

Distance Running Results

Vol. 13, No. 20 – 20 May 2013

© Distance Running Results. All rights reserved.

Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

Jeromy Andreas, better known as a track runner, had to use his track speed to outspurt junior Namakoe Nkhasi by 3 seconds and win his first national title in the SA 10 km Championships yesterday. His 29:03, although a personal best by one second, is the slowest winning time in the race since 1997. Lloyd Bosman (29:15) took third.

The most remarkable performance of the day, however, came from 81-year-old Deidre Larkin, who not only shattered Gill Tregenna's week-old SA record in the 70+ age category with her 54:17, but by a huge margin also broke the world 80+ record of Melitta Czerwenka (GER), who ran 56:53 in 2011.

The women's race went to Lebo Phalula, who can also boast solid track credentials, in 33:48. Neither defending champion, Elroy Gelant and Irvette van Zyl (who has won the last three years), took part.

Andreas (21), a student at the University of Johannesburg, said he was surprised by his win. "I am very surprised to be the champion. I didn't expect to win. In the last kilometre I used my 5000 m speed to outspurt Nkhasi."



The first three junior girls in Durban: Two of the Labuschagne triplets, Olivia (left) and Alicia flanking winner Annie Bothma. [Photograph supplied]

SA marathon champion Benedict Moeng finished fifth, while in the women's race reigning marathon champion Cornelia Joubert was third.

Phalula won her second 10 km title (her PB of 33:01 was recorded when she took the 2008 race) despite a bothersome knee. "I wanted to run hard and get 32 [minutes], but my knee didn't allow me," she said.

Nkhasi had a big win in the junior race with his PB of 29:06, while national marathon record holder Gert Thys retained his veteran (master) title in 30:33, his fastest time since turning 40 and a new WP record.

Six list leaders were set, by Andreas, Thys, Reform Ndlovu and Judy Bird (masters), and juniors Nkhasi and Annie Bothma (a PB of 36:47).

In what must be a rare occurrence in a national championship, the 17-year old Labuschagne triplets from Gauteng North finished second (Alicia, 37:21), third (Olivia, 37:36) and fifth (Sindy, 38:40) in the women's junior race.

At the USATF High Performance Meeting at Occidental College in Los Angeles precocious 17-year-old Mary Cain set yet another US junior and youth record with her 4:04.62 in the 1500, also an "A" qualifier for the World Championships.

DRR has received confirmation that the course for the Weskus Half Marathon (see last week's Editorial) is a loop with a start/finish separation of not more than 250 metres.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * South African 10 km Championships, Durban
- * Phoenix Villagers AC 10 km, Durban
- * Coega 10 km, Port Elizabeth
- * Zio Cash & Carry 10 km, Sasolburg
- * Nashua RBAC 32 km & 10 km, Richard's Bay
- * Mosselbaai Mall Half Marathon & 10 km, Mossel Bay
- * XC: KZN League Meeting, Durban; WP League Meeting, Durbanville; Gauteng North League Meeting, Pretoria; KZN League Meeting, Amanzimtoti

International highlights:

- * Bay to Breakers 12 km Presented by Craigslist, San Francisco, USA
 - * Gifu Seiryu Half Marathon, Gifu, JPN
 - * Göteborgsvarvet, Göteborg, SWE
 - * Grand Prix von Bern, Bern, SUI
 - * Shanghai Golden Grand Prix, Shanghai, CHN; USATF High Performance Meet at Occidental College, Los Angeles
-

ROAD RUNNING

South African 10 km Championships (20th for men; 22nd for women)

Durban, 19 May

(Certified two-loop course. Weather: 17 °C at start, clear, high humidity. Finishers: 188.)

Note: The race was also the SA Masters Championships, therefore five-year age categories are given. – Ed.

MEN

1	Jeromy	ANDREAS	USSA	21	29:03	R3000
2	Namakoe	NKHASI (1st jun)	CGA	19	29:06	R2000
3	Lloyd	BOSMAN	ASWD	25	29:15	R1000
4	Xolisane	ZAMKELE	AVT	26	29:18	R500
5	Benedict	MOENG	AGN	30	29:27	R250
6	Derocious	MAKHOBALO	CGA	24	29:43	
7	Norman	DLOMO	AVT	38	29:52	
8	Anthony	GODONGWANA	AGN	28	29:57	
9	Sibusiso	MADIKIZELA	CGA	21	30:02	
10	Siyabonga	NKONDE	KZNA	24	30:08	
11	Luyanda	QOLO	BOLA	21	30:11	
12	Tshabo	VUYISILE	AGN	22	30:13	
13	Tumisang	MONATLALA	CGA	18	30:14	
14	Skhumbuzo	SEME	AGN	28	30:15	
15	Mariano	EESOU	EPA	21	30:20	
16	Zolani	NGQAQA	EPA	24	30:26	
17	Monwabiso	CELE	KZNA	20	30:29	

18	Sityhilo	DIKO	WPA	21	30:32
19	Gert	THYS (1st vet)	WPA	41	30:33
20	Sthembele	FANEKO	KZNA	21	30:34
21	Adam	LIPSCHITZ	AGN	19	30:36
22	Dominic	KHOZA	CGA	26	30:41
23	Karabo	JACOBS	AVT	20	30:42
24	Abram	KHUMALO	CGA	25	30:49
25	Jabulani	MTHEMBU	KZNA	20	30:50
26	Sphamandla	NYEMBE	KZNA	23	30:52
27	John	THIPE	AVT	22	30:55
28	Sifiso	MNCWANGO	CGA	22	30:58
29	Simon	MOKONGAMA	AGN	20	30:58
30	Simphiwe	ZULU	KZNA	35	30:59

(All ten-year age groups except the juniors had the same prize money: R250, R150, R100. To indicate who received prize money, the positions in ten-year age groups [40-49, 50-59, etc.] are given in brackets.)

35-39:

1	Norman	DLOMO	AVT	38	29:52
2	Smphiwe	ZULU	KZNA	35	30:59
3	Mphuthumi	NGEDLE	ATRA	35	31:28

40-44:

1 (1)	Gert	THYS	WPA	41	30:33
2 (2)	Katzen	GRAHAM	WPA	42	31:47
3	Richard	DLAMINI	KZNA	43	32:36

45-49:

1 (3)	Jackson	SEANEGO	AGN	45	32:32
2	Isaac	OPPERMAN	BOLA	46	33:06
3	Selwyn	LOSPER	ASWD	48	34:23

50-54:

1 (1)	Reform	NDLOVU	CGA	50	33:31
2 (2)	Stuart	MCCOLL	ACNW	53	33:42
3 (3)	Sollie	VAN ROOYEN	BOLA	50	34:57

55-59:

1	Thomas	MOSES	BOLA	56	38:27
2	Derrick	MAZIBUKO	KZNA	55	39:36
3	Andy	DALEY	KZNA	56	40:26

60-64:

1 (1)	Mike	HIRST	CGA	62	38:52
2 (2)	Mike	DU BRUTO	AGN	64	39:00
3 (3)	Lindsay	ROGERSON	KZNA	60	44:33

65-69:

1	Jakobus	KOOPMAN	BOLA	65	45:01
2	Piet	BADENHORST	KZNA	66	46:43

70-74:

1	Roger	BAILEY	KZNA	72	46:05
2	Fred	MOODLEY	KZNA	73	60:43

Juniors:

1	Namakoe	NKHASI	CGA	19	29:06	R1000
2	Tumisang	MONATLALA	CGA	18	30:14	R750
3	Adam	LIPSCHITZ	AGN	19	30:36	R500

WOMEN (Same prize money as men)

1	Lebo	PHALULA	CGA	29	33:48
2	Christine	KALMER	CGA	27	33:55
3	Cornelia	JOUBERT	CGA	24	34:46
4	Mpho	MABUZA	CGA	33	35:09

5	Carey-Ann	SMITH	KZNA	33	35:48
6	Thozama	APRIL	AGN	27	35:55
7	Bulelwa	SIMAE	WPA	36	36:01
8	Thabisa	SIRAYI	ATRA	19	36:19
9	Patience	KHUMALO	AGN	24	36:22
10	Khanya	MATEYISI	WPA	19	36:23
11	Ulrica	STANDER	WPA	38	36:37
12	Annie	BOTHMA (1 st jun)	WPA	17	36:47
13	Prudence	ZWANE	AGN	38	36:58
14	Portia	NGWENYA	AGN	24	37:00
15	Janine	CAREY (1 st vet)	KZNA	41	37:13
16	Alicia	LABUSCHAGNE	AGN	17	37:21
17	Olivia	LABUSCHAGNE	AGN	17	37:36
18	Thembi	BALOYI	USSA	24	37:43
19	Linley	HOLMES	WPA	42	37:54
20	Catherine	SKOSANA	AGN	32	38:06
21	Thitshaamba	RAVHANDALALA	USSA	23	38:08
22	Putseletso	DLADLA	KZNA	21	38:17
23	Silindile	CHILI	KZNA	18	38:26
24	Marisa	KRUGER	AGW	34	38:36
25	Sindy	LABUSCHAGNE	AGN	17	38:40
26	Mariska	BUYS	AGN	23	38:49
27	Kristen	WILLIAMS	KZNA	23	38:55
28	Ronel	THOMAS	AGN	41	39:00
29	Thandeka	MANZANA	AGN	17	39:01
30	Michelle	STRYDOM	CGA	19	39:02

35-39:

1	Bulelwa	SIMAE	WPA	36	36:01
2	Ulrica	STANDER	WPA	38	36:37
3	Prudence	ZWANE	AGN	38	36:58

40-44:

1 (1)	Janine	CAREY	KZNA	41	37:13
2 (2)	Linley	HOLMES	WPA	42	37:54
3 (3)	Ronel	THOMAS	AGN	41	39:00

45-49:

1	Elmarie	COETZEE	WPA	49	40:21
2	Erica	WALKER	KZNA	45	41:02
3	Kylie	GRIFFIN	KZNA	48	43:02

50-54:

1 (1)	Judy	BIRD	CGA	51	39:47
2 (2)	Grace	DE OLIVERIA	KZNA	51	40:49
3	Sandra	STEENKAMP	AGN	52	43:19

55-59:

1 (3)	Annatjie	BOTES	ASWD	55	43:00
-------	----------	-------	------	----	-------

60-64:

1 (2)	Helen	DU PLESSIS	WPA	60	47:25
2 (3)	Sandy	FISMER	KZNA	60	47:34
3	Lynn	DE BRUIN	AGN	60	47:54

65-69:

1 (1)	Lien	BOTHA	KZNA	68	47:17
-------	------	-------	------	----	-------

70-74:

1	Gill	TREGENNA	KZNA	72	56:35
---	------	----------	------	----	-------

80-84:

1	Deidre	LARKIN	CGA	81	54:17*
---	--------	--------	-----	----	--------

Juniors:

1	Annie	BOTHMA	WPA	17	36:47
2	Alicia	LABUSCHAGNE	AGN	17	37:21
3	Olivia	LABUSCHAGNE	AGN	17	37:36
...					
5	Sindy	LABUSCHAGNE	AGN	17	38:40

*) SA 70+ and world 80+ record

Phoenix Villagers AC 10 km

Durban, 19 May

(Loop course. Finishers: 666.)

Note: This race was run in conjunction (but not simultaneously) with the SA 10 km and was only one lap, whereas the national race was over two laps. – Ed.

MEN

1.	Elmore Sibanda	ZIM/Maxed Elite	29:34
2.	Lungile Gongqa	Chesterville AC	29:49
3.	Thubalethu Phaku	DUT	30:03

40-49:

1.	Joseph Mandisha	Form One AC	33:48
----	-----------------	-------------	-------

50-59:

1.	Mike Skivington	Savages AC	41:40
----	-----------------	------------	-------

60+:

1.	Bongani Ndlovu	Zabalaza AC	43:09
----	----------------	-------------	-------

WOMEN

1.	Nicole Britz	Ind	37:21
2.	Pat Dammann	Forest Hills	40:18
3.	Nomcebo Mthethwa	Umhlatuze AC	40:23

40-49:

1.	Pat Dammann	Forest Hills	39:46
----	-------------	--------------	-------

50-59:

1.	Dawn Frankish	PDAC	50:59
----	---------------	------	-------

60+:

1.	Maureen Parry	Chiltern AC	60:44
----	---------------	-------------	-------

Coega 10 km

Port Elizabeth, 18 May

(Finishers: 317)

MEN

1	Melikhaya	Frans	Nedbank RC EP	21	30:23
2	Sandile	Ngunuza	Nedbank RC EP	30	31:15
3	Andre	Ketchem	Transnet Eng EP	29	31:19
4	Anele	Maliza	Nedbank RC EP	35	31:29
5	Bulelini	Niwa	PEAAC	27	31:50
6	Aphlyn	Taai	Transnet Eng EP	30	32:23
7	Maxwell	Goodman (1 st vet)	Malabar AC	40	32:45
8	Luyanda	Tshangana	Ikhamba AC	29	33:07
9	George	Ntshiliza	Nedbank RC EP	33	33:26
10	Thando	Bixa	Warriors AC	32	33:33

11	Siyabonga	Kahla (1 st jun)	Youth 4 Change AC	17	34:21
12	Luvuyo	Stephen	Nedbank RC EP	43	36:21
13	Lewis	Skade	Transnet Eng EP	35	36:34
14	Francois	De Villiers	Temp	37	36:39
15	Jean	De Villiers	Temp	31	36:40
16	Garnet	Van Belling	Transnet Eng EP	38	36:56
17	Freek	Daniels	Transnet Eng EP	46	37:19
18	Wayne	Mitchell	Achilles AAA	40	37:31
19	Michael	Prince	Nedbank RC EP	39	38:15
20	Andrew	Long	Temp	46	39:57

40-44:

1	Maxwell	Goodman	Malabar AC	40	32:45
2	Luvuyo	Stephen	Nedbank RC EP	43	36:21
3	Wayne	Mitchell	Achilles AAA	40	37:31

45-49:

1	Freek	Daniels	Transnet Eng EP	46	37:19
2	Andrew	Long	Temp	46	39:57
3	Brendan	Dryden	Body Concept	45	41:41

50-54:

1	Wouter	Loots	Charlo AC	51	44:08
2	Christopher	Nyodi	Bluewater Bay	54	44:33
3	Daniel	Pieterse	Despatch AC	50	46:05

55-59:

1	Donald	Mancasa	Transnet Eng EP	59	46:07
2	Mbulelo	Sobikwa	Crusaders AC	58	48:25
3	Giles	Hobson	Bluewater Bay	58	50:35

60-64:

1	Sizinzo	Kama	Achilles AAA	61	40:19
2	Bill	Emslie	Achilles AAA	61	47:37
3	Barry	Nelson	Legacy AC	61	52:59

65-69:

1	Syd	Lippstreu	Crusaders AC	65	46:11
2	David	O'Rielly	Nedbank RC EP	65	48:37
3	Thembisile	Ntoni	PEAAC	65	53:33

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	71	47:18
---	----------	--------	---------------	----	-------

Juniors:

1	Siyabonga	Kahla	Youth 4 Change AC	17	34:21
2	Graham	Reynolds	Bluewater Bay	18	44:18
3	Bennie	Kilian	Temp	15	48:18

WOMEN

1	Asanda	Solani	Nedbank RC EP	29	41:45
2	Christine	Claasen (1 st vet)	Achilles AAA	48	42:29
3	Megan	Wilson (1 st jun)	Charlo AC	17	46:24
4	Sunelle	Horne	Bluewater Bay	39	47:48
5	Amanda	Wolmarans (1 st mast)	Walmer AC	54	48:46
6	Nikki	Strooh	Walmer AC	36	48:50
7	Leonie	Ah Kee	Nedbank RC EP	39	49:01
8	Toegeda	Vyver	Nedbank RC EP	41	49:28
9	Helen	John	Temp	39	49:44
10	Anita	Boehmke	Achilles AAA	42	50:30
11	Liz	Goosen	Madiba Bay AC	40	50:44
12	Kimberley	Wilson	Charlo AC	17	50:48
13	Nolukhanyo	Mdwayi	Body Concept	32	51:02
14	Charmell	Jansen	Nedbank RC EP	33	51:11

15	Ronel	Botha	Temp	37	51:12
16	Kylie	Riddin	Temp	28	51:58
17	Natalie	Sharp	Charlo AC	24	52:26
18	Sylma	Watkins	St Albans CS EP	45	52:44
19	Charlene	De Coning	Crusaders AC	48	53:18
20	Kim	Venter	Charlo AC	28	53:21

40-44:

1	Toegeda	Vyver	Nedbank RC EP	41	49:28
2	Anita	Boehmke	Achilles AAA	42	50:30
3	Liz	Goosen	Madiba Bay AC	40	50:44

45-49:

1	Christine	Claasen	Achilles AAA	48	42:29
2	Sylma	Watkins	St Albans CS EP	45	52:44
3	Charlene	De Coning	Crusaders AC	48	53:18

50-54:

1	Amanda	Wolmarans	Walmer AC	54	48:46
2	Lynette	Crause	Walmer AC	53	54:12
3	Zelda	Krige	Walmer AC	52	56:31

55-59:

1	Gerrie	Dimitriou	Crusaders AC	57	55:47
2	Noleen	Norris	Gelvan AC	56	59:45
3	Hendrina	Claassen	Despatch AC	56	1:15:16

65-69:

1	Denise	Terblanche	Walmer AC	65	1:03:04
2	Edna	Potgieter	Legacy AC	66	1:11:58
3	Debbie	Oelofse	Legacy AC	66	1:27:01

75-79:

1	Dorothy	Hart	Charlo AC	75	1:06:38
---	---------	------	-----------	----	---------

Juniors:

1	Megan	Wilson	Charlo AC	17	46:24
2	Kimberley	Wilson	Charlo AC	17	50:48

Zio Cash & Carry 10 km

Sasolburg, 18 May

(Finishers: 330)

Note: This race presents a problem every year. The Race Time Bias calculation, which is used to determine if a course is short, has often indicated in the past that this course is not the correct length. Last year the RTB figure was -4.48 sec/km, just within the acceptable limit of -5 sec/km. This year, for nine time comparisons, it is -3.97 sec/km. Although DRR maintains a strong suspicion that the course – as is the case with other races in Sasolburg – is indeed short, the times will therefore be accepted for statistical purposes. Note, however, that Lindie Compaan ran almost 2 min slower (45:09) in the recent Wally Hayward 10 km than here. Also, Frik Guys ran just 20 seconds slower than his PB, and the last 10 km time DRR has on record for him was 30:24. He ran 29:47 in last year's SA Championships. – Ed.

MEN

1 Frik Guys (Nedbank) 29:36; 2 William Mokwalakwala (Toyota) 29:39; 3 Puseletso Mofokeng (Temp) 30:04; 4 Mthandazo Qhina (Nedbank) 30:50; 5 Collen Muluadzi (VUT) 31:12.

Veterans: 1 Joseph Molaba (Toyota) 32:31. **Masters:** 1 Khabi Motaung (Vaal) 40:38.

G'masters: 1 Theo Vorster (Arcelor Mittal) 43:49. **Juniors:** 1 Jabulani Ncana (Sasol) 32:16.

WOMEN

1 Angelina Molaba (Toyota) 38:43; 2 Rose Jijana (Nedbank) 39:33; 3 Puleng Motaung (VUT) 40:01; 4 Moleboheng Mofokeng (Toyota) 40:05; 5 Refiwe Khubeka (VUT) 41:50.

Veterans: 1 Lindie Compaan (Phobians) 43:17. **Masters:** 1 Erika Hamilton (Vaal) 47:43. **G'masters:** 1 Marietjie Olen (Arcelor Mittal) 49:07. **Juniors:** 1 Sibongile Hlanjwa (Temp) 42:10.

Nashua RBAC 32 km & 10 km

Richard's Bay, 12 May

Note: The organisers did not provide clubs for the athletes. – Ed.

32 km**MEN**

1. Sipho Ngxongo 1:53:45
2. Bernard Phalatsane (ZIM) 1:55:50
3. Phumlani Sibiya 1:59:00

WOMEN

1. Nicola McMurray 2:30:24
2. Zethu Mnyandu 2:36:54
3. Iris Ndlovu 2:39:53

10 km**MEN**

1. Patrick Nkosi 33:30
2. M. Ngubane 35:37
3. Lucky Mzimela 35:58

WOMEN

1. Nomcebo Mthethwa 39:47
2. Andile Cebekhulu 46:18
3. Samukeliswe Gumede 47:27

Mosselbaai Mall Half Marathon & 10 km

Mossel Bay, 11 May

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 126; 10 km – 139.)

Note: By coincidence, both female winners, Annatjie Botes and Mariëtte Strauss, finished 16th in their respective races (and both are masters!). – Ed.

Half marathon**MEN**

1	Lloyd	Bosman	Nedbank RC	25	1:12:24
2	Julius	Korkee	Mossebaai Harriers	28	1:12:37
3	Lindile	Tokota	Nedbank RC	45	1:13:11
4	Jerome	Gelderblom	Mossebaai Harriers	37	1:13:56
5	John	April	Run Walk for Life	24	1:16:52
6	Melikhaya	Msizi	Knysna MC	29	1:18:11
7	Sydney	Landsberg	Nedbank RC	51	1:21:31
8	Archie	Boome	Knysna MC	17	1:23:00
9	Dewald	Kleinhans	Hartenbos Drawwers	30	1:24:25
10	Whayn	Windwaai	Outeniqua Harriers	34	1:27:21

WOMEN

1	Annatjie	Botes	Nedbank RC	55	1:35:21
2	Lisl	Grobler	Knysna MC	36	1:35:43
3	Analie	Heyns	Langeberg	41	1:40:14
4	Lelané	Van der Merwe	Ind	39	1:44:48
5	Johanna	Claassen	Nedbank	44	1:46:56
6	Rea	Oosthuizen	Hartenbos Drawwers	67	1:48:48
7	Maryke	Sass	PetroSA	42	1:51:25
8	Rome	Phillipson Meyer	Hartenbos Drawwers	31	1:51:26
9	Kleintjie	Van Schalkwyk	Hartenbos Drawwers	49	1:51:27
10	Ad	Cole	Knysna MC	45	1:51:57

10 km**MEN**

1	Leon	Adams	Hartenbos Drawwers	19	33:45
2	Francois	Maquassa	Run Walk for Life	17	33:56
3	Selwyn	Losper	Mosselbaai Harriers	48	35:11
4	Ashwell	Clooco	Mosselbaai Harriers	17	35:47
5	Jefferson	Van Wyk	Ind	16	36:01
6	Thabisa	Panda	Ind	15	37:30
7	Aubrey	Brinkhuis	Knysna MC	43	37:48
8	Godwin	Heyns	Hartenbos Drawwers	15	37:59
9	David	Hlobelo	Hartenbos Drawwers	34	38:35
10	Jugene	Maart	Mosselbaai Harriers	26	38:50

WOMEN

1	Mariëtte	Strauss	Tygerberg NLK	50	42:33
2	Macnita	Samuels	Knysna MC	16	46:02
3	Marcelle	Van Tonder	Nedbank RC	18	46:36
4	Christa	Smith	Hartenbos Drawwers	45	48:55
5	Wendy	Pace	Ind	28	49:04
6	Rina	Wray	Hartenbos Drawwers	49	50:28
7	Petrie	Ehlers	Ind	22	50:58
8	Elsa	De Villiers	Hartenbos Drawwers	53	51:19
9	Judi	Botha	Ind	33	52:37
10	Anke	Von Mollendorff	Hartenbos Drawwers	24	54:13

CROSS-COUNTRY**KZN League Meeting (4th)**

Durban, 18 May

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

1.	Thubalethu Phaku	DUT	41:52
2.	Luvuyo Mhlakaza	EG Striders	44:17
3.	Xolani Ngcobo	Umlazi Dev	45:06

40-49 (8 km):

1.	Grant Cummings	West AC	30:25
2.	Xolani Nocanda	Toti AC	30:42
3.	Justin Hand	DHS OB	32:13

50-59 (8 km):

1.	Ken Calverwell	West AC	34:53
----	----------------	---------	-------

2.	Nick Sissing	EG Striders	35:50
3.	Lawrence Herron	Toti AC	36:19
60+ (6 km):			
1.	Oberholzer de Villiers	Toti AC	28:31
2.	Phillip Van Niekerk	Stella	28:33
3.	Raymond Meyer	Savages	33:17

SR. WOMEN (8 km)

1.	Xoli Madida	Natal Carb	37:58
2.	Lenor Steffens	QBH	38:18
3.	Nokuthula Ntshangase	Savages	38:36

40-49:

1.	Ursula Cockbain	M/Burg AC	19:10
2.	Michelle Sims	Eskom AC	20:13
3.	Dawn Mackay	QBH	23:08

50-59:

1.	Judith Groves	HH	21:09
2.	Shree Kirsten	West AC	22:59
3.	Blanche Moila	Savages	23:02

60+:

1.	Jane Dickenson	RWFL	22:52
----	----------------	------	-------

WP League Meeting (2nd)

Durbanville, 11 May

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

SR. MEN (12 km)

1	Duane	Fortuin	Bidvest	38:46
2	Riaan	Wildskut	Easterns	39:32
3	Christopher	Karelse	NBMC	39:44
4	Xolisa	Batala	VOB	39:49
5	Bulelani	Bhebha	VOB	40:11
6	Victor	Msopi	Nedbank	40:16
7	Samson	Gulubela	Bidvest	40:21
8	Andrew	Louw	Easterns	40:36
9	Godwin	Swartz	NBMC	41:11
10	Mandla	Pangalele	Gugs	41:13
11	Luyanda	Mapoyi	Khayelitsha	41:28
12	Bongile	Tshewula	Easterns	41:34
13	Michael	Loseby	UCT	41:42
14	Michael	McLaggan	UCT	42:13
15	Marks	Mpekula	No Club	42:21
16	Abongile	Snyman	Easterns	42:31
17	Ashley	De Klerk	Eerste River	42:41
18	Sinetuemba	Mdzanga	Gugs	42:43
19	Faizel	October	NBMC	43:02
20	Leon	Lewis	Velocity	43:34

SR. MEN

1	Orion	Faro	MP Titans	13:35
2	Siboniso	Soldaka	CPUT	13:51
3	J P	Abrahams	Itheko	13:55
4	Vuyolwethu	Mbukushe	Gugs	14:09
5	Enver	Pedro	NBMC	14:15

6	Xolisa	Malane	Wild Runner	14:16
7	Sibusiso	Magwaza	Khayelitsha	14:21
8	Hilton	Persents	Wild Runner	14:22
9	Ricardo	Jaftha	Eerste River	14:29
10	Marco	Buys	UWC	14:43
11	Siyabulela	Qondiso	VOB	14:47
12	Marius	Petersen	Helderberg Harriers	14:53
13	Mnonopheli	Zunzuzane	Strand	15:11
14	Llewellyn	Jacobs	Celtic Harriers	15:17
15	Odwa	Mbangatha	VOB	15:26
16	Thabelo	Sibata	CPUT	15:28
17	Christiaan	Greyling	Helderberg Harriers	15:33
18	Nolan	Steele	UCT	15:42
19	Ayanda	Kanzi	Gugs	15:56
20	Roger	van Wyk	Eerste River	16:03

VETERAN MEN (8 km)

1	Xolile	Macanda	Gugs	28:15
2	Sabelo	Ngcwama	Celtic Harriers	29:31
3	John	September	Celtic Harriers	29:47

MASTER MEN (8 km)

1	Eric	Coetzee	CPUT	29:46
2	Chris	Mitchell	Celtic Harriers	30:26
3	Julian	Paul	Defence	31:05

G'MASTER MEN (8 km)

1	Clive	Owen	Edgemead	32:36
2	Paul	San Giorgio	VOB	36:52
3	Christian	Edwards	VOB	37:32

U.19 (8 km)

1	Du-Wayne	Philander	UWC	27:27
2	Emiele	Paulsen	NBMC	27:31
3	Anthony	Timoteus	UWC	27:33

U.17 (6 km)

1	McMarshal	Hartzenberg	Eerste River	19:53
2	Bruce-Lynn	Damons	WCSS	19:58
3	Kaleb	Beukes	UWC	20:28

SR. WOMEN (8 km)

1	Bulelwa	Simae	Nedbank	31:16
2	Kanya	Mateyisi	Khayelitsha	31:31
3	Tanya	Scott	UCT	32:13
4	Asiphe	Sikabalanjana	Easterns	32:41
5	Candyce	Hall	Nedbank	33:07
6	Bulelwa	Mtshagi	Celtic Harriers	35:24
7	Linley	Holmes	Fish Hoek	35:38
8	Rachel	Arnott	West Coast	35:58
9	Sheryl	de Lange	NBMC	36:26
10	Adele	Waldron	West Coast	36:37
11	Lee-Shay	Willemse	Velocity	36:58
12	Busisiwe	Matiwane	Celtic Harriers	37:02
13	Elizabeth	de Gouveia	Durbanville	37:31
14	Jani	Calitz	Durbanville	37:41
15	Vivien	Loseby	UCT	39:51
16	Lindie	Bouwer	Nedbank	40:17
17	Nonfando	Mabusela	Gugs	41:24
18	Karien	van Zyl	NBMC	41:49
19	Megan	Goliath	Brackenfell	41:51

20	Tyshia	Johannes	Gugs	42:07
----	--------	----------	------	-------

SR. WOMEN

1	Amy	Abrahams	UWC	17:13
2	Lianda	Du Bruyn	CPUT	17:19
3	Lolita	Kieviato	UWC	18:12
4	Linda	Hanekom	Tygerberg	18:21
5	Adri	Meyer	No Club	18:43
6	Tina-Mari	Meyer	Edgemead	19:28
7	Adelé	du Plessis	Edgemead	19:29
8	Lucia	Lewis	ATC Running	19:31
9	Shaundrey-Lee	Farmer	Eerste River	20:35
10	Corlia	Meyer	UCT	20:57
11	Protasia	Ndlovu	Gugs	21:16
12	Reghana	Beukes	Eerste River	21:18
13	Duané	Mostert	Brackenfell	21:22
14	Johandie	de Kock	Tygerberg	22:42
15	Anel	Terblanche	Celtic Harriers	22:43
16	Armien	Samaai	Top Form	23:01
17	Taahirah	Davids	Itheko	23:34
18	Candice	Mazzolini	VOB	23:49
19	Melissa	Bothma	Edgemead	24:04
20	Victoria	Lacey	VOB	24:58

VETERAN WOMEN

1	Linley	Holmes	Fish Hoek	16:56
2	Sheryl	de Lange	NBMC	17:43
3	Tana	Janse v Rensburg	NBMC	17:52

MASTER WOMEN

1	Olga	Howard	Celtic Harriers	18:56
2	Renée	Scott	VOB	19:05
3	Beverley	Charters	VOB	19:17

G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	22:52
2	Theresa	Isaacs	VOB	23:52
3	Rosalie	Richfield	UCT	25:49

U.19 (6 km)

1	Annie	Bothma	Helderberg Harriers	22:14
2	Ebeth	Marais	Tygerberg	23:49
3	Celeste	Renaud	No Club	24:51

U.17

1	Lauren	Jonathan	VOB	16:39
2	Zani	Kruger	Bellville	17:51
3	Bronwyn	de Lange	NBMC	18:23

Gauteng North League Meeting (5th)

Pretoria, 11 May

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

SR. MEN (8 km)

1	Anthony Godongwana	Transnet	22:40
2	Mofu Stanley	Fortis Noord	23:10
3	Maseko Mandla	Transnet	23:23
4	Bafana Dube	Transnet	24:36
5	Anele Sonqibido	Transnet	24:37

6	Lufono Madau	Modiba	25:11
7	Andries Malete	Individual	25:14
8	Jonas Mahlangu	Ekangala	25:39
9	Alloyd Mathebula	Ekangala	26:06
10	Mothomane Dephlley	Monaco	26:15
11	Mufa Mnguni	Ekangala	26:25
12	Larry Beukes	Telkom	27:57
13	Themba Mashobane	Ekangala	28:15
14	Mario ?	Irene	28:24
15	Puleng Makeke	Ekangala	28:47
16	Nelson Sambo	Ekangala	28:54
17	Sbusiso Tshaba	Ekangala	28:58
18	Marten Le Roux	Irene	30:48
19	Shane Smit	Isability Sport	32:54

SR. MEN

1	Gino Nkoe	Nissan	10:56
2	Rapael Mahape	TUT	11:15
3	Israel Legoete	PMMC	11:21
4	Elliot Makgoba	Monaco	11:23
5	Andries Malete	Individual	11:31
6	Abbey Morulane	Individual	11:33
7	Thabang Madiba	Nissan	11:34
8	Gabriel Pela	Individual	11:41
9	Charles Malatji	Monaco	12:17
10	Martin Nkoe	TUT	12:33
11	Sello Ngwane	Nissan	12:54
12	Mario Swarts	Irene	13:01
13	Bennie Wilkinson	Individual	13:03

MEN 40 (8 km)

1	Graham Megaw	Tuks	26:02
2	Michael Lukhele	Transnet	27:14
3	Chris Erasmus	Tuks	28:03

MEN 45 (8 km)

1	Richard Sinden	TUT	30:22
2	Rob Hudson	Irene	30:42
3	Brandon Hughes	Phobians	32:26

MEN 50 (8 km)

1	M C Geer	Magnolia	29:27
2	Johann Walters	Nedbank	29:55
3	Jan Bester	ACRW	31:01

MEN 55 (8 km)

1	Gerhard Swart	Pretoria MK	33:25
2	Marius Bosman	ACRW	33:32
3	Buks Meyer	New Balance	34:17

MEN 60 (6 km)

1	Piet Lotter	ACRW	22:54
2	Christopher Callaghan	Enduro	26:13

MEN 65 (6 km)

1	Allan Kluge	Agape	26:40
2	Sol Jacobs	Magnolia	29:53

MEN 70 (6 km)

1	Andries van der Merwe	Transnet	27:02
---	-----------------------	----------	-------

MEN 80 (6 km)

1	Martin Coetzee	Magnolia	30:38
2	Frans Grobler	Transnet	31:52

MEN 23

1	Andy Mukona	Transnet	11:38
2	Lucas Mokonyane	SAB Rosslyn	11:54
3	Koketso Maphothoma	Modiba	12:10

MEN 21

1	Simon Mokonyama	Monaco	11:00
2	Koos Baloyi	Temba Prestige	11:20
3	Tebogo Segalagala	Prestige College	11:26

JR. MEN (8 km)

1	Bongani Mtungwa	Modiba	22:56
2	Ian Slinger	Eldoraigne	23:24
3	Sibusiso Mfiki	Rosina Sedibane	23:30

BOYS 17 (6 km)

1	Godfrey Seuloane	Ekangala	17:50
2	Maleka Thabang	Transnet	17:55
3	Welcome Lubisi	Kondelelani	17:55

SR. WOMEN (8 km)

1	Salome Vermeulen	Bronkhorstspuit	28:34
2	Simangele Mabuza	Transnet	28:50

SR. WOMEN

1	Thozama April	Transnet	12:45
2	Patience Khumalo	TUT	13:11
3	Kathryn Thomas	New Balance	16:29
4	Charlotte Lesego Motene	Sab Rosslyn	16:39
5	Jozanne Luyt	Individual	17:17
6	Boitumelo Modise	HHS	20:57
7	Siphiwe Matji	Paulina	21:49
8	Moreodi Selabi	Shalom	25:06
9	Estelle Kruger	TUT	26:00

WOMEN 40

1	Wilma van der Merwe	Individual	15:36
2	Marni Du Randt	Individual	16:16
3	Celeste Labuschagne	Bronkhorstspuit	16:31

WOMEN 45

1	Sandra Aldridge	Individual	20:04
2	Ronel Steyn	Fortis Noord	20:22
3	Stienie Kompagnie	Transnet	20:56

WOMEN 50

1	Ronel Fourie	Transnet	18:16
2	Leonore Louw	Transnet	18:17
3	Nicolene Phillips	BMW	19:19

WOMEN 55

1	Zodwa Motaung	Ekangala	22:23
2	Louise Oberholzer	Transnet	26:55

WOMEN 65

1	Annatjie Greyvenstein	Irene	19:00
2	Esme Kloppers	Transnet	22:20

WOMEN 75

1	Annetjie van Rooyen	Transnet	27:10
---	---------------------	----------	-------

WOMEN 23

1	Andrea van Rensen	Transnet	15:49
2	Caela Breed	Transnet	20:47

WOMEN 21

1	Aynslee van Graan	Affies	13:44
---	-------------------	--------	-------

2	Ankia Stols	Individual	13:48
3	Taylor Melissa	New Balance	13:53
JR. WOMEN (6 km)			
1	Bongani Mtungwa	Modiba	22:56
2	Ian Slinger	Eldoraigne	23:24
3	Sibusiso Mfiki	Rosina Sedibane	23:30
GIRLS 17			
1	Simone Verwey	Eldoraigne	13:13
2	Marne Mentz	Centurion	13:28
3	Cantelee Joubert	Centurion	14:15

KZN League Meeting (3rd)

Amanzimtoti, 11 May

SR. MEN (12 km)

1. Sithembele Fanekho (Boxer) 36:10
2. Mangaile Khatoane (Phantane) 36:28
3. Sakhile Mthembu (Phantane) 36:34
4. Malwande Hlongwe (Ned) 36:48
5. Siphosakhe Khumalo (Phantane) 37:06

SR. WOMEN (8 km)

1. Puseletso [Dladla?] (Savages) 28:07
2. Cary-Ann Smith (Ned) 28:11
3. Patricia Bahlmann (Ned) 28:51
4. Mbali Mokoena (Savages) 31:55
5. Daneil Feldman (Ind) 32:40

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

Bay to Breakers 12 km Presented by Craigslist (102nd)

San Francisco, USA, 19 May

(Distance: 12 km, certified point-to-point course with minimal elevation loss [0.1 m/km])

MEN

1. Tolossa Gedefa, 21, Ethiopia 35:01 \$3500
2. Ryan Hall, 30, Flagstaff, AZ 35:40 1500
3. Tesfaye Alemayehu, 29, Ethiopia 36:02 1000 + 1000^

WOMEN

1. Diane Nukuri-Johnson, 28, Burundi 40:12 \$3500
2. Adrienne Herzog, 27, Netherlands 40:42 1500 + 1000^
3. Chelsea Reilly, 24, Tiburon, CA 40:56 1000 + 500b

^) Earned bonus for first athlete to the top of Hayes Street Hill (4.2 km)

Gifu Seiryu Half Marathon

Gifu, JPN, 19 May
(Distance: 21.1 km)

MEN (gun times)

1. Zersenay Tadese (ERI), 1:00:31 CR
[14:14, 28:18, 42:48, 57:22]
2. Martin Mathathi (KEN), 1:00:54
[14:17, 28:43, 43:23, 57:48]
3. Jacob Wanjuki (KEN), 1:00:55
4. Cyrus Njui (KEN), 1:01:08
5. Abayneh Ayele (ETH), 1:01:43

WOMEN (gun times)

1. Mestawat Tufa (ETH), 1:10:03 CR
[16:04, 32:47, 49:36, 1:06:36]
2. Eunice Kirwa (KEN), 1:10:09 (CR)
[16:04, 32:47, 49:36, 1:06:37]

Göteborgsvarvet (34th)

(Swedish Half-marathon Championships)
Göteborg, SWE, 18 May
(Distance: 21.1 km)

MEN (gun times)

1. Jackson Kiprop, 1986, UGA, 1:03:13
2. Peter Chesang Kurui, 1990, KEN, 1:03:21
3. Ghirmay Ghebreslassie, 1995, ERI, 1:03:41

WOMEN

1. Isabella Ochichi, 1979, KEN, 1:11:29
2. Caroline Chepkwony, 1982, KEN, 1:13:28
3. Flomena Chepchirchir, 1981, KEN, 1:13:50

Grand Prix von Bern (32nd)

Bern, SUI, 18 May
(Distance: 10 miles; loop course)

Note: Haile Gebrselassie, who turned 40 on 18 April, set a world veterans record for 10 miles here, drubbing the men's field. – Ed.

MEN (extended gun times)

1. Haile Gebrselassie (40+), ETH, 46:59.9 WR M40
2. Bernard Matheka, KEN, 49:32.8
3. Vitaliy Shafar, UKR, 49:38.9

WOMEN (extended gun times)

1. Cynthia Kosgei, KEN, 55:42.5
2. Olena Burkovska, UKR, 55:46.4
3. Tetyana Vernyhor, UKR, 57:08.7

TRACK**Shanghai Golden Grand Prix**

(Second Stop of 2013 IAAF Diamond League)

Shanghai, CHN, 18 May

MEN**1500 (DL)**

1. Asbel Kiprop, KEN, 3:32.39
2. Mekonnen Gebremedhin, ETH, 3:32.43
3. Collins Cheboi, KEN, 3:32.96
4. Abdalaati Iguider, MAR, 3:33.29
5. Bethwell Birgen, KEN, 3:33.67
6. Silas Kiplagat, KEN, 3:33.85
7. James Kiplagat Magut, KEN, 3:35.29
8. Teshome Dirirsa, 1994, ETH, 3:35.47
9. Augustine Choge, KEN, 3:37.64
10. Daniel Kipchirchir Komen, KEN, 3:38.28

3000 s/chase (DL):

1. Conseslus Kipruto, KEN, 8:01.16 PB/WL
2. Paul Kipsiele Koech, KEN, 8:02.63
3. Hillary Kipsang Yego, KEN, 8:03.57 PB
4. Abel Kiprop Mutai, KEN, 8:08.83
5. Gilbert Kiplangat Kirui, KEN, 8:09.50 PB
6. Jairus Kipchoge Birech, KEN, 8:10.27
7. Brimin Kiprop Kipruto, KEN, 8:14.97
8. Bernard Mbugua Nganga, KEN, 8:20.69

WOMEN**800 (DL):**

1. Francine Niyonsaba (1993), BDI, 2:00.33 WL
2. Janeth Jepkosgei, KEN, 2:01.28
3. Malika Akkaoui, MAR, 2:01.49
4. Winny Chebet, KEN, 2:01.54
5. Maryna Arzamasava, BLR, 2:02.44

5000 (DL):

1. Genzebe Dibaba, ETH, 14:45.92 WL
2. Meseret Defar, ETH, 14:47.76
3. Viola Kibiwot, KEN, 14:48.29
4. Mercy Cherono, KEN, 14:49.84
5. Milly Mureithi Wangari, KEN, 14:49.92

USATF High Performance Meet at Occidental College

Los Angeles, 17 May

MEN

1500: (Meet record 3:34.66, Mo Farah, GBR, 2012)

Results of heats combined:

1. Nick Symmonds, Nike, 3:36.07
2. Evan Jager, Nike, 3:36.34 PB
3. Will Leer, Nike, 3:36.67
4. Russell Brown, Nike, 3:36.79
5. Cam Levins, Nike, 3:36.88 PB
6. Galen Rupp, Nike, 3:36.98

7. Andrew Wheating, Nike, 3:37.03
8. Leo Manzano, Austin TC, 3:37.04
9. Lopez Lomong, Nike, 3:37.08
10. Matthew Centrowitz, Nike, 3:37.27

5000 (Meet record 13:12.87, Mo Farah, GBR, 2012)

1. Mo Farah, Nike (GBR), 13:15.68
2. Dathan Ritzenhein, Nike, 13:17.38
3. Ben St. Lawrence, New Balance (AUS), 13:18.81
4. Arne Gabius, Nike (GER), 13:21.39
5. Aaron Braun, adidas, 13:22.37
6. Bobby Curtis, Hansons-Brooks, 13:24.15
7. Chris Solinsky, Nike, 13:27.03
8. Luke Puskedra, Nike, 13:31.88 PB
- ... 16. Alan Webb, Nike, 13:46.53

WOMEN

800: (Meet record 1:59.48, Alice Schmidt, 2011)

Heat 1:

1. Jenny Simpson, New Balance, 2:00.45 PB
2. Phoebe Wright, Nike, 2:00.58
3. Latavia Thomas, Nike, 2:00.68
4. Lea Wallace, Nike, 2:00.94 PB
5. Geena Gall, Nike, 2:01.11

1500: (Meet record = New/see below)

Results of heats combined

1. Katie Mackey, Brooks, 4:04.60 PB/MR
2. Mary Cain (1996), Unattached, 4:04.62 NJR/PB
3. Nicole Sifuentes, Saucony (CAN), 4:04.65 PB
4. Sarah Brown, New Balance, 4:05.27 PB
5. Julia Lucas, Nike, 4:05.89 PB
6. Zoe Buckman, Nike (AUS), 4:05.91
7. Susan Kuijken, Nike (NED), 4:06.59
8. Emma Coburn, Colorado, 4:06.87 PB

5000: (Meet record = New/see below)

1. Molly Huddle, Saucony, 15:05.56 MR
2. Treniere Moser, Nike, 15:11.00 PB
3. Brie Felnagle, adidas, 15:14.33 PB

NEWS

VOLGINA MAY LOSE TWO OCEANS TITLE

Russian ultrarunner Natalia Volgina may be stripped of her Old Mutual Two Oceans Marathon title and face a two-year ban after she has tested positive for the banned anabolic steroid metenolone following this year's ultramarathon on 30 March.

If found guilty, Volgina (36) will also lose her prize money of R250 000.

According to Khalid Galant, CEO of the SA Institute for Drug-Free Sport (SAIDS), 24 drug tests were done at the Cape Town race over 56 km. "Only one test came back positive for a banned substance," he said. He added that SAIDS had notified the race organisers of Volgina's test result and that the IAAF and Russian Athletics Federation had also been informed.

Volgina can now request that her "B" sample also be tested, Galant said. The steroid found in her "A" sample is the same one that cost Nadzeya Ostapchuk (BLR) her Olympic shot put title last year.

"We are part of a global anti-doping network, therefore no international athlete competing in South Africa should think that they will not be tested," Galant said.

Shortly before the Two Oceans, Ludwick Mamabolo, winner of the 2012 Comrades ultramarathon, was cleared of a doping charge on a technicality and competed in the Two Oceans. Mamabolo, who returned a positive test for methylhexanamine at last year's Comrades, is planning to defend his title on 2 June.

Volgina won the Two Oceans in very windy conditions in 3:38:38, 1:19 ahead of Thabita Tsatsa (ZIM). She also won the race in 2002, but did not enter between 2004 and 2011. On the three other occasions she raced the Two Oceans, she finished second each time (2001, 2003 and 2012). She was also second in the Comrades in 2002.

If she is disqualified, all the runners behind her will move up one position. Tsatsa will be declared the champion and American Camille Herron, who finished eleventh in 3:53:12, will be awarded the last gold medal and win R10 000.

PRAGUE FIRST WITH ITS RUNNING MALL

A unique "running mall" has opened in Prague, which will serve as the focal point for all running activities in the Czech capital, including the offices of the Volkswagen Prague International Marathon, reports *Race Results Weekly*. Members of the IAAF Road Running Commission, including ING New York City Marathon race director Mary Wittenberg and former Virgin London Marathon race director Dave Bedford, were on hand for the grand opening.

"The idea of creating a place for people to meet which all runners can draw inspiration from, is absolutely great," commented Wittenberg, who was on her first trip to Prague. "We had been thinking about doing the same, however you've beaten us to it."

The ground floor will house the main reception area, a cafe and water bar, a specialized adidas running store, a conference room, and running club. On the second level, runners can take advantage of dressing rooms and showers, and use the venue as a kind of launch pad before heading out for a run in nearby Stromovka or Letna Park, two of the city's leading running spots. The top floor is the main base for Prague International Marathon team, which heads the RunCzech Running League. This year the league anticipates seeing up to eighty thousand participants take part in its races.

"Until now we've only ever had chance to meet up with runners for a few days during the year, always around race time," commented Carlo Capalbo, the gregarious Italian who directs all of the RunCzech events. "But now we'll be able to have them here every day. It will have a positive impact on everyone and I'm sure we'll be able to draw inspiration from one another. We're one step closer to transforming the Czech Republic into one of the best running locations in Europe."



Helping to open the Running Mall in Prague were Olympic gold medallist Roman Sebrle (far left), IAAF road running chief Sean Wallace-Jones (fourth from left), ING New York City Marathon race director Mary Wittenberg, AIMS president Paco Borao (second from right) and former Virgin London Marathon race director Dave Bedford (far right).

STATS TIME

Johan Cronje's new SA record in the 1500, breaking the 20-year-old time of Johan Landsman, was reported last week. Here is the all-time top twenty men over this distance. Note that five of the times were run in Stellenbosch (all in 1996 or earlier) and four in Port Elizabeth (all in 1993 or earlier – in actual fact, two were recorded in 1974 and 1975!), only four were run since 2003, and nine came overseas. Those run before 1980 are highlighted.

1500 METRES: S.A. ALL-TIME MEN'S LIST

3:32.30	Sydney Maree	Hamburg	12 Sep 81
3:33.46	Johan Cronje	Doha	10 May 13
3:33.56	Johan Landsman	Zurich	04 Aug 93
3:33.87	Johan Fourie	Stellenbosch	10 Apr 87
3:34.30	Juan van Deventer	New York	30 May 09
3:35.33	Peter van der Westhuizen	New York	30 May 09
3:35.65	Whaddon Niewoudt	Port Elizabeth	17 May 93
3:35.84	Francois van Rensburg	Port Elizabeth	17 May 93
3:35.98	Danie Malan	Zurich	09 Jul 76
3:36.30	Johan Botha (10)	Nijmegen	23 May 00
3:37.00	Deon Brummer	Durban	12 Dec 90
3:37.16	Clyde Colenso	Rehlingen	31 May 04
3:37.20	Fanie van Zijl	Port Elizabeth	13 Apr 74
3:37.24	Manson du Toit	Stellenbosch	20 Mar 96
3:37.30	Ewald Bonzet	Port Elizabeth	25 Mar 75
3:37.30	Hendrik Smit	Stellenbosch	25 Feb 76
3:37.36	Willem Muldner	Stellenbosch	20 Mar 96
3:37.41	Ebeneza Felix	Stellenbosch	20 Mar 96
3:37.60	Jacques van Rensburg	Durban	12 Dec 90
3:37.73	Graham Davidson (20)	Dortmund	15 Jun 03

THIS MONTH IN HISTORY

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

41 years ago: 27 May 1972

Although South Africa was only expelled from the IAAF at its congress in 1976, not many SA athletes enjoyed international competition in the seventies (South Africa could not take part in the Olympic Games since 1960). One of those who had successful overseas campaigns was Fanie van Zijl, and on this day in Modesto, California, he ran one of the best races of his fabulous career. He faced a strong US field in the mile at the California Relays and crossed the finish line first in a new personal best, SA record and world-leading time of 3:56.0. In his wake Juris Luzins and Duncan MacDonald also recorded PBs. Van Zyl ended the year fourth on the world list and sixth in the 1500, in which he ran 3:37.9 in Potchefstroom in March, also a national record. At the Munich Olympics the bronze medal was won in 3:37.46. Three days after the Olympic final, Van Zijl beat triple world record holder Jim Ryun (USA) in a 1500 in Rome, 3:39.7 to 3:44.3. (At the same Modesto meeting Johnny Halberstadt finished second in the 2 miles, beating Gerry Lindgren, while John van Reenen won the discus throw, beating US stars Mac Wilkins and John Powell, who would win the gold and bronze medals in Montreal, and Jay Silvester, who would win silver in Munich.)

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	29:03	Jeromy Andreas	Durban	19 May
	27:32	Isiah Koech (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:30	Lusapho April	Port Elizabeth	02 Mar
	43:38	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	63:36	Stephen Mokoka	Cape Town	30 Mar
	58:54	Geoffrey Kipsang (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	78:45	Lucky Mohale	Pretoria	04 May
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:34:17	Joseph Sweeney (IRL)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:08:32	Lusapho April	Hannover	05 May
	2:04:45	Lelisa Desisa (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	30:33	Gert Thys	Durban	19 May
	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	33:31	Reform Ndlovu	Durban	19 May
	[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	29:06	Namakoe Nkhasi	Durban	19 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		

WOMEN

Open

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	39:47	Judy Bird	Durban	19 May
	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	Somers East	23 Feb
30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	44:57	Sonja Laxton	Cape Town	17 Mar
15 km	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	36:47	Annie Bothma	Durban	19 May
	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		

Contributors to this issue: Pieter de Jager (ASA), Alen Hattingh, André Pienaar, Derrick Chamberlain, André Gobey, SWD Athletics, Elsa & Ben Oliver, Norrie Williamson, Rowyn James

Published by Riël Hauman
 42 Fifteenth Avenue, Boston, Bellville 7530, RSA
 Telephone: 021 948-0293
 Fax: 0866 89-44-74
 Cellphone: 082 922-8538
 E-mail: rielh@mweb.co.za