

Distance Running Results

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

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EDITORIAL

This week's results are mostly cross-country, with league events in Eastern Province, Western Province and Gauteng North.

Performances at the SA Open Championships were rather disappointing, with the highlight being the 800 m for women, which was won by die exciting youngster Gena Lofstrand in 2:04.67 ahead of the 2:04.70 by Danel Prinsloo. Lofstrand just missed the personal best she set when winning the SA senior title in Stellenbosch last month.

Internationally another 800 star, world record holder and Olympic champion David Rudisha, won his event at the Diamond League Meeting in New York in 1:45.14. South Africa's Mbulaeni Mulaudzi, in his first race in a year, was fourth in 1:47.46. Inclement weather put paid to hopes of top performances at this meeting. (See background article on Rudisha and a sub-1:40 800 later in this issue.)



David Rudisha on his way to victory in New York, with Mbulaeni Mulaudzi (yellow vest) behind him. Fourth from left is US indoor record holder for 600 m Erik Sowinski who, a few seconds after this picture was taken, was bumped by Kenyan Timothy Kitum (on his right) and fell to the track. [Jane Monti]

At the other end of the distance scale Mami Kudo (JPN) set two world bests in the Netherlands when winning the World 24-hour Championships: 252.205 km for 24 hours and 18:45:51 for 200 km.

Derrick Chamberlain reports that the route used for the Zio Cash & Carry 10 km (see DRR 13:20) was a new one this year because of road construction, so it is possible that it is now the correct length. However, until DRR sees a course measurement certificate, it will continue to analyse the times recorded each year to determine their accuracy.

Deirdre (not Deidre as stated last week) Larkin, who set a new world 80+ age record in the SA 10 km, is in fact a British citizen, who – like Vladimir Kotov – has permanent residence status in South Africa. She is therefore eligible to set SA records. Larkin has been living in South Africa since 1970.

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

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Voet of the Wine Route 10 km, Kuils River
- * Phoenix Villagers AC 10 km, Durban (corrected results)
- * APL Cartons Herfsprag De Doorns Half Marathon & 10 km, De Doons
- * George Habelgaarn Memorial 10 km, Mossel Bay
- * XC: EP League Meeting, Grahamstown; WP League Meeting, Elfindale; Gauteng North League Meeting, Bronkhorstspuit
- * Track: SA Open Championships, Potchefstroom

International highlights:

- * World & European 24-hour Championships, Steenberg, NED
 - * Track: adidas Grand Prix, New York, USA
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ROAD RUNNING

Voet of the Wine Route 10 km

Kuils River, 26 May
(Certified out-and-back course with loop at far end)

Note: Another double win for the father-son combination Graham and Granwin Katzen. The junior Pamela Moyikwa is the former Pamela Mtshemla, who has changed her surname. – Ed.

MEN

1. Wanda Roro (NBMC) 32:58
2. Peter Tsawayo (ZIM/NBMC) 33:02
3. Victor Msopi (Ned) 33:09

Veterans: 1. Graham Katzen (Itheke) 33:38; 2. Xolile Macanda (Gugs) 35:25; 3. Shawn Abrahams (Itheke) 36:23. **Masters:** 1. Steven Parkins (Tyger) 39:43; 2. Shafiek Cassiem (Itheke) 40:06; 3. Gerald Sullivan (Durb) 40:45. **G'masters:** 1. Clive Owen (Edge) 40:20; 2. Albert Mahlahla (Held) 46:33; 3. Albert Williams (Top) 47:11. **Juniors:** 1. Granwin Katzen (Itheke) 35:09; 2. Lukhanyo Nobakada (VOB) 35:21; 3. Ashley de Klerk (Eerste) 35:32.

WOMEN

1. Bulelwa Simae (Ned) 38:56
2. Khanya Mateyisi (Khay) 39:03
3. Asiphe Sikabalanjana (East) 39:54

Veterans: 1. Sandra van Graan (Edge) 43:23; 2. Patricia Adams (Itheke) 43:55; 3. Ursula Frans (Celtic) 44:05. **Masters:** 1. Mariëtte Strauss (Tyger) 44:04; 2. Olga Howard (Celtic) 44:36; 3. Charmaine Cupido (Ned) 50:13. **G'masters:** 1. Helen du Plessis (Tyger) 52:19; 2. Pixie Sparg (Celtic) 55:53; 3. Ruth Leverton (Pine) 56:16. **Juniors:** 1. Amy Abrahams (UWC) 42:09; 2. Pamela Moyikwa (VOB) 43:45; 3. Ashleigh Simonis (WC) 44:50.

Phoenix Villagers AC 10 km

Durban, 19 May

(Loop course. Finishers: 666.)

Note: Most of the times reported last week were wrong because of an error in timing. Here are the corrected results. Female winner Nicole Britz is a junior. – Ed.

MEN

1.	Elmore Sibanda	ZIM/Maxed Elite	29:41
2.	Lungile Gongqa	Chesterville AC	29:48
3.	Thubaletu Phaku	DUT	31:02

40-49:

1.	Joseph Mandisha	Form One AC	33:24
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50-59:

1.	Mike Skivington	Savages AC	41:57
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60+:

1.	Bongani Ndlovu	Zabalaza AC	43:17
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WOMEN

1.	Nicole Britz	Ind	37:20
2.	Pat Dammann	Forest Hills	40:21
3.	Nomcebo Mthethwa	Umhlathuze AC	40:33

40-49:

1.	Pat Dammann	Forest Hills	40:21
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50-59:

1.	Dawn Frankish	PDAC	50:59
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60+:

1.	Maureen Parry	Chiltern AC	61:01
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APL Cartons Herfsprag De Doorns Half Marathon & 10 km

De Doons, 18 May

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 127; 10 km -131.)

Half marathon

MEN

1	Tsungai	Mwanengeni	ZIM/New Balance	39	1:10:53
2	Thembelani	Zola	Nedbank	38	1:12:55
3	Dicardo	Jacobs	Nedbank	27	1:13:38
4	Alvino	?	Nedbank	22	1:14:09
5	Christopher	Baadjies	Ceres	35	1:16:15
6	Daniel	Minnaar	Worcester	25	1:16:37
7	Akamyang	Gotebomang	Worcester	29	1:18:35
8	Japhta	Nero	Nedbank	42	1:18:58
9	Tau	?	Ceres	33	1:19:26
10	Quinton	Lambert	Ceres	31	1:19:38

WOMEN

1	Michelle	Dreyer	Nedbank	34	1:27:55
2	Helene	Roux	New Balance	29	1:28:57
3	Ena	Gous	Worcester	43	1:37:30
4	Rezani	Scholtz	Stellenbosch	39	1:41:23
5	Carina	Botes	New Balance	27	1:43:34
6	Maryna	Bingle	Worcester	48	1:44:25
7	Marius	Vermeulen	Nedbank	17	1:44:56

8	Magrieta	Willemse	Ceres	29	1:48:01
9	Leanne	Pitchers	Run/Walk For Life	41	1:53:38
10	Erica	Van der Bijl	Temp	35	1:54:13

10 km**MEN**

1	Charlton	?	Nedbank	20	33:14
2	Sive	Nguko	Nedbank	18	33:18
3	Garith	Morarian	Swartland	27	33:39
4	Trevor	Nuku	Itheko	19	33:50
5	Dawid	Gouws	Swartland	30	54:14
6	Nicle-John	Engelbrecht	Itheko	20	35:58
7	Whitho	Mauries	Worcester	18	36:05
8	Enrique	Havenga	Worcester	20	36:16
9	Jason	Swartz	Itheko	19	37:38
10	Kurtley	Wher	Worcester	14	38:17

WOMEN

1	Mariëtte	Strauss	Tygerberg	50	41:23
2	Magrieta	Smit	Ceres	28	44:14
3	Jacqueline	Goliath	Itheko	17	45:02
4	Majorie	?	Temp	45	46:39
5	Marinda	Pheiffer	Worcester	41	49:36
6	Suzanne	Van der Merwe	Swartland	16	48:42
7	Joyrodene	Pieterse	Laingsburg	18	50:29
8	Lerine	Bester	Ceres	51	50:59
9	Ilse	Hugo	Ceres	39	51:42
10	Gail	Bernardo	Ceres	42	52:33

George Habelgaarn Memorial 10 km

Mossel Bay, 18 May

(Loop course. Finishers: 86.)

Note: The times were recorded in hundredths of a second and were rounded up by DRR according to the rules. – Ed.

MEN

1	Luwayne	Duitsjan	Mosselbaai Harriers	28	33:31
2	Jan	Isaks	Rainbow	28	33:36
3	Ashwell	Brandt	Mosselbaai Harriers	16	36:25
4	Jacobus	Boshoff	Nedbank	42	37:06
5	Godwin	Heyns	Hartenbos Drawwers	15	37:30
6	David	Hlobelo	Hartenbos Drawwers	34	37:38
7	Jugene	Maart	Mosselbaai Harriers	26	37:39
8	Aubrey	Brinkhuis	Knysna	43	38:10
9	Jaehne	Peter	Outeniqua Harriers	48	38:13
10	Whayn	Windwaai	Outeniqua Harriers	34	39:16

WOMEN

1	Elize	Kloppers	Hartenbos Drawwers	43	40:48
2	Kirsty	Weir	Nedbank	35	42:56
3	Analie	Heyns	Langeberg	41	44:08
4	Maryke	Sass	PetroSA	42	45:22
5	Romé	Phillipson Meyer	Hartenbos Drawwers	31	47:00
6	Elsa	de Villiers	Hartenbos Drawwers	53	49:55
7	Antionette	du Preez	Hartenbos Drawwers	41	49:58

8	Nerida	Lubbe	Hartenbos Drawwers	37	49:59
9	Estee-Kay	Bruinders	Ind	25	50:51
10	Sollie	Liebenberg	Mosselbaai Harriers	56	50:52

CROSS-COUNTRY

EP League Meeting (1st)

Grahamstown, 25 May

Note: All distances are 4 km except where indicated otherwise. According to DRR Eastern Province correspondent André Pienaar some of the times are incorrect and the course was also not accurately measured. – Ed.

SR. MEN (12 km)

1	Mariano	Eesou	Absa NMMU AC	21	30:21
2	Amos	Nyongo	Absa NMMU AC	26	30:39
3	Andre	Ketchem	Transnet Eng EP	29	31:02
4	Melikhaya	Malinga	SA Prof Develop	32	32:10
5	Aphlyn	Taai	Transnet Eng EP	30	32:15
6	Xolani	Booi	Archie Mbolekwa S/S	30	32:26
7	Anele	Maliza	Nedbank AC EP	35	33:20
8	Zolani	Mabongo	Maxed Elite AC EP	26	33:42
9	Mvuyisi	Gcogco	Umf AC	23	34:23
10	Lolwethu	Mbityi	SA Prof Develop	22	36:06
11	Luyolo	Dyubhele	Absa NMMU AC	19	37:26
12	Jarryd	Cooke	Absa NMMU AC	19	38:40
13	Sibusiso	Thu	Absa NMMU AC	27	39:44
14	Jason	Quinton	Lake Farm	26	52:19

SR. MEN

1	Gift	Zet	Ikhamva AC	25	13:08
2	Bulelani	Niwa	PEAAC	28	13:18
3	Zolani	Williams	Sisonke	24	13:25
4	Sibusiso	Thu	Transnet Eng EP	26	13:32
5	Ndwethu	Mbiqui			14:17
6	Lukhayo	Ngxoko	SA Prof Develop	18	14:23
7	Thanduxola	Mpushe	SA Prof Develop	23	14:41
8	Sindile	Ngiyo	Malabar AC	18	15:21
9	Duwayne	Lucas	Ikhamva AC	23	15:41
10	Lindelani	Mlisa		16	15:45
11	Ntandazo	Mngceke	Mfesane H/S	19	16:30
12	Thuso	Lomberg	SA Prof Develop	14	20:35
13	Thando	Ncipha	Malabar AC	19	20:46
14	Lutho	Kapo	Youth For Change AC	16	20:48
15	Anele	Dapo	Youth For Change AC	14	21:00
16	Dean	Kivido	X-Cel AC	41	22:32
17	Vuyolwethu	Vusani	SA Prof Develop	12	23:40
18	Athenkosi	Ndlumbini	SA Prof Develop	9	23:43
19	Tamsanqa	Jusayi	Nedbank AC EP	70	23:44
20	Sakhiwo		SA Prof Develop	13	23:46

VETERAN MEN (8 km)

1	Maxwell	Goodman	Malabar AC	40	34:06
2	Guy	Cooke	Temp	48	34:19
3	Malibongwe	Mbelu	Run For Life EP	40	38:35

MASTER MEN (8 km)

1	Michael	Bekapi	Charlo AC	51	27:59
2	Kenneth	Menze	Nedbank RC EP	51	28:08
3	Bennie	Stadler	Achilles AAA	50	28:25

G'MASTER MEN (6 km)

1	Graham	Channon	Achilles AAA	61	33:02
2	Tamsanqa	Jusayi	Nedbank AC EP	70	33:04
3	Harry	Porthen	Albany RR	60	34:03

U.21

1	Melikhaya	Frans	Nedbank AC EP	21	13:10
2	Morne	Buis	Maxed Elite AC EP	20	14:06
3	Luyolo	Dyubhele	Absa NMMU AC	19	14:32

U.19 (8 km)

1	Donald	Nel	Absa NMMU AC	18	28:35
2	Masixole	Xayiya	Archie Mbolekw S/S	19	29:18
3	Christopher	Papana	Nombulelo H/S	18	29:20

U.17 (6 km)

1	Adriaan	Gerwel	McCarthy H/S	17	22:02
2	Brendon	Effenaar	McCarthy H/S	17	22:33
3	Keegan	Cooke	Grey H/S	17	24:06

SR. WOMEN (8 km)

1	Deliwe	Nyanga	Nedbank AC EP	24	30:41
2	Asanda	Solani	Nedbank AC EP	29	31:44
3	Natascha	De Villiers	Absa NMMU AC	24	32:18
4	Fredah	Ncube	Absa NMMU AC	30	32:28
5	Monique	Jordaan	Absa NMMU AC	21	34:15

SR. WOMEN

1	Deliwe	Nyanga	Nedbank AC EP	24	17:33
2	Ncumisa	James	Phindubuye H/S	12	17:54
3	Yonela	Ngiyo	SA Prof Develop	13	18:01
4	Asanda	Solani	Nedbank AC EP	29	18:11
5	Melissa	Kakayi	Youth For Change AC	14	21:18
6	Sibulele	Budaza	Youth For Change AC	13	21:27
7	Nolikhaya	Mahola	SA Prof Develop	14	23:02
8	Sindiswa	Matoto	Youth For Change AC	15	23:04
9	Sindisiwe	Matoto	Youth For Change AC	15	23:42
10	Kamvelihle	Nomganga	Youth For Change AC	11	26:09
11	Lelethu	Mtshiselwa	SA Prof Develop	11	26:10
12	Lolwethu	Baleka	Motherwell	10	27:53
13	Sinoxolo	Mtuse	SA Prof Develop	13	27:55
14	Lebohang	Bokako	Youth For Change AC	13	30:30
15	Siyanda	Mdlankona	Youth For Change AC	16	31:19
16	Chuma	Jack	SA Prof Develop	15	31:55
17	Portia	Letsodio		18	32:01
18	Sinoxolo	Ngwalangwala	Youth For Change AC	15	32:05

VETERAN WOMEN

1	Grizelda	Pietersen	Achilles AAA	44	18:48
2	Jene	Banfield	Run For Life EP	42	21:21
3	Michelle	Rafferty	Temp	40	22:19

MASTER WOMEN

1	Nurunnisa	Madatt	Malabar AC	51	27:36
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U.23

1	Ndileka	Mvakwendlu	Sisonke	22	19:55
2	Mbane	Nonkuleko	SA Prof Develop	22	21:25

U.19 (6 km)

1	Siphokazi	Nojoko	SA Prof Develop	18	29:31
2	Pateka	Kahlana	Kuyasa S/S	18	30:31
3	Kayla	Nell	Absa NMMU AC	19	32:41

U.17

1	Zikhona	Matiwane	Archie Mboleka S/S	17	26:55
2	Siphokuhle	Nondlwana	Kuyasa S/S	17	30:51

WP League Meeting (3rd)

Elfindale, 19 May

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (12 km)

1	Duane	Fortuin	Bidvest	39:59
2	Tom	Lusaseni	Itheko	40:49
3	Hein	Camphor	NBMC	41:11
4	Riaan	Wildskut	Easterns	41:32
5	Sinethemba	Mdzanga	RCS Gugs	41:42
6	Bulelani	Bhebha	ACSIS VOB	41:48
7	Bronwin	van Rhyn	NBMC	42:03
8	Samson	Gulubela	Bidvest	42:13
9	Xolisa	Batala	ACSIS VOB	42:26
10	Danzil	Paulse	Easterns	42:38
11	Anda	Lubelwana	Hout Bay	43:07
12	Michael	Loseby	UCT	43:11
13	Abongile	Snyman	Easterns	43:16
14	Christopher	Karelse	NBMC	43:19
15	Luyanda	Mapoyi	Khayelitsha	43:49
16	Oscar	Coetzee	NBMC	44:03
17	Siyanda	Mzitho	RCS Gugs	44:16
18	Michael	McLaggan	UCT	45:41
19	Bongile	Tshewula	Easterns	46:07
20	Khaya	Fokwana	ACSIS VOB	46:21

SR. MEN

1	Sibusiso	Magwaza	Khayelitsha	12:41
2	Orion	Faro	MP Titans	12:42
3	Vuyolwethu	Mbukushe	RCS Gugs	13:06
4	Marco	Buys	UWC	13:07
5	Enver	Pedro	NBMC	13:12
6	Ricardo	Jaftha	Eerste River	13:25
7	Siboniso	Soldaka	CPUT	13:39
8	Marius	Petersen	Helderberg Harr	13:42
9	Mlulami	Mabona	Itheko	13:43
10	Shane	Conradie	Eerste River	13:44
11	Xolisa	Malane	Wild Runner	13:45
12	Keathon	Olivier	CPUT	13:51
13	Mnonopheli	Zunzuzane	Strand	13:52
14	Leon	Lewis	Velocity	14:05
15	Ricardo	Pietersen	Helderberg Harr	14:09
16	Llewellyn	Jacobs	Celtic Harriers	14:11
17	Simphiwe	Nqwangwa	Bidvest	14:22
18	Siyanda	Coko	Khayelitsha	14:29
19	Siyabulela	Qondiso	ACSIS VOB	14:31
20	Bongani	Khaka	Wild Runner	14:33

VETERAN MEN (8 km)

1	Xolile	Macanda	RCS Gugs	28:53
2	Henry	Wolstenholme	NBMC	29:34
3	John	September	Celtic Harriers	29:57

MASTER MEN (8 km)

1	Eric	Coetzee	CPUT	29:52
2	Julian	Paul	Defence WP	31:11
3	Goodman	Mpukane	RCS Gugs	31:53

G'MASTER MEN (8 km)

1	Paul	San Giorgio	ACSIS VOB	36:42
2	Christian	Edwards	ACSIS VOB	38:28
3	Richard	Acheson	ACSIS VOB	39:22

U.19 (8 km)

1	Emiele	Paulsen	NBMC	27:22
2	Lee-Roy	Lawrence	ATC Running	27:31
3	Anthony	Timoteus	UWC	28:35

U.17 (6 km)

1	McMarshal	Hartzenberg	Eerste River	20:44
2	Bruce-Lynn	Damons	WCSS	20:53
3	Ashley	Smith	WCSS	21:35

SR. WOMEN (8 km)

1	Tanya	Scott	UCT	32:02
2	Hanlie	Jordaan	UWC	33:21
3	Candyce	Hall	Nedbank WP	33:54
4	Asiphe	Sikabalanjana	Easterns	34:52
5	Danette	Smith	NBMC	35:09
6	Sheryl	de Lange	NBMC	36:06
7	Busisiwe	Matiwane	Celtic Harriers	37:41
8	Ivy Nokuthula	Sogiba	SAPS	38:14
9	Elizabeth	de Gouveia	Plexus Durbanville	38:34
10	Lorna	Rensburg	Spartan Harriers	39:43
11	Lindie	Bouwer	Nedbank WP	40:01
12	Vivien	Loseby	UCT	40:45
13	Lee-Shay	Willemse	Velocity	41:18
14	Nonfando	Mabusela	RCS Gugs	41:42
15	Portia	Adams	NBMC	41:43
16	Tyshia	Johannes	RCS Gugs	42:59
17	Patricia	Adams	Itheko	43:01
18	Megan	Goliath	Brackenfell	43:18
19	Thuli	Mbalu	Pinelands	43:34
20	Sibulele	Tengana	Ind	43:35

SR. WOMEN

1	Simoné	Links	Eerste River	16:11
2	Amy	Abrahams	UWC	16:33
3	Leanda	du Bruyn	Tygerberg NLK	17:06
4	Lee-Shay	Willemse	Strand	17:38
5	Madelé	du Plessis	Edgemead	18:26
6	Shaundrey-Lee	Farmer	Eerste River	18:41
7	Lucia	Lewis	ATC Running	19:17
8	Saadiq	Marks	Ind	20:06
9	Anel	Terblanche	Celtic Harriers	20:46
10	Protasia	Ndlovu	RCS Gugs	21:12
11	Alexia	Snyders	Helderberg Harr	21:32
12	Ulandi	Pretorius	CPUT	21:51

13	Melissa	Bothma	Edgemead	22:19
14	Candice	Mazzolini	ACSIS VOB	22:26
15	D	Saunders	Helderberg Harr	22:35
16	Carla	Johnson	South Peninsula	23:17
17	Mauricia	Hartnick	Helderberg Harr	23:22
18	Yvonne	Valentine	Helderberg Harr	23:31
19	Martha	Visser	Helderberg Harr	23:32
20	Victoria	Lacey	ACSIS VOB	23:34

VETERAN WOMEN

1	Sheryl	de Lange	NBMC	16:37
2	Wilna	Eybers	Strand	17:14
3	Patricia	Adams	Itheko	17:18

MASTER WOMEN

1	Viv	Williams	ATC Running	17:26
2	Renée	Scott	ACSIS VOB	17:46
3	Beverley	Charters	ACSIS VOB	18:31

G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	21:22
2	Theresa	Isaacs	ACSIS VOB	21:44
3	Esmé	September	Spartan Harriers	24:11

U.19 (6 km)

1	Icarien	van Deventer	Tygerberg NLK	26:31
2	Celeste	Renaud	NBMC	27:02
3	Pamela	Mtshemla	ACSIS VOB	29:04

U.17

1	Bronwyn	de Lange	NBMC	16:13
2	Lolita	Kievieto	UWC	17:02
3	Tegan	Pitt	Fish Hoek	17:26

Gauteng North League Meeting (6th)

Bronkhorstspuit, 18 May

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (8 km)

1	Stanley Mofu	Fortis Noord	27:58
2	Rafael Mahapa	TUT	28:01
3	Tebogo Sithole	Tshwane AC	29:32
4	Wiaan Swanepoel	New Balance	29:50
5	Gift Mahlangu	Modiba	29:59
6	Lufuno Mudai	Modiba	30:05
7	Jonas Mahlangu	Ekgangala	30:16
8	Sbusiso Mnguni	Ekgangala	30:17
9	Derick Mtsweni	Ikhozi	31:32
10	Alloyd Mathebula	Ekgangala	31:35
11	Justice Mabaso	Rodney Mokoena	31:39
12	Koketso Maphotjoma	Modiba	31:50
13	John Ndlovu	Nkodima	32:10
14	Musa Mnguni	Ekgangala	32:46
15	Ofentse Mosuwe	Nkodima	32:56
16	Sbusiso Tshoba	Ekgangala	33:19
17	Themba Mashobane	Ekgangala	34:25
18	Mario Swarts	Irene	35:09
19	Puleng Makeke	Ekgangala	35:14
20	Franscios Labuschagne	Wonderboom	39:03

SR. MEN

1	Rafael Mahapa	TUT	13:27
2	Eliot Mathoba	Monaco	13:47
3	Gabriel Pina	Individual	13:52
4	Vincent Mamane	Monaco	14:30
5	Charles Malatji	Monaco	14:49
6	Aubrey Mabuso	Ikhozi	14:56
7	Timoty Olyn	Prestige College	15:09
8	Montela Ngomane	Ikhozi	15:28
9	Gomolemo Shikwembane	Prestige College	15:29
10	Larry Beukes	Telkom	16:03
11	Bennie Wilkenson	Individual	16:09
12	Johan van den Berg	Individual	16:10
13	McCollen Macngane	Temba Prestige	18:23
14	Mario Swarts	Irene	18:26
15	Hendrick Boya	Temba Prestige	19:02
16	Johan Botha	Tuks	20:00
17	Shaun Naidoo	Nedbank	20:39
18	Carel de Lange	BHS	21:16

MEN 40 (8 km)

1	Llewelyn Curlewis	Tuks	32:00
2	Chris Dorfling	Momentum	34:40
3	Chris Erasmus	Tuks	34:50

MEN 45 (8 km)

1	Richard Sinden	TUT	36:22
2	Lourens Coetzer	Centak	36:55
3	Rob Hudson	Irene	37:56

MEN 50 (8 km)

1	Johann Walters	Nedbank	36:16
2	Frans Oosthuizen	GNMA	37:17
3	Gert Brits	GNMA	37:33

MEN 55 (8 km)

1	Johnie Jonker	Denel	38:16
2	Len Lorenzen	PMMC	38:35
3	Gerhard Swart	Pretoria MK	40:39

MEN 60 (6 km)

1	Piet van Loggerenberg	Irene	30:53
2	Koos Emmenes	Solidarity	41:13

MEN 65 (6 km)

1	Allan Kluge	Agape	31:48
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MEN 70 (6 km)

1	Mike Kleinsmit	Transnet	31:43
2	Neville Muir	Phobians	54:26

MEN 80 (6 km)

1	Frans Grobler	Transnet	56:50
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MEN 23

1	Lucas Mokonyama	SAB Rosslyn	14:11
2	Koketso Maphothoma	Modiba	14:33
3	Rudolph Motlogelwa	Ikhozi	15:25

MEN 21

1	Moses Dirane	Prestige College	13:15
2	Koos Baloyi	Prestige College	13:36
3	Johann Errange	Tuks	13:38

JR. MEN (8 km)

1	Ian Slinger	Eldoraigne	28:39
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2	Koketso Khoza	Fortis Noord	29:14
3	Eric Lukhele	Reitumetso	29:17
BOYS 17 (6 km)			
1	Saltiel Hamese	Modiba	21:57
2	Fukama Ramakokobo	Zwartkop	22:07
3	Wynand Kotze	Eldoraigne	22:09
SR. WOMEN (8 km)			
1	Chantelle Breytenbach	Individual	36:29
SR. WOMEN			
1	Charlotte Lesego Motenge	SAB Rosslyn	18:59
2	Sphiwe Matji	Paulina	21:43
3	Patience Montsho	Shalom	22:32
WOMEN 40			
1	Marili Munnik	New Balance	18:14
2	Wilma van der Merwe	Individual	18:25
3	Celeste Labuschagne	Bronkhorstspuit	18:31
WOMEN 45			
1	Salome Vermeulen	Bronkhorstspuit	16:24
2	Sandra Aldridge	Individual	21:24
3	Salomie Theron	Bronkhorstspuit	21:26
WOMEN 50			
1	Leonore Louw	Transnet	20:49
2	Emmarie Theunissen	Irene	20:57
3	Ronel Fourie	Transnet	21:02
WOMEN 55			
1	Zodwa Motaung	Ekgangala	22:17
WOMEN 65			
1	Sarie du Toit	GNMA	18:50
2	Esme Kloppers	Transnet	21:42
WOMEN 23			
1	Palesa Maaka	TUT	16:15
2	Anja Wiid	Tuks	17:56
3	Caela Breed	Transnet	21:16
WOMEN 21			
1	Aynslee van Graan	Affies	15:29
2	Marli van Staden	Tuks	16:24
3	Kylha Wolfaardt	Centurion	16:49
JR. WOMEN (6 km)			
1	Michelle Redelinghuys	Suthies	26:08
2	Murendwa Davhana	TUT	26:38
3	Victoria Moshapo	Transnet	26:54
GIRLS 17			
1	Chantelee Joubert	Centurion	16:25
2	Sonel Bezuidenhout	Centurion	16:31
3	Sabrina Bottyan	Garsfontein	16:38

TRACK

SA Open Championships

Potchefstroom, 25 May

Note: It seems somewhat unlikely that there would be two distance events where runners would receive exactly the same time (to the hundredths of a second), but that is what the results reflect. In some events only one runner participated. – Ed.

MEN

800:

1. Rynardt van Rensburg 1:47.19
2. Jacob Rozani 1:47.25
3. Otloadisa Segosebie (BOT) 1:47.44
4. Hannes de Beer 1:50.33
5. Mpho Makofane 1:50.71

1500:

1. Moses Dirane & Tseiso Moeketsi 3:56.48

3000:

1. Tseiso Moeketsi 8:54.24
2. Ryno van Vollenhoven 9:15.57

3000 s/chase:

1. Koos Baloyi 9:57.66

WOMEN

800:

1. Gena Lofstrand 2:04.67
2. Danel Prinsloo 2:04.70
3. Jana van der Merwe 2:08.01
4. Anuschka Nice 2:08.73
5. Mandie Brandt 2:08.99
6. Lizerie Ferreira 2:12.87
7. Monique Stander 2:16.58

1500:

1. Carina Viljoen 4:32.28
2. Cornelia Joubert & Lizerie Ferreira 4:35.46

3000 s/chase:

1. Thadaka Manzana 11:15.37

5000:

1. Cornelia Joubert 17:08.08

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**World & European 24-hour Championships**

Steenbergen, NED, 11-12 May

Note: Mami Kudo ran an amazing race here and apart from resulting in two world road bests, her performance is the third best ever behind two track races by herself. – Ed.

MEN

1, Jon Olsen USA 269.675 km (200 km 17:29:31); 2, John Dennis USA 262.734; 3, Florian Reus GER 259.939; 4, Anatoliy Kruglikov RUS 257.040; 5, Timur Ponomarev RUS 256.666.

Teams: 1, USA 780.552k; 2, JPN 752.567; 3, GER 752.007; 4, RUS 748.162; 5, ITA 715.739; 6, GBR 696.401.

WOMEN

1, Mami Kudo JPN 252.205 world road best (200 km 18:45:51 world road best); 2, Sabrina Little USA 244.669k rec (4th world all-time); 3, Suzanna Bon USA 236.228; 4, Traci Falbo USA 229.702; 5, Anne-Marie Vernet FRA (1 EUR) 229.393; 6, Sayuri Oka JPN 228.907; 7, Cécile Nissen FRA 227.618; 8, Sharon Law GBR 226.107; 9, Bergmann GER 224.932; 10, Dierx NED 224.664.

Teams: 1, USA 710.599k; 2, JPN 705.582; 3, FRA 670.698; 4, GBR 658.357; 5, GER 651.117; 6, SWE 648.852.

TRACK

adidas Grand Prix (9th)

(3rd stop of IAAF Diamond League)

New York, USA, 25 May

Note: All runners USA except where indicated otherwise. – Ed.

MEN

800:

- 1 David Rudisha KEN 1:45.14
- 2 Andrew Osagie GBR 1:46.44
- 3 Timothy Kitum KEN 1:46.93
- 4 Mbulaeni Mulaudzi RSA 1:47.46
- 5 Michael Rutt 1:47.53
- 6 Robby Andrews 1:48.57
- 7 Nate Brannen CAN 1:48.61
- 8 Leo Manzano 1:48.89

5000:

- 1 Hagos Gebrhiwet ETH 13:10.03
- 2 Vincent Chepkok KEN 13:15.51
- 3 Ibrahim Jeylan ETH 13:16.46
- 4 Ben True 13:16.94
- 5 Juan Luis Barrios MEX 13:28.17
- 6 Dejen Gebremeskel ETH 13:31.02
- 7 Mark Kiptoo KEN 13:36.92
- 8 Daniele Meucci ITA 13:50.53

WOMEN

1500:

- 1 Abeba Aregawi SWE 4:03.69
- 2 Hellen Obiri KEN 4:04.84
- 3 Brenda Martinez 4:06.25
- 4 Nancy Langat KEN 4:06.57
- 5 Shannon Rowbury 4:07.36
- 6 Sheila Reid CAN 4:07.47
- 7 Morgan Uceny 4:08.49
- 8 Kate Grace 4:08.92
- 9 Gabriele Anderson 4:09.02
- 10 Sarah Brown 4:09.38

3000 s/chase:

- 1 Lidya Chepkurui KEN 9:30.82
 - 2 Etenesh Diro ETH 9:33.76
 - 3 Sofia Assefa ETH 9:33.84
 - 4 Bridget Franek 9:35.42
 - 5 Purity Kirui KEN 9:40.33
 - 6 Beverly Ramos PUR 9:43.28
 - 7 Claire Navez FRA 9:43.70
 - 8 Eilish McColgan GBR 9:45.66
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NEWS

FOUR-YEAR BANS FOR FIRST-TIME OFFENDERS

Following meetings of its Executive Committee and Foundation Board in Montreal, the World Anti-Doping Agency (WADA) is to double the length of bans from two years to four years for first-time doping offenders, subject to confirmation when the revised World Anti-Doping Code is presented at the World Conference on Doping in Sport to be held in Johannesburg from 12 to 15 November. WADA also wishes to punish the accomplices of athletes who are found guilty of doping – coaches etc. The new Code would come into effect in 2015.

Athletics International reported that WADA President, John Fahey, commented: "We're in business to protect the overwhelming majority of clean athletes around the world. The way you protect clean athletes and support them is to deal properly and effectively with the cheats."

CAIN TO CONTINUE SEASON AT PREFONTAINE & PORTLAND TRACK CLASSICS

The most captivating athlete currently competing in the United States hasn't made any Olympic teams. She doesn't get paid, can't accept prize money, and isn't affiliated with any shoe company at the moment. She can't even take a sip of champagne to celebrate all the records she's breaking.

Race Results Weekly reports that Mary Cain, the 17-year-old high school junior from Bronxville, N.Y., is ready to continue her sensational season at two of the top American track meets remaining in the 2013 outdoor season: the Prefontaine Classic on 1 June and the Portland Track Festival on 8 June. The Prefontaine Classic is the fourth stop on the IAAF Diamond League circuit, and the second in the United States.

At the Prefontaine Classic, Cain, who is coached by Alberto Salazar, will take on some of the world's best 800 m athletes at historic Hayward Field, then a week later will race the 5000 m roughly 100 miles north in Portland.

Cain, who was born on 3 May 1996, isn't old enough to purchase a lottery

ticket quite yet. But she's hit the jackpot in training and racing this calendar year.

Indoors, Cain set high school records at one mile (4:28.25) and two miles (9:38.68), the prior being a national junior record. To cap off her indoor campaign, the gangly Cain earned her first national open title, defeating a field of professionals over one mile at high altitude in Albuquerque. Her time of 5:05.68 may not have been the fastest of her career, but the final 440 yard split of 59.1 was baffling to professionals and fans alike.

Transitioning to the outdoor oval, Cain and Salazar haven't missed a beat. Opening at the Drake Relays, Cain timed 4:10.77 for 1500 m, another high school record. Not only was her time fast; she took down a pair of Olympians in Emma Coburn and Morgan Uceny.

Cain's recent travels have taken her across America to California, where she's set personal bests for 800 m (2:01.68) and 1500 m again (4:04.62). The latter came just last week at the USATF High Performance Meet at Occidental College in

Los Angeles. There, Cain again broke national junior and youth records while achieving the IAAF World Championships "A" standard.

Traveling to Oregon for the Prefontaine Classic will be familiar for Cain. Last year, she raced the 800 m at the US Olympic Trials on the very same Hayward Field track, timing 2:04.11 and finishing fifth in her heat.

This time around, she'll be facing an accomplished field which includes 2012 Olympic 800 m champion Mariya Savinova, 2008 Olympic gold medallist Pamela Jelimo, current world leader Francine Niyonsaba, American Olympian Alysia Montano, and 2007 World Champion Janeth Jepkosgei. Rounding out the field will be Kenyan Winny Chebet, Russian Yekaterina Poistogova, and American Brenda Martinez, who ran 1:59.59 earlier this year in San Diego, defeating Cain by just over two seconds.

At the Prefontaine Classic 800m, Cain has a chance to eclipse the high school and American junior record of 2:00.07, run by Kim Gallagher in 1982.

A week later in Portland, Cain will run the Team Athena 5000 m, a distance she hasn't raced on the track yet in her young career.

The longest track distance Cain has run this year was two miles, where she ran 9:38.68 at the New Balance Indoor Grand Prix in February.

Both Cain and Salazar are confident heading into both races in Oregon. "I told her she was capable of running under 4:05 this year, even down to 4:02," Salazar told Flotrack.org shortly after the Occidental High Performance race. "Her races are way beyond her workouts. She does workouts you wouldn't think could produce a 4:05, they're not quite that good yet. But for her, they are," Salazar continued. "I think she's got a shot at making the [World Championships] team."

Cain, as bubbly as usual and sporting the trademark ribbons in her hair, said she was happy with how races have gone thus far. "Mentally I thought I could run this fast," Cain said in a post-race interview. "Maybe I can run even faster, I don't know!"

Salazar told Flotrack.org that Cain's racing schedule will include stops in Des Moines, Iowa, for the U.S. National Championships and on the European circuit.

DESISA GIVES BOSTON MARATHON MEDAL BACK TO CITY

In a ceremony over the weekend in Addis Ababa, Ethiopia, 2013 Boston Marathon champion Lelisa Desisa gave his winner's medal to the city of Boston in a sign of respect and honor. Desisa, 23, presented the medal to former Massachusetts Senator and current US Secretary of State John Kerry, reports *Race Results Weekly*.

According to CBS News, Desisa said that "sport should be a pleasure and never a battlefield."

Desisa's win at the 117th Boston Marathon was overshadowed by a pair of terrorist bombings which exploded along the finishing stretch of the historic race, killing three and injuring more than 200. Desisa completed the Hopkinton-to-Boston race in 2:10:22. Also honored at the ceremony was Ethiopian women's runner-up Meseret Hailu and men's third place finisher Gebre Gebremariam.

"In a sign of solidarity, these runners have come here today to pay their respects to Boston, to the injured, and to the marathon itself, and I am so honored that Lelisa has decided he is going to give his winner's medal to the city of Boston," said Kerry at a press conference in Addis Ababa. The winner's medal is annually engraved with a special diamond, distinguishing it from other medals.

On the same day that Desisa presented his medal to Kerry, thousands of runners turned out in Boston to complete the final mile of the race from Kenmore to Copley Square. Local running clubs organised the special, non-competitive run to allow participants -- and runners who simply wanted to show their support -- to run the final mile. Thousands of marathon runners were unable to complete the mile during the Boston Marathon due to the bombings.

The 118th Boston Marathon, annually run on Patriots' Day in Massachusetts, will return on Monday, 21 April 2014. The Boston Athletic Association, organisers of the Boston Marathon, have announced that they will allow runners who were unable to finish to return to Boston for next year's race.

CHERUIYOT IS PREGNANT, WILL NOT DEFEND WORLD TITLES

Reigning world 5000 m and 10000 m champion Vivian Cheruiyot of Kenya has announced that she is pregnant with her first child and will be taking some time off from her athletics career, reports David Monti for *Race Results Weekly*.

"I am very happy to announce that I will take some time off from athletics this year as I am pregnant with my first child," Cheruiyot said through a statement provided by her agent, Ricky Simms. "I have been running for many years and at 29 feel that now is the right time to start a family. Unfortunately I will not be able to defend my World Championships titles in Moscow but I will be back for the 2014 season and the 2015 World Championships in Beijing."

Cheruiyot, who won the silver medal at 5000 m and the bronze at 10000 m at last summer's London Olympics, is coached by her husband, Moses. She has won two world 5000 m titles and the 10000 m once, but has yet to win an Olympic gold medal.

"I have already spoken to some of my colleagues who had babies to get advice about when to return to training after giving birth," she said. "My long term goal is the 2016 Olympic Games in Beijing and to finally win Olympic gold."

Cheruiyot is the Kenyan record holder for 5000 m (14:20.87) and 3000 m indoors (8:30.53).

BACKGROUND

RUDISHA'S COACH URGES PATIENCE ON WORLD RECORD IMPROVEMENT

When Kenya's David Rudisha broke the world record on his way to winning his first Olympic 800 m title last August in London, one of the most surprised people in the stadium was his coach, Brother Colm O'Connell. The self-taught Irish coach, who has been identifying and developing talent in Kenya for more than three decades, didn't see 1:40.91 coming, writes David Monti for *Race Results Weekly*.

"London, in its own context, was a once-off," Colm said in an interview. "Olympic final, all the pressure, all the expectations. The main objective was to win the gold medal, not the world record. In a sense, the world record shouldn't upstage the fact that he won a gold medal."

Since that incredible race -- where eight men ran sub-1:44 -- interest in seeing the first sub-1:40 for 800 m has snowballed. Rudisha is less than a second away, the refrain goes. It can't be long before that barrier is broken.

But Colm, an astute student of the sport who also coached the previous world record holder Wilson Kipketer, said such a mark will be extremely difficult to achieve, even for the powerful Rudisha. He asserted it "may be even tougher" than breaking two hours for the marathon.

"When you look at 800 meters, 1:40.91, you must realize that only three people have held the world record in 800 m in 32 years, from 1981 to now," the professorial Colm explained. "From the first one, Sebastian Coe in 1981, to the third one, David Rudisha in 2012, they still haven't removed a second in 32 years. Now, put that in context with what people are saying: Is it possible to break 1:40? Only point-eight of a second has been removed in 32 years. David still has to remove over point-eight of a second."

He added: "The 1:40? I think that would be a superhuman effort."

For Colm, the Diamond League race in New York this past weekend was part of a deliberate progression toward Moscow in August when Rudisha will defend his world title, his primary goal for this season.

"We're still kind of building on that approach," Colm said of the building blocks of Rudisha's successful 2012 campaign. "Last year leading up to the Olympics, every race for David was a quality race. He ran few races, but every one had a reason, and was a step towards London. That's been his approach... and that will be our approach this year."

Rudisha, 24, who is married and has a three-year-old daughter, opened his season in Nairobi on 3 May with a 400 m race, clocking 45.5 at high altitude. He decided to skip his usual season opener in Australia so that he could stay closer to home and focus more on training. Colm said that winter training had a late start due to Rudisha's many post-Olympic obligations.

"He ran very well, very solid," Colm observed of the Nairobi performance. In his first Diamond League appearance in Doha on 10 May, he ran a well-controlled race, winning in 1:43.87.

Colm, 64, has been coaching Rudisha for almost ten years. Working with him, he said, has helped build his knowledge and honed his approach to coaching.

"Different athletes come at different times in your life as a coach," Colm said. "Very often an athlete comes at a time when you're looking for something as a coach." He continued: "All of them have a contribution to make to the program and to my own coaching, my own approach to coaching. I learned from all of them."

As for Rudisha, he doesn't have the world record foremost in his mind this year. He's a methodical athlete who keeps his eye on winning, and less so on the clock.

"Going to Moscow my aim is to defend my title," he said. "That is the most important thing. I know people expect me maybe to do something, to run another fast time, but it also depends on the day, the conditions of the day."

STATS TIME

This week we include a list of the top ten men in the half marathon. 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. Secondary performances by the top three are also listed.

2013 HALF MARATHON: TOP 10 MEN

1:03:36	Stephen Lesego Mokoka	1	Cape Town	30 Mar
1:03:40	Lusapho April	2	Cape Town	30 Mar
1:03:45	Joel Mmone	3	Cape Town	30 Mar
1:03:59	Gladwin Sibabalwe Mzazi	4	Cape Town	30 Mar
1:04:06	Mokoka-2	1	Benoni	27 Jan
1:04:25	Desmond Mokgobu	5	Cape Town	30 Mar
1:04:36	Kgosi Samuel Tsosane	6	Cape Town	30 Mar
1:04:44	David Manja	7	Cape Town	30 Mar
1:04:55	Nkosinathi Madyo	8	Cape Town	30 Mar
1:05:06A	Thobane Chagwe	2	Umzhimkulu	17 Mar
1:05:08	Jeffrey Gwebu	1	Vereeniging	03 Mar

THIS MONTH IN HISTORY

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

50 years ago: 19 May 1963

When the Greek Athletic Board decided in 1955 to stage an international marathon, called the International Classical Marathon, on the original Olympic course from Marathon to Athens, the idea was to run it every second year (it changed to an annual event in 1974). The first course record set for the strenuous route, with its severe climb between 20 and 32 km, was 2:27:30. Eight years later, in the fifth race, American Leonard "Buddy" Edelen,

a teacher in England, set his sights on the record of 2:23:44.6 clocked by a barefoot Olympic champion Abebe Bikila in 1961. In overcast, hot and humid conditions, with a strong downpour drenching everyone at around the midpoint for the front runners, he broke away early and was never threatened. Edelen finished in bright sunlight in 2:23:06.8, well ahead of Tanzanian John Stephens in second. Just a month later, on 15 June, he set a new world best of 2:14:28 in the Polytechnic Marathon from Windsor to Chiswick.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This is the first compilation of list leaders for 2013. The section lists the 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, 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	29:03	Jeromy Andreas	Durban	19 May
	27:32	Isiah Koech (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:30	Lusapho April	Port Elizabeth	02 Mar
	43:38	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	63:36	Stephen Mokoka	Cape Town	30 Mar
	58:54	Geoffrey Kipsang (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	78:45	Lucky Mohale	Pretoria	04 May
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:34:17	Joseph Sweeney (IRL)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:08:32	Lusapho April	Hannover	05 May
	2:04:45	Lelisa Desisa (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
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	30:33	Gert Thys	Durban	19 May
	28:51	Paulo Catarino (POR) 2003		
15 km	48:30	Graham Katzen	Duynefontein	23 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:10	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	88:25	Elias Mabane	Pretoria	04 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:35	Graham Katzen	Camps Bay	06 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:21:40	Hendrick Ramaala	Mumbai	20 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				

6:18:24 Mario Ardemagni (ITA) 2004

Masters (50+)

10 km	33:31	Reform Ndlovu	Durban	19 May
	[33:28	Vladimir Kotov (BLR)	Athlone	09 Feb]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	51:26	Eric Coetzee	Constantia	09 Mar
	[50:54	Vladimir Kotov (BLR)	Constantia	09 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:20	Reform Ndlovu	Benoni	27 Jan
	[74:42A	Vladimir Kotov (BLR)	Simon's Town	17 Feb]
	66:42	Martin Rees (GBR) 2003		
25 km	1:46:22	Philemon Mailola	Pretoria	04 May
	1:41:07A	Nicholas Dlamini	Pinetown	27 Jan
30 km	1:54:25	Eric Coetzee	Parow	16 Mar
	[1:52:06	Vladimir Kotov (BLR)	Camps Bay	06 Jan]
Marathon	2:40:26	Reform Ndlovu	Oudtshoorn	03 Feb
	[2:34:33	Vladimir Kotov	Oudtshoorn	03 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	37:59	Clive Owen	Goodwood	02 Mar
15 km	60:16	Mike Hirst	Boksburg	05 May
21.1 km	86:20	Awie Veldsman	Cape Town	30 Mar
25 km	1:54:16	Aubrey Watson	Pretoria	04 May
30 km	2:28:52	Harold Dixon	Camps Bay	06 Jan
Marathon	3:10:30	Sizinzo Kama	Oudtshoorn	03 Feb
100 km				

Juniors

10 km	29:06	Namakoe Nkhasi	Durban	19 May
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:56	Masibulele Heugh	Jeffreys Bay	05 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	74:27	Timothy Munzhelele	Cape Town	30 Mar
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	33:23	Mapaseka Makhanya	Cape Town	17 Mar
	31:40	Joyce Chepkirui (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:11	René Kalmer	Germiston	07 Apr
	48:48	Sara-Isabel Moreira (POR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	74:25	Irvette van Zyl	Lisbon	24 Mar
	66:09	Lucy Kabuu (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:32:18	Tanith Maxwell	Berlin	05 May
	79:53	Mary Keitany (KEN) 2010		
30 km	1:58:12	Kim Laxton	Parow	16 Mar
	1:51:51	Stephanie Bouma (NED)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:26	Irvette van Zyl	London	21 Apr
	2:20:15	Priscah Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		

100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:06	Janene Carey	Durban	14 Apr
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:21	Zola Pieterse	Durbanville	23 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:40	Suzette Botha	Pietermaritzburg	24 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:56:17	Vanessa Bowman	Pretoria	04 May
	1:46:01A	Janine Carey	Pinetown	27 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:30	Elmarie Coetzee	Camps Bay	06 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:49:38	Suzette Botha	Oudtshoorn	03 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:47	Judy Bird	Durban	19 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:12	Judy Bird	Constantia	09 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	88:01	Jane Mudau	Benoni	14 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:08:02	Ina Lagerwall	Pretoria	04 May
	1:55:20A	Janette Schierz-Crusius	Somerset East	23 Feb
30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	44:57	Sonja Laxton	Cape Town	17 Mar
15 km	67:26	Sonja Laxton	Brakpan	28 Apr
21.1 km	1:47:15	Veronica van Niekerk	Wellington	01 May
25 km	2:47:55	Liz Schochot	Pretoria	04 May
	2:22:03A	Pam Rasmussen	Pinetown	27 Jan
30 km	2:40:44	Veronica van Niekerk	Parow	16 Mar
Marathon	3:46:17	Veronica van Niekerk	Oudtshoorn	03 Feb
100 km				
<u>Juniors</u>				
10 km	36:47	Annie Bothma	Durban	19 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	64:11	Leigh Barrow	Ravensmead	27 Apr
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	92:55	Leigh Barrow	Cape Town	30 Mar
	1:09:05	Delilah Asiago (KEN) 1991		

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