

Distance Running Results

Vol. 8, No. 48 – 2 December 2008

© 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

Alaë Brand scored her third successive win in the very tough Sanlam Niel Joubert Plaaswedloop last week, but ran much slower than the magnificent course record she had set last year.

In the point-to-point and downhill Vlake Marathon at Heidelberg (Cape) veteran Lindile Tokota won in 2:28:17, while Julia Janse van Rensburg took the women's race in 3:07:31.

South African Johan Oosthuizen finished fourth in the JFK 50-mile race in the USA, just more than 10 min behind the winner. The race is the oldest and largest 50-mile race in the US (founded in 1963).

In the HBA Great Australian Run Haile Gebrselassie fell short of his stated aim of breaking Felix Limo's world record for 15 km, but nevertheless set an Australian all-comers record and won by a comfortable margin (as did Catherine Ndereba in the women's race).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Soul City World Aids Day Half Marathon & 10 km, Johannesburg
- * Phil Pansegrouw Memorial Half Marathon, Bellville
- * Walmer 15 km, Port Elizabeth
- * Vlake Marathon & Half Marathon, Heidelberg
- * Sanlam Niel Joubert Plaaswedloop, Simondium
- * Knysna Heads Half Marathon & 10 km, Knysna
- * Track: Collison Cup Meeting, Bellville

International highlights:

- * HBA Great Australian Run, Melbourne, AUS
 - * BLOM Beirut International Marathon, Beirut, LIB
 - * Pederson's Volvo Fort Collins Thanksgiving Day 4-Mile, Ft. Collins, USA
 - * Manchester Road Race, Manchester, USA
 - * Synaptics Elite 5 km, San Jose, USA
 - * Nagoya Half Marathon, Nagoya, JPN
 - * XC: Cross International de Llodio, Llodio, ESP; Wareng Tuskys Cross-country, Eldoret, KEN
 - * JFK 50 Mile, Boonsboro to Williamsport, USA
-

ERRORS IN DRR 8:47

Jacques van Rensburg has indeed run a couple of marathons before the ING New York City Marathon – he recorded 2:46:09 in the 2005 Peninsula and 2:39:45 in the 2006 Peninsula. (He also recently won the Cape Odyssey with his brother.)

It was incorrect to state that the tradition of alternate directions for the Comrades in consecutive years was broken only once before, in 1987 and 1988. It also happened in 1974 and 1975, when the direction was “up” in both years, and strictly speaking also in 1940 and 1946 (both up), although in the latter case the races were not in consecutive years (World War II came in between).

The latter mistake was made in a CMA media release, but I do regret both errors – they could probably be attributed to tiredness after having run the Mr Price Winelands Marathon last Saturday!

ROAD RUNNING

Soul City World Aids Day Half Marathon & 10 km

Johannesburg, 30 November

(Distances: 21.0975 km & 10 km)

Half marathon

MEN

1 Matsiane Masilo (Toy) 66:35; 2 Xolisa Charlie (Temp) 66:47; 3 Wesley Ruto (KEN) 67:01; 4 Isaac Koskei (KEN) 67:06; 5 Samuel Segoaba (Transnet) 67:14.

Veterans: 1 Morgan Sithole (ZIM) 72:17; 2 Tidimalo Modiga (Toy) 74:21; 3 Reginald Ngobese (GS) 74:40. **Masters:** 1 Samuel Mogodi (RAC) 81:21; 2 Thulani Sibisi (ADT) 83:23; 3 Moses Motsabi (RAC) 86:20. **G'masters:** 1 Jack Thokwane (Sasol) 1:44:56; 2 Geoff Davis (RH) 1:56:31; 3 Jerry Keating (BNAC) 1:57:34.

WOMEN

1 Moloboheng Mafata (LES/Toy) 82:59; 2 Thabita Tsatsa (ZIM/Boxer) 83:42; 3 Dimakatso Menong (GS) 84:13; 4 Sarah Mahlangu (MP) 93:09; 5 René Strydom (RH) 94:03.

Veterans: 1 Sarah Mahlangu (MP) 93:10; 2 René Strydom (RH) 94:03; 3 Sue Harrisburg (RAC) 1:45:17. **Masters:** 1 Selinah Netshisaulu (RAC) 1:54:11; 2 Margaret Bosui (Sunninghill) 2:00:17; 3 Patricia Shaw (BNAC) 2:05:09. **G'masters:** 1 Marilyn Moore (Breakthru) 2:16:53; 2 Julian Smith (RH) 2:33:08; 3 Ferna McKay (RH) 2:45:20.

10 km

MEN

1 Frik Guys (Nedbank) 30:15; 2 Olebogeng Masire (Goldfields) 30:16; 3 Raphael Segodi (GS) 30:17; 4 Lucky Mohale (Temp) 31:11; 5 Odwa Tummyiswa (GS) 31:13.

Veterans: 1 Gethun Wordofa (ETH/ADT) 32:31; 2 Billy Majafa (Powerade) 33:38; 3 Lawrence Chipangaan (Powerade) 35:52. **Masters:** 1 Wilson Moloto (Powerade) 39:32; 2 Andre Jansen (Toy) 39:47; 3 Simon Phaiphai (RAC) 40:11. **G'masters:** 1 Bill Lambert (RH) 43:29; 2 Patrick Mafilika (Nedbank) 46:39; 3 Joe Paposa (Dosco) 52:1.

WOMEN

1 Takalane Nthulane (Transnet) 40:53; 2 Michelle Williams (RAC) 41:57; 3 Ann Bellamusto (BCC) 44:25 (1st mast); 4 Tsekile Thembeke (Ukhozi) 46:17 (1st vet); 5 Tracy Langa (RAC) 47:25.

Veterans: 1 Tsekile Thembeka (Ukhozi) 46:21; 2 Ansie Bronkhorst (Roodepoort) 54:52; 3 Katja Bruwer (Krugersdorp) 57:43. **Masters:** 1 Ann Bellamusto (BCC) 44:26; 2 Elaine Greenblatt (RRR) 49:33; 3 Rina McDermid (Roodepoort) 59:13. **G'masters:** 1 Rachel Ledwaba (PnP) 64:00; 2 Yvonne Slappendel (SPRAC) 68:17; 3 Gwyneth Stapes (Chamber) 68:21.

Phil Pansegrouw Memorial Half Marathon

Bellville, 29 November

(Distance: 21.0975 km; certified out-and-back course with loop at far end)

MEN

1. Sampie Mokgotla (Ned AVT) 69:53 (R300); 2. Peter Tsawayo (ZIM/RCS Gug) 70:06 (R200); 3. Zolile Bhitane (Ned) 70:27 (R150); 4. Bernard Dandadzi (ZIM/RCS Gug) 70:37; 5. Victor Msopi (VOB) 71:46; 6. Siyabulela Dandiso (VOB) 73:05; 7. Aaron Lewis (Ad) 77:24 (1st vet); 8. Aldrin Smit (NB) 80:09; 9. Andries Swanepoel (Brack) 80:13; 10. Robert Roro (Celt) 81:18; 11. Wanda Roro (Ad) 82:36 (1st jun); 12. Whitey Motabogi (Celt) 82:42; 13. Moos Ruiters (Salkor) 83:00; 14. Mike O'Donovan (VOB) 83:16; 15. Dion Middelkoop (VOB) 83:17; 16. Carlo Jacobs (Top) 84:30; 17. Babalo Mpumlwana (Dur) 85:02; 18. Steven Parkins (Raven) 85:05; 19. Gerald Sullivan (Dur) 85:40; 20. Heimie Misroll (Pine) 86:56; 21. Goodman Mpukane (RCS Gug) 86:57 (1st mast); 22. Desmore Oppel (Dur) 87:50; 23. Johann Diener (Str) 88:04; 24. Robert Bartholomew (Edg) 88:19; 25. Andy Kreusel (Ned) 90:17; 26. Martin Whatley (Bel) 90:32; 27. Bheka Mseleku (RCS Gug) 90:37; 28. Johnny Aarons (OM) 90:38; 29. Henry Cieverts (Top) 90:39; 30. Richard Johnson (H.Harr) 90:51.

Masters: (40+): 1. Aaron Lewis (Ad) 77:24 (R200); 2. Moos Ruiters (Salkor) 83:00 (R150); 3. Mike O'Donovan (VOB) 83:16 (R100). **(50+):** 1. Goodman Mpukane (RCS Gug) 86:57 (R150); 2. Johann Diener (Str) 88:04 (R100); 3. Henry Cieverts (Top) 90:39. **(60+):** 1. Rob Joubert (S.Str) 110:08 (R100); 2. Malcolm Rhodes (Pine) 111:51; 3. Malcolm Nimmo (Dur) 112:52. **(70+):** 1. Caspar Greeff (Atl) 115:50; 2. Pieter Schreve (Wel) 129:49; 3. Sam Milner (Spart) 173:38. **Juniors:** 1. Wanda Roro (Ad) 82:36 (R100); 2. Wilfred Soeggop (Salkor) 94:56 (R75).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Mr Pr) 92:19; 2. Sheryl de Lange (Ned) 92:26 (1st vet); 3. Styntjie Prins (Paarl) 95:13 (1st mast); 4. Sandra van Graan (Edg) 100:37; 5. Nancy Will (Pine) 101:43; 6. Bev Baker (VOB) 103:05; 7. Candyce Hall (N.Carb) 104:35; 8. Lubinda du Buisson (Ind) 105:21; 9. Melissa Rothman (NB) 105:25; 10. Suné Greeff (Dur) 105:29; 11. Anne-Maré Bruwer (Dur) 105:51; 12. Joletta Poynton (Dur) 107:35; 13. Tandi Kitching (Dur) 107:36; 14. Rowen Gloyna (Ind) 109:09; 15. Matilda le Roux (Ned) 109:19; 16. Ronél Steenkamp (Tyg) 109:22; 17. Charmaine Botha (Dur) 109:33; 18. Lindie Bouwer (Sanlam) 110:00; 19. Lorna Loubser (Sanlam) 110:02; 20. Ferial Johaar (Top) 110:31.

Masters: (40+): 1. Sheryl de Lange (Ned) 92:26; 2. Sandra van Graan (Edg) 100:37; 3. Bev Baker (VOB) 103:05. **(50+):** 1. Styntjie Prins (Paarl) 95:13; 2. Nancy Will (Pine) 101:03; 3. Ferial Johaar (Top) 110:31. **(60+):** 1. Pixie Sparg (Celt) 111:57; 2. Avril Delapelin-Dumont (WC) 118:25; 3. Cathy Taylor (Dur) 137:41. **Juniors:** 1. Benine Havenga (Tyg) 152:4.

Walmer 15 km

Port Elizabeth, 29 November

(Loop course)

MEN

1	Phumelelo	August	NMMU AC	24	47:10
---	-----------	--------	---------	----	-------

2	George	Ntshiliza	Mr Price AC EP	29	47:14
3	Sandile	Ngunuza	Nedbank RC EP	25	47:53
4	Mzwanele	Maphekula	Mr Price AC EP	32	49:42
5	Mzamo	Fokwana	Charlo AC	31	50:15
6	Robert	Matthys	Mr Price AC EP	32	50:42
7	Ivan	Ambraal (1 st jun)	Nedbank RC EP	19	51:51
8	Luvuyo	Ntando	Nedbank RC EP	31	52:14
9	Elliot	Nyarashe	PEAAC	29	53:08
10	Nkosinathi	Gcakasi	Bluewater Bay	38	54:13
11	Luyolo	Nqi	Charlo AC	22	57:19
12	Riaan	Kock	Nedbank RC EP	38	57:53
13	Andrew	Long (1 st vet)	Madiba Bay AC	41	57:56
14	Stephan	Botha	Nedbank RC EP	40	58:25
15	Alois	Dzingayi	Nedbank RC EP	29	58:26
16	Uran	Le Roux	VWAC	42	1:01:25
17	Ruan	Smalberger	Nedbank RC EP	18	1:01:32
18	Ferdinand	Grobler (1 st mast)	Despatch AC	50	1:01:33
19	Sylvester	Appollis	Nedbank RC EP	25	1:01:44
20	Sizinzo	Kama	Achilles AAA	57	1:01:55

40-44:

1	Andrew	Long	Madiba Bay AC	41	57:56
2	Stephan	Botha	Nedbank RC EP	40	58:25
3	Uran	Le Roux	VWAC	42	1:01:25

45-49:

1	Gerhard	Luck	Temp	49	1:02:13
2	Danie	Claassen	Despatch AC	47	1:04:40
3	Zilingene	Ralane	SANDF EP	46	1:05:49

50-54:

1	Ferdinand	Grobler	Despatch AC	50	1:01:33
2	Peter	Van Rensburg	Elite AC	50	1:04:18
3	Sam	Erasmus	Nedbank RC EP	51	1:05:13

55-59:

1	Sizinzo	Kama	Achilles AAA	57	1:01:55
2	Hannes	Els	Madiba Bay AC	58	1:03:09
3	Jimmy	Styan	Raleigh AC	56	1:04:31

60-64

1	Cilliers	Swart	Nedbank RC EP	61	1:10:31
2	William	Vorster	PEAAC	62	1:11:32
3	David	O'rielly	X-Cel AC	61	1:14:08

65-69:

1	Pietie	Barnard	Bluewater Bay	68	1:32:21
2	Gerald	Bouwer	Achilles AAA	65	1:37:54
3	Brian	Smith	PEAAC	65	1:47:44

70-74:

1	Michael	Collins	PEAAC	70	1:12:45
2	Hilary	Pritchard	Crusaders AC	74	1:42:43
3	Selwyn	Solomon	Crusaders AC	70	1:45:00

80+:

1	Henry	Botha	Despatch AC	81	1:48:56
---	-------	-------	-------------	----	---------

Juniors:

1	Ivan	Ambraal	Nedbank RC EP	19	51:51
2	Ruan	Smalberger	Nedbank RC EP	18	1:01:32
3	Dean	Potgieter	Charlo AC	16	1:05:00

WOMEN

1	Ntombesintu	Ntshiliza	NMMU AC	26	1:02:50
---	-------------	-----------	---------	----	---------

2	Zoleka	Dondashe	Nedbank RC EP	23	1:03:52
3	Deliwe	Nyanga (1 st jun)	PEAAC	19	1:04:55
4	Treloar	Childs (1 st vet)	Spar Walmer AC	45	1:06:58
5	Rethie	Cumming	Bo-Karoo M C	38	1:10:20
6	Hanlie	v.d. Westhuizen (1 st mast)	Umvoti AC	52	1:12:38
7	Janette	Schierz-Crusius	Body Concept	48	1:12:39
8	Hermie	Fisher	Madiba Bay AC	41	1:13:56
9	Amanda	Prideaux	Bluewater Bay	33	1:16:59
10	Lindie	Barnardo	NMMU AC	24	1:17:31
11	Nurunnisa	Madatt	Malabar	46	1:19:17
12	Samantha	Schewitz	Temp	37	1:20:41
13	Claire	Nagel	Elite AC	44	1:21:23
14	Ronell	Claassen	Despatch AC	45	1:21:33
15	Jos	Els	Madiba Bay AC	56	1:21:43
16	Lesley	Maggott	Achilles AAA	41	1:22:09
17	Christa	Meuwesen	Bluewater Bay	42	1:22:20
18	Charmell	Jansen	Temp	28	1:22:36
19	Sandra	Lyons	Elite AC	39	1:22:56
20	Monica	Kemp	Madiba Bay AC	53	1:23:33

40-44:

1	Hermie	Fisher	Madiba Bay AC	41	1:13:56
2	Claire	Nagel	Elite AC	44	1:21:23
3	Lesley	Maggott	Achilles AAA	41	1:22:09

45-49:

1	Treloar	Childs	Spar Walmer AC	45	1:06:58
2	Janette	Schierz-Crusius	Body Concept	48	1:12:39
3	Nurunnisa	Madatt	Malabar	46	1:19:17

50-54:

1	Hanlie	van der Westhuizen	Umvoti AC	52	1:12:38
2	Monica	Kemp	Madiba Bay AC	53	1:23:33
3	Ursula	Kilian	NMMU AC	51	1:25:27

55-59:

1	Jos	Els	Madiba Bay AC	56	1:21:43
2	Joan	Senekal	Temp	56	1:57:11
3	Rina	Barnard	Elite AC	55	2:00:28

60-64

1	Esly	Strydom	Legacy AC	63	1:46:42
2	Debbie	Oelofse	Legacy AC	62	1:51:56
3	Anna	Schnetler	PEAAC	61	1:58:05

70-74:

1	Dorothy	Hart	PEAAC	70	1:34:42
---	---------	------	-------	----	---------

Juniors:

1	Deliwe	Nyanga	PEAAC	19	1:04:55
---	--------	--------	-------	----	---------

Vlakte Marathon & Half Marathon

Heidelberg, 29 November

(Distances: 42.195 km & 21.0975 km; point-to-point downhill courses)

Note: Unfortunately no clubs were provided by the organisers. – Ed.

Marathon**MEN**

1. Lindile Tokota 2:28:17 (1st vet); 2. Mxolisi Fana 2:35:08; 3. Gurome Gelderbloem 2:35:35; 4. Paulus Allart 2:38:32; 5. Johan Stemmet 2:46:43; 6. Zuzile Ntsiniyabo

2:46:58; 7. Dewald Kleinhans 2:57:12; 8. Wendell McCallum 2:58:06; 9. Philippus du Toit 3:03:16; 10. Hermanus Jonkerman 3:05:05.

Masters: (40+): 1. Lindile Tokota 2:28:17; 2. Mxolisi Fana 2:5:08; 3. Paulus Allart 2:38:32.

WOMEN

Seniors: 1. Julia J. van Rensburg 3:07:31; 2. Lisl Grobler 3:17:06; 3. Annatjie Botes 3:19:14 (1st mast); 4. Karen de Kock 3:26:07; 5. Joanne Wynne 3:29:27 (1st vet); 6. Elzet Oosthuizen 3:54:56; 7. Kleintjie van Schalkwyk 3:36:25; 8. Deidre Jooste 3:40:15; 9. Una Saayman 3:41:57; 10. Arina Cilliers 3:44:12.

Masters: (40+): 1. Joanne Wynne 3:29:27; 2. Kleintjie van Schalkwyk 3:36:25; 3. Una Saayman 3:41:57. **(50+):** 1. Annatjie Botes 3:19:14.

Half marathon

MEN

1. Vuyo Witbooi 68:40; 2. Duitsjan Luwaya 71:26; 3. Ronny Blignaut 73:01; 4. Eric Pongolo 80:08; 5. Andile Mchitakali 81:35; 6. Eugene Maart 83:24; 7. Johnny Michaels 84:05; 8. Darren Flanegen 84:18; 9. Niklaas Duitsjan 84:29; 10. Wildeman Roman 86:55 (1st vet).

Masters: (40+): 1. Wildeman Roman 86:55.

WOMEN

1. Charlene Folding 95:31; 2. Bettie Stevens 95:31; 3. Rea Oosthuizen 95:31 (1st g'mast); 4. Sunette Beyers 96:15 (1st vet); 5. Resia Swart 98:04; 6. Marinda Pheiffer 98:13; 7. Amor van Zyl 103:18 (1st mast); 8. Suzette Esterhuyse 103:22; 9. Magteld van der Westhuizen 104:12; 10. Lizanne Boshoff 104:14.

Masters: (40+): 1. Sunette Beyers 96:15; 2. Suzette Esterhuyse 103:22. **(50+):** 1. Amor van Zyl 103:18. **(60+):** 1. Rea Oosthuizen 95:31.

Sanlam Niel Joubert Plaaswedloop (13th)

Simondium, 26 November

(Distance: 13 km; loop course on gravel farm roads, very hilly)

MEN

1. Henrico Rooi (Ned) 41:59 (R300); 2. Piet Jacobs (Ned) 42:15 (R200); 3. Anton Faro (Wel) 42:2 (R100); 4. Rodger Davids (Rob) 43:28; 5. Dicardo Jacobs (Ned) 45:33; 6. Riaan Wildskut (East) 45:37; 7. Isaac Opperman (CS) 46:01 (1st vet); 8. Rowan Prins (Rob) 46:38; 9. Luxolo Mdzanga (RCS Gug) 47:10 (1st jun); 10. Johannes April (Ad) 47:12; 11. Denzil Paulse (East) 48:21; 12. Willem Esau (Rob) 48:50; 13. Peter Mokotary (Met) 49:20; 14. Johan Landsman (Pulse) 49:28; 15. Andries Swanepoel (Brack) 49:38; 16. Thembelani Zola (Mr Pr) 50:20; 17. Macdara Nash (Ind) 50:20; 18. Jan Schutte (Ind) 50:21; 19. Simon von Witt (Atl) 50:26; 20. Aldrin Smit (NB) 50:35; 21. Wilmore Benn (Wel) 50:38; 22. Damian Will (Pine) 50:52; 23. Anathi Kabingesi (RCS Gug) 51:20; 24. Eckhardt Visser (Dur) 52:14; 25. Arnold Nardy (Edg) 52:23; 26. Willem Swanepoel (Brack) 52:52; 27. Randall Jacobs (Rob) 53:28; 28. Pieter Hanekom (Ned) 53:30; 29. Hano Maree (Stel) 53:53; 30. Albertus Bock (Ad) 54:13 (1st g'mast).

Masters: (40+): 1. Isaac Opperman (CS) 46:01 (R150); 2. Johan Landsman (Pulse) 49:28 (R100); 3. Eckhardt Visser (Dur) 52:14 (R50). **(50+):** 1. Garry Wilford (Dur) 55:29 (R100); 2. Richard Kennard (Ned) 55:34 (R75); 3. Hendrik Coetzee (Dur) 55:51 (R50). **(60+):** 1. Albertus Bock (Ad) 54:13 (R100); 2. Henry Cleophas (Ned) 62:17 (R75); 3. Blackie Swart (Sw) 63:29 (R50). **(70+):** 1. Pieter Schreve (Wel) 82:23. **Juniors:** 1. Luxolo

Mdzanga (RCS Gug) 47:10 (R100); 2. Charlo Scheepers (Brack) 58:07 (R75); 3. Armond Nel (Bel) 59:04 (R50).

WOMEN (Same prize money as men)

1. Alae Brand (Ad) 50:44; 2. Jacqueline Haasbroek (Fr'hoek) 54:59 (1st vet); 3. Sheryl de Lange (Ned) 56:16; 4. Marguerite Gerber (Ind) 58:38; 5. Styntjie Prins (Paarl) 59:19 (1st mast); 6. Sandra van Graan (Edg) 59:49; 7. Tanya Rabie (Ind) 60:55; 8. Liana Maree (Stel) 61:03; 9. Karen de Kock (Met) 61:8; 10. Elizabeth de Gouveia (Dur) 62:29; 11. Anneke Slabbert (Ind) 62:46; 12. Twané Stillianou (Met) 63:16; 13. Marlene Stofberg (Ind) 64:0; 14. Li-Mae Malan (Ind) 64:32 (1st jun); 15. Tania Welgemoed (Str) 64:37; 16. Nancy Will (Pine) 64:58; 17. Patricia Adams (Met) 65:37; 18. Cathy Weedall (NB) 65:41; 19. Lizl Hobson (Ind) 65:48; 20. Berlize du Plessis (VOB) 66:41.

Masters: (40+): 1. Jacqueline Haasbroek (Fr'hoek) 54:59; 2. Sheryl de Lange (Ned) 56:16; 3. Sandra van Graan (Edg) 59:49. **(50+):** 1. Styntjie Prins (Paarl) 59:19; 2. Nancy Will (Pine) 64:58; 3. Doreen Williams (H.Harr) 64:39. **(60+):** 1. Pixie Sparg (Celt) 67:51; 2. Marietha Herbert (Bel) 73:11; 3. Marlene James (Pine) 85:53. **Juniors:** 1. Li-Mae Malan (Ind) 64:32; 2. Ilse Jacobs (Ned) 66:52.

Knysna Heads Half Marathon & 10 km

Knysna, 22 November

(Distances: 21.0975 km & 10 km; loop courses)

Half marathon

MEN

1. Lindile Tokota (1 st vet)	Nedbank RC	1:09:58
2. Mxolisi Fana	Nedbank RC	1:13:46
3. Zuzile Ntsiniyabo	Knysna MC	1:15:58

40-49:

1. Lindile Tokota	Nedbank RC	1:09:58
2. Mxolisi Fana	Nedbank RC	1:13:46

50-59:

1. André Barnardo	Outeniqua Harriers	1:36:52
-------------------	--------------------	---------

60+:

1. Nic Brummer	Sedgefield Striders	1:43:58
----------------	---------------------	---------

Juniors:

1. Pieter Smit	Mossel Bay Harriers	2:09:40
----------------	---------------------	---------

WOMEN

1. Annatjie Botes (1 st mast)	Nedbank RC	1:34:12
2. Jo McKenzie	Ind	1:35:24
3. Rhona Zonnestein	Knysna MC	1:41:02

40-49:

1. Rhona Zonnestein	Knysna MC	1:41:02
2. Sharon Meter	Knysna MC	2:30:45

50-59:

1. Annatjie Botes	Nedbank RC	1:34:12
-------------------	------------	---------

60+:

1. Marie Smit	Arcelor Mittal	2:01:05
---------------	----------------	---------

10 km

MEN

1. Logan Stoffels (1 st jun)	Nedbank RC	38:33
2. Eric Pongola	Nedbank RC	38:48

3. Marius-Hugo Schlechter (1st vet) Ind 39:41

40-49:

1. Marius-Hugo Schlechter Ind 39:41

50-59:

1. At Schoeman Nedbank RC 49:18

60+:

1. Jurgie Zwiegelaar Nedbank RC 44:57

Juniors:

1. Logan Stoffels Nedbank RC 38:33

WOMEN

1. Lisl Grobler Knysna MC 44:29

2. Johanna Claassen Nedbank RC 48:23

3. Kerry-Jade Roos Knysna MC 48:24

40-49:

1. Johanna Claassen Nedbank RC 48:33

2. Christa Smit Mossel Bay Harriers 49:51

50-59:

1. Alberta van Rensburg Ind 58:29

60+:

1. Laura Clutterbuck Ind 61:26

TRACK

Collison Cup Meeting (4th)

Bellville, 25 November

Note: The women's race had hand times. – Ed.

MEN

1 mile:	1	Duane	Fortuin	Celtics	4:24.63
	2	Riaan	Wildskut	Easterns	4:28.92
	3	Fabian	Faro	MP Titans	4:38.22
	4	Tobias	Philander	Adidas	4:39.37
	5	Enver	Pedro	MP Titans	4:42.62
	6	Taariq	Solomons	Midas Spartans	4:42.98
	7	Tarquin	Paramoer	UWC	4:43.12
	8	Bronwine	Snyders	Blue Downs	4:46.70
	9	Dimitri	Adonis	Easterns	4:51.43
	10	Peter	Vlok	Adidas	4:55.16

WOMEN

1 mile:	1	Anee	van Wermeskerken	Maties	5:25.6
	2	Adri	Meyer	Bell	5:31.5
	3	Kelly	Philander	Adidas	6:05.6
	4	Janine	Armstrong	MP Titans	6:14.0
	5	Meagan	Armstrong	MP Titans	8:26.4

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

HBA Great Australian Run (1st)

Melbourne, AUS, 30 November

(Distance: 15 km; loop course)

- | | |
|-------------------------------------|-----------|
| 1. Haile Gebrselassie, ETH | 42:40 ACR |
| 2. Patrick Makau, KEN | 43:15 PB |
| 3. Collis Birmingham, AUS | 43:35 DB |
| 4. Craig Mottram, AUS | 44:08 DB |
| 5. Günther Weidlinger, AUT | 44:17 NR |
| ... 17. Steve Moneghetti (40+), AUS | 47:03 |

WOMEN

- | | |
|-----------------------------|----------|
| 1. Catherine Ndereba, KEN | 50:43 |
| 2. Alice Mason, NZL | 51:27 DB |
| 3. Lisa Jane Weightman, AUS | 51:31 PB |
| 4. Kaori Yoshida, JPN | 51:44 |
| 5. Benita Johnson, AUS | 52:09 |
| 6. Constantina Dita, ROU | 52:33 |

BLM Beirut International Marathon

Beirut, LIB, 30 November

(Distance: 42.195 km; point-to-point course with approx. 4.5 km start/finish separation)

MEN (gun times)

- | | | |
|--------------------------|---------|--------------------|
| 1. Alemayehu Shumye, ETH | 2:12:47 | CR USD 8000 + 1000 |
| 2. Michael Kipkorir, KEN | 2:16:15 | 4000 |
| 3. Hussein Adem, ETH | 2:16:44 | 3000 |

WOMEN (gun times) -

- | | | |
|--------------------------|---------|----------|
| 1. Alemtsehay Hailu, ETH | 2:37:20 | USD 6000 |
| 2. Tadelech Birra, ETH | 2:37:58 | 4000 |
| 3. Wudnesh Nega, ETH | 2:39:09 | 3000 |
| 4. Suzette Vermaak, RSA | 3:13:59 | 800 |

Pederson's Volvo Fort Collins Thanksgiving Day 4-Mile

Ft. Collins, USA, 27 November

MEN (gun times)

- | | |
|-----------------------------------|-------|
| 1. Fernando Cabada, Boulder, CO | 18:59 |
| 2. Aucencio Martinez, Boulder, CO | 19:03 |
| 3. Joel Hamilton, Denver, CO | 19:09 |

40+: Darren De Reuck, Boulder, CO 21:36

WOMEN (gun times)

- | | |
|--|-------|
| 1. Nuta Olaru, Longmont, CO (ROU) | 21:25 |
| 2. Kathy Butler, Nederland, CO (GBR) | 21:50 |
| 3. Colleen De Reuck (40+), Boulder, CO | 22:05 |

Manchester Road Race (72nd)

Manchester, USA, 27 November

(Distance: 4.748 miles, hilly. Finishers: 10 426)

MEN (extended gun times)

- | | | |
|---|---------|--------|
| 1. Martin Fagan, 25, Flagstaff, AZ (IRL) | 21:40.4 | \$3000 |
| 2. Haron Lagat, 25, Santa Fe, NM (KEN) | 21:46.6 | 2500 |
| 3. Brian Olinger, 25, Westerville, OH | 21:48.6 | 2000 |
| 4. Andrew Carlson, 26, Flagstaff, AZ | 21:58.2 | 1500 |
| 5. Andrew Lemoncello, 26, Flagstaff, AZ (GBR) | 22:04.5 | 1000 |

60+: Amby Burfoot, 62, Emmaus, PA 30:51

WOMEN (extended gun times)

- | | | |
|--|---------|--------|
| 1. Teyba Naser, 22, Albuquerque, NM (BRN) | 24:59.6 | \$3000 |
| 2. Amy Rudolph, 35, Providence, RI | 25:01.6 | 2500 |
| 3. Diane Nukuri, 23, Iowa City, IA (BDI) | 25:17.5 | 2000 |
| 4. Jane Murage, 21, Royersford, PA (KEN) | 25:21.7 | 1500 |
| 5. Alemtsehay Misganaw, 28, New York, NY (ETH) | 25:26.3 | 1000 |
| ... 12. Joan Samuelson, 51, Freeport, ME | 27:28^ | 500m |

m = Earned masters prize money

^Race record for W50+

Synaptics Elite 5 km

San Jose, USA, 27 November

(Four-lap course [men and women run separate races])

MEN

- | | | |
|----------------------------------|-------|-----------------------|
| 1. Scott Bauhs, 22, Danville, CA | 13:37 | PB/=CR \$2,500 + 500^ |
| 2. Jacob Korir, 28, KEN | 13:38 | 1,500 |
| 3. Josphat Boit, 25, KEN | 13:41 | 850 |

WOMEN

- | | | |
|---|-------|--------|
| 1. Rose Kosgei, 27, KEN | 16:00 | \$2500 |
| 2. Aziza Aliyu, 23, ETH | 16:02 | 1500 |
| 3. Belainesh Gebre, 20, ETH | 16:05 | 850 |
| ... 18. Magdalena Visser, 40, [RSA] San Francisco | 18:05 | |

^Earned Pacific Association/USATF award

Nagoya Half Marathon

Nagoya, JPN, 24 November

(Distance: 21.1 km)

MEN

- | | | |
|------------------------|---------|-------|
| 1. Gideon Ngatuny, KEN | 1:00:11 | CR/DB |
| 2. Samuel Ndungu (KEN) | 1:01:17 | |
| 3. Satoru Kasuya | 1:03:35 | |

WOMEN

- | | |
|------------------------|---------|
| 1. Hiromi Ominami, JPN | 1:09:31 |
| 2. Takami Ominami, JPN | 1:12:13 |
| 3. Kayo Sugihara, JPN | 1:12:55 |

CROSS-COUNTRY

Cross International de Llodio (25th)

Llodio, ESP, 30 November

MEN (9.4 km)

- | | |
|---------------------------|-------|
| 1. Tariku Bekele, ETH | 29:31 |
| 2. Vicent Chepkor, KEN | 29:38 |
| 3. Alemayehu Bezabeh, ESP | 29:53 |
| 4. Mark Kiptoo, KEN | 30:01 |
| 5. Mohamed Mustafa, SWE | 30:03 |

WOMEN (7.36 km)

- | | |
|--------------------------|-------|
| 1. Linet Masai, KEN | 25:12 |
| 2. Ines Monteiro, POR | 26:12 |
| 3. Margaret Muriuki, KEN | 26:41 |
| 4. Anikó Kálovics, HUN | 26:55 |
| 5. Rosa Morató, ESP | 27:00 |

Wareng Tuskys Cross-country (3rd)

Eldoret, KEN, 30 November

MEN (12 km)

- | | |
|-----------------------|---------|
| 1. Moses Mosop | 36:34.6 |
| 2. Peter Muriuki | 37:18.5 |
| 3. Hosea Macharinyang | 37:31.6 |
| 4. Wilson Kiprop | 37:37.8 |
| 5. Stephen Kiprotich | 37:43.7 |
| 6. Edwin Koech | 37:47.4 |

WOMEN (8 km)

- | | |
|-----------------------|---------|
| 1. Helah Kiprop | 28:33.8 |
| 2. Lineth Chepkurui | 28:35.8 |
| 3. Florence Kiplagat | 28:53.1 |
| 4. Rose Chesongol | 29:39.2 |
| 5. Florence Jepkemboi | 29:39.5 |

ULTRA/MOUNTAIN/TRAIL RUNNING

JFK 50 Mile (46th)

Boonsboro to Williamsport, USA, 22 November

(Distance: 50.2 miles; point-to-point course)

MEN

1. Mark Lundblad, 39, Swananoa, NC, 6:07:09
2. Oz Pearlman, 26, New York, NY, 6:13:18
3. Teage O'Connor, 25, Burlington, VT, 6:14:58
4. Johan Oosthuizen, 35, Middleburg, MPU, 6:17:31

WOMEN

1. Connie Gardner, 45, Medina, OH, 7:15:16
 2. Susan Graham-Gray, 40, Greencastle, PA, 7:32:56
 3. Alyssa Godesky, 23, Baltimore, MD, 8:05:18
-

NEWS

LONDON MARATHON DRAWS SUPER MEN'S FIELD

Race director Dave Bedford completed his holiday shopping early, opening his checkbook wide to purchase a superb men's field for next April's Flora London Marathon, writes David Monti in *Race Results Weekly*.

Not only has he brought back the top four finishers from his own event, but five of the top six finishers from the Beijing Olympic Marathon, including all of the medalists. Eight men in the field have broken the 2:07 barrier, and previous champions from the marathons in Chicago, London, New York, Paris, Rotterdam and Tokyo are all in the field.

"With 11 men who have run faster than 2:08 this is probably the highest quality field we've ever assembled for the men's race," Bedford said through a media release.

At the top of the heap are Kenya's two best marathoners, 2007/2008 World Marathon Majors champion Martin Lel, and Olympic gold medalist Samuel Wanjiru. Lel, who missed the ING New York City Marathon three weeks ago because of a broken foot, is already a three-time London champion (2005, 2007 and 2008) and is the course record holder (2:05:15). He hopes to become the first man to win four times, and only the second to win the race three times in a row.

Wanjiru won the Olympic gold medal in one of the most spectacular performances in all of marathon history. Despite very warm conditions and less than stellar air quality, Wanjiru beat up on the field with multiple surges, swooping into the Bird's Nest to smash the Games record by nearly three minutes in 2:06:32. Wanjiru was also second at London this year in a personal best 2:05:24.

Joining Lel and Wanjiru will be the remainder of the Olympic Games podium, Morocco's Jaouad Gharib (2:07:02 PB) and Ethiopia's Tsegaye Kebede (2:06:40), plus sixth place finisher Viktor Röthlin of Switzerland (2:07:23 NR). Moroccan Abderrahim Goumri (2:05:30 NR), third at London and second at New York this year, is also in the field along with Kenyans Felix Limo (2:06:14) and Emmanuel Mutai (2:06:15). Veterans Khalid Khannouchi of the United States (2:05:36 NR) and Hendrick Ramaala of South Africa (2:06:55) are also in the field.

A great marathon isn't complete without an interesting debut, and Bedford's race has that component, too. Three-time world road running champion Zersenay Tadese of Eritrea will run his first 42.195 km race in London, Bedford also announced.

Although he doesn't have a big personal best time (2:11:06), American Dathan Ritzenhein is hoping to chop several minutes off of that mark in London. The 25-year-old two-time Olympian finished ninth in the Olympic Games Marathon, one place ahead of compatriot Ryan Hall who ran a 2:06:17 personal best at London this year. Hall has decided to run Boston in 2009.

The Flora London Marathon, part of the World Marathon Majors, is scheduled for Sunday, 26 April. This will be the last year under the sponsorship of Flora, a food company, before Virgin Money takes over sponsorship in 2010. The race name will change to the Virgin London Marathon in 2010.

STRESS FRACTURE FORCES BEKELE TO SHELVE INDOOR SEASON

Ethiopia's Olympic 5000 m and 10000 m champion Kenenisa Bekele has ruled himself out of the indoor season and possibly the IAAF World Cross-country Championships next spring due to a stress fracture he sustained in his right ankle, according to *Race Results Weekly*.

Speaking from his training base in Addis Ababa, the 26-year-old, who practically limped the final kilometres of his last race, the Seven Hills 15 km in Nijmegen, Netherlands, two weeks ago, said he has now been told by doctors to take a two-month break from training and competition, and then take a slow path to recovery. This could very well mean that he might need up to four months to return back to competition, which put his participation in

the 37th IAAF World Cross-country Championships in Amman, Jordan, next March in serious doubt.

"I cannot be ready for the indoor season," said a disappointed Bekele. "Even for the cross-country, I am not sure. It will be tough to get back to form after such a lengthy layoff."

Bekele had to be carried by medical assistants after the race in Nijmegen. He spent the first week after his return to Addis Ababa on crutches, and can still barely walk, unable to climb stairs or drive a car.

"Such an injury has never happened to me," he said of his latest setback. "Like every other athlete, I had planned a full indoor season and now this has happened. I am not happy. It is really tough not being able to compete and train."

IAAF TO CHALLENGE RUSSIAN FEDERATION OVER TIMING OF DOPING SUSPENSIONS

As expected, track & field's international governing body has challenged the All Russia Athletics Federation in the Court of Arbitration or Sport over the timing of doping suspensions handed down to seven athletes who were found guilty of manipulating doping tests, according to a report in *Race Results Weekly*.

The group of suspended athletes, which includes two-time world 1500 m champion Tatyana Tomashova and Yelena Soboleva, who lost her 2008 world indoor title and world record in the 1500 due to her doping bust, were found guilty of manipulating and substituting urine tests following a year-long investigation by the global governing body.

In October, the Russian federation backdated the start of the bans to April and May 2007, corresponding with the athletes' initial positive tests, contrary to IAAF rules which state that athletes are deemed ineligible from the date they were first provisionally suspended.

"It is unacceptable to the IAAF that these athletes who have committed serious and deliberate breaches of our anti-doping Rules would receive an effective ban of approximately 9-10 months and see them eligible to compete again in the summer of 2009," said IAAF President Lamine Diack in a statement issued by the body.

Diack added that the gravity of the offenses warrants a longer ban than the minimum two-year sanction.

"What is more," Diack said, "I consider the circumstances surrounding these cases warrants the IAAF to seek an extended ban over and above the minimum two-year period."

The other athletes include Yulia Fomenko, who raced to world indoor silver this year behind Soboleva after winning the title in Moscow in 2006; Svetlana Cherkasova, who had 1:58.37 and 4:06.58 performances to her credit this season; discus thrower Daria Pishchalnikova, who took the silver medal at last year's World Championships and won gold at the 2006 European Championships; hammer thrower Gulfiya Khanafeyeva, the European silver medallist two years ago; and Olga Yegorova, the controversial 2001 world champion in the 5000 m. Since the provisional suspensions were handed down, Yegorova has announced her retirement.

The year-long probe which netted the athletes involved DNA analysis for the first time.

BACKGROUND

KEEP YOUNG RUNNERS OUT OF THE COMRADES

By Dewald Steyn

The wisdom of allowing young, talented marathon runners like Sipho Ngomane to win the Comrades marathon at the age of 23 years, just to see him then disappear from the marathon scene, has been argued in *Distance Running Results* on a previous occasion. This led me to investigate the real performance of young athletes in the Comrades Marathon by looking into the age distribution of the top runners in the ultramarathon.

An investigation of the 2008 Comrades Marathon results, and more specifically the top 50 runners, produced very interesting facts. **Table 1** shows the top 50, while **Table 2** shows the average ages for different sections of the results.

Table 1

Pos.	Name	Age		Pos.	Name	Age
1	Leonid Shvetsov	39		26	Eric Ngubane	26
2	Jaroslav Janicki	41		27	Elena Nurgalieva	31
3	Stephen Muzhingi	32		28	Olesya Nurgalieva	31
4	Oleg Kharitonov	40		29	Kabelo Kelehe	26
5	Grigory Murzin	38		30	Patrick Kanyane	28
6	Harmans Mokgadi	32		31	Herbert Mazongolo	41
7	Mcedisi Mkhize	27		32	Sipho Ngomane	26
8	Vladimir Kotov	50		33	Peter Muthubi	26
9	Johan Oosthuizen	35		34	Tatyana Zhirkova	37
10	Willie Mtolo	44		35	Graham Davidson	29
11	Mabule Raphotle	27		36	Thabo Nkuna	29
12	Melikhaya Sithuba	24		37	Radisegwane Maleka	33
13	Philani Memela	35		38	Charles Tijane	33
14	Godfrey Sesenyamotse	33		39	Sipho Dhlamini	35
15	Vusi Sokhela	31		40	Ben De Klerk	34
16	Prodigal Khumalo	26		41	Lucas Nonyana	28
17	Peter Molapo	29		42	Mandlakhe Hlongwa	38
18	Petros Sosibo	38		43	Mokwane Kgopa	31
19	Claude Moshiywa	33		44	Michael Makoetiane	34
20	Andrew Kelehe	43		45	Nimrod Kobeni	35
21	Leboka Noto	37		46	Moeketsi Malaka	29
22	Frans Chauke	33		47	Morris Ketshe	39
23	White Modisenyane	40		48	Christopher Mabengeza	42
24	Denis Zhalybin	27		49	Judas Ntuli	37
25	Arthur Beeming	33		50	Nkosy Dladla	30

In evaluating the ages, the assumption was made that every person is exactly the age behind his name. However, on average 6 months should be added to each athlete's age, which will add 0.5 year to each off the average ages (figures in brackets).

Table 2

Position	Average	20 to 30	30 to 40	over 40
1 to 10	37.8 (38.3)	1	5	4
1 to 20	34.8 (35.3)	5	10	5
1 to 30	33.6 (34.1)	9	15	6
1 to 40	33.3 (33.8)	13	20	7
1 to 50	33.8 (34.3)	15	27	8

11 to 20	31.9 (32.4)	4	5	1
21 to 30	31.2 (31.7)	4	5	1
31 to 40	32.3 (32.8)	4	5	1
41 to 50	34.3 (34.8)	2	7	1

It is very informative to notice that:

Out of the top 10 -

- 1 athlete (10%) is under 30 years old, and already 27
- 4 athletes (40%) are older than 40
- 9 athletes (90%) are older than 30
- 1 athlete (10%) is older than 50
- Average age is 37.8 (38.3)

Out of the top 20 -

- 5 athletes (25%) are under 30
- 5 athletes (25%) are older than 40
- 15 athletes (75%) are older than 30
- Average age is 34.8 (35.3)

Out of the top 30 -

- 9 athletes (30%) are under 30
- 6 athletes (20%) are older than 40
- 21 athletes (70%) are older than 30
- Average age is 33.6 (34.1)

Out of the top 40 -

- 13 athletes (32.5%) are under 30
- 7 athletes (17.5%) are older than 40
- 27 athletes (67.5%) are older than 30
- Average age is 33.3 (33.8)

Out of the top 50 -

- 15 athletes (30%) are under 30
- 8 athletes (16%) are older than 40
- 35 athletes (70%) are older than 30
- Average age is 33.8 (34.3)

Sipho Ngomane, former winner at the age of 23 (now 26) came 32nd, 5 places behind the first lady (aged 31).

Conclusions

Looking at this analysis of the 2008 Comrades Marathon results, it is obvious from the fact that, with 90% of the athletes in the top 10 and 70% in the top 50 being older than 33.8 (34.3) years, it is not a race for the younger athletes. The older and more experienced athletes should be those who compete in the Comrades.

Athletes younger than 30, and especially those who have the talent to run fast marathons (such as Ngomane), should be kept out of the Comrades and be encouraged, guided and managed to first reach their full potential in the shorter races up to standard marathons before going to the ultramarathons.

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2008 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2008 HALF MARATHON: TOP 10 VETERAN WOMEN

1:21:35	Maya Lawrie	1	Savages	Durban	25 May
1:22:13	Lawrie-2	1	SA Championships	Port Elizabeth	05 Jul
1:22:43	Lawrie-3	1	KZN Championships	Durban	13 Apr
1:22:50	Michelle Bartman	1	Milkwood	Kommetjie	20 Apr
1:23:57	Lawrie-4	1	Maritzburg	Pietermaritzburg	16 Mar
1:24:00	Tessa Burrell	1	Vasbyt	Nigel	30 Mar
1:24:08	Bartman-2	1	Two Oceans	Cape Town	22 Mar
1:24:09	Burrell-2	1	Matha Series	Pretoria	19 Jan
1:24:29	Sarah Mahlangu	1	Matha Series	Polokwane	29 Mar
1:25:16	Zola Pieterse	1	Citizen Times	Asheville	13 Sep
1:25:50	Martie Naudé	1	Slow Mag	Benoni	06 Apr
1:26:03	Elmarie Coetzee	1	WP Championships	Durbanville	11 May
1:26:08	Grace de Oliveira	2	Savages	Durban	25 May
1:26:20	Sheryl de Lange	1	Voet van Afrika	Bredasdorp	04 Oct
1:26:20A	Allison Jordaan	1	Meiringspoort	De Rust	18 Oct

THIS MONTH IN HISTORY

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

52 years ago: 1 December 1956

After many years in the shadow of the great Emil Zatopek, Alain Mimoun of France won the Olympic Marathon in Melbourne in 2:25:00. Mimoun had been born Alain Mimoun O'Kacha in Telagh, Algeria, on 1 January 1921, and like Zatopek four years before, he won Olympic gold in his marathon debut. A superb cross-country runner, Mimoun won the world title four times (including 1956), but on the track he had been second to Zatopek in three Olympic and two European Championships races over 5000 m and 10000 m. South African Mercer Davies was 14th in Melbourne in 2:39:48.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2008

In this section I list the best South African performance this year 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 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 light green background. – Ed.

MEN

Seniors

10 km	28:33a	Lusapho April	East London	12 Oct
	27:22	Moses Masai (KEN)		
15 km	45:44	Tom Lusaseni	Eerste River	28 Jun
	42:17	Ayele Abshiro (ETH)		

21.1 km	62:04	Stephen Mokoka	Port Elizabeth	05 Jul
	59:15	Haile Gebrselassie (ETH)		
	59:15	Deriba Merga (ETH)		
25 km	81:04	Leburu Kgosiemang	Pretoria	10 May
	73:50	Samuel Karuku (KEN)		
30 km	1:29:50	Hendrick Ramaala	London	13 Apr
	1:28:30	Martin Lel (KEN)		
Marathon	2:11:44	Hendrick Ramaala	London	13 Apr
	2:03:59	Haile Gebrselassie (ETH)		
100 km	7:07:46a	Victor Ngubelanga	Port Elizabeth	08 Nov

Veterans

10 km	31:31	Maboyisana Mazwayi	Port Elizabeth	25 Oct
15 km	48:32	John September	Bloubergstrand	05 Jan
21.1 km	67:20	Desmond Zibi	Port Elizabeth	17 May
25 km	88:24	Jackson Seanego	Pretoria	10 May
30 km	1:49:10	Johnny Persents	Parow	02 Mar
Marathon	2:28:09	Lindile Tokota	Mossel Bay	12 Apr
100 km	7:59:59a	Darrell Wicht	Port Elizabeth	08 Nov

Masters

10 km	35:28	Goodman Mpukane	Bellville	31 May
15 km	54:29	Johannes Seakamela	Boksburg	26 Oct
21.1 km	76:03	Samuel Mogudi	Port Elizabeth	05 Jul
25 km	96:25	Jeremiah Ngwenya	Durban	27 Apr
30 km	1:58:13	Zama Witvoet	Camps Bay	13 Jan
Marathon	2:39:29	Samson Mogodi	Durban	10 Feb
100 km	10:40:03a	Wellington Matiso	Port Elizabeth	08 Nov

Grandmasters

10 km	37:47	Tamsanqa Jusayi	Port Elizabeth	23 Aug
15 km	58:50	Albertus Bock	Constantia	08 Mar
21.1 km	83:04	Tamsanqa Jusayi	Jeffreys Bay	05 Jan
25 km	1:57:37	Ken Nurden (70+)	Pretoria	10 May
30 km	2:12:57	Albertus Bock	Parow	02 Mar
Marathon	3:03:36	Paulus Masilela	Cape Town	21 Sep
100 km	11:40:10a	Caspar Greeff (70+)	Port Elizabeth	08 Nov

Juniors

10 km	29:37	Sithyilo Diko	Stellenbosch	30 Aug
15 km	46:53	Zolani Ngqqaqa	Despatch	26 Apr
21.1 km	65:24	Esau Radebe	Port Elizabeth	05 Jul

WOMEN

Seniors

10 km	33:01	Lebo Phalula	Stellenbosch	30 Aug
	30:57	Irina Mikitenko (GER)		
15 km	54:45	Zintle Xiniwe	Constantia	08 Mar
	46:57	Mestawet Tufa (ETH)		
21.1 km	73:02	Zintle Xiniwe	Port Elizabeth	05 Jul
	67:57	Fyles Ongori (KEN)		
25 km	1:44:09	Michelle Williams	Pretoria	10 May
	1:24:10	Peninah Arusei (KEN)		
30 km	2:05:32	Bulelwa Mtshagi	Parow	02 Mar
	1:44:00	Miho Notagashira (JPN)		
Marathon	2:36:38	Tanith Maxwell	Warsaw	28 Sep
	2:19:19	Irina Mikitenko (GER)		

100 km	8:46:18a	Davera Magson	Port Elizabeth	08 Nov
<u>Veterans (40+)</u>				
10 km	36:59	Judy Bird	Pretoria	08 Mar
15 km	58:44	Elmarie Coetzee	Ravensmead	26 Jul
21.1 km	81:35	Maya Lawrie	Durban	25 Apr
25 km	1:55:05	Karen Brooks	Pretoria	10 May
30 km	2:13:05	Renée Scott	Parow	02 Mar
Marathon	2:48:06	Tessa Burrell	Rotterdam	13 Apr
100 km	10:31:16	Arina Cilliers	Cape Town	28 Sep
<u>Masters (50+)</u>				
10 km	40:20	Loesje de Beer	Port Elizabeth	26 Jul
15 km	64:34	Nancy Will	Bloubergstrand	05 Jan
21.1 km	90:16	Margie Saunders	Port Elizabeth	17 May
25 km	2:02:21	Wendy Fitzmaurice	Durban	27 Apr
30 km	2:20:42	Annatjie Botes	Beaufort West	17 May
Marathon	3:12:07	Annatjie Botes	Durban	10 Feb
100 km	11:41:18	Marlene Wiese (60+)	Port Elizabeth	08 Nov
<u>Grandmasters (60+)</u>				
10 km	42:12	Sonja Laxton	Cape Town	21 Sep
15 km	72:39	Marietha Herbert	Eerste River	28 Jun
21.1 km	95:45	Rea Oosthuizen	Great Brak River	15 Mar
25 km	2:22:35	Olga Smit	Pretoria	10 May
30 km	2:27:07	Veronica van Niekerk	Simon's Town	17 Aug
Marathon	3:27:30	Naome Nxumalo	Durban	10 Feb
100 km	11:41:18	Marlene Wiese	Port Elizabeth	08 Nov
<u>Juniors</u>				
10 km	34:11	Nandipha Dywili	Mossel Bay	12 Apr
15 km	57:34	Destiny Titus	Eerste River	28 Jun
21.1 km	81:59	Nandipha Dywili	Port Elizabeth	05 Jul

Contributors to this issue: Frans du Toit, Alen Hattingh, André Pienaar, Rowyn James, Chamberlain's Timekeeping, SWD Athletics, WP Athletics, Dewald Steyn

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