

# Distance Running Results

Vol. 14, No. 12 – 24 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

One long-running ultramarathon and two new events were held the past week. The De Freitas Spar Bruintjieshoogte 50 km was held for the 37<sup>th</sup> time between Pearston and Somerset East and won in very difficult conditions by Masande Mlonyeni (3:22:48) and Janine Gardiner (4:15:43). The men's winning time is the slowest since the race became a 50 km in 1996.

In the accompanying 25 km two list leaders were set, by winner George Ntshiliza (80:18) and master Janette Schierz-Crusius (1:55:22), who finished third overall.

The new races are the Brandwag Sundowner 10 km in Uitenhage and the Willam Boshoff Memorial Marathon, Half Marathon and 10 km in Vryheid.

Also included are the results of the Langebaan Country Estate Weskus Marathon, which was run the previous weekend. Second in this race was Candyce Hall, who thus upped her racing total for the year to a whopping 369.1 km in twelve weeks, i.e. an average of 30.8 km week in and week out. Put another way, it is a half marathon every 4.8 days! She has completed four marathons, one 30 km, one 27 km, three half marathons and six shorter races for a total of fifteen races.

The female winner of the Zululand District 10 km in last week's DRR, whose name was given as Kutendo Nyawaza in the results, was in fact Zimbabwean Rutendo Nyahora.

Riël Hauman

---

### INCLUDED IN THIS ISSUE:

- \* Gaterite Challenge Marathon, Half Marathon & 10 km, Verulam
- \* De Freitas Spar Bruintjieshoogte 50 km, 25 km & 15 km, Pearston to Somerset East
- \* William Boshoff Memorial Marathon, Half Marathon & 10 km, Vryheid
- \* Tyger Run Half Marathon & 10 km, Durbanville
- \* Brandwag Sundowner 10 km, Uitenhage
- \* Langebaan Country Estate Weskus Marathon & Half Marathon, Langebaan
- \* Track: WP League Meeting, Bellville; WP Senior & Masters Championships, Bellville; , Gauteng North Masters Championships, Pretoria

### International highlights:

- \* The Acea Rome Marathon, Roma, ITA
- \* Stramilano Agonistica Internazionale, Milano, ITA
- \* Rock 'n' Roll Dallas Half Marathon, Dallas, USA
- \* Medio Maratón Azkoitia-Azpeitia "Memorial Diego García", Azkoitia, ESP

- \* 10 Km Villa de Laredo, Laredo, ESP
  - \* Azalea Trail Run 10 km, Mobile, USA
  - \* Outdoor track: Melbourne Track Classic, Melbourne, AUS
- 

## ROAD RUNNING

### Gaterite Challenge Marathon, Half Marathon & 10 km

Verulam, 23 March

(Distances: 42.195 km, 21.1 km & 10 km)

#### Marathon

MEN

1. Shingie Badza (ZIM/Ned) 2:32:12 (1<sup>st</sup> vet)
2. Wellington Chidodo (ZIM/Bluff) 2:32:19
3. Philani Memela (MP) 2:32:52

**Veterans:** 1. Shingie Badza (ZIM/Ned) 2:32:12; 2. Philani Memela (MP) 2:32:52; 3. Siyabulela Joji (Shaka) 2:34:25. **Masters:** 1. Eloi de Oliveira (Boxer) 2:58:12; 2. Banabas Mlanduli (Toti) 3:08:58; 3. Edmund ? (RWFL) 3:32:25. **G'masters:** 1. Bongani Ndlovu (Zaba) 3:50:23; 2. Chris ? (Umhlatuze) 3:51:47; 3. Ian Abrams (Eskom) 3:59:55.

WOMEN

1. Nonsikelelo Mbambo (NC) 3:17:09
2. Julia Hackland (CH) 3:35:09
3. Lisa Collett (Every) 3:35:45

**Veterans:** 1. Karina Pikelharing (Ned) 4:04:26; 2. Ester van der Merwe (Umvoti) 4:09:09; 3. Molly Parasuraman (PV) 4:12:53. **Masters:** 1. Lizette Botha (RWFL) 4:38:33; 2. Eunice Ntuli (NRBH) 4:41:22; 3. Khaya Mahlali (DAC) 4:45:34.

#### Half marathon

MEN

1. Sarikah Madawao (Chats) 1:25:52
2. Vusi Mnyandu (ME) 1:26:06
3. Hendrick Mngadi (ME) 1:26:33

**Veterans:** 1. Thokozane Madlala (Eskom) 1:32:50; 2. Phikinkani Mkhize (Ned) 1:38:21; 3. Sibusiso Nyawuza (Kwand) 1:39:22. **Masters:** 1. Siyabonga Jali (Boxer) 1:52:04; 2. Norman Bowker (Queens) 1:55:29; 3. Dennis Khomo (Savages) 2:01:36. **G'masters:** 1. Robin Archer (Queens) 2:03:49; 2. Bill Hogg (Harlequins) 2:17:45; 3. Poobalan Reddy (Chats) 2:25:33.

WOMEN

1. Janene Carey (Boxer) 1:39:15 (1<sup>st</sup> vet)
2. Whitney Hurst (West) 1:55:33
3. Debby de Koning (Eskom) 1:57:03 (1<sup>st</sup> mast)

**Veterans:** 1. Janene Carey (Boxer) 1:39:15; 2. Jowaine Parrott (West) 2:16:41; 3. Bongiwe Majozi (VF) 2:37:12. **Masters:** 1. Debby de Koning (Eskom) 1:57:03; 2. Wendy Rook (Savages) 2:29:13; 3. Denise Johansen (ME) n/t. **G'masters:** 1. Pat Fisher (Stella) n/t; 2. Denise Reynecke (Queens) n/t; 3. Irma Stephens (Eskom) n/t.

#### 10 km

MEN

1. Thabiso Ngalonkulu (Chats) 33:21
2. Xesibe Themba (SCS) 34:41

3. Mbhasobhi Gumede (Inanda) 34:45 (1<sup>st</sup> jun)

**Juniors:** 1. Mbhasobhi Gumede (Inanda) 34:45; 2. Sibusiso Njilo (Inanda) 36:37; 3. Anele Madlala (Ind) 38:45.

#### WOMEN

1. Nomcebo Mthethwa (Umhlatuze) 41:35  
 2. Thenjiwe Gumede (Inanda) 44:13 (1<sup>st</sup> jun)  
 3. Nondumiso Zulu (Inanda) 44:55

**Juniors:** 1. Thenjiwe Gumede (Inanda) 44:13; 2. Nondumiso Zulu (Inanda) 44:55; 3. Thobile Khomo (Inanda) 48:14.

### De Freitas Spar Bruintjieshoogte 50 km (37<sup>th</sup>), 25 km & 15 km

Pearston to Somerset East, 22 March

(Distances: 50 km, 25 km & 15 km. Point-to-point courses, but hilly. Weather: 30 °C with warm berg wind. Finishers: 50 km – 105 [down from 122 last year]; 25 km – 98 [up from 77]; 15 km – 61 [slightly down from 68].)

Note: Emerson Kayana ran the Brandwag Sundowner 10 km on Thursday night (results below) and then finished third in the 50 km here on Saturday morning, taking the top veteran spot in both races. – Ed.

#### 50 km

##### MEN

1	Masande	Mlonyeni	Nedbank RC EP	33	3:22:48
2	Melikhaya	Malinga	Tinarha AC	33	3:24:39
3	Emerson	Kayana (1 <sup>st</sup> vet)	Nedbank RC EP	40	3:29:10
4	Luvuyo	Stephen	Nedbank RC EP	43	3:38:21
5	Alfred	Qogi	Nedbank RC EP	40	3:40:39
6	Mzukisi	Klaas	Motherwell AC	45	3:41:30
7	Samuel	Luqongo	Overtakers SC	30	3:43:32
8	Colben	Ngcupe (1 <sup>st</sup> mast)	Motherwell AC	50	3:44:05
9	Graham	Eshmade	Crusaders AC	36	3:48:22
10	Thembinkosi	Mdyogolo	Nedbank RC EP	45	3:53:20
11	David	Mama	Aspen Pharmacare	38	3:53:59
12	Nkosinathi	Gcakasi	Bluewater Bay	43	3:55:54
13	Alfred	Malotana	Nedbank RC EP	44	3:58:43
14	Daryl	North	Achilles AAA	37	4:00:08
15	Bradley	Mackenzie	Achilles AAA	42	4:00:13
16	Aubrey	Windvoel	Charlo AC	27	4:02:27
17	Jan	Fick	Graaff-Reinet RC	48	4:08:15
18	Thembinkosi	Hambiyani	Nedbank RC EP	42	4:10:05
19	Basil	Stevens	Gelvan AC	42	4:15:20
20	Rudi	Van Tonder	Elite AC	41	4:15:36

#### 40-44:

1	Emerson	Kayana	Nedbank RC EP	40	3:29:10
2	Luvuyo	Stephen	Nedbank RC EP	43	3:38:21
3	Alfred	Qogi	Nedbank RC EP	40	3:40:39

#### 45-49:

1	Mzukisi	Klaas	Motherwell AC	45	3:41:30
2	Thembinkosi	Mdyogolo	Nedbank RC EP	45	3:53:20
3	Jan	Fick	Graaff-Reinet RC	48	4:08:15

#### 50-54:

1	Colben	Ngcupe	Motherwell AC	50	3:44:05
---	--------	--------	---------------	----	---------

2	Efese	Peter	SANDF EP	53	4:37:13
3	Leonard	Groves	Gelvan AC	50	4:59:20

**55-59:**

1	Leonard	Erasmus	Gelvan AC	56	4:48:11
2	Samuel	Erasmus	Nedbank RC EP	56	4:50:54
3	Lucky	Adams	Temp	56	4:56:48

**60-64:**

1	Chris	Bekker	Crusaders AC	61	6:28:10
---	-------	--------	--------------	----	---------

**WOMEN**

1	Janine	Gardiner	Charlo AC	32	4:15:43
2	Laura	Maritz (1 <sup>st</sup> mast)	Elite AC	53	4:42:10
3	Annelie	Nel	Body Concept	39	4:59:39
4	Fikiswa	Ngonyana	Queenstown	30	5:14:44
5	Rosemary	Joubert	Crusaders AC	53	5:27:25
6	Shirley	Bowker	Bo-Karoo MC	39	5:34:48
7	Lindie	Steyn	Charlo AC	26	5:36:50
8	Helen	John (1 <sup>st</sup> vet)	Ind	40	5:37:25
9	Lana	Bruyns	Elite AC	46	5:38:32
10	Nandipa	Mafongosi	PEAAC	29	5:44:14
11	Sharon	Smuts	St Albans CS EP	47	5:54:44
12	Karin	Oelofsen	Graaff-Reinet RC	43	5:58:01
13	Moira	Light	Graaff-Reinet RC	45	5:58:02
14	Bronwen	Perry	Crusaders AC	31	5:58:08
15	Janette	Van der Kolf	Coega AC	54	5:59:22
16	Suzanne	Lavis	PEAAC	55	6:00:14
17	Yvette	Jonker	Despatch AC	41	6:03:03
18	Helouise	Erasmus	PEAAC	33	6:05:44
19	Letitia	Strauss	Nedbank RC EP	34	6:05:46
20	Candice	Smith	Bluewater Bay	28	6:07:37

**40-44:**

1	Helen	John	Ind	40	5:37:25
2	Karin	Oelofsen	Graaff-Reinet RC	43	5:58:01
3	Yvette	Jonker	Despatch AC	41	6:03:03

**45-49:**

1	Lana	Bruyns	Elite AC	46	5:38:32
2	Sharon	Smuts	St Albans CS EP	47	5:54:44
3	Moira	Light	Graaff-Reinet RC	45	5:58:02

**50-54:**

1	Laura	Maritz	Elite AC	53	4:42:10
2	Rosemary	Joubert	Crusaders AC	53	5:27:25
3	Janette	Van der Kolf	Coega AC	54	5:59:22

**55-59:**

1	Suzanne	Lavis	PEAAC	55	6:00:14
2	Marietjie	Pietersen	Achilles AAA	57	6:09:00
3	Gesina	Oosthuizen	PEAAC	55	6:21:26

**25 km****MEN**

1	George	Ntshiliza	Nedbank RC EP	34	1:20:18
2	Melikhaya	Frans	Nedbank RC EP	22	1:22:45
3	Zolani	Ngqaqa	Madibaz AC	25	1:23:57
4	Sipho	November	Graaff-Reinet RC	33	1:31:16
5	Jeandry	Deerling	Madibaz AC	21	1:32:09
6	Malibongwe	Mbelu (1 <sup>st</sup> vet)	Run For Life EP	41	1:36:30
7	Jacques	Barnard	Despatch AC	37	1:36:39

8	Daki	Juims	Temp	33	1:37:42
9	Leslie	Cusens (1 <sup>st</sup> mast)	Nedbank RC EP	50	1:39:37
10	Zukile	Pipe	Nedbank RC EP	36	1:39:51
11	Robert	Matthys	Maxed Elite EP	37	1:40:59
12	Nkosinathi	Mlityalwa	Temp	27	1:47:39
13	Mauritz	Pretorius	Despatch AC	24	1:47:58
14	Brendon	Persens	SANDF EP	39	1:50:07
15	Mtuthuzeli	Pikoli	Temp	39	1:53:49
16	Zamiwonga	Fani	Nedbank RC EP	38	1:56:09
17	Buyisile	Ngesi	PEAAC	44	1:56:10
18	Melikhaya	Jacobs	Temp	35	1:59:33
19	Dale	Moulton	Charlo AC	33	2:03:06
20	Stephen	Phillipson	Despatch AC	50	2:05:47

**40-44:**

1	Malibongwe	Mbelu	Run For Life EP	41	1:36:30
2	Buyisile	Ngesi	PEAAC	44	1:56:10
3	Billy	Jackson	Somerset East	43	2:08:39

**45-49:**

1	Marius	Ferreira	St Albans CS EP	45	2:07:42
2	Timothy	Hermanus	VW AC	46	2:11:35
3	Lester	Hen-Boisen	Temp	46	2:41:34

**50-54:**

1	Leslie	Cusens	Nedbank RC EP	50	1:39:37
2	Stephen	Phillipson	Despatch AC	50	2:05:47
3	Mike	Burger	Charlo AC	54	2:23:01

**55-59:**

1	Jan	Van Eeden	Nedbank RC EP	55	2:15:44
2	James	Kennedy	Temp	56	2:18:28
3	Bennie	Thysse	St Albans CS EP	56	2:21:39

**65-69:**

1	Jean	Nepgen	Kowie Striders	69	3:56:42
---	------	--------	----------------	----	---------

**70-74:**

1	Wilkie	De Jager	Graaff-Reinet RC	74	3:03:42
---	--------	----------	------------------	----	---------

**Juniors:**

1	Daniel	De Freitas	Somerset East	17	2:29:48
---	--------	------------	---------------	----	---------

**WOMEN**

1	Babalwa	Ngcoko	Nedbank RC EP	26	1:50:06
2	Elizma	Horne	Temp	35	1:55:02
3	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	53	1:55:22
4	Terray	Newcombe	Elite AC	23	2:00:09
5	Tiani	Claassen	Despatch AC	23	2:02:29
6	Liandre	Marais	Temp	21	2:06:45
7	Hanlie	Van der Westhuizen	Despatch AC	57	2:07:25
8	Debbie	Dodd (1 <sup>st</sup> vet)	Charlo AC	43	2:09:42
9	Johannette	Oosthuizen	Body Concept	49	2:17:37
10	Sylma	Watkins	St Albans CS EP	45	2:18:13
11	Megan	Wilson (1 <sup>st</sup> jun)	Charlo AC	18	2:21:36
12	Janice	Mckerry	Queenstown	49	2:24:38
13	Nikki	Strooh	Walmer AC	37	2:26:24
14	Ina	Meaker	Walmer AC	52	2:27:23
15	Bronwin	Meyer	Charlo AC	41	2:29:57
16	Lynette	Crause	Walmer AC	54	2:31:56
17	Yolande	Knoetze	Elite AC	46	2:32:09
18	Sunet	Harris	St Albans CS EP	40	2:32:26
19	Erika	Foreman	St Albans CS EP	43	2:32:27

20	Marlize	Hayward	Despatch AC	32	2:32:29
<b>40-44:</b>					
1	Debbie	Dodd	Charlo AC	43	2:09:42
2	Bronwin	Meyer	Charlo AC	41	2:29:57
3	Sunet	Harris	St Albans CS EP	40	2:32:26
<b>45-49:</b>					
1	Johannette	Oosthuizen	Body Concept	49	2:17:37
2	Sylma	Watkins	St Albans CS EP	45	2:18:13
3	Janice	McKerry	Queenstown	49	2:24:38
<b>50-54:</b>					
1	Janette	Schierz-Crusius	Body Concept	53	1:55:22
2	Ina	Meaker	Walmer AC	52	2:27:23
3	Lynette	Crause	Walmer AC	54	2:31:56
<b>55-59:</b>					
1	Hanlie	Van der Westhuizen	Despatch AC	57	2:07:25
<b>60-64:</b>					
1	Carol	Nepgen	Kowie Striders	63	3:56:41
<b>65-69:</b>					
1	Christine	Fourie	Elite AC	67	2:52:51
2	Ria	Bouwer	Hartenbos	67	3:21:56
<b>Juniors:</b>					
1	Megan	Wilson	Charlo AC	18	2:21:36
2	Kimberley	Wilson	Charlo AC	18	3:13:06

**15 km**

## MEN

1	Bulelini	Niwa	Temp	28	50:22
2	Xavier	Adams (1 <sup>st</sup> jun)	Temp	18	52:36
3	Vuyisa	Mdodelwa	Fort Hare University	18	53:40
4	Basie	Bonaparte (1 <sup>st</sup> vet)	Albany RR	48	54:22
5	Juwayne	Fletcher	Charlo AC	23	54:40
6	Sesethu	Desewuli	Fort Hare University	19	56:14
7	Revan	Fillis	Albany RR	23	59:02
8	Avela	Boqwana	Fort Hare University	19	1:01:47
9	Tulisile	Ngcenyane	Fort Hare University	22	1:01:49
10	Hoko	Mabhuti	Temp	25	1:04:18
11	Makhosandile	Ngquse	VW AC	37	1:08:54
12	Johannes	Rogers	Temp	20	1:08:59
13	Xolile	Maseti	Fort Hare University	26	1:10:29
14	Simphiwe	Mambukwe	Fort Hare University	26	1:10:53
15	Pieta	Booyens (1 <sup>st</sup> mast)	Temp	50	1:12:59
16	Yolisa	Nomnqa	Fort Hare University	23	1:14:39
17	Stephen	Botha	Temp	18	1:15:45
18	Vusumzi	Kroqwana	Fort Hare University	20	1:18:35
19	Rocco	Gouws	Temp	23	1:20:23
20	Jared	De Freitas	Temp	15	1:25:48

**45-49:**

1	Basie	Bonaparte	Albany RR	48	54:22
2	Andre	Potgieter	Temp	47	1:41:32
3	Nico	Kock	Nedbank RC EP	46	1:50:25

**50-54:**

1	Pieta	Booyens	Temp	50	1:12:59
2	Philipie	Nel	Temp	52	1:32:21
3	Eugene	Claassens	Despatch AC	51	1:48:30

**55-59:**

1	Anton	Snyman	VW AC	58	1:34:52
2	Mof	Botha	Achilles AAA	58	1:38:43
3	Pieter	Gerber	Bluewater Bay	55	1:58:47

**Juniors:**

1	Xavier	Adams	Temp	18	52:36
2	Vuyisa	Mdodelwa	Fort Hare University	18	53:40
3	Avela	Boqwana	Fort Hare University	19	1:01:47

**WOMEN**

1	Nonceba	Tenza	Fort Hare University	19	1:22:34
2	Analise	Nel (1 <sup>st</sup> vet)	Temp	46	1:30:35
3	Claudette	Lesch	Nedbank RC EP	40	1:33:01
4	Anzel	De Koker	Temp	37	1:33:45
5	Sharon	Rust	East London Pacers	49	1:36:20
6	Rosemarie	Mapaling	Temp	43	1:38:30
7	Leticia	Jenneke	Temp	39	1:38:42
8	Elmarie	Pienaar	Temp	49	1:44:49
9	Trish	Schuin	Somerset East	48	1:48:54
10	Julie	Botha	Temp	22	1:48:56
11	Judy	Kock	Nedbank RC EP	42	1:50:20
12	Ombesa	Nqindi	Fort Hare University	19	1:51:45
13	Liz	Voke (1 <sup>st</sup> g'mast)	Temp	60	1:52:58
14	Cathy	Allers (1 <sup>st</sup> mast)	Nedbank RC EP	52	1:53:29
15	Dedre	Lombard (1 <sup>st</sup> jun)	Temp	15	1:57:44
16	Rita	Gerber	Bluewater Bay	53	1:58:58
17	Susan	Piron	Charlo AC	50	1:59:33
18	Thelma	Tobias	Temp	44	2:02:10
19	Hannelie	Ferreira	St Albans CS EP	38	2:03:59
20	Dina	Schutte	Temp	48	2:04:09

**40-44:**

1	Claudette	Lesch	Nedbank RC EP	40	1:33:01
2	Rosemarie	Mapaling	Temp	43	1:38:30
3	Judy	Kock	Nedbank RC EP	42	1:50:20

**45-49:**

1	Analise	Nel	Temp	46	1:30:35
2	Sharon	Rust	East London Pacers	49	1:36:20
3	Elmarie	Pienaar	Temp	49	1:44:49

**50-54:**

1	Cathy	Allers	Nedbank RC EP	52	1:53:29
2	Rita	Gerber	Bluewater Bay	53	1:58:58
3	Susan	Piron	Charlo AC	50	1:59:33

**55-59:**

1	Madre	Lombard	Temp	56	2:12:14
2	Anneri	Du Randt	Temp	59	2:36:47
3	Martie	De Villiers	Temp	59	2:36:49

**60-64:**

1	Liz	Voke	Temp	60	1:52:58
---	-----	------	------	----	---------

**Juniors:**

1	Dedre	Lombard	Temp	15	1:57:44
2	Nonceba	Tenza	Fort Hare University	19	1:22:34

**William Boshoff Memorial Marathon, Half Marathon & 10 km (1<sup>st</sup>)**

Vryheid, 22 March

(Distances: 42.195 km, 21.1 km &amp; 10 km; out-and-back courses)

**Marathon**

## MEN

1.	Zacheria Selebe	Ind	3:01:09
2.	Kwenza Ngubane	Maxed Elite	3:11:36
3.	Sazi Ndaba	LAC	3:21:07

**40-49:**

1.	Casper Louw	Vryheid AC	3:41:08
----	-------------	------------	---------

**50-59:**

1.	Ravi Naidoo	Chatsworth AC	3:38:31
----	-------------	---------------	---------

## WOMEN

1.	Ingrid van Niekerk	Vryheid AC	3:44:44
2.	Cathy-Lee Cunningham	Boxer AC	4:00:14
3.	Collette Terblanche	Vryheid AC	4:09:37

**40-49:**

1.	Paula Small Vryheid	Vryheid AC	4:23:02
----	---------------------	------------	---------

**60+:**

1.	Georgina Tasseron	Vryheid AC	5:03:30
----	-------------------	------------	---------

**Half marathon**

## MEN

1.	Bongani Mtsimango	Nedbank AC	1:18:55
2.	Armstrong Simelane	Ind	1:19:01
3.	Genius Mkhatiwe	Ind	1:19:05

**40-49:**

1.	Wilson Mathalala	Msikalingwa AC	1:38:24
----	------------------	----------------	---------

**50-59:**

1.	Sabelo Ndlovu	Vryheid AC	1:50:04
----	---------------	------------	---------

**60+:**

1.	Samuel Maphumalo	Ntunjambili AC	2:51:36
----	------------------	----------------	---------

## WOMEN

1.	Xoli Madida	Natal Carb	1:43:05
2.	Philile Simelane	Nedbank AC	1:44:10
3.	Hlobisile Madida	Newcastle Harr	1:44:21

**40-49:**

1.	Ronelle Kweve	Vryheid AC	1:57:30
----	---------------	------------	---------

**50-59:**

1.	Marina Smuts	Vryheid AC	2:11:00
----	--------------	------------	---------

**60+:**

1.	Lorraine v.d. Nest	Vryheid AC	2:26:21
----	--------------------	------------	---------

**10 km**

## MEN

1.	Thabani Buthelezi	Zimisele AC	49:20
2.	Mandla Mnisi	Vryheid AC	49:53
3.	Simon Malaka	SARS	51:59



## WOMEN

1.	Nomdumiso Khoza	Natal Carb	55:21
2.	Margret v.d. Merwe	Ind	58:08
3.	Nicole Pelzer	Ind	58:28

**Tyger Run Half Marathon & 10 km**

Durbanville, 21 March

(Distances: 21.1 km & 10 km; certified hilly loop courses. Weather: cool early on, warmer later. Finishers: half marathon – 1587 [considerably up from 1156 last year]; 10 km – 1910.)

**Half marathon**

## MEN

1. Bernard Rukadza (ZIM/Gugs) 67:36 (R1500)
2. Nkosinathi Sotyantya (Itheke) 68:45 (R600)
3. Danzil Paulse (East) 68:53 (R300)

**Veterans:** 1. Graham Katzen (Itheke) 70:49 (R600); 2. Xolile Macanda (Gugs) 78:17 (R300); 3. Petrus Olyn (East) 78:47 (R150). **Masters:** 1. Stephen Parkins (Tyger) 84:19 (R400); 2. Roston Isaacs (Ned) 84:48 (R200); 3. Friedl van der Merwe (NBMC) 84:51 (R100). **G'masters:** 1. Muhammed Kriel (Ommie) 88:02 (R200); 2. Albert Williams (Top) 96:31 (R100); 3. Brian Rothman (Brack) 109:40 (R75). **G/g'masters:** 1. Jim Eva (Durb) 2:13:59 (R100); 2. Jack Cammidge (FH) 2:29:44 (R75); 3. Gordon Leonrad (Strand) 2:34:39 (R50). **Juniors:** 1. Deauwin Jaftha (Sanlam) 78:13 (R200); 2. Dean Kuchera (Ned) 94:03 (R100); 3. Taahim Sity (Itheke) 2:18:00 (R50).

WOMEN (Same prize money as men)

1. Bulelwa Simae (Ned) 83:00
2. Nomvuyisi Seti (Itheke) 84:18
3. Khanya Mateyisi (Khay) 86:01

**Veterans:** 1. Belinda Noades (Ned Bol) 89:06; 2. Adele Waldron (WC) 93:12; 3. Chantal Simpson (Ned) 95:37. **Masters:** 1. Miema Murray (ORAK) 99:46; 2. Styntjie Prins (Paarl) 103:36; 3. Julie Shadwell (VOB) 103:39. **G'masters:** 1. Nancy Will (Pine) 1:45:51; 2. Pixie Sparg (Celtic) 1:56:53; 3. Jeanette van Wyk (Tyger) 2:09:18. **G/g'masters:** 1. Gail Buhrmann (Durb) 2:13:24; 2. Jean Cammidge (FH) 2:13:43; 3. Cathy Taylor (Durb) 2:48:50. **Juniors:** 1. Nocwaka Mthetho (VOB) 1:58:28; 2. Qudsiyyah Ceres (Ommie) 2:11:44; 3. Londeka Miya (Gugs) 2:14:16.

**10 km**

## MEN

1. Unathi Nteta (AAC) 31:19 (R1500)
2. Tom Lusaseni (Itheke) 31:20 (R600)
3. Tsungai Mwanengeni (ZIM/NBMC) 31:43 (1<sup>st</sup> vet) (R300)

(Age category prizes were the same as in the half marathon)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/NBMC) 31:43; 2. Shawn Abrahams (Itheke) 34:13; 3. Dawid Pietersen (Dwars) 35:06. **Masters:** 1. Goodman Mpukane (Gugs) 38:23; 2. Maxwell Godloza (NBMC) 42:43; 3. Gemjikile Tom (Eskom) 43:47. **G'masters:** 1. Paul San Giorgio (VOB) 45:51; 2. William Hendricks (Eerste) 47:40; 3. Danie Theron (Brack) 50:30. **G/g'masters:** 1. Peter Chubb (VOB) 52:33. **Juniors:** 1. Lukhanyo Nobakada (VOB) 32:23; 2. Granwin Katzen (Itheke) 33:10; 3. Samuel van der Merwe (Bell) 34:02.

WOMEN (Same prize money as men)

1. Zintle Xiniwe (NBMC) 37:00
2. Pamela Moyikwa (VOB) 38:08 (1<sup>st</sup> jun)

## 3. Busisiwe Gwala (VOB) 39:09

**Veterans:** 1. Sandra van Graan (Edge) 41:14; 2. Sheryl de Lange (NBMC) 43:56; 3. Claire Cousins (VOB) n/t. **Masters:** 1. Mariëtte Strauss (Tyger) 41:53; 2. Cheryl Rudolph (East) 45:35; 3. Barbara Parker (NC) 46:17. **G'masters:** 1. Helen du Plessis (Tyger) 50:18; 2. Rosalie Richfield (UCT) 62:20. **G/g'masters:** 1. Marlene James (Pine) 59:52. **Juniors:** 1. Pamela Moyikwa (VOB) 38:08; 2. Busisiwe Gwala (VOB) 39:09; 3. Nthuseng Lolwana (VOB) 44:07

**Brandwag Sundowner 10 km (1<sup>st</sup>)**

Uitenhage, 20 March  
(Finishers: 151)

## MEN

1	Amos	Nyongo	Madibaz AC	27	30:49
2	George	Ntshiliza	Nedbank RC EP	34	30:50
3	Melikhaya	Frans	Nedbank RC EP	22	31:17
4	Mzolisi	Makhandanda	Nedbank RC EP	31	31:19
5	Patrick	Made	Temp	32	32:37
6	Mila	Pasiya	Nedbank RC EP	34	32:55
7	Masibulele	Heugh	Madibaz AC	19	33:03
8	Andile	Motwani (1 <sup>st</sup> jun)	Temp	17	33:51
9	Thanduxolo	Mpushe	Motherwell AC	24	34:05
10	Duwayne	Lucas	Aspen Pharmacare	24	34:11
11	Emerson	Kayana (1 <sup>st</sup> vet)	Nedbank RC EP	40	34:18
12	Alfred	Qogi	Nedbank RC EP	40	34:49
13	Mandilakhe	Nel	Motherwell AC	16	35:42
14	Tumelo	Mochelenyane	Nedbank RC EP	31	35:47
15	Juwayne	Fletcher	Charlo AC	23	35:57
16	Brendon	Effenaar	X-Cel AC	18	36:02
17	Daryl	North	Achilles AAA	37	36:12
18	Clinton	Koeries	Temp	17	36:14
20	Mutekile	Rasmeni	Nedbank RC EP	49	37:16

**40-44:**

1	Emerson	Kayana	Nedbank RC EP	40	34:18
2	Alfred	Qogi	Nedbank RC EP	40	34:49
3	Michael	Prince	Nedbank RC EP	40	37:45

**45-49:**

1	Mutekile	Rasmeni	Nedbank RC EP	49	37:16
2	Welcome	Loliwe	Nedbank RC EP	49	37:44
3	Sipho	Kona	Tinarha AC	47	43:07

**50-54:**

1	Ian	Patterson	Muirite Striders	50	38:49
2	Mervyn	Malgas	Nedbank RC EP	52	46:24
3	Bafumane	Nyanga	Ikhamba AC	53	46:56

**55-59:**

1	Jan	Van Eeden	Nedbank RC EP	55	50:17
2	Mbulelo	Sobikwa	Madibaz AC	59	53:57
3	Johan	Nel	VW AC	57	58:13

**60-64:**

1	Hannes	Els	Warriors AC	64	42:16
2	Donald	Mancasa	Transnet Eng EP	60	49:14
3	Chris	Bekker	Crusaders AC	61	1:00:42

**65-69:**

1	Peter	Eck	Muirite Striders	67	56:05
---	-------	-----	------------------	----	-------

**70-74:**

1	Ron	Clark	Bluewater Bay	71	50:18
---	-----	-------	---------------	----	-------

**Juniors:**

1	Andile	Motwani	Temp	17	33:51
2	Mandilakhe	Nel	Motherwell AC	16	35:42
3	Brendon	Effenaar	X-Cel AC	18	36:02

**WOMEN**

1	Ntombesintu	Mfunzi	Nedbank RC EP	32	36:26
2	Babalwa	Ngcoko	Nedbank RC EP	26	40:45
3	Siphokazi	Nojoko	Motherwell AC	19	42:14
4	Ndileka	Mvakwendlu	Tinarha AC	23	44:04
5	Lizandre	Mulder (1 <sup>st</sup> jun)	Temp	16	46:44
6	Marielize	Van Zyl (1 <sup>st</sup> mast)	Walmer AC	54	49:54
7	Elsabe	Ndlumbini	Motherwell AC	30	53:05
8	Ina	Meaker	Walmer AC	52	53:58
9	Ronel	Scheepers	PEAAC	39	54:31
10	Marike	Marais	St Albans CS EP	16	54:45
11	Olwethu	Bomvana	Youth 4 Change AC	27	55:20
12	Chantalle	Smit	Temp	16	55:27
13	Lynette	Crause	Walmer AC	54	56:33
14	Christell	Smuts (1 <sup>st</sup> vet)	Nedbank RC EP	41	56:48
15	Amanda	Pieterse	Elite AC	36	57:05
16	Jos	Els (1 <sup>st</sup> g'mast)	Warriors AC	61	58:49
17	Elizna	Basson	Temp	50	58:59
18	Carol	Booyesen	Muirite Striders	45	59:03
19	Genevieve	Laycock	Warriors AC	44	59:41
20	Denise	Ferreira	Crusaders AC	52	59:56

**40-44:**

1	Christell	Smuts	Nedbank RC EP	41	56:48
2	Genevieve	Laycock	Warriors AC	44	59:41
3	Melanie	Marx	Bluewater Bay	40	1:04:14

**45-49:**

1	Carol	Booyesen	Muirite Striders	45	59:03
2	Charlene	De Coning	Crusaders AC	49	1:00:41
3	Leana	Smit	Temp	47	1:03:55

**50-54:**

1	Marielize	Van Zyl	Walmer AC	54	49:54
2	Ina	Meaker	Walmer AC	52	53:58
3	Lynette	Crause	Walmer AC	54	56:33

**55-59:**

1	Alma	Fourie	Charlo AC	56	1:04:46
2	Dianne	Hartzenberg	Nedbank RC EP	55	1:07:01
3	Stephanie	Hay	Walmer AC	58	1:08:19

**60-64:**

1	Jos	Els	Warriors AC	61	58:49
2	Nikki	Van Niekerk	Muirite Striders	60	1:06:32
3	Valerie	Botha	Temp	64	1:24:14

**65-69:**

1	Jeanette	Pienaar	PEAAC	65	1:06:53
2	Denise	Terblanche	Walmer AC	66	1:07:40

**70-74:**

1	Orgia	Nell	Muirite Striders	70	1:10:35
---	-------	------	------------------	----	---------

**Juniors:**

1	Lizandre	Mulder	Temp	16	46:44
2	Marike	Marais	St Albans CS EP	16	54:45

3 Chantalle Smit Temp 16 55:27

### Langebaan Country Estate Weskus Marathon & Half Marathon

Langebaan, 15 March

(Distances: 42.195 km & 21.1 km; the marathon point to point with a start/finish separation of 6.25 km or 14.8% and the half marathon a near loop; both record standard. Finishers: marathon – 916 [considerably up from 646 last year; half marathon – 767 [considerably down from 1170].)

Note: Yet another marathon for Candyce Hall – see Editorial. The total finishers in the two races was 1683, compared to 1816 last year. – Ed.

#### Marathon

##### MEN

1	Gulubela, Samson	Bidvest	2:31:33
2	Molema, Neo	Nedbank	2:36:42
3	Zola, Thembaleni	Nedbank	2:37:57
4	Fokwana, Khaya	VOB	2:40:04
5	Phangalele, Mandla	Guguletu	2:41:02
6	Paya, Imran	MAW/Guguletu	2:43:00
7	Von Witt, Simon	Atlantic	2:43:55
8	Mzitho, Siyanda	Guguletu	2:44:55
9	Kosana, Luntu	Guguletu	2:45:32
10	Macanda, Xolile	Guguletu	2:46:10

##### WOMEN

1	Shuttleworth, Kathleen	VOB	3:06:47
2	Hall, Candyce	Carbineers WP	3:08:11
3	Forbes, Tracy	VOB	3:18:00
4	Haasbroek, Jacoline	Stellenbosch	3:20:18
5	Maree, Liana	Stellenbosch	3:20:56
6	Gazidis, Shona	Ind	3:26:07
7	Shadwell, Julie	VOB	3:27:48
8	Norris, Kirsten	VOB	3:28:57
9	Dirkse, Patty	Springbok Academy	3:32:06
10	Stone, Pippa	Ind	3:37:39

#### Half marathon

##### MEN

1	Snyman, Abongile	Easterns	1:11:50
2	Diko, Sityhilo	Nedbank	1:13:29
3	Kopolo, Vakalisa	Khayelitsha	1:14:47
4	Struis, Thomas	Swartland	1:19:30
5	Tieties, Jannie	Namaqua	1:19:31
6	Afrika, Abraham	Swartland	1:21:14
7	Hindley, Sylvano	Itheke	1:23:54
8	Jacobs, Phillip	Salkoraine	1:24:03
9	Welkom, Julie	Swartland	1:24:40
10	Wicht, Bryce	SACS Old Boys	1:24:47

##### WOMEN

1	Posthumus-Fox, Tanya	Century City	1:34:40
2	Willemse, Shay	Velocity AC	1:37:43
3	Potgieter, Arlene	NBMC	1:39:51
4	Bester, Helena	Ind	1:41:21
5	Rudolph, Cheryl	Easterns	1:41:49



© Jasper Coetzee

Tanya Posthumus-Fox, shown here in a recent triathlon, scored the first road win of her career in the Langebaan Half Marathon, with a personal best. [jasper Coetzee]

6	Henn, Gerda	Wild Runner	1:43:38
7	Brink, Ester	Ind	1:43:42
8	Rogers, Guinivere	Durbanville	1:43:52
9	Surridge, Marinda	Alpha	1:44:36
10	Dyalvane, Phatiswa	Ind	1:44:50

## TRACK

### WP League Meeting (3<sup>rd</sup>)

Bellville, 22 March

#### MEN

800:

1	ARENDSE, Leswyn	Ind	1:54.55
2	NUMMELA, Aki	FIN	1:55.40
3	HAMBDRIDGE, Rick	Maties	1:55.98

1500:

1	TIMOTHEUS, Antthony	UWC	3:57.53
2	NUMMELA, Aki	FIN	3:58.50
3	BUYS, Marco	UWC	4:03.38

3000 s/chase:

1	SOLDAKA, Siboniso	Ind	9:07.00
2	LOUW, Andrew	East	10:14.16

5000:

1	MAKILA, AKHONA	VOB	15:08.34
2	NUMMELA, Aki	Ind	15:13.13
3	LOUW, Andrew	East	15:33.60

#### SUB-YOUTH

800:

1	MARAIS Daniel	SPAC	2:22.73
2	DE VILLIERS, Ezzart	SPAC	2:25.41
3	BAILEY, Matthew	SPAC	2:26.53

#### WOMEN

800:

1	MOYIKWA, Pamela	VOB	2:20.26
2	BASSON, Inari	Maties	2:22.77
3	BOTES, Barbara	Ind	2:27.41

1500:

1	ROBINSON, Assnique	Bell	4:50.54
2	AYYOUB, Zahra	VOB	4:58.72
3	GWALA, Busisiwe	VOB	5:09.36

5000:

1	SCOTT, Tanya	UCT	17:32.36
2	BOGERS, Elian	UCT	20:24.45
3	ADAMS, Patricia	Itheko	21:16.27

## WP Senior & Masters Championships

Bellville, 14 & 15 March

Note: All events except the 10000 m races were on the second day. – Ed.

### Seniors:

#### MEN

##### 800:

1	FARO, Duran	UWC	1:50.24
2	PAULSEN, Emiele	NBMC	1:53.04
3	MAGWAZA, Sibusiso	UWC	1:54.04

##### 1500:

1	FARO, Duran	UWC	3:55.59
2	PAULSEN, Emiele	NBMC	3:56.43
3	SOTYANTYA, Nkosinathi	ITHE	3:57.64

##### 3000 s/chase:

1	SOLDAKA, Siboniso	CPUT	9:05.22
2	SWARTZ, GODWIN	NB	9:10.16
3	LOUW, Andrew	EAST	9:36.38

##### 5000:

1	BYMAN, Duran	ITHE	14:51.67
2	NTETA, Unathi	AAC	14:51.67
3	PAULSE, Danzil	EAST	15:07.12

##### 10000:

1	NTETA, Unathi	AAC	30:20.14
2	SOTYANTYA, Nkosinathi	ITHE	30:24.17
3	PAULSE, Danzil	EAST	31:14.01

#### WOMEN

##### 800:

1	BOSCH, Christene	TNLK	2:13.35
2	ROBINSON, Assnique	BELL	2:20.63
3	MEYER, Adri	UCT	2:24.33

##### 1500:

1	BOSCH, Christene	TNLK	4:45.73
2	KRUGER, Zani	NEDB	4:53.48
3	DU BRUYN, Leanda	CPUT	5:05.95

##### 5000:

1	SCOTT, Tanya	UCT	17:42.54
2	ABRAHAMS, Amy	UWC	19:10.84
3	DU BRUYN, Leanda	CPUT	19:28.81

##### 10000:

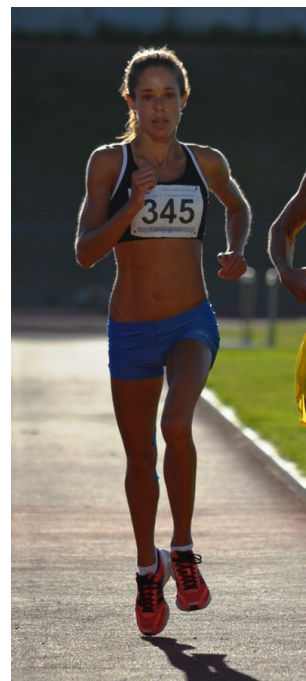
1	SCOTT, Tanya	UCT	36:33.62
---	--------------	-----	----------

### Masters:

#### MEN

##### 800:

1	RHEEDERS 30, Stephan	BOLA	2:06.58
2	McCARTHY 40, Gavin	EDGE	2:09.31
3	PHILANDER 45, Tobias	ITHE	2:09.69



Tanya Scott on her way to winning the WVP title in the 5000 m. She also won the gold medal in the 10000 m. [James Evans]

4	VAN ZYL 40, Olof	VOB	2:10.96
5	NEL 45, Marius	WCOA	2:15.85
6	VAN ZYL 30, Hermanus	NBMC	2:16.88
7	JULIE 50, Merlin	SPAA	2:23.52
8	BASSON 45, Marius	ORAK	2:26.71
9	V.D.WESTHUIZEN 30, Conrad	NBMC	2:30.41
10	KELLY 45, Percy	CELT	2:32.94
11	ROFFEY 40, Cecil	NBMC	2:34.69
12	CLEOPHAS 65, Henry	NEDB	2:48.51

## 1500:

1	MARILLIER 35, Michael	NEDB	4:28.71
2	SCHLECHTER 45, Marius-Hugo	ASWD	4:30.40
3	VAN ROOYEN 35, Christo	NBMC	4:30.97
4	PHILANDER 45, Tobias	ITHE	4:34.64
5	BRUINERS 40, Hein	METR	4:52.61
6	SWRT 45, Dries	NBMC	4:54.77
7	NEL 45, Marius	WCOA	4:55.34
8	KELLY 45, Percy	CELT	5:15.97
9	BASSON 45, Marius	ORAK	5:36.80

## 5000:

1	BASS 35, Nelson	UCT	16:42.83
2	MARILLIER 35, Michael	NEDB	17:17.89
3	VAN ROOYEN 35, Christo	NBMC	17:28.31
4	SWRT 45, Dries	NBMC	18:18.12
5	MPUKANE 55, Goodman	GUGS	18:25.29
6	BRUINERS 40, Hein	METR	18:28.32
7	DONALD 70, Peter	WCOA	22:29.50

## 10000:

1	VAN ROOYEN 35, Christo	NBMC	34:46.23
2	MPUKANE 55, Goodman	GUGS	38:10.17
3	GROVERS 50, Brian	PNP	41:54.78
4	CLEOPHAS 65, Henry	NEDB	47:49.43

## WOMEN

## 800:

1	ROFFEY 30, Anneline	NBMC	2:32.04
2	STRAUSS 50, Mariëtte	TNLK	2:44.54
3	LOUW 45, Marie	NBMC	2:45.99
4	VAN DER WALT 40, Saret	NBMC	3:06.99
5	BOCK 30, Alicia	NBMC	3:11.99
6	WESSELS 35, Karen	NBMC	3:30.80

## 1500:

1	ROFFEY 30, Anneline	NBMC	4:52.10
2	STANDER 35, Ulrica	NBMC	4:54.44
3	STRAUSS 50, Mariëtte	TNLK	5:37.60
4	LOUW 45, Marie	NBMC	5:43.23

## 2000 s/chase:

1	STRAUSS 50, Mariëtte	TNLK	8:08.92
---	----------------------	------	---------

## 5000:

1	STANDER 35, Ulrica	NBMC	18:31.89
2	VAN GRAAN 45, Sandra	EDGE	19:23.93

3	THEUNISSEN 40, Lana	ASWD	19:49.34
4	STRAUSS 50, Mariëtte	TNLK	20:02.27

10000:

1	STRAUSS 50, Mariëtte	TNLK	40:36.47
---	----------------------	------	----------

### Gauteng North Masters Championships

Pretoria (Pilditch), 8 March

MEN

800:

M30	1	Da Silva, Gavin	CGA	2:01.11
M35	1	Hunter Clinton	AGN	2:11.07
M40	1	Viljoen, Joe	NWN	2:09.40
	2	Britz, Christiaan	AGN	2:13.51
M45	1	Viljoen, Gerhard	CGA	2:14.25
	2	Koekemoer, Werner	AGN	2:17.41
	3	Du Plooy Anton	CGA	2:21.09
M50	1	Knipe Francois	AGN	2:29.49
	2	Botha Louis	AGN	2:32.93
M55	1	Lorenzen, Len	AGN	2:54.00
	2	Meyer, Buks	AGN	3:11.65
	3	Cloete, Fanie	AGN	3:39.33
	4	Zalani, Stephen	CGA	4:30.34
M65	1	Rossouw Pieter	AGN	3:15.28
	2	De Kock, Bobby	AFS	3:52.23
M70	1	Clements Fred	AGN	3:00.75
M80	1	Coetzee, Martin	AGN	3:53.35

1500:

M30	1	Da Silva, Gavin	CGA	4:37.00
M35	1	Lotz Corne	AGN	4:42.07
M40	1	Modise, Norman	AFS	5:07.66
M45	1	Viljoen, Gerhard	CGA	4:43.98
	2	Kotze Flippie	AFS	5:15.08
M50	1	Botha Louis	AGN	4:45.87
M55	1	Meyer, Buks	AGN	6:51.29
	2	Cloete, Fanie	AGN	7:29.32
M60	1	Lentsoenyane Vincent	CGA	5:50.14
M65	1	Sliiep Hans	CGA	6:15.50
	2	De Kock, Bobby	AFS	8:43.25
M70	1	Clements Fred	AGN	6:48.00
M80	1	Coetzee, Martin	AGN	9:41.52

2000 s/chase:

M65	1	Sliiep Hans	CGA	9:24.83
	2	Rossouw, Pieter	AGN	10:21.65
	3	De Kock, Bobby	AFS	13:04.99

3000:

M35	1	Lotz Corne	AGN	11:48.06
M45	1	Kotze Flippie	AFS	11:45.60
M50	1	Oosthuizen Frans	AGN	12:11.49
M55	1	Cloete, Fanie	AGN	16:21.01
M60	1	Van Niekerk Machiel	AGN	14:14.49
M65	1	Du Bruto Mike	AGN	12:18.56



## 3000 s/chase:

M35	1	Du Plessis Johannes	ANWN	13:32.64
M40	1	Modise, Norman	AFS	12:08.02
M45	1	Kotze Flippie	AFS	12:07.79
M50	1	Venter, Dirk	CGA	12:27.43

## 5000:

M35	1	Lotz Corne	AGN	18:11.30
M45	1	Viljoen Marcel	CGA	18:43.42
	2	Hughes, Brandon	AGN	24:39.16
M50	1	Venter, Dirk	CGA	21:31.84
M55	1	Cloete, Fanie	AGN	27:44.00
M60	1	Van Niekerk Machiel	AGN	20:57.35
	2	Ezzi Vincent	CGA	21:34.80

## WOMEN

## 800:

W35	1	Du Plessis, Antonette	NWN	2:27.67
W40	1	Van Rooyen Seanette	AGN	2:24.20
	2	Murley, Karon	ANWN	2:30.98
	3	Labuschagne, Celeste	AGN	2:31.62
	4	Hartman, Charmaine	ANWN	2:46.16
	5	Endrody, Lizl	CGA	2:59.14
W45	1	Vermeulen, Salome	AGN	2:20.06
	2	Viljoen, Jolande	AGN	2:54.31
W50	1	Helmerick Laura	AGN	3:07.71
	2	Pretorius, Elaine	AGN	3:20.06
	3	Le Roux Theresa	AGN	3:51.41
W60	1	Koekemoer, Winnie	AGN	3:21.71
W65	1	Visser, MC	CGA	3:30.52

## 1500:

W40	1	Murley Karon	ANWN	5:25.37
	2	Endrody, Lizl	CGA	6:33.43
	3	Valentin Beulah	CGA	6:46.84
W45	1	Vermeulen, Salome	AGN	4:58.40
	2	Viljoen, Jolande	AGN	6:16.98

## 2000 s/chase:

W40	1	Valentin Beulah	CGA	9:57.16
W45	1	Viljoen Yonande	AGN	9:34.53
	2	Venter, Laura	CGA	11:08.54
W50	1	Van der Westhuizen Connie	AGN	8:56.96

## 3000:

W40	1	Thomas Ronel	AGN	12:09.78
W45	1	Viljoen Jolande	AGN	14:15.50
W50	1	Van der Westhuizen Connie	AGN	12:24.97
	2	Steenkamp, Sandra	AGN	12:43.59

## 5000:

W45	1	Venter, Laura	CGA	23:52.50
W50	1	Geyer, Mariet	CGA	22:17.10
	2	Theunissen, Emmari	AGN	24:11.40
	3	Le Roux Theresa	AGN	27:48.80
W55	1	Van Blerk Frances	AGN	21:23.30

W60 1 De Bruin, Lyn AGN 24:10.11

---

## 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

### The Acea Rome Marathon (20th)

(IAAF Gold Label Road Race)

Roma, ITA, 23 March

(Distance: 42.195 km; AIMS-certified loop course)

MEN (gun times)

1. Shume Hailu Legese, ETH 2:09:47 € 5000
2. Sisay Jisa Mekonnen, ETH 2:11:20 3000
3. Leonard Kipkoech Langat, KEN 2:14:08 PB 2000

WOMEN (gun times)

1. Ayelu Lemma Geda, ETH 2:34:49 € 5000
2. Hanane Janat, MAR 2:38:08 3000
3. Emma Quaglia, ITA 2:43:24 2000 + 1500^

^) Earned ITA citizen prize money

### Stramilano Agonistica Internazionale (43rd)

Milano, ITA, 23 March

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

MEN (gun times)

1. Thomas James Lokomwa, KEN 1:01:39 PB
2. Kipro Limbo, KEN 1:01:55
3. Wilson Busienei, UGA 1:02:08

WOMEN (gun times)

1. Lucy Wambui Murigi, KEN 1:10:52 PB
2. Konjit Tilahun Biruk, ETH 1:11:10
3. Kumesci Sichala Deressa, ETH 1:12:06 PB

### Rock 'n' Roll Dallas Half Marathon (5th)

Dallas, USA, 23 March

(Distance: 21.1 km)

MEN (gun times)

1. Julius Kiptoo, 36, KEN 1:06:02 \$ 250
2. Colby Lowe, 24, Southlake, TX 1:06:04 DB 1000@
3. Enoch Nadler, 28, Richardson, TX 1:06:58 750@

@) Earned Dallas Metroplex prize money

WOMEN (gun times)

1. Deena Kastor, 41, Mammoth Lakes, CA 1:11:57 CR \$ 250 + 500i  
[17:04 / 34:25 / 55:13# (10 mi.) / 68:19##]

- |                                |         |       |
|--------------------------------|---------|-------|
| 2. D'Ann Mineo, 26, Dallas, TX | 1:18:28 | 1000@ |
| 3. Emily Field, 32, Dallas, TX | 1:18:49 | 750@  |

#) Pending USA 40+ record; previous 55:36, Stephanie Herbst-Lucke, Minneapolis, 03-Oct-2010

##) Pending USA 40+ record; previous 68:47, Colleen De Reuck, New Haven, 05-Sep-2005

i = Earned time incentive for sub-1:15:00

### **Medio Maratón Azkoitia-Azpeitia "Memorial Diego García" (21st)**

Azkoitia, ESP, 22 March

(Distance: 21.1 km; point-to-point course with 18 m elevation loss and start/finish separation of 11.84% [record standard])

MEN (gun times)

- |                                    |            |
|------------------------------------|------------|
| 1. Alex Korio Opoitip, KEN         | 59:58 PB   |
| 2. Edwin Kipsang, KEN              | 59:59 PB   |
| 3. Goitom Kifle, ERI               | 1:00:20 PB |
| 4. Abraham Kasongwor Akopesha, ??? | 1:01:27    |
| 5. Joseph Ebuya, KEN               | 1:02:15    |

WOMEN (gun times)

- |                               |            |
|-------------------------------|------------|
| 1. Marta Tigabea Mekonen, ETH | 1:10:32 PB |
| 2. Bornes Jepkirui Kitur, KEN | 1:10:32 PB |
| 3. Malika Asahssah, MAR       | 1:11:59    |

### **10 Km Villa de Laredo (12th)**

Laredo, ESP, 22 March

(Distance: 10 km; record standard course with no net elevation change and very small [117 m] start/finish separation)

MEN (gun times)

- |  |             |
|--|-------------|
| 1. Wilson Kiprono Too, 1991, Nike (KEN), | 27:39 WL/PB |
| 2. Josphat Kiprono Menjo, Nike (KEN),    | 28:42       |
| 3. Meresa Kahsay, Nike (ETH),            | 28:47       |
| 4. Joseph Kiplimo Kitur, Nike (KEN),     | 28:56       |
| 5. Antonio Abadia, Simply Scorpio,       | 29:06       |

WOMEN (gun times)

- |   |          |
|---|----------|
| 1. Paula Gonzalez Berodia, C.D.E. Gonzalez Berodia, | 32:36 PB |
| 2. Iris Fuentes Pila Ortiz, Santutxu,               | 33:12    |
| 3. Irene Pelayo Gonzalez, Pielagos Inelecma,        | 34:15    |

### **Azalea Trail Run 10 km (37th)**

Mobile, USA, 22 March

(Certified loop course)

MEN (gun times)

- |                              |          |        |
|------------------------------|----------|--------|
| 1. Julius Kogo, 28, KEN      | 27:58 PB | \$3000 |
| 2. Cleophas Ngetich, 24, KEN | 28:02 PB | 2000   |
| 3. Simon Ndirangu, 28, KEN   | 28:19    | 1000   |
| 4. McDonard Ondara, 29, KEN  | 28:31    | 750    |
| 5. Jacob Chemtai, 26, KEN    | 28:55    | 500    |

## WOMEN (gun times)

1. Janet Bawcom, 35, Flagsataff, AZ 32:03 PB \$3000 + 1000a
2. Sophy Jepchirchir, 20, KEN 32:22 PB 2000
3. Lindsey Scherf, 27, High Falls, NY 32:33 PB 1000
4. Iwona Lewandowska, 29, POL 32:40 PB 750
5. Cynthia Jerop, 19, KEN 33:19 500

**OUTDOOR TRACK****Melbourne Track Classic**

(IAAF World Challenge Series)

Melbourne, AUS, 22 March

## MEN

## 800:

1. Duane Solomon, USA, 1:45.17 WL
2. Joshua Ralph, AUS, 1:45.80 PB
3. Jeff Riseley, AUS, 1:46.15
4. Alexander Rowe, AUS, 1:46.74
5. Jared West, AUS, 1:47.60

## 1500:

1. James Kiplagat Magut, KEN, 3:40.39
2. Joshua Wright, AUS, 3:42.19
3. Hamish Carson, NZL, 3:42.83
4. Collis Birmingham, AUS, 3:44.45

## 5000:

1. Isiah Koech, KEN, 13:29.05 WL
2. Ben St. Lawrence, AUS, 13:46.17
3. Malcolm Hicks, NZL, 13:47.21

## WOMEN

## 800:

1. Eunice Sum, KEN, 2:02.99
2. Georgia Wassall, AUS, 2:03.23
3. Kelly Hetherington, AUS, 2:03.41

## 1500:

1. Mercy Cherono, KEN, 4:08.57
2. Zoe Buckman, AUS, 4:09.59
3. Bridey Delaney, AUS, 4:10.35

**STATS TIME**

This week we include a chronological list of the first eleven sub-60 athletes in the half marathon. The first came in 1993 by Moses Tanui, while Hendrick Ramaala of South Africa became the fifth runner to achieve the feat, on 26 March 2000. Six of the times were run in Lisbon. Nine countries, led by Kenya with 73, have so far produced 104 sub-hour runners. Ethiopia is second with nineteen; no other country has more than three.

**CHRONOLOGICAL LIST OF SUB-60 HALF-MARATHONERS**

1	59:47	Moses Tanui	KEN	1	Milano	3 Apr 1993	2
2	59:56	Paul Tergat	KEN	1	Milano	1 Apr 1995	7

3	59:56	Shem Kororia	KEN	1	Kosice (World Ch)	4 Oct 1997	1
4	59:43A	Antonio Pinto	POR	1	Lisboa	15 Mar 1998	1
5	59:20A	Hendrick Ramaala	RSA	2	Lisboa	26 Mar 2000	2
6	59:31A	Patrick Ivuti	KEN	3	Lisboa	26 Mar 2000	4
7	59:38A	Faustin Baha	TAN	4	Lisboa	26 Mar 2000	1
8	59:51A	William Kiplagat	KEN	5	Lisboa	26 Mar 2000	1
9	59:51A	Tesfaye Tola	ETH	1	København-Malmö	12 June 2000	1
10	59:52	Fabian Roncero	ESP	1	Berlin	1 Apr 2001	1
11	59:40A	Haile Gebrselassie	ETH	1	Lisboa	24 Mar 2002	6

#### RUNNERS WITH MOST SUB-60 PERFORMANCES

1	9	Zersenay Tadese	ERI
2	8	Patrick Makau	KEN
2	8	Deriba Merga	ETH
4	7	Paul Tergat	KEN

Six runners, among them Haile Gebrselassie, are tied with six performances each.

#### THIS MONTH IN HISTORY

##### 29 years ago (exactly): 24 March 1985

Zola Budd received British citizenship in 1984 and had a traumatic experience in that year's Olympic Games in Los Angeles, but on this day stood at the top of the podium when she won the world cross-country title in Lisbon, beating no less a luminary than Ingrid Kristiansen (NOR) by 26 seconds. Other world stars who crossed the finish line in her wake were Cathy Branta (USA), Olga Bondarenko (USSR), Rosa Mota (POR) and Tatyana Pozdnyakova (USSR). Budd's time for the 4990 metres was 15:01. The next year in Neuchâtel she successfully defended her title, this time beating Lynn Jennings (USA).

#### 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	80:18A	George Ntshiliza	Somerset East	22 Mar
	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		

**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	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	1:55:22A	Janette Schierz-Crusius	Somerset East	22 Mar
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, James Evans, Adriaan Cronje

---

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.