

# 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

In one of the biggest 10 km races ever held in South Africa, René Kalmer (pictured; photograph by Martin van Schalkwyk) took the first Spar Grand Prix Series win of the year in Bellville on Sunday in 33:07. It is the sixth fastest time of her career and her 21<sup>st</sup> victory in the series; it is her quickest performance since she finished eighth in the New York Mini 10 km in June last year in 32:32.



At the 104<sup>th</sup> Yellow Pages SA Track & Field Championships this weekend world 800-metre champion Caster Semenya won both the 800 and 1500 in style, running 2:02.10 and 4:12.93. In the men's 1500 Juan van Deventer took revenge for his loss to Stephen Mokoka last year by grabbing the title in 3:40.16. One day before her Spar victory Kalmer won her 30<sup>th</sup> SA title by clocking 15:42.21 in the 5000.

Another multiple SA champion and record holder of yesteryear, Ewald Bonzet, who turns 60 on Christmas day this year, made a surprise appearance in the Outeniqua Half Marathon this weekend, running 1:45:12 for 57<sup>th</sup> place. One position and one second

behind him was Marius-Hugo Schlechter, who in his track standout years was coached by Bonzet. (The photograph shows them running on the gravel surface of the Old Passes Road above Wilderness; photograph by Riël Hauman.)

The Rotterdam Marathon did not get the world record it wanted on Sunday (it put up a bonus of \$350 000 to beat Haile Gebrselassie's record), but with the 2:05:27 PB by Wilson Chebet and 2:05:33 by Vincent Kipruto it is now the world's fastest marathon based on top-ten average. It's "score" is 2:05:07, 3 seconds ahead of Berlin. Chebet became the 24<sup>th</sup> runner to go under 2:06. Kipruto moved into fourth place on the all-time top-five average list with his 2:06:11 – behind Gebrselassie, Tsegaye Kebede and Sam Wanjiru.

In the same race the 80-year-old Canadian Ed Whitlock set a new world 80-84 category record of 3:25:43.



DRR subscriber and former Comrades winner Nick Bester finished as first master in the 10 km race held with the Tel Aviv Marathon on 8 April, running 39:13.

Our regular columns, such as Stats Time, will resume next week.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Spar Grand Prix Series, Bellville
- \* Flora Freedom Chatsworth 52 km & 25 km, Durban
- \* Outeniqua Marathon & Half Marathon, George to Wilderness
- \* Bukani Print Lake Farm Charity Run 25 km & 10 km, Port Elizabeth
- \* Blitz Om die Dam 50 km, Half Marathon & 10 km, Tzaneen
- \* Glenryck Tygerberg 30 km, Parow
- \* Track: Yellow Pages SA Senior T&F Championships, Durban; SA U.23, Junior & Youth Championships, Germiston

#### International highlights:

- \* Paris Marathon, Paris, FRA
  - \* ABN AMRO Marathon Rotterdam, Rotterdam
  - \* Daegu Marathon, Daegu, KOR
  - \* Alexander the Great Marathon, Thessaloniki, GRE
  - \* American River 50 Mile, Sacramento, USA
  - \* Mad City 100 km, Madison, USA
  - \* Track: Pepsi Team Invitational, Eugene, USA
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## ROAD RUNNING

### Spar Grand Prix Series

Bellville, 10 April

(Distance: 10 km; certified two-leg out-and-back course. Finishers: 9093.)

1	René	Kalmer	Ned CGA	33:07	R10 000
2	Rutendo	Nyahora	ZIM/Ned AGN	33:23	R7 500
3	Zintle	Xiniwe	Ned WP	34:21	R5 000
4	Irvette	Van Blerk	Ned CGA	34:28	R2 500
5	Annerien	Van Schalkwyk	Ned AGN	34:47	R1 250
6	Ntombesintu	Mfunzi	MP WP	35:08	R1 000
7	Catherine	Skosana	Tnet WP	35:27	R750
8	Mpho	Mabuza	Ned CGA	35:35	R500
9	Charné	Bosman	MP AGN	35:51	R250
10	Dominique	Scott	Adidas	36:08	R100
11	Nomvuyisi	Seti	Celtics	36:39	
12	Nandipha	Dywili	MP AGN	37:06	
13	Bulelwa	Simae	Ned WP	37:12	
14	Bulelwa	Mtshagi	Celtics	37:18	
15	Asiphe	Sikabalanjana	Rcsgugs	37:26	
16	Jacqui	Bakkes	Paarl	38:08	
17	Ronel	Thomas	Boxer	39:02	
18	Busisiwe	Matiwane	Celtics	39:19	
19	Anneline	Roffey	Adidas	39:30	
20	Grace	De Oliveira	Boxer	39:35	

**40-49:** 1. Jacqui Bakkes (Paarl) 38:08 (R1000); 2. Grace de Oliveira (Boxer) 39:35 (R750); 3. Ester Brink (Strand) 39:53 (R500). **50-59:** 1. Olga Howard (Celtics) 43:59

(R800); 2. Bev Charters (VOB) 44:20 (R600); 3. Charmaine Cupido (Ned WP) 45:02 (R250). **60+:** 1. Hester Kotze (Durb) 49:45 (R600); 2. Marietha Herbert (Bell) 50:49 (R250); 3. Thelma Rossouw (Worc) 51:58 (R150). **Juniors:** 1. Dominique Scott (Adidas) 36:08 (R1000); 2. Asiphe Snyman (Celtics) 39:55 (R750); 3. Khanya Mateyisi (Khay) 40:04 (R400).

### Flora Freedom Chatsworth 52 km & 25 km

Durban, 10 April

(Loop courses)

#### 52 km

MEN

1.	Prodigal Khumalo	ZIM/Mr Price AC	3:06:50
2.	Bernard Dandadzi	ZIM/Form One AC	3:08:25
3.	Nicolas Njadu	Nedbank AC	3:13:16

#### 40-49:

1.	Abdol Mlange	Shakaland AC	3:32:49
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#### 50-59:

1.	Eloi de Oliveria	Boxer AC	3:44:36
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#### 60+:

1.	Gopal Chetty	Stella AC	4:36:16
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WOMEN

1.	Iris Ndlovu	Boxer AC	4:27:09
2.	Nicola Mc Murray	Umtenzini AC	4:27:19
3.	Allison Elhorn	Kearsney Striders	4:35:06

#### 40-49:

1.	Allison Elhorn	Kearsney Striders	4:35:06
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#### 50-49:

1.	Judy Goss	Athletic North	4:52:34
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#### 60+:

1.	Maureen Parry	Chiltern AC	5:50:57
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#### 25 km

MEN

1.	Lyno Muchena	ZIM/Mr Price AC	1:20:52
2.	Munyaradzi Jari	ZIM/Form One AC	1:20:53
3.	Tsepo Shelemo	Boxer AC	1:23:59

#### 40-49:

1.	Lawrence Chipangaan	Nedbank AC	1:28:11
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#### 50-59:

1.	Edmond Mngadi	Stella AC	1:39:05
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#### 60+:

1.	Petros Shumi	Zabalazi AC	1:53:46
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WOMEN

1.	Catherine Nyakwishera	ZIM/Form One AC	1:44:24
2.	Rabia Filima	ZIM/Form One	1:46:36
3.	Nomcebo Mthethwa	Umhlathuze AC	1:57:34

#### 40-49:

1.	Sandy de Beer	SANDF	1:57:35
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**50-59:**

1. Debby de Koning Eskom Gijimas 2:02:59

**60+:**

1. Linda Bell QBH 2:30:27

**Outeniqua Marathon (25<sup>th</sup>) & Half Marathon (22<sup>nd</sup>)**

George to Wilderness, 9 April

(Distances: 42.195 km & 21.1 km; point-to-point downhill courses, but hilly and partly on gravel. Weather: cool and sunny in the first half; quite warm later.)

Note: After having to use different courses last year due to the extreme drought in the Southern Cape, the organisers, Outeniqua Harriers, were able to return to the traditional routes this year. The courses had to be changed at the last minute in 2010, and it was generally felt both were short (as reported in DRR 10:16). – Ed.

**Marathon****MEN**

1. Lindile Tokota (Ned) 2:39:56 (1<sup>st</sup> vet); 2. Principal Fana (Rain) 2:45:56; 3. Sydney Landsberg (Ned) 2:46:19; 4. Jacques Mouton (Outen) 2:53:49; 5. Paulus Allart (MBH) 2:55:03; 6. Duncan Gilmour (VOB) 2:57:03; 7. Mark Kalis (Celtic) 2:57:24; 8. Mashudu Marubini (MBH) 2:59:51; 9. Zuzile Ntsinyabo (Outen) 3:02:35; 10. Mauritz Jansen van Rensburg (Outen) 3:07:24.

**WOMEN**

1. Kutlwano Ramaboa (WC) 3:14:07; 2. Lisl Grobler (Knys) 3:21:23; 3. Roné Phillipson (MBH) 3:43:10; 4. Una Saayman (Hart) 3:50:07; 5. Christa Smit (Hart) 3:57:25; 6. Wendy McLeod (FH) 3:58:19; 7. Marali Olën (Ned) 4:00:22; 8. Michelle Nagel (Plet) 4:11:44; 9. Lynnette Chapman (Outen) 4:12:26; 10. Cilla Geldenhuys (Exxaro) 4:16:42

**Half marathon****MEN**

1. Julius Korkee (Rain) 72:58; 2. Vuyo Witbooi (Outen) 74:02; 3. Gurome Gelderbloem (MBH) 74:37; 4. Melikhaya Msizi (Knys) 75:11; 5. Elfonzo Pieterse (Coast) 75:32; 6. Sithembele Tabata (Plet) 76:05; 7. William Jacobs (Ind) 76:45; 8. Selwyn Losper (MBH) 77:19; 9. Jan Isaacks (Rain) 77:38; 10. Dewald Kleinhans (Hart) 78:40.

**WOMEN**

1. Alison Jordaan (Ned) 91:06; 2. Annatjie Botes (Ned) 92:40; 3. Lize Cornelius (Hart) 95:46; 4. Suzaan Kruger (Outen) 1:42:04; 5. Lola de Meyer (Ned) 1:42:05; 6. Svelka Sharp (Knys) 1:43:22; 7. Kira Danebny (VOB) 1:43:39; 8. Brigitte Bowler (VOB) 1:43:57; 9. Maryke Sass (MBH) 1:45:14; 10. Carina Muller (Hart) 1:45:45.

**Bukani Print Lake Farm Charity Run 25 km (27<sup>th</sup>) & 10 km**

Port Elizabeth, 9 April

(Loop courses. Finishers: 25 km – 319; 10 km – 300.)

**25 km****MEN**

1	George	Ntshiliza	Nedbank RC EP	31	1:21:20
2	Eric	Sigxashe	Mr Price AC EP	32	1:22:08
3	Zolani	Ngqqaqa	Mr Price AC EP	22	1:22:37
4	Masixole	Dlaku	Mr Price AC EP	32	1:25:18
5	Mila	Pasiya	Nedbank RC EP	31	1:29:36
6	Vuso	Nkonzo	Mr Price AC EP	26	1:31:18
7	Thembinkosi	Mdyogolo (1 <sup>st</sup> vet)	Nedbank RC EP	42	1:32:15

8	Kgotso	Majara	Mr Price AC EP	30	1:35:41
9	Anele	Maliza	Nedbank RC EP	33	1:35:44
10	Riaan	Kock	Nedbank RC EP	41	1:36:32
11	Mpumelelo	Ndlumbini	Nedbank RC EP	36	1:39:06
12	John	Rafani	Nedbank RC EP	44	1:39:27
13	Sandile	Ngunuza	Nedbank RC EP	28	1:39:28
14	Alfred	Pakkies	PEAAC	42	1:39:56
15	Melwin	Reans	Jeffreys Bay AC	35	1:40:02
16	Bradley	Mackenzie	Achilles AAA	39	1:41:59
17	Ruan	Smalberger	St Albans CS EP	21	1:41:59
18	Michael	Magson	Nedbank RC EP	34	1:42:09
19	Bongani	Bashe	Run For Life EP	29	1:42:45
20	Geddes	Gallant	SANDF EP	44	1:42:58

**40-44:**

1	Thembinkosi	Mdyogolo	Nedbank RC EP	42	1:32:15
2	Riaan	Kock	Nedbank RC EP	41	1:36:32
3	John	Rafani	Nedbank RC EP	44	1:39:27

**45-49:**

1	John	Du Preez	Cradock AC	45	1:47:12
2	Neil	De Meillon	Nedbank RC EP	48	1:47:20
3	Anthony	Button	Absa NMMU AC	49	1:53:45

**50-54:**

1	Efese	Peter	SANDF EP	50	1:44:24
2	Alan	Taylor	Triangle Sports	53	1:49:57
3	Johnny	Malgas	SANDF EP	51	1:55:48

**55-59:**

1	Jimmy	Styan	Triangle Sports	58	1:56:47
2	Donald	Mancasa	Triangle Sports	57	1:59:40
3	Colin	Parkins	Bluewater Bay	57	2:00:56

**60-64:**

1	William	Vorster	PEAAC	64	2:12:45
2	David	O'rielly	Nedbank RC EP	63	2:15:12
3	Piet	Meyer	St Albans CS EP	61	2:20:09

**65-69:**

1	Tamsanqa	Jusayi	Nedbank RC EP	68	1:51:00
2	Kobus	Gerber	PEAAC	67	2:14:52

**WOMEN**

1	Davera	Magson	Nedbank RC EP	36	1:47:20
2	Frith	Van der Merwe (1 <sup>st</sup> vet)	Run For Life EP	46	1:51:20
3	Christine	Claasen	Achilles AAA	46	1:58:43
4	Nerine	Loock	Nedbank RC EP	34	2:00:32
5	Joanne	Fourie	Temp	46	2:01:17
6	Michelle	Sivewright	Triangle Sports	42	2:01:55
7	Marilyn	Zimmermann	Triangle Sports	35	2:02:00
8	Katherine	Van der Walt	Body Concept	35	2:02:21
9	Laura	Maritz (1 <sup>st</sup> mast)	Elite AC	50	2:02:49
10	Sime	Baynes	Body Concept	27	2:02:57
11	Nanine	Steenkamp	Rhodes University	21	2:09:41
12	Jene	Banfield	Run For Life EP	40	2:10:49
13	Suzanne	Lavis	Jeffreys Bay AC	52	2:11:45
14	Tanya	Faber	Outeniqua	38	2:11:57
15	Diana	Grant	Temp	39	2:12:54
16	Debbie	Dodd	Charlo RR	40	2:13:32
17	Camarin	Van Eyk	Elite AC	28	2:14:17
18	Tracey	Admirall	Temp	30	2:15:23

19	Lindi	Meyer	Jeffreys Bay AC	32	2:16:28
20	Dorothy	Rossouw	Triangle Sports	34	2:16:57

**40-44:**

1	Michelle	Sivewright	Triangle Sports	42	2:01:55
2	Jene	Banfield	Run For Life EP	40	2:10:49
3	Debbie	Dodd	Charlo RR	40	2:13:32

**45-49:**

1	Frith	Van der Merwe	Run For Life EP	46	1:51:20
2	Christine	Claasen	Achilles AAA	46	1:58:43
3	Joanne	Fourie	Temp	46	2:01:17

**50-54:**

1	Laura	Maritz	Elite AC	50	2:02:49
2	Suzanne	Lavis	Jeffreys Bay AC	52	2:11:45
3	Janette	Schierz-Crusius	Body Concept	50	2:17:03

**55-59:**

1	Monica	Kemp	Madiba Bay AC	55	2:21:20
2	Mariana	Linstrom	Rand AC	57	2:26:41
3	Christine	Snyman	VW AC	55	2:32:13

**10 km****MEN**

1	Sibusiso	Thu	PEAAC	22	32:26
2	Melikhaya	Frans (1 <sup>st</sup> jun)	Nedbank RC EP	19	32:43
3	Bulelini	Niwa	PEAAC	25	33:47
4	Gift	Ghigomarawa	Temp	22	33:59
5	Ryan	Peter	Temp	27	34:40
6	Sindile	Somke	Nedbank RC EP	34	35:00
7	Thembekile	Msipa	Charlo RR	36	37:04
8	Jacques	Leander	Jeffreys Bay AC	27	39:14
9	Alfred	Spiers (1 <sup>st</sup> mast)	Elite AC	50	40:58
10	Mthobeli	Nyanga	Mr Price AC EP	22	41:42
11	Andre	Goeda	Humansdorp AC	15	41:42
12	Sean	Swanepoel	Rhodes University	22	41:50
13	Jarryd	Cooke	Temp	17	42:17
14	Sizinzo	Kama	Achilles AAA	59	42:36
15	Joseph	Bain	St Albans CS EP	51	43:20
16	Jade	Muller	Temp	24	43:30
17	Justin	Lindsay	Temp	24	43:31
18	Philbert	Tyombo (1 <sup>st</sup> vet)	PEAAC	48	43:56
19	Dirk	O'kennedy	Transnet RE EP	22	44:38
20	Hannes	Els (1 <sup>st</sup> g'mast)	Madiba Bay AC	61	45:47

**40-44:**

1	Moenier	Safedien	Temp	41	53:15
2	Michael	Slater	Absa NMMU AC	40	55:14
3	Anton	Smit	Nedbank RC EP	42	56:23

**45-49:**

1	Philbert	Tyombo	PEAAC	48	43:56
2	Marius	Snyman	Triangle Sports	46	49:34
3	Bertus	Van Schalkwyk	Temp	47	51:39

**50-54:**

1	Alfred	Spiers	Elite AC	50	40:58
2	Joseph	Bain	St Albans CS EP	51	43:20
3	David	Enslin	Charlo RR	52	46:07

**55-59:**

1	Sizinzo	Kama	Achilles AAA	59	42:36
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2	Jandre	Wentzel	Temp	56	50:49
3	Martin	Bester	Temp	56	56:26
<b>60-64:</b>					
1	Hannes	Els	Madiba Bay AC	61	45:47
2	Hans	Sliep	Temp	63	50:24
3	Peter	Stockwell	Albany RR	63	57:14
<b>65-69:</b>					
1	Brian	Smith	PEAAC	68	1:15:53
2	Jean	Nepgen	Kowie Striders	66	1:26:37
<b>70-74:</b>					
1	Selwyn	Solomon	Crusaders AC	72	1:07:24
<b>75-79:</b>					
1	Hilary	Pritchard	Crusaders AC	76	1:11:33
2	John	Peart	Nedbank RC EP	75	1:16:05
<b>Juniors:</b>					
1	Melikhaya	Frans	Nedbank RC EP	19	32:43
2	Andre	Goeda	Humansdorp AC	15	41:42
3	Jarryd	Cooke	Temp	17	42:17
<b>WOMEN</b>					
1	Deliwe	Nyanga	Nedbank RC EP	21	40:22
2	Natascha	De Villiers	Absa NMMU AC	22	44:09
3	Noxolo	Marks	Mr Price AC EP	24	47:19
4	Suretha	Verwey (1 <sup>st</sup> vet)	Jeffreys Bay AC	44	48:14
5	Chantel	Verwey	Absa NMMU AC	24	48:44
6	Lesley	Wood (1 <sup>st</sup> mast)	Achilles AAA	53	49:06
7	Tiani	Claassen	Transnet RE EP	20	49:12
8	Treloar	Childs	Walmer AC	47	49:37
9	Annalise	Scholtz	Temp	28	49:44
10	Sharon	Gouws	Triangle Sports	40	50:52
11	Catherine-Ann	Hustler	Absa NMMU AC	25	51:08
12	Lise	Claassen	Muirite Striders	40	51:35
13	Chelma	Sliep	Temp	42	51:48
14	Adele	Taljard	Somerset East	42	52:21
15	Amy	Catherine	Absa NMMU AC	22	52:22
16	Gina	Smith	Temp	27	54:53
17	Liz	Grundlingh (1 <sup>st</sup> g'mast)	Muirite Striders	64	56:32
18	Lene	Prinsloo (1 <sup>st</sup> jun)	Humansdorp AC	15	57:01
19	Jos	Els	Madiba Bay AC	59	57:09
20	Angela	Rumsey	Crusaders AC	42	57:33
<b>40-44:</b>					
1	Suretha	Verwey	Jeffreys Bay AC	44	48:14
2	Sharon	Gouws	Triangle Sports	40	50:52
3	Lise	Claassen	Muirite Striders	40	51:35
<b>45-49:</b>					
1	Treloar	Childs	Walmer AC	47	49:37
2	Tracy	Potgieter	Temp	45	01:36
3	Ronell	Claassen	Transnet RE EP	48	1:02:26
<b>50-54:</b>					
1	Lesley	Wood	Achilles AAA	53	49:06
2	Marietjie	Pietersen	Temp	54	1:04:38
3	Jean	Hustler	Temp	53	1:05:37
<b>55-59:</b>					
1	Jos	Els	Madiba Bay AC	59	57:09
2	Hanlie	Du Toit	Temp	57	1:06:46
3	Elsa	Gomez	Jeffreys Bay AC	58	1:10:15

**60-64:**

1	Liz	Grundlingh	Muirite Striders	64	56:32
2	Debbie	Oelofse	Legacy AC	64	1:24:33
3	Edna	Potgieter	Legacy AC	64	1:28:00

**65-69:**

1	Margaret	Paton	Charlo RR	65	1:05:21
2	Orgia	Nell	Muirite Striders	67	1:12:32
3	Anna	Potgieter	Jeffreys Bay AC	65	1:19:08

**70-74:**

1	Dorothy	Hart	PEAAC	73	1:13:59
2	Lorna	Brown	PEAAC	72	1:29:18
3	Aletta	Fourie	Triangle Sports	72	1:34:24

**Juniors:**

1	Lene	Prinsloo	Humansdorp AC	15	57:01
2	Megan	Wilson	Charlo RR	15	58:05
3	Kimberley	Wilson	Charlo RR	15	1:01:45

**Blitz Om die Dam 50 km, Half Marathon & 10 km**

Tzaneen, 9 April

(Distances: 50 km, 21.1 km & 10 km)

**50 km**

MEN

1 Simon Peu (Temp) 3:02:40; 2 Elias Mabane (Bidvest) 3:07:09 (1<sup>st</sup> vet); 3 Jeffrey Tshabalala (Giyani) 3:10:20

**Veterans:** 1 Elias Mabane (Bidvest) 3:07:09. **Masters:** 1 Edward Sibanda (SADF) 3:34:19.

**G'masters:** 1 Pele Tshidukumalema (Vyebo Striders) 4:37:50.

WOMEN

1 Jane Mudau (Bonitas) 3:57:02 (1<sup>st</sup> vet); 2 Marissa Potgieter (Nedbank) 4:04:19; 3 Marlene Venter (Boksburg) 4:57:09.

**Veterans:** 1 Jane Mudau (Bonitas) 3:57:02. **Masters:** 1 Hanlie Nel (Phalaborwa) 5:06:10.

**Half marathon**

MEN

1 Fhatuwani Mudzanani (Mbvidi) 73:01; 2 Timothy Munzhelele (Vodacom) 73:19; 3 Thomas Ngobeni (Greater Elim) 76:10.

**Veterans:** 1 Charles Mavutane (Foskor) 79:20. **Masters:** 1 Ibrahim Mukansi (Malamulele) 83:13. **G'masters:** 1 Gert Rabie (Phalaborwa) 1:52:35. **Juniors:** 1 Fhatuwani Mudzanani (Mbvidi) 73:01.

WOMEN

1 Azwindini (Gladys) Lukwareni (Transnet) 86:57; 2 Megan Harris (Standerton) 1:42:25; 3 Mkumeleni Mutavhatsindi (Thohoyandou).

**Veterans:** 1 Sonja Nel (Polokwane) 1:51:08. **Masters:** 1 Corrie van Antwerpen (Phalaborwa) 2:07:05. **G'masters:** 1 Netta Truter (Namaqua) 1:52:34. **Juniors:** 1 Lynette Janse Coetzer (Le Club) 2:06:49.

**10 km**

MEN

1 Collen Mmola (Temp) 33:20; 2 Cedric Ramaleme (Tzaneen) 35:53; 3 Trueman Nkanyani (Greater Elim) 37:14.



**Veterans:** 1 Jerome Gcaba (Bidvest) 38:24. **Masters:** 1 Johannes Molokomme (Potties) 40:52. **G'masters:** 1 Ishmael Siska (Polokwane) 52:08. **Juniors:** 1 Matimba Mokoma (Malamulele) 37:15.

#### WOMEN

1 Leandri Janse van Rensburg (Le Club) 41:56 (1<sup>st</sup> jun); 2 Sharlina Chauke (Malamulele) 47:02; 3 Linda v.d. Gryp (Krugersdorp) 47:56 (1<sup>st</sup> vet).

**Veterans:** 1 Linda v.d. Gryp (Krugersdorp) 47:56. **Masters:** 1 Rebecca Sebashe (Foskor) 76:51. **G'masters:** 1 Elize Cooper (Pietersburg) 84:21. **Juniors:** 1 Leandri Janse van Rensburg (Le Club) 41:56.

### Glenryck Tygerberg 30 km (32<sup>nd</sup>)

Parow, 3 April

(Certified loop course, very hilly)

Note: Vladimir Kotov ran faster than the SA masters record on this demanding course. – Ed.

#### MEN

1	Anthony	Godongwana	Celtics	30	1:37:30
2	Mthandazo	Qhina	Gugs	34	1:40:58
3	Neo	Molema	Mr Price	30	1:42:10
4	Tsungai	Mwanengeni	ZIM/New Balance	37	1:45:11
5	Sihle	Marulet	Mr Price	34	1:45:11
6	Zolile	Bhitane	VOB	27	1:45:11
7	Luyanda	Mapoy	Khayelitsha	25	1:46:01
8	Samson	Gulubela	AAC	25	1:46:27
9	Vladimir	Kotov (1 <sup>st</sup> mast)	BLR/Century City	53	1:46:47
10	Patrick	Ketelo	Adidas	37	1:49:34
11	Mandla	Pangalele	Gugs	33	1:50:01
12	Admire	?	Hout Bay	25	1:50:43
13	Siyabulela	Mpongwana	Khayelitsha	30	1:50:44
14	Laban	Ponco	Nedbank	30	1:51:37
15	Zolani	Sowazi	Gugs	30	1:52:21
16	Johnny	Persents (1 <sup>st</sup> vet)	Adidas	48	1:52:21
17	Nicholas	Mpontshan	AAC	36	1:53:30
18	Collins	Lekitima	Defence	26	1:55:02
19	Imran	Paya	Gugs	33	1:55:51
20	Aldrin	Smit	New Balance	36	1:56:00

#### 40-49:

1	Johnny	Persents	Adidas	1:52:21
2	Dion	Middelkoop	VOB	1:57:49
3	Andries	Ntsizakalo	Nedbank	2:01:25

#### 50-59:

1	Vladimir	Kotov	BLR/Century C	1:46:47
2	Thomas	Moses	Worcester	2:01:40
3	Shafiek	Cassiem	Celtic	2:02:44

#### 60+:

1	Hennie	Wentzel	Durbac	2:18:19
2	Kenny	Williams	Pinelands	2:24:58
3	Ivan	Marais	Irene	2:27:08

## WOMEN

1	Bulelwa	Simae	Nedbank	34	2:02:46
2	Bulelwa	Mtshagi	Celtics	30	2:04:32
3	Nomvuyisi	Seti	Celtics	30	2:09:38
4	Michelle	Dreyer	Paarl	32	2:13:39
5	Ursula	Turck	Strand	38	2:14:18
6	Joanna	Thomas (1 <sup>st</sup> vet)	VOB	42	2:15:09
7	Rachel	Shuttleworth	Strand	44	2:18:08
8	Candyce	Hall	Hout Bay	26	2:21:10
9	Elizabeth	De Gouveia	Durbac	37	2:21:57
10	Melany	Porter	Pinelands	35	2:22:47
11	Esme	Koopman	Durbac	43	2:24:26
12	Kirsten	Norris	VOB	28	2:28:13
13	Lindie	Bouwer	Sanlam	26	2:28:35
14	Eunice	Avenant	Helderberg	44	2:29:37
15	Veronica	Van Niekerk (1 <sup>st</sup> g'mast)	EGA	65	2:30:57
16	Angelique	Rabie	Pinelands	45	2:31:07
17	Huguette	Van der Merwe	Paarl	42	2:31:08
18	Rachel	Arnott	West Coast	34	2:31:50
19	Lorna	Loubser	Sanlam	36	2:32:24
20	Tania	Welgemoed	Strand	41	2:32:25

**40-49:**

1	Joanna	Thomas	VOB	2:15:42
2	Rachel	Shuttleworth	Strand	2:18:08
3	Esme	Koopman	Durbac	2:24:27

**50-59:**

1	Lorraine	Rogers	Durbac	2:40:42
2	Caroline	Weinel	Durbac	2:40:42
3	Brenda	Stevenson	Pinelands	2:43:27

**60+:**

1	Veronica	Van Niekerk	EGA	2:30:57
2	Olwyn	Oliver	Fish Hoek	2:50:55
3	Priscilla	Von Schlic	Tygerberg	2:56:48

**TRACK****Yellow Pages SA Senior T&F Championships (104<sup>th</sup>)**

Durban, 9 &amp; 10 April

Note: The 5000 m for women was on the first day; all other events were on the second day. – Ed.

## MEN

## 800:

1	Samson Ngoepe	MPU	1:45.69
2	Daniel Nghipandulwa (NAM)		1:46.62
3	Andre Olivier	CNW	1:46.84
4	William Mothosola	AFS	1:47.00
5	Tlou Seloba	CGA	1:47.65
6	Henk Beukes	CGA	1:48.15
7	Zwelakhe Seboto	CNW	1:48.61
8	Rynhardt van Rooyen	AGN	1:48.70
9	Nathan Beukes	BOL	1:49.00
10	Themba Madima	AGN	1:49.32
11	Rynard van Rensburg	AFS	1:52.39

12	Hannes Naude	AFS	1:55.77
1500:			
1	Juan van Deventer	CGA	3:40.16
2	Stephen Mokoka	AGN	3:40.65
3	Pharson Magagane	CGA	3:40.80
4	Peter van der Westhuizen	CGA	3:41.16
5	Folavia Sehohle	MPU	3:41.73
6	Molefe Molefe	CGA	3:42.36
7	Jacques Pretorius	BOL	3:44.60
8	Thuso Phaswana	CGA	3:47.11
9	Tebogo Khanye	KZN	3:48.07
10	Jerry Motsau	CNW	3:51.59
11	Clinton Swanepoel	CGA	3:54.83
12	April Meko	AFS	4:00.16
3000 s/chase:			
1	Ruben Ramolefi	CGA	8:14.06
2	Edwin Molepo	CNW	8:29.74
3	Dean Brummer	CNW	8:35.86
4	Tumelo Motlagale	CNW	8:49.70
5	Dikotsi Lekopa	CNW	8:52.50
6	Khotatso Mokone	AFS	8:58.78
7	Sithembele Fanekho	TRA	9:02.49
8	Enoch Manyande	CGA	9:05.40
9	Pieter Wilders	CGA	9:06.41
10	Lukhanyo Mabinza	AGN	9:22.66
11	Lucas Bothobutle	CNW	9:26.09
12	Sifiso Mncwango	CGA	9:36.82
13	Nyongo Amos	EPA	9:39.50
14	Dicardo Jacobs	BOLI	10:13.21
15	Lesang Tsime	TRA	11:04.27
5000:			
1	Tshamano Setone	CGA	13:31.87
2	Gladwin Mzazi	AGN	13:32.26
3	Sibusiso Nzima	CGA	13:51.75
4	Elroy Gelant	CNW	13:59.67
5	Siyabonga Nkonde	KZN	14:14.92
6	Motsielo Ramolefi (LES)		14:25.14
7	Sikhumbuzo Seme	AGN	14:30.98
8	Alexander Motone	AGN	14:33.15
9	Sithembele Fanekho	TRA	14:36.07
10	Jeromy Andreas	WPA	14:38.37
11	Tumelo Motlagale	CNW	14:40.29
12	Morena Dijana	NWN	14:48.23
13	Joel Madiba	AGNI	14:51.25
14	Bonginkosi Zwane	KZN	14:51.43
15	Mfumaneko Fadane	TRA	14:54.00
16	Abednigo Mashaba	MPU	15:09.70
17	Luyanda Qolo	BOL	15:19.11
18	Lusindiso Mzandolo	TRA	17:26.97
19	William Kaptein	BOL	17:37.46
10000:			
1	Stephen Mokoka	AGN	28:06.65
2	Sibusiso Nzima	CGA	28:31.51

3	Lungisa Mdedelwa	TRA	28:45.47
4	Xolisa Tiyali	CGA	29:00.98
5	Gladwin Mzazi	AGN	29:20.70
6	Mbonbeni Ngxazozo	CGA	30:00.28
7	Siyabulela Mtsha	TRA	30:18.76
8	Mfumaneko Fadane	TRA	30:42.13
9	Tsepo Ramonene (LES)		31:03.54
10	Khatoane Jobo (LES)		31:27.73
11	Mlungiseleli Mgudlwa	TRA	32:06.74
12	Mathews Leeto	NWN	32:50.74

## WOMEN

## 800:

1	Caster Semenya	AGN	2:02.10
2	Mapaseka Makhanya	CGA	2:04.52
3	Mandie Brandt	CGA	2:05.21
4	Juane Cilliers	CNW	2:05.51
5	Anushka Nice	AGN	2:07.85
6	Thato Makhafula	CGA	2:08.66
7	Doné Vermaak	AGN	2:09.34
8	Happiness Mkhize	AGN	2:10.55

## 1500:

1	Caster Semenya	AGN	4:12.93
2	Lebogang Phalula	CGA	4:13.89
3	Violet Raseboya	AGN	4:16.12
4	Lebo Phalula	CGA	4:20.95
5	Nolene Conrad	CGA	4:24.07
6	Maxine Heine-Wacker	CGA	4:24.57
7	Zinhle Sinqe	AGN	4:26.79
8	Danel Prinsloo	AFS	4:27.16
9	Carlyn Fischer	AGN	4:30.19
10	Makhatseane Liteboho (LES)		4:34.19
11	Thitsaamba Ravhandlala	AGNI	4:36.96
12	Happiness Mkhize	AGN	4:40.63
13	Masaile Makampong (LES)		4:43.36
14	Danielle Adlam	KZN	4:43.71
15	Chanaix Nice	CGA	4:51.76
16	Nomajama Gqada	TRA	5:41.08
17	Celiswa Mbuqwa	TRA	6:15.48

## 3000 s/chase:

1	Teboho Masehla	CGA	10:00.01
2	Nolene Conrad	CGA	10:08.98
3	Christine Kalmer	CGA	10:25.33
4	Myrette Filmalter	AGN	10:28.43
5	Onneile Dintwe (BOT)		10:32.15
6	Ashleigh Schnetler	CGA	10:50.27
7	Thembi Baloyi	AGN	10:59.54

## 5000:

1	René Kalmer	CGA	15:42.21
2	Zintle Xiniwe	WPA	16:04.17
3	Lebo Phalula	CGA	16:08.74
4	Christine Kalmer	CGA	16:13.93
5	Violet Raseboya	AGN	16:37.40
6	Catherine Skosana	AGN	16:41.73

7	Portia Ngwenya	AGN	16:42.53
8	Zinhle Sinqe	AGN	17:24.66

10000:

1	Portia Ngwenya	AGN	36:24.95
2	Funeka Mlwakuhle	TRA	37:40.70
3	Dladla Puseletso	KZN	38:03.59
4	Anna Moeketsi	AFS	38:45.52
5	Maryna Swanepoel	AFS	40:05.62

### SA U.23, Junior & Youth Championships

Germiston, 2 & 3 April

Note: The following events were on the first day; all others on the second day: 1500 u.23 women, 3000 junior & youth women and youth men, 2000 s/chase youth women, 3000 s/chase junior women, and 10000 junior men. – Ed.

MEN

#### U.23:

800:

1	Windy Jonas	AFS	1:49.60
2	Rynhardt van Rooyen	AGN	1:49.79
3	Henk Beukes	CGA	1:50.09
4	Allen Slinger	CGA	1:50.79
5	Themba Madima	AGN	1:52.06
6	Clinton Swanepoel	CGA	1:52.84
7	Donald Sedise	NWN	1:53.02
8	William Mothosola	AFS	1:55.90

1500:

1	Jerry Motsau	CNW	3:54.08
2	Pieter Wilders	CGA	3:54.44
3	Clinton Swanepoel	CGA	3:55.52
4	Joel Mmone	CNW	3:56.89
5	Joel Madiba	AGN	3:57.50
6	Charles Nel	AGN	3:57.52
7	Bonginkosi Zwane	KZN	4:04.09
8	Koos Mbele	AVT	4:07.64
9	Solomon Mthombeni	AGNI	4:09.78
10	Thabo Bogopane	NWN	4:38.51

5000:

1	Joel Mmone	CNW	14:53.32
2	Sifiso Mncwango	CGA	14:55.02
3	Bonginkosi Zwane	KZN	14:56.61
4	Thoriso Ratsela	CGA	15:12.55
5	Precious Mashele	LIM	15:26.11
6	Johannes Molehe	AFS	15:28.22
7	Ernest Nkoko	AFS	15:31.44

#### Juniors:

800:

1	Rynhardt van Rensburg	AFS	1:51.95
2	Thapelo Madiba	CGA	1:52.87
3	Siyabongo Derrison	AFS	1:55.23
4	Dougan Wright	CGA	1:56.45

5	Daniel Gouws	AGN	1:57.76
6	Emile Pieterse	BOLI	2:05.78
7	Koos Baloyi	AGN	2:18.03

## 1500:

1	Armin Botha	CGA	3:56.57
2	Zweli Nzima	CGA	3:57.56
3	Siyabongo Derrison	AFS	3:58.96
4	Ferdie Geldenhuys	CNW	3:59.06
5	Johann Barrange	NWN	4:00.52
6	Reabetswe Matjila	CGA	4:01.87
7	Mauritz Tuit	CGA	4:01.97
8	Michael Boyisa	CNW	4:02.22
9	Zusiphe Mpiyakhe	ATR	4:02.30
10	Jeromy Andreas	WPA	4:02.39

## 3000 s/chase:

1	Luxolo Mdzanga	WPA	9:22.68
2	Benjamin Molehe	AFS	9:27.62
3	Alfred Mphuthi	CGA	9:35.85
4	Sello Mosea	AFS	9:41.90
5	Koos Baloyi	AGN	9:51.12
6	Sydney Nkopane	AFS	9:52.64
7	Godwin Swarz	WPA	9:53.97
8	Senzo Khoza	MPU	10:00.10
9	Teboho Mock	AFS	10:02.67
10	Anastasius Ontong	AFS	10:04.37
11	Zakhele Dlamini	KZN	10:15.94
12	Themba Khumalo	CGA	10:36.82
13	Letlhogonolo Mogodiello	NWN	10:37.51
14	Lwandile Hlazo	ATR	10:59.29

## 5000:

1	Jeromy Andreas	WPA	15:04.85
2	Gift Mahlangu	AGN	15:05.30
3	Zusiphe Mpiyakhe	ATR	15:13.08
4	Thabiso Mateba	CGA	15:25.8
5	William Kaptein	BOL	15:31.97
6	Luyanda Qolo	BOL	15:34.9
7	Sonnyboy Mkhwanazi	KZN	15:39.1
8	Mfumaneko Fadane	ATR	15:42.85
9	Mlulami Mabona	ATR	15:44.5
10	Karabo Jacobs	AVT	15:51.9
11	Reabetswe Matjila	CGA	16:00.5
12	Kabelo Kelepile	NWN	16:08.03
13	Joseph Pama	AVT	16:12.7
14	Teboho Mabisele	AFS	16:22.51
15	Xolani Ngcobo	KZN	16:51.9

## 10000:

1	Edwin Seesipi	CGA	32:05.90
2	Mfumaneko Fadane	ATR	32:09.6
3	Unathi Nteta	WPA	33:22.80
4	Bongani Mokoloba	AFS	34:28.1

**Youths:****800:**

1	Lerato Mosunyane	AFS	1:53.50
2	Siphiwe Tefo	CGA	1:54.72
3	Edrien Mukasa	KZN	1:55.34
4	Mpho Makofane	AGN	1:55.63
5	Estiaan Fourie	CNW	1:59.73
6	Goitsimodimo Botholo	CGA	2:00.99
7	Tiaan Jacobs	CGA	2:01.96
8	Ruan Nel	LIM	2:11.44

**1500:**

1	Tumisang Monnatlala	CGA	4:04.17
2	Rantso Mokopane	AFS	4:04.54
3	Duran Faro	WPA	4:04.97
4	Jacob Tseko	AGN	4:05.00
5	Siphiwe Tefo	CGA	4:05.07
6	Mpho Makofane	AGN	4:08.00
7	Hendrik Mokoena	AFS	4:09.25
8	Goitsimodimo Botholo	CGA	4:10.32
9	Lerato Mosunyane	AFS	4:11.64
10	Blessed Ncube	CGA	4:14.05
11	Jacob Schoonwinkel	AGN	4:15.76

**2000 s/chase:**

1	Jacob Tseko	AGN	5:57.56
2	Katleo Dyoyi	AVT	6:02.39
3	Asive Njenxa	WPA	6:09.43
4	Romeo Booysen	EPA	6:16.86
5	Thabang Mitiwane	CGA	6:20.89
6	Jerome Makomane	AGN	6:21.79
7	Sanele Nglukana	WPA	6:30.28
8	Vuyisa Mdedelwa	ATR	6:34.03
9	Juan-Marcel Swanepoel	KZN	6:34.28
10	Mpho Motaung	AGN	6:35.00
11	Tshepo Mokae	AFS	6:37.28
12	Elias Mokgoshi	AGN	6:38.32

**3000:**

1	Tumisang Mamatlake	CGA	8:51.60
2	Thabang Nkuna	LIM	9:01.46
3	Hendrik Mokoena	AFS	9:06.21
4	Michael Pienaar	CGA	9:09.30
5	Edward Moshoele	CGA	9:15.43
6	Colin Mabu	CNW	9:19.62
7	Thamsanqa Mchunu	KZN	9:22.83
8	Lizile Fadane	ATR	9:24.12
9	Xavier Adams	EPA	9:29.92
10	Mavuso Xaba	AFS	9:31.20
11	Donald Meleane	CNW	9:38.9
12	Johannes Moshoeneng	CNW	9:47.9
13	Adam Lipschitz	KZN	9:51.6
14	Rantso Mokopane	AFS	10:10.0

## WOMEN

**U.23:**

## 800:

1	Anuschka Nice	AGN	2:09.95
2	Done Vermaak	AGN	2:15.52

## 1500:

1	Heine-Wacker Maxine	CGA	4:30.85
2	Carlyn Fischer	AGN	4:36.20
3	Ashleigh Schnetler	CGA	4:41.27
4	Chitsha Rhavanalala	AGN	4:44.94
5	Thembi Baloyi	AGN	4:58.54

**Juniors:**

## 800:

1	Happiness Mkhize	AGN	2:11.89
2	Sunel Jacobs	BOL	2:13.21
3	Danel Prinsloo	AFS	2:15.07
4	Annica Coetzee	EPA	2:15.28
5	Lize Steyn	EPA	2:16.91
6	Adele Vermaak	LIM	2:18.44
7	Carlin Jansen v. Rensburg	CNW	2:23.81
8	Rizani van Aswegen	AVT	2:24.99

## 1500:

1	Danel Prinsloo	AFS	4:37.21
2	Dominique Scott	WPA	4:43.10
3	Letitia Saayman	AGN	4:48.28
4	Mamphielo Sibanda	CGA	4:50.45
5	Anneke Gildenhuis	AFS	4:54.59
6	Baby Mokone	AFS	4:56.20
7	Phumelelo Mnyandu	KZN	5:01.43
8	Adele Vermaak	LIM	5:02.60
9	Jeana Nothling	AGN	5:10.66
10	Masabata Matoane	AGN	5:17.07
11	Gerdi Wolmarans	AGN	5:33.48

## 3000:

1	Dominique Scott	WPA	10:21.75
2	Anneke Gildenhuis	AFS	10:32.97
3	Baby Mokone	AFS	10:42.70
4	Charity Moletsane	AFS	11:09.19
5	Bianca Vermeulen	CNW	11:16.37
6	Monique-Ann Lombaard	BOL	11:20.44
7	Mamello Malaoa	AFS	11:21.93
8	Phumelelo Mnyandu	KZN	11:23.98
9	Thabisa Sirayi	ATR	11:32.14
10	Mari Scott	BOL	11:38.08
11	Nomusa Ngubane	KZN	11:52.02
12	Annemart Laubscher	BOL	12:02.17

## 3000 s/chase:

1	Estie Brits	CGA	12:51.53
2	Charlize Grove	MPUI	13:30.85
3	Laune Meyer	CNW	14:19.03



## 5000:

1	Letitia Saayman	AGN	17:59.77
2	Sylvia Tshetlanyane	CGA	18:19.2
3	Anika Stols	AGN	19:47.75
4	Mbali Mokoena	KZN	20:30.59
5	Chandre du Plessis	AGN	20:44.28
6	Portia Ramohloane	AFS	21:19.15

**Youths:**

## 800:

1	Thato Makhafola	CGA	2:14.66
2	Aynslee van Graan	AGN	2:15.33
3	Felicia Mofokeng	AFS	2:15.37
4	Laurence Price	NWN	2:18.43
5	Tilana Schoeman	AGN	2:21.31
6	Eugenie Lombard	AGN	2:23.10
7	Chante Bester	CGA	2:24.62
8	Jolene Rabie	CGA	2:25.24
9	Phasha Phadu	LIM	2:28.58
10	Gena Lofstrand	KZN	2:29.43
11	Katekani Mashele	AGN	2:30.28

## 1500:

1	Alicia Labuschagne	AGN	4:40.00
2	Thato Makhafola	CGA	4:42.38
3	Mareli Hattingh	AFS	4:47.83
4	Aynslee van Graan	AGN	4:53.59
5	Sylvia Dibakwane	AFS	4:56.73
6	Khonzeni Gwegwa	ATR	4:57.74
7	Kylie Merrick	AGN	5:01.36
8	Briguetta Bezuidenhout	CGA	5:01.56
9	Anneke Smith	KZN	5:09.42
10	Phumzile Gwala	KZN	5:14.03
11	Nocawe Mdingazwe	ATR	5:15.56

## 2000 s/chase:

1	Angelique Faasen	AGN	7:34.67
2	Sindy Labuschagne	AGN	7:38.54
3	Alicia Labuschagne	AGN	7:42.71
4	Motshidisi Mbele	AFS	7:58.10
5	Olivia Labuschagne	AGN	8:02.07
6	Chante Venter	CGA	8:07.28
7	Thandi Mhlafu	AFS	8:29.97

## 3000:

1	Luleka Dyoki	CNW	10:39.58
2	Sylvia Dibakwane	AFS	10:46.58
3	Thandeka Mazana	AGN	10:46.85
4	Anna Lekalakala	AGN	10:46.96
5	Chante Venter	CGA	10:56.71
6	Kyla van Graan	AGN	10:59.00
7	Sindy Labuschagne	AGN	11:05.56
8	Olivia Labuschagne	AGN	11:28.38
9	Keitumetse Disipi	CGA	11:37.88
10	Balile Dlamini	KZN	11:49.76
11	Avela Nkweba	ATR	11:50.82
12	Michelle Van Rooyen	SWD	12:05.05

13	Abongile Nonkosi	ATR	12:05.15
14	Avela Nongci	ATR	12:57.6
15	Marlene Dorfling	AVT	13:38.8
16	Deliwe Seela	AVT	14:52.40

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## 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

### Paris Marathon (35th)

(IAAF Gold Label Road Race)

Paris, FRA, 10 April

(Distance: 42.195 km; certified loop course)

#### MEN (gun times)

1. Benjamin Kiptoo Koulum, 1979, KEN 2:06:31 PB  
[1:02:41 / 1:03:50]
2. Bernard Kipyego, 1986, KEN 2:07:16  
[1:02:41 / 1:04:35]
3. Eshetu Wendimu, 1982, ETH 2:07:33  
[1:02:41 / 1:04:52]
4. Alfred Kering, 1980, KEN 2:07:41
5. Girma Assefa, 1984, ETH 2:07:43 PB
6. Stephan Chebogut, KEN 2:08:02
7. Henry Sugut, 1985, KEN 2:08:22 PB
8. Sahle Warga Betona, 1981, ETH 2:10:12
9. Zembala Yigeze, ETH 2:10:38
10. Abdelatif Meftah, 1982, FRA 2:10:52 DB

#### WOMEN (gun times)

1. Priscah Jeptoo, 1984, KEN 2:22:55 PB  
[1:10:26 / 1:12:29]
2. Agnes Kiprof, 1979, KEN 2:24:43  
[1:10:27 / 1:14:16]
3. Koren Yal, 1987, ETH 2:26:57  
[1:10:28 / 1:16:29]
4. Eyerusalem Kuma, 1981, ETH 2:27:02
5. Margarita Plaksina, 1977, RUS 2:27:07 PB
6. Ashu Kasim, 1984, ETH 2:28:11
7. Meseret Legesse, ETH 2:29:09 PB
8. Gisaw Melkam, ETH 2:29:15 PB
9. Marina Kovaleva, 1984, RUS 2:31:11 PB
10. Alemnesh Eshetu, ETH 2:39:05 PB

### ABN AMRO Marathon Rotterdam (31st)

(IAAF Silver Label Road Race)

Rotterdam, NED, 10 April

(Distance: 42.195 km; certified loop course)

#### MEN (gun times)

1. Wilson Chebet, 1985, KEN 2:05:27 PB  
[1:02:07 / 1:03:20]

2. Vincent Kipruto, 1987, KEN 2:05:33  
[1:02:06 / 1:03:27]
3. Chala Dechase, 1984, ETH 2:08:47  
[1:02:07 / 1:06:40]
4. Eliud Kiptanui, 1989, KEN 2:09:08
5. Alemayehu Shumye, 1988, ETH 2:09:36
6. Michael Kipyego, 1983, KEN 2:11:03 DB
7. Feyisa Lelisa, 1990, ETH 2:11:42  
[1:02:07 / 1:09:35]
8. Koen Raymaekers, 1980, NED 2:13:41
9. Julius Mbugua, KEN 2:14:11 DB
10. Zohar Zemiro, 1977, ISR 2:14:28 PB

80+: Ed Whitlock, 06-Mar-1931, CAN 3:25:43 WR M80-84

#### WOMEN (gun times)

1. Philes Ongori, 1986, KEN 2:24:20 DB  
[1:12:38 / 1:11:42]
2. Hilda Kibet, 1981, NED 2:24:27 PB  
[1:12:38 / 1:11:49]
3. Lishan Dula, 1987, BRN 2:26:56 NR
4. Alessandra Aguilar, 1978, ESP 2:27:00 PB
5. Rita Jeptoo, 1981, KEN 2:28:09
6. Shetaye Bedaso, ETH 2:29:52
7. Maria Jose Pueyo, 1970, ESP 2:34:52 (40+)
8. Xenia Luxem, 1982, BEL 2:35:48 PB
9. Christina Bus Holth, 1980, NOR 2:37:12 PB
10. Lindsay van Marrewijk, 1983, NED 2:37:40 PB

#### **Daegu Marathon (3rd)**

Daegu, KOR, 10 April

(Distance: 42.195 km; two and one-half laps)

Note: This race was held on the course which will be used for the World Championships in June. Course records were achieved by both Yusuf Songoka and Atsede Habtamu.

#### MEN

1. Yusuf Songoka, KEN 2:08:08 PB/CR
2. Abdellah Falil, MAR 2:08:18 PB
3. Leonard Mucheru, KEN 2:08:53 PB
4. Haile Haja Gemedo, ETH 2:09:20 PB
5. Felix Keny, KEN 2:09:25

#### WOMEN

1. Atsede Habtamu, ETH 2:25:52 CR\*
2. Yeshi Esayias, ETH 2:26:04 PB
3. Alemitu Abera, ETH 2:26:33 PB
4. Harun Makda, ETH 2:27:46 PB
5. Irene Jerotich, KEN 2:31:31

**Alexander the Great Marathon** (6th)

(IAAF Bronze Label Road Race)

Thessaloniki, GRE, 10 April

(Distance: 42.195 km)

MEN (gun times)

1. Peter Biwott, KEN 2:13:12
2. Isaiah Kosgei, KEN 2:13:49
3. Benazzouz Slimani, MAR 2:14:37

WOMEN (gun times)

1. Sisay Measso, ETH 2:40:41
2. Alena Vinituskaya, BLR 2:45:43

**ULTRARUNNING****American River 50 Mile** (32nd)

Sacramento, USA, 9 April

MEN (gun times)

1. David MacKey, 41 5:55:39
2. Jason Loutitt, 36 5:59:58
3. Nick Clark, 36 6:00:10

WOMEN

1. Ellie Greenwood, 32 6:25:49
2. Kami Semick, 44 6:34:44
3. Jennifer Pfeifer, 39 7:04:14

**Mad City 100 km** (5th)

(USA 100 km Championships)

Madison, USA, 9 April

MEN

1. Andrew Henshaw, 25, Steilacoom, WA 6:47:34 \$1000
2. David Riddle, 29, Cincinnati, OH 6:59:12 750
3. Todd Braje, 34, Arcta, CA 7:04:43 500

WOMEN

1. Devon Crosby-Helms, 28, San Francisco, CA 7:46:34 \$1000
2. Pam Smith, 36, Salem, OR 7:53:18 750
3. Miho Tsumura, 37, New York, NY 11:35:22 500

**TRACK****Pepsi Team Invitational**

Eugene, USA, 9 April

MEN

5000:

1. Matt Centrowitz Oregon 13:56.65
2. Danny Mercado Oregon 14:03.48 PB
3. Brendan Gregg Stanford 14:05.67

## WOMEN

800:

1. Laura Roesler	Oregon	2:06.66
2. Anne Kesselring	Oregon (GER)	2:06.67
3. Joy O'Hare	Stanford	2:08.95 PB

1500:

1. Jordan Hasay	Oregon	4:18.61
2. Katie Flood	Washington	4:18.80 PB
3. Becca Friday	Oregon	4:20.58 PB

## NEWS

**EUROPEAN MARATHON CHAMP BANNED FOR DRUG USE**

Zivile Balciunaite, who won Lithuania's first-ever marathon medal at a European Championships when she crossed the finish line first in Barcelona last July, has been stripped of that medal due to a doping violation, European news outlets are reporting based on a news conference held by the Lithuanian athletics federation. According to Agence France-Presse, Balciunaite's post-race doping test "revealed abnormal levels in the ratio between the male sex hormone testosterone and epitestosterone." She has been banned for two years.

Russia's Nailya Yulamanova, who finished second, is now that championships' gold medalist. Italy's Anna Incerti has been elevated to the silver medal position, and Ukraine's Tetyana Filonyuk will receive the bronze medal.

Balciunaite denied any wrongdoing. She claimed that the positive test resulted from a medication she took prescribed by her gynecologist. She retains the right to appeal the case at the Court for Arbitration in Sport in Switzerland.

**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
	27:15	Micah Kogo (KEN)		
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		27 Mar
	64:59	Tshidiso Bosiu	Johannesburg	
	59:25	Deribe Merga (ETH)		
25 km	58:23	Zersenay Tadese (ERI) 2010		23 Jan
	79:50	Juan van Deventer	Johannesburg	
	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)		
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	88:11	Lawrence Chipangaan	Durban	10 Apr
	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 Seekamela	Alberton	13 Mar
	[50:03	Vladimir Kotov (BLR)	Constantia	12 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	72:24	Charles Vilakazi	Johannesburg	27 Mar
	[73:54	Vladimir Kotov (BLR)	Tokai	05 Feb]
	66:42	Martin Rees (GBR) 2003		
25 km	1:39:05	Edmond Mngadi	Durban	10 Apr
30 km	1:58:23	Raymond Howard	Camps Bay	09 Jan
	[1:46:47	Vladimir Kotov (BLR)	Parow	03 Apr]
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				

#### Grandmasters (60+)

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				

#### Juniors

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**Open

10 km	33:07	René Kalmer	Bellville	10 Apr
	32:06	Irina Mikiitenko (GER)		
	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
	74:53	Tanith Maxwell	Reading	20 Mar
	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	2:02:46	Bulelwa Simae	Parow	03 Apr
	1:46:27	Hiroimi 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		

Veterans (40+)

10 km	38:08	Jacqui Bakkes	Bellville	10 Apr
	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		

Masters (50+)

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	92:40A	Annatjie Botes	Wilderness	09 Apr
	93:18	Annatjies Botes	Oudtshoorn	29 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:02:49	Laura Maritz	Port Elizabeth	09 Apr
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				

Grandmasters (60+)

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	2:30:27	Linda Bell	Durban	10 Apr
30 km	2:30:15	Veronica van Niekerk	Worcester	12 Mar
Marathon	3:41:01	Veronica van Niekerk	George	13 Feb
100 km				

Juniors

10 km	36:08	Dominique Scott	Bellville	10 Apr
	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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