

Distance Running Results

Vol. 10, No. 15 – 19 April 2010

© Distance Running Results. All rights reserved.

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

René Kalmer scored another superb victory in the Spar Grand Prix Series when she won the first of the 2010 races in Bellville yesterday in 33:25 – 38 seconds ahead of Tanith Maxwell's PB of 34:03. Apart from the SA 10 km races of 2006 and 2008, Kalmer has not lost a 10 km in the Western Cape since September 2004. It is the seventh fastest time of her career, and her 19th career victory in one of the Spar Series races. Her ten fastest 10 km times now average an outstanding 33:09 (see Stats Time in this issue).

Kalmer blitzed the first kilometre in an eye-popping 3:03 – way ahead of her rivals, but then allowed Maxwell to close the gap with a second kilometre in 3:47. With Maxwell at her heels, she covered the third kilometre in 3:23 and the fourth in 3:12. Just after 4 km she surged and on the slight uphill back to the start she gradually pulled away from Maxwell. She reached halfway in 17:10 (5th kilometre in 3:45) and then clicked off the next four kilometres in 3:10, 3:58, 3:19 and 3:06, widening the gap all the time. In the last downhill kilometre she really accelerated and, despite two difficult turns into the Bellville Stadium, covered it in a magnificent 2:42 (second half: 16:15).

Kalmer is planning some races in the USA and Europe over the next few months, while Maxwell is due to run the London Marathon on Sunday – if she can get a flight to Heathrow.

In third place Thozama April also ran a PB, 34:42. Irvette van Blerk was a disappointing eighth in 35:46 – but she had run the Foskor Half Marathon the previous day, as did Jenna Challenor and Danielle Adlam. Apart from Kalmer, who now has three list leaders, Tessa Burrell (37:14), Sonja Laxton (43:38) and Nandipha Dywili (35:01) also scored top-of-the-list times.

In the Forever Resorts Loskop 50 km Riana van Niekerk clocked 3:19:06 to win by more than 10 minutes. Her time moves her up to fourth on the SA all-time list behind Frith van der Merwe, Celeste Swart and Paulina Phaho, although it should be remembered that the Loskop course drops an excessive 10.9 m/km.

The 114th running of the Boston Marathon had a thrilling finish in the women's race for the third year in a row. Last year the winning margin was one second; this year the charging Tatyana Pushkareva (RUS) failed to catch Teyba Erkesso (ETH) by four seconds. In the men's race Robert Cheruiyot (KEN) set a phenomenal course record of 2:05:52, while second placed Tekeste Kebede (ETH) ran the fifth fastest time in Boston history. American Ryan Hall again did not quite live up to expectations, finishing fourth in 2:08:41. With *Race Results Weekly* only being published tomorrow, more detailed results of Boston, plus the weekend's international results, will be included next week.

I am going away for a few days to run the Outeniqua Half Marathon in Wilderness next weekend, so next week's DRR will be published a little later than normal.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series, Bellville
- * Thirsty Whale/Splash Dick King Half Marathon, Amanzimtoti
- * Eskort Cavanagh Ultramarathon, Estcourt
- * Forever Resorts Loskop 50 km & Half Marathon, Middelburg to Loskop Dam
- * Foskor Half Marathon & 10 km, Richards Bay
- * Bukani Print/Bay fm Lake Farm Charity Run 25 km & 10 km, Port Elizabeth
- * Konica Minolta 15 km, Kimberley
- * Track: Yellow Pages SA Junior & Youth Championships (Day 2), Germiston

International highlights:

- * Boston Marathon, Boston, USA
-

VIEWPOINT

T&F RESULTS: ASA SHOULD GET ITS ACT TOGETHER

By Riël Hauman

South African athletics is getting a bad name internationally regarding the accuracy and comprehensiveness of results of major meetings – among them the various national championships – released by Athletics South Africa. International statisticians are complaining that South Africa is “one of the worst countries” in this regard.

Distance Running Results has pointed out more than once during the recent summer season that ASA releases results of track and field meetings that are wrong, incomplete and in contravention of IAAF rules.

Timing at all the Yellow Pages meetings, including the SA Senior as well as SA Junior and Youth Championships, was done by electronic (fully automatic) equipment, yet ASA consistently distributed results of the distance events rounded off to tenths – and, to make matters worse, some times were rounded up and some down.

According to IAAF Rule 165.23, times for all races up to and including 10000 m “shall be read and recorded to 1/100th of a second”. For some reason ASA does not adhere to this rule as far as the distance events are concerned. (Why only the distance events?)

Furthermore, in the shorter events (sprints and hurdle races) the results often show times in hundredths AND tenths in the same race!

Additionally, the results are compiled in a very user-unfriendly layout, making it difficult to format for publication.

Results of the Yellow Pages meetings before the SA Senior Championships, as well as those of the national meeting, were sent to DRR in the correct fully automatic format, with wind readings, after I requested these, but despite three requests to ASA for correct results of the SA Junior and Youth Championships, none has been received. (It should be noted that the results never include full series of throws and jumps in the field events, and for the latter meeting there were no wind readings with the horizontal jumps.)

The ASA website is currently unavailable, but results of the SA Senior Championships still were not published on the website weeks after the meeting, and there were no results of the junior/youth meeting the last time I looked.

Statisticians are expressing their exasperation with the situation, among them two of the world's leading compilers of lists, Peter Matthews, Editor of the *ATFS Annual*, and Mirko Jalava. The latter, owner of the world's top website for athletics data, called the ASA website “a joke” in an e-mail to DRR.

"South Africa is one of the worst countries with results," Jalava wrote. "There is no live results service ever from any meet. Tilastopaja [his website] sponsors a meet series of eight meets which has been going since 1989 and we've had live results since 1999 for every meet. And this is mainly a children's meet!

"I really hope [ASA] can get their act together, but I seriously doubt it."

No proper and acceptable statistical lists can be produced from the results as released by ASA and the situation is causing South African results to become the laughing stock in the international statistics community.

Even though the local season is now finished, ASA should release correct, comprehensive and accurate results of the major meetings of the past season, and urgently give attention to the situation to rectify matters before the next season. The appropriate way to do this would be to collaborate with the SA Athletics Statisticians, publishers of the *SA Athletics Annual*, to ascertain what is needed.

ROAD RUNNING

Spar Grand Prix Series

Bellville, 18 April

(Distance: 10 km. Certified two-leg out-and-back course [changed slightly from last year].

Finishers: 6509.)

1	René	Kalmer	29	NedCGA	33:25	R4000
2	Tanith	Maxwell	33	Boxer	34:03	R3000
3	Thozama	April	24	Celtic	34:42	R2000
4	Nandipha	Dywili (1 st jun)	18	Tuks	35:01	R1500
5	Zintle	Xiniwe	23	MPWP	35:11	R1000
6	Ronel	Thomas	38	Boxer	35:12	
7	Mpho	Mabuza	30	NedCGA	35:23	
8	Irvette	van Blerk	22	NedCGA	35:46	
9	Marelise	Retief	24	NedAGN	35:55	
10	Dominique	Scott	17	Adidas	35:59	
11	Anneline	Roffey	29	Adidas	36:08	
12	Maxine	Heine-Wacker	20	NedCGA	36:10	
13	Nomvuyisi	Seti	28	MPWP	36:46	
14	Jenna	Challenor	28	Boxer	36:53	
15	Tessa	Burrell (1 st vet)	45	Gaustrider	37:14	
16	Asiphe	Sikabalanjana	19	Gugs	37:30	
17	Michelle	Bartman	46	Harf	37:43	
18	Bianca	van Niekerk	15	NedCGA	37:52	
19	Janene	Carey	38	Temp	37:58	
20	Busisiwe	Matiwane	34	Celtic	39:01	
21	Elmarie	Coetzee	46	Adidas	39:14	
22	Helene	Perold	25	Adidas	39:22	
23	Lathanda	Diba	20	Temp	39:28	
24	Sheryl	de Lange	41	Adidas	39:38	
25	Danielle	Adlam	29	Temp	39:47	
26	Viv	Williams	47	Adidas	39:58	
27	Natasha	Oosthuizen	28	Adidas	39:58	
28	Ester	Brink	44	Strand	40:15	
29	Mariëtte	Esterhuyse	47	Tyger	40:20	
30	Liesl	Stoltz	33	Durbac	40:43	

40-49: 1. Tessa Burrell 37:14 R700; 2. Michelle Bartman 37:43 R500; 3. Elmarie Coetzee 39:14 R400. **50-59:** 1. Olga Howard (Celtic) 41:17 R700; 2. Charmaine Cupido (NedWP) 44:00 R500; 3. Nancy Will (Pine) 44:17 R400. **60+:** 1. Sonja Laxton (RAC) 43:38 R500; 2.

Marietha Herbert (Bell) 47:50 R400; 3. Pixie Sparg (Celtic) 50:43. **Juniors:** 1. Nandipha Dywili 35:01 R750; 2. Dominique Scott 35:59 R500; 3. Asiphe Sikabalanjana 37:30 R400.

Thirsty Whale/Splash Dick King Half Marathon (35th)

Amanzimtoti, 18 April

(Distance: 21.0975 km; loop course. Finishers: 588.)

MEN

1.	Kelvin Pangiso	ZIM/Mr Price	1:05:35
2.	Moses Lepheana	Nedbank AC	1:08:06
3.	Joshua Sabao	ZIM/Mr Price AC	1:11:32

40-49:

1.	Peter Sehloho	Boxer AC	1:16:34
2.	Njombo Dumbani	Chatsworth AC	1:19:22
3.	Willie Majombozi	Boxer AC	1:22:09

50-59:

1.	Nicolas Dlamini	Boxer AC	1:22:27
2.	Jeremiah Ngwenya	Boxer AC	1:23:29

60+:

1.	Rob Edward Betsy	YWP AC	1:36:20
2.	Mbekeseni Mchunu	Savages AC	1:40:45
3.	Les Smith	West AC	1:45:58

Juniors:

1.	Feme Sithembele	Nedbank AC	1:12:24
----	-----------------	------------	---------

WOMEN

1.	Cary-Ann Smith	Mr Price AC	1:24:52
2.	Bomvaho Lusando	Mr Price A c	1:31:30
3.	Gere Vilakazi	NedbankAC	1:31:58

40 to49:

1.	Maureen Slack	Glen Harr	1:36:48
2.	Jenny Sutton	YWP AC	1:37:36
3.	Julie Shadwell	BoxerAC	1:39:37

50-59:

1.	Jane Baker	DAC	1:54:40
2.	Denise Reynecke	QBH	1:55:43
3.	Denise Johansen	HQ	1:56:18

60+:

1.	Gill Tregenna	West AC	1:59:08
2.	Linda Bell	QBH	1:59:11
3.	Alet Engelbrecht	SCS	2:08:01

Juniors:

1.	Bomvaho Lusando	Mr Price AC	1:31:30
----	-----------------	-------------	---------

Eskort Cavanagh Ultramarathon (38th)

Estcourt, 18 April

(Distance: 52 km; loop course)

MEN

1.	Thulani Mtolo	Nedbank AC	3:31:22
2.	Mdu Zondi	Natal Carb	3:38:39
3.	Mduduzi Ndlela	Mr Price AC	3:39:27

40-49:

1.	Willie Mtolo	Mr Price AC	4:02:04
----	--------------	-------------	---------

50-59:

1.	Cosmos Langa	Corr Service AC	4:30:17
----	--------------	-----------------	---------

60+:

1.	Brian Kurz	Coll Harr	4:30:17
----	------------	-----------	---------

WOMEN

1.	Vicky Crookes (1 st vet)	Coll Harr	4:34:56
----	-------------------------------------	-----------	---------

2.	Erica Walker	Natal Carb	4:38:15
----	--------------	------------	---------

3.	Sue Chapman	Saints AC	4:41:53
----	-------------	-----------	---------

40-49:

1.	Vicky Crookes	Coll Harr	4:34:56
----	---------------	-----------	---------

50-59:

1.	Heather Larder	RAC	5:40:40
----	----------------	-----	---------

Forever Resorts Loskop 50 km & Half Marathon

Middelburg to Loskop Dam, 17 April

(Distances: 50 km & 21.0975 km. Ultramarathon: Point-to-point downhill course; the elevation loss from start [1475 m] to finish [930 m] is 545 m, i.e. 10.9 m/km. Half marathon: drop unknown. Finishers: ultra – 3366; half marathon – 945.)

50 km**MEN**

1	Joseph	Mphuthi	Nedbank Vaal Triangle	2:50:09
---	--------	---------	-----------------------	---------

2	Marko	Mambo	ZIM/Mr Price AC	2:53:20
---	-------	-------	-----------------	---------

3	Khotle	Betshepile	LES/Motheo Development AC	2:58:41
---	--------	------------	---------------------------	---------

4	Doctor	Mtshweni	Anmar B.R.S.	2:59:37
---	--------	----------	--------------	---------

5	Kipkoech	Chirchir	KEN/Nedbank MC	3:00:22
---	----------	----------	----------------	---------

6	Rufus	Photo	Pietersburg Road Runners	3:01:02
---	-------	-------	--------------------------	---------

7	Lovers	Hlatshwayo	Kruger Park MC	3:01:50
---	--------	------------	----------------	---------

8	Sipho	Maisela	Nedbank Gauteng North	3:02:15
---	-------	---------	-----------------------	---------

9	Donald	Mohlahlo	Anmar B.R.S.	3:03:03
---	--------	----------	--------------	---------

10	Frank	Nkoane	Nedbank	3:06:14
----	-------	--------	---------	---------

11	Herbert	Chokera	ZIM	3:06:21
----	---------	---------	-----	---------

12	Lucky	Dladla	Mr Price	3:08:00
----	-------	--------	----------	---------

13	Jeffrey	Chabalala	Giyani Gallopers	3:10:42
----	---------	-----------	------------------	---------

14	Tsietsie	Paka	Polokwane AC	3:11:33
----	----------	------	--------------	---------

15	Peter	Molapo	Nedbank Gauteng North	3:11:46
----	-------	--------	-----------------------	---------

16	Peter	Lekuba	Lowveld Country Club	3:11:59
----	-------	--------	----------------------	---------

17	Samuel	Makamu	Nelspruit MC	3:13:15
----	--------	--------	--------------	---------

18	Eloi	de Oliveira	Boxer Superstores AC	3:13:17
----	------	-------------	----------------------	---------

19	Isaac	Mkhabela	Marula Mc	3:14:33
----	-------	----------	-----------	---------

20	December	Mashaba	Nelspruit MC	3:15:26
----	----------	---------	--------------	---------

WOMEN

1	Riana	van Niekerk	Mr Price Orlando AC	3:19:06
---	-------	-------------	---------------------	---------

2	Muchaneta	Gwata	ZIM/Mr Price AC	3:29:55
---	-----------	-------	-----------------	---------

3	Belinda	Waghorn	Bonitas	3:31:57
---	---------	---------	---------	---------

4	Adinda	Kruger	Nedbank Gauteng North	3:39:35
---	--------	--------	-----------------------	---------

5	Lindsay	van Aswegen	Kempton Road Runners	3:44:13
---	---------	-------------	----------------------	---------

6	Monica	Kativhu	ZIM/Mr Price AC	3:48:00
---	--------	---------	-----------------	---------

7	Salome	Brits	Boksburg AC	3:49:16
---	--------	-------	-------------	---------

8	Anita	O'Brien	Nedbank Gauteng North	3:51:33
---	-------	---------	-----------------------	---------

9	Maretha	van Niekerk	Nedbank Gauteng North	3:52:13
---	---------	-------------	-----------------------	---------

10	Julanie	Basson	Nedbank Gauteng North	3:53:19
11	Carien	Visser	Tuks AC	3:54:25
12	Paulina	Phaho	?	3:55:30
13	Shelley	van der Spuy	Boksburg AC	3:55:51
14	Mari	Bruwer	Arcelormittal VT	3:55:53
15	Ansie	Viljoen	Irene Road Running Club	3:58:26
16	Corli	Markgraaff	Fourways Roadrunners	4:00:11
17	Bonny	Bridgeford	Lowveld Country Club	4:02:25
18	Phumzile	Njoko	Eskom Gijimas	4:06:53
19	Estie	Grobler	Mr Price GN AC	4:07:24
20	Marlene	Klopper	Kempton Road Runners	4:08:26

Half marathon

MEN

1	Othaniel	Phahlane	Ind	1:11:30
2	Charles	Soza	ZIM/Bashewa AC	1:13:14
3	Ntuthuko	Maseko	Nedbank	1:13:28
4	Abraham	Kipketer	KEN/Nedbank MC	1:14:24
5	Abraham	Moloi	Ind	1:15:14
6	Courage	Kaiyo	ZIM/Nedbank MC	1:15:19
7	Nkosinathi	Vilakazi	Bethal MC	1:16:27
8	Amos	Thenjekwayo	Bethal MC	1:16:55
9	Sivuyile	Ndwembini	Anmar B.R.S.	1:17:12
10	Lucas	Jani	Sasol MC	1:17:46

WOMEN

1	Olivia	Chitate	ZIM/Bashewa AC	1:29:35
2	Tembakazi	Zweni	Driefontein Ac	1:30:31
3	Juan-Marie	Cooper	Khosa AC	1:33:32
4	Maryke	Meyer	New Balance Pacesetters	1:37:40
5	Linah	Mhlongo	Anmar B.R.S.	1:38:18
6	Grace	de Oliveira	Boxer Superstores AC	1:38:52
7	Witness	Ndhlovu	Ind	1:41:20
8	Mishelene	Lagerwall	New Balance AC	1:42:51
9	Michelle	Singleton	Rand AC	1:46:43
10	Judith	Peo	Mr Price Orlando AC	1:47:42

Foskor Half Marathon & 10 km

Richards Bay, 17 April

(Distances: 21.0975 km – undulating two-lap course; 10 km – single-loop course)

Note: This was Lindikhaya Mthangayi's first race following a suspension for a drugs offence at the Nedbank Matha Series in Bloemfontein in September 2009. He won the race last year, when Pangiso was also second (Tyali was third, Setone fourth and Phaku fifth). – Ed.

Half marathon

MEN

1	Stephen	Mokoka	1:04:00
2	Kalvin	Pangiso (ZIM)	1:04:06
3	Tshamano	Setone	1:05:01
4	Xolisa	Tyali	1:05:07
5	Lungisa	Mdedelwa	1:05:12
6	Thubaletu	Phaku	1:05:32
7	Lindikhaya	Mthangayi	1:06:13
8	Michael	Ngaseke (ZIM)	1:06:20
9	Motsamai	Motone	1:07:24

10	Sibusiso	Nzima	1:08:38
11	Enoch	Skosana	1:08:53
12	George	Majaji (ZIM)	1:10:26
...			
14	Samuel	Segoaba	1:11:15
...			
16	Joshua	Sabao (ZIM)	1:12:37

WOMEN

1	Ntombesintu	Ntshiliza	1:18:23
2	Tabitha	Tsatsa (ZIM)	1:18:47
3	Irvette	van Blerk	1:19:49
4	Jenna	Challenor	1:22:51
5	Paulina	Njeya	1:23:16
6	Danielle	Adlam	1:24:35
7	Azwindini	Lukhwareni	1:25:28
8	Melanie	Van Rooyen	1:26:03
9	Catherine	Skosana	1:28:20
10	Alicen	Manake	1:30:19

10 km**MEN**

1	Thabiso	Ntuli	33:26
2	Victor	Ngubelanga	33:46
3	Jabulani	Mkhize	34:08

WOMEN

1	Puseletso	Dladla	39:08
2	Zinhle	Mtshali	43:25
3	Simone	Scrase	43:57

Bukani Print/Bay fm Lake Farm Charity Run 25 km (26th) & 10 km

Port Elizabeth, 17 April

(Loop courses. Finishers: 25 km – 364; 10 km – 325.)

25 km**MEN**

1	George	Ntshiliza	Nedbank RC	30	1:20:45
2	Masixole	Dlaku	Mr Price PE	31	1:21:00
3	Sandile	Ngunuza	Nedbank RC	27	1:24:03
4	Anele	Maliza	Mr Price PE	32	1:25:10
5	Khayaletu	Makalima	Mr Price PE	26	1:26:09
6	Mzolisi	Makhanda	Nedbank RC	27	1:26:16
7	Terrance	Mjekula	Triangle Sports	37	1:30:10
8	Zamubuntu	Teyise	Triangle Sports	33	1:31:39
9	Elliot	Nyarashe	PEAAC	31	1:32:06
10	Zandisile	Mpisane	Mr Price PE	26	1:32:36
11	Luvuyo	Stephen	Nedbank RC	39	1:32:41
12	Mzukisi	Klaas (1 st vet)	Nedbank RC	41	1:32:53
13	Thomas	Pongola	Nedbank RC	34	1:33:37
14	Derrick	Dubase	Nedbank RC	35	1:35:43
15	Mutekile	Rasmeni	Triangle Sports	45	1:36:49
16	Russell	Goduka	Temp	28	1:36:50
17	Mzwanele	Maphekula	Nedbank RC	33	1:36:51
18	Colben	Ngcupe	Nedbank RC	46	1:38:19
19	Mpumelelo	Ndlumbini	Nedbank RC	35	1:39:24

20	Thando	Bixa	Triangle Sports	29	1:41:19
40-44:					
1	Mzukisi	Klaas	Nedbank RC	41	1:32:53
2	Geddes	Gallant	SANDF EP	43	1:44:35
3	Arnold	Terblanche	Bluewater Bay	42	1:46:12
45-49:					
1	Mutekile	Rasmeni	Triangle Sports	45	1:36:49
2	Colben	Ngcupe	Nedbank RC	46	1:38:19
3	Neil	de Meillon	New Balance	47	1:49:38
50-54:					
1	Disemba	Blou	Triangle Sports	51	1:48:49
2	Sipho	Ncandana	Triangle Sports	53	1:51:00
3	Andre	Willemse	Elite A C	51	1:54:25
55-59:					
1	Richard	Weatherall-Thomas	PEAAC	59	2:05:29
2	Mati	Jack	Nedbank RC	58	2:07:28
3	Riaan	Smalberger	Nedbank RC	55	2:07:59
60-64:					
1	Hansie	Els	Somerset East	61	2:00:50
2	Eric	Mapara	Rhodes Universi	62	2:08:48
3	Les	Brightman	Triangle Sports	61	2:10:06
65-69:					
1	Kobus	Gerber	PEAAC	66	2:22:18
2	Piet	Scholtz	Queenstown Harr	65	2:42:16
3	Gerald	Scheepers	PEAAC	67	2:50:31
70+:					
1	David	Fraser	PEAAC	71	2:33:19
Juniors:					
1	Bathandwa	Yawa	Temp	16	2:15:05
2	Mandisi	Mtsila	Temp	17	2:23:53
3	Mkhuseli	Mbanyana	Temp	18	2:27:37
WOMEN					
1	Mirjam	Weerd	NED*	34	1:51:07
2	Terri-Lynn	Penney	RFLG	33	1:53:03
3	Sharon	Zeelie	Triangle Sports	39	1:54:47
4	Frith	v.d. Merwe (1 st vet)	RFLG	45	1:56:12
5	Christine	Claasen	Achilles AAA	45	1:57:06
6	Jane	Barnardo	Body Concept	35	2:03:43
7	Davera	Magson	Mr Price PE	35	2:04:41
8	Lesley	Wood (1 st mast)	Achilles AAA	52	2:04:51
9	Janette	Schierz-Crusius	Body Concept	49	2:05:44
10	Claire	Nagel	Elite A C	46	2:07:38
11	Suzanne	Lavis	Jeffreys Bay	51	2:10:46
12	Shannon	Swart	Profiles	27	2:10:53
13	Adele	Nel	St Albans CSEP	37	2:13:00
14	Rosemary	Buchanan	Achilles AAA	24	2:13:09
15	Carin	Malherbe	Temp	25	2:15:52
16	Sime	Baynes	Body Concept	26	2:16:38
17	Camarin	van Eyk	Elite AC	27	2:16:42
18	Hermie	Fisher	Madiba Bay	42	2:17:26
19	Johannette	Oosthuizen	Temp	45	2:20:25
20	Julie	Walker	RFLG	36	2:20:30

*) Netherlands, not Nedbank.

40-44:

1	Hermie	Fisher	Madiba Bay	42	2:17:26
2	Claudia	Parker	PEAAC	41	2:20:46
3	Cindy	Finlay	PEAAC	40	2:20:50

45-49:

1	Frith	van der Merwe	RFLG	45	1:56:12
2	Christine	Claasen	Achilles AAA	45	1:57:06
3	Janette	Schierz-Crusius	Body Concept	49	2:05:44

50-54:

1	Lesley	Wood	Achilles AAA	52	2:04:51
2	Suzanne	Lavis	Jeffreys Bay	51	2:10:46
3	Mary	van Eck	PEAAC	53	2:21:17

55-59:

1	Jacomina	Linstrom	Rand Ath Club	56	2:23:25
2	Adrienne	Wilson	Temp	58	2:50:31
3	Rita	Boucher	Walmer AC	59	2:55:20

10 km**MEN**

1	Zolani	Ngqaqa	Mr Price PE	21	32:02
2	Bulelini	Niwa	PEAAC	24	32:40
3	Xola	Bongoza (1 st jun)	Mr Price PE	17	32:54
4	Maboyisana	Mazwayi (1 st vet)	Nedbank RC	41	33:03
5	Zolani	Mabongo	Mr Price PE	23	33:30
6	Mila	Pasiya	Nedbank RC	30	34:15
7	Sylvester	Honnie	Mr Price PE	24	34:52
8	Hans	Jacobs	Nedbank RC	41	36:21
9	Thembekile	Msipa	Charlo RR	35	37:04
10	Clement	Mushaike	Ebenezer	36	37:46

40-44:

1	Maboyisana	Mazwayi	Nedbank RC	41	33:03
2	Hans	Jacobs	Nedbank RC	41	36:21
3	Carriot	Galela	RFLG	40	38:24

45-49:

1	Philbert	Tyombo	PEAAC	47	42:10
2	Coenie	Kukkuk	Temp	48	50:23
3	Andre	Nel	SAP MC EP	49	51:25

50-54:

1	Colin	Ingram	Buffalo RR	50	57:31
2	Nick	Mullins	Crusaders AC	54	1:01:42
3	Stephen	Coetzee	Bluewater Bay	54	1:03:09

55-59:

1	Mtutuzeli	Cakwebe	Temp	58	57:37
2	Graham	Nell	Achilles AAA	59	57:43
3	Eldon	Fortmann	Walmer AC	59	57:56

60-64:

1	William	Vorster	PEAAC	63	50:28
2	Peter	Eck	Muirite Striders	63	56:37
3	William	Grobler	Elite AC	61	1:02:51

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	68	44:29
2	Clive	Batty	Triangle Sports	65	1:10:35
3	Brian	Smith	PEAAC	67	1:16:55

70+:

1	John	Peart	Nedbank RC	74	1:14:38
2	Graham	Jorgensen	Charlo RR	72	1:35:57

Juniors:

1	Xola	Bongoza	Mr Price PE	17	32:54
2	Frik	Ferreira	Temp	16	41:00
3	Liam	Carver	Temp	17	41:13

WOMEN

1	Deliwe	Nyanga	Nedbank RC	21	39:02
2	Asanda	Solani	Nedbank RC	26	45:12
3	Noxolo	Marks	Mr Price PE	23	47:34
4	Lizette	Sydien	Elite AC	23	48:03
5	Alex	Adie	Rhodes Universi	20	48:55
6	Sinosihle	Mjekula (1 st jun)	Temp	17	49:26
7	Gina	Watson	Temp	26	50:14
8	Hanlie	v.d. Westhuizen (1 st mast)	Transnet RE	53	50:23
9	Lindie	Stander	St Albans CSEP	25	52:02
10	Jaclynn	Fismer	Queenstown Harr	29	53:27

40-44:

1	Christa	Slabbert	PEAAC	41	56:41
2	Bonita	Kilian	Temp	42	57:32
3	Vicki	Liebenberg	Temp	40	1:01:18

45-49:

1	Rozelle	von Molendorff	Elite AC	46	57:27
2	Karen-Lee	Meyer	RFLG	46	58:30
3	Antoinette	Coertze	St Albans CSEP	45	58:35

50-54:

1	Hanlie	van der Westhuizen	Transnet Re	53	50:23
2	Linda	Fourie	Temp	51	1:05:21
3	Ritva	Wait	Temp	50	1:05:45

55-59:

1	Jos	Els	Madiba Bay	58	57:26
2	Marcelle	Harran	Body Concept	55	1:04:29
3	Elsa	Gomez	Jeffreys Bay	57	1:07:26

60-64:

1	Liz	Grundlingh	Muirite Striders	63	54:29
2	Helene	Oppel	Crusaders AC	60	59:31
3	Denise	Terblanche	Walmer AC	62	1:07:58

65-69:

1	Orgia	Nell	Muirite Striders	66	1:14:25
2	Shirley	Jorgensen	Charlo RR	68	1:22:28

70+:

1	Dorothy	Hart	PEAAC	72	1:08:08
2	Lorna	Brown	PEAAC	71	1:25:09
3	Aletta	Fourie	Triangle Sports	71	1:27:35

Juniors:

1	Sinosihle	Mjekula	Temp	17	49:26
2	Terray	Newcombe	Nedbank RC	19	54:53
3	Jocelyn	Hustler	Temp	19	58:59

Konica Minolta 15 km

Kimberley, 27 March

MEN

1	Jacob Danster	Pirates	49:33
2	Abram Ditsela	VKRR	54:23
3	Patric Moeng	VKRR	54:58

4	Obakeng Eugene	SADF	57:05
5	Innocent ?	GAC	1:00:43
6	Alphus G	Galeshewe	1:00:55
7	Dam Moena	VKRR	1:01:04
8	Frans Tokela	Nedbank	1:01:06
9	Louis ?	Galeshewe	1:04:19
10	Leon Ashail	Ind	1:04:22

WOMEN

1	Berdine Smit	Nedbank	1:05:33
2	Anel Viljoen	VKRR	1:10:27
3	Jessica v Wyk	Noordelike	1:12:23
4	J.C. Groenewalt	Noordelike	1:12:25
5	Abigail Kaars	VKRR	1:13:19
6	Johnene Ralph	VKRR	1:15:20
7	Ria J. v Vuuren	Harriers	1:15:40
8	Lindie Steyn	KRR	1:16:13
9	Fairoos Kana	Pirates	1:16:34
10	C. Pelser	Pirates	1:17:07

TRACK

Yellow Pages SA Junior & Youth Championships

Germiston, 11 April

Note: These are the results of the second day of the meeting (finals on the first day were included in DRR 10:14). Although these times were taken with fully automatic (electronic) timing, they were rounded off to tenths and released in that format by ASA. See also Viewpoint at the beginning of this issue. – Ed.

JUNIOR MEN

800:

1	Rynhardt	Van Rensburg	AFS	1:50.2
2	Steven	Mhlongo	CGA	1:50.4
3	Ratlale	Mokone	AFS	1:50.9
4	Michael	Du Toit	CGA	1:50.9
5	Alan	Slinger	INDWP	1:52.2

1500:

1	Ratlale	Mokone	AFS	3:52.7
2	Pieter	Wilders	CGA	3:54.3
3	Siyabonga	Derison	CGA	3:54.9
4	Bheki	Nkosi	AMPU	4:03.7
5	Bonginkosi	Zwane	KZNA	4:05.2

3000 s/chase:

1	Lucas	Bothobutle	ACNW	9:26.8
2	Luxolo	Mdzanga	WPA	9:33.4
3	Sifiso	Mncwango	CGA	9:44.7
4	Olwethu	Mhlaba	CGA	9:51.6
5	Ernest	Nkoko	AFS	9:55.7

5000:

1	Joel	Monne	ACNW	14:41.4
2	Sitylo	Diko	CGA	14:42.5
3	Vuyisele	Tshoba	CGA	15:00.1

4	Armin	Botha	CGA	15:03.5
5	Reuben	Magengenene	CGA	15:09.2

YOUTH MEN

800:

1	Zweli	Nzima	CGA	1:54.8
2	Edrine	Mukasa	KZNA	1:54.8
3	Daniel	Gouws	AGN	1:55.4
4	Henk	Koekemoer	AGN	1:55.5
5	Jan	Briers-Louw	INDBOL	1:56.6

1500:

1	Zweli	Nzima	CGA	4:00.9
2	Sthembile	Dondolo	CGA	4:03.0
3	Johan	Berrange	AMPU	4:04.0
4	Pieter	Linde	ACNW	4:05.0
5	Monwabisi	Cele	KZNA	4:08.9

2000 s/chase:

1	Thabang	Majanaga	AFS	6:06.5
2	Asive	Njenxa	WPA	6:15.8
3	Theboho	Mock	AFS	6:19.3
4	Alfred	Mputhi	CGA	6:21.5
5	Obakeng	Mpakanyane	AFS	6:26.5

JUNIOR WOMEN

800:

1	Annica	Coetzee	EPA	2:08.6
2	Anuschca	Nice	AGN	2:08.7
3	Heleen	Malan	BOLA	2:15.9
4	Stella	Marais	AGN	2:16.6
5	Danel	Prinsloo	AFS	2:22.2

1500:

1	Dominique	Scott	BOLA	4:36.9
2	Danel	Prinsloo	AFS	4:43.6
3	Anneke	Gildenhuis	CGA	4:45.8
4	Gerdri	Wolmarans	AGN	4:51.9
5	Ashleigh	Schnetler	CGA	4:53.7

3000 s/chase:

1	Ashleigh	Schnetler	CGA	11:07.4
2	Angelique	Fassen	AGN	11:26.2
3	Asiphe	Skabalanjana	WPA	11:43.3

YOUTH WOMEN

800:

1	Thato	Makhafola	CGA	2:09.7
2	Gira	Carstens	BOLA	2:10.4
3	Lize	Steyn	EPA	2:10.8
4	Felicia	Mofokeng	AFS	2:11.3
5	Marike	Vermaak	AMPU	2:13.5

1500

1	Mamphieko	Sibanda	CGA	4:41.1
2	Massbata	Motone	AGN	4:43.1
3	Sylvia	Dibakwe	AFS	4:45.6

4	Bianca	Van Niekerk	CGA	4:47.2
5	Mbali	Mokoena	KZNA	4:47.7
2000 s/chase:				
1	Thato	Makhafola	CGA	7:21.0
2	Amukelani	Baloi	CGA	7:47.6
3	Luane	Meyer	ACNW	8:15.3
4	Michaelo	Zietsman	ANWN	8:51.7
5	Thandi	Mhlafu	AFS	9:55.5

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

Boston Marathon (114th)

Hopkinton to Boston, USA, 19 April

(Distance: 42.195 km; point-to-point course with 3.1 m/km elevation loss)

MEN

1.	Robert Cheruiyot	KEN	2:05:52
2.	Tekeste Kebede	ETH	2:07:23
3.	Deriba Merga	ETH	2:08:39
4.	Ryan Hall	USA	2:08:41
5.	Mebrahtom Keflezighi	USA	2:09:26
6.	Gashaw Asfaw	ETH	2:10:53
7.	John Komen	KEN	2:11:48
8.	Moses Kigen Kipkosgei	KEN	2:12:04
9.	Jason Lehmkuhle	USA	2:12:24
10.	Alejandro Suarez	MEX	2:12:33

WOMEN

1.	Teyba Erkesso	ETH	2:26:11
2.	Tatyana Pushkareva	RUS	2:26:14
3.	Salina Kosgei	KEN	2:28:35
4.	Waynishet Girma	ETH	2:28:36
5.	Bruna Genovese	ITA	2:29:12
6.	Lidiya Grigoryeva	RUS	2:30:31
7.	Yurika Nakamura	JPN	2:30:40
8.	Weiwei Sun	CHN	2:31:14
9.	Nailya Yulamanova	RUS	2:31:48
10.	Albina Mayorova-Ivanova	RUS	2:31:55

NEWS

KALMER IN PROVISIONAL TEAM FOR NAIROBI

René Kalmer, who won the Spar Grand Prix 10 km in Bellville this weekend in the fastest South African time of the year, has been included in the provisional team for the CAA African Championships in Nairobi from 28 July to 1 August (in the 1500 and 5000). The final team will be selected on 6 July.

The team is:

	MEN	WOMEN
100:	Simon Magakwe (ACNW) Leigh Julius (EPA) Hannes Dreyer (AGN)	Cindy Stewart (EPA)
200:	Wilhelm van der Vyver (BOLA) Simon Magakwe (ACNW) Thuso Mpuang (AFS)	Cindy Stewart (EPA)
400:	Offentse Mogawane (ANWN) Sibusiso Sishi (CGA)	Estie Wittstock (AGN)
800:	Mbulaeni Mulaudzi (CGA)	Mapaseka Makhanya (CGA) Lebogang Phalula (CGA)
1500:	Juan van Deventer (CGA) Parson Mangagane (LIMA)	René Kalmer (CGA) Lebo Phalula (CGA)
5000:	Elroy Galant (ACNW) Tshamano Setone (CGA) Stephen Mokoka (AGN)	René Kalmer (CGA) Lebo Phalula (CGA)
10000:	Stephen Mokoka (AGN) Gladwin Mzazi (AVT) Lungisa Mdedelwa (ATRA)	
Marathon	Hendrick Ramaala (CGA)	
3000 s/chase:	Rubin Ramolefi (CGA) Edwin Molepo (ACNW)	Tebogo Masehla (CGA) Myrette Filmalter (AGN)
110/100 H:	Andre Storm (ACNW)	
400 H:	Cornel Fredericks (BOLA) Wouter le Roux (AGN) L.J. van Zyl (AGN)	Wenda Theron (AGN)
4 x 100:	Thuso Mpuang, Leigh Julius, Simon Magakwe, Wilhelm van der Vyver, Hannes Dreyer	
Dec/ Hept:	Sors Joubert (BOLA)	Janet Wienand (BOLA) Marcoleen Pretorius (ACNW)
High jump:		Deoné Joubert
Pole vault:	Cheyne Rahme (AGN) Ruaan van Wyk (WPA)	Honorata Saar
Long jump:	Khotso Mokoena (AGN) Keenan Watson (WPA) Luvo Manyonga (BOLA)	Janice Josephs (BOLA)
Triple jump:	Thumelo Thagane (ACNW)	Patience Ntsingila (ACNW)
Shot put:	Roelie Potgieter (AGN) Burger Lambrechts (AGN) Orazio Cremona (AGN)	
Discus throw:	Victor Hogan (BOLA)	Elizna Naude (AGN)
Hammer throw:	Chris Harmse (AFS)	Annemie Smith (SWDA)
Javelin throw:	Hardus Pienaar (AGN) Ulrich Damon (ACNW) Tobie Holtzhausen (ACNW)	Sunette Viljoen (ACNW) Justine Robbeson (ACNW) Tazmin Brits (ACNW)

PROVISIONAL JUNIOR TEAM ANNOUNCED

Athletics South Africa has announced a provisional team of 29 athletes for the World Junior Championships in Moncton, Canada (19-25 July). A final team will be announced on 30 June.

The team is:

MEN

100: Waide Jooste (CGA), Gideon Trotter (AFS), Shaun de Klerk (AFS)
200: Wade van Niekerk (AFS), Shaun de Klerk (AFS), Anaso Jobodwana (BOR)
400: Jacques de Swardt (AGN), Shaun de Jager (BOL)

800: Rynhardt van Rensburg (AFS), Steven Mhlongo (CGA), Michael du Toit (CGA)
 1500: Ratlale Mokone (AFS)
 110 H: Kobus Moolman (AGN)
 400 H: Hamman le Roux (ANWN), Shaun van Wyk (ACNW)
 PV: Cheyne Rahme (CGA), Ruan van Wyk (WPA)
 LJ: Luvo Manyonga (BOL), Stefan Brits (BOL)
 DT: Dewald van Heerden (CGA)
 JT: Rocco van Rooyen (WPA)

WOMEN

200: Bevin Smith (WPA)
 800: Anuschka Nice (AGN), Anica Coetzee (EPA)
 100 H: Rikenette Steenkamp (AGN)
 400 H: Jean-Marie Senekal (BOL)
 LJ: Linique Prinsloo (AGN)
 HT: Annemie Smith (SWD)
 JT: Tazmin Britz (ACNW)

STATS TIME

In this section I include the top ten South Africans (this week the top twenty) 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.

The amazing Spar 10 km in Bellville this weekend produced twelve of the top thirteen times of the year (and fourteen of the top 22).

2010 10 KM: TOP 20 WOMEN

33:25	René Kalmer		1	Bellville	18 Apr
34:03	Tanith Maxwell		2	Bellville	18 Apr
34:42	Thozama April		3	Bellville	18 Apr
34:55	Irvette van Blerk		2	Pretoria	06 Mar
35:01	Nandipha Dywili		4	Bellville	18 Apr
35:11	Zintle Xiniwe		5	Bellville	18 Apr
35:12	Ronel Thomas		6	Bellville	18 Apr
35:23	Mpho Mabuza		7	Bellville	18 Apr
35:46	Van Blerk-2		8	Bellville	18 Apr
35:55	Marelize Retief		9	Bellville	18 Apr
35:59	Dominique Scott	[10]	10	Bellville	18 Apr
36:08	Anneline Roffey		11	Bellville	18 Apr
36:10	Maxine Heine-Wacker		12	Bellville	18 Apr
36:16	Andrea Steyn		1	Pretoria	20 Feb
36:22	Ntombesintu Ntshiliza		1	Port Elizabeth	13 Feb
36:27	Charné Bosman		3	Pretoria	06 Feb
36:33	Myrette Filmalter		2	Sasolburg	06 Feb
36:36	Deliwe Nyanga		1	Port Elizabeth	27 Mar
36:40	Louisa Leballo		3	Irene	10 Feb
36:42	Van Blerk-3		1	Pretoria	30 Jan
36:46	Nomvuyisi Seti		13	Bellville	18 Apr
36:53	Jenna Challenor	[20]	14	Bellville	18 Apr

René Kalmer's fastest ten times of her career (below) average 33:09 – a time bettered in a single race by only nine other South Africans in history.

32:28 1 Stellenbosch 11 Aug 07

32:39	1	Stellenbosch	29 Aug 09
32:54	1	Durban	24 Jun 07
33:03	1	Port Elizabeth	10 May 03
33:15	1	Port Elizabeth	05 May 01
33:16	3	Stellenbosch	30 Aug 08
33:25	1	Bellville	18 Apr 10
33:27	1	Bellville	13 Apr 08
33:29	5	New York	07 Jun 09
33:35	1	Port Elizabeth	06 May 00

THIS MONTH IN HISTORY

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

(Exactly) 113 years ago: 19 April 1897

The first Boston Marathon, inspired by the first Olympic Marathon the previous year, was held on this day. The route, over 24.5 miles, went from the Irvington Oval in Boston to Metcalf's Mill in Ashland. Fifteen runners started the race and the first to arrive at the finish was John J. McDermott, in 2:55:10. In October 1896 McDermott had also won the first marathon ever held on US soil, in New York. The Boston Marathon was originally run on Patriots' Day, 19 April, a regional holiday that commemorates the beginning of the Revolutionary War. In years when the 19th fell on a Sunday, the race was held the following Monday. In 1969, Patriots' Day was officially moved to the third Monday in April and the race has been held on that Monday ever since. Women were first officially allowed to enter in 1972, with Nina Kuscsik the winner.

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	

WOMEN

Open

10 km	33:25	René Kalmer	Bellville	18 Apr
	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)		

21.1 km	46:28	Tirunesh Dibaba (ETH) 2009		
	72:39	René Kalmer	Cape Town	03 Apr
25 km	67:14	Mary Keitany (KEN)		
	66:25	Lornah Kiplagat (KEN) 2007		
	1:36:29	René Kalmer	Johannesburg	24 Jan
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
Marathon	1:38:49	Mizuki Noguchi (JPN) 2005		
	2:52:04a	Joanna Thomas (vet)	Oudtshoorn	27 Feb
	2:23:53	Teyiba Erkiso (ETH)		
100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:14	Tessa Burrell	Bellville	18 Apr
	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	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				

Grandmasters (60+)

10 km	43:38	Sonja Laxton	Bellville	18 Apr
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	35:01	Nandipha Dywili	Bellville	18 Apr
	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

Contributors to this issue: Alen Hattingh, Top Events, Chamberlain's Timekeeping, Athletics South Africa, Gerrit Schoeman

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za