

Distance Running Results

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EDITORIAL

Five distance runners excelled at the SA U.23, Junior, Youth and Sub-Youth Championships in Pretoria this weekend. In the 1500 m for sub-youth men Thabile Mkupheli led two others under the old SA record with his 4:06.81. Three athletes won two victories each: Rantso Mokopane took the 1500 and 3000 steeplechase for juniors, Tshegofatso Setlhakgoe the 1500 and 3000 for sub-youths, and Gena Lofstrand the junior 800 (beating Monique Stander) and 1500. Carina Viljoen ran an excellent 9:57.06 in the 3000 for youths.

Two of the best performances reported this week came on the track in the USA, where two SA athletes studying at American universities ran personal bests. Dominique Scott (University of Arkansas) recorded 4:23:24 for the 1500 m at the Stanford Invitational, while at the Raleigh Relays Letitia Saayman (Coastal Carolina University) clocked 35:23.37 for 10000 m. In the 10000 m at the former meeting Shalane Flanagan (USA) set a superb world lead of 31:04.85 in front of Kara Goucher (31:46.64) and Jordan Hasay (32:46.68), who ran her debut over the distance.

Another outstanding world lead came from Kenyan teenager Isaiah Koech, who was making his road running debut in the Crescent City Classic 10 km in New Orleans and won in 27:32. Koech set a world best of 21:56 for 8 km *en route*. (Note: This is the same race – but on a different, aided course – in which Matthews Motshwarateu in 1988 became the first South African to run sub-28 [27:54] for 10 km.)

In other international action Zersenay Tadese (ERI), five-time world half-marathon champion, won the Hervis Prague Half Marathon in 60:10 from his training partner Amanuel Mesel, who recorded the same time. But the best result of the day came from Gladys Cherono (KEN) in the women's race. She had an easier task than Tadese and pulled away from her rivals early to win in 66:48, smashing the course record of 67:03 set last year. The cold weather (4 °C at the start) put paid to Tadese's goal of breaking his world record of 58:23.



Zersenay Tadese wins the Hervis Prague Half Marathon yesterday; both he and Amanuel Mesal received the same time of 60:10. [Photograph supplied]

Apart from the celebrity finishers in the Old Mutual Two Oceans Marathon mentioned last week there was one who escaped notice: Mark Plaatjes, who lives in Boulder, Colorado, these days, finished 499th in 4:27:13. Plaatjes, now 51, was the 19th master. Plaatjes won the SA Marathon in 1981 and 1985, and in the latter set a national record of 2:08:58. In 1993 he won the World Championships Marathon in the colours of his adopted country, the USA. His wife, Shirley, finished the half marathon in 2:35:08.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Tronox uMhlatuze Marathon & Half Marathon, Empangeni
- * Maqadi Ayanda Plant Hire Motherwell Freedom Run, Port Elizabeth
- * Mazda Zoom Zoom Half Marathon & 10 km, Pretoria
- * Pennypinchers 10 km, George
- * Palm Tyres 10 km, George
- * McCarthy Volkswagen Panorama Nite Race, Witbank
- * XC: KZN League Meeting, Durban
- * Track: SA U.23, Junior, Youth & Sub-Youth Championships, Pretoria

International highlights:

- * Paris Marathon, Paris, FRA
 - * Hervis Prague Half Marathon, Praha, CZE
 - * Semi-Marathon de Berkane, Berkane, MAR
 - * Allstate Sugar Bowl Crescent City Classic 10 km, New Orleans, USA
 - * Int'l Paderborner Osterlauf Half Marathon, Paderborn, GER
 - * Track: Stanford Invitational, Palo Alto, USA; Raleigh Relays, Raleigh, USA; African Youth Championships, Warri, NGR
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ROAD RUNNING

Tronox uMhlatuze Marathon & Half Marathon

Empangeni, 7 April

(Distances: 42.195 km & 21.1 km; out-and-back courses)

Marathon

MEN

1.	Thelumusa	Sibiya	Ulundi Athletic Club	2:34:13	R600
2.	Victor	Ngubelanga	Maxed Elite	2:39:40	R400
3.	Kwenza	Ngubane	Maxed Elite	2:43:46	R200

WOMEN (Same prize money as men)

1.	Nicola	McMurry	Mtunizini Athletic Club	3:38:10	
2.	Simone	Scrase	Nashua Richards Bay	3:41:08	
3.	Zetu	Mnyandu	NRB Harriers	3:41:35	

Half marathon

MEN

1.	Bernard	Phalatsane	ZIM/Bluff Meats	1:14:63	R200
2.	Phumlani	Cebekhulu	Mtubatuba Athletic Club	1:20:24	R150
3.	Sifiso	Mthiyane (1 st vet)	NRB Harriers	1:20:54	R100

Veterans:

1.	Sifiso	Mthiyane	NRB Harriers	1:20:54	R200
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Masters:

1.	Sipho	Mhlanga	NRB Harriers	1:31:00	R200
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G'masters:

1.	Paul	Mannix	Mtunzini Athletic Club	2:25:03	R200
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Juniors:

1.	Bongani	Mhlongo	Temp	1:23:29	R100
2.	Asanda	Ndlovu	Temp	1:25:30	R80
3.	Mhlango	Mhlango	NRB Harriers	2:26:37	R50

WOMEN (Same prize money as men)

1.	Nomcebo	Mthethwa	uMhlathuze Athletic Club	1:28:49
2.	Andile	Cebekulu (1 st jun)	NRB Harriers	1:50:02
3.	Liesel	Blendulf	Nashua Richards Bay	1:50:48

Veterans:

1.	Gail	Arnell	Temp	1:56:47
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Masters:

1.	Lorraine	Evan	Nashua Richards Bay	2:08:40
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G'masters:

1.	Lorna	Rautenbach	Mtunzini Athletic Club	2:15:50
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Juniors:

1.	Andile	Cebekhulu	NRB Harriers	1:50:03
2.	Liesel	Blendulf	Nashua Richards Bay	1:50:42

Maqadi Ayanda Plant Hire Motherwell Freedom Run

Port Elizabeth, 6 April

(Distance: 10 km; loop course. Finishers: 377.)

MEN

1	Lungile	Gongqa	Ikhamva AC	34	29:50	R3000
2	Zolani	Ngqqa	Ikhamva AC	24	30:05	R1500
3	Mariano	Eesou	Absa NMMU AC	21	30:15	R1200
4	Nkosinathi	Madyo	Nedbank RC WP	25	30:22	R1000
5	Sandile	Ngunuza	Nedbank RC EP	30	30:23	R800
6	Melikhaya	Frans	Nedbank RC EP	21	30:26	R700
7	Mkhuseli	Nyongo	Absa NMMU AC	26	30:30	R600
8	Luthando	Hetana	Mercedes Benz AC	26	30:41	R500
9	Mthandazo	Qhina	Nedbank RC WP	35	31:01	R400
10	Mzwanele	Maphekula	Bonitas AC	36	31:20	R250
11	Gift	Zet	Ikhamva AC	25	31:37	
12	Bulelini	Niwa	PEAAC	27	31:42	
13	Maxwell	Goodman (1 st vet)	Malabar AC	40	31:57	
14	Anele	Maliza	Nedbank RC EP	35	32:00	
15	Sibusiso	Thu	Transnet AC EP	24	32:10	
16	Masibulele	Heugh (1 st jun)	Ikhamva AC	18	32:14	
17	Sinathi	Mafanga	Temp	22	32:48	
18	Luyanda	Tshangana	Ikhamva AC	29	32:50	
19	Desmond	Zibi	Ikhamva AC	49	33:03	
20	Thanduxolo	Mpushe	SA Prof Develop	23	33:04	

(The prize money in all age categories was the same: R800, R400, R200.)

40-44:

1	Maxwell	Goodman	Malabar AC	40	31:57
2	Terrance	Mjekula	Warriors AC	40	34:27
3	Luvuyo	Stephen	Nedbank RC EP	42	35:07

45-49:

1	Desmond	Zibi	Ikhamva AC	49	33:03
2	Makaya	Masumpa	Oxford Striders	47	33:25

3	Christopher	Mabengeza	Nedbank RC EP	46	34:43
50-54:					
1	Michael	Bekapi	Charlo AC	51	35:22
2	Joseph	Bain	St Albans CS EP	53	41:33
3	Stephen	Klue	Elite AC	54	42:02
55-59:					
1	Bruce	McEwan	Achilles AAA	59	43:00
2	Donald	Mancasa	Ikhamba AC	59	44:10
3	Chester	Brooks	X-Cel AC	55	46:09
60-64:					
1	Sizinzo	Kama	Achilles AAA	61	40:09
2	Jimmy	Styan	Achilles AAA	60	41:43
3	Errol	Rossouw	PEAAC	63	44:39
65-69:					
1	David	O'Rielly	Nedbank RC EP	65	48:22
2	Ronald	Field	Achilles AAA	65	50:13
3	Tom	D'Arcy	Achilles AAA	67	51:37
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	70	44:17
2	Godfrey	Kariem	Gelvan AC	72	50:28
3	Robin	Clark	Achilles AAA	72	1:06:10
75-79:					
1	John	Peart	Nedbank RC EP	77	1:23:28
Juniors:					
1	Masibulele	Heugh	Ikhamba AC	18	32:14
2	Thando	Ncipha	Malabar AC	19	33:26
3	Siyabonga	Kahla	Youth 4 Change AC	17	33:30
WOMEN (Same prize money as men)					
1	Zintle	Xiniwe	Mr Price AC WP	26	35:40
2	Bulelwa	Simae	Nedbank RC WP	35	35:41
3	Ntombesintu	Mfunzi	Bonitas AC	31	35:52
4	Nomvuyisi	Seti	Itheko AC	31	36:01
5	Deliwe	Nyanga	Nedbank RC EP	23	41:13
6	Jene	Banfield (1 st vet)	Run For Life EP	42	41:31
7	Christine	Claasen	Achilles AAA	48	41:43
8	Margie	Saunders (1 st mast)	Nedbank RC EP	59	41:46
9	Asanda	Solani	Nedbank RC EP	29	42:21
10	Michelle	Galloway	Absa NMMU AC	25	42:27
11	Laura	Maritz	Elite AC	52	42:37
12	Siphokazi	Nojoko (1 st jun)	SA Prof Develop	18	42:46
13	Janette	Schierz-Crusius	Body Concept	52	42:58
14	Grizelda	Pietersen	Achilles AAA	44	44:09
15	Terray	Newcombe	Elite AC	22	44:37
16	Tiani	Claassen	Despatch AC	22	44:43
17	Priscilla	Maleiba	Gelvan AC	42	44:51
18	Megan	Wilson	Charlo AC	17	44:56
19	Anche	Schubart	Achilles AAA	31	45:38
20	Debbie	Dodd	Charlo AC	42	46:21
40-44:					
1	Jene	Banfield	Run For Life EP	42	41:31
2	Grizelda	Pietersen	Achilles AAA	44	44:09
3	Priscilla	Maleiba	Gelvan AC	42	44:51
45-49:					
1	Christine	Claasen	Achilles AAA	48	41:43
2	Buyelwa	Kobokana	Nedbank RC EP	48	48:25

3	Rozelle	Von Molendorff	Elite AC	49	48:42
50-54:					
1	Laura	Maritz	Elite AC	52	42:37
2	Janette	Schierz-Crusius	Body Concept	52	42:58
3	Ronell	Nikschi	St Albans CS EP	50	53:19
55-59:					
1	Margie	Saunders	Nedbank RC EP	59	41:46
2	Christine	Snyman	Despatch AC	57	51:54
3	Noleen	Norris	Gelvan AC	55	1:04:12
65-69:					
1	Liz	Grundlingh	Muirite Striders	66	53:29
2	Christine	Fourie	Elite AC	66	58:14
3	Orgia	Nell	Muirite Striders	69	1:10:03
75-79:					
1	Dorothy	Hart	Charlo AC	75	1:06:54
Juniors:					
1	Siphokazi	Nojoko	SA Prof Develop	18	42:46
2	Megan	Wilson	Charlo AC	17	44:56
3	Kimberley	Wilson	Charlo AC	17	48:36

Mazda Zoom Zoom Half Marathon & 10 km

Pretoria, 6 April

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1. William Chinyanga (ZIM/Nedbank) 67:18
2. Shadrack Hoff (Nedbank) 69:20
3. Lukhanyo Mabinza (Transnet) 69:??

Veterans:

1. Dirk Cloete (Irene) 81:47

Masters:

1. Colin Fischer (CSIR) 01:28:00

Juniors:

1. Brian Ndlovu (Moretele) 80:04

WOMEN

1. Gladys Lukhwareni (Transnet) 90:00
2. Meghan MaKenzie (Kudus) 90:42
3. Nerissa v.d. Walt (New Balance) 93:27

Veterans:

1. Ansa Strydom (Overkruin) 1:39:36

Masters:

1. Rita van Wyk (Boksburg) 1:39:43

10 km

MEN

1. Abraham Yator (KEN/Nedbank) 30:16
2. Cornelius Lagat (KEN/Global) 30:43
3. Nkosinoxolo Sonqibido (Transnet) 31:07

Veterans:

1. Elias Mabane (Nedbank) 35:37

Masters:

1. James Sekhwela (Aurecon) 39:30

Juniors:

1. Marthinus Schultz (Temp) 35:48

WOMEN

1. Myrette Filmalter (Nedbank) 35:37

2. Jacqui van der Waals (Nedbank) 38:02

3. Zinhle Sinqe (TUT) 38:57

Veterans:

1. Ronel Thomas (Boxer) 40:14

Masters:

1. Debbie Bredenkamp (Harlequins) 44:54

Pennypinchers 10 km

George, 23 March

(Finishers: 90)

MEN

1	Lloyd Bosman	Nedbank Running Club	25	30:09
2	Elfonzo Pieterse	Nedbank Running Club	24	32:32
3	Julius Korkee	Mossel Bay Harriers	28	33:17
4	Mxolisi Fana	Mossel Bay Harriers	44	34:45
5	Joey Klaasen	Nedbank Running Club	42	36:42
6	Igshaan Faniso	Rainbow AC	18	37:41
7	Keith Clark	Outeniqua Harriers	38	38:17
8	Peter Jaehne	Outeniqua Harriers	47	38:25
9	W Mitchell	Achilles AC	40	38:37
10	Aubrey Brinkhuis	Knysna Marathon Club	43	38:54

WOMEN

1	Chantel Nienaber	Nedbank Running Club	39	41:06
2	Kirsty Weir	Temp	35	42:14
3	Renee Moll	Nedbank Running Club	41	43:57
4	Ad Cole	Knysna Marathon Club	45	47:21
5	Chantell Barkhuizen	Nedbank Running Club	33	48:52
6	Carla Coetzee	Temp	24	49:34
7	Suzaan Kruger	Outeniqua Harriers	30	50:07
8	Liesl Barnard	Temp	29	50:52
9	Hannelie Clark	Outeniqua Harriers	37	52:39
10	Vanessa de Wit	Temp	40	53:33

Palm Tyres 10 km

George, 2 March

(Loop course. Finishers: 136.)

MEN

1	Lloyd Bosman	Nedbank Running Club		32:08
2	Elfonzo Pieterse	Nedbank Running Club	24	32:08
3	Julius Korkee	Mossel Bay Harriers	28	33:46
4	Jan Isaak	Rainbow AC	27	34:12
5	Mxolisi Fana	Mossel Bay Harriers	44	34:52
6	Siyabonga Madala	Nedbank Running Club	28	35:25
7	Melikhaya Msizi	Knysna Marathon Club		35:31

8	Clark Keith	Outeniqua Harriers	38	35:32
9	Mauritz J. van Rensburg	Outeniqua Harriers	41	35:38
10	C. Hardnick	Temp	20	37:47

WOMEN

1	Kirsty Weir	Knysna Marathon Club	34	40:18
2	Helene Roux	New Balance MC	28	40:36
3	Lisl Grobler	Knysna Marathon Club	36	42:23
4	Marie Wolmarans	Nedbank Running Club	53	45:58
5	Elana Buckley	Nedbank Running Club	37	47:47
6	Elvinda v.d. Schyff		37	47:57
7	Marcelle V Tonder	Nedbank Running Club	18	49:47
8	M. van Zeil	Outeniqua Harriers	48	50:11
9	Anne du Plessis	New Balance MC	42	51:18
10	Wendy Cronje	Nedbank Running Club	42	51:54

McCarthy Volkswagen Panorama Nite Race

Witbank, 27 February

(Distance: 10 km; out-and-back course. Finishers: 202.)

MEN

1	Seun	Moleshioa	Nedbank	32:17
2	Amos	Thalekwato	Eskom	33:01
3	Abraham	Kipketer	KEN/Nedbank	33:52
4	Trust	Munkombwe		34:11
5	Doctor	Zwane	Anglo	34:14
6	Oupa	Maseko	Correctional	34:25
7	Nikosie	Sikosana	Anglo	35:17
8	Jomo	Mntongwa		35:43
9	Vusi	Nkosi	Anglo	35:47
10	May	Sithole	Correctional	35:55

WOMEN

1	Eunice	Nhlapo		42:29
2	Jacies	Maritz		44:54
3	Linah	Mhlongo	Nedbank	46:45
4	Nurse	Masukum	Eskom	51:20
5	Retha	Van Rooyen	Eskom	52:01
6	Agnieta	Pretorius	Midack	56:36
7	Michelle	Du Plessis		57:48
8	Stefanie	Loedolff	Eskom	58:28
9	Linda	Muire	Eskom	58:29
10	Sunnette	Carstens	Eskom	58:35

CROSS-COUNTRY**KZN League Meeting (1st)**

Durban, 13 April

(Distances not indicated in results)

MEN

1. Simon Rono (KEN) 48:50
2. Too Peterson (Phant) 48:53
3. Paulos Phungula (Ned) 49:26

40-44:

1. Grant Cummings (West) 34:42
2. Xolani Nocanda (Toti) 35:14
3. Steve Muchna (PDAC) 37:47

45-49:

1. Wayne Scott (PDAC) 36:44
2. Trevor Hart-Jones (Wes) 44:07
3. Sean King (Ind) 45:50

50-54:

1. Lawrence Herron (Toti) 37:37
2. Mike Sutton (YWP) 37:42
3. Ken Gulverwell (West) 38:14

55-59:

1. Jan Koegelenberg (PDAC) 36:55
2. Andrew Daly 36:59
3. Don Shaw (Hilton) 41:40

60-64:

1. De Villiers Oberholzer (Toti) 43:27
2. Robin Archer (QH) 48:04

65-69:

1. Pieter Badenhorst (PDAC) 33:25
2. Ron Sayer (Toti) 36:51
3. Kitty Konar (DAC) 39:10

WOMEN

1. Patricia Bahlmann (Ned) 36:14
2. Daneil Feldman (Ind) 40:23
3. Xoli Madida (Carb) 41:28

40-44:

1. Lise Muchna (PDAC) 18:33
2. Fiona Baldwin (PDAC) 20:01
3. Ursula Cockbain (Maritz) 20:12

45-49:

1. Erica Walker (Hilton) 18:49
2. Kylie Griffin (West) 19:41
3. Sue Malherbe (Hilton) 20:56

55-59:

1. Frankie Cawdry (Chilt) 24:02
2. Ragie Konar (DAC) 35:40
3. Cavanagh Platt (CH) 36:32

60-64:

1. Jane Dickinson (RWFL) 25:55
2. Colleen McCann (PDAC) 30:43

70-74:

1. Gill Tregenna (West) 27:40

TRACK**SA U.23, Junior, Youth & Sub-Youth Championships**

Pretoria, 4-6 April

Note: Unfortunately the dates for the individual races were not available. Note the second, third and fourth placings by the Labuschagne triplets in the junior steeplechase. – Ed.

MEN**SUB-YOUTH**

800:

1	EHLERS, Theuns	AGN	1:59.33
2	NKOSI, Nkosinathi	AGN	2:00.29
3	NTLUMAYO, Mandla	CGA	2:01.74

1500:

1	MKHUPHELI, THABILE	TRANS	4:06.81	SAR
2	NKOSI, Nkosinathi	AGN	4:07.09	SAR
3	KHONCO, Thamsanqa	CGA	4:08.16	SAR

3000:

1	RATZ, Rowhaldo	WPA	9:05.76
2	KHONCO, Thamsanqa	CGA	9:08.18
3	SELOLO, Teboho	AGN	9:12.99

YOUTH

800:

1	VAN ROOYEN, Jaybe	ACNW	1:52.08
2	MASIMINI, Thato	CGA	1:52.33
3	SPAMER, Renier	CGA	1:53.24

1500:

1	WILLIAMS, Andrico	AFS	3:58.82
2	FANEKHO, APHELELE	TRANS	4:01.18
3	MASETLHE, Olebogeng	CGA	4:01.89

2000 s/chase:

1	MENTJIES, Ruan	ANWN	5:54.90
2	VAN DER MERWE, Riaan	CGA	6:09.85
3	MODULA, Thapelo	AFS	6:16.30

3000:

1	LAWRENCE, Leeroy	WPA	08:50.11
2	MALUSI, YANGA	TRANS	08:50.81
3	MAZIBUKO, Mthokozisi	KZNA	08:54.00

JUNIOR

800:

1	FARO, Duran	ACNW	1:50.34
2	MAKOFANE, Mpho	AGN	1:50.76
3	HLATSHWAYO, Vincent	KZNA	1:51.62

1500:

1	MOKOPANE, Rantso	ACNW	3:53.35
2	MAKOFANE, Mpho	AGN	3:53.50
2	MONNATLALA, Tumisang	CGA	3:53.50

3000 s/chase:

1	MOKOPANE, Rantso	ACNW	9:03.81
2	LIPSCHILTZ, Adam	AGN	9:05.20
3	MONNATLALA, Tumisang	CGA	9:16.97

5000:

1	LIPSCHILTZ, Adam	AGN	14:55.14
2	MOSIAKO, Thabang	ACNW	15:07.96

3	VILAKAZI, Nkosinathi	AMPU	15:17.24
U.23			
800:			
1	VAN RENSBURG, Rynardt	AFS	1:47.92
2	MHLONGO, Steven	CGA	1:49.27
3	MDLULI, Sandile	CGA	1:50.62
1500:			
1	ANDREAS, Jeromy	CGA	3:50.94
2	DIRANE, Moses	AGN	3:51.37
2	SLINGER, Alan	CGA	3:51.37
3000 s/chase:			
1	MADIKIZELA, Sibusiso	CGA-I	9:17.60
2	MOKONYANA, Simon	AGN	9:26.63
3	MASIA, Sello	AFS	9:27.02
5000:			
1	BOTHA, Armin	ACNW	14:42.87
2	MNCWANGO, Sifiso	CGA	14:49.51
3	MASIA, Sello	AFS	15:04.74
WOMEN			
SUB-YOUTH			
800:			
1	MERINA, Sibongile	CGA	2:13.75
2	STRAMROOD, Celia	CGA	2:15.33
3	MJELE, Sibongile	AGN	2:16.52
1500:			
1	SETLHAKGOE, Tshegofatso	AGN	4:45.64
2	KELLERMAN, Liza	CGA	4:46.29
3	VENTER, Carla	AGN	4:46.40
3000:			
1	SETLHAKGOE, Tshegofatso	AGN	10:29.95
2	VAN DER WESTHUIZEN, Caelin	AGN	10:43.03
3	LUUS, Reese-Marie	AMPU	10:50.65
YOUTH			
800:			
1	VAN DER MERWE, Jana	CGA	2:10.35
2	BOSCH, Christene	WPA-I	2:12.05
3	FERREIRA, Lizerie	CGA	2:13.08
1500:			
1	FERREIRA, Lizerie	CGA	4:30.87
2	VILJOEN, Carina	CGA	4:37.45
3	BABEDI, Salvation	CGA	4:41.75
2000 s/chase:			
1	BELL, Tiffani	CGA	7:21.99
2	BOKADIE, Jeanette	CGA	7:25.87
3	ERASMUS, Tharien	CGA	7:28.25
3000:			
1	VILJOEN, Carina	CGA	9:57.06
2	KRUGER, Zani	WPA	10:20.60
3	HLOPHE, Fezekile	KZNA	10:36.55
JUNIOR			
800:			
1	LOFSTRAND, Gena	KZNA	2:05.50
2	STANDER, Monique	CGA	2:10.32

3	MAKHAFOLA, Thato	CGA	2:11.22
1500:			
1	LOFSTRAND, Gena	KZNA	4:31.32
2	XABA, Glenrose	AMPU	4:36.49
3	MAKATISE, Blandina	AFS	4:36.95
3000:			
1	MAKATISE, Blandina	AFS	10:00.98
2	XABA, Glenrose	AMPU	10:04.45
3	MCCLOUD, Bernadene	CGA	10:14.26
3000 s/chase:			
1	MANZANA, Thandeka	AGN	11:12.20
2	LABUSCHAGNE, Olivia	AGN	11:21.83
3	LABUSCHAGNE, Alicia	AGN	11:41.36
4	LABUSCHAGNE, Sindy	AGN	11:50.20
5000:			
1	BOTHMA, Annie	WPA	17:24.00
2	HADEBE, Zandile	CGA	17:46.23
3	MAKATISE, Blandina	AFS	18:11.41
U.23			
800:			
1	NICE, Anuschka	AGN	2:06.51
2	PRINSLOO, Danel	AFS	2:09.16
3	MKIZE, Hapiness	AGN	2:12.00
1500:			
1	PRINSLOO, Danel	AFS	4:30.31
2	NOVELA, Lorraine	CGA	4:30.49
3	MARAIS, Stella	AGN	4:38.17
3000 s/chase:			
1	SCHNETLER, Ashleigh	CGA	11:14.51
2	GRIMES, Leani	AGN	11:21.73
3	GILDENHUYS, Anneke	AFS	11:56.58
5000:			
1	DLADLA, Puseletso	KZNA	18:56.76
2	MATEYISI, Kanya	WPA	19:54.32
3	SIRAYI, THABISA	TRANS	20:31.51

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING

Paris Marathon (36th)

(IAAF Gold Label Road Race)

Paris, FRA, 7 April

(Distance: 42.195 km; certified loop course)

MEN

1. Peter SOME (KEN) 2:05:38 PB
2. Tadese TOLA (ETH) 2:06:33
3. Eric NDIEMA (KEN) 2:06:34
4. Mergesa BACHA (ETH) 2:06:56 PB
5. Philip KIMUTAI (KEN) 2:06:57
6. Sylvester TEIMET (KEN) 2:08:14

7. Sahle WARGA (ETH) 2:08:19 PB
8. Abraham GIRMA (ETH) 2:08:19
9. Gezahegn ALEMAYEHU (ETH) 2:09:57 PB
10. Gilbert MASAI (KEN) 2:10:27 PB (Debut)

WOMEN

1. Boru TADESE (ETH) 2:21:05 PB
2. Merima MOHAMMED (ETH) 2:23:14
3. Eunice KIRWA (KEN) 2:23:34
4. Dinknesh TEFERA (ETH) 2:25:09 PB
5. Agnes KIPROP (KEN) 2:25:22
6. Fantu JIMMA (ETH) 2:28:03 PB
7. Amane GOBENA (ETH) 2:29:36
8. Shitaye BEDASO (ETH) 2:34:40
9. Carmen OLIVERAS (FRA) 2:35:57 PB
10. Aline CAMBOULIVES (FRA) 2:36:44

Hervis Prague Half Marathon (15th)

(IAAF Gold Label Road Race)

Praha, CZE, 7 April

(Distance: 21.1 km; multi-loop course with no start/finish separation, AIMS/IAAF certified)

MEN

1. Zersenay TADESE (ERI) 60:10
2. Amanuel MESEL (ERI) 60:10
3. John LOTIANG (KEN) 60:15
4. Pius KIROP (KEN) 60:18
5. Henry KIPLAGAT (KEN) 60:21
6. Abere KASSW (ETH) 61:17
7. Tigabu GEBREMARIAM (ETH) 61:28
8. Daniel CHEBII (KEN) 61:52
9. Teklemariam MEDHIN (ERI) 61:55
10. Philemon LIMO (KEN) 61:57
- ... 12. Cutbert NYASANGO (ZIM) 62:56

WOMEN

1. Gladys CHERONO (KEN) 66:48
2. Worknesh DEGEFA (ETH) 68:12
3. Isabella OCHICHI (KEN) 69:21
4. Waganesh MEKASHA (ETH) 69:31
5. Ehitu KIROS (ETH) 69:38
6. Agnes MUTUNE (KEN) 70:05
7. Pamela LISORENG (KEN) 70:09
8. Edinah KWAMBAI (KEN) 72:39

Semi-Marathon de Berkane (1st)

Berkane, MAR, 31 March

(Distance: 21.1 km; course configuration and certification unknown)

MEN

- | | | |
|-------------------------|---------|--------------|
| 1. Kennedy Kimutai, KEN | 1:01:58 | USD 6000 |
| 2. Najim El Qadi, MAR | 1:02:01 | 4000 + 3000^ |
| 3. Khalid Sadden, MAR | 1:02:04 | 3000 + 2000^ |

^) Received Moroccan citizen bonus (limited to top-3)

WOMEN

1. Beleynech Oljira, ETH 1:11:18 USD 4000
2. Betlehem Moges, ETH 1:11:21 3000
3. Malika Asahsah, MAR 1:12:34 1500 + 3000^

^) Received Moroccan citizen bonus (limited to top-3)

Allstate Sugar Bowl Crescent City Classic 10 km (35th)

New Orleans, USA, 30 March

(NEW RECORD-ELIGIBLE COURSE, certified, with zero elevation change and 49.2% start/finish separation [record-eligible under USATF/IAAF rules]).

Note: Kenyan teenager Isaiah Koech made a profitable road running debut, running a fast 27:32 and winning \$10 800 in prize money and bonuses, reports *Race Results Weekly*. On this new course, which just makes the present IAAF/USATF standards (but not the more conservative ARRS ones) for record-setting with 49.2% start/finish separation, Koech came through 8 km in a world best 21:56 (21:55.43). Behind him American master Kevin Castille missed Steve Plancencia's USA 40+ record by just two seconds, thus leaving a \$25 000 bonus on the table. To keep the pace going, the race used primes at every mile, which resulted in a jolting start by Kenyan Elijah Muturi, who clocked 4:15, then faded to finish 19th. – Ed.

MEN (gun times)

1. Isaiah Koech, 19, KEN 27:32 DB \$6000 + 1800i + 3000 primes (M2/4/5)
2. Lani Rutto, KEN 27:44 PB 4000 + 1200i + 1000 prime (M3)
3. Allan Kiprono, KEN 27:46 2500 + 750i
4. Linus Chumba, KEN 28:09 PB 1500 + 225i
5. David Bett, KEN 28:15 1000 + 150i

i) Earned varying percentage time bonus

WOMEN (gun times)

1. Alice Kimutai, KEN 31:51 \$6000 + 1800i + 1000 prime (M5)
2. Hiwot Ayalew, ETH 32:05 PB 4000 + 600i + 3000 primes (M2/3/4)
3. Karolina Jarzynska, POL 32:09 NR 2500 + 375i
4. Ogla Kimaiyo, KEN 32:18 PB 1500 + 225i
5. Sofiya Shemsu, 18, ETH 32:28 PB 1000 + 150i

I) Earned varying percentage time bonus

Int'l Paderborner Osterlauf Half Marathon (67th)

Paderborn, GER, 30 March

(Distance: 21.1 km; certified two-loop course)

MEN (gun times)

1. Ghirmay Ghebreslassie, 1995, ERI, 1:00:09 PB/CR*
2. Pius Dominic Ondoro, KEN, 1:02:17
3. Ronald Kipkoech Korir, KEN, 1:02:54

WOMEN (gun times)

1. Eunice Mumbua Kioko, KEN, 1:10:59 PB
2. Maryanne Wanjiru, KEN, 1:11:11 PB
3. Alice Jepkemboi Kibor, KEN, 1:11:13 PB

OUTDOOR TRACK

Stanford Invitational

Palo Alto, USA, 29-30 March

MEN

5000 (29):

Section 1:

1. Kemoy Campbell, Arkansas (JAM), 13:32.82 NR
2. Andrew Poore, adidas, 13:33.03 PB
3. Andrew Bayer, Indiana, 13:34.82

10000 (29):

Section 1:

1. John Gilbertson, The Masters, 28:30.35 PB/WL
2. Parker Stinson, Oregon, 28:34.71 PB
3. Jared Ward, BYU, 28:36.15 PB

WOMEN

1500 (29):

Section 1:

1. Amanda Mergaert, Utah, 4:17.22
2. Rebecca Tracy, Notre Dame, 4:18.07
3. Charlotte Arter, New Mexico (GBR), 4:19.03

Section 2:

1. Amy Weissenbach (1994), Stanford, 4:17.40 PB
2. Justine Fedronic, Stanford, 4:20.50 PB
3. Kelly Curran, Notre Dame, 4:21.57 PB

Section 3:

1. Dominique Scott, Arkansas (RSA), 4:23.24 PB
2. Bianca Martin, Portland State, 4:23.89 PB
3. Kirsten Stewart, Iona, 4:25.40 PB

Section 4:

1. Hillary Holt, College of Idaho, 4:18.82
2. Danielle Aragon (1994), Notre Dame, 4:20.92
3. Molly Malone, Syracuse, 4:23.79

Section 5:

1. Chloe Anderson, New Mexico, 4:27.08
2. Molly McNamara, Stanford, 4:27.65
3. Marie Lawrence, Washington, 4:27.87

Section 6:

1. Annie Monagle, Johns Hopkins, 4:25.49
2. Sarah Yingling, BYU, 4:26.02
3. Danielle Jewkes, Southern Utah, 4:28.18

5000 (29):

Section 1:

1. Alisha Williams, BRC/adidas, 15:09.73 PB/WL
2. Betsy Saina, Iowa State, 15:12.05 PB
3. Chelsea Reilly, Bay Area Track Club, 15:13.24 PB
4. Aliphine Tuliamuk-Bolton, Wichita State, 15:18.86 PB

5. Lisa Uhl, NIKE, 15:29.64
 ... 7. Sara Hall, Asics, 15:43.97

10000 (29):

Section 1:

1. Shalane Flanagan, NIKE, 31:04.85 WL
2. Kara Goucher, NIKE, 31:46.64
3. Jordan Hasay, Oregon, 32:46.68 DB
4. Megan Goethals, Washington, 32:52.78 PB
5. Brianne Nelson, BRC/ adidas, 32:54.50 PB
6. Juliet Bottorff, Unattached, 32:58.00 PB
7. Jennifer Bergman, Arizona, 33:04.58 PB
8. Catherine White, Virginia, 33:07.36 PB
9. Gina Valgoi, Loyola (Ill.), 33:07.80 PB
10. McKenzie Melander, Team USA Minnesota, 33:18.89 PB

Raleigh Relays

Raleigh, USA, 29-30 March

WOMEN

10000:

Section I (29):

- | | | |
|-------------------------------|-------------------|-------------|
| 1. Katie Matthews | Boston U. | 33:36.68 |
| 2. Lauren Sara | Connecticut | 33:48.48 PB |
| 3. Nicole Camp | Cleveland El | 33:55.93 PB |
| 4. Kayla Lampe | South Carolina | 34:26.99 PB |
| 5. Amanda Hamilton | Appalachian State | 34:52.76 PB |
| ... 12. Letitia Saayman (RSA) | Coastal Carolina | 35:23.37 PB |

African Youth Championships

Warri, NGR, 28-31 March

Note: There were no South African athletes at this meeting. – Ed.

MEN

800 (31): 1. Robert Biwott KEN 1:47.01, 2. Abraham Tsegay Tesfamariam ERI 1:47.89, 3. Patrick Kiprotich KEN 1:49.82, 4. Ferej Hamid Sulema ERI 1:49.85, 5. Mamush Lencho Sheriko ETH 1:50.78, 6. Adam Fathi SUD 1:51.62, 7. Jawad Douhri MAR 1:51.65, 8. Sabry Salem Mohamed Asar EGY 1:52.36.

1500 (29): 1. Robert Biwott KEN 3:41.96, 2. Yenew Tebikew Akalat ETH 3:43.84, 3. Abraham Tsegay Tesfamariam ERI 3:44.29, 4. Daniel Gidey Abrha ETH 3:45.15, 5. Meshack Letim KEN 3:46.76, 6. Tesfu Tewelde Weldegebreal ERI 3:49.29, 7. Sabri Salem Mohamed Asar EGY 3:53.99, 8. Abdelwahab Adam SUD 3:55.33, 9. Abdifatah Mohammed Ismael DJI 3:56.86, 10. Saka Sanusi Atere NGR 4:08.09, 11. Donné Efanomezantsoa MAD 4:08.11, 12. Eric Turikunkiko RWA 4:16.94, 13. Okeke Chidi Livinus NGR 4:32.18.

3000 (31): 1. Awet Nftalem Kibrab ERI 8:17.28, 2. Edwin Melly KEN 8:17.85, 3. Meshack Letim KEN 8:18.19, 4. Tsedat Abege Ayana ETH 8:21.02, 5. Zekele Getanhe Bekele ETH 8:23.97, 6. Mohammed Ismael Ibrahim DJI 8:29.33, 7. Miebale Andemicael Gebrez ERI 8:30.01, 8. Kadar Abib Ainan DJI 8:38.52, 9. Harry Sichaly MAW 8:39.18, 10. Salama Modihi Salah Salem EGY 8:45.38, 11. Tambaw Abdalla SUD 8:47.31, 12. Stephen Joshua Dalyop NGR 8:47.76, 13. Edwin Unmike Akpo NGR 8:55.41, 14. Lucky Sifundza SWA 8:56.32, 15. Theogene Bigirimana RWA 8:57.71, 16. Donné Efanomezantsoa MAD 9:08.50, 17. Eric Turikunkiko RWA 9:24.13, 18. Adan Ibrahim Ahmed SOM 10:29.14.

WOMEN

800 (29): 1. Zeytuna Mohammed Aye ETH 2:05.05, 2. Dureti Idao Oleti ETH 2:06.04, 3. Esther Oluwatobila Asamu NGR 2:06.59, 4. Jarinter Mawia KEN 2:09.79, 5. Eva Cherono KEN 2:13.47, 6. Soukaina Hajji MAR 2:13.79, 7. Stella Sunday Benedict NGR 2:14.71, 8. Fiori Asmelash Weldetson ERI 2:17.56, 9. Luchia Segid Zeratsion ERI 2:18.39, 10. Amelia Domingos MOZ 2:19.95, 11. Fanjalana MAD 2:24.10, 12. Massanran Cissé CIV 2:26.29, 13. Fatima Dhakirina COM 2:27.88.

1500 (31): 1. Dureti Idao Oleti ETH 4:27.61, 2. Eva Cherono KEN 4:28.47, 3. Ymegn Wudneh Getachew ETH 4:29.96, 4. Kidanu Teshome Teweldemed ERI 4:32.43, 5. Nwokeoji Chinonso NGR 4:37.06, 6. Elsa Alay Nabtemicael ERI 4:40.78, 7. Sarah Oluwafunke Ogunola NGR 4:43.72, 8. Venculine Nukanadayisenga RWA 4:50.85, 9. Massanran Cisse CIV 5:03.29, 10. Sallome Nyiarukundo RWA 5:05.01, 11. Nalicy Chirwa MAW 5:08.76, 12. Rutendo Kanda ZIM 5:14.45, 13. Ema Banda MAW 5:32.33, 14. Ema Banda MAW 5:32.33, 15. Ama Essazolam TOG 5:38.65.

3000 (28): 1. Mercy Chepwogen KEN 9:17.52, 2. Daisy Jepkemei KEN 9:17.69, 3. Mihret Tefera Adhena ETH 9:19.41, 4. Bizuager Adera Minale ETH 9:26.73, 5. Simret Weldeghabr Gebrekr ERI 9:59.33, 6. Elsa Alay Nabtemicael ERI 10:16.33, 7. Chinonso Nwokeoji NGR 10:43.76, 8. Mandung Monica Ezekiel NGR 10:51.28.

NEWS

TURKISH OLYMPIC CHAMPION IN DOPING TROUBLE

Many followers of track and field were astounded by the success of the Turkish runners Asli Cakir Alptekin and Gamze Bulut in London, where they placed first and second in the Olympic 1500 m final. It now turns out that the doubts expressed were not unfounded. *Athletics International* reports:

In our report of the Olympic women's 1500 m in London we quoted Lisa Dobriskey's comment: "I don't believe I'm competing on a level playing field", and we reeled off a long list of top female 1500 m runners who have since the 1970s been banned for breaking the anti-doping rules: Tatyana Kazankina, Tatyana Dorovskikh-Samolenko, Violeta Szekely, Tatyana Tomashova, Nataliya Tobias, Regina Jacobs, Süreyya Ayhan, Hind Dehiba, Daniela Yordanova, Yelena Soboleva, Yuliya Fomenko, Olga Yegorova, Mariem Selsouli and Asli Cakir. Since the Olympics three more athletes can be added: Alemitu Bekele (a Turk, like Ayhan and Cakir), Olesya Syreva and Yuliya Rusanova.

Now comes the not altogether surprising news that Cakir, who improved last year from 4:02.17 to 3:56.62 and won both the Olympic and European titles ahead of her compatriot Gamze Bulut, has had blood "abnormalities" discovered in biological passport testing. If it's confirmed that she has committed a doping offence, she would face a life ban, and depending on the date of the sample she could forfeit those Olympic and European titles. An IAAF spokesman stated on 22 March: "It's a biological passport case. It's not finalised yet but we know it's a positive case. Immediately after the London Olympics Games we discovered abnormalities. We have seen big abnormalities and it is not the only case from Turkey. More are coming."

This is not a good time for Cakir, for a lawsuit has been lodged against her by the disgraced 2002 European champion Ayhan (who is serving a life ban) and her husband Yücel Kop. They are claiming a proportion of Cakir's earnings from athletics as part of a consultancy arrangement.

Other doping news:

Larbi Bourrada of Algeria tested positive after last year's decathlon in Ratingen (GER) and has been suspended until 25 June 2014. Bourrada loses the African record score of 8332 from Ratingen, the new winner being Jan Felix Knobel (GER) with 8228.

Latest IAAF list of athletes sanctioned for a doping offence: **lifetime ban**: Steve Mullings JAM (test at JAM Champs, 24.6.11; 2nd anti-doping rule violation); **2 years ineligibility**:

Wilson Loyanae Erupe KEN (4.1.13) ban 4.2.13-3.2.15; Anthony Wairuri KEN (28.10.12) 21.1.13-20.1.15; Roger Wenzel USA (4.8.12) 7.9.12-6.9.14; Salome Jerono Biwott KEN (28.10.12) 25.1.13-24.1.15; Jynocel Onyancha Basweti KEN (22.1.12) 5.7.12-4.7.14; **1 year ineligibility:** Nahashon Kimaiyo KEN (25.11.12) 9.1.13-8.1.14; José Luis Espiritusanto BRA (15.11.12) 13.2.13-12.2.14; Yolima Mena Valencia COL (12.11.12) 23.2.13-22.2.14; **9 months ineligibility:** Wojciech Cwik POL (23.9.12) ban ends 22.6.13.

Of the Kenyan marathon runners above: Salome Jerono Biwott ran 2:26:41 at altitude in Nairobi in October 2012 from a pre-2012 best of 2:39:02 and Jynocel Basweti Onyancha ran 2:14:02 in 2007.

Further to our item "No place to hide for drug cheats" in a previous issue, *Gabriel Tissot* from Paris writes:

Nadezhda Ostapchuk lost two gold medals (OG London 2012 & WC Helsinki 2005). But she must obtain an Olympic bronze medal because recently (December 2012) IOC and IAAF disqualified retrospectively Svetlana Krivelyova, 3rd in OG Athens 2004. Ostapchuk finished 4th (in reality 5th with Irina Korzhanenko, Olympic champion, later disqualified herself) and must be promoted to 3rd place, but IOC is silent about this.

RADCLIFFE'S CAREER OVER?

There are fears that Paula Radcliffe (39) will never race seriously again, reports *Athletics International*. Last August, shortly after withdrawing from the Olympic team, she underwent an operation on her left foot, and then suffered another setback in December, resulting in further surgery in February to correct a loose screw in her foot. At present she can barely jog.

"Targets have gone out of the window," she said last week. "I'm very much in limbo where I know and accept that realistically it may not be possible [to race again]."

S.A. DISTANCE RUNNING RANKINGS

Stephen Mokoka and Irvette van Zyl head the distance running rankings compiled by Ken Young of *The Analytical Distance Runner*. Young ranks runners with points awarded across all three disciplines: road, track (indoor and out) and cross-country. Here are the top twenty.

MEN

2854	Stephen Mokoka
2850	Elroy Gelant
2804	Lusapho April
2791	Joel Mmone
2774	Gladwin Mzazi
2769	Kgosi Samuel Tsosane
2753	Desmond Mokgobu
2726	Benedict Moeng
2725	David Manja
2723	Ludwick Mamabolo
(10)	
2712	Nkosinathi Madyo
2703	Sibusiso Nzima
2700	Xolisa Tyali
2699	Fusi Nhlapo
2697	Mthandazo Qhina
2694	Coolboy Ngamole
2682	Tshidiso Bosiu
2681	Lucky Mohale
2681	Lloyd Bosman

WOMEN

2691	Irvette van Zyl
2683	René Kalmer
2637	Charné Bosman
2613	Lebo Phalula
2604	Christine Kalmer
2595	Mpaseka Makhanya
2587	Zintle Xiniwe
2579	Dominique Scott
2576	Nolene Conrad
2543	Portia Ngwenya
2540	Jenna Challenor
2524	Suzette Botha
2521	Tanith Maxwell
2520	Kim Laxton
2515	Poppy Mlambo
2505	Tshifhiwa Mundalamo
2497	Bulelwa Simae
2491	Kerry Koen
2481	Maxine van Deventer

2678 William Mokwalakwala
(20)

2480 Lebogang Phalula

OLYMPIC STADIUM'S FUTURE IS SAFE

The future of London's Olympic Stadium is now secure as Premier League football club West Ham United has signed a 99-year lease as anchor tenants, reports *Athletics International*. Seating capacity will be reduced from 80 000 to 54 000 with a retractable system which can convert the seating between a football and an athletics configuration within days.

Announcing the long awaited decision on 22 March, Boris Johnson, the Mayor of London and chairman of the London Legacy Development Corporation, expressed his enthusiasm. "This is a truly momentous milestone for London's spectacular Olympic Stadium, ensuring its credible and sustainable future."

Work on extending the roof will start this autumn, following the British Athletics London Anniversary Games in July. It is hoped that matches at the 2015 Rugby World Cup can be staged in the stadium, which will then be closed again, to reconfigure the lower seating bowl, until the start of the 2016/17 football season. It is not known at this stage whether any athletics meetings can be staged in 2015 or 2016, but the IAAF World Championships will be held there in 2017.

STATS TIME

WORLD HALF-MARATHON AGE RECORDS

Several readers of DRR (and other followers of the sport) commented on the remarkable 2:11:00 run by 81-year-old Deirdre Larkin in the Old Mutual Two Oceans Half Marathon. Larkin won the 70+ category, thus beating runners up to eleven years older than herself. It certainly is an eye-catching performance on a rather difficult course, but still a few minutes away from the world single-age record of 2:05:20 held by Betty Jean McHugh (CAN). McHugh owns all the records but one for the ages between 77 and 85.

Here are those records:

77	1:58:06	Betty Jean McHugh	2005
78	1:56:48	McHugh	2006
79	2:05:53	McHugh	2007
80	2:04:19	McHugh	2008
81	2:05:20	McHugh	2009
82	2:23:08	McHugh	2010
83	2:20:01	McHugh	2011
84	3:11:22	Po Adams (USA)	2008
85	2:32:48	McHugh	2013

South Africans hold three single-age world half-marathon records:

50	1:06:23	Titus Mamabolo	East London	18 May 91
30	1:07:36	Elana Meyer	Kyoto, JPN	09 Mar 97
32	1:06:44	Meyer	Tokyo, JPN	15 Jan 99

Both Meyer's times were ultimate world records when she ran them.

Mamabolo also holds the world marathon record for the 50-59 age category with the 2:19:29 he ran in Durban on 20 July 1991. Not even the redoubtable Dutchman Piet van Alphen has come within 2½ minutes of this time.

THIS MONTH IN HISTORY

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

77 years ago: 11 April 1936

In its early years the SA Marathon was often held in April, although this has not happened since 1988, when it was run in Cape Town. On this day in Port Elizabeth Johannes ("Johnny") Coleman won the first of his three national titles after the first of his marathons against Jackie Gibson, who was to become his greatest rival. Coleman could only outspurt Gibson on the track of the Westbourne Oval – but there is an interesting story about this finish. Coleman, who was rather vain, always ran without his dentures, but also did not want to finish a race without them. So he had his sister standing with them at a small gate through which the runners entered the stadium. At the gate Coleman shocked all the onlookers when he stopped and allowed Gibson to enter first. The cocky Coleman assured his frantic sister that Gibson was tired and that he would catch him. He then took the teeth from her, put them in his mouth and set off after Gibson! Coleman reached the tape in 2:31:57.4, more than 6½ minutes faster than his SA record, a new Africa record and the fastest in the world for the year. Almost exactly four months later he finished sixth in the Olympic Marathon.

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
	27:32	Isiah Koech (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		02 Mar
	44:30	Lusapho April	Port Elizabeth	
	43:38	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		30 Mar
	63:36	Stephen Mokoka	Cape Town	
	58:54	Geoffrey Kipsang (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		27 Jan
	80:38A	Sibunelo Duma	Pinetown	
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		06 Jan
	1:34:30	Nkosinathi Madyo	Camps Bay	
	1:34:17	Joseph Sweeney (IRL)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		03 Feb
	2:17:32	Benedict Moeng	Oudtshoorn	
	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	Somerset 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	86:20	Awie Veldsman	Cape Town	30 Mar
25 km	1:57:44A	Hannes Els	Somerset 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	74:27	Timothy Munzhelele	Cape Town	30 Mar
	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)		
21.1 km	46:28	Tirunesh Dibaba (ETH) 2009		
	74:25	Irvette van Zyl	Lisbon	24 Mar
	66:09	Lucy Kabuu (KEN)		
25 km	65:50	Mary Keitany (KEN) 2011		
	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)		
Marathon	1:38:49	Mizuki Noguchi (JPN) 2005		
	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	Somerset 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				

Grandmasters (60+)

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				

Juniors

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	92:55	Leigh Barrow	Cape Town	30 Mar
	1:09:05	Delilah Asiago (KEN) 1991		

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