

# Distance Running Results

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*Distance Running Results* (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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## EDITORIAL

South African runners did very well at the IAAF World Cross-country Championships in Amman this weekend. For the first time in years Athletics South Africa sent a full complement of teams, and all four teams finished in the top ten, with the senior men and junior women getting ninth places.

While in 2008 only one runner out of all the South Africans could finish in the top 55 (Moorosi Boy Soke was 45<sup>th</sup>), this time Lebogang Phalula was 29<sup>th</sup>, Stephen Mokoka 32<sup>nd</sup>, Soke 41<sup>st</sup>, Jeffrey Gwebu 50<sup>th</sup>, Tshamano Setone 51<sup>st</sup>, Lebo Phalula 39<sup>th</sup>, Mfumaneke Fadane 47<sup>th</sup>, Joel Mmone 53<sup>rd</sup>, Maxine Heine-Wacker 38<sup>th</sup> and Anna Gildenhuis 44<sup>th</sup>. Lebogang's position equals the 29<sup>th</sup> that junior Lesole Zim achieved in 2007 (when Soke didn't finish).

Hopefully this turnaround in Jordan will help to underline the value of cross-country and lead to even stronger teams being sent to the global championships next year. (See also "This month in history" in this issue.)

In the Carrefour Warsaw Half Marathon Tanith Maxwell finished fifth in a new list leader of 76:08, missing her PB set in 2005 by a scant 16 seconds. "I am a little disappointed with my time, as I was hoping for a new PB," Maxwell said. "It was very cold, and that took some getting used to, but I am very confident of running sub-2:35 for the marathon on 28 April in Europe."

Also in Europe, on the super fast Brunssum course, Micah Kogo (KEN) set a new world record of 27:01 for 10 km. Blitzing the last kilometre in 2:39, Kogo broke the IAAF world record of Haile Gebrselassie by one second. The Association of Road Racing Statisticians does not recognise Geb's mark because of the illegal assistance he received in the course of the Doha race in 2002; it recognises Sammy Kipketer's 27:18 run on the same Brunssum route in 2001.

South Africa's oldest marathon (and fifth oldest road race), the Springbok Pharmacy Jackie Gibson Marathon, was held for the 63<sup>rd</sup> time this weekend. Our third oldest ultramarathon, the Arthur Creswell Memorial, was run for the 44<sup>th</sup> time between Bergville and Ladysmith. All three stalwarts of this race, Rod Jarvis (Westville), Lionel de Haas (SCS) and Barry Varty (YWP), again finished – Jarvis for the 36<sup>th</sup> time, De Haas for the 35<sup>th</sup> time, while Varty has crossed the line 34 times. They now have 105 runs between them; De Haas also won the grandmaster category.

In the Kouga Kus Half Marathon there was another strong double performance by the Ntshiliza couple: They scored their fifth double victory of the year, as well as George's fourth win in a row and Ntombesintu's third.

In last week's DRR it was said that the 2009 Stella Royal 25 km was the 35<sup>th</sup> edition of the race, but it was in fact the 34<sup>th</sup>. The race started in 1976.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Arthur Creswell Memorial Ultramarathon & Half Marathon, Bergville to Ladysmith
- \* Springbok Pharmacy Jackie Gibson Marathon & Half Marathon, Johannesburg
- \* Balele Mountain Kosmos Challenge Marathon & Half Marathon, Newcastle
- \* Xstrata Long Tom Ultramarathon & Half Marathon, Sabie to Lydenburg
- \* Kouga Kus Half Marathon, Humansdorp to Jeffreys Bay
- \* Spar Half Marathon & Perdekop 10 km, Kleinmond
- \* Tortoise Tuff Challenge, Sedgfield
- \* Groot Brak Half Marathon & 10 km, Great Brak River
- \* Track: Half League Meeting, Bellville

#### International highlights:

- \* Parelloop 10 km, Brunssum, NED
  - \* Carrefour Warsaw Half Marathon, Warszawa, POL
  - \* Bank of America Shamrock Shuffle 8 km, Chicago, USA
  - \* Around the Bay 30 km, Hamilton, CAN
  - \* Hervis Prague Half Marathon, Praha, CZE
  - \* Azalea Trail Run 10 km, Mobile, USA
  - \* XC: IAAF World Cross-country Championships, Amman, JOR
  - \* Track: Stanford Invitational, Palo Alto, USA; Reebok Raleigh Relays, Raleigh, USA
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## STATS

### KIM LAXTON'S STREAK NOW TEN

Kim Laxton has extended her streak of successive wins, the longest known current series of victories in the world, to ten with a win in the Elands Valley Half Marathon. Here is the list:

1. 22 Nov: Winelands Half Marathon, Stellenbosch, 84:37
  2. 30 Nov: Medical 10 (10 km), Cape Town, 37:07
  3. 13 Dec: Avbob 15 km, Table View, 57:36
  4. 17 Dec: Sundowner 10 km, Cape Town, 38:12
  5. 26 Dec: Tokai Manor House 16 km, Tokai, 65:09
  6. 04 Jan: Kudus 15 km, Johannesburg, 61:21
  7. 21 Jan: Powerade 10 km Nite Race, Nelspruit, 38:11
  8. 18 Feb: Van Wetten's 10 km Nite Race, Nelspruit, 37:54
  9. 08 Mar: Township 15 km, Eldorado Park, 55:18
  10. 21 Mar: Elands Valley Half Marathon, Ngodwana, 82:40 (extremely aided)
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## NEWS

### NO MORE ULTRAS FOR GRACE

By Riël Hauman

Grace de Oliveira, one of South Africa's best road runners of the past two decades, has announced her retirement from ultradistance running. De Oliveira (47) has won seven gold medals in the Comrades Marathon and in eleven runs in the Two Oceans Marathon has been out of the top ten only twice.

With husband Eloi she won the husband-and-wife competition in the Cape ultra seven times, including last year when she was ninth individually (in 4:10:19).

De Oliveira's best result in the Comrades was in 1999, when she was second in 6:34:53. The next year she was third, but once again the first South African.

Her complete record in the two major ultras is:

Comrades: 2<sup>nd</sup> in 1999 (6:34:53, 1<sup>st</sup> South African)  
 3<sup>rd</sup> in 2000 (6:38:44, 1<sup>st</sup> South African)  
 7<sup>th</sup> in 2001 (6:41:04)  
 6<sup>th</sup> (2<sup>nd</sup> vet) in 2002 (6:43:12)  
 11<sup>th</sup> (2<sup>nd</sup> vet) in 2003 (7:00:04)  
 8<sup>th</sup> (2<sup>nd</sup> vet) in 2004 (6:46:59)  
 13<sup>th</sup> (1<sup>st</sup> vet) in 2005 (7:05:54)  
 10<sup>th</sup> (3<sup>rd</sup> vet) in 2006 (7:24:11)  
 10<sup>th</sup> (4<sup>th</sup> vet) in 2007 (6:57:37)  
 12<sup>th</sup> (4<sup>th</sup> vet) in 2008 (7:21:39)

Two Oceans: 5<sup>th</sup> in 1997 (3:54:32)  
 4<sup>th</sup> in 1999 (3:51:43)  
 3<sup>rd</sup> in 2000 (3:51:31)  
 7<sup>th</sup> in 2001 (3:55:17)  
 9<sup>th</sup> (2<sup>nd</sup> 40+) in 2002 (3:57:10)  
 10<sup>th</sup> (2<sup>nd</sup> vet) in 2003 (3:54:47)  
 9<sup>th</sup> (1<sup>st</sup> vet) in 2004 (3:58:01)  
 9<sup>th</sup> (1<sup>st</sup> vet) in 2005 (4:00:38)  
 12<sup>th</sup> (1<sup>st</sup> vet) in 2006 (3:59:36)  
 50<sup>th</sup> in 2007 (4:41:45)  
 9<sup>th</sup> (3<sup>rd</sup> vet) in 2008 (4:10:19)

In the nineties De Oliveira had a remarkable record in the Voet van Afrika Half Marathon, winning it five times in a row (1996-2000), but her record in both the SA Half Marathon and SA Marathon is also exceptional (a total of eleven placings in the top five):

SA Half Marathon: 3<sup>rd</sup> in 1986 (76:26), 2<sup>nd</sup> in 1992 (78:04), 3<sup>rd</sup> in 1993 (74:51), 3<sup>rd</sup> in 1994 (74:50), 2<sup>nd</sup> in 1995 (74:51), 6<sup>th</sup> in 1996 (77:10), 3<sup>rd</sup> in 1997 (78:15), 6<sup>th</sup> in 1999 (78:25)

SA Marathon: 5<sup>th</sup> in 1992 (2:43:09), 1<sup>st</sup> in 1994 (2:46:00), 2<sup>nd</sup> in 1995 (2:49:28), 2<sup>nd</sup> in 1997 (2:46:29), 2<sup>nd</sup> in 1998 (2:47:01)

She represented South Africa in the World Half Marathon in 1992, 1993, 1994 (36<sup>th</sup> in PB 73:36), 1995, and in the World Championships Marathon in 1997.

De Oliveira has a marathon PB of 2:42:35, run in the 1994 Lisbon Marathon. Her other PBs are 33:48 (1996), 52:38 (1992), 73:36 (1994), 3:27:03 (2003)

## ROAD RUNNING

### **N3TC Arthur Creswell Memorial Ultramarathon (44<sup>th</sup>) & Half Marathon**

Bergville to Ladysmith, 29 March

(Distances: 52 km & 21.0975 km; point-to-point downhill courses, but hilly.)

#### **52 km**

MEN

1. Victor Ngubelanga (Nedbank) 3:23:33 (R1000), 2. Mandla Mathebula (Nedbank) 3:27:30 (R500), 3. Mdumiseni Zondi (Carbineers) 3:28:38 (R300).

**40-49:** 1. Ngaka Selepe (Bethlehem) 3:36:04. **50-59:** 1. Louis Fourie (RBAC) 4:12:46. **60+:** 1. Lionel de Haas (SCS) 4:58:53.

WOMEN (Same prize money as men)

1. Kerry Koen (Collegians Harriers) 4:00:48, 2. Melanie van Rooyen (Richards Bay) 4:07:43, 3. Petro Nel (RBAC) 4:37:46 (1<sup>st</sup> vet).

**40-49:** 1. Petro Nel (RBAC) 4:37:46. **50-59:** 1. Lynne Semple (BN) 4:40:26. **60+:** 1. Diane Brown (EAC) 5:44:10.

### Half marathon

MEN

1. Swazi Ndaba (Mnambithi Striders) 72:28 (R300), 2. Themba Mapholala (Temp) 75:18 (R200), 3. Kwenza Ngubane (Mr Price) 77:09 (R100).

WOMEN (Same prize money as men)

1. Judy Geldenhuys (EAC) 97:51, 2. Robin Thompson (Athletics North) 104:08, 3. Taryn Holding (Temp) 107:33.

### Springbok Pharmacy Jackie Gibson Marathon (63<sup>rd</sup>) & Half Marathon

Johannesburg, 29 March

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

#### Marathon

MEN

1 Steven Molepo (MP) 2:26:22; 2 Albert Koao (Nedbank) 2:27:13; 3 Michael Msini (Midas) 2:27:43; 4 Kagiso Mokwena (MP) 2:32:04; 5 Sam Bolo (BCC) 2:32:30.

**Veterans:** 1 Peter Masia (RAC) 2:42:46; 2 Phelello Tsotetsi (OF) 2:44:05; 3 Mandla Buthlezi (Midas) 2:48:03; 4 Theo Rafiri (Carlton) 2:50:40; 5 Phika Sikhosana (Vaal Reefs) 2:57:07. **Masters:** 1 Ernest Tjela (Emfuleni) 2:55:24; 2 Cornet Matomane (Nedbank) 2:58:23; 3 Josias Makomo (Boksburg) 3:10:54. **G'masters:** 1 Jack Thokoane (Sasol) 3:24:02; 2 Derek Jeffers (RAC) 3:43:54.

WOMEN

1 Louise Oosthuizen (Alberton) 3:07:05 (1<sup>st</sup> vet); 2 Juliana Basson (Randmark) 3:08:23; 3 Monica Neuling (Boksburg) 3:11:19; 4 Belinda Waghorn (Nedbank) 3:12:34; 5 Lesley Train (Nedbank) 3:14:13.

**Veterans:** 1 Louise Oosthuizen (Alberton) 3:07:05; 2 Shelly van der Spuy (Boksburg) 3:27:52; 3 Lindsay van Aswegen (Kempton) 3:34:45; 4 Mari Bruwer (Mittal) 3:37:48; 5 Rita van Wyk (Boksburg) 3:41:45. **Masters:** 1 Rae Bisschoff (Nedbank) 3:41:25; 2 Ansie Bronkhorst (Roodepoort) 4:08:10; 3 Val Watson (NB) 4:14:18. **G'masters:** 1 Sue van Heerden (Roodepoort) 4:37:18.

#### Half marathon

MEN

1 Tsidisio Bosiu (GS) 66:38; 2 Raphael Segodi (GS) 66:56; 3 Degene Asafa (ETH/ADT) 67:08; 4 David Checha (GCH) 67:13; 5 Nkopane Seqhobane (GS) 68:18.

**Veterans:** 1 Reginald Ngobese (GS) 71:29; 2 Gethun Wordofa (ETH/ADT) 71:33; 3 Elgin Mokale (Nedbank) 72:26. **Masters:** 1 Petrus Lefeni (GRRRC) 82:20; 2 Andre Jansen (GS) 84:32; 3 Trust Langa (Nedbank) 87:19. **G'masters:** 1 Pele Tshinkundalema (Yebo) 99:06; 2 Jerry Keating (RAC) 1:45:08.

## WOMEN

1 Marelize Retief (Nedbank) 80:34; 2 Dimakatso Menong (GS) 83:04; 3 Angeline Molaba (Nedbank) 83:47; 4 Winile Mnisi (MP) 86:57; 5 Brenda Banda (LES/Toy) 87:42.

**Veterans:** 1 Sarah Mahlangu (MP) 90:43; 2 Cynthia Mokovane (Powerade) 91:55; 3 Tracy Jarman (Fit 2000) 1:45:40. **Masters:** 1 Selinah Netshisaulu (RAC) 1:47:40; 2 Cindy Beaming (Alberton) 1:49:40; 3 Alta van der Bergh (VS) 1:51:32. **G'masters:** 1 Hazel Quilliam (Roodepoort) 2:08:36; 2 Petra Seidler (RAC) 2:12:08.

**Balele Mountain Kosmos Challenge Marathon & Half Marathon**

Newcastle, 28 March

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

**Marathon**

## MEN

1. Vele Nkosi (Mr Price) 2:45:46  
2. Justice Nkosi (uMqulusi) 2:56:08  
3. Richman Nsuntsha (Newcastle Harr) 3:04:32

**40-49:** 1. Tony Boshoff (CS) 4:36:03. **50-59:** 1. Wessel Potgieter (Vryheid) 4:12:27. **60+:** 1. Clive Bunting (Biggars) 4:59:50.

## WOMEN

1. Janet van Veieren (Newcastle) 3:47:40  
2. Lientjie Holder (Newcastle) 4:59:28  
3. Shada Nerathum (Eskom Gijimas) 5:04:19

**Half marathon**

## MEN

1. Bongani Ngobese (Newcastle) 86:29  
2. Brightman Dlamini (Newcastle) 86:37  
3. Richard Quuade (Newcastle) 95:22

**40-49:** 1. Petrus Nlavuso ((Umgulusi) 1:37:32. **50-59:** 1. Danie Crubler (Mittal) 2:01:06. **60+:** 1. Bill Lambert (RH) 1:46:13.

## WOMEN

1. Aleca Ross (Newcastle) 1:59:18  
2. Joelena Burgers (Newcastle) 1:59:19  
3. Ann Erasmus (Newcastle) 2:00:11

**40-49:** 1. Jeanne Schutte (Vryheid) 2:07:54. **50-59:** 1. Marie van Wyk (Vrydheid) 2:32:03. **60+:** 1. Cathy Blake (Biggars) 2:31:07.

**Xstrata Long Tom Ultramarathon (27<sup>th</sup>) & Half Marathon**

Sabie to Lydenburg, 28 March

(Distances: 56 km & 21.0975 km. Both routes point-to-point; the ultramarathon starting at 1000 m above sea level, climbing to 2150 m and then dropping to 1379 m at the finish; the half marathon dropping from 2150 m to 1379 m, i.e. 36.5 m/km.)

**56 km**

## MEN

1 Lucas Nonyana (Nedbank) 3:40:47; 2 Leboka Noto (LES/MP) 3:43:18; 3 Handsome Siwela (Fourways) 3:46:17; 4 Peter Molapo (Nedbank) 3:53:41; 5 Frans Kutu (Nedbank) 3:54:10; 6 Siphon Dlamini (Transnet) 3:57:13; 7 Willie Sithole (Yebo) 3:57:24; 8 Johan

Oosthuizen (Anmar BRS) 4:03:45; 9 Tsietsie Paka (Polokwane) 4:07:12; 10 Ntheleng Mosime (Fit 2000) 4:08:49.

**Veterans:** 1 Steve Motau (Nedbank) 4:14:24; 2 Luleka Goso (Secunda) 4:14:46; 3 Lazarus Seroka (Twickenham) 4:18:56. **Masters:** 1 Jumario Khuzwayo (Nedbank) 4:31:08; 2 Bonolo Mofokeng (RAC) 4:45:11. **G'masters:** 1 Johannes Mosehla (Polokwane) 5:11:06

#### WOMEN

1 Paula Quinsee (RH) 4:56:26; 2 Linah Mhlongo (Anmar BRS) 5:11:34; 3 Ilze Swanepoel (Klerksdorp) 5:12:37; 4 Vanessa Wayland (GRRR) 5:18:31 (1<sup>st</sup> vet); 5 Ria-li Scholtz (Tuks) 5:23:04; 6 Jaqui Young (Fourways) 5:29:06; 7 Yvonne Laing (Jeppe) 5:33:39; 8 Gill Lumley (RH) 5:44:27; 9 Nocawe Morake (DLA) 5:44:56; 10 Magriet Hattingh (Irene) 5:48:11.

**Veterans:** 1 Vanessa Wayland (GRRR) 5:18:31; 2 Ria-li Scholtz (Tuks) 5:23:04; 3 Gill Lumley (RH) 5:44:27. **Masters:** 1 Hester Janse van Rensburg (Bethal) 6:00:18 ; 2 Linda Krause (Irene) 6:16:13.

#### Half marathon

##### MEN

1 Brighton Chipere (ZIM/MP) 62:56; 2 Joshua Sabao (ZIM/MP) 64:09; 3 Wesley Ruto (KEN/Toy) 64:23; 4 Micheal Ngaseke (ZIM/Toy) 65:53; 5 Maxwell Bangani (ZIM/Bashewa) 66:54 (1<sup>st</sup> vet); 6 Fanie Matshipa (MP) 68:04; 7 Peter Muthubi (Nedbank) 68:10; 8 Zacharias Mohlebe (Modikwa) 68:11; 9 Lovers Hlatswayo (MP) 69:45; 10 Ntuthuko Maseko (Nedbank) 71:14.

**Veterans:** 1 Maxwell Bangani (Bashewa) 66:54; 2 Samuel Mabuza (Corr Serv) 75:22; 3 John Nyathi (Kruger Park) 77:07. **Masters:** 1 Thomas Moagi (Tubatse) 80:25; 2 Samuel Magabane (Modikwa) 86:33. **G'masters:** 1 Patrick Mafilika (Nedbank) 1:44:03. **Juniors:** 1 Mkosinathi Nhlebeya (Nedbank) 71:51.

##### WOMEN

1 Muchaneta Gwata (ZIM/MP) 80:26; 2 Chiyedza Chokore (ZIM/MP) 82:15; 3 Eunice Nhlapo (GS) 83:17; 4 Esma Roux (Longtom) 94:58; 5 Corne Engelbrecht (Tuks) 1:40:23; 6 Marina Gouw (Temp) 1:43:44; 7 Jenny Wetton (Sunninghill) 1:44:17; 8 Ada Verster (Longtom) 1:46:56; 9 Karen Murley (Anglo) 1:48:03; 10 Doris Mabilu (Foskor) 1:49:53.

**Veterans:** 1 Charmaine van der Merwe (Middelburg) 1:53:49; 2 Karen Steyn (Nelspruit) 1:56:26; 3 Tracey Cresswell (Nelspruit) 2:37:02. **Masters:** 1 Rosemary Hart (Longtom) 1:52:00; 2 Elmarie Kruger (Nelspruit) 1:55:44. **G'masters:** 1 Marie Smit (Mittal) 1:57:42. **Juniors:** 1 Mirandie Rossouw (Temp) 2:08:33.

#### Kouga Kus Half Marathon (20<sup>th</sup>)

Humansdorp to Jeffreys Bay, 28 March

(Distance: 21.0975 km; point-to-point downhill course. Finishers: 474.)

##### MEN

1	George	Ntshiliza	Mr Price AC EP	29	1:04:51
2	Melikhaya	Kepe	Nedbank RC EP	32	1:05:51
3	Sindile	Somke	Nedbank RC EP	32	1:06:00
4	Lawrence	Ntantiso	Nedbank RC EP	33	1:06:09
5	Phumzile	Sikawuti	Nedbank RC EP	29	1:07:08
6	Khayaletu	Makalima	Mr Price AC EP	25	1:07:39
7	Bulelini	Niwa	PEAAC	23	1:07:59
8	Maboyisana	Mazwayi (1 <sup>st</sup> vet)	Nedbank RC EP	40	1:08:44

9	Anele	Maliza	Mr Price AC EP	31	1:09:25
10	Robert	Matthys	Mr Price AC EP	32	1:10:35
11	Thembisile	Bashe	Mr Price AC EP	31	1:10:55
12	Desmond	Zibi	Mr Price AC EP	45	1:12:24
13	Luvuyo	Matani	Vwac	26	1:12:37
14	Mzukisi	Klaas	PEAAC	40	1:12:58
15	Kelly	Soyamba	Nedbank RC EP	31	1:13:43
16	Riaan	Kock	Nedbank RC EP	39	1:14:18
17	Elliot	Nyarashe	PEAAC	29	1:15:38
18	Wilson	Bennett	Jeffreys Bay	29	1:15:57
19	August	Esau	Nedbank RC EP	38	1:16:01
20	Warrick	Smith	Rhodes Universi	22	1:16:14

**40-44:**

1	Maboyisana	Mazwayi	Nedbank RC EP	40	1:08:44
2	Mzukisi	Klaas	PEAAC	40	1:12:58
3	Welcome	Loliwe	Nedbank RC EP	44	1:16:36

**45-49:**

1	Desmond	Zibi	Mr Price AC EP	45	1:12:24
2	Neil	De Meillon	New Balance	45	1:20:46
3	Emil	Hougaard	Raleigh AC	45	1:23:53

**50-54:**

1	Alan	Taylor	Raleigh AC	51	1:23:10
2	Stephen	Klue	Elite AC	50	1:28:25
3	Peter	Van Rensburg	Elite AC	50	1:28:53

**55-59:**

1	Sizinzo	Kama	Achilles AAA	57	1:26:13
2	Donald	Mancasa	Raleigh AC	55	1:26:54
3	Hannes	Els	Madiba Bay AC	59	1:28:55

**60-64:**

1	Percy	Dalton	Achilles AAA	60	1:35:58
2	Brian	Merrington	Jeffreys Bay	62	1:38:12
3	Johannes	Herbst	Muirite Strider	63	1:39:40

**65-69:**

1	Tamsanqa	Jusayi	Mr Price AC EP	66	1:24:42
2	Nic	Snyman	PEAAC	65	1:57:05
3	Robin	Clark	Achilles AAA	68	2:05:58

**70+:**

1	David	Fraser	PEAAC	70	2:00:00
2	Hilary	Pritchard	Crusaders AC	74	2:21:02

**Juniors:**

1	Lubabaloo	Mdlungwane	PEAAC	15	1:16:48
2	Ayanda	Scheepers	Nedbank RC EP	17	1:19:09
3	Jonathan	Petersen	Temp	18	1:21:17

**WOMEN**

1	Ntombesintu	Ntshiliza	Mr Price AC EP	27	1:20:02
2	Leanne	Finlay (1 <sup>st</sup> vet)	Nedbank RC EP	41	1:25:08
3	Grizelda	Pietersen	Achilles AAA	40	1:32:15
4	Sanmari	Woithe	Raleigh AC	39	1:33:59
5	Hanlie	v.d. Westhuizen (1 <sup>st</sup> mast)	Despatch AC	52	1:38:43
6	Claire	Nagel	Elite AC	44	1:39:16
7	Janette	Schierz-Crusius	Body Concept	48	1:39:36
8	Adele	Nel	St Albans CSEP	36	1:40:39
9	Aldi	Whitehead	Temp	41	1:42:47
10	Elmarie	Bezuidenhout	Charlo AC	27	1:45:21
11	Joy Anne	Pregalato	Achilles AAA	38	1:46:06

12	Hermie	Fisher	Madiba Bay AC	41	1:46:39
13	Cathy	Ives	Achilles AAA	55	1:46:58
14	Jennifer	Coppinger	Rhodes Universi	19	1:47:08
15	Denise	Feltham	Crusaders AC	44	1:47:13
16	Georgina	Randle	Rhodes Universi	20	1:47:34
17	Stephanie	Van Eyk	Temp	35	1:47:52
18	Annelie	Nel	Legacy AC	34	1:48:48
19	Lindie	Barnardo	Nmmu AC	24	1:50:22
20	Jos	Els	Madiba Bay AC	56	1:50:27

**40-44:**

1	Leanne	Finlay	Nedbank RC EP	41	1:25:08
2	Grizelda	Pietersen	Achilles AAA	40	1:32:15
3	Claire	Nagel	Elite AC	44	1:39:16

**45-49:**

1	Janette	Schierz-Crusius	Body Concept	48	1:39:36
2	Doris	Liberty	Elite AC	49	1:57:03
3	Rosemary	Joubert	Crusaders AC	48	1:57:04

**50-54:**

1	Hanlie	van der Westhuizen	Despatch AC	52	1:38:43
2	Gillian	Dealtry	Crusaders AC	50	1:54:16
3	Robin	Elbourne	Crusaders AC	51	2:00:17

**55-59:**

1	Cathy	Ives	Achilles AAA	55	1:46:58
2	Jos	Els	Madiba Bay AC	56	1:50:27
3	Heather	Davies	Temp	59	2:04:33

**60-64:**

1	Retha	Snyman	PEAAC	61	1:54:24
2	Liz	Grundlingh	Muirite Strider	62	1:54:52
3	Margaret	Paton	Charlo AC	63	2:00:42

**70+:**

1	Dorothy	Hart	PEAAC	71	2:15:27
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**Spar Half Marathon & Perdekop 10 km**

Kleinmond, 28 March

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

Note: The half marathon was approx. 1.2 km short, while in the 10 km Farwa Mentoor did not run the correct route. It is understood that, after the front runners in the half marathon went the wrong way because of bad marshalling, the organisers put them on a bakkie and took them back to the course, putting them some distance ahead of the (then) front runners. Incredible, but apparently true! These results should be ignored in their entirety. – Ed.

**Half marathon****MEN**

1. Zolani Bhitane (Ned) 71:29; 2. Graham Katzen (Celt) 71:31; 3. Sipho Phala (VOB) 72:18; 4. Rowan Prins (Rob) 72:21; 5. Dawid van Rooyen (Worc) 72:42; 6. Dawid Gous (Sw) 72:48; 7. Alfred Tshabeni (Whal) 73:36; 8. Reginald Arendse (Ceres) 74:05; 9. Durin May (Worc) 74:26; 10. Francois Faro (Sw) 74:35; 11. Thomas Moses (Worc) 75:47 (1<sup>st</sup> mast); 12. Bennet Stali (Worc) 75:51 (1<sup>st</sup> jun); 13. Mervin Seryners (Ceres) 75:52; 14. Andries Ntsizakalo (Ned) 76:30 (1<sup>st</sup> vet); 15. Abraham Fielies (Worc) 76:33; 16. Joachim Kempf (Stel) 76:34; 17. Jan Oliphant (Worc) 76:39; 18. Roger Davids (Rob) 77:23; 19. Pery Kelly (Celt) 77:27; 20. Mike Bobi (Met) 77:34; 21. Marius Muller (Ceres) 77:57; 22. Paulus September (Ceres) 78:10; 23. John Small (Wel) 78:24; 24. Morné Hansen (Worc) 78:59; 25. Jasper Cloete (Stel) 79:34; 26. Duncan Gilmour (VOB) 79:40; 27. Gerry

Bostander (Worc) 80:13; 28. Sandile Nayi (Ceres) 80:22; 29. Priven September (Rob) 80:32; 30. Terence Brown (Bel) 80:33.

**Masters: (40+):** 1. Andries Ntziakalo (Ned) 76:30; 2. Abraham Fielies (Worc) 76:33; 3. Jan Oliphant (Worc) 76:39. **(50+):** 1. Thomas Moses (Worc) 75:47; 2. Terence Brown (Bel) 80:33; 3. Johann Diener (Str) 80:56. **(60+):** 1. Kosie Koopman (Worc) 97:52; 2. R. le Roux (Brack) 100:07. **Juniors:** 1. Bennet Stali (Worc) 75:51; 2. Willem Jansen (Rob) 82:39; 3. Jonathan Gilmour (VOB) 92:45.

#### WOMEN

1. Nomvuyisi Seti (Mr Pr) 83:17; 2. Jacoline Haasbroek (Stel) 88:24 (1<sup>st</sup> vet); 3. Styntjie Prins (Paarl) 93:03 (1<sup>st</sup> mast); 4. Anneke Slabbert (Stel) 98:24; 5. Elizabeth van den Berg (Bred) 100:04; 6. Caitlin Lewis (Ind) 100:28; 7. Georgina Thomas (VOB) 102:38; 8. Veronica van Niekerk (Elg/Grab) 103:30 (1<sup>st</sup> g'mast); 9. Lindie Bouwer (Sanlam) 104:22; 10. Colleen Hohlfeld (S.Str) 105:13; 11. Karin Heyns (Ind) 107:02; 12. Maryna Bingle (Worc) 107:27; 13. J. Theron (Ceres) 107:30; 14. Valerie van Deventer (Whal) 107:56; 15. Funita van As (Dur) 108:10; 16. J. van Niekerk (Ind) 108:26; 17. Cailey Bredenkamp (Paarl) 108:27; 18. Annmarie Steyn (Bred) 110:15; 19. Mariaan Cloete (Stel) 110:44; 20. Ann Pool (Str) 112:20.

**Masters: (40+):** 1. Jacoline Haasbroek (Stel) 88:24; 2. Georgina Thomas (VOB) 102:38; 3. Colleen Hohlfeld (S.Str) 105:13. **(50+):** 1. Styntjie Prins (Paarl) 93:03; 2. Valerie van Deventer (Whal) 107:56; 3. Silla Geldenhuys (Ex) 113:29. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 103:30; 2. Ginette Flockton (Celt) 122:33; 3. Marianne Nelson (Dur) 134:44. **Juniors:** 1. Amy Gilmour (VOB) 112:30.

#### 10 km

##### MEN

1. Patrick Magadla (VOB) 32:36; 2. Piet Jacobs (Ned) 32:49; 3. Unathi Phezolo (RCS Gug) 32:58 (1<sup>st</sup> jun); 4. Hillroy Slingers (Worc) 33:23; 5. Lyanda ? (Hang) 33:32; 6. T. Zwele (Ad) 35:05; 7. Henrico Rooi (Ned) 36:26; 8. Michiel Morris (Rob) 36:26; 9. Monde Kuse (RCS Gug) 36:33; 10. Petrus Volmoer (Ceres) 36:54; 11. Jakob Volmoer (Ceres) 37:02; 12. Eben Johnson (Elg/Grab) 37:43; 13. Gemjekile Tom (Esk Gij) 37:49 (1<sup>st</sup> mast); 14. Danzel Minnaar (Rob) 38:01; 15. Eric Mlonyeni (Ned) 38:06 (1<sup>st</sup> vet); 16. Vernon Johnson (Elg/Grab) 43:31; 17. Michael Hill (H.Harr) 43:51; 18. Charles de Wet (H.Harr) 43:52; 19. Henrico Hunter (Worc) 43:56; 20. E. Sauls (Rob) 43:58; 21. Duvayne Niemand (Ind) 44:07; 22. Neil Ebing (WPCC) 44:21; 23. Maxwell Seronne (Rob) 44:29; 24. Jonovan Geduld (Rob) 44:30; 25. Brandon Klassen (Ceres) 44:41; 26. Alistair Smith (Rob) 44:49; 27. Nicle John (Worc) 44:52; 28. Willem Floors (Hang) 44:59; 29. T. Shwareho (Hang) 45:00; 30. Isodore Ngu (Worc) 45:23.

**Masters: (40+):** 1. Eric Mlonyeni (Ned) 38:06; 2. Charles de Wet (H.Harr) 43:52; 3. Edward Salies (Rob) 45:34. **(50+):** 1. Gemjekile Tom (Esk Gij) 37:49; 2. Japie Thomson (Ind) 51:23; 3. Martin Burr (Dur) 56:54. **(60+):** 1. Jan Mulder (Hang) 58:23; 2. Buck Taylor (Pine) 65:25; 3. Vincent Kingswill (VOB) 65:27. **Juniors:** 1. Unathi Phezolo (RCS Gug) 32:58; 2. Hillroy Slingers (Worc) 33:23; 3. Luyanda Noname (Ind) 33:32.

#### WOMEN

1. Glenda Werth (Ned) 44:01; 2. Farwa Mentoer (Bon) 45:13; 3. Suzette Williams (Worc) 45:19 (1<sup>st</sup> jun); 4. Asanda Dyamani (Atl) 47:22; 5. Olga Davids (Sw) 47:39; 6. Nadia Brits (Ind) 48:31; 7. Peta Rickett (Mat) 50:16; 8. Geraldine du Toit (Ceres) 50:28; 9. Estelle Vosloo (Ind) 50:39; 10. Alicia Botha (Bred) 52:46; 11. Kathy Burr (Dur) 52:51 (1<sup>st</sup> mast); 12. Maria Coetzee (VOB) 52:54 (1<sup>st</sup> vet); 13. Zenobia Venter (Whal) 55:54; 14. Helen du Plessis (Tyg) 56:34; 15. Birte Westermann (Ind) 56:53; 16. Marina Badenhorst (Bred) 57:42; 17. Qhamisa Sono (Ind) 57:49; 18. Debbie Jacobs (Met) 57:53; 19. Annette Verster (Ceres) 58:05 (1<sup>st</sup> g'mast); 20. Ronél Moses (Worc) 58:40.

**Masters: (40+):** 1. Maria Coetzee (VOB) 52:54; 2. Zenobia Venter (Whal) 55:54; 2. Lorraine Scheepers (Ind) 64:34. **(50+):** 1. Kathy Burr (Dur) 52:51; 2. Helen du Plessis (Tyg) 56:34; 3. Debbie Jacobs (Met) 57:53. **(60+):** 1. Annette Verster (Ceres) 58:05; 2. Marie Hill (Ceres); 3. Annatjie Berntsen (Tyg). **Juniors:** 1. Suzette Williams (Worc) 45:19; 2. Asanda Dyamani (Atl) 47:22; 3. Olga Davids (Sw) 47:39.

### Tortoise Tuff Challenge

Sedgefield, 21 March

(Distances: 30 km & 10 km; out-and-back courses)

#### 30 km

##### MEN

1	Lindile	Tokota	41	Nedbank	1:44:25
2	Principal	Fana	40	Nedbank	1:46:23
3	Vuyo	Witbooi	33	Outeniqua Harriers	1:49:48
4	Zuzile	Zuntsinijabo	34	Knysna Marathon Club	1:55:51
5	Wendell	McCallum		Knysna Marathon Club	1:57:36
6	Dewald	Kleinhaus	26	Langeberg	1:59:02
7	Marlon	Mortlock	35	Knysna Marathon Club	1:59:12
8	Sydney	Lansberg	47	Nedbank	1:59:57
9	Cornelius	Bewee		Sedgefield Striders	2:02:56
10	Zandisile	Ngeva	32		2:08:56

##### WOMEN

1	Alison	Jordaan	42	Outeniqua Harriers	2:17:20
2	Annetjie	Botes	51	Nedbank	2:18:56
3	Liesl	Grobler	32	Knysna Marathon Club	2:25:08
4	Marie	Wolmarans	49	Nedbank	2:29:50
5	Elize	Kloppers	39		2:30:50
6	Laura	Klinck	38	Outeniqua Harriers	2:36:16
7	Svelka	Sharp	34	Sedgefield Striders	2:37:46
8	Christa	Smit	41	Mossel Bay Harriers	2:43:30
9	Ad	Cole	41	Knysna Marathon Club	2:45:22
10	Natasha	Le Roux	34	Nedbank	2:48:12

#### 10 km

##### MEN

1	Luwayne	Duitsjan	22	Mossel Bay Harriers	32:57
2	Frans	Malgas	19	Knysna Marathon	34:13
3	Melikhaya	Msizi	25	Knysna Marathon	35:48
4	Geraldo	Innes	17	Rainbow	36:10
5	Gary	Fry	22	Rainbow	36:32
6	Simesipho	Didishe	17	Knysna Marathon	36:57
7	Tome	Rudolph	19		37:06
8	Stefan	Jacobs	15	Nedbank	38:45
9	Milton	Mphahlele	24	Military	38:46
10	Mihan	Roos	30	Knysna Marathon	39:29

##### WOMEN

1	Kerry	Roos	31	Knysna Marathon	42:39
2	Alison	Hyde	38		48:28
3	Lynne	Harvey	18		49:59
4	Elsa	de Villiers	49	Hartenbos	50:11
5	Elana	Buckley	33	Nedbank	50:16
6	Wendy	Maritz	40	Eden Athletic	50:24
7	Claire	Lemke	33	Knysna Marathon	50:34

8	Barbara	Hage	42	Eden Athletic	50:52
9	Anne	du Plessis	38	Eden Athletic	51:06
10	Toekie	Stenkamp	56	Nedbank	51:18

### Groot Brak Half Marathon & 10 km

Great Brak River, 14 March

(Distances: 1.0975 km & 10 km; loop courses)

#### Half marathon

##### MEN

1.	Principal Fana	Nedbank SWD	40	1:11:33
2.	Gurome Gelderbloem	M/Baai Harriers	33	1:12:17
3.	Selwyn Losper	M/Baai Harriers	45	1:14:52
4.	Sydney Langsberg	Nedbank SWD	47	1:18:45
5.	Jerome Swarts		39	1:23:39
6.	Mario Meyer	Nedbank SWD	30	1:25:15
7.	Neil Fivaz		42	1:27:26
8.	Andila Mchithakali	Rainbow	34	1:28:04
9.	Elman Carelse	M/Baai Harriers	37	1:28:30
10.	Gerrie Beukes		37	1:28:59

##### WOMEN

1.	Lisl Grobler	Knysna	32	1:30:33
2.	Annatjie Botes	Nedbank SWD	51	1:32:41
3.	Elize Kloppers		39	1:36:07
4.	Johanna Claassen	Nedbank SWD	40	1:36:57
5.	Loura Klinck	Out:Harriers	38	1:42:30
6.	Kleintjie v. Schalkwyk	Hartenbos	45	1:43:26
7.	Gisela Roux	Canada	34	1:45:15
8.	Natasha le Roux	Nedbank SWD	34	1:47:08
9.	Mariëtte de Haan	Nedbank SWD	54	1:47:25
10.	Tina van Wyk	Nedbank SWD	46	1:50:01

#### 10 km

##### MEN

1.	Luwayne Duitsjan	M/Baai Harriers	22	33:01
2.	Corné May	M/Baai Harriers	24	33:34
3.	Sinesipho Didishe	Knysna M/Club	17	34:02
4.	Geraldo Innes	Rainbow	17	35:32
5.	D.P.Swart	Outeniqua Harriers	15	36:11
6.	Melikhaya Msibi	Knysna M/Club	25	36:16
7.	Francois Juries	Rainbow	22	36:57
8.	Anton Chavalier	Nedbank SWD	43	37:26
9.	Logan Stoffels	Nedbank SWD	18	38:21
10.	Armand Niewenhuys	Nedbank SWD	17	38:23

##### WOMEN

1.	Kerry Roos	Knysna M/Club	31	43:13
2.	Elsa De Villiers	H/Bos drawwers	49	49:00
3.	Vonita Niewenhuys	Eden A/Club	43	51:44
4.	Wilma Smith	Nedbank SWD	42	52:13
5.	Madelaine Fourie		38	53:36
6.	Liezel Leanard		33	53:36
7.	Jody Calitz		23	54:32
8.	Brenda Kritzinger	M/Baai Harriers	49	54:40
9.	Laura Stopforth		20	54:50

10. Wilna Engelbrecht Nedbank 44 55:35

## TRACK

### Half League Meeting

Bellville, 24 March

#### MEN

**1500:** 1. Duane Fortuin (Celt) 4:00.42; 2. Erick Chirchir (KEN/Celt) 4:03.18; 3. Charl Wolmarans (Mat) 4:13.81.

#### WOMEN

**1500:** 1. Lara van der Merwe (Ind) 5:05.19; 2. Carla Jonker (UWC) 5:12.99; 3. Michelle Steyn (Bel) 4:31.94.

**2000 s/chase:** 1. Gwendoline Almendro (Bel) 13:03.2.

## 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

### Parelloop 10 km (21st)

Brunssum, NED, 29 March  
(Two-loop course)

#### MEN (gun times)

1. Micah Kogo, KEN	27:01 WR
2. Abraham Chebii, KEN	27:47
3. Peter Kamais, KEN	28:20
4. Abraham Rotich, KEN	28:44
5. Jamal Baligha, MAR	29:02

#### WOMEN (gun times)

1. Magdalene Mukunzi, KEN	32:08
2. Leah Malot, KEN	32:55
3. Anitha Kiptum, KEN	33:29
4. Agnes Jeruto Kiprotich, KEN	33:41
5. Genet Adeke, ETH	34:00

### Carrefour Warsaw Half Marathon (4th)

Warszawa, POL, 29 March  
(Distance: 21.1 km)

#### MEN

1. Michael Karonei, KEN	1:04:21
2. Michal Kaczmarek	1:04:25
3. Alemayehu Shumye, ETH	1:05:54

#### WOMEN

1. Malgorzata Sobanska, 1969*	1:13:13
2. Natalya Sergeyeva, RUS	1:13:16

3. Meseret Dugo, ETH 1:14:24  
 ... 5. Tanith Maxwell, RSA 1:16:08

### **Bank of America Shamrock Shuffle 8 km (30th)**

Chicago, USA, 29 March

#### MEN

1. Emmanuel Korir, 28, Lansing, MI (KEN) 24:18  
 2. Ryan Meissen, 30, Mukwanago, WI 24:23  
 3. Jeff Jonaitis, 27, Tinley Park, IL 24:29

#### WOMEN

1. Deena Kastor, 36, Mammoth Lakes, CA 27:15  
 2. Tera Moody, 28, Boulder, CO 28:03  
 3. Casey Owens, 26, Des Moines, IA 28:55

### **Around the Bay 30 km (112th)**

Hamilton, CAN, 29 March

#### MEN

1. Thomas Omwenga, KEN 1:35:29 Cn\$4000  
 2. Edward Tabut Kiptum, KEN 1:39:00 2000  
 3. Giitah Macharia, CAN 1:41:03 1000

#### WOMEN

1. Lucy Njeri, KEN 1:50:27 Cn\$4000  
 2. Liz Maguire (40+), CAN 2:00:15 2000 + 500m  
 3. Nathalie Goyer (40+), CAN 2:01:33 1000 + 300m

### **Hervis Prague Half Marathon (11th)**

Praha, CZE, 28 March

(Distance: 21.1 km; one-loop course )

#### MEN (gun times)

1. Nicholas Koech, KEN 1:00:07 PB/CR 2000 + 3000\* euros  
 2. Nicholas Manza Kamakya, KEN 1:00:09 PB 1500  
 3. Matthew Kipchirchir, KEN 1:00:15 PB 1000  
 4. Stephen Kibiwott, KEN 1:00:19 800  
 5. Isaac Macharia Wanjohi, KEN 1:01:32 600

#### WOMEN

1. Rose Kosgei, KEN 1:09:03 PB/CR 2000 + 3000\* euros  
 2. Irene Kwambai, KEN 1:09:27 PB 1500  
 3. Pasalia Chepkorir Kipkoech, KEN 1:09:56 PB 1000  
 4. Werknesh Kidane, ETH 1:09:59 800  
 5. Caroline Kwambai, KEN 1:10:47 600  
 6. Lydia Njeri, KEN 1:11:19 300

\*) Course record/3000 euro bonus

**Azalea Trail Run 10 km (31st)**

Mobile, USA, 28 March  
(Certified loop course)

## MEN (gun times)

1. Ridouane Harroufi, 27, MAR	28:14	\$2500
2. Robert Letting, 24, KEN	28:16	2000
3. Silas Sang, 30, KEN	28:28	1000
4. Linus Maiyo, 26, KEN	28:31	750
5. Samuel Ndereba, 32, KEN	28:36	500
... 9. Eric Chirchir, 25, KEN	28:55	

## WOMEN (gun times)

1. Genoveva Jelagat Kigen, 27, KEN	32:49	\$2500
2. Abebu Gelan, 19, ETH	32:51	2000
3. Belainesh Gebre, 21, ETH	33:02	1000

**CROSS-COUNTRY****IAAF World Cross-country Championships (37th)**

Amman, JOR, 28 March

## Senior MEN (12 km)

Teams: 1. Kenya 28 points/4th man broke tie (\$20,000); 2. Ethiopia 28 (\$16,000); 3. Eritrea 50 (\$12,000); 4. Uganda 65 (\$10,000); 5. Qatar 79 (\$8000); 6. Morocco 107 (\$4000); 7. Spain 140; 8. United States 168; 9. South Africa 174; 10. Rwanda 186; 11. Japan 246; 12. Portugal 279; 13. France 307; 14. Great Britain & N.I. 325; 15. Jordan 382; 16. Botswana 427; 17. Canada 450; 18. Egypt 466; 19. Iraq 532.

1. Gebre-egziabher Gebremariam, ETH	35:02	Gold	\$30,000
2. Moses Kipsiro, UGA	35:04 +0:02	Silver	15,000
3. Zersenay Tadese, ERI	35:04 +0:02	Bronze	10,000
4. Leonard Patrick Komon, KEN	35:05 +0:03		7,000
5. Habtamu Fikadu, ETH	35:06 +0:04		5,000
6. Mathew Kisorio, KEN	35:08 +0:06		3,000
7. Mark Kiptoo, KEN	35:11 +0:09		
8. Chakir Boujattaoui, MAR	35:12 +0:10		
9. Teklemariam Medhin, ERI	35:14 +0:12		
10. Hunegnaw Mesfin, ETH	35:16 +0:14		
11. Moses Mosop, KEN	35:17 +0:15		
12. Feyisa Lilesa, ETH	35:22 +0:20		
13. Saif Saaeed Shaheen, QAT	35:28 +0:26		
14. Mang'ata Ndiwa, KEN	35:32 +0:30		
15. Dino Sefir, ETH	35:49 +0:47		
16. Samuel Tsegay, ERI	35:51 +0:49		
17. Tadese Tola, ETH	35:52 +0:50		
18. Ahmad Hassan Abdullah, QAT	36:04 +1:02		
19. Geoffrey Kusuro, UGA	36:07 +1:05		
20. Felix Kikwai Kibore, QAT	36:14 +1:12		
21. Nicholas Kiprono, UGA	36:16 +1:14		
22. Samson Kiflemariam, ERI	36:20 +1:18		
23. Stephen Kiprotich, UGA	36:23 +1:21		
24. Issak Sibhatu, ERI	36:25 +1:23		
25. Linus Chumba, KEN	36:29 +1:27		
26. Carles Castillejo, ESP	36:30 +1:28		
27. Ahmed Baday, MAR	36:35 +1:33		

28. Gamal Belal Salem, QAT	36:37 +1:35
29. Collis Birmingham, AUS	36:38 +1:36
30. Ayad Lamdassem, ESP	36:39 +1:37
31. Alemayehu Bezabeh, ESP	36:41 +1:39
32. Stephen Mokoka, RSA	36:47 +1:45
33. Ryan Vail, USA	36:54 +1:52
34. Brahim Beloua, MAR	36:55 +1:53
35. Khoudir Aggoune, ALG	36:55 +1:53
36. Michael Shelley, AUS	36:58 +1:56
37. Bobby Curtis, USA	37:00 +1:58
38. Mouhssin Moubssit, MAR	37:02 +2:00
39. Faustin Musa, TAN	37:03 +2:01
40. Max King, USA	37:05 +2:03
41. Moorosi Soke, RSA	37:05 +2:03
42. Gervais Hakizimana, RWA	37:07 +2:05
43. Ben Siwa, UGA	37:07 +2:05
44. Felix Ntirenganya, RWA	37:07 +2:05
45. José Rocha, POR	37:09 +2:07
46. Mourad Marofit, MAR	37:10 +2:08
47. Suehiro Ishikawa, JPN	37:11 +2:09
48. Jean Baptiste Simukeka, RWA	37:17 +2:15
49. Javier Carriqueo, ARG	37:20 +2:18
50. Jeffrey Gwebu, RSA	37:21 +2:19
... 51. Tshamano Setone, RSA	37:27 +2:25
... 95. Sibusiso Nzima, RSA	39:03 +4:01
... 107. Kgosi Tsosane, RSA	39:31 +4:29

## Senior WOMEN (8 km)

Teams: 1. Kenya 14 points (\$20,000); 2. Ethiopia 28 (\$16,000); 3. Portugal 72 (\$12,000); 4. Spain 117 (\$10,000); 5. United States 130 (\$8000); 6. Morocco 130 (\$4000); 7. Australia 154; 8. Japan 165; 9. Great Britain & N.I. 193; 10. South Africa 198; 11. Canada 261; 12. Eritrea 266.

1. Florence Kiplagat, KEN	26:13	Gold	\$30,000
2. Linet Masai, KEN	26:16 +0:03	Silver	15,000
3. Meselech Melkamu, ETH	26:19 +0:06	Bronze	10,000
4. Lineth Chepkurui, KEN	26:23 +0:10		7000
5. Wude Ayalew Yimer, ETH	26:23 +0:10		5000
6. Hilda Kibet, NED	26:43 +0:30		3000
7. Ann Karindi Mwangi, KEN	26:49 +0:36		
8. Gelete Burka, ETH	26:58 +0:45		
9. Maryam Yusuf Jamal, BRN	27:00 +0:47		
10. Iness Chenonge, KEN	27:00 +0:47		
11. Pauline Korikwiang, KEN	27:03 +0:50		
12. Deska Mamitu, ETH	27:04 +0:51		
13. Kim Smith, NZL	27:05 +0:52		
14. Sentayehu Ejigu, ETH	27:40 +1:27		
15. Ana Dulce Félix, POR	27:42 +1:29		
16. Sara Moreira, POR	27:54 +1:41		
17. Lisa Jane Weightman, AUS	27:59 +1:46		
18. Yuko Shimizu, JPN	28:02 +1:49		
19. Ana Dias, POR	28:05 +1:52		
20. Judith Plá, ESP	28:08 +1:55		
21. Julie Culley, USA	28:08 +1:55		
22. Analía Rosa, POR	28:10 +1:57		
23. Siham Hilali, MAR	28:14 +2:01		
24. Alessandra Aguilar, ESP	28:18 +2:05		

25. Sarah Ramadhan, TAN	28:18 +2:05
26. Lara Tamsett, AUS	28:19 +2:06
27. Bouchra Chaabi, MAR	28:19 +2:06
28. Mimi Belete, BRN	28:21 +2:08
29. Lebogang Phalula, RSA	28:23 +2:10
30. Koren Jelela, ETH	28:29 +2:16
31. Diana Martín, ESP	28:31 +2:18
32. Kenza Dahmani, ALG	28:33 +2:20
33. Delilah Di Crescenzo, USA	28:34 +2:21
34. Salima El Ouali Alami, MAR	28:35 +2:22
35. Élodie Olivarès, FRA	28:37 +2:24
36. Rebecca Donaghue, USA	28:37 +2:24
37. Catherine Cormier, CAN	28:41 +2:28
38. Stephanie Twell, GBR	28:46 +2:33
39. Dina Lebo Phalula, RSA	28:46 +2:33
40. Kathy Newberry, USA	28:50 +2:37
41. Habiba Ghribi, TUN	28:50 +2:37
42. Jacqueline Martín, ESP	28:51 +2:38
43. Yeisy Álvarez, VEN	28:51 +2:38
44. Yingying Zhu, CHN	28:53 +2:40
45. Kazuka Wakatsuki, JPN	28:54 +2:41
46. Maria Laghrissi, MAR	28:55 +2:42
47. Federica Dal Ri, ITA	28:55 +2:42
48. Korei Omata, JPN	28:56 +2:43
49. Hatti Dean, GBR	29:00 +2:47
50. Agnes Chikwakwa, MAW	29:03 +2:50
... 56. Johanna Hermiena van Schalkwyk, RSA	29:07 +2:54
... 74. Tebogo Masehla, RSA	30:24 +4:11
... 78. Myrette Filmalter, RSA	30:57 +4:44

#### Junior MEN (8 km)

Teams: 1. Kenya 20 points; 2. Ethiopia 22; 3. Eritrea 72; 4. Uganda 82; 5. United States 104; 6. AUStRalia 135; 7. Morocco 143; 8. Japan 153; 9. Burundi 173; 10. South Africa 237; 11. Sudan 244; 12. Algeria 252; 13. Spain 282; 14. Canada 284; 15. Great Britain & N.I. 316; 16. Yemen 365; 17. Jordan 426; 18. Kuwait 452.

1. Ayele Abshero, ETH	23:26	Gold
2. Titus Kipjumba Mbishei, KEN	23:30 +0:04	Silver
3. Moses Kibet, UGA	23:35 +0:09	Bronze
4. Paul Kipngetich Tanui, KEN	23:35 +0:09	
5. Japheth Kipyegon Korir, KEN	23:36 +0:10	
6. Atalay Yirsaw, ETH	23:38 +0:12	
7. Gashaw Biftu, ETH	23:44 +0:18	
8. Debebe Woldesenbet, ETH	23:52 +0:26	
9. John Kipkoech, KEN	24:00 +0:34	
10. John Kemboi Cheruiyot, KEN	24:08 +0:42	
11. German Fernandez, USA	24:13 +0:47	
12. Dieudonné Nsengiyuma, BDI	24:16 +0:50	
13. Charles Kibet Chepkurui, KEN	24:17 +0:51	
14. Goitom Kifle, ERI	24:18 +0:52	
15. Chris Derrick, USA	24:20 +0:54	
16. Legese Lamiso, ETH	24:20 +0:54	
17. Dickson Huru, UGA	24:21 +0:55	
18. Mulue Andom, ERI	24:23 +0:57	
19. Nassir Dawud, ERI	24:32 +1:06	
20. Youssef Nasir, MAR	24:33 +1:07	
21. Merhawi Tadesse, ERI	24:34 +1:08	

22. Olivier Iradukunda, BDI	24:35 +1:09
23. Zicheng Li, CHN	24:38 +1:12
24. Ryan Gregson, AUS	24:40 +1:14
25. Timothy Toroitich, UGA	24:43 +1:17
26. Alemu Bekele, BRN	24:44 +1:18
27. Akinobu Murasawa, JPN	24:46 +1:20
28. Edwin Chebii Kimurer, BRN	24:49 +1:23
29. Harry Summers, AUS	24:52 +1:26
30. Luke Puskedra, USA	24:53 +1:27
... 47. Mfumaneko Fadane, RSA	25:51 +2:25
... 53. Joel Mmone, RSA	26:05 +2:39
... 65. Sityhilo Diko, RSA	26:24 +2:58
... 72. Folavia Sehohle, RSA	26:36 +3:10
... 89. Windy Jonas, RSA	27:17 +3:51
... 98. Vuyisile Tshoba, RSA	27:37 +4:11

#### Junior WOMEN (6 km)

Teams: 1. Ethiopia 18 points (4th finisher broke tie); 2. Kenya 18; 3. Japan 76; 4. Great Britain & N.I. 82; 5. United States 122; 6. Eritrea 153; 7. Australia 154; 8. Russia 178; 9. South Africa 230; 10. Canada 234; 11. Morocco 264; 12. Algeria 282; 13. Tunisia 283; 14. Jordan 360.

1. Genzebe Dibaba, ETH	20:14	Gold (defends title)
2. Mercy Cheron, KEN	20:17 +0:03	Silver
3. Jackline Chepngeno, KEN	20:27 +0:13	Bronze
4. Frehiwat Goshu, ETH	20:34 +0:20	
5. Nelly Chebet Ngeiywo, KEN	20:36 +0:22	
6. Sule Utura, ETH	20:38 +0:24	
7. Emebet Anteneh, ETH	20:42 +0:28	
8. Hilda Chepkemai Tanui, KEN	20:49 +0:35	
9. Meseret Mengistu, ETH	20:52 +0:38	
10. Jackline Chebii, KEN	21:01 +0:47	
11. Emily Brichacek, AUS	21:02 +0:48	
12. Tsega Gelaw, ETH	21:11 +0:57	
13. Lauren Howarth, GBR	21:14 +1:00	
14. Charlotte Purdue, GBR	21:23 +1:09	
15. Gladys Jerotich Kibiwot, BRN	21:25 +1:11	
16. Delvine Relin Meringor, KEN	21:27 +1:13	
17. Nanaka Izawa, JPN	21:27 +1:13	
18. Erika Ikeda, JPN	21:30 +1:16	
19. Neely Spence, USA	21:33 +1:19	
20. Asami Kato, JPN	21:33 +1:19	
21. Aki Otagiri, JPN	21:40 +1:26	
22. Chitose Shibata, JPN	21:47 +1:33	
23. Tejitu Daba, BRN	21:47 +1:33	
24. Shitaye Eshete, BRN	21:50 +1:36	
25. Kate Avery, GBR	21:53 +1:39	
26. Ashley Brasovan, USA	21:55 +1:41	
27. Cl�mence Calvin, FRA	22:01 +1:47	
28. Tsige Gebrebrhan, ERI	22:02 +1:48	
29. Helen Hayelom, ERI	22:07 +1:53	
30. Lillian Partridge, GBR	22:10 +1:56	
... 38. Maxine Heine-Wacker, RSA	22:24 +2:10	
... 44. Anna Catharina Gildenhuys, RSA	22:32 +2:18	
... 72. Nandipha Dywili, RSA	23:37 +3:23	
... 76. Ashleigh Schnettler, RSA	23:49 +3:35	
... 79. Letitia Saayman, RSA	24:09 +3:55	

... 83. Zinhle Sinqe, **RSA** 24:27 +4:13

## TRACK

### Stanford Invitational

Palo Alto, USA, 27-28 March

Note: The depth in these distance races at a university meeting is incredible. – Ed.

#### MEN

10000 (27):

Section 1 -

1. Dan Nunn, Georgetown	28:24.10 PB
2. Patrick Smyth, Notre Dame	28:25.85 PB
2. Mike Sayenko, Strands	28:25.85 PB
4. Andrew Carlson, Brooks	28:25.86 PB
5. Girma Mecheso, Auburn [ETH]	28:26.09 PB
6. Elkanah Kibet, Auburn [KEN]	28:26.96 PB
7. Shadrack Biwott, Oregon [KEN]	28:28.83 PB
8. James Strang, Arkansas	28:29.27 PB
9. Yosef Ghebray, California	28:32.27 PB
10. Sean Houseworth, US Air Force	28:33.71 PB
11. Diego Mercado, Oregon	28:48.54 PB
12. Abraham Kutingala, Alabama [KEN]	28:52.45 PB
13. Danny Mercado, Oregon	28:53.02 PB
14. Jake Schmitt, Washington	28:53.99 PB
15. Dylan Wykes, CAN	28:58.49 PB

Section 2 -

1. Tibor Vegh, Unat [HUN]	28:52.21 PB
2. Kiel Uhl, Iowa State	28:56.85 PB
3. Michael Krisch, Georgetown	28:58.48 PB
4. Jesse Cherry, High Point	28:59.16 PB
5. Kyle Shackleton, UCLA	29:02.58 PB
6. Paul Jellema, Hansons-Brooks	29:04.15 PB
7. Mark Fruin, Northern Arizona	29:04.84 PB
8. Drew Shackleton, UCLA	29:05.97 PB
9. John Beattie, Tulsa [GBR]	29:06.49 PB
10. Lane Boyer, Arkansas	29:07.02 PB

#### WOMEN

5000 (27):

Section 1 -

1. Maureen McCandless, New Balance	15:34.31 PB
2. Racheal Marchand, Unattached	15:39.96 PB
3. Nicole Blood, Oregon	15:42.13 PB
4. Laurynne Chetelat, Stanford	15:43.31 PB
5. Amy Hastings, Adidas	15:45.19 PB
6. Elizabeth Maloy, Unattached	15:46.31 PB
7. Katie Follett, Washington	15:48.72 PB
8. Lindsay Allen, McMillanElite	15:48.97 PB
9. Mel Lawrence, Washington	15:50.36 PB
10. Janet Jesang, Wn Ky [UGA]	15:52.22 PB
11. Veronica Pohl, Northern Az [GER]	16:06.67 PB
12. Catherine White, Arkansas	16:08.29 PB
13. Jenna Kingma, Arizona State	16:09.11

14. Mihaela Susa, Oklahoma St [ROU] 16:09.83 PB
15. Toni Salucci, Raleigh TC 16:10.24 PB
16. Denise Bargiachi, Arkansas 16:11.56 PB
17. Kim Conley, UC Davis 16:17.51 PB
18. Jackie Areson, Tennessee 16:27.16 PB
19. Lesley Higgins, New York AC 16:39.98 PB
20. Christine Kalmer, Arkansas [RSA] 16:43.17

Section 2 -

1. Sarah Bowman, Tennessee 16:20.78 PB
2. Katie McCafferty, Georgetown 16:22.69 PB
3. Cecily Lemmon, Brigham Young 16:23.13 PB
4. Irine Lagat, Arizona [KEN] 16:23.67 PB
5. Georgia Griffin, Stanford 16:30.81 PB
6. Deborah Maier, California 16:31.41 PB
7. Ahna Lewis, West Virginia 16:33.79 PB
8. Karen Summers, Ohio University 16:35.97 PB
9. Emilie Amaro, Stanford 16:36.40 PB
10. Stephanie Marcy, Stanford 16:36.43 PB

10000 (27):

Section 1 -

1. Kate O'Neill, Strands 33:02.31
2. Andrea Walkonen, Boston University 33:13.66 PB
3. Clara Grandt, West Virginia 33:16.96 PB
4. Melissa White, Hansons-Brooks 33:32.88
5. Erin Nehus, Unattached 33:36.77 PB
6. Mattie Bridgmon, Oregon 33:37.73 PB
7. Anita Campbell, Washington [CAN] 33:40.22 PB
8. Alex Becker, Tulsa [CAN] 33:44.63 PB
9. Alissa McKaig, Unattached 33:48.17 PB
10. Ali Kielty, Arizona State 33:56.97 PB
11. Lara Crofford, Nebraska 34:07.55
12. Casey Owens, Unattached 34:27.59
13. Tone Hjalmarssen, Oklahoma St [NOR] 34:29.63 PB
14. Nicky Archer, New Mexico [GBR] 34:32.21 PB
15. Alison Greggor, California 34:37.01 PB

## Reebok Raleigh Relays

Raleigh, USA, 27-28 March

MEN

800 Invitational (28):

1. David Brent, Eastern Michigan 1:51.26
2. Johnny Shuping, St. Augustines [RSA] 1:51.28

## NEWS

### NO DATE CHANGE FOR COMRADES, SAYS CMA

The 2009 Comrades Marathon is not in danger of being shunted to the sidelines by the Indian Premier League cricket tournament which will be held in Durban in May. According to a media release from the Comrades Marathon Association (CMA), the CMA has had initial discussions with the KZN Cricket Union and has sought legal advice. All options are currently under consideration. Further meetings will be held this week.

Both the 2009 Comrades Marathon and IPL Tournament matches are scheduled to be staged at the Sahara Stadium, Kingsmead, during the same period in May 2009.

Regardless of the fact that the two events are taking place during the same time period, the CMA has an agreement in place with KZNCU for an extensive period prior to and including 24 May for the running of the Comrades Marathon. Setting up the finish of the Comrades Marathon takes a minimum of 14 days, as various infrastructure, IT, and medical facilities are required to be erected and installed to cater for a race of this magnitude.

According to the media release, CMA Chairman Dave Dixon "has specifically refuted a reckless and negligent statement attributed to him in a newspaper report that the Comrades might have to be scrapped. He has categorically denied certain statements attributed to him and is considering his legal options arising from the misrepresentation." This year will mark the 84th running of the Comrades Marathon, renowned as the world's greatest ultramarathon and one of South Africa's most inclusive sporting events.

On the last 16 occasions on which "down" runs from Pietermaritzburg to Durban have been staged, the Comrades Marathon has finished at Kingsmead Stadium.

"The CMA has taken the initiative to discuss an amicable solution with KZNCU as a matter of urgency," the media release stated. "The CMA has in the past and of late always sought a solution that is beneficial to all parties. To this end dates for the 2009 and 2010 Comrades Marathons were brought forward in order to avoid clashing with the 2009 FIFA Confederations Cup and the 2010 FIFA World Cup.

"The CMA does however have responsibilities to, first and foremost, its runners, as well as sponsors, partners, supporters and literally thousands of volunteers. The CMA would like to assure runners, sponsors, partners, supporters and volunteers that there will definitely be no date change and that the race will definitely be run from Pietermaritzburg to Durban."

### **RICHARD NENE SUSPENDED BY KZNA**

Zimbabwean Richard Nene, who runs for the Boxer club in Durban, has been suspended from racing and all athletics competitions for the month of April and will then serve a further year suspended sentence, which will terminate on 1 May 2010, writes Norrie Williamson. Nene was found guilty of knowingly accepting illegal selection to the KZN team to the SA Track & Field Championships in Stellenbosch on 13 and 14 March.

Nene, who is a frequent prize winner in local events, has clearance to run in South Africa from the Zimbabwean federation.

Foreign athletes cannot represent clubs in team competitions, nor can they be selected for provincial teams. It is therefore difficult to understand how Nene's entry was processed by the organisers of the Championships (and why KZN selected him), as athletes are required to have a South African ID number.

Foreign athletes can compete as individuals, providing they enter through their own national federation and Athletics South Africa.

It was noted that Nene had gone against the advice of the club and used friends to facilitate his going with the team.

As part of the judgment against Nene, he had until Monday (30 March) to write a letter of apology to Kwazulu-Natal Athletics for bringing the sport into disrepute and for the unnecessary bad publicity that had been generated.

### **BYDGOSZCZ TO HOST 2010 WORLD CROSS-COUNTRY CHAMPIONSHIPS**

The IAAF Council has selected Bydgoszcz, Poland, as the host for the 2010 IAAF World Cross-country Championships. The Polish city, which hosted the 2008 IAAF World Junior Championships, will host the 38th edition of the Championships on 27 March 2010.

Other decisions announced during the two-day meeting in Berlin included an amendment to the marathon start times for August's World Championships, reports *Race Results Weekly*. The men's race, scheduled for Saturday, 23 August, will start at 11:45

a.m. and the women's, scheduled for the following day, will begin at 11:15 a.m. Previously both were planned with an 11 a.m. start time.

In other news, the Juridical Committee is in the process of finalising a new system to set quality standards in the registration process of Athletes' Representatives authorized by National Federations. If approved, the new procedures will go into effect in 2010.

## STATS TIME

Many list leaders were set in two of South Africa's top races over 25 km and 30 km last weekend. As promised, here are the all-time top ten men and women in the 30 km.

### 30 KM: S.A. ALL-TIME TOP 10 MEN & WOMEN

#### MEN

1:32:43	Neo Molema	Cape Town	120102
1:33:25a	Charles Vilakazi	Malaga	270190
1:35:10	John September	Parow	080397
1:35:15a	Josiah Thugwane	Malaga	270190
1:35:35	Patty Francis	Milnerton	310390
1:35:36	Thembelani Zola	Cape Town	120102
1:35:38	John Thomas	Milnerton	090587
1:35:39	Francois Bindemann	Milnerton	090587
1:35:42	Wayne Gallant	Cape Town	100198
1:35:50a	Joseph Skosana	Malaga	270190

#### WOMEN

1:53:01	Monica Drögemöller	Cape Town	170187
1:55:08	Evelina Tshabalala	Milnerton	130589
1:57:08	Liz Eglington	Milnerton	130589
1:57:43	Jowaine Parrott	Cape Town	150194
1:58:42	Rita Toto	Cape Town	100198
1:58:48	Jean Rayner	Milnerton	160390
1:58:57	Farwa Mentoor	Cape Town	120102
1:59:06	Esmé Koopman	Cape Town	120102
1:59:50	Karen Burns	Milnerton	160390
1:59:51	Cynthia Hardenburg	Cape Town	150194

## THIS MONTH IN HISTORY

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

### 16 years ago: 28 March 1993

Kenya won its fourth consecutive men's team title at the weekend's World Cross-country Championships, but only by a hair's-breadth (see results elsewhere). Kenya won its first men's team title at the Championships in 1986 and on this day in 1993 scored its greatest triumph at the event when, led by William Sigei, it became the first country to sweep the first five places in the men's race. The Kenyans' dominance of the team competition came to an end after 18 years in 2004, but this feat in the Spanish town of Amorebieta has never been repeated in the senior men's race (the Kenyan juniors did it in 2005). In tenth place was Paul Tergat, who two years later would win the first of his five consecutive titles.

## 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
	27:01	Micah Kogo (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
	58:52	Patrick Makau (KEN)		
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	80:54	Moses Lepheana	Durban	22 Mar
	83:12a	Eric Sigxashe	Somersset East	14 Mar
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
	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 27:01 by Micah Kogo (KEN) in 2009 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
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	90:56	Eloi de Oliveira (mast)	Durban	22 Mar
	89:35a	Basie Bonaparte	Somersset East	14 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:25	Lindile Tokota	Sedgefield	21 Mar
	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
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	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	90:56	Eloi de Oliveira	Durban	22 Mar
30 km	1:59:19	Gemjikile Tom	Parow	22 Mar
	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
	84:42a	Tamsanqa Jusayi	Jeffreys Bay	28 Mar
25 km	1:47:48a	Tamsanqa Jusayi	Somerset East	14 Mar
30 km	2:09:10	Albertus Bock	Parow	22 Mar
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	76:08	Tanith Maxwell	Warsaw	29 Mar
	67:18	Dire Tune (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:48:56	Davera Magson	Port Elizabeth	21 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:47:01	Tomoe Yokoyama (JPN)		
	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	39:28	Maya Lawrie	Durban	22 Mar
	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	1:50:46	Grace de Oliveira	Durban	22 Mar
	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		
<u>Masters (50+)</u>				
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	2:04:06	Suzanne Lavis	Port Elizabeth	21 Mar
30 km	2:18:56	Annatjie Botes	Sedgefield	21 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:55	Sonja Laxton	Secunda	14 Mar
15 km	68:48	Sonja Laxton	Eldorado Park	08 Mar
21.1 km	1:41:15	Hester Kotze	Constantia	07 Feb
25 km	2:22:06	Gill Tregenna	Durban	22 Mar
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:28:36	Liz Ruickbie	Durban	08 Feb
100 km				
<u>Juniors</u>				
10 km	35:58	Nandipha Dywili	Durban	08 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:35	Nadia Hechter	Krugersdorp	04 Feb
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:43:32	Lauren Venter	Bedfordview	11 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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