

Distance Running Results

Vol. 9, No. 15 – 14 April 2009

© Distance Running Results. All rights reserved.

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

Don't run too fast down "Chappies"! Marco Mambo, going for a historic fourth win on a beautiful autumn day in Cape Town on Saturday, seemed to have forgotten this Two Oceans Marathon dictum as he charged down the steep descent into Hout Bay from 34 km and faltered after the second big hill, Constantia Nek. A mere 2 km from the finish his dream was shattered by a virtually unknown Kenyan, John Wachira, who went on to win in 3:10:06.

The 40th edition of South Africa's second biggest ultra was run in almost ideal conditions, yet produced one of the slowest races in recent years as the last gold medal was won in 3:17:11 and only the top four women ran under 4 hours.

There was no surprise in the women's race: the Nurgalieva twins finished first and second. In fact, they crossed the finish line hand-in-hand after having run the whole 56 km together, with the officials giving the win to Elena over Olesya. Their time was 3:40:43 – almost 6 minutes slower than Olesya recorded for her victory in 2008.

The domination of foreign runners in the men's race reached a peak with only three South Africans making it into the top ten, and those were in the lower positions: Butiki Jantjies (6th), Modibe Mamabolo (7th) and Melikhaya Sithuba (9th). What was unusual was that the foreigners were not only Zimbabweans – there were three runners from South Africa's northern neighbour, but also two from Lesotho, one from Kenya and one from Malawi.

On the other hand, behind the first three women (the twins were followed by Zimbabwean Samukeliso Moyo), all the other gold medallists were South African. After a disappointing run in 2008 Farwa Mentoor was again the first local athlete, finishing fourth in 3:59:45. Four of the top ten were 40 or older.

In the leading pack going up Chapman's Peak there was a figure clad in blue and yellow, the colours of the club sponsored by one of South Africa's biggest security companies, ADT, but no one took much notice of him at that stage. His credentials were not as good as some of the men around him, but John Wachira (also known as John Maina Wachira) did finish seventh in last year's City to City 50 km – beating, among others, 2007 Two Oceans champion Bethuel Netshifhefhe. In the 2008 Soweto Marathon he ran 2:27:44.

At the marathon mark, which Mambo hit in 2:19:20 (11 sec faster than last year, and 16 sec faster than in 2005, when he ran his quickest time of 3:05:39), he was around 80 seconds ahead of Wachira. The gap remained constant up the twisting, tree-lined climb to the highest point of the Two Oceans, the 215-metre high Constantia Nek.

With 46 km behind him, Mambo still seemed in command when he started the descent, but unbeknown to both Wachira and the spectators a new dynamic was now added to his mounting fatigue and sore legs – he developed pain in his left heel which he later said was caused by his shoe, and this soon affected his pace.

The pain in his heel intensified after he had passed the 50 km marker in 2:50:17. He still managed to cover the next 3 km – all downhill – in 9:02, but the last 3 km of the race would take him an agonising 11:33.

Although there were only three small hills left to contend with – the first one at Kirstenbosch, followed by the one up Union Avenue with 3 km to go, and then Chet's Hill on the final run-in to the University of Cape Town campus and the finish – Mambo's coveted fourth victory was slipping away with every stride Wachira was taking.

His head tilted to the side, the Zimbabwean could do little as the Kenyan bore down on him. The difference between the two was obvious: Wachira was running freely, his face and stride relaxed, while Mambo was suffering, with little left of his earlier smooth motion.

It was poignant moment when, at 54 km, Wachira confidently shot past. Mambo glanced across, but he was helpless to do anything. His second place was safe, but second is not the same as first. "I will come back next year to get the fourth win," he said in an interview afterwards, while denying that he had made a mistake in going down Chapman's Peak too fast.

Wachira reached the finish in 3:10:06 to questions of "John who?" The question was quickly answered – he hails from Eldoret, the area in the highlands of Kenya which has been the nurturing ground for countless distance runners from the East African nation.

Wachira said that after his run in last year's City to City he felt he could win the Two Oceans if he trained hard enough. And that he did, starting in December – covering 400-500 km a week. He acknowledged that this was high mileage, but his body could handle it, he said, because he made sure he followed a proper diet and got sufficient rest.

"Some of my training has been with Hendrick Ramaala, but mostly I run on my own. I was very relaxed about the race today and never doubted I could catch Mambo. God willing, I aim to go for a top three placing in this year's City to City and come back next year to win this race again."

Mambo finished in 3:10:52, still faster than his 3:11:35 last year. Lesotho security guard Mpesela Ntlotsoeu, who had been given a month off from work for his final preparation, followed in 3:11:56, with Stephen Muzhingi, who was third in the Comrades Marathon last year, only 9 seconds behind. Then came Henry Moyo (3:12:23), repeating his fifth spot of 2006, and the first South African, Jantjies (3:13:53).

The leading South African has ever finished as low as Jantjies' sixth place, and only two other South Africans followed him in the top ten. Not since 2003 has the final gold medal been won in a time slower than Sipho Ncube's 3:17:11. Only two of last year's gold medalists – Mambo and Muzhingi – repeated. Netshifhefhe was 20th and last year's second and third placers, Mzwanele Maphekula and Simon Peu, 14th and 47th respectively.

The women's race was, in a sense, a non-race. The Nurgalievass were never more than a metre or two apart throughout the entire journey and shook off Samukeliso Moyo's challenge, such as it was, soon after halfway. From there, with no pressure, they simply eased their way to the finish for an 18-minute win.

No wonder Elena said: "This was our most comfortable and enjoyable Two Oceans ever." Their time was the slowest either of them has run in their combined eleven appearances, yet still faster than any South Africans apart from Frith van der Merwe and Azwindini Lukhwareni has ever managed.

Her fifth gold medal gave Olesya, like her sister, a permanent blue number. They have never been out of the top four – Elena has now finished first, first, second, third, second and first, while Olesya has been second, second, fourth, first and second.

After a disappointing 2008, both Mentoer and Adinda Kruger (fifth) expressed themselves well satisfied with their performances this time. Mentoer, who was the first South African in 2003, 2006 and 2007, but was surpassed by Riana van Niekerk as the country's top ultrarunner in 2008 and could not dip under 4 hours for the first time in seven years, finished in 3:59:45. "I felt strong," she said, and predicted a good Comrades.

The last four gold medals went to runners older than 40: Joanna Thomas, Jane Mudau, Urusla Frans (8th in 2008) and Maya Lawrie. The four women under 4 hours were the fewest since 1993 (when only winner Pat Lithgow did so – but that was a different era altogether).

Nine-time Comrades champion Bruce Fordyce finished in 4:50:57, while his son Nicholas clocked 1:43:37 in the accompanying half marathon. Noel Stamper (69) completed his 39th Two Oceans in 6:01:43 (he has started all 40 editions, but failed to finish once), while Cyril

Niit achieved a unique 25th consecutive silver medal in 3:52:59. Chet Sainsbury, race director from 1980 to 2007, completed the race for the 28th time.

The half marathon was won in 63:42 by Stephen Mokoka after he had broken away from his rivals with 4 km to run. In the women's race course record holder Helalia Johannes scored her third victory in 73:34, beating defending champion Mamorallo Tjoka by a huge margin of more than 2 minutes. Thabita Tsatsa was third, followed by the first South African, Annerien van Schalkwyk.

Fifth was Kim Laxton, whose streak of ten consecutive wins dating from November last year came to an end.

Among the other finishers in the half marathon was marathon legend Ferdie le Grange, who in 1971 was the first South African to run a sub-2:20 marathon and in 1974 set a national record of 2:12:47, which put him seventh on the world list that year. Le Grange ran 1:40:40, good enough to place him third in the 60+ category, while his son, also Ferdie, clocked 1:26:10 as ninth junior.

In a telephone conversation yesterday Le Grange said he doesn't train much anymore – golf is now his chosen sport – and was surprised to finish so high. His son's enthusiasm for running has been motivating him and they are planning for better times next year.

The television coverage was disappointing, with too much emphasis on the rather boring women's race and interminable periods passing by without any pictures of the much more exciting men's race. After Chapman's Peak one scarcely knew what was going on behind Mambo and many crucial moments in the race were missed, such as the marathon mark. The men definitely deserved better than this.

I would like to thank Race Director Rowyn James, Frans du Toit, Jakes Jacobs and Chris Goldschmidt for their assistance with results and other information which helped to compile this report and the results that follow.

And while we are on the subject of fast marathons, let us take another look at the quick times run in Rotterdam and Paris last Sunday – one of the most momentous days in men's marathoning history (results in DRR 9:14). In Rotterdam world best times for places 2-3-4 were set, while Paris produced the fastest ever for places 7-12 and 14-17.

Haile Gebrselassie remains the fastest of all time with his 2:03:59 and 2:04:26 in Berlin in 2008 and 2007 respectively, but Duncan Kibet and James Kwambai moved into equal second on the world all-time list with both clocking the Kenyan and Commonwealth record time of 2:04:27 in Rotterdam, while their countryman Abel Kirui, third in 2:05:04, became the world's sixth and Kenya's fifth quickest ever performer. In fourth place another Kenyan, Patrick Makau, made a superb debut in 2:06:14, second quickest ever for a first marathon.

In Paris Kenyan winner Vincent Kipruto smashed the course record with 2:05:47, and the depth was the best yet seen in any marathon as six men, all setting PBs, broke 2:07 to equal London's record, and a record eleven (eight of them Kenyans!) streamed in under 2:09. Runner-up Bazu Worku Hayla of Ethiopia debuted in 2:06:15. His passport shows his date of birth as 15 September 1990, so, assuming that is correct, he took 3:38 off the previous best by a junior (Moses Masai's 2:10:13 in 2005).

With *Race Results Weekly* being published on Tuesday instead of the usual Monday this week, we will catch up with international results next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Old Mutual Two Oceans Marathon & Half Marathon, Cape Town
- * Solomon Kalushi Mahlangu Memorial Race, Mamelodi
- * E.L. Truss 10 km, East London
- * Track: South African Student (SASSU) Championships, Stellenbosch

International highlights:

- * Track: Stanford Invitational, Palo Alto, USA

ROAD RUNNING

Old Mutual Two Oceans Marathon (40th) & Half Marathon (12th)

Cape Town, 11 April

(Distances: Ultra – 56 km; certified near-loop course with S/F separation of 2.85%. Half marathon – 21.1 km; certified near-loop course with S/F separation of 7.56%. The finish is 65 m higher than the start. Finishers: ultra, 5 795; half marathon, 10 597)

Ultramarathon

MEN

1	John Maina Wachira	KEN/ADTCG	29	3:10:06	R150 000
2	Marko Mambo	ZIM/MP Int	37	3:10:52	R75 000
3	Mpesela Ntlotsoeu	LES/Toyota	32	3:11:56	R50 000
4	Stephen Muzhingi	ZIM	33	3:12:05	R25 000
5	Henry Moyo	MAW/MP Int	36	3:12:23	R10 000
6	Butiki Jantjies	MPCG	38	3:13:53	R9 000
7	Modibe Mamabolo	MPCG	32	3:14:43	R8 000
8	Lephetesang Adora	LES/Toyota	29	3:15:48	R7 000
9	Melikhaya Sithuba	MPEP	25	3:16:40	R6 000
10	Sipho Ncube	ZIM/MP Int	37	3:17:11	R5 000
11	Siyabonga Habe	MPWP	33	3:17:25	
12	Melikhaya Kepe	NRCEC	32	3:18:02	
13	Prodigal Khumalo	ZIM/MPKZN	27	3:19:18	
14	Mzwanele Maphekula	NRCEC	32	3:19:58	
15	Mkhonzeni Basi	MPCG	34	3:20:23	
16	Mabule Rhapotle	MPCG	28	3:21:05	
17	Lindile Tokota	KNYSNA	41	3:21:48	(1 st vet)
18	Sipho Maisela	NRCGN	26	3:22:57	
19	Zamile Gebashe	BonitCG	30	3:25:57	
20	Bethuel Netshifhefhe	BonitCG	37	3:26:01	
21	Lucky Bhembe	NRCGN	35	3:26:07	
22	Joseph Maerman	NRCGN	35	3:26:19	
23	Peter Muthubi	NRCGN	27	3:26:29	
24	Knowledge Mokhele	MPKZN	27	3:27:09	
25	Eugen Pelem	NRCEC	30	3:27:39	
26	Siyabonga Nqabeni	Celtic	26	3:27:50	
27	Tshifhiwa Khangale	MPCG	28	3:28:01	
28	Mncedisi Mkhize	MPCG	28	3:29:07	
29	Andries Telang	Toyota	30	3:29:10	
30	Eric Sigxashe	MPEP	30	3:29:17	
31	Emerson Kayana	NRCEC	35	3:29:21	
32	Luvuyo Matani	VW	26	3:29:45	
33	Peter Mavura	Formula	34	3:30:26	
34	Patrick Kanyane	NRCCG	29	3:30:44	
35	Bonisile Ngculana	AAC	32	3:30:58	
36	Christopher Mabengeza	NRCEC	42	3:31:35	(2 nd vet)
37	Thabiso Ralekheti	LES/Toyota	49	3:31:36	(3 rd vet)
38	John Kayange	KEN/MP Int	27	3:31:52	
39	Mbuyiseli Mema	NRCEC	31	3:32:04	
40	George Ntshiliza	MPEP	29	3:32:28	
41	Sindile Somke	NRCEC	32	3:32:38	
42	Saoane Ntlou	LES	39	3:33:00	
43	Richard Mavuso	MPCG	31	3:33:25	
44	Fusi Nhlapo	MPVT	37	3:33:27	
45	Claude Moshiywa	MPCG	34	3:33:52	

46	Kevin Ramothokgo	RANDWVT	33	3:34:17
47	Simon Peu	BonitCG	36	3:34:33
48	Clement Nkosi	MPKZN	26	3:34:41
49	Vusi Sokhela	MPKZN	31	3:34:47
50	Brian Mapeyi	VOB	43	3:34:50
51	Mosounyane Morapalla	LES/Toyota	26	3:35:05
52	Johannes Mantswe	SANDFFS	26	3:35:51
53	Masanda Mlonyeni	NRCEC	28	3:36:08
54	Rendani Munyai	NRCLP	29	3:36:13
55	Moses Njodzi	ZIM/MP Int	26	3:36:34
56	Masixole Dlaku	MPEP	30	3:36:35
57	Zondwa Nombexeza	AAC	26	3:37:15
58	Zwelithini Vaphi	GCH	37	3:38:55
59	Radisegwane Maleka	BStride	34	3:38:55
60	Abram Hugo	GCH	30	3:38:56
61	Reginald Ngobese	GS	42	3:39:29
62	Duncan Jobeta	KAC	45	3:39:37
63	Lindokuhle Mdlovu	Katleh	30	3:39:38
64	Joseph Molaba	NRCGN	36	3:39:56
65	Eloi de Oliveira	BoxerSS	50	3:40:01 (1 st mast)
66	Zolile Mhlahlo	PEBP	34	3:40:04
67	Arthur Beeming	MPCG	34	3:40:37
68	Othaniel Dhahlane	DRIEAC	24	3:40:45
69	David Majara	NBEP	28	3:41:12
70	Erich Goeieman	NAM	29	3:41:20
71	Joubert Wou	BED	32	3:41:38
72	Pienas Magashule	Polokw	45	3:41:56
73	Mxolisi Fana	NRCSWD	40	3:42:10
74	Paul Molyneux	GBR	28	3:42:30
75	Philip Tshezi	SANI	25	3:42:35
76	Melikhaya Jacobs	NRCEC	30	3:42:36
77	Taengwa Alfandika	Formula	33	3:43:34
78	Sihle Mapukata	MPWP	32	3:43:50
79	Matthew Lynas	GBR	42	3:44:14
80	Zakuthini Retyu	QH	37	3:45:24
81	Simon Von Witt	AAC	32	3:45:35
82	Brian Zondi	BonitCG	34	3:45:51
83	Azalia Motubane	Scaw	39	3:45:56
84	Joseph Tutubala	BFNACH	39	3:46:12
85	Sipho Ngxongo	NRCKZN	25	3:46:15
86	The Be Active Hikwane	Sesheng	21	3:46:29
87	Sipho Majombozi	BoxerSS	45	3:46:46
88	Simo Simatu	MPTrans	29	3:46:56
89	Jappie Khotle	Mittal	32	3:47:21
90	Lawrence Ntantiso	NRCEC	33	3:47:54
91	Lebohang Motemekwane	Toyota	31	3:48:08
92	Ben Breyntzis	ADTCG	33	3:48:27
93	Lucas Raseruthe	Anmar	27	3:48:39
94	Andries Diale	Diamant	33	3:48:40
95	Detlef Ellebrecht	GER	42	3:48:50
96	Kgotso Thamae	RFLCG	31	3:49:03
97	Kolaletse Kgoro	TEAMB	40	3:49:17
98	Jack Dlamini	BED	30	3:49:32
99	Thobile Xata	NRCEC	34	3:49:41
100	Anthony Nyabanyaba	SANDFFS	55	3:49:44 (2 nd mast)

40-49:

1. Lindile Tokota (Knys) 3:21:48 (R10 000)
2. Christopher Mabengeza (Ned/EC) 3:31:35 (R8 000)
3. Thabiso Ralekheti (LES/Toyota) 3:31:36 (R5 000)

50-59:

1. Eloi de Oliveira (Boxer) 3:40:01 (R5 000)
2. Anthony Nyabanyaba (SANDFFS) 3:49:44 (R3 000)
3. Kosie Botha (CS) 3:50:01

60+:

1. Paulus Masilela (Bash) 4:16:58 (R2 000)
2. Michael Langa (Athn) 4:19:32
3. Mashoga Mokone (Bloem Ach) 4:28:13

WOMEN (Same prize money as men)

1	Elena Nurgalieva	RUS/MP Int	32	3:40:43
2	Olesya Nurgalieva	RUS/MP Int	32	3:40:43
3	Samukeliso Moyo	ZIM/MP Int	35	3:58:47
4	Farwa Mentoer	BonitCG	35	3:59:45
5	Adinda Kruger	NRCGN	32	4:03:36
6	Suzette Botha	CH	37	4:05:28
7	Joanna Thomas	VOB	40	4:08:41 (1 st vet)
8	Jane Mudau	NRCGN	46	4:10:06 (2 nd vet)
9	Ursula Frans	Adidas	40	4:10:35 (3 rd vet)
10	Maya Lawrie	BoxerSS	41	4:13:12
11	Berdine Smit	NRCGN	44	4:17:01
12	Marlize van Schaik	Durbac	33	4:19:17
13	Inez Haagen	NED	45	4:24:15
14	Xoliswa Bici	MPTTrans	29	4:24:27
15	Lelanie Van Zyl	NRCGN	43	4:26:25
16	Charlene Kennedy	OLDSELB	35	4:28:00
17	Jill Oliphant	RAC	37	4:30:51
18	Leanne Juul	MPWP	35	4:31:10
19	Annatjie Botes	NRCSWD	51	4:33:26 (1 st mast)
20	Moyra Sheard	Celtic	35	4:33:34
21	Erina du Toit	Lichten	36	4:35:34
22	Jolene Mackenzie	Knysna	33	4:35:38
23	Marissa Potgieter	NRCGN	40	4:36:56
24	Sarah Scott	CH	26	4:37:11
25	Belinda-Leigh Hickman	Phobian	38	4:37:47
26	Candice Lamb	Phobian	40	4:38:19
27	Patricia Taylor	VIRGAC	38	4:38:30
28	Monica Neuling	Boks	33	4:38:53
29	Lisl Grobler	Knysna	32	4:39:00
30	Helette Basson	Lanbaan	34	4:39:18
31	Karen de Kock	Durbac	32	4:39:22
32	Michelle Kellock	BED	38	4:39:29
33	Maria Braun	GER	51	4:40:20 (2 nd mast)
34	Kelly Thompson	RAC	29	4:40:37
35	Rachel Shuttleworth	Strand	42	4:41:22
36	Michelle Hall-Jones	VIRGAC	40	4:41:27
37	Styntjie Prins	Paarl	54	4:43:27 (3 rd mast)
38	Lisa Baumann	MPWP	38	4:44:27
39	Wendy Fitzmaurice	West	55	4:44:43
40	Jene Banfield	RWFLEP	38	4:44:51
41	Lisa Gething	HOUTBAY	33	4:44:57
42	Maresa Ah Kun	BLUEBAY	33	4:45:52
43	Julie Shadwell	HVAC	47	4:46:07

44	Liana Maree	Stellen	32	4:46:34
45	Sue Harrisberg	RAC	49	4:47:44
46	Alison Jordaan	OutenH	42	4:48:04
47	Betty Phungwayo	GS	37	4:48:08
48	Carina van der Merwe	Whalers	44	4:48:55
49	Sandy De Beer	SANDFKZ	40	4:49:02
50	Joy-Ann Nicholl	Irene	34	4:49:40

40-49:

1. Joanna Thomas (VOB) 4:08:41
2. Jane Mudau (Ned/GN) 4:10:06
3. Ursula Frans (Adid) 4:10:35

50-59:

1. Annatjie Botes (Ned/SWD) 4:33:26
2. Maria Braun (GER) 4:40:20
3. Styntjie Prins (Paarl) 4:43:27

60+:

1. Jan Phelan (Hilton) 5:26:20
2. Veronica van Niekerk (Elg/Grab) 5:30:34
3. Norah Doherty (RAC) 5:50:00

Half marathon**MEN**

1. Stephen Mokoka (Ned) 63:42 (R20 000)
2. Wirimayi Juwawo (ZIM) 63:50 (R10 000)
3. Lusapho April (Ned) 63:55 (R5 000)
4. Enos Matalane (Bash) 64:14 (R4 000)
5. Elmore Sibanda (ZIM) 65:02 (R3 000)
6. Tshamano Setone (Ned) 65:08 (R2 000)
7. Lindikhaya Mthangayi (Mr Pr) 65:15 (R1 000)
8. Boy Soke (Bloem Ach) 65:18 (R750)
9. Samuel Pazanga (ZIM/Form) 65:24 (R500)
10. Zolani Ntongana (Mr Pr) 65:27 (R250)
11. Jeffrey Gwebu (Ned) 66:08
12. Rodney Prins (Mr Pr) 66:48
13. Samuel Kgosi Tsosane (Ned) 67:11
14. Maru Olimo (ETH) 67:16
15. Peter Tsawayo (ZIM) 67:32
16. Zolani Ngqqa (Mr Pr) 67:34
17. Tom Lusaseni (Celt) 67:37
18. Nkosinathi Madyo (Ned) 67:47
19. Millen Matende (ZIM) 67:50
20. Shadrack Hoff (Bash) 68:19
21. Wilfred Leeuw (Tr'net/FS) 68:36
22. Degene Taffese (ETH/ADT/CG) 69:08
23. Maxwell Bangani (ZIM) 69:15 (1st vet)
24. Shadrack Selewane (ADT/CG) 69:26
25. Phumzile Sikawuti (Ned/EP) 69:44
26. Khayeletu Makalima (Mr Pr/EP) 69:50
27. Paul Mokolokolo (Ind) 70:32
28. Anele Maliza (Mr Pr/EP) 70:33
29. Pieter Koopman (Ind) 70:40
30. Craig Cynkin (Ind) 70:41

40-49:

1. Maxwell Bangani (ZIM) 69:15 (R4 000)
2. Maboyisana Mazwayi (Ned) 72:03 (R3 000)

3. Jacques van Rensburg (Ind) 73:29 (R2 000)

50-59:

1. Samuel Mogudi (RAC) 78:50 (R2 000)
2. Gemjekile Tom (Esk Gij) 81:28 (R1 500)
3. Gregory Jacobs (Edg) 83:39

60+:

1. Michael Clarke (VOB) 89:28 (R1 000)
2. Steve Koller (RAC) 96:15
3. Ferdinand le Grange (Ind) 100:40

Juniors:

1. Thuto Lepphoto (LES) 71:12 (R1 000)
2. Collen Mmola (Foskor) 73:07 (R750)
3. Lundi Mapoyi (Khaye) 80:15 (R500)

WOMEN (Same prize money as men)

1. Helalia Johannes (NAM) 73:34
2. Mamorallo Tjoka (LES) 75:43
3. Thabita Tsatsa (ZIM) 77:10
4. Annerien van Schalkwyk (Irene) 77:23
5. Kim Laxton (Lego) 78:43
6. Jenna Challenor (Boxer) 79:22
7. Ronél Thomas (Bash) 80:08
8. Ntombesintu Ntshiliza (Mr Pr) 80:24
9. Alae Brand (Adid) 80:24
10. Janene Carey (Boxer) 80:41
11. Hanlie Botha (Oxf) 81:24
12. Olivia Chitate (ZIM) 82:23
13. Danielle Adlam (Boxer) 82:33
14. Michelle Bartman (Harf Harr) 82:48 (1st vet)
15. Paulina Njeya (Tr'net) 84:16
16. Nthabeleng Potiane (LES) 84:24
17. Anneline Roffey (Adid) 84:42
18. Refiloe Khechane (LES) 84:48
19. Grace de Oliveira (Boxer) 85:43
20. Paula Rutherford (Ind) 86:03

40-49:

1. Michelle Bartman (Harf Harr) 82:48 CR
2. Grace de Oliveira (Boxer) 85:43
3. Elmarie Coetzee (Adid) 88:16

50-59:

1. Olga Howard (Celt) 98:21
2. Natalie Sanders (Fourway) 99:30
3. Riana Abrahams (Dur) 100:54

60+:

1. Hester Kotzé (Dur) 103:03 CR
2. Margie Plantema (VOB) 100:08
3. Pixie Sparg (Celt) 103:21.

Juniors:

1. Lawreen Juru (ZIM/Bash) 95:22
2. Tanya Scott (UCT) 95:24
3. Victoria Polydorou (Ppistol) 100:59

Solomon Kalushi Mahlangu Memorial Race

Mamelodi, 5 April

(Distance: 10 km. Finishers: 227)

Note: There are some fast times in this race, but the RTB factor, which compares runners' times with what one could expect them to run (based on their most recent performances), produces figures of -1.53 sec/km for the men and +0.73 sec/km for the women – well within the acceptable limit of -5 sec/km. – Ed.

MEN

1	Wirimayi	Juwawo	28	ZIM	29:31
2	Mike	Fokoroni	32	ZIM/Mr Price	29:41
3	Joe	McKenzie	23	ADT	29:51
4	Jonathan	Chinyoka	19	ZIM/Mr Price	29:52
5	Johannes	Kekana	36	Mr Price	29:58
6	Mike	Tebulo	23	MAW/Tuks	30:00
7	Shadrack	Hoff	35	Bashewa	30:11
8	Richard	Mavuso	31	Mr Price	30:13
9	Lucky	Mohale	23	Gauteng Striders	30:30
10	Degene	Taffese	30	ETH/ADT	30:36
11	Benedict	Moeng	26	Transnet	30:41
12	Brighton	Chipere	39	ZIM/Mr Price	30:49
13	Nkosinoxolo	Sonqibido	23	Transnet	30:55
14	Shinta	Sixolile	24	Nedbank	31:00
15	Enoch	Skosana	35	Nedbank	31:11
16	Wesley	Ruto	29	KEN/Toyota	31:18
17	Millen	Matende	26	ZIM/Bashewa	31:37
18	Unknown				31:39
19	Donald	Mathipa	29	Powerade	31:40
20	Maxwell	Bangani	44	ZIM/Bashewa	31:59

WOMEN

1	Lebogang	Phalula	25	UJ	34:31
2	Lebo	Phalula	25	UJ	34:42
3	Varaidza	Shindi	21	ZIM/Mr Price	35:04
4	Olivia	Chitate	21	ZIM/Bashewa	35:15
5	Tabitha	Tsatsa	36	ZIM/Boxer	35:36
6	Catherine	Skosana	29	Transnet	36:13
7	Violet	Raseboya	23	Transnet	37:01
8	Annah	Sepotokele	27	ADT	37:27
9	Prudence	Zwane	34	Bashewa	39:08
10	Tumelo	Mokgethi	18	ADT	41:36

E.L. Truss 10 km

East London, 4 April

MEN

1	T	Loney	15	Siyanda A.C.	33:03
2	M	Sithuba	25	Mr. Price E.P.	33:43
3	M	Masumpa	43	Oxford Striders	35:24
4	D	Fritz	35	Oxford Striders	37:41
5	S	Mapangwana	15	Siyanda A.C.	37:42
6	T	Bhelwane	52	Oxford Striders	38:10
7	C	Alers	22	Living Free	38:21
8	T	Sipamla	38	Hams-Tech	38:34
9	V	Ndabeni	34	Old Boys	38:59

10 D Zeelie 40 Old Boys 39:18

40-49: 1. M. Masumpa (Oxford Striders) 35:24, 2. D. Zeelie (Old Boys) 39:18. **50-59:** 1. T. Bhelwana (Oxford Striders) 38:10, 2. S. Warner (Old Boys) 43:26. **60+:** 1. N. Burton (ELAC) 45:44, 2. N. Cryer (Old Boys) 47:08. **Juniors:** 1. T. Loney (Siyanda A.C.) 33:03, 2. S. Mapangwana (Siyanda A.C.) 37:42.

WOMEN

1	B	Hlazo	15	Siyanda A.C.	41:13
2	S	Wood	42	ELAC	41:50
3	C	Kennedy	35	Old Boys	43:05
4	T	Maree	38	Old Boys	47:00
5	R	Kriel	44	Old Boys	48:28
6	H	McLaren	31	Individual	48:48
7	S	de Gersigny	28	Individual	49:23
8	S	Eldridge	46	Old Boys	50:00
9	M	Schemel	23	Oxford Striders	51:20
10	T	Staats	38	Individual	52:24

40-49: 1. S. Wood (ELAC) 41:50, 2. R. Kriel (Old Boys) 48:28. **50-59:** 1. G. Bowman (Oxford Striders) 56:45, 2. K. Makan (ELAC) 64:24. **60+:** 1. M. Brindley (Buffs) 55:17, 2. R. Knight (Old Boys) 67:17. **Juniors:** 1. B. Hlaza (Siyanda A.C.) 41:13.

TRACK

South African Student (SASSU) Championships

Stellenbosch, 3 (a) & 4 (b) April

Note: These are deeper results of some of the events at the students meeting (the top three were published last week). Unfortunately not all athletes' universities are indicated. – Ed.

MEN

1500 (3): 1 Johan Cronje FS 3:42.28, 2 Mthobisi Baloyi NWU 3:42.55, 3 Pharson Magagane Lim 3:42.64, 4 Elroy Gelant NWU 3:42.91, 5 Lloyd Bosman NWU 3:44.66, 6 Molefe Molefe UJ 3:45.84, 7 Hezekiel Sepeng NWU 3:46.38, 8 Etienne Plaatjies NWU 3:46.48, 9 Jacques Pretorius US 3:46.66, 10 Windy Jonas FSU 3:50.71, 11 Nkosingiphiwe Majola 3:52.49.

10000 (3): 1 Stephen Mokoka 28:48.73, 2 Juan van Deventer 28:55.37, 3 Gladwin Mzazi 29:08.51, 4 Boy Soke FSU 30:03.84, 5 Ruben Ramolefi UJ 30:04.82, 6 Isaac Mboyaza 30:23.15, 7 Gilbert Korir KEN 30:53.08, 8 Xolisani Zamkele 31:20.50, 9 Joshua Sabao (ZIM) 31:07.86, 10 Eric Chirchir (KEN) 31:22.87, 11 Raphael Mahapa 32:33.63, 12 Edward Mathebula 32:29.26, 13 Ezekiel Kibet (KEN) 32:30.28.

3000 s/chase (3): Reuben Ramolefi 8:41.91, 2 Edwin Molepo 8:51.05, 3 Lukhanyo Mabinza 9:10.70, 4 Amos Nyongo (KEN) 9:15.11, 5 Daniel Mokoma 9:37.58, 6 Marcel Luther UJ 9:40.31, 7 Terrance Mukona 9:45.34, 8 Michael Tihoro FSU 9:48.18, 9 Sello Molefe NMMU 10:21.53, 10 Aton Peens UJ 10:39.54.

WOMEN

1500 (3): 1 Ezbé Strydom 4:25.45, 2 Abongile Lerotholi FSU 4:26.52, 3 Carlyn Fischer Tuks 4:28.53, 4 Mandie Brandt UJ 4:31.01, 5 Chanelle Olivier UJ 4:32.60, 6 Angelique Letaio 4:39.97, 7 Elene Lourens 4:41.12, 8 Chanaix Nice 4:41.45, 9 Mia Pienaar US 4:42.37, 10 Patience Malatji 4:59.02.

3000 s/chase (3): 1 Myrette Filmlalter 10:13.44, 2 Nolene Conrad 10:25.89, 3 Thandi Malindi 10:35.10. 4 Abongile Lerotholi FSU 11:00.01, 5 Thembi Baloyi 11:46.26, 6 Lee Anne Olivier 12:12.41, 7 Pulani Mosome 12:18.07, 8 Megan Goodwin 12:56.91.

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.

TRACK

Stanford Invitational

Palo Alto, USA, 27-28 March

WOMEN

3000 s/chase (27):

Section 1 -

1. Silje Fjortoft, Southern Methodist [NOR] 9:56.73
 2. Lisa Galaviz, Nike 9:58.41
 3. Erin Bedell, Baylor 9:58.46 PB
 4. Angela Wagner, Unattached [RSA] 10:06.34
-

NEWS

RADCLIFFE POSITIVE ABOUT BERLIN

Paula Radcliffe has not given up hope of competing at the World Championships in Berlin despite undergoing surgery three weeks ago to remove a bunion from her right foot which is believed to have been the root cause of all her recent injury problems.

Radcliffe, who had the operation in California and is now recovering at home in Monaco, was back on an exercise bike within five days of her surgery and hopes to resume running in the next two to three weeks on an anti-gravity treadmill installed at her high-altitude training base in Font Romeau, France.

A spokeswoman for the world record holder said: "If things go well, the World Championships are still an option. Obviously Paula has got to wait and see how things recover but that is what she would like to do."

It is the second successive year that Radcliffe, 35, has been left with a race against time to be fit for a major championship after a stress fracture of her right femur wrecked her preparations for the Beijing Olympics, where she finished 23rd.

Doctors now believe the bunion was the cause of all her recent problems, including a fractured toe that she sustained on a training run in the United States last month which forced her to withdraw from this month's London Marathon. A toe tendon injury also ruled her out of the 2008 race.

Her spokeswoman said: "It's now very clear that all the injuries over the last couple of years have been because of this foot problem, including the femur stress fracture last summer. The pressure on the hip was because of the foot and the compensation she was making."

Despite her injury problems, Radcliffe proved that she is still major force over 26.2 miles with her imperious victory in the New York Marathon in November and, if fully fit, would be one of the favourites for gold in Berlin.

Radcliffe took the world title in Helsinki in 2005 but missed the 2007 World Championships in Osaka after giving birth to daughter Isla earlier in the year. [Telegraph.co.uk]

BANNISTER CELEBRATES 80TH BIRTHDAY

Note: This article by Mel Watman was published in *Athletics International*. See also Stats Time. – Ed.

The day after celebrating his 80th birthday on 23 March with his large family, Sir Roger Bannister hosted a luncheon primarily for friends and acquaintances from the world of athletics at London's Royal Thames Yacht Club. I was privileged to be one of around two dozen people to be invited to this magical, nostalgic occasion. Of those present, apart of course from Sir Roger himself and pacemaker Sir Chris Chataway, the only athletes who were actually at Iffley Road on 6 May 1954 for that first sub-four minute mile were John and Sylvia Disley and two-miler Phillip Llewellyn Morgan, plus journalists Neil Allen and Terry O'Connor. I would have been there, as a 15-year-old schoolboy, but for an important French examination scheduled that day; Doug Wilson, a *News of the World* athletics correspondent who raced against Bannister, missed out because his Sunday paper wouldn't pay for him to go; while another journalist, David Miller (organiser of the luncheon), a Cambridge undergraduate at the time, took one look at the weather that morning and decided it wasn't worth travelling to "the other place".

In his speech, Disley (an Olympic steeplechase bronze medallist who was no mean miler himself) paid tribute to Sir

Roger's many achievements outside athletics as well as his iconic status within the sport. Among those listening were two other holders of the world mile record, Derek Ibbotson and Steve Cram, as well as world 10000 m record breaker Dave Bedford, and Britain's other great miler of the Bannister period, Bill Nankeville. It was Bill's 84th birthday and his son, comedian Bobby Davro, popped in for a surprise visit. Messages read out, and loudly applauded, included one from Seb Coe (away on Olympic business in the USA) and another from Bannister's greatest rival, John Landy.

Sir Roger is a particularly contented man these days, for after a break of 33 years – due to a serious ankle injury sustained in a car crash – he is able to run again. Thanks to running shoes made from a section of a car tyre, which reduce the impact on his ankle, he is able to go out jogging twice a week and loves it.

With the opening ceremony of the London Olympics little more than three years away, there is already speculation about which distinguished British sports personality will be chosen to light the Olympic flame. The ever modest Sir Roger rules himself out, feeling there are far more deserving candidates ... but that's open to debate.

WEATHER PERMITTING, RODGERS TO MAKE BOSTON RETURN

Four-time Boston and New York City Marathon champion Bill Rodgers may start the 113th Boston Marathon on Monday if the weather is sufficiently cool, he told Dave Ungrady at UniversalSports.com. Rodgers is 61 years old and recovering from prostate cancer.

"The last I heard we're expecting some cool weather," Rodgers said in a telephone interview. "But if it's hot, I might have to wait until next year."

Rodgers last ran Boston in 1999, but he dropped out. He last completed the race in 1996 when he was 48.

OBITUARY

Arne Andersson (Sweden) (b. 27 Oct 1917) died on 2 April at the age of 91. His great middle distance rivalry with Gunder Hägg was a feature of the war years of the 1940s in neutral Sweden. He ran four world records, 3:45.0 for 1500 m in 1943 and three at the 1 mile: 4:06.2 in 1942, 4:02.6 in 1943, when he took two seconds off Hägg's 1943 mark, and 4:01.6 in 1944 when he beat Hägg's record of 4:02.0. That last record came in July

after he had earlier run a three-quarter mile world best of 2:56.6 and his fastest ever 1500 m of 3:44.0 behind Hägg's world record of 3:43.0. In 1945 Hägg improved the world mile record to 4:01.3 with Andersson second in 4:02.2. With Hägg, he was suspended from amateur competition in 1945 for allegedly taking money.

Andersson first came to prominence with a national record of 3:48.8 to win the 1500 m in the annual match against Finland in 1939, and he was Swedish champion at 1500 m 1943-4. Other best times: 800 m: 1:50.8 (1942), 1000 m 2:21.9 (1944), 2000 m 5:12.6 (1944), 3000 m 8:11.4 (1942), 2 miles 8:51.4 (1942), 5000 m 14:18.2 (1941). [*Athletics International*]

STATS TIME

To fit in with Roger Bannister's 80th birthday (see News section), we deviate somewhat from the usual contents of Stats Time this week. Bannister was the first man to break 4 minutes for the mile and in the latest (March) issue of *Track Stats*, the NUTS quarterly magazine, a list of the 1 089 runners who have clocked 3:59.99 or faster as at 31 December 2008 is published.

Arranged alphabetically, the list starts with Miloud Abaoub of Algeria (3:55.49 in 1997) and ends with Croatia's Branko Zorko (3:52.64 in 1998). The mile retains its popularity world wide, as 53 broke 4 min last year (24 of them for the first time), a total exceeded only by the 70 of the previous year. The most prolific name is Smith – Barry and Geoff of Britain; Christian, Maurice, Max and Tom of the USA – plus Hendrik Smit (RSA) – while there are four instances of two sub-4 milers with the same name: Britain's Matthew Barnes (3:58.39 in 1994 and 3:59.57 in 2007) and Ian Stewart (3:57.3 in 1969 and 3:53.20 in 1982); David Campbell of Canada (3:58.01 in 1986) and of Ireland (3:58.19 in 2008); and Kenya's Daniel Komen (3:46.38 in 1997 and 3:48.28 in 2007). To that can be added Matt Centrowitz of the USA, the father running 3:54.94 in 1982 and the son clocking 3:57.92 indoors this year.

The first South African to run a 4-minute mile was De Villiers Lamprecht, who clocked 3:59.7 in Stellenbosch (on the Coetzenburg track) on 13 November 1964. Since then, 51 more South Africans have done so, the latest being Juan van Deventer (see list below).

The SA all-time list (top 10) is:

3:48.83	Sydney Maree	Rieti	09 Sep 81
3:50.82	Johan Fourie	Port Elizabeth	11 Mar 87
3:51.31	Juan van Deventer	Oslo	06 Jun 08
3:53.86	Graham Davidson	Hengelo	01 Jun 03
3:54.59	Bennie Greyling	Durban	09 Dec 87
3:54.60	Danie Malan	Stellenbosch	26 Feb 75
3:54.62	Victor Radebe	Port Elizabeth	11 Mar 87
3:55.40	Matthews Temane	Potchefstroom	09 Mar 83
3:55.42	Deon Brummer	Port Elizabeth	11 Mar 87
3:55.76	Jean Verster	Stellenbosch	12 Nov 88

THIS MONTH IN HISTORY

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

113 years ago: 6 April 1896

On this day the Olympic Games, a long-lost tradition of ancient Greece, were reborn in Athens 1 500 years after being banned by Roman Emperor Theodosius I. At the opening of the Athens Games, King Georgios I of Greece and a crowd of 60,000 spectators welcomed athletes from 13 nations to the international competition. The first recorded Olympic Games were held at Olympia in the Greek city-state of Elis in 776 BC, but it is generally

accepted that the Olympics were at least 500 years old at that time. The ancient Olympics, held every four years, occurred during a religious festival honoring the Greek god Zeus. Initially, Olympic competition was limited to foot races, but later a number of other events were added, including wrestling, boxing, horse and chariot racing, and military competitions. The pentathlon, introduced in 708 BC, consisted of a foot race, the long jump, discus and javelin throws, and wrestling. With the rise of Rome, the Olympics declined, and in 393 AD Theodosius I, a Christian, abolished the Games as part of his efforts to suppress paganism in the Roman Empire. In Athens, 280 participants from 13 nations competed in 43 events, covering track and field, swimming, gymnastics, cycling, wrestling, weightlifting, fencing, shooting, and tennis. All the competitors were men, and a few of the entrants were tourists who stumbled upon the Games and were allowed to sign up.

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)		
15 km	27:02*	Haile Gebrselassie (ETH) 2002		
	44:27	Lusapho April	Port Elizabeth	07 Mar
21.1 km	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
25 km	63:12	Hendrick Ramaala	Middelburg	04 Apr
	58:52	Patrick Makau (KEN)		
30 km	58:33	Samuel Wanjiru (KEN) 2007		
	80:54	Moses Lepheana	Durban	22 Mar
Marathon	83:12a	Eric Sigxashe	Somerset East	14 Mar
	72:45	Paul Kosgei (KEN) 2004		
100 km	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
	2:15:11	Enos Matalane	Durban	08 Feb
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
	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.

**) The ARRS does not recognise records set at intermediate points in a longer race.

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	Somerset 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
	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	86:37	Paulus Masilela	Middelburg	04 Apr
	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		

WOMENSeniors

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		
<u>Veterans (40+)</u>				
10 km	37:30	Michelle Bartman	Bellville	05 Apr
	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	93:37	Erika Swart	Middelburg	04 Apr
	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	41:20	Sonja Laxton	Bellville	05 Apr
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	1:34:00	Annida Claassens	Middelburg	04 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Frans du Toit, Rowyn James, Chris Goldschmidt, Jakes Jacobs, Sharron Reynolds, André Gobey

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za