

# Distance Running Results

Vol. 9, No. 30 – 28 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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## EDITORIAL

Two of South Africa's fastest 10 km races outside of the national championships were held this past weekend. Unfortunately there are doubts about the length of the new course used for the Spar Grand Prix Series event in Durban, where numerous PBs were achieved, and Sonja Laxton set a new SA grandmasters record of 41:07 and Michelle Bartman a WP veterans record of 36:31. Problems with the timing system and recording of the results were also reported – see Statistics section below, where the Race Time Bias factor for the race is discussed. The list leaders in this race are included at the end of this issue – until a validation of the course determines its length.

In Port Elizabeth Tshamane Setone won the Clover 10 km in 29:01, with eight other runners dipping below 30 min. The women's race went to Poppy Mlambo in 34:54. Both she and fifth placer Thozama April also ran in Durban the next day.

At the Aviva London Grand Prix Johan Cronje set a wonderful new PB of 3:54.84 for the mile (won by Bernard Lagat in 3:52.71). Cronje now moves into eighth on the SA all-time list.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Spar Grand Prix Series, Durban
- \* Clover 10 km, Port Elizabeth
- \* Foskor Half Marathon & 10 km, Phalaborwa
- \* New Balance Maxi Cross Trail 15 km, Pretoria
- \* Old Mutual Rustenburg Mountain Race, Rustenburg
- \* XC: WP League Meeting, Mitchells Plain; KZN Leagues, Verulam & Summerveld

### International highlights:

- \* Wharf to Wharf 6 Mile, Santa Cruz to Capitola, USA
  - \* Quad-City Times Bix 7, Davenport, USA
  - \* La Corsa Piu' Antica, Castelbuono, ITA
  - \* Swiss Alpine Marathon, Davos, SUI
  - \* Track: Aviva London Grand Prix, London, GBR; Savo Games, Lapinlahti, FIN; Kenyan World Championships Trials, Nairobi, KEN; Reunion Internacional Ciudad de Barcelona, Barcelona, ESP; European Junior Championships, Novi Sad, SRB; Vattenfall Elite Games #4, Joensuu, FIN; Gentse Feesten Meeting, Ghent, BEL
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## NEWS

### GERT THYS 'COMPLETELY EXONERATED' BY CAS

South African marathon record holder Gert Thys has won his battle to clear his name after he was found guilty of having used a banned substance in the 2006 Seoul Marathon. Thys has been "completely exonerated" by the Court of Arbitration for Sport, according to a statement issued by his lawyer, Howard Jacobs.

In April this year Thys was reinstated by Athletics South Africa (ASA), who said in a media release that the runner had completed the mandatory four out-of-competition tests during his period of ineligibility and all results were negative.

Thys tested positive for the prohibited substance Norandrosterone at the Seoul Marathon in Korea on 12 March 2006, which he won in 2:10:40, and after having carefully reviewed all the evidence presented in his case, an ASA tribunal found Thys guilty of having committed a doping offence and declared him ineligible to participate.

In December last year ASA announced that Thys would be reinstated as soon as he had complied with the obligatory number of tests that have to be done during an athlete's period of ineligibility/suspension. The Seoul result is the only performance invalidated by his suspension.

Thys, now 37, has completed 35 marathons since he debuted over the distance in May 1988. Not counting the Seoul race, he failed to finish eleven of his last 23 marathons.

Thys won the Seoul Marathon for the third time in four years in 2006. The previous month he had also won the Beppu-Oita Mainichi Marathon in 2:09:45. He set the still standing South African record of 2:06:33 in Tokyo in 1999.

In the statement issued by Jacobs it is said that Thys "has emphatically and consistently denied taking any banned substances. After delaying his hearing process for nearly 2½ years, and in spite of clear laboratory errors, Athletics South Africa suspended [him] for a period of 2 years and 7½ months (the exact amount of time it took them to conclude the hearing process), and ruled that [he] was to forfeit his prize money from the 2006 Seoul International Marathon. [He] appealed the matter to the Court of Arbitration for Sport (CAS), the highest sports arbitral tribunal, and a hearing was held before CAS in Lausanne, Switzerland on May 11, 2009. The CAS Arbitral Tribunal has now completely upheld the appeal ..., ruling as follows:

- "1. It has jurisdiction to hear the appeal filed by Gert Thys on 7 January 2009.
- "2. The appeal of Gert Thys is upheld.
- "3. The decision of Athletics South Africa on 11 December 2008 is set aside.
- "4. Gert Thys is exonerated of any doping infraction and is eligible to compete without any prior reinstatement testing.
- "5. The prize money, income and benefits derived from the participation of Gert Thys in the Seoul Marathon in March 2006 shall not be forfeited.
- "6. The award is pronounced without costs, except for the court office fee of CHF 500 (five-hundred Swiss Francs) paid by Gert Thys, which is retained by the CAS.
- "7. Athletics South Africa shall pay Gert Thys a contribution toward his legal fees in the amount of CHF 13,000 (thirteen thousand Swiss Francs) within 30 (thirty) days of notification of this Award."

## VIEWPOINT

### S.A. MARATHON TEAM DISINTEGRATES OVER CAMP SQUABBLE

By Riël Hauman

If the apparent disarray in the South African World Championships team is a portent of things to come, then one should not bet on a sizeable haul of medals in Berlin – if any.

Although no word has been forthcoming from Athletics South Africa (ASA) in the form of media releases, newspaper reports over the weekend indicated that two of the

marathoners, Lusapho April and Enos Matalane, have been withdrawn from the team. According to a report, Wilfred Daniels, one of the huge contingent of officials with the team, said that Matalane did not want to attend the training camp in Potchefstroom, while April's coach informed ASA that the training camp was too strenuous for him (according to Daniels).

In a telephone interview with *Distance Running Results* yesterday, April's coach, Karen Zimmerman, denied this claim by Daniels. She said she attended part of the training camp in Potchefstroom (as did other coaches) and that the coaching provided by Kenyan coach Danson Muchoki, who was hired by ASA as part of a long-term strategy to improve the standard of long and middle distance running in the country (as reported by DRR earlier), was too "fractured" and not the type of training April has been doing and that has worked for him in the past.

As a consequence, the athlete was suffering from muscle problems in his legs and it was felt it would be in his best interests to go back to his training base in the Eastern Cape to prepare. Daniels told them that, if April did not return to the camp, he would be dropped from the team. He added that this would also rule him out of all future SA teams to global championships.

Zimmerman said April was adamant that he wanted to train in the way he was used to and not even a phone call from Leonard Chuene, President of ASA, could make him change his mind. When April did not want to budge, Chuene ended the conversation by putting the phone down.

ASA sent them a letter about the decision, but before the letter was received, they were already contacted by a Johannesburg newspaper – which points to ASA having given the information to the media before informing the athlete.

Zimmerman said they were now obtaining legal advice about the decision to withdraw April from the team, since it would – if Daniels is to be believed – have an effect on his possible future membership of SA teams.

Enquiries by DRR have revealed that there is much discontent among athletes about the training provided at the Potchefstroom camp. The general feeling is that the training was not structured enough and did not take into account the individual needs or running backgrounds of the athletes.

It should be noted that Hendrick Ramaala was included in the provisional team, but that no announcement was made about his withdrawal, or about the inclusion of April, before the team was announced last week. Even then Ramaala's name was not mentioned at all. And now, just a few days later, April and Matalane are no longer members of the team.

As mentioned by DRR last week, 800-metre runner Samson Ngoepe's name was not on the team list as announced by ASA, despite the fact that he has run an "A" qualifying time. ASA now says that his name was not included because of "a typing error" and that he will indeed run in Berlin.

As also mentioned in DRR, hurdler LJ van Zyl was not announced as part of the 4x400 relay team – but he, too, will indeed run. According to a newspaper report, his name was "forgotten" when the relay team was announced!

A third member of the team, sprinter Wilhelm van der Vyver, has been withdrawn because he is required to continue his studies at Stellenbosch University and ASA was not interested in having him return to the team later, according to the newspaper report.

## STATISTICS

### IS THE DURBAN SPAR COURSE SHORT?

By Riël Hauman

The Spar Grand Prix race in Durban on Sunday produced some magnificent times – among them a new South African grandmasters record of 41:07 by Sonja Laxton and a Western Province record for veterans of 36:31 by Michelle Bartman.

The times were so good, in fact, that there are again questions about the length of the course – as was the case after the recent Nedbank SA Half Marathon.

The first three runners set PBs, and four of the top five did so: René Kalmer by 1 second to 32:27, Annerien van Schalkwyk by 1:13 to 32:39, Tanith Maxwell by 18 sec to 34:01, and Tshifhiwa Mundalamo by 23 sec to 35:00. There were doubtless more PBs lower down the field.

Maya Lawrie, the second veteran, ran 1:03 faster than her veteran PB, while second junior Lusanda Bomvana broke her career best by 1:26. Bianca van Niekerk was the third junior in a remarkable 36:42 – the fastest previous time DRR could find for her was 38:28.

Bartman's previous best as a veteran was the 36:52 she ran in the Spar race in Port Elizabeth in May, while Laxton set the previous SA record of 41:20 in the Spar race in Bellville the month before.

The Race Time Bias (RTB) figure, which compares the times achieved by runners to what could be expected from them based on their most recent performances, for 24 athletes (including some in the age categories), is -4.3 sec/km – inside the acceptable limit of -5 sec/km.

Based on the above figure, the times seem to be acceptable, but as records were set – as well as a number of PBs – and questions have been asked by some knowledgeable observers about the high standard, DRR is urging KZNA to validate the course as soon as possible and certify the accuracy of the times. It is certainly in the interests of all the runners, and the compilation of records and statistics in general, to do so without delay.

■ As far as DRR is aware, no steps have been taken by Athletics South Africa to validate the half-marathon course in Port Elizabeth. This should also be done as quickly as possible to remove all doubts about the accuracy of the times achieved there, and to give them international acceptability. As things stand at the moment, these performances will not appear on any international lists.

## ROAD RUNNING

### Spar Grand Prix Series

(Women only)

Durban, 26 July

(Distance: 10 km; course configuration & prize money unknown)

1. René Kalmer (MP) 32:27
2. Annerien van Schalkwyk (Irene) 32:39
3. Tanith Maxwell (MP) 34:01
4. Poppy Mlambo (Ned) 34:53
5. Tshifhiwa Mundalamo (Ned) 35:00
6. Jenna Challenor (Boxer) 35:06
7. Irvette van Blerk (Ned) 35:25
8. Thozama April (Celtic) 35:40
9. Charné Bosman (MP) 35:57
10. Nandipha Dywili (Ind) 36:01 (1<sup>st</sup> jun)
11. Makhosi Mhlongo (Savages) 36:17; 12. Kim Laxton (Ind) 36:23; 13. Eunice Nhlapo (GS) 36:24; 14. Michelle Bartman (Harf) 36:31 (1<sup>st</sup> vet); 15. Lusanda Bomvana (Ind) 36:32; 16. Danielle Adlm (Boxer) 36:37; 17. Bianca van Niekerk (Ind) 36:42; 18. Ronel Thomas (Ind) 36:45; 19. Maya Lawrie (Boxer) 36:54; 20. Ndofohiwa Mandiwana (Ned) 37:05.

**Veterans:** 1. Michelle Bartman (Harf) 36:31; 2. Maya Lawrie (Boxer) 36:54; 3. Grace de Oliveira (Boxer) 39:13. **Masters:** 1. Marietjie Ceronio (Ned) 40:43; 2. Blanche Moila (Savages) 43:26; 3. Anne Weeden (PDAC) 43:58. **G'masters:** 1. Sonja Laxton (RAC) 41:07; 2. Lien Botha (Toti) 48:40; 3. Aletta Engelbrecht (SCS) 48:47. **Juniors:** 1.

Nandipha Dywili (Ind) 36:01; 2. Lusanda Bomvana (Ind) 36:32; 3. Bianca van Niekerk (Ind) 36:42.

### **Clover 10 km**

Port Elizabeth, 25 July

(Loop course. Weather: Cold & windy. Finishers: 964.)

#### **MEN**

1	Tshamano	Setone	Nedbank RC CGA	22	29:01 R10 000
2	Sibusiso	Nzima	Power	22	29:09 R5 000
3	Boy	Soke	Nedbank RC FSA	26	29:18 R3 000
4	Zolani	Ntongana	Mr Price WP	29	29:23 R2 500
5	Elias	Samuel	Transnet	26	29:36 R800
6	Joshua	Sabao	Tukkies	20	29:37
7	Nkosinoxolo	Sonqibido	Transnet	22	29:44
8	Joseph	Mckenzie	ADT CGA	23	29:58
9	Rodney	Prins	Mr Price PE	20	29:59
10	Nkosinathi	Madyo	Nedbank RC	21	30:16
11	Pakiso	Pedi	Transnet	31	30:34
12	Phumzile	Sikawuti	Nedbank RC	29	30:34
13	Zolani	Ngqaqa	Mr Price PE	20	30:57
14	Anele	Maliza	Mr Price PE	31	31:13
15	Nyedimane	Chabeli	Transnet	26	31:16
16	Luyanda	Tshangana	Mr Price PE	26	31:17
17	Masande	Mlonyeni	Nedbank RC	28	31:19
18	Ivan	Ambraal	Malabar	20	31:26
19	Khayaletu	Makalima	Mr Price PE	25	31:29
20	Sibusiso	Thu	Mr Price PE	21	31:31

(Same prize money in all age categories: R800, R450, R250)

#### **40-44:**

1	Maboyisana	Mazwayi	Nedbank RC	41	32:07
2	Christopher	Mabengeza	Nedbank RC	43	33:18
3	Welcome	Loliwe	Nedbank RC	44	35:20

#### **45-49:**

1	Desmond	Zibi	Mr Price PE	45	31:58
2	Darrell	Wicht	Raleigh AC	46	34:50
3	Kenneth	Menze	Nedbank RC	47	34:53

#### **50-54:**

1	Themba	Bhelwane	Oxford Striders	52	36:08
2	Mike	Bosch	NMMU AC	52	37:25
3	Alan	Taylor	Raleigh AC	52	38:00

#### **55-59:**

1	Donald	Mancasa	Raleigh AC	55	39:34
2	Sizinzo	Kama	Achilles AAA	58	39:39
3	Fikile	Seya	Nedbank RC	56	41:12

#### **60-64:**

1	Percy	Dalton	Achilles AAA	60	42:32
2	Eddie	Walker	PEAAC	62	43:03
3	Cilliers	Swart	Nedbank RC	62	43:34

#### **65-69:**

1	Tamsanqa	Jusayi	Mr Price PE	67	39:26
2	Godfrey	Kariem	Cadbury AC	68	48:49
3	Nic	Snyman	PEAAC	65	52:29

#### **70+:**

1	Herbert	Gillson	Raleigh AC	70	59:22
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2	Kai	Tarnow	Jeffreys Bay	70	59:25
3	Wells	Anderson	PEAAC	77	59:41

**Juniors:**

1	Xola	Bongoza	Mr Price PE	16	31:34
2	Xolela	Ngcebetsha	Siyanda	17	31:59
3	Melikhaya	Frans	Nedbank RC	17	32:01

**WOMEN (Same prize money as men)**

1	Poppy	Mlambo	Nedbank RC	28	34:54
2	Tebogo	Masehla	Transnet	30	34:55
3	Marelize	Retief	Nedbank RC AGN	23	35:13
4	Ntombesintu	Ntshiliza	Mr Price PE	27	35:15
5	Thozama	April	Mr Price Celtic	23	35:55
6	Liandre	Pretorius	Mr Price PE	30	37:59
7	Bathobele	Hlazo (1 <sup>st</sup> jun)	Siyanda	15	38:20
8	Maureen	Dladla	Sap AC FSA	29	38:22
9	Deliwe	Nyanga	PEAAC	20	38:37
10	Leanne	Finlay (1 <sup>st</sup> vet)	Nedbank RC	41	38:59
11	Babalwa	Ngcoko	Mr Price PE	22	39:43
12	Marisa	Ferraris	Raleigh AC	38	40:07
13	Terri-Lynn	Penney	RFLG	32	40:52
14	Ursula	Kuhn	NMMU AC	27	41:08
15	Asanda	Solani	Nedbank RC	26	41:31
16	Annica	Coetzee	High	17	41:45
17	Priscilla	Dyantyi	Mr Price PE	35	41:46
18	Margie	Saunders (1 <sup>st</sup> mast)	Nedbank RC	55	41:46
19	Christine	Claasen	Achilles AAA	44	42:40
20	Junaida	Pieters	NMMU AC	19	42:58

**40-44:**

1	Leanne	Finlay	Nedbank RC	41	38:59
2	Christine	Claasen	Achilles AAA	44	42:40
3	Grizelda	Pietersen	Achilles AAA	40	43:49

**45-49:**

1	Treloar	Childs	Spar Walmer AC	46	44:08
2	Pat	Thomson	Achilles AAA	49	44:23
3	Julie	Taunton	Crusaders AC	49	44:39

**50-54:**

1	Lesley	Wood	Achilles AAA	52	44:43
2	Suzanne	Lavis	Jeffreys Bay	51	44:50
3	Jenny	Reynolds	Temp	51	49:59

**55-59:**

1	Margie	Saunders	Nedbank RC	55	41:46
2	Cathy	Ives	Achilles AAA	56	49:40
3	Jos	Els	Madiba Bay	57	51:39

**60-64:**

1	Liz	Grundlingh	Muirite Strider	62	49:51
2	Retha	Snyman	PEAAC	62	53:23
3	Gaynor	Laurie	Crusaders AC	60	1:03:15

**65-69:**

1	Orgia	Nell	Muirite Strider	65	1:04:13
2	Isabella	Childs	Spar Walmer AC	67	1:10:26
3	Marie	Johnson	Temp	66	1:35:45

**70+:**

1	Dorothy	Hart	PEAAC	71	1:00:51
2	Aletta	Fourie	Raleigh AC	71	1:18:42
3	Lorna	Brown	PEAAC	70	1:20:06

**Juniors:**

1	Bathobele	Hlazo	Siyanda	15	38:20
2	Annica	Coetzee	High	17	41:45
3	Alrie	Velleman	Temp	18	50:59

**Foskor Half Marathon & 10 km**

Phalaborwa, 25 July

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

**Half marathon****MEN**

1 Johannes Kekana (MP) 63:25; 2 Wirimayi Juwawo (ZIM) 63:36; 3 Moeketsi Mosuhli (LES/Toy) 63:41; 4 Enos Matalane (Bashewa) 63:50; 5 Wesley Ruto (KEN) 64:07; 6 Luwis Masunda (ZIM) 63:13; 7 Tsidisio Bosiu (GS) 64:15; 8 Shadrack Hoff (Bashewa) 64:36; 9 T Mathelebi (LES/Toy) 64:49; 10 Vincent Kutoane (Powerade) 64:56.

**Veterans:** 1 Elgin Mokale (HAC) 70:05; 2 Tidimalo Modiga (Toy) 70:08; 3 Maxwell Bangani (ZIM/Bashewa) 71:09. **Masters:** 1 Jumario Khuzwayo (Nedbank) 76:24; 2 Francis Makuka (ZAM/Bashewa) 76:48; 3 Thulani Sibisi (ADT) 77:04. **G'masters:** 1 Paulus Masilela (Bashewa) 85:38; 2 Pele Tshinkundalema (Yebo) 88:59; 3 Johannes Moselela (Polokwane) 89:12. **Juniors:** 1 Jonathan Chinyoka (ZIM) 66:43; 2 Elisha Mablonu (ZIM) 67:50; 3 Diko Sitghilo (GS) 72:23.

**WOMEN**

1 Tabitha Tsatsa (ZIM/MP) 76:38; 2 Mamorallo Tjoka (LES/GS) 77:21; 3 Samukeliso Moyo (ZIM/MP) 78:07; 4 Olivia Chitata (ZIM/Bashewa) 78:28; 5 Margaret Mahohoma (ZIM/MP) 78:36; 6 Mpho Mabuza (Powerade) 79:10; 7 Catherine Skosana (MP) 80:44; 8 Munchaneta Gwata (ZIM/MP) 81:40; 9 Dimakatso Menong (GS) 83:15; 10 Paulina Phaho (Nedbank) 84:09.

**Veterans:** 1 Sarah Mahlangu (MP) 88:59; 2 Jane Mudau (Nedbank) 93:02; 3 Catherine Naane (Goldfields) 94:16. **Masters:** 1 Selinah Netshisaulu (RAC) 1:50:03; 2 Hanlie Nel (Phalaborwa) 1:53:42; 3 Margaret Boshoe (Sunninghill) 1:55:51. **Juniors:** 1 Loveness Madiba (MP) 90:18; 2 Irene Thenga (?) 94:53; 3 Lawreen Juru (ZIM/Bashewa) 95:09.

**10 km****MEN**

1 Mtheto Goxo (Powerade) 30:37; 2 Toso Phaswana (ADT) 30:54; 3 Jackson Chauke (ADT) 31:51.

**WOMEN**

1 Cynthia Baloyi (Mvudi) 40:19; 2 Fulufhelo Matodzi (Dzanani AC) 40:58; 3 Nkhanedzeni Hlwani (Mvudi) 41:40.

**New Balance Maxi Cross Trail 15 km**

Pretoria, 25 July

**MEN**

1 Thabang Madiba (New Balance) 60:15; 2 Elias Mabane (Nedbank) 62:26 (1<sup>st</sup> vet); 3 Ection Ramaboka (Elim) 63:17.

**Veterans:** 1 Elias Mabane (Nedbank) 62:26; 2 John Mahlangu (Nedbank) 63:33; 3 Greg Barnes (Irene) 64:39. **Masters:** 1 Dieter Gloeck (Magnolia) 88:55. **G'masters:** 1 Fred Clemenst (Phobians) 1:48:53. **G/g'masters:** 1 Ian Goddard (BNAC) 1:53:45.

## WOMEN

1 Elizabeth Phaka (Gauteng Striders) 76:54; 2 Renata Dreyer (Sunninghill) 79:51; 3 Janeane Roelofse (Temp) 89:35.

**Veterans:** 1 Elsabe v Aswegen (Thabazimbi) 95:17; 2 Tracey vd Waal (Irene) 97:48; 3 Magriet Hattigh (Irene) 1:42:41. **Masters:** 1 Christa Mouton (Agape) 1:55:29. **G'masters:** 1 Gina Hughes (Agape) 2:01:00.

**Old Mutual Rustenburg Mountain Race (12th)**

Rustenburg, 25 July

(Distance: 25 km; loop course, very hilly & partly on gravel)

## MEN

1. David Radebe (Plat) 1:23:55  
2. Simon Mpholo (ADT) 1:24:41  
3. Tiisetse Ramokeseng (LES/Toy) 1:26:40

## WOMEN

1. Matrinta Mota (LES) 1:44:14

**CROSS-COUNTRY****WP League Meeting (7<sup>th</sup>)**

Mitchells Plain, 26 July

## MEN

**12 km:** 1. Patrick Magadla (VOB) 39:11; 2. Virginia Ngudlumana (Celtic) 39:51; 3. Hein Camphor (Adid) 40:05; 4. Wanda Roro (Adid) 40:11; 5. Friedel Maans (Adid) 40:28; 6. Tebello Poni (VOB) 40:34; 7. Bonisile Ngculana (Atl) 41:01; 8. Fabian Faro (MPT) 41:19; 9. Samson Gulubela (Atl) 41:26; 10. Monde Mpemnyana (Celtic) 42:04; 11. Stanley Malance (Gugs) 42:11; 12. Thobekile Mbulawa (Khaye) 42:21; 13. Mandla Pangalele (Gugs) 42:38; 14. Zuko Zenzile (Khaye) 43:25; 15. Kevin Oliphant (Adid) 43:42; 16. Alex Madikane (Gugs) 43:43; 17. Riaan Witbooi (Eerste) 43:45; 18. Mervin Steenkamp (Adid) 43:47; 19. Johnny Persents (Adid) 44:51; 20. Gareth Berning (VOB) 45:04; 21. Collins Lekitima (WP Def) 45:35; 22. Syiabonga Maweza (Top) 45:45; 23. Zolani Sowazi (Gugs) 46:57; 24. Masixole Peza (Adid) 47:05; 25. Oscar Coetzee (Adid) 47:08; 26. Peter Mokotary (Met) 47:44; 27. William Majoro (NBMC) 48:11; 28. Damian Will (Pine) 48:18; 29. Nigel Strydom (MPT) 51:28; 30. Ulrich Minnaar (Bell) 52:16.

**4 km:** 1. Virginia Ngudlumana (Celt) 12:29; 2. Duane Fortuin (Celtic) 12:37; 3. Riaan Wildskut (East) 12:51.

**Masters (8 km): 40-49:** 1. Johnny Persents (Adid) 27:52; 2. Baren Jacobs (Celtic) 28:41; 3. Chris Mitchell (Celtic) 29:27. **50-59:** 1. Les Chivell (FH) 31:12; 2. Nick Miles (WC) 32:29; 3. Terrance Mazzoline (VOB) 32:37. **60+:** 1. Albertus Bock (Adid) 32:51; 2. Michael Clarke (VOB) 35:27; 3. Johan Botha (RWFL) 36:55. **Juniors (8 km):** 1. Akhona Makila (VOB) 27:12; 2. Nswele Sitombile (Ned) 27:19; 3. Manfred Samuels (Held) 27:41.

## WOMEN

**8 km:** 1. Bulelwa Mtshagi (Celtic) 31:17; 2. Kirsty Weir (Adid) 31:18; 3. Busisiwe Matiwane (Celtic) 32:34; 4. Natasha Oosthuizen (Adid) 33:15; 5. René de Bruyn (WP Def) 33:51; 6. Sheryl de Lange (Adid) 34:01; 7. Ineke Nel (UCT) 35:12; 8. Gerda-Marie Theron (Tyger) 35:55; 9. Ester Brink (Strand) 36:34; 10. Colleen de Oliveira (NBMC) 36:41; 11. Joanne Bate (Tyger) 36:58; 12. Andrea Pretorius (NBMC) 37:31; 13. Chantel de Lange (Adid) 37:33; 14. Norma Nonkonyana (Adid) 37:43; 15. Nonhlanhla Ngcobo (UWC) 38:15; 16.



Anneline Roffey (Adid) 38:46; 17. Elmarie Coetzee (Adid) 39:28; 18. Monice Brand (Adid) 39:39; 19. Maretha de Kock (Adid) 40:49; 20. Marie Louw (Adid) 40:51.

**4 km:** 1. Marlise Jordaan (Bell) 16:06; 2. S. Henderson (Met) 17:21; 3. Ayanda Mahlombe (Atl) 17:56.

**Masters (4 km): 40-49:** 1. Sheryl de Lange (Adid) 16:15; 2. Ester Brink (Strand) 16:43; 3. Elmarie Coetzee (Adid) 16:47. **50-59:** 1. Olga Howard (Celtic) 16:22; 2. Nancy Will (Pine) 18:56; 3. Charmaine Cupido (Ned) 19:02. **60+:** 1. Pixie Sparg (Celtic) 20:31; 2. Priscilla von Schlicht (Tyger) 21:15; 3. Marlene James (Pine) 23:26. **Juniors (6 km):** 1. Ju-Randa Basson (Bell) 23:42; 2. Linda Hanekom (Bell) 23:51; 3. Adri Meyer (Bell) 25:33.

## KZN League (5<sup>th</sup>)

Verulam, 13 June

### MEN

1. Senzo Miya (MP) 44:55; 2. Joseph Masheke (Hilton) 48:26; 3. Ross McKechnie (West) 56:20; 4. Prem Ramraj (Wood) 60:29.

### WOMEN

1. Jenna Challenor (Boxer) 30:57; 2. Janene Carey (Boxer) 33:53; 3. Kylie Griffen (West) 36:45; 4. Maureen Slack (Glen) 40:59; 5. Verlie Brisco (DHS) 42:28; 6. Layle Henderfson (PDAC) 47:49; 7. Sindy Kreutzner (PDAC) 49:10.

## KZN League (4<sup>th</sup>)

Summerveld, 6 June

### MEN

1. Garnet Cebekhulu (HV) 40:54; 2. Sandile Lembethe (MP) 41:21; 3. Brightman Cebekhulu (HV) 41:31; 4. Sipesakhe Khumalo (Boxer) 41:58; 5. Sazi Ndaba (Emnam) 42:29; 6. Siphwe Mnikathi (CH) 43:16; 7. Muzi Madikwa (CH) 43:29; 8. Mandla Ngcobo (CH) 44:05; 9. Dumsani Chamane (Boxer) 44:12; 10. Sphamandla Nzama (Boxer) 45:05.

### WOMEN

1. Jenna Challenor (Boxer) 30:18; 2. Janene Carey (Boxer) 32:24; 3. Grace de Oliveira (Boxer) 33:35; 4. Jess ter Wolbeek (Hilton) 36:54.

## 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

### Wharf to Wharf 6 Mile (37th)

Santa Cruz to Capitola, USA, 26 July

### MEN

1. Simon Cheprot, KEN	27:06	\$3000
2. Alene Emere Reta, ETH	27:41	2000
3. Andrew Letherby, AUS	27:42	1000
... 20. Dayile Likhaya, RSA	31:09	

## WOMEN

1. Meseret Mengistu, ETH	30:45	\$3000
2. Belainesh Gebre, ETH	30:52	2000
3. Teyba Naser, ETH	32:04	1000

**Quad-City Times Bix 7** (35th)

(USA 7-mile Championships for men &amp; women)

Davenport, USA, 25 July

(Distance: 7 miles)

## MEN (gun times)

1. Meb Keflezighi, 34, Mammoth Lakes, CA	32:25	\$10,000
2. Anthony Famiglietti, 30, Knoxville, TN	32:56	4,000
3. James Carney, 31, Boulder, CO	33:17	2,500
4. Brian Olinger, 26, Columbus, OH	33:30	1,500
5. Antonio Vega, 25, St. Paul, MN	33:35	1,000

## WOMEN (gun times)

1. Molly Huddle, 24, Providence, RI	37:39	\$10,000
2. Serena Burla, 26, Ellisville, MO	37:44	4,000
3. Magdalena Lewy Boulet, 35, Oakland, CA	37:46	2,500
4. Ilsa Paulson, 20, New York, NY	37:54	1,500
5. Sally Meyerhoff, 25, Eugene, OR	38:04	1,000
... 19. Joan Samuelson, 52, Freeport, ME	42:32	

**La Corsa Piu' Antica** (84th)

Castelbuono, ITA, 25 July

(Distance: 11.026 km [10 x 1.1 km loop with hills])

## MEN

1. Vincent Kipruto, KEN	34:02
2. Mubarak Hassan Shami, QAT	34:03
3. Duncan Kibet, KEN	34:37
4. Gadissa Beyne, ETH	34:42
5. Shumi Leche, ETH	34:50

**ULTRA/MOUNTAIN RUNNING****Swiss Alpine Marathon** (24th)

Davos, SUI, 25 July

78 km (course gains then loses 2320 m of elevation):

## MEN

1. Jonas Buud, SWE	5:48:45
2. Jean-Yves Rey, SUI	6:07:17
3. Antonio Armuzzi (40+), ITA	6:09:28

## WOMEN

1. Lena Gavelin, SWE	6:42:03
2. Elizabeth Hawker, GBR	6:57:53
3. Jasmin Nunige, SUI	6:58:57

"K42" 42.2 km (course gains 1890 m then loses 1710 m):

## MEN

1. Gion-Andrea Bundi, SUI 3:12:43
2. Dai Matsumoto, JPN 3:25:47
3. Dirk Strothmann (40+), GER 3:28:44

## WOMEN

1. Diana Lehmann, GER 4:05:34
2. Caroline Reiber, SUI 4:06:21
3. Kristijna Loonen, NED 4:06:35

**TRACK****Aviva London Grand Prix**

(IAAF Super Grand Prix)

London, GBR, 24-25 July 2

## MEN

## 800 (24):

1. Gary Reed, CAN 1:45.85
2. Adam Kszczot, POL 1:46.05
3. Nick Symmonds, USA 1:46.11
4. Michael Rimmer, GBR 1:46.13 SB
5. Fabiano Peçanha, BRA 1:46.74
6. Khadevis Robinson, USA 1:46.91

## Mile (25):

1. Bernard Lagat, USA 3:52.71 SB
2. Leonel Manzano, USA 3:53.01 PB
3. Lopez Lomong, USA 3:53.35 PB
4. Collis Birmingham, AUS 3:54.30 PB
5. Nate Brannen, CAN 3:54.57
6. James Brewer, GBR 3:54.80 PB
7. Johan Cronje, RSA 3:54.84 PB

## 5000 (24):

1. Mo Farah, GBR 13:09.14 SB
2. Sammy Alex Mutahi, KEN 13:10.17 PB
3. Mike Kigen, KEN 13:17.79
4. Dejene Gebremeskel, ETH 13:20.45
5. Saif Saeed Shaheen, QAT 13:29.31

DNF - Alistair Cragg, IRL

## WOMEN

## 800:

## Race A (24) -

1. Jemma Simpson, GBR 2:01.08
2. Jennifer Meadows, GBR 2:01.35
3. Marilyn Okoro, GBR 2:01.78
4. Alysia Johnson, USA 2:02.16
5. Lucia Klocová, SVK 2:02.19
6. Mayte Martínez, ESP 2:02.36
7. Treniere Clement, USA 2:02.78
8. Maggie Vessey, USA 2:03.06

## Race B (25) -

1. Victoria Griffiths, GBR 2:01.98 SB

2. Agnieszka Leszczynska, POL 2:02.44
3. Charlotte Best, GBR 2:02.69

## 1500 (25):

1. Anna Willard, USA 4:07.95
2. Shannon Rowbury, USA 4:08.21
3. Lisa Dobriskey, GBR 4:08.27 SB
4. Hannah England, GBR 4:08.38
5. Erin Donohue, USA 4:08.64
6. Stephanie Twell, GBR 4:08.87

## 5000 (25):

1. Tirunesh Dibaba, ETH 14:33.65 SB, WL
2. Sentayehu Ejigu, ETH 14:40.00 SB
3. Kim Smith, NZL 14:52.49 SB
4. Belaynesh Fikadu, ETH 15:10.52
5. Jen Rhines, USA 15:25.10 SB

## 3000 s/chase (25):

1. Katarzyna Kowalska, POL 9:34.07 PB
2. Lisa Galaviz, USA 9:34.30 SB
3. Netsanet Achamo, ETH 9:34.31 SB
4. Helen Clitheroe, GBR 9:34.66 SB
5. Sabine Heitling, BRA 9:41.22 AR

**Savo Games**

Lapinlahti, FIN, 25 July

## MEN

## 800:

## Race A -

1. Warren Hendricks, **RSA** 1:47.73
2. Kevin Hicks, USA 1:48.19
3. Robert Rotkirch 1:48.61 SB

**Kenyan World Championships Trials**

Nairobi, KEN, 24-25 July

## MEN

## 800:

1. David Rudisha 1:47.00
2. Alfred Kirwa Yego 1:47.48
3. Jackson Kivuva 1:47.96
4. Boaz Lalang 1:48.35
5. Geoffrey Rono 1:48.54

## 1500:

1. Asbel Kiprop 3:32.82
2. Haron Keitany 3:33.59
3. Augustine Choge 3:33.86
4. Gideon Gathimba 3:34.83
5. William Biwott Tanui 3:38.84

## 5000:

1. Vincent Kiprop Chepkok 13:19.8

2. Joseph Ebuya	13:20.2
3. Eliud Kipchoge	13:24.2
4. Edwin Soi	13:24.2
5. Mang'ata Ndiwa	13:26.0

## 3000 s/chase:

1. Brimin Kipruto	8:20.03
2. Richard Mateelong	8:20.60
3. Ezekiel Kemboi	8:24.15
4. Michael Kipyego	8:24.91
5. Abel Kiprop Mutai	8:30.81
6. Paul Kipsiele Koech	8:36.75

## WOMEN

## 800:

1. Janeth Jepkosgei	1:59.31
2. Pamela Jelimo	1:59.49
3. Cherono Koech	2:01.92
4. Winny Chebet	2:05.12
5. Charity Wandia	2:05.13

## 1500:

1. Irene Jelagat	4:12.05
2. Nancy Jebet Langat	4:13.00
3. Margaret Wangare	4:14.44
4. Agnes Katunge	4:15.64
5. Tabitha Wambui	4:16.25

## 5000:

1. Vivian Cheruiyot	15:25.21
2. Sylvia Kibet	15:25.42
3. Iness Chengone	15:27.29
4. Grace Momanyi	15:32.42
5. Pauline Korikwang	15:50.17

## 3000 s/chase:

1. Gladys Kemboi	9:32.62
2. Milka Chemos	9:35.94
3. Lydia Rotich	9:53.62
4. Ruth Bosibori	10:08.33
5. Caroline Tuigong	10:53.73
6. Jackline Chemwok	10:41.01
7. Jackline Jeruto	10:53.05

**Reunion Internacional Ciudad de Barcelona**

Barcelona, ESP, 25 July

## MEN

## 1500:

1. Diego RUIZ SANZ, 1982	3:36.97
2. Arturo CASADO ALDA, 1983	3:37.79
3. Peter VAN DER WESTHUIZEN, RSA, 1984	3:37.83

## WOMEN

## 3000 s/chase:

1. Marta DOMÍNGUEZ AZPELETA, 1975	9:09.39 NR
-----------------------------------	------------

- |                          |            |
|--------------------------|------------|
| 2. Eva ARIAS AIRA, 1980  | 9:32.48 PB |
| 3. Livia TOTH, HUN, 1980 | 9:38.79    |

### European Junior Championships (20th)

Novi Sad, SRB, 23-26 July

#### MEN

##### 800 (26):

- |                                  |            |        |
|----------------------------------|------------|--------|
| 1. Kevin Lopez, ESP, 90          | 1:48.25    | Gold   |
| 2. Niall Brooks, GBR, 91         | 1:49.21    | Silver |
| 3. Aleksandr Sheplyakov, RUS, 91 | 1:49.37 SB | Bronze |

##### 1500 (25):

- |                             |         |        |
|-----------------------------|---------|--------|
| 1. David Bustos, ESP, 90    | 3:53.31 | Gold   |
| 2. Resul Cevik, TUR, 90     | 3:54.30 | Silver |
| 3. Simon Horsfield, GBR, 90 | 3:54.56 | Bronze |

##### 5000 (25):

- |                             |             |        |
|-----------------------------|-------------|--------|
| 1. Hayle Ibrahimov, AZE, 90 | 14:01.19    | Gold   |
| 2. Jakub Zivec, CZE, 90     | 14:10.58 PB | Silver |
| 3. Aitor Fernandez, ESP, 91 | 14:20.14 PB | Bronze |

##### 10000 (23):

- |                              |              |        |
|------------------------------|--------------|--------|
| 1. Hayle Ibrahimov, AZE, 90  | 30:06.64 NJR | Gold   |
| 2. Simon Lawson, GBR, 90     | 30:35.62     | Silver |
| 3. Siarhei Platonau, BLR, 90 | 30:55.92 PB  | Bronze |

##### 3000 s/chase (26):

- |                             |            |        |
|-----------------------------|------------|--------|
| 1. Antonio Abadia, ESP, 90  | 8:47.45 PB | Gold   |
| 2. James Wilkinson, GBR, 90 | 8:51.54 PB | Silver |
| 3. Jeroen D'Hoedt, BEL, 90  | 8:51.76 PB | Bronze |

#### WOMEN

##### 800 (25):

- |                                  |         |        |
|----------------------------------|---------|--------|
| 1. Mirela Lavric, ROU, 91        | 2:04.12 | Gold   |
| 2. Corinna Harrer, GER, 91       | 2:04.51 | Silver |
| 3. Yekaterina Zavyalova, RUS, 91 | 2:04.59 | Bronze |

##### 1500 (26):

- |                               |            |        |
|-------------------------------|------------|--------|
| 1. Darya Yachmeneva, RUS, 90  | 4:14.64 PB | Gold   |
| 2. Layes Abdullayeva, AZE, 91 | 4:16.63 PB | Silver |
| 3. Elina Sujew, GER, 90       | 4:16.86    | Bronze |

##### 3000 (25):

- |                              |            |        |
|------------------------------|------------|--------|
| 1. Yelena Korobkina, RUS, 90 | 9:13.35 PB | Gold   |
| 2. Kate Avery, GBR, 91       | 9:13.68 PB | Silver |
| 3. Louise Small, GBR, 92     | 9:15.47 PB | Bronze |

##### 5000 (26):

- |                                       |             |        |
|---------------------------------------|-------------|--------|
| 1. Karoline Bjerkeli Grøvdal, NOR, 90 | 15:45.45    | Gold   |
| 2. Charlotte Purdue, GBR, 91          | 15:55.96    | Silver |
| 3. Veronica Inglese, ITA, 90          | 16:41.37 PB | Bronze |

##### 3000 s/chase (25):

- |                                       |                 |        |
|---------------------------------------|-----------------|--------|
| 1. Karoline Bjerkeli Grøvdal, NOR, 90 | 9:43.69         | Gold   |
| 2. Layes Abdullayeva, AZE, 91         | 9:55.95 NR, NJR | Silver |

3. Louise Webb, GBR, 91                      10:10.34 PB                      Bronze

### **Vattenfall Elite Games #4**

Joensuu, FIN, 22 July

MEN

800:

Race A -

1. Kevin Hicks, USA                      1:48.41
2. Warren Hendricks, RSA                      1:48.49

### **Gentse Feesten Meeting (20th)**

(Flanders Cup)

Ghent, BEL, 21 July

MEN

1500:

Race A -

1. Russell Brown, USA                      3:37.32
- ... 10. Elroy Gelant, RSA                      3:42.80

3000:

Race A -

1. Molefe Molefe, RSA                      7:53.27
2. Yuki Sato, JPN                      7:53.56
3. Elroy Gelant, RSA                      7:54.36
- ... 9. Edwin Molepo, RSA                      8:03.31
- ... 12. Mthobisi Baloyi, RSA                      8:12.27

WOMEN

1500:

Race A -

1. Brenda Martinez, USA                      4:09.52
- ... 13. Dinahrose Lebogang Phalula, RSA                      4:20.20

## **NEWS**

### **WANJIRU WILL RUN IN CHICAGO**

Olympic marathon champion Samuel Wanjiru will run the Bank of America Chicago Marathon on Sunday, 11 October, according to David Monti in *Race Results Weekly*. It will be Wanjiru's first marathon in the United States, and the 22-year-old is hoping for a fast time on Chicago's famously flat and fast course.

"My only focus between now and October is to prepare and train aggressively for my best performance yet," said Wanjiru, who has won the Fukuoka, London and Olympic Marathons and has a career best time of 2:05:10 set in London this year.

The fastest time ever in Chicago was 2:05:42 clocked in 1999 by Khalid Khannouchi, a Moroccan who became an American citizen the following year. Performances at Chicago were held back the last two years by unusually hot weather, especially in 2007 when the temperature reached 27°C by the time the men's winner, Kenyan Patrick Ivuti, hit the finish tape in 2:11:11. In good weather Wanjiru could challenge Haile Gebrselassie's world record of 2:03:59 run in Berlin last year.

Three other former Chicago champions were also announced by Race Director Carey Pinkowski, including Ivuti, Kenyan Evans Cheruiyot (the defending champion), and Russian

Lidiya Grigoryeva (the defending women's champion). American women's record holder, Deena Kastor, will also compete, Pinkowski said. It will be Kastor's first marathon since breaking a bone in her foot before the 5 km mark at last summer's Olympic Marathon; she was unable to finish the race.

The Bank of America Chicago Marathon is the second-largest marathon in the United States and helps raise about \$10 million for charity. Last year's race had 33 033 starters and 31 401 finishers. Only the ING New York City Marathon is larger with 38 832 starters and 38 096 finishers last year.

## KIBET WILL CHALLENGE GEBRSELASSIE IN BERLIN MARATHON

The two fastest marathoners of all-time, Ethiopia's Haile Gebrselassie and Kenya's Duncan Kibet, will face each other at September's real,-- Berlin Marathon, reports *Race Results Weekly*.

Gebrselassie, twice an Olympic gold medalist at 10000 m, has won the last three editions of the marathon in Berlin, lowering his time with each effort and twice setting the world record. In 2006 he was on schedule through 35 km to break Paul Tergat's then world record of 2:04:55 set on the same Berlin course in 2003, but he faded in the final kilometers in warm and windy conditions to run an Ethiopian record of 2:05:56. The following year, helped by pacemakers Eshetu Wondimu and Rodgers Rop through 30 km, Gebrselassie broke Tergat's mark with a 2:04:26 clocking. He came back again in 2008, and lowered his own record to 2:03:59, which remains the world record.

Kibet became history's second-fastest marathoner at Rotterdam last April when he prevailed in a thrilling sprint finish over compatriot James Kwambai. Both men were clocked in 2:04:27, the fastest marathon times of 2009. Kibet only ran his first marathon in Vienna in 2008, clocking a solid 2:08:33 to finish second. He won at Milan later that year in a course record 2:07:53. Amazingly, the Rotterdam run was only Kibet's third career marathon.

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## STATS TIME

In this section I include the top ten South Africans over the standard distances in 2009 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

### 2009 MARATHON: TOP TEN VETERAN WOMEN

2:58:10	Sarah Mahlangu	1	SA Championships	Durban	08 Feb
2:58:44	Maya Lawrie	2	SA Championships	Durban	08 Feb
2:58:52	Carol Mercer	3	SA Championships	Durban	08 Feb
3:01:03	Louise Oosthuizen	1	Vaal	Vereeniging	01 Mar
3:02:02	Joanna Thomas	4	SA Championships	Durban	08 Feb
3:06:18	Mahlangu-2	1	Johannesburg City	Johannesburg	22 Mar
3:07:04	Lindsay van Aswegen	1	Edenvale	Edenvale	01 Mar
3:08:14A	Tammy Kelly	1	Bufs	East London	28 Feb
3:09:47	Jane Mudau	2	Johannesburg City	Johannesburg	22 Mar
3:12:02	Berdine Smit	1	Kloppers	Bloemfontein	14 Feb
3:12:52A	Sharon Wood	2	Bufs	East London	28 Feb

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## THIS MONTH IN HISTORY

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

### 40 years ago: 20 July 1969

Briton Ron Hill easily won the Maxol Marathon in Manchester in 2:13:42, beating Australian Derek Clayton (2:15:40) by almost 2 minutes. Third was Jim Alder in 2:18:18. Earlier in the year, on 30 May, Clayton had improved on his own world record when he ran 2:08:33.6 in Antwerp, but this course is generally regarded as having been short. In September that year Hill won the European marathon title on the classical course from Marathon to Athens in 2:16:47.8.

## 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)		
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	79:32	Shadrack Hoff	Pretoria	09 May
	73:24	Matthew Kipchirchir (KEN)		
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
Marathon	2:07:44	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
	2:24:25a	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
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		

**WOMEN**Seniors

10 km	32:27	René Kalmer	Durban	26 Jul
	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 Mikitenko (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	36:31	Michelle Bartman	Durban	26 Jul
	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	40:31	Olga Howard	Bellville	19 Jul
	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	41:07	Sonja Laxton	Durban	26 Jul
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	London	26 Apr
100 km				

Juniors

10 km	35:45	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	59:33	Juan-Marie Cooper	Pretoria	13 Jun
	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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Published by Riël Hauman  
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