

Distance Running Results

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EDITORIAL

The brilliant running in the weekend's Rotterdam Marathon, where Patrick Makau clocked 2:04:48 and Geoffrey Mutai was just 7 seconds behind, makes it the fastest marathon in the world based on the average of top ten performances. The Rotterdam "score" is 2:05:15, 15 seconds faster than the Berlin Marathon (which is generally regarded as the fastest course in the world).

Berlin is followed by London, with 2:05:36.

The top ten performances in Rotterdam are:

1	2:04:27	Duncan Kibet	KEN	1	5 Apr 2009
2	2:04:27	James Kwambai	KEN	2	5 Apr 2009
3	2:04:48	Patrick Makau	KEN	1	11 Apr 2010
4	2:04:55	Geoffrey Mutai	KEN	2	11 Apr 2010
5	2:05:04	Abel Kirui	KEN	3	5 Apr 2009
6	2:05:13	Vincent Kipruto	KEN	3	11 Apr 2010
7	2:05:23	Feyisa Lelisa	ETH	4	11 Apr 2010
8	2:05:49	William Kipsang	KEN	1	13 Apr 2008
9	2:06:14	Felix Limo	KEN	1	4 Apr 2004
10	2:06:14	Makau-2	KEN	4	5 Apr 2009

Lelisa's 2:05:23 is the fastest ever for fourth place. Makau, who did not finish last year's New York City Marathon, covered the last 2.195 km in 6:10 and the last 7.195 km in 20:56, two seconds slower than Halie Gebrselassie when he set his current world record. (The fastest on record for the last 7.195 km is Mutai's 20:29 in the 2009 Eindhoven Marathon, which he won in a then-PB 2:07:01.)

Splits for the top finishers:

	Makau	Mutai
5 km	14:46 (14:46)	14:46 (14:46)
10 km	29:14 (14:28)	29:14 (14:28)
15 km	43:55 (14:41)	43:56 (14:42)
20 km	58:37 (14:42)	58:38 (14:42)
25 km	1:13:49 (15:12)	1:13:50 (15:12)
30 km	1:28:56 (15:07)	1:28:56 (15:06)
35 km	1:43:50 (14:54)	1:43:51 (14:55)
40 km	1:58:36 (14:46)	1:58:37 (14:46)
Halves	1:02:06/1:02:40	1:02:07/1:02:48

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Slow-Mag Marathon & Half Marathon, Benoni
- * Die Toffie Half Marathon & 10 km, Pretoria
- * N3TC & Powerade Arthur Creswell Memorial Ultramarathon & Half Marathon, Bergville to Ladysmith
- * Pro Sano Telkom 10 km Challenge, Bellville
- * Track: Yellow Pages SA Junior & Youth Championships, Germiston; Yellow Pages Series Meeting #6, Germiston

International highlights:

- * Fortis Marathon Rotterdam, Rotterdam, NED
- * Paris Marathon, Paris, FRA
- * Credit Union Cherry Blossom 10 Miles, Washington, DC, USA
- * Carlsbad 5000, Carlsbad, USA
- * Mangyongdae Prix International Marathon, Pyongyang, PRK
- * PMG Guernsey Easter Runs, Guernsey, GBR
- * Int'l Paderborner Osterlauf 10 km & Half Marathon, Paderborn, GER
- * Crescent City Classic 10 km, New Orleans, USA
- * Papa John's 10 Mile, Louisville, USA
- * Track: Sun Angel Track Classic, Tempe, USA; Pepsi Oregon Invitational, Eugene, USA; John McDonnell Invitational, Fayetteville, USA; Duke Invitational, Durham, USA

ROAD RUNNING

Slow-Mag Marathon (55th) & Half Marathon

Benoni, 11 April

(Distances: 42.195 km & 21.0975 km; loop courses. Perfect weather conditions. Finishers: marathon – 1660; half marathon – 1700.)

Note: Juan-Marie Cooper finished fourth in this half marathon the day after running the 5000 m at the SA Junior & Youth T&F Championships – not a good sign at all for her development as a top runner. – Ed.

Marathon

MEN

1 William Makwalakwala (Mr Price) 2:24:25; 2 Vincent Seng (Nedbank) 2:27:17; 3 Raymond Msiza (Dayveton Hearts) 2:29:53; 4 Reginald Ngobese (GS) 2:31:41 (1st vet); 5 Solomon Khumalo (Carlton) 2:32:52; 6 Simon Tsoanyane (Nedbank) 2:38:42; 7 Solly Tema (Rainbow) 2:39:02; 8 Johannes Teffo (BCC) 2:39:30; 9 Londa Myathaza (Nedbank) 2:39:34; 10 Samuel Mashishi (ADT) 2:41:03.

Veterans: 1 Reginald Ngobese (GS) 2:31:41; 5 Solomon Khumalo (Carlton) 2:32:52.

Masters: 1 Ernest Tjela (Emfuleni) 2:50:15. **G'masters:** 1 Patrick Mafilika (Nedbank) 3:24:00.

WOMEN

1 Lesley Train (Nedbank) 3:09:39; 2 Belinda Waghorn (Bonita) 3:14:24; 3 Julianie Basson (Nedbank) 3:15:35; 4 Madeleen Simmonds (Nedbank) 3:20:46; 5 Carmen Voget (Alborton) 3:22:25; 6 Maritsa v.d. Westhuizen (Benoni Harriers) 3:23:09; 7 Barene Jankovich-Besan (RAC) 3:23:58; 8 Michelle Morton (Discovery) 3:25:21; 9 Lindy-Lee Folsher (Heidelberg) 3:28:03; 10 Shelley v.d. Spuy (Boksburg) 3:28:58.

Veterans: 1 Madeleen Simmonds (Nedbank) 3:20:46; 2 Barene Jankovich-Besan (RAC) 3:23:58. **Masters:** 1 Virginia Augustine (RAC) 4:00:24. **G'masters:** 1 Carol Cronk (Florida) 4:26:53.

Half marathon

MEN

1 Odwa Tunyiswa (Nedbank) 65:52; 2 Nkopane Seqhobane (LES/GS) 66:07; 3 Joshua Sabao (ZIM/Mr Price) 67:16; 4 Tshidiso Bosiu (GS) 69:18; 5 Tapelo Mofokeng (Fit 2000) 69:18.

Veterans: 1 Sean Henry (Anmar BRS Striders) 76:48; 2 Soccer Ncube (GS) 77:20.

Masters: 1 Jerry Rankapule (Nedbank) 80:11. **G'masters:** 1 Pele Tshikundamalema (Vyebo Striders) 96:11.

WOMEN

1 Chiyedza Chokore (ZIM/Mr Price) 79:15; 2 Cornelia Joubert (BCC) 79:36; 3 Lizzy Chokore (ZIM/Nedbank) 84:40; 4 Juan-Marie Cooper (Khoza) 87:24; 5 Maphetang Matlakeng (LES/Mr Price) 90:07

Veterans: 1 Sarah Mahlangu (Mr Price) 92:15; 2 Engelinah Munyai (Rainbow) 96:14.

Masters: 1 Pam Hampton (Sunninghill) 1:52:09. **G'masters:** 1 Liz Ruickbie (Nedbank) 99:19.

Die Toffie Half Marathon & 10 km

Pretoria, 10 April

(Distances: 21.0975 km & 10 km)

Half marathon

10km

MEN

1 Jackson Seanego (New Balance) 86:00 (1st vet); 2 Herman Marais (Tuks) 91:39; 3 Adam McCullam (Temp) 95:28.

Veterans: 1 Jackson Seanego (New Balance) 86:00. **Masters:** 1 Rodney Scott (Temp) 1:40:22. **G'masters:** 1 Jeff Hawkridge (HQB) 1:56:30.

WOMEN

1 Melanie Jennet (Fourways) 1:40:39; 2 Hannelie Marais (Tuks) 1:53:21; 3 Vanessa Bowman (Kempton) 1:53:55 (1st vet).

Veterans: 1 Vanessa Bowman (Kempton) 1:53:55. **Masters:** 1 Vin Feldtman (Randburg Harriers) 2:14:16. **G'masters:** 1 Elsa Meyer (Irene) 2:25:53.

10 km

MEN

1 Sam Ongaki (Toyota) 34:39; 2 Lympson Maifo (Nedbank) 35:29; 3 Hans Weideman (Irene) 44:13 (1st vet).

Veterans: 1 Hans Weideman (Irene) 44:13. **Masters:** 1 Miles Saxby (Irene) 58:40.

G'masters: 1 Mike de Bruto (Irene) 44:35.

WOMEN

1 Maryke Meyer (New Balance) 43:59; 2 Ansie Viljoen (Irene) 44:33 (1st vet); 3 Debbie Bredenkamp (HQB) 47:44.

Veterans: 1 Ansie Viljoen (Irene) 44:33. **Masters:** 1 Lizette Lubbe (Running Inn) 58:44.

G'masters: 1 Olga Smit (Affies) 64:54.

N3TC & Powerade Arthur Creswell Memorial Ultramarathon (45th) & Half Marathon

Bergville to Ladysmith, 10 April

(Distances: 52 km & 21.0975 km; the ultramarathon a point-to-point downhill course, but hilly; the half marathon out and back from the ultra finish venue. Finishers: ultra – 670; half marathon – 113.)

Note: A number of former Comrades stars, probably in training for this year's race, finished here: Shaun Meiklejohn in 3:42:58, Colin Goosen in 4:12:30, Alan Robb in 4:35:51, Bruce Fordyce in 5:55:53, and Dave Rogers in 6:00:46. Rod Jarivs (Westville) completed his 37th "Bergville", as the race is popularly known, in 6:14:07. Lionel de Haas (South Coast Striders) and Barry Varty (Yellowwood Park) finished their 36th and 35th attempts respectively. Victor Ngubelanga scored his second win in a row. – Ed.

Ultramarathon

MEN

1.	Victor Ngubelanga	Nedbank AC	3:11:59
2.	Ayanda Mlotshwa	Toyota AC	3:14:41
3.	Vusi Sokela	Mr Price AC	3:16:31
4.	Wasington Zuma	Mr Price AC	3:20:07
5.	Senzo Miya	Nedbank AC	3:20:24
6.	Richard Dlamini	Boxer AC	3:20:48
7.	Khesza Ngubane	Mr Price AC	3:22:36
8.	Robert Motaung	Vultures AC	3:25:36
9.	Thulani Duma	Nedbank AC	3:31:52
10.	Mduduzi Ndelala	Mr Price AC	3:33:41

40-49:

1.	Richard Dlamini	Boxer AC	3:20:48
2.	Shaun Meiklejohn	Mr Price AC	3:42:58
3.	Alan Ndlovu	West AC	3:56:46

50-59:

1.	Colin Goosen	Saints AC	4:12:30
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60+

1.	Hans van Eeden	Harrismith AC	4:17:44
2.	Dave Lowe	West AC	4:58:21

WOMEN

1.	Janet van Veijeren	Biggersberg AC	4:12:33
2.	Hleziphi Ncayiyane	Nedbank AC	4:15:25
3.	Debbie Eaton	Coll Harr	4:18:25
4.	Rentia Denissen	West AC	4:18:47
5.	Lauren Calenbourne	West AC	4:23:40

40-49:

1.	Rentia Denissen	West AC	4:18:47
2.	Karen Fisher	West AC	4:44:44
3.	Tammy Dennill	West AC	4:46:47

50-59:

1.	Gale Visagie	RWFL	4:39:55
2.	Lindsay Watkeys	West AC	4:50:19
3.	Lynne Semple	Glenwood Harr	4:57:01

Half marathon

MEN

1.	Professor Mollen	ZIM/Mr Price AC	69:01
2.	Sazi Ndaba	Boxer AC	72:45
3.	Nhlanhla Khumalo	L AC	75:00

WOMEN

1.	Judith Geldenhuys	Estcourt AC	100:09
2.	Nana Sigubudu	Boxer AC	102:11
3.	Alemnesh Kumela	Ind	109:33

Pro Sano Telkom 10 km Challenge

Bellville, 10 April

(Certified loop course)

MEN

1. Zolani Ntongana (MP) 29:15; 2. Nkosinathi Madyo (MP) 29:41; 3. Dicardo Jacobs (Mat) 30:20; 4. Tsungai Mwanengeni (ZIM/MP) 30:26; 5. Peter Tsawayo (ZIM/Gugs) 30:30; 6. Mthandazo Qhina (Adid) 30:50; 7. Tebello Poni (VOB) 30:50; 8. Hein Camphor (Adid) 31:17; 9. Gavin Noble (Ind) 31:18; 10. Victor Msopi (VOB) 31:23; 11. Nkosinathi Sotyantya (Celtic) 31:28; 12. Sqkhumzi Taho (Ned) 31:33; 13. Nande Qangwana (Khay) 31:33; 14. Marks Mapekula (VOB) 31:37; 15. Akhona Makila (VOB) 32:00; 16. Vladimir Kotov (BLR/Cent) 32:06 (1st mast); 17. Wongqlethu Meleu (VOB) 32:08; 18. Morné Kammies (Met) 32:22; 19. Yeyethu Ngokweni (Ned) 32:27; 20. Xolisa Melani (Ned) 32:35.

Veterans: 1. Tobias Philander (Adid) 33:06; 2. Xolile Macanda (Ned) 33:13; 3. Michael Bekapi (VOB) 34:25. **Masters:** 1. Vladimir Kotov (BLR/Cent) 32:06; 2. Raymond Howard (Celtic) 35:32; 3. Gregory Jacobs (Edge) 36:00. **G'masters:** 1. Albertus Bock (Adid) 38:04; 2. Kevin Kohler (Edge) 44:04; 3. Roger Davis (FH) 45:12. **Juniors:** 1. Nkosinathi Sotyantya (Celtic) 31:28; 2. Nande Qangwana (Khay) 31:33; 3. Akhona Makila (VOB) 32:00.

WOMEN

1. Zintle Xiniwe (MP) 35:13; 2. Anneline Roffey (Adid) 35:22; 3. René de Bruin (SANDF) 38:21; 4. Busisiwe Matiwane (Celtic) 38:22; 5. Natasha Oosthuizen (Adid) 39:45; 6. Tania Kapp (VOB) 40:21 (1st vet); 7. Olga Howard (Celtic) 40:28 (1st mast); 8. Lusanda Mesilane (Khay) 41:11 (1st jun); 9. Asanda Dayimani (AAC) 41:28; 10. Khanya Mateyisi (Celtic) 41:40; 11. Liesl Stoltz (Durb) 41:43; 12. Hanlie Booyens (Ind) 41:56; 13. Ester Lategan (Ind) 42:18; 14. Evelina Tshabalala (Gugs) 42:36; 15. Amy Abrahams (Eerste) 43:01; 16. Kathleen McQuaide-Little (Celtic) 43:18; 17. Sheryl Rudolph (Eats) 43:19; 18. Candyce Hall (Hout) 43:30; 19. Reghana Beukes (Eerste) 43:34; 20. Charmaine Cupido (Ned) 43:49.

Veterans: 1. Tania Kapp (VOB) 40:21; 2. Evelina Tshabalala (Gugs) 42:36; 3. Kathleen McQuaide-Little (Celtic) 43:18. **Masters:** 1. Olga Howard (Celtic) 40:28; 2. Charmaine Cupido (Ned) 43:49; 3. Dawn Middelkoop (VOB) 45:15. **G'masters:** 1. Pixie Sparg (Celtic) 51:04; 2. Rina van Wyk (Brack) 58:13; 3. Lynda Fillmore (Edge) 59:47. **Juniors:** 1. Lusanda Mesilane (Khay) 41:11; 2. Asanda Dayimani (AAC) 41:28; 3. Khanya Mateyisi (Celtic) 41:40.

TRACK**Yellow Pages SA Junior & Youth Championships**

Germiston, 10 April

Note: Once again, as was the case with the senior championships, results of the distance events were not released in fully automatic (electronic) timing format, but for some inexplicable reason rounded off to tenths. These are the results of the first day; those of the second day have not been received. – Ed.

JUNIOR MEN

10000:

1	Sityhilo	Diko	CGA	31:49.6
2	Johannes	Molehe	AFS	32:13.5
3	Sifiso	Mncango	CGA	32:41.0
4	Unathi	Phezolo	WPA	34:42.7
5	David	Ditswane	ANWN	34:47.8

JUNIOR WOMEN

3000:

1	Dominique	Scott	BOLA	10:37.9
2	Angelique	Faasen	AGN	10:42.8
3	Lusanda	Bomvana	ATRAN	11:21.0
4	Mari	Scott	BOLA	11:30.5
5	Rentia	Retief	BOLA	11:34.9

5000:

1	Letitia	Saayman	AGN	17:53.9
2	Nandipha	Dywili	AGN	17:57.2
3	Puseletso	Dladla	KZNA	18:05.2
4	Juan-Marie	Cooper	CGA	18:22.5
5	Ellen	Mynhardt	AGN	19:11.7

YOUTH MEN

3000:

1	Sthembile	Dondolo	CGA	08:55.6
2	Monwabisi	Cele	KZNA	09:01.1
3	Adem	Zuber	ACNW	09:01.1
4	Andile	Maqele	ATRAN	09:01.4
5	Wisdom	Ndlovu	CGA	09:07.2

YOUTH WOMEN

3000:

1	Mamphieko	Sibanda	CGA	10:28.1
2	Bianca	van Niekerk	CGA	10:38.8
3	Mbali	Mokoena	KZNA	10:45.3
4	Sylvia	Dibakwe	AFS	10:50.3
5	Avela	Nkweba	ATRAN	10:50.9

Yellow Pages Series Meeting #6

Germiston, 6 April

MEN

800:

Race 1 -

1	Werner du Toit	1:51.02
2	Marnus Koekemoer	1:51.41
3	Daniel Nghipandulwa (NAM)	1:51.92
4	Donald Sedise	1:52.29
5	Lefo Lephoto	1:52.82
6	Andrew Roodt	1:52.85
7	Michael van Aswegen	1:53.50
8	Siyaya Khoza	1:54.03
9	Clinton Swanepoel	1:54.20
10	Ali Saud (UAE)	1:55.31
11	Thabo Molemane	1:55.97

12	Rudolf Coetzer	1:59.17
13	Hendrik van Staden	1:59.90

Race 2 -

1	Mbulaeni Mulaudzi	1:45.41
2	Onalenna Baloi (BOT)	1:47.54
3	Adriaan van Wyk	1:47.82
4	Jan Masenamela	1:48.32
5	Hannes Naude	1:48.88
6	Henk Beukes	1:49.48
7	Folavia Sehohle	1:49.49
8	Brad Bonner	1:51.32
9	William Motsoholo	1:53.19
10	Windy Jonas	1:55.52

3000:

1	Xolisa Tyali	8:09.06
2	Isaac Mbuyaze	8:10.50
3	Molefe Molefe	8:11.83
4	Nkosinoxolo Sonqibido	8:16.54
5	Motsamai Motone	8:17.29
6	Dumisane Hlaselo	8:17.34
7	Sibusiso Nzima	8:18.63
8	Gladwin Mzazi	8:21.37
9	Ettienne Plaatjies	8:29.11
10	Boy Soke	8:32.01
11	Anthony Godongwana	8:37.33
12	Thoriso Ratsela	8:38.33
13	Pharson Magagane	8:41.96
14	Khositsile Lefifi	8:43.13
15	Olwetu Mhlaba	8:56.56
16	Odwa Tunyiswa	9:00.23
17	Vuyisile Tshoba	9:00.79
18	Abram Khumalo	9:03.17
19	Thato Molatedi	9:15.47
20	Melusi Dalingledo	9:46.22

3000 s/chase:

1	Ruben Ramolefe	8:57.48
2	Edwin Molepo	9:06.16
3	Thuso Phaswana	9:07.98
4	Makhubalo Derocious	9:15.79
5	Sikhumbuzo Seme	9:19.82
6	Tisetso Masehla	9:32.34
7	Dikotsi Lekopa	9:44.43
8	Sifiso Mncwango	9:53.49
9	Terrence Mukona	10:25.41

WOMEN

800:

1	Lebogang Phalula	2:04.46
2	Makhanya Mapaseka	2:06.29
3	Claire Cronje	2:07.22
4	Anuschka Nice	2:09.21
5	Juanee Cilliers	2:09.22
6	Elsiré Roos	2:09.97
7	Mandie Brandt	2:10.20

8	Roné Reynecke	2:13.92
9	Doné Vermaak	2:14.61
10	Megan Williams	2:18.72
11	Maxine Heine-Wacker	2:19.39

3000:

1	Irvette van Blerk	9:38.76
2	Thozama April	9:52.82
3	Ida Simon	9:55.69
4	Nolene Conrad	9:58.35
5	Mpho Mabuza	10:03.07
6	Portia Ngwenya	10:14.28
7	Myrette Filmalter	10:15.89
8	Oneille Dintwe (BOT)	10:18.75
9	Zinhle Singe	10:29.07
10	Christine Kalmer	10:30.83
11	Rochelle Moses	12:16.51
12	Priscilla Kuba	12:20.92

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING

Fortis Marathon Rotterdam (30th)

Rotterdam, NED, 11 April

(Distance: 42.195 km; certified loop course)

MEN (gun times)

1.	Patrick Makau, KEN	2:04:48 PB
2.	Geoffrey Mutai, KEN	2:04:55 PB
3.	Vincent Kipruto, KEN	2:05:13 PB
4.	Feyisa Lelisa, ETH	2:05:23 PB
5.	Bernard Kipyego, KEN	2:07:01 DB
6.	Francis Kiprop, KEN	2:08:53
7.	Daniel Rono, KEN	2:09:49
8.	Elias Kemboi Chelimo, KEN	2:10:29
9.	Koen Raymaekers, NED	2:11:09 PB
10.	Yared Dagnaw Sharew, ETH	2:11:28
... 20.	James Kwambai, KEN	2:24:07 (1:02:08 1st half)

WOMEN (gun times)

1.	Aberu Kebede Shewaye, ETH	2:25:29 DB
2.	Magdalena Lewy Boulet, USA	2:26:22 PB
3.	Zhu Xiaolin, CHN	2:29:42
4.	Yevgenia Danilova, RUS	2:31:44 PB
5.	Beateiz Ros, ESP	2:32:28
6.	Alina Istudora, ROM	2:33:36 PB
7.	Zoila Gomez, USA	2:33:54
8.	Meseret Mengistu, ETH	2:34:07 PB
9.	Olga Glok, RUS	2:38:10
10.	Merel de Kneght, NED	2:38:41 DB

Paris Marathon (34th)

Paris, FRA, 11 April

(Distance: 42.195 km; certified loop course)

MEN (gun times)

- | | |
|--------------------------------|------------|
| 1. Tadesse Tola, ETH | 2:06:41 PB |
| 2. Alfred Kering, KEN | 2:07:11 PB |
| 3. Wilson Kipsang, KEN | 2:07:13 PB |
| 4. Benjamin Kiptoo Koulum, KEN | 2:08:01 |
| 5. Daniel Kipkurgat, KEN | 2:08:29 PB |
| 6. Mulugeta Wami, ETH | 2:08:32 PB |
| 7. Zambala Yegeze, ETH | 2:08:48 PB |

WOMEN (gun times)

- | | |
|------------------------------|---------------|
| 1. Atsede Bayisa, ETH | 2:22:04 PB/CR |
| 2. Christelle Daunay, FRA | 2:24:22 NR |
| 3. Tsegaye Tirfi Beyene, ETH | 2:24:51 PB |
| 4. Azalech Woldeselasse, ETH | 2:25:34 PB |
| 5. Workitu Ayanu Gurma, ETH | 2:29:25 DB |
| 6. Melkam Gisaw, ETH | 2:32:14 |
| 7. Bizunech Urgesa, ETH | 2:35:33 |
| 8. Monica Rosa, POR | 2:37:09 |
| 9. Chen Huirong, CHN | 2:37:38 |
| 10. Adeline Roche, FRA | 2:38:35 |

Credit Union Cherry Blossom 10 Miles (38th)

Washington, DC, USA, 11 April

(Distance: 10 miles; certified loop course)

MEN (gun times)

- | | |
|-----------------------------|-----------------|
| 1. Stephen Tum, 24, KEN | 45:43 PB \$7500 |
| 2. Lelisa Desisa, 20, ETH | 45:44 PB 4000 |
| 3. Tilahun Regassa, 20, ETH | 45:50 PB 2000 |
| 4. John Korir, 34, KEN | 46:05 PB 1500 |
| 5. Stephen Muange, 28, KEN | 46:34 PB 1000 |

WOMEN (gun times)

- | | |
|--|-----------------------|
| 1. Lineth Chepkurui, 23, KEN | 51:51 PB \$7500 |
| 2. Jelliah Kerubo Tinega, 24, KEN | 52:39 PB 4000 |
| 3. Belainesh Gebre, 22, ETH | 53:22 PB 2000 |
| 4. Misiker Mekonnin Demissie, 23, ETH | 54:37 1500 |
| 5. Kelly Jaske, Portland, OR | 54:40 PB 1000 + 1000a |
| ... 18. Joan Samuelson, 52, Freeport, ME | 1:00:52 |

Carlsbad 5000 (25th)

Carlsbad, USA, 11 April

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

ELITE MEN (gun times)

- | | |
|--------------------------------|-----------------|
| 1. Eliud Kipchoge, 25, KEN | 13:11 DB \$5000 |
| 2. Dejene Gebremeskel, 20, ETH | 13:18 DB 3500 |
| 3. Bekana Daba, 21, ETH | 13:24 2000 |
| 4. Markos Geneti, 25, ETH | 13:35 1000 |
| 5. Simon Ndirangu, 24, KEN | 13:41 800 |
| 6. Alistair Cragg, 29, IRL | 13:44 700 |

ELITE WOMEN (gun times)

1. Meseret Defar, 26, ETH	15:04	\$5000
2. Aheza Kiro, 27, ETH	15:26 PB	3500
3. Meskerem Assefa, 24, ETH	15:55 DB	2000
4. Malindi Elmore, 30, CAN	16:00	1000
5. Karolina Jarzynska, 28, POL	16:04	800

Mangyongdae Prix International Marathon (23rd)

Pyongyang, PRK, 11 April

(Distance: 42.195 km)

MEN

1. Ivan Babaryka, UKR	2:13:56 PB
2. Pak Song Chol, PRK	2:14:09
3. Ri Yong Ho, PRK	2:16:31 PB
4. Brighton Chipere, ZIM	2:17:46
5. Meshack Kirwa, KEN	2:17:58
6. Coolboy Ngamole, RSA	2:19:03
... 9. Raphael Segodi, RSA	2:19:10

WOMEN

1. Kim Kum Ok, PRK	2:27:34
2. Jong Yong Ok, PRK	2:30:53
3. Jon Kyong Hui, PRK	2:33:59 PB

PMG Guernsey Easter Runs (29th)

Guernsey, GBR, 2-5 April

(Distances: 10 km road race, 4.75 miles cross-country, 4 x 2 miles team relay, 21.1 km)

Note: This very interesting concept of four different races reminds one of the highly successful series of three 10 km races (road, track and cross-country) on three different days South Africa had in the eighties. It produced excellent racing and, most importantly, a high standard of performances – something that could be used again to lift the level of top runners in this country. In this British four-day endurance test, athletes were ranked using cross-country scoring based on their finish places in four different events. Jonathan Hay scored just 5 points (three firsts and a second) to win the men's competition and Stephanie Twell won the women's overall with 39 points (men and women are scored together). Twell also set a women's course record in her half-marathon debut; last year she set a course record and personal best in the 10 km. – Ed.

OVERALL SCORE:

MEN: Jonathan Hay (Aldershot Farnham & District) 1+1+1+2 = 5 points

WOMEN: Stephanie Twell (Aldershot Farnham & District) 12+10+11+6 = 39 points

10 km (02/175 finishers):

MEN

1. Jonathan Hay, Aldershot Farnham & District	31:25
2. Lee Merrien, Guernsey Island AAC	31:36
3. Sam Bradley, St. Mary's College	31:47

WOMEN

1. Stephanie Twell, 1989, Aldershot Farnham & District	33:06
2. Emma Pallant, 1989, Aldershot Farnham & District	34:15 PB
3. Louise Perrio, Guernsey Island AAC	36:39

4.75 miles XC (03/87 finishers):

MEN

1. Jonathan Hay, Aldershot Farnham & District, 25:06
2. Sam Bradley, St. Mary's College, 25:18
3. Steve Dawes, Guernsey Island AAC, 25:25

WOMEN

1. Stephanie Twell, 1989, Aldershot Farnham & District, 26:09
2. Emma Pallant, 1989, Aldershot Farnham & District, 27:37
3. Louise Perrio, Guernsey Island AAC, 28:18

Team Relay 4 x 2 miles (04/124 finishers):

Best Individual Finishers:

MEN

1. Jonathan Hay, Aldershot Farnham & District, 25:06
2. Jonny Thwelis, Nottingham University, 10:16
3. Carl Goose, St. Mary's College, 10:18

WOMEN

1. Stephanie Twell, 1989, Aldershot Farnham & District, 10:38
2. Emma Pallant, 1989, Aldershot Farnham & District, 11:08
3. Charlotte Purdue, Aldershot Farnham & District, 11:16
4. Louise Perrio, Guernsey Island AAC, 11:37

Half Marathon (05/154 finishers):

MEN

1. Jonny Thwelis, Nottingham University, 1:09:41
2. Jonathan Hay, Aldershot Farnham & District, 1:09:51
3. Steve Dawes, Guernsey Island AAC, 1:10:02

WOMEN

1. Stephanie Twell, 1989, Aldershot Farnham & District, 1:11:56 CR/DB
2. Emma Pallant, 1989, Aldershot Farnham & District, 1:16:22 PB
3. Martine Scholes, Guernsey Island AAC, 1:22:10

Int'l Paderborner Osterlauf 10 km & Half Marathon (64th)

Paderborn, GER, 3 April

(Distances: 10 km and 21.1 km [certified two-loop course])

10 km (gun times)

MEN

- | | |
|------------------------|----------|
| 1. Berhanu Delale, ETH | 27:51 PB |
| 2. Daniel Chebii, KEN | 27:51 PB |
| 3. Stephen Tum, KEN | 27:54 PB |
| 4. Ezekiel Chebii, GER | 27:54 PB |
| 5. Peter Kurui, KEN | 27:55 PB |

WOMEN

- | | |
|-------------------------|-------|
| 1. Fate Tola, ETH | 32:04 |
| 2. Helah Kiprop, KEN | 32:30 |
| 3. Veronica Cheboi, KEN | 32:50 |
| 4. Tabitha Gichia, KEN | 33:12 |
| 5. Eunice Kales, KEN | 33:20 |

Half marathon (gun times)**MEN**

- | | |
|------------------------|----------------|
| 1. Charles Maina, KEN | 1:01:13 PB/CR* |
| 2. Gilbert Masai, KEN | 1:01:15 |
| 3. Pius Kirop, KEN | 1:01:16 PB |
| 4. Simon Kasimili, KEN | 1:01:28 |
| 5. Fred Kosgei, KEN | 1:02:40 |

WOMEN

- | | |
|--------------------------------------|---------|
| 1. Hellen Kimutai Jepkosgei, KEN | 1:13:57 |
| 2. Kirsten Melkevik Otterbu, 39, NOR | 1:14:05 |
| 3. Christina Bus-Holth, NOR | 1:15:02 |
| 4. Regina Nguria, KEN | 1:15:27 |
| 5. Loise Kangogo, KEN | 1:16:26 |

Crescent City Classic 10 km (32nd)

New Orleans, USA, 3 April

(Certified, flat point-to-point course)

MEN (gun times)

- | | | |
|-----------------------------------|-------|--------|
| 1. Tilahun Regassa, 20, ETH | 28:05 | \$5000 |
| 2. John Kemboi Cheruiyot, 19, KEN | 28:12 | 3500 |
| 3. Enock Mitei, 29, KEN | 28:17 | 2000 |

WOMEN (gun times)

- | | | |
|-----------------------------------|-------|--------|
| 1. Lineth Chepkurui, 22, KEN | 30:45 | \$5000 |
| 2. Belainesh Gebre, 22, ETH | 32:18 | 3500 |
| 3. Mesekerem Assefa, 23, ETH | 33:05 | 2000 |
| 4. Jane Kibii*, 24, KEN | 33:16 | 1500 |
| 5. Genoveva Kigen, 28, KEN | 33:27 | 750 |
| ... 8. Catherine Ndereba, 37, KEN | 35:06 | 300 |

Papa John's 10 Mile

Louisville, USA, 3 April

(Near-loop course)

MEN

- | | | |
|--|-------|-------|
| 1. Jacob Korir, 29, Richmond, KY (KEN) | 50:36 | \$500 |
| 2. Richard Chelimo, 28, Toledo, OH (KEN) | 51:23 | 250 |
| 3. Jesse Davis, 28, Indianapolis, IN | 51:43 | 125 |

WOMEN

- | | | |
|---|-------|-------|
| 1. Liliya Yadzhak, 39, Hebron, KY (RUS) | 57:35 | \$500 |
| 2. Kara Storage, 28, Beavercreek, OH | 57:52 | 250 |
| 3. Camille Herron, 28, W. Lafayette, IN | 59:04 | 125 |

TRACK**Sun Angel Track Classic (31st)**

Tempe, USA, 8-10 April

WOMEN

1500 (10):

College/Open:

1. Angela Wagner, SR BYU (**RSA**), 4:30.18
2. MichaelAnne Laurent, FR BYU, 4:32.46
3. Lindsay Prescott, FR AZ State, 4:34.08

Pepsi Oregon Invitational

Eugene, USA, 10 April

WOMEN

5000:

1. Jordan Hasay, Oregon, 16:16.02 PB
2. Nicole Blood, Oregon, 16:20.60
3. Mattie Bridgmon, Oregon, 16:41.07

John McDonnell Invitational

Fayetteville, USA, 9-10 April

WOMEN

800 (10):

1. Mihaela Susa, JR Oklahoma State (ROM), 2:07.77 PB
- ... 8. Natanya Luther, FR Arkansas (**RSA**), 2:17.30

Duke Invitational

Durham, USA, 2-3 April

MEN

800 seeded (3):

Section 1 -

1. Karjuan Williams, HPC Elite, 1:48.84
2. Dontave Cowsette, Pittsburgh, 1:50.22 PB
3. Sean-Pat Oswald, Duke, 1:50.62 PB
- ... 10. Johnny Shuping, St. Augustine's (**RSA**), 1:53.94

WOMEN

5000 seeded (2):

1. Whitney Bishoff, Anderson (S.C.), 17:07.47
 2. Laura Paulsen, Johns Hopkins, 17:11.55
 3. Janell Blancett, Georgia State, 17:20.46
 - ... 9. Zola Pieterse, 1966, Myrtle Beach Tra (**RSA**), 17:55.13
-

NEWS

18 QUALIFY FOR COMMONWEALTH GAMES

Eighteen athletes have qualified for the Commonwealth Games at the end of the Yellow Pages Series and the Yellow Pages SA Senior Track and Field Championships. The athletes are:

MEN

L.J. van Zyl: 400 hurdles
 Cornel Fredericks: 400 hurdles
 Ruben Ramolefi: 3000 steeplechase
 Robert Oosthuizen: javelin throw (but out out for rest of 2010 after groin operation)
 Hardus Pienaar: javelin throw
 Tumelo Thagane: triple jump
 Setone Tshamano: 5000
 Elroy Galant: 5000
 Chris Harmse: hammer throw
 Mbulaeni Mulaudzi: 800
 Ofentse Mogawane: 400

Khotso Mokoena has not yet qualified, but is eligible for selection based on having achieved a silver medal in the long jump at the IAAF World Indoor Championships.

WOMEN

Estie Wittstock: 400
 Elizna Naudé: discus throw
 Sunette Viljoen: javelin throw
 Justine Robbeson: javelin throw
 Tebogo Masehla: 3000 steeplechase
 Myrette Filmlalter: 3000 steeplechase

ALMOST TOTAL SUPPORT FOR RAY MALI

Sixteen of Athletics South Africa's 17 provincial presidents, as well as the national federation's interim board members, have shown their support of the direction in which ASA Administrator Ray Mali is guiding the sport. Western Province was the only ASA member who did not express support.

At a meeting in Germiston over the weekend, Mali updated the provincial representatives on the latest situation with regard to several much-talked-about issues in the sport, including the Caster Semenya case and the decision by the IAAF to request that the ASA interim board continue its term of office through to August, until all matters regarding the suspension of the previous athletics leaders is finalised.

"In the interest of transparency, I shared written communication between Semenya's lawyers and the Sports Minister, as well as the Sports Minister's response to the lawyers, regarding the IAAF's request for the athlete not to compete until the completion of the medical process which she has undergone," Mali said.

ASA has also announced that it has taken a step to ensure that athletes are kept informed of decisions taken by its board and commissions. Following a meeting between Mali and several athletes commission members, the ASA Athletes Commission now has the opportunity to base a representative at ASA's head-office, with the aim of disseminating information to the athletes.

"It's come to my knowledge that athletics information is not reaching all of our athletes and we are constantly looking at ways and means to increase communication between all parties involved with ASA," Mali said.

"It's crucial that the athletes are kept informed of the latest developments at ASA and the reasons behind why certain decisions are taken."

Mali also confirmed that Hendrick Ramaala has announced his resignation from the ASA interim board.

In another development Hezekiel Sepeng, Olympic 800-metre star of the 1990s, will be assisting ASA with athletes support and talent identification.

From an athletes' support perspective, Sepeng, who has taken over the coaching of world 800-metre champion Mbulaeni Mulaudzi, will use his experience and knowledge in supporting Richard Stander, assistant to the ASA administrator, and experienced track and field administrator Chris Botes.

In welcoming Sepeng to the ASA structure, Mali said: "The ASA Interim Board provided Stander, Botes and myself with a mandate to prepare a support programme for talented athletes in our country, and we believe that Sepeng can play a major role in this as we look to put structures in place."

Sepeng's athletics career started in Potchefstroom over 20 years ago, with the highlight being the a silver medal in the 800 metres at the Atlanta Olympics in 1996. He also achieved a silver medal at the 1999 World Championships and at the 1994 and 1998 Commonwealth Games.

KEFLEZIGHI AND KASTOR COMMIT TO NYC MARATHON

Olympic marathon medallists Meb Keflezighi and Deena Kastor have committed to run the 2010 ING New York City Marathon, reports *Race Results Weekly*. Keflezighi will attempt to retain the title he won last year -- the first by an American in 27 years -- while Kastor will attempt to win her first.

For Keflezighi, 34, who will run the Boston Marathon in twelve days, this will be his sixth ING New York City Marathon appearance. He made his marathon debut in New York in 2002, then finished second in 2004 and third in 2005 before winning a two-man duel with Kenyan Robert Kipkoech Cheruiyot in last year's race, running a personal best 2:09:15.

"The ING New York City Marathon has been the core race in my marathon career," said Keflezighi in prepared remarks. "I came back several times looking for that elusive victory and I finally got it. I hope that my victory in 2009 teaches us that while we may not accomplish our dreams and goals overnight, we need to stay committed."

Like Keflezighi, Kastor, 37, began her marathon career in New York. While the rubble of the fallen World Trade Center still smoldered in 2001, Kastor set a then USA debut record of 2:26:58, finishing seventh overall and winning her first USA marathon title. Subsequently, she failed to finish the 2004 race (after winning her Olympic Marathon bronze medal less than three months before), and finished sixth in 2006. She also participated in the race in 2003 as a special pacer for women who were trying to qualify for the USA Olympic Marathon Trials. Kastor has earned World Marathon Majors victories at Chicago in 2005 and London in 2006; she's running the Virgin London Marathon on 25 April.

On the same day that Keflezighi and Kastor committed to the event's professional division, the first recreational runners were selected out of a record pool of 120 000 in the marathon's annual entry lottery (it was the fourth consecutive year that over 100 000 runners had requested entry).

The race is planning for a starting field of 42 000 to 43 000.

RADCLIFFE EXPECTING SECOND CHILD

World marathon record holder Paula Radcliffe has revealed that she is expecting her second child at the end of September, reports The Press Association. Radcliffe and her husband Gary Lough, whose daughter Isla was born in January 2007, are delighted that Isla will soon be joined by a sibling.

The 36-year-old runner has always insisted she planned on having another child before the 2012 Olympic Games in London, where she is determined to win. With no global championships taking place this year and a full year to return comfortably to marathon racing, 2010 offered the perfect opportunity to fulfil their desire to have a second child.

"As always when nature is involved it's very hard to plan," Radcliffe said, "but the idea was that we could get pregnant this year and have 2011 to comfortably come back to racing.

"I plan to run through as before but to come back a bit slower than last time when I was back a bit too quickly.

Radcliffe has not competed since finishing fourth in last November's New York City Marathon and, given the timescale of the new baby's arrival, it seems likely she will not run a marathon this year.

Radcliffe is still in full-time training and recently returned from a camp in Portland, Oregon, where she opted for a different approach to her preparations. Instead of going to a high-altitude location in Albuquerque, New Mexico, she trained with some of the USA's top runners.

USA ROAD RACE PARTICIPATION UP SHARPLY IN 2010; MARATHONS GREW IN 2009

Participation in USA road races was up 16% in the first quarter of 2010, according to an exclusive survey by *Race Results Weekly*.

In a survey of 75 American road running events held in the first three months of 2010 in 18 states plus the District of Columbia a total of 477 787 finishers were reported, up 66 727 finishers, or 16.2%, compared to last year.

The number of marathon finishers grew by an impressive 20.6%, led by the Honda LA Marathon with 22 361 finishers, up 58.3% from last year. The average marathon had about 4400 finishers.

Growth amongst the 24 half marathons surveyed averaged 18.5%.

The events surveyed ranged in size from 33 042 finishers for the Cooper River Bridge Run 10 km in Charleston to 558 for the Mississippi Blues Marathon in Jackson, Miss. The average event size was 6370 finishers and the median size was 3842 finishers.

In a study by Running USA of participation figures in US marathons during 2009 it was found that races over this distance "overcame the 'gloom and doom' of the recession by posting another year of record participation with 467 000 estimated finishers as well as the largest percent increase (nearly 10%) in more than 25 years".

According to the report, there are several interconnected reasons for this marathon "mania" including: 1) a response to the bad economy (e.g., relieve stress, more time to train for some, etc.), 2) training for and running a marathon is something that one can control unlike the stock market or the economy, 3) positive, feel-good energy surrounds marathon preparation and race weekend, 4) well-organised, fun events and 5) the challenge of 26.2 miles – a greater sense of accomplishment for many during bad economic times.

The following tables and lists provide a summary of the demographics and trends for US marathons. It is interesting to note that since 2002, marathon median times have become gradually faster for both genders.

Gender, Age and Median Times

	1980	1995	2000	2005	2007	2008	2009
Women	10%	26%	38%	41%	40%	41%	41%
Men	90%	74%	62%	59%	60%	59%	59%

2009 Age Distribution	Female	Male
6-17 yrs	1%	1%
18-24 yrs	10%	7%

25-34 yrs	36%	25%
35-44 yrs	31%	32%
45-54 yrs	17%	24%
55-64 yrs	4%	9%
65+ yrs	1%	2%

Median Age	1980	1995	2000	2005	2007	2008	2009	(2009 mean)
Males	34	38	38	40	40	39	40	(40.1 yrs)
Females	31	35	35	35	36	35	35	(36.4 yrs)
Median Age Overall			37	38	38	38	36	(38.0 yrs)

Median Times for U.S. Marathon Finishers

	1980	1995	2002	2005	2007	2008	2009
Males	3:32:17	3:54:00	4:20:01	4:20:29	4:20:04	4:20:04	4:13:36
Females	4:03:39	4:15:00	4:56:46	4:51:19	4:49:48	4:43:31	4:41:2

The ten largest marathon in the world in 2009 were (finishers):

- 1) 40th ING New York City, NY 43 660 (largest marathon ever)
- 2) Flora London, GBR 35 370
- 3) real, - Berlin, GER 35 016
- 4) Bank of America Chicago, IL 33 701
- 5) Paris, FRA 30 334
- 6) Tokyo, JPN 29 108
- 7) Boston, MA 22 843
- 8) Marine Corps, DC 21 405
- 9) 25th Naha, JPN 20 860
- 10) Honolulu, HI 20 323

The largest US marathon not on the above list were:

- 6) Walt Disney World, FL 14 948
- 7) City of Los Angeles, CA 14 125
- 8) Rock 'n' Roll San Diego, CA 13 391
- 9) Medtronic Twin Cities, MN 8 474
- 10) Portland, OR 8 166

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 MARATHON: TOP 10 MEN

Note: The Ngodwana course is extremely aided.

2:15:29	Hendrick Ramaala	11	Otsu	07 Mar
2:18:05A	Simon Peu	1	Ngodwana	20 Mar
2:19:24	Odwa Uhuru Tunyiswa	2	Sasolburg	06 Feb
2:19:55A	Morongara Raseruthe	2	Ngodwana	20 Mar
2:20:07A	Lovers Hlatshwayo	3	Ngodwana	20 Mar
2:31:30A	S. Makamu	4	Ngodwana	20 Mar
2:22:17	Joseph Mphuthi	3	Sasolburg	06 Feb
2:23:33	Josiah Thugwane	1	Secunda	13 Mar

2:24:25	William Makwalakwala	1	Benoni	11 Apr
2:24:29	Jabulani Nhlapo	4	Sasolburg	06 Feb

THIS MONTH IN HISTORY

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

16 years ago: 18 April 1994

Elana Meyer, the greatest female distance runner produced in South Africa, ran the fastest marathon of her life in Boston when she finished third behind Uta Pippig (GER) and Valentina Yegorova (RUS) in 2:25:15. Pippig clocked 2:21:45 and the Russian 2:23:33; they were also the world's three fastest for the year (it should be noted that the Boston course is downhill and the runners were aided by a strong wind that day). Meyer had a superb year in 1994 – she also led the world in the 15 km, was second in the half marathon (behind Pippig) and third in the 10 km (her 31:39 over the latter distance was also run in Boston). The 114th Boston Marathon takes place next Monday, 19 April.

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	Moses Lepheana	Pinetown	24 Jan
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:15:29	Hendrick Ramaala	Otsu	07 Mar
	2:04:48	Patrick Makau (KEN)		
	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	3 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	35:32	Raymond Howard	Bellville	10 Apr
	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
	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		

WOMENOpen

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	72:39	René Kalmer	Cape Town	03 Apr
	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		
<u>Masters (50+)</u>				
10 km	40:28	Olga Howard	Bellville	10 Apr
	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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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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