

Distance Running Results

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EDITORIAL

It is still early in the year, with mainly the countries of the Southern Hemisphere having their outdoor track seasons, but it was nevertheless heart-warming for South African track fans to see five new world-leading marks in the middle and long distances at the Yellow Pages SA Championships in Stellenbosch as last year's horrible second-day wind stayed away this time.

Highlights of the Championships were Ruben Ramolefi's new national record of 8:16.04 in the steeplechase and 2004 Olympic silver medallist Mbulaeni Mulaudzi's front-running 1:44.81 in the 800 metres. Behind Mulaudzi another former Olympic silver medallist, Hezekiel Sepeng, made a solid comeback to top form with the bronze medal in 1:46.38.

Apart from Mulaudzi and Ramolefi, the other world leaders came from Johan Cronje, who retained his 1500-metre title in 3:36.48, Stephen Mokoka in the 10000 m (28:52.22), and Irvette van Blerk in the same event for women (34:30.70).

In the women's 800 the expectations of a sub-2:00 for Caster Semenya after her new South African junior record of the week before, when she ran 2:00.58 in Germiston, proved too much and she had to be content with a win in 2:03.16. She was also second in the 1500.

After many assaults, Ramolefi at last broke Whaddon Niewoudt's 8:19.00 in the steeplechase, set almost exactly 17 years ago on the same track. Ramolefi previously came closest with his 8:19.86 in a Beijing heat. In second place, with a huge PB of 8:31.97, Joseph McKenzie moved into third on the world list.

Mulaudzi's class in the two-lapper was unmistakable as he serenely dictated matters in front of André Olivier, Sepeng and Samson Ngoepe. The very talented Olivier was rewarded with the silver medal and missed the Berlin "A" qualifying time by one hundredth of a second. Ngoepe, second on the world list behind Mulaudzi before the race, faded to eighth. Mulaudzi, Olivier and Sepeng now occupy the first three places on the global list.

In the 1500 Cronje defended his title with a determined rush over the last 100 m which proved too much for Olympic finalist Juan van Deventer, who tied up when Cronje passed him. They finished in the same positions as last year, with the exact same time difference, 0.1 sec (but the 2008 race was much slower, with Cronje winning in 3:46.60).

The winners of the women's 5000 and 3000 m steeplechase, Lebo Phalula (15:57.15) and Tebogo Masehla (10:14.79) respectively, ran the world's second fastest times for 2009. World leader Nolene Conrad could finish only fourth in the barrier event. Phalula also won the 1500.

Apart from Muladuzi, Ramolefi, Cronje and Masehla, the only distance runner to defend a title successfully was Boy Soke (5000). Neither Hendrick Ramaala (10000) nor René Kalmer (1500 and 5000) was present this time.

Veteran observer of the sport Ian Laxton wrote to say that the slowness of the times in the Township Marathon (results in last week's DRR) was not due to a long course or marshalling error, but simply to a poor standard of performances. The course has been used by the organising club for years. Another interesting aspect of the race was the appearance of Azwindini (Gladys) Lukhwareni in first place. As far as DRR is aware, this was only her second race after the end of her drugs ban last year.

I also commented about the fact that Mankutoane Matlakeng (LES) was wrongly shown as third junior, but apparently her younger sister, Maphetange, should have been indicated as the first junior. It is unsure what her time was.

Laxton also mentioned that daughter Kim, who won in a list-leading 55:18, is training very hard in White River with her eyes on a good Two Oceans Half Marathon. Including the Medical 10 km (a private race last November in Cape Town open to medical professionals only), she has now won nine consecutive races, starting at the Winelands Half Marathon. (Two races in Nelspruit early in the year didn't come to DRR's attention – this is an area from where results are very hard to get, as are the Free State and a few other provinces.)

The correct name of the men's winner in the World's Best 10 km (results in DRR 9:09) is not Sammy Kitawara but Sammy Kirop Kitwara. The full name of the third place finisher is Wilson Kipsang Kiprotich, b. 1979 (not Wilson Kiprotich Kebenei, who is usually known as "Wilson Kiprotich"). His name is usually carried as "Wilson Kipsang" in DRR. Also, the fourth place athlete was Samuel Kiplimo Kosgei, b. 20 Jan 1986, which would make him 23 years-old, not 35 as indicated in the results.

This weekend the same Sammy Kitwara handed the great Haile Gebrselassie a rare defeat over the half-marathon distance. Geb had come to The Hague, Netherlands, and the City-Pier-City Half Marathon to recapture the world half-marathon record he lost to Olympic Marathon champion Samuel Wanjiru. The Kenyan captured the world record two years ago at Ras Al Khaimah, and bettered it six weeks later in The Hague to 58:33. On the same fast course here Gebrselassie wanted to crack that time. Not only did the Ethiopian not reach his goal, but he was beaten by the Kenyan star. In the final meters on the Lange Voorhout, Gebrselassie was outsprinted by Kitwara, who clocked a personal best 59:47. Gebrselassie finished three seconds behind him. "This is not my type of weather but I lost to a very good athlete," said Gebrselassie about the cold (8°C) and rainy conditions. "I made the mistake to start my final sprint too early."

Riël Hauman

INCLUDED IN THIS ISSUE:

- * UCT Women's Memorial Race, Cape Town
- * Postnet Pietermaritzburg Marathon & Half Marathon, Pietermaritzburg
- * Tongaat 32 km & 16 km, Tongaat
- * De Freitas Spar Buintjieshoogte 50 km & 25 km, Pearston to Somerset East
- * Rainbow Half Marathon & 10 km, Worcester
- * West Coast Marathon & Half Marathon, Langebaan
- * SSI 10 km, George
- * Randburg Harriers Sportsmans Warehouse Valentines 10 km, Randburg
- * Pennypinchers Half Marathon & 10 km, East London
- * XC: Paarlauf Meeting, Westville

* Track: Yellow Pages South African Championships, Stellenbosch

International highlights:

- * Seoul International Marathon, Seoul, KOR
- * All Japan Corporate Team Half-Marathon Championships, Yamaguchi, JPN
- * Matsue Women's Half Marathon, Matsue, JPN
- * Fortis City-Pier-City Half-Marathon, The Hague, NED
- * Gate River Run 15 km, Jacksonville, USA
- * Lago Maggiore Half Marathon, Stresa to Verbania, ITA
- * Semi-Marathon de Paris, Paris, FRA
- * AD Twintig van Alphen, Alphen aan den Rijn, NED
- * Discovery Kenya Half Marathon, Eldoret, KEN
- * Pedestres Villa de Madrid 100 km, Madrid, ESP
- * Indoor track: NCAA Division I Indoor Championships, College Station, USA; Washington Last Chance, Seattle, USA; Arkansas Last Chance, Fayetteville, USA
- * Outdoor track: Melbourne Track Classic, Melbourne, AUS

ROAD RUNNING

UCT Women's Memorial Race

Cape Town, 15 March

(Distance: 10 km; certified loop course)

MEN

1. Tom Lusaseni (Celt) 30:31; 2. Kevin Oliphant (Ad) 31:06; 3. Bernard Rukadza (ZIM/RCS Gug) 31:20; 4. Thanduluntu Magqaza (M.Spart) 31:46; 5. Wanda Roro (Ad) 31:51; 6. Akhona Makila (VOB) 31:56 (1st jun); 7. Unathi Phezolo (RCS Gug) 32:02; 8. Luxolo Mdzanga (RCS Gug) 32:10; 9. Anam Mndi (VOB) 32:16; 10. John Mboko (Mr Pr) 32:19; 11. Sipho Phala (VOB) 32:50; 12. Patrick Magadla (VOB) 32:51; 13. Masixoli Peza (Ad) 32:54; 14. Givemore Madzinganyana (Ad) 33:05; 15. Riaan Witbooi (ER) 33:07; 16. Morné Kammies (Met) 33:09; 17. Luvuyo Ntando (T.Mbiza) 33:14; 18. Zuko Zanzile (Khaye) 33:16; 19. Anele Ndzata (Ad) 33:25; 20. Asanda Nkiti (Mr Pr) 33:38; 21. Thobekile Moulawa (Khaye) 33:54; 22. Thandeka Gqampara (T.Mbiza) 34:09; 23. Stanely Landu (RCS Gug) 34:15; 24. Nicholas Mdutyama (Celt) 34:17; 25. Zolani Sowazi (RCS Gug) 34:20; 26. Zolile Bhitane (Ind) 34:26; 27. Khayeletu Baba (Ad) 34:34; 28. Michael Bekapi (VOB) 34:40 (1st vet); 29. Sabelo Ngcwama (Celt) 34:43; 30. Richard Woolrich (Celt) 34:45.

Masters: (40+): 1. Michael Bekapi (VOB) 34:40; 2. Barend Jacobs (Celt) 35:38; 3. John van der Byl (MP Titans) 35:42. **(50+):** 1. Goodman Mpukane (RCS Gug) 36:44; 2. Gemjekile Tom (Esk Gij) 36:55; 3. Desmond Frechtas (WP Def) 39:35. **(60+):** 1. Kenny Williams (Pine) 42:38; 2. Johan Botha (R/W for L) 44:23; 3. Richard Aitcheson (VOB) 46:13. **(70+):** 1. Sybrand Mostert (Ned) 56:40. **Juniors:** 1. Akhona Makila (VOB) 31:56; 2. Unathi Phezolo (RCS Gug) 32:03; 3. Luxolo Mdzanga (RCS Gug) 32:10.

WOMEN

1. Nomvuyisi Seti (Mr Pr) 36:55; 2. Alae Brand (Ad) 37:10; 3. Bulelwa Mtshagi (Celt) 37:43; 4. Busisiwe Mawane (Celt) 40:06; 5. Amy Aronson (UCT) 40:13; 6. Natasha Oosthuizen (Ad) 40:37; 7. Candice Davison (Harf Harr) 41:03; 8. Kim Ground (Celt) 41:36; 9. Asiphe Sikhabalanjani (RCS Gug) 41:38 (1st jun); 10. Renée Scott (Ad) 42:07 (1st vet); 11. Mariëtte Esterhuyse (Tyg) 42:16; 12. Tanya Scott (UCT) 42:30; 13. Olga Howard (Celt) 43:38 (1st mast); 14. Patricia Adams (Met) 44:39; 15. Ayanda Mqhakayi (RCS Gug) 45:19; 16. Bianca Marais (Edg) 45:17; 17. Chantel Simpson (Pine) 45:55; 18. Nancy Will (Pine) 45:56; 19. Rita Toto (RCS Gug) 46:29; 20. Lorna Loubser (Sanlam) 46:37.

Masters: (40+): 1. Renée Scott (Ad) 42:07; 2. Mariëtte Esterhuyse (Tyg) 42:16; 3. Rita Toto (RCS Gug) 46:29. **(50+):** 1. Olga Howard (Celt) 43:38; 2. Nancy Will (Pine) 45:56; 3. Brenda Stevenson (Pine) 51:13. **(60+):** 1. Pixie Sparg (Celt) 49:26; 2. Mariëtha Herbert (Bel) 50:01; 3. Marlene James (Pine) 57:07. **Juniors:** 1. Asiphe Sikhlabanjani (RCS Gug) 41:38; 2. Tanya Scott (UCT) 42:07; 3. Ayanda Mqhakayi (RCS Gug) 45:19.

Postnet Pietermaritzburg Marathon & Half Marathon

Pietermaritzburg, 15 March

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

Marathon

MEN

1 Mfanufikile Mutungwa Gods GA 2:36:05, 2 Albert Phungula MrP 2:36:14, 3 Luzuko Mdeliswa Eskom 2:36:35, 4 Thandabantu Rhafuza East Griqualand Strid 2:43:13, 5 Muzi Madikwa CH 2:44:29.

40-49: 1 Patrick Mkhize Verulam 2:50:42, 2 Sipho Majombozi Boxer 2:52:40, 3 Colin Goosen Saints 3:03:41. **50-59:** 1 Richard Dlamini Toyota 3:08:47, 2 Rob McInerey West 3:23:13, 3 James McAlister Umhlathuse 3:26:58. **60+:** 1 Garth Cathey Midlands 3:49:59, 2 Dave Lowe West 3:54:48, 3 Gavin Breetzke CH 4:04:25.

WOMEN

1 Kerry Koen CH 3:03:40, 2 Sara Winter IND 3:15:59, 3 Michelle Basson IND 3:18:41, 4 Sarah Scott CH 3:23:27, 5 Kim Lowe West 3:26:26.

40-49: 1 Petro Nel CRBAC 3:36:13, 2 Mary Mvelase Boxer 3:46:28, 3 Gina Hinchcliffe Stella 3:49:28. **60+:** 1 Vicci Vivier CRBAC 3:59:29, 2 D Trautman Forest 4:13:52, 3 Maureen Parry Chiltren 4:38:29.

Half marathon

MEN

1 Sibonela Duma Boxer 69:50, 2 Thobane Chagwe Willie Mtolo 70:06, 3 Tsepo Shelembe Boxer 70:54, 4 Simon Tsoyane Nedbank 5 Hendrick Mngadi Eskom 73:13.

40-44: 1 Cliff Robbertze West 86:33, 2 Jerome Nene SAPS 87:09, 3 Cyprian Mbhele Maritzburg 87:54. **45-49:** 1 Simphiwe Ntentesa Toyota 76:38, 2 Mike Sutton YWP 87:02, 3 Wayne Scott PDAC PDAC 88:04. **50-54:** 1 Eloi de Oliveira Boxer 76:12, 2 Nicholas Dlamini Boxer 82:53, 3 Joseph Dumakude Verulam 86:05. **55-59:** 1 Jeremiah Ngwenya Boxer 87:09, 2 Bongani Ndlovu Zabalalaza 90:58, 3 John Holliday HH 1:40:04. **60+:** 1 Michael Langa Athletics North 88:57, 2 Beeman Chetty Spartan 1:41:54, 3 Moray Calder Howick 1:46:01. **Juniors:** 1 Thobane Chagwe Willie Mtolo 70:06, 2 Calvin Shabalala Nedbank 76:35, Philani Ngcobo CH 80:02.

WOMEN

1 Jenna Challenor Boxer 80:23, 2 Danielle Adlam Boxer 81:36, 3 Suzette Botha Boxer 82:44, 4 Janene Carey Boxer 82:49, 5 Maya Lawrie Boxer 84:36 (1st vet), 6 Debbie Eaton CH 1:35:27.

40-44: 1 Maya Lawrie Boxer 84:36, 2 Lise Muchna PDAC 1:29:55, 3 Jenny Sutton YWP 1:38:36. **45-49:** 1 Grace de Oliveira Boxer 89:47, 2 June Watson PDAC 1:55:00, 3 Ann Cocksedge Saints 2:00:02. **50-54:** 1 Judith Geldenhuys Escourt, 2 Sandra Fismer HH 1:41:33, 3 Teresa Scott PDAC 1:49:58. **55-59:** 1 Jenny Scott DCS 1:44:12, 2 Linda Vivian Umhlathuse 2:08:40, 3 Pat Fisher Stella 2:11:18. **60+:** 1 Aletta Engelbrecht SCS 1:59:47, 2 Pamela Osborn NBAN 2:07:50, 3 Judith Conlin HarlequinH 2:26:26. **Juniors:** 1 Roxanne

Bruwer Shaka 2:17:18, 2 Phylcia Maharaj IND 2:35:23, 3 Sasheera Gouden Arcadia 2:42:44.

Tongaat 32 km & 16 km

Tongaat, 15 March
(Loop courses)

32 km

MEN

1.	Samuel Pazanga	ZIM	1:52:25
2.	Shingie Badza	ZIM	1:55:06
3.	Sipho Ngxonga	Nedbank A C	1:55:29

WOMEN

1.	Sibongile Mpanza	Ind	2:43:34
2.	Sandy Damant	Ind	2:51:45
3.	Candice Kader	DAC	2:51:45

16 km

MEN

1.	Edwin Chimombo	ZIM/F1 A C	53:16
2.	Vukani Maphumalo	Verulam Falcons	56:20

WOMEN

1.	Maureen Slack	Glenwood Harriers	73:04
2.	Ntombikayise Mkae	Toyota A C	78:47
3.	Roshini Natasen	Highway A C	80:58

De Freitas Spar Bruintjieshoogte 50 km (32nd) & 25 km

Pearston to Somerset East, 14 March

(Point-to-point courses, but hilly. Finishers: 50 km – 108; 25 km – 122)

Note: New course records were set in the senior and veteran men categories in the 50 km, and in the master men category in the 25 km. – Ed.

50 km

MEN

1	Eugene	Pelem	Nedbank RC EP	29	3:04:49
2	Christopher	Mabengeza (1 st vet)	Nedbank RC EP	42	3:10:46
3	Zamubuntu	Teyise	Charlo AC	32	3:19:38
4	Emerson	Kayana	Nedbank RC EP	35	3:20:04
5	Mzamo	Fokwana	Charlo AC	31	3:25:42
6	Alfred	Qogi	Nedbank RC EP	35	3:29:20
7	Mzukisi	Klaas	PEAAC	40	3:29:32
8	Thobile	Xata	Nedbank RC EP	34	3:30:05
9	Thembekile	Msipa	Charlo AC	34	3:39:58
10	Luvuyo	Stephen	Nedbank RC EP	38	3:43:05
11	Elliot	Nyarashe	PEAAC	29	3:46:36
12	Sipho	November	Nedbank RC EP	28	3:47:45
13	Booi	Lewis	Nedbank RC EP	48	3:52:37
14	Patrick	Peta	Somerset East	32	3:53:56
15	Alfred	Malotana	Nedbank RC EP	39	3:55:57
16	Zoysile	Maklein	PEAAC	37	3:59:58
17	Simphiwe	Stuurman	Nedbank RC EP	27	4:01:39
18	Melville	Joseph	SANDEF EP	45	4:04:24

19	Stephen	Klue (1 st mast)	Elite AC	50	4:05:21
20	Tommy	Fitchet	Nedbank RC EP	38	4:05:22

40-44:

1	Christopher	Mabengeza	Nedbank RC EP	42	3:10:46
2	Mzukisi	Klaas	PEAAC	40	3:29:32
3	Patrick	Klaas	Nedbank RC EP	44	4:13:29

45-49:

1	Booi	Lewis	Nedbank RC EP	48	3:52:37
2	Melville	Joseph	SANDEF EP	45	4:04:24
3	Clive	Wewers	Elite AC	48	4:27:18

50-54:

1	Stephen	Klue	Elite AC	50	4:05:21
2	Peter	van Rensburg	Elite AC	50	4:25:54
3	Willie	Oliphant	Nedbank RC SWD	52	4:44:35

55-59:

1	Paul	Steffens	Despatch AC	57	4:47:14
2	George	Botha	Elite AC	55	5:05:40
3	Piet	Meyer	St Albans CSEP	59	5:06:40

60-64:

1	Tinie	Strydom	Irene M C	62	5:10:02
2	Herman	Dekker	SAP M C EP	64	5:28:17

WOMEN

1	Elmarie	Bezuidenhout	Charlo AC	27	4:27:31
2	Claire	Nagel (1 st vet)	Elite AC	44	4:40:02
3	Adele	Nel	St Albans CSEP	36	4:54:52
4	Annelie	Nel	Legacy AC	34	5:03:04
5	Janette	Schierz-Crusius	Body Concept	48	5:05:01
6	Marissa	Black	Nedbank RC EP	30	5:08:58
7	Ansa	von Hagen	Nedbank RC EP	36	5:08:59
8	Ursula	Kilian (1 st mast)	Nmmu AC	51	5:22:30
9	Rosemary	Joubert	Crusaders AC	48	5:24:48
10	Bernadette	Swartz	Somerset East	39	5:34:06
11	Nicola	Craig	Rhodes Universi	22	5:34:27
12	Helen	Kean	Rhodes Universi	20	5:35:15
13	Ingrid	de Monk	X-Cel AC	42	5:41:15
14	Ronell	Claassen	Despatch AC	45	5:46:18
15	Helen	Short	Charlo AC	33	5:47:37
16	Cathy	Allers	Despatch AC	47	5:56:14
17	Robin	Elbourne	Crusaders AC	51	5:56:27
18	Gesina	Oosthuizen	PEAAC	50	6:11:24
19	Sharon	Smuts	St Albans CSEP	42	6:12:02
20	Sanet	van Niekerk	Muirite Strider	40	6:20:17

40-44:

1	Claire	Nagel	Elite AC	44	4:40:02
2	Ingrid	de Monk	X-Cel AC	42	5:41:15
3	Sharon	Smuts	St Albans CSEP	42	6:12:02

45-49:

1	Janette	Schierz-Crusius	Body Concept	48	5:05:01
2	Rosemary	Joubert	Crusaders AC	48	5:24:48
3	Ronell	Claassen	Despatch AC	45	5:46:18

50-54:

1	Ursula	Kilian	Nmmu AC	51	5:22:30
2	Robin	Elbourne	Crusaders AC	51	5:56:27
3	Gesina	Oosthuizen	PEAAC	50	6:11:24

25 km**MEN**

1	Eric	Sigxashe	Mr Price AC EP	30	1:23:12
2	George	Ntshiliza	Mr Price AC EP	29	1:26:55
3	Vuso	Nkonzo	Mr Price AC EP	24	1:27:59
4	Bulelini	Niwa	PEAAC	23	1:29:25
5	Basie	Bonaparte (1 st vet)	Nedbank RC EP	43	1:29:35
6	Thembisile	Bashe	Mr Price AC EP	31	1:31:59
7	Kaashif	Pietersen	Achilles AAA	32	1:35:37
8	Mpumelelo	Ndlumbini	Mr Price AC EP	33	1:37:31
9	John	du Preez	Nedbank RC EP	43	1:39:32
10	Christo	Muller	Somerset East	40	1:39:51
11	Sidwel	Roboshi	Nedbank RC EP	49	1:43:09
12	Garth	George	Temp	27	1:44:02
13	Sylvester	Appollis	Nedbank RC EP	25	1:45:31
14	Charles	Baatjies (1 st mast)	Elite AC	52	1:46:33
15	Alfred	Spiers	Elite AC	48	1:47:03
16	Tamsanqa	Jusayi (1 st g'mast)	Mr Price AC EP	66	1:47:48
17	Frans	Smit	Temp	38	1:48:19
18	Edgar	van Reenen	Nedbank RC EP	32	1:50:50
19	Bruce	McEwan	Achilles AAA	55	1:51:12
20	Andile	Go	PEAAC	37	1:52:16

40-44:

1	Basie	Bonaparte	Nedbank RC EP	43	1:29:35
2	John	du Preez	Nedbank RC EP	43	1:39:32
3	Christo	Muller	Somerset East	40	1:39:51

45-49:

1	Sidwel	Roboshi	Nedbank RC EP	49	1:43:09
2	Alfred	Spiers	Elite AC	48	1:47:03
3	Bafumane	Nyanga	Mr Price AC EP	48	1:53:53

50-54:

1	Charles	Baatjies	Elite AC	52	1:46:33
2	Jan	van Eeden	Nedbank RC EP	50	1:57:33
3	Daniel	Ferreira	Elite AC	50	2:20:02

55-59:

1	Bruce	McEwan	Achilles AAA	55	1:51:12
2	Antonie	Grobler	Elite AC	56	2:31:16
3	Chris	Bekker	Despatch AC	56	2:49:07

60-64:

1	Hansie	Els	Somerset East	61	1:58:35
2	Percy	Dalton	Achilles AAA	60	2:02:26
3	Piet	Scholtz	Queenstown Harr	64	2:40:09

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	66	1:47:48
2	Wilkie	de Jager	Bo-Karoo M C	69	2:35:38

Juniors:

1	Earl	Kok	Temp	19	2:01:03
2	Johan	Alexander	Temp	16	2:08:35

WOMEN

1	Grizelda	Pietersen (1 st vet)	Achilles AAA	40	1:54:08
2	Julita	Puren	Somerset East	45	2:08:50
3	Lisa	Liebenberg (1 st jun)	Somerset East	18	2:10:49
4	Karen	Fairley	Temp	38	2:13:10
5	Desiree	Titus	Willard Batt	43	2:14:27

6	Erna	van Zyl	Elite AC	37	2:15:53
7	Carina	Moore	Temp	24	2:18:52
8	Christine	Taljaard	Somerset East	22	2:19:46
9	Robyn	Steyn	Rhodes Universi	22	2:20:46
9	Doris	Liberty	Elite AC	49	2:21:31
10	Charmaine	Jonck	Temp	25	2:22:27
11	Retha	Trollip	Nedbank RC EP	44	2:22:29
12	Janice	Mckerry	Queenstown Harr	44	2:23:48
13	Charlene	de Coning	Spar Walmer AC	44	2:30:17
14	Aletta	Joubert	Crusaders AC	47	2:30:24
15	Janet	Kingwill	Somerset East	47	2:31:11
16	Margaret	Paton (1 st g'mast)	Charlo AC	63	2:31:15
17	Jacqui	van der Vyver	Elite AC	40	2:31:41
18	Yolande	Weitz	Temp	40	2:33:51
19	Christina	Raubenheimer	Nedbank RC SWD	32	2:34:18
20	Sunet	Harris	St Albans CSEP	35	2:36:13

40-44:

1	Grizelda	Pietersen	Achilles AAA	40	1:54:08
2	Desiree	Titus	Willard Batt	43	2:14:27
3	Retha	Trollip	Nedbank RC EP	44	2:22:29

45-49:

1	Julita	Puren	Somerset East	45	2:08:50
2	Doris	Liberty	Elite AC	49	2:21:31
3	Aletta	Joubert	Crusaders AC	47	2:30:24

50-54:

1	Susan	Baylis	Achilles AAA	50	2:38:35
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55-59:

1	Sharon	Brown	PEAAC	55	3:00:57
2	Carol	Nepgen	Kowie Striders	58	3:49:33

60-64:

1	Margaret	Paton	Charlo AC	63	2:31:15
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Juniors:

1	Lisa	Liebenberg	Somerset East	18	2:10:49
2	Michelle	Weitz	Temp	17	3:01:26

Rainbow Half Marathon & 10 km

Worcester, 14 March

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

Half marathon**MEN**

1. Graham Katzen (Celt) 71:25; 2. Isaac Ikalaheng (Ad) 73:13; 3. Dawid van Rooyen (Worc) 76:57; 4. Sollie van Rooyen (CS) 77:17 (1st vet); 5. Nkosana Mponeng (Ned) 79:48; 6. Bennie Philander (Sw) 79:53; 7. Karel Matthews (Worc) 80:33; 8. Marius Muller (Ceres) 80:56; 9. Buzile Mafutha (Ceres) 82:11; 10. Bennet Stali (Worc) 82:57 (1st jun); 11. Thomas Moses (Worc) 83:18 (1st mast); 12. Abraham Fielies (Worc) 83:29; 13. Gerhard Daniels (CS) 83:45; 14. Priven September (Rob) 87:24; 15. Francois Groenewald (Elg/Grab) 87:32; 16. Johann Diener (Str) 88:11; 17. Paul Cieverts (Top) 89:12; 18. Makade Nona (CS) 89:45; 19. D. Wills (Mat) 89:34; 20. Adrian Phillips (CS) 90:11; 21. Abraham Jacobs (CS) 90:30; 22. Isidore Ngu (Worc) 91:51; 23. Henry Hendricks (CS) 93:54; 24. Charlwin Seroot (Ceres) 94:15; 25. Willie van Jaarsveld (R/W for L) 94:24; 26. Abraham Fielies (Worc) 96:13; 27. S. Engeland (Ind) 96:53; 28. Marshall Fransman (Worc) 97:07; 29. J. de Lange (NB) 97:54; 30. Pieter Carstens (Worc) 98:00.

Masters: (40+): 1. Sollie van Rooyen (CS) 77:17; 2. Bennie Philander (Sw) 79:53; 3. Abraham Fielies (Worc) 83:29. **(50+):** 1. Thomas Moses (Worc) 83:18; 2. Johann Diener (Str) 88:11; 3. Paul Cieverts (Top) 89:12. **(60+):** 1. Kosie Koopman (Worc) 101:53; 2. Paul de Wet (Worc) 109:04; 3. Mike Taylor (Tyg) 115:53. **Juniors:** 1. Bennet Stali (Worc) 82:57; 2. Adriaan Phillips (CS) 90:11; 3. Henrico Hunter (Worc) 98:29.

WOMEN

1. Farwa Mentoor (Bon) 87:46; 2. Sheryl de Lange (Ad) 92:54 (1st vet); 3. Christa Mulder (Ad) 94:23; 4. Michelle Dreyer (Paarl) 99:17; 5. Veronica van Niekerk (Elg/Grab) 101:54 (1st g'mast); 6. Lindie Bouwer (Sanlam) 107:19; 7. M. Dixon (Paarl) 109:06; 8. P. Ricketts (Mat) 109:16; 9. Liza Retief (Paarl) 110:49; 10. Petra Smit (Elg/Grab) 112:33; 11. Maryna Bingle (Worc) 113:32; 12. Suné Nel (Ceres) 115:13; 13. Suzette Esterhuyse (Dur) 115:48; 14. Megan Goliath (Brack) 115:53; 15. Roanné Viljoen (Paarl) 116:47; 16. Berta Brand (Ceres) 116:57; 17. Mia Smit (H.Harr) 117:28; 18. Tilla Henn (Lange) 118:48; 19. M. Wessels (Esk Gij) 119:42; 20. Elsabé Dippenaar (Worc) 119:43.

Masters: (40+): 1. Sheryl de Lange (Ad) 92:54; 2. Christa Mulder (Ad) 94:23; 3. Maryna Bingle (Worc) 112:44. **(50+):** 1. Annamarie Geldenhuys (Worc) 123:11; 2. Fiona Hardnick (Ceres) 125:42; 3. Irma Zöllner (H.Harr) 126:34. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 101:54; 2. Annette Verster (Ceres) 128:03; 3. Cathy Taylor (Dur) 136:15.

10 km

MEN

1. Roger Davids (Rob) 32:23; 2. Hillroy Slingers (Worc) 32:33 (1st jun); 3. Rowan Prins (Rob) 32:40; 4. William Kaptein (Rob) 33:46; 5. Randall Jacobs (Rob) 34:29; 6. Durin May (Worc) 34:44; 7. Francois Soldaat (Mont) 35:27; 8. Daryll Eksteen (Worc) 36:05; 9. Percy Kelly (Celt) 36:07 (1st vet); 10. Gustav Antonie (Mont) 36:55; 11. Linkin Louw (Merw) 37:26; 12. Adrian Mitchell (Worc) 38:44; 13. Owen Keyster (Rob) 39:23; 14. Thembelani Zola (Mr Pr) 40:30; 15. John Davids (Ind) 41:46; 16. Nicle-John Engelbrecht (Worc) 42:20; 17. Reggie Crowster (Tyg) 43:02; 18. Attwell Jones (CS) 43:33; 19. Brian Rothman (Brack) 44:03 (1st mast); 20. Elroy Mouton (Rob) 44:17; 21. Norman Ontong (Worc) 44:43; 22. Evert Kleynhans (CS) 45:05; 23. Thys Bouwer (Sanlam) 45:12; 24. Anthony Dicey (Ceres) 45:26; 25. De Witt Kamfer (Ind) 45:58; 26. Reggie Saunders (Worc) 46:18; 27. Francois Avenant (CS) 47:38; 28. Cyril Hamat (Worc) 47:47; 29. Johan Burger (Ind) 48:31; 30. Rassie Pretorius (Sanlam) 48:37.

Masters: (40+): 1. Percy Kelly (Celt) 36:07; 2. Gustav Antonie (Mont) 36:55; 3. Reggie Crowster (Tyg) 43:02. **(50+):** 1. Brian Rothman (Brack) 44:03; 2. Thys Bouwer (Sanlam) 45:12; 3. Reggie Saunders (Worc) 46:18. **(60+):** 1. John Adrianatos (Oudts) 50:03; 2. Gert Sheperd (Esk Gij) 62:59; 3. Faffa Joubert (Paarl) 68:38. **Juniors:** 1. Hillroy Slingers (Worc) 32:33; 2. William Kaptein (Rob) 33:46; 3. Randall Jacobs (Rob) 34:29.

WOMEN

1. Mariëtte Esterhuyse (Tyg) 42:34 (1st vet); 2. Suzette Williams (Worc) 43:19 (1st jun); 3. Marjorie Prins (Ind) 43:50; 4. Mary-Ann Baron (Mr Pr) 44:44; 5. Liezl du Plooy (Ceres) 45:14; 6. Monique Theron (Ceres) 45:43; 7. Magriet Hanekom (Ceres) 46:37 (1st mast); 8. Geraldine du Toit (Ceres) 47:56; 9. Nadia Niemand (Ind) 48:39; 10. Helene Nutt (Ind) 48:40; 11. Lee-Ann Whitehead (Worc) 48:58; 12. Nduvu Menzeledi (Wel) 49:46; 13. Mariet van Rensburg (Paarl) 50:00; 14. Vondra Singleton (Worc) 50:06; 15. Suzette du Plessis (Ceres) 53:50; 16. Zelda Smit (Ind) 53:51; 17. Mari Kamfer (Ind) 54:00; 18. Gerda van der Merwe (Ceres) 55:08; 19. Helena Smuts (Ceres) 56:49; 20. Laura Bouwer (Sanlam) 58:10.

Masters: (40+): 1. Mariëtte Esterhuyse (Tyg) 42:34; 2. Mary-Ann Baron (Mr Pr) 44:44; 3. Vondra Singleton (Worc) 50:06. **(50+):** 1. Magriet Hanekom (Ceres) 46:37; 2. Gerda van der Merwe (Ceres) 55:08; 3. Laura Bouwer (Sanlam) 57:49. **(60+):** 1. Annetjie

Berntzen (Tyg) 77:36; 2. Lydia Prins (Ceres) 77:55. **Juniors:** 1. Suzette Williams (Worc) 43:19; 2. Lee-Ann Whitehead (Worc) 48:58; 3. Ivy Jansen (Merw) 59:08.

West Coast Marathon & Half Marathon

Langebaan, 14 March

(Distances: 42.195 km & 21.0975 km; the marathon point to point and the half marathon a loop)

Marathon

MEN

1. Sihle Mapukata (Mr Pr) 2:34:07; 2. Jimmy Drury (Mr Pr) 2:38:47; 3. Andries Ntsizakalo (Ned) 2:51:28 (1st vet); 4. Julie Welkom (Sw) 2:52:21; 5. Alwyn Maass (Nam) 2:53:57; 6. Desmore Oppel (Dur) 2:54:09; 7. Leon Williams (Sw) 2:57:17; 8. Mark Kalis (Celt) 2:58:40; 9. Andrew Payne (Mr Pr) 2:59:40; 10. Warren Petterson (Mr Pr) 2:59:40; 11. Derrick Uren (Elg/Grab) 3:00:07; 12. Bonga Mbili (WP Def) 3:00:17; 13. Owen Smith (Wel) 3:01:56; 14. Willie Shabalala (Lange) 3:02:05; 15. David Andrews (Sp'net) 3:02:25; 16. Edward Conrad (Atl Harr) 3:03:57; 17. Simon von Witt (Atl) 3:05:57; 18. Mzouzi Soboyisi (Ned) 3:06:58; 19. Wilhelm Coetzee (WC) 3:07:18 (1st mast); 20. Mogeke Piloso (WP Def) 3:09:55; 21. Christian Adonis (Sw) 3:09:56; 22. Duncan Gilmour (VOB) 3:10:19; 23. Joshua Randall (Telkom) 3:10:55; 24. Sidney Rustin (WP Def) 3:10:56; 25. Nigel Nitzky (Esk Gij) 3:10:57; 26. Tembelani Fichosu (Ned) 3:11:29; 27. Brandin van Vuuren (Ind) 3:11:48; 28. Jacobus Visagie (Wel) 3:12:05; 29. Christo Dourie (KD) 3:12:31; 30. David Jacobson (Rocky RR) 3:12:52.

Masters: (40+): 1. Andries Ntsizakalo (Ned) 2:51:28; 2. Desmore Oppel (Dur) 2:54:09; 3. Leon Williams (Sw) 2:57:17. **(50+):** 1. Wilhelm Coetzee (WC) 3:07:18; 2. Wilson Bartman (Spart) 3:13:31; 3. Richard Johnson (H.Harr) 3:16:22. **(60+):** 1. Francois Hofmeyr (Celt) 3:43:32; 2. Caspar Greeff (Atl) 4:07:56.

WOMEN

1. Ursula Frans (Ad) 3:13:13 (1st vet); 2. Sarah-Lee Williams (WC) 3:17:44; 3. Sandra van Graan (Edg) 3:23:43; 4. Marlize van Schaik (Dur) 3:27:34; 5. Sarie Erasmus (Sw) 3:28:02; 6. Bev Baker (VOB) 3:32:07; 7. Mariaan Cloete (Stel) 3:32:57; 8. Kim Sims (VOB) 3:38:25; 9. Martha Pretorius (Top) 3:39:47; 10. Marie Louw (Ad) 3:40:08; 11. Maretha de Kock (Ad) 3:40:57; 12. Charmaine Botha (Dur) 3:41:22; 13. Ronél Steenkamp (Dur) 3:43:19; 14. Candyce Hall (Hout) 3:44:37; 15. Andrea Swartz (Edg) 3:44:49; 16. Arina Cilliers (Orak) 3:45:07; 17. Cailey Bredenkamp (Paarl) 3:45:39; 18. Elzet Louw (Wel) 3:45:55; 19. Joanne Wynne (Dur) 3:46:24; 20. Huguette van der Merwe (Paarl) 3:46:24.

Masters: (40+): 1. Ursula Frans (Ad) 3:13:13; 2. Sandra van Graan (Edg) 3:23:43; 3. Bev Baker (VOB) 3:32:07. **(50+):** 1. Sue Bracher (Dur) 3:46:46; 2. Caroline Weinel (Dur) 3:47:14; 3. Adri Visser (Sw) 3:49:19. **(60+):** 1. Avril Delapelin-Dumont (WC) 4:14:29; 2. Sonja Koehler (Som Str) 4:54:05.

Half marathon

MEN

1. Bernard Rukadza (ZIM/RCS Gug) 66:53; 2. Bonisile Ngculana (Atl) 68:11; 3. Tsungai Mwanengeni (ZIM/Mr Pr) 69L52; 4. Dawid Gous (Sw) 71:16; 5. Garith Maarman (Sw) 71:49; 6. Odwa Goqwana (Atl) 72:36; 7. Bernard Dandadzi (ZIM/RCS Gug) 72:56; 8. John September (Celt) 73:44 (1st vet); 9. Aaron Lewis (Ad) 74:08; 10. Mervin Steenkamp (Ind) 75:00; 11. Lekitima Molapateng (WP Def) 75:26; 12. Mathomane Mthobeli (WP Def) 75:32; 13. Daniel Schlimper (UCT) 78:01; 14. Byron February (Wel) 78:06; 15. Nozinkowe Joseph (RCS Gug) 78:18; 16. Lucky Ziqwayi (VOB) 79:43; 17. Gcobani Ngqola (Atl) 80:07; 18. Eric Mlonyeni (Ned) 80:49; 19. Isak Oliphant (WP Def) 80:49; 20. Piet Geduld (Sw) 81:56; 21. Maliwa Kagisho (WP Def) 82:12; 22. Masera Kwakwa (WP Def) 82:42; 23. Gidion Thompson (Lange) 83:39 (1st jun); 24. Ryk Lochner (Ind) 83:35; 25. Julian Paul (WP Def)

83:39; 26. Wilfred Soegop (Salk) 84:13; 27. Peter Bunn (R/W for L) 84:54; 28. André Bresler (Tyg) 85:06; 29. Andreas Kreusel (KSUT) 87:20; 30. Mocketse Nthako (WP Def) 88:11.

Masters: (40+): 1. John September (Celt) 73:44; 2. Aaron Lewis (Ad) 74:08; 3. Eric Mlonyeni (Ned) 80:49. **(50+):** 1. Herbie Rheeder (Atl) 103:29; 2. David Jordaan (Arcelor) 107:07; 3. Gerald Aronson (Dur) 111:48. **(60+):** 1. Blackie Swart (Sw) 99:20; 2. Ian Bocock (For) 100:20. **Juniors:** 1. Gidion Thompson (Lange) 83:27; 2. Wilfred Soegop (Salk) 84:13.

WOMEN

1. Anneline Roffey (Ad) 84:58; 2. Jacoline Haasbroek (Stel) 88:41 (1st vet); 3. Anne Stewart (Ind) 94:13; 4. Glenda Werth (CPUT) 95:10; 5. Tandi Kitching (Dur) 99:16; 6. Shona Young (Ind) 99:48; 7. Hester Kotze (Dur) 101:54 (1st g'mast); 8. Kutlwano Ramaboa (UCT) 102:07; 9. Deirdre Engelbrecht (SAPS) 102:39; 10. Carina Myburgh (Wel) 102:41; 11. Anelle Tallie (Ind) 104:03; 12. Lucilia Schultz (Ind) 104:09; 13. Christine Haralambous (Harf Harr) 106:20; 14. Heidi Wolfaardt (Ind) 106:43; 15. Georgia Fane-Harvey (Mat) 107:03; 16. Marli Grewar (Ind) 107:10; 17. Lize-Ahn Aucamp (Khaye) 107:15; 18. Diana Rixon (VOB) 107:22 (1st mast); 19. June Greeff (Dur) 108:23; 20. Bridgit Hill (Celt) 108:26.

Masters: (40+): 1. Jacoline Haasbroek (Stel) 88:41; 2. Deirdre Engelbrecht (SAPD) 102:39; 3. Anita van Wyk (Lange) 111:11. **(50+):** 1. Diana Rixon (VOB) 107:22; 2. Helen du Plessis (Tyg) 107:11; 3. Mariana Muller (Paarl) 128:21. **(60+):** 1. Hester Kotzé (Dur) 101:54; 2. Netta Truter (Nam) 112:09. **Junior:** Benine Havenga (Tyg) 145:02.

SSI 10 km

George, 21 February
(Finishers: 79)

MEN

1	V Witbooi	Outeniqua	33	32:03
2	Principal Fana	Nedbank	33	32:29
3	M Mortlock	Knysna	35	35:23
4	D P Swart	Outeniqua	15	35:38
5	A Joy	Rainbow	19	38:27
6	N Uys	Outeniqua	17	38:43
7	A Brinkhuis	Outeniqua	39	39:25
8	J Mouton	Outeniqua	30	39:33
9	R Klue	Outeniqua	43	39:47
10	D Liebenberg	Outeniqua	39	40:51

WOMEN

1	Annetjie Botes	Nedbank	51	42:21
2	S Kruger	Outeniqua	26	47:10
3	N Baker	Nedbank	31	48:32
4	J Chevalier	Nedbank	41	48:53
5	D v/d Spuy	Sedgefield	42	49:53
6	M Willemse	Outeniqua	50	50:35
7	D Tarentaal	Temp	16	50:57
8	T Steenkamp	Nedbank	56	51:55
9	A van Rensburg	Temp	50	53:59
10	M v Rooyen	Outeniqua	49	54:09

Randburg Harriers Sportsmans Warehouse Valentines 10 km

Randburg, 13 February

(Loop course. Finishers: 3486)

MEN

1	Degene	Asefa	ETH/ADT	30	30:57
2	Simon	Mpholo	Gaut Str	32	31:15
3	Vincent	Seng	Powerade	27	31:26
4	Tiisetso	Ramokheseng	Toyota	22	31:28
5	Isaack	Kosgei	KEN/Gaut Str	20	32:40
6	Charles	Tjiane	Mr Price	34	33:00
7	Stephen	Molepo	Mr Price CG	32	33:11
8	Gethun	Wordofa	ETH/ADT	42	33:16
9	Stewart	Mpholo	Gaut Str	19	33:50
10	Elgin	Mokale	Nedbank	42	34:23

WOMEN

1	Onneile	Dintwe	BOT/ADT	23	37:03
2	Takalane	Nthulane	Transnet	28	38:04
3	Maxine	Heine-Wacker	Nedbank	18	38:05
4	Moleboheng	Mafata	LES/Toyota	24	40:09
5	Sarah	Mahlangu	Mr Price	42	41:11
6	René	Stydom	Rand H	44	41:12
7	Makwena	Mohale	Leeuwkop	28	41:31
8	Rachel	Jesson	Ind	33	41:49
9	Annah	Watkinson	RAC	27	43:06
10	Maphuti	Phaka	Gaut Str	29	43:50
...					
12	Sonja	Laxton	RAC	60	44:33

Pennypinchers Half Marathon & 10 km

East London, 31 January

(Distances: 21.0975 km & 10 km; course configurations unknown. Finishers: half marathon – 179; 10 km – 307)

Note: These results seem to indicate the demise of one of South Africa's oldest marathons, the ELAC/Pennypinchers Marathon, which had been run for 30 years (including once as a 32 km). It is a great pity to lose a race with such a rich history. – Ed.

Half marathon

MEN

1	Kenneth Mnyanana	Cheetahs A/C	1:15:19
2	Doran Fritz	Oxford Striders	1:15:39
3	Makaya Masumpu	Oxford Striders	1:17:33

40-49:	1	Makhaya Masumpa	Oxford Striders	1:17:33
50-59:	1	Terence Miles	Bufs	1:32:56
60+:	1	Neil Cryer	Old Selbornians	1:46:15
Juniors:	1	Andile Hlazo	Siyanda	1:29:07

WOMEN

1	Hanlie Botha	Oxford Striders	1:24:21
2	Tammy Kelly	Oxford Striders	1:35:26
3	Xoliswa Bici	Mr. Price Transkei	1:39:36

40-49:	1	Tammy Kelly	Oxford Striders	1:35:26
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50-59:	1	Joan Jeanrenaud	Oxford Striders	n/t
60-69:	1	Ruth Knight	Old Selbornians	n/t
Juniors:	1	Linha Masiza	Siyanda	1:51:15

10 km**MEN**

1	Thand Loney	Siyanda	34:18
2	Siboleki Powono	Siyanda	35:29
3	Themba Bhelwane	Oxford Striders	37:57

40-49:	1	Anthony Cox	Oxford Striders	38:30
50-59:	1	Themba Bhelwane	Oxford Striders	37:57
60+:	1	Daniel Crous	Hamiltons	58:08
Juniors:	1	Thand Loney	Siyanda	34:18

WOMEN

1	Bathobele Hlazo	Siyanda	40:23
2	Theresa Breetzke	Oxford Striders	41:22
3	Tanrazwa Tatubawa	Siyanda	42:53

40-49:	1	Theresa Breetzke	Oxford Striders	41:22
60+:	1	Barbara Lane	Bufs	67:33
Juniors:	1	Bathobele Hlazo	Siyanda	40:23

CROSS-COUNTRY**Paarlauf Meeting**

Westville, 13 March

MEN

1.	Donavan van Gelder / Lee Muir	Ind	27:19
2.	Stefan Wilmans / Ross McKechnie	West AC	28:17
3.	Derek Wasserfall / Steve Muchna	PDAC/HV	28:27
4.	Paul Worsnip / Cliff Robertze	West AC	28:37
5.	Michael Khoza / Shaun Benjamin	PDAC	29:08

WOMEN

1.	Lise Muchna / Ameer Clayton	PDAC	23:59
2.	Mary Ann Neuwoudt / Jenny Tyers	DHSOB	25:11
3.	Hlephi Ncayiyane / Hellen Dlamini	Nedbank/Stella	25:37
4.	Hillary O'Niel / Fiona Baldwin	STS	25:38
5.	Linda Wolhurter / Hilary Pitchford	Hilton	26:05

MIXED TEAMS

1.	Anne Weeden / Malcolm Miller	Ind/PDAC	39:25
2.	Mpume Mbotho / Nkosi Ndluli	Trans Rail	39:27
3.	Beauty Sampers / Gary Oliver	QBH/PDAC	41:47

TRACK

■ NOTE: Results courtesy of Gert le Roux, with thanks. – Ed.

Yellow Pages South African Championships (102nd)

Stellenbosch, 13-14 March

(All events on the second day except the 10000 m for men and the 5000 m for women.)

MEN**800:**

1. Mbuleni Mulaudzi 1:44.81
2. André Olivier 1:45.41
3. Hezekiel Sepeng 1:46.38
4. Adriaan van Wyk 1:46.75
5. Warren Hendriks 1:46.94
6. Samuel Sepeng 1:48.97
7. Zwelakhe Sebote 1:50.21
8. Samson Ngoepe 1:50.49
9. Jan Masenamela 1:50.49 [correct]
10. Hannes Naude 1:50.62

1500:

1. Johan Cronje 3:36.48
2. Juan van Deventer 3:36.58
3. Pharson Magagane 3:37.79
4. Peter van der Westhuizen 3:38.55
5. Mthombisi Baloyi 3:40.06
6. Lloyd Bosman 3:40.45
7. Enock Manyandi 3:40.51
8. Tshamano Setone 3:40.86
9. Elroy Gelant 3:41.60
10. Molefe Molefe 3:42.37
11. Ettienne Plaatjies 3:45.49
12. Windy Jonas 3:46.05

3000 steeplechase:

1. Ruben Ramolefi 8:16.04 (SA rec)
2. Joseph McKenzie 8:31.97
3. Edwin Molepo 8:50.77
4. Dikotsi Lekopa 8:52.51
5. Sivuyile Dlongwana 8:56.60
6. Thuso Phaswana 8:57.33
7. Dean Brummer 8:59.37
8. Anthony Godongwana 8:59.66
9. Zolile Bhitane 9:10.38
10. Henrico Rooi 9:39.65

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5000:

1. Boy Soke 13:46.44
2. Olebogeng Masire 13:55.41
3. Pakiso Pedi 13:57.63
4. Dominic Khoza 14:01.32
5. Coolboy Ngamole 14:22.68
6. Enock Manyandi 14:32.36
7. Omphemetse Mothibe 14:37.43
8. Ramoleji Motsieloa (LES) 14:44.25
9. Lucas Jani 14:46.36

10. Lungile Gongqa 14:53.44
11. Senzo Nkosi 14:54.49
12. Nkosivelile Ntantiso 15:01.28
13. Sibusiso Nzima 15:09.62
14. Sipho Mantsule 15:12.45

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10000:

1. Stephen Mokoka 28:52.22
2. Gladwin Mzazi 29:05.08
3. Lungisa Mdedelwa 29:06.25
4. Coolboy Ngamole 29:29.84
5. Themba Miya 29:53.57
6. Lungile Gongqa 30:10.31
7. Ncedile Bhekaneva 30:32.66
8. Siyabulela Mtsha 30:38.04
9. Cansas Nhlapo 30:39.08
10. Jacob Selebalo 30:39.22
11. Siyabonga Nkonde 31:41.09

WOMEN

800:

1. Caster Semenya 2:03.16
2. Lebogang Phalula 2:04.96
3. Elsire Roos 2:06.45
4. Anuschka Nice 2:07.52
5. Roné Reynecke 2:08.26
6. Mandie Brandt 2:08.37
7. Doné Vermaak 2:11.91
8. Makampong Masaile (LES) 2:23.68
9. Vuyiseka Dlongwana 2:29.69

1500:

1. Lebo Phalula 4:13.05
2. Caster Semenya 4:16.43
3. Lebogang Phalula 4:20.19
4. Violet Raseboya 4:22.84
5. Ezbe Strydom 4:24.94
6. Dominique Scott 4:28.69
7. Natanya Luther 4:32.67
8. Mandie Brand 4:38.92
9. Elene Lourens 4:42.84
10. Anelda Pypers 4:49.70
11. Marlise Jordaan 4:49.86
12. Ntebaleng Letsela (LES) 4:50.98
13. Makampong Masaile (LES) 4:56.05

...

3000 steeplechase:

1. Tebogo Masehla 10:14.79
2. Myrette Filmalter 10:16.81
3. Thandi Malindi 10:27.38
4. Nolene Conrad 10:40.77
5. Abongile Lerotholi 10:53.64

...

5000:

1. Lebo Phalula 15:57.15
2. Irvette van Blerk 16:22.17
3. Annerien van Schalkwyk 16:39.58
4. Milliam Thole (MAW) 16:50.32
5. Mpho Mabuza 16:52.23
6. Thozama April 17:26.18
7. Elene Lourens 17:33.37

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10000:

1. Irvette van Blerk 34:30.70
2. Mpho Mabuza 34:31.92
3. Catherine Skosana 35:29.51

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INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING

Seoul International Marathon (46th running as a marathon)

Seoul, KOR, 15 March
(Distance: 42.195 km)

MEN

- | | |
|--------------------------------|------------|
| 1. Moses Arusei, 1984, KEN | 2:07:54 |
| 2. Yirdaw Dejene, ETH | 2:08:30 PB |
| 3. Sylvester Teimet, 1984, KEN | 2:10:11 |
| 4. Jason Mbote, 1977, KEN | 2:10:38 |
| 5. Ji Young-Jun, 1981, KOR | 2:10:41 |
| 6. Paul Biwott, 1978, KEN | 2:11:03 |
| 7. Charles Kibiwott, 1974, KEN | 2:11:18 |
| ... 14. Lee Bong-Ju, 1970, KOR | 2:16:46 |

WOMEN

- | | |
|------------------------------|------------|
| 1. Robe Tola Guta, 1986, ETH | 2:25:37 |
| 2. Lee Sun-Young, 1984, KOR | 2:27:48 PB |
| 3. Wei Yanan, 1981, CHN | 2:29:00 |

All Japan Corporate Team Half-Marathon Championships

Yamaguchi, JPN, 15 March
(Distance: 21.1 km)

MEN (gun times)

- | | |
|----------------------------------|---------|
| 1. Joseph Gitau, JFE Steel (KEN) | 1:01:23 |
| 2. Atsushi Sato, JPN | 1:01:29 |
| 3. Harun Njoroge, Komori (KEN) | 1:01:31 |
| 4. Yoshinori Oda, JPN | 1:01:41 |
| 5. Yuko Matsumiya, JPN | 1:02:13 |

WOMEN (gun times)

1. Flomena Cheyech, Uniqlo (KEN) 1:08:44 PB
2. Winfridah Kebaso, KEN 1:09:59
3. Yurika Nakamura, JPN 1:10:00
4. Rei Nakazato, JPN 1:10:03
5. Yukako Eto, JPN 1:10:06
6. Megumi Seike, JPN 1:10:08
7. Ryoko Kizaki, JPN 1:10:16
8. Maki Suzawa, JPN 1:10:23
9. Hiroko Miyauchi, JPN 1:10:33
10. Azusa Nojiri, JPN 1:10:53

Matsue Women's Half Marathon (30th)

Matsue, JPN, 15 March

(Distance: 21.1 km)

1. Mara Yamauchi, GBR 1:10:09
2. Yuri Kano, JPN 1:11:02
3. Kikuyo Tsuzaki, JPN 1:11:53
4. Sayo Nomura, JPN 1:11:54
5. Seika Nishikawa, JPN 1:12:04

Fortis City-Pier-City Half-Marathon (35th)

The Hague, NED, 14 March

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

MEN (gun times)

1. Sammy Kitwara, KEN 59:47 PB
2. Haile Gebrselassie, ETH 59:50
3. Dereje Tesfaye, ETH 1:00:02 PB
4. Getu Feleke, ETH 1:00:36 PB
5. Martin Fagan, IRL 1:00:57 NR
6. Phillimon Terer, KEN 1:01:25 PB
7. Gilbert Okari, KEN 1:01:26 PB
8. Gilbert Chepkwony, KEN 1:02:36 PB
9. Patrick Stitzinger, NED 1:02:43 PB (national champion)
10. Simon Bairu, CAN 1:03:10 PB

WOMEN (gun times)

1. Pauline Wangui, KEN 1:10:50
2. Catherine Ndereba, KEN 1:11:35
3. Ilse Pol, NED 1:14:40 (national champion)
4. Christina Bus Holth, NOR 1:15:38 PB
5. Inge de Jong, NED 1:16:12 PB

Gate River Run 15 km (32nd)

(U.S. 15 km Championships for Men and Women)

Jacksonville, USA, 14 March

MEN (gun times)

1. Anthony Famiglietti, 30, Knoxville, TN 43:36 PB \$12,000 + 5,000#
2. Tim Nelson, 25, Portland, OR 43:37 DB 5,000
3. Fasil Bizuneh, 28, Flagstaff, AZ 43:52 PB 3,000
4. Dan Browne, 33, Beaverton, OR 43:56 PB 2,000

5. Jorge Torres, 28, Boulder, CO 44:05 DB 1,000

WOMEN (gun times)

1. Amy Begley, 31, Beaverton, OR 49:54 DB \$12,000
 2. Katie McGregor, 31, St. Louis Park, MN 50:00 5,000
 3. Emily Brown, 24, Minneapolis, MN 50:06 DB 3,000
 4. Elva Dryer, 37, Gunnison, CO 50:43 2,000
 5. Melissa White, 27, Rochester Hills, MI 50:48 PB 1,000
 6. Colleen De Reuck, 44, Boulder, CO 50:52 900

#) Earned "equalizer" bonus for beating first woman (women had five minute headstart)

Lago Maggiore Half Marathon (2nd)

Stressa to Verbania, ITA, 8 March

(Distance: 21.1 km; point-to-point course)

MEN (gun times)

1. Ezekiel Jafari Ngimba, 1985, TAN 1:00:41 PB/CR
 2. Jacob Yator, KEN 1:00:43 PB
 3. David Kemboi Kiyeng, KEN 1:00:44 PB
 4. Joel Kemboi Kimurer, KEN 1:01:00 PB
 5. Nicholas Manza Kamakya, KEN 1:01:00

WOMEN (gun times)

1. Anikó Kálovics, HUN 1:15:21
 2. Melissa Peretti, ITA 1:16:08
 3. Paola Ventrella, ITA 1:16:26

Semi-Marathon de Paris (17th)

Paris, FRA, 8 March

(Distance: 21.1 km; one-loop course. Finishers: 16 589 men + 4 963 women = 21 552 total.)

MEN (gun times)

1. Baza Worku, ETH 1:01:56
 2. Fikadu Lemma, ETH 1:02:00
 3. Barnabas Kosgei, KEN 1:02:25

WOMEN

1. Jelena Prokopcuka, LAT 1:10:43
 2. Makda Harun Haji, ETH 1:10:57
 3. Peninah Arusei, KEN 1:11:38

AD Twintig van Alphen (33rd)

Alphen aan den Rijn, NED, 8 March

(Distance: 20 km)

MEN (gun times)

1. Wilson Chebet, KEN 57:52
 2. Raji Assefa, ETH 57:58
 3. Tessema Abshiro, ETH 57:58
 4. Mohamed El Hachimi, MAR 58:11
 5. Robert Kiprono, KEN 59:36
 6. Richard Limo, KEN 59:59

WOMEN (gun times)

1. Pauline Wangui, KEN	1:06:39
2. Gladys Otero, KEN	1:07:48
3. Agnes Kiprotich, KEN	1:08:18
4. Frida Lopeda, KEN	1:10:50
5. Petra Kaminkova, CZE	1:11:43

Discovery Kenya Half Marathon

Eldoret, KEN, 1 February

(Distance: 21.1 km; multi-loop course at approx. 2000 m altitude)

Note: Incredible depth in this race, with 120 men breaking 68 minutes, despite the high altitude. – Ed.

MEN

1. Gilbert Chepkwony	1:02:01 PB
2. Mathew Koech	1:02:38
3. Gilbert Kirwa	1:02:46
4. Mechack Kirwa	1:02:51
5. MacDonald Ondara	1:02:53
... 42. Sammy Korir	1:05:03

ULTRA/MOUNTAIN/TRAIL RUNNING**Pedestres Villa de Madrid 100 km** (23rd)

Madrid, ESP, 15 March

(10 x 10 km loops)

MEN

1. Jaroslaw Janicki (40+), POL	6:54:57
2. Valmir Nunes (40+), BRA	7:26:50
3. Javier Lozano Velas, ESP	8:09:35

WOMEN

1. Cristina Gonzalez, ESP	9:52:02
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INDOOR TRACK**NCAA Division I Indoor Championships**

College Station, USA, 13-14 March

MEN

3000 (14):

1. Galen RUPP, JR, Oregon	7:48.94
2. Michael COE, SO, California	7:54.42
3. Elliott HEATH, FR, Stanford	7:54.59

5000 (13):

1. Galen RUPP, JR, Oregon	13:41.45
2. Sam CHELANGA, SO, Liberty [KEN]	13:44.57
3. Shawn FORREST, SR, Arkansas [AUS]	13:44.78

WOMEN

Mile (14):

1. Sarah BOWMAN, SR, Tennessee 4:29.72 PB, MR
2. Sally KIPYEGO, SR, Texas Tech [KEN] 4:29.75
3. Kellyn JOHNSON, SR, Wichita State 4:34.41

3000 (14):

1. Jenny BARRINGER, JR, Colorado 8:42.03 PB, Collegiate Record
2. Susan KUIJIKEN, SR, Florida St [NED] 8:56.27 PB
3. Lauren CENTROWITZ, SR, Stanford 9:14.35

Washington Last Chance

Seattle, USA, 7 March
(Oversized 307 m track)

MEN

Mile:

Section 3 -

1. Galen Rupp, Oregon 3:57.86 PB
2. Austin Abbott, Washington 3:58.23 PB
3. Gabe Jennings, OTC 3:58.25 PB

5000:

1. Samuel Kosgei, Lamar [KEN] 13:48.56 PB
2. Mike Sayenko, Club Northwest 13:49.78 PB
3. Jake Schmitt, Washington 13:54.25 PB

Arkansas Last Chance

Fayetteville, USA, 7 March

WOMEN

5000:

1. Catherine WHITE, So, Arkansas 16:07.50 PB
2. Denise BARGIACHI, Sr, Arkansas 16:15.65 PB
3. Christine KALMER, Sr, Arkansas [RSA] 16:35.05

OUTDOOR TRACK**Melbourne Track Classic**

Melbourne, AUS, 5 March

MEN

5000:

1. Collis Birmingham, AUS 13:16.26 PB
 2. Andrew Baddeley, GBR 13:20.99 PB
 3. Bernard Kipchirchir Kiplagat, KEN 13:25.64 PB
 4. Ben St. Lawrence, AUS 13:37.24 PB
-

NEWS

BIGGEST EVER TESTING PROGRAMME

The IAAF has announced its biggest ever doping control programme before and during the Berlin World Championships. President Lamine Diack announced: "We will have increased intelligent testing in the out-of-competition period leading up to the Championships, better testing during the Championships itself, and will store samples after the event for future analysis."

Out-of-competition testing focused on athletes who may compete in Berlin began late last year with hundreds of targeted tests already collected, reports *Athletics International*. Prior to Berlin the IAAF will also begin implementing Biological Passports (both blood and urine) which will monitor the individual profiles of athletes. During the competition itself there are plans for over 1 000 blood and urine doping controls, as against about 700 conducted on athletics competitors during the Beijing Olympics. "We know that the cheats do not rest, so neither will we," said Diack.

In 2008 the IAAF authorised a total of 1 773 standard urine tests, 1 714 standard urine + EPO tests, 656 blood screens and 41 blood tests (hGH). Those figures do not include testing conducted by the IOC at or before the Beijing Olympics. The five most tested nations (out-of-competition) were Russia, Belarus, China, USA and Jamaica.

RECORD FIELD FOR TWO OCEANS

Almost 19 000 runners will line up for the Old Mutual Two Oceans Marathon on Easter Saturday, 11 April. The half marathon has again attracted a record field and entries had to be cut off when they reached the 12 000 mark. Ultra entries are also up on last year with 6 800 runners taking on the 56 km voyage.

Race Director Rowyn James said in a media release: "These figures are very encouraging for us especially as we celebrate our 40th anniversary. They also show that interest in road running, and even ultra events, is still high, which is good for the sport in general as many road races have seen a dip in numbers over the past year."

This year sees a change in the spread of runners with Western Province recording the biggest overall contingent of runners in both events with 9 284 participants – 46.6% of the total field. Next is Gauteng with 4 654 runners in both events (23.3% of the whole field).

Other interesting statistics release by the race organisation include the following:

- Administrative entries constitute 16.7% of the total entries received, which means that 83.3% of all the entries received entered online.
- 893 runners or 4.5% of the total field will be coming from outside the borders of South Africa – 143 from the UK, 134 from Germany and 110 from the USA.
- 59 runners will get their blue number for completing 10 half marathons (45 runners participating in the half marathon have their blue number already).
- 247 runners will get their blue number for completing 10 ultras (908 runners participating in the 56 km have their blue number already).
- In the 56 km, 77% of the field are men and 23% women, with 27% of the ultra field doing the race for the first time.
- In the half marathon, 54% of the field are men and 46% women. Just over half the field (51%) are novices and will be doing the race for the first time, while 55% will be running in a temporary licence, i.e. are not a member of a club.
- 40 runners in the half marathon and 24 runners in the 56 km will celebrate their birthday on race day.
- The three biggest Western Province clubs with runners in the race are Varsity Old Boys with 379 runners, Celtic Harriers with 275 and Durbanville with 174 in both races combined. Rand Athletic Club from Gauteng has 311 entries for both races.

- Last year's top 10 men in the 56 km have all re-entered. In the women's race, 6 out of the top 10 last year have re-entered. The Nurgalieva twins have confirmed their entries, while an interesting entry is Zimbabwean runner Samukeliso Moyo who was 3rd in the half marathon last year.
- In the half marathon, 5 of last year's top 10 men have re-entered. George Majaji will not be back to defend his title. In the women's race, 6 of last year's top 10 have entered, but last year's winner Mamorallo Tjoka has not entered.

BOSTON MARATHON ANNOUNCES FINAL ELITE FIELDS

Organisers of the Boston Marathon have released their final elite fields for the 113th running of America's oldest marathon on Monday, 20 April, reports *Race Results Weekly*. The runners are shown here with career best times:

MEN

Ryan Hall, USA: 2:06:17 (London, 2008); Evans Cheruiyot, Kenya: 2:06:25 (Chicago, 2008); Deriba Merga, Ethiopia: 2:06:38 (London, 2008); Daniel Rono, Kenya: 2:06:58 (Rotterdam, 2008); Benjamin Maiyo, Kenya: 2:07:09 (Chicago, 2005); Robert Kipkoech Cheruiyot, Kenya: 2:07:14 (Boston, 2006); Robert Kiprono Cheruiyot, Kenya: 2:07:21 (Frankfurt, 2008); Gudisa Shentema, Ethiopia: 2:07:34 (Paris, 2008); Gashaw Asfaw, Ethiopia: 2:08:03 (Paris, 2006); Stephen Kiogora, Kenya: 2:08:24 (Frankfurt, 2008); Solomon Molla, Ethiopia: 2:08:46 (Seoul, 2008); Timothy Cherigat, Kenya: 2:09:34 (San Sebastian, 2002); Lee Troop, Australia: 2:09:49 (Otsu City, 2003); Elijah Sang, Kenya: 2:10:13 (Frankfurt, 2007); Brian Sell, USA: 2:10:47 (Chicago, 2006); Grigoriy Andreev, Russia: 2:11:01 (Turin, 2008); Iaroslav Musinschi, Moldova: 2:11:43 (Istanbul, 2008); Abebe Dinkesa, Ethiopia: debut.

WOMEN

Galina Bogolomova, Russia: 2:20:47 (Chicago, 2006); Bezunesh Bekele, Ethiopia: 2:23:09 (Dubai, 2008); Salina Kosgei, Kenya: 2:23:22 (Berlin, 2006); Dire Tune, Ethiopia: 2:24:40 (Houston, 2008); Helena Kirop, Kenya: 2:25:01 (Berlin, 2008); Lidiya Grigoryeva, Russia: 2:25:10 (Los Angeles, 2006); Atsedie Habtamu, Ethiopia: 2:25:17 (Dubai, 2009); Kara Goucher, USA: 2:25:53 (New York City, 2008); Alice Timbilili, Kenya: 2:26:45 (Paris, 2008); Shuru Deriba, Ethiopia: 2:28:26 (Dubai, 2009); Elva Dryer, USA: 2:31:48 (Chicago, 2006).

NEW DIAMOND LEAGUE ANNOUNCED FOR 2010

The "IAAF Diamond League" will replace the current IAAF Golden League from 2010. The IAAF has announced that at present 12 meetings have signed up for the series, with three others yet to be confirmed, and the league will meet one of the IAAF's strategic goals – to enhance the sport's worldwide appeal by going outside Europe for the first time, reports *Athletics International*.

The meetings are: Aviva London Grand Prix, Aviva British Grand Prix, Athletissima Lausanne, ExxonMobil Bislett Games Oslo, DN Galan Stockholm, Herculis Monaco, Meeting AREVA Paris St-Denis, Memorial Van Damme Brussels, Prefontaine Classic Eugene, Reebok Grand Prix New York, China Golden Grand Prix and Weltklasse Zürich, with DKB ISTAF Berlin, Golden Gala Rome and Qatar Athletics Super Grand Prix in Doha yet to have contractual status confirmed. Thus there will be competitions in Asia, the Middle East and USA as well as Europe. The final composition of the league will be confirmed at the end of the 2009 season.

In contrast to the Golden League, athletes will be able to compete in as many as 16 men's and 16 women's events: 100 m-5000 m, 3000 m steeplechase, 100 m/110 m hurdles, 400 m hurdles, and all the field events except hammer throw which, due to stadium restrictions, will be organised by the IAAF in a separate series structure. Each

meeting will have 16 events on the programme, except for the London Grand Prix which will have all 32 spread over two days. Each event will take place seven or eight times during the series.

There will be \$416 000 in prize money per meeting (\$8 000 for first place in each event, down to \$500 for 8th) and points will be awarded for the first three places in each event with double points at the final meetings, which will be Zürich and Brussels. The overall winner in each discipline ("The Diamond Race") will be presented with a four carat diamond worth about \$80 000. The biggest stars of the sport will be engaged with centralised contracts to ensure that the best athletes take part and each meeting must provide a two-hour live TV feed. The series will be structured to enable fans to see top athletes competing head-to-head on a regular basis. The World Athletics Final, to be held this year in Thessaloníki and next year in Rabat, will be discontinued after 2010.

SLOVENIAN DISTANCE RUNNER JAVORNIK BANNED FOR TWO YEARS FOR EPO

Slovenian distance runner Helena Javornik, the national record holder in all events from the mile to the marathon, has been banned for two years by sport's highest court after testing positive for EPO. The Lausanne-based Court of Arbitration for Sport (CAS) upheld an appeal submitted by the IAAF after the Slovenian Athletics Federation (ASZ) initially cleared Javornik last summer, reports *Race Results Weekly*.

Javornik, 42, tested positive for EPO after the LCC Eisbarlauf Half Marathon in Vienna in March, but she was cleared by ASZ on 19 June, with the laboratory process in Vienna described as "well below the standards of WADA." Last July, the IAAF appealed the federation's ruling to CAS which effectively barred Javornik from competing at last Summer's Olympic Games in Beijing.

Javornik, who didn't begin training seriously until her mid-20s, has a marathon personal best of 2:27:33 from her victory at the ING Amsterdam Marathon in 2004. She won the 2002 title at the European Cross-country Championships, and was 10th in the 10000 m at the 2004 Olympics.

Javornik's last marathon appearance was in Treviso, Italy, last March, which she won in 2:28:36.

Her two-year ban runs through 10 June 2010.

STATS TIME

As noted in the Editorial, the middle and long distance events at the Yellow Pages SA Championships in Stellenbosch produced quite a few world leaders, and many other high placings on the 2009 world lists. Here are the top ten men in the 800 m, 1500 m and 3000 m steeplechase.

2009 800 m, 1500 m & steeplechase: WORLD TOP 10 MEN

800:

1	1:44.81	Mbulaeni	Mulaudzi	RSA	1	Stellenbosch	14	Mar
2	1:45.41	André	Olivier	RSA	2	Stellenbosch	14	Mar
3	1:46.38	Hezekiel	Sepeng	RSA	3	Stellenbosch	14	Mar
4	1:46.51A	Samson	Ngoepe	RSA	2	Germiston	6	Mar
5	1:46.75	Adriaan	van Wyk	RSA	4	Stellenbosch	14	Mar
6	1:46.94	Warren	Hendriks	RSA	5	Stellenbosch	14	Mar
7	1:47.18	Lachlan	Renshaw	AUS	1	Melbourne	5	Mar
8	1:47.58	Jeff	Riseley	AUS	1	Melbourne	22	Feb
9	1:47.8hA	Muhammed	Aman	ETH	1	Addis Ababa	11	Jan
10	1:47.95	Nick	Bromley	AUS	2	Melbourne	2	Mar

1500:

1	3:36.48	Johan	Cronje	RSA	1	Stellenbosch	14 Mar
2	3:36.58	Juan	van Deventer	RSA	2	Stellenbosch	14 Mar
3	3:36.72	Youssef	Saad Kamel	BRN	1	Sydney	28 Feb
4	3:37.01	Collis	Birmingham	AUS	2	Sydney	28 Feb
5	3:37.24	Ryan	Gregson	AUS	3	Sydney	28 Feb
6	3:37.59	Jeremy	Roff	AUS	4	Sydney	28 Feb
7	3:37.79	Pharson	Magagane	RSA	3	Stellenbosch	14 Mar
8	3:38.29	Tshamano	Setone	RSA	2	Durban	6 Feb
9	3:38.55	Mbulaeni	Mulaudzi	RSA	3	Durban	6 Feb
9	3:38.55	Peter	v.d. Westhuizen	RSA	4	Stellenbosch	14 Mar

3000 steeplechase:

1	8:16.04	Ruben	Ramolefi	RSA	1	Stellenbosch	14 Mar
2	8:30.76	Youcef	Abdi	AUS	1	Sydney	28 Feb
3	8:31.97	Joseph	McKenzie	RSA	2	Stellenbosch	14 Mar
4	8:41.81	Sikhumbusi	Seme	RSA	2	Durban	6 Feb
5	8:45.04	Thuso	Phaswana	RSA	3	Durban	6 Feb
6	8:46.49	Dikotsi	Lekopa	RSA	5	Durban	6 Feb
7	8:49.78	Peter	Nowill	AUS	2	Sydney	28 Feb
8	8:50.22	Amos	Nyongo	RSA	4	Port Elizabeth	20 Feb
9	8:50.77	Edwin	Molepo	RSA	3	Stellenbosch	14 Mar
10	8:51.67A	Emmanuel	Mkabela	RSA	1	Bloemfontein	14 Feb

THIS MONTH IN HISTORY

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

38 years ago: 31 March 1971

The 800-metre race at the weekend's Yellow Pages SA Championships took one's mind back to the legendary two-lap battles between Dicky Broberg and Danie Malan on the same track in the seventies – the heyday of SA athletics. In many ways the two Maties were opposites, with Broberg the more naturally gifted and Malan the determined hard worker. On this evening they challenged each other in what was their greatest confrontation. It was a race no one who was privileged to see it will ever forget. Broberg reached the line first, in a new national record of 1:44.7, with Malan second in 1:45.1. They would race six more times that year, each winning three, but at the end of 1971 their March times were the two fastest in the world (placing them fifth and tenth on the all-time list). The averages of their five best times for the year were 1:46.00 for Malan and 1:46.08 for Broberg. Two years later Malan set a world record for 1000 m – the only one of the twosome to achieve a global best.

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
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	27:26	Sammy Kirop Kitwara (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
	83:12a	Eric Sigxashe	Somerset East	14 Mar
	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
	89:35a	Basie Bonaparte	Somerset East	14 Mar
	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	1:47:48a	Tamsanwa Jusayi	Somerset East	14 Mar
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
	1:54:08a	Grizelda Pietersen	Somerset East	14 Mar
	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)		

21.1 km	54:33	Shirley Matson (USA) 1991		
	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	2:31:15a	Margaret Paton	Somerset East	14 Mar
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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