

# 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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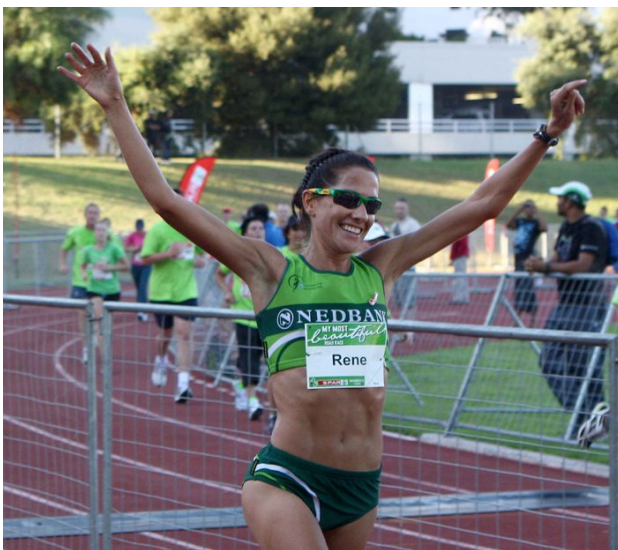
## EDITORIAL

A great marathon weekend for South Africa! In Germany national marathon champion Lusapho April scored his first international victory with a superb PB 2:09:25 in the TUIfly Hannover Marathon (where he set his previous PB of 2:10:45 in fifth last year). April, also the winner of the Old Mutual Two Oceans Half Marathon, covered the first 10 km in 30:23, reached halfway in 64:41 and 30 km in 92:05. In warmer and more windy conditions than last year, April went with Peter Kurui's break at 30 km. They were alone at 36 km and then April surged ahead to win by 10 seconds. The time shot April up into 11<sup>th</sup> position on the SA all-time list (see men's and women's all-time lists below – note that these are all-time *performers*, not *performances*).

On the same day, across the border in the Czech Republic, René Kalmer (pictured below in the Spar race in Bellville last month) ran her first inter-



A jubilant Lusapho April winning in a PB in Hannover. [Florian Petrow]



national marathon (and third of her career) and scored a huge PB of 2:34:47 in finishing fifth in the Volkswagen Prague Marathon. In a telephone conversation Kalmer said she had "mixed emotions" about the performance, because she was aiming for a faster time. Unfortunately she fell during her last hard training session on Tuesday and hurt her right quadriceps muscle. "It must have been Murphy's Law," she said, after also having suffered an injury during the Two Oceans Half Marathon over Easter. One could argue that she would have done better had she not raced another half marathon (the Foskor race) on the Saturday after the Two Oceans (and a week before the marathon), but the

training mishap could not have been foreseen. She is certainly capable of going under 2:30 for the marathon. Kalmer's previous best was the 2:43:54 she ran in the 2009 Soweto Marathon; she is now sixth on the all-time list.

Both Kalmer and April have now qualified for the marathon at the Olympic Games, as well as the World Championships. (Others who have qualified for the latter meeting in Daegu are Stephen Mokoka, Lucky Mohale, Hendrick Ramaala, Gert Thys, Norman Dlomo, Johannes Kekana, Coolboy Ngamole, Benedict Moeng, Tanith Maxwell and Annerien van Schalkwyk.)

In Kalmer's absence the second race in the Spar Grand Prix Series in Port Elizabeth was won by Lebo Phalula, with Irvette van Blerk second. Evergreen Sonja Laxton set a list leader for grandmasters of 45:36. Note that she is still eighth on the all-time marathon list with the 2:35:44 she ran in 1986!

In other international action great 10000-metre races headed the bill at the Payton Jordan Invitational in Stanford, USA. The 20-year-old Kenyan Bidan Karoki took 9.95 sec off his best to win the men's race and head great depth of times with 13 men under 27:33 and 19 under 28:00, both just one off the best ever such figures, while 28 under 28:25 tied the all-time record.

Noted statistician Ken Nakamura has compiled a list of the fastest 5 km splits during a marathon, which – adding the quickest final 2.195 km – add up to 2:00:13 for the full distance, showing how formidable a target a two-hour marathon would be. Opening 5 km: 14:08 Sammy Wanjiru 2009 London; 5-10 km: 14:22 Wanjiru 2009 London & Haile Gebrselassie 2008 Dubai; 10-15 km: 14:27 Gebrselassie 2009 Dubai; 15-20 km: 14:36 Gebrselassie 2009 Berlin; 20-25 km: 14:13 Rodolfo Gómez 1980 Olympics; 25-30 km: 14:04 Gebre Gebremariam 2010 New York; 30-35 km: 14:11 Geoffrey Mutai 2011 Boston; 35-40 km: 14:07 Moses Mosop 2011 Boston; final 2.195 km: 6:05 Mutai 2009 Eindhoven. Fastest first half: 61:27 Gebrselassie 2008 Dubai; last half: 61:04 Mutai 2011 Boston.



Sonja Laxton in action in Port Elizabeth. [Martin van Schalkwyk]

Riël Hauman

#### INCLUDED IN THIS ISSUE:

- \* Randburg Harriers Half Marathon & 10 km, Randburg
- \* KZN Half-marathon Championships, Durban
- \* Cadiz Milkwood Half Marathon & 10 km, Kommetjie
- \* Spar Grand Prix Series, Port Elizabeth
- \* Jackie Mekler 25 km & 10 km, Pretoria
- \* Foskor Half Marathon & 10 km, Richards Bay
- \* Swartberg Pass Half Marathon & 10 km, Prince Albert
- \* Delta Draf 10 km, Franschhoek
- \* XC: Gauteng North League Meeting, Pretoria; Western Province XC Relay, Pinelands

#### International highlights:

- \* Volkswagen Prague International Marathon, Praha, CZE
- \* BIG 25, Berlin, GER
- \* Ignis Asset Management Women's Run 10 Km, Glasgow, GBR
- \* TUIfly Marathon Hannover, Hannover, GER
- \* Lilac Bloomsday Run, Spokane, USA
- \* 10 km du Conseil Général, Marseille, FRA
- \* Grand Blue Mile, Des Moines, USA

\* Track: Jamaica International Invitational, Kingston, JAM; Samsung Diamond League, Doha, QAT; Arkansas Twilight Meeting, Fayetteville, USA; Payton Jordan Cardinal Invitational, Stanford, USA; Drake Relays, Des Moines, USA; Penn Relays, Philadelphia, USA

## STATS

### S.A. MARATHON ALL-TIME TOP 20

#### MEN

2:06:33	Gert Thys		1	Tokyo	14 Feb 99
2:06:55	Hendrick Ramaala		3	London	23 Apr 06
2:07:06	Ian Syster		5	London	14 Apr 02
2:07:28	Josiah Thugwane		1	Fukuoka	07 Dec 97
2:08:04A	Zithulele Singe		1	Port Elizabeth	03 May 86
2:08:07	David Tsebe		1	Berlin	27 Sep 92
2:08:15A	Willie Mtolo		2	Port Elizabeth	03 May 86
2:08:33	Stephen Mokoka		4	Seoul	07 Nov 10
2:08:58A	Mark Plaatjes		1	Port Elizabeth	04 May 85
2:09:10	Lawrence Peu	(10)	7	London	13 Apr 97
<b>2:09:25</b>	<b>Lusapho April</b>		<b>1</b>	<b>Hannover</b>	<b>08 May 11</b>
2:09:36	Andries Khulu		7	Berlin	28 Sep 97
2:09:41A	Ernest Seleke		1	Port Elizabeth	31 Mar 84
2:09:54	Ezael Tlhobo		3	Prague	24 May 98
2:10:16	Makhosonke Fika		9	Berlin	28 Sep 03
2:10:18	Martin Ndivheni		5	Berlin	29 Sep 96
2:10:22	Xolile Yawa		4	London	02 Apr 95
2:10:29	Joseph Skosana		1	Durban	20 Jul 91
2:10:39	Norman Dlomo		3	Milan	02 Dec 07
2:10:39A	Thompson Magawana	(20)	3	Port Elizabeth	04 May 85

#### WOMEN

2:25:15A	Elana Meyer		3	Boston	18 Apr 94
2:26:35	Colleen de Reuck		1	Berlin	29 Sep 96
2:27:36	Frith van der Merwe		1	Port Elizabeth	24 Feb 90
2:32:33	Tanith Maxwell		8	Berlin	26 Sep 10
2:33:39	Annette Falkson		1	Cape Town	30 Apr 88
<b>2:34:47</b>	<b>René Kalmer</b>		<b>5</b>	<b>Prague</b>	<b>08 May 11</b>
2:35:32	Annerien van Schalkwyk		3	Singapore	05 Dec 10
2:35:44	Sonja Laxton		1	Stellenbosch	13 Sep 86
2:35:45A	Adelene Joubert		1	Port Elizabeth	04 May 85
2:36:25	Gwen van Lingen	(10)	1	Pinelands	28 Feb 99
2:36:29	Nicole Fuller		1	Pinelands	25 Feb 96
2:37:19A	Monica Drögemöller		1	Simon's Town	03 Mar 90
2:38:03A	Theresa Fourie		1	Oudtshoorn	06 Mar 04
2:39:19	Poppy Mlambo		1	Port Elizabeth	10 Feb 07
2:39:25	Charné Bosman		4	Amsterdam	16 Oct 05
2:39:32	Jean Rayner		1	Durban	20 Jul 91
2:40:18	Azwindini (Gladys) Lukhwareni		5	Beirut	10 Oct 04
2:41:05	Blanche Moila		3	Cape Town	28 Mar 92
2:41:53	Sarah Mahlangu		3	Pinelands	28 Feb 99
2:41:59	Jowaine Parrott	(20)	13	Berlin	29 Sep 96

## ROAD RUNNING

### Randburg Harriers Half Marathon & 10 km

Randburg, 8 May

(Distances: 21.1 km & 10 km; hilly loop courses. Finishers: half marathon – 1000; 10 km – 840.)

Note: The junior woman in second place in the 10 km is probably a foreigner, but DRR has not been able to confirm this. – Ed.

#### Half marathon

MEN

1 Peter Muso (Eskom) 70:52; 2 Nkopane Seqhobane (LES/GS) 72:17; 3 Gethun Wordofa (ETH/Toyota) 72:19.

**Veterans:** 1 Gethun Wordofa (ETH/Toyota) 72:19; 2 Lucas Mothupi (RAC) 86:44; 3 Peter Masia (RAC) 89:38. **Masters:** 1 Meshack Motla (South Deep) 80:55; 2 Samuel Mogudi (RAC) 83:10. **G'masters:** 1 Brian Chamberlain (Kudus) 93:55; 2 Joe Rebordao (RAC) 1:40:57. **Juniors:** 1 Jaco Jooste (Nedbank) 1:44:17.

WOMEN

1 Michelle Williams (Toyota) 88:29; 2 Sarah Mahlangu (Toyota) 97:37 (1<sup>st</sup> vet); 3 Lydia West (Temp) 99:20.

**Veterans:** 1 Sarah Mahlangu (Toyota) 97:37; 2 Gillian Whittal (RAC) 1:48:31; 3 Annetjie Strydom (Arcelor Mittal) 2:12:58. **Masters:** 1 Sue Harrisburg (RAC) 1:42:58; 2 Heather Larder (RAC) 1:57:04. **G'masters:** 1 Elaine Greenblatt (Rockies) 1:53:02; 2 Rene Hawkrige (HQH) 2:10:49.

#### 10 km

MEN

1 Derocious Makhobolo (GS) 32:19; 2 Never Matiya (Wanderers) 34:32 (1<sup>st</sup> vet); 3 Isaac Masilela (ADT) 36:06.

**Veterans:** 1 Never Matiya (Wanderers) 34:32; 2 Isaac Masilela (ADT) 36:06; 3 Armand Bosman (Mr Price) 38:18. **Masters:** 1 Nathan Wessels (Strand) 43:11; 2 Frank Da Ascencao (Bolsburg) 43:36. **G'masters:** 1 Don Charles (Nedbank) 43:00; 2 Pele Tshikundamalema (Vyebo Striders) 46:23. **Juniors:** 1 Lindokuhle Duma (Blue Sky) 38:41.

WOMEN

1 Mpho Mabuza (Nedbank) 38:53; 2 Eleni Abdela (Toyota) 45:17; 3 Helena Oberholzer (Pirates) 45:48.

**Veterans:** 1 Reinette Bosman (Boksburg) 48:04; 2 Magdalena Makgata (Discovery) 50:57; 3 Linah Nkosi (Blue Sky) 51:50. **Masters:** 1 Pam Hampton (Sunninghill) 50:56; 2 Louise Nortman (Nedbank) 55:46. **G'masters:** 1 Margaret McGilp (Florida) 60:25; 2 Jennu Robertshaw (Rockies) 65:23. **Juniors:** 1 Eleni Abdela (Toyota) 45:17.

### KZN Half-marathon Championships

Durban, 8 May

(Distance: 21.1 km)

MEN

1 Thubalethu Paku (DUT) 1:09:44  
2 Siphon Ngxongo (Phumanathi) 1:10:20  
3 Sandile Lembthe (Westville) 1:10:43

**40-44:**

- 1 Enoch Ngubane (Mr Price) 1:16:42
- 2 Herbert Mazongolo (Toyota) 1:19:14
- 3 Robert Ngema (Phoenix) 1:25:50

**45-49:**

- 1 Willie Majombozi (Boxer) 1:19:10
- 2 Sipho Mbokazi (Toyota) 1:21:06
- 3 Bheki Bhengu (Boxer) 1:26:09

**50-54:**

- 1 Siyabonga Jali (Boxer) 1:33:36
- 2 Cyril Kunene (Nedbank) 1:34:37
- 3 Jonny Karawjog (Verulam) 1:38:19

**55-59:**

- 1 Nicholas Dlamini (Boxer) 1:21:52
- 2 Robin Archer (Queensburgh) 1:54:13

**60+:**

- 1 Mbekiseni Mchunu (Savages) 1:35:59
- 2 Les Smith (Westville) 1:38:35
- 3 Petros Shumi (Zabalaza) 1:44:26

**Juniors:**

- 1 Ayanda Kubheka (Inanda) 1:18:53
- 2 Delisani Chiliza (Verulam) 1:22:37
- 3 Bonga Mthembu (Inanda) 1:24:14

**WOMEN**

- 1 Carry-Ann Smith (Nedbank) 1:21:20
- 2 Maya Lawrie (Boxer) 1:24:52 (1<sup>st</sup> vet)
- 3 Janine Carrie (Boxer) 1:26:30

**40-44:**

- 1 Maya Lawrie (Boxer) 1:24:52
- 2 Shani Silver (Kearsney) 1:30:46
- 3 Jeanette Davidson (DHS Old Boys) 1:39:08

**50-54:**

- 1 Elize Cilliers (Savages) 1:56:58
- 2 Julita van Zuydam (Escourt) 1:59:01
- 3 Zanele Nduli (Westville) 2:07:57

**55-59:**

- 1 Pat Fisher (Stella) 1:52:29
- 2 Colleen Mccann (PDAC) 1:58:12
- 3 Danise Reynealie (Queensburgh) 2:10:46

**60+:**

- 1 Lien Botha (Toti) 1:47:34
- 2 Lynda Bell (Queensburgh) 2:01:59
- 3 Gill Trigenna (Westville) 2:02:14

**Juniors:**

- 1 Nomthandazo Mlotshwa (Inanda) 1:41:18
- 2 Lungile Sithole (Inanda) 1:48:30
- 3 Nokwanda Nxumalo (Inanda) n/t

## Cadiz Milkwood Half Marathon & 10 km

Kommetjie, Cape Town, 8 May  
(Distances: 21.1 km & 10 km; certified loop courses)

### Half marathon

MEN

1. Lindikhaya Mthangayi (MP) 69:58; 2. Anthony Godongwana (Celtic) 70:12; 3. Mthandazo Qhina (Gugs) 72:33.

**Veterans:** 1. Bruce Steward (Gugs) 83:44; 2. Zolani Ntsodo (SANDF) 86:22; 3. Mark Naumann (Edge) 89:11. **Masters:** 1. Shafiek Cassiem (Celtic) 86:04; 2. Colin Adam (FH) 92:33; 3. Daniel Wijsbroek (WC) 99:42. **G'masters:** 1. Jimmy Morris (Forest) 1:28:50; 2. Ivan Marais (Irene) 1:44:49. **Juniors:** 1. Gcobani Mndi (Gugs) 80:28.

WOMEN

1. Bulelwa Simae (Ned) 82:16; 2. Lizzy Hawker (GBR/Ned) 82:25; 3. Bulelwa Mtshagi (Celtic) 84:57.

**Veterans:** 1. Linley Holmes (WC) 1:30:33; 2. Ronelle Marshall (VOB) 1:39:01; 3. Tracy Baxter (Satori) 1:44:38. **Masters:** 1. Marinda Ward (Paarl) 1:45:00; 2. Brenda Stevenson (Pine) 1:51:58; 3. Colette van Eck (FH) 1:53:47. **G'masters:** 1. Pixie Sparg (Celtic) 1:59:36; 2. Olwyn Oliver (FH) 2:04:46.

### 10 km

MEN

1. Sityhilo Diko (Adid) 30:50; 2. Virginia Ngudlumana (Celtic) 31:27; 3. Siyabonga Makhaluza (East) 31:30 (1<sup>st</sup> jun).

**Veterans:** 1. Keith Court (CS) 35:31; 2. Charles de Wet (Held) 38:35; 3. Paul Rietman (Celtic) 39:19. **Masters:** 1. Goodman Mpukane (Gugs) 38:48; 2. Gregory Jacobs (Edge) 38:56; 3. Desmond Frechthas (SANDF) 42:45. **G'masters:** 1. Richard Acheson (VOB) 48:57; 2. Hassien Arnold (Top) 54:21. **Juniors:** 1. Siyabonga Makhaluza (East) 31:30; 2. Luxolo Mdzanga (Gugs) 31:57; 3. Thandile Joseph (East) 33:47.

WOMEN

1. Mariëtte Esterhuyse (Tyger) 42:16 (1<sup>st</sup> vet); 2. Evelina Tshabalala (Gugs) 44:47; 3. H. van der Walt (Ind) 45:21.

**Veterans:** 1. Mariëtte Esterhuyse (Tyger) 42:16; 2. Evelina Tshabalala (Gugs) 44:47; 3. Jana Trojan (VOB) 51:44. **Masters:** 1. Charmaine Cupido (Ned) 47:17; 2. Helen du Plessis (Tyger) 50:09; 3. Ziska Theron (Brack) 56:45. **G'masters:** 1. Mariëtha Herbert (Bell) 51:10; 2. Rosalie Richfield (UCT) 60:56. **Juniors:** 1. Lohandi Janse van Rensburg (Tyger) 47:36; 2. Londeka Miya (Gugs) 51:03; 3. Taahira Jardine (Itheko) 82:09.

## Spar Grand Prix Series

Port Elizabeth, 7 May  
(Distance: 10 km; loop course. Finishers: 1106.)

1	Lebo	Phalula	Gauteng Strider	27	33:34	R10 000
2	Irvette	Van Blerk	Nedbank RC CGA	23	33:38	R7 500
3	Rutendo	Nyahaha	ZIM/Nedbank RC AGN	22	33:51	R5 000
4	Lebogang	Phalula	Gauteng Strider	27	34:12	R2 500
5	Zintle	Xiniwe	Nedbank RC WP	24	34:33	R1 250
6	Catherine	Skosana	Transnet Rail E	30	35:02	R 1 000
7	Charné	Bosman	MP CGA	35	35:07	R750
8	Ntombesintu	Mfunzi	Mr Price PE	29	35:11	R500

9	Annerien	Van Schalkwyk	Nedbank RC AGN	32	35:29	R250
10	Tebogo	Masehla	MP CGA	31	35:39	R100
11	Christine	Kalmer	Nedbank RC CGA	25	35:47	
12	Jenna	Challenor	Boxer Superst	29	36:02	
13	Dominique	Scott (1 <sup>st</sup> jun)	Adidas AC	18	36:40	
14	Nomvuyisi	Seti	Celtics	29	36:50	
15	Danielle	Adlam	Boxer Superst	30	37:45	
16	Deliwe	Nyanga	Nedbank RC	22	38:33	
17	Davera	Magson	Nedbank RC	36	38:38	
18	Grace	De Oliveira (1 <sup>st</sup> vet)	Boxer Superst	49	39:21	
19	Funeka	Mlwakuhle	Temp	25	39:37	
20	Ronel	Thomas	Boxer Superst	39	39:58	

**40-44:**

1	Marisa	Ferraris	Triangle Sports	40	42:47	
2	Grizelda	Pietersen	Achilles AAA	42	43:59	
3	Suretha	Verwey	Jeffreys Bay	44	44:59	

**45-49:**

1	Grace	De Oliveira	Boxer Superst	49	39:21	R1 000
2	Catherine	Noane	ACNW	45	41:26	R750
3	Mariette	Hattingh	Nedbank RC	45	42:35	R500

**50-54:**

1	Annatjie	Botes	Nedbank RC SWD	53	42:41	R800
2	Olga	Howard	Celtics	52	43:17	R600
3	Pat	Thomson	Achilles AAA	51	44:18	R250

**55-59:**

1	Elize	Smalberger	Temp	55	53:08	
2	Mariana	Bornman	Temp	55	53:40	
3	Joan	Marlborough	Temp	56	55:47	

**60-64:**

1	Sonja	Laxton	Rand Ath Club	62	45:36	R600
2	Liz	Grundlingh	Muirite Strider	64	50:47	R250
3	Minnie	Trimally	PEAAC	61	55:11	R150

**65-69:**

1	Margaret	Paton	Charlo R R	65	59:01	
2	Anna	Potgieter	Jeffreys Bay	65	1:08:25	
3	Orgia	Nell	Muirite Strider	67	1:09:14	

**70+:**

1	Dorothy	Hart	PEAAC	73	1:05:27	
2	Marlene	Liberty	Temp	70	1:15:09	
3	Lorna	Brown	PEAAC	72	1:23:23	

**Juniors:**

1	Dominique	Scott	Adidas AC	18	36:40	R1 000
2	Jamie-Lee	Schlemmer	Temp	15	40:44	R750
3	Lerato	Mohosho	Gauteng Strider	16	42:43	R400

**Jackie Mekler 25 km (31<sup>st</sup>) & 10 km**

Pretoria, 7 May  
(Out-and-back courses)

**25 km****MEN**

1 Richard Mavuso (Mr Price) 78:37; 2 Lucky Mohale (Mr Price) 78:54; 3 Enos Matalane (Mr Price) 84:30; 4 Aaron Gabonewe (Bonitas) 84:32; 5 Justice Lesenyho (LES/Toyota) 84:57.

**Veterans:** 1 Nikky Masombuka (New Balance) 86:37; 2 Reginald Ngobese (GS) 87:14; 3 Johannes Molepo (Corr Serv) 97:55. **Masters:** 1 Andre Jansen (GS) 1:41:58. **G'masters:** 1 Neels Venter (Warmbaths) 1:59:05. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 2:07:08.

#### WOMEN

1 Louisa Leballo (Temp) 94:11; 2 Thabita Tsatsa (ZIM/Mr Price) 94:59; 3 Samukeliso Moyo (ZIM/Mr Price) 96:34; 4 Muchaneta Gwata (ZIM/Mr Price) 1:41:56; 5 Prudence Zwane (Transnet) 1:43:44.

**Veterans:** 1 Vanessa Bowman (Kempton) 1:55:21; 2 Tracey de Waal (New Balance) 2:04:12; 3 Debbie Tiley (Discovery) 2:07:56. **Masters:** 1 Sandra Steenkamp (Irene) 1:57:33. **G'masters:** 1 Maz Moore (Breakthru Midrand) 2:44:27.

#### 10 km

##### MEN

1 Lebonto Tootse (LES/Global) 30:33; 2 Gladwin Mzazi (Transnet) 30:35; 3 Desmond Mokgoba (Temp) 30:50.

**Veterans:** 1 Jackson Seanego (New Balance) 35:24; 2 Henk Moen (Irene) 37:26. **Masters:** 1 Gideon Adriaanse (Enduro) 46:46. **G'masters:** 1 Johannes Setshedi (New Balance) 42:53. **G/g'masters:** 1 Ken Nurden (Agape) 48:36.

#### WOMEN

1 Adinda Kruger (Nedbank) 38:19; 2 Catherine Malungane (Temp) 40:52; 3 Mandiwana Ndophiwa (Nedbank) 41:09.

**Veterans:** 1 Rita v. Wyk (Boksburg) 45:29; 2 Elmarie du Toit (Akasia) 50:12. **Masters:** 1 Zettie Campher (PMK) 55:01. **G'masters:** 1 Bets Greyling (Sunward) 59:36. **G/g'masters:** 1 Mavis Stadler (Agape) 60:00.

#### Foskor Half Marathon & 10 km

Richards Bay, 30 April

(Distances: 21.1 km & 10 km; loop courses)

Note: Unfortunately the results did not indicate clubs. – Ed.

#### Half marathon

##### MEN

1.	Wirimayi	Juwawo (ZIM)	1:03:44
2.	Luwis	Masunda (ZIM)	1:04:14
3.	Motsamai	Mavuso	1:04:19
4.	Lungisa	Mdedelwa	1:04:55
5.	Kgosi	Tsosane	1:05:43
6.	Johannes	Kekana	1:06:16
7.	Xolisa	Tyali	1:07:00
8.	Thubalethu	Phaku	1:07:16
9.	Daniel	Yegon (KEN)	1:07:52
10.	Munyaradzi	Jari (ZIM)	1:08:10

##### **Veterans:**

1.	Dumisani	Nxumalo	1:14:15
2.	Sifiso	Mthiyane	1:21:06
3.	Herbert	Mazongolo	1:21:34

##### **Masters:**

1.	Jerry	Rankapule	1:27:18
2.	Chico	Subramanian	1:31:50



3. Louis Fourie 1:40:04

**G'masters:**

1. Michael Langa 1:33:00  
 2. Chris Van der Westhuizen 1:40:51  
 3. Louis Gerber 1:56:33

**Juniors:**

1. Msimelelo Ganga 1:20:32  
 2. Samukelo Sibiya 1:23:05  
 3. Sanele Mthembu 1:27:38

**WOMEN**

1. René Kalmer 1:15:24  
 2. Irvette Van Blerk 1:17:03  
 3. Louisa Leballo 1:18:22  
 4. Tabitha Tsatsa (ZIM) 1:18:42  
 5. Ntombesintu Mfunzi 1:20:29  
 6. Samukeliso Moyo (ZIM) 1:21:42  
 7. Catherine Nyakwishira (ZIM) 1:22:47  
 8. Jenna Challenor 1:23:42  
 9. Catherine Skosana 1:25:42  
 10. Makhosi Mhlongo 1:26:36

**Veterans:**

1. Simone Scrase 1:40:02  
 2. Jackson Mzobe 1:40:12  
 3. Petro Matthysen 1:49:18

**Masters:**

1. Sandy Curran 1:50:59  
 2. Erika Van der Spuy 1:54:32  
 3. Debbie Mannix 1:55:56

**G'masters:**

1. Ivy Lottering 1:51:47  
 2. Linda Vivian 2:05:22  
 3. Lorna Rautenbach 2:13:49

**Juniors:**

1. Nandipha Dywili 1:30:44  
 2. Alice Bote 1:59:41

**10 km**

**MEN**

1. Sifuninkosi Ngqoyingile 32:56  
 2. Clement Nkosi 33:16  
 3. Partic Nkosi 33:30

**Veterans:**

Dumisani Sibanyoni 36:46  
 Babo Mthombu 40:41  
 Lungisani Mthembu 42:11

**Masters:**

Innocent Ndlovu 42:26  
 Ronald Heathcote 44:47  
 Chris Buys 46:01

**G'masters:**

Regwele Phandarhudzi 50:08  
 Jerome Mswane 56:17  
 Rudie Van Aardt 59:35

**Juniors:**

Asanda	Ndlovu	39:52
Mnguni	Sphamandla	46:18
Sbonangaye	Gumede	46:40

**WOMEN**

1. Nomcebo	Mthethwa	43:46
2. Janine	Goes	45:16
3. Tholakele	Sicubudu	45:22

**Veterans:**

1. Janine	Goes	45:16
2. René	Rautenbach	51:41
3. Louise	Jacobs	57:00

**Masters:**

1. Renée	Duncker	1:03:19
2. Delores	Gaines	1:20:42

**Juniors:**

3. Faith	Makatu	47:36
1. Nothando	Malwane	53:59
2. Reneillwe	Kgoete	54:11

**Swartberg Pass Half Marathon & 10 km**

Prince Albert, 30 April

(Distances: 21.1 km & 10 km. Finishers: half marathon – 69; 10 km – 75.)

Note: The times in the 10 km were supplied in hundredths of a second and were rounded up by DRR according to the rules. – Ed.

**Half marathon****MEN**

1	Principal	Fana	Rainbow AC	1:18:34
2	John	April	Run Walk For Life	1:19:38
3	Jan	Isaacks	Rainbow AC	1:21:41
4	Jaco	Smith	Newcastle Harriers	1:29:41
5	Willem	Van Zyl		1:29:43
6	Daniel	Becker		1:35:02
7	Corneluis	Miawewil	Rainbow AC	1:37:12
8	Jasper	Van Zyl	Klerksdorp mar klub	1:37:46
9	Yoaquim	Barbosa	Rand AC	1:38:17
10	Conrad	De Wet	Oudtshoorn AC	1:42:07

**WOMEN**

1	Helia	Smith	Klerksdorp mar klub	1:51:46
2	Megan	Blair		1:54:14
3	Kate	Goss		1:55:52
4	Johanna	Mokoaqo	Zwartberg Runners	1:56:13
5	Elizabeth	Ingram	Midrand	1:56:41
6	Margaret	Marks	Hout Bay Harriers	1:57:46
7	Tracy	Swanepoel	Zwartberg Runners	1:59:12
8	Becky	Jones	Satori Athletics	2:10:30
9	Karren	Williamson		2:12:02
10	Jeanne	Van Zyl		2:15:03

**10 km**

## MEN

1	Elfonzo	Pieterse	Coastline	32:37
2	Slyabonga	Madala	Coastline	33:50
3	Joey	Klaasen	Coastline	34:13
4	Drandon	Wilemse	Rainbow AC	37:17
5	Gerald	Willeman	Rainbow AC	38:01
6	Dewayne	Lottering	Rainbow AC	39:29
7	David-John	Fourie		42:18
8	Alexander	Swanepoel	Zwartberg Runners	42:23
9	Caleb	Swanepoel	Zwartberg Runners	42:43
10	Christopher	Mullins	Zwartberg Runners	44:39

## WOMEN

1	Ane Dominique	Kruger	BIWer Drawers	44:39
2	Maryke	Odendaal	Secunda Marathon Club	45:15
3	Keneuoe Louisa	Mokoaqo	Zwartberg Runners	46:04
4	Cherie	Wolfaarat		50:38
5	Martja	De Wet		50:39
6	Kristie	Steyn		50:40
7	Carlen	Groenewald		52:34
8	Celia	Barbosa	Rand AC	52:45
9	Sonja	Du Preez	DeRust	52:54
10	Karen	Thom		56:30

**Delta Draf 10 km**

Franschhoek, 30 April

Note: In usual Boland fashion, these times were published in hundredths of a second and were rounded up by DRR according to the rules. It remains a mystery why Boland officials continue to disregard the rules on timing. – Ed.

## MEN

1	William	Kaptein	18	Robertson	31:24
2	Thembelani	Zola	36	Mr Price	31:50
3	Dicardo	Jacobs	25	Maties	32:21
4	Isaac	Opperman	44	Cor. Service	33:34
5	Eugene	Dauids	21	Robertson	33:41
6	Cedric	Arendse	25	Robertson	34:35
7	David	Pedro	25	Ind	34:36
8	Llewellyn	Jacobs	25	Celtic Harriers	35:53
9	John	September	45	Celtic Harriers	35:53
10	Marshall	Rooi	19	Nedbank	36:13

**40-49:**

1	Isaack	Opperman	44	Cor. Service	33:34
2	John	September	45	Celtic Harriers	35:53
3	John	Small	49	Wellington	36:55

**50-59:**

1	Daniel	Wijsbroek	51	West Coast	40:46
2	Russel	Jeffhas	51	Metropolitan	42:23
3	John	Hartnick	57	Paarl	49:41

**60+:**

1	Kevin	Kohler	67	Edgemead	45:39
2	Peter	Donald	68	West Coast	48:11
3	Faffa	Jobert	68	Paarl	53:58

**Juniors:**

1	William	Kaptein	18	Robertson	31:24
2	Marshall	Rooi	19	Nedbank	36:13
3	Zane	Dauids	18	Brackenfell	40:38

**WOMEN**

1	Lizzy	Hawker	35	GBR/Nedbank	37:13
2	Danette	Smith	22	Addidas	39:42
3	Mariëtte	Esterhuysen	48	Tygerberg	40:15
4	Patricia	Adams	40	Metropolitan	41:04
5	Jacoline	Haasbroek	46	Stellenbosch	41:14
6	Carla	Beyers	17	Ind	43:02
7	Nicola	Collins	30	Nedbank	43:10
8	Caitlin	Lewis	40	Ind	44:03
9	Charmaine	Cupido	55	Nedbank	46:37
10	Lindie	Brouwer	26	Sanlam	46:39

**40-49:**

1	Mariëtte	Esterhuysen	48	Tygerberg	40:15
2	Patricia	Adams	40	Metropolitan	41:04
3	Jacoline	Haasbroek	46	Stellenbosch	41:14

**50-59:**

1	Charmaine	Cupido	55	Nedbank	46:37
2	Helen	Du Plessis	58	Tygerberg	47:17
3	Carine	Kruger	50	Helderberg	48:55

**60+:**

1	Mariëtha	Herbert	66	Bellville	50:24
2	Marianne	Nelson	67	Plexus Dville	1:05:56
3	Alicia	De Lilly	60	Brackenfell	1:06:54

**Juniors:**

1	Elzaan	Kriel	17	Girls High Paarl	47:01
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**CROSS-COUNTRY****Gauteng North League Meeting**

Pretoria, 7 May

**SR. MEN (8 km)**

1	Gladwin Mzazi	Transnet	26:53
2	Piet Mosebedi	Transnet	27:11
3	Enos Matalane	Mr Price	27:52
4	Tebogo Sithole	Hsrc	28:00
5	Willem Ndzukula	Pmmc	28:15
6	Raperang Kgaje	Individual	28:23
7	Richard Mavuso	Mr Price	29:03
8	Andries Maletle	Individual	29:16
9	Stanley Mofu	Fortis North	29:18
10	Elliot Makgoba	Temba Sunrise	29:39

**SR. MEN (4 km)**

1	Steve Ngqola	Transnet	13:03
2	Martin Nkoe	Temba Sunrise	13:37
3	Andries Maletle	Individual	14:00
4	Skhumbuzo Seme	Tuks	14:04
5	Elias Molemane	Monaco	14:27
6	Tshepo Maatjie	Temba Sunrise	14:41

7	Tebogo Radebe	Prestige College	14:50
8	Dereck Fourie	Nedbank	15:36
9	Andile Magagula	Suthies	15:50
10	Willie Bronkhorst	Tuks	16:03
MEN 40 (8 km)			
1	Samuel Molokomme	Bashewa	30:50
2	Henk Moen	Irene	31:50
3	Graham Megaw	Tuks	32:52
MEN 45 (8 km)			
1	Willie van Rensburg	Wonderboom	34:02
2	Rob Hudson	Irene	35:15
3	Brandon Hughes	Phobians	39:12
MEN 50 (8 km)			
1	Moritz Kallmeyer	Gn Masters	36:34
2	Marius Bosman	Alpha Centurion	38:53
3	Nico Vos	Centak	42:49
MEN 55 (8 km)			
1	Gerhard Swart	Pmk	36:56
2	Freddy Bredenkamp	Individual	44:19
MEN 60 (6 km)			
1	Mike de Bruto	Irene	29:31
2	Allan Kluge	Agape	34:42
MEN 65 (6 km)			
1	Iven Moorhouse	Phobians	40:15
2	Sol Jacobs	Magnolia	44:26
MEN 70 (6 km)			
1	Andries van der Merwe	Transnet	37:37
MEN 75 (6 km)			
1	Martin Coetzee	Magnolia	45:17
2	Frans Grobler	Transnet	58:00
MEN 23 (4 km)			
1	Anele ?	Tuks	13:49
2	Bafana Dube	Transnet	14:01
3	William Sibanyoni	Fortis Noord	14:06
MEN 21 (4 km)			
1	Joel Madiba	Tut	13:14
2	Lucas Mokganyama	Fortis Noord	14:07
3	Ettienne Step	Tuks	14:21
JR. MEN (8 km)			
1	Gift Mahlangu	Rosinah Sedibane	26:58
2	Jack Masogo	Rodney Mokoena	27:54
3	Moses Dirane	Prestige College	28:02
SR. WOMEN (4 km)			
1	Mirriam Thole	MAW/Tuks	15:41
2	Adel Terblanche	Running Inn	16:55
3	Liza Maritz	Irene	17:32
WOMEN 40 (4 km)			
1	Salome Vermeulen	Bronkhorstspruit	18:16
2	Yvette van Schalkwyk	Individual	19:10
3	Letmari Dreeckmeier	As Eagles	20:16
WOMEN 45 (4 km)			
1	Ansie Viljoen	Irene	17:28
2	Leonore Louw	Transnet	20:58
3	Ilse Merrick	Enduro	21:24

<b>WOMEN 50 (4 km)</b>			
1	Louise Nortman	Nedbank	22:09
2	Lena Faber	Hmc	23:06
3	Elsie Mokone	Temba Sunrise	27:39
<b>WOMEN 55 (4 km)</b>			
1	Lyn de Bruin	Irene	21:36
2	Rina Pretorius	As Eagles	22:16
3	Veronica von Gordon	Gn Masters	22:32
<b>WOMEN 60 (4 km)</b>			
1	Elize de Beer	Individual	33:00
<b>WOMEN 65 (4 km)</b>			
1	Esme Kloppers	Transnet	23:50
<b>WOMEN 23 (4 km)</b>			
1	Maryke Rossouw	Tuks	17:06
2	Nerissa Van Der Walt	Tuks	17:07
<b>WOMEN 21 (4 km)</b>			
1	Happiness Mkhize	Tuks	15:34
2	Andrea Van Rennsen	Tuks	19:32
3	Lindie Rademeyer	Individual	21:45
<b>JR. WOMEN (6 km)</b>			
1	Masabata Matoane	Prestige College	29:46
2	Jeane Nothling	Wonderboom	31:17
3	Asanda Dayimani	Individual	31:54
<b>GIRLS 17 (4 km)</b>			
1	Bianca J van Rensburg	Akasia	17:55
2	Lutendo Thovhagi	Rosinah Sedibane	18:00
3	Boipelo Serarile	Prestige College	18:07

### **Western Province XC Relay**

Pinelands, 30 April

#### **SR. MEN**

1	Celtic Harriers	47:32
2	ATC Running	47:38
3	ACSIS VOB	47:48
4	Helderberg Harriers	48:31
5	Eerste River	48:32
6	Bidvest "A"	58:51
7	West Coast Wombles	60:56
8	Wild Runner	69:26
9	Bidvest "B"	78:22
10	West Coast Warthogs	88:51

#### **SR. WOMEN**

1	Celtic Harriers	58:12
2	West Coach Witches	73:11
3	West Coach Josi and Pussycats	79:22
4	Wild Runner	85:52
5	Spartan Harriers	92:51
6	Bidvest	95:36

#### **SR. MIXED**

1	Celtic Harriers "A"	53:34
2	RCS Gugs	54:43
3	Helderberg Harriers "A"	59:08
4	Easterns "A"	59:17

**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****Volkswagen Prague International Marathon** (17th)

(IAAF Gold Label Road Race)

Praha, CZE, 8 May

(Distance: 42.195 km; mostly flat loop course)

**MEN**

1. Benson Kipchumba Barus, 1980, KEN 2:07:07 PB  
[1:03:48 / 1:03:19]
2. Kenneth Mburu Mungara, 1973, KEN 2:07:36 PB  
[1:03:47 / 1:03:49]
3. Samuel Kiplimo Kosgei, 1986, KEN 2:07:47 DB
4. Rachid Kisri, 1975, MAR 2:09:42
5. Robert Matu Mwangi, KEN 2:10:04

**WOMEN**

1. Lydia Cheromei, 1977, KEN 2:22:34 PB/CR\*  
[1:10:41 / 1:11:53]
2. Yeshimebet Tadesse, ETH 2:28:33
3. Belainesh Gebre, ETH 2:32:15
4. Filomena Costa, 1985, POR 2:33:34 DB
5. René Kalmer, 1980, **RSA** 2:34:47 PB  
Helalia Johannes, NAM DNF (1:13:39 at half)

**BIG 25** (31st)

(Formerly called the "25 Km Von Berlin")

Berlin, GER, 8 May

(Distance: 25 km; flat course)

**MEN**

1. Mathew Kipkoech Kisorio, 1989, KEN 1:12:13 DB
2. Levi Matebo Omari, 1989, KEN 1:12:46 DB
3. Eliud Kiptanui, 1989, KEN 1:12:59 DB
4. Nathaniel Kipkosgei, KEN 1:14:00 DB
5. Onesmus Serem, KEN 1:14:05 DB
6. Tujuba Mergesa Beyu, 1987, ETH 1:14:50 DB
7. Japhet Kipkorir, 1981, KEN 1:14:59 DB
8. William Kipsang, KEN 1:17:14 DB
9. Abdelhadi El Hachimi, MAR 1:18:58 DB
10. Jackson Lokochol, 1981, KEN 1:21:22 DB

**WOMEN**

1. Filomena Chepchirchir, 1981, KEN 1:23:22 PB
2. Diana Chepkemai Sigei, KEN 1:26:14 DB
3. Christine Chepkemei, 1975, KEN 1:28:24 PB
4. Hellen Kimutai, 1977, KEN 1:29:03 DB
5. Mihret Anamo, ETH 1:32:06 DB

**Ignis Asset Management Women's Run 10 km** (19th)

Glasgow, Scotland, GBR, 8 May

1. Linet Masai, 1989, KEN 32:11
2. Grace Momanyi, 1982, KEN 32:56
3. Julia Mombi, 1985, KEN 33:43
4. Emma Pallant, 1989, GBR 34:01 PB
5. Lorna Young, GBR 35:24 PB

**TUIfly Marathon Hannover** (21st)

Hannover, GER, 8 May

(Distance: 42.195 km)

MEN (gun times)

1. Lusapho April, 1982, RSA 2:09:25 PB  
[1:04:41 / 1:04:44]
2. Peter Kurui, 1990, KEN 2:09:35 PB  
[1:04:40 / 1:04:55]
3. Amos Matui, 1976, KEN 2:10:07 PB
4. Duncan Koech, 1981, KEN 2:10:27 PB
5. Vincent Kiplagat, 1984, KEN 2:10:56

WOMEN (gun times)

1. Georgina Rono, 1984, KEN 2:31:19 PB  
[1:14:23 / 1:16:56]
2. Irene Kwambai, 1978, KEN 2:33:09 PB
3. Emma Quaglia, 1980, ITA 2:33:23 DB

**Lilac Bloomsday Run** (35th)

Spokane, USA, 1 May

(Distance: 12 km; certified course with negligible drop and start/finish separation, rolling hills. Finishers: 51 260.)

MEN (gun times)

1. Simon Ndirangu, Kenya 33:58 \$7000
2. Allan Kiprono, Kenya 33:59 4500
3. Belete Assefa, Ethiopia 34:09 3000
4. MacDonard Ondara, Kenya 34:39 2500
5. Stephen Muange, Kenya 34:45 1800

WOMEN (gun times)

1. Misiker Mekonnin Demissie, Ethiopia 40:25 \$7000
2. Wude Ayalew Yimer, Ethiopia 40:26 4500
3. Jelliah Kerubo Tiniga, Kenya 40:28 3000
4. Buzunesh Deba, Ethiopia 40:29 2500
5. Shewarge Alene Amare, Ethiopia 40:31 1800



**10 km du Conseil Général** (18th)

Marseille, FRA, 1 May

(Distance: 10 km)

## MEN

1. Titus Mbishei, KEN 27:32 PB
2. Philemon Limo, KEN 27:35 PB=
3. Alex Korio, KEN 28:10 PB

## WOMEN

1. Doris Changeywo, KEN 33:03
2. Chrystel Walspurger, FRA 35:52
3. Hayet Farahtia 36:57

**Grand Blue Mile** (2nd)

Des Moines, USA, 26 April

(Distance: 1 mile, straight line, point-to-point course, certified)

## INVITATIONAL MEN

1. Alan Webb, USA 4:08.22
2. Peter van der Westhuizen, RSA 4:08.75
3. Brandon Rooney, USA 4:10.34
4. Boaz Lalang, KEN 4:12.28
5. Tommy Schmitz, USA 4:14.00

## INVITATIONAL WOMEN

1. Sara Hall, USA 4:45.78
2. Amy Mortimer, USA 4:49.90
3. Gabriele Anderson, USA 4:49.08

**TRACK****Jamaica International Invitational**

(IAAF World Challenge Series)

Kingston, JAM, 7 May

## MEN

800:

1. Khadevis Robinson USA 1:46.25
2. Duane Solomon USA 1:46.37
3. Karjuan Williams USA 1:47.26

1500:

1. Peter Van Der Westhuizen RSA 3:45.19
2. Dereck Scott USA 3:45.24
3. Rob Myers USA 3:45.32

## WOMEN

800:

1. Kenia Sinclair Jamaica 1:58.41 MR/FR/WL\*
2. Phoebe Wright USA 1:59.98
3. Molly Beckwith USA 2:00.08

**Samsung Diamond League - Doha**

(1st Stop of 2011 Samsung Diamond League)

Doha, QAT, 6 May

## MEN

## 800 (DL):

1. Asbel Kiprop, KEN	1:44.74	USD 10,000
2. Michael Rimmer, GBR	1:45.12	6,000
3. Alfred Kirwa Yego, KEN	1:45.17	4,000
4. Richard Kiplagat, KEN	1:45.48	3,000
5. Antonio Manuel Reina, ESP	1:45.55	2,500
David Rudisha, KEN	Scratch	
Abubaker Kaki, SUD	Scratch	

## 1500:

1. Nixon Kiplimo Chepseba, KEN	3:31.84	PB/WL	USD 10,000
2. Silas Kiplagat, KEN	3:32.15		6,000
3. Mekonnen Gebremedhin, ETH	3:32.28		4,000
4. Caleb Mwangangi Ndiku, KEN	3:33.05	PB	3,000
5. Haron Keitany, KEN	3:33.39		2,500

## 3000 (DL):

1. Yenew Alamirew, ETH	7:27.26	PB/WL	USD 10,000
2. Edwin Cheruiyot Soi, KEN	7:27.55	PB	6,000
3. Eliud Kipchoge, KEN	7:27.66	PB	4,000
4. Augustine Choge, KEN	7:28.76	PB	3,000
5. Vincent Chepkok, KEN	7:30.15	PB	2,500
6. Daniel Kipchirchir Komen, KEN	7:31.41	PB	2,000
7. Moses Ndiema Kipsiro, UGA	7:31.83		1,500
8. Tariku Bekele, ETH	7:33.50		1,000

## WOMEN

## 1500 (DL):

1. Anna Mishchenko, UKR	4:03.00	PB/WL	USD 10,000
2. Irene Jelagat, KEN	4:04.89		6,000
3. Siham Hilali, MAR	4:05.18		4,000
4. Viola Jelagat Kibiwot, KEN	4:05.54		3,000
5. Kalkidan Gezahegne, ETH	4:06.52		2,500

## 3000 s/chase (DL):

1. Milcah Chemos Cheywa, KEN	9:16.44	WL	USD 10,000
2. Mercy Wanjiku Njoroge, KEN	9:16.94	PB	6,000
3. Lydia Jebet Rotich, KEN	9:19.20		4,000
4. Sofia Assefa, ETH	9:25.08		3,000
5. Birtukan Fente, ETH	9:38.29	PB	2,500
... 7. Cristina Casandra, ROU	10:06.45		1,500

**Arkansas Twilight Meeting**

Fayetteville, USA, 6 May

## WOMEN

## 1500:

1. Mihaela Susa, SR, Oklahoma State (ROU),	4:26.80
2. Natanya Luther, SO, Arkansas (RSA),	4:28.98
3. Caileigh Glenn, FR, Oklahoma State,	4:29.68

**Payton Jordan Cardinal Invitational**

Stanford, USA, 1 May

MEN

800:

Section 1:

1. Prince Mumba	Santa Monica TC (ZAM)	1:46.96
2. Tetlo Emmen	Unattached	1:47.56
3. Richard Jones	Santa Monica TC	1:47.64

1500:

Section 1:

1. Ben Blankenship	Unattached	3:39.49 PB
2. Andrew Bayer	Unattached	3:39.67 PB (3:39.667)
3. Lopez Lomong	Nike Otc	3:39.67 (3:39.668)

5000:

Section 1:

1. Brandon Bethke	Quiksilver	13:25.82 PB
2. Elliott Heath	Stanford	13:26.14 PB
3. Thomas Farrell	Oklahoma State (GBR)	13:26.59 PB
4. Diego Estrada	Northern Arizona	13:26.94 PB
5. Mark Christie	Unattached (IRL)	13:28.21 PB
... 8. Alistair Cragg	Adidas (IRL)	13:30.21

Section 2:

1. Phillip Reid	Asics Aggie	13:39.67 PB
2. Kenyon Neuman	Boulderrunningco	13:40.22 PB
3. Kevin Schwab	Oklahoma	13:40.81 PB

10000:

Memorial Kim McDonald:

1. Bedan Karoki	S&B (KEN)	27:13.67 PB
2. Bobby Curtis	Reebok	27:24.67 PB
3. Ben St. Lawrence	New Balance (AUS)	27:24.95 AR
4. Chris Thompson	Otc (GBR)	27:27.36 PB
5. Tim Nelson	Nike/Kimbria	27:28.19 PB
6. Matt Tegenkamp	Nike/Kimbria	27:28.22 PB
7. Stephen Sambu	Arizona (KEN)	27:28.64 PB
8. Leonard Korir	Iona (KEN)	27:29.40 PB
9. Kevin Chelimo	Otc (KEN)	27:30.50 PB
10. Juan Luis Barrios	nike (MEX)	27:30.68 PB
11. Aron Rono	Unattached (KEN)	27:31.15 PB
12. Bob Tahri	Unattached (FRA)	27:31.46 PB
13. Byron Piedra	Ecuador (ECU)	27:32.59 NR
14. Tsuyoshi Ugachi	Konica Minolta (JPN)	27:41.97 PB
15. Juan Carlos Romero	Mexico (MEX)	27:51.49 PB
16. Scott Bauhs	Adidas	27:51.78
17. Ryan Vail	Brooks	27:57.42 PB
18. Aaron Braun	adidas/McMil	27:57.88 PB
19. Yuki Sato	Nissin (JPN)	27:59.60
20. Brian Olinger	Reebok	28:07.52 PB

3000 s/chase:

Section 1:

1. Billy Nelson	Unattached	8:22.44
2. Kyle Alcorn	Nike	8:23.27
3. Ben Bruce	Otc	8:26.90

WOMEN

800:

Section 1:

1. Christin Wurth-Thomas	Unattached	2:00.72
2. Lemlem Bereket Ogbasilas	Nac - Victoria (CAN)	2:01.75 PB
3. Andrea Ferris	Panama (PAN)	2:02.55
4. Helen Crofts	Simon Fraser (CAN)	2:02.68 PB
5. Gabriela Medina	Mexico (MEX)	2:02.83

1500:

Section 1:

1. Katie Follett	Brooks	4:08.95 PB
2. Malindi Elmore	Unattached (CAN)	4:09.71 PB
3. Alice Schmidt	Unattached	4:09.85
4. Lindsey De Grande	Golazo Sports (BEL)	4:10.19
5. Jordan Hasay	Oregon	4:10.28 PB

5000:

Section 1:

1. Nicole Sifuentes	Saucony (CAN)	15:27.84 PB
2. Sandra Lopez	Mexico (MEX)	15:28.71 PB
3. Angela Bizzarri	Brooks	15:28.74
4. Julie Culley	Asics/NYAC	15:29.14
5. Frances Koons	New Balance	15:29.96 PB

10000:

Memorial Kim McDonald:

1. Sally Kipyego	Otc (KEN)	30:38.35 PB/WL
2. Shalane Flanagan	Nike/Kimbia	30:39.57
3. Kayoko Fukushi	Wacoal (JPN)	30:54.29
4. Lineth Chepkurui	Nike/Kimbia (KEN)	31:24.20 PB
5. Molly Huddle	Saucony	31:28.66
6. Kayo Sugihara	Denso (JPN)	31:34.35 PB
7. Eloise Wellings	Melbourne Tr (AUS)	31:41.31 PB
8. Jen Rhines	Adidas	31:43.00
9. Alissa McKaig	Zap Fitness	32:14.51 PB
10. Yuko Shimizu	Sekisui Chemical (JPN)	32:14.71 PB
11. Megan Wright	New Balance (CAN)	32:40.40 PB
12. Marisol Guadalupe Romero	Mexico (MEX)	32:45.05 PB
13. Sonia Samuels	Great Britain (GBR)	32:57.23 PB
14. Katherine Newberry	Nyac	32:57.51
15. Miho Ihara	Shikoku Elec (JPN)	33:08.55 PB

Section 2:

1. Meghan Armstrong	Team Usa Minnesota	32:59.11 PB
2. Addie Bracy	Carrboro Ath	33:08.39 PB
3. Cassie Slade	Boulder Runn	33:10.04 PB

3000 s/chase:

Section 1:

1. Emma Coburn	Colorado	9:40.51 PB/WL
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2. Sara Hall	Asics	9:48.85 PB
3. Beverly Ramos	Unattached (PUR)	9:50.10 NR
4. Lisa Aguilera	Nike	9:52.24
5. Rebeka Stowe	Kansas	9:53.12 PB

### **Drake Relays** (102nd)

Des Moines, USA, 27-30 April

MEN

Mile:

Special Section (30):

1. Boaz Lalang	adidas (KEN)	3:58.26
2. Peter Van Der Westhuizen	Saucony (RSA)	3:58.33
3. Chris O'Hare	SO Tulsa (GBR)	3:58.77 PB (3:58.761)
4. Alan Webb	USA	3:58.77 (3:58.764)

### **Penn Relays** (117th)

Philadelphia, USA, 26-30 April

WOMEN

3000:

College Championship (28):

1. Neely Spence, Shippensburg, 9:10.82 PB
2. Laura Nagel, Providence (NZL), 9:27.14
3. Emily Jones, Georgetown, 9:31.11
- ... 15. Natanya Luther, Arkansas (RSA), 9:50.66 PB

GIRLS HIGH SCHOOL

3000:

Championship (28):

1. Haley Pierce (1994), Tatnall (Wilmington, DE), 9:16.35 PB
2. Aisling Cuffe (1993), Cornwall (New Windsor, NY), 9:19.24 PB
3. Waverly Neer (1992), Culver (Culver, IN), 9:22.32 PB

## **OBITUARY**

### **HENK ALTMANN**

Henk Altmann (b. 2 September 1941 in Port Elizabeth), one of South Africa's best distance runners in the 1960s, died on 21 April at his home in Wantage, United Kingdom, at the age of 69. Altmann had a tremendous year in 1964, when he won the SA 3- and 6-mile titles and set national records of 8:50.2 for 2 miles, 13:31.8 for 3 miles and 28:28.8 for 6 miles. The previous year he had run his first national record with 9:02.6 for 2 miles.

He then went to England to study at Oxford University – and stayed. In June 1966 he broke his SA record for 3 miles with a time of 13:13.4 in a 5000-metre race in London, finishing in 13:39.0 – also well under the SA record, but neither of these times was officially recognised as a record. However, his 13:15.8 in London two weeks later was accepted. The metric time placed him 10<sup>th</sup> on the world list for 1966.

Coincidentally, in July the next year, he ran the exact same time for 3 miles in London, good enough for 13<sup>th</sup> on the world list; this time was accepted as the SA record.

Altmann was a member of Thames Hare & Hounds from 1971. His PBs were: 1500 m – 3:52.4 (1966), 1 mile – 4:10.0 (1964), 3000 m – 8:02.6 (1967), 2 miles – 8:46.6 (1966), 3 miles – 13:13.4 (1966), 5000 m – 13:39.0 (1966), 6 miles – 27:43.8 (1967; 11<sup>th</sup> on world list), 10000 m – 28:47.88 (1973).

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## STATS TIME

### FASTEST 10000-METRE TIMES BY MONTH

Brilliant 10000-metre running at the Payton Jordan Invitational meeting in the USA put the spotlight on the 25-lap event (in which Stephen Mokoka set a PB by more than 22 seconds recently, as reported in DRR 11:17). Two South Africans, national record holder Hendrick Ramaala and 5000-metre record holder Shadrack Hoff, own the fastest times ever for a month of the year – Ramaala for February (his SA record) and Hoff for March. Here is the full list.

January	27:46.4	Richard Tayler	NZL	Christchurch	25 Jan 1974
February	27:29.94	Hendrick Ramaala	RSA	Port Elizabeth	22 Feb 1999
March	27:43.89	Shadrack Hoff	RSA	Port Elizabeth	8 Mar 1996
April	27:08.42	Martin Mathathi	KEN	Kobe	24 Apr 2005
May	26:28.72	Kenenisa Bekele	ETH	Hengelo	29 May 2005
June	26:30.31	Kenenisa Bekele	ETH	Ostrava	8 June 2004
July	26:31.32	Haile Gebrselassie	ETH	Oslo	4 July 1997
August	26:17.53	Kenenisa Bekele	ETH	Bruxelles	26 Aug 2005
September	26:29.22	Haile Gebrselassie	ETH	Bruxelles	5 Sept 2003
October	27:08.32	Gideon Ngatuny	KEN	Yokohama	24 Oct 2009
November	27:26.12	Luke Kipkosgei	KEN	Melbourne	25 Nov 1996
December	27:22.54	Luke Kipkosgei	KEN	Melbourne	5 Dec 1998

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### THIS MONTH IN HISTORY

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

#### 12 years ago: 16 May 1999

Catherine Ndereba (KEN) won the 88th edition of the Bay-to-Breakers 12 km in San Francisco by two seconds over 1996 winner Elana Meyer, 38:37 to 38:39. Four months earlier Meyer had set a world record of 66:44 for the half marathon in Tokyo. Jane Omoro (KEN) was 3rd in 39:14. Lazarus Nyakeraka (KEN) won the men's race by a good margin, defeating Armando Quintanilla (MEX) 34:11 to 34:40. Abraham Assefa (ETH) was 3rd in 35:13. The race will see its 100th running this year.

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### 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)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	44:43	Lusapho April	Jeffreys Bay	08 Jan
	42:58	Mohamed Trafteh (USA)		

	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:42	Stephen Mokoka	Yangzhou	24 Apr
	58:30	Zerzenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	78:37	Richard Mavuso	Pretoria	07 May
	76:56	Jan Fitschen (GER)		
	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	2:09:25	Lusapho April	Hannover	08 May
	2:03:02A	Geoffrey Mutai (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	86:37	Nikky Masombuka	Pretoria	07 May
	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	Charles Vilakazi	Johannesburg	27 Mar
	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	38:23	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	69:01 59:16	Melikhaya Frans Samuel Wanjiru (KEN) 2005	Port Elizabeth	30 Apr
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:07 31:26	René Kalmer Doris Chepngywo (KEN)	Bellville	10 Apr
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:48 49:31	René Kalmer Jennifer Rhines (USA)	Alberton	13 Mar
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	70:56A 72:04	Irvette van Blerk Irvette van Blerk	New York Cape Town	20 Mar 23 Apr
	65:50	Mary Keitany (KEN)		
	66:25	Lornah Kiplagat (KEN) 2007		
	65:50p	Mary Keitany (KEN) 2011		
25 km	94:11 87:02	Louisa Leballo Eleni Gebrewot (ETH)	Pretoria	07 May
	79:53	Mary Keitany (KEN) 2010		
30 km	2:02:46 1:46:27	Bulelwa Simae Hiromi Ominami (JPN)	Parow	03 Apr
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:34:47 2:19:19	René Kalmer Mary Keitany (KEN)	Prague	08 May
	2:15:25	Paula Radcliffe (GBR) 2003		
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	83:18 69:56	Jacqui Bakkes Irina Permitina (RUS) 2009	Cape Town	23 Apr
25 km	1:49:34A 1:49:49	Frith van der Merwe Grace de Oliveira	Somerset East Durban	19 Mar 20 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:04:22 1:51:37	Joanna Thomas Mieke Pullen (NED) 2001	Camps Bay	09 Jan
Marathon	2:53:24A 2:54:53	Joanna Thomas Joanna Thomas	Oudtshoorn George	26 Feb 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 34:44	Olga Howard Tatyana Pozdnyakova (UKR) 2005	Bellville	16 Apr



15 km	67:09 54:33	Bev Charters Shirley Matson (USA) 1991	Constantia	12 Mar
21.1 km	92:40A 93:18 76:07	Annatjie Botes Annatjies Botes Tatyana Pozdniakova (UKR) 2006	Wilderness Oudtshoorn	09 Apr 29 Jan
25 km	1:57:33	Sandra Steenkamp	Pretoria	07 May
30 km	2:25:56	Miranda Ward	Worcester	12 Mar
Marathon	3:10:48 2:31:05	Annatjie Botes Tatyana Pozdniakova (UKR) 2005	George	13 Feb
100 km				

#### Grandmasters (60+)

10 km	45:36	Sonja Laxton	Port Elizabeth	08 May
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 31:42	Dominique Scott Zola Pieterse (RSA) 1984	Bellville	10 Apr
15 km	68:36 49:40	Jeanni Seymour Ines Chenonge (KEN) 2001	Johannesburg	09 Jan
21.1 km	1:30:44 1:09:05	Nandipha Dywili Delilah Asiago (KEN) 1991	Richards Bay	30 Apr

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