

Distance Running Results

Vol. 14, No. 18 – 5 May 2014

© Distance Running Results. All rights reserved.

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

Lebo Phalula, who won the first race in the Spar Grand Prix Series in Cape Town last month, smashed her personal best by 34 seconds to also win the second race in Port Elizabeth this weekend in 32:27. This gave her her third win in as many races over René Kalmer, who was eighth in the Cape Town Spar event and then finished second to Phalula's PB of 1:14:00 in the Old Mutual Two Oceans Half Marathon over Easter.

Phalula, who is also the current SA 5000 m champion, shot up into fourth place on the SA all-time performers list behind Elana Meyer (31:13), Colleen de Reuck (31:16 on the aided Peachtree course) and Zola Pieterse's SA junior record of 32:20, which has been standing since 1983. Phalula's time is the equal 18th fastest ever run on SA soil and equal 43rd on the all-time list.

Her improvement this year has been nothing short of phenomenal. In the Two Oceans, on a very difficult course, she broke her PB by 2:38 and in Port Elizabeth she shattered the PB she set as long ago as 2008. Twin sister Lebogang, who served a drug suspension in 2011, ran 34:06 on Saturday – her fastest since 2009 and a massive 2:39 faster than she did in the Cape Town Spar race.

Kalmer's 33:23 is her quickest since she clocked 32:50 in the Spar race in Cape Town in April 2012. Her PB is 32:28, run when she won the SA 10 km in Stellenbosch in 2007; this puts her fifth on the all-time list.

Another PB went to newcomer Simonay Weitsz, who won the junior race in 35:46. The two juniors behind her, Annie Bothma and Nicole van der Merwe, both ran the second fastest times of their careers. Both Phalula and Weitsz set list leaders.



The first three in the Spar Grand Prix 10 km in Port Elizabeth: Mapaseka Makhanya, winner Lebo Phalula and René Kalmer. [Mark West]

The race, with ten runners under 35:00 (not all of them South Africans) is not the deepest ever. This distinction belongs to the 2004 National Ports Authority 10 km, also in Port Elizabeth, when thirteen women achieved the feat. The 2007 SA 10 km in Stellenbosch had eleven, while the first Spar race this year also had ten. Two other events had nine each: the 2010 SA 10 km in Paarl and the 2011 Spar race in Durban.

Almost 25 minutes behind Phalula, multiple SA record holder and champion Sonja Laxton, the first athlete to receive Springbok colours for all three disciplines of running, made a welcome return to competition to finish third in the grandmaster category. Laxton suffered multiple serious injuries, including broken elbows and shoulders, fractured ribs, as well as a fractured ankle and spine, when she was hit by a speeding car while on a training run last November. She spent weeks in hospital and underwent extensive surgery to repair the broken joints, followed by a long period of rehabilitation. She is still receiving physiotherapy. She holds eight national age-group records in distances from 10 km to the marathon.

The results of the Boston Marathon appeared in the special edition of 23 April; DRR has since learnt that former Olympic champion Joan Samuelson, now 56, finished 17th in the mixed gender women's race in 2:52:11.

In the results of the Maqadi Ayanda Plant Hire Nelson Mandela Bay Freedom Run 10 km in last week's DRR Zintle Xiniwe's club was given as New Balance Multisport Club KZN and I unfortunately missed this; she runs for NBMC WP.

The results of the USSA Championships Half Marathon (DRR 14:17) can be ignored for statistical purposes; according to reports received by DRR, the distance was only approx. 19.9 km.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Eskort Cavanagh Ultramarathon & Half Marathon, Estcourt
- * Colgate John Hattle 32 km & 15 km, Boksburg
- * SSISA UCT Memorial 10 km, Rondebosch
- * Tronox Marathon & Half Marathon, Empangeni
- * Spar Grand Prix Series 10 km, Port Elizabeth
- * Two Lagoons 10 km, Wilderness
- * Wally Hayward Marathon, Half Marathon & 10 km, Centurion
- * Safari Half Marathon, Wellington
- * Outeniqua Marathon, Half Marathon & 50 km, George to Wilderness
- * XC: KZN League Meeting, Queensburgh
- * Track: Varsity Cup #4, Pretoria

International highlights:

- * TUI Marathon Hannover, Hannover, GER
-

BACKGROUND

CANDYCE HALL'S HECTIC RACING GAINS MOMENTUM



On Easter Saturday Candyce Hall, who runs for Natal Carbineers WP, finished 31st in the Old Mutual Two Oceans Marathon in 4:33:47. This was her ninth Two Oceans; she has not skipped a year since she completed her first one in 2006.

Miraculously, a mere week later she retained her title in the Outeniqua 50 km in Wilderness in 4:04:46, thus piling up two ultramarathons, or 106 km, seven days apart.

As if this was not enough, she added the Safari Half Marathon on 1 May, where she was fourth in 89:31, to bring her racing total for those thirteen days to 127.1 km. Two days later she added another 8 km cross-country and the very next day (yesterday) she ran the UCT Memorial 10 km for an almost incredible total of 145.1 km in sixteen days.

Since the beginning of the year, Hall (pictured; photograph by Jasper Coetzee) has now raced an eye-popping 648.6 km, or 38.2 km a week! Put another way, she has raced an average of a half marathon every four days, or a marathon every eight days – for 120 days.

Apart from the two ultras, she has completed five marathons, two 30 km races, and six half marathons.

This kind of over-racing by a good provincial-level athlete is surely without parallel in the annals of South African road racing.

ROAD RUNNING

Eskort Cavanagh Ultramarathon (42nd) & Half Marathon

Estcourt, 4 May

(Distances: 52 km & 21.1 km; loop courses – the half marathon is a trail run)

52 km

MEN

1.	Beyana Miya	Loskop Gijimas	3:14:02 (R1000)
2.	Basil Mazibuko	Osiweni AC	3:20:28 (R600)
3.	Matekase Lasatse	Toyota AC	3:21:25 (R400)

40-49:

1.	Mbongeni Sosibo	Nedbank AC	3:46:44 (R300)
----	-----------------	------------	----------------

50-59:

1.	Simo Mbuyazi	Howick AC	3:37:37 (R300)
----	--------------	-----------	----------------

60+:

1.	Mike Cowling	Saints AC	5:03:21 (R300)
----	--------------	-----------	----------------

WOMEN (Same prize money as men)

1.	Nonsikelelo Mbambo	Natal Carb	4:14:00
2.	Helen Buley	Coll harr	4:31:32
3.	Sue Chapman	Saints AC	4:45:14

40-49:

1.	Erica Walker	Hilton Harr	4:46:07
----	--------------	-------------	---------

50-59:

1.	Elize Fick	LAC	5:58:41
----	------------	-----	---------

60+:

1.	Robyn Sherry	Forresters	5:58:42
----	--------------	------------	---------

Half marathon**MEN**

1.	Kwenzu Ngubane	Maxed Elite	1:13:58 (R300)
2.	Sello Mphuti	Osiweni AC	1:14:05 (R200)
3.	Lindani Mlambo	Loskop Gijimas	1:17:59 (R150)

WOMEN (Same prize money as men)

1.	Xoli Madida	Natal Carb	1:38:58
2.	Hlobi Madida	Newcastle Harr	1:39:12
3.	Nongobeko Mlambo	Loskop Gijimas	1:42:45

Colgate John Hattle 32 km (35th) & 15 km

Boksburg, 4 May

(Loop courses. Finishers: 32 km – 1700; 15 km – 2500.)

32 km**MEN**

1 Ntsindiso Mphakathi (Zonkizizwe) 1:44:51; 2 Afrika Moilola (LES/Nedbank) 1:46:39; 3 Lucky Mtshali (Olifantsfontein) 1:47:24.

Veterans: 1 Sipho Ncube (ZIM/Maxed Elite) 1:53:44; 2 Raymond Msiza (Toyota) 2:02:24; 3 Sean Henry (Midack) 2:02:37. **Masters:** 1 Daniel Mothibe (New Balance) 2:04:30; 2 Gideon Radebe (Anglo) 2:11:20; 3 Sontaga Mabale (Breakthru Midrand) 2:12:33.

G'masters: 1 Peter Erasmus (RAC) 2:24:23.

WOMEN

1 Mpho Mabuza (Gallopers) 2:07:35; 2 Salome Cooper (Toyota) 2:15:23; 3 Paula Quinsee (Compressport) 2:16:36 (1st vet).

Veterans: 1 Paula Quinsee (Compressport) 2:16:36; 2 Belinda Waghorn (Toyota) 2:25:00; 3 Catherine Naane (Sibanye Gold) 2:33:08. **Masters:** 1 Ansa Strydom (New Balance) 2:42:45; 2 Rhoda Berry (RAC) 3:08:08; 3 Lynn Redfern (Hi-Midas) 3:16:44.

G'masters: 1 Patricia Shaw (BNAC) 3:00:08.

15 km**MEN**

1 Derocious Makhobalo (Nedbank) 47:09; 2 Paulus Radebe (Olifantsfontein) 47:24; 3 Amos Thanjekwayo (Midack) 47:28.

Veterans: 1 Zongamele Dyubeni (Nedbank) 51:27; 2 Simon Segau (Discovery) 52:37; 3 Sipho Dlamini (Callies) 53:33. **Masters:** 1 Ambrose Classens (Jaguars) 60:25; 2 Tony da Matta (BNAC) 60:39; 3 Aaron Cindi (Erwat) 60:41. **G'masters:** 1 Pele Tshidukudamalema (Toyota) 72:59. **Juniors:** 1 Sifiso Tshabalala (JoyGlobal) 59:05.

WOMEN

1 Nobuhle Tshuma (ZIM) 58:48; 2 Marlize Retief (Boxer) 61:50; 3 Maputhi Phaka (Born 2 Run) 62:47.

Veterans: 1 Julie Soicher (Rockies) 66:27; 2 Ronel van Graan (Krugersdorp) 68:26; 3 Thuli Mphata (Kathlehong) 68:54. **Masters:** 1 Linda Loxley (Temp) 76:16; 2 Pam Dirksen (Discovery) 78:44; 3 Cynthia Mkovane (Ricoh) 79:32. **G'masters:** 1 Estelle Oosthuizen (RandMark) 90:38. **Juniors:** 1 Tinuiko Nduli (Blue Sky) 76:31.

SSISA UCT Memorial 10 km (33rd)

Rondebosch, 4 May

(Certified hilly loop course. Weather: cool and windy early, then rain and mist. Finishers: 1382 [down from 1486 last year].)

Note: A third win in eight days for Zintle Xiniwe – she also won the Maqadi Ayanda Plant Hire Nelson Mandela Bay Freedom Run 10 km last weekend, then the Safari Half-Marathon on May 1 (results below), and now here, running just fast enough to beat Bulelwa Simae for the second time in a row. – Ed.

MEN

1. Sibusiso Madikizela (Manoni) 30:50
2. Unathi Nteta (AAC) 31:00
3. Nkosinathi Madyo (Ned) 31:05
4. Siyabonga Makaluza (GS) 31:06
5. J.P. Abrahams (Itheko) 31:30

Veterans: 1. Xolile Macanda (Gugs) 34:00; 2. Patrick Ketelo (NBMC) 34:07; 3. Sabelo Ngcwama (Celtic) 34:49. **Masters:** 1. Shafiek Cassiem (Itheko) 39:03; 2. Kevin Isaacs (Top) 39:25; 3. Gregory Jacobs (Edge) 39:31. **G'masters:** 1. Albert Williams (Top) 43:55; 2. Heinrich Dietzsch (VOB) 46:47; 3. Ronnie le Roux (Brack) 47:44. **Juniors:** 1. Lukhanyo Nobakada (VOB) 33:34; 2. Granwin Katzen (Itheko) 34:34; 3. Lungile Mdaka (VOB) 35:06.

WOMEN

1. Zintle Xiniwe (NBMC) 37:55
2. Bulelwa Simae (Ned) 37:58
3. Pamela Moyikwa (VOB) 38:42
4. Nomvuyisi Seti (Itheko) 39:23
5. Busisiwe Matiwane (Celtic) 41:50

Veterans: 1. Sheryl de Lange (NBMC) 43:49; 2. Kathy McQuaide (Celtic) 47:56; 3. Tanya Kapp (NBMC) 48:16. **Masters:** 1. Mariëtte Strauss (Tyger) 42:57; 2. Renée Scott (VOB) 46:02; 3. Charmaine Cupido (Ned) 48:54. **G'masters:** 1. Helen du Plessis (Tyger) 51:28; 2. Pixie Sparg (Celtic) 53:33; 3. Marietha Herbert (Bell) 53:51. **Juniors:** 1. Pamela Moyikwa (VOB) 38:42; 2. Busisiwe Gwala (VOB) 43:57; 3. Nomaxesibe Ngcantsi (VOB) 45:28.

Tronox Marathon & Half Marathon

Empangeni, 4 May

(Distances: 42.195 km & 21.1 km)

Marathon

MEN

- | | | | |
|---|------------------|--------------|----------------|
| 1 | Thelumusi Sibiya | Ulundi AC | 2:38:23 (R600) |
| 2 | Dumisani Dlamini | Ingwavuma AC | 2:49:57 (R400) |
| 3 | Mduduzi Mazibuko | Ingwavuma AC | 2:50:30 (R200) |

Veterans:

- | | | | |
|---|--------------|--------------|----------------|
| 1 | Rasta Sibiya | NRB Harriers | 2:57:10 (R200) |
|---|--------------|--------------|----------------|

Masters:

- | | | | |
|---|----------------|---------------|----------------|
| 1 | Willie Shabala | uMhlathuze AC | 3:09:46 (R200) |
|---|----------------|---------------|----------------|

G'masters:

- | | | | |
|---|--------------------------|---------------|----------------|
| 1 | Chris van der Westhuizen | uMhlathuze AC | 3:47:49 (R200) |
|---|--------------------------|---------------|----------------|

WOMEN (Same prize money as men)

1	Zethu Mnyandu	NRB Harriers	3:39:20
2	Iris Ndlovu	NRB Harriers	3:42:26
3	Priscilla Dlamini	Verulam AC	3:42:57

Veterans:

1	Priscilla Dlamini	Verulam AC	3:42:57
---	-------------------	------------	---------

Masters:

1	Zanele Mthiyane	uMhlathuze AC	4:51:01
---	-----------------	---------------	---------

Half marathon

MEN

1	Nkosanathi Zungu	Formula 1	1:15:54 (R200)
2	Bernard Phalatsane	ZIM/Toyota Gauteng	1:16:51 (R150)
3	Thulani Mdletshe	Hlabisa	1:17:38 (R100)

Veterans:

1	Dumisani Mpanza	uMhlathuze AC	1:29:58 (R100)
---	-----------------	---------------	----------------

Masters:

1	Jan Viljoen	Richards Bay AC	1:58:49 (R100)
---	-------------	-----------------	----------------

G'masters:

1	N Marbeel	KwaDukuza AC	2:16:20 (R100)
---	-----------	--------------	----------------

WOMEN (Same prize money as men)

1	Nomcebo Mthetwa	uMhlathuze AC	1:31:27
2	Desiree Verwey	Zululand Multi Sport	1:55:35
3	Theresa Muller	Richards Bay AC	1:56:20

Veterans:

1	Angel Cebekhulu	NRB Harriers	2:08:09
---	-----------------	--------------	---------

Masters:

1	Theresa Muller	Richards Bay AC	1:56:20
---	----------------	-----------------	---------

G'masters:

1	Margaret Marshall	Riverside Harriers	2:54:20
---	-------------------	--------------------	---------

Spar Grand Prix Series 10 km

(Spar Algoa FM 10 km)

Port Elizabeth, 3 May

(Certified loop course. Finishers: 1200.)

1	Lebo	Phalula	Maxed Elite CGA	30	32:27
2	René	Kalmer	Modern Athlete	33	33:23
3	Mapaseka	Makhanya	Boxer	29	33:27
4	Gezashigh	Gemeda	ETH/Nedbank RC AGN	24	33:35
5	Rutendo	Nyahora	ZIM/Nedbank RC AGN	25	33:44
6	Lebogang	Phalula	Transnet AC AGN	30	34:06
7	Chelitu	Asefa	ETH/Nedbank RC AGN	22	34:18
8	Lineo	Chaka	LES/Nedbank RC CGA	26	34:27
9	Nolene	Conrad	Boxer	28	34:35
10	Irvette	Van Zyl	Nedbank RC AGN	26	34:55
11	Christine	Kalmer	Boxer	28	35:04
12	Constance	Nyasanga	ZIM	23	35:40
13	Simonay	Weitsz (1 st jun)	Boksburg AC	15	35:46
14	Thozama	April	Transnet AC AGN	28	35:55
15	Annie	Bothma	Nedbank RC WP	18	35:57
16	Myrette	Filmalter	Nedbank RC AGN	33	36:00

17	Kim	Laxton	Sunninghill AC	31	36:15
18	Anna	Moeketsi	Transnet AC AGN	28	36:46
19	Nicole	Van der Merwe	Marais Viljoen HS	15	37:12
20	Ronel	Thomas (1 st vet)	Boxer	42	38:32

40-44:

1	Ronel	Thomas	Boxer	42	38:32
2	Janene	Carey	Boxer	42	38:38
3	Lana	Theunissen	Nedbank RC SWD	41	41:13

45-49:

1	Grizelda	Pietersen	Maxed Elite EP	45	43:13
2	Christine	Claasen	Achilles AAA	49	43:32
3	Suretha	Verwey	Kouga Multi SC	47	46:14

50-54:

1	Elmarie	Coetzee	NBMC WP	50	40:58
2	Janette	Schierz-Crusius	Body Concept	53	44:13
3	Pat	Thomson	Temp	54	44:57

55-59:

1	Annatjie	Botes	Nedbank RC SWD	56	42:42
2	Marita	Meyer	Temp	56	50:09
3	Jean	Hustler	Temp	56	53:47

60-64:

1	Margie	Saunders	Nedbank RC EP	60	42:25
2	Marilyn	Hall-Mitchell	Temp	64	58:49
3	Helene	Oppel	Crusaders AC	64	59:11

65-69:

1	Liz	Grundlingh	Muirite Striders	67	53:23
2	Sonja	Laxton	Rand AC	65	57:16
3	Jeanette	Pienaar	PEAAC	65	1:06:03

70-74:

1	Ronelle	Steyn	Temp	70	1:08:42
2	Orgia	Nell	Muirite Striders	70	1:10:17
3	Valerie	Bolton	Temp	70	1:15:07

75-79:

1	Dorothy	Hart	Charlo AC	76	1:21:21
2	Lorna	Brown	PEAAC	75	1:26:56
3	Aletta	Fourie	Warriors AC	75	1:41:42

Juniors:

1	Simonay	Weitsz	Boksburg AC	15	35:46
2	Annie	Bothma	Nedbank RC WP	18	35:57
3	Nicole	Van der Merwe	Marais Viljoen HS	15	37:12

Two Lagoons 10 km

Wilderness, 3 May
(Point-to-point course)

MEN

1. Bulelani Niwa (Ind) 32:21
2. Jan Isaks (Rain) 33:37
3. Ashwell Clooco (Mossel) 33:57 (1st jun)

Veterans: 1. Zuzile Ntshiniyabo (Ind) 35:54. **Masters:** 1. Patrick Peters (SANDF) 38:52.

G'masters: 1. André Niemand (Harten) 46:07. **Juniors:** 1. Ashwell Clooco (Mossel) 33:57.

WOMEN

1. Thabisa Mayedwa (Ind) 42:24

2. Charmaine Lamprecht (Ned) 44:13
3. René Moll (Ned) 45:25

Veterans: 1. René Moll (Ned) 45:25. **Masters:** 1. Michelle Lesch (Knysna) 57:36. Mariet Horn (Knysna) 59:26. **G/g'masters:** 1. Jean Merrills (Sedge) 83:35. **Juniors:** 1. Donnack Gerber (Outen) 48:57.

Wally Hayward Marathon (38th), Half Marathon & 10 km

Centurion, 1 May

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 2360 [down from 2460 last year]; half marathon – 2680 [up from 2550]; 10 km – 2500 [up from 2170]; also 1300 in 5 km.)

Marathon

MEN

1 Brighton Chipere (ZIM/Maxed Elite) 2:27:02 (1st vet); 2 Tebogo Lejaha (LES/Toyota) 2:28:58; 3 Richard Mavuso (Toyota) 2:29:18; 4 Sipho Ncube (ZIM/Toyota) 2:31:36; 5 Lucas Nonyana (Temp) 2:35:39; 6 Best Ngwenya (Nedbank) 2:40:59; 7 Oupa Maseko (Anglo) 2:43:35; 8 Craig Cynkin (Temp) 2:43:55; 9 Sifiso Mthethewa (Boksburg) 2:44:16; 10 Philimon Manyaka (New Balance) 2:44:39.

Veterans: 1 Brighton Chipere (ZIM/Maxed Elite) 2:27:02; 2 Sipho Ncube (ZIM/Toyota) 2:31:36; 3 Philimon Manyaka (New Balance) 2:44:39. **Masters:** 1 Morris Ketshe (Harmony Striders) 2:45:07; 2 Steve Motau (Toyota) 2:49:06; 3 Johannes Ramaphakela (Tshwane AC) 3:05:00. **G'masters:** 1 Peter Erasmus (RAC) 3:19:10; 2 Theo Swanepoel (Kempton) 3:29:02; 3 Peter Sebola (Wingate) 3:30:06. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 4:11:03.

WOMEN

1 Julianie Basson (Toyota) 3:05:10; 2 Lesley Train (Toyota) 3:08:39 (1st vet); 3 Lindi-Lee Fölscher (Boksburg) 3:10:05; 4 Annemarie Kruger (Irene) 3:19:44; 5 Belinda Waghorn (Toyota) 3:19:49; 6 Vanessa Bowman (Kempton) 3:24:44; 7 Andriel de Lange (Overkruin) 3:30:59; 8 Nocawe Morake (DRDLR) 3:34:19; 9 Kasha Dickie (ATC) 3:36:27; 10 Lindsey van Aswegen (MAD Multisport) 3:37:16.

Veterans: 1 Lesley Train (Toyota) 3:08:39; 2 Annemarie Kruger (Irene) 3:19:44; 3 Belinda Waghorn (Toyota) 3:19:49. **Masters:** 1 Elize van Staden (Kempton) 3:58:04; 2 Almarie Rothman (Kempton) 3:58:10; 3 Annetjie Strydom (Arcelor Mittal) 4:32:42. **G'masters:** 1 Zettie Campher (PMK) 4:31:01; 2 Linda Icely (Old Eds) 4:46:13; 3 Petra Myburgh (Striders) 4:46:19.

Half marathon

MEN

1 Derocious Makhobalo (Bonitas) 67:55; 2 Vusi Malobolo (Maxed Elite) 69:28; 3 Edward Mothibi (Impala) 69:44.

Veterans: 1 Nicki Masumbuko (Nedbank) 74:03; 2 Reginald Ngobese (GS) 74:29; 3 Tyson Siweya (Carlton) 76:57. **Masters:** 1 Daniel Mothibe (New Balance) 80:14; 2 Sam Ndala (Nedbank) 86:31; 3 Allen Coulter (Krugersdorp) 87:09. **G'masters:** 1 Johannes Setshedi (New Balance) 95:23; 2 Cyril Vergie (Mercury) 1:45:03; 3 Schalk Hoon (Klerksdorp) 1:49:38. **G/g'masters:** 1 Pele Tshidukadamalema (Toyota) 1:45:55. **Juniors:** 1 Smeka Meblo (Loskop) 73:40; 2 Matthews Shading (Moretele) 79:46; 3 Daniel Collins (Loskop) 80:13.

WOMEN

1 Annerie Kruger (Magnolia) 87:01; 2 Lelanie Scheffer (RWFL) 87:12; 3 Prudence Zwane (Transnet) 88:32.

Veterans: 1 Zelda Breytenbach (Irene) 91:11; 2 Elmarie Pretorius (RWFL) 1:41:06; 3 Belinda Mosdell (HQB) 1:42:05. **Masters:** 1 Linda v.d. Gryp (Krugersdorp) 1:42:45; 2 Connie Blom (New Balance) 1:43:15; 3 Jackie Frey (Khosa) 1:44:26. **G'masters:** 1 Vollie Spies (Tuks) 2:12:02; 2 Rina Machado (Ndaba) 2:13:20; 3 Madeleine Kelly (RAC) 2:22:09. **G/g'masters:** 1 Mavis Stadler (Agape) 2:25:37.

10 km

MEN

1 Lucky Mohale (Maxed Elite) 31:06; 2 Vuyisile Tshoba (Transnet) 31:07; 3 Namakoe Nkhasi (LES) 31:11.

Veterans: 1 Shadrack Hoff (New Balance) 32:36; 2 Never Matiya (Florida) 34:30; 3 Khenene Semetse (Gallopers) 38:29. **Masters:** 1 Francis Makuka (ZAM/Phobians) 37:23; 2 Sontaga Mabale (Breakthru Midrand) 38:50; 3 Jerry Rankapule (Gallopers) 39:41. **G'masters:** 1 Mike du Bruto (Irene) 40:49; 2 Don Charles (Nedbank) 44:16; 3 Daniel Motshwere (Nedbank) 45:46. **G/g'masters:** 1 Charles Stewart 54:26. **Juniors:** 1 Warno Potgieter (New Balance) 34:36; 2 Mpho Mooka (Transnet) 36:17; 3 H Mngadi (Temp) 36:40.

WOMEN

1 Cornelia Joubert (Nedbank) 35:46; 2 Myrette Filmlalter (Nedbank) 37:05; 3 Paulina Phaho (Transnet) 38:50 (1st vet).

Veterans: 1 Paulina Phaho (Transnet) 38:50; 2 Gillian Sotto-Corona (Boksburg) 42:49; 3 Emma Mahlangu (Toyota) 47:17. **Masters:** 1 Ansie Breytenbach (Irene) 45:29; 2 Debbie Bredenkamp (HQB) 46:53; 3 Martine Garrioch (Breakthru Midrand) 57:12. **G'masters:** 1 Moira Terwy (RWFL) 64:15; 2 Ria Duvenhage (Transnet) 69:10; 3 Kim Roberts (Kudus) 76:56. **G/g'masters:** 1 Deirdre Larkin (Randburg Harriers) 60:33. **Juniors:** 1 Michella Tyrrell (New Balance) 42:28; 2 Ronel Luyt (Akasia) 43:10; 3 Sunette Jonker (New Balance) 44:05.



Safari Half Marathon (27th)

Wellington, 1 May

(Distance: 21.1 km; hilly loop course, partly on gravel. Finishers: 2879 [significantly down from 4528 last year].)

Note: The number of finishers were cut by an amazing 36% compared to last year! – Ed.

Xolisa Tyali wins the Safari Half Marathon.
[Jasper Coetzee]

MEN

1	Xolisa Tyali	Ned CGA	1:05:10
2	Anthony Godongwana	Tnet AGN	1:05:24
3	Mbongeni Ngxazozo	Gaustrider	1:07:17
4	Gert Thys	Temp	1:07:40
5	Siyabonga Makhaluza	Gaustrider	1:08:20
6	Tsungai Mwanengeni	ZIM/NBMC WP	1:09:02
7	Luyando Qolo	Elgrab	1:09:55
8	Hein Camphor	NBMC WP	1:10:28

9	Wanda	Roro	Itheko	1:10:36
10	Dicardo	Jakobs	Itheko	1:12:02
11	Akhona	Mdaka	Elgrab	1:12:03
12	Elfonzo	Pieterse	Ned SWD	1:12:06
13	William	Kaptein	Robert	1:13:53
14	Thandile	Joseph	East	1:14:02
15	Joseph	Lindeque	NBMC WP	1:14:42
16	Luyanda	Mapoyi	Khaye	1:15:33
17	Christopher	Carelse	NBMC WP	1:15:34
18	Xolile	Macanda	Gugs	1:16:07
19	Anele	Mnukwa	Elgrab	1:16:43
20	Dawid	Pieterse		1:16:53

Veterans:

1	Gert	Thys	Temp	1:07:40
2	Tsungai	Mwanengeni	ZIM/NBMC WP	1:09:02
3	Xolile	Macanda	Gugs	1:16:07

Masters:

1	Sollie	van Rooi	Worc	1:22:20
2	Hermanus	Jonkerman	Ned SWD	1:24:49
3	Abraham	Fielies	Ned	1:25:40

G'masters:

1	Muhammad	Kriel	Odraai	1:28:36
2	Hennie	Wentzel	Durbac	1:32:27
3	Albert	Williams	Tform	1:35:28

WOMEN

1	Zintle	Xiniwe	NBMC WP	1:16:51
2	Bulelwa	Simae	Ned WP	1:20:37
3	Tanith	Maxwell	Boxer	1:21:28
4	Candyce	Hall	Carb	1:29:31
5	Liesl	Stoltz	Durbac	1:30:05
6	Helene	Roux	NBMC WP	1:30:49
7	Bianca	Joseph	Temp	1:32:27
8	Mariëtte	Strauss	Tyger	1:32:42
9	Ursula	Frans	NBMC WP	1:32:48
10	Busisiwe	Matiwane	Celtic	1:33:02
11	Somari	Goussard	Temp	1:34:16
12	Marlize	Vienings	Tyger	1:34:17
13	Ivy	Sogiba	Khaye	1:35:47
14	Ester	Brink	Strand	1:36:21
15	Helette	Basson	Lbaan	1:37:22
16	Lee-Shay	Willemse	Velocity	1:37:25
17	Liesl	Thomas		1:38:53
18	Marcelle	Greef	Amsac	1:39:29
19	Marnelia	Scribante	Temp	1:40:06
20	Guinivere	Rogers	Durbac	1:40:14

Veterans:

1	Ursula	Frans	NBMC WP	1:32:48
2	Ester	Brink	Strand	1:36:21
3	Ena	Gous	Worc	1:43:18

Masters:

1	Mariëtte	Strauss	Tyger	1:32:42
2	Cheryl	Rudolph	East	1:42:06
3	Marie	Wolmarans	Ned SWD	1:44:17

G'masters:

1	Helen	Du Plessis	Tyger	1:51:06
2	Ruth	Leverton	Pine	2:05:47
3	Gerda	Van der Merwe	Ceres	2:06:19

Juniors:

1	Amoretta	September	East	2:24:14
---	----------	-----------	------	---------

Outeniqua Marathon (28th), Half Marathon (25th) & 50 km (2nd)

George to Wilderness, 26 April

(Distances: 42.195 km, 21.1 km & 50 km; point-to-point downhill courses, but hilly and partly on gravel. Finishers: marathon – 87 [up from 71 last year]; half marathon – 185 [down from 206]; 50 km – 52 [significantly down from 88].)

Note: Candyce Hall (who was seventh overall) and Lloyd Bosman defended their titles in the ultramarathon and half marathon respectively, while Helga Matthee (12th overall), who won the marathon last year, this time took the half marathon. Marathon winner Kirsty Weir was seventh overall. – Ed.

Marathon

MEN

1	Melikhaya Msizi	Knysna Marathon	30	2:43:06
2	Vuyo Witbooi	Outeniqua Harriers	38	2:59:33
3	Dawid Matroos	Rainbow	40	3:12:18
4	Jason Jafta	Run Walk for life	54	3:12:23
5	Sidwell Oktober	Rainbow	56	3:24:29
6	Elrick Spiers	Rainbow	50	3:26:36
7	Andre van Gend	Nedbank SWD	35	3:41:17
8	George Batchelor	Outeniqua Harriers	39	3:43:28
9	Darren Dukes	Strand AC	42	3:44:45
10	Peter Jaehne	Outeniqua Harriers	48	3:45:15

Veterans: 1. Dawid Matroos (Rainbow) 3:12:18. **Masters:** 1. Jason Jafta (Oudts) 3:12:23. **G'masters:** 1. Ben Bower (Harten) 4:53:48.

WOMEN

1	Kirsty Weir	Nedbank SWD	36	3:28:45
2	Suzaan Kruger	Outeniqua Harriers	31	3:57:08
3	Elmien Nel	Nedbank SWD	43	3:57:08
4	Rome Phillipson-Meyer	Hartenbos Drawwers	32	3:58:34
5	Chanelle Hoffman	Strand AC	42	4:00:51
6	Marike van Dyk	RAC	40	4:01:30
7	Antoinette du Preez	Hartenbos Drawwers	42	4:05:39
8	Ingrid Dukes	Strand AC	42	4:08:28
9	Maryna Bingle	De Doorns	49	4:09:25
10	Bronwyn Kroon	Temp	43	4:10:20

Veterans: 1. Chanelle Hoffman (Strand) 4:00:51. **Masters:** 1. Hester Fortune (Brack) 4:51:06.

Half marathon

MEN

1	Lloyd Bosman	Nedbank SWD	26	1:07:56
2	Elfonzo Pieterse	Nedbank SWD	25	1:14:13
3	Heinrich Sauls	De Rust Striders	23	1:17:14
4	Roger Dickson	VOB	40	1:18:26
5	Elton Botha	Knysna Marathon	21	1:24:08
6	Hermanus Jonkerman	Nedbank SWD	54	1:28:04

7	Francois du Toit	Outeniqua Harriers	27	1:28:19
8	Jaco Botha	Wingate	40	1:29:00
9	Granville Gelant	Nedbank SWD	15	1:30:48
10	Elphus Maweza	New Balance MS	42	1:30:48

Veterans: 1. Roger Dickson (VOB) 1:18:26. **Masters:** 1. Hermanus Jonkerman (Ned) 1:28:04. **G'masters:** 1. Toit du Toit (Harten) 1:47:05. **Juniors:** 1. Granville Gelant (Ned) 1:30:48.

WOMEN

1	Helga Matthee	Nedbank SWD	39	1:31:46
2	Sanet Brits	Nedbank SWD	54	1:33:18
3	Cecilia Nel	Hartenbos Drawwers	32	1:34:43
4	Charmaine Lamprecht	Nedbank SWD	30	1:40:27
5	Gerda Henn	Wild Runners	34	1:43:10
6	Marie Wolmarans	Nedbank SWD	55	1:44:12
7	Jo Tanner	Temp	40	1:45:30
8	Janet Woodhead	Plett AC	34	1:46:41
9	Carla Coetzee	Nedbank SWD	25	1:48:28
10	Vicki van der Walt	Temp	42	1:48:56

Veterans: 1. Sunett de Jager (Ned) 1:52:22. **Masters:** 1. Sanet Brits (Ned) 1:33:18. **G'masters:** 1. Toekie Steenkamp (Ned) 1:59:04.

50 km

MEN

1	Johnny Young	Run Walk for life	39	3:25:45
2	Lindile Tokota	Nedbank SWD	46	3:30:04
3	Keith Clark	Outeniqua Harriers	39	3:34:14
4	Jacques Mouton	Outeniqua Harriers	36	3:39:23
5	Rodney Halom	Outeniqua Harriers	30	3:46:31
6	Jacobus Boshoff	Nedbank SWD	43	3:47:17
7	Stephan Joubert	Outeniqua Harriers	35	4:10:05
8	Kevi Levin	Temp	53	4:14:14
9	Eddie Mouton	Nedbank SWD	40	4:23:37
10	Joey Klaasen	Nedbank SWD	43	4:24:16

Veterans: 1. Lindile Tokota (Ned) 3:30:04. **Masters:** 1. Leon van der Merwe (Harten) 4:54:13. **G'masters:** 1. Arthur Valasis (Hamlett) 4:48:34.

WOMEN

1	Candyce Hall	Carbineers	30	4:04:46
2	Monica Taylor	Plett AC	28	4:52:59
3	Ruweida du Preez	Run Walk for Life	41	4:54:13
4	Cheryl Witte	Warriors AC	51	4:55:21
5	Carmen Marx	Hartenbos Drawwers	37	4:59:39
6	Virginia van Schalkwyk	Hartenbos Drawwers	50	4:59:39
7	Annelie Nel	Temp	39	5:03:46
8	Renate Wagener	Beaufort-Wes Drawwers	39	5:12:51
9	Yolind Strydom	Nedbank SWD	39	5:15:20
10	Martie Swanepoel	NBMC	42	5:18:22

Veterans: 1. Ruweida du Preez (RWFL) 4:54:13. **Masters:** 1. Kleintjie van Schalkwyk (Harten) 4:59:39.

CROSS-COUNTRY

KZN League Meeting (2nd)

Queensburgh, 3 May

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

SR. MEN (12 km)

1.	Joseph Munyoki	KEN/Phantane AC	35:20
2.	Sithembele Fanekho	Boxer AC	35:34
3	Lungisa Mdedelwa	Boxer AC	35:57

40-44 (8 km):

1.	Xolani Nocanda	Toti AC	27:20
2.	Nicolas Mjadu	Nedbank AC	27:41
3.	Deon Pretorius	West AC	31:28

45-49 (8 km):

1.	Elias Madlala	Eskom AC	29:01
----	---------------	----------	-------

50-54 (8 km):

1.	Willie Majombozi	Boxer AC	30:06
2.	Wayne Scott	PDAC	30:35
3.	Ken Culverwell	West AC	30:58

55-59 (8 km):

1.	Andy Daly	West AC	32:17
2.	Norman Bowker	QBH	32:43
3.	Jan Koegelenberg	PDAC	33:34

60-64 (6 km):

1.	Phillip v Niekerk	Stella	24:45
2.	Les Smith	West AC	26:58
3.	Devilliers Oberholzer	Toti AC	27:32

65-69 (6 km):

1.	Piet Badenhorst	PDAC	27:32
2.	Andrew Spence	SCS	28:17
3.	Andy Watson	West AC	30:01

70+ (6km):

1.	Noel Saville	Toti AC	29:01
----	--------------	---------	-------

U.17 (6 km):

1.	Mbhasobhi Gumede	Indanda Q	19:20
----	------------------	-----------	-------

SR. WOMEN (8 km)

1.	Sithulisiwe Zhou	ZIM/Phantane AC	28:17
2.	Slindile Chili	Chesterville AC	30:11
3.	Sithembile Radebe	Shongweni AC	33:07

40-44 (4 km):

1.	Shani Silver	West AC	16:43
2.	Lauren Calenborne	West AC	17:29
3.	Natasha Ambrosio	Maxed Elite	18:20

45-49 (4 km):

1.	Lise Muchna	PDAC	16:24
2.	Erica Walker	Hilton Harr	17:00
3.	Michelle Sims	Eskom AC	17:20

50-54 (4 km):

1.	Janine Engels	West AC	18:36
2.	June Watson	PDAC	20:37
3.	Jolanda Broodryk	Toti AC	22:15

55-59 (4 km):

1.	Debby de Koning	Eskom AC	19:13
2.	Blanche Moila	Savages	20:16
3.	Helen Fetter	Savages	20:49

60-64 (4 km):

1.	Judith Grove	Hilton Harr	19:12
2.	Jane Dickinson	RWFL	20:53
3.	Colleen McCann	PDAC	24:56

65-69 (4 km):

1.	Antoinette Beekman	PDAC	34:56
----	--------------------	------	-------

70+ (4 km):

1.	Gill Tregenna	West AC	24:20
----	---------------	---------	-------

U.17 (4 km):

1.	Caylee Ellero	BAC	16:04
----	---------------	-----	-------

TRACK**Varsity Cup #4**

Pretoria, 28 April

MEN**1 mile:**

1	Rynardt VAN RENSBURG	UFS	4:05.60
2	Jerry MOTSAU	NWU	4:05.88
3	Mpho MAKOFANE	TUT	4:10.70
4	Jeromy ANDREAS	UJ	4:11.64
5	Charles NEL	TUKS	4:14.71
6	Duran FARO	UWC	4:17.97
7	Zolani NGQAGA	NMMU	4:18.51
8	Llewellyn GROENEVELD	US	4:24.81

WOMEN**800:**

1	Anuschka NICE	TUKS	2:08.77
2	Thato MAKHEFOLA	UJ	2:12.84
3	Thineke FOURIE	US	2:13.72
4	Duanne FOURIE	NWU	2:16.78
5	Annica COETZEE	NMMU	2:17.05
6	Anje BADENHORST	UFS	2:19.15
7	Murendwa DAVHANA	TUT	2:20.32
8	Hanli JORDAAN	UWC	2:32.23

3000:

1	Stella MARAIS	TUKS	9:54.11
2	Thembi BALOYI	TUT	9:55.59
3	Caroline MARANDELA	UJ	10:05.21
4	Amy ABRAHAMS	UWC	10:46.35
5	Anneke GILDENHUYS	UFS	11:07.36
6	Laune MEYER	NWU	11:39.64
7	Inge KOTZE	US	13:10.90
	Samantha WEBSTER	NMMU	DNF

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

TUI Marathon Hannover (24th)

(IAAF Bronze Label Road Race)

Hannover, GER, 27 April

(Distance: 42.195 km)

MEN (gun times)

1. Henry Kipsigei Chirchir (KEN) 2:11:30
2. Francis Bowen (KEN) 2:11:30 [correct]
3. Evans Kipkosgei Ruto (KEN) 2:11:34
4. Martin Kiprugut Kosgei (KEN) 2:11:37
5. Mekuant Ayenew (ETH) 2:11:46
- ... 18. Etienne Plaatjies (RSA) 2:46:10

WOMEN (gun times)

1. Souad Ait Salem (ALG) 2:33:09
 2. Nadeshda Leonteva (RUS) 2:33:32
 3. Bornes Kitur (KEN) 2:33:50
 4. Nolene Conrad (RSA) 2:54:59 DB
-

NEWS

SPAR GRAND PRIX POINTS TABLE

The standings in the Spar Grand Prix Series after the second race in Port Elizabeth are:

OPEN

1	Lebo Phalula	Maxed Elite	60
2	Mapaseka Makhanya	Boxer	34
3	René Kalmer	Modern Athlete	32
4	Nolene Conrad	Boxer	30
5	Christine Kalmer	Boxer	24
6	Lebogang Phalula	Transnet	19
7	Myrette Filmlalter	Nedbank	15
8=	Annie Bothma	Nedbank	14
8=	Thozama April	Transnet	14
10	Zintle Xiniwe	NBMC	12
11=	Jenna Challenor	Boxer	11
11=	Irvette van Zyl	Nedbank	11
13	Thembi Baloyi	TUT	9
14	Simonay Weitsz	Boksburg AC	8
15=	Thitshaamba Ravhandalala	TUT	6
15=	Anna Moeketsi	Transnet	6
17	Cornelia Joubert	Nedbank	5
18	Kim Laxton	Sunninghill	4
19=	Tanya Scott	UCT	2
19=	Nicole van der Merwe	Marais Viljoen	2

Veterans:

1	Ronel Thomas	Boxer	10
---	--------------	-------	----

2	Janene Carey	Boxer	8
3	Lana Theunissen	Nedbank	6
Masters:			
1	Elmarie Coetzee	NBMC	20
2	Mariëtte Strauss	Tygerberg	9
3	Viv Williams	AAC	8
Grandmasters:			
1	Margie Saunders	Nedbank	10
2	Nancy Will	Pinelands	5
3=	Helen du Plessis	Tygerberg	4
3=	Liz Grundlingh	Muirite Striders	4
Juniors:			
1	Annie Bothma	Nedbank	19
2	Nicole van der Merwe	Marais Viljoen	11
3	Simonay Weitsz	Boksburg AC	10

WORLD HALF-MARATHON CHAMPION DECIDES ON NAME SWITCH

Reigning IAAF World Half-marathon champion Geoffrey Kipsang Kamworor has decided to compete under the name "Geoffrey Kamworor" for now on, reports *Race Results Weekly*. Previously, he had run races as "Geoffrey Kipsang", but after the IAAF used his second family name on his bib at the World Half Marathon, he decided it was better to stick with Kamworor going forward to avoid confusion.

Kamworor, who was born on 22 November 1992, is managed by Global Sports Communications in the Netherlands.

STATS TIME

This week we include a list of the top ten SA men in the marathon for 2014. 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.

2014 MARATHON: TOP 10 MEN

2:10:21	Benedict Moeng	5	Xiamen	02 Jan
2:14:59A	Lusapho April	15	Boston	21 Apr
2:19:55	Tshidiso Bosiu	1	Vereeniging	02 Mar
2:20:43	Michael Mazibuko	2	Vereeniging	02 Mar
2:21:18	William Mokwalakwala	1	Sasolburg	01 Feb
2:22:19	Raphael Segodi	1	Pretoria	23 Feb
2:22:46A	Samuel Seun Moleshioa	1	Nelspruit	01 Mar
2:23:07	Othaniel Phahlane	2	Pretoria	23 Feb
2:23:08A	Dicardo Jakobs	1	Simon's Town	16 Feb
2:23:27A	Wanda Roro	2	Simon's Town	16 Feb

THIS MONTH IN HISTORY

60 years ago tomorrow: 6 May 1954

The trackside announcement by Norris McWhirter is probably the most famous in the history of athletics: "Ladies and gentlemen, here is the result of event number nine, the one mile: First, number 41, R.G. Bannister, Amateur Athletic Association and formerly of Exeter and Merton Colleges, Oxford, with a time which is a new meeting and track record, and which, subject to ratification, will be a new English Native, British National, British all-comers', European, British Empire, and World's Record. The time was THREE ..." The

winner commented: "I felt suddenly and gloriously free of the burden of athletic ambition that I had been carrying for years." The four-minute mile had been run, on the Iffley Road track in Oxford.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

This 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	29:00	Kgosi Samuel Tsosane	Sasolburg	01 Feb
	27:39	Wilson Kiprono (KEN)		
	26:44	Leonard Patrick Komon (KEN)	2010	
15 km	44:29	Lusapho April	Port Elizabeth	01 Mar
	43:04	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN)	2010	
21.1 km	60:47	Stephen Mokoka	Copenhagen	29 Mar
	59:08	Geoffrey Kamworor (KEN)		
	58:23	Zersenay Tadese (ERI)	2010	
25 km	80:18A	George Ntshiliza	Somerset East	22 Mar
	71:50	Sammy Kosgei (KEN)	2010	
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH)	2009	
Marathon	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:29	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN)	2011	
	2:03:23p	Wilson Kipsang (KEN)	2013	
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	30:31	Gert Thys	Goodwood	01 Mar
	28:51	Paulo Catarino (POR)	2003	
15 km	49:22	Graham Katzen	Ravensmead	26 Apr
	44:14	Pierre Levisse (FRA)	1992	
21.1 km	67:40	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL)	1990 & Nelson Chirchir (KEN)	1996
25 km	87:49A	Ephraim Xaba	Pinetown	26 Jan
	76:49	Martin Mondragon (MEX)	1994	
30 km	1:48:05	Graham Katzen	Parow	30 Mar
	1:35:28	Geraldo Antonio da Silva (BRA)	2002	
Marathon	2:25:39	Sandile Makhaye	Pietermaritzburg	23 Feb
	2:08:46	Andres Espinosa (MEX)	2003	
100 km	6:18:24	Mario Ardemagni (ITA)	2004	

Masters (50+)

10 km	35:07	Tobias Philander	Bellville	12 Apr
	[35:00	Vladimir Kotov (BLR)	Cape Town	08 Mar]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:47	Daniel Mothibe	Kempton Park	22 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:07	Dan Mothibe	Pretoria	15 Feb
	66:42	Martin Rees (GBR) 2003		
25 km	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	1:59:56	Sollie van Rooyen	Parow	30 Mar
Marathon	2:46:35	Daniel Mothibe	Pretoria	23 Feb
	2:42:57A	Thomas Lizo	East London	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:57	Muhammad Kriel	Bellville	12 Apr
15 km	59:25	Muhammad Kriel	Ravensmead	26 Apr
21.1 km	87:09	Mike Hirst	Vereeniging	02 Mar
25 km	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:09:56	Muhammad Kriel	Parow	30 Mar
Marathon	3:14:47	Les Iving	Vereeniging	02 Mar
100 km				

Juniors

10 km	29:54	Thabang Mosiako	Bloemfontein	22 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:38	Granwin Katzen	Ravensmead	26 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	32:27	Lebo Phalula	Port Elizabeth	03 May
	31:16	Margaret Wangari Muriuki (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:54	Kim Laxton	Germiston	06 Apr
	47:00	Shalane Flanagan (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:53	René Kalmer	Copenhagen	29 Mar
	66:19	Joyce Chepkirui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:44:34	Cary-Ann Smith	Durban	09 Mar
	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:01:11	Zintle Xiniwe	Parow	30 Mar
	1:44:19	Yuka Takashima (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:46:52	Kim Laxton	Xiamen	02 Jan
	2:43:34A	Tanith Maxwell	Brighton	06 Apr
	2:18:57A	Rita Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	38:25	Ronel Thomas	Cape Town	06 Apr
	32:14	Priscilla Welch (GBR) 1985		
15 km	63:42	Sheryl de Lange	Ravensmead	26 Apr
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	86:39	Ronel Thomas	Cape Town	19 Apr
	69:56	Irina Permitina (RUS) 2009		
25 km	1:52:29A	Shani Silver	Pinetown	26 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:09:47	Ursula Turck	Parow	30 Mar
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:59:42	Zola Pieterse	Charleston	18 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	40:17	Elmarie Coetzee	Cape Town	06 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	62:16	Judy Bird	Constantia	08 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:34	Judy Bird	Johannesburg	09 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:55:22A	Janette Schierz-Crusius	Somerses East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	41:31	Margie Saunders	Port Elizabeth	26 Apr
15 km	64:22	Margie Saunders	Port Elizabeth	01 Mar
21.1 km	1:30:53	Margie Saunders	Port Elizabeth	29 Mar
25 km	2:11:05A	Jenny Scott	Pinetown	26 Jan
30 km	2:44:15	Nancy Will	Parow	30 Mar
Marathon	4:18:07	Vollie Spies	Pretoria	23 Feb
	3:45:33A	Wendy Fitzmaurice	East London	01 Mar
100 km				

Juniors

10 km	35:46	Simonay Weitsz	Port Elizabeth	03 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	54:48	Annie Bothma	Ravensmead	26 Apr
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	87:07	Jenet Dlamini	Pietermaritzburg	23 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Kevin Harlock, André Pienaar, Derrick Chamberlain, James Evans, Top Events, Jasper Coetzee, Ian Laxton, SWD Athletics

Published by Riël Hauman
42 Fifteenth Avenue, Boston,
Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za



Distance Running Results is supported by Newton Running
www.newtonsarunning.com

Newton Running is the leader in designing shoes that mimic your natural barefoot running form. The technology is a revolutionary way of building a running shoe based on Sir Isaac Newton's third law of motion: "For every action, there is an equal and opposite reaction." Newton shoes were developed to make your feet think they're barefoot and increase performance. You will run smoother, more efficiently, faster and with less injury.