

Distance Running Results

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

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EDITORIAL

Just one week after running a list leader for the marathon in Hannover, Lusapho April set a South African record of 75:02 for 25 km in Berlin. April finished tenth in a race in which world records for both men and women were recorded – a rare occurrence indeed. Sammy Kosgei smashed Paul Kosgei's world record by almost a minute, while in the women's race Mary Keitany broke the world record by more than two minutes. The new records are 71:50 and 79:53. Note that Keitany had two male pacemakers.

April went through the half-marathon mark (unofficially) in 62:24 – earlier he had gone through 10 km in 28:42 and 15 km in 43:30. Both the 15 km and half-marathon times are faster than the list leaders for these distances. The South African all-time list for 25 km appears in "Stats Time" in this issue.

In the Prague International Marathon Kenyan Eliud Kiptanui became the 20th man to break 2:06 when he shattered his previous career best by almost 7 minutes while winning in 2:05:39.

One of the great international highlights of the year so far came at the Payton Jordan Cardinal Invitational in Palo Alto the previous weekend. Favourite for the 10000 m was standout Oregon runner Galen Rupp, who went to the meeting to beat Meb Keflezighi's American 10000 m record of 27:13.98. Keflezighi's mark had stood for nine years and Rupp, with the help of two Kenyan pacemakers and strong rivals who pushed him, accomplished his goal, clocking 27:10.74. But, believe it or not, there was another American ahead of him! The new US record holder was someone who had never run the distance before: Chris Solinsky. The 25-year-old Solinsky made a stunning debut, clocking 26:59.60 to become the first American ever to break 27 minutes and the fastest-ever 10000-meter runner who was not born in Africa. (See chronological list of sub-27 runners in "More Stats" later in this issue.)

Behind Solinsky the next seven runners set PBs or national records (second-placed Daniel Salel of Kenya also ran his debut), while the first eleven broke 28 minutes.

The IAAF has announced that Zersenay Tadese's pending world records at 20 km and the half marathon, set at the Meia-Maratona Internacional de Lisboa on 21 March, have been ratified. This means that not only were the distances measured correctly and the timing was accurate, but also that Tadese, an Eritrean, ran the course as certified and passed a doping test. The marks were as follows: 20 km, 55:21+ (previous record 55:48+ Haile Gebrselassie (ETH) Phoenix, AZ, USA, 15-Jan-2006); half marathon: 58:23 (previous record 58:33, Samuel Wanjiru (KEN), The Hague, NED, 17-Mar-2007) (+ = en route time). Note that the Association of Road Racing Statisticians does not recognise en route times for

world records. As such, the ARRS 20 km world record remains 56:01, also by Tadese, set at the IAAF World Road Running Championships in Debrecen, HUN, on 8 Octpber 2006.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * John Hattle/Colgate 32 km & 15 km, Boksburg
- * RBM 32 km, Richards Bay
- * Milkwood Half Marathon & 10 km, Kommetjie
- * Starling Plumbers Half Marathon & 10 km, Durban
- * André van Collier Memorial Half Marathon, Port Elizabeth
- * Jackie Mekler 25 km & 10 km , Pretoria
- * Mossel Bay Mall Half Marathon & 10 km, Mossel Bay
- * Exxaro 10 km Nite Race, Pretoria
- * Save Cash & Carry Half Marathon, Camperdown to Pietermaritzburg
- * Olive Festival Swartberg Pass Half Marathon & 10 km, Prins Albert
- * Gino's Night Race, Stellenbosch
- * XC: WP League, Rondebosch

International highlights:

- * BIG 25, Berlin, GER
 - * Volkswagen Prague International Marathon, Praha, CZE
 - * Sendai International Half-Marathon, Sendai, JPN
 - * Ignis Asset Management Women's Run 10 km, Glasgow, GBR
 - * Lilac Bloomsday Run, Spokane, USA
 - * BUPA Great Edinburgh Run, Edinburgh, GBR
 - * 10 km du Conseil Général, Marseille, FRA
 - * 20 km de Maroilles, Maroilles, FRA
 - * Gaborone City Marathon, Gaborone, BOT
 - * Track: Ponce Grand Prix, Ponce, PUR; Weber State Twilight Meet, Ogden, USA; Payton Jordan Cardinal Invitational, Palo Alto, USA; JN International Invitational, Kingston, JAM
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ROAD RUNNING

John Hattle/Colgate 32 km (31st) & 15 km

Boksburg, 9 May

(Loop courses. Finishers: 32 km – 2100; 15 km – 1850.)

Note: According to DRR correspondent Derrick Chamberlain Elias Mabane ran only 30 km after missing a 2 km loop. He was removed from overall second position, but appealed the decision on the grounds that it wasn't his fault. His time was then adjusted for the full distance and he was awarded the first veteran position. – Ed.

32 km

MEN

1 Ntobeko Mtintso (Kwa-Thema) 1:46:41; 2 Raymond Msiza (Dayveton Hearts) 1:49:10; 3 Johannes Mthimkulu (Nedbank) 1:51:58.

Veterans: 1 Elias Mabane (Cabstrut) 1:54:00 (adjusted time); 2 Bigboy Goromonzi (ZIM/UCKG) 1:56:24; 3 Soccer Ncube (GS) 1:59:04. **Masters:** 1 Ernest Tjela (Emfuleni) 2:02:53; 2 Johannes Seakamela (RAC) 2:08:35. **G'masters:** 1 Don Charles (Brotherhood) 2:21:11.

WOMEN

1 Lindy-Lee Folscher (Heidelberg) 2:21:40; 2 Marie Bruwer (Arcelor Mittal) 2:25:32 (1st vet); 3 Sarah Mahlangu (Mr Price) 2:27:37.

Veterans: 1 Marie Bruwer (Arcelor Mittal) 2:25:32; 2 Sarah Mahlangu (Mr Price) 2:27:37; 3 Marlene Klopper (Kempton) 2:36:11. **Masters:** 1 Sue Harrisberg (RAC) 2:27:47; 2 Leonie Jurgens (Ekhuruleni Kayak) 2:54:09. **G'masters:** 1 Penny Visser (Breakthru Midrand) 2:55:57.

15 km

MEN

1 Juan van Deventer (Nedbank) 46:47; 2 Themba Miya (GS) 48:11; 3 Thapelo Mofokeng (Fit 2000) 48:12.

Veterans: 1 Patrick Saayman (New Balance) 55:32; 2 Mishack Motla (South Deep) 57:26; 3 Ambrose Klassen (Jaquars) 58:08. **Masters:** 1 Charles Vilakazi (Kwa-Thema) 53:36; 2 Jerry Rankapule (Nedbank) 57:13. **G'masters:** 1 Ezekiel Mkwane (Anglo) 67:09.

WOMEN

1 Poppy Mlambo (Nedbank) 56:15; 2 Nolene Conrad (UJ) 57:30; 3 Estie Grobler (Mr Price) 59:17.

Veterans: 1 Jane Madau (Nedbank) 64:20; 2 Engelinah Munyai (Rainbow) 68:42; 3 Cynthia Mkovane (Nedbank) 72:18. **Masters:** 1 Pam Hampton (Sunninghill) 74:15; 2 Bets Greyling (Sunward) 87:42. **G'masters:** 1 Elsa Meyer (Irene) 85:34.

RBM 32 km

Richards Bay, 9 May
(Out-and-back course)

MEN

1.	Muhle Mkhwanazi	R/Bay AC	2:01:49
2.	Mbongeseni Jiyane	Umhlathuze AC	2:03:20
3.	Rasta Sibiyi	Umhlathuze AC	2:03:27

40-49:

1.	Mbongeseni Jiyane	Umhlathuze AC	2:03:20
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50-59:

1.	Chico Subramanian	R/Bay AC	2:18:13
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60+:

1.	Jerome Mswane	Umhlathuze AC	2:49:10
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WOMEN

1.	Melanie v. Rooyen	R/Bay AC	2:18:16
2.	Simone Scrase	R/Bay AC	2:35:07
3.	Izelle Geyser	R/Bay AC	2:38:45

40-49:

1.	Erica v.d. Spuy	ZMSC	3:02:16
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50-59:

1.	Theresa Muller	R/Bay AC	2:44:11
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60+:

1.	Ntombi Masanga	Imamba AC	4:00:00
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Milkwood Half Marathon & 10 km

Kommetjie, Cape Town, 9 May

(Distances: 21.1 km & 10 km; certified loop courses)

Half marathon

MEN

1. Sibusiso Mbingeleli (MP) 69:02; 2. Peter Tsawayo (ZIM/Gugs) 69:03; 3. Anthony Godongwana (CH) 70:32.

40-49: 1. Dion Middelkoop (VOB) 83:56; 2. Doctor Tshiseka (CH) 87:12; 3. Norman Johnson (FH) 87:44. **50-59:** 1. Henry Cieverts (Top) 93:40; 2. Richard Johnson (OM) 95:02; 3. Ralph Adams (Top) 98:03. **60+:** 1. Ronnie le Roux (Brack) 1:39:25; 2. Steve Richardson (Sat) 1:51:34; 3. Gideon Malherbe (CH) 1:53:16. **Juniors:** 1. Luxolo Mdzanga (Gugs) 76:48; 2. Lubabalo Khatswa (Khay) 81:17.

WOMEN

1. Zintle Xiniwe (MP) 86:00; 2. Nomvuyisi Seti (MP) 86:34; 3. Karoline Hanks (Ind) 97:24.

40-49: 1. Chantel Simpson (Pine) 1:40:36; 2. Kim Sims (VOB) 1:41:23; 3. Marinelle Tolken (Brack) 1:46:28. **50-59:** 1. Nancy Will (Pine) 1:44:06; 2. Dawn Middelkoop (VOB) 1:48:47; 3. Jenny da Silva (Met) 1:53:37. **60+:** 1. Fran Pocock (CH) 1:50:24; 2. Pixie Sparg (CH) 2:00:29; 3. Sonia Beard (For) 2:08:27. **Juniors:** 1. Amy McMillan (Ind) 2:08:39.

10 km

MEN

1. Sihle Mapukata (MP) 33:37; 2. Mthobeg Mathomane (Def) 33:4; 3. Bongile Tshewula (East) 33:58.

40-49: 1. Trevor Ward (Telkom) 46:02; 2. Reggie Crowster (Tyg) 46:45; 3. Russel Abrahams (Met) 50:06. **50-59:** 1. Johan Wilde (Ned) 50:35; 2. Magadien Theunissen (Top) 53:01. **60+:** 1. Richard Acheson (VOB) 45:39. **Juniors:** 1. Gcobani Mndi (Gugs) 34:10.

WOMEN

1. Bulelwa Mtshagi (CH) 38:29; 2. Busisiwe Matiwane (CH) 40:03; 3. Mariëtte Esterhuyse (Tyg) 42:33.

40-49: 1. Mariëtte Esterhuyse (Tyg) 42:33; 2. Sonia Harlock (FH) 50:50; 3. E. Anderson (Top) 60:19. **50-59:** 1. Charmaine Cupido (Ned) 48:42; 2. Laura Bouwer (Sanlam) 59:45. **60+:** 1. Zonia Barnard (CH) 62:03. **Juniors:** 1. Mandy Adams (Top) 64:56.

Starling Plumbers Half Marathon & 10 km

Durban, 9 May

(Distances: 21.1 km & 10 km; out-and-back courses)

Half marathon

MEN

1.	Wellington Chidodo	ZIM/Mr Price AC	1:07:05
2.	Collen Makaza	ZIM/Form 1 AC	1:07:09
3.	Steven Muzhingi	ZIM/Form 1 AC	1:07:10

40-49:

1.	Vukarne Shezi	Kwa Mashu AC	1:26:10
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50-59:

1.	Jeremiah Ngwenya	Boxer AC	1:22:06
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60+:

1.	Mbekiseni Mchunu	Savages AC	1:36:00
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WOMEN

1.	Alicien Manake	Form 1 AC	1:29:00
2.	Iris Ndlovu	Boxer AC	1:32:00
3.	Sibongile Mpanza	Boxer AC	1:32:00

40-49:

1.	Tammy Dennill	West AC	1:42:00
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50-59:

1.	Blanche Moila	Savages AC	1:46:00
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10 km

MEN

1.	Thubalethu Phaku	DUT	30:19
2.	Thobani Chagawe	WMAC	30:23
3.	Moses Lepheana	Boxer AC	30:27

40-49:

1.	Peter Sehloho	Boxer AC	34:14
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50-59:

1.	Nicholas Dlamini	Boxer AC	36:14
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60+

1.	Charm Naidoo	Chat AC	46:19
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WOMEN

1.	Puseletso Dladla	Boxer AC	35:59
2.	Cary-Ann Smith	Mr Price AC	36:14
3.	Janene Cary	Boxer AC	37:43

40-49:

1.	Maureen Flack	Glen Harr	49:09
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50-59:

1.	June Watson	PDAC	59:11
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60+:

1.	Gill Tregenna	West AC	51:24
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André van Coller Memorial Half Marathon

(EP Championships)

Port Elizabeth, 8 May

(Distance: 21.1 km; loop course followed by an out-and-back section. Finishers: 655.)

Note: Ntombesintu Ntshiliza has reverted to her maiden surname of Mfunzi. – Ed.

MEN

1	Rodney	Prins	MPEP	21	1:04:10
2	George	Ntshiliza	Nedbank	30	1:05:59
3	Zolani	Ngqaqa	MPEP	21	1:06:53
4	Melikhaya	Frans (1 st jun)	Nedbank	18	1:07:40
5	Bulelini	Niwa	PEAAC	24	1:07:42
6	Eric	Sigxashe	MPEP	31	1:08:47
7	Anele	Maliza	MPEP	32	1:08:47
8	Luyanda	Tshangana	MPEP	26	1:08:48
9	Mzwanele	Maphekula	Nedbank	33	1:09:07
10	Khayaletu	Makalima	MPEP	26	1:09:42
11	Xola	Bongoza	MPEP	17	1:09:57

12	Maboyisana	Mazwayi (1 st vet)	Nedbank	41	1:10:00
13	Sandile	Ngunuza	Nedbank	27	1:10:02
14	Mzolisi	Makhanda	Nedbank	27	1:10:55
15	Zandisile	Mpisane	MPEP	26	1:11:06
16	Sindile	Somke	Nedbank	33	1:11:11
17	Mariano	Eesou	Nedbank	18	1:11:47
18	Ricardo	Plaatjies	Elite AC	27	1:12:00
19	Mila	Pasiya	Nedbank	30	1:12:35
20	Kgotso	Majara	Nedbank	29	1:12:40

40-44:

- 1 Maboyisana Mazwayi Nedbank RC 41 1:10:00
- 2 Thembinkosi Ndyogolo Nedbank RC 41 1:13:09
- 3 Luvuyo Stephen Nedbank RC 40 1:14:08

45-49:

- 1 Darrell Wicht Triangle Sports 46 1:15:30
- 2 Welcome Loliwe Nedbank RC 45 1:15:46
- 3 Mutekile Rasmeni Triangle Sports 45 1:16:06

50-54:

- 1 Sidwel Roboshi Nedbank RC 50 1:21:18
- 2 Andre Willemse Elite AC 51 1:25:21
- 3 Johnny Malgas SANDF EP 50 1:27:03

55-59:

- 1 Sizinzo Kama Achilles AAA 58 1:26:36
- 2 Bruce Mcewan Achilles AAA 56 1:31:18
- 3 Roger Trader Achilles AAA 56 1:34:27

60-64:

- 1 Hannes Els Madiba Bay 60 1:31:07
- 2 Hansie Els Somerset East 62 1:33:44
- 3 Errol Rossouw PEAAC 60 1:33:46

65-69:

- 1 Godfrey Kariem Cadbury AC 69 1:44:08
- 2 Herman Dekker SAP MC EP 65 1:56:04
- 3 Gerald Hoxley Achilles AAA 69 2:01:16

70+:

- 1 Ernie Verrall NMMU AC 75 2:15:14
- 2 Henry Human VWAC 71 2:18:23
- 3 Alf Zehmke PEAAC 70 2:32:38

Juniors:

- 1 Melikhaya Frans Nedbank RC 18 1:07:40
- 2 Xola Bongoza Mr Price PE 17 1:09:57
- 3 Mariano Eesou Nedbank RC 18 1:11:47

WOMEN

1	Ntombesintu	Mfunzi	MPEP	28	1:16:30
2	Deliwe	Nyanga	Nedbank	21	1:20:09
3	Liza-Marie	Bright	Elite AC	28	1:23:22
4	Terri-Lynn	Penney	RFLG	33	1:28:44
5	Jane	Barnardo	Bodycon	35	1:29:15
6	Frith	Van der Merwe (1 st vet)	RFLG	45	1:30:50
7	Thabisa	Mayedwa	Nedbank	24	1:31:42
8	Christine	Claasen	Ach	45	1:32:07
9	Margie	Saunders (1 st mast)	Nedbank	56	1:32:40
10	Asanda	Solani	Nedbank	26	1:36:22
11	Lesley	Wood	Ach	52	1:37:13
12	Marisa	Ferraris	Triangle	39	1:37:33
13	Priscilla	Maleiba	Cadbury	39	1:37:47

14	Pat	Thomson	Ach	50	1:38:00
15	Julie	Truter	Bodycon	27	1:38:01
16	Mary Grace	Villanueva	Ach	34	1:38:08
17	Claire	Nagel	Elite AC	46	1:39:10
18	Genee	Reed	Bodycon	26	1:39:20
19	Adele	Nel	CSEP	37	1:39:28
20	Janette	Schierz-Crusius	Bodycon	49	1:40:40

40-44:

- 1 Leana Berg Nedbank RC 41 1:42:13
- 2 Heidi Jansen Achilles AAA 43 1:44:01
- 3 Desiree Ebrahiem Willard Batt 44 1:44:07

45-49:

- 1 Frith van der Merwe RFLG 45 1:30:50
- 2 Christine Claasen Achilles AAA 45 1:32:07
- 3 Claire Nagel Elite AC 46 1:39:10

50-54:

- 1 Lesley Wood Achilles AAA 52 1:37:13
- 2 Pat Thomson Achilles AAA 50 1:38:00
- 3 Monica Kemp Madiba Bay 54 1:50:50

55-59:

- 1 Margie Saunders Nedbank RC 56 1:32:40
- 2 Jos Els Madiba Bay 58 2:02:24
- 3 Rita Boucher Spar Walmer Ac 59 2:14:45

60-64:

- 1 Liz Grundlingh Muirite Strider 63 1:48:53
- 2 Helene Oppel Crusaders AC 60 2:04:16
- 3 Jeanette Pienaar PEAAC 62 2:26:13

65-69:

- 1 Orgia Nell Muirite Strider 66 2:35:05

70+:

- 1 Dorothy Hart PEAAC 72 2:27:56

Juniors:

- 1 Cheri Rademeyer NMMU AC 19 1:47:12
- 2 Terray Newcombe Nedbank RC 19 1:50:32
- 3 Tanya Wilson Charlo RR 17 2:08:27

Jackie Mekler 25 km (30th) & 10 km

Pretoria, 8 May

(Out-and-back courses)

Note: The Jackie Mekler ultramarathon was again held as a 25 km this year, as was also the case in 2009. It is not known whether the race will revert to the traditional 50 km in future. – Ed.

25 km

MEN

1 Sekeke Lesole (LES/Global) 78:58; 2 Johannes Kekana (Mr Price) 79:19; 3 Raphael Segodi (GS) 79:22.

Veterans: 1 Tidimalo Modiga (Toyota) 89:32. **Masters:** 1 Themba Phulu (ZIM/Yebo Striders) 1:42:54; 2 Daniel Mothibe (New Balance) 92:39; 3 Jackson Seanego (New Balance) 92:42. **G'masters:** 1 Mike de Bruto (Irene) 1:47:41. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:59:56.

WOMEN

1 Thabita Tsatsa (ZIM/Mr Price) 94:35; 2 Kerry-Ann Walton (Running Inn) 1:44:56; 3 Sharon Chynokuya (ZIM/Nedbank) 1:45:11.

Veterans: 1 Ansie Viljoen (Irene) 1:47:49; 2 Vanessa Bowman (Kempton) 2:05:18; 3 Tracey Houdson (Phobians) 2:07:49. **Masters:** 1 Linda Potgieter (Magnolia) 2:07:39.

G'masters: 1 Hazel Quilliam (Roodepoort) 2:31:07. **G/g'masters:** 1 Henta Jordaan (Magnolia) 3:55:32. **Juniors:** 1 Marie Kortenhoven (Exxaro) 2:30:58.

10 km

MEN

1 Lucky Mohale (GS) 30:21; 2 Lebonto Tootsei (LES/Toyota) 30:29; 3 Lucky Miya (Nedbank) 30:35.

Veterans: 1 Elias Mabane (Cabstrut) 32:44; 2 Greg Barnes (Irene) 33:09. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 37:29. **G'masters:** 1 Johannes Setshedi (New Balance) 38:38. **G/g'masters:** 1 Ken Nurden (Agape) 46:04. **Juniors:** 1 Thaboela Maboela (Affies) 40:56.

WOMEN

1 Helen Chiundu (ZIM/Nedbank) 37:44; 2 Loveness Madziva (ZIM/Nedbank) 38:24; 3 Charné Bosman (Mr Price) 38:47.

Veterans: 1 Jane Mudau (Nedbank) 42:28; 2 Amanda le Roux (Irene) 44:46. **Masters:** 1 Ute de Milander (Arete) 51:33. **G'masters:** 1 Mavis Stadler (Agape) 59:08. **G/g'masters:** 1 Marina Odendaal (Sol) 61:57. **Juniors:** 1 Juliet Nyamande (Nedbank) 44:37.

Mossel Bay Mall Half Marathon & 10 km

Mossel Bay, 8 May

(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon – 133; 10 km – 109.)

Half marathon

MEN

1	Lindile	Tokota	Nedbank RC SWD	42	1:10:31
2	Mxolisi	Fana	Rainbow	41	1:11:45
3	Luwayne	Duitsjan	Hartenbos Drawwers	23	1:12:59
4	Disqualified				
5	Vuyo	Witbooi	Outeniqua Harriers	34	1:13:59
6	Zuzili	Ntsinbiyabo	Knysna Marathon Club	35	1:14:03
7	Francois	Frandes	Temp	17	1:17:33
8	Sinesipho	Didishe	Knysna Marathon Club	18	1:18:58
9	John	April	Run Walk for Life	21	1:19:07
10	Sydney	Landsberg	Nedbank RC SWD	48	1:19:24
11	Mario	Meyer	Hartenbos Drawwers	31	1:20:06

WOMEN

1	Karen	Van der Merwe	Nedbank RC SWD	25	1:31:07
2	Lisl	Grobler	Knysna Marathon Club	33	1:37:47
3	Kleintjie	Van Schalkwyk	Hartenbos Drawwers	46	1:43:47
4	Lelané	Van der Merwe	Nedbank RC SWD	36	1:43:49
5	Rome	Phillipson	Mosselbaai Harriers	28	1:45:25
6	Thea-Mari	van der Sandt	Nedbank RC SWD	34	1:46:35
7	Rea	Oosthuizen	Hartenbos Drawwers	63	1:49:22
8	Elizma	Horne	De Rust Striders	31	1:49:25
9	Jolene	Koekemoer	Whalers	30	1:49:52

10	Helene	Muller	Hartenbos Drawwers	17	1:50:15
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10 km**MEN**

1	Frans	Malgas	Knysna Marathon Club	20	34:24
2	Leon	Adams	TEMP	16	35:35
3	Julius	Korkee	Rainbow	25	35:39
4	Melikhaya	Msizi	Knysna Marathon Club	26	37:29
5	Joseph	Stanley	Mosselbaai Harriers	20	38:03
6	Burnet	Heskwa	TEMP	16	39:33
7	De Waal	Swart	Outeniqua Harriers	28	39:37
8	Jugene	Maart	Mosselbaai Harriers	23	39:44
9	Mihan	Roos	Knysna Marathon Club	31	39:55
10	Mike	Bibby	TEMP	44	41:44

WOMEN

1	Kerry	Roos	Knysna Marathon Club	32	43:16
2	Lize	Cornelius	Hartenbos Drawwers	23	48:48
3	Elsa	de Villiers	Hartenbos Drawwers	50	49:25
4	Marica	Voster	Nedbank RC SWD	16	50:10
5	Ronelle	Marais	Hartenbos Drawwers	44	53:59
6	Melanie	Sinclair	Nedbank RC SWD	38	55:51
7	Linda	Jooste	Hartenbos Drawwers	25	56:38
8	Christine	Sonnekus	Hartenbos Drawwers	37	56:39
9	Angelique	Hansen	TEMP	26	58:06
10	Jolanda	Pieterse	TEMP	31	58:07

Exxaro 10 km Nite Race

Pretoria, 5 May

MEN

1 Charles Soza (ZIM/Bashewa) 31:53; 2 William Chinyanga (ZIM/Nedbank) 32:19; 3 Frans Makola (Transnet) 32:36.

Veterans: 1 Gerhard Smith (Irene) 39:49. **Masters:** 1 Colin Fisher (CSIR) 40:22.

G'masters: 1 Paulus Masilela (Irene) 41:30. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 48:15. **Juniors:** 1 Jean-Pierre de Villiers (Akasia) 43:57.

WOMEN

1 Tabitha Tsatsa (ZIM/Mr Price) 38:37; 2 Helen Chiundu (ZIM/Nedbank) 38:41; 3 Sharon Chynokuya (ZIM/Nedbank) 40:23.

Veterans: 1 Ansie Viljoen (Irene) 44:01. **Masters:** 1 Francis van Blerk (Nedbank) 53:07.

G'masters: 1 Bertha v.d. Raad (Irene) 75:21. **G/g'masters:** 1 Jeanette Loots (Irene) 81:33. **Juniors:** 1 Julliet Nyamande (Nedbank) 48:00.

Save Cash & Carry Half Marathon

Camperdown to Pietermaritzburg, 1 May

(Distance: 21.1 km; point-to-point course. Finishers: 643.)

MEN

1.	Jari Mundarabzi	ZIM/Form 1 AC	69:11
2.	Sibonelo Duma	Boxer AC	70:53
3.	Richard Nene	ZIM/Mr Price AC	71:11

40-49:

1.	Elias Nadla	Escom Gijimas	91:10
2.	Mblekeni Ngidi	Spartan AC	91:40

50-59:

1.	Jeremiah Ngwenya	Boxer AC	86:18
2.	Joseph Dumakude	Verulam AC	87:43

60+

1.	Petrus Shumi	Zabalazi AC	97:26
2.	Mbekeseni Mchunu	Savades AC	101:47
3.	Johan Cronje	West AC	109:48

WOMEN

1.	Thobile Ngwane	Mr Price AC	86:28
2.	Iris Ndlovu	Boxer AC	94:24
3.	Erica Walker	Ntl Carb	94:28 (1 st vet)

40-49:

1.	Erica Walker	Ntl Carb	94:28
2.	Tammy Dennill	West AC	102:46
3.	Vicky Crookes	Coll Harr	103:25

50-59:

1.	Judith Geldenhuys	Est AC	98:32
2.	Sandy Fismer	Hilton Harr	99:17
3.	Lindsey Watkeys	West AC	104:30

60+

1.	Gill Tregenna	West AC	119:07
2.	Linda Bell	QBH	125:36

Olive Festival Swartberg Pass Half Marathon & 10 km

Prins Albert, 1 May

(Distances: 21.1 km & 10 km. Finishers: Half marathon – 36; 10 km – 39.)

Half marathon**MEN**

1.	Juan Pretorius	28	Hartenbos	1:26:54
2.	Jan Freslar	33	Nedbank Running Club	1:29:49
3.	Jan Isaks	24	Rainbow Athletics	1:33:54
4.	Gerald Willeman	30	Rainbow Athletics	1:38:18
5.	Newton September	28	Spoornet	1:38:27

WOMEN

1.	Johanna Claassen	41	Nedbank Running Club	1:42:56
2.	Yvonne Teixeira	39		1:50:44
3.	Shirley Middlemost	54		1:50:44
4.	Ludivine Huet-haupt	34	Harfield Harriers Athletic Club	1:58:24
5.	Lynn Etheridge	44	Mr Price WP	2:00:37

10 km**MEN**

1.	Jesse Visagie	19		32:58
2.	John April	21	RunWalk For Life	35:26
3.	Hendrie Bostander	17		43:37

WOMEN

1.	Ane Kruger	16	Beaufort-West Runners	44:25
2.	Louisa Mokoaho	23	Zwartberg Runners	48:02

3. Sonja Du Preez 40 De rust Striders 49:26

Gino's Night Race

Stellenbosch, 21 April

(Distance: 10 km. Loop course)

Note: The distance of this race has been a problem in the past. Using the Race Time Bias (RTB) formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), the RTB figure last year was -9.42 sec/km – almost double the limit of -5 sec/km (see DRR 9:09 of 2009). While the two fastest times in this year's race are considerably faster than the winning time in 2009 (Pieter Koopman won in 30:14), the RTB for twenty runners this year is -3.32 sec/km – well within the limit. Either the course has been remeasured or the course was run as measured, i.e. no corner cutting, etc. (something that has often happened in the past). The times can therefore be accepted for statistical purposes. Also note that the outstanding track runner Annie Bothma finished fourth at the age of 14 – while the minimum age for a 10 km race is 15. Earlier in the year Zani Kruger ran in the Brackenfell 10 km while only 13 (see DRR 10:06). – Ed.

MEN

1	Pieter	Koopman	Mr Price	35	29:44
2	Dicardo	Jakobs	Maties	24	29:44
3	Tsungai	Mwanengeni	Mr Price	35	30:29
4	Hein	Camphor	Adidas	25	30:51
5	John	Polson	Temp		30:54
6	Fabian	Faro	MP Titans		30:57
7	Sakhumzi	Taho	Nedbank	29	31:12
8	William	Kaptein	Robertson	17	31:25
9	Akhona	Makila	Acsis VOB		31:34
10	Marks	Mpekula	Acsis VOB		31:37
11	A.N. Other				
12	J.P.	Abrahams	Adidas	21	31:43
13	A.N. Other				
14	Marius	Petersen	Helderberg Harr	17	32:45
15	Shaun	Lekay	Robertson	18	32:48
16	Heinrich	Blom	Saldanha	22	32:56
17	Obed	Macanda	Nedbank	40	32:59
18	Manfred	Samuels	Helderberg Harr	19	33:19
19	Johannes	April	Temp	36	33:24
20	Adriaan	Geldenduys	Maties	22	33:27

WOMEN

1	Dominique	Scott	Adidas	17	35:45
2	Elene	Lourens	Maties	20	37:15
3	Danette	Smith	Maties	21	38:14
4	Annie	Bothma	Temp	14	38:17
5	M.D.	Wang	Maties	24	39:11
6	Mariëtte	Esterhuysen	Tygerberg Nlk	47	39:11
7	Ester	Brink	Strand		39:21
8	Liana	Maree	Stellenbosch	33	39:26
9	Glenda	Werth	Metropolitan	40	39:29
10	Asanda	Dayimani	Atlantic	18	41:21
11	Andrea	Mailen	Temp	22	42:12
12	Carla	Beyers	Temp	18	42:15
13	M.	Van Heerden	Maties	21	42:41
14	Madelein	Nel	Saldanha	34	42:49

15	Liezel	Lourens	Stellenbosch	32	42:56
16	Anita	Adendorff	Helderberg Harr	29	43:37
17	Ursula	Turck	Strand	37	44:02
18	Engela	Kritzinger	Temp	23	44:48
19	Retha	Engelbrecht	Temp	28	44:49
20	Resia	Swart	Stellenbosch	37	44:54

CROSS-COUNTRY

WP League (1st)

Rondebosch (UCT), 2 May

Note: The athletes' names are in the order of surname followed by first name. – Ed.

MEN

12 km:

1	Lusaseni Tom	Adidas	38:28
2	Qhina Ntandazo	Adidas	38:33
3	Madyo Nkosinathi	Mr Price WP	38:47
4	Lusaseni Velani	Adidas	39:24
5	Bailey Michael	Celtic Harriers	39:53
6	Roro Wanda	Adidas	40:08
7	Pienaar Barry-John	Bellville	40:13
8	Mpekula Marks	ACSIS VOB	40:21
9	Gulubela Samson	Atlantic	40:22
10	Abrahams J.P.	Adidas	40:45

4 km:

1	Ngudlumana Virginia	Celtic Harriers	12:02
2	Bonga Sipiwa	Celtic Harriers	12:09
3	Wildskut Riaan	Atlantic	12:13
4	Meleni Wongalethu	ACSIS VOB	12:28
5	Pedro Enver	CPUT	12:41
6	Johnson Marinus	Mr Price E.P.	12:44
7	Adonis Dimitri	Brackenfell	12:57
8	Oliphant Kevin	Itheko	13:01
9	Bok Collin	Eerste River	13:03
10	Seconds Antonio	Nedbank E.P.	13:07

40-49 (8 km):

1	Jacobs Barend	Celtic Harriers	28:37
2	Philander Tobias	Adidas	28:48
3	Middelkoop Dion	ACSIS VOB	28:49

50-59 (8 km):

1	Howard Raymond	Celtic Harriers	29:43
2	Mpukani Goodman	RCS Gugs	31:34
3	Isaacs Kevin	Celtic Harriers	31:51

60+ (8 km):

1	Bock Albertus	Adidas	34:13
2	Tribe Geoff	Pinelands	36:24
3	Cleophas Henry	Nedbank	37:51

Juniors (8km):

1	Mdzanga Luxolo	RCS Gugs	26:05
2	Matshoba Zolani	Celtic Harriers	26:17
3	Matshoba Zola	Celtic Harriers	26:39

WOMEN**8 km:**

1	Brand Alae	Adidas	31:02
2	Matiwane Busisiwe	Celtic Harriers	31:57
3	De Bruin René	Defence WP	32:39
4	De Lange Sheryl	Adidas	32:52
5	Roos Elzire	Bellville	34:24
6	Brink Ester	Strand	34:34
7	De Oliveira Colleen	NB Multisport	35:26
8	Scott Tanya	UCT	36:16
9	Tshabalala Evelina	RCS Gugs	37:21
10	Gower-Jackson Jayde	Atlantic	37:29

4 km:

1	Oosthuizen Natasha	Adidas	15:21
2	Meyer Tina-Mari	Maties	17:46
3	Mahlombe Ayanda	Atlantic	17:53
4	du Bruyn Millie-Marie	Tygerberg NLK	18:41
5	Smal Glouda	Bellville	18:51
6	Johannes Tyshia	RCS Gugs	19:02
7	Teleko Monyane	No Club	19:33
8	Swartz Francisca	Helderberg Harriers	19:41
9	Faulmann Nicole	No Club	20:46
10	Jojo Nomawabo	Century City	21:15

40-49 (4 km):

1	De Lange Sheryl	Adidas	15:15
2	Brink Ester	Strand	15:37
3	Williams Viv	Adidas	15:55

50-59 (4 km):

1	Howard Olga	Celtic Harriers	16:22
2	Will Nancy	Pinelands	18:24
3	Cupido Charmaine	Nedbank	18:41

60+ (4 km):

1	Sparg Pixie	Celtic Harriers	20:43
2	Barnard Zonia	Celtic Harriers	22:26
3	Williams Christine	Spartan Harriers	26:19

Juniors (6 km):

1	Malan Heleen	Paarl	28:21
2	Faulmann Shelley	No Club	32:47
3	Dayimani Asanda	Atlantic	32:51

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**BIG 25** (30th)

(Formerly called the "25 Km Von Berlin")

Berlin, GER, 9 May

(Distance: 25 km; flat course)

MEN

1. Sammy Kosgei, 1986, KEN 1:11:50 WR (1:00:45 at half-marathon)

2. Gilbert Kirwa, KEN	1:11:58 PB	(1:00:45)
3. Terefe Maregu Zewdie, ETH	1:13:16	(1:01:38)
4. Erick Rotich, KEN	1:13:24	(1:01:32)
5. Matthew Koech, KEN	1:13:45	(1:01:44)
6. Paul Kosgei, KEN	1:13:48	(1:01:52)
7. Felix Keny, KEN	1:13:53	(1:02:00)
8. Allan Kiprono, KEN	1:14:15	(1:02:38)
9. Joel Kimurer, KEN	1:14:34	(1:02:31)
10. Lusapho April, RSA	1:15:02	(1:02:24)

WOMEN

1. Mary Keitany, KEN	1:19:53 WR	(1:07:40 at half-marathon)
2. Alice Timbilili, KEN	1:24:38	(1:11:43)
3. Pasalia Kipkoech, KEN	1:26:47	(1:12:15)
4. Eunice Kales, KEN	1:29:05	(1:14:21)
5. Christine Chepkemei, KEN	1:29:30	
6. Karsta Parsiegla (45+), GER	1:41:42	

Volkswagen Prague International Marathon (16th)

Praha, CZE, 9 May

(Distance: 42.195 km; mostly flat loop course)

MEN

1. Eliud Kiptanui, KEN	2:05:39 PB/CR	€15,000 + 50,000i + 10,000*
	[1:03:16 / 1:02:23]	
2. Adhane Yemane Tsegay, ETH	2:07:11	7,500 + 10,000i
3. Nicholas Kipruto Koech, KEN	2:07:23 DB	5,000 + 10,000i
4. Getu Feleke, ETH	2:08:04 PB	2,500 + 5,000i
5. Wilson Kiprop, KEN	2:09:09 DB	1,000 + 2,500i

WOMEN

1. Helena Loshanyang Kirop, KEN	2:25:29 CR	€15,000 + 10,000i + 10,000*
2. Alevtina Ivanova, RUS	2:27:36	7,500 + 2,500i
3. Ashu Kasim, ETH	2:29:54	5,000
4. Yuliya Ruban, UKR	2:31:13 PB	2,500
5. Florence Chepsoi, KEN	2:32:18 DB	1,000

i) Earned time bonus

*) Course record bonus

Sendai International Half-Marathon (20th)

Sendai, JPN, 9 May

(Distance: 21.1 km)

MEN (gun times)

1. Martin Irungu Mathathi, KEN	59:48 DB
2. Mekubo Mogusu, KEN	1:01:34
3. Cyrus Njui, KEN	1:01:46
4. James Mwangi, KEN	1:02:40
5. Osamu Ibata, JPN	1:03:39

WOMEN (gun times)

1. Noriko Higuchi, JPN	1:12:51
2. Hiroko Miyauchi, JPN	1:12:53
3. Miho Notagashira, JPN	1:12:54
4. Chika Horie, JPN	1:13:00

5. Ayumi Nakayama, JPN 1:13:02

Ignis Asset Management Women's Run 10 km (18th)

Glasgow, GBR, 9 May

(Distance: 10 km)

WOMEN

- | | |
|-------------------------|--------------|
| 1. Linet Masai, KEN | 31:08 PB/CR* |
| 2. Sylvia Kibet, KEN | 31:20 PB |
| 3. Grace Momanyi, KEN | 31:42 |
| 4. Hilda Kibet, NED | 32:13 |
| 5. Doris Changeywo, KEN | 32:25 |

Lilac Bloomsday Run (34th)

Spokane, USA, 2 May

(Distance: 12 km; certified course with negligible drop and start/finish separation, rolling hills)

MEN

- | | | |
|-------------------------------------|-------|--------|
| 1. Peter Cheruiyot Kirui, 1988, KEN | 34:28 | \$7000 |
| 2. Julius Kogo, KEN | 34:33 | 4500 |
| 3. Stephen Muange, KEN | 34:39 | 3000 |
| 4. John Korir, KEN | 34:42 | 2500 |
| 5. Simon Cheprot, KEN | 34:46 | 1800 |

WOMEN

- | | | |
|--------------------------------|-------|------------|
| 1. Lineth Chepkurui, KEN | 38:10 | WR^ \$7000 |
| 2. Mamitu Daska, ETH | 38:25 | 4500 |
| 3. Emily Chebet-Muge, KEN | 38:50 | 3000 |
| 4. Alena Shewarge Amare, ETH | 39:27 | 2500 |
| 5. Jelliah Kerubo Tingea, KENH | 39:33 | 1800 |

BUPA Great Edinburgh Run

Edinburgh, GBR, 2 May

(Distance: 10 km, very hilly course)

MEN

- | | |
|-----------------------|-------|
| 1. Titus Mbishei, KEN | 28:46 |
| 2. Edwin Soi, KEN | 29:00 |
| 3. Vincent Yator, KEN | 29:10 |
| 4. Sergey Lebid, UKR | 29:18 |

WOMEN

- | | |
|---------------------------|-------|
| 1. Florence Kiplagat, KEN | 32:10 |
| 2. Grace Momanyi, KEN | 32:20 |
| 3. Doris Changeywo, KEN | 32:23 |
| 4. Jessica Augusto, POR | 32:32 |
| 5. Gladys Chemweno, KEN | 33:08 |
| 6. Anikó Kálovics, HUN | 33:20 |
| 7. Freya Murray, GBR | 33:35 |
| 8. Derartu Tulu, ETH | 34:38 |

10 km du Conseil Général (17th)

Marseille, FRA, 1 May

MEN

- | | |
|------------------------|-------|
| 1. Silas Kipruto, KEN | 27:31 |
| 2. Jacob Chesari, KEN | 27:43 |
| 3. Philemon Limo, KEN | 28:08 |
| 4. Belete Assefa, ETH | 28:24 |
| 5. Boniface Kirui, KEN | 28:38 |

WOMEN

- | | |
|----------------------------------|-------|
| 1. Margaret Wangari Muriuki, KEN | 31:05 |
| 2. Belaynesh Olijira, ETH | 31:07 |
| 3. Alice Timbilili, KEN | 31:25 |

20 km de Maroilles

Maroilles, FRA, 1 May

(Standard certified course)

MEN (gun times)

- | | | |
|-------------------------------------|-------|-----------|
| 1. Charles Wachira Maina, 1982, KEN | 59:24 | 1500 euro |
| 2. Dennis Musau, 1983, KEN | 59:25 | 1200 |
| 3. Joseph Kamau, 1972, KEN | 59:28 | 1000 |

WOMEN (gun times)

- | | | | |
|--|---------|-----|------|
| 1. Caroline Cheptonui Kilel, 1981, KEN | 1:07:40 | CR* | 1800 |
| 2. Naomi Jepkogei Maiyo, 1989, KEN | 1:07:40 | | 1400 |
| 3. Sarah Chepchirchir, 1984, KEN | 1:07:40 | | 1000 |

Gaborone City Marathon

Gaborone, BOT, 18 April

(Distance: 42.195 km)

Note: The women's age category results in the marathon, as released by the organisers, are wrong, so are not reproduced here. – Ed.

MEN

1. Simon Njorge (KEN), 29, 2:15:40
2. Tiisetso Ramokheseng (LES), 2:15:49
3. Motlokoa Nkhabutlane (LES), 26, 2:19:11
4. Luka Kiptoo (KEN), 35, 2:19:54
5. David Ngakane (RSA), 30, 2:20:09
6. Lucky Modike Mohale (RSA), 24, 2:21:42
7. Donald Mathipa (RSA), 30, 2:21:43

Veterans: 1. Luketz Swartbooi (NAM), 44, 2:24:57; 2. Elias Mabane (RSA), 41, 2:28:59; 3. Piet Mokale (RSA), 43, 2:33:20; ... 5. Caiphaz Masipa (RSA), 45, 2:42:16. **Masters:** 1. Nicholas Nyengerayi (ZIM), 50, 2:33:29

WOMEN

1. Samukeliso Moyo (ZIM), 36, 2:50:27
2. Joyce Kirui (KEN), 35, 2:50:40
3. Kidst Tekle (ETH), 21, 2:50:54
4. Lesley Train (RSA), 36, 2:54:28
5. Mamohau Tene (LES), 26, 3:01:14

- ... 9. Jane Mudau (RSA), 47, 3:09:02
 10. Catherine Naane (RSA), 44, 3:12:47

10 km

MEN

1. Kaelo Mosalagae (BOT) 30:03

WOMEN

1. Onneile Dintwe (BOT) 35:40

TRACK

Ponce Grand Prix

Ponce, PUR, 8 May

MEN

1500:

1. Peter Van der Westhuizen, RSA, 3:38.72
2. Nick Symmonds, United States, 3:40.33
3. John Jefferson, United States, 3:41.01

WOMEN

800:

1. Nesha Bernard Thomas, Grenada, 1:59.92
2. Maggie Vessey, United States, 2:02.65
3. Marian Burnett, Guyana, 2:03.26

Weber State Twilight Meet

Ogden, USA, 8 May

WOMEN

- 800: 1. Angela Wagner, BYU (RSA), 2:08.98; 2. Katie Palmer-Cox, BYU, 2:09.48.

Payton Jordan Cardinal Invitational

Palo Alto, USA, 1 May

MEN

10000:

Section 1 -

1. Chris Solinsky, Nike/Kimbria, 26:59.60 *AR/WL/DB
2. Daniel Salel, Kenya (KEN), 27:07.85 DB
3. Sam Chelanga, Liberty (KEN), 27:08.39 **NCAA/PB
4. Galen Rupp, Nike, 27:10.74 PB
5. Simon Bairu, Nike/Kimbria (CAN), 27:23.63 NR
6. Chris Thompson, Otc (GBR), 27:29.61 PB
7. Tim Nelson, Nike/Kimbria, 27:31.56 PB
8. Bobby Curtis, Melbourne TC, 27:33.38 PB
9. Kensuke Takezawa, S&B (JPN), 27:55.02
10. Carlos Romero, Mexico (MEX), 27:57.52
11. Takeshi Makabe, Kanebo (JPN), 27:57.53

*American Record, previous 27:13.98, Meb Keflezighi, Palo Alto, 04-May-2001

**NCAA Record, previous 27:28.48, Sam Chelenga (KEN), Berkeley, 24-Apr-2009

Section 2 -

1. Sergio Reyes, Asics Aggie, 28:29.70 PB
2. John Beattie, Tulsa (GBR), 28:32.21 PB
3. Samuel Kosgei, Lamar (KEN), 28:32.62 PB
4. Matti Rasanen, Team Finland (FIN), 28:32.84 PB
5. Jimmy Grabow, ICR, 28:35.29 PB
6. Diego Estrada, Northern Arizona, 28:40.19 PB
7. Jonathan Kotter, BYU, 28:48.33 PB
8. Amado Garcia (GUA), 28:50.25 NR/PB
9. Ben Ashkettle, Northern Arizona (AUS), 28:52.72 PB
10. Michael Schmid, Unattached (AUT), 28:56.01 PB

WOMEN

1500:

Section 1 -

1. Jenny Barringer, New Balance, 4:08.11
2. Morgan Uceny, Reebok, 4:09.13
3. Hannah England, Nike (GBR), 4:09.54

5000:

Section 1 -

1. Shannon Rowbury, Nike, 15:00.51 PB
2. Shalane Flanagan, Nike, 15:04.23
3. Amy Begley, Nike Otc Elite, 15:05.59 PB
4. Lisa Koll, Iowa State, 15:17.76 PB
5. Nicole Edwards, Saucony Racing Team (CAN), 15:33.51 PB

10000m:

1. Molly Huddle, Saucony, 31:48.59
2. Desiree Davila, Hansons-Brooks Odp, 32:06.85 PB
3. Amy Hastings, Brooks, 32:28.77
4. Katie McGregor, Reebok, 32:30.84
5. Rebecca Donaghue, New Balance/Kimbia, 32:50.32 PB
6. Allison Grace, Zap Fitness, 32:54.99 PB
7. Tanya Zeferjahn, Queens (N.C.), 33:09.47 PB
8. Alisha Williams, Boulder Runn, 33:19.29 PB
9. Meghan Armstrong, Strands Racing Team, 33:21.55 PB
10. Kim Conley, Asics Aggies, 33:22.28 PB

JN International Invitational

Kingston, JAM, 1 May

MEN

1500:

1. Josephat Kithii, Kenya, 3:40.30 MR
2. Peter Van Der Westhuizen, RSA, 3:40.32
3. Philip Lagat, Kenya, 3:43.24

NEWS**COMRADES DISTANCE CONFIRMED**

The official distance of the 2010 Comrades has been confirmed as 89.28 km – 110 m longer than in 2009, according to the Comrades Marathon Association (CMA). The change in distance is as a result of a decision by the CMA to change the exit route from

Pietermaritzburg. The change was effected to facilitate an easier and faster flow for the 23 000 athletes expected on 30 May.

"One of the key objectives with the route change was to ensure a quick and safe exit for the runners from Pietermaritzburg as it is still pitch dark at 05:30 in the morning when the race gets underway. In addition to this consideration we also wanted to keep the race distance as close as possible to that of the 2009 race, which was also a down run," said Gary Boshoff, General Manager.

On Friday at 12:00 19 300 of the 23 500 athletes who have entered for the 2010 Comrades Marathon have registered their qualifying details with the CMA. This is 83% of the entered field. With approximately 4 300 entry details still to be confirmed, the CMA is confident that the final confirmed race entries will grow to well over 20 000 over the next few weeks.

STATS TIME

This week we look at the South African all-time men's list for 25 km, topped by Lusapho April's brilliant new SA record in Berlin. The list shows the top twelve athletes (and top ten on standard courses). There is a question mark behind the Secunda times, though.

ALL-TIME 25 KM: TOP 12 MEN

75:02	Lusapho April	Berlin	09-May-10
75:31	Mark Plaatjes	Grand Rapids	11-May-91
75:42	Kenny Jacobs	Secunda	13-Apr-85
75:43	Jacob Mokoena	Secunda	13-Apr-85
76:03	Charles Vilakazi	Secunda	13-Apr-85
76:29	Thompson Magawana	Secunda	13-Apr-85
76:33	Willie Deysel	Port Elizabeth	26-Apr-97
76:58A	Moses Lepheana	Pinetown	24-Jan-10
77:14A	Sandile Lembethe	Pinetown	29-Jan-06
77:34	Johan Dreyer	Evander	07-May-83
77:35	David Tsebe	Germiston	17-Jan-90
77:48	Butiki Jantjies	Port Elizabeth	26-May-01

MORE STATS

CHRONOLOGICAL SUB-27 BARRIER BREAKERS

Chris Solinsky's out-of-the-blue sub-27 time in his debut 10000 metres made him the 31st runner to go through the barrier. Ken Nakamura has compiled the following chronological list of the first ten runners who broke 27 minutes.

1	26:58.38	Yobes Ondieki	KEN	1	Bislett	Oslo	10 July 1993
2	26:52.23	William Sigei	KEN	1	Bislett	Oslo	22 Jul 1994
3	26:43.53	Haile Gebrselassie	ETH	1	FBK	Hengelo	5 June 1995
4	26:38.08	Salah Hissou	MAR	1	VD	Bruxelles	23 Aug 1996
5	26:54.41	Paul Tergat	KEN	2	VD	Bruxelles	23 Aug 1996
6	26:56.78	Paul Koech	KEN	3	VD	Bruxelles	23 Aug 1996
7	26:51.49	Charles Kamathi	KEN	1	VD	Bruxelles	3 Sept 1999
8	26:52.30	Mohammed Mourhit	BEL	2	VD	Bruxelles	3 Sept 1999
9	26:49.38	Sammy Kipketer	KEN	1	VD	Bruxelles	30 Aug 2002
10	26:49.90	Assefa Mezgebu	ETH	2	VD	Bruxelles	30 Aug 2002

FBK = Fanny Blankers-Koen

VD = Van Damme

THIS MONTH IN HISTORY

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

30 years ago: 3 May 1980

East German star Waldemar Cierpinski won the Karl Marx Stadt Marathon in 2:11:17, with Oyvind Dahl (NOR) and Hans-Joachim Truppel (GDR) also under 2:12 in the next two places with 2:11:40 and 2:11:56 respectively. Just under three months later, on 1 August, Cierpinski became the second man in history to successfully defend the Olympic marathon crown when he won in Moscow in a slightly faster 2:11:03. One place short of a medal in fourth was Vladimir Kotov of the Soviet Union in 2:12:05. Nine weeks earlier Kotov had won the national title in 2:10:58.

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	75:02	Lusapho April	Berlin	09 May
	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	70:00	Maboyisana Mazwayi	Port Elizabeth	08 May
	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	53:36	Charles Vilakazi	Boksburg	09 May
	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	1:47:41	Mike du Bruto	Pretoria	08 May
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	67:40	Melikhaya Frans	Port Elizabeth	08 May
	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

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	1:47:49	Ansie Viljoen	Pretoria	08 May
	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	1:32:40	Margie Saunders	Port Elizabeth	08 May
	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		

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