Tshamano	Setone	CGA	13:45.7
2	Elroy	Gelant	ACNW	13:45.8
3	Olebogeng	Masire	ACNW	13:46.3
4	Sibusiso	Nzima	INCGA	13:54.8
5	Motsamai	Motone	AGN	14:03.2
6	Kgotsi	Tsotsane	AFS	14:05.1
7	Boy	Soke	AFS	14:09.2
8	Lungile	Gonsqa	ATRA	14:12.5
9	Dumisani	Hlaselo	AFS	14:14.6
10	Coolboy	Ngamole	ACNW	14:24.9
11	Tumelo	Motlagale	ACNW	14:25.2
12	Lucky	Miya	CGA	14:34.4
13	Chabeli	Nyedimane	AFS	14:50.7
14	Jean	Brummer	ACNW	14:55.6
15	Nkosinathi	Madyo	WPA	14:59.8
16	Anele	Faku	ATRA	15:20.1

10000:

1	Stephen	Mokoka	AGN	28:18.5
2	Gladwin	Mzazi	AVT	28:20.4
3	Lungisa	Mdedelwa	ATRA	28:32.2
4	Mbongeni	Ngxazozo	CGA	28:50.2
5	Zolani	Ntongana	INWPA	28:51.3
6	Coolboy	Ngamole	ACNW	29:11.2
7	David	Ngakane	CGA	29:19.9
8	Samuel	Segoaba	AFS	29:22.4
9	Siyabulela	Mtsha	ATRA	30:01.5
10	Lucky	Miya	CGA	30:02.5
11	Jobo	Khatoane	LES	30:29.5
12	Patrick	Sefako	ACNW	30:58.3
13	Tshepo	Ramonene	LES	31:06.7

WOMEN

800:

1	Maphaseka	Makhanya	CGA	2:04.1
2	Mandi	Brand	CGA	2:05.9
3	Anuscha	Nice	AGN	2:06.9
4	Elsire	Roos	WPA	2:07.4
5	Rone	Reynecke	AFS	2:07.8
6	Annica	Coetzee	EPA	2:08.7
7	Chanelle	Anderson	BOLA	2:08.7
8	Done	Vermaak	AGN	2:14.9
9	Karon	Murley	ANWN	2:31.8

1500:

1	René	Kalmer	CGA	4:08.6
2	Lebogang	Phalula	CGA	4:11.1
3	Lebo	Phalula	CGA	4:14.0
4	Maxine	Heine-Wacker	CGA	4:21.9
5	Violet	Raseboya	AGN	4:23.3
6	Catherine	Skosana	AGN	4:26.3
7	Dominique	Scott	INBOL	4:30.5
8	Danel	Prinsloo	AFS	4:39.9
9	Danielle	Adlam	KZNA	4:41.6
10	Melisa	Vermaak	INCGA	4:42.1
11	Mbali	Mokoena	INKZN	4:48.2

3000 s/chase:

1	Tebogo	Masehla	CGA	10:00.8
2	Myrette	Filmalter	AGN	10:03.1
3	Nolene	Conrad	CGA	10:35.5
4	Christine	Kalmer	AGN	10:44.7
5	Thembi	Baloyi	AGN	10:52.6
6	Ashleigh	Schnetler	CGA	10:52.6
7	Thandi	Malindi	AFS	10:59.7
8	Nokuthula	Sogiba	ATRA	12:57.6

5000:

1	René	Kalmer	CGA	15:51.3
2	Lebo	Phalula	CGA	15:58.3
3	Thozama	April	AGN	16:12.7
4	Irvette	van Blerk	CGA	16:20.6
5	Lebogang	Phalula	CGA	16:43.0
6	Ntombisintu	Mfunzi	EPA	16:44.2
7	Catherine	Skosana	AGN	17:07.3
8	Christine	Kalmer	AGN	17:24.0
9	Zintle	Sinqe	AGN	17:46.0
10	Deliwe	Nyanga	EPA	18:21.5
11	Puseletso	Dladla	KZNA	19:01.0
12	Vuyiseka	Dlonswana	ATRA	20:11.1

10000:

1	Irvette	van Blerk	CGA	34:20.2
2	Thozama	April	AGN	34:35.3
3	Mpho	Mabuza	CGA	35:05.6
4	Prisilla	Kubu	CGA	40:32.4
5	Meriska	van der Vlies	CGA	41:00.5
6	Nomsa	Ntsethe	ATRA	42:18.6

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**Parelloop 10 km** (22nd)

Brunssum, NED, 28 March

(Two-loop course, flat)

MEN

1. Martin Irungu Mathathi, KEN 27:22 PB
2. Micah Kogo, KEN 27:52
3. Berhanu Delale, ETH 28:08
4. Mike Kigen, KEN 28:09
5. Job Tanui, KEN 28:25

WOMEN

1. Tabitha Wambui Gichia, KEN 32:57 PB
2. Naomi Jepkosgei, KEN 33:15 PB
3. Joyce Mwangi, KEN 33:25 PB
4. Alice Jepkemboi, KEN 34:24

5. Merel de Knecht, NED 34:25

Vattenfall Berliner Half Marathon (30th)

Berlin, GER, 28 March

(Distance: 21.1 km; certified one-loop course)

MEN (gun times)

1. Eshetu Wondimu, ETH 1:00:16 2500 euros
2. Peter Kirui, KEN 1:00:17 PB 1500
3. Terefe Maregu Zewdie, ETH 1:00:24 PB 1000
4. Josphat Kamzee, KEN 1:00:55 800
5. Fred Kosgei, KEN 1:00:59 PB 600
6. Laban Korir, KEN 1:01:03 PB 500
7. Alexander Tidony, KEN 1:01:13 PB 400
8. William Chebon Chebor, KEN 1:01:22 300
9. Eliud Kiplagat, KEN 1:01:29 PB 200
10. John Kiprotich, KEN 1:01:30 100

WOMEN (gun times)

1. Pasalia Kipkoech, KEN 1:09:43 PB 2500 euros
2. Eunice Kales, KEN 1:09:50 PB 1500
3. Sabrina Mockenhaupt, GER 1:09:57 1000
4. Leah Malot, KEN 1:10:11 800
5. Jemima Jelagat, KEN 1:11:25 PB 600
6. Irene Mogaka, KEN 1:11:38 PB 500
7. Sharon Tavengwa, ZIM 1:13:05 400
8. Joan Aiyabei, KEN 1:13:31 300
9. Melanie Schulz, GER 1:14:15 PB 200
10. Maja Neuenschwander, SUI 1:15:28 PB 100

Around the Bay 30 km (113th)

Hamilton, CAN, 28 March

MEN (extended gun times)

1. Alene Emere Reta, ETH 1:32:21.9 CR CAD 4000 + 1000*
2. Josephat Onger, Burlington (KEN) 1:35:24.0 2000
3. Lemma Debelu, Kitchener (ETH) 1:36:17.0 1000

WOMEN (extended gun times)

1. Lucy Njeri Muhami, Burlington (KEN) 1:48:58.9 CAD 4000
2. Andrea Pomaranski, USA 1:49:07.1 2000
3. Krista Duchene, Brantford 1:53:09.6 1000

Cooper River Bridge Run (33rd)

Charleston, USA, 27 March

(Distance: 10 km; certified point-to-point course)

MEN (gun times)

1. Simon Ndirangu, 24, KEN 27:49 PB
2. Ridouane Harroufi, 28, MAR 27:51 PB
3. Tilahun Regassa, 20, ETH 27:52 PB
4. Robert Letting, 24, KEN 28:15
5. Julius Kiptoo, 32, KEN 28:35 PB

WOMEN (gun times) -

- | | |
|--------------------------------|----------|
| 1. Meskerem Assefa, 23, ETH | 32:31 DB |
| 2. Teyba Naser, 22, BRN | 32:34 PB |
| 3. Jane Kibii, 26, KEN | 32:37 |
| 4. Janet Cherobon, 30, KEN | 32:37 PB |
| 5. Anzhelika Averkova, 41, UKR | 33:38 PB |

Hervis Prague Half Marathon (12th)

Prague, CZE, 27 March

(Distance: 21.1 km; one-loop course)

MEN (gun times)

- | | | |
|------------------------------|------------|---------------------|
| 1. Joel Kimurer, KEN | 1:00:09 PB | 2000 + 10,000i euro |
| 2. Wilson Chebet, KEN | 1:01:26 | 1500 |
| 3. Adhane Yemane Tsegay, ETH | 1:01:37 PB | 1000 |
| 4. Joseph Maregu, ETH | 1:01:38 | 800 |
| 5. Dennis Ndiso, KEN | 1:01:41 | 600 |

i) Earned time bonus for sub-1:00:30

WOMEN (gun times)

- | | | |
|------------------------------|------------|-----------|
| 1. Rose Kosgei, KEN | 1:09:57 | 2000 euro |
| 2. Florence Chepsoi, KEN | 1:10:28 PB | 1500 |
| 3. Monica Wangari, KEN | 1:10:33 PB | 1000 |
| 4. Irene Kwambai, KEN | 1:11:52 | 800 |
| 5. Halima Hassen Beriso, ETH | 1:11:59 DB | 600 |

Medio Maratón Azkoitia-Azpeitia "Memorial Diego García" (17th)

Azkoitia, ESP, 27 March

(Distance: 21.1 km; point-to-point course with 18 m elevation loss and start/finish separation of 11.84%)

MEN (gun times)

- | | |
|---------------------------------|---------|
| 1. Stephen Kibet, KEN | 1:00:48 |
| 2. Mark Kiptoo, KEN | 1:00:50 |
| 3. Kiplimo Kimutai, KEN | 1:01:26 |
| 4. Rafael Iglesias Borrego, ESP | 1:03:27 |
| 5. Ignacio Cacaes Llorca, ESP | 1:04:20 |

WOMEN (gun times)

- | | |
|-----------------------------|---------|
| 1. Hellen Kimutai, KEN | 1:13:52 |
| 2. Fatima Ayachi, MAR | 1:14:00 |
| 3. Maria Teresa Pulido, ESP | 1:15:18 |

Azalea Trail Run 10 km (32nd)

Mobile, USA, 27 March

(Certified loop course)

MEN

- | | |
|-----------------------------------|----------|
| 1. John Kemboi Cheruiyot, 19, KEN | 27:59 DB |
| 2. Jairus Chanchima, 25, KEN | 28:31 |
| 3. Samuel Ndereba, 33, KEN | 28:43 |

WOMEN

1. Belainesh Gebre, 22, ETH 32:24 PB
2. Hirut Mandefro, 24, ETH 34:51
3. Atalelech Asfaw, 27, ETH 35:17

Meia-Maratona Internacional de Lisboa (20th)

(IAAF Gold Label Road Race)

Lisbon, POR, 21 March

(Distance: 21.1 km; flat and IAAF-certified and prevalidated by Hugh Jones, including the 15 km and 20 km marks [record-standard course])

MEN

1. Zersenay Tadese, ERI 58:23 WR 50,000 euro
[15 km 41:33 / 20 km 55:21 WR]
2. Sammy Kitwara, KEN 59:47
3. Emmanuel Mutai, KEN 1:00:03 PB
4. Duncan Kibet, KEN 1:00:21 PB
5. Gilbert Masai, KEN 1:00:28
6. Jaouad Gharib, MAR 1:00:33
7. Gideon Ngatuny, KEN 1:01:07
8. Mathew Kisorio, KEN 1:01:10
9. Samuel Kosgei, KEN 1:01:57
10. Ernest Kebenei, KEN 1:02:01

WOMEN

1. Peninah Arusei, KEN 1:08:38
[15 km 48:15 / 20 km 1:04:54]
2. Askale Tafa Magarsa, ETH 1:10:46 PB
3. Fernanda Ribeiro (40+), POR 1:12:17
4. Maria Jose Pueyo (40+), ESP 1:13:21 PB
5. Olga Glock, RUS 1:14:00
6. Ksenia Agafonova, RUS 1:14:24
7. Elizaveta Grechishnikova, RUS 1:14:30
8. Monica Rosa, POR 1:14:35
9. Constantina Dita, ROM 1:14:39
10. Cruz Nonata da Silva, BRA 1:14:59
- ... 18. Catherine Ndereba, KEN 1:18:18

NYC Half-Marathon (5th)

New York, USA, 21 March

(Distance: 21.1 km; certified point-to-point course with about 28 m of elevation loss)

MEN (gun times)

1. Peter Kamais, 33, KEN 59:53 PB \$20,000
2. Moses Kigen Kipkosgei, 27, KEN 1:00:38 PB 10,000
3. Mohamed Trafteh, 24, Duarte, CA 1:00:39 PB 6,000
4. Bekana Daba, 21, ETH 1:01:23 PB 3,500
5. Shadrack Biwott, 25, Eugene, OR (KEN) 1:01:52 2,500
6. Josh Rohatinsky, 28, Portland, OR 1:01:55 PB 1,500
7. Alistair Cragg, 29, Mammoth Lakes, CA (IRL) 1:01:58 DB 1,000
8. Samuel Ndereba, 33, KEN 1:02:55 750
9. Marilson Gomes dos Santos, 32, BRA 1:02:57 500
10. Tesfaye Girma, 27, Bronx, NY (ETH) 1:03:12 400 + 1000^
Haile Gebrselassie, 36, ETH DNF (asthma/before 15 km)
Abdi Abdirahman, 33, Tucson, AZ DNF (foot injury)

WOMEN (gun times)

1. Mara Yamauchi, 36, GBR	1:09:25	CR \$20,000
2. Deena Kastor, 37, Mammoth Lakes, CA	1:09:43	10,000
3. Madai Perez, 30, MEX	1:09:45	PB 6,000
4. Irene Limika, 30, KEN	1:10:55	3,500
5. Kiyoko Shimahara, 33, JPN	1:12:41	2,500
6. Bruna Genovese, 33, ITA	1:12:55	1,500
7. Heidi Westover, 29, Walpole NH	1:13:25	1,000
8. Aziza Aliyu, 24, Bronx, NY (ETH)	1:13:34	750 + 1000^
9. Sally Meyerhoff, 26, Scottsdale, AZ	1:13:58	500
10. Catha Mullen, 24, New York, NY	1:14:48	PB 400 + 750^

Stramilano Agonistica Internazionale (39th)

Milano, ITA, 21 March

(Distance: 21.1 km; certified loop course)

MEN (gun times)

1. Moses Mosop, KEN	59:20	DB
2. Silas Kipruto, KEN	59:39	DB
3. Philemon Kimeli Limo, KEN	1:01:34	DB
4. Abere Chane, ETH	1:01:56	
5. Stephen Arita Omiso, KEN	1:03:10	

WOMEN (gun times)

1. Jane Kiptoo, KEN	1:09:52	
2. Zhu Xiaolin, CHN	1:10:07	PB
3. Helena Loshanyang Kirop, KEN	1:10:10	PB
4. Anikó Kálovics, HUN	1:10:36	
5. Anna Incerti, ITA	1:10:59	

Seoul International Marathon (47th running as a marathon)

Seoul, KOR, 21 March

(Distance: 42.195 km)

MEN

1. Sylvester Teimet, KEN	2:06:49	PB/CR USD 80,000 + 45,000i
2. Gilbert Kirwa, KEN	2:06:59	40,000 + 45,000i
3. Paul Kirui, KEN	2:07:35	20,000 + 10,000i
4. David Kemboi Kyeng, KEN	2:09:00	15,000 + 5,000i
5. Yared Asmerom, ERI	2:11:46	10,000

i) Earned time bonus

WOMEN

1. Amane Gobena, ETH	2:24:13	PB \$50,000 + 7,500i
2. Zhou Chunxiu, CHN	2:25:01	25,000 + 5,000i
3. Caroline Cheptonui Kilel, KEN	2:26:58	10,000
4. Wang Xueqin, CHN	2:28:17	PB 8,000
5. Kim Sung-Eun, KOR	2:29:27	PB 5,000
... 7. Asmae Leghzaoui, MAR	2:31:03	
8. Helalia Johannes, NAM	2:34:34	

Honda LA Marathon (25th)

Los Angeles to Santa Monica, USA, 21 March

(Distance: 42.195 km, new point-to-point course with 131 m elevation loss [not record-standard])

Note: Edna Kiplagat won the big \$100 000 "Challenge" bonus by staying ahead of the elite men (she and the other elite women were given an 18 minute and 47 second head start), and she crossed the finish line ahead of men's winner Wesley Korir by two minutes and 28 seconds. – Ed.

MEN (gun times)

- | | | |
|---|------------|-----------------|
| 1. Wesley Korir, 27, Louisville, KY (KEN) | 2:09:19 | \$20,000 + Car^ |
| 2. Richard Limo, 29, KEN | 2:09:48 | 12,500 |
| 3. Paul Samoei, 26, KEN | 2:09:54 PB | 10,000 |
| 4. Laban Kipkemboi, 32, KEN | 2:10:40 | 5,000 |
| 5. Albert Matebor, 29, KEN | 2:10:52 | 2,500 |

^) Honda Insight Hybrid sedan valued at \$23,100

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

- | | |
|---|---|
| 1. Edna Kiplagat, 30, KEN | 2:25:38 PB (see prize money details below*) |
| 2. Teyba Naser, 23, Albuquerque, NM (BRN) | 2:26:20 PB \$12,500 + \$10,000i |
| 3. Sylvia Skvortsova, 31, RUS | 2:27:20 10,000 |
| 4. Tiki Gelana, 22, ETH | 2:28:28 5,000 |
| 5. Ashu Kasim, 25, ETH | 2:35:44 2,500 |

*) \$20 000 prize money + \$100 000 "Challenge" bonus + \$25 000 time bonus for 2:25:38 or better + Honda Insight Hybrid sedan valued at \$23 100

i) Earned time bonus for 2:26:47 or under

All Japan Corporate Team Half-Marathon Championships (38th)

Yamaguchi, JPN, 21 March

(Distance: 21.1 km)

MEN

- | | |
|------------------------|------------|
| 1. Samuel Ndungu (KEN) | 1:01:19 |
| 2. Joseph Gitau (KEN) | 1:01:43 |
| 3. Harun Njoroge (KEN) | 1:01:53 |
| 4. Cyrus Njui (KEN) | 1:01:56 |
| 5. Akihiko Tsumurai | 1:01:58 PB |

WOMEN

- | | |
|--------------------------|------------|
| 1. Flomena Cheyech (KEN) | 1:09:01 |
| 2. Yoshimi Ozaki | 1:10:06 |
| 3. Kaoru Nagao | 1:10:45 DB |
| 4. Megumi Seike | 1:10:47 |
| 5. Yuko Shoi | 1:10:48 |

ING Venloop Half Marathon (5th)

Venlo, NED, 21 March

(Distance: 21.1 km)

MEN

- | | |
|----------------------------------|---------|
| 1. Abraham Rotich, 1987, KEN | 1:02:20 |
| 2. Patrick Stitzinger, 1981, NED | 1:02:42 |

3. Marius Ionescu, 1984, ROM 1:03:20

WOMEN

1. Isabellah Andersson, 1980, SWE 1:10:02 CR*
 2. Sharon Tavengwa, 1982, ZIM 1:11:49
 3. Miranda Boonstra, 1972, NED 1:13:04

10 km Villa de Laredo (8th)

Laredo, ESP, 20 March

MEN (gun times)

1. Micah Kogo, 1986, KEN 27:29 CR
 2. Titus Mbishei, 1990, KEN 27:59
 3. Mike Kigen, 1986, KEN 28:14
 4. Ivan Hierro, 1978, ESP 29:27
 5. Mohamed Elbendir, 1985, ESP 30:11

WOMEN (gun times)

1. Marta Tigabea Mekonen, 1990, ??? 33:58
 2. Maria Elena Moreno, 1979, ESP 35:08
 3. Inmaculada Pereiro, 1972, ESP 35:32

CROSS-COUNTRY

IAAF World Cross-country Championships (38th)

Bydgoszcz, POL, 28 March

SR. MEN 12 km (6 laps + start/finish = 11 756 m)

Teams: 1. Kenya, 20 points (\$20,000); 2. Eritrea, 46 (\$16,000); 3. Ethiopia, 69 (\$12,000);
 4. Morocco, 89 (\$10,000); 5. Uganda, 90 (\$8000) ... 12. South Africa, 198

1. Joseph Ebuya, KEN	33:00	Gold	\$30,000
2. Teklemariam Medhin, ERI	33:06	Silver	15,000
3. Moses Kipsiro, UGA	33:10	Bronze	10,000
4. Leonard Patrick Komon, KEN	33:10		7,000
5. Samuel Tsegay, ERI	33:27		5,000
6. Hasan Mahboob, BRN	33:28		3,000
7. Richard Mateelong, KEN	33:29		
8. Paul Tanui, KEN	33:30		
9. Hosea Macharinyang, KEN	33:31		
10. Gebregziabher Gebremariam, ETH	33:35		
11. Ahmad Hassan Abdullah, QAT	33:36		
12. Chakir Boujattaoui, MAR	33:42		
13. Simon Bairu, CAN	33:44		
14. Alemayehu Bezabeh, ESP	33:47		
15. Kidane Tadasse, ERI	33:50		
16. Geoffrey Kusuro, UGA	33:54		
17. Abera Kuma, ETH	33:55		
18. Anis Selmouni, MAR	33:58		
19. Lucas Kimeli Rotich, KEN	33:58		
20. Hunegnaw Mesfin, ETH	34:01		
21. Mo Farah, GBR	34:09		
22. Azmeraw Bekele, ETH	34:21		
23. Stephen Mokoka, RSA	34:23		

24. Kiflom Sium, ERI	34:24
25. Ayele Abshero, ETH	34:27
26. Feyisa Lilesa, ETH	34:27
27. Driss El Himer, FRA	34:27
28. Dickson Huru, UGA	34:35
29. Ahmed Baday, MAR	34:36
30. El Houssaine Dham, MAR	34:37
31. Fabiano Joseph Naasi, TAN	34:38
32. Alemu Bekele, BRN	34:39
33. Carles Castillejo, ESP	34:40
34. Gitimi Shamba, TAN	34:41
35. Tesfayohannes Mesfin, ERI	34:48
36. Patrick Smyth, USA	34:51
37. Abderrahim El Asri, MAR	34:54
38. Liam Adams, AUS	34:55
39. Tewelde Estifanos, ERI	34:57
40. Abdellatif Meftah, FRA	35:00
41. Martin Sulle, TAN	35:01
42. Yousef El Kalai, POR	35:02
43. Ben Siwa, UGA	35:03
44. Andrew Vernon, GBR	35:03
45. Ryan Vail, USA	35:04
46. Kaddour Slimani, ITA	35:04
47. Miguel Barzola, ARG	35:06
48. Bobby Curtis, USA	35:08
49. Bilisuma Shugi, BRN	35:10
50. Felix Kikwai Kibore, QAT	35:11
... 51. Ayad Lamdassem, ESP	35:12
52. Lungisa Mdedelwa, RSA	35:12
... 61. Sibabalwe Mzazi, RSA	35:26
62. Kgosi Tsosane, RSA	35:28
... 71. Xolisa Tyali, RSA	35:40
... 118. Siyabonga Nkonde, RSA	38:21

JR. MEN 8 km (4 laps + start/finish = 7094 m)

Teams: 1. Kenya, 10 points; 2. Ethiopia, 32; 3. Uganda, 56; 4. Eritrea, 66; 5. Morocco, 121; 6. Japan, 133; 7. South Africa, 157

1. Caleb Mwangangi Ndiku, KEN	22:07	Gold
2. Clement Kiprono Langat, KEN	22:09	Silver
3. Japhet Kipyegon Korir, KEN	22:12	Bronze
4. Isiah Kiplangat Koech, KEN	22:24	
5. Moses Kibet, UGA	22:27	
6. Debebe Woldesenbet, ETH	22:28	
7. Gashaw Biftu, ETH	22:31	
8. Gideon Kipkemoi Kipketer, KEN	22:33	
9. Gebretsadik Abraha, ETH	22:37	
10. Belete Assefa, ETH	22:41	
11. Charles Kibet Chepkurui, KEN	22:44	
12. Nassir Dawud, ERI	22:48	
13. Timothy Toroitich, UGA	22:48	
14. Yekeber Bayabel, ETH	22:55	
15. Goitom Kifle, ERI	22:57	
16. Mosinet Geremew, ETH	23:00	
17. Mulue Andom, ERI	23:02	
18. Thomas Ayeko, UGA	23:02	

19. Edwin Chebii Kimurer, BRN	23:12
20. Alex Cherop, UGA	23:16
21. Joel Mmone, RSA	23:17
22. Teklit Teweldebrhan, ERI	23:18
23. Samson Gebreyohannes, ERI	23:24
24. Soyekwo Kibet, UGA	23:24
25. Hicham Sigueni, MAR	23:28
26. Abdelhadi Labäli, MAR	23:28
27. Mohammed Ahmed, CAN	23:29
28. Akinobu Murasawa, JPN	23:29
29. Trevor Dunbar, USA	23:36
30. Sityhilo Diko, RSA	23:40
31. Sondre Nordstad Moen, NOR	23:41
32. Suguru Osako, JPN	23:42
33. Othmane El Goumri, MAR	23:42
34. Isaac Kemboi Chelimo, BRN	23:44
35. Takumi Honda, JPN	23:48
36. Adam Abdelmunaim, SUD	23:54
37. Abdelmajid El Hissouf, MAR	23:56
38. Kazuto Nishiike, JPN	24:01
39. Kevin Batt, AUS	24:08
40. Takashi Ichida, JPN	24:09
41. Ronnie Sparke, GBR	24:10
42. Andrew Colley, USA	24:10
43. Abderrahmane Anou, ALG	24:14
44. Walter Schafer, USA	24:17
45. Indelow Takala, ISR	24:18
46. Rui Pinto, POR	24:19
47. Callum Hawkins, GBR	24:21
48. Vuyisile Tshoba, RSA	24:27
49. Othmane Laaroussi, MAR	24:31
50. Tom Farrell, GBR	24:33
... 58. Pieter Jacobus Wilders, RSA	24:40
... 77. Lucas Bothobutle, RSA	25:06
... 87. Mfumaneko Fadane, RSA	25:28

SR. WOMEN 8 km (4 laps + start/finish = 7094 m)

Teams: 1. Kenya 14 points (\$20,000); 2. Ethiopia, 22 (\$16,000); 3. USA, 76 (\$12,000); 4. Morocco, 127 (\$10,000); 5. Portugal, 127 (\$8000) ... 10. South Africa, 171

1. Emily Chebet Muge, KEN	24:19	Gold	\$30,000
2. Linet Masai, KEN	24:20	Silver	15,000
3. Meselech Melkamu, ETH	24:26	Bronze	10,000
4. Tirunesh Dibaba, ETH	24:38		7,000
5. Lineth Chepkurui, KEN	24:40		5,000
6. Margaret Wangari Muriuki, KEN	24:42		3,000
7. Feyse Tadese, ETH	25:03		
8. Mamitu Daska, ETH	25:03		
9. Werknesh Kidane, ETH	25:07		
10. Hilda Kibet, NED	25:17		
11. Shitaye Eshete, BRN	25:20		
12. Shalane Flanagan, USA	25:20		
13. Hannah Wanjiru Gatheru, KEN	25:35		
14. Gladys Jepkemoi Chemweno, KEN	25:39		
15. Lebogang Phalula, RSA	25:43		
16. Mimi Belete, BRN	25:47		

17. Benita Willis, AUS	25:56
18. Abebech Afework, ETH	25:58
19. Molly Huddle, USA	25:59
20. Magdalena Lewy Boulet, USA	26:01
21. Jessica Augusto, POR	26:02
22. Dina Lebo Phalula, RSA	26:05
23. Stephanie Twell, GBR	26:11
24. Elena Romagnolo, ITA	26:17
25. Amy Hastings, USA	26:20
26. Siham Hilali, MAR	26:21
27. Sara Moreira, POR	26:22
28. Salima El Ouali Alami, MAR	26:28
29. Rosa Morató, ESP	26:29
30. Risa Takenaka, JPN	26:29
31. Hitomi Niiya, JPN	26:30
32. Lara Tamsett, AUS	26:34
33. Faye Fullerton, GBR	26:36
34. Btissam Lakhoud, MAR	26:41
35. Analía Rosa, POR	26:43
36. Katarzyna Kowalska, POL	26:45
37. Freya Murray, GBR	26:45
38. Renee Metivier Baillie, USA	26:48
39. Bouchra Chaabi, MAR	26:48
40. Alessandra Aguilar, ESP	26:52
41. Emily Brown, USA	26:53
42. Fatima Yvelain, FRA	26:57
43. Yuko Mizuguchi, JPN	26:57
44. Ana Dias, POR	26:58
45. Oneile Dintwe, BOT	26:58
46. Kazue Kojima, JPN	26:59
47. Stevie Stockton, GBR	27:01
48. Eloise Wellings, AUS	27:05
49. Yuko Shimizu, JPN	27:07
50. Christine Bardelle, FRA	27:09
... 66. Ronel Thomas, RSA	27:53
... 68. Ntombesintu Mfunzi, RSA	27:53
... 72. Marelise Retief, RSA	28:17
... 77. Tebogo Masehla, RSA	28:46

JR WOMEN 6 km (3 laps + start/finsh = 5978 m)

Teams: 1. Kenya, 10 points; 2. Ethiopia, 30; 3. Uganda, 81; 4. Japan, 98; 5. Great Britain, 105 ... South Africa, 213

1. Mercy Cheron, KEN	18:47	Gold
2. Purity Cherotich Rionoripo, KEN	18:54	Silver
3. Esther Chemtai, KEN	18:55	Bronze
4. Faith Chepngetich Kipyegon, KEN	19:02	
5. Genet Yalaw, ETH	19:03	
6. Emebet Anteneh, ETH	19:06	
7. Nelly Chebet Ngeiywo, KEN	19:06	
8. Afera Godfay, ETH	19:07	
9. Alice Aprot Nawowuna, KEN	19:14	
10. Tejitu Daba, BRN	19:14	
11. Genzebe Dibaba, ETH	19:21	
12. Merima Mohammed, ETH	19:26	
13. Waganesh Mekasha, ETH	19:34	

14. Annet Negesa, UGA	19:44
15. Rebecca Cheptegei, UGA	19:48
16. Gulshat Fazlitdinova, RUS	19:51
17. Genzeb Shumi, BRN	20:08
18. Emily Sisson, USA	20:08
19. Nanaka Izawa, JPN	20:17
20. Kate Avery, GBR	20:17
21. Federica Bevilacqua, ITA	20:21
22. Yuka Ando, JPN	20:22
23. Emelia Gorecka, GBR	20:25
24. Minori Suzuki, JPN	20:26
25. Viola Chemos, UGA	20:28
26. Idah Phorisa, BOT	20:31
27. Linet Chebet, UGA	20:32
28. Nicki Maria McFadzien, NZL	20:34
29. Shelby Greany, USA	20:35
30. Annabel Gummow, GBR	20:37
31. Danielle Trevis, NZL	20:40
32. Hannah Walker, GBR	20:41
33. Akane Sueyoshi, JPN	20:53
34. Chelsea Graham, CAN	20:54
35. Juliet Bottorff, USA	21:00
36. Beth Potter, GBR	21:04
37. Mercy Chelangat, UGA	21:05
38. Hadda Souadia, ALG	21:07
39. Letitia Saayman, RSA	21:09
40. Caroline Pfister, CAN	21:11
41. Emily Jones, USA	21:12
42. Narjes Issaoui, TUN	21:14
43. Karla Diaz, MEX	21:18
44. Nawal Yahi, ALG	21:20
45. Sophia Ziemian, USA	21:21
46. Nabila Madoui, ALG	21:24
47. Chihiro Tanabe, JPN	21:25
48. Paula Kopciowska, POL	21:27
49. Aleksandra Gierat, POL	21:27
50. Demi Wood, AUS	21:29
... 52. Thato Makhafola, RSA	21:36
... 58. Juan-Marie Cooper, RSA	21:45
... 64. Ashleigh Schnettler, RSA	21:50
... 81. Sylvia Kedireng Tshetlanyana, RSA	22:26

NEWS

TWO OCEANS ATTRACTS A RECORD FIELD

Close to 21 000 runners are expected to line up for the Old Mutual Two Oceans Marathon this Saturday. Ultra entries are well up on last year with just under 9 000 runners taking on the 56 km event, while the half marathon has attracted a field of just over 11 600.

Western Province again has the biggest overall contingent of runners taking part in both events, with 8 529 participants (41.7% of the total field). Next is Gauteng with 5 279 runners in both events (25.8%).

Other interesting statistics include the following:

- Administrative entries constitute 20.2% of the total entries received, which means that 79.8% of all the entries received entered online.

- 1 107 runners or 5.4% of the total will be coming from outside the borders of South Africa – 207 from Germany, 201 from the UK and 108 from USA.
- 73 runners will get their light blue number for completing ten half marathons (72 runners participating in the half marathon have their light blue number already).
- 224 runners will get their blue number for completing ten ultras (1 094 runners participating in the 56 km have their blue number already).
- In the 56 km, 74% of the field are men and 26% are women, while 34% of the ultra field will be doing the race for the first time.
- In the half marathon the field is equally split between men and women. Just over half the field (51%) are novices and will be doing the race for the first time. More than half (51%) will be running in a temporary licence, i.e. are not a member of a club.
- A total of 22 runners in the half marathon and 31 in the ultra will celebrate their birthday on race day.
- Of last year's top 10 men in the ultra, eight have re-entered. In the women's race, all of the top ten women from last year have re-entered. The Nurgalieva twins have confirmed their entries for 2010 and the men's defending champion, John Wachira, will also be lining up on race day.
- In the half marathon, three of last year's top ten men have re-entered; Stephen Mokoka will not be back to defend his title. In the women's race, five of last year's top ten have entered but last year's winner and course record holder Helalia Johannes has not entered. Other names to watch are René Kalmer and Irvette van Blerk.

PAST BOSTON CHAMPIONS RETURN

Eight former champions of the Boston Marathon will be returning to Boston and participating in the events surrounding the 114th Boston Marathon on 19 April, reports Running USA Wire.

Jacqueline Gareau (1980), Lisa Rainsberger [Larsen-Weidenbach] (1985) and Gelindo Bordin (1990) will celebrate the anniversaries of their legendary Boston Marathon victories by running the historic 26.2 mile course again. Four-time Boston Marathon champion Bill Rodgers, 1968 winner Amby Burfoot, 1970 victor Ron Hill and 1983 champion Greg Meyer will also take part in the B.A.A. 5 km on Sunday, 18 April. The anniversaries of Geoff Smith (1984, 1985) as well as Hill, Gareau, Rainsberger and Bordin will be recognized at Saturday morning's Champions' Breakfast at the Fairmont Copley Plaza in Boston.

"Boston Marathon champions are held in high regard throughout the running world, and in especially high regard in Boston. To have five of them at the Champions' Breakfast will be a true delight," said Guy Morse, executive director of the B.A.A. "It's a bonus that Jacqueline, Lisa and Gelindo will celebrate by returning to the site of their victories, and that Amby, Ron, Bill and Greg will be taking part in the 5 km."

Gareau, Rainsberger, and Bordin will be recognized on Marathon Monday by wearing bib numbers with their names on them. In the sea of more than 25 000 runners, this will make them more recognizable to spectators.

On Sunday of Marathon weekend, the 5 000 participants of the B.A.A. 5 km will have the chance to run alongside Amby Burfoot, Ron Hill, Greg Meyer (the last U.S. man to win the storied Boston Marathon) and Bill Rodgers - some of the most famous names in distance running history.

Since 1986, the principal sponsor of the Boston Marathon has been John Hancock Financial Services.

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2010 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2010 HALF MARATHON: TOP 10 WOMEN

1:17:36	Irvette van Blerk	1	Benoni	31 Jan
1:18:45	Louisa Leballo	1	Pretoria	06 Feb
1:20:31	Danielle Adlam	1	Pietermaritzburg	28 Feb
1:22:20	Bulelwa Mtshagi	1	Brandvlei	06 Feb
1:22:26	Mpho Mabuza	2	Benoni	31 Jan
1:22:28	Van Blerk-2	1	Johannesburg	21 Feb
1:22:50	Van Blerk-3	3	Pretoria	06 Feb
1:23:27	Adlam-2	1	Hillcrest	14 Feb
1:24:13	Suzette Botha	1	Pietermaritzburg	17 Jan
1:24:37	Jenna Challenor	1	Durban	21 Feb
1:24:53	Joanna Thomas	1	Tokai	06 Feb
1:25:21	Cornelia Joubert	2	Pretoria	27 Feb
1:25:21	Tanith Maxwell	2	Xiamen	02 Jan

THIS MONTH IN HISTORY

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

27 years ago: 5 March 1983

Cape Town's dreaded southeasterly wind, fondly called the Cape Doctor by locals, stayed away for the 20th Peninsula Marathon and Bernard Rose took advantage of the conditions to equal Geoff Bacon's SA record of 2:12:10. The performance came one day short of the twelfth anniversary of South Africa's first SA sub-2:20 by Ferdie le Grange. Way behind Rose, who years later became CEO of Athletics South Africa, finished three other runners who would also later make their mark in road running administration: Ian Bocock, Andrew Bell and Chet Sainsbury.

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.

MENOpen

10 km	28:40	Gladwin Mzazi	Sasolburg	06 Feb
	28:40	Gladwin Mzazi (RSA)		
	27:01	Micah Kogo (KEN) 2009		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar
	44:46a	James Carney (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	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	31:36	Maboyisana Mazwayi	Port Elizabeth	27 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	1:46:04	Lindile Tokota	Sedgefield	13 Mar
	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	36:15	Gregory Jacobs	Goodwood	20 Mar
	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	1:57:40	Raymond Howard	Parow	21 Mar
Marathon	2:45:10	Ernest Tjela	Sasolburg	06 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:01	Albertus Bock	Goodwood	20 Mar
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		

WOMEN

Open

10 km	34:55	Irvette van Blerk	Pretoria	06 Mar
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	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		
	2:52:04a	Joanna Thomas (vet)	Oudtshoorn	27 Feb
	2:23:53	Teyiba Erkiso (ETH)		
100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:40	Michelle Bartman	Goodwood	20 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	2:52:04a	Joanna Thomas	Oudtshoorn	27 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
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	3:08:34a	Annatjie Botes	Oudtshoorn	27 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	45:17	Sonja Laxton	Pretoria	22 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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