

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

Elroy Gelant, South Africa's 10 km and cross-country champion, was the best of the country's senior athletes at the World Cross-country Championships in Bydgoszcz, where conditions were extremely trying and the temperature never climbed above freezing. Gelant led his team in 20th position, 68 seconds behind surprise winner Japhet Kipyegon Korir (KEN), the youngest ever senior champion.

The senior men's team finished twelfth – not nearly as good as the fifth place achieved in 2011, when Stephen Mokoka was 15th in the individual race. The rest of the team members (the team was never announced publicly before the meeting) were Gladwin Mzazi (59th), Desmond Mokgobu (87th) and David Manja (90th). South Africa has finished lower only once, in 1998.

In the women's race, won by Emily Chebet (KEN), Lebo Phalula was 53rd and the team 14th – the lowest ever. The other team members were SA champion Nolene Conrad (79th), Mapaseka Makhanya (86th) and Christine Kalmer (87th).

In the junior men's race Tumisang Monnatlala achieved the highest position by any of the SA athletes in Bydgoszcz when he crossed the finish line in 19th place – the best performance by a South African junior in fifteen years. No other athlete could finish in the top eighty and the team was also 14th and the lowest ever. The best junior woman was Glenrose Xaba, who was 45th. The team finished 12th, once again the lowest ever.

The almighty Kenyans won the team competition in the senior and junior women's race, but in the senior men's race they were brought down to earth when not only the Ethiopians but also the Americans beat them. The US team, led by Ben True's outstanding sixth place, achieved its first podium position since 2001, while True's performance is the best since 1984 – also, incidentally, the last time Kenya failed to finish in the top two in the team event. The Kenyan junior men's team last lost the competition as long ago as 1998.

In the Bonitas 10 km in Bellville (formerly the Pro Sano Challenge) Graham Katzen's 31:27 removed Gert Thys from the list leaders, while in the Allan Ferguson Half Marathon in Johannesburg grandmaster Mike Hirst also scored a list leader with his 87:33. The quick Umhlobo Wenene FM 10 km went to Lusapho April (29:48) and Ntombesintu Mfunzi (36:47).

DRR could not obtain the results of the Sunnypark 10 km run this weekend, but it was won by Charné Bosman in an excellent inland time of 34:20. Bosman, three-time SA marathon champion, will be running her first Two Oceans ultramarathon this weekend.

At the US Masters Indoor T&F Championships the remarkable 95-year-old Orville Rogers set six world records: 14.82 for 60 m, 57.88 for 200 m, 2:24.51 for 400 m, 6:53.84 for 800 m, 14:39.91 for the mile, and 30:19.33 for 3000 m.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Jackie Gibson Marathon & Allan Ferguson Half Marathon, Johannesburg
- * Umgeni Water Marathon, 32 km & 15 km, Howick
- * Umhlobo Wenene FM 10 km, Port Elizabeth
- * Tyger Run Half Marathon & 10 km, Durbanville
- * Bonitas 10 km, Bellville
- * Fordyce Suikerbosrand 52 km, Half Marathon & 10 km, Heidelberg

International highlights:

- * Meia-Maratona Internacional de Lisboa EDP, Lisbon, POR
 - * Stramilano Agonistica Internazionale, Milano, ITA
 - * Around the Bay 30 km, Hamilton, CAN
 - * Medio Maratón Azkoitia-Azpeitia "Memorial Diego García", Azkoitia, ESP
 - * Seoul International Marathon, Seoul, KOR
 - * The Acea Rome Marathon, Roma, ITA
 - * NYC Half Marathon, New York, USA
 - * All Japan Corporate Team Half-Marathon Championships, Yamaguchi, JPN
 - * Matsue Women's Half Marathon, Matsue, JPN
 - * Asics LA Marathon, Los Angeles to Santa Monica, USA
 - * St. Patrick's Road Race 10 km, Holyoke, USA
 - * XC: IAAF World Cross-country Championships, Bydgoszcz, POL
 - * Indoor track: Vanderbilt Black and Gold Invite, Nashville, USA
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ROAD RUNNING

Jackie Gibson Marathon (67th) & Allan Ferguson Half Marathon

Johannesburg, 24 March

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 800; half-marathon – 1590.)

Marathon

MEN

1 William Mokwalakwala (Toyota) 2:25:35; 2 Rufus Photo (Pietersburg) 2:26:26; 3 Nkopane Seqhobane (GS) 2:31:56; 4 Vincent Seng (JMPD) 2:35:55; 5 Butiki Jantjies (Mr Price) 2:36:09 (1st vet).

Veterans: 1 Butiki Jantjies (Mr Price) 2:36:09; 2 Reginald Ngobese (GS) 2:36:32; 3 Judas Ntuli (Magnolia) 2:40:24; 4 Timothy Makofane (Scaw) 2:43:15; 5 Elliot Manyosi (Discovery) 2:43:19. **Masters:** 1 Themba Phulu (Panorama) 2:57:11; 2 Paulus Mofokeng (Nedbank) 3:10:12; 3 Simon Phaiphai (RAC) 3:14:24. **G'masters:** 1 Don Charles (Nedbank) 3:28:53; 2 Almon Zibuse (Randmark) 3:30:27.

WOMEN

1 Belinda Waghorn (Toyota) 3:20:01; 2 Tali Frankel (Rockies) 3:25:11; 3 Shelley v.d. Spuy (Boksburg) 3:27:01 (1st vet); 4 Madeleen Simmons (Nedbank) 3:28:18; 5 Anel Labuschagne (Kempton) 3:35:33.

Veterans: 1 Shelley v.d. Spuy (Boksburg) 3:27:01; 2 Madeleen Simmons (Nedbank) 3:28:18; 3 Michelle du Toit (Khoza) 3:36:35; 4 Marie Bruwer (Mittal) 3:37:24; 5 Sunette

Nell (Overkruin) 3:42:47. **Masters:** 1 Josi Leong (Discovery) 3:40:20; 2 Caroline Wridgway (Boksburg) 3:48:22; 3 Annetjie Strydom (Mittal) 4:12:54. **G'masters:** 1 Rene Hawkrigde (HQH) 4:32:56; 2 Madeleine Kelly (RAC) 4:50:09.

Half marathon

MEN

1 Siyabonga Makhaluza (GS) 66:00; 2 Derocious Makhobalo (Sports Interchange) 66:13; 3 Raphael Segodi (Bidvest) 66:52; 4 Paul Nyamachere (Nedbank) 68:47; 5 Pharson Magagane (UJ) 69:16.

Veterans: 1 Elias Mabane (Nedbank) 70:58; 2 Sipho Ncube (ZIM/Toyota) 71:21; 3 Simon Mphulanyane (Bonitas) 74:21; 4 Kheledi Molete (Toyota) 76:25; 5 Never Matiya (Wanderers) 77:08. **Masters:** 1 Tony Silva (BCC) 79:38; 2 Lindeque Mokhachane (Rand Water) 82:36; 3 David Mokgari (GS) 89:05. **G'masters:** 1 Mike Hirst (Striders) 87:33; 2 Brian Chamberlain (Kudus) 94:43.

WOMEN

1 Cornelia Joubert (Nedbank) 80:47; 2 Andronika Mokgotla (Goldfields) 86:37; 3 Emmah Mathiba (Toyota) 89:20; 4 Jane Mudau (Nedbank) 92:00 (1st mast); 5 Catherine Naane (Toyota) 95:37 (1st vet).

Veterans: 1 Catherine Naane (Toyota) 95:37; 2 Melissa Johnson (Temp) 96:56; 3 Paulina Mokoena (Nedbank) 97:05; 4 Hellen Sum (Nedbank) 99:59; 5 Engelinah Munyai (BNAC) 1:41:59. **Masters:** 1 Jane Mudau (Nedbank) 92:00; 2 Deidre Peterson (Jeppe) 1:47:20; 3 Pam Hampton (Sunninghill) 1:51:38. **G'masters:** 1 Anne Bellomusto (Morningside) 1:54:55; 2 Linda Icely (Old Eds) 2:07:47.

Umgeni Water Marathon (16th), 32 km & 15 km

Howick, 24 March

(Distances: 42.195 km, 32 km & 15 km; loop courses, partly on gravel. Finishers: marathon – unknown; 32 km – 223; 15 km – 676.)

Note: Tanith Maxwell finished fourth overall in the 32 km. - Ed.

Marathon

MEN

1.	Luzuko Mdeliswa	Maxed Elite AC	2:36:36
2.	Sanele Ndelela	Nedbank AC	2:37:44
3.	Innocent Cele	SCS	2:43:02

40-49:

1.	Corneluis Dlamini	Nambithi AC	3:05:37
2.	Olly Masjeon	Ath. North	3:34:48

50-59:

1.	Isaak Ludick	SCS	3:49:54
2.	Fred McKenzie	West AC	4:01:01

60+:

1.	Paddy Collins	Kearsney Strid	3:43:37
2.	Mike Cowley	Saints	3:47:26

WOMEN

1.	Pat Damman	Forest Hills	3:18:57
2.	Nonsekelo Mbambo	Natal Carb	3:20:28
3.	Wendy Morgan	West AC	3:29:55

40-49:

1.	Erica Walker	Hilton Harr.	3:39:43
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2.	Hleziphi Ncayiyane	Nedbank AC	3:48:00
3.	Ester v d Merwe	Umvoti AC	4:12:20

50-59:

1.	Roslyn Margot	Virginia AC	4:22:36
2.	Elize Herbst	West AC	4:52:47

60+:

1.	Maureen Parry	Chiltern AC	4:44:48
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32 km

MEN

1.	Mdu Zondi	Natal Carb	1:58:35
2.	Andry Nhlangaela	Nedbank AC	2:06:59
3.	Paulos Phungela	Nedbank AC	2:08:31

40-49:

1.	Simon Dlamini	Nedbank AC	2:26:26
2.	Dean Wight	QBH	2:54:10

50-59:

1.	Wellington Phakathi	Coll Harr	2:42:43
2.	Ken Calverwall	West AC	2:43:22

60+:

1.	Alex Jeffery	Savages	3:19:31
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WOMEN

1.	Tanith Maxwell	Boxer AC	2:09:22
2.	Lauren Calenborne	West AC	2:32:01
3.	Chine Pieterse	Berts Brick AC	2:32:56

40-49:

1.	Maureen Slack	West AC	2:34:22
2.	Jenny Tyers	West AC	2:48:46
3.	Tammy Dennill	West AC	2:54:29

50-59:

1.	Zoe Buchan	Savages AC	3:10:22
2.	Denise Reynecke	QBH	3:34:21

60+:

1.	Linda Bell	QBH	3:34:20
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15 km

MEN

1.	Sandile Zuma	Coll Harr	51:28
2.	Altus Badenhorst	Tuks	51:33
3.	Vusi Mnyandu	Maxed Elite	52:03

Juniors:

1.	Sanele Radebe	Loskop AC	57:32
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WOMEN

1.	Janene Carey	Boxer AC	61:04
2.	Amanda Bradshaw	Coll Harr	62:48
3.	Nonsebo Mthethwa	Umhulthuze AC	64:16

Juniors:

1.	Nondumiso Khoza	Natal Carb	65:55
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Umhlobo Wenene FM 10 km (26th)

Port Elizabeth, 23 March

(Loop course. Finishers: 970.)

MEN

1	Lusapho	April	Oxford Striders	30	29:48
2	Siyabulela	Mtsha	E C Sport Academy	25	30:35
3	Mariano	Eesou	Absa NMMU AC	21	31:02
4	Zolani	Ngqaqa	Ikhamva AC	24	31:29
5	Luthando	Hetana	Mercedez Benz AC	26	31:47
6	Sibusiso	Thu	Transnet AC EP	24	31:55
7	Eric	Sigxashe	Ikhamva AC	34	32:13
8	Bulelini	Niwa	PEAAC	27	32:22
9	Mzolisi	Makhanda	Nedbank RC EP	30	32:25
10	Melikhaya	Frans	Nedbank RC EP	21	32:30
11	Sandile	Ngunuza	Nedbank RC EP	30	32:38
12	Maxwell	Goodman (1 st vet)	Malabar AC	40	32:38
13	Mkhuseli	Nyongo	Absa NMMU AC	26	32:50
14	Masibulele	Heugh (1 st jun)	Ikhamva AC	18	32:51
15	George	Ntshiliza	Nedbank RC EP	33	33:06
16	Anele	Maliza	Nedbank RC EP	35	33:07
17	Masixole	Dlaku	Ikhamva AC	34	33:29
18	Luyanda	Tshangana	Ikhamva AC	29	33:37
19	Melikhaya	Malinga	SA Prof Develop	32	33:38
20	Duwayne	Lucas	Ikhamva AC	23	33:39
40-44:					
1	Maxwell	Goodman	Malabar AC	40	32:38
2	Terrance	Mjekula	Warriors AC	40	34:10
3	Luvuyo	Stephen	Nedbank RC EP	42	35:20
45-49:					
1	Desmond	Zibi	Ikhamva AC	49	33:54
2	Mzukisi	Tyuwa	Temp	45	33:58
3	Christopher	Mabengeza	Nedbank RC EP	46	35:26
50-54:					
1	Michael	Bekapi	Charlo AC	51	35:55
2	Kenneth	Menze	Nedbank RC EP	51	37:49
3	Alfred	Spiers	Elite AC	52	39:12
55-59:					
1	Alan	Taylor	Achilles AAA	55	41:03
2	Charles	Baatjies	Gelvan AC	56	41:52
3	Sipho	Ncandana	Warriors AC	56	41:53
60-64:					
1	Sizinzo	Kama	Achilles AAA	61	40:50
2	Percy	Dalton	Achilles AAA	64	44:11
3	Younus	Amod	Malabar AC	60	49:47
65-69:					
1	Syd	Lippstreu	Crusaders AC	65	48:23
2	David	O'Reilly	Nedbank RC EP	65	49:28
3	William	Vorster	PEAAC	66	50:17
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	70	43:54
2	Rolf	Mentzel	Profiles AC	73	53:00
3	Robin	Clark	Achilles AAA	72	1:07:06
75-79:					
1	Ernie	Verrall	Absa NMMU AC	78	59:16
2	John	Peart	Nedbank RC EP	77	1:25:50

80+:

1	Wells	Anderson	PEAAC	80	1:14:06
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Juniors:

1	Masibulele	Heugh	Ikhamva AC	18	32:51
2	Siyabonga	Kahla	Youth 4 Change AC	17	34:13
3	Jonathan	Matyana	Youth 4 Change AC	16	34:19

WOMEN

1	Ntombesintu	Mfunzi	Bonitas AC	31	36:47
2	Jene	Banfield (1 st vet)	Run For Life EP	42	42:16
3	Margie	Saunders (1 st mast)	Nedbank RC EP	59	43:03
4	Katherine	Van der Walt	Body Concept	37	43:10
5	Christine	Claasen	Achilles AAA	48	43:16
6	Janette	Schierz-Crusius	Body Concept	52	43:35
7	Marisa	Ferraris	Achilles AAA	42	43:46
8	Terray	Newcombe	Elite AC	22	44:18
9	Laura	Maritz	Elite AC	52	44:20
10	Asanda	Solani	Nedbank RC EP	29	44:36
11	Michelle	Galloway	Absa NMMU AC	25	44:47
12	Zandile	Rubushe	Real Gijimas	28	44:54
13	Claire	Nagel	Elite AC	48	45:03
14	Ursula	Davidson	Body Concept	40	45:14
15	Tiani	Claassen	Despatch AC	22	45:41
16	Siphokazi	Nojoko (1 st jun)	SA Prof Develop	18	45:43
17	Grizelda	Pietersen	Achilles AAA	44	45:58
18	Priscilla	Maleiba	Gelvan AC	42	46:04
19	Megan	Wilson	Charlo AC	17	46:39
20	Lorna	Lumb	PEAAC	44	47:52

40-44:

1	Jene	Banfield	Run For Life EP	42	42:16
2	Marisa	Ferraris	Achilles AAA	42	43:46
3	Ursula	Davidson	Body Concept	40	45:14

45-49:

1	Christine	Claasen	Achilles AAA	48	43:16
2	Claire	Nagel	Elite AC	48	45:03
3	Rozelle	Von Molendorff	Elite AC	49	48:52

50-54:

1	Janette	Schierz-Crusius	Body Concept	52	43:35
2	Laura	Maritz	Elite AC	52	44:20
3	Suzanne	Lavis	PEAAC	54	49:09

55-59:

1	Margie	Saunders	Nedbank RC EP	59	43:03
2	Cathy	Ives	Achilles AAA	59	51:25
3	Christine	Snyman	Despatch AC	56	51:26

60-64:

1	Jos	Els	Madiba Bay AC	60	56:08
2	Helene	Oppel	Crusaders AC	63	59:44
3	Jeanette	Pienaar	PEAAC	64	1:06:41

65-69:

1	Liz	Grundlingh	Muirite Striders	66	54:25
2	Christine	Fourie	Elite AC	66	1:00:30
3	Denise	Terblanche	Walmer AC	65	1:04:58

75-79:

1	Dorothy	Hart	Charlo AC	75	1:06:39
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Juniors:

1	Siphokazi	Nojoko	SA Prof Develop	18	45:43
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2	Megan	Wilson	Charlo AC	17	46:39
3	Kimberley	Wilson	Charlo AC	17	50:22

Tyger Run Half Marathon & 10 km

Durbanville, 21 March

(Distances: 21.1 km & 10 km; new hilly loop courses. Weather: warm and windy. Finishers: half marathon – 1156; 10 km – unknown.)

Half marathon

MEN

1. Manfred Samuels (Held) 1:16:45
2. Oscar Coetzee (NBMC) 1:17:42
3. Vakalisa Kopolo (Khay) 1:18:46

Veterans: 1. Xolile Macanda (Gugs) 1:23:13; 2. Zolani Ntsodo (SANDF) 1:14:41; 3. Aaron Lewis (Ravens) 1:32:58. **Masters:** 1. Vladimir Kotov (BLR/Cent) 1:22:14; 2. Julian Paul (SANDF) 1:32:11; 3. Kevin Isaacs (Top) 1:32:13. **G'masters:** 1. John Bush (Celtic) 1:46:44; 2. Dicky Cloete (SANDF) 1:48:17; 3. David Jordaan (Arc M) 1:48:42.

G/g'masters: 1. Brian Key (Forest) 1:49:20. **Juniors:** 1. Dean Kuchereva (NBMC) 1:58:02; 2. Dylan Goby (Mamre) 2:15:55.

WOMEN

1. Liesl Thomas (NBMC) 1:41:22; 2. Ronel Steenkamp (Durb) 1:42:18 (1st vet); 3. Nicolette Brouwer (Sat) 1:42:59.

Veterans: 1. Ronel Steenkamp (Durb) 1:42:18; Nicolette Brouwer (Sat) 1:42:59; 3. Aleida Philander (Itheko) 1:47:42. **Masters:** 1. Tilda Krugman (WC) 1:47:22; 2. Anne Pool (Strand) 1:57:44; 3. Cailey Bredenkamp (Paarl) 1:58:44. **G'masters:** 1. Marietha Herbert (Bell) 2:00:08; 2. Ruth Leverton (Pine) 2:09:22; 3. Olwyn Oliver (FH) 2:17:36.

G/g'masters: 1. Cathy Taylor (Durb) 2:52:11. **Juniors:** 1. Lohandi van Rensburg (Tyger) 1:53:49; 2. Hannah Hishin (FH) 2:27:28.

10 km

MEN

1. Mthandazo Qhina (Ned) 31:48
2. Abongile Snyman (East) 32:03
3. Morné Kammies (Sanlam) 34:15

Veterans: 1. Tobias Philander (Itheko) 37:16; 2. Razeen Davids (Itheko) 54:45; 3. Leon Visser (Brack) 55:10. **Masters:** 1. Chris Mitchell (Celtic) 37:44; 2. Roston Isaacs (Ned) 38:37; 3. Goodman Mpukane (Gugs) 40:34. **G'masters:** 1. Albert Mahlahla (Held) 46:07; 2. Henry Cleophas (Ned) 51:05; 3. Claude Brooks (SH) 60:05. **G/g'masters:** 1. Carl Hendricks (Brack) 56:34. **Juniors:** 1. Luyando Makhasi (Ommie) 35:26; 2. Siphe Dlokweni (Ommie) 36:13; 3. Loleeg Ally (Ommie) 39:46.

WOMEN

1. Busisiwe Matiwane (Celtic) 41:40
2. Sheryl de Lange (NBMC) 41:43 (1st vet)
3. Mariëtte Strauss (Tyger) 42:48 (1st mast)

Veterans: 1. Sheryl de Lange (NBMC) 41:43; 2. Charlotte van Loggerenberg (Maties) 55:04; 3. Tracy Schwartz (SS) 57:49. **Masters:** 1. Mariëtte Strauss (Tyger) 42:48; 2. Janine Engels (PDAC) 47:12; 3. Charmaine Cupido (Ned) 49:32. **G'masters:** 1. Helen du Plessis (Tyger) 50:13; 2. Pixie Sparg (Celtic) 55:53; 3. Sarah herdien (Atlantis) 60:39. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 71:03. **Juniors:** 1. Yvonne Steenkamp (Durb) 44:20; 2. Asiphe Snyman (East) 44:29; 3. Londeka Miya (Gugs) 50:47.

Bonitas 10 km

Bellville, 23 March
(Certified out-and-back course)

Note: This race was previously known as the Pro Sano 10 km Challenge. –Ed.

MEN

1. Mthandazo Qhina (Ned) 30:01
2. Sityhilo Diko (Ned) 30:54
3. Sibusiso Mbingeleli (Ned) 31:12

Veterans: 1. Graham Katzen (Itheke) 31:27; Xolile Macanda (Gugs) 33:01; 3. Dawid Pieterse (Dwars) 33:08. **Masters:** 1. Eric Coetzee (CPUT) 33:55; 2. Chris Mitchell (Celtic) 35:43; 3. Roston Isaacs (Ned) 35:54. **G'masters:** 1. Awie Veldsman (Held) 38:52; 2. Carel Muller (Stell) 42:19; 3. Paul San Giorgio (VOB) 43:17. **Juniors:** 1. Lukhanyo Nobakada (VOB) 32:34; 2. Babalo Hambi (Itheke) 32:51; 3. Lwando ? (Ommie) 33:28.

WOMEN

1. Bulelwa Simae (Ned) 35:44
2. Khanya Mateyisi (Khay) 36:22
3. Pamela Mtshemla (VOB) 38:45 (1st jun)

Veterans: 1. Sandra van Graan (Edge) 39:32; 2. Sheryl de Lange (NBMC) 40:02; 3. Chantel Simpson (Ned) 42:01. **Masters:** 1. Mariëtte Strauss (Tyger) 41:43; 2. Olga Howard (Celtic) 42:23; 3. Cheryl Rudolph (East) 44:08. **G'masters:** 1. Helen du Plessis (Tyger) 47:51; 2. Mariëtha Herbert (Bell) 50:19; 3. Pixie Sparg (Celtic) 53:03. **Juniors:** 1. Pamela Mtshemla (VOB) 38:45; 2. Amy Abrahams (UWC) 39:55; 3. Ngcantsi Nomaxesibe (VOB) 42:47.

Fordyce Suikerbosrand 52 km, Half Marathon & 10 km

Kareekloof Nature Reserve, Heidelberg, 21 March
(Distances: 52 km, 21.1 km & 10 km; loop courses. Finishers: 52 km – 680; half marathon – 580; 10 km – 330.)

Note: The 10 km was approx. 1.5 km too long. – Ed.

52 km**MEN**

1 Sifiso Ngcobo (Ubuhle) 3:32:25; 2 Wiseman Msezane (Erwat) 3:34:04; 3 Greg Barnes (Irene) 3:41:08 (1st vet); 4 Morgan Mosale (Lesedi) 3:46:11; 5 Johnny Mokhoko (Daveyto Hearts) 3:50:42.

Veterans: 1 Greg Barnes (Irene) 3:41:08; 2 Johnny Mokhoko (Daveyton Hearts) 3:50:42; 3 Thabo Modise (Boksburg) 4:02:16. **Masters:** 1 Sonny Leopeng (RAC) 4:20:59; 2 Klaus Bartels (Boksburg) 4:24:43. **G'masters:** 1 Peter Purdon (Florida) 4:38:22.

WOMEN

1 Carien Visser (Tuks) 4:05:37 (1st vet); 2 Shelley v.d. Spuy (Boksburg) 4:09:12; 3 Belinda Waghorn (Toyota) 4:17:36; 4 Kashmira Pharboo (Lenasia) 4:22:03; 5 Catherine du Buisson (Troisport) 4:22:24.

Veterans: 1 Carien Visser (Tuks) 4:05:37; 2 Shelley v.d. Spuy (Boksburg) 4:09:12; 3 Bambie de Wet (Harrismith) 4:25:02. **Masters:** 1 Caroline Wridgeway (Boksburg) 4:53:20; 2 Annetjie Strydom (Arcelor Mittal) 5:28:02. **G'masters:** 1 Patricia Shaw (BNAC) 5:48:41.

Half marathon

MEN

1 Derocious Makhobalo (Sports Interchange) 69:17; 2 Oscar Sixoba (Mr Price) 71:51; 3 Elias Mabane (Nedbank) 74:01 (1st vet).

Veterans: 1 Elias Mabane (Nedbank) 74:01; 2 Never Matiya (Wanderers) 75:07; 3 Judas Ntuli (Magnolia) 76:18. **Masters:** 1 Meshack Motla (South Deep) 84:10; 2 Johannes Pieterse (Erwat) 99:13. **G'masters:** 1 John Woodnutt (Morningside) 97:57. **G/g'masters:** 1 John Shochot (Fit 2000) 2:50:54.

WOMEN

1 Katy van Meter (Striders) 1:43:15; 2 Deidre Peterson (Jeppe) 1:47:25; 3 Rashika Rampersahd (Boksburg) 1:48:28.

Veterans: 1 Kholiwe Khoza (Kwa Thema) 1:51:55; 2 Monica Reis (Roodepoort) 1:52:22; 3 Linda Loxley (Boksburg) 1:52:26. **Masters:** 1 Deidre Peterson (Jeppe) 1:47:25; 2 Gail Claase (New Balance) 2:05:46. **G'masters:** 1 Sally Halim (RRW) 2:20:35.

10 km

MEN

1 Frans Mola (South Deep) 35:40; 2 Sello Mahase (Scaw) 36:03; 3 Timothy Makofane (Scaw) 36:30 (1st vet).

Veterans: 1 Timothy Makofane (Scaw) 36:30; 2 Donald Kubeka (Bohle) 45:34; 3 Edward Makeke (Troisport) 47:21. **Masters:** 1 Gideon Radebe (Anglo) 47:46; 2 Arrigo Ferri (Nedbank) 58:51. **G'masters:** 1 Eric Makhaya (Anglo) 54:51. **G/g'masters:** 1 Danie Roux (Kempton) 76:28. **Juniors:** 1 Siphomandla Kebhe (Scaw) 39:59.

WOMEN

1 Goodness Lichaba (Sports Interchange) 50:35; 2 Bernice Viljoen (Heidelberg) 55:26; 3 Danielle Botha (Alberton) 56:47.

Veterans: 1 Frith v.d. Merwe (Benoni High) 57:34; 2 Michelle Hadlow (Lewensentrum) 70:14; 3 Daphne Passmore (New Balance) 78:13. **Masters:** 1 Erica Hamilton (Vaal) 65:46; 2 Martie Voges (Arcelor Mittal) 72:06. **G'masters:** 1 Matharesa Holtzhauzen (FNB) 98:48. **G/g'masters:** 1 Phyllis Maartens (Fit 2000) 1:51:07. **Juniors:** 1 Zinhle Thwala (Ubuhle) 61:30.

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**Meia-Maratona Internacional de Lisboa EDP** (23rd)

(IAAF Gold Label Road Race)

Lisbon, POR, 24 March

(Distance: 21.1 km; flat and IAAF-certified and prevalidated, including the 15 km and 20 km marks [record-standard course])

MEN (gun times)

- | | |
|-----------------------|------------|
| 1. Bernard Koech, KEN | 59:54 |
| 2. Peter Some, KEN | 1:00:21 PB |
| 3. Abera Kuma, ETH | 1:01:09 |

4. Bernard Kitur, KEN 1:01:48 PB
5. Richard Mengich, KEN 1:01:56
6. Samuel Tesgay, ERI 1:02:34
7. Milton Rotich, KEN 1:02:46
8. Tsegaye Mekonnen Asefa, ETH 1:03:41
9. Cutbert Nysango, ZIM 1:04:30
10. Andre Pollmächer, GER 1:04:35

ELITE WOMEN (gun times)

1. Edna Kiplagat, KEN 1:08:48
2. Eunice Kirwa Jepkirui, KEN 1:08:59
3. Pasalia Chepkorir Kipkoech, KEN 1:09:21
4. Sylvia Kibet, KEN 1:10:41
5. Ana Dulce Félix, POR 1:10:44
6. Malika Asahssah, MAR 1:11:36
7. Tadelech Bekele, ETH 1:11:59
8. Jelena Prokopcuka, LAT 1:12:55
9. Nonata Cruz, BRA 1:13:52
10. Irvette van Zyl, RSA 1:14:25
- ... 13. Gulnara Galkina, RUS 1:15:50

Stramilano Agonistica Internazionale (42nd)

Milano, ITA, 24 March

(Distances: 21.1 km; certified one-loop course)

MEN (gun times)

1. Kiprof Limo, KEN 1:01:49 € 2500
2. Robert Kwemai Chemosin, KEN 1:03:36 1500
3. Ahmed El Mazoury, ITA 1:03:37 PB 1000 + 900^

^) Earned Italian citizen bonus

WOMEN (gun times) -

1. Pauline Njeri Kahenya, KEN 1:11:19 € 2500
2. Hellen Jepkurgat, KEN 1:11:21 1500
3. Emma Quaglia, ITA 1:12:37 PB 1000 + 900^

^) Earned Italian citizen bonus

Around the Bay 30 km (116th)

Hamilton, CAN, 24 March

MEN (extended gun times)

1. Terence Attema, Guelph, CAN 1:35:44.1 CAD 4000
2. Josephat Onger, Burlington, CAN (KEN) 1:35:50.4 2000
3. Lionel Sanders, Hamilton, CAN 1:36:53.7 1000

WOMEN (extended gun times)

1. Lanni Marchant, London, CAN 1:44:39.4 PB/CR* CAD 4000 + 1000c
2. Krista Duchene, Brantford, CAN 1:51:40.0 2000
3. Lisa Avery, Orillia, CAN 1:53:10.2 1000

c) Earned \$1000 bonus for setting a course record

Medio Maratón Azkoitia-Azpeitia "Memorial Diego García" (20th)

Azkoitia, ESP, 23 March

(Distance: 21.1 km; point-to-point course with 18 m elevation loss and start/finish separation of 11.84% [record standard])

MEN (gun times)

1. Mark Kiptoo, 1976, KEN 1:00:42
2. Anthony Maritim, 1986, KEN 1:01:24 PB
3. Mark Korir, 1985, KEN 1:02:48
4. Aschalew Neguse Meketa, ETH 1:03:15
5. Yonas Kifle, ERI 1:03:25

WOMEN (gun times)

1. Ayale Tsgereda Girma, ETH 1:11:04
2. Josephine Jepkoech Chepkori, KEN 1:11:04
3. Edith Chelimo, KEN 1:11:28

Seoul International Marathon (50th running as a marathon)

(IAAF Gold Label Road Race)

Seoul, KOR, 17 March

(Distance: 42.195 km)

MEN (gun times)

1. Franklin Chepkwony, KEN 2:06:59 USD 80,000 + 20,000i
2. Shumi Dechasa, ETH 2:07:11 PB 40,000 + 20,000i
3. Seboka Tola, ETH 2:07:26 20,000 + 20,000i
4. Yuki Kawauchi, JPN 2:08:14 PB 10,000 + 10,000i
5. Josphat Keiyo, KEN 2:09:44 7,000 + 5,000i

i) Earned time incentive bonus

WOMEN (gun times)

1. Flomena Chepchirchir, KEN 2:25:43 USD 40,000[^] + 7000i
2. Emebet Etea, ETH 2:25:53 PB 20,000[^] + 7000i
3. Yeshimebet Tadesse, ETH 2:26:17 PB 10,000[^] + 5000i
4. Kim Seong-Eun, KOR 2:27:20 PB 5,000[^] + 5000i
5. Lydia Jerotich, KEN 2:28:22 PB 3,500[^]

[^]) Awards reduced by 50% for slower than 2:24:17

i) Earned time incentive bonus

The Acea Rome Marathon (19th)

(IAAF Gold Label Road Race)

Roma, ITA, 17 March

(Distance: 42.195 km; AIMS-certified loop course)

MEN (gun times)

1. Getachew Terfa Negari, ETH 2:07:56 € 25,000
[1:03:46 / 1:04:10]
2. Girmay Birhanu Gebru, ETH 2:08:11 16,000
3. Stephen Chemlany, KEN 2:08:30 10,000
4. Haile Haja Gemedo, ETH 2:08:35 5,000
5. Luka Kanda, KEN 2:08:50 4,000

WOMEN (gun times)

1. Helena Loshanyang Kirop, KEN 2:24:40 € 25,000
[1:11:58 / 1:12:42]
2. Kassa Getnet Selomie, ETH 2:25:15 DB 16,000
3. Sultan Haydar, TUR 2:27:10 7,000^
4. Ashu Kasim, ETH 2:30:10 5,000
5. Kifle Alem Fikre, ETH 2:30:13 4,000

^) Award reduced by 30% due for slower than 2:26:00

NYC Half Marathon (8th)

Central Park to South Street Seaport, New York, USA, 17 March
(Distance: 21.1 km; certified point-to-point course with about 0.94 m/km elevation loss and less than 37.7% start/finish separation [performances acceptable by IAAF and USATF for records]; challenging hills in first half and flat in second half)

Note: The main results were included in DRR last week; here are more detailed results. – Ed.

MEN (gun times)

1. Wilson Kipsang, 31, Iten, KEN 1:01:02 \$20,000
[15:05 / 29:40 / 43:53 / 57:54]
2. Daniele Meucci, 27, Pisa, ITA 1:01:06 PB 10,000
[15:04 / 29:40 / 43:55 / 58:00]
3. Dathan Ritzenhein, 30, Beaverton, OR 1:01:10 5,500
[15:04 / 29:40 / 43:53 / 58:00]
4. Leonard Korir, 26, Colorado Springs, CO (KEN) 1:01:19 DB 3,500
5. Juan Luis Barrios, 29, Mexico City, MEX 1:01:21 PB 2,000
6. Sam Chelanga, 28, Eugene, OR (KEN) 1:01:26 1,500
7. Stephen Sambu, 24, Tucson, AZ (KEN) 1:01:34 PB 1,000
8. Julius Arile, 29, Nariobi, KEN 1:01:38 500
9. Jason Hartmann, 31, Boulder, CO 1:01:52 PB 350
10. Kenta Murayama, 20, Sendai, JPN 1:02:02 300
- ... 12. Bernard Lagat, 38, Tucson, AZ 1:02:33 DB 150
[15:04 / 29:40 DB / 43:56 DB / 59:05 DB]
- ... 15. Abdi Abdirahman, 36, Tucson, AZ 1:03:20

WOMEN (gun times)

1. Caroline Rotich, 28, Nyaharuru, KEN 1:09:09 \$20,000
[16:17 / 32:50 / 49:18 / 1:05:36]
2. Diane Nukuri-Johnson, 28, Iowa City, IA (BDI) 1:09:12 NR 10,000
[16:21 / 33:06 / 49:26 / 1:05:37]
3. Lisa Stublic, 28, Zagreb, CRO 1:09:18 NR 5,500
[16:21 / 33:06 / 49:26 / 1:05:38]
4. Sabrina Mockenhaupt, 32, Cologne, GER 1:09:42 3,500
5. Lyudmila Kovalenko, 28, Simferopol, UKR 1:09:43 NR 2,000
6. Madai Perez, 33, Mexico City, MEX 1:10:27 1,500
7. Yolanda Caballero, 30, Bogota, COL 1:10:30 AR 1,000
8. Tomomi Tanaka, 25, Tokyo, JPN 1:10:31 500
9. Stephanie Rothstein Bruce, 29, Flagstaff, AZ 1:10:53 PB 350
10. Sara Moreira, 27, Santo Tirso, POR 1:11:03 300
Kim Smith, Providence, RI (NZL) DNF (36:42 at 10 km)

All Japan Corporate Team Half-Marathon Championships (41st)

Yamaguchi, JPN, 17 March

(Distance: 21.1 km)

Note: A total of 65 men ran sub-65 here! – Ed.

MEN (gun times)

1. Fumihiko Maruyama, 1:01:15 PB
2. Johana Maina (KEN), 1:01:28 PB
3. Gideon Ngatuny (KEN), 1:01:43
4. Minato Oishi, 1:02:06 PB
5. Alex Mwangi (KEN), 1:02:09 PB

WOMEN (gun times)

1. Yukiko Akaba, 1:08:59
2. Hanae Tanaka, 1:09:18 PB
3. Rei Ohara, 1:09:45 PB
4. Grace Kimanzi (KEN), 1:10:17 PB
5. Yurie Doi, 1:10:50 PB

Matsue Women's Half Marathon (33rd)

(16th University Women Half-Marathon Championships)

Matsue, JPN, 17 March

(Distance: 21.1 km)

1. Doricah Obare (KEN), 1:11:11
2. Yasuka Ueno, 1992, 1:11:30 PB
3. Ayako Mitsui, 1992, 1:12:28
4. Aki Odagiri, 1:12:58
5. Yukiko Okuno, 1:13:05

Asics LA Marathon (28th)

Los Angeles to Santa Monica, USA, 17 March

(Distance: 42.195 km; point-to-point course with 131 m elevation loss [3.1 m/km; not record-standard])

Note: The elite women were given a headstart of 18 minutes and 35 seconds this year, and the first overall finisher wins a \$50 000 bonus (down from \$100 000 last year). Women's Aleksandra Duliba beat the first man by 52 seconds to collect the top prize of \$75 000, including prize money. American Deena Kastor, 40, finished third in her debut at this race. She is now the third-fastest US masters marathoner behind Colleen de Reuck (2:28:40) and Jenny Spangler (2:32:29). – Ed.

MEN (gun times)

- | | | |
|------------------------------|---------|----------|
| 1. Erick Mose, 26, KEN | 2:09:44 | \$25,000 |
| 2. Julius Keter, 24, KEN | 2:10:31 | 12,500 |
| 3. Nicholas Chelimo, 30, KEN | 2:10:44 | 10,000 |

ELITE WOMEN (gun times)

- | | | | |
|--|---------|----|--------------------|
| 1. Aleksandra Duliba, 27, BLR | 2:26:08 | DB | \$25,000 + 50,000i |
| 2. Zemzem Ahmed, 28, ETH | 2:30:32 | | 12,500 |
| 3. Deena Kastor, 40, Mammoth Lakes, CA | 2:32:39 | | 10,000 |
| 4. Aberash Nesga, 27, ETH | 2:37:10 | | 5,000 |
| 5. Colleen de Reuck, 48, Boulder, CO | 2:41:25 | | 2,500 |

i) Earned "challenge" bonus for being the first overall finisher

St. Patrick's Road Race 10 km (38th)

Holyoke, USA, 16 March

(Distance: 10 km; course currently not certified)

MEN

1. Alistair Cragg, 32, Providence, RI (IRL) 29:20
2. Philemon Terer, 27, Amherst, MA 29:25
3. Zach Hine, 25, Boulder, CO 29:28

WOMEN

1. Amy Hastings, 29, Providence, RI 33:32

CROSS-COUNTRY

IAAF World Cross-country Championships (40th)

Bydgoszcz, POL, 24 March

Note: The organisers said the loop course was 1950 m per lap, but the times are simply too fast given how challenging the loop was, with steep hills, berms, frozen ground, some snow, some very muddy. Weather: Very cold; -2 °C.

SR. MEN (6 laps; less than 12 km):

Teams: 1. ETH, 38 points (USD 20,000); 2. USA, 52 (16,000); 3. KEN, 54 (12,000); 4. ERI, 75 (10,000); 5. UGA, 76 (8,000); 6. ALG, 107 (4,000); 7. AUS, 116; 8. ESP, 127; 9. CAN, 140; 10. POL, 164; ... 12. **RSA**, 256.

1. Japhet Kipyegon KORIR, KEN 32:45 USD 30,000 GOLD
2. Imane MERGA, ETH 32:51 15,000 SILVER
3. Teklemariam MEDHIN, ERI 32:54 10,000 BRONZE
4. Moses Ndiema KIPSIRO, UGA 33:08 7,000
5. Timothy TOROITICH, UGA 33:09 5,000
6. Ben TRUE, USA 33:11 3,000
7. Goitom KIFLE, ERI 33:16
8. Collis BIRMINGHAM, AUS 33:18
9. Feyisa LILESA, ETH 33:22
10. Chris DERRICK, USA 33:23
11. Rabah ABOUD, ALG 33:28
12. Hosea Mwok MACHARINYANG, KEN 33:29
13. Abera CHANE, ETH 33:31
14. Tesfaye ABERA, ETH 33:35
15. Geoffrey Kipkorir KIRUI, KEN 33:38
16. Sergio SÁNCHEZ, ESP 33:38
17. Ryan VAIL, USA 33:42
18. Abrar OSMAN, ERI 33:42
19. Bobby MACK, USA 33:49
20. Elroy GELANT, **RSA** 33:53
21. Hicham BOUCHICHA, ALG, 33:54; 22. Mohammed AHMED, CAN, 33:56; 23. Liam ADAMS, AUS, 34:07; 24. Mosinet GEREMEW, ETH, 34:09; 25. Geoffrey KUSURO, UGA, 34:09; 26. Timothy Kosgei KIPTOO, KEN, 34:10; 27. Carles CASTILLEJO, ESP, 34:11; 28. Blazej BRZEZINSKI, POL, 34:11; 29. Brett ROBINSON, AUS, 34:11; 30. Elliott HEATH, USA, 34:11; 31. Jonathan TAYLOR, GBR, 34:14; 32. Antonio David JIMÉNEZ, ESP, 34:14; 33. Chris WINTER, CAN, 34:15; 34. Abdennacer FATHI, MAR, 34:16; 35. Mounir MIOUT, ALG, 34:16; 36. Philemon Rono CHEROP, KEN, 34:19; 37. James STRANG, USA, 34:20; 38.

Arkadiusz GARDZIELEWSKI, POL, 34:21; 39. Steven VERNON, GBR, 34:22; 40. Abdelmadjed TOUIL, ALG, 34:25; 41. Cam LEVINS, CAN, 34:27; 42. Phillip KIPLIMO, UGA, 34:37; 43. Tomasz SZYMKOWIAK, POL, 34:38; 44. Mathew WALTERS, CAN, 34:39; 45. Frank TICKNER, GBR, 34:40; 46. Fred ARAPSUDI, UGA, 34:40; 47. Samsom GEBREYOHANNES, ERI, 34:43; 48. Manuel DAMIÃO, POR, 34:43; 49. Ahmed DALI, ALG, 34:47; 50. Nelson MBUYA, TAN, 34:48; ... 59. Gladwin MZAZI, RSA, 35:03; ... 87. Desmond MOKGOBU, RSA, 37:26; ... 90. David MANJA, RSA, 37:41.

SR. WOMEN (4 laps; less than 8 km):

Teams: 1. KEN, 19 points (USD 20,000); 2. ETH, 48 (16,000); 3. BRN, 73 (12,000); 4. USA, 90 (10,000); 5. IRL, 115 (8,000); 6. FRA, 122 (4,000); 7. GBR, 154; 8. CAN, 167; 9. ESP, 183; 10. UGA, 188; ... 14. RSA, 305.

1. Emily CHEBET, KEN	24:24	USD 30,000	GOLD
2. Hiwot AYALEW, ETH	24:27	15,000	SILVER
3. Belaynesh OLIJIRA, ETH	24:33	10,000	BRONZE
4. Shitaye ESHETE, BRN	24:34	7,000	
5. Margaret Wangari MURIUKI, KEN	24:39	5,000	
6. Janet KISA, KEN	24:46	3,000	
7. Viola Jelagat KIBIWOT, KEN	24:46		
8. Tejitu DABA, BRN	24:55		
9. Juliet CHEKWEL, UGA	24:58		
10. Irene Chepet CHEPTAI, KEN	25:01		
11. Beatrice Chepkemai MUTAI, KEN	25:05		
12. Salima EL OUALI ALAMI, MAR	25:05		
13. Neely Spence GRACEY, USA	25:08		
14. Fionnuala BRITTON, IRL	25:08		
15. Genet YALEW, ETH	25:10		
16. Sophie DUARTE, FRA, 25:17; 17. Almensh BELETE, BEL, 25:24; 18. Kenza DAHMANI TIFAH, ALG, 25:26; 19. Nazret WELDU, ERI, 25:27; 20. Kareema JASIM, BRN, 25:27; 21. Emily INFELD, USA, 25:27; 22. Diana MARTIN, ESP, 25:29; 23. Nadia NOUJANI, MAR, 25:30; 24. Natasha FRASER, CAN, 25:30; 25. Rachel CLIFF, CAN, 25:30; 26. Mattie SUVER, USA, 25:41; 27. Mary CULLEN, IRL, 25:42; 28. Sule UTURA, ETH, 25:43; 29. Yebrqual MELESE, ETH, 25:44; 30. Kim CONLEY, USA, 25:45; 31. Gemma STEEL, GBR, 25:47; 32. Linda BYRNE, IRL, 25:49; 33. Laurane PICOCHÉ, FRA, 25:50; 34. Deena KASTOR, 1973, USA, 25:52; 35. Christelle DAUNAY, FRA, 25:53; 36. Luula BERHANE, ERI, 25:55; 37. Louise DAMEN, GBR, 25:55; 38. Christine BARDELLE, FRA, 25:56; 39. Janet ACHOLA, UGA, 25:58; 40. Steph TWELL, GBR, 25:58; 41. Genzeb SHUMI, BRN, 25:59; 42. Ava HUTCHINSON, IRL, 25:59; 43. Fiori ASEFAW, ERI, 25:59; 44. Carla Salomé ROCHA, POR, 26:01; 45. Clémence CALVIN, FRA, 26:03; 46. Eleanor BAKER, GBR, 26:04; 47. Delilah DICRESCENZO, USA, 26:05; 48. Lauren HOWARTH, GBR, 26:05; 49. Olivia MUGOVE, ZIM, 26:07; 50. Azucena DÍAZ, ESP, 26:07; ... 53. Dina Lebo PHALULA, RSA, 26:22; ... 79. Nolene CONRAD, RSA, 27:08; ... 86. Mapaseka MAKHANYA, RSA, 27:33; 87. Christine KALMER, RSA, 27:45. Meselech MELKAMU, ETH, DNF.			

JR. MEN (4 laps; less than 8 km):

Teams: 1. ETH, 23 points; 2. KEN, 26; 3. MAR, 65; 4. USA, 106; 5. JPN, 138; 6. ITA, 164; 7. UGA, 170; 8. AUS, 171; 9. GBR, 181; 10. CAN, 187; ... 14. RSA, 313.

1. Hagos GEBRHIWET, ETH	21:04	GOLD
2. Leonard BARSOTON, KEN	21:08	SILVER
3. Muktar EDRIS AWEL, ETH	21:13	BRONZE
4. Tsegay TUEMAY, ERI	21:26	
5. Conseslus KIPRUTO, KEN	21:40	
6. Birhan NEBEBEW, ETH	21:42	
7. Ghirmay GHEBRESLASSIE, ERI	21:50	
8. Dawit WELDESILASIE, ERI	21:58	

9. Ronald KWEMOI, KEN 21:58
10. Michael BETT, KEN 22:21
11. Moses LETOYIE, KEN 22:28
12. Mohammed ABID, MAR 22:31
13. Yihunilign ADANE, ETH 22:33
14. Zouhair TALBI, MAR 22:34
15. Alex Kapcheromit CHEROP, UGA 22:35
16. Abdallah Kibet MANDE, UGA, 22:36; 17. Bonsa DIDA, ETH, 22:38; 18. Omar AIT CHITACHEN, MAR, 22:38; 19. Tumisang MONNATLALA, RSA, 22:52; 20. Matt MCCLINTOCK, USA, 22:52; 21. Hassan GHACHOUI, MAR, 22:53; 22. Emmanuel Bett KIPRONO, KEN, 22:53; 23. Jaouad CHEMLAL, MAR, 23:03; 24. Craig NOWAK, USA, 23:03; 25. Tsegay HILUF, ETH, 23:04; 26. Malachy SCHROBILGEN, USA, 23:12; 27. Yuki HIROTA, JPN, 23:13; 28. Tatsuya HAYASHI, JPN, 23:14; 29. Alexandre SADDEDINE, FRA, 23:14; 30. Isaac Kipruto KIMELI, BEL, 23:15; 31. Tadashi ISSHIKI, JPN, 23:17; 32. Lorenzo DINI, ITA, 23:18; 33. Morgan MCDONALD, AUS, 23:21; 34. Benjamin FLANAGAN, CAN, 23:21; 35. Jonathan DAVIES, GBR, 23:22; 36. Darren FAHY, USA, 23:25; 37. Michael CALLEGARI, GBR, 23:25; 38. Yemaneberhan CRIPPA, ITA, 23:26; 39. Moses Martin KURONG, UGA, 23:27; 40. Thomas GRAHAM, USA, 23:27; 41. Jacob BIRTWHISTLE, AUS, 23:28; 42. Andrew GARDNER, USA, 23:30; 43. Ryan SLEIMAN, CAN, 23:32; 44. Yohannes CHIAPPINELLI, ITA, 23:33; 45. Hamza YOUCEFI, ALG, 23:34; 46. Thiago ANDRÉ, BRA, 23:35; 47. Ricardo GARCIA, MEX, 23:37; 48. Jack CURRAN, AUS, 23:38; 49. Jack DAVIES, AUS, 23:38; 50. Samuele DINI, ITA, 23:38; ... 84. Rantso MOKOPANE, RSA, 24:35; ... 101. Thabang NKUNA, RSA, 25:22; ... 109. Creel CHAVALALA, RSA, 27:23.

JR. WOMEN (3 laps; less than 6 km):

- Teams: 1. KEN, 14 points; 2. ETH, 23; 3. GBR, 81; 4. JPN, 90; 5. UGA, 99; 6. USA, 105; 7. POL, 165; 8. AUS, 172; 9. CAN, 203; 10. ALG, 227; ... 12. RSA, 255.

1. Faith Chepngetich KIPYEGON, KEN 17:51 GOLD
2. Agnes Jebet TIROP, KEN 17:51 SILVER
3. Alemitu HEROYE, ETH 17:57 BRONZE
4. Caroline Chepkoech KIPKIRUI, KEN 18:09
5. Ruti AGA, ETH 18:18
6. Sofiya SHEMSU, ETH 18:20
7. Roseflin CHEPNGETICH, KEN 18:21
8. Sheila Chepngetich KETER, KEN 18:21
9. Buze DIRIBA, ETH 18:29
10. Alemitu HAWI, ETH 18:35
11. Pauline Kaveke KAMULU, KEN 18:43
12. Gotytom GEBRESLASE, ETH 18:44
13. Nancy CHEPTEGEI, UGA, 19:07; 14. Stella CHESANG, UGA, 19:09; 15. Fadwa SIDI MADANE, MAR, 19:17; 16. Emelia GORECKA, GBR, 19:19; 17. Georgia TAYLOR-BROWN, GBR, 19:26; 18. Azusa SUMI, JPN, 19:28; 19. Miyuki UEHARA, JPN, 19:32; 20. Carrie VERDON, USA, 19:33; 21. Amy-Eloise NEALE, GBR, 19:34; 22. Yohana ZEMUY, ERI, 19:35; 23. Emily STITES, USA, 19:37; 24. Saki YOSHIMIZU, JPN, 19:39; 25. Michaela QUINN, AUS, 19:39; 26. Sofia ENNAOUI, POL, 19:45; 27. Bobby CLAY, GBR, 19:45; 28. Kathryn KNIGHT, USA, 19:52; 29. Maki IZUMIDA, JPN, 19:54; 30. Hadjer SOUKHAL, ALG, 19:55; 31. Rachael Zena CHEBET, UGA, 19:55; 32. Winta MEKONEN, ERI, 19:58; 33. Rebecca WESTON, GBR, 20:00; 34. Erin FINN, USA, 20:03; 35. Alex CLAY, GBR, 20:11; 36. Mbrak EFREM, ERI, 20:12; 37. Samantha PRIME, AUS, 20:18; 38. Sydney SCOTT, USA, 20:19; 39. Militsa MIRCHEVA, BUL, 20:20; 40. Phanice CHEMUTAI, UGA, 20:23; 41. Natalia WIERA, POL, 20:23; 42. Silvana DIAS, POR, 20:25; 43. Nanami AOKI, JPN, 20:28; 44. Samantha NADEL, USA, 20:30; 45. Glenrose XABA, RSA, 20:31; 46. Madeline YUNGBLUT, CAN, 20:34; 47. Madeline MCDONALD, CAN, 20:36; 48. Katarzyna RUTKOWSKA, POL, 20:39; 49. Jillian FORSEY, CAN, 20:40; 50. Amy CASHIN, AUS, 20:48; ... 54. Zandile HADEBE, RSA, 20:57; ... 71. Thandeka Emily MANZANA, RSA, 21:44; ... 85. Annie BOTHMA, RSA, 23:45.

INDOOR TRACK**Vanderbilt Black and Gold Invite**

Nashville, USA, 22-23 March

MEN

1500:

Invitational Section (22):

1. Sam Penzenstadler	SO Loyola (Ill.)	3:50.06
2. Jarrod Eick	SR Miami (Ohio)	3:51.01
3. David Mokone	JR Western Kentucky (RSA)	3:51.02

NEWS**SPAR GRAND PRIX POINTS TABLE**

The points table in the Spar Grand Prix Series after the first race in Cape Town is as follows:

OPEN

1	Mapaseka Makhanya	Transnet	33:22	19
2	Zintle Xiniwe	Maxed WP	33:40	18
3	René Kalmer	Nedbank CGA	33:50	17
4	Irvette van Zyl	Nedbank CGA	33:59	16
5	Nolene Conrad	Nedbank CGA	34:03	15
6	Christene Kalmer	Nedbank CGA	34:35	14
7	Khanya Mateyisi	Khayalitsha	35:48	13
8	Myrette Filmalter	Nedbank AGN	35:48	12
9	Poppy Mlambo	Boxer	36:11	11
10	Jenna Challenor	Boxer	36:21	10
11	Portia Ngwenya	Transnet	36:34	9
12	Tanith Maxwell	Boxer	36:38	8
13	Patience Khumalo	TUT AGN	37:09	7
14	Bulelwa Simae	Nedbank WP	37:12	6
15	Annie Bothma	Helderberg	37:17	5
16	Annah Moeketsi	Transnet FS	37:28	4
17	Cary-Ann Smith	Nedbank KZN	37:30	3
18	Annamarie Thomas	Ind	37:30	2
19	Thozama April	Transnet	37:30	1

Veterans:

1	Janene Carey	Boxer	37:59	5
2	Linley Holmes	Fish Hoek	38:38	4
3	Sheryl de Lange	New Balance	40:07	3

Masters:

1	Mariëtte Strauss	Tygerberg	41:35	10
2	Annatjie Botes	Nedbank SWD	41:43	9
3	Grace de Oliveira	Boxer	41:47	8

G'masters:

1	Sonja Laxton	RAC	44:57	5
2	Helen du Plessis	Tygerberg	48:47	4
3	Marietha Herbert	Bellville	50:06	3

Juniors:

1	Annie Bothma	Helderberg	37:17	10
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2	Ileana Dreyer	Itheko	40:11	4
3	Amy Abrahams	UWC	40:29	3

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Note: Although none of the athletes mentioned in this article from *Athletics International* is a distance runner, DRR felt that these developments around the re-testing of old drug samples were so significant and interesting that it would like to bring readers up to date with the latest news. As the report states, the revising of the results and re-awarding of medals will be quite complicated (and extensive)! – Ed.

'NO PLACE TO HIDE' FOR DRUG CHEATS

Six bemedalled athletes – four from Belarus and two from Russia – face disciplinary procedures in accordance with IAAF rules following the re-testing of doping samples collected at the 2005 IAAF World Championships in Helsinki, *writes Mel Watman*. The athletes whose samples revealed adverse findings are long jumper Tatyana Kotova (RUS), shot putters Andrey Mikhnevich and Nadezhda Ostapchuk (BLR), and hammer throwers Ivan Tikhon (BLR), Vadim Devyatovskiy (BLR) and Olga Kuzenkova (RUS).

An IAAF statement issued on 8 March reads: "The IAAF, as part of its strategic anti-doping policy, instigated last year the re-analysis of samples originally taken during Helsinki 2005 using the most up-to-date analytical techniques. These samples had been transferred to the WADA-accredited laboratory in Lausanne following the World Championships for long-term storage in accordance with the IAAF re-testing policy."

IAAF President Lamine Diack stated: "The IAAF's message to cheaters is increasingly clear that, with constant advancements being made in doping detection, there is no place to hide. This re-testing is just the latest example of the IAAF's firm resolve to expose cheating in our sport. The IAAF will continue to do everything in its power to ensure the credibility of competition, and where the rules have been broken, will systematically uncover the cheats."

It remains to be seen what sanctions will be imposed. However, it seems likely that an enormous number of amendments to championship placings will be required, and certainly the results of those athletes in Helsinki will be annulled, so the amended results would be: SP: delete Mikhnevich 6th 20.74; HT: delete Tikhon 1st 83.89 & Devyatovskiy 2nd 82.60; revised medallists: 1, Szymon Ziółkowski POL 79.35; 2, Markus Esser GER 79.16; 3, Olli-Pekka Karjalainen FIN 78.77; W LJ: delete Kotova 2nd 6.79; revised medallists: 1, Tianna Madison USA 6.89; 2, Eunice Barber FRA 6.76w; 3, Yargelis Savigne CUB 6.69; W SP: delete Ostapchuk 1st 20.51; revised medallists: 1, Olga Ryabinkina RUS 19.64; 2, Valerie Vili (Adams) NZL 19.62; 3, Svetlana Krivelyova RUS 19.16 (who, however, lost her bronze medal from the 2004 Olympics following an IOC re-test last year, so she ought not to have been eligible to compete in Helsinki and 3rd should go instead to Nadine Kleinert GER 19.07 - all very complicated!); W HT: delete Kuzenkova 1st 75.10; revised medallists: 1, Yipsi Moreno CUB 73.08; 2, Tatyana Lysenko RUS 72.46 (a future world record holder who failed a drugs test in 2007); 3, Manuela Montebrun FRA 71.41.

As Mikhnevich served a two-year drugs ban from Aug 2001, returning just in time to win the 2003 World title, the Helsinki finding means that he should be banned for life for a second offence, thus annulling these subsequent medals: 2nd 2006 World Indoor, 2nd 2006 European, 3rd 2008 Olympics, 2nd 2010 World Indoor, 1st 2010 European, 3rd 2011 World Champs. His pb would revert from 22.10 (2011) to 21.69 (2003). Consequently, among other adjustments, Dylan Armstrong CAN would become the 2008 Olympic bronze medallist, Tomasz Majewski POL the 2010 European champion and Christian Cantwell USA the 2011 World Champs bronze medallist.

Ostapchuk also now faces a life ban as she failed a test at the 2012 Olympics. All of her medals, in addition to the gold in Helsinki, must be considered tainted: 2nd 2001 & 2003 World Indoor, 2nd 2003 World, 1st 2005 European Indoor, 2nd 2006 European, 2nd 2007 World, 2nd 2008 World Indoor, 3rd 2008 Olympics, 1st 2010 World Indoor, 1st 2010 European, 2nd 2011 World, 2nd 2012 World Indoor.

Tikhon forfeited his 2004 Olympic silver medal when his sample was re-tested by the IOC last year and so he too merits a life ban as a result of Helsinki 2005 being his second offence. That would leave him with the 2003 World title but he would lose his victories at the 2006 European and 2007 World Champs as well as his bronze at the 2008 Olympics (where he was originally disqualified but later reinstated by the Court of Arbitration for Sport). His mighty throw of 86.73 in July 2005, 1cm below Yuriy Sedykh's world record, can also be discounted, reducing his acceptable pb to 84.46 in May 2004. If those medals are withdrawn, the 2006 European champion would be Karjalainen (80.84), the 2007 World champion would be Primož Kozmus SLO (82.29) and the 2008 Olympic medallists would be: 1, Kozmus 82.02; 2, Krisztián Pars HUN 80.96; 3, Koji Murofushi JPN 80.71.

Devyatovskiy, promoted to 3rd in the 2004 Olympics after Tikhon's retrospective disqualification, is another candidate for a lifetime ban as he previously served a two-year suspension starting in 2000. He stands to forfeit a bronze medal from the 2006 European Champs and silver from the 2008 Olympics (like Tikhon he was originally disqualified but later reinstated by CAS).

Kuzenkova, the first female 70 m thrower (in 1997), set eleven world records – six of them officially ratified – between 1992 and 1998. Her medals: 2nd 1998 European, 2nd 1999, 2001 & 2003 World, 2nd 2000 Olympics, 1st 2002 European, 1st 2004 Olympics.

Kotova's achievements include 2nd 2001 & 2003 World, 1st 2002 European, 3rd 2004 Olympics, 3rd 2007 World - plus 1st in the 1999, 2003 & 2006 World Indoors and 2nd in 2001 & 2004.

This is indeed a sorry catalogue, and it won't be the last wholesale rewriting of important results as the re-testing programmes continue. All credit to the IAAF and IOC for re-examining samples stretching back eight years (unfortunately the maximum under the statute of limitations) as testing procedures become increasingly sophisticated. Some other major sports may try to pretend they have no serious doping problem but athletics continues its relentless war against the use of performance enhancing drugs. The bottom line now is that every athlete who has cheated in recent years will be perpetually worried that they too will be exposed one day. Better still, perhaps in time any coach, manager, agent or medical adviser (even governing bodies) found to be complicit in an athlete's failed drugs test will also be barred from the sport. It would appear unlikely that athletes take drugs without anyone in their support team knowing.

TWO MORE KENYANS CONVICTED OF DRUG OFFENSES

Two lesser-known Kenyan runners have been convicted of doping offenses, Kenyan media have reported.

Salome Jerono Biwott, who won last October's Standard Chartered Nairobi Marathon in an improbable course record 2:26:51, and Jyoncel Basweti Onyancha, a regular at lower-level road races in the United States, have both been suspended for doping. Both athletes received two-year bans according to Athletics Kenya: Biwott from 25 January 2013 through 24 January 2015, and Basweti from 5 July 2012 through 4 July 2014.

STATS TIME

Last week we published the world all-time top 20 men in the half marathon. This week we look at the South African all-time top 10 list. Note that SA record holder Hendrick Ramaala has no fewer than eleven times, or half of the 22 times included (and the four fastest). Gert Thys is the only other runner who has more than one. Twelve of the performances came on aided courses.

HALF MARATHON: ALL-TIME TOP 10 S.A. MEN

59:20A	Hendrick Ramaala	Lisbon	26 Mar 00
59:42A	Ramaala-2	Lisbon	24 Mar 02

60:01A	Ramaala-3	South Shields	21 Sep 03
60:07	Ramaala-4	Kosice	04 Oct 97
60:11A	Matthews Temane	East London	25 Jul 87
60:11A	Zithulele Sinqe	East London	25 Jul 87
60:14A	Ramaala-5	Lisbon	16 Mar 03
60:15	Ramaala-6	Bristol	07 Oct 01
60:23	Gert Thys	Kosice	04 Oct 97
60:24	Ramaala-7	Zurich	27 Sep 98
60:25A	Ramaala-8	South Shields	14 Sep 97
60:26A	Ramaala-9	Lisbon	01 Apr 01
60:37	Thys-2	Zurich	27 Sep 98
60:40	Ramaala-10	Vitry sur Seine	11 Apr 99
60:55A	Thys-3	Lisbon	15 Mar 98
60:56A	Xolile Yawa	East London	25 Jul 87
60:57	Stephen Mokoka	Cape Town	26 Aug 12
60:58	Lawrence Peu	East London	18 May 91
61:00A	Michael Scout	Salem	16 May 92
61:03	David Tsebe	Durban	21 Jul 90
61:03	Rami Tsebe	Durban	21 Jul 90
61:03A	Ramaala-11	South Shields	01 Oct 06

THIS MONTH IN HISTORY

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

40 years ago: 10 March 1973

Sonja Laxton is a very special runner in the annals of South African athletics. The first female to earn Springbok colours in all three disciplines (track, road and cross-country), she set her first SA senior record in 1971 and today, 42 years later, still competes with distinction. Last weekend she won the grandmasters category in the first Spar Grand Prix race of the year. On this day, in Port Elizabeth, she ran one of the best races of her life when she smashed her own SA record in the 3000 metres by more than 15 seconds with 9:28.0. And this came just one day after she had also set a national record of 4:23.4 for half that distance! But she was not done yet: before the month was out, she brought the 1500-metre record down to 4:19.6.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This is the first compilation of list leaders for 2013. The section lists the 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, 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	29:16	Kgosi Tsosane	Pretoria	16 Feb
	28:15	Silas Kipruto (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:30	Lusapho April	Port Elizabeth	02 Mar
	43:38	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:06	Stephen Mokoka	Benoni	27 Jan

	58:54	Geoffrey Kipsang (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	80:38A	Sibunelo Duma	Pinetown	27 Jan
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:34:17	Joseph Sweeney (IRL)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:17:32	Benedict Moeng	Oudtshoorn	03 Feb
	2:04:45	Lelisa Desisa (ETH)		
100 km	2:03:38	Patrick Makau (KEN) 2011		
	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	31:27	Graham Katzen	Bellville	23 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	48:30	Graham Katzen	Duynefontein	23 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:25	Johannes Kekana	Bedfordview	13 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:32:04A	Basie Boneparte	Somersset East	23 Feb
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:35	Graham Katzen	Camps Bay	06 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:21:40	Hendrick Ramaala	Mumbai	20 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:48	Eric Coetzee	Tokai	02 Feb
	[33:28	Vladimir Kotov (BLR)	Athlone	09 Feb]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	51:26	Eric Coetzee	Constantia	09 Mar
	[50:54	Vladimir Kotov (BLR)	Constantia	09 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:20	Reform Ndlovu	Benoni	27 Jan
	[74:42A	Vladimir Kotov (BLR)	Simon's Town	17 Feb]
	66:42	Martin Rees (GBR) 2003		
25 km	1:41:07A	Nicholas Dlamini	Pinetown	27 Jan
30 km	1:54:25	Eric Coetzee	Parow	16 Mar
	[1:52:06	Vladimir Kotov (BLR)	Camps Bay	06 Jan]
Marathon	2:40:26	Reform Ndlovu	Oudtshoorn	03 Feb
	[2:34:33	Vladimir Kotov	Oudtshoorn	03 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	37:59	Clive Owen	Goodwood	02 Mar
15 km	60:32	Clive Owen	Constantia	12 Jan
21.1 km	87:33	Mike Hirst	Johannesburg	24 Mar
25 km	1:57:44A	Hannes Els	Somersset East	23 Feb
30 km	2:28:52	Harold Dixon	Camps Bay	06 Jan
Marathon	3:10:30	Sizinzo Kama	Oudtshoorn	03 Feb

100 km

Juniors

10 km	32:12	Lukhanyo Nobakada	Tokai	02 Feb
	27:52	Richard Chelimo (KEN)	1990	
15 km	48:56	Masibulele Heugh	Jeffreys Bay	05 Jan
	42:25	Moses Mosop (KEN)	2004	
21.1 km	78:45A	Buhle Yokwana	Simon's Town	17 Feb
	80:15	Joseph Matshe	Pretoria	16 Feb
	59:16	Samuel Wanjiru (KEN)	2005	

WOMENOpen

10 km	33:23	Mapaseka Makhanya	Cape Town	17 Mar
	31:40	Joyce Chepkirui (KEN)		
	30:21	Paula Radcliffe (GBR)	2003	
15 km	53:16	Zintle Xiniwe	Constantia	09 Mar
	48:48	Sara-Isabel Moreira (POR)		
	46:28	Tirunesh Dibaba (ETH)	2009	
21.1 km	74:55	Irvette van Zyl	Pretoria	02 Feb
	66:09	Lucy Kabuu (KEN)		
	65:50	Mary Keitany (KEN)	2011	
25 km	1:46:01A	Janine Carey (vet)	Pinetown	27 Jan
	79:53	Mary Keitany (KEN)	2010	
30 km	1:58:12	Kim Laxton	Parow	16 Mar
	1:51:51	Stephanie Bouma (NED)		
	1:38:49	Mizuki Noguchi (JPN)	2005	
Marathon	2:46:13	Cornelia Joubert	Oudtshoorn	03 Feb
	2:23:23	Tirfi Tsegaye Beyene (ETH)		
	2:15:25	Paula Radcliffe (GBR)	2003	
100 km	6:33:11	Tomoe Abe (JPN)	2000	

Veterans (40+)

10 km	37:59	Janene Carey	Cape Town	17 Mar
	32:14	Priscilla Welch (GBR)	1985	
15 km	58:21	Zola Pieterse	Durbanville	23 Jan
	49:35	Priscilla Welch (GBR)	1985	
21.1 km	80:40	Suzette Botha	Pietermaritzburg	24 Feb
	69:56	Irina Permitina (RUS)	2009	
25 km	1:46:01A	Janine Carey	Pinetown	27 Jan
	82:13	Mizuki Noguchi (JPN)	2005	
30 km	2:11:30	Elmarie Coetzee	Camps Bay	06 Jan
	1:51:37	Mieke Pullen (NED)	2001	
Marathon	2:49:38	Suzette Botha	Oudtshoorn	03 Feb
	2:26:51	Priscilla Welch (GBR)	1987	
100 km	7:00:27	Normi Sakurai (JPN)	2007	

Masters (50+)

10 km	41:02	Judy Bird	Pretoria	23 Feb
	34:44	Tatyana Pozdniakova (UKR)	2005	
15 km	61:12	Judy Bird	Constantia	09 Mar
	54:33	Shirley Matson (USA)	1991	
21.1 km	92:00	Jane Mudau	Johannesburg	24 Mar
	76:07	Tatyana Pozdniakova (UKR)	2006	
25 km	1:55:20A	Janette Schierz-Crusius	Somers East	23 Feb

30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	44:57	Sonja Laxton	Cape Town	17 Mar
15 km	74:17	Sonja Laxton	Johannesburg	06 Jan
21.1 km	1:48:06	Sarie du Toit	Pretoria	16 Feb
25 km	2:22:03A	Pam Rasmussen	Pinetown	27 Jan
30 km	2:40:44	Veronica van Niekerk	Parow	16 Mar
Marathon	3:46:17	Veronica van Niekerk	Oudtshoorn	03 Feb
100 km				
<u>Juniors</u>				
10 km	37:17	Annie Bothma	Cape Town	17 Mar
	31:42	Zola Pieterse (RSA) 1984		
15 km	64:40	Zani Kruger	Constantia	12 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	93:39	Nobuhle Tshuma	Bedfordview	13 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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