

Distance Running Results

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EDITORIAL

In one of the fastest marathons of the year, Tsegaye Kebede (ETH) set a new course record of 2:06:10 in the Fukuoka Marathon, breaking the previous mark of Olympic champion Samuel Wanjiru, who ran 2:06:39 last year. Kebede, who won the bronze medal in Beijing, also put paid to Gert Thys' Japanese all-comers record of 2:06:33 set in 1999 in Tokyo. Kebede was the only finisher under 2:09. (Some Fukuoka stats follow the Editorial.)

DRR contributor Richard Mayer was the first veteran in the weekend's 26th running of the PE City Marathon, clocking 2:44:45 (12th overall). (See also Stats Time.)

In another long-running race, the 35th Bearing Man Stainbank Cup 15 km, three Zimbabweans took the first three places; the women's race went to Danelle Adlam in 62:02.

One of KZN's most popular races, the 15th Illovo Sugar 15 km Christmas Challenge hosted by Westville AC, will be held this Sunday (14 December). This is a great family fun event, with a kiddies race and music, while braai fires will be available and the first 1 350 finishers will receive a T-shirt. The race starts at 06:00 at the Westville AC clubhouse. Runners can enter at www.enteronline.co.za (this closes at midnight on 11 December) or at the clubhouse. Enquiries: 031 266-5252.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Bearing Man Stainbank Cup 15 km, Durban
- * Aspen Pharmacare PE City Marathon & 10 km, Port Elizabeth
- * Run Walk for Life/New Balance Half Marathon & 10 km, Somerset West
- * Metropolitan 10 km, Bellville
- * Track: Collison Cup Meeting, Parow

International highlights:

- * Fukuoka International Open Marathon Championships, Fukuoka, JPN
- * Kosa 10 Miles, Kosa, JPN
- * Standard Chartered Singapore Marathon, Singapore, SIN
- * Wincanton Montferland Run, 's-Heerenberg, NED
- * Galaxy Entertainment Macau International Marathon, Macau, MAC
- * California International Marathon, Folsom Dam to Sacramento, USA
- * Course de l'Escalade, Genève, SUI
- * XC: Cross Internacional de la Constitucion, Alcobendas; Foot Locker High School West Regional Championships, Walnut, USA

* Sunmart 50 Miles & 50 km, Huntsville, USA

STATS: FUKUOKA MARATHON

Tsegaye Kebede's win in the weekend's Fukuoka Marathon put him first on both the performance list for the race and the Japan all-comers list. Josiah Thugwane is still in the top ten in Fukuoka – his 2:07:28 in 1997 is now ninth.

Fukuoka performance list

1	2:06:10	Tsegaye Kebede	ETH	1	7 Dec 2008
2	2:06:39	Samuel Wanjiru	KEN	1	2 Dec 2007
3	2:06:50	Deriba Merga	ETH	2	2 Dec 2007
4	2:06:51	Atsushi Fujita	JPN	1	3 Dec 2000
5	2:06:52	Haile Gebrselassie	ETH	1	3 Dec 2006
6	2:07:13	Atsushi Sato	JPN	3	2 Dec 2007
7	2:07:15	Dmytro Barnovsky	UKR	2	3 Dec 2006
8	2:07:19	Jaouad Gharib	MAR	3	3 Dec 2006
9	2:07:28	Josiah Thugwane	RSA	1	7 Dec 1997
10	2:07:52	Tomoaki Kunichika	JPN	1	7 Dec 2003

Japan all-comers performance list

1	2:06:10	Tsegaye Kebede	ETH	1	Fukuoka	7 Dec 2008
2	2:06:33	Gert Thys	RSA	1	Tokyo	14 Feb 1999
3	2:06:39	Samuel Wanjiru	KEN	1	Fukuoka	2 Dec 2007
4	2:06:50	Deriba Merga Ejigu	ETH	2	Fukuoka	2 Dec 2007
5	2:06:51	Atsushi Fujita	JPN	1	Fukuoka	3 Dec 2000
6	2:06:52	Haile Gebrselassie	ETH	1	Fukuoka	3 Dec 2006
7	2:07:13	Atsushi Sato	JPN	3	Fukuoka	2 Dec 2007
8	2:07:15	Japhet Kosgei	KEN	1	Tokyo	13 Feb 2000
	2:07:15	Dmitriy Baranovskiy	UKR	2	Fukuoka	3 Dec 2006
10	2:07:19	Jaouad Gharib	MAR	3	Fukuoka	3 Dec 2006

ROAD RUNNING

Bearing Man Stainbank Cup 15 km (35th)

Durban, 7 December
(Loop course)

MEN

1.	Professor Mollen	ZIM/Mr Price AC	49:08
2.	Elmore Sibanda	ZIM/Boxer AC	51:14
3.	Richard Nene	ZIM/Boxer AC	51:45

40-49:

1.	Herbert Mazongolo	Toyota AC	53:28
2.	Lungani Gcabashe	Boxer AC	53:36
3.	Alan Ndlovu	West AC	55:49

50-59:

1.	Jeremiah Ngwenya	Boxer AC	61:12
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60+:

1.	Petros Shumi	Zabalaza AC	69:17
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WOMEN

1.	Danelle Adlam	Boxer AC	62:02
2.	Janene Carey	Boxer	63:38

3.	Sibongile Mpanza	Boxer AC	66:15
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40-49:

1.	Janine Engels	PDAC	70:00
2.	Jenny Sutton	PDAC AC	71:57
3.	Maureen Slack	Savages AC	72:45

50-59

1.	Sheree Kirsten	PDAC	80:54
2.	Theresa Scott	PDAC	81:54
3.	Dawn Frankeiss	PDAC	85:44

60+:

1.	Lien Botha	Toti Ac	77:57
2.	Gill Tregenna	West AC	87:35
3.	Maureen Parry	Chiltern AC	98:22

Aspen Pharmacare PE City Marathon (26th) & 10 km

Port Elizabeth, 6 December

(Distances: 42.195 km & 10 km; loop courses)

Marathon**MEN**

1	Phumelelo	August	Mr Price AC EP	24	2:22:27
2	Eugene	Pelem	Temp	30	2:26:43
3	Mila	Pasiya	Nedbank RC EP	29	2:29:43
4	Anele	Maliza	Mr Price AC EP	30	2:30:24
5	Vuyo	Witbooi	Outeniqua Harri	33	2:32:56
6	Zolile	Mhlahlo	Raleigh AC	33	2:32:59
7	Masixole	Dlaku	Mr Price AC EP	30	2:34:34
8	Kelly	Soyamba	Nedbank RC EP	31	2:35:52
9	Emerson	Kayana	Nedbank RC EP	34	2:36:03
10	Kobus	Joubert	Nelspruit M C	33	2:41:31
11	Nkosinathi	Gcakasi	Bluewater Bay	38	2:43:22
12	Richard	Mayer (1 st vet)	University Of W	41	2:44:45
13	Mzamo	Fokwana	Charlo AC	31	2:44:46
14	Masande	Mlonyeni	Nedbank RC EP	28	2:45:10
15	Raynard	Tissink	Temp	35	2:45:23
16	Thembekile	Msipa	Nedbank RC EP	34	2:48:07
17	Errol	Koert	Ebenezer	32	2:50:07
18	Bramley	Derrocks	PEAAC	35	2:51:26
19	Alfred	Malotana	Nedbank RC EP	38	2:52:06
20	Riaan	Kock	Nedbank RC EP	38	2:52:26

40-44:

1	Richard	Mayer	University Of W	41	2:44:45
2	Stephan	Botha	Nedbank RC EP	40	2:59:16
3	Christo	Muller	Somerset East	40	2:59:57

45-49:

1	Darrell	Wicht	Raleigh AC	45	2:52:27
2	Andre	Dalton	New Balance	47	2:59:32
3	Steven	Fanella	Raleigh AC	45	3:03:48

50-54:

1	Charles	Baatjies	Nedbank RC EP	52	3:06:25
2	Andre	Willemse	Elite AC	50	3:07:48
3	Stephen	Klue	Elite AC	50	3:14:00

55-59:

1	Jimmy	Styan	Raleigh AC	56	3:16:25
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2	Hannes	Els	Madiba Bay AC	58	3:27:14
3	Darsoo	Moonien	Malabar	57	3:38:40

60-64

1	Percy	Dalton	Achilles AAA	60	3:31:16
2	Fred	Verrall	Charlo AC	60	3:37:18
3	David	O'rielly	X-Cel AC	61	4:38:29

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	66	3:17:50
2	Godfrey	Kariem	Cadbury AC	68	4:43:55

70-74:

1	David	Fraser	PEAAC	70	4:25:09
2	Samuel	Stemele	New Balance	70	4:42:48

Juniors:

1	Ruan	Smalberger	Nedbank RC EP	18	3:18:14
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WOMEN

1	Davera	Magson	Mr Price AC EP	34	3:08:36
2	Leanne	Finlay (1 st vet)	Nedbank RC EP	40	3:10:53
3	Priscilla	Dyanty	Mr Price AC EP	34	3:16:51
4	Berdine	Smit	Nedbank Agn	44	3:17:36
5	Maresa	Ah Kun	Bluewater Bay	33	3:19:09
6	Lesley	Wood (1 st mast)	Achilles AAA	51	3:25:16
7	Terri-Lynn	Penney	Run/W For Life	31	3:28:09
8	Jene	Banfield	Run/W For Life	38	3:28:27
9	Sharon	Jessop	Raleigh AC	38	3:31:32
10	Michelle	Sivewright	Raleigh AC	39	3:36:20
11	Janine	Jackson	Buffalo R R	28	3:36:24
12	Joy Anne	Pregalato	Achilles AAA	38	3:37:38
13	Suzanne	Lavis	Jeffreys Bay	50	3:39:17
14	Gail	Langley	Buffalo R R	40	3:40:01
15	Grizelda	Pietersen	Achilles AAA	40	3:43:56
16	Marilyn	Zimmerman	Kimberley Harri	33	3:45:00
17	Elmarie	Bezuidenhout	Charlo AC	26	3:46:35
18	Mary Grace	Villanueva	Achilles AAA	32	3:50:35
19	Gwen	Mgudwa	Nedbank RC EP	31	3:51:44
20	Shannon	Holmes	Temp	26	3:55:01

40-44:

1	Leanne	Finlay	Nedbank RC EP	40	3:10:53
2	Berdine	Smit	Nedbank Agn	44	3:17:36
3	Gail	Langley	Buffalo R R	40	3:40:01

45-49:

1	Nurunnisa	Madatt	Malabar	46	4:07:55
2	Suzan	Terblanche	Elite AC	47	4:11:18
3	Cathy	Allers	Despatch AC	46	4:34:17

50-54:

1	Lesley	Wood	Achilles AAA	51	3:25:16
2	Suzanne	Lavis	Jeffreys Bay	50	3:39:17
3	Liz	Austin	Achilles AAA	50	4:12:41

55-59:

1	Cathy	Ives	Achilles AAA	55	4:01:08
2	Jos	Els	Madiba Bay AC	56	4:22:04

60-64

1	Marlene	Wiese	Kowie Striders	62	4:25:28
2	Liz	Grundlingh	Muirite Strider	61	4:29:47

10 km**MEN**

1	Sandile	Ngunuza	Nedbank RC EP	25	31:03
2	Sibusiso	Thu	Raleigh AC	20	31:10
3	Phumzile	Sikawuti	Nedbank RC EP	29	31:47
4	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	40	32:15
5	Alfred	Qogi	Nedbank RC EP	35	34:01
6	Thanduxolo	Mpushe (1 st jun)	Nedbank RC EP	19	34:10
7	Unathi	Magade	Temp	22	34:23
8	Terrance	Mjekula	Nedbank RC EP	36	34:33
9	Thembisile	Bashe	New Balance	30	34:47
10	Masibulele	Heugh	Nedbank RC EP	14	36:15
11	Thokozani	Fani	Temp	19	36:39
12	Shaun	Korkie	Temp	25	38:54
13	Gerhard	Luck	Temp	49	39:26
14	Leeto	Khoabane	Temp	20	39:55
15	Wellington	Tshingane	SANDF EP	38	40:29
16	Mandilakhe	Sitatu	Temp	19	40:35
17	Sinethemba	Jali	Temp	19	40:45
18	Hansie	Els	Somerset East	60	42:33
19	Simon	Matebese	New Balance	45	43:15
20	Heinrich	Basson	Charlo AC	18	44:15

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	40	32:15
2	Terence	Hendricks	SANDF EP	43	45:51
3	Seth	Magetuka	Temp	44	46:11

45-49:

1	Gerhard	Luck	Temp	49	39:26
2	Simon	Matebese	New Balance	45	43:15
3	David	Swanepoel	X-Cel AC	49	48:53

50-54:

1	Tim	Fox	Temp	54	49:31
2	Daniel	Ferreira	Elite AC	50	49:45
3	Goofey	Fouche	Elite AC	51	53:54

55-59:

1	Graham	Channon	Achilles AAA	59	45:39
2	Kobus	Uys	Hartenbos Draw	55	48:04
3	Charles	Rose	PEAAC	55	48:31

60-64

1	Hansie	Els	Somerset East	60	42:33
2	Jackson	Ngcoko	Willard Batt	60	44:45
3	William	Vorster	PEAAC	62	46:02

65-69:

1	Brian	Smith	PEAAC	65	1:06:45
2	Robin	Clark	Nedbank RC EP	67	1:34:28

70-74:

1	Michael	Collins	PEAAC	70	48:02
2	Sigbjorn	Risnes	Temp	70	55:25
3	John	Peart	Temp	72	1:16:48

75-79:

1	Wells	Anderson	PEAAC	76	1:01:14
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Juniors:

1	Thanduxolo	Mpushe	Nedbank RC EP	19	34:10
2	Masibulele	Heugh	Nedbank RC EP	14	36:15
3	Thokozani	Fani	Temp	19	36:39

WOMEN

1	Ntombesintu	Ntshiliza	NMMU AC	26	36:31
2	Elene	Lourens (1 st jun)	High Schools	18	38:58
3	Liza-Marie	Bright	Raleigh AC	26	39:02
4	Deliwe	Nyanga	PEAAC	19	41:03
5	Ursula	Kuhn	NMMU AC	27	42:43
6	Treloar	Childs (1 st vet)	Spar Walmer AC	45	44:14
7	Elza	Botes	Secunda MC	35	48:06
8	Vicki	Terblanche	Bluewater Bay	29	48:14
9	Carol	Tinhof	Temp	35	48:17
10	Tracy	Kitching	Run/W For Life	39	49:59
11	Shelley	De Villiers	Temp	35	51:05
12	Sandra	Lyons	Elite AC	39	52:18
13	Ronell	Claassen	Despatch AC	45	52:49
14	Thobile	Masilela	Temp	25	53:28
15	Alta	Ingram	Temp	43	54:05
16	Henrietha	Mey	Temp	36	54:37
17	Marleen	Lourens	Temp	20	54:48
18	Petra	Pienaar	Spar Walmer AC	44	55:05
19	Heather	Symons	Midrand Country	39	55:13
20	Siri	Risnes	Temp	38	55:26

40-44:

1	Alta	Ingram	Temp	43	54:05
2	Petra	Pienaar	Spar Walmer AC	44	55:05
3	Rozelle	von Molendorff	Elite AC	44	58:42

45-49:

1	Treloar	Childs	Spar Walmer AC	45	44:14
2	Ronell	Claassen	Despatch AC	45	52:49
3	Helen	Mc Lean	Madiba Bay AC	48	1:00:57

50-54:

1	Hendrina	Claassen	Despatch AC	52	1:03:50
2	Elize	Lyell	Spar Walmer AC	51	1:04:20
3	Colleen	Muller	Spar Walmer AC	51	1:07:40

55-59:

1	Rita	Boucher	Spar Walmer AC	58	1:04:54
2	Hester	Botha	Temp	58	1:09:21
3	Sharon	Brown	PEAAC	55	1:12:51

60-64

1	Denise	Terblanche	Spar Walmer AC	61	1:08:32
2	Anna	Schnetler	PEAAC	61	1:12:47
3	Debbie	Oelofse	Legacy AC	62	1:14:07

65-69:

1	Orgia	Nell	Muirite Strider	65	1:09:15
2	Shirley	Jorgensen	Charlo AC	66	1:11:14
3	Isabella	Childs	Spar Walmer AC	67	1:13:22

Juniors:

1	Elene	Lourens	High Schools	18	38:58
2	Deliwe	Nyanga	PEAAC	19	41:03
3	Lee-Anne	Diedericks	PEAAC	18	1:00:15

Run Walk for Life/New Balance Half Marathon & 10 km

Somerset West, 6 December

(Distances: 21.1 km & 10 km; certified loop courses – the half marathon mostly off-road; the 10 km with 3 km of gravel, the rest on tar.)

Half marathon

MEN

1. Lindikhaya Mthangayi (Mr Pr) 68:25 (R1500); 2. George Ntshilitza (Mr Pr) 68:43 (R1000); 3. Piet Jacobs (Ned) 70:43 (R600); 4. Velani Lusaseni (Ad) 73:31; 5. Avukile Ntongana (Mr Pr) 73:32; 6. Manfred Samuels (H.Harr) 74:41 (1st jun); 7. Johnny Persents (Ad) 74:42 (1st vet); 8. Riaan Witbooi (East) 79:12; 9. Wanda Roro (Ad) 79:37; 10. Bulelani Bhebha (RCS Gug) 82:04; 11. Babalo Mpumnyama (DAC) 82:05; 12. Andries Ntsizakalo (Ned) 82:22; 13. Aldrin Smit (NB) 82:25; 14. Alfred Maliti (Celt) 82:52; 15. Nicholas Bryant (Celt) 83:01; 16. Zolani Sowazi (RCS Gug) 83:10; 17. Leon Williams (Sw) 83:38; 18. Goodman Mpukane (RCS Gug) 83:45 (1st mast); 19. Tholang Moloi (WP Def) 83:49; 20. Peter Bunn (R/W for L) 84:29; 21. Francois Laubscher (R/W for L) 83:49; 22. Andries Swanepoel (Brack) 84:52; 23. Mike O'Donovan (VOB) 85:32; 24. Charles Witbooi (VOB) 85:34; 25. Andrew Smit (Atl) 85:55; 26. Björn Alexander (Mr Pr) 86:42; 27. Awie Veldsman (H.Harr) 86:47; 28. Stef Patten (VOB) 87:14; 29. Lindsey Parry (Ind) 88:06; 30. Randall Joshua (Tel) 88:07.

Masters: (40+): 1. Johnny Persents (Ad) 74:42 (R750); 2. Andries Ntsizakalo (Ned) 82:22 (R500); 3. Leon Williams (Sw) 83:38 (R300). **(50+):** 1. Goodman Mpukane (RCS Gug) 83:45 (R500); 2. Awie Veldsman (H.Harr) 86:47 (R300); 3. Johann Diener (Str) 88:54 (R150). **(60+):** 1. Albertus Bock (Ad) 90:40 (R300); 2. Henk Bos (Str) 107:06 (R100); 3. Denzil Bedwill (FH) 108:52. **(70+):** 1. Jan Theron (Ind) 119:20 (R100). **Juniors:** 1. Manfred Samuels (H.Harr) 74:41 (R200); 2. Wanda Roro (Ad) 79:37 (R100); 3. Bulelani Bhebha (RCS Gug) 82:04 (R75).

WOMEN (Same prize money as men)

1. Alae Brand (Ad) 86:47; 2. Bulelwa Mtshagi (Celt) 88:40; 3. Helene Perold (Ceres) 90:46; 4. Jacqueline Haasbroek (Fr'hoek) 91:46 (1st vet); 5. Rona Loubser (Ind) 92:22; 6. Leanne Juul (Mr Pr) 92:25; 7. Sheryl de Lange (Ned) 96:24; 8. Styntjie Prins (Paarl) 97:54 (1st mast); 9. Mia Lutsch (Ind) 98:24; 10. Kirsty Marshall (Ind) 99:12; 11. Elizabeth de Gouveia (Dur) 100:13; 12. Anneke Slabbert (Ind) 100:28; 13. Patricia Adams (Met) 100:55; 14. Tania J. van Rensburg (Dur) 102:15; 15. Hanlie Booyens (Ind) 102:28; 16. Sandra van Graan (Edg) 102:41; 17. Anita Naudé (Ind) 103:39; 18. Candyce Hall (N.Carb) 104:34; 19. Marlene Stofberg (Ind) 105:06; 20. Hester Kotzé (Dur) 105:20.

Masters: (40+): 1. Jacqueline Haasbroek (Fr'hoek) 91:46; 2. Sheryl de Lange (Ned) 96:24; 3. Sandra van Graan (Edg) 102:41. **(50+):** 1. Styntjie Prins (Paarl) 97:54; 2. Hester Kotzé (Dur) 105:20; 3. Lyndsay Jackson (VOB) 111:32. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 107:06; 2. Avril Delapelin-Dumont (WC) 122:49; 3. Cathy Taylor (Dur) 144:48.

10 km

MEN

1. Tom Lusaseni (Celt) 31:09 (R1000); 2. Peter Tsawayo (ZIM/RCS Gug) 31:49 (R500); 3. Anthony Godongwana (Celt) 32:31 (R300); 4. Unathi Phezolo (RCS Gug) 32:47; 5. Riaan Wildskut (East) 33:00; 6. Hein Camphor (Ad) 33:23; 7. Virginia Ngudlumana (Celt) 33:29 (1st jun); 8. Ernest Ngakumbi (T.Mbiza) 34:31; 9. Luvuyo Ntando (T.Mbiza) 33:36; 10. John September (Celt) 33:57 (1st vet); 11. Luxolo Mdzanga (RCS Gug) 33:58; 12. Denzil Paulse (East) 33:59; 13. Marshall Pangalele (T.Mbiza) 34:07; 14. Litha Lankile (RCS Gug) 34:20; 15. Thandeka Gqamana (T.Mbiza) 34:36; 16. Quinton Prince (Met) 34:40; 17. Michael Bekapi (VOB) 34:52; 18. Dimitri Adonis (East) 35:53; 19. Vladimir Kotov (BLR/Mr Pr) 36:07 (1st mast); 20. Whitey Mothabogi (Celt) 36:45; 21. Anadhi Magobhiyane (RCS Gug) 37:11; 22. Selwyn Morris (Macas) 37:56; 23. Gerald Sullivan (Dur) 38:50; 24. Tshuta

Nqaba (H.Harr) 39:29; 25. Siyo Hintsabe (Ind) 39:54; 26. Majoze Mbiza (T.Mbiza) 39:59; 27. Andele Mchethale (Rain) 40:19; 28. Patrick Raubenheimer (NB) 41:17; 28. Dean Graham (Ind) 41:20; 30. Sipho Phala (VOB) 41:39.

Masters: (40+): 1. John September (Celt) 33:57 (R500); 2. Michael Bekapi (VOB) 34:52 (R250); 3. Gerald Sullivan (Dur) 38:50 (R150). **(50+):** 1. Vladimir Kotov (BLR/Mr Pr) 36:07 (R300); 2. Sam Kotzé (Ned) 42:09 (R200); 3. Amien Adams (Celt) 49:27 (R100). **(60+):** 1. Johan Botha (R/W for L) 43:38 (R200); 2. Henry Cleophas (Ned) 44:56 (R100); 3. Russel Hudson (R/W for L) 57:41. **(70+):** 1. Sybrand Mostert (Ned) 48:46 (R100); 2. Vincent Kingswill (VOB) 72:59 (R75); 3. Sam Milner (Spart) 79:16. **Juniors:** 1. Virginia Ngudlumana (Celt) 33:29 (R150); 2. Luxolo Mdzanga (RCS Gug) 33:58 (R100); 3. Denzil Paulse (East) 33:59 (R75).

WOMEN (Same prize money as men)

1. Thozama April (Celt) 36:54; 2. Nolene Conrad (UWC) 37:59; 3. Nomvuyisi Seti (Mr Pr) 40:07; 4. Busisiwe Matiwane (Celt) 40:47; 5. Ursula Frans (Mr Pr) 41:25; 6. Danette Smith (Mat) 41:47; 7. Elmarie Coetzee (Ad) 42:09 (1st vet); 8. Nanine Steenkamp (H.Harr) 43:32 (1st jun); 9. Yvonne van der Wel (Sanlam) 44:32; 10. Nancy Will (Pine) 45:51 (1st mast); 11. Yonela Hewu (RCS Gug) 46:00; 12. Anina Heystek (H.Harr) 47:14; 13. Liz Verheyden (Ind) 47:29; 14. Rita Toto (RCS Gug) 47:31; 15. Kim McCracken (Ind) 48:57; 16. Kathy Burr (Dur) 49:29; 17. Asanda Dyamani (RCS Gug) 49:48; 18. Ingrid Dukes (Str) 49:50; 19. Pixie Sparg (Celt) 50:01 (1st g'mast); 20. Christine Hibberd (Whal) 50:06.

Masters: (40+): 1. Elmarie Coetzee (Ad) 42:09; 2. Rita Toto (RCS Gug) 47:31; 3. Sonia Harlock (FH) 50:57. **(50+):** 1. Nancy Will (Pine) 45:51; 2. Kathy Burr (Dur) 49:29; 3. Christine Hibberd (Whal) 50:06. **(60+):** 1. Pixie Sparg (Celt) 50:01; 2. Marietha Herbert (Bel) 52:41; 3. Lee Keeling (Spart) 70:08. **(70+):** 1. Ina Steyn (Sw) 98:00. **Juniors:** 1. Nanine Steenkamp (H.Harr) 43:32; 2. Yonela Hewu (RCS Gug) 46:00; 3. Anina Heystek (H.Harr) 47:14.

Metropolitan 10 km

Bellville, 3 December

(Certified loop course, very hilly)

MEN

1. Unathi Phezolo (RCS Gug) 33:23 (1st jun) (R400); 2. Tom Lusaseni (Celt) 33:45 (R300); 3. Anthony Godongwana (Celt) 33:50 (R200); 4. Rodger Davids (Rob) 34:05 (R100); 5. Luxolo Mdzanga (RCS Gug) 34:24 (R50); 6. Manfred Samuels (H Harr) 34:32; 7. Odwa Goqwana (Atl) 34:42; 8. Professor Khwanate (VOB) 34:43; 9. Shaun Zuzani (Celt) 34:48; 10. Eric Chirchir (KEN/Celt) 35:02; 11. Thandeluntu Magqaza (M.Spart) 35:18; 12. Anton Waterboer (Rob) 35:19; 13. Wanda Roro (Ad) 35:23; 14. Johnny Persents (Ad) 35:36 (1st vet); 15. Monde Mpemnyama (Celt) 35:51; 16. Anthony Matthee (H. Harr) 35:53; 17. Aaron Lewis (Ad) 35:55; 18. Vuyani Sixaso (VOB) 36:00; 19. Akhona Makila (VOB) 36:11; 20. Johan April (Mat) 36:11; 21. Rowan Prins (Rob) 36:11; 22. Nkosinathi Sotyanta (Celt) 36:16; 23. Morné Kammies (Met) 36:17; 24. Vladimir Kotov (BLR/Mr Pr) 36:21 (1st mast); 25. Faizel October (Celt) 36:54; 26. Peter Mokotary (Brack) 38:01; 27. Aldrin Smit (NB) 38:04; 28. Ezakiah Kibet (KEN/UWC) 38:08; 29. Alfred Maliti (Celt) 38:20; 30. Carlo Jacobs (Top) 38:28.

Masters: (40+): 1. Johnny Persents (Ad) 35:36 (R200); 2. Aaron Lewis (Ad) 35:55 (R150); 3. John van der Byl (MP Titans) 39:06 (R100). **(50+):** 1. Vladimir Kotov (BLR/Mr Pr) 36:21 (R150); 2. Goodman Mpukane (RCS Gug) 39:58 (R100); 3. Johann Diener (Str) 41:07 (R50). **(60+):** 1. Albertus Bock (Ad) 42:07 (R150); 2. Fred Moore (Ind) 46:34 (R100); 3. Willie van Wyk (Brack) 47:31 (R50). **(70+):** 1. Sybrand Mostert (Ned) 52:31; 2. Pieter Schreve (Wel) 66:33; 3. Gert Swanepoel (Bel) 67:40. **Juniors:** 1. Unathi Phezolo

(RCS Gug) 33:23 (R250); 2. Luxolo Mdzanga (RCS Gug) 34:24 (R200); 3. Manfred Samuels (H.Harr) 34:32 (R150).

WOMEN (Same prize money as men)

1. Bulelwa Mtshagi (Celt) 40:06; 2. Rona Loubser (Ind) 40:37; 3. Joanna Thomas (VOB) 41:14 (1st vet); 4. Nomvuyisi Seti (Mr Pr) 43:03; 5. Natasha Oosthuizen (Ad) 43:47; 6. Sheryl de Lange (Ned) 44:11; 7. Helene Perold (Ceres) 44:53; 8. Styntjie Prins (Paarl) 45:16 (1st mast); 9. Khulukazi Lupondo (RCS Gug) 45:28 (1st jun); 10. Twané Sillianou (Met) 46:16; 11. Bianca Marais (Edg) 46:33; 12. Sandra van Graan (Edg) 47:06; 13. Bev Charters (VOB) 47:36; 14. Ayanda Mqhakayi (RCS Gug) 47:40; 15. Elizabeth de Gouveia (Dur) 47:43; 16. Marie Louw (Ad) 48:08; 17. Berlize du Plessis (VOB) 48:24; 18. Marlize Jordaan (Bel) 48:31; 19. Yonela Hewu (RCS Gug) 48:41; 20. Resia Swart (Stel) 48:58.

Masters: (40+): 1. Joanna Thomas (VOB) 41:14; 2. Sheryl de Lange (Ned) 44:11; 3. Sandra van Graan (Edg) 47:06. **(50+):** 1. Styntjie Prins (Paarl) 45:16; 2. Nancy Will (Pine) 49:17; 3. Bev Charters (VOB) 47:36. **(60+):** 1. Pixie Sparg (Celt) 51:56; 2. Marietha Herbert (Bel) 54:04; 3. Marlene James (Pine) 62:34. **Juniors:** 1. Khulukazi Lupondo (RCS Gug) 45:28; 2. Ayanda Mqhakayi (RCS Gug) 47:40; 3. Yonala Hewu (RCS Gug) 48:41.

TRACK

Collison Cup Meeting (3rd)

Parow, 11 November

MEN

3000m	1	Duane	Fortuin	Celtics	09:04.92
	2	Shaun	Abrahams	Adidas	09:06.29
	3	Riaan	Wildskut	Easterns	09:14.4
	4	Roche	Rhodas	Easterns	09:15.8
	5	Fabian	Faro	MP Titans	09:18.2
	6	Ben	Brimble	UCT	09:20.2
	7	Enver	Pedro	MP Titans	09:22.1
	8	Luyanda	Qolo	WCSS	09:23.7
	9	Tobias	Philander	Adidas	09:26.5
	10	Teboho	Phooko	UCT	09:29.5

WOMEN

3000m	1	Kelly	Philander	Adidas	12:07.18
	2	Luandi	Du Toit	WCSS	12:12.24
	3	Letania	Smith	WCSS	12:16.52
	4	Amy-Lee	van Tonder	MP Titans	12:38.82
	5	Janine	Armstrong	MP Titans	12:44.91

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

Fukuoka International Open Marathon Championships (62nd)

Fukuoka, JPN, 7 December

(Distance: 42.195 km; certified. Finishers: 439)

MEN

1. Tsegaye Kebede, ETH 2:06:10 ACR/PB
2. Satoshi Irifune, JPN 2:09:23 PB
3. Arata Fujiwara, JPN 2:09:47
4. Tomoyuki Sato, JPN 2:09:59
5. Felix Limo, KEN 2:10:59
6. José Manuel Martínez, ESP 2:11:11
7. David Makori, KEN 2:11:54
8. Yuko Matsumiya, JPN 2:12:18
9. Jon Brown, CAN 2:12:27
10. Shigeru Aburaya, JPN 2:13:48

Kosa 10 Miles

Kosa, JPN, 7 December

INTERNATIONAL MEN

1. Gideon Ngatuny (KEN) 45:15 WL
2. Hailu Mekonnen (ETH) 45:59
3. Samuel Ndungu (KEN) 46:32
4. Jacob Wanjuki (KEN) 46:32

JAPANESE MEN

1. Kosaku Hoshina 46:40
2. Bene Zama 46:44
3. Yu Mitsuya 46:49

Standard Chartered Singapore Marathon

Singapore, SIN, 7 December

(Distance: 42.195 km. Finishers: 13,028)

MEN

1. Luke Kibet, 1983, KEN 2:13:01 CR \$35,000
2. Johnstone Chepkwony, 1984, KEN 2:15:12 DB 19,000
3. Amos Matui, KEN 2:15:15 10,000
- ... 27. Oleg Kharitonov, 1968, RUS 2:38:13

WOMEN

1. Edith Masai, 1967, KEN 2:34:18 \$35,000
2. Silvia Skvortsova, 1974, RUS 2:37:14 16,000
3. Rose Chesire, KEN 2:42:43 7,000

Wincanton Montferland Run (13th)

's-Heerenberg, NED, 7 December

(Distance: 15 km)

MEN (gun times)

- | | |
|----------------------------|-----------------------|
| 1. Dereje Tesfaye, ETH | 43:27 (29:40 at 10-K) |
| 2. Betona Sahle Warga, ETH | 43:28 (29:40) |
| 3. Sammy Kitwara, KEN | 43:42 (29:41) |
| 4. Najim El Qady, MAR | 43:48 |
| 5. Abraham Rotich, KEN | 43:50 |

WOMEN (gun times)

- | | |
|-------------------------|---------------|
| 1. Lornah Kiplagat, NED | 48:49 |
| 2. Sylvia Kibet, KEN | 49:54 (33:25) |
| 3. Masila Ndunge, KEN | 50:13 (33:26) |
| 4. Gladys Otero, KEN | 50:44 |
| 5. Paula Todoran, ROU | 51:52 |

Galaxy Entertainment Macau International Marathon (27th)

Macau, MAC, 7 December

(Distance: 42.195 km)

MEN

- | | | |
|-------------------------------|---------|----------|
| 1. Yemane Tsegay Adhane, ETH | 2:15:06 | \$15,000 |
| 2. Cyprian Kiogora Mwobi, KEN | 2:15:12 | 6,000 |
| 3. Mikhail Iveruk, 1975, UKR | 2:16:49 | 3,500 |
| ... 6. Philip Bandawe, ZIM | 2:19:11 | 1,600 |

WOMEN

- | | | |
|----------------------------|---------|----------|
| 1. Yuan Lili, CHN | 2:36:40 | \$15,000 |
| 2. Jong Yong Ok, 1981, PRK | 2:36:52 | 6,000 |
| 3. Kim Kum Ok, 1988, PRK | 2:36:55 | 3,500 |

California International Marathon (26th)

Folsom Dam to Sacramento, USA, 7 December

(Distance: 42.195 km; certified course with 105 m elevation loss)

MEN

- | | | |
|---|---------|----------|
| 1. Halefom Abebe, 26, Silver Spring, MD (ETH) | 2:16:42 | \$10,000 |
| 2. Tesfaye Girma, 26, New York, NY (ETH) | 2:17:06 | 5,000 |
| 3. Joseph Mutinda, 34, Santa Fe, NM (KEN) | 2:17:11 | 2,500 |

WOMEN

- | | | |
|--|---------|----------|
| 1. Natalya Belova Sokolova, 26, RUS | 2:32:01 | \$10,000 |
| 2. Galina Alexandrova, 32, Miami, FL (RUS) | 2:37:13 | 5,000 |
| 3. Serkalem Abtha, 21, New York, NY (ETH) | 2:39:03 | 2,500 |

Course de l'Escalade (31st)

Genève, SUI, 6 December

(Distances: Men, 7.25 km; women, 4.78 km)

MEN (extended gun times)

- | | |
|--------------------------------|---------|
| 1. Mike Kigen, 1986, KEN | 20:24.1 |
| 2. Tolossa Chengere, 1983, ETH | 20:38.9 |

3. Abraham Tadese, 1982, ERI 20:49.8
4. Viktor Röthlin, 1974, SUI 20:56.7

WOMEN

1. Derartu Tulu, 1971, ETH 15:26.1
2. Tsige Worku, 1982, ETH 15:28.2
3. Karolina Jarzynska, 1981, POL 15:48.3

CROSS-COUNTRY

Cross Internacional de la Constitucion (27th)

Alcobendas, ESP, 7 December

MEN (10100 m)

1. Gebre Gebremariam, ETH 29:08
2. Tariku Bekele, ETH 29:09
3. Mark Kiptoo, KEN 29:10
4. Vincent Kiprop Chepkok, KEN 29:14
5. Kidane Tadese, ERI 29:22

WOMEN (5900 m)

1. Linet Masai, KEN 18:59
2. Eunice Jepkorir, KEN 19:38
3. Werknesh Kidane, ETH 19:50
4. Esther Desviat, ESP 20:18
5. Azucena Díaz, ESP 20:23

Foot Locker High School West Regional Championships

Walnut, USA, 6 December

(Distances: 5 km)

Note: Jordan Hasay won an unprecedented fourth straight title. – Ed.

BOYS

1. Chris Schwartz, Bakersfield, Calif, (12) 15:38
2. Brian Shrader, Flagstaff, Ariz, (11) 15:42
3. Trevor Dunbar, Kodiak, Alaska, (12) 15:43

GIRLS

1. Jordan Hasay, Arroyo Grande, Calif, (12) 18:02
2. Alexandra (Alex) Dunne, San Clemente, Calif, (12) 18:12
3. Danielle Menlove, Sandy, Utah, (9) 18:23

ULTRA/MOUNTAIN/TRAIL RUNNING

Sunmart 50 Miles & 50 km (19th)

Huntsville, USA, 6 December

(Both races on trails)

50 miles (gun times):

MEN

1. Matt Lonergan, 35, Eugene, OR 5:56:07
2. Martin Tighe, 50, Providence, RI 6:20:37
3. Justin Ricks, 28, Pueblo West, CO 6:21:12

WOMEN

1. Donna Palisca, 31, Fayetteville, NC 7:10:17
2. Lynne Harkey, 40, College Station, TX 7:33:15
3. Elizabeth Howard, 36, San Antonio, TX 8:12:03

50 km (gun times):

MEN

1. Kelly Mortenson, St. Paul, MN 3:21:04
2. Gabriel Rodriguez, 30, La Porte, TX 3:23:06
3. Josnua Keena, 34, Pflugerville, TX 3:27:28

WOMEN

1. Wendy Terris, 39, Milwaukie, OR 3:53:05
2. Mary Ross, 41, St. Paul, MN 4:43:59
3. Liz Pinches, 33, Houston, TX 4:44:09

NEWS**DOUBLE COMMONWEALTH GOLD MEDALIST MCCANN SUCCUMBS TO CANCER**

Two-time Commonwealth Games Marathon gold medalist Kerryn McCann, who earned her place in Australian sports history when she defended her Commonwealth title in front of a packed house at the Melbourne Cricket Grounds in 2006, succumbed to cancer this weekend, reports *Race Results Weekly*. The popular athlete and mother of three was just 41 years-old.

McCann placed second in the Old Mutual Two Oceans Half Marathon in April 2006, running 74:08 behind Helalia Johannes' national record 73:35. This superb performance at age 38 came less than a month after winning the Commonwealth Games Marathon in Melbourne.

McCann was a versatile distance runner who recorded her best performances on the roads. A three-time Olympic marathoner (her best finish was 11th in Sydney in 2000), she was still the Australia record holder for the half marathon at the time of her death (1:07:48). She was also the fourth-fastest Australian marathoner of all time, behind only Benita Johnson, Lisa Ondieki and Nicole Carroll. She consistently made good results at the big city marathons, finishing third in Chicago in 2001, fourth in Osaka in 2002, fifth in London in 2000, and sixth in New York City in 2002. In the New York race, she was contending in a pack of four with less than 10 km

remaining, when she tangled with another athlete, falling hard to the pavement on her chest. She later said that it had been her best chance for a big city victory.

But McCann was best known for her dramatic 2006 Commonwealth Games victory in Melbourne. Thirty-eight years-old at the time, McCann was unperturbed by the slow early pace and various surges by minor athletes. She ran comfortably through half-way in 1:16:23 before putting in her own surge which cut the lead group from ten to just four, including Kenyan Helen Cherono.

By 32 km, McCann had shed all of her rivals but Cherono. The young Kenyan remained glued to the Australian's heels, refusing to lead. The wait to get to the Cricket Grounds, where over 90 000 spectators were watching the race play out on a jumbo video display, was excruciating. As the crowd screamed madly, it came down to a sprint on the track, with McCann defeating Cherono by two seconds in 2:30:54. "I think it's probably the greatest victory I've ever had, the greatest race I've ever run," said McCann that day. "I've never had to sprint like that at the end of a marathon. It's something I'll cherish forever."

It would be McCann's last marathon. Early in 2007 she became pregnant with her third child, and in August, 2007, McCann was diagnosed with breast cancer. She delivered her baby, a boy

named Cooper, six weeks early on 5 September, so she could begin her treatments.

Seemingly after beating breast

cancer, McCann was diagnosed with liver cancer last May. She is survived by her husband, Greg, sons Benton and Cooper, and daughter Josie.

RADCLIFFE, NDEREBA RETURN TO LONDON MARATHON

History's two fastest women over the classic marathon distance, Britain's Paula Radcliffe and Kenya's Catherine Ndereba, will return to the starting line of the Flora London Marathon next April after several year absences, part of a blockbuster field assembled by race director Dave Bedford for the 29th edition of his race, reports *Race Results Weekly*.

Radcliffe, the holder of both the absolute and women's-only world records, 2:15:25 and 2:17:42 respectively, is also a three-time London champion. However, the 34-year-old athlete, who makes her home in Monte Carlo, has not run London since 2005 when she set the all-women's world record, which is still also the third-fastest time in history.

"It's fantastic to be back at the Flora London Marathon," said Radcliffe through a media release. "I've missed the last three years through injuries and it was frustrating not to be fully fit for the Olympic Games this summer. But after my victory in New York last month, I'm hungry to win back my Flora London Marathon title and join Ingrid in the record books."

"Ingrid" is retired Norwegian star Ingrid Kristiansen, who won London four times between 1984 and 1988.

Ndereba, 36, hasn't run London since 2003 when she finished second to Radcliffe in 2:19:55 in her only appearance at the race. Two times the world marathon champion and Olympic silver medalist, Ndereba has also won the Boston Marathon four times and the Bank of America Chicago Marathon twice. Her 2:18:47 personal best, formerly the world record set in Chicago in 2001, makes her the second-fastest women's marathoner of all time.

Bedford's field also includes defending London champion and 2007/2008 World Marathon Majors champion Irina Mikitenko. The soft-spoken German star won both the London and Berlin Marathons in 2008, and her 2:19:19 winning time in Berlin (with the assistance of male pacemakers) makes her the second-fastest European woman of all time. Olympic gold medalist Constantina Dita is the other big European star.

The race's other top Africans include 2006/2007 World Marathon Majors champion Gete Wami of Ethiopia and her compatriot Berhane Adere, who holds the Ethiopian record of 2:20:42. Kenyan Martha Komu, fifth in the Beijing Olympic Marathon, is also in the field. China's Zhou Chunxiu, the Olympic bronze medalist who ran away from the field to win London in 2007, is the top Asian athlete in the field and is definitely a threat to win London again.

The Flora London Marathon is the second stop in 2009 of the World Marathon Majors series, a points competition incorporating the commercial marathons in Berlin, Boston, Chicago, London, and New York City, plus the IAAF World Championships and Olympic Games Marathons in the years those races occur. Mikitenko leads the 2008/2009 series with 50 points, reflecting her victories at Berlin and London this year (each victory is worth 25 points). Russian Alevtina Biktimirova is tied for second place with Dita with 30 points, while Radcliffe is in a three-way tie for fourth with Ethiopia's Dire Tune and Russia's Lidiya Grigoryeva. The series champion will be crowned after the 2008 ING New York City Marathon next November and will be presented with a check for USD 500,000.

Here is the full women's elite field for the Flora London Marathon with personal best times:

Irina Mikitenko, GER 2:19:19
 Paula Radcliffe, GBR 2:15:25
 Catherine Ndereba, KEN 2:18:47
 Zhou Chunxiu, CHN 2:19:51
 Berhane Adere, ETH 2:20:42
 Lyudmila Petrova (40+), 2:21:29

Constantina Dita, ROU 2:21:30
 Svetlana Zakharova, RUS 2:21:31
 Gete Wami, ETH 2:21:34
 Mara Yamauchi, GBR 2:25:03
 Martha Komu, KEN 2:25:33
 Inga Abitova, RUS 2:33:55
 Kate O'Neill, USA 2:34:04
 Liliya Shobukova, RUS Debut
 Jo Pavey, GBR Debut

GEBRSELASSIE TO RUN CITY-PIER-CITY

The organisers of the Fortis City-Pier-City Half-Marathon have announced that world marathon record holder Haile Gebrselassie would run in the 35th edition of their event in The Hague on 14 March next year, according to *Race Results Weekly*.

The two-time Olympic gold medalist travels with a special mission to The Hague: he wants to recapture the world half-marathon record he lost to Kenyan Samuel

Wanjiru. Wanjiru, the Olympic Marathon gold medalist, has beaten Gebrselassie's 2006 world record of 58:55 set in Phoenix, twice: first in Ras al Khaimah in February, 2007 (58:53), then again on the course in The Hague five weeks later (58:33).

"It will be my first running of the City-Pier-City," said Gebrselassie through a news release. "I know the Netherlands very well. I know that road race courses here

are mostly very flat and fast. The fact that Wanjiru broke my world record here is an extra motivation. It proves the course is very fast. From experience I know that the organisation of road races in the Netherlands is excellent."

The Ethiopian ran the fastest half marathon of 2008 with the 59:15 he clocked in Lisbon on March 16. World record holder Wanjiru is fourth on the 2008 world list with a time of 59:26.

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 JUNIOR MEN

1:05:24	Esau Radebe	18	SA Championships	Port Elizabeth	05 Jul
1:05:53	Zolani Ngqqa	23	SA Championships	Port Elizabeth	05 Jul
1:06:12	Sithyile Diko	31	Matha Series	Port Elizabeth	05 Jul
1:06:21	Ngqqa 2	1	EP Championships	Port Elizabeth	17 May
1:08:16	Radebe 2	3	Tuks Alumni	Pretoria	31 May
1:08:20	Xolela Ngcebetshe	43	SA Championships	Port Elizabeth	05 Jul
1:08:27	Richard Thulo	39	Matha Series	Bloemfontein	04 Oct
1:08:50	Radebe 3	15	Matha Series	Nelspruit	05 Apr
1:09:09	Folavia Sehohle	77	Matha Series	Port Elizabeth	05 Jul
1:09:16	Sithembele Fenekho	55	SA Championships	Port Elizabeth	05 Jul
1:09:18	Radebe 4	42	Matha Series	Bloemfontein	04 Oct
1:09:24	Mabuti Mpholo	43	Matha Series	Bloemfontein	04 Oct
1:09:54	Wanda Roro	7	Gun Run	Cape Town	12 Oct
1:09:58	Mpho Khumalo	47	Matha Series	Bloemfontein	04 Oct

THIS MONTH IN HISTORY

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

9 years ago: 4 December 1999

Emerson Kayana retained his title in the Port Elizabeth City Marathon, winning in 2:18:32 – a personal best. He won by almost 3 minutes from Melikhaya Kepe. In the women's race Margie Saunders (2:59:01) was the only woman under 3 hours. She beat Leanne Renken by more than 8 minutes. In this year's race (the 26th running; results in this issue) Kayana finished ninth, while Renken, now Finlay and a veteran, was again second – this time to Davera Magson. Kayana has a remarkable record in another Eastern Province Marathon, the Muirite race in nearby Uitenhage, which he has won ten times – the last eight years in a row.

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

Veterans (40+)

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

Masters (50+)

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

Grandmasters (60+)

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

Juniors

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

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