

# 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

South African runners were outclassed in the 41<sup>st</sup> Old Mutual Two Oceans Marathon, with the first nine positions filled by foreigners for the first time in the history of the race. In ideal running conditions a tremendous tussle over the last 10 km between three Lesotho athletes resulted in a win for Mabuthile Lebopo in 3:06:18, the fastest winning time since 2005.

The tiny mountain country of Lesotho, which is entirely enclosed by South Africa, filled the first three positions and had five runners in the first ten.

In the women's race things went much better for the locals, with Adinda Kruger finishing her best Two Oceans – and the best race of her career – in third place, just over 7 minutes behind the second of Russia's Nurgalieva twins. Olesya Nurgalieva took the win this time, in a slow 3:41:53, with sister Elena second in 3:42:19.

The day before the race it was announced that 2009 champion John Wachira would not defend his title as he had been denied permission to come to South Africa by the Kenyan national federation.

In the accompanying half-marathon René Kalmer broke the course record by 37 seconds with her 72:39, but she was chased hard by Irvette van Blerk, who finished only 16 seconds behind and smashed her personal best by 2:46.

Last year the South African men's representation in the ultramarathon reached an all-time low when only three of them could win a gold medal (top ten positions). One could almost not believe that it could get worse – but it did. It was not for lack of trying, but they were simply not good enough. When the leading group of about 25 runners went up Chapman's Peak soon after the halfway mark, Johannes Kekana, in only his second ultramarathon, made a break to secure a South African victory.

He flew down the other side of the hill, which crests at 180 m above sea level after 34 km, and looked securely in command, but once again a fast descent into Hout Bay proved the undoing of the race leader and with Kekana being caught after 2 hours of running, the South African challenge disappeared.

In the end it was left to 27-year-old Sandile Ngunuza to come from behind – way behind – to take the last gold medal as the only South African in the top ten. Kekana faded to 73<sup>rd</sup>.

The race started in cool conditions, with a slight drizzle sifting down from the grey clouds enveloping Table Mountain. Once the "TV runners" were out of the way, a large pack of more than 25 athletes settled at the front and led the way through Kalk Bay, St James and Fish Hoek.

Among the main contenders featuring at the front at this stage were Mluleki Nobanda, winner in 2003, Charles Tjiane, Kekana, George Ntshiliza, Butiki Jantjies, Siphon Ngomane and three-time winner Marco Mambo. Plus, ominously, a host of visitors from Lesotho and Zimbabwe, clad in the red and white colours of the commercial club Mr Price – among them the two Lebopo brothers, Mabuthile (34) and Warinyane (31).

The leaders went through halfway in 1:32:35, and soon after Kekana moved away from the others.

His lead at the top of "Chappies" was 13 seconds over chasing Teboho Sello, probably the most favoured of the Lesotho runners and winner of the City to City 50 km last year (when Kekana was ninth in his first ultra). The pack was another 12 seconds behind. In the breakneck charge down Chapman's Peak Sello caught Kekana, but soon after reaching the rolling flat section through Hout Bay the pursuers were with them.

Then, as so often happens, the race began in earnest. Six athletes were together: the Lebopo brothers, Sello, Moeketsi Mosuhli – all from Lesotho – Kekana and 2006 winner Moses Njodzi (ZIM).

They raced through the marathon mark in 2:19:33 - 1½ minutes faster than Wachira did last year – and within the next kilometre were joined by two more Zimbabweans, Mike Fokoroni and Collen Makaza. But it was clear that Kekana was struggling, and soon after they passed 43 km he fell out of the group and even walked a couple of times.

Going up Constantia Nek, the biggest hill on the route, the Lesotho athletes, who had been preparing together high in the mountains of their home country, really took control, with Sello the most dominant. Once again the Nek, snaking up through the trees, proved to be the deciding factor in the contest. Njodzi lasted a while, but reaching the top at 46 km (215 m above sea level), only Mabuthile Lebopo, slightly ahead, Sello and Mosuhli remained.

Now the big climbs were over and the speed picked up. At Southern Cross Drive, 8 km from the finish, Mosuhli could not handle the increase in pace any longer and Lebopo and Sello, now wearing a cap, were left to fight it out.

Both had only one Two Oceans behind them – coincidentally, the 2004 race, when Lebopo was 22<sup>nd</sup> and Sello 49<sup>th</sup>. But this time they were different runners and they had the most significant win, and biggest prize, of their career within their grasp.

At first there was little to choose between them, although it was mostly Lebopo who was pushing the pace. Going past the gates of the world-famous botanical gardens of Kirstenbosch and starting the next-to-last uphill of the race, he applied more pressure.

Even at this late stage of the race, with both runners fighting fatigue to maintain rhythm, Lebopo's superior speed – he has a marathon PB of 2:13:42, run last year – counted and he started to open a gap. Sello tried to keep contact, but it was to no avail and shortly after 53 km Lebopo strode away, shoulders rolling. With 2 km to go, he took a quick glance behind him, but he was safe.

In his wake Mosuhli came back at Sello and passed him, while Comrades champion Stephen Muzhingi made his characteristic strong bid over the last few kilometres to claim fourth and deny Lesotho an unprecedented top four places.

Only three athletes have won the Two Oceans in faster times than Lebopo: Thompson Magawana in 3:03:44, the course record, and 3:05:31, Johnny Halberstadt in 3:05:37 and Mambo in 3:05:39.

The quality at the top end of the race can be seen in the fact that the time for fifth, the younger Lebopo's 3:10:51, is the fastest ever for this position, while the time for tenth, Ngunza's 3:15:42, is the fifth quickest ever. The fast times can be attributed to the weather (it remained cool and partly overcast the whole morning, with little wind) and the relatively large group of runners who remained together for most of the second half and kept the momentum high.

Lebopo said afterwards that the team management (of Mr Price) told the runners "to win for ourselves. We had to find the strength within us."

Sello mentioned the training support the Lesotho athletes give one another. "We train together and encourage each other."

The women's race had, well, the usual outcome. Only two runners not named Nurgalieva have won in the past seven years. This time victory went to Olesya, who has been first only once before (her sister has three wins). They ran together almost the whole way – apart from a short while in the first half when Elena fell behind and then again from 53 km when Elena told Olesya to go for the win.

Elena said later that the humidity bothered her. "I picked up a bad flu infection a month ago," she added. "It took two weeks out of my training."

Olesya said, "Today I was stronger than my sister, but she will be stronger in the Comrades."

Zimbabwe's Samukeliso Moyo and South Africa's Tshifhiwa Mundalamo ran together in third and fourth for most of the race, but the flying Kruger first passed Moyo going up Constantia Nek and then her fellow-South African with 4 km to go.

Kruger, a biokineticist, said she ran the first half "relaxed" and that the Comrades is her "main focus" for the year. She did not feel that she raced too hard to harm her chances in the longer ultra (where she was ninth in 2007, but failed to finish last year).

The women's winning time was the slowest since 2001. Kruger, who was the second South African behind Farwa Mentoor in 2009, finished in 3:49:23 – the fastest by a South African since Mentoor clocked 3:47:17 in 2006. The last time a South African finished third was in 2004, when Azwindini Lukhwareni crossed the line in 3:38:56. Two more women than last year's four dipped under 4 hours for a silver medal.

Mentoor failed to finish. Top veteran (40+) and also first Capetonian was Joanna Thomas in seventh. The last gold medal went to US visitor Mary Coordt (40), who won the Kaiser Permanente Napa Valley Marathon four weeks ago, in 4:04:10.

In a rare coincidence, the first three women are all 33 years old.

One of the most outstanding runs of the day came from Belorussian Vladimir Kotov, who lives in Cape Town. Kotov (52) crowned an amazing series of races so far this year by finishing 17<sup>th</sup> in 3:19:48, smashing Titus Mamabolo's 18-year-old course record for masters (50+) by 8 seconds short of 10 minutes. His time was roughly equal to what he ran six years ago when he finished 20<sup>th</sup> – a wonderful example of longevity. He also set a world best of 2:58:18 for 50 km *en route*. Kotov had elected to drop down an age category, competing in the 40-49 division – and won that by 3:29 from a runner twelve years younger!

Noel Stamper (70) achieved a joyous 40<sup>th</sup> finish on his 45<sup>th</sup> wedding anniversary in 6:19:55 (he has started all 41 races, but failed to finish one). There was sadness too, as Cyril Niit failed to get his 26<sup>th</sup> consecutive silver medal – he had to be satisfied with a time of 4:07:01.

Olympic marathon champion of 1996 Josiah Thugwane had a disastrous run and finished in 4:16:30 (at the pre-race media conference he said, with a rueful smile, "I think my time is over now"), while nine-time Comrades champion Bruce Fordyce ran 4:38:17.

Kalmer had a superb run in her third Two Oceans Half Marathon, but she needed it to overcome Van Blerk. They finished 24<sup>th</sup> and 27<sup>th</sup> overall.

Kalmer said her aim for this year is to qualify for the Commonwealth Games in the 1500 m and 5000 m and that she found it difficult to change her "mindset from running a track race four days ago [a 1500 m at the Yellow Pages Meeting in Stellenbosch] to the half marathon. The ITB in my left leg bothered me on the uphill and Irvette was challenging me hard, but the downhill were better."

She is planning to race in Europe, where she recently set three SA indoor records, in May to achieve Commonwealth qualifying times. From next year she wants to focus on the marathon, with the London Olympics as the long-term goal. Last year's Soweto Marathon has been her only attempt at the distance so far.

Van Blerk's PB shot her up into tenth position on the SA all-time list. Kalmer's time is a list leader, as are those of veteran Maboyisana Mazwayi (71:33) and master Nancy Will (98:07).

South African marathon great Ferdie le Grange (61), the first South African to run a sub-2:20 marathon, finished in 1:47:18, about 24 minutes behind his 18-year-old son, also Ferdie, who was the second junior. Ferdie jr ran about 3 minutes faster than last year and moved up seven positions.

What can one say about the TV coverage (not the commentary) other than more or less what I said last year: The television coverage was extremely disappointing, with too much emphasis on the rather boring women's time trial ... uhm, race, and interminable periods passing by without any pictures of the much more exciting men's race. One could never get a continuous idea of what was going on, often had to guess what part of the field was shown on the screen, and once again many crucial moments in the race were missed. Information on the screen, such as identification of runners, was as scarce as South Africans in the top ten. The men definitely deserve better than this – when are the TV

producers going to give viewers the unfolding story of the race, instead of snippets here and there?

I would like to thank Race Director Rowyn James, Kevin Harlock and Chris Goldschmidt for their assistance with results and other information which helped to compile this report and the results that follow.

In last week's issue it was stated that the runners (all but the winner) in the Capestorm UCT Memorial Race ran 80 m short because of a marshalling error. James Evans pointed out that they actually ran 80 m *long*.

With *Race Results Weekly* being published on Tuesday instead of the usual Monday this week, we will catch up with international results next week.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Old Mutual Two Oceans Marathon and Half Marathon, Cape Town
  - \* Liquorland Easter Ultra and Half Marathon, Vryheid
  - \* Track: Yellow Pages Series Meeting #5, Stellenbosch; Yellow Pages SA Track & Field Championships, Durban (corrected results)
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## ROAD RUNNING

### Old Mutual Two Oceans Marathon (41<sup>st</sup>) & Half Marathon (13<sup>th</sup>)

Cape Town, 3 April

(Distances: Ultra – 56 km; certified near-loop course with S/F separation of 2.85%. Half marathon – 21.1 km; certified near-loop course with S/F separation of 7.56%. The finish is 65 m higher than the start. Weather: Cool and overcast at the start with light drizzle, partly cloudy later, light breeze. Finishers: ultra – 7298; half marathon – 9216.)

#### Ultramarathon

##### MEN

1	Mabhutile Lebopo	LES	34	3:06:18	R150 000
2	Moeketsi Mosuhli	LES	28	3:07:29	R75 000
3	Teboho Sello	LES	31	3:07:44	R50 000
4	Stephen Muzhingi	ZIM	34	3:10:35	R25 000
5	Warinyane Lebopo	LES	31	3:10:51	R10 000
6	Mike Fokoroni	ZIM	33	3:11:38	R9 000
7	Moses Njodzi	ZIM	27	3:12:14	R8 000
8	Mpesela Ntloseu	LES	33	3:13:37	R7 000
9	Nkosiyazi Sibanda	ZIM	28	3:15:01	R6 000
10	Sandile Ngunuza	NRCEC	27	3:15:42	R5 000
11	Samuel Bolo	BONITCG	32	3:16:04	
12	Collen Makaza	ZIM	29	3:16:12	
13	Charles Tjiane	MPCG	35	3:17:28	
14	Peter Muthubi	NRCGN	28	3:17:31	
15	Mzwanele Maphekula	NRCEC	33	3:17:41	
16	Marko Mambo	ZIM	38	3:19:27	
17	Vladimir Kotov	BLR/Cent	52	3:19:48	(1 <sup>st</sup> vet)^
18	Modibe Mamabolo	MPCG	32	3:20:52	
19	Jacob Mazibuko	CABSTAC	40	3:23:17	(2 <sup>nd</sup> vet)
20	Temo Rampuku	LES	28	3:23:25	
21	Shingirai Badza	ZIM	36	3:23:42	
22	Morapalla Mosoeunyane	LES	25	3:24:05	
23	Lebohang Monyele	LES	29	3:24:14	
24	Melikhaya Sithuba	MPEP	26	3:24:57	

25	Mila Pasiya	NRCEC	30	3:25:20
26	George Ntshiliza	NRCEC	30	3:25:36
27	Eric Ngubane	MPKZN	28	3:26:08
28	Patrick Sefako	NRCCGS	28	3:26:35
29	Adoro Lephethesang	LES	30	3:26:52
30	Lebenya Nkoka	LES	27	3:27:02
31	Christopher Mabengeza	NRCEC	43	3:27:42 (3 <sup>rd</sup> vet)
32	Shadrag Mudimbu	NRCGN	32	3:28:01
33	Lucas Raseruthe	ANMAR	28	3:28:05
34	Aaron White	ZIM	30	3:28:07
35	Eugen Pelem	NRCEC	31	3:28:10
36	Reginald Ngobese	GAUTSTR	43	3:28:23
37	Brian Zondi	BONITCG	35	3:28:55
38	Emerson Kayana	NRCEC	36	3:29:04
39	Bongani Msimango	BOXERSS	25	3:29:29
40	Samson Gulubela	AAC	23	3:29:32^
41	Thabiso Justinus Moeketsi	EMFULEN	33	3:29:42
42	Mluleki Nobanda	MPCG	41	3:30:29
43	Ruben Setumu	NBGN	42	3:30:54
44	Anele Ndzuta	ADIDAS	30	3:31:17^
45	Johannes Mantswe	SANDFFS	27	3:31:30
46	Thabiso Moqhali	LES/Toy	42	3:32:04
47	Thabiso Ralekheyla	LES	50	3:32:13 (1 <sup>st</sup> mast)
48	Patrick Kanyane	NRCCG	30	3:32:20
49	Frank Poee	ANGLO	35	3:32:47
50	Thabo Nkuna	BONITCG	30	3:32:54
51	Abram Hugo	GCH	31	3:32:55
52	Lucky Bhembe	SWZ	36	3:33:26
53	Zamile Gebashe	BONITCG	31	3:33:32
54	Jairos Makonese	ZIM	28	3:33:47
55	Zwelithini Vaphi	GCH	38	3:33:57
56	Butiki Jantjies	MPCG	39	3:34:08
57	Fusi Nhlapo	MPVT	38	3:34:49
58	Poulo Makhoahle	LES	47	3:34:56
59	Andries Telang	LES	33	3:35:55
60	Tshifhiwa Khangale	MPCG	29	3:36:01
61	Prodigal Khumalo	ZIM/MPKZN	28	3:36:07
62	Nic de Beer	RANDH	36	3:36:10
63	Rabson Chigara	ZIM	31	3:36:19
64	Velani Lusaseni	ADIDAS	26	3:37:15^
65	Saoane Ntlou	LES	40	3:37:15
66	Sipho Ncube	ZIM	38	3:37:19
67	Sibongiseni Magwaca	NRCGN	23	3:37:23
68	Eric Sigxashe	MPEP	31	3:38:02
69	Oscar Sixoka	MPTRANS	21	3:38:35
70	Nditsheni Alfred Mathobo	NRCCGS	30	3:38:49
71	Ntobeko Mtintso	GAUTSTR	35	3:39:06
72	Mxolisi Fana	RBOWSWD	41	3:39:06
73	Johannes Kekana	MPCG	37	3:39:24
74	Geelboy Mkhojane	CUT	26	3:39:34
75	Mkhonzeni Basi	BONITCG	35	3:39:48
76	Thobekile Mbulawa	KHAYEL	26	3:40:00^
77	Cephas Ncube	JQAC	35	3:40:00
78	Mthandazo Qhina	ADIDAS	32	3:40:10
79	Luyanda Mapoyi	KHAYEL	24	3:40:14
80	Munjaradzi Jari	ZIM	20	3:40:25
81	Tapiwa Chingadayi	ZIM/FORMULA	34	3:40:42

82	Sivuyile Ndwembini	ANMAR	34	3:40:54
83	Bigboy Goromonzi	ZIM/UCKGACG	42	3:41:07
84	Simon Peu	BONITCG	37	3:41:18
85	Abdul Mlanse	SHAKA	41	3:41:26
86	Sihle Mapukata	MPWP	33	3:41:39
87	Johnny Persents	ADIDAS	45	3:42:09
88	Ephraim Kambambaira	ZIM	46	3:42:34
89	Peter Sehloho	BOXERSS	47	3:43:07
90	Zakuthini Retyu	QH	38	3:43:18
91	Manuel Machado	POR	43	3:43:19
92	Jabulane Nhlapo	MPVT	31	3:43:28
93	Gert Makoko	HARMSTR	41	3:43:55
94	Radisegwane Maleka	STRIDER	35	3:44:17
95	Paul (Nesty) Mokolokolo	ADTCG	31	3:44:22
96	Enoch Ngubane	MPKZN	41	3:45:02
97	Eloi de Oliveira	BOXERSS	51	3:45:06 (2 <sup>nd</sup> mast)
98	Rendani Munyai	NRCGN	30	3:45:10
99	Gurome Gelderblom	MOSHAR	34	3:45:12
100	Elgin Mokale	HARMSTRID	43	3:45:22

Other finishers: Johan Oosthuizen 3:52:26, Josiah Thugwane 4:16:30, Bruce Fordyce 4:38:17, Chet Sainsbury (former race director) 5:36:43. Tso tang Maine (LES), Mabule Raphotle, Siphon Ngomane, George Mofokeng, dnf

^) Won R5 000, R3 000, R2 500, R1 500, R1 000 as first 5 WP runners.

#### 40-49:

1. Vladimir Kotov (BLR/Cent) 3:19:48 CR\* (R10 000)
2. Jacob Mazibuko (CABSTAC) 3:23:17 (R5 000)
3. Christopher Mabengeza (NRCEC) 3:27:42 (R2 500)

\*) Course record in the 50-59 age group; Kotov chose to compete in the younger age category.

#### 50-59:

1. Thabiso Ralekheyla (LES) 3:32:13 (R3 000)
2. Eloi de Oliveira (BOXERSS) 3:45:06 (R2 000)
3. Aubrey Watson (NBGN) 3:49:26 (R1 000)

#### 60-69:

1. Michael Langa (ATHN) 4:32:00 (R1 500)
2. Eric Bateman (VOB) 4:41:16 (R1 000)
3. Mashoga Mokone (BFNACH) 4:50:17 (R500)

#### 70+:

1. Brian Key (FOREST) 4:30:38 CR (R500)
2. Pele Tshikundamalema (YEBOCG) 5:35:52 (R300)
3. Rudolf Moeckel (GER) 6:06:56 (R200)

WOMEN (Same prize money as men)

1	Olesya Nurgalieva	RUS	33	3:41:53
2	Elena Nurgalieva	RUS	33	3:42:19
3	Adinda Kruger	NRCGN	33	3:49:23
4	Tshifhiwa Mundalamo	NRCCGS	28	3:52:21
5	Samukeliso Moyo	ZIM	36	3:55:32
6	Riana van Niekerk	MPCG	33	3:57:57
7	Joanna Thomas	VOB	41	4:02:08^ (1 <sup>st</sup> vet)

8	Davera Magson	MPEP	35	4:02:43
9	Kerry Koen	NRCKZN	34	4:02:57
10	Mary Coordt	USA	40	4:04:10 (2 <sup>nd</sup> vet)
11	Lesley Train	NRCGN	36	4:09:36
12	Leanne Juul	MPWP	36	4:10:01^
13	Suzette Botha	ESKKZN	38	4:10:27
14	Belinda Waghorn	BONITCG	36	4:12:02
15	Paula Quinsee	RANDH	38	4:12:32
16	Maya Lawrie	BOXERSS	42	4:13:07 (3 <sup>rd</sup> vet)
17	Ursula Frans	ADIDAS	41	4:13:15^
18	Vicky Cotter	WANDER	28	4:15:32
19	Jane Mudau	NRCGN	47	4:15:55
20	Celeste Swart	NRCEC	41	4:16:22
21	Berdine Smit	NRCGN	45	4:21:35
22	Jill Oliphant	RAC	38	4:26:35
23	Lelanie van Zyl	NRCGN	44	4:28:17
24	Linda Smart	DAINFERN	43	4:28:51
25	Erina du Toit	LICHTEN	37	4:31:12
26	Helette Basson	LANBAAN	35	4:31:35^
27	Sarah Williams	WCOAST	32	4:32:51^
28	Paulina Njeya	BFNACH	32	4:33:09
29	Gillian Sieling	FOURWAY	40	4:33:24
30	Kutlwano Ramaboa	WCOAST	33	4:36:19
31	Annatjie Botes	NRCSWD	52	4:37:41 (1 <sup>st</sup> mast)
32	Maphuti Phaka	GAUTSTR	31	4:38:09
33	Renata Dreyer	SUNNING	26	4:38:24
34	Sue Harrisberg	RAC	50	4:39:18 (2 <sup>nd</sup> mast)
35	Liana Maree	STELLEN	33	4:39:37
36	Anelle Vorster	IRENE	37	4:39:43
37	Julie Shadwell	BOXERSS	48	4:39:46
38	Shelley van der Spuy	BOKS	46	4:39:49
39	Lorinde Olivier	STRAND	45	4:40:26
40	Christine Claasen	ACH	45	4:40:33
41	Tania Anderson	VOB	38	4:41:04
42	Kirsty Scott	CH	27	4:41:12
43	Jacoline Haasbroek	STELLEN	45	4:42:01
44	Linah Mhlongo	ANMAR	38	4:43:28
45	Estie Grobler	MPCG	30	4:43:35
46	Annelie van der Merwe	ALPCEN	36	4:43:48
47	Lianne Rey	RAC	43	4:44:29
48	Liesl Stoltz	DURBAC	33	4:44:50
49	Ursula Turck	STRAND	37	4:45:08
50	Annabelle Latz	New Zealand	26	4:45:21
51	Mari Bruwer	MITTAL	47	4:45:25
52	Kerry Bell	ZIM	29	4:46:10
53	Sarah Scott	CH	27	4:46:22
54	Patricia Adams	METLIFE	39	4:46:28
55	Amanda Silver	RAC	30	4:46:50
56	Janine Engels	PDAC	47	4:46:59
57	Marie Louw	ADIDAS	43	4:47:03
58	Charlene Kennedy	OLDSELB	36	4:47:03
59	Miranda Symons	ADIDAS	31	4:47:41
60	Alison Jordaan	OUTENH	43	4:47:47
61	Sharon Zeelie	PEBP	39	4:48:04
62	Elizabeth Varela de Gouveia	DURBAC	36	4:48:33
63	Sibongile Mpanza	BOXERSS	34	4:48:56
64	Terri-Lynn Penney	RWFLEP	33	4:49:07

65	Caroline Wills	CELTIC	33	4:49:12
66	Maureen Dladla	MATLA	31	4:49:30
67	Carina van der Merwe	WHALERS	45	4:49:45
68	Constance Buthelezi	NRCKZN	55	4:49:46
69	Linda Doke	HOUTBAY	40	4:49:47
70	Kerryn Armstrong	CELTIC	25	4:49:51
71	Martha Pretorius	TOPFORM	39	4:50:34
72	Regine Enenkel	WCOAST	37	4:50:51
73	Johanna Claassen	NRCSWD	41	4:50:53
74	Theresa Brand	NBMC	36	4:51:06
75	Carli Basson	PAARL	31	4:51:06
76	Ingrid Pienaar	DAINFERN	40	4:51:07
77	Lisl Grobler	KNYSNA	33	4:51:08
78	Anneke Slabbert	STELLEN	38	4:51:14
79	Cleo Oliver	VOB	33	4:51:16
80	Tania Welgemoed	STRAND	40	4:51:24
81	Sonia Landman	OXFORD	38	4:51:50
82	Lizelle Brundyn	ADIDAS	44	4:51:51
83	Claire Bosman	JQAC	36	4:51:58
84	Eunice Mdanda	SAV	46	4:52:08
85	Adri Coetzee	NAM	44	4:52:39
86	Gail Sparg	BUFF	41	4:52:53
87	Cynthia Dodo	FITCG	32	4:52:54
88	Kathleen Mcquaide-Little	CELTIC	45	4:53:21
89	Natalie de Villiers	MATIES	49	4:53:21
90	Claire Louw	MPWP	43	4:53:34
91	Marisa Ferraris	PEBP	39	4:53:41
92	Cynthia Mkovane	NRCCG	45	4:54:01
93	Sandra Baetsen	NED	36	4:54:14
94	Wendy Durow	CH	33	4:54:52
95	Ntqmbizanele Mkhize	ESKKZN	33	4:54:54
96	Yvette Wrapson	RUNNING	33	4:54:55
97	Corli Markgraaff	FOURWAY	36	4:55:02
98	Anna Polydorou	PPISTOL	40	4:55:12
99	Victoria White	DHSOB	34	4:55:14
100	Suzanne Bedford	Ind	39	4:55:29

Xoliswa Bici, dnf

^) Won R5 000, R3 000, R2 500, R1 500, R1 000 as first 5 WP runners.

#### 40-49:

1. Joanna Thomas (VOB) 4:02:08
2. Mary Coordt (USA) 4:04:10
3. Maya Lawrie (BOXERSS) 4:13:07

#### 50-59:

1. Annatjie Botes (NRCSWD) 4:37:41
2. Sue Harrisberg (RAC) 4:39:18
3. Hannelie Stadler (Strand) 4:57:34

#### 60-69:

1. Magdalena Botha (Toti) 5:16:52
2. Elaine Greenblatt (RRR) 5:17:09
3. Penny Visser (Midrand) 5:28:31

**Half marathon****MEN**

1	Lusapho April	Ind	27	1:03:54	R20 000
2	Kalvin Pangiso	ZIM/MPKZN	29	1:03:59	R10 000
3	Tshamano Setone	NRCCGS	22	1:04:13	R5 000
4	Xolisa Tyali	NRCCGS	21	1:04:20	R3 000
5	Elmore Sibanda	ZIM	23	1:04:36	R2 000
6	Zolani Ntongana	MPWP	29	1:04:43	R2 000
7	Jeffrey Gwebu	NRCCGS	29	1:06:05	R1 000
8	Lungisa Mdedelwa	NRCTAN	25	1:06:19	R750
9	Erich Goeieman	NAM	30	1:07:08	R500
10	Jonathan Chinyoka	ZIM/NRCGN	19	1:07:18	R250
11	Lucky Miya	NRCCGS	29	1:08:32	
12	Wilfred Leeuw	TNETFS	26	1:08:36	
13	Johannes Naitembu	NAM	30	1:09:08	
14	Jackson Chauke	ADTCG	22	1:09:20	
15	Masilo Matjiane	Ind	26	1:10:56	
16	Phumzile Sikawuti	NRCEC	30	1:10:58	
17	Thembinkosi Maphalala	KZNSTRI	24	1:11:16	
18	Peter Tsawayo	ZIM	28	1:11:25	
19	Wesley Ruto	KEN/NRCGN	29	1:11:28	
20	Michael Bailey	CELTIC	27	1:11:32	
21	Maboyisana Mazwayi	NRCEC	41	1:11:33	(1 <sup>st</sup> vet)
22	Don Ndlovu	ADTCG	25	1:11:44	
23	Maru Olimo	ETH/ADTCG	25	1:12:30	
24	Sakhumzi Taho	NRCCT	28	1:12:41	
25	Luwayne Duitsjan	HARTENB	23	1:12:49	
26	Nethaneul Govinder	BROTHER	22	1:13:21	
27	Naville Mokere	ADTCG	27	1:13:33	
28	Tidimalo Modiga	TOYOTA	45	1:13:50	(2 <sup>nd</sup> vet)
29	Phathalla Mohloli	Ind	26	1:14:34	
30	Siyabonga Nqabeni	VOB	27	1:14:34	
31	Florian Reicheret	GER	28	1:15:00	
32	Nelson Bass	UCT	31	1:15:32	
33	Thabang Sekantsi	Ind	41	1:15:48	(3 <sup>rd</sup> vet)
34	Sphiwe Mthembu	KZNSTRI	29	1:16:53	
35	Steve Farrell	VOB	27	1:17:01	
36	Michael Bekapi	VOB	48	1:17:39	
37	Ben Brimble	UCT	24	1:17:50	
38	Alan Stidolph	FOURWAY	39	1:18:02	
39	Justin Gray	Tmp EP	27	1:18:46	
40	Nevule Jacobs	FHOEK	30	1:19:00	
41	Khayaletu Jacobs	GUGS	34	1:19:09	
42	Bulelani Bhebha	VOB	18	1:19:20	(1 <sup>st</sup> jun)
43	Odwa Goqwana	AAC	29	1:19:36	
44	Andrew Payne	MPWP	39	1:20:15	
45	Tristan Kelly	ATC	28	1:20:24	
46	Francois du Plessis	Ind	21	1:20:51	
47	Richard Wright	UCT	22	1:21:29	
48	Christopher Mitchell	CELTIC	48	1:21:35	
49	Julian Pretorius	OXFORD	23	1:21:36	
50	Michael Bester	ACH	22	1:22:11	

Other finishers: Tim Noakes 2:46:25

**40-49:**

1. Maboyisana Mazwayi (NRCEC) 1:11:33 (R4 000)

2. Tidimalo Modiga (Toyota) 1:13:50 (R2 500)
3. Thabang Sekantsi (Ind) 1:15:48 (R1 750)

**50-59:**

1. Gregory Jacobs (Edge) 1:23:10 (R2 000)
2. Friedl van der Merwe (Strand) 1:24:59 (R1 500)
3. Gerrie Coetzee (Ind) 1:25:55 (R1 000)

**60-69:**

1. Awie Veldsman (Held) 1:28:18 (R1 000)
2. Johan Botha (RWFLWP) 1:41:50 (R750)
3. Blackie Swart (Langeb) 1:42:50 (R500)

**70+:**

1. Peter Brennan (Hout Bay) 1:49:11 (R500)
2. Eric Schofield (GBR) 1:52:37 (R300)
3. David Milne (Ind) 1:59:48 (R200)

**Juniors:**

1. Bulelani Bhebha (VOB) 1:19:20 (R1 000)
2. Ferdinand le Grange (Ind) 1:23:12 (R750)
3. Phakamani Nxumalo (Ind) 1:25:41 (R500)

**WOMEN (Same prize money as men)**

1	René Kalmer	NRCCGS	29	1:12:39 CR*
2	Irvette van Blerk	NRCCGS	22	1:12:55
3	Mamorallo Tjoka	LES/TOYOTA	33	1:15:50
4	Tanith Maxwell	BOXERSS	33	1:16:19
5	Thabita Tsatsa	ZIM/MPKZN	37	1:17:00
6	Helena Iipinga	NAM	32	1:17:06
7	Rutendo Nyahora	ZIM/NRCGN	21	1:19:37
8	Marelize Retief	NRCGN	24	1:20:04
9	Poppy Mlambo	NRCCGS	29	1:20:36
10	Jenna Challenor	BOXERSS	28	1:21:36
11	Danielle Adlam	BOXERSS	29	1:22:15
12	Jacqueline Bakkes	Ind	39	1:23:27
13	Lineo Chaka	LES	22	1:24:09
14	Cary-Ann Smith	MPKZN	30	1:24:57
15	Toni Snoxell	JQAC	22	1:25:52
16	Helene Perold	ADIDAS	25	1:25:57
17	Grace de Oliveira	BOXERSS	48	1:25:58 (1 <sup>st</sup> vet)
18	Janene Carey	BOXERSS	38	1:26:09
19	Michelle Bartman	HAHA	46	1:26:21 (2 <sup>nd</sup> vet)
20	Maryna Swanepoel	UFS	23	1:27:48
21	Busisiwe Matiwane	CELTIC	34	1:28:02
22	Rachel Jesson	Ind	35	1:28:03
23	Ester Brink	STRAND	44	1:28:43 (3 <sup>rd</sup> vet)
24	Ulrica Stander	Ind	35	1:29:42
25	Nicola Kriel	Ind	26	1:29:43
26	Mamohau Tewe	Ind	26	1:29:43
27	Nikki Cockcroft	Ind	29	1:30:31
28	Christina Wong	UCT	20	1:31:34
29	Sharon Wood	ELAC	43	1:32:59
30	Isel Grimes	Ind	22	1:33:07
31	Jess Holly	Ind	23	1:33:20
32	Yolandi Visser	MPWP	27	1:33:48
33	Simone Faasen	EXXAROG	28	1:33:53

34	Kerry Roos	KNYSNA	32	1:34:35
35	Megan Dempster	UCT	22	1:35:44
36	Vivienne Fenton	ATC	33	1:35:52
37	Elmarie Coetzee	ADIDAS	46	1:35:53
38	Helen Macdonald	HAHA	37	1:36:01
39	Kimberley Jones	Ind	23	1:36:12
40	Renée Scott	ADIDAS	47	1:36:15
41	Eianza de Villiers	Ind	33	1:36:16
42	Bianca Marais	EDGE	34	1:36:18
43	Lientjie de Villiers	DREAMAC	24	1:37:01
44	Izza van der Westhuizen	Ind	24	1:37:03
45	Tamsin Elsley	MSPORT	35	1:37:06
46	Jenna Kamps	RAC	24	1:37:15
47	Tandi Kitching	DURBAC	34	1:37:23
48	Kirsten Norris	VOB	27	1:37:28
49	Colleen de Oliveira	NBMC	24	1:37:32
50	Sarah-Jane Jackson	UCT	22	1:37:40

\*) Kalmer also won R10 000 incentive for a course record and R15 000 time incentive for sub-73:00 (race winner only), for a total of R45 000.

#### **40-49:**

1. Grace de Oliveira (BOXERSS) 1:25:58
2. Michelle Bartman (Harf) 1:26:21
3. Ester Brink (Strand) 1:28:43

#### **50-59:**

1. Nancy Will (Pine) 1:38:07
2. Beverley Charters (VOB) 1:43:21
3. Anita Naude (Ind) 1:43:35

#### **60-69:**

1. Margaret Plantema (VOB) 1:50:21
2. Pixie Sparg (Celtic) 1:56:22
3. Ginette Flockton (Celtic) 2:01:54

#### **70+:**

1. Fiona Chisholm (RWFLWP) 2:22:31
2. Susan Burditt (ZIM) 2:24:19
3. Peggy Reid (SH) 2:42:23

#### **Juniors:**

1. Jessica Stevens (Ind) 1:48:51
2. Miele Janse van Vuuren (Ind) 1:52:15
3. Cheri Rademeyer (NMMU) 1:54:05

### **Liquorland Easter Ultra and Half Marathon**

Vryheid, 3 April

(Distances: 50 km & 21.0975 km; point-to-point courses)

#### **50 km**

##### **MEN**

1	Mosi Magagul	Nedbank	3:14:12
2	Justice Nkosi	Umqulusi AC	3:14:50
3	Siyabonga Ndlovu	Ntunjambili	3:19:06

**40-49:**  
1 Richard Nhlabathi Assegaai 3:35:27

**50-59:**  
1 Louis Liebenberg Boksburg 4:19:05

**60+:**  
1 J.V. Mswane Umhlatuze 5:18:47

**WOMEN**

1 Melanie van Rooyen Canon Richardsbay 3:50:17  
2 Thobile Nkosi Newcastle Harriers 4:30:34  
3 Pat Damman Forest Hills 4:43:38

**40-49:**  
1 Melony Liebenberg Boksburg 4:45:39

**50-59:**  
1 Belinda Smith Estcourt 5:36:27

**60+:**  
1 Paula Richardson Buffs 5:46:19

**Half marathon**

**MEN**

1 Letogo Maseko Nedbank 1:08:52  
2 Freedom Khumalo Mr Price 1:10:46  
3 Sazi Ndaba Boxer 1:10:50

**40-49:**  
1 Petros Mavuso Umqulusi AC 1:12:08

**50-59:**  
1 Wessel Potgieter Vryheid Athletic Club 1:39:29

**60+:**  
1 At Swanepoel Newcastle Harriers 2:15:13

**Juniors:**  
1 Freedom Khumalo Mr Price 1:10:46

**WOMEN**

1 Winile Mnisi Nedbank 1:29:14  
2 Zinhle Mtshali Nongoma 1:37:51  
3 Gina Scheferman Nedbank 1:37:51

**40-49:**  
1 Laura Tschirpig Vryheid AC 1:50:30

**50-59:**  
1 Stefnie McCarrol Run&Walk for Life 2:31:52

**Juniors:**  
1 Zinhle Mtshali Nongoma 1:37:51

**TRACK**

**Yellow Pages Series Meeting #5**

Stellenbosch, 30 March  
(Weather: Strong wind)

**MEN**

800:

1. Adriaan van Wyk 1:49.94  
2. Vuyolwethu Kayi 1:50.83

3. Rick Hambridge 1:51.80
4. Dumisane Hlaselo 1:51.83
5. Nathan Beukes 1:53.42

1500:

1. Mbulaeni Mulaudzi 3:47.02
2. Molefe Molefe 3:47.66
3. Ratlale Mokone 3:48.32
4. Windy Jonas 3:50.49
5. Dumisane Hlaselo 3:51.21

3000 s/chase:

1. Ruben Ramolefi 8:35.63
2. Edwin Molepo 9:00.91
3. Dcardo Jacobs 9:08.25
4. Sikhumbuzo Seme 9:28.03
5. Virginia Ngudlumana 9:32.55

WOMEN

1500:

1. René Kalmer 4:17.58
2. Mapaseka Makhanya 4:21.73
3. Mandie Brandt 4:30.77
4. Violet Raseboya 4:32.92
5. Maxine Heine-Wacker 4:33.55
6. Dominique Scott 4:37.48
7. Christine Kalmer 4:41.06

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

Durban, 20-21 March

Note: As mentioned in DRR 10:12, Athletics South Africa released the results of the SA Championships with the times in the distance events (only the distance events – none of the rest) rounded off to tenths of a second – despite the fact that electronic (fully automatic) timing was used at the Championships. To make matters worse, some times were rounded up and some down! DRR has now received the corrected results, and they follow below in the fully automatic format that they were recorded. – Ed.

MEN

800:

1	Ettienne	Plaatjies	ACNW	1:47.67
2	William	Mothosola	AFS	1:48.20
3	Jan	Masanamela	AMPU	1:48.21
4	Adriaan	van Wyk	AGN	1:48.67
5	Henk	Beukes	CGA	1:48.76
6	Hannes	Naude	AFS	1:49.61
7	Vuyolwethu	Kayi	WPA	1:49.84
8	Zwelakhe	Seboti	ACNW	1:49.86
9	Nathan	Beukes	BOLA	1:50.46
10	Brad	Bonner	AGN	1:50.62
11	Shaun	Abrahams	WPA	1:51.28

1500:

1	Stephen	Mokoka	AGN	3:38.55
2	Juan	van Deventer	CGA	3:38.73
3	Parson	Mgagane	LIMA	3:39.50

4	Mthobisi	Baloyi	ACNW	3:39.90
5	Molefe	Molefe	CGA	3:39.97
6	Windy	Jonas	AFS	3:40.28
7	Dumisani	Hlaselo	AFS	3:40.46
8	Enock	Manyandi	INCGA	3:42.69
9	Jerry	Matsau	INCGA	3:44.78
10	Folavia	Sehohle	CGA	3:46.95
11	Rathale	Mokone	AFS	3:49.14
12	Jacques	Pretorius	BOLA	3:50.81

## 3000 s/chase:

1	Ruben	Ramolefe	CGA	8:21.74
2	Edwin	Molepo	ACNW	8:38.53
3	Tisetso	Masehla	CGA	8:51.23
4	Dicardo	Jacobs	INBOL	8:59.79
5	Dikotsi	Lekopa	ACNW	9:02.70
6	Sithembele	Fanekho	ATRA	9:07.01
7	Derocious	Makhubalo	CGA	9:13.68
8	Donney	Danster	ACNW	9:15.63
9	Thuso	Phaswane	CGA	9:15.73
10	Mokone	Khotatso	AFS	9:28.38
11	Sibusiso	Madikizela	KZNA	10:13.27

## 5000:

1	Tshamano	Setone	CGA	13:45.71
2	Elroy	Gelant	ACNW	13:45.84
3	Olebogeng	Masire	ACNW	13:46.32
4	Sibusiso	Nzima	INCGA	13:54.82
5	Motsamai	Motone	AGN	14:03.17
6	Kgotsi	Tsotsane	AFS	14:05.13
7	Boy	Soke	AFS	14:09.18
8	Lungile	Gonsqa	ATRA	14:12.47
9	Dumisani	Hlaselo	AFS	14:14.63
10	Coolboy	Ngamole	ACNW	14:24.86
11	Tumelo	Motlagale	ACNW	14:25.19
12	Lucky	Miya	CGA	14:34.38
13	Chabeli	Nyedimane	AFS	14:50.66
14	Jean	Brummer	ACNW	14:55.57
15	Nkosinathi	Madyo	WPA	14:59.77
16	Anele	Faku	ATRA	15:20.10

## 10000:

1	Stephen	Mokoka	AGN	28:18.54
2	Gladwin	Mzazi	AVT	28:20.40
3	Lungisa	Mdedelwa	ATRA	28:32.18
4	Mbongeni	Ngxazozo	CGA	28:50.17
5	Zolani	Ntongana	INWPA	28:51.28
6	Coolboy	Ngamole	ACNW	29:11.16
7	David	Ngakane	CGA	29:19.91
8	Samuel	Segoaba	AFS	29:22.38
9	Siyabulela	Mtsha	ATRA	30:01.47
10	Lucky	Miya	CGA	30:02.45
11	Jobo	Khatoane	LES	30:29.50
12	Patrick	Sefako	ACNW	30:58.33
13	Tshepo	Ramonene	LES	31:06.70

## WOMEN

## 800:

1	Maphaseka	Makhanya	CGA	2:04.07
2	Mandi	Brand	CGA	2:05.90
3	Anuscha	Nice	AGN	2:06.92
4	Elsire	Roos	WPA	2:07.37
5	Rone	Reynecke	AFS	2:07.84
6	Annica	Coetzee	EPA	2:08.69
7	Chanelle	Anderson	BOLA	2:08.74
8	Done	Vermaak	AGN	2:14.86
9	Karon	Murley	ANWN	2:31.83

## 1500:

1	René	Kalmer	CGA	4:08.61
2	Lebogang	Phalula	CGA	4:11.10
3	Lebo	Phalula	CGA	4:14.98
4	Maxine	Heine-Wacker	CGA	4:21.91
5	Violet	Raseboya	AGN	4:23.26
6	Catherine	Skosana	AGN	4:26.34
7	Dominique	Scott	INBOL	4:30.47
8	Danel	Prinsloo	AFS	4:39.87
9	Danielle	Adlam	KZNA	4:41.63
10	Melisa	Vermaak	INCGA	4:42.09
11	Mbali	Mokoena	INKZN	4:48.22

## 3000 s/chase:

1	Tebogo	Masehla	CGA	10:00.84
2	Myrette	Filmalter	AGN	10:03.07
3	Nolene	Conrad	CGA	10:35.52
4	Christine	Kalmer	AGN	10:44.68
5	Thembi	Baloyi	AGN	10:52.60
6	Ashleigh	Schnetler	CGA	10:52.64
7	Thandi	Malindi	AFS	10:59.72
8	Nokuthula	Sogiba	ATRA	12:57.58

## 5000:

1	René	Kalmer	CGA	15:51.32
2	Lebo	Phalula	CGA	15:58.34
3	Thozama	April	AGN	16:12.69
4	Irvette	van Blerk	CGA	16:20.55
5	Lebogang	Phalula	CGA	16:42.98
6	Ntombisintu	Mfunzi	EPA	16:44.20
7	Catherine	Skosana	AGN	17:07.25
8	Christine	Kalmer	AGN	17:24.04
9	Zintle	Sinqe	AGN	17:46.02
10	Deliwe	Nyanga	EPA	18:21.45
11	Puseletso	Dladla	KZNA	19:01.03
12	Vuyiseka	Dlonswana	ATRA	20:11.12

## 10000:

1	Irvette	van Blerk	CGA	34:20.17
2	Thozama	April	AGN	34:35.27
3	Mpho	Mabuza	CGA	35:05.62
4	Prisilla	Kubu	CGA	40:32.40
5	Meriska	van der Vlies	CGA	41:00.54
6	Nomsa	Ntsethe	ATRA	42:18.64

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## 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 usually 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 HALF MARATHON: TOP 11 MEN

1:03:15	Chabeli Sidwell Nyedimane	1	Bloemfontein	06 Feb
1:03:54	Lusapho April	1	Cape Town	03 Apr
1:04:05	Michael Mazibuko	1	Vereeniging	07 Mar
1:04:06	Thabo Molefe	2	Vereeniging	07 Mar
1:04:07	Peter Muthubi	3	Vereeniging	07 Mar
1:04:13	Tshamano Setone	3	Cape Town	03 Apr
1:04:20	Xolisa Tyali	4	Cape Town	03 Apr
1:04:43	Zolani Ntongana	6	Cape Town	03 Apr
1:05:00	Lucky Modike Mohale	1	Hartbeespoort	20 Mar
1:05:10	Wilfred Leeuw	2	Bloemfontein	06 Feb
1:05:10A	George Ntshiliza	1	Jeffreys Bay	20 Mar

### THIS MONTH IN HISTORY

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

#### 22 years ago: 2 April 1988

On this day Thompson Magawana produced one of the greatest performances in the history of South African distance running when he won the Two Oceans Marathon by more than 9 minutes in a course record 3:03:44. Magawana covered the first half of the race in 87:30 and the second, much more difficult, half in 96:14. He went through the marathon mark in 2:15:05 and at both the 30-mile and 50 km marks set world records which today still stand (as does his course record): 2:37:31 and 2:43:38. Magawana first appeared on the national scene in 1980 when he won the SA Marathon against much more illustrious rivals in 2:12:50. He set his first Two Oceans course record of 3:05:31 in 1987 – and only two weeks later finished third in the SA Marathon in 2:12:35.

### 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
	<b>27:19</b>	Moses Masai (KEN)		
	<b>27:01</b>	Micah Kogo (KEN) 2009		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar
	<b>42:58</b>	Mohamed Trafteh (USA)		
	<b>41:29</b>	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		

21.1 km	63:15	Chabeli Nyedimane	Bloemfontein	06 Feb
	58:23	Zersenay Tadese (ERI)		
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	76:58a	Moses Lepheana	Pinetown	24 Jan
	77:30	Franck Caldeira (BRA)		
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:15:29	Hendrick Ramaala	Otsu	07 Mar
	2:06:09	Haile Gebrselassie (ETH)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

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

#### Veterans (40+)

10 km	31:36	Maboyisana Mazwayi	Port Elizabeth	27 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	71:33	Maboyisana Mazwayi	Cape Town	03 Apr
	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
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

#### Grandmasters (60+)

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				

#### Juniors

10 km	30:10	Unathi Phezolo	Brackenfell	20 Jan
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	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		

**WOMEN**Open

10 km	34:55	Irvette van Blerk	Pretoria	06 Mar
	31:07	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:31	Zintle Xiniwe	Constantia	13 Mar
	49:51	Kathryn McGregor (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	72:39	René Kalmer	Cape Town	03 Apr
	67:07	Elvan Abeylegesse (TUR)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:36:29	René Kalmer	Johannesburg	24 Jan
	1:30:18	Adriana Aparecida (BRA)		
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:43:24	Mara Yamauchi (GBR)		
	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		

Veterans (40+)

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	Marietjie Ceronio	Sasolburg	06 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:03	Olga Howard	Constantia	13 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:38:07	Nancy Will	Cape Town	03 Apr
	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	3:08:34a	Annatjie Botes	Oudtshoorn	27 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
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	Nandi Phadywala	Pretoria	20 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	57:44	Asiphe Sikabalanjana	Constantia	13 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	88:00	Juan-Marie Cooper	Pretoria	20 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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