

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

All eyes this weekend were on the Virgin London Marathon, where Mo Farah performed below expectations (he described his experience as "a bad day at the office"), and the SA Track & Field Championships, where Simon Magakwe became the first South African sprinter to break the 10-second barrier in the 100 m. The results will be published next week.

In London the early pace was set by none other than the "old master", Haile Gebrselassie (what a strange sight!), but in the end it was world record holder Wilson Kipsang who delivered another masterful performance to become the first man with five sub-2:05 marathons. He won in a new course and British all-comers record of 2:04:29, with Stanley Biwott second in a personal best of 2:04:55. Kipsang's average for five marathons is now 2:04:15, the fastest in the world, and he holds the course records for the marathons in Berlin, London, Frankfurt and Lake Biwa. The defending champion, Tsegaye Kebede, was third in 2:06:30; he now has twelve sub-2:08 marathons – more than anyone else.

In the women's race fellow track star Tirunesh Dibaba fared much better than Farah by finishing third in 2:20:35, the third fastest debut of all time behind Paula Radcliffe (2:18:56) and Lucy Kabuu (2:19:34). Were it not for a rather amateurish mistake with a water bottle, she could possibly have finished with the two Kiplagats ahead of her, Edna (2:20:21) and Florence (2:20:24).

Farah was never in the lead group and never looked like he would be in contention. He had his own pacemaker, but ran a large part of the race alone and finished eighth in 2:08:21 – more than three minutes slower than double track world record holder Kenenisa Bekele ran in his debut in Paris last weekend.

Farah reached halfway in 63:08 and at the finish set a new English record – but Steve Jones' British record of 2:07:13, which has been standing since 1985, remained inviolate. In an interview after the race, reports *Race Results Weekly*, Farah said: "The crowd, the support; I just dreamed of one day being here and do well. And that was always my goal. I was alone a lot of the way. Sometimes it's harder to be able to do something. You know, the point is that I'm not thinking too much about it. I had a bad day in the office; it is what it is. I've got to move on and get ready for my next race."

In local road races a number of list leaders were set, among them yet another one by an in-form Margie Saunders, who ran 42:01 in Port Elizabeth (exactly two minutes faster than her previous mark), and Gert Thys with his 67:54 in Johannesburg.

In the Arkansas John McDonnell Invitational in Fayetteville South African Dominique Scott ran a PB of 4:19.72 when winning the 1500 m.

DRR received news from Graham Reynolds, Chairman of East London AC, that Noel Domoney, a long-time member of ELAC and one of the club's "Golden Oldies", passed away last week. According to Graham, Noel was always very active in the club and last helped with the time-keeping at the club's Pennypinchers races in January. Noel leaves two sons and a daughter as well as grandchildren.

Chandré van Heerden's time in the Ford Motor Corp Half Marathon (results in last week's DRR) was 41:29 and not 31:29.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Birchwood Half Marathon & 10 km, Johannesburg
- * Telkom 10 km Challenge, Bellville
- * N3TC Arthur Creswell Memorial Marathon & Half Marathon, Bergville to Ladysmith
- * Correctional Services 10 km, Port Elizabeth
- * Forever Resorts Loskop 50 km & Half Marathon, Middelburg to Loskop Dam
- * Track: South African U.23, Junior, Youth & Sub-youth Championships, Stellenbosch

International highlights:

- * Virgin London Marathon, London, GBR
 - * ABN AMRO Marathon Rotterdam, Rotterdam, NED
 - * Vienna City Marathon, Wien, AUT
 - * Orlen Warsaw Marathon, Warszawa, POL
 - * More Magazine | Fitness Magazine Women's Half Marathon, New York, USA
 - * Humarathon Half Marathon, Ivry to Vitry-sur-Seine
 - * American River 50 Mile, Sacramento, USA
 - * Track: Arkansas John McDonnell Invitational, Fayetteville, USA
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ROAD RUNNING

Birchwood Half Marathon & 10 km

Johannesburg, 13 April

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1050 [up from 790 last year]; 10 km – 1000 [up from 860].)

Note: A third place in the veteran category in the 10 km here for Frith van der Merwe, just more than a month before she turns 50. Only one day after finishing the N3TC Arthur Creswell Memorial Marathon over 52 km (results below), Zimbabwean vet Sipho Ncube also ran the half-marathon here and was third overall. This gave him a total of 73 racing kilometres within 24 hours. – Ed.

Half marathon

MEN

1 Gert Thys (Maxed Elite) 67:54 (1st vet); 2 Lucky Mohale (Maxed Elite) 69:00; 3 Sipho Ncube (ZIM/Maxed Elite) 69:48.

Veterans: 1 Gert Thys (Maxed Elite) 67:54; 2 Sipho Ncube (ZIM/Maxed Elite) 69:48; 3 Edwin Lesudi (Nedbank) 70:14. **Masters:** 1 Daniel Mothibe (New Balance) 78:11; 2 Themba Phulu (Panorama) 78:59; 3 Meshack Motla (South Deep) 82:29. **G'masters:** 1 Anton Reynders (Kempton) 1:47:15.

WOMEN

1 Cornelia Joubert (Nedbank) 76:32; 2 Mpho Mabuza (Gallopers) 79:53; 3 Seipati Peo (Maxed Elite) 93:35.

Veterans: 1 Julie Soicher (Rockies) 96:08; 2 Sarah Mahlangu (Toyota) 1:40:41; 3 Laura Venter (Nedbank) 1:52:32. **Masters:** 1 Rita van Wyk (Boksburg) 97:31; 2 Ansa Strydom (Overkruin) 1:47:35; 3 Linda Loxley (Temp) 1:51:19. **G'masters:** 1 Maz Moore (Kayalami) 2:07:18.

10 km

MEN

1 Givemore Mudzinganyama (ZIM/SAPADC) 30:22; 2 Paulus Radebe (Olifantsfontein) 30:38; 3 Africa Mailola (LES/Nedbank) 31:19.

Veterans: 1 Tokyo Mofokeng (Team Connection) 34:17; 2 Lawrence Chipangaan (Gallopers) 34:35; 3 Piet Mosebedi (Transnet) 35:08. **Masters:** 1 Piet Chauke (Gallopers) 39:36; 2 Aaron Lindi (Erwat) 40:37; 3 Andre Jansen (Gautneg Striders) 40:52. **G'masters:** 1 Peter Erasmus (RAC) 41:33.

WOMEN

1 Nobuhle Tshuma (ZIM) 37:13; 2 Gillian Sieling (Nedbank) 40:54 (1st vet); 3 Gillian Sotto Corona (Boksburg) 42:12.

Veterans: 1 Gillian Sieling (Nedbank) 40:54; 2 Gillian Sotto Corona (Boksburg) 42:12; 3 Frith v.d. Merwe (Benoni High) 45:32. **Masters:** 1 Rene Visser (Striders) 68:32; 2 Avril Coats (RWFL) 68:49; 3 Riana Mellors (Sunward) 70:00. **G'masters:** 1 Deirdre Larkin (Randburg Harriers) n/t.

Telkom 10 km Challenge

Bellville, 12 April

(Certified loop course. Finishers: 1691.)

Note: A win and list leader for Tobias Philander in his new age category, two days after the turned 50. This race was previously known as the Pro Sano Challenge and the Bonitas Challenge. – Ed.

MEN

1. Nkosinathi Madyo (Ned) 29:58
2. Akhona Makila (VOB) 30:14
3. Mthandazo Qhina (Ned) 30:20
4. Unathi Nteta (AAC) 30:29

Veterans: 1. Tsungai Mwanengeni (NBMC) 30:44; 2. Graham Katzen (Itheke) 31:40; 3. Brian Daniels (Ind) 32:44. **Masters:** 1. Tobias Philander (Itheke) 35:07; 2. Goodman Mpukane (Gugs) 37:25; 3. Steven Parkins (Tyger) 37:33. **G'masters:** 1. Muhammed Kriel (Ommie) 38:57; 2. Albert Williams (Top) 41:36; 3. William Hendricks (Eerste) 45:35. **Juniors:** 1. Lukhanyo Nobakada (VOB) 31:37; 2. Anthony Timoteus (UWC) 32:00; 3. Granwin Katzen (Itheke) 32:17.

WOMEN

1. Zintle Xiniwe (NBMC) 34:26
2. Nomvuyisi Seti (Itheke) 36:10
3. Bulelwa Simae (Ned) 36:22
4. Ebeth Marais (Maties) 37:20 (1st jun)

Veterans: 1. Sandra van Graan (Edge) 39:37; 2. Patricia Adams (Itheke) 42:38; 3. Sheryl de Lange (NBMC) 42:59. **Masters:** 1. Charmaine Cupido (Ned) 45:17; 2. Vanda Virissimo (WC) 49:13; 3. Levona Paul (SANDF) 51:27. **G'masters:** 1. Helen du Plessis (Tyger) 48:12; 2. Pixie Sparg (Celtic) 52:30; 3. Ruth Leverton (Pine) 55:05. **Juniors:** 1. Ebeth Marais (Maties) 37:20; 2. Pamela Moyikwa (VOB) 39:05; 3. Busisiwe Gwala (VOB) 39:22.

N3TC Arthur Creswell Memorial Marathon (49th) & Half Marathon

Bergville to Ladysmith, 12 April

(Distances: 52 km & 21.1 km; the ultramarathon a point-to-point downhill course, but hilly & the half marathon out and back. Finishers: ultramarathon – 539 [up from 484 last year].)

Note: As was pointed out last year, this half marathon is clearly short. It far exceeds the Race Time Bias limit of -5 sec/km. (The RTB formula, devised by Ken Young of *The Analytical Distance Runner*, compares runners' times in a race with what one could expect them to run based on their most recent performances.) The first female may be Takalane Nthulane, but without her four time comparisons out of the six times available (the second woman is unknown to DRR) result in a RTB figure of -8.16 sec/km – almost double the allowable figure. The performances will therefore once again not be used in any statistical lists. – Ed.

Ultramarathon

MEN

1. Katam Kipngetich (KEN) 3:06:11
2. Professor Mollen (ZIM) 3:06:33
3. Moso Moroyalala (ZIM/Ned) 3:08:23

40-49:

- | | | | |
|----|---------------|-------------|---------|
| 1. | Sipho Ncube | Maxed Elite | 3:22:30 |
| 2. | Justice Nkosi | Phuma KZN | 3:22:54 |
| 3. | Jerome Zondi | Coll Harr | 3:45:34 |

50-59:

- | | | | |
|----|----------------|------------------|---------|
| 1. | Craig Anderson | DHSOB | 3:43:46 |
| 2. | Dieter Stapel | Benoni Northerns | 3:51:15 |
| 3. | Bethuel Mbambo | Maxed Elite | 3:53:51 |

60+:

- | | | | |
|----|----------------|-----------|---------|
| 1. | Maxwell Zefhe | Four Ways | 5:03:21 |
| 2. | Dave Lowe | West AC | 5:35:15 |
| 3. | Greg Szymanski | Coll Harr | 5:49:09 |

WOMEN

1. Salome Cooper (Toy) 3:53:19
2. Fikile Mbuthuma (Ned) 3:53:58
3. Pat Bahlmann (Get Fit) 3:55:41

40-49:

- | | | | |
|----|-----------------|----------------|---------|
| 1. | Janet Veijeren | Newcastle Harr | 4:17:57 |
| 2. | Gertje Strachan | West AC | 4:31:20 |
| 3. | Ria Mornet | Coll Harr | 4:39:48 |

50-59:

- | | | | |
|----|---------------|-------------|---------|
| 1. | Lauren Tippet | Florida R C | 5:14:00 |
| 2. | Jay Naidoo | Orion AC | 5:51:25 |
| 3. | Cathy Dale | Savages AC | 6:05:24 |

60+:

- | | | | |
|----|---------------------|----------|---------|
| 1. | Bernadette Teixeira | Striders | 6:51:56 |
|----|---------------------|----------|---------|

Half marathon**MEN**

1.	Siyabonga Nkonde	Boxer AC	65:31
2.	Philani Buthelezi	KRS	67:37
3.	George Tshabalala	Harrismith AC	69:12

WOMEN

1.	Takalane Ndandani	Transnet AC	90:59
2.	Vimbainashe Mkhize	Toyota AC	97:08
3.	Zinhle Shabalala	KRS	101:13

Correctional Services 10 km (27th)

Port Elizabeth, 12 April

(Out-and-back course. Finishers: 862 [down from 970 last year].)

Note: This race was previously known as the Umhlobo Wenene FM 10 km. – Ed.**MEN**

1	Lusapho	April	Temp	31	29:23
2	Mariano	Eesou	Madibaz	22	30:01
3	George	Ntshiliza	Nedbank	34	30:29
4	Melikhaya	Frans	Nedbank	22	30:57
5	Sandile	Ngunuza	Nedbank	31	31:23
6	Bulelini	Niwa	Temp	28	31:40
7	Mzolisi	Makhanda	Nedbank	31	31:46
8	Mzwanele	Maphekula	Malabar	37	31:55
9	Zolani	Mabongo	Madibaz	27	32:05
10	Ricardo	Plaatjies	Xcel	31	32:09
11	Maxwell	Goodman (1 st vet)	Temp	41	32:28
12	Anele	Maliza	Nedbank	36	32:41
13	Sinathi	Mafanga	SAPPE	23	32:47
14	Luyanda	Tshangana	Temp	30	32:59
15	Mila	Pasiya	Nedbank	34	33:06
16	Saziphi	Blaai	Temp	33	33:10
17	Siyabonga	Khahla (1 st jun)	Mother	19	33:12
18	Kgotso	Majara	Ikhamva	33	33:19
19	Brendon	Effenaar	Xcel	18	33:24
20	Masixole	Dlaku	PEAAC	35	33:29

40-44:

1	Maxwell	Goodman	Temp	41	32:28
2	Luvuyo	Stephen	Nedbank	43	34:34
3	Terrance	Mjekula	Charlo	41	34:40

45-49:

1	John	Rafani	Nedbank	47	36:09
2	Vernon	Newfeldt	Gelvan	48	36:59
3	Chris	Darke	Nedbank	45	38:13

50-54:

1	Desmond	Zibi	Ikhamva	50	35:31
2	Kenneth	Menze	Bluebay	52	36:32
3	Peter	Ntshikila	Tinarha	51	37:09

55-59:

1	Disemba	Blou	Charlo	55	40:03
2	Stephen	Klue	Elite AC	55	42:47
3	Peter	Van Rensburg	Elite AC	55	43:32

60-64:

1	Hannes	Els	Warriors	64	40:07
2	Roger	Trader	Ach	60	42:32
3	Sizinzo	Kama	Ach	62	44:19

65-69:

1	Hansie	Els	Someast	66	43:19
2	William	Vorster	PEAAC	67	49:35
3	Thembisile	Ntoni	PEAAC	66	50:30

70-74:

1	Tamsanqa	Jusayi	Nedbank	72	41:50
2	Godfrey	Kariem	Gelvan	73	50:29
3	Robin	Clark	Ach	73	1:05:47

75-79:

1	Ernie	Verrall	Madibaz	79	1:00:11
2	Donald	Flynn	Legacy	76	1:21:25
3	John	Peart	Nedbank	78	1:25:34

80-84:

1	Wells	Anderson	PEAAC	81	1:05:47
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Juniors:

1	Siyabonga	Khahla	Mother	19	33:12
2	Brendon	Effenaar	Xcel	18	33:24
3	Ruan	Jonck	CSEP	17	34:30

WOMEN

1	Ntombesintu	Mfunzi	Nedbank	32	35:03
2	Jamie-Lee	Schlemmer (1 st jun)	Madibaz	17	38:44
3	Jane	Barnardo	Bodycon	39	39:26
4	Babalwa	Ngcoko	Nedbank	26	39:50
5	Nokholo	Hlezupondo	SANDF	35	41:08
6	Thabisa	Mayedwa	Mother	27	41:25
7	Nomakhosi	Ntliziyo	Youth	15	41:57
8	Margie	Saunders (1 st g'mast)	Nedbank	60	42:01
9	Michelle	Galloway	Madibaz	26	42:13
10	Katherine	Van der Walt	Bodycon	38	42:25
11	Jene	Banfield (1 st vet)	RFLG	43	42:32
12	Grizelda	Pietersen	Maxed EP	45	43:03
13	Terray	Newcombe	Elite AC	23	43:04
14	Tiani	Claassen	Despatch	23	43:22
15	Janette	Schierz-Crusius (1 st mast)	Bodycon	53	43:42
16	Chloe	Smith	Bluebay	23	43:49
17	Kerrin	Watson-Smith	Temp	31	44:44
18	Camarin	Van Eyk	Nedbank	31	44:48
19	Laura	Maritz	Elite AC	53	44:49
20	Ursula	Kuhn	Maxed EP	32	45:10

40-44:

1	Jene	Banfield	RFLG	43	42:32
2	Frances	Stone	Bodycon	41	45:21
3	Debbie	Dodd	Charlo	43	45:29

45-49:

1	Grizelda	Pietersen	Maxed EP	45	43:03
2	Georgie	Darke	Nedbank	48	49:56
3	Judy	Beens	Charlo	47	50:48

50-54:

1	Janette	Schierz-Crusius	Bodycon	53	43:42
2	Laura	Maritz	Elite AC	53	44:49
3	Lucelle	Goliath	Temp	53	46:11

55-59:

1	Amanda	Wolmarans	WAC	55	51:30
2	Christine	Snyman	Despatch	58	52:03
3	Marietjie	Pietersen	Ach	57	52:15

60-64:

1	Margie	Saunders	Nedbank	60	42:01
2	Cathy	Ives	Ach	61	51:42
3	Jos	Els	Warriors	62	55:26

65-69:

1	Liz	Grundlingh	Muirite	67	51:41
2	Denise	Terblanche	WAC	66	1:01:59
3	Jeanette	Pienaar	PEAAC	65	1:04:25

70-74:

1	Orgia	Nell	Muirite	70	1:09:05
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Juniors:

1	Jamie-Lee	Schlemmer	Madibaz	17	38:44
2	Nomakhosi	Ntliziyo	Youth	15	41:57
3	Megan	Wilson	Charlo	18	45:39

Forever Resorts Loskop 50 km (29th) & Half Marathon

Middelburg to Loskop Dam, 12 April

(Distances: 50 km & 21.1 km. Ultramarathon: Point-to-point downhill course; the elevation loss from start [1475 m] to finish [930 m] is 545 m, i.e. 10.9 m/km. Half Marathon: drop unknown. Weather: partly cloudy, cool, perfect running conditions.)

Note: There was drama in this popular ultramarathon when the runner who crossed the finish line first, Raymond Phaladi (Nedbank), was found to have run with the race number belonging to another Nedbank athlete, Ludwick Mamabolo. Phaladi was disqualified and both he and Mamabolo may now face disciplinary measures. – Ed.

50 km**MEN**

1. Zongamele Dyubeni (Ned) 2:50:22 (1st vet)
2. Joseph Mphuthi (Toy) 2:52:26
3. Rufus Photo (Pieters) 2:52:39
4. Rofhilwa Mathidi (Ind) 2:54:27
5. Japie Jele (Nkang) 2:55:29

Veterans: 1. Zongamele Dyubeni (Ned) 2:50:22; 2. Elias Mabane (Ned) 3:03:15; 3. Brighton Chipere (ZIM/ME) 3:07:36. **Masters:** 1. Sontaga Mabale (Break) 3:29:24; 2. Gideon Radebe (Anglo) 3:32:45; 3. Elias Legodi (More) 3:35:49. **G'masters:** 1. Theo Swanepoel (Kemton) 4:03:34; 2. Don Charles (Ned) 4:07:35.

WOMEN

1. Sisay Measso Arseddi (ETH/Ned) 3:17:11
2. Yolande Maclean (Ind) 3:23:15
3. Riana van Niekerk (Boxer) 3:33:12
4. Winile Mnisi (SWZ/ME) 3:39:58
5. Mary-Anne Nieuwoudt (RAC) 3:40:48

Veterans: 1. Carien Visser (Tuks) 3:43:23; 2. Zelda Breytenbach (Irene) 3:44:20; 3. Michelle Mee (RAC) 3:48:13. **Masters:** 1. Jane Mudau (Ned) 3:51:11; 2. Ansa Strydom (NB) 4:13:51; 3. Val Watson (NB) 4:19:19. **G'masters:** 1. Patricia Shaw (BNAC) 4:59:27; 2. Diane Duggan (Hart) 5:32:59.

Half marathon**MEN**

1. Retsepile Khotle (Scaw) 1:10:29
2. Amos Thanjekwayo (Midack) 1:11:32
3. Tebogo Pulusa (Polok) 1:11:49
4. John Thipe (Nkang) 1:12:51
5. Nthuthuko Maseko (Ned) 1:13:25

Veterans: 1. Yelaphi Mapefane (Drie) 1:28:07; 2. Johannes Mtshweni (Anglo) 1:31:17; 3. Ezekiel Kgopometse (Sasol) 1:31:35. **Masters:** 1. Linda Maphanga (Anglo) 1:27:36; 2. Isaac Mahlangu (Sasol) 1:33:26; 3. Phinias Magashule (Polok) 1:36:51. **G'masters:** 1. Louis Fourie (Zululand) 1:44:58; 2. Pele Tshikundamalema (Toy) 1:49:52. **Juniors:** 1. Semaica Maibelo (Loskop) 1:23:33; 2. Daniel Collins (Loskop) 1:23:34; 3. Simango Mabuzo (Nkang) 1:24:24.

WOMEN

1. Paulina Phaho (Trans) 1:32:35 (1st vet)
2. Nkeke Gift Ramabele (Eskom) 1:34:30
3. Marie-Louise Romijn (Ind) 1:38:36
4. Lizanne McKenzie (Rand) 1:41:48
5. Lizzy Dhiwayo (Lonmin) 1:42:12

Veterans: 1. Paulina Phaho (Trans) 1:32:35; 2. Retha Jansen van Vuuren (Eskom) 1:56:05; 3. Marinda Surridge (ACRW) 1:56:40. **Masters:** 1. Jackie Frey (Ind) 1:53:50; 2. Heleen Holl (Rusten) 1:54:46; 3. Frances van Blerk (Ned) 2:00:15. **G'masters:** 1. Martie Voges (Arcelor) 2:20:54; 2. Jenny Robertshaw (Rockies) 2:21:35. **Juniors:** 1. Martinique Stolz (Rooies) 2:00:14; 2. Taylo Brons (Benoni HS) 2:15:02; 3. Dawleen Keulder (Midack) 2:33:17.

TRACK**South African U.23, Junior, Youth & Sub-youth Championships**

Stellenbosch, 3-5 April

Note: Events on the first two days are indicated; all other events on the final day. The number in front of each athlete's name is his/her bib number. These results may not yet be final. – Ed.

MEN/BOYS**U.16:****800 (04):**

1	357 Phelani Maduwa	AGN	1:56.89
2	454 Tyler Warries	AGN	1:57.03
3	1106 Ezra Ferreira	CGA	1:57.18

1500 (04):

1	361 Phakgatso Malebane	AGN	4:01.81
2	1202 Katlego Segone	CGA	4:11.87
3	357 Phelani Maduwa	AGN	4:12.80

3000 (03):

1	1152 Thabo Masina	CGA	9:24.40
2	192 Joseph Mokoteli	AFS	9:25.40
3	162 Kgotsotfalo Kwalane	AFS	9:27.50

Youth**800:**

1	1118 Heinrich Herbst	CGA	1:52.41
2	1139 Yster Louw	CGA	1:52.46
3	181 Mpumelele Mdi	AFS	1:53.75

1500:

1	132 Armin Fillies	AFS	3:56.35
2	1187 William Potgieter	CGA	3:57.51
3	1081 Aphiwe Abasisa	CGA	3:57.68

2000 steeplechase:

1	1110 Ikageng Gaorekwe	CGA	5:56.16
2	1520 Samuel van der Merwe	WPA	5:59.67
3	422 Muzikayise Selolo	AGN	6:03.44

3000 (03):

1	132 Armin Fillies	AFS	8:26.51
2	1110 Ikageng Gaorekwe	CGA	8:26.53
3	392 Kwanele Mthembu	AGN	8:30.27

Junior**800:**

1	443 Heinrich van Niekerk	AGN	1:50.33
2	205 Bennie Prinsloo	AFS	1:51.34
3	1210 Renier Spamer	CGA	1:51.65

1500:

1	261 Adrico Williams	AFS	3:48.97
2	1458 Bruce-Lynn Damons	WPA	3:50.30
3	597 Ruan Mentjies	SWD	3:50.74

3000 steeplechase (03):

1	1167 Tumisang Monnatlala	CGA	8:38.70
2	261 Adrico Williams	AFS	8:39.83
3	175 Molemo Mqeba	CNW	8:40.68

5000:

1	1167 Tumisang Monnatlala	CGA	14:22.40
2	1226 Njabulo Tshabalala	CGA	14:46.64
3	1518 Anthony Timotheus	WPA	14:59.41

10000 (03):

1	180 Xaba Mavuso	AFS	31:09.44
2	389 Lebogang Mosito	AGN	31:10.56
3	1404 Ndumiso Sokhela	KZN	31:18.95

U.23**800:**

1	246 Rynardt van Rensburg	AFS	1:47.25
2	411 Koketso Ramasita	AGN	1:48.37
3	474 Tian Basson	MPU	1:48.75

1500:

1	64 Rantso Mokopane	CNW	3:53.74
2	305 Moses Dirane	AGN	3:54.70
3	72 Theodore Nothling	CNW	3:54.79

3000 steeplechase:

1	64 Rantso Mokopane	CNW	8:51.85
2	189 Thabang Mojanaga	AFS	9:00.30
3	1516 Godwin Swartz	WPA	9:12.87

5000 (04):

1	943 Petrus Malherbe	BOL	14:40.57
2	804 Thobile Nontulo	AVT-I	14:44.91
3	985 Luyando Qolo	BOL	14:48.15

10000:

1	907 William Kaptein	BOL	30:20.14
2	985 Luyando Qolo	BOL	30:32.27
3	1498 Unathi Nteta	WPA	31:06.60

WOMEN/GIRLS

U.16**800:**

1	1123 Liza Kellerman	CGA	2:11.46
2	1222 Beetrice Themane	CGA	2:12.98
3	1193 Itumeleng Rasekanya	CGA	2:13.85

1500 (04):

1	1247 Simonay Weitsz	CGA	4:29.05
2	1123 Liza Kellerman	CGA	4:30.59
3	1151 Tshwanelo Maruping	CGA	4:36.15

3000 (03):

1	1247 Simonay Weitsz	CGA	9:37.31
2	1151 Tshwanelo Maruping	CGA	9:45.25
3	359 Isabel Makhura	AGN	10:27.14

Youth

800 (04):

1	1231 Jana van der Merwe	CGA	2:12.82
2	1214 Celia Stramrood	CGA	2:13.09
3	915 Jane Lambrechts	BOL	2:13.68

1500:

1	1242 Carina Viljoen	CGA	4:30.80
2	1082 Salvation Babedi	CGA	4:35.98
3	663 Marrida Leen	SWD	4:36.34

2000 steeplechase:

1	424 Tshegofatso Sethlakgoe	AGN	7:05.92
2	851 Allison De Wet	BOL	7:11.94
3	1228 Michaela Tyrrell	CGA	7:23.41

3000 (03):

1	1242 Carina Viljoen	CGA	9:50.17
2	1232 Nicole van der Merwe	CGA	9:56.14
3	1104 Hanli Etsebeth	CGA	9:57.01

Junior

800:

1	1211 Monique Stander	CGA	2:08.54
2	1107 Lizerie Ferreira	CGA	2:12.45
3	412 Michelle Redelinghuys	AGN	2:13.01

1500:

1	1107 Lizerie Ferreira	CGA	4:28.09
2	375 Marne Mentz	AGN	4:30.82
3	913 Laura Labuschaigne	BOL	4:32.59

3000 (03):

1	1099 Nonhlanhla Dlamini	CGA	9:54.85
2	1497 Pamela Moyikwa	WPA	10:02.32
3	754 Vuyiseka Nkumenge	ATRA	10:15.05

3000 steeplechase (03):

1	366 Thandeka Manzana	AGN	10:59.64
2	1086 Jeanette Bokadie	CGA	11:03.57
3	855 Ileana Dreyer	BOL	11:43.81

5000:

1	1099 Nonhlanhla Dlamini	CGA	17:28.71
2	366 Thandeka Manzana	AGN	17:52.08
3	1086 Jeanette Bokadie	CGA	17:56.88

U.23**800:**

1	1403 Lushano Smit	KZN	2:10.25
2	1144 Thato Makhafola	CGA	2:11.27
3	448 Adel Vermaak	AGN	2:12.38

1500:

1	1207 Mamphielo Sibanda	CGA	4:23.83
2	369 Stella Marais	AGN	4:30.52
3	560 Glenrose Xaba	MPU	4:33.20

3000 steeplechase:

1	1148 Caroline Marandela	CGA	10:59.97
2	326 Leani Grimes	AGN	11:25.37
3	268 Cherise Sims	AFS-I	11:45.07

5000:

1	560 Glenrose Xaba	MPU	17:26.17
2	395 Davhanna Murendwa	AGN	18:03.36
3	369 Stella Marais	AGN	18:20.87

10000 (04):

1	1347 Jenet Dlamini	KZN	37:26.20
2	446 Marli van Staden	AGN	37:55.07
3	1342 Slindile Chilli	KZN	38:41.56

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

Virgin London Marathon (34th)

(IAAF Gold Label Road Race/World Marathon Majors Event/British Marathon Championships)
London, GBR, 13 April

(Distance: 42.195 km; standard course, with 35 m elevation loss [most of it in the third mile] and approximately 7 miles [27%] start/finish separation; many turns)

MEN

1. Wilson Kipsang, KEN	2:04:29 CR	\$55,000 + 100,000i
[1:02:31 / 1:01:58]		
2. Stanley Biwott, KEN	2:04:55 PB	30,000 + 100,000i
[1:02:31 / 1:02:24]		
3. Tsegaye Kebede, ETH	2:06:30	22,500 + 50,000i
4. Ayele Abshero, ETH	2:06:31	15,000 + 50,000i
5. Tsegaye Mekonnen, ETH	2:08:06	10,000 + 10,000i
6. Geoffrey Mutai, KEN	2:08:18	7,500 + 10,000i
7. Emmanuel Mutai, KEN	2:08:19	5,000 + 10,000i
8. Mo Farah, GBR	2:08:21 DB	4,000 + 10,000i + 8,000ii
9. Lilesa Feyisa, ETH	2:08:26	3,000 + 10,000i
10. Ryan Vail, USA	2:10:57 PB	2,000 + 1,000i
11. Chris Thompson, GBR	2:11:19 DB	1,500 + 7,000ii
12. Stephen Kiprotich, UGA	2:11:37	1,000
[1:03:48 / 1:07:49]		
... 18. Samuel Tsegay, ERI	2:19:10	
[1:03:14 / 1:15:56]		
Marilson Gomes Dos Santos, BRA	DNF	
Ibrahim Jeilan, ETH	DNF (in debut)	
Haile Gebrselassie, ETH	DNF (pace; about 9 miles)	

i) Earned open time bonus

ii) Earned British Championships time bonus

ALL-WOMEN'S ELITE RACE

1. Edna Kiplagat, KEN	2:20:21	\$55,000 + 50,000i
[1:09:17 / 1:11:04]		
2. Florence Kiplagat, KEN	2:20:24	30,000 + 50,000i
[1:09:16 / 1:11:08]		
3. Tirunesh Dibaba, ETH	2:20:35 DB	22,500 + 50,000i
[1:09:17 / 1:11:18]		
4. Feyse Tadesse Boru, ETH	2:21:42	15,000 + 50,000i
5. Aberu Kebede, ETH	2:23:21	10,000 + 15,000i
6. Jessica Augusto, POR	2:24:25 PB	7,500 + 10,000i
7. Tetyana Gamra-Schmyrko, UKR	2:25:30	5,000 + 5,000i
8. Ana Dulce Félix, POR	2:26:46	4,000 + 3,000i
9. Tiki Gelana, ETH	2:26:58	3,000 + 3,000i
10. Lyudmila Kovalenko, UKR	2:31:31	2,000
Priscah Jeptoo, KEN	DNF (17th mile; calf injury)	
Josephine Jepkoech, KEN	DNF (pace)	
Joyce Chepkirui, KEN	DNF (pace)	
Kim Smith, NZL	Scratch (foot injury)	
Gemma Steel, GBR	Scratch (calf injury)	

- i) Earned open time bonus
- ii) Earned British Championships time bonus

ABN AMRO Marathon Rotterdam (34th)

(IAAF Gold Label Road Race)

Rotterdam, NED, 13 April

(Distance: 42.195 km; certified loop course)

MEN (gun times)

1. Eliud Kipchoge, KEN 2:05:00
[1:02:41 / 1:02:19]
2. Bernard Koech, KEN 2:06:08
3. Bernard Kipyego, KEN 2:07:58
4. Deriba Robi, ETH 2:08:02 PB
5. Weldu Negash, ERI 2:09:14 PB
6. Albert Matebor, KEN 2:10:40
7. Khalid Choukoud, NED 2:10:52 DB
8. Alemayehu Abebe, ETH 2:13:30
9. Willem Van Schuerbeeck, BEL 2:13:55 DB
10. James Kibocha Theuri, FRA 2:14:48

WOMEN (gun times)

1. Abebech Afework, ETH 2:27:50
[1:12:03 / 1:15:47]
2. Guteni Shone, ETH 2:30:23 PB
3. Beata Naigambo, NAM 2:31:00
4. Diana Chepkemboi Sigei, KEN 2:32:16
5. Maria Azucena Díaz, ESP 2:32:22 DB
6. Ruth van der Meijden, NED 2:35:15 PB
7. Zana Jereb, SLO 2:35:57
8. Stefanie Bouma, NED 2:37:54 PB
9. Sarah Klein, AUS 2:38:53
10. Conny Berchtold, SUI 2:44:44

Vienna City Marathon (31st)

(IAAF Gold Label Road Race)

Wien, AUT, 13 April

(Distance: 42.195 km, start/finish separation of about 5 km with an elevation GAIN of approx. 20 m)

MEN (gun times)

1. Getu Feleke, 1986, ETH 2:05:41 CR*
2. Alfred Kering, 1978, KEN 2:08:28
3. Philip Sanga, 1983, KEN 2:08:58
4. Duncan Koech, 1981, KEN 2:09:17
5. Oleksandr Sitkovskyy, 1978, UKR 2:10:44

WOMEN (gun times)

1. Anna Hahner, 1989, GER 2:28:59
2. Caroline Chepkwony, 1985, KEN 2:29:18
3. Marta Lema, 1990, ETH 2:31:10
4. Alice Chelangat, 1980, KEN 2:32:46
5. Olga Glok, 1982, RUS 2:33:23

Orlen Warsaw Marathon (2nd)

(84th Polish Marathon Championships for men)

Warszawa, POL, 13 April

(Distance: 42.195 km)

MEN (gun times)

- | | |
|----------------------------|-----------------|
| 1. Tadesse TOLA (ETH) | 2:06:55 ACR/CR* |
| 2. Levy MATEBO (KEN) | 2:08:09 |
| 3. Henryk SZOST (POL) | 2:08:55 (1-NC) |
| 4. Charles CHERUIYOT (KEN) | 2:09:05 |
| 5. Bacha MEGEYSO (ETH) | 2:09:35 |

WOMEN (gun times)

- | | |
|------------------------------|---------|
| 1. Bizuayehu EHITU (ETH) | 2:30:30 |
| 2. Iwona LEWANDOWSKA (POL) | 2:32:42 |
| 3. Maryna DAMANTSEVICH (BLR) | 2:33:56 |
| 4. Radija ADILO (ETH) | 2:33:59 |
| 5. Katarzyna KOWALSKA (POL) | 2:34:57 |

More Magazine | Fitness Magazine Women's Half Marathon (11th)

Central Park, New York, USA, 13 April

(Distance: 21.1 km; certified two-loop course with significant hills)

Note: In her second appearance at this race, Deena Kastor not only broke her event record of last year, but also Colleen de Reuck's USA masters (40+) record of 1:11:50. That's a remarkable feat considering how hilly the course is and that Kastor had to run through slower runners on the second lap of the race. – Ed.

- | | |
|--|--------------------|
| 1. Deena Kastor, 41, Mammoth Lakes, CA | 1:11:38 CR* \$1000 |
| 2. Tsehay Getiso, 21, New York, NY (ETH) | 1:15:07 750 |
| 3. Aregash Gubae, 22, Bronx, NY (ETH) | 1:18:35 500 |
| 4. Muliye Gurmu, 30, New York, NY (ETH) | 1:25:08 250 |

Humarathon Half Marathon (29th)

Ivry to Vitry-sur-Seine, FRA, 13 April

(Distance: 21.1 km [one-loop course])

MEN (gun times)

- | | |
|-------------------------------|---------|
| 1. Charles Ogari, KEN | 1:01:22 |
| 2. Stephan Ogari, KEN | 1:02:23 |
| 3. Alfred Cherop, KEN | 1:02:02 |
| 4. Yirsaw Atalay Tegegne, ETH | 1:02:30 |
| 5. Yetwale Kende, ETH | 1:03:16 |

WOMEN (gun times)

- | | |
|--------------------------|---------|
| 1. Leonidah Mosop, KEN | 1:11:47 |
| 2. Yenenesh Tilahun, ETH | 1:12:08 |
| 3. Almaz Gelena, ETH | 1:12:30 |
| 4. Risper Chebet, KEN | 1:12:51 |
| 5. Askale Alemayehu, ETH | 1:13:18 |

ULTRA/MOUNTAIN/TRAIL RUNNING

American River 50 Mile (35th)

Sacramento, USA, 5 April

(Distance: 50 miles; course is combination of paved bike path and trail; the last three miles climb about 295 m)

MEN (gun times)

1. Joel Frost-Fift, 25, USA 6:26:53
2. Matthew Morales, 24, USA 6:30:41
3. Thoas Reiss, 46, USA 6:40:00

WOMEN -

1. Ashley Laird, 35, USA 7:18:06
2. Ana Guijarro, 33, USA 7:26:57
3. Lauren Tomory, 29, USA 7:46:38

OUTDOOR TRACK

Arkansas John McDonnell Invitational

Fayetteville, USA, 11-12 April

WOMEN

1500 (12):

1. Dominique Scott, SO, Arkansas (RSA) 4:19.72 PB
2. Grace Heymsfield, SR, Arkansas 4:20.47 PB
3. Diane Robison, JR, Arkansas 4:23.23

VIEWPOINT

DO WE CARE ENOUGH FOR THE ATHLETES?

By Bobby McGee

As a coach who is now "older" and still involved full time with high performance endurance sports, I do not have the time or inclination to fight battles of an administrative nature or become involved in any way. I mention the age issue because the time for finger pointing is long past.

However, when the well-being of an athlete and his or her future is impacted, then it is the role of the coach to speak up. In the last few weeks an athlete who I help remotely has on more than one occasion been a victim of what really seems to be appalling officiating, not necessarily due to ineptitude – which, from all reports, seems rife in almost every level of athletics in South Africa currently – but from a seeming lack of care.

My mind boggles when I hear of heats being cancelled minutes before they are to be run. Are officials not aware of the field size immediately after entries have closed? This happened three times at major meets! On one occasion two heats were full and still a final was called – leading to a clear infringement on field size for the final that clearly was dangerous, would not be conducive to good times and could likely prevent the better athletes from succeeding or running fast due to the over-full final.



Bobby McGee [Martin van Schalkwyk]

Changed times: How can event times be changed so willy-nilly? The athletes were sent an e-mail or a text, I believe, but surely a well-organized event of a national championship should have a fixed start time weeks in advance, not changed at the last minute! Neither should the athlete be expected to check on times so repeatedly while trying to focus on execution. This particular athlete was injured because they had to jump into a race that started two hours before its official start time!

From a sport psychological point of view this is nothing short of guaranteeing poor performances. Feeling in control of one's circumstances, knowing the schedule, the field of play, one's competitors, is part of the bedrock of confidence. There needs to be a level of trust between athlete and official.

The recent debacle in US track and field with video evidence that led to disqualification not being released to the public has created a huge furor and will lead to heads rolling. But when those impacted are our youth, our hopes on the world stage, how can we hold them responsible for performance when we cannot back them up with good solid administration and officiating?

What did I advise my athlete to do? To be more responsible, to take responsibility for their role in the debacle, to be gracious and accepting, but to move on and know that they have to fight for everything they need to be the best that they can be. Those great SA athletes who have succeeded at the highest level are not only fit and talented, they are responsible and heavily reliant on a supporting cast who smooth the way for them to perform on a level playing field in an arena where the best are so similar in ability that it is almost always those who are best prepared to succeed that ultimately do so.

I am ashamed and say again, ineptitude is one thing – we can all learn, try harder, be better – but when we fail to care for the athlete as a person we need to step away from the sport; far, far away. The motto of performance should always be athlete focused, coach driven, administrator supported.

Look deep – as a coach or administrator, are your conditions around training and events better than those of the athlete at that athlete's expense?; if so, do the right thing and fight for the athlete, they are the ones who will bring you pride, appreciation, gratitude, job satisfaction and, most importantly, performance.

A podium at the highest level – world championships, Olympic Games – is a matter of national pride and honour, and whether you sell tickets, clean or sign cheques, whether you carry the shot back to the rack, or head up international delegations, the sport is the athlete and it will always be that way. Any other way that we condone and allow ... that's shame on us.

STATS TIME

With R1 million on offer for a race record in the Old Mutual Two Oceans Marathon on Saturday, we publish a list of the ten fastest men and women in the history of the race this week (irrespective of what course the times were run on).

TWO OCEANS MARATHON: TOP 10 MEN & WOMEN

3:03:44	Thompson Magawana	1988
3:05:37	Johnny Halbestadt	1981
3:05:39	Marko Mambo (ZIM)	2005
3:06:18	Mabuthile Lebopo (LES)	2010
3:06:50	Moses Njodzi (ZIM)	2006
3:07:17	Zithulele Sinqe	1997
3:07:29	Moeketsi Mosuhli (LES)	2010
3:07:44	Teboho Sello (LES)	2010
3:07:56	Bethuel Netshifhefhe	2007
3:08:00	Sipho Ngomane	2005
3:30:36	Frith van der Merwe	1989

3:33:58	Olesya Nurgalieva (RUS)	2011
3:35:04	Madina Biktagirova (RUS)	2007
3:35:15	Lilia Yadzhak (RUS)	2007
3:35:25	Elena Nurgalieva (RUS)	2008
3:36:19	Tatyana Zhirkova (RUS)	2006
3:37:15	Simona Staicu (HUN)	2006
3:38:02	Natalia Volgina (RUS)	2002
3:38:09	Angelina Sephooa (LES)	1999
3:38:56	Azwindini Lukhwareni	2004

THIS MONTH IN HISTORY

25 years ago: 21 April 1989

The very first SA championship over 10000 m for women was decided on this day in Durban and the title went to Ronell Scheepers in 34:29.49. She finished well ahead of Sonja Laxton, who ran 35:14.72 for silver, with Agnes Berger winning the bronze medal in 35:29.75. In the men's race Xolile Yawa won his fifth successive title; he would add one more the next year and then another three in 1992, 1994 and 1996. In October Scheepers was part of one of the greatest women's 10000-metre races ever held on South African soil when nine women ducked under 35 minutes; Elana Meyer won in an African record 32:28.9 and Scheepers ran a PB of 34:00.1 in fifth.

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)		
15 km	26:44	Leonard Patrick Komon (KEN)	2010	01 Mar
	44:29	Lusapho April	Port Elizabeth	
	45:44	Abdelmajid El Hissouf (MAR)		
21.1 km	41:13	Leonard Patrick Komon (KEN)	2010	29 Mar
	60:47	Stephen Mokoka	Copenhagen	
	61:23	Mebratom Keflizighi (USA)		
25 km	58:23	Zersenay Tadese (ERI)	2010	22 Mar
	80:18A	George Ntshiliza	Somerset East	
	71:50	Sammy Kosgei (KEN)	2010	
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		05 Jan
	1:40:20	Anthony Godongwana	Camps Bay	
	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	
100 km	2:03:23p	Wilson Kipsang (KEN)	2013	
	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	67:54	Gert Thys	Johannesburg	13 April
	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	35:07	Tobias Philander	Bellville	12 Apr
	[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	38:57	Muhammed Kriel	Bellville	12 Apr
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	Somers 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	42:01	Margie Saunders	Port Elizabeth	12 Apr
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

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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