

Distance Running Results

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EDITORIAL

South Africa's top 800-metre runner, André Olivier, ran a season's best of 1:44.85 when he finished third in the Diamond League meeting in Shanghai this weekend. In other international action Stephen Mokoka was third in the Bupa Great Manchester Run behind two of the world's top runners, Kenenisa Bekele and Wilson Kipsang, while Gladwin Mzazi was ninth in the Göteborgsvarvet Half Marathon. Dominique Scott won the 10000 m at the SEC Championships in the USA and was second in the 5000.

Lesotho runner Namakoe Nkhasi and Lebogang Phalula won the 31st running of the Sweat Shop Asics RAC 10 km this weekend in 30:05 and 35:31 respectively. The race incorporated the CGA 10 km Championships.

The previous weekend the SA Pork Kwai Challenge Half Marathon incorporated the CGA Championships over that distance; here the titles went to Frik Guys, who won by more than a minute in 67:28, and Cornelia Joubert, who had a ridiculously easy win by almost three minutes in 79:31. Joubert also placed second in the RAC race.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * The Sweat Shop Asics RAC 10 km, Johannesburg
- * Zio Cash and Carry 10 km, Sasolburg
- * SA Pork Kwai Challenge Half Marathon & 10 km, Randburg
- * Mosselbaai Mall Half Marathon & 10 km, Mossel Bay
- * XC: WP League Meeting, Bellville; Gauteng North League Meeting, Pretoria

International highlights:

- * Bupa Great Manchester Run 10 km, Manchester, GBR
 - * TCS World 10 km, Bangalore, IND
 - * Bay to Breakers 12 km, San Francisco, USA
 - * Göteborgsvarvet, Göteborg, SWE
 - * Track: IAAF Diamond League, Shanghai, CHN; Southeastern Conference (SEC) Championships, Lexington, USA
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NEWS

MTHANGAYI BANNED FOR FOUR YEARS

The winner of the Cape Town Marathon on 22 September last year, Lindikhaya Mthangayi, has been banned by the SA Institute for Drug-Free Sport (SAIDS) for a period of four years after testing positive for an anabolic steroid, Methandienone, after the race. Mthangayi, who returned a positive test four years previously, will only be eligible to compete again after 21 September 2017.

His first place in the Cape Town Marathon has been scrapped and all his results since then have been annulled. He will also have to return all the prize money he won in these races.

The performances in question are (he won all these races except the Gun Run Half Marathon, where he placed second): 5 October – Cape Gate 10 km, 30:52; 13 October – Gun Run Half Marathon, 64:20; 19 October – Voet van Afrika Half Marathon, 69:59; 3 November – Landmarks Half Marathon, 66:22; 9 November – West Coast Half Marathon, 69:28; 16 November – Winelands Half Marathon, 67:54.

Mthangayi, who runs for the Itheke club, ran a personal best of 2:17:03 in the Cape Town race and earned R20 000. First place will now go to Paul Manwa (KEN), who clocked 2:17:51, second to Pumlani Nxusani (2:19:07 PB) and third to Siyabonga Makhaluza (2:20:33). All runners behind them move up one position as well.

In 2009 Mthangayi tested positive for the stimulant methylhexanamine and was banned for six months.

CHANGES TO TWO OCEANS RESULTS

Two changes have been made to the official Old Mutual Two Oceans results, both in the women's veteran category in the two races, the ultramarathon and the half marathon.

While *Distance Running Results* has always had the year of birth of the Ethiopian runner Alemtsehay Hailu Kakissa as 1985, she was entered with a birth year of 1973 and placed first in the veteran category (9th overall) in 4:03:56. The second and third prizes went to Samukeliso Moyo (ZIM), 4:07:32, and Zola Pieterse, 4:07:58.

This result has now been corrected, with Moyo first, Pieterse second and Jillian Sotto Corona (Boksburg) third in 4:27:23.

In the half marathon the original results showed the order to be Ronel Thomas (1:26:39), Janene Carey (1:26:40), and Suzette Botha (1:29:05). The order of the first two has now been switched, with Carey first in 1:26:39 and Thomas second in 1:26:40.

ROAD RUNNING

The Sweat Shop Asics RAC 10 km (31st)

(CGA 10 km Championships)

Johannesburg, 18 May

(Loop course)

MEN

1	Namakoe Nkhasi	LES/Cool Running	20	30:05
2	Lungile Gongqa	Individual	35	30:09
3	Xolisa Tyali	Nedbank	26	30:18
4	Derocious Makhobalo	Nedbank	25	30:30
5	Frik Guys	Nedbank	27	30:38
6	Givemore Mudzinganyama	ZIM/Cool Running	24	30:46
7	Jeffrey Gwebu	Toyota	33	30:59
8	Philemon Mathiba	Elim Clinic	22	31:21
9	Leswene Africa Mailola	LES/Nedbank AGN	29	31:29

10	Thabo Motaung	Scaw	26	31:41
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Veterans:

1	Gert Thys	MP	40	31:47
2	Sipho Ncube	ZIM/MP	42	31:54
3	Justanus Gantsi	MP	40	33:08

Masters:

1	Reform Ndlovu	Randburg Harriers	52	37:25
2	Zeb Mokonto	Nedbank	50	38:37
3	Sontaga Mabale	Breakthru	54	39:09

G'masters:

1	Willie Maisela	Boksburg	62	41:30
2	Don Charles	Nedbank AGN	65	41:49
3	Peter Erasmus	RAC	61	41:56

G/g'masters:

1	Pele Tshidukudamalema	Vodacom	74	47:32
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Juniors:

1	Njabulo Tshabalala	Itumeleng	19	32:06
2	Tshepo Majwati	Nedbank	19	32:30
1	Melamu Kabelo	Nedbank	17	32:40

WOMEN

1	Lebogang Phalula	Transnet	30	35:31
2	Cornelia Joubert	Nedbank	25	35:58
3	Kim Laxton	Sunninghill	31	37:11
4	Lauren Dance	M.A.D	23	38:26
5	Carina Viljoen	Randburg Hoërskool	17	38:55
6	Andronica Mokgotla	Toyota	24	39:06
7	Keneilwe Sesing	Nedbank	26	39:11
8	Keshoketswe Lechaba	LES/Elim Clinic	33	40:12
9	Maphuti Phaka	Born 2 Run	36	42:05
10	Enie Molatseli	Ukurhuleni	33	42:11

Veterans:

1	Nomasonto Skosana	Nedbank	43	42:18
2	Jillian Sotto Corona	Boksburg	40	42:28
3	Beth Libby-Neale	Randburg Harriers	45	43:08

Masters:

1	Sandra Brookstone	Wanderers	51	45:20
2	Linda v.d. Gryp	Krugersdorp	52	45:48
3	Rita van Wyk	Boksburg	51	46:04

G'masters:

1	Liz Ruickbie	Nedbank	67	47:19
2	Virginia Augustine	RAC	60	53:22
3	Elspeth Kirkman	RWFL	60	53:44

G/g'masters:

1	Thelma Fouché	GRRRC	74	1:46:20
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Juniors:

1	Carina Viljoen	Randburg Hoërskool	17	38:55
2	Michaela Tyrrell	Kempies New Bal	15	43:01
3	Leandra Greyling	Randburg Hoërskool	16	43:20

Zio Cash and Carry 10 km

Sasolburg, 17 May

(Finishers: 325 [slightly down from 330 last year].)

Note: This race usually presents a problem regarding its length, and the Race Time Bias (RTB) calculation, which is used to determine if a course is short, has often indicated in the past that the course was not the correct length. This year, however, the RTB for ten time comparisons is less than -1 sec/km, so the times are acceptable for statistical purposes. – Ed.

MEN

1 Tseiso Moeketsi (NW Pukke) 29:47; 2 William Mokwalakwala (Toyota) 29:54; 3 Lucas Jani (Transnet) 30:26; 4 John Thipe (Temp) 30:33; 5 Collen Mulaudzi (VUT) 30:48.

Veterans: 1 Joseph Mazibuko (Bidvest) 33:26. **Masters:** 1 Willem Jooste (Sasol) 39:33. **G'masters:** 1 Vincent Ezzi (Nedbank) 42:39. **Juniors:** 1 Kabelo Melamu (Nedbank) 31:05.

WOMEN

1 Tebogo Masehla (Temp) 36:17; 2 Keneilwe Sesing (Nedbank) 38:05; 3 Simangele Mabuza (Transnet) 38:37; 4 Masabatha Matoane (Lekoa) 39:33; 5 Lebo Mofokeng (Toyota) 39:59.

Veterans: 1 Florence Molawa (Arcelor Mittal) 48:58. **Masters:** 1 Malie v.d. Walt (Arcelor Mittal) 47:36. **G'masters:** 1 Marietjie Olen (Arcelor Mittal) 50:22. **Juniors:** 1 Itumeleng Moloi (Phutunang) 42:23.

SA Pork Kwai Challenge Half Marathon & 10 km

(CGA Half-marathon Championships)

Randburg, 11 May

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

Half marathon

MEN

1	Frik Guys	Nedbank	1:07:28
2	Raphael Segodi	Nedbank	1:08:54
3	Don Ndlovo	Nedbank	1:09:40
4	Philemon Mathiba	Elim Clinc	1:09:53
5	Lucky Mtshali	Olifantsfontein	1:11:25

Veterans:

1	Elias Mabane	Nedbank	1:11:36
2	Justanus Gantsi	Maxed Elite	1:16:20
3	Simon Mphulanyane	Mr Price	1:16:45

Masters:

1	Linda Maphanga	Anglo American	1:24:59
2	Samuel Mogudi	RAC	1:25:55
3	Piet Chauke	Gallopers	1:29:38

G'masters:

1	Peter Erasmus	RAC	1:33:43
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G/g'masters:

1	Motlagelwa Kholele	Rainbow	2:36:04
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Juniors:

1	Tshwanelo Mojokeng	Nedbank	1:12:51
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WOMEN

1	Cornelia Joubert	Nedbank	1:19:31
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2	Alemtsehay Kakissa	ETH/Nedbank	1:22:14
3	Adanech Temilu	ETH/Nedbank	1:24:02
4	Andronica Mokgotla	Toyota	1:28:39
5	Elizabeth Phaka	Born To Run	1:28:57

Veterans:

1	Nomasonto Skosana	Nedbank	1:37:06
2	Karen Fisher	Westville	1:38:36
3	Paulinait Mokoena	Witbank	1:41:19

Masters:

1	Judy Bird	Breakthru Midrand	1:39:40
2	Ansie Strydom	New Balance	1:45:11
3	Mariet Geyer	Benoni Harriers	1:53:40

G'masters:

1	Linda Kelly	Old Eds	2:10:43
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10 km**MEN**

1	Joel Mmone	Nedbank	30:30
2	Lucky Mohale	Maxed Elite	31:27
3	David Manja	Nedbank	31:30
4	Thabang Mosiako	Nedbank	31:31
5	Mbongeni Ngxazozo	Gauteng Striders	31:43

Veterans

1	Zongamele Dyubeni	Nedbank	33:21
2	Enoch Skosana	Transnet	33:38
3	Reginald Ngobese	Gauteng Striders	34:15

Masters

1	Sonaga Mabale	Breakthru Midrand	41:21
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G'masters:

1	Wilson Nethisaulu	RAC	48:18
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G/g'masters

1	Patrick Mafilika	Nedbank	52:10
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Juniors:

1	Thabang Mosiako	Nedbank	31:31
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WOMEN

1	Tebogo Masehla	Bidvest	38:04
2	Catherine Skosana	Nedbank	39:19
3	Kegomoditswe Lechara	LES/Elim Clinic	40:54
4	Carina Viljoen	Randburg Harriers	41:04
5	Jillian Soto Corona	Boksburg	44:51

Veterans:

1	Jillian Soto Corona	Boksburg	44:51
2	Linah Mhlongo	Nedbank	45:20
3	Sarah Mahlangu	Toyota	45:46

Masters:

1	Pam Hampton	Sunning Hill Striders	53:23
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G'masters:

1	Anne Bellamusto	Morningside	57:15
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G/g'masters:

1	Phyllis Maartens	Fit 2000	1:32:35
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Juniors:

1	Carina Viljoen	Randburg Harriers	41:04
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Mosselbaai Mall Half Marathon & 10 km

Mossel Bay, 10 May

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 119 [down from 126 last year]; 10 km – 133 [down from 139].)

Half marathon

MEN

1	Lloyd Bosman	Nedbank SWD	26	1:12:35
2	Lindile Tokota	Nedbank SWD	46	1:13:35
3	Archie Boome	KMC	18	1:16:10
4	Gurome Gelderbloem	Mosselbay Harriers	38	1:18:47
5	Ashwell Clooco	Mosselbay Harriers	17	1:20:35
6	Mauritz Jansen van Rensburg	Outeniqua Harriers	43	1:22:29
7	Elton Botha	KMC	21	1:24:09
8	Nkosi Dimaza	Sedgefield Striders	26	1:24:52
9	Joey Klaasen	Nedbank SWD	43	1:25:09
10	Mario Meyer	Hartenbos Drawwers	35	1:25:23

Veterans:

1	Lindile Tokota	Nedbank RC	1:13:35
2	Mauritz Jansen van Rensburg	Outeniqua Harriers	1:22:29

Masters:

1	Hermanus Jonkerman	Nedbank RC	1:25:25
2	Sidwell Oktober	Rainbow RC	1:32:26

G'masters:

1	Andre Niemand	Hartenbos Drawwers	1:49:01
2	Abraham Coetzee	Knysna Marathon Club	2:13:33

Juniors:

1	Archie Boome	Knysna Marathon Club	1:16:10
2	Ashwell Clooco	Mosselbaai Harriers	1:20:35

WOMEN

1	Lisl Grobler	KMC	37	1:30:16
2	Chontelle London	Temp	27	1:31:37
3	Sanet Brits	Nedbank SWD	54	1:35:24
4	Annatjie Botes	Nedbank SWD	56	1:36:39
5	Analie Heyns	Langeberg AC	42	1:43:36
6	Maryke Sass	PetroSA RC	43	1:44:43
7	Rea Oosthuizen	Hartenbos Drawwers	67	1:49:16
8	Yolind Strydom	Nedbank SWD	39	1:50:25
9	Juanita Olivier	Outeniqua Harriers	42	1:54:17
10	Carla Coetzee	Nedbank SWD	25	1:55:45

Veterans:

1	Analie Heyns	Langeberg AC	1:43:36
2	Maryke Sass	PetroSA	1:44:43

Masters:

1	Sanet Britz	Nedbank RC	1:35:24
2	Annatjie Botes	Nedbank RC	1:36:39

G'masters:

1	Rea Oosthuizen	Hartenbos Drawwers	1:49:16
2	Liedie Coetzee	Plett AC	2:13:54

10 km

MEN

1	Leon Adams	Hartenbos Drawwers	20	32:05
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2	Ruben Dlepu	Temp	16	32:44
3	Godwin Heyns	Mosselbaai Harriers	16	32:53
4	Jan Isaks	Rainbow	28	33:05
5	Elfonzo Pieterse	Nedbank SWD	25	34:53
6	Selwyn Losper	Mosselbay Harriers	49	35:50
7	Arie Thomas	Temp	34	36:27
8	Dylan van Wyk	Plett AC	18	36:44
9	Sivuyile Jika	Mosselbay Harriers	31	36:58
10	Luciano Van Wyk	KMC	17	37:04

WOMEN

1	Merida Leen	Mosselbay Harriers	16	38:54
2	Cecilia Nel	Hartenbos Drawwers	32	40:35
3	Mariëtte Strauss	Tygeberg	51	40:39
4	Macnita Samuels	KMC	17	43:11
5	Renee Moll	Nedbank SWD	43	44:16
6	Clarisha Pieterse	Mosselbay Harriers	15	45:42
7	Elsa de Villiers	Hartenbos Drawwers	54	50:11
8	Rina Wray	Hartenbos Drawwers	50	50:45
9	Adele van der Pol	Nedbank SWD	23	51:25
10	Barbara Vintcent	Temp	38	51:58

CROSS-COUNTRY**WP League Meeting (2nd)**

Bellville (CPUT), 10 May

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

SR. MEN (12 km)

1	Unathi	Nteta	Atlantic	25:29
2	Akhona	Makila	VOB	25:31
3	Andrew	Louw	Easterns	36:27
4	Wanda	Roro	Itheke	36:43
5	Duane	Fortuin	Itheke	37:13
6	Duran	Byman	Itheke	37:41
7	Du-Wayne	Philander	UWC	37:52
8	Marks	Mpekula	No Club	38:04
9	Christopher	Karelse	NBMC	38:12
10	Bongile	Tshewula	Easterns	38:27

SR. MEN

1	Akhona	Makila	VOB	12:12
2	Vuyolwethu	Mbukushe	Gugs	12:32
3	Duran	Faro	UWC	12:37
4	Emiele	Paulsen	NBMC	12:38
5	Orion	Faro	No Club	12:56
6	Envor	Rhodas	Easterns	12:58
7	Willem	Swanepoel	NBMC	13:11
8	Sipho	Dlokweni	Ommiedraai	13:22
9	Evan	Fortuin	Easterns	13:28
10	Raydon	Balie	Wild Runner	13:34

VETERAN MEN (8 km)

1	Xolile	Macanda	Gugs	25:27
2	Flip	Jorapetse	Defence WP	26:05

3	Youssef	Kanouni	NBMC	26:58
MASTER MEN (8 km)				
1	Tobias	Philander	Itheko	27:11
2	Eric	Coetzee	No Club	28:23
3	Chris	Mitchell	Celtic Harriers	28:51
G'MASTER MEN (8 km)				
1	Awie	Veldsman	Helderberg Harr	30:41
2	Clive	Owen	Edgemead	31:11
3	Albert	Williams	Top Form	32:47
U.19 (8 km)				
1	Bruce-Lynn	Damons	WCSS	24:36
2	Kaleb	Beukes	UWC	24:46
3	Ashley	Smith	WCSS	24:47
U.17 (6 km)				
1	Rowhaldo	Ratz	Eerste River	18:19
2	Mc Marshal	Hartzenberg	Eerste River	18:23
3	Samuel	v.d. Merwe	Bellville	18:34
SR. WOMEN (8 km)				
1	Zintle	Xiniwe	NBMC	28:04
2	Bulelwa	Simae	Nedbank	28:43
3	Ulrica	Stander	NBMC	29:08
4	Candyce	Hall	Carbineers	29:57
5	Hanlie	Jordaan	UWC	30:37
6	Bulelwa	Siwaji	Tygerberg NLK	30:53
7	Gerda	Henn	Wild Runner	30:54
8	Simone	Faulmann	Waterford H/S	31:12
9	Busisiwe	Matiwane	Celtic Harriers	31:58
10	Tanya	Posthumus-Fox	Century City	32:06
SR. WOMEN				
1	Amy	Abrahams	UWC	15:24
2	Lee-Shay	Willemse	Velocity	16:23
3	Anel	Terblanche	Celtic Harriers	16:33
4	Nontando	Mabusela	Gugs	17:06
5	Linda	Hanekom	CPUT	17:17
6	Annereen	Malan	Paarl	17:27
7	Madelé	du Plessis	Edgemead	17:31
8	Anneline	Roffey	NBMC	17:32
9	Alicia	Hartnick	Helderberg Harr	18:07
10	Delicia	Jantjies	Eerste River	18:51
VETERAN WOMEN				
1	Wilna	Eybers	Strand	15:38
2	Sandra	van Graan	Edgemead	16:07
3	Sheryl	de Lange	NBMC	16:18
MASTER WOMEN				
1	Elmarie	Coetzee	NBMC	16:06
2	Olga	Howard	Celtic Harriers	16:44
3	Bev	Charters	VOB	17:29
G'MASTER WOMEN				
1	Nancy	Will	Pinelands	19:03
2	Pixie	Sparg	Celtic Harriers	21:06
3	Theresa	Isaacs	VOB	21:58
U.19 (6 km)				
1	Annie	Bothma	Nedbank	19:46
2	Ebeth	Marais	Maties	20:53

3	Pamela	Moyikwa	VOB	22:24
U.17				
1	Hayley	Preen	Hout Bay Harriers	14:28
2	Assnique	Robinson	Bellville	14:53
3	Lauren	Jonathan	VOB	15:03

Gauteng North League Meeting (3rd)

Pretoria, 9 May

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

SR. MEN (6 km)

1	Elroy	Galant	Pukke	17:39
2	Mthobisi	Baloyi	Pukke	17:55
3	Gladwin	Mzazi	Transnet	18:13
4	Jerry	Motsau	Pukke	18:42
5	Kgosi	Tsosane	Nedbank	18:46
6	Motsamai	Matone	Transnet	20:01
7	Hoshane	Kuma	Suthies	20:12
8	Moses	Skhosana	Lehlabile	20:40
9	Wiaan	Swanepoel	New Balance	20:46
10	F.	Wiid	Tuks	21:02

SR. MEN

1	Tebogo	Sithole	Zwakala	13:00
2	Kipkoech	Chirchir	Nedbank	13:03
3	Pheeha	Victor	Tembisa	13:07
4	Sello	Lekalakala	Ikhozi	13:24
5	Junior	Mahlaku	Ikhozi	14:13
6	Nkoe	Martin	TUT	14:16
7	Andy	Mukona	Transnet	14:20
8	Sello	Ngwane	Nissan	14:44
9	Mathews	Matsetela	Nedbank	14:46
10	Zulu	Mthokozisi	TUT	14:57

MEN 40 (8 km)

1	David	Labuschagne	Cycle Lab Pepto Pro	22:24
2	Henk	Moen	Irene	22:35
3	Graham	Megaw	Tuks	22:41

MEN 45 (8 km)

1	Johan	Buys	Tuks	23:02
2	Willie	Bronkhorst	Tuks	23:34
3	Gerrit	Olivier	AS Eagles	23:50

MEN 50 (8 km)

1	Piet	Lötter	ACRW	25:24
2	Rob	Hudson	Irene	25:40
3	Louis	Botha	Gnma	26:33

MEN 55 (8 km)

1	Johnie	Jonker	Denel	28:09
2	Len	Lorenzen	PMMC	28:35
3	Marius	Bosman	ACRW	29:42

MEN 60 (6 km)

1	Don	Charles	Nedbank	26:06
2	Chris	Callaghan	Enduro	31:58
3	Andre	Smith	PMK	32:37

MEN 65 (6 km)			
1	Harry	Van der Merwe	Bronkhorstspruit 30:59
2	Allan	Klugge	Agape 31:42
3	Anton	Harrop-Allin	ACRW 34:03
MEN 70 (6 km)			
1	Mike	Kleinsmit	Transnet 31:28
2	Andries	Van der Merwe	Transnet 31:42
MEN 80 (6 km)			
1	Frans	Grobler	Transnet 40:00
2	Dion	Heigers	ACRW 43:15
MEN 80 (4 km)			
1	Martin	Coetzee	Magnolia 27:26
MEN 23			
1	Jonathan	Bredenkamp	Tuks 12:35
2	Simon	Mokhonyama	Monaco 12:42
3	Mpho	Motaung	TUT 12:53
JR. MEN (8 km)			
1	Ian	Slinger	Eldoraigue 19:17
2	Henco	Schoeman	Centurion 19:34
3	Charl	Kemp	Marais Viljoen 19:52
BOYS 17 (6 km)			
1	Yster	Louw	Kempies 19:55
2	Kwanele	Mthembu	Prestige 19:55
3	Tomrin	Vlok	Zwartkop 19:57
SR. WOMEN (6 km)			
1	Anna	Lekalakala	Tuks 26:47
2	Boitumelo	Modise	PVT 27:34
3	Kgothotso	Chiloane	Lehlabile 28:27
SR. WOMEN			
1	Lebo	Phalula	Mr Price 13:30
2	Lebogang	Phalula	Transnet 13:52
3	Myrette	Filmater	Nedbank 14:27
4	Anét	Coetzee	Boksburg 14:51
5	Nerissa	Van der Walt	New Balance 14:52
6	Kataza	Shipalana	TUT 15:21
7	Chandri	Van Heerden	Tuks 15:53
8	Nandipha	Dywili	Transnet 16:53
9	Judimé	Kieser	Suthies 16:54
10	Annelien	Motlhala	Tuks 16:55
WOMEN 40			
1	Seonette	Van Rooyen	Tuks 18:03
2	Karin	Hillhouse	Individual 18:27
3	Celeste	Labuschagne	Bronkhorstspruit 19:23
WOMEN 45			
1	Salomé	Vermeulen	Bronkhorstspruit 16:54
2	Lettie	Saayman	GNMA 19:19
3	Carol	Strydom	FPN 20:06
WOMEN 50			
1	Elsabe	Brink	New Balance 17:53
2	Emmarie	Theunissen	Irene 19:04
3	Thea	Van der Merwe	Irene 20:06
WOMEN 55			
1	Louise	Oberholzer	Transnet 27:58

WOMEN 60

1	Stephanie	Claassen	Tuks	21:44
2	Ella	Smith	PMK	26:53
3	Annette	Van Rooyen	Transnet	29:28

WOMEN 23

1	Alicia	Labuschagne	Wonderboom	15:39
2	Olivia	Labuschagne	Wonderboom	15:49
3	Melissa	Taylor	Tuks	16:08

JR. WOMEN (6 km)

1	Manesa Martha	Simphiwe	Ikhozi	20:27
2	Marné	Mentz	Centurion	22:30
3	Simoné	Verwey	Eldoraigue	23:35

GIRLS 17

1	Lethabo	Seema	Tuks	15:02
2	Lize	Botha	Centurion	15:30
3	Elinde	De Coning	Waterkloof	15:39

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**Bupa Great Manchester Run 10 km**

Manchester, GBR, 18 May

(Certified course; course starts at 45 m elevation and finishes at 35 m elevation [10 m elevation loss, or 1 m/km of race distance; legal for record setting]; start/finish separation is 600, or 6% of the race distance)

MEN (gun times)

1.	Kenenisa Bekele, ETH	28:23
2.	Wilson Kipsang, KEN	28:28
3.	Stephen Mokoka, RSA	29:11
4.	Ayad Lamdassem, ESP	29:17
5.	Abdellatif Meftah, FRA	29:18

ALL WOMEN'S ELITE RACE

1.	Tirunesh Dibaba, ETH	31:09 WL
2.	Gemma Steel, GBR	32:10
3.	Polline Wanjiku Njeru, KEN	32:10 PB
4.	Christelle Daunay, FRA	32:20
5.	Ana Dulce Félix, POR	32:54

TCS World 10 km (7th)

Bangalore, IND, 18 May

(Certified course)

MEN (gun times)

1.	Geoffrey Kamworor, KEN	27:44	CR \$21,000 + 7,500*
2.	Joshua Cheptegei, UGA	28:24	15,000
3.	Kinde Atanaw, ETH	28:35	9,000
4.	Thomas Ayeko, TAN	28:47	5,000
5.	Vincent Chepkok, KEN	28:54	4,000

WOMEN (gun times)

1. Lucy Kabuu, KEN	31:46	CR	\$21,000 + 7,500*
2. Joyce Chepkirui, KEN	31:54		15,000
3. Linet Masai, KEN	32:27		9,000
4. Guteni Shone, ETH	32:41		5,000
5. Helah Kiprop, KEN	33:19		4,000
... 9. Helalia Johannes, NAM	34:42		1,500

*) Course record bonus

Bay to Breakers 12 km (103rd)

San Francisco, USA, 18 May

(Certified point-to-point course with minimal elevation loss [0.1 m/km])

MEN

1. Geoffrey Kenisi, KEN	35:04	\$3000
2. Emmanuel Bor, KEN	35:25	2500
3. Kevin Kochei, KEN	35:53	2250

WOMEN

1. Diane Nukuri-Johnson, BDI	40:19	\$3000
2. Sara Hall, USA	40:27	2500
3. Sophy Jepchirchir, KEN	40:49	2250

Göteborgsvarvet (35th)

Göteborg, SWE, 17 May

(Distance: 21.1 km)

MEN

1. Ghirmay Ghebreslassie, 1995, ERI	1:00:36
2. Richard Mengich, 1989, KEN	1:00:55
3. Abraham Kiplimo, 1989, UGA	1:01:55
4. Nicholas Bor, 1988, KEN	1:02:05
5. Titus Masai, 1989, KEN	1:02:11
... 9. Gladwin Mzazi, 1988, RSA	1:03:10

WOMEN

1. Worknesh Degefa, 1990, ETH	1:10:12
2. Tadelech Bekele Alemu, 1991, ETH	1:10:24
3. Hilda Kibet, 1981, NED	1:11:19

TRACK**IAAF Diamond League - Shanghai**

(2nd stop of 2014 IAAF Diamond League)

Shanghai, CHN, 18 May

MEN

800:

1. Robert Biwott, KEN	1:44.69	PB	\$10,000
2. Taoufik Makhloufi, ALG	1:44.73		6,000
3. André Olivier, RSA	1:44.85	SB	4,000
4. Jeremiah Mutai, KEN	1:44.85	SB	3,000
5. Marcin Lewandowski, POL	1:45.92		2,500

6. Ronald Musagala, UGA 1:46.54 SB 2,000
 7. Brandon Johnson, USA 1:46.67 SB 1,500
 8. Haining Teng, CHN 1:46.77 SB 1,000
 9. Tyler Mulder, USA 1:46.87 SB
 10. Erik Sowinski, USA 1:46.89
 11. Abraham Rotich, BRN 1:49.34
- DNF-- Bram Som, NED

5000:

1. Yenew Alamirew, ETH 13:04.83 MR \$10,000 (sub-54 s last lap)
2. Thomas Longosiwa, KEN 13:05.44 6,000
3. Hagos Gebrhiwet, ETH 13:06.88 4,000
4. John Kipkoech, KEN 13:08.23 3,000
5. Edwin Soi, KEN 13:08.79 2,500
6. Berhanu Legese, ETH 13:08.88 PB 2,000
7. Albert Rop, BRN 13:10.38 1,500
8. Cornelius Kangogo, KEN 13:11.14 PB 1,000
9. Bob Tahri, FRA 13:12.22 PB
10. Jonathan Ndiku, KEN 13:12.94 SB

WOMEN

1500:

1. Abeba Aregawi, SWE 3:58.72 WL \$10,000
 2. Jenny Simpson, USA 4:00.42 SB 6,000
 3. Sifan Hassan, NED 4:01.19 NR 4,000
 4. Viola Jelagat Kibiwot, KEN 4:01.31 3,000
 5. Mimi Belete, BRN 4:01.98 2,500
 6. Rababe Arafai, MAR 4:02.86 PB 2,000
 7. Gudaf Tsegay, ETH 4:05.13 PB 1,500
 8. Treniere Moser, USA 4:06.38 SB 1,000
 9. Maureen Koster, NED 4:06.42 PB
 10. Morgan Uceny, USA 4:10.93
- DNF-- Tamara Tverdostup, UKR
DNF-- Lydia Wafula, KEN

3000 s/chase:

1. Emma Coburn, USA 9:19.80 WL/PB \$10,000
2. Sofia Assefa, ETH 9:25.76 6,000
3. Hiwot Ayalew, ETH 9:27.25 4,000
4. Purity Kirui, KEN 9:33.24 3,000
5. Salima Elouali Alami, MAR 9:34.23 2,500
6. Birtukan Adamu, ETH 9:35.51 2,000
7. Etenesh Diro, ETH 9:36.45 1,500
8. Milcah Chemos Cheywa, KEN 9:38.21 1,000
9. Lidya Chepkurui, KEN 9:38.82
10. Fancy Cherotich, KEN 9:41.22

Southeastern Conference (SEC) Championships

Lexington, USA, 15-18 May

WOMEN

5000 (18):

1. Diane Robison, JR - Arkansas 15:48.25 MR/FR
2. Dominique Scott, SO - Arkansas (RSA) 15:53.74
3. Grace Heymsfield, SR - Arkansas 15:55.30

10000 (16):

1. Dominique Scott, SO - Arkansas (RSA) 33:51.84
 2. Cally Macumber, SR - Kentucky 34:01.52
 3. Diane Robison, JR - Arkansas 34:07.95
-

STATS TIME

Shadrack Hoff's 1:22:29 in the Konica Minolta Jackie Mekler 25 km last weekend (results in DRR 14:19) was a new SA record for veterans, beating Steve Hollier's previous mark by almost a minute. Here is the all-time list for this age category. There is a question mark behind the performance of the athlete in sixth place, for whom DRR has no performances since 2004 and who may have been a foreigner (or not a veteran).

25 KM: ALL-TIME TOP 10 VETERAN MEN

1:22:29	Shadrack Hoff	Pretoria	100514
1:23:05a	Sipho Mthimkulu	Pinetown	240188
1:23:19	Steve Hollier	Germiston	170190
1:23:23	Michael Scout	Port Elizabeth	280505
1:23:46	Elias Mabane	Pretoria	100514
1:24:08	G. Kabini (?)	Pretoria	170503
1:24:31	Barry Beardsworth	Germiston	190183
1:24:45	Cornet Matomane	Germiston	110195
1:24:55	Titus Mamabolo	Germiston	200188
1:25:06	Derek Vaughan	Germiston	160185



THIS MONTH IN HISTORY

48 years ago: 13 May 1966

The Coliseum Relays in Los Angeles was the first meeting between the precocious American star Jim Ryun, fourteen days past his 19th birthday, and Kip Keino, the world record holder over 3000 metres. They met over 2 miles (almost 220 m longer than 3000 m) and although Ryun had become the first high schooler to run a dream mile two years before, very few people gave him a chance against one of the best runners in the

world, who would win a mile/3 mile double at the Commonwealth Games three months later. But the Kansas University student outkicked Keino over the last 150 m to win in 8:25.2, a new US record and only 2.6 sec slower than the world record. (The picture was taken just before Ryun started his kick.) Three weeks later Ryun set a US mark of 3:53.7 in the mile, and other six days later achieved his first open world record, 1:44.9 for 880 yards.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green.
– Ed.

MENOpen

10 km	29:00	Kgosi Samuel Tsosane	Sasolburg	01 Feb
	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	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
	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
	[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

Grandmasters (60+)

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				

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	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		
<u>Masters (50+)</u>				
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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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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