

# Distance Running Results

Vol. 14, No. 10 – 10 March 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

South African athletes returned without a medal from the World Indoor Championships in Sopot. In yesterday evening's 800-metre final André Olivier finished fourth in a slow 1:47.31. Olivier, who looked flat, actually crossed the line fifth, but the Pole Marcin Lewandowski, who finished third, was disqualified for a lane violation. Mohammed Aman (ETH) retained his title in 1:46.40.

Elroy Gelant was seventh in the 3000 m in 7:57.31.

In perfect conditions, the quick Constantia course produced no fewer than five list leaders in the 15 km this weekend. Two of these came from the father-and-son combination of Graham and Granwin Katzen. The race went to Unathi Nteta in 45:58, while Zintle Xiniwe took the women's title in a list-leading 55:44. In second was a surprising Tanya Scott, whose 56:43 shattered her previous personal best of 64:43 in the same race in 2011.

Xiniwe also won the Lighthouse 10 km the previous Wednesday in 35:09, beating Tanith Maxwell. Scott ran 37:11 here for fourth.

One of South Africa's oldest nonmarathon races, the Stella Royal 25 km, was run for the 39<sup>th</sup> time and gave Cay-Ann Smith a list leader of 1:44:34.

Elias Mabane seems to think that everything Candyce Hall can do, he can do better. The veteran won the Wonderboom Junction Pretoria Bobbies/Mac McLachlan Half Marathon in a list leader of 70:43 on Saturday – and, amazingly, the very next day also finished first overall in the Sarens Edenvale Marathon in 2:27:12!

Of course, Hall is still far ahead in total racing kilometres. Starting with the Danger Point Half Marathon on the last day of 2013, she has now raced three marathons, four half marathons, four 15 km races, two 10 km races, one over 30 km, one over 27 km and one over 8 km – a stupendous sixteen races in ten weeks, or a total of 356 km, or 35.6 km per week!! Counting only her fourteen races in 2014, she has done 326.9 km in nine weeks, or



Mohammed Aman wins the 800 m at the World Indoor Championships, with André Olivier behind him on the left. On the right is Adam Kszczot, who was second, and behind him Marcin Lewandowski, who was disqualified. [IAAF]

36.3 km per week! Regarding both her and Mabane, one can only shake your head in amazement at such a senseless waste of talent.

In the results of the Congo Half Marathon (last week's DRR) Lloyd Bosman was indicated as an individual entry. He belongs to the Nedbank SWD club, but did not have his licence numbers with him. Also, the course for the Milkwood Half Marathon was indicated as being point to point, but in fact the race went back to the old loop course this year.

Riël Hauman

---

#### INCLUDED IN THIS ISSUE:

- \* Sarens Edenvale Maraton & Half Marathon, Edenvale
- \* Stella Royal 25 km & 10 km, Durban
- \* Constantia Village K-Way 15 km, Constantia
- \* Sportsmans Warehouse 15 km, Port Elizabeth
- \* Wonderboom Junction Pretoria Bobbies/Mac McLachlan 3-in-1 Memorial Run, Pretoria
- \* Tortoise Tuff 30 km & 10 km, Sedgefield
- \* Lighthouse 10 km, Cape Town
- \* Bergsig 10 km, George
- \* Kangra Assegaai Marathon, Piet Retief
- \* Pirates Half Marathon, Johannesburg
- \* XC: KZN Parlauf, Westville
- \* Track: WP U. 23, Junior, Youth & U.16 Championships, Bellville; WP Open Meeting, Parow; Gauteng North League Meeting, Pretoria; New Balance Tuks Challenge (4<sup>th</sup>), Pretoria

#### International highlights:

- \* ABN AMRO City Pier City Half Marathon, Den Haag, NED
  - \* Lago Maggiore Half Marathon, Stresa to Verbania, ITA
  - \* Nagoya International Women's Marathon, Nagoya, JPN
  - \* Asics LA Marathon, Los Angeles to Santa Monica, USA
  - \* 10 km International Asta Footing Taroudant, Taroudant, MAR
  - \* Indoor track: IAAF World Indoor Championships, Sopot, POL; NJCAA Indoor Track Championships, New York, USA
- 

## ROAD RUNNING

### Sarens Edenvale Maraton & Half Marathon

Edenvale, 9 March

(Distances: 42.195 km & 21.1 km; loop courses)

#### Marathon

MEN

1. Elias Mabane (Ned) 2:27:12 (1<sup>st</sup> vet)
2. Lucky Miya (Gallop) 2:30:59
3. James Lesenyane (Standard) 2:33:40

**Veterans:** 1. Elias Mabane (Ned) 2:27:12. **Masters:** 1. Dieter Stapel (BNAC) 3:10:04.

**G'masters:** 1. Willem Jansen van Rensburg (GC) 3:41:14.

WOMEN

1. Lindy-Lee Fölscher 3:11:46
2. Lesley Train 3:15:30 (1<sup>st</sup> vet)
3. Ronel van Graan 3:20:34

**Veterans:** 1. Lesley Train (Toy) 3:15:30. **Masters:** 1. Alison Hoogeweegen (Morning) 4:06:30. **G'masters:** 1. Jenny Fuller (Sunning) 4:40:19.

### Half marathon

#### MEN

1. Philemon Mathiba (Elim) 1:10:43
2. Thabo Nkuna (Toy) 1:12:02
3. Danisa Moyo (ME) 1:12:57

**Veterans:** 1. Never Matiya (Florida) 1:15:40. **Masters:** 1. Stanley Mabulane (Jeppe) 1:40:54. **G'masters:** 1. Anton Reynders (Kempton) 1:41:19.

#### WOMEN

1. Mpho Mabuza (Gallop) 1:23:02
2. Gillian Sieling (Ned) 1:30:49 (1<sup>st</sup> vet)
3. Seipati Peo (ME) 1:38:14

**Veterans:** 1. Gillian Sieling (Ned) 1:30:49. **Masters:** 1. Yvonne Laing (Ned) 1:52:40. **G'masters:** 1. Anne Bellomusto (Morning) 1:54:09.

### Stella Royal 25 km (39<sup>th</sup>) & 10 km

Durban, 9 March

(Loop courses. Finishers: 25 km – 841; 10 km – 602.)

#### 25 km

##### MEN

- |    |                |                 |         |
|----|----------------|-----------------|---------|
| 1. | Joseph Kyengo  | ZIM/Phantane AC | 1:23:43 |
| 2. | Samuel Pazanga | ZIM/Maxed Elite | 1:26:30 |
| 3. | Elmore Sibanda | ZIM/Maxed Elite | 1:31:45 |

##### 40-49:

- |    |                |         |         |
|----|----------------|---------|---------|
| 1. | Xolani Nocanda | Toti AC | 1:39:25 |
|----|----------------|---------|---------|

##### 50-59:

- |    |               |          |         |
|----|---------------|----------|---------|
| 1. | Peter Sehloho | Boxer AC | 1:41:51 |
|----|---------------|----------|---------|

##### 60-69:

- |    |                  |             |         |
|----|------------------|-------------|---------|
| 1. | Mbekiseni Mchunu | KwaMashu AC | 2:29:31 |
|----|------------------|-------------|---------|

##### WOMEN

- |    |                   |                 |         |
|----|-------------------|-----------------|---------|
| 1. | Cary-Ann Smith    | Nedbank AC      | 1:44:34 |
| 2. | Ntebaleng Letsela | LES/Phantane AC | 1:45:16 |
| 3. | Debbie Perry      | Boxer AC        | 1:51:24 |

##### 40-49:

- |    |                |       |         |
|----|----------------|-------|---------|
| 1. | Ashleigh White | DHSOB | 1:54:23 |
|----|----------------|-------|---------|

##### 50-59:

- |    |               |         |         |
|----|---------------|---------|---------|
| 1. | Janene Engels | West AC | 2:08:46 |
|----|---------------|---------|---------|

##### 60-69:

- |    |               |     |         |
|----|---------------|-----|---------|
| 1. | Pam Rasmussen | QBH | 2:29:56 |
|----|---------------|-----|---------|

#### 10 km

##### MEN

- |    |                    |                 |       |
|----|--------------------|-----------------|-------|
| 1. | Samuel Katui       | KEN/Form One AC | 32:13 |
| 2. | Malwande Hlongwane | Umzimkulu AC    | 32:25 |
| 3. | Poloko Latela      | Nedbank AC      | 33:36 |

## WOMEN

1.	Sithulisiwe Zhou	ZIM/Phantane AC	38:37
2.	Danielle Adlam	Nedbank AC	40:50
3.	Janene Carey	Boxer AC	41:15

**Constantia Village K-Way 15 km**

Constantia, 8 March

(Certified, undulating loop course. Weather: cool, perfect running conditions. Finishers: 2844 [slightly down from 2882 last year].)

## MEN

1.	Unathi Nteta (AAC)	45:58 (R1250)
2.	Bernard Rukadza (ZIM/Gugs)	46:04 (R1000)
3.	Siyabonga Makhaluza (GS)	46:19 (R800)
4.	Tom Lusaseni (Itheke)	47:00 (R450)
5.	Peter Tsawayo (ZIM/Gugs)	47:04 (R300)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/NBMC) 47:56 (R650); 2. Graham Katzen (Itheke) 49:48 (R500); 3. Shawn Abrahams (Itheke) 51:34 (R400). **Masters:** 1. Chris Mitchell (Celtic) 56:14 (R550); 2. Ludwig Lillie (Durb) 59:02 (R400); 3. Goodman Mpukane (Gugs) 59:11 (R300). **G'masters:** 1. Awie Veldsman (Held) 61:28 (R500); 2. Muhammed Kriel (Ommie) 61:59 (R300); 3. Albert Williams (Top) 63:14 (R200). **G/g'masters:** 1. Brian Key (Forest) 67:18 (R400); 2. Peter Donald (WC) 72:40 (R200); 3. Denzil Bardwell (FH) 77:40 (R150). **Juniors:** 1. Granwin Katzen (Itheke) 50:58 (R400); 2. Vuyolwethu Pita (Gugs) 51:47 (R300); Allesandro Carelse (Itheke) 54:07 (R250).

WOMEN (Same prize money as men)

1.	Zintle Xiniwe (NBMC)	55:44
2.	Tanya Scott (UCT)	56:43 PB
3.	Ulrica Stander (NBMC)	57:38
4.	Bulelwa Simae (Ned)	58:57
5.	Khanya Mateyisi (Khay)	60:25

**Veterans:** 1. Patricia Adams (Itheke) 64:31; 2. Sheryl de Lange (NBMC) 65:28; 3. Tanya Anderson (VOB) 65:50. **Masters:** 1. Judy Bird (Break) 62:16; 2. Mariëtte Strauss (Tyger) 64:33; 3. Judy Everingham (Ind) 66:01. **G'masters:** 1. Helen du Plessis (Tyger) 74:15; 2. Nancy Will (Pine) 74:31; 3. Pixie Sparg (Celtic) 78:59. **G/g'masters:** 1. Marlene James (Pine) 1:32:42; 2. Jean Cammidge (FH) 1:35:39; 3. Carol Gahwiler (VOB) 1:45:10.

**Sportsmans Warehouse 15 km**

Port Elizabeth, 8 March

(Loop course. Finishers: 577 [down from 754 last year].)

## MEN

1	Zolani	Ngqaqa	Madibaz A C	25	47:26
2	Melikhaya	Frans	Nedbank RC EP	22	47:40
3	Masande	Mlonyeni	Nedbank RC EP	33	49:04
4	Anele	Maliza	Nedbank RC EP	36	49:07
5	Mzwanele	Maphekula	Malabar AC	37	49:18
6	Luyanda	Tshangana	Temp	30	50:37
7	Kgotso	Majara	Ikhamva AC	33	50:52
8	Sylvester	Honi	Madibaz AC	30	51:02
9	Sandile	Ngunuza	Nedbank RC EP	31	51:18
10	Duwayne	Lucas	Aspen Pharmacare	24	52:26
11	Juwayne	Fletcher	Charlo AC	23	52:57

12	Rooi	Rikhotso	Run For Life EP	30	54:26
13	Paul	Wolff (1 <sup>st</sup> vet)	Achilles AAA	45	54:38
14	Mutekile	Rasmeni	Nedbank RC EP	49	54:58
15	Jarryd	Cooke	Madibaz AC	20	56:19
16	Tumelo	Mochelenyane	Nedbank RC EP	31	56:20
17	Ntsapho	Jayiya	Nedbank RC EP	31	56:44
18	David	Mama	Aspen Pharmacare	38	57:11
19	Malibongwe	Mbelu	Run For Life EP	41	57:36
20	Willy	Wilson	Body Concept	37	57:44
<b>40-44:</b>					
1	Malibongwe	Mbelu	Run For Life EP	41	57:36
2	Jabulani	Dube	Nedbank RC EP	43	58:40
3	Michael	Prince	Nedbank RC EP	40	1:00:13
<b>45-49:</b>					
1	Paul	Wolff	Achilles AAA	45	54:38
2	Mutekile	Rasmeni	Nedbank RC EP	49	54:58
3	Martin	Jansen	Nedbank RC EP	45	59:32
<b>50-54:</b>					
1	Colben	Ngcupe	Motherwell AC	50	1:00:20
2	Ian	Patterson	Muirite Striders	50	1:00:31
3	Neil	De Meillon	Nedbank RC EP	50	1:01:31
<b>55-59:</b>					
1	Alan	Taylor	Achilles AAA	56	1:04:56
2	Christopher	Nyodi	Bluewater Bay	55	1:07:28
3	Peter	Van Rensburg	Elite AC	55	1:07:34
<b>60-64:</b>					
1	Sizinzo	Kama	Achilles AAA	62	1:07:18
2	Errol	Rossouw	PEAAC	64	1:11:06
3	Younus	Amod	Malabar AC	61	1:11:59
<b>65-69:</b>					
1	Graeme	Whitten	Charlo AC	66	1:15:23
2	William	Vorster	PEAAC	67	1:18:56
3	Tom	D'Arcy	Achilles AAA	68	1:27:38
<b>70-74:</b>					
1	Tamsanqa	Jusayi	Nedbank RC EP	71	1:06:10
2	Ron	Clark	Bluewater Bay	71	1:15:05
3	Gerald	Scheepers	PEAAC	71	1:45:54
<b>75-79:</b>					
1	John	Peart	Nedbank RC EP	78	2:14:24
<b>Juniors:</b>					
1	Cobus	Gerber	Madibaz AC	18	1:05:03
2	Dylan	Scott	Temp	18	1:10:53
3	Likhaya	Rooi	Temp	16	1:14:54
<b>WOMEN</b>					
1	Ntombesintu	Mfunzi	Nedbank RC EP	32	1:01:50
2	Babalwa	Ngcoko	Nedbank RC EP	26	1:01:54
3	Siphokazi	Nojoko	Motherwell AC	19	1:03:35
4	Nokholo	Hlezupondo	SANDF EP	35	1:04:20
5	Thabisa	Mayedwa	Motherwell AC	27	1:05:08
6	Jene	Banfield (1 <sup>st</sup> vet)	Run For Life EP	43	1:05:16
7	Tiani	Claassen	Despatch AC	23	1:05:50
8	Grizelda	Pietersen	Maxed Elite EP	45	1:07:03
9	Ndileka	Mvakwendlu	Tinarha AC	23	1:07:04
10	Terray	Newcombe	Elite AC	23	1:07:40
11	Natalie	Langdon	Temp	21	1:08:06

12	Laura	Maritz (1 <sup>st</sup> mast)	Elite AC	53	1:08:12
13	Anche	Schubart	Achilles AAA	32	1:10:04
14	Priscilla	Dyantyi	Nedbank RC EP	40	1:11:12
15	Megan	Wilson (1 <sup>st</sup> jun)	Charlo AC	18	1:11:34
16	Tania	Jordaan	Charlo AC	37	1:12:11
17	Sunelle	Horne	Bluewater Bay	40	1:12:41
18	Riette	Neethling	Maxed Elite EP	25	1:13:02
19	Claire	Nagel	Elite AC	49	1:13:51
20	Dorianne	Phillips	Muirite Striders	41	1:13:56

**40-44:**

1	Jene	Banfield	Run For Life EP	43	1:05:16
2	Priscilla	Dyantyi	Nedbank RC EP	40	1:11:12
3	Sunelle	Horne	Bluewater Bay	40	1:12:41

**45-49:**

1	Grizelda	Pietersen	Maxed Elite EP	45	1:07:03
2	Claire	Nagel	Elite AC	49	1:13:51
3	Judy	Beens	Charlo AC	47	1:18:23

**50-54:**

1	Laura	Maritz	Elite AC	53	1:08:12
2	Charmaine	Button	Madibaz AC	50	1:18:26
3	Rosemary	Joubert	Crusaders AC	53	1:25:19

**55-59:**

1	Hanlie	Van der Westhuizen	Despatch AC	57	1:14:35
2	Robin	Elbourne	Crusaders AC	56	1:30:15
3	Gerry	Dimitriou	Crusaders AC	58	1:36:43

**60-64:**

1	Mariana	Linstrom	Rand AC	60	1:23:14
2	Helene	Oppel	Crusaders AC	64	1:30:53
3	Luna	Maritz	Temp	60	1:32:28

**65-69:**

1	Liz	Grundlingh	Muirite Striders	67	1:23:01
2	Christine	Fourie	Elite AC	67	1:35:06
3	Jeanette	Pienaar	PEAAC	65	1:39:09

**70-74:**

1	Orgia	Nell	Muirite Striders	70	1:50:28
---	-------	------	------------------	----	---------

**Juniors:**

1	Megan	Wilson	Charlo AC	18	1:11:34
2	Kimberley	Wilson	Charlo AC	18	1:25:53
3	Jani	Swiegelaar	Nedbank RC EP	17	1:26:55

**Wonderboom Junction Pretoria Bobbies/Mac McLachlan 3-in-1 Memorial Run**

Pretoria, 8 March

(Distances: 21.1 km & 10 km; hilly loop courses. Finishers: half-marathon – 928; 10 km – 1491.)

**Half marathon**

MEN

1. Elias Mabane (Ned) 1:10:43 (1<sup>st</sup> vet)

**Veterans:** 1. Elias Mabane (Ned) 1:10:43. **Masters:** 1. Colin Fisher (CSIR) 1:35:15.

**G'masters:** 1. Johannes Setshedi (NB) 1:34:58. **G/g'masters:** 1. Patrick Mafilika (Ned) 1:54:12.

## WOMEN

1. Marli van Staden (NB) 1:25:41

**Veterans:** 1. Jillian Sotto-Corona (Boks) 1:34:11. **Masters:** 1. Elsabé Brink (NB) 1:45:35.  
**G'masters:** 1. Marilyn Moore (Kya) 2:11:02. **G/g'masters:** 1. Mavis Stadler (Agape)  
 2:20:55. **Juniors:** 1. Georgia Janisch (Mag) 1:41:43.

**10 km**

## MEN

1. Richard Mavuso (Toy) 31:39

**Veterans:** 1. Enoch Skosana (Trans) 33:14. **Masters:** 1. Jerome Gcaba (Ned) 43:17.  
**G'masters:** 1. Mike du Bruto (Irene) 40:49. **G/g'masters:** 1. Danie Roux (Kempton)  
 60:56. **Juniors:** 1. O'Neal Peterie (ACE) 35:55.

## WOMEN

1. Ronel Thomas (Boxer) 40:30 (1<sup>st</sup> vet)

**Veterans:** 1. Ronel Thomas (Boxer) 40:30. **Masters:** 1. Andrea Smith (Irene) 66:06.  
**G'masters:** 1. Olga Smit (Affies) 59:59. **G/g'masters:** 1. Miemie Schoeman (Trans)  
 92:33. **Juniors:** 1. Kokotso Mashaba (Toy) 1:13:51.

**Tortoise Tuff 30 km & 10 km**

Sedgefield, 8 March

(Out-and-back courses)

**30 km**

## MEN

1. George Ntshiliza (Ned EP) 1:41:32  
 2. Ettienne Plaatjies (Ned) 1:42:35  
 3. Bulelani Niwa (Ind) 1:48:24

## WOMEN

1. Annatjie Botes (mast) (Ned) 2:16:27  
 2. Lisl Grobler (Knysna) 2:19:37  
 3. Kirsty Weir (Ned) 2:27:35

**10 km**

## MEN

1. Gershwill Jacobs (Ned) 31:10  
 2. Lloyd Bosman (Ned) 33:06  
 3. Elfonzo Pieterse (Ned) 33:25

## WOMEN

1. Marrida Leen (MBH) 38:41  
 2. Lana Theunissen (Ned) 40:52  
 3. René Moll (Ned) 43:16

**Lighthouse 10 km**

Cape Town, 5 March

(Certified loop course. Weather: Mild, no wind, ideal running conditions.)

Note: A repeat win for Lungile Gongqa, but in a much faster time than last year. – Ed.

## MEN

1. Lungile Gongqa (Ind) 29:06
2. Wanda Roro (Itheke) 30:44
3. Mthandazo Qhina (Ned) 31:09

**Veterans:** 1. Tsungai Mwanengeni (ZIM/NBMC) 31:10; 2. Graham Katzen (Itheke) 32:07; 3. Xolile Macanda (Gugs) 34:54. **Masters:** 1. Vladimir Kotov (Ind) 35:00; 2. Goodman Mpukane (Gugs) 38:56; 3. Shafiek Cassiem (Itheke) 39:59. **G'masters:** 1. Albert Williams (Top) 42:53; 2. Ivan marais (Ned) 44:07; 3. Natale Roelofse (Worc) 45:11. **Juniors:** 1. Granwin Katzen (Itheke) 33:23; 2. Vuyolwethu Pita (Gugs) 33:25; 3. Allesandro Carelse (Itheke) 36:42.

## WOMEN

1. Zintle Xiniwe (NBMC) 35:09
2. Tanith Maxwell (Boxer) 36:16
3. Khanya Mateyisi (Khay) 36:45

**Veterans:** 1. Sandra van Graan (Edge) 40:15; 2. Belinda Noades (Ned Bol) 40:58; 3. Gail Jacobs (SANDF) 50:05. **Masters:** 1. Mariëtte Strauss (Tyger) 41:30; 2. Cheryl Rudolph (East) 45:47; 3. Hillary Roos (Edge) 49:43. **G'masters:** 1. Helen du Plessis (Tyger) 50:07; 2. Pixie Sparg (Celtic) 51:41; 3. Penny Visser (Break) 54:39. **Juniors:** 1. Nthuseng Lolwana (VOB) 42:35; 2. Nocwaka Mthetho (VOB) 44:35; 3. Londeka Miya (Gugs) 54:21.

**Bergsig 10 km**

George, 1 March

(Finishers: 99)

## MEN

1	Lloyd Bosman	Nedbank SWD	26	32:47
2	Elfonzo Pieterse	Nedbank SWD	25	32:52
3	Jan Isaks	Rainbow	28	34:42
4	Melikaya Msizi	Knysna Marathon	20	35:38
5	Mauritz Jansen van Rensburg	Outeniqua Harriers	42	37:47

## WOMEN

1	Sanet Brits	Nedbank SWD	54	43:28
2	Cecilia Nel	Hartenbos Drawwers	32	44:52
3	Charmaine Lamprecht	Nedbank SWD	30	45:21
4	Linda Zaaiman	New Balance	52	48:45
5	Helen Brink	Hartenbos Drawwers	49	49:46

**Kangra Assegaai Marathon**

Piet Retief, 22 February

(Distance: 42.195 km; loop course. Finishers: 103.)

Note: Carien Visser finished 11<sup>th</sup> overall. – Ed.

## MEN

1. Thelumusa Sibiyi (Ulundi) 2:39:28



2. Trevor Mazibuko (Vhd) 2:54:44
3. Bongani Ngubese (Osiz) 2:55:00

## WOMEN

1. Carien Visser (Tuks) 3:21:20 (1<sup>st</sup> vet)
2. Ingrid van Niekerk (Vhd) 3:42:39
3. Natasha Malan (Assegaai) 3:44:34

**Pirates Half Marathon**

Johannesburg, 16 February

(Distance 21.1 km; very hilly loop course. Finishers: 2564 [down from 2728 last year].)

## MEN

1	Tsitetso	Ramokheseng	LES/Toyota	31	1:09:44
2	Siyabonga	Makhaluza	GS	26	1:10:57
3	Odwa Uhuru	Tunyiswa	Nedbank	29	1:11:00
4	Lucky	Miya	Gallopers	15	1:11:35
5	Lebogang Edwin	Khonkhobe	Ind	25	1:12:07
6	Rofhiwa	Mathidi	Nedbank AGN	29	1:12:13
7	Thandokwakhe	Ngcobo	Nedbank	33	1:14:03
8	Paul	Pitso	BNAC	35	1:14:20
9	Johannes	Kekana	Toyota	41	1:14:34
10	Thapelo	Lesenyane	Std Bank	32	1:16:07

**Veterans:**

1	Johannes	Kekana	Toyota	41	1:14:34
2	Zongamele	Dyubeni	Ind	40	1:17:10
3	Reginald	Ngobese	GS	47	1:17:31

**Masters:**

1	David	Khosa	Rand Har	52	1:29:13
---	-------	-------	----------	----	---------

**G'masters:**

1	Stephen	Seema	SAPG	61	1:33:19
---	---------	-------	------	----	---------

**Juniors:**

1	Armand	Burger	Vaal	17	1:47:48
---	--------	--------	------	----	---------

## WOMEN

1	Kim	Laxton	Sunninghill	31	1:24:43
2	Tebogo	Masehla	Univ Jhb	34	1:32:24
3	Mary-Anne	Nieuwoudt	RAC	32	1:36:51
4	Madie	Marx	ArcelorMittal	33	1:38:36
5	Avril	Halstead	Born 2 Run	37	1:40:28
6	Jeannie	Jordaan	RAC	34	1:41:45
7	Heather	Walden	Born 2 Run	40	1:42:22
8	Marie	Scholtz	RWFL	44	1:42:35
9	Vicky	Cotter	Ind	32	1:43:19
10	Barene	Jankovich-Besan	RAC	44	1:43:34

**Veterans:**

1	Heather	Walden	Born 2 Run	40	1:42:22
2	Marie	Scholtz	RWFL	44	1:42:35
3	Barene	Jankovich-Besan	RAC	44	1:43:34

**Masters:**

1	Ansa	Strydom	NB	50	1:51:22
---	------	---------	----	----	---------

**G'masters:**

1	Madeleine	Kelly	RAC	63	2:17:35
---	-----------	-------	-----	----	---------

**CROSS-COUNTRY****KZN Parlauf**

Westville, 7 March

Note: 99 teams took part. – Ed.

## MEN (4 x 1 km x 2 runners)

1. Lucky Madlala & Innocent Nyawose	QBH	26:20
2. Steven Caelers & Jonathan Edwards	West AC	26:40
3. Paul Eichert & Grant Cummings	West AC	27:33

## WOMEN (3 x 1 km x 2 runners)

1. Cary-Ann Smith & Danielle Adlam	Nedbank AC	22:00
2. Shani Silver & Lauren Calenborne	West AC	23:27
3. Wendy Durow & Michelle Lloys-Ellis	Coll Harr	23:36
4. Danielle Feldmann & Kate Goumans	Virginia/Born2Run	23:50
5. Melody Oliver & Tracy Allison	PDAC/West AC	24:14

## MIXED TEAMS (4 x 1 km x 2 runners)

1. Claude Eksteen & Janene Carey	PDAC/Boxer AC	27:51
2. Michael Lusigne & Trish Bahlmann	Get Fit AC	29:07
3. Marc Youg & Shelley Cadle	Chiltern AC	32:51

**TRACK****WP U. 23, Junior, Youth & U.16 Championships**

Bellville, 6-8 March

Note: The U.23 finals in the 1500 m and 5000 m were on 6 March; all other races on 8 March. – Ed.**U.23**

## MEN

## 800:

1	FARO, Duran	UWC	1:52.85
2	PAULSEN, Emiele	NBMC	1:54.39
3	MAGWAZA, Sibusiso	UWC	1:54.97

## 1500:

1	FARO, Duran	UWC	3:53.77
2	PAULSEN, Emiele	NBMC	3:55.63
3	MAGWAZA, Sibusiso	UWC	3:56.10

## 5000:

1	BYMAN, Duren	ITHE	14:52.17
2	PAULSE, Danzil	EAST	15:16.57
3	LOUW, Andrew	EAST	15:19.25

## WOMEN

## 800:

1	ANDREWS, Ilonthe	UWC	2:44.57
---	------------------	-----	---------

## 1500:

1	DU BRUYN, Leanda	TNLK	5:03.63
---	------------------	------	---------

2	ABRAHAMS, Amy	UWC	5:09.94
---	---------------	-----	---------

**Juniors**

## MEN

## 800:

1	STEVENS, Darren	SPAA	1:54.69
2	PHOOKO, Jay-Cee	NZ	1:56.03
3	GREEVES, Luke	NZ	1:56.10

## 1500:

1	DAMONS, Bruce-Lynn	NZ	3:54.45
2	FORTUIN, Vincent	UWC	4:03.61
3	JANTJIES, Mario	UWC	4:04.80

## 3000 s/chase:

1	RABIE, Kurt	NZ	9:42.74
2	BLOM, W	NZ	10:02.24
3	WILLIAMS, B	NZ	10:02.59

## 5000:

1	TIMOTEUS, Anthony	UWC	15:05.16
2	SMITH, Ashley	NZ	15:20.63
3	KHAN, Terrance	FBZ	15:32.62

## WOMEN

## 800:

1	MOYIKWA, Pamela	VOB	2:16.89
2	BOSCH, Christene	TNLK	2:17.45
3	KAPP, Simone	BAK	2:19.10

## 1500:

1	BOSCH, Christene	TNLK	4:43.84
2	KRUGER, Zani	NZ	4:46.10
3	MOYIKWA, Pamela	VOB	4:59.22

## 3000:

1	MOYIKWA, Pamela	VOB	10:32.59
2	KRUGER, Zani	NZ	10:37.51
3	VAN SCHALKWYK, Mareli	NZ	10:40.39

## 3000 s/chase:

1	MTHEMBU, F	TBZ	13:50.8
---	------------	-----	---------

## 5000:

1	SIMONIS, Ashleigh	TNLK	20:51.64
---	-------------------	------	----------

**Youths**

## BOYS

## 800:

1	ROBERTS, Shane	SZ	1:58.66
2	JONES, Juan	WCSS	1:59.90
3	DEMPERS, B	NZ	2:00.30

## 1500:

1	ATSON, Dylan	FBZ	4:09.76
2	NOBAKADA, Lukhanyo	VOB	4:10.34
3	MAKADE, Mvuyisi	FBZ	4:12.90

## 2000 s/chase:

1	VAN DER MERWE, Samuel	BAK	6:05.94
2	GOEIJMAN, D	NZ	6:19.38
3	DU TOIT, Cameron	FBZ	6:23.05

## 3000:

1	RATZ, Rowhaldo	NZ	8:38.32
2	HARTZENBERG, McMarshall	NZ	8:51.91
3	VAN DER MERWE, Samuel	BAK	8:56.14

## WOMEN

## 800:

1	ROBINSON, Assnique	NZ	2:16.89
2	AYYOUB, Zahra	VOB	2:17.73
3	GWALA, Busisiwe	VOB	2:25.49

## 1500:

1	ROBINSON, Assnique	NZ	4:43.69
2	GWALA, Busisiwe	VOB	5:01.19
3	PITT, Tegan	SZ	5:04.37

## 3000:

1	GWALA, Busisiwe	VOB	10:37.93
2	PITT, Tegan	SZ	10:38.31
3	WOLSTENHOLME, Anja	NZ	10:45.80

**U.16**

## BOYS

## 800:

1	LEENDERTZ, Keenan	BAK	2:02.62
2	YSSEL, G	TBZ	2:08.17
3	PIENAAR, Dyllon	SPAA	2:08.69

## 1500:

1	DONN, Jesse	SZ	4:27.51
2	MENDU, Ntembeku	FBZ	4:28.05
3	MLANDWA, Thebile	FBZ	4:28.07

## 2000 s/chase:

1	PINO, Oscar	STRD	6:43.15
2	SHARWOOD, Ronaldo	EAC	6:57.91

## 3000:

1	PINO, Oscar	STRD	9:26.43
2	JANUARY, Ronaldo	FBZ	9:28.15
3	MENDU, Ntembeku	FBZ	9:40.80

## GIRLS

## 800:

1	NONENE, Anita	NZ	2:20.12
2	ENSLIN, Anuska	BAK	2:27.53
3	VROON, K	NZ	2:28.31

## 1500:

1	CLAASEN, Tashmyn	FBZ	4:54.96
2	DE WAAL, Kayla	TNLK	4:55.44

3	VROON, K	NZ	5:09.77
3000:			
1	NERO, Jolin	BAK	11:42.29

### WP Open Meeting

Parow, 1 March

MEN

800:

1	Stevens, Darren	SPAA	1:55.08
2	Magvvaza, Sibusiso	UWC	1:57.60
3	Steele, Nolan	UCT	1:58.11
4	Maswanganye, Sagwati	UWC	1:59.60

1500:

1	Paulsen, Emiele	NBMC	3:57.27
2	Magvvaza, Sibusiso	UWC	4:13.85
3	Pedro, Enver	NBMC	4:20.01
4	Witbooi, R.		4:22.73
5	Tolashe, Asivile	Nedb	5:09.98

3000:

1	Louw, Andrew	EAST	8:56.36
2	Pedro, Enver	NBMC	9:02.46
3	Grudev, Nicholas	UCT	9:22.45
4	Griffiths, Ryan	UCT	10:30.05

3000 s/chase:

1	Louw, Andrew	EAST	9:26.91
2	Soldaka, Sibusiso	CPUT	9:40.95

WOMEN

800:

1	Bosch, Christine	TNLK	2:18.84 (ran with men)
---	------------------	------	------------------------

1500:

1	Bosch, Christine	TNLK	4:53.15
2	Roffey, Anneline	NBMC	4:55.83
3	Scott, Tanya	UCT	4:57.84
4	De Waal , Kayla	TNLK	5:02.64
5	Du Bruyn, Leanda	TNLK	5:27.42

3000:

1	Snyman , Asiphe	UWC	11:03.38
---	-----------------	-----	----------

### Gauteng North League Meeting (7<sup>th</sup>)

Pretoria (Pilditch), 1 March

MEN

800:

1	Moses	Diran	Prestige College	1:52.27
2	Themba	Madima	Tuks	1:52.54
3	Rentso	Mokopane	Pukke	1:53.41

## 1500:

1	Mthobisi	Baloyi	Pukke	3:50.94
2	Moses	Dirane	Prestige College	3:52.24
3	Theodone	Nothling	Pukke	3:55.60

## 5000:

1	Thobile	Mosito	Tuks	15:44.65
2	Sibusiso	Mfike	Rosina	16:04.98
3	Tumisang	Sibanyani	H/S Akasia	16:05.30

## JUNIOR MEN

## 800:

1	Heinrich	Van Niekerk	Menlopark	1:54.83
2	Kutlwello	Spahamela	FWAAC	1:56.42
3	Armand	Pretorius	Pta Boys High	1:57.21

## 1500:

1	Thobile	Mosito	Tuks	4:11.08
2	Michael	Brink	Menlopark	4:14.94
3	Armand	Pretorius	PBS	4:17.40

## YOUTH MEN

## 800:

1	Abrie	Ebersohn	Alpha Centoruin	1:57.18
2	Theuns	Ehlers	Eldoraigh H/S	1:57.66
3	Jacques	Fourie	Menlonparp H/S	2:01.04

## 1500:

1	James	Munnik	Midstream	4:13.03
2	George	Kusche	Affies	4:15.85
3	Cameron	Grant	Arcelarmittal	4:16.55

## WOMEN

## 800:

1	Adel	Vermaak	Tuks	2:14.49
2	Marike	Vermaak	BHS Atletieklub	2:14.84
3	Nicola	Hunter	Traumeel Pukke	2:26.61

## 1500 (sr. &amp; jr.):

1	Stella	Marais	Tuks	4:42.84
2	Kataza	Shipalana	Tut	4:52.47
3	Leani	Grimes	Tuks	4:55.30

## 5000:

1	Carlyn	Fischer	Tuks	18:26.23
2	Chante	Venter	NWU	21:12.99
3	Sarita	Downing	Born to run AC	21:34.40

## JUNIOR WOMEN

## 800:

1	Camila	Bronkhorst	Affies	2:19.40
2	Carike	Karsten	Hoerskool Menlonpark	2:19.93
3	Charlotte	Teffo	Rosina Sportsclub	2:41.30

## YOUTH WOMEN

## 800:

1	Michaela	Oosthuizen	Eldoraine	2:21.48
---	----------	------------	-----------	---------

2	Mandilakhe Xala		Rosina Sportsclub	2:26.93
---	-----------------	--	-------------------	---------

1500:

1	Caelin	V.d. Westhuizen	Eldoraigne	5:03.57
2	Danielle	Luyt	Akasia	5:13.00
3	Zintie	Singe	Ind.	5:17.11

**New Balance Tuks Challenge (4<sup>th</sup>)**

Pretoria, 26 February

MEN

800:

1	William	Mothisola	Indv	1:48.14
2	Folavio	Sehohle	Nedbank	1:48.69
3	Themba	Madima	Tuks	1:50.22
4	Mpho	Makotane	TUT	1:50.41
5	Tian	Basson	Nedbank	1:50.87

5000:

1	Stephen	Mokoka	Transnet	13:56.24
2	Benedict	Moeng	Transnet	14:19.42
3	Gladwin	Mzazi	Transnet	14:41.26
4	Johardt	Van Heerden	Traumeel PUK	15:07.75
5	Nkosinoxolo	Sonqibido	Ind	15:16.05

YOUTH MEN

800:

1	Maurice	Van Wyk	Fortis Pta North	2:01.52
2	Ryan	Wallbanks	Heronbridge	2:01.96
3	Proud	Mugomesi	RSS	2:02.44

WOMEN

800:

1	Gena	Lofstrand	Fast feet	2:06.79
2	Anuschka	Nice	Tuks	2:07.39
3	Roné	Reynecke	Royal Bafokeng	2:07.44
4	Marise	Malherbe	Tuks	2:12.13
5	Doné	Vermaak	Tuks	2:12.75

3000:

1	Thitshaamba	Ravhandalala	TUT	10:04.99
2	Stella	Marais	Tuks	10:05.51
3	Thembi	Baloyi	TUT	10:08.77
4	Kataza	Shipalana	TUT	10:09.53
5	Carlyn	Fischer	Tuks	10:10.13

---

## 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

#### **ABN AMRO City Pier City Half Marathon** (40th)

(Dutch Half-marathon Championships)

Den Haag, NED, 9 March

(Distance: 21.1 km; certified out-and-back course)

MEN (gun times)

1. John Mwangangi, KEN, 1:00:26
2. Jacob Kendagor, KEN, 1:00:32
3. Ezekiel Chebii, KEN, 1:00:56
4. Richard Mengich, KEN, 1:01:01
5. Ezra Sang, KEN, 1:01:03
- ... 8. Daniel Komen, KEN, 1:02:47

WOMEN (gun times)

1. Jip Vastenburger, 1994, NED, 1:13:15 PB (1st NC)
2. Ruth van der Meijden, 1984, NED, 1:13:21 PB (2nd NC)
3. Kim Dillen, NED, 1:15:56 (3rd NC)

#### **Lago Maggiore Half Marathon** (7th)

Stressa to Verbania, ITA, 9 March

(Distance: 21.1 km; point-to-point course around Lago Maggiore with approx. 10 m elevation GAIN)

MEN (gun times)

1. Edwin Kibet Koech, KEN 1:00:47 PB
2. Hillary Kipchumba, KEN 1:01:11
3. Daniel Wanjiru, KEN 1:01:39
4. Ayana Tsedat, 1996, ETH 1:02:02 PB
5. Chalachev Tiruneh, ETH 1:02:04

WOMEN (gun times)

1. Waganesh Amare, ETH 1:10:08
2. He Yinli, CHN 1:11:34 PB
3. Zhang Yingying, CHN 1:12:35
4. Zhang Meixa, CHN 1:13:47 PB
5. Li Zhenzhu, CHN 1:14:04

#### **Nagoya International Women's Marathon** (33rd)

Nagoya, JPN, 9 March

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

(gun times)

1. Mariya Konovalova, 1974, RUS 2:23:43  
[1:12:34 / 1:11:09]
2. Jelena Prokopcuka, LAT 2:24:07  
[1:12:35 / 1:11:32]
3. Ryoko Kizaki, JPN 2:25:26
4. Eri Hayakawa, JPN 2:25:31 PB



5. Tomomi Tanaka, JPN	2:26:05 DB
6. Agnes Kiprop, KEN	2:27:51
7. Misato Horie, JPN	2:27:57 PB
8. Asami Kato, JPN	2:29:08 PB
9. Ashete Dido, ETH	2:29:21 PB
10. Agnes Barsosio, KEN	2:30:37

### Asics LA Marathon (29th)

Los Angeles to Santa Monica, USA, 9 March

(Distance: 42.195 km; point-to-point course with 131 m elevation loss [3.1 m/km]; not record-standard)

Note: The elite women are given a headstart which varies from year to year, and the first overall finisher wins a \$50 000 bonus (down from \$100 000 last year). This year the gap was 17 minutes and 41 seconds, and the first two women, Amane Gobena and Tigist Tufa, both beat the first man. However, only Gobena got the big \$50,000 bonus for winning the gender battle. – Ed.

MEN (gun times)

1. Gebo Burka, 26, ETH	2:10:37	\$25,000
2. Lani Rutto, 24, KEN	2:10:49	12,500
3. Erick Mose, 27, KEN	2:12:56	10,000

ALL-WOMEN'S EARLY START (gun times)

1. Amane Gobena, 31, ETH	2:27:37	\$25,000 + 50,000
2. Tigist Tufa, 33, Bronx, NY (ETH)	2:28:04	12,500
3. Lauren Kleppin, 25, Mammoth Lakes, CA	2:28:48 PB	10,000

### 10 km International Asta Footing Taroudant (4th)

Taroudant, MAR, 9 March

MEN (gun times)

1. Hassan El Abbassi, MAR	28:04	USD 2000
2. Aziz Lahbabi, MAR	28:07	1200
3. Daniel Chebii, KEN	28:11	800

WOMEN (gun times)

1. Asmae Leghzaoui, MAR	32:31	USD 1000
2. Bouchra Benthami, FRA	32:42	800
3. Joan Chelimo Melly, KEN	32:58	600

## INDOOR TRACK

### IAAF World Indoor Championships (15th)

Sopot, POL, 7-9 March

MEN

800 (09):

1. Mohammed AMAN, ETH	1:46.40	Gold
2. Adam KSZCZOT, POL	1:46.76	Silver
3. Andrew OSAGIE, GBR	1:47.10	Bronze
4. André OLIVIER, RSA	1:47.31	
5. Thijmen KUPERS, NED	1:47.74	
Marcin LEWANDOWSKI, POL	DQ R163.3(b)	

## Prelims (07):

## Heat 2:

NOTE: Nick Symmonds said after his heat that this was his last-ever indoor race. – Ed.

1. André OLIVIER, RSA 1:46.18 Q
2. Marcin LEWANDOWSKI, POL 1:46.26
3. Thijmen KUPERS, NED 1:46.55 PB
4. Nick SYMONDS, USA 1:47.29 SB

## 1500 (08):

1. Ayanleh SOULEIMAN, DJI 3:37.52 Gold
2. Aman WOTE, ETH 3:38.08 Silver
3. Abdalaati IGUIDER, MAR 3:38.21 Bronze
4. Ilham Tanui ÖZBILEN, TUR 3:39.10
5. Jakub HOLUŠA, CZE 3:39.23
6. Will LEER, USA 3:39.60
7. Homiyu TESFAYE, GER 3:39.90
8. Bethwell BIRGEN, KEN 3:40.66
- Nick WILLIS, NZL DQ R163.3(b)

## 3000 (09):

1. Caleb NDIKU, KEN 7:54.94 Gold
2. Bernard LAGAT, USA 7:55.22 Silver
3. Dejen GEBREMESKEL, ETH 7:55.39 Bronze
4. Galen RUPP, USA 7:55.84
5. Hagos GEBRHIWET, ETH 7:56.34
6. Hayle IBRAHIMOV, AZE 7:56.37
7. Elroy GELANT, RSA 7:57.31
8. Cam LEVINS, CAN 7:57.37
9. Augustine CHOGE, KEN 7:57.46
10. Collis BIRMINGHAM, AUS 7:57.55
11. Andy VERNON, GBR 7:58.25
12. Zane ROBERTSON, NZL 8:01.81

## Prelims (07):

1. Augustine CHOGE, KEN 7:44.85 Q
2. Dejen GEBREMESKEL, ETH 7:45.09 Q
3. Galen RUPP, USA 7:45.23 Q
- ... 5. Elroy GELANT, RSA 7:45.85 q

## WOMEN

## 800 (09):

1. Chanelle PRICE, USA 2:00.09 WL Gold
2. Angelika CICHOCKA, POL 2:00.45 Silver
3. Marina ARZAMASOVA, BLR 2:00.79 PB Bronze
4. Selina BÜCHEL, SUI 2:01.06
5. Nataliia LUPU, UKR 2:01.17
6. Lenka MASNÁ, CZE 2:02.46

## Prelims (07):

## Heat 1:

1. Angelika CICHOCKA, POL 2:00.37 Q WL
- ...
- Aníta HINRIKSDÓTTIR, ISL DQ R163.3(b)

## 1500 (08):

1. Abeba AREGAWI, SWE 4:00.61 Gold

2. Axumawit EMBAYE, ETH 4:07.12 PB Silver
3. Nicole SIFUENTES, CAN 4:07.61 NR Bronze
4. Siham HILALI, MAR 4:07.62 SB
5. Treniere MOSER, USA 4:07.84 PB
6. Luiza GEGA, ALB 4:08.24
7. Svetlana KARAMASHEVA RUS 4:13.89
- Heather KAMPF, USA DQ R163.3(b)
- Rababe ARAFI, MAR DQ R163.3(b)

## 3000 (09):

1. Genzebe DIBABA, ETH 8:55.04 Gold
2. Hellen OBIRI KEN, 8:57.72 Silver
3. Maryam Yusuf JAMAL, BRN 8:59.16 Bronze
4. Irene JELAGAT, KEN 9:02.67
5. Sifan HASSAN, NED 9:03.22
6. Bethem DESALEGN, UAE 9:04.06
7. Renata PLIS, POL 9:07.05
8. Shannon ROWBURY, USA 9:07.82
9. Margherita MAGNANI, ITA 9:10.13
10. Gabe GRUNEWALD, USA 9:11.76
11. Hiwot AYALEW, ETH 9:12.51
12. Alia Saeed MOHAMMED, UAE 9:21.23

**NJCAA Indoor Track Championships**

(National Junior College Athletic Association)  
New York, USA, 7-8 March

## MEN

## 1000 (08):

1. Tahir Chakisso Iowa Central CC (ETH) 2:26.98
2. Oraine Wint Western Texas (JAM) 2:27.01
3. Brandon Wheat Paradise Valley 2:27.41
- ... 5. Katleho Dyoyi Monroe College (RSA) 2:29.98

## Prelims (07):

## Heat 4 -

1. Katleho Dyoyi Monroe College (RSA) 2:29.48Q

## Mile (08):

## Heat 2 -

1. Tahir Chakisso Iowa Central CC (ETH) 4:10.91
- ... 7. Katleho Dyoyi Monroe College (RSA) 4:15.72

**(DRUGS) NEWS****CAKIR MAY YET BE BANNED FOR LIFE**

Asli Cakir, controversial winner of the Olympic 1500 m title, may yet face a lifetime doping ban, although the Turkish Athletics Federation's Disciplinary Board cleared her on 19 December, reports *Athletics International*. Abnormalities in her biological passport led to a provisional suspension last year, causing her to miss the World Champs in Moscow, and now the IAAF is challenging the Turkish Federation's latest decision. Consequently, Cakir is again provisionally suspended under IAAF rules while the Court of Arbitration for Sport deliberate on this case. Having already served a two-year ban following a positive test at

the 2004 World Junior Champs, she would be kicked out of the sport should the CAS uphold the IAAF's appeal.

## RUSSIA THE BIGGEST CHEAT

There is a close race between three nations for the title of the biggest cheats in athletics. The IAAF's list (as of 19 February) of athletes currently suspended following an anti-doping rule violation is headed by Russia with 55 athletes, followed by India (54) and Turkey (50). The next worst offender is Ukraine with 15. The world's no. 1 athletics power, the USA, has nine athletes on the list, Britain three. Just how widespread doping is can be gauged from the number of countries who have athletes on this shameful list: no fewer than 61. Of the 371 names on the list, 218 are men and 153 women.

## STATS TIME

This week we include a list of the top ten SA men in the 10 km fro 2014. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

### 2014 10 KM: TOP 10 MEN

29:00	Kgosi Samuel Tsosane	1	Sasolburg	01 Feb
29:06	Lungile Gongqa	1	Cape Town	05 Mar
29:16	Stephen Mokoka	1	Bloemfontein	22 Feb
29:32	Gladwin Mzazi	2	Bloemfontein	22 Feb
29:34	Frik Guys	2	Sasolburg	01 Feb
29:42	Tumelo Motlagale	4	Bloemfontein	22 Feb
29:45	Derocious Makhubalo	5	Bloemfontein	22 Feb
29:48	Desmond Mokgobu	1	Irene	12 Feb
29:52	Precious Mashele	6	Bloemfontein	22 Feb
29:53	Siyabonga Nkonde	7	Bloemfontein	22 Feb

## THIS MONTH IN HISTORY

### 41 years ago: 24 March 1973

The Border Marathon Championships have been held at various times of the year because after 1983 the race was incorporated in one of the other Border marathons. Between 1961 and 1983 it was held on its own. In the seventies it was mostly held in March, and on this day in Grahamstown Gordon Shaw scored the first of his four consecutive victories, in 2:35:40. In 1977, the year after Shaw's fourth win, the race saw a rare occurrence when Stan Kruger and Herman van der Wilt tied for the win in 2:44:00. Ten years after his first win, Shaw ran his career best of 2:16:44 in another Border race, the Buffs Marathon in East London.

## 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 Samuel 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 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	30:29	Gert Thys	Goodwood	01 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	49:48	Graham Katzen	Constantia	08 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:43	Elias Mabane	Pretoria	08 Mar
	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	2:25:39	Sandile Makhaye	Pietermaritzburg	23 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
	[35:00	Vladimir Kotov (BLR)	Cape Town	08 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				

Grandmasters (60+)

10 km	38:58	Clive Owen	Goodwood	01 Mar
15 km	61:28	Awie Veldsman	Constantia	08 Mar
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				

Juniors

10 km	29:54	Thabang Mosiako	Bloemfontein	22 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:58	Granwin Katzen	Constantia	08 Mar
	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	33:37	Nolene Conrad	Bloemfontein	22 Feb
	32:21	Sophie Duarte (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:44	Zintle Xiniwe	Constantia	08 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	1:44:34	Cary-Ann Smith	Durban	09 Mar
	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	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		

Masters (50+)

10 km	40:53 34:44	Mariëtte Strauss Tatyana Pozdniakova (UKR) 2005	Goodwood	01 Mar
15 km	62:16 54:33	Judy Bird Shirley Matson (USA) 1991	Constantia	08 Mar
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	3:09:05 2:31:05	Marie Bruwer Tatyana Pozdniakova (UKR) 2005	Vereeniging	02 Mar
100 km				

Grandmasters (60+)

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 3:45:33A	Vollie Spies Wendy Fitzmaurice	Pretoria East London	23 Feb 01 Mar
100 km				

Juniors

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	87:07 1:09:05	Jenet Dlamini Delilah Asiago (KEN) 1991	Pietermaritzburg	23 Feb

---

Contributors to this issue: Alen Hattingh, Kevin Harlock, André Pienaar, Pete van der Merwe, James Evans, Karen Zimmerman, SWD Athletics, Mpumalanga Athletics, Vreni Welch

---

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.