



2010 S.A. MARATHON, HALF MARATHON & 10 KM TOP 10 ATHLETES

MARATHON

MEN

2:10:45	Lusapho April	5	Hannover	02 May
2:14:45	Hendrick Ramaala	7	San Diego	06 Jun
2:16:09	Johannes Kekana	2	Stockholm	05 Jun
2:17:58	Coolboy Ngamole	6	Pyongyang	11 Apr
2:18:05A	Simon Peu	1	Ngodwana	20 Mar
2:19:06	Raphael Segodi	9	Pyongyang	11 Apr
2:19:24	Odwa Uhuru Tunyiswa	2	Sasolburg	06 Feb
2:19:37	Norman Dlomo	18	Vienna	18 Apr
2:19:55A	Morongara Raseruthe	2	Ngodwana	20 Mar
2:20:07A	Lovers Hlatshwayo	3	Ngodwana	20 Mar

WOMEN

2:34:24	Tanith Maxwell	15	London	25 Apr
2:51:22	Riana van Niekerk	4	Mossel Bay	14 Aug
2:51:58	Lauren Stewart	10	London	25 Apr
2:52:04A	Joanna Thomas (vet)	1	Oudsthoorn	27 Feb
2:54:28	Lesley Train	4	Gaborone	18 Apr
2:55:52	Adinda Kruger	3	Sasolburg	06 Feb
2:56:24	Suzette Botha	1	Howick	14 Mar
2:56:54	Louisa Leballo	2	Pretoria	27 Feb
2:58:06	Kerry Koen	5	Mossel Bay	14 Aug
2:59:56A	Winile Mnisi	1	Ngodwana	20 Mar

A = aided course. The Ngodwana course is extremely downhill.

HALF MARATHON

MEN

1:01:58	Lucky Modike Mohale	1	Port Elizabeth	24 Jul
1:02:10	Sibusiso Nzima	2	Port Elizabeth	24 Jul
1:02:24	Lusapho April	3	Port Elizabeth	24 Jul
1:02:30	Lungisa Mdedelwa	4	Port Elizabeth	24 Jul
1:02:34	Zolani Ntongana	3	Port Elizabeth	24 Jul
1:02:40	Olebogeng Masire	4	Port Elizabeth	24 Jul
1:02:46	Chabeli Sidwell Nyedimane	5	Port Elizabeth	24 Jul
1:02:52	Samuel Segoaba	6	Port Elizabeth	24 Jul
1:03:16	Boy Soke	7	Port Elizabeth	24 Jul
1:03:17	Nkosinathi Madyo	8	Port Elizabeth	24 Jul



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WOMEN

1:11:09	Irvette van Blerk	1	Port Elizabeth	24 Jul
1:12:39	René Kalmer	1	Cape Town	03 Apr
1:13:13	Zintle Xiniwe	2	Port Elizabeth	24 Jul
1:13:22	Tanith Maxwell	3	Port Elizabeth	24 Jul
1:13:58	Thozama April	4	Port Elizabeth	24 Jul
1:15:28	Mpho Mabuza	5	Port Elizabeth	24 Jul
1:15:47	Nolene Conrad	6	Port Elizabeth	24 Jul
1:15:54	Christine Kalmer	7	Port Elizabeth	24 Jul
1:16:22	Louisa Leballo	8	Port Elizabeth	24 Jul
1:16:30	Ntombesintu Mfunzi	1	Port Elizabeth	08 May

10 KM

MEN

28:23	Stephen Mokoka	1	Paarl	14 Aug
28:28	Lungisa Mdedelwa	2	Paarl	14 Aug
28:29	Sibusiso Nzima	3	Paarl	14 Aug
28:31	Lucky Modike Mohale	4	Paarl	14 Aug
28:32	Lindikhaya Mthangayi	5	Paarl	14 Aug
28:37	Jeffrey Gwebu	6	Paarl	14 Aug
28:40	Gladwin Mzazi	1	Sasolburg	06 Feb
28:46	Enoch Manyande	7	Paarl	14 Aug
28:51	Zolani Ntongana	8	Paarl	14 Aug
28:57	Kgosi Samuel Tsosane	2	Port Elizabeth	31 Jul

WOMEN

32:32	René Kalmer	8	New York	12 Jun
33:15	Irvette van Blerk	1	Paarl	14 Aug
33:19	Zintle Xiniwe	2	Paarl	14 Aug
33:53	Thozama April	3	Paarl	14 Aug
33:53	Christine Kalmer	4	Paarl	14 Aug
34:03	Tanith Maxwell	2	Bellville	18 Apr
34:17	Nolene Conrad	1	Bellville	05 Jun
34:28	Dominique Scott (jun)	2	Bellville	05 Jun
34:44	Nandipha Dywili	3	Port Elizabeth	01 May
34:44	Mpho Mabuza	6	Paarl	14 Aug