

Distance Running Results

Vol. 14, No. 11 – 17 March 2014

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

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Publisher: Riël Hauman



An early morning scene at the Hartebeespoort Dam, where the 24th Old Mutual Om die Dam race was held on Saturday. [Sarel van der Walt/Beeld]

EDITORIAL

The 24th Old Mutual Om die Dam 50 km this weekend saw the return of ultra star Riana van Niekerk, who scored her fifth victory after battling with injuries for two years. Van Niekerk won after a tough tussle with Charné Bosman and they finished in 3:35:35 and 3:41:12 respectively. Van Niekerk also won in 2002, 2005, 2007 and 2009. Her 3:22:39 in 2007 is still the seventh fastest time ever by a South African woman on a standard course. She and Bosman are both targeting the Comrades.

The men's race went to William Mokwalakwala (Toyota), who "beat" Sandile Ngunuza (Nedbank) by 8 seconds in 3:00:53. Ngunuza was first across the line after Mokwalakwala (whilst leading) had been led off course by the time car and lost, according to reports, about 3 minutes. He objected to the outcome and the referees decided to award the race to him. In a perplexing move – since he had run the correct distance – Ngunuza's time was adjusted along with Mokwalakwala's. Nedbank, however, appealed this decision and at the time of writing the final result is still pending.

Apart from Van Niekerk and Bosman, two other DRR subscribers did well at Hartebeespoort: Julianie Basson was fourth in the ultra, while Nico Steenekamp was the first grandmaster in the 10 km. Congratulations to all four of you!

One of South Africa's oldest marathons, the GWK Diamant Marathon in Kimberley, was run for the 44th time this weekend; the wins went to Sihlalo Xwazi in 2:39:10 and Yandi Steenkamp in 3:38:05.

Internationally, Kenyans swept the top spots at the NYC Half Marathon, as Sally Kipyego and Geoffrey Mutai claimed big wins in 1:08:31 and 1:00:50 respectively in very cold conditions. Kipyego was racing her debut half-marathon and got a new event record by four seconds. According to *Race Results Weekly*, the men's race really got going when Mutai began pushing out front shortly beyond 5 kilometers. When Mutai took control of the pace, double Olympic champion Mo Farah immediately responded, shedding his outer layer and moving into Mutai's slipstream. In a scene reminiscent of the 2011 NYC Half Marathon – a race which Farah won – a mid-race fall in Central Park would mix things up. Farah, running close on the leader's heels between miles five and six, got tangled up and fell hard to the ground. Losing about 20 meters, he returned to his feet only to see Mutai and Sambu having broken away out front. He eventually passed Sambu to finish second, 17 seconds behind Mutai.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Umgeni Water Marathon, 32 km & 15 km, Howick
- * Zululand District Ultramarathon & 10 km, Nongoma to Ulundi
- * Old Mutual Om die Dam 50 km, Half Marathon & 10 km, Hartebeespoort Dam
- * GWK Diamant Marathon, Half Marathon & 10 km, Kimberley
- * Lake Farm Charity Run, Port Elizabeth
- * Tortoise Tuff 30 km & 10 km, Sedgfield

International highlights:

- * NYC Half Marathon, New York, USA
 - * Meia-Maratona Internacional de Lisboa EDP, Lisbon, POR
 - * Seoul International Marathon, Seoul, KOR
 - * Matsue Women's Half Marathon, Matsue, JPN
 - * Gate River Run 15 km, Jacksonville, USA
 - * XC: African Cross-country Championships, Kampala, UGA
 - * Indoor track: NCAA Division I Indoor Championships, Albuquerque, USA
 - * Outdoor track: Sydney Track Classic, Sydney, AUS
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ROAD RUNNING

Umgeni Water Marathon (17th), 32 km & 15 km

Howick (Midmar Dam), 16 March

(Distances: 42.195 km, 21.1 km & 15 km; loop courses, partly on gravel)

Marathon

MEN

1.	Sanele Ndlela	Ind	2:37:33 (R1000)
2.	Innocent Nyawose	QBH	2:42:01 (R500)
3.	Sibonelo Duma	Ind	2:43:13 (R250)

40-49:

1.	Jerome Zondi	Ind	3:03:41 (R250)
2.	Phakama Shezi	Ind	3:11:04 (R100)

50-59:

1.	Colin Goosen	Saints	3:37:47 (R250)
2.	Lincoln Sibiyi	LAC	3:41:48 (R100)

60+:

1.	Paddy Collins	Ind	3:40:11 (R250)
2.	Mike Cowling	Saints	3:50:32 (R100)

WOMEN (Same prize money as men)

1.	Cary-Ann Smith	Nedbank AC	3:12:09
2.	Helen Buley	Ind	3:15:40
3.	Pat Dammann	Forest Hills	3:16:47

40-49:

1.	Pat Dammann	Forest Hills	3:16:44
2.	Ashleigh White	DHSOB	3:24:54

50-59:

1.	Megan Finesstone	West AC	3:41:42
2.	Rosslyn Marot	Ind	3:47:56

32 km

MEN

1.	Lucky Madlala	QBH	1:55:23 (R500)
2.	Muzi Madikwa	CH	2:02:34 (R250)
3.	Buti Mokoena	H/smith AC	2:03:05 (R100)

40-49:

1.	Mike Martin	West AC	2:35:55 (R200)
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50-59:

1.	Ken Culverwall	West AC	2:37:59 (R200)
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60+:

1.	Rueben Gema	Ixopo AC	2:51:16 (R200)
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WOMEN (Same prize money as men)

1.	Robyn Greyling	Forest Hills	2:38:52
2.	Barbara v d Haven	H/smith AC	2:41:29
3.	Kate March	Ind	2:47:51

40-49:

1.	Barbara v.d. Haven	H/smith AC	2:41:29
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50-59:

1.	Maria Wareing	Ledgends	2:47:59
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60+:

1.	Denise Reyecke	QBH	3:30:40
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15 km

MEN

1.	Linlelani Ximba	Maxed Elite	54:40 (R250)
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Juniors:

1.	Ndumiso Ndlovu	Eskom AC	59:11 (R250)
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WOMEN (Same prize money as men)

1.	Kate Gounarb	Born 2 Run	68:35
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Juniors:

1.	Nina Grundlingh	HV	80:19
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Zululand District Ultramarathon & 10 km

Nongoma to Ulundi, 16 March

(Distances: 56 km & 10 km; ultramarathon a point-to-point course; 10 km out and back)

Note: Unfortunately no age category results were available in the ultramarathon, nor age categories other than veterans in the 10 km. – Ed.

Ultramarathon

MEN

1. Victor Ngubelanga (Maxed Elite) 3:26:20 (Car*), 2. Prodigal Khumalo (ZIM/Maxed Elite) 3:27:16 (R20 000), 3. Petros Sosibo (Nedbank) 3:27:57 (R10 000), 4. Mncedisi Mkhize (Maxed Elite) 3:29:06 (R7000), 5. Skhumbuzo Dlamini (Maxed Elite) 3:30:56 (R6000), 6. Mosoeunyane Marapalla (Nedbank) 3:31:43 (R5000), 7. Sandile Makhaye (Phuma KZN) 3:32:59 (R4000), 8. Tumi Melesetsane (Phantane) 3:34:59 (R3000), 9. Sipiwe Ndlela (Temp) 3:35:56 (R2000), 10. Nkosinathi Nyamakazi (Phuma KZN) 3:36:17 (R1000).

WOMEN (Same prize money as men)

1. Mamorallo Tjoka (LES/Toyota) 4:19:26, 2. Fikile Mbuthuma (Nedbank) 4:27:03, 3. Winile Mnisi (SWZ/Toyota) 4:32:50, 4. Alemtsehay Kakissa (ETH/Nedbank) 4:34:37, 5. Nonsikelelo Mbambo (Natal Carb) 4:48:49, 6. Monica Kativhu (ZIM/Maxed Elite) 4:51:53, 7. Mamohau Teme (Maxed Elite) 4:55:14, 8. Precious Duma (Maxed Elite) 4:57:14, 9. Jane Mudau (Nedbank) 5:01:20, 10. Thato Sechebe (Ind) 5:19:21.

*) The value of the car is not known.

10 km

MEN

1. Luwis Masunda (ZIM/Nedbank) 29:48 (R4000), 2. Motsieloa Ramolefi (Phantane) 29:51 (R3000), 3. Joseph Kyengo (ZIM/Phantane) 29:52 (R2000), 4. John Thiye (Nkangala) 30:01 (R1500), 5. Ayanda Mncube (Phantane) 30:04 (R1000), 6. Silindile Gubese (Phuma) 30:10 (R900), 7. Elmore Sibanda (ZIM/Maxed Elite) 30:18 (R800), 8. Samuel Pazanga (ZIM/Maxed Elite) 30:22 (R700), 9. Givemore Mudzinganyama (ZIM) 30:24 (R600), 10. Sthembela Fanekho (Boxer) 30:31 (R500).

40-49: 1. Retere Sentso (Mr Price) 35:54 (R500), 2. Dumisani Sibanyoni (Nedbank) 37:56 (R300), 3. Herbert Mazongolo (Toyota) 39:21 (R200).

WOMEN (Same prize money as men)

1. Kutendo Nyawaza (Nedbank) 35:34, 2. Lineo Chaka (LES/Nedbank) 35:50, 3. Sithulisiwe Zhou (ZIM/Phantane) 36:00, 4. Nobuhle Tshuma (ZIM/Elim) 37:37, 5. Slindile Chili (Chesterville) 38:00, 6. Ntebelang Letsele (LES/Phantane) 39:00, 7. Lindokuhle Gabela (Muden) 40:08, 8. Paulina Phaho (Transnet) 40:55 (1st vet), 9. Makhosi Mhlongo (Savages) 42:04, 10. Nomcebo Mthethwa (Umhlathuze) 43:08.

40-49: 1. Paulina Phaho (Transnet) 40:55, 2. Xolisiwe Mwelase (Phuma) 48:44.



William Mokwalakwala on his way to the Om die Dam finish line. [Sarel v.d. Walt/Beeld]

Old Mutual Om die Dam 50 km (24th), Half Marathon & 10 km

Hartebeespoort Dam, 15 March

(Distances: 50 km, 21.1 km & 10 km; hilly loop courses)

50 km

MEN

1. William Mokwalakwala (Toyota) 3:00:53; 2. Sandile Ngunuza (Nedbank) 3:01:01; 3. Rabson Chigara (ZIM/Nedbank) 3:01:03; 4. David Gatebe (Impala) 3:01:05; 5. Raymond Phaladi (Nedbank) 3:01:07.

Veterans: 1. Kanie Simons (Impala) 3:01:11; 2. Elias Mabane (Nedbank) 3:19:33. **Masters:** 1. Themba Phulu (Panorama) 3:37:42; 2. Dieter Stapel BNAC 3:53:19. **G'masters:** 1. Theo Swanepoel (Kempton) 4:18:59; 2. Herman v.d. Merwe (Krugersdorp) 4:48:17. **G/g'masters :** 1. Patrick Mafilika (Nedbank) 5:13:30; 2. Hendrick Wageng (Varsity Kudus) 5:23:05.

WOMEN

1. Riana van Niekerk (Boxer) 3:35:35; 2. Charné Bosman (Nedbank) 3:41:12; 3. Caroline Westmann (Nedbank) 3:48:51; 4. Julianie Basson (Toyota) 3:53:25; 5. Salome Cooper (Toyota) 3:53:25.



Riana van Niekerk wins her fifth Om die Dam 50 km on Saturday. [Allie van Niekerk]

Veterans: 1. Zelda Breytenbach (Irene) 4:01:36; 2. Lesley Train (Toyota) 4:08:46. **Masters:** 1. Rita van Wyk (Boksburg) 4:19:11; 2. Leonie Jurgens (BNAC) 4:23:22. **G'masters:** 1. Vollie Spies (Tuks) 5:12:58; 2. Gertrude Goosen (Akasia) 6:06:56.

Half marathon

MEN

1. Ntekele Moshwetsi (Nedbank) 1:09:42; 2. Lucky Mtshali (Elim) 1:11:28; 3. Phineas Mothoa (Temp) 1:12:13; 4. Collen Mailola (Nedbank) 1:12:33; 5. William Chinyanga (ZIM/Nedbank) 1:12:58.

Veterans: 1. Kheledi Molete (Toyota)

1:18:15; 2. Sello Monama (FFA) 1:21:02. **Masters:** 1. Morris Ketshe (Ind) 1:37:35; 2. Frank Barnard (Randmark) 1:40:56. **G'masters:** 1. John Woodnutt (Morningside) 1:34:58. **G/g'masters:** 1. Danie Roux (Kempton) 2:20:45.

WOMEN

1. Ndofohiwa Mandiwana (Toyota) 1:29:54; 2. Gillian Sieling (Nedbank) 1:31:32 (1st vet); 3. Catherine Naane (Sibanye Gold) 1:35:08; 4. Katy van Meter (Soul Striders) 1:37:54; 5. Mitsie v.d. Westhuizen (New Balance) 1:39:53.

Veterans: 1. Gillian Sieling (Nedbank) 1:31:32; 2. Catherine Naane (Sibanye Gold) 1:35:08. **Masters:** 1. Heleen Holl (Rustenburg) 1:45:15; 2. Linda v.d. Gryp (Krugersdorp) 1:47:31. **G'masters:** 1. Marilyn Moore (Kyalami) 2:15:39. **G/g'masters:** 1. Ria Smit (Running Inn) 2:36:06.

10 km

MEN

1. Africa Moilola (Nedbank) 30:29; 2. Paulus Radebe (Olifantsfontein) 30:47; 3. Shadrack Hoff (New Balance) 31:30 (1st vet).

Veterans: 1. Shadrack Hoff (New Balance) 31:30; 2. Enoch Skosana (Transnet) 32:49.

Masters: 1. Francis Makuka (ZAM/Phobians) 37:03; 2. Sontaga Mabale (Breakthru Midrand) 39:07. **G'masters:** 1. Nico Steenekamp (Rustenburg) 46:46. **G/g'masters:** 1. Lerumo Lentswe (Vaal Reefs) 66:59. **Juniors:** 1. O'Neal Peterie (ACE) 35:10.

WOMEN

1. Catherine Skosana (Nedbank) 39:22; 2. Azwindini Gladys Lukhwareni (Toyota) 40:55; 3. Elizabeth Dhiwayo (Ind) 41:14.

Veterans: 1. Florence Molawa (Arcelor Mittal) 49:32; 2. Motsei Sekwalo (Nedbank) 49:55.

Masters: 1. Nelie Coetzee (Arcelor Mittal) 60:47; 2. Audrey Smit (Irene) 78:35.

G'masters: 1. Gerda Pieterse (Overkruin) 69:48. **G/g'masters:** 1. Deirdre Larkin (Randburg Harriers) 62:00. **Juniors:** 1. Janel Visser (Tuks) 45:45.

GWK Diamant Marathon (44th), Half Marathon & 10 km

Kimberley, 15 March

(Distances: 42.195 km, 21.1 km & 10 km. Finishers: marathon – 105; half marathon – 57; 10 km – 89.)

Marathon

MEN

1. Sihlalo Xwazi, 39 (Khotso) 2:39:10
2. Jacob Danster, 32 (VKRR) 2:40:34
3. Nimrod Kobeni, 40 (Nedbank) 2:45:26

WOMEN

1. Yandi Steenkamp, 36 (Kathu RR) 3:38:05
2. Lulu Mxekezo, 47 (Transnet) 3:50:49
3. Fairoos Kana, 43 (VKRR) 3:57:59

Half marathon

MEN

1. Andries Pongwana, 26 (Ind) 1:21:30
2. Nathaniel Babuseng, 33 (Finlime) 1:23:37
3. Raymond Danster, 30, 1:23:37

WOMEN

1. Martha Molao, 31 (KMSC) 1:48:18
2. René van der Westhuizen, 32 (Pirates) 1:55:58
3. Bernadine van der Westhuizen, 21 (Bloem Striders) 1:56:06

10 km

MEN

1. Paul Botsane, 25 (Khotso) 34:33
2. Nathan Edwards, 18 (VKRR) 35:16
3. Dan Tshekoena, 32 (Transnet) 35:43

WOMEN

1. Kehilwe Mothibe, 20 (Khotso) 45:54
2. Chanté Bisschoff, 17 (VKRR) 53:35

3. Vicky Khaphola (KMSC) 53:52

Lake Farm Charity Run (30th)

Port Elizabeth, 15 March

(Distance: 10 km; hilly, off-road loop course. Finishers: 340 [up from 322 last year].)

MEN

1	Zolani	Ngqaqa	Madibaz AC	25	32:37
2	George	Ntshiliza	Nedbank RC EP	34	33:26
3	Mzwanele	Maphekula	Malabar AC	37	34:11
4	Luvuyo	Stephen (1 st vet)	Nedbank RC EP	43	37:02
5	Tumelo	Mochelenyane	Nedbank RC EP	31	37:08
6	Keegan	Cooke (1 st jun)	Charlo AC	17	37:28
7	Jarryd	Cooke	Madibaz AC	20	37:32
8	Mutekile	Rasmeni	Nedbank RC EP	49	37:49
9	Nkosinathi	Gcakasi	Bluewater Bay	43	38:22
10	John	Rafani	Nedbank RC EP	46	38:23
11	Michael	Bekapi (1 st mast)	Maxed Elite EP	52	39:46
12	Michael	Prince	Nedbank RC EP	40	39:50
13	Martin	Jansen	Nedbank RC EP	45	40:54
14	Morne	Lerm	Temp	15	41:08
15	Mzwandile	July	Charlo AC	41	41:20
16	Mpumelelo	Ndlumbini	Motherwell AC	42	42:09
17	Babalwa	Ngcoko	Nedbank RC EP	26	43:03
18	Duane	Lerm	Despatch AC	43	43:10
19	Werner	Meyer	Nedbank RC EP	40	43:58
20	Frank	Piron	Charlo AC	50	44:03
40-44:					
1	Luvuyo	Stephen	Nedbank RC EP	43	37:02
2	Nkosinathi	Gcakasi	Bluewater Bay	43	38:22
3	Michael	Prince	Nedbank RC EP	40	39:50
45-49:					
1	Mutekile	Rasmeni	Nedbank RC EP	49	37:49
2	John	Rafani	Nedbank RC EP	46	38:23
3	Martin	Jansen	Nedbank RC EP	45	40:54
50-54:					
1	Michael	Bekapi	Maxed Elite EP	52	39:46
2	Frank	Piron	Charlo AC	50	44:03
3	Stephen	Phillipson	Despatch AC	50	50:29
55-59:					
1	Daniel	Ferreira	Elite AC	55	55:21
2	Stephen	Coetzee	Bluewater Bay	58	57:01
3	Pieter	Steyn	VW AC	55	58:59
60-64:					
1	Hannes	Els	Warriors AC	64	44:16
2	Armin	Brandle	Charlo AC	62	57:01
3	Steve	Macdonald	Temp	61	58:36
65-69:					
1	Hansie	Els	Somerset East	66	47:34
2	Syd	Lippstreu	Crusaders AC	66	51:07
3	Thembisile	Ntoni	PEAAC	66	55:26
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	71	46:16
2	Ron	Clark	Bluewater Bay	71	52:04
3	Gerald	Scheepers	PEAAC	71	1:12:38

75-79:

1	Ernie	Verrall	Madibaz AC	79	1:08:04
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80+:

1	Wells	Anderson	PEAAC	81	1:14:11
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Juniors:

1	Keegan	Cooke	Charlo AC	17	37:28
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2	Morne	Lerm	Temp	15	41:08
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3	Dean	Facey	Temp	18	49:36
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WOMEN

1	Babalwa	Ngcoko	Nedbank RC EP	26	43:03
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2	Deliwe	Nyanga	Nedbank RC EP	24	44:27
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3	Janette	Schierz-Crusius (1 st mast)	Body Concept	53	45:30
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4	Terray	Newcombe	Elite AC	23	46:34
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5	Kerrin	Watson-Smith	Temp	31	48:44
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6	Dorianne	Phillips (1 st vet)	Muirite Striders	41	50:39
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7	Natalie	Marais	Temp	25	52:52
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8	Nikki	Strooh	Walmer AC	37	52:55
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9	Leonie	Ah Kee	Nedbank RC EP	40	53:03
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10	Jeanette	Van Tonder	Temp	32	53:29
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11	Toegeda	Vyver	Nedbank RC EP	41	54:18
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12	Elmarie	Botha	PEAAC	47	54:55
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13	Tamlin	Futter	Temp	20	55:30
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14	Rene	Jachens	Nedbank RC EP	41	55:32
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15	Bonita	Moore	Temp	45	55:55
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16	Ina	Meaker	Walmer AC	52	55:56
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17	Rebecca	Van der Merwe	Temp	23	56:13
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18	Liz	Grundlingh	Muirite Striders	67	56:19
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19	Bronwen	Perry	Crusaders AC	31	56:24
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20	Rosemary	Joubert	Crusaders AC	53	56:25
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40-44:

1	Dorianne	Phillips	Muirite Striders	41	50:39
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2	Leonie	Ah Kee	Nedbank RC EP	40	53:03
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3	Toegeda	Vyver	Nedbank RC EP	41	54:18
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45-49:

1	Elmarie	Botha	PEAAC	47	54:55
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2	Bonita	Moore	Temp	45	55:55
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3	Lana	Bruyns	Elite AC	45	57:18
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50-54:

1	Janette	Schierz-Crusius	Body Concept	53	45:30
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2	Ina	Meaker	Walmer AC	52	55:56
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3	Rosemary	Joubert	Crusaders AC	53	56:25
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55-59:

1	Gerry	Dimitriou	Crusaders AC	58	1:04:15
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2	Marcelle	Harran	Body Concept	59	1:07:18
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3	Stephanie	Hay	Walmer AC	58	1:08:35
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60-64:

1	Jos	Els	Warriors AC	61	59:40
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2	Nikki	Van Niekerk	Muirite Striders	60	1:09:30
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3	Kitty	September	Muirite Striders	60	1:20:56
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65-69:

1	Liz	Grundlingh	Muirite Striders	67	56:19
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2	Denise	Terblanche	Walmer AC	66	1:08:08
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3	Jeanette	Pienaar	PEAAC	65	1:09:16
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70-74:

1	Isabella	Childs	Walmer AC	72	1:19:10
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Juniors:

1	Danielle Harkin	Madibaz AC	18	1:06:55
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Tortoise Tuff 30 km & 10 km

Sedgefield, 8 March

(Out-and-back courses. Finishers: 30 km – 146 [slightly down from 151 last year]; 10 km – 148 [one up from 147 last year].)

Note: The top results were included last week. Here are deeper results. – Ed.**30 km**

MEN

1	George Ntshiliza	Nedbank EP	34	1:41:32
2	Ettiene Plaatjies	Nedbank	26	1:42:35
3	Bulelani Miwa	PEAAC	30	1:48:24
4	Lindile Tokota	Nedbank	46	1:57:48
5	Vuyo Witbooi	Outeniqua Harri	38	1:58:41
6	Victor Gugushe	Plettenberg AC	35	1:59:16
7	Keith Clark	Outeniqua Harri	39	2:03:19
8	Rodney Halom	Outeniqua Harri	30	2:05:53
9	Luwayne Duitsjan	ASWD	27	2:09:36
10	Anton Chevalier	Nedbank	48	2:09:42

WOMEN

1	Annatjie Botes	Nedbank	56	2:16:27
2	Lisl Grobler	KMC	37	2:19:37
3	Kirsty Weir	Nedbank	35	2:27:35
4	Mandy Albertyn	Unknown	36	2:31:16
5	Charmaine Lamprecht	Nedbank	30	2:34:03
6	Johanna Claassen	Nedbank	45	2:39:46
7	Lorinda janse van Rensburg	Nedbank	27	2:40:20
8	Ruweida du Preez	Run Walk for Li	41	2:41:19
9	Suzaan Kruger	Outeniqua Harri	31	2:42:19
10	Elmien Nel	Nedbank	42	2:42:19

10 km

MEN

1	Gershwill Jacobs	Nedbank	23	31:10
2	Lloyd Bosman	Nedbank	26	33:06
3	Elfonzo Pieterse	Nedbank	25	33:25
4	Heinrich Sauls	De Rust Strider	23	34:04
5	Sinesipho Didishe	KMC	22	34:34
6	Zuzile Ntsiniyabo	Outeniqua Harri	40	34:47
7	Archie Boome	KMC	18	34:51
8	Dullan Solomons	Nedbank	15	36:07
9	Elton Botha	KMC	21	36:46
10	Luciano van Wyk	KMC	17	36:52

WOMEN

1	Merida Leen	Mosselbay Harri	16	38:41
2	Macnita Samuels	KMC	16	43:25
3	Nicole Muller	Nedbank	15	58:30
4	Savannah Larmour	Unknown	15	58:39
5	Nicola Nel	Unknown	28	1:00:17
6	Petro Uys	Hartenbos Draww	45	1:00:33
7	Anna-Lize van Taak	KMC	31	1:00:37

8	Judi Kent	KMC	57	1:00:39
9	Marina Herholdt	Nedbank	32	1:00:40
10	Bridget Poynton	Nedbank	42	1:01:59

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

NYC Half Marathon (9th)

New York, USA, 16 March

(Distance: 21.1 km; NEW certified point-to-point course with about .67 m/km elevation loss and less than 39.1% start/finish separation [performances acceptable by IAAF and USATF for records]; challenging hills in first half and flat and downhill in second half)

MEN

1.	Geoffrey Mutai, 32, KEN	1:00:50	\$20,000
2.	Mo Farah, 30, GBR	1:01:07	10,000
3.	Stephen Sambu, 25, KEN	1:01:08	5,500
4.	Juan Luis Barrios, 30, MEX	1:01:46	PB 3,500
5.	Aschalew Neguse, 26, ETH	1:01:47	PB 2,000
6.	Matt Tegenkamp, 32, Portland, OR	1:02:05	DB 1,500
7.	Tabor Nebsi Mengistu, 36, ETH	1:02:06	1,000
8.	Arne Gabius, 32, GER	1:02:09	DB 500
9.	Ikuto Yufu, 22, JPN	1:02:50	350
10.	Meb Keflezighi, 38, San Diego, CA	1:02:53	300

WOMEN

1.	Sally Kipyego, 28, KEN	1:08:31	DB \$20,000
2.	Buzunesh Deba, 26, ETH	1:08:59	PB 10,000
3.	Molly Huddle, 29, Providence, RI	1:09:04	DB 5,500
4.	Lisa Stublic, 29, CRO	1:09:36	3,500
5.	Caroline Kilel, 32, KEN	1:10:00	2,000
6.	Diane Nukuri-Johnson, 29, BDI	1:10:09	1,500
7.	Desi Linden, 30, Rochester Hills, MI	1:11:37	1,000
8.	Hilda Kibet, 32, NED	1:11:37	500
9.	Adriana Nelson, 34, Boulder, CO	1:11:50	350
10.	Etaferahu Temesgen, 24, ETH	1:11:50	PB 300

Meia-Maratona Internacional de Lisboa EDP (24th)

Lisbon, POR, 16 March

(Distance: 21.1 km; flat and IAAF-certified and prevalidated by Hugh Jones, including the 15 km and 20 km marks)

MEN (gun times)

1. Bedan Karoki Muchiri, KEN 59:58 PB
2. Silas Kipruto, KEN 1:00:17
3. Ezekiel Chebii, KEN 1:00:50
4. Teklemariam Medhin, ERI 1:01:47
5. Richard Sigei, KEN 1:01:57
6. Abayneh Ayele, ETH 1:02:14
7. Paul Kipngetich Tanui, KEN 1:02:48
8. Amos Mitei, KEN 1:02:48 [correct]

9. Albert Matebor, KEN 1:02:54
10. Michael Shelley, AUS 1:02:58
11. Cuthbert Nyasango, ZIM 1:03:08
12. Imane Merga, ETH 1:03:29

ELITE WOMEN (separate start/gun times)

1. Worknesh Degefa Debele, ETH 1:08:46
2. Jemima Jelagat Sumgong, KEN 1:08:48
3. Flomena Chepchirchir, KEN 1:08:51
4. Eunice Kirwa, KEN 1:08:59
5. Josephine Chepkoech, KEN 1:09:20
6. Valeria Straneo, ITA 1:09:47
7. Jane Jelagat Kiptoo, KEN 1:09:53
8. Philes Ongori, KEN 1:10:29
9. Gladys Kipsoi, KEN 1:11:42
10. Dulce Felix, POR 1:13:54

Seoul International Marathon (51st running as a marathon)

Seoul, KOR, 16 March
(Distance: 42.195 km)

MEN (gun times)

1. Yacob Jarso, ETH, 2:06:17 PB
2. Stephen Chemlany, KEN, 2:06:24 PB
3. Gilbert Kirwa, KEN, 2:06:44
4. Tariku Jufar, ETH, 2:07:02
5. Abraham Cherkos, ETH, 2:07:08

WOMEN (gun times)

1. Helah Kiprop, KEN, 2:27:29 PB
2. Ashu Kasim, ETH, 2:27:45
3. Helalia Johannes, NAM, 2:28:27
4. Kim Seong-Eun, KOR, 2:29:31
5. Azalech Masresha, ETH, 2:29:47

Matsue Women's Half Marathon (34th)

Matsue, JPN, 16 March
(Distance: 21.1 km)

1. Ayumi Hagiwara, 1:10:17
[16:57 / 34:14 / 49:35 / 66:42]
2. Doricah Obare, KEN, 1:11:56
3. Yukari Abe, 1:12:41
4. Yukiko Okuno, 1:12:44 (first collegiate runner)
5. Eri Tayama, 1:12:44 (second collegiate)
6. Asahi Takeuchi, 1:12:44
7. Yuko Shimizu, 1:12:44
8. Hitomi Suzuki, 1:12:46 (third collegiate)
9. Mari Tayama, 1:12:52 (fourth collegiate)
10. Akiko Hatayama, 1:12:56

Gate River Run 15 km (37th)

(U.S. 15 km Championships for men and women)

Jacksonville, USA, 15 March

(Certified standard course)

MEN (gun times)

- | | |
|------------------------------------|-------------------|
| 1. Ben True, 26, Hanover, NH | 43:04 PB \$12,000 |
| 2. Chris Derrick, 23, Portland, OR | 43:16 DB 5,000 |
| 3. Tim Ritchie, 26, Brighton, MA | 43:24 PB 3,000 |

WOMEN EARLY START (gun times)

- | | |
|--|--|
| 1. Shalane Flanagan, 32, Portland, OR | 47:00 AR \$17,000 [^] + 8000i |
| 2. Janet Bawcom, 35, Flagstaff, AZ | 49:24 PB 5,000 |
| 3. Amy Van Alstine, 26, Flagstaff, AZ | 49:49 DB 3,000 |
| ... 19. Amy Hastings, 30, Providence, RI | 51:57 |
| 20. Jen Rhines, 39, Lexington, MA | 52:09 |

[^]) Prize money includes equalizer bonus of \$5000 for winning gender battle (women had 6 minute headstart)

i) Earned time incentive bonuses for American record (\$5000) and course record (\$3000)

CROSS-COUNTRY**African Cross-country Championships** (3rd)

Kampala, UGA, 16 March

Note: No South African team in this event. – Ed.

SR. MEN (12 km):

Teams: 1. Kenya, 10 points; 2. Uganda, 37; 3. Ethiopia, 52; 4. Eritrea, 79; 5. Tanzania, 83

1. Leonard Barsoton, Kenya, 34:26,12 Gold
2. Cornelius Kipruto Kangogo, Kenya, 34:56,45 Silver
3. Philemon Rono Cherop, Kenya, 35:01,88 Bronze
4. Solomon Kirwa Yego, Kenya, 35:14,88
5. Phillip Kiprono Langat, Kenya, 35:20,37

SR. WOMEN (8 km):

Teams: 1. Kenya, 10 points; 2. Ethiopia, 29; 3. Uganda, 57; 4. Tanzania, 71; 5. Rwanda, 98

1. Faith Chepngetich Kipyegon, Kenya, 25:33,02 Gold
2. Janet Kisa, Kenya, 25:41,30 Silver
3. Alice Aprot Nawowuna, Kenya, 25:46,48 Bronze
4. Edith Chelimo, Kenya, 26:02,60
5. Alemu Tadelech Bekele, Ethiopia, 26:10,84

JR. MEN (8 km):

Teams: 1. Kenya, 12 points; 2. Eritrea, 32; 3. Ethiopia, 54; 4. Uganda, 56; 5. Morocco, 111

1. Moses Letoyie, Kenya, 22:36,80 Gold
2. Andrew Lorot, Kenya, 22:50,19 Silver
3. Afewerki Berhane, Eritrea, 22:56,45 Bronze
4. John Kiprono Langat, Kenya, 22:58,70

5. Hillary Langat Kipkemoi, Kenya, 23:01,97

JR. WOMEN (6 km):

Teams: 1. Kenya, 13 points; 2. Ethiopia, 28; 3. Uganda, 55; 4. Eritrea, 72; 5. Morocco, 119

1. Agnes Jebet Tirop, Kenya, 18:50,74 Gold
2. Banata Alemitu Heroye, Ethiopia, 19:04,73 Silver
3. Nancy Nzisa, Kenya, 19:16,18 Bronze
4. Roseflina Chepngetich, Kenya, 19:39,71
5. Lillian Kasait Rengeruk, Kenya, 19:50,74

INDOOR TRACK

NCAA Division I Indoor Championships

Albuquerque, USA, 14-15 March
(High altitude venue; 1490 m)

MEN

Teams: 1. Oregon, 49 points; 2. Florida, 35; 3. Arkansas, 27; 4. 4) Texas A&M, 18; 5. LSU, 18

MEN

800 (15):

- | | | |
|--------------------|---------------------|---------|
| 1. Brandon McBride | SO Miss State | 1:48.17 |
| 2. Edward Kemboi | JR Iowa State (KEN) | 1:48.54 |
| 3. Patrick Rono | JR Arkansas (KEN) | 1:49.04 |

Mile (15):

- | | | |
|-------------------|------------------|---------|
| 1. Anthony Rotich | JR UTEP (KEN) | 4:02.54 |
| 2. Lawi Lalang | SR Arizona (KEN) | 4:02.81 |
| 3. Mac Fleet | SR Oregon | 4:02.96 |

3000 (15):

- | | | |
|--------------------|-----------------|---------|
| 1. Edward Cheserek | FR Oregon (KEN) | 8:11.59 |
| 2. Kirubel Erassa | SR Oklahoma St. | 8:13.08 |
| 3. Ben Saarel | FR Colorado | 8:13.45 |

5000 (14):

- | | | |
|--------------------|------------------|----------|
| 1. Edward Cheserek | FR Oregon (KEN) | 13:46.67 |
| 2. Lawi Lalang | SR Arizona (KEN) | 13:52.83 |
| 3. Parker Stinson | JR Oregon | 13:54.46 |

WOMEN

Teams: 1. Oregon, 38 points; 2. Texas, 30; 3. Florida, 28; 4. Kentucky, 23; 5. Dartmouth 23; 6. Arkansas, 20

WOMEN

800 (15):

- | | | |
|---------------------|-----------------|---------|
| 1. Laura Roesler | SR Oregon | 2:03.85 |
| 2. Savannah Camacho | FR Oklahoma St. | 2:05.53 |
| 3. Kaela Edwards | FR Oklahoma St. | 2:05.72 |

Mile (15):

- | | | |
|--------------------|--------------|---------|
| 1. Emily Lipari | SR Villanova | 4:38.82 |
| 2. Stephanie Brown | SR Arkansas | 4:39.12 |

3. Shelby Houlihan JR Arizona St. 4:39.52

3000 (15):

1. Abbey D'Agostino SR Dartmouth 9:14.47
 2. Dominique Scott JR Arkansas (RSA) 9:16.05
 3. Elinor Kirk SR UAB 9:17.00

5000 (14):

1. Abbey D'Agostino SR Dartmouth 16:20.39
 2. Aisling Cuffe JR Stanford 16:22.48
 3. Kathy Kroeger SR Stanford 16:23.34

OUTDOOR TRACK

Sydney Track Classic

Sydney, AUS, 15 March

Note: CA = Commonwealth Games A qualifier; CB = B qualifier. – Ed.

MEN

800:

1. Duane Solomon 84 USA 1:45.95 WL
 2. Alex Rowe Vic 1:46.22 CB
 3. Jared West Nsw 1:47.04 CB

1500:

1. James Magut 90 KEN 3:38.58 CB
 2. Jeff Riseley 86 Vis 3:38.90 CB
 3. Paul Robinson IRL 3:39.08 CB

3000 s/chase:

1. James Nipperess 90 Nsw 8:38.40 WL
 2. Daryl Crook 88 Qld 8:53.73
 3. Reilly Shaw 95 Act 9:12.08

WOMEN

800:

1. Eunice Sum 88 KEN 2:01.20 CB WL
 2. Georgia Wassal 96 Nswis 2:01.78 CB
 3. Angie Smit NZL 2:02.01 CB

5000:

1. Mercy Cherono 91 KEN 15:04.07 MR/WL/CA
 2. Madeline Heiner 87 Nsw 15:27.75 CB
 3. Emily Brichcek 90 Act 15:31.49 CB
 ...9. Lauren Fleshman 81 USA 15:53.02

STATS TIME

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

2014 10 KM: TOP 10 WOMEN

33:37	Nolene Conrad	1	Bloemfontein	22 Feb
34:20	Christine Kalmer	2	Bloemfontein	22 Feb
34:47	Mapaseka Makhanya	1	Pretoria	23 Feb
34:53	Lebo Phalula	3	Bloemfontein	22 Feb
35:09	Zintle Xiniwe	1	Cape Town	05 Mar
35:20	Myrette Filmalter	2	Pretoria	15 Feb
35:53	Cornelia Joubert	4	Bloemfontein	22 Feb
36:12	Caroline Marandela	5	Bloemfontein	22 Feb
36:16	Tanith Maxwell	2	Cape Town	05 Mar
36:24	Thitshaamba Ravhandalala	6	Bloemfontein	22 Feb

THIS MONTH IN HISTORY

47 years ago: 3 March 1967

De Villiers Lamprecht is best remembered as the first South African to run a sub-4 minute mile, on 13 November 1964 – 50 years ago this year. He also set a national marathon record in 1966 when he recorded 2:20:43. Both performances came in Stellenbosch. What is less well known is that the bespectacled Matie was also the first SA athlete to duck under 14 minutes for 5000 metres. This came – no surprise here – at Stellenbosch on this day when Lamprecht ran 13:53.3. Less than a month later he won both the 3 miles and 6 miles at the SA Championships.

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 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	30:31	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		

WOMENOpen

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	75:43	René Kalmer	Pretoria	01 Feb
	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	Mariëtte Strauss	Goodwood	01 Mar
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	62:16	Judy Bird	Constantia	08 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	2:16:27	Annatjie Botes	Sedgefield	08 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
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	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		

Contributors to this issue: Alen Hattingh, Kevin Harlock, André Pienaar, Pete van der Merwe, SWD Athletics, Ria Janse van Vuuren, Rhyn Swanepoel, Sarel van der Walt, Allie van Niekerk

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



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