

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

Irvette van Zyl, who did not finish the Olympic Marathon on her last visit to London, placed a superb tenth in yesterday's Virgin London Marathon. Van Zyl ran 2:31:26 to move into fifth position on the SA all-time list behind Elana Meyer, Colleen de Reuck, Frith van der Merwe and René Kalmer. (In an e-mail message last week, Kalmer – who completed the Boston Marathon in 2:37:15 on Monday – said she hurt her soleus muscle at the 25 km mark on the steep downhill before Heartbreak Hill, when she was still with the lead group. The injury is not serious, she said.)

Van Zyl's previous PB was the 2:33:41 she ran in London last year, her only previous completed marathon (she was 18th).

The men's race in London started at well below world record pace. The leaders reached 5 km in 14:22 (a 2:01:15 pace) and 10 km in 28:56 (2:02:00 pace). At halfway their time was 1:01:34, and the 5 km between 25 km and 30 km went by in 14:30. Over the last 10 km the quick racing started to take its toll on the front men and this allowed Tsegaye Kebede, who was 19 sec behind at 30 km, to start overhauling them. Stanley Biwott's surge at 33 km had an immediate effect on his rivals, but it soon also had him slowing down and he was caught at 37 km by Emmanuel Mutai. But Mutai, who initially seemed to have the race sewn up, was the next to succumb and the hard charging Kebede passed him after 2 hours 3 minutes of running. He won in 2:06:04, the slowest winning time in six years (and his second victory; he was also first in 2010).

"He's the most patient, savviest marathon runner in the world," said Bank of America Chicago Marathon executive race director Carey Pinkowski, who had predicted that Kebede, the winner of his race last October (who had been denied a chance to run in the Olympic Marathon), would also prevail in London.



Above: South Africa's current fastest marathoners, Irvette van Zyl, Tanith Maxwell and René Kalmer. Van Zyl ran a PB in yesterday's Virgin London Marathon. [Martin van Schalkwyk]. Below: Tsegaye Kebede (ETH) after winning the London Marathon. [Jane Monti/RRW]



In the women's event Priscah Jeptoo took an easy victory in a race that was marred by a fluid station accident which ended Olympic champion Tiki Gelana's chances for victory after she fell hard and was knocked out of contention. Disaster struck at the 15 km water table when the men's wheelchair race caught up to the elite women, and Gelana moved to her left to pick up her bottle and got her left leg under the right wheel of Josh Cassidy's wheelchair. Gelana's foot was pinned, and she crashed face first to the pavement. Behind her, Edna Kiplagat was clipped by another wheelchair racer, stumbled (but did not fall) and was forced to stop. (The TV commentators missed this incident completely!)

Jeptoo, who took silver in the Olympic race, won in 2:20:15 from world champion Kiplagat. Gelana finished 16th.

With their victories, Kebede and Jeptoo now top the points table for the 2012/2013 World Marathon Majors championships. Kebede has 60 points ahead of Wilson Kipsang (36) and Wesley Korir (27). Jeptoo has 50 points to lead Boston Marathon winner Rita Jeptoo (40) and 2012 Boston Marathon champion Sharon Cherop (35). The series resumes with the IAAF World Championships in Moscow in August.

Kebede also now has the most sub-2:08 marathons of all the world's men – his eleven such times are one more than Haile Gebrselassie's. But Gebrselassie and Geoffrey Mutai, the world's fastest marathoner, still have the most sub-2:06 times – five each (see the list below), and they and Wilson Kiprotich are the only runners with three sub-2:05 times each (out of a total of fourteen). The five sub-2:04 times are highlighted.

		1	2	3	4	5
Haile Gebrselassie	5	2:03:59	2:04:26	2:04:53	2:05:29	2:05:56
Geoffrey Mutai	5	2:03:02	2:04:15	2:04:55	2:05:06	2:05:10
Patrick Makau	4	2:03:38	2:04:48	2:05:08	2:05:45	
Tsegaye Kebede	4	2:04:38	2:05:18	2:05:19	2:05:20	
Samuel Wanjiru	3	2:05:10	2:05:24	2:05:41		
Khalid Khannouchi	3	2:05:38	2:05:42	2:05:56		
Vincent Kipruto	3	2:05:13	2:05:33	2:05:47		
Moses Mosop	3	2:03:06	2:05:03	2:05:37		
Wilson Kipsang Kiprotich	3	2:03:42	2:04:44	2:04:57		
Wilson Chebet	3	2:05:27	2:05:41	2:05:53		
James Kwambai	3	2:04:27	2:05:36	2:05:50		

Like Van Zyl in London, Sibusiso Nzima scored a list leader when he finished sixth in the Hamburg Marathon in 2:13:42 – his debut over the distance.

There were a few errors in the spelling of names in the results of the WP Half-marathon Championships in last week's issue: it should be Frank Gillion (not Gilliam), Les Hanna (not Hannah), and Gemjikile Tom (not Gemjikele).

NOTE: Since I will be driving back from a few days holiday and attending the SA Masters T&F Championships next Monday, that day's issue of *Distance Running Results* will be distributed a little later than usual. My apologies for the inconvenience.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Chatsworth Freedom Marathon & 25 km, Durban
- * Birchwood Half Marathon & 10 km, Johannesburg
- * Hydrassist Half Marathon, Port Elizabeth
- * Leapfrog Gordon's Bay Half Marathon, Gordon's Bay

- * Harcourts Alan Robb 32 km & 15 km, Germiston
- * XC: Gauteng North League Meeting, Pretoria

International highlights:

- * Virgin London Marathon, London, GBR
- * Haspa Marathon Hamburg, Hamburg, GER
- * Orlen Warsaw Marathon, Warzawa, POL
- * Semi-Marathon de Nice, Nice, FRA
- * Yangzhou Jianzhen International Half Marathon, Yangzhou, CHN
- * Enschede Marathon, Enschede, NED
- * Boston Marathon, Hopkinton to Boston, USA
- * B.A.A. 5 km, Boston, USA
- * B.A.A. Invitational Mile, Boston, USA
- * More Magazine | Fitness Magazine Women's Half Marathon, New York, USA
- * SPAR Great Ireland Run, Dublin, IRL
- * Track: Hyogo Relays, Kobe, JPN; Mt. SAC Relays, Walnut, USA; Kansas Relays, Lawrence, USA; Big South Outdoor Track Championship, Lynchburg, USA

NEWS

2013 TUKS S.A. ATHLETICS ANNUAL PUBLISHED

Sunette Viljoen, South Africa's top javelin thrower who finished fourth in the Olympic final last year and was the country's Female Athlete of the Year for 2011, has also been selected as Female Athlete of the Year for 2012 and graces the cover of the *Tuks SA Athletics Annual* for 2013.

The country's most versatile athlete, Willem Coertzen, was selected as Male Athlete of the Year by the SA Athletics Statisticians, publishers of the *Annual*.

The contest for the women's award was a straight one between Viljoen and Caster Semenya, the Olympic 800-metre silver medallist. Viljoen threw a world-leading 69.35 m in June, which saw her eventually in second place on the world list, a mere 20 cm behind global leader Barbora Spotáková of the Czech Republic, who achieved 69.55 m in the Olympic final. Viljoen's big throw places her sixth on the world all-time list.

Semenya's 1:57.23 performance in the London final saw her finish the year in fourth on the world list.

The other nominees for the Female Athlete of the Year Award were René Kalmer, Anika Smit and Wenda Theron.

Among the men, decathlete Coertzen's ninth place in the Olympics, together with a South African record of 8244 points at the SA Championships, allowed him to narrowly edge out high hurdler Lehann Fourie to earn the award for Male Athlete of the Year. Fourie reached the Olympic final and finished seventh in 13.53; he then went on to set a new SA record of 13.24 in Brussels in September, erasing the previous mark that had stood since 2001.

South Africa's latest sprint sensation, the young 200-metre star Anaso Jobodwana, was one of the five nominees for the award on the strength of his achievement in becoming the first South African to reach an Olympic short sprint final since 1952, running a personal best of 20.27 in his semi-final against Usain Bolt. He was eighth in the final.

The other two nominees for the award were Stephen Mokoka and Gert Thys.

Viljoen also receives the Beinart Merit Award for 2012. The award, which commemorates the late Harry Beinart, a founder member and President of the SAAS, is made annually to the highest placed athlete on the world performance lists in an IAAF-recognised track event.

This is the first time that Viljoen has received the award and she is the ninth woman to receive it in the 30 years of its existence (there have also been nine male winners).

The 61st edition of the *Annual*, one of the oldest national athletics annuals in the world, is again brimming with information about everything that happened on the athletics scene in South Africa and the rest of the world in 2012.

The *Annual* contains both the annual lists of best performances by South Africans for 2012, as well as all-time lists. As usual, it also includes the Hall of Fame of the best of the best in the history of SA athletics; SA and all major international records; results of the most important local and international meetings; photographs of South Africa's top athletes, and much more.

Among the obituaries of well-known people in athletics who passed away during 2012 and early 2013 is that of Naomi Beinart, wife of Harry, who since his death in 1991 has made the Beinart medal available annually to the SAAS for presentation to the country's top athlete. Naomi passed away in January 2013. Also included is the obituary of distance star Jan Barnard.

The outstanding career of Kalmer, "South Africa's queen of distance running", is highlighted by Riël Hauman, who points out that her 33 national titles on all three surfaces are three more than Elana Meyer won during her brilliant career.

In other articles Richard Mayer looks at the flaws in SA athletics exposed by the London Olympics, while Cobus Kok evaluates the standard of South African performances and details how South Africa is falling further and further behind the rest of the world.

Copies of the *Annual* can be ordered for R90 (postage included) from the following address: SA Athletics Annual, P.O. Box 7699, Halfway House 1685. When ordering books, full postal details must be given. Enquiries (also previous annuals) can be made at the following numbers: 082 85-666-55 or 082 800-6472 or 013 754-2733 (fax), or by e-mail from ckok@safcol.co.za.

ROAD RUNNING

Chatsworth Freedom Marathon & 25 km

Durban, 21 April

(Distances: 52 km & 25 km; loop courses)

Ultramarathon

MEN

1.	Peter Mavuzi	Form One AC	3:12:52	R1000
2.	Malusi Dlomo	Nedbank AC	3:21:20	R500
3.	Sfiso Chili	Chatsworth AC	3:23:31	R150
4.	Sipho Ngxongo	Phuma KZN	3:24:31	
3.	Mthokozisi Mbokomebea	Nedbank AC	3:26:01	

(All age category prizes were the same: R300, R200, R150.)

40-49:

1.	Nocanda Xolani	Toti AC	3:29:10	
2.	Philani Memela	Maxed Elite	3:30:41	
3.	Abdul Mlanse	Shakaland	3:34:45	

50-59:

1.	Edmond Mneadi	Stella AC	3:47:12	
2.	Cosmos Langa	Corr Serv	3:58:04	
3.	Nicolas Dlamini	Boxer AC	4:01:14	

60+:

1.	Mbekiseni Mchunu	Kwa Mashu AC	5:05:04	
2.	Gopal Chetty	Shallcross	5:09:15	
3.	Henk Vos	Nebank AC	5:17:19	

WOMEN (Same prize money as men)

1.	Melanie van Rooyen	Richards Bay AC	3:54:44	
2.	Precious Duma	Chatsworth AC	4:24:10	

3.	Nicola McMurry	Mntunzini ACrb	4:25:50
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40-49:

1.	Lungile Nkedi	Eskom AC	5:15:13
2.	Eunice Ntuli	NRB Harr	5:17:22
3.	Celiwe Nzuza	Scottburgh AC	5:36:13

50-59:

1.	Marot	Virginia AC	5:14:48
2.	Danielle Papini	Savages AC	5:15:16
3.	Elize Cilliers	Savages AC	5:18:03

60+:

1.	Pat Fischer	Stella AC	6:24:20
2.	Maureen Parry	Chiltern AC	6:26:32

25 km**MEN**

1.	Elmore Sibanda	ZIM/Maxed Elite	1:24:12	R300
2.	Victor Ngubelanga	Maxed Elite	1:29:11	R200
3.	Nkosinathi Ngubane	Stella AC	1:30:41	R150

(All age category prizes were the same: R200 for first place.)

40-49:

1.	Michael Ndlovu	Mafu AC	1:38:32
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50-59:

1.	Bheki Mbhele	Phuma AC	1:46:52
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60+:

1.	Wally Skinner	SANDF	2:12:14
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WOMEN

1.	Nomcembo Mthethwa	Umhlatuze AC	1:48:51
2.	Xoli Madida	Ntl Carb	1:58:20
3.	Sibongile Mpanza	Boxer AC	1:59:39

40-49:

1.	Sandy de Beer	SANDF	2:10:39
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50-59:

1.	Ursula Martens	Stella AC	2:35:31
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60+:

1.	Linda Bell	QBH	2:42:16
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Birchwood Half Marathon & 10 km

Johannesburg, 21 April

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 790; 10 km – 860.)

Half marathon**MEN**

1 Desmond Mokgobu (Mr Price) 66:51; 2 Abraham Yator (KEN/Nedbank) 67:37; 3 Paul Pitco (BNAC) 71:39.

Veterans: 1 Sipho Ncube (ZIM/Toyota) 73:11; 2 Piet Mosebedi (Transnet) 74:12; 3 Chukudu Mphulo (City of Ekurhuleni) 76:56. **Masters:** 1 Tony Silva (Bedfordview) 77:46; 2 Daniel Mothibe (New Balance) 79:36; 3 Thomas Ngobene (Greater Elim) 81:29.

G'masters: 1 Jeff Sales (Nedbank) 1:40:42.

WOMEN

1 Cornelia Joubert (Nedbank) 78:41; 2 Andronika Mokgotla (Goldfields) 86:45; 3 Emma Mathibela (Toyota) 86:58.

Veterans: 1 Sarah Mahlangu (Toyota) 1:40:54; 2 Julie Soicher (Rockies) 1:41:19; 3 Laura Venter (Nedbank) 1:43:56. **Masters:** 1 Pam Hampton (Sunninghill) 1:48:45; 2 Caroline Wridgeway (Boksburg) 1:51:51; 3 Victoria Ngobese (SAPS) 1:52:58. **G'masters:** 1 Petra Myburgh (Striders) 2:09:04.

10 km

MEN

1 Lucky Mohale (Mr Price) 31:40; 2 Paulus Radebe (Elim) 31:43; 3 Xolani Nkiwane (Blue Sky) 31:45.

Veterans: 1 Never Matiya (Wanderers) 33:19; 2 Tokoy Mofokeng (Sports Connection) 35:42; 3 Emmanuel Mole (Sibanya Gold) 41:43. **Masters:** 1 Jerry Rankapule (Gallopers) 36:42; 2 Wilson Moloto (Vodacom) 40:33; 3 Zaniki Ngodela (SCAW) 40:39. **G'masters:** 1 Dieter Meyer (RAC) 48:10. **Juniors:** 1 Warno Potgieter (New Balance) 34:20; 2 Itumeleng Mlangeni (ADT) 36:34; 3 Roman Nkomo (Benoni Harriers) 40:53.

WOMEN

1 Portia Ngwenya (Transnet) 38:19; 2 Keskoketswa Lechaba (Elim) 38:39; 3 Nobuhle Tshuma (Elim) 38:52 (1st jun).

Veterans: 1 Frith v.d. Merwe (Benoni High) 45:54; 2 Assalinah Nyathi (Post Office) 48:41; 3 Gail Babich (Savages) 57:05. **Masters:** 1 Sonja Laxton (RAC) 46:18; 2 Riana Mellors (Sunward) 65:33; 3 Hannelie Rootman (RWFL) 82:20. **G'masters:** 1 Margaret Boshoe (Sunninghil) 58:57. **Juniors:** 1 Nobuhle Tshuma (Elim) 38:52; 2 Tegan Roberts (RAC) 58:09.

Hydrassist Half Marathon

(EP Half-marathon Championships)

Port Elizabeth, 20 April

(Distance: 21.1 km. Finishers: 595.)

MEN

1	Mariano	Eesou	Absa NMMU AC	21	1:07:03
2	Anele	Maliza	Nedbank RC EP	35	1:07:42
3	Gift	Zet	Ikhamva AC	25	1:07:42
4	Bulelini	Niwa	PEAAC	27	1:08:19
5	Eric	Sigxashe	Ikhamva AC	34	1:10:02
6	Masibulele	Heugh (1 st jun)	Ikhamva AC	18	1:10:44
7	Sibusiso	Thu	Transnet AC EP	24	1:11:09
8	Melikhaya	Malinga	SA Prof Develop	32	1:12:05
9	Lukhaya	Ngxako	Hlazo AC	16	1:12:09
10	Masixole	Dlaku	Ikhamva AC	34	1:12:39
11	Mila	Pasiya	Nedbank RC EP	33	1:12:49
12	Thanduxolo	Mpushe	SA Prof Develop	23	1:13:45
13	Ryan	Peter	Absa NMMU AC	19	1:13:55
14	Duwayne	Lucas	Ikhamva AC	23	1:15:16
15	Zolile	Mhlahlo	Warriors AC	38	1:15:25
16	Kgotso	Majara	Ikhamva AC	32	1:15:32
17	Desmond	Zibi (1 st vet)	Ikhamva AC	49	1:15:43
18	Lolwethu	Mbityi	SA Prof Develop	22	1:17:34
19	Luvuyo	Stephen	Nedbank RC EP	42	1:17:36
20	Sandile	Ngunuza	Nedbank RC EP	30	1:17:37

40-44:

1	Luvuyo	Stephen	Nedbank RC EP	42	1:17:36
2	Terrance	Mjekula	Warriors AC	40	1:17:38
3	Malibongwe	Mbelu	Run For Life EP	40	1:19:17

45-49:

1	Desmond	Zibi	Ikhamva AC	49	1:15:43
2	Darrell	Wicht	Warriors AC	49	1:22:05
3	Colben	Ngcupe	SA Prof Develop	49	1:22:50

50-54:

1	Michael	Bekapi	Charlo AC	51	1:22:59
2	Bennie	Stadler	Achilles AAA	50	1:23:04
3	Neil	De Meillon	Nedbank RC EP	50	1:28:02

55-59:

1	Charles	Baatjies	Gelvan AC	56	1:31:30
2	Sipho	Ncandana	Warriors AC	56	1:32:36
3	Bruce	Mcewan	Achilles AAA	59	1:36:45

60-64:

1	Sizenzo	Kama	Achilles AAA	61	1:28:31
2	Jimmy	Styan	Achilles AAA	60	1:30:32
3	Errol	Rossouw	PEAAC	63	1:38:00

65-69:

1	Hansie	Els	Somerset East	65	1:39:03
2	Syd	Lippstreu	Crusaders AC	65	1:51:29
3	Eckart	Schumann	Body Concept	67	1:54:16

70-74:

1	Godfrey	Kariem	Gelvan AC	72	1:53:56
2	Brian	Smith	PEAAC	70	2:44:09

75-79:

1	Ernie	Verrall	Absa NMMU AC	78	2:11:14
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Juniors:

1	Masibulele	Heugh	Ikhamva AC	18	1:10:44
2	Lukhaya	Ngxako	Hlazo AC	16	1:12:09
3	Jonguxolo	Mani	Absa NMMU AC	19	1:31:16

WOMEN

1	Jene	Banfield (1 st vet)	Run For Life EP	42	1:29:06
2	Jane	Barnardo	Body Concept	38	1:29:32
3	Christine	Claasen	Achilles AAA	48	1:31:30
4	Margie	Saunders (1 st mast)	Nedbank RC EP	59	1:32:26
5	Deliwe	Nyanga	Nedbank RC EP	24	1:35:54
6	Janette	Schierz-Crusius	Body Concept	52	1:36:36
7	Katherine	Van der Walt	Body Concept	37	1:37:37
8	Janine	Prins	Body Concept	33	1:38:07
9	Grizelda	Pietersen	Achilles AAA	44	1:38:59
10	Siphokazi	Nojoko (1 st jun)	SA Prof Develop	18	1:39:16
11	Anche	Schubart	Achilles AAA	31	1:39:40
12	Claire	Nagel	Elite AC	49	1:41:34
13	Megan	Wilson	Charlo AC	17	1:42:19
14	Olivia	Read	Temp	37	1:42:51
15	Ursula	Davidson	Body Concept	40	1:42:55
16	Tiani	Claassen	Despatch AC	22	1:43:38
17	Terray	Newcombe	Elite AC	22	1:43:39
18	Debbie	Dodd	Charlo AC	42	1:43:58
19	Annelize	Shergold-Smith	Bluewater Bay	32	1:45:56
20	Nerine	Loock	Nedbank RC EP	36	1:46:08

40-44:

1	Jene	Banfield	Run For Life EP	42	1:29:06
2	Grizelda	Pietersen	Achilles AAA	44	1:38:59
3	Ursula	Davidson	Body Concept	40	1:42:55

45-49:

1	Christine	Claasen	Achilles AAA	48	1:31:30
2	Claire	Nagel	Elite AC	49	1:41:34
3	Rozelle	Von Molendorff	Elite AC	49	1:49:55

50-54:

1	Janette	Schierz-Crusius	Body Concept	52	1:36:36
2	Merle	Nair	Achilles AAA	51	1:54:58
3	Amanda	Wolmarans	Walmer AC	54	1:56:02

55-59:

1	Margie	Saunders	Nedbank RC EP	59	1:32:26
2	Theresa	Lillis	Achilles AAA	56	1:56:18
3	Elize	Smalberger	St Albans CS EP	57	1:56:33

60-64:

1	Cathy	Ives	Achilles AAA	60	1:53:47
2	Rina	Pelser	Run For Life EP	61	2:21:31

65-69:

1	Liz	Grundlingh	Muirite Striders	66	2:06:55
2	Christine	Fourie	Elite AC	66	2:14:02
3	Orgia	Nell	Muirite Striders	69	2:33:20

75-79:

1	Dorothy	Hart	Charlo AC	75	2:36:34
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Juniors:

1	Siphokazi	Nojoko	SA Prof Develop	18	1:39:16
2	Megan	Wilson	Charlo AC	17	1:42:19
3	Kimberley	Wilson	Charlo AC	17	1:55:07

Leapfrog Gordon's Bay Half Marathon

(WP Half-marathon Championships)

Gordon's Bay, 14 April

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

Note: The top three were included last week; here are deeper results. There were 873 finishers. – Ed.

MEN

1	Phumlani	Nxusani	Nedbank		1:08:13
2	Hein	Camphor	New Balance	28	1:09:02
3	Ngwendu	Mziwonke	Itheko	24	1:09:43
4	Marks	Mpekula	Temp		1:10:14
5	Mabona	Mlulami	Itheko	20	1:12:03
6	Akhona	Mdaka	EGA	20	1:12:18
7	Anda	Luzelwuna	Hout Bay	27	1:13:01
8	Siviwe	?	Itheko	25	1:14:01
9	Graham	Katzen	Itheko	42	1:14:06
10	Khaya	Fokwana	Acsis VOB		1:14:50

WOMEN

1	Lena	Lotter	Temp	24	1:21:16
2	Thembi	Baloyi	Tshwane Uni	23	1:22:47
3	Danette	Smith	New Balance	24	1:26:10
4	Linley	Holmes	Fish Hoek	42	1:26:32
5	Bernice	Van Zyl	Nedbank	24	1:26:39

6	Candyce	Hall	Nedbank	28	1:27:48
7	Helene	Roux	New Balance	28	1:27:57
8	Ursula	Turck	Strand	40	1:28:00
9	Sandra	Van Graan	Edgemead	48	1:28:58
10	Mariëtte	Strauss	Tyger	50	1:30:42

Harcourts Alan Robb 32 km & 15 km

Germiston, 7 April

(Out-and-back courses. Finishers: 32 km – 859; 15 km – 887.)

Note: These races used to be called the Callies 32 km & 15 km. – Ed.

32 km

MEN

1	S	Ncube	41	ZIM/Toyota	1:48:32
2	I	Kering	41	KEN/Toyota	1:48:33
3	Z	Mkorwama	34	RWFL	1:54:00

WOMEN

1	C	Joubert	24	Nedbank	2:03:38
2	K	Laxton	30	Sunninghill	2:03:46
3	I	Jepchumba	30	KEN/Formula 1	2:10:24
4	C	Kalmer	27	Nedbank	2:14:02
5	J	Basson	38	Toyota	2:18:46

15 km

MEN

1	D	Makhobalo	24	Sports Interchange	45:13
2	J	Van Deventer	30	Nedbank	45:21
3	K	Chirchir	26	KEN/Nedbank	48:33

WOMEN

1	R	Kalmer	32	Nedbank	51:11
2	M	Van Deventer	22	UJ	57:42
3	R	Binneman	43	FFA	1:05:57
...					
6	S	Mahlangu	46	Toyota	1:08:34
7	S	Laxton	64	RAC	1:08:47

CROSS-COUNTRY

Gauteng North League Meeting

Pretoria, 13 April

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (8 km)

1	Anthony Godongwana	Transnet	26:04
2	Sibusiso Nzima	Nedbank	26:19
3	Vuyisile Tshoba	Transnet	26:24
4	Lukhanyo Mabinza	Transnet	28:12
5	Tebogo Sithole	Tshwane AC	28:30
6	Israel Legoete	PMMC	28:40
7	Stanley Mofu	Fortis Noord	29:00
8	Steven Ranoto	Mamelodi	29:14

9	Wiaan Swanepoel	New Balance	29:35
10	Dikgang Moate	Tuks	29:57

SR. MEN

1	Rapaleng Kgoje	Transnet	13:10
2	Gino Nkoe	Nissan	13:24
3	Tshepo Maaitjie	Individual	14:13
4	Martin Nkoe	TUT	14:33
5	Mathews Matsetela	Nedbank	15:09
6	Mazu Ndandani	Harmony	15:27
7	Thabo Mangubani	TUT	15:28
8	Sello Ngwane	Nissan	15:30
9	Bennie Wilkinson	Transnet	16:13
10	Jaco van der Walt	VTM	17:44

MEN 40 (8 km)

1	Andre Erasmus	Individual	29:39
2	Graham Megaw	Tuks	30:42
3	Llewelyn Curlewis	Tuks	31:50

MEN 45 (8 km)

1	Dirk Cloete	Irene	31:38
2	Gerrit Olivier	AS Eagles	33:03
3	Richard Sinden	TUT	36:14

MEN 50 (8 km)

1	Burger Linde	Individual	36:00
2	Johnie Jonker	Denel	37:47
3	Nico Vos	Centak	38:53

MEN 55 (8 km)

1	Len Lorenzen	PMMC	38:20
2	Chris Callaghan	Enduro	49:39
3	Harrie van Oijen	Individual	51:24

MEN 60 (6 km)

1	Andre Smith	PMK	31:28
2	Machiel van Niekerk	Magnolia	40:55

MEN 65 (6 km)

1	Bert van den Raad	ACRW	33:53
2	Sol Jacobs	Magnolia	37:02

MEN 70 (6 km)

1	Mike Kleinsmit	Transnet	31:10
2	Andries van der Merwe	Transnet	34:09
3	Neville Muir	Phobians	51:14

MEN 75 (6 km)

1	Dion Heigers	ACRW	41:20
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MEN 80 (6 km)

1	Martin Coetzee	Magnolia	45:09
2	Chris de Jager	Transnet	54:29
3	Frans Grobler	Transnet	56:15

MEN 23

1	Bafana Dube	Transnet	13:37
2	Andy Mukona	Transnet	13:40
3	Victor Pheeha	Tembisa	13:58

MEN 21

1	Simon Mokanyoma	Monaco	12:59
2	Derick Mtsweni	Ikhozi	13:52
3	Burt Verster	Tuks	14:09

JR. MEN (8 km)

1	Reabetswe Matebane	Hillview	27:00
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2	Mpho Motoung	Prestige College	27:40
3	Ian Slinger	Eldoraigne	27:44
BOYS 17 (6 km)			
1	Ivaan Potgieter	Garsfontein Secondary	20:44
2	Mpho Mooka	Vita Bliz	21:44
3	Saltiel Hameso	Modiba	21:48
SR. WOMEN (8 km)			
1	Thozama April	Transnet	30:40
2	Patience Khumalo	TUT	32:11
3	Shipalana Kataza	TUT	32:24
4	Takalane Ntulane	Transnet	36:17
5	Mishelene Lagerwall	Magnolia	36:33
6	Charlotte Molefe	SABS	39:45
7	Ilome Lessing	Transnet	56:12
SR. WOMEN			
1	Patience Khumalo	TUT	15:19
2	Sune van Wyk	Individual	18:18
3	Kathryn Thomas	Nedbank	19:23
4	Natalie Lubbe	Enduro	21:49
5	Boitumelo Modise	Hillview	23:48
WOMEN 40			
1	Ronel Thomas	Boxer	16:22
2	Linda van der Merwe	Individual	18:37
3	Retha Hofmeyer	Individual	19:25
WOMEN 45			
1	Lettie Saayman	Nedbank	18:09
2	Elmarie du Toit	Montana	18:45
3	Hester Kallmeyer	GNMA	20:44
WOMEN 50			
1	Elizabeth Goosen	Solidariteit	21:48
2	Ronel Fourie	Transnet	21:49
3	Nicoline Phillips	BMW	22:45
WOMEN 55			
1	Christa Mouton	Agape	22:26
2	Zodwa Motaung	Ekgangala	25:22
WOMEN 60			
1	Lyn de Bruin	Irene	19:58
WOMEN 65			
1	Sarie du Toit	PMK	19:09
2	Annatjie Greyvenstein	Irene	21:20
3	Esme Kloppers	Transnet	23:38
WOMEN 23			
1	Ankia Stols	Individual	17:12
WOMEN 21			
1	Happiness Mkhize	Tuks	15:53
2	Marli van Staden	Tuks	16:28
3	Christelle Kotze	Eldoraigne	17:06
JR. WOMEN (6 km)			
1	Alicia Labuschagne	New Balance	23:14
2	Olivia Labuschagne	New Balance	23:38
3	Sindy Labuschagne	New Balance	24:03
GIRLS 17			
1	Simone Verwey	Eldoraigne	16:15
2	Aphiwe Sibenya	Living Ball	17:35

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**Virgin London Marathon (33rd)**

(IAAF Gold Label Road Race/World Marathon Majors Event)

London, GBR, 21 April

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

MEN

1. Tsegaye Kebede, ETH	2:06:04	\$55,000 + 50,000i
[1:01:36 / 1:04:28]		
2. Emmanuel Mutai, KEN	2:06:33	30,000 + 50,000i
[1:01:34 / 1:04:59]		
3. Ayle Abshero, ETH	2:06:57	22,500 + 50,000i
4. Feyisa Lilesa, ETH	2:07:46	15,000 + 25,000i
5. Wilson Kipsang, KEN	2:07:47	10,000 + 25,000i
6. Stephen Kiprotich, UGA	2:08:05	7,500 + 15,000i
7. Yared Asmerom, ERI	2:08:22	4,000 + 15,000i
8. Stanley Biwott, KEN	2:08:39	3,000 + 10,000i
9. Hafid Chani, MAR	2:09:11	PB 2,000 + 5,000i
10. Ayad Lamdassem, ESN	2:09:28	PB 1,500 + 5,000i
11. Patrick Makau, KEN	2:14:10	1,000
Mo Farah, GBR	DNF (58:30 at 20 km)	
Geoffrey Mutai, KEN	DNF (1:28:49 at 30 km)	

i) Earned time bonus

ALL WOMEN'S ELITE RACE

1. Priscah Jeptoo, KEN	2:20:15	\$55,000 + 50,000i
[1:11:49 / 1:08:26]		
2. Edna Kiplagat, KEN	2:21:32	30,000 + 50,000i
[1:11:49 / 1:09:43]		
3. Yukiko Akaba, JPN	2:24:43	22,500 + 10,000i
[1:11:52 / 1:12:51]		
4. Atsede Baysa, ETH	2:25:14	15,000 + 5,000i
5. Meselech Melkamu, ETH	2:25:46	10,000 + 5,000i
6. Florence Kiplagat, KEN	2:27:05	7,500 + 1,000i
7. Mai Ito, JPN	2:28:37	4,000
8. Alevtina Biktimirova, RUS	2:30:02	3,000
9. Susan Partridge, GBR	2:30:46	PB 2,000 + 8,000i
10. Irvette Van Zyl, RSA	2:31:26	1,500
... 15. Joyce Chepkirui, KEN	2:35:54	PB
[1:11:49 / 1:24:05]		
16. Tiki Gelana, ETH	2:36:55	
Jessica Augusto, POR	DNF (1:28:05 at 25-K)	

i) Earned time bonus

ii) Earned GBR athlete time bonus

MIXED-GENDER WOMEN (possibly net times)

1. Hayley Haining, 1972, GBR 2:36:52
2. Emily Wicks, GBR 2:39:15 PB
3. Breege Connolly, IRL 2:39:23 PB

Haspa Marathon Hamburg (28th)

Hamburg, GER, 21 April

(Distance: 42.195 km; loop course with no net elevation change and negligible start/finish separation)

Note: An excellent debut here for Eliud Kipchoge, who is coached by Patrick Sang and prepared together with Emmanuel Mutai, Stephen Kiprotich (who both ran London) and Abel Kirui (who withdrew from London with a leg injury). A good debut also for South African Sibusiso Nzima in 2:13:42. – Ed.

MEN (gun times)

1. Eliud Kipchoge, KEN 2:05:30 DB
2. Limenih Getachew, ETH 2:07:35 PB
3. Lawrence Kimaiyo, KEN 2:10:27
4. Belay Asefa, ETH 2:11:53
5. Marius Ionescu, ROM 2:13:33
6. Sibusiso Nzima, RSA 2:13:42

WOMEN (gun times)

1. Diana Lobacevske, LTU 2:29:17
2. Maja Neuenschwander, SUI 2:30:50 PB
3. Priscilla Lorchima, KEN 2:31:23 PB
4. Lisa Hahner, GER 2:31:49
5. Iuliia Andreeva, KGZ 2:33:04
6. Kateryna Stetsenko, UKR 2:33:35
7. Katharina Heinig, GER 2:34:20 PB
8. Mona Stockhecke, GER 2:36:50
9. Almaz Alemu, ETH 2:37:22
10. Céline Hauert, SUI 2:39:54 PB

Orlen Warsaw Marathon (1st)

(83rd Polish Marathon Championships for men)

Warzwawa, POL, 21 April

(Distance: 42.195 km)

MEN (gun times)

1. Sisay Lemma KASAYE, 1985, ETH 2:09:02 PB/CR
2. Elias KEMBOI, 1984, KEN 2:09:49
3. Jaouad GHARIB, 1972, MAR 2:10:11
4. Nicholas Manza KAMAKYA, 1985, KEN 2:10:33
5. David Toniok CHERONO, 1984, KEN 2:10:56
6. Evans RUTO, 1984, KEN 2:12:02
- Sergiy Lebid, 1980, UKR DNF

WOMEN (gun times)

1. Milka JEROTICH, 1978, KEN 2:28:23 CR
2. Maryna DAMANTSEVICH, 1985 BLR 2:33:00
3. Olga KALENDAROVA-OCHAL, 1985, POL 2:34:25
4. Svitlana STANKO-KLYMENKO, 1976, UKR 2:36:41
5. Alena SAMOKHVALOVA, 1980, RUS 2:39:24

Semi-Marathon de Nice (22nd)

Nice, FRA, 21 April
(Distance: 21.1 km)

MEN (gun times)

1. Dino Sefir, ETH, 1:00:30
2. Yusus Viwott, KEN, 1:00:33
3. Mule Wasihum, ETH?, 1:00:35
4. Adugna Bikila, ETH, 1:00:35
5. Ezekiel Chebii, ETH, 1:01:00
6. Jackson Limo, KEN, 1:01:29
7. Robert Kajuga, KEN?, 1:01:37
8. Anthony Maritim, KEN, 1:01:40
9. Simon Cheprot, KEN, 1:01:54
10. Andualem Shiferaw, ETH, 1:03:01

WOMEN (gun times)

1. Elvan Abeylegesse, TUR, 1:10:32
2. Gladys Chemweni, KEN, 1:11:35
3. Mary Wachera, KEN, 1:13:21

Yangzhou Jianzhen International Half Marathon (8th)

(IAAF Gold Label Road Race)

Yangzhou, CHN, 21 April
(Distance: 21.1 km)

MEN (gun times)

- | | |
|----------------------------|---------|
| 1. Yakob Jarso, ETH | 1:00:39 |
| 2. Nicholas Kipkemboi, KEN | 1:00:42 |
| 3. Nguse Tesfaldet, ERI | 1:00:46 |
| 4. Silas Kipruto, KEN | 1:00:52 |
| 5. Luka Lobiwan, KEN | 1:00:53 |
| 6. Kiprop Limo, KEN | 1:01:27 |
| 7. Ahmed Baday, MAR | 1:01:47 |
| 8. Asrat Demissie, ETH | 1:01:48 |
| 9. Hosea Nailel, KEN | 1:02:15 |
| 10. Robert Chemosin, KEN | 1:02:16 |

WOMEN (gun times)

- | | |
|---------------------------------|---------|
| 1. Worknesh Degefa, ETH | 1:08:43 |
| 2. Tadelech Bekele, ETH | 1:08:45 |
| 3. Yebrqual Melese, ETH | 1:09:02 |
| 4. Yang Dingrong, CHN | 1:13:23 |
| 5. Alice Mogire, KEN | 1:15:25 |
| 6. Catherine Ndereba, 1972, KEN | 1:17:54 |

Enschede Marathon (45th)

Enschede, NED, 21 April

(Distance: 42.195 km with no elevation change or start/finish separation)

MEN (gun times)

1. Isaac Kosgei, KEN, 2:09:17
2. Josphat Kiprono Menjo, KEN, 2:09:34

3. Patrick Cheruiyot, KEN, 2:09:48
4. Julius Korir, KEN, 2:10:36
5. Kiplimo Kimutai, KEN, 2:14:55

WOMEN (gun times) -

1. Arenda Abbink, NED, 2:59:52

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. Weather: Sunny, 7 °C; strong headwind in second half of the race.)

Note: The top results were published last week; here are more detailed results. – Ed.

MEN

1. Lelisa Desisa, 23, ETH	2:10:22	\$150,000
2. Micah Kogo, 26, KEN	2:10:27	75,000
3. Gebre Gebremariam, 28, ETH	2:10:28	40,000
4. Jason Hartmann, 32, Boulder, CO	2:12:12	25,000
5. Wesley Korir, 30, KEN	2:12:30	15,000
6. Markos Geneti, 28, ETH	2:12:44	12,000
7. Dickson Chumba, 26, KEN	2:14:08	9,000
8. Jeff Hunt, 30, AUS	2:14:28	7,400
9. Daniel Tapia, 26, Castroville, CA	2:14:30	5,700
10. Craig Leon, 28, Eugene, OR	2:14:38	4,200
11. Rob Watson, 29, CAN	2:15:33	2,600
12. Levy Matebo, 23, KEN	2:15:42	2,100
13. Tomohiro Tanigawa, 25, JPN	2:16:57	1,800
14. Carlos Carballo, 30, Cathedral City, CA	2:17:05	1,700
15. Lee Troop, 40, Boulder, CO (AUS)	2:17:52	1,500 + 10,000m
16. Fernando Cabada, 30, Boulder, CO	2:18:33	
17. Joseph Gray, 29, Renton, WA	2:18:45	
18. Kevin Pool, 30, Folsom, CA	2:18:59	
19. Carlos Trujillo, 27, Middleton, ID	2:19:24	
20. Matt Dewald, 30, Denver, CO	2:19:35	
... 27. Deriba Merga, 32, ETH	2:21:40	
[1:04:55 / 1:16:45]		

m) Earned masters prize money

ALL WOMEN'S ELITE RACE

1. Rita Jeptoo, 32, KEN	2:26:25	\$150,000
[1:14:34 / 1:10:51]		
2. Meseret Hailu Debele, 22, ETH	2:26:58	75,000
3. Sharon Cherop, 29, KEN	2:27:01	40,000
4. Shalane Flanagan, 31, Portland, OR	2:27:08	25,000
5. Tirfi Tsegaye Beyene, 28, ETH	2:28:09	15,000
6. Kara Goucher, 34, Portland, OR	2:28:11	12,000
7. Madai Perez, 33, MEX	2:28:59	9,000
8. Diane Nukuri-Johnson, 28, BDI	2:29:54 PB	7,400
9. Ana Dulce Félix, 30, POR	2:30:05	5,700
10. Sabrina Mockenhaupt, 32, GER	2:30:09	4,200
11. Diana Sigei, 25, KEN	2:33:02	2,600
12. Mamitu Daska, 29, ETH	2:33:31	2,100
13. Alemitu Abera, 27, ETH	2:33:46	1,800

14. Yolanda Caballero, 31, COL	2:35:10	1,700
15. Stephanie Rothstein Bruce, 29, Flgs, AZ	2:35:31	1,500
16. Yuka Yano, 26, JPN	2:35:46 PB	
17. René Kalmer, 32, RSA	2:37:15	
18. Svetlana Pretot, 41, FRA	2:38:19	10,000m
19. Manami Kamitanida, 23, JPN	2:38:21	
20. Sheri Piers, 41, Falmouth, ME	2:39:25	5,000m
... 23. Nuta Olaru, 42, Longmont, CO	2:42:57	2,500m

m) Earned masters prize money

MIXED-GENDER WOMEN (net times)

1. Kimberlie Fowler, 32, Raleigh, NC	2:46:37
... 12. Joan Samuelson, 55, Freeport, ME	2:50:29

B.A.A. 5 km (5th)

Boston, USA, 14 April

(Certified one-loop course)

MEN (gun times)

1. Dejen Gebremeskel, 23, ETH	13:37	CR* \$4000
2. Aaron Braun, 25, Flagstaff, AZ	13:40	2000
3. Lani Rutto, 24, KEN	13:41	1500
4. Allan Kiprono, 23, KEN	13:43	1000
5. Stephen Sambu, 24, KEN	13:47	750
... 8. Alistair Cragg, 32, IRL	14:07	400

WOMEN (gun times)

1. Kim Smith, 31, Providence, RI (NZL)	15:16	\$4000
2. Lineth Chepkurui, 25, KEN	15:23	2000
3. Molly Huddle, 28, Providence, RI	15:28	1500
4. Werknesh Kidane, 32, ETH	15:32	1000
5. Kellyn Johnson, 26, Flagstaff, AZ	15:57	750

B.A.A. Invitational Mile (5th)

Boston, USA, 14 April

(Three-loop certified course)

PROFESSIONAL MEN

1. Nick Willis, NZL, 4:03.3 CR (\$3000)
2. Ross Murray, GBR, 4:07.8 (\$2000)
3. Peter van der Westhuizen, **RSA**, 4:10.0 (\$1000)

PROFESSIONAL WOMEN

1. Brenda Martinez, USA, 4:51.4 (\$3000)
2. Gabriele Anderson, USA, 4:52.7 (\$2000)
3. Heather Kampf, USA, 4:53.5 (\$1000)

More Magazine | Fitness Magazine Women's Half Marathon (10th)

Central Park, New York, USA, 14 April

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

WOMEN

1. Deena Kastor, 40, Mammoth Lakes, CA 1:13:25 CR \$1000

2. Aziza Aliyu, 27, Bronx, NY (ETH) 1:13:32 750
3. Hirut Beyene Guangul, 20, Wash, DC (ETH) 1:15:15 500

SPAR Great Ireland Run

Dublin, IRL, 14 April

(Distance: 10 km; two-loop course [one short loop, one long loop])

MEN (gun times)

1. Kenenisa Bekele, ETH, 28:51
2. Sergey Lebid, UKR, 29:08
3. Ibrahim Jeilan, ETH, 29:18
4. Hamid El Mouaziz, MAR, 29:26
5. Collis Birmingham, AUS, 29:30

WOMEN (gun times)

1. Lauren Howarth, GBR, 33:36
2. Gemma Steel, GBR, 33:49
3. Julia Bleasdale, GBR, 33:53

TRACK

Hyogo Relays (61st)

Kobe, JPN, 20-21 April

MEN

Grand Prix 10000 (21):

1. Patrick Mutunga (KEN), 27:40.44 WL
2. Paul Tanui (KEN), 27:51.13
3. Martin Mathathi (KEN), 27:58.44
4. Patrick Muendo (KEN), 27:59.15

WOMEN

Grand Prix 10000 (21):

1. Sally Kaptich Chepyego (KEN), 32:00.02
2. Rei Ohara, 32:32.15
3. Yuka Takashima, 32:33.37
4. Tomomi Tanaka, 32:52.94
5. Mai Tsuda, 32:54.25

Mt. SAC Relays (55th)

Walnut, USA, 18-20 April

MEN

800:

Invitational Elite (20):

- | | | |
|--------------------|------------|---------|
| 1. Duane Solomon | Saucony | 1:46.03 |
| 2. Eric Sowinski | Iowa | 1:46.05 |
| 3. Brandon Johnson | Unattached | 1:46.36 |

Olympic Development Elite (20):

- | | | |
|-------------------|------------------------|------------|
| 1. Declan Murray | Loyola (Ill.) | 1:46.77 PB |
| 2. Richard Jones | Gray All Stars | 1:47.20 |
| 3. James Gilreath | Adidas Team Green | 1:47.38 PB |
| 4. David Mokone | Western Kentucky (RSA) | 1:47.51 PB |

1500:

Invitational Elite (19):

- | | | |
|-------------------|-------------------------|------------|
| 1. Patrick Casey | Oklahoma | 3:40.27 PB |
| 2. Pablo Solares | Bay Area Track Cl.(MEX) | 3:40.98 |
| 3. Thomas Farrell | Oklahoma State (GBR) | 3:41.33 |

Olympic Development U/O (19):

- | | | |
|---------------------|------------------------|---------|
| 1. Ben True | Saucony | 3:40.07 |
| 2. Eric Harasyn | Brooks | 3:42.02 |
| 3. David McCarthy | Unattached (IRL) | 3:42.30 |
| ... 6. David Mokone | Western Kentucky (RSA) | 3:43.51 |

5000 (19):

Invitational Elite:

- | | | |
|-----------------|--------------------|----------------|
| 1. Will Leer | NIKE | 13:21.55 WL/PB |
| 2. Rory Fraser | Unattached (GBR) | 13:24.07 PB |
| 3. Byron Piedra | Ecuador (ECU) | 13:28.81 |
| 4. Yuki Sato | Nissin Foods (JPN) | 13:30.57 |
| 5. Ben Bruce | Adidas | 13:30.79 PB |

10000 (18):

Invitational Elite:

- | | | |
|--------------------|-----------------------|-------------|
| 1. Gabriel Proctor | Western State | 28:58.92 PB |
| 2. Joseph Chebet | Western Kentucky(UGA) | 29:01.44 |
| 3. Craig Curley | Mizuno | 29:03.45 PB |

3000 s/chase (18):

Invitational Elite:

- | | | |
|-------------------|---------------------|------------|
| 1. Jose Peña | Unattached (VEN) | 8:27.66 WL |
| 2. Haron Lagat | Kenya (KEN) | 8:36.21 |
| 3. Anthony Rotich | Texas El Paso (KEN) | 8:37.47 PB |

WOMEN

800:

Invitational Elite (20):

- | | | |
|-------------------------|------------------------|------------|
| 1. Laura Roesler | Oregon | 2:01.75 PB |
| 2. Lea Wallace | Nike | 2:01.86 |
| 3. Marilyn Okoro | Nike (GBR) | 2:01.95 |
| 4. Hilary Stellingwerff | Speed River TFC (CAN) | 2:02.39 |
| 5. Melissa Bishop | Canada (CAN) | 2:02.62 |
| ... 8. Diane Cummins | Mountain West TC (CAN) | 2:04.72 |
| 9. Morgan Uceny | Adidas | 2:05.50 |

1500:

Invitational Elite (19):

- | | | |
|--------------------|-----------------|------------------|
| 1. Brenda Martinez | New Balance | 4:04.86 WL/PB/MR |
| 2. Kim Conley | New Balance/SRA | 4:10.03 PB |
| 3. Lea Wallace | Nike | 4:10.79 |

5000 (19):

Invitational Elite:

- | | | |
|-----------------------------|-------------------|-------------|
| 1. Abbey D'Agostino | Dartmouth | 15:11.35 PB |
| 2. Lucy Van Dalen | New Zealand (NZL) | 15:21.08 PB |
| 3. Mary Cullen | Ireland (IRL) | 15:23.12 |
| 4. Neely Spence Gracey | Brooks Hansons | 15:26.51 PB |
| 5. Marisol Guadalupe Romero | Mexico-FMAA (MEX) | 15:29.51 |
| ... 8. Emily Sisson | Providence | 15:39.80 |

... 22. Sara Hall Asics 16:00.61

10000 (18):

Invitational Elite:

1. Kathya Garcia	Mexico-FMAA (MEX)	33:26.98 PB
2. Laura Nagel	Providence (NZL)	33:46.69 PB
3. Emma Bates	Boise State	33:49.64 PB

3000 s/chase (18):

Invitational Elite:

1. Shalaya Kipp	Unattached	9:52.82
2. Linsley Anderson	Unattached	9:54.46
3. Jessica Furlan	Nebraska (CAN)	9:58.52 PB

Kansas Relays (85th)

Lawrence, USA, 17-20 April

MEN

Mile:

Cunningham Invitational (20):

1. Cory Leslie	Usa	3:58.18 PB
2. Leo Manzano	Nike	4:00.13
3. Nick Symmonds	Usa	4:00.21 PB
4. Lee Emanuel	Great Britain	4:01.98
5. Peter van der Westhuizen	RSA	4:02.10

Big South Outdoor Track Championship

Lynchburg, USA, 18-20 April

WOMEN

10000 (18):

1. Jeanne Stroud	JR Winthrop	36:05.51
2. Khristina Kanagy	SR Liberty	36:48.39
3. Kelsey Hunt	SR High Point	36:55.79
... 5. Letitia Saayman	SO Coastal Caro (RSA)	37:18.27

NEWS

TWO OCEANS 50 KM SPLITS

The times at 50 km for the top 20 men and top 20 women in the Old Mutual Two Oceans Marathon, as provided by Race Director Rowyn James:

MEN

1	David	Gatebe	2:48:32
2	Collen	Makaza	2:51:05
3	Moeketsi	Mosuhli	2:51:05
4	Mthandazo	Qhina	2:51:05
5	Warinyane	Lebopo	2:51:06
6	Motlokoa	Nkhabutlane	2:51:06
7	Tsotang	Maine	2:51:07
8	Johannes	Kekana	2:51:08
9	Mike	Fokoroni	2:51:43
10	Lebenya	Nkoka	2:51:44

11	Henry	Kipsang	2:52:02
12	Sityhilo	Diko	2:52:55
13	Phathalla	Mohloli	2:53:23
14	Moses	Njodzi	2:53:34
15	Edwin	Chimombo	2:53:43
16	Claude	Moshiywa	2:54:15
17	Mzwanele	Maphekula	2:55:25
18	Vusi	Malobola	2:56:33
19	Steven	Dikobo	2:57:40
20	Brighton	Chipere	2:57:46

WOMEN

1	Natalia	Volgina	3:15:20
2	Thabita	Tsatsa	3:16:19
3	Elena	Nurgalieva	3:17:16
4	Charné	Bosman	3:17:54
5	Mamorallo	Tjoka	3:18:13
6	Nina	Podnebesnova	3:19:36
7	Immaculate	Chemutai	3:19:57
8	Ellie	Greenwood	3:23:17
9	Tshifhiwa	Mundalamo	3:26:08
10	Jennifer	Koech	3:26:11
11	Olesya	Nurgalieva	3:27:07
12	Michelle	Williams	3:28:12
13	Camille	Herron	3:28:31
14	Melanie	Van Rooyen	3:32:25
15	Kerry	Koen	3:33:01
16	Isabella	Jepchumba	3:33:56
17	Julanie	Basson	3:37:53
18	Mpho	Mabuza	3:42:44
19	Lesley	Train	3:46:46
20	Helga	Matthee	3:47:47

STATS TIME

With the London Marathon having been run yesterday, here is a list of the twenty all-time best performances in the race (by 13 athletes).

LONDON MARATHON: ALL-TIME TOP 20 WOMEN'S PERFORMANCES

2:15:25	Paula Radcliffe GBR	1	13 Apr 2003
2:17:42	Radcliffe	1	17 Apr 2005
2:18:37	Mary Keitany KEN	1	11 Apr 2012
2:18:56	Radcliffe	1	14 Apr 2002
2:19:19	Keitany	1	17 Apr 2011
2:19:36	Deena Kastor USA	1	23 Apr 2006
2:19:50	Edna Kiplagat KEN	2	22 Apr 2012
2:19:55	Catherine Ndereba KEN	2	13 Apr 2003
2:20:14	Priscah Jeptoo KEN	3	22 Apr 2012
2:20:15	Liliya Shobukhova RUS	2	17 Apr 2011
2:20:15	Jeptoo	1	21 Apr 2013
(11)			
2:20:38	Zhou Chunxiu CHN	1	22 Apr 2007
2:20:46	Kiplagat	3	17 Apr 2011
2:20:57	Florence Kiplagat KEN	4	22 Apr 2012
2:21:06	Ingrid Kristiansen NOR	1	21 Apr 1985

2:21:16	Kastor	3	13 Apr 2003
2:21:29	Lyudmilla Petrova RUS	2	23 Apr 2006
2:21:32	E. Kiplagat	2	21 Apr 2013
2:21:45	Gete Wami ETH	2	22 Apr 2007
2:21:46	Susan Chepkemei KEN	3	23 Apr 2006
(20)			

THIS MONTH IN HISTORY

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

60 years ago: 4 April 1953

The SA Marathon has been held outside South Africa twice, both times in what is now Zimbabwe. On this occasion, the last time it happened, the race was run in the capital of Rhodesia, Salisbury (now Harare), and Nic Slabbert scored an easy victory over the man who would later become famous as a walker, George Hazle. Their times were 2:46:52.8 and 2:54:34.5 respectively. Gerald Walsh was third in 2:55:59.9. Interestingly, the two winning times when the race was held in Rhodesia (in 1947 Carl Pace won in 2:57:41 in Bulawayo), were the slowest of all the races between 1939 and 1962.

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		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:34:17	Joseph Sweeney (IRL)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:13:42	Sibusiso Nzima	Hamburg	21 Apr
	2:04:45	Lelisa Desisa (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	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	51:11	René Kalmer	Germiston	07 Apr

	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)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:26	Irvette van Zyl	London	21 Apr
	2:20:15	Priscah Jeptoo (KEN)		
	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	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	68:47	Sonja Laxton	Germiston	07 Apr
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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