

Distance Running Results

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EDITORIAL

The Comrades Marathon is never won over the first half of the race, or even the first two thirds. On Sunday Stephen Muzhingi of Zimbabwe became the first runner to win two consecutive “down” runs since Bruce Fordyce did so in 1986 by keeping his head when all about him were losing theirs and flying down the road from Pietermaritzburg to Durban at a pace that would have resulted in a new record by more than a half hour.

Muzhingi’s winning time of 5:29:01 for the distance of 89.28 km was more than 5½ minutes slower than the 5:23:27 he clocked last year – the second fastest time ever for the down run – but once he took the lead for good at the bottom of the final big climb, Cowie’s Hill, after 4 hours 20 minutes of running, there was no stopping him.

In contrast to Fordyce, whose last consecutive down run victories came in 1984 and 1986 with an “up” run sandwiched in between, Muzhingi scored his in two successive years, with both the 2009 and 2010 races being downhill.

The women’s race was ... well, not a race. The Nurgalieva twins, Elena and Olesya, led from the start and were never in trouble. Elena crossed the line in 6:13:04, one second ahead of her sister, who won last year in 6:12:12.

American Josh Cox, holder of the US record for 50 km, was never a factor, but Kami Semick, world 100 km champion, finished fourth, looking relaxed and comfortable. Cox, who reached the finish just ahead of the tenth woman, said later that he had struggled with stomach problems and dehydration.

In the men’s race eight South Africans finished in the top ten, the same number as in 2009. Apart from Muzhingi the only other foreigner to get a gold medal was Leboka Noto from Lesotho, who bagged the last gold.

In contrast, the SA women were outclassed by international runners, and the three who won gold medals were the fewest since the same number did the trick in 2005. Two of the women in that trio won gold again: Farwa Mentoor and Lindsay van Aswegen, who finished fifth and eighth respectively. They were joined this time by Adinda Kruger, who was ninth.

Although the women’s winning time was the slowest for a down run since 2001, the depth was astounding. Last year’s last gold went in 7:16:13; this year the tenth woman, Czech mountain runner Anna Pichrtova, finished in 6:51:34 – the fastest ever for this position.

The top South African man was novice Ludwick Mamabolo, who finished second in 5:35:29 after running a conservative first half. Mamabolo is the grandson of Titus Mamabolo, one of

South Africa's pioneering black runners who still holds the world record for the marathon in the 50+ age category.

In third was a runner representing one of those special Comrades stories that this great race produces. In 1999 (not 2001, as a newspaper said) Sergio Motsoeneng finished ninth, but was disqualified after an objection was lodged and it was found that he and his brother Sefako had run the race as a relay, sharing the same vest, numbers and transponder (they changed more than once during the race in roadside toilets), but making the mistake of wearing their watches on different arms – and this was noticed on race photographs. Both were banned from running for a number of years.

This year Sergio was back with the stated aim of making amends for their transgression – and he did so resoundingly in 5:35:58. (He also ran in 2006 and 2009, finishing 29th last year.)

Muzhingi said in an interview afterwards that “there was too much pressure on me. I am happy, but disappointed I did not get the record.” He has now finished eighth, fourth, fourth, seventh, third, first and first in his last seven outings in the Two Oceans and Comrades.

One of the outstanding runs of the day came from former record holder for the up run Vladimir Kotov, who doesn't like the down run but finished 14th in 5:51:38 to win the 50-59 age category by more than 42 minutes.

In the women's race the Nurgalieva twins led from start to finish. Marina Myshlyanova, who was fourth in the last two Comrades, was never in danger in third, but all the runners behind her were running magnificent races. Although Mentoor and Kruger have both run faster, they produced satisfying come-back efforts after respectively failing to finish this year's Two Oceans and last year's Comrades.

Mentoor has now been the first South African in the Comrades on eight occasions: six years in a row from 2002 to 2007 and again in 2009 and 2010.

Behind Mentoor Britain's Elizabeth Hawker surprisingly took sixth, one place ahead of Irina Vishnevskaya, the European 100 km champion. In fourth Semick, the world's fastest 100 km runner last year, may have misjudged her effort, because she looked as fresh at the finish as when she started. She seems to be the one runner in the field who could challenge the twins.

Riana van Niekerk again failed to live up to her potential and finished 23rd, while Kashmira Parbhoo, who took the last gold medal in 2009, was 18th.

Three former Comrades champions had excellent runs: nine-time winner Bruce Fordyce was 918th in 7:55:03 for his 28th medal, Alan Robb finished 1522nd in 8:13:15 to receive his 37th medal, while Shaun Meiklejohn beat them both to finish 145th in 6:45:37. Dave Rogers, 67, won his 44th medal in 10:57:43.

DRR subscriber Andrew Bosch, well-known exercise physiologist from Cape Town, finished in 8:08:39.

The television coverage was disappointing, with almost nothing seen of the women's race behind the Nurgalieva procession, and after halfway very little of the men's race behind the first three or four. It is really not good enough to show most of the top ten men and women only when they finish – viewers want to see how they got there and how the race progressed throughout the morning. Ian Laxton, who has become the consummate Comrades broadcaster, and Norrie Williamson were their usual knowledgeable selves, but some of the other commentators sounded as if they had not done enough homework. It is

unforgivable that after seven or eight years they still cannot pronounce the Nurgaliev's first names correctly, and they got the credentials of Anna Pichrtova (not Pichtova) and Irina Vishnevskaya mixed up at one stage. Alberto Salazar is not the last novice to win – Dmitri Grishine did so in 1996. And it hasn't been "a little while" since eight South African men won gold medals – it happened last year too.

With *Race Results Weekly* only being published tomorrow, we will catch up with international results next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Comrades Marathon, Pietermaritzburg to Durban
- * ELAC 10 km, East London
- * XC: EP League meetings, Uitenhage & Port Elizabeth; WP League Meeting, Elfindale

International highlights:

- * Track: Southern Region Youth Championships, Gaborone
-

COMRADES PREDICTION CONTEST

Apart from the Editor, only two readers submitted entries: former winner Nick Bester and well-known coach Johan Britz (who won last year's competition). It was a closely fought battle, with Josh Cox's misfortune and disappointing performances by, among others, Lucas Nonyana, Charles Tjiane and Mncedisi Mkhize upsetting the applecart somewhat. All three contestants scored much better in the women's race. Two points were given for a runner in the correct position (shown in red), and one point for a runner in the top ten, but out of position (with an asterisk).

	<u>BESTER</u>	<u>BRITZ</u>	<u>HAUMAN</u>
1.	Cox	Nonyana	Muzhingi
2.	Muzhingi*	Muzhingi*	Nonyana
3.	Nonyana	Muthubi	Maphekula
4.	Moyo	Cox	Tjiane
5.	Tjiane	Kotov	Murzin
6.	Mkhize	Nhlapo	Mkhize
7.	Badza	Njodzi	Cox
8.	Murzin	Mkhize	Nhlapo*
9.	Chirchir	Tjiane	Khumalo
10.	Mokgadi	Netshishefhe	Peu
1.	Olesya N.*	Elena N.	Semick*
2.	Elena N.*	Olesya N.	Elena N.*
3.	Kruger*	Zhirkova	Olesya N.*
4.	Semick	Myshlyanova*	Kruger*
5.	Mentoor	Kruger*	Vishnevskaya*
6.	Myshlyanova*	Semick*	Myshlyanova*
7.	Pichrtova*	Train	Train
8.	Train	Mentoor*	Thomas
9.	Koen	Van Niekerk	Mentoor*
10.	Vishnevskaya*	Koen	Waghorn
Points:	1+10 = 11	3+8 = 11	3+7 = 10

ROAD RUNNING

Comrades Marathon (85th)

Pietermaritzburg to Durban, 30 May

(Distance: 89.28 km. Certified point-to-point downhill course, dropping from 670 m to sea level, but very hilly. Highest point: 870 m. All runners RSA unless indicated otherwise.)

MEN

1. Stephen Muzhingi (ZIM) 5:29:01 R250 000
2. Ludwick Mamabolo 5:35:29 R120 000 + R125 000*
3. Sergio Motsoeneng 5:35:58 R90 000
4. Bongmusa Mthembu 5:37:49 R45 000
5. Fanie Matshipa 5:39:53 R35 000
6. Fusi Nhlapo 5:40:26 R20 000
7. Claude Moshinywa 5:43:04 R18 000
8. Petros Sosibo 5:45:58 R16 000
9. Peter Molapo 5:46:19 R14 000
10. Leboka Noto (LES) 5:48:45 R12 000
11. Peter Muthubi 5:49:10; 12. Prodigal Khumalo (ZIM) 5:50:54; 13. Clement Nkosi 5:51:07; 14. Vladimir Kotov (BLR) 5:51:38; 15. Sipho Dlamini 5:52:01; 16. Gift Kelehe 5:53:38; 17. Sandile Makhaye 5:54:33; 18. Mkhonzeni Basi 5:55:19; 19. Eric Sigxashe 5:55:35; 20. Jabulani Mabaso 5:56:51; 21. Godfrey Sesenyamotse 5:57:14; 22. Grigory Murzin (RUS) 5:59:08; 23. Samuel Bolo 5:59:30; 24. Ian Sharman 6:01:13; 25. Eric Ngubane 6:01:58; 26. Michael Wardian 6:02:36; 27. Tumi Malwfetsane 6:03:53; 28. Frans Chauke 6:04:00; 29. Harmans Mokgadi 6:04:17; 30. Abram Hugo 6:04:27; 31. Vusi Sokhela 6:05:50; 32. Emerson Kayana 6:06:09; 33. Zwelithini Vaphi 6:08:35; 34. Lucas Nonyana 6:09:31; 35. Elias Mabane 6:09:57; 36. Greg Barnes 6:10:03; 37. Enoch Ngubane 6:10:06; 38. Victor Ngubelanga 6:10:11; 39. Alfred Mathobo 6:10:57; 40. Philane Memela 6:11:51; 41. Nic de Beer 6:12:12; 42. Thabo Nkuna 6:12:21; 43. Piet Jacobs 6:12:22; 44. Lindokuhle Mdlovu 6:12:36; 45. Luzuko Mdeliswa 6:12:38; 46. Judas Morethe 6:13:06; 47. Patrick Kanyane 6:13:17; 48. Martin Matthews 6:13:38; 49. William Mokwalakwala 6:14:14; 50. Thabang Sekantsi 6:14:18; 51. Sphiwe Xolo 6:15:08; 52. Bongani Msimango 6:15:08; 53. Jeffrey Chabalala 6:16:29; 54. Jacob Mazibuko 6:16:34; 55. Nicholas Mjadu 6:16:41; 56. Abdul Mlanse 6:16:54; 57. Moeketsi Malaka 6:16:58; 58. Arthur Beeming 6:17:08; 59. Mthokozisi Mbokombela 6:18:40; 60. Bongani Mthembu 6:21:00; 61. Peter Lekuba 6:21:44; 62. Sakhile Gcwensa 6:22:03; 63. Charles Tjiane 6:22:16; 64. Edwin Manyokole 6:22:25; 65. Lovemore Chabata 6:23:34; 66. Sithembiso Masikane 6:23:51; 67. Sibusiso Rambuzi 6:23:53; 68. Reginald Ngobese 6:24:02; 69. Glyn Rynhoud 6:24:36; 70. Syabonga Ndlovu 6:25:17; 71. Ben de Klerk 6:26:03; 72. Senzo Miya 6:26:03; 73. Bonginkosi Nolutlazana 6:26:52; 74. Kali Kotelo 6:27:28; 75. Nkosinathi Mthembu 6:28:04; 76. Zabari Janos 6:28:11; 77. Nkosinathi Ngongo 6:29:38; 78. Latudi Makofane 6:29:38; 79. Trevor Toerien 6:29:58; 80. Petrus Moeletsane 6:30:37; 81. Johannes Tefo 6:30:57; 82. Sanele Sibisi 6:31:05; 83. Riaan Kock 6:31:18; 84. Cephas Ncube 6:31:37; 85. Bethuel Mlambo 6:32:13; 86. Kgotso Thamae 6:32:26; 87. December Masilela 6:32:57; 88. Judas Ntuli 6:33:20; 89. White Modisenyane 6:33:30; 90. Jappie Khotle 6:33:31; 91. Stanley Makhamba 6:34:08; 92. Joseph Maerman 6:34:19; 93. Eloi de Oliveira 6:34:33; 94. Patrick Mukwevho 6:34:51; 95. Sibongile Madinana 6:34:55; 96. Sifundo Dlamini 6:35:06; 97. Kipkoeh Chirchir (KEN) 6:35:17; 98. Gregory Bishop 6:35:25; 99. Letlatsa Ntsitsi 6:35:40; 100. Mandla Mbili 6:35:49; ... 177. Josh Cox (USA) 6:51:29; ... 2329. Wellington Chidodo (ZIM) 8:52:45

DNF: Marco Mambo (ZIM), Mncedisi Mkhize, Sipho Ngomane, Michael Ngaseke (ZIM), Samuel Pazanga (ZIM), Bethuel Netshishefhe, Jaroslaw Janicki (POL), Butiki Jantjies, Collen Makaza (ZIM)

*) Incentive for first South African finisher

40-49:

1. Petros Sosibo 5:45:58 R8 000
2. Grigoiy Murzin (RUS) 5:59:08 R4 000
3. Elias Mabane 6:09:57 R2 000

50-59:

1. Vladimir Kotov (BLR) 5:51:38 R3 500
2. Eloi de Oliveira 6:34:33 R2 500
3. Aubrey Watson 6:40:56 R1 500

60+:

1. Jan Meyer 8:04:01 R3 000
2. Freddy Kashiri (ZIM) 8:04:59 R2 000
3. Robert Edouard-Betsy 8:06:52 R1 000

WOMEN

1. Elena Nurgalieva (RUS) 6:13:04 R250 000
2. Olesya Nurgalieva (RUS) 6:13:05 R120 000
3. Marina Myshlyanova (RUS) 6:26:03 R90 000
4. Kami Semick (USA) 6:32:55 R45 000
5. Farwa Mentoor 6:38:41 R35 000 + R125 000*
6. Elizabeth Hawker (GBR) 6:39:43 R20 000
7. Irina Vishnevskaya (RUS) 6:44:27 R18 000
8. Lindsay van Aswegen 6:46:52 R16 000
9. Adinda Kruger 6:51:15 R14 000
10. Anna Pichrtova (CZE) 6:51:34 R12 000
11. Lesley Train 6:53:07; 12. Davera Magson 6:59:30; 13. Melanie van Rooyen 7:01:54;
14. Jane Mudau 7:04:17; 15. Julianie Basson 7:04:45; 16. Maya Lawrie 7:12:58; 17. Ann Boniwell 7:13:06; 18. Kashmira Parbhoo 7:20:16; 19. Lindy-Lee Folscher 7:23:02; 20. Nikki Kimbell 7:26:37; 21. Estie Grobler 7:26:51; 22. Joanna Thomas 7:27:09; 23. Riana van Niekerk 7:28:09; 24. Lauren Calenborne 7:31:52; 25. Marissa Potgieter 7:34:58; 26. Linah Mhlono 7:41:56; 27. Fikile Mbuthuma 7:44:00; 28. Kerry Koen 7:44:26; 29. Bronwyn Bridgeford 7:44:40; 30. Xoliswa Bici 7:46:00; 31. Salome Brits 7:47:11; 32. Michelle Mee 7:48:28; 33. Annelie van der Merwe 7:48:37; 34. Maphuti Phaka 7:49:34; 35. Angie Sadler 7:50:05; 36. Janet van Veijeren 7:50:27; 37. Christine Claasen 7:51:56; 38. Linda Smart 7:52:09; 39. Sarah Scott 7:52:36; 40. Sibongile Mpanza 7:53:08; 41. Hleziphi Ncayiyana 7:53:47; 42. Carien Visser 7:53:59; 43. Carmen Voget 7:55:03; 44. Helga Mathee 7:55:03; 45. Vanessa Zimmerman 7:55:55; 46. Caryn Dixon 7:57:23; 47. Anita O'Brien 7:57:57; 48. Lisl Grobler 7:58:10; 49. Ursula Turck 7:58:19; 50. Mari Bruwer 7:59:05; ... 53. Berdine Smit 8:03:35; ... 66. Lelanie van Zyl 8:14:03; ... 72. Allison Jordaan 8:19:24

DNF: Belinda Waghorn

*) Incentive for first South African finisher

40-49:

1. Marina Myshlyanova (RUS) 6:26:03 R8 000
2. Kami Semick (USA) 6:32:55 R4 000
3. Lindsay van Aswegen 6:46:52 R2 000

50-59:

1. Angie Sadler 7:50:05 R3 500
2. Wendy Fitzmaurice 8:11:05 R2 500
3. Marie Wolmarans 8:12:43 R1 500

60+:

1. Jan Phelan 9:07:57 R3 000
2. Carrol Cronk 9:18:30 R2 000
3. Maria Bernardino 9:38:05 R1 000

ELAC 10 km

(Border Championships)

East London, 22 May

(Point-to-point downhill course. Finishers: 258.)

MEN

1	Lungile	Gongqa	31	Missiles AC	30:09
2	Mluleki	Nobanda	40	Mr. Price Transkei	30:34
3	Mzuvelile	Hlanti*	29	Nxarhuni	31:21
4	L	Hlazo	16	Siyanda AC	31:31
5	X	Ngcebetsha	18	Siyanda AC	32:58
6	Z	Mbinyashe	22	BAC	32:58
7	S	Mateza	17	Mr. Price	33:12
8	M	Masumpa	44	Oxford Striders	33:18
9	Z	Mcotheli	17	Siyanda AC	33:22
10	X	Nonape	27	United AC	33:48

40-49:

1	Mluleki	Nobanda	Mr. Price Transkei	30:34
2	Makaya	Masumpa	Oxford Striders	33:18

50-59:

1	Themba	Bhelwana	Oxford Striders	37:12
2	Patrick	Elson	Gonubie Harriers	48:28

60+:

1	Arthur	Brindley	Bufs	44:47
2	Neville	Burton	ELAC	46:11

Juniors:

1	Luyanda	Hlaso	Siyanda AC	31:31
2	Xolela	Ngcebetsha	Siyanda AC	32:58

WOMEN

1	Bathobele	Hlaxo	16	Siyanda AC	39:50
2	Sharon	Wood*	43	ELAC	40:22
3	Xoliswa	Bici	30	Nedbank	41:24
4	C	Kennedy	36	Old Boys	42:34
5	S	Gquzula	15	Siyanda AC	43:54
6	U	Steenberg-Botha	30	Oxford Striders	43:59
7	N	Soqhaga	35	Siyanda AC	46:40
8	J	Newey	29	Bufs	48:37
9	D	Hensburg	51	Bufs	49:38
10	S	Degersigny	29		50:13

40-49:

1	Sharon	Wood	ELAC	40:22
2	Maryna	Coetzee	Oxford Striders	54:27

50-59:

1	Diane	Hensberg	Bufs	49:38
2	Gail	Knox	Old Selbornian	64:06

Juniors:

1	Bathobele	Hlazo	Siyanda AC	39:50
2	Sihle	Gquzula	Siyanda AC	43:35

*) Border champions

CROSS-COUNTRY**EP League Meeting (3rd)**

Uitenhage, 29 May

MEN**12 km:**

1	Rodney	Prins	Mr Price AC EP	21	37:49
2	Bulelini	Niwa	PEAAC	24	40:34
3	Ricardo	Plaatjies	Elite AC	27	40:38
4	Sylvester	Honnie	Mr Price AC EP	24	42:50
5	Xolisa	Kula	Nedbank RC EP	19	44:32
6	Willie	Ensel	Nedbank RC EP	33	45:11
7	Maliviwe	Ngamntwini	Triangle Sports	23	46:00
8	Thando	Rwexana	Nedbank RC EP	23	48:44
9	Johannes	Arries	Nedbank RC EP	36	54:16
10	Malungisa	Olayi	PEAAC	31	55:22

4 km:

1	Xola	Bongoza	Mr Price AC EP	18	12:31
2	Zolani	Mabongo	Mr Price AC EP	23	12:52
3	Robert	Matthys	Mr Price PE	34	13:04
4	Bulelini	Niwa	PEAAC	24	13:38
5	Antonio	Seconds	Nedbank RC	30	13:44
6	Thembisile	Bashe	Mr Price PE	32	13:54
7	Thembinkosi	Hambiyani	Nedbank RC EP	38	15:56
8	Samora	Mzalazala	No Club	27	16:02
9	De Wet	Williams	Muirite Striders	48	17:15

40-49 (8 km):

1	Hans	Jacobs	Nedbank RC	41	29:40
2	Neil	De Meillon	New Blance	47	31:05
3	Bafumane	Nyanga	Mr Price AC EP	49	33:19

50-59 (8 km):

1	Chris	Terblanche	Achilles AAA	54	34:24
2	Bruce	Mcewan	Achilles AAA	56	35:43
3	Tony	Boardman	Achilles AAA	51	37:07

60+ (6 km):

1	Percy	Dalton	Achilles AAA	61	27:22
2	Graham	Channon	Achilles AAA	60	29:02
3	Bob	Stedman	Achilles AAA	60	33:43

U. 21 (4 km):

1	Lubabalo	Mdlungwane	PEAAC	16	13:01
2	Conrad	Charles	Malabar	20	13:46
3	Juwayne	Fletcher	Mr Price AC EP	18	13:52

Juniors (8 km):

1	Xola	Bongoza	Mr Price EP	18	26:47
2	Lolwethu	Mbityi	PEAAC	19	28:07
3	Vernon	Booyse	Absa NMMU	18	28:42

WOMEN**8 km:**

1	Deliwe	Nyanga	Nedbank RC EP	21	30:42
2	Liandre	Pretorius	Nedbank RC EP	30	33:33
3	Ursula	Kuhn	Absa NMMU	28	33:51
4	Noxolo	Marks	Mr Price PE	24	40:00
5	Gail	Klichowicz	Achilles AAA	43	41:16

6	Erika	Hayward	Muirite Striders	32	51:29
7	Neediswa	Qunta	Temp	32	1:09:19

4 km:

1	Ntombesintu	Mfunzi	Mr Price AC EP	28	14:10
2	Deliwe	Nyanga	Nedbank RC EP	21	15:01
3	Annica	Coetzee	Absa NMMU	18	16:07
4	Ursula	Kuhn	Absa NMMU	28	16:57
5	Asanda	Solani	Nedbank RC EP	26	17:14
6	Melanie	Muller	Bluewater Bay	27	17:43
7	Natascha	De Villiers	Absa NMMU	21	18:17
8	Claudea	Coetzee	Absa NMMU	20	20:05

40-49 (4 km):

1	Paulette	Mcewan	Achilles AAA	45	19:53
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U.21 (4 km):

1	Junaida	Pieters	Absa NMMU	20	17:37
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Juniors (6 km):

1	Leahana	Jooste	John Walton	18	18:30
2	Anita	Ndiki	Nedbank RC EP	18	28:32

WP League Meeting (3rd)

Elfindale, 23 May

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

MEN**12 km:**

1	Lusaseni Tom	Adidas	38:21
2	Qhina Mtandazo	Adidas	38:41
3	Camphor Hein	Adidas	38:54
4	Tebello Poni	ACSIS VOB	38:55
5	Bailey Michael	Celtic Harriers	39:08
6	Mpekula Marks	ACSIS VOB	40:08
7	Zuzani Shaun	Atlantic	40:15
8	Nogwaza Innocent	Adidas	40:41
9	Mapoyi Luyanda	Khayelitsha	40:56
10	Pangalele Mandla	RCS Gugs	41:18

4 km:

1	Ngudlumana Virginia	Celtic Harriers	12:25
2	Bonga Siphiwa	Celtic Harriers	12:29
3	Faro Fabian	MP Titans	12:32
4	Wildskut Riaan	Atlantic	12:33
5	Abrahams JP	Adidas	12:55
6	Petoors Jessie	Eerste River	13:03
7	Tshewula Bongile	Easterns	13:11
8	Collins Jonathan	Easterns	13:13
9	Valashiya Sibusiso	Atlantic	13:16
10	Bok Collin	Eerste River	13:18

40-49 (8 km):

1	Persents Johnny	Adidas	27:26
2	Philander Tobias	Adidas	27:59
3	Jacobs Barend	Celtic Harriers	28:26

50-59 (8 km):

1	Howard Raymond	Celtic Harriers	28:49
2	Isaacs Kevin	Celtic Harriers	29:04
3	Paul Julian	Defence WP	29:33

60+ (8 km):

1	Veldsman Awie	Helderberg Harriers	30:46
2	Tribe Geoff	Pinelands	33:05
3	Cleophas Henry	Nedbank	36:52

Juniors (8km):

1	Nteta Unathi	Atlantic	26:09
2	Mdzanga Luxolo	RCS Gugs	26:11
3	Andreas Jeromy	UWC	26:15

WOMEN**8 km:**

1	Xiniwe Zintle	Mr Price	29:56
2	Mtshagi Bulelwa	Celtic Harriers	30:16
3	Seti Nomvuyisi	Mr Price	31:51
4	De Bruin René	Defence WP	32:01
5	De Lange Sheryl	Adidas	32:46
6	Matiwane Busisiwe	Celtic Harriers	33:19
7	De Oliveira Colleen	NB Multisport	33:42
8	Wyert	No Club	34:44
9	Williams Viv	Adidas	36:15
10	Brand Monice	Adidas	37:21

4 km:

1	Oosthuizen Natasha	Adidas	15:17
2	Perold Helene	Adidas	16:21
3	Theron Gerda-Marié	Tygerberg NLK	16:34
4	Hanekom Linda	Adidas	17:14
5	du Bruyn Millie-Marié	Tygerberg NLK	17:41
6	Almendro Annika	Bellville	18:18
7	Teleko Monyane	No Club	18:25
8	Johannes Tyshia	RCS Gugs	19:39
9	Truter Vanessa	Helderberg Harriers	20:07
10	Nkhola Patience	Khayelitsha	20:27

40-49 (8 km):

1	De Lange Sheryl	Adidas	15:41
2	Coetzee Elmarie	Adidas	15:53
3	Brink Ester	Strand	16:06

50-59 (8 km):

1	Howard Olga	Celtic Harriers	16:23
2	Cupido Charmaine	Nedbank	18:36
3	Johannes Denise	Spartan Harriers	19:41

60+ (8 km):

1	Sparg Pixie	Celtic Harriers	20:37
2	Barnard Zonia	Celtic Harriers	22:01
3	James Marlene	Pinelands	23:43

Juniors (8km):

1	Skabalanjana Asiphe	RCS Gugs	25:15
2	Malan Heleen	Paarl	26:55
3	Dayimani Asanda	Atlantic	28:22

EP League Meeting (2nd)
Varsvlei (Port Elizabeth), 22 May

MEN

12 km:

1	Rodney	Prins	Mr Price AC EP	21	37:10
2	Bulelini	Niwa	PEAAC	24	37:53
3	Mzolisi	Makhanda	Nedbank RC	27	38:01
4	Khayaletu	Makalima	Mr Price AC EP	26	39:18
5	Vuso	Nkonzo	Mr Price PE	25	39:32
6	Sylvester	Honnie	Mr Price PE	24	39:40
7	Ricardo	Plaatjies	Elite AC	27	39:44
8	Zandisile	Mpisane	Mr Price AC EP	26	40:01
9	Zamubuntu	Teyise	Triangle Sports	33	41:05
10	Elliot	Nyarashe	PEAAC	31	43:32

4 km:

1	Robert	Matthys	Mr Price PE	34	12:42
2	Maliviwe	Ngamntwini	Triangle Sports	23	12:44
3	Damien	Catherine	Absa NMMU	31	15:18

40-49 (8 km):

1	Luvuyo	Stephen	Nedbank RC EP	40	27:19
2	John	Rafani	Mr Price AC EP	43	28:18
3	Mutekile	Rasmeni	Triangle Sports	45	28:44

50-59 (8 km):

1	Sidwel	Roboshi	Nedbank RC EP	50	29:42
2	Joseph	Bain	St Albans CSEP	50	30:51
3	Sizinzo	Kama	Achilles AAA	58	31:03

60+ (6 km):

1	Errol	Rossouw	PEAAC	60	26:05
2	Percy	Dalton	Achilles AAA	61	26:54
3	David	Uithaler	Willard Batteries	64	30:29

U.21 (4 km)

1	Zolani	Ngqaqa	Mr Price AC EP	21	12:04
2	Melikhaya	Frans	Nedbank RC EP	18	12:15
3	Lubabaloo	Mdlungwane	PEAAC	16	12:25

U.19 (8 km)

1	Xola	Bongoza	Mr Price	18	25:38
2	Juwayne	Fletcher	Mr Price	18	26:22
3	Vernon	Booyse	Absa NMMU	18	27:25

WOMEN

8 km:

1	Ntombesintu	Mfunzi	Mr Price AC EP	28	29:05
2	Deliwe	Nyanga	Nedbank RC EP	21	29:36
3	Ursula	Kuhn	Absa NMMU	28	33:26
4	Lizette	Sydien	Elite AC	23	34:53
5	Noxolo	Marks	Mr Price PE	24	35:22

4 km:

1	Ntombesintu	Mfunzi	Mr Price AC EP	28	13:44
2	Deliwe	Nyanga	Nedbank RC EP	21	14:13
3	Thabisa	Mayedwa	Nedbank RC	24	15:39
4	Asanda	Solani	Nedbank RC EP	26	16:03
5	Annica	Coetzee	Absa NMMU	18	16:07
6	Natascha	De Villiers	Absa NMMU	21	16:41

7	Melanie	Muller	Bluewater Bay	27	16:52
8	Noxolo	Marks	Mr Price PE	24	17:23
9	Claudea	Coetzee	Absa NMMU	20	18:57
10	Whitivity	Kubashe	Nedbank	48	19:11

40-49 (4 km):

1	Treloar	Childs	Walmer Ac	46	18:24
2	Paulette	Mcewan	Achilles AAA	45	19:09
3	Whitivity	Kubashe	Nedbank	48	19:28

50-59 (4 km):

1	Julie	Taunton	Crusaders AC	50	38:01
2	Liz	Austin	Achilles AAA	51	44:45

60+ (4 km):

1	Isabella	Childs	Walmer	68	33:43
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U.19 (6 km)

1	Anita	Ndiki	Nedbank RC EP	18	25:36
2	Cheri	Rademeyer	Absa NMMU	19	28:37
3	Carmen	Saayman	High Schools	18	34:28

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.

TRACK**Southern Region Youth Championships**

Gaborone, 22-23 May

Note: It is uncertain which events were on which days, but it is suspected that the men's 1000 m and the women's 3000 m were on the first day. Apparently there were no 800 m races. – Ed.

MEN**1000:**

1	Amos	Nigel	BOT	2:26.92
2	Harry	Mulenga	ZAM	2:27.86
3	Cephas	Nyimbili	ZAM	2:28.50

3000:

1	Harry	Mulenga	ZAM	8:24.65
2	Amos	Nigel	BOT	8:33.93
3	Trymore	Ngwenya	ZIM	8:35.06

WOMEN**1000:**

1	Thato	Makhafola	RSA	2:51.54
2	Gira	Carstens	RSA	2:51.99
3	Winnie	George	BOT	2:54.12

3000:

1	Zhou	Sithulisiwe	ZIM	9:47.97
2	Mpho	Moeti	LES	9:48.72
3	Ndapandula	Nghinaunye	NAM	9:48.77

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 HALF MARATHON: TOP 10 WOMEN

1:12:39	René Kalmer	1	Cape Town	03 Apr
1:12:55	Irvette van Blerk	2	Cape Town	03 Apr
1:16:19	Tanith Maxwell	3	Cape Town	03 Apr
1:16:30	Ntombesintu Mfunzi	1	Port Elizabeth	08 May
1:17:36	Van Blerk-2	1	Benoni	31 Jan
1:18:07	Kalmer-2	1	Johannesburg	25 Apr
1:18:45	Louisa Leballo	1	Pretoria	06 Feb
1:19:36	Cornelia Joubert	1	Benoni	11 Apr
1:19:49	Van Blerk-3	3	Richards Bay	17 Apr
1:20:04	Marelize Retief	8	Cape Town	03 Apr
1:20:09	Deliwe Nyanga	2	Port Elizabeth	08 May
1:20:31	Danielle Adlam	1	Pietermaritzburg	28 Feb
1:21:19	Adinda Kruger	3	Hartbeespoort	20 Mar

THIS MONTH IN HISTORY

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

50 years ago: 22 May 1960

John J. Kelley (USA) won his 3rd (of eight consecutive) titles at New York's Yonkers Marathon that also served as the national championship, clocking 2:20:13.6. Ultra distance pioneer Ted Corbitt (USA) was 7th in 2:36:07, while noted author Hal Higdon (USA) finished 27th in 2:59:00. Ten years before, on 21 May 1950, Kelley's namesake Johnny A. Kelley (USA) had won the last of his three titles at Yonkers (also his third national title) in 2:45:55.3.

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)		

	58:23	Zersenay Tadese (ERI) 2010		
25 km	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:45	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	30:34a	Mluleki Nobanda	East London	22 May
	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		

Masters (50+)

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				

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	1:47:41	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				

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	67:40	Melikhaya Frans	Port Elizabeth	08 May

59:16 Samuel Wanjiru (KEN) 2005

WOMEN

Open

10 km	33:25	René Kalmer	Bellville	18 Apr
	32:50	Shino Saito (JPN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:31	Zintle Xiniwe	Constantia	13 Mar
	51:05a	Janet Cherobon (KEN)		
	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
	79:53	Mary Keitany (KEN) 2010		
30 km	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:34:24	Tanith Maxwell	London	25 Apr
	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	82:33	Michelle Bartman	Brackenfell	15 May
	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				
<u>Juniors</u>				
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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