

Distance Running Results

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EDITORIAL

The 29th running of the Pharmaton Edenvale Marathon yesterday produced an excellent run by Cobie Smith, whose 2:59:20 missed Frith van der Merwe's course record of 2003 by just 18 seconds and made her only the second woman in the history of the race to duck under 3 hours.

In earlier action, during last week, Caster Semenya smashed the 35-year-old SA record of Ize de Kock for 1000 m (2:37.2h) with her 2:35.43 at the second Athletix Grand Prix Meeting in Pretoria. Semenya's time is the eighth fastest in the world since 2006.

Living up to its reputation as one of the fastest 15 km courses around, the Constantia Village K-Way race resulted in six list leaders.

This is one of the biggest issues of DRR ever (if not the biggest), bringing us up to date with results after last week's nonpublication. It is probably also the first time that three obituaries have been included in one issue.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Pharmaton Edenvale Marathon, Half Marathon & 10 km, Edenvale
- * Sportsmans Warehouse 15 km, Port Elizabeth
- * Constantia Village K-Way 15 km, Constantia
- * BUCO Bobbies Wonderboom Half Marathon & 10 km, Pretoria
- * Zululand 56 km Ultramarathon & 10 km, Nongoma to Ulundi
- * The Crazy Store Lighthouse 10 km, Cape Town
- * 91.9FM Hot Legs 32 km & 15 km, Johannesburg
- * Harry Gwala District Marathon, Half Marathon & 10 km, Ibisi to Ixopo
- * Century City 10 km Express, Goodwood
- * Medihelp Sunrise Monster 32 km & 10 km, Pretoria
- * Uitenhage Human Rights 30 km & 10 km, Uitenhage
- * Kempston Ladies Nite Race, East London
- * Cango Marathon & Half Marathon, Oudtshoorn
- * XC: Cross-country Paarlauf, Westville
- * Track: Athletix Grand Prix meetings, Pretoria & Roodepoort

International highlights:

- * Nagoya International Women's Marathon, Nagoya, JPN
 - * Meia-Maratona Internacional de Lisboa EDP, Lisbon, POR
 - * Huawei Maratonina Roma-Ostia, Roma to Ostia, ITA
 - * NN City Pier City Half Marathon, Den Haag, NED
 - * Gate River Run 15 km, Jacksonville, USA
 - * Lake Biwa Mainichi Marathon, Otsu, JPN
 - * fitbit Semi-Marathon de Paris, Paris, FRA
 - * Fidelity Investments The Woodlands Marathon, The Woodlands, USA
 - * Riyadh Half Marathon, Riyadh, KSA
 - * Publix Gasparilla Distance Classic Race Weekend, Tampa, USA
 - * Casablanca International 10 km, Casablanca, MAR
 - * XC: ING Eurocross, Diekirch, LUX; EasyK!t CrossCup Brussels, Bruxelles, BEL
 - * Outdoor track: UAF Trials, Kampala, UGA
 - * Indoor track: NCAA Division I Indoor Championships, College Station, USA; IAAF World Indoor Championships, Birmingham, GBR; NJCAA Indoor Championships, Lubbock, USA
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ROAD RUNNING**Pharmaton Edenvale Marathon (29th), Half Marathon & 10 km**

Edenvale, 11 March

(Distances: 42.195 km, 21.1 km & 10 km; hilly loop courses – the marathon twice the half-marathon loop.)

Marathon

MEN

1. Thando Ngcobo (Bedford) 2:31:31
2. Professor Ncube (Bedford) 2:35:33
3. Siyabonga Dingile (Ned) 2:36:03 (defending champion)

Veterans: 1. Samuel Molefe (Irene) 2:50:09. **Masters:** 1. Thabo Hlako (Kempton) 2:54:46. **G'masters:** 1. Theo Swanepoel (BNAC) 3:33:53.

WOMEN

1. Cobie Smith (Vital) 2:59:20
2. Salome Cooper (B2R) 3:01:12 (1st vet)
3. Ann Asworth (Mass) 3:16:07

Veterans: 1. Salome Cooper (B2R) 3:01:12. **Masters:** 1. Leonor Erwee (Miway) 3:37:59.

Half marathon

MEN

1. Donald Mashamaite (Bedford) 1:09:35
2. Derocious Makhobalo (Bedford) 1:10:55
3. Tlou Peu (Pieters) 1:11:24

Veterans: 1. Johannes Kekana (Boxer) 1:13:46. **Masters:** 1. Tony Silva (Bedford) 1:24:16. **G'masters:** 1. Stephen Seema (SAPS) 1:33:00.

WOMEN

1. Leigh Privett (PF) 1:34:40 (1st vet)
2. Leanne Mackay (Jeppe) 1:34:58
3. Lisa Fernandez (Kyalami) 1:39:10

Veterans: 1. Leigh Privett (PF) 1:34:40. **Masters:** 1. Sonja Ludick (Kyalami) 1:48:49. **G'masters:** 1. Elspeth Kirkman (RWFL) 2:09:17.

10 km

MEN

1. Phillemon Mathipa (Ned) 33:33

Veterans: 1. Handsome Siwela (RZ) 35:07. **Masters:** 1. Piet Chauke (Gallop) 44:48.**G'masters:** 1. Maxwell Teffo (Tembisa) n/t. **Juniors:** 1. Josia Khensani (RZ) 36:38.

WOMEN

1. Makoma Batly (RWFL) 42:30

Veterans: 1. Comfort Selebi (Olifants) 51:07. **Masters:** 1. Carlyn Pike (Jeppe) 66:44.**G'masters:** 1. Deirdre Larkin (Rand) 67:51. **Juniors:** 1. Tylo Cumberledge (FFA) 45:55.**Sportsmans Warehouse 15 km**

Port Elizabeth, 10 March

(Loop course. Finishers: 746 [down from 809 last year].)

MEN

1	Melikhaya	Frans	Ikhamva AC	28	46:13
2	Mariano	Eesou	Bestmed Madibaz AC	26	46:48
3	Amos	Nyongo	Motherwell AC	31	48:36
4	Bulelani	Niwa	Ikhamva AC	34	50:21
5	George	Ntshiliza	Nedbank RC EP	38	50:56
6	Vuyolwethu	Selana	SAP AC EP	22	51:29
7	Lubabalo	Jusayi	Aspen Pharmacare	27	51:31
8	Rodney	Prins	Nedbank RC EP	29	51:44
9	Charles	Segalo	Charlo AC	30	53:07
10	Xolisa	Ndlumbini	Vukani MS	35	53:21
11	Melikhaya	Kepe (1st vet)	Nedbank RC EP	41	55:45
12	Noel	Adams	Gelvan AC	45	55:58
13	Derron	Thomson	Temp	27	56:04
14	Masande	Mlonyeni	Charlo AC	37	56:05
15	Zamubuntu	Teyise	Charlo AC	41	56:06
16	Mthobeli	Ndalen	Nedbank RC EP	27	56:07
17	Conrad	Viljoen	Temp	33	56:12
18	Khayaletu	Makalima	Ikhamva AC	34	59:36
19	Clinton	Barrath	Malabar AC	35	1:00:01
20	Luvuyo	Stephen	Nedbank RC EP	47	1:00:22

40-44:

1	Melikhaya	Kepe	Nedbank RC EP	41	55:45
2	Zamubuntu	Teyise	Charlo AC	41	56:06
3	Thembekile	Msipa	Charlo AC	43	1:00:26

45-49:

1	Noel	Adams	Gelvan AC	45	55:58
2	Luvuyo	Stephen	Nedbank RC EP	47	1:00:22
3	Mbulelo	Kitas	Youth For Change AC	48	1:07:08

50-54:

1	Colben	Ngcupe	Charlo AC	54	1:02:52
2	Clive	Van Rayner	Muirite Striders	50	1:05:13
3	Jacob	Abraham	Body Concept	51	1:06:24

55-59:

1	Bennie	Stadler	Achilles AAA	55	1:01:44
2	Kenneth	Menze	Bluewater Bay	56	1:02:30
3	Thozamile	Bokolo	Bestmed Madibaz AC	56	1:05:55

60-64:

1	Alan	Taylor	Achilles AAA	60	1:06:34
2	Roger	Trader	Achilles AAA	64	1:08:54
3	Bruce	McEwan	Achilles AAA	64	1:09:47

65-69:

1	Sizinzo	Kama	Achilles AAA	66	1:08:28
2	Albert	Ngcanga	X-Cel AC	67	1:08:34
3	Percy	Dalton	Achilles AAA	69	1:16:56

70-74:

1	Lochi	Lochner	Charlo AC	70	1:15:38
2	Cilliers	Swart	Nedbank RC EP	71	1:17:32
3	Syd	Lippstreu	Crusaders AC	70	1:21:25

75-79:

1	Tamsanqa	Jusayi	Nedbank RC EP	75	1:14:26
2	Henry	Human	VW AC	78	1:50:52

Juniors:

1	Dylan	Miggels	Nedbank RC EP	14	1:03:59
2	Rashaad	Dolley	VW AC	16	1:09:53
3	Elroy	Claassen	Charlo AC	18	1:16:43

WOMEN

1	Ndileka	Mvakwendlu	Tinarha AC	27	1:00:10
2	Ibet	Allan (1st vet)	Nedbank RC AGN	40	1:00:45
3	Luthando	Nxanisa	Ikhamba AC	25	1:02:24
4	Adri	Wessels	St Albans CS EP	42	1:02:41
5	Christine	Claasen (1st mast)	Achilles AAA	53	1:06:33
6	Davera	Magson	Nedbank RC EP	43	1:09:02
7	Wilmeri	Potgieter	Crusaders AC	26	1:10:34
8	Grizelda	Pietersen	Nedbank RC EP	49	1:11:17
9	Anche	Schubart	Achilles AAA	36	1:11:33
10	Terray	Newcombe	Elite AC	27	1:12:20
11	Cindy	Forbes	Temp	40	1:13:14
12	Lindie	Stander	Despatch AC	33	1:14:21
13	Pat	Thomson	Temp	57	1:15:02
14	Toegeda	Vyver	Nedbank RC EP	45	1:15:53
15	Melanie	Weidemann	VW AC	32	1:17:02
16	Cathy	Curtain	Muirite Striders	47	1:17:28
17	Carol	Booyesen	Muirite Striders	49	1:17:34
18	Marielize	Van Zyl	Infinity AC	58	1:17:43
19	Neevra	Bellingan	Despatch AC	31	1:17:46
20	Lindi	Van Tonder	Charlo AC	40	1:17:54

40-44:

1	Ibet	Allan	Nedbank RC AGN	40	1:00:45
2	Adri	Wessels	St Albans CS EP	42	1:02:41
3	Davera	Magson	Nedbank RC EP	43	1:09:02

45-49:

1	Grizelda	Pietersen	Nedbank RC EP	49	1:11:17
2	Toegeda	Vyver	Nedbank RC EP	45	1:15:53
3	Cathy	Curtain	Muirite Striders	47	1:17:28

50-54:

1	Christine	Claasen	Achilles AAA	53	1:06:33
2	Janine	Relling	Achilles AAA	51	1:19:01
3	Buyelwa	Kobokana	Nedbank RC EP	53	1:19:54

55-59:

1	Pat	Thomson	Temp	57	1:15:02
2	Marielize	Van Zyl	Infinity AC	58	1:17:43

3	Rosemary	Joubert	32Gi EP AC	57	1:23:15
60-64:					
1	Christine	Snyman	Despatch AC	61	1:31:39
2	Cathy	Ives	Achilles AAA	64	1:37:09
3	Marietjie	Pietersen	Achilles AAA	61	1:43:55
65-69:					
1	Renee	Hawkridge	Bluewater Bay	66	1:25:06
2	Helene	Oppel	Elite AC	68	1:41:28
3	Jeanette	Pienaar	PEAAC	69	1:52:32
70-74:					
1	Liz	Jenkerson	Muirite Striders	71	1:32:42
2	Ronelle	Steyn	Nedbank RC EP	74	1:37:38
3	Denise	Terblanche	Infinity AC	70	1:49:05
Juniors:					
1	Britney	Wilmans	Temp	18	1:44:41
2	Kyra	Evans	Crusaders AC	16	1:50:51

Constantia Village K-Way 15 km

Constantia, 10 March

(Certified, undulating loop course. Finishers: 3022 [up from 2842 last year].)

MEN

1. Sibusiso Madikizela (AAC) 46:56
2. Nkosiyethu Sotyantya (MSA) 47:05
3. Vuyolwethu Mbukushe (Gugs) 47:10
4. Peter Tsawayo (ZIM/Gugs) 47:12
5. Lukhanyo Nobakada (VOB) 47:58

Veterans: 1. Vakalisa Kopolo (Ned) 49:29; 2. Tsungai Mwanengeni (ZIM/Gugs) 49:33; 3. Bonisile Ngculana (VOB) 52:40. **Masters:** 1. John September (Itheke) 55:47; 2. Steve Motau (Itheke) 57:50; 3. Eckhardt Visser (Durb) 60:55. **G'masters:** 1. Mochamat Kriel (Ommie) 58:07; 2. Tim Pienaar (Mates) 64:30; 3. Gemjikile Tom (Gugs) 67:46.

G/g'masters: 1. Jimmy Morris (Forest) 67:11; 2. Eric Bateman (VOB) 73:40; 3. Fred Moore (Ind) 76:03. **Juniors:** 1. Thembeke Mendu (Gugs) 49:33; 2. Ayabulela Bodlo (VOB) 53:19; 3. Inga Ngwenduna (Sat) 54:46.

WOMEN

1. Anel Terblanche (KPMG) 56:30
2. Nomvuyisi Seti (Ned) 57:35
3. Vuyiseka Ngumenge (Ned) 57:53
4. Bulelwa Simae (Ned) 58:03 (1st vet)
5. Sophie Cope (SH) 59:52

Veterans: 1. Bulelwa Simae (Ned) 58:03; 2. Joanna Thomas (VOB) 62:12; 3. Jan Brown (Carb) 62:53. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 62:28; 2. Suzanne Marais (Strand) 63:46; 3. Mariëtte Strauss (Tyger) 67:11. **G'masters:** 1. Nancy Will (Pine) 72:05; 2. Charmaine Cupido (Ned) 76:58; 3. Louisa van der Westhuizen (Stell) 79:33. **G/g'masters:** 1. Marietha Herbert (Bell) 85:25; 2. Pixie Sparg (Celtic) 87:46; 3. Diana Thomson (VOB) 89:57. **Juniors:** 1. Maria van Tonder (Maties) 67:33; 2. Razaan Kamaldien (Carb) 67:55; 3. Sophia Els (Bell) 82:44.

BUCO Bobbies Wonderboom Half Marathon & 10 km (11th)

Pretoria, 10 March

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1. Stanley Mofu (Fortris) 1:12:24

Veterans: 1. Dirk Ligthelm (Tuks) 1:23:46. **Masters:** 1. Johannes Ramaphakela(Tshwane) 1:30:44. **G'masters:** 1. Francis Makuka (ZAM/Phobians) 1:27:46.**G/g'masters:** 1. Pele Tshikundamalema (Ned) 1:54:55. **Juniors:** 1. Jordan van der Westhuizen (Fortris) 1:41:11.

WOMEN

1. Charné Bosman (Ned) 1:23:47 (1st vet)

Veterans: 1. Charné Bosman (Ned) 1:23:47. **Masters:** 1. Lynette Fischer (Phobians)1:47:49. **G'masters:** 1. Carole de Waal (Wingate) 2:07:27**10 km**

MEN

1. Renier Grobler (Ned) 33:01

Veterans: 1. Micnuci Nkosi (Ned) 39:19. **Masters:** 1. Nuno Thomaz (Phobians) 42:21.**G'masters:** 1. Graham Gertsch (Phobians) 61:27. **G/g'masters:** 1. Andries van der Merwe (Trans) 63:37. **Juniors:** 1. Caillin Gerber (Mont) 38:48.

WOMEN

1. Stella Marais (KPMG) 38:32

Veterans: 1. Mitsie van der Westhuizen (KPMG) 41:25. **Masters:** 1. Debbie Bredenkamp(Harl) 48:54. **G'masters:** 1. Joey Cloete (Irene) 53:39. **G/g'masters:** 1. Hettie Booysen (Green) 85:16. **80+:** 1. Miemie Schoeman (Trans) 1:49:09. **Juniors:** 1. Marelize Reitz (Fortris) n/t.**Zululand 56 km Ultramarathon & 10 km**

Nongoma to Ulundi, 10 March

(Distances: 56 km & 10 km; the ultramarathon is a point-to-point course and the 10 km out and back. Finishers: 56 km – 452; 10 km – 291.)

Note: A mere six days after winning the Harry Gwala District Marathon (results below), Loveness Madziva also won here! -- Ed.**56 km**

MEN

1. Prodigal Khumalo (ZIM/ME)	3:21:48
2. Thobile Mbolekwa (Holly)	3:22:02
3. Lephethesang Adoro (ETH/Ned)	3:22:59
4. Mncedisi Mkhize (ME)	3:25:41
5. Mabuthile Lebopo (LES)	3:26:33
6. Charles Tjiane (ME)	3:31:08
7. Mziwenkosi Mjaja (Ned)	3:34:01
8. Anele Dlamini (Hammer)	3:35:35
9. Solicitor Manduwa (Orion)	3:39:29
10. William Mokwalakwala (MiWay)	3:39:30

WOMEN

1.	Loveness Madziva (ZIM/Ned)	4:04:00
2.	Monica Kativhu (ZIM/Ned)	4:38:53
3.	Thato Sesheme (Ind)	4:46:21
4.	Magret Mahohoma (ZIM)	4:47:33
5.	Xoli Madida (Carb)	4:51:44
6.	Nonsikkelelo Mbambo (Carb)	5:12:48
7.	Precious Duma (Ned)	5:17:16
8.	Iris Ndlovu (Ind)	5:30:44
9.	Ntombifithi Ncayiyane (Ned)	5:34:38
10.	Sibongile Ziqubu (Ned)	5:36:11

10 km

MEN

1.	Misheck Sithole (Ind)	30:00
2.	Tsepang Maqaleha (LES)	30:35
3.	Tebello Ramakongoana (LES/Phant)	30:58

WOMEN

1.	Malineo Mahloko (Sisonke)	38:35
2.	Nwabisa Mjoli (Ind)	39:12
3.	Nokuthula Ntshangae (Ind)	40:56

The Crazy Store Lighthouse 10 km

Cape Town, 7 March

(Certified loop course. Finishers: 1669 [down from 1922 last year].)

Note: A win here for Tanith Maxwell -- with a list leader -- ten days after finishing second in The Witness Medihelp Maritzburg City Marathon. -- Ed.

MEN

1	Sibusiso	Madikizela	AAC	30:56
2	André	Afrika	Eersterivier	30:57
3	Peter	Tsawayo	ZIM/Gugs	31:02

Veterans:

1	Vakalisa	Kopolo	Nedbank	33:09
2	Vuyani	Sixaso	Gugs	34:29
3	Xolile	Macanda	Gugs	36:03

Masters:

1	Tobias	Philander	Itheko	34:55
2	John	September	Itheko	36:06
3	Johnny	Persents	Edgemead	36:18

G'masters:

1	Michael	Crozier	Atlantis	45:29
2	Henry	Cleophas	Nedbank	47:08
3	Albert	Williams	Top Form	47:21

G/g'masters:

1	Fred	Moore	Temp	50:32
2	Maajid	Warley	Spartan	1:02:38
3	Kaare	James	Pinelands	1:05:21

Juniors:

1	Carlo	Flink	Itheko	31:48
2	Athenkosi	Mnikima	Gugs	33:41
3	Tyrone	Gordon	Eersterivier	34:13

WOMEN

1	Tanith	Maxwell (1st vet)	Boxer	36:15
2	Ulrica	Stander	KPMG	37:34
3	Lee-Shay	Willemse	Velocity	38:32

Veterans:

1	Tanith	Maxwell	Boxer	36:15
2	Ulrica	Stander	KPMG	37:34
3	Busisiwe	Matiwane	Nedbank	42:29

Masters:

1	Obertina	Kanyongo	ZIM/Nedbank	41:39
2	Mariëtte	Strauss	Tygerberg	42:58
3	Julie	Huckle	Hout Bay	43:16

G'masters:

1	Nancy	Will	Pinelands	44:52
2	Charmaine	Cupido	Nedbank	50:31
3	Judith	Grove	Tygerberg	52:43

G/g'masters:

1	Mariëtha	Herbert	Bellville	54:38
2	Pixie	Sparg	Celtic Harriers	58:05
3	Marlene	James	Pinelands	1:04:17

Juniors:

1	Beyonce	Williams	Velocity	43:37
2	Petriaan	Moses	Velocity	44:41
3	Sophia	Els	Bellville	50:10

91.9FM Hot Legs 32 km & 15 km (1st)

Johannesburg, 4 March

(Finishers: 32 km -- 500; 15 km -- 1550)

32 km

MEN

1 Sibusiso Nzima (Nedbank) 1:48:15; 2 Musa Nkosi (Born 2 Run) 1:48:48; 3 Jeffrey Gwebu (KPMG) 1:50:00.

Veterans: 1 Philip Phakwayo (Nedbank) 1:58:35; 2 Greg Barnes (Born 2 Run) 2:04:12; 3 Siegfriedt Heydenreich (Born 2 Run) 2:06:10. **Masters:** 1 Reginald Ngobese (32Gi) 2:03:46. **G'masters:** 1 Brian Cotter (Wanderers) 3:33:19.

WOMEN

1 Mia van Heerden (Massmart) 2:19:29; 2 Jenni Kruse (Massmart) 2:20:12 (1st vet); 3 Christine Kalmer (KPMG) 2:22:46.

Veterans: 1 Jenni Kruse (Massmart) 2:20:12; Paula Quinsee (Born 2 Run) 2:43:47; 3 Jill Oliphant (Vitality) 2:49:50. **Masters:** 1 Julie Shadwell (Vitality) 2:59:19. **G'masters:** 1 Onica Motsei (RAC) 3:41:18.

15 km

MEN

1 Reghen Magwai (Born 2 Run) 50:37; 2 Altus Badenhorst (Born 2 Run) 50:39; 3 Phakamani Ximba (Vitality) 51:35.

Veterans: 1 Johannes Pitso (Protea Guineas) 63:25; 2 Deanan Naidoo (RRW) 69:39; 3 Casparus Luther (Medihelp) 87:47. **Masters:** 1 Filimon Dhladhla (RAC) 74:04. **G'masters:** 1 Kenny Tulk (RAC) 87:49. **Juniors:** 1 Thabang Sebopa (Born 2 Run) 67:33; 2 Dylan Mitchley (Randburg Harriers) 72:03.

WOMEN

1 Myrette Brink (Born 2 Run) 63:25; 2 Salome Cooper (Born 2 Run) 63:46 (1st vet); 3 Natalie Mullany (Born 2 Run) 64:08.

Veterans: 1 Salome Cooper (Born 2 Run) 63:46; 2 Bianca van Zyl (Born 2 Run) 65:19; 3 Leigh Previtt (Modern Athlete) 66:25. **Masters:** 1 Sarah Crooks (Randburg Harriers) 81:28. **G'masters:** 1 Sharon McLintock (Fourways) 80:20. **Juniors:** 1 Tylo Cumberledge (FFA) 67:35.

Harry Gwala District Marathon, Half Marathon & 10 km

Ibisi to Ixopo, 4 March

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point courses -- the marathon starts in Ibisi, the half marathon in Umzimkulu and the 10 km that distance outside Ixopo.)

Finishers: marathon – 174 [one more than last year]; half marathon – 239 [down from 252]; 10 km – 246 [down from 304].)

Marathon

MEN

1. Ntsindiso Mphakathi (Ned AGN) 2:29:07 (R30 000)
2. Raphael Segodi (RRR) 2:29:23 (R20 000)
3. Tsepo Mathibelle (LES/Phant) 2:33:53 (R10 000)
4. Bereny Moqeti (Ned CGA) 2:34:51 (R9000)
5. Teboho Noosi (LES) 2:35:17 (R8000)

(All age category prize money was the same: R1000, R800, R500.)

Veterans: 1. Alematu Alematu (ETH/Ned AGN) 2:41:37; 2. Mbongeni Sosibo (Ned) 2:55:30; 3. Mhliselwa Mchunu (Ind) 3:14:30. **Masters:** 1. Michael Ndlovu (Zak) 3:02:31; 2. Herbert Mazongolo (ME) 3:12:57; 3. Bhekizizwe Bhengu (Boxer) 3:29:16. **G'masters:** 1. Reuben Gema (Ixopo) 4:11:25; 2. Joseph Dumakude (Protea) 4:12:30; 3. Lennox Mtengwane (SCS) 4:31:00.

WOMEN (Same prize money as men)

1. Loveness Madziva (ZIM) 3:10:01
2. Thabita Tsatsa (ZIM/Ned CGA) 3:14:37 (1st vet)
3. Chiyedza Chokore (ZIM) 3:16:20
4. Vuyokazi Gebe (CSIR AGN) 3:18:10
5. Muchaneta Gwata (ZIM) 3:23:23

Veterans: 1. Thabita Tsatsa (ZIM/Ned CGA) 3:14:37; 2. Thato Sesheme (Ind) 3:25:22; 3. Iris Ndlovu (NRB) 4:00:25. **G'masters:** 1. Pat Fisher (Stella) 5:03:46.

Half marathon

MEN

1. Jobo Khatoane (LES) 1:08:37 (R10 000)
2. Tebello Ramakongoana (LES/Phant) 1:08:47 (R7000)
3. Sliindile Gubese (Etheke) 1:09:33 (R6000)
4. Lebenya Nkoka (LES/Ned) 1:09:59 (R5000)

(All age category prize money was the same: R500, R300.)

Veterans: 1. Tsofong Maine (LES) 1:12:23; 2. Mpesela Ntoseu Tsoeu (LES) 1:21:14.

Masters: 1. Zabevuya Shushu (Ned) 1:34:31; 2. Willie Majombozi (Boxer) 1:36:46.

G'masters: 1. Patrick Lukhele (Mandeni) 2:03:14; 2. Petros Mlaba (Ned) 2:37:04.

Juniors: 1. Jabulani Majombozi (Boxer) 1:31:54; 2. Yayam Mjoli (Eskom) 1:46:42.

WOMEN (Same prize money as men)

1. Mamorallo Tjoka (LES/Ned) 1:29:08
2. Slindile Chili (Etheke) 1:32:00
3. Nontokozo Mkhize (Ind) 1:34:13

Veterans: 1. Charmaine Greeves (E Griq) 2:07:35; 2. Jabu Ruth Nzuzza (Umkom) 2:08:04.

Masters: 1. Sbhongile Mkhize (Maritz) 2:40:05. **G'masters:** 1. Yvonne Hopkinson (QH) 3:18:00.

10 km

MEN

1. Mothimokholo Hatasi (LES) 30:47 (R5000)
2. Namakoe Nkhasi (LES) 30:50 (R3000)
3. Lukhango Maxoko (B2R CGA) 30:57 (R2000)

(All age category prize money except juniors was the same: R500, R300.)

Veterans: 1. Simphiwe Zulu (Holly) 34:41; 2. Skhumbuzo Dlamini (Phant) 36:58.

Masters: 1. Maxwell Mngwengwe (Ned) 47:22; 2. Siyabonga Jali (Boxer) 52:32. **Juniors:** 1. Tsepang Maqaleha (Holly) 32:20 (R500); 2. Makhele Rammea (Sisonke) 35:16 (R300); 3. Temo Maponopono (Holly) 35:54 (R200).

WOMEN (Same prize money as men)

1. Jenet Mbhele (Umzim) 36:23
2. Nonhlanhla Gicina (Umzim) 40:55
3. Aphelele Jileka (Umzim) 41:04

Veterans: 1. Hleziphi Ncayiyana (Ned) 52:49; 2. Tholakele Ngcobo (SAPS) 54:03.

Masters: 1. Mary Mwelase (Ned) 51:51; 2. Thembisile Mwelase (Kwa Dab) 55:16.

G'masters: 1. Denise Johansen (ME) 72:30. **Juniors:** 1. Nonhlanhla Gicina (Umzim) 40:55; 2. Aphelele Jileka (Umzim) 41:04; 3. Smangaliso Madlala (Umzim) 41:12.

Century City 10 km Express

Goodwood, 3 March

(Certified loop course. Finishers: 2706 [up from 2282 last year].)

MEN

1	Duane	FORTUIN	33	Kuils	30:33
2	Vuyolwethu	MBUKUSHE	27	Gugs	30:36
3	Angelo	BOOYSEN	26	CS BOL	30:39
4	Sibusiso	MADIKIZELA	28	AAC	31:49
5	Siyabonga	SAKWE	36	Nedbank	32:40

Veterans:

1	Tsungai	MWANENGENI	44	ZIM/Gugs	32:42
2	Vakalisa	KOPOLO	41	Nedbank	33:52
3	Shawn	ABRAHAMS	47	Kuils	34:47

Masters:

1	John	SEPTEMBER	51	Itheko	36:50
2	Anton	ENGELBRECHT	53	Nedbank	39:20
3	Isaac	MANUEL	53	Edge	39:57

G'masters:

1	Mochamat	KRIEL	64	Odraai	38:41
2	Michael	CROZIER	60	Atlantis	45:02
3	Albert	WILLIAMS	64	Tform	47:24

G/g'masters:

1	Yusuf	GAMIELDIEN	77	Itheko	58:41
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2	Maajid	WARLEY	71	Spartan	1:05:00
3	Lionel	HILL	76	Ceres	1:16:54
Juniors:					
1	Lwanda	QOMIYANA	15	Gugs	43:55
2	Gensicke	JONAS	19	Pine	46:04
3	Christo	JOUBERT	18	Bracken	46:07
WOMEN					
1	Nolene	CONRAD	32	KPMG	34:09
2	Kyla	VAN GRAAN	23	Nedbank	37:24
3	Vuyiseka	NKUMENGE	22	Nedbank	38:14
4	Christiane	ADRIAANSE	40	VOB	38:18
5	Candyce	HALL	33	Carb	39:29
Veterans:					
1	Christiane	ADRIAANSE	40	VOB	38:18
2	Coriaan	DE VILLIERS	46	Nedbank	42:06
3	Busisiwe	MATIWANE	42	Nedbank	43:05
Masters:					
1	Obertina	KANYONGO	50	Nedbank	41:00
2	Mariëtte	STRAUSS	55	Tyger	43:06
3	Olga	HOWARD	59	Nedbank	44:38
G'masters:					
1	Nancy	WILL	65	Pine	43:59
2	Bev	CHARTERS	60	VOB	46:20
3	Hilary	RHODE	61	Edge	48:26
G/g'masters:					
1	Marietha	HERBERT	73	BAK	55:03
2	Pixie	SPARG	73	Celtic	56:44
3	Friedel	PLANT	72	UK	57:22
Juniors:					
1	Razaan	KAMALDIEN	19	Carb	45:01
2	Kyla	CLARK	16	Bracken	58:55
3	Emma	BRASSINGTON	19	Pine	59:18

Medihelp Sunrise Monster 32 km (41st) & 10 km

Pretoria, 3 March

(Very hilly loop courses. Weather: ideal running conditions. Finishers: 32 km – 2559 [up from 2055 last year]; 10 km – 3506 [considerably up from 2791]; also approx. 1500 in accompanying 5 km.)

32 km

MEN

1. Tebogo Sithole (Sinvac) 1:58:52
2. Ignacious Mushi (PMC) 1:58:39
3. Thomas Ndlovu (PMMC) 1:59:21

Veterans: 1. Solomon Khambule (CS) 2:11:06. **Masters:** 1. Chelela Mbuyane (Open) 2:23:35. **G'masters:** 1. Jan Lebesse (Pta Bobbies) 2:37:35. **G/g'masters:** 1. John Cannon (Irene) 4:13:17.

WOMEN

1. Charné Bosman (Ned) 2:17:52 (1st vet)
2. Salome Cooper (B2R) 2:22:19
3. Cobie Smith (Vital) 2:22:20

Veterans: 1. Charné Bosman (Ned) 2:17:52. **Masters:** 1. Ansie Breytenbach (Irene) 3:04:15. **G'masters:** 1. Lynne Semple (BN) 3:21:07.

10 km

MEN

1. Bafana Dube (Boot) 34:28
2. Stanley Mofu (Fortris) 34:44
3. Kemang Kunyane (RZ) 34:55

Veterans: 1. Moses Njuguna (Pta Bobbies) 37:22. **Masters:** 1. Sontaga Mabale (Midrand) 43:25. **G'masters:** 1. David Maphangaka (Fortris) 44:19. **G/g'masters:** 1. Pele Tshikundamalema (Ned) 54:52. **80+:** 1. Ken Nurden (Agape) 58:12. **Juniors:** 1. Piet Mtshweni (Anglo) 40:17.

WOMEN

1. Marelize Reitz (Fortris) 48:31 (1st jun)
2. Olga Makwa (Ubuhle) 48:32
3. Eliza Steyl (Temp) 49:30

Veterans: 1. Marilize Bouwer (HMK) 51:05. **Masters:** 1. Annelize Theron (Vital) 54:13. **G'masters:** 1. Joey Cloete (Irene) 56:11. **G/g'masters:** 1. Annatjie Greyvenstein (Irene) 60:44. **Juniors:** 1. Marelize Reitz (Fortris) 48:31.

Uitenhage Human Rights 30 km (4th) & 10 km (3rd)

Uitenhage, 3 March

(Undulating out-and-back courses with some longish hills in the 30 km. Finishers: 30 km – 375 [up from 303 last year]; 10 km – 200 [up from 156].)

30 km

MEN

1	Nkosinathi	Madyo	Itheko	30	1:38:53
2	Kabelo	Melamu	KPMG	21	1:39:04
3	Amos	Nyongo	Motherwell AC	31	1:39:19
4	Zolani	Mabhongo	Ikhamva AC	31	1:39:36
5	Luyanda	Tshangana	Ikhamva AC	34	1:40:07

Veterans:

1	Mzwanele	Maphekula	Bluewater Bay	41	1:43:15
2	Anele	Maliza	Nedbank RC	40	1:46:01
3	Melikhaya	Kepe	Nedbank RC	41	1:46:54

Masters:

1	Makaya	Masumpa	Born To Run	51	1:54:26
2	Desmond	Zibi	Achilles AAA	54	1:56:06
3	Christopher	Mabengeza	Nedbank RC	51	1:58:05

G'masters:

1	Alan	Taylor	Achilles AAA	60	2:18:26
2	Sizinzo	Kama	Achilles AAA	66	2:28:13
3	Albert	Ngcanga	Xcel AC	67	2:30:03

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	75	2:46:46
2	David	O'Reilly	Nedbank RC	70	3:22:56
3	Thembisile	Ntoni	PEAAC	70	3:23:32

Juniors:

1	Anele	Voorman	Nedbank RC	18	1:57:36
2	Luxolo	Shushu	Born 2 Run	18	2:03:35
3	Tendai	Amin	Youth FC AC	18	2:40:02

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	36	2:00:03
2	Zintle	Xiniwe	KPMG	31	2:02:23
3	Bulelwa	Simae (1st vet)	Nedbank RC WP	40	2:05:14
4	Poppy	Mlambo	Boxer Superst	37	2:12:04
5	Ndileka	Mvakwendlu	Tinarha AC	27	2:13:33

Veterans:

1	Bulelwa	Simae	Nedbank RC WP	40	2:05:14
2	Davera	Magson	Nedbank RC	43	2:17:26
3	Terri-Lynn	Penney	Nedbank RC	40	2:27:47

Masters:

1	Christine	Claasen	Achilles AAA	53	2:20:14
2	Buyelwa	Kobokana	Nedbank RC	53	2:44:17
3	Agnes	Nieburg	Profiles AC	51	2:45:27

G'masters:

1	Hanlie	Van der Westhuizen	Despatch AC	61	2:31:23
2	Renee	Hawkridge	Bluewater Bay	66	3:07:18

G/g'masters:

1	Liz	Jenkerson	Muirite Strider	71	3:36:03
2	Ronelle	Steyn	Nedbank RC	74	3:45:13

10 km

MEN

1	Adriaan	Gerwel	Ikhamva AC	21	32:26
2	Mariano	Eesou	Madibaz AC	26	32:31
3	Malusi	Mudise	Satori AC	28	33:45
4	Lubabalo	Mdlungwane	Ikhamva AC	27	34:02
5	Bulelani	Niwa	Ikhamva AC	34	34:43

Veterans:

1	Zolile	Mhlahlo	Achilles AAA	43	36:58
2	Thobile	Xata	Nedbank RC	43	40:32
3	Luvuyo	Stephen	Nedbank RC	47	40:34

Masters:

1	Thozamile	Bokolo	Madibaz AC	56	44:04
2	Jacob	Abraham	Body Concept	51	45:46
3	Sidwel	Roboshi	Nedbank RC	58	46:59

G'masters:

1	Hannes	Els	Madiba Bw	68	46:09
2	Mzamo	Mancasa	Walmer AC	63	54:05
3	Graham	Channon	Achilles AAA	68	55:00

G/g'masters:

1	Allan	Verreynne	Crusaders AC	71	57:58
2	Andre	Fourie	Nedbank RC	70	1:14:00
3	Robin	Clark	Achilles AAA	77	1:20:07

Juniors:

1	Lindokuhle	Mavatha	Nedbank RC	16	39:19
2	Rowen	Bacon	Temp	14	40:32
3	Aphelele	Zindlani	Temp	16	40:32

WOMEN

1	Luthando	Nxanisa	Ikhamva AC	25	40:34
2	Siphokazi	Nojoko	Motherwell AC	23	40:34
3	Asanda	Zamisa	Achilles AAA	34	46:10
4	Anche	Schubart	Achilles AAA	36	47:52

5	Neevra	Bellingan	Despatch AC	31	48:54
Veterans:					
1	Priscilla	Dyantyi	Nedbank RC	44	50:35
2	Lindi	Van Tonder	Charlo AC	40	53:10
3	Jane	Kemp	Despatch AC	41	53:51
Masters:					
1	Denise	Ferreira	Crusaders AC	56	1:05:44
2	Lynette	Cole	Charlo AC	55	1:06:40
3	Sonja	Olivier	Bluewater Bay	50	1:08:33
G'masters:					
1	Noleen	Norris	Gelvan AC	60	1:08:12
2	Jos	Els	Madiba BW	65	1:12:33
3	Marie	Delport	Muirite Strider	62	1:41:21
G/g'masters:					
1	Christine	Fourie	Elite AC	71	1:14:51
2	Dorothy	Hart	Nedbank RC	80	1:45:09
Juniors:					
1	Jastine	Van der Berg	Temp	15	1:06:07
2	Thuraya	Pillay	Charlo AC	16	1:19:12
3	Jessica	Le Grange	Temp	17	1:27:57

Kempston Ladies Nite Race

East London, 3 March

(Distance: 10 km. Finishers: 800.)

1. Hanlie Botha (B2R) 36:51
2. Cindy Schwulst (B2R) 41:34
3. Andrea Ranger (Old S) 41:47
4. Tara Schwulst (B2R) 42:41 (1st jun)
5. Karen Davis (B2R) 43:59 (1st vet)
6. Stephanie Smith (B2R) 44:50

Veterans: 1. Karen Davis (B2R) 43:59; 2. Michelle Conroy (B2R) 47:40; 3. Liz Symons (Ox S) 50:14. **Masters:** 1. Sherae Kreusch (B2R) 51:08; 3. Beverley Burmeister (Ind) 51:16; 3. Sharon Eldridge (Old S) 53:11. **G'masters:** 1. Sabrina Burton (Ind) 55:09; 2. Michelle Whittington (Old S) 60:20; 3. Desley Scholtz (Ox S) 60:24. **G/g'masters:** 1. Julia Kretschmer (Ind) 68:27; 2. Marlene van Wyk (ELP) 79:23. **Juniors:** 1. Tara Schwulst (B2R) 42:41; 2. Elné Owen (B2R) 45:54; 3. Danieke de Kock (B2R) 47:30.

Cango Marathon (41st) & Half Marathon

Oudtshoorn, 24 February

(Distances: 42.195 & 21.1 km; point-to-point downhill courses. Finishers: marathon – 1095 [up from 829 in 2015]; half marathon – 543 [up from 445].)

Note: The results of the marathon once again show that it is most certainly quite short. Last year the Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, indicated (from seventeen time comparisons) a figure of -16.31 sec/km -- more than three times the allowable -5 sec/km. This year, with sixteen comparisons, the figure is -14.36 sec/km -- almost as bad as in 2017. Even if one leaves out the four most extreme calculations (all in excess of 22 minutes faster than expected), the RTB figure is still -6.17 sec/km. The marathon will be regarded as short in future as well, unless a valid measurement certificate can be obtained.

The RTB figure for the half marathon (thirteen comparisons) is -4.01 sec/km and this distance therefore seems to be OK. -- Ed.

Marathon

MEN

1	Admire Rushika	ZIM/VOB	31	2:27:17
2	Etienne Plaatjies	Nedbank	30	2:31:59
3	Sinesipho Didishe	Knysna MC	26	2:33:31
4	Jaco Smith	Durbanville AC	32	2:38:05
5	Warrick Smith	Carbineers AC	31	2:44:12

Veterans:

1	Aubrey Flepu	Awesome Runners		2:44:56
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Masters:

1	Lindile Tokota	Nedbank		2:56:48
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G'masters:

1	Alan Taylor	Achilles AAA		3:13:45
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G/g'masters:

1	Michael Brewis	Knysna		4:18:18
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WOMEN

1	Jeannie Jordaan	Planet Fitness MA	38	3:00:13
2	Franci Myburgh	Wanderers AC	33	3:03:09
3	Jo MacKenzie	Plett AC	42	3:09:07
4	Kate Rees	Wanderers AC	40	3:12:25
5	Nokholo Hlezupondo	Military Sport Club EP	39	3:17:15

Veterans:

1	Jo McKenzie	Plett AC		3:09:07
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Masters:

1	Gail Maharaj	SANDF WP		3:40:59
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G'masters:

1	Annatjie Botes	Nedbank		3:22:48
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Half marathon

MEN

1	Lloyd Bosman	Nedbank	29	1:08:37
2	Godwin Heyns	Nedbank	19	1:10:22
3	Sivuyile Qole	Plett AC	31	1:14:46

Veterans:

1	Salman Boo	Nedbank		1:16:28
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Masters:

1	John September	Itheko		1:19:13
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G'masters:

1	Sticks Stiglingh	Kowie Striders		1:32:27
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G/g'masters:

1	Nic Brummer	Sedgefield Striders		1:55:04
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Juniors:

1	Andreas Kamfer	Nedbank		2:06:40
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WOMEN

1	Melissa van Rensburg	Nedbank	35	1:24:40
2	Chantel Simpson	Nedbank WP	48	1:32:33
3	Marie Human	Temp	54	1:36:31

Veterans:

1	Chantel Simpson	Nedbank WP	1:32:33
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Masters:

1	Marie Human	Temp	1:36:31
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G'masters:

1	Collette Van Eck	Fish Hoek	1:58:30
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G/g'masters:

1	Anna-Marie Van Eck	Nedbank	2:35:52
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Juniors:

1	Laaiah Gertze	Bokaap	2:41:10
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CROSS-COUNTRY**Cross-country Paarlauf**

Westville, 9 March (night event)

MEN 8 km (4 x 1 km each)

1.	Thulisang Khumbule – Mbuleli Mathanga	Inanda Q	24:30
2.	Musawenkosi Zungh – Lonwabo Magwa	Inanda Q	24:35
3.	San Speed – David Evan	Maritzburg Coll	28:29

WOMEN 6 km (3 x 1 km each)

1.	Trish Eksteen – Nedene Cahill	Supa Mama A C	22:47
2.	Lise Muchna – Melody Olivier	PDAC	24:17
3.	Fiona Baldwin – Michelle Sim	PDAC	25:01

MIXED TEAMS 8 km (4 x 1 km each)

1.	Craig Bond – Shelley Cadle	Chiltern A C	28:58
2.	Satch Olivier – Trish Eksteen	PDAC/Supa Mama	34:19
3.	Hopewell Hlabe – Kylie Griffin	West A C	34:50

TRACK**Athletix Grand Prix Meeting (2nd)**

Pretoria, 8 March

Note: The athletes' names are given as surname first, followed by first name. -- Ed.

MEN

800:

1	MANANGOI - George	KEN	1:47.20
2	VAN RENSBURG - Rynardt	University of Freestate	1:47.62
3	NCAMANE - Jabolane	EC Active Athletics	1:47.76
4	BASSON - Tiaan	Nelspruit AC	1:48.41
5	MOHLOSI - Kabelo	Royal Bafokeng AC	1:48.92
6	ROZANI - Jacob	Royal Bafokeng AC	1:49.06
7	KUSCHKE - George	Ec Active Athletics	1:49.36
8	NAUDE - Hannes	University of Free State	1:49.44
9	MADIMA - Themba	EC Active Athletics	1:49.54
10	MATHOSOLA - William	Lowmed AC	1:50.88
11	MACHABA - Tumelo	Masai AC	1:53.47

3000:

1	CHEPTEGEI - Joshua	UGA	7:49.48
2	MPHAHLELE - Ryan	Thembisa AC	7:59.77

3	MUSAGALA - Ronald	UGA	8:00.70
4	MOKOPANE - Rantso	University of North West	8:03.37
5	HLASELO - Dumisane	University of Johannesburg	8:08.55
6	SIKOWO - Abel	UGA	8:15.70
7	KEKANA - Milton	Tswane University of Technology	8:18.26
8	DERISON - Treasure	Eskom AC	8:23.42
9	MAKANE - Henry	University of Johannesburg	8:24.66
10	MOFOKENG - PUSELETSO	University of North West	8:31.93

WOMEN

1000:

1	SEMENYA - Caster	Masai AC	2:35.43 NR
2	NAKAAAYI - Halimah	UGA	2:37.55
3	NANYONDO - Winnie	UGA	2:37.98
4	LOFSTRAND - Gena	Fast Feet Track Club	2:43.47
5	SEKGODISO - Prudence	University of Pretoria	2:45.52
6	LOUW - Nicole	KPMG	2:45.77
7	WEITSZ - Simonay	University of Pretoria	2:46.05
8	SELLO - Tsepang	University of Free State	2:46.06
9	SENOSI - Keletso	University of Pretoria	2:46.17
10	KELLERMAN - Liza	University of Johannesburg	2:50.43

Athletix Grand Prix Meeting (1st)

Roodepoort, 1 March

Note: The athletes' names are given as surname first, followed by first name. -- Ed.

MEN

1500:

1	MANANGOI - George	KEN	3:40.62
2	CHEPTEGEI - Joshua	UGA	3:41.04
3	MPHAHLELE - Ryan	Thembisa AC	3:41.65
4	MUSGALA - Ronald	UGA	3:41.69
5	HLASELO - Dumisane	University of Johannesburg	3:41.90
6	MOTSAU - Jerry	Boxer AC	3:42.74
7	DERISON - Treasure	Eskom AC	3:43.15
8	KUSCHKE - George	University of Pretoria	3:44.04
9	SIBIYA - Nkosinathi	KZN Academy	3:44.48
10	MZAZI - Gladwin	Boxer AC	3:44.71
11	SEHOHLE - Folavio	Lowmed AC	3:44.91
12	MOKOPANE - Rantso	University of North West	3:48.75

WOMEN

800:

1	NAKAAAYI - Halimah	UGA	2:01.44
2	NANYONDO - Winnie	UGA	2:02.84
3	LOFSTRAND - Gena	Fast Feet Track Club KZN	2:03.56
4	SELLO - Tsepang	University of Free State	2:06.40
5	SEKGODISO - Prudence	University of Pretoria	2:06.96
6	CARSTENS - Gira	Potch Track Club	2:07.39
7	KELLERMAN - Lisa	Nedbank AC	2:08.96
8	SENOSI - Keletso	University of Pretoria	2:10.36

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

Nagoya International Women's Marathon (37th)

(IAAF Gold Label Road Race)

Nagoya, JPN, 11 March

(Distance: 42.195 km; certified out-and-back course)

WOMEN (gun times)

1. Meskeren Assefa, ETH	2:21:45 PB
[1:11:33 / 1:10:12]	
2. Valary Jemeli, KEN	2:22:48
[1:11:32 / 1:11:16]	
3. Hanami Sekine, JPN	2:23:07 DB
[1:11:32 / 1:11:35]	
4. Reia Iwade, JPN	2:26:28
5. Keiko Nogami, JPN	2:26:33 PB
6. Hanae Tanaka, JPN	2:27:40
7. Merima Mohammed, BRN	2:27:41
8. Rei Ohara, JPN	2:27:44
9. Mao Kiyota, JPN	2:28:58
10. Misaki Kato, JPN	2:29:22 PB

Meia-Maratona Internacional de Lisboa EDP (28th)

(IAAF Gold Label Road Race)

Lisbon, POR, 11 March

(Distance: 21.1 km, flat [see Note regarding certification].)

Note: Race Results Weekly reports that for safety reasons due to weather conditions the start didn't take place at Ponte 25 de Abril this year. The race holds IAAF certification but there is no information so far if the course which was used makes the race still eligible for records. -- Ed.

MEN (gun times)

1. Erick Kiptanui, KEN	1:00:05
2. Yohanes Gebregergish, ERI	1:00:16
3. Morris Munene Gachaga, KEN	1:00:17
4. Nicholas Kosimbei, KEN	1:00:21
5. Atsedu Tsegay, ETH	1:00:28
6. Zersenay Tadese, ERI	1:00:29
7. Alexander Mutiso, KEN	1:00:31
8. James Wangari, KEN	1:00:49
9. Noah Kipkemboi, KEN	1:00:52
10. Birhan Nebebew, ETH	1:00:53
11. Kipkemoi Kiprono, KEN	1:00:56
12. Edwin Kibet Koech, KEN	1:00:57
13. Polat Kemboi Arikan, TUR	1:01:03
14. Benard Kimani Kitavi, KEN	1:01:10
15. Sammy Kitwara, KEN	1:01:12

WOMEN (gun times)

1. Etagegne Woldu, ETH	1:11:27
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2. Belainesh Oljira, ETH	1:11:29
3. Helen Bekele Tola, ETH	1:11:33
4. Mimi Belete, BRN	1:11:38
5. Magdalyne Masai, KEN	1:11:49
6. Sofyia Shemsu, ETH	1:11:50
7. Hiwot Ayalew, ETH	1:11:56
8. Pascalia Chepkorir Kipkoech, KEN	1:13:24
9. Kellys Arias, COL	1:15:27
10. Filomena Costa, POR	1:16:43

Huawei Maratonina Roma-Ostia (44th)

(IAAF Gold Label Road Race)

Roma to Ostia, ITA, 11 March

(Distance: 21.1 km; point-to-point course with 1.0 m/km elevation loss and 82% of start-finish separation [not eligible for records].)

Note: In his final tune-up race before the Boston Marathon, American Galen Rupp got the win here in a personal best 59:47. He is the first non-African winner here since Italian Giuliano Battocletti in 2001, and is now only the second American to break 60 minutes for the half marathon (the other is Ryan Hall/59:43). -- Ed.

MEN (gun times)

1. Galen Rupp, USA	59:47 PB
[13:50 / 28:09 / 42:44]	
2. Moses Kemei, KEN	1:00:44 PB
3. Justus Kangogo, KEN	1:01:02
4. Emmanuel Kipsang, KEN	1:01:33
5. Felicien Muhitira, RWA	1:02:04

WOMEN (gun times)

1. Haftamnesh Tesfay Haylu, ETH	1:09:02 PB
[16:05 / 32:37 / 49:27]	
2. Dida Dera, ETH	1:09:21
3. Rebecca Chesir, KEN	1:11:04
4. Amane Beriso Shankule, ETH	1:12:08
5. Koren Jejela Yal, ETH	1:13:30
6. Rosalba Console, ITA	1:13:45

NN City Pier City Half Marathon (44th)

Den Haag, NED, 11 March

(Distance: 21.1 km; certified out-and-back course)

MEN (gun times)

1. James Rungaru, KEN	59:37 PB
2. Leonard Langat, KEN	59:41
3. Dominic Kiptarus, KEN	1:00:07 PB
4. Japhet Korir, KEN	1:00:09
5. Stephen Kibet Kosgei, KEN	1:00:39
6. Homiyu Tesfaye, GER	1:01:20 PB
7. Hillary Kimaiyo, KEN	1:01:31 PB
8. Salehidinne Bounasser, MAR	1:01:54
9. Dawit Wolde, ETH	1:02:05
10. Isaac Kipsang Temoi, KEN	1:02:20

WOMEN (gun times)

1. Maja Neuenschwander, SUI 1:10:46 PB
2. Genet Gashie Beyene, ETH 1:11:52
3. Zewdnesch Ayele, ETH 1:12:42
4. Sara Ramadhani Makera, TAN 1:13:37
5. Jill Holterman, NED 1:13:52

Gate River Run 15 km (41st)

(U.S. 15 km Championships)

Jacksonville, USA, 10 March

(Certified standard course)

Note: Molly Huddle won her 26th national title, and her first ever at 15 kilometers, in dominant fashion. Huddle also won the gender-battle "equalizer" bonus. --Ed.

MEN (gun times)

1. Leonard Korir, 31, Colorado Springs, CO 43:07 PB \$12,000
[14:42 / 28:45; last mile 4:15]
2. Sam Chelanga, 33, Colorado Springs, CO 43:16 5,000
3. Martin Hehir, 25, Philadelphia, PA 43:21 PB 3,000
4. Emmanuel Bor, 29, Colorado Springs, CO 43:35 PB 2,000
5. Elkanah Kibet, 25, Colorado Springs, CO 43:53 PB 1,000

ALL-WOMEN ELITE RACE (gun times)

1. Molly Huddle, 33, Providence, RI 47:50 \$12,000 + 5000e
[15:51 / 31:46; last mile 4:48]
2. Jordan Hasay, 26, Beaverton, OR 48:40 PB 5,000
3. Molly Seidel, 23, Johnson City, TN 49:20 DB 3,000
4. Chelsea Blaase, 23, Rochester Hills, MI 50:35 DB 2,000
5. Rochelle Kanuho, 27, Flagstaff, AZ 51:03 PB 1,000

e) Won gender battle "Equalizer" bonus

Lake Biwa Mainichi Marathon (73rd)

(IAAF Gold Label Road Race)

Otsu, JPN, 4 March

(Distance: 42.195 km; certified, out-and-back course with start and finish at Ojiyama Stadium)

MEN (gun times)

1. Macharia Ndirangu, KEN 2:07:53 DB
[1:03:56 / 1:03:57]
2. Albert Korir, KEN 2:08:17 PB
[1:03:56 / 1:04:21]
3. Jake Robertson, NZL 2:08:26 NR/DB
[1:03:57 / 1:04:29]
4. Michael Githae, KEN 2:09:21 PB
5. Abera Kuma, ETH 2:09:31
- Tadesse Abraham, SUI DNF

Vitality Big Half (1st)

Tower Bridge to Cutty Sark, London, GBR, 4 March
(Distance: 21.1 km; point-to-point course)

MEN

1. Mo Farah, GBR 1:01:40 CR
[14:34 / 29:08 / 43:47 / 58:35]
2. Daniel Wanjiru, KEN 1:01:43
[14:34 / 29:08 / 43:46 / 58:35]
3. Callum Hawkins, GBR 1:01:45
[14:34 / 29:08 / 43:46 / 58:36]

WOMEN

1. Charlotte Purdue, GBR 1:10:29 PB/CR
[16:30 / 33:11 / 49:51 / 1:06:47]
2. Lily Partridge, GBR 1:11:06
[16:31 / 33:11 / 49:51 / 1:07:19]
3. Charlotte Arter, GBR 1:11:31 PB
[16:37 / 33:27 / 50:25 / 1:07:52]
4. Sonia Samuels, GBR 1:12:57
5. Caryl Jones, GBR 1:13:28

fitbit Semi-Marathon de Paris (25th)

Paris, FRA, 4 March
(Distance: 21.1 km; certified one-loop course)

MEN (gun times)

1. Evans Cheruiyot, KEN 1:01:25
2. Evans Kurui, KEN 1:02:44
3. Hailu Gizachew, ETH 1:02:49

WOMEN (gun times)

1. Antonina Kwambai, KEN 1:08:07
2. Zerfie Lemeneh, ETH 1:08:10
3. Poline Wanjiku, KEN 1:08:20
4. Sharon Cherop, KEN 1:08:22
5. Celestine Chepchirchir, KEN 1:08:35

Fidelity Investments The Woodlands Marathon (22nd)

The Woodlands, USA, 3 March
(Distances: 42.195 km; two-loop course with no start/finish separation)

MEN (gun times)

1. Calum Neff, Katy, TX 2:30:15

WOMEN (gun times)

1. Camille Herron, Warr Acres, OK 2:52:38

Riyadh Half Marathon (1st)

Riyadh, KSA, 25 February

(Distance: 21.1 km)

Note: Getaneh Molla earned a whopping SAR 1 000 000 (USD 266,650!!) here, the largest-ever payday for winning a half marathon (second place wasn't bad either), reports *Race Results Weekly*. --Ed.

MEN (gun times)

1. Getaneh Molla, ETH	1:01:54	SAR 1,000,000 (=USD 266,650)
2. Jorum Okombo, KEN	1:01:57	200,000 (53,330)
3. Amlework Walelegn, ETH	1:02:00	90,000 (23,999)
4. Guye Adola, ETH	1:02:07	40,000 (10,666)
5. Alex Korio, KEN	1:02:07	50,000 (13,333)

Publix Gasparilla Distance Classic Race Weekend (41st)

Tampa, USA, 25 February

(Distance: 21.1 km)

MEN

1. Elkanah Kibet, 32, Colorado Springs CO	1:03:39	\$8000
2. Parker Stinson, 25, Boulder CO	1:03:41	3500
3. Kiya Dandena, 28, Flagstaff AZ	1:04:09	2000

WOMEN

1. Sara Hall, 34, Redding CA	1:12:01	\$8000
2. Stephanie Bruce, 34, Flagstaff AZ	1:12:02	3500
3. Diane Nukuri, 33, Flagstaff AZ	1:13:05	2000

Casablanca International 10 km

Casablanca, MAR, 25 February

(Course certification unknown)

MEN (gun times)

1. Abderahmane Kachir	28:39
2. Hassan Chachoui, 1995	28:55
3. Taher Belkorchi, 1996	28:59

WOMEN (gun times)

1. Dorcas Jepchumba Kimeli, KEN	31:37
2. Machrouh Nezha	33:58
3. Hanane El Bajjaoui, 1980	34:28

CROSS-COUNTRY**ING Eurocross (48th)**

Diekirch, LUX, 25 February

MEN (10030 m):

1. Ahmed El Mazoury, ITA, 1990	32:43	€ 500
2. David Nilsson, SWE, 1987	33:06	450
3. Samuel Fitwi, GER, 1996	33:31	400
4. Jesper Van der Wielen, NED, 1991	33:36	350
5. Yonas Kinde, ETH, 1980	34:03	300 + 200i

WOMEN (5610 m):

- | | | |
|---------------------------------|-------|-------|
| 1. Elena Burkard, GER, 1992 | 17:12 | € 500 |
| 2. Matylda Kowal, POL, 1989 | 17:47 | 450 |
| 3. Paulina Kaczynska, POL, 1991 | 17:49 | 400 |
| 4. Aude Korotchansky, FRA, 1991 | 18:18 | 350 |
| 5. Svetlana Oliinyk, UKR, 1985 | 18:43 | 300 |

EasyK!t CrossCup Brussels

(Series Final, Incorporating Belgian Cross-country Championships)
Bruxelles, BEL, 25 February

SR. MEN (10 km):

1. Isaac Kimeli, OEH, 29:04
2. Soufiane Bouchikhi, RFCL, 29:08
3. Simon Debognies, OEH, 29:47
4. Robin Hendrix, OEH, 29:49
5. Adrianus Basemans Dries, DCLA, 29:52

SR. WOMEN (6 km):

1. Imana Truyers, CABW, 19:57
2. Stephanie Barnes, GBR, 19:58
3. Sofie Van Accom, ACHL, 20:05
4. Nina Lauwaert, ROBA, 20:20
5. Astrid Verhoeven, OEH, 20:32

OUTDOOR TRACK**UAF Trials** (6th)

Kampala, UGA, 24 February

MEN

5000:

1. Phillip Kipyeko, 13:54.14
2. Moses Kipsiro, 13:58.07
3. Moses Kibet 14:09.89
4. Timothy Toroitich, 14:15.61

10000 (hand times):

1. Jacob Kiplimo, 27:51.3 WL
2. Sam Cherop, 28:53.1
3. Fred Musobo, 29:11.3

INDOOR TRACK**NCAA Division I Indoor Championships**

College Station, USA, 9-10 March
(200 m banked synthetic track)

MEN

Teams: 1. Florida, 40 points (moved up from second last year); 2. USC, 37; 3. Georgia, 32; 4. Virginia Tech, 31; 5. Texas A&M, 29.5 ...

800 (10):

1. Michael SARUNI, SO, UTEP (KEN), 1:45.15 PB/FR/CR/#2 NCAA all-time
[26.00 / 53.11 / 1:18.98]
2. Isaiah HARRIS, JR, Penn State, 1:46.08 PB
3. Robert HEPPENSTALL, JR, Wake Forest (CAN), 1:46.88

Mile (10):

1. Josh KERR, SO, New Mexico (GBR), 3:57.02
2. Vincent CIATTEI, SR, Virginia Tech, 3:58.36 PB
3. Sam PRAKEL, SR, Oregon, 3:58.59

3000 (10):

1. Andy TROUARD, SR, Northern Arizona, 8:04.94
[last lap 26.23]
2. Justyn KNIGHT, JR, Syracuse (CAN), 8:05.76
3. Cameron GRIFFITH, SO, Arkansas, 8:05.91

5000 (09):

1. Justyn KNIGHT, JR, Syracuse (CAN), 14:14.47
[Last lap 27.54]
2. Vincent KIPROP, JR, Alabama (KEN), 14:15.01
3. Hassan ABDI, SR, Oklahoma State, 14:15.38

WOMEN

Teams: 1. Georgia, 61 points (moved up from second last year); 2. Arkansas, 49; 3. Kentucky, 34; 4. Florida, 32; 5. Oregon, 31 ...

800 (10):

1. Sabrina SOUTHERLAND, SR, Oregon, 2:01.55 PB
[27.89 / 58.73 / 1:30.92]
2. Siofra CLEIRIGH BUTTNER, SR, Villanova (IRL), 2:02.46 PB
3. Sammy WATSON, FR, Texas A&M, 2:02.65 PB

Mile (10):

1. Elinor PURRIER, SR, New Hampshire, 4:31.76
2. Dani JONES, JR, Colorado, 4:31.82 PB
3. Nikki HILTZ, SR, Arkansas, 4:32.59 PB

3000 (09):

1. Karissa SCHWEIZER, SR, Missouri, 8:53.36
[last lap 32.94]
2. Allie OSTRANDER, SO, Boise State, 8:54.35
3. Jessica HULL, JR, Oregon (AUS), 9:01.96

5000 (09):

1. Karissa SCHWEIZER, SR, Missouri, 15:43.23
[Last lap 34.13]
2. Ednah KURGAT, JR, New Mexico (KEN), 15:47.46
3. Sharon LOKEDI, SR, Kansas (KEN), 15:52.95

IAAF World Indoor Championships (17th)

Arena Birmingham, Birmingham, GBR, 1-4 March

(200 m banked synthetic track)

Note: Prize Money indicated in USD. Each final paid: \$40 000-20 000-10 000-8000-6000-4000 to the top-6 finishers.

MEN**800 (03):**

Note: Adam Kszczot finally won a WIC gold (he won bronze in 2010 and silver in 2014). Drew Windle was originally DQ'd for obstruction (he accidentally caught his hand in Kszczot's back bib), but was reinstated after USATF won its appeal. --Ed.

1. Adam KSZCZOT, POL	1:47.47	Gold	\$40,000
2. Drew WINDLE, USA	1:47.99	Silver	20,000
3. Saúl ORDÓÑEZ, ESP	1:48.01	Bronze	10,000
4. Elliot GILES, GBR	1:48.22		8,000
5. Álvaro DE ARRIBA, ESP	1:48.51		6,000
6. Mostafa SMAILI, MAR	1:48.75		4,000

1500 (04):

1. Samuel TEFERA, ETH	3:58.19	Gold	\$40,000
2. Marcin LEWANDOWSKI, POL	3:58.39	Silver	20,000
3. Abdelaati IGUIDER, MAR	3:58.43	Bronze	10,000
4. Aman WOTE, ETH	3:58.64		8,000
5. Ben BLANKENSHIP, USA	3:58.89		6,000
6. Jake WIGHTMAN, GBR	3:58.91		4,000
7. Craig ENGELS, USA	3:58.92		
8. Chris O'HARE, GBR	4:00.65		
9. Vincent KIBET, KEN	4:02.32		

3000 (04):

1. Yomif KEJELCHA, ETH	8:14.41	Gold	\$40,000
[last lap 26.82]			
2. Selemon BAREGA, ETH	8:15.59	Silver	20,000
3. Bethwell BIRGEN, KEN	8:15.70	Bronze	10,000
4. Hagos GEBRHIWET, ETH	8:15.76		8,000
5. Adel MECHAAL, ESP	8:16.13		6,000
6. Younéss ESSALHI, MAR	8:16.63		4,000
7. Davis KIPLANGAT, KEN	8:18.03		
8. Clemens BLEISTEIN, GER	8:18.24		
9. Julian OAKLEY, NZL	8:18.60		
10. Birhanu BALEW, BRN	8:18.89		
11. Yassin BOUIH, ITA	8:20.84		
Shadrack KIPCHIRCHIR, USA		DQ (rule 163.3b, stepped in infield)	

WOMEN**800 (04):**

Note: Francine Niyonsaba's winning time is the fastest indoor mark in the world since 2011; Ajee' Wilson repeated as silver medalist; Oskan-Clark broke 2:00 for the first time indoors. --Ed.

1. Francine NIYONSABA, BDI	1:58.31	WL Gold	\$40,000
2. Ajee' WILSON, USA	1:58.99	PB Silver	20,000
3. Shelayna OSKAN-CLARKE, GBR	1:59.81	PB Bronze	10,000
4. Habitam ALEMU, ETH	2:01.10		8,000
5. Raevyn ROGERS, USA	2:01.44		6,000
6. Selina BÜCHEL, SUI	2:03.01		4,000

1500 (03):

1. Genzebe DIBABA, ETH	4:05.27	Gold	\$40,000
2. Laura MUIR, GBR	4:06.23	Silver	20,000
3. Sifan HASSAN, NED	4:07.26	Bronze	10,000
4. Shelby HOULIHAN, USA	4:11.93		8,000
5. Winny CHEBET, KEN	4:12.08		6,000
6. Aisha PRAUGHT-LEEN, JAM	4:12.86		4,000
7. Beatrice CHEPKOECH, KEN	4:13.59		
8. Rababe ARAFI, MAR	4:14.94		
9. Colleen QUIGLEY, USA	4:15.97		
10. Meraf BAHTA, SWE	4:23.05		

Prelims (02): Advance top 2 from each heat plus next 3 to final

Heat 1:

1. Genzebe DIBABA, ETH	4:06.25	Q
2. Laura MUIR, GBR	4:06.54	Q
3. Aisha PRAUGHT, JAM	4:07.51	q

Heat 2:

1. Beatrice CHEPKOECH, KEN	4:09.12	Q
2. Colleen QUIGLEY, USA	4:09.31	Q PB
3. Kate VAN BUSKIRK, CAN	4:09.42	PB
4. Dominique SCOTT, RSA	4:09.80	
... 6. Eilish MCCOLGAN, GBR	4:13.32	
... 8. Meraf BAHTA, SWE	4:22.40	q (fell and officials allowed her to advance)

Heat 3:

1. Sifan HASSAN, NED	4:05.46	Q SB
2. Winny CHEBET, KEN	4:05.81	Q PB
3. Rababe ARAFI, MAR	4:06.12	q
4. Shelby HOULIHAN, USA	4:06.21	q PB
5. Dawit SEYAUM, ETH	4:10.20	
... 8. Aníta HINRÍKSDÓTTÍR, ISL	4:15.73	

3000 (01):

Note: Genzebe Dibaba won her third consecutive title; Laura Muir won her first global medal. --Ed.

1. Genzebe DIBABA, ETH	8:45.05	Gold	\$40,000
2. Sifan HASSAN, NED	8:45.68	SB Silver	20,000
3. Laura MUIR, GBR	8:45.78	SB Bronze	10,000
4. Hellen OBIRI, KEN	8:49.66		8,000
5. Shelby HOULIHAN, USA	8:50.38		6,000
6. Fantu WORKU, ETH	8:50.54		4,000
7. Konstanze KLOSTERHALFEN, GER	8:51.79		
8. Katie MACKEY, USA	8:56.62		
9. Dominique SCOTT, RSA	8:59.93		
10. Eilish MCCOLGAN, GBR	9:01.32		

NJCAA Indoor Championships

(JUCO Championships)

Lubbock, USA, 2-3 March

(200 m banked synthetic track)

MEN

5000 (2):

Sec. 1:

1. Ikageng Gaorekwe, FR-1, Central Ariz (RSA)	15:05.31
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2. Kyle Hinson, FR-1, Louisburg College 15:15.11
 3. Paul Becker, SO-2, Allen County CC 15:41.11

Sec. 2:

1. Thobile Mosito, SO-2, Cloud County CC (RSA) 14:57.29
 2. Andrew Bosquez, FR-1, South Plains 15:08.01
 3. Evan Franklin, FR-1, Vincennes 15:10.81

OBITUARIES

Roger Bannister, who died last weekend, dedicated himself to, and excelled in, more than just athletics. The first of these obituaries, by Roger Robinson, was published on the

Runners' World website, and the second in *Athletics International*.

The trackside announcement by Norris McWhirter to give the result of the first 4-minute mile is probably the most famous in the history of athletics: "Ladies and gentlemen, here is the result of event number nine, the one mile: First, number 41, R.G. Bannister, Amateur Athletic Association and formerly of Exeter and Merton Colleges, Oxford, with a time which is a new meeting and track record, and which, subject to ratification, will be a new English Native, British National, British all-comers', European, British Empire, and World's Record. The time was THREE ..." The rest was drowned out by the cheers of the crowd. In his book *First Four Minutes* Bannister later wrote: "I felt suddenly and gloriously free of the burden of athletic ambition that I had been carrying for years."



Roger Bannister at the finish of the first four-minute mile. All three main protagonists that day -- Bannister, Chris Chataway and Chris Brasher -- have now passed away. [Bettmann/Getty Images]

A video of the first dream mile can be watched at https://www.youtube.com/watch?v=wTXoTnp_5sI and of the "Miracle Mile" in Vancouver at https://www.youtube.com/watch?v=jP_NzZP_LK0.

ROGER BANNISTER, FIRST TO BREAK THE 4-MINUTE MILE BARRIER, DIES AT 88

Roger Bannister, the British runner who acquired legendary status for being the first person to run a mile faster than four minutes in 1954, died on March 3 in Oxford, England. He was 88, and had been slowed by Parkinson's disease since 2011.

Bannister's 3:59.4 mile, on four laps of the cinder track at Oxford University on May 6, 1954, has become a symbol of human achievement far beyond the annals of sport. The

iconic finish-line photo is one of only three sports pictures among the hundred in the millennial book, *100 Photographs that Changed the World*. Bannister's barrier-breaking race seemed at the time to symbolize the world's emergence from two destructive wars into a new dawn of heroic aspiration, and now stands historically (however irrationally) with the Wright Brothers, the conquest of Everest, and the first man on the moon.

Bannister spent the rest of his life politely denying that his sub-four was so significant, and assiduously created a career that he valued more highly, in medicine and neurological research. He also held influential posts at various times as Chairman of Britain's Sports Council, President of the International Council for Sport and Recreation, Master of Pembroke College, Oxford, and Director of the National Hospital for Nervous Diseases, London.

As a middle-distance athlete, at a time when competitive opportunities were limited but crowds were large, Bannister was for four years world-class, and in his final year in 1954, unbeatably brilliant. After the four-minute mile, he won the Empire (now Commonwealth) Games one mile in Vancouver in an epic race against John Landy (Australia)—who on June 21 had supplanted him as world record holder by becoming the second sub-four miler with 3:57.9 — with Bannister outkicking the front-running Landy in 3:58.8. And Bannister ended the season by dominating the talented European 1500 meters in a championship record 3:43.8. He immediately retired from racing to focus on medicine at only 25 years old, less than four months after the run that made him a legend.

Roger Gilbert Bannister was born in 1929, with one older sister, in the London suburb of Harrow, Middlesex. Contrary to some misinformed versions, he did not come from privilege. His parents had moved from the Lancashire cotton mill area, when his father qualified as a civil service clerk and his mother as a home economics teacher.

They instilled in their son a fervent belief in self-improvement and disciplined study. With no family money, Bannister's education was entirely public-funded at a local elementary school in Harrow, a high school in Bath when his father's office was moved there on the outbreak of World War II, as a scholar at a London private school, University College School, and on scholarships at Oxford University and St. Mary's Hospital to complete his medical qualifications.

He was a nervous boy, prone to headaches and anxious about wartime bombings—the family house was badly damaged on one occasion. He found his greatest pleasure in long cycling rides, but discovered ability as a runner when he won sprints at elementary school and his high school junior cross country when only 12 or 13.

"I always finished in the last stages of exhaustion, but I refused to let anyone beat me," he wrote later. That determination returned when he entered Oxford University in 1946 at the young age of 17. He won his first significant race, the mile against Cambridge in March 1947. "I suddenly tapped that hidden source of energy I always suspected I possessed."

That became the pattern. Bannister trained on low mileages by later standards (although most analyses overlook the base of cross country that was standard through the winter months). He was tall and long-striding, and intensive track repeats guided by the coach Franz Stampfl enhanced his powerful finish.

He usually rose to the big occasion. A star university athlete in the era when they were still the elite, he became a serious international contender on his first overseas opportunity, winning the mile for Oxford/Cambridge against Cornell/Princeton in 1949 with a five-second breakthrough of 4:11.1.

Bannister's first major race was the European Championship 800 meters in 1950, when he was third. International invitations began to arrive, and he improved his best mile time in New Zealand and Philadelphia. A favorite for the 1952 Olympic 1500 meters in Helsinki, Bannister was upset when a semifinal round was added, and was fourth in the final, in 3:46.0, behind Jose Barthel's 3:45.2, his only significant failure.

In 1953, Bannister brought his best mile down to 4:03.6 and then 4:02.0. The world record, 4:01.4 by Gunder Hägg in 1945, was in sight. So, according to all the sports media, was the mythic, dreamed-of, supposedly impossible four-minute mile. Bannister quietly prepared.

He trained more intensively, ran $\frac{3}{4}$ mile time trials in under 3:00, and recruited his friends Chris Brasher and Chris Chataway as pace-makers. They had all left university by

then, and formed a AAA team for the mile in the annual match against Oxford University. In six dramatic months of assaults on the four-minute barrier in 1953-54, the other main contenders were Wes Santee (USA), who ran 4:02.4, and Landy, 4:02.0. But it was Bannister's name that echoed around the world on May 6, 1954.

While committing himself to his medical work, "a fascinating life in which a reputation would be created for hard work, and for—one hopes—kindness," Bannister still contributed in various ways to athletics. He wrote one of the best running books, the memoir *First Four Minutes*, later reissued as *The Four-Minute Mile*, a work of craft and color.

"The sport's most memorable moment was achieved by someone who was also equal to the literary task of turning it into myth," a commentator said. He wrote articles for the London *Sunday Times* and for *Sports Illustrated*, supplementing his modest income as a beginning physician.

During compulsory military service, he did research into heat-induced illness. Appointed to head Britain's Sports Council (1971-74), he initiated a program of building indoor facilities and one of the world's first schemes for testing for anabolic steroids. He emphasized a "sports for all" philosophy that he later said "may be of more long-term significance than anything else." He received a knighthood for that work in 1975.

Serious injuries that he suffered as the innocent victim of a car wreck at age 45 ended all running, impaired his mobility, and prompted a change in career. He gave up practice as a clinical neurologist and focused on research into the autonomic nervous system, becoming a leader in that developing field. He moved permanently to Oxford, and in his later years founded a walking group that explored the countryside around Oxford.

Despite a natural reticence, Bannister had to live in the glare of what has been called "the strange light of myth." He accepted, mostly with grace, the intrusive obligations of fame, giving hundreds of interviews, supplying guru-type pronouncements for quotation, contributing to many publications, and undertaking countless public appearances, including carrying the Olympic torch in 2012 (at age 83) for a few yards on the Oxford track where he gained immortality, now named the "Roger Bannister Running Track."

Before the Opening Ceremony in London, he was the bookies' favorite to light the Olympic flame itself, which indicates the reverence in which he was held to the end of his life, despite never winning an Olympic medal. There have been innumerable articles and broadcasts, two TV documentary dramas, and two books about the four-minute mile, the best informed being John Bryant's *3:59.4: The Quest for the 4 Minute Mile*, which was written with Bannister's co-operation and preface.

Bannister married Moyra Jacobsson, an artist, in 1955. He leaves behind four adult children, and the enduring myth of the runner who redefined the possible.

□□□

As the world's first sub-four minute miler, Roger Bannister is arguably the most celebrated name in British athletics history and, capturing worldwide acclamation, this one of the most iconic deeds in the history of sport. In a way his success can be traced back to one of his predecessors as world mile record holder, Sydney Wooderson. Bannister was 16 when taken by his father to the White City in 1945 and the sight of Wooderson battling against Sweden's Arne Andersson made a deep impression on him. "Seeing Wooderson's run that day inspired me," he reflected.

Although his first attempt at the mile, as a 17 year-old Oxford University freshman, took him all of 4:53 he quickly revealed his potential at the distance. He set UK junior 1 mile records at 4:18.7 and 4:17.2 in 1948 and in 1949 ran 4:11.1, the world's fastest by a 20 year-old at that time. Dropping down in distance, he finished a close third at 800 in the 1950 European Championships. Almost god-like in action, the lanky, long striding medical student revived dreams of the first four minute mile when in 1952 he covered three-quarters of a mile in what was then considered the phenomenal time of 2:52.9. That time trial was just before the Helsinki Olympics but the introduction of a semi-final round in the Games ruined his careful preparations for just a well separated heat and final in the 1500 and he finished fourth in the UK record time of 3:46.0 (3:46.30 auto), 0.8 sec behind the winner.

In one sense, that defeat led to Bannister's eventual iconic status. Had he won he would probably have retired, but in order to compensate for his own personal disappointment he decided to extend his running career for another two years. Although reluctant to admit it publicly, he was intrigued by the very real possibility of becoming the first man to break four minutes. In 1953 he broke Wooderson's British record with 4:03.6 and followed up with an illegally paced 4:02.0 (3:44.8 at 1500). He also ran the final leg (in 4:07.6) on the British team that set a world 4 x 1 mile record (16:41.0).

It all came together at Oxford on 6 May 1954 when, assisted by his training companions Chris Brasher and Chris Chataway, he passed 440y in 57.5, 880y in 1:58.2 and three-quarters in 3:00.5. Needing a 59.4 last lap for eternal glory, he clocked 58.9 to break the tape in 3:59.4, taking two seconds from the world record which had stood since 1945. On the way he unofficially equalled the world 1500 record of 3:43.0.

That mile record survived less than two months as Australian John Landy ran 3:57.9 in Turku, but in what was justifiably dubbed the "Mile of the Century", at the Commonwealth Games in Vancouver, Bannister the kicker prevailed against Landy the front runner in 3:58.8 (3:42.2 at 1500), setting British records at both distances. This was the first time two men had beaten four minutes in one race. Three weeks later, in his final race, he virtually toyed with a talented field to sprint away with the European 1500 title.

AAA champion at 880y 1952, 1 mile 1951 and 1953-4. Other pbs: 880y 1:50.7 (1953); 3/4 mile 2:56.8 (1951), 2M 9:09.2 (1954).

He studied medicine at Oxford University and at St. Mary's Hospital Medical School in London, becoming a distinguished neurologist. He was awarded the CBE in 1955 and was knighted in 1975 for his services to medicine. He was Chairman of the Sports Council 1971-4, and was Master of Pembroke College, Oxford 1985-93. He was given the Companion of Honour in the 2017 New Year Honours.

COMRADES AND TWO OCEANS GOLD MEDALLIST NDLELA PASSES AWAY



Siphwe Ndlela, who won gold medals in the last two runnings of both South Africa's foremost ultras, the Comrades and Two Oceans marathons, passed away last weekend. Ndlela (28) ran for Nedbank and had a best marathon time of 2:27:10, achieved in the 2016 Soweto marathon.

Described as a humble and disciplined athlete, Ndlela first achieved a top ten position in an ultramarathon when he finished fourth in the Zululand District Marathon over 56 km in 2015. The next year he tackled another ultra over the same distance, the Old Mutual Two Oceans, and finished tenth in 3:19:55. In 2017 he went one better when he was ninth and also ran faster, 3:17:06.

He ran his first Comrades in 2014 and finished 14th in 5:46:36. He followed this with 18th in 2015 (6:06:08) and then in 2016 was seventh in 5:36:56. He improved by one position in 2017 when he crossed the line in 5:45:57.

"I saw Siphwe as the next Comrades star and winner," said Nick Bester of the Nedbank Running Club. "He was so consistent and disciplined and we have lost a very kind person and athlete."

Earlier this year Ndlela was second in the Buffs Half Marathon in 70:55. Among his achievements in 2017 was a second place in the Legends 68 km, third in the Nongoma 28 km and fifth in the King Cetshwayo Marathon (2:30:02). He was also 17th in the Soweto Marathon (2:30:22). The previous year he had placed ninth in Soweto.

PROLIFIC AUTHOR AND SCIENTIST DAVID MARTIN DEAD AT 78

One of the world's leading exercise physiologists, Dr David Edward Martin, died on 28 February in Decatur, Georgia, at the age of 78. Martin was the chair of the USATF marathon development committee, and a member of the American Physiological Society, the Society of Olympic Historians, the Track and Field Writers of America, the Association de la Presse Sportive (AIPS), the Association of Track and Field Statisticians, the Association of International Marathons (chief statistician) and the International Marathon Medical Directors Association.

Martin was a world-leading exercise physiologist and worked on USATF's heat-training programme at the 2004 Olympics as well as with many top athletes such as Sebastian Coe, Arturo Barrios and Steve Scott. He wrote five books on running and many articles in coaching and scientific journals. He was a valued contributor for many years to the *International Athletics Annual* and annually compiled detailed marathon statistics, including all male performances better than 2:20 and women better than 2:50.

With Roger Gynn he wrote *The Marathon Footrace* (1979), the seminal history of the event, and with Peter Coe, Seb's father and coach, *Training Distance Runners* (1991) and *Better Training for Distance Runners* (1997). In 2000 he coauthored, again with Gynn, *The Olympic Marathon*.

Martin worked at Georgia State University from 1970 and on his retirement was awarded the title of Professor Emeritus in the School of Allied Health Sciences.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2018

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	29:43	Sibabalwe Gladwin Mzazi	Sasolburg	03 Feb
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	65:49	Sibusiso Nzima	Pretoria	20 Jan
	65:05A	Sibusiso Madikizela	Simon's Town	18 Feb
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:02A	Mhlakwana Nkoshona	Pinetown	28 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	1:38:53	Nkosinathi Madyo	Uitenhage	03 Mar
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:09:31	Desmond Mokgobu	Oita	04 Feb
	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	32:30 27:48	Vakalisa Kopolo Bernard Lagat (USA) 2015	Tokai	03 Feb
15 km	48:11 44:14	Mthandazo Qhina Pierre Levisse (FRA) 1992	Constantia	06 Jan
21.1 km	71:28 61:09	Shadrack Hoff Haile Gebrselassie (ETH) 2013	Pretoria	27 Jan
25 km	76:49	Martin Mondragon (MEX) 1994		
30 km	1:43:15 1:41:42A 89:45	Mzwanele Maphekula Mthandazo Qhina Mark Kiptoo Kosgei (KEN) 2016	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	2:26:31 2:08:38	Graham Malinga Kenneth Mungara (KEN) 2016	Pretoria	25 Feb
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:00 30:35	Tobias Philander Tecwyn Davies (GBR) 1988	Athlone	10 Feb
15 km	55:18 47:52	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	27 Jan
21.1 km	79:21 76:32A 66:23	John September Makhaya Masumpa Titus Mamabolo (RSA) 1991	Tokai East London	03 Feb 11 Feb
25 km	92:17A 84:12	Michael Ndlovu Norman Green (USA) 1984	Pinetown	28 Jan
30 km	1:54:26 1:46:33	Makaya Masumpa Norman Green (USA) 1988	Uitenhage	03 Mar
Marathon	2:46:22 2:19:29	Lindile Tokota Titus Mamabolo (RSA) 1991	Hartenbos	03 Feb
100 km	6:43:33	Roland Vuillemot (FRA) 1996		

Grandmasters (60+)

10 km	38:26 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	24 Feb
15 km	58:07 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Constantia	10 Mar
21.1 km	85:57 71:31	David Maphangolo Martin Rees (GBR) 2013	Pretoria	17 Feb
25 km	1:48:50A 94:01	Andy Daly Doug Winn (USA) 2010	Pinetown	28 Jan
30 km	2:18:26 2:11:11A 1:57:07	Alan Taylor Mochamat Kriel Ed Whitlock (CAN) 1994	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	3:16:33 2:59:27A 2:36:30	Marius Carstens Kosie Botha Yoshihisa Hosaka (JPN) 2009	Benoni Simon's Town	28 Jan 18 Feb
100 km	7:53:43	Bernd Juckel (GER) 2012		

Great grandmasters (70+)

10 km	43:34 37:33	Jimmy Morris Ed Whitlock (CAN) 2004	Athlone	10 Feb
15 km	67:11 58:19	Jimmy Morris Ed Whitlock (CAN) 2001	Constantia	10 Mar

21.1 km	1:43:48 82:23	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Port Elizabeth	03 Feb
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:46:46 2:34:20A	Tamsanqa Jusayi Brian Key	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	2:00:56 3:55:49 2:54:49	Ed Whitlock (CAN) 2001 Pele Tshikundamalema Ed Whitlock (CAN) 2004	Sasolburg	03 Feb
100 km	8:53:45	Max Courtillon (FRA) 1997		
Juniors				
10 km	31:13 27:11	Carlo Flink Mathew Kimeli Kipkorir (KEN) 2017	Athlone	10 Feb
15 km	49:33 42:17	Thembeko Mendu Ayele Abshiro Biza (ETH) 2008	Constantia	10 Mar
21.1 km	1:17:31 59:16	Themba Chauke Samuel Wanjiru (KEN) 2005	Pretoria	27 Jan
WOMEN				
<u>Open</u>				
10 km	34:09 29:43 Mx 30:29 Wo	Nolene Conrad Joycilene Jepkosgei (KEN) 2017 Asmae Legzaoui (MAR) 2002	Goodwood	03 Mar
15 km	56:30	Anel Terblanche	Constantia	10 Mar
21.1 km	45:37 Mx 46:59** Wo 77:55 73:05A	Joycilene Jepkosgei (KEN) 2017 Lornah Kiplagat (NED) 2007 Jenna Challenor Nolene Conrad	Pietermaritzburg Simon's Town	25 Feb 18 Feb
25 km	64:51p Mx 64:52 Mx 66:25 Wo 1:40:40A	Joycilene Jepkosgei (KEN) 2017 Joycilene Jepkosgei (KEN) 2017 Lornah Kiplagat (NED) 2007 Makhosi Mhlongo	Pinetown	28 Jan
30 km	79:53 Mx 82:47 Wo 2:00:03 2:00:24A	Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005 Ntombesintu Mfunzi Tanith Maxwell (vet)	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	1:38:49 Mx 1:38:42p Mx 1:36:05 Wo 2:50:57	Mizuki Noguchi (JPN) 2005 Aberu Kebede (ETH) 2016 Mary Keitany (KEN) 2017 Charné Bosman (vet)	Pretoria	17 Feb
100 km	2:15:25 Mx 2:17:01 Wo 6:33:11	Paula Radcliffe (GBR) 2003 Mary Keitany (KEN) 2017 Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:15 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Cape Town	07 Mar
15 km	58:02 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Jeffreys Bay	06 Jan
21.1 km	82:11 79:44A 69:37	Charné Bosman Tanith Maxwell Deena Kastor (USA) 2014	Pretoria Simon's Town	20 Jan 18 Feb
25 km	1:46:03A	Lisa Collett	Pinetown	28 Jan

	85:15	Colleen de Reuck (USA) 2005		
30 km	2:05:14	Bulelwa Simae	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell	Camps Bay	14 Jan
	1:49:40	Yoshimi Hoshino (JPN) 2007		
Marathon	2:50:57	Charné Bosman (vet)	Pretoria	17 Feb
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km				
	7:20:22	Maria Auxiliadora (BRA) 1998		
<u>Masters (50+)</u>				
10 km	41:18	Sandra Kohnert	Athlone	10 Feb
	34:14	Linda Somers (USA) 2011		
15 km	63:46	Suzanne Marais	Constantia	10 Mar
	52:38	Monica Joyce (USA) 2009		
21.1 km	93:04	Judy Bird	Bedfordview	14 Jan
	92:19A	Sandra Kohnert	Simon's Town	18 Feb
	75:18	Linda Somers (USA) 2011		
25 km	2:07:49A	Roshini Natasen	Pinetown	28 Jan
	96:58	Colleen de Reuck (USA) 2016		
30 km	2:20:14	Christine Claasen	Uitenhage	03 Mar
	1:56:43	Colleen de Reuck (USA) 2016		
Marathon	3:23:52	Maya Lawrie	Pietermaritzburg	25 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:43	Nancy Will	Athlone	10 Feb
	38:56	Lidia Zentner (GER) 2015		
15 km	69:28	Hanlie van der Westhuizen	Despatch	24 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	99:45	Hanlie van der Westhuizen	Port Elizabeth	03 Feb
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:22:03A	Sylvia Burton	Pinetown	28 Jan
	1:50:50	Edie Stevenson (USA) 2011		
30 km	2:31:23	Hanlie van der Westhuizen	Uitenhage	03 Mar
	2:29:01A	Nancy Will	Camps Bay	14 Jan
	2:15:30	Kathryn Martin (USA) 2012		
Marathon	3:37:54	Nancy Will	Fish Hoek	27 Jan
	3:26:19A	Nancy Will	Simon's Town	18 Feb
	3:12:57	Emmi Luthi (SUI) 2009		
100 km				
	9:20:07	Ursula Schmitz (GER) 1999		
<u>Great grandmasters (70+)</u>				
10 km	53:42	Marietha Herbet	Athlone	10 Feb
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:25	Marietha Herbet	Constantia	10 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	2:01:44	Marietha Herbet	Tokai	03 Feb
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	3:36:03	Liz Jenkerson	Uitenhage	03 Mar
	2:58:52A	Veronica van Niekerk	Camps Bay	14 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:50:46	Willemien Smuts	Sasolburg	03 Feb

	4:37:20A	Marietha Herbert	Simon's Town	18 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	43:51	Razaan Kamaldien	Pinelands	24 Feb
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		
15 km	59:40	Simonay Weitsz	Kempton Park	31 Jan
	48:33	Mekasha Waganesh Amare (ETH) 2011		
21.1 km	1:43:14	Meghan van Deventer	Sasolburg	03 Feb
	67:57	Abebu Gelan Adugna (ETH) 2009		

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