

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



Johan Cronje (89) follows Jerry Motsau (57) and Juan van Deventer (413) in the 1500-metre final at the SA Championships on the Coetzenburg track. Cronje took the title on his birthday in 3:38.13, with Van Deventer second. [Riël Hauman]

EDITORIAL

The phenomenal run by Johan Cronje in the Doha Diamond League 1500 m was the outstanding SA performance of the weekend. Cronje finished only eighth in a blistering race in which two Kenyans, led by Asbel Kiprop (3:31.13), clocked sub-3:32 times, but his 3:33.46 at last wiped Johan Landsman's national record from the book. Landsman ran his 3:33.56 in Zurich almost twenty years ago, on 12 August 1993.

Four years ago in Monaco Cronje came closest to the record when he ran 3:33.63, but since then the best by a South African has been 3:34.52 by Juan van Deventer in 2010. Cronje himself clocked 3:35.33 in 2012.

With this magnificent performance Cronje, who turned 31 on the day he recently won the SA title in Stellenbosch and who has often been plagued by injuries, at last fulfilled his tremendous promise.

In the Woodview 10 km in Mount Edgecombe Gill Tregenna set her second SA 70+ record of the year when she covered the distance in

55:55. Tregenna (born on 11 January 1942), who ran in the 60+ age category here, also clocked 89:12 in the Umgeni Water 15 km in March for another national record.

Seven list leaders were set in the 33rd Jackie Mekler 25 km, led by Lucky Mohale's 78:45.

By running both the WP Cross-country League Meeting and the Jive Slave Route Challenge this weekend, Candyce Hall has further extended her unparalleled racing total for the year

to 442 km, or 23.3 km a week. Since the Old Mutual Two Oceans Marathon she has raced 227 km, or 37.8 km a week!

DRR has always been led to believe that the route for the Weskus Marathon in Langebaan (results in DRR 13:17) is point to point with a start/finish separation of more than 50% of the race distance and therefore times in this race have had an "A" (for aided) added. We have now been informed that the race is indeed point to point, but with a start/finish separation of 6.25 km, i.e. 14.8% of the race distance. This makes it a standard course. If any reader of DRR has information about the half-marathon route (which is understood to be out and back), please let us know.

Merlin Klaaste, about whose club there was uncertainty (see DRR 13:18), definitely belongs to Nedbank SWD.

The second male runner in the UCT Memorial 10 km (results in last week's DRR) was indeed Anthony Godongwana, not Anthony Edward.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Jive Slave Route Challenge Half Marathon & 10 km, Cape Town
- * Woodview Half Marathon & 10 km, Mount Edgecombe
- * Sunridge Village 10 km, Port Elizabeth
- * Waterberg Executive Mayor's 28 km & 10 km, Modimolle (Nylstroom) to Bela-Bela (Warmbad)
- * Jackie Mekler 25 km & 10 km, Pretoria
- * Two Lagoons 32 km & 10 km, Wilderness
- * XC: WP League Meeting, Bellville; Gauteng North League Meeting, Pretoria

International highlights:

- * Volkswagen Prague International Marathon, Praha, CZE
 - * Sendai International Half Marathon, Sendai, JPN
 - * Healthy Kidney 10 km, New York, USA
 - * Fifth Third River Bank Run 25 km, Grand Rapids, USA
 - * Medtronic TC Mile, Minneapolis, USA
 - * European 100 km Championships, Belves, FRA
 - * Track: Golden Games, Nobeoka, Miyazaki, JPN; Pac-12 Championships, Los Angeles, USA; Sun Belt Conference Outdoor Championships, Miramar, USA; Samsung Diamond League – Doha, Doha, QAT
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ROAD RUNNING

Jive Slave Route Challenge Half Marathon & 10 km

Cape Town, 12 May

(Distances: 21.1 km & 10 km; certified hilly loop courses)

Note: The first approx. 250 runners in the 10 km ran a shorter route, so their times cannot be used for statistical purposes. – Ed.

Half marathon

MEN

1. Tom Lusaseni (Itheko) 72:22
2. Lindikhaya Mthangayi (Itheko) 72:23
3. Sityhilo Diko (Ned) 72:23

Veterans: 1. Xolile Macanda (Gugs) 79:38; 2. Johnny Persents (WR) 80:08; 3. Dion Middelkoop (VOB) 80:12. **Masters:** 1. Stephen Parkins (Tyger) 88:24; 2. Eric Mlonjeni (Strand) 89:17; 3. Shafiek Cassiem (Itheko) 92:13. **G'masters:** 1. Jimmy Morris (Forest) 1:35:36; 2. Barry Bester (Durb) 1:40:13; 3. Ivan Marais (Ned) 1:48:16. **G/g'masters:** 1. Brian Key (Forest) 1:43:36. **Juniors:** 1. Terence Khan (Gugs) 85:54; 2. Siphe Dlokweni (Ommie) 1:27:46; 3. Beawin Japhta (Sanlam) 1:31:18.

WOMEN

1. Nomvuyisi Seti (Itheko) 89:36
2. Candyce Hall (Ned) 92:16
3. Charissa Steyn (Ind) 92:50

Veterans: 1. Claire Cussons (VOB) 1:42:30; 2. Aleida Philander (Itheko) 1:46:45; 3. Ena Gous (Worc) 1:47:53. **Masters:** 1. Viv Williams (ATC) 1:36:47; 2. Cheryl Ruydolph (East) 1:42:35; 3. Anne Pool (Strand) 1:54:27. **G'masters:** 1. Pixie Sparg (Celtic) 2:02:24; 2. Honour Nkala (AAC) 2:06:46; 3. Robyn Sherry (Forest) 2:07:35. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 2:39:42. **Juniors:** 1. Lohandi Janse van Rensburg (Tyger) 1:54:21; 2. Qud Siyyah Ceres (Ommie) 2:18:35; 3. Nabeelah Orrie (Itheko) 2:42:06.

10 km

MEN

1. Pumlani Nxusani (Ned) 32:54
2. Hein Camphor (NBMC) 32:57
3. Nkosinathi Sotyantya (Itheko) 32:59

Veterans: 1. Graham Katzen (Itheko) 33:20; 3. B. Mdlalose (SANDF) 34:11; 3. Dawid Pieterse (Dwars) 34:20. **Masters:** 1. Chris Mitchell (Celtic) 35:39; 2. Goodman Mpukane (Gugs) 38:26; 3. Monde Tutani (Gugs) n/t. **G'masters:** 1. Gerrit van Niekerk (WC) 47:14. **Juniors:** 1. Lwando Makazi (Ommie) 33:11; 2. Siyanda Mbane (Gugs) 33:27; 3. André Afrika (Maties) 36:00.

WOMEN

1. Khanya Mateyisi (Khay) 34:46
2. Ebeth Marais (Tyger) 38:37 (1st jun)
3. Pamela Mtshemla (VOB) 39:31

Veterans: 1. Ursula Frans (Celtic) 40:10; 2. Sheryl de Lange (NBMC) 41:17; 3. Patricia Adams (Itheko) 41:42. **Masters:** 1. Olga Howard (Celtic) 42:31; 2. Beverley Charters (VOB) 45:36; 3. Charmaine Cupido (Ned) 47:10. **G'masters:** 1. Helen du Plessis (Tyger) 49:33. **Juniors:** 1. Ebeth Marais (Tyger) 38:37; 2. Pamela Mtshemla (VOB) 39:31; 3. Ashleigh Simons (WC) 40:40.

Woodview Half Marathon & 10 km

Mount Edgecombe, 12 May
(Distances: 21. 1 km & 10 km; out-and-back courses)

Half marathon

MEN

1. Mangaile Khatoane (Phantene) 1:10:20, 2. Thembinkosi Gumede (Boxer) 1:15:42 (1st vet), 3. Malusi Dlomo (Nedbank) 1:16:53.

40-49: 1. Thembinkosi Gumede (Boxer) 1:15:42. **50-59:** 1. Willie Majombozi (Boxer) 1:23:43. **60+:** 1. Hank Vos (Nedbank) 1:52:21. **Juniors:** 1. Siyabonga Mkhize (Inanda) 1:23:41.

WOMEN

1. Fikile Mbuthuma (Nedbank) 1:29:33, 2. Nonsikelelo Mambo (Natal Carbineers) 1:33:45, 3. Pat Damman (Forest) 1:33:45.

40-49: 1. Pat Dammann (Forest) 1:33:45. **50-59:** 1. Elize Cilliers (Savages) 1:47:27.

60+: 1. Linda Bell (Quensburgh) 2:07:36.

10 km

MEN

1. Moses Njodzi (ZIM/Formula One Bluff Meats) 31:34, 2. Julius Tenai (KEN/Phantane) 31:35, 3. Sakhile Mthembu (Phantane) 31:41.

40-49: 1. Michael Ndlovu (Mafukuzela) 37:41. **50-59:** 1. Siyabanga Jali (Boxer) 44:37.

60+: 1. Lindsay Rogerson (Riverside) 45:07. **Juniors:** 1. Phani Mbhasobhi (Inanda) 36:18.

WOMEN

1. Janine Carey (Boxer) 38:57 (1st vet), 2. Thenjiwe Gumede (Inanda) 42:05 (1st jun), 3. Maureen Slack (Westville) 44:01.

40-49: 1. Janine Carey (Boxer) 38:57. **50-59:** 1. Clare Mangan (Riverside) 50:26. **60+:** 1. Gill Tregenna (Westville) 55:55. **Juniors:** 1. Thenjiwe Gumede (Inanda) 42:05.

Sunridge Village 10 km

Port Elizabeth, 11 May

(Loop course. Finishers: 803.)

MEN

1	Zolani	Ngqaqa	Temp	24	29:45
2	Lungile	Gongqa	Ikhamva AC	34	29:59
3	Mariano	Eesou	Absa NMMU AC	21	30:18
4	Melikhaya	Frans	Nedbank RC EP	21	30:59
5	Gift	Zet	Ikhamva AC	25	30:59
6	Sandile	Ngunuza	Nedbank RC EP	30	31:06
7	Anele	Maliza	Nedbank RC EP	35	31:42
8	Masibulele	Heugh (1 st jun)	Ikhamva AC	18	31:57
9	Sibusiso	Thu	Transnet Eng EP	24	32:02
10	Maxwell	Goodman (1 st vet)	Malabar AC	40	32:04
11	Zolani	Mabongo	Ikhamva AC	26	32:12
12	Sinathi	Mafanga	Temp	22	32:38
13	Luyanda	Tshangana	Ikhamva AC	29	32:41
14	Masande	Mlonyeni	Nedbank RC EP	32	32:41
15	Melikhaya	Malinga	SA Prof Develop	32	32:42
16	Mila	Pasiya	Nedbank RC EP	33	32:44
17	Simphiwe	Ntombana	Nedbank RC EP	19	33:14
18	Siyabonga	Kahla	Youth 4 Change AC	17	33:27
19	Luvuyo	Stephen	Nedbank RC EP	43	33:45
20	Duwayne	Lucas	Ikhamva AC	23	33:50

40-44:

1	Maxwell	Goodman	Malabar AC	40	32:04
2	Luvuyo	Stephen	Nedbank RC EP	43	33:45
3	Wayne	Mitchell	Achilles AAA	40	38:56

45-49:

1	Mutekile	Rasmeni	Temp	48	36:46
2	Vincent	Mbixana	Temp	45	37:09
3	Vernon	Newfeldt	Gelvan AC	47	40:01

50-54:

1	Michael	Bekapi	Charlo AC	51	36:34
2	Joseph	Bain	St Albans CS EP	53	39:05
3	Robin	Fourie	Achilles AAA	50	39:57

55-59:

1	Koos	Olivier	Nedbank RC EP	55	46:48
2	Johan	Barnard	Nedbank RC EP	58	46:49
3	Mbulelo	Sobikwa	Crusaders AC	58	49:05

60-64:

1	Sizinzo	Kama	Achilles AAA	61	40:09
2	Hannes	Els	Madiba Bay AC	63	43:19
3	John	Fraser	Madiba Bay AC	60	48:25

65-69:

1	Syd	Lippstreu	Crusaders AC	65	47:08
2	David	O'Rielly	Nedbank RC EP	65	49:44
3	Andre	Fourie	Elite AC	66	56:11

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	71	48:42
2	Ron	Clark	Temp	70	53:31
3	Rolf	Mentzel	Profiles AC	73	53:56

75-79:

1	John	Peart	Nedbank RC EP	77	1:22:59
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Juniors:

1	Masibulele	Heugh	Ikhamva AC	18	31:57
2	Siyabonga	Kahla	Youth 4 Change AC	17	33:27
3	Thando	Ncipha	Malabar AC	19	34:57

WOMEN

1	Jamie-Lee	Schlemmer (1 st jun)	Absa NMMU AC	17	39:07
2	Jene	Banfield (1 st vet)	Run For Life EP	42	40:40
3	Deliwe	Nyanga	Nedbank RC EP	24	40:47
4	Katherine	Van der Walt	Body Concept	37	41:03
5	Christine	Claasen	Achilles AAA	48	41:10
6	Margie	Saunders (1 st mast)	Nedbank RC EP	59	41:39
7	Thabisa	Mayedwa	Ikhamva AC	27	42:02
8	Liandre	Knoesen	Nedbank RC EP	34	42:14
9	Asanda	Solani	Nedbank RC EP	29	42:21
10	Siphokazi	Nojoko	SA Prof Develop	18	42:29
11	Marisa	Ferraris	Achilles AAA	42	43:37
12	Davera	Magson	Nedbank RC EP	38	44:28
13	Grizelda	Pietersen	Achilles AAA	44	44:50
14	Estee	Cockcroft	Temp	28	45:23
15	Terray	Newcombe	Elite AC	22	46:00
16	Claire	Nagel	Elite AC	49	46:54
17	Carla	Petzer	Absa NMMU AC	18	46:55
18	Tiani	Claassen	Despatch AC	22	47:04
19	Tania	Jordaan	Charlo AC	36	47:37
20	Star	Douglas	Temp	36	47:42

40-44:

1	Jene	Banfield	Run For Life EP	42	40:40
2	Marisa	Ferraris	Achilles AAA	42	43:37
3	Grizelda	Pietersen	Achilles AAA	44	44:50

45-49:

1	Christine	Claasen	Achilles AAA	48	41:10
2	Claire	Nagel	Elite AC	49	46:54
3	Lorna	Lumb	PEAAC	45	48:31

50-54:

1	Amanda	Wolmarans	Walmer AC	54	51:18
2	Salome	Loots	Body Concept	50	51:35
3	Merle	Nair	Achilles AAA	51	52:41

55-59:

1	Margie	Saunders	Nedbank RC EP	59	41:39
2	Marietjie	Pietersen	Achilles AAA	56	54:51
3	Christine	Snyman	Despatch AC	57	1:00:27

60-64:

1	Cathy	Ives	Achilles AAA	60	50:00
2	Luna	Maritz	Temp	60	55:27
3	Jos	Els	Madiba Bay AC	61	55:48

65-69:

1	Denise	Terblanche	Walmer AC	65	1:04:00
2	Margaret	Paton	Charlo AC	67	1:04:07
3	Orgia	Nell	Muirite Striders	69	1:08:12

70-74:

1	Margaret	Brittain	Legacy AC	70	1:14:48
2	Lorna	Brown	PEAAC	74	1:26:14

75-79:

1	Dorothy	Hart	Charlo AC	75	1:06:20
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Juniors:

1	Jamie-Lee	Schlemmer	Absa NMMU AC	17	39:07
2	Siphokazi	Nojoko	SA Prof Develop	18	42:29
3	Carla	Petzer	Absa NMMU AC	18	46:55

Waterberg Executive Mayor's 28 km & 10 km

Modimolle (Nylstroom) to Bela-Bela (Warmbad), 11 May
(Point-to-point courses)

Note: The 10 km was considerably short, so the times are meaningless for statistical purposes. The results are included to show the order of the runners and the time gaps between them. – Ed.

Half marathon**MEN**

1 Lucky Mohale (Maxed Elite) 87:01; 2 Kgosi Tsosane (Transnet) 87:18; 3 Abraham Yator (KEN/Nedbank) 88:30; 4 Jeffrey Gwebu (Toyota) 88:52; 5 Nkopane Seqhobane (LES/GS) 89:42.

Veterans: 1 Brighton Chipere (ZIM/Maxed Elite) 91:20; 2 Sipho Ncube (ZIM/Toyota) 92:21; 3 Philemon Manyaka (New Balance) 1:42:43. **Masters:** 1 Themba Phulu (Panorama) 1:48:47; 2 Johannes Seakamela (RAC) 1:49:39; 3 Daniel Mothibe (New Balance) 1:50:26. **G'masters:** 1 Don Charles (Nedbank) 2:02:58; 2 Pele Thsidukumalema (Toyota) 2:17:02; 3 Neels Venter (Warnaths) 2:18:56. **Juniors:** 1 Timothy Munzhelele (Toyota) 98:43; 2 Joseph Moathse (Addicted to Life) 1:43:18; 3 Rudolf Sepesu (Addicted to Life) 1:48:40.

WOMEN

1 Cornelia Joubert (Nedbank) 1:42:53; 2 Christene Kalmer (Nedbank) 1:45:16; 2 Mpho Mabuza (Bonitas) 1:46:52; 4 Samukeliso Moyo (ZIM/Maxed Elite) 1:47:31; 5 Thabita Tsatsa (ZIM/Maxed Elite) 1:49:49 (1st vet).

Veterans: 1 Thabita Tsatsa (ZIM/Maxed Elite) 1:49:49; 2 Catherine Naane (Sibanye Gold) 2:11:04; 3 Vanessa Bowman (Kempton) 2:11:55. **Masters:** 1 Jane Mudau (Nedbank)

1:59:54; 2 Estelle Viljoen (Kempton) 2:28:12; 3 Marina Coetzee (PMK) 2:28:44.
G'masters: 1 Rina Machado (Ndaba) 3:06:10; 2 Joey Louwrens (Boksburg) 3:33:24.

10 km

MEN

1 Gladwin Mzazi (Transnet) 28:53; 2 Lucas Jani (Transnet) 28:55; 3 Enoch Skosana (Transnet) 29:34.

Veterans: 1 Bethuel Netshifhefhe (Nedbank) 29:48; 2 Piet Mosebedi (Transnet) 30:37; 3 Jackson Seanego (New Balance) 31:16. **Masters:** 1 Sondaga Mabale (Breakthru Midrand) 32:53; 2 Wilson Moloto (Vodacom) 39:37; 3 Jan Mokiti (Bidvest) 42:07. **G'masters:** 1 Piet van Loggerenberg (Irene) 44:53. **Juniors:** 1 Adam Lipschitz (Maxed Elite) 30:06; 2 Emmanuel Ramolane (RWFL) 31:58; 3 Noah Motimedi (Addicted to Life) 32:19.

WOMEN

1 Ndhofhiwa Mandiwana (Nedbank) 32:54; 2 Catherine Skosana (Transnet) 33:49; 3 Andronika Mokgotla (Sibanye Gold) 34:22.

Veterans: 1 Ronel Thomas (Boxer) 39:06; 2 Sarah Mahlangu (Toyota) 40:56; 3 Lindi Kompaan (Phobians) 43:25. **Masters:** 1 Selinah Nethsisaulu (RAC) 48:47; 2 Joukje Smit (Arete) 49:37. **G'masters:** 1 Lynn de Bruyn (Irene) 45:35; 2 Jenny Robertshaw (Rockies) 55:06; 3 Murial Charles (Nedbank) 55:17. **Juniors:** 1 Sophy Maluleka (Eddicted to Life) 44:55.

Jackie Mekler 25 km (33rd) & 10 km

Pretoria, 4 May

(Out-and-back courses)

25 km

MEN

1. Lucky Mohale (ME) 1:18:45
2. Desmond Mokgobu (ME) 1:19:26
3. Derocious Makhobalo (SI) 1:19:39
4. Shadrack Hoff (Ned) 1:20:51
5. Tsisetso Ramokheseng (LES/Global) 1:20:53
6. Steven Dikobo (Bon) 1:21:48
7. William Chinyanga (ZIM/Ned) 1:21:50
8. Brighton Chipere (ZIM/ME) 1:24:04 (1st vet)
9. Peter Muse (Eskom) 1:25:15
10. Luwis Masunda (ZIM/Ned) 1:25:44

Veterans: 1. Brighton Chipere (ZIM/ME) 1:24:04; 2. Elias Mabane (Ned) 1:28:25; 3. John Mokubedi (Mor) 1:41:41. **Masters:** 1. Philemon Mailola (Mor) 1:46:22. **G'masters:** 1. Aubrey Watson (NB) 1:54:16. **G/g'masters:** 1. Pele Tshikundamalema (Toy) 2:15:11. **Juniors:** 1. Brian Ndlovu (Mor) 1:46:19.

WOMEN

1. Muchaneta Gwata (ZIM/ME) 1:37:57
2. Prudence Zwane (Trans) 1:43:05
3. Emma Mathibele (Toy) 1:43:33
4. Azwindini Gladys Lukhwareni (Trans) 1:48:14
5. Gloria Baeba (Trans) 1:49:48
6. Renata Vosloo (Sunning) 1:50:21
7. Simangela Mabuza (Trans) 1:52:21
8. Maphuti Phaka (GS) 1:52:51
9. Marli van Staden (Tuks) 1:53:10

10. Caroline Lotter (Ned) 1:54:41

Veterans: 1. Vanessa Bowman (Denel) 1:56:17; 2. Maria Moloko (Mazda) 1:57:56; 3. Sonette Nel (Over) 2:02:42. **Masters:** 1. Ina Lagerwall (Mag) 2:08:02. **G'masters:** 1. Liz Schochot (Fit2000) 2:47:55. **G/g'masters:** 1. Mavis Stadler (Agape) 2:54:35.

10 km

MEN

1. Abraham Yator (KEN/Ned) 30:59
2. Jeffrey Gwebu (Toy) 31:00
3. Cornelius Lagat (KEN/Global) 31:09

Veterans: 1. Piet Mosebedi (Trans) 33:58; 2. Never Matiya (Wand) 34:05. **Masters:** 1. Sakkie van Niekerk (NPO) 46:50. **G'masters:** 1. Machiel van Niekerk (Mag) 43:54. **G/g'masters:** 1. Willem de Villiers (Tuks) 54:24. **Juniors:** 1. Adam Lipschitz (ME) 32:53.

WOMEN

1. Ndofohiwa Mandiwana (Ned) 38:01; 2. Anna Haw (Over) 43:47; 3. Vivienne Senekal (RI) 44:38.

Veterans: 1. Karien Kromhout (Phob) 50:53; 2. Anneline Dercksen (Fit2000) 61:13. **Masters:** 1. Linda van der Gryp (Krug) 48:28. **G'masters:** 1. Lyn de Bruin (Irene) 49:16. **G/g'masters:** 1. Deidre Larkin (RH) 58:42. **Juniors:** 1. Cindi Hanekom (Over) 70:27.

Two Lagoons 32 km & 10 km

Wilderness, 4 May

(Loop courses. Finishers: 32 km – 85; 10 km – 151.)

Note: DRR corrected some spelling mistakes in names, but there may still be others, such as the runner in 7th place in the 10 km. – Ed.

32 km

MEN

1	Lloyd	Bosman	Nedbank	25	1:47:31
2	Bulelani	Niwa		29	1:51:24
3	Lindile	Tokota	Nedbank	45	1:52:13
4	Zandisile	Ngeva	Nedbank	35	2:00:11
5	Vuyo	Witbooi	Outeniqua Harriers	38	2:10:21
6	Fana	Principal	Mossel Bay Harriers	44	2:11:11
7	Keith	Clark	Outeniqua Harriers	38	2:19:21
8	Marsel	Roos	Knysna Marathon Club	31	2:22:14
9	Jacques	Mouton	Outeniqua Harriers	35	2:23:45
10	Rian	Klue	Outeniqua Harriers	47	2:24:12

WOMEN

1	Elize	Kloppers	Hartenbos Harriers	43	2:28:06
2	Lisl	Grobler	Knysna Marathon Club	36	2:31:01
3	Alison	Jordaan	Nedbank	46	2:49:24
4	Maryke	Sass	PetroSA	42	3:00:06
5	Romé	Phillipson-Meyer	Hartenbos Harriers	31	3:00:06
6	Kleintjie	Van Schalkwyk	Hartenbos Harriers	49	3:00:16
7	Suzaan	Kruger	Outeniqua Harriers	30	3:00:16
8	Elmari	Booyesen	Nedbank	47	3:03:38
9	Kira	Darebny	VOB	31	3:04:49
10	Ad	Cole	Knysna Marathon Club	45	3:06:51

10 km**MEN**

1	Ettiene	Plaatjies	Nedbank	26	30:41
2	Elfonzo	Pietersen	Nedbank	24	31:44
3	Julius	Korkee	Mossel Bay Harriers	28	32:49
4	Greshwin	Du Plessis	Knysna Marathon Club	27	34:23
5	Zuzile	Ntsiniyabo		38	35:26
6	Archie	Boome	Knysna Marathon Club	17	35:40
7	Tasko	Msumueton ?	Sedgefield Striders	32	36:51
8	Hermanus	Jonkerman	Nedbank	53	37:09
9	Clayton	Windwaai	Sedgefield Striders	20	37:09
10	Elton	Botha	Knysna Marathon Club	20	37:25

WOMEN

1	Melissa	Van Rensburg	Nedbank	31	39:39
2	Kirsty	Weir	Nedbank	35	41:54
3	Linda	Hegarty	Knysna Marathon Club		42:48
4	Marcelle	Van Tonder	Nedbank	18	44:35
5	Kaye	Bester	Knysna Marathon Club		49:07
6	Charmaine	Lamprecht	Nedbank	29	49:38
7	Cheryl	Capsopoulos	Multisport	57	51:05
8	Lizel	Prinsloo	Knysna Marathon Club		52:04
9	Sharifa	Louw	Knysna Marathon Club	44	52:27
10	Marinda	Fourie	Nedbank	31	53:23

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

Bellville, 4 May

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

1	Duane	Fortuin	Bidvest	35:49
2	Sibusiso	Mbingeleli	Nedbank	36:04
3	Nkosinathi	Madyo	Nedbank	36:39
4	Marks	Mpekula	Ind	36:52
5	Godwin	Swartz	NBMC	36:53
6	Xolisa	Batala	ACSIS VOB	37:32
7	Victor	Msopi	Nedbank	38:01
8	Samson	Gulubela	Bidvest	38:02
9	Michael	Loseby	UCT	38:03
10	Luyanda	Mapoyi	Khayelitsha	38:11
11	Bulelani	Bhebha	ACSIS VOB	38:19
12	Andrew	Louw	Easterns	38:36
13	Xolisa	Mabane	Wild Runner	39:01
14	Oscar	Coetzee	NBMC	39:28
15	Siyanda	Mzitho	RCS Gugs	39:33
16	Mnonophetu	Zunguzalie	Strand	39:42
17	Bongile	Tshewula	Easterns	39:57
18	Petros	Kwashi	RCS Gugs	40:02
19	Michael	McLaggan	UCT	40:21
20	Damian	Will	Pinelands	41:49

SR. MEN

1	Orion	Faro	MP Titans	12:29
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2	Siboniso	Soldaka	CPUT	12:44
3	Enver	Pedro	NBMC	12:51
4	Sibusiso	Nogwaza	Khayelitsha	12:58
5	Ricardo	Jaftha	Eerste River	13:01
6	Vuyolwethu	Mbukushe	RCS Gugs	13:12
7	Marius	Petersen	Ind	13:13
8	Keathon	Olivier	CPUT	13:15
9	J P	Abrahams	Itheko	13:22
10	Gilbert	Korir	KEN/UWC	13:36
11	Simphiwe	Gwagna	Bidvest	13:46
12	Odwa	Mbangatha	ACSIS VOB	13:47
13	Siyanda	Coko	Khayelitsha	13:48
14	Ashley	de Klerk	Eerste River	13:51
15	Llewellyn	Jacobs	Celtic Harriers	13:52
16	Nolan	Steel	UCT	13:54
17	Siyabulela	Qondiso	ACSIS VOB	14:13
18	Darren	Stevens	South Peninsula	14:22
19	Ayanda	Kanzi	RCS Gugs	14:47
20	Sandi	Matodlana	ACSIS VOB	14:57

VETERAN MEN (8 km)

1	Graham	Katzen	Itheko	25:12
2	Xolile	Macanda	RCS Gugs	25:35
3	Sabelo	Ngcwama	Celtic Harriers	27:01

MASTER MEN (8 km)

1	Eric	Coetzee	CPUT	27:14
2	Chris	Mitchell	Celtic Harriers	27:48
3	Julian	Paul	Defence	28:31

G'MASTER MEN (8 km)

1	Clive	Owen	Edgemead	29:57
2	Awie	Veldsman	Helderberg	29:57
3	Paul	San Giorgio	ACSIS VOB	33:48

U.19 (8 km)

1	Du-Wayne	Philander	UWC	26:19
2	Anthony	Timoteus	UWC	26:21
3	Mario	Jantjies	Brackenfell	26:32

U.17 (6 km)

1	Bruce-Lynn	Damons	WCSS	18:31
2	Lwando	Makhso	Ommiedraai	18:45
3	Lukhanyo	Nobakada	ACSIS VOB	18:48

SR. WOMEN (8 km)

1	Bulelwa	Simae	Nedbank	29:16
2	Asiphe	Sikabalanjana	Easterns	29:32
3	Candyce	Hall	Nedbank	30:15
4	Tanya	Scott	UCT	30:22
5	Busisiwe	Matiwane	Celtic Harriers	32:41
6	Adele	Waldron	West Coast	33:14
7	Vivien	Loseby	UCT	33:25
8	Sheryl	de Lange	NBMC	33:35
9	Lee-Shay	Willemse	Velocity	34:14
10	Jani	Calitz	Plexus Durbanville	34:48
11	Rachel	Arnott	West Coast	34:57
12	Nontando	Mabusela	RCS Gugs	35:24
13	Tyshia	Johannes	RCS Gugs	36:51
14	Megan	Goliath	Brackenfell	37:36
15	Portia	Adams	NBMC	37:45

16	Lindie	Bouwer	Nedbank	38:36
17	Cheryl	Rudolph	Easterns	39:25
18	Keryn	Duncan-Smith	NBMC	39:32
19	Julie	Fritz	Easterns	40:11
20	Anzonia	Joseph	Telkom	41:01

SR. WOMEN

1	Linda	Hanekom	Tygerberg NLK	16:34
2	Lianda	Du Bruyn	CPUT	17:01
3	Adri	Meyer	Ind	17:22
4	Tina-Mari	Meyer	Edgemead	18:03
5	Lucia	Lewis	ATC Running	18:08
6	Wandie	Kramer	Tygerberg NLK	18:36
7	Shaundrey-Lee	Farmer	Eerste River	18:42
8	Sonja	Meyer	UWC	19:18
9	Chantel	Watt	Helderberg	19:25
10	Corlia	Meyer	UCT	19:41
11	Ilandi	Pretorius	Ind	21:08
12	Linda	Du Bruyn	Tygerberg NLK	21:09
13	Johandie	de Kock	Tygerberg NLK	21:31
14	Candice	Mazzolini	ACSIS VOB	22:29
15	Charné	Du Toit	Helderberg	22:31
16	Yvonne	Valentine	Helderberg	22:43
17	Sadieka	Price	Itheko	22:55
18	Lozelle	Meyer	West Coast	23:01
19	Petra	King	Sanlam	23:09
20	Taahirah	Dauids	Itheko	23:15

VETERAN WOMEN

1	Linley	Holmes	Fish Hoek	15:31
2	Sandra	van Graan	Edgemead	16:05
3	Sheryl	de Lange	NBMC	16:16

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg NLK	16:41
2	Viv	Williams	ATC Running	17:29
3	Renée	Scott	ACSIS VOB	17:47

G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	20:52
2	Theresa	Isaacs	ACSIS VOB	21:46
3	Esmé	September	Spartan Harriers	23:36

U.19 (6 km)

1	Amy	Abrahams	UWC	22:07
2	Ebeth	Marais	Tygerberg NLK	23:06
3	Celeste	Renaud	Ind	23:36

U.17

1	Lauren	Jonathan	ACSIS VOB	15:41
2	Kristen	Heath	ACSIS VOB	15:48
3	Christine	Bosch	Tygerberg NLK	16:31

Gauteng North League Meeting (4th)

Pretoria, 03 May

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

SR. MEN (8 km)

1	Gladwin Mzazi		Transnet	24:37
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2	Kgosi Tsosane	Transnet	25:11
3	Jeffrey Gwebu	Toyota	25:17
4	Stanley Mofu	Fortis Noord	25:52
5	Altus Badenhorst	Tuks	26:16
6	Wiaan Swanepoel	New Balance	26:33
7	Tebogo Sithole	Tshwane	27:07
8	Matiso ?	Temba Prestige	27:20
9	Motsamai Motone	Transnet	27:29
10	Victor Pheeha	Tembisa	28:07

SR. MEN

1	Seve Ngqola	Transnet	12:46
2	Gino Nkoe	Nissan	12:50
3	Timothy Olyn	Temba Prestige	13:54
4	William Sibonyoni	Fortis Noord	14:13
5	Vivian Petrus	PMMC	14:15
6	Charles Malatji	Monaco	14:27
7	Johnny Shuping	Temba Prestige	14:39
8	Martin Nkoe	TUT	15:37
9	Thabo Maugadami	TUT	15:40
10	Willie Bronkhorst	Tuks	15:44

MEN 40 (8 km)

1	Graham Megaw	Tukkies	29:13
2	Niel van Greunen	Enduro	35:21

MEN 45 (8 km)

1	Anton van Tonder	Tuks	30:39
2	Fanie van Vuuren	Centak	30:44
3	Richard Sinden	TUT	33:43

MEN 50 (8 km)

1	Piet Lotter	ACRW	32:16
2	Burger Linde	Individual	33:07
3	Japie Badenhorst	ACRW	33:07

MEN 55 (8 km)

1	Johnie Jonker	Denel	36:12
2	Len Lorenzen	PMMC	36:28
3	Freddy Bredenkamp	Individual	37:49

MEN 60 (6 km)

1	Len Claassen	Tuks	27:39
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MEN 70 (6 km)

1	Andries van der Merwe	Transnet	31:01
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MEN 80 (6 km)

1	Frans Grobler	Transnet	36:03
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MEN 23

1	Charles Nel	Tuks	13:05
2	Bafundu Dube	Transnet	13:06
3	Lesibana Sekgwele	Tshwane	14:09

MEN 21

1	Moses Dirane	Prestige College	12:18
2	Mpho Makofane	Prestige College	12:42
3	Johnathan Bredenkamp	Tuks	12:53

JR. MEN (8 km)

1	Ian Slinger	Eldoraigue	26:06
2	Mpho Motaung	Prestige College	26:51
3	Junior Ndzekani	RSS	26:52

BOYS 17 (6 km)

1	Ivaan Potgieter	Garsfontein	19:55
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2	Fukama Ramakokobo	Zwartkop	20:00
3	Maleka Thabang	Transnet	20:13
SR. WOMEN (8 km)			
1	Chantelle Breytenbach	Individual	33:38
SR. WOMEN			
1	Nerissa van der Walt	New Balance	15:15
2	Mischelene Lagerwall	Magnolia	16:40
3	Anet Coetzee	Boksburg	16:49
4	Chanaix Schutte	Individual	18:41
5	Kathryn Thomas	New Balance	18:56
6	Natalie Lubbe	Enduro	21:00
7	Estelle Kruger	TUT	30:10
WOMEN 40			
1	Wilma van der Merwe	Individual	19:03
2	Maeni du Randt	Individual	19:29
3	Jackie Human	Montana	19:38
WOMEN 45			
1	Salome Vermeulen	Bronkhorstspuit	16:01
2	Elmarie du Toit	Montana	18:32
3	Yvette Van Schalkwyk	Overkruin	18:56
WOMEN 50			
1	Elsabe Brink	New Balance	18:59
2	Leonore Louw	Transnet	21:06
3	Ronel Fourie	Transnet	21:30
WOMEN 55			
1	Christa Mouton	Agape	23:27
2	Louise Oberholzer	Transnet	30:08
WOMEN 60			
1	Stephanie Claassen	Tuks	21:05
WOMEN 65			
1	Esme Klopper	Transnet	23:35
WOMEN 23			
1	Anuschka Nice	Tuks	14:38
2	Mariska Buys	New Balance	15:36
3	Anja Wiid	Tuks	16:52
WOMEN 21			
1	Aynslee van Graan	Affies	15:08
2	Olivia Labuschagne	Wonderboom	15:16
3	Alicia Labuschagne	Wonderboom	15:20
JR. WOMEN (6 km)			
1	Thandeka Manzana	Prestige College	22:12
2	Monique Stander	Kempton Park	22:27
3	Michelle Redelinghuys	Suthies	23:43
GIRLS 17			
1	Tiffani Bell	Kempton Park	14:46
2	Simone Verwey	Eldoraigue	14:53
3	Marne Mentz	Centurion	15:29

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

Volkswagen Prague International Marathon (19th)

(IAAF Gold Label Road Race)

Praha, CZE, 12 May

(Distance: 42.195 km; mostly flat loop course)

MEN (gun times)

- | | | |
|-------------------------------|------------|-------------------|
| 1. Nicholas Kemboi, 1983, QAT | 2:08:51 | € 15,000 + 5,000i |
| [1:03:21 / 1:05:30] | | |
| 2. Girmay Birhanu, 1987, ETH | 2:09:30 | 7,500 + 2,000i |
| 3. Patrick Terer, 1990, KEN | 2:10:10 PB | 5,000 |
| 4. Albert Matebor, 1980, KEN | 2:10:56 | 2,500 |
| 5. Sium Kiflom, 1987, ERI | 2:11:39 | 1,000 |
| Cutbert Nysango, 1982, ZIM | DNF | |

WOMEN (gun times)

- | | | |
|--------------------------------|------------|-------------------|
| 1. Caroline Rotich, 1984, KEN | 2:27:00 | € 15,000 + 2,000i |
| [1:13:03 / 1:13:57] | | |
| 2. Philes Ongori, 1986, KEN | 2:28:53 | 7,500 |
| 3. Ehitu Kiros, 1988, ETH | 2:30:02 | 5,000 |
| 4. Tatyana Aryasova, 1979, RUS | 2:32:24 | 2,500 |
| 5. Mercy Kibarus, 1984, KEN | 2:33:23 PB | 1,000 |

i) Earned time bonus

Sendai International Half Marathon (22nd)

Sendai, JPN, 12 May

(Distance: 21.1 km)

MEN

1. Mekubo Mogusu (KEN), 1:01:54
2. Joseph Gitau (KEN), 1:02:07
3. Johana Maina (KEN), 1:02:53

WOMEN

1. Mizuki Noguchi, 1:10:36
2. Noriko Higuchi, 1:11:28
3. Yuka Hakoyama, 1:12:05

Healthy Kidney 10 km (9th)

New York, USA, 11 May

(New certified one-loop course with separately certified 8 km point with fully automatic timing)

MEN (gun times)

- | | | |
|--|----------|----------|
| 1. Leonard Patrick Komon, 25, KEN (Nike) | 27:58 | \$25,000 |
| [13:40 at 5 km / 22:18 at 8 km] | | |
| 2. Moses Kipsiro, 26, UGA (Puma) | 28:02 | 12,500 |
| [13:47 / 22:30] | | |
| 3. Stephen Sambu, 24, KEN (Nike) | 28:02 PB | 6,000 |
| [13:53 / 22:35] | | |
| 4. Abera Kuma, 22, ETH (Nike) | 28:18 | 3,000 |
| [13:53 / 22:36] | | |
| 5. Collis Birmingham, 28, AUS (Nike) | 28:29 PB | 2,000 |

[14:10 / 22:51]
 6. Edwin Soi, 27, KEN (Nike) 28:37 1,000
 [13:53 / 22:45]
 ... 9. Meb Keflezighi, 38, Skechers/NYAC 28:57 1000^
 [14:10 / 23:09]

WOMEN (gun times)

1. Aziza Aliyu, 27, ETH (West Side Runners) 34:34 \$1000^
 2. Hirut Beyene Guangul, 21, ETH (WS Runners) 34:50 500^
 3. Tigist Tufa, 26, ETH (West Side Runners) 35:26 300^
 4. Muliye Gurmu, 29, ETH (West Side Runners) 36:43 200^
 5. Kate Pallardy, 27, Unattached 36:46 100^

^) Earned NYRR member award (must be member for 3 months)

Fifth Third River Bank Run 25 km (36th)

(U.S. 25 km Open Championships for men and women)

Grand Rapids, USA, 11 May

MEN

1. Julius Keter, 24, Nyack, NY (KEN) 1:14:07 \$5000
 2. Mo Trafteh, 27, Duarte, CA 1:14:18 NR 1500 + 7000a
 3. Josphat Boit, 29, Mammoth Lakes, CA 1:14:34 1000 + 3000a
 4. Matt Tegenkamp, 30, Portland, OR 1:14:43 1500a
 5. Christo Landry, 27, Ann Arbor, MI 1:15:00 PB 1000a

a) Earned USA Championship prize money

m) Earned masters prize money

WOMEN

1. Chemtai Rionotukei, 26, Lansing, MI (KEN) 1:25:45 \$5000
 2. Dot McMahan, 36, Rochester, MI 1:25:52 PB 1500 + 7000a
 3. Mattie Suver, 25, Colorado Springs, CO 1:25:54 1000 + 3000a
 4. Tera Moody, 32, Boulder, CO 1:26:12 PB 1500a
 5. Melissa Johnson-White, 32, Lake Orion, MI 1:26:35 1000a

a) Earned USA Championship prize money

m) Earned masters prize money

Medtronic TC Mile (9th)

Minneapolis, USA, 9 May

(Distance: 1 mile; point-to-point course, mostly straight with one left turn in the final quarter)

MEN

1. Nick Willis, 30, Ann Arbor, MI (NZL) 3:56.1 CR \$5000 + 10,000c
 2. Garrett Heath, 29, Winona, MN 3:57.1 3000
 3. Macklin Chaffee, 26, Boulder, CO 3:58.1 PB 1800

c) Earned Course Record bonus

WOMEN

1. Sarah Brown, 26, Atlanta, GA 4:33.3 PB \$5000
 2. Nicole Sifuentes, 26, Plymouth, MI (CAN) 4:33.4 3000
 3. Heather Kampf, 26, Minneapolis, MN 4:34.1 1800

European 100 km Championships

Belves, FRA, 27 April

MEN

1. Asier Cuevas ESP 6:53:14; 2. Michael Boch FRA 6:56:49; 3. José Antonio Requejo ESP 6:57:02; 4. Vermeesch BEL 6:58:06. Teams: 1. ESP 20:54:52; 2. FRA 21:15:57; 3. RUS 21:25:58; 4. NOR 21:29.14.

WOMEN

1. Kajsa Berg SWE 7:38:52; 2. Irina Antropova RUS 7:42:52; 3. Sue Harrison GBR 7:48:12; 4. Pankovskaya RUS 7:49:23; 5. Sundberg SWE 7:53:21; 6. Vrajic CRO 7:54:06; 7. Akimenkova RUS 7:56:07; 8. Aksenova RUS 8:03:26; 9. Shikanova RUS 8:08:55. Teams: 1. RUS 23:28:22; 2. SWE 24:04:25; 3. ITA 25:24:24.

TRACK

Golden Games

Nobeoka, Miyazaki, JPN, 11 May

MEN

10000:

1. Keita Shitara, 1991, 27:51.54 PB/MR
2. Martin Mathathi (KEN), 27:52.65 (MR)
3. Yuta Shitara, 1991, 27:54.82 PB

Pac-12 Championships

Los Angeles, USA, 11-12 May

WOMEN

800 (12):

- | | | |
|---------------------|--------------|------------|
| 1. Laura Roesler | Oregon | 2:06.51 MR |
| 2. Justine Fedronic | Stanford | 2:07.23 |
| 3. Anne Kesselring | Oregon (GER) | 2:07.54 |

1500 (12):

- | | | |
|-----------------------|---------------|------------|
| 1. Shelby Houlihan | Arizona State | 4:14.84 MR |
| 2. Becca Friday | Oregon | 4:14.99 |
| 3. Anne Kesselring | Oregon (GER) | 4:15.44 |
| 4. Amanda Mergaert | Utah | 4:15.45 |
| 5. Jordan Hasay | Oregon | 4:15.53 |
| ... 10. Aisling Cuffe | Stanford | 4:23.57 |

5000 (12):

- | | | |
|----------------------|---------------|----------|
| 1. Megan Goethals | Washington | 16:08.86 |
| 2. Shelby Houlihan | Arizona State | 16:15.85 |
| 3. Jennifer Bergman | Arizona | 16:16.95 |
| ... 6. Aisling Cuffe | Stanford | 16:37.12 |

3000 s/chase (11):

- | | | |
|--------------------|----------------|----------|
| 1. Emma Coburn | Colorado | 9:55.67 |
| 2. Mel Lawrence | Washington | 10:08.19 |
| 3. Caroline Austin | Washington St. | 10:08.49 |

Sun Belt Conference Outdoor Championships

Miramar, USA, 10-12 May

MEN

800 (12):

1. ELIUD RUTTO FR Mid. Tenn. State (KEN) 1:50.89
2. NATHAN CARR SR U A L R 1:51.78
3. MATT RUSS JR North Texas (NZL) 1:52.56
4. DAVID MOKONE JR Western Kentucky (RSA) 1:52.57

Prelims (11):

Heat 1 -

1. DAVID MOKONE JR Western Kentucky (RSA) 1:52.91Q

1500 (12):

Heat 2 -

1. DAVID MOKONE JR Western Kentucky (RSA) 3:51.71

Samsung Diamond League - Doha

(1st stop of 2013 Samsung Diamond League)

Doha, QAT, 10 May

MEN

800:

Race 1:

1. Amine El Manaoui, MAR, 1:46.05
2. Tyler Mulder, USA, 1:46.29
3. Abraham Kiplagat, KEN, 1:47.08

Race 2 (DL):

1. David Rudisha, KEN, 1:43.87
2. Mohammed Aman, ETH, 1:44.21
3. Job Kinyor, KEN, 1:44.24 PB
4. Pierre-Ambroise Bosse, FRA, 1:44.77 PB
5. Musaeb Abdulrahman Balla, QAT, 1:44.83
6. Michael Rimmer, GBR, 1:44.97
7. Anthony Chemut, KEN, 1:45.06
8. Andrew Osagie, GBR, 1:45.41
9. Timothy Kitum, KEN, 1:46.54
- Moses Kibet, KEN, DNF

1500:

1. Asbel Kiprop, KEN, 3:31.13
2. Bethwell Birgen, KEN, 3:31.90
3. Ayanleh Souleiman, DJI, 3:32.59
4. Collins Cheboi, KEN, 3:32.85
5. Benson Seurei, KEN, 3:33.04
6. Daniel Kipchirchir Komen, KEN, 3:33.05
7. Aman Wote, ETH, 3:33.42 PB
8. Johan Cronje, RSA, 3:33.46 NR
9. Mekonnen Gebremedhin, ETH, 3:34.49
10. Silas Kiplagat, KEN, 3:34.57

3000 (DL):

1. Hagos Gebrhiwet, 1994, ETH, 7:30.36 PB/WL

2. Thomas Pkemei Longosiwa, KEN, 7:32.01
3. Yenew Alamirew, ETH, 7:32.64
4. Caleb Ndiku, KEN, 7:33.92
5. Hayle Ibrahimov, AZE, 7:34.57 NR
6. Isiah Koech, KEN, 7:36.28
7. Augustine Choge, KEN, 7:37.70
8. Abrar Osman, 1994, ERI, 7:39.70 NJR
9. Jairus Birech, KEN, 7:41.83 PB
10. Geoffrey Kirui, KEN, 7:42.26 PB

WOMEN

1500 (DL):

1. Abeba Aregawi, SWE, 3:56.60 NR/WL
2. Faith Chepngetich Kipyegon, 1994, KEN, 3:56.98 NR
3. Genzebe Dibaba, ETH, 3:57.54 PB
4. Viola Kibiwot, KEN, 4:00.76
5. Eunice Sum, KEN, 4:02.05 PB
6. Mary Kuria, KEN, 4:03.56
7. Siham Hilali, MAR, 4:03.92
8. Betlhem Desalegn, UAE, 4:05.13 NR
9. Rababe Arafi, MAR, 4:05.22 PB
10. Gabriele Anderson, USA, 4:05.41
11. Janeth Jepkosgei, KEN, 4:12.61

3000 s/chase (DL):

1. Lydiah Chepkurui, KEN, 9:13.75 PB/WL
2. Sofia Assefa, ETH, 9:14.61
3. Hiwot Ayalew, ETH, 9:17.60
4. Etenesh Diro, ETH, 9:17.78
5. Milcah Chemos Cheywa, KEN, 9:19.17
6. Purity Cherotich Kirui, KEN, 9:19.42 PB
7. Habiba Ghribi, TUN, 9:22.20
8. Lydia Chebet Rotich, KEN, 9:26.31
9. Ruth Bisibori Nyangau, KEN, 9:31.81
10. Birtukan Fente, ETH, 9:35.18

STATS TIME

As mentioned last week, Lusapho April has moved up into eighth position on the SA all-time marathon list with the equal 16th fastest time. Ten men have now run under 2:09, and they have done so 21 times. Here is the complete list. Note that only five of the times were run after 2005. Hendrick Ramaala and Gert Thys own just more than half (11) of the performances.

MARATHON: S.A. ALL-TIME MEN'S LIST

2:06:33	Gert Thys	Tokyo	14 Feb 99
2:06:55	Hendrick Ramaala	London	23 Apr 06
2:07:06	Ian Syster	London	14 Apr 02
2:07:06	Thys-2	Seoul	14 Mar 04
2:07:28	Josiah Thugwane	Fukuoka	07 Dec 97
2:07:44	Ramaala-2	London	26 Apr 09
2:07:45	Thys-3	Chicago	11 Oct 98
2:07:49	Syster-2	Beijing	19 Oct 03
2:07:52A	Thys-4	Boston	20 Apr 98
2:07:56	Ramaala-3	London	22 Apr 07

2:08:04A	Zithulele Sinqe	Port Elizabeth	03 May 86
2:08:06	Thugwane-2	London	13 Apr 97
2:08:07	David Tsebe	Berlin	27 Sep 92
2:08:15A	Willie Mtolo	Port Elizabeth	03 May 86
2:08:30	Thys-5	Beppu	04 Feb 96
2:08:32	Ramaala-4	London	17 Apr 05
2:08:32	Lusapho April	Hannover	05 May 13
2:08:33	Stephen Mokoka	Seoul	07 Nov 10
2:08:42	Thys-6	Seoul	16 Mar 03
2:08:58	Ramaala-5	London	13 Apr 03
2:08:58A	Mark Plaatjes	Port Elizabeth	04 May 85

THIS MONTH IN HISTORY

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

103 years ago: 31 May 1910

In years gone by, the SA Track & Field Championships were often held in May. The first time this happened was in 1910, which was also the first time the meeting was held in Pretoria – on 31 May and 1 June. On this day Chris Gitsham, then not yet the top marathoner he would become, won the 4 miles in 22:39.8 after Charles Hefferon had taken the first six titles in a row (1904-09). The next year in Durban, on the same date, Gitsham showed a huge improvement when he won again, in 20:56.8 (he also took the 10-mile title). Another year later he would finish second in the Olympic Marathon in Stockholm behind compatriot Kennedy McArthur.

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		
	44:30	Lusapho April	Port Elizabeth	02 Mar
21.1 km	43:38	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	63:36	Stephen Mokoka	Cape Town	30 Mar
	58:54	Geoffrey Kipsang (KEN)		
30 km	58:23	Zersenay Tadese (ERI) 2010		
	78:45	Lucky Mohale	Pretoria	04 May
Marathon	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
Marathon	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:34:17	Joseph Sweeney (IRL)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:08:32	Lusapho April	Hannover	05 May
	2:04:45	Lelisa Desisa (ETH)		

100 km	2:03:38	Patrick Makau (KEN) 2011		
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	31:27	Graham Katzen	Bellville	23 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	48:30	Graham Katzen	Duynefontein	23 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:10	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	88:25	Elias Mabane	Pretoria	04 May
	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	1:46:22	Philemon Mailola	Pretoria	04 May
	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	60:16	Mike Hirst	Boksburg	05 May
21.1 km	86:20	Awie Veldsman	Cape Town	30 Mar
25 km	1:54:16	Aubrey Watson	Pretoria	04 May
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	31:57	Masibulele Heugh	Port Elizabeth	11 May
	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)		
	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	1:32:18	Tanith Maxwell	Berlin	05 May
	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	1:56:17	Vanessa Bowman	Pretoria	04 May
	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	2:08:02	Ina Lagerwall	Pretoria	04 May
	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	67:26	Sonja Laxton	Brakpan	28 Apr

21.1 km	1:47:15	Veronica van Niekerk	Wellington	01 May
25 km	2:47:55	Liz Schochot	Pretoria	04 May
	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	64:11	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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