

Distance Running Results

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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

The Cassies 15 km in Port Elizabeth produced some fast times on the last day of the month, with list leaders coming from Lusapho April (45:32), Leanne Finlay (60:23), and Loesje de Beer (65:32).

Regular DRR correspondent Rowyn James, who is also Race Director of the Old Mutual Two Oceans Marathon, wrote to say that his brother, Hylton, who runs for the Phobian Marathon Club and has permanent numbers in both the Two Oceans and the Comrades, reached the South Pole on skies and unaided last month. Hylton and his two team mates of Team Due South took part in the Amundsen Omega 3 South Pole Race, in which they finished fourth. Hylton is the first and so far only South African – and indeed, African – to have raced to both the North Pole (May 2005) and South Pole. The Amundsen race was won by Team Missing Link.

Rowyn also indicated in a phone conversation yesterday that runners who have entered, or still want to enter, for the Two Oceans, should not be too concerned about whether Chapmans Peak will be open for the race. There has been a lot of media attention focused on the world famous road, which is currently still closed, and the dispute about the contract and payment for the rehabilitation. According to Rowyn, the Two Oceans and the Argus Cycle Tour are in constant contact with the provincial government, and the race is continuing its planning to run along Chapmans Peak – “until told otherwise by the authorities”. (In a media report later in the afternoon it was stated that the cycle race will not be able to use Chapmans Peak.)

In the Khon Kaen International Marathon Neo Molema finished seventh in 2:17:02, the fastest time by a South African this year, but according to the calculations of Ken Young of *The Analytical Distance Runner* the course is suspect, so this time will not be included in statistical lists.

Oklahoma State junior German Fernandez looks like the great new hope of American miling. The 18-year-old freshman (first-year student) ran the fastest ever mile indoors by a junior in the recent Razorback Invitational (results in last week's DRR), clocking 3:56.50 in his first ever indoor race (he's from California where high school students don't generally run indoors). The IAAF doesn't recognise world junior records indoors; the previous mark, 3:58.34, was set by Kenyan Boaz Lalang in 2008. Fernandez bounced back from an Achilles tendon injury that knocked him out of the NCAA Cross-country Championships two months ago. His previous best was 4:01.69 and he has now finally, after more than 40 years, removed Jim Ryun (3:59.6 in 1966) from the top of the list as fastest American junior.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Kloofnek Classic Half Marathon, Cape Town
- * Sparksport Challenge 32 km & 16 km, Durban
- * Dunlop Kearsney Half Marathon, Botha's Hill
- * Cassies 15 km, Port Elizabeth
- * Agape 32 km, Half Marathon & 10 km, Pretoria
- * Durbanville Pharmacy Dan Luyt 15 km, Durbanville
- * Bizhub Night Series 10 km, Pretoria
- * Track: Yellow Pages Series #2, Pretoria

International highlights:

- * Marugame Half Marathon, Marugame, JPN
- * Beppu-Oita Mainichi Marathon, Oita
- * Mitja Maratón de Granollers, Granollers, ESP
- * Achmea Midwinter Marathon, Apeldoorn, NED
- * Khon Kaen International Marathon, Khon Kaen, THA
- * XC: Cinque Mulini, San Vittore Olona, ITA; Cross Internacional Ciudad de Valladolid, Valladolid, ESP
- * Indoor track: Aviva International Match, Glasgow, GBR; Patriot Games, Fairfax, USA; University of Washington Indoor Invitational, Seattle, USA; Millrose Games, Madison Square Garden, New York City, USA

ROAD RUNNING

Kloofnek Classic Half Marathon

Cape Town, 1 February

(Distance: 21.0975 km; certified, very hilly out-and-back course)

MEN

1. Zolile Bhitane (Ned) 74:23 (R350); 2. Graham Katzen (Celt) 74:30 (R200); 3. Bonisile Ngculana (Atl) 75:0 (R150); 4. Bernard Rukadza (ZIM/RCS Gug) 76:17; 5. Luvuyo Ntando (T.Mbiza) 77:30; 6. Mkhululi Mbejeni (Atl) 78:01; 7. Quinton Prince (Met) 78:10; 8. Faizel October (Celt) 79:28; 9. Alex Madinkane (T.Mbiza) 79:39; 10. Mandla Pangalele (T.Mbiza) 79:42; 11. Sibusiso Valashiya (Atl) 81:47; 12. Nicholas Mpontshane (Met) 81:56; 13. Samson Gulubela (Atl) 82:16; 14. Nelson Charlie (VOB) 82:49; 15. Thandeka Gqamana (T.Mbiza) 84:25; 16. Daniel Schlimper (UCT) 84:45; 17. Michael Bekapi (VOB) 85:32 (1st vet); 18. Edward Zozi (Harf Harr) 85:42; 19. Bennie Philander (Sw) 86:17; 20. Trevor James (Mr Pr) 86:50; 21. Nicholas Bryant (Celt) 87:26; 22. Pieter Hanekom (Ned) 88:31; 23. Mpendulu Mpukane (RCS Gug) 88:52 (1st mast); 24. Simon von Witt (Atl) 88:55; 25. Aaron Boyisi (Brack) 89:31; 26. Desmore Oppel (Dur) 89:49; 27. Marius Kruger (NB) 90:22; 28. Peter Bennett (WC) 90:28; 29. Richard Muller (Top) 91:23; 30. Happy Mavakala (Harf Harr) 91:55.

Masters: (40+): 1. Michael Bekapi (VOB) 85:32 (R200); 2. Bennie Philander (Sw) 86:17 (R150); 3. Desmore Oppel (Dur) 89:49 (R100). **(50+):** 1. Mpendulu Mpukane (RCS Gug) 88:52 (R150); 2. Walter Segatswi (Celt) 92:18 (R100); 3. Richard Johnson (H.Harr) 95:43 (R75). **(60+):** 1. Brian Key (For) 98:29 (R100); 2. D.J. Price (FH) 107:43 (R75); 3. M.Y. Abrahams (Ned) 109:30 (R50). **(70+):** 1. Brian Key (For) 98:29; 2. Pieter Schreve (Wel) 133:26; 3. Jim Eva (Dur) 142:03.

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Mr Pr) 92:26; 2. Jacoline Haasbroek (Stel) 93:03 (1st vet); 3. Sheryl de Lange (Ad) 94:05; 4. Francis Roman (Celt) 97:07; 5. Viv Williams (Ad) 97:54; 6. Liesl Stoltz (Dur) 98:40; 7. Jenna Kamps (RAC) 101:32; 8. Theresa Brand (NB) 106:29; 9. Julie Stevens (Ind) 106:50; 10. Eunice Avenant (H.Harr) 107:34; 11. Tracy Bunn (R/W for L)

109:20; 12. Lauren Ballantyne (Ind) 110:35; 13. Joanne Wynne (Dur) 111:18; 14. Annatina Schaal (Llan) 111:34; 15. Andrea Swartz (Edg) 111:39; 16. Maretha de Kock (Ad) 111:55; 17. Sharon Bull (Hout) 112:03; 18. Candyce Hall (Hout) 114:20; 19. Sue Bracher (Dur) 114:16 (1st mast); 20. Caroline Weinel (Dur) 114:20.

Masters: (40+): 1. Jacoline Haasbroek (Stel) 93:03; 2. Sheryl de Lange (Ad) 94:05; 3. Viv Williams (Ad) 97:54. **(50+):** 1. Sue Bracher (Dur) 114:16; 2. Caroline Weinel (Dur) 114:20; 3. Charmaine Cupido (Ned) 115:22. **(60+):** 1. Pixie Sparg (Celt) 114:57; 2. Marietha Herbert (Bel) 121:15; 3. Marlene James (Pine) 143:27.

Sparksport Challenge 32 km & 16 km

Durban, 1 February
(Loop courses)

32 km

MEN

1 Shinge Badza ZIM/Boxer 1:56:09, 2 Vusi Cele MrP 1:56:48, 3 Muzi ? CH 1:56:51.

40-49: Siphon Mbokazi Toyota 2:02:12, Wyllie Masombezi Boxer 2:05:51, 3 Nkosenye Shoji Ned 2:05:49. **50-59:** 1 Mandla Masondo Orion 2:42:55, 2 Gary Lester YWP 2:43:07. **60+:** Phoobalan Reddy Chatsworth 2:55:08, Tedd Liddiatt Stella 2:59:10.

WOMEN

1 Sibongile Ziqubu Eskom 2:27:41, Debbie Eaton CH 2:30:56, 3 Nonsikelezo Mbambo RWFL 2:34:35.

40-49: 1 Janine Engels PDAC 2:39:09, 2 Jowaine Parrott West 3:02:53, 3 Megan Finestone West 3:02:53. **50-59:** Jane Bake DAC 3:03:03, 2 Shereen Kirsten PDAC 3:06:28. **60+:** Lien Botha 2:59:51; 2 Maureen Parry Chiltern 3:31:35.

16 km

MEN

1 Geoffrey Ngcobo SAPS strider, 57:26, 2 Calvin Shabalala Nedbank 57:44, 3 Stanley Makhamba Ned 59:18.

40-49: 1 Clever Ubunye 62:05, 2 Mdu Msomi Stella 64:36, 3 Michael Ndlovu Stella 64:39. **50-59:** 1 Bongani Ndlovu Zabalaza 65:45, Thomas Daniels Chats 66:32. **60+:** 1 Petros Shunmi Zabalaza 69:39, 2 -mmy Neitski Sunshine 85:38. **Juniors:** Mohamed Osman Woodview 91:22, 2 Christopher Zayan Ntl Carb 93:47.

WOMEN

1 Janine Carey Boxer 66:26, 2 Sandie de Beer SANDF 68:40, 3 Hleziphi Ncanyani Nedbank 69:31.

40-49: 1 Nana Sigabudu Boxer 74:12, 2 Rosshni Natasen Highway 85:01, 3 Priscilla Naidoo VAC 99:38. **50-59:** 1 Blanche Moila Savages 75:21, 2 Zanele Nduli West 94:50. **60+:** 1 Gill Tregenna West 89:47, 2 Naomi Nkumalo SAV 95:07

Dunlop Kearsney Half Marathon

Kearsney College, Botha's Hill, 1 February
(Distance: 21.0975 km; hilly loop course. Finishers: 523.)

MEN

1.	Poffessor Mollen	ZIM/Mr Price A C	1:10:52
2.	Sibonelo Duma	Boxer A C	1:12:20

3. Siphon Ncube Mr Price A C 1:13:19

40-49:

1. Alan Ndlovu West A C 1:23:15
 2. Sello Mokoena Boxer A C 1:27:15
 3. Bheki Bhengu Boxer A C 1:29:15

50-59:

1 Rob McInerney West A C 1:38:40
 2. Cliff Westermeyer West A C 1:42:02

60+:

1. Raymond Meyer Savages A C 1:53:13

Juniors:

1. Michael Parnell Kearsnay Coll 2:07:45

WOMEN

1. Sibongile Mpanza Boxer A C 1:37:50
 2. Iris Ndlovu Boxer A C 1:43:14
 3. Maria Mthembu Boxer A C 1:46:25

40-49:

1. Julie Shadwell Hillcrest Vill 1:47:20
 2. Tammy Dennill West A C 1:51:21
 3. Belinda Saunders Coll Harr 1:51:21

50-59:

1. Wendy Fitzmaurice West A C 1:50:27
 2. Bev Livings-ne DCS 2:06:00

60+:

1. Alet Engelbrecht SCS 2:06:26

Cassies 15 km

Port Elizabeth, 31 January
 (Out-and-back course. Finishers: 570)

MEN

1	Lusapho	April	Nedbank RC EP	26	45:32
2	Nkosinathi	Madyo	Nedbank RC EP	21	46:03
3	George	Ntshiliza	Mr Price AC EP	29	47:25
4	Mzwanele	Maphekula	Nedbank RC EP	32	47:48
5	Melikhaya	Kepe	Nedbank RC EP	32	48:21
6	Sindile	Somke	Nedbank RC EP	32	48:54
7	Luyanda	Tshangana	Mr Price AC EP	25	49:14
8	Eric	Sigxashe	Mr Price AC EP	30	49:21
9	Masande	Mlonyeni	Nedbank RC EP	28	49:25
10	Anele	Maliza	Mr Price AC EP	31	49:25
11	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	40	49:47
12	Zolani	Mabongo	Mr Price AC EP	22	50:06
13	Masixole	Dlaku	Mr Price AC EP	30	50:29
14	Zandisile	Tshunungwa	Nedbank RC EP	32	50:38
15	Alfred	Qogi	Nedbank RC EP	35	50:44
16	Ricardo	Plaatjies	Elite AC	26	50:45
17	Ivan	Ambraal	Malabar	19	50:50
18	Robert	Matthys	Mr Price AC EP	32	50:55
19	Zamubuntu	Teyise	Charlo AC	32	51:14
20	Zolile	Mhlahlo	Raleigh AC	34	51:14

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	40	49:47
2	Thembinkosi	Ndyogolo	Nedbank RC EP	40	52:21
3	Christopher	Mabengeza	Nedbank RC EP	42	54:04

45-49:

1	Melville	Joseph	SANDF EP	45	58:18
2	Sidwel	Roboshi	Nedbank RC EP	49	58:27
3	Neil	De Meillon	New Balance	45	59:45

50-54:

1	Andre	Willemse	Elite AC	50	1:00:17
2	Donald	Mancasa	Raleigh AC	54	1:00:55
3	Alan	Taylor	Raleigh AC	51	1:01:00

55-59:

1	Hannes	Els	Madiba Bay AC	59	1:03:30
2	Sizinzo	Kama	Achilles AAA	57	1:04:37
3	Bruce	Mcewan	Achilles AAA	55	1:04:59

60-64:

1	Fred	Verrall	Charlo AC	60	1:03:48
2	Eric	Mapara	Temp	61	1:06:54
3	Percy	Dalton	Achilles AAA	60	1:07:36

65-69:

1	Godfrey	Kariem	Cadbury AC	68	1:15:37
2	Gerald	Hoxley	Achilles AAA	68	1:23:43
3	Siva	Moodaley	Malabar	67	1:35:14

70+:

1	Michael	Collins	PEAAC	70	1:13:06
2	Ernie	Verrall	NMMU AC	74	1:29:20
3	Hilary	Pritchard	Crusaders AC	74	1:38:03

Juniors:

1	Mariano	Eesou	Nedbank RC EP	17	51:41
2	Melikhaya	Frans	Nedbank RC EP	16	52:31
3	Vernon	Booyse	Nedbank RC EP	17	55:47

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price AC EP	27	58:21
2	Liza	Bright	Temp	26	59:21
3	Leanne	Finlay (1 st vet)	Nedbank RC EP	41	1:00:23
4	Deliwe	Nyanga	PEAAC	19	1:01:14
5	Zoleka	Dondashe	Nedbank RC EP	23	1:03:26
6	Mariette	Hattingh	NMMU AC	43	1:03:55
7	Loesje	De Beer (1 st mast)	Spar Walmer AC	50	1:05:32
8	Sharon	Zeelie	Raleigh AC	37	1:05:47
9	Grizelda	Pietersen	Achilles AAA	40	1:06:06
10	Babalwa	Ngcoko	Mr Price AC EP	21	1:08:06
11	Maresa	Ah Kun	Bluewater Bay	33	1:08:20
12	Lesley	Wood	Achilles AAA	51	1:08:45
13	Treloar	Childs	Spar Walmer AC	45	1:09:11
14	Suzanne	Lavis	Jeffreys Bay	50	1:10:17
15	Hanlie	Van Der Westhuizen	Despatch AC	52	1:10:38
16	Adele	Nel	St Albans CSEP	35	1:10:50
17	Elmarie	Bezuidenhout	Charlo AC	27	1:12:23
18	Gail	Klichowicz	Achilles AAA	42	1:12:31
19	Claire	Nagel	Elite AC	44	1:13:33
20	Joy Anne	Pregalato	Achilles AAA	38	1:13:48

40-44:

1	Leanne	Finlay	Nedbank RC EP	41	1:00:23
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2	Mariette	Hattingh	NMMU AC	43	1:03:55
3	Grizelda	Pietersen	Achilles AAA	40	1:06:06
45-49:					
1	Treloar	Childs	Spar Walmer AC	45	1:09:11
2	Janette	Schierz-Crusius	Body Concept	48	1:14:22
3	Julie	Taunton	Crusaders AC	48	1:17:40
50-54:					
1	Loesje	De Beer	Spar Walmer AC	50	1:05:32
2	Lesley	Wood	Achilles AAA	51	1:08:45
3	Suzanne	Lavis	Jeffreys Bay	50	1:10:17
55-59:					
1	Cathy	Ives	Achilles AAA	55	1:18:23
2	Jos	Els	Madiba Bay AC	56	1:19:54
3	Rita	Boucher	Spar Walmer AC	58	1:41:14
60-64:					
1	Liz	Grundlingh	Muirite Strider	62	1:19:45
2	Retha	Snyman	PEAAC	61	1:21:13
3	Margaret	Paton	Charlo AC	63	1:25:04
65-69:					
1	Orgia	Nell	Muirite Strider	65	1:47:50
2	Shirley	Jorgensen	Charlo AC	67	1:51:21
70+:					
1	Dorothy	Hart	PEAAC	70	1:35:08
Juniors:					
1	Lee-Anne	Diedericks	PEAAC	18	1:21:10
2	Tracy	Goldswain	PEAAC	16	2:05:17

Agape 32 km, Half Marathon & 10 km

Pretoria, 31 January

(Distances: 32 km, 21.0975 km & 10 km; loop courses)

32 km

MEN

1 Charles Soza (ZIM/Bashewa) 1:49:29; 2 Maxwell Bangani (ZIM/MP) 1:49:49 (1st vet); 3 Paul Menu (Powerade) 1:51:36; 4 Wilson Marukiu (Temp) 1:52:48; 5 Nelson Zuze (Temp) 1:57:00 (1st jun).

Veterans: 1 Maxwell Bangani (ZIM/MP) 1:49:49. **Masters:** 1 Johannes Seakamela (RAC) 2:03:12. **G'masters:** 1 Albert Lumley (GRRRC) 2:59:52. **Juniors:** 1 Nelson Zuze (Temp) 1:57:00.

WOMEN

1 Christelle van der Merwe (Irene) 2:32:08; 2 Kelly Thompson (RAC) 2:33:23; 3 Dianne Emery (Temp) 2:34:57; 4 Ronel du Plessis (HMK) 2:35:19; 5 Nicky Booyens (Telkom) 2:37:32.

Veterans: 1 Ronel du Plessis (HMK) 2:35:19. **Masters:** 1 Wilna Pretorius (PMK) 2:51:35.

Half marathon

MEN

1 Millen Matende (ZIM/Bashewa) 68:50; 2 Colin Parura (ZIM/Bashewa) 69:34; 3 Tidimalo Modiga (Toy) 75:19 (1st vet); 4 James Khotle (Goldfields) 75:47; 5 Gerard Bread (ACR) 76:07.

Veterans: 1 Tidimalo Modiga (Toy) 75:19. **Masters:** 1 Jabu Kambule (RRR) 1:48:18.
G'masters: 1 Daniel Hlongwane (Nedbank) 90:52. **G/g'masters:** 1 Des Robins (Fit 2000) 2:47:36. **Juniors:** 1 Marshall Jaji (Temp) 77:23.

WOMEN

1 Olivia Chitate (ZIM/Bashewa) 82:37; 2 Munchaneta Gwata (ZIM) 85:33; 3 Bronwyn Small (Fourways) 92:51; 4 Marietjie Montgomery (Temp) 94:44 (1st vet); 5 Wilna Jansen van Rensburg (Tuks) 96:28.

Veterans: 1 Marietjie Montgomery (Temp) 94:44. **Masters:** 1 Francis van Blerk (Nedbank) 1:48:30. **G'masters:** 1 Hazel Quilliam (Roodepoort) 2:06:12. **G/g'masters:** 1 Phyllis Martins (Fit 2000). **Juniors:** 1 Geraldine Combrink (Exxaro) 1:50:10

10 km

MEN

1 Wirimayi Juwawo (ZIM) 30:59; 2 Richard Mavuso (MP) 31:25; 3 Mailola Africa (BCC) 31:50.

Veterans: 1 Moses Letlhaku (Ilanga) 35:37. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 36:01. **G'masters:** 1 Mike De Bruto (Ndaba) 40:14. **G/g'masters:** 1 Wimpie de Bruyn (Ndaba) 56:26. **Juniors:** 1 Nhlakaniaho Gcaba (Nongoma) 35:35.

WOMEN

1 Lizzy Chokore (ZIM) 38:51; 2 Ndofohiwa Mandiwana (Nedbank) 39:09; 3 Jean-Marie Cooper (KHOSA) 41:28 (1st jun).

Veterans: 1 Christa Mulder (Adidas) 44:32. **Masters:** 1 Marietjie Ceronio (Nedbank) 44:24. **G'masters:** 1 Sarie Botha (TA) 63:34. **G/g'masters:** 1 Marina Odendaal (Solid) 68:33. **Juniors:** 1 Jean-Marie Cooper (KHOSA) 41:28

Durbanville Pharmacy Dan Luyt 15 km (36th)

Durbanville, 28 January

(Certified loop course, hilly with many corners. Finishers: 728.)

Note: This could have been the 60th running of this race, but evidence for that is lacking at the moment. – Ed.

MEN

1. Tim Don (GBR) 50:09 (R200); 2. Bernard Rukadza (ZIM/RCS Gug) 50:54 (R150); 3. Anthony Godongwana (Celt) 51:42 (R100); 4. Tsungai Mwanengeni (ZIM/Mr Pr) 52:06; 5. Gavin Noble (Ind) 52:09; 6. Manfred Samuels (H.Harr) 52:37 (1st jun); 7. Dawid Gous (Sw) 52:56; 8. Monde Mpamnyama (Celt) 53:52; 9. Faizel October (Celt) 54:15; 10. Hillroy Slingers (Worc) 54:37; 11. Frank Opperman (Ind) 54:38; 12. Eddie Lambert (Dur) 56:51; 13. Xolani Makinama (RCS Gug) 57:01; 14. Bennie Philander (B. Mount) 57:24 (1st vet); 15. Peter Bunn (R/W for L) 57:30; 16. Nathan Matthysen (Worc) 57:41; 17. Aldrin Smit (NB) 58:15; 18. Whitey Motabogi (Celt) 58:42; 19. Pieter Hanekom (Ned) 59:14; 20. Anthony Matthee (H.Harr) 59:15; 21. Willem Swanepoel (Brack) 61:06; 22. Terence Brown (Bel) 61:27 (1st mast); 23. Robbie Lindsay (Ned) 61:32; 24. Aaron Boyisi (Brack) 61:37; 25. Robert Bartholomew (Tyg) 61:57; 26. Gerald Sullivan (Dur) 62:08; 27. Peter Wrensch (Tyg) 62:14; 28. Hendrik Coetzee (Dur) 62:20; 29. J. Schreiber (Dur) 62:24; 30. A. Gbimsana (RCS Gug) 63:21.

Masters: (40+): 1. Bennie Philander (B. Mount) 57:24 (R150); 2. Peter Bunn (R/W for L) 57:30 (R100); 3. Gerald Sullivan (Dur) 62:08 (R50). **(50+):** 1. Terence Brown (Bel) 61:27 (R100); 2. Robbie Lindsay (Ned) 61:32 (R75); 3. Hendrik Coetzee (Dur) 61:20. **(60+):** 1. Derek Walton (GBR) 69:39 (R100); 2. Sybrand Mostert (Ned) 74:59; 3. Chris Toerien (Dur)

79:53. **(70+)**: 1. Sybrand Mostert (Ned) 74:59; 2. Peter Brennan (Hout) 83:28; 3. Pieter Schreve (Wel) 92:03. **Juniors**: 1. Manfred Samuels (H.Harr) 52:37 (R75); 2. Hillroy Slingers (Woec) 54:37 (R50); 3. Nathan Matthysen (Worc) 57:41.

WOMEN (Same prize money as men)

1. Mari Rabie (Ind) 63:43; 2. Sheryl de Lange (Ned) 64:53 (1st vet); 3. Marlize van Schaik (Dur) 65:44; 4. Francis Roman (Celt) 66:32; 5. Mariëtte Esterhuyse (Tyg) 68:29; 6. Liesl Stoltz (Dur) 68:39; 7. Karen de Kock (Dur) 69:40; 8. Patricia Adams (Met) 70:07; 9. Elizabeth de Gouveia (Dur) 70:17; 10. Tracy Bunn (R/W for L) 71:58; 11. Tania Kapp (VOB) 72:35; 12. Hester Kotzé (Dur) 72:50 (1st g'mast); 13. Candyce Hall (Hout) 74:29; 14. Lindie Bouwer (Sanlam) 74:47; 15. Zilé de Kock (Dur) 75:01; 16. Lauren Ballantyne (Ind) 75:03; 17. Bertha Denichaud (Edg) 75:29; 18. Cathy Weedall (NB) 75:36; 19. Glenda Werth (Ned) 75:38; 20. Ulrica Stander (Ind) 75:55.

Masters: (40+): 1. Sheryl de Lange (Ned) 64:53; 2. Mariëtte Esterhuyse (Tyg) 68:29; 3. Bertha Denichaud (Edg) 75:29. **(50+)**: 1. Caroline Weinel (Dur) 77:07; 2. Sue Bracher (Dur) 77:07; 3. Diane Rixon (VOB) 80:06. **(60+)**: 1. Hester Kotzé (Dur) 72:50; 2. Mariëtha Herbert (Bel) 81:16; 3. Marianne Nelson (Dur) 94:35. **(70+)**: 1. Magdaline Johnson (Tyg) 126:13. **Juniors**: 1. Benine Havenga (Tyg) 105:23; 2. Tiani Hattingh (Ind) 119:34; 3. Mariska Hattingh (Ind) 119:34.

Bizhub Night Series 10 km

Pretoria, 28 January
(Loop course)

Note: Although Esau Radebe is shown as the first junior here, he is not a junior anymore (born 31 December 1989). Hopefully this will not turn into another Godfrey Koki case. – Ed.

MEN

1 Enos Matalane (Temp) 29:53; 2 Wirimayi Juwawo (ZIM) 30:00; 3 Wesley Ruto (KEN) 30:04.

Veterans: 1 Maxwell Bangani (ZIM/MP) 32:19; 2 Heinrich Piek (Irene) 46:02. **Masters**: 1 Dieter Gloeck (Mag) 44:25; 2 Kosie van Vuuren (Fit 2000) 46:25. **G'masters**: 1 Wimpie de Bruin (Ndaba) 57:47. **Juniors**: 1 Esau Radebe (Transnet) 31:02; 2 Marshall Jaji (Temp) 38:29

WOMEN

1 Lizzy Chokore (ZIM) 37:29; 2 Munchaneta Gwata (ZIM) 38:29; 3 Ndophiwa Mandiwana (Nedbank) 39:07; 4 Truzanne Swanepoel (NB) 42:12; 5 Lettie Saaiman (Irene) 42:45 (1st vet).

Veterans: 1 Lettie Saaiman (Irene) 42:45; 2 Petra Smal (Kempton) 45:20. **Masters**: 1 Natalie Sanders (Fourways) 47:02; 2 Corrie Fourie (Kentron) 56:32. **Juniors**: 1 Geraldine Combrink (Exxaro) 47:17.

TRACK

Results courtesy of Gert le Roux.

Yellow Pages Series #2

Pretoria, 30 January

Note: The sloppy officiating that has become a trademark of many South African track meetings in recent times – a trend which, according to reliable observers, is unfortunately worsening – marred this meeting too, and the result of the 800 for women is subject to change. – Ed.

MEN

800:

A Race –

1. Adriaan van Wyk 1:48.11
2. Warren Hendriks 1:48.56
3. Samuel Sepeng 1:49.55
4. Dirk Gouws 1:49.66

B Race –

1. Werner du Toit 1:53.86
2. Zwelakhe Sebote 1:53.89
3. Johre Botha 1:54.82

3000:

A Race –

1. Stephen Mokoka 8:05.20
2. Olebogeng Masire 8:07.97
3. Peter van der Westhuizen 8:08.30
4. Molefe Molefe 8:11.80
5. Johan Cronje 8:13.71
6. Isaac Mboyaza 8:15.13
7. Ettienne Plaatjies 8:16.52
8. Sibusiso Nzima 9:17.79
9. Enoch Manyandi 8:19.39
10. Benedict Moeng 8:20.70
11. Gladwin Mzazi 8:20.98
12. Dikotse Lekopa 8:23.79

B Race –

1. Lloyd Bosman 8:20.63
2. Omphemetse Mothibe 8:26.11
3. Ismael Phokoane 8:27.81
4. Richard Mokoaledi 8:30.71
5. Marco Buccarizza 8:32.03

WOMEN

800:

1. Yvonne Hak NED 2:04.99
2. Lebo Phalula 2:05.08
3. Lebogang Phalula 2:05.42
4. Anuschka Nice 2:08.01
5. Mandie Brandt 2:11.35
6. Done Vermaak 2:11.82
7. Caster Semenya 2:12,95
8. Thato Makhofola 2:13.85

3000:

1. Ezbé Strydom 9:31.10
 2. Tebogo Masehla 9:38.99
 3. Nolene Conrad 9:41.50
 4. Patience Khumalo 9:48.80
 5. Marriam Thole MAW 9:53.73
 6. Catherine Skosana 9:53.77
 7. Myrette Filmalter 9:56.11
 8. Abongile Lerotholi 10:05.77
 9. Maxine Heine-Wacker 10:06.42
 10. Takalane Nthulane 10:17.91
-

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

Marugame Half Marathon (63rd)

Marugame, JPN, 1 February

(Distance: 21.1 km; out-and-back course)

MEN

1. Mekubo Mogusu, KEN 1:00:37
2. Daniel Gitau, KEN 1:01:34 DB
3. Atsushi Sato, JPN 1:02:24
4. Satoru Kitamura, JPN 1:02:26
5. Makoto Tobimatsu, JPN 1:02:26

WOMEN

1. Mara Yamauchi, GBR 1:08:29 PB
2. Yuri Kano, JPN 1:09:22
3. Yoshiko Fujinaga, JPN 1:10:24
4. Reiko Tosa, JPN 1:10:58
5. Yumi Hirata, JPN 1:11:18

Beppu-Oita Mainichi Marathon (58th)

Oita, JPN, 1 February

(Distance: 42.195 km; out-and-back course)

1. Adil Annani, MAR 2:10:15 PB
2. Seiji Kobayashi, JPN 2:10:38 PB
3. Keita Akiba, JPN 2:10:53 DB
4. Scott Westcott, AUS 2:12:56
5. Masashi Hayashi, JPN 2:13:11
- ... 89. Yoshihisa Hosaka, 60, 2:36:30 WR

Mitja Maratón de Granollers (23rd)

Granollers, ESP, 1 February

(Distance: 21.1 km. Finishers: 4886.)

MEN (gun times)

1. Samuel Wanjiru, KEN 1:01:13
2. Alex Kirui, KEN 1:02:17
3. José Rios, ESP 1:03:11
4. Thomson Cherogony, KEN 1:03:11

WOMEN (gun times)

1. Marta Domínguez, 1975, ESP 1:10:54 PB
2. Holly May, 1971, GBR 1:14:58 PB
3. Rosa Morató, 1979, ESP 1:15:32

Achmea Midwinter Marathon (36th)

Apeldoorn, NED, 1 February

(Distance: 42.195 km)

MEN

1. Isaiah Kipkemei Kosgei, KEN 2:20:30
2. Pavel Brydl, POL 2:28:10
3. Jaroslaw Janicki, 1966, POL 2:28:33

Women

1. Petra Kaminkova, 1973, CZE 2:46:37

Khon Kaen International Marathon (6th)

Khon Kaen, THA, 25 January

(Distance: Questionable [see note below])

Note: An analysis of the race times by *The Analytical Distance Runner* showed that the four available time comparisons of athletes in the Association of Road Running Statisticians database showed that times were fast by 7.6 sec/km, much greater than the 5 seconds per kilometer allowed. Combined with the fact that Thailand is warm and humid, these performances should be regarded as suspect. – Ed.

MEN

1. Joel Kiplimo Kemboi, KEN 2:13:32
2. Amon Kipchirchir Kemei, KEN 2:14:03
3. Charles Kanyao, KEN 2:14:14
4. Robert Kosgei, KEN 2:15:24
5. Julius Kiplimo, KEN 2:16:05
6. Samwel Limo, KEN 2:16:18
7. Neo Molema, RSA 2:17:02

WOMEN

1. Sunisa Sailomyen, THA 2:45:18

CROSS-COUNTRY**Cinque Mulini XC** (76th for men and 39th for women)

San Vittore Olona, ITA, 1 February

(Distances [approx]: Men, 10.2 km; Women, 5 km)

MEN

- | | |
|-----------------------------|-------|
| 1. Saif Saaeed Shaheen, QAT | 31:37 |
| 2. Sergey Lebid, UKR | 31:46 |
| 3. Frank Tickner, GBR | 31:53 |
| 4. Andy Vernon, GBR | 32:06 |
| 5. Steve Vernon, GBR, 32:11 | 32:11 |

WOMEN

- | | |
|-------------------------------|-------|
| 1. Anikó Kálovics, HUN | 19:34 |
| 2. Stephanie Twell, 1989, GBR | 19:38 |
| 3. Freya Murray, GBR | 19:59 |
| 4. Ida Nilsson, SWE | 20:05 |
| 5. Sonia Samuels, GBR | 20:09 |

Cross Internacional Ciudad de Valladolid (21st)

Valladolid, ESP, 1 February

MEN (10 km)

- | | |
|------------------------------------|-------|
| 1. Mark Kiptoo, 1976, KEN | 29:36 |
| 2. Samuel Tsegay, 1987, ERI | 29:50 |
| 3. Tesfayohannes Mesfin, 1974, ERI | 30:06 |

WOMEN (6 km)

- | | |
|-----------------------------------|-------|
| 1. Zulema Fuentes Pila, 1977, ESP | 20:46 |
| 2. Diana Martín, 1981, ESP | 20:48 |
| 3. Jacqueline Martín, 1974, ESP | 20:59 |

INDOOR TRACK**Aviva International Match**

Glasgow, GBR, 31 January

MEN**800:**

- | | |
|--------------------------------|------------|
| 1. Rene Bauschinger, GER | 1:49.18 PB |
| 2. Richard Kiplagat, KEN [COM] | 1:49.41 |
| 3. Joe Thomas, GBR | 1:49.73 PB |

3000:

- | | |
|-------------------------------|----------------|
| 1. Mo Farah, GBR | 7:40.99 NR, WL |
| 2. Gideon Gathimba, KEN [COM] | 7:49.65 |
| 3. Olle Wallerang, SWE | 8:01.17 |

WOMEN**800:**

- | | |
|-----------------------------|---------|
| 1. Marilyn Okoro, GBR | 2:02.53 |
| 2. Jenny Meadows, GBR [COM] | 2:03.57 |
| 3. Sofia Oberg, SWE | 2:07.91 |

1500:

1. Susan Scott, GBR 4:14.66
2. Katrina Wootton, GBR [COM] 4:15.94
3. Antje Moldner, GER 4:16.97

3000:

1. Zakia Mrisho, TAN [COM] 9:00.55 PB
2. Amy Begley, USA 9:02.58 PB
3. Helen Clitheroe, GBR 9:07.43

Patriot Games

Fairfax, USA, 31 January

MEN

800:

1. Moise Joseph, Unat [HAI] 1:51.85
2. Alan Webb, Unattached 1:52.06

Mile:

1. Alan Webb, Unattached 4:04.91

University of Washington Indoor Invitational

Seattle, USA, 30-31 January

WOMEN

5000 (30):

Section 1 -

1. Lindsey Scherf, Oregon 15:55.67
2. Jessica Pixler, Seattle Pacific 16:12.65 PB
3. Catherine White, Arkansas 16:14.62 PB
4. Denise Bargiachi, Arkansas 16:21.14 PB
5. Christine Kalmer, Arkansas [RSA] 16:35.41 PB

Millrose Games (102nd)

Madison Square Garden, New York City, USA, 30 January

MEN

Wanamaker Mile:

1. Bernard Lagat, USA 3:58.44
2. Nick Willis, NZL 3:59.48
3. Pablo Solares, MEX 4:00.85

WOMEN

NYRR Mile:

1. Kara Goucher, USA 4:33.19 PB
 2. Marina Muncan, SER 4:37.77
 3. Mestawot Tadesse, ETH 4:38.30
 4. Barbara Parker, GBR 4:38.64
 5. Shayne Culpepper, USA 4:38.92
 6. Courtney Babcock, CAN 4:39.56
-

NEWS

RAMAALA RUNS IN RAS AL KHAIMAH

The field of the 2009 RAK Half Marathon in Ras Al Khaimah, United Arab Emirates, is stacked! David Monti of *Race Results Weekly* reports that the elite field for the race on 20 February boasts 13 men who have broken the one-hour mark and 11 women who have broken 70 minutes. The runners are attracted by the fast course and the US\$400 000 prize money purse, the largest of any commercial half marathon.

Among the elite entrants is South African record holder Hendrick Ramaala, whose best time is 59:20 (on an aided course; his SA record is 60:07).

Sitting atop the men's field is reigning IAAF World Half Marathon silver medalist Patrick Makau of Kenya (58:56 PB). His compatriots in the race include Paul Kosgei (59:07), Wilson Kiprotich (59:16), Francis Kibiwott (59:26), Wilson Chebet (59:33), John Kiprotich (59:44), Charles Munyeki (59:44), Mekubo Moguso (59:48), and Joseph Maregu (59:45). The Ethiopian "team" is led by newly crowned Chevron Houston Marathon champion Deribe Merga (59:15) and Tilahun Regassa (59:34). The other two runners with PBs of less than an hour are Tanzanian Dickson Marwa (59:52) and Ramaala.

Forty-one-year-old Edith Masai is the fastest athlete in the women's field (1:07:16 PB), but her Kenyan compatriot Philes Ongori is probably the event favorite with a 1:07:57 to her credit from Marugame one year ago. Other Kenyan athletes in the field include Julia Mombi (1:08:31), Lydia Cheromei (1:08:35), Lucy Wangui Kabuu (1:09:47), Pauline Wangui (1:09:49), Salina Kosgei (1:07:52) and Magdaline Mukunzi (1:08:52). Ethiopia is sending Aselefech Mergia (1:08:17), Derartu Tulu (1:07:03), Teyiba Erkesso (1:10:00), Efenesh Alemu (1:09:46), Abebu Gelan (1:10:59), and Ashu Kasim Rabo (1:10:19).

The race records are 58:53 by Samuel Wanjiru of Kenya, set in 2007, and 1:10:58 by Berhane Adere of Ethiopia, set the same year.

BOSTON CHAMPIONS CHERUIYOT & TUNE TO DEFEND

Kenya's Robert Kipkoech Cheruiyot and Ethiopia's Dire Tune will defend their Boston Marathon titles at the 113th edition of the race in April, reports *Race Results Weekly*.

Cheruiyot, 30, the first-ever World Marathon Majors champion, is already the Boston record holder (2:07:14) and has won the race four times. Homeless as a child on Nairobi's streets, Cheruiyot's rise to the top of marathon running is one of the sport's most compelling stories. He once smoked cigarettes to fight off hunger, but as an athlete his mighty lungs have propelled him to marathon victories in Boston (2003, '06-'08), Chicago (2006), and Milan (2002).

Only Clarence DeMar, with seven victories, has won Boston more times than Cheruiyot, who is tied with Canadian Gérard Côté and American Bill Rodgers with four wins each.

Tune, 23, was an unlikely champion at Boston in 2008. She had won the Chevron Houston Marathon in a course record and personal best 2:24:40 on 13 January, then 99 days later found herself in a pitched battle against Russia's Alevtina Biktimirova in Boston's hilly second half. Off of a relatively slow first half split (1:14:46), the pair dropped established stars Jelena Prokopcuka, Lidiya Grigoryeva and Rita Jeptoo. The race came down to the final sprint on Boylston Street, and Tune edged Biktimirova by just two seconds, 2:25:25 to 2:25:27, the closest women's finish in Boston history. Tune recorded a sparkling 1:10:40 for the race's hilly second half.

Cheruiyot and Tune will face credible threats from USA stars Ryan Hall (2:06:17 PB) and Kara Goucher (2:25:53 PB). Hall ran London the last two years and will be running his fifth career marathon in Boston. Goucher made an impressive debut at the ING New York City Marathon last November. Finishing third, she became the first American woman to make the New York podium since Anne Marie Letko in 1994.

The 113th Boston Marathon is scheduled for Monday, 13 April. Last year's race had 25 283 entrants, 22 375 starters and 21 948 finishers, making it the third largest marathon in the United States behind New York and Chicago.

STATS TIME

This week we include the world's top 20 runners over 50 km for 2008. South Africa's domination is obvious (to a large extent due to times on the downhill Loskop course), with half of the runners from this country.

2008 50 KM: WORLD'S TOP 20 ATHLETES

2:51:42A	Harmans Mokgadi	RSA	1	Middelburg	19 Apr
2:52:25	Mauro Teixeira Pinto	BRA	1	Rio Grande	17 Feb
2:53:12A	Nikky Masombuka	RSA	2	Middelburg	19 Apr
2:53:18A	Samuel Makamu	RSA	3	Middelburg	19 Apr
2:53:47	Mark Tucker	AUS	1	Canberra	13 Apr
2:54:10	Elijah Kibet Biwott	KEN	1	Hartebeespoort	15 Mar
2:54:38	Leonard Koki	RSA	2	Hartebeespoort	15 Mar
2:54:52A	Peter Theko Molapo	RSA	4	Middelburg	19 Apr
2:55:05	Michael Wardian	USA	1	Long Island	02 Mar
2:57:52A	Mpho Mokgonami	RSA	5	Middelburg	19 Apr
2:58:16	Peter Steib	HUN	1	Debrecen	09 Nov
2:58:17	Eric Sigxashe	RSA	1	Port Elizabeth	09 Feb
2:58:20	Odiles Marsal Rodrigues	BRA	2	Rio Grande	17 Feb
2:58:21	David Criniti	AUS	2	Canberra	13 Apr
2:58:35	Lindemberque Gomes Nunes	BRA	3	Rio Grande	17 Feb
2:58:48	Jose Rubens da Silva	BRA	4	Rio Grande	17 Feb
2:59:18	Wayne Gallant	RSA	2	Port Elizabeth	09 Feb
3:00:07	Sindile Somke	RSA	3	Port Elizabeth	09 Feb
3:00:55	Michael Msini	RSA	3	Hartebeespoort	15 Mar
3:02:00	Daniel Oralek	CZE	1	Castelbolognese	25 Apr

THIS MONTH IN HISTORY

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

21 years ago: 6 February 1988

Scotland's Liz McColgan became the first woman to run a road 10 km in under 31 minutes when she broke her own world record of 31:07 by 8 seconds in the Red Lobster Classic race in Orlando, Florida. McColgan's time would last a year – and she bettered it herself in the same race in 1989 when she clocked 30:39. This record stood for more than 13 years, until Asmae Leghzaoui ran 30:29 in 2002. Later in 1988 McColgan placed second in the Seoul Olympic 10000 metres in 31:08.44.

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.

MENSeniors

10 km	29:53	Enos Matalane	Pretoria	28 Jan
	29:16	Ezekiel Meli (KEN)		
15 km	45:32	Lusapho April	Port Elizabeth	31 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
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	60:23	Leanne Finlay	Port Elizabeth	31 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	44:24	Marietjie Ceronio	Pretoria	31 Jan
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
		(and same time in Port Elizabeth on 31 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	41:28	Jean-Marie Cooper	Pretoria	31 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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