

Distance Running Results

Vol. 10, No. 9 – 9 March 2010

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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Publisher: Riël Hauman

EDITORIAL

Highlight of the weekend was the phenomenal 43:50 run by Lusapho April in the Sportsmans Warehouse 15 km in Port Elizabeth. April's time is the fastest by a South African since Shadrack Hoff clocked 43:28 in the Utica Boilermaker 15 km on 13 July 2003, and the fastest on South African soil for more than eleven years – since Gert Thys and Abner Chipu ran 43:25 and 43:36 respectively on 6 February 1999, also in Port Elizabeth.

Hendrick Ramaala failed badly in one of the world's oldest marathons, the Lake Biwa Mainichi race in Otsu. The race was held for the 65th time and Ramaala, who went through the halfway mark in 64:09, finished eleventh in a pedestrian 2:15:29.

South African athletes dominated the Southern Region Cross-country Championships in the Seychelles, winning all four individual races as well as the team competitions. Other countries participating were Angola, Botswana, Lesotho, Mauritius, Mozambique, Zambia and the Seychelles.

In Langebaan Vladimir Kotov improved on his pending Western Province marathon record for masters when he won the Seeff West Coast Marathon in 2:31:13. The course is point to point, so it is not record-eligible. No South African master came close to this time in 2009. Earlier in the week he also set a new WP record in the Men's Health Lighthouse 10 km.

The route for the Algoa Bus Bay Ultra (results in last week's DRR) was not a loop, but out and back. According to correspondent André Pienaar the race started at Pollock Beach and the weather became quite hot after 08:00.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cape Gate Vaal Marathon, Half Marathon & 10 km, Vereeniging
- * Remax Rand Road Warriors Marathon & Half Marathon, Edenvale
- * PC Training Business College Marathon, Half Marathon & 10 km, Verulam
- * Seeff West Coast Marathon & Half Marathon, Langebaan
- * Akasia Marathon, Half Marathon & 10 km, Pretoria
- * Sportsmans Warehouse 15 km, Port Elizabeth
- * Old Mutual Battlefields 5-in-1, Newcastle
- * Men's Health Lighthouse 10 km, Cape Town
- * SWD Marathon Championships, Oudtshoorn
- * Track: Yellow Pages Series Meeting #3, Potchefstroom; WP Masters Championships, Bellville

International highlights:

- * Semi-Marathon de Paris, Paris, FRA
- * Maratón de Barcelona, Barcelona, ESP
- * Media Maratón de Ribarroja del Turia, Ribarroja, ESP
- * Stichting Twintig van Alphen, Alphen aan den Rijn, NED
- * Lake Biwa Mainichi Marathon, Otsu, JPN
- * Southern Region Championships, Mahé, SEY
- * Track: Melbourne Track Classic, Melbourne, AUS

CORRECTION

Gabashane Rakabaele, the first black athlete to win an official Comrades Marathon medal, did not pass away in 2009 as mentioned in the obituary in last week's *Distance Running Results*, but as long ago as 2 November 2003. The information received by DRR made it appear as if he died in 2009, but that was when his grave was tracked down by a Johannesburg journalist, who confirmed his death and the date (which appears on his gravestone). Born on 3 September 1948, Rakabaele was 55 when he died. DRR sincerely regrets this error.

ROAD RUNNING**Cape Gate Vaal Marathon (36th), Half Marathon & 10 km**

Vereeniging, 7 March

(Distances: 42.195 km, 21.0975 km & 10 km; loop courses. Finishers: marathon – 1500; half-marathon – 590; 10 km – 350.)

Note: Six time comparisons in the marathon result in a Race Time Bias (RTB) factor of -16.19 sec/km – more than three times the allowable limit of -5 sec/km. (The RTB formula compares runners' times in a race with what one could expect them to run based on their most recent performances.) There can be little doubt that this course is short. The half-marathon times also look fast, but seven time comparisons give an RTB factor of -2.31 sec/km. The marathon times will therefore not be included in any statistical lists. – Ed.

Marathon

MEN

1 Simon Peu (Bonitas) 2:27:02; 2 Jacob Mazibuko (Cabstrut) 2:27:16 (1st vet); 3 Meck Mothuli (Temp) 2:28:15.

Veterans: 1 Jacob Mazibuko (Cabstrut) 2:27:16; 2 Greg Barnes (Irene) 2:28:20; 3 Tikase Kolote (Berts Bricks) 2:41:15. **Masters:** 1 Marius Carstens (Alberton) 2:57:22.

G'masters: 1 Ken Poole (Jeppe) 3:24:29.

WOMEN

1 Caroline Koll (Mr Price) 2:55:33; 2 Paula Quinsee (Randburg H) 2:56:49; 3 Lesley Train (Nedbank) 3:01:14.

Veterans: 1 Gillian Sieling (Fourways) 3:22:11; 2 Barene Jankovich-Besan (RAC) 3:23:09; 3 Elmarie du Toit (Akasia) 3:27:03. **Masters:** 1 Karin Smith (Striders) 3:35:02.

G'masters: 1 Hazel Quilliam (Roodepoort) 4:24:11.

Half marathon

MEN

1 Michael Mazibuko (Temp) 64:05; 2 Thabo Molefe (Mr Price) 64:06; 3 Peter Muthubi (Nedbank) 64:07.

Veterans: 1 Benson Momanyi (Temp) 72:46; 2 Joseph Tutubala (Nedbank) 74:48; 3 Tony Silva (Fit 2000) 74:54. **Masters:** 1 Gideon Radebe (Sasol) 78:14. **G'masters:** 1 Pele Tshidukamela (Yebo Striders) 94:50.

WOMEN

1 Marelize Retief (Nedbank) 81:28; 2 Matrinta Mota (LES) 82:53; 3 Mankutoane Matlakeng (LES/Mr Price) 84:32.

Veterans: 1 Anne Bourne (Alberton) 97:06; 2 Florence Molawa (Arcelor Mittal) 98:22; 3 Kholiwe Khoza (Kwa-Thema) 1:43:32. **Masters:** 1 Valerie Geldenhuys (Tuks Alumni) 1:52:02. **G'masters:** 1 Elaine Murphy (JHAC) 2:32:00.

10 km

MEN

1 Nesty Mokolokolo (ADT) 31:36; 2 Wiliam Mokwalakwa (Mr Price) 31:54; 3 Daniel Hlongwane (Temp) 32:29.

Veterans: 1 Petrus Tsoetsi (Arcelor Mittal) 35:18. **Masters:** 1 Andre v Noordwyk (Midas) 72:49. **G'masters:** 1 Jan Marais (Randmark) 75:29.

WOMEN

1 Azwindini (Gladys) Lukhwareni (Transnet) 39:26; 2 Mphateng Matlakeng (LES/Mr Price) 40:43; 3 Marietjie Ceronio (Nedbank) 42:25 (1st mast).

Veterans: 1 Ansie le Grange (Arcelor Mittal) 62:55. **Masters:** 1 Marietjie Ceronio (Nedbank) 42:25.

Remax Rand Road Warriors Marathon & Half Marathon

Edenvale, 7 March

(Distances: 42.195 km & 21.0975 km; loop courses – the marathon twice the half-marathon route)

Note: The day after they had finished second in the Akasia 10 km in Pretoria (see results below), both Collin Parura and Irvette van Blerk scored wins in the half marathon here. – Ed.

Marathon

MEN

1 Isaac Mahlake (Nedbank) 2:35:57; 2 Willie Sithole (Yebo Striders) 2:37:12; 3 Josiah Malatje (RAC) 2:39:10; 4 Siyabonge Dingile (Kempton) 2:42:39; 5 Oupa Baloyi (Breathru Midrand) 2:44:06.

Veterans: 1 Arthur Woolridge (BCC) 3:20:14. **Masters:** 1 Josias Makoro (Boksburg) 3:19:36. **G'masters:** 1 Kallie Benecke (Kempton) 3:44:49.

WOMEN

1 Linda Smart (Dainfern) 3:24:13; 2 Silvia Coroto (BCC) 3:24:56; 3 Shelley vd Spuy (Boksburg) 3:26:41; 4 Jaqui Young (Fourways) 3:32:59; 5 Ingrid Pienaar (Dainfern) 3:35:22.

Veterans: 1 Linda Smart (Dainfern) 3:24:13. **Masters:** 1 Miemie Liebenberg (Panorama) 4:10:34. **G'masters:** 1 Penny Visser (Breakthru Midrand) 3:58:30.

Half marathon

MEN

1 Collin Parura (ZIM/Bashewa) 68:56; 2 Johannes Mthimkulu (Nedbank) 70:53; 3 Kgathtso Checha (ADT) 71:26.

Veterans: 1 Elias Mabane (Cabstrut) 77:32. **Masters:** 1 Jerry Rankapule (Nedbank) 81:15. **G'masters:** 1 Neil Coville (Kudis) 1:40:43.

WOMEN

1 Irvette v Blerk (Nedbank) 81:18; 2 Yolande Maclean (Jeppe) 84:54; 3 Michelle Williams (RAC) 89:44.

Veterans: 1 Hillary Campbell (Dainfern) 1:46:21. **Masters:** 1 Natalie Saunders (Fourways) 1:47:47. **G'masters:** 1 Marilyn Moore (Breakthru Midrand) 2:12:10.

PC Training Business College Marathon, Half Marathon & 10 km

Verulam, 7 March

(Distances: 42.195 km, 21.0975 km & 10 km)

Marathon

MEN

| | | | |
|----|-------------------|-------------|---------|
| 1. | Sipho Ngxongo | Form One AC | 2:31:05 |
| 2. | Edwin Manyokole | Mr Price AC | 2:41:59 |
| 3. | Knowledge Mokhele | Mr Price AC | 2:44:10 |

40-49:

| | | | |
|----|---------------|----------|---------|
| 1. | Peter Sehloho | Boxer AC | 2:45:50 |
|----|---------------|----------|---------|

50-59:

| | | | |
|----|------------------|----------|---------|
| 1. | Eloi de Oliviera | Boxer AC | 2:48:05 |
|----|------------------|----------|---------|

60+

| | | | |
|----|----------|------------|---------|
| 1. | Hank Vos | Nedbank AC | 4:12:08 |
|----|----------|------------|---------|

WOMEN

| | | | |
|----|---------------|------------|----------------------------------|
| 1. | Iris Ndlovu | Boxer AC | 3:37:49 |
| 2. | Blanche Moila | Savages AC | 3:46:09 |
| 3. | Lien Botha | Toti AC | 3:50:09 (1 st g'mast) |

40-49:

| | | | |
|----|------------|------------|---------|
| 1. | Zoe Buchan | Savages AC | 4:15:34 |
|----|------------|------------|---------|

50-59:

| | | | |
|----|---------------|------------|---------|
| 1. | Blanche Moila | Savages AC | 3:46:09 |
|----|---------------|------------|---------|

60+:

| | | | |
|----|------------|---------|---------|
| 1. | Lien Botha | Toti AC | 3:50:09 |
|----|------------|---------|---------|

Half marathon

MEN

| | | | |
|----|-----------------|-------------|-------|
| 1. | Hendrick Mncadu | Mr Price AC | 74:35 |
| 2. | Nkinka Khanyisa | Stella AC | 75:09 |
| 3. | Amos Mfuduko | Clermont AC | 75:59 |

40-49:

| | | | |
|----|-----------|--------------|-------|
| 1. | Q. Themba | Tongaat P AC | 83:01 |
|----|-----------|--------------|-------|

50-59:

| | | | |
|----|----------------|----------|--------|
| 1. | Peter Shadwell | Boxer AC | 106:01 |
|----|----------------|----------|--------|

60+

| | | | |
|----|-------------|------------|---------|
| 1. | Ted Liddett | Stella A c | 2:02:40 |
|----|-------------|------------|---------|

WOMEN

| | | | |
|----|-------------------|----------------|-------|
| 1. | Janene Carey | Boxer AC | 89:40 |
| 2. | Grace De Oliviera | Boxer AC | 92:40 |
| 3. | Maureen Slack | Gleenwood Harr | 96:49 |

40-49:

| | | | |
|----|-------------------|----------|-------|
| 1. | Grace de Oliviera | Boxer AC | 92:40 |
|----|-------------------|----------|-------|

50-59:

| | | | |
|----|----------------|---------|--------|
| 1. | Elize Cilliers | Savages | 120:01 |
|----|----------------|---------|--------|

60+:

| | | | |
|----|---------------|---------|--------|
| 1. | Gill Tregenna | West AC | 120:48 |
|----|---------------|---------|--------|

10 km

MEN

| | | | |
|----|---------------------|-------------|-------|
| 1. | Njambo Phenvu | Clermont AC | 33:05 |
| 2. | Bernard Phlatsane | Nedbank AC | 33:17 |
| 3. | Victor Ngubegalanga | Nedbank AC | 34:04 |

WOMEN

| | | | |
|----|-------------------|------------|-------|
| 1. | Monica Noyingane | Nedbank AC | 47:02 |
| 2. | Khetiwe Gumede | Ind | 51:19 |
| 3. | Thandile Lusasini | Ind | 52:14 |

Seeff West Coast Marathon & Half Marathon

Langebaan, 6 March

(Distances: 42.195 km & 21.0975 km; the marathon point to point and the half marathon out and back)

Note: Nomvuyisi Seti finished 18th overall in the half marathon. – Ed.

Marathon

MEN

| | | | | |
|----|---------------|-----------|--------------------------------|---------|
| 1 | Vladimir | Kotov | BLR/Century City AC | 2:31:13 |
| 2 | Samson | Gulubela | Atlantic AC | 2:34:32 |
| 3 | Thembelani | Zola | Mr Price WP | 2:40:18 |
| 4 | Clifford | Drury | Mr Price WP | 2:40:32 |
| 5 | Jimmy | Drury | Mr Price WP | 2:45:08 |
| 6 | Byron | Februarie | Wellington AC | 2:46:33 |
| 7 | Dawid | Visser | Mr Price WP | 2:47:23 |
| 8 | Dawid | Andrews | Spoornet SWD | 2:54:13 |
| 9 | Peter | Bennett | West Coast AC | 2:54:42 |
| 10 | Mark | Kalis | Celtic Harriers | 2:54:53 |
| 11 | Kosie | Botha | Correctional Services AC - Bol | 2:55:21 |
| 12 | Andre Joubert | Calitz | Ind | 2:55:35 |
| 13 | Abraham | Afrika | Swartland AC | 2:55:56 |
| 14 | Gcobani Moses | Ngqola | Adidas AC | 2:57:04 |
| 15 | Alwyn | Maass | Namaqua AC | 2:57:05 |
| 16 | Willem | Swanepoel | Brackenfell AC | 2:57:47 |
| 17 | Julie | Welkom | Swartland AC | 2:58:04 |
| 18 | Henk | Mulder | Brackenfell AC | 2:59:14 |
| 19 | Andrew | Smit | Atlantic AC | 2:59:36 |
| 20 | Randall | Joshua | Telkom AC | 2:59:46 |

WOMEN

| | | | | |
|---|--------|-----------|------------------|---------|
| 1 | Sandra | Van Graan | Edgemead Runners | 3:10:02 |
|---|--------|-----------|------------------|---------|

| | | | | |
|----|-----------|--------------|-------------------|---------|
| 2 | Jacoline | Haasbroek | Stellenbosch AC | 3:15:45 |
| 3 | Patricia | Adams | Metropolitan AC | 3:17:01 |
| 4 | Sarah Lee | Williams | West Coast AC | 3:19:12 |
| 5 | Kutlwano | Ramaboa | West Coast AC | 3:19:24 |
| 6 | Leanne | Juul | Ind | 3:20:55 |
| 7 | Elizabeth | De Gouveia | Durbanville AC | 3:22:01 |
| 8 | Ronel | Terblanche | Wellington AC | 3:25:42 |
| 9 | Bonny | Bridgeford | Nedbank AC | 3:26:31 |
| 10 | Lorraine | Rogers | Durbanville AC | 3:33:59 |
| 11 | Regine | Enenkel | West Coast AC | 3:35:48 |
| 12 | Charmaine | Botha | Durbanville AC | 3:36:23 |
| 13 | Rachel | Shuttleworth | Strand AC | 3:36:53 |
| 14 | Candyce | Hall | Hout Bay Harriers | 3:36:54 |
| 15 | Caroline | Wills | Celtic Harriers | 3:37:25 |
| 16 | Ronel | Steenkamp | Durbanville AC | 3:39:46 |
| 17 | Tania | Welgemoed | Strand AC | 3:41:16 |
| 18 | Vanessa | Bell | West Coast AC | 3:42:53 |
| 19 | Coriaan | De Villiers | Harfield Harriers | 3:44:36 |
| 20 | Marie | Louw | Adidas AC | 3:44:51 |

Half marathon**MEN**

| | | | | |
|----|----------|------------|---------------------|---------|
| 1 | Sibusiso | Mbingeleli | MR Price WP | 1:08:10 |
| 2 | Bernard | Rukadza | ZIM/RCS Guguletu AC | 1:08:45 |
| 3 | Avukile | Ntongana | Mr Price WP | 1:09:50 |
| 4 | Velani | Lusaseni | Adidas AC | 1:10:07 |
| 5 | Tsungai | Mwanengeni | ZIM/Mr Price WP | 1:10:50 |
| 6 | Bonisile | Ngculana | Atlantic AC | 1:11:39 |
| 7 | Piet | Jacobs | Nedbank AC | 1:12:50 |
| 8 | Anele | Ndzuta | Adidas AC | 1:13:48 |
| 9 | George | McCallum | Mamre AC | 1:15:15 |
| 10 | Zolani | Bhitane | Adidas AC | 1:17:50 |
| 11 | Sibusiso | Valashiya | Atlantic AC | 1:17:53 |
| 12 | Sakhumzi | Dyudele | Atlantic AC | 1:19:11 |
| 13 | ? | Ponco | Nedbank AC | 1:19:24 |
| 14 | Patrick | Mbinambina | Celtic Harriers | 1:20:16 |
| 15 | Mzousi | Sobhoyisi | Spartan Harriers | 1:22:25 |
| 16 | Michael | Loseby | Uct AC | 1:23:02 |
| 17 | Xolani | Makinona | RCS Guguletu AC | 1:23:03 |
| 18 | Goodman | Mpukane | RCS Guguletu AC | 1:24:28 |
| 19 | Ryk | Lochner | Ind | 1:26:29 |
| 20 | Phapang | Chakana | Spartan Harriers | 1:27:33 |

WOMEN

| | | | | |
|----|------------|----------|-------------------|---------|
| 1 | Nomvuyisi | Seti | Mr Price WP | 1:23:46 |
| 2 | Buleulina | Mtshagi | Celtic Harriers | 1:25:26 |
| 3 | Jacqueline | Bakkes | Paarl AC | 1:25:52 |
| 4 | Michelle | Bartman | Harfield Harriers | 1:26:43 |
| 5 | Busisiwe | Matiwane | Celtic Harriers | 1:29:24 |
| 6 | Ursula | Frans | Adidas AC | 1:31:25 |
| 7 | Sheryl | De Lange | Adidas AC | 1:31:52 |
| 8 | Glenda | Werth | Metropolitan AC | 1:32:03 |
| 9 | Kirsten | Norris | Varsity Old Boys | 1:38:27 |
| 10 | Moyra | Sheard | Celtic Harriers | 1:39:53 |
| 11 | Olga | Koorts | Nedbank AC | 1:41:29 |
| 12 | Anita | Naude | Ind | 1:42:54 |
| 13 | Lorna | Loubser | Sanlam AC | 1:43:59 |

| | | | | |
|----|----------|---------------|------------------|---------|
| 14 | Resia | Swart | Stellenbosch AC | 1:45:07 |
| 15 | Lindie | Bouwer | Sanlam AC | 1:45:30 |
| 16 | Yvette | Phillips | Ind | 1:45:54 |
| 17 | Samantha | Wiggill | Ind | 1:45:58 |
| 18 | Georgina | Sinclair | Varsity Old Boys | 1:46:05 |
| 19 | Shelly | van Schalkwyk | Edgemead Runners | 1:46:15 |
| 20 | Sally | Stevens | Ind | 1:47:29 |

Akasia Marathon, Half Marathon & 10 km

Pretoria, 6 March

(Distances: 42.195 km, 21.0975 km & 10 km; loop courses – the marathon twice the half-marathon route. Finishers: marathon – 1186; half-marathon – 1100; 10 km – 1290.)

Marathon

MEN

1 Nbabili Basingili (BOT) 2:30:56; 2 Samual Ongaki (Toyota) 2:36:26; 3 Dirk Cloete (Irene) 2:47:01 (1st vet)

Veterans: 1 Dirk Cloete (Irene) 2:47:01; 2 Koos Aphane (PMMC) 2:58:48; 3 Nuno Thomaz (New Balance) 2:59:51. **Masters:** 1 Rodney Scott (Enduro) 3:16:22; 2 Jan Lebeso (PPMK) 3:20:53. **G'masters:** 1 Mike de Bruto (Irene) 3:23:19.

WOMEN

1 Estie Grobler (Mr Price) 3:11:35; 2 Renate Dreyer (Sinninghill) 3:14:03; 3 Lelanie v Zyl (Nedbank) 3:19:45 (1st vet).

Veterans: 1 Lelanie v Zyl (Nedbank) 3:19:45; 2 Shelley vd Spuy (Boksburg) 3:21:03; 3 Ansie Viljoen (Irene) 3:23:39. **Masters:** 1 Erika Nieuwoudt (Krugersdorp) 3:50:05; 2 Gale Visagie (RWFL) 4:03:37. **G'masters:** 1 Elaine Greenblatt (Rockies) 3:42:30.

Half marathon

MEN

1 Michael Ngaseke (ZIM/Mr Price) 68:07; 2 Ludwick Mamabolo (Mr Price) 70:46; 3 Elias Mabane (Cabstrut) 73:43 (1st vet).

Veterans: 1 Elias Mabane (Cabstrut) 73:43; 2 Stemmer Lekoto (Nedbank) 79:59; 3 Victor Radebe (Nedbank) 80:57. **Masters:** 1 Colin Fisher (CSIR) 85:48. **G'masters:** 1 Daniel Hlongwane (Nedbank) 89:28. **Juniors:** 1 Burt Verster (As Eagles) 87:27; 2 Adriaan Drescher (Anglo) 92:40; 3 Nathan Zakariasen (Agape) 2:02:07.

WOMEN

1 Lizzy Chokore (ZIM/Mr Price) 84:03; 2 Loveness Madziva (ZIM/Nedbank) 87:21; 3 Merriam Mooki (Transnet) 92:27.

Veterans: 1 Ester Brink (Stand) 95:55; 2 Michelle Singleton (RAC) 98:00; 3 Antoinette Look (Agape) 98:10. **Masters:** 1 Adri v Jaarsveld (Eskom) 1:49:37; Petra Hattingh (Transnet) 1:55:41. **G'masters:** 1 Marilyn Moore (Breakthru Midrand) 2:10:45. **Juniors:** 1 Geraldine Combrinck (Nedbank) 1:49:07; 2 Christene Cherry (Exxarro) 2:02:45.

10km

MEN

1 Wesley Ruto (KEN/Nedbank) 30:39; 2 Collin Parura (ZIM/Bashewa) 30:40; 3 Richard Mavuso (Mr Price) 30:50.

Veterans: 1 Justice Mafunisa (Nedbank) 34:25; 2 Moses Letlhaku (Ilanga) 35:54; 3 Glen Botha (Irene) 46:31. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 35:49; 2 Themba Phulu

(Yebo Striders) 37:44. **G'masters:** 1 Paul Loock (Agape) 47:55. **Juniors:** 1 Charles Reynolds (Exxarro) 35:29; 2 Emmanuel Mothemane (Exxarro) 35:34; 3 Joseph Tshepo (Exxarro) 36:41.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 34:42; 2 Irvette v Blerk (Nedbank) 34:55; 3 Ronel Thomas (Boxer) 36:27.

Veterans: 1 Lettie Saayman (Irene) 43:29; 2 Emmarie Theunissen (Irene) 48:38; 3 Karen v Deventer (Irene) 60:05. **Masters:** 1 Pam Hampton (Sunninghill) 48:56; 2 Winnie Koekemoer (Agape) 55:06. **G'masters:** 1 Ilga Smit (Affies) 62:14. **Juniors:** 1 Natalie Constantinides (Tuks) 42:24; 2 Hilda Kasa (Exxarro) 45:06; 3 Alice Botes (Nedbank) 47:48.

Sportsmans Warehouse 15 km

Port Elizabeth, 6 March

(Loop course. Finishers: 786)

MEN

| | | | | | |
|----|------------|-------------------------------|-------------|----|-------|
| 1 | Lusapho | April | Temp | 27 | 43:50 |
| 2 | Rodney | Prins | Mr Price PE | 21 | 46:03 |
| 3 | George | Ntshiliza | Nedbank RC | 30 | 46:17 |
| 4 | Mzwanele | Maphekula | Nedbank RC | 33 | 47:20 |
| 5 | Sibusiso | Thu | Temp | 21 | 47:57 |
| 6 | Mzolisi | Makhanda | Nedbank RC | 27 | 48:06 |
| 7 | Khayaletu | Makalima | Mr Price PE | 26 | 48:28 |
| 8 | Xola | Bongoza (1 st jun) | Mr Price PE | 17 | 48:42 |
| 9 | Bulelini | Niwa | PEAAC | 24 | 48:51 |
| 10 | Sandile | Ngunuza | Nedbank RC | 27 | 49:04 |
| 11 | Lubabaloo | Mdlungwane | PEAAC | 16 | 49:20 |
| 12 | Maboyisana | Mazwayi (1 st vet) | Nedbank RC | 41 | 49:22 |
| 13 | Luyanda | Tshangana | Mr Price PE | 26 | 49:35 |
| 14 | Zolani | Mabongo | Mr Price PE | 23 | 49:45 |
| 15 | Melikhaya | Frans | Nedbank RC | 18 | 49:51 |
| 16 | Kgotso | Majara | Nedbank RC | 29 | 49:57 |
| 17 | Mila | Pasiya | Nedbank RC | 30 | 50:27 |
| 18 | Mariano | Eesou | Nedbank RC | 18 | 51:15 |
| 19 | Morne | Buis | Nedbank RC | 17 | 51:29 |
| 20 | Ayanda | Pana | Nedbank RC | 37 | 52:26 |

40-44:

| | | | | | |
|---|------------|---------|------------|----|-------|
| 1 | Maboyisana | Mazwayi | Nedbank RC | 41 | 49:22 |
| 2 | Riaan | Kock | Nedbank RC | 40 | 55:25 |
| 3 | Andrew | Long | Madiba Bay | 42 | 57:38 |

45-49:

| | | | | | |
|---|---------|--------|------------|----|-------|
| 1 | Welcome | Loliwe | Nedbank RC | 45 | 53:21 |
| 2 | Kenneth | Menze | Nedbank RC | 48 | 55:16 |
| 3 | Colben | Ngcupe | Nedbank RC | 46 | 57:07 |

50-54:

| | | | | | |
|---|---------|----------|-----------------|----|---------|
| 1 | Cyril | Niit | Triangle Sports | 50 | 59:31 |
| 2 | Leonard | Erasmus | Willard Batt | 52 | 1:00:45 |
| 3 | Andre | Willemse | Elite AC | 51 | 1:03:19 |

55-59:

| | | | | | |
|---|---------|--------|--------------|----|---------|
| 1 | Sizinzo | Kama | Achilles AAA | 58 | 1:00:26 |
| 2 | Bruce | Mcewan | Achilles AAA | 56 | 1:05:42 |
| 3 | Fikile | Seya | Nedbank RC | 57 | 1:07:35 |

60-64:

| | | | | | |
|-----------------|------------|---------------------------------|-----------------|----|---------|
| 1 | Hannes | Els | Madiba Bay | 60 | 1:02:24 |
| 2 | Errol | Rossouw | PEAAC | 60 | 1:05:12 |
| 3 | Eddie | Walker | PEAAC | 63 | 1:11:25 |
| 65-69: | | | | | |
| 1 | Tamsanqa | Jusayi | Mr Price PE | 67 | 1:05:01 |
| 2 | Godfrey | Kariem | Cadbury AC | 69 | 1:13:46 |
| 3 | Irvine | Nakani | Mr Price PE | 67 | 1:14:24 |
| 70+: | | | | | |
| 1 | Henry | Human | VWAC | 70 | 1:32:07 |
| 2 | Wells | Anderson | PEAAC | 77 | 1:35:05 |
| 3 | Selwyn | Solomon | Crusaders AC | 71 | 1:39:53 |
| Juniors: | | | | | |
| 1 | Xola | Bongoza | Mr Price PE | 17 | 48:42 |
| 2 | Lubabaloo | Mdlungwane | PEAAC | 16 | 49:20 |
| 3 | Melikhaya | Frans | Nedbank RC | 18 | 49:51 |
| WOMEN | | | | | |
| 1 | Deliwe | Nyanga | Nedbank RC | 20 | 58:41 |
| 2 | Babalwa | Ngcoko | Mr Price PE | 22 | 1:00:14 |
| 3 | Davera | Magson | Mr Price PE | 35 | 1:02:40 |
| 4 | Asanda | Solani | Nedbank RC | 26 | 1:04:48 |
| 5 | Grizelda | Pietersen (1 st vet) | Achilles AAA | 41 | 1:05:25 |
| 6 | Ursula | Kuhn | NMMU AC | 28 | 1:05:45 |
| 7 | Marisa | Ferraris | Triangle Sports | 39 | 1:05:49 |
| 8 | Sharon | Zeelie | Triangle Sports | 38 | 1:06:56 |
| 9 | Thabisa | Mayedwa | Nedbank RC | 23 | 1:07:05 |
| 10 | Christine | Claasen | Achilles AAA | 45 | 1:07:35 |
| 11 | Noxolo | Marks | Mr Price PE | 23 | 1:07:41 |
| 12 | Jane | Barnardo | Body Concept | 35 | 1:07:51 |
| 13 | Lesley | Wood (1 st mast) | Achilles AAA | 52 | 1:08:47 |
| 14 | Adele | Nel | St Albans CSEP | 37 | 1:09:03 |
| 15 | Claire | Nagel | Elite AC | 45 | 1:09:15 |
| 16 | Julie | Truter | Temp | 26 | 1:09:33 |
| 17 | Jaclynn | Fismer | Queenstown Harr | 29 | 1:09:39 |
| 18 | Janette | Schierz-Crusius | Body Concept | 49 | 1:09:40 |
| 19 | Mary Grace | Villanueva | Achilles AAA | 34 | 1:10:32 |
| 20 | Treloar | Childs | Spar Walmer AC | 46 | 1:10:37 |
| 40-44: | | | | | |
| 1 | Grizelda | Pietersen | Achilles AAA | 41 | 1:05:25 |
| 2 | Leana | Berg | Nedbank RC | 41 | 1:14:00 |
| 3 | Lesley | Maggott | Achilles AAA | 42 | 1:16:06 |
| 45-49: | | | | | |
| 1 | Christine | Claasen | Achilles AAA | 45 | 1:07:35 |
| 2 | Claire | Nagel | Elite AC | 45 | 1:09:15 |
| 3 | Janette | Schierz-Crusius | Body Concept | 49 | 1:09:40 |
| 50-54: | | | | | |
| 1 | Lesley | Wood | Achilles AAA | 52 | 1:08:47 |
| 2 | Hanlie | Van der Westhuizen | Transnet Re | 53 | 1:12:35 |
| 3 | Paulette | Jordaan | Muirite Strider | 52 | 1:21:47 |
| 55-59: | | | | | |
| 1 | Cathy | Ives | Achilles AAA | 56 | 1:18:28 |
| 2 | Rita | Boucher | Spar Walmer AC | 59 | 1:36:10 |
| 3 | Glenys | Joubert | Nedbank RC | 58 | 1:36:45 |
| 60-64: | | | | | |
| 1 | Liz | Grundlingh | Muirite Strider | 63 | 1:18:49 |
| 2 | Helene | Oppel | Crusaders AC | 60 | 1:27:24 |

| | | | | | |
|-----------------|-----------|-----------|----------------|----|---------|
| 3 | Marlene | Wiese | Kowie Striders | 64 | 1:29:27 |
| 70+: | | | | | |
| 1 | Dorothy | Hart | PEAAC | 72 | 1:37:50 |
| Juniors: | | | | | |
| 1 | Cheri | Rademeyer | NMMU AC | 18 | 1:13:04 |
| 2 | Terray | Newcombe | Nedbank RC | 19 | 1:19:19 |
| 3 | Madeleine | Du Toit | Temp | 18 | 1:21:31 |

Old Mutual Battlefields 5-in-1

(50 km held for the 32nd time)

Newcastle, 6 March

(Distances: 50 km, 42.195 km, 21.0975 km, 10 km; out-and-back courses)

Note: Men and women received equal prize money. All category winners, except in the 10 km, earned R50. – Ed.

50 km

MEN

| | | | | | |
|----|-----------|-------------------------------|------------------|---------|------|
| 1. | Reginald | Ngobese (1 st vet) | CGA Striders | 3:10:39 | R300 |
| 2. | Mdumiseni | Zondi | Natal Carbineers | 3:25:34 | R200 |
| 3. | Ntheleng | Mosiwe | Fit 2000 | 3:26:27 | R100 |

| | | | | | |
|------|----------|-----------|-------------------------|---------|--|
| 40+: | Reginald | Ngobese | CGA Striders | 3:10:39 | |
| 50+: | Maxwell | Mngwengwe | Toyota Athletic Club | 3:43:38 | |
| 60+: | Cameron | Boucher | Ladysmith Athletic Club | 5:28:15 | |
| 70+: | Ian | Goddard | Benoni | 5:53:43 | |

WOMEN

| | | | | | |
|----|-----------|-----------------------------|------------------------|---------|--|
| 1. | Monica | Neuling | Boksburg Athletic Club | 4:16:08 | |
| 2. | Lizette | Botha (1 st vet) | Amanzimtoti | 4:56:51 | |
| 3. | Annemarie | Eager | Bethal | 5:09:56 | |

| | | | | | |
|------|---------|-------|------------------------|---------|--|
| 40+: | Lizette | Botha | Amanzimtoti | 4:56:51 | |
| 60+: | Dixie | Brown | Estcourt Athletic Club | 5:38:56 | |

Marathon

MEN

| | | | | | |
|----|--------|---------|-------------------------|---------|------|
| 1. | Linda | Vumani | Fit 2000 | 2:46:28 | R250 |
| 2. | Zphiwe | Zwane | Ladysmith Athletic Club | 2:47:18 | R150 |
| 3. | Kwenz | Ngubane | Mr Price | 2:48:36 | R75 |

| | | | | | |
|------|--------|---------|---------------------------|---------|--|
| 40+: | David | Jacobs | Biggarsberg Athletic Club | 3:20:11 | |
| 50+: | Vien | Sewlal | Eskom Gijimas | 4:01:05 | |
| 60+: | Dolf | Craig | Vryheid Athletic Club | 4:52:10 | |
| 70+: | Hennie | van Dyk | Ladysmith Athletic Club | 4:56:02 | |

WOMEN

| | | | | | |
|----|--------|-----------------------------|-----------------------|---------|--|
| 1. | Elmien | Scott | Welkom Striders | 3:57:27 | |
| 2. | Paula | Small (1 st vet) | Vryheid Athletic Club | 4:15:13 | |
| 3. | Leana | Aslett | Assegai Marathon Club | 4:16:08 | |

| | | | | | |
|------|-------|--------|-----------------------|---------|--|
| 40+: | Paula | Small | Vryheid Athletic Club | 4:15:13 | |
| 50+: | Tess | Lundie | Assegai Marathon Club | 4:29:45 | |

Half marathon**MEN**

| | | | | |
|----|----------|---------|---------------------|--------------|
| 1. | Mofokeng | Thapelo | Fit 2000 | 1:12:43 R100 |
| 2. | Mandla | Mntambo | Fit 2000 | 1:12:47 R75 |
| 3. | Nhlanhla | Khumalo | Boxer Athletic Club | 1:18:48 R50 |

| | | | | |
|----------|--------|--------------|---------------------------|---------|
| 40+: | Roelf | van Deventer | AVT Arcelor Mittal | 1:28:51 |
| 50+: | Marius | Grundlingh | AVT Arcelor Mittal | 1:47:32 |
| 60+: | Ken | Vorster | Biggarsberg Athletic Club | 2:12:19 |
| Juniors: | Menzi | Mdlolose | Imamba Athletic Club | 1:48:21 |

WOMEN

| | | | | |
|----|---------|--------|-------------------------|---------|
| 1. | Riana | Uys | Volksrust Marathon Club | 1:38:35 |
| 2. | Esma | Roux | Longtom Athletic Club | 1:41:37 |
| 3. | Danelle | Jooste | Temp. License | 1:49:10 |

| | | | | |
|------|--------|--------------|---------------------------|---------|
| 40+: | Melody | Louwrens | Biggarsberg Athletic Club | 1:58:40 |
| 50+: | Elsabe | van der Berg | Ladysmith Athletic Club | 2:17:28 |
| 60+: | Jo | Goddard | Benoni | 2:37:20 |

10 km**MEN**

| | | | | |
|----|-----------|------------|-----------------------|-----------|
| 1. | Lawrence | Chipangaan | Nedbank Athletic Club | 34:54 R50 |
| 2. | Esuthu | ? | Ntunjambili | 37:55 R30 |
| 3. | Lindelani | Ximba | Ntunjambili | 38:42 R20 |

WOMEN

| | | | | |
|----|----------|----------|-----|---------|
| 1. | Ronel | Schoeman | Ind | 51:40 |
| 2. | Brydey | Weber | Ind | 56:59 |
| 3. | Cornelia | Jonker | Ind | 1:03:10 |

Men's Health Lighthouse 10 km

Cape Town, 3 March
(Certified loop course)

MEN

1. Nkosinathi Madyo (MP) 30:23; 2. Unathi Phezolo (AAC) 30:49 (1st jun); 3. Mathandu Zoqkina (Adid) 31:09.

40-49: 1. John September (Celtic) 32:22; 2. Johnny Persents (Adid) 32:59; 3. Brian Mapeyi (VOB) 34:28. **50-59:** 1. Vladimir Kotov (BLR/Cent) 31:48; 2. Gregory Jacobs (Edge) 36:49; 3. Goodman Mpukane (Gugs) 37:20. **60+:** 1. Henry Cleophas (Ned) 44:54; 2. M.Y. Abrahams (Top) 45:53. **Juniors:** 1. Unathi Phezolo (AAC) 30:49; 2. Luxolo Mdzanga (Gugs) 31:47; 3. Akhona Makila (VOB) 32:45.

WOMEN

1. Zintle Xiniwe (MP) 36:21; 2. Nomvuyisi Seti (MP) 36:58; 3. Asiphe Sikabalanjana (Gugs) 37:20.

40-49: 1. Elmarie Coetzee (Adid) 39:39; 2. Sheryl de Lange (Adid) 40:16; 3. Mariëtte Esterhuyse (Tyger) 41:40. **50-59:** 1. Olga Howard (Celtic) 41:29; 2. Nancy Will (Pine) 42:53; 3. Charmaine Cupido (Ned) 45:41. **60+:** 1. Marietha Herbert (Bell) 50:51; 2. Pixie Sparg (Celtic) 51:57. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 37:20; 2. Lee-Ann Slack (VOB) 45:06; 3. Ayanda Mqhakayi (Gugs) n/t.

SWD Marathon Championships

(Run in conjunction with the Congo Marathon – results not available yet)

Oudtshoorn, 27 February

(Distance: 42.195 km; point-to-point downhill course)

MEN

| | | | |
|---------|--------------------|----------------------------|---------|
| Gold: | Gurome Gelderbloem | Mossel Bay Harriers | 2:32:16 |
| Silver: | Meslack Ngewa | Nedbank Running Club – SWD | 2:42:00 |
| Bronze: | Marshall Boksman | Spoornet (SWD) AC | 2:43:12 |

40-49:

| | | | |
|---------|----------------|----------------------------|---------|
| Gold: | Lindile Tokota | Nedbank Running Club – SWD | 2:30:22 |
| Silver: | Julie Saaiers | Nedbank Running Club – SWD | 2:33:46 |
| Bronze: | Paulus Allart | Mossel Bay Harriers | 2:40:25 |

50-59:

| | | | |
|---------|--------------------|---------------------------|---------|
| Gold: | Hermanus Jonkerman | Outeniqua Harriers | 3:00:05 |
| Silver: | Jason Jafta | Run / Walk For Life – SWD | 3:09:47 |
| Bronze: | Jassem Jafta | Run / Walk For Life – SWD | 3:26:03 |

60+:

| | | | |
|---------|--------------------|----------------------------|---------|
| Gold: | Jurgens Zwiegelaar | Nedbank Running Club – SWD | 3:13:30 |
| Silver: | Dave Edge | Sedgefield Striders | 3:40:18 |
| Bronze: | Neels Joubert | Knysna Marathon Club | 4:07:00 |

WOMEN

| | | | |
|---------|---------------|----------------------|---------|
| Gold: | Helga Mathee | Outeniqua Harriers | 3:10:09 |
| Silver: | Lisl Grobler | Knysna Marathon Club | 3:15:00 |
| Bronze: | Suzaan Kruger | Outeniqua Harriers | 3:27:37 |

40-49:

| | | | |
|---------|-----------------------|----------------------------|---------|
| Gold: | Allison Jordaan | Outeniqua Harriers | 3:14:14 |
| Silver: | Johanna Claassen | Nedbank Running Club – SWD | 3:21:00 |
| Bronze: | Kleintjie V Schalkwyk | Hartenbos Drawwers | 3:36:17 |

50-59:

| | | | |
|---------|-----------------|----------------------------|---------|
| Gold: | Annatjie Botes | Nedbank Running Club – SWD | 3:08:19 |
| Silver: | Marie Wolmarans | Nedbank Running Club – SWD | 3:19:40 |
| Bronze: | Lima Eksteen | Langeberg AC | 4:00:00 |

60+:

| | | | |
|-------|------------------|--------------------|---------|
| Gold: | Ester Oosthuizen | Hartenbos Drawwers | 4:36:25 |
|-------|------------------|--------------------|---------|

TRACK**Yellow Pages Series Meeting #3**

Potchefstroom, 4 March

MEN

800:

Race 1:

1. Pharson Magagane 1:51.66
2. William Motsohola 1:51.79
3. Brad Bonner 1:51.85
4. Ratlale Mokone 1:52.39
5. Rynhard van Rensburg 1:54.53
6. Andrew Leeu 1:54.92
7. Andrew Roodt 1:55.18
8. Marco Buccarazzi 1:55.32
9. Rudolf Coetzer 1:55.36

10. Banqohile Zulu 1:55.65

Race 2 (hand times):

1. Windy Jonas 1:47.4
2. Ruben Ramolefi 1:47.6
3. Samson Ngoepe 1:47.9
4. Ettienne Plaatjies 1:49.5
5. Adriaan van Wyk 1:50.0
6. Henk Beukes 1:50.5
7. Nathan Beukes 1:50.7
8. Hannes Naudé 1:51.1

3000:

1. Juan van Deventer 8:03.90
2. Elroy Gelant 8:04.50
3. Xolisa Tyali 8:08.25
4. Isaac Mbuyaze 8:08.68
5. Molefe Molefe 8:11.91
6. Edwin Molepo 8:17.66
7. Joel Mmone 8:20.96
8. Dean Brummer 8:23.97
9. Lucas Bothobutle 8:24.36
10. Folavia Sehohle 8:27.94

WOMEN

800:

1. Lebogang Phalula 2:05.91
2. Mapaseka Makhanya 2:06.62
3. Anuschka Nice 2:07.98
4. Mansie Brandt 2:08.05
5. Elsiré Roos 2:08.33
6. René Kalmer 2:09.26
7. Roné Reynecke 2:10.62
8. Chanelle Anderson 2:11.17
9. Juane Cilliers 2:12.34
10. Doné Vermaak 2:12.99

3000:

1. Lebo Phulula 9:13.49
2. René Kalmer 9:26.75
3. Irvette van Blerk 9:29.33
4. Thozama April 9:44.80
5. Zinhle Sinqe 9:52.71
6. Maxine Heine-Wacker 9:57.88
7. Idah Simon 9:59.03
8. Bianca van Niekerk 10:00.05
9. Mpho Mabuza 10:00.66
10. Carlyn Fisher 10:08.49
11. Nolene Conrad 10:11.37
12. Onneile Dintwe (BOT) 10:12.34

WP Masters Championships

Bellville, 19-20 February

MEN**800:**

40-44:

| | | |
|-------------------|----------------------|---------|
| 1 Wright, Donovan | M40 Boland | 2:04.53 |
| 2 Van Zyl, Oloff | M40 Varsity Old Boys | 2:23.58 |

50-54:

| | | |
|--------------------|-------------------|---------|
| 1 Solomans, Achmat | M50 Midas Spartan | 2:23.17 |
|--------------------|-------------------|---------|

60-64:

| | | |
|----------------------|---------|---------|
| 1 Lamprecht, Lampies | M60 SWD | 3:06.03 |
|----------------------|---------|---------|

65-69:

| | | |
|-------------------------|---------|---------|
| 1 Van Rensburg, Phillip | M65 SWD | 3:29.65 |
|-------------------------|---------|---------|

70-74:

| | | |
|----------------|---------------|---------|
| 1 Holgate, Don | M70 Fish Hoek | 3:58.68 |
|----------------|---------------|---------|

1500:

40-44:

| | | |
|-------------------|------------|---------|
| 1 Wright, Donovan | M40 Boland | 4:19.40 |
|-------------------|------------|---------|

45-49:

| | | |
|---------------------|---------------------|---------|
| 1 Philander, Tobias | M45 Adidas | 4:15.80 |
| 2 Mitchell, Chris | M48 Celtic Harriers | 4:47.20 |

55-59:

| | | |
|----------------|----------------------|---------|
| 1 Hart, Wally | M59 Spartan Harriers | 4:19.40 |
| 2 Kotze, Frans | M57 Boland | 6:27.60 |

5000:

40-44:

| | | |
|-------------------|---------------------|----------|
| 1 September, John | M40 Celtic Harriers | 16:14.02 |
|-------------------|---------------------|----------|

45-49:

| | | |
|-------------------|-------------------------|----------|
| 1 Mitchell, Chris | M48 Celtic Harriers | 17:54.09 |
| 2 Johnson, Ezzard | M45 SA Defence Force WP | 21:35.21 |

50-54:

| | | |
|---------------------|------------------|----------|
| 1 Mpukane, Mpendulo | M50 Guguleto A/C | 18:58.22 |
|---------------------|------------------|----------|

55-59:

| | | |
|----------------|------------|----------|
| 1 Kotze, Frans | M57 Boland | 23:23.84 |
|----------------|------------|----------|

60-64:

| | | |
|--------------|-------------------------|----------|
| 1 Hugo, Hans | M60 Helderberg Harriers | 24:51.10 |
|--------------|-------------------------|----------|

65-69:

| | | |
|-----------------|----------------|----------|
| 1 Donald, Peter | M67 West Coast | 22:19.54 |
|-----------------|----------------|----------|

10000:

40-44:

| | | |
|-------------------|---------------------|----------|
| 1 September, John | M40 Celtic Harriers | 32:32.16 |
|-------------------|---------------------|----------|

45-49:

| | | |
|--------------------|-------------------------|----------|
| 1 Sullivan, Gerald | M47 Durbanville | 38:25.29 |
| 2 Johnson, Ezzard | M45 SA Defence Force WP | 44:39.86 |

50-54:

| | | |
|---------------------|------------------|----------|
| 1 Mpukane, Mpendulo | M50 Guguleto A/C | 34:05.15 |
|---------------------|------------------|----------|

60-64:

| | | |
|----------------------|-------------------------|----------|
| 1 Lamprecht, Lampies | M60 SWD | 48:42.88 |
| 2 Hugo, Hans | M60 Helderberg Harriers | 51:03.18 |

70-74:

| | | |
|--------------|--------------|----------|
| 1 Evans, Bub | M73 Atlantic | 49:34.90 |
|--------------|--------------|----------|

75-79:

| | | |
|------------------|--------------|----------|
| 1 Greeff, Casper | M75 Atlantic | 49:33.49 |
|------------------|--------------|----------|

WOMEN

800:

40-44:

| | | |
|----------------------|------------------|---------|
| 1 Vivier, Franzelle | W40 Sanlam | 2:41.85 |
| 2 Gelderblom, Sureta | W40 Tygerberg NL | 3:06.27 |

45-49:

| | | |
|------------------------|------------------|---------|
| 1 Coetzee, Elmarie | W45 Adidas | 2:33.30 |
| 2 Esterhuyse, Mariëtte | W47 Tygerberg NL | 2:44.96 |
| 3 Mulder, Christa | W47 Adidas | 2:50.47 |

55-59:

| | | |
|----------------|----------------------|---------|
| 1 Rixen, Diana | W55 Varsity Old Boys | 3:10.20 |
| 2 Vos, Maryna | W58 Bellville | 3:53.12 |

65-69:

| | | |
|-----------------------|----------------------|---------|
| 1 Williams, Christine | W68 Spartan Harriers | 3:35.75 |
|-----------------------|----------------------|---------|

1500:

45-49:

| | | |
|------------------------|------------------|---------|
| 1 Coetzee, Elmarie | W45 Adidas | 5:08.26 |
| 2 Esterhuyse, Mariëtte | W47 Tygerberg NL | 5:46.43 |
| 3 Mulder, Christa | W47 Adidas | 6:11.26 |

55-59:

| | | |
|----------------|----------------------|---------|
| 1 Rixon, Diana | W55 Varsity Old Boys | 6:31.40 |
| 2 Vos, Maryna | W58 Bellville | 7:59.17 |

10000:

40-44:

| | | |
|-----------------------|------------------|----------|
| 1 Tshabalala, Evelina | W40 Guguleto A/C | 49:24.67 |
|-----------------------|------------------|----------|

45-49:

| | | |
|------------------------|------------------|----------|
| 1 Esterhuyse, Mariëtte | W47 Tygerberg NL | 38:31.53 |
|------------------------|------------------|----------|

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**Semi-Marathon de Paris** (18th)

(IAAF Bronze Label Road Race)

Paris, FRA, 7 March

(Distance: 21.1 km; certified one-loop course)

MEN (gun times)

| | | |
|-----------------------------|---------|-----------|
| 1. Wilson Kiprop, KEN | 1:01:26 | 4000 euro |
| 2. Lelisa Desisa, ETH | 1:01:28 | 3000 |
| 3. Betona Sahle Wargah, ETH | 1:01:32 | PB 2000 |
| 4. Raji Assefa, ETH | 1:01:34 | 1200 |
| 5. Jairus Chanchima, KEN | 1:01:38 | 900 |

WOMEN (gun times)

| | | |
|-------------------------------|---------|-----------|
| 1. Atsede Bayisa, ETH | 1:11:05 | 4000 euro |
| 2. Tirfe Beyene Tesegaye, ETH | 1:11:13 | PB 3000 |
| 3. Halima Beriso, ETH | 1:11:34 | PB 2000 |
| 4. Gisaw Melkam, ETH | 1:11:56 | PB 1200 |
| 5. Miriam Wangari, KEN | 1:12:33 | 900 |

Maratón de Barcelona (32nd)

Barcelona, ESP, 7 March

(Distance: 42.195 km)

MEN

- | | |
|--|---------------|
| 1. Jackson Kipkoech Kotut, KEN | 2:07:30 PB/CR |
| 2. Felix Keny, KEN | 2:07:36 PB |
| 3. Samuel Woldeamanuel Gebremichael, ETH | 2:08:45 PB |
| 4. Silas Toek, KEN | 2:09:09 PB |
| 5. Bellor Yator, KEN | 2:09:21 PB |

WOMEN

- | | |
|---------------------------------|------------|
| 1. Debola Wudnesh Nega, ETH | 2:31:50 |
| 2. Roman Gebre Gesesse, ETH | 2:32:28 PB |
| 3. Serkalem Biset Abrha, ETH | 2:33:52 PB |
| 4. Yenealem Ayano Bule, ETH | 2:34:10 PB |
| 5. Salome Kimutai Jepkoech, KEN | 2:38:27 PB |

Media Maratón de Ribarroja del Turia (14th)

Ribarroja, ESP, 7 March

(Distance: 21.1 km)

MEN

- | | |
|--|------------|
| 1. Justus Kiprono Kipchirchir, 1987, KEN | 1:01:45 PB |
| 2. Dickson Kiptolo Chumba, 1986, KEN | 1:02:08 PB |
| 3. Francisco Ribera Romero, 1968, ESP | 1:08:04 |
| 4. Abderrahim Aitben Chatoui, 1982, MAR | 1:08:09 |
| 5. Paolo Natali, 1980, ITA | 1:08:19 |

WOMEN

- | | |
|----------------------------------|----------------|
| 1. Priscah Jeptoo, 1984, KEN | 1:11:13 PB/CR* |
| 2. Joyce Chepkirui, 1991, KEN | 1:11:38 |
| 3. Beatrice Toroitich, 1981, KEN | 1:11:45 PB |

Stichting Twintig van Alphen (34th)

Alphen aan den Rijn, NED, 7 March

(Distance: 20 km; flat course)

MEN (gun times)

- | | |
|-------------------------|----------|
| 1. Bernard Chepkok, KEN | 58:18 PB |
| 2. Dejene Yridaw, ETH | 58:22 |
| 3. Gilbert Yegon, KEN | 58:56 |
| 4. Levi Matebo, KEN | 59:18 |
| 5. Mulugeta Wami, ETH | 59:55 |

WOMEN (gun times) -

- | | |
|--------------------------|------------|
| 1. Pauline Wangui, KEN | 1:06:21 |
| 2. Adero Nyakisi, UGA | 1:06:48 NR |
| 3. Pamela Bundotich, KEN | 1:10:46 |

Lake Biwa Mainichi Marathon (65th)

(IAAF Gold Label Road Race)

Otsu, JPN, 7 March

(Distance: 42.195 km; certified, out-and-back course)

MEN

- | | | |
|---------|---------------------------|------------|
| 1. | Adhane Yemane Tsegay, ETH | 2:09:34 |
| 2. | Tomoyuki Sato, JPN | 2:10:07 |
| 3. | Abraham Tadesse, ERI | 2:10:46 |
| 4. | Yukihiro Kitaoka, JPN | 2:10:51 DB |
| 5. | Naoto Yoneda, JPN | 2:11:00 DB |
| ... 11. | Hendrick Ramaala, RSA | 2:15:29 |
| | [1:04:09 / 1:11:20] | |
| | Stephen Mokoka, RSA | DNF |

CROSS-COUNTRY**Southern Region Championships**

Mahé, SEY, 27 February

SR. MEN (12 km)

- | | | | |
|----|--------------------------|--------------|-------|
| 1 | Stephen Mokoka | South Africa | 37:20 |
| 2 | Lungisa Mdedelwa | South Africa | 37:23 |
| 3 | Joseph Xolisa Tyali | South Africa | 37.35 |
| 4 | Kgosi Tsosane | South Africa | 37:57 |
| 5 | Siyabonga Nkonde | South Africa | 38.03 |
| 6 | Gladwin Sibabalwe | South Africa | 38.33 |
| 7 | Kaelo Mosalagae | Botswana | 39.17 |
| 8 | Dancan Mutambo | Zambia | 40:09 |
| 9 | Linos ChinIa | Zambia | 40:50 |
| 10 | Raobina Ramoseka | Sotswana | 41:00 |
| 11 | Rapula Diphoko | Botswana | 41:09 |
| 12 | Joaquim F Chamane | Angola | 41:13 |
| 13 | Manuel Domingos de Sousa | Mozambique | 41.32 |
| 14 | Francisco W Caluvi | Angola | 41:54 |
| 15 | Godiraone Nthompe | Botswana | 42.25 |
| 16 | Domingos F Moulho | Angola | 42.43 |
| 17 | Paramasiven Sammynaden | Mauritius | 43:00 |
| 18 | Severino C Calenga | Angola | 43.11 |
| 19 | Onalenna Balol | Botswana | 44.11 |
| 20 | James Barra | Seychelles | 49.20 |

Teams: 1. South Africa 21; 2. Botswana 5; 3. Angola 4.

JR. MEN (8 km)

- | | | | |
|----|-------------------|--------------|-------|
| 1. | Joel Mmone | South Africa | 24:57 |
| 2. | Tsepo Ramonene | Lesotho | 25:10 |
| 3. | Sityhilo Diko | South Africa | 25:32 |
| 4. | Lucas Bothobutle | South Africa | 25:47 |
| 5. | Wiseman Fadane | South Africa | 25:59 |
| 6. | Vuyisile Tshoba | South Africa | 26:26 |
| 7. | Randolph Prudence | Seychelles | 30:19 |
| 8. | Keddy Moustache | Seychelles | 31:43 |
| 9. | Joshua Gabriel | Seychelles | 34:12 |

Team: 1. South Africa 24.

SR. WOMEN (8 km)

| | | | |
|-----|-----------------------|--------------|-------|
| 1. | Lebogang Phalula | South Africa | 28:57 |
| 2. | Diana Lebo Phalula | South Africa | 29:16 |
| 3. | Onneile Dintwe | Botswana | 29:41 |
| 4. | Petronella Thomas | South Africa | 29:56 |
| 5. | Ntombisintu Ntshiliza | South Africa | 30:33 |
| 6. | Marelise Retief | South Africa | 31:42 |
| 7. | Aida Bernardo | Mozambique | 32:40 |
| 8. | Annabelle M Lascar | Mauritius | 33:10 |
| 9. | Simone Zapha | Seychelles | 35:59 |
| 10. | Ana Barra | Seychelles | 37:30 |

Team: 1. South Africa 25.

JR. WOMEN (6 km)

| | | | |
|----|-------------------------|--------------|-------|
| 1. | Sylvia Tshetlanyane | South Africa | 22:20 |
| 2. | Letitia Saayman | South Africa | 22:22 |
| 3. | Ashleigh Schnetler | South Africa | 22:31 |
| 4. | Makampong N Masaile | Lesotho | 22:38 |
| 5. | Thato Maknafola | South Africa | 22:41 |
| 6. | Mampielo Sibanda | South Africa | 22:45 |
| 7. | Juan Marie Cooper | South Africa | 22:46 |
| 8. | Stephanie Augustin | Seychelles | 30:12 |
| 9. | Marie Antoinette Robert | Seychelles | 37:23 |

Team: 1. South Africa 26.

TRACK**Melbourne Track Classic**

(IAAF World Challenge)

Melbourne, AUS, 4 March

MEN

800:

| | | |
|--------|------------------------------|--------------|
| 1. | David Rudisha, 1988, KEN | 1:43.15 ACR* |
| 2. | Ryan Gregson, 1990, NSWIS | 1:46.04 PB |
| 3. | Tristan Garrett, 1988, NSW | 1:46.66 PB |
| 4. | James Gurr, 1984, NSW | 1:46.77 PB |
| 5. | Lachlan Renshaw, 1987, NSWIS | 1:47.26 |
| ... 9. | Werner Botha, QLD | 1:53.62 |

1500:

| | | |
|----|---------------------|---------|
| 1. | Jeff Riseley, VIS | 3:42.70 |
| 2. | Jeremy Roff, NSWIS | 3:43.06 |
| 3. | Nick Willis, NZL | 3:43.33 |
| 4. | Asbel Kiprop, KEN | 3:43.67 |
| 5. | Collins Cheboi, KEN | 3:43.87 |

5000:

| | | |
|----|------------------------|-------------|
| 1. | Andy Baddeley, GBR | 13:20.85 PB |
| 2. | Jonathon Komen, KEN | 13:25.46 |
| 3. | Adrian Blincoe, NZL | 13:26.10 |
| 4. | Ben St. Lawrence, NSW | 13:26.91 |
| 5. | Collis Birmingham, VIS | 13:33.44 |

WOMEN**1500:**

- | | |
|------------------------|------------|
| 1. Bridey Delaney, NSW | 4:14.52 |
| 2. Lisa Corrigan, ACT | 4:16.17 |
| 3. Kaila McKnight, VIS | 4:19.25 |
| 4. Erica Fountain, VIC | 4:20.91 |
| 5. Lara Nicod, NSW | 4:24.21 PB |

5000:

- | | |
|-------------------------|-------------|
| 1. Mary Cullen, IRL | 15:27.75 |
| 2. Lara Tamsett, NSWIS | 15:28.70 PB |
| 3. Nikki Chapple, VIC | 15:38.87 PB |
| 4. Eloise Wellings, NSW | 15:42.58 |
| 5. Benita Willis, VIS | 16:14.11 |

NEWS**ASA HEARINGS EXPECTED 'WITHIN WEEKS'**

The suspended board members and employees of Athletics South Africa (ASA) will face disciplinary hearings within the next couple of weeks. Sapa reports that ASA administrator Ray Mali said there was probably enough information available to conduct the disciplinary hearings earlier, but a forensic audit was ordered after deleted computer files and evidence of document shredding were discovered at ASA's head office.

The South African Sports Confederation and Olympic Committee (SASCOC) suspended ASA president Leonard Chuene, his entire executive and three employees in November last year. "I would love to see these hearings start by mid-March because I must have a new board in place by the end of my term on 21 May," Mali said.

Mali, a SASCOC board member and head of the ASA interim board, was sent in to clean up the embattled organisation and was given a six-month deadline to have a new executive in place.

Chuene was suspended after admitting he had lied about tests conducted on world 800-metre champion Caster Semenya shortly before the global championships in Berlin in August. Following that debacle and reports of financial mismanagement, Chuene and his executive were suspended by SASCOC, along with general manager Molatelo Malehopo, events and marketing manager Phiwe Mlangeni-Tsholetsane and Chuene's personal assistant, Humile Bogatsu.

Malehopo, who ordered the gender tests conducted on Semenya in Pretoria, has also been accused by former athlete Nicolene Cronje, who was fourth in the 20 km walk at the 2006 Commonwealth Games, of "smacking" her "several times in the face" at the 2002 World Junior Championships in Kingston, Jamaica. Malehopo, who would not comment at the time, also reportedly had to be escorted off the premises by the police when Mali took office at the ASA headquarters in Houghton.

Mlangeni-Tsholetsane has been accused of awarding a mobile marketing contract to a company she owns, with Mali confirming "that allegation is on the table", although she also refused to comment when the allegations were made last year.

Bogatsu, who was reported to have had an affair with Chuene in 2008, travelled to Berlin as part of team management despite no previous experience in the role. She was later slammed in an e-mail by sprinter Paul Gorries, his coach Magda Botha and an anonymous athlete who competed in Berlin for being "nothing more than a secretary" who made "no contribution to the team at all". Bogatsu was unavailable for comment after the e-mail was distributed.

"We thought it best to have a forensic audit conducted first," Mali said, "just to make sure we had all the information we needed. "I remain confident that we are on schedule to have a new board in place by the middle of May."

STATS TIME

Continuing the 2009 ultra theme, this week's list shows the world's top ten women over 24 hours in 2009, compiled by Franco Anichini.

2009 24 HOURS: WORLD'S TOP 10 WOMEN

| | | | | | |
|-------------|---------------------------|-----|---|----------------|--------|
| 254.425 (t) | Mami Kudo | JPN | 1 | Soochow | 06 Dec |
| 243.644 | Anne-Cecile Fontaine | FRA | 1 | Bergamo | 03 May |
| 234.977 | Brigitte Bec | FRA | 2 | Bergamo | 03 May |
| 226.489 | Sharon Gayter | GBR | 1 | Cwmbria | 19 Sep |
| 224.484 (t) | Denise Paiva Lucas Campos | BRA | 1 | Rio de Janeiro | 29 Nov |
| 224.441 | Hiyoko Shirakawa | JPN | 1 | Tokyo | 12 Sep |
| 224.383 (t) | Sumie Inagaki | JPN | + | Surgeres | 23 May |
| 223.848 | Monica Casiraghi | ITA | 3 | Bergamo | 03 May |
| 223.257 (t) | Akie Kuwahara | JPN | 2 | Soochow | 06 Dec |
| 222.490 | Annemarie Gross | ITA | 1 | Worschach | 12 Jul |

THIS MONTH IN HISTORY

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

36 years ago: 16 March 1974

Erik de Beck of Belgium won the world cross-country title by one second from Mariano Haro of Spain on the Monza Racecourse, leading Belgium to its second consecutive team title. Haro's silver medal was the second of the three in a row that he took home. Another Belgian, Karel Lismont, was third. Lismont, one of the most successful distance runners produced in Europe, had been second to Frank Shorter in the Olympic Marathon two years previously, and two years later won the bronze medal in Montreal – again one position behind Shorter. In the women's race in Monza Paola Cacchi (ITA) successfully defended her title in front of Nina Holmen (FIN).

SOUTH AFRICAN ROAD LIST LEADERS FOR 2010

This section lists this year's 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 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

Open

| | | | | |
|---------|--------|---|----------------|--------|
| 10 km | 28:40 | Gladwin Mzazi | Sasolburg | 06 Feb |
| | 28:40 | Gladwin Mzazi (RSA) | | |
| | 27:01 | Micah Kogo (KEN) 2009 | | |
| 15 km | 43:50 | Lusapho April | Port Elizabeth | 06 Mar |
| | 44:46a | James Carney (USA) | | |
| | 41:29 | Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009 | | |
| 21.1 km | 63:15 | Chabeli Nyedimane | Bloemfontein | 06 Feb |
| | 59:18 | Tilahun Regassa (ETH) | | |
| | 58:33 | Samuel Wanjiru (KEN) 2007 | | |

| | | | | |
|----------|--------------------|---|-----------|--------|
| 25 km | 76:58a 72:45 | Moses Lepheana Paul Kosgei (KEN) 2004 | Pinetown | 24 Jan |
| 30 km | 1:38:03 87:49** | Nkosinathi Madyo Haile Gebrselassie (ETH) 2009 | Camps Bay | 10 Jan |
| Marathon | 2:22:17 2:06:09 | Joseph Mphuthi Haile Gebrselassie (ETH) | Sasolburg | 06 Feb |
| 100 km | 2:03:59 6:13:33 | Haile Gebrselassie (ETH) 2008 Takahiro Sunada (JPN) 1998 | | |

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

Veterans (40+)

| | | | | |
|----------|--------------------|--|----------------|--------|
| 10 km | 32:22 28:51 | John September Paulo Catarino (POR) 2003 | Cape Town | 03 Mar |
| 15 km | 48:40 44:14 | Maboyisana Mazwayi Pierre Levisse (FRA) 1992 | Port Elizabeth | 16 Jan |
| 21.1 km | 71:39 62:28 | Lawrence Chipangaan John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996 | Benoni | 31 Jan |
| 25 km | 89:35a 76:49 | Peter Sehloho Martin Mondragon (MEX) 1994 | Pinetown | 24 Jan |
| 30 km | 1:46:47 1:35:28 | Johnny Persents Geraldo Antonio da Silva (BRA) 2002 | Camps Bay | 10 Jan |
| Marathon | 2:29:04 2:08:46 | Reginald Ngobese Andres Espinosa (MEX) 2003 | Sasolburg | 06 Feb |
| 100 km | 6:18:24 | Mario Ardemagni (ITA) 2004 | | |

Masters (50+)

| | | | | |
|----------|--------------------|--|------------------|--------|
| 10 km | 36:46 30:35 | Johannes Seakamela Tecwyn Davies (GBR) 1988 | Pretoria | 30 Jan |
| 15 km | 55:46 47:52 | Raymond Howard Titus Mamabolo (RSA) 1991 | Duynefontein | 27 Feb |
| 21.1 km | 77:31 66:42 | Eloi de Oliveira Martin Rees (GBR) 2003 | Pietermaritzburg | 28 Feb |
| 25 km | 91:02a | Simphiwe Ntentesa | Pinetown | 24 Jan |
| 30 km | 2:00:02 | Thomas Moses | Camps Bay | 10 Jan |
| Marathon | 2:45:10 2:19:29 | Ernest Tjela Titus Mamabolo (RSA) 1991 | Sasolburg | 06 Feb |
| 100 km | | | | |

Grandmasters (60+)

| | | | | |
|----------|----------|-----------------|-------------|--------|
| 10 km | 38:50 | Albertus Bock | Athlone | 13 Feb |
| 15 km | 60:50 | Tamsanqa Jusayi | Despatch | 20 Feb |
| 21.1 km | 85:17 | Mike du Bruto | Pretoria | 06 Feb |
| 25 km | 1:54:19a | Petros Shumi | Pinetown | 24 Jan |
| 30 km | 2:13:46 | Albertus Bock | Camps Bay | 10 Jan |
| Marathon | 3:10:22a | Simon Mokone | East London | 27 Feb |
| 100 km | | | | |

Juniors

| | | | | |
|---------|----------------|--|------------------|--------|
| 10 km | 30:10 27:52 | Unathi Phezolo Richard Chelimo (KEN) 1990 | Brackenfell | 20 Jan |
| 15 km | 48:39 42:25 | Xola Bongoza Moses Mosop (KEN) 2004 | Port Elizabeth | 06 Feb |
| 21.1 km | 72:38 59:16 | Philani Ngcobo Samuel Wanjiru (KEN) 2005 | Pietermaritzburg | 28 Feb |

WOMENOpen

| | | | | |
|----------|---------|----------------------------|--------------|--------|
| 10 km | 34:55 | Irvette van Blerk | Pretoria | 06 Mar |
| | 32:50 | Shino Saito (JPN) | | |
| | 30:21 | Paula Radcliffe (GBR) 2003 | | |
| 15 km | 56:45 | Ntombesintu Ntshiliza | Jeffreys Bay | 02 Jan |
| | 51:05a | Janet Cherobon (KEN) | | |
| | 46:28 | Tirunesh Dibaba (ETH) 2009 | | |
| 21.1 km | 77:36 | Irvette van Blerk | Benoni | 31 Jan |
| | 67:14 | Mary Keitany (KEN) | | |
| | 66:25 | Lornah Kiplagat (KEN) 2007 | | |
| 25 km | 1:36:29 | René Kalmer | Johannesburg | 24 Jan |
| | 82:13 | Mizuki Noguchi (JPN) 2005 | | |
| 30 km | 2:03:52 | Farwa Mentoor | Camps Bay | 10 Jan |
| | 1:38:49 | Mizuki Noguchi (JPN) 2005 | | |
| Marathon | 2:55:52 | Adinda Kruger | Sasolburg | 06 Feb |
| | 2:23:53 | Teyiba Erkiso (ETH) | | |
| | 2:15:25 | Paula Radcliffe (GBR) 2003 | | |
| 100 km | 6:33:11 | Tomoe Abe (JPN) 2000 | | |

Veterans (40+)

| | | | | |
|----------|----------|----------------------------|------------------|--------|
| 10 km | 39:39 | Elmarie Coetzee | Cape Town | 03 Mar |
| | 32:14 | Priscilla Welch (GBR) 1985 | | |
| 15 km | 62:31 | Sheryl de Lange | Duynefontein | 27 Feb |
| | 49:35 | Priscilla Welch (GBR) 1985 | | |
| 21.1 km | 84:53 | Joanna Thomas | Tokai | 06 Feb |
| | 69:56 | Irina Permitina (RUS) 2009 | | |
| 25 km | 1:52:13a | Vanessa Zimmerman | Pinetown | 24 Jan |
| | 82:13 | Mizuki Noguchi (JPN) 2005 | | |
| 30 km | 2:06:43 | Joanna Thomas | Camps Bay | 10 Jan |
| | 1:51:37 | Mieke Pullen (NED) 2001 | | |
| Marathon | 3:02:42 | Carol Mercer | Pietermaritzburg | 28 Feb |
| | 2:26:51 | Priscilla Welch (GBR) 1987 | | |
| 100 km | 7:00:27 | Normi Sakurai (JPN) 2007 | | |

Masters (50+)

| | | | | |
|----------|----------|--------------------------------|------------------|--------|
| 10 km | 41:24 | Marietjie Ceronio | Sasolburg | 06 Feb |
| | 34:44 | Tatyana Pozdniakova (UKR) 2005 | | |
| 15 km | 64:35 | Olga Howard | Duynefontein | 27 Feb |
| | 54:33 | Shirley Matson (USA) 1991 | | |
| 21.1 km | 1:39:41 | Sandra Fismer | Pietermaritzburg | 28 Feb |
| | 76:07 | Tatyana Pozdniakova (UKR) 2006 | | |
| 25 km | 2:04:09a | Jenny Scott | Pinetown | 24 Jan |
| 30 km | 2:16:34 | Olga Howard | Camps Bay | 10 Jan |
| Marathon | 3:29:19 | Wendy Fitzmaurice | Pietermaritzburg | 28 Feb |
| | 2:31:05 | Tatyana Pozdniakova (UKR) 2005 | | |
| 100 km | | | | |

Grandmasters (60+)

| | | | | |
|---------|---------|----------------------|----------------|--------|
| 10 km | 48:30 | Liz Grundlingh | Port Elizabeth | 13 Feb |
| 15 km | 72:20 | Sonja Laxton | Johannesburg | 10 Jan |
| 21.1 km | 1:45:49 | Lien Botha | Scottburgh | 17 Jan |
| 25 km | 2:10:34 | Elaine Greenblatt | Johannesburg | 24 Jan |
| 30 km | 2:31:56 | Veronica van Niekerk | Camps Bay | 10 Jan |

| | | | | |
|--------------------|------------------|--|--------------|--------|
| Marathon 100 km | 3:41:39 | Elaine Greenblatt | Sasolburg | 06 Feb |
| <u>Juniors</u> | | | | |
| 10 km | 37:19 31:42 | Nandi Phadywala Zola Pieterse (RSA) 1984 | Pretoria | 20 Feb |
| 15 km | 61:54 49:40 | Asiphe Sikabalanjana Ines Chenonge (KEN) 2001 | Duynefontein | 27 Feb |
| 21.1 km | 88:00 1:09:05 | Juan-Marie Cooper Delilah Asiago (KEN) 1991 | Pretoria | 20 Feb |

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