

Distance Running Results

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EDITORIAL

A remarkable weekend for René Kalmer. South Africa's 1500-metre and 5000-metre champion won these two events at the Yellow Pages Interprovincial Meeting in Germiston on Saturday (in the longer event taking revenge for her recent loss to Zintle Xiniwe in Bellville) and then took the Springbok Pharmacy Jackie Gibson Marathon (the country's oldest marathon – and fifth oldest road race) the next day in 2:51:35. It was Kalmer's second marathon (she won the Soweto Marathon in 2009) and she described it in an e-mail as "a long training run – in control and very easy". She added that she was "getting very excited" about her first international Marathon, in Prague on 8 May.

Last year Kalmer won the Jackie Gibson Half Marathon; this time sister Christine was second. Christine was third in the steeplechase in Germiston; the sisters therefore totalled 64.2 km of racing between them over two days!

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Springbok Pharmacy Jackie Gibson Marathon & Half Marathon, Johannesburg
- * Vineyard Farm Run Half Marathon & 10 km, Somerset West
- * Long Tom Ultramarathon & Half Marathon, Sabie to Lydenburg
- * Nongoma Ultramarathon, Nongoma
- * Seeff West Coast Marathon & Half Marathon, Langebaan
- * Beesloop 16 km, Worcester
- * Gaterite Challenge Marathon, Half Marathon & 10 km, Verulam
- * Tortoise Tuff 30 km & 10 km, Sedgefield
- * Vryheid AC Half Marathon & 10 km, Vryheid
- * XC: KwaZulu-Natal League, Durban; Eastern Province League, Port Elizabeth
- * Track: Yellow Pages Interprovincial Series, Germiston

International highlights:

- * Stramilano Agonistica Internazionale, Milano, ITA
- * Carrefour Warsaw Half Marathon, Warszawa, POL
- * ING Venloop Half Marathon, Venlo, NED
- * Around the Bay 30 km, Hamilton, CAN
- * SunTrust National Marathon, Washington, DC, USA
- * NYC Half Marathon, Central Park to Battery Park, New York, USA
- * Meia-Maratona Internacional de Lisboa, Lisbon, POR
- * Honda LA Marathon, Los Angeles to Santa Monica, USA
- * Maratona della Città di Roma, Rome, ITA
- * Seoul International Marathon, Seoul, KOR

- * Reading Half Marathon, Reading, GBR
 - * XC: Trofeo Alasport - Alà dei Sardi, Sardinia, ITA; IAAF World Cross-country Championships, Punta Umbria, ESP
 - * Track: Stanford Invitational, Palo Alto, USA; Sydney Track Classic, Sydney, AUS
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ROAD RUNNING

Springbok Pharmacy Jackie Gibson Marathon (65th) & Half Marathon

Johannesburg, 27 March

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 1400; half marathon – 1600.)

Marathon

MEN

1 Raphael Segodi (Bonitas) 2:23:15; 2 Vincent Seng (Nedbank) 2:24:41; 3 Elias Mabane (Bidvest) 2:26:25 (1st vet); 4 Ludwick Mamabolo (Mr Price) 2:28:57; 5 Nikky Masombuka (New Balance) 2:32:06.

Veterans: 1 Elias Mabane (Bidvest) 2:26:25; 2 Nikky Masombuka (New Balance) 2:32:06; 3 Jacob Mazibuko (Bidvest) 2:36:44; 4 Simon Segau (Discovery) 2:38:39; 5 Bheki Nene (ADT) 3:41:33. **Masters:** 1 Themba Phulu (Panorama) 2:53:32; 2 Johannes Seakamela (RAC) 3:06:37; 3 Christopher Mapimela (Rockies) 3:10:15. **G'masters:** 1 Don Charles (Nedbank) 3:16:20; 2 Jan Meyer (Randmark) 3:28:29.

WOMEN

1 René Kalmer (Nedbank) 2:51:35; 2 Azwindini (Gladys) Lukwareni (Transnet) 3:04:29; 3 Olivia Chitate (ZIM/Bashewa) 3:10:48; 4 Dimakatso Menong (Bidvest) 3:11:48; 5 Lesley Train (Nedbank) 3:12:07.

Veterans: 1 Marie Bruwer (Arcelor Mittal) 3:19:09; 2 Vanessa Bowman (Kempton) 3:34:07; 3 Reinette Bosman (Boksburg) 3:40:01; 4 Debbie Slater (Florida) 3:44:51; 5 Josie Leong (Discovery) 3:46:22. **Masters:** 1 Val Watson (New Balance) 3:58:38; 2 Alison Hoogeweegen (Morningside) 4:12:19; 3 Makgoale Magwentshu (Ukhozi) 4:32:07. **G'masters:** 1 Barbara Oglesby (Boksburg) 4:47:05.

Half marathon

MEN

1 Wirimayo Juwawo (ZIM) 64:55; 2 Tshidiso Bosiu (Gauteng Striders) 64:59; 3 Frik Guys (Nedbank) 65:46; 4 Luwis Masunda (ZIM/Nedbank) 66:05; 5 Desmond Mokgobu (ADT) 66:13.

Veterans: 1 Butiki Jantjies (Mr Price) 71:05; 2 Gethun Wordofa (ETH/ADT) 71:18; 3 Elgin Mokale (Harmony Stiders) 72:52; 4 Lawrence Chipangaan (Nedbank) 73:19; 5 Never Matiya (Wanderers) 74:59. **Masters:** 1 Charles Vilakazi (Kwa-Thema) 72:24; 2 Meshack Motla (South Deep) 78:55; 3 Jerry Rankapula (Nedbank) 80:47. **G'masters:** 1 Joe Rebaroda (RAC) 97:17; 2 Alex Weed (Florida) 1:40:34.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 77:48; 2 Christine Kalmer (Nedbank) 78:55; 3 Samukeliso Moyo (ZIM/Mr Price) 79:58; 4 Cornelia Joubert (Bedfordview) 80:57; 5 Tshifhiwa Mundalamo (Nedbank) 83:44.

Veterans: 1 Sarah Mahlangu (Toyota) 94:30; 2 Angelinah Munay (BNAC) 97:50; 3 Florence Molawa (Arcelor Mittal) 1:41:43; 4 Rita van Wyk (Boksburg) 1:43:51; 5 Thembeke Ketslekile (Uknozi) 1:46:47. **Masters:** 1 Sandra Steenkamp (Irene) 96:26; 2

Linda Potgieter (Magnolia) 1:44:15; 3 Pam Hampton (Sunninghill) 1:49:38. **G'masters:** 1 Elaine Greenblatt (Rockies) 1:49:58; 2 Margaret Boshoe (Sunninghill) 2:08:38.

Vineyard Farm Run Half Marathon & 10 km

Somerset West, 27 March

(Distances: 21.1 km & 10 km; hilly loop courses, mostly on gravel. Finishers: half marathon – 435; 10 km – 331.)

Half marathon

MEN

1. Neo Molema (MP) 73:16; 2. Velani Lusaseni (Adid) 73:51; 3. Gcobani Mndi (Gugs) 75:22 (1st jun).

Veterans: 1. Eckhardt Visser (Durb) 85:58; 2. Zolani Ntsondo (SANDF) 87:03; 3. Cameron Sihluku (Gugs) 93:55. **Masters:** 1. Shafiek Cassiem (Celtic) 86:37; 2. Goodman Mpukane (Gugs) 88:02; 3. Sam Kotzer (Adid) 94:42. **G'masters:** 1. Hennie Wentzel (Durb) 1:38:02; 2. Kevin Kohler (Edge) 1:42:13; 3. Carel Muller (Stell) 1:51:06. **Juniors:** 1. Gcobani Mndi (Gugs) 75:22; 2. Thandile Joseph (East) 75:21; 3. Leon Janse van Rensburg (Hang) 102:24.

WOMEN

1. Bulelwa Simae (Ned) 85:02; 2. Asiphe Sikabalanjana (Gugs) 90:47; 3. Sheryl de Lange (Adid) 92:12 (1st vet).

Veterans: 1. Sheryl de Lange (Adid) 92:12; 2. Estelle van Scalkwyk (Strand) 98:26; 3. Jeanine Theron (EGA) 107:03. **Masters:** 1. Sue Bracher (Maties) 1:57:54; 2. Heather Steele (Stell) 1:59:44; 3. Suzette Venter (Riebeeck) 2:02:10. **G'masters:** 1. Veronica van Niekerk (EGA) 1:45:L41; 2. Ginette Flockton (Celtic) 2:02:33; 3. Dolla Naurattel (Ceres) 2:28:00. **Juniors:** 1. Benine Havenga (Tyger) 2:18:24.

10 km

MEN

1. Siyabonga Makaluza (East) 34:50 (1st jun); 2. Bhulelani Bhebha (VOB) 34:18; 3. Nkosinathi Sotyantya (Celtic) 35:11.

Veterans: 1. Basil Lehman (AAC) 37:38; 2. Andries Ntsizakalo (NBMC) 39:33; 3. Gerald Sullivan (Durb) 39:47. **Masters:** 1. Eric Mlonyeni (Ned) 39:44; 2. Brian Rothman (Brack) 46:36; 3. Rolf Johl (VOB) 49:14. **G'masters:** 1. Awie Veldsman (Held) 42:15; 2. Mike Colban (Ind) 68:20; 3. Sam Milner (SH) 85:49. **Juniors:** 1. Siyabonga Makaluza (East) 34:50; Nkosinathi Sotyantya (Celtic) 35:11; 3. Babalo Hambani (Adid) 35:19.

WOMEN

1. Mariëtte Esterhuyse (Tyger) 42:18 (1st vet); 2. Glenda Werth (Met) 46:33; 3. Charmaine Cupido (Ned) 46:58 (1st mast).

Veterans: 1. Mariëtte Esterhuyse (Tyger) 42:18; 2. Glenda Werth (Met) 46:33; 3. Tania Welgemoed (Strand) 48:56. **Masters:** 1. Charmaine Cupido (Ned) 46:58; 2. Brenda Nooy (RAC) 50:26; 3. Helen du Plessis (Tyger) 50:57. **G'masters:** 1. Mariëtha Herbert (Bell) 52:15; 2. Rosalie Richfield (UCT) 59:10; 3. Alicia de Lilly (Brack) 69:27. **Juniors:** 1. Londeka Miya (Gugs) 47:53; 2. Claudine Fransman (Itheko) 49:11; 3. Tasche Welgemoed (Strand) 53:11.

Long Tom Ultramarathon (29th) & Half Marathon

Sabie to Lydenburg, 26 March

(Distances: 56 km & 21.1 km. Both routes point-to-point; the ultramarathon starting at 1000 m above sea level, climbing to 2150 m and then dropping to 1379 m at the finish; the half marathon dropping from 2150 m to 1379 m, i.e. 36.5 m/km. Finishers: 56 km – 800; half marathon – 850.)

Note: Because of the extreme drop in the half-marathon route, these times are not included among the list leaders. – Ed.

56 km

MEN

1 Fanie Mathipa (Steelpoort) 3:39:41; 2 Leboka Noto (LES/Mr Price) 3:41:50; 3 Peter Tadziripa (ZIM/Toyota) 3:42:55; 4 Sipho Dlamini (Toyota) 3:53:16; 5 Judu Ntuli (Magnolia) 3:57:51; 6 Donald Mohlahlo (Anmar BRS) 3:59:13; 7 Dan Kekana (Carlton) 3:59:20; 8 Samuel Makamu (Nelspruit) 3:59:46; 9 Jeffery Chabalala (Giyani Gallopers) 3:59:49 (1st vet); 10 Graig Cynkin (Nike) 4:03:10.

Veterans: 1 Jeffery Chabalala (Giyani Gallopers) 3:59:49; 2 Jongikha Gxiva (Toyota) 4:08:19; 3 Linda Maphanga (Anglo) 4:17:27. **Masters:** 1 Edward Sibanda (SANDF) 4:27:22; 2 Frans Moraba (Eskom) 4:42:39. **G'masters:** 1 Hezekiel Hlope (Nedbank) 5:50:35.

WOMEN

1 Melanie van Rooyen (Richards Bay) 4:24:02; 2 Farwa Mentoer (Bonitas) 4:47:05; 3 Stephanie Hurry (RAC) 4:47:47; 4 Paulina Njeja (Bonitas) 4:49:02; 5 Joyce Makwarela (Bonitas) 4:49:54; 6 Silvia Caroto (Bedfordview) 4:56:21; 7 Carien Visser (Tuks) 4:56:52 (1st vet); 8 Jane Mudau (Bonitas) 5:08:31; 9 Erina du Toit (Lichtenburg) 5:08:56; 10 Linah Mhlongo (Anmar BRS) 5:16:00.

Veterans: 1 Carien Visser (Tuks) 4:56:52; 2 Jane Mudau (Bonitas) 5:08:31; 3 Charlotte Venter 5:37:00 (BNAC). **Masters:** 1 Gail Visagie (RWFL) 6:11:21; 2 Lindsay Steinhobel (Breakthru Midrand) 6:18:22. **G'masters:** 1 Anne Sonnendecker (Krugersdorp) 7:19:51.

Half marathon

MEN

1 Brighton Chipere (ZIM/Nedbank) 61:22; 2 Andrew Khosa (Klaserie) 66:43; 3 Mfanzile Mkhumbane (Nedbank) 67:04; 4 John Nkosi (Anglo) 67:28; 5 Ernest Mokoo (Modikwa) 68:10.

Veterans: 1 Lazarus Seroka (Twickenham Mine) 71:07; 2 Peter Lekuba (Nedbank) 75:16; 3 Samuel Mabusa (Corr Serv) 75:28. **Masters:** 1 Thomas Moagi (Tubatse) 81:44; 2 Arrigi Ferri (Nedbank) 83:53. **G'masters:** 1 Mike du Bruto (Irene) 82:13. **Juniors:** 1 Jabulani Mpila (Anglo) 70:52.

WOMEN

1 Thabita Tsatsa (ZIM/Mr Price) 70:13; 2 Chiyedza Chokore (ZIM/Mr Price) 71:42; 3 Muchaneta Gwata (ZIM/Mr Price) 72:54; 4 Catherine Nyakwishera (F1 Bluff Meats) 74:52; 5 Ansie Viljoen (Irene) 84:14 (1st vet).

Veterans: 1 Ansie Viljoen (Irene) 84:14; 2 Vanessa Bowman (Kempton) 88:37; 3 Lorraine Boshoff (VTM) 93:19. **Masters:** 1 Natalie Saunders (Fourways) 95:03; 2 Marie Botha (Sabie) 1:55:05. **G'masters:** 1 Netta Truter (Namaqua) 1:44:40. **Juniors:** 1 Portia Mabena (Modikwa) 1:46:13.

Nongoma Ultramarathon

Nongoma, 20 March

(Distance: 56 km)

MEN

1. Henry Moyo (MAW/Nedbank) 3:35:00
2. Shadrack Mudimbu (ZIM/Nedbank) 3:37:00
3. Brian Zondi (Toyota) 3:40:00
4. Luzuko Mdeliswa (Mr Price) 3:42:20
5. Justice Nkosi (Aba) 3:42:25

WOMEN

1. Margaret Mapopane (Mr Price) 4:39:00
2. Monica Kativhu (ZIM/Mr Price) 4:44:00
3. Mpho Mabuza (Nedbank) 4:51:00
4. Katherine Nyakwishera (F1) 5:02:00
5. Sarah Mahlangu (Toyota) n/t

Seeff West Coast Marathon & Half Marathon

Langebaan, 19 March

(Distances: 42.195 km & 21.1 km; the marathon point to point and the half marathon out and back. Weather: very hot.)

Note: Because of problems with the buses that had to transport athletes to the start of the marathon, the race was held in two separate sections. These are the combined results. – Ed.

Marathon

MEN

1	Vladimir	Kotov	BLR/Century City AC	2:37:06
2	Innocent	Nogwaza	Adidas AC	2:41:24
3	Thembelani	Zola	Mr Price	2:43:45
4	Sihle	Mapukata	Mr Price	2:47:34
5	Tsungai	Mwanengeni	ZIM/New Balance MC	2:53:02
6	Asanda	Mkiti	Mr Price	2:56:40
7	Khaya	Fokwana	Acsis VOB RC	2:56:55
8	Abraham	Afrika	Swartland AC	2:57:44
9	Dumisani	Dosi	Paarl AC	2:59:53
10	Admire	Bushika	Hout Bay Harriers	3:03:35
11	Byron	February	Wellington AC	3:03:49
12	Mark	Kalis	Celtic Harriers	3:05:35
13	Dawid	Andrews	Salkorlane AC	3:06:27
14	Luntu	Kosana	RCS Guguletu AC	3:09:13
15	Derick	Zoutman	Swartland AC	3:09:56
16	Richard	Flint	Acsis VOB RC	3:11:12
17	Henry	Cieverts	Top Form AC	3:12:00
18	Andre	Calitz	Ind	3:14:32
19	Christiaan	Adonis	Swartland AC	3:16:13
20	Gerard	Visser	Benoni Northern AC	3:18:04

WOMEN

1	Julia	Janse van Rensburg	Acsis VOB RC	3:18:52
2	Kutlwano	Ramaboa	West Coast AC	3:24:39
3	Lesyl	Potgieter	ATC Running	3:32:13
4	Dain	Hamilton	Foresters AC	3:36:58
5	Maretha	Combrinck	Namaqua AC	3:37:49

6	Candyce	Hall	Hout Bay Harriers	3:39:09
7	Cailey	Bredenkamp	Paarl AC	3:43:39
8	Resia	Swart	Stellenbosch AC	3:50:26
9	Stephanie	Griffith-Richards	Durbanville AC	3:52:48
10	Dalene	Du Toit	Swartland AC	3:52:49
11	Huguette	Van der Merwe	Paarl AC	3:54:08
12	Elizabeth	De Gouveia	Durbanville AC	3:55:04
13	Michelle	De Souza Macgregor	Satori AC	3:55:19
14	Moyra	Sheard	Celtic Harriers	3:55:29
15	India	Baird	Ind	3:57:56
16	Janine	Lewerenz	Fit 2000	3:59:47
17	Lindie	Bouwer	Sanlam AC	4:00:06
18	Caroline	Weinel	Durbanville AC	4:00:51
19	Marietta	Muller	Wellington AC	4:01:18
20	Arina	Cilliers	ORAK	4:02:24

Half marathon

MEN

1	Zolile	Bhitane	Acsis VOB RC	1:16:35
2	Bonisile	Ngculana	Atlantic AC	1:16:41
3	Luvuyo	Ntando	Satori AC	1:17:17
4	Bynos	Chinyaka	Salkoriane AC	1:18:05
5	Samson	Gulubela	Atlantic AC	1:19:17
6	Michael	Loseby	UCT AC	1:20:07
7	Nicholas	Mpontshane	Atlantic AC	1:20:38
8	Odwa	Goqwana	Atlantic AC	1:21:28
9	Xolani	Makinona	RCS Guguletu AC	1:22:02
10	Richard	Bester	Salkoriane AC	1:22:27
11	Garith	Maarman	Swartland AC	1:22:50
12	Molapateng Collins	Lekitima	Defence AC	1:23:02
13	Owen	Smith	Wellington AC	1:25:38
14	A.N. Other		Salkoriane AC	1:26:47
15	Edward	van der Merwe	Ind	1:26:56
16	Bruce	Stewart	RCS Guguletu AC	1:27:01
17	Ludwig	Lillie	Durbanville AC	1:27:04
18	Mthobeli	Mathomane	Defence AC	1:27:12
19	Phinias	Zokolo	Ind	1:27:41
20	Kakgisho	Maliwa	Defence AC	1:27:44

WOMEN

1	Alae	Brand	Ind	1:27:41
2	Nomvuyisi	Seti	Celtic Harriers	1:31:28
3	Bulelwa	Mtshagi	Celtic Harriers	1:33:54
4	Mandy	Collis	Ind	1:38:51
5	Kirsten	Norris	Acsis VOB RC	1:40:57
6	Michelle	Wilke	Uct AC	1:42:25
7	Hilde-Mart	Du Toit	Ind	1:44:12
8	Olga	Koorts	Ind	1:44:39
9	Lydia	West	Ind	1:45:41
10	Christelle	Van der merwe	Ind	1:47:54
11	Louise	Du Plessis	Langebaan Strandlopers	1:48:34
12	Elma	Van Noordwyk	New Balance MC	1:49:26
13	Hester	Kotze	Durbanville AC	1:49:50
14	Monique	du Plessis	Bonnievale	1:50:27
15	Rhonwyn	Hendricks	Acsis VOB RC	1:50:58
16	Mari	Visagie	Durbanville AC	1:51:07
17	Helena	Bester	Swartland AC	1:51:40

18	Riana	Wernich	Durbanville AC	1:53:24
19	Helen	Du Plessis	Tygerberg AC	1:53:50
20	Karen	Jennings	Acis VOB RC	1:55:04

Beesloop 16 km

Worcester, 19 March

(Loop course, mostly on gravel)

Note: This races used to be a 15 km, but was run as a 16 km this year. – Ed.

MEN

1	Pieter	Koopman	Maties	36	53:05
2	Hillroy	Slingers	Fit2run	20	54:00
3	Duran	May	Fit2run	20	55:55
4	Rowan	Prins	Robertson	23	57:56
5	Ignatius	Danids	Robertson	19	59:52
6	Eugene	van Wyk	Fit2run	17	1:00:00
7	Solly	van Rooyen	Worcester	48	1:00:05
8	Abraham	Fielies	Fit2run	47	n/t
9	Jan	Oliphant	Worcester	43	1:03:51
10	Chris	Walsh	Temp	29	1:06:58

WOMEN

22	Theresa	Brand	Bellville	37	1:17:05
23	Carli	Basson	Paarl	32	1:17:37
32	Christelle	Botha	Temp	33	1:25:40
33	Marieta	Herbert	Bellville	66	1:26:13
36	Ronelle	Bennet	Montagu	30	1:26:50
37	Natasha	Baard	Yebo Striders	38	1:28:08
38	Vondra	Singleton	Worcester	43	1:28:14
41	Thelma	Rossouw	Worcester	61	1:29:10
46	Elane	Matthee	Brackenfell	42	1:29:54
51	Elsabe	Dippenaar	Fit2run	40	1:32:50

Gaterite Challenge Marathon, Half Marathon & 10 km

Verulam, 13 March

(Distances: 42.195 km, 21.1 km & 10 km)

Marathon

MEN

1. Peter Mayuna (F1) 2:35:57; 2. Hule Bonavezi (Boxer) 2:43:09; 3. Thembinkosi Gumedede (Boxer) 2:44:38.

WOMEN

1. Melanie van Rooyen (RBAC) 3:06:00.

Half marathon

MEN

1. Bernard Phalatsane (Ned) 1:14:21.

WOMEN

1. Janene Carey (Boxer) 1:30:04.

10 km

MEN

1. Herbert Chokera (ZIM/MP) 32:56.

WOMEN

1. Jenna Challenor (Boxer) 38:45.

Tortoise Tuff 30 km & 10 km

Sedgefield, 12 March

(Out-and-back-courses. Finishers: 30 km – 152; 10 km – 165.)

30 km

MEN

1	Eric Sigxashe	Mr Price	33	1:48:03
2	Vuyo Witbooi	Outeniqua	35	1:52:06
3	Lindile Tokota	Nedbank	43	1:53:37
4	Principal Fana	Rainbow	42	1:55:59
5	Sithembele Tabata	Plett	40	2:02:18
6	Paulus Allart	Mosselbaai	42	2:05:58
7	Jacques Mouton	Outeniqua	32	2:06:26
8	Marlon Mortlock	KMC	37	2:06:48
9	Mashudu Marubini	Mosselbaai	33	2:08:13
10	Elrick Spiers	Rainbow	47	2:12:28

WOMEN

1	Alison Jordaan	Nedbank	44	2:22:15
2	Johanna Claassan	Nedbank	43	2:29:33
3	Marie Wolmarens	Nedbank	51	2:30:05
4	S. Kruger	Outeniqua	28	2:36:17
5	Rome Phillipson	Mosselbaai	29	2:36:18
6	Carina Muller	Hartenbos	32	2:42:16
7	Tanya Faber	Outeniqua	38	2:44:03
8	Nadia Wessels	PEAAC	40	2:47:18
9	Sunnett de Jager	Nedbank	39	2:47:39
10	Una Saayman	Hartenbos	49	2:47:57

10 km

MEN

1	? Plaatjies	Ind	23	31:55
2	Frans Malgas	KMC	21	33:46
3	Zuzive Ntrinjabo	Ind	36	34:23
4	Melikhaya Msizi	KMC	27	34:47
5	Ensley Geswindt	Mossel Bay	17	35:44
6	Jugene Mauht	Mossel Bay	24	36:28
7	Marius-Hugo Schlechter	KMC	46	36:48
8	Graham Sass		42	37:08
9	Jonathan Hardnick	Nedbank	41	37:25
10	Abraham October	Mossel Bay	27	37:34

WOMEN

1	Melissa van As	Nedbank	28	40:10
2	Karen van der Merwe	Nedbank	26	42:20
3	Kerry Roos	KMC	33	42:50
4	Renee Moll	Nedbank	40	43:43
5	Ane Kruger	Beaufort West	17	44:03
6	Karen le Roux	Outeniqua	44	46:12

7	Marie Steenkamp	Nedbank	61	46:18
8	Marica Vorster	Nedbank	17	48:03
9	Annemarie Roetz	Nedbank	51	50:37
10	Toekie Steenkamp	Nedbank	58	50:37

Vryheid AC Half Marathon & 10 km

Vryheid, 27 February

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

Half marathon

MEN

1. Maseko Ntuthuko (Ned) 1:12:19; 2. Bongani Msimango (Boxer) 1:15:00; 3. Justice Nkosi (Aba) 1:17:11.

Veterans: 1. Xolani Mazibuko (Biggars) 1:20:30. **Masters:** 1. Zipho Zondi (Aba) 1:44:50. **G'masters:** 1. Clive Bunting (Biggars) 2:18:10.

WOMEN

1. Anne Erasmus (Newcastle) 1:47:11 (1st vet); 2. Sonelle Wilken (Biggars) 2:02:48 (1st jun); 3. Liesel Gadd (Volks) 2:04:27.

Veterans: 1. Anne Erasmus (Newcastle) 1:47:11. **G'masters:** 1. Florrie van Zyl (Assegaai) 2:34:03. **Juniors:** 1. Sonelle Wilken (Biggars) 2:02:48.

10 km

MEN

1. Clement Nkosi (MP) 33:17; 2. Basil Mazibuko (Mad) 33:54; 3. Sazi Ndaba (Boxer) 34:17.

Juniors: 1. M. Mfanelo (Ind) 46:46.

WOMEN

1. Carol Cox (Dundee) 55:50; 2. Ayanda Buthelezi (Aba) 58:35 (1st jun); 3. Londiwe Nkosi (Aba) 57:19.

Veterans: 1. Nelie Werner (Assegaai) 76:19. **Juniors:** 1. Ayanda Buthelezi (Aba) 58:35.

CROSS-COUNTRY

KwaZulu-Natal League

Durban, 26 March

(Distances not provided)

MEN

1	Tsepo Shelembe	43:12	Boxer
2	Sandile Lembetha	43:32	Westville
3	Innocent Nyawose	45:19	

40-44:

1	Donovan van Gelder	32:27	PDAC
2	Stefan Wilmans	33:01	Westville
3	Per Andre Lobstand	36:39	

45-49:

1	Wayne Scott	33:10	PDAC
2	Allan Harms	34:27	Sunshine

3	Mark Smith	34:39	Eskom
50-54:			
1	Andy Daly	34:16	Westville
2	Jeff Speed	37:26	Hilton H
3	Mervyn Bosworth-Smith	44:42	Hilton H
55-59:			
1	Andre Booyens	36:59	Collegians
2	Lawrie Raubenheimer	37:21	Hilton H
3	Jean-Pierre Chelin	39:36	Westville
60+:			
1	Ken Curr	27:54	Collegians
2	Les Smith	28:31	Westville
3	Andy Watson	29:51	Westville
Juniors:			
1	Sbongisem Mncwabe	32:43	Collegians
2	Nkosingthi Mncnabe	34:04	Eskom
3	Michael Lusignea	41:57	Westville
Youths:			
1	Nkosina Dlamini	22:04	Hillcrest
2	James Speed	23:21	Hilton H
3	Ndumiso Dube	23:43	Eskom

WOMEN

1	Jenna Challenor	32:33	Boxer
2	Cary-Ann Smith	33:22	Nedbank
3	Danielle Adlam	34:13	Boxer
40-44:			
1	Lise Muchna	18:53	PDAC
2	Shani Silver	19:39	Kearsney
3	Ursula Cockbain	19:44	MAC
45-49:			
1	Janine Engels	19:56	PDAC
2	Kylie Griffin	20:25	Westville
3	Sharon Williams	23:46	Sydenham
50-54:			
1	Debby de Koning	21:13	Eskom
2	Linda Wolhuter	21:42	Hilton H
3	June Watson	23:42	PDAC
55-59:			
1	Judith Grove	21:20	Hilton H
2	Jane Dickinson	21:53	Run/Walk
3	Sandy Fismer	23:23	Hilton H
60+:			
1	Jan Phelan	25:30	Hilton H
2	Gill Tregenna	27:18	Westville
Juniors:			
1	Gena Lofstrand	27:32	Hillcrest
2	Nosipho Naruzwayo	34:27	Collegians

Eastern Province League (1st)

Port Elizabeth, 26 March

MEN

12 km:

1	Zolani	Ngqaqa	Mr Price AC EP	21	40:33
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2	Robert	Matthys	Mr Price AC EP	34	41:07
3	Simphiwe	Ntombana	Nedbank RC EP	17	41:37
4	Thanduxolo	Mpushe	PEAAC	22	42:10
5	Bathandwa	Yawa	Cowan H/S	17	49:04

4 km:

1	Amos	Nyongo	Absa NMMU AC	24	11:37
2	Zolani	Ngqaqa	Mr Price AC EP	23	11:56
3	Marinus	Johnson	Nedbank RC EP	34	13:12
4	Antonio	Seconds	Nedbank RC EP	30	13:23
5	Luzuko	Booi	Nedbank RC EP	23	15:05
6	Samora	Mzalazala	Temp	28	16:07

50-59 (8 km):

1	Ken	Barwood	Achilles AAA	55	40:54
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60+ (6 km):

1	Graham	Channon	Achilles AAA	61	33:39
2	Gerald	Hoxley	Achilles AAA	70	33:54

U.21 (4 km):

1	Thanduxolo	Mpushe	PEAAC	21	14:22
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Juniors (8 km):

1	Masibulele	Heugh	Sisonke SSS	17	29:52
2	Siyamthunda	George	Solomon Malhangu H/S	16	31:53
3	J C	Stevens	Bluewater Bay	18	32:47

WOMEN

8 km:

1	Ntombesintu	Mfunzi	Mr Price AC EP	29	30:11
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4 km:

1	Ntombesintu	Mfunzi	Mr Price AC EP	29	14:53
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Juniors (6 km):

1	Ayabulela	Giya	Sophakama	18	30:24
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TRACK**Yellow Pages Interprovincial Series (1st)**

Germiston, 26 March

MEN

800:

Race 1:

1. Samson Ngoepe 1:48.47
2. Tlou Seloba 1:49.35
3. Folavio Sehohle 1:49.98
4. William Mothosola 1:50.22
5. Zwelakhe Seboto 1:50.41
6. Daniel Nghipandulwa (NAM) 1:50.50
7. Pharson Magagane 1:51.34
8. Rynhardt van Rooyen 1:51.69

Race 2:

1. Henk Beukes 1:50.31
2. Donald Sedise 1:51.41
3. Hannes Naudé 1:53.20

1500:

1. Jerry Motsau 3:47.12
2. Pharson Magagane 3:48.31
3. Isaac Mbuyazi 3:49.17
4. Dean Brummer 3:50.63
5. Sibusiso Nzima 3:51.76
6. Clinton Swanepoel 3:51.86

5000:

1. Gladwin Mzazi 14:08.91
2. Stephen Mokoka 14:09.11
3. Siyabonga Nkonde 14:21.77
4. Sibusiso Nzima 14:29.57
5. Elroy Gelant 14:37.08
6. John Thipe 15:00.98

3000 s/chase:

1. Dean Brummer 8:55.02
2. Thumelo Motlagale 8:57.05
3. Dikotsi Lekopa 9:14.86
4. Lucas Bothobutle 9:33.44
5. Sfiso Mncwango 9:53.63
6. Terrance Mukona (LES) 10:21.89

WOMEN

800:

1. Caster Semenya 2:01.77
2. Mandie Brandt 2:06.28
3. Juane Cilliers 2:06.88
4. Anuschka Nice 2:08.53
5. Doné Vermaak 2:10.34
6. Elisa Cossa 2:14.96

1500:

1. René Kalmer 4:20.10
2. Irvette van Blerk 4:31.26
3. Nolene Conrad 4:33.21
4. Danel Prinsloo 4:39.24
5. Dominique Scott 4:39.46
6. Thitshaamba Ravhandalala (NAM) 4:44.03

5000:

1. René Kalmer 16:07.57
2. Zintle Xiniwe 16:19.88
3. Irvette van Blerk 16:21.10
4. Portia Ngwenya 17:15.02
5. Anna Moketsi 17:44.88
6. Mpho Mabuza 17:57.78

3000 s/chase:

1. Tebogo Masehla 10:22.47
 2. Nolene Conrad 10:39.38
 3. Christine Kalmer 10:57.50
 4. Thembi Baloyi 11:23.10
 5. Ashleigh Schnetler 11:34.10
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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**Stramilano Agonistica Internazionale** (40th)

Milano, ITA, 27 March

(Distance: 21.1 km; certified one-loop course)

MEN (gun times)

1. Mathew Kisorio, 1989, KEN	1:00:03 PB	€ 2500 + 1500i
2. Eric Ndiema, 1992, KEN	1:00:20	1500 + 1500i
3. Dereje Hailegiorgis Deme, ETH	1:00:25	1000 + 1500i
4. Peter Chesang Kirui, KEN	1:00:40	500
5. Yrsaw Tegene, ETH	1:00:59	400
... 11. Viktor Röthlin, SUI	1:02:45	

i) Earned time bonus for sub-1:00:30

WOMEN (gun times)

1. Birhane Ababel Yeshaneh, ETH	1:09:04 DB	€ 2500
2. Anna Incerti, ITA	1:10:41	1500 + 900^
3. Krisztina Papp, HUN	1:11:47	1000
4. Valeria Straneo, ITA	1:13:22	500 + 600^
5. Martina Facciani, ITA	1:14:29	400 + 350^

^) Earned Italian citizen prize money

Carrefour Warsaw Half Marathon (6th)

Warszawa, POL, 27 March

(Distance: 21.1 km; loop course)

MEN (gun times)

1. Sammy Kigen Korir, KEN	1:01:18 PB/CR
2. Peter Kariuki Wanjiru, KEN	1:02:17
3. Marcin Chabowski, POL	1:02:27 PB
4. Henryk Szost, POL	1:02:35 PB
5. Daniel Kiptoo Mukche, KEN	1:02:54

WOMEN (gun times)

1. Katarzyna Kowalska, POL	1:11:27 DB
2. Rebby Koech, KEN	1:11:53 PB
3. Beatrice Rutto, KEN	1:12:32
4. Iwona Lewandowska, POL	1:14:10 PB
5. Peris Jepkorir, KEN	1:14:22

ING Venloop Half Marathon (6th)

Venlo, NED, 27 March

(Distance: 21.1 km)

MEN

1. Stephen Chelimo, KEN	1:02:26
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2. Philip Langat, KEN 1:02:32 PB
3. Jussi Utriainen, FIN 1:02:50

WOMEN

1. Elizeba Cherono, KEN 1:11:26
2. Sharon Tavengwa, ZIM 1:11:57
3. Naomi Maiyo, KEN 1:12:33

Around the Bay 30 km (114th)

Hamilton, CAN, 27 March

MEN

1. Derek Nakluski, Kitchener 1:37:15 PB CAD 4000
2. Josephat Ongeru, Burlington (KEN) 1:37:49 2000
3. Baghdad Rachem, Montreal (ALG) 1:38:21 1000

WOMEN

1. Dayna Pidhoresky, Tecumseh 1:50:46 PB CAD 4000
2. Lanni Marchant, London 1:53:50 PB 2000
3. Emily Kroshus, Boston, MA (CAN) 1:54:11 PB 1000

SunTrust National Marathon (6th)

Washington, DC, USA, 26 March

(Distance: 42.195 km; loop course)

Note: This is Michael Wardian's fifth marathon of the year. He has entered the Old Mutual Two Oceans over Easter. – Ed.

MEN

1. Michael Wardian, 36, Arlington, VA 2:23:01 \$2000
2. Greg Wiczorek, 29, CAN 2:28:08 800
3. Wilson Komen, 33, Washington, DC (KEN) 2:31:00 700

WOMEN

1. Nadezhda Tuptova, 35, Gainesville, FL (RUS) 2:50:53 \$2000
2. Renee High, 29, Virginia Beach, VA 2:53:05 800
3. Beth Woodward, 35, Orrville, OH 3:01:26 700

NYC Half Marathon (6th)

Central Park to Battery Park, New York, USA, 20 March

(Distance: 21.1 km; certified point-to-point course with about 28 m of elevation loss; challenging hills in first half)

Note: The top results were included last week; here are some more times and data on splits, personal bests, etc. – Ed.

MEN (gun times)

1. Mo Farah, 27, GBR 1:00:23 DB/NR \$20,000
2. Gebre Gebremariam, 26, ETH 1:00:25 PB= 10,000
3. Galen Rupp, 24, USA 1:00:30 DB 5,500
4. Tesfaye Girma, 28, ETH 1:00:35 PB 3,500 + 1,000^
5. Peter Kamais, 34, KEN 1:00:46 2,500
6. Alistair Cragg, 30, IRL 1:00:49 NR 1,500
7. Moses Kigen Kipkosgei, 28, KEN 1:01:19 1,000

8. Marilson Gomes Dos Santos, 33, BRA	1:01:23	750
9. Shawn Forrest, 27, AUS	1:01:25 PB	600
10. Ezkyas Sisay, 22, ETH	1:01:56 PB	400 + 750^
11. Dylan Wykes, 27, CAN	1:02:14 PB	300
12. Alejandro Suarez, 30, MEX	1:02:16 PB	250
13. Reid Coolsaet, 31, CAN	1:02:42 PB	200
14. Girma Tolla, 35, ETH	1:02:46	100 + 600
15. Meb Keflezighi, 35, USA	1:02:52	100
16. Jason Lehmkuhle, 33, USA	1:02:58	
17. Bado Worku Merdessa, 22, ETH	1:02:59 PB	400^
18. Andrew Lemoncello, 28, GBR	1:03:00	
19. Abdi Abdirahman, 34, USA	1:03:12	
20. Lee Troop, 37, AUS	1:03:13	
21. Ryan Hall, 28, USA	1:03:53	

5 km & 10 km segment times (through 20 km):

1. Farah: 15:06 / 14:27 / 14:04 / 13:54 [29:33 / 27:58]
2. Gebremariam: 15:06 / 14:27 / 14:15 / 13:52 [29:33 / 27:57]
3. Rupp: 15:06 / 14:27 / 14:04 / 13:53 [29:33 / 27:57]

WOMEN (gun times)

1. Caroline Rotich, 26, KEN	1:08:52 PB/CR* \$20,000	
	[16:39 / 33:21 / 49:38 / 1:05:26]	
2. Edna Kiplagat, 31, KEN	1:09:00 PB	10,000
	[16:39 / 33:21 / 49:38 / 1:05:31]	
3. Kara Goucher, 32, USA	1:09:03	5,500
	[16:39 / 33:21 / 49:38 / 1:05:37]	
4. Shewarge Alene Amare, 24, ETH	1:09:25 PB	3,500 + 1,000^
5. Werknesh Kidane, 29, ETH	1:09:32	2,500
6. Jo Pavey, 37, GBR	1:09:33	1,500
7. Jessica Augusto, 29, POR	1:10:00	1,000
8. Olesya Syreva, 27, RUS	1:10:18	750
9. Irvette van Blerk, 23, RSA	1:10:56 PB	600
10. Madai Perez, 31, MEX	1:11:12	400
11. Janet Cherobon-Bawcom, 32, USA	1:11:38	300
12. Adriana Pirtea, 31, ROU	1:12:03	250

Meia-Maratona Internacional de Lisboa (21st)

(IAAF Gold Label Road Race)

Lisbon, POR, 20 March

(Distance: 21.1 km; flat and IAAF-certified and prevalidated, including the 15 km and 20 km marks [record-standard course])

Note: World record holder Zersenay Tadese of Eritrea came within 7 seconds of his own world record. – Ed.

MEN (gun times)

1. Zersenay Tadese, ERI	58:30	
2. John Mwangangi, KEN	1:00:30	
3. Silas Sang, KEN	1:00:38	
4. Robert Kipchumba, KEN	1:00:43	
5. Mike Kigen, KEN	1:00:49 PB	
6. Evans Cheruiyot, KEN	1:01:50	
7. Leonard Langat, KEN	1:01:51	
8. Yacob Jarso, ETH	1:02:41	
9. Abderahim Bouramdane, MAR	1:03:47	

10. Solonei da Silva, 1992, BRA 1:04:10 PB

WOMEN (gun times)

1. Aberu Kebede, ETH	1:08:28
2. Ana Dulce Félix, POR	1:08:33 PB
3. Grace Momanyi, KEN	1:08:41 PB
4. Pauline Njeri, KEN	1:08:55 PB
5. Iness Chenonge, KEN	1:09:08
6. Helena Kirop, KEN	1:09:50 PB
7. Diane Chepkemoi, KEN	1:10:40 PB
8. Rita Jeptoo, KEN	1:10:54
9. Salina Kosgei, KEN	1:13:49
10. Marina Kovaleva, RUS	1:13:51
... 15. Berhane Adere, ETH	1:15:08

Honda LA Marathon (26th)

Los Angeles to Santa Monica, USA, 20 March

(Distance: 42.195 km; new point-to-point course with 131 m elevation loss [3.1 m/km] – not record-standard)

Note: As mentioned in last week's DRR, Markos Geneti won the \$100 000 incentive for being the first athlete across the finish line – the women received a 17:03 headstart. – Ed.

MEN (gun times)

1. Markos Geneti, 26, ETH	2:06:35 DB/CR	\$25,000 [^] + 100,000#
2. Nicholas Kamakya, 26, KEN	2:09:26	12,500
3. Laban Moiben, 27, KEN	2:13:12	10,000
4. Wesley Korir, 28, Louisville, KY (KEN)	2:13:23	5,000
5. Jason Gutierrez, 26, COL	2:13:24 PB	2,500

ALL-WOMEN'S RACE (gun times)

1. Buzunesh Deba, 23, Bronx, NY (ETH)	2:26:34 PB	\$25,000 [^]
2. Amy Hastings, 27, Mammoth Lakes, CA	2:27:03 DB	12,500
3. Mare Dibaba, 21, ETH	2:30:25	10,000
4. Diane Nukuri, 26, Iowa City, IA (BDI)	2:33:47 NR	5,000
5. Iulia Arkhipova, 27, KGZ	2:33:55	2,500

Maratona della Città di Roma (17th)

(IAAF Gold Label Road Race)

Rome, ITA, 20 March

(Distance: 42.195 km; AIMS-certified loop course)

Note: Nina Podnebesnova has entered the Old Mutual Two Oceans Marathon next month. – Ed.

MEN (gun times)

1. Dixon Kiptolo Chumba, KEN	2:08:45 PB	€ 15,000
2. Siraj Gena Amda, ETH	2:09:21	7,500
3. Abdullah Dawit Shami, ETH	2:09:42 PB	5,000

WOMEN (gun times)

1. Firehiwot Dado Tufa, ETH	2:24:13 PB	€ 15,000
2. Goitetom Haftu Tesema, ETH	2:26:21 PB	7,500
3. Haile Kebebush, ETH	2:27:39	5,000
... 7. Nina Podnebesnova, RUS	2:32:11	1,000

Seoul International Marathon (48th running as a marathon)

(IAAF Gold Label Road Race)

Seoul, KOR, 20 March

(Distance: 42.195 km)

MEN

- | | | |
|-------------------------------|------------|---------------------|
| 1. Abderrahim Goumri, MAR | 2:09:11 | USD 80,000 + 5,000i |
| 2. Jeong Jin-Hyeong, KOR | 2:09:28 PB | 40,000 + 5,000i |
| 3. Oleg Kulkov, RUS | 2:10:13 | 20,000 |
| 4. Wegayehu Girma Tefera, ETH | 2:13:19 | 10,000 |
| 5. Dereje Abera, ETH | 2:14:18 | 7,000 |

i) Earned time bonus

WOMEN

- | | | |
|-------------------------------------|------------|---------------------|
| 1. Robe Guta, ETH | 2:26:51 | USD 50,000 + 5,000i |
| 2. Wei Yanan, CHN | 2:27:13 | 25,000 + 5,000i |
| 3. Chung Yun-Hee, KOR | 2:32:26 | 15,000 |
| 4. Gladys Tejeda, PER | 2:32:32 NR | 10,000 |
| 5. Lee Sun-Young, KOR | 2:32:57 | 7,000 |
| 6. Asnakech Mengistu Egigayehu, ETH | 2:33:58 | 5,000 |

i) Earned time bonus

Reading Half Marathon (29th)

Reading, GBR, 20 March

(Distance: 21.1 km with start/finish separation of about 2 km [estimated from course map])

MEN (gun times)

- | | | |
|------------------------|---------|--------------|
| 1. Simon Kasimili, KEN | 1:03:08 | £1000 + 250i |
| 2. Edwin Kipyego, KEN | 1:03:09 | 500 + 250i |
| 3. Edwin Kipkorir, KEN | 1:03:12 | 250 + 250i |

WOMEN (gun times) -

- | | | |
|----------------------------|------------|--------------|
| 1. Edith Chelimo, KEN | 1:11:22 PB | £1000 + 250i |
| 2. Liz Yelling, GBR | 1:12:00 | 500 + 100i |
| 3. Hellen Kimutai, KEN | 1:13:45 | 250 |
| ... 8. Tanith Maxwell, RSA | 1:14:53 | |

CROSS-COUNTRY**Trofeo Alasport - Alà dei Sardi** (35th)

Sardinia, ITA, 27 March

MEN (approx. 11 km):

- | | |
|--------------------------|-------|
| 1. Imane Merga, ETH | 32:11 |
| 2. Caleb Ndiku, KEN | 32:14 |
| 3. Paul Tanui, KEN | 32:15 |
| 4. John Kipkoech, KEN | 32:20 |
| 5. John Koech, 1995, KEN | 33:34 |

WOMEN (approx. 5.5 km):

- | | |
|-------------------------|-------|
| 1. Sylvia Kibet, KEN | 18:02 |
| 2. Sule Utura Gedo, ETH | 18:02 |
| 3. Mercy Cherono, KEN | 18:05 |
| 4. Nadia Ejjafini, ITA | 18:33 |
| 5. Siham Hilali, MAR | 19:02 |

IAAF World Cross-country Championships (39th)

Punta Umbria, ESP, 20 March

Note: The top results were included in last week's DRR. Here are deeper results, with prize money. – Ed.

SR. MEN (12 km):

Teams: 1. KEN, 14 points (\$20,000); 2. ETH, 38 (\$16,000); 3. UGA, 49 (\$12,000); 4. ERI, 95 (\$10,000); 5. **RSA**, 113 (\$8000); 6. BRN, 130 (\$4000); 7. ALG, 150; 8. ESP, 150; 9. POR, 189; 10. USA, 199.

Individuals:

- | | | | |
|---------------------------------|-------|--------|----------|
| 1. Imane Merga, ETH | 33:50 | Gold | \$30,000 |
| 2. Paul Tanui, KEN | 33:52 | Silver | 15,000 |
| 3. Vincent Chepkok, KEN | 33:53 | Bronze | 10,000 |
| 4. Mathew Kisorio, KEN | 33:55 | | 7,000 |
| 5. Geoffrey Mutai, KEN | 34:03 | | 5,000 |
| 6. Stephen Kiprotich, UGA | 34:07 | | 3,000 |
| 7. Philemon Limo, KEN | 34:21 | | |
| 8. Hunegnaw Mesfin, ETH | 34:25 | | |
| 9. Ali Hasan Mahboob, BRN | 34:30 | | |
| 10. Hosea Macharinyang, KEN | 34:30 | | |
| 11. Moses Kipsiro, UGA | 34:31 | | |
| 12. Dino Sefir, ETH | 34:35 | | |
| 13. Geofrey Kusuro, UGA | 35:06 | | |
| 14. Teklemariam Medhin, ERI | 35:08 | | |
| 15. Stephen Mokoka, RSA | 35:10 | | |
| 16. Ayad Lamdassem, ESP | 35:12 | | |
| 17. Feyisa Lilesa, ETH | 35:13 | | |
| 18. Adhanom Abraha, ERI | 35:28 | | |
| 19. Dickson Huru, UGA | 35:31 | | |
| 20. Rabah Aboud, ALG | 35:33 | | |
| 21. Craig Mottram, AUS | 35:33 | | |
| 22. Moses Kibet, UGA | 35:34 | | |
| 23. Sidi-Hassan Chahdi, FRA | 35:35 | | |
| 24. Amanuel Mesel, ERI | 35:38 | | |
| 25. Tshamano Setone, RSA | 35:38 | | |
| 26. Sindre Buraas, NOR | 35:38 | | |
| 27. Juan Carlos Romero, MEX | 35:42 | | |
| 28. Dejene Regassa, BRN | 35:43 | | |
| 29. Kgosi Tsosane, RSA | 35:48 | | |
| 30. Bilisuma Shugi, BRN | 35:49 | | |
| 31. Carles Castillejo, ESP | 35:52 | | |
| 32. Youssef Aakaou, ESP | 35:53 | | |
| 33. Gervais Hakizimana, RWA | 35:54 | | |
| 34. Nuno Costa, POR | 35:54 | | |
| 35. Khoudir Aggoune, ALG | 35:55 | | |
| 36. Ben True, USA | 35:56 | | |
| 37. Sondre Nordstad Moen, NOR | 35:58 | | |

38. Adil Rached, MAR 36:01
 39. Kiflom Sium, ERI 36:02
 40. Max King, USA 36:02
 41. José Rocha, POR, 36:05; 42. David McNeill, AUS, 36:06; 43. Ahmed Messeles, ALG, 36:09; 44. Moorosi Soke, RSA, 36:11; 45. Mulue Andom, ERI, 36:12; 46. Hirotaka Tamura, JPN, 36:12; 47. Belete Assefa, ETH, 36:13; 48. Manuel Damião, POR, 36:17; 49. Miguel Barzola, ARG, 36:22; 50. Yusuke Takabayashi, JPN, 36:26.

SR. WOMEN (8 km):

Teams: 1. KEN, 15 points (\$20,000); 2. ETH, 29 (\$16,000); 3. USA, 57 (\$12,000); 4. BRN, 87 (\$10,000); 5. GBR, 118 (\$8000); 6. UGA, 148 (\$4000); 7. JPN, 160; 8. ESP, 180; 9. RSA, 198; 10. AUS, 201.

Individuals:

1. Vivian Cheruiyot, KEN	24:58	Gold	\$30,000
2. Linet Masai, KEN	25:07	Silver	15,000
3. Shalane Flanagan, USA	25:10	Bronze	10,000
4. Meselech Melkamu, ETH	25:18		7,000
5. Priscah Cheron, KEN	25:20		5,000
6. Wude Ayalew Yimer, ETH	25:21		3,000
7. Pauline Korikwian, KEN	25:26		
8. Lineth Chepkurui, KEN	25:28		
9. Genzebe Dibaba, ETH	25:36		
10. Beleynesh Oljira, ETH	25:40		
11. Hiwot Ayalew, ETH	25:42		
12. Shitaye Eshete, BRN	25:53		
13. Sylvia Kibet, KEN	25:56		
14. Charlotte Purdue, GBR	26:03		
15. Merima Mohammed, ETH	26:24		
16. Fionnuala Britton, IRL	26:25		
17. Molly Huddle, USA	26:26		
18. Magdalena Lewy Boulet, USA	26:27		
19. Blake Russell, USA	26:30		
20. Sara Moreira, POR	26:31		
21. Hatti Dean, GBR	26:35		
22. Juliet Chekwel, UGA	26:37		
23. Maryam Yusuf Jamal, BRN	26:39		
24. Nuria Fernández, ESP	26:39		
25. Kareema Jasim, BRN	26:40		
26. Hitomi Niiya, JPN	26:43		
27. Tejitu Daba, BRN	26:45		
28. Alisa McKaig, USA	26:46		
29. Lara Tamsett, AUS	26:48		
30. Genzeb Shumi, BRN	26:58		
31. René Kalmer, RSA	27:02		
32. Janet Achola, UGA	27:03		
33. Hanae Tanaka, JPN	27:03		
34. Nadia Ejjafini, ITA	27:03		
35. Alia Saeed Mohammed, UAE	27:04		
36. Rkia Moukim, MAR	27:04		
37. Stevie Stockton, GBR	27:06		
38. Viola Chemos, UGA	27:09		
39. Christine Bardelle, FRA	27:14		
40. Lisa Koll, USA	27:15		
41. Eloise Wellings, AUS, 27:16; 42. Alessandra Aguilar, ESP, 27:16; 43. Fatiha Klilech-Fauvel, FRA, 27:18; 44. Dina Lebo Phalula, RSA, 27:23; 45. Nazret Weldu, ERI, 27:23; 46.			

Naomi Taschimowitz, GBR, 27:23; 47. Bouchra Sahli, MAR, 27:26; 48. Yuko Shimizu, JPN, 27:27; 49. Bouchra Chaabi, MAR, 27:28; 50. Alba García, ESP, 27:29.

JR. MEN (8 km):

Teams: 1. KEN, 20 points; 2. ETH, 24; 3. UGA, 50; 4. ERI, 65; 5. MAR, 106; 6. RSA, 123; 7. JPN, 148; 8. USA, 153; 9. AUS, 221; 10. GBR, 230.

Individuals:

1. Geoffrey Kipsang Kamworor, KEN 22:21 Gold
2. Thomas Ayeko, UGA 22:27 Silver
3. Patrick Mutunga Mwikya, KEN 22:32 Bronze
4. Bonsa Dida, ETH 22:39
5. Fikadu Haftu, ETH 22:43
6. James Gitahi Rungaru, KEN 22:43
7. Muktar Edris, ETH 22:44
8. Yitayal Atnafu, ETH 22:53
9. Jacob Araptany, UGA 23:03
10. Isiah Kiplangat Koech, KEN 23:10
11. Tesfaye Cheru, ETH 23:16
12. Samson Gebreyohannes, ERI 23:18
13. Philemon Kipchumba Yator, KEN 23:19
14. Justine Kiprop Cheruiyot, KEN 23:19
15. Peter Kibet, UGA 23:21
16. Merhawi Tadese, ERI 23:21
17. Goitom Kifle, ERI 23:24
18. Soufiyan Bouqantar, MAR 23:25
19. Teshome Tafese, ETH 23:33
20. Tesfagaber Ayahuney, ERI 23:35
21. Tsegay Tuemay, ERI 23:43
22. Isaac Kemboi Chelimo, BRN 23:47
23. Abdelmajid El Hissouf, MAR 23:49
24. Phillip Kipyego, UGA 23:50
25. Daniel Rotich, UGA 23:52
26. William Kaptein, RSA 23:52
27. Othmane El Goumri, MAR 23:57
28. Luyanda Qolo, RSA 23:59
29. Craig Lutz, USA 24:02
30. Weynay Ghebresilasie, ERI 24:11

JR. WOMEN (6 km):

Teams: 1. ETH, 17 points; 2. KEN, 19; 3. JPN, 75; 4. ERI, 89; 5. GBR, 106; 6. UGA, 110; 7. USA, 145; 8. MAR, 146; 9. ALG, 180; 10. RSA, 199.

Individuals:

1. Faith Chepngetich Kipyegon, KEN 18:53 Gold
2. Genet Yalew, ETH 18:54 Silver
3. Azemra Gebru, ETH 18:54 Bronze
4. Waganesh Mekasha, ETH 18:59
5. Janeth Kisa, KEN 19:08
6. Nancy Chepkwemoi, KEN 19:20
7. Purity Cherotich Rionoripo, KEN 19:24
8. Emebet Anteneh, ETH 19:29
9. Brilliant Jepkorir Kipkoech, KEN 19:33
10. Buze Diriba, ETH 19:34
11. Alem Mokonnin, ETH 19:39
12. Katsuki Suga, JPN 19:49
13. Tomoka Kimura, JPN 19:56

14. Mekdes Woldu, ERI	19:59
15. Emelia Gorecka, GBR	20:03
16. Naom Chepngeno Mitei, KEN	20:07
17. Aisling Cuffe, USA	20:15
18. Nancy Cheptegei, UGA	20:17
19. Katie Flood, USA	20:18
20. Phanice Chemutai, UGA	20:19
21. Celia Sullohern, AUS	20:20
22. Annabel Gummow, GBR	20:20
23. Yuriko Kosaki, JPN	20:23
24. Yohana Zemuy, ERI	20:24
25. Luula Berhane, ERI	20:29
26. Fikadu Tsegay, ERI	20:31
27. Risa Yokoe, JPN	20:31
28. Molly Grabill, USA	20:40
29. Louise Small, GBR	20:41
30. Risa Shibuya, JPN	20:48

TRACK

Stanford Invitational

Palo Alto, USA, 25-26 March

WOMEN

5000 (25):

Section 1 -

1. Jessica Pixler	Colorado	15:25.58 PB/WL
2. Jen Rhines	adidas	15:32.70
3. Renee Metivier Baillie, Nike		15:55.97

3000 s/chase (25):

Section 1 -

1. Sara Hall	ASICS	9:50.68 PB/WL
2. Lindsay Allen	McMillan Elite	10:07.16
3. Claire Michel	Oregon	10:11.64

Sydney Track Classic

Sydney, AUS, 19 March

Note: Anna Laman, who was fourth in the 1500 in 4:13.62, a personal best, is only 15 years old. – Ed.

MEN

800:

1. David Rudisha, KEN, 1:44.80 MR*
2. Lachlan Renshaw, 1987, NSWIS, 1:46.08
3. James Gurr, 1984, NSW, 1:46.62
4. James Kaan, 1991, NSWIS, 1:46.74 PB
5. Asbel Kiprop, KEN, 1:46.80

WOMEN

1500:

1. Kenia Sinclair, 1980, JAM, 4:06.50
2. Georgie Clarke, 1985, VIC, 4:10.10
3. Bridey Delaney, 1990, NSW, 4:10.32 PB

4. Anna Laman, 1995, NSW, 4:13.62 PB
5. Lisa Corrigan, 1984, ACT, 4:14.51

VIEWPOINT

This article by Annerien and Martin van Schalkwyk about their experiences at the World Cross-country Championships is published here in its original Afrikaans to better preserve the sentiments expressed. – Ed.

ASA SKEP REGTE ATMOSFEER OM TE PRESTEER

Die reëlings was van die beste wat ons nog ooit beleef het – vanaf ons aankoms by die Seville-lughawe waar ons ingewag is, tot ons weer daarvandaan vertrek het, was alles op tyd en almal was altyd bereid om verder te gaan om dinge vir ons makliker te maak. Punta Umbria voel en lyk soos die Wes-Kaap.

Dit was skynbaar die grootste Wêreld-byeenkoms in jare, moontlik omdat daar nou elke tweede jaar n Wêreld-kampioenskap is, met tussen-in 'n kontinentale kampioenskap.

Ons het teruggekeer van die byeenkoms met hierdie vraag: Hoekom kan ons nie soos die ander lande kompeteer nie? Ek dink ons moet die beste SA span wees wat ons kan wees en vergeet wat ander lande doen en hulle metodes slaafs navolg; ek dink ons moet beplan volgens ons eie behoeftes en sterkpunte. Ons moet ons eie sterkpunte verbeter en werk aan die swakpunte. Ons moet doelwitte stel vir die Afrika- en Wêreld-kampioenskappe en die Olympiese Spele, en daarvolgens beplan vir die toekoms. In ons land is daar atlete met verskriklik baie talent wat net raakgesien en dan versorg moet word om nie verlore te gaan of moedeloos te word as daar terugslae is nie.

My mikpunt in Spanje was top 20 en ek het 60ste geëindig, wat vir my baie teleurstellend was. Die baan wat spesiaal vir die kampioenskappe gemaak is, was van 'n hoë standaard en het regtig fantasties gelyk en was sag onder die voet. Ons het gehoor die gras is gesny om soos 'n tapyt te lyk, met besproeiingspype en alles. Die baan was vinnig met baie min hindernisse en skerp draaie wat die spoed van vinnige atlete kon breek en so kon help dat ek 'n bietjie opvang.

Alles was perfek, die temperatuur 21/22 grade Celsius met 40% humiditeit. Ek dink dit was die perfekte baan vir baanatlete, en die uitslae getuig daarvan. 'n Mens hoef maar net na die tye te kyk – dit was soos 'n padwedloop op gras.

Ek het swaar gekry en kon van die begin af nie by die pas hou nie. Ek het my beste op die dag gegee en geweet toe ek klaarmaak dat dit was wat ek vandag vir SA atletiek kon gee. My hart het gebrand vir n beter posisie, maar nogtans was dit vir my n ervaring wat ek nie gou sal vergeet nie. Somtyds kry jy n baan wat jou pas en soms nie, en ek het weer eens beseef hoeveel mense met baie talent daar in die wêreld is, en dat 'n mens hard moet werk as jy iewers wil kom.

Hardloop is so groot genade en om goed te hardloop nog groter. Ek het weer beseef hoe belangrik dit is om jou seëninge tel, een vir een, en jy sal sien wat God jou verleen. Ons hotel was baie goed ingerig, en die etes was absoluut uit die boonste rakke; daar is in almal se behoeftes voorsien. Die konsep van die hotel- en byeenkoms-omgewing was baie goed gekies en perfek vir die geleentheid. Die SA spanne het regtig goed gevaar, met die



Annerien van Schalkwyk in action in Punta Umbria. [Martin van Schalkwyk]

manspan se 5de plek die topprestasie (dit ewenaar die beste ooit). Die junior mans, wat 6de was, het ook baie potensiaal om dit nog ver in SA atletiek te bring met die regte sorg en houding; dit geld ook die junior vroue. Ek hoop regtig ons kan die atlete op 'n gereelde basis help om nog verder te ontwikkel, nie net wat veldloop betref nie, maar alle dissiplines.

ASA moet gelukkig word met die besluit om vol spanne te stuur – dit het beslis vrugte afgewerp, soos 'n mens in die uitslae kan sien. Hopelik sal dit die gebruik in die toekoms ook wees, insluitend vir die Wêreldkampioenskappe later vanjaar. Die spanbestuur was van baie hoë kwaliteit, wat gesag afgedwing het en erken is by die byeenkoms, en die regte atmosfeer geskep het waarin die atlete kon presteer. Die fisioterapeute was uiters bekwaam en het regtig meer as hul deel gedoen. Almal is as 'n sterk, trotse Suid-Afrikaanse groep saamgesnoer.

BACKGROUND

This article by Simon Hart on Paula Radcliffe's preparations for the Olympic Marathon next year appeared in *The Telegraph*. – Ed.



LONDON 2012: PAULA'S RACE FOR THE SUMMIT

When the pain is at its most intense on the long training runs in the high desert of New Mexico, Paula Radcliffe has taken to using a visualisation technique to drive herself on.

She imagines she is in London, a city in which she has never lost a marathon, and that she is racing towards the finish line of the 2012 Games, the roar of home fans ringing in her ears, to claim what would be one of the most emotionally charged victories in Olympic

history after her meltdown in Athens in 2004 and injury-hit Beijing campaign in 2008.

"I do think about that, especially on long, hard runs when you are really trying to dig deep," she says. "I try to imagine that I'm in the closing stages of the marathon in London and that I really need to knuckle down and put the work in.

"I just visualise myself running up The Mall. Luckily, I've got some very good memories about running up The Mall. I think that is one of the real bonuses of the Olympics being in London. It is very familiar ground to me. Positive ground."

We are in Albuquerque, a sleepy, sepia-hued city surrounded by desert scrubland and spaghetti western mountains which, during the winter months, is a magnet for distance runners attracted by an altitude of 6,700 ft and the guarantee of mild, dry weather.

It is where Radcliffe is attempting to put aside previous Olympic disappointments and turn her London fantasy into reality by pounding out the mileage on the trails that wind through the foothills of the Sandia Mountains just a short jog from her rented apartment.

She has been coming here since 1997 to build her endurance base before the racing season begins and it is where she gained the strength in 2003 to set her world record of 2:15:25 — a time no other woman has got close to emulating.

The remote location has always been an extra attraction, allowing her to train without distraction or intrusion, but this year there is a difference. Now her morning and evening runs and her lunchtime trips to the gym are punctuated by feeding time for her six-month-

old baby, Raphael, and play time with her four-year-old, Isla. Astonishingly, she is still managing to run between 120 and 130 miles a week.

Fortunately, the multitasking Gary Lough – her husband, coach, cook and child-minder – is on hand to shoulder much of the domestic load and, for the first time, the couple have hired a nanny to provide childcare in the mornings when Radcliffe does her long run of between 12 and 18 miles before a weights session and then her afternoon nap.

At about 4.30 pm she goes out alone for a “short” run, about eight or nine miles, while Gary looks after the children. It is a routine Radcliffe follows in a relentless eight-day cycle of seven days on, one day off.

Paula's routine in Albuquerque (for seven days out of 8)

- Up at 8 am; feeds the children
- Nanny arrives (for the morning only)
- Morning run with husband Gary – 12-18 miles
- Home for shower and lunch
- To the gym for weights session
- Home for 2-hour nap
- Up at 4 pm for second run of the day – a “short” 8-9 miles
- Back home for 45 minutes of core exercises with daughter Isla joining in (as Gary cooks the dinner)
- 8.30 pm – reads bedtime story to Isla
- Relaxes and answers e-mails
- 10 pm – bed

“The times I notice it as a bit manic is when I come in from my run at night and I’ve got 45 minutes of core exercises to do,” she says. “I used to do that with Isla playing around next to me. Now I’ve got Raphael there, Gary’s trying to get the dinner ready and get Isla fed, and she’s trying to join in with my exercises. By the time I’ve fed Raphael and read Isla a bedtime story, it’s already 8.30.”

Radcliffe was still running two days before Raphael was induced in September – a briefly traumatic event that required his lungs to be inflated after he was born “completely grey” with the umbilical cord wrapped around his neck. A week later, Radcliffe started cross-training and after another two weeks she was out on her first run.

But her return to full training has been more measured than it was after Isla was born in January 2007, when she was back running within a fortnight before ramping up quickly to her usual high-volume workload.

Looking back, she blames her hastiness for the stress fracture to her left femur that wrecked her preparations for the Beijing Olympics. Injury and health problems have been as much a defining part of Radcliffe’s career as her eight marathon victories, which began with her winning debut in London in 2002.

At the Athens Olympics she was undone by a stomach problem brought on by anti-inflammatory tablets and her race ended in distressing scenes 4½ miles from the finish.

Even in Sydney four years earlier, where she finished fourth in the 10000 m final, she felt she was lacking her usual strength.

She is all too aware that her path to Olympic redemption in 2012 depends on her ability to stay fit and healthy. What she would give just to be on an Olympic start-line in peak physical condition, to be able to do herself justice for once on the most important sporting stage.

“Because of the number of years of running I’ve done and the amount of miles in my legs, the biggest thing is going to be making sure that I get a chance to go in healthy,” she says. “If I can get the chance, I’ll just go in there and enjoy it and anything can happen.”

Although she will be 38 by the time of the London Games, Radcliffe is convinced that she can return to her all-conquering best when she won eight consecutive big-city marathons before tendinitis in her left knee brought her winning run to a tearful end in New York in 2009 – the last time she raced.

“I don’t think that in the time I’ve been out having Raphael that the event has moved on massively and I certainly believe that, on the right day, I can get back to how I was,” she

says. Nor is age necessarily an impediment when it comes to marathon running. Romania's Constantina Dita was also 38 when she triumphed in Beijing in 2008. Haile Gebrselassie was 35 when he became the first man to run the marathon in under 2hr 4 min in 2008.

"I think with something like the marathon, I've noticed year on year that your endurance gets better and you get stronger," she says. "It's just a question of getting it right on the day. I don't think my chances are any less just because I'm 38. There's just that thing about being healthy."

Avoiding injury has already forced her to back off slightly since arriving in Albuquerque in mid-January. Radcliffe was bitten on the calf by a dog while running at home in Monaco before Christmas and, though it appeared to heal quickly, the tension in her calf muscle caused knock-on "creakiness" in her Achilles. She has been doing some mileage on an antigravity treadmill to ease the pressure on her ankle.

Next winter, she plans to take extra precaution against injury by forsaking Albuquerque and joining the UK Athletics high-altitude camp in Kenya, so physiotherapy and medical support will be on tap.

But wrapping herself in cotton wool goes only so far. There are still plenty of hard miles between now and 2012, and to be competitive she knows she will have to push her body to the limit.

"It's a balancing act," she says. "It's all very well people saying that I need to back off in training as I get older, but I know what to do to perform at the top level and it's all about that balancing act. Yes, I can be as clever as I can about looking after my body, but you do have to put the work in at the end of the day to get the results."

Motherhood has brought a sense of perspective to Radcliffe's Olympic ambitions, which she says were all-consuming in the run-up to Athens. There simply aren't enough hours in the day to dwell too much on the one yawning gap in her remarkable distance-running curriculum vitae.

For the past week, her focus has been as much on finding some low-sugar formula milk for Raphael as her training schedule. But strip away the daily domestic concerns and she admits that the desire for Olympic success beats as intensely as ever.

"When you sit back and look at things in perspective, you have to be grateful for what you have in your life with two healthy children, the exact family that I wanted, and a good career around that," she says.

"When you think of it like that, then maybe you are a little bit more relaxed about the Olympics, but I still feel that I would be distraught if something happened and I wasn't able to go into the Olympics healthy.

"There is still a huge, burning desire just to go out there and do well and do what I need to do."

Radcliffe confirmed last week that, barring any mishaps, she will return to competitive racing for the first time since her pregnant pause at the Bupa Great Manchester Run on May 15. She also hopes to race on the track this summer with a possible appearance in the 10000 m at the World Championships in Daegu, South Korea.

Then it will be a marathon in autumn to gain the required Olympic qualifying standard — probably in Chicago, the venue of her first world record in 2002, or Berlin.

She does not rule out another marathon at the start of next year, although the London Marathon in April will be too close to the Olympics to contemplate an early return to the capital.

Instead, her marathon homecoming will have to wait until the summer of 2012, when she hopes the fantasy that helps dull the pain of her training runs will come to glorious fruition in front of millions of spectators in London.

"Feeling comfortable in your surroundings is very important," she says. "It's not that you can't go somewhere unfamiliar and run well. I did that in Chicago and I did that in my first marathon in New York. But when you know the streets so well and there's that background of support for the British athletes, that's going to be a massive boost."

Win or lose, she admits she will be in floods of tears. She certainly won't be the only one.

STATS TIME

2011 MARATHON: WORLD TOP 10 WOMEN

2:22:45	Mergia Aselefech	ETH	1	Dubai	21 Jan
2:23:01	Lydia Cheromei	KEN	2	Dubai	21 Jan
2:23:41	Isabellah Andersson	SWE	3	Dubai	21 Jan
2:23:56	Yoshimi Ozaki	JPN	1	Yokohama	20 Feb
2:24:13	Firehiwot Dado Tufa	ETH	1	Roma	20 Mar
2:24:26	Atsede Habtamu	ETH	4	Dubai	21 Jan
2:24:29	Remi Nakazato	JPN	2	Yokohama	20 Feb
2:25:04	Marisa Barros	POR	3	Yokohama	20 Feb
2:25:08	Atsede Bayisa	ETH	5	Dubai	21 Jan
2:26:21	Goitetom Haftu Tesema	ETH	2	Roma	20 Mar

THIS MONTH IN HISTORY

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

79 years ago (exactly): 28 March 1932

Two years after winning his first Comrades Marathon (and his first SA track title in the 10 miles), Wally Hayward returned to the national championships in Durban to tackle the 10 miles again – and once more he won. His time was 56:52.0, almost 24 seconds slower than he ran in 1930. Hayward won the title again in 1937 – but then he clocked a quick 53:25.5 in Bloemfontein, where he also won the 4-mile title. Nine years later he took his first SA marathon title in Kimberley.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2011

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	29:32	Stephen Mokoka	Pretoria	19 Feb
	28:41	Sindre Buraas (NOR)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		08 Jan
	44:43	Lusapho April	Jeffreys Bay	
	43:35A	Mark Kenneally (IRL)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		27 Mar
	64:59	Tshidiso Bosiu	Johannesburg	
	59:25	Deribe Merga (ETH)		
25 km	58:23	Zersenay Tadese (ERI) 2010		23 Jan
	79:50	Juan van Deventer	Johannesburg	
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:36:14	Elroy Gelant	Camps Bay	09 Jan
	1:32:08	Jason Lehmkuhle (USA)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:13:21	Lusapho April	George	13 Feb
	2:07:04	Bekana Daba (ETH)		

100 km	2:03:59	Haile Gebrselassie (ETH) 2008
	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	32:15	Piet Mosibedi	Pretoria	05 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	50:30	Graham Katzen	Constantia	15 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:42	Lindile Tokota	Oudtshoorn	29 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	88:31	Laurance Chipongwa	Durban	20 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:14	Graham Katzen	Camps Bay	09 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:22:07	Elias Mabane	Benoni	30 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:18	Meshack Motla	Hartebeespoort	19 Mar
	[32:10	Vladimir Kotov	Cape Town	02 Mar]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:11	Johannes Seakamela	Alberton	13 Mar
	[50:03	Vladimir Kotov (BLR)	Constantia	12 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	72:24	Charles Vilakazi	Johannesburg	27 Mar
	[73:54	Vladimir Kotov (BLR)	Tokai	05 Feb]
	66:42	Martin Rees (GBR) 2003		
25 km	1:47:20	A. Watson	Johannesburg	23 Jan
30 km	1:58:23	Raymond Howard	Camps Bay	09 Jan
Marathon	2:40:32	Stuart McColl	George	13 Feb
	[2:30:24	Vladimir Kotov (BLR)	George	13 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:47	Mike du Bruto	Pretoria	26 Feb
15 km	59:28	Jimmy Morris	Constantia	12 Mar
21.1 km	86:45	Mike du Bruto	Pretoria	05 Feb
25 km	1:48:44	Michael Langa	Durban	20 Mar
30 km	2:10:29	Jimmy Morris	Camps Bay	09 Jan
Marathon	3:13:44	Don Charles	George	13 Feb
100 km				

Juniors

10 km	30:18	Unathi Nteta	Cape Town	02 Mar
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:50	Lufumba Shakila	Constantia	12 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	72:30	Philani Ngcobo	Pietermaritzburg	27 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	34:30	Zintle Xiniwe	Cape Town	02 Mar
	32:32	Alene Sheewarge Amara (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:48	René Kalmer	Alberton	13 Mar
	49:58A	Janet Cherobon (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	70:56A	Irvette van Blerk	New York	20 Mar
	74:53	Tanith Maxwell	Reading	20 Mar
	69:58	Belainesh Zemedken Gebre (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	95:17	René Kalmer	Johannesburg	23 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:04:22	Joanna Thomas	Camps Bay	09 Jan
	1:46:27	Hiroimi Ominami (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:44:44	Charné Bosman	George	13 Feb
	2:22:45	Aselefech Mergia (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	39:33	Linley Holmes	Rondebosch	19 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:51	Joanna Thomas	Constantia	12 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	87:12	Zola Pieterse	Melbourne	06 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:34A	Frith van der Merwe	Somerset East	19 Mar
	1:49:49	Grace de Oliveira	Durban	20 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:04:22	Joanna Thomas	Camps Bay	09 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:53:24A	Joanna Thomas	Oudtshoorn	26 Feb
	2:54:53	Joanna Thomas	George	13 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	42:42	Annatjie Botes	George	05 Mar
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	67:09	Bev Charters	Constantia	12 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	93:18	Annatjies Botes	Oudtshoorn	29 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:11:41	Jenny Scott	Durban	20 Mar
30 km	2:25:56	Miranda Ward	Worcester	12 Mar
Marathon	3:10:48	Annatjie Botes	George	13 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	49:15	Marietha Herbert	Cape Town	02 Mar
15 km	69:11	Liz Ruickbie	Johannesburg	27 Feb

21.1 km	1:42:46	Veronica van Niekerk	Brandvlei	05 Feb
25 km	2:43:02	Hazel Quilliam	Johannesburg	23 Jan
30 km	2:30:15	Veronica van Niekerk	Worcester	12 Mar
Marathon	3:41:01	Veronica van Niekerk	George	13 Feb
100 km				

Juniors

10 km	43:02	Martha Lötter	Cape Town	02 Mar
	31:42	Zola Pieterse (RSA) 1984		
15 km	68:36	Jeanni Seymour	Johannesburg	09 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:45:37	Sbongile Lushaba	Pietermaritzburg	27 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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