

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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A jubilant Lusapho April crosses the finish line in Hannover. [IAAF]

April had a difficult 2012, which included a fall at the 30 km refreshment point in the Olympic Marathon, when he was running in the chasing pack together with Meb Keflezighi, who eventually finished fourth.

Rutendo Nyahora wins the Spar 10 km in PE. [Mark West]



In Hannover April, who won the Old Mutual Two Oceans Half Marathon in 2010 and 2011, blew the race open with a surge at 27 km, which resulted in him covering the 5 km between 25 km and 30 km in a blistering 14:42. He ran the first 10 km in 30:55 and reached halfway in 64:49; he completed the second half in 63:43.

Tanith Maxwell was not far behind April, though. Also competing in Germany, she finished sixth in the BIG 25 in Berlin, covering the 25 km in 1:32:18 – the third fastest ever by a South African. Only Colleen de Reuck and Nicole Fuller have been quicker – and that was more than 18 years ago!

In the Spar Grand Prix Series 10 km in Port Elizabeth Rutendo Nyahora (ZIM), who also won the first race in the series in Cape Town (in 33:12), scored another solid win, this time in 33:06. Personal bests went to SA marathon champion Cornelia Joubert (34:23) and Myrette Filmalter (35:07).

EDITORIAL

The weekend belonged to Lusapho April. The former SA marathon champion set a new course record of 2:08:32 in the TUifly Hannover Marathon and broke his previous personal best, clocked when he won the same race in 2011, by almost a minute.

April's time shot him up into eighth on the SA all-time performers list (sixth on a standard course) with the 16th fastest time ever (13th on a standard course). It is the fastest time by a South African since Hendrick Ramaala ran 2:07:56 in London six years ago and vindication for April and coach Karen Zimmerman, who has nurtured the athlete since his junior days.

Two list leaders were set in the 26th Safari Half Marathon in Wellington, by veteran Gert Thys and grandmaster Veronica van Niekerk. Thys, who set a WP record of 67:17 in the race last year, was 53 seconds slower this time.

The Nedbank runner Candyce Hall is outdoing even the 2012 version of herself by piling up racing mileage week after week. In the 4½ weeks since the Old Mutual Two Oceans Marathon Hall has raced 190.4 km – or an astonishing 42.3 km a week! Apart from the Easter ultramarathon, she has also done the Weskus Marathon on 20 April (where she finished second), followed a week later by the Outeniqua 50 km (which she won) – and then, four days later, she ran the Safari Half Marathon! Since 6 January she has completed 405 km of racing – 24.6 km a week for sixteen weeks. This total includes, apart from the two ultramarathons, four marathons!

In two sets of results in last week's DRR Mervin (or Merlin) Klaaste's club was given as NBMC SWD and Nedbank respectively. In this week's KKNK Volstruiswedloop 10 km he is given as "Individual". DRR is still unsure to which club, if any, this runner belongs.

The sixth runner in the Weskus Half Marathon was Morné Kammies, not Krommies. The runner just ahead of him, Vakalisa Kopolo, runs for Khayelitsha, not Khosa.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * UCT Memorial 10 km, Rondebosch
- * Colgate John Hattle 32 km & 15 km, Boksburg
- * Checkout Verulam Marathon, Half Marathon & 10 km, Verulam
- * Spar Grand Prix Series 10 km, Port Elizabeth
- * Wally Hayward Marathon, Half Marathon & 10 km, Centurion
- * Safari Half Marathon, Wellington
- * Outeniqua Marathon, Half Marathon & 50 km, George to Wilderness
- * Great Brak River 10 km, Great Brak River
- * KKNK Volstruiswedlope, Oudtshoorn
- * XC: Gauteng North League Meeting, Soshanguve

International highlights:

- * Lilac Bloomsday Run, Spokane, USA
 - * BIG 25, Berlin, GER
 - * TUIfly Marathon Hannover, Hannover, GER
 - * 15 km du Puy-en-Velay, Puy-en-Velay, FRA
 - * Steinmetz Gaborone Marathon, Half Marathon & 10 km, Gaborone, BOT
 - * METRO Group Marathon Düsseldorf, Düsseldorf, GER
 - * Grand Blue Mile, Des Moines, USA
 - * Track: Re:Run San Diego, San Diego, USA; Oregon Twilight Meet, Eugene, USA; Payton Jordan Cardinal Invitational, Palo Alto, USA; Penn Relays, Philadelphia, USA; Drake Relays, Des Moines, USA; Long Beach State Track & Field Invitational, Norwalk, USA
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ROAD RUNNING

UCT Memorial 10 km (32nd)

Rondebosch, 5 May
(Certified hilly loop course)

Note: The second runner is completely unknown to DRR. It could be Anthony Godongwana.
– Ed.

MEN

1. Lindikhaya Mthangayi (Itheko) 30:52
2. Anthony Edward (Trans AGN) 31:36
3. Sityhilo Diko (Ned) 32:03

Veterans: 1. Graham Katzen (Itheko) 33:00; 2. Xolile Macanda (Gugs) 33:26; 3. Sabelo Ngcwana (Celtic) 34:21. **Masters:** 1. Shafiek Cassiem (Itheko) 38:49; 2. Angus Kleinsmith (SH) 42:46; Charles Parry (Pine) 43:33. **G'masters:** 1. Niel Ebing (WPCC) 45:55; 2. David Smith (FH) 47:54; 3. Roger Davis (Celtic) 52:01. **Juniors:** 1. Babalo Hambani (Itheko) 33:13; 2. Granwin Katzen (Itheko) 33:59; 3. Lwando ? (Ommie) 34:23.

WOMEN

1. Bulelwa Simae (Ned) 36:46
2. Nomvuyisi Seti (Itheko) 37:13
3. Linley Holmes (FH) 39:47

Veterans: 1. Linley Holmes (FH) 39:47; 2. Chantel Simpson (Ned) 43:20; 3. Claire Cousins (VOB) 44:07. **Masters:** 1. Mariëtte Strauss (Tyger) 43:16; 2. Charmaine Cupido (Ned) 48:24; 3. Jackie Loydell (Sat) 52:06. **G'masters:** 1. Helen du Plessis (Tyger) 50:32; 2. Ruth Leverton (Pine) 52:42; 3. Pixie Sparg (Celtic) 52:59. **Juniors:** 1. Amy Abrahams (UWC) 40:38; 2. Leigh Barrow (UCT) 42:10; 3. Londeka Miya (Gugs) 50:13.

Colgate John Hattle 32 km (34th) & 15 km

Boksburg, 5 May
(Loop courses)

32 km

MEN

- 1 Siphoncube (ZIM/Toyota) 1:46:17 (1st vet); 2 Nkopane Seqhobane (LES/GS) 1:47:40; 3 Afrika Mailola (LES/Toyota) 1:49:40.

Veterans: 1 Siphoncube (ZIM/Toyota) 1:46:17; 2 Bheki Nene (ADT) 1:58:49; 3 Elliot Manyosi (Discovery) 1:59:01. **Masters:** 1 Gideon Radebe (Anglo) 2:07:07; 2 Sontaga Mabale (Breakthru Midrand) 2:13:13; 3 Daniel Hlongwane (Carlton) 2:18:20. **G'masters:** 1 Aubrey Watson (New Balance) 2:27:02.

WOMEN

- 1 Jennifer Koech (KEN/Nedbank) 2:03:57; 2 Julianie Basson (Toyota) 2:14:15; 3 Paul Quinsee (Compress Sport) 2:18:55.

Veterans: 1 Paula Quinsee (Compress Sport) 2:18:55; 2 Nonafonto Skosana (Nedbank) 2:31:16; 3 Engelinah Munyai (BNAC) 2:37:06. **Masters:** 1 Josi Leong (Discovery) 2:44:13; 2 Marie Bruwer (Arcelor Mittal) 2:45:58; 3 Debbie Blake (New Balance) 3:02:27. **G'masters:** 1 Patricia Shaw (BNAC) 3:01:31.

15 km

MEN

1 Don Ndlovu (Bidvest) 48:31; 2 Xolani Nkiwane (Blue Sky) 49:46; 3 Simon Mholo (ADT) 51:54.

Veterans: 1 Simon Segau (Discovery) 54:12; 2 Isaac Ndlovu (Daveyton Hearts) 55:34; 3 Donal Kubheka (Buhle) 57:53. **Masters:** 1 Meshack Motla (South Deep) 55:49; 2 Thomas Ngubeni (Elim) 56:56; 3 Tony Da Matta (BNAC) 57:11. **G'masters:** 1 Mike Hirst (Striders) 60:16. **Juniors:** 1 William Nkuna (Benoni Harriers) 52:43.

WOMEN

1 Rose Jijana (Nedbank AVT) 62:32; 2 Moleboheng Mofokeng (Toyota) 64:07; 3 Helen Sum (Nedbank) 64:26.

Veterans: 1 Helen Sum (Nedbank) 64:26; 2 Julie Soicher (Rockies) 68:59; 3 Carole Hatfielf (RAC) 71:17. **Masters:** 1 Irene Jonker (RandMarc) 76:03; 2 Sharon van Dyk (RWFL) 91:23; 3 Bella Carmichael (RRW) 94:07. **G'masters:** 1 Estelle Oosthuizen (RandMarc) 89:17. **Juniors:** 1 Nosta Manganya (Benoni Harriers) 83:25.

Checkout Verulam Marathon, Half Marathon & 10 km

Verulam, 5 May

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Marathon finishers: 620.)

Marathon

MEN

1.	Julius Tenai	KEN/Phatane AC	2:30:06
2.	Sipho Ngxongo	Toyota AC	2:34:09
3.	Richard Nene	Maxed Elite	2:38:15

40-49:

1.	Joseph Mandizha	Form One AC	2:46:23
2.	Teboha Monoreng	Ubunye AC	2:48:54
3.	Rasta Sibiyi	Umhlatuze AC	2:54:00

50-59:

1.	Willie Majombozi	Boxer AC	3:01:20
2.	Nicolas Dlamini	Boxer AC	3:04:36
3.	Willie Shabalala	Umhlatuze AC	3:23:32

60+:

1.	Chris vd Westhuizen	Umtunzin AC	3:46:09
2.	Petros Shumi	Zabalaza AC	3:47:41
3.	Ruben Gama	Ixopo AC	3:59:00

WOMEN

1.	Nonsikelelo Mbambo	Natal Carb	3:20:57
2.	Nicola McMurray	Mtunzini AC	3:28:24
3.	Yolandi Visser	Bluff AC	3:40:45

40-49:

1.	Debbie Slater	Florida	3:44:25
2.	Hleziphi Ncayiyana	Nedbank AC	3:49:01
3.	Karina Pekechaing	Nedbank AC	3:49:04

50-59:

1.	Karin Eslick	Bluff AC	4:08:58
2.	Sarah Tillings	Sydenham AC	4:28:15
3.	Cathy Scott	DCS	4:30:20

60+:

1.	Maureen Parry	Chiltern	4:33:48
2.	Brenda Hughes	Sydenham AC	4:50:00

Half marathon

MEN

1.	Elmore Sibanda	ZIM/Maxed Elite	66:58
2.	Mangake Khatone	Phatane AC	67:09
3.	Sokhile Mthembu	Phatane AC	71:38

40-49:

1.	Michael Ndlovu	Mafukzela AC	83:17
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50-59:

1.	Peter Sehloho	Boxer AC	80:36
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WOMEN

1.	Xoli Madiba	Natal Carb	94:34
2.	Precious Duma	Chatsworth AC	96:27
3.	Maureen Slack	West AC	98:11

40-49:

1.	Maureen Slack	West AC	98:11
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50-59:

1.	Elize Cilliers	Savages AC	1:47:53
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60+:

1.	Linda Feher	Hillcrest Vill	2:42:36
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10 km

MEN

1.	Thabiso Ngalonkule	Chatsworth AC	33:35
2.	Realeboha Lenenya	Phatane AC	33:58
3.	Khanyisa Nkinkqa	Stella AC	35:03

WOMEN

1.	Nomcebo Mthethwa	Umhlatuze AC	41:06
2.	Zovuyo Ncathama	Boxer AC	45:32
3.	Ruth Ngubane	Boxer AC	49:29

Spar Grand Prix Series 10 km

Port Elizabeth, 4 May

(Loop course. Finishers: 1041.)

1	Rutendo	Nyahora	ZIM/Nedbank RC AGN	24	33:06
2	Lebo	Phalula	Maxed Elite CGA	29	33:36
3	Mapaseka	Makhanya	Transnet Eng CGA	28	34:03
4	Cornelia	Joubert	Nedbank RC CGA	24	34:23
5	Christine	Kalmer	Nedbank RC CGA	27	34:26
6	Thozama	April	Transnet Eng CGA	27	34:50
7	Irvette	Van Zyl	Nedbank RC CGA	25	35:03
8	Myrette	Filmalter	Nedbank RC AGN	32	35:07
9	Jenna	Challenor	Boxer	31	35:18
10	Nolene	Conrad	Nedbank RC CGA	27	35:33
11	Catherine	Skosana	Transnet Eng CGA	32	36:24
12	Zintle	Xiniwe	Maxed Elite WP	26	36:51
13	Anna	Moeketsi	Transnet Eng FS	28	36:54
14	Poppy	Mlambo	Boxer	32	36:57

15	Patience	Khumalo	TUT	24	37:12
16	Thitshaamba	Ravhandalala	TUT	24	37:33
17	Annie	Bothma (1 st jun)	Helderberg	17	38:03
18	Thembi	Baloyi	TUT	24	38:11
19	Janene	Carey (1 st vet)	Boxer	41	38:25
20	Khanya	Mateyisi	Khayelitsha AC	19	38:49
40-44:					
1	Janene	Carey	Boxer	41	38:25
2	Ronel	Thomas	Boxer	41	39:47
3	Lana	Theunissen	Nedbank RC SWD	40	42:59
45-49:					
1	Christine	Claasen	Achilles AAA	48	42:52
2	Treloar	Childs	Walmer AC	49	47:26
3	Johannette	Oosthuizen	Temp	48	48:36
50-54:					
1	Grace	De Oliveira	Boxer	51	41:19
2	Merle	Nair	Achilles AAA	51	51:38
3	Doreen	Ferreira	Charlo AC	54	52:33
55-59:					
1	Annatjie	Botes	Nedbank RC SWD	55	43:26
2	Elize	Smalberger	St Albans CS EP	57	52:58
3	Jenny	Reynolds	Temp	55	54:16
60-64:					
1	Sonja	Laxton	Rand AC	64	44:59
2	Luna	Maritz	Temp	60	56:37
3	Helene	Oppel	Crusaders AC	63	58:24
65-69:					
1	Liz	Grundlingh	Muirite Striders	66	53:36
2	Margaret	Nel	Temp	65	59:37
3	Jeanette	Pienaar	PEAAC	65	1:03:25
70-74:					
1	Margaret	Brittain	Legacy AC	70	1:18:58
2	Colleen	Swart	Temp	71	1:34:27
3	Joanne	Hopkins	Temp	73	1:38:11
75-79:					
1	Dorothy	Hart	Charlo AC	75	1:05:56
Juniors:					
1	Annie	Bothma	Helderberg	17	38:03
2	Jamie-Lee	Schlemmer	Absa NMMU AC	17	40:00
3	Klara	Hartmann	Boxer	16	42:19

Wally Hayward Marathon (37th), Half Marathon & 10 km

Centurion, 1 May

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 2460; half marathon – 2550; 10 km – 2170.)

Note: The finisher totals in all three races were significantly higher than last year. – Ed.

Marathon

MEN

1 Sipho Ncube (ZIM/Toyota) 2:25:01 (1st vet); 2 Oupa Maseko (Zwakala) 2:28:00; 3 Sam Ongaki (KEN/Nedbank) 2:28:34; 4 Wesley Mutai (KEN/Attridgeville) 2:29:16; 5 Lucas Nonyana (ABSA) 2:29:43.

Veterans: 1 Sipho Ncube (ZIM/Toyota) 2:25:01; 2 Nikky Masumbuko (Toyota) 2:35:51; 3 Butiki Jantjies (Mr Price) 2:39:19. **Masters:** 1 Elias Letlape (Nedbank) 2:57:40; 2 Nuno Thomaz (New Balance) 3:06:22; 3 Phuti Tlabela (Tshwane AC) 3:08:55. **G'masters:** 1 Daniel Hlongwane (Nedbank) 3:25:32; 2 Almon Zibuse (Randmarc) 3:26:53. **G/g'masters:** 1 Pele Tshikundamalema (Toyota) 4:05:31.

WOMEN

1 Jennifer Koech (KEN/Nedbank) 2:45:03; 2 Julianie Basson (Toyota) 3:00:15; 3 Lesley Train (Toyota) 3:03:05; 4 Anne Bonniwell (Nedbank) 3:03:27; 5 Lindi-Lee Fölscher (Boksburg) 3:03:41.

Veterans: 1 Trace de Waal (Affies) 3:25:44; 2 Gladys Cheruydi (KEN/Nedbank) 3:26:05; 3 Michelle du Toit (Khoza) 3:27:22. **Masters:** 1 Heleen Höll (Rustenburg) 3:43:06; 2 Val Watson (New Balance) 3:49:54; 3 Connie Blom (New Balance) 3:53:02. **G'masters:** 1 Rene Hawkridge (HQH) 4:32:13; 2 Iris Zulu (Vodacom) 4:53:40.

Half marathon

MEN

1 Stephen Mokoka (Transnet) 65:44; 2 Jeffrey Gwebu (Toyota) 66:10; 2 Benedict Moeng (Transnet) 67:03.

Veterans: 1 Brighton Chipere (ZIM/Mr Price) 70:07; 2 Elias Mabane (Nedbank) 73:13; 3 Jackson Seanego (New Balance) 73:28. **Masters:** 1 Reform Ndlovu (Randburg Harriers) 79:00; 2 Themba Phulu (Panorama) 84:14; 3 Allan Coulter (Krugersdorp) 87:22. **G'masters:** 1 Mike du Bruto (Irene) 88:04; 2 Aubrey Watson (New Balance) 96:49; 3 Theo Swanepoel (Kempton) 1:42:47. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:45:43.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 80:25; 2 Mpho Mabuza (Bonitas) 82:07; 3 Prudence Zwane (Transnet) 85:02.

Veterans: 1 Linah Mhlongo (Nedbank) 94:06; 2 Catherine Naane (Sibanye Gold) 97:38; 3 Zelda Breytenbach (New Balance) 98:28. **Masters:** 1 Judy Bird (Breakthru Midrand) 88:17; 2 Ina Lagerwall (Magnolia) 1:47:04; 3 Julie Shadwell (Kearsney Striders) 1:47:31. **G'masters:** 1 Lynn de Bruin (Irene) 1:56:33; 2 Ina Wheatley (PMMC) 2:11:30; 3 Sally Halim (RRW) 2:18:20. **G/g'masters:** 1 Mavis Stadler (Agape) 2:20:42.

10 km

MEN

1 Lucky Mohale (Mr Price) 30:41; 2 Precious Mashela (Transnet) 30:47; 3 Abraham Yator (KEN/Nedbank) 31:05.

Veterans: 1 Piet Mosebedi (Transnet) 33:23; 2 Handsome Siwela (Nedbank) 33:37. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 36:36; 2 Sonataga Mabale (Breakthru Midrand) 39:07. **G'masters:** 1 Don Charles (Nedbank) 42:23; 2 Maxwell Teffo (Tembisa) 48:13. **G/g'masters:** 1 Mike Kleinsmit (Transnet) 51:29. **Juniors:** 1 Zituleke Ntanzu (Take it Easy) 34:49; 2 Kabelo Melami (Bidvest) 35:10.

WOMEN

1 Cornelia Joubert (Nedbank) 35:59; 2 Myrette Filmalter (Nedbank) 36:35; 3 Catherine Skosana (Transnet) 37:50.

Veterans: 1 Paulina Phaho (Transnet) 44:07; 2 Lindie Kompaan (Phobians) 45:09. **Masters:** 1 Jane Mudau (Nedbank) 41:46; 2 Makkie Joubert (Tuks) 46:26. **G'masters:** 1 Estelle Oosthuizen (RandMarc) 60:37; 2 Moira Terwey (RWFL) 61:25. **G/g'masters:** 1 Deidre Larkin (Randburg Harriers) 59:51. **Juniors:** 1 Alicia Labuschagne (New Balance) 38:26; 2 Olivia Labuschagne (New Balance) 38:33.

Safari Half Marathon (26th)

Wellington, 1 May

(Distance: 21.1 km; hilly loop course, partly on gravel. Finishers: 4528.)

Note: The fastest runners in the categories for male masters and juniors (as well as the third fastest in the grandmaster category), and the fastest females in the categories for masters and grandmasters were not reflected in the category results, probably because they did not wear age tags. The finishers total is 15% higher than last year. – Ed.

MEN

1	Lloyd	Bosman	28	Ned SWD	1:06:08
2	Norman	Dlomo	38	Lekoa	1:07:04
3	Andries	Pongwana	25	Treec	1:07:11
4	Lindikhaya	Mthangayi	33	Itheko	1:07:14
5	Nkosinathi	Madyo	25	Ned WP	1:08:06
6	Gert	Thys	41	Maxi	1:08:10
7	Duane	Fortuin	28	Bid WP	1:08:24
8	Sityhilo	Diko	21	Ned WP	1:09:42
9	Sibusiso	Mbingeleli	35	Ned WP	1:09:46
10	Dicardo	Jacobs	27	Ned	1:09:50
11	Tsungai	Mwanengeni	39	ZIM/NBMC WP	1:10:56
12	Xolisa	Tyali	24	Ned CGA	1:11:14
13	Victor	Msopi	33	Ned WP	1:12:05
14	Christopher	Carlese	22	ATC	1:12:13
15	Mnukwa	Anele	33	Elgrab	1:12:42
16	Luyanda	Mapoyi	27	Khaye	1:13:12
17	Akhona	Mdaka	20	Elgrab	1:13:21
18	Riaan	Witbooi	30	Eerste	1:13:26
19	Marks	Mpekula	24	VOB	1:14:39
20	Marvin	Steenkamp	24	Itheko	1:15:17

Veterans:

1	Gert	Thys	41	Maxi	1:08:10
2	Xolile	Macanda	40	Gugs	1:16:37
3	John	September	47	Celtic	1:19:02

Masters:

1	Leon	Williams	51	Swart	1:23:59
2	Ludwig	Lillie	52	Durbac	1:24:21
3	Louis	Claassen	56	Amsac	1:28:42

G'masters:

1	Reinie	Dick	65	Held	1:33:08
2	Albert	Mahlahla	60	Held	1:36:19
3	Dicky	Cloete	60	Def WP	1:39:18

Juniors:

1	Raydon	Balie	18	Eerste	1:18:50
2	Siphe	Dlokweni	18	Odraai	1:19:39
3	Mogamat	Ally	17	Odraai	1:31:24

WOMEN

1	Bulelwa	Simae	36	Ned WP	1:22:32
2	Asiphe	Sikabalanjana	22	East	1:24:11
3	Bernice	Van Zyl	24	Ned WP	1:26:27
4	Tracy	Markham	26	ATC	1:28:41
5	Candyce	Hall	29	Ned WP	1:29:19
6	Kim	Harris	22	AAC	1:29:37

7	Ursula	Frans	44	Celtic	1:30:21
8	Michelle	Dreyer	34	Ned	1:30:39
9	Busisiwe	Matiwane	38	Celtic	1:30:40
10	Helene	Roux	28	NBMC WP	1:31:43
11	Mariëtte	Esterhuyse	50	Tyger	1:32:54
12	Beulah	Paulse	37	Tform	1:35:21
13	Bianca	Marais	37	ATC	1:36:05
14	Ronel	Steenkamp	43	Durbac	1:36:27
15	Olga	Howard	54	Celtic	1:36:40
16	Mia	Lutsch	28	Temp	1:36:43
17	Marlize	Vienings	37	Tyger	1:37:04
18	Mare-Louise	Struwig	27	Temp	1:38:04
19	Liesl	Stoltz	36	Durbac	1:38:09
20	Renate	Vorster	47	RWFL WP	1:38:18

Veterans:

1	Ursula	Frans	44	Celtic	1:30:21
2	Ronel	Steenkamp	43	Durbac	1:36:27
3	Ena	Gous	43	Worc	1:40:49

Masters:

1	Mariëtte	Esterhuyse	50	Tyger	1:32:54
2	Olga	Howard	54	Celtic	1:36:40
3	Cheryl	Rudolph	51	East	1:39:12

G'masters:

1	Veronica	Van Niekerk	67	Elgrab	1:47:15
2	Helen	Du Plessis	60	Tyger	1:52:17
3	Adri	Visser	61	Swart	2:05:46

Juniors:

1	Lee-Shay	Willemse	19	Velocity	1:41:03
2	Samantha	Taylor	18	Maties	1:43:53
3	Lohandi	Janse van Rensburg	19	Northlin	1:44:37

Outeniqua Marathon (27th), Half Marathon (24th) & 50 km (1st)

George to Wilderness, 27 April

(Distances: 42.195 km, 21.1 km & 50 km; point-to-point downhill courses, but hilly and partly on gravel. Finishers: marathon – 71; half marathon – 206; 50 km – 88.)

Note: Helga Matthee finished seventh overall in the marathon, Chantel Nienaber eighth, Lisl Grobler tenth and Elize Kloppers eleventh. Candyce Hall was sixth overall in the ultramarathon. Lindile Tokota, who was first across the line in the 50 km, was disqualified because he did not run the correct route. – Ed.

Marathon**MEN**

1	Gurome	Gelderbloem	Mosselbaai Harriers	37	2:40:23
2	Melikhaya	Msizi	Knysna MC		2:40:39
3	Principial	Fana	Mosselbaai Harriers	44	2:47:48
4	Greshwin	du Plessis	Knysna MC	27	2:49:18
5	Sydney	Landsberg	Nedbank AC	51	2:50:39
6	Ross	Lahana	Hartenbos Drawwers	27	2:59:33
7	Perry	Todd	BNAC	50	3:20:30
8	Ryan	Otto	AAC	32	3:23:54
9	William	Ruijsch van Dugteren	AAC	40	3:23:55
10	Nick	Penrose	AAC	38	3:24:52

WOMEN

1	Helga	Matthee	Nedbank AC	38	3:11:38
2	Chantel	Nienaber	Nedbank AC	39	3:14:33
3	Lisl	Grobler	Knysna MC	36	3:21:33
4	Elize	Kloppers	Hartenbos Drawwers	43	3:23:25
5	Analie	Heyns	Langeberg	41	3:37:53
6	Maryke	Sass	PetroSA Running Club	42	3:49:57
7	Marali	Olën	Nedbank AC	34	4:10:02
8	Chanelle	Hoffman	Strand	41	4:18:24
9	Ingrid	Dukes	Strand	41	4:18:25
10	Petra	Rossouw	Nedbank AC	36	4:33:45

Half marathon

MEN

1	Lloyd	Bosman	Nedbank AC	25	1:07:46
2	Gershwin	Jacobs	NWF	22	1:07:46
3	Alfonzo	Pieterse	Nedbank AC	27	1:08:57
4	Julius	Korkee	Mosselbaai Harriers	28	1:13:51
5	Basil	Stevens		37	1:14:54
6	Bernardo	Fredemoles	Nedbank AC	26	1:15:31
7	Sinesipho	Didisho	KMC	22	1:15:03
8	Roger	Dickson	VOB	39	1:18:10
9	Archie	Boome	Knysna MC	17	1:22:05
10	Mauritz	Jansen van Rensburg	Outeniqua Harriers	42	1:24:20

WOMEN

1	Melissa	van Rensburg	Nedbank AC	31	1:29:09
2	Renee	Moll	Nedbank AC	42	1:35:45
3	Marie	Wolmarans	Nedbank AC	54	1:40:44
4	Shelley	de Villiers	Plettenberg Bay AC	40	1:43:58
5	Elana	Buckley	Nedbank AC	37	1:43:59
6	Sunett	de Jager	Nedbank AC	42	1:45:30
7	Danél	van Lill	Outeniqua Harriers	37	1:45:35
8	Liezel	Rickard	Outeniqua Harriers	35	1:45:36
9	Lynn	Dowries	Breakthru Midrand Striders	40	1:47:00
10	Erica	Maree	Nedbank AC	42	1:48:47

50 km

MEN

1	Keith	Clark	Outeniqua Harriers	38	3:32:33
2	Duncan	Gilmour	VOB	36	3:35:45
3	Joel	Klaasen	Nedbank AC	42	3:40:08
4	Jacobus	Boshoff	Nedbank AC	42	3:40:36
5	Marlon	Mortlock	Knysna MC	39	3:40:57
6	Jacques	Mouton	Outeniqua Harriers	35	3:58:51
7	Eddie	Mouton	Nedbank AC	39	4:02:45
8	Steve	Joubert	Outeniqua Harriers	34	4:08:40
9	Mario	Meyer	Hartenbos Drawwers		4:08:55
10	Anthony	Khedama	Nedbank AC	37	4:09:50

WOMEN

1	Candyce	Hall	Nedbank AC	29	3:55:13
2	Alison	Jordaan	Nedbank AC	46	4:32:35
3	Louisa	Botha	NBMC	40	4:38:33
4	Karen	Versfeld	Pinelands	33	4:42:54
5	Kleintjie	van Schalkwyk	Hartenbos Drawwers	49	4:48:17
6	Romé	Phillipson-Meyer	Hartenbos Drawwers	31	4:48:19

7	Elmien	Nel	Nedbank AC	41	4:51:21
8	Johanna	Claassen	Nedbank AC	44	4:55:13
9	Liezel	Leonard	Outeniqua Harriers	37	5:00:34
10	Simé	Baynes	Body Concept Road Warriors	29	5:00:36

Great Brak River 10 km

Great Brak River, 13 April
(Finishers: 177)

MEN

1	Gershwill	Jacobs	RWF	22	30:30
2	Julius	Korkee	Mosselbaai Harriers	28	31:51
3	Elfonzo	Pieterse	Nedbank	24	31:58
4	Gurome	Gelderbloem	Mosselbaai Harriers	37	32:04
5	Francois	Maquassu	Run/Walk For Life	17	33:25
6	Gerald	Meniel	RWFC	24	33:43
7	Ashwell	Clooco	Mosselbaai Harriers	16	34:18
8	April	?	Run/Walk For Life	24	34:44
9	Sydney	Landsberg	Nedbank	51	35:27
10	Fredvine	Scheepers	Laingsburg Athletic	18	35:55

WOMEN

1	Elize	Kloppers	Hartenbos Drawwers	43	40:42
2	?	Moll	Nedbank	43	40:52
3	Lisl	Grobler	Knysna	36	41:12
4	Annatjie	Botes	Nedbank	55	42:00
5	Christa	Smit	Hartenbos Drawwers	45	45:33
6	Chantell	Barkhuizen	Nedbank	33	46:58
7	Rea	Oosthuizen	Hartenbos Drawwers	67	47:08
8	Carina	Muller	Hartenbos Drawwers	34	47:33
9	Jayrodene	Pieterse	Laingsburg Athletic Club	18	49:27
10	Sollie	Liebenberg	Mosselbaai Harriers	56	49:50

KKNK Volstruiswedlope

Oudtshoorn, 6 April

(Distances: 21.1 km & 10 km; loop courses. Finishers: half-marathon – 111; 10 km – 89.)

Note: Elize Kloppers finished 12th overall in the half marathon. – Ed.

Half marathon

MEN

1	Ettienne	Plaatjies	Nedbank	25	1:07:02
2	Gershwill	Jacobs	RWFL	22	1:07:54
3	Elfonzo	Pieterse	Nedbank	24	1:16:30
4	?	Clark	Outeniqua Harriers	38	1:19:42
5	Hermanus	Jonkerman	Nedbank	53	1:23:56
6	Phillipus	du Toit	Hartenbos Drawwers	47	1:24:24
7	Jacobus	Boshoff	Nedbank	42	1:26:02
8	Whayn	Windvary	Outeniqua Harriers	34	1:27:41
9	Anthony	Khedema	Nedbank	35	1:28:00
10	Jacques	Nortier	Outeniqua Harriers	34	1:29:44

WOMEN

1	Elize	Kloppers	Hartenbos Drawwers	43	1:31:28
2	Marie	Wolmarans	Nedbank	53	1:40:17

3	Maryke Sass	Petro SA	42	1:41:28
4	Romé Phillipson-Meyer	Hartenbos Drawwers	31	1:44:17
5	Ria Oosthuizen	Hartenbos Drawwers	67	1:44:52
6	Suzaan Kruger	Outeniqua Harriers	30	1:45:12
7	Christa Smit	Hartenbos Drawwers	45	1:45:25
8	Chantel Wenn	Ind	40	1:49:05
9	Erica Maree	Nedbank	46	1:51:50
10	Ad Cole	Knysna	45	1:55:35

10 km**MEN**

1	Lloyd Bosman	Nedbank	25	32:24
2	Merlin Klaaste	Ind	20	32:25
3	Julius Korkee	Mosselbaai Harriers	28	34:20
4	Gerald Miniel	RWLF	24	35:01
5	Vuyo Witbooi	Outeniqua Harriers	37	35:06
6	Jan ?	Rainbow Athletics Club	27	35:07
7	Prettyboy Masango	SANDF	27	37:23
8	Andrew Cloete	Nedbank	16	39:49
9	Cameron Danhauser	Knysna	18	42:37
10	Aubrey Brinkhuis	Knysna	43	44:40

WOMEN

1	Annakie Pretorius	Hartenbos Drawwers	34	54:28
2	Elena le Roux	Hartenbos Drawwers	24	56:17
3	Cindy Muller	Nedbank	17	57:40
4	Eva Rienhardt	Nedbank WP	50	1:00:23
5	Jackie Anderson	Ind	43	1:00:31
6	E Treurnicht	Ind	46	1:01:30
7	Concelia Mono	Petro SA	26	1:01:34
8	Marlise Klopper	Ind	27	1:01:35
9	Jacqui Nel	Hartenbos Drawwers	46	1:01:56
10	Aletta van Rensburg	Outeniqua Harriers	54	1:04:26

CROSS-COUNTRY**Gauteng North League Meeting (3rd)**

Soshanguve, 27 April

Note: All distances are 4 km except where indicated otherwise. – Ed.**SR. MEN (8 km)**

1	Willem Ndzhukala	Nkodima	25:55
2	Anthony Godongwana	Transnet	26:04
3	Tebogo Sithole	Tshwane AC	26:27
4	Motsamai Motone	Transnet	26:57
5	Stanley Mogu	Fortis Noord	27:03
6	Gino Nkoe	Nissan	27:10
7	Ben Matiso	Prestige College	27:39
8	Elias Makgaba	Monaco	28:02
9	Dikgang Moate	Tuks	28:08
10	Isabel Legoete	PMMC	28:09

SR. MEN

1	Gino Nkoe	Nissan	12:41
2	Ben Matiso	Themba Prestige	12:57

3	Aubrey Mabusu	Ikhozi	13:52
4	Johny Shuping	Themba Prestige	14:16
5	Timothy Olyn	Temba Prestige	14:28
6	Martin Nkoe	TUT	14:33
7	Unknown	Montana Club	14:42
8	Thabo Mangalani	TUT	14:54
9	McCollen Malungane	Temba Prestige	15:30

MEN 40 (8 km)

1	Llewelyn Curlewis	Tuks	29:55
2	Chris Forfling	Momentum	34:49
3	Niel van Greunen	Enduro	36:11

MEN 45 (8 km)

1	Richard Sinden	TUT	35:33
2	Brandon Hughes	Phobians	37:48
3	André Olivier	Remmogo	41:25

MEN 50 (8 km)

1	Burger Linde	Individual	33:28
2	Moritz Kallmeyer	GNMA	35:55
3	Hennie Jooste	Kio	38:02

MEN 55 (8 km)

1	Johnie Jonker	Denel	36:27
2	Freddy Bredenkamp	Individual	41:44
3	Piet Swanepoel	Fortis Noord	45:50

MEN 60 (6 km)

1	Mike van Niekerk	Magnolia	25:38
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MEN 65 (6 km)

1	Allan Kluge	Agape	32:59
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MEN 70 (6 km)

1	Andries van der Merwe	Transnet	32:41
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MEN 80 (6 km)

1	Martin Coetzee	Magnolia	40:01
2	Frans Grobler	Transnet	50:19

MEN 23

1	Victor Pheeha	Tembisa	13:08
2	Mokonyama Lucas	SAB Rosslyn	13:09
3	William Sibonyoni	Fortis Noord	14:30

MEN 21

1	Moses Dirane	Temba Prestige	12:11
2	Mpho Makofane	Prestige College	12:28
3	Simon Mokonyana	Monaco	12:42

JR. MEN (8 km)

1	Bongani Mtungwa	Modiba	26:44
2	Mpho Motaung	Prestige College	27:12
3	Tshepo Mgikela	Prestige College	27:26

BOYS 17 (6 km)

1	Fukama Ramakokobo	Zwartkop	19:49
2	Saltiel Hamese	Modiba	20:22
3	Godfrey Sehuloane	Ekangala	20:39

SR. WOMEN (8 km)

1	Thozama April	Transnet	29:21
2	Baeba Gloria	Transnet	31:15
3	Sister Khoza	Individual	40:24

SR. WOMEN

1	Kamogelo Mabena	Telkom	17:00
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2	Sune van Wyk	Individual	17:38
3	Charlotte Lesego Molefe	SAB Rosslyn	18:08
WOMEN 40			
1	Paulina Phaho	Transnet	16:42
2	Hettie Smith	Hillside Runner	25:18
WOMEN 45			
1	Yvette van Schalkwyk	Overkruin	17:04
2	Elmarie du Toit	Montana	17:17
3	Hester Kallmeyer	GNMA	19:42
WOMEN 50			
1	F. Goosen	Solidariteit	20:37
2	Nicolene Phillips	BMW	22:21
3	Janet van der Merwe	New Balance	22:22
WOMEN 55			
1	Zodwa Motaung	Ekangala	24:16
WOMEN 60			
1	Rina Pretorius	SABS Striders	23:44
WOMEN 21			
1	Kylie Merrick	New Balance	16:28
2	Cherese Coetser	Garsfontein	17:19
3	Roche van Jaarsveld	Fortis Noord	17:47
JR. WOMEN (6 km)			
1	Thandeka Manzana	Prestige College	30:12
2	Olivia Labuschangne	New Balance	30:40
3	Alicia Labuschagne	New Balance	30:44
GIRLS 17			
1	Sunette Vos	Centak	16:59
2	Katlego Loabile	Prestige College	17:06
3	Nelda Steyn	Fortis Noord	18:06

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

Lilac Bloomsday Run (37th)

(A PRRO Circuit Event)

Spokane, USA, 5 May

(Distance: 12 km; certified course with negligible drop and start/finish separation [record standard course], rolling hills)

MEN (gun times)

1.	Belete Assefa, ETH	34:21	\$7000
2.	Emmanuel Bett, KEN	34:33	4500
3.	Allan Kiprono, KEN	34:51	3000
4.	Julius Keter, KEN	34:56	2500
5.	Lani Rutto, KEN	34:57	1800
... 10.	Abdi Abdirahman, Tucson, AZ	35:46	600 + 1250a

WOMEN (gun times)

1.	Buzunesh Deba, Bronx, NY (ETH)	39:53	\$7000
2.	Makida Abdela, ETH	40:15	4500
3.	Ogla Kimaiyo, KEN	40:37	3000

4. Millicent Kuria, KEN 40:39 2500
5. Kellyn Johnson, Flagstaff, AZ 40:42 1800 + 5000a

a) US citizen special award

BIG 25 (33rd)

Berlin, GER, 5 May
(Distance: 25 km, flat)

MEN

1. Richard Sigei, KEN 1:13:34 PB € 2000 + 250i
2. Daniel Chepyegon, UGA 1:14:17 PB 1000
3. Jacob Kendagor, KEN 1:14:47 750
4. Philemon Cheboi, 1993, KEN 1:15:52 PB 500
5. Henry Cheruiyot Kosgei, KEN 1:16:42 400

WOMEN

1. Lucy Kabuu, KEN 1:21:35 PB € 2000 + 250i
2. Agnes Mutune, KEN 1:23:06 PB 1000 + 250i
3. Esther Chemtai, KEN 1:23:15 PB 600 + 250i
4. Caroline Kilel, KEN 1:26:12 PB 400
5. Dominika Nowakowska, POL 1:29:28 PB
6. Tanith Maxwell, 1976, RSA 1:32:18 PB

TUIfly Marathon Hannover (23rd)

(IAAF Bronze Label Road Race)
Hannover, GER, 5 May
(Distance: 42.195 km)

MEN (gun times)

1. Lusapho April, RSA 2:08:32 PB/CR € 4000 + 4000i + 3000*
[1:04:49 / 1:03:43]
2. Mekuant Ayenew, ETH 2:10:05 3000 + 1000i
3. Samuel Getachew Demie, ETH 2:12:38 1500
4. Jonathan Kiptoo Yego, KEN 2:13:18 1000
5. Isaac Arusei, KEN 2:13:23 800

*) Course record bonus

WOMEN (gun times)

1. Olena Burkovska, UKR 2:27:07 PB/CR € 4000 + 7000i + 2000*
[1:13:49 / 1:13:18]
2. Edinah Kwambai, KEN 2:29:49 3000 + 2000i
3. Marta Lema Megra, ETH 2:31:05 1500
4. Agnes Jepkosgei Cheserek, KEN 2:39:36 1000

*) Course record bonus

15 km du Puy-en-Velay (31st)

Puy-en-Velay, FRA, 1 May

MEN

1. Kennedy Kimutai, KEN, 43:48
2. Tebalu Zawude, ETH, 43:53

3. Charles Ogary, KEN, 44:31
4. Dawit Weldeselasia, ERI, 44:32
5. Stephen Ogari, KEN, 44:34

WOMEN

1. Waganesh Mekasha, ETH, 50:22
2. Cynthia Jerotich, KEN, 50:30
3. Gladys Chemweno, KEN, 51:01
4. Alemu Worknesh, ETH, 51:02
5. Gladys Kipsoi, KEN, 51:21

Steinmetz Gaborone Marathon, Half Marathon & 10 km

Gaborone, BOT, 5 May

(Distances: 42.195 km, 21.1 km & 10 km)

Marathon

MEN

1	Luka	Chelimo	KEN	35	2:15:25
2	Ezekiel	Tarus	KEN	22	2:16:57
3	Kennet	Kipkemoi	KEN	33	2:17:41

Veterans:

1	Gert	Thys	RSA	41	2:29:22
2	Edwin	Mokgachane	BOT	43	2:45:18
3	Kabo	Gabaseme	BOT	40	2:49:02

Masters:

1	Themba	Phulu	ZIM	53	2:55:38
2	John	Tapela	BOT	58	3:06:13
3	Sean	Quinlan	ZIM	51	3:09:14

WOMEN

1	Peris	Jepkorir	KEN	41	2:39:31
2	Leena	Ekandjo	NAM	22	2:41:32
3	Samukeliso	Moyo	ZIM	39	2:42:33

Veterans:

1	Peris	Jepkorir	KEN	41	2:39:31
2	Tabitha	Tsatsa	ZIM	40	2:50:01

Masters:

1	Marea	Majama	BOT	59	4:21:38
2	Elizabeth	Schaerer	RSA	54	6:10:59

Half marathon

MEN

1	Godiraone	Nthomphe	BOT	27	1:10:36
2	Rapula	Dipholo	BOT	23	1:10:39
3	Simon	Shipingana	NAM	35	1:10:39

Veterans:

1	Phinious	Piet	BOT	42	1:34:05
2	Michael	Shaw	RSA	42	1:38:43
3	Tsheko	Ngwenya	BOT	40	1:39:57

Masters:

1	Keagakgotla	Sejamokgalo	BOT	53	1:30:59
2	Manie	Ross	NAM	56	1:35:52

3	Charles	Wyndham	GBR	62	1:53:02
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WOMEN

1	Faithy	Nyasango	ZIM	29	1:20:00
2	Sarti	Eishitile	NAM	24	1:20:50
3	Mema	Tiango	BOT	21	1:21:21

Veterans:

1	Anita	Shaw	RSA	40	1:58:32
2	Anna-Carin	Stenbeck	SWE	48	2:03:12
3	Tiroyaone	Mokgadi	Energy	42	2:07:48

Masters:

1	Atshela	Maphanyane	BOT	52	2:06:05
2	Sonja	Branco	RSA	52	2:21:22
3	Izelle	Le Grange	Medswana Pharm	54	2:23:55

10 km

MEN

1	Shepherd	Kenatshela	BOT	28	30:17
2	Simbarashe	Chikadaga	BOT	27	30:20
3	Rabson	Chigara	ZIM	34	30:24

Veterans:

1	Cuthbert	Utete	BOT	45	38:38
2	Apollo	Mmolainyane	BOT	42	42:55
3	Tuelo	Eyman	BOT	40	44:53

Masters:

1	Enock	Kegodile	BOT	50	37:16
2	Gagoangwe	Bogopa	BOT	55	45:12
3	Tabona	Tsholofelo	DC	57	48:19

Juniors:

1	Raymond	Shamu	ZIM	18	31:28
2	William	Saungweme	ZIM	17	33:08
3	Ketshepile	Panyapanya	BOT	17	33:32

WOMEN

1	Helalia	Johannes	NAM	29	32:34
2	Olivia	Chitate	ZIM	25	34:07
3	Lavinia	Haitope	NAM	23	34:19

Veterans:

1	Lisa	Jamu	USA	45	54:39
2	Norma	Power	BOT	46	59:50
3	Celda	Tiroyakgosi	Pharmaceutical	43	60:04

Juniors:

1	Kefilwe	Galeitsiwe	BOT	17	38:32
2	Neo	Galekale	BOT	17	39:07
3	Mosidi	Segadimo	Molepolole Athl	15	45:10

METRO Group Marathon Düsseldorf (11th)

(IAAF Bronze Label Road Race)

Düsseldorf, GER, 28 April

(Distance: 42.195; multi-loop course with about 1.5 km start/finish separation)

MEN (gun times)

- | | |
|-----------------------------|---------------|
| 1. Dereje Debele Tulu, ETH | 2:07:48 PB/CR |
| 2. Pius Dominic Ondoro, KEN | 2:08:17 |
| 3. Duncan Koech, KEN | 2:09:10 |
| 4. Shengo Kebede, ETH | 2:09:53 PB |
| 5. Asmare Workneh, ETH | 2:09:56 PB |

WOMEN (gun times)

- | | |
|---------------------------------------|------------|
| 1. Melkam Gizaw, ETH | 2:26:24 PB |
| 2. Rebecca Kangogo Chesire, KEN | 2:27:52 PB |
| 3. Agnieszka Ciolek-Mierzejewska, POL | 2:33:36 PB |

Grand Blue Mile (4th)

(USA Road Mile Championships)

Des Moines, USA, 23 April

(Distance: 1 mile; point-to-point course with two 90-degree turns, certified)

INVITATIONAL MEN

- | | | | |
|------------------|------------|---------|--------|
| 1. Garrett Heath | Saucony | 4:02.79 | \$4000 |
| 2. Jeff See | Saucony | 4:02.91 | 2500 |
| 3. Leo Manzano | Unattached | 4:03.59 | 1500 |

INVITATIONAL WOMEN

- | | | | |
|------------------------|------------------|---------|--------|
| 1. Kate Grace | Oiselle/NJ-NY TC | 4:43.02 | \$4000 |
| 2. Sara Hall | Asics | 4:43.61 | 2500 |
| 3. Heather Kampf | Asics | 4:43.69 | 1500 |
| ... 6. Shannon Rowbury | Nike | 4:45.39 | 325 |

TRACK**Re:Run San Diego** (1st)

San Diego, USA, 5 May

MEN

800:

- | | | |
|------------------|------------|---------|
| 1. Duane Solomon | Saucony | 1:46.54 |
| 2. Erik Sowinski | Unattached | 1:46.76 |
| 3. Lopez Lomong | Nike | 1:47.07 |

Mile:

- | | | |
|-----------------------------|--------------------|---------|
| 1. Paul Robinson | Unattached | 4:04.35 |
| 2. Jordan McNamara | Nike | 4:04.71 |
| 3. Pablo Solares | Bay Area TC (MEX) | 4:04.75 |
| 4. Peter van der Westhuizen | South Africa (RSA) | 4:04.92 |

WOMEN

800:

- | | | |
|--------------------|-------------|------------|
| 1. Brenda Martinez | New Balance | 1:59.59 WL |
| 2. Chanelle Price | Unattached | 2:01.20 |
| 3. Trenierre Moser | Nike | 2:01.65 |

4. Mary Cain (1996) Unattached 2:01.68 PB

Mile:

1. Susan Kuijken Nike (NED) 4:27.13 WL
 2. Brie Felnagle adidas 4:28.90
 3. Katie Mackey Brooks 4:30.60

Oregon Twilight Meet

Eugene, USA, 3 May

MEN

800:

1. Matthew Centrowitz NIKE Oregon Project 1:47.95
 2. Joe Abbott Unattached 1:48.18
 3. Ryan Waite SR BYU 1:48.79

3000:

1. Galen Rupp NIKE Oregon Project 7:46.34
 2. Dathan Ritzenhein NIKE Oregon Project 7:47.65
 3. Diriba Degefa FR Unattached (ETH) 7:49.09 PB

WOMEN

1500:

1. Hillary Holt College of Idaho 4:11.62 PB
 2. Jemma Simpson OTC (GBR) 4:15.87
 3. Kerri Gallagher Pacers New Balance 4:17.57

Payton Jordan Cardinal Invitational

Palo Alto, USA, 28 April

MEN

5000:

Section 1 -

1. Ben True Saucony 13:14.44 WL/PB
 2. Evan Jager Nike 13:14.60 PB
 3. Diego Estrada Northern Arizona(MEX) 13:15.33 PB
 4. Leonard Korir Global Sport (KEN) 13:15.45 PB
 5. Hassan Mead Otc 13:15.50 PB
 ... 11. Chris Solinsky Nike 13:23.62
 ... 21. Alan Webb Nike 13:37.68

10000:

Section 1 -

1. Ben St. Lawrence Melbourne Tr (AUS) 27:37.55 WL
 2. Suguru Osako Waseda University(JPN)27:38.31 PB
 3. Yuki Sato Nissin Foods (JPN) 27:39.50
 4. Chris Thompson Otc (GBR) 27:40.81
 5. Bashir Abdi Golazo Sports (BEL) 27:43.99 PB
 6. Ryan Vail Unattached 27:44.05 PB
 7. Aaron Braun Adidas 27:44.58
 8. Jake Robertson Unattached (NZL) 27:45.46 PB
 9. Sean Quigley Boulder Track Club 27:50.78 PB
 10. Girma Mecheso Oklahoma State (ETH) 27:52.38 PB
 11. Tonny Okello Santa Monica TC (UGA) 27:55.07 PB
 12. Tsuyoshi Ugachi Konica Minolta (JPN) 27:55.27

13. Andrew Bumbalough	Nike	27:56.78 PB
14. Christo Landry	Mizuno	27:59.22 PB

WOMEN

10000:

Section 1 -

1. Betsy Saina	Iowa St (KEN)	31:37.22
2. Doricah Obare	Hitachi (KEN)	31:44.92
3. Ayumi Hagiwara	Uniqlo (JPN)	31:45.29 PB
4. Kim Smith	New Balance (NZL)	31:46.37
... 6. Jordan Hasay	Oregon	32:06.64 PB

3000 s/chase:

Section 1 -

1. Emma Coburn	Colorado	9:28.26 WL
2. Jamie Cheever	Brooks/Team Usa MN	9:29.13 PB
3. Amber Henry	Weber State	9:51.55 PB

Penn Relays (119th)

Philadelphia, USA, 23-27 April

MEN

Sprint Medley Relay:

College Championship of America (26) -

1. UWI Mona (JAM), 3:17.81
Kavean Smith, Duwayne Ferguson, Nicholas Maitland (46.2), Jowayne Hibbert (1:48.4)
2. Mississippi State, 3:18.32
Tavaris Tate, Jarrett Samuels, Daundre Barnaby (CAN) (46.2), Brandon McBride (CAN) (1:49.8)
3. Penn State, 3:18.52
Matt Gilmore, Emunael Mpanduki (ZIM), Brandon Bennett-Green (46.5), Ricky West (CAN) (1:49.3)
- ... 9. Western Kentucky, 3:22.48
Ja'Karyus Redwine, Marcus Winstead, Elvyonn Bailey, David Mokone (RSA)

WOMEN

Mile:

Olympic Development Section (27) -

1. Nancy Langat, Kenya	4:28.50 WL/PB
2. Kelly Williams, Unattached	4:38.08 PB
3. Amanda Eccleston, Michigan	4:38.09 PB

Drake Relays (104th)

Des Moines, USA, 24-27 April

WOMEN

1500:

London Games Rematch Section (26) -

1. Jenny Simpson	New Balance	4:03.35 WL/FR/MR
2. Sheila Reid	Nike (CAN)	4:07.92
3. Kate Grace	NJ-NY TC/Oiselle	4:08.24 PB
4. Shannon Rowbury	Nike	4:09.05
5. Gabriele Anderson	Team USA MN/Brooks	4:10.32
6. Mary Cain (1996)	Unattached	4:10.77 HSR/PB
... 8. Emma Coburn	Colorado	4:11.36

9. Morgan Uceny adidas 4:17.71

Long Beach State Track & Field Invitational at Cerritos College

Norwalk, USA, 19-20 April

MEN

5000 (20):

Open Section -

1. Kaspars Briska	Eastern New (LAT)	14:52.09
2. Greg Scott	Unattached	14:55.06
3. Cameron Pantoja	Long Beach S	14:57.42
4. Petrus Malherbe	New Mexico (RSA)	14:57.46

NEWS

MAMABOLO CLEARED ON TECHNICALITY; APPEAL MAY FOLLOW

After more than ten months of legal wrangling, 2012 Comrades winner Ludwick Mamabolo has been cleared on a technical point on a charge of using the banned substance methylhexanamine in the world's biggest ultramarathon on 3 June last year. Both Mamabolo's "A" and "B" samples showed the presence of the illegal drug, but according to his lawyer "there was a system failure in the Comrades doping process".

In an unprecedented move, Mamabolo was given permission earlier this year by the South African Institute of Drug-Free Sport (SAIDS) to compete while awaiting the outcome of the legal proceedings. In March SAIDS announced that Mamabolo's suspension "was provisionally lifted on condition that the matter be concluded before the end of April 2013".

Mamabolo then appeared in the Pick 'n Pay Half Marathon in March, finishing tenth, and the Springs Striders 32 km, where he was third. In the Old Mutual Two Oceans Marathon over Easter he could do no better than 55th, more than 26 minutes behind the winner.

Mamabolo's lawyer, Trevor Boswell, said the runner had been found not guilty in a 60-page judgement. "They found there was a system failure in the Comrades doping process. We identified 14 or 15 irregularities in the sample process."

Khalid Galant, CEO of SAIDS, sounded a word of warning, though. "We have three weeks in which to review the decision of the tribunal and see whether there are grounds for an appeal. The World Anti-Doping Agency (WADA) also has the right to appeal [as do the] International Association of Athletics Federations (IAAF) and Athletics South Africa (ASA)."

Mamabolo, who plans to defend his title in this year's Comrades on 2 June, said he was "delighted that I now have my good name and livelihood back. I rely on running to support my family."

Of course, it is certainly possible that an appeal against Mamabolo's clearance could be upheld (a point that will not be reached until after the 2013 Comrades), in which case the Comrades will have to nullify two results for him, while he would also lose the performances achieved so far this year.

SPAR GRAND PRIX POINTS TABLE

The points table for the Spar Grand Prix Series after the second race in Port Elizabeth is:

1	Mapaseka Makhanya	Transnet	37
2=	Irvette van Zyl	Nedbank CG	30
2=	Christene Kalmer	Nedbank CG	30
4	Zintle Xiniwe	Maxed Elite WP	27
5	Nolene Conrad	Nedbank CG	26
6	Myrette Filmalter	Nedbank GN	25

7	Jenna Challenor	Boxer	22
8	Diana-Lebo Phalula	Maxed Elite CG	19
9	Poppy Mlambo	Boxer	18
10=	Rene Kalmer	Nedbank CG	17
10=	Cornelia Joubert	Nedbank CG	17
12	Thozama April	Transnet	16
13	Khanya Mateyisi	Khayelitsha	14
14	Patience Khumalo	TUT GN	13
15	Anna Moeketsi	Transnet FS	12
16	Catherine Skosana	Transnet	10
17=	Portia Ngwenya	Transnet	9
17=	Annie Bothma	Helderberg Harr	9
19	Tanith Maxwell	Boxer	8
20	Bulelwa Simae	Nedbank WP	6

Veterans:

1	Janene Carey	Boxer	10
2	Ronel Thomas	Boxer	6
3	Linley Holmes	Fish Hoek	4

Masters:

1	Grace de Oliveira	Boxer	18
2	Annatjie Botes	Nedbank SWD	13
3	Mariette Strauss	Tygerberg	10

G'masters:

1	Sonja Laxton	RAC	10
2=	Helen du Plessis	Tygerberg	4
2=	Luna Maritz	Temp	4

Juniors:

1	Annie Bothma	Helderberg Harr	20
2=	Ileana Dreyer	Itheko	4
2=	Jamie-Lee Schlemmer	NMMU	4

STATS TIME

Two weeks ago we included the all-time top twenty women's performances in the marathon. Here is a list of the number of sub-2:20 marathons run by the world's women so far. Only three runners have more than one: Paula Radcliffe, Catherine Ndereba and Mary Keitany.

MARATHON: SUB-2:20 PERFORMANCES BY WOMEN

Name	Number	1	2	3	4
Paula Radcliffe	4	2:15:25	2:17:18	2:17:42	2:18:56
Catherine Ndereba	3	2:18:47	2:19:26	2:19:55	
Mary Keitany	2	2:18:37	2:19:19		
Mizuki Noguchi	1	2:19:12			
Irina Mikitenko	1	2:19:19			
Deena Kastor	1	2:19:36			
Sun Yingjie	1	2:19:39			
Yoko Shibui	1	2:19:41			
Florence Kiplagat	1	2:19:44			
Naoko Takahashi	1	2:19:46			
Zhou Chunxiu	1	2:19:51			
Liliya Shobukhova	1	2:18:20			
Aselefech Mergia	1	2:19:31			
Lucy Wangui	1	2:19:34			

Mare Dibaba	1	2:19:52
Tiki Gelana	1	2:18:58

THIS MONTH IN HISTORY

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

76 years ago: 8 May 1937

In August 1937 Briton Sydney Wooderson set a word mile record of 4:06.4 in a handicap race. The best SA miler of that year was Niklaas ("Klasie") Wessels who, on this day a few months before Wooderson, ran a South African record of 4:18.5 in Pretoria. Wessels, who won the SA mile title in both 1935 and 1937, followed this on 13 November – two days before his 24th birthday – with another record, 4:16.0, which placed him 20th on the world list for 1937. (On that very date 27 years later Div Lamprecht would run South Africa's first dream mile.) In those days May was a lucky month for miling: of the seven SA records set between 1929 and 1958, four came in May.

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		05 May
	2:08:32	Lusapho April	Hannover	
	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 44:14	Graham Katzen Pierre Levisse (FRA) 1992	Duynefontein	23 Feb
21.1 km	68:10 62:28	Gert Thys John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Wellington	01 May
25 km	1:32:04A 76:49	Basie Boneparte Martin Mondragon (MEX) 1994	Somerset East	23 Feb
30 km	1:48:35 1:35:28	Graham Katzen Geraldo Antonio da Silva (BRA) 2002	Camps Bay	06 Jan
Marathon	2:21:40 2:08:46	Hendrick Ramaala Andres Espinosa (MEX) 2003	Mumbai	20 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

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

Grandmasters (60+)

10 km	37:59	Clive Owen	Goodwood	02 Mar
15 km	60:16	Mike Hirst	Boksburg	05 May
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 27:52	Lukhanyo Nobakada Richard Chelimo (KEN) 1990	Tokai	02 Feb
15 km	48:56 42:25	Masibulele Heugh Moses Mosop (KEN) 2004	Jeffreys Bay	05 Jan
21.1 km	74:27 59:16	Timothy Munzhelele Samuel Wanjiru (KEN) 2005	Cape Town	30 Mar

WOMENOpen

10 km	33:23 31:40 30:21	Mapaseka Makhanya Joyce Chepkirui (KEN) Paula Radcliffe (GBR) 2003	Cape Town	17 Mar
15 km	51:11 48:48 46:28	René Kalmer Sara-Isabel Moreira (POR) Tirunesh Dibaba (ETH) 2009	Germiston	07 Apr
21.1 km	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		
<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	Somers East	23 Feb
30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	44:57	Sonja Laxton	Cape Town	17 Mar
15 km	68:47	Sonja Laxton	Germiston	07 Apr
21.1 km	1:47:15	Veronica van Niekerk	Wellington	01 May
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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