

Distance Running Results

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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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EDITORIAL

A rather bizarre South African Marathon Championships, caused by the incredibly thoughtless decision to hold it six days before the Old Mutual Two Oceans Marathon, had only 49 finishers, with the titles going to Anele Dlamini in 2:22:23 (the only runner under 2:28) and Danette Smith in 2:54:59 (nine seconds slower than her PB).

The men's winning time is the slowest since Gabashane Rakabaele (LES) won the SA Open Marathon in 2:23:49 in 1976 – 41 years ago! Smith's time is the slowest since Lindsay van Aswegen clocked 3:00:30, also in Durban, in 2010 – coincidentally, a year when DRR reported as follows on the race: "Poor scheduling, months-long uncertainty about the date, relatively low prize money, the folly of running the race in hot and humid Durban at the wrong time of the year ... resulted in one of the weakest South African Marathon Championships in recent years." Most of these factors were present again, with the prize money being even lower.

Benedict Moeng, who won the title in 2010 and 2013, managed only tenth this time, running almost exactly 22 minutes slower than in his last victory.

Two South African marathoners did well in international races this weekend. In Hannover defending champion and course record holder Lusapho April finished fifth in 2:11:41, while in Rotterdam Desmond Mokgobu, SA champion in 2014, was twelfth in a PB 2:10:51.

In Springdale, USA, Dominique Scott-Efurd finished first overall in her debut half marathon, beating all the men in 1:18:02 – the second fastest time by a South African this year.

The results for the veteran women in the Jackie Gibson Marathon (DRR 17:13) were unfortunately not included. The first three were: 1 Kashmira Parbhoo (Lenasia) 3:26:19; 2 Hester Roux (Honey Lotus) 3:54:50; 3 Winnie Mbukwana (Striders) 3:56:40.

In the results of the Mall of the North 10 km (DRR 17:13) Bethuel Netshitenzhe is in fact the well-known Bethuel Netshifhefhe, who has changed his surname.

The time of the third woman in the Leapfrog Gordon's Bay Half Marathon, Nolubabalo Dyonase, was not included in the original results received by DRR (included in last week's DRR). It was in fact 1:29:28.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * South African Marathon Championships, Durban
- * Central Athletic 10 km Challenge, Newlands
- * Samcor Ford 3-in-1 Half Marathon & 10 km, Pretoria
- * Correctional Services 10 km, Port Elizabeth
- * Mercedes Benz Home Run 15 km, East London
- * Track: Varsity Meeting, Pretoria

International highlights:

- * Schneider Electric Marathon de Paris, Paris, FRA
- * NN Marathon Rotterdam, Rotterdam, NED
- * HAJ Marathon Hannover, Hannover, GER
- * UAE Healthy Kidney 10 km, New York, USA
- * Deutsche Halbmarathonmeisterschaften, Hannover, GER
- * Hogeye Half Marathon, Springdale, USA
- * Track: Sun Angel Track Classic, Tempe, USA; University of Arizona Jim Click Shootout, Tucson, USA

ROAD RUNNING

South African Marathon Championships

(86th for men; 34th for women; run as part of the Durban City Marathon)

Durban, 9 April

(Distance: 42.195; certified two-loop course. Weather: warm, very humid, no wind.

Finishers: 29 men + 20 women = 49 total [far below last year's 350].)

Note: Unfortunately no provinces or ages were indicated with the results. See results of the Durban City Marathon following the SA Marathon results. – Ed.

MEN

1. Anele Dlamini 2:22:23 (R5000)
2. Sikhumbuzo Seme 2:28:11 (R2000)
3. Leswene Africa Mailola 2:29:58
4. Sam Bolo 2:30:25
5. Ruben Setumu 2:31:30
6. Pelly Lamola 2:34:26
7. Nthuthuko Maseko 2:35:15
8. Judas Ntuli 2:37:04
9. Tshediso Tsolo 2:38:52
10. Benedict Thabiso Moeng 2:39:33

(All age category prize money was the same: R500 for 1st place only.)

Veterans: 1. Ruben Setumu 2:31:30; 2. Judas Ntuli 2:37:04; 3. Thobile Xata 2:48:03.

Masters: 1. Joseph Ndlovu 2:47:53; 2. Mandla Dlamuka 3:50:29. **G'masters:** 1. Mochamat Kriel 3:35:55; 2. Don Charles 3:40:14; 3. Michael Langa 3:47:11.

WOMEN

1. Danette Smith 2:54:59 (R5000)
2. Eunice Nhlapho 2:58:35 (R3000)
3. Fikile Mbuthuma 3:01:44
4. Lesley Train Austin 3:08:09
5. Rebecca Mokgoshinyane 3:10:30
6. Maria Vilakazi 3:10:56
7. Linah Mhlongo 3:14:22
8. Helena Joubert 3:15:52

9. Jane Barnardo 3:18:19
10. Janu Mudau 3:18:52

Veterans: 1. Lesley Train Austin 3:08:09; 2. Maria Vilakazi 3:10:56; 3. Linah Mhlongo 3:14:22. **Masters:** 1. Jane Mudau 3:18:52; 2. Marie Louw 3:36:27; 3. Ansie Breytenbach 3:56:40. **G'masters:** 1. Nancy Will 3:26:00.

DURBAN CITY MARATHON
Finishers: 1305.

Note: Only members of provincial teams were eligible for the SA Marathon (although the "Team Manual" clearly stated that all South Africans in the race were eligible!). There was no separate prize money for the SA Marathon. The top ten in the Durban City Marathon are shown below (those marked with * are in the above list, i.e. part of the SA Marathon). The first three men in the half marathon were Thabo Molefe 1:10:27, Mziwenkosi Msasa 1:13:12, and Mosola Mokane 1:13:29. The results of the women's half marathon on the timing company's website is clearly in error, with a veteran woman unknown to DRR, Zwelihle Ndwandwe, shown as winning in 1:18:18 – less than 3 minutes slower than Sonja Laxton's SA record. This runner may be a man. In second place was another unknown runner, the junior Sinalo Ndala in 1:21:06. These results will not be published or used for statistical purposes. The first three in the 10 km are given below. – Ed.

MEN: 1. Dlamini* 2:22:23 R5000; 2. Duane Fortuin 2:23:00 R3000; 3. Seme* 2:28:11 R2000; 4. Mailola* 2:29:58; 5. Bolo* 2:30:25; 6. Setumu* 2:31:30; 7. Syvion Madikane 2:33:15; 8. Ephraim Xaba 2:33:30; 9. Lamola* 2:34:26; 10. Maseko* 2:35:15.

WOMEN: 1. Smith* 2:54:59 R5000; 2. Nhlapho* 2:58:35 R3000; 3. Leilani Scheffer 3:01:12 R2000; 4. Mbuthuma* 3:01:44; 5. Train Austin* 3:08:09; 6. Natasha Collier 3:09:40; 7. Mokgoshinyane* 3:10:30; 8. Vilakazi* 3:10:56; 9. Lisa Collett 3:11:08; 10. Mhlongo* 3:14:22.

10 km

MEN

1. Mholi Jali 30:15 (R300)
2. Nkosikhona Mhlakwana 30:39 (R200)
3. Ndumiso Sokhela 31:12 (R100)

WOMEN (Same prize money as men)

1. Sisindisiwe Ngcobo 36:31
2. Natasha Lowes 38:10
3. Bathobile Mkhize 38:12

Central Athletic 10 km Challenge

Newlands, Cape Town, 9 April
(Finishers: 2777 [up from 2517 last year].)

Note: The first junior is probably Adrian Wildschutt. – Ed.

MEN

1. Nadeel Wildschutt (Itheko) 30:26 (R3500)
2. Lungile Gongqa (Ned) 30:38 (R1500)
3. Sibusiso Madikizela (MSA) 31:15 (R500)

Veterans: 1. Vakalisa Kopolo (Ned) 33:09 (R500); 2. Tsungai Mwanengeni (ZIM/Gugs) 32:41 (R400); 3. Shawn Abrahams (Kuils) 33:39 (R200). **Masters:** 1. Tobias Philander (Itheko) 36:34 (R300); 2. Steve Motau (Ned) 37:03 (R250); 3. John September (Itheko)

37:26 (R150). **G'masters:** 1. Goodman Mpukane (Gugs) 43:27 (R250); 2. Gemjikile Tom (Eskom) 44:10 (R200); 3. Mark Wagenheim (AAC) 45:56 (R150). **G/g'masters:** 1. Jimmy Morris (Forest) 46:41 (R200); 2. Eddie Hendricks (Elsies) 51:49 (R150); 3. Jeremy Mathers (FH) 61:06 (R100). **Juniors:** 1. Adriaan Kopolo (Itheke) 31:37 (R500); 2. Carlo Flink (Itheke) 32:27 (R400); 3. Thembeko Mendu (Gugs) 32:41 (R250).

WOMEN (Same prize money as men)

1. Bulelwa Simae (Ned) 38:55
2. Lee-Shay Willemse (Velo) 39:17
3. Candyce Hall (Carb) 39:33

Veterans: 1. Busisiwe Matiwane (Ned) 42:41; 2. Jacky Misroll (Pine) 46:26; 3. Zethena October (Ravens) 49:45. **Masters:** 1. Ester Brink (Carb) 42:43; 2. Mariëtte Strauss (Tyger) 44:09; 3. Teretha Lourens (WC) 46:50. **G'masters:** 1. Charmaine Cupido (Ned) 49:45; 2. Dawn Middelkoop (Ind) 50:57; 3. Helen du Plessis (Brack) 52:13. **G/g'masters:** 1. Marlene James (Pine) 59:46; 2. Pixie Sparg (Celtic) 59:47; 3. Jean Cammidge (FH) 72:24. **Juniors:** 1. Razaan Kamaldien (Carb) 44:29; 2. Asemahle Mantlanea (KAC) 54:09; 3. Chevello Kiewiet (Velo) 54:12.

Samcor Ford 3-in-1 Half Marathon & 10 km

Pretoria, 8 April

(Distances: 21.1 km & 10 km; undulating loop courses. Weather: overcast, cool. Finishers: half marathon – 985; 10 km – 1286; also approx. 250 in 5 km.)

Note: Just one week before she will attempt to win the Old Mutual Two Oceans Marathon for the third time in a row, Caroline Wöstmann finished second in the half marathon. – Ed.

Half marathon

MEN

1. Collen Mulaudzi (TUT) 1:09:55
2. Bafana Dube (BC) 1:10:42
3. Micah Kipyego (KEN/Brooks) 1:12:00

Veterans: 1. Simon Chirwa (KEN/Phob) 1:25:40. **Masters:** 1. Moses Machailo (Vital) 1:20:35. **G'masters:** 1. Johan Nel (Irene) 1:35:12. **G/g'masters:** 1. Elias Raphulu (TRS) 1:35:36.

WOMEN

1. Liziwe Mabona (AMPA) 1:23:47
2. Caroline Wöstmann (KPMG) 1:24:29
3. Catherine Skosana (Boxer) 1:29:13

Veterans: 1. Theresa Doman (PMMC) 2:05:24. **Masters:** 1. Debbie Bredenkamp (Harl) 1:44:29. **G'masters:** 1. Lettie Coetzee (Bobbies) 2:11:11. **Juniors:** 1. Georgina Janisch (Mag) 1:38:46; 2. Trea Shongwe (Eskom) 1:41:27.

10 km

MEN

1. Gladwin Mzazi (Boxer) 30:47
2. Reghen Magwai (B2R) 31:22
3. Jacob Tseko (Tuks) 31:30

Veterans: 1. Elmon Ndlovu (PMMC) 39:09. **Masters:** 1. Koos Aphane (PMMC) 39:38. **G'masters:** 1. Charlie Tholo (PMMC) 46:51. **G/g'masters:** 1. Pele Tshikundamalema (Ned) 48:56. **80+:** 1. Ken Nurden (Agape) 55:17. **Juniors:** 1. Markus Nortje (FN) 40:38; Luanre van Niekerk (FN) 42:28.

WOMEN

1. Lebogang Phalula (Boxer) 36:18
2. Marelise Retief (Boxer) 36:19
3. Thembi Baloyi (TUT) 39:56

Veterans: 1. Mercia van Vuuren (Harl) 51:31. **Masters:** 1. Sonia Scheepers (GM) 47:48.
G'masters: 1. Marianne van der Walt (RI) 62:35. **G/g'masters:** 1. Hettie Booysen (GM) 83:53. **80+:** 1. Deirdre Larkin (Randburg) 60:47. **Juniors:** 1. Marelize Reitz (FN) 44:31; 2. Karien van Dyker (FN) 45:53.

Correctional Services 10 km

Port Elizabeth, 8 April
 (Finishers: 590)

MEN

1	Melikhaya	Frans	Ikhamva AC	27	29:39
2	Mariano	Eesou	Madibaz AC	25	30:08
3	Amos	Nyongo	Ikhamva AC	30	30:22
4	Zolani	Ngqaqa	Tinarha AC	28	30:33
5	Adriaan	Gerwel	Ikhamva AC	20	31:49
6	Lubabalo	Mdlungwane	Ikhamva AC	26	31:55
7	Mzwanele	Maphekula (1 st vet)	Bluewater Bay	40	32:04
8	Sivuyile	Selani (1 st jun)	Tinarha AC	17	32:09
9	Rodney	Prins	Nedbank RC	28	32:15
10	Brendon	Effenaar	Nedbank RC	21	32:39
11	Sibusiso	Thu	SAPS AC EP	29	32:49
12	Sinethemba	Merele	Tinarha AC	16	33:03
13	Tandisile	Xoshomba	Tinarha AC	21	33:23
14	Saziphi	Blaai	Nedbank RC	36	33:32
15	Kevin	Gasebo	Transnet Eng EP	36	33:34
16	Anele	Maliza	Nedbank RC	39	33:45
17	Xolisa	Ndlumbini	Vukani MS Club	34	33:58
18	Ricardo	Plaatjies	Xcel AC	34	34:05
19	Lonwabo	Williams	Tinarha AC	18	34:25
20	Melikhaya	Kepe	Nedbank RC	40	34:27

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	40	32:04
2	Melikhaya	Kepe	Nedbank RC	40	34:27
3	Zamubuntu	Teyise	Charlo AC	40	34:34

45-49:

1	Luvuyo	Dyani	Motherwell AC	46	36:36
2	August	Esau	Nedbank RC	46	38:31
3	Sandiso	Ngxishe	NMB Mun	46	40:08

50-54:

1	Vernon	Newfeldt	Gelvan AC	51	41:05
2	Jacob	Abraham	Body Concept	50	41:37
3	Andrew	Jonas	Madibaz AC	52	41:54

55-59:

1	Leonard	Erasmus	Gelvan AC	59	42:35
2	Chester	Brooks	Xcel AC	59	44:12
3	Kevin	Gillmer	Muirite Strider	56	46:08

60-64:

1	George	Meiring	Muirite Strider	60	45:17
2	Charles	Baatjies	Gelvan AC	60	46:03

3	Jozua Roux	Temp	62	50:12
65-69:				
1	Albert Ngcanga	Xcel AC	66	44:41
2	Errol Black	Achilles AAA	66	44:45
3	Syd Lippstreu	Crusaders AC	69	49:31
70-74:				
1	Cilliers Swart	Nedbank RC	70	48:11
2	Johannes Herbst	Muirite Strider	71	49:25
3	Herman Dekker	SAPS AC EP	72	58:17
75-79:				
1	Godfrey Kariem	Gelvan AC	76	56:17
2	Willem Schoeman	Muirite Strider	75	1:12:44
Juniors:				
1	Sivuyile Selani	Tinarha AC	17	32:09
2	Sinethemba Merele	Tinarha AC	16	33:03
3	Lonwabo Williams	Tinarha AC	18	34:25
WOMEN				
1	Ntombesintu Mfunzi	Nedbank RC	35	35:58
2	Ndileka Mvakwendlu	Tinarha AC	26	38:46
3	Siphokazi Nojoko	Motherwell AC	22	40:35
4	Luthando Nxanisa	Madibaz AC	24	41:55
5	Christine Claasen (1 st mast)	Achilles AAA	52	41:57
6	Siphokazi Liwani	Motherwell AC	19	44:00
7	Dane Cronje	Unknown	19	44:21
8	Jene Banfield (1 st vet)	RWFL EP	46	44:35
9	Terray Newcombe	Elite AC	26	45:23
10	Zimkitha Hoza	Temp	22	45:28
11	Nomakhosi Ntliziyo (1 st jun)	Madibaz AC	18	45:35
12	Talana Vosloo	Despatch AC	35	46:18
13	Hanlie V.d. Westhuizen (1 st g'mast)	Despatch AC	60	46:21
14	Priscilla Dyantyi	Nedbank RC	43	46:37
15	Toegeda Vyver	Nedbank RC	45	46:39
16	Karabo Mabala	Fort Hare	22	46:51
17	Amore Strauss	Charlo AC	32	46:55
18	Anja Webber	Temp	15	47:28
19	Lindie Steyn	32Gi EP AC	29	47:31
20	Elize Adams	Gelvan AC	42	47:44
40-44:				
1	Priscilla Dyantyi	Nedbank RC	43	46:37
2	Elize Adams	Gelvan AC	42	47:44
3	Lesley Ann Bush	Despatch AC	44	49:33
45-49:				
1	Jene Banfield	RWFL EP	46	44:35
2	Toegeda Vyver	Nedbank RC	45	46:39
3	Denise Darlow	Charlo AC	48	54:27
50-54:				
1	Christine Claasen	Achilles AAA	52	41:57
2	Michelle Van Iddekinge	Elite AC	50	47:52
3	Gail Klichowicz	Achilles AAA	50	53:01
55-59:				
1	Laura Maritz	Infinity AC	56	50:40
2	Aletta Joubert	Temp	55	54:45
3	Lynette Crause	Infinity AC	57	55:59
60-64:				
1	Hanlie Van der Westhuizen	Despatch AC	60	46:21

2	Christine	Snyman	Despatch AC	61	55:47
3	Nicki	Van Niekerk	Muirite Strider	63	58:28
65-69:					
1	Helene	Oppel	Elite AC	67	1:00:13
2	Jeanette	Pienaar	PEAAC	68	1:07:39
3	Denise	Terblanche	Infinity AC	69	1:08:07
70-74:					
1	Liz	Jenkerson	Muirite Strider	70	57:51
2	Ronelle	Steyn	Nedbank RC	73	1:02:44
3	Christine	Fourie	Elite AC	70	1:05:18
75-79:					
1	Dorothy	Hart	Nedbank RC	79	1:24:07
Juniors:					
1	Nomakhosi	Ntliziyo	Madibaz AC	18	45:35
2	Anja	Webber	Temp	15	47:28
3	Natasha	Magaga	Motherwell AC	15	50:03

Mercedes Benz Home Run 15 km

East London, 25 March
(Loop course. Finishers: 595.)

MEN

1. Lusapho April (Ox St) 45:41 (R1000)
2. Bulelani Mgubo (All Stars) 49:33 (R750)
3. Simphiwe Majaki (Ind) 51:28 (R500)

WOMEN (Same prize money as men)

1. Andrea Ranger (Old S) 63:15
2. Xoliswa Bici (Hlazo) 64:44
3. Zandile Rubushe (Rainbow) 65:53

TRACK

Varsity Meeting

Pretoria (L.C. de Villiers Stadium), 31 March

MEN

800:

1. Rynardt van Rensburg (Kovsies) 1:49.17
2. Henco Uys (Pukke) 1:49.19
3. George Kuschke (Tuks) 1:50.12
4. Thabang Matiwane (UJ) 1:51.61
5. Ruan Jonck (Kovsies) 1:51.67
6. Mafika Cunukelo (UJ) 1:51.89
7. Darren Stevens (UWC) 1:52.69
8. Bennie Prinsloo (Kovsies) 1:53.12
9. Karabo Motheiwana (TUT) 1:53.14
10. Sikhalo Mthimkulu (TUT) 1:53.52

1500:

1. Rantso Mokopane (Pukke) 3:47.04
2. Jeromy Andreas (UJ) 3:47.08
3. Michael Pienaar (Tuks) 3:48.30
4. Anthony Timoteus (UWC) 3:48.61
5. Dais Malebana (Tuks) 3:49.72

6. Ruan Meintjies (Kovsies) 3:50.28
7. Paseka Mokubung (TUT) 3:58.04
8. Sibusiso Magwaza (UWC) 3:58.76

5000:

1. Milton Kekana (TUT) 14:55.00
2. Puseletso Mofokeng (VUT) 15:01.74
3. Sive Ngubo (TUT) 15:18.34
4. Mpho Motaung (TUT) 15:33.74
5. Rowhaldo Ratz (UWC) 15:38.25

WOMEN

1500:

1. Kesa Molotsane (Kovsies) 4:29.65
2. Marné Mentz (Kovsies) 4:30.18
3. Sherilene Gelderblom (Pukke) 4:33.50
4. Stella Marais (Tuks) 4:35.12
5. Cherise Sims (Madiba) 4:39.88

3000:

1. Jessica Pollock (UCT) 10:55.02
2. Tegan Pitt (UCT) 11:24.21
3. Lethabo Seema (TUT) 11:41.94

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING

Schneider Electric Marathon de Paris (41st)

(IAAF Gold Label Road Race)

Paris, FRA, 9 April

(Distance: 42.195 km; certified loop course)

MEN (gun times)

1. Paul LONYANGATA, KEN 2:06:10 PB
2. Stephen CHEBOGUT, KEN 2:06:57
3. Solomon YEGO, KEN 2:07:12 PB
4. Yitayal ATNAFU, ETH 2:07:21 PB
5. Abayneh AYELE, ETH 2:07:42
6. Asbel KIPSANG, KEN 2:08:29
7. Samuel KOSGEI, KEN 2:08:39
8. Richard MENGICH, KEN 2:08:46
9. Motlokoa NKHABUTLANE, LES 2:09:47 PB
10. Micah KOGO, KEN 2:10:03

WOMEN (gun times)

1. Purity RIONORIPO, KEN 2:20:55 PB/CR*
2. Agnes BARSOSIO, KEN 2:20:59 PB
3. Flomena CHEYECH, KEN 2:21:22 PB
4. Visiline JEPKESHO, KEN 2:21:37 PB
5. Yebgual MELESE, ETH 2:22:51 PB
6. Netsanet GUDETA, ETH 2:29:15
7. Kataryna KOWALSKA, POL 2:30:24

NN Marathon Rotterdam (37th)

(IAAF Gold Label Road Race)

Rotterdam, NED, 9 April

(Distance: 42.195 km; certified loop course)

MEN (gun times)

- | | |
|-------------------------------------|------------|
| 1. Marius Kimutai, KEN | 2:06:04 |
| [1:03:09 / 1:02:55] | |
| 2. Lawrence Cherono, KEN | 2:06:21 PB |
| 3. Laban Korir, KEN | 2:06:25 |
| 4. Festus Talam, KEN | 2:07:10 |
| 5. Lucas Rotich, KEN | 2:07:19 |
| 6. Gezahegn Kelkile Woldaregay, ETH | 2:07:29 PB |
| 7. Felix Kiptoo Kirwa, KEN | 2:08:12 PB |
| 8. Philemon Rono, KEN | 2:09:22 |
| 9. Abdi Nageeye, NED | 2:09:34 PB |
| 10. Koen Naert, BEL | 2:10:16 PB |
| 11. Meshack Kiprop Koech, KEN | 2:10:17 PB |
| 12. Desmond Mokgobu, RSA | 2:10:51 PB |

WOMEN (gun times)

- | | |
|------------------------------|------------|
| 1. Meskerem Assefa, ETH | 2:24:18 PB |
| [1:11:35 / 1:12:43] | |
| 2. Eunice Chumba, BRN | 2:24:27 PB |
| 3. Lucy Karimi, KEN | 2:25:17 |
| 4. Jane Jelagat Seurey, KEN | 2:26:29 PB |
| 5. Ruth van der Meijden, NED | 2:31:15 PB |

HAJ Marathon Hannover (27th)

(IAAF Silver Label Road Race)

Hannover, GER, 9 April

(Distance: 42.195 km)

MEN (gun times)

- | | | |
|--------------------------------|---------|-----------------|
| 1. Allan Kipkorir Kiprono, KEN | 2:09:52 | € 6000 + 4000i |
| [1:05:06 / 1:04:46] | | |
| 2. Philip Kimutai Sanga, KEN | 2:10:07 | 4000 + 2000i |
| 3. Sondre Nordstad Moen, NOR | 2:10:07 | NR 3500 + 2000i |
| 4. Nicholas Manza Kamakya, KEN | 2:11:35 | 2000 |
| 5. Lusapho April, RSA | 2:11:41 | 1200 |
| [1:05:06 / 1:06:35] | | |

WOMEN (gun times)

- | | | |
|-------------------------------------|---------|----------------|
| 1. Fate Tola, GER | 2:27:48 | € 8000 + 4000i |
| [1:13:06 / 1:14:42] | | |
| 2. Nataliya Lehonkova, UKR | 2:33:20 | 4000 |
| 3. Mulunesh Zewdu Asefa, ETH | 2:37:27 | 2500 |
| 4. Tetyana Vernygor, UKR | 2:38:48 | 1500 |
| 5. Zhanna Mamazhanova, KAZ | 2:47:36 | ---* |
| 6. Banuelia Brighton Katesigwa, TAN | 2:59:33 | |

*) 2:40:00 was the limit for prize money

i) Earned time bonus

UAE Healthy Kidney 10 km (13th)

Central Park, New York, USA, 9 April

(Certified one-loop course with separately certified 8 km point with fully automatic timing)

MEN (gun times)

- | | | |
|--------------------------------------|-------|--------------|
| 1. Sam Chelanga, 32, NIKE | 28:21 | \$10,000 |
| [14:29 / 22:57 PB] | | |
| 2. Thomas Longosiwa, 35 adidas (KEN) | 28:21 | 7,500 |
| [14:29 / 22:57 PB] | | |
| 3. Stephen Sambu, 28 NIKE (KEN) | 28:31 | 5,000 + 600n |
| [14:29 / 22:57] | | |

n) Earned NYRR member prize money

WOMEN (gun times)

- | | | |
|--|-------|----------|
| 1. Mamitu Daska, 33, NIKE (ETH) | 31:37 | \$10,000 |
| [15:40 / 25:17 WL] | | |
| 2. Magdalyne Masai, 24, NIKE (KEN) | 31:44 | PB 7,500 |
| [15:43 / 25:19 PB] | | |
| 3. Monicah Ngige, 23, Unattached (KEN) | 31:55 | PB 5,000 |
| [15:41 / 25:21 PB] | | |

Deutsche Halbmarathonmeisterschaften (41st)

Hannover, GER, 9 April

(Distance: 21.1 km)

Note: With her victory in the women's competition here, Sabrina Mockenhaupt, who beat all the men in the 2014 Runners' Memorial Race in Cape Town, won her 43rd national title. – Ed.

MEN (gun times)

- | | | |
|---|---------|-----------|
| 1. Philipp Baar, ART Düsseldorf | 1:04:57 | PB € 1200 |
| 2. Hendrik Pfeiffer, TV Wattenscheid 01 | 1:05:09 | 750 |
| 3. Andreas Straßner, ART Düsseldorf | 1:06:00 | PB 500 |

WOMEN (gun times)

- | | | |
|---|---------|--------|
| 1. Sabrina Mockenhaupt, LT Haspa Marathon Hamburg | 1:10:54 | € 1200 |
| 2. Anja Scherl, LG Telis Finanz Regensburg | 1:11:09 | PB 750 |
| 3. Corinna Harrer, LG Telis Finanz Regensburg | 1:14:26 | 500 |

Hogeye Half Marathon

Springdale, USA, 8 April

(Distance: 21.1 km)

OVERALL

1. Dominique Scott-Efurd (F), 24, Fayetteville, AR (RSA), 1:18:02 DB; 2. Michael Harris, 20, Springdale, AR, 1:18:21.

TRACK**Sun Angel Track Classic (38th)**

Tempe, USA, 6-8 April

MEN

800:

Premiere Section (8):

1. Donovan Brazier, Nike, 1:44.63
2. Edward Kemboi, High Performance (KEN), 1:46.47
3. Charles Jones, Texas Tech, 1:46.70

Open Section (8):

1. Kain Ellis, Kansas State, 1:49.73
2. Bryce Hoppel, Kansas, 1:49.94
3. Selasi Lumax, Big Bear Tc (GHA), 1:50.52
- ... 8. Heinrich Herbst, Arkansas St (RSA), 1:51.83

University of Arizona Jim Click Shootout

Tucson, USA, 8 April

MEN

Section 1 -

1. Eric Brown, Wisconsin, 1:49.14
2. Carter Lilly, Iowa, 1:49.82
3. Tysen VanDraska, Iowa, 1:50.86

Section 2 -

1. Garrett Calhoun, Oklahoma State, 1:53.67
2. Cooper Barth, Wisconsin, 1:54.02
3. Ryan Lanley, Northern Arizona, 1:55.72
4. Heinrich van Niekerk, Oklahoma State (RSA), 1:57.46

NEWS**SPAR GRAND PRIX POINTS STANDINGS**

The points standings after the first race in the Spar Grand Prix Series are as follows:

OPEN

1	Louisa Leballo	Nedbank	30
2	Kesa Molotsane	KPMG	29
3	Irvette van Blerk	Nedbank	28
4	Lebogang Phalula	Boxer	17
5	Cornelia Joubert	Boxer	16
6	Mapaseka Makhanya	Olifantsfontein	15
7	Nolene Conrad	KPMG	14
8	Rhudo Monderwa	Nedbank	13
9	Rutendo Nyahora	Nedbank	12
10	Jenna Challenor	KPMG	11
11	Christine Kalmer	KPMG	10
12	Glenrose Xaba	Boxer	9
13	Loveness Madziva	Nedbank	8
14	Patience Murowe	Nedbank	7
15	Keneilwe Sesing	KPMG	6

16	Janie Grundling	Boxer	5
17	Simonay Weitsz	Boxer	4
18	Anet Coetzee	KPMG	3
19	Onneile Dintwe	Nedbank	2
20	Bulelwa Simae	Nedbank	1

Veterans:

1	Janene Carey	Boxer	5
2	Ronel Thomas	Boxer	4
3	Obertina Kanyongo	Nedbank	3

Masters:

1	Judy Bird	KPMG	10
2	Mariette Strauss	Tygerberg	4
3	Olga Howard	Nedbank	3

G'masters:

1	Nancy Will	Pinelands	5
2	Charmaine Cupido	Nedbank	4
3	Veronica van Niekerk	Elgin-Grabouw	3

OLYMPIC MARATHON CHAMPION SUMGONG POSITIVE FOR EPO

Jemima Sumgong, who last year became the first Kenyan woman to win Olympic gold in the marathon, has tested positive for the banned blood-booster EPO in an out-of-competition test carried out by the IAAF, the sport's governing body said last week.

"The IAAF can confirm that an anti-doping rule violation case concerning Jemima Sumgong (Kenya) has commenced this week," the International Association of Athletics Federations said in a statement. "The athlete tested positive for EPO (Erythropoietin) following a no-notice test conducted by the IAAF in Kenya.

"This was part of an enhanced IAAF out-of-competition testing program dedicated to elite marathon runners which is supported by the Abbott World Marathon Majors group."

If Sumgong's B sample is confirmed as positive and she is subsequently banned, it will be a massive blow for African distance powerhouse Kenya, where her Rio victory was greeted with near-delirium after such a long and inexplicable barren spell over the classic distance at the Olympics.

Kenya took silver in the women's marathon at the three previous Games and a bronze in 2000, having failed to medal before that after the race was introduced to the Games in 1984.

Sumgong, 32, had an outstanding 2016, winning the London Marathon in April and then claiming the elusive Olympic gold in Rio despite being disturbed by a protester on the course. Sumgong's former compatriot Eunice Jepkirui, who switched allegiance to Bahrain in 2013, took silver.

The news about Sumgong comes in the wake of a four-year ban served on Kenya's multi-marathon champion Rita Jeptoo, Sumgong's former training partner, after she tested positive for EPO in 2014.

Kenya's middle and long distance success has been marred by doping cases involving elite athletes. Officials estimate the number of positive tests at about 50 in the past four years. The latest cases will be seen by observers as evidence of how the IAAF is making progress in the region after previous official criticism of anti-doping regimes in Kenya and Ethiopia.

Both countries have in the past been deemed non-compliant with the World Anti-Doping Agency's (WADA) code.

In a subsequent statement from Rosa e Associati, the sports agency headed by Gabriele Rosa and his son Federico that represents Sumgong, it is stated that, if the results of her test are accurate, "this has to be considered as a dramatic moment for Kenya and for our entire movement. The news has shocked us and we distance ourselves from what happened: as Rosa e Associati we've been following more than 2000 Kenyan athletes over

27 years and the cases positive to controls were numerically insignificant and all in the last five years. This worries us a lot and highlights the uncontrolled spread of the phenomenon in Kenya over the recent years.

"These episodes, especially the one that today concerns Jemima, grieve us a lot and push us to always do more in promoting the culture of legality and healthy sport competition for our athletes.

"A case like this really hurts everyone: doping in Kenya has become a plague, because of unscrupulous Kenyans doctors who approach the athletes, brainwashing and subjecting them to illegal treatments. On this front, we are working closely with the Government and the Federation so that controls are intensified and those responsible are identified and prosecuted.

"The case of Jemima is the proof that controls begin to work better: this is the only positive note in a situation that we consider serious and complex and that encourages us to redouble the efforts to fight doping in Kenya and the criminal organizations of doctors who ruin the lives and careers of these kids."

STATS TIME

This week we include a list of the top ten women for the indoor mile in 2017. South African Dominique Scott is tenth with the SA record 4:28.47 which she ran in the famed Wanamaker Mile at the Millrose Games. She also set a national record of 4:10.90 for 1500 m *en route*.

2017 INDOOR MILE: WORLD'S TOP 10 WOMEN

4:19.89	Sifan	Hassan	NED
4:21.3+e	Genzebe	Dibaba	ETH
4:22.93	Kate	Grace	USA
4:23.05	Shannon	Rowbury	USA
4:24.16	Shelby	Houlihan	USA
4:24.88	Colleen	Quigley	USA
4:25.62	Rachel	Schneider	USA
4:27.27#	Brie	Felnagle	USA
4:28.39	Heather	Kampf	USA
4:28.47	Dominique Scott		RSA

THIS MONTH IN HISTORY

22 years ago: 15 April 1995

This weekend's 48th running of Cape Town's Old Mutual Two Oceans Marathon takes place on 15 April. The race has twice before been run on the same date, and the first time was on 15 April 1995 (the second occasion was in 2006). Simon Malindi (32) achieved the rare feat of winning the race on his first attempt, beating Poland's Jaroslaw Janicki (also a novice) by just more than a minute in 3:10:53. It was then the sixth fastest winning time and the tenth quickest in the history of the race. Malindi was 4½ minutes behind the leaders after the halfway mark, but ran the fastest split from the marathon mark, 48:53. The women's winner, Eniko Feher (HUN), also completed her first Two Oceans, clocking 3:49:31 to become the fourth fastest woman ever.

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)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:29	Melikhaya Frans	Port Elizabeth	04 Feb
	43:22	Leonard Korir (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	65:22A	Lukhanyo Ngxoko	East London	25 Feb
	65:53	Thabang Mosiako	Bedfordview	15 Jan
	59:10	Bedan Karoki (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	76:22	Wellington Bezerra da Silva (BRA)		
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	90:54	Melikhaya Frans	Uitenhage	04 Mar
	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:16:53	Stephen Mokoka	Tokyo	26 Feb
	2:03:58	Wilson Kipsang (KEN)		
	2:02:57	Dennis Kimetto (KEN) 2014		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	31:54	Gert Thys	Goodwood	04 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	48:58	Johannes Kekana	Leondale	19 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:32	Johannes Kekana	Polokwane	01 Apr
	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	1:38:16	Mzwanele Maphekula	Uitenhage	04 Mar
	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 66:42	Reginald Ngobene Martin Rees (GBR) 2003	Benoni	29 Jan
25 km	97:58A	Basie Bonaparte	Somerset East	18 Mar
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15 2:19:29	Reginald Ngobese Titus Mamabolo (RSA) 1991	Sasolburg	04 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	25 Feb
15 km	60:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	18 Mar
21.1 km	88:35 71:31	Mochamat Kriel Martin Rees (GBR) 2013	Tokai	04 Feb
25 km	1:54:07A 94:01	Devilliers Oberholzer Doug Winn (USA) 2010	Pinetown	29 Jan
30 km	2:10:11 1:57:07	Kosie Botha Ed Whitlock (CAN) 1994	Parow	26 Mar
Marathon	3:06:21 2:36:30	Gideon Radebe Yoshihisa Hosaka (JPN) 2009	Benoni	29 Jan
100 km				
<u>Great grandmasters (70+)</u>				
10 km	42:35 37:33	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Pretoria	18 Feb
15 km	64:04 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	11 Mar
21.1 km	95:36 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	08 Apr
25 km	4:37:56A 99:59	Jean Nepgen Clive Davies (USA) 1985	Somerset East	18 Mar
30 km	2:46:08 2:00:56	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Uitenhage	04 Mar
Marathon	3:57:21 2:54:49	David Ngobeni Ed Whitlock (CAN) 2004	Pretoria	28 Jan
100 km				
<u>Juniors</u>				
10 km	30:17 27:52	Kabelo Seboko Richard Chelimo (KEN) 1990	Benoni	29 Jan
15 km	49:31 42:25	Sivuyile Selani Moses Mosop (KEN) 2004	Port Elizabeth	25 Mar
21.1 km	72:27 59:16	Itumeleng Sesiko Samuel Wanjiru (KEN) 2005	Sasolburg	04 Feb
WOMEN				
<u>Open</u>				
10 km	32:55 30:04 30:21 Mx 30:04p Mx 30:29 Wo	Louisa Leballo Joyciline Jepkosgei (KEN) Paula Radcliffe (GBR) 2003 Joyciline Jepkosgei (KEN) Asmae Legzaoui (MAR) 2002	Cape Town	02 Apr
15 km	53:59A 56:00 45:37 46:14** Mx	Dominique Scott Ntombesintu Mfunzi Joyciline Jepkosgei (KEN) Florence Kiplagat (KEN) 2015	Camps Bay Port Elizabeth	08 Jan 25 Mar

	45:37p Mx	Joyciline Jepkosgei (KEN)		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	72:36	Irvette van Zyl	Barcelona	12 Feb
	64:52	Joyciline Jepkosgei (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	64:52p Mx	Joyciline Jepkosgei (KEN)		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	1:40:31	Jenna Challenor	Durban	19 Mar
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43	Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:46:24	Ami Utsunomiya (JPN)		
	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
	2:54:59	Danette Smith	Durban	09 Apr
	2:19:47	Sarah Chepchirchir (KEN)		
	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	36:43	Tanith Maxwell	Cape Town	01 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	56:45	Tanith Maxwell	Ravensmead	18 Mar
	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
	1:49:48	Maya Lawrie	Durban	19 Mar
	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	38:43	Judy Bird	Cape Town	02 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:28	Elmarie Coetzee	Constantia	11 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	93:19	Mariëtte Strauss	Gordon's Bay	01 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A	Roshini Natsen	Pinetown	29 Jan
	2:13:40	Roshini Natsen	Durban	19 Mar
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:18:52	Jane Mudau	Durban	09 Apr
	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	66:11	Margie Saunders	Port Elizabeth	25 Mar
	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
	2:27:24	Pamela Rasmussen	Durban	19 Mar
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:25:27	Margie Saunders	Uitenhage	04 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:26:99	Nancy Will	Durban	09 Apr
	3:44:49	Val Watson	Benoni	29 Jan
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	49:38	Veronica van Niekerk	Cape Town	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	87:32	Liz Jenkerson	Port Elizabeth	25 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	2:12:17A	Marlene James	Simon's Town	19 Feb
	2:15:27	Marlene James	Gordon's Bay	01 Apr
	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	36:16	Simonay Weitsz	Cape Town	02 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	66:42	Celine Moses	Ravensmead	18 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	98:46	Georgina Janisch	Pretoria	08 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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