

Distance Running Results

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

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Gladys Cherono wins the world half-marathon title in Copenhagen. [David Monti/Race Results Weekly]

EDITORIAL

What a magnificent World Half Marathon it was in Copenhagen on Saturday!

In their best performance in years, South Africa's men finished fourth, and five of the six runners set PBs in excellent conditions on a fast course. The titles went to Kenyans Geoffrey Kamworor in 59:08 and Gladys Cherono in 67:29.

Some highlights:

- Stephen Mokoka finished 12th in a PB 60:47, the 15th fastest time ever by a South African – but seventh on a standard course. He is now the fifth fastest SA athlete ever – third on a standard course. (See all-time list below.)
- Mokoka's time is the fastest by a South African since Hendrick Ramaala ran 60:01 on the aided South Shields course in 2003, and the fastest on a standard course since Ramaala clocked 60:15 in Bristol in 2001.
- Mokoka went through 15 km in 42:49 – 9 seconds faster than the SA record of Meshack Mogotsi and Shadrack Hoff. His time at 20 km, 57:42, is 4 seconds faster than Ramaala's SA record. The latter's half-marathon record of 60:07 is surely within Mokoka's reach.
- Elroy Gelant was 13th in a PB 61:10, the 25th fastest time ever – 12th on a standard course. He is now the 12th fastest athlete ever – 9th on a standard course.
- Lusapho April was 15th in a PB 61:16, the 24th fastest time ever on a standard course, and he is now equal 15th on the all-time performers list (standard courses).
- The South African men totalled 3:03:13 in the team competition – slightly slower than the 3:02:21 of the winning SA team in 1998, but much faster than the 3:06:01 of the team that also won in 1999. The team that was second in 1997 ran 3:03:34. The last time a men's team finished as high as fourth was in 2002.
- René Kalmer, who briefly led the women's elite race in the early stages, finished 27th in a PB 71:53 (she has three faster times on point-to-point downhill courses, headed by 70:13 in South Shields). Her time is the 34th fastest by a South African on a standard course; she is the third quickest SA runner ever.
- Jenna Challenor was 47th in a PB 74:20, which makes her the 20th athlete on the all-time list. Both Challenor (52:35) and Cornelia Joubert (53:53) ran considerably faster than their personal bests at the 15 km mark; Challenor (34:51) was also quicker than her PB at 10 km.

- Joubert faded in the second half to finish 66th in 77:10 after a much too fast start, giving the South Africans a combined time of 3:43:23 and tenth place.
- The Kenyans won both individual titles for the fifth time in history, but the Eritrean men's team snapped the Kenyan victory streak at six (after seven straight silvers!). The Kenyans became the first nation in history to sweep the medals in the women's race and won the team event by a massive margin. And for the eighth time in a row the Japanese women won the bronze medal.

In an e-mail to DRR Kalmer said she was satisfied with her performance, as it is her first sub-72 time since August 2012, but that she did not feel entirely comfortable during the race. She described the team spirit as "fantastic" and the men's team as "a very special group of guys" who were very focused.

Kalmer went through 15 km in 50:36, faster than her personal best of 51:11, after clocking 33:29 at 10 km – her fastest since June 2012. She has recently been appointed Brand Ambassador for *Modern Athlete* and will represent the magazine at various events and activities, feature in the magazine as a guest columnist, and play an integral part in the magazine's new school and corporate wellness programme.

"One of the things I am most looking forward to is the schools programme, given that I used to work as a teacher and really enjoy coaching young athletes," Kalmer said in a media release. "We want to motivate the kids to start exercising, and teach them about nutrition, so it will be a long-term involvement with the schools, and from there we will take it to corporates."



René Kalmer (standing) and Jenna Challenor at the famous Little Mermaid statue in Copenhagen, where both excelled in the World Half Marathon this weekend.
[Photograph supplied]

The South Africans' 5-kilometre splits were (note that Challenor ran the last 1.1 km in the same time as Kalmer):

	5 km	10 km	15 km	20 km	Last 1.1 km
Mokoka	14:30	28:42 (14:12)	42:49 (14:07)	57:42 (14:53)	3:05
Gelant	14:31	28:43 (14:12)	43:08 (14:25)	58:07 (14:59)	3:03
April	14:31	28:42 (14:12)	43:08 (14:26)	58:07 (14:59)	3:09
Kalmer	16:40	33:29 (16:49)	50:36 (17:07)	68:03 (17:27)	3:50
Challenor	17:21	34:51 (17:30)	52:35 (17:44)	70:30 (17:55)	3:50
Joubert	16:59	35:16 (18:17)	53:53 (18:37)	73:01 (19:08)	4:09

The quick running in the Danish capital was not the only outstanding half-marathoning of the weekend: In Berlin another Kenyan, Leonard Patrick Komon, holder of the world records for 10 km and 15 km, ran almost as fast as Kamworor with his 59:14 – the fastest debut half marathon ever. The previous record was held by Moses Mosop with his 59:20 in 2010.

In the EP Half-marathon Championships Margie Saunders ended the month as she had started it by running her second SA grandmaster record of the year to finish fourth in 1:30:53. This followed her 64:22 for 15 km on the first day of the month, while in December last year she had achieved her first national mark with 3:16:32 in the marathon. She now owns the list leaders for 10 km, 15 km and 21.1 km.

Excelent running conditions produced no fewer than seven list leaders in the Tygerberg 30 km, by Graham Katzen, Solle van Rooyen, Muhammed Kriel, Zintle Xiniwe, Ursula Turck, Elmarie Coetzee and Nancy Will.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Jackie Gibson Marathon & Allan Ferguson Half Marathon, Johannesburg
- * Tygerberg 30 km, Parow
- * eDumbe Half Marathon & 10 km, Paulpietersburg
- * Hypersure/Goss & Balfe Dick King Half Marathon, Amanzimtoti
- * Hydrassist Half Marathon, Port Elizabeth
- * Denel Half Marathon & 10 km, Irene
- * Pennypinchers 10 km, George
- * Track: Top Ten Meeting, Bellville

International highlights:

- * Vattenfall Berliner Halbmarathon, Berlin, GER
 - * Carlsbad 5000, Carlsbad, USA
 - * PZU Warsaw Half Marathon, Warszawa, POL
 - * Around the Bay 30 km, Hamilton, CAN
 - * IAAF World Half-marathon Championships, Copenhagen, DEN
 - * Track: Raleigh Relays, Raleigh, USA; Vanderbilt Black & Gold Meet, Nashville, USA; Clyde Littlefield Texas Relays, Austin, USA
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STATS

S.A. ALL-TIME MEN'S HALF-MARATHON LIST

The outstanding running by the three South African men in Copenhagen on Saturday had a welcoming effect on the all-time list, with Stephen Mokoka moving from sixth to fifth, Elroy Gelant shooting up from a lowly 95th to twelfth and Lusapho April going from 32nd to 18th.

59:20A	Hendrick Ramaala	Lisbon	26 Mar 00
59:42A	Ramaala-2	Lisbon	24 Mar 02
60:01A	Ramaala-3	South Shields	21 Sep 03
60:07	Ramaala-4	Kosice	04 Oct 97
60:11A	Matthews Temane	East London	25 Jul 87
60:11A	Zithulele Sinqe	East London	25 Jul 87
60:14A	Ramaala-5	Lisbon	16 Mar 03
60:15	Ramaala-6	Bristol	07 Oct 01
60:23	Gert Thys	Kosice	04 Oct 97
60:24	Ramaala-7	Zurich	27 Sep 98
60:25A	Ramaala-8	South Shields	14 Sep 97
60:26A	Ramaala-9	Lisbon	01 Apr 01
60:37	Thys-2	Zurich	27 Sep 98
60:40	Ramaala-10	Vitry sur Seine	11 Apr 99
60:47	Stephen Lesego Mokoka	Copenhagen	29 Mar 14
60:55A	Thys-3	Lisbon	15 Mar 98
60:56A	Xolile Yawa	East London	25 Jul 87
60:57	Mokoka-2	Cape Town	26 Aug 12
60:58	Lawrence Peu	East London	18 May 91
61:00A	Michael Scout	Salem	16 May 92
61:03	David Tsebe	Durban	21 Jul 90

(9)

61:03	Rami Tsebe (10 athletes; 22 performances)	Durban	21 Jul 90
61:08	Lucky Modike Mohale	Cape Town	26 Aug 12
61:10	Elroy Gelant	Copenhagen	29 Mar 14
61:11	Adam Motlagale	Durban	28 Aug 93
61:11	Shadrack Hoff	Durban	06 Aug 00
61:12	Gladwin Sibabalwe Mzazi	New Delhi	15 Dec 13
61:14	Solomon Namanyane	Durban	22 Jul 89
61:15	Abner Chipu	Durban	09 Aug 98
61:16	Lusapho April	Copenhagen	29 Mar 14
61:17	Frank Poore	(19) Durban	09 Aug 98
61:17A	Jan Tau	East London	25 Jul 87

ROAD RUNNING

Jackie Gibson Marathon (68th) & Allan Ferguson Half Marathon

Johannesburg, 30 March

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 2140 [massively up from 792 last year]; half-marathon – 1670 [up from 1570].)

Note: Siyabonga Dingile (Nedbank) finished first in the marathon, but was disqualified. – Ed.

Marathon

MEN

1 Mpho Ndlovu (Airports Compony) 2:31:34; 2 Bongani Possa (Discovery) 2:34:51; 3 Reginald Ngobese (GS) 2:37:04 (1st vet); 4 James Lesenyane (Std Bank) 2:37:05; 5 Raymond Msiza (Dayveton) 2:41:45.

Veterans: 1 Reginald Ngobese (GS) 2:37:04; 2 Raymond Msiza (Dayveton) 2:41:45; 3 Siphon Ncube (ZIM/Maxed Elite) 2:44:54; 4 Butiki Jantjies (Maxed Elite) 2:47:26; 5 Siphon Dlamini (Callies) 2:50:50. **Masters:** 1 Joseph Morowane (Boksburg) 2:59:35; 2 Themba Phulu (Panorama) 3:00:26; 3 Max Makamu (Cool Running) 3:01:36. **G'masters:** 1 Peter Erasmus (RAC) 3:19:36; 2 Bando Mofokeng (RAC) 3:44:34.

WOMEN

1 Gillian Sieling (Nedbank) 3:08:15 (1st vet); 2 Caroline Wostman (Nedbank) 3:10:59; 3 Sophia Sunberg (Nedbank) 3:11:00; 4 Salome Cooper (Toyota) 3:11:20; 5 Lesley Train (Toyota) 3:16:09.

Veterans: 1 Gillian Sieling (Nedbank) 3:08:15; 2 Lesley Train (Toyota) 3:16:09; 3 Belinda Waghorn (Toyota) 3:24:20; 4 Ronel van Graan (Krugersdorp) 3:26:36; 5 Lindy Benson (BCC) 3:37:53. **Masters:** 1 Rita van Wyk (Boksburg) 3:35:43; 2 Ansa Strydom (New Balance) 3:43:46; 3 Shelley v.d. Spuy (Boksburg) 3:44:53. **G'masters:** 1 Maz Moore (Kayalami) 4:41:18; 2 Frieda Muir (Secunda) 4:49:50.

Half marathon

MEN

1 Derocious Makhobalo (Sports Connection) 66:32; 2 Frik Guys (Nedbank) 66:56; 3 Retsepile Khotle (SCAW) 68:01; 4 Johannes Kekana (Toyota) 68:12 (1st vet); 5 Zongamele Dyubeni (Nedbank) 68:39.

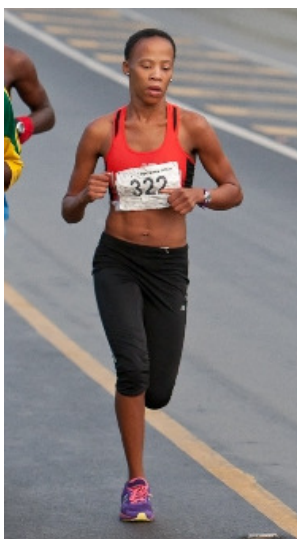
Veterans: 1 Johannes Kekana (Toyota) 68:12; 2 Zongamele Dyubeni (Nedbank) 68:39; 3 Gert Thys (Maxed Elite) 71:34; 4 Edwin Lesudi (Nedbank) 72:27; 5 Elias Mabane (Nedbank) 73:35. **Masters:** 1 Daniel Mothibe (New Balance) 78:25; 2 Morris Ketshe (Harmony

Striders) 80:44; 3 Samuel Mogudi (RAC) 84:25. **G'masters:** 1 Mike Hirst (Striders) 88:46; 2 Don Charles (Nedbank) 93:44.

WOMEN

1 Christine Kalmer (Boxer) 78:04; 2 Mary-Ann Nieuwoudt (RAC) 91:11; 3 Jane Mudau (Nedbank) 92:37 (1st mast); 4 Mphuti Phaka (Born 2 Run) 94:01; 5 Helen Ibbotson (Pirates) 96:27.

Veterans: 1 Pauline Mokoena (Nedbank) 96:46; 2 Sarah Mahlangu (Toyota) 1:44:24; 3 Michelle du Toit (Khosa) 1:45:56; 4 Busisiwe Pakati (SCAW) 1:46:53; 5 Rebecca Lethoko (Sibanye Gold) 1:51:28. **Masters:** 1 Jane Mudau (Nedbank) 92:37; 2 Louise Oosthuizen (Lewensentrum) 1:44:40; 3 Mariet Geyer (Benoni High) 1:46:49. **G'masters:** 1 Elaine Greenblatt (RAC) 1:56:21; 2 Virginia Augustine (RAC) 2:01:53.



Scenes from the Tygerberg 30 km. At left is female winner Zintle Xiniwe, in the centre is masters winner Elmarie Coetzee, and on the right is DRR's Editor flanked by 70+ winner and Two Oceans chief Chet Sainsbury and well-known announcer Harold "The Voice" Berman. [Jasper Coetzee]

Tygerberg 30 km (35th)

Parow, 30 March

(Certified, very hilly loop course. Weather: Cool and overcast, with rain at times, light wind.

Finishers: 1343 [up from 1196 last year].)

Note: Elmarie Coetzee ran her first race as a master here and finished an excellent fourth overall. While she lost her veterans list leader from the Bay to Bay 30 km to Ursula Turck, who finished second, she gained the masters list leader with her 2:13:07 – 5:31 faster than she ran last year. – Ed.

MEN

1. Tom Lusaseni (Itheko) 1:42:13
2. Tsungai Mwanengeni (ZIM/NBMC) 1:44:02 (1st vet)
3. Phumlani Nxusani (Ned) 1:45:54

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 1:44:02; 2. Graham Katzen (Itheko) 1:48:05; 3. Parick Ketelo (NBMC) 1:51:30. **Masters:** 1. Sollie van Rooyen (Worc) 1:59:56; 2. Zama Witvoet (Gugs) 2:03:53; 3. Raymond Howard (Celtic) 2:04:48. **G'masters:** 1. Muhammed Kriel (Ommie) 2:09:56; 2. Albert Williams (Top) 2:20:14; 3. Ivan marais (Ned) 2:27:46. **G/g'masters:** 1. Chet Sainsbury (Celtic) 2:55:14.

WOMEN

1. Zintle Xiniwe (NBMC) 2:01:11
2. Ursula Turck (Strand) 2:09:47 (1st vet)
3. Kutlwano Ramaboa (WC) 2:10:35

Veterans: 1. Ursula Turck (Strand) 2:09:47; 2. Sandra van Graan (Edge) 2:14:13; 3. Adele Waldron (WC) 2:22:37. **Masters:** 1. Elmarie Coetzee (NBMC) 2:13:07; Olga Howard (Celtic) 2:31:38; 3. Miema Murray (ORAK) 2:37:13. **G'masters:** 1. Nancy Will (Pine) 2:44:15; 2. Robin Cherry (Forest) 3:16:20; 3. Nadia Wildes (Celtic) 3:25:30.

eDumbe Half Marathon & 10 km

Paulpietersburg, 30 March

(Distances: 21.1 km & 10 km; point-to-point courses)

Note: The times in these two races look exceptionally fast, even taking into account that the courses are point to point and probably downhill. Also, the name of the female winner in the 10 km, who ran an exceptionally fast time, is totally unknown to DRR. Applying the Race Time Bias (RTB) calculation formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), the 10 km returns a figure of -4.54 sec/km (with the five time comparisons available), while the figure for the half marathon (six comparisons) is -8.40 sec/km. Although the 10 km therefore is just barely within the allowable limit of -5 sec/km and the half marathon exceeds it by a big margin, DRR has reason to believe that both courses are short and/or the timing is suspect. So all these times will be disregarded for statistical lists, unless confirmation is obtained that all rules pertaining to course measurement and timing were in place. – Ed.

Half marathon

MEN

- | | | | |
|----|-----------------|-----------------|-----------------|
| 1. | Kgosi Tsosane | Ind | 63:56 (R10 000) |
| 2. | Munyaradzi Jari | ZIM/Toyota | 64:13 (R7000) |
| 3. | Lebenya Nkoka | LES/Maxed Elite | 64:23 (R5000) |

WOMEN (Same prize money as men)

- | | | | |
|----|-----------------|-------------|-------|
| 1. | Mamorallo Tjoka | LES/Toyota | 76:20 |
| 2. | Lineo Chaka | LES/Nedbank | 77:05 |
| 3. | Rutendo Nyahora | ZIM/Nedbank | 79:19 |

10 km

MEN

- | | | | |
|----|------------------|----------|---------------|
| 1. | Siyabonga Nkonde | Boxer | 29:36 (R3000) |
| 2. | Folavio Sehohle | Nedbank | 29:37 (R2000) |
| 3. | Vuyisile Shoba | Transnet | 29:38 (R1600) |

WOMEN (Same prize money as men)

- | | | | |
|----|--------------------|-------------|-------|
| 1. | Phala Dlanna | Maxed Elite | 33:44 |
| 2. | Nobuhle Tshuma | ZIM | 37:08 |
| 3. | Andronica Mokgotla | Toyota | 38:07 |

Hypersure/Goss & Balfe Dick King Half Marathon (38th)

Amanzimtoti, 30 March

(Distance: 21.1 km; loop course. Finishers: 615.)

Note: The race was not held last year. Cary-Ann Smith repeated her win of 2012. – Ed.

MEN

1.	Perfect Dlamini	Phuma KZN	1:09:49
2.	Mahlomola Sekhongwa	HV	1:14:18
3.	Vusi Mnyandu	Maxed Elite	1:17:38

40-49:

1.	Herbert Mazongolo	Toyota	1:24:37
2.	Paul Eichert	West	1:29:09
3.	Vusi Khuzwayo	Woodview	1:30:47

50-59:

1.	Mike Sutton	YWP	1:34:39
2.	Edmund Luiz	RWFL	1:36:04
3.	Sam Maselela	Stella	1:36:08

60-69:

1.	Les Smith	West	1:45:03
2.	Robin Archer	QBH	1:49:15

Juniors:

1.	Fred Goodhead	SCS	1:30:30
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WOMEN

1.	Cary-Ann Smith	Nedbank	1:29:10
2.	Janene Carey	Boxer	1:31:27
3.	Simone Verster	West	1:36:52

40-49:

1.	Janene Carey	Boxer	1:31:27
2.	Patrica Dammann	ROAG	1:36:08
3.	Lise Muchna	PDAC	1:39:55

50-59:

1.	Debbie de Koning	Eskom	1:45:23
2.	Maria Wareing	Legends	1:46:08
3.	Erica McDonald	HV	1:54:47

60-69:

1.	Sandy Fismer	HH	1:53:32
2.	Pam Rasmussen	QBH	1:57:30

Hydrassist Half Marathon

(EP Half-marathon Championships)

Port Elizabeth, 29 March

(Distance: 21.1 km; loop course. Finishers: 682 [up from 595 last year].)

MEN

1	Zolani	Ngqaqa	Madibaz AC	25	1:06:26
2	Melikhaya	Frans	Nedbank RC EP	22	1:06:58
3	Mzwanele	Maphekula	Malabar AC	37	1:09:42
4	Ricardo	Plaatjies	X-Cel AC	31	1:10:11
5	Sandile	Ngunuza	Nedbank RC EP	31	1:10:30
6	Anele	Maliza	Nedbank RC EP	36	1:10:58
7	Maxwell	Goodman (1 st vet)	Temp	41	1:11:04
8	Mila	Pasiya	Nedbank RC EP	34	1:11:46

9	Melikhaya	Malinga	Tinarha AC	33	1:12:19
10	Mphuthumi	Ngedle	SAPD	36	1:12:55
11	Bulelini	Niwa	PEAAC	28	1:13:57
12	Kgotso	Majara	Ikhamva AC	33	1:13:58
13	Zolile	Mhlahlo	Achilles AAA	39	1:14:35
14	Ryan	Peter	Madibaz AC	20	1:14:49
15	Rooi	Rikhotso	Run For Life EP	30	1:16:21
16	Mzamo	Fokwana	Charlo AC	36	1:16:22
17	Nkosinathi	Gcakasi	Bluewater Bay	43	1:16:32
18	Thobile	Xata	Bluewater Bay	39	1:16:57
19	Mandilakhe	Nel (1 st jun)	Motherwell AC	16	1:17:04
20	Andile	Hlazo	Nedbank RC EP	24	1:17:08

40-44:

1	Maxwell	Goodman	Temp	41	1:11:04
2	Nkosinathi	Gcakasi	Bluewater Bay	43	1:16:32
3	Malibongwe	Mbelu	Run For Life EP	41	1:18:01

45-49:

1	Mutekile	Rasmeni	Nedbank RC EP	49	1:18:51
2	Mzukisi	Klaas	Motherwell AC	45	1:19:04
3	Vernon	Newfeldt	Gelvan AC	48	1:22:05

50-54:

1	Darrell	Wicht	Warriors AC	50	1:18:55
2	Colben	Ngcupe	Motherwell AC	50	1:26:10
3	Bennie	Stadler	Achilles AAA	51	1:26:11

55-59:

1	Leonard	Erasmus	Gelvan AC	56	1:29:36
2	Alan	Taylor	Achilles AAA	56	1:33:34
3	Gerrie	Hermann	Kouga Multi S C	57	1:36:25

60-64:

1	Hannes	Els	Warriors AC	64	1:32:27
2	Sizinzo	Kama	Achilles AAA	62	1:38:22
3	Errol	Rossouw	PEAAC	64	1:46:01

65-69:

1	Hansie	Els	Somerset East	66	1:40:06
2	Syd	Lippstreu	Crusaders AC	66	1:46:24
3	William	Vorster	PEAAC	67	1:52:30

70-74:

1	Godfrey	Kariem	Gelvan AC	73	1:53:32
2	Robin	Clark	Achilles AAA	73	2:34:22
3	Gerald	Scheepers	PEAAC	71	2:43:38

Juniors:

1	Mandilakhe	Nel	Motherwell AC	16	1:17:04
2	Ruan	Jonck	St Albans CS EP	17	1:18:50
3	Sindile	Mgiyo	Ikhamva AC	18	1:27:38

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC EP	32	1:23:24
2	Babalwa	Ngcoko	Nedbank RC EP	26	1:27:42
3	Jane	Barnardo	Body Concept	39	1:27:51
4	Margie	Saunders (1 st g'mast)	Nedbank RC EP	60	1:30:53 (SA rec)
5	Jene	Banfield (1 st vet)	Run For Life EP	43	1:32:41
6	Nokholo	Hlezupondo	SANDF EP	35	1:34:20
7	Michelle	Galloway	Madibaz AC	26	1:34:43
8	Katherine	Van der Walt	Body Concept	38	1:35:59
9	Janette	Schierz-Crusius (1 st mast)	Body Concept	53	1:36:06
10	Terray	Newcombe	Elite AC	23	1:36:13

11	Marisa	Ferraris	Achilles AAA	43	1:36:16
12	Siphokazi	Nojoko	Motherwell AC	19	1:37:01
13	Janine	Gardiner	Charlo AC	32	1:38:23
14	Tiani	Claassen	Despatch AC	23	1:39:08
15	Laura	Maritz	Elite AC	53	1:40:08
16	Priscilla	Dyanty	Nedbank RC EP	40	1:41:32
17	Terri-Lynn	Penney	Run For Life EP	36	1:41:41
18	Camarin	Van Eyk	Nedbank RC EP	31	1:41:46
19	Maresa	Ah Kun	Bluewater Bay	38	1:42:52
20	Claire	Nagel	Elite AC	49	1:44:17

40-44:

1	Jene	Banfield	Run For Life EP	43	1:32:41
2	Marisa	Ferraris	Achilles AAA	43	1:36:16
3	Priscilla	Dyanty	Nedbank RC EP	40	1:41:32

45-49:

1	Claire	Nagel	Elite AC	49	1:44:17
2	Gail	Klichowicz	Achilles AAA	47	1:46:12
3	Judy	Beens	Charlo AC	47	1:49:48

50-54:

1	Janette	Schierz-Crusius	Body Concept	53	1:36:06
2	Laura	Maritz	Elite AC	53	1:40:08
3	Nurunnisa	Madatt	Malabar AC	51	1:53:52

55-59:

1	Suzanne	Lavis	PEAAC	55	1:54:17
2	Amanda	Wolmarans	Walmer AC	55	1:55:42
3	Marietjie	Pietersen	Achilles AAA	57	1:56:30

60-64:

1	Margie	Saunders	Nedbank RC EP	60	1:30:53
2	Cathy	Ives	Achilles AAA	60	1:52:31
3	Mariana	Linstrom	Rand AC	60	1:59:02

65-69:

1	Liz	Grundlingh	Muirite Striders	67	2:00:51
2	Denise	Terblanche	Walmer AC	66	2:21:39
3	Pat	Scheepers	PEAAC	65	2:29:17

70-74:

1	Orgia	Nell	Muirite Striders	70	2:36:48
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Juniors:

1	Megan	Wilson	Charlo AC	18	1:44:55
2	Marika	Marais	St Albans CS EP	16	2:02:36
3	Rebecca	Meyer	Madibaz AC	18	2:19:01

Denel Half Marathon & 10 km

Irene, 29 March

(Distances: 21.1 km & 10 km; loop courses)

Half marathon**MEN**

1. Lucky Mtshali (Elim) 1:11:00
2. Kau Maruma (ADT) 1:11:15
3. William Chinyanga (ZIM/Ned) 1:11:52

Veterans: 1. Meshack Monareng (PO) 1:20:05. **Masters:** 1. Johannes Liebenberg (Irene) 1:38:58. **G'masters:** 1. John Woodnutt (Morning) 1:35:04. **G/g'masters:** 1. Patrick Mafilika (Ned) 1:48:24. **Juniors:** 1. Thendo Rambau (Ind) 1:27:20.

WOMEN

1. Zelda Breytenbach (Irene) 1:35:53 (1st vet)
2. Mariska Buys (NB) 1:36:20
3. Anna Haw (Over) 1:36:35

Veterans: 1. Zelda Breytenbach (Irene) 1:35:53. **Masters:** 1. Ansa Strydom (NB) 1:41:51. **G'masters:** 1. Olga Smit (Affies) 2:14:14. **G/g'masters:** 1. Deirdre Larkin (RH) 2:30:56. **Juniors:** 1.

10 km

MEN

1. Paulos Radebe (Olifants) 30:24
2. Clinton Swanepoel (UJ) 31:36
3. Altus Badenhorst (Ned) 33:40

Veterans: 1. Elias Mabane (Ned) 34:10. **Masters:** 1. Francis Mukuka (ZAM/Phob) 36:52. **G'masters:** 1. Mike du Bruto (Irene) 41:41. **G/g'masters:** 1. Charles Stewart (Phob) 54:42. **Juniors:** 1. Dylan van der Merwe (Marais Viljoen) 33:44.

WOMEN

1. Myrette Filmalter (Ned) 36:30
2. Sophia Sunberg (Ned) 40:21
3. Ketshoketswe Lechaba (Elim) 40:40

Veterans: 1. Maryna Meets (Phob) 52:41. **Masters:** 1. Jane Mudau (Ned) n/t. **G'masters:** 1. Vollie Spies (Tuks) 53:26. **G/g'masters:** 1. Mavis Stadler (Agape) 62:23. **Juniors:** 1. Nicole van der Merwe (Marais Viljoen) 42:32.

Pennypinchers 10 km

George, 22 March

(Finishers: 102 [up from 90 last year])

Note: A repeat win for Lloyd Bosman, while Kirsty Weir moved from second last year to first this time. – Ed.

MEN

1	Lloyd Bosman	Nedbank	26	30:14
2	Elfonzo Pieterse	Nedbank	25	32:22
3	Heinrich Sauls	De Rust Strider	23	33:02
4	Donavan Jantjies	Rainbow	17	34:18
5	Melikhaya Msizi	Knysna Marathon	30	35:07
6	Selwyn Losper	Mosselbay Harri	49	35:09
7	Keith Clark	Outeniqua Harri	39	36:14
8	Rodney Halom	Outeniqua Harri	30	36:24
9	Marlon Mortlock	Knysna Marathon	40	37:12
10	Thabo Neapayi	Nedbank	32	37:16

WOMEN

1	Kirsty Weir	Nedbank	36	40:57
2	Sanet Brits	Nedbank	54	42:19
3	Cecilia Nel	Hartenbos Draww	32	43:19
4	Renee Moll	Nedbank	43	43:42
5	Charmaine Lamprecht	Nedbank	30	44:46
6	Elmari du Plessis	Hartenbos Draww	28	46:28
7	Jana Duvenhage	Ind	15	47:47
8	Rea Oosthuizen	Hartenbos Draww	67	48:08

9	Brgitte Janse van Vuuren	Ind	39	49:33
10	Ad Cole	Knysna Marathon	46	55:05

TRACK

Top Ten Meeting

Bellville, 29 March

MEN

800:

1	JOSHUA, Nurdeen	SPAC	2:14.79
2	GRANT, Sheridan	UCT	2:18.12

1500:

1	GRANT, Sheridan	UCT	4:27.97
2	BLACK, JONATHAN	UCT	4:28.74
3	NURDEEN, Joshua		4:47.15

3000:

1	PAULSEN, Emiele	NBMC	8:57.91
2	GRIFFITHS, Ryan	UCT	10:35.87

3000 s/chase:

1	VAN DER MERWE, SAMUEL BELL		6:17.11
---	----------------------------	--	---------

WOMEN

1	VAN DEVENTER, Icarien	TNLK	2:19.16
2	LELIEVELD, Logan	EAC	2:46.26
3	VAN DER WALT, Saret	NBMC	3:03.65
4	WESSELS, Karen	NBMC	3:37.20

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

Vattenfall Berliner Halbmarathon (34th)

Berlin, GER, 30 March

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

MEN (gun times)

1.	Leonard Patrick Komon, KEN	59:14 DB € 5000
	[13:39 / 27:40 / 41:44]	
2.	Abraham Cheroben, KEN	59:14 PB 2500
3.	Richard Mengich, KEN	1:00:17 1500
4.	Sylas Kimutai, KEN	1:00:17 1000
5.	Daniel Chebii, KEN	1:00:40 800
6.	John Kipkoech, KEN	1:01:38 700
7.	Peter Matelong, KEN	1:01:57 600
8.	Lucas Rotich, KEN	1:01:57 500
9.	Hosea Kiplagat, KEN	1:02:09 400
10.	Eliud Kiplagat, KEN	1:02:11 300

WOMEN (gun times)

- | | | |
|-----------------------------|------------|--------|
| 1. Tadelech Bekele, ETH | 1:10:05 DB | € 5000 |
| 2. Agnes Mutune, KEN | 1:10:13 | 2500 |
| 3. Sabrina Mockenhaupt, GER | 1:11:43 | 1500 |
| 4. Maja Neuenschwander, SUI | 1:12:43 PB | 1000 |
| 5. Alice Kibor, KEN | 1:13:15 | 700 |

Carlsbad 5000 (29th)

Carlsbad, USA, 30 March

(Distance: 5 km; multi-loop certified course)

ELITE MEN (gun times)

- | | | |
|-------------------------------|--------------|----------|
| 1. Dejen Gebremeskel, ETH | 13:13 | \$ 5,000 |
| 2. Bernard Lagat, USA | 13:19 DB/NR* | 11,000*a |
| 3. Augustine Choge, KEN | 13:22 DB | 2,000 |
| 4. Edwin Kipyego, KEN | 13:26 DB | 1,000 |
| 5. Diego Estrada, Salinas, CA | 13:31 PB | 2,300a |
| ... 7. Tariku Bekele, ETH | 13:45 | 500 |

ELITE WOMEN (gun times)

- | | | |
|--|----------|---------|
| 1. Julia Bleasdale, GBR | 15:06 PB | \$5,000 |
| 2. Betsy Saina, Flagstaff, AZ (KEN) | 15:21 PB | 3,500 |
| 3. Etalemhu Habtewold, ETH | 15:23 PB | 2,000 |
| 4. Brenda Martinez, Rancho Cucamonga, CA | 15:24 PB | 3,500a |
| 5. Amy Van Alstine, Flagstaff, AZ | 15:30 PB | 2,300a |
| ... 7. Jordan Hasay, Portland, OR | 15:41 DB | 1,750a |
| 8. Jen Rhines, Lexington, MA | 16:03 | 1,400a |

PZU Warsaw Half Marathon (9th)

Warszawa, POL, 30 March

(Distance: 21.1 km; loop course)

MEN (gun times)

- | | |
|--------------------------------------|------------|
| 1. Victor KIPCHIRCHIR, 1987, KEN | 1:00:48 CR |
| 2. Moses BOWEN, 1991, KEN | 1:01:55 PB |
| 3. Peter Kariuki WANJIRU, 1982, KEN | 1:02:01 PB |
| 4. Milton Kiplagat ROTICH, 1986, KEN | 1:02:15 |
| 5. Merkebu BIRKE, 1988, ETH | 1:03:04 |

WOMEN

- | | |
|-------------------------------------|---------------|
| 1. Polline Wanjiku NJERU, 1988, KEN | 1:09:06 PB/CR |
| 2. Ware SHURE, 1996, ETH | 1:11:22 PB |
| 3. Svetlana KUDELICH, 1987, BLR | 1:11:49 PB |
| 4. Hellen Mzembi MUSYOKA, 1987, KEN | 1:11:56 |
| 5. Svitlana STANKO, 1976, UKR | 1:12:09 PB |

Around the Bay 30 km (117th)

Hamilton, CAN, 30 March

MEN (extended gun times)

- | | | |
|--|-----------|----------|
| 1. Paul Kimugul, Toronto, CAN (KEN) | 1:35:34.6 | CAD 4000 |
| 2. Kip Kangogo, Lethbridge, CAN (KEN) | 1:37:35.7 | 2000 |
| 3. Josephat Onger, Burlington, CAN (KEN) | 1:39:42.4 | 1000 |

WOMEN (extended gun times)

1. Krista Duchene, Brantford, CAN 1:47:13.3 CAD 4000
2. Lisa Avery, Orillia, CAN 1:55:19.7 2000
3. Sarah Nagy, Newmarket, CAN (40+) 1:57:57.9 1000 + 500m

m) Earned masters prize money

IAAF World Half-marathon Championships (22nd)

Copenhagen, DEN, 29 March

(Distance: 21.1 km; IAAF-certified, flat, one-loop course with negligible start/finish separation)

MEN (gun times)

Teams (score 3 athletes on total time): 1. ERI, 2:58:59 (\$15,000); 2. KEN, 2:59:38 (\$12,000); 3. ETH, 3:00:48 (\$9000); 4. **RSA**, 3:03:13 (\$7500); 5. UGA, 3:04:39 (\$6000); 6. JPN, 3:05:45 (\$3000); 7. USA, 3:06:18; 8. BRN, 3:06:27; 9. FRA, 3:07:28; 10. ESP, 3:08:01.

Individual Finishers:

1. Geoffrey Kipsang, 1992, KEN 59:08 WL Gold \$30,000
[14:30 / 28:41 / 42:26 (13:45) / 56:13 (13:47)]
2. Samuel Tesgay, 1988, ERI 59:21 PB Silver 15,000
[14:30 / 28:41 / 42:26 (13:45) / 56:21 (13:55)]
3. Guye Adola, ETH 59:21 PB Bronze 10,000
[14:31 / 28:42 / 42:27 (13:45) / 56:20 (13:53)]
4. Zersenay Tadese, 1982, ERI 59:38 7,000
5. Nguse Amlosom, 1986, ERI 1:00:00 5,000
6. Wilson Kiprop, 1987, KEN 1:00:01 3,000
7. Ghirmay Ghebreslassie, 1995, ERI 1:00:10
8. Samsom Gebreyohannes, 1992, ERI 1:00:13 PB
9. Adugna Tekele, 1989, ETH 1:00:15 PB
10. Kenneth Kipkemoi, 1984, KEN 1:00:29
11. Geofrey Kusuro, 1989, UGA 1:00:41 PB
12. Stephen Mokoka, 1985, **RSA** 1:00:47 PB
13. Elroy Gelant, 1986, **RSA** 1:01:10 PB
14. Bonsa Dida, 1995, ETH 1:01:12 PB
15. Lusapho April, 1918 **RSA** 1:01:16 PB
16. Polat Kemboi Arikan, 1990, TUR 1:01:22 NR
17. Ayad Lamdassem, 1981, ESP 1:01:22 PB
18. Masato Kikuchi, 1990, JPN 1:01:23
19. Fikre Assefa, 1989, ETH 1:01:30 PB
20. El Hassane Ben Lkhainouch, 1981, FRA 1:01:31 PB
21. Josphat Boit, 1983, USA 1:01:33 PB
22. Simon Cheprot, 1993, KEN 1:01:37
23. Isaac Korir, 1990, BRN 1:01:40 PB
24. Robert Chemosin, 1989, KEN 1:01:43
25. Alemu Bekele, 1990, BRN 1:01:46 PB
26. Daniel Rotich, 1992, UGA 1:01:56
27. Daniele Meucci, 1985, ITA 1:01:57
28. Shogo Nakamura, 1992, JPN 1:01:57 PB
29. Moses Kibet, 1991, UGA 1:02:02 PB
30. Paul Pollock, 1986, IRL 1:02:10 PB
31. James Kibocha Theuri, 1978, FRA 1:02:11
32. Wissem Hosni, 1985, TUN 1:02:11
33. Tyler Pennel, 1987, USA 1:02:20
34. Abdi Hakin Ulad, 1991, DEN 1:02:24

35. Matt Llano, 1988, USA	1:02:25
36. Hiroto Inoue, 1993, JPN	1:02:25
37. Jose Antonio Uribe, 1986, MEX	1:02:26 PB
38. Javier Guerra, 1983, ESP	1:02:27 PB
39. Shadrack Biwott, 1985, USA	1:02:28
40. Mikael Ekvall, 1989, SWE	1:02:29 NR
41. Felicien Muhitira, 1994, RWA	1:02:31 PB
42. Raoud Boubaker, 1988, TUN	1:02:41 PB
43. Bekir Karayel, 1982, TUR	1:02:48 PB
44. Urige Buta, 1982, NOR	1:02:50
45. Simone Gariboldi, 1987, ITA	1:02:51 PB
46. Fernando Cabada, 1982, USA	1:02:54
47. Alexis Nizeyimana, 1990, RWA	1:02:55
48. Abdullah Abdulaziz Aljoud, 1975, KSA	1:02:58 NR
49. Oscar Ceron, 1983, MEX	1:02:58 PB
50. Aweke Ayalew, 1993, BRN	1:03:01 PB

WOMEN (gun times)

Teams (score 3 athletes on total time): 1. KEN, 3:23:05 (\$15,000); 2. ETH, 3:27:05 (\$12,000); 3. JPN, 3:31:33 (\$9000); 4. ITA, 3:31:57 (\$7500); 5. USA, 3:32:48 (\$6000); 6. FRA, 3:36:21 (\$3000); 7. CHN, 3:37:43; 8. ERI, 3:41:58; 9. NOR, 3:42:43; 10. **RSA**, 3:43:23.

Individual Finishers:

1. Gladys Cherono, 1983, KEN	1:07:29	Gold \$30,000
[16:14 / 32:14 / 48:08 (15:54) / 64:04 (15:56)]		
2. Mary Wacera Ngugi, 1988, KEN	1:07:44 PB	Silver 15,000
[16:14 / 32:15 / 48:08 (15:53) / 64:15 (16:07)]		
3. Selly Kaptich, 1985, KEN	1:07:52 PB	Bronze 10,000
[16:14 / 32:14 / 48:08 (15:54) / 64:16 (16:08)]		
4. Lucy Kabuu, 1984, KEN	1:08:37	7,000
5. Mercy Jerotich Kibarus, 1984, KEN	1:08:42	5,000
6. Netsanet Gudeta, 1991, ETH	1:08:46 PB	3,000
7. Christelle Daunay, 1974, FRA	1:08:48	
8. Valeria Straneo, 1976, ITA	1:08:55	
9. Tsehay Desalegn, 1992, ETH	1:09:04 PB	
10. Genet Yalew, 1992, ETH	1:09:15 PB	
11. Krisztina Papp, 1982, HUN	1:10:08	
12. Mame Feyisa, ETH	1:10:08 PB	
13. Annie Bersagel, 1983, USA	1:10:10 PB	
14. Lauren Kleppin, 1988, USA	1:10:16 PB	
15. Sayo Nomura, 1989, JPN	1:10:18	
16. Hirut Alemayehu, ETH	1:10:25 PB	
17. Risa Takenaka, 1990, JPN	1:10:30	
18. Alyson Dixon, 1978, GBR	1:10:38 PB	
19. Reia Iwade, 1994, JPN	1:10:45	
20. Karolina Bjerkeli Grøvdal, 1990, NOR	1:10:53	
21. Alessandra Aguilar, 1978, ESP	1:10:56 PB	
22. Veronica Inglese, 1990, ITA	1:10:57 PB	
23. Lisa Stublic, 1984, CRO	1:11:09	
24. Chieko Kido, 1990, JPN	1:11:17	
25. Souad Ait Salem, 1979, ALG	1:11:23	
26. Gladys Tejeda, 1985, PER	1:11:24	
27. René Kalmer, 1980, RSA	1:11:53	
28. Jia Chaofeng, 1988, CHN	1:11:59	
29. Nadia Ejjafini, 1977, ITA	1:12:05	
30. Alexandra Louison, 1982, FRA	1:12:06	

31. Letekidan Gebreaman, 1994, ERI	1:12:13 PB
32. Isabellah Andersson, 1980, SWE	1:12:16
33. He Yinli, 1988, CHN	1:12:18
34. Clara Santucci, 1987, USA	1:12:22 PB
35. Barkahoom Drici, 1989, ALG	1:12:34
36. Mattie Suver, 1987, USA	1:12:42
37. Luula Berhane, 1994, ERI	1:12:45 PB
38. Fatna Maraoui, 1977, ITA	1:12:50
39. Jessica Petersson, 1977, DEN	1:12:52 PB
40. Susan Partridge, 1980, GBR	1:13:16
41. Veronica Perez, 1979, ESP	1:13:26 PB
42. Zhang Yingying, 1990, CHN	1:13:26
43. Linet Chebet, 1992, UGA	1:13:28 PB
44. Wendy Thomas, 1979, USA	1:14:07
45. Leila Luik, 1985, EST	1:14:18
46. Liina Luik, 1985, EST	1:14:18 PB
47. Jenna Leigh Challenor, 1981, RSA	1:14:20 PB
48. Rina Yamazaki, 1988, JPN	1:14:20
49. Veronika Vrennhovd Blom, 1990, NOR	1:14:22 PB
50. Zhang Meixia, 1991, CHN	1:14:24
... 52. Lavinia Haitope, 1990, NAM	1:14:42
... 58. Elvan Abeylegesse, 1982, TUR	1:15:58
... 66. Cornelia Joubert, 1988, RSA	1:17:10

OUTDOOR TRACK

Raleigh Relays

Raleigh, USA, 28-29 March

WOMEN

5000 (28):

Section A -

1. Sarah Crouch, Zap Fitness	15:53.39 PB
2. Agata Strausa, SR, Florida (LAT)	16:01.01 PB
3. Melissa Salerno, New Balance	16:07.71 PB

Section B -

1. Cleo Whiting, FR, Penn	16:45.22 PB
2. Lily Harrington, SO, Brown	16:47.65 PB
3. Elyssa Gensib, SO, Penn	16:51.99
... 5. Letitia Saayman, JR, Coastal Carolina (RSA)	16:56.02 PB

Vanderbilt Black & Gold Meet

Nashville, USA, 28-29 March

MEN

800 (29):

1. David Mokone, SR Western Kentucky (RSA), 1:52.77; 2. Erick Kigen, JR Belmont (KEN), 1:52.80; 3. Joshua Sabo, JR Ohio State 1:54.77.

1500: Invitational Section (29) - 1. David Mokone, SR Western Kentucky (RSA), 3:48.48; 2. Erick Kigen, JR Belmont (KEN), 3:49.59; 3. Joshua Sabo, JR Ohio State, 3:49.79.

Clyde Littlefield Texas Relays (87th)

Austin, USA, 26-29 March

MEN

800:

Invitational Section (27) -

- | | |
|--------------------------------|----------------|
| 1. Leo Manzano, Unattached | 1:47.34 FR/MR* |
| 2. James Gilreath, Unattached | 1:47.63 |
| 3. Duncan Phillips, Unattached | 1:47.82 PB |

Mile:

Jerry Thompson Invitational Mile (29) -

- | | |
|---|------------|
| 1. Peter van der Westhuizen, Unattached (RSA) | 4:04.45 |
| 2. Henry Lelei, Unattached (KEN) | 4:04.65 PB |
| 3. Martin Casse, SR - UT-Pan American (FRA) | 4:05.14 PB |

STATS TIME

With some great half-marathon running in Europe this past weekend, here is a an all-time list for men and women, showing the top ten athletes in both (with the top twelve times for men and fourteen for women). South Africans Hendrick Ramaala and Elana Meyer are 30th and twelfth respectively. Meyer's career best of 66:44 in 1999 was a world record; she had set three more global records earlier: 67:59 in 1991, 67:36 in 1997 and 67:29 in 1998.

HALF MARATHON ALL-TIME LISTS FOR MEN & WOMEN**MEN**

1	58:23#	Zersenay Tadese	ERI	1	Lisbon	21 Mar 10
2	58:30	Tadese		1	Lisbon	20 Mar 11
3	58:33#	Samuel Wanjiru	KEN	1	The Hague	17 Mar 07
4	58:41	Bernard Koech	KEN	1	San Diego	02 Jun 13
5	58:46	Mathew Kisorio	KEN	1	Philadelphia	18 Sep 11
6	58:47	Atsedu Tsegay	ETH	1	Prague	31 Mar 12
7	58:48	Sammy Kitwara	KEN	2	Philadelphia	18 Sep 11
8	58:52	Patrick Makau	KEN	1	Ras Al Khaimah	20 Feb 09
9	58:53#	Wanjiru		1	Ras Al Khaimah	09 Feb 07
10=	58:54	Stephen Kibet	KEN	1	The Hague	11 Mar 12
10=	58:54	Geoffrey Kipsang	KEN	1	Ras Al Khaimah	15 Feb 13
12	58:55#	Haile Gebrselassie	ETH	1	Tempe	15 Jan 06
...						
54	59:20A	Hendrick Ramaala*	RSA	2	Lisbon	26 Mar 00

#) World record

*) 30th athlete**WOMEN**

1	65:12#	Florence Kiplagat	KEN	1	Barcelona	16 Feb 14
2	65:40A	Paula Radcliffe	GBR	1	South Shields	21 Sep 03
3	65:44A	Susan Chepkemei	KEN	1	Lisbon	01 Apr 01
4	65:45A	Prisach Jeptoo	KEN	1	South Shields	15 Sep 13
5	65:50#	Mary Keitany	KEN	1	Ras Al Khaimah	18 Feb 11
6=	66:09	Lucy Kabuu Wangui	KEN	1	Ras Al Khaimah	15 Feb 13
6=	66:09A	Meseret Defar	ETH	2	South Shields	15 Sep 13
8	66:11	Jeptoo		2	Ras Al Khaimah	15 Feb 13
9	66:25#	Lornah Kiplagat	NED	1	Udine (WC)	14 Oct 07
10	66:27	Rita Jeptoo	KEN	3	Ras Al Khaimah	15 Feb 13

11	66:34A	L. Kiplagat		2	Lisbon	01 Apr 01
12	66:36A	Keitany		1	Birmingham (WC)	11 Oct 09
13	66:38	F. Kiplagat		1	Rome-Ostia	26 Feb 12
14	66:40^	Ingrid Kristiansen	NOR	1	Sandnes	05 Apr 87
...						
16	66:44#	Elana Meyer*	RSA	1	Tokyo	15 Jan 99

#) World record

^) Uncertain course measurement

*) 12th athlete

THIS MONTH IN HISTORY

10 years ago: 14 March 2004

South African marathon record holder Gert Thys scored his second win in a row in the Seoul International Marathon, running 2:07:06 for a race record. Wilson Kipsang (KEN) was 37 seconds behind Thys (and also faster than the previous record), with Mbarak Hussein (KEN) third in 2:08:10. Thys, who in 1999 had become the first man to achieve three career sub-2:08 times, would win again in 2006 for his third victory, albeit in the much slower time of 2:10:40. The Seoul race has had 69 runnings, and in 2001 Josiah Bembe had become the first South African to win it.

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	60:47	Stephen Mokoka	Copenhagen	29 Mar
	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	68:12	Johannes Kekana	Johannesburg	30 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	1:48:05	Graham Katzen	Parow	30 Mar
	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	1:59:56	Sollie van Rooyen	Parow	30 Mar
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	2:09:56	Muhammed Kriel	Parow	30 Mar
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	71:53	René Kalmer	Copenhagen	29 Mar
	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	2:01:11	Zintle Xiniwe	Parow	30 Mar
	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	2:09:47	Ursula Turck	Parow	30 Mar
	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	Somerses East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 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	1:30:53	Margie Saunders	Port Elizabeth	29 Mar
25 km	2:11:05A	Jenny Scott	Pinetown	26 Jan
30 km	2:44:15	Nancy Will	Parow	30 Mar
Marathon	4:18:07	Vollie Spies	Pretoria	23 Feb
	3:45:33A	Wendy Fitzmaurice	East London	01 Mar
100 km				

Juniors

10 km	37:25	Pamela Moyikwa	Athlone	08 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	69:03	Nthuseng Lolwana	Constantia	11 Jan

21.1 km	49:40	Ines Chenonge (KEN) 2001	Pietermaritzburg	23 Feb
	87:07	Jenet Dlamini		
	1:09:05	Delilah Asiago (KEN) 1991		

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