

Distance Running Results

Vol. 9, No. 2 – 13 January 2009

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

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Publisher: Riël Hauman

EDITORIAL

Two of South Africa's biggest January races, the Webber Wentzel Bay to Bay 30 km and the Dis-Chem Half Marathon, were held this weekend and comprise a major part of the first set of list leaders for 2009 in this issue. The Bay to Bay was held for the 33rd time.

Among the top performances of the weekend were Irvette van Blerk's 78:13 in the Dis-Chem race and Desmond Zibi's 32:11 in the Despatch 10 km. In the latter race husband-and-wife team George and Ntombesintu Ntshiliza scored their second double victory in a row (they also won the Woodlands Dairy 15 km last weekend). All four times are list leaders.

News from Kwazulu-Natal is that Tanith Maxwell, South Africa's fastest marathoner of 2008, have received invitations to a number of international marathons, among them the Rome and Vienna city marathons and the Conergy Marathon Hamburg, as well as the Warsaw Half Marathon in March. According to manager Rhyn Swanepoel, she will certainly compete in the Warsaw race, and possibly in Hamburg in April. Maxwell is now coached by South African marathon record holder Colleen de Reuck. According to Swanepoel, this could also make it easier for Maxwell to receive opportunities to run in US races (De Reuck is a US citizen and lives in Boulder).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Webber Wentzel Bay to Bay 30 km, Camps Bay
- * Dis-Chem Half Marathon & 5 km, Bedfordview
- * Ronnie Davel 16 km, Hilton
- * Despatch 10 km, Despatch
- * Big Blue 10 km, Kleinmond
- * Engen 10 km, George
- * Moordkuil 15 km, Hartenbos
- * Knysna Marathon Club Nite Race, Knysna
- * Palm Tyre Half Marathon, George

International highlights:

- * Nike Halve-Marathon von Egmond, Egmond Aan Zee, NED
- * Tiberias International Marathon, Sea of Galilee, ISR
- * Miyazaki Road Races, Miyazaki, JPN
- * XC: BUPA Great Edinburgh Cross-country, Edinburgh, GBR; Athletics Kenya Weekend Cross Country #6, Eldoret, KEN; Campaccio Classica del Cross, San Giorgio su Legnano, ITA

ROAD RUNNING

Webber Wentzel Bay to Bay 30 km (33rd)

Camps Bay, 11 January

(Certified out-and-back course, with loop at far end; hilly. Finishers: 1426.)

MEN

1. Zolile Bhitane (Ned) 1:44:42 (R1500); 2. Tebello Poni (VOB) 1:44:46 (R750); 3. Avukile Ntongana (Mr Pr) 1:44:51 (R500); 4. Bernard Dandadzi (ZIM/RCS Gug) 1:44:54 (R250); 5. Zolani Bhitane (Ned) 1:45:42 (R150); 6. Sihle Mapukata (Mr Pr) 1:46:04; 7. Mthombe Mathomane (T.Mbiza) 1:46:29; 8. Professor Khwatane (VOB) 1:48:05; 9. Patrick Ketelo (RCS Gug) 1:50:15; 10. Ernest Ngakumbi (T.Mbiza) 1:50:42; 11. Victor Msopi (VOB) 1:50:51; 12. Odwa Goqwana (Atl) 1:52:53; 13. Shaun Whelan (Ind) 1:53:18; 14. Samson Gulubela (Atl) 1:53:46; 15. Brian Daniels (Ned) 1:54:30; 16. Dawid Visser (Mr Pr) 1:54:53; 17. Mandla Pangalele (T.Mbiza) 1:55:22; 18. Qhama Nombele (Ned) 1:55:36; 19. Luvuyo Ntando (T.Mbiza) 1:56:21; 20. Eddie Lambert (Dur) 1:56:47; 21. Sabelo Ngcwama (Celt) 1:57:21; 22. Thembinkosi Zweni (NB) 1:57:22 (1st vet); 23. Mxolisi Mabunzana (Ned) 1:57:52; 24. John van der Byl (MP Titans) 1:58:15; 25. Alfred Tshabeni (Whal) 1:58:28; 26. Andries Ntsizakalo (Ned) 1:58:30; 27. Steven Whiting (Ind) 1:58:36; 28. Bonisile Ngculana (Atl) 1:59:14; 29. Dion Middelkoop (VOB) 1:59:29; 30. Jimmy Drury (Mr Pr) 1:59:43.

Masters: (40+): 1. Thembinkosi Zweni (NB) 1:57:22 (R500); 2. John van der Byl (MP Titans) 1:58:15 (R300); 3. Andries Ntsizakalo (Ned) 1:58:30 (R200). **(50+):** 1. Zama Witvoet (Ned) 2:01:21 (R350); 2. Thomas Moses (Worc) 2:05:59 (R200); 3. Walter Segatswi (Celt) 2:08:43 (R150). **(60+):** 1. Jimmy Morris (For) 2:09:43 (R200); 2. Michael Clarke (VOB) 2:14:22 (R150); 3. Brian Key (For) 2:16:40 (R100). **(70+):** 1. Brian Key (For) 2:16:40; 2. Hugh Waters (Whal) 2:58:09; 3. Pieter Schreve (Wel) 3:09:56.

WOMEN (Same prize money as men)

1. Joanna Thomas (VOB) 2:06:39 (1st vet); 2. Julia J. van Rensburg (Celt) 2:07:36; 3. Ursula Frans (Mr Pr) 2:08:56; 4. Marlize van Schaik (Dur) 2:12:41; 5. Leanne Juul (Mr Pr) 2:14:15; 6. Francis Roman (Celt) 2:16:21; 7. Busisiwe Matiwane (Celt) 2:16:43; 8. Berdine Smit (Ned) 2:17:29; 9. Sandra van Graan (Edg) 2:19:35; 10. Elizabeth de Gouveia (Dur) 2:22:39; 11. Bianca Marais (Edg) 2:23:43; 12. Nancy Will (Pine) 2:24:01 (1st mast); 13. Liana Maree (Stel) 2:24:35; 14. Karen de Kock (Dur) 2:25:26; 15. Chantelle de Lange (Ad) 2:25:58; 16. Moira Sheard (Celt) 2:27:17; 17. Liza Gething (Ind) 2:27:24; 18. Hester Kotzé (Dur) 2:27:33; 19. Michelle Dreyer (Paarl) 2:28:13; 20. Linda Doke (Hout) 2:28:38.

Masters: (40+): 1. Joanna Thomas (VOB) 2:06:39; 2. Berdine Smit (Ned) 2:17:29; 3. Sandra van Graan (Edg) 2:19:35. **(50+):** 1. Nancy Will (Pine) 2:24:01; 2. Hester Kotzé (Dur) 2:27:33; 3. Riana Abrahams (Dur) 2:34:44. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 2:36:45; 2. Avril Delapelin-Dumont (WC) 2:59:47; 3. Gail McLellan (VOB) 3:20:19.

Dis-Chem Half Marathon & 5 km

Bedfordview, 11 January

(Distances: 21.0975 km & 5 km; the half marathon a loop course)

Half marathon

MEN

1. Mabuthile Lebopo (LES/Toy) 65:56; 2. Sechaba Bogotsi (LES/Toy) 66:26; 3. Lucky Mohale (GS) 66:45; 4. Dejene Asafa (ETH/ADT) 66:43; 5. Lebenya Nkoka (LES/Toy) 67:23; 6. Enny Moshoeane (MP) 67:45.

Veterans: 1 Gethun Wordofa (ETH/ADT) 70:44; 2 Reginald Ngobese (GS) 71:47; 3 Lawrence Chipangaan (Powerade) 77:04; 4 Elgin Mokale (Nedbank) 73:05. **Masters:** 1 Steven Seema (SAPS) 82:09; 2 Moses Motshabi (RAC) 86:17; 3 Les Iving (Carltonville) 88:14. **G'masters:** 1 Glynn Davies (Sunninghill) 96:10; 2 Jimmy Harding (Dosco) 1:44:20. **Juniors:** 1 Adriaan van den Berg (RRW) 1:54:12.

WOMEN

1 Irvette van Blerk (Nedbank) 78:13; 2 Samukeliso Moyo (ZIM/MP) 78:36; 3 Sarah Mahlangu (MP) 85:26 (1st vet); 4 Nodifiwa Mandiwana (Nedbank) 85:59; 5 Monika Khativu (ZIM/MP) 86:03; 6 Renata Dreyer (Sunninghill) 86:59.

Veterans: 1 Sarah Mahlangu (MP) 85:26; 2 Louise Oosthuizen (Alberton) 88:01; 3 Shelley van der Spuy (Boksburg) 98:34; 4 Lettie Saayman (Irene) 99:04. **Masters:** 1 Pam Hampton (Sunninghill) 1:44:58; 2 Sarah Webb (RAC) 1:45:08; 3 Cindy Beeming (Alberton) 1:52:03. **G'masters:** 1 Penny Visser (Breakthru) 1:57:01. **Juniors:** 1 Lauren Venter (Nedbank) 1:43:32.

5 km

MEN

1 Sibusiso Nzima (Powerade) 13:58; 2 Themba Miya (GS) 14:06; 3 Frik Guys (Nedbank) 14:12.

Veterans: 1 Nel Mtsweni (Ikhaya) 15:23; 2 Adam Motlagale (Goldfields) 17:40. **Masters:** 1 Andre Jansen (GS) 17:50; 2 Wilson Moloto (Temp) 18:20. **G'masters:** 1 John MacDonald (RAC) 23:20. **Juniors:** 1 Mabuti Mpholo (GS) 15:23

WOMEN

1 Lebo Phalula (UJ) 16:04; 2 Lebogang Phalula (UJ) 16:30; 3 Onnelie Dintwe (ADT) 17:28.

Veterans: 1 Judy Pace (RAC) 21:26; 2 Colleen van Rooyen (UJ) 22:59. **Masters:** 1 Ann Bellamusto (Sunninghill) 20:42; 2 Natalie Sanders (Fourways) 23:48. **G'masters:** 1 Sonja Laxton (RAC) 20:40. **Juniors:** 1 Chante Venter (Nedbank) 19:36.

Ronnie Davel 16 km

Hilton, 11 January
(Loop course)

MEN

1 Sibonelo Duma Boxer 56:05, 2 Sandile Lembethe Mr Price 56:35, 3 Richard Nene ZIM/Boxer 57:23.

40-49: Michael Henning UKZN 64:20, 2 Simphiwe Ntentensa Toyota 65:44. **50-59:** 1 Joseph Dimagude Ind 77:14, 2 Paddy Collins Kearsney 78:55. **60-69:** 1 Neil Perrott Sav 84:17.

WOMEN

1 Janine Carey Boxer 71:19, 2 Daniel Adlam Boxer 74:30, 3 Maya Lawrie Boxer 78:35 (1st vet).

40-49: Maya Lawrie Boxer 78:35, 2 Jenny Sutton YWP 83:59. **50-59:** Wendy Fitzmaurice West 85:23, 2 Maralyn Hattingh Eskom 92:32. **60-69:** Dapheny Edwards CH 2:03:30.

Despatch 10 km

Despatch, 10 January

(Loop course)

MEN

1	George	Ntshiliza	Mr Price AC EP	29	30:32
2	Mzwanele	Maphekula	Nedbank RC EP	32	31:22
3	Melikhaya	Kepe	Nedbank RC EP	32	31:36
4	Aphlyn	Taai	Nedbank RC EP	26	31:42
5	Desmond	Zibi (1 st vet)	Mr Price AC EP	45	32:11
6	Maboyisana	Mazwayi	Nedbank RC EP	40	32:20
7	Luyanda	Tshangane	Mr Price AC EP	35	32:38
8	Vuso	Nkonzo	Mr Price AC EP	23	32:43
9	Lawrence	Ntantiso	Temp	31	32:50
10	Anele	Maliza	Mr Price AC EP	30	32:55
11	Zolani	Mabongo	Temp	22	33:07
12	Mila	Pasiya	Nedbank RC EP	29	33:13
13	Mzolisi	Makhanda	Temp	26	33:21
14	Alfred	Qogi	Nedbank RC EP	35	33:32
15	Patrick	Made	Temp	27	33:40
16	Emerson	Kayana	Nedbank RC EP	34	33:45
17	Justice	Bashe	Temp	30	34:06
18	Lubabaloo	Mdlungwane (1 st jun)	Nedbank RC EP	15	34:12
19	Xolile	Ndingane	Mr Price AC EP	37	34:19
20	Mariano	Eesou	Nedbank RC EP	17	34:23

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	40	32:20
2	Christopher	Mabengeza	Nedbank RC EP	42	34:56
3	Vincent	Mbixana	Legacy AC	40	38:41

45-49:

1	Desmond	Zibi	Mr Price AC EP	45	32:11
2	Dali	Tsili	Temp	45	40:39
3	Elliot	Nyanga	Mr Price AC EP	48	45:02

50-54:

1	Donald	Mancasa	Raleigh AC	54	40:55
2	Peter	Van Rensburg	Elite AC	50	41:53
3	Stephen	Klue	Elite AC	50	42:59

55-59:

1	Sizinzo	Kama	Achilles AAA	57	40:26
2	Piet	Meyer	St Albans CSEP	59	47:44
3	Henry	Fredricks	SAP M C EP	56	51:15

60-64:

1	William	Grobler	Elite AC	60	51:50
2	Chris	Jansen	PEAAC	64	57:26
3	Herman	Dekker	SAP M C EP	64	58:34

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	66	42:31
2	Loynes	Jenkerson	Spar Walmer AC	67	57:28
3	Gerald	Bouwer	Achilles AAA	65	1:03:43

70+:

1	Michael	Collins	PEAAC	70	48:58
2	Kai	Tarnow	Jeffreys Bay	70	1:04:10
3	Hilary	Pritchard	Crusaders AC	74	1:07:17

80+:

1	Henry	Botha	Despatch AC	81	1:12:42
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Juniors:

1	Lubabaloo	Mdlungwane	Nedbank RC EP	15	34:12
2	Mariano	Eesou	Nedbank RC EP	17	34:23
3	Masibulele	Heugh	Nedbank RC EP	14	34:43

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price AC EP	27	41:01
2	Deliwe	Nyanga	PEAAC	19	41:04
3	Ursula	Kuhn	NMMU AC	27	42:17
4	Treloar	Childs (1 st vet)	Spar Walmer AC	45	43:45
5	Priscilla	Dyantyi	Mr Price AC EP	34	44:00
6	Suzanne	Lavis (1 st mast)	Jeffreys Bay	50	44:38
7	Babalwa	Ngcoko	Mr Price AC EP	21	46:12
8	Lindi	Meyer	Jeffreys Bay	29	46:17
9	Adele	Nel	St Albans CSEP	35	46:43
10	Noxolo	Marks	Temp	22	47:36
11	Annemart	Rossouw	Charlo AC	26	49:42
12	Liz	Grundlingh (1 st g'mast)	Muirite Strider	62	51:35
13	Monica	Masilela	Temp	25	51:53
14	Terray	Newcombe (1 st jun)	Nedbank RC EP	17	53:33
15	Lindie	Barnardo	Temp	24	53:49
16	Lesley	Maggott	Achilles AAA	41	54:54
17	Suzanne	Van der Westhuizen	Elite AC	37	56:05
18	Rene	Hattingh	PEAAC	31	56:28
19	Lizelle	Porter	Muirite Strider	34	56:34
20	Helen	Short	Charlo AC	33	57:33

40-44:

1	Lesley	Maggott	Achilles AAA	41	54:54
2	Charlene	De Coning	Spar Walmer AC	44	57:54
3	Lavinia	Darlow	Charlo AC	40	58:20

45-49:

1	Treloar	Childs	Spar Walmer AC	45	43:45
2	Aletta	Joubert	Crusaders AC	47	57:55
3	Doris	Liberty	Elite AC	48	58:45

50-54:

1	Suzanne	Lavis	Jeffreys Bay	50	44:38
2	Alma	Fourie	Charlo AC	51	1:00:10
3	Amanda	Bezuidenhout	Temp	54	1:11:40

55-59:

1	Elsa	Gomez	Jeffreys Bay	56	1:03:39
2	Carol	Nepgen	Kowie Striders	57	1:25:08

60-64:

1	Liz	Grundlingh	Muirite Strider	62	51:35
2	Anna	Schnetler	PEAAC	61	1:12:27
3	Debbie	Oelofse	Legacy AC	62	1:15:29

65-69:

1	Orgia	Nell	Muirite Strider	65	1:10:52
2	Isabella	Childs	Spar Walmer AC	67	1:15:44

70-74:

1	Dorothy	Hart	PEAAC	70	1:03:27
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75-79:

1	Sylvia	Pritchard	Crusaders AC	75	1:30:35
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Juniors:

1	Terray	Newcombe	Nedbank RC EP	17	53:33
2	Tracy	Goldswain	PEAAC	15	1:23:35

Big Blue 10 km

Kleinmond, 9 January

(Course configuration unknown)

MEN

1. Thembelani Zola (Mr Pr) 34:55; 2. Alfred Tsahabeni (Whal) 35:19; 3. Morné Hansen (Ind) 37:47; 4. Thomas Moses (Worc) 38:20 (1st mast); 5. Willem Floors (Hang) 38:55 (1st vet); 6. Patrick Day (Ind) 40:14; 7. Bennie Stadler (Ind) 40:44; 8. Cobus Hugo (Ind) 40:54; 9. Francois du Plessis (Ind) 43:13; 10. Rudi van Tonder (Elite) 43:28; 11. G. Mellon (Ind) 44:51; 12. Eric Bateman (VOB) 45:18 (1st g'mast); 13. Christo Blake (Ind) 45:30; 14. Christopher Cronjé (Ind) 47:16; 15. Leon van der Merwe (Alpha Cent) 47:19; 16. Nico van Zyl (Ind) 47:24; 17. Philip Monk (Ind) 47:30; 18. K. Botha (Str) 47:43; 19. Robert Alam (Whal) 48:53; 20. Pieter Roelofse (Celt) 49:12.

Masters: (40+): 1. Willem Floors (Hang) 38:55; 2. Patrick Day (Ind) 40:14; 3. Bennie Stadler (Ind) 40:44. **(50+):** 1. Thomas Moses (Worc) 38:20; 2. Robert Alam (Whal) 48:53; 3. Johann van Rensburg (Komati) 49:10. **(60+):** 1. Eric Bateman (VOB) 45:18; 2. Gert Shepherd (Ind) 61:17; 3. Werner Mordiger (Hang) 62:34. **(70+):** 1. Leo Benning (Whal) 61:29; 2. Dermott Devine (VOB) 63:14; 3. Johann Andersen (Whal) 65:11.

WOMEN

1. Viv Williams (Ad) 43:12 (1st vet); 2. Cailey Bredenkamp (Paarl) 48:56; 3. Charlene Pienaar (Ind) 49:50; 4. Anne Pool (Str) 50:20; 5. Alison Mellon (Ind) 50:51; 6. Anneke Greenwood (Str) 50:52; 7. Hannelie Naudé (Ind) 52:10; 8. Michelle Steyn (Ind) 52:17 (1st jun); 9. Magriet Muller (Ind) 52:30; 10. Vondra Singleton (Worc) 52:57; 11. Sonia Niemand (Ind) 53:10; 12. Magriet Brink (Ind) 53:43; 13. Stephany Cherry (Ind) 54:11; 14. Katrien du Plessis (Ind) 54:16; 15. Zenobia Venter (Outen) 54:58; 16. Toni Truter (NBMC) 56:27; 17. Annette Botha (R/W for L) 57:42; 18. Rosa Rennie (Paarl) 58:00; 19. Michelle Lawrence (58:10); 20. Suzelle Erasmus (Ind) 58:11.

Masters: (40+): 1. Viv Williams (Ad) 43:12; 2. Cailey Bredenkamp (Paarl) 48:56; 3. Anne Pool (Str) 50:20. **(50+):** 1. Marline van Deventer (Irene) 67:10; 2. Gina Karmis (Ind) 73:37; 3. Annetjie Claassen (Sanlam) 78:34. **(60+):** 1. Janet Lanning (Fit 2000) 74:15; 2. Arlene Ehrenburg (Whal) 78:14. **Juniors:** 1. Michelle Steyn (Ind) 52:17; 2. Magriet Muller (Ind) 52:30.

Engen 10 km

George, 27 December

MEN

1	Johan	Cronje	Kovsies	26	30:13
2	Lloyd	Bosman	Pukke	20	30:16
3	Lindile	Tokota	Nedbank RC	41	32:02
4	Disqualified				
5	Vuyo	Witbooi	Outeniqua Harriers	33	34:02
6	Hermanus	Jonkerman	Outeniqua Harriers	49	36:35
7	Coenie	Bobbert	Klerksdorp MC	41	36:37
8	Cobus	Moolman	Celtics Harriers	30	37:09
9	DP	Swart	Outeniqua Harriers	15	38:08
10	Anton	Chevalier	Nedbank RC	43	38:20
11	Johann	Diener	Strand	57	38:24

WOMEN

1	Phyllis	De Fouw	Standardbank	36	38:24
2	Julia	Janse van Rensburg	MP Celtics	26	40:12

3	Sheryl	De Lange	Nedbank RC	40	41:06
4	Annatjie	Botes	Nedbank RC	51	41:53
5	Marie	Wolmarans	Nedbank RC	49	43:33
6	Johanna	Claassen	Nedbank RC	40	45:07
7	Francelle	Strydom	Kentron	18	45:37
8	Vanessa	Du Toit	Temp	30	46:43
9	Lola	De Meyer	Outeniqua Harriers	38	47:16
10	Ella	Loubser	Cowies	23	49:20

Moordkuil 15 km

Hartenbos, 24 December

MEN

1	Lindile	Tokota	Nedbank SWD	41	54:16
2	Phillip	Maree	Ind	26	1:19:00
3	Hermanus	Jonkerman	Outeniqua	49	1:03:53
4	Cobus	Moolman	Celtics Harriers	30	1:03:54
5	Jaco	Botha			1:05:04
6	Johann	Diener	Strand	57	1:05:19
7	Frans	Uithaler	Mosselbaai Harriers	16	1:06:58
8	Eddie	Mouton	Outeniqua	34	1:09:38
9	Denzil	Jaars	Hartenbos Drawwers	16	1:10:47
10	Janes	Brits	Ind	18	1:11:21

WOMEN

1	Julia	Janse van Rensburg	Celtics Harriers	26	1:08:11
2	Kleintjie	Van Schalkwyk	Hartenbos Drawwers	45	1:14:54
3	Francelle	Strydom	Kentron	18	1:16:17
4	Ad	Cole	Eden	45	1:26:24
5	Sibylle	Engelbercht	Arcelor Mittal	46	1:26:32
6	Yolandie	De Klerk	Ind	33	1:27:13
7	Portia	Cronje	Outeniqua	36	1:29:27
8	Barbara	Vintcent	Ind	33	1:31:48
9	Petra	Pienaar	Spar Walmer	44	1:35:20
10	Mariana	Fourie	Kimberley Pirates	42	1:37:01

Knysna Marathon Club Nite Race

Knysna, 17 December

(Distance: 10 km)

MEN

1	Vuyo	Witbooi	Outeniqua	33	33:06
2	Juan	Pretorius	Hartenbos	27	33:25
3	Lindile	Tokota	Nedbank Swd	41	33:53
4	Zuzile	?	Knysna	33	35:56
5	Marlin	Mortlock	Knysna	34	36:11
6	Frans	Malgas	Knysna	18	36:13
7	M.-Hugo	Schlechter	Plettenberg Bay	43	36:14
8	Marcel	Roos	Knysna	27	36:52
9	Hanno	Smit	Temp	40	38:11
10	Jaco	Horn	Temp	24	38:29

WOMEN

1	Sheryl	De Lange	Nedbank Wp	40	41:33
2	Lisl	Grobler	Knysna	32	42:59

3	Joe	Mackenzie	Temp	33	43:15
4	Francelle	Strydom	Kentron	18	43:29
5	Kerry	Roos	Knysna	30	44:49
6	?	Walls	Nedbank	39	45:06
7	Rentia	Retief	Temp	16	45:49
8	Johandri	Lategan	Temp	21	46:41
9	Rhona	Zonnestein	Knysna	46	46:42
10	Ad	Cole	Eden	41	47:02

Palm Tyre Half Marathon

George, 13 December

(Distance: 21.0975 km; loop course)

MEN

1	Lloyd Bosman	Pukke	20	1:11:00
2	Lindile Tokota	Nedbank	41	1:11:15
3	Vuyo Witbooi	Outeniqua	33	1:14:52
4	S Booï	RWFL	35	1:17:31
5	Mxolisi Fana	Nedbank	33	1:17:33
6	Marlow Mortlock	Knysna	34	1:24:36
7	W Spiers	Rainbow	43	1:25:22
8	Hermanus Jonkerman	Outeniqua	49	1:26:54
9	B de Klerk	New Balance	35	1:26:57
10	Cobus Moolman	Celtics	30	1:27:12

WOMEN

1	Adinda Kruger	Nedbank	31	1:27:11
2	Julia J van Rensburg	Celtics	26	1:28:04
3	Sheryl de Lange	Nedbank	40	1:33:42
4	Annatjie Botes	Nedbank	51	1:37:09
5	Lorinde Olivier	Strand	43	1:39:57
6	H le Roux	Wingate	47	1:41:26
7	Carmen Maloney	Oudtshoorn	37	1:42:47
8	Kleintjie van Schalkwyk	Hartenbos	45	1:44:07
9	Disqualified			
10	E Kloppers	Temp	38	1:47:47
11	S Vosloo	Kovsies	33	1:49:15

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

Nike Halve-Marathon von Egmond (37th)

Egmond Aan Zee, NED, 11 January

(Distance: 21.1 km [tough course, approximately 10 km on the dunes and 7 km on the beach]; elite women run separately with an 8:46 headstart)

Note: In the gender battle (women get a headstart), men's winner Wilson Kipsang finished well ahead of women's winner Workitu Ayanu. He had a 10 minute and 57 second advantage, and Ayanu and the other women only had an 8:46 headstart. – Ed.

MEN

1. Wilson Kipsang, KEN 1:05:36
2. Michel Butter, NED 1:05:50
3. Chala Dechase, ETH 1:05:53

WOMEN

1. Workitu Ayanu, ETH 1:16:33
2. Hilda Kibet, NED 1:17:32
3. Ilse Pol, NED 1:19:21

Tiberias International Marathon (32nd)

(Israel Marathon Championships)

Sea of Galilee, ISR, 8 January

(Distance: 42.195 km; out-and-back course around the Sea of Galilee)

MEN

1. Jackson Kipkoech Kotut, KEN 2:08:07 PB/ACR USD 50,000
2. Leonard Mucheru, KEN 2:09:37 PB 28,000
3. Philemon Boit, KEN 2:10:55 PB 10,000

WOMEN

1. Irene Kosgei, KEN 2:39:07 USD 4,000
2. Asrat Kebede Addis, ETH 2:42:23 3,000
3. Meseret Kotu Gemeda, ETH 2:47:05 1,500

Miyazaki Road Races

(Women only)

Miyazaki, JPN, 6 January

(Distance: 21.1 km)

1. Maki Suzawa, JPN 1:11:22 PB
2. Madoka Ogi, JPN 1:11:24
3. Ruth Wanjiru, KEN 1:11:25
4. Hiroko Miyauchi, JPN 1:11:29
5. Mayumi Fujita, JPN 1:11:59
6. Satoko Uetani, JPN 1:12:58
7. Yuko Machida, JPN 1:13:00
8. Mayumi Nakayama, JPN 1:13:32
9. Akane Taira, JPN 1:13:47

10. Yukari Soh, JPN 1:13:55 DB

CROSS-COUNTRY

BUPA Great Edinburgh Cross-country

Edinburgh, GBR, 10 January

SR. MEN (9.3 km)

1. Abebe Dinkesa, ETH, 26:51
2. Mangata Ndiwa, KEN, 26:54
3. Zersenay Tadese, ERI, 26:55
4. Eliud Kipchoge, KEN, 26:58
5. Boniface Kiprop, UGA, 26:59
6. Mike Kipyego, KEN, 27:06
7. Augustine Choge, KEN, 27:11
8. Bernard Kipyego, KEN, 27:18
9. Yonas Kifle, ERI, 27:23
10. Sergey Lebid, UKR, 27:23
- ... 13. Jorge Torres, USA, 28:05
14. Edwardo Torres, USA, 28:15

SR. MEN (4 km)

1. Andy Baddeley, HARROW, 12:17
2. Steve Vernon, STOCKPORT, 12:20
3. Tom Lancashire, BOLTON, 12:23
4. Andy Vernon, AFD, 12:23
5. Mike Skinner, BLCKHTH, 12:28
6. Neil Gamester, SHAFTSBURY, 12:34
7. Ryan Mcleod, TIPTON, 12:38
8. Mitch Goose, CITY OF NORWICH, 12:40
9. Matt Barnes, ALTRINCHAM, 12:44
10. Mark Draper, WSE & H, 12:47

SR. WOMEN (5.6 km):

1. Linet Masai, KEN, 19:02
2. Mestewat Tufa, ETH, 19:13
3. Viola Kibiwott, KEN, 19:14
4. Steph Twell, GBR/AFD, 19:16
5. Kalkidan Gezahegn, ETH, 19:18
6. Vivian Cheruiyot, KEN, 19:32
7. Emily Brown, USA, 19:33
8. Jessica Augusto, POR, 19:34
9. Freya Murray, EDINBURGH AC, 19:59
10. Laura Kenny, GBR/SUTTON COALFIELD, 20:04

Athletics Kenya Weekend Cross Country #6

Eldoret, KEN, 10 January

MEN (12 km)

- | | |
|-----------------------------|---------|
| 1. Abraham Chebii | 36:14.6 |
| 2. Isaac Ismael Rashid, QAT | 36:28.3 |
| 3. Barnabas Kosgei | 36:35.1 |
| 4. Peter Kamais | 36:42.4 |
| 5. Levi Matebo | 37:08.6 |
| 6. Stephen Kiprotich | 37:10.8 |

- | | |
|-------------------|---------|
| 7. Richard Ndegwa | 37:13.6 |
| 8. Leting Kimaiyo | 37:30.2 |
| 9. Gilbert Yegon | 37:30.7 |
| 10. Mike Mutai | 37:31.2 |

DNF - Saif Saaeed Shaheen, QAT

DNF - Asbel Kiprop

WOMEN (8 km)

- | | |
|-----------------------|---------|
| 1. Pauline Korikwang | 26:55.9 |
| 2. Rose Kosgei | 27:05.4 |
| 3. Ann Jeptanui | 27:14.5 |
| 4. Florence Jepkemboi | 27:47.7 |
| 5. Antoninah Ruto | 27:50.7 |
| 6. Jane Mwikali | 27:58.3 |
| 7. Lydia Rotich | 28:08.9 |
| 8. Milcah Jerotich | 28:18.0 |
| 9. Eunice Kioko | 28:27.1 |
| 10. Agnes Katunge | 28:47.1 |

JR. MEN (8 km)

- | | |
|----------------------|---------|
| 1. Japheth Korir | 23:22.7 |
| 2. Gilbert Masai | 23:24.0 |
| 3. Charles Kibet | 23:33.4 |
| 4. Titus Mbishae | 23:36.8 |
| 5. Peter Kosgei | 23:45.0 |
| 6. Philomen Rono | 23:46.0 |
| 7. Silas Kiplagat | 23:53.0 |
| 8. Paul Tanui | 23:53.2 |
| 9. Boniface Kosgei | 23:58.8 |
| 10. Collins Chelanga | 24:04.6 |

JR. WOMEN (6 km)

- | | |
|---------------------|---------|
| 1. Hilda Chepkemai | 19:30.7 |
| 2. Lucia Muia | 19:59.0 |
| 3. Judith Chepkoech | 20:07.3 |
| 4. Purity Rotich | 20:07.8 |
| 5. Frida Mwikali | 20:11.7 |
| 6. Stacy Ndiwa | 20:17.4 |
| 7. Maurine Mutindi | 20:22.3 |
| 8. Faith Chengetich | 20:24.9 |
| 9. Miriam Muthoni | 20:26.4 |
| 10. Pauline Eyeban | 20:35.6 |

Campaccio Classica del Cross (52nd)

San Giorgio su Legnano, ITA, 6 January

MEN (10 km)

- | | |
|-------------------------------|-------|
| 1. Eliud Kipchoge, KEN | 29:54 |
| 2. Sergey Lebid, UKR | 29:58 |
| 3. Leonard Patrick Komon, KEN | 30:12 |
| 4. Andrea Lalli, ITA | 30:23 |
| 5. Edwin Soi, KEN | 30:28 |

WOMEN (6 km)

- | | |
|------------------------|-------|
| 1. Aniko Kalovics, HUN | 20:33 |
|------------------------|-------|

2. Elena Romagnolo, ITA 21:02
 3. Federica Dal Ri, ITA 21:21
 4. Tatyana Holovcehnko, UKR 21:21
 5. Valentina Costanza, ITA 21:41
-

NEWS

ÅF GOLDEN LEAGUE JACKPOT EVENTS FOR 2009

The IAAF has announced that there will be ten ÅF Golden League event disciplines designated to the USD 1 million jackpot (five events for men and five for women) for 2009, as follows:

Men: 100 m, 400 m, 3000 m/5000 m, 110 m hurdles, javelin throw.
 Women: 100 m, 400 m, 100 m hurdles, high jump, pole vault.

This selection of the women's events puts 800 m Olympic gold medallist and 2008 ÅF Golden League champion Pamela Jelimo out of the running to win for a second year in a row. Indeed, there are no opportunities for female middle and long distance runners.

To win -- or at least share in -- the jackpot, athletes must win at all six ÅF Golden League meetings. However, a secondary prize also exists, because should no athlete get six wins and claim the \$1 million, then anyone with five victories will share half the original prize: \$500 000. This secondary prize is only on offer should nobody win his or her event at all six meetings.

The locations and dates of the 2009 ÅF Golden League meetings are as follows:

Berlin, GER - Sunday, 14 June
 Oslo, NOR - Friday, 3 July
 Rome, ITA - Friday, 10 July
 Paris, FRA - Friday, 17 July
 Zürich, SUI - Friday, 28 August
 Brussels, BEL - Friday, 4 September

RECORD YEAR FOR FAST MARATHONS

By almost any measure, 2008 was the greatest year for the number of fast marathons times run throughout the world, according to statistics compiled by the Association of Road Running Statisticians (ARRS) and published in the latest edition of the Analytical Distance Runner, writes David Monti in *Race Results Weekly*.

In 2008 there were 1342 sub-2:20 statistically valid performances by men, up 11% from 2007, the previous record year. Truly elite performances also exploded, with 257 sub-2:12 marks, 169 sub-2:11, 106 sub-2:10, and 66 sub-2:09. Each of those totals were records. At the very highest end of the sport, sub-2:08 performances grew to 36, up 33% from the previous record in 2003, while there were 16 sub-2:07's, and seven sub-2:06's. All of these totals set records.

The story was similar on the women's side, except at the very top end. There were 1353 performances below 2:50, up 16% from the previous record of 1164 set in 2006. Truly elite performances (sub-2:32) hit 199, up 21% from the previous record, and sub-2:30 marks hit 136, also a record.

Performances, however, at the very highest end of marathon running for women did not break new ground. There were 32 sub-2:26's (the annual record is 38 set in 2003), just ten sub-2:24's (record is 20, 2003), and just two sub-2:22's (record is 9, 2006). Only one woman, Irina Mikitenko of Germany, broke 2:20 (2:19:19), a mark she accomplished at Berlin.

The men's fastest time, of course, was Haile Gebrselassie's new world record of 2:03:59 also set at Berlin.

STATS TIME

The first Stats Time of 2009 is a list of the world's top 20 men over 100 km for 2008.

2008 100 KM: WORLD TOP 20 MEN

6:37:41	Giorgio Calcaterra	ITA	1	Tarquinia	08 Nov
6:40:04	Jaroslav Janicki	POL	2	Tarquinia	08 Nov
6:42:05	Masakazu Takahashi	JPN	1	Lake Saroma	22 Jun
6:42:36	Grigoriy Murzin	RUS	1	S Cruz de Bezana	27 Sep
6:46:48	Hideo Nojo	JPN	2	Lake Saroma	22 Jun
6:49:44	Walter Jenni	SUI	1	Biel	14 Jun
6:52:43	Aleksei Izmailov	RUS	1	Puschino	14 Apr
6:53:44	Miguel Angel Jimenez Parejo	ESP	3	Tarquinia	08 Nov
6:55:22	Pieter Vermeesch	BEL	1	Torhout	21 Jun
6:56:17	Michael Sommer	GER	1	Kienbaum	06 Apr
6:56:49	Anssi Raittila	FIN	4	Tarquinia	08 Nov
6:56:57	Michael Wardian	USA	1	Madison Wi	12 Apr
6:57:13	Mitsuru Shinohara	JPN	3	Lake Saroma	22 Jun
6:57:53	Denis Shalagi Nov	RUS	2	Puschino	14 Apr
6:57:59	Christophe Buquet	FRA	5	Tarquinia	08 Nov
6:58:15	Shinji Nakadai	JPN	4	Lake Saroma	22 Jun
6:58:43	Marco d'Innocenti	ITA	6	Tarquinia	08 Nov
6:59:02	Andrea Rigo	ITA	7	Tarquinia	08 Nov
6:59:08	Aleksandr Vishnyagov	RUS	3	Puschino	14 Apr
6:59:54	Francesco Caroni	ITA	8	Tarquinia	08 Nov

THIS MONTH IN HISTORY

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

25 years ago: 5 January 1984

The wind was howling across the Coetzenburg track on the fifth day of January 1984. But 17-year-old Bloemfontein schoolgirl Zola Budd was on fire that night (as were the packed stands, where a blaze later in the evening made spectators scurry to safety). Running barefoot as usual, she smashed Mary Decker's 5000-metre world record with a time of 15:01.83. Three months later Zola was a British citizen and another four months later she faced Decker in that infamous 3000-metre clash at the Los Angeles Olympic Games.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2009

This section lists 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	30:32	George Ntshiliza	Despatch	10 Jan
15 km	47:10	George Ntshiliza	Jeffreys Bay	03 Jan
21.1 km	66:45	Lucky Mohale	Bedfordview	11 Jan
25 km				
30 km	1:44:42	Zolile Bhitane	Camps Bay	11 Jan
Marathon				
100 km				

Veterans (40+)

10 km	32:11	Desmond Zibi	Despatch	10 Jan
15 km	49:18	Desmond Zibi	Jeffreys Bay	03 Jan
21.1 km	71:47	Reginald Ngobese	Bedfordview	11 Jan
25 km				
30 km	1:57:22	Thembinkosi Zweni	Camps Bay	11 Jan
Marathon				
100 km				

Masters (50+)

10 km	38:20	Thomas Moses	Kleinmond	09 Jan
15 km	58:04	Terrence Brown	Bloubergstrand	03 Jan
21.1 km	82:09	Steven Seema	Bedfordview	11 Jan
25 km				
30 km	2:01:21	Zama Witvoet	Camps Bay	11 Jan
Marathon				
100 km				

Grandmasters (60+)

10 km	42:31	Tamsanqa Jusayi	Despatch	10 Jan
15 km	65:49	Tamsanqa Jusayi	Jeffreys Bay	03 Jan
21.1 km	96:10	Glynn Davies	Bedfordview	11 Jan
25 km				
30 km	2:09:43	Jimmy Morris	Camps Bay	11 Jan
Marathon				
100 km				

Juniors

10 km	34:12	Lubabalo Mdlungwane	Despatch	10 Jan
15 km	50:27	Luxolo Mdzanga	Bloubergstrand	03 Jan
21.1 km	1:54:12	Adriaan v.d. Berg	Bedfordview	11 Jan

WOMEN

Seniors

10 km	41:01	Ntombesintu Ntshiliza	Despatch	10 Jan
15 km	56:15	Ntombesintu Ntshiliza	Jeffreys Bay	03 Jan
21.1 km	78:13	Irvette van Blerk	Bedfordview	11 Jan
25 km				

30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
Marathon				
100 km				

Veterans (40+)

10 km	43:12	Viv Williams	Kleinmond	09 Jan
15 km	63:42	Sarah Mahlangu	Johannesburg	04 Jan
21.1 km	85:26	Sarah Mahlangu	Bedfordview	11 Jan
25 km				
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
Marathon				
100 km				

Masters (50+)

10 km	44:38	Suzanne Lavis	Despatch	10 Jan
15 km	65:56	Nancy Will	Bloubergstrand	03 Jan
21.1 km	1:44:58	Pam Hampton	Bedfordview	11 Jan
25 km				
30 km	2:24:01	Nancy Will	Camps Bay	11 Jan
Marathon				
100 km				

Grandmasters (60+)

10 km	51:35	Liz Grundlingh	Despatch	10 Jan
15 km	70:28	Sonja Laxton	Johannesburg	04 Jan
21.1 km	1:57:01	Penny Visser	Bedfordview	11 Jan
25 km				
30 km	2:36:45	Veronica van Niekerk	Camps Bay	11 Jan
Marathon				
100 km				

Juniors

10 km	52:17	Marline van Deventer	Kleinmond	09 Jan
15 km	65:40	Ayanda Mqhakayi	Bloubergstrand	04 Jan
21.1 km	1:43:32	Lauren Venter	Bedfordview	11 Jan

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