

Distance Running Results

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EDITORIAL

One of South Africa's oldest marathons, the Robor Scaffolding race in Benoni, was won by Edwin Khonkhobe (2:29:17) and Janine Rawlinson (3:13:54) this weekend. The accompanying 50 km went to Malose Mabote (3:13:33) and vet Salome Cooper (3:38:00).

Two South African athletes performed well in the Virgin Money London Marathon, which was held last weekend. Multi-eventer Mari Rabie finished 12th in the mass race in a personal best of 2:56:02, while in the grandmaster category Alan Taylor was fourth in 3:10:15. There were a record 40 180 finishers.

Three other South Africans were among the top finishers in the Oberelbe Marathon and Half Marathon in Dresden on Sunday. Jaco Smith finished second in the marathon in 2:41:38, with Candyce Hall sixth in 3:18:13. Tanya Posthumus-Fox was second in the half marathon in 1:29:21. All three ran the same distances in last weekend's Belgrade event.

The distances for the Bruintjieshoogte races were correctly indicated as 50 km, 25 km and 15 km in the heading last week, but the short race was then incorrectly indicated as being 10 km with its results.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Robor Scaffolding 50 km, Marathon, Half Marathon & 10 km, Benoni
- * Voet of the Wine Route 10 km, Kuils River
- * Pongola Sugar Cane Marathon, PoNgola
- * Nantes Freedom to Run 10 km, Athlone
- * Great Brak 10 km, Great Brak River
- * XC: KZN League meetings, Greytown & Laddsworth

International highlights:

- * UAE Healthy Kidney 10 km, New York, USA
- * HASPA Marathon Hamburg, Hamburg, GER
- * METRO Marathon Düsseldorf, Düsseldorf, GER
- * Rock 'n' Roll Madrid Marathon, Madrid, ESP
- * PZU Cracovia Marathon, Krakow, POL
- * Padova Marathon, Padova, ITA
- * Zürich Marathon, Zürich, SUI

- * Enschede Marathon, Enschede, NED
 - * Yangzhou Jianzhen International Half Marathon, Yangzhou, CHN
 - * Gifu Seiryu Half Marathon, Gifu, JPN
 - * Track: National Relay Championships, Fayetteville, USA
-

ROAD RUNNING

Robor Scaffolding 50 km, Marathon (63rd), Half Marathon & 10 km

Benoni, 29 April

(Distances: 50 km, 42.2 km, 21.1 km & 10 km. Finishers: 50 km -- 395 [down from 466 last year]; marathon -- 772 [down from 913]; half marathon -- 927 [considerably down from 1347]; 10 km -- 895 [down from 1194].)

Note: Renier Grobler finished fourth in the 50 km, but was disqualified for wearing 2017 licence numbers. Mosongo Mokoatsi finished seventh, but was also disqualified. The marathon was called the Golden Reef, Slow-Mag and Bennoni Northerns Marathon at various times in the past. -- Ed.

50 km

MEN

1 Malose Mabote (Rainbow) 3:13:33; 2 Simon Maake (Randburg) 3:19:18; 3 Samuel Molefe (Irene) 3:20:43; 4 Bongani Masale (Lesedi) 3:33:43; 5 Lesedi Stuurman (Klerksdorp) 3:34:34; 6 Luvuyo Silwana (Nedbank) 3:35:53; 7 Patrick Kanyane (Nedbank) 3:36:49; 8 Sipho Sibanyoni (Rockies) 3:39:37; 9 Petros Ngwenya (ARCSA) 3:40:35; 10 Robert Mudau (Rockies) 3:41:43.

Veterans: 1 Samuel Molefe (Irene) 3:20:43. **Masters:** 1 Mark Humphreys (Sunninghill) 4:18:57. **G'masters:** 1 Josias Makoro (Boksburg) 3:59:44.

WOMEN

1 Salome Cooper (Born 2 Run) 3:38:00 (1st vet); 2 Alta Kruger (Krugersdorp) 4:18:05; 3 Julianie Basson (Born 2 Run) 4:18:51; 4 Yvonne Laing (Greenstone) 4:29:04 (1st mast); 5 Chrizzell Roberts (Born 2 Run) 4:33:09.

Veterans: 1 Salome Cooper (Born 2 Run) 3:38:00. **Masters:** 1 Yvonne Laing (Greenstone) 4:29:04. **G'masters:** 1 Val Watson (Runavation) 4:44:56.

Marathon

MEN

1 Edwin Khonkhobe (Entsika) 2:29:17; 2 Benjamin Skhosana (Benoni Harriers) 2:34:42; 3 Sam Bolo (Rockies) 2:37:53 (1st vet); 4 Hector Mahlangu (Carlton) 2:41:13; 5 Ntheleng Mosime (Cool Running) 2:41:28; 6 George Mooi (Gallopers) 2:44:43 (1st mast); 7 Peter Lugisani (Fourways) 2:49:11; 8 Mandla Mtambo (Post Office) 2:51:23; 9 Jeffrey Thipana (Rockies) 2:51:24; 10 Solomon Khumalo (Carlton) 2:51:57.

Veterans: 1 Sam Bolo (Rockies) 2:37:53. **Masters:** 1 George Mooi (Gallopers) 2:44:43. **G'masters:** 1 Zeblon Nxumalo (Honey Lotus) 3:42:20.

WOMEN

1 Janine Rawlinson (Wanderers) 3:13:54; 2 Nandi Zaloumis (Massmart) 3:18:51; 3 Jenni Kruse (Massmart) 3:18:52 (1st vet); 4 Bianca van Zyl (Born 2 Run) 3:23:01; 5 Belinda Marais (Pirates) 3:33:33; 6 Felicity Letcher (Born 2 Run) 3:41:24; 7 Amanda Williams (KPMG) 3:41:55; 8 Desibe Thebapelo (Rand Water) 3:42:43; 9 Caryn Wilson (Run Zone) 3:43:33; 10 Nomasonto Skosana (Awesome) 3:51:46.

Veterans: 1 Jenni Kruse (Massmart) 3:18:52. **Masters:** 1 Maureen Muhlenberg (Born 2 Run) 4:07:19. **G'masters:** 1 Linda Iceley (Old Eds) 4:55:09.

Half marathon

MEN

1 Siyabonga Mabena (Dayveton Hearts) 72:13; 2 Andre Venter (Alberton) 72:17; 3 Nkosi Skosana (Anglo) 73:31.

Veterans: 1 Matthews Musimango (Harmony Striders) 89:45. **Masters:** 1 Darrel Laybourn (Boksburg) 89:53. **G'masters:** 1 Guy Nottingham (FFA) 1:46:50.

WOMEN

1 Makoma Batji (RWFL) 89:47; 2 Bongiwe Simelane (City of Ekurhuleni) 95:53; 3 Claudia Figueira (Jeppe) 97:46.

Veterans: 1 Caroline Koll (Striders) 98:39. **Masters:** 1 Ansa Strydom (Nedbank) 1:50:17. **G'masters:** 1 Jennifer Kingsley (Jeppe) 1:58:05.

10 km

MEN

1 Evans Malepe (Benoni Harriers) 33:49; 2 Siphisihle Hlomuka (Benoni Harriers) 35:23; 3 Tshepo Mahalangu (Benoni Harriers) 35:55.

WOMEN

1 Chante Dixon (KPMG) 40:00; 2 Michaelo Murat (KPMG) 44:18; 3 Anri Oosthuizen (EC Active) 44:30.

Voet of the Wine Route 10 km

Kuils River, 29 April

(Certified out-and-back course with loop at far end. Finishers: 1435 [up from 1043 last year].)

Note: Some more over-racing for juniors Carlo Flink and Thembeke Mendu, as well as vets Mthandazo Qhina and Tendai Mwanengeni, who all ran the Nantes Freedom to Run 10 km two days previously. Others who competed in both races were John September, Johnny Persents, Andrew Cooper, Mochamat Kriel, Nomvuyisi Seti, Busisiwe Matiwane, Obertina Kanyongo, Mariëtte Strauss, Nancy Will, Hilary Rhode, Pixie Sparg, Marlene James and Annatjie Berntzen. -- Ed.

MEN

1. Sibusiso Madikizela (AAC) 31:30
2. Siviwe Nkombi (Ned) 31:54
3. Mthandazo Qhina (Ned) 32:07 (1st vet)

Veterans: 1. Mthandazo Qhina (Ned) 32:07; 2. Tsungai Mwanengeni (ZIM/Gugs) 34:33; 3. Vuyani Sixaso (Gugs) 34:33. **Masters:** 1. John September (Itheke) 36:50; 2. Johnny Persents (Edge) 36:59; 3. Andrew Cooper (Ned) 38:06. **G'masters:** 1. Mochamat Kriel (Ommie) 38:38; 2. Gemjikile Tom (Gugs) 45:02; 3. Michael Crozier (Atlantis) 48:29. **G/g'masters:** 1. Yusuf Gamiendien (Itheke) 60:41; 2. Oelof Crous (Brack) 61:55; 3. Majied Warley (SH) 62:10. **Juniors:** 1. Carlo Flink (Itheke) 33:16; 2. Thembeke Mendu (Gugs) 33:42; 3. Edward Jack (Central) 34:11.

WOMEN

1. Anel Terblanche (KPMG) 37:50
2. Anneline Roffey (Ned) 41:05
3. Nomvuyisi Seti (Langa) 41:45

Veterans: 1. Bulelwa Simae (Ned) 42:02; 2. Busisiwe Matiwane (Ned) 43:22; 3. Ursula Frans (Ned) 44:38. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 42:09; 2. Mariëtte Strauss (Tyger) 44:04; 3. Olga Howard (Ned) 45:41. **G'masters:** 1. Nancy Will (Pine) 49:26; 2. Hilary Rhode (Edge) 51:45; 3. Charmaine Cupido (Ned) 52:18. **G/g'masters:** 1. Pixie Sparg (Celtic) 60:29; 2. Marlene James (Pine) 64:24; 3. Annatjie Berntzen (Good) 82:09. **Juniors:** 1. Emihle Mbinda (VOB) 47:08; 2. Audicious Mwanengeni (Gugs) 49:51; 3. Emihle Ntuthu (VOB) 50:28.

Pongola Sugar Cane Marathon

Pongola, 28 April
(Distance: 42.195 km)

MEN

1. Thulani Duma 2:28:10
2. Mziwenkosi Mjaja 2:29:53
3. Thulani Manana 2:33:32
4. Bongani Msimango 2:36:33
5. Basil Mazibuko 2:38:43
6. Bongani Mdletse 2:43:14
7. Dumisani Dlamini 2:43:28
8. Thandokwakhe Ndlovu 2:50:36
9. Sboniso Madlopha 2:56:07
10. Bhekani Mhlongo 2:57:05

WOMEN

1. Winile Mnisi (SWZ) 3:09:00
2. Sthembiso Mabanga 3:42:57
3. Iris Ndlovu 3:46:00
4. Simoney Coetzee 3:49:20
5. Nondumiso Ndlela 3:55:07
6. Glenda Badenhorst 4:06:01
7. Nonhlanhla Shange 4:16:30
8. Hannelia Benade 4:23:53
9. Claudine Klingenberg 4:28:09
10. Catharina Warren 4:28:14

Nantes Freedom to Run 10 km

Athlone, 27 April
(Finishers: 2243 [down from 2643 last year].)

Note: Very fast times in this race. Although it is a flat course and the weather conditions were ideal, DRR has received reports that the race was badly marshalled and corners were not taped, with the result that many runners cut corners, thus shortening the distance from where the course was measured. 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, gives a figure of -4.99 sec/km (from 27 time comparisons) -- just within the allowable -5 sec/km. But because many runners clearly ran short, the performances in this race will be disregarded for statistical purposes. -- Ed.

MEN

1. Siboniso Soldaka (CPUT) 30:00 (R1200)
2. Nkosiyethu Sotyantya (MSA) 30:08 (R750)
3. Akhona Makila (VOB) 30:12 (R500)

(All age category prize money was the same: R750, R500, R250.)

Veterans: 1. Mthandazo Qhina (Ned) 30:42; 2. Vakalisa Kopolo (Ned) 31:29; 3. Tsungai Mwanengeni (ZIM/Gugs) 32:02. **Masters:** 1. John September (Itheke) 34:57; 2. Johnny Persents (Edge) 35:24; 3. Andrew Cooper (Ned) 36:34. **G'masters:** 1. Mochamat Kriel (Ommie) 36:40; 2. Robert Arnold (Top) 41:30; 3. Yusuf Kara (Itheke) 42:42.

G/g'masters: 1. Jeff Smith (Itheke) 51:20; 2. Joseph Matthews (MS) 53:10; 3. Dave Kennett (VOB) 54:42. **Juniors:** 1. Carlo Flink (Itheke) 30:30; 2. Thembeke Mendu (Gugs) 30:46; 3. Sherwin Jooste (Bott) 31:49.

WOMEN (Same prize money as men)

1. Zintle Xiniwe (KPMG) 35:07
2. Tanith Maxwell (Boxer) 36:02 (1st vet)
3. Nomvuyisi Seti (Langa) 38:31

Veterans: 1. Tanith Maxwell (Boxer) 36:02; 2. Chantel Simpson (Ned) 40:48; 3. Busisiwe Matiwane (Ned) 44:23. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 39:59; 2. Sandra Kohnert (Edge) 40:56; 3. Mariëtte Strauss (Tyger) 41:13. **G'masters:** 1. Nancy Will (Pine) 44:18; 2. Beverley CHarters (VOB) 46:03; 3. Hilary Rhode (Edge) 48:04. **G/g'masters:** 1. Pixie Sparg (Celtic) 54:47; 2. Marlene James (Pine) 59:16; 3. Annatjie Berntzen (Good) 79:31. **Juniors:** 1. Jana le Roux (KPMG) 38:35; 2. Athemba Nqumashe (Bott) 40:51; 3. Laila Abouzaid (Good) 41:57.

Great Brak 10 km

Great Brak River, 21 April
(Finishers: 210)

MEN

1	Lloyd	Bosman	Nedbank	30	30:06
2	Godwin	Heyns	Nedbank	20	31:55
3	Donovan	Jantjies	Nedbank	21	32:14
4	Francois	Maquasa	Nedbank	22	33:38
5	Christian	Lingerveld	Nedbank	19	34:10

WOMEN

1	Andrea	Steyn	Temp	34	40:22
2	Lisl	Grobler	Knysna MC	41	41:53
3	Anastasia	Plaatjies	Nedbank	21	43:00
4	Annatjie	Botes	Nedbank	60	43:12
5	Nerida	Lubbe	Hartenbos Drawwers	42	44:24

CROSS-COUNTRY

KZN League Meeting (2nd)

Greytown, 14 April

MEN (10 km)

1	Nkosinathi	Sibiya	Dundee	36:38
2	Siphesihle	Masondo	Utrecht	36:38
3	Zama	Dlamini	Umvoti	41:03
4	Zipho	Dumakude	Muden	41:43
5	Siyabonga	Ximba	Muden	42:07
6	Xolani	Ngubane	Dundee	43:29
7	Mphakamisen	Mkhize	Greytown	49:59

WOMEN (10 km)

1	Cacisile	Sosibo	Bulwer	42:45
2	Bathobile	Mkhize	Amaqhawe	47:11
3	Thobile	Mkhize	Amaqhawe	41:47
4	Samukelisiwe	Zondi	Muden	57:35

KZN League Meeting (1st)

Laddsworth, 7 April

MEN (10 km)

1	George	Tshabalala	Bethlehem	37:18
2	A.N. Other		Eskom	37:52
3	Phakamani	Ngcobo	Savages	38:55
4	Siphesihle	Khanyile	DUT	39:51
5	Sphamandla	Nzama	Maxed Elite AC	41:51
6	Muziwoxolo	Shezi	Zabalazi	42:45

WOMEN (10 km)

1	Andisiwe	Njunguza	DUT	45:19
2	Shelley	Young	Chiltern	47:56
3	Jodi	Clark	Stella	52:59
4	Zanele	Gumede	DUT	56:58

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**UAE Healthy Kidney 10 km (14th)**

Central Park, New York, USA, 29 April

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

MEN (gun times)

1.	Rhonex Kipruto, 18, adidas (KEN)	27:08	CR/ACR/PB/WL \$10,000 + 30,000*
	[13:39 / 21:45 8 km WB]		
2.	Mathew Kimeli, 20, adidas (KEN)	27:19	7,500
	[13:39 / 21:50 PB]		
3.	Teshome Mekonen, 22, NIKE (ETH)	28:10	5,000 + 600n
	[13:53 / 22:29 PB]		
4.	Fikadu Girma Teferi, 34, WSX (ETH)	28:36	3,000 + 500n
5.	Edwin Soi, 32, NIKE (KEN)	29:07	2,000

*) Course record bonus; previous 27:35, Leonard Patrick Komon (KEN), 2011

n) Earned NYRR member prize money

WOMEN (gun times)

1.	Buze Diriba, 24, adidas (ETH)	32:04	\$10,000
	[16:13 / 25:53]		
2.	Aselefech Mergia, 33, adidas (ETH)	32:06	7,500
	[16:13 / 25:53]		
3.	Monicah Ngige, 24, Unattached (KEN)	32:15	5,000
	[16:13 / 25:53]		
...	7. Lindsey Scherf, 31, Westchester TC (USA)	35:32	250n

n) Earned NYRR member prize money

HASPA Marathon Hamburg (33rd)

Hamburg, GER, 29 April

(Distance: 42.195 km; loop course with no net elevation change and negligible start/finish separation)

MEN (gun times)

1. Solomon Deksisia, ETH	2:06:34
[1:03:04 / 1:03:30]	
2. Tadu Abate, ETH	2:06:54 PB
3. Ayele Abshero, ETH	2:07:19
4. Solomon Kirwa Yego, KEN	2:07:37
5. Stephen Kiprotich, UGA	2:07:57

WOMEN (gun times)

1. Shitaye Eshete, BRN	2:24:51 PB
[1:13:23 / 1:11:28]	
2. Beyene Debele, ETH	2:25:28 PB
3. Mimi Belete, BRN	2:26:06 PB
4. Sylvia Jebiwot Kibet, KEN	2:30:27
5. Kuftu Tahir, ETH	2:34:35

METRO Marathon Düsseldorf (15th)

(German Marathon Championships)

Düsseldorf, GER, 29 April

(Distance: 42.195; multi-loop course with about 1.5 km start/finish separation)

MEN (gun times)

1. Gilbert Yegon, KEN	2:13:55 € 6000
[1:05:51 / 1:08:04]	
2. Richard Kiplimo Mutai, KEN	2:14:08 PB
3. Tom Gröschel, GER	2:15:20 PB (1st NC)

WOMEN (gun times)

1. Volha Mazuronak, BLR	2:25:25 CR* € 8000 [^] + 5000*
[1:13:02 / 1:12:23]	
2. Fabienne Amrhein, GER	2:32:35 PB 3500 (1st NC)
3. Rose Jepchoge Maru, KEN	2:33:55 2500
4. Doroteia Peixoto, POR	2:35:15
5. Fadime Suna Celik, TUR	2:36:21 PB

Rock 'n' Roll Madrid Marathon (41st)

(IAAF Gold Label Road Race)

Madrid, ESP, 22 April

(Distance: 42.195 km; near-loop course at 667 m)

MEN (gun times)

1. Eliud Barngetuny, KEN	2:10:15
2. Kenneth Kiplagat, KEN	2:10:24
3. Alfonse Kibiwott, KEN	2:10:32

WOMEN (gun times)

- | | |
|-------------------------------|---------|
| 1. Valentine Kipketer, KEN | 2:30:40 |
| 2. Diana Chepkemai Sigei, KEN | 2:38:11 |
| 3. Megertu Ifa Geletu, ETH | 2:39:12 |

PZU Cracovia Marathon (17th)

Krakow, POL, 22 April
(Distance: 42.195 km)

MEN (gun times)

- | | |
|------------------------------|---------|
| 1. Birhanu Bekele BERGA, ETH | 2:11:34 |
| 2. Aredo Shifera TAMRU, ETH | 2:12:57 |
| 3. Cosmas Mutai KYEVA, KEN | 2:14:14 |

WOMEN (gun times)

- | | |
|-------------------------------|------------|
| 1. Lilia FISIKOVICI, MDA | 2:31:27 PB |
| 2. Naomi Jepkosgei MAIYO, KEN | 2:34:08 |
| 3. Nina SAVINA, BLR | 2:37:09 |

Padova Marathon (31st)

Padova, ITA, 22 April
(Distance: 42.195 km)

MEN (gun times)

- | | |
|------------------------------|---------|
| 1. Mogos Shumay Solomon, ERI | 2:12:23 |
| 2. Paul Maina, KEN | 2:12:35 |
| 3. Stephen Omiso Arita, KEN | 2:15:49 |
| 4. Robert Ndiwa, KEN | 2:19:35 |
| 5. Luca Parisi, ITA | 2:28:27 |

WOMEN (gun times)

- | | |
|--------------------------------------|-------------|
| 1. Waganesh Mekasha Amare, ETH | 2:29:18 CR* |
| 2. Genet Getaneh Wendimagegnehu, ETH | 2:36:36 |
| 3. Rosaria Console, ITA | 2:37:26 |

Zürich Marathon (16th)

Zürich, SUI, 22 April
(Distance: 42.195 km)

MEN

- | | |
|---------------------------------|---------|
| 1. Charles Munyeki Kiama, KEN | 2:14:08 |
| 2. Patrick Mugur Ereng, KEN | 2:14:44 |
| 3. Bernard Kipkemoi Rotich, KEN | 2:15:44 |

WOMEN

- | | |
|--------------------------------|------------|
| 1. Maude Mathys, SUI | 2:31:17 PB |
| 2. Betty Chepkwony, KEN | 2:38:15 |
| 3. Purity Kangogo Kimetto, KEN | 2:41:45 |

Enschede Marathon (50th)

Enschede, NED, 22 April

(Distance: 42.195 km with no elevation change or start/finish separation)

MEN (gun times)

- | | |
|------------------------------|---------|
| 1. Hicham El Barouki, MAR | 2:26:18 |
| 2. Mohamed Oumaarir, MAR | 2:28:23 |
| 3. Christiaan Bosselaar, NED | 2:28:35 |

WOMEN (gun times)

- | | |
|--------------------------------|---------|
| 1. Kellen Waithira, KEN | 2:34:06 |
| 2. Tsehay Maru, ETH | 2:34:11 |
| 3. Milliam Naktar Ebongon, KEN | 2:34:36 |
| 4. Lineth Chepkurui, KEN | 2:34:57 |

Yangzhou Jianzhen International Half Marathon (13th)

(IAAF Gold Label Road Race/Chinese national half-marathon championships)

Yangzhou, CHN, 22 April

(Distance: 21.1 km; certified point-to-point course)

MEN(gun times)

- | | |
|---------------------------------|---------|
| 1. Mosinet Geremew, ETH | 1:01:31 |
| 2. Abraham Naibei Cheroben, BRN | 1:01:33 |
| 3. Shadrack Korir Kimining, KEN | 1:01:35 |
| 4. Andamlak Belihu, ETH | 1:01:44 |
| 5. Hiskel Tewelde, ERI | 1:01:59 |

WOMEN (gun times)

- | | |
|-------------------------------------|---------|
| 1. Ababel Yeshaneh, ETH | 1:09:06 |
| 2. Joan Chelimo Melly, KEN | 1:09:11 |
| 3. Paskalia Chepkorir Kipkoech, KEN | 1:09:23 |
| 4. Berhane Dibaba, ETH | 1:09:32 |
| 5. Stacy Chepkemboi Ndiwa, KEN | 1:09:48 |
| 6. Perendis Lekapana, KEN | 1:09:53 |

Gifu Seiryu Half Marathon (8th)

(IAAF Gold Label Road Race)

Gifu, JPN, 22 April

(Distance: 21.1 km; AIMS/IAAF certified course)

Note: A mere six days after winning the Boston Marathon, Yuki Kawauchi competed here, finishing 14th. --Ed.

MEN (gun times)

- | | |
|----------------------------|---------|
| 1. Nicholas Kosimbei, KEN | 1:01:12 |
| 2. Alexander Mutiso, KEN | 1:01:24 |
| 3. Moses Kurong, UGA | 1:01:57 |
| 4. James Mwangi, KEN | 1:02:14 |
| 5. Edward Waweru, KEN | 1:02:29 |
| ... 14. Yuki Kawauchi, JPN | 1:04:35 |

WOMEN (gun times)

- | | |
|------------------------|---------|
| 1. Degitu Azmeraw, ETH | 1:09:53 |
| 2. Valary Jemeli, KEN | 1:10:11 |
| 3. Joy Kemuma, KEN | 1:10:47 |

4. Andrea Seccafien, CAN, 1:13:19
5. Sinead Diver, AUS, 1:13:23

OUTDOOR TRACK

National Relay Championships (1st)

Fayetteville, USA, 27-28 April

WOMEN

Distance Medley Relay (28):

1. Michigan 11:07.49
 - 1) Haley Meier, SR
 - 2) Jade Harrison, SO
 - 3) Claire Borchers, SR
 - 4) Jamie Morrissey, SR
2. Arkansas 11:19.84
 - 1) Regan Hime, SR
 - 2) Sydney Hammit, JR
 - 3) Carina Viljoen,SO(RSA)
 - 4) Devin Clark, SO

4x1500m Relay (27):

1. Oklahoma State 17:45.75
 - 1) Ariane Ballner, SO
 - 2) Sinclair Johnson, SO
 - 3) Kaylee Dodd, SR
 - 4) Molly Sughroue, SR
2. Arkansas 17:46.87
 - 1) Regan Hime, SR
 - 2) Maddy Reed, SO
 - 3) Devin Clark, SO
 - 4) Carina Viljoen, SO (RSA)

STATS TIME

The men's performances in last week's Virgin Money London Marathon decreased the average of its top ten performances from 2:04:34 to 2:04:26. The race in the British capital is third on the list of best averages. The top ten races by average are as follows:

1. Berlin 2:03:28
2. Dubai 2:04:13
3. London 2:04:26
4. Chicago 2:04:40
5. Rotterdam 2:04:52
6. Amsterdam 2:05:32
7. Frankfurt 2:05:37
8. Boston (aided course) 2:05:39
9. Tokyo 2:05:52
10. Seoul 2:05:54

THIS MONTH IN HISTORY

52 years ago (exactly): 30 April 1966

The South African Marathon Championships have been run on 30 April a few times. In the period 1962-71 segregated championships for white and black athletes were held (the first "open" championships, where white and black runners competed against one another in the same race, came in 1974). On this day the SA Marathon for blacks was run at the Libanon Mine as part of what was then called the SA Non-white Championships. Clifford Malope took the title in 2:28:53, with Gilbert Maduma second in 2:29:22 and Bennett Makgamathe third in 2:30:27. Malope's time was faster than the 2:33:07 that gave Oelof Vorster the win in the race for whites (in Bloemfontein) and put him in sixth position on the SA performance list for the year. Malope won again four years later.

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	Sibabalwe Gladwin Mzazi	Port Elizabeth	07 Apr
	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	31:37	Simphiwe Zulu	Durban	15 Apr
	27:48	Bernard Lagat (USA) 2015		
15 km	48:11	Mthandazo Qhina	Constantia	06 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	69:29	Mthandazo Qhina	Gordon's Bay	14 Apr
	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	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		
<u>Grandmasters (60+)</u>				
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		
<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	2:09:11A	Hansie Els	Somerset East	21 Apr
	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		

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	2:38:17	Nolene Conrad	Vienna	22 Apr
	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
	1:56:28A	Christine Claasen	Somerset East	21 Apr
	96:58	Colleen de Reuck (USA) 2016		

30 km	2:20:14 1:56:43	Christine Claasen Colleen de Reuck (USA) 2016	Uitenhage	03 Mar
Marathon	3:23:52 2:31:05	Maya Lawrie Tatyana Pozdniakova (UKR) 2005	Pietermaritzburg	25 Feb
100 km	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:27 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	07 Apr
15 km	69:28 61:25	Hanlie van der Westhuizen Kathryn Martin (USA) 2011	Despatch	24 Feb
21.1 km	99:45 84:56	Hanlie van der Westhuizen Bernadine Portenski (NZL) 2010	Port Elizabeth	03 Feb
25 km	2:28:20 2:22:03A 1:50:50	Jenny Scott Sylvia Burton Edie Stevenson (USA) 2011	Durban Pinetown	21 Mar 28 Jan
30 km	2:26:52 2:15:30	Annatjie Botes Kathryn Martin (USA) 2012	Sedgefield	10 Mar
Marathon	3:37:54 3:26:19A 3:12:57	Nancy Will Nancy Will Emmi Luthi (SUI) 2009	Fish Hoek Simon's Town	27 Jan 18 Feb
100 km	9:20:07	Ursula Schmitz (GER) 1999		
<u>Great grandmasters (70+)</u>				
10 km	53:29 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Bellville	25 Mar
15 km	85:25 72:52	Marietha Herbert Jo Klein (NED) 2004	Constantia	10 Mar
21.1 km	1:57:18 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	14 Apr
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	3:36:03 2:58:52A 2:47:08	Liz Jenkerson Veronica van Niekerk Myra Rhodes (USA) 2002	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	4:50:46 4:37:20A 3:35:29	Willemien Smuts Marietha Herbert Helga Miketta (GER) 2013	Sasolburg Simon's Town	03 Feb 18 Feb
100 km	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	39:14 31:29	Tayla Kavanagh Karoline Bjerkeli Grovdal (NOR) 2009	Durban	15 Apr
15 km	59:40 48:33	Simonay Weitsz Mekasha Waganesh Amare (ETH) 2011	Kempton Park	31 Jan
21.1 km	88:34 67:57	Lesego Mpshe Abebu Gelan Adugna (ETH) 2009	Pretoria	24 Mar

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Derrick Chamberlain, SWD Athletics

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za



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