

Distance Running Results

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EDITORIAL

Two of South Africa's oldest marathons, the Hemingways Buffs and Deloitte Pretoria races, were both run for the 44th time this weekend. In East London Jerry Rakau (2:31:04) and Ann Ashworth (2:48:13, a list leader) took the wins, while in Pretoria veterand Johannes Kekana (2:30:10) and Zimbabwean Samukeliso Moyo (3:08:42) were first across the line.

Also in Pretoria, 85-year-old Deirdre Larkin ran 61:56 for 10 km, but this is not a new singe-age world record, because it has come to light that she clocked an amazing 59:51 in the Johnson Crane 10 km in Benoni on 29 January. This means that her recent 63:37 (on 10 February in Randburg) was also not a record, as reported.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * The Witness Medihelp Maritzburg City Marathon, Half Marathon & 10 km, Pietermaritzburg
- * Deloitte Pretoria Marathon, Half Marathon & 10 km, Pretoria
- * Hemingways Buffs Marathon & Half Marathon, East London
- * Old Mutual 10 km, Pinelands
- * Moll:E Bay Ultra & 10 km, Port Elizabeth

International highlights:

- * Tokyo Marathon, Tokyo, JPN
 - * World's Best 10 km, San Juan, PUR
 - * Zürich Maratón Ciudad de Sevilla, Sevilla, ESP
 - * Ohme-Hochi Road Race 30 km, Ohme, JPN
 - * NXP Austin Marathon & Half Marathon, Austin, USA
 - * Brooks Armagh Road Race, Armagh, GBR
 - * XC: Kenya Cross-country Championships, Nairobi, KEN
 - * Indoor track: Boston University Last Chance Meet, Boston, USA; Southeastern Conference (SEC) Indoor Championships, Nashville, USA; Big 12 Conference Indoor Championships, Ames, USA; Atlantic Coast Conference (ACC) Indoor Championships, South Bend, USA; Sun Belt Conference Indoor Championship, Birmingham, USA; Conference USA Indoor Championships, Birmingham, USA; Müller Indoor Grand Prix, Birmingham, GBR; Grand Prix d'Athlétisme de Montréal, Montreal, CAN; Arkansas Qualifier, Fayetteville, USA
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ROAD RUNNING

The Witness Medihelp Maritzburg City Marathon (21st), Half Marathon & 10 km

Pietermaritzburg, 26 February

(Distances: 42.195 km, 21.1 km & 10 km. Loop courses – the marathon twice the half-marathon loop. Finishers: marathon – 2093 men + 664 women = 2757 total [up from 2200 last year]; half marathon – 1964 [considerably up from 1338]; 10 km - 1158).

Note: Unfortunately no age category results for the marathon were available. The 10 km was only about 9.7 km. – Ed.

Marathon

MEN

1. Thobile Mbolekwa 2:25:00
2. Temo Rampukuo 2:25:59
3. Thulani Duma 2:26:25
4. Bongmusa Mthembu 2:30:34
5. Munyaradzi Jari (ZIM) 2:31:03
6. Thuso Mosiea 2:32:46
7. Augustine Bokaako 2:33:36
8. Philani Ngcobo 2:35:10
9. Thelumusa Sibiya 2:35:48
10. Mahlomola Sekhonyana 2:37:51

WOMEN

1. Moleboheng Mafata (LES) 2:52:21
2. Janie Grundling 3:01:23
3. Fikile Mbuthuma 3:03:12
4. Lisa Collett 3:06:20
5. Kristen Williams 3:11:18
6. Candyce Hall 3:13:13
7. Ashleigh White 3:13:22
8. Dawn Nunes 3:19:00
9. Nonsikelelo Mbambo 3:21:14
10. Iris Ndlovu 3:23:00

Half marathon

MEN

1. Motlokoa Nkhabutlane (LES) 1:04:34
2. Letsekaung Sekounyela 1:05:50
3. Matekase Lefatsa 1:05:53
4. Mholi Jali 1:07:48
5. Siphwe Ndlela 1:08:13
6. Thulani Mdletshe 1:08:41
7. Nkosinathi Duma 1:08:55
8. Eric Ngubane 1:09:14
9. Donald Kgosimang 1:13:28
10. Benedict Mlondi 1:13:28

Veterans: 1. Nkosikhona Dlamini 1:17:37. **Masters:** 1. Luke Mabaso 1:27:59.

G'masters: 1. Les Burnard 1:50:31.

WOMEN

1. Nwabisa Mjoli 1:25:41
2. Maya Lawrie 1:27:39
3. Michelle de Montille 1:28:56
4. Xoli Madida 1:30:06

5. Shani Silver 1:30:49
6. Nomcebo Mthethwa 1:32:25
7. Danielle Adlam 1:33:22
8. Nokukhanya Memela 1:34:13
9. Melody Olivier 1:35:27
10. Sebenzile Dlamini 1:36:02

Veterans: 1. Maya Lawrie 1:27:39. **Masters:** 1. Mary Mwelase 1:42:39. **G'masters:** 1. Jenny Taylor 1:56:42. **Juniors:** 1. Sarah Marrison-You 2:15:11.

"10 km"

MEN

1. Ayanda Mncube 29:45
2. Thobani Chagwe 29:55
3. Mziwenkosi Mjaja 30:18

WOMEN

1. Loveness Madziva (ZIM) 34:42
2. Makhasazone Mhlongo 35:56
3. Puseletso Dladla 37:33

Deloitte Pretoria Marathon (44th), Half Marathon & 10 km

Pretoria, 26 February

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 2850 [up from 2650 last year]; half marathon – 2900 [down from 3180]; 10 km – 2900 [huge decrease from 4050].)

Marathon

MEN

1 Johannes Kekana (Maxed Elite) 2:30:10 (1st vet); 2 Charles Tjiane (Maxed Elite) 2:30:22; 3 Rofhiwa Mathida (Rockies) 2:31:15; 4 Vincent Kipchirchir (KEN/Nedbank) 2:32:52; 5 Lucky Miya (Gallopers) 2:35:29; 6 Teboho Lehaja (LES/Nedbank) 2:37:03; 7 Phineas Mothoa (Amanzi) 2:37:04; 8 Tshepo Dikobo (Ford) 2:37:59; 9 Musa Sibiyi (ACRW) 2:38:08; 10 Fantastic Makhubela (Pheli) 2:38:14.

Veterans: 1 Johannes Kekana (Maxed Elite) 2:30:10; 2 Charles Tjiane (Maxed Elite) 2:30:22; 3 Peter Tadziripa (ZIM/Maxed Elite) 2:38:52. **Masters:** 1 Reginald Ngobese (32GI) 2:41:25; 2 Patrick Chipoyi (Nedbank) 2:51:30. **G'masters:** 1 Johan Nel (Irene) 3:37:18. **G/g'masters:** 1 David Ngobeni (Marley) 3:57:27.

WOMEN

1 Samukeliso Moyo (ZIM/Nedbank) 3:08:42; 2 Yolande Maclean (Born 2 Run) 3:09:32; 3 Salome Cooper (Born 2 Run) 3:16:10; 4 Danka Erasmus (KPMG) 3:17:13; 5 Funeka Zaula (Mokana) 3:17:17; 6 Caroline Wöstmann (KPMG) 3:18:36; 7 Anita du Plessis (Vitality) 3:18:47; 8 Franza Landman (KPMG) 3:18:47; 9 Irene Goncalves (Sunninghill) 3:19:42; 10 Jenny Kruse (Sunninghill) 3:20:07.

Veterans: 1 Samukeliso Moyo (ZIM/Nedbank) 3:08:42; 2 Salome Cooper (Born 2 Run) 3:16:10; 3 Irene Goncalves (Sunninghill) 3:19:42. **Masters:** 1 Jane Mudau (Faranani) 3:30:56; 2 Chris Walter (Dainfern) 3:45:01. **G'masters:** 1 Ansie v.d. Heever (ACRW) 4:53:52.

Half marathon

MEN

1 Lucky Mohale (Boxer) 67:22; 2 Philani Buthelezi (KPMG) 69:08; 3 Moses Kurgat (KEN/Nedbank) 69:46; 4 Simon Mpholo (Nedbank) 71:43 (1st vet); 5 Piet Sebalo (Gallopers) 72:41.

Veterans: 1 Simon Mpholo (Nedbank) 71:43; 2 Philip Phakwegu (Nedbank) 75:41; 3 Peter Medupe (Nedbank) 80:51. **Masters:** 1 Kwena Mantji (Nedbank) 85:31; 2 Koos Aphane (PMMC) 90:12. **G'masters:** 1 Don Charles (Nedbank) 98:19. **G/g'masters:** 1 Pele Tshikundamalema (Temp) 1:45:30. **80+:** 1 Andries van Rooyen (VTM) 2:43:30.

WOMEN

1 Patience Murowe (Nedbank) 80:38; 2 Thabita Tsatsa (ZIM/Nedbank) 87:03; 3 Kate Roberts (KPMG) 88:48; 4 Renate Vosloo (Sunninghill) 91:17; 5 Madri Wiid (Tuks) 92:07.

Veterans: 1 Thabita Tsatsa (ZIM/Nedbank) 87:03; 2 Mitsie v.d. Westhuizen (KPMG) 94:05; 3 Elizabeth Dhiwayo (KPMG) 95:11. **Masters:** 1 Renata van Niekerk (Magnolia) 1:50:31; 2 Ansa Strydom (Nedbank) 1:53:12. **G'masters:** 1 Carole de Waal (Wingate) 2:05:53. **G/g'masters:** 1 Felcity Roberts (Polokwane) 2:41:13. **Juniors:** 1 Nompumelela Shongwe (Eskom) 1:43:36.

10 km

MEN

1 Sihumbuzo Seme (KPMG) 31:28; 2 Victor Pheeha (Monaco) 31:36; 3 Jacob Tseko (Temp) 31:55; 3 Scehaba Bohosi (Nedbank) 32:05; 5 Humeley Phala (RWFL) 32:32.

Veterans: 1 Piet Mosibedi (Mkhombo) 35:26; 2 Peter Ramoloto (Maxed Elite) 35:58; 3 Jackson Seanego (Armscor) 36:48. **Masters:** 1 Moses Letlhaku (Arcadia) 40:08; 2 Paul Mabena (Ford) 40:17. **G'masters:** 1 Gideon Radebe (Anglo) 38:19. **G/g'masters:** 1 Harry v.d. Merwe (BHS) 51:19. **Juniors:** 1 Jordan Mthweni (Anglo) 36:28.

WOMEN

1 Rudo Mhonderwa (ZIM/Nedbank) 35:52; 2 Rutendo Nyahora (ZIM/Nedbank) 36:46; 3 Liziwe Mabona (AMPA) 37:41; 4 Catherine Skosana (Nedbank) 41:09; 5 Ronel Thomas (Boxer) 41:59.

Veterans: 1 Ronel Thomas (Boxer) 41:59; 2 Patricia Forbes (Tuks) 45:51; 3 Mirriam Mooki (Temp) 46:26. **Masters:** 1 Linda v.d. Gryp (Krugersdorp) 47:33; 2 Debbie Bredenkamp (HQH) 47:34. **G'masters:** 1 Francis van Blerk 51:03. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 58:01. **80+:** 1 Deirdre Larkin (Randburg) 61:56. **Juniors:** 1 Carmen Koekemoer (Wingate) 42:31.

Hemingways Buffs Marathon (44th) & Half Marathon

Maclean town to East London, 25 February

(Distances: 42.195 km – point-to-point downhill course, dropping approx. 9.5 m/km from start to finish; 21.1 km – the second half of the marathon route, drop unknown. Finishers: marathon – 615; half marathon – 650.)

Note: Less than a week after finishing second in the Cape Peninsula Marathon, Luthando Hejana was second here in the half marathon. The Born 2 Run club scored quite a few podium positions in the two races. – Ed.

Marathon

MEN

1. Jerry Rakau (FfA) 2:31:04
2. Bulelani Mgubo (AS) 2:31:12

3. Nkosinathi Nzingo (Ned) 2:34:35
4. Masivuye Poswa (B2R) 2:38:16
5. Kalideni Malixole (OS) 2:38:29

WOMEN

1. Ann Ashworth (B2R) 2:48:13
2. Stephanie Smith (B2R) 2:57:07
3. Caryn Lategan (B2R) 3:10:33
4. Lauren Ranger (B2R) 3:11:04
5. Andrea Ranger (OS) 3:11:52

Half marathon

MEN

1. Lukhanyo Ngxoko (B2R) 1:05:22
2. Luthando Hejana (RG) 1:06:00
3. Zingisile Marikeni (Ned) 1:11:54

WOMEN

1. Jaime Griffiths (B2R) 1:35:53
2. Michelle Conroy (B2R) 1:37:49
3. Chantelle Adoons (UAC) 1:39:33

Old Mutual 10 km (25th)

Pinelands, 25 February

(Certified loop course with many turns. Finishers: 1883 [down from 2074 last year].)

Note: This race used to be held on a Wednesday in October. – Ed.

MEN -

1. Akhona Makila (VOB) 30:33 (R800)
2. Thembeko Mendu (Gugs) 30:52 (1st jun) (R600)
3. Peter Tsawayo (ZIM/Gugs) 31:11 (R400)

(All age category prize money except veterans and juniors was the same: R300, R200, R100.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:09 (R400); 2. Christo van Rooyen (Ned) 32:30 (R300); 3. Vuyani Sixaso (Gugs) 33:01 (R200). **Masters:** 1. Johnny Persents (WR) 34:26; 2. Henry Wolstenholme (Durb) 34:35; 3. Monde Tutani (Gugs) 36:44. **G'masters:** 1. Mochamat Kriel (Ommie) 38:05; 2. Eise Geerts (Bell) 40:25; 3. Goodman Mpukane (Gugs) 41:03. **G/g'masters:** 1. Jeff Smith (Itheko) 42:49 (WP rec); 2. Joseph Matthews (MS) 50:02; 3. Dave Kennett (VOB) 54:02. **Juniors:** 1. Thembeko Mendu (Gugs) 30:52 (R500); 2. Wayne Blom (East) 32:39 (R350); 3. Achmat Arnold (Farn) 35:06 (R250).

WOMEN (Same prize money as men)

1. Lena Lötter (Ned) 34:53
2. Nomvuyisi Seti (Itheko) 36:19
3. Ebeth Marais (Carb) 36:24

Veterans: 1. Obertina Kanyongo (ZIM/Ned) 39:30; 2. Busisiwe Matiwane (Ned) 41:22; 3. Jacky Misroll (Pine) 43:38. **Masters:** 1. Mariëtte Strauss (Tyger) 41:32; 2. Olga Howard (Ned) 42:27; 3. Cailley Bredenkamp (Paarl) 50:45. **G'masters:** 1. Charmaine Cupido (Ned) 46:20; 2. Helen du Plessis (Brack) 50:12; 3. Theresa Isaacs (VOB) 53:44. **G/g'masters:** 1. Marlene James (Pine) 57:24; 2. Marie Hill (Ceres) 75:58; 3. Jackie Greyling (Brack) 76:12. **Juniors:** 1. Siziphiwe Mbatsa (VOB) 41:03; 2. Mia Lyons (Lange) 41:26; 3. Kristen Roodman (VOB) 41:33.

Moll:E Bay Ultra (35th) & 10 km

Port Elizabeth, 18 February

(Distances: 50 km & 10 km; out-and-back courses. Finishers: 50 km – 304 [up from 244 last year]; 10 km – 551 [a huge increase from 314].)

Note: Successful title defences here for both winners, Eric Sigxashe and Davera Magson; they also both have two earlier wins, so they now have four victories in total. – Ed.**50 km**

MEN

1	Eric	Sigxashe	Motherwell AC	38	3:09:16
2	Mzwanele	Maphekula (1 st vet)	Bluewater Bay	40	3:09:39
3	Masande	Mlonyeni	Charlo AC	36	3:15:33
4	Mzolisi	Makhanda	Nedbank RC	34	3:16:43
5	Charles	Segalo	Charlo AC	29	3:19:34
6	Thobile	Xata	Nedbank RC	42	3:25:51
7	Anele	Maliza	Nedbank RC	39	3:28:10
8	Terrance	Mjekula	Tinarha AC	44	3:29:10
9	Christopher	Mabengeza (1 st mast)	Nedbank RC	50	3:30:25
10	Xolisa	Ndlumbini	Vukani MS Club	34	3:31:25
11	Kgotso	Majara	Ikhamva AC	36	3:33:58
12	Daryl	North	Achilles AAA	39	3:36:12
13	Patrick	Peta	Somerset East	40	3:37:57
14	Darrell	Wicht	Madiba BW	53	3:38:43
15	Welcome	Loliwe	Nedbank RC	52	3:39:42
16	Melikhaya	Kepe	Nedbank RC	40	3:40:26
17	Graham	Eshmade	Charlo AC	39	3:41:09
18	Zamubuntu	Teyise	Charlo AC	40	3:42:29
19	Melvin	Reans	Temp	40	3:46:18
20	Nkosinathi	Gcakasi	Bluewater Bay	46	3:50:01

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	40	3:09:39
2	Thobile	Xata	Nedbank RC	42	3:25:51
3	Terrance	Mjekula	Tinarha AC	44	3:29:10

45-49:

1	Nkosinathi	Gcakasi	Bluewater Bay	46	3:50:01
2	Sandiso	Ngxishe	NMB Mun	46	3:53:04
3	Luvuyo	Stephen	Nedbank RC	46	3:54:47

50-54:

1	Christopher	Mabengeza	Nedbank RC	50	3:30:25
2	Darrell	Wicht	Madiba BW	53	3:38:43
3	Welcome	Loliwe	Nedbank RC	52	3:39:42

55-59:

1	Deon	Pretorius	Nedbank RC	58	4:20:02
2	Leonard	Erasmus	Gelvan AC	59	4:38:33
3	Chester	Brooks	Xcel AC	58	4:44:22

60-64:

1	Chris	Fenwick	Kouga Multi SC	64	5:38:17
2	Ric	Marini	Rand Ath Club	62	5:43:03
3	Mbulelo	Sobikwa	Walmer AC	62	5:43:07

65-69:

1	Paul	Steffens	Nedbank RC	65	5:34:54
2	Thembisile	Ntoni	PEAAC	69	6:02:21
3	Errol	Rossouw	PEAAC	67	6:06:00

75-79:

1	Godfrey	Kariem	Gelvan AC	76	6:12:07
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WOMEN

1	Davera	Magson (1 st vet)	Nedbank RC	42	3:55:31
2	Elmare	Bezuidenhout	Charlo AC	35	4:25:29
3	Tracey	Campbell	Temp	36	4:30:40
4	Lizette	Sydien	Xcel AC	30	4:33:06
5	Arinda	Swart	Madibaz AC	38	4:41:44
6	Morne	Nel	Temp	38	4:42:11
7	Lisa	Rentzke	Body Concept	33	4:42:54
8	Terray	Newcombe	Elite AC	26	4:48:01
9	Frances	Stone	Body Concept	44	4:50:09
10	Michelle	Van Iddekinge (1 st mast)	Elite AC	50	4:52:36
11	Lindsay	Van Niekerk	PEAAC	27	4:53:31
12	Ilze	Ritter	Charlo AC	28	4:55:48
13	Buyelwa	Kobokana	Nedbank RC	51	5:01:45
14	Hanlie	V.d. Westhuizen (1 st g'mast)	Despatch AC	60	5:05:57
15	Suzette	Victor	Madiba BW	46	5:07:16
16	Robyn	Rose	Charlo AC	29	5:07:31
17	Nolikhanyo	Mdwayi	Achilles AAA	35	5:08:38
18	Rosemary	Joubert	32Gi EP AC	56	5:09:27
19	Tanya	Wilson	Charlo AC	24	5:11:55
20	Amanda	Prideaux	Bluewater Bay	41	5:12:02

40-44:

1	Davera	Magson	Nedbank RC	42	3:55:31
2	Frances	Stone	Body Concept	44	4:50:09
3	Amanda	Prideaux	Bluewater Bay	41	5:12:02

45-49:

1	Suzette	Victor	Madiba BW	46	5:07:16
2	Michelle	Claassens	Despatch AC	48	5:33:33
3	Jacqui	Van der Vyver	Elite AC	48	5:35:55

50-54:

1	Michelle	Van Iddekinge	Elite AC	50	4:52:36
2	Buyelwa	Kobokana	Nedbank RC	51	5:01:45
3	Elmarie	Botha	PEAAC	50	5:48:39

55-59:

1	Rosemary	Joubert	32Gi EP AC	56	5:09:27
2	Helen	Mclean	Madiba BW	56	5:56:11
3	Amanda	Wolmarans	Infinity AC	58	6:02:29

60-64:

1	Hanlie	Van der Westhuizen	Despatch AC	60	5:05:57
2	Christine	Snyman	Despatch AC	60	6:10:05

10 km**MEN**

1	Mariano	Eesou	Madibaz AC	25	30:52
2	Zolani	Ngqaqa	Tinarha AC	28	31:49
3	Amos	Nyongo	Ikhamba AC	30	32:06
4	Adriaan	Gerwel	Temp	20	32:35
5	Andre	Ketchem	Xcel AC	33	32:49
6	Brendon	Effenaar	Nedbank RC	20	33:30
7	Bulelani	Niwa	Achilles AAA	33	34:01
8	Melikhaya	Malinga	Nedbank RC	36	34:34
9	Jarryd	Cooke	Charlo AC	23	34:45
10	Duwayne	Lucas	Temp	27	36:47

11	Mhlanganisi	Makosa	Vvac	27	37:32
12	Jeandry	Deerling	Temp	24	37:56
13	Noel	Adams (1 st vet)	Gelvan AC	44	38:08
14	Lufeze	Xinwa	Transnet Eng	30	39:10
15	Kenneth	Menze (1 st mast)	Bluewater Bay	55	39:15
16	Vuyo	Lloyd	Bluewater Bay	39	39:43
17	Mzwandile	July	Charlo AC	43	41:27
18	Bongisizwe	Vena	Nedbank RC	27	41:39
19	Mbulelo	Kitas	Youth FC AC	47	42:50
20	Miracle	Chauke	Nedbank RC	33	43:13
40-44:					
1	Noel	Adams	Gelvan AC	44	38:08
2	Mzwandile	July	Charlo AC	43	41:27
3	Benjamin	Miggels	Muirite Strider	41	44:13
45-49:					
1	Mbulelo	Kitas	Youth FC AC	47	42:50
2	Lonwabo	Mtshake	Ikhamva AC	46	46:16
3	Morne	Van Wyk	Nedbank RC	47	47:04
50-54:					
1	Craig	Dickson	Temp	50	43:26
2	Stephen	Phillipson	Muirite Strider	53	46:04
3	Guy	Cooke	Charlo AC	52	47:08
55-59:					
1	Kenneth	Menze	Bluewater Bay	55	39:15
2	Lorence	Ntika	Ikhamva AC	59	45:56
3	Elliot	Nyiki	Transnet Eng	55	46:53
60-64:					
1	Charles	Baatjies	Gelvan AC	60	46:50
2	Bruce	McEwan	Achilles AAA	63	47:24
3	Jozua	Roux	Temp	61	52:15
65-69:					
1	Sizinzo	Kama	Achilles AAA	65	44:36
2	Hannes	Els	Madiba BW	67	46:06
3	Percy	Dalton	Achilles AAA	68	50:08
70-74:					
1	Cilliers	Swart	Nedbank RC	70	50:06
2	Richard	Du Toit	Profiles AC	72	51:14
3	Herman	Dekker	SAPS AC EP	72	58:42
75-79:					
1	Willem	Schoeman	Muirite Strider	75	1:13:59
2	Robin	Clark	Achilles AAA	76	1:19:17
Juniors:					
1	Hanno	Engelbrecht	Run 4 Christ AC	18	43:51
2	Rhyno	Smith	Goudveld MS	18	46:27
3	Ethen	Cunningham	Temp	15	1:08:55
WOMEN					
1	Ndileka	Mvakwendlu	Tinarha AC	26	38:51
2	Siphokazi	Nojoko	Motherwell AC	22	42:43
3	Zandile	Rubushe	Temp	32	43:12
4	Christine	Claasen (1 st mast)	Achilles AAA	52	43:54
5	Siphokazi	Liwani (1 st jun)	Motherwell AC	19	44:53
6	Grizelda	Pietersen (1 st vet)	Nedbank RC	48	45:25
7	Deliwe	Nyanga	Nedbank RC	27	46:00
8	Priscilla	Dyanty	Nedbank RC	42	46:18
9	Andiswa	Fezani	Nedbank RC	29	48:07

10	Janette	Schierz-Crusius	Body Concept	56	48:14
11	Toegeda	Vyver	Nedbank RC	44	48:22
12	Olwethu	Bomvana	Motherwell AC	30	48:55
13	Maria Elizabeth	Van Zyl	Infinity AC	57	49:04
14	Amore	Strauss	Charlo AC	32	49:23
15	Elize	Adams	Gelvan AC	42	49:40
16	Marnice	Pieterse	Temp	37	50:00
17	Cassandra	Lister	Madibaz AC	22	51:47
18	Melanie	Morris	32Gi EP AC	44	52:31
19	Theresa	Buchner	Nedbank RC	31	52:41
20	Helen	Mentzel	Profiles AC	51	52:58
40-44:					
1	Priscilla	Dyanty	Nedbank RC	42	46:18
2	Toegeda	Vyver	Nedbank RC	44	48:22
3	Elize	Adams	Gelvan AC	42	49:40
45-49:					
1	Grizelda	Pietersen	Nedbank RC	48	45:25
2	Antoinette	Human	Gelvan AC	48	56:25
3	Lana	Bruyns	Madibaz AC	48	57:05
50-54:					
1	Christine	Claasen	Achilles AAA	52	43:54
2	Helen	Mentzel	Profiles AC	51	52:58
3	Georgie	Darke	Charlo AC	50	53:42
55-59:					
1	Janette	Schierz-Crusius	Body Concept	56	48:14
2	Maria Elizabeth	Van Zyl	Infinity AC	57	49:04
3	Aletta	Joubert	Temp	55	58:02
60-64:					
1	Cathy	Ives	Achilles AAA	63	58:58
2	Nicki	Van Niekerk	Muirite Strider	62	1:01:43
3	Stephanie	Hay	Infinity AC	61	1:12:50
65-69:					
1	Helene	Oppel	Elite AC	67	1:03:40
2	Jeanette	Pienaar	PEAAC	68	1:08:25
3	Denise	Terblanche	Infinity AC	69	1:09:11
70-74:					
1	Liz	Jenkerson	Muirite Strider	70	57:45
2	Ronelle	Steyn	Nedbank RC	72	1:05:53
3	Christine	Fourie	Elite AC	70	1:11:58
75-79:					
1	Dorothy	Hart	Nedbank RC	79	1:20:23
Juniors:					
1	Siphokazi	Liwani	Motherwell AC	19	44:53
2	Sam	Wentzel	Temp	14	58:05
3	Shannon	Bradford	Temp	19	1:03:54

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

Tokyo Marathon (38th/11th as a mixed gender race)

(Abbott World Marathon Majors/IAAF Gold Label Event)

Tokyo, JPN, 26 February

(Distance: 42.195 km; new IAAF/AIMS certified record-eligible course from Tokyo Metropolitan Government Building to Tokyo Station/Gyoko-dori)

Note: A dramatic fade here by Stephen Mokoka. "It was a tough day," Mokoka admitted after the race. "I hit a wall and I was just hurting after 24 km, so I had to find a way to finish." – Ed.

ELITE MEN (gun times)

1. Wilson Kipsang, KEN	2:03:58 *ER/ACR JPY 14,000,000* (=USD 124,839)	
	[1:01:22 / 1:02:36]	
2. Gideon Kipkeeter, KEN	2:05:51 PB	4,000,000
	[1:01:22 / 1:04:29]	
3. Dickson Chumba, KEN	2:06:25	2,000,000
	[1:01:22 / 1:05:03]	
4. Evans Chebet, KEN	2:06:42	1,000,000
5. Alfery Lagat, KEN	2:07:39	750,000
6. Bernard Kipyego, KEN	2:08:10	500,000
7. Yohanes Gebregergish, ERI	2:08:14 PB	400,000
8. Hiroto Inoue, JPN	2:08:22 PB	300,000
9. Tesgaye Kebede, ETH	2:08:45	200,000
10. Hiroyuki Yamamoto, JPN	2:09:12 PB	100,000
... 34. Stephen Mokoka, RSA	2:16:53	
	[1:04:24 / 1:12:29]	

*) Event record/JPY 3,000,000 bonus

ELITE WOMEN (gun times)

1. Sarah Chepchirchir, KEN	2:19:47 ER*/ACR**/PB JPY 14,000,000* (=USD 124,839)	
	[1:10:31 / 1:09:16]	
2. Birhane Dibaba, ETH	2:21:19 PB	4,000,000
	[1:10:32 / 1:10:47]	
3. Amane Gobena, ETH	2:23:00	2,000,000
	[1:10:31 / 1:12:29]	
4. Ayaka Fujimoto, JPN	2:27:08 PB	1,000,000
5. Marta Lema, ETH	2:27:37	750,000
6. Sara Hall, USA	2:28:26 PB	500,000
	[1:13:01 / 1:15:25]	
7. Madoka Nakano, JPN	2:33:00 PB	400,000
8. Kotomi Takayama, JPN	2:34:44 PB	300,000
9. Hiroki Yoshitomi, JPN	2:35:11 PB	200,000
10. Mitsuko Ino, JPN	2:39:33 PB	100,000

*) Event record/JPY 3,000,000 bonus

World's Best 10 km (20th)

San Juan, PUR, 26 February

(New certified one-loop course)

MEN (gun times)

- | | | |
|--------------------------|-------|----------|
| 1. Sam Chelanga, USA | 28:19 | \$15,000 |
| 2. Phillip Langat, KEN | 28:21 | 7,500 |
| 3. Stephen Sambu, KEN | 28:34 | 6,000 |
| 4. Thomas Longosiwa, KEN | 28:37 | 5,000 |
| 5. Belay Tilahun, ETH | 28:42 | 3,500 |

WOMEN (gun times)

- | | | |
|---------------------------|-------|----------|
| 1. Mary Wacera, KEN | 31:41 | \$15,000 |
| 2. Mamitu Daska, ETH | 31:59 | 7,500 |
| 3. Gelete Burka, ETH | 32:01 | 6,000 |
| 4. Magdalyne Masai, KEN | 32:06 | 5,000 |
| 5. Aliphine Tuliamuk, USA | 32:11 | 3,500 |

Zürich Maratón Ciudad de Sevilla (33rd)

(IAAF Silver Label Road Race)

Sevilla, ESP, 19 February

(Distance: 42.195 km; flat loop-course with negligible start-finish separation)

MEN (gun times)

- | | | | |
|---------------------------------|---------|-------|----------------|
| 1. Ekiru Titus, 1992, KEN | 2:07:43 | PB/CR | € 7000 + 4000* |
| 2. Tariku Kebede Kinfu, ETH | 2:07:48 | PB | 3500 |
| 3. Kipkemboi Kipsang, KEN | 2:08:26 | | 2000 |
| 4. Douglas Kipsanai Chebii, KEN | 2:09:48 | PB | 800 |
| 5. Shadrack Kipkoge, KEN | 2:10:39 | PB | 700 |

*) Course record bonus

WOMEN (gun times)

- | | | | |
|--------------------------------|---------|----|----------------|
| 1. Paula Gonzalez Berodia, ESP | 2:28:54 | PB | € 7000 + 3000s |
| 2. Pauline Wangui Ngigi, KEN | 2:30:49 | PB | 1750^ |
| 3. Bekelech Daba Bedada, ETH | 2:31:47 | | 1000^ |
| 4. Lily Partridge, GBR | 2:32:10 | DB | 800 |
| 5. Salome Jerono Biwott, KEN | 2:32:54 | | 700 |

^) Prize money cut by 50% for slower than 2:30:00 for top-3

s) Bonus for Spanish finisher under 2:35:00

Ohme-Hochi Road Race 30 km (48th)

Ohme, Tokyo, JPN, 19 February

MEN (gun times)

- | | |
|-------------------------------|---------|
| 1. Ezekiel Cheboitibin (KEN), | 1:30:49 |
| 2. Michael Githae (KEN), | 1:30:55 |
| 3. Daichi Kamino, | 1:31:33 |

WOMEN (gun times)

- | | |
|--------------------|---------|
| 1. Ami Utsunomiya, | 1:46:24 |
|--------------------|---------|

NXP Austin Marathon (26th) & Half Marathon

Austin, USA, 19 February

(Distances: marathon, 42.195 km, one-loop course; hilly with no net elevation change.
Half Marathon 21.1 km, one-loop course with no elevation change.)**Marathon** (extended gun times)

MEN

1. Joe Thorne, 33, Grover Beach, CA 2:32:05.1 \$2000

WOMEN

1. Allison Macsas, 32, Austin, TX 2:48:16.7 \$2000

Half marathon (extended gun times)

MEN

1. Sphamandla Nyembe, 26, Durban, RSA 1:11:36.1

2. Adam Waldum, 23, Cedar Park, TX 1:12:35.0

3. Nicholas Sterghos, 29, Colorado Springs, CO 1:16:05.3

WOMEN

1. Allison Mendez, 28, Houston, TX 1:21:42.0

Brooks Armagh Road Race (42nd)

Armagh, GBR, 16 February

(Distances: Men, 5 km [1030 m circuit; men start 150 m past the finish line, then run 4.85 laps]; women, 3 km)

MEN'S 5 km (gun times)

1. Ben CONNOR, Unattached, 13:55 PB

2. Brandon DOUGHTY, Reebok ZAP Fitness (USA), 13:55 PB

3. Dewi GRIFFITHS, Swansea Harriers (GBR), 13:58 PB

WOMEN'S 3 km (gun times)

1. Laura WEIGHTMAN, Morpeth Harriers, 8:59 PB/CR*

2. Rosie CLARKE, Epsom & Ewell Harriers, 9:02 PB

3. Jessica JUDD, Unattached, 9:10 PB

Standard Chartered Hong Kong Marathon (21st)

Hong Kong, HKG, 12 February

(Distance: 42.195 km)

Note: In the results of the women's race, published last week, the organisers had unfortunately broken up the women's results between two different categories, "Senior" and "Invited", according to *Race Results Weekly*. The results shown were for the invited runners only. Combining the two categories gives a different overall order of finish, as shown below. – Ed.

WOMEN

1. Chala Galume Tollesa, ETH 2:33:39 USD 65,000

2. Aberu Mekuria Zennebe, ETH 2:33:43 30,000

3. Bethelhem Moges Cherenet, ETH 2:33:48 15,000

4. Letebrhan Haylay Gebreslasea, ETH 2:33:56 10,000

5. Azalech Masrecha Woldeselasse, ETH 2:34:35 6,000

CROSS-COUNTRY

Kenya Cross-country Championships

Nairobi, KEN, 18 February

SR. MEN (10 km):

1. Leonard BARSOTON (KEN) 1994 28:56
2. Bedan KAROKI (KEN) 1990 29:02
3. Geoffrey KAMWOROR (KEN) 1992 29:03
4. Vincent RONO (KEN) 1990 29:06
5. Leonard Patrick KOMON (KEN) 1988 29:09
6. Leonard LAGAT (KEN) 29:14
7. Nicholas KOSIMBEI (KEN) 1996 29:23
8. Peter EMASE (KEN) 1993 29:24
9. Mangata NDIWA (KEN) 1987 29:24
10. Barnabas KOSGEI (KEN) 1986 29:27

Notable DNF:

- DNF- Augustine CHOGE (KEN) 1987
- DNF- Clement LANGAT (KEN) 1991
- DNF- Cosmas BIRECH (KEN) 1986
- DNF- Emmanuel KIPSANG (KEN) 1991
- DNF- Moses MUKONO (KEN) 1996
- DNF- Philemon RONO (KEN) 1991

SR. WOMEN (10 km):

1. Irene CHEPTAI (KEN) 1992 31:48
2. Lilian KASAIT (KEN) 1997 31:52
3. Faith KIPYEGON (KEN) 1994 32:13
4. Alice APROT (KEN) 1994 32:19
5. Agnes TIROP (KEN) 1995 32:47
6. Hyvin KIYENG (KEN) 1992 32:52
7. Joan CHEPKEMOI (KEN) 1993 33:02
8. Pascalia CHEPKORIR (KEN) 1988 33:07
9. Nancy NZISA (KEN) 1995 33:10
10. Margaret CHELIMO (KEN) 1993 33:15

Notable DNF:

- DNF- Beatrice MUTAI (KEN) 1987
- DNF- Caroline CHEPKOECH (KEN) 1994
- DNF- Lydia ROTICH (KEN) 1986

U20 MEN (8 km):

1. Richard KIMUNYAN (KEN) 1998 23:03
2. Meshack KYUGUTI (KEN) 1998 23:10
3. Wesley LADEMA (KEN) 1999 23:13
4. Edwin KOSGEI KIPLAGAT (KEN) 1998 23:15
5. Amos KIRUI (KEN) 1998 23:17
6. Ronald KIRUI (KEN) 1998 23:22
7. Shadrack KIMUTAI (KEN) 1999 23:24
8. Evans KEITANY (KEN) 1999 23:28
9. Robert MWEI (KEN) 1998 23:30
10. Rodgers CHUMO (KEN) 1998 23:31

U20 WOMEN (6 km):

1. Sandra CHEBET (KEN) 1998 19:25
2. Celliphine CHESPOL (KEN) 1999 19:47

3. Sheila CHELANGAT (KEN) 1998
4. Immaculate CHEPKIRUI (KEN) 2000 19:52
5. Joyline CHEROTICH (KEN) 1998 19:54
6. Hellen ELKALALE (KEN) 2001 19:57
7. Zena YEGO (KEN) 2001 19:58
8. Jebet NGETICH (KEN) 2001 20:01
9. Emily CHEBET (KEN) 1998 20:12
10. Ednah JEBITOK (KEN) 2001 20:14

INDOOR TRACK

Boston University Last Chance Meet

Boston, USA, 26 February

(200 m banked synthetic track)

MEN

Mile:

Section 4 -

- | | | |
|--------------------|--------------|-----------------------|
| 1. Edward Cheserek | Oregon (KEN) | 3:52.01 WL/NCAA/PB/NR |
| 2. Kyle Merber | Hoka One One | 3:52.22 PB |
| 3. Johnny Gregorek | Asics/NJNY | 3:53.15 PB |
| 4. Ford Palmer | Hoka One One | 3:54.92 PB |
| 5. Dan Huling | Nike Btc | 3:57.99 PB |
| 6. Liam Dee | Iona (GBR) | 3:58.19 PB |

WOMEN

5000:

- | | | |
|-----------------|-------------|-------------|
| 1. Molly Huddle | Saucony | 15:01.64 |
| 2. Emily Sisson | New Balance | 15:02.10 PB |
| 3. Regan Rome | William and | 16:03.45 |

Southeastern Conference (SEC) Indoor Championships

Nashville, USA, 24-25 February

WOMEN

Mile:

Final (25):

1. Karissa Schweizer, Missouri, 4:37.44
2. Morgan Schuetz, LSU, 4:38.45 PB
3. Rhianwedd Price, Miss State (GBR), 4:39.89
- ... 8. Carina Viljoen, Arkansas (RSA), 4:48.48

Prelims (24):

Heat 1 -

1. Rhianwedd Price, Miss State (GBR), 4:41.01
2. Nikki Hiltz, Arkansas, 4:41.30
3. Morgan Schuetz, LSU, 4:41.35
- ... 5. Carina Viljoen, Arkansas (RSA), 4:46.01 PB

Big 12 Conference Indoor Championships

Ames, USA, 24-25 February

(300 M Oversized unbanked synthetic track)

MEN

600y:

Final (25):

Heat 2 -

1. Jaymes Dennison	JR Iowa State	1:09.35
2. Derrick Mokaleng	FR TCU (RSA)	1:09.59 NR/PB
3. Kevin McClanahan	JR TCU	1:09.82 PB

Heat 1 -

1. Byron Robinson	SR Texas	1:09.54
2. Caleb Dickson	SO Baylor	1:09.85 PB
3. Brandon Singleton	JR Oklahoma State	1:09.97 PB
4. Derek Jones	SR Iowa State	1:10.27 PB

Prelims (24):

Heat 2 -

1. Jaymes Dennison	JR Iowa State	1:08.97q PB
2. Derrick Mokaleng	FR TCU (RSA)	1:09.65q NR/PB

800:

Final (25):

1. Strymar Livingston	SR Kansas	1:48.40
2. Zacharias Curran	SR Baylor (IRL)	1:48.43 PB
3. Charles Jones	JR Texas Tech	1:48.70 PB

Prelims (24):

Heat 1 -

1. Zacharias Curran	SR Baylor (IRL)	1:49.36Q
2. Bryce Hoppel	FR Kansas	1:49.44Q PB
3. Vincent Crisp	SO Texas Tech	1:49.48Q
... 7. Heinrich Van Niekerk	FR Oklahoma State (RSA)	1:56.36

Atlantic Coast Conference (ACC) Indoor Championships

South Bend, USA, 23-25 February

(Oversized 352y unbanked track)

MEN

800:

Final (25):

1. Patrick JOSEPH, JR, Virginia Tech,	1:46.23 MR/PB*
2. Drew PIAZZA, SR, Virginia Tech,	1:46.42 PB
3. Robert HEPPENSTALL, SO, Wake Forest (CAN),	1:46.71 PB

Heat 3 -

1. Patrick JOSEPH, JR, Virginia Tech,	1:49.79 Q PB
2. Mpho MAKOFANE, JR, Clemson (RSA),	1:50.29

Sun Belt Conference Indoor Championship

Birmingham, USA, 20-21 February

(200 m banked synthetic track)

MEN

800:

Final (21):

- | | | |
|--------------------|--------------------------|------------|
| 1. Erik Martinsson | SO Texas-Arlington (SWE) | 1:51.41 |
| 2. Ryan Hastings | JR Appalachian State | 1:51.70 PB |
| 3. Heinrich Herbst | FR Arkansas State (RSA) | 1:53.54 |

Prelims (20):

Heat 1 -

- | | | |
|--------------------|-------------------------|----------|
| 1. Tyrone Jackson | SR Texas State | 1:52.18Q |
| 2. Heinrich Herbst | FR Arkansas State (RSA) | 1:53.76q |

Mile (21/Final Only):

Heat 2 -

- | | | |
|------------------|--------------------------|------------|
| 1. Joel Duren | SO Texas-Arlington (SWE) | 4:12.51 |
| 2. Matt Rice | SR Louisiana | 4:13.02 |
| 3. Nathan Riech | SR South Alabama | 4:13.12 PB |
| 4. Stanley Limoh | SO Louisiana (KEN) | 4:13.14 |
| 5. Ian Foley | FR Appalachian State | 4:15.34 |
| 6. Evan Georges | JR Appalachian State | 4:15.65 |
| 7. Grayson Birka | JR Texas-Arlington | 4:16.16 |
| 8. Ben Rolader | SO South Alabama | 4:16.84 |

Heat 1 -

- | | | |
|-------------------|------------------------|---------|
| 1. Kennedy Chumba | SR Little Rock (KEN) | 4:16.18 |
| 2. Migael Strydom | FR South Alabama (RSA) | 4:17.33 |

3000 (20):

- | | | |
|---------------------|--------------------------|------------|
| 1. Joel Duren | SO Texas-Arlington (SWE) | 8:19.98 PB |
| 2. Michael Guerrero | JR Texas-Arlington | 8:20.43 PB |
| 3. Stanley Limoh | SO Louisiana (KEN) | 8:20.46 PB |
| 4. Katleho Dyoyi | SR South Alabama (RSA) | 8:20.64 |

5000 (21):

- | | | |
|---------------------|------------------------|-------------|
| 1. Joseph Meade | SO Texas State | 14:30.47 PB |
| 2. Michael Guerrero | JR Texas-Arlington | 14:30.86 PB |
| 3. Chris Anderson | SR Appalachian State | 14:46.63 PB |
| 4. Katleho Dyoyi | SR South Alabama (RSA) | 14:47.69 |

WOMEN

Mile (21/Final Only):

Heat 2 -

- | | | |
|-----------------------|--------------------------|------------|
| 1. Devina Schneider | SO Texas State | 4:53.47 |
| 2. Astrid Rosvall | FR Texas-Arlington (SWE) | 4:53.48 PB |
| 3. Laura Labuschaigne | JR South Alabama (RSA) | 4:55.25 |

Heat 1 -

- | | | |
|--------------------|---------------------|------------|
| 1. Alyssa LeClaire | FR Coastal Carolina | 5:07.75 PB |
| 2. Rebecca Eldien | SO Arkansas State | 5:08.83 |
| 3. Sammy Brainard | FR Arkansas State | 5:08.92 |
| 4. Nicole Durham | SR South Alabama | 5:10.54 |

3000 (20):

- | | | |
|-----------------------|------------------------|------------|
| 1. Tristin Van Ord | SR Appalachian State | 9:49.69 |
| 2. Devina Schneider | SO Texas State | 9:54.91 PB |
| 3. Laura Labuschaigne | JR South Alabama (RSA) | 9:55.28 PB |

5000 (21):

- | | | |
|--------------------|---------------------------|-------------|
| 1. Annie Bothma | FR Coastal Carolina (RSA) | 16:25.88 MR |
| 2. Tristin Van Ord | SR Appalachian State | 16:54.23 |
| 3. Tori Shelton | JR Texas-Arlington | 17:32.25 |

Conference USA Indoor Championships (C-USA)

Birmingham, USA, 18-19 February
(200 m Banked Synthetic track)

WOMEN

800:

Final (19) -

- | | | |
|----------------------|---------------------------|---------|
| 1. Agnes Abu | JR Middle Tennessee (GHA) | 2:12.40 |
| 2. Courtney Filliben | JR Southern Miss | 2:14.25 |
| 3. Mikaela Jonsson | FR Florida Atlantic (RSA) | 2:14.48 |

Prelims (18):

Heat 3 -

- | | | |
|--------------------|---------------------------|----------|
| 1. Agnes Abu | JR Middle Tennessee (GHA) | 2:13.89Q |
| 2. Mikaela Jonsson | FR Florida Atlantic (RSA) | 2:14.79q |
| 3. Elia Nero | SO Louisiana Tech | 2:15.44 |

Müller Indoor Grand Prix

(IAAF World Indoor Tour)
Birmingham, GBR, 18 February
(200 m banked synthetic track)

MEN

800:

1. Casimir LOXSOM, USA, 1:46.13 PB/WL
2. Amel TUKA, BSH, 1:46.59, NR
3. Kyle LANGFORD, GBR, 1:46.79 PB
4. Erik SOWINSKI, USA, 1:46.85
5. Guy LEARMONTH, GBR, 1:47.00 PB

1500:

1. Ben BLANKENSHIP, USA, 3:36.42 WL
2. Ryan GREGSON, AUS, 3:36.50 NR
3. Bethwel BIRGEN, KEN, 3:37.32 SB
4. Kalle BERGLUND, SWE, 3:37.69 NR
5. Hillary NGETICH, KEN, 3:38.19

5000:

1. Mo FARAH, GBR, 13:09.16 ER
[57.2 last 400 m]
2. Albert ROP, BRN, 13:09.43 NR & AR
3. Soufiane EL BAKKALI, MAR, 13:10.60 NR
4. Morhad AMDOUNI, FRA, 13:11.18
5. Yemaneberhan CRIPPA, ITA, 13:23.99 PB

3000 m en route times:

1. Nick Goolab, GBR, 7:53.82 PB
2. Andrew Heyes, GBR, 7:55.76 PB
3. Albert Rop, BRN, 7:55.79
4. Mo Farah, GBR 7:56.15

WOMEN

800:

1. Joanna JOZWIK, POL, 2:01.12
2. Lovisa LINDH, SWE, 2:01.69 PB
3. Shelayna OSKAN-CLARKE, GBR, 2:01.71 PB
4. Melissa BISHOP, CAN, 2:02.19
5. Noelie YARIGO, BEN, 2:03.67

1000:

1. Laura MUIR, GBR, 2:31.93 ER
[800m split 2:00.56 PB]
2. Kate GRACE, USA, 2:36.97 PB
3. Sanne VERSTEGEN, NED, 2:38.72 NR
4. Zoe BUCKMAN, AUS, 2:39.47 NR
5. Sarah MCDONALD, GBR, 2:39.53 PB

3000:

1. Hellen OBIRI, KEN, 8:29.41 NR
2. Sifan HASSAN, NED, 8:30.76 NR
3. Dawit SEYAUM, ETH, 8:37.65 PB
4. Meraf BAHTA, SWE, 8:43.00 NR
5. Eilish MCCOLGAN, GBR, 8:43.02 PB
- ... 8. Shannon ROWBURY, USA, 8:45.48
- ... 10. Stephanie TWELL, GBR, 8:45.95 PB

Grand Prix d'Athlétisme de Montréal

Montreal, CAN, 18 February
(200 m synthetic flat track)

Note: *Race Results Weekly* reports that this meeting had two innovated pursuit races where athletes competed for an increasing level of prizes based on leading the race for each lap. In the men's 1200 m, Jeremy Wariner easily led for the first two laps, but then faded and dropped out, collecting CAD 150. Drew Windle managed to lead for two laps after that before tiring, allowing Charles Philibert-Thiboutot to lead both the penultimate and final laps, to pick up the largest check: CAD 1600. In the women's mile pursuit, only Alexa Efraimson and Sasha Gollish were lap leaders, with Gollish collecting the overall win and CAD 1750. – Ed.

MEN

1200 pursuit:

- | | | |
|---|---------|----------------|
| 1. Charles Philibert-Thiboutot, 1990, CAN | 2:52.08 | CAD 600 + 1000 |
| 2. Mohand Zin Khelaf, 1998, CAN | 3:11.28 | |
| 3. Drew Windle, 1992, USA | 3:12.78 | 150 + 350 |
| Jeremy Wariner, 1984, USA | DNF | 50 + 100 |

WOMEN

Mile pursuit:

- | | | |
|-------------------------------|---------|----------------------|
| 1. Sasha Gollish, 1981, CAN | 4:40.19 | CAD 150 + 600 + 1000 |
| 2. Alexa Efraimson, 1997, USA | 4:40.56 | 50 + 100 + 350 |
| 3. Annie Leblanc, 1992, CAN | 4:41.19 | |

Arkansas Qualifier

Fayetteville, USA, 17 February
(200 m banked track)

MEN

800:

Heat 2 -

1. Allen EKE, Unattached, 1:50.75
2. Tre'Tez KINNAIRD, Oklahoma State, 1:51.28
3. Chase PARETI, FR, Unattached, 1:52.75

Heat 1 -

1. Garrett CALHOUN, FR, Oklahoma State, 1:53.77
2. Heinrich VAN NIEKERK, FR, Oklahoma State (RSA), 1:54.10
3. Taylor CLICK, Unattached, 1:54.53

WOMEN

Mile:

Heat 2 -

1. Regan WARD, SR, Arkansas, 4:42.50
2. Sydney BROWN, SO, Arkansas, 4:43.24
3. Valerie REINA, SR, Arkansas, 4:43.32
- ... 6. Carina VILJOEN, FR, Arkansas (RSA), 4:49.61

STATS TIME

A few issues ago we included the world's top ten men in the marathon for 2016. Here is the women's list. Note that all the times except one were run by Kenyans and Ethiopians (the latter occupy the top three positions on the list); note also that all the times except two were run in the first four months of the year.

2016 MARATHON: WORLD TOP 10 WOMEN

2:19:41	Tirfe Tsegaye ETH	1	Dubai	22 Jan
2:20:45	Aberu Kebede ETH	1	Berlin	25 Sep
2:20:48	Amane Beriso ETH	2	Durbai	22 Jan
2:21:27	Helah Kiprop KEN	1	Tokyo	28 Feb
2:21:32	Florence Kiplagat KEN	1	Chicago	09 Oct
2:21:51	Amane Gobena ETH	2	Tokyo	28 Feb
2:21:54	Meselech Melkamu ETH	1	Hamburg	17 Apr
2:22:17	Kayoko Fukushi JPN	1	Osaka	31 Jan
2:22:36	Edna Kiplagat KEN	3	Tokyo	28 Feb
2:22:40	Eunice Jepkirui KEN	1	Nagoya	13 Mar

THIS MONTH IN HISTORY

37 years ago: 14 February 1980

One of the greatest distances races up that time in South Africa took place on this evening when – as was the norm in those days – thousands of spectators packed the famous Coetzenburg Stadium in Stellenbosch. Sarina Cronjé, the holder of four SA records from 1000 m to 3000 m, faced Sonja Laxton, who was seven years older, in the 3000. Cronjé's national record stood at 8:59.4, which she had run on the same track the previous year. It was an exciting tussle, with the crowd roaring the runners on. The younger athlete

prevailed, but not by much as both went under the record: Cronjé 8:57.7 and Laxton 8:58.9. The winning time was also an Africa record. Two months later Cronjé would win the SA title, beating Laxton again, and a year later, at the same Coetzenburg meeting, she would smash the 3000-metre record with her 8:49.3, which put her ninth on the world list for 1981.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2017

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	29:29	Thabang Mosiako	Benoni	29 Jan
	27:52	Nicholas Kosimbei (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		04 Feb
	45:29	Melikhaya Frans	Port Elizabeth	
	43:40	Yigrem Demelash Endale (ETH)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		25 Feb
	65:22A	Lukhanyo Ngxoko	East London	
	65:53	Thabang Mosiako	Bedfordview	
	59:10	Bedan Karoki (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		29 Jan
	81:36A	Sipho Mbanjwa	Pinetown	
30 km	71:18	Dennis Kipruto Kimetto (KEN)		08 Jan
	96:10	Lusapho April	Camps Bay	
	96:10	Lusapho April (RSA)		
	87:13**	Eliud Kipchoge (KEN) 2016		
Marathon	87:13**	Stanley Biwott (KEN) 2016		26 Feb
	2:16:53	Stephen Mokoka	Tokyo	
	2:03:58	Wilson Kipsang (KEN)		
100 km	2:02:57	Dennis Kimetto (KEN) 2014		
	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	32:05	Shadrack Hoff	Pretoria	18 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	49:54	Mzwanele Maphekula	Port Elizabeth	04 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:25	William Mokwalakwala	Pretoria	18 Feb
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:38A	Jonathan Edwards	Pinetown	29 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:45:54	Gert Thys	Camps Bay	08 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:32	Johannes Kekana	Benoni	29 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				

6:18:24 Mario Ardemagni (ITA) 2004

Masters (50+)

10 km	34:19	George Mooi	Benoni	29 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:48	Reginald Ngobese	Vanderbijlpark	08 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	74:36	Reginald Ngobene	Benoni	29 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	99:08A	Phakhama Shezi	Pinetown	29 Jan
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15	Reginald Ngobese	Sasolburg	04 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:05	Mochamat Kriel	Pinelands	25 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	61:16A	Mochamat Kriel	Camps Bay	08 Jan
	62:09	Mochamat Kriel	Constantia	14 Jan
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	88:35	Mochamat Kriel	Tokai	04 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	1:54:07A	Devilliers Oberholzer	Pinetown	29 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:17:54	Louis Claassen	Camps Bay	08 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:06:21	Gideon Radebe	Benoni	29 Jan
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				

Great grandmasters (70+)

10 km	42:35	Pele Tshikundamalema	Pretoria	18 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	73:45	Jeff Smith	Constantia	14 Jan
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	97:19	Elias Raphulu	Pretoria	18 Feb
	82:23	Ed Whitlock (CAN) 2001		
25 km				
	99:59	Clive Davies (USA) 1985		
30 km	2:59:59	Gideon Malherbe	Camps Bay	08 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:57:21	David Ngobeni	Pretoria	28 Jan
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				

Juniors

10 km	30:17	Kabelo Seboko	Benoni	29 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:12	Carlo Flink	Durbanville	25 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	72:27	Itumeleng Sesiko	Sasolburg	04 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	34:53	Lena Lötter	Pinelands	25 Feb
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	32:01	Eilish McColgan (GBR)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott	Camps Bay	08 Jan
	56:43	Ntombesintu Mfunzi	Port Elizabeth	04 Feb
	47:45	Veronica Nyaruai Wanjiru (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	72:36	Irvette van Zyl	Barcelona	12 Feb
	65:06	Peres Jepchirchir (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:59:01	Danette Smith	Camps Bay	08 Jan
	1:59:01	Danette Smith (RSA)		
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:39:11 Wo	Mary Keitany (KEN) 2011		
Marathon	2:48:13A	Ann Ashworth	East London	25 Feb
	2:57:05	Gerda Steyn	Dubai	20 Jan
	2:22:36	Worknesh Degefa Debele (ETH)		
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:36	Charné Bosman	Sasolburg	04 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	64:24	Davera Magson	Port Elizabeth	14 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	81:28	Tanith Maxwell	Tokai	04 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:48:53A	Shani Silver	Pinetown	29 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:02:35	Ulrica Stander	Camps Bay	08 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:45A	Ulrica Stander	Simon's Town	19 Feb
	3:06:00	Salome Cooper	Benoni	29 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	41:32	Mariëtte Strauss	Pinelands	25 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:45	Christine Claasen	Port Elizabeth	04 Feb
	54:33	Shirley Matson (USA) 1991		
21.1 km	93:56	Elmarie Coetzee	Tokai	04 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A	Roshini Natasen	Pinetown	29 Jan
30 km	2:28:30	Ester Brink	Camps Bay	08 Jan
Marathon	3:29:00A	Marie Louw	Simon's Town	19 Feb
	3:30:56	Jane Mudau	Pretoria	26 Feb

	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	43:14	Nancy Will	Athlone	11 Feb
	38:56	Lidia Zentner (GER) 2015		
15 km	68:15	Margie Saunders	Port Elizabeth	14 Jan
	61:25	Kathryn Martin (USA) 2011		
21.1 km	97:38	Nancy Will	Tokai	04 Feb
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:25:43A	Sheree Kirsten	Pinetown	29 Jan
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:32:53	Nancy Will	Camps Bay	08 Jan
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:40:03A	Nancy Will	Simon's Town	19 Feb
	3:44:49	Val Watson	Benoni	29 Jan
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	57:24	Marlene James	Pinelands	25 Feb
	44:09	Lavinia Petrie (AUS) 2014		
15 km	88:32	Liz Grundlingh	Port Elizabeth	04 Feb
	72:52	Jo Klein (NED) 2004		
21.1 km	2:12:17A	Marlene James	Simon's Town	19 Feb
	2:17:01	Marlene James	Tokai	04 Feb
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37	Veronica van Niekerk	Camps Bay	08 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon				
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	36:44	Ashleigh Simonis	Tokai	04 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	70:51	Siphokazi Liwani	Port Elizabeth	14 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:43:36	Nompumelela Shongwe	Pretoria	26 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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