

Distance Running Results

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EDITORIAL

Brilliant running in Rotterdam produced the highlight of the weekend, with Kenyans Duncan Kibet and James Kwambai clocking the equal third fastest marathon times ever, 2:04:27. Kibet won, but both were credited with the same time (see photograph, courtesy of *Race Results Weekly*). Only world record holder Haile Gebrselassie (2:03:59 and 2:04:26) has ever run faster.

Thousands of spectators who packed the finish on the Coolsingel saw a spectacular final 500 meters. Kwambai was the first to enter the broad central Rotterdam main road. He was several metres ahead of Kibet, who came back in the last hundreds of metres, fell back again, but came back again and finally edged Kwambai in the last ten meters. The distance between the two was just a single step; they finished single file.

Behind the twosome two other Kenyans, Abel Kirui (2:05:04) and Patrick Makau (2:06:14), finished third and fourth respectively. For Kirui it was his personal best performance and the fastest ever third place time in history. Makau, making his marathon debut, ran the second fastest debut in history. (See Stats below for the all-time top twenty men after Rotterdam.)

Locally, Ren  Kalmer ran her second race of the year in Sunday's Spar GP Series 10 km in Bellville and although not yet fully fit after illness, scored a comfortable victory in 35:22. Kalmer ran with the pack for the first half of the race and then pulled away over the more difficult second half, before relaxing again towards the end. Kalmer, who concentrated on track last year and competed in the Beijing Olympics 1500 m, said her next major goal is the Commonwealth Games next year.

In the same race Sonja Laxton set her first South African record as a grandmaster, finishing 25th in 41:20. The previous record of 41:54 belonged to Jenny Allebone. Laxton finished ahead of the first master and her time also improved on the 55-59 age group record. Another list leader was set by Michelle Bartman in the veteran division (37:30).

In the Nedbank Matha Series Half Marathon in Middelburg Hendrick Ramaala (63:12), grandmaster Paulus Masilela (86:37), master Erika Swart (93:37) and junior Annida Claassens (94:00) also set list leaders. Sarah Mahlangu took part in this race and then also ran the Slow-Mag Half Marathon the next day.



Two South African runners have had good runs in overseas races. On Sunday Tanith Maxwell won the Kingston Breakfast Run over 8.2 miles in London in 47:00 (equal to about 35:52 for 10 km). Lauren Stewart, now residing in London and training under noted British coach Frank Horwill, was ninth in the Reading Half Marathon on 29 March, running a huge PB of 79:26.

Thanks to the assistance of Adila Erasmus in Bloemfontein another long-running marathon has been added to the list – the Kloppeers Adidas race, which was held for the 29th time this year. Most of the past winners have been included, although there are still a few gaps.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series, Bellville
- * Slow-Mag Marathon & Half Marathon, Benoni
- * Capitol Caterers Midlands Meander Marathon & Half Marathon, Nottingham Road
- * Oasis Crescent Half Marathon & 10 km, Durban
- * Nedbank Matha Series Half Marathon, Middelburg
- * Pinelands 6x6 km Relay, Pinelands
- * Wilderness 10 km, Wilderness
- * Track: South African Student (SASSU) Championships, Stellenbosch; Yellow Pages SA Junior, Youth & Under 23 Championships, Pretoria

International highlights:

- * Fortis Marathon Rotterdam, Rotterdam, NED
 - * Paris Marathon, Paris, FRA
 - * Carlsbad 5000, Carlsbad, USA
 - * Credit Union Cherry Blossom 10-Mile, Washington, USA
 - * Vattenfall Berliner Half Marathon, Berlin, GER
 - * Nike Cursa de Bombers 10 km, Barcelona, ESP
 - * Great Ireland Run, Dublin, IRL
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STATS

WORLD ALL-TIME TOP 20 MARATHON MEN

1	2:03:59	Haile Gebrselassie	ETH	1	Real Berlin	28 Sep 2008
2	2:04:27	Duncan Kibet	KEN	1	Fortis Rotterdam	5 Apr 2009
3	2:04:27	James Kwambai	KEN	2	Fortis Rotterdam	5 Apr 2009
4	2:04:55	Paul Tergat	KEN	1	Real Berlin	28 Sep 2003
5	2:04:56	Sammy Korir	KEN	2	Real Berlin	28 Sep 2003
6	2:05:04	Abel Kirui	KEN	3	Fortis Rotterdam	5 Apr 2009
7	2:05:15	Martin Lel	KEN	1	Flora London	13 Apr 2008
8	2:05:24	Samuel Wanjiru	KEN	2	Flora London	13 Apr 2008
9	2:05:30	Abderrahim Goumri	MAR	3	Flora London	13 Apr 2008
10	2:05:38	Khalid Khannouchi	USA	1	Flora London	14 Apr 2002
11	2:05:47	Vincent Kipruto	KEN	1	Paris	5 Apr 2009
12	2:05:49	William Kipsang	KEN	1	Fortis Rotterdam	13 Apr 2008
13	2:05:50	Evans Rutto	KEN	1	LaSalle Chicago	12 Oct 2003
14	2:06:05	Ronaldo da Costa	BRA	1	Berlin	20 Sep 1998
15	2:06:10	Tsegaye Kebede	ETH	1	Fukuoka	7 Dec 2008
16	2:06:14	Felix Limo	KEN	1	Fortis Rotterdam	4 Apr 2004
17	2:06:14	Patrick Makau	KEN	4	Fortis Rotterdam	5 Apr 2009
18	2:06:15	Titus Munji	KEN	3	Real Berlin	28 Sep 2003
19	2:06:15	Emmanuel Mutai	KEN	4	Flora London	13 Apr 2008

ROAD RUNNING**Spar Grand Prix Series**

Bellville, 5 April

(Distance: 10 km; certified two-leg out-and-back course. Provisional finishers: 4664.)

1. René Kalmer (Mr Pr) 35:22; 2. Ezbé Strydom (Ind) 35:35; 3. Poppy Mlambo (Ned) 35:48; 4. Jenna Challenor (Box) 35:51; 5. Ronél Thomas (AGN) 36:11; 6. Nomvuyisi Seti (Mr Pr) 36:41; 7. Maxine Heine-Wacker (Ned) 37:09 (1st jun); 8. Tshifhiwa Mundalamo (Ned) 37:14; 9. Danielle Adlam (Box) 37:26; 10. Michelle Bartman (Harf Harr) 37:30 (1st vet); 11. Thozama April (Celt) 37:55; 12. Phyllis de Fouw (Ind) 38:17; 13. Simangele Mabuza (Ind) 38:44; 14. Maya Lawrie (Box) 39:27; 15. René Strydom (Rand H) 39:48; 16. Grace de Oliveira (Box) 39:49; 17. Ronél Natrass (Ind) 39:52; 18. Esther Brink (Str) 40:00; 19. Busisiwe Matiwane (Celt) 40:27; 20. Hélène Perold (Dur) 40:31; 21. Kim Ground (Celt) 40:35; 22. Sheryl de Lange (Ad) 40:41; 23. Mariëtte Esterhuyse (Tyg) 40:47; 24. Renée Scott (Ad) 41:09; 25. Sonja Laxton (RAC) 41:20 (1st g'mast); 26. Chantal de Lange (Ad) 41:30; 27. Ursula Frans (Ad) 41:34; 28. Natasha Oosthuizen (Ad) 41:39; 29. Liesl Stoltz (Dur) 41:43; 30. Bulelwa Mtshagi (Celt) 41:45; 31. Asanda Dayamani (Atl) 42:13; 32. Michelle Strydom (Rand) 42:34; 33. Natalie Hanekom (Ind) 42:38; 34. Sandra van Graan (Edg) 42:45; 35. Lorinde Olivier (Str) 42:47; 36. Olga Howard (Celt) 43:23 (1st mast); 37. Glenda Werth (Ned) 43:30; 38. Ayanda Mqhakayi (RCS Gug) 44:09; 39. Marjorie Prins (Ceres) 44:13; 40. Tanya Kapp (VOB) 44:16; 41. Elizabeth de Gouveia (Dur) 44:28; 42. Nancy Will (Pine) 44:39; 43. Sebenzile Tshabalala (Ind) 44:42; 44. Candyce Hall (Hout) 44:47; 45. Marie Louw (Ad) 44:48; 46. Tandi Kitching (Ind) 45:11; 47. Thuliswa Nonkonyana (Ad) 45:18; 48. Huguette van der Merwe (Paarl) 45:26; 49. Tania Welgemoed (Str) 45:27; 50. Bev Charters (VOB) 45:30.

Masters: (40+): 1. Michelle Bartman (Harf Harr) 37:30; 2. Maya Lawrie (Box) 39:27; 3. René Strydom (Rand H) 39:48. **(50+):** 1. Olga Howard (Celt) 43:23; 2. Nancy Will (Pine) 44:39; 3. Bev Charters (VOB) 45:30. **(60+):** 1. Sonja Laxton (RAC) 41:20 (SA rec); 2. Mariëtha Herbert (Bel) 49:13; 3. Pixie Sparg (Celt). **Juniors:** 1. Maxine Heine-Wacker (Ned) 37:09; 2. Asanda Dayamani (Atl) 42:13; 3. Michelle Strydom (Rand) 42:34.

Slow-Mag Marathon (54th) & Half Marathon

Benoni, 5 April

(Distances: 42.195 km & 21.0975 km; oloop courses)

Marathon**MEN**

1 Phillip Phaywago (MP) 2:29:32; 2 Nkopane Seqhobane (LES/GS) 2:31:01; 3 Jabu Mnikathi (MP) 2:31:09; 4 Micheal Msini (Raiders) 2:34:51; 5 Isaac Mahlke (Powerade) 2:38:19.

Veterans: 1 John Makhanya (GCH) 2:44:00; 2 Joseph Morowane (Boksburg) 2:50:35.

Masters: 1 Josias Makoro (Boksburg) 2:58:20. **G'masters:** 1 Gezane Hlugwane (GCH) 3:26:15.

WOMEN

1 Elizabeth Mtombeni (Mohlakeng) 3:10:51; 2 Belinda Waghorn (Nedbank) 3:14:05; 3 Bronwyn Small (Fourways) 3:17:57; 4 Rienett Duvenhage (Boksburg) 3:23:53; 5 Cantale Pholiello (RAC) 3:26:41.

Veterans: 1 Shelly van der Spuy (Boksburg) 3:26:51; 2 Yvonne Laing (Jeppe) 3:28:32.
Masters: 1 Natalie Sanders (Fourways) 3:39:24. **G'masters:** 1 Hazel Quilliam (Roodepoort) 4:18:54.

Half marathon

MEN

1 Tshidiso Bosiu (GS) 65:33; 2 Joseph Mphuthi (Nedbank) 66:35; 3 Jacob Malakoane (GS) 66:51; 4 Jacob Selebalo (Goldfields) 67:13; 5 Jason Spong (Temp) 69:54.

Veterans: 1 Lawrence Chipangaan (Powerade) 74:48; 2 Peter Masia (RAC) 76:05.

Masters: 1 Andre Jansen (GS) 83:56. **G'masters:** 1 Pele Tshinkundalema (Yebo) 98:41.

WOMEN

1 Mankutoane Matlakeng (LES/MP) 84:34; 2 Sarah Mahlangu (MP) 86:53 (1st vet); 3 Michelle Williams (RAC) 88:39.

Veterans: 1 Sarah Mahlangu (MP) 86:53; 2 Gillian Whittal (RAC) 99:24. **Masters:** 1 Elaine Greenblatt (RRR) 1:40:03. **G'masters:** 1 Petra Sadler (RAC) 2:08:45.

Capitol Caterers Midlands Meander Marathon & Half Marathon

Nottingham Road, 5 April

(Distances: 42.195 km & 21.0975 km; loop courses)

Marathon

MEN

1.	Wellington Chidodo	ZIM/Mr Price AC	2:33:18 (R1000)
2.	Kwenza Ngubane	Mr Price AC	2:35:50 (R500)
3.	Sandile Lembethe	Mr Price AC	2:36:38 (R250)

40-49:

1.	Lucas Ntshangase	Pmb City AC	3:18:06 (R250)
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50-59:

1	Joseph Dumakude	Verulam AC	3:21:37 (R250)
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60+:

1.	Bill v d Bosch	PDAC	3:35:30 (R250)
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WOMEN (Same prize money as men)

1.	Debbie Eaton	Coll Harr	3:18:32
2.	Lise Muchna	PDAC	3:33:45 (1 st vet)
3.	Sibongile Ziqubu	Eskom Gijimas	3:35:50

40-49:

1.	Lise Muchna	PDAC	3:33:45
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Half marathon

MEN

1.	Sibonelo Duma	Boxer AC	1:12:40 (R500)
2.	Tsepo Shembe	Boxer AC	1:13:59 (R250)
3.	Eric Govender	Ind	1:17:21 (R100)

40-49:

1.	Tyson Dlamini	Howick AC	1:31:02 (R150)
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50-59:

1.	Les Bernard	Coll Harr	1:46:47 (R150)
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60+:

1.	Jan Landman	PDAC	1:57:07 (R150)
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WOMEN (Same prize money as men)

1.	Alexia Loizou	Tri X	1:33:39
2.	Nonsikelelo Mbambo	RWFL	1:39:55
3.	Pauline Painting	Rand AC	1:40:29

40-49:

1.	Linda Wolhuter	Hilton Harr	1:51:12
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50-59:

1.	Sandy Fismer	Hilton Harr	1:47:52
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60+:

1.	Cynthia Pecks	Hillcrest Vill	2:30:36
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Oasis Crescent Half Marathon & 10 km

Durban, 5 April

(Course configurations unknown)

Half marathon

MEN

1 Professor Mollen MrP 71:42, 2 Myekeni Mnguni Nedbank 1:18:49, 3 Moses Phooko Chat 80:23.

40-49: Garrett Robson Boxer 81:41. **50-59:** Jeremiah Ngwenya Boxer 1:32:54. **60+:** Phoobalan Reddy Chats 1:49:00.

WOMEN

1 Kelly Ryan Ind 1:42:14, 2 Maureen Slack Glen 1:42:28 (1st vet), 3 Tammy Dennill West 1:43:22.

40-49: Maureen Slack Glen 1:42:28, 2 Tammy Dennill West 1:43:20, Jowaine Parrott West 1:56:30. **50-59:** Sheree Kirsten PDAC 1:53:38, 2 Jane Baker DAC 1:57:36, 3 Rene Pienaar QBH 1:59:22. **60+:** Maureen Parry Chilt 2:11:15.

10 km

MEN

1 Jabula Phemba Ned 33:16, 2 Bernard Phalantsene Ned 34:32, 3 Madawo Garikay Boxer 35:00

40-49: Jessy Pather Stone 41:03. **50-59:** Roy Watson PDAC 44:14. **60+:** Sydney Murran Stella 53:31. **Juniors:** 1 Jabula Phemba Ned 33:16, 2 Joseph Mangewangula VAFC 39:57, 3 Cade Pillay VAC 43:07.

WOMEN

1 Janene Carey Boxer 38:44, 2 Bongekile Hlongwane Chatsworth 42:09, 3 Kirstin William UKZN 43:25.

40-49: Nana Sigubudu Boxer 46:55. **50-59:** Karen Bargate Stella 50:26. **60+:** Sadie v Dyk West 1:14:40. **Juniors:** Bongekile Hlongwane Chats 42:09.

Nedbank Matha Series Half Marathon

Middelburg, 4 April

(Distance: 21.0975 km; loop course. Finishers: 454.)

MEN

1. Hendrick Ramaala (Nedbank) 63:12 (R20 000); 2. Norman Dhlomo (Lekoa) 73:32 (R15 000); 3. Wirimayi Juwawo (ZIM) 63:45 (R10 000); 4. Lusapho April (Nedbank) 64:20 (R8000); 5. Elmore Sibanda (ZIM) 64:55 (R6000); 6. Kelvin Pangiso (ZIM/MP) 64:59 (R4000); 7. Pakiso Pedi (Transnet) 65:16 (R3500); 8. Abram Miya (GS) 65:33 (R3000); 9. Jonathan Chinyoka (ZIM/MP) 65:35 (1st jun) (R2500); 10. Xolisa Tyali (Nedbank) 65:35 (R2000); 11. Charles Tjiane (MP) 65:38; 12. Zolani Ntongana (MP) 65:52; 13. Samuel Segoaba (Transnet) 66:13; 14. Lucky Miya (Powerade) 66:25; 15. Enoch Skosana (Nedbank) 66:26; 16. Mandla Maseko (Transnet) 67:07; 17. Motsamai Motone (Transnet) 67:34; 18. Thabang Letsiye (Nedbank) 67:47; 19. Collen Parura (ZIM/Bashewa) 68:14; 20. Paul Manwa (KEN) 68:47.

Veterans: 1 Maxwell Bangani (ZIM/Bashewa) 69:44 (R2000); 2 Sam Molokomme (Bashewa) 72:26 (R1500); 3 Ben Mathibela (Spirit Wind) 72:51 (R1000). **Masters:** 1 Francis Makuka (ZAM/Bashewa) 78:28 (R2000); 2 Jumario Khuzwayo (Nedbank) 79:37 (R1500); 3 Thulani Sibisi (ADT) 80:19 (R1000). **G'masters:** 1 Paulus Masilela (Bashewa) 86:37 (R2000); 2 Daniel Hlongwane (Nedbank) 90:00 (R1500); 3 Johannes Mosehla (Polokwane) 90:21 (R1000). **Juniors:** 1 Jonathan Chinyoka (ZIM/MP) 65:35 (R3000); 2 Freedom Khumalo (SWZ) 71:23 (R2750); 3 Shaun Zuzani (Nedbank) 72:09 (R2500).

WOMEN (Same prize money as men)

1. Sharon Tavengwa (ZIM) 75:54; 2. Mamorallo Tjoka (LES/GS) 76:02; 3. Varaidza Shindi (ZIM/MP) 77:05; 4. Milliam Thole (MAW/Tuks) 77:44; 5. Thabita Tsatsa (ZIM/Boxer) 78:01; 6. Catherine Skosana (Transnet) 79:57; 7. Olivia Chitate (ZIM/Bashewa) 80:07; 8. Mpho Mabuza (Powerade) 80:27; 9. Charné Bosman (MP) 80:50; 10. Chiydeza Chikore (ZIM/MP) 80:50; 11. Moleboheng Mafata (LES/Toy) 83:15; 12. Dimakatso Menong (GS) 83:54; 13. Ndophiwa Mandiwana (Nedbank) 84:32; 14. Sarah Mahlangu (MP) 86:03; 15. Lesley Train (Nedbank) 86:15; 16. Cynthia Sibeko (Eskom Gij) 86:36; 17. Brenda Banda (LES/Toyota) 86:49; 18. Eunice Nhlapo (GS) 89:01; 19. Linah Mhlongo (Anmar BRS) 89:11; 20. Lelanie van Zyl (Nedbank) 92:05.

Veterans: 1 Sarah Mahlangu (MP) 86:03; 2 Lelanie van Zyl (Nedbank) 92:05; 3 Ester Liebenberg (Escom) 1:48:47. **Masters:** 1 Erika Swart (Sasol) 93:37; 2 Francis van Blerk (Nedbank) 97:54; 3 Adri van Jaarsveld (Escom) 1:42:35. **G'masters:** 1 Penny Visser (Breakthru) 1:50:49; 2 Esme Kloppers (Transnet) 2:09:26; 3 Linda Vickers (Sasol) 2:13:39. **Juniors:** 1 Annida Claasens (Anmar-BRS) 94:00; 2 Lawreen Juru (ZIM/Bashewa) 95:28; 3 Nontokozi Dlamini (Nelspruit) 95:40.

Pinelands 6x6 km Relay (55th)

Pinelands, 4 April

(Distance: 6 km; certified loop course)

MEN

1. Celtics 1:52:57; 2. Adidas 1:53:09; 3. VOB A 1:57:24; 4. RCS Guguletu A 1:58:26; 5. Easterns 2:08:52; 6. RCS Guguletu B 2:13:5; 7. Pinelands 2:18:50; 8. Helderberg Harriers 2:23:02; 9. VOB B 2:34:07; 10. Brackenfell A 2:39:57; 11. RCS Guguletu C 2:42:56; 12. WP Cricket Club 2:43:34; 13. MP Titans 2:45:26; 14. Brackenfell B 2:50:25; 15. Eskom Gijimas 2:52:20.

Masters: (40–49): 1. Celtics A 2:10:30; 2. VOB 2:16:37; 3. RCS Guguletu 2:18:42; 4. Celtics B 2:51:58; 5. Pinelands 3:00:48. **(50–59):** 1. Helderberg Harriers 2:37:04; 2. VOB 2:46:45; 3. MP Titans 2:51:23. **Juniors:** 1. Celtics 2:02:13; 2. Helderberg Harriers

2:06:56; 3. Khayelitsha 2:08:20; 4. Zakes 2:10:57; 5. RCS Guguletu 2:11:22. **Schools:** 1. Sinake 2:07:24; 2. Stellenberg HS 2:32:14; 3. Rondebosch BHS 2:45:09. **Companies:** 1. Sportsman's Warehouse 2:01:32; 2. RCS 2:12:11; 3. Patterson & Cooke 2:34:00.

WOMEN

1. VOB A 1:51:19; 2. VOB B 2:02:00; 3. Eerste River 2:04:53; 4. Brackenfell 2:18:32; 5. Eskom Gijimas 2:20:06; 6. Mille Miglia 2:29:08; 7. Topform 2:29:30; 8. Tygerberg/Northlink 2:29:33.

Masters: (40–49): 1. VOB 2:11:04; 2. Topform A 2:29:30; 3. Topform B 2:38:04; 4. Celtics 2:39:07; 5. Mille Miglia 2:57:29. **(50–59):** 1. Pinelands 1:58:31; 2. VOB 2:02:47; 3. Topform A 2:08:45; 4. Topform B 2:54:49. **Juniors:** 1. VOB 1:52:51. **Mixed:** 1. Celtics 2:26:05; 2. RCS Guguletu 2:29:27; 3. VOB A 2:50:27; 4. Tygerberg/Northlink 3:07:33; 5. Orange 3:07:47; 6. MP Titans 3:08:58; 7. Helderberg Harriers 3:11:47; 8. VOB B 3:13:21; 9. WP Cricket Club 3:15:03; 10. Ithiko 3:16:52.

Wilderness 10 km

Wilderness, 28 March
(Loop course)

MEN

1	V	Witbooi	33	Outeniqua Harrierr	34:10
2	V	Marityi	31	Nedbank RC	35:27
3	E	Pieterse	20	Rainbow AC	36:15
4	F	Malgas	18	Knysna MC	36:23
5	J	Mukwaja	29	Hartenbos Drawwers	37:20
6	M	Schlechter	44	Plett Bay AC	37:42
7	R	Tome	19	Sedgefield Striders	37:50
8	G	Fry	22	Rainbow AC	38:23
9	A	Chevalier	43	Nedbank RC	39:47
10	J	Albiton	18	Rainbow AC	40:09

WOMEN

1	L	Grobler	32	Knysna MC	42:45
2	J	Claassen	40	Nedbank RC	46:22
3	M	Strydom	36	Nedbank RC	48:23
4	G	Zaaiman	15	Ind	48:27
5	S	Kruger	26	Outeniqua Harrierr	50:13
6	C	Lemke	33	Knysna MC	50:38
7	J	Chevalier	41	Nedbank RC	51:52
8	E	De Villiers	49	Hartenbos Drawwers	52:57
9	T	Steenkamp	57	Nedbank RC	53:23
10	J	Ngemntu	20	Nedbank RC	55:32

TRACK

South African Student (SASSU) Championships

Stellenbosch, 3 (a) & 4 (b) April

MEN

800 (b): 1. André Olivier (PUK) 1:51.68; 2. Hezekiel Sepeng (PUK) 1:52.48; 3. Lloyd Bosman (PUK) 1:52.51.

1500 (a): 1. Johan Cronjé (UFS) 3:42.28; 2. Mthobisi Baloyi (PUK) 3:42.55; 3. Pharson Magagane (UL) 3:42.64.

3000 s/chase (b): 1. Ruben Ramolefi (UJ) 8:41.91; 2. Edwin Molepo (PUK) 8:51.05; 3. Lukhanyo Mabinza (TUT) 9:10.70.

5000 (b): 1. Boy Soke (UV) 14:47.89; 2. Ruben Ramolefi (UJ) 14:36.68; 3. Isaac Mboyaza (UJ) 14:27.65.

10000 (a): 1. Stephen Makoka (TUT) 28:48.73; 2. Juan van Deventer (UJ) 28:55.37; 3. Sibabalwe Mzazi (VUT) 29:08.51.

Half marathon (b): 1. Juan van Deventer (UJ) 69:02; 2. Lungisa Mdedelwa (W. Sisulu) 69:10; 3. Boy Soke (UV) 69:33.

WOMEN

800 (b): 1. Doné Vermaak (UP) 2:09.02; 2. Roné Reyneke (UV) 2:09.33; 3. Chanelle Anderson (US) 2:09.49.

1500 (a): 1. Ezbé Strydom (PUK) 4:25.0; 2. Malebo Lethoko (NWU) 4:26.0; 3. Abongile Lerotholi (UV) 4:28.1.

3000 s/chase (b): 1. Myrette Filmater (UP) 10:13.44; 2. Nolene Conrad (UJ) 10:25.89; 3. Thandi Malindi (UV) 10:35.10.

5000 (b): 1. Esbe Strydom (PUK) 16:41.43; 2. Nolene Conrad (UJ) 16:44.91; 3. Myrette Filmater (UP) 17:07.36.

Half marathon (b): 1. Danette Smith (US) 86:58; 2. Maryna Swanepoel (UV) 88:02; 3. Thembi Baloyi (TUT) 90:41.

Yellow Pages SA Junior, Youth & Under 23 Championships

Pretoria, 27-28 March

JUNIOR MEN

800: 1 William Motosola 1:49.32; 2 Retlale Mokone 1:49.40; 3 Andrew Roodt 1:50.14; 4 Marnus Koekemoer 1:50.54; 5 Michael du Toit 1:51.23; 6 Werner du Toit 1:51.26; 7 Ryno de Lange 1:53.13; 8 Andrew Leeuw 1:53.95; 9 Rick Hambridge 1:54.75; 10 Henk Beukes 1:55.31; 11 Pieter Wilders 1:56.23; 12 Hannes Naude 1:58.45.

1500: 1 Retlale Mokone 3:49.55; 2 Jerry Matsau 3:49.84; 3 Thoriso Ratsela 3:54.01; 4 Anele Faku 3:57.15; 5 Aubrey Vilakazi 4:00.97; 6 John Thihe 4:01.88; 7 Bongani Mbobosi 4:02.74; 8 Sithembele Fanekho 4:02.81; 9 Goitsemang Rancho 4:12.02; 10 Bheki Nkosi 4:12.17; 11 Thulani Seibeko 4:13.41; 12 Thabiso Leteka 4:20.07.

3000 steeplechase: 1 William Motosola 9:09.48; 2 Sprinkaan Simons 9:32.92; 3 Lucas Bothobutle 9:37.28; 4 Samuel Setleelo 9:41.54; 5 Thabiso Leteka 9:46.47; 6 Ruan Aspering 9:51.31; 7 Marthius Seyebi 10:02.59; 8 Reuben Magengenene 10:06.29; 9 Kotopetsa Mhlanga 10:08.12; 10 Sifiso Mncwango 10:11.47; 11 Kanya Rumbu 12:10.27.

5000: 1 Jobo Khatoane (LES) 14:34.14; 2 Thoriso Ratsela 14:54.72 [SA champion]; 3 Thobane Chagwe 14:55.29; 4 Sithembele Fanekho 15:09.34; 5 Bennet Molale 15:11.91; 6 Bongani Mbobosi 15:19.31; 7 John Thihe 15:34.06; 8 Ramolefi Matsieloa 15:34.06; 9 Anele Faku 15:56.00; 10 Shawn Zuzane 16:04.84; 10 Johannes Molehe 16:04.84; 12 Taedi Khoza 16:17.94; 13 Azwindvhalei Maganndi 16:27.04; 14 Nelson Khene 16:33.09; 15 Sifiso Lugaju 16:46.72; 16 Barry Mbele 16:46.72; 17 Tumiso Segoma 16:59.24; 18 Tshepo Bogacwe 17:00.95; 19 Tebogo Baikgaki 17:52.16; 20 Kaleho Moemisi 18:13.65.

10000: 1 Senzo Nkosi 31:43.22; 2 Thobane Chagwe 32:25.65; 3 Nhlahla Sithole 32:46.58; 4 Valentine Maphisa 33:18.67; 5 Thato Malabatso 33:40.03; 6 Bennet Molale 39:04.99.

JUNIOR WOMEN

800: 1 Caster Semenya 2:02.04; 2 Anuschka Nice 2:06.41; 3 Doné Vermaak 2:10.67; 4 Megan Williams 2:13.00; 5 Anelda Pypers 2:14.82; 6 Natanya Luther 2:15.78; 7 Matshediso Masedi 2:16.92; 8 Adri Meyer 2:18.14; 9 Monique van Rhyn 2:19.09; 10 Lorize

van Wyngaardt 2:20.67; 11 Lorraine Zaaiman 2:23.70; 12 Palesa Madoa 2:27.02; 13 Bonita Botha 2:27.48.

1500: 1 Caster Semenya 4:25.75; 2 Anelda Pypers 4:34.34; 3 Caryln Fischer 4:36.17; 4 Natanya Luther 4:38.62; 5 Elene Lourens 4:46.41; 6 Mari Botha 4:57.72; 7 Lusanda Bomvana 5:00.40; 8 Alta Phiri 5:01.55.

3000: 1 Carlyn Fischer 10:10.48; 2 Lusanda Bomvana 10:27.29; 3 Alta Phiri 10:35.06; 4 Kholiswa Zondwayo 11:36.30; 5 Meriam Moahlodi 11:38.05; 6 Mosetsanagape Leutwetse 12:03.43.

3000 steeplechase: 1 Caroline Marandela 11:38.78; 2 Amokelani Baloyi 11:51.19; 3 Angelique Faasen 11:56.44; 4 Nadri Bester 13:00.43.

5000: 1 Elene Lourens 18:15.42; 2 Nadia Hector 18:47.87; 3 Angelique 19:11.74; 4 Angelique Leitao 19:28.67; 5 Itumeleng Molome 19:29.15; 6 Luanne Meyer 20:33.90; 7 Rika Knoetze 22:25.57.

YOUTH MEN

800: 1 Michael van Aswegen 1:51.52 WYQ; 2 Rynard van Rensburg 1:53.14; 3 Kobus Marais 1:53.74; 4 Hanno van Zyl 1:54.27; 5 Lazarus Masilo 1:56.05; 6 Ferdi Geldenhuys 1:57.71; 7 Johan Barrage 1:58.20; 8 Erhardt Kilowan 2:00.23; 9 Paseka Chisale 2:00.36; 10 Tebogo Khanye 2:00.41; 11 Landseer Botha 2:00.56; 12 Benjamin Molehe 2:05.47.

1500: 1 Siyabonga Derision 3:54.60; 2 Tebogo Khanye 3:55.45; 3 Monwabisi Cele 3:58.52; 4 Olewenthlu Mhlaba 4:03.61; 5 Jeremy Andreas 4:05.26; 6 Andries Mokoma 4:06.94; 7 Johan Barrage 4:07.30; 8 Zweli Mzame 4:09.55; 9 Tebogo Mock 4:22.61.

2000 steeplechase: 1 Olewenthlu Mhlaba 5:53.01; 2 Benjamin Molehe 5:53.40; 3 Zusiphe Mpiyakhe 5:58.72; 4 Donney Danster 6:10.17; 5 Teboho Mock 6:16.29; 6 Sphamandla Nyembe 6:19.55; 7 Zolanie Matshoba 6:21.51; 8 Thabang Sakwana 6:22.10; 9 Armin Botha 6:23.06; 10 Hans Mojahi 6:23.91; 11 Sidwell Mdzanga 6:24.16; 12 Koos Baloyi 6:27.32; 13 Tumelo Mochobo 6:28.28; 14 Mlulami Mabona 6:30.70; 15 Jacob Matlhape 6:33.69; 16 Sandy Londt 6:38.02; 17 Maci Lindokuhle 6:44.59; 18 Thapelo Madiba 6:46.80; 19 Lawrence Nzumbe 6:48.49; 20 Pieter Linde 7:12.97; 21 Kgori Moletse 7:16.49.

3000: 1 Jobo Khatoane (LES) 8:34.01; 2 William Nkosi 8:48.12 [SA champion]; 3 Jeremy Andreas 8:50.18; 4 Tsepo Ramonene (LES) 8:50.67; 5 Armin Botha 8:54.25; 6 Sithembile Dondolo 8:58.24; 7 Sphamandla Nyembe 8:58.26; 8 Zusiphe Mpiyakhe 9:07.44; 9 Thabiso Mateba 9:09.22; 10 Moses Dirane 9:16.68; 11 Siyabonga Derison 9:19.67; 12 Goemeone Uithaler 9:19.72; 13 Adam Morgothu 9:20.48; 14 Donney Danster 9:22.47; 15 Hans Mojahi 9:35.14; 16 Ignatius Davids 9:37.18; 17 Karabo Jacobs 9:39.36; 18 Koos Baloyi 9:44.64; 19 Thabang Mogwera 9:48.88; 20 Thamsanga Zikhali 9:54.97; 21 Tumelo Makabane 9:59.38; 22 Lucky Thato 10:08.04; 23 Nhlakanipho Ntshangase 10:27.86; 24 Thubo Mmekwa 10:30.18; 25 Tebogo Pheto 10:31.26.

YOUTH WOMEN

800: 1 Felicia Mofokeng 2:09.61 WYQ; 2 Masabata Matoane 2:10.29; 3 Happiness Mkhize 2:10.30; 4 Rizani van Aswegen 2:11.26; 5 Annica Coetzee 2:13.26; 6 Marlise Jordaan 2:14.02; 7 Lize Steyn 2:14.04; 8 Lebohang Dlamini 2:15.28; 9 Stella Marais 2:18.24; 10 Danelle Prinsloo 2:18.40; 11 Michel van Zyl 2:19.27; 12 Elaine Smith 2:23.51.

1500: 1 Mapielo Sibanda 4:36.50; 2 Dominique Scott 4:36.63; 3 Felicia Mofokeng 4:36.66; 4 Marinda Nel 4:36.88; 5 Lebohang Dlamini 4:39.03; 6 Bianca van Niekerk 4:39.85; 7 Lucilda Grobler 4:42.74; 8 Sylvia Dibakwane 4:50.17; 9 Doria le Roux 4:59.38; 10 Sylvia Tshetihanyane 4:59.86.

3000: 1 Sylvua Tshetihanyane 9:57.20; 2 Mpho Moeti (LES) 10:00.88; 3 Mapielo Sibanda 1:02.58; 4 Thato Makhafola 10:06.58; 5 Mavis Nkabinde 10:22.81; 6 Riandi Terblanche 10:24.43; 7 Bianca Vermeulen 10:34.24; 8 Chante Venter 0:34.88; 9 Ellen Mynhardt 10:39.81; 10 Mamosedetsi Khagoane (LES) 10:41.49; 11 Caroline Marandela 10:43.02; 12 Avela Nkweba 10:45.07; 13 Aneke Burger 10:51.67; 14 Lorissa Breedts 10:59.58; 15 Baby Mokone 11:10.46; 16 Mbali Mokoena 11:25.51; 17 Ziyanda Sikhafini 11:29.95; 18 Ntseiseng Matela 11:43.66; 19 Tebogo Ngakane 11:45.81; 20 Zinhle Mtshali 11:48.67.

UNDER 23 MEN

800: 1 Lloyd Bosman 1:49.77; 2 Zwelakhe Seboto 1:50.20; 3 Samuel Sepeng 1:51.51; 4 Jan Masenamela 1:52.02; 5 William Nkuna 1:52.36; 6 Johre Botha 1:52.43; 7 Abbey Marulane 1:53.15; 8 Tebogo Mokoatedi 1:53.86; 9 Elias Molemane 1:54.54; 10 Desmond Seneka 1:55.65; 11 Clinton Swanepoel 1:56.83; 12 Hendrick van Staden 2:00.30; 13 Siyabulela Mtsha 2:04.33; 14 Loyiso Nebe 2:04.58.

1500: 1 Enock Manyandi 3:45.90; 2 Pharson Magagane 3:52.02; 3 Marcel Luther 3:52.46; 4 Dean Brummer 3:53.08; 5 Dikotsi Lekopa 3:54.03; 6 Tokelo Putsoenyane 3:54.62; 7 Siyabonga Nkonde 3:58.77; 8 Richard Mokoaledi 4:03.03; 9 Siyabulela Mtsha 4:05.64; 10 Steve Nqola 4:08.68; 11 Clinton Swanepoel 4:12.47; 12 Ntiti Konana 4:13.31; 13 Isaac Rapuleng 4:14.17; 14 Thabiso Lemako 4:14.92; 15 Daniel Mokoma 4:19.41; 16 Elias Molemane 4:23.13.

UNDER 23 WOMEN

800: 1 Roné Renneke 2:12.28; 2 Christelle Barnard 2:16.08; 3 Chanaix Nice 2:18.68.

1500: 1 Chanaix Nice 4:43.63; 2 Melissa Vermaak 4:48.11; 3 Tshego Taukobong 4:49.51; 4 Thembi Baloyi 4:58.24; 5 Reginah Tukwane 5:05.50; 6 Carla Marais 5:08.65.

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

Fortis Marathon Rotterdam (29th)

Rotterdam, NED, 5 April

(Distance: 42.195 km; certified loop course)

MEN (gun times)

1. Duncan Kibet, KEN	2:04:27 CR/NR
2. James Kwambai, KEN	2:04:27 PB
3. Abel Kirui, KEN	2:05:04 PB
4. Patrick Makau, KEN	2:06:14 DB
5. Jackson Kipkoech, KEN	2:08:58
6. Alfred Kering, KEN	2:09:19 PB
7. Mesfin Adimasu, ETH	2:09:32 PB
8. Robert Kipchumba, KEN	2:09:56 DB
9. Richard Limo, KEN	2:10:09
10. Mariko Kipchumba, KEN	2:12:17

Intermediate times for top finishers:

	Kibet	Kwambai	Kirui
5 km	14:41	14:41	14:41 (14:41)
10 km	29:18 (14:37)	29:18 (14:37)	29:16 (14:35)
15 km	44:16 (14:58)	44:15 (14:57)	44:14 (14:58)

20 km 59:05 (14:49) 59:05 (14:50) 59:04 (14:50)
 25 km 1:14:06 (15:01) 1:14:06 (15:01) 1:14:05 (15:01)
 30 km 1:28:51 (14:45) 1:28:51 (14:45) 1:28:49 (14:44)
 35 km 1:43:15 (14:24) 1:43:15 (14:24) 1:43:13 (14:24)
 40 km 1:57:54 (14:39) 1:57:53 (14:38) 1:58:17 (15:04)
 Halves 1:02:35/1:01:52 1:02:36/1:01:51 1:02:34/1:02:30

WOMEN (gun times)

1. Nailya Yulamanova, RUS 2:26:30 PB (1:13:25/1:13:05)
2. Lydia Cheromei, KEN 2:28:09
3. Adriana Pirtea, ROM 2:36:36
4. Sue Harrison, GBR 2:37:27
5. Viktoriya Ryazantseva, NED 2:40:33

Paris Marathon (33rd)

Paris, FRA, 5 April

(Distance: 42.195 km; certified loop course)

MEN (gun times)

1. Vincent Kipruto, KEN 2:05:47 PB/CR 50,000 euros
2. Bazu Worku Hayla, 1990, ETH 2:06:15 DB 30,000
3. David Kiyeng, KEN 2:06:26 PB 20,000
4. Yemana Adhane, ETH 2:06:30 PB 10,000
5. Rachid Kisri, MAR 2:06:48 PB 8,000
6. David Kipkorir Mandago, KEN 2:06:53 PB 5,000
7. Jonathan Kipkorir, KEN 2:07:31 PB 4,000
8. Shadrack Kiplagat, KEN 2:08:11 3,000
9. John Komen, KEN 2:08:12 2,000
10. Daniel Kiprugut Too, KEN 2:08:38 PB 1,000

WOMEN (gun times)

1. Atsede Bayisa, ETH 2:24:42 PB 25,000 euros
2. Aselefech Mergia, ETH 2:25:02 DB 15,000
3. Christelle Daunay, FRA 2:25:53 NR 10,000
4. Ashu Kasim, ETH 2:25:18 DB 5,000
5. Julia Mombi Muraga, KEN 2:29:10 4,000
6. Worknesh Tola, ETH 2:29:19 2,500
7. Leah Malot, KEN 2:30:29 PB 2,000
8. Maria McCambridge, IRL 2:25:29 1,500
9. Azalech Maresha, ETH 2:35:56 1,000
10. Maja Newenschwander, SUI 2:26:48 1,000

Carlsbad 5000 (24th)

Carlsbad, USA, 5 April

(Distance: 5 km; multi-loop certified course)

ELITE MEN (gun times)

1. Bekana Daba, ETH 13:19 \$5000
2. Abreham Cherkos, ETH 13:19 3500
3. Terefe Maregu Zewdie, ETH 13:24 2000
4. Ali Abdosh, ETH 13:25 1000
5. Collis Birmingham, AUS 13:27 800
6. Anthony Famiglietti, USA 13:28 700
- ... 8. Alistair Cragg, IRL 13:36 400

ELITE WOMEN (gun times) -

- | | | |
|-------------------------|-------|--------|
| 1. Aheza Kiros, ETH | 15:38 | \$5000 |
| 2. Shannon Rowbury, USA | 15:41 | 3500 |
| 3. Lara Tamsett, AUS | 15:42 | 2000 |
| 4. Katie McGregor, USA | 15:58 | 1000 |
| 5. Jane Kibii, KEN | 16:04 | 800 |

Credit Union Cherry Blossom 10-Mile (37th)

Washington, USA, 5 April
(Certified loop course)

MEN (gun times)

- | | | |
|----------------------------------|-------|--------|
| 1. Ridouane Harroufi, 27, MAR | 45:56 | \$7500 |
| 2. Feyisa Liesa, 19, ETH | 45:58 | 4000 |
| 3. Silas Sang, 31, KEN | 45:59 | 2000 |
| 4. Karim El Mabchour, 26, MAR | 46:00 | 1500 |
| 5. Stephen Chemlany, 26, KEN | 46:06 | 1000 |
| 6. Cosmas Koech Kimutai, 23, KEN | 46:08 | 900 |
| 7. Philemon Terer, 24, KEN | 46:28 | 800 |
| 8. Samuel Ndereba, 32, KEN | 46:58 | 700 |
| 9. Kiplimo Kimutai, 27, KEN | 47:03 | 600 |
| 10. Lee Troop, 36, AUS | 47:43 | 500 |
| 11. Eric Chirchir, 25, KEN | 47:54 | |

ELITE WOMEN (all-women's race, gun times)

- | | | |
|--------------------------------------|-------|--------|
| 1. Lineth Chepkurui, 21, KEN | 53:32 | \$7500 |
| 2. Zemedkun Gebre Belainesh, 21, ETH | 53:55 | 4000 |
| 3. Teyba Naser, 22, BRN | 53:58 | 2000 |
| 4. Abebu Gelan, 19, ETH | 54:26 | 1500 |
| 5. Catherine Ndereba, 36, KEN | 54:27 | 1000 |
| 6. Olga Romanova, 28, RUS | 54:32 | 900 |
| 7. Sally Meyerhoff, 25, USA | 54:38 | 800 |
| 8. Neriah Asiba, 31, KEN | 54:39 | 700 |
| 9. Aziza Aliyu, ETH | 54:43 | 600 |
| 10. Alevtina Biktimirova, 26, RUS | 54:46 | 500 |
| ... 12. Lidia Simon, 35, ROM | 55:12 | |

Vattenfall Berliner Half Marathon (29th)

Berlin, GER, 5 April
(Distance: 21.1 km; certified one loop course)

Note: Ten of the top eleven men set PBs in this super-quick race. – Ed.

MEN (gun times)

- | | | |
|----------------------------------|---------|---------------|
| 1. Bernard Kipyego, KEN | 59:34 | PB 2500 euros |
| 2. Sammy Kosgei, 1986, KEN | 59:36 | PB 1500 |
| 3. Wilson Kipsang Kiprotich, KEN | 59:38 | 1000 |
| 4. Samuel Gichochi Mwangi, KEN | 59:55 | PB 800 |
| 5. Joseph Kiptoo, KEN | 1:00:13 | PB 600 |
| 6. Wilson Kiprop, KEN | 1:00:34 | PB 500 |
| 7. Peter Kamais, KEN | 1:00:35 | PB 400 |
| 8. Joshat Kamzee, KEN | 1:00:43 | PB 300 |
| 9. Evans Barkokwet, KEN | 1:00:51 | PB 200 |
| 10. Edwin Kimaiyo, KEN | 1:01:04 | PB 100 |

WOMEN (gun times)

1. Sabrina Mockenhaupt, GER	1:08:45	PB 2500 euros
2. Hellen Kimutai, KEN	1:09:27	1500
3. Lydia Njeri, KEN	1:10:08	1000
4. Alice Mogire, KEN	1:12:17	500
5. Selina Chelimo, KEN	1:13:21	400

Nike Cursa de Bombers 10 km (11th)

Barcelona, ESP, 5 April

MEN

1. Josephat Kiprono Menjo, KEN	27:32
2. José Manuel Martínez, 1971, ESP	28:40
3. Peter Bomo, KEN	29:01

WOMEN

1. Makda Harun, ETH	32:39
2. Jessica Augusto, POR	32:53
3. Berkinesh Shiferaw, ETH	33:26

Great Ireland Run

Dublin, IRL, 5 April

(Distance: 10 km, two-loop course)

MEN (gun times)

1. Rui Pedro Silva, POR	28:45
2. Paul Tergat, 1969, KEN	28:46
3. Martin Fagan, IRL	28:47

WOMEN (all-women's race, gun times)

1. Ana Dulce Felix, POR	32:18
2. Mary Cullen, IRL	32:25
3. Jelena Prokopcuka, LAT	32:30
4. Sally Barsosio, KEN	33:04
5. Fernanda Ribeiro, 1969, POR	33:42

NEWS**COMRADES WILL FINISH AT KINGSMEAD**

This year's Comrades Marathon will definitely finish at Sahara Kingsmead Stadium on 24 May. The Comrades Marathon Association (CMA) issued a media release to quell rumours that the clash of dates with the IPL cricket series will result in the ultramarathon being moved to another date and/or another venue.

Following discussions between the CMA, its suppliers, partners, service providers and volunteers, it was determined that the CMA will be able to prepare the finish area within the three-day period as allocated to the race. "This will, however, involve a marathon effort in itself and will rely on the cooperation and support of all parties concerned", according to the CMA statement.

"Suppliers will work 24 hours a day in shifts of 8 hours per team to have the stadium completed by the 24th. This obviously will incur additional costs to the CMA and KZNCU. An agreement has been reached between the CMA and KZNCU relating to the additional expenses. The CMA can therefore confirm that all issues surrounding the use of the Stadium have been resolved."

STATS TIME

With the Old Mutual Two Oceans Marathon being run this weekend, we include the top 10 all-time SA athletes over 50 km for men and women. This standard ultra distance is usually timed officially in the Two Oceans, where the current world records of 2:43:38 and 3:08:39 were set by Thompson Magawana and Frith van der Merwe in 1988 and 1989 respectively (Van der Merwe's was on 25 March).

50 KM: S.A. ALL-TIME TOP 10 MEN & WOMEN

MEN

2:43:38	Thompson Magawana	Cape Town	02 Apr 88
2:44:03A	Josiah Thugwane	Middelburg	23 Apr 05
2:44:45A	Simon Peu	Middelburg	05 Apr 03
2:45:27A	Graham Malinga	Middelburg	24 Apr 04
2:45:41A	Bethuel Netshifhefhe	Pretoria	25 Sep 06
2:46:08A	Ben Choeu	Johannesburg	21 Aug 82
2:46:34A	Willie Farrell	Pretoria	02 Aug 80
2:47:00A	Miltas Tshabalala	Middelburg	23 Apr 94
2:47:04A	Johnny Halberstadt	Pretoria	15 Jul 78
2:47:08A	Jerry Modiga	Centurion	29 Aug 99

WOMEN

3:04:30A	Frith van der Merwe	Pretoria	05 Aug 89
3:16:57	Celeste Swart	Port Elizabeth	17 Feb 01
3:17:31A	Paulina Phaho	Middelburg	24 Apr 04
3:19:43A	Yolande Maclean	Middelburg	24 Apr 04
3:21:01	Monica Drögemöller	Cape Town	02 Apr 88
3:22:39	Riana van Niekerk	Hartbeespoort	17 Mar 07
3:22:50	Helene Joubert	Hartbeespoort	26 Mar 94
3:22:53	Lizanne Holmes	Cape Town	29 Mar 97
3:23:17A	Azwindini Gladys Lukhwareni	Johannesburg	07 Sep 03
3:24:34A	Annette Falkson	Centurion	03 Aug 91

THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

15 years ago: 18 April 1994

On this day Uta Pippig set a course record of 2:21:45 in the Boston Marathon, easily defeating Olympic champion Valentina Yegorova. But all South African eyes were on the woman in third place: Elana Meyer, world record holder for the half marathon, made her long awaited marathon debut and finished in a superb 2:25:15. This has remained the fastest marathon of her career, and also the quickest by a South African woman. Meyer finished another eleven marathons during her career, three of them in Boston.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2009

This section lists the best South African performance this year for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in SA races, 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

Seniors

10 km	28:28	Hendrick Ramaala	Durban	08 Feb
	27:01	Micah Kogo (KEN)		
15 km	27:02*	Haile Gebrselassie (ETH) 2002		
	44:27	Lusapho April	Port Elizabeth	07 Mar
21.1 km	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001		
	63:12	Hendrick Ramaala	Middelburg	04 Apr
	58:52	Patrick Makau (KEN)		
25 km	58:33	Samuel Wanjiru (KEN) 2007		
	80:54	Moses Lepheana	Durban	22 Mar
	83:12a	Eric Sigxashe	Somerset East	14 Mar
30 km	72:45	Paul Kosgei (KEN) 2004		
	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
Marathon	88:00	Takayuki Matsumiya (JPN) 2005		
	2:15:11	Enos Matalane	Durban	08 Feb
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		
	6:13:33	Takahiro Sunada (JPN) 1998		

*) The Association of Road Racing Statisticians (ARRS) recognises Kenyan Sammy Kipketer's 27:18 in 2001 as the world record because of technical irregularities with the Gebrselassie time. A time of 27:01 by Micah Kogo (KEN) in 2009 is pending.

Veterans (40+)

10 km	30:18	Mluleki Nobanda	Durban	08 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:48	Sam Molokomme	Pretoria	17 Jan
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	90:56	Eloi de Oliveira (mast)	Durban	22 Mar
	89:35a	Basie Bonaparte	Somerset East	14 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:25	Lindile Tokota	Sedgefield	21 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	2:27:32	Reginald Ngobese	Durban	08 Feb
Marathon	2:24:22a	Lindile Tokota	Oudtshoorn	28 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:50	Thulani Sibisi	Durban	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:45	Goodman Mpukane	Constantia	07 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	78:25	Johannes Seakamelo	Benoni	25 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	90:56	Eloi de Oliveira	Durban	22 Mar

30 km	1:59:19 2:19:29	Gemjikile Tom Titus Mamabolo (RSA) 1991	Parow	22 Mar
Marathon	2:36:53	Eloi de Oliveira	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	38:25	Albertus Bock	Brackenfell	21 Jan
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	86:37	Paulus Masilela	Middelburg	04 Apr
	84:42a	Tamsanqa Jusayi	Jeffreys Bay	28 Mar
25 km	1:47:48a	Tamsanqa Jusayi	Somerset East	14 Mar
30 km	2:09:10	Albertus Bock	Parow	22 Mar
Marathon	3:02:17	Paulus Masilela	Durban	08 Feb
100 km				

Juniors

10 km	29:56 27:52	Sityhilo Diko Richard Chelimo (KEN) 1990	Durban	08 Feb
15 km	50:27 42:25	Luxolo Mdzanga Moses Mosop (KEN) 2004	Bloubergstrand	03 Jan
21.1 km	71:55 59:16	Shaun Zuzani Samuel Wanjiru (KEN) 2005	Pretoria	17 Jan

WOMENSeniors

10 km	34:08 31:12 30:21	Irvette van Blerk Vivian Cheruiyot (KEN) Paula Radcliffe (GBR) 2003	Durban	08 Feb
15 km	55:18 49:23 46:55	Kim Laxton Sara Moreira (POR) Kayoko Fukushi (JPN) 2006	Eldorado Park	08 Mar
21.1 km	76:08 67:18 66:25	Tanith Maxwell Dire Tune (ETH) Lornah Kiplagat (KEN) 2007	Warsaw	29 Mar
25 km	1:48:56 82:13	Davera Magson Mizuki Noguchi (JPN) 2005	Port Elizabeth	21 Mar
30 km	2:06:39 1:47:01 1:38:49	Joanna Thomas Tomoe Yokoyama (JPN) Mizuki Noguchi (JPN) 2005	Camps Bay	11 Jan
Marathon	2:47:05 2:23:42 2:15:25	Tshifhiwa Mundalamo Yoko Shibui (JPN) Paula Radcliffe (GBR) 2003	Durban	08 Feb
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:30 32:14	Michelle Bartman Priscilla Welch (GBR) 1985	Bellville	05 Apr
15 km	57:58 49:35	Michelle Bartman Priscilla Welch (GBR) 1985	Constantia	07 Mar
21.1 km	80:41 70:32	Zola Pieterse Helena Javornik (SLO) 2007	Myrtle Beach	14 Feb
25 km	1:50:46 1:54:08a	Grace de Oliveira Grizelda Pietersen	Durban Somerset East	22 Mar 14 Mar
30 km	82:13 2:06:39 1:51:37	Mizuki Noguchi (JPN) 2005 Joanna Thomas Mieke Pullen (NED) 2001	Camps Bay	11 Jan

Marathon	2:58:10	Sarah Mahlangu	Durban	08 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:02	Loesje de Beer	Port Elizabeth	21 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
		(and same time in Port Elizabeth on 31 Jan)		
	54:33	Shirley Matson (USA) 1991		
21.1 km	93:37	Erika Swart	Middelburg	04 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:04:06	Suzanne Lavis	Port Elizabeth	21 Mar
30 km	2:18:56	Annatjie Botes	Sedgefield	21 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	41:20	Sonja Laxton	Bellville	05 Apr
15 km	68:48	Sonja Laxton	Eldorado Park	08 Mar
21.1 km	1:41:15	Hester Kotze	Constantia	07 Feb
25 km	2:22:06	Gill Tregenna	Durban	22 Mar
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:28:36	Liz Ruickbie	Durban	08 Feb
100 km				

Juniors

10 km	35:58	Nandipha Dywili	Durban	08 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:35	Nadia Hechter	Krugersdorp	04 Feb
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:34:00	Annida Claassens	Middelburg	04 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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