

Distance Running Results

Vol. 10, No. 22 – 7 June 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.

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Publisher: Riël Hauman

EDITORIAL

The Western Province 10 km Championships this weekend saw a brilliant run by Vladimir Kotov, just six days after his superb performance in the Comrades ultramarathon. He missed his provincial record for masters, set in March, by 6 seconds. Luketz Swartbooi, who finished second to Mark Plaatjes in the 1993 World Championships Marathon and is now 44, won the race easily in 29:26. In the women's race Dominique Scott, South African junior champion over both 1500 m and 3000 m, ran more than a minute faster than her personal best, finishing second with a new junior list leader. Mother Renée (47) was 18th in 42:07. Since women's winner Nolene Conrad is registered with a CGA club, Dominique won the Western Province title, as did Nkosinathi Madyo in the men's race.

Peter van der Westhuizen clocked an impressive PB in the famous dream mile at the ExxonMobil Bislett Games in Oslo, finishing eighth in 3:54.90 and moving up to ninth spot on the SA all-time list. Eleven men ducked under four minutes, led by Olympic champion Asbel Kiprop's world-leading 3:49.56.

In Rabat Ruben Ramolefi was fifth in the steeplechase (8:18.26), while René Kalmer ran her second-best 1500 of the year (4:10.60) to finish ninth.

Two SA marathoners competed overseas: Hendrick Ramaala was seventh in San Diego (2:14:45) and Johannes Kekana second in Stockholm (2:16:09).

Also internationally, Chris Solinsky remains on a roll. The American, who recently became the US record holder for 10000 m in his debut, ran 12:56.66 for 5000 m in Oslo – the first non-African born runner to break through both the 27-minute barrier in the 10000 m and the 13-minute barrier in the 5000 m. Twenty runners born on the continent have turned the trick already, although not all of them represented an African country when they did so. Ten men in Oslo cracked 13 minutes, a record for one race.

While most of the limelight directed on international runners in the Comrades went to Josh Cox, another US runner actually did far better than the highly rated Cox. Michael Wardian (36) finished 26th in 6:02:36 – almost 49 minutes ahead of Cox! Wardian won the US 50 km title for the third time in a row in March, missing his course and championship record of 2:55:05 by 45 seconds. Wardian is a prolific marathoner – he has already packed in nine marathons this year (winning three), the last one just 14 days before the Comrades. In 2009 he ran ten marathons, with a best of 2:21:09, in 2008 he completed fourteen and in 2007 thirteen! (The Comrades does not indicate nationality in its results, so Wardian was not picked up by DRR.)

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Your Fast & Flat 10 km, Bellville
- * Pick 'n Pay Rotary 10 km, Pretoria
- * George Habelgaarn Memorial 10 km, Mossel Bay
- * XC: EP League Meeting, Port Elizabeth; WP League Meeting, Bellville; SWD League Meeting, George

International highlights:

- * Rock 'n' Roll Marathon, San Diego, USA
- * Freihofer's Run for Women 5 km, Albany, USA
- * Stockholm Marathon, Stockholm, SWE
- * Bupa London 10000, London, GBR
- * Dick's Sporting Goods Bolder BOULDER 10 km, Boulder, USA
- * Österreichischer Frauenlauf, Vienna, AUT
- * Scalata al Castello, Arezzo, ITA
- * MDS Nordion 10 km, Ottawa, CAN
- * Track: Meeting International Mohammed VI, Rabat, MAR; European Cup 10000 m, Marseille, FRA; Sparkassen-Gala, Regensburg, GER; ExxonMobil Bislett Games, Oslo, NOR; FBK-Games, Hengelo, NED; Brazzaville CAA, Brazzaville, CGO; Zlata Tetra - Golden Spike, Ostrava, CZE; NCAA Division I Western Preliminary Round, Austin, USA; Odlo Nijmegen Global Athletics, Nijmegen, NED; Internationales Pfingstmeeting 2010, Rehlingen, GER

ROAD RUNNING

Your Fast & Flat 10 km

(Western Province Championships)

Bellville, 5 June

(Certified out-and-back course)

MEN

1. Luketz Swartbooi (NAM/Ned) 29:26 (1st vet); 2. Nkosinathi Madyo (MP) 29:37; 3. Peter Tsawayo (ZIM/Gugs) 30:01; 4. Tom Lusaseni (Adid) 30:33; 5. Virgina Ngudlumana (Celtic) 30:45; 6. Luxolo Mdzanga (Gugs) 30:51 (1st jun); 7. Hein Camphor (Adid) 30:52; 8. Pieter Koopman (MP) 30:53; 9. Jeromy Andreas (UWC) 30:55; 10. Victor Msopi (VOB) 31:11; 11. Tsungai Mwanengeni (ZIM/Khay) 31:15; 12. Nande Qamgwane (Khay) 31:18; 13. Mthandazo Qhina (Adid) 31:21; 14. Fabian Faro (MPT) 31:27; 15. Barry-John Pienaar (Bell) 31:36; 16. Akhona Makila (VOB) 31:42; 17. J.P. Abrahams (Adid) 31:45; 18. Marks Mpekula (VOB) 31:46; 19. Zolani Matshoba (Celtic) 31:52; 20. Vladimir Kotov (BLR/Cent) 31:53 (1st mast); 21. Yondisa Kasani (Gugs) 31:53; 22. Thandeka Gqamana (SANDF) 31:59; 23. Nkosinathi Sotyantya (Celtic) 32:06; 24. Luyanda Mapoyi (Khay) 32:08; 25. Asive Njexa (Khay) 32:23; 26. Shaun Zuzani (AAC) 32:23; 27. Sihle Mapukata (MP) 32:29; 28. Gcobani Mndi (Gugs) 32:30; 29. Riaan Wildskut (ATC) 32:33; 30. Bongile Tshewula (East) 32:33.

Veterans: 1. Luketz Swartbooi (NAM/Ned) 29:26; 2. John September (Celtic) 33:14; 3. Johnny Persents (Adid) 33:30. **Masters:** 1. Vladimir Kotov (BLR/Cent) 31:53; 2. Raymond Howard (Celtic) 34:53; 3. Stephen Parkins (Met) 36:45. **G'masters:** 1. Awie Veldsman (Held) 37:58; 2. Albertus Bock (Adid) 38:25; 3. Jimmy Morris (Forest) 39:19. **Juniors:** 1. Luxolo Mdzanga (Gugs) 30:51; 2. Jeromy Andreas (UWC) 30:55; 3. Nande Qamgwane (Khay) 31:18.

WOMEN

1. Nolene Conrad (UJ) 34:17; 2. Dominique Scott (Adid) 34:28 (1st jun); 3. Anneline Roffey (Adid) 35:45; 4. Nomvuyisi Seti (MP) 35:59; 5. Mia Pienaar (Maties) 37:23; 6. Elmarie Coetzee (Adid) 37:45 (1st vet); 7. Ulrica Stander (NBMC) 38:20; 8. Natasha Oosthuizen

(Adid) 38:29; 9. René de Bruin (SANDF) 38:32; 10. Ursula Frans (Adid) 38:36; 11. Busisiwe Matiwane (Celtic) 38:48; 12. Kim Ground (Celtic) 39:33; 13. Ronel Natrass (Adid) 40:33; 14. Andrea Pretorius (NBMC) 40:34; 15. Olga Howard (Celtic) 40:48 (1st mast); 16. Patricia Adams (Met) 41:44; 17. Tania Kapp (VOB) 41:45; 18. Renée Scott (Adid) 42:07; 19. Nancy Will (Pine) 42:40; 20. Esmé Koopman (Durb) 42:56.

Veterans: 1. Elmarie Coetzee (Adid) 37:45; 2. Ursula Frans (Adid) 38:36; 3. Tania Kapp (VOB) 41:45. **Masters:** 1. Olga Howard (Celtic) 40:48; 2. Nancy Will (Pine) 42:40; 3. Charmaine Cupido (Ned) 43:18. **G'masters:** 1. Marietha Herbert (Bell) 47:28; 2. Pixie Sparg (Celtic) 50:34; 3. Zonia Barnard (Celtic) 53:05. **Juniors:** 1. Dominique Scott (Adid) 34:28; 2. Lusanda Mesilane (Khay) 44:02; 3. Amy Abrahams (Eerste) 44:18.

Pick 'n Pay Rotary 10 km

Pretoria, 5 June

MEN

1 Herman Muldner (Love Running) 35:48 (1st vet); 2 Altus Badenhorst (Tuks) 36:42; 3 Corne vd Schyff (Temp) 37:01.

Veterans: 1 Herman Muldner (Love Running) 35:48. **Masters:** 1 Colin Fischer (CSIR) 39:29. **G'masters:** 1 Mike de Bruto 9Irene) 40:26. **G/g'masters:** 1 Ken Nurden (Agape) 46:10. **Juniors:** 1 Corne vd Schyff (Temp) 37:01.

WOMEN

1 Myrette Filmater (Tuks) 36:42; 2 Charné Bosman (Mr Price) 39:44; 3 Ansie Viljoen (Irene) 40:26 (1st vet).

Veterans: 1 Ansie Viljoen (Irene) 40:26. **Masters:** 1 Linda Potgieter (Magnolia) 48:22. **G'masters:** 1 Chanel Stegman (PMK) 62:26. **G/g'masters:** 1 Mavis Stadler (Agape) 60:37. **Juniors:** 1 Anika Stols (Centurion H/Skool) 43:21.

George Habelgaarn Memorial 10 km

Mossel Bay, 15 May

(Loop course. Finishers: 119.)

MEN

1	Luwayne Duitsjan	Hartenbos Drawwers	23	32:12
2	Gerome Gelderbloem	M/B Harriers	34	32:24
3	Fana Principal	Rainbow	41	32:31
4	Frans Malgas	Knysna Marathon Club	20	33:11
5	Vuyo Witbooi			33:20
6	Sinesithe Didishe	Knysna Marathon Club	18	33:38
7	Selwyn Losper	Nedbank	45	34:23
8	Franscois Juries	Nedbank	23	34:31
9	Victor Gugushe	Plet. Bay	31	35:04
10	Mayamezeli Nangu	P.H.C	38	35:08

WOMEN

1	Elsa de Villiers	Hartenbos Drawwers	50	46:02
2	Ane Kruger	Beaufort-Wes	16	46:15
3	Rome Phillipson	M/Harriers	28	46:28
4	Maryke Sass	M/Harriers	39	46:33
5	Rea Oosthuizen	Hartenbos Drawwers	64	47:47
6	Sanjo Jenkins	Eden AC	16	47:55
7	Christa Smit	Hartenbos Drawwers	42	48:13

8	Salomie Coetsee	Eden AC	41	48:31
9	Cristel Jacobs	Hartenbos Drawwers	45	49:51
10	Marlize Jason	Hartenbos Drawwers	34	51:36

CROSS-COUNTRY

EP League Meeting (4th)

St Albans Prison, Port Elizabeth, 5 June

MEN

12 km:

1	George	Ntshiliza	Nedbank RC EC	30	38:48
2	Zolani	Ngqaqa	Mr Price AC EP	21	39:36
3	Bulelini	Niwa	PEAAC	24	39:43
4	Melikhaya	Frans	Nedbank RC EP	18	43:42
5	Willie	Ensel	Nedbank RC EP	33	44:48
6	Johannes	Arries	Nedbank RC EP	36	45:13
7	Samkelo	Sinyongo	Nedbank RC EP	28	51:05

4 km:

1	Rodney	Prins	Mr Price AC EP	21	12:12
2	Zolani	Mabongo	Mr Price AC EP	23	12:46
3	Amos	Nyongo	Aspen Pharmacare	23	13:06
4	Robert	Matthys	Mr Price AC EP	34	13:07
5	Thembisile	Bashe	Mr Price AC EP	32	13:20
6	Antonio	Seconds	Nedbank RC EP	30	13:25
7	Mervyn	Johnson	Willard Batteries	36	14:32
8	Banele	Mngcitha	Absa NMMU	22	15:04
9	Samora	Mzalazala	No Club	27	15:24
10	Mongezi	Foley	Nedbank RC EP	34	16:04

40-49 (8 km):

1	Luvuyo	Stephen	Nedbank RC EP	40	28:27
2	Hans	Jacobs	Nedbank RC EP	41	29:18
3	Neil	De Meillon	New Blance	47	30:43

50-59 (8 km):

1	Joseph	Bain	St Albans CSEP	50	32:52
2	Bruce	Mcewan	Achilles AAA	56	35:17
3	Graham	Nell	Achilles AAA	59	43:07

60+ (6 km):

1	Tamsanqa	Jusayi	Mr Price AC EP	68	24:04
2	Percy	Dalton	Achilles AAA	61	27:38
3	Gerald	Hoxley	Achilles AAA	69	32:46

U.21 (4 km):

1	Melikhaya	Frans	Nedbank RC EP	18	12:38
2	Mariano	Eesou	Nedbank RC EP	18	12:52
3	Lubabaloo	Mdlungwane	PEAAC	16	13:08

Juniors (8 km):

1	Juwayne	Fletcher	Mr Price AC EP	18	29:16
2	Wenzel	Kemp	Brandwag High	19	30:04
3	Craig	Gouws	Mccarthy High	18	32:07

WOMEN

8 km:

1	Ntombesintu	Mfunzi	Mr Price AC EP	28	29:18
2	Deliwe	Nyanga	Nedbank RC EP	21	30:14

3	Liandre	Pretorius	Nedbank RC EP	30	33:52
4	Ursula	Kuhn	Absa NMMU	28	34:06
5	Zoleka	Dondashe	Nedbank RC EP	24	35:00
6	Asanda	Solani	Nedbank RC EP	26	36:00
7	Grizelda	Pietersen	Achilles AAA	41	36:10
8	Noxolo	Marks	Mr Price PE	24	36:52
9	Lesley	Maggott	Achilles AAA	42	43:58
10	Liz	Austin	Achilles AAA	51	43:58

4 km:

1	Deliwe	Nyanga	Nedbank RC EP	21	14:33
2	Thabisa	Mayedwa	Nedbank RC EP	23	15:48
3	Natascha	De Villiers	Absa NMMU	21	16:48
4	Melanie	Muller	Bluewater Bay	27	17:04
5	Ursula	Kuhn	Absa NMMU	28	17:05
6	Asanda	Solani	Nedbank RC EP	26	18:42

40-49 (4 km):

1	Paulette	McEwan	Achilles AAA	45	19:19
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60+ (4 km):

1	Liz	Grundlingh	Muirite Striders	63	20:33
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U.21 (4 km):

1	Annica	Coetzee	Absa NMMU	18	16:06
2	Junaida	Pieters	Absa NMMU	20	17:00
3	Claudea	Coetzee	Absa NMMU	20	19:31

Juniors (4 km):

1	Leahana	Jooste	John Walton	18	18:06
2	Anita	Ndiki	Nedbank RC EP	18	27:07

WP League Meeting (4th)

Bellville, 29 May

Note: The athletes' names are in the order of surname followed by first name. – Ed.**MEN****12 km:**

1	Diko Sityhilo	Nedbank CGA	30:21
2	Lusaseni Tom	Adidas	37:03
3	Qhina Mtandazo	Adidas	37:06
4	Zuzani Shaun	Atlantic	37:15
5	Camphor Hein	Adidas	37:34
6	Pienaar Barry-John	Bellville	37:37
7	Nogwaza Innocent	Adidas	37:59
8	Poni Tebello	ACSIS VOB	38:09
9	Ngculana Bonisile	Atlantic	38:23
10	Roro Wanda	Adidas	38:41

4 km:

1	Ngudlumana Virginia	Celtic Harriers	12:21
2	Madyo Nkosinathi	Mr Price	12:23
3	Msopi Victor	ACSIS VOB	13:08
4	Siphiwa Siphiwa	Celtic Harriers	13:15
5	Abrahams JP	Adidas	13:18
6	Pedro Enver	CPUT	13:21
7	Petoors Jessie	Eerste River	13:26
8	Faro Fabian	MP Titans	13:27

9	Tshewula Bongile	Easterns	13:38
10	Mdutyana Nicholas	Celtic Harriers	13:41

40-49 (8 km):

1	Persents Johnny	Adidas	27:11
2	Lewis Aaron	Adidas	27:21
3	Philander Tobias	Adidas	27:22

50-59 (8 km):

1	Howard Raymond	Celtic Harriers	28:11
2	Isaacs Kevin	Celtic Harriers	28:12
3	Paul Julian	Defence WP	28:44

60+ (8 km):

1	Veldsman Awie	Helderberg Harriers	30:01
2	Bock Albertus	Adidas	30:45
3	Tribe Geoff	Pinelands	32:11

Juniors (8 km):

1	Andreas Jeromy	UWC	25:01
2	Nteta Unathi	Atlantic	25:12
3	Mdzanga Luxolo	RCS Gugs	25:22

WOMEN**8 km:**

1	Xiniwe Zintle	Mr Price	29:47
2	Seti Nomvuyisi	Mr Price	30:01
3	Mtshagi Bulelwa	Celtic Harriers	30:57
4	Roos Elzire	Bellville	31:43
5	De Lange Sheryl	Adidas	31:44
6	De Bruin René	Defence WP	32:03
7	Perold Helene	Adidas	32:05
8	Matiwane Busisiwe	Celtic Harriers	32:19
9	De Oliveira Colleen	NB Multisport	32:21
10	Wong Chrishna	UCT	33:33

4 km:

1	Oosthuizen Natasha	Adidas	15:06
2	Langeveldt Janine	Midas Spartans	15:07
3	Perold Helene	Adidas	15:41
4	Theron Gerda-Marié	Tygerberg NLK	15:43
5	Crockett Michelle	Pinelands	15:46
6	Hanekom Linda	Adidas	16:34
7	Du Bruyn Millie-Marié	Tygerberg NLK	17:22
8	Lewis L.V.	UWC	18:03
9	Manchip Genine	Maties	18:51
10	Olivier Lee-Ann	CPUT	19:51

40-49 (4 km):

1	Coetzee Elmarie	Adidas	15:36
2	De Lange Sheryl	Adidas	15:38
3	Brink Ester	Strand	16:15

50-59 (4 km):

1	Howard Olga	Celtic Harriers	16:32
2	Will Nancy	Pinelands	17:59
3	Cupido Charmaine	Nedbank	18:13

60+ (4 km):

1	Sparg Pixie	Celtic Harriers	20:22
2	Barnard Zonia	Celtic Harriers	23:04
3	James Marlene	Pinelands	23:38

Juniors (6 km):

1	Skabalanjana Asiphe	RCS Gugs	24:14
2	Beukes Reghana	Eerste River	26:33
3	Faulmann Shelley	No Club	27:06

SWD League Meeting (2nd)

George, 29 May

MEN (12 km)

1	Luwayne Duitsjan	Hartenbos Drawwers	23	38:30
2	Deister Peter	Nedbank RC	45	38:40
3	Gerome Gelderbloem	Mossel Bay Harriers	34	39:03
4	Elfonso Pieterse	Rainbow AC	21	41:14
5	Francois Juries	Nedbank RC	23	42:18
6	J du Preez	Individual	29	42:29
7	Pontius Xaluva	SWD Masters	39	44:56
8	Desmond Prins	Nedbank RC	49	46:53
9	Flippie van Rooyen	Nedbank RC	37	53:00

WOMEN (4 km)

1	Heilani Streuderst	Hartenbos Drawwers	38	16:52
2	Hazel Gerard	Hartenbos Drawwers	69	28:48

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**Rock 'n' Roll Marathon (13th)**

San Diego, USA, 6 June

(Distance: 42.195 km; certified course with approx. 3 km start/finish separation [less than 8% of the race distance] but 1.8 m/km elevation loss [not record standard])

MEN

1. Richard Limo, 29, KEN	2:09:58	\$25,000 + 2,000i
2. William Chebon Chebor, 32, KEN	2:10:15	17,500 + 2,000i
3. Nick Arciniaga, 26, Flagstaff, AZ	2:11:48	PB 10,000 + 2,000i
4. Leonard Mucheru, 31, KEN	2:12:43	7,500 + 2,000i
5. Simon Wangai, 32, KEN	2:13:04	5,000 + 1,500i
6. William Biama, KEN	2:13:25	1,500i
7. Hendrick Ramaala, 38, RSA	2:14:45	
[1:03:55 / 1:10:50]		

WOMEN

1. Yulia Gromova, 36, RUS	2:27:42	\$25,000 + 2,000i
2. Shuru Diriba, 24, ETH	2:29:12	17,500 + 2,000i
3. Serkalem Biset Abrha, 22, ETH	2:32:09	PB 10,000 + 2,000i
4. Tiki Gelana, 22, ETH	2:32:21	7,500 + 2,000i
5. Jemima Jelagat, 25, KEN	2:32:34	5,000 + 2,000i

i) Earned time incentive bonus (reserved for top-6 finishers, only)

Freihofer's Run for Women 5 km (32nd)

Albany, USA, 5 June

(Certified out-and-back course)

WOMEN (extended gun times)

1. Emily Chebet, 21, Kenya	15:11.1 CR	\$10,000
2. Edna Kiplagat, 30, Kenya	15:19.3 PB	5,000
3. Mamitu Daska, 26, Ethiopia	15:22.8 PB	3,000
4. Teyba Erkesso, 27, Ethiopia	15:35.2	2,000
5. Belainesh Gebre, 22, Ethiopia	15:43.8 PB	1,000
6. Jelliah Kerubo Tinaga, 24, Kenya	15:47.4 PB	750
7. Benita Willis, 31, Australia	15:48.2	500
8. Amane Gobena, 27, Ethiopia	15:49.1 PB	300
9. Rebecca Donaghue, 34, State College, PA	15:49.8	250
10. Elizabeth Maloy, 24, Loudonville, NY	15:52.6 PB	200
... 12. Magdalena Lewy Boulet, 36, Oakland, CA	16:17.9	
... 26. Joan Samuelson, 53, Freeport, ME	17:47.6	

Stockholm Marathon (32nd)

Stockholm, SWE, 5 June

(Distance: 42.195 km)

MEN

1. Joseph Lagat Kimeli, 1986, KEN	2:12:48 SEK	70,000 + 10,000i (=USD 9777)
2. Johannes Kekana, 1972, RSA	2:16:09	35,000
3. Jonah Kibiwott Kemboi, 1976, KEN	2:16:47	17,500
4. Hillary Kipchumba, 1985, KEN	2:16:56	8,000
5. Daniel Yego, 1979, KEN	2:19:35	5,000

i) Earned time incentive for sub-2:13

WOMEN

1. Isabellah Andersson, 1980, Hässelby SK	2:31:35 SEK	70,000 + 10,000i (=USD 9777)
2. Aberash Tesfaye, 1988, ETH	2:37:20	35,000
3. Seada Kedir, 1988, ETH	2:37:28	17,500
12. Samukeliso Moyo, 1974, ZIM	2:54:03	

i) Earned time incentive for sub-2:33

Bupa London 10000 (3rd)

London, GBR, 31 May

(Distance: 10 km; certified one-loop course)

MEN (gun times)

1. Mo Farah, GBR	27:44 CR/NR
2. Micah Kogo, KEN	27:49
3. Chris Thompson, GBR	28:17

WOMEN (gun times)

1. Mary Keitany, KEN	31:06 PB/CR
2. Doris Changeywo, KEN	32:15
3. Edith Chelimo, KEN	32:49

Dick's Sporting Goods Bolder BOULDER 10 km (32nd)

Boulder, USA, 31 May

(Certified point-to-point course with slight elevation gain)

Individual MEN

1. Lelisa Desisa (ETH)	29:17	\$3750
2. Tilahun Regassa (ETH)	29:17	2750
3. Tadese Tola (ETH)	29:18	2250
4. Brent Vaughn (Team Colorado),	29:56	2500
5. John Korir (KEN)	30:02	800

Individual WoMEN

1. Mamitu Daska (ETH)	32:28	\$4750
2. Amane Gobena (ETH)	33:11	3000
3. Emily Chebet (KEN)	33:40	2000
4. Jelliah Tenega (KEN)	33:57	1000
5. Dulce Maria Rodriguez (MEX)	34:03	800
... 14. Magdalena Lewy Boulet (USA)	35:12	

Österreichischer Frauenlauf (23rd)

Vienna, AUT, 30 May

(Distance: 5 km)

(extended gun times)

1. Irina Mikitenko, 1972, GER	15:39.4
2. Eloise Wellings, 1982, AUS	15:48.4
3. Jelena Prokopcuka, 1976, LAT	15:59.6

Scalata al Castello (37th)

Arezzo, ITA, 30 May

(Distance: 10 km – loop course, 830 m every lap, with 250 m uphill and 250 m downhill)

MEN

1. Yakob Jarso, ETH	28:28
2. Sergey Lebid, UKR	29:20
3. Erastus Chirchir, KEN	29:30

MDS Nordion 10 km (24th)

Ottawa, CAN, 29 May

(Certified flat course)

Note: The race had a gender challenge, with the professional women given a 4:07 head start in front of the professional men and the mass race. Dire Tune won that challenge by four seconds and the \$5000 bonus that went with it. The men's winner, Lelisa Desisa, was actually hired to pace 2009 Boston Marathon champion Deriba Merga in a world record attempt, but ended up winning after Merga faded late in the race (there was a \$100 000 world record bonus on offer). Desisa had to beat Mohamed El Hachimi in the final sprint to the line, but he couldn't catch women's champion Tune. – Ed.

MEN (extended gun times)

1. Lelisa Desisa, ETH	28:08.9	USD 5000
2. Mohamed El Hachimi, MAR	28:11.4	2500
3. Deriba Merga, ETH	28:41.7	1500
4. Eric Gillis, CAN	29:11.5	1000 + CAD 2000

5. Dereje Tadesse Raya, ETH 29:17.1 750

WOMEN (all-women's race/extended gun times)

- | | | |
|-----------------------|---------|------------------|
| 1. Dire Tune, ETH | 32:11.5 | USD 5000 + 5000i |
| 2. Rehima Kedir, MAR | 33:27.5 | 2500 |
| 3. Hyvon Ngetich, KEN | 33:30.1 | 1500 |

TRACK

Meeting International Mohammed VI (3rd)

(IAAF World Challenge)

Rabat, MAR, 6 June

MEN

800 (meet record 1:44.68, Ahmed Ismail, SUD, 2008):

- | | |
|---------------------------|---------|
| 1. Abubaker Kaki, SUD | 1:46.71 |
| 2. Antar Zerguelaine, ALG | 1:47.60 |
| 3. Richard Kiplagat, KEN | 1:47.91 |

1500 (meet record 3:32.37, Abdalaati Iguidir, 2008):

- | | |
|---------------------------|---------|
| 1. Abdalaati Iguidir, MAR | 3:34.25 |
| 2. Amine Laalou, MAR | 3:34.26 |
| 3. Mohammed Shaween, KSA | 3:34.45 |

5000:

- | | |
|---------------------------|-------------|
| 1. John Kemboi, KEN | 13:01.64 MR |
| 2. Sammy Alex Mutahi, KEN | 13:02.54 |
| 3. Abraham Chebii, KEN | 13:03.11 |

3000 s/chase (meet record 8:07.80, Paul Kipsiele Koech, KEN, 2009):

- | | |
|-------------------------------------|---------|
| 1. Mahiedine Mekhissi-Benabbad, FRA | 8:08.82 |
| 2. Richard Mateelong, KEN | 8:14.89 |
| 3. Ezekiel Kemboi, KEN | 8:17.29 |
| ... 5. Ruben Ramolefi, RSA | 8:18.26 |

WOMEN

800:

- | | |
|------------------------|------------|
| 1. Halima Hachlaf, MAR | 2:00.63 MR |
| 2. Hasna Benhassi, MAR | 2:01.33 |
| 3. Maggie Vessey, USA | 2:01.55 |

1500:

- | | |
|----------------------------|-------------|
| 1. Nancy Jebet Langat, KEN | 4:05.80 MR* |
| 2. Mounia Tabessart, MAR | 4:06.25 |
| 3. Btissam Lakhoad, MAR | 4:07.73 |
| ... 9. René Kalmer, RSA | 4:10.60 |

European Cup 10000 m (14th)

Marseille, FRA, 5 June

MEN

Final A -

- | | |
|------------------------------|-------------|
| 1. Mo Farah, GBR | 27:28.86 PB |
| 2. Abdellatif Meftah, FRA | 28:12.83 PB |
| 3. José Manuel Martínez, ESP | 28:13.82 SB |

4. Rui Pedro Silva, POR, 28:17.39 SB
5. Marcin Chabowski, POL, 28:31.12 SB

Team Results:

1. France, 1:25:47.40
2. Portugal, 1:25:59.39
3. Russia, 1:26:04.18

WOMEN

1. Inès Monteiro, POR, 31:13.58 PB
2. Sabrina Mockenhaupt, GER, 31:23.86 SB
3. Sara Moreira, POR, 31:26.55 PB
4. Meryem Erdogan, TUR, 31:55.53 PB
5. Christelle Daunay, FRA, 32:02.04 SB
6. Freya Murray, GBR, 32:23.44 PB
7. Fernanda Ribeiro, 1969, POR, 32:25.61 SB (40+)
8. Karolina Jarzynska, POL, 32:44.40 PB
9. Irina Mikitenko, GER, 32:48.69 SB
10. Hayley Yelling, GBR, 32:49.07 SB
11. Svtatiana Kudzelich, BLR, 32:53.64 PB
12. Federica Dal-Ri, ITA, 32:55.12 PB
13. Ana Dias, POR, 32:59.21 SB
14. Jacqueline Martín, ESP, 32:59.93 PB

Team Results:

1. Portugal, 1:35:25.74
2. Great Britain and N.I., 1:38:21.40
3. Belarus, 1:39:25.80

Sparkassen-Gala

Regensburg, GER, 5 June

MEN

5000:

Race 2:

1. Abraha Adihana Gebretsadik, 1985, ETH, 13:38.87
2. Elroy Gelant, 1986, RSA, 13:45.36

ExxonMobil Bislett Games

(IAAF Diamond League)

Oslo, NOR, 4 June

MEN

800:

1. David Rudisha, KEN, 1:42.04 WL/SB
2. Abubaker Kaki, SUD, 1:42.23 NR/PB
3. Marcin Lewandowski, POL, 1:44.56 SB
4. Michael Rimmer, GBR, 1:44.98 SB
5. Alfred Kirwa Yego, KEN, 1:45.14 SB
6. Bram Som, NED, 1:45.21 SB
- ... 9. Augustine Choge, KEN, 1:50.03 SB

1500:

1. Manuel Olmedo, ESP, 3:36.98 PB
2. Alvaro Rodríguez, ESP, 3:37.39 SB

3. Yoann Kowal, FRA, 3:38.34 SB
4. Thomas Chamney, IRL, 3:39.02 SB
5. Nick McCormick, GBR, 3:39.76 SB

Mile:

1. Asbel Kiprop, KEN, 3:49.56 WL/SB
2. Mekonnen Gebremedhin, ETH, 3:49.83 PB
3. Gideon Gathimba, KEN, 3:50.53 PB
4. William Biwott Tanui, KEN, 3:50.75 SB
5. Boaz Lalang, KEN, 3:52.18 PB
6. Deresse Mekonnen, ETH, 3:53.52 SB
7. Geoffrey Rono, KEN, 3:54.37 PB
8. Peter van der Westhuizen, RSA, 3:54.90 PB
9. Mohamed Al-Garni, QAT, 3:55.50 NJR/PB
10. Juan Carlos Higuero, ESP, 3:56.71 SB
11. Jakub Holusa, CZE, 3:56.75 PB
12. Andy Baddeley, GBR, 4:00.66 SB

5000:

1. Imane Merga, ETH, 12:53.81 PB
2. Tariku Bekele, ETH, 12:53.97 SB
3. Bernard Lagat, USA, 12:54.12 AR/PB
4. Lucas Kimeli Rotich, KEN, 12:55.06 PB
5. Vincent Chepkok, KEN, 12:56.32
6. Chris Solinsky, USA, 12:56.66 PB
7. Alemayehu Bezabeh, ESP, 12:57.25 NR/PB
8. Mathew Kisorio, KEN, 12:57.83 PB
9. Bekana Daba, ETH, 12:58.51 PB
10. Leonard Patrick Komon, KEN, 12:59.15 SB
11. Saif Saeed Shaheen, QAT, 13:00.31 SB
12. Edwin Soi, KEN, 13:07.70 SB
- ... 14. Eliud Kipchoge, KEN, 13:09.89

WOMEN

800:

1. Anna Balakshina, RUS, 2:01.65
2. Winny Chebet, KEN, 2:02.03
3. Cherono Koech, KEN, 2:02.28
4. Ingwill Måkestad Bovim, NOR, 2:02.47
5. Celia Taylor, GBR, 2:02.57

3000 s/chase:

1. Milcah Chemos Cheywa, KEN, 9:12.66 WL/SB
2. Gladys Jerotich Kipkemboi, KEN, 9:16.21 SB
3. Lydia Jebet Rotich, KEN, 9:18.03 PB
4. Sofia Assefa, ETH, 9:23.45 SB
5. Wioletta Frankiewicz, POL, 9:25.77 SB

FBK-Games (28th)

Hengelo, NED, 30 May

MEN

800:

1. Abubaker Kaki, SUD, 1:45.66
2. Marcin Lewandowski, POL, 1:46.23
3. Manuel Olmedo, ESP, 1:46.27

4. Bram Som, NED, 1:47.02
5. Alfred Kirwa Yego, KEN, 1:47.20
- ... 7. Gary Reed, CAN, 1:48.84
8. Samson Ngepepe, RSA, 1:50.10

3000:

1. Vincent Chepkok, KEN, 7:41.48
2. Mike Kigen, KEN, 7:41.65
3. Mathew Kisorio, KEN, 7:41.99
4. Yusuf Biwott, KEN, 7:43.01
5. Ayele Abshero, ETH, 7:43.30
6. Mahiedine Mekhissi-Benabbad, FRA, 7:44.98
- ... 9. Saif Saaeed Shaheen, QAT, 7:46.82
- ... 13. Isaac Kiprono Songok, KEN, 7:53.70
- ... 17. James Kwalia C'Kurui, QAT, 8:03.00

3000 s/chase:

1. Benjamin Kiplagat, UGA, 8:17.12
2. Brimin Kipruto, KEN, 8:18.27
3. Brahim Taleb, MAR, 8:21.96
4. Richard Mateelong, KEN, 8:23.31
5. Tomasz Szymkowiak, POL, 8:23.50

WOMEN

800:

1. Janeth Jepkosgei, KEN, 2:02.03
2. Lucia Klocová, SVK, 2:02.88
3. Jemma Simpson, GBR, 2:02.88
4. Gelete Burka, ETH, 2:02.89
5. Yevgeniya Zinurova, RUS, 2:03.05
6. Jenny Meadows, GBR, 2:03.14

Pamela Jelimo, KEN, DNF

1500:

1. Nancy Jebet Langat, KEN, 4:02.09
2. Christin Wurth-Thomas, USA, 4:04.88
3. Irene Jelagat, KEN, 4:06.45
4. Mimi Belete, BRN, 4:06.74
5. Hannah England, GBR, 4:07.97
- ... 9. Maryam Yusuf Jamal, BRN, 4:10.53
10. Helen Clitheroe, GBR, 4:13.36
- Juanee Cilliers, RSA, DNF

5000:

1. Meseret Defar, ETH, 14:38.87
2. Emebet Anteneh, ETH, 14:56.88
3. Esther Chemtai, KEN, 14:57.16
4. Sara Moreira, POR, 14:59.54
5. Sabrina Mockenhaupt, GER, 15:06.93
6. Florence Jebet Kiplagat, KEN, 15:14.38
7. Sule Utura, ETH, 15:16.31
8. Genet Yalew, ETH, 15:18.29
9. Aheza Kiros, ETH, 15:19.96
10. Elena Romagnolo, ITA, 15:23.92
11. Christelle Daunay, FRA, 15:24.48
- ... 15. Stephanie Twell, GBR, 15:40.88
- René Kalmer, RSA, DNF (pace)

Brazzaville CAA

Brazzaville, CGO, 30 May

MEN

1500:

1. Gideon Mageka Kiage, KEN, 3:38.16
2. Zebene Alemayehu, ETH, 3:38.39
3. Belal Mansoor Ali, BRN, 3:38.69
- ... 5. Elroy Gelant, RSA, 3:39.76

Zlata Tetra - Golden Spike (49th)

(IAAF World Challenge Series)

Ostrava, CZE, 27 May

MEN

800:

1. David RUDISHA, KEN, 1:44.03
2. Boaz LALANG, KEN, 1:45.02
3. Marcin LEWANDOWSKI, POL, 1:45.04
4. Adam KSZCZOT, POL, 1:45.74
5. Jakub HOLUSA, CZE, 1:45.87 PB
6. Gary REED, CAN, 1:46.09
7. Michael RIMMER, GBR, 1:46.47

3000:

1. Yusuf BIWOTT, KEN, 7:31.68 MR/WL/PB
2. John KEMBOI, KEN, 7:32.16 PB
3. Bernard LAGAT, USA, 7:32.49 PB
4. Remmy LIMO, KEN, 7:35.44 PB
5. Sammy Alex MUTAHI, KEN, 7:36.83
- ...12. Isaac SONGOK, KEN, 7:56.52

WOMEN

800:

1. Yvonne HAK, NED, 2:00.53
2. Egle BALCIUNAITE, LTU, 2:00.55
3. Lenka MASNA, CZE, 2:01.06
4. Yekaterina KOSTETSKAYA, RUS, 2:01.21
5. Lucia KLOCOVÁ, SVK, 2:01.81

10000:

1. Meselech MELKAMU, ETH, 31:04.52 WL
2. Pauline KORIKWIANG, KEN, 31:06.29 DB
3. Jessica AUGUSTO, POR, 31:19.15 DB
4. Lebogang PHALULA, RSA, 34:01.97 PB
5. Zivile BALCIUNAITE, LTU, 34:47.13
6. Dina LeboPHALULA, RSA, 35:02.72
- Anikó Kálovics, HUN, DNF

NCAA Division I Western Preliminary Round

Austin, USA, 27-29 May

WOMEN

800:

Semi-Final (28):

Heat 2 -

1. Anna Layman, JR Washington State, 2:05.17Q
- ... 4. Angela Wagner, SR Brigham Young (**RSA**), 2:05.52q

Prelims (27):

Heat 4 -

1. Angela Wagner, SR Brigham Young (**RSA**), 2:05.58Q

1500:

Semi-Final (29):

1. Jordan Hasay, FR Oregon, 4:20.45Q

5000 (29):

1. Lisa Koll, SR Iowa State, 16:28.58Q
2. Angela Bizzarri, SR Illinois, 16:33.81Q

10000 (28):

1. Lisa Koll, SR Iowa State, 34:23.64Q

Odlo Nijmegen Global Athletics

Nijmegen, NED, 26 May

MEN

800:

1. Samson Ngoepe, **RSA**, 1:48.74
2. Paul Bradshaw, GBR, 1:49.13
3. Andreas Smout BEL, 1:49:38

WOMEN

800m:

1. Abebe Arigawi, ETH, 2:03.56
2. Mirela Lavric, ROM, 2:04.19
3. Susan Kuijken, NED, 2:04.34
- ... 6. Juanee Cilliers, **RSA**, 2:06.73

Internationales Pfingstmeeting 2010

Rehlingen, GER, 24 May

MEN

800:

Race 1:

1. Christoph Bestgen, 1986, LUX, 1:49.66 PB
 - ... 5. Jan Masenamela, 1988, **RSA**, 1:51.41
-

NEWS

15 FROM S.A. TO YOUTH OLYMPICS

Fifteen South African athletes have been included in the African team for the first ever Youth Olympic Games, which will be held from 14-26 August in Singapore. The team was selected by the Confederation of African Athletics.

The SA athletes in the team are:

MEN: Ruan Greyling (AGN), 400; Siphelo Ngquboza (AFS), 200; Schalk Burger (BOL), 400 H; Roelf Pienaar (CNW), long jump; Migael Cilliers (AGN), pole vault; Frans Schutte (MPU), shot put; Jacques du Plessis (MPU), discus throw; Dylan Jacobs (AGN), javelin throw; Stiaan Minnie (EPA), hammer throw. WOMEN: Kayla Gilbert (CGA), 100 H; Maryke Brits (BOL), long jump; Valentina da Rocha (WPA), triple jump; Simone Meyer (KZN), discus throw; Izell Neuhooff (AVT), 400; Thato Makhafola (CGA), 1000.

INCENTIVES FOR FAST TIMES AT S.A. HALF MARATHON AND 10 KM

Fast times will be amply rewarded at the SA Half-marathon Championships and the SA 10 km Championships this year, Athletics South Africa has announced. The two races will take place on 24 July in Port Elizabeth and on 14 August in Paarl respectively.

R50 000 will be on offer to break the national records held by Hendrick Ramaala (60:07) and Elana Meyer (66:44) in the half marathon, and by Matthews Motshwarateu (28:00) and Meyer (31:13) in the 10 km.

Further incentives of R50 000 will be paid if athletes break 60:20 and 69:37 in the half marathon, and 28:06 and 32:14 in the shorter race.

Prize money in the half marathon will be R5 000 for first place, R4 000 for second and R3 500 for third. The corresponding amounts in the 10 km will be R3 000, R2 000 and R1 000.

Criticism has been expressed by top athletes about these very small amounts of prize money. One athlete said to *Distance Running Results*: "Is ASA not ashamed to announce such low prize money? I will certainly not go out of my way to run in the championships."

It is also felt that a two- or three-tier system of incentives would have been a better idea, so that there is motivation for more athletes to try and achieve the times.

The 10 km championships were originally scheduled for Stellenbosch on 21 August, but has been moved to Paarl a week earlier.

GEB WILL MAKE USA MARATHON DEBUT IN NEW YORK

Four-time world 10000-metre champion Haile Gebrselassie has announced that he planned to make his USA marathon debut at the ING New York City Marathon on 7 November, according to *Race Results Weekly*. The 37-year-old marathon world record holder explained that the timing was right this year to step back from making another marathon world record attempt -- something that he plans to take up again in the future -- and try to capture a title in a big championship-style race.

"Winning New York is like winning the Olympics," said Gebrselassie, who has two Olympic 10000-metre titles to his credit. "To win here is something special."

It is no secret that New York Road Runners president and CEO Mary Wittenberg had wanted Gebrselassie for her race for several years, but Gebrselassie was focused on setting -- then lowering -- the marathon world record in Berlin in 2007 (2:04:26) and 2008



(2:03:59). After Wittenberg sent an emissary to hold preliminary negotiations with Gebrselassie's management team in London last April, Wittenberg flew to Ethiopia to woo Gebrselassie personally at a pre-opening of his new lakefront resort in Hawassa last month.

Gebrselassie made his marathon debut in London in 2002, running 2:06:35 and finishing third behind his longtime track rival Paul Tergat and marathon specialist Khalid Khannouchi, who set a world record. Since then he's run another 11 marathons, recording nine victories and breaking 2:07 a total of ten times. Gebrselassie hasn't lost a marathon since failing to finish in London in 2007. (He jogged with a friend the first ten miles of the Detroit Marathon in 2007, but most experts don't recognize that as a serious race effort.)

After flying home, Gebrselassie was going to conduct the grand opening of his resort -- with 2000 guests -- this past weekend. He then plans to move back into serious training during the summer, and the only competition he has planned prior to New York is a half marathon in September in Newcastle, England. He said that such a tune-up race was essential to being successful in New York.

Like everyday joggers who have to squeeze in their training around their regular work days, Gebrselassie also has to make time for training around his growing business commitments. By his count, he directly employs over 600 people, including those at the resort, a project he managed and financed himself.

"When you come to Ethiopia, don't forget to come to Haile Resort," Gebrselassie said. When a reporter asked for more information about the property, Gebrselassie replied: "You can Google."

■ *Photograph*: Haile Gebrselassie in New York at the announcement of his participation in this year's ING New York City Marathon. [Courtesy of New York Road Runners]

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 11 MEN

1:03:15	Chabeli Sidwell Nyedimane	1	Bloemfontein	06 Feb
1:03:54	Lusapho April	1	Cape Town	06 Apr
1:04:00	Stephen Mokoka	1	Richards Bay	17 Apr
1:04:05	Michael Mazibuko	1	Vereeniging	07 Mar
1:04:06	Thabo Molefe	2	Vereeniging	07 Mar
1:04:07	Peter Muthubi	3	Vereeniging	07 Mar
1:04:08	Orlando Molotsi	4	Vereeniging	07 Mar
1:04:10	Rodney Prins	1	Port Elizabeth	08 May
1:04:13	Tshamano Setone	3	Cape Town	03 Apr
1:04:20	Nkosinoxolo Sonqibido	1	Wellington	01 May
1:04:20	Xolisa Tyali	4	Cape Town	03 Apr

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: 13 June 1960

On this day, in his house in Potchefstroom, died Kennedy Kane McArthur, South Africa's first Olympic marathon champion. He was 79 years and 4 months old, having been born in Dervock, Northern Ireland, on 10 February 1881. In 2012, when the Olympic Games will

be held in London, it will be a hundred years since his victory in Stockholm and the village of Dervock is planning to celebrate the event which took its most famous son into the world's spotlight. Dervock is in the borough of Ballymoney, where the local museum has a McArthur Room to honour the runner, who emigrated to South Africa towards the end of the Anglo-Boer War (1899-1902). Dervock is currently trying to assure itself a place on the route of the Olympic flame as it travels through Great Britain prior to the Olympics. Mr Frankie Cunningham, Chairman of the Dervock Community Association, has said it would be "a fitting and poignant symbol" if the flame would be carried through McArthur's place of birth. The Olympic Flame will arrive in the United Kingdom on Friday, 18 May 2012, and will travel around the country for 70 days, including a number of days in Northern Ireland.

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		
<u>Masters (50+)</u>				
10 km	34:53	Raymond Howard	Bellville	05 Jun
	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	37:58	Awie Veldsman	Bellville	05 Jun
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
	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		
<u>Veterans (40+)</u>				
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		
<u>Masters (50+)</u>				
10 km	40:28	Olga Howard	Bellville	10 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:03	Olga Howard	Constantia	13 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:32:40	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				
<u>Grandmasters (60+)</u>				
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	34:28	Dominique Scott	Bellville	05 Jun
	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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