

Distance Running Results

Vol. 13, No. 17 – 30 April 2013

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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 highlights of the past weekend came on the track. South African cross-country and 10 km champion Elroy Gelant started off at the SA Students Championships in Durban by winning the 10000 metres in a brilliant 27:41.30, easily disposing of national 5000- and 10000-metre champion Stephen Mokoka. Gelant's time shot him up into fourth place on the all-time list behind Hendrick Ramaala (27:29.94), Xolile Yawa (27:39.65) and Mokoka (27:40.73). Ramaala's SA record has been standing since 1999.

If that was not enough, the next day Gelant also took the 5000 – his favourite event – in outstanding fashion, again disposing of Mokoka without trouble. His time was 13:16.22 – a mere 2.06 sec slower than Shadrack Hoff's SA record, which is four years older than Ramaala's. Gelant's time puts him second on the all-time list.

The Lemaitre Bay Ultra was held for the 31st time this weekend in Port Elizabeth; the wins went to Sandile Ngunuza in 2:58:30 and Debbie Dodd in 4:22:45.

One list leader was set during the weekend, by junior Leigh Barrow in the Ravensmead 15 km; she ran 64:11 to add to her list leader in the half marathon.

The regular features Stats Time and This Month in History will be resumed next week, when we will also catch up with international happenings.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Eskort Cavanagh Ultramarathon & Half Marathon, Estcourt
 - * Ravensmead 15 km, Ravensmead
 - * Lemaitre Bay Ultra & 10 km, Port Elizabeth
 - * Forever Resorts Loskop 50 km & Half Marathon, Middelburg to Loskop Dam
 - * Langebaan Country Estate Weskus Marathon & Half Marathon, Langebaan
 - * XC: KZN League Meeting, Pietermaritzburg; Gauteng North League Meeting, Pretoria
 - * Track: SA Students Championships, Durban
-

ROAD RUNNING

Eskort Cavanagh Ultramarathon (41st) & Half Marathon

Estcourt, 28 April

(Distances: 52 km & 21.1 km; loop courses.)

52 km

MEN

- | | | | | |
|----|------------------|------------|---------|-------|
| 1. | Bongani Msimango | Phuma KZN | 3:19:31 | R1000 |
| 2. | Thulani Duma | Nedbank AC | 3:19:35 | R600 |
| 3. | Bongani Ngobese | Oziweni AC | 3:24:14 | R400 |

40-49:

- | | | | | |
|----|---------------|-----|---------|------|
| 1. | Elbard Mbatha | LAC | 4:05:01 | R300 |
|----|---------------|-----|---------|------|

50-59:

- | | | | | |
|----|------------------|----------|---------|------|
| 1. | Eloi de Oliveira | Boxer AC | 3:46:01 | R300 |
|----|------------------|----------|---------|------|

60+:

- | | | | | |
|----|--------------|-----------|---------|------|
| 1. | Mike Cowling | Saints AC | 4:56:24 | R300 |
|----|--------------|-----------|---------|------|

WOMEN (Same prize money as men)

- | | | | |
|----|--------------------|--------------|---------|
| 1. | Fikile Mbuthuma | Nedbank AC | 4:12:17 |
| 2. | Nonsekelelo Mbambo | Natal Carb | 4:21:54 |
| 3. | Nicola McMurray | Mntunzini AC | 4:33:37 |

40-49:

- | | | | |
|----|--------------------|------------|---------|
| 1. | Hleziphi Ncayiyana | Nedbank AC | 4:48:42 |
|----|--------------------|------------|---------|

50-59:

- | | | | |
|----|------------|-----|---------|
| 1. | Elize Fick | LAC | 6:00:06 |
|----|------------|-----|---------|

Half marathon

MEN

- | | | | | |
|----|-------------------|------------|---------|------|
| 1. | Bafana Miya | Loskop AC | 1:21:10 | R300 |
| 2. | Paulos Phungule | Nedbank AC | 1:21:44 | R200 |
| 3. | Lindilani Nxumalo | Loskop AC | 1:24:20 | R150 |

WOMEN (Same prize money as men)

- | | | | |
|----|-------------------|-----------|---------|
| 1. | Grace de Oliveira | Boxer AC | 1:46:47 |
| 2. | Jen Fellowes | Ind | 1:50:59 |
| 3. | Nontobeko Mlambo | Loskop AC | 1:52:26 |

Ravensmead 15 km

Ravensmead, 27 April

(Certified loop course)

MEN

- Merlin Klaaste (NBMC SWD) 47:12 (R400)
- Duane Fortuin (Bid) 47:29 (R200)
- Duran Byman (Tyger) 47:48 (R100)

Veterans: 1. Graham Katzen (Itheko) 48:42 (R250); 2. Isaac Opperman (CS) 50:12 (R150); 3. Xolile Macanda (Gugs) 51:35 (R75). **Masters:** 1. Eric Coetzee (CPUT) 53:51 (R150); 2. Roston Isaacs (Ned) 55:43 (R100); 3. Ludwig Lillie (Durb) 57:41 (R50).

G'masters: 1. Barry Bester (Durb) 63:40 (R125); 2. Neil Ebing (WPCC) 69:43 (R75).

Juniors: 1. Granville Katzen (Itheko) 53:01 (R100); 2. Siphe Dlokweni (Ommie) 53:03 (R75); 3. Terrence Khan (Gugs) 53:23 (R50).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (Maxed) 56:52
2. Sandra van Graan (Edge) 61:58 (1st vet)
3. Busisiwe Matiwane (Celtic) 62:51

Veterans: 1. Sandra van Graan (Edge) 61:58; 2. Ronel Steenkamp (Durb) 64:52; 3. Clare Cousins (VOB) 66:25. **Masters:** 1. Mariëtte Strauss (Tyger) 64:02; 2. Olga Howard (Celtic) 65:11; 3. Bev Charters (VOB) 71:30. **G'masters:** 1. Helen du Plessis (Tyger) 74:49; 2. Lyn Wood (NBMC) 80:07. **Juniors:** 1. Leigh Barrow (UCT) 64:11; 2. Pamela Mtshemla (VOB) 65:23; 3. Asiphe Snyman (East) 65:36.

Lemaitre Bay Ultra (31st) & 10 km

Port Elizabeth, 27 April

(Distances: 50 km & 10 km; out-and-back courses. Finishers: 50 km – 259; 10 km – 633.)

50 km

MEN

1	Sandile	Ngunuza	Nedbank RC EP	30	2:58:30
2	Eric	Sigxashe	Temp	34	3:01:02
3	Masande	Mlonyeni	Nedbank RC EP	32	3:05:29
4	Mila	Pasiya	Nedbank RC EP	33	3:06:19
5	Christopher	Mabengeza (1 st vet)	Nedbank RC EP	46	3:14:05
6	Emerson	Kayana	Nedbank RC EP	39	3:16:17
7	Thabang	Masilu	Temp	35	3:17:52
8	Kgotso	Majara	Ikhamba AC	32	3:21:03
9	Luvuyo	Stephen	Nedbank RC EP	42	3:21:04
10	Bongani	Bashe	Absa NMMU AC	31	3:39:27
11	Mxolisi	Dlamini	Phumza Knz AC	32	3:41:58
12	Mongezi	Mboya	PEAAC	35	3:42:38
13	Thembinkosi	Mdyogolo	Nedbank RC EP	44	3:45:02
14	Vusumzi	Runeli	Nedbank RC EP	40	3:45:05
15	Thembekile	Msipa	Charlo AC	38	3:47:24
16	Colben	Ngcupe	SA Prof Develop	49	3:50:25
17	Vincent	Mbixana	Temp	44	3:55:44
18	Nkosinathi	Vlakkok	Ikhamba AC	36	3:57:00
19	Welcome	Loliwe	Nedbank RC EP	48	3:57:25
20	Gcobani	Bekwapi	Charlo AC	33	3:59:58

40-44:

1	Luvuyo	Stephen	Nedbank RC EP	42	3:21:04
2	Thembinkosi	Mdyogolo	Nedbank RC EP	44	3:45:02
3	Vusumzi	Runeli	Nedbank RC EP	40	3:45:05

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	46	3:14:05
2	Colben	Ngcupe	SA Prof Develop	49	3:50:25
3	Welcome	Loliwe	Nedbank RC EP	48	3:57:25

50-54:

1	Disemba	Blou	Warriors AC	54	4:12:19
2	Efese	Peter	SANDF EP	52	4:15:23
3	Johnny	Malgas	SANDF EP	53	4:17:41

55-59:

1	Richard	Foss	Albany RR	59	4:20:12
2	Colin	Parkins	Bluewater Bay	59	4:40:40
3	Roland	Dace	Gelvan AC	58	4:43:05

60-64:

1	Jimmy	Styan	Achilles AAA	61	4:02:55
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2	Sizinzo	Kama	Achilles AAA	61	4:28:44
3	Errol	Rossouw	PEAAC	63	5:05:21

65-69:

1	Thembisile	Ntoni	PEAAC	65	6:00:13
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70-74:

1	Godfrey	Kariem	Gelvan AC	72	5:46:40
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WOMEN

1	Debbie	Dodd (1 st vet)	Charlo AC	42	4:22:45
2	Elmarie	Bezuidenhout	Charlo AC	31	4:24:40
3	Nicolene	Wilkinson	Queenstown	31	4:33:50
4	Maresa	Ah Kun	Bluewater Bay	37	4:39:21
5	Vanessa	Brecht	Gelvan AC	30	4:46:16
6	Ursula	Davidson	Body Concept	40	4:48:23
7	Nolukhanyo	Mdwayi	Body Concept	32	4:50:36
8	Adri	Du Plessis	Achilles AAA	40	4:54:05
9	Connie	Felix	Gelvan AC	47	4:56:09
10	Lesley	Dennison	Pirates RR	47	4:56:26
11	Rosemary	Joubert (1 st mast)	Crusaders AC	52	4:57:24
12	Rene	Hattingh	PEAAC	35	4:58:08
13	Annelize	Shergold-Smith	Bluewater Bay	32	4:59:27
14	Janice	McKerry	Queenstown	48	5:03:53
15	Nurunnisa	Madatt	Malabar AC	50	5:07:02
16	Nerine	Loock	Nedbank RC EP	36	5:09:42
17	Theresa	Lillis	Achilles AAA	56	5:10:20
18	Almarie	Jansen van Rensburg	PEAAC	39	5:11:04
19	Benita	Barton	Crusaders AC	42	5:11:06
20	Marissa	Black	Nedbank RC EP	34	5:11:38

40-44:

1	Debbie	Dodd	Charlo AC	42	4:22:45
2	Ursula	Davidson	Body Concept	40	4:48:23
3	Adri	Du Plessis	Achilles AAA	40	4:54:05

45-49:

1	Connie	Felix	Gelvan AC	47	4:56:09
2	Lesley	Dennison	Pirates RR	47	4:56:26
3	Janice	McKerry	Queenstown	48	5:03:53

50-54:

1	Rosemary	Joubert	Crusaders AC	52	4:57:24
2	Nurunnisa	Madatt	Malabar AC	50	5:07:02
3	Ronell	Niksich	St Albans CS EP	50	5:32:42

55-59:

1	Theresa	Lillis	Achilles AAA	56	5:10:20
2	Robin	Elbourne	Crusaders AC	55	5:25:43
3	Christine	Snyman	Despatch AC	57	5:27:50

10 km**MEN**

1	Lusapho	April	Oxford Striders	30	30:37
2	Mariano	Eesou	Absa NMMU AC	21	31:04
3	Gift	Zet	Ikhamba AC	25	31:17
4	Bulelini	Niwa	PEAAC	27	32:11
5	Aphlyn	Taai	Transnet Engineering AC EP	30	32:25
6	Maxwell	Goodman (1 st vet)	Malabar AC	40	32:26
7	Andre	Ketchem	Transnet Engineering AC EP	29	33:34
8	Ryan	Peter	Absa NMMU AC	19	33:48
9	Ricardo	Plaatjies	Temp	30	34:08

10	Thando	Bixa	Warriors AC	32	34:38
11	Siyabonga	Kahla (1 st jun)	Youth 4 Change AC	17	34:57
12	Freddie	Jantjies	Temp	43	35:14
13	Michael	Bester	Achilles AAA	25	35:15
14	Melumzi	Tshotyana	Temp	24	35:42
15	Mzamo	Fokwana	Charlo AC	35	36:20
16	Lufeze	Xinwa	Transnet Engineering AC EP	26	37:11
17	Lewis	Skade	Transnet Engineering AC EP	35	37:14
18	Adriaan	Gouws	Nedbank RC EP	40	37:59
19	Sindile	Mgiyo	Malabar AC	17	38:00
20	David	Mama	Aspen Pharmacare	37	38:04
40-44:					
1	Maxwell	Goodman	Malabar AC	40	32:26
2	Freddie	Jantjies	Temp	43	35:14
3	Adriaan	Gouws	Nedbank RC EP	40	37:59
45-49:					
1	Robin	Fourie	Achilles AAA	49	42:17
2	Linton	Harmse	Absa NMMU AC	49	43:13
3	Hendrik	Van Wyk	Despatch AC	49	44:00
50-54:					
1	Joseph	Bain	St Albans CS EP	53	41:41
2	Graham	Munton	Charlo AC	51	44:15
3	Wouter	Loots	Charlo AC	51	45:15
55-59:					
1	Clifford	Hicken	Nedbank RC EP	55	44:00
2	Bruce	McEwan	Achilles AAA	59	44:32
3	Chris	Terblanche	Achilles AAA	57	45:54
60-64:					
1	Graham	Channon	Achilles AAA	63	45:08
2	Hannes	Els	Madiba Bay AC	63	45:42
3	Albert	Ngcanga	X-Cel AC	63	48:18
65-69:					
1	Syd	Lippstreu	Crusaders AC	65	47:42
2	Tom	D'Arcy	Achilles AAA	67	52:28
3	Andre	Fourie	Elite AC	65	58:27
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	71	46:11
2	Rolf	Mentzel	Profiles AC	73	53:29
3	Robin	Clark	Achilles AAA	72	1:07:14
75-79:					
1	John	Peart	Nedbank RC EP	77	1:22:31
80+:					
1	Wells	Anderson	PEAAC	80	1:09:56
Juniors:					
1	Siyabonga	Kahla	Youth 4 Change AC	17	34:57
2	Sindile	Mgiyo	Malabar AC	17	38:00
3	Donald	Nel	Absa NMMU AC	18	41:37
WOMEN					
1	Christine	Claasen (1 st vet)	Achilles AAA	48	42:59
2	Siphokazi	Nojoko (1 st jun)	SA Prof Develop	18	43:49
3	Janette	Schierz-Crusius (1 st mast)	Body Concept	52	43:52
4	Megan	Wilson	Charlo AC	17	44:29
5	Grizelda	Pietersen	Achilles AAA	44	44:43
6	Tiani	Claassen	Despatch AC	22	45:56
7	Terray	Newcombe	Elite AC	22	46:26

8	Claire	Nagel	Elite AC	49	46:56
9	Estee	Cockcroft	Temp	28	47:28
10	Sharon	Gouws	Nedbank RC EP	42	48:22
11	Star	Douglas	Temp	36	48:55
12	Rozelle	Von Molendorff	Elite AC	49	49:38
13	Natasha	Bulbring	Rhodes University	27	49:52
14	Ida	Fivaz	Hartenbos	39	49:57
15	Toegeda	Vyver	Nedbank RC EP	41	50:01
16	Tania	Jordaan	Charlo AC	36	50:03
17	Lauren	McClelland	Temp	23	50:34
18	Natalie	Elliot	PEAAC	35	50:49
19	Kimberley	Wilson	Charlo AC	17	50:53
20	Sunelle	Horne	Bluewater Bay	39	51:03

40-44:

1	Grizelda	Pietersen	Achilles AAA	44	44:43
2	Sharon	Gouws	Nedbank RC EP	42	48:22
3	Toegeda	Vyver	Nedbank RC EP	41	50:01

45-49:

1	Christine	Claasen	Achilles AAA	48	42:59
2	Claire	Nagel	Elite AC	49	46:56
3	Rozelle	Von Molendorff	Elite AC	49	49:38

50-54:

1	Janette	Schierz-Crusius	Body Concept	52	43:52
2	Merle	Nair	Achilles AAA	51	52:36
3	Amanda	Wolmarans	Walmer AC	54	53:17

55-59:

1	Elize	Smalberger	St Albans CS EP	57	52:12
2	Marietjie	Pietersen	Achilles AAA	56	53:28
3	Monica	Kemp	Madiba Bay AC	57	55:44

60-64:

1	Cathy	Ives	Achilles AAA	60	55:16
2	Jos	Els	Madiba Bay AC	61	56:45
3	Helene	Oppel	Crusaders AC	63	59:32

65-69:

1	Liz	Grundlingh	Muirite Striders	66	53:39
2	Denise	Terblanche	Walmer AC	65	1:03:49
3	Orgia	Nell	Muirite Striders	69	1:09:04

70-74:

1	Lorna	Brown	PEAAC	74	1:28:54
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75-79:

1	Dorothy	Hart	Charlo AC	75	1:07:10
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Juniors:

1	Siphokazi	Nojoko	SA Prof Develop	18	43:49
2	Megan	Wilson	Charlo AC	17	44:29
3	Kimberley	Wilson	Charlo AC	17	50:53

Forever Resorts Loskop 50 km (28th) & Half Marathon

Middelburg to Loskop Dam, 20 April

(Distances: 50 km & 21.1 km. Ultramarathon: Point-to-point downhill course; the elevation loss from start [1475 m] to finish [930 m] is 545 m, i.e. 10.9 m/km. Half Marathon: drop unknown.)

Note: Most of the clubs of the runners in the age categories were not included in the results, so all have been left out here. Some times were also not provided. – Ed.

50 km

MEN

1. Othaniel Phahlane (Trans) 2:46:10
2. Samuel Seun Moleshioa (Ned) 2:50:06
3. Joseph Mphuthi (Toy) 2:50:25
4. William Mokwalakwala (Toy) 2:51:41
5. Elias Mabane (Ned) 2:52:13 (1st vet)

Veterans: 1. Elias Mabane 2:52:13; 2. Butiki Jantjies 2:57:54; 3. Brighton Chipere (ZIM) 2:59:42. **Masters:** 1. Gideon Radebe 3:28:24; 2. Francis Mukuka (ZAM) 3:30:04; 3. Philemon Mailola 3:39:39. **G'masters:** 1. Aubrey Watson 3:58:36; 2. Don Charles 4:13:20.

WOMEN

1. Jennifer Koech (KEN/ Ned) 3:18:11
2. Lizzih Chokore (ZIM/Ned) 3:22:11
3. Muchaneta Gwata (ZIM/Maxed) 3:33:44
4. Jane Mudau (Ned) 3:42:30 (1st mast)
5. Lesley Train (Toy) 3:42:42

Veterans: 1. Zelda Breytenbach 3:55:36; 2. Carien Visser 3:55:36 [correct]; 3. Nocawe Morake 4:02:47. **Masters:** 1. Jane Mudau 3:42:30; 2. Marie Bruwer 3:52:42; 3. Frances van Blerk 4:18:48. **G'masters:** 1. Anna Sonnendecker 6:25:00; 2. Elizabeth Brouwer 6:25:45.

Half marathon

MEN

1. David Manja (Ned) 1:09:53
2. Joel Mmone (Ned) 1:10:15
3. Zola Mnisi (MP) 1:10:42
4. Masilo Matjiane (LES/Toy) 1:10:58
5. Wesley Mutai (KEN/Atteridgeville) 1:12:41

Veterans:

1. Siphon Ncube (ZIM/Toy) 1:17:53
2. Nikky Masombuka (NB) 1:21:12
3. Belay Hagos (ETH/ADT) 1:12:50

Masters:

1. Dan Mothibe (NB) n/t
2. Linda Maphanga (Anglo American) n/t
3. Paulos Mofokeng (Ned) n/t

G'masters:

1. Cyril Vergie (Mercury) n/t
2. Pele Tshikundamalema (Toy) n/t

Juniors:

1. Donald Meloina (Ned) 1:19:15
2. Mabu Collins (Ned) 1:19:32
3. Timothy Munzhelele (Toy) 1:19:53

WOMEN

1. Myrette Filmalter (Ned) 1:25:31
2. Anita O'Brien (Temp) 1:34:42
3. Eunice Nhlapo (Eskom) 1:35:38
4. Rene du Preez (Middelburg) 1:48:22
5. Nkeke Gift Ramabhele (Eskom) 1:49:48

Veterans:

1. Griselda Wasserman (Dosco) 2:10:12
2. Mari Luus (Transnet) 2:15:37
3. Henriette Odendaal (Eskom) 2:18:11

Masters:

1. Denise Botha (Ned) 2:05:47
2. Rouel Fourie (Transnet) 2:10:14
3. Beverley Rausch (Phobians) 2:10:52

G'masters:

1. Deidre Larkin (Randburg) 2:28:15
2. Jenny Robertshaw (Rockies) 2:40:34

Juniors:

1. Laura Souminem (Running Free) 2:14:29
2. Sophie Sibanyani (Eskom) 2:17:37

Langebaan Country Estate Weskus Marathon & Half Marathon

Langebaan, 20 April

(Distances: 42.195 km & 21.1 km; the marathon point to point and the half marathon out and back. Finishers: marathon – 646; Half marathon – 1170.)

Marathon

MEN

1	Sityhilo	Diko	Nedbank AC	2:28:32
2	Mziwonke	Ngwendu	Itheko	2:33:03
3	Velani	Lusaseni	Ind	2:35:21
4	Oscar	Coetzee	NBMC	2:38:30
5	Khaya	Fokwana	VOB	2:41:17
6	Luntu	Kosana	RCS Guguletu AC	2:44:45
7	Imran	Paya	RCS Guguletu AC	2:45:50
8	Youssef	Kanouni	Itheko	2:47:13
9	Admire	Rushika	Nedbank AC	2:50:37
10	Richard	Flint	VOB	2:53:41

Veterans:

1	Gcobani	Ngqona	Itheko	2:54:16
2	Tholang	Moloi	Defence AC	2:54:54
3	Andries	Ntsizakalo	Strand AC	3:00:18

Masters:

1	Desmore	Oppel	Durbanville AC	3:00:32
2	Henry	Cieverts	Top Form AC	3:09:51
3	Wilson	Baartman	Spartan Harriers	3:10:05

G'masters:

1	Patrick	Boyd	Durbanville AC	3:38:18
2	David	Jordaan	Saldanha AC	3:57:54

WOMEN

1	Helga	Matthee	Nedbank AC	3:05:54
2	Candyce	Hall	Nedbank AC	3:12:45

3	Adele	Waldron	West Coast AC	3:17:47
4	Rachel	Arnott	West Coast AC	3:21:37
5	Kerryn	Armstrong	Celtic Harriers	3:36:05
6	Julia	Janse van Rensburg	VOB	3:39:17
7	Ine	Weber	NBMC	3:40:43
8	Ena	Gous	Worcester AC	3:42:16
9	Martha	Pretorius	Defence AC	3:43:32
10	Juli	Switala	Celtic Harriers	3:47:28

Veterans:

1	Ena	Gous	Worcester AC	3:42:16
2	Maryna	Bingle	Worcester AC	3:51:21
3	Liza	Retief	Paarl AC	3:53:10

Masters:

1	Lorraine	Rogers	Durbanville AC	3:49:24
2	Michele	Murry	Edgemead	4:17:09
3	Maretha	De Kock	Bellville AC	4:19:55

G'masters:

1	Olwyn	Oliver	Fish Hoek AC	4:12:11
2	Adri	Visser	Swartland AC	4:20:29

Half marathon**MEN**

1	Lindikhaya	Mthangayi	Itheko	1:09:48
2	Tom	Lusaseni	Itheko	1:10:04
3	Mervin	Klaaste	Nedbank AC	1:10:21
4	Abongile	Snyman	Easterns	1:11:38
5	Vakalisa	Kapolo	Khosa AC	1:11:43
6	Morne	Krommies	Sanlam AC	1:11:54
7	Trev	Escue	Ind	1:13:13
8	Thandile	Joseph	Easterns	1:15:19
9	Bongile	Tshewula	Easterns	1:15:57
10	Mlulami	Mabona	Itheko	1:16:00

Veterans:

1	Xolile Obed	Macanda	Gugs	1:16:58
2	John	September	Celtic Harriers	1:17:38
3	Aaron	Lewis	Ravensmead AC	1:17:40

Masters:

1	Kevin	Isaacs	Top Form AC	1:26:14
2	Maxwell	Godloza	NBMC	1:30:51
3	Robert	Arnold	Top Form AC	1:31:45

G'masters:

1	William	Hendricks	Eerste Rivier AC	1:50:29
2	Johann	Diener	Strand AC	1:51:47

Juniors:

1	Thandile	Joseph	Easterns	1:15:20
2	Lwando	Makhasi	Ommiedraai	1:22:54
3	Thomas	Struis	Swartland AC	1:24:05

WOMEN

1	Nomvuyisi	Seti	Itheko	1:25:03
2	Asiphe	Sikabalanjana	Easterns	1:25:11
3	Helene	Perold	NBMC	1:32:18
4	Tanya	Posthumus	Century City AC	1:35:50
5	Elizabeth	de Gouveia	Durbanville AC	1:36:36
6	Kirsten	Norris	VOB	1:37:32

7	Mpoki	Bokaba	Defence AC	1:41:22
8	Cheryl	Rudolph	Easterns	1:41:34
9	Dinah	Dick	NBMC	1:43:17
10	Hildegarde	Geldenhuis	Ind	1:44:27

Veterans:

1	Madri	Carstens	Durbanville AC	1:49:47
2	Anita	Oppel	Durbanville AC	1:51:57
3	Wilna	White	Bellville AC	1:52:53

Masters:

1	Cheryl	Rudolph	Easterns	1:41:35
2	Charmaine	Cupido	Nedbank AC	1:52:08
3	Hannelie	Stadler	Strand AC	2:08:47

G'masters:

1	Helen	Du Plessis	Tygerberg AC	1:55:14
2	Pixie	Sparg	Celtic Harriers	1:57:20

Juniors:

1	Qud Siyyah	Ceres	Ommiedraai	2:26:08
2	Zohraq	Arnold	Ommiedraai	2:58:19

CROSS-COUNTRY**KZN League Meeting (2nd)**

Pietermaritzburg, 27 April

Note: All distances are 4 km except where indicated otherwise. – Ed.**SR. MEN (12 km)**

1.	Julius Tenai	KEN/Phatanei AC	40:36
2.	Sakhile Mthembu	Phatane AC	41:29
3.	Sipho Khumalo	Phatane AC	42:19

SR. MEN

1.	Xolani Mabida	Ndlovu Academy	14:14
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40-49 (8 km):

1.	Nocanda Xolani	Toti AC	29:34
2.	Grant Cummings	West AC	29:35
3.	Steve Muchna	PDAC	33:13

50-59 (8 km):

1.	Sipho Mbokazi	Phuma	31:38
2.	Mike Sutton	YWP AC	33:35
3.	ken Calverwell	West AC	34:22

60-69 (6 km):

1.	Ken Kerr	Coll Harr	27:11
2.	Oberholzer de Villiers	Toti AC	27:12
3.	Piet Vorster	PDAC	29:12

SR. WOMEN (8 km)

1.	Cary Ann Smith	Nedbank AC	31:59
2.	Trish Bahlmann	Nedbank AC	32:12
3.	Ruth Ngubane	Boxer AC	41:13

SR. WOMEN

1.	Nomcebo Mthethwa	Ind	16:10
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40-49:

1.	Ursula Cockbain	M/Burg AC	17:54
2.	Maureen Slack	West AC	18:01
3.	Sharon Williams	Sunshine AC	22:01

50-59:

1.	Judith Groves	HH	19:18
2.	Elize Cilliers	Savages	19:19
3.	Debby de Koning	Eskom AC	18:52

70+:

1.	Gill Tregenna	West AC	24:19
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Gauteng North League Meeting

Pretoria, 20 April

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

SR. MEN (8 km)

1	Willem Ndzhukula	Nkodima Development	24:53
2	Tebogo Sithole	Tshwane AC	25:17
3	Elliot Makgoba	Monaco	26:15
4	Andries Malete	Individual	26:19
5	Ofenste Mosuwe	Nkodima Development	26:29
6	Dikgang Moate	Tuks	26:58
7	Dikgale Mogale	Temba Prestige	27:30
8	Lucas Mokonyame	SAB	27:48
9	Alloyd Mathebula	Ekangala AC	29:48

SR. MEN

1	Andries Malete	Individual	13:56
2	Elliot Makgoba	Monaco AC	14:09
3	Charles Matatji	Monaco AC	14:26
4	Timothy Olyn	Temba Prestige	14:52
5	Musa Mnguni	Ekangala	15:20
6	Sbusiso Mnguni	Ekangala	15:27
7	Ofentse Mmethi	Bachana Mokwena	18:34
8	McCollen Malungane	Temba Prestige	18:51

MEN 40 (8 km)

1	Niel van Greunen	Enduro	35:00
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MEN 45 (8 km)

1	Brandon Hughes	Phobians	36:04
2	Andre Olivier	Remmogo	39:13
3	Piet Swanepoel	Fortis Noord	42:41

MEN 50 (8 km)

1	Burger Linde	Individual	32:06
2	Nico Vos	Centak	35:55

MEN 55 (8 km)

1	F Bredenkamp	Individual	38:00
2	Buks Meyer	New Balance	39:50

MEN 70 (6 km)

1	Andries van der Merwe	Transnet	32:09
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MEN 80 (6 km)

1	Martin Coetzee	Magnolia	36:02
2	Frans Grobler	Transnet	44:50

MEN 23

1	Lucas Mokonyama	SAB AC	14:01
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MEN 21			
1	Simon Mokonyama	Monaco AC	12:54
2	Koos Baloyi	Temba Prestige	13:21
3	Moses Dirane	Temba Prestige	13:22
JR. MEN (8 km)			
1	Ezekiel Mathonsi	Nkodima Development	25:13
2	Koketso Khoza	Fortis Noord	25:24
3	Junior Ndzekana	Rosina Sedibane	25:33
BOYS 17 (6 km)			
1	Fukama Ramakokobo	Zwartkop	18:34
2	Godfrey Sehuloani	Ekangala AC	19:43
3	Henco Swanepoel	Fortis Noord	19:58
SR. WOMEN (8 km)			
1	Elize Venter	Transnet	48:22
SR. WOMEN			
1	Patience Khumalo	TUT	15:18
2	Thembi Baloyi	TUT	15:23
3	Thitshaamba Ravhandalala	TUT	15:44
4	Charlotte Molefe	SAB	19:30
5	Ilome Lessing	Transnet	23:47
WOMEN 40			
1	Paulinah Phaho	Transnet	17:08
WOMEN 45			
1	Hester Kallmeyer	Gnma	21:02
2	Lidia du Preez	Fortis Noord	24:10
3	Selina Jele	Ekangala AC	30:25
WOMEN 50			
1	Elsie Mokone	Temba Prestige	25:27
WOMEN 55			
1	Zodwa Motaung	Ekangala AC	24:44
WOMEN 21			
1	Shirley Baloyi	Adam Mosebe	24:02
JR. WOMEN (6 km)			
1	Thandeka Manzana	Prestige	26:35
2	Busisiswe Moroatshehla	Temba Prestige	28:12
3	Victoria Motshapo	Soshanguvue High	29:16
GIRLS 17			
1	Melissa Odendaal	Fortis Noord	17:06
2	Charlotte Teffo	Rosina Sedibane	17:32
3	Sunette Vos	Centak	17:33

TRACK

SA Students Championships

Durban, 26 & 27 April

Note: Unfortunately the date for each event is not known. – Ed.

MEN

800:

1. André Olivier (PUK) 1:49.97
2. Jacques Pretorius (US) 1:51.23
3. Amos Nyongu (NMMU) 1:51.42

1500:

1. Jerry Motsau (PUK) 3:40.07
2. André Olivier (PUK) 3:40.55
3. Dumisane Hlaselo (Kovsies) 3:41.29

3000 s/chase:

1. Rantso Mokopane (PUK) 8:44.57
2. Dean Brummer (PUK) 8:45.66
3. Tumelo Motlagale (UJ) 8:51.17

5000:

1. Elroy Gelant (PUK) 13:16.22
2. Stephen Mokoka (TUT) 13:31.23
3. Jeromy Andreas (UJ) 13:56.12

10000:

1. Elroy Gelant (PUK) 27:41.30
2. Stephen Mokoka (TUT) 28:09.70
3. Gladwin Mzazi (TUT) 29:18.69

Half Marathon:

1. Gladwin Mzazi (TUT) 1:05:28
2. Xolisani Zamkele (VUT) 1:05:45
3. Thabang Massihleho (CUT) 1:06:10

WOMEN

800:

1. Anuschka Nice (Tuks) 2:08.59
2. Danel Prinsloo (Kovsies) 2:09.17
3. Marlise Jordaan (PUK) 2:10.00

1500:

1. Danel Prinsloo (Kovsies) 4:22.66
2. Mandie Brandt (Tuks) 4:26.45
3. Sunel Jacobs (PUK) 4:28.65

3000 s/chase:

1. Nolene Conrad (Ind) 10:21.20
2. Thembi Baloyi (TUT) 10:42.52
3. Ashleigh Schnetler (UJ) 10:58.57

5000:

1. Rosalyn Laurens (PUK) 17:12.62
2. Zandile Hadebe (UJ) 17:40.41
3. Stella Marais (Tuks) 18:05.33

Half Marathon:

1. Portia Ngwenya (TUT) 1:18:03
 2. Princess Ravhandalala (TUT) 1:18:13
 3. Maxine van Deventer (UJ) 1:21:50
-

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	
21.1 km	43:38	Ben True (USA)		30 Mar
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	63:36	Stephen Mokoka	Cape Town	27 Jan
	58:54	Geoffrey Kipsang (KEN)		
30 km	58:23	Zersenay Tadese (ERI) 2010		06 Jan
	80:38A	Sibunelo Duma	Pinetown	
Marathon	71:50	Sammy Kosgei (KEN) 2010		21 Apr
	71:18p	Dennis Kipruto Kimetto (KEN)		
100 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:34:17	Joseph Sweeney (IRL)		
100 km	87:49**	Haile Gebrselassie (ETH) 2009		21 Apr
	2:13:42	Sibusiso Nzima	Hamburg	
100 km	2:04:45	Lelisa Desisa (ETH)		06 Jan
	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	
15 km	30:35	Tecwyn Davies (GBR) 1988		09 Mar]
	51:26	Eric Coetzee	Constantia	
15 km	[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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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		
WOMEN				
<u>Open</u>				
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)		
	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	2:31:26	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		
<u>Veterans (40+)</u>				
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		
<u>Masters (50+)</u>				
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	Somersset East	23 Feb
30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	44:57	Sonja Laxton	Cape Town	17 Mar
15 km	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				
<u>Juniors</u>				
10 km	37:17	Annie Bothma	Cape Town	17 Mar
	31:42	Zola Pieterse (RSA) 1984		
15 km	64:11	Leigh Barrow	Ravensmead	27 Apr
	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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