

Distance Running Results

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EDITORIAL

The Eersterivier 15 km, well known for its fast course, produced excellent running again this weekend. The first three women, Tanith Maxwell (51:24), Nolene Conrad (53:44) and Bulelwa Mtshagi (54:54), all shattered Zintle Xiniwe's list leader. In fourth Michelle Bartman missed the WP record for veterans by only 28 seconds. Three more list leaders were set, by Graham Katzen, Siyabonga Makhaluzo and Olga Howard.

There was some great running too in the US T&F Championships, where Bernard Lagat took the 5000 m and Galen Rupp the 10000 m (after a first kilometre in 3:07!), while Anna Pierce got a surprising victory in the 1500 m and Lauren Fleshman scoring an emotional win in the 5000 m after having been injured for most of the last year. In the junior title meeting Jordan Hasay won the 1500, but was unexpectedly beaten in the 3000 m.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Eersterivier 15 km, Eerste Rivier
- * Sweat Shop Asics RAC 10 km, Johannesburg
- * XC: KZN League, Durban; SWD League

International highlights:

- * Vidovdan 10 km, Brcko, BIH
 - * Univé Stadssloop Appingedam, Appingedam, NED
 - * Stadtlauf Ludwigshafen, Ludwigshafen, GER
 - * Western States Endurance Run 100 Miles, Squaw Valley to Auburn, USA
 - * Track: USA Outdoor Championships, Des Moines, USA; USA Junior Outdoor Track & Field Championships, Des Moines, USA; Znamensky Memorial, Zhukovskiy, RUS; Aviva European Trials & UK Championships, Birmingham, GBR; EAP Meeting, Nivelles, BEL; Meeting Stanislas de Nancy, Nancy, FRA
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ROAD RUNNING

Eersterivier 15 km

Eerste Rivier, 26 June
(Certified out-and-back course)

MEN

1. Sityhilo Diko (Ned CGA) 46:11; 2. Nkosinathi Madyo (MP) 46:13; 3. Neo Molema (MP) 47:07; 4. Tsungai Mwanengeni (ZIM/Khay) 47:15; 5. Michael Bailey (Celtic) 47:20; 6. Siyabonga Makhaluzo (MP Trans) 47:28 (1st jun); 7. Bernard Rukadza (ZIM/Gugs) 47:48; 8. Luxolo Mdzanga (Gugs) 48:03; 9. Barry-John Pienaar (Bell) 48:03; 10. Graham Katzen (Celtic) 48:36 (1st vet); 11. Victor Msopi (VOB) 48:48; 12. Nande Qamgwana (Khay) 49:04; 13. Thembelani Zola (MP) 49:08; 14. Nkosinathi Sotyantya (Celtic) 49:33; 15. Asive Ngenxa (Khay) 49:34; 16. Wongalethu Meleni (VOB) 49:38; 17. Warren Petterson (MP) 49:39; 18. Jessie Petoors (Eerste) 50:17; 19. Yeyethu Ngokwana (Celtic) 50:27; 20. Mervin Steenkamp (Itheko) 50:29; 21. Mandla Pangwele (Gugs) 50:35; 22. Colin Bock (Eerste) 50:38; 23. Luyanda Mapoyi (Khay) 50:39; 24. G. Swartz (Elsies) 50:44; 25. Gcobani Mndi (Gugs) 50:56; 26. Isaac Opperman (CS) 51:03; 27. Hilton Persents (UWC) 51:06; 28. Zolani Sowazi (Gugs) 51:09; 29. Mzandolo Lusinda (GG) 51:15; 30. Riaan Witbooi (Eerste) 51:17.

40-49: 1. Graham Katzen (Celtic) 48:36; 2. Warren Petterson (MP) 49:39; 3. Isaac Opperman (CS) 51:03. **50-59:** 1. Raymond Howard (Celtic) 53:51; 2. Kevin Isaacs (Celtic) 54:56; 3. Friedl van der Merwe (Strand) 55:00. **60+:** 1. Albertus Bock (Adid) 60:32; 2. Ronnie le Roux (Brack) 65:09; 3. Johan Botha (RWFL) 65:58. **Juniors:** 1. Siyabonga Makhaluzo (MP Trans) 47:28; 2. Luxolo Mdzanga (Gugs) 48:03; 3. Nande Qamgwana (Khay) 49:04.

WOMEN

1. Tanith Maxwell (Boxer) 51:24; 2. Nolene Conrad (UJ) 53:44; 3. Bulelwa Mtshagi (Celtic) 54:54; 4. Michelle Bartman (Harf) 56:31; 5. Anneline Roffey (Adid) 57:04; 6. Nomvuyisi Seti (MP) 58:24; 7. Busisiwe Matiwane (Celtic) 59:41; 8. Elsire Roos (Bell) 60:21; 9. Ronel Natrass (Adid) 61:38; 10. Asiphe Sikabalanjana (Gugs) 62:25; 11. Mariëtte Esterhuyse (Tyger) 62:26; 12. Colleen de Oliveira (NBMC) 62:29; 13. Glenda Werth (Met) 63:13; 14. Olga Howard (Celtic) 63:25; 15. Hannelie Stadler (Strand) 65:24; 16. Charmaine Cupdio (Ned) 65:35; 17. Tanya Kapp (VOB) 65:55; 18. Esmé Koopman (Durb) 56:13; 19. Lorna Loubser (Sanlam) 67:09; 20. Melody Marcus-Cupido (Met) 67:49.

40-49: 1. Michelle Bartman (Harf) 56:31; 2. Mariëtte Esterhuyse ((Tyger) 62:26; 3. Glenda Werth (Met) 63:13. **50-59:** 1. Olga Howard (Celtic) 63:25; 2. Hannelie Stadler (Strand) 65:24; 3. Charmaine Cupdio (Ned) 65:35. **60+:** 1. Pixie Sparg (Celtic) 80:42; 2. Marlene James (Pine) 85:31; 3. Zonia Barnard (Celtic) 87:43. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 62:25; 2. Reghana Beukes (Eerste) 68:55; 3. Candice Hosking (UWC) 73:24.

Sweat Shop Asics RAC 10 km (27th)

Johannesburg, 13 June

(Loop course. Finishers: men – 781; women – 540; total – 1 321.)

MEN

1	S	Mokoka	25	Transnet	29:40
2	L	Mohale	24	Temp	29:52
3	J	Gwebu	29	Nedbank	29:55
4	T	Bosiu	27	Temp	30:28
5	B	Moeng	27	Transnet	30:51
6	E	Manyandi	21	Nedbank	31:00

7	N	Seqhobane	30	LES/Gauteng Striders	31:05
8	R	Segodi	24	Gauteng Striders	31:05
9	D	Makhobalo	22	Gauteng Striders	31:16
10	N	Mtintso	35	Kwa Thema	31:18
11	T	Miya	28	Gauteng Striders	31:30
12	M	Goxo	33	Nedbank	31:32
13	P	Wilders	19	Kempies	31:41
14	O	Tunyiswa	25	Nedbank	31:42
15	J	Chamunorwa	28	ZIM/UCKG	31:42
16	M	Ngxazozo	30	Gauteng Striders	31:54
17	G	Mudzinganyama	20	Art of Run	32:02
18	F	Guys	24	Nedbank	32:11
19	S	Selewane	32	ADT	32:15
20	V	Kutoane	30	Nedbank	32:27

WOMEN

1	I	van Blerk	22	Nedbank	35:44
2	C	Kalmer	24	Nedbank	36:05
3	M	Retief	24	Nedbank	36:35
4	M	Mabuza	30	Nedbank	36:58
5	S	Tshetlanyane	17	Kagiso	37:51
6	C	Joubert	21	BCC	38:57
7	T	Makhafola	16	Kagiso	39:02
8	A	Schnetler	19	UJ	39:14
9	J	Cooper	17	Khosa	39:20
10	T	Burrell	45	Gauteng Striders	39:30
11	B	van Niekerk	15	Nedbank	39:48
...					
32	S	Laxton	61	RAC	44:33

CROSS-COUNTRY

KZN League (6th)

Durban, 26 June

MEN

12 km:

1.	Thubaletu Phaku	DUT	41:10
2.	Sifunkosi Ngqoyingile	Corr Serv	42:03
3.	Khulekane Ngubani	CH	42:52

40+ (8 km):

1.	Sibusiso Nyuli	Nedbank	30:56
2.	Simon Russell	PDAC	31:33

50+ (8 km):

1.	Johan Koch	Toti	33:46
2.	Tony Lewis	Mr Price	34:47
3.	Phil v Niekerk	Stella	35:18

60+ (8 km):

1.	Andrew Spence	SCS	36:47
2.	Rob Edward Betsy	YWP	38:07
3.	Les Smith	West AC	38:37

U.21 (8 km):

1.	Jabu Dlamini	Grace	29:19
2.	Xolani Ngcobo	Nedbank	31:24
3.	Dumisa Mkhize	CH	31:30

WOMEN

6 km:

1.	Danielle Adlam	Boxer	32:15
2.	Mkosi Mhlongo	Savages	32:40
3.	Nana Sigubudu	Boxer	36:41

40+ (4 km):

1.	Lise Muchna	PDAC	16:50
2.	Nana Sigubudu	Boxer	18:50
3.	Cindy Marquiss	West AC	19:45

45+ (4 km):

1.	Kylie Griffin	West AC	17:59
2.	Janine Engels	PDAC	18:29
3.	Linda Wolhurter	HH	19:18

50+ (4 km):

1.	Sandy Fisser	HH	19:54
2.	Debby De Koning	Eskom	20:18
3.	Jane Dickenson	RWFL	20:44

60+ (4 km):

1.	Jan Phelan	HH	21:15
2.	Gill Tregenna	West AC	23:28
3.	Alet Engelbrecht	SCS	25:25

U.21 (4 km):

1.	Nompilo Cele	Mpamalanga	16:49
2.	Balie Dlamini	KZN St	16:52
3.	Sibongile Lushaba	KZN St	17:19

SWD League (3rd)

(Venue unknown), 19 June

MEN

12 km:

1	Luwayne Duitsjan	Hartenbos Drawwers	23	45:52
2	Gurome Gelderbloem	Mossel Bay Harriers	34	47:59
3	Frans Malgas	Knysna Marathon Club	20	50:21
4	Mihan Roos	Knysna Marathon Club	31	54:08
5	Elfonso Pieterse	Rainbow AC	21	55:09
6	Jugene Maart	Mossel Bay Harriers	23	59:02
7	Flippie Van Rooyen	Nedbank Running Club	37	1:01:40
8	Dirk Joubert	Hartenbos Drawwers	52	1:01:50
9	James Ngxole	Knysna Marathon Club	48	1:03:56
10	Cyril Sheen	Hartenbos Drawwers	52	1:07:26

8 km:

1	Francois Juries	Nedbank Running Club	23	53:22
2	Stanley Joseph	Mossel Bay Harriers	20	53:34

40-49 (8 km):

1	Paulus Allart	Mossel Bay Harriers	41	32:21
2	Jonathan Hardnick	Nedbank Running Club	41	33:09
3	Alfred Nise	Knysna Marathon Club	42	35:09

50-59 (8 km):

1	André Barnardo	Outeniqua Harriers	53	35:22
2	Jacob Karelse	Mossel Bay Harriers	51	37:14

Juniors (8 km):

1	Francois Francies	Hessequa	17	30:25
2	Dudley Fortuin	Mossel Bay Harriers	18	35:17
3	Ryno Damons	Olympia School	19	36:55

WOMEN

8 km:

1	Kerry Roos	Knysna Marathon Club	32	37:03
2	Lisl Grobler	Knysna Marathon Club	34	38:11

4 km:

1	Lize Cornelius	Hartenbos Drawwers	23	17:01
2	Carina Muller	Hartenbos Drawwers	31	18:23
3	Linda Jooste	Hartenbos Drawwers	25	20:25

40-49 (8 km):

1	Christa Smit	Hartenbos Drawwers	42	43:33
2	R Fraser	Hartenbos Drawwers	46	48:02

50-59 (8 km):

1	Brenda Kritzinger	Hartenbos Drawwers	50	54:41
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60+ (4 km):

1	Esther Oosthuizen	Hartenbos Drawwers	62	22:06
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Juniors (6 km):

1	Janine Muller	Olympia School	19	42:23
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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**Vidovdan 10 km** (13th)

Brcko, BIH, 27 June

MEN

1.	Gordon Mugi Mahagu, KEN	28:11
2.	Sammy Kiprono, KEN	28:11
3.	Josphat Kipkirong, KEN	28:52

WOMEN

1.	Edith Chelimo, KEN	34:08
2.	Simona Staicu, HUN	35:51
3.	Ida Kovacs, HUN	36:14

Univé Stadsloop Appingedam (14th)

Appingedam, NED, 26 June

(Distance: 10 km)

MEN (extended gun times)

1.	Peter Kamais, KEN	27:47.7
2.	Eric Ndiema, KEN	27:54.3
3.	Wilfred Murgor, KEN	28:12.5

WOMEN (gun times)

1.	Lornah Kiplagat, NED	31:52.8
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2. Caroline Cheptonui Kilel, KEN 32:14.4
3. Adisalem Shumi, ETH 33:09.6
4. Naomi Maiyo, KEN 33:22.8
5. Sharon Tavengwa, ZIM 34:41.8

Stadtlauf Ludwigshafen (15th)

Ludwigshafen, GER, 26 June

(Distance: 9.6 km – 8 laps of 1200 m loop)

MEN (gun times)

1. Joseph Kiptum, KEN 27:37
2. Vitaly Shafar, UKR 27:49
3. Tola Bane, ETH 27:57

WOMEN (gun times)

1. Fate Tola, ETH 30:56
2. Leah Malot, KEN 31:01
3. Irina Mikitenko, GER 31:11

ULTRA/MOUNTAIN RUNNING

Western States Endurance Run 100 Miles (35th)

Squaw Valley to Auburn, USA, 25-26 June

(Distance: 100.2 miles; difficult trails, high altitude; over 40000 total feet of climbing and descending [18000 up and 22000 down])

MEN

1. Geoff Roes, 34, Douglas, AK, 15:07:04 CR
2. Anton Krupicka, 26, Boulder, CO, 15:13:53
3. Kilian Jornet Burgada, 22, Spain, 16:04:49

WOMEN

1. Tracy Garneau, 41, Vernon, BC, Canada, 19:01:55
2. Meghan Arbogast, 49, Corvallis, OR, 19:15:58
3. Nikki Kimball, 39, Bozeman, MT, 19:23:09

TRACK

USA Outdoor Championships

Des Moines, USA, 23-27 June

MEN

800 (27):

1. Nick Symmonds, Oregon TC-Nike, 1:45.98
[51.73 / 54.25]
2. Duane Solomon, Saucony, 1:47.16
3. Jacob Hernandez, Nike, 1:47.23

1500 (27):

1. Lopez Lomong, Nike, 3:50.83 (51.29 last 400m)
2. Leonel Manzano, Nike, 3:50.91 (51.51)
3. Will Leer, Oregon TC-Nike, 3:51.63 (51.83)
4. David Torrence, Nike, 3:51.80 (52.15)
5. Matt Centrowitz, Oregon, 3:51.81 (52.23)

... 8. Matt Tegenkamp, Oregon TC-Nike, 3:52.54

5000 (25):

1. Bernard Lagat, Nike, 13:54.08
2. Tim Nelson, Oregon TC-Nike, 13:54.80
3. Andrew Bumbalough, Georgetown, 13:55.16

10000 (24):

1. Galen Rupp, Nike, 28:59.29
[last 3 laps: 65.54 / 62.04 / 59.42]
2. Ed Moran, Nike, 29:03.07
3. Patrick Smyth, Team USA Minnesota, 29:18.13

3000 s/chase (27):

1. Daniel Huling, Reebok, 8:27.87 SR*
2. Ben Bruce, Oregon TC Elite, 8:30.87
3. Steve Slattery, unattached, 8:33.23

WOMEN

800 (27):

1. Alysia Johnson, Nike, 1:59.87
2. Maggie Vessey, New Balance, 2:00.43
3. Phoebe Wright, Tennessee, 2:00.47

1500 (26):

1. Anna Pierce, Nike, 4:13.65 (59.24 last 400)
2. Erin Donohue, Nike, 4:13.87 (59.85)
3. Shannon Rowbury, Nike, 4:14.41 (60.14)
4. Christin Wurth, Nike, 4:15.33
5. Sarah Bowman, New Balance, 4:16.50
- ... 9. Sara Hall, Asics, 4:17.87
- ... 11. Shalane Flanagan, Oregon TC-Nike, 4:19.56 (fell at 900 m)

5000 (25):

1. Lauren Fleshman, Oregon TC-Nike, 15:28.70
2. Molly Huddle, Saucony, 15:30.89
3. Jenny Barringer, New Balance, 15:33.33
4. Jen Rhines, adidas, 15:35.71
5. Angela Bizzarri, Illinois at Urbana-Champaign, 15:39.81

10000 (24):

1. Amy Begley, Nike, 32:06.45 SR*
2. Lisa Koll, Iowa State, 32:11.72
3. Desiree Davila, Hansons-Brooks, 32:22.32

3000 s/chase (27):

1. Lisa Aguilera, Nike, 9:53.59
2. Nicole Bush, New Balance, 9:56.08
3. Lindsay Allen, McMillan Elite-adidas, 9:59.19

USA Junior Outdoor Track & Field Championships

Des Moines, USA, 23-26 June

JR. MEN

800 (25):

1. Casimir Loxsom, Penn State, 1:47.45

2. Robby Andrews, Virginia, 1:47.75
3. Christopher FitzSimons, Hamden HS, 1:48.83 PB

1500 (26):

1. Peter Callahan, Princeton, 3:46.42 PB
2. Elias Gedyon, Quiet Fire TC, 3:47.65 PB
3. Darius Terry, unattached, 3:48.26 PB

5000 (24):

1. Trevor Dunbar, Portland, 14:34.63
2. Andrew Colley, NC State, 14:37.28
3. Andrew Springer, Georgetown, 14:41.78

10000m (25):

1. Parker Stinson, Rogue Running 30:56.10 PB
2. Graham Bazell, unattached 31:33.76
3. Robert Molke, Syracuse 31:58.49

3000 s/chase (24):

1. Dakota Peachee, unattached, 9:03.43
2. Jared Berman, Virginia Tech, 9:04.76 PB
3. Trac Norris, unattached, 9:08.41

JR. WOMEN

800 (25):

1. Ajee Wilson, Shore AC, 2:05.75
2. Laura Roesler, Team NoDak, 2:05.80 SB
3. Stephanie Brown, Arkansas, 2:06.11

1500 (26):

1. Jordan Hasay, Oregon, 4:26.38
2. Rachel Schneider, Georgetown, 4:27.26
3. Cory McGee, unattached, 4:27.98 SB

3000 (24):

1. Emily Sisson, unattached, 9:18.73 PB
2. Jordan Hasay, Oregon, 9:18.92 PB
3. Aisling Cuffe, unattached, 9:20.94 PB

5000 (26):

1. Aisling Cuffe, Cornwall H.S, 16:52.25
2. Emily Jones, Georgetown, 17:27.91
3. Brooklyne Ridder, Penn State, 17:41.71

3000 s/chase (25):

1. Shelby Greany, Providence College, 10:27.15
2. Eleanor Fulton, Real Training, 10:37.84 PB
3. Nicole Lord, Penn State, 11:05.50

Znamensky Memorial (52nd)

Zhukovskiy, RUS, 26 June

MEN

800:

1. Amine Laalou 82 (MAR) 1:43.76
2. Yuriy Borzakovskiy (12.04.81) 1:44.65

3. Ivan Tukhtachev (12.07.89) 1:45.78

Aviva European Trials & UK Championships

Birmingham, GBR, 25-27 June

MEN

1500 (27):

1. Andrew Baddeley - Harrow 3:41.49
2. Colin McCourt - Bournemouth 3:41.95
3. Nick McCormick - Morpeth 3:42.52

WOMEN

800 (27):

1. Jemma Simpson - Newquay 2:01.50
2. Vicky Griffiths - Liverpool 2:02.37
3. Marilyn Okoro - Shaftsbury 2:02.44

DNS, Jenny Meadows

1500 (26):

1. Hannah England - Oxford City - 4:33.23
2. Celia Taylor - Coventry Godiva - 4:33.81
3. Lisa Dobriskey - Ashford - 4:34.29
- ... 5. Steph Twell - Aldershot Farnham & District - 4:34.55

5000 (27):

1. Freya Murray - CLeS 15:48.75,
2. Laura Kenney - RSC 15:54.57
3. Justina Heslop - Clapham CH 16:23.24

10000 (26):

1. Jo Pavey - Exeter - 31:51.91
2. Lara Tamsett - Australia - 33:10.72
3. Claire Hallissey - Bristol - 33:24.15

EAP Meeting

Nievelles, BEL, 26 June

MEN

1500: 1. Tshamano Setone, RSA, 3:41.91; 2. Tom Van Rooy, BEL, 3:46.74

WOMEN

800: 1. Nikki Hamblin, NZL, 2:02.38; 2. Clarisse Moh, FRA, 2:03.12; 3. Leonora Piuza, MOZ, 2:04.20; 4. Mandie Brandt, RSA, 2:06.08.

Meeting Stanislas de Nancy

Nancy, FRA, 25 June

MEN

1500:

1. Mahiedine Mekhissi Benabbad, FRA, 3:25.24
2. Abiyot Abinet, ETH, 3:36.07
3. Jamel Ahrass, FRA, 3:37.76
- ... 8. Mthobisi Baloyi, RSA, 3:40.40
- ... 12. Jonas Windy, RSA, 3:46.86

2000 s/chase:

1. Bob Tahri, FRA, 5:13.47 WB
2. Bernard Mbugua, KEN, 5:25.70
3. Bisluke Kiplagat, KEN, 5:27.01
- ... 6. Edwin Molepo, RSA, 5:36.05

WOMEN

1500:

1. Btissam Lakhoad, MAR, 4:06.63
2. Mary Wangari, KEN, 4:09.24
3. Kaila McKnight, AUS, 4:11.02
4. Mapaseka Makhanya, RSA, 4:11.57

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. This week it is not a road list, but the track 10000 m. The scarcity of top-quality races over this distance in the SA season is evident in the fact that nine of the ten times were run in the SA Championships.

2010 10000 METRES: TOP 10 MEN

28:18.54	Stephen Mokoka	1	Durban	20 Mar
28:20.40	Gladwin Sibabalwe Mzazi	2	Durban	20 Mar
28:32.18	Lungisa Mdedelwa	3	Durban	20 Mar
28:50.17	Mboneni Ngxazozo	4	Durban	20 Mar
28:51.28	Zolani Ntongana	5	Durban	20 Mar
29:11.16	Coolboy Ngamole	6	Durban	20 Mar
29:19.91	David Ngakane	7	Durban	20 Mar
29:22.38	Samuel Segoaba	8	Durban	20 Mar
30:00.68	Kgosi Tsosane	1	Bloemfontein	13 Feb
30:01.47	Siyabulela Mtsha	9	Durban	20 Mar

THIS MONTH IN HISTORY

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

60 years ago: 17 June 1950

Jack Holden scored the last of his three victories in a row in the Polytechnic Harriers Marathon from Windsorg Castle to Chiswick in 2:33:07. Four months earlier he had beaten South Africa's Syd Luyt for the Commonwealth title in Auckland. Holden ran sixteen career marathons, losing only once. The Windsor race, popularly known as "the Poly", started in 1908 (over a distance of 36.7 km) and has had 83 runnings. Three years after Holden's win Jim Peters ran the world's first sub-2:20 marathon in the race, clocking 2:18:40.4. The Poly has had many famous winners over the years – among them Tom Richards, Albert Norris, Sam Ferris (who won eight times) and Ron Hill. In 1912, two months before the Stockholm Olympic Marathon, South Africa's Chris Gitsham finished second.

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
	27:04	Josphat Kiprono (KEN)		
	27:01	Micah Kogo (KEN) 2009		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar
	42:58	Mohamed Trafeh (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	63:15	Chabeli Nyedimane	Bloemfontein	06 Feb
	58:23	Zersenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
	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	48:36	Graham Katzen	Eersterivier	26 Jun
	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	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	47:28	Siyabonga Makhaluzo	Eersterivier	26 Jun
	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	32:32	René Kalmer	New York	12 Jun
	30:45a	Lineth Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:24	Tanith Maxwell	Eersterivier	26 Jun
	49:48	Feyissa Tadese (ETH)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	72:39	René Kalmer	Cape Town	03 Apr
	67:07	Elvan Abeylegesse (TUR)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:36:29	René Kalmer	Johannesburg	24 Jan
	79:53	Mary Keitany (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:43:24	Mara Yamauchi (GBR)		
	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	56:31	Michelle Bartman	Eersterivier	26 Jun
	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	63:25	Olga Howard	Eersterivier	26 Jun
	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	34:28	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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