

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

The 24th IAAF World Half-marathon Championships in the Spanish coastal city of Valencia produced a new women-only world record for Ethiopia's Netsanet Gudeta, who crossed the finish line in 66:11 to upset the heavy favourite, Joyciline Jepkosgei (KEN), the holder of the absolute world record of 64:51 (which has just been ratified by the IAAF and was also set in Valencia). Jepkosgei was second in 66:54.

The race also resulted in a scintillating new personal best for South Africa's Nolene Conrad, who finished 25th in 71:44. Her previous best was the 72:52 with which she finished fourth in the 2015 SA Half Marathon. Earlier this year she had won the aided Peninsula Half Marathon in 73:05. Conrad has now climbed up to ninth position on the SA all-time list behind Elana Meyer, Colleen de Reuck, René Kalmer, Irvette van Zyl, Zola Pieterse, Annerien van Schalkwyk, Lebogang Phalula and Frith van der Merwe. Conrad also leads the 10 km list for the year.



The spectacular finish at the Ciudad De Les Artes y la Ciencias in Valencia, with Netsanet Gudeta reaching the tape in a new women-only world record of 66:11 to win the global half-marathon title. [Jane Monti/Race Results Weekly]

The men's race went to Kenya's Geoffrey Kamworor in 60:02. With this he took his third consecutive world half-marathon title, and his fifth consecutive global medal in five years (the other two came at the World Cross-country Championships). "This is now my fifth year in a row winning a gold medal in a world championships," Kamworor said, according to *Race Results Weekly*. "I've really accomplished big achievements in my career."

Gudeta's individual win was all the more sweeter because the Ethiopian women also won the team title in 3:22:27, handily beating the Kenyans, who were timed in 3:23:02. Bahrain took the third team spot, snapping the Japanese team's streak of bronze medals at

these championships at nine (they finished a distant fourth). The South African team (Conrad, Jenet Dlamini 76:23, and Cornelia Joubert 78:23) was 15th.

The best SA man was Stephen Mokoka, who finished 16th in 61:26, his best time of the year. Elroy Gelant (a somewhat disappointing 62:52) and Lesiba Precious Mashele (62:58) helped him to finish sixth in the team competition.

The first race in the 2018 Spar Grand Prix Series returned to Bellville for the first time since 2011 after the last six editions were run on a much faster route on the sea front in Cape Town. Kesa Molotsane, the overall winner of the series last year, was promoted to first in the Cape Town race a year ago after Louisa Leballo had been disqualified for a drugs offence, but this time she was first across the line inside the Bellville Athletics Stadium. However, her 34:10 (missing Conrad's list leader by one second) was more than a minute slower than the 32:56 she ran in 2017. Irvette van Zyl, seven months pregnant, placed an excellent third.

After setting a new SA record for 1000 m in the second meeting in the Liquid Telecom Athletix Grand Prix Series, Caster Semenya fell just short in her attempt to erase Zola Budd's national mark for 1500 m in the final meeting with 4:02.50. Budd ran her 4:01.81 in Port Elizabeth almost to the day 34 years ago -- on 21 March 1984. Semenya was also close in 2016, when she clocked her PB of 4:01.99. In second Dominique Scott-Efurd also came close to her PB, the 4:08.04 she ran last year. In the men's mile three athletes dipped under 4 minutes, with Rantso Mokopane winning in 3:58.92. It was the first time since 1997 that three men ran sub-4 in the same race on South African soil.



Caster Semenya and Dominique Scott-Efurd battling it out over 1500 m at the final Liquid Telecom Athletix Grand Prix Meeting in Paarl's Dal Josaphat Stadium. [Tobias Ginsberg]

In the results of the Deloitte Challenge Half Marathon published last week women's winner Zama Mokoena was shown with no club affiliation, but in fact she runs for Nedbank KZN.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series, Bellville
- * Umgeni Water Midmar Marathon, 32 km & 15 km, Howick
- * Ravensmead 15 km, Ravensmead
- * Denel Half Marathon & 10 km, Pretoria
- * Willem Boshoff Memorial Half Marathon & 10 km, Vryheid
- * St Albans Correctional Services 10 km, Port Elizabeth
- * Paarl Mall Half Marathon & 10 km, Paarl
- * Stella Royal 25 km & 10 km, Durban
- * Tyger Run Half Marathon & 10 km, Durbanville
- * Vaal Mall 15 km & 10 km, Vanderbijlpark
- * Laguna Mall 10 km, Langebaan
- * Tortoise Tuff 30 km & 10 km, Sedgfield
- * Track: Liquid Telecom Athletix Grand Prix Series Meeting, Paarl

International highlights:

- * Wehr Venloop Half Marathon, Venlo, NED
 - * Stramilano Half Marathon, Milano, ITA
 - * IAAF/Trinidad Alfonso World Half-Marathon Championships, Valencia, ESP
 - * Medio Maratón Azkoitia-Azpeitia Memorial Diego García, Azkoitia, ESP
 - * Stevensloop 10 km, Brunssum, NED
 - * Skechers Performance LA Marathon, Los Angeles to Santa Monica, USA
 - * ONICO Gdynia Half Marathon, Gdynia, POL
 - * XC: CAA African Cross-country Championships, Chlef, ALG
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ROAD RUNNING**Spar Grand Prix Series**

(Women only; 1st event of six-race series)

Bellville, 25 March

(Distance: 10 km; certified undulating course with two different out-and-back legs.

Weather: cool and overcast after rain overnight, no wind. Finishers: 4144 [down from 4406 last year, when the race was held in Cape Town].)

1. Kesa Molotsane (KPMG FS) 34:10
2. Glenrose Xaba (Boxer CGA) 34:39
3. Irvette van Zyl (Ned AGN) 35:07
4. Rudo Mhonderwa (ZIM/Ned) 35:18
5. Zintle Xiniwe (KPMG) 35:42
6. Cherise Sims (B2R) 35:45
7. Maria Shai (Boxer CGA) 35:50
8. Christine Kalmer (KPMG CGA) 35:58
9. Olga Firsova (USA/Durb) 36:03
10. Anel Terblanche (KPMG) 36:20
11. Stella Marais (KPMG AGN) 36:23
12. Portia Ngwenya (Ned AGN) 36:24
13. René Kalmer (KPMG CGA) 36:57
14. Rutendo Nyahora (ZIM/Ned) 37:17
15. Anet Coetzee (KPMG AGN) 37:18
16. Lebo Phalula (Boxer FS) 37:31
17. Bulelwa Simae (Ned) 38:02
18. Kyla van Graan (Ned) 38:12
19. Sophie Cope (SH) 38:38
20. Vuyiseka Nkumenge (Ned) 39:10

Veterans: 1. Bulelwa Simae (Ned) 38:02; 2. Christiane Adriaanse (VOB) 39:16; 3. Ronel Thomas (Boxer CGA) 40:00. **Masters:** 1. Judy Bird (KPMG CGA) 40:02; 2. Obertina Kanyongo (ZIM/Ned) 40:52; 3. Ester Brink (Carb) 41:22. **G'masters:** 1. Nancy Will (Pine) 45:21; 2. Bev Charters (VOB) 46:33; 3. Judith Grove (Tyger) 53:06. **G/g'masters:** 1. Veronica van Niekerk (EGA) 53:29; 2. Marietha Herbert (Bell) 54:04; 3. Pixie Sparg (Celtic) 56:59. **Juniors:** 1. Jana le Roux (KPMG) 41:40; 2. Mia Lyons (Lange S) 42:46; 3. Laila Abouzaid (Good) 43:24.

Umgeni Water Midmar Marathon (21st), 32 km & 15 km

Howick (Midmar Dam), 25 March

(Distances: 42.195 km, 32 km & 15 km; loop courses, partly on gravel. Finishers: marathon – 206 [down from 285 last year; 32 km – 301 [down from 367]; 15 km – 792 [up from 675].)

Note: Yet another marathon for vet Lisa Collett who, since the beginning of February, has raced four marathons (!), a 32 km and a 25 km -- a remarkable 226 km of racing in seven weeks. This marathon came only four days after she had also run the Stella Royal 25 km (results below). -- Ed.

Marathon

MEN

1.	Spokuhle Tshoba	Ixopo AC	2:32:55
2.	Thobani Chagwe	Max Elite	2:35:12
3.	Nkululeko Ngubane	Ixopo AC	2:36:37

40-49:

1.	Mofhethi Mfeka	Kearsney St	2:44:57
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50-59:

1.	Jabulani Langa	SAPS	3:19:40
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60-69:

1.	Vernon Anley	DHSOB	3:50:50
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WOMEN

1.	Lisa Collett	Boxer AC	3:09:41
2.	Nonsikelelo Mbambo	Natal Carb	3:28:14
3.	Thandiwe Hlongwane	Max Elite	3:32:40

40-49:

1.	Lisa Collett	Boxer AC	3:09:41
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50-59:

1.	Erica Walker	HH	4:02:40
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60-69:

1.	Val Watson	Ind	4:06:18
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32 km

MEN

1.	Philani Ngcobo	Coll Harr	1:56:44
2.	Khayelihle Ngcobo	32Gi AC	1:58:33
3.	Siphele Zondi	Maritzburg AC	2:00:18

WOMEN

1.	Pat Dammann	Team Vit	2:37:58
2.	Erika Bondesio	Team Vit	2:52:13
3.	Charlotte Raw	Save Orian	2:55:12

15 km

MEN

1.	Msawenkosi Mthane	Maxed Elite	49:31
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Juniors:

1.	Phendukani Gama	Loskop Gijimas	54:12
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WOMEN

1.	Nontobeko Mlambo	Loskop Gijimas	63:55
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Juniors:

1. Minenhle Mncube Loskop Gijimas 67:16

Ravensmead 15 km

Ravensmead, 24 March

(Certified out-and-back course with loop on the return leg. Finishers: 1358 [up from 1278 last year].)

MEN

1. Sibusiso Madikizela (AAC) 46:42
2. Duane Fortuin (Kuil) 46:42 [correct]
3. Akhona Makila (VOB) 50:00

Veterans: 1. Vuyani Sixaso (Gugs) 52:18; 2. Shawn Abrahams (Kuil) 52:28; 3. Bonisile Ngculana (VOB) 52:47. **Masters:** 1. John September (Itheko) 54:32; 2. Andrew Cooper (Ned) 54:37; 3. Johnny Persents (Edge) 55:18. **G'masters:** 1. Mochamat Kriel (Ommie) 57:51; 2. Robbie Lindsay (Ned) 62:01; 3. Robert Arnold (Top) 64:59. **G/g'masters:** 1. Blake Wilkins (AAC) 74:23; 2. Dave Kennett (VOB) 90:06; 3. Yusuf Gamiendien (Itheko) 91:18. **Juniors:** 1. Ayabulela Bodlo (VOB) 53:51; 2. Sibulele Hgalo (VOB) 54:26; 3. Lethu Cetywayo (VOB) 54:27.

WOMEN

1. Fortunate Chidzivo (ZIM/Ned) 58:13
2. Candyce Hall (Carb) 59:03
3. Bianca Tarbotton (Carb) 60:39

Veterans: 1. Busisiwe Mawane (Ned) 65:26; 2. Ursula Frans (Ned) 65:49; 3. Elizabeth Brink (Durb) 67:15. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 63:04; 2. Mariëtte Strauss (Tyger) 65:38; 3. Olga Howard (Ned) 66:49. **G'masters:** 1. Nancy Will (Pine) 72:54; 2. Hilary Rhode (Edge) 73:38; 3. Ruth Leverton (Pine) 84:43. **G/g'masters:** 1. Mariëtha Herbert (Bell) 85:56; 2. Pixie Sparg (Celtic) 86:32; 3. Marlene James (Pine) 91:18. **Juniors:** 1. Mia Zgerski (WC) 75:25; 2. Sophgia Els (Bell) 77:42; 3. Aqshqah Abdulla (Top) 79:30.

Denel Half Marathon & 10 km

Pretoria, 24 March

(Distances: 21.1 km & 10 km. Weather: cool, partly overcast.)

Half marathon**MEN**

1. Collen Mulaudzi (Boxer) 68:56
2. Charles Soza (ZIM/Phob) 70:04
3. Richard Mavuso (CS) 70:18

Veterans: 1. Moses Njuguna (KEN) 77:24. **Masters:** 1. Thabo Hlako (Kempton) 80:28. **G'masters:** 1. Francis Makuka (ZAM/Phob) 84:31. **G/g'masters:** 1. Ian Macfadyen (VTM) 2:00:00. **80+:** 1. Andries van Rooyen (VTM) 2:41:45. **Juniors:** 1. Dawie Reitz (Fortris) 94:42.

WOMEN

1. Catherine Skosana (B2R) 84:30
2. Lesego Mpshe (TUT) 88:34 (1st jun)
3. Annerie Kruger (Mag) 89:32

Veterans: 1. Corné Prinsloo (PPMC) 95:32. **Masters:** 1. Hesta Conradie (Irene) 1:48:32.
G'masters: 1. Tina Fourie (RWFL) 1:58:00. **Juniors:** 1. Lesego Mpshe (TUT) 88:34.

10 km

MEN

1. Raul Mabirimisa (VTM) 35:38
2. Aubrey Nthako (PMMC) 39:16
3. Siphamandla Moadi (Olifants) 40:32

Veterans: 1. Mong Mantene (PMMC) 41:10. **Masters:** 1. Pele Sindani (PMMC) 44:52.
G'masters: 1. Jan Esau (PMMC) 50:09. **G/g'masters:** 1. Andries van der Merwe (Trans) 65:50. **80+:** 1. Ken Nurden (Agape) 61:00. **Juniors:** 1. Jonty Morrison (VTM) 41:31.

WOMEN

1. Liziwe Mabona (AMPA) 43:30
2. Thembi Baloyi (TUT) 44:55
3. Shalan Kruger (ECA) 45:25 (1st jun)

Veterans: 1. Lorraine Boshoff (VTM) 48:33. **Masters:** 1. Ansie Breytenbach (Irene) 52:53.
G'masters: 1. Petro Vermaak (CSIR) 62:41. **80+:** 1. Deirdre Larkin (Rand) 87:16.
Juniors: 1. Shalan Kruger (ECA) 45:25.

Willem Boshoff Memorial Half Marathon & 10 km

Vryheid, 24 March

(Distances: 21.1 km & 10 km)

Half marathon

MEN

- | | | | |
|----|-------------------|------------|---------|
| 1. | Bonginkosi Mavuso | Nedbank AC | 1:13:27 |
| 2. | Bongani Msimango | Vryheid AC | 1:19:59 |
| 3. | Mphumuzeni Ngema | SAPS | 1:22:08 |

40-49:

- | | | | |
|----|-----------------|------------|---------|
| 1. | Bongani Ngubese | Osiweni AC | 1:26:54 |
|----|-----------------|------------|---------|

50-59:

- | | | | |
|----|---------------|------------|---------|
| 1. | Sabelo Ndlovu | Vryheid AC | 2:03:41 |
|----|---------------|------------|---------|

60+:

- | | | | |
|----|---------------|-------------|---------|
| 1. | Robbie Lundie | Assegaai AC | 2:18:56 |
|----|---------------|-------------|---------|

WOMEN

- | | | | |
|----|-----------------|-------------|---------|
| 1. | Xoli Madida | Natal Carb | 1:40:50 |
| 2. | Simoney Coetzee | Assegaai AC | 1:44:10 |
| 3. | Katja Vonkeman | Ind | 1:52:00 |

40-49:

- | | | | |
|----|-------------------|------------|---------|
| 1. | Sanet Westermeyer | Vryheid AC | 2:06:00 |
|----|-------------------|------------|---------|

50-59:

- | | | | |
|----|-------------|-------------|---------|
| 1. | Tess Lundie | Assegaai AC | 1:58:00 |
|----|-------------|-------------|---------|

10 km

MEN

- | | | | |
|----|-----------------|-----|-------|
| 1. | Sipho Hlatswayo | Ind | 35:14 |
|----|-----------------|-----|-------|

WOMEN

- | | | | |
|----|---------------|----------------|-------|
| 1. | Hlobie Madida | Newcastle Harr | 47:52 |
|----|---------------|----------------|-------|

St Albans Correctional Services 10 km

Port Elizabeth, 24 March

(Finishers: 614 [up from 590 last year].)

MEN

1	Mariano	Eesou	Madibaz AC	26	30:32
2	George	Ntshiliza	Nedbank RC	38	31:50
3	Adriaan	Gerwel	Ikhamva AC	21	31:53
4	André	Ketchem	Xcel AC	34	32:04
5	Gift	Chigomarawa	ZIM/Nedbank RC	30	32:18

Veterans:

1	Mzwanele	Maphekula	Bluewater Bay	41	33:13
2	Anele	Maliza	Nedbank RC	40	33:43
3	Noel	Adams	Gelvan AC	45	37:08

Masters:

1	Sithembiso	Yozo	Nedbank RC	53	39:09
2	Vernon	Newfeldt	Gelvan AC	52	41:26
3	Geddes	Gallant	SANDF AC EP	51	41:41

G'masters:

1	Alan	Taylor	Achilles AAA	60	41:55
2	Hannes	Els	Madiba BW	68	43:09
3	Albert	Ngcanga	Xcel AC	67	43:49

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	75	49:36
2	Syd	Lippstreu	Crusaders AC	70	50:07
3	Johannes	Herbst	Muirite Strider	72	55:09

Juniors:

1	Anele	Voorman	Nedbank RC	18	35:39
2	Lindokuhle	Mavatha	Nedbank RC	16	38:10
3	Dylan	Miggels	Nedbank RC	14	41:04

WOMEN

1	Luthando	Nxanisa	Ikhamva AC	25	41:29
2	Christine	Claasen (1st mast)	Achilles AAA	53	43:48
3	Terray	Newcombe	Elite AC	27	44:59
4	Grizelda	Pietersen (1st vet)	Nedbank RC	49	46:25
5	Theresa	Buchner	Nedbank RC	32	46:39

Veterans:

1	Grizelda	Pietersen	Nedbank RC	49	46:25
2	Cathy	Curtain	Muirite Strider	47	48:30
3	Elize	Adams	Gelvan AC	43	49:45

Masters:

1	Christine	Claasen	Achilles AAA	53	43:48
2	Michelle	Van der Watt	Elite AC	51	49:02
3	Buyelwa	Kobokana	Nedbank RC	53	50:44

G'masters:

1	Christine	Snyman	Despatch AC	61	55:58
2	Cathy	Ives	Achilles AAA	64	1:00:25
3	Nicki	Van Niekerk	Muirite Strider	64	1:01:04

G/g'masters:

1	Liz	Jenkerson	Muirite Strider	71	58:31
2	Ronelle	Steyn	Nedbank RC	74	1:01:35
3	Denise	Terblanche	Infinity AC	70	1:09:45

Juniors:

1	Anja	Webber	St Albans AC	16	49:17
2	Simone	Olckers	SAPS AC EP	16	1:02:17
3	Pavana	Pillay	Charlo AC	17	1:14:05

Paarl Mall Half Marathon & 10 km

Paarl, 24 March

(Distances: 21.1 km & 10 km)

Note: According to a report received by DRR, the 10 km was slightly too long and the half marathon considerably short. The times in the women masters and grandmasters categories in the half marathon are incorrect, as in each case the third runner has a faster time than the second one. -- Ed.

Half marathon

MEN

1. Petrus Zwane (Swart) 1:14:22
2. Tsungai Mwanengeni (ZIM/Gugs) 1:14:38 (1st vet)
3. Christopher Booysen (Swart) 1:15:37 (1st jun)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:14:38; 2. Neo Molema (AAC) 1:16:57; 3. Abraham Afrika (Swart) 1:21:37. **Masters:** 1. Dawid Andrews (Hope) 1:25:06; 2. Leon Williams (Swart) 1:26:50; 3. Hennie Moses (Ceres) 1:32:58. **G'masters:** 1. Jakob Erasmus (Ceres) 1:44:22; 2. Frans Marais (Brack) 1:53:50; 3. Natale Roelofse (Worc) 1:53:33. **Juniors:** 1. Christopher Booysen (Swart) 1:15:37; 2. Vickahano Julies (Salk) 1:29:52; 3. Byron Julies (Salk) 1:36:06.

WOMEN

1. Mari Rabie (Ind) 1:25:32
2. Karin van Niekerk (Ind) 1:37:45
3. Magrieta Willemse (Ceres) n/t

Veterans: 1. Megan Goliath (Brack) 1:41:28; 2. Heidi Brandt (Ceres) 1:53:28; 3. Hettie Manefeld (Paarl) 1:56:49. **Masters:** 1. Cailey Bredenkamp (Paarl) 1:40:34; 2. Vondra Singleton (Worc) 1:45:56; 3. Santie Kelsey (GS) 1:45:47. **G'masters:** 1. Sannie Erasmus (Swart) 1:40:36; 2. Marianne Nelson (Durb) 2:38:23; 3. Tersia Pretorius (Paarl) 2:25:30. **Juniors:** 1. Yanisha Coetzee (Salk) 2:10:23.

10 km

MEN

1. Charlton Sias (Swart) 32:53 (1st jun)
2. Alantino Belillie (Sanlam) 33:01
3. William Kaptein (Ind) 33:02

Veterans: 1. Christo van Rooyen (Ned) 35:17; 2. Thembelani Zola (Ned) 37:30; 3. Adam Clark (Brack) 37:34. **Masters:** 1. John-Ross McGregor (Swart) 44:23; 2. Gustav Antonio (Mont) 45:03; 3. John Small (Well) 46:53. **G'masters:** 1. Piet Smit (Swart) 44:52; 2. Carel Muller (Stell) 45:28; 3. Colin Williams (Well) 46:01. **Juniors:** 1. Charlton Sias (Swart) 32:53; 2. Alantino Belillie (Sanlam) 33:01; 3. [Illegible] Thulo (Ceres) 37:03.

WOMEN

1. Nomvuyisi Seti (Ned WP) 41:44
2. Veronique Visagie (Maties) 44:45 (1st jun)
3. Charmaine Cupido (Ned WP) 49:54 (1st g'mast)

Veterans: 1. Hanselie Swarts (Swart) 53:35; 2. Resia Swart (Stell) 56:35; 3. Theresa Swart (Swart) 57:42. **Masters:** 1. Marietjie Niewoudt (Swart) 62:15; 2. Pedro Niewoudt (Swart) 65:34; 3. Jolita Joseph (Well) 68:33. **G'masters:** 1. Charmaine Cupido (Ned WP) 49:54; 2. Annetjie Reinsford (Swart) 62:14; 3. Ursula Treuchert (Swart) 68:19. **Juniors:** 1. Veronique Visagie (Maties) 44:45; 2. Jo-Gayn Louw (Salk) 50:55; 3. Nelizia Fortuin (Mont) 54:54.

Stella Royal 25 km (43rd) & 10 km

Durban, 21 March

(Loop courses. Finishers: 25 km -- 549; 10 km -- 538.)

25 km

MEN

1.	Lindokuhle Sithole	Phantane AC	1:27:24
2.	Sipho Mbhanywa	Boxer AC	1:27:30
3.	Thembelani Malunda	Nedbank AC	1:27:32

40-49:

1.	Sikhumbuzo Dlamini	Phantane AC	1:29:07
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50-59:

1.	Deon Jannekar	Sydenham AC	1:43:32
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60+:

1.	Derrick Mazibuko	Athletic North	2:06:10
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WOMEN

1.	Nomthandozo Mlotshwa	Ethekweni AC	1:49:34
2.	Lisa Collett	Boxer AC	1:53:03
3.	Nokwhula Ntahangase	Savages AC	1:57:13

40 to49:

1.	Lisa Collett	Boxer AC	1:53:03
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50-59:

1.	Roshini Natasen	Highway AC	2:15:39
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60+:

1.	Jenny Scott	DCS	2:28:20
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10 km

MEN

1.	Bonginkosi Zwane	Boxer AC	31:51
2.	Muzwenkosi Mjaja	Nedbank AC	32:34
3.	Vumani Mlaba	Ethekweni AC	32:36

WOMEN

1.	Sarah Kruger	Nedbank AC	44:07
2.	Roxanne Vale	Elite AC	47:00
3.	Alison Uys	Westville AC	47:51

Tyger Run Half Marathon & 10 km

Durbanville, 21 March

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half marathon – 2216 [significantly up from 1610 last year]; 10 km – 3100 [more than double last year's 1389]; also 1923 in the 5 km.)

Half marathon

MEN

1. Nkosinathi Maydo (Itheke) 1:07:25
2. Sibusiso Madikizela (AAC) 1:09:52
3. Vuyolwethu Mbukushe (Gugs) 1:09:54
4. Danzil Pause (Sanlam) 1:10:11
5. Lindikhaya Mthangayi (IT) 1:11:56

Veterans: 1. Vakalisa Kopolo (Ned) 1:15:57; 2. Vuyani Sixaso (Gugs) 1:17:43; 3. Neo Molema (AAC) 1:19:24. **Masters:** 1. John September (Itheke) 1:22:13; 2. Stephen Motau (Itheke) 1:24:54; 3. Lorenzo Lucas (Ned Bol) 1:35:14. **G'masters:** 1. Mochamat Kriel (Ommie) 1:28:26; 2. Ronald Brink (Strand) 1:46:01; 3. Chris Lourens (Brack) 1:52:34. **G/g'masters:** 1. Yusuf Gamielien (Itheke) 2:19:30; 2. Japie Esterhuizen (Strand) 2:25:42; 3. Kaare James (Pine) 2:32:30. **Juniors:** 1. Lehlohonolo Lekhermane (Celtic) 1:32:36; 2. Christo Joubert (Brack) 1:44:22; 3. Robin Edson (IT) 2:17:14.

WOMEN

1. Tanith Maxwell (Boxer) 1:21:26 (1st vet)
2. Fortunate Chidzivo (ZIM/Ned) 1:25:00
3. Candyce Hall (Carb) 1:30:32
4. Linda Kinloch-Smith (Asics) 1:32:23
5. Elme Middlemost (Brack) 1:32:53

Veterans: 1. Tanith Maxwell (Boxer) 1:21:26; 2. Linda Kinloch-Smith (Asics) 1:32:23; 3. Ursula Frans (Ned) 1:37:09. **Masters:** 1. Jana Trojan (CZE/VOB) 1:36:00; 2. Olga Howard (Ned) 1:40:39; 3. Gail Maharaj (SANDF) 1:48:31. **G'masters:** 1. Nancy Will (Pine) 1:50:38; 2. Ora Human (Carb) 2:05:00; 3. Marcelle le Roux (Strand) 2:06:32. **G/g'masters:** 1. Wilbe Fourie (Strand) 2:40:49; 2. Esther Vlok (Strand) 2:49:56; 3. Avril Delapelin Dumont (WC) 3:29:18. **Juniors:** 1. Ameerah Abrahams (Ind) 3:17:14.

10 km

MEN

1. Siboniso Soldaka (CPUT) 31:17
2. Lukhanyo Nobakada (VOB) 31:40
3. Malusi Judase (Sat) 31:45
4. Raydon Balie (Eerste) 32:37
5. Tsungai Mwanengeni (ZIM/Gugs) 32:59 (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:59; 2. Shawn Abrahams (Kuils) 35:13; 3. Adam Clark (Brack) 38:38. **Masters:** 1. Andrew Cooper (Ned) 36:37; 2. Johnny Persents (Edge) 36:57; 3. Timothy Hess (Eerste) 39:43. **G'masters:** 1. Michael Crozier (Atlantis) 46:10; 2. Theo Swart (Bell) 46:49; 3. Neville Frieslich (FH) 46:56. **G/g'masters:** 1. Horst Schiffer (FH) 54:17; 2. John Theobald (Whalers) 67:26; 3. Lionel Hill (Ceres) 70:43. **Juniors:** 1. Thembeke Mendu (Gugs) 33:04; 2. Roneldo January (Celtic) 33:54; 3. Inga Ngwenduna (Sat) 35:02.

WOMEN

1. Lee-Shay Willemse (Velo) 38:42
2. Yvonne Steenkamp (Maties) 40:43
3. Obertina Kanyongo (ZIM/Ned) 41:15 (1st mast)
4. Saskia Redivo (Ind) 41:18

5. Natalie Beckenstrater (WC) 41:28

Veterans: 1. Marlize Vienings (Edge) 43:04; 2. Busisiwe Matiwane (Ned) 44:00; 3. Cheryl Fortuin (IT) 51:59. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 41:15; 2. Ester Brink (Carb) 42:16; 3. Mariëtte Strauss (Tyger) 43:45. **G'masters:** 1. Bev Charters (VOB) 47:54; 2. Hilary Rhode (Edge) 50:01; 3. Charmaine Cupido (Ned) 50:49. **G/g'masters:** 1. Marietha Herbert (Bell) 54:58; 2. Pixie Sparg (Celtic) 57:40; 3. Diana Thomson (VOB) 58:46. **Juniors:** 1. Beyonce Williams (Velo) 46:18; 2. Petriaan Moses (Velo) 49:53; 3. Sophia Els (Bell) 52:43.

Vaal Mall 15 km & 10 km

Vanderbijlpark, 21 March
(Finishers: 15 km -- 300; 10 km -- 420)

15 km

MEN

1 Pieta Makhoali (Lekoa) 47:56; 2 William Mokwalakwala (MiWay) 48:22; 3 Motlounge Malefetsane (Sasol) 49:09.

WOMEN

1 Lebo Mofokeng (Omnia) 59:37; 2 Roselina Khambule (Phuthuma) 66:03; 3 Annemi Beukus (Temp) 75:23.

10 km

MEN

1 Richard Mavuso (CS) 31:22; 2 Malise Mohou (Sasol) 32:23; 3 Ponthso Nkobeni (VUT) 33:33.

WOMEN

1 Helene van Rooyen (Vaal) 44:03; 2 Meghan van Deventer (Arcelor Mittal) 45:58; 3 Charne Erasmus (Affies – Sasol) 49:06.

Laguna Mall 10 km

Langebaan, 17 March
(Finishers: 294 [considerably down from 461 last year].)

Note: Lee-Shay Willemse finished ninth overall. -- Ed.

MEN

1	Petrus	Zwane	Swartland	28	32:27
2	Danzil	Paulse	Sanlam	24	32:45
3	Alantino	Belillie	Sanlam	19	33:30
4	Christophai	Booise	Swartland	19	34:28
5	Barry-John	Pienaar	Sanlam	29	34:28

WOMEN

1	Lee-Shay	Willemse	Velocity	24	39:29
2	Mia	Lyons	Langebaan Athletics	17	43:08
3	Natalie	Beckenstrater	West Coast	36	43:12
4	Sumien	Hugo	NWU-Pukke	20	45:29
5	Beyonce	Williams	Velocity	14	46:05

Tortoise Tuff 30 km & 10 km

Sedgefield, 10 March

(Out-and-back courses. Finishers: 30 km – 163 [up from 129 last year]; 10 km – 294 [up from 252].)

30 km

MEN

1	John April	Nedbank	1:48:50
2	Sinesipho Didishe	Knysna MC	1:50:24
3	Melikaya Msizi	Knysna MC	1:58:30

Veterans:

1	Vuyo Witbooi	Outeniqua Harriers	2:08:19
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Masters:

1	James Nqxale	Knysna MC	2:33:17
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G'masters:

1	Andre Barnardo	Nedbank	2:36:16
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G/g'masters:

1	Michael Brewis	Knysna MC	2:53:02
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WOMEN

1	Jo McKenzie	Plett AC	2:21:05
2	Cecile Nel	Nedbank	2:24:35
3	Lisl Grobler	Knysna MC	2:26:20

Veterans:

1	Jo McKenzie	Plett AC	2:21:05
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Masters:

1	Allison Jordaan	Nedbank	2:47:48
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G'masters:

1	Annatjie Botes	Nedbank	2:26:52
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10 km

MEN

1	Godwin Heyns	Nedbank	32:09
2	Francois Maquassa	Nedbank	32:50
3	Donavan Jantjies	Nedbank	34:22

Veterans:

1	Wouter Frazenburg	Outeniqua Harriers	34:29
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Masters:

1	Lindile Tokota	Nedbank	34:30
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G'masters:

1	Patrick Rawlins	Outeniqua Harriers	44:48
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G/g'masters:

1	Mike Derbidge	Knysna MC	45:25
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Juniors:

1	Ricardo Cornelius	Cape Multi Sport Eden	35:13
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WOMEN

1	Anastasia Plaatjies	Nedbank	44:16
2	Candice van Beulen	Nedbank	46:23
3	Janina Orzechowski	Temp	47:28

Veterans:

1	Laetitia du Toit	Nedbank	1:02:52
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Masters:

1	Jo-Anne van Vuuren	Plett AC	50:46
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G'masters:

1	Mariet Horn	Knysna MC	58:31
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G/g'masters:

1	Esther Oosthuizen	Hartenbos Drawwers	1:09:21
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Juniors:

1	Candice van Beulen	Nedbank	46:23
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TRACK**Liquid Telecom Athletix Grand Prix Series Meeting (3rd)**

Paarl, 22 March

Note: The athletes' names are given as surname first, followed by first name. -- Ed.**MEN****800:**

1	VAN RENSBURG - Rynardt	University of Free State	1:46.15
2	TSHITE - Tshepo	Nedbank AC	1:46.56
3	NCAMANE - Jabulane	EC Active Athletics	1:46.78
4	MOHLOSI - Kabelo	Royal Bafokeng AC	1:47.33
5	EHLERS - Theuns	University of Pretoria	1:47.72
6	FARO - Duran	University of Western Cape	1:48.02
7	KOEKEMOER - Berend	University of Western Cape	1:50.68
8	WAGENAAR - Luuk	NED	1:51.93
9	CONRADIE - Pieter	Potch Track Club	1:52.38
10	WILLIAMS - Zaid	Stellenbosch AC	1:52.54
11	DOOKUN - Mohammad	MRI	1:54.16

1 mile:

1	MOKOPANE - Rantso	University of North West	3:58.92
2	KUSCHKE - George	EC Active Athletics	3:58.96
3	MPHAHLELE - Ryan	Thembisa AC	3:59.44
4	SIBIYA - Nkosinathi	KZN Academy	4:00.35
5	HLASELO - Dumisane	University of Johannesburg	4:00.66
6	SEHOHLE - Folavio	Lowmed AC	4:01.56
7	MALEBANA - Dais	University of Pretoria	4:02.03
8	BUCARIZZA - Marko		4:09.36
9	SMITH - Ashley	University of Western Cape	4:10.11
10	SEBOKO - Kabelo		4:10.62
11	MOTSAU - Jerry	Boxer AC	4:12.14
12	BESTER - Robert	University of Pretoria	4:20.13

WOMEN**1500:**

1	SEMENYA - Caster	Masai AC	4:02.50
2	SCOTT-EFURD - Dominique	WPA	4:08.61
3	CLOETE - Thineke	Stellenbosch AC	4:23.61
4	KRUGER - Zani	University of Stellenbosch	4:30.20
5	SHANGE - Yandiswa	KPMG	4:30.67
5	MKHIZE - Happiness	University of Kwa-Zulu Natal	4:30.67
7	JACOBS - Sunel	Stellenbosch AC	4:36.19
8	BRANDT - Mandi	WPA	4:39.72
9	VAN GRAAN - Kyla	KPMG	4:40.47
10	ROSSOUW - Lara		4:49.52

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**Wehr Venloop Half Marathon** (12th)

Venlo, NED, 25 March
(Distance: 21.1 km)

MEN (gun times)

1. Stephen Kiprop, KEN	59:44 PB/CR=
2. Victor Kimutai Chumo, KEN	1:00:10 PB
3. Abdallah Kibet Mande, UGA	1:00:14 PB
4. Gilbert Masai, KEN	1:00:16
5. John Kiprono Langat, KEN	1:00:24 PB
6. Philip Kibungei Tarbei, KEN	1:00:48
7. Mousaab Hadout, MAR	1:00:48 PB
8. Edwin Kibet Kiptoo, KEN	1:00:52
9. Philemon Kacheran Lokedi, KEN	1:01:22
10. Meshack Kiprop Koech, KEN	1:01:41

WOMEN (gun times)

1. Nancy Kiprop, KEN	1:07:49 CR*
2. Melat Yisak Kejeta, ETH	1:08:41 PB
3. Joy Kemuma Loyce, KEN	1:09:02 PB
4. Perendis Lekapana, KEN	1:10:20 PB
5. Maryanne Wangari Wanjiru, KEN	1:11:17
6. Lucy Karimi, KEN	1:11:24

Stramilano Half Marathon (47th)

Milano, ITA, 25 March
(Distance: 21.1 km; certified one-loop course)

MEN (gun times)

1. Felix Kibitok, KEN	1:00:11 PB €2000 + 500i
2. Shumay Mogos Solomon, ERI	1:00:40 PB 1200 + 300i
3. Paul Kariuki Mwangi, KEN	1:00:42 PB 800 + 300i
4. Joel Maina Mwangi, KEN	1:01:33 PB 600
5. Ambesa Lencho Tesfaye, ETH	1:01:53 400

WOMEN (gun times) -

1. Sutume Asefa Kebede, ETH	1:07:54 PB €2000 + 1500 + 500i
2. Ruth Waithira Karanja, KEN	1:10:15 PB 1200 + 300i
3. Pauline Nagaroi Esikon, KEN	1:12:37 800
4. Philes Moraa Ongori, KEN	1:12:40 600
5. Mary Wangari Wanjohi, KEN	1:12:54 400

IAAF/Trinidad Alfonso World Half-Marathon Championships (23rd)

Valencia, ESP, 24 March

(Distance: 21.1 km; IAAF-certified, flat, one-loop course with negligible start/finish separation; 5 km, 10 km, 15 km and 20 km splits are all IAAF-certified.)

MEN (gun times)

Teams: 1. ETH, 3:02:14 (USD 15,000); 2. KEN, 3:02:40 (USD 12,000); 3. BRN, 3:02:52 (USD 9,000); 4. ERI, 3:03:03 (USD 7,500); 5. UGA, 3:06:13 (USD 6,000); 6. **RSA**, 3:07:16 (USD 3,000); 7. USA, 3:07:28; 8. ESP, 3:08:29; 9. PER U18, 3:08:35; 10. ISR, 3:08:47....

Individual finishers:

1. Geoffrey KAMWOROR, KEN	1:00:02 SB	Gold	USD 30,000
[14:32 / 29:28 / 44:13 / 57:14]			
2. Abraham CHEROBEN, BRN	1:00:22 SB	Silver	15,000
[14:32 / 29:28 / 44:14 / 57:28]			
3. Aron KIFLE, ERI	1:00:31 PB	Bronze	10,000
[14:33 / 29:29 / 44:13 / 57:37]			
4. Jemal YIMER, ETH	1:00:33		7,000
[14:33 / 29:29 / 44:13 / 57:37]			
5. Getaneh MOLLA, ETH	1:00:47 SB		5,000
[14:33 / 29:28 / 44:13 / 57:44]			
6. Betesfa GETAHUN, ETH	1:00:54 PB		3,000
7. Amanuel MESEL, ERI	1:00:58 SB		
8. Julien WANDERS, SUI	1:01:03		
9. Kaan Kigen OZBILEN, TUR	1:01:05 SB		
10. Leul GEBRESILASE, ETH	1:01:07 SB		
11. Aweke AYALEW, BRN	1:01:09 PB		
12. Leonard BARSOTON, KEN	1:01:14 SB		
13. Albert ROP, BRN	1:01:21 PB		
14. Sam CHELANGA, USA	1:01:23		
15. Barselius KIPYEGO, KEN	1:01:24 SB		
16. Stephen MOKOKA, RSA	1:01:26 SB		
17. Nguse AMLOSOM, ERI	1:01:34 SB		
18. Jorum OKOMBO, KEN	1:01:34		
19. Afewerki BERHANE, ERI	1:01:37 SB		
20. Fred MUSOBO, UGA	1:01:38 PB		
21. El Hassan ELABBASSI, BRN	1:01:41 SB		
22. Koen NAERT, BEL	1:01:42 PB		
23. Jiksa TOLOSA, ETH	1:01:50 PB		
24. Suguru OSAKO, JPN	1:01:56 SB		
25. Abrar OSMAN, ERI	1:02:05 SB		
26. Felix CHEMONGES, UGA	1:02:10 PB		
27. Willy CANCHANYA, PER	1:02:11 NR		
28. Ayad LAMDASSEM, ESP	1:02:14 SB		
29. Abdi Hakin ULAD, DEN	1:02:15 PB		
30. Cam LEVINS, CAN	1:02:15 PB		
31. Bernard LAGAT (40+), USA	1:02:16		
... 41. Elroy GELANT, RSA	1:02:52 SB		
... 44. Lesiba Precious MASHELE, RSA	1:02:58 SB		
... 60. Melikhaya FRANS, RSA	1:03:42 SB		
... 114. Mbongeni NGXAZOZO, RSA	1:07:16		

WOMEN (gun times)

TEAMS: 1. ETH, 3:22:27 (USD 15,000); 2. KEN, 3:23:02 (USD 12,000); 3. BRN, 3:23:39 (USD 9,000); 4. JPN, 3:33:57 (USD 7,500); 5. ERI, 3:35:09 (USD 6,000); 6. BLR, 3:35:43

(USD 3,000); 7. GBR, 3:35:48; 8. PER U18, 3:35:52; 9. USA, 3:39:11; 10. CAN, 3:39:19...; 15. **RSA**, 3:46:30.

Individual finishers:

1. Netsanet Gudeta KEBEDE, ETH	1:06:11 CR/WR*	Gold	USD 30,000
[15:39 / 31:38 / 47:30 / 1:02:53]			
2. Joyciline JEPKOSGEI, KEN	1:06:54	Silver	15,000
[15:39 / 31:38 / 47:38 / 1:03:33]			
3. Pauline Kaveke KAMULU, KEN	1:06:56 PB	Bronze	10,000
[15:39 / 31:38 / 47:34 / 1:03:33]			
4. Eunice CHUMBA, BRN	1:07:17 SB		7,000
[15:39 / 31:38 / 47:45 / 1:03:45]			
5. Zeineba YIMER, ETH	1:08:07 PB		5,000
[15:39 / 31:51 / 48:31 / 1:04:46]			
6. Meseret BELETE, ETH	1:08:09 PB		3,000
7. Desi MOKONIN, BRN	1:08:10 PB		
8. Bekelech GUDETA, ETH	1:08:12 PB		
9. Dalila ABDULKADIR, BRN	1:08:12 PB		
10. Shitaye ESHETE, BRN	1:08:25 PB		
11. Zinash MEKONNEN, ETH	1:08:30 PB		
12. Chemtai Lonah SALPETER, ISR	1:08:58 NR		
13. Ruth CHEPNGETICH, KEN	1:09:12 SB		
14. Rose CHELIMO, BRN	1:10:20 SB		
15. Ancuta BOBOCEL, ROU	1:10:21 PB		
16. Fabienne SCHLUMPF, SUI	1:10:36 SB		
17. Kaori MORITA, JPN	1:10:46		
18. Volha MAZURONAK, BLR	1:10:57 NR		
19. Mao ICHIYAMA, JPN	1:11:02 SB		
20. Dolshi TESFU, ERI	1:11:09 PB		
21. Charlotte PURDUE, GBR	1:11:21		
22. ZHANG Deshun, CHN	1:11:28 PB		
23. Sinead DIVER, AUS	1:11:40 PB		
24. Ellie PASHLEY, AUS	1:11:43 PB		
25. Nolene CONRAD, RSA	1:11:44 PB		
26. Nazret WELDU, ERI	1:11:45 SB		
27. Emma BATES, USA	1:11:45 PB		
28. Clémence CALVIN, FRA	1:11:51 SB		
29. Gladys TEJEDA, PER	1:11:52 SB		
30. Sasha GOLLISH, CAN	1:11:52 SB		
... 76. Janet DLAMINI, RSA	1:16:23 SB		
... 84. Beata NAIGAMBO, NAM	1:17:14 SB		
... 91. Cornelia JOUBERT, RSA	1:18:23 SB		
... 92. Mapaseka MAKHANYA, RSA	1:18:43 SB		
... 97. Lebogang PHALULA, RSA	1:19:41 SB		

*) Championships and world record (women-only)/USD 50,000 bonus

Medio Maratón Azkoitia-Azpeitia Memorial Diego García (25th)

Azkoitia, ESP, 24 March

(Distance: 21.1 km; point-to-point course with 18 m elevation loss [105m to 87m] and start/finish separation of 11.84% [record standard].)

Note: Mark Kiptoo broke Haile Gebreselasie's world 40+ record by 5 seconds here. -- Ed.

MEN (gun times)

1. Mark Kiptoo, KEN 1:01:04 WR 40+*

2. Stephen Arita, KEN	1:01:11
3. Samuel Kiplimo Kosgei, KEN	1:01:23
4. Josphat Kiprono Menjo, KEN	1:01:36
5. Merhawi Tsegay, ERI	1:01:39 PB
6. Joseph Kiprono Kiptum, KEN	1:01:41

*) ARRS world over-40 record; previous 1:01:09, Haile Gebreselasie (ETH), Glasgow, 06-Oct-2013

WOMEN (gun times)

1. Hawi Megersa, ETH	1:10:24 PB
2. Leonidah Jemwetich Mosop, KEN	1:10:42
3. Azucena Diaz, ESP	1:13:51

Stevensloop 10 km (30th)

Brunssum, NED, 18 March
(Two-loop course, flat)

MEN (gun times)

1. Joel Ayeko, UGA	29:06
2. Dominic Kipngeno Mibei, KEN	29:07
3. Chakib Lachgar, MAR	29:08

WOMEN (gun times) -

1. Maureen Koster, NED	32:15 PB
2. Naomi Vaati, KEN	32:15 PB
3. Evalina Chirchir, KEN	32:33 PB

Skechers Performance LA Marathon (33rd)

Los Angeles to Santa Monica, USA, 18 March
(Distance: 42.195 km; certified point-to-point course with 2.89 m/km drop and 59.4% start/finish separation.)

MEN (gun times)

1. Weldon Kirui, KEN	2:11:47	\$23,000
2. Gebresadik Adhana, ETH	2:11:56	11,250
3. Elisha Barno, KEN	2:12:47	9,000

WOMEN (gun times)

1. Sule Utura Gedo, ETH	2:33:50	\$23,000
2. Tsehay Desalegn, ETH	2:33:58	11,250
3. Hellen Jepkurgat, KEN	2:34:03	9,000
4. Christina Vergara-Aleshire, USA	2:34:25 PB	4,500
5. Jane Kibii, KEN	2:34:35	2,250

ONICO Gdynia Half Marathon (3rd)

(IAAF Bronze Label Road Race)
Gdynia, POL, 18 March
(Distance: 21.1 km)

MEN (gun times)

1. Ben Chelimo SOMIKWO, 1996, UGA	1:03:32
2. El Hassan OUBADDI, 1991, ESP	1:03:33
3. Joseph MUMO, 1994, KEN	1:03:53

WOMEN (gun times)

1. Christine Moraa OIGO, 1990, KEN, 1:13:54
2. Ruth MATEBO, 1988, KEN, 1:13:58
3. Merine GEZAHEGN, 1995, ETH, 1:14:07

CROSS-COUNTRY**CAA African Cross-country Championships (5th)**

Chlef, ALG, 17 March

Note: These results were published last week, but with only some of the South Africans. Here all of them have been included. Thanks to Jakes Jacobs for providing the results. Weather conditions were cold (13 °C) and wet, with a strong wind. -- Ed.

SR. MEN (10 km):

Teams: 1. KEN, 15 points; 2. UGA, 30; 3. ERI, 50; 4. ETH, 67; 5. ALG, 83; 6. RSA, 92; 7. EGY, 137...

- | | | |
|-------------------------------------|-------|--------|
| 1. Alfred Barkach, KEN | 30:47 | Gold |
| 2. Julius Kogo, KEN | 30:47 | Silver |
| 3. Thomas Ayeko, UGA | 30:47 | Bronze |
| 4. Enyew Mekonnen Alem, ETH | 31:01 | |
| 5. Emmanuel Bor, KEN | 31:14 | |
| ... 17. David Manja, RSA | 31:56 | |
| ... 21. Kabelo Seboko, RSA | 32:19 | |
| ... 26. Thabang Mosiako, RSA | 32:30 | |
| ... 28. Makofane Milton Kekana, RSA | 32:42 | |
| ... 34. Collen Mulaudzi, RSA | 33:25 | |
| ... 38. Mafori Ryan Mphahlele, RSA | 34:23 | |

JR. MEN (8 km):

Teams: 1. KEN, 16 points; 2. ETH, 22; 3. ERI, 68; 4. UGA, 70; 5. MAR, 90; 6. RSA, 105; 7. ALG, 127.

- | | | |
|---------------------------------------|-------|--------|
| 1. Rhonex Kipruto, KEN | 25:01 | Gold |
| 2. Stanley Waithaka, KEN | 25:06 | Silver |
| 3. Solomon Berihu Weldeselassie, ETH | 25:08 | Bronze |
| ... 22. Thakgatso Dais Malebane, RSA | 26:43 | |
| 23. Ngconde Alfred Matwebu, RSA | 26:44 | |
| ... 28. Tumi Lephoho, RSA | 27:00 | |
| ... 32. Pakiso Kantor Mthembu, RSA | 28:32 | |
| 33. Kutlwisiso Sdinile, RSA | 28:55 | |
| ... 36. Maxime Charles Chaumeton, RSA | 30:06 | |

SR. WOMEN (10 km):

Teams: 1. KEN, 13 points; 2. ETH, 32; 3. UGA, 89; 4. ALG 80.

- | | | |
|------------------------------|-------|--------|
| 1. Celliphine Chespol, KEN | 35:10 | Gold |
| 2. Margaret Chelimo, KEN | 35:13 | Silver |
| 3. Yeshi Kalayy Chekole, ETH | 35:26 | Bronze |
| 4. Stacy Ndiwa, KEN | 35:27 | |
| 5. Stella Chesang, UGA | 35:30 | |
| ... 16. Kesa Molotsane, RSA | 37:38 | |
| ... 20. Glenrose Xaba, RSA | 39:04 | |

JR. WOMEN (6 km):

Teams: 1. KEN, 18 points; 2. ETH, 19; 3. UGA, 72; 4. ERI, 73; 5. RSA, 90; 6. MAR, 95; 7. ALG, 126.

1. Girmawit Gebregziabher Gebru, ETH 19:44 Gold
2. Tsige Gebreselama Gebrerufal, ETH 19:58 Silver
3. Hellen Ekalale, KEN 19:59 Bronze
- ... 19. Carmie Prinsloo, RSA 23:10
- ... 22. Casey Faith Bosman, RSA 23:28
23. Tyler Beling, RSA 23:28
- ... 26. Nicole Louw, RSA 23:56
- ... 31. Prudence Sekgodiso, RSA 24:17

NEWS**SPAR GRAND PRIX POINTS STANDINGS**

The points standings after the first race in the Spar Grand Prix Series are as follows. The junior competition will only start with the second race in the series and will be contested over four events.

OPEN

1	Kesa Molotsane	KPMG	20
2	Glenrose Xaba	Boxer	19
3	Irvette van Zyl	Nedbank	18
4	Rudo Mhonderwa	ZIM/Nedbank	17
5	Zintle Xiniwe	KPMG	16
6	Cherise Sims	Born2run	15
7	Maria Shai	Boxer	14
8	Christine Kalmer	KPMG	13
9	Olga Firsova	USA/Durbanville	12
10	Anel Terblanche	KPMG	11
11	Stella Marais	KPMG	10
12	Portia Ngwenya	Nedbank	9
13	René Kalmer	KPMG	8
14	Rutendo Nyahora	ZIM/Nedbank	7
15	Anet Coetzee	KPMG	6
16	Lebo Phalula	Boxer	5
17	Bulelwa Simae	Nedbank	4
18	Kyla van Graan	Nedbank	3
19	Sophie Cope	Spartan Har	2
20	Vuyiseka Nkumenge	Nedbank	1

Veterans:

1	Bulelwa Simae	Nedbank	10
2	Christiane Adriaanse	VOB	4
3	Ronel Thomas	Boxer	3

Masters:

1	Judy Bird	KPMG	5
2	Obertina Kanyongo	Nedbank	4
3	Esther Brink	Carbineers	3

G'masters:

1	Nancy Will	Pinelands	5
2	Beverley Charters	VOB	4
3	Judith Grove	Tygerberg	3

STATS TIME

This week we include a list of the top ten SA men in the 10 km for 2018. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2018 10 KM: TOP 10 MEN

29:43	Sibabalwe Gladwin Mzazi	1	Sasolburg	03 Feb
29:47	Mthobisi Baloyi	2	Sasolburg	03 Feb
30:00	Mishack Sithole	1	Ulundi	10 Mar
30:03	David Manja	2	Eldorado Park	25 Feb
30:04	Ntsindiso Mphakathi	3	Eldorado Park	25 Feb
30:14	Sipho Mbanjwa	1	Pietermaritzburg	25 Feb
30:33	Duane Fortuin	1	Goodwood	03 Mar
30:36	Vuyolwethu Mbukushe	2	Goodwood	03 Mar
30:38	Lucky Modike Mohale	1	Pretoria	20 Jan
30:39	Angelo Booysen	3	Goodwood	03 Mar

THIS MONTH IN HISTORY

24 years ago (exactly): 26 March 1994

Frith van der Merwe used the fourth running of the Om die Dam ultramarathon to smash the course record with her 3:21:31, at that time the fifth fastest ever by a South African. She broke Helene Joubert's quickest on the course by more than eight minutes, but Joubert then came back and won the race five times consecutively; her six wins have been equalled only by Riana van Niekerk (although Van Niekerk never won more than two in a row). Van der Merwe's time has never been beaten in the ultra. On the men's side Lesotho's Mohala Mhololi scored the second of his three victories. The 28th running of the Om die Dam was held last weekend.

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	61:26	Stephen Mokoka	Valencia	24 Mar
	58:23	Zersenay Tadese (ERI) 2010		
25 km	87:24	Lindokuhle Sithole	Durban	21 Mar
	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	Vakalisa Kopolo	Tokai	03 Feb
	27:48	Bernard Lagat (USA) 2015		
15 km	48:11	Mthandazo Qhina	Constantia	06 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	71:28	Shadrack Hoff	Pretoria	27 Jan
	61:09	Haile Gebrselassie (ETH) 2013		
25 km	89:07	Sikhumbuzo Dlamini	Durban	21 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:43:15	Mzwanele Maphekula	Uitenhage	03 Mar
	1:41:42A	Mthandazo Qhina	Camps Bay	14 Jan
	89:45	Mark Kiptoo Kosgei (KEN) 2016		
Marathon	2:26:31	Graham Malinga	Pretoria	25 Feb
	2:08:38	Kenneth Mungara (KEN) 2016		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:00	Tobias Philander	Athlone	10 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:32	John September	Ravensmead	24 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	79:21	John September	Tokai	03 Feb
	76:32A	Makhaya Masumpa	East London	11 Feb
	66:23	Titus Mamabolo (RSA) 1991		
25 km	1:43:32	Deon Jannekar	Durban	21 Mar
	92:17A	Michael Ndlovu	Pinetown	28 Jan
	84:12	Norman Green (USA) 1984		
30 km	1:54:26	Makaya Masumpa	Uitenhage	03 Mar
	1:46:33	Norman Green (USA) 1988		
Marathon	2:46:22	Lindile Tokota	Hartenbos	03 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	6:43:33	Roland Vuillemot (FRA) 1996		

Grandmasters (60+)

10 km	38:26	Mochamat Kriel	Pinelands	24 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	57:51	Mochamat Kriel	Ravensmead	24 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	85:57	David Maphangolo	Pretoria	17 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	2:06:10	Derrick Mazibuko	Durban	21 Mar
	1:48:50A	Andy Daly	Pinetown	28 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:18:26	Alan Taylor	Uitenhage	03 Mar
	2:11:11A	Mochamat Kriel	Camps Bay	14 Jan
	1:57:07	Ed Whitlock (CAN) 1994		

Marathon	3:16:33	Marius Carstens	Benoni	28 Jan
	2:59:27A	Kosie Botha	Simon's Town	18 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km	7:53:43	Bernd Juckel (GER) 2012		
<u>Great grandmasters (70+)</u>				
10 km	43:34	Jimmy Morris	Athlone	10 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	67:11	Jimmy Morris	Constantia	10 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	1:43:48	Tamsanqa Jusayi	Port Elizabeth	03 Feb
	82:23	Ed Whitlock (CAN) 2001		
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:46:46	Tamsanqa Jusayi	Uitenhage	03 Mar
	2:34:20A	Brian Key	Camps Bay	14 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:55:49	Pele Tshikundamalema	Sasolburg	03 Feb
	2:54:49	Ed Whitlock (CAN) 2004		
100 km	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
10 km	31:13	Carlo Flink	Athlone	10 Feb
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	49:33	Thembeke Mendu	Constantia	10 Mar
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	1:17:31	Themba Chauke	Pretoria	27 Jan
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	34:09	Nolene Conrad	Goodwood	03 Mar
	29:43 Mx	Joycilene Jepkosgei (KEN) 2017		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	56:30	Anel Terblanche	Constantia	10 Mar
	45:37 Mx	Joycilene Jepkosgei (KEN) 2017		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	71:44	Nolene Conrad	Valencia	24 Mar
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	1:49:34	Nomthandozo Mlotshwa	Durban	21 Mar
	1:40:40A	Makhosi Mhlongo	Pinetown	28 Jan
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	2:00:03	Ntombesintu Mfunzi	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell (vet)	Camps Bay	14 Jan
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:36:05 Wo	Mary Keitany (KEN) 2017		
Marathon	2:50:57	Charné Bosman (vet)	Pretoria	17 Feb
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:01 Wo	Mary Keitany (KEN) 2017		

100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:15	Tanith Maxwell	Cape Town	07 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:02	Charné Bosman	Jeffreys Bay	06 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	81:26	Tanith Maxwell	Durbanville	21 Mar
	79:44A	Tanith Maxwell	Simon's Town	18 Feb
	69:37	Deena Kastor (USA) 2014		
25 km	1:53:03	Lisa Collett	Durban	21 Mar
	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	40:02	Judy Bird	Bellville	25 Mar
	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	2:15:39	Roshini Natasen	Durban	21 Mar
	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	2:28:20	Jenny Scott	Durban	21 Mar
	2:22:03A	Sylvia Burton	Pinetown	28 Jan
	1:50:50	Edie Stevenson (USA) 2011		
30 km	2:26:52	Annatjie Botes	Sedgefield	10 Mar
	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		

Great grandmasters (70+)

10 km	53:29	Veronica van Niekerk	Bellville	25 Mar
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:25	Marietha Herbert	Constantia	10 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	2:01:44	Marietha Herbert	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		

Juniors

10 km	41:40	Jana le Roux	Bellville	25 Mar
	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	88:34	Lesego Mpshe	Pretoria	24 Mar
	67:57	Abebu Gelan Adugna (ETH) 2009		

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