

Distance Running Results

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EDITORIAL

Samuel Wanjiru and Irinia Mikitenko scored significant wins in the Flora London Marathon on Sunday, Wanjiru in a course record and personal best of 2:05:10 and Mikitenko in 2:22:11 for her second consecutive win in the race. Wanjiru's career average is now 1 second ahead of Haile Gebrselassie – 2:05:56 against 2:05:57, although Geb still leads easily on the average of top three career marathons – 2:04:26 against 2:05:42.

The men's race started in a scorching tempo, with the first 5 km in 14:06 (1:58:59 for the marathon distance!) and the first half in 1:01:35. After that the pace dropped dramatically, until Hendrick Ramaala surged in the 18th mile. In the 19th mile Olympic champion Wanjiru decided it was time to grab control of the race – he clocked 4:37 for that mile. Although Tsegaye Kebede tried hard to match him, he eventually had to accept defeat at the hands of the stronger Kenyan. Kebede finished second in a personal best 2:05:20, and Jaouad Gharib, the Olympic silver medallist, third in 2:05:27, another personal best. Kenya's Emmanuel Mutai (2:06:53) and Ramaala (a heart-warming 2:07:44; his second fastest ever and exactly 4 min faster than in 2008) finished fourth and fifth, respectively. Zersenay Tadese dropped out near 35 km in his debut.

In the women's race Mara Yamauchi set a big personal best in second, clocking 2:23:12 and confirming her status as Britain's second-fastest marathoner of all time behind Paula Radcliffe. Third place went to Russian debutante Liliya Shobukova, who emerged from the second pack to clock 2:24:24. Olympic champion Constantina Dita dropped out.

Tanith Maxwell dropped out of the Möbel Kraft Hamburg Marathon on Sunday after going through halfway in 80:16. The race was won by Spain's Alessandra Aguilar in 2:29:01, while Solomon Tside took the men's title in 2:11:47.

The second runner in the Mangyongdae Prix International Marathon (results in DRR last week) was Namibian Reinholdt Iita (not Lita), who has also run in South Africa in the past.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * John Hattle/Colgate 32 km & 15 km , Boksburg
- * Chatsworth 52 km & 25 km, Durban
- * Kromberg & Schubert 15 km, Port Elizabeth
- * Rola Motor Group Half Marathon & 10 km, Somerset West
- * New Heights Nedbank Outeniqua Marathon & Half Marathon, George to Wilderness

International highlights:

- * Flora London Marathon, London, GBR
 - * Boston Marathon, Hopkinton to Boston, USA
 - * B.A.A. Mile, Boston, USA
 - * Semi-Marathon de Nice, Nice, FRA
 - * Vienna City Marathon, Wien, AUT
 - * Southern Africa Half-marathon Championships, Moroni, Comoro Islands
 - * Track: Meeting Grand Prix IAAF de Dakar, Dakar, SEN; KCC/Athletics Kenya Weekend Meeting #4, Kakamega, KEN; Kansas Relays, Lawrence, USA; Mt. SAC Relays, Walnut, USA
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ROAD RUNNING**John Hattle/Colgate 32 km (30th) & 15 km**

Boksburg, 26 April
(Loop courses)

32 km**MEN**

1 Sipho Ncube (ZIM/MP) 1:43:03; 2 Joseph Mphuthi (Nedbank) 1:43:07; 3 Tshidiso Bosiu (GS) 1:43:53; 4 Andy Khumalo (ADT) 1:43:56; 5 David Checha (GCH) 1:44:41.

Veterans: 1 Tulu Bosara (Temp) 1:53:19; 2 Gethun Wordofa (ETH/ADT) 1:56:34; 3 Theo Rafiri (Carlton) 2:00:11. **Masters:** 1 Almon Zibuse (ADT) 2:08:35; 2 Aubrey Watson (NB) 2:19:09. **G'masters:** 1 Pele Tshinkundalema (Yebo) 2:31:40.

WOMEN

1 Olivia Chitate (ZIM/Bashewa) 2:08:54; 2 Dimakatso Menong (GS) 2:12:24; 3 Rabia Filima (ZIM/MP) 2:12:49; 4 Caroline Koll (MP) 2:17:02; 5 Elizabeth Mtombeni (Mohlakeng) 2:25:20.

Veterans: 1 Louise Oosthuizen (Alberton) 2:37:56; 2 Elsabe Aucamp (Mittal) 2:39:00; 3 Laura Venter (Nedbank) 2:46:17. **Masters:** 1 Ray Bisschoff (Nedbank) 2:39:57; 2 Natalie Saunders (Fourways) 2:46:17. **G'masters:** 1 Penny Visser (Breakthru) 2:59:10.

15 km**MEN**

1 Shadrack Hoff (Bashewa) 46:40; 2 Degene Asafa (ETH/ADT) 46:46; 3 Richard Mavuso (MP) 46:57; 4 Raphael Segodi (GS) 47:15; 5 Jackson Chauke (ADT) 47:16.

Veterans: 1 Sam Molokomme (Bashewa) 51:48; 3 Petrus Tsotetsi (Mittal) 52:19.

Masters: 1 Kosie Botha (Corr) 57:48; 2 Andrew Balleng (Corr) 62:38. **G'masters:** 1 Nicodemus Ngwenya (GS) 70:21.

WOMEN

1 Poppy Mlambo (Nedbank) 56:37; 2 Annah Sepotokele (ADT) 58:53; 3 Prudence Zwane (Bashewa) 59:18; 4 Paulina Phaho (Nedbank) 60:31; 5 Phyllis de Fouw (Temp) 61:00.

Veterans: 1 Ansie de Lange (Mittal) 83:25; 2 Sonja Aucamp (Alberton) 83:26; 3 Lucinda Newby (RAC) 83:58. **Masters:** 1 Pam Hampton (Sunninghill) 73:06; 2 Collen Constandakis (BNAC) 91:18. **G'masters:** 1 Eileen Jones (Old Eds) 84:32.

Chatsworth 52 km & 25 km

Durban, 26 April

(Loop courses)

52 km

MEN

1.	Stephen Muzhingi	ZIM/Form One AC	3:07:45
2.	Vusi Mnyandu	Mr Price AC	3:13:18
3.	Senzo Miya	Mr Price AC	3:13:46

40-49:

1.	Sibusiso Ntuli	Mr Price AC	3:33:44
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50-59:

1	Eloi de Oliveria	Boxer AC	3:28:42
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WOMEN

1.	Sibongile Ziqubu	Escom Gijams	4:23:34
2.	Iris Ndlovu	Boxer AC	4:41:51
3.	Maria Mnthembu	Boxer AC	4:43:22

40-49:

1.	Karen Fischer	West AC	4:54:47
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50-59:

1.	Jane Baker	DAC	5:11:50
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60+:

1.	Alet Engelbrecht	SCS	5:28:52
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25 km

MEN

1.	Collin Makaza	ZIM/Form One AC	1:23:56
2.	Wellington Chidodo	ZIM/Mr Price AC	1:23:58

40-49:

1.	Sibusiso Mbongeni	Nedbank AC	1:34:07
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50-59:

1.	Jeremiah Ngwenya	Boxer AC	1:37:51
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WOMEN

1.	Precious Makaza	Form One AC	1:50:00
2.	Alcien Manake	Form One AC	1:51:00
3.	Monica Noyingana	Nedbank AC	1:51:01

40-49:

1.	Sandy de Beer	SANDF	1:56:00
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50-59:

1.	Jenny Scott	DCS	2:14:00
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60+:

1.	Gill Tregenna	West AC	2:22:00
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Kromberg & Schubert 15 km

Port Elizabeth, 25 April

(Loop course. Finishers: 444.)

Note: This is the sixth double victory of the year for the Ntshiliza couple. – Ed.

MEN

1	George	Ntshiliza	Mr Price PE	29	48:00
2	Khayaletu	Makalima	Mr Price PE	25	48:11
3	Sibusiso	Thu	Mr Price PE	21	49:20
4	Desmond	Zibi (1 st vet)	Mr Price PE	45	49:52
5	Sakhiwo	Ganca (1 st jun)	PEAAC	19	50:03
6	Mila	Pasiya	Nedbank RC	29	50:08
7	Emerson	Kayana	Nedbank RC	35	50:14
8	Alfred	Qogi	Nedbank RC	35	50:28
9	Mzolisi	Makhanda	Nedbank RC	26	50:30
10	Lubabaloo	Mdlungwane	PEAAC	15	50:40
11	Mncedi	Khanti	Nedbank RC	29	50:49
12	Robert	Matthys	Mr Price PE	32	51:04
13	Luvuyo	Matani	VWAC	26	51:13
14	Bulelini	Niwa	PEAAC	23	51:43
15	Melikhaya	Frans	Nedbank RC	17	51:45
16	Mariano	Eesou	Nedbank RC	17	51:48
17	Mzamo	Fokwana	Charlo RR	31	52:29
18	Bedwell	Pikoli	PEAAC	22	52:53
19	Bulelani	Vena	Mr Price PE	29	53:15
20	Zandisile	Mpisane	Mr Price PE	25	53:22

40-44:

1	Welcome	Loliwe	Nedbank RC	44	55:02
2	Vernon	Newfeldt	Willard Batt	43	59:06
3	Patrick	Klaas	Nedbank RC	44	59:58

45-49:

1	Desmond	Zibi	Mr Price PE	45	49:52
2	Neil	De Meillon	New Balance	46	58:39
3	Ian	Patterson	Muirite Strider	45	59:28

50-54:

1	Nelson	Mgubasi	Willard Batt	51	1:01:58
2	Stephen	Klue	Elite AC	50	1:02:17
3	Peter	Van Rensburg	Elite AC	50	1:03:57

55-59:

1	Sizinzo	Kama	Achilles AAA	57	1:00:39
2	Donald	Mancasa	Raleigh AC	55	1:01:42
3	Bruce	Mcewan	Achilles AAA	55	1:05:16

60-64:

1	Percy	Dalton	Achilles AAA	60	1:08:14
2	William	Vorster	PEAAC	62	1:13:05
3	Thembisile	Ntoni	PEAAC	61	1:15:06

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	67	1:00:25
2	Nic	Snyman	PEAAC	65	1:20:17
3	Robin	Clark	Achilles AAA	68	1:30:55

70+:

1	Hilary	Pritchard	Crusaders AC	74	1:39:47
2	Selwyn	Solomon	Crusaders AC	70	1:41:58

Juniors:

1	Sakhiwo	Ganca	PEAAC	19	50:03
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2	Lubabaloo	Mdlungwane	PEAAC	15	50:40
3	Melikhaya	Frans	Nedbank RC	17	51:45

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price PE	27	1:00:00
2	Deliwe	Nyanga	PEAAC	20	1:02:01
3	Zandile	Msinekelwa (1 st jun)	Nedbank RC	18	1:04:02
4	Marisa	Ferraris	Temp	38	1:04:28
5	Priscilla	Dyantyi	Mr Price PE	35	1:05:46
6	Grizelda	Pietersen (1 st vet)	Achilles AAA	40	1:06:33
7	Christine	Claasen	Achilles AAA	44	1:07:56
8	Treloar	Childs	Spar Walmer AC	45	1:08:50
9	Adele	Nel	St Albans CSEP	36	1:09:12
10	Noxolo	Marks	Mr Price PE	23	1:09:28
11	Helga	Mathee	Temp	34	1:09:36
12	Elmarie	Bezuidenhout	Charlo RR	27	1:09:59
13	Lindi	Meyer	Jeffreys Bay	30	1:11:01
14	Claire	Nagel	Elite AC	45	1:11:14
15	Lindie	Barnardo	NMMU AC	24	1:14:03
16	Heidi	Jansen	Achilles AAA	42	1:14:04
17	Paulette	Mcewan	Achilles AAA	44	1:15:08
18	Terray	Newcombe	Nedbank RC	18	1:15:43
19	Gwen	Mgudwa	Nedbank RC	31	1:15:47
20	Cathy	Ives (1 st mast)	Achilles AAA	56	1:15:51

40-44:

1	Grizelda	Pietersen	Achilles AAA	40	1:06:33
2	Christine	Claasen	Achilles AAA	44	1:07:56
3	Heidi	Jansen	Achilles AAA	42	1:14:04

45-49:

1	Treloar	Childs	Spar Walmer AC	45	1:08:50
2	Claire	Nagel	Elite AC	45	1:11:14
3	Julie	Taunton	Crusaders AC	49	1:15:53

50-54:

1	Liz	Austin	Achilles AAA	50	1:21:09
2	Christine	Snyman	VWAC	53	1:24:25
3	Noleen	Norris	Cadbury AC	52	1:31:03

55-59:

1	Cathy	Ives	Achilles AAA	56	1:15:51
2	Maria	Oppel	Crusaders AC	59	1:28:22
3	Carol	Nepgen	Kowie Striders	58	2:09:01

60-64:

1	Retha	Snyman	PEAAC	62	1:21:57
2	Denise	Terblanche	Spar Walmer AC	61	1:39:04
3	Debbie	Oelofse	Legacy AC	62	1:53:29

70+:

1	Dorothy	Hart	PEAAC	71	1:34:31
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Juniors:

1	Zandile	Msinekelwa	Nedbank RC	18	1:04:02
2	Terray	Newcombe	Nedbank RC	18	1:15:43
3	Jana	Hiscock	Spar Walmer AC	18	1:25:55

Rola Motor Group Half Marathon & 10 km

Somerset West, 25 April

(Distances: 21.0975 km & 10 km; lop courses)

Half marathon

MEN

1. Anthony Godongwana (Celt) 69:37; 2. Peter Tsawayo (ZIM/RCS Gug) 70:28; 3. Manfred Samuels (H.Harr) 72:33 (1st jun); 4. Nicholas Rupanga (Celt) 72:54; 5. Sihle Mapukata (Mr Pr) 74:41; 6. Ngwele Sithembele (Ned) 75:16; 7. Anthony Matthee (H.Harr) 75:32; 8. Zolile Bhitane (Ned) 76:07; 9. Bongile Tsiwemda (East) 77:53; 10. Brian Mapeyi (VOB) 78:33 (1st vet); 11. Wanda Roro (Ind) 78:34; 12. Edgar Clark (Ind) 80:47; 13. Andries Swanepoel (Brack) 81:06; 14. Stanley Malange (RCS Gug) 81:38; 15. S. Matanuma (RCS Gug) 84:48; 16. Bulelani Bhebha (RCS Gug) 81:49; 17. John van der Byl (MP Titans) 82:18; 18. Charles Witbooi (VOB) 82:35; 19. Tshmasanga Bholiwa (Khaye) 82:38; 20. Andries Ntsizakalo (Ned) 83:38; 21. Bheka Mseleku (RCS Gug) 83:52; 22. Goodman Mpukane (RCS Gug) 84:03 (1st mast); 23. Aldrin Smit (NB) 84:34; 24. Wian Swanepoel (Brack) 84:34; 25. Desmore Oppel (Dur) 86:14; 26. Lionel Atson (MP Titans) 86:15; 27. Marius Kruger (NB) 87:32; 28. Isak Oliphant (WP Def) 87:47; 29. Sithile Nohaya (Atl) 88:05; 30. Flip Lochner (Str) 88:06.

Masters: (40+): 1. Brian Mapeyi (VOB) 78:33; 2. Andries Ntsizakalo (Ned) 83:38; 3. Bheka Mseleku (RCS Gug) 83:52. **(50+):** 1. Goodman Mpukane (RCS Gug) 84:03; 2. Desmond Frechtas (WP Def) 90:48; 3. Richard Johnson (H.Harr) 91:11. **(60+):** 1. Albertus Bock (Ad) 91:08; 2. Ronnie le Roux (Brack) 99:27; 3. J. Botha (Brack) 116:30. **Juniors:** 1. Manfred Samuels (H.Harr) 72:33; 2. Ngwele Sithembele (Ned) 75:31; 3. Anthony Matthee (H.Harr) 75:32.

WOMEN

1. Nomvuyisi Seti (Mr Pr) 88:24; 2. Bulelwa Mtshagi (Celt) 88:34; 3. Sheryl de Lange (Ad) 91:14 (1st vet); 4. Nolene Kritzingier (Ind) 98:01; 5. Sandra van Graan (Edg) 99:44; 6. Anneke Slabber (Ind) 101:00; 7. L. Heerschap (Ind) 102:45; 8. Nancy Will (Pine) 104:28 (1st mast); 9. Tania Kapp (VOB) 105:40; 10. Wilna Eybers (Ind) 106:47; 11. Veronica van Niekerk (Elg/Grab) 106:47 (1st g'mast); 12. Ronél Steenkamp (Dur) 107:14; 13. Martha Pretorius (Top) 107:26; 14. Jolletta Poynton (Dur) 108:05; 15. Rogete Scheepers (MP Titans) 108:41; 16. Nathalie Cloete (Dur) 108:48; 17. Berdine Grobbelaar (Brack) 108:56; 18. J. Ballantyne (Ind) 109:09; 19. Petra Smit (Elg/Grab) 111:27; 20. Christine Hanekom (Elg/Grab) 111:27.

Masters: (40+): 1. Sheryl de Lange (Ad) 91:14; 2. Sandra van Graan (Edg) 99:44; 3. Jolletta Poynton (Dur) 108:05. **(50+):** 1. Nancy Will (Pine) 104:28; Sonia Smith (Top) 112:40; 3. Cynthia van Wyk (RCS Gug) 113:12. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 106:47; 2. Marlene James (Pine) 136:44.

10 km

MEN

1. Tom Lusaseni (Celt) 31:46; 2. Hein Camphor (Ad) 31:53; 3. Tebello Poni (VOB) 31:54; 4. Luxolo Mdzanga (RCS Gug) 32:47 (1st jun); 5. Vuyolwethu Piyose (Met) 32:57; 6. Patrick Magadla (VOB) 32:58; 7. Akhona Makila (VOB) 33:23; 8. Vuyani Sixaso (VOB) 33:24; 9. Unathi Phezolo (RCS Gug) 33:31; 10. Willy-John Cupido (Ned) 34:07; 11. Fabian Faro (MP Titans) 34:16; 12. Barry-John Pienaar (H.Harr) 34:29; 13. McNeil Hendricks (H.Harr) 34:34; 14. Luthando Diba (Celt) 34:44; 15. Peter Mokotary (Met) 34:54; 16. Vandisa Cisani (RCS Gug) 35:12; 17. Andrew Malgas (Ned) 35:14; 18. Masibilele Gatlatana (Ind) 35:37; 19. John September (Celt) 35:53 (1st vet); 20. Shaun Abrahams (Ad) 35:58; 21. Oscar Coetzee (Ind) 36:28; 22. Ricardo Pietersen (H.Harr) 36:41; 23. Peter Vlok (Ad) 36:43; 24. Alrich Aronson (Ad) 36:50; 25. André Afrika (ER) 37:12; 26. Khanzalani Makasi (Ind) 37:49; 27. C.C. Mosula (WP Def) 37:52; 28. Simphiwe Qokola (Ind) 37:56; 29. Reagan de Klerk (ER) 38:18; 30. Nqea Tshata (H.Harr) 38:23.

Masters: (40+): 1. John September (Celt) 35:53; 2. Gerald Sullivan (Dur) 38:36; 3. Eric Mlonyeni (Ned) 39:40. **(50+):** 1. Awie Veldsman (H.Harr) 39:26; 2. Peter Wrensch (Tyg) 40:07; 3. Sam Kotzé (Ned) 42:11. **(60+):** 1. Blackie Swart (Sw) 43:55; 2. Henry Cleophas (Ned) 46:04; 3. Carl Hendricks (Ned) 47:54. **Juniors:** Luxolo Mdzanga (RCS Gug) 32:47; 2. Akhona Makila (VOB) 33:23; 3. Unathi Phezolo (RCS Gug) 33:31.

WOMEN

1. Anna Amatoku (NAM/Mr Pr/Tr'kei) 36:51; 2. Alae Brand (Ad) 36:52; 3. Thozama April (Celt) 37:01; 4. Ottilie Amwata (NAM/Mr Pr/T'kei) 37:34; 5. Kirsty Weir (Ind) 38:41; 6. Ester Brink (Str) 40:36 (1st vet); 7. Marie Wessels (Ind) 41:53; 8. Mariëtte Esterhuyse (Tyg) 42:31; 9. Yonela Hewu (RCS Gug) 44:41 (1st jun); 10. Amy Abrahams (ER) 46:25; 11. Ayanda Mqhakayi (RCS Gug) 46:46; 12. Rita Toto (RCS Gug) 46:46; 13. Liz Verheyden (Ind) 46:57; 14. Marisa van der Merwe (Ind) 47:41; 15. Charmaine Cupido (Ned) 47:52 (1st mast); 16. T. van Schalen (VOB) 48:06; 17. Pearl Kgolane (WP Def) 48:25; 18. Nontembeko Matwede (Celt) 49:36; 19. C. Noyce (Ind) 49:50; 20. Sunel Visser (Ind) 50:08.

Masters: (40+): 1. Ester Brink (Str) 40:36; 2. Mariëtte Esterhuyse (Tyg) 42:31; 3. Rita Toto (RCS Gug) 46:46. **(50+):** 1. Charmaine Cupido (Ned) 47:52; 2. Kathy Burr (Dur) 51:27; 3. Helen du Plessis (Tyg) 54:39. **(60+):** 1. Pixie Sparg (Celt) 51:57; 2. Charlotte Kettlewell (VOB) 67:59; 3. Wendy Josephs (R/W for L) 68:27. **Juniors:** 1. Yonela Hewu (RCS Gug) 44:41; 2. Amy Abrahams (ER) 46:25; 3. Ayanda Mqhakayi (RCS Gug) 46:46.

New Heights Nedbank Outeniqua Marathon (23rd) & Half Marathon (20th)

George to Wilderness, 25 April

(Distances: 42.195 km & 21.0975 km; point-to-point downhill courses, but hilly and partly on gravel and forest roads. Weather: cool overcast with slight drizzle in the first half; sunny and warmer later. Finishers: marathon – 170; half marathon 237.)

Marathon

MEN

1. Paulus Allart (Mos Har) 2:40:12 (R500), 2. Gurome Gelderbloem (Mos Har) 2:41:03 (R300), 3. Mxolisi Fana (Ned) 2:43:59 (R250), 4. Sydney Landsberg (Ned) 2:45:03 (R100), 5. Joey Klaasen (Ned) 2:45:26 (R75), 6. Mitchill Vermeulen (Spor) 2:49:20, 7. Marlon Mortlock (Knys) 2:53:30, 8. Peter Bennett (WC) 2:53:42, 9. Tshililo Sikhululu (Walmer) 2:58:40, 10. Craig February (Celtics) 3:10:11.

WOMEN (Same prize money as men)

1. Alison Jordaan (OH) 3:22:12, 2. Lisl Grobler (Knys) 3:22:22, 3. Johanna Claassen (Ned) 3:28:19, 4. Kim Sims (VOB) 3:34:06, 5. Svelka Sharp (Sedge) 3:38:11, 6. Kleintjie van Schalkwyk (Hart) 3:44:41, 7. Terene Daniel (Durb) 3:47:48, 8. Jolene Koekemoer (Wingate) 3:51:26, 9. Ad Cole (Knys) 3:53:29, 10. Una Saayman (Hart) 3:55:43.

Half marathon

MEN

1. Vuyo Witbooi (OH) 1:11:08 (R400), 2. Lindile Tokola (Ned) 1:11:14 (1st vet) (R250), 3. Jan Frieslaar (BFW) 1:13:04 (R100), 4. William Jacob (Ind) 1:13:55, 5. Soiespho Didisho (KMC) 1:14:36 (1st jun), 6. Juan Pretorius (Hart) 1:16:19, 7. Roger Dickson (VOB) 1:18:08, 8. Melilihaya Msizi (Knys) 1:18:19, 9. Stanley Joseph (MH) 1:18:27, 10. Wendell McCallum (Knys) 1:19:20, 11. Francois Juries (RB) 1:19:49, 12. Stefan Patten (VOB) 1:21:23, 13. Morsel Roos (Ind) 1:22:23, 14. Frans Malgas (Knys) 1:23:08, 15. Jannie Nieuwenhuys (Ned) 1:23:11, 16. William Ruisch van Dugteren (Atl) 1:23:19, 17. Anton Chevalier (Ned) 1:23:29, 18. Mike O'Donovan (VOB) 1:24:07, 19. Mihan Roos (Knys) 1:24:32, 20. Chris de Villiers (Ind) 1:27:57.

Veterans: 1. Lindile Tokota (Ned) 1:11:14 (R100), 2. Jannie Nieuwenhuys (Ned) 1:23:11 (R50), 3. Anton Chevalier (Ned) 1:23:29, 4. Mike O'Donovan (VOB) 1:24:07, 5. Chris de Villiers (Ind) 1:27:57. **Masters:** 1. Alien Ryninks (HH) 1:34:16 (R100), 2. Cap Badenhorst (Ned) 1:35:17, 3. Ken Des Ungeries (Plett) 1:42:56, 4. Thomas Andries (VOB) 1:44:25, 5. At Schoeman (Ned) 1:45:01. **G'masters:** 1. Peter Truter (VOB) 1:44:58 (R100), 2. Sven Liedberg (Ned) 1:57:42, 3. Mike Hart (VOB) 2:01:33, 4. David Frazer (PEAAC) 2:04:24, 5. Riël Hauman (New Balance) 2:09:14. **Juniors:** 1. Soiespho Didisho (KMC) 1:14:36 (R100), 2. Stanley Joseph (MH) 1:18:27, 3. Frans Malgas (Knys) 1:23:08, 4. Denzil Jaars (Hart) 1:35:13, 5. Hendre Terblanche (Ind) 1:39:58.

WOMEN (Same prize money as men)

1. Lola de Meyer (Ned) 1:32:15, 2. Moyra Sheard (Celtic H) 1:32:21, 3. Kerry Roos (Knys) 1:35:25, 4. Laura Klink (OH) 1:45:51, 5. Nicole Griffith (VOB) 1:45:55, 6. Colette van Eck (FH) 1:46:09 (1st mast), 7. Janine Swanepoel (Kimb) 1:49:06, 8. Janet Adam (HH) 1:49:25, 9. Annemi van Zyl (Celtic H) 1:49:25, 10. Brigitte Bowler (VOB) 1:49:34.

Veterans: 1. Jean Welsh (HH) 1:52:33, 2. Kim van Schalkwyk (Ind) 1:59:59, 3. Jo-Ann van Vuuren (Plett) 1:56:37, 4. Brenda Payne (VOB) 1:57:49, 5. Frances Johnston (WP) 1:58:32. **Masters:** 1. Colette van Eck (FH) 1:46:09, 2. Marianne Doubell (OH) 2:01:14, 3. Christine van der Merwe (OH) 2:01:54, 4. Glyn Williams (Temp) 2:06:19, 5. Heather Davies (Temp) 2:08:18. **G'masters:** 1. Annemarie van Eck (OH) 2:33:27, 2. Liz Attree (Buffs) 2:33:50, 3. Ann MacGregor (Ind) 2:37:52, 4. Georgette Strandvik (VOB) 2:49:16. **Juniors:** 1. Joan-Marie Steenkamp (Ind) 2:39:34.

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

Flora London Marathon (29th)

London, GBR, 26 April

(Distance: 42.195 km, standard course, with 35 m elevation loss [most of it in the third mile] and approximately 7 miles [27%] start/finish separation)

MEN

1. Samuel Wanjiru (KEN), 2:05:10, \$155,000
 2. Tsegay Kebede (ETH), 2:05:20, \$105,000
 3. Jaouad Gharib (MAR), 2:05:27, \$97,500
 4. Emmanuel Mutai (KEN), 2:06:53, \$65,000
 5. Hendrick Ramaala (RSA), 2:07:44, \$35,000
 6. Abderrahim Goumri (MAR), 2:08:25, \$22,500
 7. Yonas Kifle (ERI), 2:08:28, \$20,000
 8. Atsushi Sato (JPN), 2:09:16, \$9000
 9. Meb Keflezighi (USA), 2:09:21, \$8000
 10. Felix Limo (KEN), 2:09:47, \$5000
 11. Dathan Ritzenhein (USA), 2:10:00, \$2500
 12. Tessema Abshiro (ETH), 2:11:18, \$1000
 13. Andi Jones (GBR), 2:15:20
 14. Marty Dent (AUS), 2:15:24
 15. Rafal Wojcik (POL), 2:16:41

WOMEN

1. Irina Mikitenko (GER), 2:22:11, \$80,000
 2. Mara Yamauchi (GBR), 2:23:12, \$45,000

3. Liliya Shobukova (RUS), 2:24:24, \$32,500
4. Svetlana Zakharova (RUS), 2:25:06, \$15,000
5. Berhane Adere (ETH), 2:25:30, \$12,500
6. Inga Abitova (RUS), 2:25:55, \$10,000
7. Catherine Ndereba (KEN), 2:26:22, \$6500
8. Tomo Morimoto (JPN), 2:26:29, \$5500
9. Gete Wami (ETH), 2:26:54, \$4500
10. Lyudmila Petrova, 40, (RUS), 2:27:42, \$2000
11. Yuri Kano (JPN), 2:28:44
12. Zhou Chunxiu (CHN), 2:29:02
13. Kate O'Neill (USA), 2:34:48
14. Mika Okunaga (JPN), 2:35:36
15. Michelle Ross Cope (GBR), 2:36:02

Boston Marathon (113th)

Hopkinton to Boston, USA, 20 April

(Distance: 42.195 km; point-to-point course with 3.1 m/km elevation loss. Finishers:
13 547 men + 9 302 women = 22 849 total)

Note: These are deeper results; early results were included last week. – Ed.

MEN (gun times)

- | | | |
|---|---------|-----------------|
| 1. Deriba Merga, 28, ETH | 2:08:42 | \$150,000 |
| 2. Daniel Rono, 30, KEN | 2:09:32 | 75,000 |
| 3. Ryan Hall, 26, Big Bear Lake, CA | 2:09:40 | 40,000 |
| 4. Tekeste Kebede, 27, ETH | 2:09:49 | 25,000 |
| 5. Robert Kiprono Cheruiyot, 20, KEN | 2:10:06 | 15,000 |
| 6. Gashaw Melese Asfaw, 30, ETH | 2:10:44 | 12,000 |
| 7. Solomon Molla, 22, ETH | 2:12:02 | 9,000 |
| 8. Evans Cheruiyot, 26, KEN | 2:12:45 | 7,400 |
| 9. Stephen Kiogora, 34, KEN | 2:13:00 | 5,700 |
| 10. Timothy Cherigat, 32, KEN | 2:13:04 | 4,200 |
| 11. James Koskei, 40, KEN | 2:14:52 | 2,500 + 10,000m |
| ... 13. Lee Troop, 36, AUS | 2:16:21 | 1,800 |
| 14. Brian Sell, 31, Rochester, MI | 2:16:31 | 1,700 |
| ... 38. Silvio Guerra, 40, Goldon, CO (ECU) | 2:27:50 | 1,000m |

ELITE WOMEN (gun times)

- | | | |
|---|---------|-----------------|
| 1. Salina Kosgei, 32, KEN | 2:32:16 | \$150,000 |
| 2. Dire Tune, 23, ETH | 2:32:17 | 75,000 |
| 3. Kara Goucher, 30, Portland, OR | 2:32:25 | 40,000 |
| 4. Bezunesh Bekele, 26, ETH | 2:33:08 | 25,000 |
| 5. Helena Kirop, 32, KEN | 2:33:24 | 15,000 |
| 6. Lidiya Grigoryeva, 35, RUS | 2:34:20 | 12,000 |
| 7. Atsede Habmatu, 21, ETH | 2:35:34 | 9,000 |
| 8. Colleen De Reuck, 45, Boulder, CO | 2:35:37 | 7,400 + 10,000m |
| 9. Alice Timbilili, 26, KEN | 2:36:25 | 5,700 |
| 10. Alina Ivanova, 40, Tampa, FL (RUS) | 2:36:50 | 4,200 + 5,000m |
| ... 12. Elva Dryer, 37, Gunnison, CO | 2:38:50 | 2,100 |
| 13. Mary Akor, 32, Lomita, CA | 2:41:09 | 1,800 |
| ... 15. Anzhelika Averkova, 40, Miami, FL (UKR) | 2:44:19 | 1,500 + 2,500m |

m) earned masters prize money

B.A.A. Mile (1st)

Boston, USA, 19 April

(Distance: 1 mile; three-loop certified course)

PROFESSIONAL MEN

- | | | |
|-------------------------------|--------|--------|
| 1. Darren Brown, Unattached | 4:11.6 | \$3000 |
| 2. Ian Dobson, adidas | 4:12.1 | 2000 |
| 3. Alistair Cragg, adidas/IRL | 4:12.7 | 1000 |

PROFESSIONAL WOMEN

- | | | |
|-----------------------------------|--------|--------|
| 1. Anna Willard, Nike | 4:38.6 | \$3000 |
| 2. Shalane Flanagan, Nike | 4:40.2 | 2000 |
| 3. Amy Mortimer, Reebok | 4:42.0 | 1000 |
| 4. Marina Muncan, New Balance/SRB | 4:44.7 | 750 |
| 5. Carrie Tollefson, adidas | 4:45.0 | 500 |

Semi-Marathon de Nice (18th)

Nice, FRA, 19 April

(Distance: 21.1 km)

MEN

- | | | |
|--------------------------|----------------|-----------|
| 1. Titus Masai, KEN | 1:00:00 PB/CR* | 3800 euro |
| 2. Nicholas Kiprono, UGA | 1:00:25 PB | 3000 |
| 3. Stephen Kibet, KEN | 1:00:34 PB | 2250 |
| 4. Peter Kurui, KEN | 1:01:07 PB | 1100 |
| 5. Stanley Salil, KEN | 1:01:45 | 750 |

WOMEN

- | | | |
|----------------------|------------|-----------|
| 1. Helah Kiprop, KEN | 1:09:29 PB | 1500 euro |
| 2. Sylvia Kibet, KEN | 1:09:51 PB | 1100 |

Vienna City Marathon (26th)

Wien, AUT, 19 April

(Distance: 42.195 km; start/finish separation of about 5 km with an elevation GAIN of approx. 20 m)

MEN (gun times)

- | | |
|----------------------------|------------|
| 1. Gilbert Kirwa, KEN | 2:08:21 DB |
| 2. Dereje Debele Tulu, ETH | 2:09:08 DB |
| 3. Joseph Maregu, KEN | 2:08:25 DB |

WOMEN

- | | |
|------------------------------|---------------|
| 1. Andrea Mayr, AUT | 2:30:43 DB/NR |
| 2. Derbe Godana Gebissa, ETH | 2:31:31 DB |
| 3. Hayato Zeineba Hasso, ETH | 2:34:01 DB |

Southern Africa Half-marathon Championships

Moroni, Comoro Islands, 12 April

(Distance: 21.1 km)

MEN

1. Coolboy Ngamole, **RSA**, 66:34; 2. Zongamele Dyubeni, **RSA**, 69:06, 3. Xolisa Tyali, **RSA**, 70:51.

WOMEN

1. Poppy Mlambo, **RSA**, 1:20:50; 2. Onkometse Solotate, BOT, 1:26:49; 3. Tina Mekgwe, BOT, 1:39:11.

TRACK**Meeting Grand Prix IAAF de Dakar**

(IAAF Grand Prix)

Dakar, SEN, 18 April

MEN

800:

Race 1 -

1. Geoffrey Rono, KEN	1:49.72
2. Samson Ngoepe, RSA	1:49.80
3. Richard Kiplagat, KEN	1:50.18
4. Dmitrijs Milkevics, LAT	1:50.48
5. Justus Koech, KEN	1:50.48

3000:

1. Deresse Mekonnen, ETH	7:44.68 PB
2. Thomas Longosiwa, KEN	7:45.28
3. Demma Daba, ETH	7:46.72
4. Abraham Chebii, KEN	7:47.67
5. Michael Kipyego, KEN	7:50.03 PB

WOMEN

800:

Race 1 -

1. Ekaterina Kostetskaya, RUS	2:06.00
2. Sonja Roman, SLO	2:06.13
3. Judit Varga, HUN	2:06.23
4. Meskerem Assefa, ETH	2:06.98
5. Irene Jelagat, KEN	2:07.78

KCC/Athletics Kenya Weekend Meeting #4

Kakamega, KEN, 17-18 April

WOMEN:

200:

...

4. Pamela Jelimo	26.6
------------------	------

800:

1. Annete Mwanzi	2:10.5
2. Sheila Chepkirui	2:11.5
3. Rachael Cherubet	2:12.7

1500 (18):

1. Vivian Cheruiyot	4:12.1
2. Margaret Wangare	4:18.4
3. Vicody Chepng'eno	4:22.5

Heats (17):

Heat 1 -

1. Pamela Jelimo 4:19.31

Heat 2 -

Vivian Cheruiyot 4:17.0

Kansas Relays

Lawrence, USA, 15-18 April

MEN

Mile Invitational (18):

1. Alan Webb, Nike 3:58.90
2. Peter Van Der Westhuizen, Team NE Brooks [RSA] 3:59.54 PB
3. Dustin Emrani, Pride Products Corp 4:05.40 PB

Mt. SAC Relays (51st)

Walnut, USA, 16-18 April

WOMEN

5000 (17):

Invitational -

1. Philes Ongori, Hokuren [KEN] 15:23.33
2. Christin Wurth-Thomas, Nike 15:34.17
3. Angela Bizzarri, Illinois 15:37.39 PB
- ... 26. Christine Kalmer, Arkansas [RSA] 16:30.92

3000m s/chase (16):

Invitational -

1. Lindsey Anderson, Nike 9:46.56 WL
2. Irene Kimaiyo, Riadha [KEN] 10:00.12
3. Lennie Waite, Rice [GBR] 10:00.30 PB
- ... 5. Angela Wagner, Unattached [RSA] 10:06.28

NEWS

SPAR GP STANDINGS

The top 21 runners in the Spar Grand Prix standings after the first race in Bellville are as follows:

1	Maxine Heine-Wacker	Nedbank CGA	29
2	Michelle Bartman	Harfield H	26
3	René Kalmer	Mr Price CGA	23
4	Ezbe Strydom	Temp	22
5	Poppy Mlambo	Nedbank CGA	21
6	Jenna Challenor	Boxer	20
7	Ronel Thomas	Nedbank GN	19
8	Nomvuyisi Seti	Mr Price WP	18
9	Tshifhiwa Mundalamo	Nedbank CGA	16
10	Danielle Adlam	Boxer	15
	Sonja Laxton	RAC	15
12	Maya Lawrie	Boxer	14
13	Thozama April	Celtics	13
14	Phyllis de Fouw	Standard Bank	12
	René Strydom	Randburg Harriers	12

16	Simangele Mabuza	Temp	11
17	Grace de Oliveira	Boxer	10
18	Ronel Nattrass	Temp	7
	Esther Brink	Strand	7
20	Busisiwe Matiwane	Celtics	5
	Olga Howard	Celtics	5

STATS TIME

This week we look at some interesting marathon stats after the weekend's Flora London Marathon.

2009 MARATHON: MEN UNDER 2:07

With three runners under 2:06 in the London Marathon, a total of 15 men have now broken 2:07 in 2009 – the highest ever in a single year, even though the year is only four months old. Also, London has surpassed Rotterdam to move into second place on the list of fastest marathons when the average of their ten quickest times is considered. Berlin still leads with an average of 2:05:34, followed by London only 2 seconds behind and Rotterdam with 2:05:56.

The runners under 2:07 for 2009 are:

2:04:27	Duncan Kibet	KEN	1	Rotterdam	5 Apr
2:04:27	James Kwambai	KEN	2	Rotterdam	5 Apr
2:05:04	Abel Kirui	KEN	3	Rotterdam	5 Apr
2:05:10	Samuel Wanjiru	KEN	1	London	26 Apr
2:05:20	Tsegay Kebede	ETH	2	London	26 Apr
2:05:27	Jaouad Gharib	MAR	3	London	26 Apr
2:05:29	Haile Gebrselassie	ETH	1	Dubai	16 Jan
2:05:47	Vincent Kipruto	KEN	1	Paris	5 Apr
2:06:14	Patrick Makau	KEN	4	Rotterdam	5 Apr
2:06:15	Bazu Worku Hayla	ETH	2	Paris	5 Apr
2:06:26	David Kiyeng	KEN	3	Paris	5 Apr
2:06:30	Yemane Adhane	ETH	4	Paris	5 Apr
2:06:48	Rachid Kisri	MAR	5	Paris	5 Apr
2:06:53	David Kipkorir Mandago	KEN	6	Paris	5 Apr
2:06:53	Emmanuel Mutai	KEN	4	London	26 Apr

THIS MONTH IN HISTORY

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

40 years ago: 6 April 1969

Bill Adcocks of Great Britain scored a brilliant victory in the International Classical Marathon, run on the testing original Olympic course from Marathon to Athens, beating a field that included the first four in the Mexico Olympic race (where Adcocks himself was fifth). Adcocks won in 2:11:07.2, the second fastest in the world that year and a performance considered – even today – as one of the most outstanding of all time taking into account the nature of the course. Adcocks beat Kenji Kimihara (JPN) by more than 2 minutes and Olympic champion Mamo Wolde by more than 4 minutes. Adcocks' course record was only broken 35 years later in 2004 when Stefano Baldini won the Olympic Marathon in 2:10:55.

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)		
	27:02*	Haile Gebrselassie (ETH) 2002		
15 km	44:27	Lusapho April	Port Elizabeth	07 Mar
	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	63:12	Hendrick Ramaala	Middelburg	04 Apr
	58:52	Patrick Makau (KEN)		
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	80:54	Moses Lepheana	Durban	22 Mar
	83:12a	Eric Sigxashe	Somers East	14 Mar
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
Marathon	2:07:44	Hendrick Ramaala	London	26 Apr
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km	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.

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

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	Somers 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		
Marathon	2:27:32	Reginald Ngobese	Durban	08 Feb
	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	Gemjikile Tom	Parow	22 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon	2:36:53	Eloi de Oliveira	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	37:58	Albertus Bock	Bellville	18 Apr
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	Sityhilo Diko	Durban	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:03	Sakhiwo Ganca	Port Elizabeth	25 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:55	Shaun Zuzani	Pretoria	17 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENSeniors

10 km	34:08	Irvette van Blerk	Durban	08 Feb
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:18	Kim Laxton	Eldorado Park	08 Mar
	49:23	Sara Moreira (POR)		
	46:55	Kayoko Fukushi (JPN) 2006		
21.1 km	76:08	Tanith Maxwell	Warsaw	29 Mar
	67:18	Dire Tune (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:48:56	Davera Magson	Port Elizabeth	21 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:47:01	Tomoe Yokoyama (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:47:05	Tshifhiwa Mundalamo	Durban	08 Feb
	2:22:11	Irina Mikiitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:30	Michelle Bartman	Bellville	05 Apr
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:58	Michelle Bartman	Constantia	07 Mar

	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:41	Zola Pieterse	Myrtle Beach	14 Feb
	70:32	Helena Javornik (SLO) 2007		
25 km	1:50:46	Grace de Oliveira	Durban	22 Mar
	1:54:08a	Grizelda Pietersen	Somerset East	14 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:51:37	Mieke Pullen (NED) 2001		
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	2:22:00	Gill Tregenna	Durban	26 Apr
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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