

Distance Running Results

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

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EDITORIAL

South African runners struggled to make an impression at the African Cross-country Championships held in Cape Town on Sunday. Although South Africa scored one second place (senior men) and three thirds in the four team competitions, the best an individual could do was Kgosi Tsosane's fifth in the senior men's race (Stephen Mokoka was sixth). In the senior women's event Annerien van Schalkwyk was eleventh. Only eight other locals could finish in the top fifteen of any of the races.

Kenya won all four team competitions; the country placed at least the top four in all races, and in three of the events it had the top five. Note that Ethiopia did not send a team.

Distance Running Results requested the timing company of the event to e-mail results on Sunday afternoon – not only for DRR itself, but also for distribution to its international partners *Race Results Weekly*, *Athletics International*, *Tilastopaja* and *The Analytical Distance Runner* – but this request was refused point-blank with a rather ridiculous excuse. However, there is clear evidence that the results were sent to a newspaper representative in Kwazulu-Natal before 14:00 on Sunday. I see little sense in this narrow-minded favouritism, and want to thank Sue Ulyett, Ben Oliver and Jakes Jacobs for sending the results that appear in this issue, as well as Martin van Schalkwyk for providing a choice of photographs. It is true athletics lovers like these – not commercial companies who only look after their own interests – who keep DRR going.

Two of South Africa's oldest marathons, the Cape Gate Vaal in Vereeniging and the Congo in Oudtshoorn, were held this weekend – respectively for the 37th and 35th time. Unfortunately it seems as if both the Vaal Marathon and Half Marathon were short (see the RTB calculations with the results), while the Congo is downhill (and there have been doubts about its distance in the past, too). The latter had a further complication this year with the first runner across the line not being eligible to run the race at all; it is not known why he was allowed to do so.

Numerous list leaders were set in the Lighthouse 10 km in Cape Town earlier in the week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cape Gate Vaal Marathon & Half Marathon, Vereeniging
- * Remax Rand Road Warriors Marathon & Half Marathon, Edenvale
- * Checkout Challenge 27 km & 15 km, Verulam
- * Sportsmans Warehouse 15 km, Port Elizabeth
- * Medihelp Sunrise Monster 32 km & 10 km, Pretoria

- * Lighthouse 10 km, Cape Town
- * Cango Marathon & Half Marathon, Oudtshoorn

International highlights:

- * Lake Biwa Mainichi Marathon, Otsu, JPN
- * Semi-Marathon de Paris, Paris, FRA
- * Lago Maggiore Half Marathon, Stresa to Verbania, ITA
- * Carrier Twintig van Alphen, Alphen aan den Rijn, NED
- * XC: African Cross-country Championships, Cape Town, RSA
- * Outdoor track: Melbourne Track Classic, Melbourne, AUS
- * Indoor track: European Indoor Championships, Paris Bercy, FRA; University of Washington Final Qualifier, Seattle, USA; Iowa State Cyclone National Qualifier, Ames, USA

ROAD RUNNING

Cape Gate Vaal Marathon (37th) & Half Marathon

Vereeniging, 6 March

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 1400; half marathon – 650.)

Note: Last year this marathon produced a Race Time Bias (RTB) factor of -16.19 sec/km – more than three times the allowable limit of -5 sec/km – for six time comparisons. (The RTB formula compares runners' times in a race with what one could expect them to run based on their most recent performances.) This year nine time comparisons resulted in an RTB figure half the 2010 number: -8.27 sec/km. And in the half marathon the RTB figure for ten times is -6.22 sec/km. There can be little doubt that the marathon course is short, and it seems that the half marathon was also short this year (last year its figure was -2.31 sec/km). The times of neither race will therefore be included in any statistical lists. – Ed.

Marathon

MEN

1 Zongamele Dyubeni (Nedbank) 2:19:41; 2 Jason Spong (Toyota) 2:23:16; 3 Jacob Mazibuko (Bidvest) 2:29:21 (1st vet).

Veterans: 1 Jacob Mazibuko (Bidvest) 2:29:21; 2 Phehello Tsotetsi (Post Office) 2:44:18; 3 Armand Bosman (Mr Price) 2:46:35. **Masters:** 1 Gideon Radebe (Sasol) 2:50:41.

G'masters: 1 Paulus Masilela (Kempton) 3:11:14.

WOMEN

1 Marie Bruwer (Arcelor Mittal) 3:04:40 (1st vet); 2 Michelle Mee (RAC) 3:08:22; 3 Julianie Basson (Toyota) 3:08:42.

Veterans: 1 Marie Bruwer (Arcelor Mittal) 3:04:40; 2 Linda Smart (Dainfern) 3:12:57; 3 Vanessa Bowman (Kempton) 3:17:29. **Masters:** 1 Cindy Beeming (Albeton) 3:39:22.

G'masters: 1 Elaine Greenblatt (Rockies) 3:39:35.

Half marathon

MEN

1 Michael Mazibuko (Temp) 64:24; 2 Desmond Mokgobu (ADT) 64:40; 3 Jeffery Gwebu (Nedbank) 65:00*.

*) Gwebu's time was adjusted after he and a few other athletes were misdirected by a marshal.

Veterans: 1 Reginald Ngobese (GS) 69:53; 2 Simon Mphulanyane (Bonitas) 72:49; 3 Joseph Tutubala (Bidvest) 73:00. **Masters:** 1 Meshack Motla (South Deep) 74:49. **G'masters:** 1 Trevor Parry (Harmony Striders) 92:21.

WOMEN

1 Cornelia Joubert (BCC) 81:09; 2 Dimakatso Menong (Bidvest) 84:30; 3 Jenna Kamps (RAC) 90:57.

Veterans: 1 Anne Bourne (Alberton) 97:02; 2 Lisa Watchorn (Temp) 1:47:22; 3 Anneke Coetzee (Berts Bricks) 1:47:39. **Masters:** 1 Marietjie Olen (Sasol) 1:45:38. **G'masters:** 1 Estelle Oosthuizen (Randmark) 2:08:18.

Remax Rand Road Warriors Marathon & Half Marathon

Edenvale, 6 March

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 540; half marathon 880.)

Marathon

MEN

1 Elias Mabane (Bidvest) 2:26:37 (1st vet); 2 Vincent Seng (Nedbank) 2:31:28; 3 Siyabonga Dingile (Toyota) 2:32:14.

Veterans: 1 Elias Mabane (Bidvest) 2:26:37. **Masters:** 1 Josias Mokoro (Boksburg) 3:11:54. **G'masters:** 1 Jack Thokoane (Sasol) 3:45:14.

WOMEN

1 Michelle Kellock (BCC) 3:14:47; 2 Silvia Caroto (BCC) 3:14:59; 3 Monica Neuling (Boksburg) 3:17:21.

Veterans: 1 Shelley v.d. Spuy (Boksburg) 3:35:53. **Masters:** 1 Gayle Claasen (JHAC) 3:53:06. **G'masters:** 1 Sandy Fine (Rockies) 4:51:32.

Half marathon

MEN

1 Nkopane Seqhobane (LES/GS) 68:18; 2 Tshidiso Bosiu (GS) 69:03; 3 Kgathatso Cheche (ADT) 70:54.

Veterans: 1 Siphon Dlamini (GCH) 79:46. **Masters:** 1 Jerry Rankapule (Nedbank) 86:33. **G'masters:** 1 Brian Chamberlain (Kudus) 96:32.

WOMEN

1 Christene Kalmer (Nedbank) 80:22; 2 Marelize Retief (Pr Price) 81:16; 3 Olivia Chitane (ZIM/Bashewa) 86:00.

Veterans: 1 Yvonne Laing (Jeppe) 1:48:38. **Masters:** 1 Pam Hampton (Sunninghill) 1:46:40. **G'masters:** 1 Elsa Meyer (Irene) 2:05:05.

Checkout Challenge 27 km & 15 km

Verulam, 6 March

(Loop courses)

27 km

MEN

1.	Professor Mollen	ZIM/Mr Price AC	1:28:14
2.	Herbert Chockera	ZIM/Mr Price AC	1:29:07

3. Senzo Miyai Bonitas AC 1:33:16

40-49:

1. Bongani Sosibo Nedbank AC 1:36:54
 2. Willie Majombozi Boxer AC 1:39:06
 1. Michael Malungu Toyota AC 1:39:07

50-59:

1. Fred van Staden Savages AC 1:59:05
 2. Siyabonga Jali Boxer AC 2:02:13
 3. Syd Reddy Chatsworth AC 2:11:02

60+:

1. Roger McCarroll RWFL 2:16:09
 2. Nick Mahabeer Kwa Duguza AC 2:27:36
 3. Trevor Nikel Savages AC 2:30:04

Juniors:

1. Sade Pillay W/View AC 1:59:09

WOMEN

1. Tanith Maxwell Boxer AC 1:48:48
 2. Iris Ndlovu Boxer AC 2:01:50
 3. Janine Engels PDAC 2:02:07

40-49:

1. Janine Engels PDAC 2:02:07
 2. Sandy de Beer SANDF 2:03:47
 3. Khethiwe Memela Ind 2:21:07

50-49:

1. Jane Baker DAC 2:27:37
 2. Elize Cilliers Savages AC 2:33:33
 3. Denise Johnson Mr Price AC 2:42:18

60+:

1. Maureen Parry Chiltern AC 2:41:29
 2. Linda Bell QBH 3:00:00
 3. Naomi Nzumalo Savages AC 3:35:00

15 km**MEN**

1. Richard Nene ZIM/Mr Price AC 51:14
 2. Aaron Mathanandabulo Clermont AC 51:48
 3. Menzi Ngcobo UKZN 51:53

WOMEN

1. Nontokozo Mkhize Eskom Gij 61:52
 2. Maureen Slack Glenwood Harr 70:30
 3. Nana Sigubudu Boxer AC 72:15

Sportsmans Warehouse 15 km

Port Elizabeth, 5 March
 (Loop course. Finishers: 710.)

MEN

1	George	Ntshiliza	Nedbank RC EP	31	46:53
2	Anele	Maliza	Nedbank RC EP	33	48:27
3	Masande	Mlonyeni	Nedbank RC EP	30	48:53
4	Sandile	Ngunuza	Nedbank RC EP	28	48:58
5	Masixole	Dlaku	Mr Price AC EP	32	49:19

6	Zandisile	Mpisane	Mr Price AC EP	27	51:04
7	Melikhaya	Frans (1 st jun)	Nedbank RC EP	19	51:46
8	Alfred	Qogi	Nedbank RC EP	37	52:11
9	Terrance	Mjekula	Triangle Sports	38	52:29
10	Christopher	Mabengeza (1 st vet)	Nedbank RC EP	44	52:42
11	Vuso	Nkonzo	Mr Price AC EP	25	52:45
12	Kobus	Joubert	Jeffreys Bay AC	36	52:47
13	Juwayne	Fletcher	Mr Price AC EP	19	53:17
14	Nkosinathi	Gcakasi	Bluewater Bay	40	53:25
15	Sindile	Somke	Nedbank RC EP	34	53:37
16	Ricardo	Plaatjies	Elite AC	28	53:42
17	Duwayne	Lucas	Nedbank RC EP	21	54:05
18	Freddie	Jantjies	Mr Price AC EP	41	54:07
19	Elliot	Nyarashe	PEAAC	31	54:47
20	Thembekile	Msipa	Charlo RR	36	55:00

40-44:

1	Christopher	Mabengeza	Nedbank RC EP	44	52:42
2	Nkosinathi	Gcakasi	Bluewater Bay	40	53:25
3	Freddie	Jantjies	Mr Price AC EP	41	54:07

45-49:

1	Desmond	Zibi	Nedbank RC EP	47	56:51
2	Bennie	Stadler	Achilles AAA	48	59:02
3	Robin	Fourie	Achilles AAA	47	59:05

50-54:

1	Alfred	Spiers	Elite AC	50	57:56
2	Charles	Baatjies	Elite AC	54	59:52
3	Lenneth	Erasmus	Willard Batteries	53	1:02:06

55-59:

1	Bruce	McEwan	Achilles AAA	57	1:06:37
2	Roger	Trader	Achilles AAA	57	1:11:14
3	Russell	Muller	Body Concept	55	1:11:30

60-64:

1	Hannes	Els	Madiba Bay AC	61	1:05:47
2	Cilliers	Swart	Nedbank RC EP	64	1:08:29
3	Fred	Verrall	Charlo RR	62	1:08:40

65-69:

1	Tamsanqa	Jusayi	Nedbank RC EP	68	1:04:43
2	Johannes	Herbst	Muirite Striders	65	1:13:26
3	David	Uithaler	Willard Batteries	65	1:23:53

70-74:

1	Robin	Clark	Achilles AAA	70	1:31:56
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75-79:

1	Ernie	Verrall	Absa NMMU AC	76	1:31:08
2	Hilary	Pritchard	Crusaders AC	76	1:44:12

Juniors:

1	Melikhaya	Frans	Nedbank RC EP	19	51:46
2	Lungelo	Mzini	Temp	17	1:08:04
3	Alexander	West	PEAAC	16	1:27:39

WOMEN

1	Deliwe	Nyanga	Nedbank RC EP	21	59:34
2	Davera	Magson	Nedbank RC EP	36	1:01:46
3	Celeste	Swart (1 st vet)	Nedbank RC EP	42	1:02:23
4	Natalie	Ross	Rhodes University	20	1:04:11
5	Jane	Barnardo	Body Concept	36	1:04:21
6	Daneil	Feldmann	Temp	23	1:07:05

7	Sally	Waterworth	Jeffreys Bay AC	33	1:07:08
8	Christine	Claasen	Achilles AAA	46	1:07:18
9	Sime	Baynes	Body Concept	27	1:07:21
10	Margie	Saunders (1 st mast)	Nedbank RC EP	57	1:07:34
11	Alex	Adie	Rhodes University	21	1:08:50
12	Priscilla	Dyantyi	Mr Price AC EP	37	1:08:58
13	Nanine	Steenkamp	Rhodes University	21	1:09:16
14	Lesley	Wood	Achilles AAA	53	1:09:50
15	Lizette	Sydien	Elite AC	24	1:10:03
16	Janette	Schierz-Crusius	Body Concept	50	1:10:08
17	Hanlie	Van der Westhuizen	Transnet RE EP	54	1:10:44
18	Maresa	Ah Kun	Bluewater Bay	35	1:10:59
19	Grizelda	Pietersen	Achilles AAA	42	1:11:06
20	Vicki	Terblanche	Bluewater Bay	31	1:11:13

40-44:

1	Celeste	Swart	Nedbank RC EP	42	1:02:23
2	Grizelda	Pietersen	Achilles AAA	42	1:11:06
3	Debbie	Dodd	Charlo RR	40	1:15:48

45-49:

1	Christine	Claasen	Achilles AAA	46	1:07:18
2	Johannette	Oosthuizen	Temp	46	1:12:04
3	Claire	Nagel	Elite AC	46	1:13:27

50-54:

1	Lesley	Wood	Achilles AAA	53	1:09:50
2	Janette	Schierz-Crusius	Body Concept	50	1:10:08
3	Hanlie	Van der Westhuizen	Transnet RE EP	54	1:10:44

55-59:

1	Margie	Saunders	Nedbank RC EP	57	1:07:34
2	Monica	Kemp	Madiba Bay AC	55	1:22:14
3	Jos	Els	Madiba Bay AC	58	1:24:21

60-64:

1	Liz	Grundlingh	Muirite Striders	64	1:21:03
2	Helene	Oppel	Crusaders AC	61	1:30:13
3	Christine	Fourie	Elite AC	64	1:38:18

65-69:

1	Marlene	Wiese	Kowie Striders	65	1:28:33
2	Anna	Potgieter	Jeffreys Bay AC	65	1:45:58
3	Margaret	Brittain	Temp	68	1:55:20

70-74:

1	Dorothy	Hart	PEAAC	73	1:39:18
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Juniors:

1	Megan	Wilson	Charlo RR	15	1:24:07
2	Tanya	Wilson	Charlo RR	18	1:31:44
3	Kimberley	Wilson	Charlo RR	15	1:31:44

Medihelp Sunrise Monster 32 km (34th) & 10 km

Pretoria, 5 March

(Finishers: 32 km – 1400; 10 km – 2200)

32 km

MEN

1 Shadrack Hoff (Toyota) 1:50:02; 2 Brighton Chipere (ZIM/Nedbank) 1:50:15; 2 George Mofokeng (Transnet) 1:51:00.

Veterans: 1 Linda Maphanga (Anglo) 2:18:32. **Masters:** 1 Johannes Seakamela (RAC) 2:22:50. **G'masters:** 1 Pieter Rossouw (Enduro) 2:57:12. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 3:00:13.

WOMEN

1 Irvette v. Blerk (Nedbank) 2:12:28; 2 Lizzy Chokore (ZIM/Nedbank) 2:17:17; 3 Chiyedza Chokore (ZIM/Mr Price) 2:19:29.

Veterans: 1 Carien Visser (Tuks) 2:33:12. **Masters:** 1 Sandra Steenkamp (Irene) 2:37:51. **G'masters:** 1 Penny Visser (Breakthru Midrand) 3:10:18.

10 km

MEN

1 Benedict Moeng (Transnet) 32:32; 2 Wesley Ruto (KEN/Nedbank) 32:54; 3 Anthony Godongwana (Celtic Harriers) 33:11.

Veterans: 1 Stemmer Lekoto (Nedbank) 38:55. **Masters:** 1 Andre Jansen (GS) 40:23. **G'masters:** 1 Mike du Bruto (Irene) 45:01. **G/g'masters:** 1 Pele Tshukundamela (Vyebo Striders) 48:58. **Juniors:** 1 Aaron Bulala (Elim) 40:16.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 39:45; 2 Myrette Filmater (Tuks) 40:44; 3 Jaqui v.d. Waals (Tuks) 44:10.

Veterans: 1 Ansie Viljoen (Irene) 44:59. **Masters:** 1 Linda Potgieter (Magnolia) 49:56. **G'masters:** 1 Sarie du Toit (PMK) 51:59. **G/g'masters:** 1 Mavis Stadler (Agape) 63:14. **Juniors:** 1 Melissa Taylor (New Balance) 50:34.

Lighthouse 10 km

Cape Town, 2 March
(Loop course. Finishers: 1931)

MEN

1. Elroy Gelant (Itheke) 29:56; 2. Zolani Ntongana (MP) 29:59; 3. Nkosinathi Madyo (Ned) 30:05.

Veterans: 1. Graham Katzen (Celtic) 33:00; 2. Chris Mitchell (Celtic) 35:26; 3. Basil Lehman (Ind) 36:47. **Masters:** 1. Vladimir Kotov (Cent) 32:10; 2. Goodman Mpukane (Gugs) 35:26; 3. Robbie Lindsay (Ned) 38:11. **G'masters:** 1. Ronnie le Roux (Brack) 42:28; 2. Kevin Kohler (Edge) 43:54; 3. Henry Celophas (Ned) 44:13. **Juniors:** 1. Unathi Nteta (AAC) 30:18; 2. Xolisa Melani (Celtic) 33:24.

WOMEN

1. Zintle Xiniwe (Ned) 34:30; 2. Bulelwa Simae (Ned) 36:19; 3. Nomvuyisi Seti (Celtic) 37:01.

Veterans: 1. Sheryl de Lange (Adid) 39:48; 2. Mariëtte Esterhuyse (Tyger) 40:46; 3. Glenda Werth (Met) 41:30. **Masters:** 1. Charmaine Cupido (Ned) 44:36; 2. Helen du Plessis (Tyger) 47:51; 3. Hanlie Lötter (Ind) 46:43. **G'masters:** 1. Mariëtha Herbert (Bell) 49:15; 2. Marlene James (Pine) 56:36; 3. Rosalie Richfield (UCT) 57:36. **Juniors:** 1. Martha Lötter (Adid) 43:02; 2. Londeka Miya (Gugs) 44:21; 3. Benine Havenga (Tyger) 59:05.

Cango Marathon (35th) & Half Marathon

Oudtshoorn, 26 February

(Distances: 42.195 km & 21.1 km; point-to-point downhill courses. Finishers: marathon – 620; half marathon – 333.)

Note: Sityhilo Diko (Adidas) was first across the finish line, but since he is not yet 20 years old (regular readers of DRR will remember previous reports about the doubt of what his actual age is), he was disqualified. It is uncertain why he was allowed to enter and run when the rules make him ineligible to compete in a marathon. Zintle Xiniwe was tenth overall in the half marathon. Unfortunately no category results were available and the results did not indicate ages or first names either – making them of very little use for statistical purposes. – Ed.

Marathon

MEN

1	Samson	Gulubela	Atlantic Athletic Club	2:26:16
2	Lindile	Tokota	Nedbank	2:27:46
3	Bonisile	Ngculana	Atlantic Athletic Club	2:28:47
4	Z.	Ngeva	Nedbank	2:37:48
5	J.	Mouton	Outeniqua Harriers	2:41:49
6	D.	North	Achilles AAA	2:42:31
7	Gurome	Gelberbloem	Mosselbaai Harriers	2:43:17
8	A.	Ferreira	Pinelands	2:45:01
9	Z.	Ntsiniyabo	Temp	2:45:07
10	S.	Landsberg	Garden Route	2:45:20

WOMEN

1	Davera	Magson	Nedbank EP	2:48:44
2	Joanna	Thomas	Varsity Old Boys	2:53:24
3	Ursula	Frans	Adidas	2:59:55
4	E.	Horne	De Rust Striders	3:10:31
5	H.	Mathee	Nedbank	3:10:44
6	E.	Kloppers	Hartenbos Drawwers	3:11:02
7	Allison	Jordaan	Nedbank	3:12:28
8	Liesl	Grobler	Knysna Marathon Club	3:16:27
9	Liana	Maree	Stellenbosch	3:16:47
10	Nerine	Loock	Nedbank EP	3:21:10

Half marathon

MEN

1	M.	Fredericks	Spoornet	1:08:46
2	J.	Korkee	Rainbow Athletic Club	1:10:22
3	W.	Jacobs	Temp	1:11:30
4	J.	Collins	ATC Running	1:11:54
5	J.	April	Run/Walk For Life	1:12:08
6	V.	Witbooi	Outeniqua Harriers	1:13:54
7	M.	Msizi	Knysna Marathon Klub	1:14:03
8	J.	Isaks	Rainbow Athletic Club	1:15:11
9	Principal	Fana	Rainbow Athletic Club	1:15:56
10	J	Frieslaar	Nedbank	1:16:47

WOMEN

1	Zintle	Xiniwe	Nedbank	1:16:07
2	Melissa	Van As	Nedbank	1:25:18
3	H.	Streuderst	Hartenbos Drawwers	1:29:08
4	Johanna	Claassen	Nedbank	1:30:07
5	Annatjie	Botes	Nedbank	1:31:21

6	K.	Van der Merwe	Nedbank	1:34:05
7	M.	Chauke	Temp	1:39:32
8	C.	Lemke	Knysna Marathon Klub	1:45:14
9	S.	Van Heerden	Run/Walk For Life	1:47:13
10	T.	Harkett	Temp	1:49:47

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

Lake Biwa Mainichi Marathon (66th)

(IAAF Gold Label Road Race)

Otsu, JPN, 6 March

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

MEN (gun times)

1. Wilson Kipsang Kiprotich, KEN 2:06:13 CR
[1:03:30 / 1:02:43]
2. Deriba Merga, ETH 2:09:13
3. Hiroyuki Horibata, JPN 2:09:25
4. Kentaro Nakamoto, JPN 2:09:31
5. Moses Kangogo, KEN 2:09:48

Semi-Marathon de Paris (19th)

Paris, FRA, 6 March

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

MEN (gun times)

1. Stephen Kibet, 1986, KEN 1:01:36 € 4000
2. Moses Mosop, 1985, KEN 1:01:47 3000
3. Eric Ndiema, 1992, KEN 1:01:49 2000
4. Megeresa Bacha, 1985, ETH 1:01:54 1200
5. Habtamu Fikadu, 1988, ETH 1:01:54 900
6. Stephen Kibiwott, 1980, KEN 1:01:58 700
7. Abel Kirui, 1982, KEN 1:02:08 500

WOMEN (gun times)

1. Peninah Arusei, 1979, KEN 1:08:30 CR € 4000
2. Philes Ongori, 1986, KEN 1:08:32 3000
3. Aheza Kiros, 1982, ETH 1:09:10 DB 2000
4. Zhu Xiaolin, 1984, CHN 1:10:28 1200
5. Jia Chaofeng, 1988, CHN 1:10:45 PB 900

Lago Maggiore Half Marathon (4th)

Stresa to Verbania, ITA, 6 March

(Distance: 21.1 km; point-to-point course with approx. 10 m elevation GAIN)

MEN (gun times)

1. Dereje Deme, ETH 1:00:00 PB/CR
2. Shumi Ethleche, ETH 1:00:03 PB
3. Pius Kirop, KEN 1:00:04 PB

4. Boniface Kirui, KEN 1:01:07 PB
5. Robert Mbithi, KEN 1:01:08

WOMEN

1. Joyce Chepkirui, KEN 1:11:18 CR*
2. Aynalem Woldemichael, ETH 1:11:21 PB
3. Megeretu Geletu, ETH 1:11:25 PB
4. Valeria Straneo, ITA 1:13:00 PB
5. Patricia Morceli, SUI 1:13:01 PB

Carrier Twintig van Alphen (35th)

Alphen aan den Rijn, NED, 6 March
(Distance: 20 km; flat course)

MEN (gun times)

1. Bernard Chepkok, KEN 59:26
2. Sileshi Sihine, ETH 59:27 DB
3. Clint Perret, AUS 59:32 DB

WOMEN (gun times)

1. Shitaye Bedaso, ETH 1:07:37 DB
2. Pauline Wangui, KEN 1:07:52
3. Lindsay van Marrewijk, NED 1:12:43 PB

CROSS-COUNTRY**African Cross-country Championships**

Cape Town, RSA, 6 March

Note: All the names of the Moroccan athletes were in the wrong order in the results released by the organisers (surname followed by first name), but have been corrected here. – Ed.

SR. MEN (12 km)

1. John Mwangangi (KEN) 35:31
2. Stephen Kiprotich (KEN) 35:34
3. Henry Chirchir (KEN) 35:35
4. Philip Kiprono (KEN) 35:39
5. Kgosi Tsosane (RSA) 36:32
6. Stephen Mokoka (RSA) 36:49
7. Tony Wamulwa (ZAM) 36:56
8. Lungisa Mdedelwa (RSA) 37:04
9. Calvin Pangiso (ZIM) 37:11
10. Duncan Mutambo (ZAM) 37:15
11. Moses Kibet (UGA) 37:23
12. Boy Soke (RSA) 37:25
13. Aziz Lahbabi (MAR) 37:28
14. Adil Rached (MAR) 37:34
15. Tshamano Setone (RSA) 37:48
16. Ramonene Tsepo (LES) 37:59
17. Motsieloa Ramolefi (LES) 38:09
18. Abdelhadi El Mouaziz (MAR) 38:12
19. Hafid Chani (MAR) 38:24
20. Xolisa Tyali (RSA) 38:38



The Kenyan men dominate the senior men's race, with Stephen Kiprotich (19) leading from Philip Kiprono (21), Kgosi Tsosane, Stephen Mokoka (89) and Henry Chirchir (18). [All pictures of the meeting by Martin van Schalkwyk]

Teams: 1. Kenya 2:22:23; 2. **South Africa** 2:27:53; 3. Morocco 2:31:42; 4. Botswana 2:40:24.

JR. MEN (8 km)

1. Japhet Korir (KEN) 23:03
2. Patrick Mwaka (KEN) 23:04
3. Nicholas Togom (KEN) 23:18
4. Gideon Kipketer (KEN) 23:19
5. Dennis Kipruto (KEN) 23:21
6. Edwin Mokua (KEN) 23:28
7. Abd Elmunaim Yahia (SUD) 24:06
8. Grevazio Mpani (MAW) 24:22
9. Soufiane Bouqantar (MAR) 24:31
10. Khalid Mohamed Ahmed (SUD) 24:36
- ... 14. Luyanda Qolo (**RSA**) 25:02; 15. Jeromy Andreas (**RSA**) 25:06; 16. William Kaptein (**RSA**) 25:12; ... 18. Luxolo Mdzanga (**RSA**) 25:26; ... 21. Merline Klaaste (**RSA**) 26:17; ... 24. Edwin Sesipi (**RSA**) 26:39.



It's all Kenya in the junior men's race. Eventual winner Japhet Korir (28) and second-placed Patrick Mwaka (27) lead their compatriots. Kenya took the top six positions.

Teams: 1. Kenya 1:32:48; 2. Morocco 1:39:36; 3. **South Africa** 1:40:49; 4. Sudan 1:42:26; 5. Botswana 1:52:02.

SR. WOMEN (8 km)

1. Mercy Cheronno (KEN) 27:13
2. Viola Kibiwot (KEN) 27:14
3. Doris Changeiywo (KEN) 27:22
4. Pauline Njeri (KEN) 27:23
5. Iness Chenonge (KEN) 27:43
6. Btissam Lakhoad (MAR) 28:29
7. Bouchra Sahli (MAR) 28:34
8. Annette Negesa (UGA) 28:37
9. Rkia El Moukim (MAR) 28:37
10. Onneile Dintwe (BOT) 28:47
11. Annerien van Schalkwyk (**RSA**) 28:49
12. Lebogang Phalula (**RSA**) 28:56
13. Rutendo Nyahora (ZIM) 28:58
14. Siham Hilali (MAR) 29:03
15. Sharon Tavengwa (ZIM) 29:21
16. Mapaseka Makhanya (**RSA**) 29:28
17. Kaoutar Boulaid (MAR) 29:33
18. Elizert Banda (ZAM) 29:37
19. Samukeliso Moyo (ZIM) 29:47
20. Lebo Phalula (**RSA**) 29:58
- ... 22. René Kalmer (**RSA**) 30:24; 23. Teboho Masehla (**RSA**) 30:46.

Teams: 1. Kenya 1:49:16; 2. Morocco 1:54:46; 3. **South Africa** 1:57:15; 4. Zimbabwe 1:58:22.

JR. WOMEN (6 km)

1. Caroline Chepkoech (KEN) 19:59
2. Mary Munanu (KEN) 20:00
3. Zipporah Wanjiru (KEN) 20:05
4. Jepchirchir Cheruiyot (KEN) 20:09
5. Alice Aprot (KEN) 20:12
6. Norah Cheruto (KEN) 20:53



The Kenyan juggernaut in the junior women's race. Winner Caroline Chepkoech is at the back (slightly obscured), with Alice Aprot (37), Mary Munanu (36), Jepchirchir Cheruiyot (34) and Zipporash Wanjiru (35) around her. They filled the first five positions.

7. Kefilwe Galeitsiwe (BOT) 21:26
8. Amina Tahiri (MAR) 21:26
9. Felismiva Vendohali (ANG) 21:35
10. Hanane Gallouj (MAR) 21:47
- ... 12. Sylvia Tshetlanyane (RSA) 22:08; ... 14. Konzeni Gwegwe (RSA) 22:18; ... 19. Caroline Marandela (RSA) 22:43; 20. Thato Makhafola (RSA) 22:47; 21. Letitia Saayman (RSA) 22:54; ... 24. Thandeka Manzana (RSA) 23:46.

Teams: 1. Kenya 1:20:16; 2. Morocco 1:27:36; 3. South Africa 1:30:00; 4. Botswana 1:31:25.

OUTDOOR TRACK

Melbourne Track Classic

(IAAF World Challenge/Australia Athletics Tour)
Melbourne, AUS, 3 March

MEN

800:

1. David Rudisha, KEN 1:43.88
2. Nick Symmonds, USA 1:45.09
3. Lachlan Renshaw, AUS 1:45.66 PB

1500:

1. Jeffrey Riseley, AUS 3:36.71
2. Asbel Kiprop, KEN 3:37.63
3. Alan Webb, USA 3:37.82
4. Nick Willis, NZL 3:38.76

5000:

1. Bernard Lagat, USA 13:08.43
2. Ben St. Lawrence, AUS 13:10.08 PB
3. Chris Solinsky, USA 13:10.22
4. Matthew Tegenkamp, USA 13:16.27
- ... 6. Craig Mottram, AUS 13:25.15
- ... 9. Isaac Songok, KEN 13:38.43
10. Collis Birmingham, AUS 13:42.14

WOMEN

800:

1. Kenia Sinclair, JAM 1:59.63
2. Tamsyn Lewis, AUS 2:01.50
3. Katherine Katsanevakis, AUS 2:02.60 PB

1500:

1. Jemma Simpson, GBR 4:08.49
2. Kaila McKnight, AUS 4:08.94
3. Bridey Delaney, AUS 4:11.01 PB
4. Georgie Clarke, AUS 4:12.01

INDOOR TRACK**European Indoor Championships (31st)**

Paris Bercy, FRA, 4-6 March

MEN

800 (06):

- | | | |
|----------------------------|---------|--------|
| 1. Adam KSZCZOT, POL | 1:47.87 | Gold |
| 2. Marcin LEWANDOWSKI, POL | 1:48.23 | Silver |
| 3. Kevin LOPEZ, ESP | 1:48.35 | Bronze |

1500 (06):

- | | | |
|-------------------------|---------|-----------|
| 1. Manuel OLMEDO, ESP | 3:41.03 | SB Gold |
| 2. Kemal KOYUNCU, TUR | 3:41.18 | NR Silver |
| 3. Bartosz NOWICKI, POL | 3:41.48 | Bronze |

3000 (05):

- | | | |
|-------------------------|---------|--------|
| 1. Mo FARAH, GBR | 7:53.00 | Gold |
| 2. Hayle IBRAHIMOV, AZE | 7:53.32 | Silver |
| 3. Halil AKKAS, TUR | 7:54.19 | Bronze |
| 4. Andy BADDELEY, GBR | 7:54.49 | SB |

WOMEN

800 (06):

- | | | |
|----------------------------|---------|--------|
| 1. Yevgeniya ZINUROVA, RUS | 2:00.19 | Gold |
| 2. Jenny MEADOWS, GBR | 2:00.50 | Silver |
| 3. Yuliya RUSANOVA, RUS | 2:00.80 | Bronze |

1500 (05):

- | | | |
|------------------------------|---------|--------|
| 1. Yelena ARZHAKOVA, RUS | 4:13.78 | Gold |
| 2. Nuria FERNÁNDEZ, ESP | 4:14.04 | Silver |
| 3. Yekaterina MARTYNOVA, RUS | 4:14.16 | Bronze |

3000 (06):

- | | | |
|----------------------------------|---------|--------|
| 1. Helen CLITHEROE, GBR | 8:56.66 | Gold |
| 2. Olesya SYREVA, RUS | 8:56.69 | Silver |
| 3. Lidia CHOJECKA, POL | 8:58.30 | Bronze |
| ... 8. Yelena ZADOROZHNYAYA, RUS | 9:06.44 | |

University of Washington Final Qualifier

Seattle, USA, 5 March

WOMEN

Mile:

Section 1 -

- | | | |
|--------------------|-------|---------|
| 1. Samantha Walkow | Lamar | 4:57.96 |
|--------------------|-------|---------|

Section 2 -

- | | | |
|--------------------|------------------|------------|
| 1. Rose Wetzel | Club Northwest | 4:42.43 PB |
| 2. Chelsea Orr | Washington | 4:44.63 PB |
| 3. Justine Johnson | Washington (RSA) | 4:45.72 PB |

Iowa State Cyclone National Qualifier

Ames, USA, 5 March

MEN

Mile:

1. Peter van der Westhuizen, Unattached (RSA), 4:03.11
 2. Brandon Rooney, Unattached, 4:04.37 PB
 3. Luke Rucks, Wisconsin, 4:05.76
-

NEWS

NEW PROGRAMME FOR DAEGU

The IAAF World Championships in Daegu this year will mark a first in the history of the competition, reports *Athletics International*. A new approach has led to a revamped timetable designed to maximise impact for the fans and media and support athletes. The philosophy, approved by the IAAF Council, is to have evening sessions of not more than three hours; to have a balanced number of finals across all days; and to have qualification rounds in the morning sessions only.

For the first time in almost three decades, there will be only three rounds in the men's and women's 100 m and 200 m. With the declared intention of having no more than three rounds in each running event, IAAF delegates have significantly curtailed the timings for the sprinting events. In order to complete yet another sprint double. Usain Bolt will need to race "only" six times in Daegu. In both Beijing and Berlin he had to step on the track eight times to claim his 100 and 200 m gold medals.

A "preliminary" round in the men's and women's 100 m, traditionally the event with the highest number of entrants and highest number of non-qualified athletes, has been introduced. This will be held before the main three rounds of those events in order to give an opportunity to athletes who have neither the 'A' nor the 'B' standard to take part in the World Championships. The qualification procedure from the "preliminary" rounds will be determined depending on the number of final entrants.

In both the men's and women's 400 m, athletes will be required to run three rounds spread on three consecutive days when previously a rest day was allowed before the final. With the one-lap events being scheduled in the earlier part of the programme, a longer 200-400 sprint double is realistically achievable in Daegu. It will also be a first when the men's 4x100 m relay concludes the programme in Daegu, a revolution after 28 years of having the men's 4x400 m relay ending the proceedings.

Outside the track, all road race events (the three race walking events and the men's and women's marathon) will start and finish outside the stadium in line with the previous edition of the World Championships in Berlin which took place around the Brandenburg Gate.

RUPP HALF-MARATHON DEBUT IN NEW YORK

On the heels of taking back his USA indoor 5000 m record in Birmingham last month, Galen Rupp has announced that he will run his first half marathon at the NYC Half in New York City on Sunday, 20 March, reports *Race Results Weekly*. Rupp, with his coach of 11 years, Alberto Salazar, explained on a conference call hosted by the New York Road Runners that they decided to take on America's richest half marathon after the New Zealand earthquake scuttled their plans to run a 10000 m in Christchurch.

For Rupp, 24, this will be the longest race of his career and his second road race (he finished second at the Applied Materials Silicon Valley Turkey Trot 5 km last Thanksgiving in San Jose, California, in 13:39 behind training partner Alan Webb). His 10000 m personal best of 27:10.74 is similar to a 1:00:26 half marathon, according to one reliable conversion formula.

Salazar said the primary benefit for Rupp was that the race would "take him out of his comfort zone".

"Obviously, I'm all in favor of Galen running this race," said Salazar. He added: "I thought Galen had done a significant amount of training, much more based on higher mileage... I thought that this half marathon would be an opportunity for him to really see what all that training had amounted to."

At the NYC Half, Rupp will face a field of top Americans, including 2009 ING New York City Marathon champion Meb Keflezighi, 2008 Olympic Marathon Trials champion Ryan Hall, three-time 10000 m Olympian Abdi Abdirahman, many-time USA road running championships podium finisher Jason Lehmkuhle, and rising star Patrick Smyth. Richard Finn, the New York Road Runners media director, said on the call that a slate of top international athletes would be announced in a few days.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2011

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	29:32	Stephen Mokoka	Pretoria	19 Feb
	28:41	Sindre Buraas (NOR)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		08 Jan
	44:43	Lusapho April	Jeffreys Bay	
	43:35A	Mark Kenneally (IRL)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		29 Jan
	65:29	Shadrack Hoff	Pretoria	
	59:25	Deribe Merga (ETH)		
25 km	58:23	Zersenay Tadese (ERI) 2010		23 Jan
	79:50	Juan van Deventer	Johannesburg	
30 km	71:50	Sammy Kosgei (KEN) 2010		09 Jan
	1:36:14	Elroy Gelant	Camps Bay	
	1:32:08	Jason Lehmkuhle (USA)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		13 Feb
	2:13:21	Lusapho April	George	
	2:07:04	Bekana Daba (ETH)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		
	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	32:15	Piet Mosibedi	Pretoria	05 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	50:30	Graham Katzen	Constantia	15 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:42	Lindile Tokota	Oudtshoorn	29 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	90:13	Reginald Ngobese	Johannesburg	23 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:14	Graham Katzen	Camps Bay	09 Jan

Marathon	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	2:22:07	Elias Mabane	Benoni	30 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	35:26	Goodman Mpukane	Cape Town	02 Mar
	[32:10	Vladimir Kotov	Cape Town	02 Mar]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:57	Johannes Seakamela	Kempton Park	26 Jan
	[52:23	Vladimir Kotov (BLR)	Constantia	15 Jan]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:09	Charles Vilakazi	Sasolburg	05 Feb
	[73:54	Vladimir Kotov (BLR)	Tokai	05 Feb]
	66:42	Martin Rees (GBR) 2003		
25 km	1:47:20	A. Watson	Johannesburg	23 Jan
30 km	1:58:23	Raymond Howard	Camps Bay	09 Jan
Marathon	2:40:32	Stuart McColl	George	13 Feb
	[2:30:24	Vladimir Kotov (BLR)	George	13 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:47	Mike du Bruto	Pretoria	26 Feb
15 km	62:32	Mike Hirst	Johannesburg	09 Jan
21.1 km	86:45	Mike du Bruto	Pretoria	05 Feb
25 km	1:52:19	J. Meyer	Johannesburg	23 Jan
30 km	2:10:29	Jimmy Morris	Camps Bay	09 Jan
Marathon	3:13:44	Don Charles	George	13 Feb
100 km				
<u>Juniors</u>				
10 km	30:18	Unathi Nteta	Cape Town	02 Mar
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:42	Juwayne Fletcher	Jeffreys Bay	08 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	72:30	Philani Ngcobo	Pietermaritzburg	27 Feb
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	34:30	Zintle Xiniwe	Cape Town	02 Mar
	32:32	Alene Sheewarge Amara (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:56	Ntombesintu Mfunzi	Port Elizabeth	05 Feb
	49:58A	Janet Cherobon (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	75:04	Irvette van Blerk	Pretoria	19 Feb
	69:58	Belainesh Zemedken Gebre (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	95:17	René Kalmer	Johannesburg	23 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:04:22	Joanna Thomas	Camps Bay	09 Jan
	1:46:27	Hiromi Ominami (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:44:44	Charné Bosman	George	13 Feb

	2:22:45	Aselefech Mergia (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	39:48	Sheryl de Lange	Cape Town	02 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	61:42	Joanna Thomas	Constantia	15 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	87:12	Zola Pieterse	Melbourne	06 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	2:10:49	D. Slater	Johannesburg	23 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:04:22	Joanna Thomas	Camps Bay	09 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:53:24A	Joanna Thomas	Oudtshoorn	26 Feb
	2:54:53	Joanna Thomas	George	13 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	44:36	Charmaine Cupido	Cape Town	02 Mar
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	67:20	Sandra Steenkamp	Kempton Park	26 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	93:18	Annatjies Botes	Oudtshoorn	29 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km				
30 km	2:27:59	Dawn Middelkoop	Camps Bay	09 Jan
Marathon	3:10:48	Annatjie Botes	George	13 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	49:15	Marietha Herbert	Cape Town	02 Mar
15 km	78:28	Penny Visser	Kempton Park	26 Jan
21.1 km	1:42:46	Veronica van Niekerk	Brandvlei	05 Feb
25 km	2:43:02	Hazel Quilliam	Johannesburg	23 Jan
30 km	2:35:21	Veronica van Niekerk	Camps Bay	09 Jan
Marathon	3:41:01	Veronica van Niekerk	George	13 Feb
100 km				
<u>Juniors</u>				
10 km	43:02	Martha Lötter	Cape Town	02 Mar
	31:42	Zola Pieterse (RSA) 1984		
15 km	68:36	Jeanni Seymour	Johannesburg	09 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:45:37	Sbongile Lushaba	Pietermaritzburg	27 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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