

Distance Running Results

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

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EDITORIAL

The first race of the Spar Grand Prix Series for the year was held in warm, somewhat muggy conditions in Cape Town yesterday, with a huge turnout.

South Africa's two star half-marathon runners in Copenhagen last weekend, René Kalmer and Jenna Challenor, both found their legs a little wanting after only a week's rest. Kalmer, who has won a total of 27 Spar Grand Prix races during her career, said her legs "had nothing in them" after finishing eighth in 34:37 – more than a minute slower than she ran for the distance in the IAAF World Half-

Above left: The first three in the Spar 10 km, Nolene Conrad, Lebo Phalula (centre) and Gezashigh Gameda. [Reg Caldecott]
Above right: Christine Kalmer metres away from the finish for her 7th place.
Left: René Kalmer (in her new Modern Athlete kit), Zintle Xiniwe and Jenna Challenor finished in this order. [Jasper Coetzee]

marathon Championships in the Danish capital. She was beaten by one second by sister

Christine, who clocked 34:36. Challenor finished tenth in 34:40.

The race, the first in the series of five, was won – somewhat surprisingly – by Lebo Phalula, whose 33:03 missed her personal best (from 2008!) by 2 seconds. Both Gezashigh Hunduma Gameda (33:12) and Nolene Conrad (33:28) in the next two positions ran PBs. In addition to Phalula, the winners in the age groups for 40-49 (Ronel Thomas), 50-59

(Elmarie Coetzee) and juniors (Annie Bothma) all ran list leaders. Coetzee is still unbeaten in the masters category after also having won the Tygerberg 30 km last weekend.

In Paris Kenenisa Bekele's marathon debut was a big success (see Stats below and results later in the issue). He not only won the race by a huge margin, reports *Race Results Weekly*, but also broke Stanley Biwott's course record. "I had no marathon experience before today and it was very tough," Bekele said. "But I ran the time that I expected. After 25 kilometers I pushed on alone. My hamstring was cramping after 25 km to 30 km so I was a bit worried and it was very tough, but it was okay in the end."

In the Prague Half Marathon Gladwin Mzazi finished twelfth in 61:55, while Tanith Maxwell was sixth in the Brighton Marathon in 2:43:34.

The winner of the eDumbe 10 km, whose name was given as Phala Dlanna in the results published last week, was in fact the well-known Diana Lebo Phalula.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series 10 km, Cape Town
- * Spar Corridor Half Marathon, Ixopo to Umzimkulu
- * Leapfrog Gordon's Bay Half Marathon, Gordon's Bay
- * Ford Motor Corp Half Marathon & 10 km, Pretoria
- * XC: KZN League Meeting, Durban
- * Track: North West North Masters Championships, Rustenburg

International highlights:

- * Brighton Marathon, Brighton, GBR
 - * Parelloop 10 km, Brunssum, NED
 - * Schneider Electric Marathon de Paris, Paris, FRA
 - * Credit Union Cherry Blossom 10-Mile Washington, USA
 - * Sportissimo Prague Half Marathon, Praha, CZE
 - * Cooper River Bridge Run, Charleston, USA
 - * Track: Stanford Invitational, Palo Alto, USA
-

NEWS

RENÉ KALMER GETS SIX MORE S.A. TITLES

By Riël Hauman

No, she didn't win them all this past week after her great run in the World Half Marathon. And yes, while the heading is strictly correct, she has had them for a long time. They were just not counted.

When I wrote an article about "South Africa's queen of distance running" for the 2013 edition of the *SA Athletics Annual*, I wrote that she had won 33 national titles on all three surfaces – three more than Elana Meyer. In 2013 she added the half-marathon crown to bring the tally to 34.

Her first title, the article stated, was in the u.17 1500 metres in 1996; that year she also first represented South Africa as a junior in the World Cross-country Championships. She was only fifteen then.

While compiling statistics for the Old Mutual Two Oceans Media Guide these past two weeks, I uncovered six more SA titles that she had won prior to 1996. This brings her total to a remarkable 40.

The six "new" titles were the u.15 cross-country in 1995, u.24 1500 m and 5000 m in 2000, u.23 1500 m in 2001 and u.23 1500 m and 5000 m in 2002.

Of the 40 titles, 26 were on the track, eight on the road and six in cross-country.

A unique feature of her career is the unprecedented string of 27 victories in the Spar Grand Prix Series for women, stretching from her first win in 1998 to the most recent in August 2012.

STATS

BEKELE RUNS 7TH FASTEST DEBUT OF ALL TIME

Kenenisa Bekele's long-awaited marathon debut in Paris this weekend, which resulted in a French all-comers record of 2:05:04, puts him seventh on the list of fastest debut marathons ever (sixth on a standard course). Of the six runners ahead of him on the list, only Dennis Kimetto has been able to improve on his debut time, from 2:04:16 to 2:03:45.

The list below has been compiled by Ken Nakamura. Times in bold are an improvement on the debut performance in either the second or subsequent marathon.

	Time	Name	Nation	Age	Pos	Venue	Date	2 nd marathon	PB
1	2:03:06*	Moses Mosop	KEN	25	2	Boston	18 Apr 11	2:05:37	2:03:06
2	2:04:16	Dennis Kimetto	KEN	28	2	Berlin	30 Sept 12	2:06:50	2:03:45
3	2:04:23	Ayele Abshero	ETH	21	1	Dubai	27 Jan 12	DNF	2:04:23
4	2:04:32	Tsegaye Mekonnen Asefa	ETH	18	1	Dubai	24 Jan 14	None yet	2:04:32
5	2:04:45	Lelisa Desisa	ETH	23	1	Dubai	25 Jan 13	2:10:22	2:04:45
6	2:04:53	Bernard Koech	KEN	25	5	Dubai	25 Jan 13	DNF	2:04:53
7	2:05:04	Kenenisa Bekele	ETH	31	1	Paris	5 Apr 14	None yet	2:05:03
8	2:05:27	Tilahun Regassa	ETH	22	3	Chicago	7 Oct 12	2:05:38	2:05:27
9	2:05:30	Eliud Kipchoge	KEN	28	1	Hamburg	21 Apr 13	2:04:05	2:04:05
10	2:05:50	Evans Rutto	KEN	25	1	Chicago	12 Oct 03	2:06:19	2:05:50

*) Aided course

VIEWPOINT

HOW *NOT* TO MAKE KIDS LOVE ATHLETICS

By Riël Hauman

Last year, under the heading "How *not* to conduct an athletics meeting", I wrote about the poor organisation that hampers schools meetings in the Western Province, with particular reference to the previous weekend's Northern Zone Championships.

This year's meeting, held a few weeks ago, was not much better, but here I would like to concern myself with the past weekend's SA Junior, Youth, Sub-youth and U.23 Championships, which were held in Stellenbosch in glorious weather.

But the glorious weather did not always reflect the standard of organisation. Although, in contrast with the last time the senior national meeting was held in Stellenbosch last year, there was a decent programme (albeit without the names of the competitors) and a list of records, the main problem with the distance events was the lack of information about qualifying procedures from heats to finals.

No amount of querying with the officials or even team managers could uncover this vital bit of information that athletes need to prepare themselves for a final.

In many cases athletes were only notified whether they had qualified for a final a few hours before they had to run. In the most extreme cases athletes who ran in the heats of the 800 metres on Thursday could only confirm that they had qualified for the final after 08:00 on Saturday – less than five hours before the finals!

The question is: How on earth can an athlete be motivated for what would be the most important race of his/her season in this way? Surely this information is known before the meeting even starts, and should be conveyed to the team managers? At the very least it

should be conveyed to the athletes when called up for their heats so that they know how to run their race?

Before the start of the 3000 m steeplechase for junior men the hurdles could not be changed to the correct height because of a malfunction of the apparatus, and after officials had worked on it with a hammer and other tools for twenty minutes or so without success, the race was abandoned (with the athletes already on the track for a while). Another of the hurdles was lying on the infield in pieces.

Surely all equipment should be tested in the days before such an important meeting to see that everything is working properly?

In one of the other distance heats athletes were taken onto the track and made to stand on the starting line for 10-15 minutes – only to be told then that they would all go straight to the final.

As one parent said: "How does one motivate an athlete with this kind of organisation?"

It was, after all, the SA Championships. Surely the athletes deserve better?

ROAD RUNNING

Spar Grand Prix Series 10 km

Cape Town, 6 April

(Certified loop course. Weather: Warm, no wind, high humidity. Finisher figures not available.)

Note: One day after winning the Leapfrog Gordon's Bay Half Marathon (results below), Thitshaamba Ravhandalala, as well as second-placed Thembi Baloyi, ran again here. – Ed.

1. Lebo Phalula (ME) 33:03 (R10 000)
2. Gezashigh Hunduma Gameda (ETH/Ned CGA) 33:12 (R7500)
3. Nolene Conrad (Boxer) 33:28 (R5000)
4. Rutendo Nyahora (ZIM/Ned CGA) 33:30 (R3000)
5. Mapaseka Makhanya (Boxer) 33:59 (R2500)
6. Mestawat Tadesse Shankutie (ETH/Ned CGA) 34:06 (R2250)
7. Christine Kalmer (Boxer) 34:36 (R2000)
8. René Kalmer (MA) 34:37 (R1500)
9. Zintle Xiniwe (NBMC) 34:38 (R1250)
10. Jenna Challenor (Boxer) 34:40 (R1000)
11. Myrette Filmalter (Ned CGA) 35:17
12. Thembi Baloyi (TUT)
13. Annie Bothma (Ned WP) 36:16
14. Thozama April (Trans) 36:23
15. Thitshaamba Ravhandalala (TUT) 36:23
16. Cornelia Joubert (Ned CGA) 36:30
17. Lebogang Phalula (Trans) 36:45
18. Anna Moeketsi (Trans) 37:04
19. Tanya Scott (UCT) 37:31
20. Pamela Moyikwa (VOB) 38:18

40-49: 1. Ronel Thomas (Boxer) 38:25 (R1000); 2. Janene Carey (Boxer) 38:30 (R750); 3. Lana Theunissen (Ned SWD) 40:32 (R500). **50-59:** 1. Elmarie Coetzee (NBMC) 40:17 (R1000); 2. Mariëtte Strauss (Tyger) 40:39 (R750); 3. Viv Williams (ATC) 41:22 (R500). **60-69:** 1. Nancy Will (Pine) 48:32 (R1000); 2. Helen du Plessis (Tyger) 49:10 (R750); 3. Pixie Sparg (Celtic) 51:27 (R500). **Juniors:** 1. Annie Bothma (Ned) 36:16 (R1000); 2. Pamela Moyikwa (VOB) 38:18 (R750); 3. Nicole van der Merwe (MVC) 39:11 (R500).

Spar Corridor Half Marathon

Ixopo to Umzimkulu, 6 April

(Distance: 21.1 km; point-to-point course)

Note: Big prize money at this race, but no times were recorded! – Ed.

MEN

- | | | |
|----|----------------|-------------------------|
| 1. | Joseph Munyoki | KEN/Phatane AC (R5000) |
| 2. | Elmore Sibanda | ZIM/Maxed Elite (R3000) |
| 3. | Sibusiso Nzima | Nedbank AC (R1500) |

40-49:

- | | | |
|----|-----------------|-------------------|
| 1. | Petrus Sosibobo | Nedbank AC (R500) |
|----|-----------------|-------------------|

50-59:

- | | | |
|----|------------------|-----------------|
| 1. | Willie Majombozi | Boxer AC (R500) |
|----|------------------|-----------------|

60+:

- | | | |
|----|-----------------|-------------------|
| 1. | Cornet Matomane | Nedbank AC (R500) |
|----|-----------------|-------------------|

Juniors:

- | | | |
|----|-------------------|------------------|
| 1. | Aphelele Phungula | Umzimkulu (R500) |
|----|-------------------|------------------|

WOMEN (Same prize money as men)

- | | | |
|----|-----------------|----------------|
| 1. | Lineo Chaka | LES/Nedbank AC |
| 2. | Sphulisiwe Zhou | ZIM/Phatane AC |
| 3. | Buhle Thuma | Ind |

40-49:

- | | | |
|----|------------------|----------|
| 1. | Sibongile Ziqubu | Eskom AC |
|----|------------------|----------|

50-59:

- | | | |
|----|--------------|----------|
| 1. | Eunice Ntuli | R/Bay AC |
|----|--------------|----------|

60+:

- | | | |
|----|--------------|----------|
| 1. | Erma Stevens | Eskom AC |
|----|--------------|----------|

Juniors:

- | | | |
|----|-------------|----------|
| 1. | Buhle Thuma | Eskom AC |
|----|-------------|----------|

Leapfrog Gordon's Bay Half Marathon

Gordon's Bay, 5 April

(Distance: 21.1 km; certified out-and-back course. Finishers: 1280 [up from 873 last year].)

MEN

- | | | |
|----|---------------------------|---------|
| 1. | Akhona Makila (VOB) | 1:09:29 |
| 2. | Peter Tsawayo (ZIM/Gugs) | 1:09:39 |
| 3. | Thembelani Zola (Ned Bol) | 1:11:48 |

Veterans: 1. Graham Katzen (Itheko) 1:12:23; 2. Xolile Macanda (Gugs) 1:18:27; 3. Tholang Moloi (SANDF) 1:18:58. **Masters:** 1. Shafiek Cassiem (Itheko) 1:27:17; 2. Roston Isaacs (Ned) 1:27:21; 3. Frank Gillion (Whalers) 1:27:24. **G'masters:** 1. Awie Veldsman (Held) 1:28:11; 2. Mohammad Kriel (Ommie) 1:28:26; 3. Albert Mahlahla (Held) 1:37:51. **Juniors:** 1. Granwin Katzen (Itheko) 1:17:27; 2. Lungile Mdaka (VOB) 1:18:05; 3. Siyabusa Mhambi (Strand) 1:19:23.

WOMEN

- | | | |
|----|--------------------------------|---------|
| 1. | Thitshaamba Ravhandalala (TUT) | 1:23:22 |
| 2. | Thembi Baloyi (TUT) | 1:23:23 |
| 3. | Danette Smith (NBMC) | 1:24:34 |

Veterans: 1. Ursula Turck (Strand) 1:28:48; 2. Wilna Eybers (Strand) 1:31:18; 3. Patricia Adams (Itheko) 1:35:00. **Masters:** 1. Sonja Smith (Celtic) 1:48:18; 2. Anne Pool (Strand) 1:50:31; 3. Dawn Saunders (Held) 1:51:02. **G'masters:** 1. Veronica van Niekerk (EGA) 1:51:13; 2. Marlene James (Pine) 2:12:33; 3. Marie Vorster (Hang) 2:13:34. **Juniors:** 1. Nomaxesibe Ngcantsi (VOB) 1:52:14; 2. Nocwaka Mthetho (VOB) 2:02:39; 3. Qudsiyyah Ceres (Ommie) 2:06:19.

Ford Motor Corp Half Marathon & 10 km

Pretoria, 5 April

(Distances: 21.1 km & 10 km; loop courses. Weather: warm, no wind. Finishers: half marathon – 1025; 10 km – 1358; also 506 in 5 km.)

Note: This event was known previously as the Mazda Zoom Zoom Half Marathon & 10 km. – Ed.

Half marathon

MEN

1. Benedict Moeng (Trans) 1:07:49
2. Sikhumbuzo Seme (Tuks) 1:08:04
3. Kau Maruma (ADT) 1:10:21

Veterans: 1. Elias Maluleke (NB) 1:21:44. **Masters:** 1. Colin Fisher (CSIR) 1:32:47. **G'masters:** 1. Johannes Setshedi (NB) 1:28:51. **G/g'masters:** 1. Patrick Mafilika (Ned) 1:48:02.

WOMEN

1. Caroline Wostmann (Ned) 1:22:36
2. Andriel de Lange (Over) 1:35:09
3. Melissa Taylor (Tuks) 1:38:31

Veterans: 1. Sonette Nell (Mag) 1:42:50. **Masters:** 1. Rita van Wyk (Boks) 1:41:12. **G'masters:** 1. Lyn de Bruin (Irene) 1:52:31. **G/g'masters:** 1. Mavis Stadler (Agape) 2:21:25.

10 km

MEN

1. Lucas Jani (Trans) 30:35
2. Anele Sonqibido (Trans) 31:56
3. Musa Swakaxa (Trans) 32:22

Veterans: 1. Leon Baker (Break) 38:26. **Masters:** 1. Morris Kallmeyer (Tuks) 44:42. **G'masters:** 1. Johan Kotze (Ned) 47:42. **G/g'masters:** 1. Danie Roux (Kempton) 59:13.

WOMEN

1. Chandré van Heerden (Tuks) 31:29
2. Mariska Buys (NB) 41:30
3. Zanelle Visser (Ind) 44:59

Veterans: 1. Hester Kallmeyer (GNMA) 51:42. **Masters:** 1. Debbie Bredenkamp (Harl) 45:47. **G'masters:** 1. Olga Smit (Affies) 63:10. **G/g'masters:** 1. Jeanette Loots (Irene) 83:07.

CROSS-COUNTRY**KZN League Meeting (1st)**

Durban, 5 April

Note: All distances are 4 km except where indicated otherwise. – Ed.**SR. MEN (12 km)**

1.	Malwandle Hlongwane	Umzimkulu	41:13
2.	Anele Dlamini	Phuma KZN	42:35
3.	Nduku Mdakane	Mtubatuba AC	43:50

SR. MEN

1.	Syanda Mkhize	Siyaj	15:54
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40-44 (8 km):

1.	Xolani Nocanda	Toti AC	30:33
2.	Grant Cummings	West AC	30:43
3.	Craig Leat	Hilton Harr	40:40

45-49 (8 km):

1.	Elias Madlala	Eskom AC	32:53
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50-54 (8 km):

1.	Sipho Mbokazi	Toyota AC	34:11
2.	Wayne Scott	PDAC	34:15
3.	Ken Culverwell	West AC	34:55

55-59 (8 km):

1.	Andy Daly	West AC	34:33
2.	Aubrey Roberts	West AC	37:14
3.	Tony Lewis	West AC	39:13

60-64 (6 km):

1.	Lawrie Raubenheimer	Hilton Harr	29:19
2.	Les Smith	West AC	30:34
3.	Devilliers Oberholzer	Toti AC	31:24

65-69 (6 km):

1.	Piet Badenhorst	PDAC	31:27
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70+ (6 km):

1.	Noel Saville	Toti AC	33:12
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SR. WOMEN (8 km)

1.	Gillian Curr	Ind	33:41
2.	Patrica Bahlmann	Get Fit AC	35:34
3.	Nokuthula Ntshangase	Savages AC	39:37

40-44:

1.	Shani Silver	West AC	17:35
2.	Lauren Calenborne	West AC	18:30
3.	Maureen Slack	West AC	19:46

45-49:

1.	Lise Muchna	PDAC	17:45
2.	Fiona Baldwin	PDAC	19:10
3.	Jenny Sutton	YWP AC	19:59

50-54:

1.	June Watson	PDAC	22:02
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55-59:

1.	Sheree Kirsten	West AC	22:55
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60-64:

1.	Judith Grove	HH	21:10
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70+:

1.	Gill Tregenna	West AC	26:55
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TRACK**North West North Masters Championships**

Rustenburg, 22 March

MEN**800:**

M30	1	Gavin	Da Silva	CGA	2:00.07
M40	1	Joe	Viljoen	ANWN	2:01.29
M40	2	Christiaan	Britz	AGN	2:16.71
M45	1	Warren	Petersen	CGA	2:37.93
M55	1	Reuben	Rathedi	BOT	2:19.82
M55	2	Louis	Botha	AGN	2:31.51
M55	3	Buks	Meyer	AGN	3:15.58
M55	4	Fanie	Cloete	AGN	3:27.06
M65	1	Bobby	De Kock	AFS	4:07.22
M70	1	Fred	Clements	AGN	2:56.96

1500:

M30	1	Gavin	Da Silva	CGA	4:31.80
M35	1	Corne	Lotz	AGN	4:37.57
M45	1	Flippie	Kotze	AFS	5:06.40
M55	1	Buks	Meyer	AGN	7:05.60
M55	2	Fanie	Cloete	AGN	7:15.71
M60	1	Machiel	Van Niekerk	AGN	5:52.50
M65	1	Bobby	De Kock	AFS	8:47.38

2000 s/chase:

M35	1	Willem	Odendaal	ANWN	14:14.23
M35	2	Johannes	Du Plessis	ANWN	14:47.75
M45	1	Flippie	Kotze	AFS	11:58.79
M50	1	Dirk	Venter	CGA	13:31.46
M60	1	Machiel	Van Niekerk	AGN	9:10.86
M65	1	Hans	Sliep	CGA	9:04.18
M65	2	Bobby	De Kock	AFS	12:58.16
W45	1	Laura	Venter	CGA	10:37.23
W50	1	Connie	V.d. Westhuizen	AGN	8:55.53

WOMEN**800:**

W30	1	Lenese	Coetsee	AFS	2:45.53
W35	1	Antonette	Du Plessis	ANWN	2:27.57
W40	1	Seanette	Van Rooyen	AGN	2:28.10
W40	2	Celeste	Labuschagne	AGN	2:29.92
W40	3	Karon	Murley	ANWN	2:30.85

1500:

Not available

5000:

W35	1	Elizabeth	Dhiwayo	ANWN	20:32.54
W50	1	Mariet	Geyer	CGA	21:57.36
W50	2	Emmarie	Theunissen	AGN	24:35.83

M35	1	Corne	Lotz	AGN	17:48.28
M45	1	Flippie	Kotze	AFS	20:06.01
M55	1	Fanie	Cloete	AGN	27:42.99
M60	1	Machiel	Van Niekerk	AGN	20:58.07
M60	2	Vincent	Ezzi	AVT	21:44.82

10000:

W45	1	Laura	Venter	CGA	49:29.27
M45	1	Arthur	Wooldridge	CGA	37:27.24
M50	1	Dirk	Venter	CGA	44:17.33

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

Brighton Marathon (5th)

Brighton, GBR, 6 April

(Distance: 42.195 km; flat point-to-point course)

MEN

1. William Chebor, KEN 2:09:25 CR GBP 6000 + 5000i
2. Dominic Kangor, KEN 2:09:36
3. Wilfred Murgor, KEN 2:12:17

i) Earned bonus for running under 2:10:00

WOMEN

1. Alice Milgo, KEN? 2:35:33 PB GBP 6000
2. Selam Abere, ETH 2:36:37
3. Rebecca Robinson, GBR 2:37:41
- ... 6. Tanith Maxwell **RSA** 2:43:34

Parelloop 10 km (26th)

Brunssum, NED, 6 April

(Two-loop course, flat)

MEN (gun times)

1. Philip Langat, KEN 28:14 € 600
2. David Kogei, KEN 28:18 500
3. Charles Maina, KEN 28:23 400
4. Alfred Cherop, KEN 28:33 300
5. Ezrah Sang, KEN 28:49 PB 200

WOMEN (gun times)

1. Edith Chelimo, KEN 32:04 PB € 500
2. Viola Jepchumba, KEN 32:21 400
3. Marianne Wanjiru, KEN 32:25 300
4. Viola Jelagat, KEN 32:54 200
5. Beatrice Chepkoech, KEN 33:37 100

Schneider Electric Marathon de Paris (38th)

(IAAF Gold Label Road Race)

Paris, FRA, 6 April

(Distance: 42.195 km; certified loop course)

MEN (gun times)

- | | |
|--------------------------------|---------------|
| 1. Kenenisa Bekele, ETH | 2:05:04 DB/CR |
| 2. Limenih Getachew, ETH | 2:06:49 PB |
| 3. Luka Kanda, KEN | 2:08:02 PB |
| 4. Robert Kwambai, KEN | 2:08:48 PB |
| 5. Jackson Limo, KEN | 2:09:06 PB |
| 6. Gideon Kipketer, KEN | 2:10:36 |
| 7. Mike Kigen, KEN | 2:10:59 |
| 8. Ketema Behailu, ETH | 2:13:23 |
| 9. Mark Kiptoo, KEN | 2:13:59 |
| 10. Ahmed Ezzobayry, 1978, FRA | 2:15:35 |

WOMEN (gun/net times)

- | | |
|------------------------------|------------|
| 1. Flomena Cheyech, KEN | 2:22:44 PB |
| 2. Yebrgual Melese, ETH | 2:26:21 PB |
| 3. Ahmed Zemzem, ETH | 2:29:35 |
| 4. Faith Chemaoui, KEN | 2:31:59 |
| 5. Bebisie Godana Derbe, ETH | 2:36:27 |
| 6. Martha Komu, FRA | 2:36:33 |
| 7. Aheza Kiros, ETH | 2:38:12 |
| 8. Laurane Picoche, FRA | 2:39:22 DB |
| 9. Yulia Arkhihpova, FRA | 2:40:20 PB |
| 10. Kim Dillen, NED | 2:41:31 PB |

Credit Union Cherry Blossom 10-Mile (42nd)

(USA 10-mile Championships)

Washington, USA, 6 April

(Distance: 10 miles; certified loop course)

MEN (gun times)

- | | |
|--|------------------|
| 1. Stephen Sambu, 25, KEN | 45:29 PB \$ 8000 |
| 2. Daniel Salel, 23, KEN | 45:29 PB 4500 |
| 3. Allan Kiprono, 24, KEN | 45:47 2000 |
| 4. Edwin Kipyego, 23, KEN | 46:19 1500 |
| 5. Tolossa Gedefa, 21, ETH | 46:38 1000 |
| ... 15. Matt Tegenkamp, 32, Portland, OR | 47:57 PB 800a |

a) Earned USA championships prize money

WOMEN (gun times/all-women's early start)

- | | |
|---------------------------------------|--------------------------------|
| 1. Mamitu Daska, 30, ETH | 52:05 PB \$ 8000 |
| 2. Janet Bawcom, 35, Flagstaff, AZ | 52:12 NR* 4500 + 5000a + 2500* |
| 3. Aliphine Tuliamuk-Bolton, 25, KEN | 52:16 PB 2000 |
| 4. Sara Hall, 30, Redding, CA | 52:54 PB 1500 + 2500a |
| 5. Makida Abdela, 24, ETH | 53:45 PB 1000 |
| ... 10. Jen Rhines, 39, Lexington, MA | 54:38 500 + 800a |

*) USA record for all-women's race/\$2500 bonus

Sportisimo Prague Half Marathon (16th)

(IAAF Gold Label Road Race)

Praha, CZE, 5 April

(Distance: 21.1 km; multi-loop course with no start/finish separation, AIMS/IAAF certified)

MEN

1. Peter Cheruiyot Kirui, KEN 59:22 PB € 4000 + 15,000i
[13:58 / 28:07 / 42:01 / 56:19]
2. Mosinet Geremew, ETH 59:54 PB 2000 + 10,000ii
[13:58 / 28:08 / 42:16 / 56:55]
3. Daniel Wanjiru, KEN 59:59 PB 1000 + 10,000ii
[13:58 / 28:08 / 42:16 / 56:55]
4. Nicholas Kipkemboi, KEN 1:00:11 800
5. Henry Kiplagat, KEN 1:00:24 600
- ... 12. Gladwin Mzazi, RSA 1:01:55
- ... 14. Cuthbert Nyasango, ZIM 1:03:20

i) Earned time incentive for sub-59:30

ii) Earned time incentive for sub-60:00

WOMEN

1. Joyce Chepkirui, KEN 1:06:19 PB/CR € 4000 + 5000* + 25,000^
[15:16 / 30:56 / 46:49 / 1:02:55]
2. Emily Chebet, KEN 1:08:28 2000
[15:40 / 31:57 / 48:16 / 1:04:59]
3. Wude Ayalew, ETH 1:09:23 1000
[15:40 / 31:58 / 48:17 / 1:05:28]
4. Esther Chemtai, KEN 1:09:49 800
5. Afera Godfay, ETH 1:09:52 600
6. Waganesh Mekasha, ETH 1:10:23 300
7. Betelhem Moges, ETH 1:10:37 200
8. Bouchra Ghezielle, FRA 1:11:04 100
9. Firehiwot Dado, ETH 1:11:15
10. Natalya Popkova, RUS 1:13:58

*) Course record/€5000 bonus

^) Earned special bonus for sub-1:07:00

Cooper River Bridge Run (37th)

Charleston, USA, 5 April

(Distance: 10 km; certified point-to-point course)

MEN (gun times)

1. Birhan Nebebew, 19, ETH 28:39 \$10,000
2. Mourad Marofit, 32, MAR 28:42 3,000
3. Julius Kogo, 28, KEN 28:47 1,500

WOMEN (gun times)

1. Azmera Gebru, 21, ETH 32:14 \$10,000
2. Etalemhu Habtewold, 23, ETH 32:20 3,000
3. Makida Abdela, 24, ETH 32:33 1,500

OUTDOOR TRACK

Stanford Invitational

Palo Alto, USA, 4-5 April

MEN

800 (05):

Section 1 -

1. Chris Low	Long Beach St.	1:48.30 PB
2. David Mokone	W. Kentucky (RSA)	1:49.04
3. Hector Hernandez	Texas A&M	1:49.44

1500 (04):

Section 4 -

1. Shyan Vaziri	UC Santa Barbara	3:48.90
2. Alex Brend	Minnesota	3:49.24
3. Luke Lefebure	Stanford	3:49.65
... 6. David Mokone	W. Kentucky (RSA)	3:50.79

NEWS

SPAR GRAND PRIX POINTS STANDINGS

The points in the Spar Grand Prix Series after the first race in Cape Town are:

OPEN

1	Lebo Phalula	Maxed Elite	30
2	Nolene Conrad	Boxer	18
3	Mapaseka Makhanya	Boxer	16
4	Christine Kalmer	Boxer	14
5	René Kalmer	Modern Athlete	13
6	Zintle Xiniwe	NBMC	12
7	Jenna Challenor	Boxer	11
8	Myrette Filmalter	Nedbank	10
9	Thembi Baloyi	TUT	9
10	Annie Bothma	Nedbank	8
11	Thozama April	Transnet	7
12	Thitshaamba Ravandhalala	TUT	6
13	Cornelia Joubert	Nedbank	5
14	Lebogang Phalula	Transnet	4
15	Anna Moeketsi	Transnet	3
16	Tanya Scott	UCT	2
17	Pamela Moyikwa	VOB	1

Veterans:

1	Ronel Thomas	Boxer	5
2	Janene Carey	Boxer	4
3	Lana Theunissen	Nedbank	3

Masters:

1	Elmarie Coetzee	NBMC	10
2	Mariette Strauss	Tygerberg	9
3	Viv Williams	AAC	8

Grandmasters:

1	Nancy Will	Pinelands	5
2	Helen du Plessis	Tygerberg	4
3	Pixie Sparg	Celtic Harriers	3

Juniors:

1	Annie Bothma	Nedbank	10
2	Pamela Moyikwa	VOB	4
3	Nicole van der Merwe	Marie Viljoen	3

STATS TIME

This week we include a list of the top ten SA women in the marathon 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 MARATHON: TOP 10 WOMEN

2:46:52	Kim Laxton	6	Xiamen	02 Jan
2:50:40	Yolande Maclean	1	Pretoria	23 Feb
2:57:13	Cary-Ann Smith	1	Pietermaritzburg	23 Feb
2:58:49	Mpho Mabuza	3	Pretoria	23 Feb
2:58:55	Tshifhiwa Malobola	2	Benoni	26 Jan
2:59:42	Zola Pieterse (vet)	1	Charleston	18 Jan
3:00:46	Riana van Niekerk	4	Pretoria	23 Feb
3:02:27	Gillian Sieling (vet)	1	Johannesburg	09 Feb
3:03:05	Fikile Mbuthuma	2	Pietermaritzburg	23 Feb
3:01:43	Julanie Basson	3	Benoni	26 Jan

THIS MONTH IN HISTORY**14 years ago: 22 April 2000**

Kenyans were the dominant presence at the Belgrade Marathon, but three Southern Africans took the first three places. The win went to Thabiso Moqhali of Lesotho in 2:15:08, with his compatriot Lefu Sephooa second, 12 seconds in arrears. South African Lawrence Peu was third in 2:16:17. This came almost exactly three years after Peu had run 2:09:10 to finish seventh in the London Marathon and was the last time he would dip under 2:20. Kenyans took the next six places, led by Jimmy Muindi's 2:16:28.

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.

MENOpen

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	33:03	Lebo Phalula	Cape Town	06 Apr
	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	38:25	Ronel Thomas	Cape Town	06 Apr
	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	40:17	Elmarie Coetzee	Cape Town	06 Apr
	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	36:16	Annie Bothma	Cape Town	06 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	69:03	Nthuseng Lolwana	Constantia	11 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	87:07	Jenet Dlamini	Pietermaritzburg	23 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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