

Distance Running Results

Vol. 10, No. 16 – 26 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

A brilliant run by Tanith Maxwell in London on Sunday produced the 28th fastest time ever by a South African. Maxwell's 2:34:24 moves her into fifth place on the SA all-time performers list, with only Elana Meyer (2:25:15), Colleen de Reuck (2:26:35), Frith van der Merwe (2:27:36) and Annette Falkson (2:33:39) ahead of her. Maxwell broke her previous PB, set in Warsaw in 2008, by 2:14 – a wonderful achievement, especially when considering the worldwide travel disruption caused by the Iceland volcanic eruption. (An all-time list will be included in next week's Stats Time.)

London was a superb race, with winner Tsegaye Kebede (2:05:19) now the second fastest marathoner based on the average of an athlete's top five performances – passing Samuel Wanjiru, who did not finish the race (as did Duncan Kibet). Kebede's average is 2:05:45. Behind him Jaouad Gharib (2:06:55) ran the fastest marathon ever by a 37-year-old. London's top ten average improved to 2:05:31, although it is still behind Rotterdam and Berlin.

In the women's race Liliya Shobukhova ran the second fastest last 2.195 km ever, 6:53. She also holds the "record" with her 6:36 in last year's Chicago Marathon.

South Africa's oldest marathon (and fifth oldest road race), the Springbok Pharmacy Jackie Gibson Marathon, was held for the 64th time this weekend. Veteran Reginald Ngobese won in 2:29:12, with Dimakatso Menong taking the women's race in 3:01:29. René Kalmer won the accompanying half marathon in 78:07.

The times for the two South Africans in the Mangyongdae Prix International Marathon in Pyongyang, PRK, on 11 April were wrong. Coolboy Ngamole was sixth in 2:17:58 (not 2:19:03) and Raphael Segodi ninth in 2:19:06 (not 2:19:10). Namibian Helena Iiping was 32nd in 2:48:07.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Springbok Pharmacy Jackie Gibson Marathon & Half Marathon, Johannesburg
- * Chatsworth Freedom 52 km & 25 km, Durban
- * Vineyard Farm Run, Somerset West
- * De Freitas Spar Bruintjieshoogte 50 km & 25 km, Pearston to Somerset East
- * Outeniqua Marathon & Half Marathon, George to Wilderness
- * XC: WPA Cross-country Relay, Pinelands
- * Track: USSA Championships, Potchefstroom, Yellow Pages SA Junior & Youth Championships, Germiston

International highlights:

- * London Marathon, London, GBR
 - * Möbel Kraft Hamburg Marathon, Hamburg, GER
 - * More Magazine/Fitness Magazine Half Marathon, New York, USA
 - * Grand Blue Mile, Des Moines, USA
 - * Boston Marathon, Hopkinton to Boston, USA
 - * B.A.A. Invitational Mile, Boston, USA
 - * Vienna City Marathon, Wien, AUT
 - * SPAR Great Ireland Run, Dublin, IRL
 - * Track: Drake Relays, Des Moines, USA; Brutus Hamilton Invitational, Berkeley, USA; Meeting Grand Prix de Dakar, Dakar, SEN
-

ROAD RUNNING**Springbok Pharmacy Jackie Gibson Marathon (64th) & Half Marathon**

Johannesburg, 25 April

(Distances: 42.195 km & 21.0975 km; loop courses)

Marathon**MEN**

1 Reginald Ngobese (GS) 2:29:12 (1st vet); 2 Jacob Mazibuko (Cabstrut) 2:32:16; 3 Bigboy Goromonzi (ZIM/UCKG) 2:33:20; 4 Raphael Thadi (Temp) 2:33:46; 5 Raymond Msiza (Dayveton Hearts) 2:34:47.

Veterans: 1 Reginald Ngobese (GS) 2:29:12; 2 Jacob Mazibuko (Cabstrut) 2:32:16; 3 Bigboy Goromonzi (UCKG) 2:33:20; 4 Solomon Khumalo (Carlton) 2:36:16; 5 Phehello Tsotetsi (SA Post Office) 2:44:29. **Masters:** 1 Ernest Tjela (Emfuleni) 2:49:30; 2 Herman Kraay (Kempton) 3:02:30; 3 Simon Phai-Phai (RAC) 3:03:22. **G'masters:** 1 Jack Thokoane (Sasol) 3:21:40; 2 Willa du Toit (Roodepoort) 3:33:36.

WOMEN

1 Dimakatso Menong (Temp) 3:01:29; 2 Belinda Waghorn (Bonitas) 3:11:17; 3 Estie Grobler (Mr Price) 3:14:37; 4 Marlene Klopper (Kempton) 3:24:13 (1st vet); 5 Claire Nicholson (Randburg Harriers) 3:31:12.

Veterans: 1 Marlene Klopper (Kempton) 3:24:13; 2 Tracy Jarmin (Fit 2000) 3:47:06; 3 Eliza v Staden (Kempton) 3:47:41; 4 Thambeka Ketsekile (Ukhozi) 3:55:38; 5 Adri Johnson (Dainfern) 3:55:57. **Masters:** 1 Natalie Saunders (Fourways) 3:44:52; 2 Leoni Jurgens (Ekhuruleni Kayak) 3:59:01; 3 Heleen Hall (Rustenburg) 4:00:16. **G'masters:** 1 Hildegonda Brewer (RWFL) 5:13:00.

Half marathon**MEN**

1 Raphael Segodi (GS) 66:19; 2 Sekele Lesole (LES/Toyota) 66:23; 3 Libonto Tootse (LES/Toyota) 67:11; 4 Charles Soza (ZIM/Bashewa) 67:52; 5 Sityhilo Diko (Nedbank) 68:03.

Veterans: 1 Elgin Mokale (Harmony Striders) 72:24; 2 Elias Mabane (Cabstrut) 74:26; 3 Mandla Rasi (Goldfields) 74:55; 4 Joseph Tutubala (SCAW) 75:56; 5 Benson Momanyi (Temp). **Masters:** 1 Charles Vilakazi (Kwa-Themba) 79:47; 2 Jerry Rankapule (Nedbank) 80:01; 3 Johannes Seakamela (RAC) 81:35. **G'masters:** 1 Don Charles (Brotherhood) 89:42; 2 Brian Chamberlain (Kudus) 92:42.

WOMEN

1 René Kalmer (Nedbank) 78:07; 2 Christine Kalmer (Tuks) 84:47; 3 Cornelia Joubert (BCC) 85:34; 4 Takalane Nthulane (Transnet) 88:15; 5 Sarah Mahlangu (Mr Price) 97:12 (1st vet).

Veterans: 1 Sarah Mahlangu (Mr Price) 97:12; 2 Florence Molawa (Arcelor Mittal) 99:05; 3 Heather Kappmeier (Nedbank) 1:41:07; 4 Cynthia Mkovane (Nedbank) 1:42:54; 5 Argentina Senda (RAC) 1:46:23. **Masters:** 1 Pam Hampton (Sunninghil) 1:55:19; 2 Daleen v Wyk (Alberton) 1:55:34; 3 Sewele Magonya (Wanderers) 1:57:43. **G'masters:** 1 Maureen Arthur (RAC) 2:06:45; 2 Maz Moore (Breakthru Midrand) 2:16:26.

Chatsworth Freedom 52 km & 25 km

Durban, 25 April

(Loop courses. Finishers: 52 km – 1336; 25 km – 941.)

52 km

MEN

1.	Collen Makaza	ZIM/Form One AC	3:03:31
2.	Shingi Badza	ZIM/Form One AC	3:05:54
3.	Prodigal Khumalo	ZIM/Mr Price AC	3:06:33

40-49:

1.	Abdul Mlanse	Shakaland AC	3:26:47
----	--------------	--------------	---------

50-59:

1.	Eloi de Oliveira	Boxer AC	3:42:29
----	------------------	----------	---------

60+:

1.	Gopal Chetty	Shallcross AC	4:18:02
----	--------------	---------------	---------

WOMEN

1.	Maya Lawrie (1 st vet)	Boxer AC	3:52:11
2.	Melanie van Rooyen	R/Bay AC	3:55:48
3.	Thobile Ngwane	Mr Price AC	4:15:49

40-49:

1.	Maya Lawrie	Boxer AC	3:52:11
----	-------------	----------	---------

50-59:

1.	Christine Harris	Hilton Harr	5:13:26
----	------------------	-------------	---------

60+:

1.	Lynda Bell	QBH	5:44:04
----	------------	-----	---------

25 km

MEN

1.	T Teacher	Form One AC	1:23:05
2.	Richard Nene	Mr Price AC	1:25:00
3.	X Xolani	Form One AC	1:25:05

WOMEN

1.	Alicen Manake	Form One AC	1:43:59
2.	Sibongile Mpanza	Boxer AC	1:51:14
3.	Lauren Calenborne	West AC	1:52:09

Vineyard Farm Run

Strand, 25 April

(Distances: 21.0975 km & 10 km; loop courses, mostly on gravel)

Half marathon

MEN

1. Mthandoza Qhina (Adid) 70:19; 2. Thembelani Zola (MP) 72:34; 3. Sihle Mapukata (MP) 72:39.

40-49: 1. Thembinkosi Zweni (Gugs) 74:10; 2. Doctor Tshiseko (Celtic) 84:15; 3. Andries Swanepoel (Brack) 85:20. **50-59:** 1. Gemjikile Tom (Eskom) 89:36; 2. Richard Johnson (OM) 91:30; 3. T. Jacobs (Celtic) 1:44:59. **60+:** 1. Roger Davis (FH) 1:44:51; 2. William Shaw (Tyger) 2:07:11; 3. Mike Taylor (Tyger) 2:08:10. **Juniors:** 1. Nkosinathi Sotyantya (Celtic) 74:48; 2. Gcobani Mndi (VOB) 78:11.

WOMEN

1. Nomvuyisi Seti (MP) 86:51; 2. Sheryl de Lange (Adid) 89:14 (1st vet); 3. Karin van der Merwe (Ned) 90:38.

40-49: 1. Sheryl de Lange (Adid) 89:14; 2. Ester Brink (Strand) 91:01; 3. Viv Williams (Adid) 94:18. **50-59:** 1. Nancy Will (Pine) 1:47:56; 2. Sue Bracher (WC) 1:49:16; 3. Cynthia Booysen (Gugs) 1:54:17. **60+:** 1. Veronica van Niekerk (EGA) 1:46:30; 2. Pixie Sparg (Celtic) 1:59:25; 3. Cathy Taylor (Durb) 2:28:30. **Juniors:** 1. Benine Havenga (Tyger) 2:28:36.

10 km

MEN

1. Unathi Phezolo (AAC) 32:23 (1st jun); 2. Nande Qhangwane (Khay) 33:03; 3. Thobekile Mbulawa (Khay) 34:26.

40-49: 1. Basil Lehman (Met) 35:57; 2. Elliot ? (Strand) 38:11; 3. Jonathan Donald (Durb) 39:44. **50-59:** 1. Eric Mlonyeni (Ned) 38:12; 2. Goodman Mpukane (Gugs) 39:43; 3. Peter Wrensch (Tyger) 39:45. **60+:** 1. Awie Veldsman (Held) 40:36; 2. Ronnie le Roux (Brack) 45:29; 3. Paul Davids (Paarl) 49:01. **Juniors:** 1. Unathi Phezolo (AAC) 32:23; 2. Nande Qhangwane (Khay) 33:03; 3. Thobekile Mbulawa (Khay) 34:26.

WOMEN

1. Alae Brand (Adid) 40:33; 2. Mariëtte Esterhuyse (Tyger) 41:41 (1st vet); 3. Elsiré Roos (Bell) 42:10.

40-49: 1. Mariëtte Esterhuyse (Tyger) 41:41; 2. Sonia Harlock (FH) 52:28; 3. Yvonne Valentine (Held) 60:58. **50-59:** 1. Olga Howard (Celtic) 42:59; 2. Charmaine Cupido (Ned) 48:25; 3. Helen du Plessis (Tyger) 52:46. **60+:** 1. Mariëtha Herbert (Bell) 51:02; 2. Rita van Wyk (Brack) 62:12; 3. Cynthia Kavanagh (Edge) 65:04. **Juniors:** 1. Sibongile Gqeba (East) 68:50; 2. Sinead Hattingh (Ned) 70:42.

De Freitas Spar Bruintjieshoogte 50 km (33rd) & 25 km

Pearston to Somerset East, 24 April

(Point-to-point courses, but hilly. Finishers: 50 km – 157; 25 km – 103)

50 km

MEN

1	Eugene	Pelem	Nedbank RC	30	3:00:46
2	Melikhaya	Sithuba	Mr Price PE	26	3:11:32
3	Emerson	Kayana	Nedbank RC	36	3:12:02
4	Christopher	Mabengeza (1 st vet)	Nedbank RC	43	3:13:14

5	Mzwanele	Maphekula	Nedbank RC	33	3:15:06
6	Thembinkosi	Ndyogolo	Nedbank RC	41	3:20:58
7	Wilson	Bennett	Jeffreys Bay	30	3:26:28
8	Melikhaya	Jacobs	Nedbank RC	31	3:26:32
9	Zakuthini	Retyu	Queenstown	38	3:27:51
10	Luvuyo	Stephen	Nedbank RC	39	3:30:21
11	Alfred	Qogi	Nedbank RC	36	3:33:25
12	Kgotso	Majara	Nedbank RC	29	3:34:45
13	Mzamo	Fokwana	Charlo RR	32	3:35:18
14	Thobile	Xata	Nedbank RC	35	3:37:53
15	Thembekile	Msipa	Charlo RR	35	3:39:05
16	Desmond	Witbooi	Nedbank RC	38	3:40:28
17	Riaan	Kock	Nedbank RC	40	3:47:16
18	Johnny	Malgas (1 st mast)	SANDF EP	50	3:48:02
19	Kaashif	Pietersen	Achilles AAA	33	3:48:51
20	Melwin	REans	Temp	25	3:50:03

40-44:

1	Christopher	Mabengeza	Nedbank RC	43	3:13:14
2	Thembinkosi	Ndyogolo	Nedbank RC	41	3:20:58
3	Riaan	Kock	Nedbank RC	40	3:47:16

45-49:

1	Cyril	Uithaler	Willard Batt	47	4:11:56
2	Hendrik	Van Wyk	Transnet RE	46	4:28:18
3	Jacob	Masimla	Nedbank RC	49	4:44:05

50-54:

1	Johnny	Malgas	SANDF EP	50	3:48:02
2	Andre	Willemse	Elite AC	51	3:50:32
3	Lucky	Adams	Nedbank RC	50	3:54:47

55-59:

1	Paul	Steffens	Transnet RE	58	5:18:51
2	Peter	Bashela	Willard Batt	57	5:32:53
3	Antonie	Grobler	Elite AC	57	5:48:12

60-64:

1	Piet	Meyer	St Albans CSEP	60	4:43:09
2	Joseph	Stander	Queenstown	61	5:12:07
3	Zamayedwa	Tom	Oxford Striders	60	6:18:48

65-69:

1	Piet	Scholtz	Queenstown	65	6:14:25
---	------	---------	------------	----	---------

WOMEN

1	Lindsay	Van Aswegen (1 st vet)	Kempton RR	41	3:47:14
2	Christine	Claasen	Achilles AAA	45	4:08:34
3	Grizelda	Pietersen	Achilles AAA	41	4:17:10
4	Buyelwa	Kobokana	Nedbank RC	45	4:36:19
5	Vanessa	Bowman	Kempton RR	40	4:36:46
6	Suzanne	Lavis (1 st mast)	Jeffreys Bay	51	4:44:02
7	Adele	Nel	St Albans CSEP	37	4:45:46
8	Tracy	Dean	Body Concept	38	4:47:04
9	Claudette	Fouche	Nedbank RC	43	4:51:22
10	Janette	Schierz-Crusius	Body Concept	49	5:00:20
11	Janice	Mckerry	Queenstown Harr	45	5:12:07
12	Noleen	Ambraal-Davids	Willard Batt	40	5:15:09
13	Elaine	Kock	Nedbank RC	41	5:18:50
14	REthie	Cumming	Bo-Karoo MC	40	5:19:27
15	Rosemary	Joubert	Crusaders AC	49	5:24:55
16	Suzanne	Van der Westhuizen	Elite AC	38	5:26:52

17	Connie	Felix	Willard Batt	44	5:27:56
18	Yolande	Watson	Nedbank RC	48	5:29:41
19	Nereda	Kapp	Nedbank RC	42	5:29:41
20	Sharon	Smuts	St Albans CSEP	43	5:33:31

40-44:

1	Lindsay	Van Aswegen	Kempton RR	41	3:47:14
2	Grizelda	Pietersen	Achilles AAA	41	4:17:10
3	Vanessa	Bowman	Kempton RR	40	4:36:46

45-49:

1	Christine	Claasen	Achilles AAA	45	4:08:34
2	Buyelwa	Kobokana	Nedbank RC	45	4:36:19
3	Janette	Schierz-Crusius	Body Concept	49	5:00:20

50-54:

1	Suzanne	Lavis	Jeffreys Bay	51	4:44:02
2	Christine	Snyman	VWAC	54	5:36:50
3	Janette	Van der Kolf	Coega AC	50	6:04:37

60-64:

1	Marlene	Wiese	Kowie Striders	64	5:51:40
2	San	Viljoen	Paarl AC	62	6:24:29

25 km**MEN**

1	Sandile	Ngunuza	Nedbank RC	27	1:22:42
2	Ricardo	Plaatjies	Elite AC	27	1:26:08
3	Anele	Maliza	Mr Price PE	32	1:27:08
4	Basie	Boneparte (1 st vet)	Albany RR	44	1:27:31
5	Alfred	Malotana	Nedbank RC	40	1:31:59
6	Sipho	November	Nedbank RC	29	1:34:15
7	Vuso	Nkongo	Mr Price PE	25	1:34:35
8	Mervyn	Johnson	Willard Batt	36	1:38:02
9	Ruan	Smalberger	Nedbank RC	20	1:43:35
10	Jacob	Abraham	Body Concept	43	1:43:38
11	Granville	Felix	Albany RR	30	1:46:28
12	Frikkie	Boshoff	Nedbank RC	30	1:47:27
13	Sizinzo	Kama (1 st mast)	Achilles AAA	58	1:48:40
14	Bruce	McEwan	Achilles AAA	56	1:49:33
15	Brendon	Persens	SANDEF EP	35	1:51:14
16	Claud	Kuilder	Somerset East	58	1:52:00
17	Hansie	Els (1 st g'mast)	Somerset East	62	1:52:24
18	Joseph	Bain	St Albans CSEP	50	1:53:18
19	Percy	Dalton	Achilles AAA	61	1:56:00
20	Roger	Trader	Achilles AAA	56	1:56:03

40-44:

1	Basie	Boneparte	Albany RR	44	1:27:31
2	Alfred	Malotana	Nedbank RC	40	1:31:59
3	Jacob	Abraham	Body Concept	43	1:43:38

45-49:

1	Dries	Van der Walt	Temp	48	2:06:22
2	Andre	Pienaar	Bluewater Bay	47	2:16:18
3	Leonard	Groves	Willard Batt	46	2:17:41

50-54:

1	Joseph	Bain	St Albans CSEP	50	1:53:18
2	Daniel	Ferreira	Elite AC	51	2:08:43
3	Attie	Els	Elite AC	51	2:10:59

55-59:

1	Sizinzo	Kama	Achilles AAA	58	1:48:40
2	Bruce	Mcewan	Achilles AAA	56	1:49:33
3	Claud	Kuilder	Somerset East	58	1:52:00

60-64:

1	Hansie	Els	Somerset East	62	1:52:24
2	Percy	Dalton	Achilles AAA	61	1:56:00
3	Tinie	Strydom	Temp	63	2:02:32

65-69:

1	Jean	Nepgen	Kowie Striders	65	3:43:16
---	------	--------	----------------	----	---------

Juniors:

1	Werner	Birch	Temp	16	2:19:01
---	--------	-------	------	----	---------

WOMEN

1	Frith	Van der Merwe (1 st vet)	RFLG	45	1:50:50
2	Asanda	Solani	Nedbank RC	26	2:02:10
3	Lisa	Liebenberg	Somerset East	19	2:05:02
4	Julita	Puren	Somerset East	46	2:09:17
5	Jacqui	Van der Vyver	Elite AC	41	2:10:30
6	Lindie	Stander	St Albans CSEP	25	2:15:01
7	Ilizell	De Kock	Queenstown Harr	31	2:16:52
8	Desiree	Ebrahiem	Willard Batt	44	2:18:39
9	Anche	Schubart	Achilles AAA	28	2:19:09
10	Yolande	Weitz	Temp	41	2:23:11
11	Bronwen	Perry	Crusaders AC	27	2:23:56
12	Eldi	Van Rooyen	Somerset East	28	2:24:34
13	Henrico	Marais	Somerset East	24	2:27:05
14	Aletta	Joubert	Crusaders AC	48	2:28:31
15	Charlene	De Coning	Crusaders AC	45	2:28:35
16	Doris	Liberty (1 st mast)	Elite AC	50	2:30:48
17	Adele	Taljaard	Temp	41	2:34:02
18	Antoinette	Coertze	St Albans CSEP	45	2:35:43
19	Ronell	Niksch	Elite AC	47	2:36:23
20	Sanet	Van Niekerk	VWAC	41	2:36:53

40-44:

1	Jacqui	Van der Vyver	Elite AC	41	2:10:30
2	Desiree	Ebrahiem	Willard Batt	44	2:18:39
3	Yolande	Weitz	Temp	41	2:23:11

45-49:

1	Frith	Van der Merwe	RFLG	45	1:50:50
2	Julita	Puren	Somerset East	46	2:09:17
3	Aletta	Joubert	Crusaders AC	48	2:28:31

50-54:

1	Doris	Liberty	Elite AC	50	2:30:48
2	Tertia	Grobler	Transnet RE	50	3:08:45

55-59:

1	Carol	Nepgen	Kowie Striders	59	3:43:16
---	-------	--------	----------------	----	---------

70+:

1	Dorothy	Hart	PEAAC	72	2:55:20
---	---------	------	-------	----	---------

Juniors:

1	Tanya	Wilson	Charlo RR	17	2:38:22
---	-------	--------	-----------	----	---------

Outeniqua Marathon (24th) & Half Marathon (21st)

George to Wilderness, 24 April

(Distances: 42.195 km & 21.0975 km; point-to-point downhill courses, but hilly and partly on gravel. Weather: cool and sunny in the first half; warmer later. Changed courses – see note below).

Note: Due to the extreme drought in the South Western Districts, the organisers were forced by the authorities to change both courses on the Wednesday before the event (ironically, it rained heavily on Thursday and Friday) to keep runners out of the forest areas. Many runners felt that both courses were short. In the marathon the men's winning time was approx. 13 min faster than the last two years, while the women's winning time was 8 min faster than in 2009. Your Editor's time in the half marathon was 7 min faster than in 2009 and his Garmin watch showed a distance of 20.8 km. Additionally, some runners ran short in the marathon, missing out one loop because of the absence of a marshal. One of these was Peter Bennett, who crossed the line in second place, but should have been eighth. It is not known which other runners also ran the wrong course. I have therefore decided not to include any of these times in statistical lists. DRR subscriber Sue Dickson finished third in the half marathon. – Ed.

Marathon

MEN

1. Lindile Tokota (Ned) 2:27:12; 2. Gurome Gelderbloem (MBH) 2:35:52; 3. Principia Fana (Rain) 2:36:35; 4. Paulus Allart (MBH) 2:39:09; 5. Zuzile Nthsinyabo (Knys) 2:40:08; 6. Mishack Ngeva (Ned) 2:45:55; 7. Sydney Landsberg (Ned) 2:48:24; 8. Peter Bennett (WC) n/t; 9. Andile Ntshihakali (Outen) 2:51:35; 10. Jassem Jafta (RWFL) 2:52:59.

WOMEN

1. Annatjie Botes (Ned) 3:14:08; 2. Allison Jordaan (Outen) 3:17:27; 3. Lisl Grobler (Knys) 3:21:35; 4. Elize Kloppers (Hart) 3:22:59; 5. Johanna Claassen (Ned) 3:26:25; 6. Kathleen McQuaide-Little (Celtic) 3:35:09; 7. Laura Klinck (Outen) 3:36:26; 8. Cailey Bredenkamp (Paarl) 3:38:07; 9. Caroline Willis (Celtic) 3:43:02; 10. Kleintjie van Schalkwyk (Hart) 3:44:31.

Half marathon

MEN

1. Sinespho Didishe (Knys) 71:47; 2. Salman Booie (RWFL) 72:20; 3. Vuyo Witbooi (Outen) 73:33; 4. William Jacobs 73:38; 5. Melikhaya Msizi (Knys) 75:21; 6. Francois Juries (Ned) 75:30; 7. Dewald Kleynhans (Hart) 78:05; 8. Danzil Laminie (Knys) 79:10; 9. John April (RWFL) 80:14; 10. Sandile Jaba (Outen) 81:35.

WOMEN

1. Candice Davison (Ind) 87:19; 2. Kerry Roos (Knys) 89:30; 3. Sue Dickson (VOB) 91:42; 4. Liezel du Toit (Ind) 98:10; 5. Janet Adlam (Hart) 99:39; 6. Jolene Koekemoer (Whalers) 1:40:13; 7. Thea-Mari van der Sandt (Ned) 1:42:04; 8. Rose Bailey (ATC) 1:42:18; 9. Fran Pocock (Celtic) 1:42:31; 10. Colette van Eck (FH) 1:44:02.

CROSS-COUNTRY

WPA Cross-country Relay

Pinelands, 24 April

MEN

1	Adidas "A"	48:56
2	Celtic Harriers "A"	49:42
3	ACSIS VOB "A"	50:12

40-49:

1	Celtic Harriers	54:46
2	ACSIS VOB	61:01
3	Brackenfell "A"	64:21

50-59:

1	Celtic Harriers "A"	70:26
2	Celtic Harriers "B"	73:01
3	Adidas	73:09

WOMEN

1	Adidas	61:48
2	ACSIS VOB	81:41
3	West Coast Witches	87:48

40-49:

1	Brackenfell "A"	77:17
2	Run Walk for Life Constantia	81:39
3	Celtic Harriers	82:35

50-59:

1	Top Form	91:38
2	Celtic Harriers	91:59
3	Spartan Harriers "A"	100:25

TRACK**USSA Championships**

Potchefstroom, 17 April

Note: All these finals were surely not on a single day, but the exact dates of the races are unknown to DRR. – Ed.

MEN

800: 1. Windy Jonas 1:50.48, 2. Adriaan van Wyk 1:50.79, 3. Ratlale Mokone 1:50.98

1500: 1. Elroy Gelant 3:43.72, 2. Mthobisi Baloyi 3:43.74, 3. Dumisane Hlaselo 3:44.24

3000 s/chase: 1. Ruben Ramolefi 8:45.05, 2. Edwin Molepo 8:57.22, 3. Dean Brummer 8:59.50

5000: 1. Elroy Gelant 14:06.09, 2. Isaac Mboyasi 14:15.18, 3. Dumisane Hlaselo 14:22.73

10000: 1. Stephen Mokoka 30:02.41, 2. Boy Soke 30:27.57, 3. Isaac Mboyasi 30:47.69

Half Marathon 1. Boy Soke 1:06:12, 2. Rafael Mahapa 1:06:24, 3. Zandile Zuma 1:07:46

WOMEN

800: 1. Anushca Nice 2:09.49, 2. Juanee Cilliers 2:09.74, 3. Mandie Brandt 2:10.00

1500: 1. Mandie Brandt 4:30.02, 2. Zinhle Sinqe 4:32.99, 3. Juanee Cilliers 4:34.14

3000 s/chase: 1. Myrette Filmalter 10:47.77, 2. Nolene Conrad 10:55.80, 3. Ashleigh Schnelter 11:14.73

5000: 1. Nolene Conrad 17:22.56, 2. Myrette Filmalter 17:38.45, 3. Zinhle Sinqe 18:06.18

Half Marathon 1. Portia Ngwenya 1:23:37, 2. Elene Lourens 1:23:41, 3. Mia Pienaar 1:23:59

Yellow Pages SA Junior & Youth Championships

Germiston, 10 & 11 April

Note: James Evans has kindly sent DRR the electronic (fully automatic) timing results of these championships (the wrongly rounded off times produced by Athletics South Africa were included in DRR 10:14 and 10:15). – Ed.

JUNIOR MEN

800:

1	Rynhardt	Van Rensburg	AFS	1:50.22
2	Steven	Mhlongo	CGA	1:50.40
3	Ratlale	Mokone	AFS	1:50.86
4	Michael	Du Toit	CGA	1:50.88
5	Alan	Slinger	INDWP	1:52.18

1500:

1	Ratlale	Mokone	AFS	3:52.69
2	Pieter	Wilders	CGA	3:54.34
3	Siyabonga	Derison	CGA	3:54.89
4	Bheki	Nkosi	AMPU	4:03.66
5	Bonginkosi	Zwane	KZNA	4:05.24

3000 s/chase:

1	Lucas	Bothobutle	ACNW	9:26.79
2	Luxolo	Mdzanga	WPA	9:33.41
3	Sifiso	Mncwango	CGA	9:44.74
4	Olwethu	Mhlaba	CGA	9:51.64
5	Ernest	Nkoko	AFS	9:55.73

5000:

1	Joel	Monne	ACNW	14:41.42
2	Sitylo	Diko	CGA	14:42.52
3	Vuyisele	Tshoba	CGA	15:00.11
4	Armin	Botha	CGA	15:03.52
5	Reuben	Magengenene	CGA	15:09.24

10000:

1	Sityhilo	Diko	CGA	31:49.62
2	Johannes	Molehe	AFS	32:13.52
3	Sifiso	Mncango	CGA	32:41.99
4	Unathi	Phezolo	WPA	34:42.73
5	David	Ditswane	ANWN	34:47.83

YOUTH MEN

800:

1	Zweli	Nzima	CGA	1:54.76
2	Edrine	Mukasa	KZNA	1:54.81
3	Daniel	Gouws	AGN	1:55.40
4	Henk	Koekemoer	AGN	1:55.52
5	Jan	Briers-Louw	INDBOL	1:56.55

1500:

1	Zweli	Nzima	CGA	4:00.93
2	Sthembile	Dondolo	CGA	4:03.05
3	Johan	Berrange	AMPU	4:04.01
4	Pieter	Linde	ACNW	4:05.00
5	Monwabisi	Cele	KZNA	4:08.94

2000 s/chase:

1	Thabang	Majanaga	AFS	6:06.53
2	Asive	Njenxa	WPA	6:15.78
3	Theboho	Mock	AFS	6:19.33
4	Alfred	Mputhi	CGA	6:21.48

5	Obakeng	Mpakanyane	AFS	6:26.52
3000:				
1	Sthembile	Dondolo	CGA	08:55.59
2	Monwabisi	Cele	KZNA	09:01.11
3	Adem	Zuber	ACNW	09:01.12
4	Andile	Maqele	ATRAN	09:01.42
5	Wisdom	Ndlovu	CGA	09:07.23
JUNIOR WOMEN				
800:				
1	Annica	Coetzee	EPA	2:08.62
2	Anuschca	Nice	AGN	2:08.71
3	Heleen	Malan	BOLA	2:15.88
4	Stella	Marais	AGN	2:16.56
5	Danel	Prinsloo	AFS	2:22.21
1500:				
1	Dominique	Scott	BOLA	4:36.94
2	Danel	Prinsloo	AFS	4:43.61
3	Anneke	Gildenhuys	CGA	4:45.78
4	Gerdri	Wolmarans	AGN	4:51.95
5	Ashleigh	Schnetler	CGA	4:53.75
3000:				
1	Dominique	Scott	BOLA	10:37.87
2	Angelique	Faasen	AGN	10:42.84
3	Lusanda	Bomvana	ATRAN	11:21.03
4	Mari	Scott	BOLA	11:30.54
5	Rentia	Retief	BOLA	11:34.93
3000 s/chase:				
1	Ashleigh	Schnetler	CGA	11:07.40
2	Angelique	Fassen	AGN	11:26.15
3	Asiphe	Skabalanjana	WPA	11:43.32
5000:				
1	Letitia	Saayman	AGN	17:53.90
2	Nandipha	Dywili	AGN	17:57.16
3	Puseletso	Dladla	KZNA	18:05.19
4	Juan-Marie	Cooper	CGA	18:22.53
5	Ellen	Mynhardt	AGN	19:11.68
YOUTH WOMEN				
800:				
1	Thato	Makhafola	CGA	2:09.68
2	Gira	Carstens	BOLA	2:10.42
3	Lize	Steyn	EPA	2:10.76
4	Felicia	Mofokeng	AFS	2:11.26
5	Marike	Vermaak	AMPU	2:13.54
1500				
1	Mamphieko	Sibanda	CGA	4:41.09
2	Massbata	Motone	AGN	4:43.14
3	Sylvia	Dibakwe	AFS	4:45.55
4	Bianca	Van Niekerk	CGA	4:47.22
5	Mbali	Mokoena	KZNA	4:47.68

2000 s/chase:

1	Thato	Makhafola	CGA	7:21.00
2	Amukelani	Baloi	CGA	7:47.62
3	Luane	Meyer	ACNW	8:15.31
4	Michaelo	Zietsman	ANWN	8:51.72
5	Thandi	Mhlafu	AFS	9:55.48

3000:

1	Mamphieko	Sibanda	CGA	10:28.15
2	Bianca	van Niekerk	CGA	10:38.76
3	Mbali	Mokoena	KZNA	10:45.32
4	Sylvia	Dibakwe	AFS	10:50.27
5	Avela	Nkweba	ATRAN	10:50.94

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**London Marathon (30th)**

(UK & England Marathon Championships)

London, GBR, 25 April

(Distance: 42.195 km; standard course, with 35 m elevation loss [most of it in the third mile] and approximately 7 miles [27%] start/finish separation; many turns. Finishers: 36 549 – race record. Race format: Two separate elite races: 1) elite women accompanied by one female pacemaker at 09h00 and 2) elite men plus all other recreational runners at 09h45)

MEN (ratified gun times)

1.	Tsegaye Kebede, ETH	2:05:19	\$55,000 + 75,000i
2.	Emmanuel Mutai, KEN	2:06:23	30,000 + 50,000i
3.	Jaouad Gharib, MAR	2:06:55	22,500 + 50,000i
4.	Abderrahime Bouramdane, MAR	2:07:33 PB	15,000 + 25,000i
5.	Abel Kirui, KEN	2:08:04	10,000 + 15,000i
6.	Marilson Gomes dos Santos, BRA	2:08:46	7,500 + 15,000i
7.	Zersenay Tadese, ERI	2:12:03 PB	5,000
8.	Andrew Lemoncello, GBR	2:13:40 DB*	4,000 + 2,500ii
9.	Yonas Kifle, ERI	2:14:39	3,000
10.	Andi Jones, GBR	2:16:38	2,000
	Samuel Wanjiru, KEN	DNF	
	Duncan Kibet, KEN	DNF	

PROFESSIONAL WOMEN

1.	Liliya Shobukhova, RUS	2:22:00 PB	\$55,000 + 25,000i
2.	Inga Abitova, RUS	2:22:19 PB	30,000 + 25,000i
3.	Aselefech Merga, ETH	2:22:38 PB	22,500 + 25,000i
4.	Bezunesh Bekele, ETH	2:23:17	10,000 + 15,000i
5.	Askale Tafa Magarsa, ETH	2:24:39	7,500 + 10,000i
6.	Yukiko Akaba, JPN	2:24:55 PB	5,000 + 10,000i
7.	Bai Xue, CHN	2:25:18	3,500 + 5,000i
8.	Kim Smith NZL	2:25:21 NR	2,500 + 5,000i
9.	Mari Ozaki, JPN	2:25:43	1,500 + 5,000i
10.	Mara Yamauchi, GBR	2:26:16	1,000 + 13,000ii

11. Svetlana Zakharova, RUS	2:31:00
12. Atsede Habmatu, ETH	2:31:41
13. Yoshimi Ozaki, JPN	2:32:26
14. Berhane Adere, ETH	2:33:46
15. Tanith Maxwell, RSA	2:34:24 PB
... 18. Deena Kastor, USA	2:36:20
... 25. Constantina Dita (40+), ROM	2:41:12
Irina Mikitenko, GER	DNF
Lyudmila Petrova, RUS	DNF

- i) Earned open time bonus
- ii) Earned British athlete's time bonus

Möbel Kraft Hamburg Marathon (25th)

Hamburg, GER, 25 April

(Distance: 42.195 km; loop course with no net elevation change and negligible start/finish separation)

MEN (gun times)

1. Wilfred Kigen, KEN	2:09:22
2. Urige Arado Buta, NOR	2:09:27
3. Beyene Zerea Beraki, ERI	2:10:06

WOMEN (gun times)

1. Sharon Cherop, KEN	2:28:38
2. Biruktayit Eshetu Degefa, ETH	2:29:48
3. Beata Naigambo, NAM	2:33:00

More Magazine/Fitness Magazine Half Marathon (7th)

Central Park, New York, USA, 25 April

(Distance: 21.1 km; certified multiple-loop course, hilly)

WOMEN

1. Sally Meyerhoff, 26, Scottsdale, AZ	1:14:40 CR	\$1000
2. Colleen De Reuck, 46, Boulder, CO	1:16:26 AR W45-49	750

Grand Blue Mile (1st)

Des Moines, USA, 20 April

(Point-to-point course)

INVITATIONAL MEN

1. Boaz Lalang, KEN	3:55	\$3000
2. Andy McClary, USA	3:56	2500
3. Peter van der Westhuizen, RSA	4:00	2000

INVITATIONAL WOMEN

1. Amy Mortimer, USA	4:35	\$3000
2. Lauren Hagans, USA	4:37	2500
3. Meghan Armstrong, USA	4:45	2000

Boston Marathon (114th)

Hopkinton to Boston, USA, 19 April

(Distance: 42.195 km; point-to-point course with 3.1 m/km elevation loss. Finishers:
13 072 men + 9 468 women = 22 540 total)Note: Early results were included last week; here are more detailed results. – Ed.

MEN (gun times)

1. Robert Kiprono Cheruiyot, 21, KEN	2:05:52 CR	\$150,000 + 25,000*
2. Tekeste Kebede, 28, ETH	2:07:23 PB	75,000
3. Deriba Merga, 28, ETH	2:08:39	40,000
4. Ryan Hall, 27, Mammoth Lakes, CA	2:08:41	25,000
5. Meb Keflezighi, 34, Mammoth Lakes, CA	2:09:26	15,000
6. Gashaw Melese Asfaw, 31, ETH	2:10:53	12,000
7. John Komen, 32, KEN	2:11:48	9,000
8. Moses Kigen Kipkosgei, 27, KEN	2:12:04	7,400
9. Jason Lehmkuhle, 32, Minneapolis, MN	2:12:34 PB	5,700
10. Alejandro Suarez, 29, MEX	2:12:33	4,200
78. German Silva, 42, MEX	2:30:58	

*) Course record; \$25,000 bonus; previous 2:07:14, Robert Kipkoech Cheruiyot (KEN), 2006

5 km splits for Cheruiyot:

5 km	14:53
10 km	30:08 (15:15)
15 km	44:58 (14:50)
20 km	1:00:12 (15:14)
25 km	1:14:58 (14:46)
30 km	1:29:58 (15:00)
35 km	1:44:42 (14:44)
40 km	1:59:21 (14:39)
Halves	1:03:27 / 1:02:25

ELITE WOMEN (women only, gun times)

1. Teyba Erkesso, 27, ETH	2:26:11	\$150,000
2. Tatyana Pushkareva, 24, RUS	2:26:14 PB	75,000
3. Salina Kosgei, 33, KEN	2:28:35	40,000
4. Waynishet Girma, 24, ETH	2:28:36 PB	25,000
5. Bruna Genovese, 33, ITA	2:29:12	15,000
6. Lidiya Grigoryeva, 36, RUS	2:30:31	12,000
7. Yurika Nakamura, 24, JPN	2:30:40	9,000
8. Sun Weiwei, 25, CHN	2:31:14	7,400
9. Nailya Yulamanova, 29, RUS	2:31:48	5,700
10. Albina Mayorova-Ivanova, 32, RUS	2:31:55	4,200
Dire Tune, 24, ETH	DNF	

B.A.A. Invitational Mile (2nd)

Boston, USA, 18 April

(Distance: 1 mile; three-loop certified course)

PROFESSIONAL MEN

1. Andy Baddeley, GBR	4:08.6 CR	\$3000
2. Markos Geneti, ETH	4:08.8	2000
3. Alistair Cragg, IRL	4:09.4	1000

PROFESSIONAL WOMEN

- | | | |
|-----------------------|--------|--------|
| 1. Morgan Uceny, USA | 4:43.0 | \$3000 |
| 2. Sara Hall, USA | 4:43.7 | 2000 |
| 3. Marina Muncan, SRB | 4:44.8 | 1000 |

Vienna City Marathon (27th)

Wien, AUT, 18 April

(Distance: 42.195 km; start/finish separation of about 5 km with an elevation GAIN of approx. 20 m)

MEN (gun times)

- | | | |
|-----------------------------------|---------|-------------------------|
| 1. Henry Sugut, KEN | 2:08:40 | PB 15,000 + 5,000i euro |
| 2. Joseph Lomala, 1982, KEN | 2:09:32 | PB 7,500 + 2,000i |
| 3. Mesfin Admasu Abebe, 1985, ETH | 2:09:41 | 4,500 + 2,000i |
| ... 18. Norman Dlomo, 1975, RSA | 2:19:37 | |

i) Earned time bonus

WOMEN (gun times)

- | | | |
|--------------------------------------|---------|--------------|
| 1. Hellen Kimutai, 1977, KEN | 2:31:08 | 10,000* euro |
| 2. Irene Mogaka, KEN | 2:31:28 | 6,000 |
| 3. Olga Kalendarova-Ochal, 1985, UKR | 2:33:05 | PB 3,500 |
| ... 6. Sharon Tavengwa, 1982, ZIM | 2:36:22 | PB 750 |

*) Prize money was reduced by 5000 euros for slower than 2:30:00

SPAR Great Ireland Run

Dublin, IRL, 18 April

(Distance: 10 km; two-loop course)

MEN

- | | |
|------------------------|-------|
| 1. Martin Fagan, IRL | 29:17 |
| 2. Gary Thornton, IRL | 29:36 |
| 3. Andrew Ledwith, GBR | 29:48 |

WOMEN

- | | |
|-----------------------|-------|
| 1. Freya Murray, GBR | 32:30 |
| 2. Jo Pavey, GBR | 32:45 |
| 3. Benita Willis, AUS | 34:28 |

TRACK**Drake Relays** (101st)

Des Moines, USA, 23-25 April

MEN

Mile Special (24):

- | | | |
|---|---------|----|
| 1. Boaz Lalang, Kenya (KEN), | 3:56.14 | PB |
| 2. Bernard Lagat, Nike, | 3:56.38 | |
| 3. Phillip Lagat, Unattached (KEN), | 3:57.55 | PB |
| 4. Peter Van Der Westhuizen, Saucony (RSA), | 3:57.96 | |

Brutus Hamilton Invitational

(Including NYRR Distance Carnival)

Berkeley, USA, 23-24 April

MEN

5000 NYRR Invite (23):

1. Galen Rupp, Unattached, 13:32.53
2. Juan Carlos Romero, Nike German Silva (MEX), 13:34.27 PB
3. Kensuke Takezawa, S&B, 13:47.30 (JPN)

WOMEN

3000 NYRR Invite (23):

1. Amy Begley, NIKE Oregon, 8:53.73 PB/WL
2. Malindi Elmore, Unattached (CAN), 8:57.97
3. Yuriko Kobayashi, Toyota Wellness (JPN), 9:01.39
4. Renee Metivier Baillie, Unattached, 9:03.73
5. Jen Rhines, Unattached, 9:09.46

Meeting Grand Prix de Dakar

(IAAF World Challenge)

Dakar, SEN, 24 April

MEN

800:

1. Mbulaeni Mulaudzi, **RSA**, 1:46.15
2. Michael Rimmer, GBR, 1:46.29
3. Richard Kiplagat, KEN, 1:46.36
4. Geoffrey Rono, KEN, 1:46.43
5. Abraham Kiplagat, KEN, 1:46.98 PB

3000:

1. Suleiman Simotwo, KEN, 7:45.15 PB
2. Tariku Bekele, ETH, 7:45.81
3. Benjamin Kiplagat, UGA, 7:46.50 PB
4. Mark Kiptoo, KEN, 7:47.05
5. Abraham Chebii, KEN, 7:48.50

WOMEN

800:

1. Malika Akkaoui, MAR, 2:10.66
2. Nancy Lagat, KEN, 2:10.71
3. Sultana Ait Hammou, MAR, 2:10.93
4. Winny Chebet, KEN, 2:11.99
5. Irene Jelagat, KEN, 2:12.08

NEWS**S.A. TEAM TO BOTSWANA**

The following South African team has been selected for the Southern Region Youth Championships in Gabarone, Botswana, on 15-16 May:

100

BOYS
Rudolf Erasmus CGA
Siphelo Ngquboza AFS

GIRLS

200	Henrico Bruintjies BOL Rudolf Erasmus CGA	Chante van Tonder CGA
400	Siphelo Ngquboza AFS	Jade Roman AGN
1000	Ruan Greyling AGN	Izell Neuhoff AVT
400 hurdles	Taariq Solomons WPA	Thato Makhafola CGA
100 hurdles	Schalk Burger BOL	Gira Carstens BOL
HJ		Izell Neuhof AVT
LJ	Mpho Maphutha AGN	Maryke Brits BOL
TJ	Roelf Pienaar ACNW	Lariska Botha AFS
PV		Francis Seeliger AGN
SP	Michael Celliers AGN	Kyla Gilbert CGA
	Frans Schutte AMPU	Maryke Brits BOL
	Jacques du Plessis AMPU	Nicola Grobbelaar CGA
	Constant van Rooyen CGA	Valentina da Rocha WPA
DT	Jacques du Plessis AMPU	Tahirah Kozain BOL
	Frans Schutte AMPU	
	Jan Botha CGA	
JT	Mornay Moolman WPA	
	Dylan Jacobs AGN	
	Daniel du Toit BOL	

SPAR GRAND PRIX POINTS TABLE

The points table after the first Spar Grand Prix race in Bellville is:

OPEN

1	René Kalmer	30
2	Tanith Maxwell	29
3	Thozama April	28
4	Nandipha Dywili	27
5	Zintle Xiniwe	26
6	Ronel Thomas	25
7	Mpho Mabuza	14
8	Irvette van Blerk	13
9	Marelize Retief	12
10	Dominique Scott	11
11	Anneline Roffey	10
12	Maxine Heine-Wacker	9
13	Nomvuyisi Seti	8
14	Jenna Challenor	7
15	Tessa Burrell	6
16	Asiphe Sikabalanjana	5
17	Michelle Bartman	4
18	Bianca van Niekerk	3
19	Janene Carey	2
20	Busisiwe Matiwane	1

JUNIORS

1	Nandipha Dywili	10
2	Dominique Scott	9
3	Asiphe Sikabalanjana	3

4	Bianca van Niekerk	2
5	Natalie Hanekom	1
VETERANS		
1	Tessa Burrell	10
2	Michelle Bartman	4
3	Elmarie Coetzee	3
4	Sheryl de Lange	2
5	Viv Williams	1
MASTERS		
1	Olga Howard	10
2	Charmaine Cupido	4
3	Nancy Will	3
4	Riana Abrahams	2
5	Cynthia Booysen	1
GRANDMASTERS		
1	Sonja Laxton	5
2	Marietha Herbert	4
3	Lettie Joubert	3
4	Pixie Sparg	2
5	Jeanette Meyer	1

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 list published last week has been updated.

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
35:22	Anneline Roffey	2	Bellville	10 Apr
35:23	Mpho Mabuza	7	Bellville	18 Apr
35:46	Van Blerk-2	8	Bellville	18 Apr
35:55	Marelize Retief	[10] 9	Bellville	18 Apr
35:59	Dominique Scott	10	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

THIS MONTH IN HISTORY

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

60 years ago: 8 April 1950

William (Bill) Keith won the SA marathon title in Kimberley when he beat Wally Hayward by exactly one minute in 2:41:21. Nic van Deventer was third in 2:42:51. Two years later Hayward turned the tables in Cape Town, winning in 2:37:00.5 (Keith ran 2:37:42). Both then went on to the Olympic Games in Helsinki, where Hayward finished tenth (2:31:50.2) and Keith 19th.

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	87:31a	Basie Bonaparte	Somerset East	24 Apr
	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		
<u>Masters (50+)</u>				
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				
<u>Grandmasters (60+)</u>				
10 km	38:01	Albertus Bock	Goodwood	20 Mar
15 km	59:47	Albertus Bock	Constantia	13 Mar
21.1 km	85:17	Mike du Bruto	Pretoria	06 Feb
25 km	1:52:24a	Hansie Els	Somerset East	24 Apr
30 km	2:13:46	Albertus Bock	Camps Bay	10 Jan
Marathon	3:10:22a	Simon Mokone	East London	27 Feb
100 km				
<u>Juniors</u>				
10 km	30:10	Unathi Phezolo	Brackenfell	20 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:39	Xola Bongoza	Port Elizabeth	06 Feb
	42:25	Moses Mosop (KEN) 2004		
21.1 km	72:38	Philani Ngcobo	Pietermaritzburg	28 Feb
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
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)		
	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
	2:22:00	Liliya Shobukhova (RUS)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:14	Tessa Burrell	Bellville	18 Apr

15 km	32:14	Priscilla Welch (GBR) 1985		
	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	1:50:50a	Frith van der Merwe	Somerset East	24 Apr
	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	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				
<u>Juniors</u>				
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, Chamberlain's Timekeeping, James Evans, Dewald Steyn, André Pienaar, Kevin Harlock, Ian Laxton. Note: The results of the Bukani Print/Bay fm Lake Farm races in last week's issue came from André Pienaar.

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