

# 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

Watching the London Marathon on television on Sunday, one could only marvel at the performances of Emmanuel Mutai (2:04:40) and Mary Keitany (2:19:19), who became the ninth man under 2:05 and tenth woman under 2:20. Keitany ran into fourth place on the world all-time list (tied with Irina Mikitenko, and behind Paula Radcliffe, Catherine Ndereba and Mizuki Noguchi), while Mutai's time gave London the third fastest course record in the world, behind Berlin and Rotterdam. On Sunday evening Mutai was fourth on the list of best averages for five marathons with 2:06:08, behind Haile Gebrselassie, Tsegay Kebede and Samuel Wanjiru.

The phenomenal depth of the London Marathon could be seen in the fact that not only was Edna Kiplagat's 2:20:46 in third the fastest ever time for this position in any marathon, but best times for place were also set in all positions for 8<sup>th</sup> to 20<sup>th</sup>! It should be noted that no woman ran under 2:22 in the world last year.

And then came Boston.

In a wonderful exhibition of the excitement marathon running can produce at its very best, the London winner's namesake Geoffrey Kiprono Mutai outkicked Moses Mosop down the famed Boylston Street finishing straight to clock the fastest marathon ever, 2:03:02 – incredibly, almost 3 minutes faster than the seemingly untouchable course record of 2:05:52 set last year by Robert Kiprono Cheruiyot. And that was not all: in second Mosop ran 2:03:06 – in itself 53 seconds faster than Gebrselassie's world record. Mosop's time is also the fastest debut marathon in history.

Of course, Mutai's time cannot be accepted as the world record, since the Boston course is point to point and considerably downhill. On top of this, there was a strong following wind, reminiscent of 1994.



Geoffrey Mutai in the World Cross-country Championships last month. [Martin van Schalkwyk]

New York winner Gebre Gebremariam was third in 2:04:53 and in fourth Ryan Hall, finally fulfilling his enormous promise, ran the fastest ever marathon by an American, but similarly his 2:04:58 will not supplant Khalid Khannouchi's 2:05:38 as the US record because of the aided nature of the course.

Hall perhaps described the nature of marathon running best: "I may tweak things a little here and there – running is a continual experiment. Whether this an American record or not doesn't matter - I've got 2:04:58 next to my name and that's all that matters."

Mutai (29), who was fifth in the recent World Cross-country Championships, is self-coached. He credited Hall's courageous pace-setting in the first half for the fast finishing times. Hall, the US record holder for the half marathon, towed the pack through 5 km in 14:32 and 10 km in 29:05. The leaders reached halfway in 61:58. Mutai broke away soon thereafter, covering the 10 km between 30 km and 40 km in a blistering 28:24. The second half – much more difficult than the first – took him only 61:04!

His 5 km splits were: 14:32, 14:36 (29:08), 14:40 (43:48), 14:57 (58:45), 14:31 (73:16), 15:08 (88:24), 14:11 (1:42:35), 14:13 (1:56:48). He covered the last 2.195 km in 6:14. (In his world record race, Gebrselassie reached halfway in 62:05, but in the 2008 Dubai Marathon he clocked 61:27.)

Mutai, whose previous best was the 2:04:55 he ran in Rotterdam last year, earned a total of \$225 000 in prize money and time bonuses, and his payday will ultimately be about twice that when his appearance fee, private bonuses, and shoe company bonuses are added in (he runs for adidas). *Race Results Weekly* reports that Mutai, who trains in a hilly rural location about 30 km from Eldoret, said he did not have any specific plans for his winnings, but added he would need the money for his future.

"Thank you for that question," he said when a reporter asked about the money. "For me, running cannot be for all the years of my life."

Mutai has personal bests of 27:27.79 for 10000 m and 59:30 for the half marathon.

In the women's race Desiree Davila outshone the more fancied Kara Goucher and was within a hair's breadth of becoming the first US winner since Lisa Larsen-Weidenbach in 1985. Trading surges with Caroline Kilel over the last 2 km, the brave American fell short by 2 seconds, but her 2:22:38 is the fastest ever by an American in Boston. The woman whose 1983 time (2:22:43) she beat, Joan Benoit Samuelson, won the 50-54 division in 2:51:29.

"The last 800 meters my legs were fried," Davila told reporters. "I was trying, just trying, to keep contact. You are kind of bargaining with yourself." Kilel made the final move with less than 200 m to go.

Kilel's 2:22:36 is also a PB. "I love Boston," she said afterwards, not surprisingly.

Goucher, who finished third in 2009 and gave birth to a son in September, was fifth in a 59-second personal best 2:24:52. Although disappointed, she battled back from ninth position at 30 km to finish strongly. "Now I want to get on the track and get back to the World Championships in the 10 km."

Some other interesting stats about Boston:

- Only one of the top eight (the course record holder, Cheruiyot) did not set a PB.

- Mutai's second half, 61:04, is the fastest ever recorded (previous best: 61:23 by Ronaldo da Costa in Berlin 1998).
- Boston (2:05:39) is now fourth on the list of averages for the top ten times behind Rotterdam (2:05:07), Berlin (2:05:10) and London (2:05:21).
- On the list of averages for top five performances Mutai (2:05:36) is second behind Gebrselassie (2:04:57).

In London South Africa's Tanith Maxwell had a disappointing run after a very good start and finished 29<sup>th</sup> in 2:39:07. In an e-mail afterwards she hit the nail on the head: "The marathon is a cruel event!" She went through 5 km in 17:36 and 10 km in 35:28, hitting the halfway mark in 76:43, but then took 82:24 for the second half. (She is pictured here at the 15 km mark.)



Rona Loubser, a South African living in the UK, finished 17<sup>th</sup> in the mass event in 2:52:28.

In the Mangyongdae Prize International Marathon in Pyongyang David Ngakane finished third in a PB of 2:15:30.

Unfortunately no results of Saturday's Yellow Pages Interprovincial Meeting in Bellville were available.

In DRR 11:05 the results of the 70-74 age group in the Cassies 15 km showed Tarryn Spearman (73) to be the winner of the category. Tarryn, in fact, is only 23. The second-placed runner, Dorothy Hart, was the winner. DRR apologises for this error.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Slow-Mag Marathon & Half Marathon, Benoni
- \* Goss & Balfe Dick King Half Marathon, Amanzimtoti
- \* Exxaro KZN Sands uMhlathuze Marathon & Half Marathon, Empangeni
- \* Umhlobo Wenene fm 10 km Classic, Port Elizabeth
- \* Pro Sano 10 km Challenge, Bellville
- \* Forever Resorts Loskop 50 km & Half Marathon, Middelburg to Loskop Dam
- \* KKNK Volstruiswedloop Half Marathon & 10 km, Oudtshoorn

#### International highlights:

- \* Boston Marathon, Hopkinton to Boston, USA
  - \* Virgin London Marathon, London, GBR
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## ROAD RUNNING

### Slow-Mag Marathon (56<sup>th</sup>) & Half Marathon

Benoni, 17 April

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 860; half marathon – 1240.)

#### Marathon

MEN

1 Ndabili Bashingili (BOT) 2:21:14; 2 Ntobeko Mtintso (Kwa Thema) 2:29:34; 3 Simon Tsoanyane (Nedbank) 2:30:57.

**Veterans:** 1 Solomon Khumalo (Carlton) 2:42:43; 2 Joseph Morowane (Boksburg) 2:53:59. **Masters:** 1 Richard McEvoy (Old Eds) 3:04:58. **G'masters:** 1 Louis Liebenberg (Boksburg) 3:35:15.

WOMEN

1 Stephanie Hurry (RAC) 3:12:13; 2 Catherine Nyakwishira (ZIM/F1 Bluff Meats) 3:20:57; 3 Marilise Vermaak (Kempton) 3:26:11.

**Veterans:** 1 Jo-Anne Fourie (HMK) 3:40:48; 2 Almarie Rothman (Kempton) 3:44:06.

**Masters:** 1 Deidre Peterson (JHAC) 3:47:57. **G'masters:** 1 Patricia Moore (Alberton) 4:25:00.

#### Half marathon

MEN

1 Eliud Kipketer (KEN/GS) 66:44; 2 Themba Miya (GS) 66:57; 3 Enoch Manyande (Nedbank) 67:38.

**Veterans:** 1 Lawrence Chipangaan (Nedbank) 71:56; 2 Tony Silva (Fit 2000) 77:33.

**Masters:** 1 Charles Vilakazi (Kwa Thema) 76:33. **G'masters:** 1 Mike Hirst (Striders) 87:31.

WOMEN

1 Caren Turac (KEN/GS) 84:11; 2 Juan-Marie Cooper (Nedbank) 85:17; 3 Monica Neuling (Boksburg) 94:07.

**Veterans:** 1 Priscilla Mamba (Toyota) 1:45:02; 2 Stella Madlala (Fourways) 1:54:17.

**Masters:** 1 Pam Hampton (Sunninghill) 1:46:37. **G'masters:** 1 Maz Moore (Breakthru Midrand) 2:10:27.

### Goss & Balfe Dick King Half Marathon (36<sup>th</sup>)

Amanzimtoti, 17 April

(Distance: 21.1 km; loop course. Finishers: 496.)

MEN

1.	Michael Mzobe	SCS	70:43
2.	Richard Nene	ZIM/Mr Price AC	71:28
3.	Bonikosi Zwane	Toti AC	74:23

#### 40-49:

1.	Herbert Mazongolo	Toyota AC	77:04
2.	Willie Majombozi	Boxer AC	79:55
3.	Sibusiso Duma	Nedbank AC	80:37

#### 50-59:

1.	Mike Sutton	YWP AC	89:33
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2.	Glen le Roux	YWP AC	93:27
3.	Siyabinga Jali	Boxer AC	93:52

**60+:**

1.	Andrew Spence	SCS	101:03
2.	Les Smith	West AC	103:40
3.	Mike Koning	HQ AC	112:38

**Juniors:**

1.	Boysie Bhengu	ZMTC	96:03
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**WOMEN**

1.	Jenna Challenor	Boxer AC	80:36
2.	Loveness Madziva	ZIM/Boxer AC	85:45
3.	Maya Lawrie	Boxer AC	85:57

**40 to49:**

1.	Maya Lawrie	Boxer AC	85:57
2.	Lise Muchna	PDAC	91:09
3.	Jenny Sutton	YWP AC	94:45

**50-59:**

1.	Sandy Fismer	Hilton H	102:18
2.	Marie Wareing	Legeans	109:29
3.	Pam Rashmussen	QBH	111:02

**60+:**

1.	Linda Bell	QBH	122:12
2.	Maureen Parry	Chiltern AC	123:14
3.	Gill Tregenna	West AC	123:31

**Juniors:**

1.	Loveness Madziva	ZIM/Boxer AC	85:45
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**Exxaro KZN Sands uMhlathuze Marathon & Half Marathon**

Empangeni, 17 April

(Distances: 42.195 km &amp; 21.1 km)

**Marathon****MEN**

1.	Malvern	Paradza	Mr Price	2:33:39
2.	Kwenza	Ngubane	Mr Price	2:39:02
3.	Bernard	Phalatsane	Nedbank AC	2:42:56

**40 to49:**

1.	S'fiso	Mthiyane	Zld Multi Sports Club	2:45:49
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**50-59:**

1.	Innocent	Ndlovu	Mandeni Harriers	3:07:23
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**60+:**

1.	Chris	v/d Westhuizen	uMhlathuze AC	3:32:11
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**WOMEN**

1.	Winile	Mnisi	Toyota AC	3:20:54
2.	Nicola	McMurray	Mtunzini AC	3:20:57
3.	Simone	Scrase	Canon Richards Bay AC	3:25:37

**40 to49:**

1.	Simone	Scrase	Canon Richards Bay AC	3:25:37
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**50-59:**

1.	Sandra	Curran	Canon Richards Bay AC	4:19:47
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**Half marathon****MEN**

1.	Lindamusa Zaca	Phumanathi AC	1:13:13
2.	Amos Thwala	Toyota AC	1:14:38
3.	Nkosinathi Zungu	Canon Richards Bay AC	1:14:55

**40 to49:**

1.	Baba Mthembu	Canon Richards Bay	1:37:34
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**50-59:**

1.	Shaun Curran	Canon Richards Bay	4:43:49
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**60+:**

1.	XJ Mswane	uMhlathuze AC	2:02:40
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**Juniors:**

1.	Scelo Bekisiswa	Muntonokandla AC	1:24:42
2.	Sanele Mthembu	Zld Multi Sports Club	1:25:25
3.	Mnqobi Sikhakhane	Muntonokandla AC	1:36:55

**WOMEN**

1.	Nomcebo Mthethwa	uMhlathuze AC	1:37:34
2.	Langelihle Zulu		1:45:52
3.	Elizabeth Maphalala	Nedbank AC	1:46:31

**40 to49:**

1.	Tanis March	Mtunzini AC	2:09:21
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**50-59:**

1.	Magda Gerrard	Canon Richards Bay	2:02:08
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**60+:**

1.	Lorna Rautenbach	Mtunzini AC	2:16:47
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**Juniors:**

1.	Langelihle Zulu		1:45:52
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**Umhlobo Wenene fm 10 km Classic (24<sup>th</sup>)**

Port Elizabeth, 16 April  
(Loop course. Finishers: 982.)

**MEN**

1	Lusapho April	Oxford Striders	28	28:42
2	George Ntshiliza	Nedbank RC EP	31	29:13
3	Siyabulela Mtsha	Glen Gray AC	23	29:55
4	Zolani Ngqqa	Mr Price A C EP	22	30:06
5	Sibusiso Thu	PEAAC	22	30:34
6	Lungile Gongqa	Mr Price A C EP	32	30:53
7	Tom Lusaseni	Mr Price A C EP	22	31:10
8	Eric Sigxashe	Mr Price A C EP	32	31:13
9	Masixole Dlaku	Mr Price A C EP	32	31:20
10	Mzwanele Maphekula	Run For Life EP	34	31:21
11	Sandile Ngunuza	Nedbank RC EP	28	31:32
12	Masande Mlonyeni	Nedbank RC EP	30	31:33
13	Mzolisi Makhanda	Nedbank RC EP	28	31:42
14	Khayaletu Makalima	Mr Price A C EP	27	31:48
15	Bulelini Niwa	PEAAC	25	32:01
16	Mariano Eesou	Nedbank RC EP	19	32:04
17	Zolani Mabongo	Mr Price A C EP	24	32:08
18	Luyanda Tshangana	Mr Price A C EP	27	32:09
19	Mila Pasiya	Nedbank RC EP	31	32:11
20	Lubabaloo Mdlungwane (1 <sup>st</sup> jun)	PEAAC	17	32:12

**40-44:**

1	Maboyisana	Mazwayi	Nedbank RC EP	42	33:23
2	Christopher	Mabengeza	Nedbank RC EP	44	33:45
3	Nkosinathi	Gcakasi	Bluewater Bay	40	34:08

**45-49:**

1	Welcome	Loliwe	Nedbank RC EP	46	36:01
2	Kenneth	Menze	Nedbank RC EP	49	36:09
3	Colben	Ngcupe	Nedbank RC EP	47	36:22

**50-54:**

1	Alfred	Spiers	Elite A C	51	35:48
2	Disemba	Blou	Triangle Sports	52	37:51
3	Efese	Peter	SANDB EP	50	38:04

**55-59:**

1	Sizinzo	Kama	Achilles AAA	59	38:41
2	Bruce	Mcewan	Achilles AAA	57	41:46
3	Donald	Mancasa	Triangle Sports	57	42:18

**60-64:**

1	Richard	Weatherall-Thomas	PEAAC	60	39:13
2	Hannes	Els	Madiba Bay AC	61	41:00
3	Fred	Verrall	Charlo RR	62	42:42

**65-69:**

1	Tamsanqa	Jusayi	Nedbank RC EP	69	39:05
2	Johannes	Herbst	Muirite Striders	65	46:12
3	Tom	D'arcy	Achilles AAA	65	53:24

**70-74:**

1	Godfrey	Kariem	Cadbury AC	70	48:35
2	Rolf	Mentzel	Profiles AC	71	52:26
3	Robin	Clark	Achilles AAA	70	58:12

**75-79:**

1	Ernie	Verrall	Absa NMMU AC	76	57:17
2	Hilary	Pritchard	Crusaders AC	76	1:05:01
3	John	Peart	Nedbank RC EP	75	1:12:43

**80-84:**

1	Zeb	Luhabe	Real Gijimas	84	1:28:42
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**Juniors:**

1	Lubabaloo	Mdlungwane	PEAAC	17	32:12
2	Mthuthuzeli	Mpofu	Nedbank RC EP	17	32:42
3	Melikhaya	Frans	Nedbank RC EP	19	32:52

**WOMEN**

1	Ntombesintu	Mfunzi	Mr Price AC EP	29	34:49
2	Funeka	Mlwakuhle	Glen Gray AC	25	36:50
3	Deliwe	Nyanga	Nedbank RC EP	22	39:14
4	Celeste	Swart (1 <sup>st</sup> vet)	Nedbank RC EP	42	39:56
5	Natalie	Ross	Rhodes University	20	40:51
6	Jane	Barnardo	Body Concept	36	41:01
7	Natascha	De Villiers	Absa NMMU AC	22	41:19
8	Asanda	Solani	Nedbank RC EP	27	41:37
9	Thabisa	Mayedwa	Nedbank RC EP	24	42:30
10	Grizelda	Pietersen	Achilles AAA	42	42:33
11	Marisa	Ferraris	Triangle Sports	40	42:39
12	Elmarie	Bezuidenhout	Charlo RR	29	43:02
13	Noxolo	Marks	Mr Price AC EP	24	43:10
14	Pat	Thomson (1 <sup>st</sup> mast)	Achilles AAA	50	43:17
15	Laura	Maritz	Elite AC	50	43:23
16	Lesley	Wood	Achilles AAA	53	43:27

17	Lorna	Lumb	PEAAC	42	43:43
18	Freedah	Ncube	Nedbank RC EP	28	43:43
19	Christine	Claasen	Achilles AAA	46	43:52
20	Priscilla	Dyanty	Mr Price AC EP	37	43:59
<b>40-44:</b>					
1	Celeste	Swart	Nedbank RC EP	42	39:56
2	Grizelda	Pietersen	Achilles AAA	42	42:33
3	Marisa	Ferraris	Triangle Sports	40	42:39
<b>45-49:</b>					
1	Christine	Claasen	Achilles AAA	46	43:52
2	Buyelwa	Kobokana	Nedbank RC EP	46	44:24
3	Paulette	Mcewan	Achilles AAA	46	46:53
<b>50-54:</b>					
1	Pat	Thomson	Achilles AAA	50	43:17
2	Laura	Maritz	Elite AC	50	43:23
3	Lesley	Wood	Achilles AAA	53	43:27
<b>55-59:</b>					
1	Margie	Saunders	Nedbank RC EP	57	44:21
2	Monica	Kemp	Madiba Bay AC	55	50:25
3	Jos	Els	Madiba Bay AC	59	53:26
<b>60-64:</b>					
1	Liz	Grundlingh	Muirite Striders	64	50:56
2	Helene	Oppel	Crusaders AC	61	57:15
3	Yvonne	Lumb	PEAAC	62	1:00:03
<b>65-69:</b>					
1	Margaret	Paton	Charlo RR	65	1:00:48
2	Orgia	Nell	Muirite Striders	67	1:09:18
3	Margaret	Brittain	Legacy AC	68	1:10:48
<b>70-74:</b>					
1	Dorothy	Hart	PEAAC	73	1:04:44
2	Lorna	Brown	PEAAC	72	1:24:28
3	Aletta	Fourie	Triangle Sports	72	1:30:36
<b>Juniors:</b>					
1	Megan	Wilson	Charlo RR	15	49:42
2	Lene	Prinsloo	Humansdorp AC	15	50:45
3	Kimberley	Wilson	Charlo RR	15	54:16

### Pro Sano 10 km Challenge

(WP Championships)  
Bellville, 16 April  
(Certified loop course)

#### MEN

1. Nkosinathi Madyo (Ned) 29:41 (R450); 2. Sityhilo Diko (Adid) 30:18 (R350); 3. Virginia Ngudlumana (Celtic) 30:34 (R250).

**Veterans:** 1. Graham Katzen (Celtic) 32:31 (R350); 2. Johnny Persents (Adid) 33:05 (R250); 3. Jimmy Drury (Ned) 33:33 (R200). **Masters:** 1. Vladimir Kotov (BLR/Cent) 32:39 (R250); 2. Steven Parkins (Met) 35:58 (R200); 3. Friedl van der Merwe (Strand) 35:59 (R150). **G'masters:** 1. Awie Veldsman (Held) 38:23 (R200); 2. Jimmy Morris (Forest) 39:17 (R150); 3. Albertus Bock (Adid) 41:41 (R125). **Juniors:** 1. Siyabonga Makaluza (East) 30:58 (R200); 2. William Kaptein (Rob) 31:01 (R150); 3. Luxolo Mdzanga (Gugs) 31:24 (silver medal) (R125); 4. Asive Njenxa (Khay) 31:25 (bronze).



WOMEN (Same prize money as men)

1. Bulelwa Simae (Ned) 35:03; 2. Nomvuyisi Seti (Celtic) 35:31; 3. Asiphe Sikabalanjana (Gugs) 36:18.

**Veterans:** 1. Elmarie Coetzee (Adid) 39:12; 2. Sheryl de Lange (Adid) 39:50; 3. Mariëtte Esterhuyse (Tyger) 39:52. **Masters:** 1. Olga Howard (Celtic) 42:27; 2. Bev Charters (VOB) 43:24; 3. Charmaine Cupido (Ned) 44:15. **G'masters:** 1. Marietha Herbert (Bell) 49:06; 2. Pixie Sparg (Celtic) 53:08; 3. Marlene James (Pine) 57:18. **Juniors:** 1. Annie Bothma (Held) 39:17; 2. Asiphe Snyman (Celtic) 39:29; 3. Khanya Mateyisi (Khay) 40:01.

### Forever Resorts Loskop 50 km (26<sup>th</sup>) & Half Marathon

Middelburg to Loskop Dam, 16 April

(Distances: 50 km & 21.1 km. Ultramarathon: Point-to-point downhill course; the elevation loss from start [1475 m] to finish [930 m] is 545 m, i.e. 10.9 m/km. Half-marathon: drop unknown.)

#### 50 km

MEN

1. Samuel Moleshioa (Anmar) 2:44:43  
 2. Cephas Pasipamire (ZIM/Nedbank) 2:47:32  
 3. Elias Mabane (Bidvest) 2:47:53  
 4. Leonard Koki (ZIM/Nedbank) 2:49:15  
 5. Peter Tadziripa (ZIM) 2:51:34  
 6. Eliya Mogoboya (Nedbank) 2:56:42  
 7. Samuel Ongaki (KEN/Nedbank) 2:57:03  
 8. Claude Moshiywa (Nedbank) 2:57:38  
 9. Samuel Mashishi (ADT) 2:58:23  
 10. Fusi Nkutha (Nedbank) 3:03:29

WOMEN

1. Chiyedza Chokore (ZIM/Mr Price) 3:23:29  
 2. Muchaneta Gwata (ZIM/Mr Price) 3:34:15  
 3. Julanie Basson (Toyota) 3:37:24  
 4. Lesley Train (Nedbank) 3:42:08  
 5. Gillian Sieling (Nedbank) 3:47:30  
 6. Salome Brits (Toyota) 3:53:48  
 7. Ansie Viljoen (Irene) 3:54:10  
 8. Davera Magson (Nedbank) 3:54:36  
 9. Lindsay van Aswegen (Toyota) 3:56:06  
 10. Melanie Kruger (New Balance) 3:56:06 [correct]

#### Half marathon

MEN

1. Wirimayi Juwawo (ZIM) 1:10:14  
 2. Amos Thenjekwayo (Ind) 1:10:40  
 3. Millen Matende (ZIM/Bashewa) 1:11:15  
 4. Charles Soza (ZIM/Bashewa) 1:11:38  
 5. Ntuthuko Maseko (Nedbank) 1:11:56

WOMEN

1. Olivia Chitate (ZIM/Bashewa) 1:26:49  
 2. Zola Pieterse (Bloemfontein Achilles) 1:37:21  
 3. Grace de Oliveira (Boxer) 1:40:26  
 4. Mishelene Lagerwall (New Balance) 1:47:33  
 5. Florence Molawa (Arcelor Mittal) 1:48:45

**KKNK Volstruiswedloop Half Marathon & 10 km**

Oudtshoorn, 2 April

(Distances: 21.1 km &amp; 10 km; loop courses. Finishers: half marathon – 156; 10 km – 117.)

**Half marathon**

MEN

1. Vuyo Witbooi (Oudts) 35 1:14:19
2. Fana Principal (Rain) 42 1:14:29
3. M. Melikhuyzen (Knysna) 1:16:00

WOMEN

1. Hanlie Stegmann (Somerset East) 52 1:29:34
2. Johanna Claasen (Ned) 42 1:30:15
3. Annetjie Botes (Ned) 53 1:31:21

**10 km**

MEN

1. Gershwill Jacobs (Ned) 20 33:41
2. Elfonze Pieterse (Coastline) 22 35:06
3. G. Meniel 22 37:09

WOMEN

1. Chauke Mikatero (Ind) 26 47:37
2. Katy Muller (Ind) 25 50:32
3. Teresa Arndt (Ned) 35 51:23

**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****Boston Marathon** (115th)

Hopkinton to Boston, USA, 18 April

(Distance: 42.195 km; point-to-point course with 3.1 m/km elevation loss)

MEN

- 1) Geoffrey Mutai (KEN), 2:03:02, \$225,000
- 2) Moses Mosop (KEN), 2:03:06, \$75,000
- 3) Gebre Gebremariam (ETH), 2:04:53, \$40,000
- 4) Ryan Hall (USA), 2:04:58, \$25,000
- 5) Abreham Cherkos (ETH), 2:06:13, \$15,000
- 6) Robert Kiprono Cheruiyot (KEN), 2:06:43, \$12,000
- 7) Philip Kimutai Sanga (KEN), 2:07:10, \$9000
- 8) Deressa Chimsa (ETH), 2:07:39, \$7400
- 9) Bekana Daba (ETH), 2:08:03, \$5700
- 10) Robert Kipchumba (KEN), 2:08:44, \$4200
- 11) Peter Kamais (KEN), 2:09:50, \$2600
- 12) Juan Carlos Cardona (COL), 2:12:17, \$2100
- 13) Gilbert Yegon (KEN), 2:13:00, \$1800
- 14) Migidio Bourifa, 42, ITA, 2:13:45, \$11,700 (first master)
- 15) Abe Toyoyuki (JPN), 2:15:48, \$1500

## MASTERS MEN (40+)

- 1) Bourifa (see above)
- 2) Franklin Tenorio, 41, ECU, 2:17:56, \$5000
- 3) Boudalia Said, 42, MAR, 2:18:31, \$2500

## WOMEN

- 1) Caroline Kilel (KEN), 2:22:36, \$150,000
- 2) Desiree Davila (USA), 2:22:38, \$75,000
- 3) Sharon Cherop (KEN), 2:22:42, \$40,000
- 4) Caroline Rotich (KEN), 2:24:26, \$25,000
- 5) Kara Goucher (USA), 2:24:52, \$15,000
- 6) Dire Tune (ETH), 2:25:08, \$12,000
- 7) Werknesh Kidane (ETH), 2:26:15, \$9000
- 8) Yolanda Caballero (COL), 2:26:17, \$7400
- 9) Alice Timbilili (KEN), 2:26:34, \$5700
- 10) Yuliya Ruban (UKR), 2:27:00, \$4200
- 11) Tirfi Tsegaye (ETH), 2:27:29, \$2600
- 12) Woynishet Girma (ETH), 2:28:48, \$2100
- 13) Hellen Mugo (KEN), 2:29:06, \$1800
- 14) Silvia Skvortsova (RUS), 2:29:14, \$1700
- 15) Tatyana Pushkareva (RUS), 2:29:20, \$1500

## MASTERS WOMEN (40+)

- 1) Larisa Zyusko, 41, RUS, 2:34:22, \$10,000
- 2) Svetlana Zakharova, 40, RUS, 2:35:47, \$5000
- 3) Shannon Mchale, 40, USA, 2:43:46, \$2500

**Virgin London Marathon (31st)**

London, GBR, 17 April

(Distance: 42.195 km; standard course, with 35 m elevation loss [most of it in the third mile] and approximately 7 miles [27%] start/finish separation; many turns)

Note: Each athlete's halfway split is also given in the results. – Ed.

## MEN

1	Mutai, Emmanuel (KEN)	1:02:44	2:04:40
2	Lel, Martin (KEN)	1:02:45	2:05:45
3	Makau, Patrick (KEN)	1:02:45	2:05:45
4	Dos Santos, Marlison Gomes (BRA)	1:02:45	2:06:34
5	Kebede, Tsegaye (ETH)	1:02:44	2:07:48
6	Gharib, Jaouad (MAR)	1:02:45	2:08:26
7	Bouramdane, Abderrahime (MAR)	1:02:45	2:08:42
8	Safronov, Dmitry (RUS)	1:03:50	2:09:35
9	Bat-Ochir, Serod (MGL)	1:03:50	2:11:35
10	Shelley, Mike (AUS)	1:05:51	2:11:38
11	Rothlin, Viktor (SUI)	1:03:50	2:12:44
12	Cordero, Carlos (MEX)	1:05:47	2:13:13
13	Lehmkhule, Jason (USA)	1:05:42	2:13:40
14	Merrien, Lee (GBR)	1:06:37	2:14:27
15	Lemoncello, Andrew (GBR)	1:05:51	2:15:24
16	Martinez, Jose Manuel (ESP)	1:04:44	2:15:25
17	Faurschou, Jesper (DEN)	1:08:00	2:16:15
18	Luna, Tomas (MEX)	1:05:51	2:16:58
19	Webb, Dave (GBR)	1:06:37	2:17:41
20	Vargas, Daniel (MEX)	1:05:47	2:19:26

## WOMEN

1	Keitany, Mary (KEN)	1:10:37	2:19:19
2	Shobukhova, Liliya (RUS)	1:10:37	2:20:15
3	Kiplagat, Edna (KEN)	1:10:38	2:20:46
4	Bekele, Bezunesh (ETH)	1:10:37	2:23:42
5	Baysa, Atsede (ETH)	1:10:37	2:23:50
6	Akaba, Yukiko (JPN)	1:11:27	2:24:09
7	Mikitenko, Irina (GER)	1:11:47	2:24:24
8	Augusto, Jessica (POR)	1:11:27	2:24:33
9	Kebede, Aberu (ETH)	1:10:37	2:24:34
10	Konovalova, Mariya (RUS)	1:10:39	2:25:18
11	Tafa, Askale (ETH)	1:10:38	2:25:24
12	Nojiri, Azusa (JPN)	1:11:27	2:25:29
13	Fujinaga, Yoshiko (JPN)	1:11:28	2:25:40
14	Zhu, Xiaolin (CHN)	1:11:27	2:26:28
15	Abitova, Inga (RUS)	1:11:27	2:26:31
16	Matsuoka, Noriko (JPN)	1:11:28	2:26:54
17	Perez, Madai (MEX)	1:12:45	2:27:02
18	Kiplagat, Lornah (NED)	1:12:39	2:27:57
19	Pavey, Jo (GBR)	1:12:28	2:28:24
20	Ogi, Madoka (JPN)	1:11:27	2:29:52
21	Nasukawa, Mizuho (JPN)	1:11:28	2:30:00
22	Damen, Louise (GBR)	1:13:33	2:30:00
23	Lewy-Boulet, Magdalena (USA)	1:12:27	2:31:22
24	Shigetomo, Risa (JPN)	1:12:01	2:31:28
25	Partridge, Susan (GBR)	1:16:03	2:34:13
....			
29	Maxwell, Tanith (RSA)	1:16:43	2:39:07

**VIEWPOINT**

Two prominent persons in coaching and statistics, Richard Mayer and Cobus Kok, have sent *Distance Running Results* their views on the recent Yellow Pages SA Championships.

**CHAMPIONSHIPS A 'TURNING POINT', BUT MOVE IT SOMEWHERE ELSE**

Richard Mayer wrote: "Although nothing is inevitable, I believe when we look back a decade hence this year's Championships will be seen as a turning point. Having attended my first SA Champs in 1991 and having not missed a championship since 2000, the 2011 meeting seemed to me to be a quantum leap in overall standard of performance, certainly in the middle and long distances.

"The field had its moments, and LJ van Zyl in the 400 m hurdles was best performer of the meeting, but most of the excitement and the weight of the best performances were in the middle and long distances. Gone are the days of mechanical tactical races dominated by one, at best, two athletes. This year there was a sharp competitive edge to the middle distance events and in most cases the champions were forced to work for their titles.

"For many, Lebogang Phalula's battle to hold off Semenya in the women's 1500 m was the best spectacle of the Champs, but the men's 1500 m was also a very competitive race, as was men's 800 m. If Stephen Mokoka and Ruben Ramolefi dominated the men's 10000 m and 3000 m steeplechase respectively, they went for times, running stadium records – Mokoka in 28:06.65 (faster than Batswadi, Motshwarateu, Temane, Yawa and Ramaala have gone in Durban) and Ramolefi in 8:14.06. Tshamano Setone might finally be living up to the enormous potential he showed as a junior and youth in winning the 5000 m in 13:31.87 – also a stadium record as far as I can determine. Although Setone's ultimate winning margin was comfortable, Sibusiso Nzima held a 30-metre lead at 3000 m.

"The rivalry and commitment on the track made for the best atmosphere at an SA

Champs I have attended, although not everyone agrees with me. Well-known coach Abrie de Swardt has challenged me on this on the *SA Athletics Annual* Facebook page, citing the absence of SA records at the Champs. My response is that Durban is not the track on which to set SA records because of the heat and humidity, and to compare apples with apples, one must look at stadium records. On this basis Ramolefi may have beaten his national record, and Mokoka would have been close to Ramaala's 10000 m mark, if they were running in still conditions in, say, Stellenbosch or Port Elizabeth.

"Certainly, spearheaded by Caster Semenya, this collection of middle and long distance athletes as a collective is better than any other grouping at any time in SA history. Sure, Johan Landsman or Johan Fourie at their very best might have just beaten Juan van Deventer (in his first competitive outing this year), but Phalula, René Kalmer, Samson Ngoepe, Setone and Mokoka would, at the very least hold their own against all but the very greatest athletes in their various events in SA history. And then one must still throw Mapaseka Makhanya, Violet Raseboya and the highly talented André Olivier, returning from injury, into the mix.

"Obviously the Caster factor has put SA athletics in the spotlight, but from my perspective athletes like Mokoka and Van Deventer demonstrate all too clearly that the sport is about far more than Caster. Mokoka is a hard man in the best traditions of Batswadi, Motshwarateu and Ramaala, and I will never forget how he laughed like a child at a birthday party minutes before taking on Van Deventer in the 1500 m final when his coach, Mike Seme, joked with him that because he was still unmarried he could afford to go out and die on the track. As for Van Deventer, he is the most disciplined athlete I have ever had the pleasure to have close contact with, and a great gentleman and deep thinker about the sport. Both should set SA records in their chosen events this year, and with Caster, Ramolefi, Setone and Makhanya could also rewrite the SA record books.

"SA medals at the World Championships? Probables: Van Zyl, Semenya, Mokoena; possibles: Van Deventer and, more remotely, Makhanya and Ngoepe. And although he did not compete at the Champs, let's not ever count out the lion-hearted Mbulaeni Mulaudzi."

Cobus Kok commented that he "cannot share in Richard's optimism". Although "there were some good performances, our athletes were once again let down by the quality of equipment, organisation and officiating."

Kok listed a number of aspects:

1. An operational loudhailer could only be delivered halfway through the first morning's heats.
2. No distance markers were put in place and the women had to stop after two rounds in the hammer throw for markers to be put out only every 20 m instead of every 10 m.
3. The circles are in a poor condition, especially for hammer throwing.
4. Distance markers at the shot put was incorrectly placed.
5. Dyslectic officials constantly read out incorrect readings such as 16.18 instead of 18.16, and then started arguing when corrected, causing havoc around the circle!
6. We are still using tape measures instead of theodolites, equipment that was introduced in the early eighties.
7. An athlete was given a red card by the assistant referee after a false start in a multi-event race. The poor athlete was in a state after an argument between the starter and the assistant followed!

He concluded: "It is clear that at the moment Durban is not the right place to host the SA Championships. The place looks tired and the equipment shoddy, and the officials are suspect. We should have more qualifying opportunities for long and middle distance runners at the coast and move the Championships to top venues, even if it is at altitude."

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## STATS TIME

### SUB-2:05/2:20 FOR THE MARATHON: CHRONOLOGICAL LIST

In winning the London Marathon in 2:40:40 and 2:19:19, Emmanuel Mutai and Mary Keitany became the ninth and tenth runner respectively to crack the 2:05 and 2:20 barriers. Here are chronological lists of the men and women who have achieved this feat (when they did so the first time). The last column shows the number of races under 2:05 and 2:20 each athlete has run – only one man and two women have done so more than once.

#### MEN

1	2:04:55	Paul Tergat	KEN	1	Berlin	28 Sept 2003	1
2	2:04:56	Sammy Korir	KEN	2	Berlin	28 Sept 2003	1
3	2:04:26	Haile Gebrselassie	ETH	1	Berlin	30 Sep 2007	3
4	2:04:27	Duncan Kibet	KEN	1	Rotterdam	5 Apr 2009	1
5	2:04:27	James Kwambai	KEN	2	Rotterdam	5 Apr 2009	1
6	2:04:48	Patrick Makau	KEN	1	Rotterdam	11 Apr 2010	1
7	2:04:55	Geoffrey Mutai	KEN	2	Rotterdam	11 Apr 2010	2
8	2:04:57	Wilson Kiprotich Kipsang	KEN	1	Frankfurt	31 Oct 2010	1
9	2:04:40	Emmanuel Mutai	KEN	1	London	17 Apr 2011	1
10	2:03:06A	Moses Mosop	KEN	2	Boston	18 Apr 2011	1
11	2:04:53	Gebre Gebremariam	ETH	3	Boston	18 Apr 2011	1
12	2:04:58	Ryan Hall	USA	4	Boston	18 Apr 2011	1

#### WOMEN

1	2:19:46	Naoko Takahashi	JPN	1	Berlin	30 Sept 2001	1
2	2:18:47	Catherine Ndereba	KEN	1	Chicago	7 Oct 2001	3
3	2:18:56	Paula Radcliffe	GBR	1	London	14 Apr 2002	4
4	2:19:39	Sun Yingjie	CHN	1	Beijing	19 Oct 2003	1
5	2:19:41	Yoko Shibui	JPN	1	Berlin	26 Sept 2004	1
6	2:19:12	Mizuki Noguchi	JPN	1	Berlin	25 Sept 2005	1
7	2:19:51	Zhou Chunxiu	CHN	1	Seoul	12 Mar 2006	1
8	2:19:36	Deena Kastor	USA	1	London	23 Apr 2006	1
9	2:19:19	Irina Mikitenko	GER	1	Berlin	28 Sept 2008	1
10	2:19:19	Mary Keitany	KEN	1	London	17 Apr 2011	1

### THIS MONTH IN HISTORY

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

#### 28 years ago: 17 April 1983

Charles Vilakazi won the 38th edition of the Jackie Gibson Marathon in 2:25:40 to beat Hoseah Tjale by 1:33. Down in 42nd place in 2:53:06 was Dudley Hulbert, nowadays a prominent distance coach in Cape Town. The race, which had its 65th running last month and is South Africa's oldest marathon after the SA Marathon, was named for famous pre-War marathoner Jackie Gibson, who in 1938 won the bronze medal at the British Empire Games (now the Commonwealth Games). Five years later, coincidentally again on 17 April, Vilakazi was once more the winner, in 2:27:08. (See also This month in history in DRR 11:13.)

## 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	28:42	Lusapho April	Port Elizabeth	16 Apr
	27:15	Micah Kogo (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:43	Lusapho April	Jeffreys Bay	08 Jan
	42:58	Mohamed Trafeh (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:59	Tshidiso Bosiu	Johannesburg	27 Mar
	58:30	Zerzenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	79:50	Juan van Deventer	Johannesburg	23 Jan
	77:39	Giovanni deJesus (BRA)		
	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
	2:05:27	Wilson Chebet Kwambai (KEN)		
	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	88:11	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 Seakamela	Alberton	13 Mar
	[50:03	Vladimir Kotov (BLR)	Constantia	12 Mar]
	47:52	Titus Mamabolo (RSA) 1991		

21.1 km	72:24 66:42	Charles Vilakazi Martin Rees (GBR) 2003	Johannesburg	27 Mar
25 km	1:39:05	Edmond Mngadi	Durban	10 Apr
30 km	1:58:23 [1:46:47]	Raymond Howard Vladimir Kotov (BLR)	Camps Bay Parow	09 Jan 03 Apr]
Marathon	2:40:32 [2:30:24 2:19:29]	Stuart McColl Vladimir Kotov (BLR) Titus Mamabolo (RSA) 1991	George George	13 Feb 13 Feb]
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:23	Awie Veldsman	Bellville	16 Apr
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 27:52	Unathi Nteta Richard Chelimo (KEN) 1990	Cape Town	02 Mar
15 km	48:50 42:25	Lufumba Sakila Moses Mosop (KEN) 2004	Constantia	12 Mar
21.1 km	72:30 59:16	Philani Ngcobo Samuel Wanjiru (KEN) 2005	Pietermaritzburg	27 Feb
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:07 31:50 30:21	René Kalmer Sentayehu Ejigu (ETH) Paula Radcliffe (GBR) 2003	Bellville	10 Apr
15 km	53:48 49:31 46:28	René Kalmer Jennifer Rhines (USA) Tirunesh Dibaba (ETH) 2009	Alberton	13 Mar
21.1 km	70:56A 74:53 65:50 66:25 65:50p	Irvette van Blerk Tanith Maxwell Mary Keitany (KEN) Lornah Kiplagat (KEN) 2007 Mary Keitany (KEN) 2011	New York Reading	20 Mar 20 Mar
25 km	95:17 91:07 79:53	René Kalmer Marily dos Santos (BRA) Mary Keitany (KEN) 2010	Johannesburg	23 Jan
30 km	2:02:46 1:46:27 1:38:49	Bulelwa Simae Hiromi Ominami (JPN) Mizuki Noguchi (JPN) 2005	Parow	03 Apr
Marathon	2:39:07 2:22:45 2:15:25	Tanith Maxwell Aselefech Mergia (ETH) Paula Radcliffe (GBR) 2003	London	17 Apr
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	38:08 32:14	Jacqui Bakkes Priscilla Welch (GBR) 1985	Bellville	10 Apr
15 km	57:51 49:35	Joanna Thomas Priscilla Welch (GBR) 1985	Constantia	12 Mar



21.1 km	85:57	Maya Lawrie	Amanzintoti	17 Apr
	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	42:27	Olga Howard	Bellville	16 Apr
	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				
<u>Grandmasters (60+)</u>				
10 km	49:06	Marietha Herbert	Bellville	16 Apr
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				
<u>Juniors</u>				
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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