

Distance Running Results

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EDITORIAL

Very fast times were returned in the Maqadi Ayanda Plant Hire Nelson Mandela Bay Freedom Run 10 km in Port Elizabeth and the Ravensmead 15 km in Cape Town this weekend. Especially notable were the 29:18 by Anthony Gondongwana, 30:40 by Rodney Prins (the fastest he has run since 2010), 31:58 by Andile Motwani (a PB), 35:09 by Thozama April and 35:34 by Bulelwa Simae in Port Elizabeth, and the 46:14 by veteran Tsungai Mwanengeni (a PB), 59:25 by grandmaster Muhammed Kriel and 54:48 by junior Annie Bothma (a huge PB by almost 2 minutes) in Ravensmead. However, using 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), both races are acceptable (an average of less than -5 sec/km for 39 time comparisons in Port Elizabeth and 16 in Ravensmead).

A number of list leaders were set in these two races: five in Ravensmead and one in Port Elizabeth, where Margie Saunders clocked 41:31, a mere 11 seconds slower than Sonja Laxton's SA record for grandmasters. Saunders and Kriel both have three list leaders.

Some corrections to DRR 14:16:

- Kgosi Tsosane, who was sixth in the Old Mutual Two Oceans Half Marathon, runs for Nedbank CNW and not Transnet, his former club (which is what his timing chip reflected).
- Deirdre Larkin's 2:19:51 in the same race is not a world single-age record for an 82-year-old – she ran 2:16:06 in the Jacaranda Half Marathon on 19 October 2013 (a result which DRR did not have). Larkin was recently awarded with Honorary Life Membership of Randburg Harriers in recognition of her outstanding performances in recent years.
- Jane Mudau's course record was listed as 3:15:48 in the category results and the Editorial, but her time, 4:15:48, was correct in the main results.
- The women's results in the Pick 'n Pay Soshanguve Morula 10 km were left out. Here they are: OPEN: 1. Thembi Baloyi (TUT) 36:47; 2. Paulina Phaho (Trans) 37:55 (1st vet); 3. Catherine Skosana (Ned) 39:36. Veterans: 1. Paulina Phaho (Trans) 37:55; 2. Anneline Dercksen (Fit2000) 58:36. Masters: 1. Ansie Breytenbach (Irene) 45:54; 2. Sonia Scheepers (Irene) 54:00. G'masters: 1. Bertha van der Raad (Irene) 76:01.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Chatsworth Freedom Marathon & 25 km, Chatsworth
- * Slow-Mag Marathon, 50 km, Half Marathon & 10 km, Benoni
- * Maqadi Ayanda Plant Hire Nelson Mandela Bay Freedom Run 10 km, Port Elizabeth
- * Ravensmead 15 km, Ravensmead

- * XC: Gauteng North League, Soshanguve
- * Track: USSA (University) Championships, Pretoria; Varsity Cup #3, Stellenbosch

International highlights:

- * METRO Group Marathon Düsseldorf, Düsseldorf, GER
- * Enschede Marathon, Enschede, NED
- * Semi-Marathon de Nice, Nice, FRA
- * Hy-Vee Road Races, Des Moines, USA
- * Nagano Olympic Commemorative Marathon, Nagano, JPN
- * B.A.A. 5 km & B.A.A. Invitational Mile, Boston, USA
- * Allstate Sugar Bowl Crescent City Classic 10 km, New Orleans, USA
- * Track: Penn Relays, Philadelphia, USA; Drake Relays, Des Moines, USA; Hyogo Relays, Kobe, JPN; Mt. SAC Relays, Walnut, USA

ROAD RUNNING

Chatsworth Freedom Marathon & 25 km

Chatsworth, 27 April

(Distances: 52 km & 25 km; loop courses)

52 km

MEN

1.	Nyamande Hatiwande	Form One AC	3:10:56 (R1000)
2.	Peter Mavura	ZIM/Form One AC	3:11:15 (R500)
3.	Samuel Katui	KEN/Form One AC	3:15:36 (R150)

(Prize money in all age categories was the same: R300, R200, R150.)

40-49:

1.	Philami Memela	Maxed Elite	3:20:43
2.	Shingi Badza	ZIM/Nedbank AC	3:27:45
3.	Si Siyabulela	Shakaland	3:33:29

50-59:

1.	Willie Majombozi	Boxer AC	4:03:00
2.	Maxwell Mngwengwe	Boxer AC	4:12:18
3.	Elliot Shezi	Maxed Elite	4:20:43

60+:

1.	Wilson Zondi	HV	4:22:42
2.	Chris v d Westerhuizen	Umhlatuze AC	4:51:15
3.	Gopal Chetty	Shallcross	5:02:21

WOMEN (Same prize money as men)

1.	Nonsikelelo Mbambo	Natal Carb	4:14:51
2.	Lisa Collett	Everyone Counts	4:32:09
3.	Wendy Morgan	West AC	4:43:30

40-49:

1.	Vanessa Crookes	CH	4:50:19
2.	Hleziphi Ncawiyana	Nedbank AC	5:15:42
3.	Sphiwe Dladla	RWFL	5:23:26

50-59:

1.	Roslyn Marot	Virginia AC	5:04:17
2.	Debby de Koning	Rskom AC	5:11:47
3.	Daniella Pipini	Savages AC	5:15:27

60+:

1.	Brenda Hughes	Sydenham AC	6:09:09
2.	Maureen Parry	Chiltern AC	6:17:07

25 km**MEN**

1.	Joseph Munywaki	Phantane AC	1:24:30 (R300)
2.	Pitso Mokoena	Ind	1:25:30 (R200)
3.	Delani Mkhize	Nedbank AC	1:25:40 (R150)

(Prize money in all age categories was the same: R200 for 1st only.)

40-49:

1.	Sibusiso ?	Kwa Ndengezi	1:46:11
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50-59:

1.	Sipho Mbokazi	Toyota AC	1:43:43
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60+:

1.	Lindsay Rodgerson	Riverside Harr	2:14:08
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Juniors:

1.	Mbhasobhi Gumede	Inanda AC	1:32:45
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WOMEN (Same prize money as men)

1.	Sithu Sithulisiwe	Phatane AC	1:46:28
2.	Xoli Madida	Natal Carb	1:54:17
3.	Pat Dammann	Forest	1:56:51

40-49:

1.	Pat Dammann	Forest	1:56:51
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50-59:

1.	Janine Engels	West AC	2:09:01
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60+:

1.	Linda Bell	QBH	2:42:03
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Juniors:

1.	Nomfundo Zuma	Greater Eden	2:35:33
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Slow-Mag Marathon (59th), 50 km (3rd), Half Marathon & 10 km

Benoni, 27 April

(Distances: 42.195 km, 50 km, 21.1 km & 10 km; loop courses)

Marathon**MEN**

1 Vusi Malobola (Maxed Elite) 2:31:03; 2 Bongani Possa (Discovery) 2:32:01; 3 Potso Khomo (Sibanye Gold) 2:37:26.

Veterans: 1 Hector Mahlangu (Cool Running) 2:40:23. **Masters:** 1 Bernard Mosala (Carlton) 2:55:23. **G'masters:** 1 Stephen Moagi (Chamber) 3:25:21.

WOMEN

1 Ann Ashworth (Born 2 Run) 3:19:04; 2 Enie Molatseli (City of Ekurhuleni) 3:19:24; 3 Lizzy Zulu (SAPS) 3:26:29.

Veterans: 1 Marie Scholtz (RWFL) 3:37:40. **Masters:** 1 Ansa Strydom (New Balance) 3:36:48. **G'masters:** 1 Klippiess van Rooyen (Randburg Harriers) 4:49:26.

50 km**MEN**

1 Elias Mabane (Nedbank) 2:59:01 CR (1st vet); 2 Reuben Maapola (Nedbank) 3:03:47; 3 Thulani Magagula (Germiston Callies) 3:08:42.

Veterans: 1 Elias Mabane (Nedbank) 2:59:01. **Masters:** 1 Mike Forshaw (RWFL) 4:00:29.
G'masters: 1 Johan Jonck (Hi-Midas) 4:29:14.

WOMEN

1 Avril Halstead (Born 2 Run) 4:07:23; 2 Thuli Mbataha (Kathlehong) 4:13:56 (1st vet); 3 Lindsey van Aswegen (MAD Multisport) 4:16:26.

Veterans: 1 Thuli Mbataha (Kathlehong) 4:13:56. **Masters:** 1 Judy van Dyk (Alberton) 5:34:05. **G'masters:** 1 Petra Myburgh (Striders) 5:59:58.

Half marathon

MEN

1 Lucky Mthali (Olifantsfontein) 70:00; 2 Ludwick Mamabolo (Nedbank) 70:46; 3 Andries Masoeu (Maxed Elite) 71:22.

Veterans: 1 Sipho Ncube (Maxed Elite) 75:12. **Masters:** 1 Jerry Rankapule (Gallopers) 87:59. **G'masters:** 1 Anton Reynders (Kempton) 1:44:30.

WOMEN

1 Adoneche Beyehe (ETH/Nedbank) 85:38; 2 Salome Cooper (Toyota) 87:29; 3 Maphuti Phaka (Born 2 Run) 90:13.

Veterans: 1 Marlene Venter (Boksburg) 1:42:09. **Masters:** 1 Mariet Greyling (Benoni High) 1:42:43. **G'masters:** 1 Virginia Augustin (RAC) 1:57:05.

10 km

MEN

1 Thabang Mafa (Airports Company) 33:06; 2 Sifiso Ngcobo (Ubuhle) 34:16; 3 Mahlatse Makoasha (Benoni High) 34:17.

WOMEN

1 Michelle Strydom (UJ) 41:08; 2 Daniella Meyer (Boksburg) 44:18; 3 Dianne Kruger (New Balance) 44:33.

Maqadi Ayanda Plant Hire Nelson Mandela Bay Freedom Run 10 km

Port Elizabeth, 26 April

(Loop course. Finishers: 420 [up from 377 last year].)

Note: This is the race with the biggest total prize money purse of any in the Eastern Province. – Ed.

MEN

1	Anthony	Godongwana	Transnet AC AGN	29	29:18	R4000
2	Lungile	Gongqa	Temp	35	29:36	R2000
3	Melikhaya	Frans	Nedbank RC EP	22	30:05	R1000*
4	Rodney	Prins	Malabar AC	25	30:40	R800
5	Sandile	Ngunuza	Nedbank RC EP	31	30:49	R500
6	George	Ntshiliza	Nedbank RC EP	34	31:16	
7	Andile	Motwani (1 st jun)	Tinarha AC	17	31:58	
8	Anele	Maliza	Nedbank RC EP	36	31:58	
9	Bulelini	Niwa	PEAAC	28	32:21	
10	Lubabalo	Mdlungwane	Nedbank RC EP	23	32:24	
11	Maxwell	Goodman (1 st vet)	Ikhamva AC	41	32:31	
12	Sinathi	Mafanga	SAP M C EP	23	33:00	
13	Siyabonga	Kahla	Motherwell AC	18	33:02	
14	Mthuthizeyi	Mtenganya	Temp	18	33:30	

15	Mzamo	Fokwana	Charlo AC	36	33:32
16	Ricardo	Plaatjies	X-Cel AC	31	33:35
17	Zolile	Mhlahlo	Achilles AAA	39	33:43
18	Zamubuntu	Teyise	Warriors AC	37	33:44
19	Melikhaya	Kepe	Nedbank RC EP	37	33:57
20	Melikhaya	Malinga	Tinarha AC	33	34:03

*) Plus R500 incentive as first EP runner.

(Prize money in age categories 40-49, 50-59, 60-69 and juniors was the same: R600, R300, R200.)

40-44:

1	Maxwell	Goodman	Ikhamva AC	41	32:31
2	Simon	Ngcoko	Nedbank RC EP	44	34:04
3	Emerson	Kayana	Nedbank RC EP	40	34:10

45-49:

1	John	Rafani	Nedbank RC EP	47	36:00
2	Jacob	Abraham	Body Concept	47	37:40
3	Martin	Jansen	Nedbank RC EP	45	38:05

50-54:

1	Desmond	Zibi	Ikhamva AC	50	35:37
2	Michael	Bekapi	Maxed Elite EP	52	36:09
3	Kenneth	Menze	Bluewater Bay	52	36:38

55-59:

1	Disemba	Blou	Charlo AC	55	40:16
2	Stephen	Klue	Elite AC	55	42:49
3	Nelson	Mgubasi	Charlo AC	56	44:34

60-64:

1	Sizinzo	Kama	Achilles AAA	62	45:40
2	Errol	Rossouw	PEAAC	64	46:07
3	Donald	Mancasa	Transnet Eng EP	60	47:56

65-69:

1	Syd	Lippstreu	Crusaders AC	66	47:30
2	Peter	Eck	Muirite Striders	67	53:35
3	Thembisile	Ntoni	PEAAC	66	54:04

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	72	42:13
2	Godfrey	Kariem	Gelvan AC	73	52:30
3	Brian	Smith	PEAAC	71	1:05:40

75-79:

1	John	Peart	Nedbank RC EP	78	1:23:02
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Juniors:

1	Andile	Motwani	Tinarha AC	17	31:58
2	Siyabonga	Kahla	Motherwell AC	18	33:02
3	Mthuthizeyi	Mtenganya	Temp	18	33:30

WOMEN (Same prize money as men)

1	Zintle	Xiniwe	New Balance KZN	27	34:20
2	Ntombesintu	Mfunzi	Nedbank RC EP	32	34:57
3	Thozama	April	Transnet AC AGN	28	35:09
4	Bulelwa	Simae	Nedbank RC WP	37	35:34
5	Babalwa	Ngcoko	Nedbank RC EP	26	39:22
6	Nokholo	Hlezupondo	SANDF EP	35	41:03
7	Siphokazi	Nojoko	Motherwell AC	19	41:12
8	Margie	Saunders (1 st g'mast)	Nedbank RC EP	60	41:31
9	Asanda	Solani	Motherwell AC	30	41:50
10	Nomakhosi	Ntliziyo (1 st jun)	Youth 4 Change AC	15	42:11

R500*

11	Grizelda	Pietersen (1 st vet)	Maxed Elite EP	45	42:28
12	Deliwe	Nyanga	Nedbank RC EP	25	42:31
13	Terray	Newcombe	Elite AC	23	42:40
14	Jene	Banfield	Run For Life EP	43	42:57
15	Laura	Maritz (1 st mast)	Elite AC	53	43:24
16	Janette	Schierz-Crusius	Body Concept	53	43:35
17	Tiani	Claassen	Despatch AC	23	43:36
18	Siphokazi	Liwani	Motherwell AC	16	44:16
19	Treloar	Childs	Walmer AC	50	45:52
20	Priscilla	Dyanty	Nedbank RC EP	40	46:28

*) Incentive as first EP runner added to her prize money.

40-44:

1	Jene	Banfield	Run For Life EP	43	42:57
2	Priscilla	Dyanty	Nedbank RC EP	40	46:28
3	Sunelle	Horne	Bluewater Bay	40	47:21

45-49:

1	Grizelda	Pietersen	Maxed Elite EP	45	42:28
2	Gail	Klichowicz	Achilles AAA	47	48:32
3	Judy	Beens	Charlo AC	47	50:11

50-54:

1	Laura	Maritz	Elite AC	53	43:24
2	Janette	Schierz-Crusius	Body Concept	53	43:35
3	Treloar	Childs	Walmer AC	50	45:52

55-59:

1	Marcelle	Harran	Body Concept	59	59:50
2	Alma	Fourie	Charlo AC	56	1:01:26
3	Dianne	Hartzenberg	Nedbank RC EP	55	1:04:43

60-64:

1	Margie	Saunders	Nedbank RC EP	60	41:31
2	Cathy	Ives	Achilles AAA	61	51:25
3	Nicki	Van Niekerk	Muirite Striders	60	1:01:09

65-69:

1	Liz	Grundlingh	Muirite Striders	67	52:51
2	Denise	Terblanche	Walmer AC	66	1:03:15
3	Jeanette	Pienaar	PEAAC	65	1:04:42

70-74:

1	Orgia	Nell	Muirite Striders	70	1:09:38
2	Isabella	Childs	Walmer AC	72	1:12:23

75-79:

1	Dorothy	Hart	Charlo AC	76	1:13:17
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Juniors:

1	Nomakhosi	Ntliziyo	Youth 4 Change AC	15	42:11
2	Siphokazi	Liwani	Motherwell AC	16	44:16
3	Megan	Wilson	Charlo AC	18	48:35

Ravensmead 15 km

Ravensmead, 26 April

(Certified loop course. Weather: cool, light rain. Finishers: 792 [down from 902 last year].)

MEN

1. Sibusiso Madikizela (Manoni) 45:57 (R400)
2. Tsungai Mwanengeni (ZIM/NBMC) 46:14 (1st vet) (R250)
3. Siyabonga Makhaluza (GS) 46:39 (R200)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 46:14 (R300); 2. Graham Katzen (Itheke) 49:22 (R200); 3. Xolile Macanda (Gugs) 51:00 (R150). **Masters:** 1. Roston Isaacs (Ned) 57:24 (R200); 2. Stephen Parkins (Tyger) 57:27 (R150); 3. Goodman Mpukane (Gugs) 60:05 (R100). **G'masters:** 1. Muhammed Kriel (Ommie) 59:25 (R175); 2. Albert Williams (Top) 64:45 (R125); 3. Henry Cleophas (Ned) 71:30 (R100). **Juniors:** 1. Granwin Katzen (Itheke) 49:38 (R150); 2. Cheslyn Aford (Ned Bol) 49:42 (R100); 3. Wayne Blom (East) 52:45 (R75).

WOMEN (Same prize money as men)

1. Annie Bothma (Ned) 54:48 (1st jun)
2. Mariëtte Strauss (Tyger) 63:37 (1st mast)
3. Sheryl de Lange (NBMC) 63:42 (1st vet)

Veterans: 1. Sheryl de Lange (NBMC) 63:42; 2. Ursula Frans (NBMC) 65:00; 3. Chantal Simpson (Ned) 65:09. **Masters:** 1. Mariëtte Strauss (Tyger) 63:37; 2. Olga Howard (Celtic) 66:33; 3. Charmaine Cupido (Ned) 69:42. **G'masters:** 1. Helen du Plessis (Tyger) 75:25; 2. Pixie Sparg (Celtic) 81:15; 3. Ruth Leverton (Pine) 84:15. **Juniors:** 1. Annie Bothma (Ned) 54:48; 2. Busisiwe Gwala (VOB) 68:54; 3. Nomxesibe Ngcantsi (VOB) 68:57.

CROSS-COUNTRY

Gauteng North League (1st)

Soshanguve, 19 April

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN

1	Motsamai	Matone	Transnet	13:26
2	Victor	Pheeba	Tembisa	13:31
3	Frans	Makola	Transnet	14:07
4	Charles	Malatji	Monaco	14:11
5	Thabo	Maugalare	TUT	14:27
6	Darryl	Maphothoma	Modiba	14:41
7	Andy	Mukona	Transnet	15:13
8	Martin	Nkoe	TUT	15:58
9	Elias	Molemane	Monaco	17:13
10	Marten	Le Roux	Hillview	20:52

MEN 40 (8 km)

1	Johannes	Ratsela	Zwakala	34:29
2	Miros	Kaffka	ACRW	38:46
3	Hendrik	Smith	Hillside Runners	43:10

MEN 45 (8 km)

1	Leon	Matthee	New Balance	34:58
2	David	Modiba	Modiba	36:17
3	André	Erasmus	Individual	37:36

MEN 50 (8 km)

1	Gert	Brits	GNMA	37:01
2	Nico	Vos	Centak	39:14
3	Moritz	Kallmeyer	Tuks	39:43

MEN 60 (6 km)

1	Tommy	Breedt	Akasia	37:12
2	Gawie	Pieterse	Sabs Striders	43:33

MEN 65 (6 km)

1	Steve	Otto	AS Eagles	34:47
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MEN 70 (6 km)				
1	Andries	Van der Merwe	Transnet	37:34
MEN 80 (6 km)				
1		Coetzee	Magnolia	45:52
2	Frans	Grobler	Transnet	47:18
3	Chris	De Jager	Transet	51:38
MEN 23				
1	Moses	Dirane	Themba Prestige	12:33
2	Koos	Baloyi	Themba Prestige	13:14
3	Koketso	Khoza	F.P.N.	13:45
JR. MEN (8 km)				
1	Maleka	Thabang	Transnet	28:25
2	Kleinbooi	Matsemola	F.P.N.	28:33
3	Moleka	Lucas	Modiba	28:33
JR. MEN (6 km)				
1	Ofentse	Dilotsohle	Hillview	27:18
2	Tumelo Piet	Mnisi	Lehlabile	28:23
BOYS 17 (6 km)				
1	Tshepo	Monaha	F.P.N.	26:26
2	Thabang	Thole	Kondelelani	27:37
3	Wynand	Van Tonder	Wonderboom	28:05
SR. WOMEN				
1	Kataza	Shipalana	TUT	15:35
WOMEN 40				
1	Jacomien	Du Bruyn	Tuks	21:14
2	Christelle	Ferreira	Montana	23:08
3	Hettie	Smith	Hillside Runners	24:06
WOMEN 45				
1	Letmari	Dreeckmeier	AS Eagles	19:21
2	Hester	Kallmeyer	GNMA	21:31
3	Ronel	Steyn	F.P.N.	22:46
WOMEN 50				
1	Janet	Van der Merwe	New Balance	24:47
WOMEN 60				
1	Rina	Pretorius	SABS Striders	23:11
WOMEN 23				
1	Michelle	Redelinghuys	Suthies	16:15
2	Alicia	Labuschagne	Wonderboom	17:03
3	Olivia	Labuschagne	Wonderboom	17:05
JR. WOMEN (6 km)				
1	Sunette	Vos	Centak	31:55
2	Danielle	Luyt	Akasia	32:19
3	Melissa	Odendaal	F.P.N.	32:31
GIRLS 17				
1	Kirstin	Hodgson	F.P.N.	17:33
2	Marzanne	Aldridge	Turn 2 God	18:06
3	Annemarie	Hordijk	Dirk Postma	18:48

TRACK**USSA (University) Championships**

Pretoria, 25 & 26 April

Note: Unfortunately the dates of the individual events are not known. The results of the 5000 m for both men and women, and the steeplechase for men are not available. – Ed.

MEN**800:**

1	Olivier, Andre	NWU-Pukke A	1:47.26
2	Van Rensburg, Rynardt	Free State A	1:47.94
3	Motsau, Jerry	NWU-Pukke A	1:49.49
4	Faro, Duran	Western Cape A	1:49.77
5	Makofane, Mpho	Tshwane Tech A	1:50.13
6	Ramasita, Koketso	Pretoria A	1:50.22
7	Matiwane, Thabang	Johannesburg B	1:52.30
8	Roodt, Andrew	Johannesburg A	1:52.57
9	Nothling, Theodore	NWU-Pukke B	1:52.82
10	Pretorius, Jacques	Stellenbosch A	1:52.93
11	Groeneveldt, Llewellyn	Stellenbosch A	1:54.32
12	Beukes, Henk	Johannesburg A	1:55.22

1500:

1	Motsau, Jerry	NWU-Pukke A	3:47.73
2	Olivier, Andre	NWU-Pukke A	3:47.98
3	Van Rensburg, Rynardt	Free State A	3:49.16
4	Andreas, Jeromy	Johannesburg A	3:50.51
5	Pretorius, Jacques	Stellenbosch A	3:50.62
6	Faro, Duran	Western Cape A	3:50.64
7	Makofane, Mpho	Tshwane Tech A	3:52.16
8	Matiwane, Thabang	Johannesburg B	3:52.53
9	Bucarizza, Marko	Wits University	3:52.77
10	Mhlakwana, Nkosikhana	Durban Univ Of Techn	3:55.75
11	Nyongo, Mkhusele	Nelson Mandela Met Univ A	3:57.25
12	Bredenkamp, Johnathan	Pretoria B	3:58.70

10000:

1	Gelant, Elroy	NWU-Pukke A	30:47.04
2	Swanepoel, Clinton	Johannesburg A	31:18.16
3	Ngqaga, Zolani	Nelson Mandela Met Univ A	31:21.94
4	Magagane, Pharson	Johannesburg A	31:30.17
5	Mulaudzi, Collen	Vaal Technology	31:31.15
6	Mofokeng, Pusuletso	Vaal Technology	31:38.46
7	Jacobs, Karabo	Vaal Technology	32:34.44
8	Radebe, David	Vaal Technology	33:18.29
9	Mthimkhulu, Sikhalo	Tshwane Tech A	33:47.08
10	Leeto, Tshepo	Tshwane Tech A	33:55.01
11	Phaswand, Thuso	Johannesburg B	34:45.31
12	Jantjies, Mario	Western Cape A	35:13.33

Half marathon:

1	Mzazi, Gladwin	Tshwane Tech A	1:03:29
2	Mokoka, Stephen	Tshwane Tech A	1:03:30
3	Eesou, Mariano	Nelson Mandela Met Univ A	1:03:53
4	Mulaudzi, Collen	Vaal Technology	1:04:19
5	Ngqaga, Zolani	Nelson Mandela Met Univ A	1:04:28

6	Bothobutle, Lucas	NWU-Pukke A	1:05:10
7	Mofokeng, Pusuletso	Vaal Technology	1:05:12
8	Magagane, Pharson	Johannesburg A	1:05:39
9	Jacobs, Karabo	Vaal Technology	1:05:49
10	Masihleho, Thabang	Central Tech Welkom	1:06:37

WOMEN

800:

1	Nice, Anuschka	Pretoria A	2:07.52
2	Makhofola, Thato	Johannesburg A	2:11.88
3	Sibanda, Mamphielo	Johannesburg A	2:12.15
4	Smit, Lushano	Independant Inst of Education	2:13.08
5	Vermaak, Adel	Pretoria A	2:14.22
6	Obisi, Rita	Johannesburg A	2:15.55
7	Mkhize, Happiness	Pretoria A	2:17.16
8	Fourie, Duanne	NWU-Pukke A	2:20.47
9	Basson, Inari	Stellenbosch A	2:22.72
10	Badenhorst, Anje	Free State A	2:29.21

1500:

1	Sibanda, Mamphielo	Johannesburg A	4:39.97
2	Ravhandalala, Thitshaamba	Tshwane Tech A	4:40.34
3	Marais, Stella	Pretoria A	4:40.76
4	Makhofola, Thato	Johannesburg A	4:43.73
5	Fletcher, Kelly	Durban Univ Of Techn	4:46.36
6	Hadebe, Zandile	Johannesburg A	4:46.52
7	Fourie, Thineke	Stellenbosch A	4:46.99
8	Mkhize, Happiness	Pretoria A	4:54.01
9	Madoa, Palesa	Tshwane Tech A	4:59.51
10	Fourie, Duanne	NWU-Pukke A	5:01.13
11	Hatting, Mareli	Free State A	5:23.09

3000 s/chase:

1	Baloyi, Thembi	Tshwane Tech A	10:29.94
2	Marandela, Caroline	Johannesburg A	10:31.83
3	Schnetler, Ashleigh	Johannesburg A	11:10.23
4	Gildenhuys, Anneke	Free State A	11:29.54
5	Grimes, Leani	Pretoria B	11:37.50
6	Sims, Cherise	Free State A	11:40.26
7	Abrahams, Amy	Western Cape A	12:09.78
8	Lekalakala, Annah	Pretoria B	12:49.94
9	Ramolahloane, Pulane	Central Univ Of Techn A	14:30.82
10	Mahlangu, Winnie	Tshwane Tech A	15:41.49

10000:

1	Swanepoel, Maryna	Free State A	38:08.44
2	Marais, Ebeth	Stellenbosch A	40:18.42
3	Abrahams, Amy	Western Cape A	41:15.11
4	Molotsane, Kesa	Free State A	41:33.06
5	Jordaan, Hanli	Western Cape A	41:43.76
6	Khubeka, Refiwe	Vaal Technology	43:26.94

Half marathon:

1	Ravhandalala, Thitshaamba	Tshwane Tech A	1:18:49
2	Baloyi, Thembi	Tshwane Tech A	1:19:33
3	Shipalana, Kataza	Tshwane Tech A	1:21:47
4	Swanepoel, Maryna	Free State A	1:24:12

5	Madoa, Palesa	Tshwane Tech A	1:25:04
6	Meyer, Laune	NWU-Pukke B	1:26:37
7	Barrow, Leigh	Cape Town	1:26:50
8	Van Breda, Keelyn	Cape Town	1:27:35
9	Molotsane, Kesa	Free State A	1:31:38
10	Husemeyer, Lorissa	NWU-Pukke B	1:38:08

Varsity Cup #3

Stellenbosch, 21 April

MEN

800:

1	Nijel AMOS	BOT/NWU	1:48.84
2	Rynardt VAN RENSBURG	UFS	1:48.99
3	Duran FARO	UWC	1:51.46
4	Mpho MAKOFANE	TUT	1:51.83
5	Koketso RAMASITA	Tuks	1:51.90
6	Henk BEUKES	UJ	1:51.99
7	Ruan DE JAGER	US	1:55.39
	Donald NELL	NMMU	DNF

5000:

1	Rantso MOKOPANE	NWU	14:15.28
2	Jeromy ANDREAS	UJ	14:15.29
3	Dumisane HLASELO	UFS	14:30.48
4	Zolani NGQAGA	NMMU	14:54.40
5	Jonathan BREDENKAMP	Tuks	15:34.54
	Mpho MOTAUNG	TUT	DNF
	Johan VAN WYK	US	DNF
	Mario JANTJIES	UWC	DNF

WOMEN

1500:

1	Stella MARAIS	Tuks	4:29.09
2	Thitshaamba RAVHANDALALA	TUT	4:32.22
3	Mamphielo SIBANDA	UJ	4:36.85
4	Thineke FOURIE	US	4:39.37
5	Duanne FOURIE	NWU	4:47.59
6	Cherise SIMS	UFS	4:52.57
7	Asiphe SNYMAN	UWC	5:10.53
8	Caitlin DEASY	NMMU	5:25.74

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

METRO Group Marathon Düsseldorf (12th)

Düsseldorf, GER, 27 April

(Distance: 42.195; multi-loop course with about 1.5 km start/finish separation)

MEN

1. Gilbert Yegon, KEN	2:08:07
-----------------------	---------

- | | |
|-----------------------------|---------|
| 2. Endeshaw Negesse, ETH | 2:08:32 |
| 3. Fikadu Girma Teferi, ETH | 2:09:34 |
| 4. Shengo Kebede, ETH | 2:10:14 |
| 5. Moses Masai, KEN | 2:10:36 |

WOMEN

- | | |
|--------------------------------|------------|
| 1. Annie Bersagel, USA | 2:28:59 PB |
| 2. Selomie Kassa Getnet, ETH | 2:30:29 |
| 3. Emily Chemutai Ngetich, KEN | 2:30:50 |
| 4. Jane Jepkogei Kiptoo, KEN | 2:31:21 |
| 5. Winfridah Kwamboka, KEN | 2:32:39 |

Enschede Marathon (46th)

Enschede, NED, 27 April

(Distance: 42.195 km with no elevation change or start/finish separation)

MEN (gun times)

- | | |
|----------------------|------------|
| 1. Elijah Sang, KEN | 2:10:22 |
| 2. Dawit Wolde, ETH | 2:10:42 DB |
| 3. Abdi Nageeye, NED | 2:11:33 DB |

WOMEN (gun times)

- | | |
|----------------------|------------|
| 1. Reina Visser, NED | 2:42:07 PB |
|----------------------|------------|

Semi-Marathon de Nice (23rd)

Nice, FRA, 27 April

(Distance: 21.1 km)

MEN

- | | |
|-------------------------------|------------|
| 1. Kennedy Kipyego, KEN | 1:01:31 PB |
| 2. Charles Ogari, KEN | 1:01:33 |
| 3. Isaac Kipkosgei Birir, KEN | 1:01:34 |
| 4. Kiprop Limo, KEN | 1:01:36 |
| 5. Lawi Kiptui, KEN | 1:01:36 PB |

WOMEN

- | | |
|-----------------------|------------|
| 1. Janet Kisa, KEN | 1:11:01 PB |
| 2. Olha Skrypak, UKR | 1:13:09 PB |
| 3. Pauline Njeri, KEN | 1:16:53 |

Hy-Vee Road Races (2nd)

Des Moines, USA, 27 April

(Distance: 21.1 km; one-loop course)

MEN

- | | | |
|---------------------------|---------|----------|
| 1. Mosinet Geremew, ETH | 1:03:34 | \$12,000 |
| 2. Kimutai Cheruiyot, KEN | 1:03:35 | 8,000 |
| 3. Goitom Kifle, ETH | 1:03:37 | 5,000 |

WOMEN

- | | | |
|------------------------|---------|----------|
| 1. Rkia El Moukim, MAR | 1:11:18 | \$12,000 |
| 2. Risper Gesabwa, KEN | 1:11:41 | 8,000 |
| 3. Almaz Negede, ETH | 1:13:25 | 5,000 |

Nagano Olympic Commemorative Marathon (15th)

Nagano, JPN, 20 April

(Distance: 42.195 km; point-to-point course with 5 m elevation GAIN [from 349 m to 354 m])

MEN

1. Sergey Lebid (UKR), 2:13:56 PB
2. Ser-Od Bat-Ochir (MON), 2:14:04
3. Taiga Ito, 2:15:20

WOMEN

1. Alina Prokopeva (RUS), 2:30:56
2. Rika Shintaku, 2:36:02
3. Shoko Shimizu, 2:37:21

B.A.A. 5 km (6th)

Boston, USA, 19 April

(Certified one-loop course [course changed from previous years])

MEN (gun times)

- | | | |
|--|----------|----------------|
| 1. Dejen Gebremeskel, 24, Addis Ababa, ETH | 13:26 CR | \$7500 + 5000* |
| 2. Ben True, 28, Hanover, NH | 13:26 PB | 4000 |
| 3. Stephen Sambu, 25, Tucson, AZ (KEN) | 13:27 | 2500 |

*) Course record bonus

WOMEN (gun times)

- | | | |
|---------------------------------------|--------------|--------|
| 1. Molly Huddle, 29, Providence, RI | 15:12 PB/CR= | \$7500 |
| 2. Mamitu Daska, 30, ETH | 15:14 PB | 4000 |
| 3. Sentayehu Ejigu, 28, ETH | 15:16 PB | 2500 |
| ... 12. Julia Bleasdale, 32, GBR | 16:00 | |
| ... 18. Jen Rhines, 39, Lexington, MA | 16:22 | |

B.A.A. Invitational Mile (6th)

Boston, USA, 19 April

(Distance: 1 mile; three-loop certified course)

PROFESSIONAL MEN

- | | | |
|-----------------------|-----------|--------|
| 1. Nick Willis, NZL | 4:11.3 | \$3000 |
| 2. Paul Robinson, IRL | 4:12.0 DB | 2000 |
| 3. Leo Manzano, USA | 4:13.3 | 1000 |

PROFESSIONAL WOMEN

- | | | |
|-----------------------|-----------|--------|
| 1. Morgan Uceny, USA | 4:44.0 | \$3000 |
| 2. Heather Kampf, USA | 4:44.3 | 2000 |
| 3. Brie Felnagle, USA | 4:44.8 PB | 1000 |
| 4. Sara Hall, USA | 4:45.9 | 750 |



Morgan Uceny leading Heather Kampf and Viola Lagat in the B.A.A. Invitational Mile. [Jane Monti/-Race Results Weekly]

Allstate Sugar Bowl Crescent City Classic 10 km (36th)

New Orleans, USA, 19 April

(Certified, NEW RECORD-ELIGIBLE COURSE, with zero elevation change and 49.2% start/finish separation [record-eligible under USATF/IAAF rules])

MEN

1. Leonard Patrick Komon, 26, KEN	27:44	\$6000 + \$900i + 2000p
2. Isiah Koech, 20, KEN	28:07	4000
3. Japhet Korir, 20, KEN	28:19	2500
4. Mourad Marofit, 32, MAR	28:32	1500
5. Cleophas Ngetich, 18, KEN	28:35	1000

WOMEN

1. Risper Gesabwa, 25, KEN	31:43	\$6000 + \$900i
2. Hiwot Ayalew, 24, ETH	31:47	4000 + 900i + 2000p
3. Rkia El Moukim, 26, MAR	32:07	2500
4. Sophy Jephchirchir, KEN	32:23	1500
5. Susan Jerotich, KEN	33:02	500^

i) Earned time-incentive bonus

^) Prize money reduced 50% for slower than 33:00

p) Earned \$1000 primes for leading at the 3 and 4 mile marks

TRACK**Penn Relays** (120th)

Philadelphia, USA, 22-27 April

MEN

5000:

College Championship (24) -

1. Kevin Dooney, Yale (IRL)	13:59.38 PB
2. Evan Esselink, Indiana (CAN)	14:01.67 PB
3. Josh Hardin, Northern Arizona	14:03.06 PB
4. Adam Kahleifeh, Kentucky	14:03.48 PB
5. Aaron Dinzeo, California (Pa)	14:04.49

10000:

College Championship (24) -

1. Chris Galvin, Texas	29:35.52 PB
2. Jack Boyle, Columbia	29:35.83 PB
3. August Pappas, Michigan	29:40.25 PB
4. Natan Reuter, Kennesaw State	29:42.82 PB
5. Brendan Shearn, Penn	29:49.04 PB

Distance Medley Relay:

Championship of America (25) -

1. Oregon	9:25.40
... 14. Texas	9:58.99

Brady Turnbull (3:01.24), Pieter Conradie (RSA/47.90), Robert Uhr (1:57.39), John McNamara (4:12.47)

WOMEN

3000:

College Championship (24) -

1. Laura Nagel, Providence (NZL)	9:07.90 WL/PB
----------------------------------	---------------

2. Rachel Sorna, Cornell	9:09.45 PB
3. Sarah Collins, Providence (IRL)	9:11.97 PB
4. Olivia Burne, Stony Brook (NZL)	9:18.90 PB
5. Megan Curham, Princeton	9:20.74 PB
6. Morgan Kelly, Harvard	9:21.42 PB
7. Heidi Caldwell, Brown	9:23.31 PB
8. Meghan McGovern, William & Mary	9:26.39 PB
9. Cleo Whiting, Penn	9:29.43 PB
10. Caroline Kellner, Cornell	9:32.60 PB

5000:

College Championship (24) -

1. Cally Macumber, Kentucky	16:07.21
2. Meghan McGlinchey, La Salle	16:07.32 PB
3. Christina Melian, Stony Brook	16:11.88 PB
4. Olivia Mickle, Texas	16:18.91 PB
5. Madeleine Davidson, Boston Coll(CAN)	16:21.49 PB

Olympic Development Section (24) -

1. Hannah Davidson, Stotan Racing	16:02.46 PB
2. Brittany Sheffey, unattached	16:13.78 PB
3. Kristin Swisher, Saucony	16:18.88 PB
4. Rolanda Bell, CPTC New Balance (PAN)	16:24.75 PB
5. Frances Koons, Bryn Mawr Running Co.	16:36.74

10000:

College Championship (24) -

1. Leigha Anderson, Penn State	33:52.32 PB
2. Allison Lasnicki, West Virginia	34:11.20
3. Emily Reese, Harvard	34:11.97 PB
4. Silvia Del Fava, Albany (ITA)	34:13.82 PB
5. Amanda Behnke, Indiana	34:33.69 PB
6. Svenja Meyer, Jacksonville (GER)	34:34.98 PB
7. Viviana Hanley, Harvard	34:44.51 PB
8. Emily Giannotti, Penn State	34:46.89 PB
9. Amy Cymerman, St. Lawrence	34:47.43 PB
10. Breanne Lesnar, Central Michigan	34:50.14 PB

Drake Relays (105th)

Des Moines, USA, 23-27 April

MEN

Mile:

Special Section (26) -

1. Aman Wote	Unattached (ETH)	3:53.39 WL \$25,000
2. Nick Willis	New Zealand (NZL)	4:00.71 15,000
3. Patrick Casey	Oregon TC	4:00.86 PB 10,000

5000:

University/College Section (24) -

1. Matt McClintock	SO Purdue	14:01.33 PB
2. John Crain	SR North Central	14:05.06 PB
3. Troy Kelleher	SO North Central	14:14.19 PB
4. Grant Wintheiser	JR St. Olaf	14:14.66 PB

WOMEN

1500:

Moscow Games Rematch (25):

1. Helen Obiri	KEN	4:04.88 WL \$25,000
2. Brenda Martinez	New Balance	4:06.96 15,000
3. Heather Kampf	Asics	4:07.15 PB 10,000
4. Shannon Rowbury	Nike	4:07.83
5. Treniere Moser	Nike	4:08.58
6. Morgan Uceny	adidas	4:08.68
... 11. Gabriele Grunewald	Team USA Minnesota	4:17.66

10000:

Invitational Section (24):

1. Mary Alex England	FR Mississippi	34:48.66 PB
2. Michelle Thomas	JR Ohio State	34:49.11 PB
3. Alyssa Poremba	SR Elmhurst	35:21.58 PB

3000 s/chase:

University/College Section (26) -

1. Courtney Frerichs	Unattached	9:50.42 MR*
2. Victoria Voronko	JR Eastern Michigan(RUS)	10:07.18 PB
3. Blair Doney	SR Purdue	10:08.23 PB
4. Kelli Budd	SR Minnesota	10:14.53 PB
5. Kyle Blakeslee	SR Augustana (SD)	10:23.84
6. Katie Moraczewski	SR Minnesota	10:28.72
7. Erika Setzler	SR Central Arkansas	10:28.73 PB
8. Hope Schmelzle	FR Purdue	10:32.30 PB
9. Kaila Urick	SO Minnesota	10:32.70 PB
10. Kristin Fritts	JR Purdue	10:32.93 PB

Hyogo Relays (62nd)

Kobe, JPN, 19-20 April

MEN

10000 Grand Prix (20):

1. William Malel (KEN), 27:25.56
2. Edward Waweru (KEN), 27:26.92
3. Bedan Karoki (KEN), 27:32.83
4. Kenta Murayama, 27:49.94
5. Yuichiro Ueno, 28:01.71

WOMEN

10000 (20):

1. Selly Kaptich Chepyego (KEN), 31:28.07
2. Ayumi Hagiwara, 31:50.85
3. Kasumi Nishihara, 31:53.69
4. Eri Makikawa, 32:00.25
5. Chieko Kido, 32:11.21

Mt. SAC Relays (56th)
Walnut, USA, 17-19 April

MEN

800:

Section 1 -

1. Duane Solomon	Saucony	1:43.88 WL/MR*
2. Erik Sowinski	Nike	1:44.58 PB
3. Wesley Vasquez	Puerto Rico (PUR)	1:44.64 NR/PB
4. Brandon McBride	Miss State (CAN)	1:45.35 PB
5. Edward Kemboi	Iowa State (KEN)	1:46.14

Section 2 -

1. Charles Grethen	Georgia (LUX)	1:47.67
2. James Gilreath	Adidas Team Green	1:47.67
3. Julius Mutekanga	CPTC New Balance (UGA)	1:48.39
4. Nick Hartle	U C Los Angeles	1:49.04
5. David Mokone	Western Kentucky (RSA)	1:49.08

1500:

Invitational Elite Section (18):

1. Chad Noelle	Oklahoma State	3:40.06 PB
2. Chris Gowell	Adidas/RogueAC (GBR)	3:40.29
3. Julian Matthews	Unattached (NZL)	3:40.33

Olympic Development Elite Section (18):

1. Clayton Murphy	Akron	3:44.53 PB
2. Johan Rogestedt	Stenungsunds FI (SWE)	3:44.87 PB
3. Brandon Johnson	Hudson Smith Int	3:45.12 PB
... 7. David Mokone	Western Kentucky (RSA)	3:46.53

5000 (18):

Invitational Elite Section -

1. Kennedy Kithuka	Texas Tech (KEN)	13:26.98 PB
2. Trevor Dunbar	Oregon	13:32.38 PB
3. Luke Caldwell	New Mexico (GBR)	13:33.28

WOMEN

800:

Invitational Elite Sections (19) -

Section 1 -

1. Laura Roesler	Oregon	2:00.54
2. Geena Lara	Unattached	2:01.10
3. Maggie Vessey	Unattached	2:01.35
4. Jessica Smith	Valley Royals (CAN)	2:01.42
5. Karine Belleau-Beliveau	Canada (CAN)	2:02.15

1500:

Invitational Elite Section (18):

1. Sara Vaughn	Brooks ID	4:10.05
2. Lea Wallace	Nike	4:10.25
3. Laura Thweatt	Boulder Track Club	4:10.55 PB
4. Kim Conley	New Balance/SRA	4:10.92

5000 (18):

Invitational Elite Section -

1. Meraf Bahta	Hälle IF (SWE)	15:30.37 PB
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2. Brenda Eunice Flores Mun	Mexico-FMAA (MEX)	15:30.87 PB
3. Abbey D'Agostino	Dartmouth	15:30.93
... 6. Jordan Hasay	Nike Oregon Project	15:34.35 PB
... 8. Brenda Martinez	New Balance	15:41.50
... 10. Dominique Scott	Arkansas (RSA)	15:42.42 PB

10000 (17):

Invitational Elite Section -

1. Elvin Kibet	Arizona (KEN)	32:40.22 PB
2. Emily Stites	William & Mary	32:41.55 PB
3. Rebekah Winterton	Utah	33:28.43 PB

NEWS

REPEAT OFFENDER SELSOULI GETS 8 YEARS

Good riddance to another serial cheat, reports *Athletics International*. The Court of Arbitration for Sport endorsed on 14 April the Moroccan Athletics Federation's decision to ban Mariem Alaoui Selsouli (30) for eight years following a positive drugs test for a banned diuretic in Paris on 6 July 2012. This was her second doping offence, having failed a test for EPO in August 2009 for which she was banned for two years. On her return to competition, she was silver medallist at 1500 m in the 2012 World Indoor Champs behind Genzebe Dibaba and ahead of another discredited athlete, Asil Cakir. Her best times were 4:00.77 (2011), 8:29.52 3000 m (2007) and 14:36.52 5000 m (2007).

Don't ever look again for the name of Yevgeniya Pecherina (24) in women's javelin results. The Russian, who improved her pb in 2011 from 58.94 to a national U.23 record of 65.77, served a two-year doping ban starting in July 2011 but even before that suspension was completed (on 5 July 2013) she tested positive for oralturinabole at a training camp in Adler on 23 June last year! The anti-doping commission of the All-Russian Athletics Federation has now banned her for ten years ... until 3 July 2023.

A year after the completion of a six-month ban, Moroccan Mohammed El Hachimi (his 13:22.46 5000 m in 2012 was annulled) has tested positive for EPO in a French cross-country race on 19 January. He is not to be confused with the Belgian marathon runner Abdelhadi El Hachimi.

BACKGROUND

WORLD HALF MARATHON RECORD AT BARCELONA?

By Ken Young, *The Analytical Distance Runner*

On 16 February 2014 Florence Chebet Kiplagat (KEN) ran the Barcelona Half Marathon in 1:05:12, some 38 seconds faster than compatriot Mary Keitany's accepted WR of 1:05:50 set at Ras Al Khaimah UAE on 18 February 2011. As is done for all races with times faster than the ARRS qualifying standards, the RTB statistical analysis was carried out with the conclusion that the times were excessively fast (RTB = -5.55 sec/km with nine total time comparisons; men -2.5 sec/km; women -8.3 sec/km).

The RTB analysis is based on performances within two years of the race date. Obviously, for current races, this means only the performances for the period of two years preceding the race were included. As time passes, performances achieved after the race in question can be included in the calculations. After Barcelona, Eliud Kipchoge (men's winner) won the Rotterdam Marathon in 2:05:00. Kiplagat was 2nd at London with a 2:20:24. All of the runners included in the earlier RTB analysis had one or more (two runners had three) additional performances. Recalculating the RTB including these more recent performances yields a men's RTB of -3.4 sec/km and a women's RTB of -8.2 sec/km (combined RTB -6.1 sec/km).

The second-placed woman, Nicola Duncan (IRL) ran a PR by 1:40 at Watford, just two weeks before this race. Here, she ran 2:34 faster than at Watford. In third place Paula-Claudia Todoran (ROM) ran 2:30 slower at the IAAF World Half-marathon Championships just a month later, which was on a very fast course with very fast times.

A "validation" remeasurement was carried out on this course on 9 March 2014. The course was originally measured by a local measurer, Jordi Reinoso, and was certified by the Spanish federation. This paperwork was not filed with the IAAF.

The Spanish federation appointed Spanish measurer Fermin Perez to do the remeasurement. Massimo Grandi, another Spanish measurer designated as the "international" measurer, also measured the course with Perez. The course was found acceptable although I have not seen any of the paperwork describing what was actually done to ascertain that the runners ran the course that had been certified. It has been reported that Spanish measurer Bep Sole observed Kiplagat during the race, but he was not part of the pre-race or post-race measurements. It is accepted practice to utilize measurers from a different country for the purposes of validating a world record. This was not done.

If there were intermediate times taken (e.g., 5 km, 10 km, 15 km), it would be useful to examine these for pace discrepancies. If there were sections of the course where the route was restricted by cones or other markers, it would be useful to examine a video tape of the race at these points to insure that the course was properly laid out and that the runners adhered to the course. Viewing the course followed by the runners from a lead vehicle is less reliable than viewing a videotape that can be paused and repeated at leisure.

Validations should involve more than simply a remeasurement of the previously certified course. There are many things that can go wrong other than a mis-measured course.

There are too many unanswered questions for this mark to be accepted at this time by the ARRS.

STATS TIME

TWO OCEANS MARATHON: TOP 20 SPLITS AT 50 KM

MEN

1.	Nkoka, Lebenya	ME INT (LES)	31	2:49:02
2.	Lebopo, Warinyane	ME INT (LES)	35	2:49:23
3.	Ramaala, Hendrick	NRCGN	42	2:49:35
4.	Matjiane, Masilo	LES	30	2:50:03
5.	Tadesse, Ketema	ETH	30	2:50:48
6.	Moyo, Henry	MAW	41	2:51:36
7.	Mazibuko, Michael Papi	NRCCG	27	2:52:37
8.	Kiptaoi, Arnold Kibet	KEN	26	2:52:47
9.	Qhina, Mthandazo	NRCWP	36	2:53:21
10.	Lebopo, Mabhutile	ME INT (LES)	38	2:53:45
11.	Phahlane, Othaniel	TOY INT	29	2:55:06
12.	Fokoroni, Mike	ME INT (ZIM)	37	2:55:24
13.	Muthubi, Peter	ALPCEN	32	2:56:37
14.	Nonyana, Lucas	MECG	34	2:57:12
15.	Thys, Gert	MEWP	42	2:58:10
16.	Mofokeng, Thapelo	COOL	33	2:59:04
17.	Mokgadi, Harmans	TOYOTA	38	2:59:29
18.	Kipngetich, Willy	KEN	30	2:59:50
19.	Raseruthe, Lucas	COOL (LES)	32	3:00:18
20.	Mthembu, Bongumusa	NRCKZN	30	3:00:43

WOMEN

1.	Podnebesnova, Nina	RUS	34	3:17:19
2.	Debellu, Shitaye Gemechu	ETH	34	3:18:31

3.	Nurgalieva, Elena	RUS	38	3:20:10
4.	Tjoka, Mamorallo	LES	29	3:21:59
5.	Njeya, Paulina	TOYOTA	36	3:24:31
6.	Nurgalieva, Olesya	RUS	38	3:25:33
7.	Asefa, Chelitu Bogale	ETH	22	3:29:51
8.	Mfunzi, Ntombesintu	NRCEC	32	3:33:52
9.	Kakissa, Alemtsehay Hailu	ETH	40	3:39:02
10.	Moyo, Samukeliso	ME INT (ZIM)	40	3:39:34
11.	Van Rooyen, Melanie	RICHBAY	36	3:43:26
12.	Pieterse, Zola	RSA	47	3:43:54
13.	Mudau, Jane	NRCGN	51	3:46:41
14.	Basson, Julianie	TOYOTA	39	3:47:28
15.	Shuttleworth, Kathleen	VOBKWAY	39	3:55:32
16.	Buley, Helen	CH	34	3:55:50
17.	Smith, Cary-Ann	NRCKZN	34	3:55:55
18.	Smith, Stephanie	BORN2RUNEP	28	3:57:51
19.	Bennetts, Toni	KLERKS	34	3:58:30
20.	Zaula, Funeka	MAKANA	30	3:58:30

THIS MONTH IN HISTORY

30 years ago: sometime in April 1984

Richard O'Flynn (IRL) won the Boston Milk Run 10 km over Gabriel Kamau (KEN), 28:23 to 28:42. Charlie Spedding (GBR), who four months later would finish third in the Olympic Marathon in Los Angeles, was fifth, with South African Johnny Halberstadt seventh in 29:16. Halberstadt's time, a personal best, also put him seventh on the SA performance list for the year. In the women's race Rosa Mota (POR), who, like Spedding, would finish third in LA, was beaten by Wendy Sly (GBR).

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	49:22	Graham Katzen	Ravensmead	26 Apr
	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	59:25	Muhammed Kriel	Ravensmead	26 Apr
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	49:38	Granwin Katzen	Ravensmead	26 Apr
	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	53:54	Kim Laxton	Germiston	06 Apr
	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
	2:43:34A	Tanith Maxwell	Brighton	06 Apr
	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	63:42	Sheryl de Lange	Ravensmead	26 Apr
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	86:39	Ronel Thomas	Cape Town	19 Apr
	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	Somerset 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	41:31	Margie Saunders	Port Elizabeth	26 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	54:48	Annie Bothma	Ravensmead	26 Apr
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	87:07	Jenet Dlamini	Pietermaritzburg	23 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Kevin Harlock, André Pienaar, Karen Zimmerman, André Gobey, James Evans

Published by Riël Hauman
42 Fifteenth Avenue, Boston,
Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za



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