

# Distance Running Results

Vol. 14, No. 7 – 17 February 2014

© 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

A surprising new world half-marathon record by Florence Kiplagat in Barcelona highlighted the weekend's action. Helped by two male pacemakers, Kiplagat won by exactly 7 minutes (!) in 1:05:12 and also set a new world record of 1:01:56 for 20 km *en route*. The previous record of 1:05:50 belonged to Mary Keitany.

In Ras Al Khaimah, where Keitany set her record in 2011, the wins went to Lelisa Desisa in 59:36 (with a record eight men running under an hour) and Priscah Jeptoo in 1:07:02.

At the Sainsbury's Indoor Grand Prix in Birmingham Genzebe Dibaba set her third world indoor record of the year when she clocked 9:00.48 for 2 miles. Earlier this month she ran world records of 3:55.17 for 1500 and 8:16.60 for 3000. In the men's 800 André Olivier ran a magnificent personal best of 1:44.99 behind Mohamed Aman's Ethiopian record of 1:44.52. It was Olivier's first race since he broke his foot in the same city last year.

Finishers in the Pick 'n Pay races (results in last week's DRR) were: marathon – 2019; half marathon – 2171.

The winner of the NOSA Hillcrest Marathon (results in last week's issue), Peter Mavura, is from Zimbabwe (this was not indicated), while the next two athletes, Stephen Katam and Samuel Katui, are from Kenya and not Zimbabwe.



It is very rare for *Distance Running Results* to include news about nonrunning events, but the fall of both Sergey Bubka's indoor and absolute world records in the pole vault is so momentous for the athletics world at large that an exception is made. The picture shows Bubka congratulating Renaud Lavillenie after the French Olympic champion jumped 6.16 m in Bubka's hometown of Donetsk (UKR) on Saturday. Lavillenie cleared the height on his first attempt to break the great Bubka's indoor record of 6.14 set in Donetsk on 21 February 1993 and his absolute record of 6.15 set in Sestrière on 31 July 1994. The indoor record had stood for just a week short of 21 years. [IAAF]

In the results of the Lion of Africa Half Marathon (results in DRR 14:05), Nabeelah Orrie (Itheko) was indicated as being the first junior. She should not have received the junior prize, as she was born on 8 November 1994 and therefore is no longer a junior. Apparently this fact was missed by the race referees.

Riël Hauman

---

**INCLUDED IN THIS ISSUE:**

- \* Cape Peninsula Marathon & Half Marathon, Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half marathon)
- \* Metlife Mall/Die Burger Valentines 10 km, Port Elizabeth
- \* Bestmed Tuks Half Marathon & 10 km, Pretoria
- \* Emnambithi Half Marathon, Ladysmith
- \* KFC Valentine 10 km, Randburg
- \* Spar Lantern Irene Valentine Nite Race, Irene
- \* Palms Mall Valentine 15 km & 10 km, Vanderbijlpark
- \* Valentine Night Race, Worcester
- \* Track: WP League Meeting, Bellville

**International highlights:**

- \* Mitja Maratón de Barcelona, Barcelona, ESP
  - \* All-Japan Corporate Team Half-Marathon Championships, Yamaguchi, JPN
  - \* RAK Half Marathon, Ras Al Khaimah, UAE
  - \* XC: USA Cross-country Championships, Boulder, USA
  - \* Indoor track: NYRR Millrose Games, New York, USA; Sainsbury's Indoor Grand Prix, Birmingham, GBR; Husky Classic, Seattle, USA
- 

**VIEWPOINT**

**BORDER HALF-MARATHON COURSE IS NOT PROPERLY MEASURED**

By Riël Hauman

Uncertainty about the accuracy of the Border Masters Half Marathon course remains, as mentioned in DRR last week. The course is downhill and Lusapho April and Hanlie Botha won in 62:39 and 75:50 respectively. While such a time is within the abilities of talented marathoner April (his best on a standard course is 61:49), Botha has never run faster than 79:27 on a standard course.

As pointed out last week, the Race Time Bias (RTB) figure, where runners' times are compared to what one could expect them to run (based on their most recent performances), for the race is -6.56 sec/km – well beyond the maximum allowable limit of -5 sec/km.

DRR asked Tony Viljoen of the Border Masters Athletics Association about the measurement of the course, and the drop in elevation from start to finish. Viljoen replied in an e-mail: "The original course was measured by the tried and tested Clane Jones method. Very minor changes had subsequently to be made to the route. The present slight deviation from the original route will be measured once the municipality has finished upgrading the road. Once the municipality has finished upgrading Fleet Street, I will see that the whole route is re-validated, i.e. course measurement, drop in elevation, etc."

Since the current course has clearly not been measured and certified, DRR will not recognise any of the times run in the race until the course has been validated. Once the drop in elevation is known, a calculation can also be made of the amount of aid (in seconds) the course provides.

---

## ROAD RUNNING

### Cape Peninsula Marathon (47th) & Half Marathon (14th)

Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half marathon),  
16 February

(Distances: 42.195 km & 21.1 km; certified point-to-point courses with no elevation loss.)

Note: Unfortunately deeper results are not available. Dicardo Jakobs and Zintle Xiniwe, now running for New Balance Multisport Club, successfully defended their titles in the marathon and half marathon respectively. – Ed.

#### Marathon

##### MEN

1	Dicardo Jakobs	Ned Bol	2:23:08
2	Wanda Roro	Itheko	2:23:27
3	Bernard Rukadza	ZIM/Gugs	2:24:28

##### WOMEN

1	Keri-Ann Marshall	ATC	3:11:54
2	Candyce Hall	Carb	3:17:16
3	Tracey Forbes	VOB	3:17:56

#### Half marathon

##### MEN

1	Nkosinathi Madyo	Ned	1:09:50
2	Peter Tsawayo	ZIM/Gugs	n/t
3	Bronwyn van Rhyn	NBMC	n/t

##### WOMEN

1	Zintle Xiniwe	NBMC	1:23:22
2	Khanya Mateyisi	Khay	1:24:19
3	Danette Smith	NBMC	1:24:33

### Metlife Mall/Die Burger Valentines 10 km

Port Elizabeth, 15 February

(Loop course. Finishers: 484 [down from 579 last year].)

##### MEN

1	Zolani	Ngqaqa	Madibaz AC	25	30:46
2	Sandile	Ngunuza	Nedbank RC EP	31	31:50
3	Masande	Mlonyeni	Nedbank RC EP	33	31:57
4	Melikhaya	Frans	Nedbank RC EP	22	32:08
5	Mila	Pasiya	Nedbank RC EP	34	33:25
6	Ricardo	Plaatjies	X-Cel AC	31	34:03
7	Bulelini	Niwa	Temp	28	34:58
8	Eric	Sigxashe	PEAAC	35	35:02
9	Luyolo	Dyubhele	Madibaz AC	20	35:19
10	Desmond	Zibi (1 <sup>st</sup> mast)	Ikhamva AC	50	36:39
11	Tumelo	Mochelenyane	Nedbank RC EP	31	36:46
12	Luvuyo	Stephen (1 <sup>st</sup> vet)	Nedbank RC EP	43	37:12
13	Willy	Wilson	Body Concept	37	37:18
14	John	Rafani	Temp	46	37:41
15	Mzukisi	Klaas	Motherwell AC	45	38:03
16	Bennie	Stadler	Achilles AAA	50	38:25
17	Mutekile	Rasmeni	Temp	49	38:51
18	Mauritz	Pretorius	Despatch AC	24	39:18

19	Ruan	Smalberger	St Albans CS EP	24	39:19
20	Ian	Patterson	Muirite Striders	50	39:23
<b>40-44:</b>					
1	Luvuyo	Stephen	Nedbank RC EP	43	37:12
2	Mark	Wilson	Temp	40	41:25
3	Duane	Lerm	Despatch AC	43	41:40
<b>45-49:</b>					
1	John	Rafani	Temp	46	37:41
2	Mzukisi	Klaas	Motherwell AC	45	38:03
3	Mutekile	Rasmeni	Temp	49	38:51
<b>50-54:</b>					
1	Desmond	Zibi	Ikhamva AC	50	36:39
2	Bennie	Stadler	Achilles AAA	50	38:25
3	Ian	Patterson	Muirite Striders	50	39:23
<b>55-59:</b>					
1	Peter	Van Rensburg	Elite AC	55	46:07
2	Schoombee	Pretorius	Warriors AC	56	46:39
3	George	Meiring	Muirite Striders	57	47:43
<b>60-64:</b>					
1	Hannes	Els	Warriors AC	64	42:40
2	Armin	Brandle	Charlo AC	62	51:27
3	Mike	Hanley	PEAAC	64	53:20
<b>65-69:</b>					
1	Syd	Lippstreu	Crusaders AC	65	48:16
2	Andre	Fourie	Nedbank RC EP	66	1:01:31
3	Alan	Penney	Walmer AC	67	1:07:30
<b>70-74:</b>					
1	Tamsanqa	Jusayi	Nedbank RC EP	71	44:06
2	Ron	Clark	Bluewater Bay	71	50:48
3	Brian	Smith	PEAAC	70	1:14:43
<b>75-79:</b>					
1	John	Peart	Nedbank RC EP	77	1:25:56
<b>80+:</b>					
1	Wells	Anderson	PEAAC	81	1:08:35
<b>Juniors:</b>					
1	Sinawo	Kani	Motherwell AC	15	50:42
2	Ruwallan	Viljoen	Temp	16	52:12
3	Ulrich	Britz	Temp	15	52:54
<b>WOMEN</b>					
1	Ntombesintu	Mfunzi	Nedbank RC EP	32	37:37
2	Babalwa	Ngcoko	Nedbank RC EP	26	42:27
3	Tiani	Claassen	Despatch AC	23	44:12
4	Thabisa	Mayedwa	Motherwell AC	27	44:53
5	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	53	45:20
6	Grizelda	Pietersen (1 <sup>st</sup> vet)	Maxed Elite EP	45	45:35
7	Terray	Newcombe	Elite AC	23	47:09
8	Anita	Boehmke	Achilles AAA	43	48:55
9	Arne	Van Heerden (1 <sup>st</sup> jun)	Temp	16	48:56
10	Dorianne	Phillips	Temp	41	49:53
11	Riette	Neethling	Temp	25	50:45
12	Amanda	Wolmarans	Walmer AC	55	51:22
13	Lauren	Colin	Temp	24	51:24
14	Claire	Nagel	Elite AC	49	51:32
15	Leonie	Ah Kee	Nedbank RC EP	40	51:35
16	Helen	John	No Club	40	51:36

17	Nikki	Strooh	Walmer AC	37	51:36
18	Tanya	Smith	Temp	36	51:48
19	Louise	Mazuelas	Charlo AC	35	52:04
20	Monique	Jordaan	Madibaz AC	22	52:18
<b>40-44:</b>					
1	Anita	Boehmke	Achilles AAA	43	48:55
2	Dorianne	Phillips	Temp	41	49:53
3	Leonie	Ah Kee	Nedbank RC EP	40	51:35
<b>45-49:</b>					
1	Grizelda	Pietersen	Maxed Elite EP	45	45:35
2	Claire	Nagel	Elite AC	49	51:32
3	Sylma	Watkins	St Albans CS EP	45	52:28
<b>50-54:</b>					
1	Janette	Schierz-Crusius	Body Concept	53	45:20
2	Rosemary	Joubert	Crusaders AC	53	53:33
3	Ina	Meaker	Walmer AC	52	53:39
<b>55-59:</b>					
1	Amanda	Wolmarans	Walmer AC	55	51:22
2	Robin	Elbourne	Crusaders AC	56	1:00:57
3	Kerry	Dimitriou	Temp	58	1:01:30
<b>60-64:</b>					
1	Sharon	Brown	PEAAC	60	1:20:32
2	Rina	Barnard	Elite AC	60	1:21:34
3	Annelie	Cruywagen	Walmer AC	61	1:27:56
<b>65-69:</b>					
1	Liz	Grundlingh	Muirite Striders	67	54:01
2	Margaret	Paton	Charlo AC	68	1:02:33
3	Christine	Fourie	Elite AC	67	1:03:50
<b>70-74:</b>					
1	Orgia	Nell	Muirite Striders	70	1:12:01
2	Margaret	Brittain	Legacy AC	71	1:12:15
<b>75-79:</b>					
1	Dorothy	Hart	Charlo AC	75	1:08:38
<b>Juniors:</b>					
1	Arne	Van Heerden	Temp	16	48:56
2	Rebecca	Meyer	Madibaz AC	18	1:05:12
3	Mieke	Roberts	Temp	17	1:05:50

### Bestmed Tuks Half Marathon & 10 km

Pretoria, 15 February

(Distances: 21.1 km & 10 km; loop courses – the half marathon undulating and the 10 km fast and flat. Finishers: half marathon – 1900 [up from 1700 last year]); 10 km – 3150 [up from 2900].)

#### Half marathon

MEN

1 Desmond Mokgobu (Maxed Elite) 65:28; 2 Kgosi Tsosane (Transnet) 66:14; 3 Precious Mashele (Transnet) 67:21.

**Veterans:** 1 Siphon Ncube (ZIM/Maxed Elite) 71:26; 2 Nicky Masumbuko (Nedbank) 71:36; 3 Elias Mabane (Nedbank) 72:48. **Masters:** 1 Daniel Mothibe (New Balance) 77:07; 2 Victor Phetoe (Irene) 84:19; 3 Paul Tampane (Petzetakis) 90:48. **G'masters:** 1 John Woodnutt (Morningside) 93:36. **Juniors:** 1 Thabang Maleka (Transnet) 76:59.

## WOMEN

1 Thabita Tsatsa (ZIM/Maxed Elite) 82:55 (1<sup>st</sup> vet); 2 Zola Pieterse (Ind) 87:56; 3 Prudence Zwane (Transnet) 88:40.

**Veterans:** 1 Thabita Tsatsa (ZIM/Maxed Elite) 82:55; 2 Zola Pieterse (Ind) 87:56; 3 Jillian Sotto-Corona (Boksburg) 95:56. **Masters:** 1 Francis van Blerk (Nedbank) 1:40:35; 2 Connie Blom (New Balance) 1:41:05; 3 Rita van Wyk (Boksburg) 1:43:18. **G'masters:** 1 Elaine Greenblatt (RAC) 1:56:10.

**10 km**

## MEN

1 Stephen Mokoka (Transnet) 30:06; 2 Benedict Moeng (Transnet) 30:23; 3 Sikhumbuzo Seme (Tuks) 30:28.

**Veterans:** 1 Shadrack Hoff (New Balance) 31:24; 2 Zongamele Dyubeni (Ind) 32:54; 3 Jackson Seanego (New Balance) 34:05. **Masters:** 1 Francis Makuka (ZAM/Phobians) 36:27; 2 Tidimalo Modiga (Born 2 Run) 37:08; 3 Nuno Thomaz (New Balance) 42:10. **G'masters:** 1 Mike du Bruto (Irene) 40:59. **Juniors:** 1 Lebogang Mosito (Tuks) 33:00.

## WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 34:30; 2 Lebo Phalula (Maxed Elite) 35:12; 3 Myrette Filmalter (Nedbank) 35:20.

**Veterans:** 1 Ronel Thomas (Boxer) 41:28; 2 Tracey de Waal (Affies) 45:53; 3 Karien Kromhout (Phobians) 47:49. **Masters:** 1 Ansie Breytenbach (Irene) 50:15; 2 Emmarie Theunissen (Irene) 52:13; 3 Sue Pratt (Kayalami) 59:08. **G'masters:** 1 Lynn de Bruin (Irene) 50:04.

**Emnambithi Half Marathon**

Ladysmith, 15 February  
(Distance: 21.1 km. Finishers: 133.)

Note: A repeat win for Xolile Madida. – Ed.

## MEN

1.	Philani Buthelezi	Klip River St	1:09:22
2.	Spamandla Nyembe	Klip River St	1:14:17
3.	Nhlahla Khumalo	Klip River St	1:15:48

**40-49:**

1.	Albert Mbatha	LAC	1:27:06
----	---------------	-----	---------

**50-59:**

1.	Anand Ramdhayal	Nambithi St	1:33:32
----	-----------------	-------------	---------

**60+:**

1.	Dumisani Ntombela	Corr Serv	2:03:51
----	-------------------	-----------	---------

## WOMEN

1.	Xoli Madida	Natal Carb	1:37:18
2.	Mpumelelo Mnyandu	Klip River St	1:40:13
3.	Zinhle Shabalala	IND	1:45:02

**40-49:**

1.	Xolisile Mwelase	Phuma	1:55:05
----	------------------	-------	---------

**50-59:**

1.	Sue Kirkman	Natal Carb	2:13:46
----	-------------	------------	---------

**KFC Valentine 10 km**

Randburg, 14 February

(Loop course. Finishers: 4300 [down from 4700 last year].)

## MEN

1 Frik Guys (Nedbank) 30:41; 2 Sibusiso Nzima (Nedbank) 31:46; 3 Lebogange Masela (Transnet) 31:59.

**Veterans:** 1 Sipho Ncube (ZIM/Maxed Elite) 33:52; 2 Never Matiya (Florida) 33:56; 3 Sello Monana (FFA) 36:45. **Masters:** 1 Tidimalo Modiga (Born 2 Run) 37:12; 2 Sontaga Mabale (Midrand) 37:59; 3 Reform Ndlovu (Randburg Harriers) 39:06. **G'masters:** 1 Steven Seema (SAPG) 41:54; 2 Don Charles (Nedbank) 43:04. **G/g'masters:** 1 Pele Tshidukudamalema (Toyota) 47:43. **Juniors:** 1 Sifiso Tshabalala (Blue Sky) 41:08; 2 Courtney Heine-Wacker (Nedbank) 41:40; 3 Maphongiso Mokhobo (Ubuhle) 43:50.

## WOMEN

1 Yolande Maclean (Temp) 37:03; 2 Kim Laxton (Sunninghill) 37:14; 3 Tebogo Masehla (Temp) 39:12.

**Veterans:** 1 Paula Quinsee (Compress Sport) 40:54; 2 Sarah Mahlangu (Toyota) 46:27; 3 Sonja Ludick (Kayalami) 47:06. **Masters:** 1 Selinah Netshisaulu (RAC) 52:49; 2 Sewele Mopanya (Toyota) 53:52; 3 Rhoda Berry (RAC) 55:54. **G'masters:** 1 Roina Sebati (RAC) 61:24; 2 Margaret Boshoe (Sunninghill) 64:25. **G/g'masters:** 1 Wilna Strydom 89:26. **Juniors:** 1 Done Grove (Temp) 42:46; 2 Cian Oldknow (FFA) 45:33; 3 Sadic Singh (RAC) n/t.

**Spar Lantern Irene Valentine Nite Race**

Irene, 12 February

(Distance: 10 km; out-and-back course)

## MEN

1. Demond Mokgobu (ME) 29:48 CR  
2. Lucky Mohale (ME) 30:46  
3. Steven Dikobo (Ind) 31:30

**Veterans:** 1. Johannes Kekana (Toy) 32:19; 2. Elias Mabane (Ned) 34:01. **Masters:** 1. Sontaga Mabale (Break) 35:12. **G'masters:** 1. John Woodnutt (Morning) 41:12. **G/g'masters:** 1. Pele Tshikundamalema (Toy) 46:52. **Juniors:** 1. Tshepo Leato (TUT) 33:25.

## WOMEN

1. Thitshaamba Ravhandalala (TUT) 38:12  
2. Thembi Baloyi (TUT) 38:56  
3. Catherine Skosana (Trans) 39:56

**Veterans:** 1. Irma Schoeman (Compress) 46:03; 2. Busisiwe Pakati (Scaw) 48:35. **Masters:** 1. Ansa Strydom (NB) 49:13. **G'masters:** 1. Marilyn Moore (Kya) 57:49. **G/g'masters:** 1. Deirdre Larkin (Rand) 66:38.

## Palms Mall Valentine 15 km & 10 km

Vanderbijlpark, 12 February

(Loop courses. Finishers: 15 km – 170 [up from 150 last year]; 10 km – 275 [significantly up from 170 last year].)

### 15 km

MEN

1 Tshidiso Bosiu (GS) 47:03; 2 Pisoletso Mofokeng (VUT) 49:03; 3 Joseph Pama (Nedbank) 49:25.

**Veterans:** 1 Jacob Mazibuko (Bidvest) 52:10. **Masters:** 1 Nicky Pretorius (Arcelor Mittal) 73:08. **G'masters:** 1 Alf Gloy (Arcelor Mittal) 74:49.

WOMEN

1 Molebogeng Mofokeng (Toyota) 63:53; 2 Nobengazi Makopo (VUT) 65:01; 3 Marie Bruwer (Arcelor Mittal) 65:53 (1<sup>st</sup> mast).

**Veterans:** 1 Paulina Mokoena (Nedbank) 70:02. **Masters:** 1 Marie Bruwer (Arcelor Mittal) 65:53. **G'masters:** 1 Marietjie Olen (Arcelor Mittal) 83:53.

### 10 km

MEN

1 Collen Maluadzi (VUT) 31:05; 2 Karabo Jacobs (VUT) 32:07; 3 Jankiso Radebe (VUT) 33:04.

**Veterans:** 1 Tsitsi Mokoena (Nedbank) 36:06. **Masters:** 1 Pieter Meyer (Hi Midas) 48:22. **G'masters:** 1 Vincent Ezzi (Nedbank) 45:47.

WOMEN

1 Refilwe Kubeka (VUT) 45:27; 2 Jessica Fitzcharles (Temp) 46:55; 3 Marietjie Ceronio (Temp) 48:23.

**Veterans:** 1 Florence Molawa (Arcelor Mittal) 53:36. **Masters:** 1 Judy Brown (Dome) 53:46. **G'masters:** 1 Elize Kempen (Arcelor Mittal) 56:07.

## Valentine Night Race

Worcester, 12 February

(Distance: 10 km; loop course. Finishers: 173.)

Note: This appears to be a highly unlikely time by Roger Davids, a personal best by 43 seconds (his PB was set eleven years ago in 2003, when he was still a junior). He has not run faster than 32:15 since the beginning of 2012 and the fastest of his most recent 5 km times was 33:48! Either he did not run the correct course, or something was wrong with the timing. This time will be disregarded for statistical purposes. The times of the other athletes are in accordance with what they usually run. – Ed.

MEN

1	Roger	Davids	Robertson	28	29:49
2	Dicardo	Jakobs	Bol Nedbank	28	32:29
3	Johannes	Jansen	Robertson	18	32:42
4	Justin	Fritz	Ceres	21	33:00
5	A.N.	Other			33:30
6	Eugene	Davids	Robertson	22	33:38
7	Anton	Faro	Bol Nedbank	33	34:41
8	Quinten	Pedro	Wild Runner	18	34:43
9	Anton	Waterboer	Robertson		35:26



10	Trever	Nuku	Bol Nedbank	20	35:53
----	--------	------	-------------	----	-------

**WOMEN**

1	Tanith	Maxwell	Boxer Ac Kzn	37	37:45
2	Mariëtte	Strauss	Tygerberg	51	41:08
3	Clairiece	Slingers	Bol Nedbank	15	42:36
4	Ileana	Dreyer	Bol Nedbank	17	43:31
5	Paola	Vignani	ITA/Bol Nedbank	50	44:36
6	Liezl	Du Plooy	Ceres	39	45:16
7	Sharlan	Boer	Bol Nedbank		48:32
8	Danel	Van Lill	Worcester		48:46
9	Cailey	Bredenkamp	Paarl	50	50:17
10	Ronelle	Bennett	Temp	33	52:47

**TRACK**

**WP League Meeting (1<sup>st</sup>)**

Bellville, 15 February

**MEN**

800:

Race 1 -

1	RATZ, Rowhaldo	EAC	2:00.44
2	KOTZE, Aubrey	BELL	2:03.88
3	WILLIAMS, Darren	EAC	2:03.90

Race 2 -

1	FARO, Duran	TNLK	1:57.80
2	PHILANDER, Du-Wayne	UWC	1:59.08
3	STEELE, Nolan	UCT	1:59.31

1500:

1	PAULSEN, Emiele	NBMC	3:57.47
2	PRETORIUS, Jacques	MATI	3:57.66
3	PEDRO, Enver	NBMC	4:05.55

5000:

1	TIMOTHEUS, Anthony	UWC	15:01.44
2	PAULSE, Danzil	EAST	15:17.14
3	LOUW, Andrew	EAST	15:26.30

**WOMEN**

800:

1	VAN DEVENTER, Icarien	TNLK	2:18.18
2	MAYIKWA, Pamela	VOB	2:18.97
3	LOLWANA, Nthuseng	VOB	2:32.70

1500:

1	ROBINSON, Assnique	BELL	4:52.36
2	ROFFEY, Anneline	NBMC	5:02.33
3	SNYMAN, Asiphe	UWC	5:13.85

5000:

1	DU BRUYN, Leanda	TNLK	21:19.94
2	ADAMS, Patricia	ITHE	21:33.37
3	LOURENS, Marelize	TNLK	21:56.69

---

## 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

### Mitja Maratón de Barcelona (24th)

Barcelona, ESP, 16 February

(Distance: 21.1 km; two-loop course [two different loops]; negligible start/finish separation)

#### MEN (gun times)

1. Eliud Kipchoge, KEN 1:00:52  
[14:34 / 28:52 / 43:16 / 57:47]
2. Laban Mutai, KEN 1:01:19 PB
3. Peter Emase, KEN 1:02:46
4. Mick Clohisey, IRL 1:05:38 PB
5. Ivan Espilez Urbon, ESP 1:06:30

#### WOMEN (gun times)

1. Florence Kiplagat, KEN 1:05:12 WR  
[15:50 / 31:09 / 46:36 / 1:01:56 WR]
2. Nicola Duncan, IRL 1:12:12 PB
3. Paula Todoran, ROU 1:16:40
4. Charlotte Karlsson, SWE 1:17:11 PB
5. Samantha Amend, GBR 1:17:33

### All-Japan Corporate Team Half-Marathon Championships (42nd)

Yamaguchi, JPN, 16 February

(Distance: 21.1 km)

#### MEN (gun times)

1. Daniel Gitau (KEN), 1:00:59 PB
2. Masato Kikuchi, 1:01:17 PB
3. Sota Hoshi, 1:01:18 PB
4. Jacob Wanjuki (KEN), 1:01:32
5. Yuki Yagi, 1:01:37 PB
6. Kenji Yamamoto, 1:01:47 PB
7. Takuya Fukatsu, 1:01:55
8. Kenta Murozuka, 1:01:58 PB
9. Shota Hiraga, 1:02:08 PB=
10. Masamichi Yasuda, 1:02:10 PB

#### WOMEN (gun times)

1. Tomomi Tanaka, 1:09:24 PB
2. Risa Takenaka, 1:10:10 PB
3. Chieko Kido, 1:10:45
4. Rina Yamazaki, 1:10:45 PB
5. Miho Ihara, 1:11:02 PB
6. Kotomi Takayama, 1:11:07 PB
7. Mao Kuroda, 1:11:07 PB
8. Yukari Abe, 1:11:18 PB
9. Shiho Takechi, 1:11:33 PB

10. Haruna Takada, 1:11:46 PB

### **RAK Half Marathon (8th)**

Ras Al Khaimah, UAE, 14 February

(Distance: 21.1 km; IAAF certified loop course)

#### MEN (gun times)

1. Lelisa Desisa, ETH	59:36	AED 50,000 (=USD 13,613)
2. Nguse Tesfaldet, ERI	59:39 PB	35,000
3. Wilson Kiprop, KEN	59:45	25,000
4. Bernard Koech, KEN	59:46	18,000
5. Bernard Kipyego, KEN	59:47	15,000
6. Micah Kogo, KEN	59:49	10,000
7. Feyisa Lilesa, ETH,	59:51	7,500
8. Paul Lonyangata, KEN	59:54	5,500
9. Jacob Kendagor, KEN	1:01:27	3,500
10. Ibrahim Jeilan, ETH	1:01:47 PB	2,000

#### WOMEN (gun times)

1. Priscah Jeptoo, KEN	1:07:02	AED 50,000 (=USD 13,613)
2. Flomena Cheyech, KEN	1:08:13	35,000
3. Guteni Shone, ETH	1:08:31 PB	25,000
4. Helah Kiprop, KEN	1:08:36	18,000
5. Rita Jeptoo, KEN	1:08:49	15,000
6. Mare Dibaba, ETH	1:08:56	10,000
7. Feyse Tadese, ETH	1:09:19	7,500
8. Aberu Kebede, ETH	1:09:22	5,500
9. Worknesh Degefa, ETH	1:09:43	3,500
10. Caroline Kilel, KEN	1:10:33	2,000

## **CROSS-COUNTRY**

### **USA Cross-country Championships**

Boulder, USA, 15 February

#### OPEN MEN (12 km):

Prize Money: \$5500-3000-2000-1500-900-700-500-400-300-200

1. Chris Derrick, 36:14
2. Luke Puskedra, 36:39
3. Bobby Mack, 36:43
4. Joseph Gray, 36:58
5. Sean Quigley, 37:02

#### OPEN WOMEN (8 km):

Prize Money: \$5500-3000-2000-1500-900-700-500-400-300-200

1. Amy Van Alstine, 27:35
2. Jenny Simpson, 27:57
3. Mattie Suver, 28:01
4. Kellyn Johnson, 28:13
5. Alisha Williams, 28:19

#### JR. MEN (8 km):

1. Sean McGorty, 24:44
2. Jack Keelan, 25:26



Amy Van Alstine wins the US cross-country title in Boulder. [Running USA]

3. Sam Wharton, 25:26
4. John Dressel II, 25:45
5. Estevan De La Rosa, 25:52

JR. WOMEN (6 km):

1. Elise Cranny, 21:14
2. Allie Buchalski, 22:05
3. Sarah Disanza, 22:09
4. Grace Tinkey, 22:12
5. Katie Rainsberger, 22:22

MASTERS MEN (8 km):

1. Gregory Mitchell, M40, 26:55
2. Rusty Snow, M40, 27:06
3. Ahrlin Bauman, M40, 27:13

MASTERS WOMEN (6 km):

1. Nuta Olaru, F40, 22:23
2. Melody Fairchild, F40, 22:28
3. Colleen De Reuck, F50, 22:46

## INDOOR TRACK

### **NYRR Millrose Games** (107th)

New York, USA, 15 February

#### MEN

##### Mel Sheppard 1000:

1. Pierre-Ambroise Bosse, Nike (FRA) 2:17.63 WL/PB/MR
2. Erik Sowinski, Nike 2:18.63 PB
3. Nick Symmonds, Brooks Beasts 2:18.87 PB

##### NYRR Wanamaker Mile:

1. Will Leer, Nike 3:52.47 PB/WL
2. Lawi Lalang, University Of Arizona (KEN) 3:52.88 PB/CR
3. Nick Willis, Adidas (NZL) 3:53.02 PB
4. Nate Brannen, Saucony (CAN) 3:54.32 NR/PB
5. Chris O'Hare, Scotland (GBR) 3:54.66
- ... 7. Leo Manzano, USA 3:56.73 PB
- ... 11. Alan Webb, Bowerman Athletic Club 4:06.11

##### Paavo Nurmi 2000:

1. Bernard Lagat, Nike 4:54.74 WL/NR/PB/MR
2. Cam Levins, Nike Oregon Project (CAN) 4:55.35 PB/NR
3. David Torrence, Nike 4:56.99 PB
4. Andrew Bumbalough, Nike 4:57.35 PB
5. Evan Jager, Nike 4:57.56 PB

#### WOMEN

##### Road to Rio 800 (for younger athletes):

1. Ajee' Wilson, Adidas 2:01.81 PB
2. Jenna Westaway, Calgary Int'l TC (CAN) 2:01.89 PB
3. Natoya Goule, JAM 2:02.22
4. Aníta Hinriksdóttir, IR Sports Club(ISL) 2:02.66

## NYRR Wanamaker Women's Mile:

- |  |            |
|--|------------|
| 1. Mary Cain, Nike Oregon Project      | 4:27.73    |
| 2. Treniere Moser, Nike Oregon Project | 4:28.86 PB |
| 3. Nicole Sifuentes, Saucony (CAN)     | 4:28.97 PB |
| 4. Sarah Brown, New Balance            | 4:30.13    |
| 5. Emma Coburn, New Balance            | 4:32.01    |
| ... 7. Morgan Uceny, Adidas            | 4:32.23    |

## 3000:

- |  |                  |
|--|------------------|
| 1. Kim Conley, New Balance                 | 8:48.35 PB/FR/MR |
| 2. Betsy Saina, Nike (KEN)                 | 8:50.60 PB       |
| 3. Margherita Magnani, Fiamme Gialle (ITA) | 8:51.81 PB       |
| 4. Abbey D'Agostino, Dartmouth College     | 8:51.91 PB       |
| 5. Gabe Grunewald, Brooks Beasts           | 8:53.87 PB       |

**Sainsbury's Indoor Grand Prix**

Birmingham, GBR, 15 February

## MEN

## 800:

1. Mohamed AMAN, ETH, 1:44.52 NR
2. André OLIVIER, RSA, 1:44.99 PB
3. Adam KSZCZOT, POL, 1:45.19 SB
4. Andrew OSAGIE, GBR, 1:45.22 PB
5. Guy LEARMONTH, GBR, 1:47.43 PB

## 1500:

1. Nixon CHEPSEBA, KEN, 3:37.19
2. Tesfaye HOMIYU, GER, 3:37.35 PB
3. Marcin LEWANDOWSKI, POL, 3:37.37 NR
4. Bethwell BIRGEN, KEN, 3:37.51
5. Mekonnen GEBREMEHDIN, ETH, 3:38.61

## 3000:

1. Hagos GEBRHIWET, ETH, 7:35.73
2. Dejen GEBREMESKEL, ETH, 7:36.53
3. Yenew ALAMIREW, ETH, 7:37.10 SB
4. Augustine CHOGE, KEN, 7:37.11 SB
5. Paul Kipsiele KOECH, KEN, 7:37.22 SB

## WOMEN

## 800:

1. Angelika CICHOCKA, POL, 2:01.60 SB
2. Nataliia LUPU, UKR, 2:02.14
3. Sanne VERSTEGEN, NED, 2:03.52
4. Shelayna OSKAN-CLARKE, GBR, 2:03.52 PB
5. Jenny MEADOWS, GBR, 2:03.57 SB

## 1500:

1. Laura MUIR, GBR, 4:05.32 PB
2. Sifan HASSAN, NED, 4:05.34 NR
3. Elena KOROBKINA, RUS, 4:05.78 PB
4. Hellen OBIRI, KEN, 4:05.82 PB
5. Katarzyna BRONIATOWSKA, POL, 4:09.01 PB

## 2 Miles:

1. Genzebe DIBABA, ETH, 9:00.48 WR
2. Hiwot AYALEW, ETH, 9:21.59 PB
3. Stephanie TWELL, GBR, 9:42.41 PB
4. Lydia CHEPKURUI, KEN, 9:45.97 PB
5. Josephine MOULTRIE, GBR, 9:46.77 PB

**Husky Classic**

Seattle, USA, 14-15 February

## WOMEN

3000 (15):

Section 2 -

- |                      |                    |            |
|----------------------|--------------------|------------|
| 1. Laura Thweatt     | Boulder Track Club | 9:01.58 PB |
| 2. Dominique Scott   | Arkansas (RSA)     | 9:02.33 PB |
| 3. Megan Patrignelli | Oregon             | 9:04.96 PB |

**STATS TIME**

This week we include a list of the top ten junior women in the 10 km for 2013.

**2013 10 KM: TOP 10 JUNIOR WOMEN**

35:06	Annie Bothma	1	Guguletu	16 Dec
36:45	Nicole van der Merwe	1	Johannesburg	14 Jul
37:20	Nicole Britz	1	Durban	19 May
37:21	Alicia Labuschagne	2	Durban	19 May
37:33	Monique Stander	1	Johannesburg	25 Aug
37:36	Olivia Labuschagne	3	Durban	19 May
37:45	Pamela Moyikwa	2	Guguletu	16 Dec
37:52	Vuyiseka Nkumene	1	Despatch	21 Sep
38:10	Amy Abrahams	2	Cape Town	13 Oct
38:16	Busisiwe Gwala	1	Pinelands	30 Oct

**THIS MONTH IN HISTORY****40 years ago: 3 February 1974**

A Finnish trio headed by double Olympic champion Lasse Viren took the first three places in the San Blas Half Marathon in Coamo, Puerto Rico. Viren, who had won both the 5000 m and 10000 m at the Olympic Games two years previously, ran 1:06:17. Seppo Tuominen was second and Tapio Kantanen third. Other notables in the race were Neil Cusack (IRL), Tom Fleming (USA), Don Faircloth (GBR), Bill Rodgers (USA) and Kenji Kimihara (JPN). Two years later, when the Olympics were held in Montreal, Viren would repeat his double victory and also finished fifth in the marathon, with Rodgers 40th and Cusack 55th.

**SOUTH AFRICAN ROAD LIST LEADERS FOR 2014**

This 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	29:00	Kgosi Tsosane	Sasolburg	01 Feb
	28:34	Abel Kipsang (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	47:03	Tshidiso Bosiu	Vanderbijlpark	12 Feb
	45:44	Abdelmajid El Hissouf (MAR)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:46	Xolisa Tyali	Benoni	26 Jan
	61:23	Mebrahtom Keflizighi (USA)		
	58:23	Zersenay Tadesse (ERI) 2010		
25 km	82:44A	Sibonelo Duma	Pinetown	26 Jan
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:32	Tsegay Mekonnen Assefa (jr) (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	31:24	Shadrack Hoff	Pretoria	15 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	50:34	Elias Mabane	Kempton Park	22 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	71:01	Johannes Kekana	Benoni	26 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	87:49A	Ephraim Xaba	Pinetown	26 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:53:10	Graham Katzen	Camps Bay	05 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:30:29	Elias Mabane	Johannesburg	09 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:12	Sontaga Mabale	Irene	12 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:47	Daniel Mothibe	Kempton Park	22 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:07	Dan Mothibe	Pretoria	15 Feb
	66:42	Martin Rees (GBR) 2003		
25 km	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	2:03:06	Chris Mitchell	Camps Bay	05 Jan
Marathon	2:53:44	Steve Motau	Benoni	26 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	39:17	Barry Bester	Athlone	08 Feb
15 km	62:47	Clive Owen	Constantia	11 Jan

21.1 km	89:14	Mike Hirst	Benoni	26 Jan
25 km	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:17:58	Barry Bester	Camps Bay	05 Jan
32 km				
Marathon	3:18:04	Don Charles	Sasolburg	01 Feb
100 km				

Juniors

10 km	31:26	Cheslyn Aford	Athlone	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	51:01	Thabang Mafa	Kempton Park	22 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	35:12	Lebo Phalula	Pretoria	15 Feb
	32:21	Sophie Duarte (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	57:30	Ntombesintu Mfunzi	Despatch	08 Feb
	52:30	Souad Kambouchia (MAR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	78:26	René Kalmer	Bedfordview	12 Jan
	69:58	Caroline Rotich Cheptanui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:03:01	Thozama April	Camps Bay	05 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:46:52	Kim Laxton	Xiamen	02 Jan
	2:21:36	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	40:38	Sandra van Graan	Athlone	08 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	64:15	Gillian Sieling	Johannesburg	05 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	86:44	Janene Carey	Hillcrest	09 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:52:29A	Shani Silver	Pinetown	26 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:15:53	Elmarie Coetzee	Camps Bay	05 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:59:42	Zola Pieterse	Charleston	18 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:17	Viv Williams	Athlone	08 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:53	Marie Bruwer	Vanderbijlpark	12 Feb
	54:33	Shirley Matson (USA) 1991		



21.1 km	89:34 76:07	Judy Bird Tatyana Pozdniakova (UKR) 2006	Johannesburg	09 Feb
25 km	2:03:09A	Debby de Koning	Pinetown	26 Jan
30 km	2:33:38	Lorraine Rogers	Camps Bay	05 Jan
Marathon	3:10:46 2:31:05	Marie Bruwer Tatyana Pozdniakova (UKR) 2005	Sasolburg	01 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	48:16	Helen du Plessis	Athlone	08 Feb
15 km	66:26	Margie Saunders	Despatch	08 Feb
21.1 km	1:41:14	Liz Ruickbie	Benoni	26 Jan
25 km	2:11:05A	Jenny Scott	Pinetown	26 Jan
30 km	2:45:55	Veronica van Niekerk	Camps Bay	05 Jan
32 km				
Marathon	4:38:38	Ruth Leverton	Fish Hoek	18 Jan
100 km				
<u>Juniors</u>				
10 km	37:25 31:42	Pamela Moyikwa Zola Pieterse (RSA) 1984	Athlone	08 Feb
15 km	69:03 49:40	Nthuseng Lolwana Ines Chenonge (KEN) 2001	Constantia	11 Jan
21.1 km	2:02:10 1:09:05	Chanté Venter Delilah Asiago (KEN) 1991	Bedfordview	12 Jan

Contributors to this issue: Alen Hattingh, André Pienaar, James Evans, Derrick Chamberlain, Tony Viljoen, Top Events, Cuan Walker

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](mailto:rielh@mweb.co.za)



*Distance Running Results* is supported by Newton Running  
[www.newtonsarunning.com](http://www.newtonsarunning.com)

Newton Running is the leader in designing shoes that mimic your natural barefoot running form. The technology is a revolutionary way of building a running shoe based on Sir Isaac Newton's third law of motion: "For every action, there is an equal and opposite reaction." Newton shoes were developed to make your feet think they're barefoot and increase performance. You will run smoother, more efficiently, faster and with less injury.