

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 recorded by the women in the Starling Plumbers Half Marathon in Mount Edgecombe this weekend, but the Race Time Bias calculation does not indicate that the course was short (see note with results below). Veteran Suzette Botha smashed the previous list leader with her 83:10, beating two more fast times – Janene Carey's 85:37 and Shani Silver's 88:23.

In other action Mthandazo Qhina, who will run the Comrades this coming weekend, and Zintle Xiniwe took the Voet of the Wine Route 10 km in 32:15 and 37:57 respectively.

The third grandmaster in the The Sweat Shop Asics RAC 10 km (results in last week's issue) should have been Elaine Greenblatt (RAC) in 53:22.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Starling Plumbers Half Marathon & 10 km, Mount Edgecombe
- * Voet of the Wine Route 10 km, Kuils River
- * Love Run Half Marathon & 10 km, Pretoria
- * George Habelgaarn Memorial 10 km, Mossel Bay
- * XC: Gauteng North League Meeting, Bronkhorstspuit; WP League Meeting, Elfindale

International highlights:

- * 20 km de Bruxelles, Bruxelles, BEL
 - * Gifu Seiryu Half Marathon, Gifu, JPN
 - * Track: Ponce Grand Prix, Ponce, PUR; Kyushu Jitsugyodan Track & Field Championships, Kitakyushu, JPN; East Japan Corporate T&F Championships, Fukushima, JPN; Big Ten Conference Championships, West Lafayette, USA; NJCAA Championships, Mesa, USA; USATF High Performance Distance Classic at Occidental College, Eagle Rock, USA
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STATS

FASTEST MARATHONS IN SOUTH AFRICA

A query last week by DRR subscriber Mark Dowdeswell led me to compile a list of the twenty fastest marathons run on standard (record-quality) courses in South Africa. Note that the leading time on the list, 2:09:50 by David Tsebe, is only 36th on the SA all-time list; all the quicker times were run either overseas or on aided courses. Five of the times on

the list were run in Port Elizabeth, five in Pinelands (three of them in one race), and four in Durban (three in the same race).

2:09:50	David Tsebe	09-Nov-66	1	SA Championships	Port Elizabeth	24-Feb-90
2:10:18	Willie Mtolo	05-May-64	1	SA Championships	Cape Town	30-Apr-88
2:10:29	Joseph Skosana	21-Jun-63	1	SA Championships	Durban	20-Jul-91
2:10:32	Tsebe-2		2	SA Championships	Durban	20-Jul-91
2:10:32	Mtolo-2		2	SA Championships	Port Elizabeth	04-May-85
2:10:47	Tsebe-3		1	DAC	Durban	10-Sep-89
2:10:47	Michael Scout	05-Dec-62	3	SA Championships	Durban	20-Jul-91
2:10:48	Tsebe-4	09-Nov-66	1		Port Elizabeth	29-Jul-89
2:10:51	Zithulele Sinqe	09-Jun-63	1	SA Championships	Stellenbosch	02-May-87
2:10:53	Peter Tshikila	22-Jun-62	2		Port Elizabeth	29-Jul-89
2:11:01	Mtolo-3	05-May-64	2	SA Championships	Stellenbosch	02-May-87
2:11:07	Abel Mokibe	03-Jul-65	1	SA Championships	Cape Town	28-Mar-92
2:11:15	Johannes Maremane	27-Sep-65	1	SA Championships	Pinelands	05-Mar-00
2:11:19	Joshua Peterson	08-Mar-75	2	SA Championships	Pinelands	05-Mar-00
2:11:24	John Sebata	07-Jan-56	2	SA Championships	Port Elizabeth	24-Feb-90
2:11:42	Johan Dreyer	11-Nov-58	1	Bellville	Kuils River	02-Jul-83
2:11:44	Bethuel Netshishefhe	16-Mar-72	3	SA Championships	Pinelands	05-Mar-00
2:11:46	Josiah Thugwane	15-Apr-71	1	SA Championships	Pinelands	25-Feb-96
2:11:47	Sinqe-2	09-Jun-63	2	SA Championships	Cape Town	28-Mar-92
2:11:49	Nixon Nkodima	26-Apr-69	2	SA Championships	Pinelands	25-Feb-96

ROAD RUNNING

Starling Plumbers Half Marathon & 10 km

Mount Edgecombe, 25 May

(Distances: 21.1 km & 10 km; out-and-back courses)

Note: Some of the times in this half marathon look quite fast, but the Race Time Bias (RTB) calculation gives a figure of -1.89 sec/km for fifteen time comparisons, well under the allowable limit of -5 sec/km, so the times are acceptable for statistical purposes. (The RTB formula, devised by Ken Young of *The Analytical Distance Runner*, compares runners' times in a race with what one could expect them to run based on their most recent performances.) – Ed.

Half marathon

MEN

1.	Joseph Munywaki	ZIM/Phantane AC	65:36
2.	Siyabonga Nkonde	Boxer AC	65:48
3.	Philani Buthelezi	KRS	67:04

40-49:

1.	Thembinkosi Gumede	Boxer AC	75:40
2.	Sabelo Ncube	Phumanathi AC	81:39
3.	Greg Finnie	Sydenham AC	100:53

50-59:

1.	Mandla Dlamuka	Boxer AC	79:15
2.	Willie Majombozi	Boxer AC	83:09
3.	Wayne Scott	PDAC	85:27

60-69:

1.	Philip van Niekerk	Stella AC	97:58
2.	Les Smith	West AC	101:05
3.	Robin Archer	QBH	112:32

70+:

1.	Arthur Zimmerman	Stella AC	121:18
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WOMEN

1.	Sithulisiwe Zhou	ZIM/Phantane AC	78:52
2.	Tanith Maxwell	West AC	79:29
3.	Slindile Chili	Chesterville AC	82:28

40-49:

1.	Suzette Botha	Eskom AC	83:10
2.	Janene Carey	Boxer AC	85:37
3.	Shani Silver	West AC	88:23

50-59:

1.	Janine Engels	West AC	100:18
2.	Blanch Moila	Savages AC	108:35
3.	Debby de Koning	Eskom AC	111:51

60-69:

1.	Jenny Scott	DCS	109:03
2.	Pat Fischer	Stella AC	120:57
3.	Denise Reynecke	QBH	133:55

70+:

1.	Gill Tregenna	West AC	137:16
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10 km

MEN

1.	Bonginkosi Zwane	Phantane AC	30:47
2.	Ayanda Mncube	Phantane AC	30:54
3.	Steven Katani	Nedbank AC	31:04

WOMEN

1.	Thenjiwe Gumede	Inanda Q	41:51
2.	Nomalanga Goba	Inanda Q	42:07
3.	Kaylee Elroe	Bluff AC	42:16

Voet of the Wine Route 10 km

Kuils River, 24 May

(Certified out-and-back course with loop at far end. Weather: cold and windy. Finishers: 894 [down from 1080 last year].)

MEN

1. Mthandazo Qhina (Ned) 32:15
2. Thembelani Zola (Ned Bol) 32:37
3. Tsungai Mwanengeni (ZIM/NBMC) 32:43 (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 32:43; 2. Graham Katzen (Itheke) 33:31; 3. Xolile Macanda (Gugs) 35:04. **Masters:** 1. Tobias Philander (Itheke) 38:09; 2. Kevin Isaacs (Top) 39:36; 3. Shafiek Cassiem (Itheke) 41:33. **G'masters:** 1. Muhammed Kriel (Ommie) 41:00; 2. William Hendricks (Eerste) 48:34; 3. Ronnie le Roux (Brack) 48:44. **G/g'masters:** 1. Carl Hendricks (Elsies) 56:07; 2. Yusuf Gamielien (Itheke) 57:49. **Juniors:** 1. Samuel van der Merwe (Bell) 33:45; 2. Cheslyn Aford (Ned Bol) 33:58; 3. Granwin Katzen (Itheke) 35:11.

WOMEN

1. Zintle Xiniwe (NBMC) 37:57
2. Bulelwa Simae (Ned) 38:06
3. Pamela Moyikwa (VOB) 41:00 (1st jun)

Veterans: 1. Ursula Frans (NBMC) 43:59; 2. Sheryl de Lange (NBMC) 44:27; 3. Ronel Steenkamp (Durb) 45:28. **Masters:** 1. Mariëtte Strauss (Tyger) 44:30; 2. Olga Howard

(Celtic) 45:50; 3. Charmaine Cupido (Ned) 47:57. **G'masters:** 1. Nancy Will (Pine) 49:06; 2. Helen du Plessis (Tyger) 56:16; 3. Marietha Herbert (Bell) 54:49. **G/g'masters:** 1. Marlene James (Pine) 62:06; 2. Annatjie Berntzen (Tyger) 74:08. **Juniors:** 1. Pamela Moyikwa (VOB) 41:00; 2. Busisiwe Gwala (VOB) 46:22; 3. Nthuseng Lolwana (VOB) 46:52.

Love Run Half Marathon & 10 km

Pretoria, 24 May

(Distances: 21.1 km & 10 km. Finishers: half marathon – 1000; 10 km – 2500.)

Half marathon

MEN

1 Nkosinathi Vilikazi (Bethal) 70:05; 2 Chamankwane Mailola (LES/Nedbank) 70:23; 3 Lucky Mtshali (Olifantsfontein) 70:41.

Veterans: 1 Never Matiya (Florida) 75:59; 2 Dirk Cloete (Irene) 83:28; 3 Velophi Mapefane (Sibanye Gold) 84:50. **Masters:** 1 James Sekhwela (Aurecon) 92:00; 2 Victor Phetoe (Irene) 95:12; 3 Nuno Thomaz (New Balance) 98:30. **G'masters:** 1 Johannes Sethshedi (New Balance) 98:58; 2 Ian McFadyen (Phobians) 1:48:29; 3 Peter Moabelo (Mamelodi) 1:50:16. **G/g'masters:** 1 Pele Tshikundamalema (Toyota) 1:58:38; 2 Charlie Stewart (Phobians) 2:10:06; 3 Fred Clements (Tuks) 2:22:30. **Juniors:** 1 Tshwanelo Mojokeng (Nedbank) 72:15.

WOMEN

1 Caroline Wostmann (Nedbank) 94:40; 2 Ansa Strydom (New Balance) 1:43:14 (1st vet); 3 Gail Louw (Temp) 1:49:05.

Veterans: 1 Susan Katrakazis (RWFL) 1:54:02; 2 Tracey Houston (Phobians) 1:54:19; 3 Assalina Nyathi (Post Office) 2:04:24. **Masters:** 1 Ansa Strydom (New Balance) 1:43:14; 2 Maryna Steinman (Agape) 2:04:33; 3 Hannelie Loots (Krugersdorp) 2:05:01. **G'masters:** 1 Lynn de Bruin (Irene) 1:57:38; 2 Annetjie Greyvenstein (Irene) 2:05:34; 3 Rina Machado (Ndaba) 2:13:09. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 2:10:06; 2 Mavis Stadler (Agape) 2:22:49.

10 km

MEN

1 Paulus Radebe (Olifantsfontein) 32:17; 2 Bafana Bude (Transnet) 32:27; 3 Clinton Swanepoel (UJ) 32:33.

Veterans: 1 Edwin Lesudi (Nedbank) 33:48; 2 Greg Barnes (New Balance) 36:01; 3 Alpheus Maluleka (New Balance) 39:45. **Masters:** 1 Francis Makuka (ZAM/Phobians) 38:33; 2 Colin Fisher (CSIR) 42:57; 3 Leon Page (Irene) 47:10. **G'masters:** 1 Mike du Bruto (Irene) 44:06; 2 Don Charles (Nedbank) 45:35; 3 Johan Kotze (Nedbank) 53:04. **G/g'masters:** 1 Chris de Jager (Transnet) 64:34; 2 Danie Roux (Kempton) 64:50; 3 Willem de Villiers (Tuks) 68:01. **Juniors:** 1 Welcome Hlatwayo (Temp) 34:25; 2 Thabilo Mosito (Tuks) 34:56; 3 Neo Mafa (Olifantsfontein) 36:25.

WOMEN

1 Myrette Filmlalter (Nedbank) 37:52; 2 Paulina Phaho (Transnet) 41:55 (1st vet); 3 Jane Mudau (Nedbank) 43:42 (1st mast).

Veterans: 1 Paulina Phaho (Transnet) 41:55; 2 Belinda Hickman (HQB) 46:08; 3 Nocawe Morake (DRDLR) 49:26. **Masters:** 1 Jane Mudau (Nedbank) 43:42; 2 Ansie Breytenbach (Irene) 47:12; 3 Connie Blom (New Balance) 49:00. **G'masters:** 1 Maz Moore (Kayalami) 63:18; 2 Olga Smit (Affies) 64:15; 3 Chanel Stegman (PMK) 67:07. **G/g'masters:** 1 Deirdre Larkin (Randburg Harriers) 66:18; Marie van Rooyen (SANDF) 72:14. **Juniors:** 1 Sumarie Moolman (ACRW) 59:34; 2 Bianca Nel (PPMK) 69:00.

George Habelgaarn Memorial 10 km

Mossel Bay, 17 May

(Loop course. Finishers: 74 [down from 86 last year].)

Note: The times were recorded in hundredths of a second and were rounded up by DRR according to the rules. The times in the age categories were given in full seconds, but were not rounded up (they were all one second too fast), so these were corrected by DRR. – Ed.

MEN

1	Lloyd	Bosman	Nedbank	26	31:36
2	Elfonso	Pieterse	Nedbank	25	32:47
3	Godwin	Heyns	Mosselbaai Harriers	16	33:48
4	Ricardo	Taylor	Mosselbaai Harriers	27	36:01
5	Sivuyile	Jika	Mosselbaai Harriers	31	36:36
6	Allentino	Kleynhans	Mosselbaai Harriers	16	36:41
7	Marlon	Martlock	Knysna	40	37:12
8	Curshwill	Taylor	Mosselbaai Harriers	16	37:43
9	Aubrey	Brinkhuis	Knysna	44	40:52
10	Melikhaya	Msizi	Knysna		40:53

Veterans:

1	Marlon	Mortlock	Knysna Athletics Club	37:12
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Masters:

1	André	Barnardo	Nedbank AC	46:39
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G'masters:

1	André	Niemand	Hartenbos Drawwers	47:19
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Juniors:

1	Godwin	Heyns	Mossel Bay Harriers	33:48
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WOMEN

1	Sanet	Brits	Nedbank	54	42:34
2	Maryke	Sass	Petro Sa	43	45:20
3	Elzet	Oosthuizen	Nedbank	40	45:58
4	Elsa	de Villiers	Hartenbos Drawwers	54	49:52
5	Adele	van der Pol	Nedbank	23	49:55
6	Jana	Boleslawsky	Hartenbos Drawwers	17	50:48
7	Melanie	van Vuuren	Hartenbos Drawwers	37	52:22
8	Nadine	Keyper	Outeniqua Harriers	24	54:27
9	E.	Treurnight	Nedbank	47	56:05
10	Chanel	Hannah	New Balance	24	56:41

Veterans:

1	Maryke	Sass	Petro SA AC	45:20
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Masters:

1	Sanet	Britz	Nedbank AC	42:34
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G'masters:

1	Karin	Otto	Hartenbos Drawwers	71:21
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Juniors:

1	Jana	Boleslawsky	Hartenbos Drawwers	50:48
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CROSS-COUNTRY

Gauteng North League Meeting (4th)

Bronkhorstspuit, 17 May

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

SR. MEN (8 km)

1	Bafana	Dube	Transnet	27:11
2	Andries	Malete	Temba Prestige	29:15
3	Nkosi	Sikosana	Individual	29:30
4	Jonas	Mahlangu	Ekangala	29:58
5	Hoshane	Vuma	Suthies	30:08
6	Darryll	Maphothoma	Modiba	30:10
7	Michael	Mnguni	Ekangala	30:13
8	Junior	Mahlaku	Ikhosi	32:04
9	Bennie	Wilkinson	Individual	32:40
10	Doctor	Sibanyoni	Anglo American	32:46

SR. MEN

1	Steve	Ngqola	Transnet	12:44
2	Sello	Lekalakala	Ikhosi	13:28
3	Andries	Malete	Temba Prestige	13:30
4	Andy	Mukona	Transnet	14:15
5	William	Grimes	Tuks	15:04
6	Thabo	Mathala	Ikhosi	15:34
7	Graham	Burnett	Individual	15:49

MEN 40 (8 km)

1	Graham	Megaw	Tuks	31:02
2	Demetri	Jansen	PMMC	31:28
3	Henk	Moen	Irene	32:32

MEN 45 (8 km)

1	Isaac	Molekwa	Modiba	30:26
2	Johan	Buys	Tuks	32:07
3	Gerrit	Olivier	AS Eagles	34:31

MEN 50 (8 km)

1	Rob	Hudson	Irene	36:16
2	Theo	De Villiers	ACRW	37:21
3	Jan	Bester	ACRW	39:00

MEN 55 (8 km)

1	Colin	McGeer	Magnolia	35:58
2	Johnie	Jonker	Denel	40:01
3	Len	Lorenzen	PMMC	40:20

MEN 60 (6 km)

1	Tommy	Breedt	Akasia	32:46
2	Johan	Britz	ACRW	40:22

MEN 65 (6 km)

1	Harry	Van der Merwe	Bronkhorstspuit	33:23
2	Allan	Kluge	Agape	33:48
3	Anton	Harrop-Allin	ACRW	35:40

MEN 70 (6 km)

1	Andries	Van der Merwe	Transnet	34:57
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MEN 75 (6 km)

1	Neville	Muir	Phobians	40:05
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MEN 80 (6 km)

1	Martin	Coetzee	Magnolia	47:32
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2	Dion	Heigers	ACRW	50:34
3	Chris	De Jager	Transnet	56:27
MEN 23				
1	Koos	Baloyi	Temba Prestige	13:16
2	Sxhalo	Mthimukulu	TUT	13:21
3	Khoza	Koketse	FPN	13:23
JR. MEN (8 km)				
1	Ian	Slinger	Eldoraigne	27:40
2	Phumlani	Mthembu	Rosina Sedibane	28:11
3	Saltiel	Hamese	Modiba	28:16
BOYS 17 (6 km)				
1	Marno	Du Plessis	Waterkloof	21:59
2	Abrie	Ebersohn	ACRW	22:23
3	Maurice	Van Wyk	Overkruin	22:37
SR. WOMEN (8 km)				
1	Kataza	Shipalana	TUT	34:25
2	Patience	Khumalo	TUT	35:28
3	Xoliswa	Lesotho	PMMC	41:46
SR. WOMEN				
1	Palesa	Modoa	TUT	15:21
2	Micke	Van Niekerk	Garsfontein	17:57
3	Kathryn	Thomas	New Balance	18:05
4	Maureen	Phalane	Ekangala	18:08
5	Suné	Van Wyk	VTM	18:38
WOMEN 40				
1	Ronel	Thomas	Boxer	15:38
2	Seanette	Van Rooyen	Magnolia	18:12
3	Karin	Hillhouse	Individual	19:13
WOMEN 45				
1	Salomé	Vermeulen	Bronkhorstspuit	16:30
2	Letmari	Dreeckmeier	AS Eagles	19:29
3	Koba	Voges	Transnet	21:23
WOMEN 50				
1	Emmarie	Theunissen	Irene	19:10
2	Thea	Van der Merwe	Irene	20:23
3	Adri	Van Dyk	Individual	20:33
WOMEN 55				
1	Frances	Van Blerk	Nedbank	19:02
2	Jackie	Navarria	ACRW	20:28
3	Zodwa	Motaun	Ekangala	24:19
WOMEN 60				
1	Rina	Pretorius	SABS Striders	23:11
WOMEN 65				
1	Esmé	Kloppers	Transnet	23:52
WOMEN 75				
1	Annette	Van Rooyen	GNMA	42:10
WOMEN 23				
1	Murendwa	Davhana	TUT	15:00
2	Olivia	Labuschagne	Wonderboom	16:01
3	Alicia	Labuschagne	Wonderboom	16:09
JR. WOMEN (6 km)				
1	Sonel	Bezuidenhout	Centurion	25:54
2	Danielle	Luyt	Akasia	26:27
3	Initza	Pretorius	Zwartkop	26:39

GIRLS 17

1	Lize	Botha	Centurion	15:57
2	Linmarie	Van Wyk	Montana	16:25
3	Kirstin	Hodgson	FPN	16:53

WP League Meeting (3rd)

Elfindale, 17 May

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

SR. MEN (12 km)

1	Unathi	Nteta	Atlantic	38:05
2	Duane	Fortuin	Itheko	38:36
3	Wanda	Roro	Itheko	39:03
4	Heinrich	Camphor	NBMC	40:21
5	Marks	Mpekula	No Club	40:26
6	Xolisa	Batala	VOB	40:39
7	Bulelani	Bhebha	VOB	40:41
8	Sityhilo	Diko	Nedbank	41:12
9	Enver	Pedro	NBMC	41:13
10	Andrew	Louw	Easterns	41:27

SR. MEN

1	Akhona	Makila	VOB	13:16
2	Xolisa	Batala	Harare	13:17
3	Vuyolwethu	Mbukushe	Gugs	13:18
4	Enver	Pedro	NBMC	13:21
5	Emiele	Paulsen	NBMC	13:42
6	Willem	Swanepoel	NBMC	13:54
7	Siphe	Dlokweni	Ommiedraai	13:59
8	Christo	van Rooyen	NBMC	14:15
9	Evan	Fortuin	Easterns	14:22
10	Phumezo	Gelem	Easterns	14:23

VETERAN MEN (8 km)

1	Graham	Katzen	Itheko	26:35
2	Xolile	Macanda	Gugs	26:58
3	Shaun	Abrahams	Itheko	27:12

MASTER MEN (8 km)

1	Eric	Coetzee	No Club	29:52
2	Chris	Mitchell	Celtic Harriers	30:01
3	Kevin	Isaacs	Top Form	30:45

G'MASTER MEN (8 km)

1	Awie	Veldsman	Helderberg Harr	31:41
2	Christian	Edwards	VOB	36:19
3	Paul	San Giorgio	VOB	36:39

U.19 (8 km)

1	Anthony	Timoteus	UWC	25:31
2	Bruce-Lynn	Damons	WCSS	26:13
3	Heinrich	Wagner	NBMC	26:15

U.17 (6 km)

1	McMarshall	Hartzenberg	Eerste River	19:36
2	Lukhanyo	Nobakada	VOB	19:46
3	Samuel	van der Merwe	Bellville	20:14

SR. WOMEN (8 km)

1	Annie	Bothma	Nedbank	28:21
2	Bulelwa	Simae	Nedbank	32:11
3	Candyce	Hall	Carbineers	32:13
4	Hanlie	Jordaan	UWC	33:01
5	Sheryl	de Lange	NBMC	34:07
6	Busisiwe	Matiwane	Celtic Harriers	34:31
7	Anneline	Roffey	NBMC	34:33
8	Mariëtte	Strauss	Tygerberg NLK	35:22
9	Patricia	Adams	Itheko	35:46
10	Norooi	Sikunana	Nedbank	37:15

SR. WOMEN

1	Lee-Shay	Willemse	Velocity	17:18
2	Anel	Terblanche	Celtic Harriers	17:25
3	Taariq	Petersen	Central Athletics	17:38
4	Leanda	du Bruyn	CPUT	18:13
5	Anneline	Roffey	NBMC	18:39
6	Linda	Hanekom	CPUT	18:46
7	Nocwaka	Mthetho	VOB	18:48
8	Adri	Meyer	UCT	19:22
9	Alicia	Hartnick	Helderberg Harr	19:27
10	Delicia	Jantjies	Eerste River	19:43

VETERAN WOMEN

1	Wilna	Eybers	Strand	16:58
2	Sheryl	de Lange	NBMC	17:11
3	Patricia	Adams	Itheko	17:39

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg NLK	17:45
2	Olga	Howard	Celtic Harriers	18:03
3	Bev	Charters	VOB	18:39

G'MASTER WOMEN

1	Nancy	Will	Pinelands	20:04
2	Pixie	Sparg	Celtic Harriers	22:22
3	Theresa	Isaacs	VOB	23:52

U.19 (6 km)

1	Pamela	Moyikwa	VOB	24:52
2	Nomaxesibe	Ngcantsi	VOB	27:13
3	Icarien	van Deventer	Tygerberg NLK	29:09

U.17

1	Simoné	Links	Eerste River	14:26
2	Busisiwe	Gwala	VOB	14:32
3	Tegan	Pitt	Fish Hoek	14:51

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

20 km de Bruxelles (35th)

Bruxelles, BEL, 18 May

Note: This is the world's largest 20 km road race. It's almost incredible that it was held on the same weekend as Europe's largest half marathon, the Göteborgsvarvet (results in last week's DRR). – Ed.

MEN (gun times)

1. Gilbert Kipruto Kirwa, 29, KEN 59:05
2. Japhet Kipchirchir Kipkorir, 33, KEN 59:54
3. Emmanuel Oliaudo Ngatuny, 22, KEN 1:00:02
4. Ronald Kimeli Kurgat, 28, KEN 1:00:36
5. Abdelhadi El Hachimi, 40, BEL 1:01:03

WOMEN (gun times)

1. Ria Thienpondt, 29, BEL 1:17:21
2. Fatima Baouf, 44, BEL 1:17:26
3. Virginia Vandroogenbroeck, 43, BEL 1:17:41
4. Sonia Wauters, 52, BEL 1:18:27
5. Louise Sylvaine Deldicque, 33, BEL 1:18:46

Gifu Seiryu Half Marathon (4th)

Gifu, JPN, 18 May

(Distance: 21.1 km)

MEN

1. Bedan Karoki (KEN) 1:00:02 CR
[14:19 / 28:25 / 42:56 / 56:59]
2. Zersenay Tadese (ERI) 1:01:34
[14:17 / 28:25 / 43:00 / 58:13]
3. Abayneh Ayele (ETH) 1:01:43
4. Patrick Muendo Muwaka (KEN) 1:01:56
5. Edward Waweru (KEN) 1:02:08

WOMEN

1. Visiline Jepkesho (KEN) 1:10:53 PB
[16:30 / 33:27 / 50:34 / 1:07:26]
2. Edna Kiplagat (KEN) 1:11:18
[16:30 / 33:28 / 50:34 / 1:07:27]
3. Yuko Mizuguchi 1:14:31
4. Hiroko Shoi 1:15:31
5. Chika Nakama 1:16:05

TRACK**Ponce Grand Prix**

(IAAF World Challenge)

Ponce, PUR, 17 May

MEN

800:

1. Duane Solomon, USA 1:44.79
2. Wesley Vazquez, PUR 1:45.40
3. Harun Abda, USA 1:45.55 PB

WOMEN

3000:

1. Gabriele Grunewald, USA 8:53.38
2. Beverly Ramos, PUR 8:57.68 NR
3. Stephanie Garcia, USA 8:58.09 PB
4. Aisha Praught, USA 9:00.67 PB
5. Josephine Moultrie, GBR 9:17.43 PB

Kyushu Jitsugyodan Track & Field Championships (57th)

Kitakyushu, JPN, 17-18 May

MEN

10000 (17):

Heat 3:

1. Paul Tanui (KEN), 27:16.75 MR/WL
2. Jeremiah Karemi Thuku (KEN), 27:41.81
3. Melaku Abera (ETH), 27:42.35

WOMEN

10000 (17):

1. Chieko Kido, 32:50.38
2. Keiko Nogami, 32:54.08
3. Megumi Hirai, 32:56.49
4. Yuka Yano, 33:13.25
5. Sayaka Kurogi, 33:28.41

East Japan Corporate T&F Championships (56th)

Fukushima, JPN, 17-18 May

WOMEN

10000 (17):

1. Doricah Obare (KEN), 31:58.71
2. Kaoru Nagao, 32:49.60
3. Ayumi Hagiwara, 32:50.22

Big Ten Conference Championships

West Lafayette, USA, 16-18 May

Note: A remarkable performance here from Michigan freshman Erin Finn. Finn, just 19, won the 10000 m on Friday in dominant fashion by nearly a minute and 20 seconds, in a meeting and facility record of 32:41.65. Then on Sunday, she returned to the track to set

another meeting and facility record in the 5000 m with a time of 15:48.90, winning by 12 seconds. – Ed.

WOMEN

1500:

Final (18):

- | | |
|---------------------------------------|------------|
| 1. Leah O'Connor, JR - Michigan State | 4:15.13 FR |
| 2. Marta Klebe, SR - Penn State | 4:15.20 |
| 3. Molly Hanson, SO - Wisconsin | 4:15.55 |

3000 s/chase (17):

- | | |
|---------------------------------------|-------------|
| 1. Leah O'Connor, JR - Michigan State | 10:06.10 FR |
| 2. Blair Doney, SR - Purdue | 10:11.50 |
| 3. Alex Leptich, SR - Michigan | 10:14.38 |

5000 (18):

- | | |
|--|----------------|
| 1. Erin Finn, FR - Michigan | 15:48.90 MR/FR |
| 2. Rachele Schulist, FR - Michigan State | 16:01.23 |
| 3. Shannon Osika, SO - Michigan | 16:17.80 |

10000 (16):

- | | |
|--------------------------------------|----------------|
| 1. Erin Finn, FR - Michigan | 32:41.65 MR/FR |
| 2. Emma-Lisa Murphy, FR - Wisconsin | 34:00.02 |
| 3. Julia Otwell, JR - Michigan State | 34:00.20 |

NJCAA Championships

(National Junior College Athletic Association)

Mesa, USA, 15-17 May

MEN

1500:

Final (17) -

- | | | |
|----------------------|--------------------------|---------|
| 1. Harry Mulenga | FR Central Arizona (ZAM) | 3:49.80 |
| 2. Michael Kinuthia | SO Colby (KEN) | 3:52.84 |
| 3. Robert Murphy | FR Vincennes | 3:53.63 |
| ... 6. Katleho Dyoyi | SO Monroe College (RSA) | 3:58.90 |

5000 (17):

- | | | |
|-----------------------|--------------------------|----------|
| 1. Harry Mulenga | FR Central Arizona (ZAM) | 14:32.21 |
| 2. Benard Keter | FR Cloud County (KEN) | 14:37.00 |
| 3. Frankline Tonui | SO Iowa Central (KEN) | 14:37.71 |
| ... 11. Katleho Dyoyi | SO Monroe College (RSA) | 15:26.68 |

3000 s/chase (16):

- | | | |
|-----------------------------|-------------------------|---------|
| 1. Benard Keter | FR Cloud County (KEN) | 9:06.27 |
| 2. Antibahs Kibiwott Kosgey | FR South Plains (KEN) | 9:09.92 |
| 3. Katleho Dyoyi | SO Monroe College (RSA) | 9:12.66 |

USATF High Performance Distance Classic at Occidental College

Eagle Rock, USA, 15 May

Note: Matthew Centrowitz's time in the 1500 is the fastest ever run on US soil. – Ed.**MEN****800:****Section 1 -**

- | | | | |
|------------------|--------------------|---------|-------|
| 1. Elijah Greer | Nike Otc Elite | 1:45.86 | \$600 |
| 2. Felix Kitur | Santa Monica (KEN) | 1:46.09 | |
| 3. Robby Andrews | Adidas/NJNYTC | 1:46.37 | 400 |

1500:**Section 1 -**

- | | | | |
|-----------------------|---------------------|------------|-------|
| 1. Matthew Centrowitz | Nike Oregon Project | 3:35.44 | \$600 |
| 2. Pat Casey | Nike Otc Elite | 3:35.95 PB | 400 |
| 3. Ryan Gregson | Melbourne Tr (AUS) | 3:36.17 | |
| 4. Charlie Grice | Nike UK (GBR) | 3:36.31 PB | |
| 5. Garrett Heath | Brooks Beast | 3:36.88 | |

5000:

- | | | | |
|----------------------|-------------------------|-------------|-------|
| 1. Collis Birmingham | Melbourne Tr (AUS) | 13:18.57 | |
| 2. Galen Rupp | Nike Oregon Project | 13:19.59 | \$600 |
| 3. Nick Willis | adidas (NZL) | 13:20.33 PB | |
| 4. Bashir Abdi | TopsportVlaanderen(BEL) | 13:20.61 PB | |
| 5. Will Leer | Nike | 13:23.94 | 400 |

WOMEN**800:****Section 1 -**

- | | | | |
|---------------------|--------------------|------------|-------|
| 1. Brenda Martinez | New Balance | 1:59.91 | \$600 |
| 2. Maggie Vessey | Unattached | 1:59.96 | 400 |
| 3. Melissa Bishop | Nike (CAN) | 2:00.73 | |
| 4. Brittany McGowan | Melbourne Tr (AUS) | 2:01.70 | |
| 5. Adelle Tracey | England (GBR) | 2:02.01 PB | |

Section 2 -

- | | | | |
|---------------------|--------------------|------------|--|
| 1. Kate Grace | Oiselle | 2:01.57 | |
| 2. Christina Rogers | Spirit of Oregon | 2:01.75 PB | |
| 3. Jessica Smith | Nike (CAN) | 2:01.78 | |
| 4. Heather Kampf | Asics/Team Usa MN | 2:01.87 | |
| 5. Helen Crofts | CAN | 2:02.10 | |
| 6. Diane Cummins | Mountain Wes (CAN) | 2:02.39 | |
| 7. Zoe Buckman | Melbourne Tr (AUS) | 2:02.50 | |

Section 3 -

- | | | | |
|-------------------------|--------------------|------------|--|
| 1. Katherine Katsanevki | Saucony (AUS) | 2:01.95 PB | |
| 2. Selma Kajan | Melbourne Tr (AUS) | 2:02.13 PB | |
| 3. Lauren Wallace | Oiselle | 2:02.55 PB | |

1500:**Section 1 -**

- | | | | |
|---------------------|----------------------|------------|-------|
| 1. Kate Van Buskirk | Brooks (CAN) | 4:06.97 PB | |
| 2. Nikki Hamblin | NZL | 4:07.07 | |
| 3. Violah Lagat | adidas (KEN) | 4:07.11 | |
| 4. Katie Mackey | Brooks Beast | 4:07.19 | \$600 |
| 5. Jemma Simpson | Nike Otc Elite (GBR) | 4:07.37 | |

6. Brie Felnagle	adidas	4:07.42	400
... 8. Hannah England	Nike (GBR)	4:07.82	

5000:

1. Shannon Rowbury	Nike Oregon Project	15:20.91	\$600
2. Buze Diriba	adidas (ETH)	15:22.75	
3. Jordan Hasay	Nike Oregon Project	15:29.63 PB	400
4. Sandra Lopez	Mx Internati (MEX)	15:52.82	
5. Julie Culley	Asics/NYAC	15:53.80	

STATS TIME

Continuing our spotlight on the 25 km, here is a list of the all-time best senior men.

25 KM: ALL-TIME TOP 10 MEN

75:02	Lusapho April	Berlin	09 May 10
75:31	Mark Plaatjes	Grand Rapids	11 May 91
75:42	Kenny Jacobs	Secunda	13 Apr 85
75:43	Jacob Mokoena	Secunda	13 Apr 85
76:03	Charles Vilakazi	Secunda	13 Apr 85
76:29	Thompson Magawana	Secunda	13 Apr 85
76:30	Ewald Bonzet	Germiston	13 Jan 82
76:33	Willie Deyse	Port Elizabeth	26 Apr 97
76:58a	Moses Lepheana	Pinetown	24 Jan 10
77:14a	Sandile Lembethe	Pinetown	29 Jan 06

THIS MONTH IN HISTORY

With 2014 being a special year for the mile – it marks the 60th anniversary of Roger Bannister's first dream mile, and the 50th of both De Villiers Lamprecht's first South African sub-4 performance and Jim Ryun's first dream mile by a high school student – this column will highlight some special mile races during the rest of the year. – Ed.

101 years ago: 31 May 1913

In a much anticipated rematch of their Olympic duel in Stockholm, world mile record holder John Paul Jones and fellow American Norman Taber met in Cambridge, Massachusetts, over 1 mile. In the Olympic 1500 m Taber won the bronze medal behind Arnold Jackson (GBR) and Abel Kiviat (USA), with Jones, who had set his world record of 4:15.4 in Cambridge in 1911, a disappointing fourth. After the Olympics he won his third consecutive IC4A cross-country title, beating Taber by 150 yards. Taber started fast in an attempt to run the kick out of Jones; he led in 3:16.1 after three laps. Then Jones launched his fearsome drive and ran away from his rival, finishing "serenely graceful", according to one account, in a new world record of 4:14.4, with Taber second in 4:16.4. It was the first world record officially recognised by the newly formed IAAF. Two years later Taber lowered it to 4:12.6, again in Cambridge.

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	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

21.1 km	47:52	Titus Mamabolo (RSA) 1991		
	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		
<u>Veterans (40+)</u>				
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	83:10	Suzette Botha	Mount Edgecombe	25 May
	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	Somerses East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<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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