

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

Two fast 15 km races this weekend produced seven list leaders. In Constantia Xintle Xiniwe had another great run for her second victory in 36 hours – she also scored a scintillating win on the track on Thursday evening. René Kalmer, soundly beaten by Xiniwe in Bellville over 5000 m, had 24 hours more rest than Xiniwe and then ran the year's fastest 15 km – 53:48 – in Alberton.

At the third Yellow Pages Meeting in Bellville national steeplechase record holder Ruben Ramolefi became the first South African to run a dream mile on home soil since Johan Cronje (3:58.81) did so on 16 December 2005 – incidentally, at the Parow track, which is just a nice warm-down run for a miler from the track in Bellville. Ramolefi earned an incentive of R5000 for going under 4 minutes.

In the 5000 m triple SA champion Stephen Mokoka was not so fortunate – he missed the R10 000 incentive for running under 13:20 by just over 8 seconds despite a furious sprint over the last 100m. In the same event for women Xiniwe beat SA champion Kalmer, whose high-mileage training for the Prague Marathon on 8 May is making her less sharp than usual. Xiniwe's 15:53.53 is a personal best by almost 5 seconds. In second Violet Raseboya dipped under 16 minutes for the first time, with Irvette van Blerk also running a PB in fourth.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Alberton City 15 km, Alberton
- * Coega Development Corporation 10 km, Port Elizabeth
- * Bobbies Half Marathon & 10 km, Pretoria
- * Constantia Village 15 km, Constantia
- * XC: KZN League Meeting #1, Queensburgh
- * Track: Yellow Pages Series Meeting #3, Bellville

International highlights:

- * Fortis City Pier-City-Half Marathon, The Hague, NED
 - * Gate River Run 15 km, Jacksonville, USA
 - * Indoor track: NCAA Division I Indoor Championships, College Station, USA; New Balance Indoor Nationals, New York, USA
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ROAD RUNNING

Alberton City 15 km

Alberton, 13 March
(Loop course)

MEN

1 Tshidiso Bosiu (GS) 45:38; 2 Nkopane Seqhobane (LES/GS) 45:46; 3 Derocious Mokhobalo (GS) 46:22.

Veterans: 1 Gethun Wordofa (ETH/ADT) 49:02; 2 Lawrence Chipangaan (Nedbank) 50:41; 3 Jabulani Mngomnzulu (ADT) 51:38. **Masters:** 1 Johannes Seakamela (RAC) 53:11; 2 Andre Jansen (GS) 58:13. **G'masters:** 1 Don Charles (Nedbank) 61:59. **Juniors:** 1 Eliod Kipketer (KEN) 46:54.

WOMEN

1 René Kalmer (Nedbank) 53:48; 2 Christene Kalmer (Nedbank) 55:52; 3 Caren Turac (Art of Running) 59:42.

Veterans: 1 Sarah Mahlangu (Mr Price) 63:47; 2 Thembeke Ketsekile (Ukhozi) 71:58; 3 Laura Venter (Nedbank) 73:00. **Masters:** 1 Pam Hampton (Sunninghill) 73:21; 2 Natalie Bentley (Kudus) 92:57. **G'masters:** 1 Bets Greyling (Sunward) 95:13. **Juniors:** 1 Caren Turac (KEN/Art of Running) 59:42.

Coega Development Corporation 10 km

Port Elizabeth, 12 March
(Finishers: 246)

MEN

1	George	Ntshiliza	Nedbank RC EP	31	31:33
2	Zolani	Ngqaqa	Mr Price AC EP	22	32:53
3	Khayaletu	Makalima	Mr Price AC EP	27	33:32
4	Zandisile	Mpisane	Mr Price AC EP	27	34:31
5	Terrance	Mjekula	Triangle Sports	38	35:45
6	Mila	Pasiya	Nedbank RC EP	31	36:12
7	Sinekhaya	Ndlakuse	Nedbank RC EP	21	36:36
8	Warrick	Smith	Rhodes University	24	37:57
9	Alfred	Spiers (1 st mast)	Elite AC	50	38:14
10	Xolela	Maphitsha	Temp	29	39:54
11	Aaron	Nxumalo	PEAAC	27	40:00
12	Sindile	Ngiyo (1 st jun)	Nedbank RC EP	15	40:32
13	Tumelo	Molhelenyane	Temp	28	41:18
14	Melea	Williams	Absa NMMU AC	32	42:16
15	Tamsanqa	Jusayi (1 st g'mast)	Nedbank RC EP	68	42:37
16	J C	Stevens	Bluewater Bay	18	43:15
17	Bafumane	Nyanga	Mr Price AC EP	50	43:20
18	Joseph	Stevens	PEAAC	52	43:28
19	Reyno	Momberg	Temp	27	43:40
20	Darryn	Van Huyssteen	Temp	20	44:01

40-44:

1	Tinny	Mofu	Nedbank RC EP	44	45:20
2	Timothy	Hermanus	VW AC	43	47:21
3	Thys	Du Preez	Elite AC	40	54:15

45-49:

1	Steven	Fanella	Triangle Sports	47	45:52
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2	Plaaitjie	Damons	VW AC	47	46:41
3	Michael	Kleinbooi	Triangle Sports	48	46:46
50-54:					
1	Alfred	Spiers	Elite AC	50	38:14
2	Bafumane	Nyanga	Mr Price AC EP	50	43:20
3	Joseph	Stevens	PEAAC	52	43:28
55-59:					
1	Selwyn	Uithaler	X-Cel AC	55	45:07
2	Donald	Mancasa	Triangle Sports	57	48:27
3	Mbulelo	Sobikwa	Crusaders AC	56	49:34
60-64:					
1	Anton	De Koning	SANDF EP	61	51:33
2	Piet	Meyer	St Albans CS EP	61	53:53
3	Joseph	Serfontein	PEAAC	60	54:11
65-69:					
1	Tamsanqa	Jusayi	Nedbank RC EP	68	42:37
2	Loynes	Jenkerson	Walmer AC	69	59:02
3	Gerald	Bouwer	Achilles AAA	67	1:04:57
70+:					
1	Michael	Collins	PEAAC	72	52:05
2	Robin	Clark	Achilles AAA	70	1:01:10
3	Donald	Flynn	Legacy AC	73	1:29:05
Juniors:					
1	Sindile	Ngiyo	Nedbank RC EP	15	40:32
2	J C	Stevens	Bluewater Bay	18	43:15
3	Ellswirch	Prince	Temp	15	46:35
WOMEN					
1	Ntombesintu	Mfunzi	Mr Price AC EP	29	37:18
2	Deliwe	Nyanga	Nedbank RC EP	21	40:41
3	Natalie	Ross	Rhodes University	20	42:35
4	Lisa-Jo	Austin	Plexus Durbanville	26	44:21
5	Freedah	Ncube	Temp	28	47:40
6	Jennifer	Coppinger	Temp	21	48:08
7	Christine	Coppinger	Temp	22	48:30
8	Adele	Nel	St Albans CS EP	38	48:46
9	Shannon	Swart	Profiles AC	28	49:08
10	Tiani	Claassen	Transnet RE EP	20	49:24
11	Lyn	Reimann (1 st mast)	Temp	51	53:14
12	Liz	Grundlingh (1 st g'mast)	Muirite Striders	64	53:30
13	Melanie	Bruce-Miller	Rhodes University	21	54:04
14	Megan	Schoeman	Rhodes University	23	54:34
15	Annelize	Shergold-Smith	Bluewater Bay	30	54:34
16	Jolene	Jansen	Bluewater Bay	25	54:35
17	Aletta	Joubert (1 st vet)	Crusaders AC	49	54:40
18	Amanda	Gosling	Temp	37	54:47
19	Bronwen	Perry	Crusaders AC	28	54:54
20	Sharon	Parkin	Aspen Pharmacare	40	55:03
40-44:					
1	Sharon	Parkin	Aspen Pharmacare	40	55:03
2	Brenda	Swindells	Profiles AC	42	58:57
3	Helen	Fourie	Elite AC	41	1:02:05
45-49:					
1	Aletta	Joubert	Crusaders AC	49	54:40
2	Leta	Dos Santos	Walmer AC	46	56:17
3	Cathy	Allers	Transnet RE EP	49	59:36

50-54:

1	Lyn	Reimann	Temp	51	53:14
2	Zelda	Krige	Walmer AC	50	59:46
3	Amanda	Blignault	Transnet RE EP	51	1:06:35

55-59:

1	Margi	Knipe	Temp	56	1:02:06
2	Stephanie	Hay	Walmer AC	55	1:17:20
3	Joan	Senekal	PEAAC	59	1:19:23

60-64:

1	Liz	Grundlingh	Muirite Striders	64	53:30
2	Denise	Terblanche	Walmer AC	63	1:09:41
3	Kitty	September	Temp	60	1:15:47

70+:

1	Dorothy	Hart	PEAAC	73	1:06:48
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Bobbies Half Marathon & 10 km

Pretoria, 12 March

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1000; 10 km – 2000.)

Half marathon

MEN

1 Ngomidzashe Ncube (Nedbank) 67:45.

Veterans: 1 Koos Aphane (PMMC) 83:40. **Masters:** 1 Colin Fisher (CSIR) 89:40.

G'masters: 1 Bossie Boshoff (Fit 2000) 2:11:24.

WOMEN

1 Charné Bosman (Mr Price) 82:31.

Veterans: 1 Ansa Strydom (Overkruin) 1:47:50. **Masters:** 1 Francis v. Blerk (Nedbank) 2:10:36. **G'masters:** 1 Annetjie Greyvenstein (Irene) 1:59:46.

10 km

MEN

1 Esau Radebe (Transnet) 31:53.

Veterans: 1 Jackson Seanego (New Balnace) 37:40. **Masters:** 1 Jerry Rankapule (Nedbank) 37:53. **G'masters:** 1 Mike du Bruto (Irene) 39:02. **G/g'masters:** 1 Ken Nurden (Agape) 47:15. **Juniors:** 1 Oneal Peterie (ACE) 37:02.

WOMEN

1 Kerry Walton (Running Inn) 38:16.

Veterans: 1 Ansie Viljoen (Irene) 42:17. **Masters:** 1 Sandra Steenkamp (Irene) 42:19. **G'masters:** 1 Ina Wheatley (PMMC) 57:32. **G/g'masters:** 1 Mavis Stadler (Agape) 61:27. **Juniors:** 1 Melissa Taylor (Temp) 41:57.

Constantia Village 15 km

Constantia, 12 March

(Certified loop course. Weather: cool and clear, no wind.)

MEN

1. Elroy Gelant (Itheke) 45:50; 2. Zolani Ntongana (MP) 45:54; 3. Lukhanyo Mabinza (Trans) 46:17; 4. Mthandazo Qhina (Gugs) 47:26; 5. Sityhilo Diko (Adid) 47:36; 6. Wanda

Roro (Adid) 47:44; 7. Hein Camphor (Adid) 48:27; 8. Zolile Bhitane (VOB) 48:35; 9. Velani Lusaseni (Adid) 48:40; 10. Lufumba Sakila (Celtic) 48:50 (1st jun); 11. Innocent Nogwaza (Adid) 49:33; 12. Nicholas Rupanga (Celtic) 49:51; 13. Professor Khwetane (VOB) 49:56; 14. Dimitri Witbooi (Itheko) 49:57; 15. Vladimir Kotov (BLR/Cent) 50:03 (1st mast); 16. Manfred Samuels (Held) 50:38; 17. Gcobani Mndi (Gugs) 50:51; 18. Mandla Pangalele (Gugs) 51:05; 19. John September (Celtic) 51:10 (1st vet); 20. Sihle Mapukata (MP) 51:17.

Veterans: 1. John September (Celtic) 51:10; 2. Graham Katzen (Celtic) 52:37; 3. Dion Middelkoop (VOB) 55:32. **Masters:** 1. Vladimir Kotov (BLR/Cent) 50:03; 2. Friedl van der Merwe (Strand) 55:50; 3. Goodman Mpukane (Gugs) 58:20. **G'masters:** 1. Jimmy Morris (Forest) 59:28; 2. Ronnie le Roux (Brack) 65:47; 3. Henry Cleophas (Ned) 69:13.

G/g'masters: 1. Brian Key (Forest) 73:06; 2. Caspar Greeff (AAC) 81:29. **Juniors:** 1. Lufumba Sakila (Celtic) 48:50; 2. Gcobani Mndi (Gugs) 50:51; 3. Siphso Dlokweni (Celtic) 52:10.

WOMEN

1. Zintle Xiniwe (Ned) 56:07; 2. Nomvuyisi Seti (Celtic) 56:19; 3. Asiphe Sikabalanjana (Gugs) 56:32; 4. Bulelwa Mtshagi (Celtic) 57:12; 5. Joanna Thomas (VOB) 57:51 (1st vet); 6. Busisiwe Matiwane (Celtic) 60:28; 7. Helene Perold (Adid) 61:32; 8. Ursula Frans (Adid) 61:47; 9. Sheryl de Lange (Adid) 62:38; 10. Kim Woolrich (Celtic) 63:13; 11. Heilani Streuderst (Harten) 63:56; 12. Kirsten Norris (VOB) 64:38; 13. Tanya Scott (UCT) 64:43; 14. Mandy Collins (Ind) 64:43; 15. Patricia Adams (Met) 64:53; 16. Tanya Kapp (NBMC) 65:08; 17. Ronelle Marshall (VOB) 65:59; 18. Lesyl Potgieter (ATC) 66:24; 19. Chantal Simpson (Ned) 66:28; 20. Bev Charters (VOB) 67:09 (1st mast).

Veterans: 1. Joanna Thomas (VOB) 57:51; 2. Ursula Frans (Adid) 61:47; 3. Sheryl de Lange (Adid) 62:38. **Masters:** 1. Bev Charters (VOB) 67:09; 2. Olga Howard (Celtic) 67:31; 3. Dawn Middelkoop (VOB) 67:38. **G'masters:** 1. Marietha Herbert (Bell) 76:05; 2. Diane Thompson (VOB) 84:52; 3. Yvonne Blomkamp (VOB) 86:11. **G/g'mast:** 1. Fiona Chisholm (RWFL) 96:51; 2. Jean Cammidge (FH) 1:43:13. **Juniors:** 1. Londeka Miya (Gugs) 69:44; 2. Gaylon Atson (MPT) 78:02; 3. Kate Mills (VOB) 78:14.

CROSS-COUNTRY

KZN League Meeting #1

Queensburgh, 12 March

MEN (12 km)

1.	Thubalethu Phaku	DUT	36:15
2.	Claude Eksteen	PDAC	38:22
3.	Sandile Lembetha	West AC	40:12

40-49 (8 km):

1.	Willie Majombozi	Boxer AC	29:17
2.	Donovan v Gelder	PDAC	29:58
3.	Willie v Rensburg	Wonderboom	32:49

50-59 (8 km):

1.	Wayne Scott	PDAC	32:26
2.	Jan Kroegelenberg	Mr Price	33:50
3.	Colin Thomas	Nedbank AC	36:04

60+ (6 km):

1.	Andrew Spence	SCS	26:56
2.	Andy Watson	West AC	29:19
3.	Moray Calder	Howick	31:40

Juniors (8 km):

1.	Sthabiso Mkhize	Ind	27:46
2.	Nkosi Mncwabe	Escom Gij	31:33

WOMEN (8 km)

1.	Jenna Challenor B	Boxer AC	30:56
2.	Cary Ann Smith	Nedbank AC	32:58
3.	Puseletso Dladla	DUT	33:26

40-49 (4 km):

1.	Kylie Griffin	West AC	18:50
2.	Lise Muchna	PDAC	19:11
3.	Nana Sigbudu	Boxer AC	19:36

50-49 (4 km):

1.	Judith Grove	HH	20:20
2.	Debby de Koning	Escom Gij	20:21
3.	Jane Dickenson	RWFL	20:30

60+ (4 km):

1.	Anne Weeden	PDAC	23:16
2.	Alet Engelbrecht	SCS	26:06

TRACK

Yellow Pages Series Meeting #3

Bellville, 10 March

MEN

800:

1. Sampson Ngoepe 1:49.59
2. Windy Jonas 1:49.92
3. Daniel Nghipandulwa (NAM) 1:49.99
4. Reinhard van Rooyen 1:50.78
5. Tlou Seloba 1:51.14
6. Rynhardt van Rensburg 1:51.57
7. Zwelakhe Seboto 1:52.30
8. Nathan Beukes 1:53.84

Mile:

1. Ruben Ramolefi 3:59.69
2. Pharson Magagane 4:00.00
3. Jacques Pretorius 4:00.15
4. Dean Brummer 4:03.38

5000:

1. Stephen Mokoka 13:28.60
2. Gladwin Mzazi 13:30.12
3. Kgosi Tsosane 13:30.88
4. Sibusiso Nzima 13:39.22
5. Isaac Mbuyazi 13:49.61
6. Gert Manora 13:52.60
7. Tshamano Setone 13:54.95
8. Lloyd Bosman 13:57.02
9. Molefe Molefe 13:58.77
10. Xolisa Tyali 14:02.56

...

15. Shadrack Hoff 14:17.70

WOMEN

3000 s/chase:

1. Teboho Masehla 10:10.65
2. Nolene Conrad 10:22.72
3. Christine Kalmer 10:43.49
4. Myrette Filmater 10:44.77
5. Ashleigh Schnetler 10:47.62

5000:

1. Zintle Xiniwe 15:53.53
2. Violet Raseboya 15:58.74
3. René Kalmer 16:01.33
4. Irvette van Blerk 16:04.82
5. Annerien van Schalkwyk 16:32.72
6. Portia Ngewenya 16:46.22
7. Catherine Skosana 16:49.10
8. Maxine Heine-Wacker 16:50.41

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING**Fortis City Pier-City-Half Marathon (37th)**

The Hague, NED, 13 March

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

Note: The first four men are the 69th, 70th, 71st and 72nd athletes to break an hour for the half marathon. – Ed.

MEN

- | | |
|---------------------------|------------|
| 1. Lelisa Desisa, ETH | 59:37 PB |
| 2. Azmeraw Bekele, ETH | 59:39 PB |
| 3. Peter Kirui, KEN | 59:40 PB |
| 4. Ayele Abshero, ETH | 59:42 PB |
| 5. Lucas Rotich, KEN | 59:44 PB |
| 6. James Kwambai, KEN | 1:00:01 |
| 7. Sammy Kitwara, KEN | 1:00:26 |
| 8. Shadrack Kemboi, KEN | 1:01:02 PB |
| 9. Joseph Birech, KEN | 1:01:03 |
| 10. Jairus Chanchima, KEN | 1:01:19 |

WOMEN

- | | |
|-------------------------------|------------|
| 1. Filomena Chepchirchir, KEN | 1:09:06 PB |
| 2. Tsgereda Girma, ETH | 1:10:30 PB |
| 3. Joyce Kandie, KEN | 1:11:50 |
| 4. Lisa Stublic, CRO | 1:14:15 NR |
| 5. Mariska Kramer, NED | 1:14:24 PB |

Gate River Run 15 km (34th)

(U.S. 15 km Championships for men and women)

Jacksonville, USA, 12 March

(Distance: 15 km; certified standard course)

MEN (gun times)

1. Mo Trafteh, 25, Duarte, CA	42:58 PB=	\$12,000 + 5,000i
2. Ben True, 25, Hanover, NH	43:25 DB	5,000
3. Aaron Braun, 23, Flagstaff, AZ	43:26 DB	3,000
4. Scott Bauhs, 24, Mammoth Lakes, CA	43:39 PB	2,000
5. Ryan Vail, 24, Portland, OR	43:44 PB	1,000
6. Jorge Torres, 30, Boulder, CO	43:48 PB	900
7. David Jankowski, 26, Blowing Rock, NC	43:51 PB	800
8. Fasil Bizuneh, 30, Flagstaff, AZ	43:52 PB=	700
9. Scott Smith, 24, Flagstaff, AZ	44:01 DB	600
10. Jimmy Grabow, 26, Running Springs, CA	44:07 PB	500

i) Earned equaliser bonus for being the first athlete, male or female, to cross the finish line (elite women received 5:00 headstart)

WOMEN (gun times/all women's race)

1. Jen Rhines, 36, Mammoth Lakes CA	49:31	\$12,000
2. Nan Kennard, 29, Boulder, CO	49:56 DB	5,000
3. Megan Hogan, 23, Ballston Spa, NY	49:57 DB	3,000
4. Clara Grandt, 24, Waldorf, MD	50:34 DB	2,000
5. Megan Brown, 25, CAN	50:49 DB	-----
6. Meghan Armstrong, 25, Richfield, MN	51:18 PB	1,000
7. Katie McGregor, 33, St. Paul, MN	51:21	900
8. Rebecca Donaghue, 35, Concord, MA	51:52	800
9. Alisha Williams, 29, Colo Springs, CO	51:56 DB	700
10. Jen Houck, 27, Minneapolis, MN	52:04 DB	600
... 15. Colleen De Reuck, 46, Boulder, CO	52:47	1000

INDOOR TRACK**NCAA Division I Indoor Championships**

College Station, USA, 11-12 March

MEN

800 (12):

1. Fred Samoei, SR, Alabama (KEN)	1:48.33
2. Michael Rutt, SR, Connecticut	1:48.37
3. Michael Preble, JR, Texas A&M	1:48.89

Mile (12):

1. Miles Batty, JR, BYU	3:59.49
2. Chris O'Hare, SO, Tulsa (GBR)	3:59.62
3. Ryan Foster, SR, Penn State (AUS)	4:00.17
4. Dumisane Hlaselo, JR, Florida (RSA)	4:00.97

3000 (12):

1. Elliott Heath, JR, Stanford	8:03.71
2. Ben Blankenship, JR, Minnesota	8:04.65
3. Andrew Bayer, SO, Indiana	8:04.70
4. Matt Centrowitz, JR, Oregon	8:04.88
... 6. Leonard Korir, JR, Iona (KEN)	8:05.76

5000 (11):

1. Leonard Korir, JR, Iona (KEN) 13:26.01 PB/MR/FR
2. Sam Chelanga, SR, Liberty (KEN) 13:27.34
3. Stephen Sambu, JR, Arizona (KEN) 13:28.48 PB

WOMEN

800 (12):

1. Lacey Bleazard, JR, BYU 2:04.09
2. Jillian Smith, SO, Michigan 2:04.78
3. Sofie Persson, JR, Mississippi (SWE) 2:04.89

Mile (12):

1. Jordan Hasay, SO, Oregon 4:33.01 PB
2. Kate Van Buskirk, SR, Duke (CAN) 4:33.71 PB
3. Zoe Buckman, SR, Oregon (AUS) 4:33.76 PB

3000 (12):

1. Jordan Hasay, SO, Oregon 9:13.71
2. Sheila Reid, SR, Villanova (CAN) 9:13.86
3. Lucy Van Dalen, JR, Stony Brook (NZL) 9:14.12

5000 (11):

1. Jackie Areson, SR, Tennessee 16:04.16
2. Mia Behm, JR, Texas 16:08.56
3. Betsy Saina, SO, Iowa State (KEN) 16:09.12

New Balance Indoor Nationals

(USA Indoor High School National Championships)

New York, USA, 11-13 March

BOYS

Mile (13):

1. Lukas Verzbicas 11 Orland Hills, IL (LTU) 4:10.67
[3:55.57 at 1500; final 200 timed at 27 seconds]
2. Elias Gedyon 11 Los Angeles, CA 4:11.76
3. Tyler Cardillo 11 Punta Gorda, FL 4:13.48

2 Mile (13):

1. Lukas Verzbicas 11 Orland Hills, IL (LTU) 8:40.70 MR
2. Edward Cheserek 13 Newark, NJ (KEN) 8:42.66
3. Shayne Collins 11 Mansfield, MA 9:11.12

5000 (11):

1. Lukas Verzbicas 11 Orland Hills, IL(LTU) 14:06.78 NJR/NR/MR
2. Eddie Owens 11 Brooklyn, NY 14:49.80
3. David Kilgore 11 Melbourne, FL 14:50.59

GIRLS

800 (13):

1. Ajee' Wilson 12 Neptune, NJ 2:06.17 MR*
2. Claudia Francis 11 Bayside, NY 2:06.98
3. Olicia Williams 12 Hempstead, NY 2:07.81

2 Mile (13):

1. Aisling Cuffe 11 Cornwall on Hudson, 9:56.85 MR

2. Colleen Schmidt	11 Point Lookout, NY	10:25.22
3. Joanna Thompson	11 Knoxville, TN	10:26.49

STATS TIME

This week we include the top twenty SA female half-marathoners for 2010.

2010 HALF MARATHON: TOP 20 WOMEN

1:11:09	Irvette van Blerk		1	Port Elizabeth	24 Jul
1:12:39	René Kalmer		1	Cape Town	03 Apr
1:13:13	Zintle Xiniwe		2	Port Elizabeth	24 Jul
1:13:22	Tanith Maxwell		3	Port Elizabeth	24 Jul
1:13:58	Thozama April		4	Port Elizabeth	24 Jul
1:14:45	Annerien van Schalkwyk		7	Glasgow	05 Sep
1:15:11	Louisa Leballo		31	Nanning	16 Oct
1:15:28	Mpho Mabuza		5	Port Elizabeth	24 Jul
1:15:47	Nolene Conrad		6	Port Elizabeth	24 Jul
1:15:54	Christine Kalmer	(10)	7	Port Elizabeth	24 Jul
1:16:30	Ntombesintu Mfunzi		1	Port Elizabeth	08 May
1:18:22	Nomvuyisi Seti		9	Port Elizabeth	24 Jul
1:18:35	Cornelia Joubert		10	Port Elizabeth	24 Jul
1:18:39	Bulelwa Mtshagi		11	Port Elizabeth	24 Jul
1:18:42	Nandipha Dywili		12	Port Elizabeth	24 Jul
1:19:15	Charné Bosman		13	Port Elizabeth	24 Jul
1:19:30	Lusanda Bomvana		14	Port Elizabeth	24 Jul
1:19:46	Juan-Marie Cooper		15	Port Elizabeth	24 Jul
1:19:50	Joyce Thiane		14	Port Elizabeth	24 Jul
1:20:04	Marelize Retief	(20)	8	Cape Town	03 Apr

THIS MONTH IN HISTORY

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

24 years ago: 11 March 1987

One often sees Johan Fourie next to the track at meetings these days, encouraging the athletes he coaches in Stellenbosch. One often wonders how many of them realise that their coach still holds the SA record for the mile – set long before many of them were born. Fourie, one of the best athletes produced in South Africa during the years of isolation, ran his 3:50.82 on this day in Port Elizabeth, pulling five others under 4 minutes: Victor Radebe 3:54.62, Deon Brummer 3:55.42, Monde Tutani 3:56.39, Henning Gericke 3:57.74 and Jacques van Rensburg 3:58.15. Only two other South African track records are older: Fourie's own 4:56.41 for the rarely run 2000 m and Zola Pieterse's 4:01.81 for 1500 m (set, incidentally, also in Port Elizabeth in March). Fourie, who also ran a national 1500-metres record the next month, was fourth on the world mile list for 1987 – the highest place by a South African that year in any event.

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		
	44:43	Lusapho April	Jeffreys Bay	08 Jan
21.1 km	43:35A	Mark Kenneally (IRL)		
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	65:29	Shadrack Hoff	Pretoria	29 Jan
	59:25	Deribe Merga (ETH)		
30 km	58:23	Zersenay Tadese (ERI) 2010		
	79:50	Juan van Deventer	Johannesburg	23 Jan
Marathon	71:50	Sammy Kosgei (KEN) 2010		
	1:36:14	Elroy Gelant	Camps Bay	09 Jan
100 km	1:32:08	Jason Lehmkuhle (USA)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:13:21	Lusapho April	George	13 Feb
	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
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:22:07	Elias Mabane	Benoni	30 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:26	Goodman Mpukane	Cape Town	02 Mar
	[32:10	Vladimir Kotov	Cape Town	02 Mar]
15 km	30:35	Tecwyn Davies (GBR) 1988		
	53:11	Johannes Seakamela	Alberton	13 Mar
21.1 km	[50:03	Vladimir Kotov (BLR)	Constantia	12 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
25 km	77:09	Charles Vilakazi	Sasolburg	05 Feb
	[73:54	Vladimir Kotov (BLR)	Tokai	05 Feb]
30 km	66:42	Martin Rees (GBR) 2003		
	1:47:20	A. Watson	Johannesburg	23 Jan
Marathon	1:58:23	Raymond Howard	Camps Bay	09 Jan
	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	59:28	Jimmy Morris	Constantia	12 Mar
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	48:50	Lufumba Sakila	Constantia	12 Mar
	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	53:48	René Kalmer	Alberton	13 Mar
	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	57:51	Joanna Thomas	Constantia	12 Mar
	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

Masters (50+)

10 km	44:36	Charmaine Cupido	Cape Town	02 Mar
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	67:09	Bev Charters	Constantia	12 Mar
	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				

Grandmasters (60+)

10 km	49:15	Marietha Herbert	Cape Town	02 Mar
15 km	76:05	Marietha Herbert	Constantia	12 Mar
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				

Juniors

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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