

# Distance Running Results

Vol. 15, No. 19 – 11 May 2015

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

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Publisher: Riël Hauman

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## EDITORIAL

The Morrisons Great Manchester Run was true to its name once again yesterday by producing some great racing with a world-leading time of 27:30 by Stephen Sambu, a world 40+ record of 27:48 by Bernard Lagat and a new South African record of 27:38 by Stephen Mokoka in second. With this magnificent performance just a few weeks after clocking a new national record of 13:11.44 for 5000 m, Mokoka obliterated the oldest SA running record, Matthews Motshwarateu's 28:00 of 1980,

Lebo Phalula wins the second race in the Spar Grand Prix Series in Port Elizabeth. [Mark West]



run in Purchase (USA). The multiple national champion also put paid – fortunately – to the controversial SA best of 27:50 by Shadrack Hoff in Doha in 2002. Hoff's performance was aided by the lead vehicle driving directly in front of the leading runners and shielding them from the wind for a considerable part of the race in violation of IAAF Rule 144. A statistical analysis at the time showed that the athletes gained approx. 47 seconds because of the drafting assistance.



Stephen Sambu at the finish of the Morrisons Great Manchester Run yesterday, which he reached in a world-leading time of 27:30. [IAAF]

There was also some fast running locally when the second leg of the Spar Grand Prix Series was held in Port Elizabeth. The Phalula sisters dominated the event, with Lebo taking an easy first in 32:57 and Lebogang second in 33:27. Another two runners, Rutendo Nyahora (ZIM) and Nolene Conrad, dipped under 34 minutes; nine clocked faster than 35:00. The last of these was Irvette van Zyl,

whose 34:49 at five months pregnant is an outstanding performance. In the grandmaster category Sonja Laxton ran an excellent 48:29 behind Margie Saunders.

Four list leaders were set in the Konica Minolta Jackie Mekler 25 km, led by Hoff's 83:50, the sixth fastest time ever by a South African veteran. Hoff holds the national record at 82:29.

Nedbank ultra star Riana van Niekerk won the South African leg of the Wings for Life World Run between Paarl and Franschhoek last week, covering 55.21 km in warm and windy conditions. Van Niekerk's distance is second in the world behind Yuuko Watanabe's 56.33 km. The SA men's winner was Eric Ngubane (Nedbank) with 68.86 km.

The outstanding track performance of the weekend from a South African perspective came from a runner who is not a South African, but has strong roots here. In the Oregon Twilight Meet in Eugene, Oregon, Matthew Maton (b. 1996) of Bend, Oregon, became only the sixth US high schooler in history to break four minutes for the mile with his 3:59.38. His time – he was third in the mile won by Eric Jenkins in a world-leading 3:57.09 – is the third fastest by an American prep, behind only Alan Webb and Jim Ruyn (who ran his 3:59.0 at the age of 17 years and 5 weeks in 1964). Maton, who will attend the University of Oregon next year, is the grandson of Deon Dekkers, who in the late sixties and early seventies was one of South Africa's best distance runners. While Matthew has now run a dream mile while still in high school, his grandfather could never manage it; his best was 4:02.1 in 1970. He did win the SA cross-country title in 1969. Matthew's uncle, Gerhard, ran 14:17.4 for 5000 m in 1968 and 29:54.4 for 10000 m in 1967 (Deon's best times were 13:58.4 in 1970 and 29:22.0 in 1971). The two brothers also clocked 2:23:36 (Gerhard) and 2:26:02 (Deon) for the marathon.

The Comrades Marathon Association has announced that the distance for this year's 90<sup>th</sup> running of the ultramarathon, an "up" run, will be 87.72 km – one of the longer distances of recent up runs. Race Director Rowyn James said that due to the GO!Durban Integrated Rapid Public Transport Network road-works in Josiah Gumede Road (Old Main Road), Pinetown, the route has to deviate slightly from what has been used for the past few years. The deviation occurs between 69 km and 67 km to go and 877 m has been added to the route of the 2013 up run. The rest of the route remains the same.

An interesting aside to the results of the IAAF World Relays (in last week's DRR) – in which world records were set in both distance medley races – is that, in financial terms, the biggest winner of the weekend was Sanya Richards-Ross (USA). She was a member of both the 4x400 m and medley teams, sharing the \$50 000 prize money for first place in each as well as a quarter share of the \$50 000 world record bonus. The 30-year-old Jamaican-born American has won every competitive honour, and also has an unprecedented tally of 48 sub-50 400 m times, but set her first world record in the Bahamas.

Mel Watman's criticism of the British governing body in *Athletics International* also applies to the total absence of South African teams. "The top eight nations in the 4x100m and 4x400m automatically qualified for the Rio Olympics," Watman wrote. "The USA, Jamaica and (appropriately) Brazil advanced in all four events, while Britain made it three, narrowly missing out in the men's 4x100 m, although the team should qualify safely to the 16 invited when times set this season and next are taken into account. I agree entirely with my colleague Peter Matthews regarding the failure of UK Athletics to send teams other than for the 4x100 m and 4x400 m. What an opportunity was missed for athletes in other disciplines to experience good competition before the most enthusiastic spectators you could meet anywhere. Masses of top British athletes go away for warm weather training ... what about some warm weather racing under championship conditions? Many athletes who would have loved the occasion as part of their athletics education also missed out financially. In events in which there were no British teams, Polish athletes shared \$104 000

in prize money, Germans \$60 000. Their federations at least appreciated the value of this meeting."

Riël Hauman

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**INCLUDED IN THIS ISSUE:**

- \* Eskort Cavanagh Ultramarathon & Half Marathon, Estcourt
- \* Jive Slave Route Challenge Half Marathon & 10 km, Cape Town
- \* Adrienne Hersch Half Marathon & 10 km, Randburg
- \* Spar Grand Prix Series 10 km, Port Elizabeth
- \* Konica Minolta Jackie Mekler 25 km & 10 km, Pretoria
- \* Waterberg Executive Mayor's 28 km, Nylstroom (Modimolle) to Warmbaths (Bela-Bela)
- \* Velskoen 32 km & 10 km, Mossel Bay
- \* Tronox uMhlathuze Marathon & Half Marathon, Empangeni
- \* Langebaan Country Estate Weskus Marathon, Half Marathon & 10 km, Langebaan
- \* XC: WP League Meeting, Tokai
- \* Track: SA Open T&F Championships, Potchefstroom

**International highlights:**

- \* Morrisons Great Manchester Run 10 km, Manchester, GBR
  - \* BIG 25 Berlin, Berlin, GER
  - \* Fifth Third River Bank Run 25 km, Grand Rapids, USA
  - \* Istanbul Half Marathon, Istanbul, TUR
  - \* Track: Oregon Twilight Meet, Eugene, USA; Duke Twilight Meet, Durham, USA
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**BACKGROUND**

**SAFARI 10 KM PROBABLY SHORT**

Exceptionally fast times were recorded in the Safari 10 km in Wellington on 1 May (results in last week's DRR). Reports have been received that the front runners had to weave through the backmarkers in the half marathon (the situation was described as "chaotic"), and yet quick times were the order of the day, with five men clocking under 31 minutes. The race was won by Luyando Qolo in 29:57, a PB by 14 seconds.

Using the Race Time Bias formula established by Ken Young of *The Analytical Distance Runner*, in which runners' times are compared to what one could expect them to run (based on their most recent performances), eighteen time comparisons give an RTB figure of -6.69 sec/km – well in excess of the allowable limit of -5 sec/km. This race seems to be well short and the times will therefore not be used in any statistical lists.

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**ROAD RUNNING**

**Eskort Cavanagh Ultramarathon (43rd) & Half Marathon**

Estcourt, 10 May

(Distances: 52 km & 21.1 km; loop courses – the half marathon is a trail run)

**Ultramarathon**

**MEN**

- |    |               |            |                 |
|----|---------------|------------|-----------------|
| 1. | Muzi Madikwa  | Coll Harr  | 3:29:57 (R1000) |
| 2. | Mdu Zondi     | Natal Carb | 3:32:06 (R600)  |
| 3. | Denzil Hadebe | Natal Carb | 3:41:07 (R400)  |

(All age category prize money the same: R300.)

**40-49:**

1. Xolani Sibiyi Vultures AC 3:58:22

**50-59:**

1. Willie Majombozi Boxer AC 4:12:30

**60+:**

1. Boysie van Staden DHSOB 5:10:42

WOMEN (Same prize money as men)

1. Nonsikelelo Mbambo Natal Carb 4:08:33

2. Babongile Memela Natal Carb 4:48:52

3. Xolisile Mvelase Phuma KZN 5:19:15

**40-49:**

1. Lungile Nkosi Eskom AC 5:59:45

**50-59:**

1. Xolisile Mvelase Phuma KZN 5:19:15

**60+:**

1. Wendy Fitzmaurice Westville AC 5:40:11

**Half marathon**

MEN

1. Jeffrey Sosibo Sani AC 85:27 (R300)

2. Meketsi Dlamini Drakensberg AC 85:47 (R200)

3. Sibonelo Masimane Estcourt AC 88:11 (R150)

WOMEN (Same prize money as men)

1. Zinhle Tshabalala Klip River St 98:37

2. Brigit Potgieter Ind 105:01

3. Nontobeko Mlambo Loskop Gijimas 107:04

**Jive Slave Route Challenge Half Marathon & 10 km**

Cape Town, 10 May

(Distances: 21.1 km & 10 km; certified hilly loop courses)

Note: Relatively new great grandmaster Marietha Herbert ran faster than the existing WP record here, but there are quicker times pending. – Ed.

**Half marathon**

MEN

1. Mthandazo Qhina (Ned) 1:09:04

2. Sibusiso Madikizela (Itheko) 1:09:46

3. Peter Tsawayo (ZIM/.Gugs) 1:09:47

**Veterans:** 1. Nicholas Rupanga (Celtic) 1:16:12; 2. Graham Katzen (Celtic) 1:16:23; 3. Shawn Abrahams (Celtic) 1:17:06. **Masters:** 1. Eric Coetzee (Ind) 1:17:09; 2. Zolani Ntsodo (SANDF) 1:24:07; 3. Shafiek Cassiem (Itheko) 1:27:10. **G'masters:** 1. Stephen Granger (VOB) 1:36:40; 2. Albert Williams (Top) 1:39:51; 3. Jeff Smith (Itheko) 1:41:01. **G/g'masters:** 1. Brian Key (Forest) 1:39:58; 2. Joseph Matthews (MS) 2:03:46; 3. Rob Joubert (Ind) 2:05:43. **Juniors:** 1. Allesandro Carelse (Celtic) 1:20:05; 2. Hloni Lekhermane (Celtic) 1:25:56; 3. Duran Byman (Itheko) 1:38:05.

WOMEN

1. Zintle Xiniwe (Ind) 1:23:52

2. Nomvuyisi Seti (Itheko) 1:30:02

3. Candyce Hall (Carb) 1:32:02

**Veterans:** 1. Obertina Kanyongo (ZIM/WC) 1:33:11; 2. Ursula Frans (Ned) 1:34:38; 3. Suzette McIvor (Ned) n/t. **Masters:** 1. Zubeida Lippert (Celtic) 1:52:06; 2. Elschen Beyers (Durb) 1:53:32; 3. Leonora Erasmus (Held) 1:55:19. **G'masters:** 1. Nancy Will (Pine) 1:44:00; 2. Sue Rymer (Held) 2:11:43; 3. Ruth Leverton (Pine) 2:14:02. **G/g'masters:** 1. Avril Delapelin Dumont (WC) 2:15:40; 2. Marlene James (Pine) 2:18:47. **Juniors:** 1. Sharon Chawola (Gugs) 1:45:17; 2. Paige Botten (VOB) 1:56:36; 3. Qudsiyyah Ceres (Ommie) 2:14:44.

## 10 km

### MEN

1. Philani Buthelezi (Boxer) 31:33
2. Unathi Nteta (AAC) 31:38
3. Siboniso Soldaka (CPUT) 32:16

**Veterans:** 1. Tsungai Mwanengeni (ZIM/CMC) 33:28; 2. Sabelo Ngcwama (Celtic) 36:49; 3. Xolile Macanda (Gugs) 37:32. **Masters:** 1. Chris Mitchell (Celtic) 38:55; 2. Monde Tutani (Gugs) 39:27; 3. Steven Parkins (Tyger) 41:43. **G'masters:** 1. Gemjikile Tom (Eskom) 42:07; 2. Willie van Wyk (Brack) 48:01; 3. Neville Frieslich (FH) 48:59. **G/g'masters:** 1. Lionel Hill (Ceres) 65:58; 2. John van Rooyen (ARD) 80:32; 3. Abhubakar Marcus (ARD) 85:50. **Juniors:** 1. Samuel van der Merwe (Bell) 32:29; 2. Heinrich Wagner (Celtic) 32:32; 3. Renaldo January (Celtic) n/t.

### WOMEN

1. Fortunate Chidzivo (ZIM/Celtic) 39:08
2. Ashleigh Simonis (Carb) 39:08 (1<sup>st</sup> jun)
3. Pamela Moyikwa (VOB) 42:08

**Veterans:** 1. Busisiwe Matiwane (Celtic) 42:59; 2. Glenda Werth (Sanlam) 49:54; 3. Marnette Meyer (CMC) 50:56. **Masters:** 1. Mariëtte Strauss (Tyger) 42:59; 2. Olga Howard (Celtic) 43:22; 3. Charmaine Cupido (Ned) 46:46. **G'masters:** 1. Dawn Middelkoop (Ind) 51:57; 2. Helen du Plessis (Tyger) 52:22; 3. Collette van Eck (FH) 54:41. **G/g'masters:** 1. Marietha Herbert (Bell) 58:09; 2. Carol Gahwiler (VOB) 72:37; 3. Marie Hill (Ceres) 79:04. **Juniors:** 1. Ashleigh Simonis (Carb) 39:08; 2. Pamela Moyikwa (VOB) 42:08; 3. Busisiwe Gwala (VOB) 45:08.

## Adrienne Hersch Half Marathon & 10 km

Randburg, 10 May

(Distances: 21.1 km & 10 km. Finishers: half marathon – 1160; 10 km – 1060; also 540 in the 5 km.)

### Half marathon

#### MEN

- 1 Lucky Mohale (Boxer) 67:05; 2 Peter Muso (Colossus) 73:09; 3 Siphon Ncube (ZIM/Maxed Elite) 75:04 (1<sup>st</sup> vet)

**Veterans:** 1 Siphon Ncube (ZIM/Maxed Elite) 75:04; 2 Peter Masia (RAC) 78:30; 3 George Mooi (Gallopers) 81:20. **Masters:** 1 Ephraim Yende (Bidvest) 85:56; 2 Francois Mentz (RAC) 89:19; 3 Raymond Sibanyoni (SCAW) 95:13. **G'masters:** 1 Andre Jansen (Gauteng Striders) 90:17; 2 Frans Ramokgopa (RAC) 94:37. **G/g'masters:** 1 Willem Lubbinge (Maritimo) 2:55:12.

#### WOMEN

- 1 Jennifer Koech (KEN/Nedbank) 86:23; 2 Jeanette Mckenzie (Nedbank) 90:41; 3 Anne Stewart (RAC) 93:25 (1<sup>st</sup> vet).

**Veterans:** 1 Anne Stewart (RAC) 93:25; 2 Barbara Luckemeyer (Alberton) 99:59; 3 Debbie Delise (RAC) 2:02:24. **Masters:** 1 Jacci Schindler (Pirates) 1:47:10; 2 Debbie Slater (Florida) 1:51:37; 3 Ansa Strydom (Runavation) 1:54:41. **G'masters:** 1 Linda Icely (Old Eds) 2:00:09; 2 Bella Carmichael (RRW) 2:19:21. **Juniors:** 1 Cian Oldknow (FFA) 2:04:38.

### 10 km

#### MEN

1 Sam Bolo (BCC) 33:17; 2 Zongamele Dyubeni (Nedbank) 33:48 (1<sup>st</sup> vet); 3 Simon Mpholo (Nedbank) 34:13.

**Veterans:** 1 Zongamele Dyubeni (Nedbank) 33:48; 2 Simon Mpholo (Nedbank) 34:13; 3 Lucku Mabuza (Wanderers) 37:32. **Masters:** 1 Frank Barnard (Temp) 46:13; 2 Dirk Bornebusch (Old Eds) 69:15; 3 Hams Toythe (Solidarity) 76:10. **G'masters:** 1 Don Charles (Nedbank) 43:22; 2 Tony Waters (RAC) 61:03. **G/g'masters:** 1 Allan Murdoch (RWFL) 76:36. **Juniors:** 1 Katlego Masilela (Carlton) 38:16; 2 Thabang Mohlakane (Harambe) 37:42; 3 Sifiso Tshabalala (Global) 37:55.

#### WOMEN

1 Nerissa v.d. Walt (Runavation) 39:54; 2 Farida Zwane (Cool Running) 40:25 (1<sup>st</sup> jun); 3 Chery-Lee Schoeman (Nedbank) 40:30.

**Veterans:** 1 Nomasonoto Skosana (Nedbank) 45:41; 2 Thuli Mbatha (Katlehong) 45:55; 3 Sarah Mahlangu (West Rand) 46:44. **Masters:** 1 Cynthia Mkovane (Ricoh) 52:22; 2 Linah Nkosi (Blue Sky) 52:37; 3 Carol Rothero (RWFL) 74:21. **G'masters:** 1 Rachael Lekalake (Rockies) 60:04; 2 Elaine Greenblatt (RAC) 61:16. **G/g'masters:** 1 Hazel Quilliam (Roodepoort) 73:49. **Juniors:** 1 Farida Zwane (Cool Running) 40:25; 2 Chery-Lee Schoeman (Nedbank) 40:30; 3 Puseletso Dieta (Global) 42:41.

### Spar Grand Prix Series 10 km

(Women only)

Port Elizabeth, 9 May

(Certified loop course. Finishers: 1146 [down from 1200 last year].)

1	Lebo	Phalula	Boxer Superst	31	32:57
2	Lebogang	Phalula	Transnet AC CGA	31	33:27
3	Rutendo	Nyahora	ZIM/Nedbank RC AGN	26	33:44
4	Nolene	Conrad	Boxer Superst	29	33:55
5	René	Kalmer	Modern Athlete	34	34:27
6	Cornelia	Joubert	Nedbank RC AGN	26	34:28
7	Christine	Kalmer	Boxer Superst	29	34:36
8	Mapaseka	Makhanya	Nedbank RC AGN	30	34:45
9	Irvette	Van Zyl	Nedbank RC AGN	27	34:49
10	Tebogo	Masehla	Boxer Superst	35	35:09
11	Ntombesintu	Mfunzi	Nedbank RC	33	35:34
12	Bulelwa	Simae	Nedbank RC WP	38	35:55
13	Liziwe	Mabona	Temp	27	35:56
14	Thembi	Baloyi	Tshwane UT	26	36:05
15	Poppy	Mlambo	Boxer Superst	34	36:48
16	Keneilwe	Sesing	Randmark	26	36:54
17	Anna	Moeketsi	Transnet AC CGA	29	37:22
18	Simonay	Weitsz	Boxer Superst	16	38:09
19	Hanli	Etsebeth	Monnas	18	38:49
20	Janene	Carey	Boxer Superst	43	39:27
21	Alexia	Loizou	Temp	31	39:50
22	Judy	Bird	Midrand	53	39:59

23	Natalie	Ross	Rhodes Univ	24	40:00
24	Adri	Wessels	Temp	39	40:40
25	Jamie-Lee	Schlemmer	Madibaz AC	19	40:41

**Veterans:**

1	Janene	Carey	Boxer Superst	43	39:27
2	Lana	Theunissen	Nedbank SWD	42	40:52
3	Ronel	Thomas	Boxer Superst	43	42:16

**Masters:**

1	Judy	Bird	Midrand	53	39:59
2	Christine	Claasen	Achilles AAA	50	42:44
3	Janette	Schierz-Crusius	Body Concept	54	43:34

**G'masters:**

1	Margie	Saunders	Nedbank RC	61	43:02
2	Sonja	Laxton	Rand Ath Club	66	48:29
3	Renee	Hawkridge	Temp	64	50:05

**G/g'masters:**

1	Ronelle	Steyn	Nedbank RC	71	1:07:41
2	Retha	Van Der Merwe	Temp	70	1:12:07
3	Dorothy	Hart	Madibaz AC	77	1:17:38

**Juniors:**

1	Simonay	Weitsz	Boxer Superst	16	38:09
2	Hanli	Etsebeth	Monnas	18	38:49
3	Jamie-Lee	Schlemmer	Madibaz AC	19	40:41

**Konica Minolta Jackie Mekler 25 km (9<sup>th</sup>) & 10 km**

Pretoria, 9 May

(Out-and-back courses)

**25 km****MEN**

1. Collen Parura (ZIM/Ned) 1:23:44
2. Shadrack Hoff (Samancor) 1:23:50 (1<sup>st</sup> vet)
3. William Chinyanga (ZIM/Ned) 1:24:27
4. Micah Kogo (KEN/Ned) 1:26:44
5. Lehlohonolo Seraro (Ricoh) 1:27:52
6. Kau Maruma (FFA) 1:29:26
7. Wesley Mutai (KEN/Ned) 1:30:30
8. Calvin Matekola (Ricoh) 1:31:36
9. Joel Kutu (DCS) 1:31:39
10. Greg Barnes (B2R) 1:32:16

**Veterans:** 1. Shadrack Hoff (Samancor) 1:23:50; 2. Greg Barnes (B2R) 1:32:16; 3. Peter Moshoeane (RWFL) 1:38:29. **G'masters:** 1. Elias Raphulu (Mag) 1:54:30. **G/g'masters:** 1. Pele Tshikundamalema (Olifants) 2:13:10. **Juniors:** 1. Brian Bambo (Zwak) 1:40:57.

**WOMEN**

1. Emmerentia Rautenbach (Ned) 1:45:38
2. Azwindini Gladys Lukhwareni (CR) 1:46:20
3. Caroline Wöstmann (Ned) 1:48:08
4. Heather Walden (B2R) 1:49:37 (1<sup>st</sup> vet)
5. Mitsie van der Westhuizen (Runav) 1:51:23
6. Marcelle Coetzee (Runav) 1:51:43
7. Anel Labuschagne (Kempton) 1:52:25
8. Vanessa Bowman (Kempton) 1:52:47
9. Anel Vorster (Irene) 1:53:37

10. Simangele Mabuza (Trans) 1:54:36

**Veterans:** 1. Heather Walden (B2R) 1:49:37; 2. Mitsie van der Westhuizen (Runav) 1:51:23. **Masters:** 1. Julie Shadwell (Phob) 2:11:04. **G'masters:** 1. Iris Zulu (Yebo) 2:47:47.

### 10 km

#### MEN

1. Bafana Dube (Trans) 31:00  
2. Benedict Moeng (Trans) 31:13  
3. Simon Mokonyama (Monaco) 32:07

**Veterans:** 1. Jackson Seanego (Armscor) 35:16; 2. Colin Witbooi (SANDF) 35:48.  
**Masters:** 1. George Sebata (Diep) 43:59. **G'masters:** 1. Fanie van Vuuren (Harl) 52:51.  
**G/g'masters:** 1. Andries van der Merwe (Trans) 56:19. **Juniors:** 1. Jemaine Adams (ACE) 38:58.

#### WOMEN

1. Nerissa van der Walt (Runav) 40:07  
2. Lisa Maritz (Irene) 41:51  
3. Helen Nthabiseng (Monaco) 43:01

**Veterans:** 1. Susan Rossouw (CSIR) 44:22; 2. Charmaine Warriker (VTM) 48:06.  
**Masters:** 1. Ansie Breytenbach (Irene) 43:19. **G'masters:** 1. Lyn de Bruin (Irene) 54:27.  
**G/g'masters:** 1. Deirdre Larkin (Rand) 65:40. **Juniors:** 1. Heletje Botha (Eldor) 43:32.

### Waterberg Executive Mayor's 28 km

Nylstroom (Modimolle) to Warmbaths (Bela-Bela), 9 May  
(Point-to-point course. Finishers: 340 [up from 256 last year].)

#### MEN

1 Gladwin Mzazi (Transnet) 91:59; 2 Tlou Peu (MAD Multisport) 92:06; 3 Motsamai Motone (Transnet) 92:53; 4 Lucas Jani (Transnet) 93:42; 5 Enos Matalane (Transnet) 93:49.

**Veterans:** 1 Sipho Ncube (ZIM/Maxed Elite) 96:37; 2 Mike Selamolela (Addicted to Life) 1:46:33. **Masters:** 1 Israel Madibana (Eskom) 1:54:30; 2 Paul Mabena (Ford) 2:00:11.  
**G'masters:** 1 Johan Nel (Irene) 2:15:08; 2 Johannes Moshela (Polokwane) 2:23:29.  
**Juniors:** 1 Emmanuel Ramohlale (Pietersburg) 1:44:48.

#### WOMEN

1 Shitaye Gemechu Debellu (ETH/Nedbank) 1:50:35; 2 Alemtsehay Hailu Kakissa (ETH/Nedbank) 1:50:42; 3 Kataza Shipalana (Transnet) 1:52:20; 4 Jennifer Koech (KEN/Nedbank) 1:52:46; 5 Thabita Tsatsa (ZIM/Maxed Elite) 1:54:37 (1<sup>st</sup> vet).

**Veterans:** 1 Thabita Tsatsa (ZIM/Maxed Elite) 1:54:37; 2 Maria Moloko (Ford) 2:16:09.  
**Masters:** 1 Jane Mudau (Pietersburg) 2:05:46; 2 Marina Coetzee (PMK) 2:29:17.  
**G'masters:** 1 Francis van Blerk (Nedbank) 2:43:16; 2 Maz Moore (Kyalami) 3:08:50.



**Velskoen 32 km & 10 km**

Mossel Bay, 9 May

(Out-and-back courses. Finishers: 32 km – 93 [the same as last year]; 10 km – 119 [down from 128].)

Note: Marrida Leen was eighth overall in the 10km and Cecilia Nel tenth. – Ed.**32 km**

## MEN

1	Elfonzo Pieterse	Nedbank SWD	26	1:55:33
2	Leon Adams	Temp	21	1:57:57
3	Melikhaya Msizi	KMC	31	2:06:02
4	Keith Clark	Outeniqua Harriers	40	2:06:26
5	Jugene Maart	Nedbank SWD	28	2:13:35
6	Jan Isaks	Rainbow	29	2:15:05
7	Sydney Landsberg	Nedbank SWD	53	2:16:32
8	Rodney Halom	Outeniqua Harriers	31	2:18:32
9	Phillipus du Toit	Hartenbos Drawwers	49	2:19:04
10	Anton Chevalier	Nedbank SWD	49	2:19:43

**Veterans:**

1	Keith Clark	Outeniqua Harriers	2:06:26
2	Phillipus du Toit	Hartenbos Drawwers	2:19:04

**Masters:**

1	Sydney Landsberg	Nedbank SWD	2:16:36
2	Hermanus Jonkerman	Nedbank SWD	2:30:59

**G'masters:**

1	Jan Du Toit	Hartenbos Drawwers	2:51:52
2	Brian Searle	Strand	3:12:03

**G/g'masters:**

1	Dave Edge	Sedgefield Striders	3:07:31
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## WOMEN

1	Elize Kloppers	Hartenbos Drawwers	45	2:33:07
2	Alison Giliomee-Nell	Nedbank SWD	34	2:44:46
3	Thoko Khanyile	Mossel Bay Harriers	34	2:46:17
4	Danika Gerber	Hartenbos Drawwers	23	2:51:24
5	Maryke Sass	Nedbank SWD	44	2:52:29
6	Elmien Nel	Nedbank SWD	44	3:01:12
7	Danielle Williams	Sedgefield Striders	36	3:05:36
8	Doortjie van der Spuy	Outeniqua Harriers	49	3:07:30
9	Annelie Kruger	Hartenbos Drawwers	44	3:12:24
10	Toesie Dercksen	Hartenbos Drawwers	46	3:12:24

**Veterans:**

1	Elize Kloppers	Hartenbos Drawwers	2:33:07
2	Maryke Sass	Nedbank SWD	2:52:29

**Masters:**

1	Carin Venter	Outeniqua Harriers	3:22:21
2	Sharon Brown	KMC	3:32:00

**G'masters:**

1	Johanna du Toit	Sedgefield Striders	3:14:02
2	Benita Olivier	Hartenbos Drawwers	3:35:42

**10 km**

## MEN

1	Ruben Dlepu	Temp	17	32:07
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2	Godwin Heyns	Nedbank SWD	17	35:23
3	Mervin Arendse	Temp	16	36:17
4	Luzane Pieterse	Temp	16	38:21
5	Wayne Hartzenberg	Outeniqua Harriers	17	38:52
6	Mauritz Jansen van Rensburg	Outeniqua Harriers	44	39:03
7	Aubrey Brinkhuis	KMC	45	39:11
8	Paulus Allart	Mossel Bay Harriers	46	42:53
9	Joe Mullin	Temp	34	43:44
10	Samuel Windvogel	Outeniqua Harriers	52	44:38

**Veterans:**

1	Mauritz Jansen van Rensburg	Outeniqua Harriers	39:03
2	Aubrey Brinkhuis	KMC	39:11

**Masters:**

1	Samuel Windvogel	Outeniqua Harriers	44:38
2	Patrick Rawlins	Outeniqua Harriers	51:06

**G'masters:**

1	Burnett Zaayman	Hartenbos Drawwers	55:22
2	Bryan Hagan-Watson	Outeniqua Harriers	59:41

**G/g'masters:**

1	Peter Brown	KMC	1:00:50
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**Juniors:**

1	Ruben Dlepu	Temp	32:07
2	Godwin Heyns	Nedbank SWD	35:23

**WOMEN**

1	Marrida Leen	Mossel Bay Harriers	17	42:52
2	Cecilia Nel	Hartenbos Drawwers	33	43:22
3	Candice van Beulen	Rainbow	15	45:54
4	Nadeane Coetzee	Sedgefield Striders	25	47:04
5	Clarisha Pieterse	Mossel Bay Harriers	16	47:06
6	Chantelle de Bruin	Nedbank SWD	44	50:45
7	Rea Oosthuizen	Hartenbos Drawwers	68	51:30
8	Elsa de Villiers	Hartenbos Drawwers	55	52:02
9	Rina Wray	Hartenbos Drawwers	52	52:18
10	Holly Godfrey	Sedgefield Striders	36	52:26

**Veterans:**

1	Chantelle de Bruin	Nedbank SWD	50:45
2	Melanie Sinclair	Hartenbos Drawwers	52:36

**Masters:**

1	Elsa de Villiers	Hartenbos Drawwers	52:02
2	Rina Wray	Hartenbos Drawwers	52:18

**G'masters:**

1	Rea Oosthuizen	Hartenbos Drawwers	51:30
2	Mariet Horn	KMC	58:23

**G/g'masters:**

1	Geraldine Loftie-Eaton	Nedbank SWD	1:18:47
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**Juniors:**

1	Marrida Leen	Mossel Bay Harriers	42:52
2	Candice van Beulen	Rainbow	45:54

## Tronox uMhlathuze Marathon & Half Marathon

Empangeni, 26 April

(Distances: 42.195 km & 21.1 km; out-and-back courses. Finishers: marathon – 176; half marathon – 150.)

### Marathon

#### MEN

1	Bongani	Mdeltshe	NRB Harriers	2:43:45
2	Vusi	Mbatha	Nongoma	2:44:34
3	Ntando	Xulu	NRB Harriers	2:50:57
4	Bhekani	Mhlongo	Nongoma Rabbits	2:53:18
5	Thembelani	Malundu	Nedbank	2:55:08

#### Veterans:

1	Samson	Mnyango	Mtubatuba AC	2:56:27
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#### Masters:

1	Willie	Shabalala	uMhlathuze AC	3:09:48
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#### G'masters:

1	Chris	V.d. Westhuizen	uMhlathuze Athletic Club	3:53:20
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#### WOMEN

1	Jo	Mackenzie	Mtunzini AC	3:30:47
2	Iris	Ndlovu	NRB Harriers	3:45:13
3	Tarryn	Spearman	Nedbank LVCC	4:13:33
4	Nonhlanhla	Nxumalo	NRB Harriers	4:47:26
5	Lamulile	Phakathi	Nongoma Rabbits	5:06:19

#### Veterans:

1	Nonhlanhla	Dludla	NRB Harriers	5:24:02
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### Half marathon

#### MEN

1	Nkosanithi	Zungu	NRB Harriers	1:14:58
2	Sifiso	Mdletshe	NRB Harriers	1:17:31
3	Dumsani	Dlamini	Ingwavuma District AC	1:19:12
4	Msezane	Sabelo	Temp	1:21:52
5	Khumalo	Siboniso	Temp	1:22:56

#### Veterans:

1	Dumisani	Mpanza	uMhlathuze AC	1:36:25
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#### Masters:

1	Shadrack	Mncwango	Imamba AC	1:23:24
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#### G'masters:

1	M G	Thabede	Nongoma AC	1:59:23
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#### WOMEN

1	Nomcebo	Mthethwa	uMhlathuze AC	1:34:31
2	Amy	Burger	Mtunzini AC	1:46:33
3	Melinda	Gregory	ZMSC	1:54:31
4	Andile	Cebekhulu	NRB Harriers	1:54:24
5	Zinhle	Mthembu	Ingwavuma District AC	1:56:29

#### Veterans:

1	Sizani	Bentele	uMhlathuze AC	1:58:29
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#### Masters:

1	Trish	Winterboer	uMhlathuze AC	2:00:12
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**G'masters:**

1	Sandy	Curran	Nashua R/Bay AC	2:12:59
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**Langebaan Country Estate Weskus Marathon, Half Marathon & 10 km**

Langebaan, 25 April

(Distances: 42.195 km, 21.1 km & 10 km; the marathon point to point with a start/finish separation of 6.25 km or 14.8% of the distance, the half marathon a near loop – both record standard; the 10 km configuration is unknown. Finishers: marathon – 809 [down from 916 last year; half marathon – 850 [up from 767]; 10 km – 776.)

**Marathon****MEN**

1	Mthandazo	Qhina	Nedbank Running Club	2:30:20
2	Mthobeli	Mathomane	Satori AC	2:30:43
3	Tarisai	Rukadza	ZIM/Guguletu AC	2:34:19
4	Siyabulela	Mponewana	VOB	2:37:25
5	Mpendule	Sigwadi	Guguletu AC	2:40:26
6	Sihle	Mapukata	Ind	2:42:31
7	Samson	Gulubela	Ind	2:43:17
8	Imran	Paya	MAW/Guguletu AC	2:44:55
9	Tholang	Moloi	SANDF	2:48:50
10	Siyabonga	Blayi	Elgin Grabouw AC	2:49:55

**WOMEN**

1	Candyce	Hall	Carbineers	3:10:56
2	Maria Johanna	Prins	Bellville AC	3:20:15
3	Kutlwano	Ramaboa	West Coast AC	3:22:33
4	Jana	Trojan	CZE/VOB	3:25:14
5	Tracy	Forbes	VOB	3:25:14
6	Nancy	Will	Pinelands AC	3:34:12
7	Angeliqe	Rabie	Carbineers	3:35:35
8	Linda	Kinloch-Smith	Cape Multi Sport Club	3:38:26
9	Carla	Du Toit	Mtunzini Athletics Club	3:40:51
10	Megan	Goliath	Brackenfell AC	3:40:59

**Half marathon****MEN**

1	Nkosinathi	Sotyantya	Itheko AC	1:09:20
2	Abongile	Snyman	Easterns Kraaifontein AC	1:10:45
3	Tom	Lusaseni	Itheko Sport AC	1:14:04
4	Riaan	Wildschutt	Easterns Kraaifontein AC	1:14:33
5	Envor	Rhodas	Easterns Kraaifontein AC	1:14:38
6	Babalo	Hambi	Itheko AC	1:15:37
7	Sean-Lee Antony	Brains	Langebaan Strandlopers	1:20:01
8	Denzil	Byman	Itheko AC	1:23:05
9	Lwando	Jack	SA Navy	1:23:30
10	Friedl	Van der Merwe	Cape Multi Sport Club	1:25:26

**WOMEN**

1	Fortunate	Chidzivo	ZIM/Celtic Harriers	1:28:08
2	Nomvuyisi	Seti	Itheko Sport AC	1:29:55
3	Sandra	Van Graan	Edgemead Runners	1:30:21
4	Lee-Shay	Illemse	Velocity AC	1:33:37
5	Tanya	Posthumus-Fox	Century City AC	1:34:36
6	Helen	Ibbotson	Pirates Road Running Club	1:35:38
7	Annette	Roos	West Coast AC	1:36:12

8	Christine	De Kock	Durbanville AC	1:37:17
9	Helena	Oberholzer	Pirates Road Running Club	1:38:38
10	Jessamine	McLeod	Ind	1:41:07

**10 km****MEN**

1	Danzil	Pause	Easterns Kraaifontein AC	31:16
2	Vuyolwethu	Mbukushe	Guguletu AC	31:17
3	Siyabonga	Makhaluza	Easterns Kraaifontein AC	31:18
4	Virgina	Ngudlumana	Itheko AC	31:41
5	Justin	Fritz	Ceres AC	31:45
6	Siviwe	Nkomi	Itheko Sport AC	32:01
7	Garith	Maarman	Swartland AC	33:32
8	Nadeel	Wildschutt	Ceres AC	34:06
9	Llewellyn	Jacobs	Celtic Harriers	34:20
10	Morne	Kammies	Sanlam AC	34:29

**WOMEN**

1	Pamela	Moyikwa	VOB	44:37
2	Sharon	Chawola	Guguletu AC	45:02
3	Marijke	West	Swartland AC	45:07
4	Marthine	Herbert	Temp	46:47
5	Yvonne	Mouton	Durbanville AC	47:14
6	Azel	Boos	Salkoraine AC	47:58
7	Glenda	Werth	Sanlam AC	48:16
8	Nina	Oosthuizen	ARD	49:47
9	Christal	Rossouw	Temp	49:51
10	Dianne	Parker	Temp	49:58

**CROSS-COUNTRY****WP League Meeting (1<sup>st</sup>)**

Tokai, 2 May

Note: All distances are 4 km except where indicated otherwise. – Ed.**SR. MEN (12 km)**

1	Merlin	Klaaste	UWC	36:13
2	Vuyolwethu	Mbukushe	Gugs	36:57
3	Xolisa	Batala	VOB	37:34
4	Siyaillela	Mpongwana	VOB	37:36
5	Mlulami	Mabona	VOB	37:44
6	Heinrich	Camphor	CMC	38:02
7	Barry-John	Pienaar	No Club	38:14
8	Granwin	Katzen	Celtic Harriers	38:27
9	Sivewe	Ngubu	Nedbank	38:41
10	Emiele	Paulsen	UWC	39:05

**SR. MEN**

1	Emiele	Paulsen	UWC	12:13
2	Ashley	Smith	Celtic Harriers	12:17
3	Bruce-Lynn	Damons	Celtic Harriers	12:35
4	Orion	Faro	No Club	12:43
5	Bulelani	Bhebha	VOB	12:45
6	Dawood	Goeiman	ATC Running	12:49
7	Dewayne	Mouries	Itheko	12:54

8	Sibusiso	Magwaza	UWC	13:01
9	Raydon	Balie	Wild Runner	13:04
10	André	Afrika	Eerste River	13:45

## VETERAN MEN (8 km)

1	Shawn	Abrahams	Celtic Harriers	24:33
2	Roger	Dickson	VOB	24:36
3	Graham	Katzen	Celtic Harriers	24:51

## MASTER MEN (8 km)

1	Chris	Mitchell	Celtic Harriers	26:16
2	Zolani	Ntsodo	Defence WP	27:16
3	Andrew	Tunstall	Hout Bay Harriers	27:23

## G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	28:27
2	Awie	Veldsman	Helderberg Harr	30:58
3	Gemjikile	Tom	Eskom	31:07

## U.19 (8 km)

1	McMarshal	Hartzenberg	Eerste River	23:13
2	Heinrich	Wagner	Celtic Harriers	23:21
3	Bruce-Lynn	Damons	Celtic Harriers	23:58

## U.17 (6 km)

1	Rowhaldo	Ratz	Eerste River	23:03
2	Samuel	van der Merwe	Bellville	23:17
3	Alantino	Belillie	Eerste River	24:04

## SR. WOMEN (8 km)

1	Celeste	Renaud	UCT	28:04
2	Amy	Abrahams	UWC	29:41
3	Candyce	Hall	Carbineers	30:17
4	Melody	Marcus-Cupido	No Club	30:38
5	Sheryl	de Lange	CMC	30:44
6	Tosca	Joseph	Easterns	30:52
7	Cleo	Albertus	Carbineers	31:34
8	Alex	Stuart-Smith	VOB	31:41
9	Noxwaba	Mtetho	Celtic Harriers	32:12
10	Khulukazi	Lupondo	Easterns	32:14

## SR. WOMEN

1	Anel	Terblanche	CMC	15:19
2	Kim	Magnet	Pinelands	16:16
3	Lee-Shay	Willemse	Velocity	16:23
4	Heleen	Malan	Maties	16:47
5	Nomaxesite	Ngantsi	VOB	17:09
6	Annereen	Malan	Maties	17:59
7	Nowbabalo	Dyonase	VOB	19:12
8	Mandisa	Nqayi	Gugs	19:16
9	Stafeeqah	Gordon	UWC	20:52
10	Shafeeqah	Gordon	UWC	20:52

## VETERAN WOMEN

1	Busisiwe	Matiwane	Celtic Harriers	15:59
2	Sheryl	de Lange	CMC	16:17
3	Sandra	van Graan	Edgemoed	16:32

## MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	17:09
2	Georgina	Andraos	VOB	17:29
3	Charmaine	Cupido	Nedbank	17:34

## G'MASTER WOMEN

1	Nancy	Will	Pinelands	18:06
2	Collette	van Eck	Fish Hoek	20:23
3	Helen	Du Plessis	Tygerberg	21:31
U.19 (6 km)				
1	Ashleigh	Simonis	Carbineers	26:58
2	Lolita	Kievieto	UWC	29:21
3	Lauren	Jonathan	VOB	29:55
U.17				
1	Hayley	Preen	Hout Bay	15:17
2	Quin	Jacobs	Bottelary	15:54
3	Assnique	Robinson	Bellville	15:57

## TRACK

## South African Open Track &amp; Field Championships

Potchefstroom, 8-9 May

## MEN

## 800 (09):

1	Jacob	Rozani	NWN	1:46.91
2	Hannes	Naude	AFS	1:47.74
3	Kabelo	Mohlosi	NWN	1:48.79
4	Duran	Faro	WPA	1:49.09
5	Matsetse	Nyasha	ZIM	1:49.49
6	Jabolane	?	AFS	1:49.84
7	Tian	Basson	MPU	1:50.20
8	Emile	Pieterse	CNW	1:50.29
9	Salonen	Tuomo	FIN	1:51.16
10	William	Mothosola	MPU	1:51.95
11	Koketso	Ramasita	AGN	2:00.70

## 1500 (08):

1	Elroy	Gelant	CNW	3:44.84
2	Rantso	Mokopane	CNW	3:44.90
3	Jerry	Motsau	CNW	3:47.98
4	Pharson	Magagane	CGA	3:50.22
5	Armin	Botha	CNW	3:52.82
6	Nick	Jensen	DAN	3:53.49
7	Moses	Dirane	AGN	3:55.10
8	Dikotsie	Lekopa	CNW	3:58.13
9	Ryno	Van Vollenhoven	CGA	4:03.92
10	Migael	Strydom	CGA	4:04.10
11	Aphiwe	Abasisa	CGA	4:09.04
12	Tumelo	Machaba	LIM	4:15.93
13	Tshepo	Leeto	AGN	4:17.41

## 3000 s/chase (09):

1	Tumisang	Monnatlala	CGA	9:06.86
2	Rantso	Mokopane	CNW	9:13.67
3	Lucas	Bothobutle	CNW	9:14.08
4	Sprinkaan	Simons	AFS	9:33.14
5	Munyaradzi	Jari	ZIM	9:51.88

## 5000 (09):

1	Mothimuk'hulu	Hatasi	LES	14:28.09
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2	Precious	Mashele	AGN	14:36.19
3	Marko	Bucarizza	CGA	14:37.25
4	Zinato	Tenau	ZIM	14:41.34
5	Kabelo	Lesia	LES	14:44.80
6	Henry	Makane	CGA	14:58.80
7	Puseletso	Mofokeng	AVT	15:56.36
8	Xaba	Mavuso	AFS	16:20.98

## 10000 (08):

1	Mothimuk'hulu	Hatasi	LES	29:58.18
2	Kabelo	Lesia	LES	30:26.30
3	Munyaradzi	Jari	ZIM	31:28.77
4	Joel	Madiba	AGN	32:12.37
5	Xolisa	Quliso	AFS	32:48.76
6	Dylan	Van der Merwe	CGA	32:53.57
7	Xaba	Mavuso	AFS	33:10.10

## WOMEN

## 800 (09):

1	Caster	Semenya	CNW	2:04.58
2	Anuschka	Nice	AGN	2:06.42
3	Mandie	Brandt	BOL	2:07.92
4	Rorisang	Ramonye	NWN	2:10.52
5	Rizani	Van Aswegen	AFS	2:12.91
6	Carina	Swiegers	CNW	2:14.36
7	Ts'epang	Sello	LES	2:20.64
8	Jeanette	McKenzie	CGA	2:22.42
9	Dimpho	Diale	AGN	2:23.49

## 1500 (08):

1	Lizerie	Ferreira	AGN	4:32.49
2	Mokulubete	Makatsi	LES	4:34.10
3	Ts'epang	Sello	LES	4:42.07

## 5000 (08):

1	Mokulubete	Makatsi	LES	17:25.37
2	Glenrose	Xaba	MPU	17:45.78
3	Lizerie	Ferreira	AGN	19:38.04
4	Tholoana	Peu	AGN	20:38.83

## YOUTH BOYS

## 800 (09):

1	Theuns	Ehlers	AGN	1:51.61
2	Vuni	Madonsela	MPU	1:53.27
3	Lewis	Ngwenya	AGN	1:54.30

## 1500 (08):

1	Vuni	Madonsela	MPU	4:03.47
2	Ezra	Ferreira	CGA	4:09.48
3	Phelani	Maduwa	AVT	4:09.77

## 2000 s/chase (09):

1	Thapelo	Makofane	AGN	6:13.32
2	Thamsanqa	Khonco	CGA	6:24.73

## 3000 (09):

1	Rowhaldo	Ratz	WPA	9:02.29
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2	Ts'epo	Ramashamole	LES	9:16.09
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#### YOUTH GIRLS

800 (09):

1	Liza	Kellerman	CGA	2:08.22
2	Celia	Stramrood	CGA	2:13.11
3	Lethlogonolo	Magoro	AGN	2:15.01

1500 (08):

1	Liza	Kellerman	CGA	4:36.49
2	Nicole	Van der Merwe	CGA	4:39.96
3	Keletso	Senosi	AGN	4:50.62

3000 (08):

1	Keletso	Senosi	AGN	10:02.70
2	Nicole	Van der Merwe	CGA	10:15.40
3	Thobile	Amon	AGN	10:52.80

## 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

### Morrisons Great Manchester Run 10 km

Manchester, GBR, 10 May

(Certified course; course starts at 45 m elevation and finishes at 35 m elevation [10 m elevation loss, or 1 m/km of race distance; legal for record setting]; start/finish separation is 600 m, or 6% of the race distance)

MEN (gun times)

1.	Stephen Sambu, KEN	27:30 WL
2.	Stephen Mokoka, RSA	27:38 NR
3.	Bernard Lagat, 1974, USA	27:48 NR=/WRM40 (debut)
4.	Wilson Kipsang, KEN	27:53
5.	Leonard Patrick Komon, KEN	28:19
6.	Tesfaalem Mehari, ERI	28:23
7.	Andrew Butchart, GBR	29:09
8.	Ross Millington, GBR	29:11
9.	Jonathan Taylor, GBR	29:19
10.	Mark Christie, IRL	29:20
...	16. Haile Gebrselassie, 1973, ETH	30:05

ELITE WOMEN (gun times)

1.	Betsy Saina, KEN	31:49
2.	Gemma Steel, GBR	31:55
3.	Edna Kiplagat, KEN	31:57
4.	Caroline Kilel, KEN	32:18
5.	Diane Nukuri, BDI	32:27
6.	Jelena Prokopcuka, LAT	32:33
7.	Fionnuala Britton, IRL	32:56
8.	Tiki Gelana, ETH	33:12
9.	Jess Coulson, GBR	33:15
10.	Jo Pavey, 1973, GBR	33:21

**BIG 25 Berlin** (35th)

Berlin, GER, 10 May  
(Distance: 25 km; flat )

## MEN (gun times)

- |                               |         |               |
|-------------------------------|---------|---------------|
| 1. Abraham Cheroben, KEN      | 1:12:31 | € 2000 + 500i |
| 2. Temesgen Daba Ejerssa, ETH | 1:13:28 | 1000 + 250i   |
| 3. Kenneth Kipkemoi, KEN      | 1:14:18 | 750           |
| 4. Frederick Ngeny, KEN       | 1:14:49 | 500           |
| 5. Charles Wachira Maina, KEN | 1:17:18 | 400           |

## WOMEN (gun times)

- |                                 |         |                  |
|---------------------------------|---------|------------------|
| 1. Sutume Asefa Kebede, ETH     | 1:21:55 | NR € 2000 + 500i |
| 2. Winny Jepkorir, KEN          | 1:25:59 | 1000             |
| 3. Elizeba Cheronno, KEN        | 1:26:59 | 600              |
| 4. Helen Bekele Tola, ETH       | 1:27:39 | 400              |
| 5. Zewdnesh Ayele Belachew, ETH | 1:28:55 |                  |

i) Earned time incentive bonus

**Fifth Third River Bank Run 25 km** (38th)

(U.S. 25 km Open Championships for men and women)  
Grand Rapids, USA, 9 May

## MEN (gun times)

- |  |         |                        |
|--|---------|------------------------|
| 1. Jared Ward, 26, Provo, UT               | 1:14:57 | \$5000 + 7000a + 1000# |
| [1:03:36 at 21.1 km]                       |         |                        |
| 2. Christo Landry, 29, Charlotte, NC       | 1:15:02 | 1500 + 3000a           |
| [1:03:36]                                  |         |                        |
| 3. Abdi Abdirahman, 38, Tucson, AZ         | 1:15:27 | 1000 + 1500a           |
| [1:03:37]                                  |         |                        |
| 4. Augusts Maiyo, 31, Colorado Springs, CO | 1:16:39 | 1000a                  |
| 5. Brett Gotcher, 30, Aptos, CA            | 1:16:50 | 800a                   |

## WOMEN

- |   |         |                |
|---|---------|----------------|
| 1. Lindsey Scherf, 28, High Falls, NY     | 1:26:36 | \$5000 + 7000a |
| [1:12:35 at 21.1 km]                      |         |                |
| 2. Sara Hall, 32, Flafstaff, AZ           | 1:27:41 | 1500 + 3000a   |
| [1:13:31]                                 |         |                |
| 3. Valentine Kibet, 25, Lansing, MI (KEN) | 1:25:50 | 1000           |
| [1:13:36]                                 |         |                |
| 4. Heather Cappello, 35, Somerville, MA   | 1:29:09 | 1500a          |
| 5. Marci Gage, 27, Bend, OR               | 1:29:54 | 1000a          |

a) Earned USA Championships prize money

#) Earned gender challenge bonus (women got 11 min 30 sec head start start)

**Istanbul Half Marathon** (1st)

Istanbul, TUR, 26 April  
(Distance: 21.1 km; course configuration/cerification unknown)

## ELITE MEN (gun times)

- |                            |         |
|----------------------------|---------|
| 1. Evans Kiplagat, 27, KEN | 1:00:13 |
|----------------------------|---------|

2. Leonard Langat, 25, KEN	1:00:16
3. Joseph Kiprono Kiptum, 28, KEN	1:00:17
4. Titus Mbishei, 25, KEN	1:00:18
5. Richard Kiprop Mengich, 26, KEN	1:00:23
6. Abraham Kosongwor, 22, KEN	1:00:25
... 10. Lucky Mohale, 32, RSA	1:04:55

**ELITE WOMEN**

1. Gladys Cherono, 32, KEN	1:06:38
2. Helah Kiprop, 30, KEN	1:08:23
3. Muluhabt Tsega, 30, ETH	1:09:22
4. Purity Jebichi, 26, KEN	1:10:34
5. Jane Onyangi, 24, KEN	1:12:05

**TRACK****Oregon Twilight Meet**

Eugene, USA, 8 May

**MEN**

800:

1. Matthew Centrowitz	Oregon Project	1:48.46
2. Andrew Wheating	Nike OTC Eli	1:48.70
3. Joe Abbott	Unattached	1:49.68

Mile -

Heat 2 -

1. Eric Jenkins	SR Oregon	3:57.09 WL/PB
2. Will Geoghegan	SR Oregon	3:57.53 PB
3. Matthew Maton (1996)	SR Unattached	3:59.38 WJL/PB

**Duke Twilight Meet**

Durham, USA, 6-7 May

**WOMEN**

1500 (06):

1. Caroline Alcorta, FR, UNC	4:23.32 PB
2. Madison Granger, SO, Duke	4:24.10 PB
3. Kathryn Lazarchick, SO, Wake Forest	4:24.71
... 6. Aynslee van Graan, FR, Coastal (RSA)	4:26.93

**NEWS****SPAR GRAND PRIX POINTS TABLE**

The Spar Grand Prix points table after the first two races is:

**OPEN**

1	Mapaseka Makhanya	Nedbank	43
2	Lebogang Phalula	Transnet	37
3	René Kalmer	Mod Athlete	33
4	Christine Kalmer	Boxer	30
5	Cornelia Joubert	Nedbank	29
6	Lebo Phalula	Boxer	20

7	Ntombesintu Mfunzi	Nedbank	19
8=	Thembi Baloyi	TUT	18
8=	Irvette van Zyl	Nedbank	18
10	Nolene Conrad	Boxer	17
11=	Bulelwa Simae	Nedbank	16
11=	Liziwe Mabona	Transnet	16
13	Zintle Xiniwe	Ind	15
14	Jenna Challenor	Temp	13
15=	Tebogo Masehla	Boxer	12
15=	Lena Lötter	Temp	12
17	Glenrose Xaba	Transnet	10
18	Annah Moeketsi	Transnet	8
19	Poppy Mlambo	Boxer	6
20=	Keneilwe Sesing	Randmark	5
20=	Mareliese Retief	Boxer	5

**Veterans:**

1	Janene Carey	Boxer	15
2	Lana Theunissen	Nedbank	4
3=	Julie Huckle	Hout Bay	3
3=	Ronel Thomas	Boxer	3

**Masters:**

1=	Elmarie Coetzee	Cape M/Sport	10
1=	Judy Bird	Midrand	10
3=	Mariëtte Strauss	Tygerberg	4
3=	Christine Claasen	Achilles	4

**G'masters:**

1	Nancy Will	Pinelands	10
2	Sonja Laxton	RAC	8
3	Margie Saunders	Nedbank	5

**Juniors:**

1=	Pamela Moyikwa	VOB	5
1=	Simonay Weitsz	Boxer	5
3=	Ashleigh Simonis	Carbineers	4
3=	Hanli Etsebeth	Monnas	4

Haile Gebrselassie sets a world record of 2:04:26 in the 2007 BMW Berlin Marathon. [BMW Berlin Marathon]

**HAILE RETIRES AGAIN, BUT NOW FOR GOOD**

After dropping out of the 2010 TCS New York City Marathon after 25 kilometers, Haile Gebrselassie told a packed press conference that he had decided to retire from top-level athletics, reports *Race Results Weekly*. The room fell silent in disbelief. "I did really very hard training to win this race," he said, welling up. "It didn't work... After this, I know I have no discussion with my manager, with anybody, but I discuss with myself. That's why it's better to stop here."

But just a week later, he decided that his decision in New York had been too hasty. Through his management agency, Global Sports Communications, Gebrselassie said his brief retirement was over. "After the race I was tired, I was in pain and I was disappointed that all my hard work didn't bring me the result I was hoping for," he said through a statement. "I was very emotional." Since then, Gebrselassie -- perhaps the greatest distance runner of all-time with



more than 20 world records, two Olympic gold medals and five world titles -- has competed regularly, if less frequently. When he turned 40 in 2013, he set masters (40+) world records for 10 km (28:00), 10 miles (47:00), and the half marathon (1:01:09). But yesterday Gebrselassie -- now 42 according to his official date of birth -- decided to finally hang up his road flats for good. In Manchester, England, after the Morrisons Great Manchester Run, he told the media that he had just run his last top-level road race. Hours later, in a statement released by his management agency, Gebrselassie confirmed his retirement.

"I am retiring from competitive running, not from running," he said after finishing 16th in 30:05. "You cannot stop running, this is my life. And I am still enjoying my farewell tour like today in Manchester."

Gebrselassie will now focus more on his businesses in Ethiopia. He employs more than 1000 people, his management company said, and is involved in real estate projects, owns four hotels, a coffee plantation and is the distributor for Hyundai in Ethiopia.

## STATS TIME

This week we include an all-time list of the top ten SA veteran women in the marathon. Gillian Sieling's superb run in London moved her into ninth place. Sonja Laxton's pre-eminent position in SA marathon history is evident from the list; she has eight performances, and on a standard course no other woman has come to within eleven minutes of her best time (or three minutes of her slowest time). Secondary performances for the top three are also listed.

### ALL-TIME MARATHON: TOP 10 VETERAN WOMEN

2:36:59	Sonja Laxton	1	Durban	28 Aug 88
2:40:12	Laxton-2	2	Cape Town	28 Mar 92
2:40:59	Laxton-3	1	Durban	10 Sep 89
2:41:09	Laxton-4	2	Port Elizabeth	24 Feb 90
2:41:16	Laxton-5	1	Johannesburg	10 Oct 88
2:43:01	Laxton-6	1	Cape Town	20 Mar 93
2:43:50	Laxton-7	2	Port Elizabeth	25 Feb 89
2:44:44	Laxton-8	1	Durban	09 Sep 90
2:47:59A	Grace de Oliveira	1	Simon's Town	08 Sep 02
2:48:06	Tessa Burrell	20	Rotterdam	13 Apr 08
2:49:38	Suzette Botha	4	Oudtshoorn	03 Feb 13
2:49:43	Laura Hofer	5	Cape Town	30 Apr 88
2:50:09	Maya Lawrie	4	Cape Town	25 Sep 11
2:52:04A	Joanna Thomas	1	Oudtshoorn	27 Feb 10
2:52:39A	Denise Dippenaar	1	Oudtshoorn	07 Mar 98
2:53:38	Gillian Sieling	37	London	26 Apr 15
2:53:42A	Wendy Wilkins	1	Simon's Town	27 Feb 88

## THIS MONTH IN HISTORY

### 34 years ago: 2 May 1981

The first few Wally Hayward marathons (which originated in 1977) were not held in May, but since 1981 it has always been run in the fifth month (with one exception). The 1981 race took place on 2 May and the women's winner in a new course record of 3:15:07 was Ralie Smit – just two months after she had also won the Pieter Korkie ultramarathon. She went on to win four more times, of which three were in a row: 1984, 1985 and 1986. She also took the title in 1989. The men's winner in 1981 had a rather famous surname – A. Churchill was first across the line in 2:32:47.

## 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	<b>27:38</b>	<b>Stephen Mokoka</b>	<b>Manchester</b>	<b>10 May</b>
	<b>27:30</b>	<b>Stephen Sambu (KEN)</b>		
	<b>26:44</b>	<b>Leonard Patrick Komon (KEN) 2010</b>		
15 km	44:12	Lusapho April	Port Elizabeth	28 Feb
	<b>43:49</b>	<b>Temesgen Ejerssa Daba (ETH)</b>		
	<b>41:13</b>	<b>Leonard Patrick Komon (KEN) 2010</b>		
21.1 km	64:04	Stephen Mokoka	Cape Town	04 Apr
	61:21A	Lusapho April	New York	15 Mar
	<b>59:20</b>	<b>Stanley Biwott (KEN)</b>		
	<b>58:23</b>	<b>Zersenay Tadese (ERI) 2010</b>		
25 km	82:32	Nkosihona Mhlakwana	Durban	08 Mar
	80:54A	Sipho Mbanjuli	Pinetown	25 Jan
	<b>71:50</b>	<b>Sammy Kosgei (KEN) 2010</b>		
	<b>71:18p</b>	<b>Dennis Kipruto Kimetto (KEN)</b>		
30 km	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	<b>1:31:27</b>	<b>Shin Kimura (JPN)</b>		
	<b>87:49**</b>	<b>Haile Gebrselassie (ETH) 2009</b>		
Marathon	2:15:17	Desmond Mokgobu	Santiago	12 Apr
	<b>2:04:42</b>	<b>Eliud Kipchoge (KEN)</b>		
	<b>2:03:38</b>	<b>Patrick Makau (KEN) 2011</b>		
	<b>2:03:23p</b>	<b>Wilson Kipsang (KEN) 2013</b>		
100 km				
	<b>6:13:33</b>	<b>Takahiro Sunada (JPN) 1998</b>		

\*\*\*) 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
	<b>28:51</b>	<b>Paulo Catarino (POR) 2003</b>		
15 km	49:30	Simon Mpholo	Kempton Park	28 Jan
	<b>44:14</b>	<b>Pierre Levisse (FRA) 1992</b>		
21.1 km	70:08	Enoch Skosana	Pretoria	11 Apr
	<b>62:28</b>	<b>John Campbell (NZL) 1990 &amp; Nelson Chirchir (KEN) 1996</b>		
25 km	<b>1:23:50</b>	<b>Shadrack Hoff</b>	<b>Pretoria</b>	<b>09 May</b>
	<b>76:49</b>	<b>Martin Mondragon (MEX) 1994</b>		
30 km	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	<b>1:35:28</b>	<b>Geraldo Antonio da Silva (BRA) 2002</b>		
Marathon	2:24:58	Charles Tjiane	Benoni	25 Jan
	<b>2:08:46</b>	<b>Andres Espinosa (MEX) 2003</b>		
100 km				
	<b>6:18:24</b>	<b>Mario Ardemagni (ITA) 2004</b>		

#### Masters (50+)

10 km	33:25 30:35	Eric Coetzee Tecwyn Davies (GBR) 1988	Bellville	28 Mar
15 km	53:45 47:52	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	02 May
21.1 km	76:21 66:42	Eric Coetzee Martin Rees (GBR) 2003	Gordon's Bay	18 Apr
25 km	1:43:01 1:41:14A	Peter Sehloho Michael Bekapi	Durban Somerset East	08 Mar 18 Apr
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:48:48 2:19:29	Shaun Meiklejohn Titus Mamabolo (RSA) 1991	Durban	01 Mar
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	86:11	Terence Brown	Wellington	01 May
25 km	1:54:30 2:04:18A	Elias Raphulu Boysie van Staden	Pretoria Pinetown	09 May 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 27:52	McMarshal Hartzenberg Richard Chelimo (KEN) 1990	Bellville	28 Mar
15 km	48:11 42:25	Andile Motwana Moses Mosop (KEN) 2004	Despatch	07 Mar
21.1 km	70:54 59:16	Andile Motwana Samuel Wanjiru (KEN) 2005	Port Alfred	26 Apr

**WOMEN**Open

10 km	32:54 34:03A 31:00	Mapaseka Makhanya Lebo Phalula Malika Asahssah (MAR)	Cape Town Paulpietersburg	29 Mar 15 Feb
15 km	30:21 55:00 46:14	Paula Radcliffe (GBR) 2003 Ebeth Marais Florence Kiplagat (KEN)	Ravensmead	14 Mar
21.1 km	46:28 46:14p 74:48 65:09	Tirunesh Dibaba (ETH) 2009 Florence Kiplagat (KEN) 2015 Irvette van Zyl Florence Kiplagat (KEN)	Benoni	25 Jan
25 km	65:12 65:09p 1:36:08 1:31:20	Florence Kiplagat (KEN) 2014 Florence Kiplagat (KEN) 2015 Jenna Challenor Marily dos Santos (BRA)	Durban	08 Mar
30 km	79:53 1:56:32 1:45:00	Mary Keitany (KEN) 2010 Tanith Maxwell Saori Noda (JPN)	Camps Bay	04 Jan
Marathon	1:38:49 2:31:02 2:19:52	Mizuki Noguchi (JPN) 2005 Mapaseka Makhanya Mare Dibaba Hurssa (ETH)	Hannover	19 Apr
100 km	2:15:25 6:33:11	Paula Radcliffe (GBR) 2003 Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:43 32:14	Prudence Zwane Priscilla Welch (GBR) 1985	Pretoria	28 Feb
15 km	60:15 60:02A	Sandra van Graan Ulrica Stander	Ravensmead Camps Bay	14 Mar 04 Jan
21.1 km	49:35 84:01	Priscilla Welch (GBR) 1985 Prudence Zwane	Pretoria	21 Feb
25 km	69:56 1:49:37	Irina Permitina (RUS) 2009 Heather Walden	Pretoria	09 May
	1:42:12A 82:13	Suzette Botha Mizuki Noguchi (JPN) 2005	Pinetown	25 Jan
30 km	2:11:00 1:51:37	Adele Waldron Mieke Pullen (NED) 2001	Camps Bay	04 Jan
Marathon	2:53:38 3:02:08A	Gillian Sieling Jacqui Bakkes	London Simon's Town	26 Apr 15 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	39:59 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Port Elizabeth	09 May
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	2:11:04	Julie Shadwell	Pretoria	09 May
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	1:39:36	Margie Saunders	Port Alfred	26 Apr
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

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