

Distance Running Results

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EDITORIAL

At the World Cross-country Championships in Punta Umbria Stephen Mokoka confirmed his status as South Africa's best distance runner by again finishing as the country's top placer. His 15th position – 80 seconds behind winner Imana Marga (ETH) – is eight places better than last year in Poland.

On the whole the South Africans did not fare as well individually as last year, when there were four in the top 25 of all four events – this time only Mokoka and Tshamano Setone (25th) turned the trick – but team-wise there was a big improvement with placings of fifth (men), ninth (women), sixth (junior men) and tenth (junior women) as against twelfth, tenth, seventh and tenth in 2010.

The senior men's fifth place behind Kenya, Ethiopia, Uganda and Eritrea is the highest by any SA senior team, men or women, since 1994, and Mokoka's 15th place equals the highest individual placing, by Shadrack Hoff in 1996, in this period. Mokoka has now finished 31st, 23rd and 15th over the last three years.

South Africa's other top placers were René Kalmer (31st), William Kaptein (26th) and Khonzeni Gwegwa (44th). In the junior men's race the second SA runner, Luyanda Qolo, was also in the top thirty (28th).

As usual, Kenya dominated the competition, winning three of the individual and three of the team races. But Ethiopia took the main prize, the senior men's race, where Marga reigned supreme against four Kenyans on his heels. Vivian Cheruiyot (KEN) took the women's crown. Ethiopia's only other win came in the junior women's team event, which they won by a mere two points.



Irvette van Blerk (centre, in green) at the start of the NYC Half Marathon. The other recognisable athletes are Kara Goucher, Aziza Aliyu, Adriana Pirtea (dark glasses), Madai Perez, Jessica Augusto and Yuri Kano. [NYRR]



The outstanding South African road performance of the weekend came in the sixth New York City Half Marathon where, in temperatures of below 2 °C and a chilling wind, Irvette van Blerk passed Zola Pieterse on the SA all-time list with her 70:56 PB for ninth place. Van Blerk (24) now trails only Elana Meyer (66:44), Colleen de Reuck (68:38) and René Kalmer (70:37a) on the all-time list. The New York course is aided.

Both the men's and women's races produced magnificent competitions. In the men's event Mo Farah (GBR), in his debut half marathon, outsprinted ING NYC Marathon champion Gebre-Egziabher Gebremariam (ETH) to win in 60:23. Another first-time half-marathoner, Galen Rupp (USA), was third in 60:30 despite a heavy fall at 10 km.

In the women's race Caroline Rotich beat fellow Kenyan and NYC Marathon champion Edna Kiplagat by 8 seconds in a new course record of 68:52. American Kara Goucher, who will compete in the Boston Marathon next month (Kiplagat will go to London), was third in 69:03.

Tanith Maxwell finished seventh in the Reading Half Marathon in 74:53.

Markos Geneti (ETH) delivered a superb debut in the Honda Los Angeles Marathon, winning in a new event record of 2:06:35 despite pouring rain. His time is the sixth fastest debut ever (see Stats Time) and he became the 74th runner to complete a marathon in under 2:07 since his fellow countryman Belayneh Dinsamo ran 2:06:50 in Rotterdam in April 1988. (South African Gert Thys was the fourth when he clocked the still-standing national record of 2:06:33 in February 1999.)

Geneti not only won the first prize of \$25 000 and a new Honda car, but also the \$100 000 incentive for being the first athlete, man or woman, across the finish line. The women received a head start of 17:03, and Geneti passed the three leading women just before the 20-mile marker. The first woman across the line was Buzunesh Deba, also from Ethiopia, in 2:26:34.



Scenes from the World XC Championships (clockwise from top left): top SA junior finishers Khonzeni Gwegwa and William Kaptein; René Kalmer; and the leading senior men, with eventual winner Imana Marga flanked by Kenyans Mathew Kisorio and Geoffrey Mutai. [Martin van Schalkwyk]

Locally, two ultramarathons were held this weekend, with the De Freitas Spar Bruintjieshoogte 50 km being run for the 34th time and the Old Mutual Om die Dam over the same distance for the 21st time. In the latter race the wins went to Leburu Kgosiemang and Zimbabwe's Lizih Chokore, who beat her sister (and defending champion) Chiyedza. The Eastern Cape race went to Mbuyiseli Mema and Davera Magson. In the accompanying 25 km Frith van der Merwe won by more than 9 minutes.

Eleven list leaders were set this weekend (with another one added from a February race).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Stella Royal 25 km & 10 km, Durban
- * Umgeni Water Marathon, 32 km & 15 km, Midmar Dam
- * Old Mutual Om die Dam 50 km, Half Marathon & 10 km, Hartebeespoort Dam
- * De Freitas Spar Bruintjieshoogte 50 km & 25 km, Pearston to Somerset East
- * UCT Memorial 10 km, Rondebosch
- * GWK Diamant Marathon, Half Marathon & 10 km, Kimberley
- * Rainbow Farms 30 km & 10 km, Worcester
- * Palm Tyres 10 km, George
- * Township Marathon & 15 km, Johannesburg

International highlights:

- * NYC Half Marathon, New York, USA
 - * XC: IAAF World Cross-country Championships, Punta Umbria, ESP
-

ROAD RUNNING

Stella Royal 25 km (36th) & 10 km

Durban, 20 March
(Loop courses)

25 km

MEN

- | | | | |
|----|-------------------|-----------------|---------|
| 1. | Samson Tenai | ZIM/Form One AC | 1:25:32 |
| 2. | Joseph Mandizha | Ind | 1:25:39 |
| 3. | Knowledge Khumalo | Mr Price AC | 1:27:56 |

40-49:

- | | | | |
|----|--------------------|------------|---------|
| 1. | Laurance Chipongwa | Nedbank AC | 1:28:31 |
| 2. | Peter Sehloho | Boxer AC | 1:34:25 |
| 3. | S. Sibongeni | Ubunye AC | 1:36:25 |

50-59:

- | | | | |
|----|------------------|----------|---------|
| 1. | Eloi de Oliveira | Boxer AC | 1:48:44 |
|----|------------------|----------|---------|

60+:

- | | | | |
|----|---------------|-----------------|---------|
| 1. | Michael Langa | Athletics North | 1:48:44 |
|----|---------------|-----------------|---------|

WOMEN

- | | | | |
|----|-------------------|----------|-------------------------------|
| 1. | Grace de Oliveira | Boxer AC | 1:49:49 (1 st vet) |
| 2. | Janine Carey | Boxer AC | 1:50:41 |
| 3. | Sibongile Mpanza | Boxer AC | 2:00:41 |

40-49:

- | | | | |
|----|-------------------|----------|---------|
| 1. | Grace de Oliveira | Boxer AC | 1:49:49 |
| 2. | Mary Mvelase | Boxer AC | 2:14:37 |

| | | | |
|---------------|------------------|------------|---------|
| 3. | Michelle Wilmans | West AC | 2:16:27 |
| 50-59: | | | |
| 1. | Jenny Scott | DCS | 2:11:41 |
| 60+: | | | |
| 1. | Eunice Nxumalo | Savages AC | 3:01:23 |

10 km

MEN

| | | | |
|----|-------------------------|-------------|-------|
| 1. | Siyabonga Nkonde | Madadeni AC | 30:37 |
| 2. | Thobani Chagwe | Boxer AC | 31:38 |
| 3. | Sifuninkosi Nqgoyingile | Corr Serv | 32:33 |

WOMEN

| | | | |
|----|-----------------|------------|-------|
| 1. | Jenna Challenor | Boxer AC | 36:56 |
| 2. | Danielle Adlam | Boxer AC | 37:50 |
| 3. | Cary-Ann Smith | Nedbank AC | 38:17 |

Umgeni Water Marathon, 32 km & 15 km

Midmar Dam, 20 March

(Distances: 42.195 km, 32 km & 15 km; loop courses)

Marathon

MEN

| | | | |
|----|-----------------|-------------|-------------------------------|
| 1. | Washington Zuma | Mr Pricr AC | 2:33:29 |
| 2. | Richard Dlamini | Mr Price AC | 2:33:55 (1 st vet) |
| 3. | Thulani Duma | Estcourt AC | 2:36:25 |

40-49:

| | | | |
|----|-----------------|-------------|---------|
| 1. | Richard Dlamini | Mr Price AC | 2:33:55 |
|----|-----------------|-------------|---------|

50-59:

| | | | |
|----|------------------|------------|---------|
| 1. | Sandile Khuzwayo | Hulamin AC | 3:02:57 |
|----|------------------|------------|---------|

60+:

| | | | |
|----|--------------|---------------|---------|
| 1. | Eric Quibell | Hillcrest Vil | 3:29:18 |
|----|--------------|---------------|---------|

WOMEN

| | | | |
|----|-----------------|--------------|---------|
| 1. | Kerry Koen | Nedbank AC | 3:11:45 |
| 2. | Sarah Scott | Coll Harr | 3:12:27 |
| 3. | Nicola McMurray | Umtenzini AC | 3:22:45 |

40-49:

| | | | |
|----|--------------|-----------|---------|
| 1. | Erica Walker | Ntl Carbs | 3:25:02 |
|----|--------------|-----------|---------|

50-49:

| | | | |
|----|----------------|------------|---------|
| 1. | Elize Cilliers | Savages AC | 4:12:52 |
|----|----------------|------------|---------|

60+:

| | | | |
|----|---------------|-------------|---------|
| 1. | Maureen Parry | Chiltern AC | 4:43:14 |
|----|---------------|-------------|---------|

32 km

MEN

| | | | |
|----|-----------------|-------------|---------|
| 1. | Xolani Ngubane | Mr Price AC | 1:50:33 |
| 2. | Thuso Mosieo | Escom Gilj | 1:51:33 |
| 3. | Lawrence Sibiya | Coll Harr | 1:55:40 |

40-49:

| | | | |
|----|--------------|--------------|---------|
| 1. | Mduso Gumede | Phumanthi AC | 2:20:58 |
|----|--------------|--------------|---------|

50-59:

| | | | |
|----|-----------------|------------|---------|
| 1. | Joseph Dumakude | Verulam AC | 2:32:12 |
|----|-----------------|------------|---------|

60+:

1. Andrew Smythe Coll Harr 3:16:55

WOMEN

1. Melanie v Rooyen R/Bay AC 2:20:57
 2. Sandy de Beer SANDF 2:32:57
 3. Maureen Slack Riverside Harriers 2:33:23

40-49:

1. Sandy de Beer SANDF 2:32:57

50-59:

1. Judith Geldenhuys Est AC 2:36:41

15 km

MEN

1. Michael Mzobe SCS 50:17
 2. Siphon Tsepho Boxer AC 51:03

WOMEN

1. Kirsten Williams Coll Harr 62:35
 2. Kim Westbrook Hilton Harr 70:23

Old Mutual Om die Dam 50 km (21st), Half Marathon & 10 km

Hartebeespoort Dam, 19 March

(Distances: 50 km, 21.1 km & 10 km; hilly loop courses. Finishers: 50 km – 3200; half marathon – 2100; 10 km – 1200.)

50 km

MEN

1 Leburu Kgosiemang (Klerksdorp) 2:54:04; 2 Leonard Koki (ZIM/Mr Price) 2:55:44; 3 William Makwalakwala (Toyota) 2:57:14; 4 Peter Muthubi (Nedbank) 2:57:21; 5 Thabo Nkuna (Bonitas) 2:58:08; 6 Lucas Nonyana (Nedbank) 3:01:37; 7 Samuel Ongaki (KEN/Nedbank) 3:01:59; 8 Raymond Msiza (Dayveton Hearts) 3:02:35; 9 Butiki Jantjies (Mr Price) 3:03:40 (1st vet); 10 Joseph Mphuthi (Toyota) 3:04:04.

Veterans: 1 Butiki Jantjies (Mr Price) 3:03:40; 2 Mario Balaze (RAC) 3:16:10. **Masters:** 1 Elias Letlape (Nedbank) 3:37:01; 2 Kgang Sethojane (Harmony Striders) 3:42:13.

G'masters: 1 Louis Liebenberg (Boksburg) 4:39:12; 2 Ponhi Maja (Magnolia) 4:47:37.

G/g'masters: 1 Maartin Coetsee (Magnolia) 6:13:30.

WOMEN

1 Lizih Chokore (ZIM/Nedbank) 3:23:52; 2 Chiyedza Chokore (ZIM/Mr Price) 3:24:01; 3 Farwa Mentoor (Bonitas) 3:46:24; 4 Julianie Basson (Toyota) 3:46:32; 5 Lesley Train (Nedbank) 3:48:35; 6 Adinda Kruger (Nedbank) 3:49:32; 7 Elizabeth Phaka (Gauteng Striders) 3:54:04; 8 Carien Visser (Tuks) 3:54:46 (1st vet); 9 Winia Janse van Rensburg (Tuks) 3:57:44; 10 Gillian Silieng (Nedbank) 4:00:21.

Veterans: 1 Carien Visser (Tuks) 3:54:46; 2 Gillian Silieng (Nedbank) 4:00:21. **Masters:** 1 Val Watson (New Balance) 4:29:20; 2 Heleen Holl (Rustenburg) 4:33:57. **G'masters:** 1 Elaine Greenblatt (Rockies) 4:45:17; 2 Carol Cronk (Florida) 5:15:49.

Half marathon

MEN

1 Michael Mazibuko (Toyota) 65:32; 2 Lucky Mohale (Mr Price) 66:06; 3 Vusi Malobolo (Bonitas) 66:41.

Veterans: 1 Piet Mosibedi (HSRC) 72:00; 2 Isaac Masilela (ADT) 75:27. **Masters:** 1 Colin Fisher (CSIR) 92:02; 2 Alpheus Jobe (Jeppe) 92:41. **G'masters:** 1 Trevor Parry (Harmony Striders) 97:13. **G/g'masters:** 1 Willem Hietbrink (Carnival City) 2:30:03.

WOMEN

1 Muchaneta Gwata ZIM/ (Mr Price) 82:02; 2 Cornelia Joubert (Bedfordview) 82:56; 3 Paulina Njeja (Bonitas) 83:22.

Veterans: 1 Jane Mudau (Bonitas) 92:40; 2 Ansie Viljoen (Irene) 95:20. **Masters:** 1 Miemie Liebenberg (Panorama) 2:04:09; 2 Elize Brunette (Ndaba) 2:12:22. **G'masters:** 1 Margaret Boshoe (Sunninghill) 2:05:27. **G/g'masters:** 1 Mavis Stadler (Agape) 2:12:14.

10 km

MEN

1 Desmond Mokgobu (ADT) 30:36; 2 Wesley Ruto (KEN/Nedbank) 30:46; 3 Charles Soza (ZIM/Bashewa) 30:55.

Veterans: 1 Elias Mabane (Bidvest) 33:26; 2 Stemmer Lekota (Nedbank) 35:07. **Masters:** 1 Meshack Motla (South Deep) 35:18; 2 Charles Vilakazi (Kwa Thema) 36:55. **G'masters:** 1 Hubrecht Ribbens (CSIR) 51:51. **G/g'masters:** 1 Frik Smit (Running Inn) 71:41. **Juniors:** 1 Caleb Khokhololo (Elim) 35:07.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 35:20; 2 Olivia Chitate (ZIM/Bashewa) 37:47; 3 Ndhofiwa Mandiwana (Nedbank) 44:15.

Veterans: 1 Florence Molawa (Arcelor Mittal) 45:41; 2 Lona Liebenberg (New Balance) 47:52. **Masters:** 1 Magda Opperman (Loskop) 72:16; 2 Marietjie Venter (Agape) 73:20. **G'masters:** 1 Rina Machado (Ndaba) 57:44. **G/g'masters:** 1 Deidre Larkin (Randburg Harriers) 72:10. **Juniors:** 1 Jennifer Banker (Breakthru Midrand) 55:54.

De Freitas Spar Brintjieshoogte 50 km (34th) & 25 km

Pearston to Somerset East, 19 March

(Point-to-point courses, but hilly. Finishers: 50 km – 158; 25 km – 103.)

50 km

MEN

| | | | | | |
|----|-------------|----------------------------|-------------------|----|---------|
| 1 | Mbuyiseli | Mema | Nedbank RC EP | 33 | 3:16:33 |
| 2 | Emerson | Kayana | Nedbank RC EP | 37 | 3:19:21 |
| 3 | Sandile | Ngunuza | Nedbank RC EP | 28 | 3:22:30 |
| 4 | Desmond | Zibi (1 st vet) | Nedbank RC EP | 47 | 3:27:32 |
| 5 | Christopher | Mabengeza | Nedbank RC EP | 44 | 3:33:32 |
| 6 | Alfred | Qogi | Nedbank RC EP | 37 | 3:34:48 |
| 7 | Riaan | Kock | Nedbank RC EP | 41 | 3:35:18 |
| 8 | Welcome | Loliwe | Nedbank RC EP | 46 | 3:42:36 |
| 9 | Graham | Eshmade | Crusaders AC | 33 | 3:48:21 |
| 10 | Vusumzi | Runeli | Nedbank RC EP | 38 | 3:49:30 |
| 11 | Desmond | Witbooi | Nedbank RC EP | 39 | 3:51:26 |
| 12 | Luyanda | Ndzandza | Queenstown | 30 | 3:51:56 |
| 13 | Mzukisi | Zamxaka | Nedbank RC EP | 32 | 3:52:38 |
| 14 | Zamubuntu | Teyise | Triangle Sports | 34 | 3:53:09 |
| 15 | Tshepo | Rantjie | Real Gijimas | 38 | 3:53:28 |
| 16 | Theron | Arends | Oxford Striders | 42 | 3:53:44 |
| 17 | Chris | Darke | Achilles AAA | 42 | 3:55:11 |
| 18 | Melwin | Reans | Jeffreys Bay AC | 34 | 4:00:56 |
| 19 | Vernon | Newfeldt | Willard Batteries | 45 | 4:01:58 |

| | | | | | |
|---------------|-------------|-------------------------------|-------------------|----|---------|
| 20 | Daryl | North | Achilles AAA | 34 | 4:02:35 |
| 40-44: | | | | | |
| 1 | Christopher | Mabengeza | Nedbank RC EP | 44 | 3:33:32 |
| 2 | Riaan | Kock | Nedbank RC EP | 41 | 3:35:18 |
| 3 | Theron | Arends | Oxford Striders | 42 | 3:53:44 |
| 45-49: | | | | | |
| 1 | Desmond | Zibi | Nedbank RC EP | 47 | 3:27:32 |
| 2 | Welcome | Loliwe | Nedbank RC EP | 46 | 3:42:36 |
| 3 | Vernon | Newfeldt | Willard Batteries | 45 | 4:01:58 |
| 50-54: | | | | | |
| 1 | Lenneth | Erasmus | Willard Batteries | 53 | 4:11:11 |
| 2 | Lucky | Adams | Nedbank RC EP | 53 | 4:16:57 |
| 3 | Johnny | Malgas | SANDF EP | 51 | 4:23:44 |
| 55-59: | | | | | |
| 1 | Colin | Parkins | Bluewater Bay | 57 | 4:31:47 |
| 2 | Paul | Steffens | Transnet RE EP | 59 | 4:38:35 |
| 3 | Charl | Pienaar | Living Free | 55 | 4:59:12 |
| 60-64: | | | | | |
| 1 | Johan | Kriel | Buffalo RR | 61 | 5:55:09 |
| 2 | David | O'Rielly | Nedbank RC EP | 63 | 6:04:50 |
| 3 | Thembisile | Ntoni | PEAAC | 63 | 6:18:34 |
| 65-69: | | | | | |
| 1 | David | Uithaler | Willard Batteries | 65 | 5:51:41 |
| WOMEN | | | | | |
| 1 | Davera | Magson | Nedbank RC EP | 36 | 4:07:02 |
| 2 | Gail | Langley (1 st vet) | Buffalo RR | 42 | 4:16:09 |
| 3 | Maresa | Ah Kun | Bluewater Bay | 35 | 4:27:50 |
| 4 | Grizelda | Pietersen | Achilles AAA | 42 | 4:45:22 |
| 5 | Laura | Maritz (1 st mast) | Elite AC | 50 | 4:47:29 |
| 6 | Janette | Schierz-Crusius | Body Concept | 50 | 4:50:30 |
| 7 | Nerine | Loock | Nedbank RC EP | 34 | 4:52:04 |
| 8 | Georgie | Thomas | Achilles AAA | 44 | 4:52:16 |
| 9 | Yolande | Weitz | Nedbank RC EP | 42 | 5:02:25 |
| 10 | Anine | Claassen | Triangle Sports | 39 | 5:03:46 |
| 11 | Lea | Chandler | Triangle Sports | 44 | 5:04:09 |
| 12 | Janice | McKerry | Queenstown | 46 | 5:22:38 |
| 13 | Aletta | Joubert | Crusaders AC | 49 | 5:27:57 |
| 14 | Sharon | Smuts | St Albans CS EP | 44 | 5:30:00 |
| 15 | Debbie | Dodd | Charlo RR | 40 | 5:33:11 |
| 16 | Claudette | Fouche | Nedbank RC EP | 44 | 5:42:43 |
| 17 | Denise | Darlow | Charlo RR | 42 | 5:47:17 |
| 18 | Diana | Mouton | Nedbank RC SWD | 33 | 5:47:19 |
| 19 | Rosemary | Joubert | Crusaders AC | 50 | 5:48:40 |
| 20 | Cathy | Allers | Transnet RE EP | 49 | 5:52:05 |
| 40-44: | | | | | |
| 1 | Gail | Langley | Buffalo RR | 42 | 4:16:09 |
| 2 | Grizelda | Pietersen | Achilles AAA | 42 | 4:45:22 |
| 3 | Georgie | Thomas | Achilles AAA | 44 | 4:52:16 |
| 45-49: | | | | | |
| 1 | Janice | McKerry | Queenstown | 46 | 5:22:38 |
| 2 | Aletta | Joubert | Crusaders AC | 49 | 5:27:57 |
| 3 | Cathy | Allers | Transnet RE EP | 49 | 5:52:05 |
| 50-54: | | | | | |
| 1 | Laura | Maritz | Elite AC | 50 | 4:47:29 |

| | | | | | |
|---|----------|-----------------|--------------|----|---------|
| 2 | Janette | Schierz-Crusius | Body Concept | 50 | 4:50:30 |
| 3 | Rosemary | Joubert | Crusaders AC | 50 | 5:48:40 |

65-69:

| | | | | | |
|---|-------|------------|------------|----|---------|
| 1 | Paula | Richardson | Buffalo RR | 67 | 5:55:08 |
|---|-------|------------|------------|----|---------|

25 km**MEN**

| | | | | | |
|----|----------|---------------------------------|-------------------|----|---------|
| 1 | George | Ntshiliza | Nedbank RC EP | 31 | 1:21:18 |
| 2 | Masande | Mlonyeni | Nedbank RC EP | 30 | 1:29:46 |
| 3 | Basie | Boneparte (1 st vet) | Albany RR | 45 | 1:32:10 |
| 4 | Revan | Fillis | Albany RR | 20 | 1:34:57 |
| 5 | Juwayne | Fletcher | Mr Price AC EP | 19 | 1:36:03 |
| 6 | Gilroy | Domingo | Willard Batteries | 38 | 1:41:38 |
| 7 | Robin | Fourie | Achilles AAA | 47 | 1:42:49 |
| 8 | Alvino | Williams (1 st jun) | Albany RR | 18 | 1:49:26 |
| 9 | Sizinzo | Kama (1 st mast) | Achilles AAA | 59 | 1:49:57 |
| 10 | Vukile | Peta | Temp | 34 | 1:50:21 |
| 11 | Richard | Alexander | Albany RR | 25 | 1:51:27 |
| 12 | Joseph | Bain | St Albans CS EP | 51 | 1:52:29 |
| 13 | Terrance | Mjekula | Triangle Sports | 38 | 1:52:35 |
| 14 | Daniel | Hewson | Temp | 23 | 1:53:57 |
| 15 | Bruce | McEwan | Achilles AAA | 57 | 1:54:40 |
| 16 | Hannes | Els (1 st g'mast) | Madiba Bay AC | 61 | 1:54:54 |
| 17 | Andrew | Slaughter | Albany RR | 34 | 1:55:03 |
| 18 | Riano | Nel | Albany RR | 23 | 1:58:26 |
| 19 | Hansie | Els | Somerset East | 63 | 1:59:30 |
| 20 | Michael | Maduka | Willard Batteries | 24 | 1:59:37 |

40-44:

| | | | | | |
|---|--------|--------------|-----------------|----|---------|
| 1 | Graham | Bubb | St Albans CS EP | 43 | 2:01:36 |
| 2 | Marius | Van Deventer | Transnet RE EP | 40 | 2:26:40 |
| 3 | Riaan | Van der Walt | Somerset East | 40 | 2:35:01 |

45-49:

| | | | | | |
|---|--------|-----------|---------------|----|---------|
| 1 | Basie | Boneparte | Albany RR | 45 | 1:32:10 |
| 2 | Robin | Fourie | Achilles AAA | 47 | 1:42:49 |
| 3 | Willie | Bosman | Nedbank RC EP | 47 | 2:05:42 |

50-54:

| | | | | | |
|---|--------|----------|-----------------|----|---------|
| 1 | Joseph | Bain | St Albans CS EP | 51 | 1:52:29 |
| 2 | Andre | Nel | Sap M C EP | 50 | 2:04:33 |
| 3 | Daniel | Ferreira | Elite AC | 52 | 2:07:24 |

55-59:

| | | | | | |
|---|---------|--------|--------------|----|---------|
| 1 | Sizinzo | Kama | Achilles AAA | 59 | 1:49:57 |
| 2 | Bruce | McEwan | Achilles AAA | 57 | 1:54:40 |
| 3 | Roger | Trader | Achilles AAA | 57 | 2:07:59 |

60-64:

| | | | | | |
|---|--------|--------|---------------|----|---------|
| 1 | Hannes | Els | Madiba Bay AC | 61 | 1:54:54 |
| 2 | Hansie | Els | Somerset East | 63 | 1:59:30 |
| 3 | Percy | Dalton | Achilles AAA | 62 | 2:02:06 |

70-74:

| | | | | | |
|---|--------|----------|-------------|----|---------|
| 1 | Wilkie | De Jager | Bo-Karoo MC | 71 | 2:49:06 |
|---|--------|----------|-------------|----|---------|

Juniors:

| | | | | | |
|---|-----------|----------|-----------|----|---------|
| 1 | Alvino | Williams | Albany RR | 18 | 1:49:26 |
| 2 | Them bani | Yame | Albany RR | 19 | 3:23:52 |

WOMEN

| | | | | | |
|---|-----------|-------------------------------------|-----------------|----|---------|
| 1 | Frith | Van der Merwe (1 st vet) | Run For Life EP | 46 | 1:49:34 |
| 2 | Christine | Claasen | Achilles AAA | 46 | 1:58:52 |

| | | | | | |
|----|----------|----------------------------|-------------------|----|---------|
| 3 | Asanda | Solani | Nedbank RC EP | 27 | 1:59:02 |
| 4 | Paulette | McEwan | Achilles AAA | 46 | 2:05:40 |
| 5 | Anneke | Vogel | Pentagon Pistols | 32 | 2:09:54 |
| 6 | Adele | Nel | St Albans CS EP | 38 | 2:10:34 |
| 7 | Julita | Puren | Somerset East | 47 | 2:11:55 |
| 8 | Melanie | Bruce-Miller | Rhodes University | 21 | 2:21:45 |
| 9 | Desiree | Ebrahim | Willard Batteries | 45 | 2:21:50 |
| 10 | Anche | Schubart | Achilles AAA | 29 | 2:21:54 |
| 11 | Erika | Foreman | St Albans CS EP | 40 | 2:22:26 |
| 12 | Ilizell | De Kock | Queenstown | 32 | 2:23:24 |
| 13 | Bronwen | Perry | Crusaders AC | 28 | 2:25:47 |
| 14 | Talana | Vosloo | VW AC | 29 | 2:25:57 |
| 15 | Lisa | Watkins-Baker | Crusaders AC | 36 | 2:27:12 |
| 16 | Yolande | Watson | Nedbank RC EP | 49 | 2:33:37 |
| 17 | Elaine | Kock | Nedbank RC EP | 41 | 2:34:02 |
| 18 | Jos | Els (1 st mast) | Madiba Bay AC | 58 | 2:34:22 |
| 19 | Charlene | De Coning | Crusaders AC | 46 | 2:34:25 |
| 20 | Katie | Morris | Crusaders AC | 27 | 2:34:28 |

40-44:

| | | | | | |
|---|---------|---------|-----------------|----|---------|
| 1 | Erika | Foreman | St Albans CS EP | 40 | 2:22:26 |
| 2 | Elaine | Kock | Nedbank RC EP | 41 | 2:34:02 |
| 3 | Yolande | Knoetze | Elite AC | 43 | 2:42:50 |

45-49:

| | | | | | |
|---|-----------|---------------|-----------------|----|---------|
| 1 | Frith | Van der Merwe | Run For Life EP | 46 | 1:49:34 |
| 2 | Christine | Claasen | Achilles AAA | 46 | 1:58:52 |
| 3 | Paulette | McEwan | Achilles AAA | 46 | 2:05:40 |

50-54:

| | | | | | |
|---|-------|----------|---------------|----|---------|
| 1 | Helen | McLean | Madiba Bay AC | 50 | 2:36:25 |
| 2 | Irene | Du Preez | Temp | 53 | 3:03:20 |

55-59:

| | | | | | |
|---|-----|-----|---------------|----|---------|
| 1 | Jos | Els | Madiba Bay AC | 58 | 2:34:22 |
|---|-----|-----|---------------|----|---------|

Juniors:

| | | | | | |
|---|-------|--------|-----------|----|---------|
| 1 | Tanya | Wilson | Charlo RR | 18 | 2:58:09 |
|---|-------|--------|-----------|----|---------|

UCT Memorial 10 km

Rondebosch, 19 March
(Certified loop course)

MEN

1. Nkosinathi Madyo (Ned) 30:21; 2. Unathi Nteta (AAC) 31:05 (1st jun); 3. Victor Msopi (MP) 31:20; 4. Siyabonga Makhaluza (East) 31:38; 5. Asive Njenxa (Khay) 31:55; 6. Mthandazo Qhina (Gugs) 32:13; 7. Lufumba Sakila (Celtic) 32:14; 8. A.N. Other; 9. Gcobani Mndi (Gugs) 33:12; 10. Nande Qamgwana (Khay) 33:32; 11. Sanele Nglukana (Khay) 33:50; 12. Thabiso Sakayi (Gugs) 33:54; 13. Luyanda Mapeyi (Khay) 34:00; 14. Nicholas Mdutyana (Celtic) 34:02; 15. Khanyisa Cekiso (Celtic) 34:29; 16. Babalo Hambi (Adid) 34:42; 17. Zolani Sowazi (Gugs) 34:44; 18. Zolani Bhitane (Adid) 35:15; 19. P. Qelo (Khay) 35:21; 20. Llewellyn Jacobs (Celtic) 35:39.

Veterans: 1. Michael Bekapi (VOB) 36:04; 2. Chris Mitchell (Celtic) 36:46; 3. Gavin McCarthy (Edge) 39:33. **Masters:** 1. Kevin Isaacs (Itheko) 37:31; 2. Walter Segatswi (Celtic) 39:14; 3. Sam Kotze (Adid) 42:47. **G'masters:** 1. Brian Collier (AAC) 43:42; 2. Kenny Williams (Pine) 44:11; 3. M.Y. Abrahams (Top) 45:27. **Juniors:** 1. Unathi Nteta (AAC) 31:05; 2. Siyabonga Makhaluza (East) 31:38; 3. Asive Njenxa (Khay) 31:55.

WOMEN

1. Asiphe Sikabalanjana (Gugs) 38:14; 2. Busisiwe Matiwane (Celtic) 39:23; 3. Linley Holmes (WC) 39:33 (1st vet); 4. Mariëtte Esterhuyse (Tyger) 42:09; 5. Robyn Craig (Ind) 43:09; 6. Tanya Kapp (NBMC) 43:22; 7. Jenny Close (NBMC) 44:00; 8. Dawn Middelkoop (VOB) 44:26; 9. Kim Woolrich (Celtic) 44:42; 10. Marlize Vienings (Tyger) 46:51; 11. Kerri Langron (Ind) 46:56; 12. Londeka Miya (Gugs) 47:06 (1st jun); 13. Kathleen McQuaide-Little (Celtic) 47:34; 14. Donna Stephens (Ind) 47:56; 15. Kirsten Lilford (VOB) 48:58; 16. Gaylon Atson (MPT) 49:52; 17. Natalie Cloete (Durb) 50:01; 18. Michelle Levenson (Ind) 50:12; 19. E. Moyo (Gugs) 50:42; 20. Margaret Lester (Ind) 50:52.

Veterans: 1. Linley Holmes (WC) 39:33; 2. Mariëtte Esterhuyse (Tyger) 42:09; 3. Tanya Kapp (NBMC) 43:22. **Masters:** 1. Dawn Middelkoop (VOB) 44:26; 2. Brenda Stevenson (Pine) 51:37; 3. Helen du Plessis (Tyger) 51:57. **G'masters:** 1. Marietha Herbert (Bell) 52:19; 2. Pixie Sparg (Celtic) 57:17; 3. Marlene James (Pine) 59:32. **Juniors:** 1. Londeka Miya (Gugs) 47:06; 2. Gaylon Atson (MPT) 49:52; 3. Benine Havenga (Tyger) 65:45.

GWK Diamant Marathon (41st), Half Marathon & 10 km

Kimberley, 12 March

(Distances: 42.195 km, 21.1 km & 10 km. Finishers: marathon – 99; half marathon – 54; 10 km – 70.)

Marathon

MEN

| | | | | |
|----|-----------------|---------------|----|---------|
| 1 | Patrick Moeng | VKRR | 38 | 2:46:34 |
| 2 | Stephen Bassie | VKRR | 36 | 2:49:36 |
| 3 | Harry Seekoei | Kbly Harriers | 35 | 2:54:32 |
| 4 | Tebogo Mooketsi | Transnet | 32 | 2:55:51 |
| 5 | Barend Coetzee | VKRR | 47 | 2:59:04 |
| 6 | Abram Ditsebe | VKRR | 35 | 3:03:39 |
| 7 | Active Hikwane | Sesheng | 23 | 3:09:17 |
| 8 | Frans Tokelo | Nedbank | 45 | 3:12:57 |
| 9 | Tumelo Majaha | Ulco AC | 23 | 3:13:40 |
| 10 | David Koloane | Transnet AFS | 35 | 3:20:12 |

WOMEN

| | | | | |
|----|------------------|--------------------|----|---------|
| 1 | Sucille Pieters | SANDF | 33 | 3:35:15 |
| 2 | Chrystel Pelsler | KMAC | 45 | 3:51:59 |
| 3 | Aniane Neethling | Bfn Striders | 45 | 4:02:20 |
| 4 | Heidi Coetzer | Finlime Harriers | 31 | 4:06:32 |
| 5 | Lynette Tolmay | KVRR | 36 | 4:09:02 |
| 6 | Elsabe de Klerk | Bfn Achilles | 53 | 4:11:51 |
| 7 | Yolande ? | Bfn Achilles | 31 | 4:13:50 |
| 8 | Johanette Jacobs | Bfn Achilles | 43 | 4:13:59 |
| 9 | Lulu Mxekezo | Galeshewe Striders | 44 | 4:19:01 |
| 10 | Johnene Ralph | VKRR | 41 | 4:27:35 |

Half marathon

MEN

| | | | | |
|---|-------------------|---------|----|---------|
| 1 | Stoffel Sebuaseng | Nedbank | 25 | 1:09:58 |
| 2 | Jacob Danster | VKRR | 29 | 1:12:12 |
| 3 | Itumeleng Dipitsi | Ulco AC | 26 | 1:19:48 |

WOMEN

| | | | | |
|---|-------------------|--------------|----|---------|
| 1 | Leana Esterhuizen | Bfn Striders | 36 | 1:48:59 |
| 2 | Laura Coetzee | Vaalharts | 39 | 1:55:10 |
| 3 | Tracy Smalberger | New Balance | 25 | 1:58:21 |

10 km

MEN

| | | | | |
|---|-------------------|-------------------|----|-------|
| 1 | Sipho Moitse | Transnet | 31 | 35:01 |
| 2 | Benjamin Medisis | Galeshewe Club | 23 | 35:03 |
| 3 | Ndo Diphephenyane | Protea Guineas AC | 32 | 39:34 |

WOMEN

| | | | | |
|---|-----------------|-----------|----|-------|
| 1 | Kenilwe Mothibe | Khotso AC | 17 | 52:18 |
| 2 | Ilana Herbst | Ind | 27 | 53:20 |
| 3 | Tshepo Molao | KMSC | 28 | 53:55 |

Rainbow Farms 30 km & 10 km

Worcester, 12 March

(Out-and-back courses)

30 km

MEN

| | | | | | |
|----|------------|------------|--------------|----|---------|
| 1 | Tsungai | Mwanengeni | ZIM/NBMC | 37 | 1:45:26 |
| 2 | Neo | Molema | Mr Price | 34 | 1:47:49 |
| 3 | Thembelani | Zola | Mr Price | 36 | 1:49:42 |
| 4 | Siyabulela | Qondiso | VOB | 32 | 1:49:43 |
| 5 | Johnny | Persents | Adidas | 48 | 1:56:02 |
| 6 | Richard | Nozingo | Fit2run | 26 | 1:57:02 |
| 7 | Dawid | van Rooyen | Fit2run | 24 | 1:58:05 |
| 8 | Gerhard | Davies | Korrek Diens | 34 | 2:02:24 |
| 9 | Kosie | Botha | Korrek Diens | 55 | 2:02:29 |
| 10 | Johnny | Small | Wellington | 48 | 2:02:56 |

WOMEN

| | | | | | |
|----|-----------|---------------|--------------|----|---------|
| 1 | Elize | Kloppers | Hartenbos | 41 | 2:12:59 |
| 2 | E | Nieuwoudt | Paarl | 36 | 2:16:14 |
| 3 | Elizabeth | de Gouveia | Durbanville | 37 | 2:19:58 |
| 4 | Candyce | Hall | Houtbaai | 26 | 2:21:29 |
| 5 | Miranda | Ward | Paarl | 50 | 2:25:56 |
| 6 | Ronel | Steenkamp | Durbanville | 41 | 2:27:39 |
| 7 | Veronica | van Niekerk | E G A | 65 | 2:30:15 |
| 8 | Huguette | van der Merwe | Paarl | 42 | 2:31:21 |
| 9 | Rensia | Swart | Stellenbosch | 38 | 2:33:49 |
| 10 | Cailey | Bredenkamp | Paarl | 48 | 2:34:02 |

10 km

MEN

| | | | | | |
|----|--------------|----------|---------------|----|-------|
| 1 | Pieter | Koopman | Maties | 36 | 31:03 |
| 2 | Anton | Faro | Maties | 30 | 31:05 |
| 3 | Shaun | Lekay | Robertson | 19 | 31:36 |
| 4 | Hillroy | Slingers | Fit2run | 20 | 32:09 |
| 5 | ? | Dewane | Tydelik | 23 | 32:31 |
| 6 | Bynos | Chinyoka | ZIM/Salkorane | 20 | 32:38 |
| 7 | Isaac | Opperman | Korrek Diens | 44 | 32:40 |
| 8 | ? | Reilley | Maties | 18 | 32:46 |
| 9 | Quinton | Lambert | Ceres | 39 | 32:51 |
| 10 | Christhopher | Baadjies | Ceres | 33 | 32:52 |

WOMEN

| | | | | | |
|---|----------|------------|-----------|----|-------|
| 1 | Mariëtte | Esterhuyse | Tygerberg | 48 | 40:58 |
|---|----------|------------|-----------|----|-------|

| | | | | | |
|----|------------|-----------|------------|----|-------|
| 2 | Jacqueline | ? | Fit2Run | 15 | 41:52 |
| 3 | Magrietha | Smit | Ceres | 26 | 42:10 |
| 4 | Styntjie | Prins | Paarl | 56 | 44:22 |
| 5 | Mary Ann | Baron | Fit2Run | 44 | 44:50 |
| 6 | Liza-Mari | Dippenaar | Fit2Run | 16 | 45:55 |
| 7 | Azel | Boois | Salkoraine | 15 | 46:55 |
| 8 | Elizabeth | Human | Fit2Run | 29 | 47:15 |
| 9 | Priscilla | Booyesen | Robertson | 16 | 48:02 |
| 10 | Ronelle | Bennett | Montagu | 30 | 48:53 |

Palm Tyres 10 km

George, 5 March

MEN

| | | | | |
|----|------------------------|--------------|----|-------|
| 1 | Julian Korkee | Rainbow | 26 | 33:37 |
| 2 | ? Witbooi | Out Harriers | 35 | 34:16 |
| 3 | Principal Fana | Rainbow | 42 | 34:39 |
| 4 | Melikhya Msizi | Knysna MC | 27 | 34:44 |
| 5 | Siyabonga Madala | Rainbow | 26 | 35:34 |
| 6 | H Jonkerman | Swd Nedbank | 51 | 36:58 |
| 7 | Granville ? | Rainbow | 27 | 37:05 |
| 8 | Marius-Hugo Schlechter | Knysna MC | 46 | 37:52 |
| 9 | Bradley Pienaar | Hartenbos | 19 | 38:50 |
| 10 | Marlon Mortlock | Knysna MC | 37 | 39:00 |

WOMEN

| | | | | |
|----|-------------------|---------------------|----|-------|
| 14 | Melissa van As | Nedbank | 28 | 40:27 |
| 22 | Annatjie Botes | Nedbank | 53 | 42:42 |
| 24 | Renee Moll | Ind | 40 | 42:50 |
| 28 | Marie Wolmarans | Nedbank | 51 | 43:28 |
| 30 | Lize Cornelius | Hartenbos Draw | 24 | 44:20 |
| 32 | Ane Kruger | Beaufort Wes Draw | 17 | 44:46 |
| 44 | Justine Sharples | New Balance MC Eden | 37 | 48:11 |
| 55 | Monique Myburgh | Ind | 25 | 51:27 |
| 57 | Zandile Meneses | Ind | 38 | 51:29 |
| 59 | Charmaine Olivier | Ind | 27 | 52:16 |

Township Marathon & 15 km

Johannesburg, 27 February

(Distances: 42.195 km & 15 km; loop courses. Finishers: marathon – 682; 15 km – 678.)

Note: There seems to be an error in the women's category results of the 15 km. The first woman in the race, Eleni Abdelo, is also shown as the first junior, but her age is given as 31 in the main results. Former Two Oceans record holder Brian Chamberlain won the grandmasters category. – Ed.

Marathon

MEN

| | | | | | |
|---|-------------|----------|------------------|----|---------|
| 1 | Vincent | Kutoane | Nedbank AC | 31 | 2:28:16 |
| 2 | Bereng | Moqeti | Brotherhood AC | 28 | 2:32:11 |
| 3 | Reginald | Ngobese | Gauteng Striders | 44 | 2:34:39 |
| 4 | Butiki | Jantjies | Mr Price AC | 40 | 2:39:32 |
| 5 | Lympson | Maisfo | Nedbank AC | 32 | 2:39:44 |
| 6 | Vihanyisami | Nxumalo | RRR | 33 | 2:43:29 |
| 7 | Elliot | Mangus | Gauteng Striders | | 2:47:32 |

| | | | | | |
|----|------------|---------|---------------|----|---------|
| 8 | Kagiso Jan | Mokwena | Mr Price AC | 27 | 2:47:41 |
| 9 | Morris | Dlamini | Ind | 29 | 2:48:18 |
| 10 | Tebogo | Lenyibi | Eskom Gijimas | | 2:50:14 |

Veterans:

| | | | | | |
|---|----------|----------|---------------|--|---------|
| 1 | Reginald | Nqobese | Gaut Striders | | 2:34:39 |
| 2 | Butiki | Jantjies | Mr Price AC | | 2:39:32 |
| 3 | Elgin | Mokale | Harmony AC | | 2:50:16 |

Masters:

| | | | | | |
|---|-------|-----------|--------------|--|---------|
| 1 | Almon | Zibuse | Motlakeng AC | | 3:10:32 |
| 2 | Ralph | Mashabela | Cheetahs AC | | 3:13:34 |

G'masters:

| | | | | | |
|---|---------|------------|-------------|--|---------|
| 1 | Michael | Greenblatt | Rockies R R | | 3:54:56 |
|---|---------|------------|-------------|--|---------|

WOMEN

| | | | | | |
|----|-----------|-----------|-------------------|----|---------|
| 1 | Maphuti | Phaka | Gauteng Striders | 34 | 3:18:59 |
| 2 | Judith | Peo | Mr Price AC | 29 | 3:34:13 |
| 3 | Ronel | Van Graan | Krugersdorp AC | 37 | 3:35:35 |
| 4 | Florence | Munyai | Bidvest AC | 39 | 3:39:56 |
| 5 | Shane | Matheta | Breakthru AC | 30 | 3:45:43 |
| 6 | Kelly | Thompson | R AC | 31 | 3:45:55 |
| 7 | Duduzke | Zulu | Germiston Callies | 31 | 3:47:50 |
| 8 | C | Phakda | Nedbank AC | 35 | 3:50:14 |
| 9 | Magdelina | Makgata | Discovery AC | | 3:53:10 |
| 10 | Stacey | Davies | RRW | 34 | 3:56:26 |

Veterans:

| | | | | | |
|---|-----------|----------|--------------|--|---------|
| 1 | Magdalene | Makgata | Discovery AC | | 3:53:10 |
| 2 | Cynthia | Mokovana | Nedbank AC | | 4:05:09 |
| 3 | Martie | Britz | Chappies AC | | 4:53:24 |

Masters:

| | | | | | |
|---|---------|------------|--------------|--|---------|
| 1 | Miemie | Liebengerg | Panorama AC | | 4:15:33 |
| 2 | Martine | Garrioch | Breakthru AC | | 4:17:58 |

G'masters:

| | | | | | |
|---|----------|--------|----------------|--|---------|
| 1 | Margaret | Boshoe | Sunninghill AC | | 4:33:52 |
|---|----------|--------|----------------|--|---------|

15 km

MEN

| | | | | | |
|----|-----------|-----------|----------------|----|-------|
| 1 | Frik | Guys | Nedbank AC | 24 | 46:54 |
| 2 | Tshidiso | Bosiu | Gaut Striders | 28 | 47:08 |
| 3 | Raphael | Segodi | Gaut Striders | 24 | 47:40 |
| 4 | Derocious | Makhebalo | Gaut Striders | | 48:47 |
| 5 | Thabo | Nkuna | Bonitas AC | 39 | 50:36 |
| 6 | Elijah | Chieng | Art of Running | 25 | 51:11 |
| 7 | Sello | Mokwena | Gaut Striders | 14 | 52:31 |
| 8 | Khubani | Zanele | Gaut Striders | | 52:39 |
| 9 | Thokoane | Madise | Ind | 21 | 52:44 |
| 10 | Lopana | Motshoge | Std Bank AC | 23 | 52:55 |

Veterans:

| | | | | | |
|---|---------|------------|------------|--|---------|
| 1 | Bernard | Mosala | Carlton AC | | 59:58 |
| 2 | Manuel | Tshabalala | R AC | | 1:00:34 |

Masters:

| | | | | | |
|---|-------|--------|---------------|--|-------|
| 1 | Andre | Jansen | Gaut Striders | | 58:34 |
|---|-------|--------|---------------|--|-------|

G'masters:

| | | | | | |
|---|-------|-------------|------------------|--|---------|
| 1 | Brian | Chamberlain | Varsity Kudus AC | | 1:07:31 |
|---|-------|-------------|------------------|--|---------|

Juniors:

| | | | | |
|-------------------|-------------|-------------|---------------|------------|
| 1 | Selo | Mokwena | Gaut Striders | 52:31 |
| WOMEN | | | | |
| 1 | Eleni | Abdelo | ADT AC | 31 1:08:10 |
| 2 | Ntombifuthi | Ncayiyana | Nedbank AC | 35 1:09:10 |
| 3 | Liz | Ruickbie | Nedbank AC | 64 1:09:11 |
| 4 | Nani | Jabanga | Gaut Striders | 29 1:10:04 |
| 5 | Thembeke | Ketsekile | Ukhozi AC | 47 1:15:05 |
| 6 | Victoria | Russell | Ind | 1:20:27 |
| 7 | Tiego | Mehlolo | Corr. Serv AC | 1:22:02 |
| 8 | Selinah | Netshisaulu | R AC | 54 1:22:07 |
| 9 | Susan | Lekoko | SAPS | 39 1:22:30 |
| 10 | Georgie | Engelbrecht | GTX AC | 26 1:23:05 |
| Veterans: | | | | |
| 1 | Tembeka | Kesekili | Ukhozi AC | 1:15:05 |
| 2 | Connie | Bloem | PTA Police AC | 1:23:30 |
| Masters: | | | | |
| 1 | Salena | Netshisaulu | R AC | 1:22:07 |
| G'masters: | | | | |
| 1 | Liz | Ruickbie | Nedbank AC | 1:09:11 |
| Juniors: | | | | |
| 1 | Eleni | Abdelo | ADT AC | 1:08:10 |

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

NYC Half Marathon (6th)

New York, USA, 21 March

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

MEN

- 1) Mo Farah (GBR), 1:00:23, \$20,000
- 2) Gebre-Egziabher Gebremariam (ETH), 1:00:25, \$10,000
- 3) Galen Rupp (USA / OR), 1:00:30, \$5500
- 4) Tesfaye Girma (ETH), 1:00:35, \$3500
- 5) Peter Kamais (KEN), 1:00:46, \$2500
- 6) Alistair Cragg (IRL), 1:00:49, \$1500
- 7) Moses Kigen Kipkosgei (KEN), 1:01:19, \$1000
- 8) Marilson Gomes Dos Santos (BRA), 1:01:23, \$750
- 9) Shawn Forrest (AUS), 1:01:25, \$600
- 10) Ezkyas Sisay (ETH), 1:01:56, \$400
- ...
- 14) Girma Tolla (ETH), 1:02:46, \$100
- 15) Meb Keflezighi (USA / CA), 1:02:52, \$100

WOMEN

- 1) Caroline Rotich (KEN), 1:08:52*, \$20,000
- 2) Edna Kiplagat (KEN), 1:09:00, \$10,000
- 3) Kara Goucher (USA / OR), 1:09:03, \$5500
- 4) Shewarge Alene Amare (ETH), 1:09:25, \$3500
- 5) Werknesh Kidane (ETH), 1:09:32, \$2500

- 6) Jo Pavey (GBR), 1:09:33, \$1500
- 7) Jessica Augusto (POR), 1:10:00, \$1000
- 8) Olesya Syreva (RUS), 1:10:18, \$750
- 9) Irvette van Blerk (RSA), 1:10:56, \$600
- 10) Madai Perez (MEX), 1:11:12, \$400

CROSS-COUNTRY

IAAF World Cross-country Championships (39th) Punta Umbria, ESP, 20 March

SR. MEN (12 km)

| | | | |
|----|-------------------------|-----|-------|
| 1 | Imana Marga | ETH | 33:50 |
| 2 | Paul Kipngetich Tanui | KEN | 33:52 |
| 3 | Vincent Kiprop Chepkok | KEN | 33:53 |
| 4 | Mathew Kipkoech Kisorio | KEN | 33:55 |
| 5 | Geoffrey Kiprono Mutai | KEN | 34:03 |
| 6 | Stephen Kiprotich | UGA | 34:07 |
| 7 | Philemon Kimeli Limo | KEN | 34:21 |
| 8 | Hunegnaw Mesfin | ETH | 34:25 |
| 9 | Ali Hasan Mahboob | BRN | 34:30 |
| 10 | Hosea Mwok Macharinyang | KEN | 34:30 |
| 11 | Moses Ndiema Kipsiro | UGA | 34:31 |
| 12 | Dino Sefir | ETH | 34:35 |
| 13 | Geofrey Kusuro | UGA | 35:06 |
| 14 | Teklemariam Medhin | ERI | 35:08 |
| 15 | Stephen Mokoka | RSA | 35:10 |
| 16 | Ayad Lamdassem | ESP | 35:12 |
| 17 | Feyisa Lilesa | ETH | 35:13 |
| 18 | Adhanom Abraha | ERI | 35:28 |
| 19 | Dickson Huru | UGA | 35:31 |
| 20 | Rabah Aboud | ALG | 35:33 |

Other South Africans: 25. Tshamano Setone 35:38, 29. Kgosi Tsosane 35:48, 44. Moorosi Boy Soke 36:11, 101. Xolisa Tyali 39:20, 106. Lungisa Mdedelwa 40:22.

Teams: 1. Kenya 14, 2. Ethiopia 38, 3. Uganda 49, 4. Eritrea 95, 5. South Africa 113.

SR. WOMEN (8 km)

| | | | |
|----|-----------------------------|-----|-------|
| 1 | Vivian Jepkemoi Cheruiyot | KEN | 24:58 |
| 2 | Linet Chepkwemoi Masai | KEN | 25:07 |
| 3 | Shalane Flanagan | USA | 25:10 |
| 4 | Meselech Melkamu | ETH | 25:18 |
| 5 | Priscah Jepleting Cheron | KEN | 25:20 |
| 6 | Wude Ayalew | ETH | 25:21 |
| 7 | Pauline Chemning Korikwiang | KEN | 25:26 |
| 8 | Lineth Chepkurui | KEN | 25:28 |
| 9 | Genzebe Dibaba | ETH | 25:36 |
| 10 | Beleynesh Oljira | ETH | 25:40 |
| 11 | Hiwot Ayalew | ETH | 25:42 |
| 12 | Shitaye Eshete | BRN | 25:53 |
| 13 | Sylvia Jebiwott Kibet | KEN | 25:56 |
| 14 | Charlotte Purdue | GBR | 26:03 |
| 15 | Merima Mohammed | ETH | 26:24 |
| 16 | Fionnuala Britton | IRL | 26:25 |
| 17 | Molly Huddle | USA | 26:26 |

| | | | |
|----|-----------------------|-----|-------|
| 18 | Magdalena Lewy-Boulet | USA | 26:27 |
| 19 | Blake Russell | USA | 26:30 |
| 20 | Sara Moreira | POR | 26:31 |

South Africans: 31. René Kalmer 27:02, 44. Dina Lebo Phalula 27:23, 60. Annerien van Schalkwyk 27:40, 63. Tebogo Masehla 27:46, 79. Lebogang Phalula 28:29, 84. Mapaseka Makhanya 28:36.

Teams: 1. Kenya 15, 2. Ethiopia 29, 3. USA 57, 4. Bahrain 87, 5. Great Britain & Northern Ireland 118, ... 9. South Africa 198.

JR. MEN (8 km)

| | | | |
|----|---------------------------|-----|-------|
| 1 | Geoffrey Kipsang Kamworor | KEN | 22:21 |
| 2 | Thomas Ayeko | UGA | 22:27 |
| 3 | Patrick Mutunga Mwikya | KEN | 22:32 |
| 4 | Bonsa Dida | ETH | 22:39 |
| 5 | Fikadu Haftu | ETH | 22:43 |
| 6 | James Gitahi Rungaru | KEN | 22:43 |
| 7 | Muktar Edris | ETH | 22:44 |
| 8 | Yitayal Atnafu | ETH | 22:53 |
| 9 | Jacob Araptany | UGA | 23:03 |
| 10 | Isiah Kiplangat Koech | KEN | 23:10 |
| 11 | Tesfaye Cheru | ETH | 23:16 |
| 12 | Samson Gebreyohannes | ERI | 23:18 |
| 13 | Philemon Kipchumba Yator | KEN | 23:19 |
| 14 | Justine Kiprop Cheruiyot | KEN | 23:19 |
| 15 | Peter Kibet | UGA | 23:21 |
| 16 | Merhawi Tadese | ERI | 23:21 |
| 17 | Goitom Kifle | ERI | 23:24 |
| 18 | Soufiyan Bouqantar | MAR | 23:25 |
| 19 | Teshome Tafese | ETH | 23:33 |
| 20 | Tesfagaber Ayahuney | ERI | 23:35 |

South Africans: 26. William Kaptein 23:52, 28. Luyanda Qolo 23:59, 34. Jeromy Andreas 24:23, 35. Merlin Klaaste 24:23, 70. Edwin Sesipi 25:35.

Teams: 1. Kenya 20, 2. Ethiopia 24, 3. Uganda 50, 4. Eritrea 65, 5. Morocco 106, 6 South Africa 123.

JR. WOMEN (6 km)

| | | | |
|----|-----------------------------|-----|-------|
| 1 | Faith Chepngetich Kipyegon | KEN | 18:53 |
| 2 | Genet Yalew | ETH | 18:54 |
| 3 | Azemra Gebru | ETH | 18:54 |
| 4 | Waganesh Mekasha | ETH | 18:59 |
| 5 | Janeth Kisa | KEN | 19:08 |
| 6 | Nancy Chepkwemoi | KEN | 19:20 |
| 7 | Purity Cherotich Rionoripo | KEN | 19:24 |
| 8 | Emebet Anteneh | ETH | 19:29 |
| 9 | Brilliant Jepkorir Kipkoech | KEN | 19:33 |
| 10 | Buze Diriba | ETH | 19:34 |
| 11 | Alem Mokonnin | ETH | 19:39 |
| 12 | Katsuki Suga | JPN | 19:49 |
| 13 | Tomoka Kimura | JPN | 19:56 |
| 14 | Mekdes Woldu | ERI | 19:59 |
| 15 | Emelia Gorecka | GBR | 20:03 |
| 16 | Naomi Chepngeno Mitei | KEN | 20:07 |
| 17 | Aisling Cuffe | USA | 20:15 |

| | | | |
|----|------------------|-----|-------|
| 18 | Nancy Cheptegei | UGA | 20:17 |
| 19 | Katie Flood | USA | 20:18 |
| 20 | Phanice Chemutai | UGA | 20:19 |

South Africans: 44. Khonzeni Gwegwa 21:29, 47. Sylvia Tshetlanyane 21:39, 50. Letitia Saayman 21:42, 56. Caroline Marandela 21:56, 73. Thandeka Manzana 22:23, 86. Thato Makhafola 23:32.

Teams: 1. Ethiopia 17, 2. Kenya 19, 3. Japan 75, 4. Eritrea 89, 5. Great Britain & Northern Ireland 106, ... 10. South Africa 199.

STATS TIME

FASTEST DEBUT MARATHONS

After Markos Geneti's brilliant victory in the weekend's Los Angeles Marathon, the list of the 13 fastest ever debut marathons looks like this:

| | | | | | | |
|----------|----------------|----------------------|------------|----------|--------------------|--------------------|
| 1 | 2:05:50 | Evans Rutto | KEN | 1 | Chicago | 12 Oct 2003 |
| 2 | 2:06:12 | Wilson Chebet | KEN | 2 | Amsterdam | 17 Oct 2010 |
| 3 | 2:06:14 | Patrick Makau | KEN | 4 | Rotterdam | 5 Apr 2009 |
| 4 | 2:06:15 | Bazu Worku Hayla | ETH | 2 | Paris | 5 Apr 2009 |
| 5 | 2:06:18 | Gilbert Yegon Koech | KEN | 1 | Amsterdam | 18 Oct 2009 |
| 6 | 2:06:35 | Markos Geneti | ETH | 1 | Los Angeles | 20 Mar 2011 |
| 7 | 2:06:39 | Samuel Wanjiru | KEN | 1 | Fukuoka | 2 Dec 2007 |
| 8 | 2:06:41 | Elijah Keitany | KEN | 2 | Amsterdam | 18 Oct 2009 |
| 9 | 2:06:42 | Felix Limo | KEN | 2 | Amsterdam | 19 Oct 2003 |
| 10 | 2:06:47 | Wilson Onsare | KEN | 3 | Paris | 6 Apr 2003 |
| 11 | 2:06:49 | Tesfaye Jifar | ETH | 2 | Amsterdam | 17 Oct 1999 |
| 12 | 2:06:54 | Ondoro Osoro | KEN | 1 | Chicago | 11 Oct 1998 |
| 13 | 2:06:57 | Tesfaye Tola | ETH | 4 | Amsterdam | 17 Oct 1999 |

THIS MONTH IN HISTORY

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

39 years ago: 25 March 1972

The eighties were the golden age of British distance running, when Seb Coe, Steve Ovett and Steve Cram ruled the world. From 1979 to 1985 they set 16 world records among them. But Coe and Ovett were probably as famous for the way they "ducked" each other – in the course of their careers they went head to head only seven times. The first occasion was on this day at the 1972 English Schools Cross-country Championships in Hillingdon, when Coe was 15 and Ovett 16. Ovett finished ahead easily (he was second, Coe tenth), but few remember the name of the winner: Kirk Dumpleton – the only Briton ever to beat the illustrious duo in the same race.

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) | | |
| | 26:44 | Leonard Patrick Komon (KEN) 2010 | | |
| 15 km | 44:43 | Lusapho April | Jeffreys Bay | 08 Jan |
| | 43:35A | Mark Kenneally (IRL) | | |
| | 41:13 | Leonard Patrick Komon (KEN) 2010 | | |
| 21.1 km | 65:29 | Shadrack Hoff | Pretoria | 29 Jan |
| | 59:25 | Deribe Merga (ETH) | | |
| | 58:23 | Zersenay Tadese (ERI) 2010 | | |
| 25 km | 79:50 | Juan van Deventer | Johannesburg | 23 Jan |
| | 71:50 | Sammy Kosgei (KEN) 2010 | | |
| 30 km | 1:36:14 | Elroy Gelant | Camps Bay | 09 Jan |
| | 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) | | |
| | 2:03:59 | Haile Gebrselassie (ETH) 2008 | | |
| 100 km | 6:13:33 | Takahiro Sunada (JPN) 1998 | | |

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

Veterans (40+)

| | | | | |
|----------|---------|---|------------|--------|
| 10 km | 32:15 | 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 | 88:31 | Laurance Chipongwa | Durban | 20 Mar |
| | 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 | 35:18 | Meshack Motla | Hartebeespoort | 19 Mar |
| | [32:10 | Vladimir Kotov | Cape Town | 02 Mar] |
| | 30:35 | Tecwyn Davies (GBR) 1988 | | |
| 15 km | 53:11 | Johannes Seakamela | Alberton | 13 Mar |
| | [50:03 | Vladimir Kotov (BLR) | Constantia | 12 Mar] |
| | 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] |

| | | | | |
|---------------------------|----------|--------------------------------|------------------|--------|
| 100 km | 2:19:29 | Titus Mamabolo (RSA) 1991 | | |
| <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 | 1:48:44 | Michael Langa | Durban | 20 Mar |
| 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 | 70:56A | Irvette van Blerk | New York | 20 Mar |
| | 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 | 39:33 | Linley Holmes | Rondebosch | 19 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 | 1:49:34A | Frith van der Merwe | Somerset East | 19 Mar |
| | 1:49:49 | Grace de Oliveira | Durban | 20 Mar |
| | 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 | 42:42 | Annatjie Botes | George | 05 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 | 2:11:41 | Jenny Scott | Durban | 20 Mar |
| 30 km | 2:25:56 | Miranda Ward | Worcester | 12 Mar |
| 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 | 69:11 | Liz Ruickbie | Johannesburg | 27 Feb |
| 21.1 km | 1:42:46 | Veronica van Niekerk | Brandvlei | 05 Feb |
| 25 km | 2:43:02 | Hazel Quilliam | Johannesburg | 23 Jan |
| 30 km | 2:30:15 | Veronica van Niekerk | Worcester | 12 Mar |
| 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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