

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

South Africa's oldest club marathon (i.e., not counting the national championships), the Jackie Gibson race, was held for the 72nd time this weekend. Both winners are vets: William Mokwalakwala took the men's race in 2:32:52, while Salome Cooper won the women's competition in 3:08:00.

In the Durban City Marathon Sibusiso Nzima (2:17:53) won by two seconds from Kenyan Melly Kennedu Kiptoo, who was fourth in the recent Old Mutual Two Oceans Marathon. The women's winner was Loveness Madziva (ZIM) in 2:47:21.

Two impressive list leaders were recorded by vets this weekend: In the Durban City 10 km Simphiwe Zulu clocked 31:37, while in the WP Half-marathon Championships Mthandazo Qhina ran 1:09:29.

With the Boston Marathon being run today, our US partner, *Race Results Weekly*, will only be published tomorrow. DRR will have a special edition later this week with the results of this marathon, as well as a wrap-up of the Commonwealth Games.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Jackie Gibson Marathon, Allan Ferguson Half Marathon & 10 km, Johannesburg
- * Durban City Marathon, Half Marathon & 10 km, Durban
- * Leapfrog Gordon's Bay Half Marathon & Labourwise 10 km, Gordon's Bay
- * KKI Volstruiswedlope, Oudtshoorn

International highlights:

- * Vodafone Istanbul Half Marathon, Istanbul, TUR
 - * Acea Rome Marathon, Roma, ITA
 - * EA7 Emporio Armani Milano City Marathon, Milano, ITA
 - * Credit Union Cherry Blossom 10-Mile, Washington, USA
 - * Movistar Medio Maratón Madrid, Madrid, ESP
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ROAD RUNNING

Jackie Gibson Marathon (72nd), Allan Ferguson Half Marathon (6th) & 10 km

Johannesburg, 15 April

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 1380 [up from 1002 last year]; half marathon – 1470 [up from 1249]; 10 km – 640 [up from 535].)

Marathon

MEN

1 William Mokwalala (MiWay) 2:32:52 (1st vet); 2 Zwelakhe Mkorwana (Anglo) 2:36:35; 3 Thando Ngcobo (BCC) 2:41:32; 4 Kotopetsa Mhlangu (Rockies) 2:42:06 ; 5 Tyson Siweya (Carlton) 2:44:41; 6 Simon Maake (Randburg) 2:45:44; 7 Craig Cynkin (Boxer) 2:46:32; 8 Siegfriedt Heidenrych (Born 2 Run) 2:47:06; 9 Philani Nkomo (Manoni) 2:48:18; 10 Beniamino Pelligrini (Pirates) 2:48:38.

Veterans: 1 William Mokwalala (MiWay) 2:32:52; 2 Zwelakhe Mkorwana (Anglo) 2:36:35; 3 Tyson Siweya (Carlton) 2:44:41. **Masters:** 1 George Mooi (Gallopers) 2:53:21; 2 Solomon Khumalo (Carlton) 2:55:34; 3 Ronald Shibiri (Anglo) 2:57:14. **G'masters:** 1 Marius Carstens (Vitality) 3:21:08.

WOMEN

1 Salome Cooper (Born 2 Run) 3:08:00 (1st vet); 2 Franza Landman (KPMG) 3:19:59; 3 Kerryn Prowse (Pirates) 3:31:51; 4 Veerle Dieltiens (Kudus) 3:33:09; 5 Talia Zulberg (Rockies) 3:36:49; 6 Denise Davies (Randburg) 3:37:56; 7 Alta Kruger (Krugersdorp) 3:38:53; 8 Marina Scholtz (Lewensentrum) 3:40:32; 9 Joanne Kaplan (Rockies) 3:43:22; 10 Amanda Williams (KPMG) 3:44:46.

Veterans: 1 Salome Cooper (Born 2 Run) 3:08:00; 2 Amanda Williams (KPMG) 3:44:46; 3 Gwen Muller (Jeppe) 3:53:52. **Masters:** 1 Sharon Knopfmacher (Vitality) 4:00:31; 2 Almarie Rothman (Kempton) 4:05:59; 3 Louise Goosen (Kempton) 4:20:07. **G'masters:** 1 Kim Roberts (Kudus) 4:43:19.

Half marathon

MEN

1 Lucky Mohale (Boxer) 68:39; 2 Derocius Makhobalo (BCC) 68:41; 3 Jonas Makhele (Nedbank) 72:37.

Veterans: 1 Phillip Phakwago (Nedbank) 73:10; 2 Jabu Nkabinde (BCC) 76:45; 3 Modise Mokaoane (Kagiso Striders) 76:53. **Masters:** 1 Reginald Ngobese (32Gi) 77:10; 2 Nico Deerling (Promosa) 89:19; 3 Edmen Vavane (Rand Water) 96:01. **G'masters:** 1 André Jansen (GS) 94:35.

WOMEN

1 Leigh Privett (Planet Fitness) 99:01 (1st vet); 2 Elizabeth Potter (Vitality) 1:43:58; 3 Annemie Beukes (Nedbank) 1:45:36.

Veterans: 1 Leigh Privett (Planet Fitness) 99:01; 2 Nomosonto Skosana (Awesome) 1:46:24; 3 Elise Fenwick (Alberton) 1:47:20. **Masters:** 1 Laura Venter (Nedbank) 1:58:34; 2 Ann Thom (Jeppe) 2:00:21; 3 Sharon Zeelie (Vaal) 2:10:13. **G'masters:** 1 Jennifer Kingsley (Jeppe) 2:10:46.

10 km

MEN

1 Thabo Motaung (SCAW) 31:45; 2 Kemang Khunonyane (Run Zone) 31:50; Thabo Tshabangu (Rockies) 33:04.

Veterans: 1 James Mgcina (SAPS) 34:08; 2 Sam Bolo (Rockies) 35:04; 3 Botsili Phiri (Lonmin) 35:37. **Masters:** 1 Joseph Mabodla (Colossus) 39:48; 2 Zeb Mokonoto (Nedbank) 40:06. **G'masters:** 1 Edwin Moleleki (Run Zone) 53:46. **Juniors:** 1 Thabo Tshabangu (Rockies) 33:04; 2 Prince Mcabelo (AMPA) 35:09; 3 Thabang Sebopa (Born 2 Run) 35:43.

WOMEN

1 Rachel Leistra (UJ) 37:45; 2 Kakoma Batji (RWFL) 40:01; 3 Bernedette Wilson (KPMG) 40:26 (1st jun).

Veterans: 1 Lizzy Dhiwayo (RWFL) 41:51; 2 Maphuti Phaka (Born 2 Run) 45:34; 3 Elizabeth Morakane (Phuthuma) 45:41. **Masters:** 1 Maria Bendana (Morningside) 45:19; 2 Sarah Mahlangu (Sunninghill) 48:14. **G'masters:** 1 Beverly Leong (Kyalami) 68:21. **Juniors:** 1 Bernedette Wilson (KPMG) 40:26; 2 Tylo Cumberledge (FFA) 43:02; 3 Reneilwe Dibakwane (Vaal) 54:21.

Durban City Marathon, Half Marathon & 10 km

Durban, 15 April

(Distances: 42.195, 21.1 km & 10 km; certified loop courses. Finishers: marathon -- 1347 men + 318 women = 1665 total [up from 1305 last year]; half-marathon -- 1613 men + 1249 women = 2862 total; 10 km -- 622 men + 1103 women = 1725 total.)

Note: Yet another marathon for Lisa Collett -- just eight days after winning the Arthur Creswell Memorial Marathon over 52 km! -- Ed.

Marathon

MEN

1. Sibusiso Nzima (Ned), 31, 2:17:53
2. Melly Kennedy Kiptoo (KEN/Ned), 37, 2:17:55
3. Sithembele Fanekho (Ned), 26, 2:28:26
4. Sipho Ngxongo (Ind), 34, 2:29:20
5. Fanuel Mapamura (Holly), 26, 2:31:56
6. Arcilio Nhacutone (ME), 36, 2:33:46
7. Thulani Duma (Ned), 37, 2:33:59
8. Ephraim Xaba (HV), 45, 2:34:26 (1st vet)
9. Menzi Mtolo (Ind), 26, 2:37:14
10. Siphamandla Sinama (Chilt), 29, 2:37:32

Veterans: 1. Ephraim Xaba (HV), 45, 2:34:26. **Masters:** 1. Michael Ndlovu (Zak), 50, 2:41:31. **G'masters:** 1. Andy Daly (West) 3:23:52.

WOMEN

1. Loveness Madziva (ZIM/Ned), 27, 2:47:21
2. Susy Chemaimak (KEN/Ned), 28, 2:51:34
3. Jenna Challenor (KPMG), 36, 2:53:12
4. Lisa Collett (Boxer), 40, 3:04:42 (1st vet)
5. Cecilia Molefe (Chilt), 39, 3:09:44
6. Xoli Madida (Carb), 33, 3:17:05
7. Danielle Adlam (Ned), 37, 3:26:04
8. Claire Imrie (GF), 26, 3:26:49
9. Sibongile Ziqubu (Ned), 45, 3:29:04
10. Fikile Mbuthuma (Ned), 37, 3:29:05

Veterans: 1. Lisa Collett (Boxer), 40, 3:04:42. **Masters:** 1. Lianne Rey (RAC), 51, 3:36:50. **G'masters:** 1. Blanche Moila (Sav), 62, 3:49:25.

Half marathon

MEN

1. Bernard Kiptomoi (KEN/Ned), 29, 1:05:33
2. Bonginkosi Zwane (Boxer), 26, 1:06:12
3. Nkosikihona Mhlakwana (Boxer), 24, 1:07:11
4. Mbuleli Mathanga (Inanda), 24, 1:08:01
5. Adam Lipschitz (Ind), 24, 1:08:28

WOMEN

1. Michelle de Montille (HV), 41, 1:28:49
2. Janene Carey (Boxer), 46, 1:29:04
3. Janie Grundling (Boxer), 38, 1:29:23
4. Cherie Barnard (Ind), 28, 1:30:01
5. Nomcebo Mthethwa (Umhlat), 35, 1:32:07

10 km

MEN

1. Simphiwe Zulu (Holly), 40, 31:37
2. Thobane Chagwe (ME), 26, 32:20
3. Thulani Mdletshe (NRB), 23, 32:38
4. Temo Maponono (Holly), 18, 33:46
5. Philani Ngcobo (CH), 27, 33:49

Juniors: 1. Temo Maponono (Holly), 18, 33:46.

WOMEN

1. Happiness Mkhize (Sav), 33, 37:49
2. Makhosi Mhlongo (Boxer), 35, 38:19
3. Nokuthyula Ntshangase (Sav), 25, 39:07
4. Tayla Kavanagh (DHSOB), 16, 39:14
5. Shelley Young (Chilt), 28, 39:31

Juniors: 1. Tayla Kavanagh (DHSOB), 16, 39:14.

Leapfrog Gordon's Bay Half Marathon & Labourwise 10 km

(WP Half-marathon Championships)

Gordon's Bay, 14 April

(Distances: 21.1 km & 10 km; certified out-and-back courses. Finishers: half marathon – 1901 [up from 1613 last year]; 10 km – 1123 [almost double last year's 606].)

Half marathon

MEN

1. Sibusiso Madikizela (AAC) 1:08:02
2. Nkosinathi Madyo (Itheko) 1:08:03
3. Duane Fortuin (Kuils) 1:08:04

Veterans: 1. Mthandazo Qhina (Ned) 1:09:29; 2. Tsungai Mwanengeni (ZIM/Gugs)

1:12:14; 3. Vakalisa Kopolo (Ned) 1:12:29. **Masters:** 1. John September (Itheko)

1:20:49; 2. Johnny Persents (Edge) 1:21:20; 3. Steve Motau (Itheko) 1:21:30.

G'masters: 1. Mochamat Kriel (Ommie) 1:25:54; 2. Gemjikile Tom (Gugs) 1:38:47; 3.

Mark Wagenheim (AAC) 1:38:53. **G/g'masters:** 1. Blake Wilkins (AAC) 1:51:00; 2. Les

Hanna (Whalers) 2:00:11; 3. John Theobult (Whalers) 2:17:45 [WP silver & bronze

medals: Yusuf Gamiieldien (Itheko) 2:04:41; Kaare James (Pine) 2:28:14]. **Juniors:** 1.

Ayabulele Bodlo (VOB) 1:20:19; 2. Robin Edson (IT) 1:56:27; 3. David Molomba (ARD)

2:00:51.

WOMEN

1. Anel Terblanche (KPMG) 1:21:27
2. Zintle Xiniwe (KPMG) 1:24:13
3. Nomvuyisi Seti (Ned) 1:27:09

Veterans: 1. Bulelwa Simae (Ned) 1:31:36; 2. Busisiwe Matiwane (Ned) 1:38:50; 3. Jacky Misroll (Pine) 1:40:45. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:34:32; 2. Mariëtte Strauss (Tyger) 1:35:20; 3. Olga Howard (Ned) 1:38:47. **G'masters:** 1. Nancy Will (Pine) 1:41:21; 2. Charmaine Cupido (Ned) 1:55:23; 3. Kate Coetzee (Bell) 1:57:57.

G/g'masters: 1. Veronica van Niekerk (EGA) 1:57:18; 2. Pixie Sparg (Celtic) 2:05:15 [gold]; 3. Marlene James (Pine) 2:18:21 [silver]. **Juniors:** 1. Razaan Kamaldien (Carb) 1:43:15; 2. Emmily Tewas (MSA) 2:01:26; 3. Sophia Els (Bell) 2:06:53.

10 km

MEN

1. Akhona Mdaka (Stell) 32:13
2. Akhona Makila (VOB) 32:49
3. Sherwin Jooste (Bott) 32:56 (1st jun)

Veterans: 1. Sihle Mapukata (Ned) 36:34; 2. Lucky Ziqwayi (VOB) 38:20; 3. Linge Mpoyi (VOB) 41:53. **Masters:** 1. Timothy Hess (Eerste) 39:41; 2. Willem Koorts (Ind) 40:01; 3. Elliott Mhlaba (Strand) 40:25. **G'masters:** 1. Frank Gillion (Whalers) 43:09; 2. Michael Crozier (AAC) 47:39; 3. Sam Kotze (Ned) 47:53. **G/g'masters:** 1. Jeff Smith (Itheke) 58:50; 2. Christopher Meyer (Tyger) 70:41; 3. Jan van der Berg (85 years old) (Strand) 77:51. **Juniors:** 1. Sherwin Jooste (Bott) 32:56; 2. Thembeko Mendu (Gugs) 33:09; 3. Edward Jack (Central) 34:22.

WOMEN

1. Olga Firsova (USA/Durb) 39:11
2. Lee-Shay Willemse (Velo) 39:25
3. Danette Smith (KPMG) 39:57

Veterans: 1. Suzette Botha (WC) 42:41; 2. Chantel Simpson (Ned) 42:53; 3. Eunice James (Gugs) 48:37. **Masters:** 1. Louise Erasmus (Whalers) 49:51; 2. Tamara Blomerus (MS) 54:44; 3. Carine Kruger (Held) 56:29. **G'masters:** 1. Hilary Rhode (Edge) 50:27; 2. Dawn saunders (Held) 52:35; 3. Judith Grove (Tyger) 54:31. **G/g'masters:** 1. Wendy Wilkins (AAC) 63:11; 2. Annatjie Berntzen (Good) 78:55; 3. Diane Dennis (Edge) 82:47. **Juniors:** 1. Athemba Nqumashe (Bott) 42:27; 2. Tamica Jooste (Bott) 44:03; 3. Leanté Adams (Bott) 45:18.

KKI Volstruiswedlope

Oudtshoorn, 7 April

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 95; 10 km -- 122.)

Half marathon

MEN

- | | | | |
|---|---------------|---------------------|---------|
| 1 | Lloyd Bosman | Nedbank | 1:16:56 |
| 2 | John April | Nedbank | 1:17:39 |
| 3 | Awonke Komani | Knysna Maraton Club | 1:21:24 |

Veterans:

- | | | | |
|---|-----------------|-------|---------|
| 1 | Motata Senamela | SANDF | 1:25:01 |
|---|-----------------|-------|---------|

Masters:

- | | | | |
|---|-----------------|-------------------------|---------|
| 1 | André Treurnich | Belville Athletics Club | 1:37:01 |
|---|-----------------|-------------------------|---------|

G'masters:

- | | | | |
|---|----------------|---------|---------|
| 1 | André Barnardo | Nedbank | 1:40:54 |
|---|----------------|---------|---------|

Juniors:

1	Phelolwethu Dickson	Knysna Maraton Club	1:39:34
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WOMEN

1	Nancy Cloete	Outeniqua Harriers	1:36:35
2	Nerida Lubbe	Hartenbos Drawwers	1:42:22
3	Annalize Visser	Nedbank	1:46:43

Veterans:

1	Nerida Lubbe	Hartenbos Drawwers	1:42:22
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Masters:

1	Evangeline Bernardo	Nedbank	2:06:42
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G'masters:

1	Monica Kriel	Hartenbos Drawwers	2:03:38
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10 km

MEN

1	Godwin Heyns	Nedbank	32:28
2	Francios Maquassa	Nedbank	33:25
3	Anderson Ncube	Nedbank	33:56

Veterans:

1	Wouter Frazenburg	Outeniqua Harriers	34:56
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Masters:

1	Patrick Peters	Military Sport Club	40:22
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G'masters:

1	Patric Rawlins	Outeniqua Harriers	43:23
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Juniors:

1	Ricardo Cornelius	Cape Multisport Club Eden	35:06
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WOMEN

1	Karien Visser- Maritz	Ind	47:43
2	Linelle Groenewald	Ind	48:11
3	Danika Kleyn	Ind	48:17

Veterans:

1	Elzette Oosthuizen	Hartenbos Drawwers	48:43
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Masters:

1	Evette Joubert	Cape Multisport Club Eden	1:02:59
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G'masters:

1	Mariet Horn	Knysna Marathon Club	1:00:48
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G/g'masters:

1	Cecilia Swiegers	Nedbank	1:17:10
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Juniors:

1	Sarah Viljoen	Hartenbos Drawwers	52:59
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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

Vodafone Istanbul Half Marathon (4th)

(IAAF Gold Label Road Race)

Istanbul, TUR, 8 April

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

Note: In only his second outing over the distance, 19-year-old Ethiopian Amdework Walelegn set a new Turkish all-comers record of 59:50 for a 17-second win over fellow Ethiopian Asefa Tefera. In third Kaan Kigen Özbilen set a new national record of 1:00:08. In the women's race the first three runners clocked personal bests, with Ababel Yeshaneh scoring the second victory on the day for Ethiopia, followed by her countrywoman Roza Dereje. In fifth the third Ethiopian, Etagegn Woldu, ran a PB by more than two minutes -- Ed.

MEN (gun times)

1. Amdework Walelegn (ETH) 59:50 PB/ACR
2. Asefa Tefera (ETH) 1:00:07 PB
3. Kaan Kigen Özbilen (TUR) 1:00:08 NR
4. Leonard Kipkoech Langat (KEN) 1:00:16
5. Evans Kipkorir Cheruiyot (KEN) 1:00:26
6. Polat Kemboi Arikan (Tur) 1:01:20
7. Hillary Kipchumba (KEN) 1:02:40
8. Aras Kaya (TUR) 1:02:48 PB

WOMEN (gun times)

1. Ababel Yeshaneh (ETH) 1:06:20 PB
2. Roza Dereje (ETH) 1:07:00 PB
3. Diana Chemtai Kipyokei (KEN) 1:07:55 PB
4. Joyce Chepkirui (KEN) 1:09:18
5. Etagegn Woldu (ETH) 1:09:22 PB
6. Zerfie Limeneh (ETH) 1:09:34
7. Peninah Jerop Kandie (KEN) 1:09:44
8. Daisy Jeptoo Kimeli (KEN) 1:11:04
9. Cynthia Chepchirchir Kosgei (KEN) 1:11:15
10. Delvine Relin Meringor (KEN) 1:12:15

Acea Rome Marathon (24th)

Roma, ITA, 8 April

(Distance: 42.195 km; AIMS-certified loop course with start and finish on Via Dei Fori Imperiali)

MEN (gun times)

1. Cosmas Jairus Birech Kipchoge, KEN 2:08:03 PB
2. Ibrahim Abdo Abdi, BRN 2:08:32 PB
3. Paul Kios Kangogo, KEN 2:09:20
4. Motlokoa Clement Nkhabutlane, LES 2:10:32

WOMEN (gun times)

1. Rahma Tusa Chota, ETH 2:23:46 PB
2. Abdulkadir Gosa Dalilia, BRN 2:26:46 PB

3. Alice Jepkemboi Kibor, KEN	2:28:19 PB
4. Sharon Cherop, KEN	2:29:36
5. Jemila Wortesa Shure, ETH	2:32:00

EA7 Emporio Armani Milano City Marathon (18th)

(IAAF Bronze Label Road Race)

Milano, ITA, 8 April

(Distance: 42.195 km)

MEN (gun times)

1. Seifu Abdiwak Tura, ETH	2:09:04	€ 5600 + 4400i
2. Justus Kimutai Kipkosgei, KEN	2:10:00	3200
3. Barnabas Kiptum, KEN	2:10:17	2200
4. Fred Musobo, UGA	2:13:50	1200
5. Camilo Santiago, ESP	2:13:56	800

WOMEN (gun times)

1. Lucy Wangui Kabuu, KEN	2:27:02	€ 5600 + 4400i
2. Vivian Kiplagat Jerono, KEN	2:27:08 PB	3200 + 2600i
3. Sheila Chepkech, KEN	2:29:26	2200
4. Doris Changeiywo, KEN	2:29:50 PB	1200 + 800i
5. Fatna Maraoui (40+), ITA	2:33:18	800 + 1600#
6. Elena Loyo, ESP	2:33:20	600 + 200i
7. Laura Gotti, ITA	2:33:22	400 + 100i + 1200#

i) Earned time bonus

#) Earned Italian citizen prize money

Credit Union Cherry Blossom 10-Mile (46th)

(2018 PRRO Running Circuit Championships)

Washington, USA, 8 April

(Distance: 10 miles; certified loop course with no start/finish separation or net elevation change)

Note: The big winner here was Ethiopia's Buze Diriba, reports *Race Results Weekly*. Not only did she win the women's race in 53:45, but she also won the Professional Road Running Organization's 2018 Championships "Super Bonus" because she has also won at least one PRRO event during the prior season (she actually won two, the 2017 Lilac Bloomsday Run in Spokane, and the 2017 EQT Pittsburgh 10 Miler). Jemal Yimer of Ethiopia won the men's race in 46:17. The top Americans both finished in fifth place, Chris Derrick in the men's race and Diane Nukuri in women's. Nukuri became a USA citizen last year. Also, 2016 Olympic 1500m champion Matthew Centrowitz ran the race as a training run, finishing 30th in 50:39. --Ed.

MEN (gun times)

1. Jemal Yimer, ETH	46:17 PB	\$8000
2. Aweke Ayalew Yimer, BRN	46:22 PB	4000
3. Philip Langat, KEN	46:25	2000
4. James Kibet, KEN	46:36 PB	1500
5. Chris Derrick, Portland, OR	46:53 PB	1000 + 5000a

ALL-WOMEN'S PRO RACE (gun times):

1. Buze Diriba, Albuquerque, NM (ETH)	53:45	\$8000 + 10,000p
2. Hiwot Gebrekidan, ETH	53:48	4000
3. Hiwott Yemer, ETH	53:51 PB	2000

4. Alemitu Hawi, ETH 53:53 PB 1500
 5. Diane Nukuri, Flagstaff, AZ 53:56 PB 1000 + 5000a
 Also:
 Joan Samuelson, 60, Freeport, ME 1:07:45 NR 6064

- a) Earned USA citizen prize money
 p) Earned PRRO Championships "Super Bonus" because she also won a PRRO event during the prior season

Movistar Medio Maratón Madrid (18th)

Madrid, ESP, 8 April

(Distance: 21.1 km; point to point certified course, record eligible [Madrid is at 667 m altitude].)

MEN (gun times)

1. Ezra Kiprotich Sang, KEN 1:02:37 € 1700
 2. El Hassan Oubaddi, MAR 1:03:40 1100
 3. Samwel Kibiwot, KEN 1:03:42 700

WOMEN (gun times)

1. Naomi Jebet, KEN 1:09:56 € 1700
 2. Bizunesh Getachew, ETH 1:10:32 1100
 3. Hawi Magersa, ETH 1:13:07 700
 4. Doreen Chesang, KEN 1:13:25 500
 5. Azucena Diaz, ESP 1:13:31 400 + 1200i
 6. Adawork Sadura, ETH 1:13:46 250

STATS TIME

This week we include a list of the top ten SA women 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. Secondary performances by the top three are also listed.

2018 10 KM: TOP 10 WOMEN

33:21	Glenrose Xaba	31 Dec 94	1	Port Elizabeth	07 Apr
34:09	Nolene Conrad	26 Jul 85	1	Goodwood	03 Mar
34:10	Kesa Molotsane	08 Jan 92	1	Bellville	25 Mar
34:35	Gerda Steyn	03 Mar 90	1	Dubai	26 Jan
34:39	Xaba-2		2	Bellville	25 Mar
34:42	Irvette van Zyl	05 Jul 87	1	Pretoria	20 Jan
34:56	Xaba-3		1	Pretoria	17 Feb
34:59	Lebogang Phalula	09 Dec 83	2	Port Elizabeth	07 Apr
35:06	Ntombesintu Mfunzi	27 Dec 81	3	Port Elizabeth	07 Apr
35:14	Lebo Phalula	09 Dec 83	3	Pretoria	17 Feb
35:16	Cherise Sims	06 Jun 93	4	Port Elizabeth	07 Apr
35:35	Xaba-4		1	Pretoria	25 Feb
35:42	Zintle Xiniwe	23 Oct 86	5	Bellville	25 Mar

THIS MONTH IN HISTORY

114 years ago: 2 April 1904

Charles Hefferon would become famous in 1908 when he won the silver medal in the

marathon at the Olympic Games in London -- the second South African athlete to win an Olympic medal -- but on this day he first wrote his name in the history books when he won the inaugural SA track title over 4 miles in Johannesburg. His time was 22:03.2, and he was to win the title five more times (three of those in Johannesburg). The distance remained at 4 miles until 1938; the next year it changed to 3 miles. In 1909 Hefferon also won the first contest over 10 miles, again in Johannesburg. He never won the SA Marathon, but also won the mile title six years in a row (1904-09).

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	28:40 26:44	Sibabalwe Gladwin Mzazi Leonard Patrick Komon (KEN) 2010	Port Elizabeth	07 Apr
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
21.1 km	41:13 61:26 58:23	Leonard Patrick Komon (KEN) 2010 Stephen Mokoka Zersenay Tadese (ERI) 2010	Valencia	24 Mar
25 km	87:24 81:02A	Lindokuhle Sithole Mhlakwana Nkoshona	Durban Pinetown	21 Mar 28 Jan
30 km	71:18 1:38:53 87:13** 87:13**	Dennis Kipruto Kimetto (KEN) Nkosinathi Madyo Eliud Kipchoge (KEN) 2016 Stanley Biwott (KEN) 2016	Uitenhage	03 Mar
Marathon	2:09:31 2:02:57	Desmond Mokgobu Dennis Kimetto (KEN) 2014	Oita	04 Feb
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	31:37 27:48	Simphiwe Zulu Bernard Lagat (USA) 2015	Durban	15 Apr
15 km	48:11 44:14	Mthandazo Qhina Pierre Levisse (FRA) 1992	Constantia	06 Jan
21.1 km	69:29 61:09	Mthandazo Qhina Haile Gebrselassie (ETH) 2013	Gordon's Bay	14 Apr
25 km	89:07 76:49	Sikhumbuzo Dlamini Martin Mondragon (MEX) 1994	Durban	21 Mar
30 km	1:43:15 1:41:42A	Mzwanele Maphekula Mthandazo Qhina	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	89:45 2:26:31 2:08:38	Mark Kiptoo Kosgei (KEN) 2016 Graham Malinga Kenneth Mungara (KEN) 2016	Pretoria	25 Feb
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:47	Desmond Zibi	Port Elizabeth	07 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:32	John September	Ravensmead	24 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:10	Reginald Ngobese	Johannesburg	15 Apr
	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	2:41:31	Michael Ndlovu	Durban	15 Apr
	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	85:25	Mochamat Kriel	Cape Town	31 Mar
	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		

Great grandmasters (70+)

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		

Juniors

10 km	31:13	Carlo Flink	Athlone	10 Feb
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15 km	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
	49:33	Thembeko Mendu	Constantia	10 Mar
21.1 km	42:17	Ayele Abshiro Biza (ETH) 2008		
	1:17:31	Themba Chauke	Pretoria	27 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	33:21	Glenrose Xaba	Port Elizabeth	07 Apr
	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		

Veterans (40+)

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		

Masters (50+)

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	42:27	Margie Saunders	Port Elizabeth	07 Apr
	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		
<u>Great grandmasters (70+)</u>				
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	1:57:18	Veronica van Niekerk	Gordon's Bay	14 Apr
	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	39:14	Tayla Kavanagh	Durban	15 Apr
	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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