

Distance Running Results

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With one of his vanquished rivals looking on from the sideline and the others strung out far behind him on the track, Stephen Mokoka speeds towards his new SA 5000-metre record in Stellenbosch on Saturday. [Riël Hauman]

EDITORIAL

The highlight of the 108th SA Track & Field Championships, held at the famous Coetzenburg track in Stellenbosch this weekend, was the new SA record of 13:11.44 by Stephen Mokoka in the 5000 m. It does not only give him a World Championships qualifier, but the fastest time in the world this year. If he had had more competition over the last eight or nine laps, he would certainly have come close to, or under, 13 minutes. He won by almost 30 seconds and wiped Shadrack Hoff's 13:14.16, set almost twenty years ago in Gateshead, from the record book.

The performance also gave Mokoka, the current national 10 km and cross-country champion, his twentieth SA title (on all three surfaces) after he had taken the 10000-metre crown the previous day, when windy conditions denied him a World Championships qualifier. He has now won the 10000 m six times,

including five in succession. The only athletes with more titles over this distance are Xolile Yawa, with nine, and Andries Krogmann, with seven.

In the women's competition Lebo Phalula took both the 1500 and 5000 with some ease. Former world champion Caster Semenya won the 800.

South Africans had mixed fortunes in international marathons. In Boston Lusapho April finished 13th in 2:16:25 after running with the leaders until Heartbreak Hill, but in Hannover, where April holds the course record, Mapaseka Makhanya was third in a splendid

2:31:02. This is more than 5½ minutes faster than her previous PB (set on an aided course) and shot her up into fifth place on the SA all-time list – with only Elana Meyer, Colleen de Reuck, Frith van der Merwe and René Kalmer ahead of her.

In the Mt. SAC Relays in Walnut Dominique Scott achieved yet another PB when she finished seventh in the 1500 m in 4:12.16.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Chatsworth Freedom Marathon & 25 km, Chatsworth
- * Forever Resorts Loskop 50 km & Wild Challenge Half Marathon, Middelburg to Loskop Dam
- * Leapfrog Gordon's Bay Half Marathon, Gordon's Bay
- * Great Brak River 10 km, Great Brak River
- * Track: SA Track & Field Championships, Stellenbosch; SA Junior, Youth, Sub-youth & U.23 Championships, Bloemfontein

International highlights:

- * Boston Marathon, Hopkinton to Boston, USA
 - * HAJ Marathon Hannover, Hannover, GER
 - * Lago Maggiore Half Marathon, Stresa to Verbania, ITA
 - * B.A.A. 5 km & B.A.A. Invitational Mile, Boston, USA
 - * Track: Mt. SAC Relays, Walnut, USA; Oregon Relays Eugene, USA
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ROAD RUNNING

Chatsworth Freedom Marathon & 25 km

Chatsworth, 19 April

(Distances: 52 km & 25 km; loop courses)

52 km

MEN

1 Arcilio Nhacutoe (Eskom) 3:13:50; 2 Jabulani Dlomo (Bluff) 3:19:02; 3 Sylvester Madi (ME) 3:21:15. **Veterans:** 1 Zenzele Samuel Zondi (Umlazi) 3:28:18; 2 Petros Zweni (DCS) 3:39:45; 3 Thembele Qhangiso (Tonga Panthers) 3:43:14. **Masters:** 1 Willie Siphon Majombozi (Boxer) 3:59:51; 2 Eloi de Oliveira (Boxer) 4:08:58; 3 Edmund Mngadi (Stella) 4:11:42. **G'masters:** 1 Sifiso Mfayela (Stella) 4:10:14.

WOMEN

1 Janie Grundling (Westville) 4:06:58; 2 Nonsikelelo Mbambo (Carb) 4:09:29; 3 Jadi Clark (Stella) 4:11:37. **Veterans:** 1 Vicky Crookes (Collegians) 4:44:55; 2 Sandy Aiken-Rose (Westville) 4:48:50; 3 Tholakele Ngcobo (Eskom) 05:07:57. **Masters:** 1 Megan Finestone (Westville) 5:08:57; 2 Khaya Mahlati Durban 5:21:45; 3 Gaye Jackson (Ind) 5:23:36. **G'masters:** 1 Maureen Parry (Chiltern) 6:17:51.

25 km

MEN

1 Sphamandla Mbhanjwa (Ixopo) 1:36:00; 2 Sibongiseni Ngcongco (ME) 1:36:13; 3 Vusi Mnyandu (ME) 1:36:36. **Veterans:** 1 Michael Ndlovu (Ethekwini) 1:39:25. **Masters:** 1 Maduray Munsami (Phoenix Villagers) 1:46:57. **G'masters:** 1 Amos Ntuli (Hammersdale) 2:14:32. **Juniors:** 1 Phumelelo Mweli (YWP) 1:38:57; 2 Silloyana Nthando Zondo (ME) 1:40:36; 3 Nkanyiso Khwela (UKZN) 2:21:41.

WOMEN

1 Nomcebo Mthethwa (uMhlathuze) 1:54:46; 2 Zisandele Mkhize (Ind) 1:58:27; 3 Nomalanga Goba (Inanda Qadi) 2:02:11. **Veterans:** 1 Norah Tembisile Mwelase (Kwadabeka) 2:08:59. **Masters:** 1 Roshini Natasen (Highway) 2:22:57. **G'masters:** 1 Patricia Fisher (Stella) 2:23:34.

Forever Resorts Loskop 50 km (29th) & Wild Challenge Half Marathon (9th)

Middelburg to Loskop Dam, 18 April

(Distances: 50 km & 21.1 km. Ultramarathon: Point-to-point downhill course; the elevation loss from start [1475 m] to finish [930 m] is 545 m, i.e. 10.9 m/km. Half Marathon: drop unknown. Weather: sunny to partly cloudy, cool to warm, perfect running conditions.)

50 km

MEN

1. Vincent Seng (JMPD) 2:51:29
2. Joseph Mphuthi (SG) 2:52:10
3. Charles Tjiane (ME) 2:53:32 (1st vet)
4. Brighton Chipere (ZIM/Ned) 2:57:37
5. Felix Mushurwa (ZIM/Ned) 2:59:08

Veterans: 1. Charles Tjiane (ME) 2:53:32; 2. Brighton Chipere (ZIM/Ned) 2:57:37; 3. Phillimon Manyaka (Ned) 3:10:44. **Masters:** 1. Gideon Radebe (Anglo) 3:30:04; 2. Israel Madibana (Eskom) 3:33:34; 3. Dieter Stapel (BNAC) 3:37:46. **G'masters:** 1. Theo Swanepoel (Kempton) 3:55:12; 2. Don Charles (Ned) 4:04:10.

WOMEN

1. Jennifer Koech (KEN/Ned) 3:26:36
2. Salome Cooper (Runav) 3:40:01
3. Lesley Train-Austin (Krugers) 3:41:10 (1st vet)
4. Emmerentia Rautenbach (Ned) 3:43:19
5. Jane Mudau (Pieters) 3:43:49 (1st mast)

Veterans: 1. Lesley Train-Austin (Krugers) 3:41:10; 2. Lindy Benson (Bedford) 3:52:23; 3. Mitsie van der Westhuizen (Runav) 3:52:42. **Masters:** 1. Jane Mudau (Pieters) 3:43:49; 2. Ansie Breytenbach (Irene) 4:00:25; 3. Rita van Wyk (Boks) 4:24:49. **G'masters:** 1. Patricia Shaw (BNAC) 5:10:00; 2. Mayla Pieterse (Roode) 5:26:01.

Half marathon

MEN

1. Retsipile Khotle (BH) 1:11:13; 2. Luwis Masunda (ZIM/Ned) 1:11:56; 3. Collin Parura (ZIM/Ned) 1:12:08; 4. Tebogo Pulasa (Dwars) 1:13:01; 5. Amos Thanjekwayo (Midack) 1:13:57.

Veterans: 1. Johan Gouws (Alberton) 1:30:18; 2. Kholofelo Malaka (Loskop) 1:31:46; 3. Mfana Ngwenya (Eskom) 1:38:36. **Masters:** 1. Linda Maphanga (Anglo) 1:26:13; 2. Alan Smith (Merc) 1:43:38; 3. Johannes Masemola (Sasol) 1:51:50. **G'masters:** 1. Cyril Vergie (Merc) 1:50:17; 2. Ken Poole (Jeppe) 2:03:16. **Juniors:** 1. Thulane Lekuleni (Ehlang) 1:18:19; 2. Sunday Mkhathshwa (Sibande) 1:21:16; 3. Albert Zikode (Ehlanz) 1:21:32.

WOMEN

1. Azwindini Gladys Lukhwareni (CR) 1:34:14; 2. Anita O'Brien (Wild) 1:34:19; 3. Judith Seipati Peo (ME) 1:37:22; 4. Lerentia Strydom (Eskom) 1:38:14; 5. Nkeke Gift Ramabele (Eskom) 1:38:53.

Veterans: 1. Linah Mhlongo (Eskom) 1:41:46; 2. Catherine Naane (SG) 1:44:42; 3. Florence Molawa (AM) 1:56:45. **Masters:** 1. Jackie Frey (Xhosa) 1:53:27; 2. Linda van der

Gryp (Krugers) 1:58:00; 3. Ronel Fourie (Trans) 2:14:47. **G'masters:** 1. Frances van Blerk (Ned) 1:58:28; 2. Busisiwe Kubheka (Sasol) 2:16:34. **Juniors:** 1. Marizel Cilliers (Agape) 1:56:05; 2. René-Mari Luus (Rooies) 2:00:03; 3. Martinique Stolz (Rooies) 2:02:41.

Leapfrog Gordon's Bay Half Marathon

Gordon's Bay, 18 April

(Distance: 21.1 km; certified out-and-back course. Weather: very windy for the first and last 5 km; no wind for the remainder of the race. Finishers: 1425 [up from 1280 last year].)

MEN

1. Mthandazo Qhina (Ned) 1:06:53 (R1000)
2. Siviwe Nkombi (Itheke) 1:07:48 (R600)
3. Peter Tsawayo (ZIM/Gugs) 1:08:08 (R400)

Veterans: 1. Tsungai Mwanengeni (ZIM/CMC) 1:11:23 (R600); 2. Xolile Macanda (Gugs) 1:18:37 (R400); 3. Nicholas Mpontsane (Sanlam) 1:19:04 (R200). **Masters:** 1. Eric Coetzee (Ind) 1:16:21 (R500); 2. Xolani Ntsodo (SANDF) 1:23:11 (R300); 3. Eric Mlonyeni (Strand) 1:25:34 (R100). **G'masters:** 1. Brian Merryweather (EDge) 1:38:33 (R300); 2. Steven Granger (VOB) 1:38:57 (R200); 3. Dicky Cloete (SANDF) 1:40:48 (R100). **G/g'masters:** 1. Joseph Matthews (MS) n/t. **Juniors:** 1. Denzil Byman (Itheke) 1:16:26 (R300); 2. Yanga Kelly (Sanlam) 1:26:38 (R200); 3. Matthias Makumba (Hout) 1:27:41 (R100).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Celtic) 1:24:12
2. Candyce Hall (Carb) 1:26:32
3. Obertina Kanyongo (ZIM/WC) 1:28:30

Veterans: 1. Obertina Kanyongo (ZIM/WC) 1:28:30; 2. Ursula Frans (Ned) 1:30:49; 3. Ursula Turck (Strand) 1:32:47. **Masters:** 1. Elmarie Coetzee (CMC) 1:31:30; 2. Mariëtte Strauss (Tyger) 1:33:10; 3. Charmaine Cupido (Ned) 1:38:23. **G'masters:** 1. Nancy Will (Pine) 1:47:52; 2. Veronica van Niekerk (EGA) 1:49:14; 3. Helen du Plessis (Tyger) 1:55:35. **Juniors:** 1. Busisiwe Gwala (VOB) 1:47:10; 2. Natasha Kleinhans (ARD) 2:17:47.

Great Brak River 10 km

Great Brak River, 18 April

(Loop course. Finishers: 173 [slightly up from 162 last year].)

MEN

1	Elfonzo Pieterse	Nedbank SWD	26	32:04
2	Godwin Heyns	Nedbank SWD	17	32:13
3	Donavan Jantjies	Rainbow	18	32:56
4	Julius Korkee	Nedbank SWD	30	33:22
5	Dullan Solomons	Nedbank SWD	16	34:31
6	Jan Isaks	Rainbow	29	35:48
7	Auschten October	Nedbank SWD	16	35:57
8	Melikhaya Msizi	KMC	31	36:28
9	Francois du Toit	Outeniqua Harriers	28	36:28
10	Wayne Hartzenberg	Outeniqua Harriers	17	36:42

Veterans:

1	Aubrey Brinkhuis	KMC	38:43
2	Anton Chevalier	Nedbank SWD	38:44

Masters:

1	Dirk Joubert	Hartenbos Drawwers	42:52
2	Samuel Windvogel	Outeniqua Harriers	44:36

G'masters:

1	Jan du Toit	Hartenbos Drawwers	46:03
2	Burnett Zaayman	Hartenbos Drawwers	54:01

Juniors:

1	Godwin Heyns	Nedbank SWD	32:13
2	Donovan Jantjies	Rainbow	32:56

WOMEN

1	Marrida Leen	Mossel Bay Harriers	17	39:32
2	Lana Theunissen	Nedbank SWD	42	40:25
3	Cecilia Nel	Hartenbos Drawwers	33	41:16
4	Candice van Beulen	Rainbow	15	42:45
5	Annatjie Botes	Nedbank SWD	57	43:16
6	Clarisha Pieterse	Mossel Bay Harriers	16	43:44
7	Charmaine Lamprecht	Nedbank SWD	31	45:06
8	Elmari du Plessis	Hartenbos Drawwers	29	46:39
9	Carine Badenhorst	Nedbank SWD	36	47:11
10	Nadeane Coetzee	Sedgefield Striders	25	48:35

Veterans:

1	Lana Theunissen	Nedbank SWD	40:25
2	Annelie Kruger	Hartenbos Drawwers	50:44

Masters:

1	Annatjie Botes	Nedbank SWD	43:16
2	Elsa de Villiers	Hartenbos Drawwers	49:20

G'masters:

1	Dina Fryer	Hartenbos Drawwers	57:04
2	Jane Mouton	NBMC Eden	1:07:12

Juniors:

1	Marrida Leen	Mossel Bay Harriers	39:32
2	Candice van Beulen	Rainbow	42:45

TRACK**South African Track & Field Championships (108th)**

Stellenbosch, 17-18 April

Note: Here are the medal winners in all the distance events, except the women's 10000 m. Hopefully we will have deeper results next week. The men's 10000 m and the women's 5000 m were held on the first day; all other events were on the second day. – Ed.

MEN

800:

1. André Olivier (CNW) 1:46.02
2. Rynardt van Rensburg (FS) 1:46.97
3. Jacob Rozani (CNW) 1:47.37

1500:

1. Johan Cronje (FS) 3:37.93
2. Dumisani Hlaselo (CGA) 3:38.38
3. Jerry Motsau (CNW) 3:39.26

3000 s/chase:

1. Dikotsi Lekopa (CNW) 8:32.17
2. Tumisang Monnatlala (CGA) 8:33.02
3. Tumelo Motlagale (CGA) 8:37.33

5000:

1. Stephen Mokoka (AGN) 13:11.44 (SA rec)
2. Gladwin Mzazi (AGN) 13:40.97
3. Sibusiso Nzima (CGA) 13:41.91

10000:

1. Stephen Mokoka (AGN) 28:15.53
2. Sibusiso Nzima (CGA) 28:49.99
3. Precious Mashele (AGN) 29:06.38

WOMEN

800:

1. Caster Semenya (CNW) 2:05.05
2. Lebogang Phalula (CGA) 2:05.89
3. Mandie Brandt (BOL) 2:06.30

1500:

1. Lebo Phalula (CGA) 4:14.43
2. Lebogang Phalula (CGA) 4:17.33
3. Thineke Fourie (BOL) 4:21.43

3000 s/chase:

1. Thembi Baloyi (AGN) 10:28.30
2. Jeanette Bokadi (CGA) 10:40.40
3. Cherise Sims (FS) 11:01.24

5000:

1. Lebo Phalula (CGA) 16:19.72
2. Nolene Conrad (CGA) 16:24.24
3. Glenrose Xaba (MPU) 16:42.72

South African Junior, Youth, Sub-youth & U.23 Championships

Bloemfontein, 9-11 April

MEN JUNIOR

800:

- | | | | | |
|---|----------|-------------|-------------------|---------|
| 1 | Heinrich | Van Niekerk | Gauteng North | 1:51.03 |
| 2 | Thato | Masimini | Central Gauteng | 1:51.18 |
| 3 | Darren | Stevens | Westerrn Province | 1:51.26 |

1500:

- | | | | | |
|---|------------|-----------|-------------------|---------|
| 1 | William | Potgieter | Central Gauteng | 3:52.97 |
| 2 | Ruan | Meintjies | Free State | 3:54.15 |
| 3 | Bruce-Lynn | Damons | Westerrn Province | 3:56.43 |

3000 s/chase:

- | | | | | |
|---|---------|-----------|-----------------|---------|
| 1 | Ikageng | Gaorekhe | Central Gauteng | 9:27.11 |
| 2 | Thabo | Thoahlane | Free State | 9:33.56 |
| 3 | Anele | Hadebe | Kwa-Zulu Natal | 9:34.82 |

5000:

1	Kwanele	Mthembu	Gauteng North	15:12.56
2	Sibusiso	Hlope	Kwa-Zulu Natal	15:21.46
3	Yanga	Malusi	Transkei	15:23.30

10000:

1	Kabelo	Melamo	Central Gauteng	31:39.68
2	Thapelo	Modula	Free State	33:09.92
3	Dylan	Van Der Merwe	Central Gauteng	33:23.10

BOYS YOUTH

800:

1	Theuns	Ehlers	Gauteng North	1:50.83
2	Vuni	Madonsela	Mpumalanga	1:51.31
3	Juan	Jones	Western Province	1:54.36

1500:

1	Vuni	Madonsela	Mpumalanga	3:56.67
2	Thabile	Mkupheni	Transkei	3:58.42
3	Migael	Strydom	Central Gauteng	3:58.47

2000 s/chase:

1	Joseph	Mokoteli	Free State	6:05.97
2	Kabelo	Seboko	Central Gauteng	6:10.75
3	Thapelo	Makofane	Gauteng North	6:10.79

3000:

1	Rowhaldo	Ratz	Western Province	8:36.16
2	Thabo	Masina	Central Gauteng	8:38.94
3	Thabile	Mkupheni	Transkei	8:47.45

BOYS SUB-YOUTH

800:

1	Lewis	Ngwenya	Gauteng North	1:54.56
2	Alden	Deyssel	Central Gauteng	1:57.51
3	Tertius	Mentz	Mpumalanga	1:57.57

1500:

1	Mohlouwa	Molutsi	Free State	4:13.76
2	Ntuthuko	Ndimande	Central Gauteng	4:16.00
3	Sanele	Mokoena	Free State	4:16.29

3000:

1	Tumi	Lephoto	Central Gauteng	9:11.64
2	Caleb	Beukus	Central Gauteng	9:14.71
3	Christopher	Swart	Gauteng North	9:17.44

MEN U.23

800:

1	Duran	Faro	Western Province Ind	1:49.46
2	Pieter	Conradie	Central North West	1:49.57
3	Solomon	Botlholo	Central Gauteng	1:50.46

1500:

1	Samuel	Mathabata	Central Gauteng	3:48.50
2	Rantso	Mokopani	Central North West	3:50.21
3	Henry	Makane	Central Gauteng	3:50.53

3000 s/chase:

1	Tumisang	Monnatlala	Central Gauteng	8:59.14
2	Milton	Kekana	Limpopo	9:44.28
3	Tumisang	Sibanyoni	Gauteng North	9:49.32

5000:

1	Tumisang	Monnatlala	Central Gauteng	14:49.11
2	Njabulo	Tshabalala	Central Gauteng	14:52.23
3	Anthony	Timoteus	Western Province	14:56.69

10000:

1	Ndumiso	Sokhela	Kwa-Zulu Natal Ind	31:53.90
2	Zithulele	Ntanzu	Central Gauteng	34:05.51
3	Tshepo	Majwafi	Central Gauteng	34:88.77

WOMEN JUNIOR

800:

1	Danel	Du Plessis	Mpumalanga	2:12.53
2	Thandi	Sehohle	Central Gauteng	2:13.22
3	Dimpo	Diale	Gauteng North	2:14.53

1500:

1	Carina	Viljoen	Central Gauteng	4:31.10
2	Lizerie	Ferreira	Gauteng North	4:33.90
3	Thandi	Sehohle	Central Gauteng	4:39.30

3000:

1	Carina	Viljoen	Central Gauteng	10:20.09
2	Nonhlanhla	Dlamini	Central Gauteng	10:22.11
3	Jamie-Lee	Schlemmer	Eastern Province	11:01.27

3000 s/chase:

1	Jeanette	Bokadie	Central Gauteng	11:13.83
2	Jessica	Bezuidenhout	Central Gauteng	11:52.10
3	Caylee	Ellero	Kwa-Zulu Natal	12:04.97

5000:

1	Pamela	Moyikwa	Western Province	18:37.37
2	Lize	Botha	Gauteng North	18:37.41
3	Farida	Zwane	Central Gauteng	18:58.96

GIRLS YOUTH

1500:

800:

1	Liza	Kellerman	Central Gauteng	2:10.06
2	Celia	Stramrood	Central Gauteng	2:11.36
3	Lehlogonolo	Magoro	Gauteng North	2:13.72

1500:

1	Simonay	Weitsz	Central Gauteng	4:27.51
2	Liza	Kellerman	Central Gauteng	4:35.20
3	Nicole	Van Der Merwe	Central Gauteng	4:35.85

2000 s/chase:

1	Tshegofatso	Sethlakgoe	Gauteng North	7:22.10
2	Bongeka	Magubane	Central Gauteng	7:49.48

3	Lesego	Moshe	Central Gauteng	7:51.79
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3000:

1	Simonay	Weitsz	Central Gauteng	10:03.47
2	Nicole	Van Der Merwe	Central Gauteng	10:07.86
3	Thobile	Amon	Gauteng North	10:27.29

GIRLS SUB-YOUTH

800:

1	Beetrice	Themane	Central Gauteng	2:10.57
2	Itumeleng	Rasekanya	Central Gauteng	2:12.87
3	Hennelie	Gericke	Gauteng North	2:13.85

1500

1	Keletso	Senose	Gauteng North	4:30.80
2	Nicole	Louw	Free State	4:33.10
3	Tshwanelo	Maruping	Central Gauteng	4:33.14

3000:

1	Nicole	Louw	Free State	9:51.42
2	Tshwanelo	Maruping	Central Gauteng	9:53.84
3	Yandiswa	Shange	Central Gauteng	10:01.76

WOMEN U.23

800:

1	Kelly	Fletcher	Kwa-Zulu Natal	2:09.90
2	Thato	Makhafola	Central Gauteng	2:10.41
3	Adel	Vermaak	Gauteng North	2:10.82

1500:

1	Mamphielo	Sibanda	Central Gauteng	4:31.57
2	Leanda	Du Bruyn	Western Province	4:40.57
3	Murendwa	Davhana	Gauteng North	4:43.15

3000 s/chase:

1	Cherise	Sims	Free State	11:48.09
2	Leani	Grimes	Gauteng North	11:11.79

5000:

1	Glenrose	Xaba	Mpumalanga	17:18.74
2	Murendwa	Davhana	Gauteng North	18:06.14
3	Bernadine	Mcloud	Central North West	18:09.47

10000:

1	Glenrose	Xaba	Mpumalanga	36:00.78
2	Jenet	Dlamini	Kwa-Zulu Natal	36:44.65
3	Marli	Van Staden	Gauteng North	37:47.84

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

Boston Marathon (119th)

(Abbott World Marathon Majors and IAAF Gold Label Event)

Hopkinton to Boston, USA, 20 April

(Distance: 42.195 km point-to-point course with 3.23 m/km elevation loss. Weather:

Cloudy, windy and cold with rain, sometimes heavy, late in the race; about 5C)

MEN (gun times)

1. Lelisa Desisa, 25, ETH	2:09:17	\$150,000
[1:04:02 / 1:05:15]		
2. Yemane Adhane Tsegay, 30, ETH	2:09:48	75,000
3. Wilson Chebet, 29, KEN	2:10:22	40,000
4. Bernard Kipyego, 28, KEN	2:10:47	25,000
5. Wesley Korir, 32, KEN	2:10:49	15,000
6. Frankline Chepkwony, KEN	2:10:52	12,000
7. Dathan Ritzenhein, 32, Belmont, MI	2:11:20	9,000
8. Meb Keflezighi, 39, San Diego, CA	2:12:42	7,400
9. Tadese Tola, 27, ETH	2:13:35	5,700
10. Vitaliy Shafar, 33, UKR	2:13:52	4,200
11. Matt Tegenkamp, 33, Portland, OR	2:13:52	2,600
12. Jeffrey Eggleston, 30, Boulder, CO	2:14:17	2,100
13. Lusapho April, 32, RSA	2:16:25	1,800
Patrick Makau, KEN	DNF (last split 5 km 15:25)	
Abel Kirui, KEN	DNF (last split 35 km 1:55:03)	
Gebre Gebremariam, ETH	DNF (last split 30 km 1:32:05)	
Zersenay Tadese, ERI	DNF (last split 25 km 1:16:17)	

ALL-WOMEN'S PROFESSIONAL RACE (gun times)

1. Caroline Rotich, 30, Santa Fe, NM (KEN)	2:24:55	\$150,000
2. Mare Dibaba, 25, ETH	2:24:59	75,000
3. Buzunesh Deba, 27, Bronx, NY (ETH)	2:25:09	40,000
4. Desiree Linden, 31, Washington, MI	2:25:39	25,000
5. Sharon Cherop, 31, KEN	2:26:05	15,000
6. Caroline Kilel, 34, KEN	2:26:40	12,000
7. Aberu Kebede, 28, ETH	2:26:52	9,000
8. Shure Demise, 19, ETH	2:27:14	7,400
9. Shalane Flanagan, 33, Portland, OR	2:27:47	5,700
10. Joyce Chepkirui, 26, KEN	2:29:07 PB	4,200
11. Aleksandra Duliba, 27, BLR	2:29:23	2,600
12. Lisa Nemec, 30, CRO	2:35:18	2,100
13. Adriana Nelson, 35, Mammoth Lakes, CA	2:38:47	1,800
Amy Cragg, Providence, RI	DNF (last split 35-K/2:05:53)	

HAI Marathon Hannover (25th)

Hannover, GER, 19 April

(Distance: 42.195 km)

MEN (gun times)

1. Jacob Cheshari Kirui, KEN	2:09:32
2. Bekele Chala Adugna, ETH	2:09:42 PB

- | | |
|----------------------------------|------------|
| 3. Martin Kiprugut Kosgey, KEN | 2:09:50 PB |
| 4. Solomon Mutai, UGA | 2:10:42 PB |
| 5. Augustine Kipkoech Ronoh, KEN | 2:10:45 PB |

WOMEN (gun times)

- | | |
|---|------------|
| 1. Souad Ait Salem, ALG | 2:27:21 |
| 2. Olha Kotovska, UKR | 2:29:13 |
| 3. Mapaseka Makhanya, RSA | 2:31:02 PB |
| 4. Vaida Žusinaite, LTU | 2:37:59 PB |
| 5. Aynalem Woldemariyat Woldemichael, ETH | 2:38:11 PB |

Lago Maggiore Half Marathon (8th)

Stressa to Verbania, ITA, 19 April

(Distance: 21.1 km; point-to-point course around Lago Maggiore with approx. 10 m elevation GAIN)

MEN (gun times)

- | | |
|--------------------------|------------|
| 1. Solomon Yego, KEN | 1:00:47 PB |
| 2. Festus Talam, KEN | 1:00:56 PB |
| 3. Jairus Birech, KEN | 1:01:05 PB |
| 4. Nicholas Bor, KEN | 1:01:37 |
| 5. Temesgen Ejerssa, ETH | 1:01:38 |

WOMEN (gun times)

- | | |
|------------------------|------------|
| 1. Sutume Kebede, ETH | 1:09:07 PB |
| 2. Leonidah Mosop, KEN | 1:10:18 |
| 3. Geneta Kabela, ETH | 1:11:17 PB |
| 4. Yewdbar Gelan, ETH | 1:11:20 PB |
| 5. Hana Abo, ETH | 1:11:50 PB |

B.A.A. 5 km (7th)

(First leg of 2015 B.A.A. Distance Medley)

Boston, USA, 18 April

(Distance: 5 km; NEW certified one-loop course)

Note: The American records for 5 kilometers on the road came crashing down here when Ben True and Molly Huddle won in 13:22 and 14:50 respectively. – Ed.

MEN (gun times)

- | | |
|--|--------------|
| 1. Ben True, 29, Hanover, NH | 13:22 CR/NR* |
| 2. Stephen Sambu, 26, Tucson, AZ (KEN) | 13:23 |
| 3. Daniel Salel, 24, KEN | 13:27 PB |
| 4. Philip Langat, 24, KEN | 13:32 PB |
| 5. Girma Mecheso, 27, West Chester, PA | 13:42 PB |

*) Course record \$5000 bonus

WOMEN (gun times)

- | | |
|-------------------------------------|--------------|
| 1. Molly Huddle, 30, Providence, RI | 14:50 CR/NR* |
| 2. Sentayehu Ejigu, 29, ETH | 14:51 PB |
| 3. Mamitu Daska, 31, ETH | 14:52 PB |
| 4. Gelete Burka, 29, ETH | 14:57 |
| 5. Buze Diriba, 21, ETH | 15:00 PB |

*) Course record \$5000 bonus

B.A.A. Invitational Mile (7th)

Boston, USA, 18 April

(Distance: 1 mile; three-loop certified course)

PROFESSIONAL MEN

1. Dejen Gebremeskel, ETH	4:04.1	\$3000
2. Chris O'Hare, GBR	4:07.0	2000
3. Frezer Legesse, USA	4:08.1	1000

PROFESSIONAL WOMEN

1. Dawit Seyaum, 1996, ETH	4:35.4 CR*	\$3000
2. Heather Kampf, USA	4:37.0	2000
3. Morgan Uceny, USA	4:37.7	1000

OUTDOOR TRACK**Mt. SAC Relays (57th)**

Walnut, USA, 16-18 April

MEN

600 (18):

Invitational Section -

1. Duane Solomon	Saucony	1:15.44 WL
2. Boris Berian	Big Bear TC	1:16.14 PB
3. Richard Jones	Unattached	1:16.50 PB

WOMEN

800:

Invitational Section (18):

1. Brenda Martinez	New Balance	2:00.83
2. Gabriela Elizabeth Medin	Mexico-FMAA (MEX)	2:02.22
3. Marilyn Okoro	Great Britain (GBR)	2:02.35

1500:

Invitational A Section (17) -

1. Sarah Brown	New Balance	4:08.15 WL
2. Stephanie Brown	Nike	4:08.51 PB
3. Alexa Efraimson (1997)	Nike	4:09.43 WJL
4. Gabriela Stafford	Toronto (CAN)	4:11.46 PB
5. Colleen Quigley	Florida State	4:11.61 PB
6. Muriel Coneo	Porvenir - Colombia	4:11.64
7. Dominique Scott	Arkansas (RSA)	4:12.16 PB

Oregon Relays

Eugene, USA, 16-18 April

WOMEN

1500:

A Section -

1. Annie Leblanc, JR, Oregon (CAN),	4:16.17
2. Mary Cain, Oregon Project,	4:17.91
3. Alexi Pappas, Nike OTCE,	4:19.16

NEWS

DESPITE SMALL STADIUM, EUGENE GETS WORLD CHAMPS IN UNUSUAL FASHION

In an unusual move, the International Association of Athletics Federations (IAAF) awarded Eugene, Oregon, the 2021 IAAF World Championship in a special vote on the second day of their Council Meeting in Beijing, bypassing the usual bidding process. The championships, which will take place at historic Hayward Field at the University of Oregon, will be the first ever held in the United States, reports *Race Results Weekly*.

United States Track & Field (USATF) had previously bid for the 2019 championships, but was defeated by Doha, Qatar (Barcelona, Spain, was also a bidder).

IAAF officials said in a statement that awarding Eugene the 2021 championships in a summary fashion was justified because of "a unique strategic opportunity" to host the World Championships for the first time in the United States. This had been a long-held goal of outgoing IAAF President Lamine Diack.

"In granting the championships to Eugene the IAAF Council have made a clear choice on a strategic decision that enables us to take advantage of a unique opportunity that may never arise again, whereby public authorities, the private sector, the national Olympic Committee, (broadcaster) NBC and a particularly enthusiastic public are joining forces," Diack said through a media release. "Although this decision departs from the usual procedure, I am delighted that my Council colleagues understood the enormous opportunity presented to us to access a key market and have taken a decision in the interest of the global development of our sport."

Hayward Field's pedigree as a venue for track meets with enthusiastic and knowledgeable fans is not in question. The stadium hosted the 2012 USA Olympic Trials, the most important athletics competition in the United States, and will host the 2016 Trials and the 2015 national championships. The Prefontaine Classic, the IAAF Diamond League Meeting, is held every year in Eugene, and the NCAA Championships are often held in Eugene (they will take place there this year).

Nonetheless, the IAAF decision is likely to be controversial. Hayward Field's seating capacity is much smaller than the usual mega-stadiums used for world championships. According to Wikipedia, the regular capacity of the stadium is just 10 500 but is expandable to 21 000. The facility would be expanded further to host the world championships, but would still be much smaller than a stadium like National Stadium in Beijing (widely known as the Bird's Nest), which was used for the 2008 Olympic Games and will be used for this summer's IAAF World Championships in Athletics. The Bird's Nest has a capacity of 80 000.

Moreover, Eugene is a small city by global standards with a population of about 160 000. Spencer Nel -- the head of global sports marketing in the running and athletics category for adidas, who was opposed to Eugene's 2019 bid -- poked fun at Eugene's selection via Twitter. "Can my village also bid for world champs?" Nel tweeted shortly after the decision was announced. "We have a 6 lane track and a 3000 seater stadium. Bidding not needed anymore I see."

The exact dates of the 2021 IAAF World Championships were not released, but the championships are usually held in August. Eugene is warm and dry at that time of year.

SPAR GRAND PRIX POINTS TABLE

The revised Spar Grand Prix points table after the first race in Cape Town is:

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	Vicky van der Merwe	Temp	3
18	Tanya Scott	UCT	2
19	Tebogo Masehla	Boxer	1

Veterans:

1	Janine Carey	Boxer	10
2	Julie Huckle	Hout Bay	3
3	Sheryl de Lange	Cape M/Sport	2

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	K Way VOB	5
2	Ashleigh Simonis	Carbineers	4
3	Sharon Chawola	RCS Gugs	3

STATS TIME**TWO OCEANS MARATHON: TOP 20 SPLITS AT 50 KM**

The 50 km splits for the top twenty men and women in the Old Mutual Two Oceans Marathon are below. Note that the names on the lists are in the order in which they finished, not their order at the 50 km mark. No time is available for Hendrick Ramaala.

MEN

Motlokoa	Nkhabutlane	2:51:20
Collen	Makaza	2:51:44
Moeketsi	Mosuhli	2:52:38
Mthandazo	Qhina	2:53:01
Charles Wachira	Maina	2:54:06
Mike	Fokoroni	2:54:42
Stephen	Muzhingi	2:55:41
Mohammed Temam	Hussein	2:53:01
Teboho	Sello	2:54:25
Arnold Kibet	Kiptaoi	2:57:51
Lehlohonolo	Raletebele	2:55:32
Ben	Matiso	3:00:15
Johannes	Kekana	2:57:31
Jesse Njoroge	Gichuni	3:01:47
Gashaw Melese	Asfaw	3:00:21

Mzwanele	Maphekula	2:59:35
Hendrick	Ramaala	
Lucas	Nonyana	3:03:11
Claude	Moshiywa	2:59:17
Thabo	Motaung	3:02:52

WOMEN

Caroline	Wöstmann	3:20:32
Nina	Podnebesnova	3:19:51
Tanith	Maxwell	3:22:10
Thabita	Tsatsa	3:26:15
Charné	Bosman	3:29:09
Simona	Juhász-Staicu	3:35:25
Devon	Yanko	3:36:20
Chelitu Bogale	Asefa	3:32:45
Paulina	Njeya	3:34:14
Julanie	Basson	3:39:34
Yolande	Maclean	3:43:29
Danette	Smith	3:42:03
Stephanie	Smith	3:45:19
Lesley	Train Austin	3:46:46
Sophia	Sundberg	3:53:01
Ntombesintu	Mfunzi	3:46:06
Jennifer	Koech	3:46:33
Ursula	Frans	3:54:05
Adele	Waldron	3:56:33
Toni	Bennetts	3:56:51
Jane	Mudau	3:51:42

THIS MONTH IN HISTORY

35 years ago: 6 April 1980

Geoff Bacon won the first of his two titles in the Savages Marathon in 2:29:59, with well-known names such as Dave Rogers, Craig Hepburn and Colin Goosen in his wake. Bacon was also a member of the winning DAC team. Exactly five months later, on 6 September, Bacon broke Johnny Halberstadt's SA record with his 2:12:10 in Port Elizabeth. He would continue to compete for many years, winning the SA vets title over 10 km three times and the marathon twice.

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)		

21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	64:04	Stephen Mokoka	Cape Town	04 Apr
	61:21A	Lusapho April	New York	15 Mar
	59:20	Stanley Biwott (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	82:32	Nkosihona Mhlakwana	Durban	08 Mar
	80:54A	Sipho Mbanjuli	Pinetown	25 Jan
30 km	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:15:17	Desmond Mokgobu	Santiago	12 Apr
	2:05:28	Lemi Berhanu Hayle (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	2:03:23p	Wilson Kipsang (KEN) 2013		
	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

30 km	2:04:18A	Boysie van Staden	Pinetown	25 Jan
Marathon	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
100 km	3:18:02	Michael Langa	Durban	01 Mar

Juniors

10 km	31:03	McMarshall 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	2:31:02	Mapaseka Makhanya	Hannover	19 Apr
	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
	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	3:11:23	Jane Mudau	Polokwane	28 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
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	Maureen Parry	Durban	08 Mar
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19	Wendy Fitzmaurice	Durban	01 Mar
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				

Juniors

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	84:17	Nonhlanhla Dlamini	Cape Town	04 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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A promotional banner for the Cape Town 12 One Run. The background is a scenic view of a coastline at sunset, with a runner in silhouette on a path. The banner includes the event logo, a call to action, the website, and sponsor logos (FNB, KFM, PUMA) with social media handles.

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