

# 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

The best performances by South Africans this weekend came in the USA. Dominique Scott scorched the 200-metre banked track in Fayetteville to not only win the NCAA indoor title but also break René Kalmer's SA record (9:01.41) with her 8:55.19. That was not the end of it, though, because Scott's performance helped her team, Arkansas University, to win the women's national title for the first time – and on their home track. And on top of THAT, Scott also got engaged at the meeting! *Race Results Weekly* reports that her boyfriend, Cameron Efur, proposed soon after she received her 3000 m trophy, getting down on one knee and presenting a ring. Scott said "yes". The day before, Scott had anchored her team to the distance medley title.

In the Big Apple Lusapho April ran a blistering 61:21 to finish fourth in the United Airlines NYC Half Marathon, by far the quickest time by a South African this year, albeit on a slightly aided course. His time is only 5 seconds slower than his PB set in Copenhagen last year. Unfavourable conditions – it was quite windy – negated faster times. April's 5 km splits were 14:33, 29:14, 43:32 and 58:05 and he finished 15 seconds behind winner Leonard Korir. April is due to run the Old Mutual Two Oceans Half Marathon over Easter. In the women's competition Molly Huddle became the first American winner of the race with her personal best of 68:31, equaling the course and event record.

The quick course in the Cape Town suburb of Ravensmead and perfect running weather produced no fewer than five list leaders for 15 km on Saturday, with the most impressive being the 55:00 by Ebeth Marais (just 19), who won the race by almost 1½ minutes. The others came from veteran Sandra van Graan (60:15), master Elmarie Coetzee (61:03), junior Pamela Moyikwa (58:26) and grandmaster Muhammad Kriel (60:04).

In other action Caroline Wostmann won the Wonderboom Junction Bobbies/Mac McLachlan Half Marathon with a huge PB of 80:33.

Last week DRR included the results of the International Asta Footing Taroudant 10 km in Morocco with the remark that the times seemed very fast and that Ken Young's RTB (Race Time Bias) calculation in *The Analytical Distance Runner* should be awaited before the times are accepted. In an e-mail Young reported that the course is IAAF certified and that the RTB "was very close to zero". Therefore the times are acceptable and Joel Mmone and Nolene Conrad can be credited with new personal bests of 28:37 and 33:20 respectively.

Riël Hauman

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**INCLUDED IN THIS ISSUE:**

- \* Umgeni Water Midmar Marathon, 32 km & 15 km, Howick
- \* Ravensmead 15 km, Ravensmead
- \* Lake Farm Charity Run, Port Elizabeth
- \* Wonderboom Junction Bobbies/Mac McLachlan 3-in-1 Memorial Run, Pretoria
- \* Tortoise Tuff 30 km & 10 km, Sedgfield

**International highlights:**

- \* United Airlines NYC Half Marathon, New York, USA
- \* Seoul International Marathon, Seoul, KOR
- \* Asics LA Marathon, Los Angeles to Santa Monica, USA
- \* Gate River Run 15 km, Jacksonville, USA
- \* Indoor track: USA NCAA Division I Indoor Championships, Fayetteville, USA
- \* Outdoor track: Sydney Track Classic, Sydney, AUS

**NEWS****COMRADES CHEATER BANNED FOR TWO YEARS**

Martinique Potgieter, who returned a positive doping test at last year's Comrades Marathon on 1 June, has been banned for two years by the IAAF. This means that Julianie Basson moves into ninth and Salome Cooper gets the last gold medal.

Potgieter, 24 at the time, showed signs of a diuretic and a stimulant in her samples, according to the South African Institute for Drug-Free Sport (SAIDS). Khalid Galant, SAIDS CEO, said both Potgieter's "A" and "B" samples showed the presence of the diuretic Furosemide and the stimulant Phentermine.

Potgieter's ban lasts from the date of the race to 31 May 2016. It means that her 3:01:08 performance in the Exxaro Mogol Marathon two months after the Comrades has also been annulled.

The 2014 "down" Comrades over 89.28 km was Potgieter's second Comrades. The previous year she finished 162<sup>nd</sup> in 9:33:37. Her time in 2014, when she just missed out on a sub-7 hour performance, was an improvement of more than 2½ hours – to 7:00:46.

Before the Comrades, in March, Potgieter had won the PricewaterhouseCoopers Marathon in 3:03:07. Her best marathon time before 2014 was 3:51:58 in 2013.

The amended top ten in the Comrades are:

- |                            |         |
|----------------------------|---------|
| 1. Eleanor Greenwood (GBR) | 6:18:15 |
| 2. Elena Nurgalieva (RUS)  | 6:23:18 |
| 3. Olesya Nurgalieva (RUS) | 6:24:51 |
| 4. Irina Antropova (RUS)   | 6:34:08 |
| 5. Jo Meek (GBR)           | 6:47:02 |
| 6. Caroline Wostmann       | 6:51:43 |
| 7. Zola Pieterse           | 6:55:55 |
| 8. Frida Södermark (SWE)   | 6:57:33 |
| 9. Julianie Basson         | 7:02:50 |
| 10. Salome Cooper          | 7:06:03 |

## ROAD RUNNING

### Umgeni Water Midmar Marathon (18<sup>th</sup>), 32 km & 15 km

Howick (Midmar Dam), 15 March

(Distances: 42.195 km, 32 km & 15 km; loop courses, partly on gravel. Finishers: marathon – 377 [considerably down from 601 last year]; 32 km – 312 [slightly up from 304]; 15 km – 586 [up from 461].)

#### Marathon

##### MEN

1.	Mlondi Zuma	Maxed Elite	2:36:07
2.	Muzi Madikwa	Coll Harr	2:37:04
3.	Thami Hlatswayo	Ethekwini AC	2:41:14
4.	Innocent Nyawose	QBH	2:42:50
5.	Kwakhiwakwano Ngubane	Nedbank AC	2:43:02
6.	Sandile Makhaye	Phuma KZN	2:48:22

##### 40-49:

1.	Sabdile Makhaye	Phuma AC	2:48:22
2.	Jerome Zondi	Coll Harr	3:02:44

##### 50-59:

1.	Phakama Shezi	Nedbank AC	3:08:45
2.	Sydney Thusi	Ind	3:31:53

##### 60-69:

1.	Mike Cowling	Saints	3:53:17
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##### WOMEN

1.	Cary-Ann Smith	Nedbank AC	3:16:23
2.	Helen Buley	Coll Harr	3:18:19
3.	Ashleigh White	DHSOB	3:26:45
4.	Megan Konigkramer	Chiltern AC	3:27:31
5.	Angela Blake	Fourways	3:28:27
6.	Suegnet v.d. Spuy	Maxed Elite	3:31:48

##### 40-49:

1.	Ashleigh White	DHSOB	3:26:45
2.	Michelle Sims	Eskom	3:41:46

##### 50-59:

1.	Val Watson	RWFL	3:53:03
2.	Jennifer Rigby	Kearsney	4:17:05

##### 60-69:

1.	Maureen Parry	Chiltern AC	4:54:01
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#### 32 km

##### MEN

1.	Nathan Martin	Ind	1:51:15
2.	Sibonelo Duma	Ind	1:53:17
3.	Isaac Mokoena	Ind	1:56:26

##### 40-49:

1.	Ramatema Lesiea	Ind	2:20:21
2.	Steve Muchna	PDAC	2:34:48

##### 50-59:

1.	Lawrence ?	Ind	2:34:45
2.	John Warnes	Ind	2:39:51

##### 60+:

1.	Ruben Gemp	Ind	2:46:02
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## WOMEN

1.	Pat Dammann	Ind	2:35:15
2.	Lise Muchna	PDAC	2:37:30
3.	Michelle de Montille	Ind	2:37:31

**40-49:**

1.	Pat Dammann	Ind	2:35:15
2.	Lise Muchna	PDAC	2:37:30

**50-59:**

1.	Jenny Taylor	Ind	3:01:19
2.	Vanessa Botha	Ind	3:05:40

**60+:**

1.	Jenny Rouse	Ind	3:47:09
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**15 km**

## MEN

1.	Matekase Lefatsa	Phuma	49:26
2.	Siphelele Zondi	AGNWAVA	52:32
3.	Sibusiso Mchunu	Ind	53:02

## WOMEN

1.	Robyn Greyling	Get Fit	66:45
2.	Asta Kraus	HV	67:34
3.	Fiona Baldwin	PDAC	72:08

**Ravensmead 15 km**

Ravensmead, 14 March

(Certified out-and-back course with loop on the return leg. Weather: cool, no wind.

Finishers: 1153 [considerably up from 792 last year].)

## MEN

1. Akhona Makila (VOB) 48:17
2. Xolisa Batala (VOB) 49:13
3. Siphe Dlokweni (VOB) 49:18

**Veterans:** 1. Shawn Abrahams (Celtic) 50:56; 2. Pieter Koopman (Itheko) 51:49; 3. Roger Dickson (VOB) 51:53. **Masters:** 1. Johnny Persents (WR) 55:01; 2. Monde Tutani (Gugs) 57:16; 3. Zolani Ntsodo (SANDF) 58:09. **G'masters:** 1. Muhammad Kriel (Ommie) 60:04; 2. Awie Veldsman (Held) 60:08; 3. Robbie Lindsay (Ned) 62:29. **Juniors:** 1. Denzil Byman (Itheko) 55:38; 2. Angelo Matthys (ARD) 56:48; 3. Yanga Keli (Sanlam) 58:44.

## WOMEN

1. Ebeth Marais (Maties) 55:00
2. Nomvuyisi Seti (Itheko) 56:28
3. Pamela Moyikwa (VOB) 58:26 (1<sup>st</sup> jun)

**Veterans:** 1. Sandra van Graan (Edge) 60:15; 2. Ursula Frans (Ned) 62:23; 3. Sheryl de Lange (CMS) 64:55. **Masters:** 1. Elmarie Coetzee (CMS) 61:03; 2. Mariëtte Strauss (Tyger) 65:02; 3. Charmaine Cupido (Ned) 66:33. **G'masters:** 1. Helen du Plessis (Tyger) 74:58; 2. Hester Kotze (Durb) 78:26; 3. Ruth Leverton (Pine) 86:29. **Juniors:** 1. Pamela Moyikwa (VOB) 58:26; 2. Katharina Gensicke (Pine) 90:38; 3. Natasha Kleinhans (ARD) 93:51.

**Lake Farm Charity Run (31st)**

Port Elizabeth, 14 March

(Distance: 10 km; hilly, off-road loop course. Finishers: 471 [up from 340 last year].)

**MEN**

1	Melikhaya	Frans	Tinarha AC	23	32:40
2	George	Ntshiliza	Bluewater Bay	35	32:58
3	Siyabonga	Kahla	Motherwell AC	19	34:20
4	Anele	Maliza	Nedbank RC EP	37	35:50
5	Terrance	Mjekula (1 <sup>st</sup> vet)	Charlo AC	42	35:58
6	Desmond	Zibi (1 <sup>st</sup> mast)	Achilles AAA	51	36:23
7	Keegan	Cooke (1 <sup>st</sup> jun)	Charlo AC	18	36:29
8	Jarryd	Cooke	Charlo AC	21	37:18
9	Nkosinathi	Gcakasi	Bluewater Bay	44	37:58
10	Thando	Bixa	Warriors AC	34	38:03
11	Munro	Ferreira	Madibaz AC	18	38:13
12	Michael	Bekapi	Ikhamva AC	53	38:35
13	Gawie	Henning	Temp	34	39:00
14	Vuyo	Lloyd	Bluewater Bay	37	39:01
15	Thuso	Lomberg	Bluewater Bay	16	39:45
16	Ruan	Smalberger	St Albans CS EP	25	39:55
17	Bongani	Bashe	Madibaz AC	33	40:00
18	Adriaan	Gouws	Nedbank RC EP	41	40:02
19	Graham	Eshmade	Charlo AC	37	40:09
20	Jacques	Barnard	Despatch AC	38	40:15
<b>40-44:</b>					
1	Terrance	Mjekula	Charlo AC	42	35:58
2	Nkosinathi	Gcakasi	Bluewater Bay	44	37:58
3	Adriaan	Gouws	Nedbank RC EP	41	40:02
<b>45-49:</b>					
1	Jacob	Abraham	Body Concept	48	40:47
2	Chris	Darke	Charlo AC	46	41:20
3	Geddes	Gallant	SANDF AC EP	48	43:58
<b>50-54:</b>					
1	Desmond	Zibi	Achilles AAA	51	36:23
2	Michael	Bekapi	Ikhamva AC	53	38:35
3	Frank	Piron	Charlo AC	51	45:20
<b>55-59:</b>					
1	Chester	Brooks	X-Cel AC	57	48:00
2	Christopher	Nyodi	Bluewater Bay	56	48:13
3	Robert	Button	Old Selbornians	56	53:04
<b>60-64:</b>					
1	Johan	Barnard	Nedbank RC EP	60	52:03
2	Pieter	Roux	Temp	60	58:08
3	Younus	Amod	Malabar AC	62	1:00:16
<b>65-69:</b>					
1	Hannes	Els	Warriors AC	65	45:49
2	Dylan	Phelps	Temp	68	49:04
3	Mike	Hanley	PEAAC	65	1:02:07
<b>70-74:</b>					
1	Ron	Clark	Bluewater Bay	72	53:38
2	Brian	Smith	PEAAC	71	1:13:32
3	Gerald	Bouwer	Achilles AAA	71	1:14:22
<b>Juniors:</b>					
1	Keegan	Cooke	Charlo AC	18	36:29
2	Munro	Ferreira	Madibaz AC	18	38:13

3	Thuso	Lomberg	Bluewater Bay	16	39:45
<b>WOMEN</b>					
1	Deliwe	Nyanga	Nedbank RC EP	25	44:56
2	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	54	45:08
3	Christine	Claasen	Achilles AAA	50	46:17
4	Janine	Gardiner	Charlo AC	33	47:24
5	Sime	Baynes	Elite AC	31	48:26
6	Laura	Maritz	Elite AC	54	48:29
7	Terray	Newcombe	Elite AC	24	48:32
8	Claire	Van Der Nest	Body Concept	34	48:35
9	Ursula	Davidson (1 <sup>st</sup> vet)	Body Concept	42	49:19
10	Robyn	Rose	Charlo AC	27	49:38
11	Catherine	Curtain	Muirite Striders	44	49:50
12	Carla	Petzer	Madibaz AC	20	51:49
13	Michelle	Barker	Temp	27	52:00
14	Nolikhanyo	Mdwayi	Transnet Eng EP	33	52:12
15	Agnes	Van Iddekinge	Profiles AC	48	53:25
16	Maresa	Ah Kun	Bluewater Bay	39	53:31
17	Ludine	Williams	Malabar AC	27	54:08
18	Rebecca	Van Der Merwe	Temp	24	54:41
19	Rebecca	Gatangi	Vukani MS	29	55:03
20	Michelle	Meyer	Temp	34	55:12
<b>40-44:</b>					
1	Ursula	Davidson	Body Concept	42	49:19
2	Catherine	Curtain	Muirite Striders	44	49:50
3	Sunelle	Horne	Bluewater Bay	41	56:09
<b>45-49:</b>					
1	Agnes	Van Iddekinge	Profiles AC	48	53:25
2	Judy	Beens	Charlo AC	48	55:21
3	Geraldine	Colvin	Charlo AC	47	56:36
<b>50-54:</b>					
1	Janette	Schierz-Crusius	Body Concept	54	45:08
2	Christine	Claasen	Achilles AAA	50	46:17
3	Laura	Maritz	Elite AC	54	48:29
<b>55-59:</b>					
1	Amanda	Wolmarans	Walmer AC	56	55:48
2	Lynette	Crause	Walmer AC	55	58:57
3	Barbara	Foot	Crusaders AC	55	1:00:30
<b>60-64:</b>					
1	Cathy	Ives	Achilles AAA	61	1:00:55
2	Louisa	Bosman	Muirite Striders	60	1:25:10
3	Carol	Nepgen	Kowie Striders	64	1:35:04
<b>65-69:</b>					
1	Helene	Oppel	Crusaders AC	65	1:03:35
2	Christine	Fourie	Elite AC	68	1:04:59
3	Jeanette	Pienaar	PEAAC	66	1:12:49
<b>70-74:</b>					
1	Ronelle	Steyn	Temp	71	1:11:26
2	Isabella	Childs	Walmer AC	73	1:18:40
3	Elaine	Laidlaw	Temp	70	1:28:49
<b>75-79:</b>					
1	Dorothy	Hart	Madibaz AC	77	1:24:12
2	Aletta	Fourie	Warriors AC	76	1:38:30

## Wonderboom Junction Bobbies/Mac McLachlan 3-in-1 Memorial Run

Pretoria, 14 March

(Distances: 21.1 km & 10 km; hilly loop courses. Weather: clear skies, warm, no wind. Finishers: half marathon – 1354 [considerably up from 928 last year]; 10 km – 1869 [up from 1491].)

### Half marathon

MEN

1. Renier Grobler (Ned) 73:54

**Veterans:** 1. Piet Mosebedi (Trans) 78:03. **Masters:** 1. Pieter Venter (NB) 98:27.

**G'masters:** 1. Francis Mukuka (ZAM/Phob) 85:46. **G/g'masters:** 1. Pele Tshikundamalema (Olifants) 1:44:05. **80+:** 1. Martin Coetzee (Mag) 2:43:44. **Juniors:** 1. Yasheen Bhawanipersad (Runav) 88:30.

WOMEN

1. Caroline Wostmann (Ned) 80:33 PB

**Veterans:** 1. Winnie Mbukwana (Strid) 1:43:01. **Masters:** 1. Ansie Breytenbach (Irene)

96:20. **G'masters:** 1. Joan de Klerk (RAC) 1:42:26. **G/g'masters:** 1. Mavis Stadler (Agape) 2:29:48.

### 10 km

MEN

1. Simon Mokojama (Monaco) 31:55

**Veterans:** 1. Isaac Skosana (Ned) 40:46. **Masters:** 1. Nuno Thomaz (Runav) 41:44.

**G'masters:** 1. Lourens Smit (Irene) 51:56. **G/g'masters:** 1. Mike Kleinsmit (Trans) 52:38. **Juniors:** 1. Jermaine Adams (ACE) 36:54.

WOMEN

1. Liziwe Mabona (Trans) 36:58

**Veterans:** 1. Mitsie van der Westhuizen (Runav) 41:48. **Masters:** 1. Lettie Saayman (Ned)

49:25. **G'masters:** 1. Olga Smit (Affies) 62:45. **G/g'masters:** 1. Annatjie Greyvenstein (Irene) 52:35. **80+:** 1. Deirdre Larkin (Randburg) 65:13. **Juniors:** 1. Sumarie Moolman (ACRW) 51:09.

## Tortoise Tuff 30 km & 10 km

Sedgefield, 14 March

(Out-and-back courses. Finishers: 30 km – 160 [up from 146 last year]; 10 km – 179 [up from 148].)

### 30 km

MEN

1	Lloyd Bosman	Nedbank	1:44:30
2	Lindile Tokota	Nedbank	1:55:16
3	Jugene Maart	Nedbank	2:00:55

### Veterans:

1	Lindile Tokota	Nedbank	1:55:16
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### Masters:

1	Sydney Landsberg	Nedbank	2:10:09
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### G'masters:

1	Jan du Toit	Hartenbos Drawwers	2:46:13
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## WOMEN

1	Anel van Wyk	Nedbank	2:19:58
2	Nancy Cloete	Outeniqua Harriers	2:23:43
3	Lisl Grobler	Knysna MC	2:24:45

**Veterans:**

1	Elize Kloppers	Hartenbos Drawwers	2:31:13
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**Masters:**

1	Magda Lach	Hartenbos Drawwers	2:53:31
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**G'masters:**

1	Hanna du Toit	Sedgefield Striders	3:10:08
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**10 km**

## MEN

1	Sinesipho Didishe	Knysna MC	34:29
2	Archie Boome	Knysna MC	34:57
3	Jan Isaacs	Rainbow	35:36

**Veterans:**

1	Dawid Matroos	Rainbow	40:14
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**Masters:**

1	Anthony Leeraar	Nedbank	44:58
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**G'masters:**

1	Peter Jakoby	Knysna MC	47:54
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**Juniors:**

1	Archie Boome	Knysna MC	34:57
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## WOMEN

1	Cecilia Nel	Hartenbos Drawwers	40:15
2	Charmaine Lamprecht	Nedbank	44:54
3	Nadine Coetzee	Temp	49:29

**Veterans:**

1	Micky Trumper	Knysna MC	50:41
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**Masters:**

1	Rina Wray	Hartenbos Drawwers	50:09
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**G'masters:**

1	Dina Fryer	Hartenbos Drawwers	58:18
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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****United Airlines NYC Half Marathon (10th)**

New York, USA, 15 March

(Distance: 21.1 km; certified point-to-point course with 0.67 m/km elevation loss and 39.1% start/finish separation [performances acceptable by IAAF and USATF for records]; challenging hills in first half and flat and downhill in second half. Weather: cold and windy.)

## MEN (gun times)

1.	Leonard Korir, 28, KEN	1:01:06 PB \$20,000
		[14:32 / 29:15 / 43:32 / 58:01]
2.	Stephen Sambu, 26, KEN	1:01:07 10,000



	[14:31 / 29:13 / 43:31 / 58:01]		
3.	Juan Luis Barrios, 31, MEX	1:01:14 PB	5,500
	[14:32 / 29:14 / 43:32 / 58:02]		
4.	Lusapho April, 32, RSA	1:01:21	3,500
	[14:33 / 29:14 / 43:32 / 58:05]		
5.	Andrew Bumbalough, 28, USA	1:02:04 DB	2,000
	[14:33 / 29:17 / 44:01 / 58:52]		
6.	Dathan Ritzenhein, 32, USA	1:02:07	1,500
7.	Kevin Chelimo, 32, KEN	1:02:11	1,000
8.	Meb Keflezighi, 39, USA	1:02:17	500
9.	Arne Gabius, 33, GER	1:02:34	350
10.	Wesley Korir, 32, KEN	1:03:11	300
... 19.	Abdi Abdirahman, 38, USA	1:04:24	

#### ALL-WOMEN'S PROFESSIONAL RACE (gun times)

1.	Molly Huddle, 30, USA	1:08:31 PB/CR=	\$20,000
	[16:35 / 33:07 / 49:07 / 1:05:03]		
2.	Joyce Chepkirui, 26, KEN	1:08:42	10,000
	[16:34 / 33:07 / 49:06 / 1:05:04]		
3.	Sally Kipyego, 29, KEN	1:09:39	5,500
	[16:35 / 33:07 / 49:07 / 1:05:56]		
4.	Caroline Rotich, 30, KEN	1:09:53	3,500
	[16:36 / 33:07 / 49:07 / 1:06:02]		
5.	Rkia El Moukim, 27, MAR	1:10:14	2,000
	[16:35 / 33:08 / 49:28 / 1:06:31]		
6.	Natasha Wodak, 33, CAN	1:11:20 PB	1,500
7.	Etaferahu Temesgen, 25, ETH	1:11:22 PB	1,000
8.	Aliphine Tuliamuk-Bolton, 25, KEN	1:11:35	500
9.	Lanni Marchant, 30, CAN	1:12:05	350
10.	Annie Bersagel, 31, USA	1:12:19	300
11.	Vianey De La Rosa, 28, MEX	1:12:22 PB	200
12.	Desiree Linden, 31, USA	1:12:36	150
13.	Hanae Tanaka, 25, JPN	1:12:58	
14.	Sabrina Mockenhaupt, 34, GER	1:13:07	
15.	Adriana Nelson, 35, USA	1:13:15	

#### Seoul International Marathon (52nd running as a marathon)

(IAAF Gold Label Road Race)

Seoul, KOR, 15 March

(Distance: 42.195 km)

#### MEN (gun times)

1.	Wilson Loyanae ERUPE, KEN	2:06:11	USD 80,000 + 20,000i
2.	Filex Kipchirchir KIPROTICH, KEN	2:06:59 PB	40,000 + 20,000i
3.	Jacob KENDAGOR, KEN	2:07:47 PB	20,000 + 10,000i
4.	Dadi Yami GEMEDA, ETH	2:08:05	10,000 + 5,000i
5.	Abreham Cherkos FELEKE, ETH	2:08:14	7,000
6.	Yakob Jarso KINTRA, ETH	2:09:38	5,000
7.	Eliud KIPTANUI, KEN	2:10:11	1,500*
8.	Sammy Kigen KORIR, KEN	2:10:36	1,000*
9.	Berhanu Shiferaw TOLCHA, ETH	2:11:01	
10.	Tadesse ABRAHAM, SUI	2:11:37	

\*) Prize money reduced by 50% for times slower than 2:10:00

i) Earned time incentive bonus

## WOMEN (gun times)

1. Guteni Shone IMANA, ETH	2:26:22	USD 40,000* + 5000i
2. KIM SEONG-EUN, KOR	2:28:20	20,000*
3. WANG Xueqin, CHN	2:28:39	10,000*
4. YUE Chao, CHN	2:29:26	5,000*
5. Chaltu Chimdesa KUMSA, ETH	2:30:28	3,500*
6. Megumi AMAKO, JPM	2:34:28	2,500*
7. KIM JIEUN, KOR	2:34:41	1,500*
8. Megertu Ifa GELETU, ETH	2:34:52	1,000*
9. LEE SUK-JEONG, KOR	2:35:25	
10. LIM EUN-HA, KOR	2:35:41	

\*) Prize money reduced by 50% for times slower than 2:24:00

i) Earned time incentive bonus

**Asics LA Marathon** (30th)

(USA Marathon Championships for men & women)

Los Angeles to Santa Monica, USA, 15 March

(Distance: 42.195 km; point-to-point course with 131 m elevation loss [3.1 m/km], i.e. not record-standard)

## MEN (gun times)

1. Daniel Kiprof Limo, 31, KEN	2:10:36	\$25,000
2. Lani Rutto, 25, KEN	2:12:43	12,500
3. Jared Ward, 26, Provo, UT	2:12:56 PB	10,000 + 25,000a
Ryan Hall, 32, Redding, CA	DNF	

## WOMEN (gun times)

1. Ogla Kimaiyo, 26, KEN	2:34:10	\$25,000
2. Natalya Puchkova, 28, RUS	2:34:33	12,500
3. Blake Russell, 39, Pacific Grove, CA	2:34:57	10,000 + 25,000a
... 22. Sara Hall, 31, Redding, CA	2:48:02 DB	

a) Earned USA Championships prize money

**Gate River Run 15 km** (38th)

(U.S. 15 km Championships for men and women)

Jacksonville, USA, 14 March

(Certified standard course )

Note: The professional women got a 6-minute headstart, and Ben True caught Amy Cragg in the last mile of the race to win both the national 15 km title but also the gender battle bonus, good for a total payday of \$17 000. Cragg, the former Amy Hastings, is preparing for the Boston Marathon. – Ed.

## MEN (gun times)

1. Ben True, 29, Hanover, NH	44:03	12,000 + 5,000e
2. Christo Landry, 28, Ann Arbor, MI	44:14	5,000
3. Girma Mecheso, 27, West Chester, PA	44:28	3,000
4. Donn Cabral, 25, Annandale, NJ	44:47	2,000
5. Ryan Vail, 28, Portland, OR	44:54	1,000

e) Equalizer bonus

## ALL-WOMEN'S PROFESSIONAL RACE (gun times)

1. Amy Cragg, 31, East Providence, RI 50:18 12,000
2. Laura Thweatt, 26, Superior, CO 50:50 5,000
3. Neely Spence Gracey, 24, Boulder, CO 50:50 3,000
4. Juliet Bottorff, 24, Brighton, MA 51:11 2,000
5. Alexi Pappas, 24, Eugene, OR 51:19 1,000
6. Jen Rhines, 40, Boston, MA 51:36 900 + 1000

**INDOOR TRACK****NCAA Division I Indoor Championships**

Fayetteville, USA, 13-14 March

## MEN

## 800 (14):

1. Edward Kemboi, SR, Iowa State (KEN) 1:46.05
2. Dylan Capwell, SO, Monmouth 1:46.70 PB
3. Clayton Murphy, SO, Akron 1:47.06 PB

## Mile (14):

1. Edward Cheserek, SO, Oregon (KEN) 3:57.94
2. Cristian Soratos, SR, Montana State 3:59.86
3. Anthony Rotich, SR, UTEP (KEN) 4:01.78

## 3000 (14):

1. Eric Jenkins, SR, Oregon 7:58.81
2. Edward Cheserek, SO, Oregon (KEN) 7:59.42
3. Will Geoghegan, SR, Oregon 8:00.44

## 5000 (13):

1. Eric Jenkins, SR, Oregon 13:48.36
2. Kemoy Campbell, SR, Arkansas (JAM) 13:49.55
3. Parker Stinson, SR, Oregon 13:52.79

## Distance Medley Relay (13):

1. Oregon 9:30.53
2. Penn State 9:32.21
3. Iowa State 9:32.48

## Team results:

1. Oregon, 74
2. Florida, 50
3. Arkansas, 39

## WOMEN

## 800 (14):

1. Natoya Goule, SR, Clemson (JAM) 2:01.64 MR/PB\* [56.63 / 1:05.01]
2. Kaela Edwards, SO, Oklahoma State 2:03.59 PB
3. Olicia Williams, JR, Baylor 2:03.67

## Mile (14):

1. Leah O'Connor, SR, Michigan State 4:27.18 MR/=FR/PB\*
2. Shelby Houlihan, SR, Arizona State 4:28.71 PB
3. Colleen Quigley, SR, Florida State 4:31.24

3000 (14):

- |  |                       |
|--|-----------------------|
| 1. Dominique Scott, SR, Arkansas (RSA) | 8:55.19 SA indoor rec |
| 2. Elise Cranny (1996), FR, Stanford   | 8:58.88 WJL/NJR/PB*   |
| 3. Emily Sisson, SR, Providence        | 9:01.155              |

5000 (13):

- |                                 |             |
|---------------------------------|-------------|
| 1. Emily Sisson, SR, Providence | 15:32.15    |
| 2. Rachel Johnson, SR, Baylor   | 15:40.35 PB |
| 3. Sarah Disanza, FR, Wisconsin | 15:47.32    |

Distance Medley Relay (13):

- |  |              |
|--|--------------|
| 1. Arkansas  | 10:51.89 FR* |
| Jessica Kamilos [3:22.87]; Sparkle McKnight (TRI) [52.84]; Therese Haiss [2:07.29];<br>Dominique Scott (RSA) [4:28.90] |              |
| 2. Stanford  | 10:53.66     |
| 3. Michigan  | 10:58.64     |

Team results:

1. Arkansas, 63.0
2. Oregon, 46.50
3. Georgia, 37.0

## OUTDOOR TRACK

### Sydney Track Classic

(7th Stop of Australian Athletics Tour)

Sydney, AUS, 14 March

Note: World-leading marks of 1:45.01 in the 800 by world record holder David Rudisha and 8:40.84 in the steeplechase by James Nipperess, and World Championships qualifiers for Rudisha and Magdalene Masai in the 5000 (15:10.46). – Ed.

MEN

800:

- |                  |     |                |
|------------------|-----|----------------|
| 1. David Rudisha | KEN | 1:45.01 WL/WCQ |
| 2. Alex Rowe     | Vic | 1:47.38        |
| 3. Brad Mathas   | NZL | 1:47.39        |

1500:

- |                    |     |         |
|--------------------|-----|---------|
| 1. Ryan Gregson    | Nsw | 3:36.51 |
| 2. Jeff Riseley    | Vis | 3:36.87 |
| 3. Andrew Wheating | USA | 3:38.75 |

3000 s/chase:

- |                    |     |            |
|--------------------|-----|------------|
| 1. James Nipperess | Nsw | 8:40.84 WL |
| 2. Craig Appleby   | Vic | 8:55.50    |
| 3. Hamish Carson   | Nzl | 8:58.67    |

WOMEN

5000:

(Australian Championship)

- |                     |     |                              |
|---------------------|-----|------------------------------|
| 1. Magdalene Masai  | KEN | 15:10.46 WCQ                 |
| 2. Madeleine Heiner | Nsw | 15:21.09 [national champion] |
| 3. Susan Kuijken    | NED | 15:29.60                     |
-

## STATS TIME

This week we include a list of the top ten debut marathons by women. The third column shows the athlete's age at the time of her debut, and the last two columns respectively the athlete's second marathon and personal best. Note that six of the ten athletes have run more than one marathon, and of these six three have improved on their debut time. Shure Demissie set a new world junior record (2:20:59) in her first marathon.

### TOP 10 WOMEN DEBUT MARATHONS

2:18:56	Paula Radcliffe (GBR)	28	1	London	14 Apr 02	2:17:18	2:15:25
2:19:34	Lucy Wangui Kabuu (KEN)	27	2	Dubai	27 Jan 12	2:23:12	2:19:34
2:20:03	Gladys Cherono (KEN)	31	2	Dubai	23 Jan 15	-	2:20:03
2:20:35	Tirunesh Dibaba (ETH)	28	3	London	13 Apr 14	-	2:20:35
2:20:59	Shure Demissie Ware (ETH)	19	4	Dubai	23 Jan 15	-	2:20:59
2:21:01	Meselech Melkamu (ETH)	27	1	Frankfurt	28 Oct 12	2:25:46	2:21:01
2:21:51	Naoko Sakamoto (JPN)	22	3	Osaka	26 Jan 03	2:25:25	2:21:51
2:22:09	Ejegayehu Dibaba (ETH)	29	2	Chicago	09 Oct 11	-	2:22:09
2:22:19	Gete Wami (ETH)	27	1	Amsterdam	20 Oct 02	2:32:07	2:21:34
2:23:09	Bezunesh Bekele (ETH)	24	2	Dubai	18 Jan 08	2:32:41	2:20:30

### THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

#### 127 years ago: 9 March 1888

The Iffley Road track in Oxford is famous because of one man and one race, which took place on 6 May 1954. But that was not the first world record set on the track. During the last two decades of the 19th Century the world's best half miler was the American Lon Myers – called by no less an expert than Roberto Quercetani "one of the greatest athletic talents of the [19th] century". His duels with the English runner Walter George made headlines on both sides of the Atlantic. But on this day it was another Englishman who removed Myers' 880-yard world record of 1:55-2/5 (or 1:55.4), which he had run twice, from the books. The man to do it was Francis ("Frank") Cross, born at Bolton on 14 November 1865, who had already gone through the 2-minute barrier at eighteen and the previous year had won the English titles over 880 yards and 1 mile. The track then measured a third of a mile (approx. 536 m) and Cross won in 1:54-3/5 (or 1:54.6). Some reports mentioned the time as 1:54-2/5, but the AAA recognised the slower time. Cross had a wide range of events – he could run 440 yards in 49.4 and the mile in 4:23.6.

### SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

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	28:33	Stephen Mokoka	Durban	01 Mar
	28:05	Julius Kiprotich Kogo (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		

15 km	44:12	Lusapho April	Port Elizabeth	28 Feb
	45:18A	Tyler McCandless (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:46	Desmond Mokgobu	Benoni	25 Jan
	61:21A	Lusapho April	New York	15 Mar
	59:20	Stanley Biwott (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	82:32	Nkosihona Mhlakwana	Durban	08 Mar
	80:54A	Sipho Mbanjuli	Pinetown	25 Jan
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:17:37	Lukas Jani	Dubai	23 Jan
	2:05:28	Lemi Berhanu Hayle (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

\*\* ) The ARRS does not recognise records set at intermediate points in a longer race.

#### Veterans (40+)

10 km	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	49:30	Simon Mpholo	Kempton Park	28 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:32	Simon Mpholo	Pretoria	21 Feb
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:48:16	Deon Janneher	Durban	08 Mar
	1:36:50A	Samson Mnyango	Pinetown	25 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:52:57	Xolile Macanda	Camps Bay	04 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:58	Charles Tjiane	Benoni	25 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	34:00	Eric Coetzee	Goodwood	28 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:13	Desmond Zibi	Port Elizabeth	17 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	78:37	Daniel Mothibe	Benoni	25 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
30 km	1:53:00	Eric Coetzee	Camps Bay	04 Jan
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

#### Grandmasters (60+)

10 km	38:17	Muhammad Kriel	Athlone	07 Feb
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15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	94:47	John Woodnutt	Pretoria	24 Jan
25 km	2:13:26	Mbekiseni Mchunu	Durban	08 Mar
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:18:02	Michael Langa	Durban	01 Mar
100 km				

Juniors

10 km	31:06	Creel Chavalala	Pretoria	28 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	75:48	Sam Mokoena	Pretoria	21 Feb
	72:22A	Mduduzi Hlatshwayo	Paulpietersburg	15 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	33:50	Lebogang Phalula	Durban	01 Mar
	34:03A	Lebo Phalula	Paulpietersburg	15 Feb
	31:25	Ana-Dulce Felix (POR)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:00	Ebeth Marais	Ravensmead	14 Mar
	46:14	Floence Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	74:48	Irvette van Zyl	Benoni	25 Jan
	65:09	Florence Kiplagat (KEN)		
	65:12	Florence Kiplagat (KEN) 2014		
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08	Jenna Challenor	Durban	08 Mar
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:45:00	Saori Noda (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:39:43	Tanith Maxwell	Gran Canaria	25 Jan
	2:19:52	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	84:01	Prudence Zwane	Pretoria	21 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:56:26	Ashleigh White	Durban	08 Mar
	1:42:12A	Suzette Botha	Pinetown	25 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:00	Adele Waldron	Camps Bay	04 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	3:06:35	Julanie Basson	Benoni	25 Jan

	3:02:08A	Jacqui Bakkes	Simon's Town	15 Feb
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:39	Elmarie Coetzee	Athlone	07 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:03	Elmarie Coetzee	Ravensmead	14 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:40	Jane Mudau	Benoni	25 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:15:05	Debby de Koning	Durban	08 Mar
	2:06:53A	Maria Wareing	Pinetown	25 Jan
30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	3:30:00	Ansie Breytenbach	Pretoria	01 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:44	Margie Saunders	Port Elizabeth	14 Feb
15 km	64:01	Margie Saunders	Port Elizabeth	28 Feb
21.1 km	1:44:11	Nancy Will	Cape Town	25 Jan
25 km	2:44:20	Maureen Parry	Durban	08 Mar
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:27:24	Nancy Will	Camps Bay	04 Jan
Marathon	3:58:19	Wendy Fitzmaurice	Durban	01 Mar
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
10 km	36:12	Nicole van der Merwe	Pretoria	28 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:26	Pamelia Moyikwa	Ravensmead	14 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:44:52	Georgia Janisch	Pretoria	21 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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