

Distance Running Results

Vol. 10, No. 17 – 3 May 2010

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

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

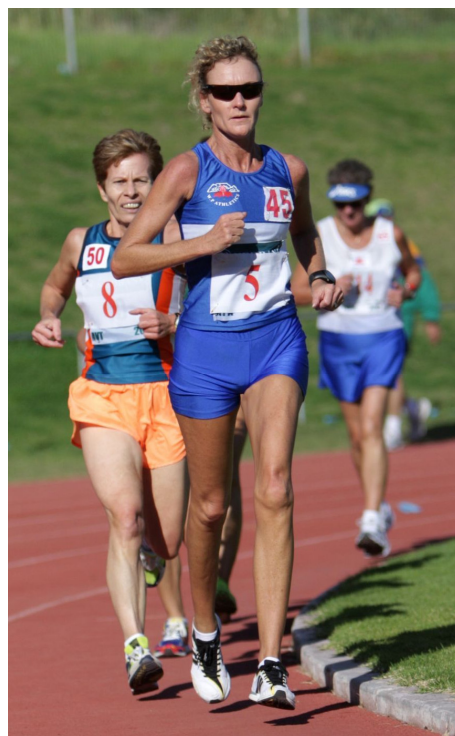
A week after Tanith Maxwell's brilliant race in London, Lusapho April came up with one of his own by finishing fifth in the TUIfly Hannover Marathon in a huge PB of 2:10:44. April ran his previous best, 2:14:19, in the same race last year, when he was eighth. The first five runners, April included, beat the previous course record.

According to April's coach, Karen Zimmerman, he went through 10 km with the first group of pacemakers (whose aim was 64:30 for halfway) in 30:22, reached halfway in 64:24 and 30 km in 92:05. His second half was 66:20. The leading group of six broke away at 27 km and stayed together until Yussuf Songoka (KEN) broke up the group. The weather was quite cold with a light wind. The course is "almost flat, with just slight inclines over and under bridges. Lusapho was comfortable until 37 km, so we'll work on a stronger finish for his next race".

Songoka, who won the chaotic Blue IQ Half Marathon in 2004, was first in 2:08:52. Second was Samson Ramadhani (TAN), the current Commonwealth marathon champion who was also fifth in the 2005 World Championships Marathon.

In Port Elizabeth René Kalmer won her 20th Spar Grand Prix Series race in 33:53, with Irvette van Blerk, who was only eighth in Bellville after having run a half marathon the day before, second in 34:07. Tessa Burrell, Sonja Laxton and Nandipha Dywili all improved on the list leaders they set in the Bellville race.

Maxwell's great run in London (results in last week's DRR) has been one of the highlights of the year so far. According to Maxwell's manager, Rhyn Swanepoel, she ran very close to even splits for the two halves – 76:59 and 77:25. She was hoping for a sub-2:33 time and ran very comfortably until 32 km. Maxwell thought she could have done under 2:33 if she had not had the stress of disrupted travel arrangements to London because of the volcanic eruption in Iceland. Passing Deena Kastor at 16 miles and then the defending champion,



Two DRR subscribers, Elmarie Coetzee (front) and Marietjie Ceronio, competed in the SA Masters T&F Championships in Bellville this weekend. Hopefully results of this meeting will be available later. [Jasper Coetzee]

Irina Mikitenko, at 20 miles – “two of the best marathon athletes in the world” – really motivated her, Maxwell said.

Another South African woman also ran well in London. Lauren Stewart, who currently lives in the UK, finished twelfth in the mass race in 2:51:58.

Results of the USSA Championships in Potchefstroom were included last week, but DRR had had no indication of which finals were on which day of the meeting. We now know that the men’s 1500 m, 3000 m steeplechase and 10000 m, and the women’s 1500 m and steeplechase were on the first day, 16 April. All other events were on the second day. Thanks to James Evans for this information.

Correspondent André Pienaar clarified the routes for the Bruintjieshoogte 50 km and 25 between Pearston and Somerset East (results in DRR 10:16). The ultramarathon starts in Pearston, while the 25 km starts on the Somerset East side of Bruintjieshoogte Pass.

At the Vineyard Farm Run 10 km (results in DRR 10:16) Luxolo Mdzanga finished first, but was disqualified because he did not begin the race at the official start line. Thanks to race announcer Harold Berman for this information.

The 23rd runner in the Spar Grand Prix race in Bellville (results in DRR 10:15) was the male athlete Luthando Diba. All the women following him should be moved up one position.

With *Race Results Weekly* being published late this week, I thought it is better not to wait for that but rather bring you the news of April’s Hannover performance and catch up with other international results next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Verulam 27 km & 15 km Challenge, Verulam
- * Traumeel Wally Hayward Marathon, Half Marathon & 10 km, Centurion
- * Spar Grand Prix Series, Port Elizabeth
- * Safari Half Marathon, Wellington
- * Summerbreezz Superspar Men’s 10 km, Port Elizabeth
- * Pinelands 6x6 km Relay, Pinelands

International highlights:

- * TUIfly Hannover Marathon, Hannover, GER
 - * Madrid Marathon & 10 km, Madrid, ESP
 - * RheinEnergie Marathon, Bonn, GER
-

ROAD RUNNING

Verulam 27 km & 15 km Challenge

Verulam, 2 May

27 km

MEN

1 Ticha Matende ZIM/F1 1:29:02, 2 Simon Mpholo F1 1:29:53, Richard Nene ZIM/Mr Price 1:31:36.

40-49: Peter Sehloho Boxer 1:38:09, 2 Patrick Mkhize Verulam 1:46:14, 3 Mbongiseni Jiyane Umhlathuze 1:48:31. **50-59:** Jeremiah Ngwenya Boxer 1:50:35. **60+:** Ted Liddiatt Stella 2:41:55. **Juniors:** Christopher NTI Carbineers 2:24:43.

WOMEN

1 Sibongile Mpanza Boxer 1:57:51, Hleziphi Ncayiyane Ned 1:58:42, Fikile Mbuthuma Ned 1:59:06.

40-49: Sandy de Beer SADNF 2:16:01, 2 Cordelia Kisten Woodview 2:34:39, 3 Judith Mahlaba Sav 2:40:32. **50-59:** Jane Baker DAC 2:24:09. **60+:** Stephanie Markham SCS n/t.

15 km

MEN

1 Gerald Munetsi Glenwood 46:06, 2 Xolani Nkiwane F1 48:03, 3 Aaron Mathandabuto Clermont 49:07.

WOMEN

1 Tholokele Sigubudu Boxer 1:07:45, 2 Jenny Scott DCS 1:18:34, 3 Thandiwe Khathi PDAC 1:20:59.

Traumeel Wally Hayward Marathon (34th), Half Marathon & 10 km

Centurion, 1 May

(Distances: 42.195 km, 21.0975 km, 10 km. Finishers: Marathon – 2030, half marathon – 1905, 10 km – 1390.

Marathon

MEN

1 Sipho Maisela (Nedbank) 2:26:48; 2 Wesley Mutai (KEN/New Balance) 2:27:36; 3 Joseph Mphuthi (Nedbank) 2:28:37; 4 Elias Mabane (Cabstrust) 2:30:19 (1st vet); 5 Thabiso Moeketsi (LES/Emfuleni) 2:32:48.

Veterans: 1 Elias Mabane (Cabstrust) 2:30:19; 2 Reuben Setumu (New Balance) 2:46:40; 3 Caiphaz Masipa (Nedbank) 2:47:32. **Masters:** 1 Marius Carstens (Alberton) 2:59:18; 2 Ralph Mashabela (Cheetah) 3:05:26; 3 Sam Ndala (Nedbank) 3:07:00. **G'masters:** 1 Daniel Hlongwane (Nedbank) 3:24:25; 2 Oldo Bucarizza (RAC) 3:44:00; 3 Alister Preston (RAC) 3:45:49. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 3:32:26.

WOMEN

1 Lesley Train (Nedbank) 3:07:44; 2 Belinda Waghorn (Bonitas) 3:08:17; 3 Riana van Niekerk (Mr Price) 3:10:32; 4 Maphetang Matlakeng (LES/Mr Price) 3:14:16; 5 Maretha van Niekerk (Nedbank) 3:16:40.

Veterans: 1 Catherine Naane (Goldfields) 3:19:20; 2 Marlene Klopper (Kempton) 3:24:29; 3 Lelanie van Zyl (Nedbank) 3:28:47. **Masters:** 1 Leonie Jurgens (Ekhuruleni Kayak) 3:57:04; 2 Heleen Holl (Rustenburg) 3:58:14; 3 Erika Nieuwoudt (Krugersdorp) 3:58:16. **G'masters:** 1 Penny Visser (Breakthru Midrand) 3:59:27; 2 Sue van Heerden (Roodepoort) 4:42:50; 3 Barbara Ogelsby (Boksburg) 4:44:28.

Half marathon

MEN

1 Lucky Mohale (Gauteng Striders) 65:03; 2 Michael Mazibuko (Thuto Ka Tsela) 65:48; 3 Lebonto Tootsei (LES/Toyota) 66:16.

Veterans: 1 Jackson Seanego (New Balance) 74:59; 2 Peter Masia (RAC) 77:42; 3 Sipho Dlamini (Germiston Callies) 78:27. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 81:05; 2 Victor Phetoe (Nedbank) 81:34; 3 Madumetja Mogashane (Nedbank) 83:24. **G'masters:** 1 Eben du Pisanie (Akasia) 1:48:21; 2 Luuk Heptema (Magnolia) 2:00:01; 3 Deaon Marais (Phobians) 2:09:21. **G/g'masters:** 1 Ben Lindeque (Ananzi) 2:08:52.

WOMEN

1 Thabitsa Tsatsa (ZIM/Mr Price) 82:31; 2 Toni Snoxell (Jeppe) 84:22; 3 Cornelia Joubert (BCC) 85:00.

Veterans: 1 Sarah Mahlangu (Mr Price) 93:24; 2 Antoinette Look (Agape) 98:29; 3 Hannelie le Roux (Wingate) 98:40. **Masters:** 1 Linda Potgieter (Magnolia) 1:41:47; 2 Francis van Blerk (Nedbank) 1:47:12; 3 Pam Hampton (Sunninghill) 1:48:22. **G'masters:** 1 Ina Wheatley (PMMC) 2:08:35; 2 Hazel Quilliam (Roodepoort) 2:10:04; 3 Sandy Fine (Rockies) 2:20:45. **G/g'masters:** 1 Phyllis Maartens (Fit 2000) 2:47:48.

10 km

MEN

1 Sibusiso Nzima (Nedbank) 30:30; 2 Charles Soza (ZIM/Bashewa) 31:19; 3 Othaniel Phahlane (Nedbank) 31:33.

Veterans: 1 Greg Barnes (Irene) 34:16; 2 Billy Majafa (Nedbank) 35:05; 3 Stemmer Lekoto (Nedbank) 35:32. **Masters:** 1 Jerry Rankapule (Nedbank) 36:08; 2 Moeketsi Letseka (LES/Unisa) 41:38. **G'masters:** 1 Mike de Bruto (Irene) 39:11; Paulus Masilela (Irene) 40:40. **G/g'masters:** 1 Andries van Rooyen (Ndaba) 64:11.

WOMEN

1 Sharon Chiynokuya (ZIM/Nedbank) 38:00; 2 Hellen Chiunda (ZIM/Nedbank) 38:21; 3 Azwindini (Gladys) Lukhwareni (Transnet) 39:36.

Veterans: 1 Lona Liebenberg (New Balance) 47:04; 2 Carina Pyper (Agape) 48:21; 3 Hanlie Visser (Irene) 50:59. **Masters:** 1 Marjan v.d. Walt (Running Inn) 50:59; 2 Duduzile Mofolo (Tuks) 62:35. **G'masters:** 1 Mavis Stadler (Agape) 59:09; 2 Olga Smit (Affies) 79:30. **G/g'masters:** 1 Marina Odendaal (Solidarity) 61:09.

Spar Grand Prix Series

Port Elizabeth, 1 May

(Distance: 10 km; loop course. Finishers: 1072.)

Note: Ntombesintu Ntshiliza is again running under her maiden surname, Mfunzi. Kirsty Weir won the 5 km in 18:21. – Ed.

1	René	Kalmer	Nedbank RC CGA	29	33:53	R4000
2	Irvette	Van Blerk	Nedbank RC CGA	22	34:07	R3000
3	Nandipha	Dywili (1 st jun)	Mr Price Trans	18	34:44	R2000
4	Ntombesintu	Mfunzi	Mr Price PE	28	34:49	R1500
5	Zintle	Xiniwe	Mr Price WP	23	35:05	R1000
6	Mpho	Mabuza	Nedbank RC CGA	30	35:07	
7	Christine	Kalmer	Nedbank RC CGA	24	35:19	
8	Poppy	Mlambo	Nedbank RC CGA	29	36:01	
9	Ronel	Thomas	Boxer Superst	38	36:06	
10	Thozama	April	Transnet AC WP	25	36:14	
11	Jenna	Challenor	Boxer Superst	28	36:21	
12	Lusanda	Bomvana	Mr Price Trans	18	37:05	
13	Tessa	Burrell (1 st vet)	Gauteng Strider	45	37:06	
14	Maxine	Heine-Wacker	Nedbank RC CGA	20	37:22	
15	Danielle	Adlam	Boxer Superst	29	37:25	
16	Deliwe	Nyanga	Nedbank RC	21	37:38	
17	Janene	Carey	Boxer Superst	38	39:00	
18	Celeste	Swart	Nedbank RC	41	39:06	
19	Grace	De Oliveira	Boxer Superst	48	39:24	

20	Davera	Magson	Mr Price PE	35	39:25	
21	Terri-Lynn	Penney	RFLG	33	41:01	
22	Ursula	Kuhn	NMMU AC	28	41:03	
23	Annica	Coetzee	NMMU AC	18	41:43	
24	Lize-Marie	Myburgh	Temp	25	42:10	
25	Olga	Howard (1 st mast)	Mr Price Celtic	51	43:00	
40-44:						
1	Celeste	Swart	Nedbank RC	41	39:06	R500
2	Grizelda	Pietersen	Achilles AAA	41	43:23	
3	Lorna	Lumb	PEAAC	42	44:54	
45-49:						
1	Tessa	Burrell	Gauteng Strider	45	37:06	R700
2	Grace	De Oliveira	Boxer Superst	48	39:24	R400
3	Treloar	Childs	Spar Walmer AC	46	45:05	
50-54:						
1	Olga	Howard	Mr Price Celtic	51	43:00	R700
2	Lesley	Wood	Achilles AAA	52	45:16	R500
3	Hanlie	Van Der Westhuizen	Transnet RE	54	47:21	R400
55-59:						
1	Margie	Nieuwenhuizen	Humansdorp AC	55	54:58	
2	Lynn	Slogrove	Temp	57	1:00:21	
3	Marcelle	Harran	Body Concept	55	1:00:45	
60-64:						
1	Sonja	Laxton	Rand Ath Club	61	43:28	R500
2	Liz	Grundlingh	Muirite Strider	63	50:00	R400
3	Minnie	Trimally	PEAAC	60	55:05	
65-69:						
1	Elsa	Craig	Temp	65	1:12:44	
2	Esly	Strydom	Legacy AC	65	1:14:24	
3	Shirley	Jorgensen	Charlo RR	68	1:15:39	
70+:						
1	Dorothy	Hart	PEAAC	72	1:07:11	
2	Aletta	Fourie	Triangle Sports	71	1:23:04	
3	Anne	Wicks	Temp	70	1:33:32	
Juniors:						
1	Nandipha	Dywili	Mr Price Trans	18	34:44	R750
2	Lusanda	Bomvana	Mr Price Trans	18	37:05	R500
3	Annica	Coetzee	NMMU AC	18	41:43	R400

Safari Half Marathon (23rd)

Wellington, 1 May

(Distance: 21.0975 km; hilly loop course, partly on gravel. Finishers: 3803.)

MEN

1	Nkosinoxolo	Sonqibido	23	Tnet AGN	1:04:20
2	Zolani	Ntongana	29	MP WP	1:04:45
3	Lindikhaya	Mthangayi	30	MP WP	1:05:08
4	Luketz	Swartbooi (1 st vet)	42	NAM/Ned WP	1:05:52
5	Anthony	Godongwana	25	Celtic	1:07:11
6	Nkosinathi	Madyo	22	MP WP	1:07:32
7	Dircardo	Jakobs	24	Maties	1:10:22
8	Hein	Camphor	25	Adidas	1:10:32
9	Vladimir	Kotov (1 st mast)	52	BLR/Century	1:11:11
10	Wanda	Roro	20	Adidas	1:12:36
11	Tebello	Poni	25	VOB	1:12:40

12	Thobekile	Mbulawa	26	Khay	1:13:37
13	Tau	Khotso	29	LES/Ceres	1:13:38
14	Mervin	Steenkamp	21	Itheko	1:14:11
15	Nande	Qhamgwane	20	Khay	1:14:44
16	Ruan	de Jager	20	Maties	1:14:50
17	Luyanda	Mapoyi	24	Khay	1:15:23
18	Isaac	Opperman	43	CS Bol	1:15:54
19	David	Charles	39	Ravens	1:15:59
20	Pieter	Koopman	35	MP WP	1:15:59

40-49:

1	Luketz	Swartbooi	42	NAM/Ned WP	1:05:52
2	Isaac	Opperman	43	CS Bol	1:15:54
3	Michael	Bekapi	48	VOB	1:18:12

50-59:

1	Vladimir	Kotov	52	BLR/Century	1:11:11
2	Julian	Paul	50	Def WP	1:20:41
3	Thomas	Moses	53	Worc	1:23:35

60+:

1	Albertus	Bock	64	Adidas	1:29:03
2	Reinie	Dick	62	Held	1:36:42
3	Kenny	Williams	61	Pine	1:40:08

Juniors:

1	Gcobani	Mndi	16	Def WP	1:16:20
2	Helgard	Moolman	18	Swart	1:24:22
3	Wilfred	Soegop	18		1:25:24

WOMEN

1	Anna	Amukoto	27	NAM/MP WP	1:18:47
2	Anneline	Roffey	29	Adidas	1:23:25
3	Helene	Perold	25	Adidas	1:25:38
4	Busisiwe	Matiwane	39	Celtic	1:27:59
5	Ursula	Frans (1 st vet)	41	Adidas	1:29:23
6	Tronel	Keeve	26	Temp	1:30:30
7	Kutlwano	Ramaboa	33	WC	1:32:31
8	Harmse	Sunet	36	NB AGN	1:32:44
9	Mariëtte	Esterhuyse	47	Tyger	1:33:13
10	Patricia	Adams	39	Metlife	1:35:48
11	Christina	Wong	20	UCT	1:36:54
12	Nicole	Marais	26	WPCC	1:37:24
13	Chantel	Simpson	40	Pine	1:37:29
14	Karen	Wentzel	33	Durbac	1:38:50
15	Monice	Brand	42	Adidas	1:39:22
16	Maretha	van Zyl	23	NAM San	1:40:19
17	Nonhlanhla	Ngcobo	24	UWC	1:40:50
18	Nancy	Will	57	Pine	1:41:00
19	Lizelle	Brundyn	44	Adidas	1:41:27
20	Michelle	Dreyer	31	Paarl	1:41:38

40-49:

1	Ursula	Frans	41	Adidas	1:29:23
2	Mariëtte	Esterhuyse	47	Tyger	1:33:13
3	Chantel	Simpson	40	Pine	1:37:29

50-59:

1	Nancy	Will	57	Pine	1:41:00
2	Maretha	de Kock	50	Adidas	1:45:41
3	Karin	Hanekom	51	Paarl	1:46:09

60+:

1	Veronica	van Niekerk	64	Elgrab	1:43:09
2	Hester	Kotze	61	Durbac	1:46:18
3	Pixie	Sparg	65	Celtic	1:56:57

Juniors:

1	Jana	de Jongh	16	Ned Bol	1:47:28
2	Mariet	van Rensburg	17	Palm	1:51:39
3	Quarta	Wiese	18	Paarl	2:01:31

Relay teams**MEN**

1. Peter Tsawayo (ZIM) & Tarisai Rukadza (ZIM) 67:17; 2. Thembelani Zola & Tsungai Mwanengeni (ZIM) 68:52; 3. Stanley Malange & Luxolo Mdzanga 69:09.

WOMEN

1. Nomvuyisi Seti & Bulelwa Mtshagi 85:09; 2. Vanessa Cronje & Lisa Smit 1:42:13; 3. Linda Truscott & Janet Hunter 1:52:39.

Summerbreezz Superspar Men's 10 km

Port Elizabeth, 27 April

(Loop course. Finishers: 334.)

MEN

1	George	Ntshiliza	Nedbank RC	30	29:11
2	Rodney	Prins	Mr Price PE	21	29:41
3	Zolani	Ngqqa	Mr Price PE	21	30:35
4	Maboyisana	Mazwayi (1 st vet)	Nedbank RC	41	30:49
5	Khayaletu	Makalima	Mr Price PE	26	31:14
6	Xola	Bongoza (1 st jun)	Mr Price PE	17	31:17
7	Melikhaya	Frans	Nedbank RC	18	31:28
8	Sindile	Somke	Nedbank RC	33	31:43
9	Mariano	Eesou	Nedbank RC	18	31:48
10	Zolani	Mabongo	Mr Price PE	23	32:04
11	Zandisile	Mpisane	Mr Price PE	26	32:24
12	Lubabaloo	Mdlungwane	PEAAC	16	32:38
13	Morne	Buis	Nedbank RC	17	32:40
14	Sylvester	Honnie	Temp	24	32:54
15	Zamubuntu	Teyise	Triangle Sports	33	33:00
16	Thomas	Pongola	Nedbank RC	34	33:29
17	Phumzile	Sikawuti	Nedbank RC	30	33:38
18	Thembisile	Bashe	Mr Price PE	32	33:40
19	Monwabisi	Mtwisha	Temp	27	33:56
20	Simphiwe	Ntombana	Nedbank RC	16	34:12

40-44:

1	Maboyisana	Mazwayi	Nedbank RC	41	30:49
2	John	Rafani	Mr Price PE	43	37:37
3	Andrew	Long	Madiba Bay	43	37:58

45-49:

1	Welcome	Loliwe	Nedbank RC	45	34:38
2	Mutekile	Rasmeni	Triangle Sports	45	35:17
3	Neil	De Meillon	New Balance	47	37:44

50-54:

1	Gerrie	Hermann	Jeffreys Bay	53	39:15
2	Andre	Willemse	Elite AC	51	41:11
3	Eldridge	Van Niekerk	Spar Walmer AC	50	42:28

55-59:

1	Sizinzo	Kama	Achilles AAA	58	38:26
2	Donald	Mancasa	Triangle Sports	56	42:28
3	Joseph	Serfontein	PEAAC	59	45:34

60-64:

1	Errol	Rossouw	PEAAC	60	43:06
2	Anton	De Koning	SANDF EP	60	43:33
3	Piet	Meyer	St Albans CSEP	60	46:48

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	68	40:45
2	Irvine	Nakani	Mr Price PE	67	48:57
3	Robin	Clark	Achilles AAA	69	59:37

70+:

1	Ernie	Verrall	NMMU AC	75	55:48
2	Henry	Human	VWAC	71	1:00:13
3	Wells	Anderson	PEAAC	77	1:00:50

Juniors:

1	Xola	Bongoza	Mr Price PE	17	31:17
2	Melikhaya	Frans	Nedbank RC	18	31:28
3	Mariano	Eesou	Nedbank RC	18	31:48

WOMEN

1	Vanessa	Bowman	Kempton RR	40	45:43
2	Hanlie	v.d. Westhuizen	Transnet RE	53	47:54
3	Bronwyn	Mothapo	Temp	19	51:51
4	Cathryn	Doster	Temp	30	55:25
5	Antoinette	Coertze	St Albans CSEP	45	56:42

Pinelands 6x6 km Relay (56th)

Pinelands, 17 April

(Distances: men – 36 km, women – 24 km; 6 km loop course)

MEN

1. Varsity Old Boys 1:51:31; 2. Celtic Harriers 1:52:38; 3. Gugulethu 1:53:05.

40-49: 1. Celtic Harriers 2:06:32; 2. Varsity Old Boys 2:11:24; 3. Brackenfell 2:30:13.

50-59: 1. Top Form 2:31:49; 2. Varsity Old Boys 2:32:37; 3. Celtic Harriers 2:34:21.

Juniors: 1. Celtic Harriers 1:59:40; 2. Gugulethu 2:00:01; 3. Helderberg Harriers 2:08:28.

WOMEN

1. Pinelands 1:51:39; 2. Harfield Harriers 1:59:40; 3. Pinelands B 2:06:21.

40-49: 1. Varsity Old Boys 2:14:54; 2. Brackenfell 1:56:27; 3. Varsity Old Boys B

2:06:33. **50-59:** 1. Varsity Old Boys 1:56:53; 2. Top Form 2:08:08; 3. Brackenfell

2:12:07. **Juniors:** 1. Eerste River 1:43:55; 2. Eerste River B 2:01:32.

MIXED

1. Gugulethu 2:25:19; 2. Edgemoor 2:28:45; 3. Helderberg Harriers 2:37:06.

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

TUIfly Hannover Marathon

Hannover, GER, 2 May

(Distance: 42.195 km)

MEN

1	Songoka, Yussuf (KEN)	2:08:52
2	Ramadhani, Samson (TAN)	2:09:45
3	Kutto, Edwin (KEN)	2:09:50
4	Bungei, Samson (KEN)	2:09:58
5	April, Lusapho (RSA)	2:10:44
6	Kimwole, Ben (KEN)	2:11:15
7	Koech, Duncan (KEN)	2:11:51
8	Kutto, Julius (KEN)	2:12:22
9	Cheruiyot, Isaac (KEN)	2:14:57
10	Gatheru, Daniel (KEN)	2:15:33

WOMEN

1	Stetsenko, Kateryna (UKR)	2:31:36
2	Otero, Gladys (KEN)	2:32:47
3	Kwambai, Irene (KEN)	2:34:14
4	Bekele, Belyanesh (ETH)	2:38:41
5	Kluczynska, Marzena (POL)	2:40:17

Madrid Marathon & 10 km

Madrid, ESP, 25 April

(Distances: 42.195 km & 10 km)

Marathon

MEN

1. T Cherogony KEN 2:11:27
2. D Chumba KEN 2:11:54
3. J Kipkosgei KEN 2:13:06

WOMEN

1. G Tadesse ETH 2:34:39
2. A Negash ETH 2:34:58

10 km

MEN

1. Haile Gebrselassie ETH 28:56

RheinEnergie Marathon (10th)

Bonn, GER, 25 April

(Distance: 42.195 km)

MEN - David Karl, GER, 2:28:43.

WOMEN - Birgit Lennartz (W45), GER, 3:10:28.

NEWS

SPAR GRAND PRIX STANDINGS

The points table after two races in the Spar Grand Prix Series is:

1	René Kalmer	50
2	Nandipha Dywili	45
3	Zintle Xiniwe	42
4	Thozama April	39
5	Ronel Thomas	37
6	Irvette van Blerk	32
7	Tanith Maxwell	29
8	Mpho Mabuza	29
9	Jenna Challenor	17
	Ntombi Mfunzi	17
11	Maxine Heine-Wacker	16
12	Tessa Burrell	14
	Christine Kalmer	14
14	Poppy Mlambo	13
15	Marelize Retief	12
16	Dominique Scott	11
17	Anneline Roffey	10
18	Lusanda Bomvana	9
19	Nomvuyisi Seti	8
20	Janene Carey	6
	Danielle Adlam	6

STATS

Athletics International published the following list of best marks by place in the marathon after the London race:

1	2:03:59	H Gebrselassie	Berlin 2008	2:15:25	P Radcliffe GBR	London 2003
2	2:04:27	J Kwambai KEN	Rotterdam 2009	2:19:26	C Ndereba KEN	Chicago 2002
3	2:05:04	A Kirui KEN	Rotterdam 2009	2:21:16	D Drossin USA	London 2003
4	2:05:23	F Lelisa ETH	Rotterdam 2010	2:21:31	S Zakharova RUS	Chicago 2002
5	2:06:17	R Hall USA	London 2008	2:21:58	G Bogomolova RUS	London 2006
6	2:06:38	D Merga ETH	London 2008	2:23:43	C Dita ROM	London 2003
7	2:07:31	J Kipkorir KEN	Paris 2009	2:24:01	J Prokopcuka LAT	London 2003
8	2:08:11	S Kiplagat KEN	Paris 2009	2:24:56	E Alemu ETH	London 2003
9	2:08:12	J Komen KEN	Paris 2009	2:25:32	M Botezan ROM	London 2003
10	2:08:38	D Kiprugut KEN	Paris 2009	2:26:16	M Yamauchi GBR	London 2010
11	2:08:43	A Chelanga KEN	Paris 2009	2:26:50	M Pérez MEX	Worlds 2005
12	2:09:13	F Kibiwott KEN	Paris 2009	2:27:14	H Karnatsevich BLR	Worlds 2005
13	2:10:23	J Rotich KEN	Paris 2008	2:27:46	D Gruca POL	Worlds 2005
14	2:10:39	J Theuri FRA	Paris 2009	2:29:43	Jong Yong-ok KOR	Worlds 2005
15	2:10:41	M Lemayev RUS	Paris 2009	2:30:15	M Abel ESP	Worlds 2003
16	2:10:50	D Deme ETH	Paris 2009	2:30:36	A Gigi ETH	Worlds 2005
17	2:11:05	G Baaru KEN	Paris 2009	2:30:44	S Larsen NOR	Worlds 2003
18	2:11:58	R Kiar ALG	Worlds 2003	2:30:49	L Talpos ROM	Worlds 2003
19	2:12:19	A Tlossa ETH	Worlds 2003	2:31:01	A Gigi ETH	Worlds 2003
20	2:12:28	L Krotwaar NED	Worlds 2003	2:31:21	U Maisch GER	Worlds 2003

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 WOMEN

2:34:24	Tanith Maxwell	15	London	25 Apr
2:51:58A	Lauren Stewart	12	London	25 Apr
2:52:04	Joanna Thomas (vet)	1	Oudtshoorn	27 Feb
2:55:52	Adinda Kruger	3	Sasolburg	06 Feb
2:56:24	Suzette Botha	1	Howick	14 Mar
2:56:54	Louisa Leballo	2	Pretoria	27 Feb
2:59:23	Riana van Niekerk	1	Johannesburg	14 Feb
3:00:53A	Davera Magson	2	Oudtshoorn	27 Feb
3:01:22A	Xoliswa Bici	1	East London	27 Feb
3:01:29	Dimakatso Menong	1	Johannesburg	25 Apr

THIS MONTH IN HISTORY

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

24 years ago: 3 May 1986

Zithulele Sinqe ran the fastest marathon ever in the month of May when he won the SA title in Port Elizabeth in a new SA record of 2:08:04 after a titanic struggle with Willie Mtolo, who finished only 11 seconds behind. Although the course was aided according to international rules (it dropped 129 m from start to finish and had a start/finish separation of 39% of the race distance), these were the second and fourth fastest times in the world that year. When the national championships were held on a standard course in Stellenbosch the next year, Sinqe won again, this time in 2:10:51 (with Mtolo 10 sec behind).

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	2:10:44	Lusapho April	Hannover	02 May
	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	30:49	Maboyisana Mazwayi	Port Elizabeth	27 Apr
	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		

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	1:52:24a	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				

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	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		

Veterans (40+)

10 km	37:06	Tessa Burrell	Port Elizabeth	01 May
	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	1:50:50a	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		

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	43:28	Sonja Laxton	Port Elizabeth	01 May
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:43:09	Veronica van Niekerk	Wellington	01 May
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	34:44	Nandipha Dywili	Port Elizabeth	01 May
	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, Top Events, Jakes Jacobs, James Evans, André Pienaar, Irene & Jan van Eeden, Kevin Harlock, Ian Laxton, Harold Berman, Rhyn Swanepoel, Jasper Coetzee, Karen Zimmerman, Perry Beningfield

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