

Distance Running Results

Vol. 15, No. 15 – 13 April 2015

© Distance Running Results. All rights reserved.

Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.

EDITORIAL

Dominique Scott continues to improve in her quest to qualify for the Rio Olympics. In the Stanford Invitational meeting in Palo Alto, one of the most famous track meetings in the USA, Scott ran another magnificent race to finish fifth against some top international competition and smash her personal best for 10000 m. Her 32:11.60 makes her the third fastest South African ever behind two illustrious names who both gained fame on the global stage: Elana Meyer and Colleen de Reuck. Winner of the race was Gelete Burka (ETH) in 31:08.16, a PB and world lead, with Shalane Flanagan (USA) second in 31:09.02. The qualifying standard for the World Championships is 32:00.00.

In a rather windy Vienna Marathon both Kalmer sisters qualified for the World Championships when René finished sixth in 2:33:21, the fifth fastest of her career, and Christine – in her debut over the distance – ninth in 2:39:16. René was on a 2:30 pace until 30 km. Their respective 5 km splits:

René: 17:17, 17:55 (35:12), 17:47 (52:59), 18:11 (71:10), 17:43 (88:53), 17:54 (1:46:47), 19:03 (2:05:50), 18:56 (2:24:46), 8:30. Halves: 1:14:50, 1:18:31.
Christine: 18:08, 19:01 (37:09), 18:49 (55:58), 18:36 (74:34), 17:52 (92:26), 17:57 (1:50:23), 19:13 (2:09:36), 20:26 (2:30:02), 9:11. Halves: 1:18:18, 1:20:58.

In an e-mail message to DRR René described the race as "very tough". She said she ran more or less alone for 38 km, as the pacers for the second group started too fast and went with the first group. The strong wind was a problem, "which makes Christine's performance so much more remarkable", she wrote. René also said she had trouble from ITB soreness from the 14 km mark and was grateful that she could finish. The sisters will take a European holiday this week and return home next weekend.

Three list leaders were set this past weekend in local races. In the Nelson Mandela Bay Freedom Run 10 km in Port Elizabeth Margie Saunders once again beat all the vets and masters to win the grandmaster category in 41:45, just 25 seconds from Sonja Laxton's SA record. In the Ford Motor Corp Half Marathon in Pretoria vet Enoch Skosana and junior Godfrey Mahlangu went to the top of the lists for 2015 with their 70:08 and 72:20 respectively.

Also in the Pretoria race, Caroline Wöstmann finished second to Irvette van Zyl, who is four months pregnant, just one week after her unexpected victory in the Old Mutual Two Oceans Marathon.

Barry Varty, a former Comrades Marathon Association Chairman who turns 76 this year, finished his 40th N3TC Arthur Creswell Memorial Marathon this weekend (the race was run for the 50th time) in an unofficial 6:51. Varty has also finished the Comrades 28 times.

In the SuisseGas Milano Marathon Kenneth Mungara (KEN) set a new world veterans record of 2:08:44, breaking Andres Espinosa's mark of 2003 by two seconds.

The statement in last week's This Month in History on the Two Oceans that the "earliest date ever is 2 April" could have been misinterpreted to mean that was the earliest date ever in a year. Of course, the race has often been held in March and it was meant to refer to the month of April, as mentioned in the previous sentence. Still, it would have been more accurate to say, "... earliest date ever in April is 2 April".

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Birchwood Half Marathon & 10 km, Johannesburg
- * Sparksport Crescent Oasis Half Marathon & 10 km, Durban
- * N3TC Arthur Creswell Memorial Marathon & Half Marathon, Bergville to Ladysmith
- * Nelson Mandela Bay Freedom Run 10 km, Port Elizabeth
- * Ford Motor Corp Half Marathon & 10 km, Pretoria
- * KKNK Volstruiswedloop Half Marathon & 10 km, Oudtshoorn
- * York Timbers Longtom Ultramarathon, Marathon & Half Marathon, Sabie
- * Track: Varsity Cup, Potchefstroom

International highlights:

- * Schneider Electric Marathon de Paris, Paris, FRA
 - * NN Marathon Rotterdam, Rotterdam, NED
 - * Vienna City Marathon, Wien, AUT
 - * SuisseGas Milano City Marathon, Milano, ITA
 - * Santiago Marathon, Santiago, CHI
 - * Credit Union Cherry Blossom 10-Mile, Washington, USA
 - * SPAR Great Ireland Run, Dublin, IRL
 - * Daegu Marathon, Daegu, KOR
 - * Int'l Paderborner Osterlauf 10 km & Half Marathon, Paderborn, GER
 - * Allstate Sugar Bowl Crescent City Classic 10 km, New Orleans, USA
 - * IAU World 24-hour Championships, Turin, ITA
 - * Mad City 50 km & 100 km, Madison, USA
 - * Track: Trofeo Iberico 10000, Huelva, ESP; Stanford Invitational, Palo Alto, USA; Pepsi Florida Relays, Gainesville, USA
-

ROAD RUNNING

Birchwood Half Marathon & 10 km

Johannesburg, 12 April

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1250 [up from 1050 last year]; 10 km – 1340 [up from 1000]; also 610 in the 5 km)

Half marathon

MEN

1 Lucky Mohale (Boxer) 66:48; 2 Vuyisile Tshoba (Transnet) 67:55; 3 Pule Maeko (FFA) 68:45.

Veterans: 1 Sipho Ncube (ZIM/Maxed Elite) 76:02; 2 Meshack Sogo (Striders) 80:41; 3 Chukudu Mphulo (City of Ekurhuleni) 81:00. **Masters:** 1 Daniel Mothibe (Runavation)

78:40; 2 Morris Ketshe (Harmony Striders) 83:10; 3 Craig Cloete (Alberton) 85:09.
G'masters: 1 John Woodnutt (Mornigside) 91:59.

WOMEN

1 Cornelia Joubert (Nedbank) 76:59; 2 Kenilwe Sesing (Randmark) 80:51; 3 Portia Ngwenya (Transnet) 80:56.

Veterans: 1 Gillian Sieling (RAC) 87:58; 2 Marelise Vermaak (Kempton) 97:46; 3 Winnie Mbukwana (Striders) 1:44:32. **Masters:** 1 Rita van Wyk (Boksburg) 1:43:56; 2 Pamela Dirksen (Discovery) 1:56:51; 3 Jennifer Rodgers (Boksburg) 1:57:20. **G'masters:** 1 Patricia Shaw (BNAC) 2:02:12.

10 km

MEN

1 Leswene Africa Mailola (Nedbank) 31:32; 2 Tlou Peu (M A D Multisport) 31:36; 3 Karabo Nkachelo (Cool Running) 31:38.

Veterans: 1 Simon Mpholo (Nedbank) 32:00; 2 Philemon Manyaka (Nedbank) 34:28; 3 Bethuel Matshwi (RAC) 40:13. **Masters:** 1 Piet Chauke (Gallopers) 41:14; 2 Veli Cindi (Erwat) 43:24; 3 Michael Taylor (Jeppe) 44:11. **G'masters:** 1 Malcolm Wade (RWFL) 44:12.

WOMEN

1 Alemtsehay Hailu Kakissa (ETH/Nedbank) 36:22; 2 Simonay Weitsz (Boxer) 37:19; 3 Mpho Mabuza (Gallopers) 37:32.

Veterans: 1 Thuli Mabatha (Kathlehong) 44:05; 2 Assina Nyathi (Post Office) 44:24; 3 Denleigh Wilensky (Bedfordview) 45:12. **Masters:** 1 Frith v.d. Merwe (Benoni High) 46:34; 2 Thoko Nkosi (Blue Sky) 53:31; 3 Victoria Ngobesi (PPMK) 53:43. **G'masters:** 1 Sonja Laxton (RAC) 50:14.

Sparksport Crescent Oasis Half Marathon & 10 km

Durban, 12 April

(Distances: 21.1 km & 10 km)

10 km

MEN

1. Sipho Mbanjwa, Phantane, 30:45
2. Sithembile Fanekho, B2Run, 30:46
3. Khona Mhlakwana, Durban Runner, 31:41

WOMEN

1. Zamo Mokoena, Maxed Elite, 40:44
2. Debbie Perry, Boxer, 41:20
3. Lungelo Nzama, B2Run, 46:00

Half marathon

MEN

1. Ishmael Sekhenyana, Hillcrest, 1:09:33
2. Menzi Ngcobo, Nedbank, 1:09:44
3. Sipho Ngxongo, 1:11:06

WOMEN

1. Shani Silver, Westville, 1:30:27
2. Nerissa van der Walt, 1:32:45
3. Pat Dammann, Team Vitality, 1:33:40

N3TC Arthur Creswell Memorial Marathon (50th) & Half Marathon

Bergville to Ladysmith, 11 April

(Distances: 52 km & 21.1 km; the ultramarathon a point-to-point downhill course, but hilly & the half marathon out and back. Finishers: ultramarathon – 604 [up from 539 last year]; half marathon – 227.)

Note: The RTB calculation the past two years showed this half marathon to be short, and this year is no exception. The Race Time Bias (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. This year five time comparisons return a negative figure of -6.27 sec/km – not as bad as last year, but still in excess of the maximum allowable figure of -5 sec/km. The performances will therefore once again not be used in any statistical lists. – Ed.

Ultramarathon

MEN

1.	Malibongwe Dlamini	Nedbank AC	3:13:53 (R5000)
2.	Professor Mollen	ZIM/Maxed Elite	3:14:49 (R3000)
3.	Mosoe Morapella	Eskom AC	3:20:24 (R1500)
4.	Justice Nkosi	Phuma KZN	3:20:44 (1 st vet)
5.	Thabiso Sithole	Moorriver AC	3:25:44

(All age category prizes were the same: R200, R150, R100.)

40-49:

1.	Justice Nkosi	Phuma KZN	3:20:44
2.	Ngaka Selepe	Maluti MSC	3:47:27
3.	Xolani Mazibuko	Ind	3:53:23

50-59:

1.	Nkinyaza Mlambo	Maxed Elite	3:46:42
2.	Phakama Shezi	Nedbank AC	3:53:58
3.	Dieter Stapel	Benoni N	4:02:43

60+

1.	Arthur Valasis	Hamlett AC	4:37:52
2.	Max Zeelie	Fourways	5:02:00
3.	Dave Lowe	West AC	5:16:51

WOMEN (Same prize money as men)

1.	Salome Cooper	New Balance	3:50:03
2.	Janie Grundling	West AC	3:52:32
3.	Sarah Grey	Coll Harr	3:59:44
4.	Helen Buley	Coll Harr	4:07:33
5.	Ashleigh White	DHSOB	4:17:02 (1 st vet)

40-49:

1.	Ashleigh White	DHSOB	4:17:02
2.	Sarah Eksteen	West AC	4:28:35
3.	Janet van Vuuren	New Harr	4:33:13

50-59:

1.	Diane Schlebusch	Ind	4:55:57
2.	Batho Gwala	Emnabithi Strid	5:20:17
3.	Lauren Tippet	Florida AC	5:20:22

60+:

1.	Wendy Fitzmaurice	West AC	5:21:53
2.	Georgina Tasseron	Vryheid AC	6:20:29
3.	Jennifer Rouse	RWFL Pmb	6:45:37

Half marathon**MEN**

1.	Matekase Lefatsa	Phuma KZN	65:57 (R1000)
2.	Mpo Makoena	Maluti MSC	70:07 (R500)
3.	Bhekani Sithole	KRS	70:29 (R300)

(All age category prizes were the same: R200, R150, R100.)

40-49:

1.	Peter Field	Ind	96:03
----	-------------	-----	-------

50-59:

1.	Mandla Mnisi	Vryheid AC	90:06
----	--------------	------------	-------

60+:

1.	Steve Burbridge	QBH	112:04
----	-----------------	-----	--------

WOMEN

1.	Zinhle Shabalala	KRS	94:11
2.	Mel Oliver	PDAC	94:46
3.	Barbie de Wet	Harrismith	97:54

40-49:

1.	Barbie de Wet	Harrismith	97:54
----	---------------	------------	-------

50-59:

1.	Sue Kirkman	Ind	130:00
----	-------------	-----	--------

60+:

1.	Sheree Kirsten	West AC	113:55
----	----------------	---------	--------

Nelson Mandela Bay Freedom Run 10 km

Port Elizabeth, 11 April

(Loop course. Finishers: 490 [up from 420 last year].)

MEN

1	Xolisa	Tyali	Nedbank RC CGA	26	29:21
2	Lungile	Gongqa	Nedbank RC WP	36	29:23
3	Xolisani	Zamkele	Lusikisiki AC	28	29:36
4	Melikhaya	Frans	Tinarha AC	23	29:55
5	Amos	Nyongo	Madibaz AC	28	30:01
6	Mariano	Eesou	Madibaz AC	23	30:05
7	Zolani	Ngqqa	Madibaz AC	26	30:34
8	George	Ntshiliza	Bluewater Bay	35	30:39
9	Nkosinathi	Madyo	Nedbank RC WP	27	30:55
10	Mluleki	Nobanda (1 st vet)	Mr Price Transkei	46	31:23
11	Andre	Ketchem	X-Cel AC	31	31:32
12	Andile	Motwana (1 st jun)	Tinarha AC	18	31:51
13	Sinathi	Mafa	SAP MC EP	24	32:06
14	Mzwanele	Maphekula	Bluewater Bay	38	32:27
15	Bulelani	Niwa	PEAAC	29	32:28
16	Anele	Maliza	Nedbank RC EP	37	32:32
17	Maxwell	Goodman	Ikhamba AC	42	32:48
18	Luthando	Hetana	Temp	28	33:14
19	Mzamo	Fokwana	Charlo AC	37	33:18
20	Ryan	Peter	Madibaz AC	31	33:25

40-44:

1	Maxwell	Goodman	Ikhamba AC	42	32:48
2	Zolile	Mhlahlo	Achilles AAA	40	33:25

3	Alfred	Qogi	Nedbank RC EP	41	33:27
45-49:					
1	Mluleki	Nobanda	Mr Price Transkei	46	31:23
2	Makaya	Masumpa	Born To Run AC	49	33:15
3	Christopher	Mabengeza	Nedbank RC EP	48	35:37
50-54:					
1	Desmond	Zibi	Achilles AAA	51	35:18
2	Michael	Bekapi	Ikhamva AC	53	36:18
3	Kenneth	Menze	Bluewater Bay	53	36:21
55-59:					
1	Disemba	Blou	Charlo AC	56	40:30
2	Kerneels	Meintjies	Muirite Striders	55	43:58
3	Ronald	Ndiza	Transnet Eng EP	55	44:08
60-64:					
1	Elvis	Galela	Madibaz AC	63	40:47
2	Sizinzo	Kama	Achilles AAA	63	41:36
3	Donald	Mancasa	Transnet Eng EP	61	46:35
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	73	43:35
2	Herman	Dekker	SAP MC EP	70	52:28
3	Ron	Clark	Bluewater Bay	72	52:45
Juniors:					
1	Andile	Motwana	Tinarha AC	18	31:51
2	Mkhanyiseli	April	UMF AC	17	32:50
3	Lonwabo	Williams	Tinarha AC	16	33:44
WOMEN					
1	Zintle	Xiniwe	Temp	28	34:45
2	Bulelwa	Simae	Nedbank RC WP	38	34:56
3	Ntombesintu	Mfunzi	Nedbank RC EP	33	34:58
4	Lusanda	Bomvana	Madibaz AC	23	37:16
5	Ndileka	Mvakwendlu	Tinarha AC	24	38:31
6	Ivy	Sogiba	Nedbank RC WP	26	40:09
7	Asanda	Solani	Born To Run AC	31	40:22
8	Busisiwe	Matiwane	Celtic Harriers	39	40:55
9	Xoliswa	Bici	Nedbank RC EP	35	41:37
10	Margie	Saunders (1 st g'mast)	Nedbank RC EP	61	41:45
11	Grizelda	Pietersen (1 st vet)	Malabar AC	46	41:56
12	Nomakhosi	Ntliziyo (1 st jun)	Youth 4 Change AC	16	42:09
13	Terri-Lynn	Penney	Run For Life EP	38	42:10
14	Jene	Banfield	Run For Life EP	44	42:12
15	Deliwe	Nyanga	Nedbank RC EP	25	42:27
16	Weziwe	Dlavana	Hlazo AC	44	42:45
17	Christine	Claasen (1 st mast)	Achilles AAA	50	43:06
18	Siphokazi	Liwani	Motherwell AC	18	43:29
19	Janette	Schierz-Crusius	Body Concept	54	43:33
20	Sime	Baynes	Elite AC	31	44:12
40-44:					
1	Jene	Banfield	Run For Life EP	44	42:12
2	Weziwe	Dlavana	Hlazo AC	44	42:45
3	Priscilla	Dyantyi	Nedbank RC EP	41	44:18
45-49:					
1	Grizelda	Pietersen	Malabar AC	46	41:56
2	Georgie	Darke	Charlo AC	49	51:28
3	Judy	Beens	Charlo AC	48	52:54

50-54:

1	Christine	Claasen	Achilles AAA	50	43:06
2	Janette	Schierz-Crusius	Body Concept	54	43:33
3	Laura	Maritz	Elite AC	54	45:27

55-59:

1	Christine	Snyman	Despatch AC	59	53:54
2	Barbara	Foot	Crusaders AC	55	54:06
3	Lynette	Crause	Walmer AC	55	55:24

60-64:

1	Margie	Saunders	Nedbank RC EP	61	41:45
2	Cathy	Ives	Achilles AAA	62	56:11
3	Nicki	Van Niekerk	Muirite Striders	61	1:00:08

65-69:

1	Liz	Grundlingh	Muirite Striders	68	55:36
---	-----	------------	------------------	----	-------

70-74:

1	Ronelle	Steyn	Nedbank RC EP	71	1:07:12
2	Orgia	Nell	Muirite Striders	71	1:10:45

75-79:

1	Dorothy	Hart	Madibaz AC	77	1:13:58
---	---------	------	------------	----	---------

Juniors:

1	Nomakhosi	Ntliziyo	Youth 4 Change AC	16	42:09
2	Siphokazi	Liwani	Motherwell AC	18	43:29
3	Vuziwe	Dlavana	Hlazo AC	16	49:03

Ford Motor Corp Half Marathon & 10 km

Pretoria, 11 April

(Distances: 21.1 km & 10 km; undulating loop courses. Weather: Cool, ideal running conditions. Finishers: half marathon – 1320 [up from 1025 last year]; 10 km – 952 [considerably down from 1358]; also more than 500 in the 5 km).

Note: The 10 km was approx. 800 m short. – Ed.

Half marathon**MEN -**

1. Bafana Dube (Trans) 1:08:54
2. Collen Parura (ZIM/Ned) 1:09:26
3. Enoch Skosana (Ned) 1:10:08 (1st vet)

Veterans: 1. Enoch Skosana (Ned) 1:10:08. **Masters:** 1. André Jansen (GS) 1:28:33. **G'masters:** 1. James da Silva (CSIR) 1:47:48. **G/g'masters:** 1. Pele Tshikundamalema (Olifants) 1:46:02. **Juniors:** 1. Godfrey Mhlana (Trans) 1:12:20.

WOMEN

1. Irvette van Zyl (Ned) 1:22:04
2. Caroline Wöstmann (Ned) 1:30:44
3. Andriël de Lange (Over) 1:33:11

Veterans: 1. Naretha Stockenström (RWFL) 1:41:04. **Masters:** 1. Ansa Strydom (Runav) 1:48:42. **G'masters:** 1. Francis van Blerk (Ned) 1:50:43. **Juniors:** 1. Jeannie de Beer (Ned) 1:34:54.



Bafana Dube after winning the Ford Motor Corp Half Marathon in Pretoria. [Pete van der Merwe]

10 km**MEN**

1. Simon Mokonyama (Monaco) 29:51; 2. Altus Badenhorst (Ned) 31:00; 3. Esau Radebe (Ind) 32:37.

Veterans: 1. Elmon Ndlovu (PMMC) 32:57. **Masters:** 1. Victor Phetoe (Irene) 34:18.

G'masters: 1. Francis Mukuka (ZAM/Phob) 33:12. **G/g'masters:** 1. Patrick Mafilika (Ned) 44:19. **Juniors:** 1. Mpho Mooka (TUT) 32:49.

WOMEN

1. Catherine Skosana (Ned) 33:21; 2. Jacquie van der Waals (Irene) 34:33 (1st vet); 3. Mariska Steinbach (Runav) 36:52.

Veterans: 1. Jacquie van der Waals (Irene) 34:33. **Masters:** 1. Ina Lagerwall (Mag) 42:17. **G'masters:** 1. Lyn de Bruin (Irene) 46:29. **G/g'masters:** 1. Deirdre Larkin (RH) 52:51. **Juniors:** 1. Heletje Botha (Eldoraigne HS) 39:30.

KKNK Volstruiswedloop Half Marathon & 10 km

Oudtshoorn, 11 April

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 99; 10 km – 107.)

Note: Cecilia Nel finished tenth overall in the 10 km. – Ed.

Half marathon**MEN**

1	Lloyd Bosman	Nedbank SWD	26	1:11:56
2	Bernardo Fredericks	Nedbank SWD	27	1:12:03
3	Francois Maquassa	Nedbank SWD	19	1:16:59
4	Keith Clark	Outeniqua Harriers	40	1:18:03
5	Fana Principal	Outeniqua Harriers	46	1:18:14
6	Wouter Frazenburg	Nedbank SWD	37	1:22:56
7	Peter Jaehne	Outeniqua Harriers	49	1:22:58
8	Patrick Peters	Military Sport Club	51	1:24:40
9	Anthony Khedama	Nedbank SWD	39	1:27:36
10	Jason Jafta	Nedbank SWD	55	1:30:05

Veterans:

1 Keith Clark Outeniqua Harriers 1:18:03

Masters:

1 Patrick Peters Military Sport Club 1:24:40

G'masters:

1 Jan du Toit Hartenbos Drawwers 1:43:50

WOMEN

1	Elize Kloppers	Hartenbos Drawwers	44	1:33:18
2	Bettie Stevens	Nedbank WPA	27	1:36:33
3	Teresa Bester	Nedbank SWD	39	1:45:48
4	Kleintjie van Schalkwyk	Hartenbos Drawwers	51	1:49:28
5	Analie Heyns	Langeberg AC	43	1:51:10
6	Doortjie van der Spuy	Outeniqua Harriers	48	1:51:28
7	Barbara Hage	Outeniqua Harriers	48	1:53:13
8	Danielle Williams	Sedgefield Striders	35	1:53:32
9	Mandy Albertyn	Temp	37	1:57:10
10	Helen Brink	Hartenbos Drawwers	50	1:59:38

Veterans:

1	Elize Kloppers	Hartenbos Drawwers	1:33:18
---	----------------	--------------------	---------

Masters:

1	Kleintjie van Schalkwyk	Hartenbos Drawwers	1:49:28
---	-------------------------	--------------------	---------

G'masters:

1	Lorraine Zehmke	Outeniqua Harriers	2:50:43
---	-----------------	--------------------	---------

10 km**MEN**

1	Gershwill Jacobs	Nedbank SWD	24	31:48
2	Elfonzo Pieterse	Nedbank SWD	25	33:31
3	Anderson Ncube	Nedbank SWD	18	34:33
4	Mosimanegade Seologo	KMAC	31	35:40
5	Christopher Ngqymnte	Nedbank SWD	20	36:10
6	Sinesipho Didishe	KMC	23	36:29
7	Wayne Hartzenberg	Outeniqua Harriers	17	37:50
8	Graham Hendricks	Outeniqua Harriers	16	40:31
9	Juka Gerstner	Temp	17	42:08
10	Jean Margaillan	Temp	34	42:17

Veterans:

1	Richard Hughes	Military Sport Club	51:17
---	----------------	---------------------	-------

Masters:

1	Gregory Kerr	Outeniqua Harriers	49:31
---	--------------	--------------------	-------

G'masters:

1	Peter Anker	SAPAC	52:45
---	-------------	-------	-------

Juniors:

1	Anderson Ncube	Nedbank SWD	34:33
---	----------------	-------------	-------

WOMEN

1	Cecilia Nel	Hartenbos Drawwers	33	42:15
2	Clarisha Pieterse	Mossel Bay Harriers	16	45:03
3	Nadeane Coetzee	Sedgefield Striders	25	48:26
4	Elmari du Plessis	Hartenbos Drawwers	29	48:32
5	Mageret Hanekom	Ceres	60	53:06
6	Leana de Wit	RWFL WPA	29	54:33
7	Marna du Toit	Temp	30	54:33
8	Holly Godfrey	Sedgefield Striders	36	54:55
9	Chantelle de Bruin	Nedbank SWD	44	55:21
10	Diana Mouton	Nedbank SWD	37	58:28

Veterans:

1	Chantelle de Bruin	Nedbank SWD	55:21
---	--------------------	-------------	-------

Masters:

1	Marie Sherrer	Outeniqua Harriers	1:08:37
---	---------------	--------------------	---------

G'masters:

1	Mageret Hanekom	Ceres	53:06
---	-----------------	-------	-------

Juniors:

1	Clarisha Pieterse	Mossel Bay Harriers	45:03
---	-------------------	---------------------	-------

York Timbers Longtom Ultramarathon (29th), Marathon & Half Marathon

Sabie, 28 March

(Distances: 55 km, 42.195 km & 21.1 km [see note below]. Finishers: 55 km – 386; marathon – 156; half marathon – 270.)

Note: The ultramarathon used to be over 56 km and point to point to Lydenburg. The distance has now been changed to 55 km and the route is out and back, with less than a kilometre separation between start and finish. The start and finish of all three races are at the same venues; all three events go out to the Longtom Pass and return by the same route, with the ultramarathon doing an extra out-and-back section of approx. 14 km to the Lonecreek Waterfall. All three routes are very hilly, with the two longer distances climbing from approx. 1050 m above sea level to approx. 1750 m and the half marathon to approx. 1460 m. The races were not held in 2013 and 2014. – Ed.

Ultramarathon

MEN

1	Leboka	Noto	40	LES/Madikwa	3:32:22
2	Fanie	Matshipa	37	Samancor Crome	3:36:17
3	Gordon	Letsetedi	39	Samancor Crome	3:38:39

WOMEN

1	Nocawe	Morake	42	Wonderpark	4:50:17
2	Loyiso	Moumakoe	31	Eskom AC	4:55:59
3	Pearl	Hughes	34	Polokwane AC	5:09:44

Marathon

MEN

1	Thapela	Leseiane	33	RAC	2:48:03
2	Moven	Sikwambane	30	LVCC	3:00:43
3	Mzamani Derick	Maluleke	41	Skukuza MC	3:14:29

WOMEN

1	Christelle	Du Plessis	32	Middelburg MK	3:37:40
2	Madeleine	Whitehair	43	Nelspruit MK	3:48:58
3	Maria	Moloko	42	Ford	3:59:20

Half marathon

MEN

1	Tebogo	Pulusa	26	Dwarsrivier AC	1:11:10
2	Reuben	Malatji	26	Nelspruit	1:22:40
3	James	Mohlala	38	Modikwa Club	1:27:01

WOMEN

1	Karliën	Cilliers	32	Eskom AC	1:38:58
2	Olivia	Brown	28	NBC AC	1:46:16
3	Jill	Oliphant	44	Rand AC	1:47:07

TRACK

Varsity Cup

(1st meeting)

Potchefstroom, 26 March

MEN

800:

1	VAN RENSBURG, Rynardt	UFS	1:49.83
---	-----------------------	-----	---------

2	UYS, Henco	NWU	1:50.42
3	FARO, Duran	UWC	1:50.85
4	MADIBA, Sylvester	UJ	1:51.66
5	NOTHLING, Theodore	UP	1:51.74
6	GROENEVELD, Llewellyn	US	1:52.92
7	MODISHANA, Thapelo	TUT	1:55.44
8	NEL, Donald Andre	NMMU	2:00.67

3000:

1	MOKOPANE, Rantso	NWU	8:22.69
2	TIMOTEUS, Anthony	UWC	8:23.49
3	MEINTJIES, Ruan	UFS	8:24.62
4	BREDENKAMP, Jonathan	UP	8:27.40
5	MAKANE, Henry	UJ	8:31.80
6	MULAUDZI, Collen	TUT	8:38.97
7	EESOU, Marianio	NMMU	9:19.60
8	VAN WYK, Johan	US	9:33.73

WOMEN

1500:

1	SEMENYA, Caster	NWU	4:30.12
2	FOURIE, Thineke	US	4:32.07
3	SIBAMBA, Mamphielo	UJ	4:32.17
4	FERREIRA, Lizerie	UP	4:32.77
5	PRINSLOO, Danel	UFS	4:43.29
6	DAVHANA, Murendwa	TUT	4:47.62
7	SCHLEMMER, Jamie-Lee	NMMU	4:52.07
8	JORDAAN, Marlise	UWC	5:02.23

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**Schneider Electric Marathon de Paris (39th)**

(IAAF Gold Label Road Race)

Paris, FRA, 12 April

(Distance: 42.195 km; certified loop course)

MEN

1.	Mark Korir, KEN	2:05:48 PB
2.	Luka Kanda, KEN	2:07:18 PB
3.	Seboka Tola, ETH	2:07:31
4.	Mike Kigen, KEN	2:07:42
5.	Gilbert Kirwa, KEN	2:07:42
6.	Laban Korir, KEN	2:07:54
7.	Deresse Chimsa, ETH	2:07:56
8.	Joel Kimurer, KEN	2:09:45
9.	Pius Kirop, KEN	2:09:58 PB
10.	Sintayehu Legese, ETH	2:11:06 PB

WOMEN

1.	Meseret Mengistu, ETH	2:23:26 PB
2.	Amane Gobena, ETH	2:23:29 PB

3. Visiline Jepkesho, KEN	2:24:42 PB
4. Meskerem Assefa, ETH	2:25:56
5. Marta Megra, ETH	2:26:18 PB
6. Bruktayit Eshetu, ETH	2:26:46
7. Meseret Legesse, ETH	2:27:27
8. Atsede Bayisa, ETH	2:28:10
9. Emily Ngetich, KEN	2:30:46
10. Martha Komu, FRA	2:33:31

NN Marathon Rotterdam (35th)

(IAAF Gold Label Road Race/Dutch Marathon Championships)

Rotterdam, NED, 12 April

(Distance: 42.195 km; certified loop course)

MEN (gun times)

1. Abera Kuma, ETH	2:06:47
[1:02:04 / 1:04:43]	
2. Mark Kiptoo, KEN	2:07:21
[1:02:04 / 1:05:17]	
3. Bernard Koech, KEN	2:08:02
[1:02:03 / 1:05:59]	
4. Abayneh Ayele, ETH	2:09:21 DB
5. Feyisa Lilesa, ETH	2:09:55
6. Raul Pacheco, PER	2:11:01 NR
7. Reid Coolsaet, CAN	2:11:24
8. Asmare Abate, ETH	2:12:03
9. Abdi Nageeye, NED	2:12:33 (1st NC)
10. Mergersa Bacha, ETH	2:12:58

WOMEN (gun times)

1. Asami Kato, 1990, JPN	2:26:30 PB
[1:12:02 / 1:14:28]	
2. Gladys Tejeda, 1985, PER	2:28:12 PB
[1:12:31 / 1:15:41]	
3. Krista Duchene, 1977, CAN	2:29:38
[1:13:49 / 1:15:49]	
4. Miranda Boonstra, 1972, NED	2:32:13 (1st NC)
5. Melanie Panayiotou, 1984, AUS	2:34:35 PB
6. Carmen Martinez, PAR	2:36:01 NR
7. Clara Canchanya, PER	2:36:34 PB
8. Krisztina Papp, HUN	2:36:59
9. Adeline Roche, FRA	2:40:13
10. Hanna Vandebussche, BEL	2:40:15 PB

Vienna City Marathon (32nd)

(IAAF Gold Label Road Race)

Wien, AUT, 12 April

(Distance: 42.195 km; start/finish separation of about 5 km with an elevation GAIN of approx. 20 m)

MEN (gun times)

1. Sisay Lemma, 1990, ETH	2:07:31
[1:03:07 / 1:04:24]	
2. Duncan Koech, 1981, KEN	2:12:14
3. Siraj Gena, 1984, ETH	2:12:48

4. Hosea Kipkemboi, 1989, KEN 2:13:47
5. Sulieman Simotwo, 1980, KEN 2:14:42
[1:03:07 / 1:11:35]

WOMEN (gun times)

1. Maja Neuenschwander, 1980, SUI 2:30:09
[1:13:35 / 1:16:34]
2. Agnes Mutune, 1986, KEN 2:30:19
3. Esther Chemtai, 1988, KEN 2:30:32
4. Caroline Chepkwony, 1984, KEN 2:30:36
5. Anna Hahner, 1989, GER 2:30:50
6. René Kalmer, 1980, RSA 2:33:21
- ... 9. Christine Kalmer, 1986, RSA 2:39:16

SuisseGas Milano City Marathon (15th)

Milano, ITA, 12 April
(Distance: 42.195 km)

MEN (gun times)

1. Kenneth Mungara, 1973, KEN 2:08:44 WR M40 €
5000 + 3500i
[1:04:11 / 1:04:33]
2. Cybrian Kotut, 1992, KEN 2:08:55 PB 2500 + 2200i
3. Philemon Gitia Baaru, KEN 2:09:08 1500 + 1100i
4. William Kibor Koitile, KEN 2:09:58 1000 + 900i
5. Samson Kiptoo Bungei, KEN 2:10:27 700 + 300i

i) Earned time bonus

WOMEN (gun times)

1. Lucy Karimi, 1975, KEN 2:27:35 € 5000
[1:11:23 / 1:16:12]
2. Ayelu Geda Lemma, ETH 2:29:49 PB 2500
3. Fatna Maraoui, ITA 2:33:16 PB 1500 + 1100#
4. Pauline Ngigi Wangui, KEN 2:34:48 1000
5. Laila Soufyane, ITA 2:38:05 700 + 800#
- Priscah Jeptoo, KEN DNF (pace/1:11:05 at half)

#) Earned Italian citizen bonus

Santiago Marathon (27th)

Santiago, CHI, 12 April
(Distance: 42.195 km)

MEN (gun times)

1. Luka Lobuwan, KEN 2:11:43
2. Haila Haja, ETH 2:15:05
3. Desmond Mokgobu, RSA 2:15:17

WOMEN (gun times)

1. Ines Melchor, PER 2:28:18 CR*
2. Goitetom Haftu, ETH 2:30:19
3. Shewarge Alene Amare, ETH 2:34:32



Maja Neuenschwander wins the Vienna City Marathon. [IAAF]

Credit Union Cherry Blossom 10-Mile (43rd)

Washington, USA, 12 April

(Distance: About 9.4 miles [organisers had to make an emergency course change due to a traffic accident involving a pedestrian; the distance was lost between miles 4 and 6].)

MEN (gun times)

- | | | |
|----------------------------------|-------|--------------|
| 1. Stephen Sambu, 26, KEN | 43:20 | \$8000 |
| 2. Jake Riley, 26, Rochester, MI | 43:28 | 4000 + 5000a |
| 3. Elisha Barno, 29, KEN | 43:31 | 2000 |

WOMEN (gun times) -

- | | | |
|--------------------------------------|-------|--------|
| 1. Mary Wacera, 26, KEN | 48:35 | \$8000 |
| 2. Cynthia Limo, 25, KEN | 48:35 | 4000 |
| 3. Aliphine Tuliamuk-Bolton, 28, KEN | 49:20 | 2000 |
| ... 16. Jen Rhines, 40, Boston, MA | 53:04 | 300a |

SPAR Great Ireland Run

Dublin, IRL, 11 April

(Distance: 10 km; two-loop course [one short loop, one long loop])

ELITE MEN (gun times)

- | | |
|-------------------------------|-------|
| 1. Japheth Korir, KEN | 28:15 |
| 2. Birhan Nebebew, ETH | 28:21 |
| 3. James Rungaru, KEN | 28:22 |
| 4. Leonard Patrick Komom, KEN | 28:28 |
| 5. Othmane El Goumri, MAR | 29:46 |

ELITE WOMEN (gun times)

- | | |
|---------------------------------------|----------|
| 1. Gemma Steel, GBR | 33:03 |
| 2. Fionnuala Britton, IRL | 33:07 PB |
| 3. Alessandra Aguilar, ESP | 33:11 |
| 4. Valeria Straneo, ITA | 34:02 |
| 5. Lizzie Lee, IRL | 34:18 PB |
| ... 8. Catherina McKiernan, 1969, IRL | 35:15 |

Daegu Marathon (7th)

(IAAF Silver Label Road Race)

Daegu, KOR, 5 April

(Distance: 42.195 km; two and one-half laps around Daegu City with stadium finish)

MEN (gun times)

- | | | |
|---------------------------|---------|----------------------|
| 1. Girmay Birhanu, ETH | 2:07:26 | USD 60,000 + 10,000i |
| 2. Stephen Chemlany, KEN | 2:08:21 | 35,000 + 5,000i |
| 3. Ben Kiplimo Mutai, KEN | 2:08:45 | 20,000 + 3,000i |

WOMEN (gun times)

- | | | |
|--------------------------|---------|------------------|
| 1. Meselech Melkamu, ETH | 2:27:24 | USD 60,000 |
| 2. Dinkinesh Mekash, ETH | 2:29:44 | 35,000 |
| 3. Ayumi Sakaida, JPN | 2:30:39 | 20,000 |
| 4. Tomomi Higuchi, JPN | 2:34:33 | 10,000 |
| 5. Yeum Go-Eun, KOR | 2:34:41 | 7,500 + KRW 10MM |

Int'l Paderborner Osterlauf 10 km & Half Marathon (69th)

Paderborn, GER, 4 April

(Distances: 10 km and 21.1 km [certified two-loop course])

10 km (gun times)**MEN**

- | | | |
|-----------------------------------|-------------|---------------------|
| 1. Homiyu Tesfaye, GER | 27:54 PB/WL | € 450 + 500i + 250g |
| 2. Amos Mitei, KEN | 27:58 | 350 + 300i |
| 3. Jesper van der Wielen, NED | 28:18 PB | 250 |
| 4. Frederick Kipchumba Ngeny, KEN | 28:19 PB | 200 |
| 5. Shedrack Kiptoo Kimaiyo, KEN | 28:25 PB | 150 |

WOMEN

- | | | |
|-------------------------------|----------|--------------|
| 1. Sutume Asefa Kebede, ETH | 31:49 PB | € 450 + 500i |
| 2. Faith Chepkoech, KEN | 32:46 PB | 350 |
| 3. Ivy Kibet, KEN | 32:47 | 250 |
| 4. Sarah Lahti, SWE | 32:58 PB | 200 |
| 5. Gesa-Felicitas Krause, GER | 33:29 PB | 150 + 250g |

i) Earned time bonus

g) Earned German citizen prize money

Half marathon (gun times)**MEN**

- | | | |
|-------------------------------|------------|--------------|
| 1. Abraham Yano, KEN | 1:01:06 PB | € 600 + 500i |
| 2. Temesgen Daba Ejerssa, ETH | 1:01:08 PB | 500 + 300i |
| 3. Bethwel Chemweno, KEN | 1:01:33 PB | 400 |
| 4. Julien Lyon, SUI | 1:05:36 PB | --- |
| 5. Sven Serke, GER | 1:08:32 | --- |

WOMEN

- | | | |
|----------------------------------|------------|-------------------|
| 1. Maryanne Wangari Wanjiru, KEN | 1:11:12 | € 600 + 300i |
| 2. Sabrina Mockenhaupt, GER | 1:11:15 | 500 + 300i + 300g |
| 3. Ayantu Abera Demissie, ETH | 1:11:16 PB | 400 |
| 4. Helen Bekele Tola, ETH | 1:11:27 PB | 300 |
| 5. Monika Stefanowicz, POL | 1:12:14 PB | 200 |

i) Earned time bonus

g) Earned German citizen prize money

Allstate Sugar Bowl Crescent City Classic 10 km (37th)

New Orleans, USA, 4 April

(Distance: 10 km; certified IAAF/USATF record-eligible course with zero elevation change and 49.2% start/finish separation)

MEN (gun times)

- | | | |
|-----------------------------|-------|--------|
| 1. John Muritu, 18, KEN | 28:56 | \$6000 |
| 2. Dominic Ondoro, 27, KEN | 28:58 | 4000 |
| 3. Girma Mecheso, 27, USA | 29:03 | 2500 |
| 4. Mourad Marofit, 33, MAR | 29:14 | 1500 |
| 5. Abdi Abdirahman, 38, USA | 29:18 | 1000 |

WOMEN (gun times)

- | | | |
|----------------------------|-------|---------------|
| 1. Hiwot Ayalew, 25, ETH | 31:55 | \$6000 + 900i |
| 2. Cynthia Limo, 25, KEN | 32:11 | 4000 |
| 3. Risper Gesabwa, 26, KEN | 32:52 | 2500 |

4. Monicah Wanjihu, KEN 33:01 1500
5. Valentine Kibet, 34, KEN 33:06 1000

ULTRARUNNING

IAU World 24-hour Championships

(Incorporating the European Championships)
Turin, ITA, 11-12 April

Note: The first five men were also the first five in the European Championships. – Ed.

MEN

1. Florian Reus (GER) 263.899 km
2. Pawel Szynal (POL) 261.181
3. Robbie Britton (GBR) 261.140
4. Ivan Macaj (SVK) 258.333
5. Kim Hansen (DEN) 257.753

WOMEN

1. Katalin Nagy (USA) 244.495 km
2. Traci Falbo (USA) 239.740
3. Maria Jansson* (SWE) 238.964
4. Maggie Guterl (USA) 235.811
5. Patrycja Bereznowska (POL) 233.395
- ... 7. Annika Nilrud (SWE) 230.054

*) The first three women in the European Championships were Jansson, Bereznowska and Nilrud.

Mad City 50 km & 100 km (8th)

Madison, USA, 11 April

50 km

MEN

1. Geoffrey Burns, 24, Ann Arbor, MI 3:00:58
2. Stuart Kolb, 52, Green Bay, WI 3:58:45
3. Jim Hansen, 50, Oregon, WI 4:23:38

WOMEN

1. Mary Flaws, 48, Waukesha, WI 4:20:18 (3rd overall)
2. Christy Heintz, 27, Middleton, WI 4:33:04
3. Nora Bird, 31, Cottage Grove, WI 4:48:51

100 km

MEN

1. Mike Bialick, 33, Minnetonka, MN 7:02:18
2. Daniel Yi, 34, Alexandria, VA 7:15:13
3. G. Anthony Kunkel, 23, Golden, CO 7:24:34

...

10. Bill Dodson, 80, Mountain View, CA 15:05:48 NR M8084

WOMEN

1. Camille Herron, 33, Warr Acres, OK 7:26:25 (4th overall)
2. Jessica LeMere, 40, Green Bay, WI 10:51:26
3. Wendy Miller, 37, Waunakee, WI 10:52:18

OUTDOOR TRACK

Trofeo Iberico 10000

Huelva, ESP, 11 April
(Distance: 10000 m)

WOMEN

1. Sara Moreira, 1985, Sporting CP (POR), 31:12.93 EL/PB
2. Ana Dulce Félix, 1982, SL Benfica (POR), 31:34.17
3. Lily Partridge, 1991, GBR, 32:20.77 PB
4. Lidia Rodriguez Sierra, 1986, Bilbao Atletismo, 32:41.44
5. Sara Catarina Ribeiro, 1990, SL Benfica (POR), 32:42.67 PB

Stanford Invitational

Palo Alto, USA, 3-4 April

MEN

1500 (03):

Section 1 -

- | | | |
|----------------------|--------------|---------|
| 1. German Fernandez | Nike | 3:43.72 |
| 2. Sam Penzenstadler | Loyola (Ill. | 3:44.01 |
| 3. Jacob Burcham | Oklahoma | 3:44.23 |
| 4. Jake Hurysz | Colorado | 3:44.26 |
| 5. Alex Deir | Oklahoma | 3:44.92 |

Section 2 -

- | | | |
|---------------------|---------------------|------------|
| 1. Oliver Aitchison | Adams State (GBR) | 3:40.77 PB |
| 2. Matthew Clowes | Concordia (OR)(GBR) | 3:42.24 PB |
| 3. Dylan Ferris | Strava TC | 3:42.54 |
| 4. Will Crocker | Missouri | 3:43.66 PB |
| 5. Justin Brinkley | Stanford | 3:44.99 PB |

Section 3 -

- | | | |
|------------------|---------------|------------|
| 1. Shyan Vaziri | Unattached | 3:43.07 |
| 2. Connor Winter | Colorado | 3:43.34 PB |
| 3. Collins Kibet | Arizona (KEN) | 3:43.86 PB |

5000 (03):

Section 1 -

- | | | |
|----------------------|------------------|-------------|
| 1. Sam Stabler | Lamar (GBR) | 13:30.50 PB |
| 2. Jose Juan Esparza | CORRE A.C. (MEX) | 13:30.81 PB |
| 3. Anthony Rotich | UTEP (KEN) | 13:31.59 PB |

Section 2 -

- | | | |
|-------------------|------------------|-------------|
| 1. David Elliott | Boise State | 13:50.10 PB |
| 2. Patrick Corona | Air Force | 13:51.54 PB |
| 3. Jake Shelley | Unattached (GBR) | 13:52.94 PB |

10000 (03):

Section 1 -

- | | | |
|----------------------|------------|-------------|
| 1. Juan Luis Barrios | Nike (MEX) | 28:12.91 |
| 2. Martin Hehir | Syracuse | 28:27.70 PB |
| 3. Trevor Dunbar | Nike | 28:30.13 PB |

Section 2 -

1. Garrett Sweatt	Stanford	28:51.56 PB
2. Tim Rackers	Tulsa	28:52.57 PB
3. Hayden Hawks	Southern Utah	28:53.12 PB

3000 s/chase (03):

Section 1 -

1. Tabor Stevens	Adams State	8:32.50 WL/PB
2. Zak Seddon	Florida State (GBR)	8:36.55
3. Matt Cleaver	adidas/Rogue	8:39.46

WOMEN

800 (04):

Section 1 -

1. Maggie Vessey	Unattached	2:01.58
2. Chrishuna Williams	Arkansas	2:03.77 PB
3. Savannah Camacho	Oklahoma State	2:04.59
4. Annette Melcher	WCAP	2:04.98 PB
5. Shea Martinez	BYU	2:05.00 PB
6. Lindsey Butterworth	Simon Fraser (CAN)	2:05.86
7. Natalja Piliusina	Oklahoma State (LTU)	2:06.05
8. Kelsey Brown-Gilbe	BYU	2:06.22
9. Cydney Ross	BAA	2:07.76

Section 2 -

1. Emily Lipari	BAA	2:07.99
2. Ruriko Kubo	BATC (JPN)	2:08.33
3. Dalanne Zanotelli	Unattached	2:09.24

Section 3 -

1. Auzane Crowe-Carte	UNLV	2:07.02
2. Rebecca Tracy	Oiselle	2:08.93
3. Ali Eisenbeiss	Unattached	2:09.21

Section 6 -

1. Katie Nicholls	Idaho State	2:09.74 PB
2. Mandy Chitwood	UNLV	2:10.53
3. Brenna Calder	Indiana	2:11.51

1500 (03):

Section 1 -

1. Erin Teschuk	North Dakota (CAN)	4:17.10 PB
2. Emily Lipari	BAA	4:18.96
3. Kirsty Legg	Strava TC/Brooks (GBR)	4:19.07

Section 2 -

1. Lindsey Butterworth	Simon Fraser (CAN)	4:18.34 PB
2. Natalja Piliusina	Oklahoma State (LTU)	4:20.18
3. Eleanor Fulton	Washington	4:20.58 PB

5000 (03):

Section 1 -

1. Gabriele Grunewald	Brooks / Tea	15:19.01 PB
2. Nicole Sifuentes	Saucony (CAN)	15:19.15 PB
3. Alisha Williams	adidas	15:19.42

10000 (03):

Section 1 -

1. Gelete Burka	adidas (ETH)	31:08.16 WL/PB
2. Shalane Flanagan	Nike	31:09.02
3. Kaitlin Goodman	Strava TC/Brooks	32:09.82 PB
4. Lanni Marchant	Asics/Canada (CAN)	32:11.06 PB
5. Dominique Scott	Arkansas (RSA)	32:11.60 PB
6. Angela Bizzarri	Brooks Beast	32:26.98 PB

Section 2 -

1. Jessica Mildes	Gonzaga	33:40.82 PB
2. Maggie Schmaedick	Oregon	33:46.14 WJL/PB
3. Katrina Spratford	NE Distance	33:47.38 PB

Pepsi Florida Relays

Gainesville, USA, 2-4 April

WOMEN

800 (03):

Heat 1 -

1. CHANELLE PRICE	Nike	2:00.62 WL/FR/MR
2. NATOYA GOULE	SR Clemson (JAM)	2:01.63
3. CLAUDIA FRANCIS	JR Florida	2:03.72 PB

DOPING NEWS

Two items of news from *Athletics International*:

The organisation Road Race Management has created the first listing of both current and past road running and track & field athletes convicted of drug testing offences. According to RRM President Phil Stewart: "The historical list is the only place for race directors to identify previously banned runners if they have a policy of not inviting athletes to their events who have served a drug test ban in the past but are currently eligible." See: www.dopingsanctions.com

To the consternation of many who feel doping cheats should not be readmitted to the sport, never mind receive lucrative rewards, Justin Gatlin – the world's top sprinter last year – has been offered a new sponsorship deal by Nike. Quotes from the BBC Sport website ... Jason Gardener, who feels there is mounting evidence that "systematic dopers" gain long-term residual benefits and so repeat offenders need much harsher punishments, said: "Nothing surprises me but this is another bad message being sent out by our sport." Fellow 2004 Olympic 4x100m gold medallist Marlon Devonish: "A kick in the teeth to the 99% of guys who are clean. But Gatlin has served his ban according to the rules; if people don't like that, change the rules." Paula Radcliffe, herself sponsored by Nike, posted this comment on Twitter: "I am very disappointed to hear this news. I don't believe it truly reflects the core values of the Nike that I am proud to represent, nor the integrity and ideals of the people there that I work with on a daily basis." Steve Backley tweeted: "What sort of message is that from Nike signing new sponsorship with multiple drug cheat Justin Gatlin?"

OTHER NEWS

SPAR GRAND PRIX POINTS TABLE

Here is the points table in the Spar Grand Prix Series after the first race in Cape Town. Note that Caron Thomas, who "finished" 18th in the race (shown as 17th here), was not a legitimate finisher and should be removed from the list. Vicky van der Merwe should be moved up to 18th in the results, Tanya Scott to 19th and Tebogo Masehla to 20th. Also note that Rutendo Nyahora, who finished second, is not on the list because she is a Zimbabwean, but that veteran Obertina Kanyongo, who is also a Zimbabwean, does appear on the list.

SENIORS

1	Mapaseka Makhanya	Nedbank	30
2	Lebogang Phalula	Transnet	18
3	René Kalmer	Mod Athlete	17
4	Christine Kalmer	Boxer	16
5	Zintle Xiniwe	Cape M/Sport	15
6	Cornelia Joubert	Nedbank	14
7	Jenna Challenor	Temp	13
8	Lena Lotter	Temp	12
9	Thembi Baloyi	TUT	11
10	Glenrose Xaba	Transnet	10
11	Ntombesintu Mfunzi	Temp	9
12	Liziwe Mabona	Transnet	8
13	Bulelwa Simae	Nedbank	7
14	Irvette van Zyl	Nedbank	6
15	Marelise Retief	Boxer	5
16	Annah Moeketsi	Transnet	4
17	Caron Thomas	Temp	3
18	Vicky van der Merwe	Temp	2
19	Tanya Scott	UCT	1

Veterans:

1	Janine Carey	Boxer	10
2	Obertina Kanyongo	ZIM/West Coast	4
3	Julie Huckle	Hout Bay	3

Masters:

1	Elmarie Coetzee	Cape M/Sport	10
2	Mariëtte Strauss	Tygerberg	4
3	Charmaine Cupido	Nedbank	3

G'masters:

1	Nancy Will	Pinelands	10
2	Sonja Laxton	RAC	4
3	Helen du Plessis	Tygerberg	3

Juniors:

1	Pamela Moyikwa	VOB	5
2	Ashleigh Simonis	Carbineers	4
3	Sharon Chawola	Gugs	3

STATS TIME

Nancy Will's new world age record (60+) for 50 km in the Old Mutual Two Oceans Marathon placed the spotlight on SA women over this distance. This week we include a list of the top ten SA veteran women ever over 50 km. Secondary performances by the top three are also listed. Note that Grace de Oliveira has four times on the list, but that the fastest time

on a standard course is sixth-placed Jean Rayner's 3:37:30. The first three veterans in the Two Oceans, Thabita Tsatsa (ZIM), Simona Juhász-Staicu (HUN) and Julianie Basson, went through the 50 km mark in 3:26:15, 3:35:25 and 3:39:34 respectively. Basson's time is the 13th fastest ever, but the fourth fastest on a standard course. The list does not include any times set *en route* to a longer distance.

50 KM: TOP 10 VETERAN WOMEN EVER

3:27:03A	Grace de Oliveira	Loskop Dam	05-Apr-03
3:30:06A	Laura Hofer	Pretoria	05-Aug-89
3:32:42A	De Oliveira-2	Loskop Dam	20-Apr-02
3:34:05A	Helene Joubert	Loskop Dam	08-Apr-00
3:35:34A	De Oliveira-3	Johannesburg	07-Sep-03
3:35:45A	Annemarie Lidderd	Loskop Dam	08-Apr-00
3:35:57A	De Oliveira-4	Loskop Dam	23-Apr-05
3:36:26A	Ralie Smit	Pretoria	05-Aug-89
3:37:30	Jean Rayner	Cape Town	29-Mar-97
3:38:53	Sanet Beukes	Cape Town	29-Mar-97
3:38:59A	Amor van Zyl	Johannesburg	30-Aug-98
3:39:41	Allison Hay	Hartbeespoort	16-Mar-02
3:40:02A	Zola Pieterse	Loskop Dam	22-Apr-12

THIS MONTH IN HISTORY

20 years ago: 2 April 1995

Over the years the famous Carlsbad 5 km race in California has produced some of the quickest times in the world over this distance. The 1995 event was no exception; this time the fast course brought Rose Cheruiyot (KEN) a new world record of 15:05, 5 seconds faster than Elana Meyer's previous mark. Her compatriot Delilah Asiago was far behind in 15:24, with Olga Appell (USA) third. The men's race went to another Kenyan, Ismael Kirui, in 13:17. A year earlier, South African Colleen de Reuck had won in 15:20. The race has now had 30 runnings.

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
	28:02	Amos Mitei Kiplimo (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:12	Lusapho April	Port Elizabeth	28 Feb
	43:49	Temesgen Ejerssa Daba (ETH)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:04	Stephen Mokoka	Cape Town	04 Apr
	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	70:08	Enoch Skosana	Pretoria	11 Apr
	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	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	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	33:25	Eric Coetzee	Bellville	28 Mar
	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	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	37:40	Muhammad Kriel	Bellville	28 Mar
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	92:55	Awie Veldsman	Cape Town	04 Apr
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	31:03	McMarshal Hartzenberg	Bellville	28 Mar
	27:52	Richard Chelimo (KEN)	1990	
15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN)	2004	
21.1 km	72:20	Godfrey Mhlanga	Pretoria	11 Apr
	72:22A	Mduduzi Hlatshwayo	Paulpietersburg	15 Feb
	59:16	Samuel Wanjiru (KEN)	2005	

WOMEN

Open

10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	34:03A	Lebo Phalula	Paulpietersburg	15 Feb
	31:00	Malika Asahssah (MAR)		
	30:21	Paula Radcliffe (GBR)	2003	
15 km	55:00	Ebeth Marais	Ravensmead	14 Mar
	46:14	Florence 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
	1:31:20	Marily dos Santos (BRA)		
	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
	2:26:51	Priscilla Welch (GBR)	1987	
100 km	7:00:27	Normi Sakurai (JPN)	2007	

Masters (50+)

10 km	40:10	Elmarie Coetzee	Cape Town	29 Mar
	34:44	Tatyana Pozdniakova (UKR)	2005	
15 km	61:03	Elmarie Coetzee	Ravensmead	14 Mar

21.1 km	54:33 90:40 76:07	Shirley Matson (USA) 1991 Jane Mudau Benoni Tatyana Pozdniakova (UKR) 2006	25 Jan
25 km	2:15:05 2:06:53A	Debby de Koning Durban Maria Wareing Pinetown	08 Mar 25 Jan
30 km	2:23:26	Olga Howard Camps Bay	04 Jan
Marathon	3:11:23 2:31:05	Jane Mudau Polokwane Tatyana Pozdniakova (UKR) 2005	28 Mar
100 km			

Grandmasters (60+)

10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
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 2:17:50A	Maureen Parry Pam Rasmussen	Durban Pinetown	08 Mar 25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19 3:30:47A	Wendy Fitzmaurice Nancy Will	Durban Simon's Town	01 Mar 15 Feb
100 km				

Juniors

10 km	36:12 31:42	Nicole van der Merwe Zola Pieterse (RSA) 1984	Pretoria	28 Feb
15 km	58:26 49:40	Pamelia Moyikwa Ines Chenonge (KEN) 2001	Ravensmead	14 Mar
21.1 km	84:17 1:09:05	Nonhlanhla Dlamini Delilah Asiago (KEN) 1991	Cape Town	04 Apr

Contributors to this issue: Alen Hattingh, Derrick Chamberlain, André Pienaar, Pete van der Merwe, James Evans, Ian Laxton, SWD Athletics

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



A promotional banner for the Cape Town 12 One Run. The background is a scenic view of a coastline at sunset, with a runner silhouetted against the bright sky. The banner includes the event logo, a call to action, the website, and logos of sponsors FNB, KFM, and Puma, along with social media handles.

CAPE TOWN 12
ONE RUN

ENTRIES NOW OPEN

GET YOUR RUN ON NOW

www.thecapetown12.com

FNB **KFM** **PUMA**

f Cape Town 12 @ctown12 #ct12run