

Distance Running Results

Vol. 9, No. 27 – 7 July 2009

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

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Publisher: Riël Hauman

EDITORIAL

It was a very special national championship race in Port Elizabeth this weekend. The time incentives offered by sponsor Nedbank (the first at an SA Championships) resulted in a level of performances that we have not seen for many a year. Stephen Mokoka had to run hard to retain his SA half-marathon title on a flat loop course in 61:26 – only 6 seconds ahead of Lindikhaya Mthangayi.

Mokoka's time is the fastest in a South African Half Marathon since Shadrack Hoff recorded 61:11 in 2000. (The three runners behind Hoff that day were also faster than Mokoka: Hendrick Ramaala 61:14, Gert Thys 61:16 and Motsehi Moeketsana 61:22.)

Women's winner Annerien van Schalkwyk clocked a huge PB of 71:49 – the quickest since Elana Meyer won the 1999 title in 70:53.

One SA record was bettered when Mluleki Nobanda took the veteran category in a magnificent 64:48 – 14 seconds faster than the time run by George Mosweu as long as twenty years ago. Nobanda won by almost 4 minutes! List leaders were set in all categories.

The pace was hot from the gun (the leading men went through 5 km in 14:26 and 10 km in 29:30), and many personal bests were set in the ideal conditions – among the top ten by Mokoka, who ran his previous best of 62:04 in last year's race, Mthangayi (by 1:44), Mbongeni Ngxazozo, Lusapho April, Enos Matalane and Xolisa Tyali.

Two foreigners, Wirimayi Juwawo (ZIM) and Sechaba Bohosi (LES), crossed the line in third and fourth. Ramaala, who won the title in 2007, finished fifth in 61:43. With both he and the sixth placer, Ngxazozo, not running in a provincial team, the bronze medal in the Championships went to April, who was seventh in 61:49 (a PB by 35 sec).

While the overall high standard of the race was a result of the conditions and the fast course, the stellar times among the top runners should be attributed to a large degree to the performance incentives that were on offer for the first time. These went to South African runners only and were as follows: R75 000, R50 000 and R30 000 for the first three athletes under 61:00 (men) and 68:00 (women); R25 000, R15 000 and R10 000 for the first three under 61:30/70:00; and R8 000, R6 000 and R4 000 for the first three under 62:00/72:00.



Mokoka's sub-61:30 time allowed him to double his winnings for a total of R50 000. Van Schalkwyk was the only woman to win an incentive.

Distance Running Results has long advocated the use of time incentives, rather than huge position prizes, to raise our distance running standards, and the effect of this extra incentive was obvious. While I feel that the times required were on the fast side (especially, of course, for the women), and that, firstly, somewhat slower times (and more of them) and, secondly, incentives for the age categories (not only the juniors) would achieve even more, Nedbank and Athletics South Africa must be applauded for this initiative. It is a definite and important step in the direction of higher performance levels.

A comparison of the times run for first, tenth and 20th position in the last six championship races shows the improvement in 2009 (fastest times are in bold). There were no championships in 2002-2004 and the 2006 race was over 20 km.

	<u>1st</u>	<u>10th</u>	<u>20th</u>
2000	61:11	62:27	63:45
2001	61:50	62:47	63:44
2005	61:33	63:43	65:09
2007	62:42	64:54	66:45
2008	62:04	64:16	65:25
2009	61:26	62:11	63:46
2000	74:38	80:14	84:36
2001	77:22	80:09	84:51
2005	75:52	79:58	84:59
2007	71:56	79:18	83:51
2008	73:02	79:32	82:14
2009	71:49	77:34	80:39



Van Schalkwyk improved by 4:11 on her career best. She is now fifth on the SA all-time list behind Meyer, Colleen de Reuck, Zola Pieterse and Frith van der Merwe (the latter both with aided times, although Pieterse also ran 71:49 – the same as Van Schalkwyk – on a standard course). Other PBs clocked among the top ten women came from Poppy Mlambo, Tanith Maxwell, Tshifhiwa Mundalamo and Marelize Retief.

It should be noted that of the six members of the SA marathon team for Berlin who were in action, five set personal bests (Ramaala was the exception): Matalane, April, Coolboy Ngamole, Johannes Kekana and Maxwell. Two other runners who have been training at the marathoners' camp in Potchefstroom (see News section in this issue), Mthangayi and Mlambo, also ran career best times.

South Africa's top female distance runner, René Kalmer, won the silver medal in 72:25 (29 sec slower than her PB) and said she was "happy" with her time, since she had returned from a trip to the USA, where she competed very successfully in a number of shorter races, only last Sunday. She had done no long runs as part of her preparations, but said she hoped a team would be selected for the World Half-marathon Championships so that she can train specifically for that.

The bronze medal went to Mlambo in 74:41, a PB by 39 seconds. Maxwell, champion in 2005 and South Africa's only female representative in the IAAF World Championships Marathon in August, finished 11 seconds adrift of Mlambo.

Riël Hauman

■ The pictures show (top) Sechaba Bohosi, Stephen Mokoka, Lindikhaya Mthangayi and Lusapho April, and (bottom) Annerien van Schalkwyk. [Supplied by ASA]

INCLUDED IN THIS ISSUE:

- * Northgate 10 km, Johannesburg
- * Queensburgh Harriers 10 km, Queensburgh
- * Nedbank SA Half-marathon Championships, Port Elizabeth
- * Spar Fine Food & Wine Spookhill 15 km, Somerset West
- * Jolly Jumbo Half Marathon & 10 km, Pretoria

International highlights:

- * Sapporo Half Marathon, Sapporo, JPN
- * Atlanta Journal-Constitution Peachtree Road Race, Atlanta, USA
- * Wiezo Run, Wierden, NED
- * Western States Endurance Run 100 Miles, Squaw Valley to Auburn, USA
- * Track: Znamenskiy Memorial, Zhukovskiy, RUS; Meeting de Atletismo Madrid 2009, Madrid, ESP; Memorial Leon Buyle, Oordegem, BEL; ExxonMobil Bislett Games, Oslo, NOR; International Meeting, Velenje, SLO; Moscow Open, Moscow, RUS

ROAD RUNNING

Northgate 10 km

Johannesburg, 5 July
(Loop course)

Note: Samuel Mogudi won the SA title in the half marathon the previous day and ran again here; Sarah Mahlangu also raced for the second day in a row. – Ed.

MEN

1 Tsidiso Bosiu (GS) 30:23; 2 Frik Guys (Nedbank) 30:43; 3 Simon Mpholo (ADT) 31:31.

Veterans: 1 Bheki Nene (ADT) 34:07; 2 Dean Passmore (Alberton) 38:50; 3 Paul Manko (RH) 49:36. **Masters:** 1 Samuel Mogudi (RAC) 38:03. **G'masters:** 1 Bill Lambert (RH) 45:19. **Juniors:** 1 Devon Botha (KAS) 33:32.

WOMEN

1 Elizabeth Npanbeni (Matlakeng) 38:20; 2 Cornelia Joubert (ADT) 38:28; 3 Simanvelene Mabusa (Nedbank) 39:55.

Veterans: 1 Sarah Mahlangu (MP) 43:25; 2 Linda van der Gryp (Krugersdorp) 46:06; 3 Tracy Jarmin (Fit 2000) 46:07. **Masters:** 1 Sonja Laxton (RAC) 44:58. **G'masters:** 1 Eileen Jones (Old Eds) 59:18. **Juniors:** 1 Juan-Marie Cooper (KHOSA) 39:24.

Queensburgh Harriers 10 km

Queensburgh, 5 July

MEN

1. Proffesor Mollen ZIM/Mr Price AC 32:33

2.	Shingirai Badza	ZIM/F1 AC	33:29
3.	Mthembeni Nzama	Nedbank AC	33:41

40-49:

1.	Alex Cele	Ind	37:57
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50-59:

1.	Jeremiah Ngwenya	Boxer AC	40:03
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60+:

1.	Bill van der Bosch	PDAC	43:17
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Juniors:

1.	Leonidie Rodriques	Mr Price AC	42:37
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WOMEN

1.	Sibogile Mpanza	Boxer AC	43:34
2.	Iris Ndlovu	Boxer AC	44:03
3.	Nontokozi Mkhize	Ind/Temp	44:16

40-49:

1.	Lisa Preen	PDAC	44:58
2.	Janine Engela	PDAC	47:17
3.	Nana Sigubudu	Boxer AC	48:31

50-59:

1.	Sherée Kirsten	PDAC	52:37
2.	Zanele Nduli	West AC	53:18

60+:

1.	Gill Tregenna	West AC	58:22
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Juniors:

1.	Samantha Andreas	Mr Price AC	51:19
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Nedbank South African Half-marathon Championships (30th)

(as part of the Nedbank Matha Series)

Port Elizabeth, 4 July

(Distance: 21.0975 km. Certified loop course. Weather: Perfect conditions. Finishers: 810.)

Note: Runners indicated with * were not part of the SA Half-marathon Championships, either because they are foreigners or were not members of a provincial team. In the junior categories runners outside the top five are also given to indicate the winners of the silver and bronze medals in the national championships. Time incentive prizes are indicated with "i"; these were as follows: R75 000, R50 000 and R30 000 for the first three SA athletes under 61:00 (men) and 68:00 (women); R25 000, R15 000 and R10 000 for the first three under 61:30/70:00; and R8 000, R6 000 and R4 000 for the first three under 62:00/72:00.
– Ed.

MEN

1	Stephen Mokoka	AGN	24	1:01:26	R25 000 + R25 000i
2	Lindikhaya Mthangayi	WPA	30	1:01:32	R20 000 + R8 000i
3	Wirimayi Juwawo*	ZIM	28	1:01:38	R15 000
4	Sechaba Bohosi*	LES/Toyota A C	28	1:01:42	R10 000
5	Hendrick Ramaala*	Nedbank RC CGA	37	1:01:43	R8 000 + R6 000i
6	Mbongeni Ngaxozo*	Nedbank RC CGA	29	1:01:47	R7 000 + R4 000i
7	Lusapho April	EPA	27	1:01:49	R6 000
8	Enos Matalane	AGN	27	1:01:57	R5 500
9	Xolisa Tyali	CGA	20	1:01:58	R5 000
10	Shadrack Hoff	AGN	36	1:02:05	R4 000
11	Olebogeng Masire	ACNW	26	1:02:07	
12	Coolboy Ngamole	CGA	32	1:02:11	

13	Wesley	Ruto*	KEN/Varsity	28	1:02:13
14	Johannes	Kekana*	MPCGA	37	1:02:14
15	Jeffrey	Gwebu	CGA	28	1:02:20
16	Zolani	Ntongana	WPA	28	1:02:23
17	Samuel	Segoaba	AFS	26	1:02:28
18	Sibusiso	Nzima	CGA	22	1:02:34
19	Mike	Fokoroni*	ZIM/MPCGA	32	1:03:04
20	Samuel	Tsotsane*	Nedbank RC FSA	23	1:03:12
21	Joseph	McKenzie	CGA	23	1:03:15
22	Chabeli	Nyedimane	AFS	21	1:03:23
23	Luwis	Masunda*	ZIM/MPCGA	33	1:03:28
24	Lucky	Mohale	CGA	23	1:03:31
25	Kelvin	Pangiso*	ZIM/MPCGA	28	1:03:38
26	Aaron	Tlhobo	AFS	28	1:03:46
27	Zongamele	Dyubeni*	Gauteng Striders	36	1:03:56
28	Serame	Kutoane*	Power	29	1:04:06
29	Nkopane	Seqhobane*	LES/Gauteng Striders	29	1:04:08
30	Raphael	Segodi	CGA	23	1:04:19
31	George	Ntshiliza	EPA	29	1:04:23
32	Avukile	Ntongana	WPA	24	1:04:24
33	Lucky	Miya	CGA	28	1:04:45
34	Elmore	Sibanda*	ZIM	22	1:04:47
35	Mluleki	Nobanda	ATRA	40	1:04:48
36	Thubalethu	Phaku	AKZN	29	1:04:51
37	Jonathan	Chinyoka*	ZIM/MPCGA	19	1:04:52
38	Portipher	Dombojena*	ZIM/MPCGA	24	1:04:53
39	Donald	Mathipa	CGA	29	1:05:11
40	Themba	Miya	CGA	27	1:05:22
41	Tsotang	Maine*	LES/Gauteng Striders	34	1:05:24
42	Esau	Nkosi	AVT	21	1:05:28
43	Anthony	Godongwana	WPA	24	1:05:29
44	Seun	Moleshioa	AMPU	23	1:05:33
45	Phumelelo	August	EPA	24	1:05:33
46	Joseph	Mphuthi	AVT	32	1:05:35
47	Odwa	Tunyiswa*	BOT/Gaberone Run	24	1:05:36
48	Sibusiso	Mbingeleli	WPA	31	1:05:37
49	Dicardo	Jacobs	BOLA	23	1:05:40
50	Phumzile	Sikawuti	EPA	29	1:05:42
40-49:					
1	Mluleki	Nobanda	ATRA	40	1:04:48 R2 000 [SA rec]
2	Lindile	Tokota	ASWD	41	1:08:36 R1 500
3	Elgin	Mokale	CGA	43	1:08:46 R1 000
4	Jerry	Modiga	CGA	45	1:09:04
5	Desmond	Zibi	EPA	45	1:09:35
50-59:					
1	Samuel	Mogudi	CGA	52	1:13:28 R2 000
2	Vladimir	Kotov	BLR/WPA	51	1:13:59 R1 500
3	Jumario	Khuzwayo	AMPU	51	1:17:05 R1 000
4	Michael	Molahloe	AFS	51	1:17:38
5	Thomas	Moses	BOLA	52	1:17:39
60-69:					
1	Tamsanqa	Jusayi	EPA	67	1:21:53 R2 000
2	Albertus	Bock	WPA	63	1:22:35 R1 500
3	Don	Charles	CGA	60	1:23:18 R1 000
4	Johannes	Mosehla	LIMA	67	1:24:35
5	Michael	Langa	AKZN	61	1:26:19

70+:

1	Hilary	Pritchard*	Crusaders	74	2:29:50
2	Zeb	Luhabe*	Real Gij	82	2:59:58

Juniors:

1	Jonathan	Chinyoka*	ZIM/MPCGA	19	1:04:52 R10 000
2	Marshall	Jaji*	ZIM/Bashewa	19	1:07:14 R8 000
3	Sithyilo	Diko*	Gauteng Striders	17	1:07:38 R7 000
4	Sithembebe	Fanekho	ATRA	18	1:07:47 [SA champion] R6 000
5	Xola	Bongoza*	Mr Price PE	16	1:08:37 R5 000
6	Asanda	Malunga	ATRA	16	1:08:43 R4 000
7	Shaun	Zuzani*	Nedbank RC CGA	18	1:09:22 R3 000
8	Vuyisile	Tshoba*	Power	18	1:09:46 R2 000
9	Sakhiwo	Gangca	EPA	19	1:10:11 R1 000

WOMEN (Same prize money as men)

1	Annerien	van Schalkwyk	AGN	30	1:11:49 R8 000i
2	Tabitha	Tsatsa*	ZIM/Boxer Superst	36	1:12:16
3	René	Kalmer	CGA	28	1:12:25
4	Mamorallo	Tjoka*	LES/Gauteng Striders	24	1:14:25
5	Poppy	Mlambo	CGA	28	1:14:41
6	Tanith	Maxwell	AKZN	33	1:14:52
7	Margaret	Mahohoma*	ZIM/MPCGA	30	1:15:16
8	Tshifhiwa	Mundalamo	CGA	27	1:15:29
9	Onneile	Dintwe*	BOT/Nedb. RC AGN	23	1:15:44
10	Marelize	Retief	AGN	23	1:15:59
11	Muchaneta	Gwata*	ZIM/MPCGA	24	1:16:27
12	Catherine	Skosana	AGN	28	1:16:37
13	Jenna	Challenor	AKZN	27	1:16:43
14	Mpho	Mabuza	CGA	29	1:17:20
15	Ntombesintu	Ntshiliza	EPA	27	1:17:34
16	Olivia	Chitate*	ZIM/Bashewa	21	1:17:50
17	Charné	Bosman	AGN	33	1:18:21
18	Joyce	Thiane	AFS	22	1:18:38
19	Bulelwa	Mtshagi	WPA	29	1:19:13
20	Thozama	April	WPA	23	1:19:15
21	Lusanda	Bomvana	ATRA	17	1:19:31
22	Dimakatso	Menong	CGA	33	1:19:34
23	Daniela	Adlam	AKZN	28	1:19:41
24	Tebogo	Masehla	CGA	30	1:20:10
25	Maya	Lawrie	AKZN	41	1:20:11
26	Maryna	Swanepoel	AFS	22	1:20:39
27	Bathobele	Hlazo*	Siyanda	16	1:21:07
28	Maureen	Dladla*	SAP AC FS	29	1:21:11
29	Nomvuyisi	Seti	WPA	27	1:21:24
30	Michelle	Bartman	WPA	45	1:21:28
31	Paulina	Njeya*	Nedbank RC FSA	31	1:22:05
32	Leanne	Finlay	EPA	41	1:22:19
33	Kirsty	Weir	WPA	31	1:22:42
34	Babalwa	Ngcoko	EPA	22	1:23:24
35	Joanna	Thomas	WPA	40	1:23:39
36	Deliwe	Nyanga	EPA	20	1:24:02
37	Elmarie	Coetzee	WPA	45	1:24:04
38	Sheryl	de Lange	WPA	41	1:24:07
39	Elene	Lourens*	Maties AC	18	1:24:27
40	Danette	Smith	BOLA	20	1:25:09
41	Cynthia	Sibeko	AMPU	25	1:25:25
42	Xoliswa	Bici	ATRA	29	1:25:30

43	Ester	Brink	WPA	43	1:25:39
44	Irvette	van Blerk	CGA	21	1:26:03
45	Sarah	Mahlangu	CGA	42	1:26:19
46	Jane	Mudau	AGN	46	1:26:24
47	Liza-Marie	Bright	EPA	27	1:26:24
48	Busisiwe	Matiwane	WPA	34	1:26:40
49	Loveness	Madiba*	MPCGA	18	1:26:49
50	Helene	Perold	WPA	25	1:26:50

40-49:

1	Maya	Lawrie	AKZN	41	1:20:11
2	Michelle	Bartman	WPA	45	1:21:28
3	Leanne	Finlay	EPA	41	1:22:19
4	Joanna	Thomas	WPA	40	1:23:39
5	Elmarie	Coetzee	WPA	45	1:24:04

50-59:

1	Olga	Howard	WPA	50	1:29:41
2	Annatjie	Botes	ASWD	51	1:30:17
3	Margie	Saunders	EPA	55	1:30:50
4	Nancy	Will	WPA	56	1:32:17
5	Hanlie	v.d. Westhuizen	EPA	52	1:36:18

60-69:

1	Liz	Ruickbie	CGA	62	1:33:51
2	Veronica	Van Niekerk	BOLA	63	1:36:13
3	Elaine	Greenblatt	CGA	60	1:36:23

70+:

1	Dorothy	Hart*	PEAAC	71	2:19:29
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Juniors:

1	Lusanda	Bomvana	ATRA	17	1:19:31
2	Bathobele	Hlazo*	Siyanda	16	1:21:07
3	Elene	Lourens*	Maties AC	18	1:24:27
4	Loveness	Madiba*	MPCGA	18	1:26:49
5	Ziphozonke	Ndlovu*	Tshwane	19	1:27:22
6	Thenjiswa	Mkukhwane	ATRA	15	1:29:29
7	Asiphe	Nondaphu	ATRA	15	1:30:02

Team prizes:

Open men: 1. CGA, 2. AGN, 3. WPA. Veteran men: 1. CGA, 2. EPA, 3. ASWD.

Open women: 1. CGA, 2. AGN, 3. WPA. Veteran women: 1. WPA, 2. EPA, 3. CGA.

Spar Fine Food & Wine Spookhill 15 km (29th)

Somerset West, 4 July

(Loop course, very hilly)

MEN

1. Patrick Magadla (VOB) 50:14 (R250); 2. Kevin Oliphant (Adid) 50:45 (R150); 3. Manfred Samuels (Held) 50:48 (R100); 4. Wanda Roro (Adid) 50:56; 5. Lunyanda Qolo (Hangklip) 52:55; 6. Riaan Witbooi (Eerste) 53:31; 7. Thandoka Gqamana (TM); 53:52; 8. Keith Court (MP) 53:53; 9. Fabian Faro (M'Plain) 54:17; 10. Luxolo Mdzanga (Gugs) 54:24; 11. Anthony Matthee (Held) 55:13; 12. Ruaan de Jager (Bell) 55:16; 13. Christo Anthonissen (Bell) 55:21; 14. Mervin Steenkamp (Adid) 55:56; 15. Madoda Feni (TM) 56:12; John September (Celtic) 57:17; 17. Collin Bock (Eerste) 57:36; 18. Barend Jacobs (Celtic) 57:49; 19. Owen Smith (Well) 57:54; 20. Pshepo Vika (TM) 59:48.

Masters: 40-49: 1. Keith Court (MP) 53:53 (R100); 2. John September (Celtic) 57:17 (R75); 3. Barend Jacobs (Celtic) 57:49 (R50). **50-59:** 1. Henry Cieverts (Top) 63:29

(R100); 2. Johan Diener (Strand) 64:40 (R75); 3. Richard Johnson (OM) 64:49 (R50).
60+: 1. Wally Steel (Savages) 81:36 (R80); 2. Malcolm Rhodes (Pine) 85:11 (R60); 3. Mike Taylor (Tyg) 86:44 (R40). **Juniors:** 1. Manfred Samuels (Held) 50:48 (R125); 2. Lunyanda Qolo (Hangklip) 52:55 (R75); 3. Luxolo Mdzanga (Gugs) 54:24 (R50).

WOMEN

1. Liana Maree (Stell) 65:51; 2. Nolene Kritzinger (Ind) 66:35; 3. Colleen de Oliveira (NBMC) 69:09; 4. Patricia Adams (Met) 69:18; 5. Linda Hanekom (Bell) 70:44; 6. Elizabeth de Gouveia (Durb) 71:19; 7. Sandra Baetsen (Llund) 71:32; 8. Mericia Krige (Ind) 72:39; 9. Marisa Mason (Ind) 73:38; 10. Maretha de Kock (Adid) 74:01; 11. Marie Louw (Adid) 74:02; 12. Liezel Lourens (Stell) 74:27; 13. Liezl Heerschap (Ind) 74:2; 14. Ursula Turck (Strand) 74:32; 15. Almarie de Bruyn (NBMC) 74:38.

Masters: 40-49: 1. Maretha de Kock (Adid) 74:01; 2. Marie Louw (Adid) 74:02; 3. Anne Pool (Strand) 81:21. **50-59:** 1. Kathy Burr (Durb) 80:59; 2. Cynthia van Wyk (Gugs) 81:48; 3. Helen du Plessis (Tyg) 82:29. **60+:** 1. Chippy Steel (Savages) 88:45; 2. Marlene James (Pine) 93:55; 3. Cathy Taylor (Durb) 101:47. **Juniors:** 1. Linda Hanekom (Bell) 70:44; 2. Amy Abrahams (Eerste) 75:43; 3. Reghana Beukes (Eerste) 78:19.

Jolly Jumbo Half Marathon & 10 km

Pretoria, 4 July

(Distances: 21.0975 km & 10 km; course configurations unknown)

Half marathon

MEN

1 Oliver Kandiero (ZIM/Toyota) 73:01; 2 Jackson Seanego (New Balance) 75:08 (1st vet); 3 Jan Masumbulo (Beefcor) 79:20.

Veterans: 1 Jackson Seanego (New Balance) 75:08. **Masters:** 1 Daniel Moeti (Beefcor) 1:42:15. **G'masters:** 1 Ian McFadyen (Phobians) 1:50:45. **G/g'masters:** 1 Maartin Coetsee (Magnolia) 2:03:38. **Juniors:** 1 Kyle Piecrs (Tuks) 1:43:11.

WOMEN

1 Mandiwana Ndothiwa (Nedbank) 89:19; 2 Lorraine Boshoff (VTM) 96:14; 3 Francis van Blerk (Nedbank) 1:42:22 (1st mast).

Veterans: 1 Magriet Hattingh (Irene) 1:59:30. **Masters:** 1 Francis van Blerk (Nedbank) 1:42:22. **G'masters:** 1 Hazel Quilliam (Roodepoort) 2:06:36. **G/g'masters:** 1 Phyllis Maartins (Fit 2000) 2:51:20. **Juniors:** 1 Marlu Kartenhoeven (Tuks) 2:13:48.

10 km

MEN

1 Tiitsetso Ramokheseng (LES/Toyota) 37:59; 2 Thabang Moeketsi (ADT) 32:43; 3 Greg Barnes (Irene) 32:56 (1st vet).

Veterans: 1 Greg Barnes (Irene) 32:56. **Masters:** 1 John Willsher (Benoni Harriers) 49:33. **G'masters:** 1 Pieter Rossouw (Enduro) 45:18. **G/g'masters:** 1 Ken Nurden (Agape) 44:04. **Juniors:** 1 Chis-Lieb van Wyk (Zwartkops) 36:41.

WOMEN

1 Letitia Saayman (Bashewa) 37:59 (1st jun); 2 Myrette Filmater (Tuks) 38:19; 3 Louise v Niekerk (ACR) 41:21.

Veterans: 1 Amanda le Roux (Irene) 43:34. **Masters:** 1 Ria Duvengage (Transnet) 70:59. **G'masters:** 1 Mavis Stadler (Agape) 58:14. **G/g'masters:** 1 Marina Odendaal (Solidariteit) 59:25. **Juniors:** 1 Letitia Saayman (Bashewa) 37:59.

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

Sapporo Half Marathon (52nd)

Sapporo, JPN, 5 July

(Distance: 21.1 km; mostly flat out-and-back course. Finishers: 310)

MEN

1. Gideon Ngatuny (KEN)	1:00:39
2. Mokubo Mogusu (KEN)	1:00:58
3. Cyrus Njui (KEN)	1:01:03
4. Samuel Ndungu (KEN)	1:01:29
5. Joseph Gitau (KEN)	1:02:39
6. James Mwangi (KEN)	1:02:43
7. Kiragu Njugna (KEN)	1:02:44
8. Harun Njoroge (KEN)	1:02:51
9. Atsushi Sato	1:02:54
10. Kensuke Takahashi	1:02:54

WOMEN

1. Yurika Nakamura	1:09:20 PB
2. Julia Mombi (KEN)	1:09:30
3. Yukari Sahaku	1:09:36 PB
4. Ryoko Kizaki	1:10:59
5. Yuri Kano	1:11:19
6. Kiyoko Shimahara	1:11:32
7. Flomena Cheyech (KEN)	1:11:35
8. Azusa Nojiri	1:11:57
9. Yoshiko Fujinaga	1:11:58
10. Miki Ohira	1:12:13

Atlanta Journal-Constitution Peachtree Road Race (40th)

(USA Men's 10 km Championship)

Atlanta, USA, 4 July

(Distance: 10 km; certified point-to-point course with 3.4 m/km elevation loss)

MEN (gun times)

1. Sammy Kitwara, 22, KEN	27:22 PB	\$15,000 + 17,500^
2. Ridouane Harroufi, 27, MAR	28:02 PB	7,500
3. Ibrahim Jeilan, 19, ETH	28:02 PB	3,000
4. Boaz Cheboiywo, 30, KEN	28:05	2,500
5. Tesfaye Bekele, 25, ETH	28:08 PB	2,000
6. Abdi Abdirahman, 32, USA	28:11 PB=	1,500 + 10,000a
7. Robert Letting, 24, KEN	28:14	1,000
8. Anthony Famiglietti, 30, USA	28:15 PB	800 + 6,000a
9. James Carney, 31, USA	28:19 PB	700 + 4,000a
10. Daniel Kipkoech, 22, KEN	28:38	600
Tesfaye Tola, ETH	DQ*	

40+:

- | | | |
|------------------------------|-------|---------|
| 1. Yevgeny Sirotin, 40, UKR | 30:57 | \$1,500 |
| 2. Sean Wade, 43, USA | 31:05 | 1,000 |
| 3. Paul Aufdemberge, 44, USA | 31:15 | 500 |

*) Was disqualified for elbowing Boaz Cheboiywo in the final 30 m (Cheboiywo protested)

^) Earned 50% of PRRO Circuit bonus for winning one PRRO race in 2008/2009 season, then Peachtree

a) Earned USA championship prize money

WOMEN

- | | | |
|-------------------------------|-------|----------------------|
| 1. Lineth Chepkurui, 21, KEN | 31:31 | PB\$15,000 + 17,500^ |
| 2. Meseret Mengistu, 19, ETH | 31:32 | PB 7,500 |
| 3. Alice Timbilili, 26, KEN | 31:33 | PB 3,000 |
| 4. Abebu Gelan, 19, ETH | 31:45 | PB 2,500 |
| 5. Amane Gobena, 36, ETH | 31:52 | PB 2,000 |
| 6. Irene Limika, 29, KEN | 32:11 | PB 1,500 |
| 7. Edna Kiplagat, 29, KEN | 32:18 | 1,000 |
| 8. Belainesh Gebre, 21, ETH | 32:36 | 800 |
| 9. Nadia Ejjafini, 28, BRN | 32:43 | 700 |
| 10. Neriah Asiba, 26, KEN | 32:51 | 600 |
| 21. Colleen De Reuck, 45, USA | 34:27 | |

40+:

- | | | |
|----------------------------|-------|---------|
| 1. De Reuck (above) | 34:27 | \$1,500 |
| 2. Gallyamova (above) | 35:43 | 1,000 |
| 3. Tatiana Titova, 43, RUS | 35:59 | 500 |

^) Earned 50% of PRRO Circuit bonus for winning one PRRO race in 2008/2009 season, then Peachtree

Wiezo Run (11th)

Wierden, NED, 4 July

(Distance: 10 km)

MEN

- | | |
|-------------------------|-------|
| 1. Gilbert Kitwara, KEN | 28:10 |
| 2. Ezekiel Chebii, KEN | 28:47 |
| 3. Peter Kiprotich, KEN | 29:33 |

WOMEN

- | | |
|-------------------------|-------|
| 1. Sharon Tavengwa, ZIM | 33:06 |
| 2. Monica Wangai, KEN | 33:57 |
| 3. Dorcas Cheserek, KEN | 36:45 |

TRACK

Znamenskiy Memorial (51st)

Zhukovskiy, RUS, 5 July

MEN

800:

- | | |
|----------------------------------|---------|
| 1. Yuriy Borzakovskiy (12.04.81) | 1:46.48 |
| 2. Yuriy Koldin (01.11.83) | 1:47.55 |
| 3. Reuben Bett, KEN | 1:47.73 |

3000:

1. Dmitriy Gavrilov (29.03.87) 8:02.79
2. Artem Mastrov (12.11.76) 8:03.73
3. Andrey Safronov (16.12.85) 8:04.27

WOMEN

800:

1. Mariya Savinova (22.06.85) 1:59.72
2. Tatyana Andrianova (10.12.79) 2:02.61
3. Yuliya Rusanova (03.07.86) 2:02.63

Meeting de Atletismo Madrid 2009 (28th)

Madrid, ESP, 4 July

MEN

800:

Race 1 -

1. Mbulaeni Mulaudzi, **RSA** 1:45.81
2. Manuel Olmedo, ESP 1:45.91 SB
3. Ismail Ahmed Ismail, SUD 1:46.08
4. Tamás Kazi, HUN 1:46.74
5. Marcin Lewandowski, POL 1:46.98

Race 2 -

1. Jackson Kivuna, KEN 1:44.86 PB
2. Arturo Casado, ESP 1:45.52 PB
3. Abraham Chepkirwok, UGA 1:46.14 SB
4. Eugenio Barrios, ESP 1:46.30 SB
5. Prince Mumba, ZAM 1:46.60 NR

1500:

Race 1 -

1. Johan Cronje, **RSA** 3:37.33
2. Rui Silva, POR 3:38.62
3. James Kiplagat Magut, KEN 3:38.86 PB
4. Josphat Mitunga Kithii, KEN 3:39.04 PB
5. Dawit Wolde, ETH 3:39.54

WOMEN

800:

Race 1 -

1. Hasna Benhassi, MAR 1:59.03 SB
2. Jemma Simpson, GBR 1:59.31 SB
3. Marilyn Okoro, GBR 2:00.04 SB
4. Christin Wurth-Thomas, USA 2:00.16 PB
5. Nuria Fernández, ESP 2:00.45

Race 2 -

1. Muna Jabir Adam, SUD 2:02.50
2. Malika Akkaoui, MAR 2:03.21
3. Iris Fuentes-Pila, ESP 2:04.96 SB

1500:

1. Natalia Rodríguez, ESP 4:04.82 SB
2. Marta Domínguez, ESP 4:04.84 PB

3. Anna Mishchenko, UKR 4:07.44 SB
4. Sonja Roman, SLO 4:08.41
5. Sylwia Ejdys, POL 4:09.16

Memorial Leon Buyle (18th)

Oordegem, BEL, 4 July

MEN

1500:

Race A -

1. Tasama Dame, ETH 3:41.44 SB
2. Mthobisi Baloyi, RSA 3:41.45
3. Molefe Molefe, RSA 3:41.83

3000:

Race A -

1. Elroy Gelant, RSA 7:56.44 PB
2. David McCarthy, IRL 7:56.71 PB
3. Abdi Nageeye, NED 7:57.07 PB

5000:

1. Edwin Molepo, RSA 14:05.83 PB
2. Russell Dessaix-Chin, AUS 14:06.50 PB
3. Vital Gahungu, BDI 14:14.31 SB

WOMEN

1500:

1. Almensch Belete, ETH 4:11.81 SB
2. Morag MacLarty, GBR 4:12.01 PB
3. Miranda Boonstra, NED 4:15.59 PB
4. Dinahrose Lebogang Phalula, RSA 4:16.86
- ... 6. Dina Lebo Phalula, RSA 4:22.20

ExxonMobil Bislett Games

(AF Golden League)

Oslo, NOR, 3 July

MEN

800:

1. Yuriy Borzakovskiy, RUS 1:44.42 SB
2. Mohammed Al-Salhi, KSA 1:44.96
3. Thomas Chamney, IRL 1:45.41 PB
4. Fabiano Peçanha, BRA 1:45.59
5. David Campbell, IRL 1:45.59 PB

DNF - Abubaker Kaki, SUD

1500:

1. Collins Cheboi, KEN 3:36.24 PB
2. Geoffrey Rono, KEN 3:36.96 SB
3. Fouad Elkaam, MAR 3:37.19
4. Bethwell Birgen, KEN 3:37.39 PB
5. Colin McCourt, GBR 3:37.55 PB
- ... 7. Alistair Cragg, IRL 3:38.44 SB

1500m U.23:

1. Matti Viren, FIN 3:48.80
2. Moses Tirban, KEN 3:49.53
3. Thomas Solberg Eide, NOR 3:50.29

Mile:

1. Deresse Mekonnen, ETH 3:48.95 NR
2. William Biwott, KEN 3:49.29 WJR
3. Augustine Choge, KEN 3:50.22 PB
4. Mekonnen Gebremedhin, ETH 3:50.74 PB
5. Jeff Riseley, AUS 3:51.25 PB
6. Nate Brannen, CAN 3:53.18
7. Henok Legesse, ETH 3:55.70
8. Tarek Boukensa, ALG 3:56.90 SB

3000:

1. Richard Bartale, KEN 7:50.58
2. Henry Kiplagat, KEN 7:54.00 PB
3. Mike Tuiny, KEN 7:57.54
4. Bjørnar Ustad Kristensen, NOR 7:57.60 PB
5. Eliud Kiptanui, KEN 8:04.57 PB

5000:

1. Kenenisa Bekele, ETH 13:04.87
2. James Kwalia C'Kurui, QAT 13:05.46 SB
3. Vincent Kiprop Chepkok, KEN 13:06.27
4. Sileshi Sihine, ETH 13:06.63 SB
5. Bekana Daba, ETH 13:06.70
6. Ali Abdosh, ETH 13:07.56
7. Abraham Chebii, KEN 13:07.98
8. Mang'ata Ndiwa, KEN 13:08.26
9. Edwin Soi, KEN 13:09.64
10. Mike Kigen, KEN 13:10.82 SB
11. Mohammed Farah, GBR 13:12.28 SB

WOMEN

800:

1. Claire Gibson, GBR 2:01.42 PB
2. Ingvill Måkestad, NOR 2:02.54 PB
3. Nelly Jepkosgei, KEN 2:07.37 PB
4. Lisbeth Pedersen, NOR 2:07.52 SB
5. Ingebørg Løvnes, NOR 2:09.28

5000:

1. Meseret Defar, ETH 14:36.38 SB
2. Vivian Cheruiyot, KEN 14:37.01 SB
3. Meselech Melkamu, ETH 14:37.50
4. Sylvia Kibet, KEN 14:37.77 PB
5. Wude Ayalew, ETH 14:38.44 PB

3000 s/chase:

1. Ruth Bisibori, KEN 9:18.65 SB
2. Sofia Assefa, ETH 9:19.91 PB
3. Mekdes Bekele, ETH 9:28.88 SB
4. Karoline Bjerkeli Grøvdal, NOR 9:33.34 SB
5. Elizabeth Mueni, KEN 9:33.49 PB

International Meeting (13th)

Velenje, SLO, 2 July

WOMEN

800:

- | | |
|--|---------|
| 1. Yusneysi Santiusti, CUB | 2:04.55 |
| 2. Anna Luchkina, RUS | 2:04.61 |
| 3. Tereza Capkova, CZE | 2:05.56 |
| ... 5. Dina Lebo Phalula, RSA | 2:07.11 |
| ... 8. Dinahrose Lebogang Phalula, RSA | 2:08.29 |
| ... 11. Juanee Cilliers, RSA | 2:10.77 |

Moscow Open

Moscow, RUS, 1 July

MEN

800:

- | | |
|----------------------------------|---------|
| 1. Yuriy Borzakovskiy (12.04.81) | 1:46.90 |
| 2. Oleksandr Osmolovych, UKR | 1:47.26 |
| 3. Reuben Bett, KEN | 1:47.50 |

WOMEN

800:

- | | |
|----------------------------------|---------|
| 1. Mariya Savinova (22.06.85) | 1:57.90 |
| 2. Yelena Kofanova (08.08.88) | 1:58.60 |
| 3. Svetlana Klyuka (27.12.78) | 2:00.23 |
| 4. Tatyana Andrianova (10.12.79) | 2:00.92 |
| 5. Elodie Guegan, FRA | 2:01.08 |

1500:

- | | |
|-------------------------------|---------|
| 1. Anna Alminova (17.01.85) | 4:03.77 |
| 2. Natalya Popkova (21.09.88) | 4:05.86 |
| 3. Yelena Fesenko (04.10.88) | 4:07.63 |

ULTRA/MOUNTAIN RUNNING**Western States Endurance Run 100 Miles (35th)**

Squaw Valley to Auburn, USA, 27-28 June

(Distance: 100 miles; difficult trails, high altitude, over 40 000 total feet of climbing and descending [18 000 up and 22 000 down])

MEN

- | | |
|---------------------------------|----------|
| 1. Hal Koerner, 33, Ashland, OR | 16:24:55 |
| 2. Tsuyoshi Kaburaki, 40, JPN | 16:52:06 |
| 3. Jez Bragg, 28, GBR | 16:54:35 |

WOMEN

- | | |
|--|----------|
| 1. Anita Ortiz, 45, Eagle, CO | 18:24:17 |
| 2. Kristin Moehl, 31, Seattle, WA | 19:26:02 |
| 3. Beverley Anderson-Abbs, 45, Red Bluff, CA | 19:53:14 |
-

NEWS

S.A. TEAM FOR AFRICAN JUNIOR CHAMPIONSHIPS

Athletics South Africa has selected a team of 29 men and nine women to represent the country in the African Junior Championships in Mauritius from 30 July to 2 August. The team comprises some of the finest junior athletics talent in the country and is expected to once again underline South Africa's dominance in junior athletics on the African continent.

Caster Semenya, one of the brightest prospects in the middle distances, will lead the medal onslaught and will also use the Championships as a last preparation for the IAAF World Championships in Berlin. She currently ranks number one in the world number in the 800 m this year following her exceptional 2:00.58 win at the Yellow Pages Meeting in Germiston in March.

Tazmin Brits, who won a gold medal in the javelin throw at the 12th IAAF World Junior Championships in Bydgoszcz in 2008 is another athlete who could deliver an outstanding performance.

Among the men athletes such as Cheyne Rahme (pole vault), Ulrich Damon (javelin throw), Boipelo Mothlathlego (triple jump), Stephan Brink (shot put), Dewald van Heerden (discus throw) and the sprinters Waide Jooste, Patrick Vosloo and Brent Stevens can do well.

The team is:

MEN: Waide Jooste, 100 m, 4x100 m (CGA); Ethan Floris, 100 m, 4x100 m (BOLA); Patrick Vosloo, 200 m, 4x100 m (AVT); Brent Stevens, 200 m, 4x100 m (WPA); Peter Marx, 400 m, 4x400 m (AFS); Shaun de Jager, 400 m, 4x400 m (BOLA); William Motosola, 800 m, 3000 m s/chase, 4x400 m (AFS); Retlale Mokone, 800 m, 1500 m, 4x400 m (AFS); Jerry Motsau, 1500 m (CGA); Folavio Sehohle, 5000 m (CGA); Joel Monne, 5000 m (ACNW); Lucas Bothabutle, 3000 m s/chase (ACNW); Senzo Nkosi, 10000 m (KZNA); Dewald Bekker, 10000 m walk (AGN); Cornel Fredericks, 110 m hurdles, 4x100 m, 400 m hurdles, 4x400 m (BOLA); Kobus Moolman, 110 m hurdles, 4x100 m (AGN); Neil de Beer, 400 m hurdles, 4x400 m (AGN); Ruan Claassen, high jump (AVT); Luvo Manyonya, long jump (BOL); Dylan Cotter, long jump (CGA); Boipelo Mothlathlego, triple jump (AGN); Apelele Rasmeni, triple jump (BORA); Stephan Brink, shot put (AGN); Dewald van Heerden, discus throw (CGA); Ulrich Damon, javelin throw (ACNW); Cheyne Rahme, pole vault (CGA); Windy Jonas, 1500 m (AFS); Willem le Roux, decathlon (BOL); and Gert Swanepoel, decathlon (ACNW).

WOMEN: Allysa Conley, 100 m, 200 m (CGA); Melissa Hewitt, 100 m (BOL); Rorisang Rammonye, 200 m, 400 m (ANWN); Anuschka Nice, 400 m, 800 m (CGA); Caster Semenya, 800 m, 1500 m (AGN); Lindie Liebenberg, discus throw (BORA); Tazmin Brits, javelin throw (ACNW); Gezelle Bernard, javelin throw (BORA); and Corli Swart, 10000 m walk (AFS).

KENYAN COACH HELPS MARATHON TEAM

South Africa's marathon team for the IAAF World Championships in Berlin is being prepared for the August contest by experienced Kenyan coach Danson Muchoki. According to a media release by Athletics South Africa, this is part of its long term strategy to improve the standard of middle and long distance running in the country and to unearth new talent.

Muchoki earlier briefly helped the SA team for the World Cross-country Championships in Amman as well.

The marathon squad members competed at the Nedbank SA Half-marathon Championships in Port Elizabeth this weekend as part of their build-up to the World Championships.

South Africa's leading women marathon athlete, Tanith Maxwell, said: "It's been a brilliant opportunity to make use of the acclaimed training set-up at Potchefstroom's High Performance Institute (HPI). This initiative has exciting prospects for South Africa."

Norman Dlomo commented: "The Kenyan coach knows what he's doing and he knows how to take us where he wants us to go. It is just unfortunate that I am not going to the SA Half Marathon. I was expecting a good performance there, but have picked up a knee injury."

STATS TIME

Mluleki Nobanda set the only new SA record in the weekend's Nedbank SA Half Marathon when he won the veteran category in 64:48. Here is an all-time list for this age category.

HALF MARATHON ALL-TIME: TOP TEN VETERAN MEN

1:04:48	Mluleki Nobanda	SA Championships	Port Elizabeth	04 Jul 09
1:05:02	George Mosweu	SA Championships	Durban	22 Jul 89
1:05:16	Ernest Tjela	SA Championships	Durban	13 Aug 95
1:05:24	Antony Nyabanyaba	SA Championships	Durban	27 Aug 94
1:05:26	David Mponye	SA Championships	East London	18 May 91
1:05:39	David Chawane	Vodacom	Port Elizabeth	24 Jun 00
1:05:49	Zacharia Mosala	Vodacom	Port Elizabeth	24 Jun 00
1:05:51A	Titus Mamabolo	SA Championships	East London	25 Jul 87
1:05:54	Stephen Seema	SA Championships	Durban	28 Aug 93
1:06:10	Bernet Khuele	SA Championships	Durban	13 Aug 95

THIS MONTH IN HISTORY

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

10 years ago: 4 July 1999

Elana Meyer scored one of the most significant victories of her career when she won the Peachtree 10 km in Atlanta in 31:34, 9 seconds ahead of Kenya's Catherine Ndereba, with another Kenyan, Jane Omoro, third. Colleen de Reuck was fourth in 32:02, Lornah Kiplagat (KEN) sixth and Derartu Tulu (ETH) ninth. The times by Meyer and De Reuck were by far the fastest by South African women for the year. Three months later Meyer was eighth in the World Half Marathon and in 2001 she finished third in the Peachtree race.

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 & Deribe Merga** (ETH) 2009		
21.1 km	61:26	Stephen Mokoka	Port Elizabeth	04 Jul

	58:52	Patrick Makau (KEN)		
25 km	58:33	Samuel Wanjiru (KEN) 2007		
	79:32	Shadrack Hoff	Pretoria	09 May
	73:24	Matthew Kipchirchir (KEN)		
30 km	72:45	Paul Kosgei (KEN) 2004		
	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
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km	6:47:59	Vsevolod Khudyakov (RUS)		
	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	64:48	Mluleki Nobanda	Port Elizabeth	04 Jul
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:36	Johannes Maluleka	Pretoria	09 May
	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	55:07	Goodman Mpukane	Mamre	20 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	73:28	Samuel Mogudi	Port Elizabeth	04 Jul
	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	81:53	Tamsanqa Jusayi	Port Elizabeth	04 Jul
	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	49:04	Manfred Samuels	Eerste River	27 Jun
	42:25	Moses Mosop (KEN) 2004		
21.1 km	67:38	Sithyilo Diko	Port Elizabeth	04 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENSeniors

10 km	33:29	René Kalmer	New York	07 Jun
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:09	Mia Pienaar	Eerste River	27 Jun
	48:13	Ines Chenonge (KEN)		
	46:55	Kayoko Fukushi (JPN) 2006		
21.1 km	71:49	Annerien v. Schalkwyk	Port Elizabeth	04 Jul
	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	7:50:00	Irina Vishnevskaya (RUS)		
	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	80:11	Maya Lawrie	Port Elizabeth	04 Jul
	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	63:17	Olga Howard	Mamre	20 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:41	Olga Howard	Port Elizabeth	04 Jul
	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	1:33:51	Liz Ruickbie	Port Elizabeth	04 Jul
25 km	1:59:25	Regina Hughes	Pretoria	09 May
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:24:03	Elaine Greenblatt	Londen	26 Apr
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	79:31	Lusanda Bomvana	Port Elizabeth	04 Jul
	1:09:05	Delilah Asiago (KEN) 1991		

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