

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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EDITORIAL

Best performance of the weekend came in the Cassie's 15 km from Margie Saunders, whose 64:22 is her second SA record since she turned 60 last year. She broke the 65:08 that Jenny Allebone set in 2005. In December she achieved a national record of 3:16:32 in the Aspen Port Elizabeth City Marathon – also eclipsing an Allebone mark.

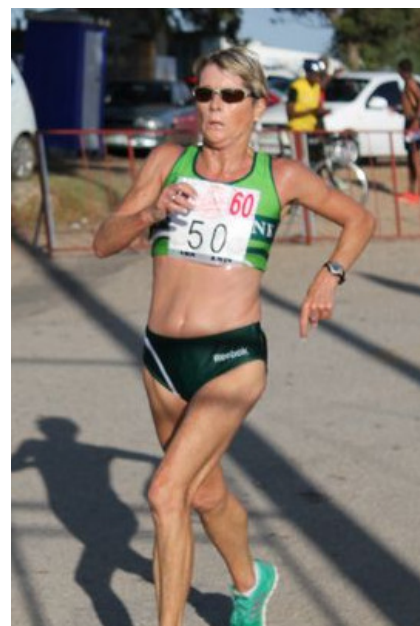


Lusapho April on his way to winning the Cassie's 15 km in the fastest time in South Africa this year. [Perry Beningfield]

Four more list leaders were set in the Cassie's race, which is well known for its fast course: by race winner Lusapho April, female winner Ntombesintu Mfunzi, and veteran Celeste Swart, while Saunders's time is also a masters list leader. Interestingly, April (44:29) ran one second faster than he did last year; Mfunzi also successfully defended her title, but clocked a considerably slower time.

In the Century City 10 km Express in Goodwood four list leaders were produced, led by Gert Thys's new WP veteran record of 30:29.

Two of South Africa's oldest marathons were held this weekend – the Buffs race in East London for the 41st time and the Cape Gate Vaal Marathon in Vereeniging for the 40th time.



Margie Saunders in the Cassie's 15 km on Saturday, where she set a new SA grandmaster record of 64:22 – also a masters list leader. [Photograph supplied]

Also included in this issue are the results of another long-running marathon, Oudtshoorn's Cango race, which was held for the 38th time last weekend. Unfortunately, as was the case last year, the Race Time Bias calculation found both the marathon and half marathon to be short again (see explanation with the results). Ursula Turck won the marathon after finishing second in 2013; second this time was Candyce Hall, who ran her second marathon in six days and yesterday followed it with the Milkwood Half Marathon! She has now raced an almost incredible 291 km so far this year in eleven races – or 32 km a week!

South African half-marathon, 10 km and 15 km record holder Elana Meyer finished the Cango Marathon in 3:24:24 – quite a bit faster than her last marathon, New York in 2010, where she ran 3:32:42. Her position coincided with her number of completed marathons, which is 14.

In US indoor track action Dominique Scott, Kyla van Graan and Letitia Saayman (twice) all ran personal bests over 3000 and 5000 m.

It was mentioned last week that there were doubts about the results of the Natal Witness Pietermaritzburg races and that “the results of the 10 km may still not be entirely correct”. DRR originally received results from its regular KZN correspondent, Alen Hattingh, who pointed out that there were problems with the 10 km results. Then we received the so-called official results which differed from Hattingh’s (it even had a different women’s winner and the times differed substantially) and it was decided to publish these, because they appeared to come from the timing company. Still later, after the publication of last week’s issue, we received reports from people who attended the event that the official results were definitely wrong and that those received from Hattingh were closer to the truth. Because of the uncertainty about what actually happened and the discrepancies in the results received, DRR has decided to disregard the 10 km results completely.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cape Gate Vaal Marathon, Half Marathon & 10 km, Vereeniging
- * Tongaat Panthers “Old Route” 32 km & 16 km, Tongaat
- * BNP Paribas Cadiz Milkwood Half Marathon & 10 km, Kommetjie
- * Century City 10 km Express, Goodwood
- * PricewaterhouseCoopers Marathon, Half Marathon & 10 km, Sabie to Nelspruit
- * Cassie’s 15 km, Port Elizabeth
- * Buffs Marathon & Half Marathon, Macleantown to East London
- * Medihelp Sunrise Monster 32 km & 10 km, Pretoria
- * Cango Marathon & Half Marathon, Oudtshoorn
- * Track: WP League Meeting, Parow; Tukkies League Meeting, Pretoria

International highlights:

- * Lake Biwa Mainichi Marathon, Otsu, JPN
 - * Semi-Marathon de Paris, Paris, FRA
 - * Maratonina Roma-Ostia, Roma to Ostia, ITA
 - * World’s Best 10 km, San Juan, PUR
 - * Tokyo Marathon, Tokyo, JPN
 - * Maratón Ciudad de Sevilla, Sevilla, ESP
 - * Publix Super Markets Gasparilla Distance Classic Race Weekend, Tampa, USA
 - * Track: Boston University Last Chance Meet, Boston, USA; Metz Moselle Athleror Meeting, Metz, FRA; Big 12 Conference Indoor Championships, Ames, USA; Big South Conference Indoor Championships, Blacksburg, USA; South Eastern Conference (SEC) Indoor Championships, College Station, USA; Prague Indoor 2014, Praha, CZE; Sun Belt Conference Indoor Championship, Birmingham, USA; USA Indoor Championships, Albuquerque, USA
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NEWS

CORRECTIONS TO S.A. 10 KM CHAMPIONSHIPS

Investigation into the results of last weekend's SA 10 km Championships in Bloemfontein by Pieter de Jager, ASA Technical Manager, with a little help from DRR, led to corrections to four age categories. The correct medal winners in these categories are:

MEN

55-59:

1	Andy	Daly	57	39:46
2	Basil	Kinghorn	59	47:23
3	Riaan	Stander	57	57:26

Juniors:

1	Thabang	Mosiako	19	29:54
2	Tumisang	Monatlala	19	30:38
3	Brendon	Leniswe	18	30:45

WOMEN

35-39:

1	Bulelwa	Simae	36	39:04
2	Marisa	Kruger	35	40:19
3	Lourika	Snyman	36	52:35

55-59:

1	Erica	Hamilton	55	46:39
2	Karin	Badenhorst	59	56:58
3	Charlene	Oelschig	57	69:54

Prize money was paid only in the open and junior categories, as follows (the same for men and women):

Open: R2000, R1500, R1000

Junior: R1000, R750, R500

The final tally of finishers was 449.

ROAD RUNNING

Cape Gate Vaal Marathon (40th), Half Marathon & 10 km

Vereeniging, 2 March

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 1950; half marathon – 840; 10 km – 440.)

Marathon

MEN

1 Tshidiso Bosiu (GS) 2:19:55; 2 Michael Mazibuko (Nedbank) 2:20:43; 3 Joseph Mphuthi (Toyota) 2:28:28; 4 Reginald Ngobese (GS) 2:31:18 (1st vet); 5 Bongani Possa (Discovery) 2:35:57; 6 Sam Bolo (BCC) 2:37:36; 7 Joseph Molaba (Temp) 2:39:04; 8 Khubulani Zondo (Discovery) 2:39:37; 9 Elliot Manyosi (Discovery) 2:39:59; 10 Tsietso Mokoena (Nedbank) 2:43:39.

Veterans: 1 Reginald Ngobese (GS) 2:31:18; 2 Joseph Molaba (Temp) 2:39:04; 3 Elliot Manyosi (Discovery) 2:39:59. **Masters:** 1 Tony Silva (BCC) 2:50:05. **G'masters:** 1 Les Ivings (Carltonville) 3:14:47.

WOMEN

1 Alemtsehay Hailu Kakissa (ETH/Nedbank) 2:46:10; 2 Gillian Sieling (Nedbank) 3:05:44 (1st vet); 3 Salome Cooper (Toyota) 3:07:48; 4 Marie Bruwer (Arcelor Mittal) 3:09:05; 5 Julianie Basson (Toyota) 3:10:25; 6 Toni Bennett (Klerksdorp) 3:11:53; 7 Jillian Sotto Corona (Boksburg) 3:14:22; 8 Avril Halstead (Born 2 Run) 3:17:57; 9 Ronel van Graan (Krugersdorp) 3:19:41; 10 Vanessa Bowman (Kempton) 3:20:03.

Veterans: 1 Gillian Sieling (Nedbank) 3:05:44; 2 Jillian Sotto Corona (Boksburg) 3:14:22; 3 Ronel van Graan (Krugersdorp) 3:19:41. **Masters:** 1 Marie Bruwer (Arcelor Mittal) 3:09:05. **G'masters:** 1 Lettie Coetzee (Goudveld) 4:33:11.

Half marathon

MEN

1 Collen Mulaudzi (VUT) 67:04; 2 Coolboy Ngamole (Nedbank) 67:57; 3 Puseletso Mofokeng (VUT) 68:09.

Veterans: 1 Simon Mphulanyane (Maxed Elite) 71:10; 2 Jacob Rathaba (Dome) 73:19; 3 David Mthongana (GS) 74:02. **Masters:** 1 Ernest Tjela (Emfuleni) 92:41. **G'masters:** 1 Mike Hirst (Striders) 87:09.

WOMEN

1 Cornelia Joubert (Nedbank) 79:26; 2 Tebogo Masehla (Bidvest) 84:45; 3 Kirsten Schut (Temp) 84:54.

Veterans: 1 Paula Quinsee (Compressport) 87:25; 2 Alida Schabat (Dome) 2:05:04; 3 Hester Badenhorst (Sasol) 2:16:56. **Masters:** 1 Jackie Frey (Khoza) 1:44:30. **G'masters:** 1 Liz Ruickbie (Nedbank) 1:42:32.

10 km

MEN

1 Thabang Mafa (Airports Company) 30:59; 2 Thobile Nontulo (Lekoa) 31:20; 3 Aphele Fanekho (VUT) 32:02.

Veterans: 1 Elias Mabane (Nedbank) 33:31. **Masters:** 1 Sontaga Mabale (Breakthru Midrand) 36:51. **G'masters:** 1 Vince Ezzi (Nedbank) 43:26.

WOMEN

1 Bodene Nienaber (Alberton) 42:01; 2 Bianca Vermeulen (Pukke) 42:04; 3 Refilwe Peo (Toyota) 43:08.

Veterans: 1 Florence Molawa (Arcelor Mittal) 48:21. **Masters:** 1 Erika Hamilton (Vaal) 45:34. **G'masters:** 1 Martie Voges (Arcelor Mittal) 56:10.

Tongaat Panthers "Old Route" 32 km & 16 km

Tongaat, 2 March

(Finishers: 32 km – 268; 16 km – 264.)

32 km

MEN

1.	Michael Ngaseke	ZIM/Nedbank AC	1:54:59
2.	Bernard Phalatsane	ZIM/Toyota AC	2:00:30
3.	Silence Kamoto	Stella AC	2:01:06

40-49:

1.	Michael Ndlovu	Mafuka AC	2:09:10
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50-59:

1.	Willie Majombozi	Boxer AC	2:24:12
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60-69:

1.	Chris v.d. Westerhuizen	Umhlatuze AC	2:58:45
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WOMEN

1.	Ashleigh White	DHSOB	2:34:31
2.	Teresa Moller	DHSOB	2:34:55
3.	Zisanele Mkhize	Savages AC	2:37:31

40-49:

1.	Ashleigh White	DHSOB	2:34:31
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50-59:

1.	Janene Engels	West AC	2:48:33
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60-69:

1.	Mareen Parry	Chiltern AC	3:39:25
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16 km**MEN**

1.	Thabiso Gazamkulu	Chatsworth AC	51:43
2.	Nkosinathi Zungu	Ind	51:56
3.	Vukani Maphumalo	VFAC	54:06

WOMEN

1.	Marilynn Pillay	VFAC	77:28
2.	Roshni Natasen	H/Way AC	77:52
3.	Dawn Maskay	QBH	80:29

BNP Paribas Cadiz Milkwood Half Marathon & 10 km

Kommetjie, 2 March

(Distances: 21.1 km & 10 km; certified point-to-point course for the half marathon & a loop for the 10 km, both hilly. Weather: Windy. Finishers: half marathon – unknown; 10 km – 619.)

Note: One day after setting a new Western Province veteran record for 10 km (see results below), Gert Thys ran this half marathon. He also ran both races last year. Others who also ran the previous day and did the 10 km here were winner Mariëtte Strauss, Londeka Miya, Helen du Plessis and Pixie Sparg. – Ed.

Half marathon**MEN**

1.	Anthony Godongwana (Trans)	69:16
2.	Bernard Rukadza (ZIM/Gugs)	70:19
3.	Sibusiso Mbingeleli (Ned)	71:00

Veterans: 1. Gert Thys (ME) 79:06; 2. Dion Middelkoop (VOB) 83:12; 3. Xolile Macanda (Gugs) 85:24. **Masters:** 1. Shafiek Cassiem (Itheko) 89:47; 2. Gregory Jacobs (Edge) 89:56; 3. Zolani Ntsodo (SANDF) 91:05. **G'masters:** 1. Dave Wheeler (Hout) 1:42:03; 2. Ian Bocock (Forest) 1:51:26; 3. D.J. Price (FH) 1:53:54. **Juniors:** 1. Deauwin Jaftha (Sanlam) 85:38; 2. Darren Bownes (Hout) 88:55.

WOMEN

1.	Tracy Markham (ATC)	92:57
2.	Leigh Barrow (UCT)	93:55
3.	Candyce Hall (NC)	96:40

Veterans: 1. Dain Hamilton (Forest) 1:39:29; 2. Tracy Forbes (VOB) 1:39:37; 3. Karen Jennings (VOB) 1:44:21. **Masters:** 1. Bev Baker (VOB) 1:47:25; 2. Julie Shadwell (VOB) 1:50:39; 3. Cailey Bredenkamp (Paarl) 1:57:00. **G'masters:** 1. Penny Visser (Break) 2:03:31; 2. Helen Sutherland (WPCC) 2:15:14; 3. Jean Cammidge (FH) 2:19:23.

10 km

MEN

1. Anton Faro (Ned Bol) 34:12
2. Anda Lubelwana (Hout) 35:24
3. Luvuyo Ntongo (TM) 35:39

Veterans: 1. Tholang Moloi (SANDF) 38:40; 2. Mogale Piloso (SANDF) 41:42; 3. David Maxwell (VOB) 46:28. **Masters:** 1. Trevor Ward (Telkom) 44:46; 2. Desmond Frechthas (SANDF) 49:16; 3. Shaheed Adams (ARD) 57:28. **G'masters:** 1. Paul San Giorgio (VOB) 48:05; 2. Neville Frieslich (Ind) 51:07; 3. Tim Booysen (VOB) 63:33. **Juniors:** 1. Husain Hendricks (ARD) 40:33; 2. Solieg Allie (Ommie) 41:38; 3. Achmad Ali Adams (ARD) 45:38.

WOMEN

1. Mariëtte Strauss (Tyger) 45:05 (1st mast)
2. Judith Ament (Obser) 46:50
3. Nicola Hendricks (NC) 49:15

Veterans: 1. Lana Abrahams (Top) 54:14; 2. Charlene Maartens (Tyger) 56:18; 3. Marilyn Fritz (SANDF) 62:40. **Masters:** 1. Mariëtte Strauss (Tyger) 45:05; 2. Charmaine Cupido (Ned) 51:00; 3. Therese Bisschoff (Hout) 62:48. **G'masters:** 1. Colette van Eck (FH) 53:12; 2. Helen du Plessis (Tyger) 53:22; 3. Pixie Sparg (Celtic) 55:30. **Juniors:** 1. Londeka Miya (Gugs) 48:21; 2. Zeenat Johaar (ARD) 75:06; 3. Zaada Baatjies (ARD) 82:43.

Century City 10 km Express

Goodwood, 1 March

(Certified loop course. Weather: Cool at start, warmer later, no wind. Finishers: 1927 [significantly up from 1578 last year].)

MEN

1. Lungile Gongqa (Ind) 29:36
2. Unathi Nteta (AAC) 29:42
3. Vuyisile Tshoba (Trans) 30:12

Veterans: 1. Gert Thys (ME) 30:29 (WP rec); 2. Tsungai Mwanengeni (ZIM/NBMC) 30:57; 3. Graham Katzen (Itheke) 31:43. **Masters:** 1. Vladimir Kotov (BLR/Cent) 35:06; 2. Chris Mitchell (Celtic) 36:25; 3. Shafiek Cassiem (Itheke) 39:22. **G'masters:** 1. Clive Owen (Edge) 38:58; 2. Muhammed Kriel (Ommie) 39:38; 3. Albert Williams (Top) 42:25. **G/g'masters:** 1. Peter Chubb (VOB) 52:29; 2. Yusuf Gamielien (Itheke) 54:02; 3. Kaare James (Pine) 55:56. **Juniors:** 1. Granwin Katzen (Itheke) 33:07; 2. Allesandro Carelse (Itheke) 34:38; 3. Lungile Mdaka (VOB) 37:35.

WOMEN

1. Zintle Xiniwe (NBMC) 34:36
2. Tanith Maxwell (Boxer) 35:06
3. Thozama April (Trans) 37:24

Veterans: 1. Sandra van Graan (Edge) 40:28; 2. Chantal Simpson (Ned) 43:02; 3. Patricia Adams (Itheke) 43:11. **Masters:** 1. Mariëtte Strauss (Tyger) 40:53; 2. Viv Williams (ATC) 41:06; 3. Olga Howard (Celtic) 44:18. **G'masters:** 1. Helen du Plessis (Tyger) 48:44; 2. Pixie Sparg (Celtic) 51:34; 3. Ruth Leverton (Pine) 52:56. **G/g'masters:** 1. Marlene James

(Pine) 59:30; 2. Gail Buhrmann (Durb) 62:44; 3. Carol Gahwiler (VOB) 63:59. **Juniors:** 1. Pamela Moyikwa (VOB) 37:42; 2. Busisiwe Gwala (VOB) 38:15; 3. Londeka Miya (Gugs) 53:42.

PricewaterhouseCoopers Marathon, Half Marathon & 10 km

Sabie to Nelspruit, 1 March

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point downhill courses. Finishers: marathon – 500; half-marathon – 260; 10 km – 350.

Note: An interesting appearance here in the 10 km by Laura Hofer, who turns 66 on Thursday. She twice won the veteran age category in the SA Marathon (and once in the half marathon), and finished second twice. – Ed.

Marathon

MEN

1 Samuel Seun Maleshioa (Midack) 2:22:46; 2 Lovers Hlatswayo (Nedbank) 2:29:32; 3 Fanie Matshipa (Samancor) 2:31:53; 4 Samuel Makamu (Nelspruit) 2:33:48; 5 Gift Kelehe (Samancor) 2:36:48.

Veterans: 1 December Mashaba (Nelspruit) 2:45:37. **Masters:** 1 Johannes Nyalunga (Ngodwana) 3:13:47. **G'masters:** 1 Bennie Bouwer (Nelspruit) 3:34:54.

WOMEN

1 Martinique Potgieter (Pietersburg) 3:03:07; 2 Kelly Thompson (RAC) 3:27:36; 3 Liame v.d. Westhuizen (Akasia) 3:37:54; 4 Connie Blom (New Balance) 3:37:55 (1st mast); 5 Karin Maas (Fourways) 3:42:16.

Veterans: 1 Colinda Potgieter (Pietersburg) 3:43:44. **Masters:** 1 Connie Blom (New Balance) 3:37:55. **G'masters:** 1 Barbara Tladinyane (RAC) 4:58:08.

Half marathon

MEN

1 Abednego Mashaba (Born 2 Win) 66:08; 2 Amos Tsanjekwayo (Midack) 66:54; 3 Deon Machete (Klaserie) 69:08.

Veterans: 1 Charles Mavutana (Foskor) 80:23. **Masters:** 1 Enoch Cilo (Assegaai) 94:42. **G'masters:** 1 John Mashaba (Definition AC) 94:43.

WOMEN

1 Alison Hay (Nelspruit) 94:44; 2 Marinda Surridge (ACRW) 99:29 (1st vet); 3 Madeleine Whitehair (Nelspruit) 1:41:06.

Veterans: 1 Marinda Surridge (ACRW) 99:29. **Masters:** 1 Alison Hay (Nelspruit) 94:44. **G'masters:** 1 Hettie Booysen (Magnolia) 2:43:58.

10 km

MEN

1 Folavio Sehohle (Temp) 30:51; 2 William Mothosola (Temp) 31:41; 3 Thabo Ndlovu (Temp) 31:46.

Veterans: 1 Colbert Mohlala (Definition AC) 38:26. **Masters:** 1 Egbert de Bruyn (Barberton) 48:21. **G'masters:** 1 Andre Pistorius (Nelspruit) 67:54. **Juniors:** 1 Letago LebJane (Klaserie) 37:29.

WOMEN

1 Sindy-Ann Esterhuizen (Temp) 44:03; 2 Kathryn Thomas (New Balance) 44:10; 3 Thabisile Khumalo (Definition AC) 46:03.

Veterans: 1 Michelle van Tonder (Lowveld Canoe Club) 52:57. **Masters:** 1 Karen Heunis (Barberton) 63:34. **G'masters:** 1 Laura Hofer (Randburg Harriers) 63:49. **Juniors:** 1 Zanele Mculo (Temp) 47:19.

Cassie's 15 km

Port Elizabeth, 1 March

(Out-and-back course. Finishers: 583 [significantly down from 728 last year].)

MEN

1	Lusapho	April	Oxford Striders	31	44:29
2	Zolani	Ngqaqa	Madibaz AC	25	46:29
3	Mariano	Eesou	Madibaz AC	22	46:42
4	Melikhaya	Frans	Nedbank RC EP	22	48:05
5	Mzolisi	Makhanda	Nedbank RC EP	31	49:03
6	Bulelini	Niwa	Temp	28	50:10
7	Amos	Nyongo	Madibaz AC	27	50:11
8	Mila	Pasiya	Nedbank RC EP	34	50:20
9	Melikhaya	Malinga	Tinarha AC	33	50:34
10	George	Ntshiliza	Nedbank RC EP	34	50:52
11	Ricardo	Plaatjies	X-Cel AC	31	51:59
12	Christopher	Mabengeza (1 st vet)	Nedbank RC EP	47	52:05
13	Zolile	Mhlahlo	Achilles AAA	39	52:28
14	Alfred	Qogi	Nedbank RC EP	40	52:29
15	Mzamo	Fokwana	Charlo AC	36	53:00
16	Emerson	Kayana	Nedbank RC EP	40	53:03
17	Ryan	Peter	Madibaz AC	20	54:04
18	Thobile	Xata	Bluewater Bay	39	54:48
19	Paul	Wolff	Achilles AAA	45	55:04
20	Mutekile	Rasmeni	Nedbank RC EP	49	55:37

40-44:

1	Alfred	Qogi	Nedbank RC EP	40	52:29
2	Emerson	Kayana	Nedbank RC EP	40	53:03
3	Johannes	Jonck	St Albans CS EP	40	56:18

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	47	52:05
2	Paul	Wolff	Achilles AAA	45	55:04
3	Mutekile	Rasmeni	Nedbank RC EP	49	55:37

50-54:

1	Darrell	Wicht	Warriors AC	50	56:48
2	Nellis	Bothma	Madibaz AC	53	57:04
3	Bennie	Stadler	Achilles AAA	51	57:13

55-59:

1	Leonard	Erasmus	Gelvan AC	56	1:02:32
2	Disemba	Blou	Charlo AC	55	1:03:15
3	Peter	Van Rensburg	Elite AC	55	1:07:29

60-64:

1	Graham	Channon	Achilles AAA	64	1:11:11
2	Errol	Rossouw	PEAAC	64	1:13:09
3	Albert	Ngcanga	X-Cel AC	63	1:15:56

65-69:

1	Hansie	Els	Somerset East	66	1:12:02
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2	Syd	Lippstreu	Crusaders AC	65	1:16:05
3	William	Vorster	PEAAC	67	1:20:06

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	71	1:07:20
2	Ron	Clark	Bluewater Bay	71	1:16:47
3	Godfrey	Kariem	Gelvan AC	73	1:18:06

75-79:

1	Donald	Flynn	Legacy AC	76	2:09:57
2	John	Peart	Nedbank RC EP	77	2:13:30

Juniors:

1	Brendon	Effenaar	Maxed Elite EP	18	56:09
2	Naasir	Louis	Malabar AC	17	1:20:13
3	Justin	Mallett	Muirite Striders	17	1:31:41

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC EP	32	56:24
2	Babalwa	Ngcoko	Nedbank RC EP	26	1:03:33
3	Celeste	Swart (1 st vet)	Nedbank RC EP	45	1:03:45
4	Margie	Saunders (1 st g'mast)	Nedbank RC EP	60	1:04:22
5	Nokholo	Hlezupondo	SANDB EP	35	1:04:53
6	Janette	Schierz-Crusius (1 st mast)	Body Concept	53	1:05:34
7	Marisa	Ferraris	Temp	43	1:05:38
8	Deliwe	Nyanga	Nedbank RC EP	24	1:05:49
9	Tiani	Claassen	Despatch AC	23	1:06:17
10	Jene	Banfield	Run For Life EP	43	1:07:00
11	Terray	Newcombe	Elite AC	23	1:07:53
12	Laura	Maritz	Elite AC	53	1:09:04
13	Janine	Gardiner	Charlo AC	32	1:09:57
14	Camarin	Van Eyk	Nedbank RC EP	31	1:11:54
15	Gail	Klichowicz	Achilles AAA	47	1:12:10
16	Tania	Jordaan	Charlo AC	37	1:12:18
17	Angela	Parker	Charlo AC	37	1:12:23
18	Sunelle	Horne	Bluewater Bay	40	1:12:44
19	Lesley	Wood	Berts Bricks	56	1:13:19
20	Riette	Neethling	Maxed Elite EP	25	1:13:21

40-44:

1	Marisa	Ferraris	Temp	43	1:05:38
2	Jene	Banfield	Run For Life EP	43	1:07:00
3	Sunelle	Horne	Bluewater Bay	40	1:12:44

45-49:

1	Celeste	Swart	Nedbank RC EP	45	1:03:45
2	Gail	Klichowicz	Achilles AAA	47	1:12:10
3	Claire	Nagel	Elite AC	49	1:13:23

50-54:

1	Janette	Schierz-Crusius	Body Concept	53	1:05:34
2	Laura	Maritz	Elite AC	53	1:09:04
3	Treloar	Childs	Walmer AC	50	1:13:43

55-59:

1	Lesley	Wood	Berts Bricks	56	1:13:19
2	Hanlie	Van der Westhuizen	Despatch AC	57	1:15:32
3	Amanda	Wolmarans	Walmer AC	55	1:20:56

60-64:

1	Margie	Saunders	Nedbank RC EP	60	1:04:22 (SA rec)
2	Cathy	Ives	Achilles AAA	60	1:20:08
3	Helene	Oppel	Crusaders AC	64	1:36:04

65-69:

1	Liz	Grundlingh	Muirite Striders	67	1:21:58
2	Christine	Fourie	Elite AC	67	1:37:53
3	Denise	Terblanche	Walmer AC	66	1:38:19

70-74:

1	Orgia	Nell	Muirite Striders	70	1:49:32
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75-79:

1	Dorothy	Hart	Charlo AC	76	1:59:45
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Juniors:

1	Jani	Swiegelaar	Nedbank RC EP	17	1:26:42
2	Marike	Marais	St Albans CS EP	16	1:27:30
3	Danielle	Harkin	Madibaz AC	18	1:38:23

Bufs Marathon (41st) & Half Marathon

Macleantown to East London, 1 March

(Distances: 42.195 km – point-to-point downhill course, dropping approx. 9.5 m/km from start to finish; 21.1 km – the second half of the marathon route, drop unknown. Finishers: marathon – 504 [up from 455 last year]; half marathon – 236.)

Note: Another very fast time by Hanlie Botha on a downhill course. The runners' names are in the order of surname first, followed by first name.– Ed.

Marathon**MEN**

1.	Maliza Anele	Nedbank RC EP	36	2:25:05
2.	Mariken Zingisile	Nedbank RC EP	38	2:27:48
3.	Dlaku Masixole	PE Amateur AC	35	2:29:52
4.	Bunge Xolani	Nedbank	32	2:32:22
5.	Camagu Lubobalo	Nedbank RC EP	28	2:35:39

Veterans:

1.	Masumpa Makaya	Born 2 Run	47	2:43:31
2.	Stephen Luvuyo	Nedbank RC EP	44	2:50:31
3.	Fritz Dorian	Born 2 Run	40	2:51:05

Masters:

1.	Tomas Lizo	Cheetahs AC	53	2:42:57
2.	Mpalala Mzoli	Real Gijimas	51	3:02:51
3.	Mpolweni Nkosana	Real Gijimas	50	3:20:38

G'masters:

1.	Mpho Paul	Nedbank Achilles	66	3:50:31
2.	Archer Robin	Queensburgh Harriers	61	3:50:35
3.	Smit Nicky	Oxford Striders	62	3:52:47

WOMEN

1.	Smith Stephanie	Born 2 Run	28	3:07:09
2.	Graham Brenda	Oxford Striders	33	3:23:17
3.	Hunter Sandra	Old Boys	37	3:28:11
4.	Davis Karen	Gonubie Harriers	37	3:29:24
5.	Schemel Melanie	Born 2 Run	28	3:36:39

Veterans:

1.	Hunter Sandra	Old Boys	37	3:28:11
2.	Holmes Caryn	Qtn Harriers	35	3:43:45
3.	Ibbetson Tracy	Westville AC	37	3:43:47

Masters:

1.	De Klerk Elsabé	Bloem Achilles	56	3:55:08
2.	Langtree Alison	Born 2 Run	50	3:59:37
3.	Silvia Burton	Hillcrest Villagers	56	4:14:00

G'masters:

1.	Fitzmaurice Wendy	Westville AC	60	3:45:33
2.	Smuts Willemien	Pentagon Pistols	73	4:35:15
3.	Van Heerden Esbie	Vryburg Multisport	65	4:49:27

Half marathon**MEN**

1.	Hejana Luthando	Born 2 Run	27	1:05:40
2.	Nobanda Mluleki	Mr Price Transkei	45	1:07:48
3.	Hlazo Andile	Nedbank RC EP	24	1:10:22

WOMEN

1.	Botha Hanlie	Born 2 Run	35	1:19:12
2.	Bici Xoliswa	Nedbank RC EP	34	1:31:00
3.	Kruger Glencarol	Oxford Striders	26	1:36:43

Medihelp Sunrise Monster 32 km (37th) & 10 km

Pretoria, 1 March

(Hilly loop courses)

32 km**MEN**

1. Luwis Masunda (ZIM/Ned) 1:53:02
2. Stanley Mofu (Ned) 1:54:20
3. Simon Tshabalala (Spirit) 1:59:01

Veterans: 1. Tebogo Seroka (TUT) 2:24:03. **Masters:** 1. James Sethwala (Aurecon) 2:21:47. **G'masters:** 1. Max Zeelie (Four) 2:54:14. **G/g'masters:** 1. Patrick Mafilika (Ned) 3:16:09.

WOMEN

1. Rutendo Nyahora (ZIM/Ned) 2:15:47
2. Patience Khumalo (TUT) 2:18:39
3. Melanie Banyard (Mag) 2:36:30

Veterans: 1. Zelda Breytenbach (Irene) 2:39:22. **Masters:** 1. Sandra Steenkamp (Irene) 2:43:02. **G'masters:** 1. Vollie Spies (Tuks) 3:25:00. **G/g'masters:** 1. Mavis Stadler (Agape) 4:09:01.

10 km**MEN**

1. Anele Sonqibido (Trans) 36:21
2. Musa Swakaza (Trans) 36:54
3. Enoch Skosana (Trans) 37:25 (1st vet)

Veterans: 1. Enoch Skosana (Trans) 37:25. **Masters:** 1. Colin Fisher (CSIR) 46:22. **G'masters:** 1. Johannes Setshedi (NB) 37:30. **G/g'masters:** 1. Charles Stewart (Phob) 65:10. **Juniors:** 1. O'Neal Peterie (ACE) 40:22.

WOMEN

1. Marli van Staden (NB) 43:00
2. Megan Gerber (Tuks) 48:47 (1st jun)

3. Tinyiko Mdluli (BS) 50:21

Veterans: 1. Hester Karlmeier (GNMA) 61:04. **Masters:** 1. Ronel Fourie (Trans) 62:21.
G'masters: 1. Olga Smit (Affies) 68:10. **G/g'masters:** 1. Ria Smith (RI) 75:20. **Juniors:**
 1. Megan Gerber (Tuks) 48:47.

Cango Marathon (38th) & Half Marathon

Oudtshoorn, 22 February

(Distances: 42.195 km & 21.1 km; point-to-point downhill courses. Finishers: marathon – 759 [up from 626 last year]; half marathon – 464 [down from 582].)

Note 1: An astounding second marathon in six days by Candyce Hall, who also ran the Peninsula Marathon the previous Sunday (see also the Editorial). The winner of the marathon is most likely Mthobeli Mathomane, the second runner Gershwill Jacobs and the ninth Luwayne Duitsjan. Where DRR was certain of a runner's identity, some first names were added and the spelling of others corrected. – Ed.

Note 2: As was the case last year, both these races exceed the Race Time Bias limit of -5 sec/km by a huge margin. (The RTB formula, devised by Ken Young of *The Analytical Distance Runner*, compares runners' times in a race with what one could expect them to run based on their most recent performances.) The figure for the marathon, using 18 time comparisons, is -13.37 sec/km – almost three times the allowable figure – while the half marathon returns a figure of -8.35 sec/km (13 time comparisons). Both races are therefore deemed to be short and the performances will not be used in any statistical lists. – Ed.

Marathon**MEN**

1	M.	Mathomane	SANDF	2:25:36
2	G.	Jacobs	Nedbank	2:29:13
3	S.	Nkombi	Itheko	2:32:34
4	Melikhaya	Msizi	Knysna MC	2:35:32
5	Patrick	Ketelo	NBMC WP	2:36:24
6	Keith	Clark	Outeniqua Harriers	2:36:51
7	Zandisile	Ngeva	Nedbank	2:40:27
8	Willem	Swanepoel	NBMC WP	2:40:43
9	L.	Duitssan	Mossel Bay Harriers	2:43:56
10	Sipho	November	Ind	2:44:04

WOMEN

1	Ursula	Turck	Strand	3:01:14
2	Candyce	Hall	Carbineers WP	3:03:03
3	Annatjie	Botes	Nedbank	3:08:39
4	Liesl	Grobler	Knysna MC	3:10:47
5	Liana	Maree	Stellenbosch	3:12:37
6	Charmaine	Salvage	Ind	3:14:39
7	Michelle	Van Zyl	Ind	3:16:04
8	Nokholo	Hlezupondo	SANDF	3:16:22
9	Phillipe	Welthagen	Born 2 Run CGA	3:18:35
10	Carla	Kelly	ATC Running	3:19:59
...				
14	Elana	Meyer	Maties	3:24:24

Half marathon**MEN**

1	Ettiene	Plaatjies	Nedbank	1:06:24
2	J.	April	MSC ODN	1:08:33

3	Lloyd	Bosman	Ind	1:09:23
4	I.	Ambraal	PMMC	1:11:07
5	B.W.	Fredericks	Nedbank	1:12:58
6	Archie	Boome	Ind	1:14:05
7	R.	Mashapu	SANDF	1:14:36
8	M.	Mascko	Ind	1:15:55
9	Rayline	Konstabel	Ind	1:16:10
10	D.	Malgas	Ind	1:16:22

WOMEN

1	Sandra	Van Graan	Edgemead Runners	1:28:18
2	A.	Van Wyk	RWFL Oudtshoorn	1:28:22
3	Linda	Hegerty	Ind	1:38:05
4	Magnita	Samuels	Ind	1:38:25
5	Carla	Wood	Ind	1:38:41
6	Cheryl	Rudolph	Easterns Kraaifontein	1:39:31
7	Debbie	Marais	Ind	1:39:34
8	Rea	Oosthuizen	Hartenbos Drawwers	1:39:48
9	C.	Coetzee	Nedbank	1:40:42
10	Elmari	Du Plessis	Ind	1:40:54

TRACK

WP League Meeting (2nd)

Parow, 22 February

MEN

800:

Race 1 -

1	NDLOVU, Rodwell	UWC	2:01.78
2	FRANS, Duncan	BELL	2:06.20
3	NICHOLLS, Rowan	UCT	2:07.19
4	FLORES, Niegh-Jean	BELL	2:11.93
5	FORTUIN, Ewan	EAST	2:15.99
6	GRIFFITHS, Ryan	UCT	2:16.39
7	CLEOPHAS, HENRY	NEDB	2:52.01

Race 2 -

1	FARO, Duran	TNLK	1:53.97
2	STEELE, Nolan	UCT	1:56.26
3	BEUKES, Kaleb	UWC	1:56.76
4	CLASSENS, Ashwin	UWC	1:57.03
5	GWENYA, Gift	UWC	1:58.51
6	PHILANDER, Du Wayne	UWC	1:58.79

1500:

Race 1 -

1	FARO, Orion	TEMP	4:06.0
2	SWARTZ, Godwin	NBMC	4:06.4
3	STEVENS, Darren	SPAA	4:09.9
4	HARTZENBERG, McMarshal	EAC	4:10.7
5	KOTZE, Aubrey		4:20.2

Race 2 -

1	FORTUIN, Vincent	UWC	4:03.09
2	BUYS, Marco	UWC	4:03.76

3	JANTJIES, Mario	UWC	4:04.66
4	SOLDAKA, Sibosiso	CPUT	4:06.80
5	RATZ, Rowhaldo	EAC	4:10.59
6	NXUSANI, Phumlani	NEDB	4:17.69

5000:

1	NXUSANI, Phumlani	NEDB	15:21.10
2	MAKILA, Akhona	VOB	15:36.14
3	LOUW, Andrew	EAST	15:53.30
4	NOBAKADA, Lukhanyo	VOB	15:55.82
5	MPEKULA, Marks	VOB	16:01.97

WOMEN

800:

1	VAN DEVENTER, Icarien	TNLK	2:13.65
2	KAPP, Simone	BELL	2:19.19
3	DLAMINI, Nikita	VOB	2:24.28
4	AYYOUB, Zahra	VOB	2:24.52
5	JONATHAN, Lauren	VOB	2:27.25

1500:

1	KRUGER, Zani	NEDB	4:51.5
2	ROFFEY, Anneline	NBMS	5:05.3
3	DU BRUYN, Leanda	TNLK	5:15.4
4	LELIEVELD, Logan	EAC	5:26.0
5	MADDIX, Sanita	TNLK	5:30.3

5000:

1	SCOTT, Tanya	UCT	17:59.18
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Tukkies League Meeting (6th)

Pretoria (Absa Tuks Stadium), 22 February

Note: Both the men's and women's 10000 m were short, and the times seem to be hand times. – Ed.

MEN

800:

1	Jacob	Rozani	ARB	1:53.28
2	Andrew	Roodt	UJ	1:54.12
3	Donald	Sedise	ARB	1:54.39

800 (juniors):

1	Koketso	Ramasita	Tuks	1:51.39
2	Rantso	Mokopane	Pukke	1:53.85
3	Aaron	Dingoko	ARB	1:55.84

800 (youths):

1	Jean Pierre	de Beer	JS	2:08.69
2	Dylan	Meyer	Tuks	2:09.50
3	Willie	Bronkhorst	Tuks	2:17.60

1500:

1	Mthobisi	Baloyi	Pukke	3:52.14
2	Rantso	Mokopane	Pukke	3:52.72
3	Theodore	Nothliny	Pukke	3:52.82

3000 s/chase:

1	Simon	Mokonyama	Monaco	9:41.49
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10000:

1	Neil	Lubbe	NA	29:07.8
2	Jacob	Cloete	PBHS	30:04.6

WOMEN

800 (seniors & juniors)

1	Anri	Steyn	Pukke	2:16.04
2	Marike	Vermaak	BHS	2:16.65
3	Sunelle	Coetzee	Pukke	2:20.38

800 (youths):

1	Malehlohondo	Pitsane	Tuks	2:30.88
2	Janie	Janse van Rensburg	AHMP	2:31.47
3	Babette	Minnaar	Affies AHMP	2:32.41

1500:

1	Stella	Marais	Tuks	4:41.80
2	Bernadene	Mcloud	Noordwes U	4:52.07
3	Sunelle	Coetzee	Pukke	5:02.64

1500 (youths):

1	Sibongile	Hlanjwa	Tuks	5:14.00
2	Mulalo	Mulaudzi	Tuks	5:21.07
3	Chrissa	Tromp	AHMP	5:22.38

3000 s/chase:

1	Leani	Grimes	Tuks	11:46.15
2	Bernadene	Mcloud	Ind	12:06.52
3	Lauren	Venter	UJAC	12:06.63

10000:

1	Tshehla	Nthabiseng	Monaco	31:21.0
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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**Lake Biwa Mainichi Marathon (69th)**

(IAAF Gold Label Road Race)

Otsu, JPN, 2 March

(Distance: 42.195 km; certified, out-and-back course)

MEN (gun times)

1.	Bazu Worku, ETH	2:09:10
	[1:03:24 / 1:05:46]	
2.	Satoru Sasaki, JPN	2:09:47 PB
3.	Vincent Kipruto, KEN	2:09:54
4.	Yuki Kawauchi, JPN	2:10:38

5. Ryosuke Fukuyama, JPN 2:11:18
 Wirimayi Juwawo, ZIM DNF (1:51:46 at 35 km)

Semi-Marathon de Paris (22nd)

Paris, FRA, 2 March

(Distance: 21.1 km; certified one-loop course)

MEN

- | | |
|--------------------------|------------|
| 1. Mule Wasihun, ETH | 1:00:08 PB |
| 2. John Lotiang, KEN | 1:00:40 |
| 3. Mike Kigen, KEN | 1:00:44 |
| 4. Azmeraw Molalign, ETH | 1:00:55 PB |
| 5. Ketema Behailu, ETH | 1:00:58 PB |

WOMEN (gun times)

- | | |
|----------------------------|---------|
| 1. Yebrqual Melese, ETH | 1:09:23 |
| 2. Georgina Rono, KEN | 1:09:31 |
| 3. Sarah Chepchirchir, KEN | 1:09:38 |
| 4. Mercy Kibarus, KEN | 1:09:42 |
| 5. Monica Jepkoech, KEN | 1:09:44 |

Maratonina Roma-Ostia (40th)

Roma to Ostia, ITA, 2 March

(Distance: 21.1 km; point-to-point course with 20 m elevation loss)

MEN

- | | |
|----------------------------|----------|
| 1. Aziz Lahbabi, 1991, MAR | 59:25 PB |
| 2. Humegnaw Mesfin, ETH | 59:39 PB |
| 3. Titus Masai, KEN | 59:41 PB |
| 4. Simon Cheprot, KEN | 1:00:05 |
| 5. Robert Chemosin, KEN | 1:00:24 |
| 6. Philip Sanga, KEN | 1:00:57 |
| 7. Joseph Kiptum, KEN | 1:01:10 |
| 8. Eric Ndiema, KEN | 1:01:21 |
| 9. Lawi Kiptui, KEN | 1:01:54 |
| 10. William Kibor, KEN | 1:02:08 |

WOMEN

- | | |
|--------------------------------|------------|
| 1. Caroline Chepkwony, KEN | 1:08:48 |
| 2. Sharon Cherop, KEN | 1:08:51 |
| 3. Netsanet Gudeta Kebede, ETH | 1:08:53 PB |
| 4. Shure Demise Ware, ETH | 1:08:53 PB |
| 5. Krisztina Papp, HUN | 1:09:50 PB |
| 6. Vicoty Chepkemai, KEN | 1:10:09 PB |
| 7. Anna Incerti, ITA | 1:10:16 |
| 8. Souad Ait Salem, ALG | 1:10:36 |
| 9. Jia Chaofeng, CHN | 1:11:35 |
| 10. Yue Chao, CHN | 1:12:38 |

World's Best 10 km (17th)

San Juan, PUR, 23 February

(Certified out-and-back course)

MEN (gun times)

1. Bedan Karoki, 23, KEN	28:35	\$15,000
2. Vincent Chepkok, KEN	28:46	8,500
3. Kenneth Kipkemoi, 29, KEN	28:51	7,000
4. Paul Tanui, 23, KEN	28:59	5,000
5. John Kipkoech, 22, KEN	29:04	3,500

WOMEN (gun times)

1. Mary Wacera, 25, KEN	32:06	\$15,000
2. Gladys Cherono, 30, KEN	32:09	8,500
3. Linet Masai, 24, KEN	32:13	7,000
4. Belaynesh Oljira, 23, ETH	32:24	5,000
5. Joyce Chepkirui, 25, KEN	32:32	3,500

Tokyo Marathon (35th/8th as a mixed gender race)

(World Marathon Majors/IAAF Gold Label Event)

Tokyo, JPN, 23 February

(Distance: 42.195 km; point-to-point course with approximately 30 m of elevation loss)

MEN

1. Dickson Chumba, KEN	2:05:42 PB/CR	JPY 8,000,000 + 3,000,000*
2. Tadese Tola, ETH	2:05:57	4,000,000
3. Sammy Kitwara, KEN	2:06:30	2,000,000
4. Michael Kipyego, KEN	2:06:58	1,000,000
5. Peter Some, KEN	2:07:05	750,000
6. Geoffrey Kipsang, KEN	2:07:37	500,000
7. Deressa Chimsa, ETH	2:07:40	400,000
8. Kohei Matsumura, JPN	2:08:09 PB	300,000
9. Koji Kobayashi, JPN	2:08:51 PB	200,000
10. Abel Kirui, KEN	2:09:04	100,000

WOMEN

1. Tirfi Tsegaye Beyene, ETH	2:22:23 CR	JPY 8,000,000 + 3,000,000*
2. Birhane Dibaba, ETH	2:22:30 PB	4,000,000
3. Lucy Kabuu, KEN	2:24:16	2,000,000
4. Caroline Rotich, KEN	2:24:35	1,000,000
5. Janet Rono, KEN	2:26:03 PB	750,000
6. Albina Mayorova, RUS	2:28:18	500,000
7. Mai Ito, JPN	2:28:36	400,000
8. Rika Shintaku, JPN	2:31:15 PB	300,000
9. Manami Kamitanida, JPN	2:31:34 PB	200,000
10. Hiroko Yoshitomi, JPN	2:32:38	100,000

*) Course record bonus

Maratón Ciudad de Sevilla (30th)

Sevilla, ESP, 23 February

(Distance: 42.195 km)

MEN

1. Cosmas Kiplimo Lagat, 1995, KEN	2:08:33 PB/CR*
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2. Benjamin Bitok, KEN 2:12:18
3. Birhanu Niguse Melese, ETH 2:12:29

WOMEN

1. Pamela Rotich, KEN 2:35:43 PB
2. Elena Maria Espeso, 1972, ESP 2:35:48
3. Marthe Katerine Myhre, NOR 2:40:00 PB

Publix Super Markets Gasparilla Distance Classic Race Weekend (37th)

Tampa, USA, 22-23 February

(Distance: 21.1 km; also 5 km, 15 km, 42.195 km)

Note: There were 26 164 finishers in all the events – notably up from 23 750 last year. – Ed.

MEN (gun times)

1. Ryan Vail, 27, Portland, OR 1:04:06 \$8000
2. Abdi Abdirahman, 35, Tuscon, AZ 1:04:19 3500
3. Bobby Curtis, 29, Royal Oak, MI 1:04:26 2000
4. Jeffrey Eggleston, 29, Boulder, CO 1:04:45 1000
5. Fernando Cabada, 31, Boulder, CO 1:05:38 500

WOMEN (gun times)

1. Lindsey Scherf, 27, Chapel Hill, NC 1:13:08 \$8000
2. Adriana Nelson, 34, Boulder, CO 1:13:26 3500
3. Jen Rhines, 39, Lexington, MA 1:14:39 2000

INDOOR TRACK**Boston University Last Chance Meet**

Boston, USA, 2 March

WOMEN

5000:

1. Molly Huddle, Saucony 15:13.86 PB/WL
2. Emily Stites, SO, William & Mary (1994) 15:43.69 PB
3. Elaina Balouris, SR, William and Mary 15:46.92 PB

Metz Moselle Athleror Meeting

Metz, FRA, 28 February

MEN

1000:

1. Marcin LEWANDOWSKI, POL, 2:17.67 NR
2. Nader BELHANBEL, ENTENTE FRANCONVILLE CESAME VA, 2:19.24
3. Florian CARVALHO, Us Nemours St Pierre Athle, 2:19.95

Big 12 Conference Indoor Championships

Ames, USA, 28 February – 1 March

MEN

600 yd:

Prelims (28):

Heat 2 -

1. Brandon Moore	FR Baylor	1:12.02 PB
2. Pieter Conradie	FR Texas (RSA)	1:12.17
3. Scott Petersen	SO Oklahoma	1:13.08

Big South Conference Indoor Championships

Blacksburg, USA, 28 February – 1 March

WOMEN

3000 (28):

1. Teresa Williamson	JR Radford	9:38.66 MR/PB
2. Kyla van Graan	SO Coastal Carolina (RSA)	9:45.69 PB
3. Jacy Christiansen	JR Liberty	9:46.90
4. Letitia Saayman	JR Coastal Carolina (RSA)	9:48.66 PB

5000 (01):

1. Letitia Saayman	JR Coastal Carolina (RSA)	17:01.09 MR/PB
2. Kyla van Graan	SO Coastal Carolina (RSA)	17:14.60
3. Ashley Matthews	SR Campbell	17:18.69

South Eastern Conference (SEC) Indoor Championships

College Station, USA, 27 February – 1 March

WOMEN

3000 (28):

Heat 2 -

1. Cory McGee, Florida	9:10.48 PB
2. Dominique Scott, Arkansas (RSA)	9:11.56
3. Agata Strausa, Florida (LAT)	9:15.70 PB

5000 (01):

Heat 2 -

1. Dominique Scott, Arkansas (RSA)	16:00.73 PB
2. Chelsea Blaase, Tennessee	16:06.69
3. Grace Fletcher, Texas A&M	16:10.75 PB

Prague Indoor 2014

Praha, CZE, 25 February

WOMEN

Race A:

1. Jenny Meadows, Great Britain	2:01.67 MR
2. Lenka Masná, Czech Republic	2:01.83,
3. Yekaterina Poistogova, Russia	2:02.98

Sun Belt Conference Indoor Championship

Birmingham, USA, 24-25 February

MEN

800 (25):

- | | | |
|------------------------|---------------------------|---------|
| 1. Philip Critelli | SR Texas-Arlington | 1:54.67 |
| 2. David Mokone | SR Western Kentucky (RSA) | 1:54.81 |
| 3. Kamohelo Mangojeane | SO Western Kentucky | 1:55.60 |

Prelims (24):

- | | | |
|-----------------|---------------------------|----------|
| 1. David Mokone | SR Western Kentucky (RSA) | 1:53.97Q |
|-----------------|---------------------------|----------|

Mile (25):

- | | | |
|------------------|---------------------------|---------|
| 1. Emil Blomberg | JR Texas-Arlington (SWE) | 4:16.02 |
| 2. Ryan Tilotta | JR Texas-Arlington | 4:16.12 |
| 3. David Mokone | SR Western Kentucky (RSA) | 4:16.14 |

Distance Medley Relay (24):

- | | |
|---------------------------|----------------------------|
| 1. Western Kentucky 'A' | 10:06.11 |
| 1) Aaron Stevens SO | 2) Christopher Chamness SR |
| 3) Kamohelo Mangojeane SO | 4) David Mokone SR (RSA) |
| 2. Texas-Arlington 'A' | 10:06.21 |
| 3. Texas State 'A' | 10:07.98 |

USA Indoor Championships

Albuquerque, USA, 21-23 February

Note: The most interesting – and controversial – race of the meeting was the women's 3000 m, where the winner, Gabe Grunewald, was originally disqualified by the Jury of Appeals for interfering with Jordan Hasay with 180 m to go. Grunewald thus lost her place on the team for the World Indoor Championships. Shannon Rowbury was declared the winner. Two days later, however, Max Siegel, CEO of USATF, announced that Grunewald had been reinstated after he had had discussions with representatives of the two athletes. At the discussion, Hasay's coach, Alberto Salazar, said they felt withdrawal of the original protest "was the right thing to do". Hasay commented: "As with all of the competitors who lined up on Saturday, I desperately wanted to make the team to represent the United States at [the World Championships]. Since Saturday evening my emotions have ranged from despair to determination to go to Poland and represent my country as best I can. After much thought and consideration, however, I have decided to withdraw my protest as I do not want to make a national team under these circumstances." You can watch a video of the race here: <http://bit.ly/1eiiteV>. - Ed.

MEN

800 (23):

- | | | | |
|-------------------|------------------|---------|--------|
| 1. Erik Sowinski | Nike | 1:47.86 | \$5000 |
| 2. Robby Andrews | adidas | 1:48.44 | 3000 |
| 3. Nick Symmonds | Brooks | 1:48.48 | 1250 |
| 4. Tyler Mulder | Nike/Oregon TC E | 1:48.68 | 750 |
| 5. Mark Wieczorek | Brooks | 1:49.03 | |

1500 (23):

- | | | | |
|------------------|------------|---------|--------|
| 1. Lopez Lomong | Nike | 3:43.09 | \$5000 |
| 2. Will Leer | Nike | 3:43.21 | 3000 |
| 3. Garrett Heath | Brooks | 3:43.97 | 1250 |
| 4. Ryan Hill | Nike | 3:44.15 | 750 |
| 5. Leo Manzano | Unattached | 3:44.36 | |

3000 (22):

1. Bernard Lagat	Nike	7:46.01	CR \$5000
2. Galen Rupp	Nike	7:48.19	3000
3. Ryan Hill	Nike	7:49.62	1250
4. Lopez Lomong	Nike	7:56.65	750
5. Ben Blankenship	Nike/Oregon TC E	8:04.70	

WOMEN

800 (23):

1. Ajee' Wilson	adidas	2:00.43	\$5000
2. Chanelle Price	Speed Factory	2:00.48	3000
3. Molly Beckwith-Ludlow	Saucony	2:01.87	1250
4. Bethany Praska	Unattached	2:03.35	750
5. Phoebe Wright	Nike	2:05.60	

1500 (23):

1. Mary Cain	Nike	4:07.05*	\$5000
2. Treniere Moser	Nike	4:09.93	3000
3. Heather Kampf	Asics / TmUSA Mn	4:13.04	1250
4. Amanda Winslow	Oiselle/NJNY TC	4:14.38	750
5. Katie Mackey	Brooks	4:16.24	
... 8. Morgan Uceny	adidas	4:20.49	

*) Fastest time ever at an altitude site.

3000 (22):

1. Gabe Grunewald	Brooks/TmUSA Mn	9:23.15	\$5000
2. Shannon Rowbury	Nike	9:25.49	3000
3. Sara Vaughn	Brooks	9:26.46	1250
4. Jordan Hasay	Nike	9:27.40	750
5. Angela Bizzarri	Brooks	9:30.45	

STATS TIME

Continuing our look at the half marathon, where Florence Kiplagat set a new world record in Barcelona two weeks ago, we follow the men's all-time list of last week with the top ten women of all time (and top thirteen performances). There are quite a few aided times on the list.

HALF MARATHON: ALL-TIME TOP TEN WOMEN

1	65:12	1	Florence Kiplagat	KEN	1	Barcelona	16 Feb 2014
2	65:40A	2	Paula Radcliffe	GBR	1	Newcastle	21 Sep 2003
3	65:44A	3	Susan Chepkemei	KEN	1	Lisbon	01 Apr 2001
4	65:45A	4	Priscah Jeptoo	KEN	1	Newcastle	15 Sep 2013
5	65:50	5	Mary Keitany	KEN	1	Ras Al Khaimah	18 Feb 2011
6=	66:09	6	Lucy Kabuu Wangui	KEN	1	Ras Al Khaimah	15 Feb 2013
6=	66:09A	7	Meseret Defar	ETH	2	Newcastle	15 Sep 2013
8	66:11		Jeptoo	KEN	2	Ras Al Khaimah	15 Feb 2013
9	66:25	8	Lornah Kiplagat	KEN	1	Udine (WC)	14 Oct 2007
10	66:27	9	Rita Jeptoo	KEN	3	Ras Al Khaimah	15 Feb 2013
11	66:34A		Lornah Kiplagat	KEN	2	Lisbon	01 Apr 2001
12	66:38		Florence Kiplagat	KEN	1	Rome	26 Feb 2012
13	66:40	10	Ingrid Kristiansen	NOR	1	Sandnes	05 Apr 1987

THIS MONTH IN HISTORY

17 years ago: 8 March 1997

The Congo Marathon in Oudtshoorn is one of the most popular marathons in the Southern Cape, and runners like to go there to run fast times on the point-to-point and excessively downhill course (although there is doubt about the accuracy of the course). Only one athlete, Denise Dippenaar, has won it four times, and on this day she scored the first of her four consecutive victories, in 2:52:52. Her next win, in 1998, came in an almost identical time, 2:52:39. Dippenaar also has two wins in another long-running marathon, the Johnson Crane race. (The Congo Marathon was run for the 38th time last weekend.)

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	44:29	Lusapho April	Port Elizabeth	01 Mar
	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 Tadese (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	30:29	Gert Thys	Goodwood	01 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	50:10	Graham Katzen	Duynefontein	22 Feb
	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

Marathon	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	2:25:39	Sandile Makhaye	Pietermaritzburg	23 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	35:12	Sontaga Mabale	Irene	12 Feb
	[35:06	Vladimir Kotov (BLR)	Goodwood	01 Mar]
	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	2:46:35	Daniel Mothibe	Pretoria	23 Feb
	2:42:57A	Thomas Lizo	East London	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:58	Clive Owen	Goodwood	01 Mar
15 km	62:47	Clive Owen	Constantia	11 Jan
21.1 km	87:09	Mike Hirst	Vereeniging	02 Mar
25 km	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:17:58	Barry Bester	Camps Bay	05 Jan
32 km				
Marathon	3:14:47	Les Ivings	Vereeniging	02 Mar
100 km				
<u>Juniors</u>				
10 km	29:54	Thabang Mosiako	Bloemfontein	22 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				
<u>Open</u>				
10 km	33:37	Nolene Conrad	Bloemfontein	22 Feb
	32:21	Sophie Duarte (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	56:24	Ntombesintu Mfunzi	Port Elizabeth	01 Mar
	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		
<u>Veterans (40+)</u>				
10 km	39:46	Linley Holmes	Bloemfontein	22 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	63:45	Celeste Swart	Port Elizabeth	01 Mar
	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		
<u>Masters (50+)</u>				
10 km	40:53	Mariëtte Strauss	Goodwood	01 Mar
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:22	Margie Saunders (g'mast)	Port Elizabeth	01 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:34	Judy Bird	Johannesburg	09 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:03:09A	Debby de Koning	Pinetown	26 Jan
30 km	2:33:38	Lorraine Rogers	Camps Bay	05 Jan
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	44:01	Margie Saunders	Bloemfontein	22 Feb
15 km	64:22	Margie Saunders	Port Elizabeth	01 Mar
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	4:18:07	Vollie Spies	Pretoria	23 Feb
	3:45:33A	Wendy Fitzmaurice	East London	01 Mar
100 km				
<u>Juniors</u>				
10 km	37:25	Pamela Moyikwa	Athlone	08 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	69:03	Nthuseng Lolwana	Constantia	11 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	87:07	Jenet Dlamini	Pietermaritzburg	23 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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