

# Distance Running Results

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

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## EDITORIAL

The 103<sup>rd</sup> edition of the SA Track & Field Championships took place in Durban this weekend. Unfortunately *Distance Running Results* could not obtain deep results, but the medal winners are included in this issue. Among the highlights was the huge upset caused by Stephen Mokoka in the 1500 m, where he beat Olympian Juan van Deventer with a sparkling kick. Their times were 3:38.55 and 3:38.73 respectively. Mokoka also successfully defended his title in the 10000 m with a PB of 28:18.54. As in 2009, Gladwin Mzazi was second – in a PB of 28:20.40 – and Lungisa Mdedelwa third.

René Kalmer won her 28<sup>th</sup> and 29<sup>th</sup> SA titles with a double in the 1500 m and 5000 m. She is now just one behind Elana Meyer as far as SA titles go. It was her fifth 1500/5000 double; her 4:08.61 is the eighth fastest of her career.

The publication of the US *Race Results Weekly* has been delayed until tomorrow, so this issue unfortunately does not include international results. The main race of the weekend was the NYC Half Marathon, which was won by Kenyan Peter Kamais in 59:53, a personal best. PBs were also set by the next two runners, Kigen Kipkosgei (KEN) with 60:38 and Mo Trafeh (USA) with 60:39. Haile Gebrselassie (see Profile in this issue) failed to finish and was assisted in the medical tent due to an attack of asthma. The women's race went to Britain's Mara Yamauchi in 69:25, a course record. She was followed by Deena Kastor (USA) in 69:43 and Madai Perez (MEX) in a PB 69:45.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Right to Run/Walk Half Marathon & 10 km, Pretoria
  - \* Boxer Superstores Stella Royal 25 km & 10 km, Durban
  - \* Glenryck Tygerberg 30 km, Parow
  - \* Zululand District Ultramarathon & 10 km, Ulundi
  - \* Crystal Towers Hotel & Spa Century City 10 km, Goodwood
  - \* Old Mutual Om die Dam 50 km, Half Marathon & 10 km, Hartebeespoort Dam
  - \* Tekkie Town Kouga Kus Half Marathon, Humansdorp to Jeffreys Bay
  - \* Balele Kosmos Mountain Challenge, Newcastle
  - \* Tortoise Tuff 30 km & 10 km, Sedgefield
  - \* Cango Marathon & Half Marathon, Oudtshoorn
  - \* Track: Yellow Pages SA Track & Field Championships, Durban
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## ROAD RUNNING

### Right to Run/Walk Half Marathon & 10 km

Pretoria, 22 March

(Distances: 21.0975 km & 10 km)

#### Half marathon

MEN

1 Wesley Mutai (KEN/NB) 68:10; 2 Courage Kaiyo (ZIM/Nedbank) 69:52; 3 Samuel Ongaki (Toyota) 70:30.

**Veterans:** 1 Dirk Cloete (Irene) 77:32. **Masters:** 1 Colin Fisher (CSIR) 86:10. **G'masters:** 1 Iain McFadyen (Phobians) 1:50:23. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 98:44. **Juniors:** 1 Mpila Jabulani (Nkangala) 81:42.

WOMEN

1 Michelle Williams (RAC) 89:34; 2 Simone Faasen (Exxaro) 93:35; 3 Gloria Baeba (Transnet) 95:30.

**Veterans:** 1 Ansa Strydom (Overkruin) 1:49:38. **Masters:** 1 Francis v. Blerk (Nedbank) 1:52:28. **G'masters:** 1 Penny Visser (Breakthru Midrand) 1:52:32. **Juniors:** 1 Geraldine Combrinck (Exxaro) 1:50:44.

#### 10 km

MEN

1 Nkosinoxolo Sonqibibo (Transnet) 30:17; 2 Shadrack Hoff (GS) 30:51; 3 Josua Sabao (ZIM/Mr Price) 31:03.

**Veterans:** 1 Jack Seanego (NB) 34:40. **Masters:** 1 Jerry Rankapule (Nedbank) 37:04. **G'masters:** 1 Mike de Bruto (Irene) 38:25. **G/g'masters:** 1 Ken Nurden (Agape) 46:28. **Juniors:** 1 Bert Verster (AS Eagles) 38:26.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 36:18; 2 Loveness Madziva (ZIM/Nedbank) 37:10; 3 Helen Chiunda (ZIM) 38:01.

**Veterans:** 1 Ansie Viljoen (Irene) 41:39. **Masters:** 1 Linda Potgieter (Magnolia) 46:17. **G'masters:** 1 Sonja Laxton (RAC) 45:17. **G/g'masters:** 1 Marina Odendaal (Solidarity) 62:49. **Juniors:** Angelique Faasen (Akasia) 40:59.

### Boxer Superstores Stella Royal 25 km (36<sup>th</sup>) & 10 km

Durban, 21 March

(Loop courses)

Note: The first approx. 20 men, as well as Tanith Maxwell and Maya Lawrie, followed the traffic officer's car instead of the lead car at one stage of the race and completed only about 23 km of the race. – Ed.

#### "25 km"

MEN

1.	Prodidal Khumalo	ZIM/Mr Price AC	1:17:41
2.	Sipho Ngxongo	Form One AC	1:19:21
3.	Sazi Ndaba	Boxer AC	1:21:13

#### 40-49:

1.	Peter Sehloho	Boxer AC	1:27:09
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2.	Craig Anderson	DHSOB	1:29:45
3.	Sithembiso Ngiba	Boxer AC	1:30:32

**50-59:**

1.	Eloi de Oliveira	Boxer AC	1:26:51
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**60+:**

1.	Mbekeseni Mchunu	Savages AC	2:03:33
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**WOMEN**

1.	Tanith Maxwell	Boxer AC	1:32:55
2.	Maya Lawrie	Boxer AC	1:34:21
3.	Grace de Oliveira	Boxer AC	1:52:45

**40-49:**

1.	Maya Lawrie	Boxer AC	1:34:21
2.	Grace de Oliveira	Boxer AC	1:52:45
1.	Julie Shadwell	Boxer AC	2:02:26

**50-59:**

1.	Debby de Koning	Eskom Gijimas	2:11:42
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**60+:**

1.	Brenda Hughes	Sydenham AC	2:38:37
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**10 km****MEN**

1.	Siyabonga Nkonde	Mr Price AC	31:46
2.	Sibonelo Duma	Boxer AC	31:50
3.	Richard Nene	ZIM/Mr Price AC	33:24

**WOMEN**

1.	Jenna Challenor	Boxer AC	36:55
2.	Janene Carey	Boxer AC	39:59
3.	Nontokoza Mkhize	Eskom Gijimas	43:16

**Glenryck Tygerberg 30 km (31<sup>st</sup>)**

Parow, 21 March

(Certified loop course, very hilly)

**MEN**

1	Luketz	Swartbooi (1 <sup>st</sup> vet)	NAM	1:38:36
2	Tebello	Poni	VOB	1:39:59
3	Bernard	Rukadza	ZIM/GUGS	1:41:37
4	John	Mboko	Ind	1:46:18
5	Luvuyo	Thomas	Mbiza AC	1:47:12
6	Thobekile	Mbulawa	Khayelitsha	1:47:29
7	Luyanda	Mapoy	Khayelitsha	1:49:03
8	Mandla	Pangalele	GUGS	1:50:31
9	Merion	Steenkamp	Itheko Sports	1:51:14
10	Vladimir	Kotov (1 <sup>st</sup> mast)	Century City	1:51:20
11	Zolile	Bhitane	VOB	1:53:09
12	Stanley	Malange	GUGS	1:53:49
13	Nicholas	Miontsha	Metropolitan	1:54:11
14	Johnny	Persents	Adidas	1:55:02
15	Brian	Mapeyi	VOB	1:55:20
16	Eddie	Lambert	Durbac	1:56:36
17	Sakhumzi	Dyubele	AAC	1:57:20
18	Phumlani	Mehlanakulu	GUGS	1:57:37
19	Raymond	Howard	Celtic	1:57:40

20	Bumisani	Bosi		Paarl	1:58:12
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**40-49:**

1	Luketz	Swartbooi	Temp	44	1:38:36
2	Johnny	Persents	Adidas	45	1:55:02
3	Brian	Mapeyi	VOB	44	1:55:20

**50-59:**

1	Vladimir	Kotov	Century City	52	1:51:20
2	Raymond	Howard	Celtic	51	1:57:40
3	Thomas	Moses	Worcester	53	2:00:50

**60+:**

1	Albertus	Bock	Adidas	64	2:14:17
2	Hennie	Wentzel	Durbac	60	2:16:24
3	Barrie	Downes	Foresters	60	2:23:37

## WOMEN

1	Nomvuyisi	Seti		Mr Price	2:05:18
2	Anneline	Roffey		Adidas	2:06:47
3	Bulelwa	Mtshagi		Temp	2:09:14
4	Julia	Janse van Rensburg		VOB	2:14:28
5	Sarah	Williams		West Coast	2:17:14
6	Lesyl	Potgieter		ATC	2:21:13
7	Liezel	Stoltz		Durbac	2:23:19
8	Elizabeth	de Gouveia		Durbac	2:23:58
9	Liana	Maree		Stellenbosch	2:24:50
10	Carli	Basson		Paarl	2:26:14
11	Theresa	Brand		New Balance MC	2:26:14
12	Janine	Engels (1 <sup>st</sup> vet)		Pinetown	2:27:12
13	Patricia	Adams		Metropolitan	2:28:09
14	Karen	Wentzel		Durbac	2:28:09
15	U	Visser		Mr Price	2:28:12
16	Wilna	Eybers		Strand	2:28:20
17	Candyce	Hall		Hout Bay	2:29:25
18	Regine	Enenkel		West Coast	2:30:56
19	Eunice	Avenant		Helderberg	2:31:56
20	Ronel	Steenkamp		Durbac	2:32:45

**40-49:**

1	Janine	Engels	Pinetown	47	2:27:12
2	Wilna	Eybers	Strand	40	2:28:20
3	Eunice	Avenant	Helderberg	43	2:31:56

**50-59:**

1	Olga	Howard	Celtics	51	2:37:26
2	Sue	Bracher	West Coast	54	2:41:41
3	Annelie	van der Linde	Nedbank	57	2:45:52

**60+:**

1	Sonja	Beard	Forresters	63	3:06:14
2	Avril	Delapelin-Dumont	West Coast	65	3:12:18
3	San	Viljoen	Paarl	62	3:42:34

## Zululand District Ultramarathon & 10 km

Ulundi, 21 March

(Distances: 56 km & 10 km; course configurations unknown)

### 56 km

#### MEN

1.	Sergio Motsoeneng	Discovery H	3:24:50
2.	Bongmusa Mthembu	Mr Price AC	3:25:21
3.	Sandile Makhaye	Mr Price AC	3:26:03

#### WOMEN

1.	Monica Kativhu	ZIM/Mr Price AC	4:26:45
2.	Jane Mkhumuleli	Nedbank AC	4:38:13
3.	Onkemegse Nkame	Goldfields AC	4:41:23

### 10 km

#### MEN

1.	Thubalethu Phaku	DUT	30:48
2.	Moses Lepheana	Nedbank AC	31:19
3.	Thabani Chagwe	WMAC	31:44

#### WOMEN

1.	Pufeletso Dladla	Boxer AC	38:12
2.	Matrinta Mota	LES	38:26
3.	Allison Manake	Ind	38:58

## Crystal Towers Hotel & Spa Century City 10 km (1<sup>st</sup>)

Goodwood, 20 March

(Certified loop course. Finishers: 919.)

Note: Yet another Western Province record for the indefatigable Vladimir Kotov. – Ed.

#### MEN

1. Luketz Swartbooi (NAM) 29:45 (1<sup>st</sup> vet); 2. Sibusiso Mbingeleli (MP) 30:14; 3. Luxolo Mdzanga (Gugs) 30:22; 4. Mthandazo Qhina (Adid) 30:29; 5. Tom Lusaseni (Adid) 31:36; Michael Bailey (Celtic); 7. Vladimir Kotov (BLR/Cent) 31:47; 8. Akhona Makila (VOB) 31:48 (1<sup>st</sup> jun); 9. Velani Lusaseni (Adid) 31:56; 10. Marks Mpekula (VOB) 32:16; 11. Asive Njenxa (Khay) 32:23; 12. Shaun Zuzani (AAC) 32:26; 13. Siphon Phala (VOB) 32:27; 14. Patrick Magadla (VOB) 32:33; 15. John September (Celtic) 32:44; 16. Sihle Mapukata (MP) 32:54; 17. Vuyisanani Ndevu (Khay) 33:01; 18. Eric Mdada (East) 33:03; 19. Xolile Macanda (Ned) 33:03; 20. A.N. Other (VOB) 33:19.

**40-49:** 1. Luketz Swartbooi (NAM) 29:45 (1<sup>st</sup> vet); 2. John September (Celtic) 32:44; 3. Xolile Macanda (Ned) 33:03. **50-59:** 1. Vladimir Kotov (BLR/Cent) 31:47; 2. Gregory Jacobs (Edge) 36:15; 3. Eric Mlonyeni (Ned) 36:25. **60-69:** 1. Albertus Bock (Adid) 38:01; 2. Awie Veldsman (Held) 38:38; 3. Kevin Kohler (Edge) 45:03. **70+:** 1. Caspar Greeff (AAC) 49:10; 2. Derry Devine (VOB) 63:29; 3. Rob Lanning (AAC) 74:19. **Juniors:** 1. Luxolo Mdzanga (Gugs) 30:22; 2. Akhona Makila (VOB) 31:48; 3. Asive Njenxa (Khay) 32:23.

#### WOMEN

1. Zintle Xiniwe (MP) 36:50; 2. Nomvuyisi Seti (MP) 36:54; 3. Asiphe Sikabalanjana Gugs) 37:20; 4. Michelle Bartman (Harf) 37:46; 5. Busisiwe Matiwane (Celt) 38:50; 6. Ursula Frans (Adid) 39:00; 7. Helene Perold (Adid) 39:49; 8. Elmarie Coetzee (Adid) 39:50; 9. Natasha Oosthuizen (Adid) 39:59; 10. Sheryl de Lange (Adid) 40:32; 11. Andrea Pretorius (NBMC) 40:33; 12. Sarah Williams (WC) 40:43; 13. Colleen de Oliveira (NBMC) 40:51; 14.

Janine Engels (PDAC) 41:30; 15. Olga Howard (Celtic) 41:38; 16. Tania Kapp (VOB) 41:58; 17. Glenda Werth (Met) 42:41; 18. Tanya Scott (UCT) 42:50; 19. Evelina Tshabalala (Gugs) 42:57; 20. Nancy Will (Pine) 42:59.

**40-49:** 1. Michelle Bartman (Harf) 37:46; 2. Ursula Frans (Adid) 39:00; 3. Elmarie Coetzee (Adid) 39:50. **50-59:** 1. 1. Olga Howard (Celtic) 41:38; 2. Nancy Will (Pine) 42:59; 3. Charmaine Cupido (Ned) 44:28. **60-69:** 1. Marietha Herbert (Bell) 47:55; 2. Pixie Sparg (Celtic) 50:19; 3. Zonia Barnard (Celtic) 56:50. **70+:** 1. Magdalene Johnson (Tyger) 75:05; 2. Marianne Ballarin (VOB) 100:03. **Juniors:** 1. Asiphe Sikabalanjana Gugs) 37:20; 2. Ayanda Mqhakayi (Gugs) 47:13; 3. Benine Havenga (Tyger) 61:33.

### **Old Mutual Om die Dam 50 km (20<sup>th</sup>), Half Marathon & 10 km**

Hartebeespoort Dam, 20 March

(Distances: 50 km, 21.0975 km & 10 km; hilly loop courses. Finishers: 50 km – 3050; half-marathon – 1950; 10 km – 930.

Note: The middle race returned to the traditional half-marathon distance after it was run as a 20 km event for a few years.

#### **50 km**

##### **MEN**

1 Othaniel Phahlane (Temp) 2:49:39 (CR); 2 Enoch Skosana (Nedbank) 2:53:29; 3 Felix Mushurwa (ZIM/Nedbank) 2:55:48; 4 Lucas Nonyana (Nedbank) 2:56:19; 5 Michael Ngaseke (ZIM/Mr Price) 2:57:00; 6 Ludwick Mamabolo (Mr Price) 2:57:28; 7 Sipho Ncube (ZIM/Mr Price) 2:57:36; 8 Herbert Chokere (ZIM/Mr Price) 2:57:40; 9 Charles Tjiane (Mr Price) 2:57:42; 10 Claude Moshyiwa (Mr Price) 3:00:59.

**Veterans:** 1 Reform Ndlovu (Randburg Harriers) 3:13:57; 2 Bheki Nene (ADT) 3:16:22.

**Masters:** 1 Aubrey Watson (NB) 3:36:49; 2 Johannes Ramaphakela (Carlton) 3:39:36.

**G'masters:** 1 Daniel Hlongwane (Nedbank) 3:58:58; 2 Trevor Parry (Harmony Striders) 4:07:06. **G/g'masters:** 1 Callie Benecke (Kempton) 4:36:36.

##### **WOMEN**

1 Chiyedza Chokore (ZIM/Mr Price) 3:29:54; 2 Lesley Train (Nedbank) 3:39:34; 3 Belinda Waghorn (Bonitas) 3:41:56; 4 Estie Grobler (Mr Price) 3:49:44; 5 Kashmiria Parbhoo (Nedbank) 3:50:19; 6 Carien Visser (Tuks) 3:56:04 (1<sup>st</sup> vet); 7 Mankutoane Matlakeng (Mr Price) 4:02:11; 8 Shelley v.d. Spuy (Boksburg) 4:02:58; 9 Belinda Hickman-Mosdel (Phobians) 4:05:39; 10 Anita O'Brien (Nedbank) 4:06:42.

**Veterans:** 1 Carien Visser (Tuks) 3:56:04; 2 Shelley v.d. Spuy (Boksburg) 4:02:58.

**Masters:** 1 Mary Gerneke (Dosco) 4:47:09; 2 Cindy Beeming (Alberton) 4:48:42.

**G'masters:** 1 Pam Osborne (Athletics North KZN) 5:26:05; 2 Sandy Fine (Rockies) 5:49:54.

#### **Half marathon**

##### **MEN**

1 Lucky Mohale (GS) 65:00; 2 Michael Mazibuko (Temp) 65:11; 3 Shadrack Hoff (GS) 66:01; 4 Peter Muthubi (Nedbank) 66:45; 5 Jonathan Chinyoka (ZIM/Nedbank) 66:54; 6 Aaron Gabonewe (Nedbank) 67:28; 7 Degene Asafa (ETH/ADT) 67:41; 8 Wesley Ruto (KEN/Nedbank) 67:48; 9 Brighton Chipere (ZIM/Nedbank) 68:07; 10 Courage Kayo (ZIM/Nedbank) 68:19.

**Veterans:** 1 Piet Mosibedi (Nedbank) 71:36; 2 Gethun Wordofa (ETH/ADT) 72:17.

**Masters:** 1 John Stemmer (SCAW) 77:10; 2 Colin Fisher (CSIR) 84:51. **G'masters:** 1 Mike de Bruto (Irene) 91:04. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 98:44.

## WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 78:14; 2 Cornelia Joubert (BCC) 80:33; 3 Adinda Kruger (Nedbank) 81:19; 4 Lizelle Espach (Nedbank) 82:02; 5 Joyce Thiane (Goldfields) 82:04; 6 Yolande Maclean (Jeppe) 84:10; 7 Muchaneta Gwata (ZIM/Mr Price) 84:30; 8 Toni Snoxell (Jeppe) 84:51; 9 Helen Chiundo (ZIM/Nedbank) 85:03; 10 Kerry Walton (Running Inn) 86:34.

**Veterans:** 1 Ansie Viljoen (Irene) 91:04; 2 Lettie Saayman (Irene) 98:54. **Masters:** 1 Natalie Saunders (Fourways) 1:44:24; 2 Alta Oelofse (Klerksdorp) 1:53:18. **G'masters:** 1 Debbie v. Heerden (Roodepoort) 2:10:02. **G/g'masters:** 1 Phyllis Maartens (Fit 2000) 2:44:56.

**10 km**

## MEN

1 Johannes Kekana (Mr Price) 29:30; 2 Joshua Sabao (ZIM/Mr Price) 29:54; 3 Wesley Mutai (KEN/NB) 30:25.

**Veterans:** 1 Danie de Villiers (Krugersdorp) 38:30; 2 Bheki Sandlana (PMK) 40:41. **Masters:** 1 Jerry Rankupule (Nedbank) 36:53; 2 Mmola Tsotso (Anglo) 37:47. **G'masters:** 1 Hubrecht Ribbens (CSIR) 50:39. **G/g'masters:** 1 Andries v. Rooyen (Ndaba) 61:37.

## WOMEN

1 Gloria Baeba (Transnet) 37:38; 2 Loveness Madziva (ZIM/Nedbank) 37:44; 3 Maphuthi Phaka (GS) 39:32.

**Veterans:** 1 Stella Mdlala (Fourways) 51:13; 2 Dorothey Affat (RAC) 65:17. **Masters:** 1 Selinah Dlamini (Rand Water) 58:36; 2 Matilda v Zyl (RWFL) 70:07. **G'masters:** 1 Elize Greeff (Enduro) 68:13. **G/g'masters:** 1 Desire Kantor (Agape) 80:51.

**Tekkie Town Kouga Kus Half Marathon (21<sup>st</sup>)**

Humansdorp to Jeffreys Bay, 20 March

(Distance: 21.0975 km; point-to-point downhill course. Finishers: 550)

Note: This was George Ntshiliza's fifth win in a row in this race.

## MEN

1	George	Ntshiliza	Nedbank RC	30	1:05:10
2	Masixole	Dlaku	Mr Price PE	31	1:06:46
3	Melikhaya	Sithuba	Mr Price PE	26	1:07:10
4	Phumzile	Sikawuti	Nedbank RC	30	1:07:17
5	Anele	Maliza	Mr Price PE	32	1:08:44
6	Sandile	Ngunuza	Nedbank RC	27	1:09:53
7	Mila	Pasiya	Nedbank RC	30	1:10:34
8	Christopher	Mabengeza (1 <sup>st</sup> vet)	Nedbank RC	43	1:12:24
9	Emerson	Kayana	Nedbank RC	36	1:12:41
10	Mzamo	Fokwana	Charlo RR	32	1:13:31
11	Zolile	Mhlahlo	Triangle Sports	35	1:14:33
12	Mpumelelo	Ndlumbini	Nedbank RC	35	1:14:46
13	Welcome	Loliwe	Nedbank RC	45	1:15:13
14	Melikhaya	Msizi	Knysna MC	26	1:17:02
15	Riaan	Kock	Nedbank RC	40	1:17:16
16	Michael	Bester	Achilles AAA	22	1:17:34
17	Nkosinathi	Gcakasi	Bluewater Bay	39	1:17:45
18	Mongezi	Mboya	PEAAC	32	1:18:35
19	Malungisa	Olayi	PEAAC	31	1:18:49
20	Elliot	Nyarashe	PEAAC	30	1:19:06

**40-44:**

1	Christopher	Mabengeza	Nedbank RC	43	1:12:24
2	Riaan	Kock	Nedbank RC	40	1:17:16
3	Simon	Ngcoko	Nedbank RC	40	1:20:57

**45-49:**

1	Welcome	Loliwe	Nedbank RC	45	1:15:13
2	Robin	Fourie	Achilles AAA	46	1:22:22
3	Neil	De Meillon	New Balance	46	1:22:29

**50-54:**

1	Sidwel	Roboshi	Nedbank RC	50	1:22:10
2	Johnny	Malgas	SANDF EP	50	1:25:35
3	Leonard	Erasmus	Willard Batt	52	1:26:06

**55-59:**

1	Sizinzo	Kama	Achilles AAA	58	1:26:30
2	Bruce	Mcewan	Achilles AAA	56	1:32:59
3	Roger	Trader	Achilles AAA	56	1:33:20

**60-64:**

1	Jurgens	Zwiegelaar	Nedbank RC SWD	61	1:26:31
2	Hannes	Els	Madiba Bay	60	1:30:48
3	Percy	Dalton	Achilles AAA	61	1:34:43

**65-69:**

1	Herman	Dekker	SAP MC EP	65	2:05:27
2	Piet	Scholtz	Temp	65	2:08:01
3	Gerald	Scheepers	PEAAC	67	2:20:17

**70+:**

1	David	Fraser	PEAAC	71	2:01:26
2	Alf	Zehmke	PEAAC	70	2:35:05
3	John	Peart	Nedbank RC	74	2:37:38

**Juniors:**

1	Charlton	Hans	Temp	17	1:27:18
2	Patrick	Klaas	Temp	16	1:32:09
3	Lunga	Sizani	Temp	17	1:35:45

**WOMEN**

1	Grizelda	Pietersen (1 <sup>st</sup> vet)	Achilles AAA	41	1:33:23
2	Christine	Claasen	Achilles AAA	45	1:33:56
3	Asanda	Solani	Nedbank RC	26	1:36:12
4	Elmarie	Bezuidenhout	Charlo R R	28	1:36:20
5	Claire	Nagel	Elite AC	45	1:37:52
6	Janette	Schierz-Crusius	Body Concept	49	1:39:29
7	Priscilla	Dyantyi	Mr Price PE	36	1:40:24
8	Hanlie	V.d. Westhuizen (1 <sup>st</sup> mast)	Transnet RE	53	1:40:34
9	Priscilla	Maleiba	Cadbury AC	39	1:41:06
10	Adele	Nel	St Albans CSEP	37	1:41:25
11	Paulette	Mcewan	Achilles AAA	45	1:41:55
12	Sime	Baynes	Body Concept	26	1:42:16
13	Mary Grace	Villanueva	Achilles AAA	34	1:43:40
14	Lizette	Sydien	Elite AC	23	1:43:43
15	Leana	Berg	Nedbank RC	41	1:44:42
16	Anne	De Swardt	Jeffreys Bay	41	1:45:20
17	Jaclynn	Fismer	Queenstown Harr	29	1:46:33
18	Natalie	Ross	Rhodes University	19	1:47:02
19	Lindie	Stander	St Albans CSEP	25	1:47:03
20	Melanie	Muller	Bluewater Bay	27	1:47:29



**40-44:**

1	Grizelda	Pietersen	Achilles AAA	41	1:33:23
2	Leana	Berg	Nedbank RC	41	1:44:42
3	Anne	De Swardt	Jeffreys Bay	41	1:45:20

**45-49:**

1	Christine	Claasen	Achilles AAA	45	1:33:56
2	Claire	Nagel	Elite AC	45	1:37:52
3	Janette	Schierz-Crusius	Body Concept	49	1:39:29

**50-54:**

1	Hanlie	Van der Westhuizen	Transnet Re	53	1:40:34
2	Paulette	Jordaan	Muirite Striders	52	1:55:50
3	Monica	Kemp	Madiba Bay	54	1:56:14

**55-59:**

1	Rita	Boucher	Walmer AC	59	2:17:49
2	Elsa	Gomez	Jeffreys Bay	57	2:21:46
3	Jos	Els	Madiba Bay	57	2:23:58

**60-64:**

1	Liz	Grundlingh	Muirite Striders	63	1:54:12
2	Heather	Davies	Temp	60	2:08:23
3	Elsa	Abrahams	Discovery	61	2:14:29

**70+:**

1	Dorothy	Hart	PEAAC	72	2:21:58
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**Juniors:**

1	Cheri	Rademeyer	NMMU AC	18	1:51:57
2	Tineke	Rademeyer	Muirite Striders	16	1:51:58
3	Tanya	Wilson	Charlo R R	17	2:20:20

**Balele Kosmos Mountain Challenge**

Newcastle, 20 March

(Distances: 21.0975 km &amp; 10 km; out-and-back courses on dirt roads)

**Half marathon****MEN**

1.	Hein	Potgieter	Richards Bay	1:27:45
2.	Richard	Qwagi	Newcastle Harriers	1:30:05
3.	Toni	Boshoff	Correctional Services	1:42:13

**40+:** Hein Potgieter Richards Bay 1:27:45**50+:** Siggy Lauterbach Newcastle Harriers 1:43:00**60+:** Wilfried Peters Newcastle Harriers 2:01:55**70+:** Johan Pienaar Solidariteit 2:49:17**Juniors:** Richard Qwagi Newcastle Harriers 1:30:05**WOMEN**

1.	René	Rautenbach	Richards Bay	2:01:53
2.	Chantelle	Carter	Eskom Gijimas	2:02:45
3.	Geovani	Coccianti	Ladysmith Athletic Club	2:06:23

**40+:** Rene Rautenbach Richards Bay 2:01:53**50+:** Gail Stroebel Newcastle Harriers 2:13:04**60+:** Florie van Zyl Assegai 2:44:37**10 km****MEN**

1.	Nkosinathi	Gama	Boxer	39:11
2.	Bonginkosi	Shabalala	Temp	43:02

3.	Themiso	Masondo	Temp	46:29
<b>40+:</b>	Marius	van Zyl	Newcastle Harriers	1:00:40
<b>60+:</b>	At	Swanepoel	Newcastle Harriers	1:05:33
<b>Juniors:</b>	Andre	Viljoen	Temp	50:33
<b>WOMEN</b>				
1.	Ronel	Schoeman	Temp	56:16
2.	Nonhlanhla	Ndebele	Newcastle Harriers	59:09
3.	S.	Wilken	Temp	1:00:29
<b>40+:</b>	Elsabe	Schoonraad	Vryheid	1:27:37

### Tortoise Tuff 30 km & 10 km

Sedgefield, 13 March  
(Out-and-back courses)

#### 30 km

##### MEN

1	Khayaletu	Makalima	Mr Price	27	1:45:51
2	Lindile	Tokota	Nedbank	42	1:46:04
3	Principal	Fana	Rainbow	41	1:54:28
4	Zuzile	Ntsiniyabo	Knysna	35	1:54:56
5	Julie	Saaiers	Nedbank	40	1:56:55
6	Paulus	Allart	Mossel Bay Harriers	41	1:59:00
7	Marlon	Mortlock	Knysna	36	1:59:16
8	Victor	Gugushe	Plettenberg Bay	31	2:04:32
9	Martin	Herd	Ind	39	2:11:08
10	Grant	Lemice	Knysna	37	2:12:18

##### WOMEN

1	Annatjie	Botes	Nedbank	52	2:16:58
2	Alison	Jordaan	Outeniqua Harriers	43	2:19:25
3	Lisl	Grobler	Knysna	33	2:21:25
4	Marie	Wolmarans	Nedbank	50	2:27:36
5	Johanna	Classen	Nedbank	41	2:27:46
6	Pkilani	Strenderst	Hartenbos	38	2:28:54
7	Elize	Kloppers	Hartenbos	40	2:30:24
8	Svelka	Sharp	Knysna	35	2:31:33
9	Minaldi	Phillipson	Mossel Bay Harriers	25	2:35:17
10	Lola	De Meyer	Nedbank	39	2:38:59

#### 10 km

##### MEN

1	Luwayne	Duitsjan	Hartenbos	23	32:43
2	Frans	Malgas	Knysna	20	32:55
3	Sinesilne	Dhlisha	Knysna	17	33:18
4	Justice	Bashe	Mr Price	32	33:46
5	Stlinyn	Losper	Nedbank	45	34:36
6	Melikhaya	Msizi	Knysna	26	35:07
7	Elfonso	Pieterse	Rainbow	21	35:26
8	Eric	Nangu	Plettenberg Bay	38	36:05
9	Denzil	Laminie	Knysna	23	36:19
10	Jugeene	Maart	Mossel Bay Harriers	23	36:42

## WOMEN

1	Danette	Smith	Maties	21	40:16
2	Barbara	Hage	Eden	43	45:10
3	Thea-Mari	Van der Sandt	Nedbank	34	46:27
4	Salomie	Coetsee	Eden	41	48:14
5	Elsa	De Villiers	Hartenbos	50	48:37
6	Sanjo	Jenkins	Eden	15	49:17
7	Sharifa	Louw	Knysna	41	50:35
8	Jimlha	Engelbrecht		16	51:38
9	Laura	Weeks		16	52:16
10	Jo-Anne	Jansen van Vuuren	Plettenberg Bay	42	53:03

**Cango Marathon (34<sup>th</sup>) & Half Marathon**

Oudtshoorn, 27 February

(Distances: 42.195 km &amp; 21.0975 km; point-to-point downhill courses)

Note: The name of the marathon winner is obviously spelt wrongly, but DRR unfortunately does not know who the runner is. His licence number is not included in the results, although all the other runners' numbers are – so it is impossible to identify him with this information. If he is indeed 42 years old, it is the 20<sup>th</sup> fastest time ever by a South African veteran. Until he can be identified, his time will not be included among the list leaders. The third woman in the marathon is also unknown to DRR. – Ed.

**Marathon**

## MEN

1	E	Mwranargni	42	Mr Price WP	2:22:56
2	L	Tokota	42	Nedbank	2:30:22
3	E	Pelem	30	Nedbank	2:23:59
4	G	Gelderbloem	34	Mossel Bay Harriers	2:32:18
5	S	Patten	39	Varsity Old Boys	2:33:47
6	J	Saaiers	41	Nedbank	2:33:47
7	R	Kock	40	Nedbank	2:37:06
8	?	Ngunuza	27	Swartland Athletic Club	2:37:07
9	P	Allart	41	Mossel Bay Harriers	2:38:39
10	E	Lambert	32	Durbanville Athletic Club	2:41:36
11	M	Boksman	29	Spoornet	2:43:09
12	R	Dickson	36	Acsis VOB	2:43:17
13	S	Landsberg	48	Garden Route Athletic Club	2:44:58
14	H	Maree	33	Stellenbosch Athletic Club	2:45:11
15	T	Moses	53	Worcester Atletiek Klub	2:45:20
16	?	Kleinhans	27	Hartenbos Drawwers	2:45:24
17	D	Ruiters	25	Robertson	2:46:35
18	A	Waterboer	30		2:48:46
19	K	Van Zyl	32	Tygerberg Athletic Club	2:49:06
20	P	Hanekom	41	Nedbank	2:49:37

## WOMEN

1	J	Thomas	41	Acsis VOB	2:52:04
2	D	Magson	35	Mr Price PE	3:00:53
3	K	Beziek	29	Spoornet	3:07:49
4	A	Botes	52	Nedbank	3:08:34
5	H	Mathee	35	Outeniqua Harriers	3:09:48
6	R	Nattrass	27	Adidas	3:11:16
7	M	Esterhuyse	47	Tygerberg Athletic Club	3:12:10
8	L	Maree	32	Stellenbosch Athletic Club	3:13:19
9	C	Olivier	33	Varsity Old Boys	3:13:37

10	A	Jordaan	43	Outeniqua Harriers	3:14:42
11	L	Grobler	33	Knysna Marathon Club	3:15:54
12	M	Surrige	40	Strand Athletic Club	3:16:45
13	L	Gething	34	Hout Bay Harriers	3:18:46
14	K	Wentzel	33	Plexus Durbanville	3:18:59
15	M	Coetzer	54	Whalers Hermanus	3:19:05
16	M	Wolmarans	50	Nedbank	3:19:57
17	J,D	Claassen	41	Nedbank	3:21:00
18	C	Hall	25	Hout Bay Harriers	3:24:04
19	M	Louw	43	Adidas	3:25:25
20	A	Slabbert	38	Stellenbosch Athletic Club	3:25:36

### Half marathon

#### MEN

1	L	Duitsjan	23	Hartenbos Drawwers	1:10:22
2	B	Fredericks	23	Spoornet	1:11:18
3	F	Malgas	20	Knysna Marathon Club	1:12:50
4	B	Salman	36	Run/Walk For Life	1:13:19
5	M	Bekapi	0	Varsity Old Boys	1:15:36
6	M	Dintoe	36		1:17:10
7	M	Msizi	26	Knysna Marathon Club	1:17:26
8	T	Cleophas	44	Nedbank	1:20:49
9	M	Finger	37		1:22:10
10	J	Isaks	24	Rainbow Athletic Club	1:22:18

#### WOMEN

1	K	Roos	32	Knysna Marathon Club	1:27:55
2	K	Van der Merwe	25	Nedbank	1:30:14
3	B	Stevens	22	Langberg	1:37:55
4	R	Wildeman	48	Nedbank	1:41:07
5	S	Van Heerden	54	Run/Walk For Life	1:42:05
6	C	Bisongo	49		1:46:28
7	R	Wagener	35	Beaufort West Drawwers	1:49:48
8	M	Le Roux	33	De Rust Striders	1:50:27
9	E	Horne	32	De Rust Striders	1:50:50
10	B	Payne	48	Vob Acsis	1:50:50

## TRACK

### Yellow Pages SA Track & Field Championships (103<sup>rd</sup>)

Durban, 20-21 March

Note: Unfortunately ASA did not provide *Distance Running Results* with the promised complete results of the meeting, so only the top three can be given here. All events on the second day, except the men's 10000 m and the women's 5000 m. – Ed.

#### MEN

800:

- 1 Ettienne Plaatjies (ACNW) 1:47.67
- 2 William Mothosola (AFS) 1:48.20
- 3 Jan Masanamela (AMPU) 1:48.21

1500:

- 1 Stephen Mokoka (AGN) 3:38.55
- 2 Juan van Deventer (CGA) 3:38.73
- 3 Pharson Magagane (LIMA) 3:39.50

## 3000 steeplechase:

- 1 Ruben Ramolefi (CGA) 8:21.74
- 2 Edwin Molopo (ACNW) 8:38.53
- 3 Tisetso Masehla (CGA) 8:51.23

## 5000:

- 1 Tshamano Setone (CGA) 13:45.71
- 2 Elroy Gelant (ACNW) 13:45.84
- 3 Olebogeng Masire (ACNW) 13:46.32

## 10000:

- 1 Stephen Mokoka (AGN) 28:18.54
- 2 Gladwin Mzazi (AVT) 28:20.40
- 3 Lungisa Mdedelwa (ATRA) 28:32.18

## WOMEN

## 800:

- 1 Maphaseka Makhanya (CGA) 2:04.07
- 2 Mandi Brand (CGA) 2:05.90
- 3 Anuschka Nice (AGN) 2:06.92

## 1 500:

- 1 René Kalmer (CGA) 4:08.61
- 2 Lebogang Phalula (CGA) 4:11.10
- 3 Lebo Phalula (CGA) 4:13.98

## 5000:

- 1 René Kalmer (CGA) 15:51.32
- 2 Lebo Phalula (CGA) 15:58.34
- 3 Thozama April (AGN) 16:12.69

## 10000:

- 1 Irvette van Blerk (CGA) 34:20.17
- 2 Thozama April (AGN) 34:35.27
- 3 Mpho Mabuza (CGA) 35:05.62

## 3000 steeplechase:

- 1 Tebogo Masehla (CGA) 10:00.84
- 2 Myrette Filmalter (AGN) 10:03.07
- 3 Nolene Conrad (CGA) 10:35.52

**NEWS****S.A. TEAM FOR WORLD CROSS-COUNTRY**

A team of 24 athletes were selected to represent South Africa in the IAAF World Cross-country Championships in Bydgoszcz, Poland, this weekend.

The team members are:

MEN: Lungisa Mdedelwa (ATRA); Stephen Mokoka (AGN); Joseph Xolisa Tyali (CGA); Kgosi Samuel Tsosane (AFS); Gladwin Sibabalwe Mzazi (VUT); Siyabonga Nkonde (KZN).  
 WOMEN: Lebo Phalula (CGA); Lebogang Phalula (CGA); Ronel Thomas (AGN); Ntombesintu Ntshiliza (EPA); Tebogo Masehla (CGA); Marelize Retief (AGN).  
 JR. MEN: Vuyisile Tshoba (CGA); Lucas Goitsemodimo Bothobutle (CNW); Sityhilo Diko (CGA); Joel Mohau Mmone (CNW); Wiseman Mfumaneko Fadane (VUT); Pieter Wilders (CGA).  
 JR. WOMEN: Letitia

Saayman (AGN); Sylvia Kedireng Tshetlanyane (CGA); Thato Makhafola (CGA); Mamphielo Sibanda (CGA); Ashleigh Schnetler (CGA); Juan-Marie Cooper (CGA).

### **COMRADES ROUTE CHANGED AT THE START**

A total of 23 565 entries have been received for this year's Comrades Marathon on 30 May, the Comrades Marathon Association (CMA) has announced. The cut-off date for runners to submit their qualifying details is 26 April.

The CMA has also announced a change in the route at the start of the race in Pietermaritzburg. The change will allow for an easier flow of athletes out of the city centre.

Participants will proceed from the start down Commercial Road, turn right into Alexandra Road and then run to the Ritchie Road/Alexandra Road intersection and turn left into Ritchie Road. From there they will go to Washington Road and then rejoin the traditional course.

The CMA does not expect the change to alter the distance of the race by more than approx. 300 metres. The final distance will be announced after the remeasurement has been completed.

### **PROFILE**

This appreciation of Ethiopian great Haile Gebrselassie was written by David Powell for the New York Road Runners website ahead of the weekend's NYC Half Marathon, which Geb failed to finish. – Ed.

### **GEB: HONOURABLE AS AN ATHLETE AND A MAN**

Give me a wish for the 2012 London Olympics and it would be for Haile Gebrselassie to win the men's marathon. How better to mark an astonishing 20 years as a world-beating runner?

I remember well the first time I came across Gebrselassie: It was at the 1992 World Junior Championships, in Seoul, when a Kenyan opponent, Josephat Machuka, was disqualified for punching him in the back in frustration as the Ethiopian passed him down the home stretch in the 10000 metres to win his first global gold medal.

Plenty of athletes since have felt similar frustration, such has been Gebrselassie's ability to finish off races like a trained assassin. In Seoul, he won the 5000 metres the day after the 10000 m, both his gold medals accompanied by championship records. We were watching the future, though we hadn't yet learned to spell his name. The winner, reporters present recorded, was "Haile Gsilase."

Everybody in athletics knows his name now. But the measure of the man is not so much what he has achieved on the track and road—an accumulation of records and gold medals that make him arguably the greatest distance runner in history—but the way he has lived his life away from his sport.

When the newspaper for which I was athletics correspondent for 18 years, *The Times* in London, ranked Gebrselassie as the No.1 African sportsperson of all time in January, it recognised not only his accomplishments as a runner but how he has built up business interests designed to benefit those less fortunate in his homeland.

Whether it is in connection with his real estate business, his construction company, his hotel interests, or the schools he has built, Gebrselassie has worn a suit with no less determination than he has donned singlet and shorts. You could tell, back in the early 1990s, that there was more to this young man than athletic brilliance as he worked hard on his English so that he could communicate with the media. He had things to say and he wanted people to understand.

He told us back in 2003, when the number of people he employed had grown from 10 to more than 250, that his motive was to provide jobs in Ethiopia. "All the money I have, I spend in this country," he said. "It is very difficult living with so many poor people."

He was one of them once, living in rural penury, his bare feet his only transportation. He would run to and from school, six miles each way. One of 10 siblings living in a mud-and-wood hut, his mother deceased, his father disapproving of his desire to become a top runner, he showed an obduracy that, later in life, would serve him well in competition.

Gebrselassie stood up to his father. "He believed I was wasting my time," Gebrselassie recalled. "For him, sport was fun and nothing else—you could not make a living from it."

As a 7-year-old, he hid a radio from his father so that he could listen, from among the sheep and cattle on the family farm, as Ethiopia's Miruts Yifter won the 5000 and 10000 m at the 1980 Moscow Olympics. Eventually, Gebrselassie won the argument.

When he won a Mercedes at age 20, before he could drive, for taking the world 10000-metre title in 1993, his father admitted defeat. The smooth, graceful running style, the cheerful demeanor—Smiley Haile, we called him—won admirers worldwide.

Throughout his career, I have always found him ready to give generously of his time, just as he gives generously of his wealth back home. Gebrselassie the athlete is justly honored; Gebrselassie the man is perhaps even more honorable.

## STATS TIME

In this section I include the top ten South Africans over the standard distances in 2010 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

### 2010 10 KM: TOP 10 WOMEN

34:55	Ivette van Blerk	1	Pretoria	06 Mar
36:16	Andrea Steyn	1	Pretoria	20 Feb
36:20	Ronel Thomas	2	Irene	10 Feb
36:22	Ntombesintu Ntshiliza	1	Port Elizabeth	13 Feb
36:27	Charné Bosman	3	Pretoria	06 Feb
36:27	Thomas-2	3	Pretoria	06 Mar
36:33	Myrette Filmalter	2	Sasolburg	06 Feb
36:40	Louisa Leballo	3	Irene	10 Feb
36:42	Van Blerk-2	1	Pretoria	30 Jan
36:50	Zintle Xiniwe	1	Goodwood	20 Mar
36:54	Nomvuyisi Seti	2	Goodwood	20 Mar
36:55	Jenna Challenor	1	Durban	21 Mar

## THIS MONTH IN HISTORY

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

### 45 years ago: 10 March 1965

On this day Cornelius "Sonny" van Antwerp ran one of the best races of his career in Germiston when, despite the altitude, he became the first South African to dip below 50 minutes for 10 miles and cover more than 12 miles in an hour. Over 10 miles his 49:55.6 smashed Jan Barnard's 10-year-old record by almost two minutes and in the hour run his distance of 12 miles 37 yards (19.346 km) improved on Div Lamprecht's record set that January. Five weeks later Van Antwerp beat Kiwi Neville Scott for the SA 6-mile title.

## 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)		
15 km	27:01	Micah Kogo (KEN) 2009		
	43:50	Lusapho April	Port Elizabeth	06 Mar
21.1 km	44:46a	James Carney (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
25 km	63:15	Chabeli Nyedimane	Bloemfontein	06 Feb
	59:18	Tilahun Regassa (ETH)		
30 km	58:33	Samuel Wanjiru (KEN) 2007		
	76:58a	Moses Lepheana	Pinetown	24 Jan
Marathon	72:45	Paul Kosgei (KEN) 2004		
	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
100 km	87:49**	Haile Gebrselassie (ETH) 2009		
	2:15:29	Hendrick Ramaala	Otsu	07 Mar
	2:06:09	Haile Gebrselassie (ETH)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
	6:13:33	Takahiro Sunada (JPN) 1998		

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

#### Veterans (40+)

10 km	32:22	John September	Cape Town	03 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	48:40	Maboyisana Mazwayi	Port Elizabeth	16 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	71:39	Lawrence Chipangaan	Benoni	31 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	89:35a	Peter Sehloho	Pinetown	24 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:04	Lindile Tokota	Sedgefield	13 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:29:04	Reginald Ngobese	Sasolburg	06 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	36:15	Gregory Jacobs	Goodwood	20 Mar
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:46	Raymond Howard	Duynefontein	27 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:31	Eloi de Oliveira	Pietermaritzburg	28 Feb
	66:42	Martin Rees (GBR) 2003		
25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	1:57:40	Raymond Howard	Parow	21 Mar



Marathon	2:45:10	Ernest Tjela	Sasolburg	06 Feb
100 km	2:19:29	Titus Mamabolo (RSA) 1991		
<u>Grandmasters (60+)</u>				
10 km	38:01	Albertus Bock	Goodwood	20 Mar
15 km	59:47	Albertus Bock	Constantia	13 Mar
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				
<u>Juniors</u>				
10 km	30:10	Unathi Phezolo	Brackenfell	20 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:39	Xola Bongoza	Port Elizabeth	06 Feb
	42:25	Moses Mosop (KEN) 2004		
21.1 km	72:38	Philani Ngcobo	Pietermaritzburg	28 Feb
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	34:55	Irvette van Blerk	Pretoria	06 Mar
	32:50	Shino Saito (JPN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:31	Zintle Xiniwe	Constantia	13 Mar
	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	2:52:04a	Joanna Thomas (vet)	Oudtshoorn	27 Feb
	2:23:53	Teyiba Erkiso (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:40	Michelle Bartman	Goodwood	20 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:46	Michelle Bartman	Constantia	13 Mar
	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	2:52:04a	Joanna Thomas	Oudtshoorn	27 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:24 34:44	Marietjie Ceronio Tatyana Pozdniakova (UKR) 2005	Sasolburg	06 Feb
15 km	64:03 54:33	Olga Howard Shirley Matson (USA) 1991	Constantia	13 Mar
21.1 km	1:39:41 76:07	Sandra Fismer Tatyana Pozdniakova (UKR) 2006	Pietermaritzburg	28 Feb
25 km	2:04:09a	Jenny Scott	Pinetown	24 Jan
30 km	2:16:34	Olga Howard	Camps Bay	10 Jan
Marathon	3:08:34a 2:31:05	Annatjie Botes Tatyana Pozdniakova (UKR) 2005	Oudtshoorn	27 Feb
100 km				

Grandmasters (60+)

10 km	45:17	Sonja Laxton	Pretoria	22 Mar
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	3:41:39	Elaine Greenblatt	Sasolburg	06 Feb
100 km				

Juniors

10 km	37:19 31:42	Nandi Phadywala Zola Pieterse (RSA) 1984	Pretoria	20 Feb
15 km	57:44 49:40	Asiphe Sikabalanjana Ines Chenonge (KEN) 2001	Constantia	13 Mar
21.1 km	88:00 1:09:05	Juan-Marie Cooper Delilah Asiago (KEN) 1991	Pretoria	20 Feb

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