

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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Publisher: Riël Hauman

EDITORIAL

The weekend's 106th SA Championships in Stellenbosch brought back memories of the days when the Coetzenburg Stadium was the Mecca of athletics in South Africa. The weather was excellent, the officiating good, and the athletes dished up some wonderful competition. It is a pity that so little regard was given the spectators, who had to follow the action with



the "help" of a measly little piece of A5 paper printed on both sides with the order of events – no names of competitors, no bib numbers, no SA or stadium records, no qualifying criteria for finals – a far cry from the extensive programmes of the past.

Double victories were scored by Stephen Mokoka and Mapaseka Makhanya in the distance events. Mokoka, also the SA half-marathon champion, got his fifth win in a row in the 10000 m but first in the 5000 m. The last time an athlete could win these two events at the same meeting was when Coolboy Ngamole did it in 2005. The only athlete with more wins than Mokoka in the longer race is Xolile Yawa, who took six titles in a row in the late eighties and early nineties – and then added three more wins.

Mokoka's 5000-metre time of 13:25.94 is the fastest in the world for 2013, while his 10000-metre time (28:22.30) is second on the world list.

In the absence of multiple SA champion René Kalmer, who runs the Boston Marathon today, Makhanya won both the 1500 (retaining her title) and 5000, with a PB of 15:53.61.



TOP: Elroy Gelant leads eventual winner Stephen Mokoka and defending champion Gladwin Mzazi in the 5000 m on the Coetzenburg track. LEFT: Lebo Phalula is still in front in the 5000, but soon had to give way to Mapaseka Makhanya, who took her second victory of the meeting in a personal best. Nolene Conrad (behind them) won the bronze medal. [All photographs: Riël Hauman]



ABOVE LEFT: Johan Cronjé (89) won the 1500 in a fast 3:38.13 from Juan van Deventer (413), with Jerry Motsau (57) fourth and Dumisani Hlaselo (94) fifth. ABOVE RIGHT: The exciting youngster Gena Lofstrand led the 800 from start to finish and set a new PB. Anuschka Nice (135) was second.

For me personally the most impressive performance was the dramatic gun-to-tape victory in the 800 by 17-year-old Gena Lofstrand over more experienced rivals. Lofstrand, who won both the 800 and 1500 at the SA Junior Championships, set a PB of 2:04.60 – the second fastest time by a junior in the world this year. Last year's 800-metre star (with a national record 2:02.57), Monique Stander was third this time. If managed correctly, Lofstrand has a bright future indeed.

In one of the best races of the meeting, the 1500, Johan Cronje outkicked Juan van Deventer over the last 80 m to win in 3:38.13 and retain his title.

Internationally, Tanith Maxwell won the Vienna City Half Marathon in 77:17.

This afternoon (in fact, just more than an hour ago), René Kalmer finished 17th in the Boston Marathon, running 2:37:15. Kalmer was with the big bunch chasing the four leaders for the first 10 km, but soon afterwards dropped out of contention. Her 5 km splits: 18:34, 17:32 (36:06), 17:24 (53:30), 17:44 (1:11:14), 18:03 (1:29:17), 19:00 (1:48:17), 20:00 (2:08:17), 19:52 (2:28:09); halves: 1:15:10 and 1:22:05.

Two DRR subscribers ran well this weekend in Benoni: Julianie Basson won the Slow-Mag 50 km easily in 3:33:53 (last year she won the marathon), while former SA marathon champion and double Two Oceans winner Brian Chamberlain took the grandmaster category in the half marathon in 89:13. Congratulations to both! After the race Julianie received the tragic news that her sister-in-law, Ilona Meyer, was killed with another Randmark AC athlete in a car accident on their way to run the race. *Distance Running Results* would like to extend its heartfelt condolences to Julianie and her family.

Two more celebrities have popped up in the results of the Old Mutual Two Oceans Marathon (see also last week's Editorial): Alan Robb, four-time winner of the Comrades, finished in 4:50:01 – his fastest time since 1997. Bob de la Motte, who three times finished second in the Comrades, ran 1:40:09 in the half marathon – about 18 min faster than last year. De la Motte, who lives in Perth these days, has run the ultra only once, in 2004.

Last week I mentioned the 27:54 run by Matthews Motshwarateu in the Crescent City Classic 10 km in New Orleans in 1988 – then held on an aided course. I wrote that he thus became the first South African to dip under 28 minutes for 10 km. While this was a correct

statement in the strictest sense, it should be noted that he ran a recorded time of 27:59.3 in the Diet Pepsi Finals in Purchase, NY, eight years earlier. According to the rules, this was rounded up to 28:00 and this is his official time in that race – and still, after 32 years, the SA record.

It was also reported that Isaiah Koech (KEN) set a new world best of 21:56 for 8 km *en route* in the New Orleans race. *Race Results Weekly* has since reported that the official paperwork of the course measurer shows the distance between the start and the 8 km mark to be 4428 metres, or a separation of 55.4%. This makes the time aided.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Slow-Mag Marathon, 50 km, Half Marathon & 10 km, Benoni
- * Leapfrog Gordon's Bay Half Marathon, Gordon's Bay
- * Calder Cup/Sulin Trophy 10 km, Durban
- * Arthur Creswell Memorial Marathon & N3TC Half Marathon, Ladysmith
- * Delta Draf 10 km, Franschoek
- * Track: SA Championships, Stellenbosch

International highlights:

- * Boston Marathon, Hopkinton to Boston, USA
 - * Vienna City Marathon & Half Marathon, Vienna, AUT
 - * ABN AMRO Marathon Rotterdam, Rotterdam, NED
 - * Daegu Marathon, Daegu, KOR
 - * Credit Union Cherry Blossom 10-Mile, Washington, USA
 - * Carlsbad 5000, Carlsbad, USA
 - * Vattenfall Berliner Halbmarathon, Berlin, GER
 - * Hervis Prague Half Marathon, Praha, CZE
 - * American River 50 Mile, Sacramento, USA
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ROAD RUNNING

Slow-Mag Marathon (58th), 50 km, Half Marathon & 10 km

Benoni, 14 April

(Distances: 42.195 km, 50 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 1500; 50 km – 770; half marathon – 1900; 10km – 1100.)

Marathon

MEN

1 Justin Chitake (ZIM/Mr Price) 2:29:06; 2 Sipho Ncube (ZIM/Toyota) 2:30:01 (1st vet); 3 Bongani Mdletshe (Mongoma) 2:38:57; 4 Handsome Siwela (Nedbank) 2:41:19; 5 Victor Mabuza (Gallopers) 2:43:45

Veterans: 1 Sipho Ncube (Toyota) 2:30:01. **Masters:** 1 Paulus Mofokeng (Nedbank) 2:58:47. **G'masters:** 1 Les Ivings (Carltonville) 3:29:40.

WOMEN

1 Kashmira Parbhoo (Lenasia) 3:17:41; 2 Catherine de Buisson (Trois Sport) 3:18:58; 3 Catherine Naane (Goldfields) 3:19:12 (1st vet); 4 Vanessa Bowman (Kempton) 3:19:19; 5 Michelle du Toit (Khosa) 3:19:28.

Veterans: 1 Catherine Naane (Goldfields) 3:19:12. **Masters:** 1 Josi Leong (Discovery) 3:31:53. **G'masters:** 1 Marietjie Olen (Arcelor Mittal) 4:23:08.

50 km**MEN**

1 Raphael Ndlovu (Elim) 3:05:55; 2 Bongani Possa (Discovery) 3:12:24; 3 Jabulani Nkabinde (Bedfordview) 3:17:41; 4 Thulani Magagula (Callies) 3:18:27; 5 Craig Cynkin (Temp) 3:20:02.

Veterans: 1 Johnny Mokhoko (Daveyton Hearts) 3:38:19. **Masters:** 1 Stewart McColl (Turn 2 God) 3:23:01. **G'masters:** 1 Johan Jonck (Hi-Midas) 4:30:21.

WOMEN

1 Julianie Basson (Toyota) 3:33:53; 2 Lesley Train (Toyota) 3:49:26; 3 Martine Baker (RAC) 4:02:55; 4 Ronel van Graan (Krugersdorp) 4:06:34; 5 Lelanie van Zyl (Nedbank) 4:14:33 (1st vet).

Veterans: 1 Lelanie van Zyl (Nedbank) 4:14:33. **Masters:** 1 Suzette Venter (Goudveld) 5:25:52. **G'masters:** 1 Petra Myburgh (Striders) 5:29:00.

Half marathon**MEN**

1 Abraham Yator (KEN/Nedbank) 66:44; 2 Ntobeko Mtintso (Kwa-Thema) 68:26; 3 Thato Molatedi (Diepkloof) 68:50.

Veterans: 1 Ian Brown (Temp) 76:26. **Masters:** 1 Jerry Rankapule (Gallopers) 83:03. **G'masters:** 1 Brian Chamberlain (Kudus) 89:13.

WOMEN

1 Andronika Mokgotla (Goldfields) 84:19; 2 Azwindini Lukhwareni (Transnet) 87:07; 3 Jane Mudau (Nedbank) 88:01 (1st mast).

Veterans: 1 Gladness Nkuna (Bankserv) 1:45:31. **Masters:** 1 Jane Mudau (Nedbank) 88:01. **G'masters:** 1 Margaret Boshoe (Sunninghill) 2:06:01.

10 km**MEN**

1 Abraham Khumalo (UJ) 31:02; 2 Paulus Radebe (Elim) 31:07; 3 Sidney Ngwenya (Transnet) 31:47.

WOMEN

1 Christene Kalmer (Nedbank) 35:44; 2 Cornelia Joubert (Nedbank) 35:52; 3 Catherine Skosana (Transnet) 38:26.

Leapfrog Gordon's Bay Half Marathon

(WP Half-marathon Championships)

Gordon's Bay, 14 April

(Distance: 21.1 km; certified out-and-back course)

MEN

1	Phumlani Nxusani	Nedbank WP	1:08:13
2	Hein Camphor	New Balance	1:09:02
3	Ngywendu Mziwonke	Itheko	1:09:43

Veterans:

1	Graham Katzen	Itheko	1:14:06
2	John Horn	Edgemead	1:16:23
3	Zolandi Ntsodo	Defence	1:19:13

Masters:

1	Frank Gilliam*	Whalers	1:26:31
2	Gerald Sullivan	Durbanville	1:27:16
3	Andries Pakade	Strand	1:29:05
4	Gemjikele Tom	Eskom	1:29:15

G'masters:

1	Awie Veldsman	Helderberg	1:26:47
2	Albert Mahlahla	Helderberg	1:34:08
3	Les Hannah*	Whalers	1:51:56
4	Melville Silke	Atlantic AC	1:53:18

Juniors:

1	Babalo Hambu	Itheko	1:16:13
2	Lungile Mdaka	Acsis VOB	1:17:27
3	Buhle Yokwana	Acsis VOB	1:19:05

WOMEN

1	Lena Lotter	Adidas	1:21:16
2	Thembi Baloyi	Tshwane UT	1:22:47
3	Danette Smith	New Balance	1:26:10

Veterans:

1	Linley Holmes	Fish Hoek	1:26:39
2	Ursula Turck	Strand	1:28:00
3	Sandra van Graan	Edgemead	1:28:58

Masters:

1	Mariëtte Strauss	Tygerberg	1:30:42
2	Anne Pool	Strand	1:47:17
3	Sonia Smith	Mitchell's Plain	1:47:49

G'masters:

1	Veronica van Niekerk*	EGA	1:46:35
2	Helen du Plessis	Tygerberg	1:50:30
3	Pixie Sparg	Celtics	1:55:10
4	Ruth Leverton	Pinelands	2:01:28

Juniors:

1	Loandi J. van Rensburg	Tygerberg	1:44:33
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*) Not eligible for a WP medal.

Calder Cup/Sulin Trophy 10 km (31st)

Durban, 14 April

(Loop course)

Note: This race was not held on its usual December date in 2012, but moved to the past weekend. – Ed.

MEN

1.	Lungisa Mdedelwa	Boxer	29:24
2.	Siyabonga Nkonde	Boxer	29:34
3.	Monwabisi Cele	Savages	30:10

40-49: Thembinkosi Gumede Boxer 33:13

50-59: Peter Sehloho Boxer 34:54

60-69: Lindsay Rogerson Riverside 44:33

70+: Roger Bailey Stella 45:56

Juniors: Aphelele Phungule Umzimkulu 32:36

WOMEN

1. Lineo Chaka	LES/Nedbank	35:00
2. Jenna Challenor	Boxer	35:46
3. Janene Carey	Boxer	37:06

40-49:	Janene Carey	Boxer	37:06
50-59:	Grace de Oliveira	Boxer	42:16
60-69:	Pat Fisher	Stella	52:27
70+:	Gill Tregenna	Westville	56:29
Juniors:	Silindile Chili	Chesterville	39:23

Arthur Creswell Memorial Marathon (48th) & N3TC Half Marathon

Bergville to Ladysmith (ultramarathon) & Ladysmith (half marathon), 13 April
(Distances: 52 km – point-to-point downhill course, but hilly, & 10 km – loop course.
Finishers: ultramarathon – 484 & 186.)

Note: The half marathon accompanying this popular Comrades qualifier is clearly short. It far exceeds the Race Time Bias limit of -5 sec/km. (The RTB formula, devised by Ken Young of *The Analytical Distance Runner*, compares runners' times in a race with what one could expect them to run based on their most recent performances.) The figure for the half marathon, using five time comparisons (no previous performance for one of the six athletes shown here could be found), is -9.14 sec/km – almost double the allowable figure. The performances will therefore not be used in any statistical lists. – Ed.

Ultramarathon

MEN

1.	Julius Tenai	KEN/Phantane AC	3:04:07	R5000
2.	Matapella Mosoewnya	Nedbank AC	3:05:52	R3000
3.	Victor Ngubelanga	Maxed Elite	3:07:26	R1500

(The prize money in all the age categories was the same: R150, R100, R50.)

40-49:

1.	Mex Kokona	Nedbank AC	3:25:08
2.	Xolani Ndaba	Phuma KZN	3:42:16
3.	Zakhele Motaung	Vultures AC	3:43:47

50-59:

1.	Bethuel Mlambo	Maxed Elite	3:41:22
2.	Dieter Stapel	Benoni N	3:48:21
3.	Aubrey Roberts	West AC	4:08:25

60-69:

1.	Paddy Collins	Kearsney ST	4:36:51
2.	Dave Lowe	West AC	4:44:44
3.	Chris v.d. Westhuizen	Umhlathuze AC	4:49:32

WOMEN (Same prize money as men)

1.	Fikele Mbuthumba	Nedbank AC	4:05:02
2.	Pat Dammann	Forest Hills	4:06:41
3.	Wendy Morgan	West AC	4:09:02

40-49:

1.	Helen Sum	Nedbank AC	4:13:28
2.	Bambie de Wet	Harrismith AC	4:14:07
3.	Janet van Veijeren	Newcastle Harr	4:17:50

50-59:

1.	Rita van Wyk	Boksburg AC	4:27:01
2.	Megan Finestone	West AC	4:43:53

3.	Liz Chelin	West AC	4:48:41
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60-69:

1.	Merryl Duncan	Forest Hills	5:41:00
2.	Geogina Tasseron	Vryheid AC	6:19:36

Half marathon**MEN**

1.	Ramolefi Motsieloa	LES	65:15	R1000
2.	Siyabonga Nkonde	Boxer AC	65:26	R500
3.	Sphmandla Nyembe	KlipRiver AC	68:14	R300

WOMEN (Same prize money as men)

1.	Poppy Mlambo	Boxer AC	80:39
2.	Moleboheng Mafata	LES/Maxed Elite	84:00
3.	Megan McKenzie	Varsity Kudu	85:22

Delta Draf 10 km

(Boland 10 km Championships)

Franschhoek, 13 April

(Loop course)

MEN

1.	Luyanda Qolo (EGA)	31:32
2.	William Kaptein (Rob)	31:48
3.	Justin Fritz (Ceres)	31:56

WOMEN

1.	Michelle Dreyer (Fransch)	41:37
2.	Liezl du Plooy (Ceres)	42:39
3.	Monique-Anne Lombaard (Fransch)	43:32

TRACK**South African Track & Field Championships (106th)**

Stellenbosch, 12-13 April

MEN**800 (13):**

1	André OLIVIER	89	ACNW	1:46.50
2	Rynardt VAN RENSBURG	92	AFS	1:47.68
3	Jacob ROZANI	88	ANWN	1:47.91
4	William MOTHOSOLA	90	AFS	1:48.75
5	Jacques PRETORIUS	88	BOLA	1:48.90
6	Windy JONAS	90	AFS	1:48.98
7	Zweli SEBOTSA	99	AFS	1:49.41
8	Duran FARO	94	ACNW	1:49.91
9	Hannes NAUDÉ	90	AFS	1:50.26
10	Themba MADIMA	89	AGN-IND	1:50.40
11	Tiaan BASSON	93	AMPU	1:50.60
12	Steven MHLONGO	91	CGA	1:51.52

1500 (13):

1	Johan CRONJE	82	AFS	3:38.13
2	Juan VAN DEVENTER	83	CGAI	3:38.40
3	Folavio SEHOHLE	90	AMPU	3:39.41

4	Jerry MOTSAU	90	ACNW	3:39.45
5	Dumisani HLASELO	89	AFS	3:39.53
6	Jeromy ANDREAS	92	CGA	3:41.03
7	Amos NYONGO	86	EPA	3:41.99
8	Moses DIRANE	92	AGN-IND	3:46.70
9	Pharson MAGAGANE	86	CGA-IND	3:48.78
10	Marko BACARIZZA	88	CGA	3:51.37
11	Alan SLINGER	91	CGA	3:53.96
12	Kagiso NYIRENDA	90	ANWN	4:02.98

3000 s/chase (12):

1	Edwin MOLEPO	87	CGA	8:33.06
2	Lloyd BOSMAN	88	ASWD	8:39.85
3	Tumelo MOTLAGALE	86	CGA	8:45.72
4	Dean BRUMMER	88	ACNW	8:47.64
5	Derocious MAKHOBALO	88	CGA	8:49.71
6	Tumisang MONNATLALA	95	CGA	8:50.33
7	Lucas BOTHEBULE	91	ACNW	8:56.66
8	Rantso MOKOPANE	94	ACNW	8:59.58
9	Skhumbuzo SEME	85	AGN	9:01.16
10	Sibusiso MADIKIZELA	91	CGA	9:01.85
11	Khothatso MOKONE	89	AFS	9:09.25
12	Adam LIPSCHITZ	94	AGN	9:17.07
13	Godwin SWARTZ	92	WPA	9:21.87
14	Siboniso SOLDACA	90	WPA	9:40.07
15	Vuyolwethu MBUKUSHE	91	WPA-IND	9:47.43

5000 (13):

1	Stephen MOKOKA	85	AGN	13:25.94
2	Elroy GELANT	92	ACNW	13:26.51
3	Dumisani HLASELO	89	AFS	13:47.23
4	Gladwin MZAZI	88	AGN	13:58.34
5	Kgosi TSOSANE	86	AGN	14:03.03
6	Ettienne PLAATJIES	87	ASWD	14:14.88
7	Armin BOTHA	91	ACNW	14:16.63
8	Benedict MOENG	83	AGN	14:26.21
9	Siyabulele MTSHA	87	ATRA	14:43.77
10	Khaya BUTELE	91	ATRA	15:08.71
11	Pama ELIGWA	93	CGA	15:43.33

10000 (12):

1	Stephen MOKOKA	85	AGN	28:22.30
2	Kgosi TSOSANE	86	AGN	28:51.54
3	Namakoe NKHASI	94	CGA	29:16.49
4	Lungisa MDEDELWA	84	KZNA	29:31.34
5	Mbongeni NGXAZOZO	80	CGA	30:02.69
6	Lucas JANI	84	AGN	30:04.76
7	Siyabulele MTSHA	87	ATRA	31:13.03
8	Khaya BUTELE	91	ATRA	32:13.28

WOMEN

800 (13):

1	Gena LOFSTRAND	95	KZNA	2:04.60
2	Anuschka NICE	91	AGN	2:08.04
3	Monique STANDER	95	CGA	2:08.26
4	Mandie BRANDT	82	AGN	2:08.52
5	Icarien VAN DEVENTER	95	WPA	2:09.25

6	Thato MAKHAFOLA	94	CGA	2:09.72
7	Jana VAN DER MERWE	97	CGA	2:09.81
8	Adél VERMAAK	93	AGN	2:11.14
9	Alet MARAIS	85	WPA	2:11.26
10	Rita Dosedá OBISI	88	CGA	2:13.06

1500 (12):

1	Mapeseka MAKHANYA	85	CGA	4:16.08
2	Danel PRINSLOO	92	AFS	4:16.90
3	Lebo PHALULA	83	CGA	4:22.91
4	Mandie BRANDT	82	AGN	4:24.46
5	Marlise JORDAAN	92	ACNW	4:26.82
6	Lizerie FERREIRA	96	CGA	4:26.83
7	Carina VILJOEN	97	CGA	4:30.44
8	Blandina MAKATISE	95	AFS	4:37.45
9	Zani KRUGER	96	WPA	4:37.47
10	Stella MARAIS	92	AGN-IND	4:38.46
11	Lorraine NOVELA	91	CGA	4:45.30
12	Laura LABUSHAIGNE	96	BOLA	4:50.16
13	Aynslee VAN GRAAN	95	AGN-IND	4:52.24
14	Leanda DU BRUYN	94	WPA-IND	5:14.86

3000 s/chase (12):

1	Nolene CONRAD	85	CGA	10:44.42
2	Thembi BALOYI	89	AGN	10:57.28
3	Thandeka MANZANA	95	AGN	10:57.66
4	Ashleigh SCHNETLER	91	CGA	11:29.43
5	Tiffany BELL	96	CGA	11:37.27

5000 (13):

1	Mapeseka MAKHANYA	85	CGA	15:53.61
2	Lebo PHALULA	83	CGA	16:27.20
3	Nolene CONRAD	85	CGA	16:30.65
4	Blandina MAKATISE	95	AFS	17:22.97
5	Kanya MATIYISI	93	WPAI	17:56.49
6	Ebeth MARAIS	95	WPAI	18:14.11
7	Tanya SCOTT	90	WPAI	18:19.68
8	Ashleigh SCHNETLER	91	CGA	18:22.46
9	Zani KRUGER	96	WPA	18:28.78
10	Thabisa SIRAYI	93	ATRA	19:30.71

10000 (12):

1	Mpho MABUZA	79	CGA	34:31.28
2	Cornelia JOUBERT	88	CGA	35:15.20
3	Portia NGWENYA	88	AGN	36:01.97
4	Anna MOEKETSI	85	AFS	37:41.97
5	Maryna SWANEPOEL	86	AFS	38:32.22
6	Puseletso DLADLA	91	KZNA	38:55.65
7	Danette SMITH	88	WPA-IND	39:31.28

INTERNATIONAL

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

ROAD RUNNING

Boston Marathon (117th)

(A World Marathon Majors and IAAF Gold Label Event)

Hopkinton to Boston, USA, 15 April

(Distance: 42.195 km; point-to-point course with 3.23 m/km elevation loss.)

Note: More detailed results will be published next week. – Ed.

MEN

1. Lelisa Desisa (ETH) 2:10:22
2. Micah Kogo (KEN) 2:10:27 DB
3. Gebregziabher Gebremariam (ETH) 2:10:28
4. Jason Hartmann (USA) 2:12:12
5. Wesley Korir (KEN) 2:12:30
6. Markos Geneti (ETH) 2:12:44
7. Dickson Chumba (KEN) 2:14:08
8. Jeffrey Hunt (AUS) 2:14:28
9. Daniel Tapia (USA) 2:14:30
10. Craig Leon (USA) 2:14:38

WOMEN

1. Rita Jeptoo (KEN) 2:26:25
2. Meseret Hailu (ETH) 2:26:58
3. Sharon Cherop (KEN) 2:27:01
4. Shalane Flanagan (USA) 2:27:08
5. Tirfi Tsegaye (ETH) 2:28:09
6. Kara Goucher (USA) 2:28:11
7. Madai Perez (MEX) 2:28:59
8. Diane Nukuri-Johnson (BDI) 2:29:54
9. Ana Dulce Felix (POR) 2:30:05
10. Sabrina Mockenhaupt (GER) 2:30:09
- ...
17. René Kalmer (RSA) 2:37:15

Vienna City Marathon (30th) & Half Marathon

Vienna, AUT, 14 April

(Distances: 42.195 km; start/finish separation of about 5 km with an elevation GAIN of approx. 20 m, and 21.1 km)

Marathon

MEN

1. Henry Sugut (KEN) 2:08:19
2. Solomon Kiptoo (KEN) 2:08:34
3. Geoffrey Ndungu (KEN) 2:08:42
4. Gilbert Yegon (KEN) 2:10:40
5. Josphat Kamzee (KEN) 2:10:49

WOMEN

1. Flomena Cheyech (KEN) 2:24:34
2. Meskerem Assefa (ETH) 2:31:18
3. Eyerusalem Kuma (ETH) 2:32:24
4. Emily Samoei (KEN) 2:32:48
5. Nonata Da Silva Cruz (BRA) 2:35:48

Half Marathon**MEN**

1. Haile Gebrselassie (ETH) 1:01:14
2. Hosea Kipkemboi (KEN) 1:02:01
3. Mekuant Ayenew (ETH) 1:02:21

WOMEN

1. Tanith Maxwell (RSA) 1:17:17
2. Birgit Steinwandter (ITA) 1:22:03
3. Lene Hjelmso (DEN) 1:22:38

ABN AMRO Marathon Rotterdam (33rd)

Rotterdam, NED, 14 April

(Distance: 42.195 km; certified loop course)

MEN

1. Tilahun Regassa ETH 2:05:38
(splits: 14:53-29:23-43:58-58:49-1:02:05-1:13:34-1:28:21-1:43:18-1:58:44)
2. Getu Feleke ETH 2:06:45
3. Sammy Kitwara KEN 2:07:22
4. Geoffrey Kipsang KEN 2:09:12
5. John Nzau Mwangangi KEN 2:09:32 PB
6. Assefa Bentayehu ETH 2:09:35
7. Augustine Rono KEN 2:11:41
8. Koen Raymakers NED 2:12:09
9. Edwin Kipchirchir Kemboi AUT 2:12:58
10. Michel Butter NED 2:13:25

WOMEN

1. Jemima Jelagat KEN 2:23:27 PB
(splits: 17:32-34:28-51:31-1:08:30-1:12:14-1:25:13-1:42:09-1:59:13-2:16:22)
2. Abebech Afework ETH 2:23:59 PB
3. Hilda Kibet NED 2:26:42
4. Alessandra Aguilar ESP 2:29:04
5. Mekuria Aberume ETH 2:29:04
6. Harun Makda ETH 2:31:59
7. Tone Hjalmarssen NOR 2:35:21
8. Simona Maxim BEL 2:37:07
9. Barbara Sanchez IRE 2:38:41
10. Stefanie Bouma NED 2:42:08 PB

Daegu Marathon (5th)

Daegu, KOR, 14 April

(Distance: 42.195 km; two and one-half laps around Daegu City with stadium finish)

MEN

1. Abraham KIPROTICH (FRA) 2:08:33
(splits: 15:14-30:13-45:10-60:36-1:16:00-1:31:15-1:46:16)
2. Boniface MBUVI (KEN) 2:09:43
3. Debebe TOLOSSA (ETH) 2:10:23
4. David KIYENG (KEN) 2:11:17
5. Benson BARUS (KEN) 2:11:53

WOMEN

1. Margaret AKAI (KEN) 2:23:28

2. Mulu SEBOKA (ETH) 2:23:43
3. Agnes BARSOSIO (KEN) 2:24:03

Credit Union Cherry Blossom 10-Mile (41st)

(USA Women's 10-Mile Championship)

Washington, USA, 7 April

(Distance: 10 miles; certified loop course)

MEN (gun times)

- | | |
|-----------------------------|-----------------|
| 1. Daniel Salel, 22, KEN | 46:06 PB \$8000 |
| 2. Allan Kiprono, 23, KEN | 46:07 4500 |
| 3. Lani Rutto, 24, KEN | 46:44 2000 |
| 4. Stephen Sambu, 24, KEN | 46:59 PB 1500 |
| 5. Shadrack Kosgei, 28, KEN | 47:29 1000 |

ALL-WOMEN'S ELITE RACE (gun times)

- | | |
|---|--------------------------------|
| 1. Caroline Rotich, 28, Santa Fe, NM (KEN) | 52:46 PB \$8000 |
| 2. Belaynesh Oljira, 22, ETH | 52:49 4500 |
| 3. Risper Gesabwa, 24, KEN | 53:22 2000 |
| 4. Janet Bawcom, 34, Flagstaff, AZ | 53:28 AR* 1500 + 5000a + 2500* |
| 5. Millicent Kuria, 26, KEN | 53:28 1000 |
| 6. Belainesh Gebre, 25, ETH | 53:43 900 |
| 7. Brianne Nelson, 32, Golden, CO | 54:01 PB 800 + 2500a |
| 8. Alice Kimutai, 20, KEN | 54:12 700 |
| 9. Sarah Crouch, 23, Blowing Rock, NC | 54:15 PB 600 + 2000a |
| 10. Kellyn Johnson, 26, Flagstaff, AZ | 54:19 500 + 1500a |
| 11. Lyudmyla Kovalenko, 23, UKR | 54:25 |
| 12. Jen Rhines, 38, Nottingham, England (USA) | 54:54 1000a |

*) USA record for all-women's race/\$2500 bonus

Carlsbad 5000 (28th)

Carlsbad, USA, 7 April

(Distance: 5 km; multi-loop certified course)

ELITE MEN (gun times)

- | | |
|-----------------------------|--------------|
| 1. Dejen Gebremeskel, ETH | 13:20 \$5000 |
| 2. John Kipkoech, KEN | 13:26 3500 |
| 3. Yenew Alamirew, ETH | 13:26 2000 |
| 4. Will Leer, Claremont, CA | 13:36 1000 |
| 5. Kiprono Menjo, KEN | 13:39 800 |

ELITE WOMEN (gun times)

- | | |
|---------------------------------------|--------------|
| 1. Geleta Burka, ETH | 15:26 \$5000 |
| 2. Mercy Cherono, KEN | 15:27 3500 |
| 3. Pascalia Kipkoech, KEN | 15:28 2000 |
| 4. Werknesh Kidane, ETH | 15:35 1000 |
| 5. Brenda Martinez, Big Bear, CA | 15:44 800 |
| 6. Shannon Rowbury, San Francisco, CA | 16:08 700 |

Vattenfall Berliner Halbmarathon (33rd)

Berlin, GER, 7 April

(Distance: 21.1 km; certified one loop course)

MEN (gun times)

1. Jacob Kendagor, KEN	59:36 PB	€ 5000
2. Silas Kipruto, KEN	1:00:12	2500
3. Victor Kipchirchir, KEN	1:00:27	1500
4. Kenneth Kipkemoi, KEN	1:00:45	1000
5. Frederick Ngeny, KEN	1:01:37 PB	800

WOMEN (gun times)

1. Helah Kiprop, KEN	1:07:54	€ 5000
2. Philes Ongori, KEN	1:08:01	2500
3. Mai Ito, JPN	1:10:00 PB	1500
4. Valentine Kipketer, KEN	1:10:48	1000
5. Lilian Jelagat, KEN	1:11:59 PB	700

Hervis Prague Half Marathon (15th)

(IAAF Gold Label Road Race)

Praha, CZE, 6 April

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

Note: The early version of these results were published in DRR last week; here are more detailed results, with prize money. – Ed.

MEN (gun times)

1. Zersenay Tadese, ERI	1:00:10	€ 4000 + 5000i
2. Amanuel Mesel, ERI	1:00:10 PB	2000 + 5000i
3. John Kipsang, KEN	1:00:16	1000 + 5000i
4. Pius Maiyo Kirop, KEN	1:00:18	800
5. Henry Kiplagat, KEN	1:00:21	600
6. Abere Kassw, 1994, ETH	1:01:17	300
7. Tigabu Gebrmaryam, ETH	1:01:28	200
8. Daniel Kipchumba Chebii, KEN	1:01:52	100
9. Teklemariam Medhin, ERI	1:01:55 PB	
10. Philemon Limo, KEN	1:01:57	
... 12. Cutbert Nyasango, ZIM	1:02:56	

i) Earned time bonus for sub-60:30 (limited to first three men)

WOMEN (gun times)

1. Gladys Cherono, KEN	1:06:48 PB/ACR*	€ 4000 + 5000* + 25,000i
2. Worknesh Degefa, ETH	1:08:12	2000 + 5000ii
3. Isabella Ochichi, KEN	1:09:21	1000 + 2000iii
4. Waganesh Mekasha, ETH	1:09:31	800
5. Ehitu Kiros, ETH	1:09:38	600
6. Agnes Katunge Mutune, KEN	1:10:06	300
7. Pamela Lisoreng, KEN	1:10:09	200
8. Edinah Kwambai, KEN	1:12:40	100
9. Mary Wangari Wanjohi, KEN	1:13:13 PB	
10. Azusa Nojiri, JPN	1:15:15	

*) Course record/€5000 bonus

i) Earned time incentive for sub-67:00

ii) Earned time incentive for sub-69:00

iii) Earned time incentive for sub-70:00

American River 50 Mile (34th)

Sacramento, USA, 6 April

(Distance: 50 miles; course is combination of paved bike path and trail; the last three miles climb about 333 m)

MEN (gun times)

1. Matt Flaherty, 27 6:08:18
2. Eric Senseman, 24 6:20:59
3. Paula Medina, 28 6:45:25

WOMEN (gun times) -

1. Pam Smith, 38 6:54:01 (6th overall)
2. Tera Dube, 40 7:11:14
3. Ana Guijarro, 32 7:28:44

STATS TIME

Continuing our focus on the half marathon, here is the first SA performance list for the standard distances for 2013, showing the top ten women. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed. Note that Irvette van Zyl has eight times on the list.

2013 HALF MARATHON: TOP TEN WOMEN

1:14:25	Irvette van Zyl	10	Lisbon	24 Mar
1:14:54	René Kalmer	2	Cape Town	30 Mar
1:14:55	Van Zyl-2	1	Pretoria	02 Feb
1:14:59	Charné Bosman	2	Pretoria	02 Feb
1:15:20	Van Zyl-3	3	Cape Town	30 Mar
1:16:18	Van Zyl-4	1	Edenvale	10 Mar
1:17:06	Kalmer-2	2	Edenvale	10 Mar
1:17:06	Christine Kalmer	5	Cape Town	30 Mar
1:17:08A	Hanlie Botha	1	East London	09 Feb
1:17:28	Van Zyl-5	1	Pretoria	16 Feb
1:17:47	Van Zyl-6	1	Bedfordview	13 Jan
1:18:16	Bosman-2	2	Bedfordview	13 Jan
1:18:28	Lebo Phalula	7	Cape Town	30 Mar
1:18:52	Van Zyl-7	1	Benoni	27 Jan
1:19:14	Myrette Filmalter	8	Cape Town	30 Mar
1:19:27A	Zintle Xiniwe	1	Simon's Town	17 Feb
1:20:07	Van Zyl-8	1	Pretoria	23 Feb
1:20:22	Jenna Challenor	12	Cape Town	30 Mar
1:20:27	Nolene Conrad	4	Bedfordview	13 Jan

THIS MONTH IN HISTORY

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

45 years ago: 19 April 1968

Each year there are special runners in the Boston Marathon, which was held for the 117th time today. One of them in this edition of the race was Amby Burfoot, who over the last three decades has run the marathon on every fifth anniversary of his victory in 1968 (as well as in 1996, the 100th anniversary of the race). Burfoot, now 66 (he shares a birthday with President Bill Clinton), was 21 when he won in 2:22:17, becoming the first American in eleven years to win since his mentor and coach at the time, John J. Kelley.

Burfoot ran today's race with several family members, sporting bib number 1968. The photograph shows him crossing the finish line in 1968.



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)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	74:25	Irvette van Zyl	Lisbon	24 Mar
	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	2:37:15A	René Kalmer	Boston	15 Apr
	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	37:06	Janene Carey	Durban	14 Apr
	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	88:01	Jane Mudau	Benoni	14 Apr
	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				

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
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15 km	31:42	Zola Pieterse (RSA) 1984		
	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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