

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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EDITORIAL

Once again the SA marathon title was won in an incredibly slow time of 2:15-plus. This year it went to Enos Matalane in 2:15:11, with Lesotho runner Mabuthile Lebopo successfully defending his Nedbank Durban City Marathon title in 2:13:42 (last year he ran an almost identical time of 2:13:52). A further indication of the pathetic state of South African marathoning is that, despite the huge prize money offered by Nedbank, only two other South Africans, Johannes Kekana and Coolboy Ngamole, dipped under 2:18 (they won the silver and bronze medals), while there were only a grand total of six under 2:20. Defending champion David Radebe was 14th in 2:20:12.

Let's bear in mind that it was in 1974 that Ferdie le Grange ran 2:12:47 for the marathon. That was 35 years ago. In the last ten years only 17 runners have bettered this time, and in the last twenty SA Marathons the winning time was slower on eleven occasions. Over the past five years only four South Africans – Hendrick Ramaala, Gert Thys, Norman Dlomo and Shadrack Hoff – ran faster than Le Grange. In 2008 a total of 247 runners worldwide bettered Le Grange's time – 146 of them were Kenyans!

In the women's race the first South African, behind two foreigners, was Tshifhiwa Mundalamo (2:47:05), but the national title went to Riana van Niekerk in 2:48:02. Only one other South African, Mpho Mabuza (2:48:45), went under 2:50. Defending champion Charné Bosman was third. The same three runners as in 2008 won the medals, but then the order was Bosman, Van Niekerk, Mabuza.

It was a hot and humid day in Durban (surprise!) and DRR received reports of problems with water tables, especially the first one, while there was also a mishap with the start. Some kilometre marks were missing, according to athletes who ran the race. Other complaints concerned the course, with the runners having to run a part of the route on a freeway, where the temperature was even higher than elsewhere and there were no spectators. It has also been alleged that at least one elite runner was making use of a personal second on a bicycle – contrary to the rules.

Distance Running Results has always been adamant that holding the SA Championships as part of another event detracts from the importance of the national title race. The highest importance should be given to the national championships and it should not be "hidden" in another event, nor should foreigners be allowed to take part. At the very least the ridiculous policy that only members of provincial teams can win medals should be scrapped immediately. This aggravates the confusion, with even supposedly informed media continuing to see the winner of the race, even though he/she may not be South African, or may be an individual entrant, as the SA champion. It happened again this weekend.

Furthermore, DRR was astounded to learn that Athletics South Africa issued a media release in the week before the race (not received by DRR) that ASA's qualifying standards for the World Championships Marathon in Berlin will be 2:12 and 2:36. By contrast, the IAAF standards are 2:18 and 2:43! It is hard to fathom what the purpose of this decision is – in my view it is counterproductive in the extreme.

Many list leaders were set in Durban, in both the marathon and the accompanying 10 km, with the winner of the latter race, Kenyan Peter Nderitu, clocking a world leader of 28:18. Ramaala ran a superb 28:28, while Irvette van Blerk did 34:08 in the women's race.

As in the past, the times in the Sasol Marathon (the country's second oldest), Half Marathon and 10 km in Sasolburg present a problem. The latter two races are not as fast as last year, and the Race Time Bias formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), produce figures of -3.6 sec/km for the half marathon and -2.5 sec/km for the 10 km – within the acceptable limit of -5 sec/km. But the marathon is a different matter altogether – it shows a whopping RTB figure of -9.9 sec/km! This race will therefore be disregarded for statistical purposes.

Internationally, the highlight of the weekend was US distance star Shalane Flanagan's new US indoor record of 14:47.62 for 5000 metres. She smashed the previous record by Marla Runyan by about 20 seconds. Flanagan, winner of the bronze medal in the Beijing 10000 m, now has the unique distinction of holding all four USA distance records on the track at the same time: 3000 m and 5000 m indoors, and 5000 m and 10000 m outdoors. She set both of her indoor records on the same Boston track, and credited her recent altitude training in Mexico for her time this weekend.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Nedbank South African Marathon Championships & 10 km, Durban
- * Herald Remax Friendly City Marathon & 10 km, Port Elizabeth
- * Lion of Africa Half Marathon, Constantia
- * United Bulk Prison to Prison Half Marathon, Rawsonville
- * Sasol Marathon, Half Marathon & 10 km, Sasolburg
- * McCarthy Toyota Half Marathon, Pretoria
- * McCarthy Volkswagen Westgate 15 km, Krugersdorp
- * Track: Yellow Pages Series #3, Durban

International highlights:

- * San Blas Half Marathon, Coamo, PUR
 - * Verona Half Marathon, Verona, ITA
 - * Melbourne & Beaches Music Half-Marathon, Melbourne, USA
 - * Trofeo Sant'Agata, Catania, ITA
 - * XC: US Cross-country Championships, Derwood, USA; Kenya Prisons National Cross-country Championship, Ruiru, KEN
 - * Indoor track: Sparkassen Cup, Stuttgart, GER; Reebok Boston Indoor Games, Boston, USA
 - * Empire State Building Run-Up, New York, USA
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STATS

These lists of 2009 SA performers in the main distance events on the track were compiled by Gert le Roux and is presented here with thanks. It has been updated with the results of the weekend's Yellow Pages Meeting in Durban. – Ed.

MEN

800

1:47.61	Adriaan van Wyk	1	Potchefstroom	23-Jan
1:48.04	Warren Hendricks	2	Potchefstroom	23-Jan
1:49.44	Dirk Gouws	3	Potchefstroom	23-Jan
1:49.55	Samuel Sepeng	3	Pretoria (Absa-Tuks)	17-Jan
1:50.09	Abram Khumalo	5	Pretoria (Absa-Tuks)	17-Jan

1500

3:38.28	Juan van Deventer	1	Durban	06-Feb
3:38.29	Tshamane Setone	2	Durban	06-Feb
3:38.55	Mbulaeni Mulaudzi	3	Durban	06-Feb
3:39.39	Peter van der Westhuizen	4	Durban	06-Feb
3:39.40	André Olivier	5	Durban	06-Feb

5000

13:44.22	Stephen Mokoka	1	Durban	06-Feb
13:44.61	Sibusiso Nzima	2	Durban	06-Feb
13:46.41	Olebogeng Masire	3	Durban	06-Feb
13:47.10	Boy Soke	4	Durban	06-Feb
13:51.84	Dominic Khoza	5	Durban	06-Feb

3000 steeplechase

8:20.48	Ruben Ramolefi	1	Durban	06-Feb
8:41.81	Sikhumbusi Seme	2	Durban	06-Feb
8:45.04	Thuso Phaswane	3	Durban	06-Feb
8:45.70	Edwin Molepo	4	Durban	06-Feb
8:46.49	Dikotsi Lekopa	5	Durban	06-Feb

WOMEN

800

2:05.08	Dinah Lebo Phalula	2	Pretoria (Absa-Tuks)	30-Jan
2:05.42	Lebogang Phalula	3	Pretoria (Absa-Tuks)	30-Jan
2:08.01	Anuschka Nice	4	Pretoria (Absa-Tuks)	30-Jan
2:09.85	Caster Semenya	5	Potchefstroom	23-Jan
2:11.06	Rone Reynecke	7	Potchefstroom	23-Jan

1500

4:38.03	Carlyn Fischer	1	Pretoria (Absa-Tuks)	24-Jan
4:38.69	Anelda Pypers	2	Pretoria (Absa-Tuks)	24-Jan
4:38.8	Onneile Dintwe	1	Roodepoort	17-Jan
4:40.59	Anneke Gildenhuys	3	Pretoria (Absa-Tuks)	24-Jan
4:40.62	Annerien van Schalkwyk	1	Pretoria (Absa-Tuks)	17-Jan

5000

15:57.80	Lebo Phalula	1	Durban	06-Feb
16:02.55	Lebogang Phalula	2	Durban	06-Feb
16:17.01	Irvette van Blerk	3	Durban	06-Feb
16:35.41	Christine Kalmer	5	Seattle	31-Jan

ROAD RUNNING

Nedbank South African Marathon Championships (78th) & 10 km

(as part of the Nedbank Durban City Marathon)

Durban, 8 February

(Distances: 42.195 km & 10 km. Marathon – certified two-loop course, first a 5 km loop followed by a 32 km loop, and then a 5 km out-and-back section; 10 km a loop. Finishers in marathon: 1564; 10 km: 991.)

Note: Runners indicated with * were not part of the SA Marathon, either because they are foreigners or were not members of a provincial team.

Marathon

MEN

1. Mabuthile Lebopo* (LES) 2:13:42 (R100 000)
2. Enos Matalane, 29, 2:15:11 [SA Champion] (R50 000)
3. Mike Fokoroni* (ZIM), 32, 2:15:43 (R20 000)
4. Johannes Kekana, 36, 2:15:59 (R15 000)
5. Prodigal Khumalo* (ZIM), 26, 2:16:03 (R10 000)
6. Ngeno Kipkoech* (KEN), 32, 2:16:55 (R8 000)
7. Coolboy Ngamole, 31, 2:17:48 (R6 000)
8. Oliver Kandiero* (ZIM), 31, 2:18:13 (R5 000)
9. Othaniel Phalane*, 24, 2:18:17 (R4 000)
10. Mzwanele Maphekula, 32, 2:18:49 (R3 000)
11. Peter Muthubi, 27, 2:19:04 (R2750)
12. Masilo Matjiane* (LES), 26, 2:19:13 (R2500)
13. Lephetesane Adoro* (LES) 2:19:37 (R2 000)
14. David Radebe, 27, 2:20:12 (R1 000)
15. Tau Khotso* (LES), 29, 2:20:37 (R800)
16. Lindikhaya Mthangayi*, 29, 2:20:46 (R700)
17. Modibe Mamabolo, 31, 2:21:08 (R600)
18. Donald Mathipa, 29, 2:21:22 (R500)
19. Doctor Mtshweni, 29, 2:21:44 (R300)
20. Tsotang Maine* (LES), 34, 2:21:53 (R200)
21. Lucas Nonyana*, 29, 2:21:56
22. Samuel Bolo, 31, 2:22:12
23. Motsamai Richard Mavuso*, 30, 2:23:16
24. Velani Lusaseni, 25, 2:23:30
25. Ronnie Kgosimang*, 28, 2:23:38
26. Graham Davidson, 30, 2:23:58
27. George Ntshiliza, 29, 2:24:12
28. Phumelelo August, 24, 2:24:15
29. Kanie Simons*, 35, 2:24:37
30. Butiki Jantjies*, 38, 2:24:57
31. George Mofokeng, 29, 2:25:09
32. William Mokwalakwala, 32, 2:25:25
33. Piet Mpheteng, 30, 2:25:34
34. Sergio Motsoneng*, 31, 2:25:38
35. Siyabonga Habe, 33, 2:25:42
36. Whitey Modibe, 29, 2:26:02
37. Sandile Makhanya*, 35, 2:26:08
38. Mabapa Matlabeya, 33, 2:26:23
39. Ntuthuko Maseko, 31, 2:26:53
40. Adam Motona, 35, 2:27:15
41. Reginald Ngobese, 42, 2:27:32
42. Tiyani Khoza, 23, 2:27:46
43. Kenny Baloyi*, 35, 2:28:11

44. Michael Makwetlane, 30, 2:28:21
45. Eric Ngubane*, 27, 2:28:24
46. Richard Nene* (ZIM), 25, 2:28:31
47. Mzukile Silayi, 21, 2:28:36
48. Mthembeni Nzama*, 37, 2:28:53
49. Sam Molokomme, 40, 2:28:54
50. William Malekele, 40, 2:29:13

Same prize money in all age categories: R3000, R2500, R1500:

40-49:

1	Reginald	Ngobese	42	2:27:32
2	Sam	Molokomme	40	2:28:54
3	William	Malekele	40	2:29:13

50-59:

1	Eloi	De Oliveira	50	2:36:53
2	Jumario	Khuzwayo	51	2:41:31
3	Nicolas	Dlamini	53	2:46:37

60+:

1	Paulus	Masilela	62	3:02:17
2	Johannes	Mosehla	67	3:10:18
3	Jusayi	Tamsanqa	66	3:12:47

WOMEN (Same prize money as men)

1. Samukeliso Moyo* (ZIM), 35, 2:43:11
2. Mamorallo Tjoka* (LES), 25, 2:43:29
3. Tshifhiwa Mundalamo*, 20, 2:47:05
4. Riana van Niekerk, 32, 2:48:02 [SA Champion]
5. Mpho Mabuza, 29, 2:48:45
6. Abebe Folo Eda* (ETH) 2:49:24
7. Charné Bosman, 33, 2:51:17
8. Lizzie Chokore* (ZIM), 27, 2:52:25
9. Ndothiwa Mandiwana, 27, 2:55:42
10. Puseletso Maema, 26, 2:55:36
11. Dimakatso Morobi, 33, 2:57:38
12. Sarah Mahlangu, 42, 2:58:10
13. Maya Lawrie, 41, 2:58:44
14. Carol Mercer, 45, 2:58:52
15. Poppy Mlambo, 28, 3:00:32
16. Monica Kativhu* (ZIM), 28, 3:01:30
17. Joanna Thomas, 40, 3:02:02
18. Annah Sepotokele, 27, 3:05:08
19. Leanne Juul, 35, 3:08:48
20. Marlize van Schaik, 33, 3:09:46
21. Jane Mudau, 46, 3:10:30
22. Aleca Ross*, 34, 3:11:25
23. Louise Oosthuizen, 46, 3:12:54
24. Belinda Waghorn, 35, 3:13:41
25. Leanne Finlay, 41, 3:14:25
26. Kirsty Weir, 30, 3:14:48
27. Busisiwe Matiwane, 33, 3:15:50
28. Annatjie Botes, 51, 3:17:01
29. René Strydom, 44, 3:17:32
30. Simangele Mabuza*, 26, 3:17:45

40-49:

1	Sarah	Mahlangu	42	2:58:10
2	Maya	Lawrie	41	2:58:44

3	Carol	Mercer	45	2:58:52
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50-59:

1	Annatjie	Botes	51	3:17:01
2	Rene	Van Zyl	53	3:22:53
3	Judith	Geldenhuys	52	3:26:33

60+:

1	Liz	Ruickbie	61	3:28:36
3	Avril	Delapelin-Dumont	64	4:08:42

10 km**MEN**

1. Peter Nderitu (KEN), 25, 28:18 (R5000)
2. Hendrick Ramaala, 36, 28:28 (R4000)
3. Lunuisa Lunuisa, 24, 28:29 (R3500)
4. Stephen Mokoka, 24, 28:34 (R3250)
5. Sibusiso Nzima, 21, 28:44 (R3000)
6. Dominic Khoza, 21, 28:48 (R2750)
7. Luwis Masunda (ZIM), 32, 28:52 (R2500)
8. Moeketsi Mosuhli (LES), 28, 28:57 (R2000)
9. Olebogeng Masire, 26, 29:02 (R1500)
10. Juan van Deventer, 25, 29:02 [correct] (R1000)
11. Xolisa Tyali, 20, 29:13
12. Wesley Ruto (KEN), 29, 29:16
13. Samuel Pazanga (ZIM), 23, 29:27
14. Jeffrey Gwebu, 28, 29:27
15. Nkosinoxolo Sonqibido, 23, 29:28
16. Jonathan Chinyoka (ZIM), 18, 29:36
17. Themba Miya, 27, 29:41
18. Boy Soke, 26, 29:43
19. Samuel Segoaba, 25, 29:44
20. Shaun Zuzani, 18, 29:44
21. Sityhilo Diko, 17, 29:56
22. Samuel Tsotsane, 22, 29:56
23. Mphuthumi Ngedle, 30, 29:57
24. Michael Ngaseke (ZIM), 32, 30:03
25. Nkopane Seqhobane (LES), 28, 30:04
26. Lusapho April, 30, 30:12
27. Maruando Dlomo, 26, 30:18
28. Mluleki Nobanda, 40, 30:18
29. Thubalethu Phaku, 29, 30:27
30. Vincent Kutoane, 29, 30:29

Same prize money in the older categories: R2000, R1000, R750:

40-49:

1	Mluleki	Nobanda	40	30:18
2	Maxwell	Bangani (ZIM)		31:42
3	Clever	Chidziva (ZIM)		34:02

50-59:

1	Thulani	Sibisi	52	34:50
2	Ackim	Mhlanzi	55	35:50
3	Wilson	Moloto	51	37:20

60+:

1	Andrew	Spence		41:20
2	Pele	Tshukunda Malema		42:51
3	Freddy	Kola	62	44:05

Juniors:

1	Jonathan	Chinyoka (ZIM)	18	29:36 (R3000)
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2	Sityhilo	Diko	17	29:56 (R2750)
3	Senzo	Nkosi		30:33 (R2500)
4	Asanda	Malunga	19	30:48 (R2000)
5	Sithembele	Faneko	17	31:16 (R1750)

WOMEN (Same prize money as men)

1. Irvette van Blerk, 21, 34:08
2. Onele Dintwe (BOT), 34:17
3. Milliam Thole (MAW), 19, 34:27
4. Tanith Maxwell, 32, 35:15
5. Varaidza Shindi (ZIM), 20, 35:32
6. Ntombisintu Ntshiliza, 26, 35:40
7. Catherine Skosana, 28, 35:45
8. Patience Khumalo, 20, 35:58
9. Nandipha Dywili, 17, 35:58 [correct]
10. Ronel Thomas, 37, 36:01 1000
11. Takalane Nthulane, 28, 36:34
12. Marelise Retief, 23, 36:35
13. Maxine Heine-Wacker, 18, 36:47
14. Bathobele Hlazo, 14, 37:24
15. Nomvula Dlamini, 18, 38:58
16. Bongekile Hlongwane, 15, 39:00
17. Makhosi Mhlongo, 27, 39:14
18. Daniela Adlam, 28, 39:55
19. Marietjie Montgomery, 49, 40:12
20. Myeni Silindile, 18, 40:24

40-49:

1	Marietjie	Montgomery	49	40:12
2	Philipa	Chidziwa (ZIM)	40	41:16
3	Jeanette	Davidson (GBR)	43	42:53

50-59:

1	Frances	Van Blerk	53	44:28
2	Sandy	Fismer	55	46:17
3	Jenny	Scott	55	46:53

60+:

1	Gill	Tregenna		52:13
2	Lorna	Rautenbach	64	53:09
3	Isabel	Hobbs	65	1:10:27

Juniors:

1	Milliam	Thole (MAW)	19	34:50
2	Nandipha	Dywili	17	35:58
3	Maxine	Heine-Wacker	18	36:47
4	Bathobele	Hlazo	14	37:24
5	Nomvula	Dlamini		38:58

Herald Remax Friendly City Marathon (30th) & 10 km

Port Elizabeth, 7 February

(Distances: 42.195 km & 10 km; out-and-back courses. Finishers: marathon – 404; 10 km – 298.)

Marathon

MEN

1	Wayne	Gallant	Mr Price AC EP	34	2:23:31
2	Masande	Mlonyeni	Nedbank RC EP	28	2:24:13
3	Eugene	Pelem	Nedbank RC EP	29	2:24:13

4	Masixole	Dlaku	Mr Price AC EP	30	2:27:52
5	Sindile	Somke	Nedbank RC EP	32	2:31:30
6	Zolile	Mhlahlo	Raleigh AC	34	2:35:32
7	Lawrence	Ntantiso	Nedbank RC EP	33	2:38:49
8	Zamubuntu	Teyise	Charlo AC	32	2:41:30
9	Vuso	Nkonzo	Mr Price AC EP	23	2:43:07
10	Mzukisi	Klaas (1 st vet)	PEAAC	40	2:44:18
11	Darrell	Wicht	Raleigh AC	45	2:44:24
12	Kelly	Soyamba	Nedbank RC EP	31	2:45:48
13	Thembisile	Bashe	Mr Price AC EP	31	2:49:12
14	Thembekile	Msipa	Charlo AC	34	2:50:23
15	Riaan	Kock	Nedbank RC EP	39	2:50:39
16	Simphiwe	Ntantiso	Nedbank RC EP	38	2:51:52
17	Welcome	Loliwe	Nedbank RC EP	44	2:54:17
18	Cyril	Niit	Raleigh AC	49	2:54:27
19	Booi	Lewis	Nedbank RC EP	48	2:55:22
20	Adrian	Gouws	Raleigh AC	35	2:56:16

40-44:

1	Mzukisi	Klaas	PEAAC	40	2:44:18
2	Welcome	Loliwe	Nedbank RC EP	44	2:54:17
3	Vernon	Newfeldt	Willard Batt	42	3:00:46

45-49:

1	Darrell	Wicht	Raleigh AC	45	2:44:24
2	Cyril	Niit	Raleigh AC	49	2:54:27
3	Booi	Lewis	Nedbank RC EP	48	2:55:22

50-54:

1	Alan	Taylor	Raleigh AC	51	3:11:31
2	Sipho	Ncandana	Raleigh AC	52	3:14:49
3	Stephen	Klue	Elite AC	50	3:15:20

55-59:

1	Jimmy	Styan	Raleigh AC	56	3:19:05
2	Hannes	Els	Madiba Bay AC	59	3:20:37
3	Darsoo	Moonien	Malabar	57	3:47:01

60-64:

1	Cilliers	Swart	Nedbank RC EP	62	3:45:01
2	Les	Brightman	Raleigh AC	60	3:59:17
3	Kobus	Gerber	PEAAC	64	4:02:35

65-69:

1	Godfrey	Kariem	Cadbury AC	68	4:17:19
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WOMEN

1	Maresa	Ah Kun	Bluewater Bay	33	3:22:27
2	Sandy	De Beer	SANDF KZN	39	3:22:32
3	Priscilla	Dyantyi	Mr Price AC EP	34	3:25:43
4	Sharon	Zeelie	Raleigh AC	37	3:26:23
5	Elmarie	Bezuidenhout	Charlo AC	27	3:37:07
6	Jene	Banfield	Run/W For Life	38	3:40:09
7	Johanna	Claassen (1 st vet)	Nedbank RC SWD	40	3:41:52
8	Claire	Nagel	Elite AC	44	3:48:59
9	Rethie	Cumming	Bo-Karoo M C	38	3:52:54
10	Hermie	Fisher	Madiba Bay AC	41	3:55:27
11	Adele	Nel	St Albans CSEP	35	3:56:05
12	Camarin	Van Eyk	Elite AC	26	3:57:54
13	Mariette	De Haan (1 st mast)	Nedbank RC SWD	54	3:58:22
14	Buyelwa	Kobokana	Bluewater Bay	43	3:59:43
15	Yolanda	Blignaut	X-Cel AC	34	4:02:59

16	Desiree	Titus	Willard Batt	43	4:11:18
17	Fiona	Kernick	Temp	46	4:13:03
18	Nurunnisa	Madatt	Malabar	46	4:13:36
19	Elizabeth	Ackerman	New Balance	40	4:13:39
20	Natasha	Le Roux	Nedbank RC SWD	34	4:13:51

40-44:

1	Johanna	Claassen	Nedbank RC SWD	40	3:41:52
2	Claire	Nagel	Elite AC	44	3:48:59
3	Hermie	Fisher	Madiba Bay AC	41	3:55:27

45-49:

1	Fiona	Kernick	Temp	46	4:13:03
2	Nurunnisa	Madatt	Malabar	46	4:13:36
3	Loraine	Theunissen	Rand Athletic C	45	4:21:15

50-54:

1	Mariette	De Haan	Nedbank RC SWD	54	3:58:22
2	Monica	Kemp	Madiba Bay AC	53	4:14:37
3	Ursula	Kilian	NMMU AC	51	4:20:08

55-59:

1	Linda	Vivian	Umhlatuze	59	4:16:08
2	Jos	Els	Madiba Bay AC	56	4:23:49

10 km**MEN**

1	Nkosinathi	Madyo	Nedbank RC EP	21	31:15
2	Melikhaya	Kepe	Nedbank RC EP	32	31:36
3	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	40	32:35
4	Ivan	Ambraal	Malabar	19	32:55
5	Marinus	Johnson	Mr Price AC EP	23	34:25
6	Bulelini	Niwa	PEAAC	23	34:39
7	Terrance	Mjekula	Raleigh AC	36	34:50
8	Lolwethu	Mbityi (1 st jun)	PEAAC	17	35:10
9	Conrad	Charles	Malabar	18	35:27
10	Ayanda	Scheepers	Nedbank RC EP	16	37:18
11	Duwayne	Lucas	Nedbank RC EP	19	37:39
12	Hina	Sonwabo	Temp	19	38:43
13	Antonio	Seconds	Nedbank RC EP	29	39:24
14	Mandilakhe	Sitatu	PEAAC	19	40:00
15	Riaan	Michels	Temp	18	41:01
16	Brendon	Persens	Nedbank RC EP	34	41:49
17	Mthuthuzeli	Nyanga	Temp	17	42:05
18	Sinethemba	Jali	PEAAC	19	42:06
19	Simon	Ngcoko	Willard Batt	39	42:36
20	Phil	Naude	Temp	28	43:15

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	40	32:35
2	Murray	Smith	Temp	43	48:08
3	Marius	Zeelie	Raleigh AC	43	49:37

45-49:

1	Archibald	Groener	Durbanville AC	47	46:31
2	Tim	Bray	PEAAC	45	49:52
3	Andre	Pienaar	Spar Walmer AC	46	51:27

50-54:

1	Daniel	Ferreira	Elite AC	50	49:43
2	Peter	Newton	Crusaders AC	51	49:50
3	Jama	Matomela	Temp	51	52:52

55-59:

1	Peter	Sale	Temp	58	56:38
2	Antonie	Grobler	Elite AC	56	57:18
3	Barry	Nelson	Legacy AC	57	57:57

60-64:

1	Jackson	Ngcoko	Willard Batt	60	49:12
2	Andre	Fourie	Elite AC	61	54:46
3	Klaus	Kornacker	Rand Athletic C	63	59:35

65-69:

1	Brian	Smith	PEAAC	65	1:06:46
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70-74:

1	Michael	Collins	PEAAC	70	48:09
2	Kai	Tarnow	Jeffreys Bay	70	1:02:52
3	John	Peart	Temp	72	1:13:39

75-79:

1	Wells	Anderson	PEAAC	76	1:03:53
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Juniors:

1	Lolwethu	Mbityi	PEAAC	17	35:10
2	Conrad	Charles	Malabar	18	35:27
3	Ayanda	Scheepers	Nedbank RC EP	16	37:18

WOMEN

1 (14)	Deliwe	Nyanga	PEAAC	19	39:25
2 (20)	Babalwa	Ngcoko	Mr Price AC EP	21	42:35
3 (24)	Treloar	Childs (1 st vet)	Spar Walmer AC	45	44:49
4	Noxolo	Marks	Mr Price AC EP	22	48:35
5	Buhle	Ngebulana	Temp	20	49:02
6	Lindie	Barnardo	NMMU AC	24	49:37
7	Carmen	Boshoff	PEAAC	37	50:09
8	Yolande	Van Rooyen	Old Selbornian	27	52:40
9	Lee	Dobell	Temp	40	52:54
10	Helen	Viljoen	Temp	22	52:56
11	Shannon	Holmes	Temp	26	53:42
12	Lavrinda	Rheeder	Temp	45	53:43
13	Charmaine	Bosch	Nedbank RC EP	38	54:13
14	Michelle	Nagel	Temp	37	54:15
15	Margaret	Paton (1 st g'mast)	Charlo AC	63	54:17
16	Yolanda	Dugmore	Temp	36	54:18
17	Lee-Anne	Diedericks (1 st jun)	PEAAC	18	54:23
18	Natasja	Van Tonder	Elite AC	36	54:26
19	Liza	Mason	Nedbank RC EP	30	54:47
20	Petra	Pienaar	Spar Walmer AC	44	54:56

40-44:

1	Lee	Dobell	Temp	40	52:54
2	Petra	Pienaar	Spar Walmer AC	44	54:56
3	Florence	Groener	Durbanville AC	42	56:17

45-49:

1	Treloar	Childs	Spar Walmer AC	45	44:49
2	Lavrinda	Rheeder	Temp	45	53:43
3	Helen	Mc Lean	Madiba Bay AC	48	58:27

50-54:

1	Mary	Van Eck	Temp	52	55:29
2	Estelle	Burger	Temp	51	1:06:09
3	Hendrina	Claassen	Despatch AC	52	1:07:51

55-59:

1	Maria	Oppel	Crusaders AC	59	59:29
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2	Sharon	Brown	PEAAC	55	1:15:52
3	Rina	Barnard	Elite AC	55	1:22:22
60-64:					
1	Margaret	Paton	Charlo AC	63	54:17
2	Denise	Terblanche	Spar Walmer AC	61	1:09:33
3	Debbie	Oelofse	Legacy AC	62	1:15:47
65-69:					
1	Bertie	Richards	Muirite Strider	65	1:29:53
70+:					
1	Dorothy	Hart	PEAAC	70	1:02:23
Juniors:					
1	Lee-Anne	Diedericks	PEAAC	18	54:23
2	Jana	Hiscock	Spar Walmer AC	18	57:39
3	Tanya	Wilson	Charlo AC	16	1:02:48

Lion of Africa Half Marathon

Constantia, 7 February

(Distance: 21.0975 km; certified loop course, hilly)

MEN

1. Wanda Roro (Ad) 68:47 (R600); 2. Anthony Godongwana (Celt) 69:09 (R400); 3. Siyabonga Nqabeni (Celt) 70:25 (R300); 4. Patrick Magadla (VOB) 71:00; 5. Graham Katzen (Celt) 72:09; 6. Professor Khwetane (VOB) 72:45; 7. Thanduluntu Magqaza (M.Spart) 73:12; 8. Sipho Phala (VOB) 74:27; 9. John September (Celt) 74:47 (1st vet); 10. Roger Dickson (VOB) 75:50; 11. Akhona Makila (VOB) 76:00 (1st jun); 12. Nevule Jacobs (FH) 76:03; 13. Vuyani Sixaso (VOB) 77:33; 14. William Robinson (UCT) 77:59; 15. Dion Middelkoop (VOB) 78:51; 16. Daniel Schlimper (UCT) 79:12; 17. Gareth Berning (VOB) 79:50; 18. Stef Patten (VOB) 80:42; 19. Philasande Foyi (Celt) 81:16; 20. Nicholas Bryant (Celt) 81:25; 21. Edward Zozi (Harf Harr) 81:36; 22. Michael Bekapi (VOB) 81:51; 23. Xolani Makinana (RCS Gug) 82:06; 24. Charles Witbooi (VOB) 82:12; 25. Whitey Motabogi (Celt) 82:45; 26. Jeremy Norman (FH) 82:5; 27. Goodman Mpukane (RCS Gug) 83:20 (1st mast); 28. Walter Segatswi (Celt) 83:28; 29. Tiaan Oosthuizen (Ad) 93:30; 30. Makhi Mtashi (VOB) 83:50.

Masters: (40+): 1. John September (Celt) 74:47 (R300); 2. Michael Bekapi (VOB) 81:45 (R200); 3. Desmore Oppel (Dur) 85:11 (R100). **(50+):** 1. Goodman Mpukane (RCS Gug) 83:20 (R200); 2. Walter Segatswi (Celt) 83:28 (R150); 3. Gemjekile Tom (Esk Gij) 88:38 (R100). **(60+):** 1. Albertus Bock (Ad) 86:48 (R150); 2. Jimmy Morris (For) 87:51 (R100); 3. M.Y. Abrahams (Top) 101:06 (R75). **Juniors:** 1. Akhona Makila (VOB) 76:00 (R100); 2. Bongani Kinca (Celt) 88:03 (R75).

WOMEN (Same prize money as men)

1. Natasha Oosthuizen (Ad) 90:09; 2. Liesl Stoltz (Dur) 93:04; 3. Jenna Kamps (RAC) 94:04; 4. Andrea Pretorius (NB) 94:24; 5. Renée Scott (Ad) 95:29 (1st vet); 6. Tania Kapp (VOB) 98:04; 7. Sarah Williams (WC) 98:24; 8. Kirsten Norris (Ind) 99:41; 9. Bev Charters (VOB) 99:50 (1st mast); 10. Bev Baker (VOB) 99:58; 11. Grace Bokaba (WP Def) 100:36; 12. Hester Kotzé (Dur) 101:15 (1st g'mast); 13. Andrea Swartz (Edg) 101:36; 14. Brigitte Bowler (VOB) 101:54; 15. Lubina du Buisson (Edg) 103:52; 16. Julie Stevens (Ind) 104:11; 17. L. Heerschap (Ind) 104:18; Marina de Milander (Str) 104:45; 19. Deirdre Hewitt (Pine) 105:09; 20. Colleen Hohlfeld (S.Str) 105:13.

Masters: (40+): 1. Renée Scott (Ad) 95:29; 2. Bev Baker (VOB) 99:58; 3. Colleen Hohlfeld (S.Str) 105:13. **(50+):** 1. Bev Charters (VOB) 99:50; 2. Marina de Milander (Str) 104:45; 3. Deirdre Hewitt (Pine) 105:09. **(60+):** 1. Hester Kotzé (Dur) 101:15; 2. Pixie Sparg (Celt) 110:38; 3. Dianne Thompson (VOB) 114:48. **Juniors:** 1. Amy Gilmour (VOB) 116:05; 2. Benine Havenga (Tyg) 153:08.

United Bulk Prison to Prison Half Marathon

Rawsonville, 7 February

(Distance: 21.0975 km; loop course)

MEN

1. Tsungai Mwanengeni (ZIM/Mr Pr) 68:20 (R1000); 2. Bernard Rukadza (ZIM/RCS Gug) 72:22 (R500); 3. Thembelani Zola (Mr Pr) 73:12 (R300); 4. Dawid van Rooyen (Worc) 73:54 (R100); 5. Rowan Prins (Rob) 74:33 (R50); 6. Roger Davids (Rob) 74:57; 7. Isaac Opperman (CS) 75:06 (1st vet); 8. Marks Mpekula (VOB) 75:39; 9. David Molema (Mr Pr) 76:00; 10. Sollie van Rooyen (CS) 76:50; 11. Bennie Philander (Sw) 77:02; 12. Dawid Gous (Sw) 77:09; 13. Richard Nozingo (CS) 77:29; 14. Reginald Arendse (Ind) 77:57; 15. Kosie Botha (CS) 18:24 (1st mast); 16. Marius Muller (Ceres) 79:18; 17. Leon Williams (Sw) 79:19; 18. Andries Swanepoel (Brack) 79:31; 19. Nkosana Mponeng (Gold) 80:05; 20. Thomas Moses (Worc) 80:11; 21. Percy Kelly (Celt) 80:11; 22. Morné Hansen (Worc) 81:29; 23. Dawid Ruiters (Rob) 82:14; 24. Gerhard Daniels (CS) 82:17; 25. Kleinbooï Nayi (Ceres) 82:18; 26. Patrick Quela (CS) 83:03; 27. Marthinus Corah (Elg/Grab) 83:36; 28. Larence Makadie (CS) 83:40; 29. Mphicothi Qantolo (Celt) 83:44; 30. Jan Oliphant (Worc) 83:54.

Masters: (40+): 1. Isaac Opperman (CS) 75:06 (R400); 2. Sollie van Rooyen (CS) 76:50 (R250); 3. Bennie Philander (Sw) 77:02 (R150). **(50+):** 1. Kosie Botha (CS) 78:24 (R300); 2. Thomas Moses (Worc) 80:11 (R200); 3. William Snyders (Elg/Grab) 83:55 (R100). **(60+):** 1. Willie van Wyk (Brack) 97:28 (R200); 2. Abe Fortuin (Worc) 102:25 (R100); 3. Niklaas Marshall (Atl Harr) 104:12 (R50). **Juniors:** 1. William Jansen (Rob) 86:33 (R200); 2. Rico Hunter (Worc) 102:32 (R100).

WOMEN (Same prize money as men)

1. Farwa Mentoor (Bon) 83:44; 2. Nomvuyisi Seti (Mr Pr) 87:51; 3. Bulelwa Mtshagi (Celt) 89:10; 4. Sheryl de Lange (Ad) 91:21 (1st vet); 5. Styntjie Prins (Paarl) 94:26 (1st mast); 6. Mary-Ann Baron (Mr Pr) 100:16; 7. Ena Gous (Worc) 104:21; 8. Cailey Bredenkamp (Paarl) 105:32; 9. Maretha de Kock (Ad) 107:16; 10. Maryna Bingle (Worc) 108:57; 11. Magdeld van der Westhuizen (Mont) 109:39; 12. Berdine Grobbelaar (Brack) 110:11; 13. Nicolene Koegelenberg (Brack) 110:27; 14. Mathilda Dixon (Paarl) 110:52; 15. Vondra Singleton (Worc) 112:14; 16. Thelma Rossouw (Worc) 116:14; 17. Petra Riggs (Brack) 116:19; 18. Lizelle du Plessis (Paarl) 116:20; 19. Di-Maré van Huyssteen (Mont) 118:11; 20. Colette Naudé (Ind) 118:12.

Masters: (40+): 1. Sheryl de Lange (Ad) 91:21; 2. Mary-Ann Baron (Mr Pr) 100:16; 3. Cailey Bredenkamp (Paarl) 105:32. **(50+):** 1. Styntjie Prins (Paarl) 94:26; 2. Thelma Rossouw (Worc) 116:14; 3. Marlene Swart (Paarl) 119:57. **(60+):** 1. Cathy Taylor (Dur) 130:51; 2. Annelie Gous (Rob) 152:50; 3. Marie Hill (Ceres) 165:31. **(70+):** 1. Annelie Gous (Rob) 152:50. **Juniors:** 1. Ronél Moses (Worc) 138:13.

Sasol Marathon (59th), Half Marathon & 10 km

Sasolburg, 7 February

(Distances: 42.195 km, 21.0975 km & 10 km; loop courses – the marathon twice the half-marathon route)

Marathon

MEN

1 Brighton Chipere (ZIM/Mr Price) 2:18:06; 2 Albert Koao (Nedbank) 2:24:51; 3 Themba Lamane (Arcelor Mittal) 2:27:16; 4 Immanuel Mkhabela (Nedbank) 2:27:43; 5 Siphoncube (ZIM/Mr Price) 2:28:26.

Veterans: 1 James Xaba (SAPS) 2:42:39; 2 Johannes Seakamela (RAC) 2:43:27; 3 Phehello Tsotetsi (Orange Farm) 2:43:57. **Masters:** 1 Ernest Tjela (Emfuleni) 2:51:28; 2 Maruis Carstens (Alberton) 3:06:13; 3 Les Ingings (Carltonville) 3:06:16. **G'masters:** 1 Patrick Mafilika (Nedbank) 3:26:32; 2 Jack Thokoane (Sasol) 3:27:54; 3 Jimmy Harding (Dosco) 3:31:25.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 2:56:49; 2 Lesley Train (Nedbank) 2:57:01; 3 Adinda Kruger (Nedbank) 3:00:03; 4 Angeline Molaba (Nedbank) 3:02:31; 5 Jolanie Basson (RandMarc) 3:13:50.

Veterans: 1 Catherine Naane (Goldfields) 3:19:36; 2 Marie Joubert (Arcelor Mittal) 3:23:30; 3 Vanessa Wayland (GRRR) 3:32:40. **Masters:** 1 Karin Smith (Brooks) 3:43:36; 2 Marietjie Olen (Sasol) 3:44:30; 3 Rene v Rensburg (Kleksdorp) 4:04:51.

Half marathon

MEN

1 Aaron Thlobo (Eskom) 64:54; 2 Tiisetso Ramokoseng (Toyota) 64:59; 3 Degene Asafa (ETH/ADT) 65:56.

Veterans: 1 Elliot Selepe (Bethlehem) 79:42; 2 Jacob Mokoena (Arcelor Mittal) 84:24. **Masters:** 1 Andre Jansen (GS) 81:22; 2 Petrus Lefine (GRRR) 85:09. **G'masters:** 1 Sandy Anderson (Harmony Striders) 96:36; 2 John Moroka (Ukhozi) 1:57:19. **Juniors:** 1 Nhlakanipho Gcaba (Nongoma) 73:51; 2 Ashley Jansen (GS) 94:52.

WOMEN

1 Paulina Njeya (Transnet) 82:50; 2 Renata Dreyer (Sunninghill) 84:00; 3 Maureen Dladla (SAPS) 86:22.

Veterans: 1 Annetjie Strydom (Nedbank) 1:45:38; 2 Ronel Heyns (Roodepoort) 1:48:59. **Masters:** 1 Lynette de Beer (Boksburg) 1:58:55; 2 Antoinette Spies (Newcastle) 2:02:00. **G'masters:** 1 Marie Smit (Arcelor Mittal) 1:58:13; 2 Josephine Stungoane (Orange Farm) 2:44:49.

10 km

MEN

1 Xolisani Zamkele (VUT) 29:34; 2 Kgotso Sesing (Eskom) 29:39; 3 Jacob Malakoane (GS) 29:50.

Veterans: 1 Billy Majafa (Powerade) 33:02; 2 Pitso Tshele (Telkom) 37:47. **Masters:** 1 Tyron Mackett (Brotherhood) 49:02; 2 Andre v Noordwyk (Midas) 69:44. **G'masters:** 1 Colin Thomas (Arcelor Mittal) 55:27; 2 Mike Dibb (Fit 2000) 73:52. **Juniors:** 1 Bandile Matika (Rockies) 30:58; 2 Ruben Magengenene (Rockies) 31:00.

WOMEN

1 Joyce Thiane (Goldfields) 37:45; 2 Phyllis de Fouw (STD Bank) 37:54; 3 Irene Thenga (ADT).

Veterans: 1 Heather Kappmeier (Nedbank) 44:27; 2 Florence Molawa (Arcelor Mittal) 47:11. **Masters:** 1 Marietjie Ceronio (Nedbank) 42:19; 2 Bukiwe Damane (Raiders) 54:11. **G'masters:** 1 Janet Badenhorst (Nedbank) 67:27; 2 Lynn Lamprecht (Arcelor Mittal) 92:31. **Juniors:** 1 Michelle de Lange (Arcelor Mittal) 68:36.

McCarthy Toyota Half Marathon

Pretoria, 7 February

(Distance: 21.0975 km; loop course)

MEN

1	Wirimayi	Juwawo	ZIM	1:06:41
2	Collen	Parura	ZIM/Bashewa	1:07:13
3	Benedict	Moeng	Transnet	1:08:35
4	Phillip	Molefe	Nedbank	1:08:47
5	Peter	Muso	Dainfern	1:09:42
6	Frans	Mukoka	ZAM/Nedbank	1:10:04
7	Greg	Barnes	Irene	1:12:01
8	Judas	Ntuli	Magnolia	1:12:29
9	Nyoako	Maifo	Powerade	1:12:45
10	Joel	Kutu	Corr	1:12:47

WOMEN

1	Olivia	Chitate	ZIM/Bashewa	1:23:43
2	Jackie	Van Der Walt	Tuks	1:29:48
3	Christelle	Van Der Merwe	Irene	1:32:27
4	Belinda	Hickman	Phobians	1:34:01
5	Lettie	Saayman	Irene	1:35:17
6	Monica	Neuling	Boks	1:35:43
7	Hannelie	Le Roux	Windgate	1:36:06
8	Ansie	Viljoen	Irene	1:36:37
9	Charlene	Bester	Tuks	1:38:24
10	Antoinette	Loock	Agape	1:39:37

McCarthy Volkswagen Westgate 15 km

Krugersdorp, 4 February

(Loop course)

MEN

1 Degene Asafa (ETH/ADT) 48:59; 2 Shadrack Selewane (ADT) 50:48; 3 Themba Nontshatsha (ADT) 51:42.

Veterans: 1 Daniel Radebe (ADT) 53:51; 2 Lucas Matlala (Krugersdorp) 57:10. **Masters:** 1 Robert Ngalwa (Krugersdorp) 63:40. **G'masters:** 1 Frikkie van Heerden (GRRRC) 75:17. **Juniors:** 1 Motlatsi Madiba (ADT) 52:42.

WOMEN

1 Takalane Nthulane (Transnet) 61:00; 2 Nadia Hechter (Noordheuwel) 62:35 (1st jun); 3 Thembesile Thembeka (ADT) 64:04; 4 Monique Hechter (Noordheuwel) 64:21.

Veterans: 1 Vanessa Wayland (GRRRC) 75:02; 2 Linda van der Gryp (Krugersdorp) 77:01.
Masters: 1 Rose van Wyk (Brotherhood) 94:18. **G'masters:** 1 Hazel Quilliam
 (Roodepoort) 96:03. **Juniors:** 1 Nadia Hechter (Noordheuwel) 62:35.

TRACK

Yellow Pages Series #3

Durban, 6 February

Note: The results were originally released in tenth of a second; these correct times were provided by Gert le Roux. – Ed.

MEN

1500:

1. Juan van Deventer 3:38.28
2. Tshamano Setone 3:38.29
3. Mbulaeni Mulaudzi 3:38.55
4. Peter van der Westhuizen 3:39.39
5. Andre Olivier 3:39.40
6. Ettienne Plaatjies 3:41.67
7. Molefe Molefe 3:43.32
8. Isaac Mboyaza 3:44.20
9. Enoch Manyandi 3:44.39
10. Mthombisi Baloyi 3:48.27
11. Jan Masenamela 3:48.88
12. Marc Buccarazzi 3:49.38

3000 steeplechase:

1. Ruben Ramolefi 8:20.48
2. Sikhumbusi Seme 8:41.81
3. Thuso Phaswane 8:45.04
4. Edwin Molepo 8:45.70
5. Dikotsi Lekopa 8:46.49

5000:

1. Stephen Mokoka 13:44.22
2. Sibusiso Nzima 13:44.61
3. Olebogeng Masire 13:46.41
4. Boy Soke 13:47.10
5. Dominic Khosa 13:51.84
6. Lungisa Mdelewa 13:54.11
7. Xolisa Tyali 13:56.32
8. Johan Cronje 13:59.52
9. Gladwin Mzazi 14:09.59
10. Themba Miya 14:10.92

WOMEN

3000 steeplechase:

1. Nolene Conrad 10:07.90
2. Tebogo Masehla 10:31.46
3. Myrette Filmlalter 10:40.97

5000:

1. Lebo Phalula 15:57.80
2. Lebogang Phalula 16:02.55
3. Irvette van Blerk 16:17.01

4. Onneille Dintwe (BOT) 16:24.10
 5. Catherine Skosana 16:47.12
 6. Annerien van Schalkwyk & Takalane Nthulane 16:49.42 [correct]
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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

San Blas Half Marathon (47th)

Coamo, PUR, 8 February

(Distance: 21.1 km; hot and very hilly)

MEN (gun times)

- | | | |
|----------------------------------|---------|--------|
| 1. James Kwambai, 25, KEN | 1:02:21 | \$8000 |
| 2. Samwel Shauri, 23, TAN | 1:02:25 | 3000 |
| 3. Kiplimo Kimutai, 27, KEN | 1:02:44 | 2000 |
| 4. Martin Toroitich, 31, UGA | 1:03:03 | 1500 |
| 5. William Todoo Rotich, 29, KEN | 1:03:12 | 1000 |

WOMEN

- | | | |
|---|---------|--------------|
| 1. Azalech Masresha Woldeselasse, 20, ETH | 1:15:04 | \$5000* |
| 2. Angelina Mutuku, 26, KEN | 1:15:09 | 3000 |
| 3. Zenaida Maldonado, PUR | 1:18:40 | 2000 + 2000^ |
| 4. Carmen Valles, PUR | 1:19:06 | 1500 + 1500^ |
| 5. Anne Jepkemboi Kosgei, 29, KEN | 1:19:37 | 1000 |

^) Earned Puerto Rican citizen award

*) Prize money was reduced from \$8000 because the time was slower than 1:14:00

Verona Half Marathon (2nd)

Verona, ITA, 8 February

(Distance: 21.1 km)

MEN

- | | |
|-------------------------|-------------------|
| 1. Stefano Baldini, ITA | 1:04:49 |
| 2. Hakim Radoum, MAR | 1:04:49 (correct) |

WOMEN

- | | |
|-------------------------|---------|
| 1. Rosaria Console, ITA | 1:11:58 |
|-------------------------|---------|

Melbourne & Beaches Music Half-Marathon

(US Masters Half-Marathon Championships)

Melbourne, USA, 8 February

(Distance: 21.1 km)

MEN (gun times)

- | | | |
|--------------------------------------|---------|----------------|
| 1. Paul Aufdemberge, 44, Redford, MI | 1:08:05 | \$1000 + 1500a |
|--------------------------------------|---------|----------------|

WOMEN (gun times)

1. Colleen De Reuck, 44, Boulder, CO 1:13:15 \$1000 + \$1500a

a) Earned age-graded prize money

Trofeo Sant'Agata (46th)

Catania, ITA, 3 February

(Distance: 12 km; 8 laps)

MEN

1. Wilson Kiprop, 1987, KEN 33:17
2. Paul Kosgei, 1978, KEN 33:17
3. Titus Masai, 1989, KEN 33:21
- ... 7. Stefano Baldini, 1971, ITA 34:25

CROSS-COUNTRY**US Cross-country Championships**

Derwood, USA, 7 February

OPEN MEN (12 km/159 finishers):

1. Meb Keflezighi, 33, San Diego, CA, Nike, 36:06 (\$3000)
2. Tim Nelson, 24, Portland, OR, Nike, 36:06 (\$2000)
3. Bobby Curtis, 24, Ardmore, PA, Reebok, 36:09 (\$1000)
4. Jorge Torres, 28, Boulder, CO, Reebok, 36:16 (\$750)
5. Edward Moran, 27, Williamsburg, VA, Nike, 36:18 (\$600)
6. Ryan Vail, 22, Gresham, OR, unattached, 36:24 (\$500)
7. Brett Gotcher, 24, Flagstaff, AZ, McMillan Elite, 36:41 (\$400)
8. Eduardo Torres, 28, Boulder, CO, Reebok, 36:45 (\$300)
9. Max King, 28, Bend, OR, Bowerman AC, 36:54 (\$250)
10. David Nightingale, 23, Blowing Rock, NC, ZAP Fitness, 37:00 (\$200)

OPEN WOMEN (8 km/60 finishers):

1. Emily Brown, 24, Minneapolis, MN, Team USA Minnesota, 26:58 (\$3000)
2. Julie Culley, 27, Arlington, VA, New York Athletic Club, 27:30 (\$2000)
3. Kathy Newberry, 30, Williamsburg, VA, New York Athletic Club, 27:40 (\$1000)
4. Delilah Dicroscenzo, 25, New York, NY, Puma, 27:43 (\$750)
5. Rebecca Donaghue, 32, State College, PA, New Balance Boston, 27:46 (\$600)
6. Samia Akbar, 27, Herndon, VA, Reebok, 28:02 (\$500)
7. Lindsey Scherf, 22, Eugene, OR, University of Oregon, 28:07 (NCAA)
8. Clara Grandt, 21, Morgantown, WV, West Virginia University, 28:22 (NCAA)
9. Kasie Enman, 29, Huntington, VT, Boston Athletic Association, 28:28 (\$400)
10. Julia Lucas, 24, Mammoth Lakes, CA, Reebok, 28:30 (\$300)

JR. MEN (8 km/67 finishers):

1. German Fernandez, 18, Stillwater, OK, Oklahoma State University, 23:20
2. Christopher Derrick, 18, Naperville, IL, Stanford University, 23:39
3. Luke Puskedra, 18, Eugene, OR, University of Oregon, 23:53
4. Ryan Hill, 19, Hickory, NC, North Carolina State University, 24:35
5. Patrick Dupont, 18, Fairport, NY, Syracuse University, 24:39
6. Francisco Medrano, 18, Lafayette, IN, Syracuse University, 24:42
7. Joey Bywater, 19, Seattle, WA, University of Washington, 24:50
8. Ryan Prentice, 18, Normandy Park, WA, Oklahoma State University, 24:55
9. Eric Fernandez, 18, Ballwin, MO, Unattached, 24:55
10. Griffith Graves, 18, Abingdon, VA, Unattached, 24:55

JR. WOMEN (6 km/62 finishers):

1. Neely Spence, 18, Shippensburg PA, unattached, 20:43
2. Ashley Brasovan, 18, Wellington FL, unattached, 20:57
3. Alexandra Dunne, 17, San Clemente CA, South Coast XC Elite, 21:05
4. Allie McLaughlin, 18, Colorado Springs C, unattached, 21:10
5. Sara Vaughn, 18, Tulsa OK, unattached, 21:32
6. Katja Goldring, 18, Bh CA, UCLA, 21:37
7. Emily Pritt, 18, North Canton OH, North Carolina State University, 21:44
8. Molly Grabill, 16, Poway CA, South Coast XC Elite, 21:46
9. Rolonda Jumbo, 15, Santa Fe NM, Wings of America, 21:48
10. Lacey Oeding, 18, Jasper IN, University of New Mexico, 21:50

Kenya Prisons National Cross-country Championship

Ruiru, KEN, 7 February

MEN (12 km)

1. Luke Kibet 37:59.1
2. John Mwangangi 38:11.1
3. Benjamin Kemboi 38:15.7
4. Fredrick Musyoki 38:16.8
5. Richard Ndegwa 38:20.4
6. Timothy Kiptoo 38:31.9
7. Silas Kiplagat 38:36.9
8. Bernard Rotich 38:43.4
9. Michael Mutai 38:52.0
10. Jackson Kakorio 39:10.2

WOMEN (8 km)

1. Eunice Chepkurui 29:09.0
2. Pauline Wangui 29:12.9
3. Fridah Mwikali 29:34.4
4. Agnes Katunge 29:38.9
5. Mumbua Kioko 29:41.3
6. Diane Chepkemoi 29:45.3
7. Catherine Ndereba 30:09.2
8. Nancy Nzisa 30:10.2
9. Jane Murage 30:32.3
10. Gladys Chebet 30:42.6
- ... 26. Susan Chepkemei 33:45.6

DNF - Margaret Okayo

DNF - Edith Masai

INDOOR TRACK**Sparkassen Cup (23rd)**

Stuttgart, GER, 7 February

MEN

800:

1. Ahmad Ismail, SUD 1:45.73 WL, PB
2. Yuriy Borzakovskiy, RUS 1:45.96
3. Wilfred Bungei, KEN 1:46.66
4. René Bauschinger, GER 1:47.63 PB
5. Pawel Czapiewski, POL 1:47.68

1000:

1. Abubaker Kaki, SUD 2:16.23 WL
2. Mehdi Baala, FRA 2:17.29
3. Abraham Chepkirwok, UGA 2:18.18 NR
4. Richard Kiplagat, KEN 2:18.54
5. Geoffrey Rono, KEN 2:19.61

1500:

1. Deresse Mekonnen, ETH 3:36.41
2. Augustine Choge, KEN 3:38.62
3. Gideon Gathimba, KEN 3:39.21 PB
4. Yoann Kowal, FRA 3:39.69 PB
5. Guillaume Éraud, FRA 3:40.70

3000:

1. Bernard Lagat, USA 7:35.41 WL
2. Abreham Cherkos, ETH 7:36.36 PB
3. Shedrack Korir, KEN 7:37.09 PB
4. Nick McCormick, GBR 7:52.74
5. Rui Silva, POR 7:55.84
6. Serhiy Lebid, UKR 7:57.86
- ... 9. Ali Saïdi-Sief, ALG 8:02.89

WOMEN

1500:

1. Susan Scott, GBR 4:13.37
2. Natalya Pantelyeva, RUS 4:17.36
3. Hilary Stellingwerff, CAN 4:17.71
4. Dana Šatrova, CZE 4:17.72
5. Marilyn Okoro, GBR 4:22.33 PB

3000:

1. Meseret Defar, ETH 8:26.99 WL
2. Anna Alminova, RUS 8:28.49 PB
3. Sylwia Ejdys, POL 8:54.34
4. Krisztina Papp, HUN 9:07.61

Reebok Boston Indoor Games (14th)

Boston, USA, 7 February

MEN

1000:

1. Nick Symmonds, Nike Oregon TC 2:20.52 PB
2. Boaz Lalang, 1989, KEN 2:21.00 PB
3. Christian Smith, Nike Oregon TC 2:21.06
4. David Krummenacker, USA 2:21.98
5. Moise Joseph, HAI 2:23.04 NR?

Mile:

1. Nick Willis, Reebok/NZL 3:53.54 PB (1500 3:38.85)
2. Pablo Solares, MEX 3:54.52 NR (1500 3:38.93)
3. Chris Lukezic, Reebok 3:56.04 PB (1500 3:39.60)
4. Alan Webb, Nike 3:57.64 (1500 3:41.62)
5. Kevin Sullivan, Reebok/CAN 3:59.42 (1500 3:43.20)

3000:

- | | |
|------------------------------|------------|
| 1. Bekana Daba, ETH | 7:41.88 |
| 2. Galen Rupp, Oregon | 7:44.69 PB |
| 3. Markos Geneti, adidas/ETH | 7:46.74 |
| 4. Josh Rohatinsky, Nike | 7:49.55 PB |
| 5. Brian Olinger, Reebok | 7:51.13 PB |

WOMEN

800:

- | | |
|---------------------------|---------|
| 1. Alice Schmidt, USA | 2:03.05 |
| 2. Hazel Clark, Nike | 2:03.19 |
| 3. Katie Waits, Michigan | 2:04.07 |
| 4. Treniere Clement, Nike | 2:05.32 |
| 5. Nikeya Green, USA | 2:07.02 |

Mile:

- | | |
|---------------------------------------|------------------------------|
| 1. Lindsey Gallo, Reebok | 4:27.90 PB/MR (1500 4:10.96) |
| 2. Mestawat Tadesse, adidas/ETH | 4:28.18 PB (1500 4:10.77) |
| 3. Sarah Jamieson, Reebok/AUS | 4:29.47 (1500 4:11.08) |
| 4. Roisin McGettigan, New Balance/IRL | 4:30.06 PB (1500 4:11.31) |
| 5. Julia Howard, CAN | 4:38.22 |

Mile:

- | | |
|---------------------------------------|-------------------------------|
| 1. Lindsey Gallo, Reebok | 4:27.90 PB/MR* (1500 4:10.96) |
| 2. Mestawat Tadesse, adidas/ETH | 4:28.18 PB (1500 4:10.77) |
| 3. Sarah Jamieson, Reebok/AUS | 4:29.47 (1500 4:11.08) |
| 4. Roisin McGettigan, New Balance/IRL | 4:30.06 PB (1500 4:11.31) |
| 5. Julia Howard, CAN | 4:38.22 |

3000:

- | | |
|------------------------------------|------------------|
| 1. Kara Goucher, Nike | 8:46.65 PB |
| 2. Sally Kipyego, Texas Tech (KEN) | 8:48.77 PB/NCAA* |
| 3. Barbara Parker, GBR | 9:00.20 PB |
| 4. Courtney Babcock, CAN | 9:03.66 |
| 5. Amy Mortimer, Reebok | 9:04.67 |

5000:

- | | |
|--------------------------------|--------------------------|
| 1. Sentayehu Ejigu, adidas/ETH | 14:47.62 PB (14:47.613) |
| 2. Shalane Flanagan, Nike | 14:47.62 NR* (14:47.618) |
| 3. Mary Cullen, Reebok/IRL | 15:18.34 PB |
| 4. Jen Rhines, adidas | 15:27.87 |

MOUNTAIN/TRAIL/ULTRA RUNNING**Empire State Building Run-Up (32nd)**

New York, USA, 3 February

(Distance: About 300 m up 1576 steps)

MEN

- | | |
|----------------------------------|----------|
| 1. Thomas Dold, 24, GER | 10:07 PB |
| 2. Marco De Gasperi, 31, ITA | 10:29 |
| 3. Rickey Gates, 27, Boulder, CO | 10:40 |
| 4. Scott McTaggart, 31, AUS | 11:15 |
| 5. Matthias Jahn, 25, GER | 11:24 |

WOMEN

1. Suzy Walsham, 35, AUS 13:27
2. Daniela Vassalli, 33, ITA 13:40
3. Cindy Harris, 40, Indianapolis, IN 13:49
4. Jessamy Hosking, 25, AUS 14:00
5. Emily Kindlon, 28, Brooklyn, NY 14:22

OBITUARY

Note: Although Glenn Davis was not a distance runner, he was one of the world's greatest athletes of the '50s and '60s. In the Melbourne Olympic 400 hurdles, where he won the gold medal, South Africa's 19-year-old Gert Potgieter fell over the last hurdle and finished last. In 1960 Potgieter, then the world record holder for 440 yards hurdles at 49.3 (equivalent to 49.0 for the metric race; Davis' WR was then 49.2), was one of the favourites but suffered severe injuries in a car accident in Germany shortly before the Games. This obituary appeared in *Athletics International*. – Ed.

Glenn Ashby DAVIS (USA) (b. 12 Sep 1934 Wellsburg, West Virginia) died after a long illness in his hometown of Barberton, Ohio, on January 28 at the age of 74. A marvellously talented all-round athlete, he won the 1956 Olympic title at 400 m hurdles in his first year at the event, having earlier run the first ever sub-50 second time in only his ninth race. He improved the world record for 400 m hurdles to 49.2 in 1958 (and also set a record at 440 y hurdles at 49.9) and won further Olympic gold medals in 1960 at 400 m hurdles (in 49.3/49.51 on auto timing) and the 4x400 m relay (45.31 third leg on a world record 3:02.37). In his final year of 1960 he also set a world record at 200 m hurdles of 22.5, a time that has never been bettered, although the event is no longer on the record schedule.

He won four AAU hurdles titles, 1956-8 and 1960. He was also a world class runner at the flat quarter-mile, at which he set two world records (45.8 and 45.7) and was NCAA champion for Ohio State University in 1958. Other best times: 100 m 10.3 (1958), 220 y 21.1 (1958). He won the Sullivan Award as the nation's top amateur athlete in 1958 and had a short pro football career, 1960-1, as a wide receiver with the Detroit Lions and Los Angeles Rams.

VIEWPOINT

This very interesting article by Tony Ward, well-known author, coach, and international TV & stadium commentator, was published in his blog *Track Chat* and although long, is included here in its entirety. – Ed.

FEAR OF AFRICANS

Writing in the Canadian magazine *Athletics* (December 2008), that doyen of British running coaches, Frank Horwill, reported that three years ago the then Endurance Director of British athletics, Alan Storey (no longer in that position) opened a symposium by declaring: "We will never close the gap on the Africans in distance running."

Frank does not record whether the symposium immediately broke up, thus becoming the shortest in running history, but he does reflect that it is not surprising that the decline in British men's

endurance running continued under Storey's watch.

This rang a bell with me. Forty plus years ago in *Modern Distance Running* I quoted the famed Hungarian coach, Mihaly Igloi reflecting on his days as a runner back in the 1920's.

"To us," Igloi wrote, "record breakers like the Finns Paavo Nurmi and Hannes Kohlemainen seemed singularly gifted and equipped: their performances out of reach of normal mortals. These records, said Hungarians, were the products of special components, not of any particular training systems, and were helped by climatic and other conditions in Scandinavia. We, it

was alleged, did not have the same natural ability or the same conditions – so our athletes did not search for ways to improve.”

Fast forward seventy or eighty years and here is a British coach echoing the same sentiments. Igloi tells us that he and other athletes soon rejected such nonsense. He went on to coach three wonderful runners, Sándor Iharos, László Tabori and Istvan Rozsavolgyi, who had collectively set ten world records in just fifteen months in 1955-56 and whose undoubted Olympic destinies were shattered by the brutal invasion of their country by the Soviet Union just days before the Melbourne Games. Igloi emigrated and was highly successful in the United States.

The decline in European and British endurance running over the last few decades has been staggering. Olympic gold is the *raison d'être* of today's politicians and sporting bureaucrats. Sadly, Europe's distance runners have been, to say the least, remiss in such provision. In the past twenty years Europe has supplied just 6 gold medallists out of the 36 available. In overall medals won the situation is much worse, just 14 out of 108 were won by Europe, a paltry 13%, and two of the fourteen were of African origin.

In 1984, with 4 Olympic medals out of a possible 18 the African runners were coming; by 1988, with 11, they had arrived. In Beijing, with 16, they were in total control. The only European runner to take a medal was of Algerian origin.

Compared with yesteryear standards have plummeted. Taking 1988, 1998 and 2008 as our yardstick of two decades and the tenth best performance in each event as an indication of overall health, 2008 produced the worst European performances in every event and the worst British performances in four out of the six (with the remaining two just a few tenths off being worst).

Horwill cites Professor Tim Noakes' two variations, in his book *Lore of Running*, between European runners and their East and North African counterparts. Firstly, African runners devote one-third of their training to work between 80% and 100% of VO_2 max; Europeans devote just 10%. Secondly, the height/weight ratio (a

major factor in distance running) of the East African is superior.

There are also cultural differences. Running is a trade for hundreds of Kenyan runners. It is a way of extricating themselves and their families from the grim realities of agricultural life in that East African country. The 1990 *ATFS Annual* listed the winners of 85 marathon races for 1989 with only 3 (3.5%) being won by Kenyan runners. In 2007 the list had grown to 157 races with an astonishing 70% being won by Kenyans. Of the other 2007 listed major road races 65% of the winners were from Kenya.

So we know why the Africans are so good: running as a way of life from an early age; superior training, often three times a day; benefits from 60% of training time being at altitude; a good deal of training devoted to working at between 80% and 100% VO_2 max and strong financial incentives to be successful. But why are the Europeans currently so bad even compared with their forbears?

At the Atlanta Olympics I stood next to a well-known British coach watching the men's 10000 metres unfold. The winner was Haile Gebrselassie in 27:07.34. There was a grunt of satisfaction from the coach when a British athlete ran in tenth, almost a minute behind. "Second in Europe," was his satisfied comment as he went off to proffer congratulations. Back then I knew that we (and by "we" I mean Europeans as well as British) were in trouble.

But was Alan Storey uttering an unmentionable thought that is buried deep in the collective psyche of European runners and coaches? Do they see the exploits of Bekele, Gebrselassie, Tergat *et al* as being "out of the reach of normal mortals"? Is this why some British coaches ignore such exploits to lower their thinking and their runners' ambitions to declining European standards? Is the problem more psychological than technical or physiological? Can African distance runners be challenged?

Occasionally Caucasians will emerge to do so, men like Craig Mottram, Alan Webb and earlier Bob Kennedy, but the European challenge has been sparse, mostly coming from Spain. You have to return to what I have termed the "golden decade" of British athletics, the eighties,

to find performances that would match those of African runners, especially at 800 and 1500 metres, and when you study that period, when Coe, Cram and Ovett ruled the global roost of middle-distance running and David Moorcroft missed breaking 13 minutes for 5000 m by a whisker, you find an interesting phenomenon.

To get into the British Olympic team in both 1980 and 1984 at 1500 metres was some herculean task. In 1980 there was automatic selection for Seb Coe and Steve Ovett; the third spot went to an emerging Steve Cram. Four years later the task was even harder with Coe and Cram globally ranked second and third and Ovett just over a second behind the latter. Did British middle-distance runners resign themselves to second best status? Did they consider the trio's performances to be out of the reach of normal mortals? Were they psychologically shattered? Hell, no; in 1984 Britain had six men in the world top twenty at 1500 metres (Graham Williamson with his 3:34.13 would have made the Olympic team of every other country except Britain); similarly we had four at 800 metres. They rose to the challenge of their peers. As a result eleven of the top all-time British performances at 800 metres were set in the late 70s and the 80s, only three so far this century; at 1500 m the tally is eight and two.

Not surprising then that the new UK coaching supremo, Charles van Commenee, appointed Ian Stewart, an uncompromising 5000 metre runner of the seventies, who won 5000 m bronze at the Munich Olympics, to replace Storey.

He will be supported by men like Coe, Cram, David Bedford and Brendan Foster as well as two of our finest women athletes, Paula Radcliffe and Liz McColgan. Initiatives have been tried in the past with generally disappointing results, including (as Horwill pointed out) establishing a centre of excellence at a college institution. It will be interesting to see if Stewart, also the promoter of UK televised meetings, will resurrect the 10000 metres to its rightful place at the UK Trials and Championship meeting as a precursor to reviving that neglected event.

The problem, however, is Europe-wide and it is not just athletes that need targeting but coaches as well, for fear begets fear. New attitudes are required and psychological assistance to attain positivism. If we are to bring about a renaissance in events that once thrilled crowds across the continent, the best European coaching talent and sports psychologists must combine their expertise.

Former European Council member Luciano Barra argued in *IAAF New Studies in Athletics* that dramatic falls in viewing figures for athletics events in major European countries are mainly due to the decrease in European endurance standards.

"The less the audiences see athletes from their own countries," Barra wrote, "doing well in the showcase running events, the less likely they will be to tune in again."

The fear is endemic, the problem acute. The longer we prevaricate the worse it will be.

BACKGROUND

This article by David Monti of *Race Results Weekly* was published before the Reebok Boston Indoor Games of the weekend. – Ed.

GOUCHER'S GOAL: WIN THE BOSTON MARATHON

Already in Boston for Saturday's Reebok Boston Indoor Games where she'll run the 3000 m, Kara Goucher has been using her time there wisely to help her prepare for her first appearance at the 113th Boston Marathon on Monday, 20 April. Although it will only be Goucher's second marathon, she told reporters that she was running to win.

"My goal for the year is to win the Boston Marathon," said Goucher. "So, everything I'm doing in preparation is to prepare myself for that. That really is my goal for the year."

Goucher, who set a USA debut record of 2:25:53 at the ING New York City Marathon last November where she finished third, has been practising on the Boston Marathon course, and has covered quite a bit of it already.

"I did the first 18 miles (29 km) of the course on Sunday, and I ran the last 10 km Monday," Goucher explained. "I'm going to run some this afternoon, as well."

She said Boston's famously hilly course suits her. "I really like the course. I had never seen the course at all, and I've been pleasantly surprised by how much I like it. It has a really, really great feel. It's a very intimate course, I think, and it's really rolling and there's a lot of turns. So, I think it will be a great place to get into a good rhythm."

The last American woman to win the Boston Marathon was Lisa Larsen-Weidenbach in 1985, winning by eight minutes. Larsen-Weidenbach was 23 at the time (Goucher is 30), and had been the alternate for the USA marathon team for the Los Angeles Olympics the year before.

Goucher plans to run the last 20 miles (32 km) of the course on Sunday morning after her track race. In that event, she's hoping to shatter her 8:57.53 indoor personal best (she's run 8:34.99 outdoors), but doesn't have a firm time goal.

"I don't really have a goal time in mind; I just want to run competitively," she summarized. "I'd like a faster pace. I'd love to run sub-8:40, but who knows if that's going to happen."

STATS TIME

This week we include the world's top 20 female runners over 50 km for 2008. South Africa's domination is less than on the men's list, with five of the runners from this country. Newly crowned SA marathon champion Riana van Niekerk is the top South African in 10th place.

2008 50 KM: WORLD'S TOP 20 WOMEN ATHLETES

3:19:12	Jackie Fairweather	AUS	1	Canberra	13 Apr
3:31:37A	Muchaneta Gwata	ZIM	1	Middelburg	19 Apr
3:31:53	Mankutoane Matlakeng	LES	1	Hartebeespoort	15 Mar
3:35:09	Monica Carlin	ITA	+	Ciserano	29 Apr
3:38:48	Paola Sanna	ITA	+	Ciserano	29 Apr
3:39:51	Marija Vrajic	CRO	1	Castelbolognese	25 Apr
3:40:43A	Jennifer Koech	KEN	2	Middelburg	19 Apr
3:40:46	Denise Paiva Lucas Campos	BRA	+	Cubatao	06 Apr
3:41:42	Eve Rembleski	USA	1	Bloomington	19 Apr
3:41:54	Riana van Niekerk	RSA	1	Pretoria	10 May
3:42:17	Martina Gross	GER	1	Rodgau	26 Jan
3:42:23	Marina Bychkova	RUS	1	Puschino	14 Apr
3:42:48A	Grace de Oliveira	RSA	3	Middelburg	19 Apr
3:43:19	Dorothea Frey	GER	1	Marburg	08 Mar
3:43:37	Antje Moller	GER	1	Bottrop	02 Nov
3:44:02A	Linah Mhlongo	RSA	4	Middelburg	19 Apr
3:44:15A	Monica Kativhu	ZIM	5	Middelburg	19 Apr
3:45:30	Lesley Train	RSA	2	Hartebeespoort	15 Mar
3:45:53	Davera Magson	RSA	1	Port Elizabeth	09 Feb
3:45:55	Daniela da Forno	ITA	2	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.

20 years ago: 4 February 1989

It was a searingly hot day in Stellenbosch when a stellar field of the world's best ultra-runners battled it out in the Standard Bank 100 km Challenge. The big names were all there: Yannis Kouros, Jean-Marc Bellocq, Attila Kovacs, Domingo Catalan, Stefan Fekner, Barney Klecker, Jean-Paul Praet. And Bruce Fordyce. The King of the Comrades ran what is generally considered the race of his life in the terrible conditions and crossed the finish line on the famous Coetzenburg track in 6:25:07, a new world record. Only nine runners have surpassed this since and it is still the African record.

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	28:28	Hendrick Ramaala	Durban	08 Feb
	28:18	Peter Nderitu (KEN)		
15 km	45:32	Lusapho April	Port Elizabeth	31 Jan
	44:31	Rui Pedro Silva (POR)		
21.1 km	64:11	Hendrick Ramaala	Pretoria	17 Jan
	60:37	Mekubo Mogusu (KEN)		
25 km				
30 km	1:44:42	Zolile Bhitane	Camps Bay	11 Jan
Marathon	2:15:11	Enos Matalane	Durban	08 Feb
	2:05:29	Haile Gebrselassie (ETH)		
100 km				

Veterans (40+)

10 km	30:18	Mruleki Nobanda	Durban	08 Feb
15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
21.1 km	70:48	Sam Molokomme	Pretoria	17 Jan
25 km				
30 km	1:57:22	Thembinkosi Zweni	Camps Bay	11 Jan
Marathon	2:27:32	Reginald Ngobese	Durban	08 Feb
100 km				

Masters (50+)

10 km	34:50	Thulani Sibisi	Durban	08 Feb
15 km	58:04	Terrence Brown	Bloubergstrand	03 Jan
21.1 km	78:25	Johannes Seakamelo	Benoni	25 Jan
25 km				
30 km	2:01:21	Zama Witvoet	Camps Bay	11 Jan
Marathon	2:36:53	Eloi de Oliveira	Durban	08 Feb
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	86:48	Albertus Bock	Constantia	07 Feb
25 km				
30 km	2:09:43	Jimmy Morris	Camps Bay	11 Jan
Marathon	3:02:17	Paulus Masilela	Durban	08 Feb
100 km				

Juniors

10 km	29:56	Sityhilo Diko	Durban	08 Feb
15 km	50:27	Luxolo Mdzanga	Bloubergstrand	03 Jan
21.1 km	71:55	Shaun Zuzani	Pretoria	17 Jan

WOMENSeniors

10 km	34:08	Irvette van Blerk	Durban	08 Feb
	33:57	Edielza Alves (BRA)		
15 km	56:15	Ntombesintu Ntshiliza	Jeffreys Bay	03 Jan
	49:23	Sara Moreira (POR)		
21.1 km	78:13	Irvette van Blerk	Bedfordview	11 Jan
	68:29	Mara Yamauchi (GBR)		
25 km				
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
Marathon	2:47:05	Tshifhiwa Mundalamo	Durban	08 Feb
	2:23:42	Yoko Shibui (JPN)		
100 km				

Veterans (40+)

10 km	40:12	Marietjie Montgomery	Durban	08 Feb
15 km	60:23	Leanne Finlay	Port Elizabeth	31 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	2:58:10	Sarah Mahlangu	Durban	08 Feb
100 km				

Masters (50+)

10 km	43:55	Sonja Laxton (g'mast)	Johannesburg	18 Jan
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
		(and same time in Port Elizabeth on 31 Jan)		
21.1 km	94:26	Styntjie Prins	Rawsonville	07 Feb
25 km				
30 km	2:24:01	Nancy Will	Camps Bay	11 Jan
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	43:55	Sonja Laxton	Johannesburg	18 Jan
15 km	70:28	Sonja Laxton	Johannesburg	04 Jan
21.1 km	1:41:15	Hester Kotze	Constantia	07 Feb
25 km				
30 km	2:36:45	Veronica van Niekerk	Camps Bay	11 Jan
Marathon	3:28:36	Liz Ruickbie	Durban	08 Feb
100 km				

Juniors

10 km	35:58	Nandipha Dywili	Durban	08 Feb
15 km	62:35	Nadia Hechter	Krugersdorp	04 Feb
21.1 km	1:43:32	Lauren Venter	Bedfordview	11 Jan

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