

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

Fast times were run in the Sunridge Village Family 10 km in Port Elizabeth this weekend, with four men – Zolani Ngqqa, Melikhaya Frans, Mariano Eesou and Lungile Gongqa – dipping under 30 minutes. Ntombesintu Mfunzi won the women's race by a huge margin in 35:53.

No fewer than eight list leaders were set for the seldom-run 25 km in the Konica Minolta Jackie Mekler race in Pretoria.

In the Payton Jordan Cardinal Invitational in Palo Alto, Dominique Scott got her umpteenth PB of the year when she was second in one of the 1500-metre races in 4:14.33.

The first master in the Safari Half Marathon (results in last week's DRR) was Sollie van Rooyen and not Van Rooi.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Jive Slave Route Challenge Half Marathon & 10 km, Cape Town
- * Checkout Half Marathon & 10 km, Durban
- * Sunridge Village Family 10 km, Port Elizabeth
- * Konica Minolta Jackie Mekler 25 km & 10 km, Pretoria
- * Waterberg Executive Mayor's 28 km, Nylstroom to Warmbaths
- * Two Lagoons 32 km, Wilderness
- * XC: KZN League Meeting, Pietermaritzburg; WP League Meeting, Bellville; Gauteng North League Meeting, Pretoria
- * Track: SA Open Championships & Africa Southern Region Junior Championships, Potchefstroom

International highlights:

- * Sendai International Half Marathon, Sendai, JPN
- * Volkswagen Prague International Marathon, Praha, CZE
- * Healthy Kidney 10 km, New York, USA
- * Lilac Bloomsday Run, Spokane, USA
- * BIG 25 Berlin, Berlin, GER
- * Track: Seiko Golden Grand Prix, Tokyo, JPN; Ivy League Heptagonal Conference Championships, New Haven, USA; Sun Belt Conference Outdoor Championships, San Marcos, USA; IAAF Diamond League – Doha, Doha, QAT; Payton Jordan Cardinal Invitational, Palo Alto, USA; American Track League - Meet One, Bloomington, USA; Princeton Elite Meet 2014, Princeton, USA

BACKGROUND

This article was originally published before the weekend's Prague Marathon. – Ed.

MARATHON LEGENDS KRISTIENSEN, MEYER ENJOYING LIFE IN SLOW LANE

By Joe Battaglia for *Race Results Weekly*

Ingrid Kristiansen spent Thursday afternoon with a paper map in hand, walking the cobblestone streets of Prague, admiring its Bohemian architecture and soaking in all of its medieval charm. On Sunday, the former world record holder in the 5000 m, 10000 m and marathon plans on doing more of the same, but only at a slightly brisker pace as she leads off a RunCzech relay team assembled to celebrate the 20th running of the Volkswagen Prague Marathon.

"I am looking forward to seeing the Prague Marathon from behind," said the Norwegian, whose last race in Prague was the 3000 m at the 1979 European Track Championships. "It is always nice to be in a beautiful city and look around."

Kristiansen will run the opening 10 km of the marathon before handing off to Róbert Štefko, a retired Czech runner with a marathon PB of 2:09:53 from the 1998 London Marathon, who will cover the second 10 km. Versatile teen Anežka Drahotová, the top Czech female finisher in last month's Prague Half Marathon and a bronze medalist in last weekend's IAAF Race Walk World Cup Junior 10-K race in China, will cover the third 10 km before ceding to anchor Elana Meyer of South Africa, the 1992 Olympic 10000 m silver medalist and four-time half marathon world record holder, for the final 12 km.

But don't expect the bookend icons to throw down anything resembling what they were capable of in their prime. Both women have left their speedier days in the past.

"It is hard to say," Kristiansen, whose road 10 km PR is 30:59, said of her current form. "Of course I am training almost every day because my work is training people, but I never go fast anymore. Every day I am jogging, walking, biking so I am in okay shape, but I am not in any condition to run fast for a 10 km. I ran a 10 km this fall in 41 minutes. I'm not so good anymore" [laughs].

Added the 47-year-old Meyer, "I still run but it's mainly for fitness and sanity. I don't miss the competition."

Kristiansen, who still exercises between one and four hours every day, said the biggest difference in her training as a 58-year-old is that she pushes when her body feels good, and when it doesn't she just stops. Nevertheless, she feels like she could still complete a marathon – with one caveat.

"I cannot run fast," she said. "I could finish in a little bit more than three hours, 3:20, 3:15 maybe."

Kristiansen both marvels at and questions the safety of the performances by her one-time rival and fellow women's distance running pioneer Joan Benoit Samuelson. Last month the 56-year-old Samuelson won the 55-59 age group division of the Boston Marathon in



Former world distance stars Ingrid and Elana in light-hearted mood before the weekend's Prague Marathon. [Jim Moberly for RunCzech]

2:52:10. It was the latest in a string of unworldly times run by someone of Samuelson's advanced age and mileage. In 2008, she finished the U.S. Olympic Trials Marathon in Boston in 2:49:08 at age 50. She followed that up with a 2:49:09 in New York City in 2009, a 2:47:50 in Chicago in 2010, a 2:51:29 in Boston in 2011, and a 2:50:29 in Boston and a 2:57:13 in New York City in 2013.

"I hope she is doing it for fun," Kristiansen said. "I think that running a marathon that fast at almost the age of 60 -- she is one year younger than me -- is not healthy. Sorry, but I don't think that's healthy. I think it's more healthy to go out and run and have fun without pushing. Of course, I think she loves to run and maybe her knees and everything aren't getting worn down."

Clearly Samuelson has not lost the competitive desire and willingness to push her body to its limits in the same way that Kristiansen and Meyer have.

"I lost that after having my third kid," Kristiansen said. "It was so hard to come back. I tried but I wasn't willing to push myself so hard, especially in the competitions. I could go and train hard but when I had a competition I felt like, 'Why am I doing this?' I will never run as fast as I did before so why not keep smiling and start jogging? That was more my way of doing it."

Meyer too said that after nearly three decades of elite competition she saw no need in continuing to punish her body.

"I started running when I was 9 or 10 years old," she explained. "Initially, I was inspired by Nadia Comeneci's perfect-10 gymnastic performance. When I was little, I just wanted to be a gymnast but I come from a very small town and we didn't have gymnastic coaches and equipment so they sponsored a fun run at my school. I did well in the fun run and I fell in love with the sport."

"In South Africa, myself and Zola Budd are the same age, so when I was 12 or 13 years old I was running against her and she was world class at that point. At the age of 14 she ran like 4:08 for 1500 meters. I ran 4:18, so I ran well but was far behind. For many years I kept narrowing the gap between me and Zola and then she got the opportunity to go to the Olympics in 1984 because she had a British grandfather. But in South Africa, we couldn't compete."

"So when I retired in 2005, it was after 20, 30 years of running," Meyer continued. "I had exhausted all of my competitive juices. I always raced, like Ingrid did, hard from the gun. When I finished running, I had two kids in my 40s, plus I headed up a foundation. So I put all of the energy that had previously gone into running into the business of running."

With running no longer a priority in her life, Meyer said she is able to enjoy the endeavors she was passionate about but couldn't risk doing while competing as an elite. "When I finished running, I climbed Mt. Kilimanjaro and then I went to base camp at Everest and two years ago I did this eight-day mountain bike race where you go over 120-kilometers a day over mountains around Cape Town," she said.

But Meyer hasn't totally given up on running exploits. "I still want to do the two ultras in South Africa, Two Oceans and Comrades, which is 90 kilometers," she said. "In South Africa, they don't consider you a runner until you've run Comrades so I guess I'm not a serious runner."

ROAD RUNNING

Jive Slave Route Challenge Half Marathon & 10 km

Cape Town, 11 May

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half marathon – 1932 [significantly up from 1520 last year]; 10 km – 1900 [significantly up from 1460].)

Half marathon

MEN

1. Sibusiso Madikizela (Manoni) 1:07:18
2. Mthandazo Qhina (Ned) 1:07:31
3. J.P. Abrahams (Itheko) 1:07:38

Veterans: 1. Graham Katzen (Itheke) 1:18:25; 2. Xolile Macanda (Gugs) 1:17:06; 3. Sabelo Ngcwama (Celtic) 1:17:29. **Masters:** 1. Vladimir Kotov (Cent) 1:21:23; 2. Shafiek Cassiem (Itheke) 1:25:57; 3. Zama Witvoet (Gugs) 1:27:28. **G'masters:** 1. Jimmy Morris (Forest) 1:32:02; 2. Albert Williams (Top) 1:34:57; 3. Albert Mahlahla (Held) 1:37:55. **G/g'masters:** 1. Brian Key (Forest) 1:39:25. **Juniors:** 1. Granwin Katzen (Itheke) 1:18:25; 2. Lungile Mdaka (VOB) 1:20:00; 3. Gershwin Kammies (Sanlam) 1:22:50.

WOMEN

1. Bulelwa Simae (Ned) 1:24:07
2. Kate Mapham (Whalers) 1:24:35
3. Nomvuyisi Seti (Itheke) 1:24:45

Veterans: 1. Ursula Frans (NBMC) 1:34:21; 2. Obertina Kanyongo (ZIM/WC) 1:37:26; 3. Chantel Simpson (Ned) 1:37:40. **Masters:** 1. Cheryl Rudolph (East) 1:40:36; 2. Anne Pool (Strand) 1:46:36; 3. Barbara Parker (NC) 1:50:51. **G'masters:** 1. Nancy Will (Pine) 1:43:30; 2. Fran Pocock (Celtic) 1:55:26; 3. Pixie Sparg (Celtic) 2:01:06. **G/g'masters:** 1. Marlene James (Pine) 2:13:51. **Juniors:** 1. Nocwaka Mthetho (VOB) 1:53:11; 2. Qudsiyyah Ceres (Ommie) 2:10:40; 3. Nicole Britten (UCT) 2:10:51.

10 km

MEN

1. Peter Tsawayo (ZIM/Gugs) 31:42
2. Sibusiso Soldaka (CPUT) 31:49
3. Duane Fortuin (Itheke) 31:52

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 32:05; 2. Shawn Abrahams (Itheke) 34:18; 3. Bongani Mdlalose (SANDF) 35:59. **Masters:** 1. Tobias Philander (Itheke) 36:58; 2. Gregory Jacobs (Edge) 40:28; 3. Goodman Mpukane (Gugs) 41:33. **G'masters:** 1. Muhammad Kriel (Ommie) 40:17. **Juniors:** 1. Lukhanyo Nobakada (VOB) 34:55; 2. Denzil Byman (Itheke) 36:16; 3. Buhle Yokwana (VOB) 36:57.

WOMEN

1. Pamela Moyikwa (VOB) 38:13 (1st jun)
2. Khanya Mateyisi (Itheke) 38:44
3. Ebeth Marais (Maties) 39:20

Veterans: 1. Sandra van Graan (Edge) 43:03; 2. Sheryl de Lange (NBMC) 43:30; 3. Ingrid du Toit (Stell) 48:36. **Masters:** 1. Olga Howard (Celtic) 44:52; 2. Charmaine Cupido (Ned) 47:40; 3. Tracey Simons (Ned) 55:21. **G'masters:** 1. Helen du Plessis (Tyger) 52:45. **Juniors:** 1. Pamela Moyikwa (VOB) 38:13; 2. Ebeth Marais (Mayies) 39:20; 3. Busisiwe Gwala (VOB) 43:24.

Checkout Half Marathon & 10 km

Durban, 11 May

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1.	Joseph Munywoku	ZIM/Phantane AC	67:37
2.	Elmore Sibanda	ZIM/Maxed Elite	68:42
3.	Emmanuel Birgen	KEN/Phantane AC	68:47

40-49:

1.	Heden Mhzong	Toyota AC	78:48
2.	Bheki Khumalo	Chiltern AC	78:49

3.	Sabelo Ncube	Phumanathi AC	80:37
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50-59:

1.	Willie Majombozi	Boxer AC	81:58
2.	Elliot Shezi	Maxed Elite	89:03
3.	Simon Ndlovu	Folweni AC	93:50

60-69:

1.	Phillip van Niekerk	Stella AC	98:09
2.	Mbekeseni Mchunu	Kwa Mashu AC	100:41
3.	Lindsay Rogerson	Riverside Harr	102:41

70+:

1.	Roger Bailey	Stella AC	112:15
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WOMEN

1.	Sithulisiwe Zhou	ZIM/Phantane AC	78:28
2.	Debbie Perry	Boxer AC	86:55
3.	Shani Silver	West AC	87:56

40-49:

1.	Shani Silver	West AC	87:56
2.	Pat Dammann	ROAG	89:08
3.	Janene Carey	Boxer AC	92:47

50-59:

1.	Janine Engels	West AC	100:23
2.	Blanche Moila	Savages AC	107:38
3.	Meg Finestone	West AC	108:15

60-69:

1.	Jenny Scott	DCS	115:39
2.	Pat Fisher	Stella AC	114:59

70+:

1.	Gill Tregenna	West AC	130:15
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10 km**MEN**

1.	Lungisa Mdedelwa	Boxer AC	30:36
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WOMEN

1.	Tanith Maxwell	Boxer AC	36:30
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Sunridge Village Family 10 km

Port Elizabeth, 10 May

(Loop course. Finishers: 749 [down from 803 last year].)

MEN

1	Zolani	Ngqaqa	Madibaz AC	25	29:39
2	Melikhaya	Frans	Nedbank RC EP	22	29:40
3	Mariano	Eesou	Madibaz AC	22	29:44
4	Lungile	Gongqa	Temp	35	29:46
5	Andile	Motwani (1 st jun)	Tinarha AC	17	33:06
6	Siyabonga	Kahla	Motherwell AC	18	33:14
7	Ryan	Peter	Madibaz AC	20	33:16
8	Simon	Ngcoko (1 st vet)	Nedbank RC EP	44	34:19
9	Terrance	Mjekula	Charlo AC	41	34:26
10	Edrine	Mukasa	Madibaz AC	20	34:46
11	Jarryd	Cooke	Madibaz AC	20	35:12
12	Luvuyo	Stephen	Nedbank RC EP	44	35:21
13	Ruan	Jonck	St Albans CS EP	17	35:23

14	Michael	Bekapi (1 st mast)	Maxed Elite EP	52	35:50
16	Clinton	Koeries	Temp	17	35:59
17	Adriaan	Gouws	Nedbank RC EP	41	36:02
18	Amstrong	Manuku	Temp	26	36:32
19	William	Wilson	Body Concept	37	36:53
20	Nkosinathi	Mlityalwa	Temp	27	36:58

40-44:

1	Simon	Ngcoko	Nedbank RC EP	44	34:19
2	Terrance	Mjekula	Charlo AC	41	34:26
3	Luvuyo	Stephen	Nedbank RC EP	44	35:21

45-49:

1	Freek	Daniels	Transnet Eng EP	47	38:31
2	Daniel	Mikes	Achilles AAA	47	41:08
3	Johann	Postma	Elite AC	49	41:37

50-54:

1	Michael	Bekapi	Maxed Elite EP	52	35:50
2	Ian	Patterson	Muirite Striders	50	38:36
3	Linton	Harmse	Madibaz AC	50	40:54

55-59:

1	Christopher	Nyodi	Bluewater Bay	55	44:14
2	Peter	Van Rensburg	Elite AC	55	46:33
3	Schoombee	Pretorius	Warriors AC	56	47:44

60-64:

1	Hannes	Els	Warriors AC	64	41:12
2	Donald	Mancasa	Transnet Eng EP	60	47:32
3	Sizinzo	Kama	Achilles AAA	62	49:56

65-69:

1	Syd	Lippstreu	Crusaders AC	66	47:51
2	Percy	Dalton	Achilles AAA	65	50:05
3	David	O'Rielly	Nedbank RC EP	66	50:48

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	72	44:20
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75-79:

1	John	Peart	Nedbank RC EP	78	1:21:35
2	Donald	Flynn	Legacy AC	76	1:23:45

Juniors:

1	Andile	Motwani	Tinarha AC	17	33:06
2	Siyabonga	Kahla	Motherwell AC	18	33:14
3	Ruan	Jonck	St Albans CS EP	17	35:23

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC EP	32	35:53
2	Babalwa	Ngcoko	Nedbank RC EP	26	38:35
3	Jamie-Lee	Schlemmer (1 st jun)	Madibaz AC	18	39:03
4	Siphokazi	Nojoko	Motherwell AC	19	40:43
5	Christine	Claasen (1 st vet)	Achilles AAA	49	41:50
6	Terray	Newcombe	Elite AC	23	41:59
7	Laura	Maritz (1 st mast)	Elite AC	53	43:21
8	Ndileka	Mvakwendlu	Tinarha AC	23	43:35
9	Carla	Petzer	Madibaz AC	19	44:20
10	Janette	Schierz-Crusius	Body Concept	53	44:44
11	Davera	Magson	Nedbank RC EP	39	44:46
12	Megan	Wilson	Charlo AC	18	45:14
13	Lizandre	Mulder	High Schools	16	45:19
14	Lindie	Steyn	Charlo AC	27	45:52
15	Chloe	Smith	Bluewater Bay	23	45:54

16	Treloar	Childs	Walmer AC	50	46:43
17	Estee	Cockcroft	Temp	29	47:20
18	Sharon	Gouws	Nedbank RC EP	43	47:45
19	Riette	Neethling	Maxed Elite EP	25	47:50
20	Sunelle	Horne	Bluewater Bay	40	48:05
40-44:					
1	Sharon	Gouws	Nedbank RC EP	43	47:45
2	Sunelle	Horne	Bluewater Bay	40	48:05
3	Angie	Ford	Temp	44	50:21
45-49:					
1	Christine	Claasen	Achilles AAA	49	41:50
2	Georgie	Darke	Nedbank RC EP	48	50:20
3	Judy	Beens	Charlo AC	47	51:41
50-54:					
1	Laura	Maritz	Elite AC	53	43:21
2	Janette	Schierz-Crusius	Body Concept	53	44:44
3	Treloar	Childs	Walmer AC	50	46:43
55-59:					
1	Christine	Snyman	Despatch AC	58	57:41
2	Gerrie	Dimitriou	Crusaders AC	58	58:28
3	Robin	Elbourne	Crusaders AC	56	59:00
60-64:					
1	Marilyn	Hall-Mitchell	Temp	64	58:24
2	Helene	Oppel	Crusaders AC	64	58:25
3	Hanlie	Du Toit	Temp	60	1:04:13
65-69:					
1	Liz	Grundlingh	Muirite Striders	67	54:11
2	Denise	Terblanche	Walmer AC	66	1:10:27
3	Edna	Potgieter	Legacy AC	67	1:14:33
70-74:					
1	Orgia	Nell	Muirite Striders	70	1:09:24
2	Isabella	Childs	Walmer AC	72	1:14:25
75-79:					
1	Dorothy	Hart	Charlo AC	76	1:22:07
Juniors:					
1	Jamie-Lee	Schlemmer	Madibaz AC	18	39:03
2	Carla	Petzer	Madibaz AC	19	44:20
3	Megan	Wilson	Charlo AC	18	45:14

Konica Minolta Jackie Mekler 25 km (8th) & 10 km

Pretoria, 10 May

(Out-and-back courses. Weather: Clear and cold, no wind. Finishers: 25 km – 1108 [down from 1288 last year]; 10 km – 1489 [up from 912].)

25 km

MEN

1. Sikhumbuso Seme (Trans) 1:21:09
2. Jeffrey Gwebu (Toy) 1:21:24
3. Shadrack Hoff (NB) 1:22:29 (1st vet)
4. Peter Muso (Dain) 1:23:06
5. Tebeho Lejaha (LES/Toy) 1:23:36
6. Elias Mabane (Ned) 1:23:46
7. Chamankwana Mailola (LES/Ned) 1:25:07
8. Steve Nqola (Trans) 1:25:15
9. William Chinyanga (ZIM/Ned) 1:25:33

10. Altus Badenhorst (Ned) 1:26:21

Veterans: 1. Shadrack Hoff (NB) 1:22:29; 2. Elias Mabane (Ned) 1:23:46; 3. Herman Mulder (Agape) 1:30:14. **Masters:** 1. Victor Phetoe (Irene) 1:45:51. **G'masters:** 1. Petrus Ratshikakala (Mag) 2:01:18. **G/g'masters:** 1. Patrick Mafilika (Ned) 2:13:02. **Juniors:** 1. Thendo Rambau (RI) 1:43:18.

WOMEN

1. Marli van Staden (NB) 1:44:00
 2. Kataza Shipalana (TUT) 1:44:50
 3. Louisa Leballo (Ind) 1:45:58
 4. Catherine Malungane (Trans) 1:46:25
 5. Prudence Zwane (Trans) 1:47:25
 6. Michelle Mee (RAC) 1:47:39 (1st vet)
 7. Simangele Mabuza (Trans) 1:48:29
 8. Julianie Basson (Toy) 1:49:03
 9. Patience Khumalo (TUT) 1:49:30
 10. Andriel de Lange (Over) 1:52:06

Veterans: 1. Michelle Mee (RAC) 1:47:39; 2. Zelda Breytenbach (Irene) 1:53:22; 3. Belinda Waghorn (Toy) 1:53:35. **Masters:** 1. Ansa Strydom (NB) 2:01:43. **G'masters:** 1. Lyn de Bruin (Irene) 2:10:01. **Juniors:** 1. Marizel Cilliers (Tuks) 2:19:19.

10 km

MEN

1. Derocious Makhobalo (Ned) 32:00
 2. Brighton Chipere (ZIM/ME) 32:08 (1st vet)
 3. Motsamai Motone (Trans) 32:28

Veterans: 1. Brighton Chipere (ZIM/ME) 32:08; 2. Enoch Skosana (Trans) 34:06. **Masters:** 1. Appie Pienaar (PMC) 42:21. **G'masters:** 1. Eben du Pisanie (Akasia) 51:05. **G/g'masters:** 1. Ken Nurden (Agape) 57:21. **Juniors:** 1. Armand Burger (Vaal) 43:42.

WOMEN

1. Paulina Phaho (Trans) 38:26 (1st vet)
 2. Catherine Skosana (Ned) 39:04
 3. Andronika Mokgotla (Ned) 39:04

Veterans: 1. Paulina Phaho (Trans) 38:26; 2. Marieke Baasch (Akasia) 46:48. **Masters:** 1. Ansie Breytenbach (Irene) 44:24. **G'masters:** 1. Rina Pretorius (SABS) 59:12. **G/g'masters:** 1. Ria Smith (RI) 65:29. **Juniors:** 1. Sue-Marie Moolman (ARCW) 56:26.

Waterberg Executive Mayor's 28 km

Nylstroom (Modimolle) to Warmbaths (Bela-Bela), 10 May
 (Point-to-point course. Finishers: 256.)

MEN

1. Benedict Moeng (Transnet) 90:33; 2. Luwis Masunda (ZIM/Nedbank) 92:25; 3. Lucas Raseruthe (LES/Cool Running) 92:34.

Veterans: 1. Mike Selamalela (Addicted to Life) 1:45:16; 2. Thomas Thema (Eskom) 1:50:46. **Masters:** 1. Francis Makuka (ZAM/Phobians) 1:57:05. **G'masters:** 1. Phuti Mabothe (Eskom) 2:23:22.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 1:41:57; 2 René Kalmer (Ind) 1:43:07; 3 Cornelia Joubert (Nedbank) 1:43:16.

Veterans: 1 Thabita Tsatsa (ZIM/Maxed Elite) 1:56:59; 2 Florence Mamabolo (RWFL) 2:37:35. **Masters:** 1 Jane Mudau (Nedbank) 2:08:54. **G'masters:** 1 Patricia Shaw (BNAC) 2:40:18.

Two Lagoons 32 km

Wilderness, 3 May

(Loop course. Finishers: 125.)

Note: The results of the 10 km, in which there were 153 finishers, were published last week. There was also a 5 km, which had 32 finishers. Lloyd Bosman also won last year. Lisl Grobler was ninth overall and Kirsty Weir tenth. – Ed.

MEN

1	Lloyd Bosman	Nedbank SWD	26	1:49:37
2	George Ntshiliza	Wesbank	34	1:50:54
3	Eric Sigxashe	Port Elizabeth	35	1:55:42
4	Lindile Tokota	Nedbank SWD	46	1:58:50
5	Selwyn Losper	Mosselbay Harriers	49	2:09:32
6	Nkosi Dimaza	Sedgefield Striders	26	2:11:33
7	Rodney Halom	Outeniqua Harriers	30	2:19:50
8	Cornelius Bewee	Sedgefield Striders	52	2:25:10
9	Keith Clark	Outeniqua Harriers	39	2:27:45
10	Peter Jaehne	Outeniqua Harriers	48	2:27:59

WOMEN

1	Lisl Grobler	KMC	37	2:25:12
2	Kirsty Weir	Nedbank SWD	36	2:27:21
3	Liesl Stoltz	Durbac		2:28:37
4	Frances v.d. Watt	Assegai	36	2:53:26
5	Jo-anne Jansen van Vuuren	Plett AC	46	2:53:54
6	Suzaan Kruger	Outeniqua Harriers	31	2:57:45
7	Elmien Nel	Nedbank SWD	43	2:58:02
8	Yolind Strydom	Nedbank SWD	39	3:05:10
9	Virginia van Schalkwyk	Hartenbos Drawwers	50	3:05:20
10	Rome Phillipson-Meyer	Hartenbos Drawwers	32	3:05:20

CROSS-COUNTRY**KZN League Meeting (3rd)**

Pietermaritzburg, 10 May

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

MEN (12 km)

1.	Thobane Chagwe	Boxer AC	37:07
2.	Anele Dlamini	H/Dale AC	37:23
3.	Philani Buthelezi	KRS	37:38

40-44 (8 km):

1.	Sandile Makhaye	Phuma KZN	26:49
2.	Simon Dlamini	Nedbank AC	31:35

3. Craig Leat HH 35:33

45-49 (8 km):

1. Chris Stange Toti AC 30:48
 2. Paul Stewart Savages 35:07
 3. Sipho Mkhazazi DOT 37:17

50-54 (8 km):

1. Mike Sutton YWP AC 31:17
 2. Ken Culverwell West AC 31:32
 3. Wayne Scott PDAC 32:30

55-59 (8 km):

1. Andy Daly West AC 29:58
 2. Jan Koegelenberg PDAC 33:08
 2. Norman Bowker QBH 33:22

60-64 (6 km):

1. Laurie Raubenheimer Hilton Harr 23:21
 2. Eric Quibell HV 23:22
 3. Devilliers Oberholzer Toti AC 25:55

65-69 (6 km):

1. Piet Badenhorst PDAC 26:58
 2. Raymond Meyer Savages 29:23
 3. Ron Sayer Toti AC 30:16

70+ (6 km):

1. Noel Saville Toti AC 28:32

U.17 (6 km):

1. Lindukuhle Ngubane Speed 21:40

WOMEN (8 km)

1. Cary-Ann Smith Nedbank AC 29:50
 2. Lindokuhle Muden AC 29:51
 3. Makhosi Mhlango Savages 29:53

40-44:

1. Christine Dlamini HV 16:03
 2. Ursula Cockbain MAC 16:16
 3. Sibongile Ziqubu Eskom 16:51

45-49:

1. Cindy Marquiss ROAG 18:19

50-54:

1. Janine Engels West AC 17:03
 2. June Watson PDAC 18:54
 3. Liz Brown Coll Harr 19:40

55-59:

1. Debby De Koning Eskom AC 17:51
 2. Blanche Moila Savages 18:16
 3. Elize Cilliers Savages 18:53

60-64:

1. Judith Grove Hilton Harr 18:20
 2. Jane Dickinson RWFL 18:45
 3. Sandy Fisser HH 19:24

65-69:

1. Jan Phelan HH 20:39

70+:

1. Gill Tregenna West AC 22:32

U.17:

1. Nomcebo Mtshali Muden 14:52

WP League Meeting (1st)

Bellville (UWC), 3 May

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

1	Siyabonga	Makhaluza	Gauteng Striders	36:25
2	Wanda	Roro	Itheko	36:55
3	Andrew	Louw	Easterns	37:11
4	J.P.	Abrahams	Itheko	37:14
5	Xolisa	Batala	VOB	37:48
6	Vuolwethu	Mbukushe	Gugs	38:51
7	Mandla	Pangalele	Gugs	39:12
8	Luyanda	Mapoyi	Khayelitsha	39:47
9	Keathon	Olivier	CPUT	40:23
10	Christo	van Rooyen	NBMC	40:34

SR. MEN

1	Akhona	Makila	VOB	11:26
2	Vuyolwethu	Mbukushe	Gugs	11:39
3	Emiele	Paulsen	NBMC	12:01
4	Orion	Faro	No Club	12:04
5	Enver	Pedro	NBMC	12:09
6	Victor	Msopi	Nedbank	12:11
7	Bulelani	Bhebha	VOB	12:12
8	Sipho	Dlokweni	Ommiedraai	12:41
9	André	Afrika	Eerste River	12:42
10	Michael	Marillier	Nedbank	12:51

VETERAN MEN (8 km)

1	Xolile	Macanda	Gugs	25:55
2	Shaun	Abrahams	Itheko	25:59
3	Youssef	Kanouni	NBMC	26:44

MASTER MEN (8 km)

1	Tobias	Philander	Itheko	27:31
2	Goodman	Mpukane	Gugs	28:31
3	Chris	Mitchell	Celtic Harriers	29:04

G'MASTER MEN (8 km)

1	Awie	Veldsman	Helderberg Harr	31:24
2	Christian	Edwards	VOB	34:01
3	Michael	Clarke	VOB	35:03

U.19 (8 km)

1	Bruce-Lynn	Damont	WCSS	24:58
2	Granwin	Katzen	Itheko	25:21
3	Kaleb	Beukes	UWC	25:32

U.17 (6 km)

1	Rowhaldo	Ratz	Eerste River	18:27
2	McMarshall	Hartzenberg	Eerste River	18:35
3	Samuel	v.d. Merwe	Bellville	18:39

SR. WOMEN (8 km)

1	Bulelwa	Simae	Nedbank	28:11
2	Candyce	Hall	Carbineers	30:46
3	Hanlie	Jordaan	UWC	31:31
4	Keelyn	van Breda	UCT	31:42
5	Leigh	Barrow	UCT	31:43
6	Busisiwe	Matiwane	Celtic Harriers	32:35

7	Sheryl	de Lange	NBMC	33:08
8	Elizabeth	de Gouveia	Durbanville	34:34
9	Gerda	Henn	Wild Runner	34:44
10	Nicole	Hendricks	Carbineers	34:57

SR. WOMEN

1	Alexia	Snyders	Helderberg Harr	12:45
2	Amy	Abrahams	UWC	14:32
3	Heleen	Malan	Maties	15:05
4	Anel	Terblanche	Celtic Harriers	15:33
5	Lee-Shay	Willemse	Velocity	15:35
6	Linda	Hanekom	CPUT	15:46
7	Annereen	Malan	Paarl	15:55
8	Nocwaka	Mthetho	VOB	16:12
9	Adri	Meyer	UCT	16:21
10	Mandy	Jacobs	Bellville	16:22

VETERAN WOMEN

1	Wilna	Eybers	Strand	14:59
2	Sandra	van Graan	Edgemead	15:17
3	Sheryl	de Lange	NBMC	15:37

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	15:53
2	Olga	Howard	Celtic Harriers	16:15
3	Bev	Charters	VOB	16:36

G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	19:31
2	Theresa	Isaacs	VOB	20:33
3	Elinora	Smit	Tygerberg	21:05

U.19 (6 km)

1	Pamela	Moyikwa	VOB	22:26
2	Lolita	Kievieto	UWC	22:58
3	Nomaxesibe	Ngcantsi	VOB	24:51

U.17

1	Assnique	Robinson	Bellville	14:36
2	Busisiwe	Gwala	VOB	14:41
3	Lauren	Jonathan	VOB	15:06

Gauteng North League Meeting (2nd)

Pretoria, 3 May

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

SR. MEN (8 km)

1	Bennie	Wilkenson	Individual	24:29
2	Steve	Ngqola	Transnet	26:07
3	Willem	Ndzhukula	Individual	26:11
4	Mgendwa	Judas	Akasia	27:27
5	Motsamai	Motone	Transnet	27:52
6	Andries	Maletse	Temba Prestige	28:07
7	Thabang	Mdluli	Kondelelani	28:16
8	Andy	Mukona	Transnet	28:27
9	Hoshane	Vuma	Suthies	28:31
10	Junior	Mahlaku	Ishozi	28:36

SR. MEN

1	Precious	Mashele	Transnet	12:15
2	Nkosunathi	Vilakazi	Bethal	12:19
3	Motsamai	Motone	Transnet	12:40
4	Lukhanyo	Mabinza	Transnet	13:03
5	Andries	Maletse	Temba Prestige	13:19
6	Anale	Songqibibo	Transnet	13:30
7	Frans	Makola	Transnet	13:47
8	Pheecha	Victor	Tembisa	13:58
9	Sello	Lekalakala	Ikhozi	13:58
10	Charles	Malatji	Monaco	14:08

MEN 40 (8 km)

1	Enoch	Skosana	Transnet	26:53
2	Graham	Megaw	Tuks	29:55
3	Colin	Witbooi	PMMC	32:08

MEN 45 (8 km)

1	Leon	Matthee	New Balance	32:31
2	Willie	Du Preez	ACRW	35:25
3	Brandon	Hughes	Phobians	37:57

MEN 50 (8 km)

1	Piet	Lötter	ACRW	33:28
2	Theo	De Villiers	ACRW	35:25
3	Jan	Bester	ACRW	36:09

MEN 55 (8 km)

1	Colin	Mc Geer	Magnolia	35:21
2	Johnie	Jonker	Denel	36:25
3	Marius	Bosman	ACRW	37:55

MEN 60 (6 km)

1	Tommy	Breedt	Akasia	30:05
2	Johan	Britz	ACRW	35:36

MEN 65 (6 km)

1	Don	Charles	Nedbank	25:48
2	Steve	Otto	AS Eagles	28:11
3	Harry	Van der Merwe	Bronkhorstspuit	29:21

MEN 70 (6 km)

1	Andries	Van der Merwe	Transnet	30:28
2	Neville	Muir	Phobians	39:25
3	Mike	Kleinsmit	Transnet	31:43

MEN 80 (6 km)

1	Dion	Heigers	ACRW	36:44
2	Frans	Grobler	Transnet	36:55

MEN 23

1	Simon	Mokonyane	Monaco	12:38
2	Bafana	Dube	Transnet	12:39
3	Koos	Baloyi	Temba Prestige	12:41

JR. MEN (8 km)

1	Mpho	Matjila	Bachana Mokoena	24:54
2	Tumelo	Mnisi	Lehlabile	26:05
3	Ian	Slinger	Eldoraigne	26:30

BOYS 17 (6 km)

1	Marno	Du Plessis	Waterkloof	19:53
2	Abrie	Ebersohn	ACRW	21:04
3	Tomrin	Vlok	Zwartkop	21:07

SR. WOMEN (8 km)

1	Andrea	Steyn	Cycle Lab Pepto Pro	30:34
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2	Chandri	Van Heerden	Tuks	34:55
SR. WOMEN (6 km)				
1	Victoria	Moshapo	Kondelelani	23:00
SR. WOMEN				
1	Kataza	Chipalana	TUT	15:10
2	Nelofhiwa	Mandiwana	Toyota	15:15
3	Patience	Khumalo	TUT	16:14
4	Nandipha	Dywili	Transnet	16:33
5	Annelien	Motlhala	Tuks	16:43
6	Maureen	Phalane	Ekgangala	17:17
7	Kamogelo	Mabena	Telkom	17:20
8	Judimè	Kieser	Suthies	17:41
9	Susana	Mafua	TUT	22:04
10	Tiny	Makhalanyane	ATD	22:11
WOMEN 40				
1	Karin	Hillhouse	Individual	20:07
2	Jacomien	Du Bruyn	Tuks	20:47
3	Tiesie	De Coning	Midstream	21:11
WOMEN 45				
1	Salomé	Vermeulen	Bronkhorstspuit	16:02
2	Letmari	Dreeckmeier	AS Eagles	18:16
3	Ilse	Merrick	Enduro	21:12
WOMEN 50				
1	Emmanè	Theunissen	Irene	18:03
2	Adri	Van Dyk	Individual	21:08
3	Thea	Van der Merwe	Irene	21:10
WOMEN 55				
1	Frances	Van Blerk	Nedbank	19:02
2	Christa	Mouton	Agape	21:49
3	Zodwa	Motaun	Ekgangala	22:45
WOMEN 60				
1	Stephanie	Claassen	Tuks	21:34
2	Vère	Moorhouse	Phobians	23:07
3	Corrie	Kleingeld	Beefcor	24:09
WOMEN 65				
1	Esmè	Kloppers	Transnet	22:03
WOMEN 23				
1	Olivia	Labuschagne	Wonderboom	16:12
2	Alicia	Labuschagne	Wonderboom	16:24
3	Melissa	Taylor	Tuks	16:28
JR. WOMEN (6 km)				
1	Marné	Mentz	Centurion	23:24
2	Sonel	Bezuidenthout	Centurion	24:23
3	Chantelee	Joubert	Centurion	24:58
GIRLS 17				
1	Lethabo	Seema	Tuks	15:07
2	Lize	Botha	Centurion	15:48
3	Sibongile	Hlanjwa	Tuks	15:49

TRACK**SA Open Championships & Africa Southern Region Junior Championships**

Potchefstroom, 9 May

MEN**10000:**

1.	TSHOBA, Vuyisile	TRAN	30:30.27
2.	NAMPALA, Leonard	NAM	30:45.19
3.	TSEISO, Moeketsi	NWU	31:17.78
4.	LEETO, Tshepo	TUT	35:58.06

JR. MEN**1500:**

1.	WILLIAMS, Adrico	RSA	3:55.16
2.	MASILO, Boitumelo	BOT	3:56.81
3.	KEBINAKGABO, Tlotlo	BOT	3:58.68
4.	MUTSETSE, Nyasha	ZIM	4:00.05
5.	ZIMUTO, Tendai	ZIM	4:05.01
6.	RAMASHAMOLE, Ts'epo	LES	4:09.23
7.	NYATHI, Titus	ZIM	4:12.74
8.	TCHISSONHI, Adelino	ANG	4:13.44
9.	NALUKAKU, Asser	NAM	4:13.94
10.	NKWANYANA, Mncedisi	SWZ	4:19.66

10000:

1.	MAVUSO, Xaba	RSA	34:16.47
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WOMEN**1500:**

1.	HAITOPE, Lavinia	NAM	4:30.06
2.	MAKATISI, Blandina	LES	4:35.83
3.	MOSES, Klaudia	NAM	4:38.29
4.	VILJOEN, Carina	HSRB	4:43.79
5.	RAVHANDALALA, Thitshaamba	TUT	4:45.60
6.	MADOA, Palesa	TUT	4:49.34
7.	KELLERMAN, Liza	MONN	4:56.89
8.	FOURIE, Duanne	NWU	5:01.73

5000:

1.	JOHANNES, Helalia	NAM	16:16.04
2.	PHALULA, Diana Lebo	MR P	16:28.87
3.	MAKATISI, Blandina	LES	17:38.64
4.	VAN DER MERWE, Nicole	MVAC	17:45.16

JR. WOMEN**3000:**

1.	NCUBE, Enlitha	ZIM	10:05.89
2.	CHIKANGA, Bertha	ZIM	10:11.47
3.	MUDYRAVANJJI, Maryjoy	ZIM	10:27.28
4.	DLAMINI, Nonhlanhla	RSA	10:34.06
5.	MARTIN, Saara	NAM	10:36.05

5000:

1.	DLAMINI, Nonhlanhla	RSA	17:44.93
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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

Sendai International Half Marathon (23rd)

Sendai, JPN, 11 May

(Distance: 21.1 km)

MEN

1. Johana Maina (Kenya/Team Fujitsu) 1:01:43
2. Hiroaki Sano (Team Honda) 1:02:40 PB
3. Mekubo Mogusu (Kenya/Team Nissin Shokuhin) 1:03:19

WOMEN

1. Yui Okada (Team Otsuka Seiyaku) 1:11:27 DB
2. Sachi Tanaka (Sports Yamagata 21 AC) 1:11:50 PB
3. Misato Horie (Team Noritz) 1:13:21

Volkswagen Prague International Marathon (20th)

(IAAF Gold Label Road Race)

Praha, CZE, 11 May

(Distance: 42.195 km; mostly flat loop course)

MEN (gun times)

1. Patrick Terer, KEN 2:08:07 PB € 15,000 + 10,000i
[1:03:35 / 1:04:32]
2. Evans Chebet, KEN 2:08:17 PB 7,500 + 10,000i
3. Cuthbert Nyasango, ZIM 2:09:52 NR 5,000
4. Nicholas Manza, KEN 2:12:01 2,500
5. Hillary Yego, KEN 2:12:55 1,000
12. Moses Mosop, KEN 2:20:37

i) Earned time incentive bonus for sub-2:08:30

WOMEN (gun times)

1. Firehiwot Dado, ETH 2:23:34 € 15,000 + 30,000i
[1:11:45 / 1:11:49]
2. Fantu Jimma Eticha, ETH 2:27:31 PB 7,500
3. Ashete Bekere, ETH 2:28:04 5,000
4. Tsehay Desalegn, ETH 2:31:25 2,500
5. Shuko Genemo, ETH 2:32:19 1,000
- ... 10. Flomena Chepchirchir, KEN 2:40:20 100

i) Earned time incentive bonus for sub-2:24:00

Healthy Kidney 10 km (10th)

New York, USA, 10 May

(Distance: 10 km; certified one-loop course)

MEN

1. Stephen Sambu, 25, KEN 27:39 PB \$25,000
[13:40 / 22:05 PB]



A smiling Firehiwot Dado before she won the Prague Marathon. [Jim Moberly for RunCzech]

2. Leonard Patrick Komon, 26, KEN	28:17	10,000
3. Daniele Meucci, 28, ITA	28:19 PB	5,000
4. Collis Birmingham, 29, AUS	28:22 PB	3,000
5. Mourad Marofit, 32, MAR	28:50	2,000

WOMEN

1. Joyce Chepkirui, 25, KEN	31:17 CR*	\$25,000
[15:17 / 25:02]		
2. Mamitu Daska, 30, ETH	31:41	10,000
3. Mary Wacera, 25, KEN	31:52	5,000
4. Gelete Burka, 28, ETH	32:01	3,000
5. Risper Gesabwa, 25, KEN	32:20	2,000

Lilac Bloomsday Run (38th)

(A PRRO Circuit Event)

Spokane, USA, 4 May

(Distance: 12 km; certified course with negligible drop and start/finish separation [record standard course], rolling hills)

MEN (gun times)

1. Allan Kiprono, KEN	34:11	\$7000
2. Kevin Kochei, KEN	34:40	4500
3. Cleophas Ngetich, KEN	34:42	3000
4. Aaron Braun, Alamosa, CO	35:11	7500*
5. Stephen Muange, KEN	35:13	1800

*) Includes USA citizen award

WOMEN (gun times)

1. Mary Wacera, KEN	39:36	\$7000
2. Lineth Chepkurui, KEN	39:38	4500
3. Risper Gesabwa, KEN	39:53	3000
4. Agnes Cheserek, KEN	40:22	2500
5. Rkia El Moukim, MAR	40:41	1800

BIG 25 Berlin (34th)

Berlin, GER, 4 May

(Distance: 25 km; flat course)

MEN (gun times)

1. Abraham Cheroben, KEN	1:11:47
2. Kenneth Kipkemoi, KEN	1:12:32
3. Tebalu Zawude, ETH	1:13:09
4. Richard Sigei, KEN	1:13:11
5. Marc Korir, KEN	1:14:06

WOMEN (gun times)

1. Janet Rono, KEN	1:24:37
2. Valentine Kibet, KEN	1:26:18
3. Maja Neuenschwander, SUI	1:27:01

TRACK**Seiko Golden Grand Prix**

(IAAF World Challenge Series)

Tokyo, JPN, 11 May

MEN

800:

- | | |
|----------------------------|---------------|
| 1. Sho Kawamoto, JPN | 1:45.75 NR/PB |
| 2. Giordano Benedetti, ITA | 1:46.10 SB |
| 3. Erik Sowinski, USA | 1:46.38 |
| 4. Edwin Melly, KEN | 1:46.69 SB |
| 5. Brandon Johnson, USA | 1:47.37 SB |

3000 s/chase:

- | | |
|---------------------------|----------------|
| 1. Jacob Araptany, UGA | 8:20.84 SB |
| 2. John Koech, KEN | 8:22.55 WJL/SB |
| 3. Benjamin Kiplagat, UGA | 8:26.05 SB |
| 4. Tarik Akdag, TUR | 8:27.46 SB |
| 5. Billy Nelson, USA | 8:28.42 SB |

WOMEN

1500:

- | | |
|-----------------------------|----------------|
| 1. Jenny Simpson, USA | 4:03.91 WL/SB |
| 2. Emma Coburn, USA | 4:07.49 SB |
| 3. Senbere Teferi, ETH | 4:08.49 WJL/SB |
| 4. Melissa Duncan, AUS | 4:08.92 PB |
| 5. Nataliia Pryshchepa, UKR | 4:14.85 SB |

Ivy League Heptagonal Conference Championships (Heps)

New Haven, USA, 10-11 May

Note: Abbey D'Agostino capped off her Ivy League career with perhaps the most historic meeting in conference history. D'Agostino won the 10000 m on Saturday night in 33:10.38 (in her debut at the distance), then returned to the track for a pair of races on Sunday: the 5000 and 3000. In the 5000, D'Agostino scored another ten points with her 16:34.48 win. Completing the traditional long distance double wasn't enough, for the 21-year-old senior, as she laced up her spikes once again less than four hours later to win the 3000 in a meet record of 9:14.57.

WOMEN

3000 (11):

- | | | |
|---------------------|--------------|-------------|
| 1. Abbey D'Agostino | SR Dartmouth | 9:14.57 MR* |
| 2. Rachel Sorna | SR Cornell | 9:20.62 |
| 3. Dana Giordano | SO Dartmouth | 9:22.27 |

5000 (11):

- | | | |
|---------------------|--------------|----------|
| 1. Abbey D'Agostino | SR Dartmouth | 16:34.48 |
| 2. Waverly Neer | JR Columbia | 16:40.50 |
| 3. Megan Curham | FR Princeton | 16:48.56 |

10000 (10):

- | | | |
|---------------------|--------------|-------------|
| 1. Abbey D'Agostino | SR Dartmouth | 33:10.38 DB |
| 2. Megan Curham | FR Princeton | 33:24.79 DB |
| 3. Rachel Sorna | SR Cornell | 33:36.46 |

Sun Belt Conference Outdoor Championships

San Marcos, USA, 9-11 May

MEN

1500 (11):

1. Michael Pienaar	FR South Alabama (RSA)	3:49.93
2. Dusan Makevic	SO UL-Monroe (SRB)	3:50.20
3. Emil Blomberg	JR Texas-Arlington (SWE)	3:51.30
4. David Mokone	SR Western Kentucky (RSA)	3:53.03

IAAF Diamond League - Doha

(1st Stop of 2014 IAAF Diamond League)

Doha, QAT, 9 May

MEN

800:

1. Mohammed Aman, ETH	1:44.49
2. Nijel Amos, BOT	1:44.54 SB
3. Ferguson Cheruiyot, KEN	1:44.82 SB
4. Job Kinyor, KEN	1:44.95
5. Jeremiah Mutai, KEN	1:45.30
6. Musaeb Balla, QAT	1:45.37
7. André Olivier, RSA	1:45.39 SB
8. Andrew Osagie, GBR	1:46.08
DNF-- Bram Som, NED	

1500 (DL):

1. Asbel Kiprop, KEN	3:29.18 WL/MR	\$10,000
2. Silas Kiplagat, KEN	3:29.70 SB	6,000
3. Ayanleh Souleiman, DJI	3:30.16 NR	4,000
4. Taoufik Makhloufi, ALG	3:30.40 PB	3,000
5. James Magut, KEN	3:30.61 PB	2,500
6. Aman Wote, ETH	3:30.86 NR	2,000
7. Bethwell Birgen, KEN	3:31.22	1,500
8. Ilham Özbilen, TUR	3:32.09	1,000
9. Collins Cheboi, KEN	3:32.30 SB	
10. Johan Cronje, RSA	3:33.31	

3000 s/chase (DL):

1. Ezekiel Kemboi, KEN	8:04.12 WL	\$10,000
2. Brimin Kipruto, KEN	8:04.64	6,000
3. Paul Kipsiele Koech, KEN	8:05.47	4,000
4. Jairus Birech, KEN	8:07.37	3,000
5. Hillary Yego, KEN	8:09.07	2,500
6. Gilbert Kirui, KEN	8:11.86	2,000
7. Abel Mutai, KEN	8:17.77	1,500
8. Bernard Nganga, KEN	8:23.41	1,000

WOMEN

800 (DL):

1. Eunice Sum, KEN	1:59.33 WL	\$10,000
2. Chanelle Price, USA	1:59.75 PB	6,000
3. Lenka Masná, CZE	2:00.20	4,000
4. Janeth Jepkosgei Busienei, KEN	2:00.49 SB	3,000
5. Molly Beckwith-Ludlow, USA	2:00.55 SB	2,500

6. Tintu Lukka, IND	2:00.56	2,000
7. Jenny Meadows, GBR	2:00.91	1,500
8. Rose Mary Almanza, CUB	2:00.91	1,000

3000 (DL):

1. Hellen Obiri, KEN	8:20.68 AR/WL/MR/DLR	\$10,000
2. Mercy Cherono, KEN	8:21.14 PB	6,000
3. Faith Kipyegon, KEN	8:23.55	4,000
4. Viola Kibiwot, KEN	8:24.41 PB	3,000
5. Almaz Ayana, ETH	8:24.58 PB	2,500
6. Genzebe Dibaba, ETH	8:26.21 PB	2,000
7. Irene Jelagat, KEN	8:28.51	1,500
8. Mimi Belete, BRN	8:30.00 PB	1,000
9. Senbere Teferi, ETH	8:41.54 PB	
10. Alemetu Haroye, ETH	8:45.93 PB	
... 12. Maryam Yusuf Jamal, BRN	8:47.74	

Payton Jordan Cardinal Invitational

Palo Alto, USA, 4 May

MEN

5000:

Section 1:

1 Ben True	Saucony	13:02.74 WL/PB
2 Hassan Mead	Nike Otc Elite	13:02.80 PB
3 Lopez Lomong	Nike	13:07.95 PB
4 Chris Derrick	Nike/Aurum	13:08.18
5 Evan Jager	Nike	13:08.63
6 Andy Vernon	Melbourne TC (GBR)	13:11.50 PB
7 Ryan Hill	Nike	13:14.31
8 Garrett Heath	Brooks Beasts	13:16.65 PB
9 Matthew Centrowitz	Nike Oregon Project	13:20.06 PB
10 Donn Cabral	Nike	13:22.19 PB

10000:

Kim McDonald Memorial Section:

1 Juan Luis Barrios	Nike (MEX)	27:34.40
2 Cam Levins	Nike (CAN)	27:36.00
3 Bashir Abdi	Top Sport VI (BEL)	27:36.40 PB
4 Daniele Meucci	Diadora (ITA)	27:36.53
5 Shadrack Kipchirchir	Oklahoma State (KEN)	27:36.79 PB
6 Kennedy Kithuka	Texas Tech (KEN)	27:41.73 PB
7 Bobby Curtis	Hansons-Brooks Odp	27:46.30
8 Yuki Sato	Nissin Foods (JPN)	27:46.59
9 Dame Tasama	Rfc Liege At (ETH)	27:55.21 PB
10 Arne Gabius	Nike (GER)	27:55.35 PB

3000 s/chase:

Section 1:

1 Billy Nelson	Free Leonard	8:28.49 WL
2 Anthony Rotich	Utep (KEN)	8:30.54
3 Aric Van Halen	Mona Lisa's Mile	8:32.92

WOMEN

800:

Section 1:

1 Karine Belleau-Beliveau	Les Vainqueurs (CAN)	2:01.46
2 Treniere Moser	Nike Oregon Project	2:01.79
3 Justine Fedronic	Unattached (FRA)	2:02.38
4 Shannon Rowbury	Nike Oregon Project	2:02.58

1500:

Section 1:

1 Kate Grace	Oiselle	4:07.35 PB
2 Kate Van Buskirk	Brooks (CAN)	4:08.73
3 Violah Lagat	adidas (KEN)	4:09.24
4 Nicole Sifuentes	Saucony (CAN)	4:09.43
5 Nikki Hamblin	New Zealand	4:09.61
6 Elise Cranny (1996)	Unattached	4:10.95 PB/WJL
... 11 Jemma Simpson	Nike Otc Elite (GBR)	4:16.60

Section 2:

1 Lauren Paquette	Speed River (CAN)	4:13.72
2 Dominique Scott	Arkansas (RSA)	4:14.33 PB
3 Anne Kesselring	Oregon TC (GER)	4:14.47

5000:

Section 1:

1 Sifan Hassan	NED	14:59.23 PB/WL
2 Meraf Bahta	Hälle IF (SWE)	14:59.49 NR
3 Katie Mackey	Brooks Beasts	15:04.74 PB
4 Laura Thweatt	Boulder Track Club	15:04.98 PB
5 Emelia Gorecka	GBR	15:07.45 PB
6 Aisling Cuffe	Stanford	15:11.13 PB
7 Jessica O'Connell	Ucac	15:13.21 PB
8 Jessica Tebo	Brooks Beasts	15:18.17 PB
9 Kellyn Johnson	Naz Elite	15:21.93 PB
10 Riko Matsuzaki	Sekisui Kagaku (JPN)	15:22.67 PB

Section 2:

1 Rochelle Kanuho	Adidas/BRC	15:34.85 PB
2 Rachel Johnson	Baylor	15:39.42 PB
3 Stephanie Garcia	New Balance/	15:43.47 PB
4 Giulia Alessandra Viola	Nbal/Italy	15:44.66 PB
5 Sheree Shea	Loyola Marymount	15:46.62 PB

10000 Kim McDonald Memorial:

1 Sally Kipyego	Nike Otc Elite (KEN)	30:42.26 WL
2 Molly Huddle	Saucony	30:47.59 PB
3 Betsy Saina	Nike (KEN)	30:57.30 PB
4 Jordan Hasay	Nike Oregon Project	31:39.67 PB
5 Julia Bleasdale	GBR	31:42.02
6 Almensh Belete	Top Sport VI (BEL)	31:43.05 PB
7 Dorica Obare	Hitachi (JPN)	31:45.24
8 Kim Conley	New Balance	31:48.71 PB
9 Kasumi Nishihara	Yamada Denki (JPN)	32:09.84
10 Kotomi Takayama	Sysmex (JPN)	32:15.20 PB

American Track League - Meet One

Bloomington, USA, 2 May

MEN

3000 S/C:

- | | |
|----------------------------------|------------|
| 1. De'Sean Turner, Indiana Elite | 8:33.79 WL |
| 2. Mark Draper, Great Britain | 8:43.32 |
| 3. Jason Crist, Indiana | 8:52.34 PB |

WOMEN

800:

- | | |
|--------------------------------------|------------|
| 1. Charlene Lipsey, United States | 2:02.21 |
| 2. Selma Kajan, Australia | 2:02.47 PB |
| 3. Katherine Katsanevakis, Australia | 2:02.57 PB |
| 4. Diane Cummins, Canada | 2:02.70 |
| ... 6. Morgan Uceny, Adidas | 2:02.93 |

Princeton Elite Meet 2014

Princeton, USA, 2-3 May

WOMEN

1500:

Friday Section (02)

- | | | |
|------------------|------------------------|------------|
| 1. Ajee' Wilson | Juventus | 4:21.16 PB |
| 2. Olivia Sadler | Columbia (GBR) | 4:22.55 PB |
| 3. Rolanda Bell | Cptc New Balance (PAN) | 4:28.12 |

NEWS

SHOBUKHOVA BANNED FOR TWO YEARS; RESULTS ANNULLED BACK TO 2009

Liliya Shobukhova, one of the world's most dominant marathon runners since making her debut at London in 2009, saw her marathon career essentially wiped out when Russia's athletics federation (VFLA) declared that she had used performance enhancing drugs based on irregularities in her blood values as measured through her biological passport. Shobukhova (36), who lives and trains in Beloretsk, was handed a two-year suspension through 23 January 2015 and, more importantly, saw her results annulled all the way back to 9 October 2009, reports David Monti for *Race Results Weekly*.

Assuming that Shobukhova does not see her conviction overturned on appeal (if she appeals), she will be stripped of her Virgin Money London Marathon title in 2010 (she was also a runner-up in 2011), and her three Bank of America Chicago Marathon victories in 2009, 2010, and 2011 (she was also fourth in 2012). Also gone will be her Russian marathon record (2:18:20, Chicago, 2011) and her World Marathon Majors (WMM) points titles from 2009/2010 and 2010/2011, where she pocketed \$1 million in earnings. Even her 2012 Olympic Marathon appearance -- where she failed to finish after running only 22 kilometers and was seen favoring her right hamstring as she walked off the course -- is gone. Indeed, her only marathon performance not stricken from the record book was her debut in London in 2009 where she ran 2:24:24.

"World Marathon Majors was disappointed to hear the news that Liliya Shobukhova has been handed a two-year doping ban by the Russian Athletics Federation (VFLA)," read a statement released by the WMM last week. The statement continued: "As previously announced, any athlete found guilty of a doping offense will be required to repay any prize or appearance money earned at WMM events including WMM series prize money."

Shobukhova's conviction is easily the most significant ever in top-level marathon running. She stole glory and treasure from dozens of athletes, especially Germany's Irina

Mikitenko and Kenya's Edna Kiplagat, who would have won \$500 000 each for the 2009/2010 and 2010/2011 WMM titles, respectively. Although she is required to repay her earnings -- which could total over \$3 million, including appearance fees, prize money, undisclosed bonuses paid by both races and her sponsor, Nike, and the WMM overall prizes -- actually getting all the money back is likely to be problematic. Moreover, redistributing those funds to the athletes who finished behind her would be equally difficult.

Shobukhova has been represented by IAAF-registered agent Andrey Baranov through his New York-based Spartanik RS Inc. firm. Baranov has had several other athletes he represented convicted of doping, including Inga Abitova, Lyubov Denisova, and Olesya Syreva. No evidence, however, has surfaced yet in the Shobukhova case linking Baranov in any way to her doping.

The Shobukhova conviction will add to the sense of outrage that so many of that nation's leading female athletes in particular are simply cheats, wrote Mel Watman in *Athletics International*. Just look at this Hall of Shame -- some of the Russian women in so many different events who, since 2007, have received drug bans of two years or more. Some of the PBs listed here were subsequently annulled.

Inga Abitova (30:31.42 10000 m, 2:22:19 Marathon; 2006 European 10000 champion); Tatyana Aryasova (2:26:13 Marathon); Yelena Arzhakova (1:57.67 800, 4:00.82 1500; stripped of 2012 European 800 m title); Anna Avdeyeva (20.07 SP; 2011 European Indoor champion); Svetlana Cherkasova (1:56.93 800); Lada Chernova (63.35 JT); Yelena Churakova (54.78 400H); Lyubov Denisova (2:25:18 Marathon); Viktoriya Dolgacheva (14.41i TJ); Yuliya Fomenko (1:57.07 800, 3:55.68 1500; 2006 World Indoor 1500 champion); Olga Golovkina (15:05.26 5000; 2012 European 5000 champion); Yelizaveta Grechishnikova (15:02.38 5000, 31:07.88 10000); Yekaterina Ishova, née Gorbunova (3:59.89 1500); Yelena Kanales (4:02.23 1500); Gulfiya Khanafeyeva (77.36 HT; world record breaker); Yekaterina Khoroshikh (76.63 HT); Svetlana Klyuka (1:56.64 800; 2nd 2006 European); Anastasiya Korshunova (55.12 400H); Tatyana Kotova (7.42 LJ; 1999 & 2003 World Indoor champion; stripped of 2006 title); Svetlana Krivelyova (21.06 SP; 1992 Olympic & 2003 World champion); Olga Kuzenkova (75.68 HT; 2004 Olympic champion & world record breaker; stripped of 2005 World title); Tatyana Lysenko (78.61 HT; 2011 World & 2012 Olympic champion, world record breaker & 2006 European champion); Yekaterina Medvedyeva (2012 World Junior 10000 walk champion); Irina Meleshina, née Simagina (7.27 LJ; 2nd 2004 Olympics); Tatyana Mineyeva (1:28:09 20 km walk; 2008 World Jnr 10 km walk champion); Yevgeniya Pecherina (65.77 DT); Darya Pishchalnikova (70.69 DT; 2006 European champion; stripped of 2007 World & 2012 Olympic silver medals); Yuliya Rusanova (1:56.99 800; stripped of 2011 European Indoor bronze); Yekaterina Shlyakhova (2011 Russian cross-country champion); Yelena Soboleva (1:57.28 800, 3:56.43 1500; world indoor 1500 record breaker; stripped of 2008 World Indoor 1500 title); Olesya Syreva (4:02.73 1500, 8:29.00i 3000, 69:52 half marathonathon); Tatyana Tomashova (3:56.91 1500, 8:25.56 3000; World champion in 2003 & 2005 & 2004 Olympic silver medallist at 1500); **Natalya Volgina (2013 Two Oceans Marathon winner)**; Marathoniya Yakovenko (62.27 JT); Olga Yegorova (3:59.47 1500, 8:23.26 3000, 14:29.32 5000; 2001 World Indoor 3000 champion; European 5000 record breaker); Nailya Yulamanova (2:26:05 Marathon); Yevgeniya Zinurova (1:58.04 800; 2011 European Jnr champion). Currently provisionally suspended is Svetlana Biryukova (6.98i LJ).

The IAAF was powerless to act during the East German years of state-approved doping as there was no proof until after the demise of the GDR, and regrettably no retrospective action was ever taken to remove obviously drug-assisted records and medals. However, such is the scale of performance enhancing measures in Russia, no doubt aided and abetted by coaches and others, that is it not time for the IAAF or European Athletics to apply some serious sanctions. Admittedly it's unlikely to happen, and no doubt the lawyers would have a field day, but just to reflect the dismay of the wider athletics community I would like to see the appropriate governing bodies ban Russian women from competing in such events as the European Team Championships, European Championships and IAAF Continental Cup until further notice. That might encourage the Russian authorities to apply stricter controls over their international standard athletes.

Shobukhova's Russian record will now revert to Galina Bogomolova with 2:20:47 in Chicago 2006 and she also forfeits a world 30 km road record of 1:38:23 from 2011. However, she will continue to hold the European 5000 m record of 14:23.75 from 2008 as well as such other track PBs as 2:03.18 800 m (2006), 4:03.78 1500 m (2004), 4:22.14 mile (2004), 8:28.76 for 3000 m (2006), a world indoor record at the time, and 30:29.36 10000 m (July 2009).

As a consequence of Shobukhova's multiple dq's, the revised results of those six marathons will be:

2009 Chicago: 1, Irina Mikitenko GER 2:26:31; 2, Lidiya Grigoryeva RUS 2:26:47; 3, Teyiba Erkesso ETH 2:26:56; 2010 London: 1, Aselefech Mergia ETH 2:22:38; 2, Bezunesh Bekele ETH 2:23:17; 3, Askale Tafa ETH 2:24:39 (Inga Abitova RUS finished second in 2:22:38 but was subsequently stripped of that placing following her suspension for a doping violation, underlining the extent of the Russian cheating problem); 2010 Chicago: 1, Atsede Bayisa ETH 2:23:40; 2, Mariya Konovalova RUS 2:23:50; 3, Desiree Davila USA 2:26:20; 2011 London: 1, Mary Keitany KEN 2:19:19; 2, Edna Kiplagat KEN 2:20:46; 3, Bekele 2:23:42; 2011 Chicago: 1, Ejegayehu Dibaba ETH 2:22:09; 2, Kayoko Fukushi JPN 2:24:38; 3, Belaynesh Zemedkun ETH 2:26:17; 2012 Chicago: 4, Caroline Rotich KEN 2:23:22. Winners of the 2009-10 and 2010-2011 WMM are Irina Mikitenko (her third successive victory) and Edna Kiplagat respectively, while second on the world all-time list is now Mary Keitany with 2:18:37 in 2012.

Paula Radcliffe angrily tweeted: "Liliya Shobukhova finally exposed as a drug cheat. Fraud on so many levels, so much money effectively stolen in appearance fees, winnings and endorsements." Brendan Foster's reaction was: "Good news that the sport is getting more and more aggressive in its pursuit of cheats. And if they're high-profile cheats, even better."

STATS TIME

This week we include a list of the top ten SA men in the half 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. Secondary performances by the top three are also listed.

2014 HALF MARATHON: TOP 10 MEN

1:00:47	Stephen Lesego Mokoka	12	Copenhagen	29 Mar
1:01:10	Elroy Gelant	13	Copenhagen	29 Mar
1:01:16	Lusapho April	15	Copenhagen	29 Mar
1:01:55	Gladwin Sibabalwe Mzazi	12	Prague	05 Apr
1:04:16	Mokoka-2	1	Cape Town	19 Apr
1:04:29	Joel Mmone	2	Cape Town	19 Apr
1:04:40	Benedict Moeng	4	Cape Town	19 Apr
1:04:46	Xolisa Tyali	1	Benoni	26 Jan
1:05:07	Sibusiso Nzima	1	Sasolburg	01 Feb
1:05:13	Desmond Mokgobu	2	Benoni	26 Jan
1:05:13	Etienne Plaatjies	1	Oudtshoorn	02 Jan

THIS MONTH IN HISTORY

28 years ago: 3 May 1986

In the first eleven years of its existence the Wally Hayward Marathon was held in four different months. On this day, in the tenth running of the event, Andrew Greyling scored the first of two consecutive wins in 2:27:41, two years after he had won the Jackie Mekler Ultramarathon. In the women's race Ralie Smit achieved her fourth of five wins, but the next year she was denied another victory by Marie Minty, who got the first of her two wins

in a row. The marathon was held for the 38th time on the first day of this month.

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
	27:39	Wilson Kiprono (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:29	Lusapho April	Port Elizabeth	01 Mar
	43:04	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	60:47	Stephen Mokoka	Copenhagen	29 Mar
	59:08	Geoffrey Kamworor (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:09	Sikhumbuso Seme	Pretoria	10 May
	80:18A	George Ntshiliza	Somersset 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
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:29	Wilson Kipsang (KEN)		
	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	67:40	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	82:29	Shadrack Hoff	Pretoria	10 May
	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
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	[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	1:45:51	Victor Phetoe	Pretoria	10 May
	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				
<u>Grandmasters (60+)</u>				
10 km	38:57	Muhammad Kriel	Bellville	12 Apr
15 km	59:25	Muhammad Kriel	Ravensmead	26 Apr
21.1 km	87:09	Mike Hirst	Vereeniging	02 Mar
25 km	2:01:18	Petrus Ratshikakala	Pretoria	10 May
	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:09:56	Muhammad Kriel	Parow	30 Mar
Marathon	3:14:47	Les Ivings	Vereeniging	02 Mar
100 km				
<u>Juniors</u>				
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		
WOMEN				
<u>Open</u>				
10 km	32:27	Lebo Phalula	Port Elizabeth	03 May
	31:16	Margaret Wangari Muriuki (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:54	Kim Laxton	Germiston	06 Apr
	47:00	Shalane Flanagan (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:53	René Kalmer	Copenhagen	29 Mar
	66:19	Joyce Chepkirui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:44:00	Marli van Staden	Pretoria	10 May
	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:01:11	Zintle Xiniwe	Parow	30 Mar
	1:44:19	Yuka Takashima (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:46:52	Kim Laxton	Xiamen	02 Jan
	2:43:34A	Tanith Maxwell	Brighton	06 Apr
	2:18:57A	Rita Jeptoo (KEN)		
	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	1:47:39	Michelle Mee	Pretoria	10 May
	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	2:01:43	Ansa Strydom	Pretoria	10 May
	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	2:10:01	Lyn de Bruin	Pretoria	10 May
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	35:46	Simonay Weitsz	Port Elizabeth	03 May
	31:42	Zola Budd (GBR) 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		

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