

Distance Running Results

Vol. 9, No. 10 – 10 March 2009

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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

Three fast 15 km races, one in Eldorado Park, one in Port Elizabeth and the third in Constantia, produced six list leaders this weekend – including in both senior categories, by Lusapho April (44:27) and Kim Laxton (55:18). Grandmaster Albertus Bock now has three list leaders, while Kim's mother Sonja has two.

In track action Caster Semenya, just two months past her 18th birthday, broke Zola Budd's South African junior record for the 800 metres with a magnificent time of 2:00.58 in Germiston, almost becoming merely the fourth South African to dip under 2 minutes. Only Zelda Pretorius (1:58.85 in 1991 – three months after Semenya was born), Ilze de Kock (1:59.39 in 1983) and Eranee van Zyl (1:59.70 in 1983) have ever been faster, and Semenya's time is the fastest by a local athlete since Pretorius ran 1:59.75 in April 1991. Budd's previous record of 2:00.9 was set almost 25 years ago, on 16 March 1984 in Kroonstad.

In Turin almost-forgotten Portuguese star Rui Silva won the European indoor title in the 1500 m with a 3:44.38 victory over Diego Ruiz of Spain.

Joseph Mphuthi, who successfully defended his title in the Cape Gate Vaal Marathon (results in last week's issue), runs for Nedbank, not Mr Price.

In the results of the Buffs Marathon (DRR 9:09) Sharon Eldridge was left out as third in the 45-49 age category. Eldridge ran 3:45:54 and placed 24th overall. She has won the race three times.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Verulam 27 km & 15 km, Verulam
- * Umgeni Water Marathon, 32 km & 15 km, Howick
- * Township Marathon & 15 km, Eldorado Park
- * Midvaal Fordyce 50 km & 10 km, Heidelberg
- * Zululand District Marathon, Nongoma
- * Constantia Village 15 km, Constantia
- * Sportsmans Warehouse 15 km, Port Elizabeth
- * Swartland Half Marathon & 10 km, Moorreesburg
- * Men's Health Lighthouse 10 km, Cape Town
- * Remax Edenvale Marathon & Half Marathon, Edenvale
- * Cango Marathon & Half Marathon, Oudtshoorn
- * Battlefields 5-in-1 Marathon, Newcastle

* Track: Yellow Pages Series, Germiston

International highlights:

- * Nagoya International Marathon, Nagoya, JPN
 - * XC: Fukuoka Cross-country, Fukuoka, JPN
 - * Track: European Indoor Championships, Turin, ITA
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ROAD RUNNING

Verulam 27 km & 15 km

Verulam, 8 March
(Out-and-back courses)

27 km

MEN

1 Eric Ngubane Ned 1:31:47, 2 Shinge Badza Boxer 1:34:32, 3 Mbhekeni Ndlovu Ned 1:35:21.

40-49: Peter Sehloho Boxer 1:38:16, 2 Lungaki Gcabashe Boxer 1:40:57, 3 Mandla Dlamuka Ned 1:46:28. **50-59:** Eloi de Oliveira Boxer 1:45:52, 2 Jeremiah Ngwenya Boxer 1:47:05, 3 Dipchand Moodley KwaDukuza 2:21:16. **60+:** Fred Medlock HV 2:17:23, 2 Pooblan Reddy Chats 2:20:31, 3 Bobby Chetty Chats 2:31:46. **Juniors:** Joseph Mangcangule Checkout 1:55:19.

WOMEN

1 Sibongile Mpanza Boxer 2:05:28, 2 Mary-Anne Neuwaidt DHS OB 2:12:45, Precious Duma HV 2:13:42.

40-49: Molly Parsaraman Woodview 2:35, 2 Priscillaa Naidoo VAC 2:54 3 Jabu Mkize HV 3:04. **50-59:** Maduri Singh Chats 2:58:20, 2 N Toefy Stella 2:59:42, 3 Tillaa Dalhouze QBH 3:00:01. **60+:** Pushy Pillay TongaatP 3:20:31.

15 km

MEN

1 Vukani Maphumulo Checkout 53:57, 2 Mphakanyiswa Khumalo New Striders 54:40, 3 Babalu Mtsokuba Stella 55:57.

WOMEN

1 Grace de Oliveira Boxer 1:05:50, 2 Nana Sigubudu Boxer 1:11:46, 3 Fenella van Tonder DHSOB 1:14:32.

Umgeni Water Marathon, 32 km & 15 km

Howick, 8 March
(Distances: 42.195 km, 32 km & 15 km; out-and-back courses)

Marathon

MEN

1.	Vusi Sokela	Mr Price AC	2:31:39
2.	Vusi Mnyandau	Mr Price AC	2:34:16
3.	Khwenya Ngubane	Mr Price AC	2:35:02

40-49:

1.	Busi Gumede	Mr Price AC	3:13:57
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50-59:

1,	Louis Fourie	Richards Bay AC	3:11:28
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60+:

1.	John Morrison	Saints AC	3:55:27
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WOMEN

1.	Melanie v Rooyen	Richards Bay AC	3:11:51
2.	Debbie Eaton	Collegian Harriers	3:16:49
3.	Kathy Wiseman	Forest Hills	3:22:54

40-49:

1.	Jackie Hadingham	Savages AC	4:00:32
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50-59:

1.	Theresa Millar	Richards Bay AC	3:52:13
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60+:

1.	Chippy Steel	Savages AC	4:29:38
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32 km**MEN**

1.	Washington Zuma	Mr Price AC	1:53:33
2.	Nzomuhle Mkwanazi	Richards Bay AC	1:53:52
3.	Lucky Vezi	Mr Price AC	1:58:10

40-49:

1.	Gary Babich	Mr Price AC	2:27:01
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50-59:

1.	Steve Grey	Collegian Harriers	2:29:15
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60+:

1.	Niel Perritt	Savages AC	2:46:05
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WOMEN

1.	Kerry Koen	Collegian Harriers	2:18:43
2.	Marie Mthembu	Boxer AC	2:38:35
3.	Tammy Dennill	Westville AC	2:48:56

40-49:

1.	Tammy Dennill	Westville AC	2:48:56
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50-59:

1.	Sheree Kirsten	Westville AC	2:55:05
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60+:

1.	Maureen Parry	Chiltern AC	3:20:22
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15 km**MEN**

1.	Sibonelo Duma	Boxer AC	50:25
2.	Tsepo Shelembe	Boxer AC	51:24
3.	Calvin Dlamini	MrPrice AC	53:02

WOMEN

1.	Mandy Zaloumis	IND	65:16
2.	Sonja Boyd	RWFL	65:56
3,	Kirsty Scott	Collegian Harriers	70:09

Township Marathon & 15 km

Eldorado Park, 8 March

(Distances: 42.195 km & 15 km; loop courses)

Note: The marathon times look very slow, especially the women's race. Also, in the 15 km Mankutoane Matlakeng (LES) is shown as the first junior. Her exact date of birth is not known to DRR, but she is in fact at least 25 years old. – Ed.

Marathon

MEN

1 Vusi Nkosi (Orange Farm) 2:36:15; 2 Wiseman Nxumalo (RRR) 2:37:39; 3 Sphamandle Cebekhulu (Nongoma) 2:38:02.

Veterans: 1 Max Makhama (Scaw) 2:57:04; 2 Philemon Dladla (RAC) 3:01:15; 3 Nqabutho Sibanda (GS) 3:02:05. **Masters:** 1 Alphius Jobe (Jeppe) 3:11:02; 2 Livingston Jabanga (GS) 3:23:29. **G'masters:** 1 Neil Coville (Kudus) 3:47:13; 2 Moses Mahlangu (RAC) 3:48:32.

WOMEN

1 Azwindini (Gladys) Lukhwareni (Nedbank) 3:37:57; 2 Annetjie Strydom (Nedbank) 3:45:56 (1st vet); 3 Florence Gama (Raiders) 3:51:12.

Veterans: 1 Annetjie Strydom (Nedbank) 3:45:56; 2 Florence Gama (Raiders) 3:51:12.

Masters: 1 Virginia Augustine (RAC) 4:10:04; 2 Onica Motsei (RAC) 4:26:43.

15 km

MEN

1 Tsidisio Bosiu (GS) 46:47; 2 Raphael Segodi (GS) 46:49; 3 Mabuthile Lebopo (LES/Toy) 46:50.

Veterans: 1 Reginald Ngobese (GS) 49:49; 2 Veieie Maserone (MP) 55:57. **Masters:** 1 Andre Jansen (GS) 57:47; 2 Brian Chamberlain (Kudus) 64:02. **G'masters:** 1 Pele Tshinkundalema (Yebo) 63:35. **Juniors:** 1 Matlatsi Mabiso (GS) 49:36.

WOMEN

1 Kim Laxton (White River) 55:18; 2 Poppy Mlambo (Nedbank) 56:18; 3 Noria Sibanda (Nedbank) 61:51; 4 Mankutoane Matlakeng (LES/MP) 70:15.

Veterans: 1 Thembeka Ketsekile (Ukhozi) 71:00; 2 Judy Pace (RAC) 73:47. **Masters:** 1 Gail Jamison (RWFL) 1:40:01. **G'masters:** 1 Sonja Laxton (RAC) 68:48. **Juniors:** 1 Mankutoane Matlakeng (MP) 70:15.

Midvaal Fordyce 50 km & 10 km

Suikerbosrand Nature Reserve, Heidelberg, 8 March

(Loop courses)

50 km

MEN

1 Mabule Rhapotle (MP) 3:14:29; 2 Micheal Msini (Raiders) 3:17:32; 3 Joseph Tutubala (Nedbank) 3:28:49 (1st vet); 4 Kevin Ramothokgo (Rand Water) 3:31:14; 5 Petrus Mokoatsela (GCH) 3:36:54.

Veterans: 1 Joseph Tutubala (Nedbank) 3:28:49; 2 Thema Buthelezi (Scaw) 3:50:01; 3 Micheal Shongwe (Yebo) 3:52:53. **Masters:** 1 Aubrey Watson (NB) 3:53:38; 2 Peter Purdon (Florida) 4:33:18. **G'masters:** 1 Frikkie van Eeden (GRRR) 4:58:02.

WOMEN

1 Louise Oosthuizen (Alberton) 4:12:32 (1st vet); 2 Shelley van der Spuy (Boksburg) 4:22:37; 3 Vanessa Wayland (GRRR) 4:31:47; 4 Liesel Potgieter (Roodepoort) 4:40:39; 5 Laura Venter (Nedbank) 4:45:39.

Veterans: 1 Louise Oosthuizen (Alberton) 4:12:32; 2 Shelley van der Spuy (Boksburg) 4:22:37; 3 Vanessa Wayland (GRRR) 4:31:47 **Masters:** 1 Val Watson (NB) 4:52:31; 2 Pat Andrew (Irene) 5:56:43. **G'masters:** 1 Petra Myburgh (Brooks) 6:18:11.

10 km

MEN

1 Gladwin Mzazi (VUT) 33:48; 2 Joseph Mphuthi (Nedbank) 34:05; 3 Xolisani Zamkele (VUT) 34:05.

Veterans: 1 Petrus Tsotetsi (Arcelor Mittal) 39:03; 2 George Gerber (Lewenssentrum) 50:43; 3 Lazarus Motebang (Rand Water) 58:46. **Masters:** 1 Arigo Furri (Nedbank) 45:09; 2 Joe Rebordao (RAC) 46:30. **G'masters:** 1 Trevor Payne (Carlton) 57:20. **Juniors:** 1 Adriaan van der Berg (RRW) 54:24.

WOMEN

1 Marietjie Ceronio (Nedbank) 47:49 (1st mast); 2 Heather Kappmeier (Nedbank) 49:07 (1st vet); 3 Moipone Mokoena (Randwater) 49:34.

Veterans: 1 Heather Kappmeier (Nedbank) 49:07; 2 Elize Hartley (Midas) 66:55; 3 Elaine Chadwick (Midas) 67:35. **Masters:** 1 Marietjie Ceronio (Nedbank) 47:49; 2 Lynette de Beer (Boksburg) 58:08. **G'masters:** 1 Anne Slappandale (SPRAC) 74:51.

Zululand District Marathon

Nongoma, 8 March
(Distance: 56 km)

Note: Unfortunately full times (i.e., with the seconds) are not available. – Ed.

MEN

1. Sandile Makhaye (MP) 3:26; 2. Bongani Msimango (Boxer) 3:29; 3. Collen Makaza (ZIM/F1) 3:31.

WOMEN

1. Linah Mhlono (BRS) 4:31; 2. Paulina Phaho (Ind) 4:36; 3. Jane Mudau (Ned) 4:40.

Constantia Village 15 km

Constantia, 7 March
(Certified loop course)

MEN

1. Tom Lusaseni (Celt) 46:13; 2. Sibusiso Mbingeleli (Mr Pr) 46:33; 3. Zolani Bhitane (Ned) 46:52; 4. Anthony Godongwana (Celt) 47:08; 5. Tebello Poni (VOB) 47:09; 6. Thanduluntu Magqaza (M.Spart) 47:45; 7. Siyabonga Habe (Mr Pr) 47:51; 8. Velani Lusaseni (Ad) 47:53; 9. Sipho Phala (VOB) 48:11; 10. Peter Tsawayo (ZIM/RCS Gug) 48:16; 11. Patrick Magadla (VOB) 48:42; 12. Siyabonga Nqabeni (Celt) 49:36; 13. Nicholas Rupanga (Celt) 49:41; 14. Patrick Ketelo (RCS Gug) 49:44; 15. Victor Msopi (VOB) 50:00; 16. Professor Khwatane (VOB) 50:57; 17. Vuyani Sixaso (VOB) 50:38; 18. Michael Bailey (Celt) 50:45; 19. Anam Mndi (VOB) 51:09 (1st jun); 20. Aneki Ndzuta (Ad) 51:18; 21. Faizel October (Celt) 51:21; 22. Masixoli Peza (Ad) 51:37; 23. Kenneth Moapeng (Bonang) 51:43; 24. Brian Mapeyi (VOB) 52:00 (1st vet); 25. Stanley Malange (RCS Gug) 52:05; 26. Zolani

Sowazi (RCS Gug) 52:12; 27. Mervyn Steenkamp (Ind) 52:15; 28. Wanda Roro (Ad) 52:16; 29. Collis Lekitimi (WP Def) 52:50; 30. Zklulele Joseph (RCS Gug) 53:07.

Masters: (40+): 1. Brian Mapeyi (VOB) 52:00; 2. Michael Bekapi (VOB) 53:45; 3. John van der Byl (MP Titans) 54:41. **(50+):** 1. Vladimir Kotov (BLR/Cent City) 53:49; 2. Goodman Mpukane (RCS Gug) 55:45; 3. Gemjekile Tom (Esk Gij) 56:12. **(60+):** 1. Albertus Bock (Ad) 58:51; 2. Jimmy Morris (For) 60:13; 3. Michael Clarke (VOB) 61:57. **Juniors:** 1. Anam Mndi (VOB) 51:09; 2. Mfundu Sithole (VOB) 62:04; 3. Dexter Muller (VOB) 66:43.

WOMEN

1. Nomvuyisi Seti (Mr Pr) 56:16; 2. Alae Brand (Ad) 57:02; 3. Bulelwa Mtshagi (Celt) 57:55; 4. Michelle Bartman (Harf Harr) 57:58 (1st vet); 5. Anneline Roffey (Ad) 58:46; 6. Elmarie Coetzee (Ad) 59:48; 7. Ursula Frans (Ad) 60:37; 8. Joanna Thomas (VOB) 60:40; 9. Francis Roman (Celt) 61:03; 10. Julia J. van Rensburg (Celt) 61:59; 11. Thozama April (Celt) 62:11; 12. Candice Davids (Harf Harr) 63:18; 13. Busisiwe Matiwane (Celt) 63:33; 14. Liesl Stoltz (Dur) 63:57; 15. Dane Hamilton (For) 64:21; 16. Patricia Adams (Met) 64:51; 17. Elizabeth de Gouveia (Dur) 65:29; 18. Ronél Steenkamp (Dur) 66:51; 19. Lubina du Buisson (Edg) 67:10; 20. Bev Charters (VOB) 67:34 (1st mast).

Masters: (40+): 1. Michelle Bartman (Harf Harr) 57:58; 2. Elmarie Coetzee (Ad) 59:48; 3. Ursula Frans (Ad) 60:36. **(50+):** 1. Bev Charters (VOB) 67:33; 2. Nancy Will (Pine) 68:33; 3. Deirdre Hewitt (Pine) 69:51. **(60+):** 1. Pixie Sparg (Celt) 77:16; 2. Avril Delapelin-Dumont (WC) 85:29; 3. Beryl Fester (Celt) 87:57. **Juniors:** Ayanda Mqhakayi (RCS Gug) 67:40; 2. Amy Gilmour (VOB) 72:20; 3. Keelyn van Breda (Ind) 76:29.

Sportsmans Warehouse 15 km

Port Elizabeth, 7 March
(Loop course)

MEN

1	Lusapho	April	Nedbank RC EP	26	44:27
2	Zolani	Ngqaqa	Mr Price AC EP	20	46:14
3	Nkosinathi	Madyo	Nedbank RC EP	21	46:20
4	Sibusiso	Thu	Mr Price AC EP	21	47:35
5	Lawrence	Ntantiso	Nedbank RC EP	33	47:36
6	Masande	Mlonyeni	Nedbank RC EP	28	48:02
7	Phumzile	Sikawuti	Nedbank RC EP	29	48:38
8	Masixole	Dlaku	Mr Price AC EP	30	47:92
9	Zamubuntu	Teyise	Charlo AC	32	49:28
10	Robert	Matthys	Mr Price AC EP	32	49:54
11	Anele	Maliza	Mr Price AC EP	31	49:59
12	Bulelini	Niwa	PEAAC	23	50:13
13	Khayaletu	Makalima	Mr Price AC EP	25	50:40
14	Emerson	Kayana	Nedbank RC EP	35	50:45
15	Alfred	Qogi	Nedbank RC EP	35	50:52
16	Eric	Sigxashe	Mr Price AC EP	30	51:10
17	Sakhiwo	Ganca (1 st jun)	PEAAC	18	51:12
18	Mila	Pasiya	Nedbank RC EP	29	51:15
19	Kgotso	Majara	New Balance	28	51:18
20	Desmond	Zibi (1 st vet)	Mr Price AC EP	45	51:35

40-44:

1	Christopher	Mabengeza	Nedbank RC EP	42	51:45
2	Mzukisi	Klaas	PEAAC	40	53:04
3	Welcome	Loliwe	Nedbank RC EP	44	55:08

45-49:

1	Desmond	Zibi	Mr Price AC EP	45	51:35
2	Melville	Joseph	Sandf EP	45	57:32
3	Alfred	Spiers	Elite AC	48	1:00:53

50-54:

1	Andre	Willemse	Elite AC	50	59:17
2	Charles	Baatjies	Nedbank RC EP	52	59:29
3	Mkhululi	Kala	Nedbank RC EP	50	1:01:58

55-59:

1	Sizinzo	Kama	Achilles AAA	57	1:00:59
2	Hannes	Els	Madiba Bay AC	59	1:02:48
3	Bruce	Mcewan	Achilles AAA	55	1:05:15

60-64:

1	Percy	Dalton	Achilles AAA	60	1:07:56
2	William	Vorster	PEAAC	62	1:13:43
3	Thembisile	Ntoni	PEAAC	61	1:17:16

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	66	1:01:41
2	Godfrey	Kariem	Cadbury AC	68	1:13:31
3	Loynes	Jenkerson	Spar Walmer AC	67	1:27:49

70+:

1	Kai	Tarnow	Jeffreys Bay	70	1:39:06
2	Hilary	Pritchard	Crusaders AC	74	1:41:54
3	Selwyn	Solomon	Crusaders AC	70	1:44:23

Juniors:

1	Sakhiwo	Ganca	PEAAC	18	51:12
2	Xola	Bongoza	Mr Price AC EP	16	51:38
3	Melikhaya	Frans	Nedbank RC EP	17	52:31

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price AC EP	27	57:33
2	Liza	Bright	Temp	27	58:11
3	Davera	Magson	Mr Price AC EP	34	58:52
4	Heila	Potgieter	Muirite Strider	30	59:13
5	Deliwe	Nyanga	PEAAC	19	1:01:19
6	Babalwa	Ngcoko	Mr Price AC EP	21	1:02:10
7	Priscilla	Dyantyi	Mr Price AC EP	35	1:05:56
8	Grizelda	Pietersen (1 st vet)	Achilles AAA	40	1:06:19
9	Treloar	Childs	Spar Walmer AC	45	1:08:35
10	Lesley	Wood (1 st mast)	Achilles AAA	51	1:08:48
11	Maresa	Ah Kun	Bluewater Bay	33	1:10:00
12	Hanlie	van der Westhuizen	Despatch AC	52	1:10:54
13	Adele	Nel	St Albans CSEP	36	1:11:18
14	Janette	Schierz-Crusius	Body Concept	48	1:12:18
15	Noxolo	Marks	Mr Price AC EP	22	1:12:58
16	Claire	Nagel	Elite AC	44	1:13:14
17	Linette	Janse van Rensburg	Achilles AAA	34	1:13:53
18	Helen	Viljoen	Temp	22	1:14:19
19	Johannette	Oosthuizen	Temp	44	1:14:30
20	Annelie	Nel	Legacy AC	34	1:14:42

40-44:

1	Grizelda	Pietersen	Achilles AAA	40	1:06:19
2	Claire	Nagel	Elite AC	44	1:13:14
3	Johannette	Oosthuizen	Temp	44	1:14:30

45-49:

1	Treloar	Childs	Spar Walmer AC	45	1:08:35
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2	Janette	Schierz-Crusius	Body Concept	48	1:12:18
3	Nurunnisa	Madatt	Malabar	46	1:20:49
50-54:					
1	Lesley	Wood	Achilles AAA	51	1:08:48
2	Hanlie	van der Westhuizen	Despatch AC	52	1:10:54
3	Liz	Austin	Achilles AAA	50	1:22:10
55-59:					
1	Cathy	Ives	Achilles AAA	55	1:17:22
2	Jos	Els	Madiba Bay AC	56	1:23:08
3	Heather	Davies	Temp	59	1:27:29
60-64:					
1	Liz	Grundlingh	Muirite Strider	62	1:18:34
2	Retha	Snyman	PEAAC	61	1:24:01
3	Margaret	Paton	Charlo AC	63	1:31:42
65-69:					
1	Orgia	Nell	Muirite Strider	65	1:46:13
70+:					
1	Dorothy	Hart	PEAAC	71	1:34:25
Juniors:					
1	Terray	Newcombe	Nedbank RC EP	18	1:19:10
2	Skye	Dunn	Temp	18	2:03:47

Swartland Half Marathon & 10 km

Moorreesburg, 7 March

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

Half marathon

MEN

1. Graham Katzen (Celt) 72:41; 2. Rowan Prins (Rob) 73:56; 3. Dawid van Rooyen (Worc) 74:40; 4. Dawid Gous (Sw) 75:32; 5. Durin May (Worc) 76:52 (1st jun); 6. Nkosana Mponeng (Ned) 77:01; 7. Julie Welkom (Sw) 77:56; 8. Warren Pietersen (Rob) 79:00; 9. Karel Baron (Ind) 79:02 (1st vet); 10. Steve Julies (AC) 79:25; 11. Bennie Philander (Sw) 79:46; 12. Mervyn Seryners (Ceres) 79:51; 13. Japhta Nero (Rieb Vall) 79:52; 14. Jan Nero (Mat) 79:53; 15. Gerry Bostander (Worc) 79:56; 16. Bennet Stali (Worc) 80:14; 17. Roger Davids (Rob) 80:54; 18. Owen Smith (Wel) 80:57; 19. Thomas Moses (Worc) 81:00 (1st mast); 20. Duncan Gilmour (VOB) 81:05; 21. Leon Williams (Sw) 81:36; 22. Marthinus Corah (Elg/Grab) 82:05; 23. Marius Muller (Ceres) 82:09; 24. Abraham Fielies (Worc) 82:15; 25. Christiaan Adonis (Sw) 83:03; 26. Karel Matthews (Worc) 83:08; 27. De Wit Stegmann (Paarl) 83:15; 28. Moos Ruiters (Salk) 84:00; 29. Jan Oliphant (Worc) 84:06; 30. Morné Hansen (Worc) 84:15.

Masters: (40+): 1. Karel Baron (Ind) 79:02; 2. Steve Julies AC) 79:25; 3. Bennie Philander (Sw) 79:46. **(50+):** 1. Thomas Moses (Worc) 81:00; 2. Jacob Erasmus (Ceres) 92:15; 3. Bernie Hand (WC) 94:24. **(60+):** 1. Kosie Koopman (Worc) 101:23; 2. Paul de Wet (Worc) 106:26; 3. Mike Taylor (Tyg) 117:55. **(70+):** 1. Dermott Devine (VOB) 142:36. **Juniors:** 1. Durin May (Worc) 76:52; 2. Bennet Stali (Worc) 80:14; 3. Wilfred Soggop (Salk) 91:11.

WOMEN

1. Sheryl de Lange (Ad) 93:10 (1st vet); 2. Styntjie Prins (Paarl) 95:16 (1st mast); 3. Christa Mulder (Ad) 95:43; 4. Martlé Vosloo (Ind) 98:22; 5. H. van Zyl (NB) 99:49; 6. Ena Gous (Worc) 104:01; 7. Lauren Ballantyne (Ind) 104:51; 8. Anita van Wyk (Lange) 107:55; 9. Lindie Bouwer (Sanlam) 108:35; 10. Helette Basson (Lange) 109:04; 11. Ariane Neethling (Lange) 109:05; 12. Dalene du Toit (Sw) 109:15; 13. Heidi van Deventer (Dur) 110:21; 14. Arina Cilliers (Orak) 110:23; 15. Cailey Bredenkamp (Paarl) 111:22; 16.

Hanselie Swarts (Sw) 111:33; 17. Annalita Goosen (Paarl) 111:46; 18. Liza Retief (Paarl) 113:06; 19. Anna-Marie van Staden (Ind) 113:28; 20. Adri Visser (Sw) 114:01.

Masters: (40+): 1. Sheryl de Lange (Ad) 93:10; 2. Christa Mulder (Ad) 95:43; 3. Anita van Wyk (Lange) 107:55. **(50+):** 1. Styntjie Prins (Paarl) 95:16; 2. Adri Visser (Sw) 114:01; 3. Thelma Rossouw (Worc) 119:25. **(60+):** 1. Marie Smit (Mittal) 122:59; 2. Marianne Nelson (Sur) 134:45; 3. Annette Verster (Ceres) 135:29.

10 km

MEN

1. Pieter Koopman (Ned) 32:54; 2. Hillroy Slingers (Worc) 33:08; 3. Garith Maarman (Sw) 34:08; 4. Ignatius Davids (Rob) 34:21; 5. Petrus Volmoer (Ceres) 35:51; 6. William Kaptein (Rob) 36:13; 7. Frans Farao (Ind) 36:15; 8. Danzel Minnaar (Rob) 36:23; 9. Randall Jacobs (Rob) 36:34; 10. Percy Kelly (Celt) 36:46; 11. Eben Johnson (Elg/Grab) 36:59; 12. Gustav Antonie (Mont) 37:19; 13. Michael Mouries (Rob) 37:21; 14. Marshall Rooi (Ned) 37:21; 15. Owen Keyster (Rob) 39:46; 16. Vernon Johnson (Elg/Grab) 40:09; 17. John Small (Wel) 40:27; 18. Markwin Cloete (Salk) 40:59; 19. Jason Beukes (Sw) 41:9; 20. Bradley Brown (Elg/Grab) 41:53; 21. Henrico Hunter (Worc) 42:20; 22. Thys Bouwer (Sanlam) 44:18; 23. Blackie Swart (Sw) 45:06; 24. Dudley Hulbert (WC) 45:10; 25. Norman Ontong (Worc) 45:32; 26. Brian Rothman (Brack) 45:35; 27. Carl Hendricks (Ned) 46:01; 28. Marcelino Meintjies (Salk) 47:37; 29. Hendrick Hugo (Sw) 48:28; 30. Sebasco Niemand (Wel) 49:20.

Masters: (40+): 1. Percy Kelly (Celt) 36:46; 2. Gustav Antonie (Mont) 37:19; 3. Norman Ontong (Worc) 45:34. **(50+):** 1. John Small (Wel) 40:38; 2. Thys Bouwer (Sanlam) 44:18; 3. Dudley Hulbert (WC) 45:10. **(60+):** 1. Blackie Swart (Sw) 45:06; 2. Paul Davids (Paarl) 51:38; 3. Jeff Smith (AT) 57:18. **Juniors:** 1. Hillroy Slingers (Worc) 33:08; 2. Ignatius Davids (Rob) 34:21; 3. William Kaptein (Rob) 36:13.

WOMEN

1. Danette Smith (Mat) 39:51; 2. Glenda Werth (Ned) 44:18; 3. Andrea Pretorius (NB) 44:23; 4. Mary-Ann Baron (Mr Pr) 45:10 (1st vet); 5. Colleen de Oliveira (NB) 45:34; 6. Renata Schoeman (NB) 46:22; 7. Magriet Hanekom (Ceres) 47:13 (1st mast); 8. C.M. Botes (Ind) 47:28; 9. Olga Davids (Sw) 49:05; 10. Mariëtte Esterhuyse (Tyg) 49:33; 11. Geraldine du Toit (Ceres) 49:56; 12. Vondra Singleton (Worc) 50:15; 13. Soreen Gouws (Sw) 50:18; 14. Mariëtha Herbert (Bel) 50:37 (1st g'mast); 15. Priscilla von Schlicht (Tyg) 51:38; 16. Bertha Brand (Ceres) 51:41; 17. Mareza van Niekerk (Sw) 52:26; 18. Carlien Perry (NB) 53:32; 19. Gail Barnard (Ceres) 54:00; 20. C. Augustyn (Sw) 55:05.

Masters: (40+): 1. Mary-Ann Baron (Mr Pr) 45:10; 2. Mariëtte Esterhuyse (Tyg) 49:33; 3. Vondra Singleton (Worc) 50:15. **(50+):** 1. Magriet Hanekom (Ceres) 47:13; 2. Bertha Brand (Ceres) 51:41; 3. Gerda van der Merwe (Ceres) 56:51. **(60+):** 1. Mariëtha Herbert (Bel) 50:37; 2. Priscilla von Schlicht (Tyg) 51:38; 3. Marie Hill (Ceres) 72:51. **Juniors:** Ronél Moses (Worc) 62:38.

Men's Health Lighthouse 10 km

Green Point, Cape Town, 4 March
(Certified loop course)

MEN

1. Wanda Roro (Ad) 30:48; 2. Peter Tsawayo (ZIM/RCS Gug) 30:58; 3. Sipho Phala (VOB) 31:24; 4. Bonisile Ngculana (Atl) 31:25; 5. Thanduluntu Magqaza (M.Spart) 31:48; 6. Pieter Koopman (Ned) 32:23; 7. Brian Mapeyi (VOB) 33:03 (1st vet); 8. Wongalethu Meleni (VOB) 33:08; 9. Samson Gulubela (Atl) 33:11; 10. Mkululi Mbejeni (Atl) 33:23; 11. Bulelani Bhebha (VOB) 33:27 (1st jun); 12. Brian Gillis (UCT) 33:31; 13. Telana Leboto

(RCS Gug) 33:38; 14. Zondwa Nombexeza (Khaye) 34:05; 15. Vladimir Kotov (BLR/Cent City) 34:13 (1st mast); 16. Stanley Landu (RCS Gug) 34:25; 17. Jean van Wyk (Atl) 34:25; 18. Patrick Ketelo (RCS Gug) 34:30; 19. Sibusiso Valashiya (Atl) 34:33; 20. Nkosana Mponeng (Ned) 34:39.

Masters: (40+): 1. Brian Mapeyi (VOB) 33:03; 2. Michael Bekapi (VOB) 34:45; 3. Steven Parkins (Met) 37:44. **(50+):** 1. Vladimir Kotov (BLR/Cent City) 34:13; 2. Goodman Mpukane (RCS Gug) 36:44; 3. Koos van Niekerk (Bel) 39:21. **(60+):** 1. M.Y. Abrahams (Top) 46:00; 2. Bernard Kleinveld (RCS Gug) 49:46; 3. Koos Botha (Brack) 53:30. **Juniors:** 1. Bulelani Bhebha (VOB) 33:27; 2. Unathi Majobha (RCS Gug) 34:51; 3. Enver Pedro (KSUT) 35:59.

WOMEN

1. Hanlie Botha (Oxf Str) 37:17; 2. Nomvuyisi Seti (Mr Pr) 38:58; 3. Bulelwa Mtshagi (Celt) 39:04; 4. Claire Kingsley (Ind) 39:34; 5. Amy Arenson (UCT) 39:40; 6. Busisiwe Matiwane (Celt) 40:21; 7. Jenna Kamps (RAC) 40:42; 8. Leanne Juul (Mr Pr) 40:54; 9. Sheryl de Lange (Ad) 41:29 (1st vet); 10. Alice de Waal (OM) 41:45; 11. Mariëtte Esterhuyse (Tyg) 41:52; 12. Asiphe Sikabalanjana (RCS Gug) 41:52 (1st jun); 13. Stephanie Stark (Ind) 42:22; 14. Ayanda Mqhakayi (RCS Gug) 42:32; 15. Alicia Fireese (UCT) 42:39; 16. Marié Wessels (Ind) 42:43; 17. Tanya Scott (UCT) 42:47; 18. Ineke Nel (UCT) 43:00; 19. Patricia Adams (Met) 43:08; 20. Bayly Gbreselassi (Ind) 43:17.

Masters: (40+): 1. Sheryl de Lange (Ad) 41:29; 2. Mariëtte Esterhuyse (Tyg) 41:52; 3. Bev Baker (VOB) 46:05. **(50+):** 1. Kathy Burr (Dur) 49:02; 2. Buntly Walsh (VOB) 55:32; 3. Helen Sutherland (Yebo) 57:08. **(60+):** 1. Pixie Sparg (Celt) 49:14; 2. Marietha Herbert (Bel) 49:30; 3. Marlene James (Pine) 50:26. **Juniors:** 1. Asiphe Sikabalanjana (RCS Gug) 41:52; 2. Ayanda Mqhakayi (RCS Gug) 42:32; 3. Tanya Scott (UCT) 43:08.

Remax Edenvale Marathon & Half Marathon

Edenvale, 1 March

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

42 km

MEN

1 Charles Tjiane (MP) 2:28:30; 2 Albert Koao (Nedbank) 2:31:30; 3 Thulani Buma (ADT) 2:36:26.

Veterans: 1 Trevor Toerien (Boksburg) 2:50:?? **Masters:** 1 Josias Makoro (Boksburg) 3:09:40. **G'masters:** 1 Jack Thokoane (Sasol) 3:27:54.

WOMEN

1 Lindsay van Aswegen (Kempton) 3:07:04 (1st vet); 2 Monica Neuling (Boksburg) 3:21:49; 3 Angela Bott (Temp) 3:32:35.

Veterans: 1 Lindsay van Aswegen (Kempton) 3:07:04. **Masters:** 1 Barbara Ogelesby (Boksburg) 4:40:54.

Half marathon

MEN

1 Maro Ondo Olimo (ETH/ADT) 67:28; 2 Donald Mothibe (Powerade) 68:00; 3 Ncobeko Ncintso (GS) 68:23.

Veterans: 1 Edmund Vacane (RW) 87:50. **Masters:** 1 Andre Jansen (GS) 86:26. **G'masters:** 1 Pele Tshidukamadela (Yebo) 1:41:14.

WOMEN

1 Marelize Retief (Nedbank) 83:13; 2 Sarah Mahlangu (MP) 89:09 (1st vet); 3 Julia Janse van Rensburg (MPC) 89:26.

Veterans: 1 Sarah Mahlangu (MP) 89:09. **Masters:** 1 Claire Manjan (Glenwood) 2:01:59.

G'masters: 1 Elsa Meyer (Irene) 2:34:09.

Cango Marathon (33rd) & Half Marathon

Oudtshoorn, 28 February

(Distances: 42.195 km & 21.0975 km; point-to-point downhill courses)

Marathon**MEN**

1. Lindile Tokota (Ned) 2:24:22 (1st vet), 2. Jurome Gelderbloem (MH) 2:30:38, 3. Warren Petterson (MP) 2:34:58.

Veterans: 1. Lindile Tokota (Ned) 2:24:22, 2. Warren Petterson (MP) 2:34:58. **Masters:**

1. Nick Miles (WC) 2:58:57. **G'masters:** 1. Julian Williams (Hout) 3:38:07.

WOMEN

1. Marli Hunt (Kimb) 3:09:49, 2. Leanne Juul (MP) 3:09:53, 3. Lizl Grobler (Knys) 3:10:21.

Veterans: 1. Joanna Thomas (VOB) 3:12:42, 2. Allison Jordaan (OH) 3:17:18. **Masters:**

1. Amore van Zyl (Ned) 3:26:46. **G'masters:** 1. Hester Kotze (Durbanv) 3:26:09.

Half marathon**MEN**

1. Vuyo Witbooi (OH) 1:10:33, 2. Bernardo Fredericks (Spoorn) 1:11:21, 3. Luwayne Duitsjan (MH) 1:12:07.

Veterans: 1. N. Qulut (SANDF) 1:24:46, 2. Patrick Peters (Oud.Mil.) 1:29:34. **Masters:** 1.

Harold Basson (OH) 1:31:49. **G'masters:** 1. Jurgens Zwiendelaar (Ned) 1:32:03. **Juniors:**

1. Frans Malgas (Knys) 1:13:31.

WOMEN

1. Annetjie Botes (Ned) 1:32:16 (1st mast), 2. Sandra van Graan (Edge) 1:32:39 (1st vet), 3. Bettie Stepitons (Ind) 1:34:44.

Veterans: 1. Sandra van Graan (Edge) 1:32:39, 2. Marnette Meyer (Adid) 1:36:01.

Masters: 1. Annetjie Botes (Ned) 1:32:16. **Juniors:** 1. Lee Theodore (Knys) 2:07:31.

Battlefields 5-in-1

Newcastle, 28 February

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

Note: The rest of the results were included last week, but the marathon results had not been received at the time. – Ed.

Marathon**MEN**

1. Raymond Nkosi	Mr Price	2:48:43
2. Siyabonga Mdletshe	Boxer	2:50:18
3. Stone Moisdune	Fit 2000	2:52:44

40-49:

1. Siphon Mhlongo	Boxer	3:03:33
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50-59:

1. Vie Sewlal	Eskom Gijimas	3:50:02
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WOMEN

1. Cathy Cunningham	Swazi Slojos	4:06:29
2. Elmien Scott	Welkom	4:18:48
3. Anne Erasmus	Newcastle Harriers	4:21:45

40-49:

1. Elize v/d Merwe	Eskom Gijimas	4:27:32
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60+:

1. Dixie Brown	Estcourt	4:53:05
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TRACK**Yellow Pages Series (6th)**

Germiston, 6 March

MEN

800:

Race A –

1. Mbualeni Mulaudzi 1:45.65
2. Samson Ngoepe 1:46.51
3. Adriaan van Wyk 1:46.83
4. Hezekiel Sepeng 1:47.30
5. Ettienne Plaatjies 1:49.09
6. Molefe Molefe 1:50.08
7. Jan Masenamela 1:50.97
8. Warren Hendriks 1:51.42

Race B –

1. Werner du Toit 1:52.01
2. Johre Botha 1:52.17
3. Zwelakhe Sebote 1:52.70
4. Andrew Roodt 1:52.81
5. Isaac Mboyasa 1:53.02

3000:

Race A –

1. Juan van Deventer 8:02.79
2. Dominic Khoza 8:05.59 PB
3. Dean Brummer 8:06.13 PB
4. Pharson Magagane 8:13.82
5. Enock Manyandi 8:18.69
6. Mthombisis Baloyi 8:20.66
7. Sibusiso Nzima 8:25.12
8. Folavio Sehohle 8:25.52
9. Dikotsi Lekopa 8:25.98
10. Jackson Chauke 8:27.76
11. Marcel Luther 8:28.41
12. Sikumbuzo Seme 8:29.79
- ... 15. Xolisa Tyali 8:38.91

Race B –

1. Omphemetse Mothibi 8:27.38
2. Sipho Khumalo 8:32.43
3. Thato Molatedi 8:33.91
4. Lucas Jani 8:35.94

WOMEN

800:

1. Caster Semenya [1991] 2:00.58 (SA jr rec)
2. Lebogang Phalula 2:04.58
3. Anuschka Nice [1991] 2:05.17
4. Elsire Roos 2:06.73
5. Lebo Phalula 2:08.89
6. Doné Vermaak [1991] 2:09.81
7. Roné Reynecke 2:10.67
8. Mandie Brandt 2:10.97

3000:

1. Mirriam Thole (MAW) 9:45.50 PB
2. Tebogo Masehla 9:55.20
3. Maxine Heine-Wacker [1990] 10:11.45
4. Mpho Mabuza 10:15.14
5. Lisa Maritz 10:26.52
6. Dimakatso Menong 10:44.55
7. Anna Sepotokele 10:59.85

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**Nagoya International Marathon**

Nagoya, JPN, 8 March
(Distance: 42.195 km)

1. Yoshiko Fujinaga 2:28:13
2. Chika Horie 2:29:09
3. Yuko Machida 2:29:35
4. Mayumi Fujita 2:29:56
5. Kiyomi Ogawa 2:29:58
6. Yumi Hirata 2:30:16
7. Ayumi Nakayama 2:30:53
8. Hitomi Niiya 2:30:58
9. Caroline Cheptonui Kilel (KEN) 2:31:42
10. Yoshie Kitomi 2:32:08

CROSS-COUNTRY

Fukuoka Cross-country

Fukuoka, JPN, 7 March

MEN (10 km)

1. Joseph Kiptoo Birech (KEN) 29:15
2. Atsushi Sato 29:16
3. Yu Mitsuya 29:26
4. Seigo Ikegami 29:27
5. Suehiro Ishikawa 29:33
6. Hiroyoshi Umegae 29:39
7. Makoto Fukui 29:41
8. Takayuki Matsumiya 29:47
9. Yuki Sato 29:54
10. Masayuki Obata 29:57

WOMEN (6 km)

1. Kseniya Agafonova (RUS) 19:33
2. Tomoka Inadomi 19:50
3. Yuki Numata 19:59
4. Kazue Kojima 20:03
5. Korei Omata 20:05
6. Chisa Nishio 20:11
7. Yurika Nakamura 20:17
8. Yoshika Tatsumi 20:18
9. Shoko Mori 20:24
10. Rie Matsumoto 20:28

JR. MEN (8 km)

1. Bitan Karoki (KEN) 23:11
2. Akinobu Murasawa 23:24
3. Wataru Ueno 23:37

JR. WOMEN (6 km)

1. Nakaka Izawa 20:06
2. Emi Kameyama 20:08
3. Erika Ikeda 20:11

INDOOR TRACK

European Indoor Championships

Turin, ITA, 6-8 March

MEN

800 (08):

- | | | | |
|---|--------------------|-----|---------|
| 1 | Yuriy Borzakovskiy | RUS | 1:48.55 |
| 2 | Luis Alberto Marco | ESP | 1:49.14 |
| 3 | Mattias Claesson | SWE | 1:49.32 |
| 4 | Adam Kszczot | POL | 1:49.52 |
| 5 | Manuel Olmedo | ESP | 1:49.77 |
| 6 | Marcin Lewandowski | POL | 1:49.86 |

1500 (08):

- | | | | |
|---|------------|-----|---------|
| 1 | Rui Silva | POR | 3:44.38 |
| 2 | Diego Ruíz | ESP | 3:44.70 |

3	Yoann Kowal	FRA	3:44.75
4	Wolfram Müller	GER	3:44.95
5	Arturo Casado	ESP	3:45.17
6	Christian Obrist	ITA	3:45.47
7	Álvaro Rodríguez	ESP	3:46.86
8	Goran Nava	SRB	3:48.65
9	Neil Speaight	GBR	3:51.04

3000 (07):

1	Mo Farah	GBR	7:40.17
2	Bouabdellah Tahri	FRA	7:42.14
3	Jesús España	ESP	7:43.29
4	Sergio Sánchez	ESP	7:45.29
5	Selim Bayrak	TUR	7:45.46 NR
6	Nick McCormick	GBR	7:52.07
7	Olle Walleräng	SWE	7:56.44
8	Gezachw Yossef	ISR	8:01.78
9	Francisco España	ESP	8:03.45
10	Martin Pröll	AUT	8:04.03
11	Mark Draper	GBR	8:10.19
12	Albert Minczér	HUN	8:10.55

WOMEN

800 (08):

1	Mariya Savinova	RUS	1:58.10
2	Oksana Zbrozhek	RUS	1:59.20
3	Elisa Cusma Piccione	ITA	2:00.23
4	Jennifer Meadows	GBR	2:00.42
5	Marilyn Okoro	GBR	2:03.30
6	Tetyana Petlyuk	UKR	2:03.77

1500 (07):

1	Anna Alminova	RUS	4:07.76
2	Natalia Rodríguez	ESP	4:08.72
3	Sonja Roman	SLO	4:11.42
4	Roísín McGettigan	IRL	4:11.58
5	Yevgeniya Zolotova	RUS	4:11.72
6	Natalya Yevdokimova	RUS	4:12.33
7	Lidia Chojecka	POL	4:15.90
8	Marina Muncan	SRB	4:20.01
9	Marije te Raa	NED	4:30.93

3000 (08):

1	Alemitu Bekele	TUR	8:46.50 NR
2	Sara Moreira	POR	8:48.18
3	Mary Cullen	IRL	8:48.47
4	Nuria Fernández	ESP	8:49.49
5	Silvia Weissteiner	ITA	8:50.17
6	Anna Alminova	RUS	8:51.36
7	Yuliya Zarudneva	RUS	8:58.55
8	Ancuta Bobocel	ROU	8:59.78
9	Katrina Wootton	GBR	9:01.83
10	Jessica Augusto	POR	9:04.48
11	Deirdre Byrne	IRL	9:08.89
12	Inês Monteiro	POR	9:14.34

NEWS

RADCLIFFE OUT OF LONDON MARATHON

Britain's Paula Radcliffe has been forced out of the London Marathon after breaking a toe in training, according to the IAAF website. A three-time winner of the race, Radcliffe had been hoping to build on her victory in New York in November.

The marathon world record holder, 35, sustained the break to her right second toe while altitude training in the USA.

"I am desperately disappointed, especially as I was looking forward to running in front of the amazing crowds of spectators in London," she said.

Radcliffe had been suffering from a ganglion, a swelling that forms around the tendons or joints, on the same foot and it is believed that it may have put pressure on the toe by changing her foot dynamics.

"I am considering surgery to get myself totally healthy as soon as physically possible and ultimately prevent the bunion causing any future problems," she said.

Radcliffe has yet to return to the London Marathon since her victory in 2005, missing the next three years through various injuries and breaks for childbirth.

Radcliffe's focus will now turn to the World Championships, which are staged in Berlin in August. Germany's Irina Mikitenko, Romanian Constantina Dita and Catherine Ndereba of Kenya are amongst the favourites for the London crown.

OBITUARY

STALWART ADMINISTRATOR ALLISTER MATTHEWS PASSES AWAY

By Gert le Roux

Allister Matthews, a former leading administrator of the old South African Amateur Athletics Union (SAAAU), peacefully died on his farm near Underberg on Friday afternoon. He had been living there since his retirement as engineer in the late eighties.

The 81-year-old Matthews, a founder member of the South African Athletics Statisticians in 1954 and first compiler of a list of all-time best performances by SA athletes after the Second World War, played a major role in all facets of athletics. He published various articles under the name of D.O. Mason.

Apart from his special passion for the compilation of track and field performances and timekeeping, Matthews also served as chairman of the Southern Transvaal and later Transvaal Athletics associations. He was convenor of the national athletics selection panel, member of the SAAAU Council and for many years senior member of Johannesburg Harriers Athletics Club.

In the later part of his life he became a devoted bowls player and served as president of the Underberg Bowling Club. He was not well during the past week and spent most of his final days studying the newly published 2009 edition of the *NWU-Puk SA Athletics Annual*.

Matthews, who passed away during an afternoon nap, leaves his widow, Doreen, three married children, Colleen, Alan and Stephen, and eight grandchildren.

STATS TIME

This week we include the South African top 20 men and women in the half marathon for 2008. Deeper lists are included in the 2009 *NWU-Puk SA Athletics Annual* (see review and ordering information in DRR 9:08).

2008 HALF MARATHON: SOUTH AFRICAN TOP 20 MEN & WOMEN

MEN

1:02:04	Stephen Mokoka	1	Port Elizabeth	05 Jul
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1:02:16	Hendrick Ramaala	2	Port Elizabeth	05 Jul
1:02:18	Boy Soke	3	Port Elizabeth	05 Jul
1:02:26	Tshamano Setone	4	Port Elizabeth	05 Jul
1:02:31A	Kanie Simons	1	Lydenburg	29 Mar
1:02:51	Enos Matalane	1	Nelspruit	05 Apr
1:03:01	Norman Dlomo	5	Port Elizabeth	05 Jul
1:03:06	Jeffrey Gwebu	6	Port Elizabeth	05 Jul
1:03:16	Lindikhaya Mthangayi	7	Port Elizabeth	05 Jul
1:03:34	Lusapho April	(10) 2	Cape Town	22 Mar
1:03:44A	Fanie Matshipa	3	Lydenburg	29 Mar
1:03:47	Nkosinoxolo Sonqibido	9	Port Elizabeth	05 Jul
1:04:01	Lungile Gongqa	4	Bloemfontein	04 Oct
1:04:06	Nkopane Seqhobane	2	Phalaborwa	26 Jul
1:04:11	Samuel Segoaba	7	Bloemfontein	04 Oct
1:04:16	Alexander Motsamai Motone	10	Port Elizabeth	05 Jul
1:04:21	Raphael Segodi	11	Port Elizabeth	05 Jul
1:04:23	Aaron Gabonewe	12	Port Elizabeth	05 Jul
1:04:25	Coolboy Ngamole	(19) 3	Phalaborwa	26 Jul
1:04:25	Themba Miya	13	Port Elizabeth	05 Jul
WOMEN				
1:13:02	Zintle Xiniwe	1	Port Elizabeth	05 Jul
1:14:25	René Kalmer	1	Bloemfontein	04 Oct
1:15:41	Irvette van Blerk	4	Bloemfontein	04 Oct
1:15:42	Louisa Leballo	2	Polokwane	29 Mar
1:15:48	Charné Bosman	1	Jeffreys Bay	05 Jan
1:16:00	Annerien van Schalkwyk	2	Port Elizabeth	05 Jul
1:16:19	Tanith Maxwell	3	Port Elizabeth	05 Jul
1:16:20A	Eunice Phindile Nhlapo	1	Lydenburg	29 Mar
1:17:31	Ntombesintu Ntshiliza	4	Port Elizabeth	05 Jul
1:17:48	Dimakatso Menong	(10) 5	Port Elizabeth	05 Jul
1:18:57	Poppy Mlambo	6	Port Elizabeth	05 Jul
1:18:58	Tshifhiwa Mundalamo	7	Port Elizabeth	05 Jul
1:19:24	Catherine Nkosi	8	Port Elizabeth	05 Jul
1:19:26	Jenna Challenor	2	Durban	25 May
1:19:30	Gloria Masego Baeba	9	Port Elizabeth	05 Jul
1:19:32	Mpho Mabuza	10	Port Elizabeth	05 Jul
1:19:38	Joyce Thiane	17	Port Elizabeth	05 Jul
1:19:39	Cary-Ann Cave	3	Durban	25 May
1:19:50A	Sihadi Mbofholowo	3	Lydenburg	29 Mar
1:19:51A	Anneline Roffey	(20) 1	Knysna	12 Jul

THIS MONTH IN HISTORY

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

21 years ago: 26 March 1988

Ingrid Kristiansen of Norway concluded a remarkable double in Auckland, New Zealand, by winning her first world cross-country title with ease against Angela Tooby (GBR) and defending champion Annette Sergent (FRA), running the course of 5 962 m in 19:04. This came a mere six days after she had won the World 15 km Championships in scorching conditions in Adelaide, Australia, in a remarkable 48:24. Her winning margin was almost 2 minutes. The 15 km title race was replaced by the World Half-marathon Championships in 1992.

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
	27:26	Sammy Kitawara (KEN)		
	27:02*	Haile Gebrselassie (ETH) 2002		
15 km	44:27	Lusapho April	Port Elizabeth	07 Mar
	43:26	Ryan Hall (USA)		
	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
	2:24:22a	Lindile Tokota	Oudtshoorn	28 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
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:45	Goodman Mpukane	Constantia	07 Mar
	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				

Grandmasters (60+)

10 km	38:25	Albertus Bock	Brackenfell	21 Jan
15 km	58:51	Albertus Bock	Constantia	07 Mar
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
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:18	Kim Laxton	Eldorado Park	08 Mar
	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		

Veterans (40+)

10 km	40:12	Marietjie Montgomery	Durban	08 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:58	Michelle Bartman	Constantia	07 Mar
	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		

Masters (50+)

10 km	41:02	Loesje de Beer	Port Elizabeth	21 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
		(and same time in Port Elizabeth on 31 Jan)		
	54:33	Shirley Matson (USA) 1991		
21.1 km	94:26	Styntjie Prins	Rawsonville	07 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:18:27	V. Watson	Johannesburg	18 Jan
30 km	2:24:01	Nancy Will	Camps Bay	11 Jan
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	43:55	Sonja Laxton	Johannesburg	18 Jan
15 km	68:48	Sonja Laxton	Eldorado Park	08 Mar
21.1 km	1:41:15	Hester Kotze	Constantia	07 Feb
25 km				
30 km	2:36:45	Veronica van Niekerk	Camps Bay	11 Jan
Marathon	3:28:36	Liz Ruickbie	Durban	08 Feb
100 km				

Juniors

10 km	35:58	Nandipha Dywili	Durban	08 Feb
	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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