

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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Publisher: Riël Hauman

OBITUARY: FRANS DU TOIT

By Riël Hauman

The phone call from Elize Engelbrecht in the Western Province Athletics office on Monday morning was stunning in the unreality of it: Frans du Toit had passed away that morning after suffering a heart attack. Recently I attended the funerals of Lynne Spence, who I have known for 30-odd years, and of Gerald Naudé, a much respected “elder statesman” of my former club, Helderberg Harriers. Lynne had suffered from cancer and Gerald had suffered a stroke a few years ago and was 75 years old. But Frans ... healthy, fit, vibrant, on-the-go Frans?



It made no sense. Frans, who ran every day of his life, who looked after himself so well. Frans, who lived for athletics. Frans, who loved a joke, jovial Frans.

I was shocked, and so too, I am sure, will be everyone who knew him.

We have been friends for more than two decades, talking athletics, working together, sharing information, helping each other. *Distance Running Results* depended on Frans for Western Cape results, and every Sunday evening, without fail, his results would be in my e-mail inbox. So they were this Sunday, with the message that he had been ill since Friday.

But, according to reports, he was up and about on Monday morning, left home to go to a shop, and was struck down by a heart attack.

Frans was a fixture at Western Cape road races, and when he was not announcing (which he did all over the Western Province and Boland), he was standing at the finish line, clipboard in hand, recording the results for Monday's issue of *Die Burger*. He also wrote for *TygerBurger* and was an expert on schools athletics. He had a network of contacts second to none. There was little happening in road running and athletics in the Western Cape he was unaware of.

He was the soul of the high-profile MTBS track meeting, the biggest schools meeting in the Western Cape, which he organised in his inimitably thorough and detail-driven way for many years.

An ex-teacher, Frans was one of the “old school” – diligent, precise, articulate, well-read and with a formidable work ethic, yet fun-loving and with a wonderful sense of humour. Information had to be accurate and on time, and he did not suffer fools gladly. But he was always ready for some light-hearted banter or gossip.

I last saw him at the Two Oceans, where he, Stephen Granger and myself sat in the media tent watching the race unfold on television. We exchanged views on the race, made jokes, and prided ourselves that we, together with Manfred Seidler, were the only “serious” road running journalists there. All the while Frans was bustling around, trying to get results, fretting about his deadline, making notes.

We spoke last week about the upcoming races this past weekend, and getting the results. He complained about the way *Die Burger* has downscaled its publication of local sports news, and how he saw that as a sad step in the wrong direction.

On Sunday evening, true to form, there was his usual compilation of results (which appear in this issue). Little did I know then that it would be the last.

Frans du Toit was a great friend, a super person, and a passionate lover of athletics. The sport – all aspects of it – will be much the poorer without him. Few of his kind remain.

■ The photograph shows me, this time with microphone in hand, and Frans – as usual, with clipboard and pen in hand – at a road race last year. [Jasper Coetzee]

EDITORIAL

The Reebok Grand Prix meeting in New York's Icahn Stadium saw brilliant runs by Juan van Deventer and Peter van der Westhuizen in the 1500 m. They both ran personal bests, Van Deventer 3:34.30 for second and Van der Westhuizen 3:35.33 for fourth. Van der Westhuizen recently ran PBs for both the 1500 (3:37.22) and the mile; he has now further improved on the former with an outstanding performance. The duo easily achieved the "A" qualifying standard for the World Championships.

René Kalmer ran the ninth fastest ever time by a South African for 5 km when she finished tenth in the 31st Freihofer's Run for Women in Albany, New York, on Saturday. Kalmer's 16:14 is a PB by 9 seconds. The SA record of 15:10 was set by Elana Meyer in Providence, Rhode Island, in 1994. Kalmer will run the New York Mini 10 km next weekend. (See also Stats Time, which lists the top SA women over 10 km for 2009.)

There was some amazing distance running at various track venues all over the world. In Nobeoka, Japan, 31 men ran sub-14 in three 5000-metre races, with 18 women sub-16 in two races over the same distance. In Rabat, Morocco, ten men ducked under 13:35, and nine women under 4:10 in the 1500 m. At the Chinese Women's National Championships in Suzhou eleven women ran sub-34 in the 10000 m. In the New York meeting nine men dipped under 13:35.

Also in Rabat, Olympic champion Pamela Jelimo's unbeaten streak in the 800 m was shockingly ended when she could only finish sixth in 2:02.46, the slowest time of her international career (apart from her 2:03.18 in the opening round of last year's African Championships at altitude in Addis Abeba). At the same meeting Ruben Ramolefi was seventh in the steeplechase (8:22.06), while Hezekiel Sepeng ran 1:47.00 for sixth in Belem, Brazil.

In the Los Angeles Marathon the women had a head start of 16:57 on the men, with \$100 000 on offer for the first runner across the line. This went to Wesley Korir in 2:08:24; he beat Tatyana Petrova by 38 seconds. (The only race of this kind in South Africa is the Medihelp Bike & Tekkie 10 km, which will be run for the second time on 12 September in Kuils River.) The race also had huge bonuses for fast times – something which DRR has long encouraged ASA to offer in the SA Marathon (and all other national championships for that matter) to improve the woeful standard of local marathoning.

An noteworthy performance in the LA race came from 60-year-old Japanese runner Yoshihisa Hosaka, who ran 2:39:33 just four months after setting a new 60-64 age group world record of 2:36:30.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Table Mountain Race, Constantia
- * Your Fast & Flat 10 km, Bellville
- * APL Cartons Herfsprag Half Marathon & 10 km, De Doorns

International highlights:

- * Freihofer's Run for Women, Albany, USA
- * Dick's Sporting Goods Bolder Boulder 10 km & International Team Challenge, Boulder, USA
- * Bupa London 10,000, London, GBR
- * Los Angeles Marathon, Los Angeles, USA
- * Ottawa Marathon, Ottawa, CAN
- * MDS Nordion 10 km, Ottawa, CAN
- * Track: Reebok Grand Prix, New York, USA; Golden Games, Nobeoka, JPN; Grande Premio Brasil Caixa de Atletismo Belém, Belem, BRA; Meeting International Mohammed VI, Rabat, MAR; Hoorn International Meeting, Hoorn, NED; Chinese Women's National Championships, Suzhou, CHN; NCAA Division II Championships, San Angelo, USA; Gran Premio Caixa-Sesi, Uberlandia, BRA

COMRADES DISTANCE: CORRECTION

Last week's report on the Comrades Marathon contained a bad error about the distances run by Leonid Shvetsov in 2007 and Stephen Muzhingi this year. I wrote that Muzhingi ran 2.2 km further than Shvetsov when the latter set the "down" run record, but had mistakenly used the 2008 "up" run distance of 86.94 km for the calculation. In fact, the distance in 2007 was 89.3 km and this year 89.17 km, so the 2009 race was slightly shorter than the 2007 one. I sincerely regret this error. Thanks to Patrick Baransky and Norrie Williamson for pointing this out.

ROAD RUNNING

Table Mountain Race (33rd)

Constantia, 31 May

(Distance: 16 km; out-and-back course up the "back table" of Table Mountain and then down again; extremely difficult.)

MEN

1. Mike Bailey (Celt) 61:21; 2. Samson Gulubela (Atl) 65:06; 3. Mike O'Donovan (VOB) 66:30 (1st vet).

Masters: (40+): 1. Mike O'Donovan (VOB) 66:30; 2. Frikkie du Plessis (Ned) 70:50; 3. Jacques Schreiber (Dur) 77:05. **(50+):** 1. Terrance Mazzolini (VOB) 78:51; 2. Mark Wagenhein (Atl) 78:56; 3. Alec Jephthas (Celt) 84:08. **(60+):** 1. Brian Key (For) 80:23.

WOMEN

1. Elske Schabert (Ind) 75:50; 2. Daine Hamilton (For) 79:21 (1st vet); 3. Lee-Ann Dawson (Sat) 81:13.

Masters: (40+): 1. Daine Hamilton (For) 79:21; 2. Sue Ulyett (Atl) 90:54; 3. Margaret Moller (Celt) 91:19. **(50+):** 1. Marié Barnard (R/W for L) 92:23; 2. Cynthia van Wyk (RCS Gug) 98:51; 3. Sally Hanneth (For) 99:23. **(60+):** 1. Sonia Beard (For) 105:36.

Your Fast & Flat 10 km

(WP Championships)

Bellville, 30 May

Certified out-and-back course.

MEN

1. Shadrack Hoff (Bus) 29:59; 2. Zolani Ntongana (MP) 30:01; 3. Kevin Oliphant (Ad) 30:03; 4. Dicardo Jacobs (Mat) 30:07; 5. Pieter Koopman (Mat) 30:15; 6. Patrick Magadla (VOB) 30:30; 7. Tsungai Mwanengeni (ZIM/MP) 30:37; 8. Anton Faro (Mat) 30:52; 9. Virgina Ngudlumana (Celt) 30:59; 10. Anthony Godongwana (Celt) 31:08; 11. Thanduluntu Magqaza (MS) 31:10; 12. Unathi Phezolo (Atl) 31:13 (1st jun); 13. Hein Camphor (Ad) 31:20; 14. Tebello Poni (VOB) 31:22; 15. Luxolo Mdzanga (RCS Gug) 31:26; 16. Zolile Bhitane (Ned) 31:28; 17. Friedel Maans (Ad) 31:28; 18. Craig Cynkin (Ind) 31:29; 19. Makhosonke Fika (RCS Gug) 31:38; 20. Themblethu Zwele (Ad) 31:38; 21. Marks Mpekula (VOB) 31:42; 22. Adriaan Geldenhuys (CPUT) 31:52; 23. Manfred Samuels (H. Harr) 32:03; 24. Riaan Wildskut (East) 32:14; 25. Masixole Peza (Ad) 32:15; 26. Zolani Matshoba (Celt) 32:21; 27. Sihle Mapukata (MP) 32:22; 28. Isaac Opperman (CS) 32:25 (1st vet); 29. Isaac Ikalaheng (Ad) 32:27; 30. Thobekile Mbulana (Khaye) 32:32.

Masters: (40+): 1. Isaac Opperman (CS) 32:25; 2. Brian Mapeyi (VOB) 33:29; 3. John September (Celt) 33:50. **(50+):** 1. Goodman Mpukane (RCS Gug) 35:38; 2. Henry Cieverts (Top) 38:20; 3. Robbie Lindsay (Ned) 38:40. **(60+):** 1. Albertus Bock (Ad) 38:26; 2. Jimmy Morris (For) 38:28; 3. Johan Botha (R/W for L) 40:17. **Juniors:** 1. Unathi Phezolo (Atl) 31:13; 2. Luxolo Mdzanga (RCS Gug) 31:26; 3. Thembelathu Zwele (Ad) 31:38.

WOMEN

1. Bulelwa Mtshagi (Celt) 36:23; 2. Nomvuyisi Seti (MP) 36:29; 3. Thozama April (Celt) 4. Mia Pienaar (Mat) 36:47; 5. Anneline Roffey (Ad) 37:05; 6. Kirsty Weir (Ad) 37:39; 7. Elmarie Coetzee (Ad) 38:47 (1st vet); 8. Natasha Oosthuizen (Ad) 39:16; 9. Helene Perold (Dur) 39:21; 10. Detiny Titus (UWC) 39:22; 11. Chantel de Lange (Ad) 39:55; 12. R. de Bruin (WP Def) 40:00; 13. Busisiwe Matiwane (Celt) 40:01; 14. Ursula Frans (Ad) 40:19; 15. Marlize van Schaik (Dur) 40:29; 16. Tania Fourie (Dur) 40:56; 17. Yonela Hewu (RCS Gug) 41:03 (1st jun); 18. Renée Scott (Ad) 41:11; 19. Marnette Meyer (Ad) 41:18; 20. Asiphe Sikhabalanjana (RCS Gug) 41:20.

Masters: (40+): 1. Elmarie Coetzee (Ad) 38:47; 2. Ursula Frans (Ad) 40:19; 3. Renée Scott (Ad) 41:11. **(50+):** 1. Olga Howard (Celt) 41:43; 2. Charmaine Cupido (Ned) 45:12; 3. Deirdre Hewitt (Pine) 45:28. **(60+):** 1. Pixie Sparg (Celt) 52:48; 2. Marlene James (Pine) 55:32; 3. Annatjie Rentzen (Tyg) 74:15. **Juniors:** 1. Yonela Hewu (RCS Gug) 41:03; 2. Asiphe Sikhabalanjana (RCS Gug) 41:20; 3. Asanda Dayimani (Atl) 41:40.

APL Cartons Herfsprag Half Marathon & 10 km

De Doorns, 30 May

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

Half marathon

MEN

1. Graham Katzen (Celt) 69:45; 2. Owen Smith (Wel) 75:20; 3. Karel Matthews (Wor) 76:06; 4. Mervyn Seryners (Ceres) 77:08 (1st jun); 5. Morné Hansen (Wor) 78:42; 6. Bennet Stali (Wor) 80:13; 7. Abraham Fielies (Wor) 80:15 (1st vet); 8. Jan Oliphant (Wor) 87:31; 9. Jerry Swartz (Wor) 87:33; 10. Hindell Swartz (Wor) 88:29; 11. Henrico Hunter (Wor) 88:59; 12. Michael Graz (Ind) 93:53; 13. Ronnie le Roux (Brack) 94:10 (1st g'mast); 14. André Bresler (Tyg) 96:37; 15. Abraham Fredericks (Wor) 98:24; 16. Dirk Hunter (Wor) 98:57; 17. Marius Kriel (Ind) 99:27; 18. Deon Lerm (Prl) 104:18; 19. Natale Roelofse (Wor) 104:19 (1st mast); 20. Hennie Geldenhuys (Wor) 105:38; 21. Dirk de Kock (Str) 107:49; 22. John Hartnick (Prl) 109:51; 23. Saleiman Valley (Wor) 110:38; 24. Mike

Taylor (Tyg) 114:54; 25. Johnny Volmink (Esk Gij) 118:24; 26. M. Yeats (Ind) 123:32; 27. J. September (Brack) 126:19; 28. Saiedien Millard (Pine) 126:45; 29. Danie Truter (NB) 127:35; 30. Edwin King (Sanlam) 128:58.

Masters: (40+): 1. Abraham Fielies (Wor) 80:15; 2. Jan Oliphant (Wor) 87:31; 3. Nel Meiring (Wor) 92:08. **(50+):** 1. Natale Roelofse (Wor) 104:19; 2. John Hartnick (Prl) 109:51; 3. Saleiman Valley (Wor) 110:38. **(60+):** 1. Ronnie le Roux (Brack) 94:10; 2. Mike Taylor (Tyg) 114:14; 3. William Shaw (Tyg) 131:22. **Juniors:** 1. Mervin Sereyners (Ceres) 77:08; 2. Bennet Stali (Worc) 80:13; 3. Henrico Hunter (Wor) 88:59.

WOMEN

1. Glenda Werth (Ned) 92:34; 2. Christa Mulder (Bel) 93:26 (1st vet); 3. Petra Smith (EG) 99:31; 4. Veronica van Niekerk (EG) 99:33 (1st g'mast); 5. Marli Grewar (Wel) 103:32; 6. Marinda Surridge (Str) 04:16; 7. V. Walker (Prl) 102:43; 8. Maryna Bingle (Wor) 113:37; 9. Anne Pool (Str) 114:21; 10. Samantha de Villiers (Ind) 116:51; 11. Gerda van der Merwe (Ceres) 116:54 (1st mast); 12. Suzanne Steenkamp (Ind) 117:38; 13. Cailey Bredenkamp (Prl) 120:11; 14. Riana Lerm (Prl) 121:38; 15. Catherine Yeats (Ind) 121:39; 16. Jeanette van Wyk (Tyg) 123:33; 17. Helena Smuts (Ceres) 125:29; 18. Toni Truter (NB) 127:06; 19. Magriet de Mooij (Brack) 128:05; 20. R. Thirion (R/W for L) 128:48.

Masters: (40+) 1. Christa Mulder (Ad) 93:26; 2. Marinda Surridge (Str) 104:16; 3. Maryna Bingle (Worc) 113:37. **(50+):** 1. Gerda van der Merwe (Ceres) 116:54; 3. Jeanette van Wyk (Tyg) 123:33. **(60+):** 1. Veronica van Niekerk (EG) 99:33; 2. Annelie Gous (Rob) 141:33; 3. Dolla Naurattel (Ceres) 141:56.

10 km

MEN

1. Henrico Rooi (Ned) 32:29; 2. Nide-John Engelbrecht (Wor) 37:25 (1st jun); 3. Ben Reyneke (Ind) 39:18; 4. Adrian Mitchell (Wor) 40:15; 5. Norman Ontong (Wor) 42:05 (1st vet); 6. Jacobus Koopman (Wor) 43:48 (1st g'mast); 7. Enwar Kato (Ind) 44:41; 8. De Witt Kamfer (Ind) 45:02; 9. Ilias Niemand (Ind) 45:56; 10. Danvin Sars (Ind) 50:28; 11. James Bester (Ind) 50:37; 12. Edwin Kriel (Ind) 50:43; 13. Raymond Fuchs (Ind) 51:02; 14. Chris Weir (Ind) 52:01; 15. Theuns Steyn (Ind) 52:15; 16. Piet Koopman (Wor) 52:40; 17. Pierre Niemand (Ceres) 55:52 (1st mast); 18. Piet Reynecke (Ind) 56:59; 19. Pierre Binneman (Edg) 67:55.

Masters: (40+): 1. Norman Ontong (Wor) 42:05; 2. **(50+):** 1. Pierre Niemand (Ceres) 55:52; 2. Piet Reynecke (Ind) 56:59; 3. Pierre Binneman (Edg) 67:55. **(60+):** 1. Jacobus Koopman (Wor) 43:48. **Juniors:** 1. Nicle-John Engelbrecht (Wor) 37:25; 2. Ben Reynecke (Ind) 39:18; 3. Adrian Mitchell (Wor) 40:15.

WOMEN

1. Mariëtte Esterhuyse (Tyg) 41:29 (1st vet); 2. Mary-Ann Baron (MP) 45:03; 3. Hannelie Naudé (Ind) 50:40; 4. A. de Villiers (Ind) 50:42; 5. Berta Brand (Ceres) 50:44 (1st mast); 6. Mariëtte van Rensburg (Ind) 50:44 (1st jun); 7. Vondra Singleton (Wor) 51:32; 8. Mariëtte Kamfer (Ind) 52:06; 9. Maryke Brand (Ind) 52:31; 10. Annimi Matthews (WC) 55:35; 11. Janine Coetzee (Ind) 55:36; 12. W.P. Reynecke (Ind) 56:42; 13. Viola Brungs (Ind) 58:52; 14. L. Terblanche (Ind) 59:14; 15. Marlise Klopper (Ind) 63:20; 16. Cherith Weir (Ind) 63:57; 17. Amanda Pieters (Wor) 67:16; 18. Yolande Nel (Wor) 68:30; 19. Elsje du Plessis (Wor) 68:32; 20. Marie Hill (Ceres) 69:03 (1st g'mast).

Masters: (40+): 1. Mariëtte Esterhuyse (Tyg) 41:29; 2. Mary-Ann Baron (MP) 45:03; 3. Vondra Singleton (Wor) 51:32. **(50+):** 1. Berta Brand (Ceres) 50:44; 2. Elize van Tonder (Wor) 77:29; 3. Ina Binneman (Edg) 85:15. **(60+):** 1. Marie Hill (Ceres) 69:03; 2. Tersia Lourens (Wor) 81:18. **Juniors:** Mariëtte van Rensburg (Ind) 50:44.

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

Freihofer's Run for Women (31st)

Albany, USA, 30 May

(Distance: 5 km; certified out-and-back course)

- 1) Teyba Erkesso (ETH), 15:27, \$10,000
- 2) Mamitu Daska (ETH), 15:30, \$5000
- 3) Rose Kosgei (KEN), 15:39, \$3000
- 4) Genoveva Kigen (KEN), 15:41, \$2000
- 5) Ashu Kasim (ETH), 15:53, \$1000
- 6) Benita Johnson (AUS), 16:00, \$750
- 7) Jane Gakunyi (KEN), 16:07, \$500
- 8) Dulce Rodrigues (MEX), 16:07, \$300
- 9) Millicent Gathoni (KEN), 16:10, \$250
- 10) René Kalmer (RSA), 16:14, \$200

40+:

- 1) Colleen de Reuck, 45, CO, 16:39, \$750
- 2) Anzhelika Averkova, 40, UKR, 16:40, \$500
- 3) Joan Benoit Samuelson, 52, ME, 17:28, \$350

Dick's Sporting Goods Bolder Boulder 10 km (31st) & International Team Challenge (12th)

Boulder, USA, 25 May

(Certified point-to-point course with slight elevation gain; Boulder is at high altitude [1655 m])

INTERNATIONAL TEAM CHALLENGE: MEN

1. Ethiopia: 1 + 2 + 16 = 19 points \$15,000
2. USA: 4 + 5 + 15 = 24 10,000 + 17,500[^]
3. Kenya: 6 + 7 + 24 = 37 7,000
4. Mexico: 9 + 10 + 20 = 39 6,000
5. Ecuador: 8 + 14 + 18 = 40 4,000
6. Team Colorado: 12 + 13 + 17 = 42
7. Peru: 11 + 19 + 21 = 51
8. Commonwealth: 3 + 26 + 27 = 56
9. Morocco: 22 + 23 + 25 = 70

[^]) USA teams were eligible for special Olympic Development Funds

Individuals (gun times)

1. Tilahun Regassa, Ethiopia 28:17 \$3,000 + 1750i
2. Tadese Tola, Ethiopia 28:36 2,000 + 1250i
3. John Yuda, Commonwealth (TAN) 29:16 1,500 + 750i
4. James Carney, USA 29:53 1,000 + 250i
5. Bolota Asmerom, USA 30:02 800
6. Gilbert Okari, Kenya 30:06 700
7. Charles Munyeki, Kenya 30:08 600
8. Franklin Tenorio, Ecuador 30:12 500
9. Alejandro Suarez, Mexico 30:14 400

10. Teodora Vega, Mexico 30:20 300

i) Earned time incentive bonus

INTERNATIONAL TEAM CHALLENGE: WOMEN

1. Ethiopia: 1 + 2 + 6 = 9 points \$15,000
2. Japan: 3 + 9 + 12 = 24 10,000
3. Kenya: 5 + 8 + 17 = 30 7,000
4. Mexico: 4 + 11 + 22 = 37 6,000
5. USA: 14 + 16 + 19 = 49 4,000 + 4,000^
6. Russia: 10 + 20 + 23 = 53
7. Peru: 13 + 15 + 25 = 53
8. Romania: 7 + 24 + 28 = 59
9. Poland: 18 + 26 + 30 = 74
10. Colorado: 21 + 27 + 29 = 77

^) USA teams were eligible for special Olympic Development Funds

Individuals:

1. Mamitu Daska, Ethiopia 32:48 \$3,000 + 1250i
2. Teyba Erkesso, Ethiopia 33:02 2,000 + 1000i
3. Yurika Nakamura, Japan 33:28 1,500 + 750i
4. Dulce Maria Rodríguez, Mexico 34:08 1,000
5. Millicent Gathoni, Kenya 34:11 800
6. Ashu Kasim, Ethiopia 34:20 700
7. Lidia Simon, Romania 34:28 600
8. Jane Wanjiku Gakunyi, Kenya 34:36 500
9. Hiromi Ominami, Japan 35:01 400
10. Natalia Sokolova, Russia 35:26 300

Bupa London 10,000 (2nd)

London, GBR, 25 May

(Distance: 10 km; certified one-loop course)

Note: The race was run on the 10 km loop which will be used for the 2012 Olympic Games Marathon here, and Mo Farah broke Mark Scrutton's 25-year-old national record by five seconds. Kim Smith beat the women's field by more than two minutes in a personal best 31:38, only five seconds off of Anne Hannam's New Zealand record. – Ed.

MEN (gun times)

1. Mo Farah, GBR 27:50 NR*
2. Sammy Kosgei, KEN 28:03
3. Sergey Lebid, UKR 28:36
4. Phil Wicks, GBR 28:55
5. Boniface Kiprop, KEN 29:00
- ... 8. Stefano Baldini, ITA 29:40

WOMEN (gun times)

1. Kim Smith, NZL 31:38 PB
2. Hatti Dean, GBR 33:52
3. Constantina Dita, ROU 34:24
4. Emily Brichacek, GBR 34:34
5. Justina Heslop, GBR 34:42

Los Angeles Marathon (24th)

Los Angeles, USA, 25 May

(Distance: 42.195 km)

MEN (gun times)

- | | | |
|---|---------|---|
| 1. Wesley Korir, 26, Louisville, KY (KEN) | 2:08:24 | PB/CR* \$120,000 [^] + 40,000i + car** |
| 2. Tariku Jufar, 24, ETH | 2:09:32 | 12,500 + 20,000i |
| 3. Laban Kipkemboi, 31, KEN | 2:10:29 | 10,000 + 10,000i |
| 4. Mulugeta Wami, 26, ETH | 2:10:49 | PB 5,000 + 10,000i |
| 5. Terfa Negari, 25, ETH | 2:10:53 | 2,500 + 10,000i |

[^]) Earned \$100,000 "Challenge" bonus for being the first runner, male or female, to cross the finish line, overcoming a 16:57 deficit to the elite women

WOMEN (all women's race/16:57 head start)

- | | | |
|-------------------------------|---------|--------------------------|
| 1. Tatyana Petrova, 26, RUS | 2:25:59 | 20,000 + 20,000i + car** |
| 2. Amane Gobena, 26, ETH | 2:26:53 | PB 12,500 + 15,000i |
| 3. Silvia Skvortsova, 34, RUS | 2:28:35 | 10,000 + 5,000i |
| 4. Lyubov Morgunova, 38, RUS | 2:29:42 | 5,000 + 3,000i |
| 5. Irene Mogaka, 24, KEN | 2:30:10 | PB 2,500 |

**)Also received a 2009 Honda Accord EX-L V6 sedan

i) Earned time incentive bonus

Ottawa Marathon (35th)

Ottawa, CAN, 24 May

(Distance: 42.195 km; flat course, IAAF certified)

Note: David Cheruiyot won the men's race for the fourth consecutive time, while Asmae Leghzaoui lowered her own course record and personal best to win the women's race for the second year in a row. Leghzaoui was paced by her husband, Mohammed Ar-Ar. – Ed.

MEN

- | | | |
|--------------------------------|---------|------------|
| 1. David Cheruiyot, 1970, KEN | 2:13:23 | USD 15,000 |
| 2. Wegayehu Tefera, ETH | 2:13:29 | 10,000 |
| 3. Ahmed Baday, MAR | 2:13:56 | 5,000 |
| 4. Laban Moiben, KEN | 2:14:17 | 3,000 |
| 5. Ketema Amensisa Tadese, ETH | 2:14:48 | 2,000 |

WOMEN

- | | | |
|--------------------------------|---------|------------------------|
| 1. Asmae Leghzaoui, MAR | 2:27:41 | CR* USD 15,000 + 4000i |
| 2. Lioudmila Kortchaguina, CAN | 2:32:10 | 10,000 + CND 9000 |
| 3. Irene Jerotich Kosgei, KEN | 2:34:28 | 5,000 + 500i |

MDS Nordion 10 km (23rd)

Ottawa, CAN, 23 May

(Flat course, certified)

Note: *Race Results Weekly* reports that Deriba Merga, the Boston Marathon champion, ran the fastest 10 km ever in Canada, surpassing John Halvorsen's course record, Ismail Kirui's all-comer's record and Joseph Kimani's all-comer best (slightly aided course) in one fell swoop; he also set a personal best. Merga passed through the 8 km split in 21:48, under the ARRS-ratified world record of 22:02.2 set by Kenyan Peter Githuka in 1996. However, the IAAF does not recognize 8 km as a world record distance AND the ARRS doesn't accept en route times for world records, even if the distance was accurately measured, proper

timing was in place, and the elevation change and start/finish separation met their established world record criteria. Therefore, this mark has no definitive status as a world record as no established statistics or governing body can ratify it, and it has surely been surpassed by other athletes who have run faster over 10 km (Micah Kogo would have run 21:37 for 8 km on his way to his 27:01 world record, assuming a level pace). – Ed.

MEN (extended gun times)

1. Deriba Merga, ETH	27:23.9 PB/CR	USD 5000 + Cn\$2000* + USD 5000^
2. Boaz Cheboiywo, KEN	28:16.1	2500
3. Hosea Kibet Rutto, KEN	28:20.1 DB	1500
4. Worku Beyi, ETH	28:35.5 PB	1000
5. Silas Sang, KEN	28:37.4	750

*) Course record bonus

^) Earned USD 5000 gender battle bonus (elite women were given a four-minute head start)

WOMEN (all women's race/four-minute headstart)

1. Teyba Erkesso, ETH	31:50.4	USD 5000
2. Emebet Bacha, ETH	32:44.8	2500
3. Jane Murage, KEN	33:05.4	1500
4. Hyvon Ngetich, KEN	33:11.3	1000
5. Jane Kibii, KEN	33:33.7	750

TRACK

Reebok Grand Prix

New York, USA, 30 May

MEN

800: 1, Khadevis Robinson, USA, 1:46.00. 2, Gary Reed, CAN, 1:46.22. 3, Boaz Lalang, KEN, 1:46.48. 4, Christian Smith, USA, 1:46.69. 5, Nate Brannen, CAN, 1:46.70. 6, Brandon Shaw, USA, 1:47.33. 7, Lopez Lomong, USA, 1:47.42. 8, Johnathan Johnson, USA, 1:47.68. 9, Dustin Emrani, USA, 1:48.97. 10, David Krummenacker, USA, 1:49.83.

1500: 1, Leonel Manzano, USA, 3:34.14. 2, Juan van Deventer, **RSA**, 3:34.30. 3, Henok Legesse, ETH, 3:34.42. 4, Peter van der Westhuizen, **RSA**, 3:35.33. 5, Rob Myers, USA, 3:36.66. 6, Pablo Solares, MEX, 3:36.67. 7, Taylor Milne, CAN, 3:37.26. 8, Andrew Bumbalough, USA, 3:38.23. 9, Steve Sherer, USA, 3:39.98. 10, Alan Webb, USA, 3:42.58.

5000: 1. Micah Kogo, KEN, 13:02.90. 2, Bernard Lagat, USA, 13:03.06. 3, Dejen Gebremeskel, ETH, 13:03.13. 4, Merga Imani, ETH, 13:04.68. 5, Gebre Gebremariam, ETH, 13:13.20. 6, Sahle Warga, ETH, 13:29.78. 7, Habtemu Fikadu, ETH, 13:30.29. 8, Sam Chelanga, KEN, 13:30.77. 9, Nick McCormick, Britain, 13:31.12. 10, Seth Pilkington, USA, 13:53.01.

WOMEN

800: 1, Anna Willard, USA, 1:59.29. 2, Kenia Sinclair, JAM, 1:59.66. 3, Hazel Clark, USA, 2:00.09. 4, Maggie Vessey, USA, 2:01.49. 5, Katie Waits, USA, 2:02.42. 6, Nikeya Green, USA, 2:03.13. 7, Jesse Carlin, USA, 2:03.42. 8, Erin Donohue, USA, 2:03.69. 9, Morgan Uceny, USA, 2:06.03. 10, Rebecca Johnstone, CAN, 2:06.35.

1500: 1, Christin Wurth-Thomas, USA, 4:03.96. 2, Malindi Elmore, CAN, 4:06.94. 3, Amy Mortimer, USA, 4:07.19. 4, Sally Kipyego, KEN, 4:07.92. 5, Vivian Cheruiyot, KEN, 4:08.54. 6, Treniere Clement, USA, 4:09.57. 7, Lauren Hagans, USA, 4:09.86. 8, Julia

Howard, CAN, 4:11.78. 9, Mestawot Tadesse, ETH, 4:12.28. 10, Deirdre Byrne, IRL, 4:12.36.

5000: 1, Linet Masai, KEN, 14:35.39. 2, Tirunesh Dibaba, ETH, 14:40.93. 3, Genzebe Dibaba, ETH, 15:00.79. 4, Kim Smith, New Zealand, 15:26.00. 5, Jen Rhines, USA, 15:32.39. 6, Julie Culley, USA, 15:41.13. 7, Katie McGregor, USA, 15:41.73. 8, Rene Baillie, USA, 15:58.16. 9, Delilah DiCrescenzo, USA, 16:14.21. 10, Maureen McCandless, USA, 16:23.27.

Golden Games

Nobeoka, JPN, 30 May

MEN

1500:

1. Daniel Gitau (KEN) 3:37.96
2. Fumikazu Kobayashi 3:38.80
3. Hiroshi Ino 3:43.98

5000:

Race A -

1. Josphat Muchiri Ndambiri (KEN) 13:42.19
2. Satoshi Irifune 13:42.91
3. Yuki Iwai 13:47.12
4. Daisuke Matsufuji 13:47.72
5. Satoru Kitamura 13:49.27
6. Takeshi Makabe 13:52.47
7. Yuki Yoshi Kino 13:52.88
8. Masayuki Obata 13:53.97
9. Ken-ichi Shiraishi 13:56.46
10. Masayoshi Kuroda 14:01.95

Race B -

1. Yuko Matsumiya 13:51.99
2. Yuki Yagi 13:52.23
3. Atsushi Yamazaki 13:53.99
4. Keita Tsuchihashi 13:56.15
5. Naoto Yoneda 13:56.22
6. Masahiro Takaya 13:56.25
7. Shota Yamaguchi 13:57.45
8. Yo Yazawa 13:58.25
9. Masashi Hayashi 14:02.46
10. Yu Takeda 14:06.25

Race E -

1. Micah Njeru (KEN) 13:22.20
2. John Thuo (KEN) 13:23.57
3. Yuichiro Ueno 13:26.31
4. Nahom Mesfin (ETH) 13:29.74
5. Yuki Sato 13:30.46
6. Kiragu Njuguna (KEN) 13:31.39
7. Yusei Nakao 13:31.81
8. Paul Tanui (KEN) 13:41.07
9. Kazuhiro Maeda 13:49.94
10. Masato Kihara 13:50.96
11. Samuel Ndungu (KEN) 13:51.90
12. Joseph Mwaniki (KEN) 13:53.82

13. Titus Waruru (KEN) 13:54.44
14. Yuta Takahashi 13:55.32
15. Yoshihiro Tanaka 14:09.25

WOMEN

800:

1. Ayako Jinnai 2:05.77
2. Akari Kishikawa 2:05.80
3. Ruriko Kubo 2:05.96
4. Saori Yamashita 2:06.81
5. Miki Nishimura 2:07.15

5000:

Race A -

1. Mary Wangari (KEN) 15:30.73
2. Keiko Nogami 15:31.24
3. Kayo Sugihara 15:35.91
4. Yuko Shimizu 15:42.53
5. GRace Mbuthye Kimanzi (KEN) 15:44.03
6. Tomoka Inadomi 15:46.30
7. Mika Yoshikawa 15:48.59
8. Kazumi Nishihara 15:49.20
9. Hikari Yoshimoto 15:52.72
10. Risa Takenaka 15:52.93
11. Shino Saito 15:53.01
12. Azusa Nojiri 15:55.14
13. Madoka Ogi 15:55.49
14. Mai Ishibashi 15:58.78
15. Hiroko Yoshitomi 16:00.17

Race B -

1. Ai Igarashi 15:44.70
2. Miyuki Ando 15:55.63
3. Sakiko Matsumi 15:56.49
4. Hiromi Koga 15:59.66
5. Ayaka Ohira 16:00.44

Grande Premio Brasil Caixa de Atletismo Belém

(IAAF Grand Prix)

Belem, BRA, 24 May

MEN

800:

1. Fabiano Peçanha, BRA 1:44.63
2. Kleberson Davide, BRA 1:44.65
3. Reuben Bett, KEN 1:44.79
4. Muhammed Aman, ETH 1:46.75
5. Fernando da Silva, BRA 1:46.86
6. Hezekiel Sepeng, RSA 1:47.00

10000:

1. Robert Sigei Kipngetich, KEN 28:21.25
2. Josphat Bett Kipkoech, KEN 28:21.51
3. Kennedy Kimutai, KEN 28:22.54
4. Marilson dos Santos, BRA 28:41.33

Meeting International Mohammed VI

(CAA permit)

Rabat, MAR, 23 May

MEN

800:

1. Abubaker Kaki, SUD 1:44.82
2. Mohammed Al-Salhi, KSA 1:45.30
3. Bram Som, NED 1:45.31 SB

1500:

1. Deresse Mekonnen, ETH 3:34.59
2. Amine Laâlou, MAR 3:34.81 PB
3. Mahiedine Mekhissi-Benabbad, FRA 3:35.06 PB

5000:

1. Jacob Korir, KEN 13:05.62 PB
2. Joseph Kiplimo, KEN 13:09.34 PB
3. Hussein Al-Yami, KSA 13:11.64 PB
4. Mourad Maaroufit, MAR 13:13.19 SB
5. Mourad Amdouni, FRA 13:14.19 PB
6. Boniface Kirui, KEN 13:27.26 PB
7. Patrick Terer, KEN 13:30.17 PB
8. Ayad Lamdassem, ESP 13:33.44 SB
9. Bikila Demma, ETH 13:34.00 PB
10. Anas Selmouni, MAR 13:34.16 SB

3000 s/chase:

1. Paul Kipsiele Koech, KEN 8:07.80
2. Richard Matelong, KEN 8:13.35 SB
3. Elijah Chelimo, KEN 8:14.48
4. Tareq Mubarak Taher, BRN 8:18.70
5. Chakir Boujattaoui, MAR 8:19.36 PB
6. Jamel Chatbi, MAR 8:19.37 PB
7. Ruben Ramolefi, RSA 8:22.06

WOMEN

800:

1. Jennifer Meadows, GBR 2:01.78 SB
2. Yekaterina Kostetskaya, RUS 2:01.86 SB
3. Halima Hachlaf, MAR 2:02.03 PB
4. Jana Hartmann, GER 2:02.19 PB
5. Mona Jabir Ahmed, SUD 2:02.42 NR
6. Pamela Jelimo, KEN 2:02.46 SB
7. Ehssan Arbab, SUD 2:04.95 PB [1992]

1500:

1. Iryna Lishchynska, UKR 4:06.22 SB, WL
2. Siham Hilali, MAR 4:07.44 SB
3. Btissam Boucif, MAR 4:07.68 SB
4. Hasna Benhassi, MAR 4:07.80 SB
5. Hanane Ouhaddou, MAR 4:08.01 PB
6. Sonja Roman, SLO 4:08.07 SB
7. Stephanie Twell, GBR 4:09.35 SB
8. Irene Jelagat, KEN 4:09.63 SB
9. Emma Pallant, GBR 4:09.96 PB

10. Judit Varga, HUN 4:10.96

Hoorn International Meeting

Hoorn, NED, 23 May

MEN

800:

1. Robert Lathouwers 1:46:45
2. Arnoud Okker 1:47:65
3. Samuel Sepeng, RSA 1:48:81

1500:

1. Lloyd Bosman, RSA 3:40:73
2. Kristof van Maldegem, BEL 3:41:52
3. Jesse van Burg 3:47:96

Chinese Women's National Championships

Suzhou, CHN, 21-23 May

5000 (23):

Race B -

1. Hao Xiaofan 15:42.09 PB
2. Jia Chaofeng 15:42.85 PB
3. Zhang Yingying 15:47.50 SB [1990]
4. Chen Xiaofang 15:56.94 SB
5. Wang Jiali 15:59.64 PB

Race A -

1. Bai Xue 15:37.07 SB
2. Zhang Xin 15:58.82 PB
3. Zhu Yanmei 16:00.60 SB

10000 (21):

1. Zhang Yingying 33:08.94 SB [1990]
2. Zhu Yanmei 33:09.64 SB
3. Bai Xue 33:09.90 SB
4. Zhu Xiaolin 33:12.25 SB
5. Jia Chaofeng 33:13.25
6. Zhu Yingying 33:14.98
7. Zhang Xin 33:25.70 PB
8. Wang Jiali 33:28.60 SB
9. Sun Weiwei 33:32.62 SB
10. Chen Rong 33:55.45 SB
11. Dong Xiaoqin 33:58.87 SB
12. Zhang Chong 34:11.09 SB
13. Chen Huirong 34:14.49 SB
14. Sun Wenqin 34:16.21 SB
15. Jin Lingling 34:25.60
16. Fu Pei 34:33.87 SB
17. Chang Jinxue 34:36.77
18. Jin Man 34:36.78 SB
19. Zhang Jingxia 34:38.20 SB [1991]
20. Wang Linlin 34:53.72 PB [1990]

3000 s/chase (22):

- | | |
|------------------|-------------|
| 1. Jin Yuan | 9:53.16 SB |
| 2. Li Zhenzhu | 9:59.14 SB |
| 3. Fang Xiaoyu | 9:59.17 SB |
| 4. Chen Xiaofang | 10:09.38 SB |
| 5. Ding Changqin | 10:24.51 |

NCAA Division II Championships

San Angelo, USA, 21-23 May

MEN

800 (23):

- | | | |
|-----------------------|-------------------------|------------|
| 1. Anthony Luna | Jr Metro St/Den | 1:49.26 SB |
| 2. Andrew Graham | Fr Adams State | 1:49.76 PB |
| 3. Michael Wickman | Jr Chico St | 1:49.82 |
| ... 7. Johnny Shuping | Jr St Augustine's [RSA] | 1:52.13 |

Preliminaries (22):

Heat 1 -

- | | | |
|--------------------|-------------------------|-------------|
| 1. Michael Wickman | Jr Chico St | 1:50.02Q |
| 2. Nick Maynard | Sr Colorado/Mines | 1:50.54Q PB |
| 3. Johnny Shuping | Jr St Augustine's [RSA] | 1:50.84q SB |

Gran Premio Caixa-Sesi (3rd)

Uberlandia, BRA, 20 May

MEN

800:

- | | |
|-----------------------------|---------|
| 1. Kleberson Davide, BRA | 1:47.44 |
| 2. Fabiano Peçanha, BRA | 1:47.46 |
| 3. Reuben Bett, KEN | 1:48.77 |
| ... 8. Hezekiel Sepeng, RSA | 1:50.83 |

LOOKING BACK

The following article comes from Bob de la Motte, who finished second in the Comrades three times and on two occasions pushed Bruce Fordyce to course records. Bob now lives in Perth and recently took part in the Cape Epic cycle race. – Ed.

GREAT COMRADES MEMORIES

The Comrades must have been a very exciting race to watch with the amazing speed and the resulting dramas. Still a fantastic time and in the zone that I thought was possible in 1986 ... Great also to see eight SA runners in the top ten. Of course the other point that is equally interesting is the absence of white SA runners in the top ten – and only one in the top twenty.

Comrades memories have certainly been rekindled recently. I cannot believe Alan Robb is still running 8 hours – amazing! Then again I was forwarded a copy of an article published in the (Johannesburg) *Sunday Times* about Hoss Tjale! What a great guy and a tough, tough athlete who achieved amazing things in the most challenging circumstances all those years ago. Today he is living in a squatter camp near Tembisa and works as a delivery driver for a courier company. He and guys like Vincent Rakabaele were such amazing role models for young blacks in difficult times and today they appear to be “platsak”. He should have gone into politics – might have been a millionaire by now. Still,

the photo of Hoss published in the *Sunday Times* reflected that great character we all got to know and respect so well. I take my hat off to him.

Then there was an unexpected connection with Graham Fraser (just turned 60) through my younger brother in SA. We exchanged fantastic e-mails about that famous Hillcrest Gunga Din team that (as a bunch of unknowns) challenged the might of Callies to win the Gunga Din and inspire so many others (myself included).

Then there was Priscilla Carlisle (an RAC team mate), who also ran second in 1984 (crawled over the line). Well, she lives in China and did the Great Wall 21.1 km last weekend. She has a son in Perth and plans to visit him in June/July so I might catch up with her for the first time in 22 years – like so many of my great old SA running friends, a few of whom I bumped into during Epic.

STATS TIME

2009 10 KM: TOP TEN WOMEN

Note that half of these times have been run in the Spar Grand Prix Series.

33:48	René Kalmer	1	Spar	P. Elizabeth	02 May
33:52	Annerien van Schalkwyk	2	Spar	P. Elizabeth	02 May
34:08	Irvette van Blerk	1	Matha Series	Durban	08 Feb
34:31	Dinahrose Lebogang Phalula	1	Solomon Mahlangu Memorial	Mamelodi	05 Apr
34:42	Dinah Lebo Phalula	2	Solomon Mahlangu Memorial	Mamelodi	05 Apr
34:54	Poppy Mlambo	4	Spar	P. Elizabeth	02 May
35:00	Jenna Challenor	5	Spar	P. Elizabeth	02 May
35:13	Ronel Thomas	6	Spar	P. Elizabeth	02 May
35:15	Tanith Maxwell	4	Matha Series	Durban	08 Feb
35:29	Ntombesintu Ntshiliza	1	Umhlobo Wenene	P. Elizabeth	18 Apr

THIS MONTH IN HISTORY

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

36 years ago: 3 June 1973

Ferdie le Grange, who two years before had become the first South African to run a sub-2:20 marathon, set his fifth consecutive SA record when he finished fourth in the Maxol Marathon in Manchester in 2:13:58. Le Grange, who had started his career as a track runner, was in the lead pack until 30 km and finished 1:34 behind winner Eckhard Lesse of East Germany. His time was the tenth fastest in the world that year. Almost exactly a year earlier, Le Grange had set a "world record" when he clocked 2:16:19 in the same race and then won the Brussels Marathon in 2:15:35 seven days later. Both performances were SA records and it was the first time two sub-2:20 marathons had been run within a week.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2009

This section lists the best South African performance this year for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in SA races, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

MENSeniors

10 km	28:28	Hendrick Ramaala	Durban	08 Feb
	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		
	79:32	Shadrack Hoff	Pretoria	09 May
Marathon	73:24	Matthew Kipchirchir (KEN)		
	72:45	Paul Kosgei (KEN) 2004		
100 km	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
Marathon	88:00	Takayuki Matsumiya (JPN) 2005		
	2:07:44	Hendrick Ramaala	London	26 Apr
100 km	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	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.

**) 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	66:40	Desmond Zibi	Port Elizabeth	09 May
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
25 km	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
	86:36	Johannes Maluleka	Pretoria	09 May
30 km	76:49	Martin Mondragon (MEX) 1994		
	1:44:25	Lindile Tokota	Sedgefield	21 Mar
Marathon	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	2:27:32	Reginald Ngobese	Durban	08 Feb
100 km	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	37:58	Albertus Bock	Bellville	18 Apr
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	83:45	Tamsanqa Jusayi	Port Elizabeth	09 May
	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	50:03	Sakhiwo Ganca	Port Elizabeth	25 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:02	Wanda Roro	Wellington	01 May
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENSeniors

10 km	33:48	René Kalmer	Port Elizabeth	02 May
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:18	Kim Laxton	Eldorado Park	08 Mar
	48:13	Ines Chenonge (KEN)		
	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
	82:31	Peninah Arusei (KEN)		
	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
	2:22:11	Irina Mikiitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:52	Michelle Bartman	Port Elizabeth	02 May
	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	1:42:34	Sandra Steenkamp	Pretoria	09 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:10	Sarah Mahlangu	Durban	08 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				

7:00:27 Normi Sakurai (JPN) 2007

Masters (50+)

10 km	41:02	Loesje de Beer	Port Elizabeth	21 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
		(and same time in Port Elizabeth on 31 Jan)		
	54:33	Shirley Matson (USA) 1991		
21.1 km	91:14	Margie Saunders	Port Elizabeth	09 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:58:00	Rae Bisschoff	Pretoria	09 May
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				

Grandmasters (60+)

10 km	41:20	Sonja Laxton	Bellville	05 Apr
15 km	68:48	Sonja Laxton	Eldorado Park	08 Mar
21.1 km	1:40:37	Veronica van Niekerk	Wellington	01 May
25 km	1:59:25	Regina Hughes	Pretoria	09 May
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:28:36	Liz Ruickbie	Durban	08 Feb
100 km				

Juniors

10 km	35:45	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:35	Nadia Hechter	Krugersdorp	04 Feb
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	84:09	Quarta Wiese	Wellington	01 May
	1:09:05	Delilah Asiago (KEN) 1991		

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