

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

Two of South Africa's oldest marathons were held this weekend, the Nimas Hillcrest Villagers race for the 31st time and the Pick'n Pay event for the 25th time. Also included are the results of the 31st Mielie Marathon, which was held last month.

A quick comparison revealed that at least two runners – Reginald Ngobese and Louise Oosthuizen – ran the Pick 'n Pay Marathon just a week after also competing in the Nedbank SA Marathon! Ngobese won the veteran category in both races. And another athlete, Lesley Train, ran the Pick 'n Pay race just one day after also being in action in the Bronkhorstspuit 32 km! No wonder SA distance running is in such a sorry state.

Two list leaders, by veteran Zola Pieterse (in the US) and master Loesje de Beer, were set this weekend.

My comments in last week's Editorial on the Nedbank SA Marathon elicited responses from Patrick Baransky of Nedbank and regular contributor Richard Mayer, both of whom ran the race. If my memory is correct, DRR has only once before published a photograph, but here is one (supplied to DRR) of new SA marathon champion Riana van Niekerk.

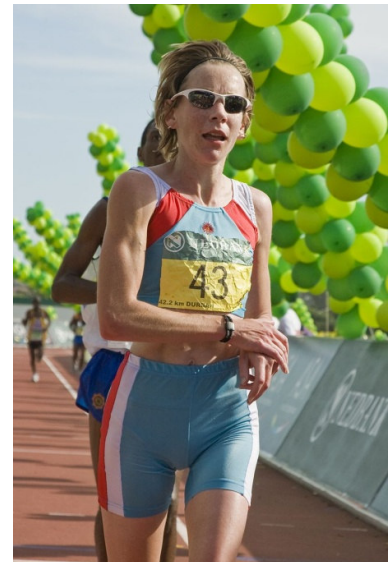
The list leaders section has been expanded by the inclusion of the world records for the various distances on the suggestion of reader Andrew Bosch. These times provide an interesting comparison with the best performances of the year in South Africa and the rest of the world. The records in the master and grandmaster categories will also be included in the future.

In the results of the 10 km held with the Nedbank SA Marathon (in last week's DRR), the name of the runner in third place was wrong – it was Lungisa Mdedelwa. Thanks to André Gobey for this information.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Nimas Hillcrest Villagers Marathon Challenge & Half Marathon, Hillcrest
- * Pick 'n Pay Marathon & Half Marathon, Johannesburg
- * Top Form 10 km Challenge, Goodwood
- * Bronkhorstspuit 32 km & 10 km, Bronkhorstspuit
- * Metlife Plaza Valentine's Day 10 km, Port Elizabeth



- * Vryheid AC Half Marathon & 10 km, Vryheid
- * Valentine's Day 10 km, Worcester
- * Thomas Mbiza Valentine's 10 km, Simon's Town
- * Coca-Cola Charity Nite Race, George
- * Supa Quick/Wesbank Primary Half Marathon, Oudtshoorn
- * Mielie Marathon, Welkom
- * Track: Powerade EP Championships, Port Elizabeth; CGA Championships, Johannesburg; Suzman Shield Meeting, Parow

International highlights:

- * Ohme-Hochi Road Race 30 km, Tokyo, JPN
- * Bi-Lo Myrtle Beach Half Marathon, Myrtle Beach, USA
- * Himeji Castle Road Race, Himeji City, JPN
- * Standard Chartered Hong Kong Marathon, Hong Kong, HKG
- * All-America City 10 km, Edinburg, USA
- * XC: Eurocross, Diekirch, LUX
- * Track: BW-Bank-Meeting, Karlsruhe, GER; Reunión Internacional Ciudad de Valencia, Valencia, ESP; Tyson Invitational, Fayetteville, USA; Meeting Pas-de-Calais, Liévin, FRA; KBC Indoor Vlaanderen, Gent, BEL

VIEWPOINT

S.A. MARATHON: FAR MORE POSITIVES THAN NEGATIVES

By Patrick Baranksy, Sponsorship Manager: Road Running of Nedbank

In my opinion some of the comment in last week's DRR Editorial on the Nedbank SA Marathon focuses too much on the negative and ignores credit where it is due. Although your commentary is often a good reality check for all involved in the sport and personally helps us keep perspective on the Nedbank Series, this editorial was somewhat disappointing.

However, let me first say that your comment on performance standards and the regression of performance level, as well as around the timing of the event taking place in February, are correct. I will also not address the issue around a "closed championship" given that, as a technical issue, a decision about that rests with the national federation. From a sponsor's perspective we have always agreed that the race should reward the first South African (and not just provincial athletes) as the national champion, thus allowing us to unearth new champions and heroes.

I will also not pass further comment on the supposed bicycle assistance other than to suggest that measures are in place to address such issues, including lodging of appeals on race days by athletes/provincial managers should they feel others are getting unfair assistance.

To matters around the event though:

Start: No credit is given to the fact that for the first time ASA split the ladies from the men under separate start arches. This resulted in a slight start separation of 26.8 m and in a gun being fired slightly nearer the men, with the result that the women were standing still until someone broke the tape in front of them and instructing them to GO, GO! At most it cost those ladies 4-5 seconds.

Water points: The first water point at 2.5 km was not manned (stock was on the pavement). Accepted comment, but I doubt this would have effected the elitesrunners, only us mere mortals down the field.

The rest of water points were well manned, fairly well stocked (ASA teams drove the route to ferry water and coke to areas running low) and refreshments were cold.

Kilometre markers were present in the majority of cases (over and above the painted number on the ground). As a sponsor we have to replace missing kilometre boards after almost every race (most likely taken as souvenirs) and I can recall seeing all but two on my 33 km of running until I withdrew due to illness.

As for comments about the running route: No credit is given to the magnitude of protective cone placing or road closure given by the City of Durban to this event. While complaints are normally leveled at traffic on routes, safety, etc., for once athletes had no such concerns. In downtown Durban athletes ran some of the best coned roads I have seen in the last five years in any race. Then, athletes were given full and exclusive rights to run on the M4 freeway for nearly 18 km. That is no small achievement in this country! (Only cycling generally enjoy that privilege.) The down side is that athletes were somewhat removed from spectator access at times, although many spectators (those following friends and family, no doubt) made their way to overpasses and other route spots. South Africans do NOT spectate marathons like they do in London and New York and besides the big two national ultra events, I doubt many more than a handful of events have "big crowds". Any suburban routes would have negotiated more hills, lots of turns and required far more marshals and recourses to secure.

Finally, no credit is given to the extraordinary length that the City of Durban and local organisers went to to paint a 42.2 km green race line (like those in use in major marathons around the world) and 10 km blue line to guide runners on the respective courses. In my opinion this elevated the race to a whole different level, as even us mere mortals felt like we had assistance in being guided as quickly and shortly as possible around the race route.

The event still has room for improvement, but had far more positives than negatives from an operational side. If only our South African athletes would rise to the challenge now (I do think they are trying, as was evident in a very competitive 10 km event) and start to deliver on some of their undoubted potential!

MARATHON FUTURE LOOKS POSITIVE BEYOND 2010

By Richard Mayer, author of *Three Men Named Matthews – Memories of the Golden Age of South African Distance Running and its Aftermath*

Many of the criticisms you voiced in last week's Editorial were justified, but as someone who was fortunate enough to participate in the event as a runner who was not selected to run for my province, I found the event generally well organised. From my perspective my only gripe was the lack of kilometre marker boards for long stretches of the course, which is something the race organisers would have been disappointed with.

Having last competed in the SA marathon champs in Durban in 2001, when the late Ian Syster broke through with a good 2:13:29, I can confirm that it was cooler in Durban in 2009 than in 2001 and the course was as least as fast. I share your concern about the decline in the standard of SA marathoning but I think we must recognise that at this stage to get the backing of a sponsor of the calibre of Nedbank the combination of elite and mass participation event for the championships is unavoidable. Separate finishes for the provincial athletes and the other athletes can address your concern about detracting from the national race.

I do not believe in shielding our local athletes from foreign competition because this will certainly not strengthen them and perhaps time bonuses should also be built in to encourage fast times in what I agree with you should be a different venue (Cape Town, Bellville, Kuils River?) at a cooler time of the year. Luckily South African marathon running can do better than the ageing Johannes Kekana and talented but undisciplined Coolboy Ngamole.

Hopefully Nedbank will take constructive heed of your criticisms and be patient with their sponsorship because there is reason to believe that there will not be a long wait for good things to come for South African marathon running. While I know your focus in your Editorial was on the SA Marathon Champs, the wonderful duel between Juan van Deventer and Tshmano Setone two nights before on the same Kings Park track where the marathon finished, was very encouraging for local distance running as whole.

Not only was it a very exiting race in which Van Deventer was forced to dip across the line to beat Setone by a mere hundredth of a second, but as far as I know this was the first 1500-metre race in SA history in which five men broke 3:40. As Van Deventer and Setone and others in the race are training in the region of 160 km or more a week in their base

phase, you can be sure that they would have outperformed their countrymen over 42.2 km had they entered. When, in future, the athletes who are currently leading a South African middle distance renaissance move up to the marathon, we are sure to see a return to the performance levels of the Golden Age of SA marathon running.

ROAD RUNNING

Nimas Hillcrest Villagers Marathon Challenge (32nd) & Half Marathon

Hillcrest, 15 February

(Distances: 42.195 km & 21.0975 km; loop courses – the marathon twice the half-marathon loop. Finishers: marathon – 515; half marathon – 844)

Marathon

MEN

1.	Colin Makaza	ZIM/F1 A C	2:25:41
2.	Sipho Ngxongo	Nedbank A C	2:36:26
3.	Maxwell Ngwazi	Nedbank A C	2:37:51

40-49:

1.	Alan Ndlovu	West A C	2:46:41
2.	Henry Blose	Kearsney Strid	2:56:39
3.	Sithembiso Ngiba	Boxer A C	2:58:22

50-59:

1	Aubrey Watson	New Balance A C	2:48:23
2.	Nicholas Dlamini	Boxer A C	2:59:08

60+:

1.	Petros Shumi	Zabalazi A C	3:31:45
2.	Noel Saville	Toti A C	3:39:07

WOMEN

1.	Suzette Botha	Coll Harr	3:06:03
2.	Kerry Koen	Coll Harr	3:08:50
3.	Melanie van Rooyen	Richards Bay A C	3:13:06

40-49:

1.	Michelle Hall Jones	Virginia A C	3:26:55
2.	Jowaine Parrott	West A C	3:59:58
3.	Maria de Villiers	Ntl Carbineers	4:08:53

50-59:

1.	Val Watson	New Balance A C	3:48:01
2.	Trish Winterboer	Umhlatuze A C	3:49:27
3.	Alison Piers	Ntl Carbineers	4:04:43

60+:

1.	Chippy Steel	Savages A C	4:18:098
2.	Maureen Parry	Chiltern a C	4:38:34

Half marathon

MEN

1.	Samuel Pazanga	ZIM/F1 A C	1:09:10
2.	Edwin Ihmomba	ZIM/F1 A C	1:09:59
3.	Richard Nene	ZIM/Boxer A C	1:12:55

40-49:

1.	Ravi Naicker	Verulam A C	1:24:58
2.	Dumsani Mbili	UKZN A C	1:27:48
3.	Bhekhyise Luthaba	Ubunye A C	1:28:43

50-59:

1.	Jeremiah Ngwenya	Boxer A C	1:24:28
2.	Joseph Dumekuda	Verulam A C	1:30:34

60+:

1.	Graham Taxter	Saints A C	1:41:55
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Juniors:

1.	Lindani Ximba	Umhulutze A C	1:32:07
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WOMEN

1.	Jenna Challenor	Boxer A C	1:20:00
2.	Tanith Maxwell	Mr Price A C	1:20:52
3.	Danielle Adlam	Boxer A C	1:23:55

40-49:

1.	Lise Muchna	PDAC	1:29:36
2.	Janine Engels	PDAC	1:36:35
3.	Jenny Sutton	YWP A C	1:40:40

50-59:

1.	Sandy Fisser	Hilton Harr	1:42:26
2.	Maraly Haltyn	Eskom Gij	1:50:56
3.	Sheree Kirsten	PDAC	1:54:07

60+:

1.	Roz Fraser	West A C	2:16:07
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Pick 'n Pay Marathon (25th) & Half Marathon

Johannesburg, 15 February

(Distances: 42.195 km & 21.0975 km; loop courses)

Marathon**MEN**

1 Mabule Raphotle (MP) 2:24:25; 2 Albert Koao (Nedbank) 2:24:33; 3 Sipho Ncube (ZIM/MP) 2:24:55; 4 John Mainawachira (GS) 2:25:08; 5 Samuel Bolo (BCC) 2:27:51; 6 Charles Tjiane (MP) 2:28:50; 7 Micah Kipyego (KEN/Nedbank) 2:30:32; 8 Reginald Ngobese (GS) 2:32:21 (1st vet); 9 Pieter Ramathoka (Raiders) 2:33:15; 10 Rasta Mohloli (LES/Toy) 2:37:56.

Veterans: 1 Reginald Ngobese (GS) 2:32:21; 2 Rasta Mohloli (LES/Toy) 2:37:56; 3 Lawrence Chipangaan (Powerade) 2:42:08; 4 John Makhanya (GCH) 2:45:41; 5 Walter Nkosi (Raiders) 2:46:47. **Masters:** 1 Alpheus Thema (RRR) 3:01:27; 2 Bonolo Mofokeng (RAC) 3:03:29; 3 Moses Motshabi (RAC) 3:05:17. **G'masters:** 1 Jack Thokoane (Sasol) 3:28:57.

WOMEN

1 Louise Oosthuizen (Alberton) 3:10:47 (1st vet); 2 Jennifer Koech (KEN/Nedbank) 3:19:27; 3 Lesley Train (Nedbank) 3:20:18; 4 Elizabeth Phaka (GS) 3:28:11; 5 Shelley van der Spuy (Boksburg) 3:28:29; 6 Candice Lamb (Phobians) 3:29:33; 7 Gillian Seiling (Fourways) 3:31:02; 8 Josie Leong (Discovery) 3:31:43; 9 Kelley Thompson (RAC) 3:31:45; 10 Melony Jones (BNAC) 3:33:12.

Veterans: 1 Louise Oosthuizen (Alberton) 3:10:47; 2 Shelley van der Spuy (Boksburg) 3:28:29; 3 Candice Lamb (Phobians) 3:29:33; 4 Josie Leong (Discovery) 3:31:4. **Masters:** 1 Sara Webb (RAC) 3:42:28; 2 Margaret Boshoe (Sunninghill) 4:15:02; 3 Joan Lombard (RH) 4:25:56. **G'masters:** 1 Norah Doherty (RAC) 4:09:43.

Half marathon

MEN

1 Wesley Ruto (KEN/Toy) 66:13; 2 Degene Asafa (ETH/ADT) 66:34; 3 Lucky Mohale (GS) 67:37; 4 Nkopane Seqhobane (LES/GS) 67:58; 5 Warinyana Lebopo (LES/Toy) 68:24; 6 Isaack Kosgei (KEN/GS) 68:45; 7 Paul Manwa (Temp) 69:25; 8 Millen Matende (ZIM/Bashewa) 69:30; 9 Maxwell Bangani (ZIM/Bashewa) 69:52 (1st vet); 10 Collin Parura (ZIM/Bashewa) 70:34.

Veterans: 1 Maxwell Bangani (ZIM/Bashewa) 69:52; 2 Gethun Wordofa (ETH/ADT) 71:27; 3 Billy Majafa (Powerade) 75:09. **Masters:** 1 Simon Magudi (RAC) 80:41; 2 Petrus Lefine (GRRRC) 85:03; 3 Steven Seema (SAPS) 85:24. **G'masters:** 1 Pele Tshikundamalema (Yebo) 1:40:14.

WOMEN

1 Olivia Chitate (ZIM/Bashewa) 83:30; 2 Chiyedza Chokore (ZIM/MP) 84:49; 3 Sarah Mahlangu (MP) 91:05 (1st vet); 4 Sunette Prinsloo (Temp) 97:04; 5 Monica Neuling (Boksburg) 97:29; 6 Jodi Moss (Temp) 98:25; 7 Sally Fenwick (NBW) 98:37; 8 Nani Nobesule (GS) 99:02; 9 Salome Brits (BNAC) 1:41:13; 10 Anne Bourne (Standard) 1:42:50.

Veterans: 1 Sarah Mahlangu (MP) 91:05; 2 Anne Bourne (Standard) 1:42:50; 3 Rita van Wyk (Boksburg) 1:47:03. **Masters:** 1 Natalie Saunders (Fourways) 1:46:56; 2 Elaine Greenblatt (RRR) 1:47:36; 3 Selinah Netshisaulu (RAC) 1:47:56. **G'masters:** 1 Penny Visser (Breakthru) 1:58:00.

Top Form 10 km Challenge

Goodwood, 14 February
(Certified loop course)

Note: The prize money in all the age categories was the same: R1000, R750, R500, but there was no prize money in the 60+ category. – Ed.

Elite race

MEN

1. Tom Lusaseni (Celt) 30:20 (R1000); 2. Sibusiso Mbingeleli (Mr Pr) 30:41 (R750); 3. Tsungai Mwanengeni (ZIM/Mr Pr) 31:06 (R500); 4. Sipho Phala (VOB) 31:49; 5. Wanda Roro (Ad) 31:50; 6. Bernard Rukadza (ZIM/RCS Gug) 31:58; 7. Akhona Makila (RCS Gug) 32:07 (1st jun); 8. Siyabulela Qondiso (VOB) 32:14; 9. Luxolo Mdzanga (RCS Gug) 32:15; 10. Warren Petterson (Mr Pr) 32:44 (1st vet); 11. Manfred Samuels (H.Harr) 33:12; 12. John September (Celt) 33:32; 13. Luvuyo Ntando (T.Mbiza) 33:34; 14. Bulelani Bhebha (VOB) 34:20; 15. Unathi Phezolo (RCS Gug) 34:26; 16. Brian Mapeyi (VOB) 34:40; 17. Aaron Lewis (Ad) 35:14; 18. Michael Bekapi (VOB) 36:01; 19. Anthony Matthee (H.Harr) 36:03; 20. Barend Jacobs (Celt) 36:11; 21. Mmota Mothopelela (M.Plain) 36:28; 22. Cecil Browsers (Ad) 36:36; 23. Vladimir Kotov (BLR/C.City) 36:42 (1st mast); 24. Khayeletu Jacobs (RCS Gug) 36:57; 25. Bongani Krala (RCS Gug) 36:58; 26. Xolani Makinana (RCS Gug) 37:01; 27. Goodman Mpukane (RCS Gug) 37:54; 28. Nick Miles (WC) 38:28; 29. Walter Segatswi (Celt) 38:37; 30. Robbie Lindsay (Ned) 38:46.

Masters: (40+): 1. Warren Petterson (Mr Pr) 32:44; 2. John September (Celt) 33:32; 3. Brian Mapeyi (VOB) 34:40. **(50+):** 1. Vladimir Kotov (BLR/C.City) 36:42; 2. Goodman Mpukane (RCS Gug) 37:54; 3. Nick Miles (WC) 38:28. **(60+):** 1. Albertus Bock (Ad) 39:47. **Juniors:** 1. Akhona Makila (RCS Gug) 32:07; 2. Luxolo Mdzanga (RCS Gug) 32:14; 3. Manfred Samuels (H.Harr) 33:12.

WOMEN (Same prize money as men)

1. Alae Brand (Ad) 37:01; 2. Anneline Roffey (Ad) 37:48; 3. Bulelwa Mtshagi (Celt) 37:57; 4. Thozama April (Celt) 40:37; 5. Busisiwe Matiwane (Celt) 40:57; 6. Destiny Titus (UWC) 41:09; 7. Sheryl de Lange (Ad) 41:09 (1st vet); 8. Ursula Frans (Ad) 41:33; 9. Renée Scott (Ad) 42:29; 10. Yonela Hewu (RCS Gug) 43:57 (1st jun); 11. Bev Charters (VOB) 44:27 (1st mast); 12. Asanda Dyamani (Atl) 44:28; 13. Nancy Will (Pine) 44:43; 14. Ayanda Mqhakayi (RCS Gug) 45:23; 15. Charmaine Cupido (Ned) 47:37.

Masters: (40+): 1. Sheryl de Lange (Ad) 41:09; 2. Ursula Frans (Ad) 41:33; 3. Renée Scott (Ad) 42:29. **(50+):** 1. Bev Charters (VOB) 44:27; 2. Nancy Will (Pine) 44:43; 3. Charmaine Cupido (Ned) 47:37. **(60+):** 1. Pixie Sparg (Celt) 50:55. **Juniors:** 1. Yonela Hewu (RCS Gug) 43:57; 2. Asanda Dyamani (Atl) 44:28; 3. Ayanda Mqhakayi (RCS Gug) 45:23.

Open race

MEN

1. Kevin Oliphant (Ad) 32:39; 2. Jimmy Drury (Mr Pr) 33:56; 3. Lee-Roy Mitchell (ER) 34:15; 4. Sabelo Ngcwama (Celt) 34:31; 5. Colin Bock (ER) 34:45; 6. Zolani Sowayi (RCS Gug) 34:46; 7. Luthando Diba (RCS Gug) 35:08 (1st jun); 8. Cliffie Drury (Mr Pr) 35:09; 9. Richard Woolrich (Celt) 35:22; 10. Anathi Magobhiyeni (RCS Gug) 35:24; 11. McNeil Hendricks (H.Harr) 35:27; 12. Mervyn Steenkamp (Ind) 35:33; 13. Njenxa Asive (RCS Gug) 35:37; 14. Aldrin Smit (NB) 35:59; 15. Richard Bergoër (Ned) 36:23; 16. Zukisane Madikane (T.Mbiza) 36:40; 17. Mzolisi Sobhoyisi (Ned) 37:21; 18. Lundi Mapoyi (Khaye) 37:24; 19. Damian Will (Pine) 37:35; 20. Lionel Cronjé (Met) 37:43; 21. Gerald Sullivan (Dur) 37:46 (1st vet); 22. Eloicious Witbooi (WP Def) 38:00; 23. Eckhardt Visser (Dur) 38:15; 24. Whitey Motabogi (Celt) 38:30; 25. Selvyn Morris (Macas) 38:31; 26. Peter Wrensch (Tyg) 38:33; 27. Hymie Misroll (Pine) 38:42; 28. Melvyn Dean (Els) 38:43; 29. Phapang Chakana (Spart) 38:51; 30. Lunga Xipu (RCS Gug) 39:01.

Masters: (40+): 1. Gerald Sullivan (Dur) 37:46; 2. Eckhardt Visser (Dur) 38:15; 3. Peter Wrensch (Tyg) 38:33. **(50+):** 1. Herman Williams (RCS Gug) 42:04; 2. Thys Bouwer (Sanlam) 45:03; 3. Brian Rothman (Brack) 45:52. **(60+):** 1. Sybrand Mostert (Ned) 46:31; 2. Dermott Devine (VOB) 67:24; 3. Uwe Strack (VOB) 67:31. **(70+):** 1. Sybrand Mostert (Ned) 46:31; 2. Dermott Devine (VOB) 67:24; 3. Vincent Kingswill (VOB). **Juniors:** 1. Lutando Diba (RCS Gug) 35:08; 2. Anathi Magobhiyeni (RCS Gug) 35:24; 3. McNeil Hendricks (H.Harr) 35:27.

WOMEN

1. Kim Ground (Celt) 41:35; 2. Asiphe Sikhabalanjani (RCS Gug) 43:36 (1st jun); 3. Tania Kapp (VOB) 44:35; 4. Candyce Hall (Hout) 45:38; 5. Deirdre Hewitt (Pine) 46:12 (1st mast); 6. Tertia van Straaten (VOB) 46:21; 7. Hendrien van Schalkwyk (CSIR) 47:29; 8. Warreniece Oliphant (Celt) 47:50; 9. Gail Jacobs (WP Def) 48:02 (1st vet); 10. Nokuthula Bonga (Ind) 48:15; 11. Andrea Swartz (Edg) 48:16; 12. Rosetta Scheepers (M.Plain) 49:49; 13. Cynthia van Wyk (RCS Gug) 49:49; 14. Peta Ricketts (Mat) 49:50; 15. Subeida Lippert (Celt) 50:41; 16. Marietha Herbert (Bel) 50:53 (1st g'mast); 17. Helen du Plessis (Tyg) 50:55; 18. Cyrill Walters (OM) 51:05; 19. Lizelle du Plessis (Paarl) 51:09; 20. Samantha Kriger (OM) 51:19.

Masters: (40+): 1. Gail Jacobs (WP Def) 48:02; 2. Cynthia van Wyk (RCS Gug) 49:49; 3. Lizelle du Plessis (Paarl) 51:09. **(50+):** 1. Deirdre Hewitt (Pine) 46:12; 2. Helen du Plessis (Tyg) 50:55; 3. Kate Schoeman (Pine) 54:59. **(60+):** 1. Marietha Herbert (Bel) 50:53; 2. Marianne Nelson (Dur) 62:35; 3. Cathy Taylor (Dur) 62:40. **Juniors:** 1. Asiphe Sikhabalanjani (RCS Gug) 43:36; 2. Benine Havenga (Tyg) 69:19.

Bronkhorstspuit 32 km & 10 km

Bronkhorstspuit, 14 February
(Loop courses)

32 km

MEN

1 Michael Ngaseke (ZIM/Toy) 1:50:01; 2 Colin Khoza (Coaldust) 1:56:56; 3 Mike Selamolema (RWFL) 1:54:55; 4 Johannes Maluleka (NB) 1:56:18 (1st vet); 5 Sipho Masilela (Ilanga) 1:57:06.

Veterans: 1 Johannes Maluleka (NB) 1:56:18; 2 Greg Barnes (Irene) 2:01:19; 3 Louis Liebenberg (NB) 2:07:52. **Masters:** 1 Jan Mokiti (Exxaro) 2:24:07; 2 Theo Swanepoel (Kempton) 2:28:46. **G'masters:** 1 Neels Vermeulen (Coaldust) 2:55:19. **G/g'masters:** 1 Martin Coetzee (Mag) 3:30:32.

WOMEN

1 Lesley Train (Nedbank) 2:22:29; 2 Linah Mhlono (Nedbank) 2:23:20; 3 Belinda Hickman (Phobians) 2:24:48; 4 Monica Neuling (Boksburg) 2:26:00; 5 Christelle van der Merwe (Irene) 2:28:58.

Veterans: 1 Ronel du Plessis (HMK) 2:33:18; 2 Tessa Groenewald (Phobians) 2:43:51; 3 Rita van Wyk (Boksburg) 2:43:56. **Masters:** 1 Wilma Pretorius (PMC) 2:44:40; 2 Adri van Jaarsveld (Eskom) 2:50:55. **G'masters:** 1 Regina Hughes (Agape) 3:48:21.

10 km

MEN

1 Wesley Mutai (KEN) 31:34; 2 Oliver Kandiero (ZIM/Toy) 32:03; 3 Phillip Molefe (Nedbank) 32:09; 4 Maxwell Bangani (ZIM/Bashewa) 32:16 (1st vet); 5 Marshall Jaji (MP) 33:21 (1st jun).

Veterans: 1 Maxwell Bangani (Bashewa) 32:16. **Masters:** 1 Piet van Loggerenberg (Irene) 48:48. **G'masters:** 1 Andries van der Merwe (Transnet) 51:08. **G/g'masters:** 1 Ken Nurden (Agape) 45:38. **Juniors:** 1 Marshall Jaji (MP) 33:21.

WOMEN

1 Varaidza Shindi (ZIM/MP) 37:39; 2 Ndofohiwa Mandiwana (Nedbank) 38:10; 3 Jackie van de Waal (Tuks) 41:03; 4 Linda Potgieter (Phobians) 46:16 (1st mast); 5 Magriet van der Merwe (Irene) 49:03.

Veterans: 1 Emmarie Theunissen (Bronkhorstspuit) 49:51. **Masters:** 1 Linda Potgieter (Phobians) 46:16. **G'masters:** 1 Bertha van der Raad (Irene) 66:41. **G/g'masters:** 1 Miemie Schoeman (Transnet) 77:12. **Juniors:** 1 Sammy Loots (Secunda) 56:17.

Metlife Plaza Valentine's Day 10 km

Port Elizabeth, 14 February
(Loop course. Finishers: 491.)

Note: This is the fourth double victory of the year for the Ntshiliza couple. – Ed.

MEN

1	George	Ntshiliza	Mr Price AC EP	29	31:49
2	Eric	Sigxashe	Mr Price AC EP	30	32:22
3	Desmond	Zibi (1 st vet)	Mr Price AC EP	45	33:32
4	Terrance	Mjekula	Raleigh AC	36	34:04
5	Thando	Bixa	Temp	28	34:32
6	Vernon	Booyse (1 st jun)	Nedbank RC EP	17	35:13

7	Thembisile	Bashe	Mr Price AC EP	31	35:42
8	Ayanda	Scheepers	Nedbank RC EP	16	36:28
9	Luvuyo	Stephen	Nedbank RC EP	38	37:03
10	Aaron	Nxumalo	PEAAC	25	37:34
11	Ruan	Smalberger	Nedbank RC EP	19	37:55
12	Freek	Daniels	Cadbury AC	42	38:14
13	Neil	De Meillon	New Balance	45	38:38
14	Riaan	Michaels	Nedbank RC EP	18	39:24
15	Buhle	Ngebulana	Ebenezer	20	40:04
16	Martin	Jansen	Nedbank RC EP	40	40:26
17	Collin	Dani	St Albans CSEP	41	41:03
18	Peter	Van Rensburg (1 st mast)	Elite AC	50	41:12
19	Gerrie	Hermann	Jeffreys Bay	52	41:16
20	Shaun	Korkie	Temp	25	41:39

40-44:

1	Freek	Daniels	Cadbury AC	42	38:14
2	Martin	Jansen	Nedbank RC EP	40	40:26
3	Collin	Dani	St Albans CSEP	41	41:03

45-49:

1	Desmond	Zibi	Mr Price AC EP	45	33:32
2	Neil	De Meillon	New Balance	45	38:38
3	Wimpie	Herbst	Bluewater Bay	47	44:28

50-54:

1	Peter	Van Rensburg	Elite AC	50	41:12
2	Gerrie	Hermann	Jeffreys Bay	52	41:16
3	Robert	Rietmuller	PEAAC	52	41:58

55-59:

1	Paul	Steffens	Despatch AC	57	49:14
2	Joseph	Serfontein	PEAAC	58	50:01
3	Frans	Van Heusden	Spar Walmer AC	59	53:31

60-64:

1	Theo	Ferreira	Queenstown Harr	60	46:56
2	Peter	Eck	Muirite Strider	62	53:32
3	Andre	Fourie	Elite AC	61	53:44

65-69:

1	Gerald	Bouwer	Achilles AAA	65	1:00:06
2	Kobus	Malherbe	Jeffreys Bay	65	1:12:41

70+:

1	Michael	Collins	PEAAC	70	47:29
2	Hilary	Pritchard	Crusaders AC	74	1:03:16
3	John	Peart	Temp	72	1:09:51

Juniors:

1	Vernon	Booyse	Nedbank RC EP	17	35:13
2	Ayanda	Scheepers	Nedbank RC EP	16	36:28
3	Riaan	Michaels	Nedbank RC EP	18	39:24

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price AC EP	27	37:02
2	Treloar	Childs (1 st vet)	Spar Walmer AC	45	42:06
3	Loesje	De Beer (1 st mast)	Spar Walmer AC	50	42:19
4	Lindi	Meyer	Jeffreys Bay	29	45:19
5	Hanlie	Van der Westhuizen	Despatch AC	52	45:42
6	Claire	Nagel	Elite AC	44	46:51
7	Anne	Hornby	Temp	23	47:11
8	Lindie	Barnardo	NMMU AC	24	48:26
9	Camarin	Van Eyk	Elite AC	26	48:31

10	Tara	De Witt	Temp	21	49:15
11	Liz	Grundlingh (1 st g'mast)	Muirite Strider	62	49:38
12	Hermie	Fisher	Madiba Bay Ac	41	49:45
13	Lisa	Marthaler	Temp	21	49:59
14	Terray	Newcombe (1 st jun)	Nedbank RC EP	18	51:00
15	Charmell	Jansen	Nedbank RC EP	29	51:28
16	Christelle	Blume	Jeffreys Bay	41	51:29
17	Amanda	Prideaux	Bluewater Bay	33	51:55
18	Doris	Liberty	Elite AC	48	52:06
19	Christa	Meuwesen	Bluewater Bay	42	52:11
20	Antoinette	Human	Willard Batt	40	52:27

40-44:

1	Claire	Nagel	Elite AC	44	46:51
2	Hermie	Fisher	Madiba Bay Ac	41	49:45
3	Christelle	Blume	Jeffreys Bay	41	51:29

45-49:

1	Treloar	Childs	Spar Walmer AC	45	42:06
2	Doris	Liberty	Elite AC	48	52:06
3	Cathy	Allers	Despatch AC	47	55:06

50-54:

1	Loesje	De Beer	Spar Walmer AC	50	42:19
2	Hanlie	Van Der Westhuizen	Despatch AC	52	45:42
3	Theresa	Lillis	Achilles AAA	52	54:02

55-59:

1	Johanna	Ferreira	Queenstown Harr	55	56:48
2	Joan	Senekal	PEAAC	56	1:12:59
3	Sharon	Brown	PEAAC	55	1:13:29

60-64:

1	Liz	Grundlingh	Muirite Strider	62	49:38
2	Denise	Terblanche	Spar Walmer AC	61	1:05:51
3	Wendy	Nel	Humansdorp AC	62	1:08:18

65-69:

1	Orgia	Nell	Muirite Strider	65	1:09:11
2	Marty	Linton	Temp	65	1:25:18

70+:

1	Dorothy	Hart	PEAAC	70	1:00:53
2	Sylvia	Pritchard	Crusaders AC	75	1:28:57

Juniors:

1	Terray	Newcombe	Nedbank RC EP	18	51:00
2	Arie	Velleman	Temp	17	57:23
3	Irma	Pretorius	Temp	16	1:09:36

Vryheid AC Half Marathon & 10 km

Vryheid, 14 February

(Distances: 21.0975 km & 10 km; out-and-back courses. Finishers: half marathon – 92; 10 km – 43)

Half marathon**MEN**

1	Bongani Msimango	Boxer AC	1:12:17
2	Sazi Mdaba	Emnambithi Striders	1:12:49
3	Richmond Nsuntsha	Newcastle Harriers	1:13:28

40-49:

1	Sipho Dlougako	Nedbank	1:24:45
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50-59:

1	Andre Spies	Newcastle Harriers	1:37:11
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60+:

1	Clive Bunting	Biggarsberg	1:56:37
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WOMEN

1	Winile Mnisi	N/A	1:32:47
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2	Janet van Veijeren	Newcastle Harriers	1:34:10
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3	Laura Tschirpigg	Vryheid AC	1:56:56
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40-49:

1	Laura Tschirpigg	Vryheid AC	1:56:56
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50-59:

1	Antoinette Spies	Newcastle Harriers	2:07:40
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60+:

1	Florrie van Zyl	Assegai MC	2:37:26
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10 km**MEN**

1	Richard Nene	Boxer	32:56
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2	Moses Sondezi	Umqulusi AC	34:05
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3	Phumlani Sithole	Umqulusi AC	34:40
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40-49:

1	Cassie Smith	Vryheid AC	58:09
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50-59:

1	None		
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60+:

1	Dolf Craig	Vryheid AC	1:04:14
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Juniors:

1	Ntokozo Ngobese	Umqulusi AC	39:30
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WOMEN

1	Lindie van der Merwe	Vryheid AC	50:55
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2	Lee Blok	N/A	56:59
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3	Andriette Potgieter	Vryheid AC	58:59
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40-49:

1	Annelie Potgieter	N/A	1:07:22
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50-59:

1	Carol Ellenberger	Vryheid AC	1:25:01
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60+:

1	Jill Shand	Vryheid AC	1:18:05
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Juniors:

1	Lindie van der Merwe	Vryheid AC	50:55
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Valentine's Day 10 km

Worcester, 13 February

(Loop course, partly on gravel)

MEN

1. Henrico Rooi (Ned) 32:25; 2. Gavin Noble (Ind) 32:31; 3. Roger Davids (Rob) 33:46; 4. Hillroy Slingers (Worc) 35:29 (1st jun); 5. William Kaptein (Rob) 35:49; 6. Sollie van Rooyen (CS) 35:56 (1st vet); 7. Warren Pietersen (Rob) 36:25; 8. Nathan Matthysen (Ad) 36:48; 9. Jakob Volmoer (Ceres) 37:35; 10. Nkosana Mponeng (G.Field) 37:39; 11. Piet Swarts (Worc) 38:13; 12. Thomas Moses (Worc) 38:23 (1st mast); 13. Monde Larence (CS)

39:03; 14. Randall Jacobs (Rob) 39:25; 15. Danzel Minnaar (Rob) 39:30; 16. Emile Koopman (Ind) 39:40; 17. Christo Dourie (CS) 40:05; 18. Rudi Nobauer (Ad) 40:24; 19. Shingirai Chigovanyika (Worc) 40:37; 20. Ryno Matthee (Worc) 40:46; 21. Linkin Louw (Ind) 41:01; 22. Ngu Isidore (Worc) 41:04; 23. David Ruiters (Rob) 42:27; 24. Phil du Toit (Paarl) 42:30; 25. Jerry Swartz (Worc) 42:33; 26. Himdel Swartz (Worc) 42:38; 27. D. van Coller (Ceres) 42:39; 28. William Scheepers (Mont) 43:02; 29. Marshall Fransman (Worc) 43:16; 30. Michael Graz (Ind) 43:32.

Masters: (40+): 1. Sollie van Rooyen (CS) 35:56; 2. Monde Larence (CS) 39:03; 3. Marshall Fransman (Worc) 43:16. **(50+):** 1. Thomas Moses (Worc) 38:23; 2. Natale Roelofse (Worc) 44:12; 3. William Snyders (Elg/Grab) 44:42. **(60+):** 1. Blackie Swart (Sw) 44:42; 2. Abe Fortuin (Worc) 45:43; 3. Paul de Wet (Worc) 50:33. **Juniors:** 1. Hillroy Slingers (Worc) 35:29; 2. William Kaptein (Rob) 35:49; 3. Nathan Matthysen (Worc) 36:48.

WOMEN

1. Elmarie Coetzee (Ad) 41:05 (1st vet); 2. Styntjie Prins (Paarl) 43:52 (1st mast); 3. Mariëtte Esterhuyse (Tyg) 44:06; 4. Suzette Williams (Worc) 46:40 (1st jun); 5. E. Swart (Ceres) 46:41; 6. Ruzanne Harris (Ind) 48:07; 7. Ena Gous (Worc) 48:58; 8. Cailey Bredenkamp (Paarl) 50:35; 9. Maryna Bingle (Worc) 52:02; 10. Helen du Plessis (Tyg) 52:05; 11. Berta Brand (Ceres) 52:07; 12. Vondra Singleton (Worc) 52:31; 13. Suzette du Plessis (Ceres) 52:39; 14. Annemie Basson (Ind) 52:56; 15. Marietha Herbert (Bel) 53:14 (1st g'mast); 16. L. van Wyk (Ind) 53:15; 17. Anneke Greenwood (Str) 53:44; 18. Thelma Rossouw (Worc) 54:29; 19. Hannelie Naudé (Ind) 54:42; 20. Rina Basson (Paarl) 54:47.

Masters: (40+): 1. Elmarie Coetzee (Ad) 41:05; 2. Mariëtte Esterhuyse (Tyg) 44:06; 3. Cailey Bredenkamp (Paarl) 50:35. **(50+):** 1. Styntjie Prins (Paarl) 43:52; 2. Helen du Plessis (Tyg) 52:05; 3. Thelma Rossouw (Worc) 54:29. **(60+):** 1. Marietha Herbert (Bel) 53:14; 2. Annette Verster (Ceres) 61:44; 3. Dolla Naurattel (Ceres) 67:55. **Juniors:** 1. Suzette Williams (Worc) 46:40; 2. Annemie Basson (Ind) 52:56; 3. Ivy Jansen (Ind) 56:40.

Thomas Mbiza Valentine's 10 km

Simon's Town, 11 February
(Certified out-and-back course)

MEN

1. Sipho Phala (VOB) 35:09; 2. Zolani Bhitane (Ned) 35:10; 3. Patrick Magadla (VOB) 35:18; 4. Alex Madikane (T.Mbiza) 36:09; 5. Mltobel Mathoma (WP Def) 36:15; 6. Thandeka Gqamana (T.Mbiza) 37:06; 7. Collins Lekitima (WP Def) 37:41; 8. Khanyile Mangquku (Zakes) 38:05 (1st jun); 9. E. Whitebooi (WP Def) 39:30; 10. Cobus Moolman (Ind) 39:38; 11. Lionel Cronjé (Met) 40:03; 12. Michael Qwesha (Celt) 40:18; 13. Carlo Botha (Brack) 41:45; 14. Herman Fourie (Ind) 41:54; 15. Selwyn Morris (Macas) 41:59; 16. Raymond Curry (Edg) 42:36 (1st vet); 17. Kabelo Noname (WP Def) 43:29; 18. Jonathan Gilmour (VOB) 43:33; 19. Dicky Cloete (WP Def) 43:49 (1st mast); 20. Christian Edwards (VOB) 43:51; 21. Mark Chedburn (VOB) 44:14; 22. Mfundo Sithole (VOB) 44:15; 23. Reggie Crowster (Tyg) 44:25; 24. Rudy Horn-Botha (VOB) 44:46; 25. Michael Graz (Bille) 45:27; 26. Ashwin Silver (VOB) 45:39; 27. Tebogo Tlhapi (Ind) 45:53; 28. Robert de Monk (S.Str) 45:59; 29. Calvin Dirks (Met) 46:17; 30. Mohammed Allie (Top) 47:07.

Masters: (40+): 1. Raymond Curry (Edg) 42:36; 2. Mark Chedburn (VOB) 44:14; 3. Reggie Crowster (Tyg) 44:25. **(50+):** 1. Dicky Cloete (WP Def) 43:49; 2. Christian Edwards (VOB) 43:51; 3. Rolf Johl (VOB) 47:36. **(60+):** 1. Eric Joubert (FH) 47:59; 2. Peter Brennan Hout) 54:19. **Juniors:** 1. Khanyile Mangquku (Zakes) 38:06; 2. Michael Qwesha (Celt) 40:18; 3. Jonathan Gilmour (VOB) 43:33.

WOMEN

1. Julia J. van Rensburg (Celt) 41:57; 2. Asiphe Sikhabalanjani (Mr Pr) 44:54 (1st jun); 3. Mariëtte Esterhuyse (Tyg) 45:09 (1st vet); 4. Ayanda Mqhakayi (RCS Gug) 46:38; 5. Thandiwe Balentulo (Zakes) 47:24; 6. Grace Bakaba (WP Def) 47:53; 7. Candyce Hall (Hout) 48:01; 8. Andrea Swartz (Edg) 49:03; 9. T. Schultz (VOB) 49:26; 10. Collette van Eck (FH) 49:57 (1st mast); 11. Cailey Bredenkamp (Paarl) 50:36; 12. Cynthia van Wyk (RCS Gug) 51:50; 13. Vondra Singleton (Worc) 52:12; 14. Diana Rixon (VOB) 52:13; 15. L. Kgolane (WP Def) 52:16; 16. Wendy Holroyd (VOB) 52:17; 17. Sonia Harlock (FH) 52:22; 18. Marietha Herbert (Bel) 53:41 (1st g'mast); 19. Christine Gathercole (Ind) 54:06; 20. Helen du Plessis (Tyg) 54:09.

Masters: (40+): 1. Mariëtte Esterhuyse (Tyg) 45:09; 2. Cailey Bredenkamp (Paarl) 50:36; 3. Cynthia van Wyk (RCG Gug) 51:50. **(50+):** 1. Collette van Eck (FH) 49:57; 2. Diana Rixon (VOB) 52:13; 3. Helen du Plessis (Tyg) 54:09. **(60+):** 1. Marietha Herbert (Bel) 53:41; 2. Charlotte Kettlewell (VOB) 70:41. **Juniors:** 1. Asiphe Sikhabalanjani (Mr Pr) 44:54; 2. Ayanda Mqhakayi (RCS Gug) 46:38; 3. Amy Gilmour (VOB) 57:08.

Coca-Cola Charity Nite Race

George, 11 February

(Distance: 10 km; loop course)

MEN

1	V Witbooi	Outeniqua	33:36
2	D Marityi	Nedbank	35:54

Veterans:

1	A Chevalier	Nedbank	38:51
2	R Klue	Outeniqua	40:29

Masters:

1	A Banardo	Outeniqua	44:16
2	S Stoffberg	Outeniqua	46:03

G'masters:

1	J Zwiegelaar	Nedbank	43:46
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Juniors:

1	H Swartbooi	Temp	48:54
2	J Oosthuizen	Nedbank	49:09

WOMEN

1	L Muller	Nedbank	41:03
2	M Wolmarans	Nedbank	44:27

Veterans:

1	M Wolmarans	Nedbank	44:27
2	Ad Cole	Knysna	49:01

Masters:

1	M de Haan	Nedbank	50:34
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G'masters:

1	A van Eck	Outeniqua	1:16:38
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Juniors:

1	L Muller	Nedbank	41:03
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Supa Quick/Wesbank Primary Half Marathon

Oudtshoorn, 7 February

(Distance: 21.0975 km; loop course)

MEN

1. Vuyo Witbooi	Outeniqua Harriers	1:11:54
2. Gurome Gelderbloem	Mossel Bay Harriers	1:15:40
3. Rudi Begoer	Mossel Bay Harriers	1:23:37

40-49:

1. Floors Steenberg	Mossel Bay Harriers	1:30:20
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50-59:

1. Jacob Karelse	Mossel Bay Harriers	1:36:25
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60+:

1. Jurgens Zwiegelaar	Nedbank Running Club – SWD	1:32:20
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WOMEN

1. Ad Cole	Knysna Marathon Club	1:44:11
2. Christa Smit	Mossel Bay Harriers	1:50:21
3. Ruweida Du Preez	RWFL – SWD	1:50:21

40-49:

1. Ad Cole	Knysna Marathon Club	1:44:11
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50-59:

1. Adelle Ungerer	Hartenbos Drawwers	2:02:31
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Mielie Marathon (31st)

Welkom, 24 January

(Distance: 42.195 km; loop course)

MEN

1	Patric	Suping	Syngenta	27	2:44:03
2	Abram	Mosala	Rand Water	33	2:50:29
3	Samuel	Mahlaee	Harmony Striders	29	2:51:03
4	Mike	Tsubella	Syngenta		2:52:53
5	David	Letsela	Maokeng G Sprinters	35	2:54:55
6	Ditsibane	Tumahole	Harmony Striders	36	2:56:12
7	Samuel	Mohoje	Harmony Striders	31	2:56:15
8	Andries	Mototo	Correctional Services	32	2:59:33
9	Neko	Mphosi	Harmony Striders	30	3:02:37
10	L	Kulashe	Sunninghill Striders	43	3:09:03

WOMEN

1	Berdine	Smit	Nedbank	44	3:18:18
2	Bambie	de Wet	Harrismith	38	3:35:21
3	Rulien	van Zyl	RRC	22	3:52:59
4	B	Masencamp	Riebeeckstad	43	3:56:36
5	Anel	Viljoen	Kimberley	31	3:58:07
6	Marelize	Mathee	Riebeeckstad	42	3:58:58
7	Barbara	Pretorius	Eskom	45	4:02:50
8	Marika	van Dyk	RAC	35	4:08:34
9	Elmien	Scott	Welkom Striders	31	4:18:28
10	Lettie	Coetzee	Eskom	55	4:21:53

TRACK**Powerade EP Championships**

Port Elizabeth, 14 February

800:

JR. MEN

1	Jurgen	Burger	Framesby	1:56.47
2	Ross	Minnaar	UMF	1:58.45
3	Timothy	Heine	Pearson	2:05.14

JR. WOMEN

1	Maryke	Van Der Merwe	Pearson	2:39.65
2	Nina	Nell	Framesby	2:48.61

YOUTH MEN

1	Simphiwe	Charlie	UMF	1:59.72
2	Johan	Burger	Framesby	2:02.34
3	Lubabalo	Mdlungwane	PEAAC	2:04.78

YOUTH WOMEN

1	Annica	Coetzee	Framesby	2:19.08
2	Kayla	Nell	Framesby	2:22.18
3	Carlin	J V Rensburg	Gill	2:23.53

MEN

1	Steven	Lisher	Rhodes	2:12.30
2	Antonio	Seconds	Nedbank	2:12.40

1500:

JR. MEN

1	Zolani	Ngqqaqa	MPEP	4:06.06
2	Jurgen	Burger	Framesby	4:23.93
3	Wenzel	Kemp	Brandwag	4:32.99

JR. WOMEN

1	Natalie	Rossouw	Rhodes	5:28.00
2	Maryke	Van Der Merwe	Pearson	5:39.09
3	Caroline	Ross	Rhodes	6:27.50

YOUTH MEN

1	Sandile	Mateza	MPEP	4:12.75
2	Lubabalo	Mdlungwane	PEAAC	4:20.37
3	Salomon	Koen	Framesby	4:25.87

YOUTH WOMEN

1	Annica	Coetzee	Framesby	4:50.51
2	Carlin	J V Rensburg	Gill	5:04.90
3	Ashley	Huyser	Framesby	5:15.83

MEN

1	Nkosinathi	Madyo	Nedbank	3:58.78
2	Melumzi	Tshotyana	Nedbank	4:16.23
3	Sello	Molefe	Nmmu	4:21.07

WOMEN

1	Andiswa	Qutyelo	Nedbank	5:23.61
2	E	Maritz	Ind	5:41.25

3000:

YOUTH MEN

1	Sandile	Mateza	MPEP	8:59.82
2	Melikhaya	Frans	Nedbank	9:22.35
3	N	Baba	Ind	9:29.19

YOUTH WOMEN

1	Ashley	Huyser	Framesby	11:51.72
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2	Clarissa	Greeff	Framesby	12:40.05
3	Angelique	Koen	Framesby	12:44.38

5000:

JR. MEN

1	Durian	Louw	Ind	16:13.67
2	Corney	V D Ryst	Ind	16:24.52
3	Mariano	Eesou	Mccarthy	16:28.01

MEN

1	Nkosinathi	Madyo	Nedbank	14:20.76
2	Rodney	Prins	MPEP	14:25.83
3	Sibusiso	Thu	MPEP	14:54.54

WOMEN

1	Babalwa	Ngcoko	MPEP	19:51.98
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10000:

MEN

1	Lusapho	April	Nedbank	29:56
2	Melikhaya	Kepe	Nedbank	31:28
3	Mncedi	Khanti	Nedbank	33:52

2000 s'chase:

1	Brandon	Nass	Westering	6:36.88
2	Edgar	Niit	Framesby	7:03.97
3	Stefan	Dorfling	Brandwag	7:04.45

3000 s'chase:

MEN

1	Ivan	Ambraal	Malabar	9:47.17
2	Sylvester	Honnie	Nedbank	9:56.33
3	Amos	Nyongo	Nmmu	9:58.00

3000 s'chase:

JR. MEN

1	Conrad	Charles	Malabar	10:15.51
2	Melikhaya	Frans	Nedbank	10:36.93
3	Juwayne	Fletcher	Brandwag	10:48.47

CGA Championships

Germiston, 14 February

MEN

800:

1	Warren	Hendriks	1:48.70
2	Tshamano	Setone	1:49.30
3	Letu	Lephoto	1:49.70
4	Abram	Khumalo	1:50.20
5	Peter	vd Westhuizen	1:50.70

1500:

1	Isaac	Mboyaza	3:49.80
2	Thuso	Phaswane	3:52.70
3	Marcel	Luther	3:53.80
4	Clinton	Swanepoel	3:54.40
5	Foluvia	Sehohle	3:55.20

3000 s'chase:

1	Joseph	Makenzi	9:10.70
2	Sikhumbuzo	Seme	9:11.00
3	Thuso	Phaswane	9:31.50
4	Borecious	Makhubalo	9:36.40
5	Marcel	Luther	9:38.60

5000:

1	Domonic	Khoza	14:21.70
2	Xolisa	Iyaci	14:27.30
3	Sibusiso	Nzima	14:37.20
4	Desmond	Mokgoba	14:38.20
5	Ntobeko	Mtiintso	15:07.70

10000:

1	Zamisa	Nkululeko	30:31.60
2	Themba	Muya	30:54.30
3	Sello	Mashe	30:58.40
4	Lucky	Miya	30:59.10
5	Mthetho	Goxo	31:01.40

WOMEN**800:**

1	Phalula	Lebo	2:04.91
2	Lebogang	Phalula	2:04.92
3	Anuscha	Nicie	2:06.47
4	Chanelle	Olivier	2:12.36
5	Mandie	Brandt	2:12.44

1500:

1	Anelda	Pypers	4:32.00
2	Maxine	Heie-Wacker	4:42.80
3	Stephane	Courtance	4:50.40
4	Melisa	Vermaar	4:59.60
5	Nani	Mdlangathi	5:16.30

5000:

1	Irvette	Van Blerk	16:54.40
2	Nolene	Conrad	17:23.50
3	Mpo	Mabuza	17:33.00
4	Annah	Sepototele	18:50.00
5	Pricilla	Kubu	19:00.00

Suzman Shield Meeting

Parow, 14 February

MEN

800: A Race: 1. Jacques Pretorius (Mat) 1:56.70; 2. André George (Mat) 1:57.01; 3. Nathan Beukes (Mat) 1:57.43. **B Race:** 1. Alan Slinger (Mat) 2:02.04; 2. Burger Symington (Mat) 2:03.48; 3. Donovan Wright (Mat) 2:07.07.

1500: 1. Nathan Beukes (Mat) 4:07.86; 2. Anthonio May (Ned) 4:19.54; 3. Alan Styger (Mat) 4:24.92.

3000 s'chase: 1. Henrico Rooi (Ned) 9:14.43; 2. Charlton September (Ned) 9:59.81; 3. Brian Gillis (UCT) 10:02.47.

WOMEN

800: 1. Chanelle Anderson (Mat) 2:17.51; 2. Marlise Jordaan (Bel) 2:19.93; 3. Gira Carstens (Ind) 2:20.89.

1500: 1. Annei Kloppers (Mat) 5:20.61; 2. Kelly Philander (Ad) 5:26.72.

3000 s'chase: 1. Gwendoline Almendro (Bel) 13:01.83; 2. Annika Almendro (Bel) 13:14.94; 3. Megan Goodwin (Mat) 13:26.62.

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**Ohme-Hochi Road Race 30 km (42nd)**

Tokyo, JPN, 15 February

MEN

- | | |
|----------------------------|---------|
| 1. Hirokatsu Kurosaki, JPN | 1:32:50 |
| 2. Kurao Umeki, JPN | 1:33:38 |
| 3. Sota Kato, JPN | 1:33:52 |

WOMEN

- | | |
|------------------------|---------|
| 1. Tomoe Yokoyama, JPN | 1:47:01 |
| 2. Yoshie Kitomi, JPN | 1:47:29 |
| 3. Sumiko Suzuki, JPN | 1:47:44 |

Bi-Lo Myrtle Beach Half Marathon

Myrtle Beach, USA, 14 February

MEN

1. Thomas Clifford, 25, Wrightsville, NC, 1:09:52

WOMEN

1. Zola Pieterse, 42, Myrtle Beach, SC (RSA), 1:20:41

Himeji Castle Road Race (49th)

Himeji City, JPN, 11 February

(Distance: 10 miles)

MEN

- | | |
|---------------------|-------|
| 1. Satoru Kitamura | 47:57 |
| 2. Atsushi Sato | 47:57 |
| 3. Terukazu Omori | 47:57 |
| 4. Michinori Takano | 48:01 |
| 5. Yuki Yoshi Kino | 48:02 |

Standard Chartered Hong Kong Marathon (13th)

Hong Kong, HKG, 8 February

(Distance: 42.195 km)

MEN

- | | |
|-------------------------------|---------|
| 1. Cyprian Kiogora Mwobi, KEN | 2:14:57 |
| 2. John Chirchir Tubei, KEN | 2:15:23 |
| 3. Nelson Kirwa Rotich, KEN | 2:16:16 |

WOMEN

- | | |
|--------------------------------------|---------|
| 1. Winfrida Kwamboka Nyansikera, KEN | 2:41:25 |
|--------------------------------------|---------|

All-America City 10 km (27th)

Edinburg, USA, 7 February

MEN (gun times)

- | | |
|---------------------------------|-------|
| 1. Eric Chirchir, KEN | 29:13 |
| 2. Alene Emere Reta, ETH | 29:14 |
| 3. Fasil Bizuneh, Flagstaff, AZ | 29:24 |

WOMEN (gun times)

- | | |
|----------------------------------|-------|
| 1. Zemedkun Gebre Belainesh, ETH | 33:40 |
|----------------------------------|-------|

CROSS-COUNTRY**Eurocross (39th)**

Diekirch, LUX, 15 February

ELITE MEN (10200 m):

- | | |
|---------------------------------|-------|
| 1. Wilson Kiprop, KEN | 30:27 |
| 2. Titus Masai, KEN | 30:30 |
| 3. Robert Sigei, KEN | 30:49 |
| 4. Ahmed Baday, MAR | 30:58 |
| 5. James Kosgei Cheptuiyon, KEN | 31:04 |

ELITE WOMEN (5350 m):

- | | |
|---------------------------|-------|
| 1. Mimi Belete, ETH | 18:23 |
| 2. Almenesh Belete, ETH | 18:30 |
| 3. Hanane Ouhammadou, MAR | 18:35 |

INDOOR TRACK**BW-Bank-Meeting (25th)**

(IAAF Indoor Permit Meeting)

Karlsruhe, GER, 15 February

MEN**800:**

- | | |
|-----------------------------|---------|
| 1. Wilfred Bungei, KEN | 1:47.02 |
| 2. Ismail Ahmad Ismail, SUD | 1:47.34 |
| 3. Richard Kiplagat, KEN | 1:47.80 |
| 4. Lukas Rifesser, ITA | 1:47.99 |
| 5. Sebastian Keiner, GER | 1:48.12 |

1500:

1. Mehdi Baala, FRA 3:34.71 NR
2. Gideon Gathimba, KEN 3:38.39 PB
3. Wolfram Müller, GER 3:38.80 SB

3000m:

1. Edwin Kipkorir, KEN 7:49.83
2. Ali Saïdi-Sief, ALG 7:51.22
3. Arne Gabius, GER 7:51.96

Reunión Internacional Ciudad de Valencia

(IAAF Indoor Permit Meeting)

Valencia, ESP, 14 February

MEN

3000:

1. Abreham Cherkos, ETH 7:34.05 PB, WL
2. Augustine Choge, KEN 7:34.47 SB
3. Shedrack Korir, KEN 7:35.98 PB
4. Daniel Kipchirchir Komen, KEN 7:37.98
5. Mohamed Moustoui, MAR 7:43.08 PB

Tyson Invitational

Fayetteville, USA, 13-14 February

MEN

Mile Invitational John McDonnell (13):

1. Nick Willis, Reebok (NZL) 4:02.70 (last 200m 26.63)
2. Chris Lukezic, Reebok 4:03.87
3. Rob Myers, Reebok 4:05.13
4. Alan Webb, Nike 4:05.60

5000 Invitational (13):

1. Bekana Daba, adidas (ETH) 13:17.89 PB
2. Galen Rupp, Oregon 13:18.12 NR/NCAA Record*
3. Sam Chelanga, SO, Liberty (KEN) 13:19.79 PB

WOMEN

Mile Invitational Nutrilite (13):

1. Anna Willard, Nike 4:30.69 PB
2. Sally Kipyego, SR, Texas Tech (KEN) 4:32.01 PB
3. Brie Felnagle, North Carolina 4:32.17 PB
4. Marina Muncan, New Balance (SER) 4:34.05 NR
5. Sarah Bowman, Tennessee 4:34.69 PB (school record)
6. Courtney Babcock, 1972, Mountain West TC (CAN) 4:35.16

Meeting Pas-de-Calais

Liévin, FRA, 10 February

MEN

800:

1. Azzedine Boudjemaa, ALG 1:49.44
2. Jeff Lastennet, FRA 1:49.93
3. Marc-Antoine Lavoine, FRA 1:50.27

Mile:

1. Bernard Lagat, USA 3:51.34 SB, WL
2. Mehdi Baala, FRA 3:52.51 NR
3. Deresse Mekonnen, ETH 3:54.11 NR

KBC Indoor Vlaanderen

Gent, BEL, 8 February

MEN

800:

Race A -

1. Bilal Mansour Ali, BRN 1:46.48 PB
2. Marcin Lewandowski, POL 1:47.97 PB
3. Damien Moss, GBR 1:48.68
4. Jakub Holusa, CZE 1:48.87
5. Wouter de Boer, NED 1:48.91 PB

Race B -

1. Youssef el Rhalfioui, NED 1:51.78 PB
2. Matthias Stubbe, BEL 1:52.55 [1990]
3. Wout Vandegaer, BEL 1:52.94

1500:

1. Haron Keitany, KEN 3:33.96 PB, WL
2. Daniel Komen, KEN 3:34.86 PB
3. Mekonnen Gebremedhin, ETH 3:36.46 PB
4. Suleiman Simotwo, KEN 3:41.82
5. Bas Eefting, NED 3:43.77 PB

3000:

1. Tareq Mubarak Taher, BRN 7:43.71 PB
2. Edwin Kipkorir, KEN 7:44.35 PB
3. Robert Sigei, KEN 7:45.87
4. Essa Ismail Rashed, QAT 7:47.22 PB
5. Jonas Cheruiyot, KEN 7:47.76

WOMEN -

1500 [en route in Mile]:

1. Natalya Yevdokimova, RUS 4:11.51
2. Zakia Mrisho Mohamed, TAN 4:12.24
3. Sigrid Vandenbempt, BEL 4:12.43
4. Marije te Raa, NED 4:12.52
5. Hannah England, GBR 4:12.81

Mile:

1. Natalya Yevdokimova, RUS 4:29.29 PB
 2. Zakia Mrisho Mohamed, TAN 4:30.01 NR
 3. Hannah England, GBR 4:30.29 PB
 4. Sigrid Vandenbempt, BEL 4:30.32 NR
 5. Jessica Augusto, POR 4:32.48 PB
-

NEWS

COMRADES ON TRACK FOR EARLY RACE DATE

The world's biggest ultramarathon, South Africa's Comrades Marathon between Pietermaritzburg and Durban, has just passed the 100-days-to-go mark for the 2009 race, which will be run much earlier than usual. Despite the earlier date, 24 May, everything is on track, according to General Manager Gary Boshoff.

This is the first time the race has been staged as early as May since 1995, when it was brought forward to avoid clashing with the Rugby World Cup hosted by South Africa in June that year. This time the 2009 and 2010 Comrades have been brought forward to avoid clashing with the FIFA Confederations Cup (14-29 June 2009) and the FIFA World Cup (11 June – 11 July 2010) respectively.

With the race being staged three weeks earlier than usual, the closing date for entries also had to be brought forward to 31 March, thus falling ahead of several popular and traditional qualifying races. To accommodate this, the Comrades Marathon Association (CMA) implemented a special dispensation whereby prospective entrants must submit their entries by 31 March, but may still qualify in official qualifying races up until a final cut-off for qualifying on 28 April.

Race Director Renée Jordaan expressed cautious optimism regarding the field of entries for 2009 as there is potentially more at stake than just this year's race. "Looking ahead to 2010, which coincides with the 85th running of the Comrades Marathon, CMA decided to cap the number of entries at 20 000 for 2010 and made a commitment to reserve the first 15 000 entries for previous Comrades finishers."

On a historical note, 24 May is a significant date in the annals of Comrades Marathon history in that the first 26 races, from 1921–1951, were run on what was then a public holiday on 24 May (Empire Day). No races were run during the war years of 1941–1945.

RAMAALA TAKES ON GEB IN LAGOS

World marathon record holder Haile Gebrselassie of Ethiopia is to make a star appearance at this year's Glo Lagos International Half Marathon this Saturday. Gebrselassie will pair up with Lornah Kiplagat of the Netherlands to hold an educative and inspirational clinic for young upcoming athletes on Friday. Among the elite athletes in the race is South African record holder Hendrick Ramaala.

Some of the other stars who have been confirmed for the race are Luke Kibet of Kenya, the reigning world marathon champion and winner of the Singapore Marathon in December, Tsegaye Kebede of Ethiopia, winner of the Fukuoka Marathon, Paris Marathon and the Great North Run Half Marathon last year, and among the women Hilda Kibet of the Netherlands, who won the New York City Half Marathon and the City-Pier-City Half Marathon in The Hague in 2007.

STATS TIME

This week we include the world's top 10 men in the marathon for 2009.

2008 MARATHON: WORLD'S TOP 10 MEN

2:05:29	Haile Gebrselassie (ETH)	1	Dubai	16 Jan
2:07:52	Deribe Merga (ETH)	1	Houston	18 Jan
2:07:54	Deressa Chimsa (ETH)	2	Durbai	16 Jan
2:08:07	Jackson Kipkoech (KEN)	1	Tiberias	08 Jan
2:08:41	Eshetu Wondimu (ETH)	3	Dubai	16 Jan
2:08:51	Samuel Muturi (KEN)	1	Xiamen	03 jan
2:09:01	Negari Terfa (ETH)	2	Xiamen	03 jan

2:09:37	Leonard Mucheru (KEN)	2	Tiberias	08 Jan
2:10:15	Adil Annani MAR	1	Oita	01 Feb
2:10:31	David Ruto (KEN)	1	Marrakech	25 Jan

THIS MONTH IN HISTORY

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

35 years ago: 23 February 1974

Ewald Bonzet's versatility – he achieved a sub-3:58 mile and a sub-2:13 marathon – is matched by few athletes in the world. He ran one of the best races of his long career on this day in Port Elizabeth when he smashed Johnny Halberstadt's SA 5000-metre record with a time of 13:31.2. This placed him 25th on the world list that year. Five days earlier he had also set a national 3000-metre record (7:53.2); in March he established a record for the steeplechase (8:37.6) and in May for the 10000 metres (28:16.2).

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. World records are shown in green. – Ed.

MEN

Seniors

10 km	28:28	Hendrick Ramaala	Durban	08 Feb
	28:18	Peter Nderitu (KEN)		
15 km	27:02*	Haile Gebrselassie (ETH) 2002		
	45:32	Lusapho April	Port Elizabeth	31 Jan
	44:31	Rui Pedro Silva (POR)		
21.1 km	41:29	Felix Limo (KEN) 2001		
	64:11	Hendrick Ramaala	Pretoria	17 Jan
	60:37	Mekubo Mogusu (KEN)		
25 km	58:33	Samuel Wanjiru (KEN) 2007		
	83:32	Lucky Miya	Johannesburg	18 Jan
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:44:42	Zolile Bhitane	Camps Bay	11 Jan
	88:00	Takayuki Matsumiya (JPN) 2005		
Marathon	2:15:11	Enos Matalane	Durban	08 Feb
	2:05:29	Haile Gebrselassie (ETH)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

*) The Association of Road Racing Statisticians (ARRS) recognises Kenyan Sammy Kipketer's 27:18 in 2001 as the world record because of technical irregularities with the Gebrselassie time. A time of 27:07 by Micah Kogo (KEN) in 2007 is pending.

Veterans (40+)

10 km	30:18	Mluleki Nobanda	Durban	08 Feb
	28:51	Paulo Catarino (POR) 2003		

15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:48	Sam Molokomme	Pretoria	17 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	99:25	M. Ngubane	Johannesburg	18 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:57:22	Thembinkosi Zweni	Camps Bay	11 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:27:32	Reginald Ngobese	Durban	08 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

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	1:45:50	D. Daniels	Johannesburg	18 Jan
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
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:27	Luxolo Mdzanga	Bloubergstrand	03 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:55	Shaun Zuzani	Pretoria	17 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Seniors

10 km	34:08	Irvette van Blerk	Durban	08 Feb
	33:57	Edielza Alves (BRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	56:15	Ntombesintu Ntshiliza	Jeffreys Bay	03 Jan
	49:23	Sara Moreira (POR)		
	46:55	Kayoko Fukushi (JPN) 2006		
21.1 km	78:13	Irvette van Blerk	Bedfordview	11 Jan
	68:29	Mara Yamauchi (GBR)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:50:06	Belinda Waghorn	Johannesburg	18 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:47:05	Tshifhiwa Mundalamo	Durban	08 Feb
	2:23:42	Yoko Shibui (JPN)		
	2:15:25	Paula Radcliffe (GBR) 2003		

100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	40:12	Marietjie Montgomery	Durban	08 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:23	Leanne Finlay	Port Elizabeth	31 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:41	Zola Pieterse	Myrtle Beach	14 Feb
	70:32	Helena Javornik (SLO) 2007		
25 km	2:07:05	Tracey Jarmin	Johannesburg	18 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:10	Sarah Mahlangu	Durban	08 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	42:19	Loesje de Beer	Port Elizabeth	14 Feb
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	2:18:27	V. Watson	Johannesburg	18 Jan
30 km	2:24:01	Nancy Will	Camps Bay	11 Jan
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb
100 km				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
10 km	35:58	Nandipha Dywili	Durban	08 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:35	Nadia Hechter	Krugersdorp	04 Feb
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:43:32	Lauren Venter	Bedfordview	11 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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