

Distance Running Results

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EDITORIAL

The list leaders took a beating this weekend, with the first two major marathons having been run (the Red Hill, held for the 20th time, and the Johnson Crane, for the 29th time). Although at altitude, most of the list leaders came in the latter race. In Fish Hoek master Styntjie Prins won in 3:21:14 – a list leader for veterans as well.

The traditional Red Hill 36.2 km was held for the 34th time. When last year's results were published in DRR, it was stated that it was the 34th race, but it has since been established that there was no race in 1991 (only the marathon was held that year). Incidentally, only one set of results for these two races is still missing, that for 1977.

Also included are the results of the first big track meeting of the year, the Yellow Pages in Potchefstroom.

On the international marathon scene things have started at a furious pace, especially among the men. Here is a comparison between the month of January in 2008 and 2009:

	2008	2009
Sub-2:09	3	5
Sub-2:08	2	3
Sub-2:07	1	1
Sub-2:27	12	7
Sub-2:26	9	5
Sub-2:25	6	2
Sub-2:24	5	1

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Johnson Crane Marathon & Half Marathon, Benoni
- * Huletts PDAC 25 km, Pinetown
- * Red Hill 36.2 km & Marathon, Fish Hoek
- * PWC George Claassen Half Marathon & 10 km, Pretoria
- * X-Cel Historic 10 km, Port Elizabeth
- * David Rattray Memorial Half Marathon, Isandlwana to Rorke's Drift
- * Pick 'n Pay Aston Manor 15 km, Kempton Park
- * Brackenfell 10 km, Brackenfell
- * Filadelfia Gardens 10 km, Pretoria

* Track: Yellow Pages Series #1, Potchefstroom; AGN Tuks League Meeting, Pretoria; CGA League Meeting, Roodepoort

International highlights:

- * Osaka International Ladies Marathon, Osaka, JPN
- * Marrakech Marathon & Half Marathon, Marrakech, MAR
- * 3M Half Marathon, Austin, USA
- * XC: Cross Internacional de Donostia, San Sebastián, ESP; Discovery Kenya Cross-country, Eldoret, KEN; The Fast and Flurry-ous 4 Miler, Boulder, USA
- * Track: Moscow Championships, Moscow, RUS; Razorback Invitational, Fayetteville, USA

CORRECTIONS & ADDITIONS

In the initial results of the Nedbank Matha Series Half Marathon in Pretoria (17 January), as published in DRR 9:03, the time given for Samukeliso Moyo in 3rd was wrong – her time was in fact that of the 4th runner, Tabitha Tsatsa, and all other times have to move one position down. The correct times for the top ten therefore are (all runners RSA unless indicated otherwise): 1. Sharon Tavengwa (ZIM) 75:54, 2. Mamorallo Tjoka (LES) 76:03, 3. Samukeliso Moyo (ZIM) 76:43, 4. Tabitha Tsatsa (ZIM) 77:34, 5. René Kalmer 78:32, 6. Poppy Mlambo 80:10, 7. Matrinta Mota (LES) 81:48, 8. Dimakatso Menong 82:03, 9. Charné Bosman 83:03, 10. Ntombisintu Ntshiliza 83:10.

The next ten men and women were: MEN – 11. Kanie Simons, 35, 66:14, 12. George Majaji (ZIM), 30, 66:52, 13. Motlokoa Nkhabutlane (LES), 24, 66:54, 14. Lungisa Mdedelwa, 24, 66:56, 15. Brighton Chipere (ZIM), 36, 67:02, 16. Zongamele Dyubeni, 35, 67:06, 17. Mike Tebulo (MAW), 23, 67:08, 18. Othaniel Phalane, 24, 67:30, 19. Tamo Matheledi (LES) 67:31, 20. Maru Olimu (ETH), 25, 67:45. WOMEN – 11. Lizzie Chokore (ZIM), 27, 83:37, 12. Olivia Chitate (ZIM), 21, 84:08, 13. Eunice Nhlapo, 30, 84:11, 14. Irvette van Blerk, 27, 84:48, 15. Annah Sepotokele, 26, 86:15, 16. Muchaneta Gwata (ZIM), 24, 87:03, 17. Mpho Mabuza, 29, 87:08, 18. Lesley Train, 34, 87:44, 18. Catherine Skosana, 29, 88:26, 20. Sarah Mahlangu, 42, 88:45.

ROAD RUNNING

Johnson Crane Marathon (29th) & Half Marathon

Benoni, 25 January

(Distances: 42.195 km & 21.0975 km; loop courses, the marathon twice the half-marathon route)

Note: This was Lesley Train's second half marathon on consecutive days, while both Charles Soza and Olivia Chitate raced 10 km the previous day (see results of the George Claassen Half Marathon & 10 km elsewhere in this issue). – Ed.

Marathon

MEN

1 Michael Msini (GRRR) 2:31:12; 2 Nyabela Molepo (Mr Price) 2:32:40; 3 Siphon Maisela (Nedbank) 2:33:43.

Veterans: 1 Solomon Khumalo (Carlton) 2:44:11; 2 Sean Henry (AMABRS) 2:44:25.

Masters: 1 Aubrey Watson (New Balance) 2:57:17. **G'masters:** 1 Glyn Davies (Sunninghill) 3:31:41.

WOMEN

1 Julanie Basson (RanMarc) 3:13:06; 2 Kashmira Parboo (Lenasia) 3:17:48; 3 Shelley van der Spuy (Boksburg) 3:23:24 (1st vet).

Veterans: 1 Shelley van der Spuy (Boksburg) 3:23:24; 2 Rita van Wyk (Boksburg) 3:38:56. **Masters:** 1 Val Watson (New Balance) 3:51:59. **G'masters:** 1 Hazel Quilliam (Roodepoort) 4:32:10.

Half marathon

MEN

1 Maru Ondo Olimo (ETH/Raiders) 66:33; 2 Charles Soza (ZIM/Bashewa) 67:01; 3 Charles Tjiane (Mr Price) 67:22.

Veterans: 1 Elgin Mokale (Nedbank) 72:07; 2 Lawrence Chipangaan (Powerade) 73:19. **Masters:** 1 Johannes Seakamela (RAC) 78:25. **G'masters:** 1 Pele Tshikundamalema (Yebo Striders) 96:12.

WOMEN

1 Olivia Chitate (ZIM/Bashewa) 83:11; 2 Michelle Williams (RAC) 85:29; 3 Lesley Train (Nedbank) 88:02.

Veterans: 1 Sarah Mahlangu (Mr Price) 88:39; 2 René Strydom (Randburg Harriers) 97:17. **Masters:** 1 Selinah Netsisaulu (RAC) 1:45:51. **G'masters:** 1 Ruby Edward (Fit 2000) 2:06:07.

Hulett's PDAC 25 km

Pinetown, 25 January
(Point-to-point course)

Note: It is believed this was the 30th running of the race, but this could not be verified. – Ed.

MEN

1.	Elmore Sibanda	ZIM/Boxer A C	1:17:56
2.	Prodigal Khumalo	ZIM/Mr Price A C	1:17:59
3.	Proffesor Mollen	ZIM/Mr Price A C	1:19:29

40-49:

1.	Lungani Gcabashe	Boxer A C	1:27:00
2.	Simphiwe Ntentesa	Toyota A C	1:30:18
3.	Clever Chidiva	Ubunye A C	1:32:55

50-59:

1	Nicholas Dlamini	Boxer A C	1:36:38
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60+:

1.	Petros Shumi	Zabalaza A C	1:55:03
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WOMEN

1.	Danelle Adlam	Boxer A C	1:39:55
2.	Iris Ndlovu	Boxer A C	1:49:33
3.	Sibongile Mpanza	Boxer A C	1:50:05

40-49:

1.	Tammy Dennill	West A C	2:02:16
2,	Julie Fourie	Hillcrest Vill	2:04:19
3.	Sandy Damant	DCS	2:06:41

50-59:

1.	Jenny Scott	DCS	2:06:47
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60+:

1.	Maureen Parry	Chiltern A C	2:32:24
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Red Hill 36.2 km (34th) & Marathon (20th)

Fish Hoek, 24 January

(Distances: 36.2 km & 42.195 km; certified, very hilly loop courses)

Note: This was her first race as a veteran for Ursula Frans. – Ed.

36.2 km

MEN

1. Mbuyiselo Ketelo (RCS Gug) 2:12:50; 2. Dawid Visser (Mr Pr) 2:17:12; 3. Siphon Phala (VOB) 2:21:44; 4. Marks Mpekula (VOB) 2:24:30; 5. Andrew Payne (Mr Pr) 2:27:56; 6. Alfred Tshabeni (Whal) 2:30:51; 7. William Robinson (UCT) 2:31:57; 8. Jimmy Drury (Mr Pr) 2:32:39; 9. Edward Conrad (Atl Harr) 2:33:36; 10. Charles Witbooi (VOB) 2:34:43; 11. Lungisa Cuba (Ned) 2:35:16; 12. Roger Dickson (VOB) 2:35:32; 13. Dion Middelkoop (VOB) 2:35:33; 14. Duncan Gilmour (VOB) 2:35:34; 15. Stef Patten (VOB) 2:35:48; 16. Niklaas Vlok (Yebo) 2:36:16; 17. Mike O'Donovan (VOB) 2:36:30 (1st vet); 18. Aldrin Smit (NB) 2:37:39; 19. Joseph Nozihnowe (RCS Gug) 2:37:53; 20. Evert Meintjes (NB) 2:38:05; 21. Warren Petterson (Mr Pr) 2:38:21; 22. Trevor James (Mr Pr) 2:38:22; 23. André Bresler (Tyg) 2:40:20; 24. Nevule Jacobs (FH) 2:41:30; 25. Pikkie du Plessis (Ned) 2:42:14; 26. Mark Lagan (Mr Pr) 2:42:59; 27. Simon von Witt (Atl) 2:43:17; 28. Ricardo Korkee (MP Titans) 2:44:34; 29. Paul Floquet (VOB) 2:44:44; 30. Conrad Moolman (Dur) 2:44:59.

Masters: (40+): 1. Mike O'Donovan (VOB) 2:36:30; 2. Warren Petterson (Mr Pr) 2:38:21; 3. Pikkie du Plessis (Ned) 2:42:14. **(50+):** 1. Dicky Cloete (WP Def) 2:45:43; 2. Willie Bartman (Spart) 2:46:22; 3. Alan Ryninks (Harf Harr) 2:5:25. **(60+):** 1. Claude Brooks (Top) 3:20:00; 2. Gideon Malherbe (Celt) 3:20:45; 3. Roelof van Weele (Whal) 3:40:53. **(70+):** 1. Hugh Waters (Whal).

WOMEN

1. Julia J. van Rensburg (Celt) 2:36:05; 2. Kirsty Weir (Ind) 2:45:04; 3. Anneline Roffey (Ad) 2:45:34; 4. Ursula Frans (Ad) 2:50:04 (1st vet); 5. Chantel de Lange (Ad) 2:54:36; 6. Liana Maree (Stel) 2:54:7; 7. Karen de Kock (Dur) 2:59:31; 8. Sarah Williams (WC) 3:00:04; 9. Lisa Gething (Ind) 3:02:05; 10. Tania Kapp (VOB) 3:03:51; 11. Eunice Avenant (H.Harr) 3:06:01; 12. Linda Doke (Hout) 3:07:21; 13. Sandra van Graan (Edg) 3:07:22; 14. Lindie Bouwer (Sanlam) 3:07:52; 15. Mariaan Cloete (Stel) 3:09:24; 16. Brigitte Bowler (VOB) 3:09:48; 17. Caitlin Lewis (Ind) 3:10:57; 18. Marie Louw (Ad) 3:11:13; 19. Candyce Hall (Hout) 3:12:58; 20. Tracy Bunn (R/W for L) 3:13:55.

Masters: (40+): 1. Ursula Frans (Ad) 2:50:04; 2. Eunice Avenant (H.Harr) 3:06:01; 3. Sandra van Graan (Edg) 3:07:22. **(50+):** 1. Marina de Milander (Str) 3:15:55; 2. Sue Bracher (Dur) 3:16:28; 3. Brenda Stevenson (Pine) 3:23:32. **(60+):** 1. Avril Delapelin-Dumont (WC) 3:35:52; 2. Gail McLellan (VOB) 3:56:45; 3. Jennifer Bancroft (WC) 4:18:36.

Marathon

MEN

1. Nicholas Rupanga (Celt) 2:32:51; 2. Vuyani Sixaso (VOB) 2:33:26; 3. Siyabonga Nqabeni (Celt) 2:36:56; 4. Arnold Hyde (Mr Pr) 2:47:19; 5. Ryan Sandes (Hout) 2:51:14; 6. John van der Byl (MP Titans) 2:57:08 (1st vet); 7. Khaya Fokwana (VOB) 3:00:39; 8. Johan Stemmet (Bonnie) 3:00:41; 9. Ernest Ngakumbi (T.Mbiza) 3:00:56; 10. Desmore Opper (Dur) 3:01:21; 11. Leon Williams (Sw) 3:01:50; 12. Andries Swanepoel (Brack) 3:01:54; 13. Mphicoti Qantolo (Celt) 3:02:50; 14. Mogale Piloso (WP Def) 3:38:46; 15. Paul Cieverts Top) 3:08:46 (1st mast); 16. Lerryn Smit (Llun) 3:09:10; 17. Makhi Mtashe (VOB) 3:10:24; 18. Peter Bennet (WC) 3:11:35; 19. Richard Muller (Top) 3:11:41; 20. Les Oliphant (NB) 3:12:54; 21. Lucky Ziqwayi (VOB) 3:13:20; 22. Willem Swanepoel (Brack) 3:14:13; 23. Jacobus Visagie (Wel) 3:14:23; 24. Marius Kruger (NB) 3:14:32; 25. Leonard

Kali (RCS Gug) 3:16:5; 26. Garry Wilford (Dur) 3:16:5; 27. Marthinus Corah (Elg/Grab) 3:19:01; 28. Forgiveness Zhange (Dur) 3:19:22; 29. Richard Johnson (H.Harr) 3:19:47; 30. Wilhelm Coetzee (WC) 3:19:50.

Masters: (40+): 1. John van der Byl (MP Titans) 2:57:08; 2. Desmore Oppel (Dur) 3:01:21; 3. Leon Williams (Sw) 3:01:50. **(50+):** 1. Paul Cievorts (Top) 3:08:46; 2. Garry Wilford (Dur) 3:16:45; 3. Richard Johnson (H.Harr) 3:19:47. **(60+):** 1. Eric Bateman (VOB) 3:34:37; 2. Eric Joubert (FH) 4:08:39; 3. Orton Becker (McArth) 4:14:30. **(70+):** 1. Brian Key (For) 3:41:22; 2. Dermott Devine (VOB) 4:51:41.

WOMEN

1. Styntjie Prins (Paarl) 3:21:14 (1st mast); 2. Elizabeth de Gouveia (Dur) 3:23:03; 3. Sylvia Scherzinger (VOB) 3:26:00; 4. Jo Mackenzie (Knys) 3:34:40; 5. Sandra Baetsen (Llan) 3:37:25; 6. Tracy Baxter (Sat) 3:37:46; 7. Martha Pretorius (Top) 3:44:36; 8. Joy Nichol (Irene) 3:46:00; 9. Anél Vorster (Irene) 3:46:11; 10. Cailey Bredenkamp (Paarl) 3:47:42 (1st vet); 11. Andrea Swartz (Edg) 3:48:51; 12. Wendy McCleod (FH) 3:39:08; 13. Juliette Savini (Dur) 3:49:11; 14. Paula Jandrell (VOB) 3:49:53; 15. Tania Anderson (VOB) 3:49:53; 16. Daleen du Toit (Sw) 3:50:05; 17. Colleen Hohlfeld (S.Str) 3:50:41; 18. Arina Cilliers (Orak) 3:52:26; 19. Sue Ulyett (Atl) 3:55:04; 20. Janette Terblanche (Hout) 3:55:09.

Masters: (40+): 1. Cailey Bredenkamp (Paarl) 3:47:42; 2. Daleen du Toit (Sw) 3:50:05; 3. Colleen Hohlfeld (S.Str) 3:50:41. **(50+):** 1. Styntjie Prins (Paarl) 3:21:14; 2. Juliette Savini (Dur) 3:49:11; 3. Sonia Smith (Top) 4:01:50. **(60+):** 1. Veronica van Niekerk (Elg/Grab) n/t.

PWC George Claassen Half Marathon & 10 km

Pretoria, 24 January

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

Half marathon

MEN

1 Wirimayi Juwawo (ZIM) 67:42; 2 Aaron Gabonewe (Mr Price) 68:12; 3 Collen Parura (ZIM/Bashewa) 68:31.

Veterans: 1 Maxwell Bangani (ZIM/Mr Price) 73:40. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 79:50. **G'masters:** 1 Freddy Kola (Moretele) 1:55:40. **G/g'masters:** 1 Dion Heigers (ACR) 2:19:31. **Juniors:** 1 Given Monene (RWFL) 79:38.

WOMEN

1 Lizzy Chokore (ZIM) 1:28:35; 2 Prudence Zwane (Nedbank) 1:29:37; 3 Lesley Train (Nedbank) 1:29:39.

Veterans: 1 Lelanie van Zyl (Nedbank) 1:41:06. **Masters:** 1 René van Zyl (Tuks) 1:41:14. **G'masters:** 1 Esme Kloppers (Transnet) 2:07:52. **Juniors:** 1 Geraldine Combrink (Exxaro) 1:52:02.

10 km

MEN

1 Wesley Ruto (KEN) 30:51; 2 Charles Soza (ZIM/Bashewa) 30:54; 3 Mike Tebulo (Tuks) 31:20.

Veterans: 1 Sam Molokomme (Temp) 33:40. **Masters:** 1 Colin Fisher (CSIR) 41:15. **G'masters:** 1 Paulus Masilela (Irene) 40:54. **G/g'masters:** 1 Ken Nurden (Agape) 48:46. **Juniors:** 1 Gordon Vilakazi (North West) 35:58.

WOMEN

1 Mamorallo Tjoka (ZIM/Mr Price) 36:02; 2 Olivia Chitate (ZIM/Bashewa) 36:56; 3 Myrette Filmater (Tuks) 38:35.

Veterans: 1 Lettie Saaiman (Irene) 43:25. **Masters:** 1 Francis van Blerk (Nedbank) 48:10. **G'masters:** 1 Sarie Botha (Tuks Alumni) 67:00. **G/g'masters:** 1 Marina Odendaal (Solidarity) 59:13.

X-Cel Historic 10 km

Port Elizabeth, 24 January
(Loop course. Finishers: 430.)

Note: This is the third double victory of the year for the Ntshiliza couple; they have also won the Woodlands Dairy and Despatch races. – Ed.

MEN

1	George	Ntshiliza	Mr Price AC EP	29	30:39
2	Eric	Sigxashe	Mr Price AC EP	30	31:12
3	Mzwanele	Maphekula	Nedbank RC EP	32	31:25
4	Desmond	Zibi (1 st vet)	Mr Price AC EP	45	31:41
5	Aphlyn	Taai	Nedbank RC EP	26	31:43
6	Phumzile	Sikawuti	Nedbank RC EP	29	32:22
7	Melikhaya	Kepe	Nedbank RC EP	32	32:23
8	Maboyisana	Mazwayi	Nedbank RC EP	40	32:59
9	Alfred	Qogi	Nedbank RC EP	35	33:14
10	Durian	Louw (1 st jun)	Temp	18	33:19
11	Thembisile	Bashe	Mr Price AC EP	30	33:27
12	Robert	Matthys	Mr Price AC EP	32	33:35
13	Ricardo	Plaatjies	Temp	25	33:38
14	Zamubuntu	Teyise	Nedbank RC EP	32	33:45
15	Terrance	Mjekula	Raleigh AC	36	34:06
16	Simphiwe	Ntantiso	Nedbank RC EP	38	34:16
17	Mariano	Eesou	Nedbank RC EP	17	34:20
18	Derrick	Dubase	Madiba Bay AC	34	35:07
19	Lubabaloo	Mdlungwane	PEAAC	15	35:15
20	Morne	Buis	Nedbank RC EP	16	35:17

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	40	32:59
2	Vernon	Newfeldt	Willard Batt	42	39:03
3	Johann	Postma	Elite AC	43	40:14

45-49:

1	Desmond	Zibi	Mr Price AC EP	45	31:41
2	Michael	Bekapi	Varsity Old Boys	47	35:19
3	Melville	Joseph	SANDF EP	45	38:32

50-54:

1	Andre	Willemse	Elite AC	50	39:11
2	Peter	van Rensburg	Elite AC	50	40:51
3	Sipho	Ncandana	Raleigh AC	52	41:02

55-59:

1	Sizinzo	Kama	Achilles AAA	57	41:30
2	Bruce	Mcewan	Achilles AAA	55	43:15
3	Errol	Rossouw	PEAAC	59	43:49

60-64:

1	Brian	Merrington	Temp	61	45:41
2	Percy	Dalton	Achilles AAA	60	45:47

3	Johannes	Herbst	Muirite Strider	62	47:19
65-69:					
1	Tamsanqa	Jusayi	Mr Price AC EP	66	39:03
2	Godfrey	Kariem	Cadbury AC	68	49:48
3	Gerald	Bouwer	Achilles AAA	65	59:02
70+:					
1	Michael	Collins	PEAAC	70	48:56
2	Ernie	Verrall	NMMU AC	74	58:36
3	Kai	Tarnow	Jeffreys Bay	70	1:03:13
Juniors:					
1	Durian	Louw	Temp	18	33:19
2	Mariano	Eesou	Nedbank RC EP	17	34:20
3	Lubabaloo	Mdlungwane	PEAAC	15	35:15
WOMEN					
1	Ntombesintu	Ntshiliza	Mr Price AC EP	27	37:12
2	Deliwe	Nyanga	PEAAC	19	39:59
3	Treloar	Childs (1 st vet)	Spar Walmer AC	45	43:36
4	Grizelda	Pietersen	Achilles AAA	40	43:59
5	Hanlie	v.d. Westhuizen (1 st mast)	Despatch AC	52	46:27
6	Janette	Schierz-Crusius	Body Concept	48	46:59
7	Gail	Klichowicz	Achilles AAA	42	47:07
8	Adele	Nel	St Albans CSEP	35	47:11
9	Noxolo	Marks	Mr Price AC EP	22	48:21
10	Claire	Nagel	Elite AC	44	48:39
11	Paulette	McEwan	Achilles AAA	43	49:19
12	Annelie	Nel	Legacy AC	34	49:40
13	Annemart	Rossouw	Charlo AC	26	50:25
14	Carmen	Boshoff	PEAAC	37	51:15
15	Leana	Berg	Nedbank RC EP	39	51:57
16	Desiree	Titus	Willard Batt	43	52:36
17	Liz	Grundlingh (1 st g'mast)	Muirite Strider	62	52:44
18	Yolanda	Green	Elite AC	33	53:44
19	Esteleen	Kramer	Cadbury AC	47	53:53
20	Nurunnisa	Madatt	Malabar	46	54:23
40-44:					
1	Grizelda	Pietersen	Achilles AAA	40	43:59
2	Gail	Klichowicz	Achilles AAA	42	47:07
3	Claire	Nagel	Elite AC	44	48:39
45-49:					
1	Treloar	Childs	Spar Walmer AC	45	43:36
2	Janette	Schierz-Crusius	Body Concept	48	46:59
3	Esteleen	Kramer	Cadbury AC	47	53:53
50-54:					
1	Hanlie	van der Westhuizen	Despatch AC	52	46:27
2	Gillian	Dealtry	Crusaders AC	50	55:21
3	Christine	Snyman	VWAC	52	57:46
55-59:					
1	Rina	Barnard	Elite AC	55	1:17:54
2	Sharon	Brown	PEAAC	55	1:19:30
60-64:					
1	Liz	Grundlingh	Muirite Strider	62	52:44
2	Retha	Snyman	PEAAC	61	54:32
3	Debbie	Oelofse	Legacy AC	62	1:16:01
65-69:					
1	Orgia	Nell	Muirite Strider	65	1:11:21

2	Shirley	Jorgensen	Charlo AC	67	1:16:58
70+:					
1	Dorothy	Hart	PEAAC	70	1:01:50
Juniors:					
1	Tanya	Wilson	Charlo AC	16	1:02:46
2	Tracy	Goldswain	PEAAC	16	1:18:29

David Rattray Memorial Half Marathon

Isandlwana to Rorke's Drift, 24 January
(Distance: 21.0975 km; point-to-point course)

MEN

1. Sazi Ndada Nambiti Striders 1:12:13

40-49:

1. Xolani Mazibuko Biggarsberg 1:20:53

50-59:

1. Magic Hlatswayo KZN Striders 1:35:44

60+:

1. Noel Laurie Magnolia 1:49:02

Juniors:

1. Alex Canhe Umhlathuse 1:37:33

WOMEN

1. Lindie v.d. Merwe Vryheid 1:51:41 (1st jun)

40-49:

1. Ronel Keeve Vryheid 1:58:40

50-59:

1. Claire Mangan Glenwood 2:00:29

60+:

1. Jo Goddard Benoni 2:39:43

Juniors:

1. Lindie v.d. Merwe Vryheid 1:51:41

Pick 'n Pay Aston Manor 15 km

Kempton Park, 21 January
(Loop course)

MEN

1 Donald Mathipa (Powerade) 47:17; 2 Lucky Miya (Powerade) 47:37; 3 Mathews Nkoane (Powerade) 49:10.

Veterans: 1 Lawrence Chipangaan (Powerade) 52:08; 2 Jerry Rankapule (Powerade) 56:30. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 54:53; 2 Ralph Masepela (Cheetha) 60:17. **G'masters:** 1 Pele Thsidukudamela (Vyebo striders) 71:18. **Juniors:** 1 Ashley Jansen (Gauteng Striders) 66:26.

WOMEN

1 Olivia Chitate (ZIM/Bashewa) 57:02; 2 Elisa Gianchino (Temp) 66:27; 3 Sally Fenwick (Wanderers) 67:34.

Veterans: 1 Rosemary Rakahalakane (Poweade) 79:05; 2 Ronelle Heys (Roodepoort) 80:28. **Masters:** 1 Natalie Saunders (Fourways) 71:42; 2 Estelle Burmeister (Boksburg) 82:02. **G'masters:** 1 Penny Visser (Breakthru Midrand) 81:31.

Brackenfell 10 km

Brackenfell, 21 January
(Certified loop course)

MEN

1. Piet Jacobs (Ned) 30:48; 2. Zolile Bhitane (Ned) 31:31; 3. Dicardo Jacobs (Ned) 31:41; 4. Manfred Samuels (H.Harr) 32:16 (1st jun); 5. Luxolo Mdzanga (RCS Gug) 32:25; 6. Riaan Wildskut (East) 33:06; 7. Isaac Opperman (CS) 33:14 (1st vet); 8. Henry Wolstenholme (Dur) 34:36; 9. Peter Mokotary (Met) 34:58; 10. Simphiwe Notshanga (RCS Gug) 35:28; 11. Zolani Sowazi (RCS Gug) 35:45; 12. Christo Anthonissen (Bel) 35:53; 13. Anthony Matthee (Ind) 36:08; 14. Xolani Matinana (RCS Gug) 36:43; 15. Francois Laubscher (R/W for L) 36:47; 16. Peter Bunn (R/W for L) 36:47; 17. Tiaan Oosthuizen (Ad) 37:01; 18. Pieter Hanekom (Ned) 37:25; 19. Mogali Piloso (WP Def) 37:33; 20. Selwyn Morris (Macas) 37:49; 21. Gerald Sullivan (Dur) 38:01; 22. Hymie Misroll (Pine) 38:12; 23. Robert Bartholomew (Tyg) 38:13; 24. Patrick Raubenheimer (Ind) 38:19; 25. Albertus Bock (Ad) 38:25 (1st g'mast); 26. Robbie Lindsay (Ned) 38:35 (1st mast); 27. Hendrik Coetzee (Dur) 38:43; 28. Rudi Nobauer (Ad) 38:46; 29. Peter Wrensch (Tyg) 38:50; 30. Friedl van der Merwe (Str) 38:54.

Masters: (40+): 1. Isaac Opperman (CS) 33:14; 2. Henry Wolstenholme (Dur) 34:36; 3. Francois Laubscher (R/W for L) 36:47. **(50+):** 1. Robbie Lindsay (Ned) 38:35; 2. Hendrik Coetzee (Dur) 38:43; 3. Richard Johnson (H.Harr) 39:16. **(60+):** 1. Albertus Bock (Ad) 38:25; 2. M.Y. Abrahams (Ned) 45:56; 3. Carl Hendricks (Ned) 49:15. **(70+):** 1. Buck Taylor (Pine). **Juniors:** 1. Manfred Samuels (H.Harr) 32:16; 2. Luxolo Mdzanga (RCS Gug) 32:25; 3. Simphiwe Notshanga (RCS Gug) 35:28.

WOMEN

1. Nomvuyisi Seti (Mr Pr) 38:52; 2. Leanne Juul (Mr Pr) 40:16; 3. Busisiwe Matiwane (Celt) 40:58; 4. Sheryl de Lange (Ad) 41:20 (1st vet); 5. Natasha Oosthuizen (Ad) 41:27; 6. Andrea Pretorius (NB) 42:46; 7. Liesl Stoltz (Dur) 43:22; 8. Christa Mulder (Ad) 43:29; 9. Mariëtte Esterhuysen (Tyg) 44:00; 10. Elizabeth de Gouveia (Dur) 44:18; 11. Linda Hanekom (Bel) 44:35 (1st jun); 12. Veronique Jacobs (Ned) 44:39; 13. Tracy Bunn (R/W for L) 44:54; 14. Ronél Steenkamp (Dur) 45:00; 15. Nancy Will (Pine) 45:34 (1st mast); 16. Colleen de Oliveira (NB) 45:55; 17. Thuliswa Nonkonyana (Ad) 46:05; 18. Tonia Anthonissen (Bel) 46:10; 19. Mariaan Cloete (Stel) 46:13; 20. Candyce Hall (Hout) 46:16.

Masters: (40+): 1. Sheryl de Lange (Ad) 41:20; 2. Christa Mulder (Ad) 43:29; 3. Mariëtte Esterhuysen (Tyg) 44:00. **(50+):** 1. Nancy Will (Pine) 45:34; 2. Charmaine Cupido (Ned) 48:09; 3. Diane Rixon (VOB) 50:21. **(60+):** 1. Pixie Sparg (Celt) 48:48; 2. Mariëtha Herbert (Bel) 50:09; 3. Marianne Nelson (Dur) 59:13. **Juniors:** 1. Linda Hanekom (Bel) 44:35; 2. Veronique Jacobs (Ned) 44:39; 3. Tonia Anthonissen (Bel) 46:10.

Filadelfia Gardens 10 km

Pretoria, 3 January
(Loop course)

MEN

1	N. Madyo		Nedbank	31:34
2	S. Shinta	24	Nedbank	32:06
3	O. Kandiero	31	Mr Price	32:45
4	S. Zuzani	18	Nedbank	32:51
5	T. Moeketsi	31	ADT	33:32

WOMEN

1	R. van Niekerk	32	Mr Price	37:50
2	F. Thomas	36	Bashewa	38:53
3	N. Mandiwana	27	Nedbank	38:56

TRACK

All track results courtesy of Gert le Roux.

Tuks League Meeting

Pretoria (Absa-Tuks), 24 January

WOMEN

1500: 1. Carlyn Fischer 4:38.03, 2. Anelda Pypers 4:38.69, 3. Annelie Gildenhuys 4:40.59, 4. Catherine Skosana 4:43.56, 5. Ashley Schnetler 4:46.24, 6. Chanaix Nice 4:47.75.

Yellow Pages Series #1

Potchefstroom, 23 January

MEN

800:

A Race -

1. Adriaan van Wyk 1:47.61
2. Warren Hendriks 1:48.04
3. Dirk Gouws 1:49.44
4. Wouter de Boer NED 1:49.58
5. Ante van der Berg NED 1:49.62
6. Ronald Droppers NED 1:50.54
7. Molefe Molefe 1:50.62
8. Ruben Ramolefi 1:51.06
9. Youssef El Rhafioui NED 1:51.56

B Race -

1. Abram Khumalo 1:51.92
2. Jacques Pretorius 1:52.15
3. Zwelakhe Sebetse 1:52.56

...

3000:

1. Boy Soke 8:02.31
2. Xolisa Tyali 8:03.38
3. Johan Cronje 8:03.68
4. Tshamano Setone 8:05.92
5. Olebogeng Masire 8:09.50
6. Stephen Mokoka 8:12.43
7. Isaac Mboyaza 8:14.76
8. Edwin Molepo 8:19.38
9. Gladwin Mzazi 8:20.53
10. Thuso Phaswana 8:22.36
11. Folavio Sehohle 8:23.05
- ... 14. Peter van der Westhuizen 8:26.91
- ... 18. Hezekiel Sepeng 8:35.94

...

WOMEN

800:

1. Yvonne Hak NED 2:05.00
2. Tara Bird GBR 2:05.88
3. Marye te Raa NED 2:06.51
4. Anuschka Nice 2:08.23
5. Caster Semenya 2:09.85
6. Anna-Marie Schulte NED 2:10.61
7. Rone Reynecke 2:11.06
8. Chiara Michetti ITA 2:11.52

...

3000:

1. Lebo Phalula 9:21.54
2. Lebogang Phalula 9:31.32
3. Ezbe Strydom 9:36.73
4. Tebogo Masehla 9:52.51
5. Patience Khumalo 9:58.24
6. Myrette Filmalter 10:01.74
7. Annerien van Schalkwyk 10:05.33
8. Takalane Nthulane 10:09.64
9. Maxine Heine-Wacker 10:10.69
10. Nolene Conrad 10:12.14
11. Mpho Mabuza 10:20.20
12. Chanelle Olivier 11:01.26

AGN Tuks League Meeting

Pretoria (Absa-Tuks), 17 January

MEN

800: 1 Adriaan van Wyk 1:49.63, 2 Johre Botha (u.20) 1:54.23.
 1500: 1 Stephen Mokoka 3:48.51.

WOMEN

800: 1 Doné Vermaak 2:15.11; u.18: 1 Anuschka Nice 2:10.74.
 1500: 1 Annalien van Schalkwyk 4:40.62, 2 Masabata Matoane 4:47.55, 3 Liza Maritz
 4:49.24, 4 Chanaix Nice 4:50.18.

CGA League Meeting

Roodepoort, 17 January

Note: No wind readings for running events were provided; hand timing. - Ed.

MEN

5000: 1 Paul Letsiye 14:48.2, 2 Coolboy Ngamole 14:58.6, 3 Vincent Kutoane 15:04.0, 4
 Vuyusile Tshoba 15:14.8.

WOMEN

1500, A Race - 1 Onneile Dintwe 4:38.8, 2 Mandie Brandt 4:41.7, 3 Anelda Pypers 4:42.8,
 4 Anneke Gildenhuis (u.18) 4:52.0. B Race - 1 Tinato Makhafola 4:45.0, 2 Stephnie
 Courtnage 4:46.9, 3 Rizani van Aswegen 4:50.0.
 3000: 1 Takalane Nthulane 10:29.1, 2 Ashley Schnetler 10:45.6.

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

Osaka International Ladies Marathon (28th)

Osaka, JPN, 25 January

(Distance: 42.195 km, certified out-and-back course)

(gun times)

1. Yoko Shibui, JPN	2:23:42
2. Yukiko Akaba, JPN	2:25:40 DB
3. Yumiko Hara, JPN	2:26:57
4. Miki Ohira, JPN	2:27:08
5. Lidia Simon, ROU	2:27:14
6. Miki Okunaga, JPN	2:27:16 PB
7. Ruth Wanjiru, KEN	2:27:38
8. Madoka Ogi, JPN	2:27:56
9. Akane Wakita, JPN	2:31:16 DB
10. Akemi Ozaki, JPN	2:32:09

Marrakech Marathon (20th) & Half Marathon

Marrakech, MAR, 25 January

(Distances: 42.195 km [AIMS certified according to the race website] and 21.1 km)

Marathon (gun times)

MEN

1. David Ruto, KEN	2:10:31
2. Adhane Yamane, ETH	2:10:48
3. Sammy Kibet, KEN	2:11:08
4. Hassan Belkhanouch, 1981, FRA	2:12:21
5. Adelo Roba, ETH	2:12:57

WOMEN

1. Yeshe Esayias, ETH	2:29:52
2. Jenet Teka Kehsay, ETH	2:38:22
3. Beata Naigambo, NAM	2:39:11
4. Nadja Wijenberg, 1964, NED	2:46:17

Half marathon (gun times)

MEN

1. Allan Ndiwa, KEN	1:02:12
2. Dennis Ndiso, KEN	1:02:31
3. Mark Tanui, KEN	1:02:38
4. Najim El Qady, MAR	1:02:44
5. Birhanu Mekonen Tadesse, ETH	1:02:55

WOMEN

1. Malika Asahssah, MAR	1:09:54
2. Asmae Leghzaoui, MAR	1:11:11
3. Tigist Tufa, ETH	1:11:46
4. Samira Raif, MAR	1:14:13
5. Bouchra Sahli, MAR	1:14:33

3M Half Marathon (15th)

Austin, USA, 25 January

(Distance: 21.1 km; certified point-to-point course with 114 m elevation loss (5.4 m/km; not record standard)

MEN (gun times)

1. Martin Fagan, 25, IRL	1:01:05 PB/CR*	\$1500 + \$500*
2. Monder Rizki, 29, BEL	1:01:47 DB	1000
3. Andrew Lemoncello, 26, GBR	1:01:52 PB	600
4. Eric Chirchir, 25, KEN	1:01:53	400
5. Worku Beyi, 21, ETH	1:01:57	300

WOMEN (gun times)

1. Zemedkun Gebre Belainesh, 21, ETH	1:11:17 PB	\$1500
2. Elizabeth Chelagat, 28, KEN	1:11:48 PB	1000
3. Kathy Butler, 35, GBR	1:12:12	600
4. Buzunesh Deba, 21, ETH	1:13:13 PB	400
5. Claudia Camargo, 37, ART	1:14:32	300

CROSS-COUNTRY**Cross Internacional de Donostia** (54th)

San Sebastián, ESP, 25 January

MEN (10000 m)

1. Teklemarian Mehdin, ERI	31:47
2. Micah Kogo, KEN	31:53
3. Josephat Kiprono Menjo, KEN	31:58
4. Sergey Lebid, UKR	32:04
5. José Rios, ESP	32:27

WOMEN (5624 m)

1. Anikó Kálovics, HUN	18:45
2. Soud Kambouchia, MAR	18:56
3. Marta Domínguez, ESP	19:05
4. Eunice Jepkorir, KEN	19:11
5. Fotuna Zegerghis, ERI	19:17

Discovery Kenya Cross-country (16th)

Eldoret, KEN, 24 January

(Distances: not reported)

Senior MEN

1. Matthew Kisorio	37:54.0
2. Barnabas Kosgei	37:57.4
3. Enock Mitei	38:10.6
4. Essa Ismael Rashed, QAT	38:18.9
5. Sammy Kurui	38:23.3

Senior WOMEN

1. Hellah Chelagat	28:38.2
2. Pascaline Chepkorir	28:55.1
3. Lydia Cheromei	29:19.7
4. Philomena Cheyech	29:37.8

5. Monica Chepkoech 29:43.4
 ... 8. Sally Barsosio 30:34.5

Junior MEN

1. Lucas Kiprotich 25:10.3
 2. John Kiplimo 25:11.0
 3. Peter Kosgei 25:14.0
 4. Gilbert Masai 25:16.8
 5. Titus Mbishei 25:20.2

Junior WOMEN

1. Purity Cherotich 21:44.9
 2. Faith Ngetich 21:44.8
 3. Valentine Kipketer 22:06.7
 4. Gladys Jepkorir 22:10.3
 5. Virginia Nyambura 22:16.3

The Fast and Flurry-ous 4 Miler

(formerly the Best Cross Country Race on the Planet)

Boulder, USA, 24 January

(Distance: 4 miles, 3-lap circuit)

MEN

1. Fernando Cabada, 26, Boulder, CO 19:47
 2. Payton Batliner, 24, Boulder, CO 20:14
 3. Josephat Keino, 28, Aurora, CO (KEN) 20:25

WOMEN

1. Colleen De Reuck, 44, Boulder, CO 23:12
 2. Tera Moody, 28, Boulder, CO 23:31
 3. Susan Nuzum, 42, Boulder, CO 25:38

INDOOR TRACK

Moscow Championships

Moscow, RUS, 24-25 January

MEN

1500 (24):

Race 1 -

1. Yuriy Borzakovskiy (12.04.81) 3:46.45
 2. Aleksey Farnosov (05.10.84) 3:46.98
 3. Roman Trubechkoy (04.01.87) 3:49.74

Race 4 -

1. Vyacheslav Sokolov (15.12.84) 3:43.00 PB

WOMEN

800 (25):

Race 6 -

1. Oksana Zbrozhek (12.01.78) 2:01.53
 2. Yevgeniya Zolotova (28.04.83) 2:02.64
 3. Anastasiya Vosmerikova (15.07.88) 2:07.08

Razorback Invitational

Fayetteville, USA, 23-24 January

MEN

Mile Championship (24):

Section 1 -

1. German Fernandez, Oklahoma St 3:56.50 PB, WJB
 2. Dorian Ulrey, Arkansas 3:57.60 PB
 3. Adam Perkins, Rush Running 4:01.40
-

NEWS

EXCITING NEW TRAIL RACE FOR KLEINMOND

An exciting new trail race will be added to the running calendar when the first AfricanX Trailrun takes place in Kleinmond on 8-10 May. This three-day stage race, presented by New Balance, will appeal to both runners and multisport lifestyle athletes. The race is organised by Stillwater Sport and Entertainment.

According to race founder Michael Meyer, the company has been working on the concept for the past year to ensure that they can present a thrilling event that will be really different. "We really wanted to create a running event that injects creativity, excitement and fun into the sport, but at the same time making it accessible to road runners capable of doing a half marathon. We will try very hard to balance the challenge, with a fun experience.

"Teamwork will form an essential part of the race as participants will have to rely on each other's experience and expertise in order to complete the route. We are positive that competitors in the debut race will have an exceptional experience and become ambassadors for the race by encouraging their families and friends to compete next year," said Meyer.

The AfricanX Trailrun will see teams of two (male/female/mixed) battling it out on a route varying in distance between 25-35 km each day. For the first time in South Africa a trail running stage race will follow a cloverleaf format, which means that runners will finish in Kleinmond on each of the three days. Their accommodation, meals and entertainment will remain in the same place for the duration of the race. The race village in Kleinmond will be a hive of activity with entertainment throughout the day, which makes the event ideally suited as a family breakaway. Family and friends will also be able to support the athletes at various vantage points along the route.

The entry fee is R3 600 per team and will include a New Balance event garment, a New Balance pair of running socks, a New Balance moisture management cap, a medical kit, tented accommodation, meals and a New Balance T-shirt for all finishers. Entries can be done online until the close of entries deadline on 15 April. The route will be made available on the Stillwater website on Friday.

For more information, race rules or online entries, contact Stillwater Sports Management on (021) 883-2413 or e-mail info@stillwatersports.com or visit www.stillwatersports.com.

USATF'S LOGAN TAKES HARD LINE WITH SUPPLEMENT MAKERS

In a speech last week in Scottsdale, Arizona, at a gathering of the dietary supplement and healthy food industries, USA Track & Field CEO Doug Logan took a hard line with supplement makers over performancing enhancing drugs, reports *Race Results Weekly*.

"Performance-enhancing drugs are threatening to choke the life out of the sport that I serve and love," said Logan. "And in many ways, the supplement industry has been assisting in braiding the noose."

Logan explained that unlike professional U.S. sports like baseball and football, where fans and journalists go lightly on doping offenders, athletics can't afford drug positives

which cast a long shadow over the sport. He pointed out that athletes like Marion Jones, Justin Gatlin and Tim Montgomery, who were once revered by fans only to have their careers end in disgrace, helped give the impression that the sport is dirty even if 99% of athletes are clean.

Logan told supplement makers that the time had come for their industry to be regulated, and that offering products which could be guaranteed to be free of performance-enhancing drugs was paramount. Athletes, he said, had become afraid to take legitimate supplements because of the fear that they could be tainted. He cited the case of Ergopharm, a supplement manufacturer and distributor, recently raided by federal agents. A former BALCO chemist, Patrick Arnold, was working there and authorities were trying to determine if he had put banned substances their products.

"Now, let me get this straight," said Logan. "Why in the world would a manufacturer of safe and healthy products hire a chemist who served three months in prison in 2006 in connection with the BALCO case?"

Logan, who began his term as CEO last July, did not mince words about those who would taint his sport through chemistry.

"I have two words for any person who uses, promotes or tacitly endorses the use of drugs by any athlete. GET OUT! Get out of our sport and out of our competitions."

STATS TIME

The 5 km is a very popular race distance in the USA, but not so in South Africa. One of the few top-class events over this distance, the Dis-Chem 5 km, was held on 11 January. Sibusiso Nzima and Lebo Phalula both ran the equal seventh fastest times ever by South Africans with their 13:58 and 16:04. The South African records are held by Shadrack Hoff (13:30) and Elana Meyer (15:10). Here are lists of the top 20 all-time male and female performances.

ALL-TIME: S.A. TOP TWENTY 5 KM PERFORMANCES

MEN

13:30	Shadrack Hoff	Carlsbad	130403
13:44	Johannes Mabitle	Gardena	070698
13:44	Hoff-2	Carlsbad	070402
13:47	Tsunaki Kalamore	Gardena	070698
13:55	Hoff-3		1996
13:55	Hoff-4	Austin	210402
13:58	Kalamore-2	Providence	200999
13:58	Enoch Skosana	Pretoria	231099
13:58	Sibusiso Nzima	Bedfordview	110109
13:59	Hoff-5	[10]	1995
14:00	Hoff-6	Pretoria	241098
14:00	Abner Chipu	Pretoria	231099
14:00	Solomon Khambule	Bedfordview	130102
14:00	Vincent Kutoane	Bedfordview	130102
14:00	Teddy Hutamo	Bedfordview	130102
14:01	Kalamore-3	Pretoria	241098
14:01	Patrick Kaotsane	Pretoria	231099
14:02	Moeketsana Motsehi	Pretoria	241098
14:03	Richard Mavuso	Pretoria	231099
14:04	John Morapedi	[20]	1997

WOMEN

15:10	Elana Meyer	Providence	161094
15:19A	Colleen de Reuck	Clarksville	090995
15:20	De Reuck-2	Carlsbad	270394

15:24	Meyer-2	Providence	150902
15:43	De Reuck-3	Dallas	170600
15:48	De Reuck-4	Chicago	140700
16:04	Carlien Cornelissen	New Milford	230503
16:04	Lebo Phalula	Bedfordview	110109
16:18	Meyer-3	Providence	070903
16:23	René Kalmer	[10]	1996
16:26	Theresa du Toit	New Milford	190500
16:27	Du Toit-2	Farmingdale	190703
16:30	Alta Verster		1996
16:30	Lebogang Phalula	Bedfordview	110109
16:31	De Reuck-5	Carlsbad	260300
16:32	Nicole Fuller	Pretoria	241098
16:34	Gwen Griffiths		1995
16:34	Truzanne Swanepoel	Pretoria	241098
16:36	Du Toit-3	Boise	200903
16:39	Cornelissen-2	[20] Syracuse	061002

THIS MONTH IN HISTORY

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

10 years ago: 15 January 1999

This was the day when Elana Meyer ran probably the best road race of her illustrious career. Her 66:44 in the Tokyo Half Marathon was a world record that stood until Lornah Kiplagat surpassed it with 66:25 in Udine in 2007. Meyer had to run hard to beat Esther Wanjiru (KEN) by 5 seconds. Far behind them in 69:05 was Kerryn McCann (AUS), who died last year. Meyer's time is still the African record. Later in the same year she placed third in the Chicago Marathon in 2:27:17, the fastest SA time of the year.

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 SA 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 grey background. – Ed.

MEN

Seniors

10 km	30:32	George Ntshiliza	Despatch	10 Jan
	29:16	Ezekiel Meli (KEN)		
15 km	47:10	George Ntshiliza	Jeffreys Bay	03 Jan
21.1 km	64:11	Hendrick Ramaala	Pretoria	17 Jan
	61:25	Meb Keflezighi (USA)		
25 km	82:28a	Sandile Lembethe	Pinetown	25 Jan
30 km	1:44:42	Zolile Bhitane	Camps Bay	11 Jan
Marathon	2:31:12	Michael Msini	Benoni	25 Jan
	2:05:29	Haile Gebrselassie (ETH)		
100 km				

Veterans (40+)

10 km	31:41	Desmond Zibi	Port Elizabeth	24 Jan
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15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
21.1 km	70:48	Sam Molokomme	Pretoria	17 Jan
25 km	1:27:00a	Lungani Gcabashe	Pinetown	25 Jan
30 km	1:57:22	Thembinkosi Zweni	Camps Bay	11 Jan
Marathon	2:44:11	Solomon Khumalo	Benoni	25 Jan
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	78:25	Johannes Seakamelo	Benoni	25 Jan
25 km	1:36:38a	Nicholas Dlamini	Pinetown	25 Jan
30 km	2:01:21	Zama Witvoet	Camps Bay	11 Jan
Marathon	2:57:17	Aubrey Watson	Benoni	25 Jan
100 km				

Grandmasters (60+)

10 km	38:25	Albertus Bock	Brackenfell	21 Jan
15 km	61:31	Tamsanqa Jusayi	Port Elizabeth	17 Jan
21.1 km	88:11	Paulus Masilela	Pretoria	17 Jan
25 km	1:55:03a	Petros Shumi	Pinetown	25 Jan
30 km	2:09:43	Jimmy Morris	Camps Bay	11 Jan
Marathon	3:31:41	Glyn Davies	Benoni	25 Jan
100 km				

Juniors

10 km	32:16	Manfred Samuels	Brackenfell	21 Jan
15 km	50:27	Luxolo Mdzanga	Bloubergstrand	03 Jan
21.1 km	71:55	Shaun Zuzani	Pretoria	17 Jan

WOMENSeniors

10 km	37:12	Ntombesintu Ntshiliza	Port Elizabeth	24 Jan
	33:59	Asmae Ghizlane (MAR)		
15 km	56:15	Ntombesintu Ntshiliza	Jeffreys Bay	03 Jan
21.1 km	78:13	Irvette van Blerk	Bedfordview	11 Jan
	69:54	Malika Asahssah (MAR)		
25 km	1:39:55a	Danelle Adlam	Pinetown	25 Jan
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
Marathon	3:13:06	Julanie Basson	Benoni	25 Jan
	2:23:42	Yoko Shibui (JPN)		
100 km				

Veterans (40+)

10 km	41:20	Sheryl de Lange	Brackenfell	21 Jan
15 km	63:42	Sarah Mahlangu	Johannesburg	04 Jan
21.1 km	85:26	Sarah Mahlangu	Bedfordview	11 Jan
25 km	2:02:16a	Tammy Dennill	Pinetown	25 Jan
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
Marathon	3:21:14	Styntjie Prins (master)	Fish Hoek	24 Jan
100 km				

Masters (50+)

10 km	44:38	Suzanne Lavis	Despatch	10 Jan
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
21.1 km	98:57	René van Zyl	Pretoria	17 Jan
25 km	2:06:47a	Jenny Scott	Pinetown	25 Jan

30 km	2:24:01	Nancy Will	Camps Bay	11 Jan
Marathon	3:21:14	Styntjie Prins	Fish Hoek	24 Jan
100 km				

Grandmasters (60+)

10 km	48:48	Pixie Sparg	Brackenfell	21 Jan
15 km	70:28	Sonja Laxton	Johannesburg	04 Jan
21.1 km	1:44:00	Liz Ruickbie	Pretoria	17 Jan
25 km	2:32:24a	Maureen Parry	Pinetown	25 Jan
30 km	2:36:45	Veronica van Niekerk	Camps Bay	11 Jan
Marathon	4:32:10	Hazel Quilliam	Benoni	25 Jan
100 km				

Juniors

10 km	44:35	Linda Hanekom	Brackenfell	21 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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