

Distance Running Results

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EDITORIAL

One of South Africa's oldest marathons, the Peninsula in Cape Town, was run on a new, challenging course this year (the old point-to-point course had to be abandoned), and both it and the accompanying half marathon were won by Zimbabweans – Bernard Dandadzi and Peter Tsawayo – in slow times. The marathon was held for the 42nd time. (There were no races in 1994-1997.) Dandadzi's time was the slowest Peninsula winning time since 1976.

In Port Elizabeth master Loesje de Beer set her second 10 km list leader in a week when she ran 41:02 in the Body Concept 10 km. The accompanying Bay Ultra 50 km went to Melikhaya Sithuba and Christine Claasen (formerly Senekal).

The third annual RAK Half Marathon in Ras Al Khaimah, United Arab Emirates, delivered the expected quick times, despite pesky winds which may have thwarted a new men's world record. But world records were set at intermediate points. The target for the men was Samuel Wanjiru's world record of 58:33, and with pacemaking help Ethiopian Deribe Merga and Kenyan Patrick Makau went after it, enticed by the \$100 000 world record bonus. Makau, the two-time IAAF World Half-marathon Championships silver medallist got to the finish line first, notching a personal best 58:52, the second fastest half marathon ever. It was also Makau's second sub-59 minute performance of his career.

Merga passed the 15 km point in 41:29, equalling the IAAF-ratified world record set by Kenyan Felix Limo at the Zevenheuvelenloop in Nijmegen, Netherlands, in 2001. Makau crossed the 20 km mark in 55:38, surpassing by ten seconds Haile Gebrselassie's IAAF-ratified record set in Phoenix in 2006. (Samuel Wanjiru passed 20 km in 55:31 at the City-Pier-City Half Marathon in The Hague in 2007, but the time was not accepted as a record because there was no manual timer to back-up the transponder reading.)

The organizers' strategy of subjecting athletes to 50% prize money cuts if they didn't run fast times (sub-60:00 for top-5 men, sub-69:00 for top-5 women and sub-71:00 for 6-10 women), clearly worked in practice. Not a single athlete in the top 10 was subjected to a reduction, and the women's course record was shattered. Both Makau and Dire Tune in the women's race (she won in 67:18, a new national record; the first four women dipped under 68 minutes) earned USD 28 000 in prize money; Tune also got a \$5 000 course record bonus.

Good news for Two Oceans runners is that it has been confirmed that Chapman's Peak will be open for the race on 11 April. Said Race Director Rowyn James through a media release: "This certainly is welcome news for us and the City of Cape Town as the traditional route over the scenic drive is a major attraction for upcountry and international visitors, as well as the locals, and means that the event has potential to attract record fields across all the distances." Entries are already up, particularly for the half marathon, which has 65%

more entrants compared to last year at the same time, and the race office is expecting to reach the maximum 11 000 entry mark before the closing date of 4 March. Ultra entries traditionally come in at a slower rate as many of the runners still need to run their qualifying events during February and early March. The ultra celebrates its 40th birthday this year, as well as 10 years with Old Mutual as the title sponsor. Runners can enter online at www.twooceansmarathon.org.za or pick up an entry form from leading sports shops.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Powerade Peninsula Marathon & Half Marathon, Simon's Town
- * Formula 1 20 km & 10 km, Durban
- * Glasfit Pirates Half Marathon, Johannesburg
- * Mondi Half Marathon, Richards Bay
- * Tuks Half Marathon & 10 km, Pretoria
- * Bay Ultra 50 km & Body Concept 10 km, Port Elizabeth
- * Emnambithi Half Marathon, Ladysmith
- * Oude Molen Elgin Half Marathon & 10 km, Grabouw
- * Track: WP Championships, Bellville; Yellow Pages Series, Port Elizabeth; Gauteng North Championships, Pretoria; Free State Championships, Bloemfontein; Central North West Championships, Potchefstroom

International highlights:

- * Glo-Lagos International Half Marathon, Lagos, NGR
 - * RAK Half Marathon, Ras Al Khaimah, UAE
 - * Armagh Road Race, Armagh, IRL
 - * XC: Kenyan World Championships Trials, Nairobi, KEN
 - * Indoor track: Aviva Indoor Grand Prix, Birmingham, GBR; Virginia Tech Challenge, Blacksburg, USA; GE Galan, Stockholm, SWE
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THE CURIOUS CASE OF SITHYILE DIKO

In the results of the Durban Matha Series 10 km Sithyile Diko (Gauteng Striders) is given as the second junior with a time of 29:56, and his date of birth (DOB), as provided to *Distance Running Results*, as 10 September 1991.

However, DRR has always had 10 September 1989 as his DOB, which would make him ineligible as a junior this year.

It is interesting to note that in the results of the SA 10 km Championships in 2006, held on 21 October, his age is given as 17 – which is consistent with a DOB of 10 September 1989.

At the same championships the next year, i.e. on 11 August 2007, his age is given as 15!

At subsequent races (eg. the SA 10 km in 2008) his age given is always consistent with a DOB of 1991.

Perhaps another case of a new, amended ID obtained sometime between 21 October 2006 and 11 August 2007?

ROAD RUNNING

Powerade Peninsula Marathon (42nd) & Half Marathon (9th)

Simon's Town, 22 February

(Distances: 42.195 km & 21.0975 km. New certified courses, both starting and finishing at sea level; the marathon a very hilly figure eight, with a start/finish separation of 3.9 km, and the half marathon a hilly loop, with a separation of 1.8 km. Finishers: marathon – 1055; half marathon – 837.)

Marathon

MEN

1. Bernard Dandadzi (ZIM/RCS Gug) 2:30:33 (R500); 2. Zondwa Nombexeza (Atl) 2:39:25 (R300); 3. Samson Gulubela (Atl) 2:41:05 (R200); 4. Quinton Prince (Met) 2:41:22; 5. Dawid Visser (Mr Pr) 2:42:05; 6. Arnold Hyde (Atl) 2:47:34; 7. John van der Byl (MP Titans) 2:50:48 (1st vet); 8. Johan Stemmet (Bonnie) 2:54:05; 9. Jimmy Drury (Mr Pr) 2:55:06; 10. Andries Swanepoel (Brack) 2:55:19; 11. Peter Jaehne (RAC) 2:55:29; 12. Nicholas Mpontshane (Met) 2:56:00; 13. Siyabonga Maweza (Top) 2:56:10; 14. Desmore Oppel (Dur) 2:56:12; 15. Bethuel Lephallo (Str) 2:57:05; 16. Willem Swanepoel (Brack) 2:57:26; 17. Dion Middelkoop (VOB) 2:57:39; 18. Charles Witbooi (VOB) 2:57:39; 19. Stef Patten (VOB) 2:57:41; 20. Zama Witvoet (Ned) 2:58:28 (1st mast); 21. Brian Peteni (RCS Gug) 2:59:30; 22. Sabelo Ngcwama (Celt) 2:59:33; 23. Simon von Witt (Atl) 2:59:57; 24. Alwyn Maass (Nam Jog) 3:02:12; 25. George Schonbaechler (UCT) 3:02:47; 26. Lungisa Cuba (Ned) 3:04:17; 27. Joachim Kemp (Ind) 3:04:25; 28. Gcobani Ngqola (Atl) 3:05:09; 29. Peter Bennett (Celt) 3:05:35; 30. Garry Wilford (Dur) 3:05:37.

Masters: (40+): 1. John van der Byl (MP Titans) 2:50:48 (R300); 2. Peter Jaehne (RAC) 2:55:29 (R200); 3. Desmore Oppel (Dur) 2:56:12 (R100). **(50+):** 1. Zama Witvoet (Ned) 2:58:28 (R200); 2. Garry Wilford (Dur) 3:05:37 (R100); 3. Henry Cieverts (Top) 3:09:17 (R50). **(60+):** 1. Anthony Riddick (VOB) 3:50:23 (R200); 2. D.J. Price (FH) 3:53:03 (R100); 3. Kosie Koopman (Worc) 3:57:31 (R50). **(70+):** 1. Caspar Greeff (Atl) 4:43:43 (R200).

WOMEN (Same prize money as men)

1. Julia J. van Rensburg (Celt) 3:05:47; 2. Kathleen Shuttleworth (Mat) 3:08:43; 3. Lisa Baumann (Celt) 3:16:39; 4. Liesl Stoltz (Dur) 3:26:12; 5. Farwa Mentoer (Ind) 3:29:18; 6. Sarh-Lee Williams (VOB) 3:30:09; 7. Helette Basson (Lange) 3:31:01; 8. Robyn Woodward (Ind) 3:32:22; 9. Barene Jankovich (RAC) 3:33:30; 10. Eunice Avenant (H.Harr) 3:35:05 (1st vet); 11. Nicola Lockhart (Ind) 3:36:22; 12. Estelle van Schalkwyk (Ind) 3:38:59; 13. Joanna Thomas (VOB) 3:40:30; 14. Carina van der Merwe (Whal) 3:41:00; 15. Caitlin Lewis (Ind) 3:41:04; 16. Kim Sims (VOB) 3:41:07; 17. Juliette Savini (Dur) 3:41:33 (1st mast); 18. Ronél Steenkamp (Dur) 3:44:38; 19. Natalie de Villiers (Mat) 3:44:50; 20. Veronica van Niekerk (Elg/Grab) 3:46:30 (1st g'mast).

Masters: (40+): 1. Eunice Avenant (H.Harr) 3:35:05; 2. Joanna Thomas (VOB) 3:40:30; 3. Kathleen McQuaide (Celt) 3:48:41. **(50+):** 1. Juliette Savini (Dur) 3:41:33; 2. Denise Johannes (SH) 3:58:37; 3. Lyndsay Jackson (VOB) 4:04:18. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 3:46:30.

Half marathon

MEN

1. Peter Tsawayo (ZIM/RCS Gug) 69:14 (R300); 2. Mkhululi Mbejeni (Atl) 75:01 (R200); 3. Eddie O'Gorman (Ind) 75:25 (R100); 4. Nevule Jacobs (FH) 76:18; 5. Richard Woolrich (Celt) 76:44; 6. Nicholas Bryant (Celt) 80:05; 7. Edward Zozi (Harf Harr) 81:04; 8. Khaya Zilindile (Hout) 81:14; 9. Greg Goodall (Lland) 81:29; 10. Aldrin Smit (NB) 82:08; 11. Daniel Schlimper (UCT) 83:02; 12. Michael Bekapi (VOB) 83:53 (1st vet); 13. Gemjekile Tom (Esk Gij) 84:02 (1st mast); 14. Friedl van der Merwe (Str) 84:03; 15. Karl Westvig (RCS Gug) 85:14; 16. Aubrey Isaacs (RCS Gug) 85:15; 17. Gregory Jacobs (Edg) 85:26;

18. Nkululeko Rawuzele (Hout) 86:22; 19. Johannes Matlou (RCS Gug) 86:49; 20. Michael Bailey (Celt) 86:52; 21. Michael Titley (Celt) 87:03; 22. Mark Pikker (For) 87:43; 23. Richard Saleni (Ind) 87:54; 24. Peter Bunn (R/W for L) 88:40; 25. Graham Jones (Ind) 88:50; 26. Bob Bowler (Ind) 89:04; 27. Dominic Wills (Mat) 89:06; 28. Owen Warren (Ind) 89:37; 29. Johann Diener (Str) 89:52; 30. Abré Jordaan (Str) 90:45.

Masters: (40+): 1. Michael Bekapi (VOB) 83:53 (R200); 2. Friedl van der Merwe (Str) 84:03 (R100); 3. Gregory Jacobs (Edg) 85:26 (R50). **(50+):** 1. Gemjekile Tom (Esk Gij) 84:02 (R200); 2. Johann Diener (Str) 89:52 (R100); 3. Nico de Jager (VOB) 91:10 (R50). **(60+):** 1. Johan Botha (R/W for L) 100:40 (R200); 2. Peter van den Berg (Celt) 106:32 (R100); 3. Pierre Claassen (MSM) 111:34 (R50). **Juniors:** 1. Dexter Miller (VOB) 98:20 (R200); 2. Mfundu Sithole (VOB) 104:34 (R100).

WOMEN (Same prize money as men)

1. Kirsty Weir (Ad) 90:47; 2. Ester Brink (Str) 90:51 (1st vet); 3. Kim Ground (Celt) 91:12; 4. Judy Everingham (VOB) 91:40; 5. Jenna Kamps (RAC) 93:24; 6. Juetta Svenja (Ind) 96:20; 7. Claire Louw (Mr Pr) 96:21; 8. Julie Stevens (Ind) 98:08; 9. Bev Charters (VOB) 98:11 (1st mast); 10. Almarie de Bruyn (MSM) 99:30; 11. Tracy Bunn (R/W for L) 99:35; 12. Colleen de Oliveira (MSM) 101:04; 13. Ronelle Marshall (R/W for L) 101:54; 14. Emily Graham (Atl) 103:15; 15. Chantel Simpson (Pine) 103:25; 16. Tania J. van Rensburg (Dur) 103:52; 17. Moira Harding (Sat) 106:23; 18. Margie Plantema (VOB) 106:58 (1st g'mast); 19. Lynne Shannon (Pine) 107:04; 20. Robyn Garlick (Pine) 107:05.

Masters: (40+): 1. Ester Brink (Str) 90:51; 2. Judy Everingham (VOB) 91:40; 3. Claire Louw (Mr Pr) 96:21. **(50+):** 1. Bev Charters (VOB) 98:11; 2. Colette van Eck (FH) 110:11; 3. Diana Rixon (VOB) 112:03. **(60+):** 1. Margie Plantema (VOB) 106:58; 2. Priscilla von Schlicht (Tyg) 119:13; 3. Anne Centner (Ind) 125:20. **Juniors:** 1. Amy Gilmour (VOB) 108:58.

Formula 1 20 km & 10 km

Durban, 22 February

20 km

MEN

1.	Samuel Pazansa	ZIM/F1 AC	1:04:58
2.	Edwin Chimomba	ZIM/F1 AC	1:05:24
3.	Thubuletu Phaku	DUT	1:06:44

40-49:

1.	Dumisani Mbili	UKZN	1:20:57
2.	Bheki Mbatha	Nedbank AC	1:24:34
3.	Nelson Gampi	Stella AC	1:26:35

50-59:

1.	Jeremiah Ngwenya	Boxer AC	1:18:48
2.	Phineas Ntombela	UKZN AC	1:19:34

60+:

1.	Noel Saville	Toti AC	1:41:58
2.	Fred Medlock	Hillcrest V	1:45:59

WOMEN

1.	Monica Kativhu	ZIM/Boxer AC	1:23:23
2.	Sara Scott	Coll Harr	1:32:33
3.	Maya Lawrie	Boxer AC	1:35:44

40-49:

1.	Maya Lawrie	Boxer AC	1:35:44
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2.	Tammy Dennill	West AC	1:40:16
3.	Nana Sigubudu	Boxer AC	1:42:53

50-59:

1.	Jane Baker	D AC	1:48:17
2.	Clare Morgan	Glen Harr	1:45:08
3.	Zanele Ntuli	West AC	1:45:45

60+:

1.	Maureen Parry	Chiltern AC	2:05:24
2.	Roz Fraser	West AC	2:25:30

10 km**MEN**

1.	Colin Makaza	ZIM/F1 AC	31:31
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WOMEN

1.	Precious Makaza	F1 AC	43:28
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Glasfit Pirates Half Marathon

Johannesburg, 22 February

(Distance: 21.0975 km; hilly loop course)

MEN

1 Simon Mpholo (GS) 68:39; 2 Tiisetso Ramokheseng (Toy) 68:46; 3 Raphael Segodi (GS) 69:18; 4 Maru Ondo Olimo (ETH/ADT) 69:39; 5 Odwa Tunyiswa (GS) 70:01; 6 David Checha (GCH) 70:46; 7 Tshidiso Bosiu (GS) 72:08; 8 Steven Dikobo (Raiders) 72:42; 9 Maxwell Bangani (ZIM/Bashewa) 72:48; 10 Jacob Malokoana GS) 73:19.

Veterans: 1 Maxwell Bangani (ZIM/Bashewa) 72:48; 2 Gethun Wordofa (ETH/ADT) 73:47; 3 Elgin Mokale (Nedbank) 75:56. **Masters:** 1 Samuel Mogodi (RAC) 83:52. **G'masters:** 1 Bill Lambert (RH) 99:35. **Juniors:** 1 Nelson Zuze (Bashewa) 77:47; 2 Adriaan van den Berg (RRW) 1:55:35

WOMEN

1 Varaidzo Shindi (ZIM/MP) 84:06; 2 Moleboheng Mafata (Toy) 91:21; 3 Elizabeth Phaka (GS) 95:17; 4 René Strydom (RH) 96:03 (1st vet); 5 Lesyl Potgieter (Roodepoort) 96:06; 6 Monica Neuling (Boksburg) 98:04; 7 Anna Watkinson (RAC) 98:50; 8 Elizabeth Mtombeni (Mohlakeng) 1:40:46; 9 Sally Fenwick (NBW) 1:41:05; 10 Yvonne Laing (Jeppe) 1:42:05.

Veterans: 1 René Strydom (RH) 96:03; 2 Yvonne Laing (Jeppe) 1:42:05; 3 Laura Venter (Nedbank) 1:44:29. **Masters:** 1 Natalie Sanders (Fourways) 1:56:41. **G'masters:** 1 Hazel Quilliam (Roodepoort) 2:17:58.

Mondi Half Marathon

Richards Bay, 22 February

(Distance: 21.0975 km; loop course)

MEN

1.	M Mkwanzu	R/Bay AC	1:13:36
2.	S Nkosi	Umhlathuze AC	1:17:30
3.	M Jiyane	Umhlathuze AC	1:17:49

40-49:

1.	Herbert Mazongolo	Toyota AC	1:21:15
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50-59:

1	Louis Fourie	R/Bay AC	1:33:33
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60+:

1.	Sam Masondo	Imamba AC	1:52:39
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WOMEN

1.	Melanie van Rooyen	R/Bay AC	1:31:43
2.	Simone Scrase	R/Bay AC	1:39:21
3.	Petro Nel	R/ Bay AC	1:42:33

40-49:

1.	Petro Nel	R/Bay AC	1:42:33
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50-59:

1.	Theresa Muller	R/Bay AC	1:47:23
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Tuks Half Marathon & 10 km

Pretoria, 21 February

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

Note: The first four men in the half marathon ran short because of a marshalling error. The times in the 10 km also look on the fast side (especially the women), but a comparison of nine athletes' times produce a Race Time Bias factor (which compares runners' times in a particular race with what one could expect them to run based on their most recent performances) of -3.5 sec/km, which is inside the allowable limit of -5 sec/km. – Ed.

Half marathon**MEN**

1 Mike Tebulo (Tuks) 61:05; 2 Brighton Chipere (ZIM/Mr Price) 63:14; 3 Millen Matende (ZIM/Bashewa) 63:53.

Veterans: 1 Tidimalo Modiga (Toyota) 75:31. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 77:33. **G'masters:** 1 Paulus Masilela (Irene) 89:17. **G/g'masters:** 1 Johan Moolman (PMK) 2:03:24. **Juniors:** 1 Marshall Jaji (Transnet) 1:51:53.

WOMEN

1 Olivia Chitate (ZIM/Bashewa) 81:02; 2 Gloria Baeba (Transnet) 81:51; 3 Chyedzu Chokore (ZIM/Mr Price) 84:02.

Veterans: 1 Marietjie Montgomery (Bashewa) 93:13. **Masters:** 1 Francis v Blerk (Nedbank) 1:42:01. **G'masters:** 1 Marilyn Moore (Breakthru Midrand) n/t. **Juniors:** 1 Geraldine Combrink (Exxaro) 1:50:29.

10 km**MEN**

1 Wesley Ruto (KEN/Toyota) 30:04; 2 Joshua Sabao (ZIM/Mr Price) 30:07; 3 Lucky Mohale (GS) 30:32.

Veterans: 1 Maxwell Bangani (ZIM/Bashewa) 33:10. **Masters:** 1 Colin Fisher (CSIR) 39:25. **G'masters:** 1 Pieter Rossouw (Enduro) 45:06. **G/g'masters:** 1 Ken Nurden (Agape) 50:33. **Juniors:** 1 Nelson Zuze (Temp) n/t.

WOMEN

1 Milliam Thole (MAW/Tuks) 35:39 (1st jun); 2 Myrette Filmalter (Tuks) 36:01; 3 Ndothiwa Mandiwana (Nedbank) 36:55.

Veterans: 1 Michelle Singleton (RAC) 43:40. **Masters:** 1 Pam Hampton (Sunninghill) 48:59. **G'masters:** 1 Olga Smit (PVM Affies) 62:18. **G/g'masters:** 1 Miemie Schoeman (Transnet) 79:18. **Juniors:** 1 Milliam Thole (MAW/Tuks) 35:39.

Bay Ultra 50 km (27th) & Body Concept 10 km

Port Elizabeth, 21 February

(Loop courses. Finishers: 50 km – 241; 10 km – 462.)

50 km

MEN

1	Melikhaya	Sithuba	Mr Price AC EP	25	3:01:58
2	Eric	Sigxashe	Mr Price AC EP	30	3:09:31
3	Simphiwe	Tana	Nedbank RC EP	29	3:12:53
4	Zolile	Mhlahlo	Raleigh AC	34	3:15:04
5	Alfred	Qogi	Nedbank RC EP	35	3:19:20
6	Masixole	Dlaku	Mr Price AC EP	30	3:20:04
7	Errol	Koert	Ebenezer	32	3:21:06
8	Thobile	Xata	Nedbank RC EP	34	3:23:03
9	Bradley	Mackenzie	Achilles AAA	37	3:25:11
10	Welcome	Loliwe (1 st vet)	Nedbank RC EP	44	3:26:08
11	Riaan	Kock	Nedbank RC EP	39	3:26:36
12	Marius	Stander	Achilles AAA	41	3:27:43
13	Chris	Darke	Achilles AAA	40	3:32:50
14	Mongezi	Mboya	PEAAC	31	3:33:55
15	Mzamo	Fokwana	Charlo AC	31	3:41:13
16	Kgotso	Majara	New Balance	28	3:41:16
17	Emerson	Kayana	Nedbank RC EP	35	3:42:04
18	Malungisa	Olayi	PEAAC	30	3:42:18
19	Danny	Hartzenberg	Nedbank RC EP	32	3:42:59
20	Christopher	Mabengeza	Nedbank RC EP	42	3:43:43

40-44:

1	Welcome	Loliwe	Nedbank RC EP	44	3:26:08
2	Marius	Stander	Achilles AAA	41	3:27:43
3	Chris	Darke	Achilles AAA	40	3:32:50

45-49:

1	Melville	Joseph	SANDEF EP	45	3:56:13
2	Neil	De Meillon	New Balance	45	3:56:56
3	Cyril	Uithaler	Willard Batt	46	4:01:02

50-54:

1	Andre	Willemse	Elite AC	50	3:59:16
2	Peter	Van Rensburg	Elite AC	50	4:04:50
3	Stephen	Klue	Elite AC	50	4:05:11

55-59:

1	Jimmy	Styan	Raleigh AC	56	3:57:31
2	Paul	Steffens	Despatch AC	57	4:43:25
3	Darsoo	Moonien	Malabar	57	4:47:02

60-64:

1	Herman	Dekker	SAP MC EP	64	5:22:42
2	Thembisile	Ntoni	PEAAC	61	5:31:12

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	66	4:42:57
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WOMEN

1	Christine	Claasen (1 st vet)	Achilles AAA	44	4:07:24
2	Maresa	Ah Kun	Bluewater Bay	33	4:10:28
3	Grizelda	Pietersen	Achilles AAA	40	4:11:07
4	Johanna	Claassen	Nedbank RC SWD	40	4:23:02
5	Gail	Langley	Buffalo R R	40	4:25:01

6	Jene	Banfield	Run/W For Life	38	4:35:49
7	Elmarie	Bezuidenhout	Charlo AC	27	4:37:04
8	Claire	Nagel	Elite AC	44	4:48:18
9	Buyelwa	Kobokana	Bluewater Bay	43	4:50:51
10	Mariette	De Haan (1 st mast)	Nedbank RC SWD	54	4:53:09
11	Adele	Nel	St Albans CSEP	36	4:56:05
12	Desiree	Titus	Willard Batt	43	4:57:36
13	Yolanda	Blignaut	X-Cel AC	34	5:01:14
14	Nurunnisa	Madatt	Malabar	46	5:02:12
15	Joy Anne	Pregalato	Achilles AAA	38	5:03:41
16	Jos	Els	Madiba Bay AC	56	5:07:29
17	Antoinette	Coertze	Despatch AC	44	5:11:25
18	Elfrieda	Pretorius	Temp	35	5:12:43
19	Elizabeth	Ackerman	New Balance	41	5:14:36
20	Sharon	Smuts	St Albans CSEP	42	5:16:56

40-44:

1	Christine	Claasen	Achilles AAA	44	4:07:24
2	Grizelda	Pietersen	Achilles AAA	40	4:11:07
3	Johanna	Claassen	Nedbank RC SWD	40	4:23:02

45-49:

2	Whitity	Kubashe	Nedbank RC EP	47	5:20:45
3	Pearl	Damons	Willard Batt	45	5:54:34

50-54:

1	Mariette	De Haan	Nedbank RC SWD	54	4:53:09
2	Monica	Kemp	Madiba Bay AC	53	5:26:55
3	Ursula	Kilian	NMMU AC	51	5:32:06

55-59:

1	Jos	Els	Madiba Bay AC	56	5:07:29
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10 km**MEN**

1	Lusapho	April	Nedbank RC EP	26	29:20
2	Johan	Cronje	Univ OFS	26	29:56
3	Zolani	Ngqaqa	Mr Price AC EP	20	30:18
4	Sibusiso	Thu	Mr Price AC EP	21	31:05
5	Aphlyn	Taai	Nedbank RC EP	26	31:11
6	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	40	31:23
7	Luyanda	Tshangana	Mr Price AC EP	25	31:37
8	Phumzile	Sikawuti	Nedbank RC EP	29	31:43
9	Zandisile	Tshunungwa	Nedbank RC EP	32	31:47
10	Zolani	Mabongo	Mr Price AC EP	22	31:53
11	Sakhiwo	Ganca (1 st jun)	Temp	18	32:21
12	Xola	Bongoza	Temp	16	32:57
13	Mila	Pasiya	Nedbank RC EP	29	33:18
14	Zamubuntu	Teyise	Charlo AC	32	33:26
15	Thabiso	Dikana	Nedbank RC EP	19	33:39
16	Mariano	Eesou	Nedbank RC EP	17	33:55
17	Terrance	Mjekula	Raleigh AC	36	34:01
18	Lolwethu	Mbityi	PEAAC	17	34:30
19	Vernon	Booyse	Nedbank RC EP	17	35:06
20	Michael	Bester	Achilles AAA	21	36:05

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	40	31:23
2	Fumanekile	Baskiti	Nedbank RC EP	42	47:09
3	Noel	Van Willing	Elite AC	42	47:24

45-49:

1	Hendrik	Van Wyk	Despatch AC	45	41:47
2	Eric	Mathys	Muirite Strider	46	43:13
3	Bafumane	Nyanga	Mr Price AC EP	48	44:38

50-54:

1	Donald	Mancasa	Raleigh AC	54	41:20
2	Chris	Terblanche	Achilles AAA	53	42:16
3	Clifford	Hicken	Elite AC	51	42:17

55-59:

1	Sizinzo	Kama	Achilles AAA	57	40:45
2	Bruce	Mcewan	Achilles AAA	55	41:39
3	Errol	Rossouw	PEAAC	59	43:12

60-64:

1	Les	Brightman	Raleigh AC	60	42:49
2	Eric	Mapara	Rhodes Universi	61	43:06
3	Percy	Dalton	Achilles AAA	60	44:02

65-69:

1	Gerald	Hoxley	Achilles AAA	68	53:38
2	Loynes	Jenkerson	Spar Walmer AC	67	53:56
3	Gerald	Bouwer	Achilles AAA	65	57:59

70+:

1	Selwyn	Solomon	Crusaders AC	70	1:02:45
2	Hilary	Pritchard	Crusaders AC	74	1:03:12
3	John	Peart	Temp	72	1:08:58

Juniors:

1	Sakhiwo	Ganca	Temp	18	32:21
2	Xola	Bongoza	Temp	16	32:57
3	Mariano	Eesou	Nedbank RC EP	17	33:55

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price AC EP	27	37:35
2	Deliwe	Nyanga	PEAAC	19	39:15
3	Phillip	Maponya	Aspen Pharma	31	40:19
4	Babalwa	Ngcoko	Mr Price AC EP	21	40:24
5	Loesje	De Beer (1 st mast)	Spar Walmer AC	50	41:02
6	Ursula	Kuhn	NMMU AC	27	41:53
7	Treloar	Childs (1 st vet)	Spar Walmer AC	45	43:20
8	Hanlie	Van der Westhuizen	Despatch AC	52	45:10
9	Johanette	Oosthuizen	Temp	44	46:10
10	Sharon	Tessendorf	Temp	27	46:29
11	Lindie	Barnardo	NMMU AC	24	47:46
12	Paulette	Mcewan	Achilles AAA	43	47:50
13	Tara	De Witt	Temp	21	48:00
14	Camarin	Van Eyk	Elite AC	26	48:41
15	Lisa	Marthaler	Temp	21	48:57
16	Christine	Van Niekerk	Temp	28	49:10
17	Liz	Grundlingh (1 st g'mast)	Muirite Strider	62	49:15
18	Noxolo	Marks	Mr Price AC EP	22	49:34
19	Lavrinda	Rheeder	Temp	45	50:25
20	Mary Grace	Villanueva	Achilles AAA	33	50:39

40-44:

1	Johanette	Oosthuizen	Temp	44	46:10
2	Paulette	McEwan	Achilles AAA	43	47:50
3	Christa	Meuwesen	Bluewater Bay	42	52:36

45-49:

1	Treloar	Childs	Spar Walmer AC	45	43:20
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2	Lavrinda	Rheeder	Temp	45	50:25
3	Doris	Liberty	Elite AC	48	52:23
50-54:					
1	Loesje	De Beer	Spar Walmer AC	50	41:02
2	Hanlie	Van der Westhuizen	Despatch AC	52	45:10
3	Liz	Austin	Achilles AAA	50	54:12
55-59:					
1	Maria	Oppel	Crusaders AC	59	57:26
2	Sharon	Brown	PEAAC	55	1:13:32
60-64:					
1	Liz	Grundlingh	Muirite Strider	62	49:15
2	Margaret	Paton	Charlo AC	63	53:34
3	Denise	Terblanche	Spar Walmer AC	61	1:07:07
65-69:					
1	Orgia	Nell	Muirite Strider	65	1:08:13
2	Shirley	Jorgensen	Charlo AC	67	1:11:29
3	Isabella	Childs	Spar Walmer AC	67	1:11:48
70-74:					
1	Dorothy	Hart	PEAAC	71	1:00:45
75-79:					
1	Marty	Linton	Temp	76	1:24:40
2	Sylvia	Pritchard	Crusaders AC	75	1:32:12
Juniors:					
1	Terray	Newcombe	Nedbank RC EP	18	53:21
2	Jana	Hiscock	Spar Walmer AC	18	57:40
3	Tanya	Wilson	Charlo AC	16	58:39

Emnambithi Half Marathon

Ladysmith, 21 February

(Distance: 21.0975 km; loop course)

MEN

1.	Richard Nsutule	Newcastle Harr	1:16:21
2.	Sazi Ndaba	Nambithi Strid	1:16:45
3.	Zakhale Motaung	Vultures AC	1:17:06

40-49:

1.	Corneluis Dlamini	Nambithi Strid	1:22:00
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50-59:

1.	Magic Hlatwayo	KZN Striders	1:37:49
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60+:

1.	Hennie v Dyk	LAC	2:11:39
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WOMEN

1.	Tracy Zunckel	Temp	1:45:19
2.	Liesel Joubert	Temp	1:58:47
3.	Adri Boule	Gau North	1:59:13

40-49:

1.	Vee Govender	Verulam Falcons	2:04:18
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50-59:

1.	Francis Webster	Estcourt AC	2:29:08
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Oude Molen Elgin Half Marathon & 10 km

Grabouw, 21 February

(Distances: 21.0975 km & 10 km; out-and-back courses, partly on gravel)

Half marathon

MEN

1. Sibusiso Mbingeleli (Mr Pr) 68:42; 2. Piet Jacobs (Ned) 70:14; 3. Anthony Godongwana (Celt) 70:36; 4. Tsungai Mwanengeni (ZIM/Mr Pr) 71:58; 5. Marks Mpekula (VOB) 73:56; 6. Dawid Gous (Sw) 74:09; 7. Dawid van Rooyen (Worc) 74:22; 8. Rowan Prins (Rob) 75:43; 9. Roger Davids (Rob) 76:44; 10. Bulelani Bhebha (VOB) 77:43 (1st jun); 11. Brian Mapeyi (VOB) 77:44 (1st vet); 12. Alfred Tshabeni (Whal) 78:13; 13. Mervyn Steenkamp (Ind) 78:15; 14. Anthony Matthee (H.Harr) 78:45; 15. Reginald Arendse (Ceres) 78:54; 16. Warren Pietersen (Rob) 79:46; 17. Bennie Philander (Sw) 80:02; 18. Julie Welkom (Sw) 80:11; 19. Luthando Diba (Celt) 81:09; 20. Aldrin Smit (NB) 81:16; 21. Marius Muller (Ceres) 81:20; 22. Leon Williams (Sw) 81:55; 23. Randall Jacobs (Rob) 81:56; 24. John Molefe (Ceres) 82:01; 25. Thomas Moses (Worc) 82:59 (1st mast); 26. Morné Hansen (Worc) 83:33; 27. Khumbulani Ngumane (Elg/Grab) 83:36; 28. Abraham Fielies (Worc) 84:13; 29. Goodman Mpukane (RCS Gug) 84:13; 30. Xolani Makinana (RCS Gug) 84:17.

Masters: (40+): 1. Brian Mapeyi (VOB) 77:44; 2. Bennie Philander (Sw) 80:02; 3. Leon Williams (Sw) 81:55. **(50+):** 1. Thomas Moses (Worc) 82:59; 2. Goodman Mpukane (RCS Gug) 84:13; 3. Walter Segatswi (Celt) 87:26. **(60+):** 1. Eric Bateman (VOB) 102:34; 2. Kosie Koopman (Worc) 104:50; 3. Ian Bocock (For) 107:29. **Juniors:** 1. Bulelani Bhebha (VOB) 77:43; 2. Anthony Matthee (H.Harr) 78:45; 3. Luthando Diba (Celt) 81:09.

WOMEN

1. Farwa Mentoer (Bon) 87:20 (CR); 2. Ursula Frans (Ad) 90:10 (1st vet); 3. Jacoline Haasbroek (Stel) 94:09; 4. Styntjie Prins (Paarl) 96:36 (1st mast); 5. Hanlie Stegmann (Ind) 100:19; 6. Mariaan Cloete (Stel) 103:28; 7. Marie Louw (Ad) 104:09; 8. Anneke du Plessis (Ind) 104:41; 9. Candyce Hall (Hout) 105:36; 10. Twane Stillehou (Met) 106:03; 11. Maretha de Kock (Ad) 108:09; 12. Mathilda Dixon (Paarl) 113:26; 13. Warreniece Oliphant (Celt) 114:12; 14. Cynthia van Wyk (RCS Gug) 114:39; 15. Adri Visser (Sw) 115:30; 16. Cailey Bredenkamp (Paarl) 115:33; 17. Ann Pool (Str) 116:02; 18. Megan Adonis (Ind) 116:07; 19. Pixie Sparg (Celt) 116:15 (1st g'mast); 20. Adele Pienaar (Ned) 117:38.

Masters: (40+): 1. Ursula Frans (Ad) 90:10; 2. Jacoline Haasbroek (Stel) 94:09; 3. Marie Louw (Ad) 104:09. **(50+):** 1. Styntjie Prins (Paarl) 96:36; 2. Hanlie Stegmann (Ind) 100:19; 3. Adri Visser (Sw) 105:30. **(60+):** 1. Pixie Sparg (Celt) 116:15; 2. Marlene James (Pine) 136:05; 3. Dolla Naurattel (Ceres) 160:09. **Juniors:** 1. Ilandi Steenkamp (Ned) 138:54; 2. Benine Havenga (Tyg) 152:53.

10 km

MEN

1. Tom Lusaseni (Celt) 31:11; 2. Peter Tsawayo (ZIM/RCS Gug) 31:15; 3. Zolani Bhitane (Ned) 31:20; 4. Manfred Samuels (H.Harr) 31:24 (1st jun); 5. Hillroy Slingers (Worc) 32:02; 6. Akhona Makila (VOB) 32:09; 7. Ngwele Sitembele (Ned) 32:31; 8. Unathi Phezolo (RCS Gug) 32:50; 9. Michael Bekapi (VOB) 33:19 (1st vet); 10. Alfred Maliti (Celt) 33:28; 11. Eben Johnson (Elg/Grab) 35:23; 12. Mervyn Seryners (Ceres) 35:34; 13. C. Gordon (Ind) 36:05; 14. Francois Soldaat (Mont) 36:10; 15. Andries Ntsizakalo (Ned) 36:29; 16. Bongani Krala (Celt) 36:47; 17. Michael Mouries (Rob) 36:49; 18. Christo Dourie (KD) 36:59; 19. Gemjekile Tom (Esk Gij) 37:21 (1st mast); 20. Gustav Antonie (Mont) 37:48; 21. Mervyn Coetzee (Mr Pr) 38:06; 22. Albertus Bock (Ad) 38:44 (1st g'mast); 23. Frank Gillion (Whal) 39:07; 24. Stuart Moses (Worc) 39:59; 25. Jaypee Snyman (Worc) 41:48; 26. Mike du Toit (Ind) 42:38; 27. Houman Joseph (Rob) 43:05; 28. Badrudien da Silva (Top) 44:32; 29. Francois Kok (Ind) 45:00; 30. Mandla Ngvene (Ceres) 45:12.

Masters: (40+): 1. Michael Bekapi (VOB) 33:19; 2. Andries Ntsizakalo (Ned) 36:29; 3. Gustav Antonie (Mont) 37:48. **(50+):** 1. Gemjekile Tom (Esk Gij) 37:21; 2. Frank Gillion (Whal) 39:17; 3. Sam Kotzé (Ad) 40:35. **(60+):** 1. Albertus Bock (Ad) 38:44; 2. Blackie Swart (Sw) 44:5; 3. Carl Hendricks (Ned) 46:50. **Juniors:** 1. Manfred Samuels (H.Harr) 31:24; 2. Hillroy Slingers (Worc) 32:02; 3. Akhona Makila (VOB) 32:09.

WOMEN

1. Nomvuyisi Seti (Mr Pr) 37:50; 2. Bulelwa Mtshagi (Celt) 37:55; 3. Thozama April (Celt) 39:08; 4. Busisiwe Matiwane (Celt) 41:55; 5. Sheryl de Lange (Ad) 41:58 (1st vet); 6. Magriet Hanekom (Ceres) 46:48 (1st mast); 7. Charmaine Cupido (Ned) 47:53; 8. Lindie Bouwer (Sanlam) 49:00; 9. Geraldine du Toit (Ceres) 49:25; 10. Kathy Burr (Dur) 50:08; 11. Marietha Herbert (Bel) 50:48 (1st g'mast); 12. Hannelie Naudé (Ind) 51:09; 13. Estelle Vosloo (Ind) 51:12; 14. Lindi Stegmann (Paarl) 52:00; 15. Vondra Singleton (Worc) 52:24; 16. Helen du Plessis (Tyg) 52:32; 17. Marina Badenhorst (Bred) 52:36 (1st jun); 18. Angela Niemand (Ind) 54:42; 19. Suzelle Joubert (Whal) 54:50; 20. Marilize Louw (Whal) 54:52.

Masters: (40+): 1. Sheryl de Lange (Ad) 41:58; 2. Vondra Singleton (Worc) 52:24; 3. Vivien Fransman (Nam Sands) 56:23. **(50+):** 1. Magriet Hanekom (Ceres) 46:48; 2. Charmaine Cupido (Ned) 47:53; 3. Kathy Burr (Dur) 50:08. **(60+):** 1. Marietha Herbert (Bel) 50:48; 2. Annette Verster (Ceres) 57:42; 3. Lida Laing (Whal) 70:13. **Juniors:** 1. Marina Badenhorst (Bred) 52:36; 2. Ronél Moses (Worc) 57:05.

TRACK

WP Championships

Bellville, 20 & 21 February

Note: The 10000 m was on the first day, all other events on the second day. – Ed.

MEN

800: 1. Ricardo Mentoor (Bel) 1:57.15; 2. Shaun Abrahams (Ad) 1:58.04; 3. Travis Ismaiel (Tyg/NL) 2:03.78.

1500: 1. Duane Fortuin (Celt) 3:57.46; 2. Luxolo Mdzanga (RCS Gug) 4:05.35; 3. Frankwyn Saayman (UWC) 4:06.08.

3000 s/chase: 1. Anthony Godongwana (Celt) 9:44.6; 2. Zolile Bhitane (Ned) 9:51.6; 3. Riaan Wildskut (East) 10:05.2.

5000: 1. Tom Lusasen (Celt) 14:42.48; 2. Eric Chirchir (KEN/Celt) 14:51.82; 3. Duane Fortuin (Celt) 14:59.80.

10000: 1. Sipho Phala (VOB) 31:52.81; 2. Hein Camphor (Ad) 31:59.37; 3. Sihle Mapukata (Mr Pr) 32:12.63.

WOMEN

800: 1. Elsire Roos (Bel) 2:11.83; 2. Adri Meyer (Bel) 2:27.19; 3. Leanda de Bruyn (Tyg/NL) 2:28.00.

1500: 1. Marlise Jordaan (Bel) 4:34.52; 2. Gerda-Marie Theron (Tyg/NL) 5:18.32.

3000 s/chase: 1. Destiny Titus (UWC) 11:54.94.

5000: 1. Thozama April (Celt) 18:20.46; 2. Busisiwe Matiwane (Celt) 19:24.88; 3. Amy Aronson (UCT) 19:36.70.

■ The following results are courtesy of Gert le Roux:

Yellow Pages Series (4th)

Port Elizabeth, 20 February

MEN

800:

1. Andre Olivier 1:47.00
2. Adriaan van Wyk 1:47.40
3. Samuel Sepeng 1:50.10
4. Ettienne Plaatjies 1:50.59
5. Warren Hendricks 1:52.53

1500:

1. Peter van der Westhuizen 3:43.66
2. Mbulaeni Mulaudzi 3:43.91
3. Johan Cronje 3:43.94
4. Elroy Gelant 3:44.08
5. Lloyd Bosman 3:44.13
6. Samson Ngoepe 3:46.38
7. Molefe Molefe 3:46.46
8. Jacques Pretorius 3:47.38
9. Marco Bucarazzi 3:47.62
10. Enock Nanyandi 3:49.04
11. Windy Jonas 3:49.37
12. Abram Khumalo 3:49.68
13. Hezekiel Sepeng 3:50.76

3000 s/chase:

1. Reuben Ramolefi 8:27.98
2. Joseph McKenzie 8:43.52 PB
3. Sikhumbuso Seme 8:46.98
4. Amos Nyongo (KEN) 8:50.22
5. Henrico Rooi 8:56.06
6. Dikotsi Lekopa 8:58.16
7. Donny Danster 9:08.08
8. Sello Molefe 9:46.93

5000:

1. Olebogeng Masire 13:41.45 PB
2. Boy Soke 13:42.40
3. Sibusiso Nzima 13:43.71 PB
4. Stephen Mokoka 13:45.26
5. Dominic Khoza 13:46.71 PB
6. Xolisa Tyali 13:57.49
7. Gladwin Mzazi 14:06.58
8. Siyabonga Nkonde 14:13.01
9. Rodney Prins 14:15.88
10. Isaac Mboyaza 14:18.75
11. Nkosinathi Madyo 14:25.24
12. Jeffrey Gwebu 14:34.56
13. Sibusiso Thu 14:56.21

WOMEN

1500:

1. Lebo Phalula 4:14.16
2. Lebogang Phalula 4:16.84

3. Esbe Strydom 4:21.53 PB
4. Onneille Dintwe (BOT) 4:22.08 NR
5. Abongile Lerotholi 4:30.74
6. Annerien van Schalkwyk 4:35.03

Gauteng North Championships

Pretoria (Absa-Tuks), 14 February

MEN

800: Adriaan van Wyk 1:49.97

10000: 1 Stephen Mokoka 29:46.52, 2 Daniel Kipkirir (KEN) 30:47.98

WOMEN

800: 1 Caster Semenya 2:06.14, 2 Done Vermaak 2:09.45

1500: 1 Semenya 4:28.13, 2 Annerien van Schalkwyk 4:38.12

3000 s/chase: 1 Myrette Filmlalter 10:48.09

Free State Championships

Bloemfontein, 13-14 February

MEN

800 (13): 1 Johan Cronje 1:50.61, 2 Dirk Gouws 1:50.89

800 (u.18)(13): 1 Windy Jonas 1:52.34

1500 (14): 1 Johan Cronje 3:47.08

3000 s/chase (14): 1 Emmanuel Mkabela 8:51.67, 2 Godfrey Mamokone 9:09.20

5000 (13): 1 Pakiso Pedi 14:19.96

10000 (14): Sesing Kgotso 31:09.79

WOMEN

800 (13)/1500 (14): Abongile Lerothole 2:13.76/4:36.73

3000 s/chase (14): Thandi Malindi 11:20.88

Central North West Championships

Potchefstroom, 12 February

MEN

800: 1 Hezekiel Sepeng 1:51.35, 2 Zwelakhi Sobota 1:51.39

1500: 1 Lloyd Bosman 3:49.30

3000 s/chase: 1 Sam Sethelo 9:28.96, 2 Daniel Moloma 9:43.07

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

Glo-Lagos International Half Marathon (7th)

Lagos, NGR, 21 February

(Distance: About 23 km)

Note: This event was several kilometers longer than the advertised distance, because runners were rerouted due to "traffic problems," according to a reliable source. – Ed.

MEN

1. Luke Kibet, KEN	1:07:49	USD 50,000
2. Tsegaye Kebede, ETH	1:08:52	25,000
3. Nixon Kiprono, KEN	1:09:14	15,000
4. Dieudonné Disi, RWA	1:10:14	10,000
5. Festus Langat, KEN	1:10:41	5,000

WOMEN

1. Lornah Kiplagat, NED	1:16:23	USD 50,000
2. Hilda Kibet, NED	1:19:27	25,000
3. Jane Wanjiku, KEN	1:20:06	15,000
4. Agnes Nyasiki, UGA	1:20:25	10,000
5. Irene Kipchumba, KEN	1.21.05	(USD 5000)

RAK Half Marathon (3rd)

Ras Al Khaimah, UAE, 20 February

(Distance: 21.1 km; new loop course certified by IAAF "A" measurer John Kunkeler.

Finishers: 731)

MEN

1. Patrick Makau, KEN	58:52 PB	\$28,000
2. Wilson Kiprotich, KEN	58:59 PB	15,000
3. Deribe Merga, ETH	59:18	10,000
4. Wilson Chebet, KEN	59:32 PB	6,000
5. Matthew Koech, KEN	59:54 PB	5,000
6. Joseph Maregu, KEN	1:00:02	3,000
7. Charles Munyeki, KEN	1:00:11	2,000
8. Tujuba Megersa, ETH	1:00:16 PB	1,500
9. Chele Dechasa, ETH	1:00:19 PB	1,000
10. Abel Kirui, KEN	1:00:27	500
11. David Kipkorir Mandago, KEN	1:00:43	
12. Paul Kosgei, KEN	1:00:53	
13. Dickson Marwa, TAN	1:01:18	
14. John Wambua, KEN	1:01:50	
15. Francis Kibiwott, KEN	1:01:51	

WOMEN

1. Dire Tune, ETH	1:07:18 NR/CR	\$28,000 + 5,000*
2. Aselefech Mergia, ETH	1:07:48 PB	15,000
3. Philes Ongori, KEN	1:07:50 PB	10,000
4. Abebu Gelan, ETH	1:07:57 PB^	6,000
5. Lydia Cheromei, KEN	1:08:14 PB	5,000

6. Amane Gobena, ETH	1:08:16 PB	3,000
7. Salina Kosgei, KEN	1:09:06	2,000
8. Rose Kosgei, KEN	1:09:14 PB	1,500
9. Teyiba Erkesso, ETH	1:09:37 PB	1,000
10. Julia Mombi, KEN	1:09:40	500
... 17. Derartu Tulu, ETH	1:14:57	

Armagh Road Race (19th)

Armagh, IRL, 19 February

(Distances: Men, 5 km [1030 m circuit; men start 150m past the finish line the run 4.85 laps]; Women, 3 km);

MEN (gun times)

1. David Nightingale, USA	13:54	£150
2. Chris Thompson, USA	13:56	100
3. Mark Carroll, IRL	13:58	75
4. Mariusz Gizynski, POL	13:59	60
5. Chris Barnicle, USA	14:00	50
... 10. Lucas Jani, RSA	14:21	20

Also 3 km (gun times):

1. Adam Ingram, Lagan Valley A.C. (Jr)	8:51
2. Xolani Mngomezulu, RSA (Jr)	8:55
... 5. Lazarus Masilo, RSA (Jr)	9:10

WOMEN

1. Kerry Harty, IRL	9:32	£150
2. Jemma Simpson, GBR	9:41	100
3. Jessica Minty, USA	9:42	75
4. Jenn Donovan, USA	9:44	60
5. Corinne Herbreteau-Cante, FRA	9:59	50
... 8. Rona Loubser, RSA	10:08	25

CROSS-COUNTRY

Kenyan World Championships Trials

Nairobi, KEN, 21 February

Note: Athletics Kenya has announced its provisional squad for the World Championships in Amman, Jordan: Senior men: Moses Mosop, Mathew Kisorio, Mark Kiptoo, Linus Chumba, Mang'ata Ndiwa, Leonard Patrick Komon. Junior men: John Kemboi, Paul Tanui, Japhet Korir, John Chepkwony, Titus Mbishei, Charles Bett Chepkurui. Senior women: Florence Kiplagat, Iness Chenonge, Linet Masai, Linet Chepkurui, Ann Karindi, Pauline Korikwiang. Junior women: Mercy Cherono, Hilda Chepkemai, Jackline Chepngeno, Jackline Chebii, Faith Chepngetich, Nelly Chebet.

Senior MEN (12 km)

1. Moses Mosop	38:16.0
2. Matthew Kisorio	38:37.2
3. Mark Kiptoo	38:39.2
4. Linus Chumba	38:47.7
5. William Chebon Chebor	38:49.2
6. Mang'ata Ndiwa	38:52.2
7. Sammy Kitwara	38:52.6
8. Abraham Chebii	38:59.5

9. Silas Sang 39:01.5
10. Geoffrey Mutai 39:02.8

Senior WOMEN (8 km)

1. Florence Kiplagat 28:31.4
2. Iness Chenonge 28:31.8
3. Linet Masai 28:47.0
4. Linet Chepkurui 28:56.1
5. Ann Karindi 29:01.3
6. Pasalia Chepkorir 29:15.9
7. Jelja Tinaga 29:24.8
8. Sylvia Kibet 29:40.3
9. Margaret Wangari 29:44.2
10. Peninah Arusei 29:46.4

Junior MEN (8 km)

1. John Kemboi 25:22.9
2. Paul Tanui 25:23.6
3. Japhet Korir 25:25.9
4. John Chepkwony 25:28.3
5. Titus Mbishei 25:29.5
6. Charles Bett Chepkurui 25:35.1
7. Peter Kimeli 25:40.3
8. Moses Kibet 25:42.2
9. Simon Cheprot 25:47.4
10. Paul Mutero 25:48.2

Junior WOMEN (6 km)

1. Mercy Cherono 21:44.2
2. Hilda Chepkemai 21:57.4
3. Jackline Chepngeno 21:58.8
4. Jackline Chebii 22:04.9
5. Faith Chepngetich 22:17.7
6. Nelly Chebet 22:18.4
7. Judith Chepkoech 22:32.9
8. Valentine Kipketer 22:39.0
9. Grace Mbuthye Kimanzi 22:40.0
10. Esther Chemutai 22:42.4

INDOOR TRACK

Aviva Indoor Grand Prix

Birmingham, GBR, 21 February

MEN

800:

1. Wilfred Bungei, KEN 1:47.15
2. Richard Kiplagat, KEN 1:47.21 SB
3. Abraham Chepkirwok, UGA 1:47.47
4. Dmitrijs Jurkevics, LAT 1:48.16 PB
5. Richard Hill, GBR 1:48.42 SB
6. David Krummenacker, USA 1:48.55 SB

1500:

1. Augustine Choge, KEN 3:38.52 SB
2. Bernard Lagat, USA 3:38.69

- | | |
|-----------------------|------------|
| 3. Rui Silva, POR | 3:38.99 SB |
| 4. Neil Speaight, GBR | 3:39.17 SB |
| 5. Rob Myers, USA | 3:40.88 SB |

3000:

- | | |
|------------------------|------------|
| 1. Mo Farah, GBR | 7:34.47 NR |
| 2. Shedrack Korir, KEN | 7:38.61 |
| 3. Nick McCormick, GBR | 7:50.50 PB |
| 4. Edwin Kipkorir, KEN | 7:54.08 |
| 5. Mark Draper, GBR | 7:56.44 PB |

WOMEN

800:

- | | |
|----------------------------|------------|
| 1. Marilyn Okoro, GBR | 1:59.27 PB |
| 2. Jennifer Meadows, GBR | 1:59.52 PB |
| 3. Victoria Griffiths, GBR | 2:02.30 PB |
| 4. Yvonne Hak, NED | 2:02.30 PB |
| 5. Marian Burnett, GUY | 2:04.73 SB |

1500:

- | | |
|----------------------------|------------|
| 1. Maryam Yusuf Jamal, BRN | 4:02.74 SB |
| 2. Susan Scott, GBR | 4:09.55 SB |
| 3. Hannah England, GBR | 4:09.90 PB |
| 4. Natalya Pantelyeva, RUS | 4:12.16 SB |
| 5. Charlotte Best, GBR | 4:12.29 PB |

3000:

- | | |
|------------------------------|--------------------------------|
| 1. Vivian Cheruiyot, KEN | 8:30.53 NR/Commonwealth Record |
| 2. Jessica Augusto, POR | 8:44.81 PB |
| 3. Zakia Mrisho Mohamed, TAN | 8:51.96 PB |
| 4. Katrina Wootton, GBR | 8:56.91 SB |
| 5. Inês Monteiro, POR | 8:59.94 |

Virginia Tech Challenge

Blacksburg, USA, 20-21 February

MEN

800 (21):

Section 1 -

- | | |
|--|------------|
| 1. Karjuan Williams, Unattached | 1:49.38 SB |
| 2. Johnny Shuping, St Augustines [RSA] | 1:52.59 |

GE Galan

Stockholm, SWE, 18 February

MEN

800:

Race A:

- | | |
|-----------------------------------|---------|
| 1. Yuriy Borzakovskiy, 1981, RUS | 1:48.13 |
| 2. Ismail Ahmad Ismail, 1984, SUD | 1:48.20 |
| 3. Mattias Claesson, 1986, SWE | 1:48.93 |
| 4. Jackson Kivuna, 1989, KEN | 1:49.16 |
| 5. Wilfred Bungei, 1980, KEN | 1:50.11 |

Race B:

1. Dmitrijs Jurkevic, 1987, LAT, 1:48.22
2. Richard Hill, 1986, GBR, 1:48.58
3. Robert Rotkirch, 1984, FIN, 1:49.47

1000:

1. Abubaker Kaki, 1989, SUD, 2:17.56
2. Mehdi Baala, 1978, FRA, 2:18.20
3. Geoffrey Rono, 1987, KEN, 2:19.40
4. Boaz Lalang, 1989, KEN, 2:19.91 PB
5. Marcin Lewandowski, 1987, POL, 2:20.17 PB
6. Rui Silva, 1977, POR, 2:20.31
7. Tarek Boukensa, 1981, ALG, 2:21.07
8. David Krummenacker, 1975, USA, 2:21.36

1500m:

1. Abubaker Kamal Ali, 1983, QAT, 3:41.69
2. Osman Yahya, 1990, SUD, 3:41.90
3. Mikael Bergdahl, 1983, FIN, 3:44.28
4. Niclas Sandells, 1984, FIN, 3:44.35
5. Adnan Agar, 1980, IRQ, 3:44.38

3000:

1. Paul Kipsiele Koech, 1981, KEN, 7:32.80 PB/WL
2. Bouabdallah Tahri, 1978, FRA, 7:40.00
3. James Kwalia, 1984, QAT, 7:52.54
4. Olle Walleräng, 1985, SWE, 7:53.81 PB
5. Mustafa Mohamed, 1979, SWE, 7:54.05

WOMEN

800:

Race A:

1. Elisa Cusma Piccione, 1981, ITA, 2:00.63
2. Marilyn Okoro, 1984, GBR, 2:01.81
3. Elena Mirela Lavric, 1991, ROU, 2:02.83
4. Agnieszka Sowinska, 1987, POL, 2:04.22
5. Yevgeniya Zinurova, 1982, RUS, 2:05.07

1500:

1. Sonja Roman, 1979, SLO, 4:10.92
2. Ulrika Johansson, 1975, SWE, 4:15.56
3. Sandra Teixeira, 1978, POR, 4:16.14
4. Hillary Stellingwerff, 1981, CAN, 4:16.60
5. Mari Järvenpää, 1981, FIN, 4:17.69

5000:

1. Meseret Defar, 1983, ETH, 14:24.37 WR
 2. Mariya Kononova, 1974, RUS, 15:42.37 PB
 3. Analía Rosa, 1976, POR, 15:51.66 PB
 4. Krisztina Papp, 1982, HUN, 16:05.96
 5. Natalya Popkova, 1988, RUS, 16:09.80
-

VIEWPOINT

SOME GREAT IDEAS, BUT ALSO MANY NEGATIVES

By Dave Spence

I would like to respond to the views expressed by Patrick Baransky and Richard Mayer in DRR 9:07. As the manager of the Western Province team at the SA Marathon I feel that I'm more than qualified to comment on the race. The women's start was shambolic as the accompanying photograph suggests. The tape was never broken, but lifted up by the women so that their heads could clear the tape. Nancy Will in the front said the women only started to run once the men passed by on the freeway next to them; she estimated the loss of time at 10 sec. Yes, it was a



great idea to have separate starts – if only someone had told the officials.

Once we were briefed where we could second, it became a logistical nightmare to get to our athletes. I walked to the 2.5 km mark right next to the supposed 25 km and 36+ km water points. The 2.5 km mark only had water sitting on the pavement, with roughly eight people who were supposed to man the point playing touch in the car park with water sachets. At the 25 km mark there was nothing, and I personally phoned Norrie Williamson – and then the water tables, water and Coke were delivered, but no cups for the Coke. Cups arrived as the athletes came through, but the first third of the field battled to get Coke – the cups were being filled four at a time by the personnel from the car park. I and three other seconds manned the 36 km water table as the staff were still busy at the 25 km table. My athletes reported that they battled to get Coke on the route and many of them ran out of gas, so to speak. I was told that the personnel for the 25 km and 36 km water tables had failed to turn up.

A leading woman runner was being seconded by her cyclist husband in full view of the referees, but the referees rather chose to try and prevent us from standing and handing at the agreed water tables. They radioed in and were told we were fully entitled to second where we stood. In fact, we seconded just about the whole field. Maybe it would be a good idea for the referees to attend the managers meeting in future.

It was a great idea to have the lines painted on the road. I walked back to the finish about 2 km along the highway and there were no kilometre boards in sight. In making a course runner-friendly, seconding tables and marker boards are an absolute necessity but there must be some provision for out-of-town managers to get to their athletes.

We were advised the prizegiving would take place at 9.30 am and results would be available at that time as well. The prizegiving started 40 min late and no results were handed out. All my athletes missed breakfast and that cost my province a mighty packet to feed them elsewhere.

In my opinion there were more negatives than positives at the race.

NEWS

57th SOUTH AFRICAN ATHLETICS ANNUAL PUBLISHED

By Riël Hauman

Khotso (Godfrey) Mokoena and René Kalmer have been selected as South African Athletes of the Year by the SA Athletics Statisticians (SAAS) and appear on the front and back cover of the 57th edition of the *NWU-Puk SA Athletics Annual*, which has just been published. The

Annual, one of the oldest national athletics annuals in the world, has been enlarged to 240 pages and is again crammed with information on everything that happened on the athletics scene in South Africa and the rest of the world in 2008.

As usual, it contains all the best performances by South African senior, junior and youth athletes and road runners in 2008, as well as all-time lists; a Hall of Fame of the best of the best in the history of SA athletics; SA and all major international records; results of the most important local and international meetings; photographs of South Africa's top athletes, and much more.

The 2009 edition also has an article discussing South Africa's performances at the Beijing Olympics, one on exciting middle distance runner Juan van Deventer, and another on Paralympic star Oscar Pistorius.

In the Foreword I remarked on the difficulty in obtaining results – here mostly with regards to track meetings, but it pertains as much to road races. "It is ... with immense regret and frustration that we have to admit that the task of gathering and compiling statistics in South Africa is being made increasingly difficult (in some instances impossible) by the curious situation that too many of the authorities in charge of the sport display an apathy to the recording of the achievements of our athletes that is frankly incomprehensible.

"Results of many track and field meetings and road races are simply not made available to the SAAS and this situation has been worsening steadily, despite the availability of computers, e-mail and the internet.

"It is a tragedy that Athletics South Africa gives little support to the SAAS and its efforts to document the sport. This state of affairs has only one outcome: the historical record is becoming woefully incomplete. And there is only one group that suffers: the athletes.

"We have been complaining for years about the lack of wind readings in the sprints and horizontal jumps at most meetings. Unfortunately the provision of wind readings does not seem to bother anyone among the leading officials and meeting organisers in South Africa. We can't recall when last a full set of results of any major event in our country came into our hands. Something is always lacking. Even at national championships the results of the long and triple jump events only provide the wind measurement of the winning athlete. The other competitors are simply ignored, and most of the time it is impossible to obtain official result sheets afterwards.

"On the other hand, we wish to thank the following provinces and associations for their excellent co-operation: Western and Eastern Province, South Western Districts, Boland, KwaZulu-Natal, Free State, Vaal Triangle, Gauteng North, SASSU and SA Schools."

Following his silver medal in the long jump at the Beijing Olympics and gold at the World Indoor Championships, Mokoena was an overwhelming choice as the *NWU-Puk SA Athletics Annual* Male Athlete of the Year for 2008.

On the women's side Kalmer showed great determination to qualify for Beijing by clocking a personal best of 4:06.71 over 1500 m, and this, together with her versatility and domination of the road and cross-country scenes, contributed to her getting the nod as *NWU-Puk SA Athletics Annual* Female Athlete of the Year. Earlier in the year she impressively retained her 1500 m and 5000 m titles at the national championships.

For the first time a Coach of the Year Award has been made, and this went to Gerrie Coetzee, who coached Van Deventer and Kalmer.

Gert le Roux, the doyen of SA statisticians, was involved in the publication for the 50th consecutive time – a marvellous period of dedication to the sport.

Copies can be ordered for R70 from Naomi Beinart by e-mail (naomirsa@hotmail.com), or by post from P.O. Box 791, Sea Point 8060 (tel. 021 434-9273), or from Gert le Roux by e-mail (gler@mweb.co.za), or from P.O. Box 688, BelaBela (Warmbaths) 0480.

Payment can be deposited in the SAAS bank account (1602-1026-19) at Nedbank, Hillcrest Branch (code 160-245), Pretoria, **and proof of payment must be e-mailed to any of the addresses above or faxed to 014 736-6206**. When ordering books, full postal details must be given.

NO CHANGE IN COMRADES ROUTE FOR 2009

There will be no changes in the route for this year's Comrades Marathon, which will be run from Pietermaritzburg to Durban on 24 May. The race is a "down" run and will be held on exactly the same route as the most recent down run in 2007 when Leonid Shvetsov set a new record of 5:20:41 – shattering Bruce Fordyce's 21-year-old record of 5:24:07 set in 1986.

According to a media release from the Comrades Marathon Association (CMA) the distance has been confirmed as 89.3 km.

The Comrades Marathon has seen the implementation of numerous route changes since the race was first run on Thursday, 24 May 1921, with the distance having varied by as much as 5 km from shortest to longest during the course of its history.

On a historical note, according to Comrades Marathon data, the shortest Comrades Marathon in recent years was an up run in 2002 measured at 86.5 km and won by Vladimir Kotov in a time of 5:30:59. The longest was a down run in 1982 measured at 91.4 km and won by Fordyce in a time of 5:34:22.

The earliest Comrades Marathons were run alternately between the City Halls of Pietermaritzburg and Durban, a distance estimated to have been approximately 56 miles. The race was run largely on dirt roads, with the route passing through several gates and crossing at least one stream, while refreshments for the 30–100 competitors were provided by the few hotels situated on the route and supplemented by local farmers.

From year to year, the exact route is subject to the outcome of negotiations conducted between CMA and traffic authorities. In recent years there have been no changes implemented, with the route for the down run having stabilised at approximately 89 km and the route for the "up" run at approximately 87 km.

Comrades Marathon Race Director Renée Jordaan has confirmed that the organisers will be providing 48 refreshment stations this year to cater for an anticipated 12 000–13 000 participants.

The closing date for entries is 31 March. Runners MUST submit their entries by this date, but may still qualify up until 28 April.

STATS TIME

This week we include the world's top 10 women in the marathon for 2009. The list is dominated by Ethiopians and the Dubai race.

2009 MARATHON: WORLD'S TOP 10 WOMEN

2:32:42	Yoko Shibui (JPN)	1	Osaka	25 Jan
2:24:02	Bezunesh Bekele (ETH)	1	Dubai	16 Jan
2:24:18	Teyiba Erkesso (ETH)	1	Houston	18 Jan
2:25:17	Atsede Habtamu (ETH)	2	Dubai	16 Jan
2:25:35	Hellen Kiprop (KEN)	3	Dubai	16 Jan
2:25:40	Yukiko Akaba (JPN)	2	Osaka	25 Jan
2:25:53	Tatyana Petrova (RUS)	4	Dubai	16 Jan
2:26:37	Genet Getaneh (ETH)	5	Dubai	16 Jan
2:26:51	Eyerusalem Kuma (ETH)	6	Dubai	16 Jan
2:26:57	Yumiko Hara (JPN)	3	Osaka	25 Jan

THIS MONTH IN HISTORY

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

19 years ago: 24 February 1990

Frith van der Merwe reigned supreme in South African distance running in the eighties and nineties and this was the day when she reached the pinnacle of her marathon career. She won the SA Marathon in Port Elizabeth by more than 13 minutes in 2:27:36 – the first South African woman to run faster than 2½ hours for the distance. It was the fourth fastest time in the world for 1990 – the highest position on the world list a local woman had earned until that time. A mere three weeks later she was tenth overall in the Korkie ultramarathon over 56 km.

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.

MENSeniors

10 km	28:28	Hendrick Ramaala	Durban	08 Feb
	28:18	Peter Nderitu (KEN)		
	27:02*	Haile Gebrselassie (ETH) 2002		
15 km	45:32	Lusapho April	Port Elizabeth	31 Jan
	44:31	Rui Pedro Silva (POR)		
	41:29	Felix Limo (KEN) 2001		
21.1 km	64:11	Hendrick Ramaala	Pretoria	17 Jan
	60:37	Mekubo Mogusu (KEN)		
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	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		
<u>Masters (50+)</u>				
10 km	34:50	Thulani Sibisi	Durban	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	58:04	Terrence Brown	Bloubergstrand	03 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	78:25	Johannes Seakamelo	Benoni	25 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	1:45:50	D. Daniels	Johannesburg	18 Jan
30 km	2:01:21	Zama Witvoet	Camps Bay	11 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon	2:36:53	Eloi de Oliveira	Durban	08 Feb
100 km				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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				
<u>Seniors</u>				
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 49:35	Leanne Finlay Priscilla Welch (GBR) 1985	Port Elizabeth	31 Jan
21.1 km	80:41 70:32	Zola Pieterse Helena Javornik (SLO) 2007	Myrtle Beach	14 Feb
25 km	2:07:05 82:13	Tracey Jarmin Mizuki Noguchi (JPN) 2005	Johannesburg	18 Jan
30 km	2:06:39 1:51:37	Joanna Thomas Mieke Pullen (NED) 2001	Camps Bay	11 Jan
Marathon	2:58:10 2:26:51	Sarah Mahlangu Priscilla Welch (GBR) 1987	Durban	08 Feb
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:02 34:44	Loesje de Beer Tatyana Pozdniakova (UKR) 2005	Port Elizabeth	21 Feb
15 km	65:32	Loesje de Beer (and same time in Port Elizabeth on 31 Jan)	Port Elizabeth	17 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	94:26 76:07	Styntjie Prins Tatyana Pozdniakova (UKR) 2006	Rawsonville	07 Feb
25 km	2:18:27	V. Watson	Johannesburg	18 Jan
30 km	2:24:01 2:31:05	Nancy Will Tatyana Pozdniakova (UKR) 2005	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 31:42	Nandipha Dywili Zola Pieterse (RSA) 1984	Durban	08 Feb
15 km	62:35 49:40	Nadia Hechter Ines Chenonge (KEN) 2001	Krugersdorp	04 Feb
21.1 km	1:43:32 1:09:05	Lauren Venter Delilah Asiago (KEN) 1991	Bedfordview	11 Jan

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