

Distance Running Results

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Nearing the end of the final marathon of her celebrated career, the fastest female marathoner of all time reaches out to take the hand of a fellow runner in London yesterday. [Jane Monti/*Race Results Weekly*]

EDITORIAL

The drama played out at the front of the Virgin Money London Marathon yesterday, where Eliud Kipchoge (KEN) and Tigist Tufa (ETH) took the titles after tactical battles on a cool, humid day – but far behind them, running in her last marathon, and with more company

than she has had in any of her other marathons, Paula Radcliffe (41) received lots of the attention and tremendous support from the thousands who lined the streets. A smiling and relaxed Radcliffe finished in 2:36:55 and ended a career with the three fastest times in history, a world marathon title (2005) and six performances under 2:20:00. Radcliffe's 2:15:25 on the London streets in 2003 is regarded by many as the best world record in all of athletics – more than 3 minutes faster than the next athlete on the all-time list. "I don't think we will see that time broken in 25 years," said Dave Bedford, the former race director of the London Marathon.

In the men's race six contenders were left after 30 km: world record holder Dennis Kimetto, Kipchoge, Stanley Biwott, Tilahun Regassa, Wilson Kipsang and Sammy Kitwara. Kipchoge assessed the situation, and was feeling confident after winning both the Rotterdam and Chicago Marathons last year. "Experience is the best teacher," he said to *Race Results Weekly*.

So, when Kipsang surged at about 36 km, Kipchoge covered it immediately, leaving the two men alone at the front to fight for the win. Each athlete quickly assessed their chances. "The way he looked I tried to keep a close watch on him," Kipsang said of Kipchoge. "I saw he had more fear than me."

They were side by side just before 40 km (1:58:29), when Kipchoge reached for his personal bottle with his right hand and also put in a quick surge. Kipsang skipped his drink, held back momentarily, then caught back up. The Kenyan pair covered the 25th mile in a blistering 4:33, but Kipchoge wasn't finished showing his speed. With about 650 meters to go, he made one last effort to break Kipsang.

"We look at each other for 40 kilometers," said Kipchoge of Kipsang. "I had to turn and look at his face and I had to go."

Kipchoge opened a five-second gap, and Kipsang was unable to close it. Kipchoge got his fourth marathon victory in five starts, winning in 2:04:42, the third fastest winning time in London. Kipsang crossed in 2:04:47, the fastest ever second place finish in the race.

Kipchoge improved the average of his five quickest marathons to 2:04:42 (see Stats Time) – by coincidence exactly his winning time yesterday – and now has five sub-2:06 marathons in a row – one more than Haile Gebrselassie, Geoffrey Mutai and Patrick Makau have managed. Kipsang passed Gebrselassie as the fastest 33-year-old and now has six sub-2:05 marathons – double the number of the next on the list: Geb, Geoffrey and Emmanuel Mutai, Kimetto and Kipchoge.



The first three men in London at the finish line: Dennis Kimetto, Eliud Kipchoge and Wilson Kipsang. [Jane Monti/*Race Results Weekly*]

Tufa was running to win, despite the presence of the "Fabulous Four" – Kenyans Mary Keitany, Florence Kiplagat, Edna Kiplagat and Priscah Jeptoo. Keitany, Edna Kiplagat and Jeptoo had combined to win the last four London Marathons, and odds-makers had Keitany, last November's TCS New York City Marathon champion, as the pre-race favorite. "I was planning to win because I did very hard training," Tufa told the media after the race

through a translator. She continued: "I was working very hard to get a good time." She scorched the 5 km from 35 km to 40 km in 16:14, and had an insurmountable 11-second lead at 40 km.

Tufa won by 18 seconds in 2:23:22, with Keitany second. Radcliffe would have placed 21st had she run in the elite race; her time was the second fastest by a runner over 40 (fellow Briton Emma Stepto finished 19th in the elite race in 2:35:41).

In Benoni South Africa's second oldest club marathon (not counting the SA Marathon), the Slow-Mag race, was held for the 60th time and won by Sam Bolo in 2:30:01 and Duduzile Zulu in 3:16:15.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Slow-Mag Marathon, 50 km, Half Marathon & 10 km, Benoni
- * J.G. Zuma Marathon, Greytown
- * Bruintjieshoogte 50 km, 25 km & 15 km, Pearston to Somerset East
- * XC: Gauteng North League Meeting, Soshanguve
- * Track: SA Track & Field Championships, Stellenbosch

International highlights:

- * Virgin London Marathon, London, GBR
 - * Haspa Marathon Hamburg, Hamburg, GER
 - * METRO Group Marathon Düsseldorf, Düsseldorf, GER
 - * Warsaw Marathon, Warszawa, POL
 - * Grand Blue Mile, Des Moines, USA
 - * Track: Penn Relays, Philadelphia, USA; Drake Relays, Des Moines, USA
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ROAD RUNNING

Slow-Mag Marathon (60th), 50 km (4th), Half Marathon & 10 km

Benoni, 26 April

(Distances: 42.195 km, 50 km, 21.1 km & 10 km. Finishers: marathon – 1650; 50 km – 800; half marathon – 2040; 10 km – 1450.)

Marathon

MEN

1 Sam Bolo (BCC) 2:30:01; 2 Siyavuya Thomas (ACSA) 2:45:01; 3 Solomon Khumalo (Carlton) 2:47:24 (1st vet); 4 James Leseyane (RAC) 2:50:09; 5 Reginald Poopedi (ACRW) 2:50:18.

Veterans: 1 Solomon Khumalo (Carlton) 2:47:24. **Masters:** 1 Bernard Mosala (Carlton) 3:00:55. **G'masters:** 1 Les Ivings (Carltonville) 3:30:35.

WOMEN

1 Duduzile Zulu (SAPG) 3:16:15; 2 Enie Molatseli (Ekurhuleni) 3:20:31; 3 Vanessa Bowman (Kempton) 3:22:09 (1st vet); 4 Paula Quinsee (Born 2 Run) 3:30:29; 5 Melanie Jones (Jeppe) 3:33:54.

Veterans: 1 Vanessa Bowman (Kempton) 3:22:09. **Masters:** 1 Thembeke Ketsekie (Ukhozi) 3:57:55. **G'masters:** 1 Francis van Blerk (Nedbank) 4:19:31.

50 km**MEN**

1 Lympson Maifo (ZIM/Nedbank) 3:00:42; 2 Raphael Ndlovu (ACSA) 3:07:45; 3 Thando Ngcobo (Nedbank) 3:14:26; 4 Buhle Mhlongo (Carlton) 3:14:52; 5 Peter Remoloto (BCC) 3:15:34.

Veterans: 1 Petros Mbogazi (Carnival City) 3:23:32. **Masters:** 1 Stewart McCall (Turn 2 God) 3:32:11. **G'masters:** 1 Johan Nel (Irene) 4:31:07.

WOMEN

1 Salome Cooper (Runavation) 3:44:14; 2 Lindy-Lee Fölscher (Boksburg) 3:53:41; 3 Lesley Train (Krugersdorp) 4:07:33 (1st vet); 4 Mitsie v.d. Westhuizen (Runavation) 4:13:23; 5 Anel Vorster (Irene) 4:14:20.

Veterans: 1 Lesley Train (Krugersdorp) 4:07:33. **Masters:** 1 Val Watson (Runavation) 4:36:10. **G'masters:** 1 Petra Myburgh (Striders) 5:51:51.

Half marathon**MEN**

1 Phillimon Mathiba (Nedbank) 66:15; 2 Prince Jali (Take it Easy) 68:53; 3 Don Ndlovu (Cool Running) 69:17.

Veterans: 1 Simon Mpholo (Nedbank) 70:38. **Masters:** 1 Reform Ndlovu (Randburg) 78:02. **G'masters:** 1 Francis Mukuka (ZAM/Phobians) 85:51.

WOMEN

1 Cornelia Joubert (Nedbank) 75:31; 2 Nolene Conrad (Boxer) 81:52; 3 Mpho Mabuza (Gallopers) 82:08.

Veterans: 1 Linah Mhlongo (Eskom) 91:38. **Masters:** 1 Mariet Geyer (Benoni High) 1:42:14. **G'masters:** 1 Debbie Blake (Runavation) 1:56:07.

10 km**MEN**

1 Lucky Mtshali (Olifantsfontein) 31:48; 2 Tumisani Monnatlala (Nedbank) 32:28; 3 Creel Chavalala (Take it Easy) 32:40.

WOMEN

1 Rachel Leistra (FFA) 40:38; 2 Rochelle Moses (Nedbank) 42:52; 3 Precious Hlaka (Nedbank) 43:33.

J.G. Zuma Marathon

Greytown, 26 April

(Distance: 42.195 km; point-to-point course)

Note: The Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, shows this course to be short. The RTB figure for 21 time comparisons is -6.77 sec/km – well in excess of the allowable -5 sec/km. Even if one leaves out the two times which were more than 10 minutes faster than expected, the figure for the remaining 19 runners is still -5.37 sec/km. The times in this race can therefore not be used for statistical purposes. – Ed.

MEN

1. Raphael Segodi (GS) 2:20:24
2. Tamo Matheleli (Olifants) 2:22:01

3. Malibongwe Dlamini (Ned) 2:22:17
4. Jeffrey Gwebu (Ned) 2:23:36
5. Givemore Mudzinganyama (ZIM/Cool) 2:24:28
6. Tshidiso Bosiu (GS) 2:25:01
7. Tebogo Noosi (LES/Phant) 2:25:19
8. Malusi Dlomo (Ned) 2:26:13
9. Matekase Lefatsa (Phuma) 2:27:28
10. Jonas Makhele (Bid) 2:28:07

Veterans: 1. Reginald Ngobese (GS) 2:31:49; 2. Justice Nkosi (Phuma) 2:35:41; 3. Lucky Bhembhe (Ned) 2:37:19. **Masters:** 1. Willie Majombozi (Boxer) 3:02:16; 2. Sipho Mbokazi (Mtuba) 3:05:55; 3. Maxwell Mngwengwe (Ned) 3:06:25. **G'masters:** 1. Michael Langa (AN) 3:29:29; 2. Reuben Gama (Ixopo) 3:41:37; 3. Amos Ntuli (Hammers) 3:54:39.

WOMEN

1. Shitaye Gemechu Debellu (ETH/Ned) 2:47:10
2. Thabita Tsatsa (ZIM/ME) 2:47:21
3. Jennifer Koech (KEN/Ned) 2:51:18
4. Letsie Makampong (LES/Phuma) 2:53:14
5. Catherine Malungane (Trans) 2:55:10
6. Nandipha Dywili (Trans) 2:57:09
7. Azwindini Gladys Lukhwareni (Cool) 2:58:58
8. Alicen Manake (ZIM/Ubunye) 2:59:42
9. Fikile Mbuthuma (Ned) 3:00:09
10. Alemtsehay Hailu Kakissa (ETH/Ned) 3:00:18

Veterans: 1. Thabita Tsatsa (ZIM/ME) 2:47:21; 2. Sibongile Ziqubu (Eskom) 3:22:09; 3. Priscilla Dlamini (DC) 3:36:24. **Masters:** 1. Khaya Mahlati (DAC) 4:04:21; 2. Eunice Ntuli (NRB) 4:09:40; 3. Cynthia Nkovane (Ricoh) 4:12:43. **G'masters:** 1. Pat Fischer (Stella) 4:19:06.

Bruintjieshoogte 50 km (38th), 25 km & 15 km

Pearston to Somerset East, 18 April

(Distances: 50 km, 25 km & 15 km. Point-to-point courses, but hilly. Finishers: 50 km – 113 [up from 105 last year]; 25 km – 95 [slightly down from 98]; 15 km – 44 [down from 61]; also 88 in the 5 km.)

50 km

MEN

1	Mzwanele	Maphekula	Bluewater Bay	38	3:17:31
2	Sandile	Ngunuza	Nedbank RC EP	32	3:18:28
3	Thobile	Xata (1 st vet)	Bluewater Bay	40	3:27:17
4	Christopher	Mabengeza	Nedbank RC EP	48	3:36:43
5	Melvin	Reans	Kouga Multi SC	39	3:37:34
6	Daryl	North	Achilles AAA	38	3:43:19
7	Luvuyo	Stephen	Nedbank RC EP	44	3:46:53
8	Jan	Fick	Graaff-Reinet RC	49	3:49:34
9	Rooi	Rikhotso	Run For Life EP	31	3:52:54
10	Chris	Darke	Charlo AC	46	3:58:05
11	Alfred	Malotana	Nedbank RC EP	45	4:00:36
12	Thembekile	Msipa	Charlo AC	40	4:02:45
13	Patrick	Peta	Temp	38	4:07:12
14	Bradley	Mackenzie	Achilles AAA	43	4:09:50
15	Marius	Van Eyk (1 st mast)	Body Concept	50	4:15:59
16	Hannes	Bekker	Pentagon Pistols	33	4:33:45
17	Uran	Le Roux	VW AC	48	4:36:23

18	Andre	Loots	Body Concept	52	4:36:30
19	Errol	Whittal	Charlo AC	39	4:37:50
20	Frank	Piron	Charlo AC	51	4:38:28

40-44:

1	Thobile	Xata	Bluewater Bay	40	3:27:17
2	Luvuyo	Stephen	Nedbank RC EP	44	3:46:53
3	Thembekile	Msipa	Charlo AC	40	4:02:45

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	48	3:36:43
2	Jan	Fick	Graaff-Reinet RC	49	3:49:34
3	Chris	Darke	Charlo AC	46	3:58:05

50-54:

1	Marius	Van Eyk	Body Concept	50	4:15:59
2	Andre	Loots	Body Concept	52	4:36:30
3	Frank	Piron	Charlo AC	51	4:38:28

55-59:

1	Kerneels	Meintjies	Muirite Striders	55	4:48:43
2	Charl	Pienaar	Old Selbornians	59	4:55:45
3	Peter	Van Rensburg	Elite AC	56	5:09:27

60-64:

1	Patrick	Elson	Gonubie Harriers	63	4:47:29
2	Cyril	Bekker	Gonubie Harriers	63	5:23:51

65-69:

1	Errol	Rossouw	PEAAC	65	5:51:51
2	Ben	Bouwer	Hartenbos	69	6:17:32

70-74:

1	Godfrey	Kariem	Gelvan AC	74	6:25:26
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WOMEN

1	Elmarie	Bezuidenhout	Charlo AC	33	4:08:07
2	Janine	Gardiner	Charlo AC	34	4:27:48
3	Rethie	Cumming (1 st vet)	Bo-Karoo MC	45	4:41:11
4	Trish	Schuin	Somerset East	49	5:14:15
5	Shirley	Bowker	Bo-Karoo MC	40	5:20:19
6	Laura	Maritz (1 st mast)	Elite AC	54	5:21:22
7	Joanne	Tucker	Charlo AC	47	5:25:00
8	Charmell	Koopman	Nedbank RC EP	35	5:33:18
9	Beverley	Viljoen	SAP MC EP	44	5:37:41
10	Denise	Darlow	Charlo AC	46	5:43:24
11	Bernadette	Swartz	Somerset East	46	5:44:25
12	Janice	Mckerry	Queenstown	50	5:44:44
13	Yvette	Jonker	Despatch AC	43	5:46:46
14	Michelle	Claassens	Despatch AC	46	5:46:50
15	Veronica	Boshoff	Despatch AC	54	5:55:55
16	Rebecca	Van der Merwe	Nedbank RC EP	24	5:57:15
17	Laurika	Kilian	Nedbank RC EP	32	5:57:15
18	Janette	Van der Kolf	Coega AC	55	6:03:13
19	Stephanie	Kretzmann	Born To Run AC	46	6:14:45
20	Ingrid	De Monk	Gelvan AC	48	6:19:30

40-44:

1	Shirley	Bowker	Bo-Karoo MC	40	5:20:19
2	Beverley	Viljoen	SAP MC EP	44	5:37:41
3	Yvette	Jonker	Despatch AC	43	5:46:46

45-49:

1	Rethie	Cumming	Bo-Karoo MC	45	4:41:11
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2	Trish	Schuin	Somerset East	49	5:14:15
3	Joanne	Tucker	Charlo AC	47	5:25:00

50-54:

1	Laura	Maritz	Elite AC	54	5:21:22
2	Janice	Mckerry	Queenstown	50	5:44:44
3	Veronica	Boshoff	Despatch AC	54	5:55:55

55-59:

1	Janette	Van der Kolf	Coega AC	55	6:03:13
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25 km**MEN**

1	André	Ketchem	X-Cel AC	31	1:26:11
2	Koos	Esterhuizen	Temp	34	1:30:16
3	Duwayne	Lucas	Aspen Pharmacare	25	1:31:42
4	Eric	Foendien	Graaff-Reinet RC	36	1:37:44
5	Michael	Bekapi (1 st mast)	Ikhamva AC	53	1:41:14
6	Johannes	Jonck (1 st vet)	St Albans CS EP	41	1:41:21
7	Martin	Von Allemann	Temp	34	1:41:26
8	Jacques	Barnard	Despatch AC	39	1:41:38
9	Errol	Thomas	Bo-Karoo MC	44	1:42:26
10	Ruan	Smalberger	St Albans CS EP	25	1:43:23
11	Shaun	Attenborough	Charlo AC	46	1:49:38
12	Andries	Springbok	Bo-Karoo MC	40	1:51:25
13	Buyisile	Ngesi	PEAAC	45	1:52:55
14	Benjamin	Miggels	Muirite Striders	39	1:55:06
15	Leon	Weitsz	Despatch AC	41	1:55:15
16	Siyabonga	Oliphant	Somerset East	24	1:55:37
17	Gervais	Ally	Queenstown	27	1:58:27
18	Ntando	Poro	Charlo AC	24	2:03:44
19	Martin	Bekker	Albany RR	42	2:06:54
20	Ruan	Van Jaarsveld	Temp	21	2:07:00

40-44:

1	Johannes	Jonck	St Albans CS EP	41	1:41:21
2	Errol	Thomas	Bo-Karoo MC	44	1:42:26
3	Andries	Springbok	Bo-Karoo MC	40	1:51:25

45-49:

1	Shaun	Attenborough	Charlo AC	46	1:49:38
2	Buyisile	Ngesi	PEAAC	45	1:52:55
3	Marius	Ferreira	St Albans CS EP	46	2:12:49

50-54:

1	Michael	Bekapi	Ikhamva AC	53	1:41:14
2	Philbert	Tyombo	PEAAC	52	2:14:17
3	Wouter	Loots	Charlo AC	53	2:14:27

55-59:

1	Jan	Van Eeden	Nedbank RC EP	56	2:14:49
2	Daniel	Ferreira	Elite AC	56	2:23:46
3	Mike	Burger	Charlo AC	55	2:29:33

60-64:

1	Chris	Bekker	Crusaders AC	62	2:39:32
2	Graham	Nell	Achilles AAA	64	3:01:28
3	Louis	De Beer	Temp	60	3:02:58

WOMEN

1	Sime	Baynes	Elite AC	31	2:00:37
2	Sarah-Jane	Fargan	Fish Hoek AC	25	2:05:21
3	Lauren	Du Randt	Randburg Harriers	28	2:22:35

4	Sharon	Smuts (1 st vet)	St Albans CS EP	48	2:24:47
5	Georgie	Darke	Charlo AC	49	2:31:33
6	Lana	Bruyns	Elite AC	47	2:31:35
7	Lesley Ann	Bush	Despatch AC	42	2:32:09
8	Christine	Snyman (1 st mast)	Despatch AC	59	2:32:10
9	Tiani	Claassen	Despatch AC	24	2:33:30
10	Charmaine	Jonck	Temp	31	2:33:44
11	Erika	Foreman	St Albans CS EP	44	2:34:07
12	Sunet	Harris	St Albans CS EP	41	2:34:08
13	Liesl	Strydom	Temp	40	2:34:08
14	Maritsa	Griesel	Temp	37	2:35:06
15	Louise	Bekker	Graaff-Reinet RC	24	2:36:08
16	Jackie	Taylor-Freeme	Graaff-Reinet RC	39	2:36:42
17	Elizna	Basson	Despatch AC	51	2:36:43
18	Charlene	De Coning	Crusaders AC	50	2:37:53
19	Aletta	Joubert	Crusaders AC	53	2:37:53
20	Sune	Potgieter	Elite AC	33	2:38:59

40-44:

1	Lesley Ann	Bush	Despatch AC	42	2:32:09
2	Erika	Foreman	St Albans CS EP	44	2:34:07
3	Sunet	Harris	St Albans CS EP	41	2:34:08

45-49:

1	Sharon	Smuts	St Albans CS EP	48	2:24:47
2	Georgie	Darke	Charlo AC	49	2:31:33
3	Lana	Bruyns	Elite AC	47	2:31:35

50-54:

1	Elizna	Basson	Despatch AC	51	2:36:43
2	Charlene	De Coning	Crusaders AC	50	2:37:53
3	Aletta	Joubert	Crusaders AC	53	2:37:53

55-59:

1	Christine	Snyman	Despatch AC	59	2:32:10
2	Gesina	Oosthuizen	PEAAC	56	2:56:43
3	Alma	Fourie	Charlo AC	57	3:04:02

15 km**MEN**

1	Juwayne	Fletcher	Charlo AC	24	53:04
2	Xavier	Adams	Nedbank RC EP	19	54:40
3	Basie	Bonaparte (1 st vet)	Albany RR	49	55:21
4	Nkosinathi	Nbake	Temp	33	56:39
5	Hannes	Els (1 st g'mast)	Warriors AC	65	1:05:23
6	Revan	Fillis	Albany RR	24	1:07:09
7	Leon	Groenewald	Warriors AC	48	1:17:20
8	Dylan	Scott	Temp	19	1:18:55
9	Christoff	Puren	Temp	24	1:19:29
10	Jeandre	Pieterse	Temp	23	1:22:03
11	Greg	Brown	Temp	39	1:26:07
12	Herman	Bekker	Temp	22	1:27:09
13	Hendrik	Potgieter	Elite AC	33	1:29:06
14	Dean	Kendall (1 st vet)	Nedbank RC EP	50	1:37:05
15	Mof	Botha	Achilles AAA	59	1:38:12
16	Johan	Mattheyse	Somerset East	51	1:55:29
17	Gert	Deyzel	St Albans CS EP	65	1:57:50
18	Charles	Jordaan	Temp	58	2:06:35
19	Richard	Strydom	Temp	30	2:06:37
20	Wessel	Stander	Temp	49	2:19:06

45-49:

1	Basie	Bonaparte	Albany R R	49	55:21
2	Leon	Groenewald	Warriors AC	48	1:17:20
3	Wessel	Stander	Temp	49	2:19:06

50-54:

1	Dean	Kendall	Nedbank RC EP	50	1:37:05
2	Johan	Mattheyse	Somerset East	51	1:55:29

55-59:

1	Mof	Botha	Achilles AAA	59	1:38:12
2	Charles	Jordaan	Temp	58	2:06:35

65-69:

1	Hannes	Els	Warriors AC	65	1:05:23
2	Gert	Deyzel	St Albans CS EP	65	1:57:50

WOMEN

1	Rhiannon	Farrell	Temp	39	1:26:07
2	Sivuyisiwe	Situngu	Temp	23	1:26:22
3	Melanie	Norden	Charlo AC	33	1:30:01
4	Maxine	Diemer	Rhodes University	23	1:31:20
5	Julita	Puren (1 st mast)	Somerset East	51	1:32:03
6	Sophia	Du Plessis (1 st vet)	Graaff-Reinet RC	42	1:34:23
7	Jos	Els (1 st g'mast)	Warriors AC	63	1:34:35
8	Hele	Oosthuizen	Temp	22	1:38:39
9	Wilna	Van Rooyen	Temp	39	1:42:01
10	Jenny	Van Staaden	X-Cel AC	43	1:48:29
11	Lesbe	Greeff	Temp	57	1:47:09
12	Maryke	Schoombee	Temp	44	1:47:10
13	Cathy	Attenborough	Charlo AC	38	1:50:39
14	Liesel	Els	Temp	27	1:52:15
15	Lize-Mari	Bosman	Temp	27	1:52:16
16	Sharon	Brown	PEAAC	61	1:54:32
17	Ursula	Heunis	Nedbank RC EP	42	1:55:49
18	Tanya	Peo	St Albans CS EP	33	2:03:25
19	Hannelie	Ferreira	St Albans CS EP	39	2:05:46
20	Dina	Schutte	St Albans CS EP	49	2:05:47

40-44:

1	Sophia	Du Plessis	Graaff-Reinet RC	42	1:34:23
2	Jenny	Van Staaden	X-Cel AC	43	1:48:29
3	Maryke	Schoombee	Temp	44	1:47:10

45-49:

1	Dina	Schutte	St Albans CS EP	49	2:05:47
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50-54:

1	Julita	Puren	Somerset East	51	1:32:03
2	Elsabe	Nel	Transnet Eng EP	54	2:26:05

55-59:

1	Lesbe	Greeff	Temp	57	1:47:09
2	Madre	Lombard	Temp	57	2:14:36

60-64:

1	Jos	Els	Warriors AC	63	1:34:35
2	Sharon	Brown	PEAAC	61	1:54:32

65-69:

1	Ria	Bouwer	Hartenbos	68	2:15:51
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CROSS-COUNTRY**Gauteng North League Meeting (1st)**

Soshanguve, 18 April

Note: All distances are 4 km except where indicated otherwise. – Ed.**SR. MEN (8 km)**

1	Bafana	Dube	Transnet	28:00
2	Willem	Maphanga	Vutha	28:08
3	Jack	Masogo	Monaco	28:48
4	Kleinboy	Matsemela	FPN	29:51
5	Lufuno	Mudau	Modiba	30:14
6	Darryl	Maphothoma	Modiba	30:29
7	Koketso	Khoza	FPN	31:25
8	Miwakhe	Kobule	Pmmc	36:00
9	Jean-Pierre	De Villiers	Individual	37:25
10	Coert	Loubsher	Nedbank	41:22

SR. MEN

1	Gino	Nkoe	Nissan	13:02
2	Martin	Nkoe	TUT	13:03
3	Michael	Chauke	Individual	13:24
4	Makgoba	Eliot	Monaco	13:39
5	Darryl	Maphothoma	Modiba	14:17
6	William	Grimes	Tuks	14:41
7	Sello	Ngwane	Nissan	15:04
8	Simphiwe	Mahlangu	Monaco	14:14
9	Vusi	Chiloane	Monaco	14:20
10	Potlake	Mohale	Monaco	14:23

MEN 40 (8 km)

1	Colin	Witbooi	PMMC	31:09
2	Peter	Motshoene	RWFL	32:10
3	Llewelyn	Curlewis	Tuks	33:11

MEN 45 (8 km)

1	Graham	Burnett	Bosch AC	36:45
2	William	Kiewitt	Wingate	37:27
3	Gerrit	Oliver	AS Eagle	37:28

MEN 50 (8 km)

1	Avril	Barkhuizen	Nedbank	36:05
2	Moritz	Kallmeyer	GNMA	37:33
3	Louis	Botha	GNMA	38:22

MEN 60 (6 km)

1	Tommy	Breedt	Akasia	38:49
2	Fanie	Van Vuuren	HQH	38:59
3	Gawie	Pretorius	SABS Striders	39:03

MEN 65 (6 km)

1	Anton	Harrop-Allin	ACRW	36:50
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MEN 70 (6 km)

1	Andries	Van der Merwe	Transnet	37:01
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MEN 23

1	Mpho	Motaung	TUT	13:04
2	Pheeha	Victor	TUT	13:07
3	Tebogo	Seglagala	Monaco	13:15

JR. MEN (8 km)

1	Thabang	Maleka	TUT	28:30
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2	Welcome	Lubisi	Transnet	28:37
3	Mpho	Mooka	Skosana Legends	28:57
BOYS 17 (6 km)				
1	Romano	Slinger	Eldoraigne	27:55
2	Ronaldo	Slinger	Eldoraigne	27:57
3	Ofentse	Molefe	IR Lesolang	28:01
SR. WOMEN (8 km)				
1	Catherine	Skosana	Nedbank	36:11
2	Tshehla	Nthabiseng	Monaco	36:45
SR. WOMEN				
1	Kamogelo	Mabena	PMMC	17:31
2	Yvette	Jansen van Nieuwenhuizen	TUT	20:44
3	Margot	Jansen van Nieuwenhuizen	TUT	21:22
WOMEN 40				
1	Altje	Conradie	Akasia	22:36
2	Anel	De Wit	Individual	23:19
3	Teresa	Steyn	Individual	23:37
WOMEN 45				
1	Salome	Vermeulen	Bronkhorstspuit	16:41
2	Seanette	Van Rooyen	GNMA	17:49
3	Carol	Goodinson	FPN	20:06
WOMEN 50				
1	Cannie	Cullen	Individual	19:14
2	Lettie	Saayman	Nedbank	19:19
3	Emmarie	Theunissen	Bronkhorstspuit	20:28
WOMEN 55				
1	Jackie	Navarria	ACRW	22:37
2	Elsie	Mokone	Sunrise	26:59
WOMEN 60				
1	Rina	Pretorius	Sabs Striders	25:11
WOMEN 65				
1	Cathy	Burger	Oos Moot	27:36
WOMEN 23				
1	Leandri	Jansen van Rensburg	PMC	16:28
2	Michelle	Redelinghuys	Tuks	16:57
3	Moshapo	Victoria	Skosana Legends	17:44
JR. WOMEN (6 km)				
1	Marelize	Reitz	FPN	32:07
2	Jessica	Noock	Individual	37:09
3	Linmarie	Van Wyk	Montana	33:10
GIRLS 17				
1	Matlatsi	Mannshi	Skosana Legends	16:25
2	Megan	Roberts	AHMP	17:18
3	Justine	Blaettler	Garsfontein	17:29

TRACK

South African Track & Field Championships (108th)

Stellenbosch, 17-18 April

Note: The medal winners were included last week; here are the complete results of the distance events. 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. Thanks to Pieter de Jager of ASA for these comprehensive results. – Ed.

MEN

800:

1	399 André Olivier	26	ACNW	1:46.02
2	470 Rynardt van Rensburg	23	AFS	1:46.97
3	626 Jacob Rozani	27	ANWN	1:47.37
4	724 Duran Faro	21	WPA	1:48.38
5	409 Henco Uys	23	ACNW	1:49.07
6	374 Pieter Conradie	21	ACNW	1:50.34
7	616 Kabelo Mohlosi	22	ANWN	1:51.10
---	589 Koketso Ramasita	23	AGN-I	DNF

1500:

1	437 Johan Cronje	33	AFS	3:37.93
2	121 Dumisani Hlaselo	26	CGA	3:38.38
3	396 Jerry Motsau	25	ACNW	3:39.26
4	192 Amos Nyongo	29	EPA	3:40.69
5	162 Folavia Sehohle	25	CGA	3:41.73
6	137 Samuel Mathabata	22	CGA	3:42.76
7	369 Armin Botha	23	ACNW	3:45.82
8	114 Marko Bucurizza	27	CGA	3:46.35
9	394 Rantso Mokopane	21	ACNW	3:47.20
10	251 Bruce-Lynn Damons	19	WPA	3:47.38
11	131 Henry Makane	22	CGA	3:50.62
12	167 Clinton Swanepoel	26	CGA	3:51.70

3000 s/chase:

1	387 Dikotsi Lekopa	27	ACNW	8:32.17
2	144 Tumisang Monnatlala	20	CGA	8:33.02
3	146 Tumelo Motlagale	29	CGA	8:37.33
4	675 Ikageng Gaorekwe	18	CGA	8:37.51
5	370 Lucas Bothobutle	24	ACNW	8:59.30
6	309 Merlin Klaaste	23	WPA-I	9:03.18
7	536 Simon Mokonyama	23	AGN	9:04.16
8	715 Ruben Ramolefi	37	CGA	9:08.76
9	456 Khothatso Mokone	26	AFS	9:11.65
10	628 Lloyd Bosman	27	ASWD	9:20.59
11	593 Tumisang Siyabonga	20	AGN-I	9:26.77
12	674 Creel Chavalala	19	CGA	9:28.70
13	323 Siboniso Soldaka	25	WPA-I	9:29.52
14	129 Kotopetsa Mahlangu	25	CGA	9:34.03
15	463 Sprinkaan Simons	25	AFS	9:35.62
16	611 Obed Kopong	27	ANWN	9:38.55
17	620 Katlego Nthathe	23	ANWN	9:53.08
18	617 Ofentse Mokotelakwena	21	ANWN	9:54.78
19	678 Palacious Mukwevho	22	CGA	10:01.39
20	646 Ndilisa Mangcipu	23	ATRA	10:40.60

5000:

1	535 Stephen Mokoka	30	AGN	13:11.44
2	541 Gladwin Mzazi	27	AGN	13:40.97
3	164 Sibusiso Nzima	29	CGA	13:41.91
4	453 Samuel Matsepe	32	AFS	13:43.00
5	143 Thato Molatedi	24	CGA	14:23.97
6	273 Anthony Timoteus	20	WPA	14:24.93
7	144 Tumisang Monnatlala	20	CGA	14:27.22
8	149 Duncan Mulaudzi	23	CGA	14:34.73

9	191 Zolani Ngqaqa	26	EPA	14:34.81
9	146 Tumelo Motlagale	29	CGA	14:34.81
11	261 Nkosinathi Madyo	27	WPA	14:37.12
12	611 Obed Kopong	27	ANWN	14:48.14
13	188 Melikhaya Frans	25	EPA	14:57.87
14	642 Mfumaneko Fadane	23	ATRA	15:06.96
15	370 Lucas Bothobutle	24	ACNW	15:09.90
16	641 Khaya Buthele	23	ATRA	15:11.44
17	645 Yanga Malusi	18	ATRA	15:12.26
18	654 Mongezi Ngobe	18	ATRA	15:22.84
19	169 Thato Tsotetsi	20	CGA	15:27.86
20	168 Njabulo Tshabalala	20	CGA	15:31.48
21	612 Goodwill Leburu	25	ANWN	15:47.79
22	624 Sartiel Pule	34	ANWN	15:54.61

10000:

1	535 Stephen Mokoka	30	AGN	28:15.56
2	164 Sibusiso Nzima	29	CGA	28:49.99
3	531 Precious Mashele	25	AGN	29:06.38
4	551 Kgosi Tsosane	29	AGN	29:26.65
5	658 Xolisani Zamkele	29	ATRA	30:01.26
6	170 Xolisa Tyali	27	CGA	30:02.12
7	716 Philani Buthelezi	26	KZNA	30:38.16
8	134 Derocious Makhobalo	27	CGA	30:42.48
9	270 Nkosinathi Sotyantya	22	WPA	30:44.49
10	641 Khaya Buthele	23	ATRA	31:05.21
11	453 Samuel Matsepe	32	AFS	31:06.38
12	122 Prince Jali	26	CGA	31:10.15
13	539 Collen Mulaudzi	24	AGN	31:13.11
14	665 Adam Lipschitz	21	KZNA-I	31:14.63
15	169 Thato Tsotetsi	20	CGA	32:23.71
16	613 Mathews Leeto	25	ANWN	32:42.95
17	130 Tshepo Majwafi	20	CGA	33:36.89
18	151 Zithulele Ntanz	20	CGA	34:08.52
---	376 Elroy Gelant	29	ACNW	DNF

WOMEN

800:

1	353 Caster Semenya	24	ACNW	2:05.05
2	97 Lebogang Phalula	32	CGA	2:05.89
3	1 Mandie Brandt	33	BOLA	2:06.30
4	498 Anuschka Nice	24	AGN	2:06.92
5	201 Kelly Fletcher	21	KZNA	2:08.75
6	104 Celia Stramrood	17	CGA	2:09.21
7	433 Rizani van Aswegen	23	AFS	2:10.45
8	343 Gena Lofstrand	20	ACNW	2:12.46

1500:

1	96 Lebo Phalula	32	CGA	4:14.43
2	97 Lebogang Phalula	32	CGA	4:17.33
3	6 Thineke Fourie	24	BOLA	4:21.43
4	109 Simonay Weitsz	16	CGA	4:25.58
5	102 Mamphielo Sibanda	22	CGA	4:26.22
6	92 Lorraine Novela	24	CGA	4:26.38
7	558 Lizerie Ferreira	19	AGN-I	4:29.10
8	353 Caster Semenya	24	ACNW	4:29.60
9	672 Carina Viljoen	18	CGA	4:37.12

10	281 Leanda du Bruyn	21	WPA-I	4:37.34
11	293 Anel Terblanche	28	WPA-I	4:38.19
12	215 Lisha van Onselen	18	KZNA-I	4:40.49

3000 s/chase:

1	476 Thembi Baloyi	26	AGN	10:28.33
2	666 Jeanette Bokadi	19	CGA	10:40.40
3	429 Cherise Sims	22	AFS	11:01.24
4	100 Ashleigh Schnetler	24	CGA	11:14.82
5	40 Sharlan Boer	17	BOLA-I	12:17.92
6	280 Ileana Dreyer	19	WPA-I	12:22.46
7	38 Vernoschka Abrahams	18	BOLA-I	12:22.94
8	634 Asive Mazaleni	19	ATRA	14:19.89

5000:

1	96 Lebo Phalula	32	CGA	16:19.72
2	73 Nolene Conrad	30	CGA	16:24.24
3	601 Glenrose Xaba	21	AMPU	16:42.72
4	87 Mpho Mabuza	36	CGA	16:52.41
5	240 Bulelwa Simae	38	WPA	17:13.68
6	88 Maria Magoshing	23	CGA	17:27.28
7	100 Ashleigh Schnetler	24	CGA	17:28.05
8	105 Michelle Strydom	21	CGA	17:54.31
9	344 Palesa Madoa	24	ACNW	17:59.95
10	636 Vuyiseka Nkumenge	20	ATRA	18:16.80
11	630 Lusanda Bomvana	24	ATRA	18:21.27
12	640 Zikhona Sonamzi	20	ATRA	18:54.51
13	631 Nontle Diko	20	ATRA	19:00.64

10000:

1	73 Nolene Conrad	30	CGA	34:26.63
2	601 Glenrose Xaba	21	AMPU	34:59.20
3	87 Mpho Mabuza	36	CGA	35:19.51
4	199 Jenet Dlamini	21	KZNA	35:44.79
5	92 Lorraine Novela	24	CGA	36:03.44
6	13 Ebeth Marais	20	BOLA	36:03.85
7	630 Lusanda Bomvana	24	ATRA	37:23.34
8	505 Marli van Staden	22	AGN	37:25.43
9	241 Ashleigh Simonis	17	WPA	37:51.93
10	485 Vuyohazi Gebe	24	AGN	38:14.66
11	198 Silindile Chili	21	KZNA	38:44.21
12	183 Natalie Ross	25	EPA	39:02.83
13	431 Maryna Swanepoel	29	AFS	39:14.50
14	75 Nonhlanhla Dlamini	19	CGA	39:14.79
15	80 Precious Hlaka	23	CGA	40:36.18
16	422 Kibileng Mahloko	20	AFS	43:04.44
17	432 Nthathi Tshabalala	21	AFS	44:25.60
18	631 Nontle Diko	20	ATRA	44:27.77
---	276 Amy Abrahams	21	WPA-I	DNF
---	202 Lindokuhle Gabela	29	KZNA	DNF
---	491 Patience Khumalo	27	AGN	DNF
---	239 Tanya Scott	25	WPA	DNF
---	354 Maria Shai	28	ACNW	DNF

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

Virgin London Marathon (35th)

(IAAF Gold Label Road Race/Abbott World Marathon Majors Event/British Marathon Championships)

London, GBR, 26 April

(Distance: 42.195 km; standard course, with 35 m elevation loss [most of it in the first 5 km] and approximately 12 km [27%] start/finish separation; many turns. Finishers: 21 elite men + 19 elite women + 23 188 open men + 14 353 open women = 37 581 total [race record; up from 35,798 last year].)

ELITE MEN (gun times)

1. Eliud Kipchoge, KEN	2:04:42 WL \$55,000 + 100,000i
2. Wilson Kipsang, KEN	2:04:47 30,000 + 100,000i
3. Dennis Kimetto, KEN	2:05:50 22,500 + 75,000i
4. Stanley Biwott, KEN	2:06:41 15,000 + 50,000i
5. Tilahun Regassa, ETH	2:07:16 10,000 + 25,000i
6. Samuel Kitwara, KEN	2:07:43 7,500 + 25,000i
7. Javier Guerra, ESP	2:09:33 PB 5,000 + 3,000i
8. Ghebre Kibrom, ERI	2:09:36 PB 4,000 + 3,000i
9. Aleksey Reunkov, RUS	2:10:10 3,000 + 1,000i
10. Serhiy Lebid, UKR	2:10:21 2,000 + 1,000i
11. Emmanuel Mutai, KEN	2:10:54 1,500 + 1,000i
12. Michael Shelley, AUS	2:11:19 1,000
13. Scott Overall, GBR	2:13:13 5,000ii
14. Anuradha Cooray, SRI	2:13:47 PB
15. Koen Raymaekers, NED	2:14:25
16. Hermano Ferreira, POR	2:15:53
17. Mathew Hynes, GBR	2:16:00 DB 1,500i
18. Bekir Karayel, TUR	2:16:06
19. Christian Kreienbuehl, SUI	2:17:00
20. Cesar Lizano, CRC	2:21:31
Geoffrey Mutai, KEN	DNF
Tsegaye Mekonnen, ETH	DNF
Samuel Tsegay, ERI	DNF

i) Earned open time bonus

ii) Earned GBR Championships time bonus

ELITE WOMEN (gun times)

1. Tigist Tufa, ETH	2:23:22 \$55,000 + 15,000i
2. Mary Keitany, KEN	2:23:40 30,000 + 15,000i
3. Tirfi Tsegaye, ETH	2:23:41 22,500 + 15,000i
4. Aselefech Mergia, ETH	2:23:53 15,000 + 15,000i
5. Florence Kiplagat, KEN	2:24:15 10,000 + 10,000i
6. Jemima Sumgong, KEN	2:24:23 7,500 + 10,000i
7. Priscah Jeptoo, KEN	2:25:01 5,000 + 5,000i
8. Ana Dulce Félix, POR	2:25:15 PB 4,000 + 5,000i
9. Volha Mazuronak, BLR	2:25:36 PB 3,000 + 5,000i
10. Rkia El Moukim, MAR	2:26:33 PB 2,000 + 3,000i
11. Edna Kiplagat, KEN	2:27:16 1,500 + 1,000i
12. Iwona Lewandowska, POL	2:27:47 PB 1,000 + 1,000i

13. Diane Nukuri, BDI	2:27:50 PB	1,000i
14. Tatyana Arkhipova, RUS	2:28:42	
15. Alessandra Aguilar, ESP	2:29:45	
16. Sonia Samuels, GBR	2:31:46	7,000ii
18. Mary Davies, NZL	2:34:22	
19. Emma Stepto (45+), GBR	2:35:41	2,500ii
20. Rebecca Robinson, GBR	2:36:51 PB	1,500ii
Tetyana Gamera, UKR	DNF	
Elvan Abeylegesse, TUR	DNF	

i) Earned open time bonus

ii) Earned GBR Championships time bonus

MIXED GENDER WOMEN (net times)

1. Paula Radcliffe (40+), GBR	2:36:55
2. Breege Connolly, GBR	2:37:29
3. Jenny Spink, GBR	2:37:41

Haspa Marathon Hamburg (30th)

Hamburg, GER, 26 April

(Distance: 42.195 km; loop course with no net elevation change and negligible start/finish separation)

MEN (gun times)

1. Lucas Rotich, KEN	2:07:17 PB
2. Ghirmay Ghebreslassie, ERI	2:07:47 PB
3. Stephen Chebogut, KEN	2:08:01 PB
4. Philemon Rono, KEN	2:08:18
5. Gideon Kipketer, KEN	2:09:34
... 7. Micah Kogo, KEN	2:10:37
... 9. Marilson Gomes dos Santos, BRA	2:11:00

WOMEN (gun times)

1. Meseret Hailu, ETH	2:25:41
2. Sylvia Kibet, KEN	2:26:16 DB
3. Beata Naigambo, NAM	2:27:28 PB
4. Diana Lobacevske, LTU	2:28:57
5. Alina Prokopeva, RUS	2:29:18 PB=
6. Sabrina Mockenhaupt, GER	2:32:41

METRO Group Marathon Düsseldorf (13th)

Düsseldorf, GER, 26 April

(Distance: 42.195; multi-loop course with about 1.5 km start/finish separation)

MEN (gun times)

1. Marius Ionescu, ROU	2:13:19 PB
2. Abdelhadi El Hachimi (40+), BEL	2:13:46
3. Marcin Blazinski, GER	2:16:08
4. Sibusiso Nzima, RSA	2:16:35

WOMEN (gun times) -

1. Annie Bersagel, USA	2:28:29 PB
2. Fabienne Gehlen (45+), LUX	2:55:26
3. Sophia Salzwedel, GER	3:00:53

Warsaw Marathon (37th)

(Polish Marathon Championships for men)

Warszawa, POL, 26 April

(Distance: 42.195 km; multi-loop course with no start/finish separation)

MEN (gun times)

1. Hayle Berhanu Lemi (ETH) 2:07:57 CR*
2. Robert Kwemoi Chemosin (KEN) 2:08:05 PB
3. Markos Geneti (ETH) 2:08:11

WOMEN (gun times)

1. Fatuma Sado (ETH) 2:26:25 CR*
2. Mercy Jerotich Kibarus (KEN) 2:27:06 PB
3. Chaltu Tafa Waka (ETH) 2:29:30 PB
4. Maryna Damantsevich (BLR) 2:30:07 PB

Grand Blue Mile (6th)

Des Moines, USA, 21 April

(Distance: 1 mile; point-to-point course with two 90-degree turns, certified)

MEN (extended gun times)

1. Matthew Centrowitz 4:03.29
2. Leo Manzano 4:03.57
3. Garrett Heath 4:04.16
4. Riley Masters 4:04.39
5. Bernard Lagat 4:04.67
6. Jordan McNamara 4:05.25
7. Will Leer 4:05.47

WOMEN (extended gun times)

1. Heather Kampf 4:35.49
2. Nicole Sifuentes, CAN 4:36.10
3. Heather Wilson 4:40.03

TRACK**Penn Relays** (121st)

Philadelphia, USA, 21-25 April

MEN

5000:

College Championship Section (23) -

1. Robert Sandlin, Kentucky 13:51.69 PB
2. Craig Lutz, Texas 13:57.67 PB
3. Glen Burkhardt, Penn State 14:02.09 PB

Distance Medley Relay:

College Championship of America Invitational (24) -

1. Oregon, 9:33.86
Johnny Gregorek (2:56.8), Marcus Chambers (47.9), Niki Franzmair (AUT, 1:49.75),
Edward Cheserek (KEN, 3:59.44)
2. Villanova, 9:34.36
Dusty Solis (2:57.51), Ishmael Muhammad (48.42), Josh Lampron (1:49.51), Jordan
Williamsz (AUS, 3:58.94)

3. Stanford, 9:37.11

Justin Brinkley (2:59.03), Jackson Shumway (49.15), Luke Lefebure (1:49.60), Sean McGorty (3:59.35)

4. Indiana, 9:37.71

Tre'tez Kinnaird (2:56.91), Derrick Morgan (47.58), Daniel Kuhn (RSA, 1:50.49), Rorey Hunter (AUS, 4:02.74)

4x800 Relay (25):

College Championship of America Invitational Section (25) -

1. Georgia Tech, 7:18.84

Andres Littig (1:52.33), Jeremy Greenwald (1:49.41), Zack Fanelty (1:50.05), Brandon Lasater (1:47.06)

2. Georgetown, 7:18.86

Cole Williams (1:50.88), Billy Ledder (1:49.52), Amos Bartelsmeyer (1:51.10), Joseph White (1:47.37)

3. Villanova, 7:19.35

Josh Lampron (1:50.65), Ben Malone (1:50.00), Pat Williams (1:49.09), Elliot Slade (GBR, 1:49.62)

... 11. Indiana, 7:28.66

Tre'tez Kinnaird (1:52.05), Daniel Kuhn (RSA, 1:49.28), Joshua Roche (1:53.68), Jordan Huntoon (1:53.67)

WOMEN

Mile:

Olympic Development Section (25):

1. Kerri Gallagher, NYAC/Oiselle 4:34.42 WL/PB

2. Sheila Reid, Nike/Canada (CAN) 4:37.46 PB

3. Emily Lipari, Boston AA 4:39.68 PB

4. Blanca Fernandez, Temple (ESP) 4:39.88 PB

5. Molly Renfer, Harvard (SUI) 4:40.58 PB

6. Kelsey Duerksen, unattached 4:43.24 PB

7. Molly McNamara, Stanford 4:44.15 PB

8. Rolanda Bell, New Balance NY (PAN) 4:45.86 PB

3000:

College Championship (23):

1. Emily Sisson, Providence 9:09.12 PB

2. Sandie Raines, Texas 9:19.99 PB

3. Liv Westphal, Boston College (FRA) 9:27.96

4. Jill Whitman, Indiana 9:36.23 PB

5. Erika Kemp, N.C. State 9:36.42 PB

6. Katie Lembo, Providence 9:36.92 PB

7. Josette Norris, North Carolina 9:43.64 PB

8. Abby Hong, Penn 9:45.48 PB

10000:

College Championship Section (23) -

1. Lauren Mullins, Providence 34:00.56 PB

2. Kelsey Hildreth, Northern Illinois 34:21.42 PB

3. Katie Townsend, Georgia Tech 34:43.47 PB

4. Jessie Rubin, Duke 34:44.09 PB

5. Kelly Meyer, Georgia Tech 34:58.38 PB

Drake Relays (106th)

Des Moines, USA, 22-25 April

MEN**Mile:**

1. Leo Manzano, Hoka One One, 4:00.05 WL
2. Matthew Centrowitz, Nike, 4:00.54
3. AJ Acosta, USA, 4:01.34
4. Duncan Phillips, Nike, 4:01.43
5. Will Leer, Nike, 4:02.23

WOMEN**800:**

Beijing World Championships Preview Section (24) -

1. Ajee' Wilson, adidas, 2:00.03 WL
2. Brenda Martinez, New Balance, 2:00.51
3. Phoebe Wright, Nike, 2:01.65
4. Molly Ludlow, Unattached, 2:01.72
5. Alysia Montano, NYAC/Asics, 2:01.78
- ... 7. Maggie Vessey, Unattached, 2:02.19
8. Sarah Brown, New Balance, 2:02.94
- ... 13. Morgan Uceny, Adidas, 2:05.20

High School Section (24) -

1. Stephanie Jenks (1997), JR - Linn-Mar, 2:09.64
2. Jasmine Staebler, SR - Clayton Ridge, 2:11.40
3. Erika Lewis, SR - Waukee, 2:12.38

1500:

High School (25):

1. Stephanie Jenks (1997), JR - Linn-Mar, 4:31.09
2. Trina Moreno, JR - Urbandale, 4:42.19
3. Abby Kohut-Jackson, JR - Ballard, 4:43.24

3000:

High School (23):

1. Stephanie Jenks (1997), JR - Linn-Mar, 9:33.81
2. Kate Smith, SR - Ankeny Centennial, 10:04.67
3. McKenzie Yanek, JR - Pleasant Valley, 10:09.24

STATS TIME**WORLD'S BEST MARATHONERS BY AVERAGE OF FASTEST TIMES**

The first list shows the top fourteen marathoners in history (all those under 2:06:00) according to the average of their five fastest races, and the second list the top ten according to the average of their three fastest times since 2011. Nine of the fourteen athletes in the first list also appear in the second.

- | | |
|-----------------------------|---------|
| 1. Wilson Kipsang (KEN) | 2:04:13 |
| 2. Geoffrey Mutai (KEN) | 2:04:30 |
| 3. Eliud Kipchoge (KEN) | 2:04:42 |
| 4. Dennis Kimetto (KEN) | 2:04:44 |
| 5. Emmanuel Mutai (KEN) | 2:04:53 |
| 6. Haile Gebrselassie (ETH) | 2:04:57 |
| 7. Patrick Makau (KEN) | 2:05:05 |

8.	Tsegaye Kebede (ETH)	2:05:21
9.	Wilson Chebet (KEN)	2:05:46
10.	Vincent Kipruto (KEN)	2:05:47
11.	Tadese Tola (ETH)	2:05:48
12.	Samuel Wanjiru (KEN)	2:05:50
13.	Sammy Kitwara (KEN)	2:05:54
14.	Dickson Chumba (KEN)	2:05:59

1.	Dennis Kimetto (KEN)	2:03:39
2.	Wilson Kipsang (KEN)	2:03:55
3.	Emmanuel Mutai (KEN)	2:03:55
4.	Geoffrey Mutai (KEN)	2:04:08
5.	Eliud Kipchoge (KEN)	2:04:25
6.	Moses Mosop (KEN)	2:04:35
7.	Patrick Makau (KEN)	2:05:10
8.	Sammy Kitwara (KEN)	2:05:13
9.	Tadese Tola (ETH)	2:05:19
10.	Dickson Chumba (KEN)	2:05:20

THIS MONTH IN HISTORY

80 years ago: 19 April 1935

Johnny A. Kelley, known as "Kelley the Elder" to distinguish him from his namesake Johnny J. Kelley, known as "Kelley the Younger", celebrated Patriot's Day by winning the Boston Marathon for the first time. He clocked 2:32:07.4 for what was then about 41.1 km. Pat Dengis (USA) was second in 2:34:11.2 and rather far back in 18th was Clarence DeMar (47), famous for winning the race an unprecedented seven times between 1911 and 1930. Kelley also had a record with a seven in it – he finished *second* seven times (he repeated his win ten years after his first victory). He continued running the race for many years after 1945 and in 1992, at the age of 84, he crossed the finish line for a remarkable 58th time. He died in 2004. (Kelley the Younger won Boston in 1957.)

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	2:15:17	Desmond Mokgobu	Santiago	12 Apr
	2:04:42	Eliud Kipchoge (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	30:59	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	76:21	Eric Coetzee	Gordon's Bay	18 Apr
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
	1:41:14A	Michael Bekapi	Somerset East	25 Apr
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	

WOMENOpen

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 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Ravensmead	14 Mar
21.1 km	90:40 76:07	Jane Mudau Tatyana Pozdniakova (UKR) 2006	Benoni	25 Jan
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 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Polokwane	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	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 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

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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 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.

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