

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

EDITORIAL

After a five-week break *Distance Running Results* resumes with the biggest issue in its nine years of existence. It includes many highlights, among them the excellent showing of the SA half-marathon team at the World Championships in Birmingham where both men's and women's teams finished sixth. On the point-to-point course Stephen Mokoka was a superb eighth, missing his PB by just 10 seconds, while René Kalmer (15th in 70:37 PB), Annerien van Schalkwyk (20th in 71:26 PB) and Poppy Mlambo (40th in 74:27 PB) all excelled. It was South Africa's best showing in the global half marathon in years.

In an e-mail to DRR Kalmer said she ran the first kilometre in 2:56 "but wasn't close to the front runners". She ran in the chasing bunch for most of the way, but was dropped at 15 km and had to complete the last approx. 6 km on her own. She thought she could have dipped under 70 min if the group stayed together longer. Kalmer will be staying on in Europe to run the Great South Run at the end of the month.

The times achieved by the South Africans also provide food for thought about the course used for the Nedbank SA Half Marathon. All three women ran faster here than they did in Port Elizabeth (Kalmer was not at her best in Port Elizabeth, yet it is significant that she ran almost 2 min faster in Birmingham). Mokoka was very close to his national championships time, but the other three men (Xolisa Tyali, Mbongeni Ngxazonza, Jeffrey Gwebu and Olebogeng Masire) were clearly not nearly as sharp as they were in Port Elizabeth.

Other highlights of the past five weeks were Mbulaeni Mulaudzi's PB 800 of 1:42.86 in Rieti and former South African Colleen de Reuck's world record (45+ age category) of 67:21 for 20 km in New Haven. The latter came eleven years after De Reuck had set the open world record of 65:11 in the same race.

Also this past weekend, in the Bank of America Chicago Marathon, Samuel Wanjiru scored another brilliantly executed win, taking the title in 2:05:41, a course record by one second. A desperate late charge by Abderrahim Goumri brought him to within 23 seconds of the winner. Olympic champion Wanjiru's top-five marathon average is now 2:05:53, second only to Haile Gebrselassie's 2:04:57.

The regular columns Stats Time and This Month in History will resume next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Gun Run Half Marathon & 10 km, Cape Town
- * Owabahle 10 km Challenge, Durban

- * Chamberlain Capital Classic Half Marathon & 10 km, Pretoria
- * Nelson Mandela Bay Ecomile Marathon & Half Marathon, Port Elizabeth to Uitenhage
- * Prima Tyres 10 km, Bellville
- * South Coast Marathon & Half Marathon, Amanzimtoti
- * Saints Thorntree 15 km, Durban
- * Voet van Afrika Marathon, Half Marathon & 10 km, Bredasdorp
- * ABI Hamilton Half Marathon, Ladysmith
- * Cape Gate 10 km, Brackenfell
- * Kromberg & Schubert 15 km , Brits
- * Nedbank Matha Series Half Marathon, Polokwane
- * Powertech Batteries 15 km, Port Elizabeth
- * Nedbank Cape Town City Marathon & 10 km, Cape Town
- * Cape Town Festival of Running, Cape Town
- * Ebenezer 10 km, Port Elizabeth
- * Whale Festival Half Marathon, Hermanus
- * McCarthy Volkswagen Half Marathon & 10 km, Pretoria
- * Clearwater Mall "Flat One" Half Marathon & 10 km, Roodepoort
- * VAC Durban Marathon, Half Marathon & 10 km, Verulam
- * Mtubatuba 10 km Challenge, Mtubatuba
- * Beds for Africa 16 km, Durban
- * Porters Auto Germiston Fred Morrison 15 km, Germiston
- * Alan Alchin Memorial 100 km, 50 km & Algoa 10 km, Jeffreys Bay to Port Elizabeth & Port Elizabeth
- * CSIR Half Marathon & 10 km, Pretoria
- * Charlo 10 km, Port Elizabeth
- * Stragglers Beachcomber 15 km, Strandfontein
- * Brackenfell Half Marathon, Brackenfell
- * SAPS 15 km, Durban
- * Spar 10 km, Pietermaritzburg
- * Citizen Half Marathon & 10 km, Johannesburg
- * MTM Mpati Mountain Race, Dundee
- * Medihelp Bike & Tekkie Challenge 10 km, Kuils River
- * Karoo Ultramarathon, Half Marathon & 10 km, Laingsburg
- * Value Logistics Ou Voetpad 10-miler, Pretoria
- * Nedbank Matha Series Half Marathon, Bloemfontein
- * Dolphin Coast 50 km, Half Marathon & 10 km, Ballito
- * Duke of York Flying Scramble, Pietermaritzburg
- * Crazy Store Khayelitsha 10 km, Cape Town
- * Afri-Save Cash & Carry Muirite Marathon & 10 km, Uitenhage
- * Spirit of Flight 10 km, Pretoria
- * Midlands 160 km, Winterton to Pietermaritzburg
- * Don Lock Memorial 8 km, Claremont
- * Paarlberg Half Marathon & 10 km, Paarl
- * XC: SA Championships, Pretoria

International highlights:

- * Tufts Health Plan 10 km for Women, Boston, USA
- * Bank of America Chicago Marathon, Chicago, USA
- * IAAF/EDF Energy World Half Marathon Championships, Birmingham, GBR
- * Marathon Eindhoven, Eindhoven, NED
- * Meia-Maratona de Portugal, Lisbon, POR
- * Rock 'n' Roll San Jose Half-Marathon, San Jose, USA
- * Medtronic Twin Cities Marathon, 10 Miles, Minneapolis to St. Paul, USA
- * Kosice Peace Marathon, Kosice, SVK
- * Fortis Singelloop, Utrecht, NED
- * Scotiabank Toronto Waterfront Marathon & Half Marathon, Toronto, CAN
- * Continental Airlines Fifth Avenue Mile, New York, USA

- * real,- Berlin Marathon, Berlin, GER
- * BUPA Great North Run, Newcastle to South Shields, GBR
- * ING Philadelphia Distance Run, Philadelphia, USA
- * Dam tot Damloop, Amsterdam to Zaandam, NED
- * Fortis Rotterdam Half Marathon, Rotterdam, NED
- * Stratton Faxon New Haven Road Race 20 km, New Haven, USA
- * Brabants Dagblad Ten Miles & 10 km of Tilburg, Tilburg, NED
- * Great Scottish Run Half Marathon, Glasgow, SCO
- * Semi-Marathon International de Lille Métropole, Lille, FRA
- * Ultraloop Winschoten, Winschoten, NED
- * Leadville Trail 100-mile Endurance Run, Leadville, USA
- * Pikes Peak Ascent, Manitou Springs, USA
- * Track: Colorful Daegu Meeting, Daegu, KOR; Shanghai Golden Grand Prix, Shanghai, CHN; IAAF/VTB Bank World Athletics Final, Thessaloniki, GRE; Rieti 2009, Rieti, ITA; Memorial Van Damme, Brussels, BEL; Meeting Citta di Padova, Padova, ITA

VIEWPOINT

THE CASTER CASE: NOW IS THE TIME FOR NEW LEADERSHIP

By Riël Hauman

Since most, if not all, readers of *Distance Running Results* presumably have been following the events around Caster Semenya during the past five weeks when DRR was not published, they will not be discussed here. It has been DRR's view from the beginning that the issue has been totally mismanaged by Athletics South Africa and that Leonard Chuene and the sycophants he has gathered around him are to blame for the situation.

The shocking decision by the General Council of ASA in early September to "[approve] of the manner in which the President Mr. Leonard Chuene and the management of ASA handled the issue" and to "[confirm] its support and confidence in the President ..., that he had handled the matter exceptionally well and advised him to continue defending the athletes" only made matters worse.

DRR has also often said in the past that the time has long come for a change of leadership in South African athletics to put the sport back on track and regain its glory. The breaking up of a meeting of concerned athletes, who met to discuss the issue, by an ASA official is symptomatic of the arrogant and high-handed attitude of the governing body. Such thuggish behaviour has no place in athletics – or in any other sport.

Athletics needs progressive, open-minded, inclusive leadership – something that is not provided by the current clique.

It was therefore a great relief, and cause for cautious optimism, when three provinces – Western Province, Boland and Eastern Province – issued a statement in which they decried the current state of affairs. (Note: This statement, although sent to a huge distribution list of media, private individuals and organisations, was for some reason not sent to *Distance Running Results*. It was received from more than one DRR correspondent, and because parts of it have been published in the general media and on websites, DRR feels free to quote from it.)

The statement points to the "lack of accountability within South African Athletics and the failure of corporate governance on the part of the national federation".

It continues: "From all the evidence which has been made public, it is clear that not only did ASA know tests had been carried out on [Semenya], but that *it actually ordered the tests to be done* [emphasis added]. Despite this, the Board and the senior management participated in a ruse to mislead ASA's members, the government of South Africa and the public about testing having been done.

"Subsequent attention has been focused on the president of Athletics South Africa, Mr Leonard Chuene, and whether he acted correctly in deciding that the athlete concerned should run in Berlin. The agenda for the ASA Special General Meeting on 24 September 2009 dealt only with the matters which related to events which took place at the World

Championships. These issues are insignificant in comparison to the deception committed by the senior management of ASA and the ASA Board in covering up the fact that tests had been done on ASA's instruction. Were it not for the investigations of the media, that deception would never have been uncovered.

"ASA also mislead [sic] the general public, and political parties, by selectively applying the IAAF rules, which lead [sic] to the abuse of the rights of an athlete, and then publicly rejecting those same rules when it suited them. In so doing, they have possibly jeopardised the rights of all South African athletes to freely participate in athletics.

"What has occurred in this matter is symptomatic of the lack of good corporate governance within ASA, and the lack of accountability of office-bearers. The failure of the Board and senior management of ASA to take the members of ASA into their confidence and explain what has been going on and to declare all the relevant facts has to be regarded in a serious light. This is especially true when it is considered that other relevant information has never been openly shared with the membership of ASA, for example the 2008 financial statements, which have never been sent to ASA's members despite the provisions of the ASA Constitution and the Companies Act.

"The three provinces of Boland, Eastern Province and Western Province recommend that:

"1. Any decisions taken at the ASA meetings on 12 September and 24 September 2009 relating to the World Championships in Athletics in Berlin 2009 be declared null and void due to the fact that they were based on incorrect facts.

"2. The Board and the senior management of ASA take collective responsibility for the failure to disclose to ASA's members and the government and the public of South Africa that it had ordered tests to be done on one of its athletes, and the continued deception until the true facts were disclosed by members of the media.

"3. The Board and the senior management of ASA take collective responsibility for the failure of good corporate governance at ASA, and resign with immediate effect.

"4. Should any breaches of any laws, including the Companies Act, by the Board and/or senior management of ASA be uncovered, due legal process must be followed and should any losses have been incurred by ASA due to their actions, those losses must be recovered from the person or persons concerned.

"5. Athletics South Africa and all its members recommit themselves to creating a non-racial society.

"6. Athletics South Africa apologies unconditionally for misleading the government and the public of South Africa.

"7. Athletics South Africa apologises unconditionally to the athlete who it instructed to go for gender verification tests, for ordering the tests and for discussing her and her case in public.

"8. An environment be created where everyone can openly air their views and grievances free from interference and intimidation."

The question now is: How many other provinces will follow their convictions and stand up to be counted with these three provinces? The Chuene Clique will only be forced out if there is a coordinated effort by as many provinces, officials and athletes as possible.

Athletes all over the country have already started to mobilise. After the disrupted athletes' meeting, a group calling themselves the Athletics Concern Group issued a statement that "the majority of the athletes do not support ASA and their current leadership. We are concerned about the mismanagement of athletics in South Africa [and] about the loss of sponsorships of athletics in South Africa".

In the meantime SASCOC (the SA Sports Confederation and Olympic Committee) has started its own investigation into the matter.

'CASTERGATE' EXPOSES POLITICS OF S.A. ATHLETICS

By Richard Mayer

The athletics fiasco which one newspaper dubbed Castergate provides a keen insight in South African society and sporting and athletics politics. After the meeting of athletes in

Pretoria and the Central Gauteng Athletics (CGA) Council meeting on 3 October, journalist and staunch Leonard Chuene supporter Ramatsiyi Moholola reported that "*Sowetan* has learnt that the latest developments have divided athletes along racial lines, with Africans supporting Chuene and Afrikaans-speakers saying he must go."

As someone who believes Chuene must go, I must confess that I am an Afrikaans speaker insofar as reference is made to my second language, with Zulu my third language and Sepedi possibly my fifth language. Fortunately opposition to Chuene voiced by such figures as Ruben Ramolefi and Tulani Sibisi last week made the race card a less plausible play, but as the chairperson of the club who brought a motion of no confidence in the CGA Board at the CGA Council meeting, I found the attitude of certain key players in the province at times deeply disappointing and at other times pleasantly surprising.

When I phoned the CGA offices early on 25 September to find out what had been the position adopted by CGA representatives at the urgent ASA Council meeting to produce the unanimous show of support for Chuene, I was advised that I should bring the matter up at the CGA Council meeting. I then received a call from CGA Deputy President George Lamb, who in response to my query whether there had been a vote at the meeting, responded that this could not happen and even the lawyers present were unable to get support for Chuene. In response to my query whether CGA had a mandate to take the position they had at the ASA meeting of 24 September, he had no answer and said he saw the point.

I learned later that Lamb had not only abstained from challenging Chuene at the ASA Special General Meeting, but had gone so far as to blame the IAAF for Castergate. Not surprisingly, Lamb, who is seeking the CGA presidency, refused to greet me when I arrived at the Council meeting. At the meeting Lamb haltingly read out Chuene's prepared speech to the Pretoria Press club, where he admitted he had lied about Semenya not being subject to gender testing in SA, but stated that he had lied to protect her.

When the issue was opened to the floor I asked Lamb and CGA President Snowy Matthews whether they had sought a mandate for 24 September, but they fudged the issue and it was clear no attempts had been made by them to canvass club opinion in the province. It was stated, however, that a CGA Board resolution had been taken for the position adopted at the prior ASA Council meeting but not the meeting of 24 September.

Next followed a diatribe in support of Chuene from Pamela Tainton of Peace Winning Athletics Club, which CGA insiders will know is a clear sign that proceedings have been pre-caucused and block position has been taken by Chuene supporters, but I was taken completely by surprise and shocked when Dick Welch of RAC strongly supported a previous speaker who said that Chuene's statement to the Pretoria Press Club was satisfactory and the CGA representatives' position at the ASA Special General Meeting of 24 September was acceptable.

RAC is South Africa's biggest and one of our most respected clubs. It is thus disappointing that with the sport in such crisis, and with the sport's leaders failing so dismally and with the loss of the Nedbank sponsorship and possible loss of the Yellow Pages sponsorship looming, that even now there is a feeling in influential CGA quarters that the ASA Board and the provincial Boards that support them should not be censured.

I was forced to withdraw my motion of no confidence, not as indicated by the *Sowetan* for lack of support, but because the constitution says this must be put to a Special General Meeting which is in the process of being convened.

An interesting moment occurred in the meeting when CGA and ASA Board member Thomas Manoko told the gathering that Chuene was sure to resign in the future in the light of the SASCOC enquiry and IAAF test results. This accords with my views, but the stand I have taken is motivated by the fact that it is important to show the SA public and the international community that it is not only Wilf Daniels, Geraldine Pillay, WP and Boland who are prepared to stand up to Chuene and that there are also dissenting voices in CGA, Chuene's backyard. My message to other people committed to the sport in other provinces is to hold your leadership accountable. If the sport can show it can fix the crisis from within in the absence of intervention by SASCOC and the national government, we might just hold onto the Yellow Pages sponsorship and regain some credibility outside of local athletics circles.

ROAD RUNNING

Gun Run Half Marathon & 10 km

Cape Town, 11 October

(Distances: 21.0975 km & 10 km; certified loop courses. Finishers: half marathon – 2643; 10 km – 3717.)

Half marathon

MEN

1	Luketz	Swartbooi	42	Ned	1:05:06
2	Tom	Lusaseni	21	MP WP	1:06:56
3	Thanduluntu	Magqaza	24	Midas	1:08:03
4	Anthony	Godongwana	25	Celtic	1:09:16
5	Sipho	Phala	21	VOB	1:10:16
6	Sydwell	Mdzanga	17	Gugs	1:10:17
7	Bonisile	Ngculana	33	AAC	1:10:25
8	Michael	Bailey	26	Celtic	1:11:34
9	Nande	Qhamgwane	16	Nbkhay	1:12:58
10	Johnny	Persents	44	Adidas	1:13:13
11	Samson	Gulubela	23	AAC	1:13:16
12	Vladimir	Kotov	51	Century	1:13:20
13	Denis	Obiero	28	Celtic	1:13:37
14	Mkhululi	Mbejeni	27	AAC	1:14:10
15	Manfred	Sameuls	18	Held	1:15:43
16	Brian	Mapeyi	43	VOB	1:15:52
17	Nelson	Bass	30	UCT	1:16:04
18	Thembinkosi	Zweni	44	Gugs	1:16:05
19	Mervin	Steenkamp	21	Adidas	1:16:21
20	Zolani	Sowazi	28	Gugs	1:16:23

40-49: 1. Luketz Swartbooi (NAM/Ned WP) 1:05:06; 2. Johnny Persents (Adidas) 1:13:13; 3. Brian Mapeyi (VOB) 1:15:52. **50-59:** 1. Vladimir Kotov (BLR/Cent) 1:13:20; 2. Raymond Howard (Celtic) 1:20:20; 3. Gregory Jacobs (Edge) 1:23:08. **60+:** 1. Albertus Bock (Adidas) 1:26:35; 2. Jimmy Morris (Forest) 1:28:29; 3. Michael Clarke (VOB) 1:31:12. **70+:** 1. Caspar Greeff (AAC) 2:00:38. **Juniors:** 1. Sydwell Mdzanga (Gugs) 1:10:17; 2. Nande Qamgwane (Khay) 1:12:58; 3. Manfred Samuels (Held) 1:15:43.

WOMEN

1	Tanith	Maxwell	33	Boxer	1:16:29
2	Charne	Bosman	33	Mpagn	1:19:53
3	Bulelwa	Mtshagi	30	Celtic	1:20:35
4	Joanna	Thomas	41	VOB	1:23:10
5	Helene	Perold	25	Durbac	1:25:39
6	Claire	Horner	28	Temp	1:28:57
7	Sheryl	De Lange	48	Adidas	1:29:27
8	Emma	Lincoln	28	Temp	1:30:30
9	Kutlwano	Ramaboa	33	UCT	1:31:34
10	Patricia	Adams	39	Metlife	1:31:34
11	Marie	Wessels	26	Temp	1:31:55
12	Andrea	Pretorius	20	Nbmsm	1:33:22
13	Ulrica	Stander	35	Temp	1:34:09
14	Marina	Wege	35	Temp	1:35:29
15	Sarah	Fairhead	26	Temp	1:35:30
16	Alice	De Waal	23	Mutual	1:35:39
17	Susan	Dickson	41	VOB	1:36:08
18	Thandiwe	Dlamini	35	Temp	1:36:20

19	Nancy	Will	57	Pine	1:37:04
20	Tamsin	Elsley	35	Msm	1:37:08

40-49: 1. Joanna Thomas (VOB) 1:23:10; 2. Sheryl de Lange (Adidas) 1:29:27; 3. Sue Dickson (VOB) 1:36:08. **50-59:** 1. Nancy Will (Pine) 1:37:04; 2. Hannelie Stadler (Strand) 1:43:18; 3. Vivien Fransman (Namaq) 1:44:15. **60+:** 1. Veronica van Niekerk (EGA) 1:40:51; 2. Margie Plantema (VOB) 1:42:52; 3. Pixie Sparg (Celtic) 1:53:20. **70+:** 1. Fiona Chisholm (RWFL) 2:12:12. **Juniors:** 1. Tanya Scott (UCT) 1:39:27; 2. Jessica Kew (Temp) 1:41:18; 3. Amy Gilmour (VOB) 1:51:31.

10 km

MEN

1	Sibusiso	Mbingeleli	32	MP WP	30:25
2	Neo	Molema	33	Temp	30:42
3	Pieter	Koopman	34	Maties	30:54
4	Unathi	Diko	25	Gtstri	31:13
5	Unathi	Phezolo	16	AAC	31:26
6	Tsungai	Mwanengeni	35	MP WP	31:52
7	Hein	Camphor	25	Adidas	32:18
8	Peter	Tsawayo	29	Gugs	32:18
9	Akhona	Makila	18	Temp	32:50
10	Yandisa	Casani	15	Gugs	34:37
11	Vizicelo	Pama	16	Houtbay	34:47
12	Nkosinathi	Sotyantya	16	Celtic	34:49
13	Nicholas	Mdutyana	19	Celtic	34:52
14	Clifford	Drury	40	MP WP	34:57
15	Litha	Nkehleni	26	Temp	35:04
16	Oscar	Coetzee	26	Temp	35:23
17	Dicardo	Jacobs	23	Maties	35:29
18	Asive	Njenxa	15	Gugs	35:45
19	Andries	Ntsizakalo	42	Ned	35:46
20	Malibongwe	Nodada	18	Nbkhay	36:12

40-49: 1. Clifford Drury (MP WP) 34:57; 2. Andries Ntsizakalo (Ned) 35:46; 3. Jacques Schreiber (Durbac) 39:51. **50-59:** 1. Peter Wensch (Tyger) 39:58; 2. Sam Kotze (Adifdas) 41:49; 3. Goolam Adams (Strag) 48:28. **60+:** 1. Johann Swart (AAC) 45:25; 2. Bernard Kleinveld (Gugs) 50:15; 3. Chris Raine (Temp) 62:55. **70+:** 1. Peter Brennan (Hout) 49:00. **Juniors:** 1. Unathi Pezolo (AAC) 31:26; 2. Akhona Makila (Temp) 32:50; 3. Yandisa Casani (Gugs) 34:37.

WOMEN

1	Elene	Lourens	19	Maties	37:11
2	Anneline	Roffey	28	Adidas	38:21
3	Mia	Pienaar	21	Maties	38:27
4	Rene	De Bruin	24	Def WP	38:34
5	Busisiwe	Matiwane	34	Celtic	39:45
6	Natasha	Oosthuizen	27	Adidas	40:05
7	Danette	Smith	20	Maties	40:19
8	Mariette	Esterhuyse	47	Tyger	41:18
9	Olga	Howard	51	Celtic	41:32
10	Liesl	Steenkamp	31	Bell	41:51
11	Sandra	Van Graan	41	Edge	42:29
12	Nicola	Collins	28	Temp	42:51
13	Asiphe	Sikabalanjana	18	Gugs	43:18
14	Cleo	Oliver	33	Temp	43:27
15	Elsa	Jonas	39	Temp	45:08
16	Ulrike	Van Der Horst	35	Temp	45:23

17	Charmaine	Cupido	53	Ned	46:21
18	Jeannie	Pretorius	28	Temp	46:31
19	Lizel	Vorster	25	Adidas	46:33
20	Elvira	Van Niekerk	39	Temp	46:44

40-49: 1. Mariëtte Esterhuyse (Tyger) 41:18; 2. Sandra van Graan (Edge) 42:29; 3. Ronelle Marshall (RWFL) 46:51. **50-59:** 1. Olga Howard (Celtic) 41:32; 2. Charmaine Cupido (Ned) 46:21; 3. Diana Rixon (VOB) 48:19. **60+:** 1. Ria de Villiers (Temp) 54:39; 2. Ray Monaghan (Temp) 56:15; 3. Linda Peters (Temp) 56:43. **70+:** 1. Maureen Peers (Temp) 1:17:04. **Juniors:** 1. Elene Lourens (Maties) 37:11; 2. Asiphe Sikabalanjana (Gugs) 43:18; 3. Guinivere Rogers (Durbac) 55:09.

Owabahle 10 km Challenge

Durban, 11 October

MEN

1.	Dongakonke Zungu	Nongoma AC	34:46
2.	Zakhele Masuku	Nongoma AC	35:44
3.	Bongani Nhlengthwa	Nongoma AC	36:14

WOMEN

1.	Zinhle Mtshali	Nongoma AC	41:58
2.	Nikeziwe Ndebele	Nongoma AC	47:25
3.	Thobile Buthelezi	Nongoma AC	50:23

Nelson Mandela Bay Ecomile Marathon & Half Marathon (1st)

Port Elizabeth to Uitenhage, 10 October

(Distances: 42.195 km & 21.0975 km; both point to point from St Albans to Uitenhage, with the marathon starting with a 10.6 km loop. Finishers: marathon – 163; half marathon – 253.)

Marathon

MEN

1	Andrias	Masoeu	MP CGA	32	2:18:40
2	Doctor	Motshwene	Anmar	29	2:19:02
3	Wayne	Gallant	MP EP	35	2:21:44
4	Khayaletu	Makalima	MP EP	26	2:22:42
5	Eugene	Pelem	Nedbank	29	2:24:16
6	Eric	Sigxashe	MP EP	30	2:25:10
7	Masixole	Dlaku	MP EP	30	2:25:16
8	Joseph	Molaba	Ned FSA	36	2:25:24
9	Christopher	Mabengeza	Nedbank	43	2:25:42
10	Elias	Mabane	Unknown	40	2:28:34
11	Emerson	Kayana	Nedbank	35	2:35:16
12	Deon	Appollis	Nedbank	30	2:38:33
13	Simphiwe	Tana	Nedbank	30	2:38:57
14	Ayanda	Pana	Nedbank	37	2:39:36
15	Cornet	Matomane	Ned AGN	56	2:40:42
16	Paul	Wolff	Raleigh	41	2:46:37
17	Kelly	Soyamba	Nedbank	32	2:46:49
18	Colben	Ngcupe	PEAAC	46	2:47:29
19	Riaan	Kock	Nedbank	39	2:48:41
20	Adrian	Gouws	Raleigh	36	2:49:17

40-44:

1	Christopher	Mabengeza	Nedbank	43	2:25:42
2	Elias	Mabane	Unknown	40	2:28:34
3	Paul	Wolff	Raleigh	41	2:46:37

45-49:

1	Colben	Ngcupe	PEAAC	46	2:47:29
2	Peter	Ntshikila	MP EP	47	2:56:59
3	Anthony	Button	Raleigh	47	2:59:38

50-54:

1	Andre	Willemse	Eliteac	51	3:00:03
2	Lucky	Adams	Nedbank	51	3:00:28
3	Stephen	Klue	Eliteac	51	3:01:50

55-59:

1	Cornet	Matomane	Ned AGN	56	2:40:42
2	Sizinzo	Kama	Ach	58	3:10:36
3	Donald	Mancasa	Raleigh	55	3:14:39

60-64:

1	Thomas	Groener	PEAAC	61	4:06:08
2	Herman	Dekker	SAP PE	64	4:08:44
3	Thembisile	Ntoni	PEAAC	61	4:15:31

65-69:

1	Pele	Tsikundamalema	Yebo	69	3:24:55
2	Tamsanqa	Jusayi	MP EP	67	3:28:31
3	Robin	Clark	Ach	68	4:46:44

WOMEN

1	Angeline	Molaba	Ned FSA	27	2:57:27
2	Maureen	Dladla	SAP FS	30	3:01:09
3	Paulina	Phaho	Ned AGN	37	3:01:48
4	Davera	Magson	MP EP	34	3:07:04
5	Marisa	Ferraris	Raleigh	38	3:08:40
6	Linah	Mhlongo	Anmar	37	3:16:21
7	Sharon	Zeelie	Raleigh	38	3:18:32
8	Margie	Saunders	Nedbank	56	3:23:38
9	Priscilla	Dyantyi	MP EP	35	3:25:14
10	Grizelda	Pietersen	Ach	40	3:27:05
11	Elmarie	Bezuidenhout	Charlo	27	3:29:06
12	Pat	Thomson	Ach	49	3:32:08
13	Lesley	Wood	Ach	52	3:32:12
14	Adele	Nel	CSEP	36	3:42:01
15	Melissa	Berg	Temp	39	3:46:06
14	Charmaine	Button	NMMU	45	3:50:29
17	Petra	Pienaar	WAC	45	4:04:52
18	Cathy	Ives	Ach	56	4:07:49
19	Paddy	Cloete	Raleigh	37	4:11:30
20	Sharon	Smuts	CSEP	43	4:11:40

40-44:

1	Grizelda	Pietersen	Ach	40	3:27:05
2	Sharon	Smuts	CSEP	43	4:11:40
3	Elaine	Kock	Nedbank	40	4:15:06

45-49:

1	Pat	Thomson	Ach	49	3:32:08
2	Charmaine	Button	NMMU	45	3:50:29
3	Petra	Pienaar	WAC	45	4:04:52

50-54:

1	Lesley	Wood	Ach	52	3:32:12
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2	Gesina	Oosthuizen	PEAAC	50	4:43:35
55-59:					
1	Margie	Saunders	Nedbank	56	3:23:38
2	Cathy	Ives	Ach	56	4:07:49
60-64:					
1	Marlene	Wiese	Kowie	63	4:20:32
2	Liz	Grundlingh	Muirite	62	4:24:12

Half marathon**MEN**

1	Lusapho	April	Nedbank RC	27	1:03:20
2	Rodney	Prins	Mr Price PE	21	1:04:15
3	Zolani	Ngqaqa	Mr Price PE	20	1:07:30
4	Xola	Bongoza	Mr Price PE	16	1:08:48
5	Luyanda	Tshangana	Mr Price PE	26	1:09:02
6	Anele	Maliza	Mr Price PE	31	1:09:39
7	Zolani	Mabongo	Mr Price PE	23	1:09:55
8	Bulelini	Niwa	PEAAC	23	1:10:12
9	Desmond	Zibi	Mr Price PE	46	1:10:29
10	Mzolisi	Makhanda	Nedbank RC	26	1:10:37
11	Mncedi	Khanti	Nedbank RC	30	1:11:25
12	Robert	Matthys	Mr Price PE	33	1:11:43
13	Maboyisana	Mazwayi	Nedbank RC	41	1:11:49
14	Sinesipho	Didishe	Knysna M C	17	1:12:28
15	Vuso	Nkonzo	Mr Price PE	24	1:13:10
16	Sandile	Ngunuza	Nedbank RC	26	1:13:18
17	Thembisile	Bashe	Mr Price PE	31	1:13:45
18	Wilson	Bennett	Jeffreys Bay	30	1:14:31
19	Kobus	Joubert	Elite AC	36	1:15:09
20	Sylvester	Appollis	Nedbank RC	26	1:15:16

40-44:

1	Maboyisana	Mazwayi	Nedbank RC	41	1:11:49
2	Welcome	Loliwe	Nedbank RC	44	1:17:01
3	John	Du Preez	Nedbank RC	43	1:19:27

45-49:

1	Desmond	Zibi	Mr Price PE	46	1:10:29
2	Sidwel	Roboshi	Nedbank RC	49	1:20:38
3	Cyril	Uithaler	Willard Batt	46	1:25:28

50-54:

1	Fanie	Claassen	Despatch AC	51	1:42:05
2	Sam	Erasmus	Nedbank RC	51	1:44:55
3	Sylvan	Blignaut	X-Cel AC	50	1:53:00

55-59:

1	Fikile	Seya	Nedbank RC	56	1:29:22
2	Hannes	Els	Madiba Bay	59	1:29:42
3	Colin	Parkins	Bluewater Bay	56	1:34:29

60-64:

1	Alan	Penney	Spar Walmer AC	62	2:18:52
2	Jean	Nepgen	Kowie Striders	64	2:55:18

65-69:

1	Jan	Trosee	Despatch AC	68	2:16:36
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70+:

1	Hein	Nell	Mittal Steel	71	3:00:29
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Juniors:

1	Xola	Bongoza	Mr Price PE	16	1:08:48
2	Sinesipho	Didishe	Knysna MC	17	1:12:28

3	Emile	Van Niekerk	Temp	18	1:34:31
WOMEN					
1	Ntombesintu	Ntshiliza	Mr Price PE	27	1:17:51
2	Deliwe	Nyanga	PEAAC	20	1:21:33
3	Zoleka	Dondashe	Nedbank RC	24	1:26:34
4	Liziwe	Mabona	Oxford Striders	21	1:28:09
5	Babalwa	Ngcoko	Mr Price PE	22	1:29:31
6	Shuandre	Van Heerden	Temp	21	1:34:23
7	Treloar	Childs	Spar Walmer AC	46	1:35:05
8	Sharon	Jessop	Raleigh AC	39	1:38:07
9	Julie	Taunton	Crusaders AC	49	1:39:37
10	Lindi	Meyer	Jeffreys Bay	30	1:39:59
11	Eddelene	Smith	Nedbank RC MPU	30	1:45:37
12	Peta	Fothergill	Nedbank RC	28	1:47:50
13	Nophendule	Sineke	Nedbank RC	43	1:47:56
14	Buyelwa	Kobokana	Bluewater Bay	44	1:48:25
15	Haily	Johnson	Rhodes Universi	24	1:49:13
16	Lesley	Maggott	Achilles AAA	42	1:50:20
17	Rene	Hattingh	PEAAC	31	1:50:32
18	Lindie	Stander	NMMU AC	25	1:51:05
19	Tracy	Almirall	Temp	28	1:51:12
20	Melanie	Duncan	Temp	35	1:52:52
40-44:					
1	Nophendule	Sineke	Nedbank RC	43	1:47:56
2	Buyelwa	Kobokana	Bluewater Bay	44	1:48:25
3	Lesley	Maggott	Achilles AAA	42	1:50:20
45-49:					
1	Treloar	Childs	Spar Walmer AC	46	1:35:05
2	Julie	Taunton	Crusaders AC	49	1:39:37
3	Aletta	Joubert	Crusaders AC	47	1:57:13
50-54:					
1	Christine	Snyman	VWAC	53	1:58:23
2	Elize	Smalberger	Temp	53	2:04:09
3	Hendrina	Claassen	Despatch AC	53	2:23:10
55-59:					
1	Elsa	Gomez	Jeffreys Bay	57	2:17:46
2	Rina	Barnard	Elite AC	56	2:45:47
3	Carol	Nepgen	Kowie Striders	58	2:55:17
60-64:					
1	Anna	Potgieter	Jeffreys Bay	63	2:17:45
2	Debbie	Oelofse	Legacy AC	62	2:44:08
3	Val	Sandow	Spar Walmer AC	64	3:00:27
65-69:					
1	Orgia	Nell	Muirite Strider	66	2:23:18
1	Ntombesintu	Ntshiliza	Mr Price PE	27	1:17:51
2	Deliwe	Nyanga	PEAAC	20	1:21:33
3	Zoleka	Dondashe	Nedbank RC	24	1:26:34

Chamberlain Capital Classic Half Marathon & 10 km

Pretoria, 10 October

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

Half marathon

MEN

1 Wirimayi Juwawo (ZIM) 65:54; 2 Luwis Masunda (ZIM/Nedbank) 67:04; 3 Matthews Nkoana (Powerade) 67:59.

Veterans: 1 Jackson Seanego (NB) 77:25; 2 Linda Maphanga (Nedbank) 79:53. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 82:19. **G'masters:** 1 Daniel Hlongwane (Nedbank) 91:30. **G/g'masters:** 1 John Moolman (Transnet) 2:08:53.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 82:17; 2 Cornelia Joubert (ADT) 83:13; 3 Margaret Mahohoma (ZIM/MP) 85:22.

Veterans: 1 Antoinette Loock (Agape) 1:40:07; 2 Lynn Biesheuvel (RAC) 1:48:57. **Masters:** 1 Rene van Zyl (Tuks) 1:43:09. **G'masters:** 1 Debbie van Heerden (Roodepoort) 2:11:04.

10 km

MEN

1 Lucky Mohale (GS) 30:58; 2 Abraham Kipketer (KEN/Nedbank) 32:04; 3 Africa Mailola (MP) 32:47.

Veterans: 1 Tidimalo Modiga (Toy) 34:01; 2 Lawrence Chipangaan (Powerade) 34:09. **Masters:** 1 Andre Jansen (GS) 38:17. **G'masters:** 1 Paulus Masilela (Bashewa) 40:30. **G/g'masters:** Ken Nurden (Agape) 47:22.

WOMEN

1 Muchaneta Gwata (ZIM/MP) 38:21; 2 Dineo Chaka (Toy) 38:41; 3 Jean-Marie Cooper (Xhosa) 39:24.

Veterans: 1 Debbie Bredenkamp (HQB) 44:50; 2 Hannelie le Roux (Wingate) 45:16. **Masters:** 1 Lindsay Steinhobell (Breakthru) 53:06. **G'masters:** 1 Mavis Stadler (Agape) 63:04. **G/g'masters:** 1 Marina Odendaal (Sol) 59:28.

Prima Tyres 10 km

Bellville, 7 October

(Certified loop course)

MEN

1. Pieter Koopman (Maties) 30:19; 2. Neo Molema (MP) 30:44; 3. Tsungai Mwanengeni (ZIM/MP) 30:58.

40-49: 1. Cliff Drury (MP) 35:51; 2. Jimmy Drury (MP) 35:51; 3. Steven Parkins (Met) 38:11. **50-59:** 1. Vladimir Kotov (BLR/Cent) 33:39; 2. Nick Miles (WC) 39:35; 3. Hnery Cieveerts (Top) 40:35. **60+:** 1. Willie van Wyk (B'fell) 43:59; 2. Bernard Kleinveld (Celtic) 48:28; 3. Faffa Joubert (Paarl) 56:31. **Juniors:** 1. Sityhilo Diko (GS) 31:15; 2. Jeremy Andreas (ER) 31:51.

WOMEN

1. Mariëtte Esterhuyse (Tyger) 40:40; 2. Elizabeth de Gouveia (Durb) 44:02; 3. Ronel Steenkamp (Durbac) 44:16.

40-49: 1. Mariëtte Esterhuyse (Tyger) 40:40; 2. Joanne Wynne (Durb) 47:47; 3. Joletta Poynton (Durb) 49:23. **50-59:** 1. Lorraine Rogers (Durb) 49:02; 2. Cynthia Booysen (Gugs) 50:41; 3. Helen du Plessis (Tyger) 52:37. **60+:** 1. Marietha Herbert (Bell) 51:13; 2. Linda Fillmore (Edgemead) 59:50; 3. Dolla Naurattel (Ceres) 65:00. **Juniors:** 1. Monique Schwartz (Bell) 45:58; 2. Joanne Oosthuizen (Bell) 47:38.

South Coast Marathon & Half Marathon

Amanzimtoti, 4 October

(Distances: 42.195 km & 21.0975 km)

Marathon

MEN

1	Stephen Muzhingi	ZIM/F1	02:27:23
2	Sipho Ncube	ZIM/Mr Price	02:28:29
3	Sandile Makhaye	Mr Price	02:29:25
4	Bongumusa Mthembu	Mr Price	02:32:18
5	Vusi Sokhela	Mr Price	02:32:40

40-49:

1	Mbongeni Sosibo	Nedbank	02:43:48
2	Sipho Majombozi	Boxer	02:50:25
3	Michael Malunga	Toyota	02:50:50

50-59:

1	Sanele Khuzwayo	Nedbank	03:06:59
2	Jeremiah Ngwenya	Boxer	03:08:10
3	Derrick Mazibuko	Westville	03:16:14

60+:

1	Petros Shumi	Zabalaza	03:27:01
2	Michael Langa	AN	

WOMEN

1	Precious Mukaza	ZIM/F1	03:10:34
2	Laurel Dongall	DHSOB	03:13:31
3	Kerryn Koen	Coll H	03:14:08
4	Rabia Filima	ZIM/F1	03:16:25
5	Potasia Bahlman	Spirit Wind	03:16:32

40-49:

1	Jenny Sutton	Yellowwood Park	03:24:36
2	Papini Daniels	Savages	03:39:25
3	Jowaine Parrot	Westville	03:51:34

50-59:

1	Jenny Scott	Dolphins	03:56:45
2	Debby de Koning	Eskom	04:07:53
3	Denise Johansen	Harlequins	04:21:05

60+:

1	Linda Vivian	Umhlathuzi	04:16:14
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Half marathon

MEN

1	Simon Tsanyane	Nedbank	1:07:48
2	Joseph Mandiza	ZIM/F1	1:10:01
3	Njabulo Phevu	Nedbank	1:13:32

40-49:

1	Dumisani Mbili	UKZN	1:25:06
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2	Steven Ngubane	SAPS Str	1:25:37
50-59:			
1	Jan Koegelenberg	Mr Price	1:26:47
60+:			
1	Graham Cashmore	WAC	1:51:25
Juniors:			
1	Njabulo Phevu	Nedbank	1:13:32

WOMEN

1	Tanith Maxwell	Boxer	1:23:44
2	Maya Lawrie	Boxer	1:26:03
3	Janine Carey	Boxer	1:27:01

40-49:

1	Maya Lawrie	Boxer	1:26:03
2	Tammy Dennill	Westville	1:45:36

50-59:

1	Wendy Fitzmaurice	Westville	1:38:22
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60+:

1	Alet Engelbrecht	South Coast Str	02:06:59
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Juniors:

1	Aucen Manake	F1	1:32:10
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Saints Thorntree 15 km

Durban, 4 October

(Loop course)

MEN

1.	Albert Phungula	Mr Price AC	50:57
2.	Isepo Shlembe	Boxer AC	51:34
3.	Sphelele Zuma	Coll Harr	52:20

40-49:

1.	Stefan Wilmans	West AC	63:11
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50-59:

1.	Joseph Dumakuda	Verulam AC	64:49
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60+:

1.	Les Smith	West AC	71:19
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Juniors:

1.	Sphelele Zuma	Coll Harr	52:20
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WOMEN

1.	Suzette Botha	Coll Harr	63:00
2.	Debbie Eaton	Coll Harr	68:00
3.	Kristen Williams	Natal U	68:10

40 to49:

1.	Belinda Saunders	Coll Harr	75:14
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50-59:

1.	Sandy Fismar	Hilton Harr	73:56
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60+:

1.	Jan Phelan	Hilton Harr	80:20
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Juniors:

1.	Nosipho Khuzwayo	Coll Harr	83:39
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Voet van Afrika Marathon, Half Marathon (both 32nd) & 10 km

Bredasdorp, 3 October

(Distances: 42.195 km [point-to-point course with 32 metres elevation GAIN; only last 16 km on tar, very hilly, with the first half climbing from 38 m to 470 m], 21.0975 km [loop course, about half on gravel, hilly], 10 km [hilly loop course]. Finishers: marathon – 350; half marathon – 696.)

Note: Unfortunately no junior category winners were provided for the half marathon, and no veteran, master and grandmaster winners for the 10 km. – Ed.

Marathon**MEN**

1	Neo	Molema	Mr Price	33	2:44:13
2	Nicholas	Rupanga	Celtic Harriers	34	2:44:35
3	Sampson	Gulubela	AAC	23	2:45:31
4	Abram	Abram	Germiston Callies	30	2:51:39
5	Zwelithini	Zwelithini	Germiston Callies	37	2:54:05
6	Dion	Middelkoop	VOB	39	3:08:10
7	Jumat	Witbooi	Bredasdorp	23	3:09:31
8	Marco	De Freitas	Celtic Harriers	36	3:12:57
9	Dewald	Kleinhans	Langeberg	27	3:16:58
10	Motsamaio	Monareng	Germiston Callies	36	3:17:07
11	Lindile	Tokota	Nedbank	41	3:17:32
12	Jan	Oliphant	Worcester	42	3:18:25
13	Victor	Mulakaza	Germiston Callies	34	3:19:26
14	Mzolisi	Sobhoyisi	Nedbank	31	3:19:32
15	Bethuel	Lephallo	Strand	32	3:21:17
16	J	Stemmet	Bonnievale	35	3:21:31
17	Joggie	Maarman	Coastal Harriers	43	3:22:15
18	Bongani	Plaatjie	VOB	27	3:26:25
19	Jan	Nehro	Maties	36	3:26:26
20	Mark	Kalis	Celtics	34	3:27:31

40-49:

1	Lindile Tokota (Nedbank) 3:17:32
2	Jan Oliphant (Worc) 3:18:25
3	Joggie Maarman (Coastal) 3:22:15

50-59:

1	Wilhelm Coetzee (WC) 3:34:20
2	Jacobus Visagie (Well) 3:38:55
3	Ralph Adams (Top) 3:39:21

60+:

1	Peter Jacoby (Knysna) 4:16:37
2	Chippy Steel (Sav) 4:31:25

WOMEN

1	Anita	O'Brien	Alpha Centurion	30	3:33:00
2	Elizabeth	De Gouveia	Durbac	35	3:42:31
3	Carmen	Maloney	Oudtshoorn Ac	38	3:49:44
4	Evonne	Nieuwoudt	Paarl	35	3:50:20
5	Ellie	Courts	Celtic Harriers	37	3:55:36
6	Elmarie	Sievers	Bredasdorp	44	3:58:57
7	Wilna	Eybers	Strand	40	3:59:35
8	Suzette	Linden	Klerksdorp	31	4:04:33
9	M.	Pretorius	Temp	36	4:06:00
10	M.C.	Naidoo	Maties	43	4:10:32
11	Colleen	Hohlfeld	Southern Striders	48	4:11:40

12	Liz	Robertson	VOB	40	4:12:46
13	Marietha	Maritz	Temp	45	4:13:15
14	Elzabé	Liebenberg	Uppington Crusaders	36	4:13:17
15	Elnoria	Swart	Ceres	37	4:14:55
16	Gina	Keyser	Temp	37	4:15:14
17	Roma	Swanepoel	Klerksdorp	22	4:18:40
18	Anne	Pool	Strand	48	4:18:49
19	Una	Saayman	Hartenbos Drawwers	48	4:19:27
20	San-Marie	Vosloo	Helderberg Harriers	33	4:20:29

40-49:

1	Elmarie Cievers (Bred)	3:58:57
2	Anne Pool (Strand)	4:18:47
3	Una Zaaiman (Hart)	4:19:27

50-59:

1	Doris Frank (East)	4:33:09
2	Irma Zöllner (Held)	4:37:22
3	Olwyn Oliver (FH)	4:40:09

Half marathon**MEN**

1	Tom	Lusaseni	Mr Price WP	21	1:09:15
2	Anthony	Godongwana	Celtic Harriers		1:09:32
3	Tsungai	Mwanengeni	ZIM/Mr Price WP	35	1:11:17
4	Andries	Pongwana	Kimberley RR	22	1:12:54
5	Enrico	Newman	Temp	24	1:15:02
6	Randall	Smith	Bredasdorp	25	1:20:06
7	Monda	Mamnyama	Celtics	25	1:21:38
8	Richard	Bergoni	Nedbank	36	1:22:08
9	Warren	Petterson	Mr Price WP	41	1:23:03
10	Andrew	Payne	Mr Price WP	38	1:23:04
11	Trevor	James	Mr Price WP	35	1:23:05
12	Thomas	Moses	Worcester	52	1:23:10
13	Francois	Groenewald	EGA	23	1:25:27
14	Pieter	Hanekom	Nedbank	40	1:30:08
15	Kobus	Meyer	Temp	34	1:30:20
16	Angelo	Henry	Multi Sport Maniacs	46	1:30:41
17	Nick	Miles	West Coast	51	1:30:50
18	Jason	Courts	Celtic Harriers		1:31:17
19	Phil	Du Toit	Paarl	31	1:31:27
20	A.N. Other				1:31:37

40-49:

1	Warren Petterson (MP)	1:23:03
2	Pieter Hanekom (Ned)	1:30:08
3	Nicolaas Kees (Rob)	1:32:44

50-59:

1	Thomas Moses (Worc)	1:23:10
2	Nick Miles (WC)	1:30:50
3	Frank Gillion (Whalers)	1:32:23

60+:

1	Piet Stander (Bred)	1:40:16
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WOMEN

1	Nomvuyisi	Seti	Mr Price WP	28	1:31:53
2	Sheryl	De Lange	Adidas	41	1:32:04
3	Marie	Wessels	Temp	26	1:32:18

4	Madre	Steenkamp	Met Life	32	1:41:55
5	Elizabeth	Van Den Berg	Bredasdorp	36	1:42:09
6	Claire	Louw	Mr Price WP	43	1:42:29
7	Bettie	Stevens	Temp	22	1:43:48
8	Tania	Welgemoed	Strand	39	1:44:04
9	Erin	Morkel	Temp	29	1:46:55
10	Liesl	Thomas	Durbanville	37	1:47:01
11	Cheryl	Rudolph	Easterns	48	1:47:03
12	Chrissie	Craven	Temp	36	1:47:27
13	Nathalie	Cloete	Durbanville	40	1:48:40
14	Liezel	Lourens	Stellenbosch	31	1:49:50
15	Zilla	Stekhoven	VOB	40	1:51:01
16	Marie	Louw	Adidas	43	1:51:24
17	Fran	Pocock	Celtics	60	1:51:33
18	Collette	Van Eck	Fish Hoek	56	1:51:54
19	Julia	Buchman	VOB	44	1:52:18
20	Zanne	De Villiers	Temp	49	1:52:31

40-49:

1	Sheryl de Lange (Adidas)	1:32:04
2	Claire Louw (MP)	1:42:29
3	Cheryl Rudolph (East)	1:47:03

50-59:

1	Colette van Eck (FH)	1:51:54
2	Kim Wettergreen (FH)	1:56:22
3	Sue Trott (VOB)	1:56:36

60+:

1	Fran Pocock (Celtic)	1:51:53
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10 km**MEN**

1	Shaun	Zuzani	Nedbank	19	31:57
2	Henrico	Rooi	Nedbank	20	32:03
3	Unathi	Phezolo	AAC	16	32:28
4	Zolani	Matshoba	Celtics	16	33:09
5	Ignatius	Davids	Robertson	17	33:32
6	Hillroy	Slingers	Worcester	18	33:52
7	Nlosinathi	Sotyantya	Celtics	16	34:17
8	Riaan	Wildskut	Easterns	22	35:02
9	Zola	Matshoba	Celtics	16	35:11
10	Danzel	Minnaar	Robertson	22	35:14
11	Goliath	Karelse	Bredasdorp	20	35:16
12	Leswym	Arendse	Robertson	22	35:17
13	Nicholas	Mdutyana	Celtics	19	35:37
14	Luthando	Dibe	Celtics	16	36:00
15	Siphe	Diokweni	Celtics	15	36:03
16	Rowan	Prins	Robertson	21	36:29
17	Micheal	Mouries	Robertson	19	36:51
18	Christo	Anthonissen	Bellville	18	37:11
19	Dawid	Pieterse	Dwarsrivier	39	37:24
20	Eben	Johnson	EGA	19	37:25

Juniors:

1	Shaun Zuzani (Ned)	31:57
2	Unathi Phezolo (AAC)	32:03
3	Zolani Matshuba (Celtic)	33:08

WOMEN

1	Danette	Smith	Maties	20	41:59
2	Asiphe	Sikhabalanjana	Gugu	17	42:39
3	Suzette	Williams	Worcester	18	44:20
4	Sue	Dickson	VOB	41	45:17
5	Ju-Randa	Basson	Temp	18	48:08
6	Barbara	Malan	Temp	23	48:15
7	Tonia	Anthonissen	Bellville	18	48:59
8	Elnora	Crous	Temp	20	49:09
9	Tarryn	Haikney	Temp	17	49:22
10	Mariska	Bruwer	Bredasdorp	16	50:08
11	Chané	Stadler	Temp	15	50:39
12	Valerea	Horn	Temp	23	51:34
13	Fran	Siebrits	Temp	24	51:54
14	Jo	Matterson	Temp	38	52:03
15	Elsie	Scott	Temp	36	53:43
16	Lizelle	Bergh	Temp	34	54:37
17	Maretha	Albertyn	Temp	24	55:20
18	Carla	Strydom	Temp	18	55:30
19	Inge	Du Toit	Maties	15	56:29
20	Marina	Badenhorst	Bredasdorp	18	56:34

Juniors:

1	Asiphe Sikhabalanjana (Gugs)	42:39
2	Suzette Williams (Worc)	44:20
3	Tania Anthonissen (Bell)	48:59

ABI Hamilton Half Marathon

Ladysmith, 3 October

(Distance: 21.0975 km; loop course)

MEN

1.	Sazi Ndaba	Nambithi AC	1:10:35
2.	Phulani Buthelezi	Enduweni AC	1:15:24
3.	Sandile Khulu	Ind	1:16:46

40-49:

1.	Petros Mavuso	Umgubesi AC	1:32:26
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50-59:

1.	Magic Hlatwayo	KZNA Strid	1:37:17
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60+:

1.	Art Swanepoel	Bigg AC	2:24:47
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WOMEN

1.	Tracey Zunckel	Estcourt AC	1:35:09
2.	Aleca Ross	Newcastle Harr	1:41:52
3.	Sandy Fyvie	Ind	1:48:21

40-49:

1.	Anne Erasmus	Newcastle Harr	1:49:55
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50-59:

1.	Belinda Smith	Estcourt AC	2:15:05
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60+:

1.	Dixie Brown	Estcourt AC	2:09:31
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70+:

1.	Phylis Martins	Fit 2000	2:25:23
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Cape Gate 10 km

Brackenfell, 3 October
(Certified loop course)

MEN

1. Dicardo Jacobs (Maties) 30:58; 2. Peter Tsawayo (ZIM/Gugs) 30:59; 3. Hein Camphor (Adidas) 31:12; 4. Graham Katzen (Celtic) 31:26; 5. Morné Kammies (Met) 32:13; 6. J.P. Abrahams (Adidas) 32:25; 7. Nande Qamgwana (Khay) 32:50; 8. Bongile Tshwewula (East) 33:07; 9. Akhona Makila (VOB) 33:17; 10. Asanda Mkiti (MP) 33:28.

40-49: 1. Johnny Persents (Adidas) 33:52; 2. Jimmy Drury (MP) 35:40; 3. Cliff Drury (MP) 35:41. **50-59:** 1. Raymond Howard (Celtic) 37:35; 2. Kevin Isaacs (Celtic) 38:16; 3. Garry Wilford (Durb) 40:29. **60-69:** 1. Albertus Bock (Adidas) 39:16; 2. Willie van Wyk (B'fell) 44:08; 3. Blackie Swart (Swart) 45:25. **70+:** 1. Peter Brennan (Hout) 49:53; 2. Ron Don (WC) 69:50. **Juniors:** 1. Nande Qamgwana (Khay) 32:50; 2. Akhona Makila (VOB) 33:17; 3. Asive Njenxa (Gugs) 34:13.

WOMEN

1. Mari Rabie (Maties) 38:16; 2. Ester Brink (Strand) 40:11; 3. Mariëtte Esterhuyse (Tyger) 41:18; 4. Olga Howard (Celtic) 41:34; 5. Patricia Adams (Met) 44:12; 6. Monice Brand (Adidas) 44:46; 7. Karen de Kock (Durb) 45:05; 8. Nancy Will (Pine) 45:29; 9. Riana Abrahams (Durb) 46:28; 10. Ayanda Mqakayi (Gugs) 48:41.

40-49: 1. Ester Brink (Strand) 40:11; 2. Mariëtte Esterhuyse (Tyger) 41:18; 3. Monice Brand (Adidas) 44:46. **50-59:** 1. Olga Howard (Celtic) 41:34; 2. Nancy Will (Pine) 45:29; 3. Riana Abrahams (Durb) 46:28. **60-69:** 1. Pixie Sparg (Celtic) 51:21; 2. Gill Tregenna (West) 53:45; 3. Lynda Fillmore (Edge) 61:27. **70+:** 1. Margaret Johnson (Tyger) 82:55. **Juniors:** 1. Ayanda Mqakayi (Gugs) 48:41.

Kromberg & Schubert 15 km

Brits, 3 October
(Loop course)

MEN

1 Phineas Mothoa (Amanzi) 46:46 (CR); 2 Simon Jantjies (Madibeng) 53:48; 3 Isaac Matsane (Cap Fitness) 53:54; 4 Johnny Young (Rustenburg) 54:18; 5 Victor Molotsi (Anglo) 54:25.

Veterans: 1 Louis Liebenberg (New Balance) 56:33. **Masters:** 1 Colin Fisher (CSIR) 60:57. **G'masters:** 1 Ken Nurden (Agape) 70:45. **Juniors:** 1 Simon Guse (Temp) 66:27.

WOMEN

1 Elmarie Coetzee (Adidas) 63:41 (1st vet); Joy Nicholl (Irene) 67:28; 3 Lona Liebenberg (New Balance) 71:01; 4 Elmarie Pretorius (RWFL) 72:42; 5 Hanlie van Eeden (Nedbank) 75:51.

Veterans: 1 Elmarie Coetzee (Adidas) 63:41. **Masters:** 1 Christa Mouton (Agape) 85:20. **G'masters:** 1 Hazel Quilliam (Roodepoort) 86:46.

Nedbank Matha Series Half Marathon

Polokwane, 3 October

(Distance: 21.0975 km; loop course. Finishers: 384.)

Note: Wirimayi Juwawo went off course and did not run the correct distance. The referees decided to place him second in the same time as the winner, with the same prize money. – Ed.

MEN

1 Tshamano Setone (Nedbank) 64:19; 2 Wirimayi Juwawo (ZIM) 64:19; 3 Zolani Ntongana (MP) 64:28; 4 Michael Mazibuku (Mittal) 64:48; 5 Johannes Kekana (MP) 64:55; 6 Shadrack Hoff (GS) 65:02; 7 Kelvin Pangiso (ZIM/MP) 65:03; 8 Jonathan Chinyoka (ZIM/Nedbank) 65:19; 9 Joshua Sabao (ZIM/Nedbank) 65:30; 10 Modike Mohale (GS) 66:00.

Veterans: 1 Elias Mabane (Raiders) 72:36; 2 Tidimalo Modiga (Toy) 72:47; 3 Jackson Seanego (NB) 74:00. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 78:15; 2 Thulani Sibisi (ADT) 80:14; 3 Lawrence Makgomola (Polokwane) 92:19. **G'masters:** 1 Azwihangwisi Awmaguru (Nedbank) 90:17; 2 Pele Tsikundamalema (Yebo) 94:06; 3 Johannes Mosehla (Polokwane) 94:35. **Juniors:** 1 Jonathan Chinyoka (ZIM/Nedbank) 65:19; 2 Elisha Mabunhu (ZIM/MP) 69:55; 3 William Chinyanga (ZIM) 70:05.

WOMEN

1 Sharon Tavengwa (ZIM/Nedbank) 77:33; 2 Samukeliso Moyo (ZIM/MP) 77:58; 3 Tabitha Tsatsa (ZIM/Boxer) 78:03; 4 Marelize Retief (Nedbank) 78:35; 5 Ntombesintu Nsthiliza (MP) 79:15; 6 Rutendo Nyahora (ZIM/MP) 79:36; 7 Irvette van Blerk (Nedbank) 79:45; 8 Margaret Mahohoma (ZIM/MP) 80:44; 9 Charné Bosman (MP) 82:18; 10 Munchaneta Gwata (ZIM/Nedbank) 82:47.

Veterans: 1 Sarah Mahlangu (MP) 90:38; 2 Jane Madau (Nedbank) 91:36; 3 Catherine Naane (Goldfields) 93:30. **Masters:** 1 Erika Swart (Sasol) 98:24; 2 Francis van Blerk (Nedbank) 98:27; 3 Linda Potgieter (Phobians) 98:36. **G'masters:** 1 Felicity Roberts (Polokwane) 2:36:43. **Juniors:** 1 Loveness Madziva (ZIM/Nedbank) 85:28; 2 Nadia Hechter (Nedbank) 88:28; 3 Cynthia Baloyi (Mvudi) 92:33.

Powertech Batteries 15 km

(Formerly Willard Batteries)

Port Elizabeth, 3 October

(Loop course)

MEN

1	Rodney	Prins	MPEP	21	46:04
2	George	Ntshiliza	MPEP	30	46:36
3	Khayaletu	Makalima	MPEP	26	47:30
4	Zolani	Ngqaqa	MPEP	20	47:56
5	Wayne	Gallant	MPEP	35	48:06
6	Ivan	Ambraal	Malabar	20	48:38
7	Maboyisana	Mazwayi	Nedbank	41	48:46
8	Xola	Bongoza	MPEP	16	48:56
9	Bulelini	Niwa	PEAAC	23	49:02
10	Zolani	Mabongo	MPEP	23	49:20
11	Mzolisi	Makhanda	Nedbank	26	49:54
12	Masande	Mlonyeni	Nedbank	29	49:55
13	Vuso	Nkonzo	MPEP	24	50:38
14	Alfred	Qogi	Nedbank	36	50:41
15	Mzamo	Fokwana	Charlo	32	50:51

16	Robert	Matthys	MPEP	33	51:01
17	Durian	Louw	Temp	19	51:10
18	Emerson	Kayana	Nedbank	35	51:20
19	Melikhaya	Frans	Nedbank	17	51:55
20	Desmond	Zibi	MPEP	46	52:28
21	Melikhaya	Jacobs	Nedbank	31	52:31
22	Ayanda	Pana	Nedbank	37	52:35
23	Zolile	Mhlahlo	Raleigh	34	52:36
24	Simon	Adams	Malabar	18	53:29
25	Wilson	Bennett	Jeffbay	30	53:31

40-44:

1	Maboyisana	Mazwayi	Nedbank	41	48:46
2	Mzukisi	Klaas	PEAAC	40	55:04
3	Marius	Stander	Ach	41	56:51

45-49:

1	Desmond	Zibi	MPEP	46	52:28
2	Kenneth	Menze	Nedbank	47	53:55
3	Colben	Ngcupe	PEAAC	46	55:43

50-54:

1	Joseph	Stevens	PEAAC	51	1:01:29
2	Charles	Baatjies	Elite AC	52	1:02:02
3	Mkhululi	Kala	Nedbank	51	1:02:57

55-59:

1	Sizinzo	Kama	Ach	58	1:00:44
2	Donald	Mancasa	Raleigh	55	1:04:22
3	Hannes	Els	Madiba	59	1:04:26

60-64:

1	Cilliers	Swart	Nedbank	62	1:07:36
2	Percy	Dalton	Ach	61	1:07:54
3	Johannes	Herbst	Muirite	63	1:10:58

65-69:

1	Kobus	Gerber	PEAAC	65	1:17:21
2	Nic	Snyman	PEAAC	65	1:22:48
3	Robin	Clark	Ach	68	1:29:44

70+:

1	David	Fraser	PEAAC	71	1:24:53
2	Henry	Human	VWAC	70	1:36:44
3	Selwyn	Solomon	Crusade	71	1:45:57

Juniors:

1	Xola	Bongoza	MPEP	16	48:56
2	Durian	Louw	Temp	19	51:10
3	Melikhaya	Frans	Nedbank	17	51:55

WOMEN

1	Deliwe	Nyanga	PEAAC	20	56:58
2	Liza-Marie	Bright	Elite AC	27	1:00:02
3	Babalwa	Ngcoko	MPEP	22	1:00:34
4	Zoleka	Dondashe	Nedbank	24	1:02:04
5	Ursula	Kuhn	NMMU	28	1:04:01
6	Davera	Magson	MPEP	34	1:06:31
7	Treloar	Childs	WAC	46	1:07:28
8	Grizelda	Pietersen	Ach	40	1:08:54
9	Julie	Taunton	Crusade	49	1:09:18
10	Elmarie	Bezuidenhout	Charlo	27	1:09:25
11	Claire	Nagel	Elite AC	45	1:09:48
12	Christine	Claasen	Ach	45	1:10:13

13	Gwen	Mgudwa	Nedbank	32	1:10:14
14	Noxolo	Marks	MPEP	23	1:10:48
15	Joy Anne	Pregalato	Ach	39	1:12:44
16	Paulette	McEwan	Ach	44	1:13:16
17	Adele	Nel	CSEP	36	1:13:36
18	Mary Grace	Villanueva	Ach	33	1:13:45
19	Janette	Schierz-Crusius	Bodycon	49	1:14:50
20	Ingrid	Brown	Bodycon	34	1:15:42

40-44:

1	Paulette	McEwan	Ach	44	1:13:16
2	Nophendule	Sineke	Nedbank	43	1:16:28
3	Anusha	Naidu	Charlo	42	1:21:29

45-49:

1	Treloar	Childs	WAC	46	1:07:28
2	Julie	Taunton	Crusade	49	1:09:18
3	Claire	Nagel	Elite AC	45	1:09:48

50-54:

1	Liz	Austin	Ach	51	1:20:58
2	Christine	Snyman	VWAC	53	1:23:07
3	Monica	Kemp	Madiba	54	1:25:51

55-59:

1	Cathy	Ives	Ach	56	1:16:53
2	Avril	Beyleveld	Kowie	58	1:17:04
3	Elsa	Gomez	Jeffbay	57	1:43:39

60-64:

1	Liz	Grundlingh	Muirite	62	1:20:01
2	Retha	Snyman	PEAAC	62	1:23:15
3	Anna	Potgieter	Jeffbay	63	1:39:57

65-69:

1	Orgia	Nell	Muirite	66	1:42:14
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70+:

1	Dorothy	Hart	PEAAC	71	1:43:01
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Juniors:

1	Terray	Newcombe	Nedbank	18	1:21:03
2	Lee-Anne	Diedericks	PEAAC	19	1:28:01
3	Nonkangelelko	Nyanga	PEAAC	16	1:28:02

Nedbank Cape Town City Marathon & 10 km

Cape Town, 27 September

(Distances: 42.195 km & 10 km; certified loop courses. Finishers: marathon – 1024; 10 km – 907.)

Marathon**MEN**

1	George Mofokeng	Nedbank Running Club AGN	2:14:20
2	Motlokoa Nkhabutlane	LES/Mr Price	2:14:51
3	Mike Fokoroni	ZIM/Nedbank Running Club AGN	2:15:12
4	Rapheal Segodi	Gauteng Striders	2:16:58
5	Thanduluntu Magqaza	Midas Spartans	2:17:22
6	Vincent Seng	Powerade Athletic Club	2:17:29
7	Gilbert Mutandiro	ZIM/Mr Price KZN	2:17:33
8	Wellington Chidodo	ZIM/Mr Price	2:18:12
9	David Ngakane	Nedbank Running Club CGA	2:18:22
10	Molanlehi Bokaako	LES/Toyota Athletic Club	2:18:28
11	Zongamele Dyubeni	Temp	2:19:20

12	Tamo Mathleai	LES/Toyota Athletic Club	2:19:28
13	Masilo Matjiane	LES/Toyota Athletic Club	2:20:17
14	Colin Khoza	Nedbank Running Club AGN	2:21:06
15	Odua Uhuru Tunyiswa	Temp	2:21:39
16	Kawanivi Mynhardt	NAM	2:21:44
17	Nangamso Oscar Sixoka	Mr Price Transkei	2:21:57
18	Sandile Ngunuza	Nedbank Athletics Club EPA	2:21:58
19	Mzwanele Maphekula	Nedbank Running Club EPA	2:22:05
20	Joseph Mphuthi	Nedbank Running Club AVT	2:22:30
21	Patrick Sefako	Nedbank Running Club CGA	2:23:02
22	Tiisetso Ramokheseng	LES/Toyota Athletic Club	2:24:42
23	Philip Molefe	Nedbank Running Club AGN	2:25:33
24	Mandla Maseko	Transwerk AC AGN	2:25:33
25	Enoch Skosana	Nedbank Running Club AGN	2:26:15
26	James Limo	KEN/Gauteng Striders	2:26:57
27	Masanda Mlonyeni	Nedbank Athletic Club EPA	2:27:23
28	Paul Manwa	Nedbank Running Club AGN	2:28:11
29	Simon Gabriel	Gauteng Striders	2:28:28
30	Bonisile Ngculana	Atlantic Athletic Club	2:29:24

40-49:

1	Brian Mapeyi	Acsis VOB	2:35:00
2	Jimmy Drury	Mr Price WP	2:41:06
3	Andries Ntsizakalo	Nedbank Running Club WP	2:46:58

50-59:

1	Moses Motshabi	Rand AC	2:47:16
2	Kevin Isaacs	Celtic Harriers	2:58:19
3	Walter Segatswi	Celtics Harriers	3:08:01

60-69:

1	Don Charles	Brnahood Athletic Club	3:02:35
2	Gideon Malherbe	Celtic Harriers	3:48:28
3	Wally Steel	Savages Athletic Club	3:49:03

70+:

1	Jimmy Adonis	RCS Guguletu Athletic Club	4:18:17
2	Dermott Devine	Acsis VOB	4:45:22
3	Dave Kirby	Spartan Harriers	6:00:17

WOMEN

1	Sharon Tavengwa	ZIM/Nedbank Running Club AGN	2:47:08
2	Tshifhiwa Mundalamo	Nedbank Running Club CGA	2:47:24
3	Bulelwa Mtshagi	Celtic Harriers	2:47:38
4	Mpho Mabuza	Powerade Athletic Club	2:47:47
5	Paulina Njeya	Nedbank Running Club AFS	2:48:20
6	Dineo Lebotha	Gauteng Striders	2:50:59
7	Nodofhiwa Mandiwana	Nedbank Running Club AGN	2:51:14
8	Puseletso Maema	Goldfields Athletic Club	2:52:22
9	Anneline Roffey	Adidas AC	2:54:05
10	Catherine Skosana	Transnet Rail Engineering	2:54:44
11	Olivia Chitate	ZIM/Bashewa Athletic Club	2:55:01
12	Elizabeth Phaka	Gauteng Striders	3:09:34
13	Ronel Natrass	Adidas AC	3:09:58
14	Busiswe Matiwane	Celtic Harriers	3:10:49
15	Berdine Smit	Nedbank Running Club AGN	3:11:32
16	Ann Boniwell	The Legends	3:14:15
17	Elizabeth Mthombeni	Mohlakeng Athletic Club	3:15:23
18	Sandra Van Graan	Edgemead Runners	3:16:00
19	Annatjie Botes	Nedbank Running Club SWD	3:16:08

20	Kutlwano Ramaboa	UCT Athletics Club	3:17:10
21	Susanna Vermaak-Mcivor	Jeddah Road Runners, Saudi Arabia	3:18:28
22	Nancy Will	Pinelands Athletic Club	3:18:55
23	Chantel De Lange	Adidas	3:23:16
24	Wendy Fitzmaurice	Westville Athletic Club	3:25:07
25	Marble Seanego	Gauteng Striders	3:25:59
26	Linda Smart	Dainfern Athletic Club	3:26:26
27	Angelique Tostee	Temp	3:27:23
28	Elaine Greenblatt	Rocky Road Runners	3:28:01
29	Veronica Van Niekerk	Elgin Grabouw	3:28:21
30	Candyce Hall	Hout Bay Harriers	3:28:39

40-49:

1	Berdine Smit	Nedbank Running Club AGN	3:11:32
2	Sandra Van Graan	Edgemoor Runners	3:16:00
3	Susanna Vermaak-Mcivor	Jeddah Road Runners (KSA)	3:18:28

50-59:

1	Annatjie Botes	Nedbank Running Club SWD	3:16:08
2	Nancy Will	Pinelands Athletic Club	3:18:55
3	Wendy Fitzmaurice	Westville Athletic Club	3:25:07

60+:

1	Elaine Greenblatt	Rocky Road Runners	3:28:01
2	Veronica Van Niekerk	Elgin Grabouw	3:28:21
3	Chippy Steel	Savages Athletic Club	04:00:52

10 km**MEN**

1	Sibusiso Nzima	Powerade Athletic Club	29:18
2	Coolboy Ngamole	Nedbank	29:31
3	Luketz Swartbooi	NAM	29:38
4	Shaun Zuzani	Nedbank Running Club Cga	30:13
5	Peter Tsawayo	ZIM/RCS Guguletu Athletic Club	30:20
6	Folavia Sehohle	Powerade Athletic Club	30:28
7	Anthony Godongwana	Celtic Harriers	30:30
8	Unathi Phezolo	Atlantic Athletic Club	30:48
9	Tom Lusaseni	Mr Price WP	30:50
10	Dicardo Jakobs	Maties Athletics Club	30:58
11	Sitymilo Diko	Gouteng Striders	31:07
12	Hein Camphor	Adidas Athletic Club	31:11
13	Xolela Ngcebetsha	Siyanda Athletics Club	31:18
14	Patrick Magadla	Accis VOB	31:32
15	Nkosivelile Ntantiso	Temp	32:01
16	Gcobani Mndi	Accis VOB	32:09
17	Vuyolwethu Piyose	Metropolitan Athletic Club	32:27
18	Mabuti Mpholo	Gauteng Striders	32:30
19	Johnny Persents	Adidas Athletic Club	32:35
20	Piet Jacobs	Nedbank Running Club Bol	32:35

40-49:

1	Luketz Swartbooi	NAM	29:38
2	Johnny Persents	Adidas Athletic Club	32:35
3	Clifford Drury	Mr Price WP	33:50

50-59:

1	Vladimir Kotov	Century City	32:47
2	Gregory Jacobs	Edgemoor Runners	36:39
3	Julian Paul	SANDEF WP	37:27

60-69:

1	Jimmy Morris	Foresters Running Club	41:09
2	Michael Clarke	Accis VOB	41:10
3	Kenny Williams	Pinelands Athletic Club	43:27

70+:

1	Seamus Daly	Accis VOB	50:32
2	Jakobus Van Zyl	Accis VOB	60:55
3	Buck Taylor	Pinelands Athletic Club	73:29

Juniors:

1	Shaun Zuzani	Nedbank Running Club CGA	30:13
2	Folavia Sehohle	Powerade Athletic Club	30:28
3	Unathi Phezolo	Atlantic Athletic Club	30:48

WOMEN

1	Lebo Phalula	University Of Johannesburg	33:08
2	Annerine Van Schalkwyk	Irene AC	33:29
3	Lebogang Phalula	University Of Johannesburg	34:33
4	Tebogo Masehla	Transnet Rail Engineering	35:14
5	Thozama April	Celtic Harriers	35:44
6	Nandipha Dywili	Mr Price Transkei	36:15
7	Lusanda Bomvana	Mr Price Transkei	37:32
8	Rene De Bruin	SANDF WP	38:31
9	Lmeo Chaka	LES/Toyota Athletic Club	39:14
10	Nomsa Ntsethe	Mr Price Transkei	39:38
11	Sheryl De Lange	Adidas Athletic Club	39:41
12	Helene Perold	Plexus Durbanville Athletic Club	40:04
13	Jenna Kamps	Rand AC	40:20
14	Olga Howard	Celtic Harriers	40:26
15	Tania Fourie	Plexus Durbanville Athletic Club	40:57
16	Khanya Mateyisi	Celtic Harriers	42:49
17	Cleo Oliver	Winchester And District Athletics Club	43:25
18	Tanya Scott	UCT Athletic Club	43:34
19	Mandy Hans	Khayelitsha Athletics Club	43:54
20	Charmaine Cupido	Nedbank Running Club WP	45:21

40-49:

1	Sheryl De Lange	Adidas Athletic Club	39:41
2	Susan Dickson	Accis VOB	45:37
3	Annegret Diebold	Run Walk For Life WP	50:48

50-59:

1	Olga Howard	Celtic Harriers	40:26
2	Charmaine Cupido	Nedbank Running Club WP	45:21
3	Diana Rixon	Accis VOB	48:24

60-69:

1	Pixie Sparg	Celtic Harriers	50:00
2	Zonia Barnard	Celtic Harriers	56:01
3	Marianne Nelson	Plexus Durbanville Athletic Club	57:40

70+:

1	Magdalene Johnson	Tygerberg Nlk	78:02
2	Joyce Archer	Temp	89:20
3	Jean Van Rooyen	Yebo Striders	98:59

Juniors:

1	Nandipha Dywili	Mr Price Transkei	36:15
2	Lusanda Bomvana	Mr Price Transkei	37:32
3	Khanya Mateyisi	Celtic Harriers	42:49

Cape Town Festival of Running

Cape Town, 26-27 September

(Distances: 100 km & 100 miles; certified 10-kilometre loop course)

100 miles

MEN & WOMEN

1	Eric	Wright	28	Rand Road Warriors	20:08:56
2	John	Ludick	30	Old Mutual	20:33:54
3	Andrzej	Okreglicki	34	UCT	20:42:24
4	Deon	Stumke	31	Correctional Services (KZN)	21:37:04
5	Fritz	Van Zyl	24	Stellenbosch	21:53:26
6	Adriaan	Van De Venter	26	Stellenbosch	22:14:32
7	Andre	Du Toit	35	Defence (WP)	22:14:32
8	Yusuf	Abrahams	42	Topform	22:49:07
9	Richard	Mathevula	37	Randmark	23:04:17
10	Ruth	Leverton*	38	Pinelands	24:45:06
11	Calvin	Dirks	39	Metropolitan	25:00:30
12	Wendal	Smith	32	Pinelands	25:00:34
13	Khaya	Mahlali*	43	Durban AC	25:37:59
14	Brian	Marshall	29	Fit 2000 (CGA)	25:57:57

*) Female

100 km

Note: Martha Pretorius finished second overall, Colleen van Rooyen fourth and Hazel Moller fifth. – Ed.

MEN

1	Randall	Joshua	Telkom - WP	9:50:19
2	Nyaweleni	Tshifularo	Pinelands	11:08:06
3	Emile	Muller	Stellenbosch	11:32:07
4	John	Ludick	Old Mutual	12:06:54
5	Richard	Mathevula	Randmark	12:08:51
6	Julian	Maggott	Celtic Harriers	12:27:35
7	George J	Van Schalkwyk	Bellville	12:48:07
8	Adriaan	Van De Venter	Defence -WP	13:08:03
9	Andre	Du Toit	Defence -WP	13:08:03
10	Maurice P.	Hill	UWC	13:10:01
11	Daniel	Truter	New Balance	13:12:46
12	Andre	Van Den Berg	Durbanville	13:27:45
13	Jerome	Merton	Pinelands	14:27:38
14	Heimie	Misroll	Pinelands	14:27:40
15	Derrick	Rondganger	Telkom - WP	15:46:26
16	Eugene	Lekay	Brackenfell	15:59:40
17	Malcolm	Marks	West Coast	16:06:56
18	Garth	Larry	Defence -WP	16:08:45
19	Theuns	De Lange	Ceres	17:18:45
20	Jan	Swart	SAP - WP	17:20:26

WOMEN

1	Martha	Pretorius	Topform	10:54:54
2	Colleen	Van Rooyen	Univ. of Jhb	11:25:33
3	Hazel	Moller	Bedfordview	11:27:33
4	Toni	Truter	New Balance	13:12:46
5	Estelle	Muller	Stellenbosch	13:22:12
6	Ruth	Leverton	Pinelands	14:08:47

7	Carol	Christians	Mamre	14:50:09
8	Sue	Darroll	RAC	15:11:31
9	Marthie	Brits	Chappies	16:50:26
10	Natasha	Van Wyk	Tygerberg	17:20:26

Ebenezer 10 km

Port Elizabeth, 26 September
(Loop course)

MEN

1	Lusapho	April	Nedbank RC	27	29:49
2	Rodney	Prins	Mr Price PE	21	30:08
3	Zolani	Ngqaqa	Mr Price PE	20	30:14
4	Khayaletu	Makalima	Mr Price PE	26	30:48
5	Luyanda	Tshangana	Mr Price PE	26	31:27
6	Ivan	Ambraal	Malabar	20	31:49
7	Maboyisana	Mazwayi	Nedbank RC	41	32:02
8	Melikhaya	Frans	Nedbank RC	17	32:05
9	Vuso	Nkonzo	Mr Price PE	24	32:08
10	Xola	Bongoza	Mr Price PE	16	32:09
11	Aphlyn	Taai	Nedbank RC	27	32:10
12	Christopher	Mabengeza	Nedbank RC	43	32:42
13	Melumzi	Tshotyana	Nedbank RC	20	32:53
14	Lubabaloo	Mdlungwane	PEAAC	16	33:01
15	Bulelini	Niwa	PEAAC	23	33:08
16	Mzamo	Fokwana	Charlo R R	32	33:19
17	Alfred	Qogi	Nedbank RC	36	33:25
18	Simon	Adams	Malabar	18	33:31
19	Durian	Louw	Malabar	19	33:33
20	Juwayne	Fletcher	Mr Price PE	18	33:47

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price PE	27	36:11
2	Deliwe	Nyanga	PEAAC	20	37:51
3	Maureen	Dladla	Sap AC FS	30	38:23
4	Babalwa	Ngcoko	Mr Price PE	22	38:25
5	Zoleka	Dondashe	Nedbank RC	24	39:54
6	Ursula	Kuhn	NMMU AC	28	41:09
7	Sharon	Zeelie	Raleigh AC	38	43:03
8	Treloar	Childs	Spar Walmer	46	43:11
9	Priscilla	Dyantyi	Mr Price PE	35	43:15
10	Grizelda	Pietersen	Achilles AAA	40	44:51
11	Julie	Taunton	Crusaders AC	49	44:57
12	Joy Anne	Pregalato	Achilles AAA	39	45:52
13	Gwen	Mgudwa	Nedbank RC	32	46:01
14	Gail	Klichowicz	Achilles AAA	42	46:03
15	Claire	Nagel	Elite AC	45	46:19
16	Noxolo	Marks	Mr Price PE	23	46:20
17	Suzanne	Lavis	Jeffreys Bay	51	46:49
18	Adele	Nel	St Albans CSEP	36	47:14
19	Paulette	Mcewan	Achilles AAA	44	47:20
20	Annelie	Nel	Legacy AC	35	47:23

Whale Festival Half Marathon

Hermanus, 26 September

(Distance: 21.0975 km; loop course)

MEN

1	Neo	Molema	Mr Price	1:11:36
2	Graham	Katzen	Celtic	1:12:07
3	Sipho	Phala	VOB	1:18:36
4	Jacques	van Rensburg	Temp	1:18:40
5	Jonathan	Sumpter	GBR	1:23:36
6	Pieter	Hanekom	Nedbank	1:26:11
7	Jacob	Volmoer	Ceres	1:27:21
8	Anton	Mouton	Ceres	1:27:21
9	Tiaan	Oosthuizen	Adidas	1:27:22
10	Hillroy	Slingers	Worcester	1:27:41
11	Mlandeli	Mkhohlakali	Temp	1:27:46
12	John	Molefe	Ceres	1:28:10
13	Dawid	Van Rooyen	Worcester	1:28:46
14	Marius	Kruger	NBMC	1:29:48
15	Herman	De Vries	Temp	1:29:58
16	Jasper	Cloete	Stellenbosch	1:30:25
17	Frank	Gillion	Whalers	1:30:37
18	Jan	Oliphant	Worcester	1:30:49
19	Rowan	Williams	Temp	1:30:56
20	Johann	Diener	Strand	1:31:35

40-49:

1	Jacques	van Rensburg	Temp	1:18:40
2	Pieter	Hanekom	Nedbank	1:26:11
3	Jan	Oosthuizen	Wakkerstroom	1:30:49

50-59:

1	Jonathan	Sumpter	Temp	1:23:36
2	Frank	Gillion	Whalers	1:30:37
3	Johann	Diener	Strand	1:31:35

60+:

1	Ronnie	Le Roux	Brackenfell	1:49:18
2	Roelof	Van Weele	Whalers	1:50:00
3	J.	Jansen	Bredasdorp	1:57:54

Juniors:

1	Hillroy	Slingers	Worcester	1:27:41
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WOMEN

1	Jacoline	Haasbroek	Stellenbosch	1:30:47
2	Ester	Brink	Strand	1:31:32
3	Nomvuyisi	Seti	Mr Price	1:34:05
4	Natasha	Oosthuizen	Adidas	1:34:41
5	Louise	Erasmus	Whalers	1:40:59
6	Bettie	Stevens	Temp	1:41:10
7	Anneke	Slabbert	Stellenbosch	1:42:07
8	Jacqui	Liebenberg	Foresters	1:42:30
9	Ena	Eous	Worcester	1:45:17
10	Almarie	De Bruyn	NBMC	1:45:45
11	Julie	Threlkeld	Temp	1:45:52
12	Marusa	Mason	Whalers	1:46:46
13	Sarah	Stuart	Temp	1:47:51
14	Nicole	Roos	Temp	1:47:52
15	Anzel	Du Plessis	Whalers	1:48:04

16	Marisa	Jordaan	Strand	1:49:55
17	Shirley	Middlemost	Temp	1:49:56
18	Yvonne	Teixeira	Temp	1:49:57
19	Jolandie	De Kock	Tygerberg	1:49:58
20	Maryanne	Finlayson	Temp	1:49:59

40-49:

1	Jacoline	Haasbroek	Stellenbosch	1:30:47
2	Ester	Brink	Strand	1:31:32
3	Louise	Erasmus	Whalers	1:40:59

50-59:

1	Norma	Wheeler	Whalers	2:06:57
2	Avril	De Lapelin-Dumont	West Coast	2:09:31
3	Dolla	Naurattel	Ceres	2:28:21

60+:

1	Shirley	Middlemost	Temp	1:49:56
2	Valerie	Van Deventer	Whalers	1:53:34
3	Denise	Green	VOB	1:58:46

Juniors:

1	J	Bury	Maties	1:51:45
2	Elaan	Coetzee	West Coast	2:11:41
3	B:	Havenga	Tygerberg	2:30:44

McCarthy Volkswagen Half Marathon & 10 km

Pretoria, 26 September

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

Half marathon**MEN**

1 Edwin Chimombo (ZIM/Formula 1) 67:05; 2 Donald Mathipa (Powerade) 68:17; 3 Mthetho Goxo (Powerade) 68:27.

Veterans: 1 Greg Barnes (Irene) 71:45; 2 Jackson Seanego (New Balance) 74:03; 3 Moses Lethaku (Ilanga) 78:06. **Masters:** 1 Colin Fisher (CSIR) 86:59; 2 Charlie Tholo (PMMC) 91:50; 3 Rufan Palm (AS Eagles) 92:07. **G'masters:** 1 Mike du Bruto (Ndaba) 2:04:10. **G/g'masters:** 1 Dion Heigers (ACR) 2:09:10. **Juniors:** 1 Jonathan Chinyoka (ZIM/Mr Price) 71:45.

WOMEN

1 Sharon Chinyoka (ZIM/New Balance) 87:31; 2 Bronwyn Small (New Balance) 88:20; 3 Paula Quinsee (Randburg Harriers) 88:40.

Veterans: 1 Ansie Viljoen (Irene) 92:53; 2 Gill Sieling (Fourways) 95:07; 3 Hannelie le Roux (Wingate) 96:37. **Masters:** 1 Natalie Sanders (Fourways) 1:44:07; 2 Blanche Moila (Savages) 1:44:59; 3 Pam Hampton (Sunninghill) 1:50:41. **G'masters:** 1 Ina Wheatley (PMMC) 1:42:24. **Juniors:** 1 Marli Kortenhoven (Exarro) 2:03:24.

10 km**MEN**

1 Luwis Masunda (ZIM/New Balance) 29:44; 2 Johannes Kekana (Mr Price) 29:53; 3 Lucky Mohale (Powerade) 30:43.

Veterans: 1 Elias Mabane (Temp) 33:31; 2 Lawrence Chipangaan (Powerade) 34:00; 3 Dirk Cloete (Irene) 36:12. **Masters:** 1 Johannes Sethsedi (New Balance) 39:53.

G'masters: 1 Pieter Rossouw (Enduro) 45:35. **G/g'masters:** 1 Danie Roux (Kempton) 62:49. **Juniors:** 1 Charlie Reynolds (Nedbank) 37:57.

WOMEN

1 Kim Laxton (White River) 37:00; 2 Helen Chiundo (ZIM/Nedbank) 39:25; 3 Jaqui v.d. Waals (Tuks) 40:44.

Veterans: 1 Lettie Saaiman (Irene) 42:50; 2 Irma Schoeman (Fourways) 43:49. **Masters:** 1 Sonja Laxton (RAC) 42:45. **G'masters:** 1 Gina Hughes (Agape) 61:34. **G/g'masters:** 1 Marina Odendaal (Solidarity) 55:51. **Juniors:** Angelique Faasen (Akasia) 42:10.

Clearwater Mall "Flat One" Half Marathon & 10 km

Roodepoort, 24 September

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

Half marathon

MEN

1 Maru Ondo Olimu (ETH/ADT) 70:00; 2 Simon Peu (Bon) 72:41; 3 Patrick Kenyane (Nedbank) 72:53; 4 Simon Segau (Discovery) 74:52; 5 Sello Monama (Nedbank) 75:16.

Veterans: 1 Elias Mabane (Temp) 77:17. **Masters:** 1 Sefora Levy (SAP) 92:00.

G'masters: 1 Pele Tshinkundalema (Yebo) 96:21.

WOMEN

1 Irvette van Blerk (Nedbank) 83:07; 2 Marelize Retief (Nedbank) 85:32; 3 Victoria Ngobese (SAPS) 1:40:12; 4 Seanne Cawdry (Temp) 1:42:24; 5 Claire Nicholson (RH) 1:43:26.

Veterans: 1 Annetjie Strydom (Nedbank) 1:53:03. **Masters:** 1 Joan Lombard (RH)

2:05:22. **G'masters:** 1 Marilyn Moore (Breakthru) 2:08:30.

10 km

MEN

1 Degene Asafa (ETH/ADT) 31:34; 2 Eugene Tau (Vaal Tech) 31:42; 3 Gethun Wordofa (ETH) 33:13 (1st vet); 4 Peter Mogorosi (Krugersdorp) 33:18; 5 Malusi Dalindyebo (Eskom) 35:00.

Veterans: 1 Gethun Wordofa (ETH/ADT) 33:13; 2 Willy Bernhardt (MP) 40:15. **Masters:** 1

Andre Jansen (GS) 38:14. **G'masters:** 1 Don Charles (Brotherhood) 39:46; 2 Wilson Netshisaulu (RAC) 46:26.

WOMEN

1 René Kalmer (MP) 38:02; 2 Sarah Mahlangu (MP) 43:27 (1st vet); 3 Lesley Train (Nedbank) 44:16; 4 Sandra du Plessis (RH) 45:45; 5 Janine Cloete (Xhosa) 46:39.

Veterans: 1 Sarah Mahlangu (MP) 43:27; 2 Linda van der Gryp (Krugersdorp) 48:07.

Masters: 1 Linda Potgieter (Phobians) 47:29. **G'masters:** 1 Pam Immelman (Nedbank) 62:38.

VAC Durban Marathon, Half Marathon & 10 km

Verulam, 24 September

(Distances: 42.195 km, 21.0975 km & 10 km)

Marathon

MEN

1.	Maxwell Ngwazi	Nedbank AC	2:39:15
2.	Luzuko Mdeliswa	Escom Gijimas	2:44:50

3.	Muzi Madikwa	Coll Harr	2:44:53
40-49:			
1.	Patrick Mkhize	Verulam AC	2:57:51
2.	Bongani Ndwayisa	Kwa Mashu	3:02:15
3.	Petros Ndlovu	Ubunye AC	3:15:33
50-59:			
1.	Gopal Chetty	St James	3:21:50
2.	Simon Chiliza	Sydenham AC	3:22:04
3.	Phineas Ntombela	KZN Strid	3:25:13
60+:			
1.	Michael Langa	Athletic North	3:24:13
2.	Petros Shumi	Zabalaza	3:30:41
3.	Mbekhiseni Mchunu	Savages AC	4:05:57
WOMEN			
1.	Rentia Denissen	Westville AC	3:31:38
2.	Julie Shadwell	Hillcrest Vill	3:32:36
3.	Marie Mthembu	Boxer AC	3:35:51
40-49:			
1.	Rentia Denissen	Westville AC	3:31:38
2.	Julie Shadwell	Hillcrest Vill	3:32:36
3.	Michelle Coskey	Virginia AC	3:53:54
50-59:			
1.	Lindsay Watkeys	Westville AC	3:54:27
2.	Jane Baker	DAC	4:07:02
3.	Pat Fischer	Stella AC	4:32:18
60+:			
1.	Maureen Parry	Chiltern AC	4:58:56
Half marathon			
MEN			
1.	Garikah Madawa	Boxer AC	74:08
2.	Mzwamandla Zondi	Mr Price AC	78:42
3.	Calvin Shabala	Nedbank AC	78:48
40-49:			
1.	Bheki Bhengu	Boxer AC	83:53
50-59:			
1.	Mike Skerington	Savages AC	87:28
60+:			
1.	Fred Medlock	Hillcrest Vill	116:30
WOMEN			
1.	Cary Ann Smith	Boxer AC	90:52
2.	Kylie Griffin	West AC	98:51
3.	Chantelle Clayton	Twini AC	100:16
40-49:			
1.	Kylie Griffin	West AC	98:51
50-59:			
1.	Sheree Kirsten	PDAC	119:12
60+:			
1.	Gill Tregenna	West AC	119:11

10 km**MEN**

1.	Njabulo Phemvu	Nedbank AC	32:33
2.	Bernard Phalatsane	Nedbank AC	32:41
3.	Nkosinathi Ngcongco	Stella AC	33:58

WOMEN

1.	Jenna Challenor	Boxer AC	36:41
2.	Janene Carey	Boxer AC	38:48
3.	Lise Muchna	PDAC	39:38

Mtubatuba 10 km Challenge

Mtubatuba, 20 September

MEN

1.	Thubaletu Phuku	DUT	30:41
2.	Samuel Pazanga	ZIM/Form One AC	31:30
3.	Ezingai Dandara	ZIM/Form One AC	31:37

40-49:

1.	Amos Nkosi	R/Bay AC	36:39
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50-59:

1.	Nhlanhla Zungu	Umhlathuze AC	42:12
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60+:

1.	Petrus Shumi	Zabalaza	45:01
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WOMEN

1.	Winile Mnisi	Mr Price AC	39:57
2.	Zinhle Mtshali	Nongoma AC	40:22
3.	Iris Ndlovu	Boxer AC	43:39

40-49:

1.	Phisca Ntuli	R/Bay AC	54:25
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50-59:

1.	Ntombethu Masangane	Imamba AC	60:05
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60+:

1.	Lorna Rautenbach	Umtinzini	65:05
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Beds for Africa 16 km

Durban, 20 September

(Loop course)

MEN

1 Ticharev Matende ZIM/F1 51:29, 2 Joseph Mandizha ZIM/F1 52:48, 3 Mncedisi Mkhize Mr P 53:42.

40-49: 1 Peter Sehloho Boxer 57:47, 2 Bheki Sibisi Forest 1:00:08, 3 Stefan Wilmans West 1:03:41. **50-59:** 1 Jeremiah Ngwenya Boxer 1:02:51. **60+:** 1 Jan Landman PDAC 1:24:17. **Juniors:** 1 Zamani Mathenjwa Ned 1:08:58.

WOMEN

1 Janene Carey Boxer 1:03:55, 2 Julie Shadwell HV 1:11:16, 3 Sandie de Beer SANDF 1:13:23.

40-49: 1 Julie Shadwell HV 1:11:16, 2 Sandie de Beer SANDF 1:13:23, 3 Janine Engels PDAC 1:15:42. **50-59:** Jane Baker DAC 1:22:20. **60+:** 1 Gill Tregenna West 1:30:35

Porters Auto Germiston Fred Morrison 15 km

Germiston, 20 September
(Loop course)

MEN

1 Tsidisio Bosiu (GS) 48:14; 2 Maru Ondo Olimu (ETH/ADT) 50:01; 3 Mandla Mtambo (Fit 200) 51:13; 4 Elias Mabane (Temp) 51:56 (1st vet); 5 Jacob Mazibuko (MP) 52:05.

Veterans: 1 Elias Mabane (Temp) 51:56; 2 Jacob Mazibuko (MP) 52:05; 3 Gethun Wordofa (ETH/ADT) 53:25. **Masters:** 1 Andre Jansen (GS) 60:48; 2 Livingston Jabanga (GS) 62:17. **G'masters:** 1 Pele Tshinkundalema (Yebo) 70:23. **Juniors:** 1 Lindokuhle Ngema (Eagles) 56:17.

WOMEN

1 Mpho Mabuza (Powerade) 59:31; 2 Yolande Maclean (Jeppe) 60:15; 3 Connie van der Westhuizen (FH) 66:54 (1st vet); 4 Chante Venter (Nedbank) 67:37; 5 Sonja Laxton (RAC) 68:05 (1st g'mast).

Veterans: 1 Connie van der Westhuisen (FH) 66:54; 2 Shelly van der Spuy (Boksburg) 69:17; 3 Cynthia Mokovane (Powerade) 70:02. **Masters:** 1 Cindy Beeming (Alberton) 79:14. **G'masters:** 1 Sonja Laxton (RAC) 68:05. **Juniors:** 1 Chante Venter (Nedbank) 67:37.

Alan Alchin Memorial 100 km (22nd), 50 km & Algoa 10 km

Jeffreys Bay to Port Elizabeth (100 km), Port Elizabeth (50 km & 10 km), 19 September
(100 km point to point with no elevation loss, but very hilly; 50 km a loop; 10 km a loop)

100 km

MEN

1	Welcome	Loliwe	Nedbank	44	8:30:01
2	Danny	Hartzenberg	Nedbank	33	8:45:55
3	Sidwel	Roboshi	Nedbank	49	9:40:08
4	Steven	Fanella	Raleigh	46	10:16:33
5	Simon	Matebese	Nedbank	46	10:35:36
6	Mkhululi	Kala	Nedbank	50	10:58:14
7	Wimpie	Herbst	Bluebay	47	11:35:37
8	Mxolisi	Siziba	Charlo	38	12:06:35
9	Clive	Van Rayner	Muirite	42	12:12:47
10	Charles	Goldswain	PEAAC	25	12:16:42

40-44:

1	Welcome	Loliwe	Nedbank	44	8:30:01
2	Clive	Van Rayner	Muirite	42	12:12:47

45-49:

1	Sidwel	Roboshi	Nedbank	49	9:40:08
2	Steven	Fanella	Raleigh	46	10:16:33
3	Simon	Matebese	Nedbank	46	10:35:36

50-54:

1	Mkhululi	Kala	Nedbank	50	10:58:14
2	Robert	Button	Oldselb	50	12:39:08

55-59:

1	Piet	Meyer	CSEP	59	14:18:41
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60-64:

1	Herman	Dekker	SAPPE	64	13:17:53
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WOMEN

1	Buyelwa	Kobokana	Bluebay	44	11:07:22
2	Michelle	Fookwe	Pickpay	41	13:38:17
3	Antoinette	Coertze	Despatch	45	14:18:41

40-44:

1	Buyelwa	Kobokana	Bluebay	44	11:07:22
2	Michelle	Fookwe	Pickpay	41	13:38:17

45-49:

1	Antoinette	Coertze	Despatch	45	14:18:41
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50 km**MEN**

1	Thembisile	Bashe	MPEP	31	3:21:49
2	Mpumelelo	Ndlumbini	MPEP	34	3:27:30
3	Zingisile	Mkosana	Nedbank	32	3:43:33
4	Thembanani	Boardman	Nedbank	28	4:15:05
5	Ferdinand	Grobler	Despatch	51	4:15:52
6	Gregory	Ross	Charlo	36	4:28:06
7	Robert	Rietmuller	PEAAC	53	4:32:52
8	Thembinkosi	Singqoto	Nedbank	33	4:48:28
9	Daniel	Pieterse	Despatch	47	4:54:46
10	Daniel	Ferreira	Elite AC	51	5:32:42
11	Tony	Lee	PEAAC	47	5:33:25
12	Henry	Maschaka	Cadbury	43	5:39:37
13	Paul	Steffens	Despatch	58	5:43:48
14	Koos	Olivier	Nedbank	51	5:44:46
15	Danie	Roux	QH	49	5:50:51
16	Frikkie	Eloff	Temp	20	5:59:06
17	Hennie	Oosthuizen	PEAAC	52	6:11:47
18	Pieter	Steyn	NMMU	50	6:13:35
19	Helmut	Terblans	WAC	44	6:13:36
20	Dylan	Van Riet	Charlo	22	6:14:23

40-44:

1	Henry	Maschaka	Cadbury	43	5:39:37
2	Helmut	Terblans	WAC	44	6:13:36
3	Trevor	Smith	Charlo	44	6:37:08

45-49:

1	Daniel	Pieterse	Despatch	47	4:54:46
2	Tony	Lee	PEAAC	47	5:33:25
3	Danie	Roux	QH	49	5:50:51

50-54:

1	Ferdinand	Grobler	Despatch	51	4:15:52
2	Robert	Rietmuller	PEAAC	53	4:32:52
3	Daniel	Ferreira	Elite AC	51	5:32:42

55-59:

1	Paul	Steffens	Despatch	58	5:43:48
2	Chris	Bekker	Despatch	56	6:30:31

60-64:

1	Jean	Nepgen	Kowie	64	8:50:10
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WOMEN

1	Whitity	Kubashe	Nedbank	48	5:27:41
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2	Sharon	Smuts	CSEP	43	5:35:50
3	Cathy	Allers	Despatch	47	5:36:33
4	Marlene	Wiese	Kowie	63	5:47:07
5	Doris	Liberty	Elite AC	49	5:48:44
6	Christine	Cordier	Oxford	41	5:50:42
7	Gesina	Oosthuizen	PEAAC	50	6:11:44
8	Christine	Snyman	VWAC	53	6:14:56
9	Sanet	Van Niekerk	Muirite	40	6:15:00
10	Veronica	Boshoff	PEAAC	48	6:43:54
11	Maryka	Els	VWAC	49	6:49:40
12	Bev	Carrington-Hall	Charlo	51	7:45:08
13	Annette	Lackey	Raleigh	64	8:02:28
14	Carol	Nepgen	Kowie	58	8:50:10
15	Debbie	Visser	Temp	40	8:54:10

40-44:

1	Sharon	Smuts	CSEP	43	5:35:50
2	Christine	Cordier	Oxford	41	5:50:42
3	Sanet	Van Niekerk	Muirite	40	6:15:00

45-49:

1	Whitty	Kubashe	Nedbank	48	5:27:41
2	Cathy	Allers	Despatch	47	5:36:33
3	Doris	Liberty	Elite AC	49	5:48:44

50-54:

1	Gesina	Oosthuizen	PEAAC	50	6:11:44
2	Christine	Snyman	VWAC	53	6:14:56
3	Bev	Carrington-Hall	Charlo	51	7:45:08

55-59:

1	Carol	Nepgen	Kowie	58	8:50:10
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60-64:

1	Marlene	Wiese	Kowie	63	5:47:07
2	Annette	Lackey	Raleigh	64	8:02:28

10 km**MEN**

1	Rodney	Prins	MPEP	21	31:03
2	Khayaletu	Makalima	MPEP	26	31:43
3	George	Ntshiliza	MPEP	30	32:57
4	Xola	Bongoza	MPEP	16	33:25
5	Phumzile	Sikawuti	Nedbank	30	34:44
6	Terrance	Mjekula	Raleigh	36	35:10
7	Antonio	Seconds	Nedbank	30	37:46
8	Aaron	Nxumalo	PEAAC	25	38:51
9	Mkhululi	Rhoboshe	Nedbank	17	39:01
10	Tamsanqa	Jusayi	MPEP	67	41:29
11	Phumlile	Mpendulo	Temp	19	42:11
12	William	Wilson	NMMU	32	42:17
13	John	Stevens	Bluebay	45	42:24
14	Wellington	Tshingane	SANDEF	39	43:05
15	Bafumane	Nyanga	MPEP	49	44:07
16	Vukile	Matwa	PEAAC	46	44:46
17	Brendon	Persens	Nedbank	34	45:17
18	Jono	Hall	Temp	23	45:42
19	Jan	Van Eeden	Nedbank	51	46:15
20	Julie	Taunton	Crusade	49	46:55

40-44:

1	Rashied	Wynford	Temp	42	47:33
2	Riaan	Barnard	Elite AC	40	54:46
3	Mark	Agar	Temp	43	56:18

45-49:

1	John	Stevens	Bluebay	45	42:24
2	Bafumane	Nyanga	MPEP	49	44:07
3	Vukile	Matwa	PEAAC	46	44:46

50-54:

1	Jan	Van Eeden	Nedbank	51	46:15
2	Mof	Botha	Ach	53	48:17
3	Sam	Erasmus	Nedbank	51	48:24

55-59:

1	Derek	Davidson	Crusade	58	52:23
2	Des	Jeacocks	Temp	55	58:06
3	Marius	Croucamp	WAC	55	59:11

60-64:

1	Andre	Fourie	Elite AC	62	57:29
2	Peter	Eck	Muirite	62	58:50
3	Carl	Burger	Raleigh	61	1:15:07

65-69:

1	Tamsanqa	Jusayi	MPEP	67	41:29
2	Loynes	Jenkerson	WAC	67	55:01

70+:

1	Petrus	De Jager	PEAAC	70	1:23:12
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Juniors:

1	Xola	Bongoza	MPEP	16	33:25
2	Mkhululi	Rhoboshe	Nedbank	17	39:01
3	Phumlile	Mpendulo	Temp	19	42:11

WOMEN

1	Treloar	Childs	WAC	46	45:14
2	Julie	Taunton	Crusade	49	46:55
3	Amanda	Prideaux	Bluebay	34	50:37
4	Liz	Grundlingh	Muirite	62	51:58
5	Anja	Bodisch	NMMU	41	52:55
6	Lesley	Maggott	Ach	42	53:09
7	Christa	Meuwesen	Bluebay	43	53:41
8	Rosemary	Joubert	Crusade	48	54:17
9	Jacqui	Van Der Vyver	Elite AC	40	54:47
10	Suzanne	Van Der Westhuizen	Elite AC	37	55:05
11	Petra	Pienaar	WAC	45	55:35
12	Aurette	Francis	Temp	36	55:37
13	Aletta	Joubert	Crusade	47	58:31
14	Colleen	Muller	WAC	52	58:33
15	Leta	Dos Santos	WAC	45	58:38
16	Helen	Short	Charlo	33	58:40
17	Charmell	Jansen	Nedbank	29	58:54
18	Tammy	Southby	Charlo	35	59:57
19	Charlene	De Coning	WAC	45	1:00:11
20	Bronwen	Perry	Crusade	27	1:00:14

40-44:

1	Anja	Bodisch	NMMU	41	52:55
2	Lesley	Maggott	Ach	42	53:09
3	Christa	Meuwesen	Bluebay	43	53:41

45-49:

1	Treloar	Childs	WAC	46	45:14
2	Julie	Taunton	Crusade	49	46:55
3	Rosemary	Joubert	Crusade	48	54:17

50-54:

1	Colleen	Muller	WAC	52	58:33
2	Estelle	Burger	Raleigh	52	1:05:13
3	Amanda	Blignault	Temp	50	1:10:03

55-59:

1	Rita	Boucher	WAC	59	1:04:50
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60-64:

1	Liz	Grundlingh	Muirite	62	51:58
2	Denise	Terblanche	WAC	62	1:09:51
3	Debbie	Oelofse	Legacy	62	1:18:53

70+:

1	Dorothy	Hart	PEAAC	71	1:05:57
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CSIR Half Marathon & 10 km

Pretoria, 19 September

(Distances: 21.0975 km & 10 km)

Half marathon**MEN**

1 Esau Radebe (Transnet) 70:45; 2 Peter Muso (Dainfern) 71:41; 3 Kenneth Baloyi (ADT) 73:25; 4 Elias Mabane (Temp) 76:39 (1st vet); 5 Sello Ramaloka (Toy) 76:42.

Veterans: 1 Elias Mabane (Temp) 76:39; 2 Louis Liebenberg (NB) 85:05. **Masters:** 1 Max Zeelie (Fourways) 1:40:26; 2 Rodney Scott (Enduro) 1:41:06. **G'masters:** 1 Neels Venter (Warmbaths) 1:46:00. **Juniors:** 1 Kyle Pearce (Tuks) 1:41:25.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 83:15; 2 Cornelia Joubert (ADT) 85:45; 3 Sharon Chinokuya (ZIM/F1) 87:20; 4 Charné Bosman (MP) 87:38; 5 Renata Dreyer (Sunninghill) 89:57.

Veterans: 1 Lynette Uren (Sunninghill) 1:46:41; 2 Annetjie Strydom (Nedbank) 1:52:41. **Masters:** 1 Alta van der Berg (VS) 2:00:34; 2 Christa Mouton (Agape) 2:11:05. **G'masters:** 1 Marilyn Moore (Breakthru) 2:12:22. **Juniors:** 1 Juliet Nyamande (Nedbank) 2:00:20.

10 km

1 Wesley Ruto (KEN/Nedbank) 30:16; 2 Shadrack Hoff (GS) 30:30; 3 Lucky Miya (Powerade) 30:54; 4 Benedict Moeng (Transnet) 32:01; 5 Lympson Maifo (Powerade) 32:58.

Veterans: 1 Daniel Mothibe (NB) 36:14; 2 Paul Mabena (NB) 36:48. **Masters:** 1 Johannes Setshedi (NB) 39:25; 2 Moeketsi Letseka (Unisa) 43:18. **G'masters:** 1 Paulus Masilela (Bashewa) 40:32. **G/g'masters:** 1 Ken Nurden (Agape) 48:00. **Juniors:** 1 Michael Sheahan (Mag) 39:03.

WOMEN

1 Gloria Baeba (Transnet) 36:34; 2 Myrette Filmater (Tuks) 36:46; 3 Nodifhiwa Mandiwana (Nedbank) 38:02; 4 Helen Chuendu (ZIM/Nedbank) 42:02; 5 Hannelie le Roux (Wingate) 44:36 (1st vet).

Veterans: 1 Hannelie le Roux (Wingate) 44:36; 2 Debbie Bredenkamp (HQB) 46:33.

Masters: 1 Francis van Blerk (Nedbank) 45:20; 2 Linda Potgieter (Phobians) 46:13.

G'masters: 1 Marina Odendaal (Sol) 57:12.

Charlo 10 km

Port Elizabeth, 19 September

(Loop course)

MEN

1	Rodney	Prins	MPEP	21	31:03
2	Khayaletu	Makalima	MPEP	26	31:43
3	George	Ntshiliza	MPEP	30	32:57
4	Xola	Bongoza	MPEP	16	33:25
5	Phumzile	Sikawuti	Nedbank	30	34:44
6	Terrance	Mjekula	Raleigh	36	35:10
7	Antonio	Seconds	Nedbank	30	37:46
8	Aaron	Nxumalo	PEAAC	25	38:51
9	Mkhululi	Rhoboshe	Nedbank	17	39:01
10	Tamsanqa	Jusayi	MPEP	67	41:29
11	Phumlile	Mpendulo	Temp	19	42:11
12	William	Wilson	NMMU	32	42:17
13	John	Stevens	Bluebay	45	42:24
14	Wellington	Tshingane	SANDFEP	39	43:05
15	Bafumane	Nyanga	MPEP	49	44:07
16	Vukile	Matwa	PEAAC	46	44:46
17	Brendon	Persens	Nedbank	34	45:17
18	Jono	Hall	Temp	23	45:42
19	Jan	Van Eeden	Nedbank	51	46:15
20	Thembinkosi	Singqoto	Nedbank	33	46:39

WOMEN

1	Treloar	Childs	WAC	46	45:14
2	Julie	Taunton	Crusade	49	46:55
3	Amanda	Prideaux	Bluebay	34	50:37
4	Liz	Grundlingh	Muirite	62	51:58
5	Anja	Bodisch	NMMU	41	52:55
6	Lesley	Maggott	Ach	42	53:09
7	Christa	Meuwesen	Bluebay	43	53:41
8	Rosemary	Joubert	Crusade	48	54:17
9	Jacqui	Van Der Vyver	Elite AC	40	54:47
10	Suzanne	Van Der Westhuizen	Elite AC	37	55:05
11	Petra	Pienaar	WAC	45	55:35
12	Aurette	Francis	Temp	36	55:37
13	Aletta	Joubert	Crusade	47	58:31
14	Colleen	Muller	WAC	52	58:33
15	Leta	Dos Santos	WAC	45	58:38
16	Helen	Short	Charlo	33	58:40
17	Charmell	Jansen	Nedbank	29	58:54
18	Tammy	Southby	Charlo	35	59:57
19	Charlene	De Coning	WAC	45	1:00:11
20	Bronwen	Perry	Crusade	27	1:00:14

Stragglers Beachcomber 15 km

Strandfontein, 19 September

(Certified loop course)

MEN

1	Peter	Tsawayo	ZIM/RCS Gugs	27	46:21
2	Tsungai	Mwanengeni	ZIM/Mr Price WP	35	46:22
3	Patrick	Magadla	Acis VOB	23	47:27
4	Graham	Katzen	Celtic	39	48:40
5	Luxolo	Mdzanga	RCS Gugs	17	49:07
6	Nicholas	Rupanga	Celtic	34	49:18
7	Morne	Kammies	Metropolitan	22	49:26
8	Gcobani	Mndi	Acis VOB	15	49:27
9	Samson	Gulubela	AAC	23	50:09
10	Akhona	Makila	Acis VOB	18	50:25
11	A.N. Other		RCS Gugs		50:26
12	Mandla	Pangalele	RCS Gugs	31	50:33
13	Ernest	Ngakumbi	Celtic	24	51:13
14	Vuyani	Sixaso	Acis VOB	36	51:15
15	Manfred	Samuels	Helderberg	18	51:39
16	Eric	Mdoda	Easterns	19	51:49
17	Flip	Jorapetse	SANDF WP	36	52:00
18	Fabian	Faro	MP Titans	24	52:33
19	Sibisiso	Nontanda	Metropolitan	20	52:59
20	Chris	Mitchell	Celtic	47	53:03

Veterans:

1	Chris	Mitchell	Celtic	53:03
2	Kevin	Isaacs	Celtic	57:14
3	Mike	O'Donovan	VOB	57:49

Masters:

1	Gregory	Jacobs	Edgemead	55:53
2	Julian	Paul	Defence	57:05
3	Goodman	Mpukane	Gugs	59:33

G'masters:

1	Ian	Bocock	Foresters	71:19
2	Bernard	Klein	Gugs	76:59
3	Mike	Taylor	Tygerberg	80:34

Juniors:

1	Luxolo	Mdzanga	RCS Gugs	49:07
2	Gcobani	Mndi	Acis VOB	49:27
3	Akhona	Makila	Acis VOB	50:25

WOMEN

1	Bulelwa	Mtshagi	Celtic	30	57:57
2	Helene	Perold	Durbac	25	1:00:15
3	Elmarie	Coetzee	Adidas	45	1:00:25
4	Mariette	Esterhuyse	Tygerberg	47	1:02:29
5	Patricia	Adams	Metropolitan	39	1:04:21
6	Colleen	De Oliveira	New Balance	23	1:05:36
7	Andrea	Pretorius	New Balance	19	1:06:53
8	Bev	Charters	Acis VOB	51	1:07:18
9	Grace	Bokaba	SANDF WP	24	1:07:41
10	Sue	Dickson	Acis VOB	41	1:07:51
11	Lorna	Loubser	Sanlam	35	1:09:14
12	Evelina	Tshabalala	AAC	43	1:09:30
13	Lizette	Bannister	Edgemead	36	1:09:30

14	Nancy	Will	Pinelands	56	1:09:37
15	Nathalie	Cloete	Durbac	40	1:10:03
16	Priscilla	Knowles	Metropolitan	34	1:10:51
17	Lindie	Bouwer	Sanlam	24	1:11:30
18	Protasia	Dlamini	RCS Gugs	32	1:12:15
19	Riana	Wernich	Durbac	43	1:12:57
20	Martha	Pretorius	Top Form	39	1:13:16

Veterans:

1	Elmarie	Coetzee	Adidas	1:00:25
2	Mariette	Esterhuyse	Tygerberg	1:02:29
3	Sue	Dickson	Acsis VOB	1:07:51

Masters:

1	Bev	Charters	Acsis VOB	1:07:18
2	Nancy	Will	Pinelands	1:09:37
3	Sonia	Smith	Top Form	1:14:11

G'masters:

1	Pixie	Sparg	Celtic	1:18:38
2	Zonia	Barnard	Celtic	1:29:44
3	Fiona	Chisholm	RWFL	1:33:34

Juniors:

1	Amy	Gilmour	VOB	1:17:41
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Brackenfell Half Marathon

Brackenfell, 13 September

(Distance: 21.0975 km; certified loop course)

MEN

1	Tom	Lusaseni	Mr Price WP	21	1:07:19
2	Peter	Tsawayo	ZIM/Gugs	28	1:07:33
3	Zolani	Bhitane	Nedbank		1:11:26
4	Riaan	Wildskit	Easterns	22	1:11:37
5	Siyabonga	Habe	Mr Price WP	33	1:12:05
6	Gcobani	Mdi	VOB	16	1:12:37
7	Veveyethu	Njokwane	Nedbank	17	1:14:12
8	Eric	Mdoda	Easterns	19	1:14:44
9	Bongile	Tshewula	Easterns	23	1:14:46
10	Sakhumzi	Taho	Nedbank	28	1:15:45
11	Clifford	Drury	Mr Price WP	40	1:16:33
12	Henry	Wolstenholme	Durbanville	42	1:16:40
13	Robert	Roro	Mr Price Celtics	27	1:17:00
14	Bulelani	Bhebha	VOB	18	1:17:01
15	Luthando	D'rea	Mr Price Celtics	16	1:18:05
16	Jonathan	Collins	Easterns	22	1:20:08
17	Khayaletu	Jacobs	Gugs	34	1:20:42
18	Elliot	Mangele	Gugs	35	1:20:44
19	Xolela	Sekuta	Temp	28	1:21:42
20	Johan	Van Zyl	Tygerberg	32	1:21:52

Veterans:

11	Clifford	Drury	Mr Price WP	1:16:33
12	Henry	Wolstenholme	Durbanville	1:16:40
3	Bheka	Melefe	RCS Gugs	1:22:56

Masters:

1	Raymond	Howard	Celtic	1:23:31
2	Henry	Cieverts	Top Form	1:25:50

3	Johann	Diener	Strand	1:29:31
G'masters:				
1	Ian	Bocock	Foresters	1:44:33
2	Malcolm	Rhodes	Pinelands	1:45:39
3	Carl	Hendricks	Nedbank	1:46:51

Juniors:

1	Veveyethu	Njokwane	Nedbank	1:14:12
2	Eric	Mdoda	Easterns	1:14:44
3	Bulelani	Bhebha	VOB	1:17:01

WOMEN

1	Tania	Fourie	Durbanville	35	1:29:14
2	Asiphe	Sikabalanjana	Gugs	17	1:32:48
3	Patricia	Adams	Metropolitan	39	1:34:21
4	Marie	Louw	Adidas	43	1:36:43
5	Tania	Kapp	VOB	40	1:37:11
6	Ronel	Steenkamp	Durbanville	39	1:39:21
7	Resia	Swart	Stellenbosch	36	1:39:58
8	Monice	Brand	Adidas	42	1:40:40
9	Lorna	Loubscher	Sanlam	35	1:40:46
10	Maretha	De Kock	Adidas	49	1:42:29
11	Annmarie	Steyn	Bredasdorp	30	1:42:40
12	Jo-Anne	Wynne	Durbanville	45	1:42:53
13	Nancy	Will	Pinelands	56	1:43:04
14	Priscilla	Knowles	Metropolitan	34	1:43:15
15	Riana	Abrahams	Durbanville	51	1:43:20
16	Lorraine	Rodgers	Durbanville	50	1:44:22
17	Caroline	Wessel	Durbanville	51	1:44:35
18	Natalie	Cloete	Durbanville	40	1:44:56
19	Hanja	Oosthuizen	Durbanville	28	1:45:55
20	Anita	Oppel	Durbanville	45	1:45:57

Veterans:

1	Marie	Louw	Adidas	1:36:43
2	Tania	Kapp	VOB	1:37:11
3	Monice	Brand	Adidas	1:40:40

Masters:

1	Nancy	Will	Pinelands	1:43:04
2	Riana	Abrahams	Durbanville	1:43:20
3	Lorraine	Rodgers	Durbanville	1:44:22

G'masters:

1	Marlene	James	Pinelands	2:08:53
2	Lynda	Fillmore	Edgemead	2:17:04
3	Dolla	Naurattel	Ceres	2:25:09

Juniors:

1	Asiphe	Sikabalanjana	Gugs	1:32:48
2	Amy	Gilmour	VOB	1:55:53
3	Benine	Havenga	Tygerberg	2:21:12

SAPS 15 km

Durban, 13 September

MEN

1 Samuel Pazanga ZIM/F1 (24) 47:44, 2 Joseph Mandizha ZIM/F1 (37) 47:50, 3 Dzingai Dandara ZIM/F1 (21) 49:10.

40-49: 1 Peter Sehloho Boxer 52:18, 2 Mbongeni ? Ned 53:23, 3 Bheki Sibisi Forest 54:22.
50-59: 1 Ackim Mhlanzi Sav 56:24, 2 Jeremiah Ngwenya Boxer 57:39, 3 Derek Mazibuko Westville 59:02. **60+:** Pieter Badenhorst PDAC 1:05:25, 2 Mbekiseni Mchunu Sav 1:05:31, 3 Petros Shumi Zab AC 1:11:56. **Juniors:** 1 Njabulo Phemvu Ned EC 49:38, 2 Gadisami Mzombo Stella 56:16, 3 Mthokozisi Ngcobo Toti 58:28.

WOMEN

1 Gladys Cheruiyot KEN/F1 1:05:20, 2 Julie Shadwell HV 1:06:27, 3 Chantelle Clayton Twini 1:07:15.

40-49: 1 Julie Shadwell HV 1:06:27, 2 Sandy de Beer SANDF 1:08:06, 3 Jowaine Parrott West 1:10:54. **50-59:** 1 Jane Baker DAC 1:15:10, 2 Dawn Frankish PDAC 1:18:08, 3 Tilla Dalhauzie QBH 1:24:19. **60+:** 1 Linda Bell QBH 1:24:24, 2 Ivy Lotter Wings 1:42:07, 3 Judy Conlin QBH 1:42:10.

Spar 10 km

(Women only)

Pietermaritzburg, 13 September
 (Out-and-back course)

1.	Poppy Mlambo	Nedbank AC	36:03
2.	Tanith Maxwell	Boxer AC	37:03
3.	Janene Carey	Boxer AC	38:54
4.	Suzette Botha	Coll Harr	40:41
5.	Nandi Zalounuus	Ind	41:52
6.	Kirsten Williams	Coll Harr	42:17
7.	Sarah Scott	Coll Harr	42:49
8.	Iris Ndlovu	Boxer AC	44:04
9.	Clare Kent	Coll Harr	44:33
10.	Sibongile Mpanza	Boxer AC	44:37

40-49:

1.	Joanne Piper	Ind	50:41
2.	Kathy Kruger	Escom Gijams	52:04
3.	Lizell Pienaar	Ind	56:05

50-59:

1.	Sandy Fisner	Hilton Harr	47:20
2.	Debby De Koning	Escom Gijams	49:30
3.	Judith Grove	Hilton Harr	51:01

60+:

1.	Jenny Maxwell	Ind	67:16
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Juniors:

1.	Nisipho Khuzwayo	Ind	50:25
2.	Thembeke Bhengu	Ind	50:29

Citizen Half Marathon & 10 km

Johannesburg, 13 September
 (Distances: 21.0975 km & 10 km)

Half marathon

MEN

1 Nkopane Seqhobane (LES/GS) 68:25; 2 Vusi Malobola (Powerade) 70:30; 3 Stephen Molepo (MP) 70:38.

Veterans: 1 Elias Mabane (Temp) 73:40; 2 Peter Masia (RAC) 77:12; 3 Soccer Ncube (GS) 79:48. **Masters:** 1 Moses Motshabi (RAC) 85:10; 2 Raymond Sibanyoni (Scaw) 92:02. **G'masters:** 1 Jack Sprat (Sasol) 97:50. **Juniors:** 1 Amos Ndimande (GS) 79:20; 2 Jabu Msibi (OF) 91:58.

WOMEN

1 René Kalmer (MP) 81:20; 2 Irvette van Blerk (Nedbank) 82:18; 3 Marelize Retief (Nedbank) 86:18; 4 Charné Bosman (MP) 88:46; 5 Bronwyn Small (Nedbank) 95:55.

Veterans: 1 Tracy Jarman (Fit 2000) 1:49:28; 2 Sonja Aucamp (Alberton) 1:58:54.

Masters: 1 Linda Potgieter (Phobians) 1:42:48; 2 Natalie Sanders (Fourways) 1:53:14; 3 Sarah Webb (RAC) 1:54:56. **G'masters:** 1 Sarah Hackney (Boksburg) 2:11:52. **Juniors:** 1 Maphetang Matlakeng (LES/MP) 92:48.

10 km

MEN

1 Degene Asafa (ETH/ADT) 31:23; 2 Phaswana Thuso (ADT) 31:28; 3 Odwa Tuyiswa (Temp) 31:30.

Veterans: 1 George Mooi (LnV) 34:40; 2 Belay Hagos (ADT) 36:11. **Masters:** 1 Simon Phaiphai (RAC) 39:20; 2 Arrigo Ferri (Nedbank) 40:58. **G'masters:** 1 Brian Bodys (RH) 48:09. **Juniors:** 1 Thabo Tau (Nyetli) 35:40; 2 Abel Moatshe (Nyetli) 36:59

WOMEN

1 Azwindini Gladys Lukhwareni (Nedbank) 39:57; Claire Liebmman (Florida) 44:20; 3 Sonja Laxton (RAC) 44:40 (1st g'mast); 4 Cynthia Mokovane (Powerade) 47:08.

Veterans: 1 Cynthia Mokovane (Powerade) 47:08; 2 Stella Madlala (Fourways) 57:01.

Masters: 1 Sewele Maponya (NBW) 52:09; 2 Letitia Myburgh (Standard) 57:01.

G'masters: 1 Sonja Laxton (RAC) 44:40.

MTM Mpati Mountain Race

Dundee, 12 September

(Distance: 15 km; hilly loop course. Finishers: 181.)

MEN

1.	Sazi Ndaba	Enambithi AC	56:46
2.	Richard Nene	Boxer AC	59:23
3.	Thembinkosi Maphala	Ind	59:26

40-49:

1.	Xolani Mazibuko	Bigg AC	66:05
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50-59:

1.	Magic Hlatwayo	KZN AC	79:51
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60+:

1.	Art Swanepoel	New Hatt	118:08
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WOMEN

1.	Shantal Labuschange	Bigg AC	92:46
2.	Chamone v Rensburg	Ind	96:50
3.	Laura Tschirpig	Vryheid AC	100:15

40-49:

1.	Laura Tschirpig	Vryheid AC	100:15
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50-59:

1.	Zanelle Nduli	West AC	113:29
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60+

1. Marilyn Moonh Breakthru M R 107:25

Medihelp Bike & Tekkie Challenge 10 km (2nd)

Kuils River, 12 September
(Certified loop course)

Note: The women started 5 min 28 sec before the men; the leading woman, Anneline Roffey (who won the race outright last year), was caught by the first man with about 2 km to go. – Ed.

MEN

1	Peter	Tsawayo	ZIM/RCS Gugs	25	30:58
2	Thanduluntu	Magqaza	Midas Spartans		31:18
3	Avukile	Ntongana	Mr Price WP	23	32:01
4	Vuyolwethu	Piyose	Temp		32:12
5	Sipho	Phala	Acsis VOB		32:16
6	Victor	Msopi	Acsis VOB		33:24
7	?	Tsuwgai	Mr Price WP	35	33:36
8	Mandla	Panyalele	RCS Gugs	31	33:43
9	Willy-John	Cupido	Nedbank WP	17	33:48
10	Lubabalo	Maitele	Nedbank WP	23	33:54
11	Daniel	Claassen	MSM	16	33:59
12	Stanley	Malange	RCS Gugs		34:23
13	Sipho	Dlokweni	Celtic	15	34:29
14	Xolisa	Malane	Nedbank WP	15	34:45
15	Bronwine	Snyders	Adidas	19	34:55
16	Peter	Vlok	Temp		35:26
17	Brian	Mapeyi	Acsis VOB	43	36:10
18	Luthando	Diba	Celtic	16	36:17
19	Cecil	Roffey	Adidas		36:36
20	Gregory	Jacobs	Edgemead	50	36:49

Veterans:

1	Brian	Mapeyi	Acsis VOB	36:10
2	Gerald	Sullivan	Durbac	37:34
3	Pieter	Hanekom	Nedbank	38:04

Masters:

1	Gregory	Jacobs	Edgemead	36:49
2	Gemjikile	Tom	Eskom	39:34
3	Desmond	Rondganger	Bellville	45:35

G'masters:

1	Henry	Cleophas	Nedbank	45:00
2	Carl	Hendricks	Nedbank	46:12
3	Ronnie	Le Roux	B'fell	46:34

Juniors:

1	Willy-John	Cupido	Nedbank	33:48
2	Siphe	Dlokweni	Celtic	34:29
3	Xolisa	Malane	Nedbank	34:45

WOMEN

1	Anneline	Roffey	Adidas	28	37:45
2	Ursula	Frans	Adidas	40	41:33
3	Asiphe	Sikhabalanjana	RCS Gugs	12	41:57
4	Chantel	De Lange	Adidas	29	42:03
5	Liesl	Steenkamp	Bellville	31	42:18

6	Christa	Mulder	Adidas	47	44:30
7	Nancy	Will	Pinelands	56	45:06
8	Anita	Naude	Durbac	26	45:33
9	Charmaine	Cupido	Nedbank WP	53	45:45
10	Ayanda	Mqhkayi	RCS Gugs	18	47:45
11	Courtney	Groener	Bellville	15	48:02
12	Protasia	Dlamini	RCS Gugs		48:27
13	Norma	Nonkonyana	Adidas	32	48:52
14	Lindie	Bouwer	Sanlam	24	48:56
15	Tanja	Spamer	Wellington	39	49:22
16	Rochelle	Rose	Durbac	37	50:02
17	Helen	Du Plessis	Tygerberg	57	50:13
18	Megan	Goliath	Brackenfell	33	50:35
19	Doris	Flink	Easterns	54	51:00
20	Asanda	Dayimani	AAC	17	51:01

Veterans:

1	Ursula	Frans	Adidas	41:33
2	Christa	Mulder	Adidas	44:30
3	Nicoleen	Koegelenberg	B'fell	51:11

Masters:

1	Nancy	Will	Pinelands	45:06
2	Charmaine	Cupido	Nedbank WP	45:45
3	Helen	Du Plessis	Tygerberg	50:13

G'masters:

1	Marlene	James	Pinelands	56:24
2	San	Viljoen	Paarl	65:05
3	Charlotte	Kettlewell	Acsis VOB	65:13

Juniors:

1	Asiphe	Sikhabalanjana	RCS Gugs	41:57
2	Ayanda	Mqhkayi	RCS Gugs	47:45
3	Courtney	Groener	Bellville	48:02

Karoo Ultramarathon (39th), Half Marathon & 10 km

Laingsburg, 12 September

(Distances: 80 km, 21.0975 km & 10 km; the ultra a loop course, partly on gravel; configuration of the half-marathon & 10 km courses unknown)

80 km**MEN**

1	Lucas	Nonyana	Nedbank RC AGN	30	5:07:49
2	Frans	Kutu	Nedbank RC AGN	32	5:21:27
3	Zwelithini	Vaphi	Germiston Calli	37	5:25:39
4	Lindile	Tokota	Nedbank RC SWD	41	5:38:56
5	Mxolisi	Fana	Rainb SWD	40	5:53:39
6	Quinton	Prince	Metropolitan AC	36	5:55:05
7	Hylton	Dunn	Springs Platinu	29	6:06:01
8	Afrika	Koopman	Paarl AC	43	6:44:31
9	Zibeke Eric	Memela	New Balance WPA	43	6:56:11
10	Zithulele	Zinkgwe	Rcs Gugulethu	27	6:58:46
11	Bobby	Adonis	Altech Swartlan	29	6:59:00
12	Hercu	Hofmeyr	Altech Swartlan	51	7:06:36
13	Derick	Zontman	Altech Swartlan	31	7:13:02
14	Sithile	Nohaya	Atlantic AC	36	7:15:13
15	Johannes	Spannenberg	Laingsburg AC	40	7:19:34
16	Zakhele	Mdingi	Old Selbornian	43	7:24:42

17	Clinton	Nicholl	Irene MC	41	7:27:37
18	Jimmy	Harding	Eskom Gijimas A	61	7:37:04
19	Coden	Mugati	Spoornet AC	39	7:47:22
20	Johnny	Van Der Walt	Irene MC	52	7:50:46
40-44:					
1	Lindile	Tokota	Nedbank RC SWD	41	5:38:56
2	Mxolisi	Fana	Rainb SWD	40	5:53:39
3	Afrika	Koopman	Paarl AC	43	6:44:31
45-49:					
1	Julian	Karp	Mount Edgecombe	48	8:00:40
2	Andries	Swarts	Ceres Athletic	45	8:10:12
3	Julian	Maggott	Mr Price Celtic	49	8:53:04
50-54:					
1	Hercu	Hofmeyr	Altech Swartlan	51	7:06:36
2	Johnny	Van Der Walt	Irene MC	52	7:50:46
3	Dawie	Du Toit	Benoni Harriers	50	8:17:17
55-59:					
1	Loutjie	Swartz	Altech Swartlan	58	8:40:49
2	Thomas	Du Plessis	Enduro	56	10:37:00
60-64:					
1	Jimmy	Harding	Eskom Gijimas A	61	7:37:04
2	Neels	Vermeulen	Coaldust R R	61	9:37:51
3	Richard	Butcher	Altech Swartlan	60	9:42:36
WOMEN					
1	Linah	Mhlongo	Anmar	37	6:51:51
2	Xoliswa	Bici	Mr Price Tra	29	6:58:26
3	Martha	Pretorius	Topform AC	39	7:16:22
4	Joy-Ann	Nicholl	Irene MC	34	7:25:23
5	Anne	Pool	Strand AC	48	7:53:53
6	Karen	Rautenbach	CSIR RC	43	8:26:03
7	Estelle	Earle	Ndaba AC	48	8:28:42
8	Marina	Coetzee	Pretoria MC	49	8:33:09
9	Mary	Gerneke	Eskom Gijimas A	51	8:47:56
10	Reinette	Kok	Eskom Gijimas A	48	8:47:57
11	Christa	Smit	Mossel Bay Harr	41	8:55:38
12	Jenny	Da Silva	Metropolitan AC	49	9:20:43
13	Christine	Cordier	Oxford Striders	41	9:31:32
14	Bonita	Posthumus	Roodepoort AC	41	9:41:25
15	Carien	Visser	Tukkies	41	10:00:27
16	Sanet	Du Toit	Brackenfell	40	10:12:39
17	Toni	Truter	New Balance WPA	43	10:14:18
18	Anne	Williams	Pickpay	53	10:27:09
19	Dapne	Buys	Eskom Gijimas A	44	10:28:34
20	Ingrid	Solomon	Mr Price Celtic	46	10:28:58
40-44:					
1	Karen	Rautenbach	CSIR RC	43	8:26:03
2	Christa	Smit	Mossel Bay Harr	41	8:55:38
3	Christine	Cordier	Oxford Striders	41	9:31:32
45-49:					
1	Anne	Pool	Strand AC	48	7:53:53
2	Estelle	Earle	Ndaba AC	48	8:28:42
3	Marina	Coetzee	Pretoria MC	49	8:33:09
50-54:					
1	Mary	Gerneke	Eskom Gijimas A	51	8:47:56

2 Anne Williams Pickpay 53 10:27:09

Half marathon

MEN

1	Fabian	Faro	Mplain	24	1:09:58
2	Clifford	Drury	MPWP	40	1:12:05
3	Kenneth	Vermeulen	Spoornet	23	1:16:15
4	Arnold	Ntebe	Temp	32	1:30:28
5	Pieter	Prince	Bwest	36	1:36:23
6	Danie	Thys	Laing	42	1:36:30
7	Fazli	Pietersen	Laing	17	1:36:30
8	Carlowin	Williams	Temp	20	1:36:30
9	Bruce	Fordyce	Nedcga	53	1:37:52
10	Jan	Van Eeden	Nedbank	51	1:38:12
11	Anthony	Khedama	Spoornet	33	1:39:04
12	Quintin	Van Zyl	Hartbes	23	1:42:30
13	Ricardo	Matthews	Mplain	28	1:42:40
14	Leon	Van Der Merwe	RWFL SWD	54	1:44:46
15	Charlene	Uys	Pukke	27	1:45:01
16	Fabian	Nell	Bwest	29	1:48:48
17	Jonathan	Haylock-Lyons	Nedbank	33	1:48:49
18	Karin	Fourie	Strand	47	1:53:34
19	Aubrey	Msewan	Metlife	47	1:53:36
20	Stanley	Congo	Metlife	45	1:55:04

WOMEN

1	Charlene	Uys	Pukke	27	1:45:01
2	Karin	Fourie	Strand	47	1:53:34
3	Emmarie	Theunissen	Irene	48	1:55:51
4	Elsje	Du Plessis	Worc	43	2:07:13
5	Sharon	Booyesen	Toyota	47	2:21:01
6	Elsabe	Jooste	NBMC WP	56	2:24:59
7	Geraldine	Hill	Mplain	32	2:24:59
8	Bonnee	Van Der Walt	Hartbos	52	2:34:20
9	Yolande	Nel	Worc	31	2:44:06
10	Elize	Fisher	Temp	42	2:58:12

10 km

MEN

1	Christopher	Oosthuizen	Temp	17	41:40
2	Jaendre	Alexander	Temp	15	41:40
3	Griffon	Maarman	Temp	25	42:20
4	Wolfgang	Marinus	Temp	33	44:21
5	Jerry	Smith	Temp	16	45:36
6	Jaco	Botha	Temp	31	53:15
7	Andreas	Meyer	Temp	36	53:16
8	Gideon	Marthinus	Temp	32	53:16
9	Christiaan	Van As	Temp	16	53:47
10	Rushin	Petersen	Temp	16	58:05

WOMEN

1	Tersia	Niemandt	Rpac	36	50:33
2	Sofia	Theron	Temp	21	1:03:07
3	Loulene	Janse Van Vuuren	Temp	21	1:03:40
4	Chantelle	Burger	NBMC WP	25	1:09:10
5	Petro	Pentz	Temp	55	1:15:37

Value Logistics Ou Voetpad 10-miler

Pretoria, 12 September

(Distance: 16 km; loop course, partly on gravel and sand tracks)

MEN

1 Mandla Maseko (Transnet) 56:18; 2 Esau Radebe (Transnet) 56:25; 3 Pule Hlabahlaba (Nedbank) 56:32 4 Josua Sabao (ZIM/Tuks) 59:42; 5 Herbert Chokera (ZIM/Mr Price) 59:42.

Veterans: 1 Elias Mabane (Temp) n/t. **Masters:** 1 Jan Lebesse (PPMK) 71:13. **G'masters:** 1 Paulus Masilela (Bashewa) 73:55.

WOMEN

1 Ndothiwa Mandiwana (Nedbank) 69:39; 2 Sharon Chinokuya (ZIM/Formula 1) 73:42; 3 Hellen Chiundo (ZIM/Nedbank) 76:09; 4 Renata Dreyer (Sunninghill) 76:15; 5 Anita O'Brien (ACR) 77:53.

Veterans: 1 Eugenia Iturralde (ZIM/Magnolia) 1:41:52. **Masters:** 1 Jane Nel (Amanzi) 1:40:36. **G'masters:** 1 Chanel Stegman (PMK) 2:00:09. **Juniors:** 1 Lawreen Juru (ZIM/Bashewa) 84:20.

Nedbank Matha Series Half Marathon

Bloemfontein, 5 September

(Distance: 21.0975 km; loop course. Finishers: 364.)

Note: A drugs test after this race showed the presence of the prohibited substance 4-Methyl-2-hexanamine in the sample provided by the winner, Lindikhaya Mthangayi. The runner requested that his "B" sample also be tested and has been suspended from all competition until the results of that test are available. If Mthangayi is found guilty of a doping offence, his performance here will be scrapped. – Ed.

MEN

1 Lindikhaya Mthangayi (MP) 63:06; 2 Hendrick Ramaala (Nedbank) 63:11; 3 Tshamano Setone (Nedbank) 63:19; 4 Xolisa Tyali (Nedbank) 63:51; 5 Zolani Ntongana (MP) 63:52; 6 Jeffrey Gwebu (Nedbank) 64:01; 7 Teboho Sello (LES/MP) 64:08; 8 Luwis Masunda (ZIM/Nedbank) 64:11; 9 Tsidisio Bosiu (GS) 64:29; 10 Wesley Ruto (KEN/Nedbank) 64:43.

Veterans: 1 William Malekele (Nedbank) 71:31; 2 Nkolo Makoko (HAC) 72:26; 3 Billy Majafa (Powerade) 73:24. **Masters:** 1 Antonie Nyabanyaba (SANDF) 74:50; 2 Francis Makuka (ZAM/Bashewa) 75:17; Michael Molahloe (HAC) 80:00. **G'masters:** 1 Simon Mokone (Nedbank) 91:49; 2 Pele Tshinkundalema (Yebo) 94:48; 3 Paulus Mpho (Nedbank) 94:58. **Juniors:** 1 Jonathan Chinyoka (ZIM/MP) 65:39; 2 Elisha Mabunu (ZIM/MP) 68:12; 3 Sylvester Madiba (Kagiso) 70:03.

WOMEN

1 Sharon Tavengwa (ZIM/Nedbank) 77:10; 2 Tabitha Tsatsa (ZIM/Boxer) 77:41; 3 Samukeliso Moyo (ZIM/MP) 78:03; 4 Margaret Mahohoma (ZIM/MP) 78:27; 5 Onneile Dintwe (BOT/Nedbank) 79:27; 6 Rutendo Nyahora (ZIM/Nedbank) 81:23; 7 Lineo Lebotha (Temp) 84:11; 8 Lesley Train (Nedbank) 84:21; 9 Simangele Mabuza (Nedbank) 85:02; 10 Maryna Swanepoel (Transnet) 85:10.

Veterans: 1 Sarah Mahlangu (MP) 90:18; 2 Catherine Naane (Driefontein) 93:20; 3 Lenette Fouche (Breakthru) 1:49:42. **Masters:** 1 Francis van Blerk (Nedbank) 97:53; 2 Charmaine van der Walt (Nedbank) 1:44:45; 3 Elsabe de Klerk (Bloem) 1:46:00. **G'masters:** 1 Willemina Smuts (Nedbank) 2:00:59. **Juniors:** 1 Loveness Madziva

(ZIM/Nedbank) 86:19; 2 Victoria Polydorou (Pentagon) 97:05; 3 Lawreen Juru
(ZIM/Bashewa) 98:36

Crazy Store Khayelitsha 10 km

Cape Town, 5 September

MEN

1	Sibusiso	Mbingeleli	Mr Price WP	32	29:59
2	Peter	Tsawayo	ZIM/RCS Gugs	27	30:06
3	Tom	Lusaseni	Mr Price WP	21	30:30
4	Avukile	Ntongana	Mr Price WP		30:54
5	Patrick	Magadla	Acsis VOB	22	30:55
6	Hein	Camphor	Adidas	25	30:56
7	Unitha	Phezola	AAC	16	31:07
8	Shaun	Zuzani	Nedbank WP	19	31:17
9	Luxolo	Mdzango	RCS Gugs	17	31:28
10	Tebello	Poni	Acsis VOB	24	31:29
11	Velani	Lusaseni	Adidas		31:57
12	Masixole	Peza	Adidas	25	32:08
13	Gcabani	Mndi	Acsis VOB	15	32:22
14	Akhona	Makila	Acsis VOB	18	32:30
15	Johnny	Persents	Adidas	44	32:33
16	Mandla	Pangalele	RCS Gugs	31	32:45
17	Asive	Njenxa	RCS Gugs	15	32:47
18	A.N. Other		RCS Gugs		33:20
19	Zola	Matshoba	Celtic	17	33:29
20	Patrick	Ketelo	RCS Gugs	33	33:33

Veterans:

1	Johnny	Persents	Adidas	32:33
2	Brian	Mapeyi	Acsis VOB	34:15
3	Thembinkosi	Zweni	RCS Gugs	36:00

Masters:

1	Gemjikele	Tom	Eskom	38:14
2	Paul	Cieverts	Top Form	40:27

G'masters:

1	Malcolm	Rhodes	Pinelands	51:33
2	Rob	Lanning	Fit2000	76:55

Juniors:

1	Unitha	Phezola	AAC	31:07
2	Shaun	Zuzani	Nedbank WP	31:17
3	Luxolo	Mdzango	RCS Gugs	31:28

WOMEN

1	Bulelwa	Mtshagi	Celtic	36:09
2	Thozama	April	Celtic	38:00
3	Busisiwe	Matiwane	Celtic	34 38:16
4	Asiphe	Sikabalanjana	RCS Gugs	17 40:52
5	Yonela	Hewu	RCS Gugs	18 41:39
6	Patricia	Adams	Metropolitan	39 42:51
7	Tania	Kapp	Acsis VOB	40 43:06
8	Khanya	Mateyisi	Celtic	16 45:00
9	Evelina	Tshabalala	AAC	43 45:31
10	Ayanda	Mqhakayi	RCS Gugs	19 45:33
11	Nancy	Will	Pinelands	56 45:41
12	Protasia	Dlamini	RCS Gugs	32 46:59

13	Nomawabo	Jojo	RCS Gugs	32	48:44
14	Sonia	Smith	Top Form	51	49:23
15	Elsabe	Moyo	RCS Gugs	40	50:16
16	Lee	Mcqueen	Khayelitsha	43	50:17
17	Pixie	Sparg	Celtic	64	51:33
18	?	Nocwaka	Celtic	15	51:58
19	Pearl	Rondganger	Telkom		52:16
20	Andiswa	Maqhina	New Balance	33	54:02

Veterans:

1	Tania	Kapp	Accis VOB	43:06
2	Evelina	Tshabalala	AAC	45:31
3	Elsabe	Moyo	RCS Gugs	50:16

Masters:

1	Nancy	Will	Pinelands	45:41
2	Charmaine	Cupido	Nedbank	48:16

G'masters:

1	Pixie	Sparg	Celtic	51:33
2	Christine	Williams	Spartans	61:48

Juniors:

1	Asiphe	Sikabalanjana	RCS Gugs	40:52
2	Yonela	Hewu	RCS Gugs	41:39
3	Khanya	Mateyisi	Celtic	45:00

Dolphin Coast 50 km, Half Marathon & 10 km

Ballito, 6 September

(Distances: 50 km, 21.0975 km & 10 km; loop courses)

50 km**MEN**

1.	Albert Phungula	Mr Price AC	3:04:28
2.	Figcobile Feni	Nedbank AC	3:12:09
3.	Melisizwe Nondela	Nedbank AC	3:24:01

WOMEN

1.	Fikile Mbuthuma	Nedbank AC	4:06:09
2.	Sindy Kreutzner	PDAC	5:44:04
3.	Pam Travis	Ind	5:47:06

Half marathon**MEN**

1.	Garikai Mdaya	Boxer AC	73:34
2.	Sicelo Mbuyisa	Forest Hills AC	75:07
3.	Matt Coningham	DCS	75:09

WOMEN

1.	Jeanette Davidson	DHSOB	95:50
2.	Mareie Mnthembu	Boxer AC	96:34
3.	Julie Shadwell	Hillcrest Vill	96:49

10 km**MEN**

1.	Simon Tsonya	Nedbank AC	33:06
2.	Bernard Phatsane	Nedbank AC	33:47
3.	Innocent Nyawase	QBH	34:57

WOMEN

1.	Yoih Madida	Ind	45:55
2.	Cathline Fennemore	UCT	46:39
3.	Hleziphi Ncayiyani	Nedbank AC	46:44

Duke of York Flying Scramble (78th)

Pietermaritzburg, 6 September

(Distance: 16 km; point-to-point, severely downhill course)

MEN

1.	Dombumusa Mthembu	Mr Price AC	50:29
2.	Tsheso Sihembe	Boxer AC	51:12
3.	Sandile Makhaye	Mr Price AC	51:28

40-49:

1.	Simphiwe Ntentesa	Toyota AC	56:39
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50-59:

1.	Joseph Dumakude	Verulam AC	63:12
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60+:

1.	Graham Taylor	Saints AC	73:23
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Juniors:

1.	Musi Zuma	Boxer AC	59:31
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WOMEN

1.	Kerry Koen	Collegian Harr	63:25
2.	Nonsekeleco Mbambo	RWFL	70:10
3.	Judith Geldenhuys	Estcourt AC	71:13

40-49:

1.	Mary Mvelase	Boxer AC	75:03
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50-59:

1.	Judith Geldenhuys	Estcourt AC	71:13
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60+:

1.	Daphne Edwards	Collegian Harr	105:26
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Juniors:

1.	Nosipho Khuzwayo	Collegiam Harr	81:20
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Afri-Save Cash & Carry Muirite Marathon (24th) & 10 km

Uitenhage, 5 September

(Distances: 42.195 km & 10 km; loop courses. Finishers: marathon – 243.)

Note: After scoring eight victories in a row in the marathon (and ten in total), Emerson Kayana did not take part this year. Sidwel Roboshi (35th in 3:14:38) completed his 21st Muirite Marathon. – Ed.

Marathon

MEN

1	Zolile	Mhlahlo	Raleigh	34	2:37:25
2	Kobus	Joubert	Elite AC	36	2:44:17
3	Alfred	Qogi	Nedbank	36	2:45:42
4	Dumisani	Sipamla	Hamstec	38	2:49:28
5	Elliot	Nyarashe	PEAAC	30	2:51:19
6	Thulani	Mdlalo	Nedbank	24	2:53:14
7	Colben	Ngcupe	PEAAC	46	2:53:41
8	Chris	Darke	Ach	41	2:54:06
9	Nkosinathi	Gcakasi	Bluebay	38	2:55:24

10	Mzamo	Fokwana	Charlo	31	2:57:20
11	Mongezi	Mboya	PEAAC	31	2:58:38
12	Welcome	Loliwe	Nedbank	44	2:58:44
13	Riaan	Kock	Nedbank	39	2:58:48
14	Thembinkosi	Ndyogolo	Nedbank	41	2:59:01
15	Michael	Magson	MPEP	33	2:59:14
16	Sikhumbuzo	Ncanywa	Kwano	35	2:59:21
17	Malungisa	Olayi	PEAAC	30	2:59:32
18	Vusumzi	Runeli	Nedbank	36	3:00:04
19	Rooi	Rikhotso	RFLG	26	3:01:47
20	Zandisile	Mpisane	MPEP	26	3:03:07

WOMEN

1	Lesley	Wood	Ach	52	3:35:56
2	Gwen	Mgudwa	Nedbank	31	3:41:40
3	Elmarie	Bezuidenhout	Charlo	27	3:41:47
4	Rethie	Cumming	Bokaroo	39	3:50:38
5	Claire	Nagel	Elite AC	45	3:50:54
6	Leana	Berg	Nedbank	40	3:54:00
7	Adele	Nel	CSEP	36	3:57:27
8	Annelie	Nel	Legacy	35	3:58:33
9	Petra	Pienaar	WAC	45	4:15:30
10	Hilda	Bouwer	PEAAC	41	4:16:27
11	Antoinette	Coertze	Despatch	44	4:18:37
12	Elfrieda	Pretorius	Temp	36	4:21:25
13	Christa	Slabbert	PEAAC	41	4:22:10
14	Amanda	Prideaux	Bluebay	34	4:24:33
15	Anusha	Naidu	Charlo	42	4:25:22
16	Desiree	Titus	Willard	44	4:27:19
17	Esteleen	Kramer	Cadbury	48	4:27:51
18	Christa	Meuwesen	Bluebay	43	4:27:52
19	Doris	Liberty	Elite AC	49	4:31:05
20	Rene	Hattingh	PEAAC	31	4:33:04

10 km

MEN

1	Zolani	Ngqqa	MPEP	20	31:17
2	Lawrence	Ntantiso	Nedbank	33	31:23
3	Aphlyn	Taai	Nedbank	27	32:07
4	Melikhaya	Frans	Nedbank	17	32:27
5	Bulelini	Niwa	PEAAC	23	32:37
6	Masande	Mlonyeni	Nedbank	28	32:58
7	Vuso	Nkonzo	MPEP	24	33:01
8	Mzolisi	Makhanda	Nedbank	26	33:09
9	Morne	Buis	Nedbank	16	33:13
10	Desmond	Zibi	MPEP	45	34:09
11	Lubabaloo	Mdlungwane	PEAAC	16	34:16
12	Siphuxolo	Vani	Kwano	15	34:21
13	Maboyisana	Mazwayi	Nedbank	41	35:01
14	Juwayne	Fletcher	MPEP	17	35:23
15	Melumzi	Tshotyana	Nedbank	20	35:52
16	Willem	Mare	Jeffbay	45	35:55
17	Kenneth	Menze	Nedbank	47	36:05
18	Wenzel	Kemp	Hschool	18	36:25
19	Athenkosi	Makwayi	Nedbank	17	36:30
20	Duwayne	Lucas	Nedbank	19	36:43

WOMEN

1	Priscilla	Dyantyi	MPEP	35	43:36
2	Tineke	Rademeyer	Temp	16	48:14
3	Carmen	Gerber	Hschool	16	49:40
4	Nophendule	Sineke	Nedbank	43	49:48
5	Lindie	Stander	NMMU	25	49:58
6	Max	Van Dalen	Temp	48	51:40
7	Carmen	Boshoff	PEAAC	37	52:32
8	Yolanda	Green	Elite AC	34	52:50
9	Jos	Els	Madiba	57	53:13
10	Eddelene	Smith	Nedbank	30	54:04
11	Jacqui	Van Der Vyver	Elite AC	40	54:16
12	Natasja	Fox	Hschool	16	54:38
13	Sybil	Wood	Temp	17	54:39
14	Sime	Baynes	Bodycon	25	54:57
15	Janette	Wood	Nedbank	50	56:01
16	Ronell	Claassen	Despatch	46	56:21
17	Tammy	Southby	Charlo	35	57:08
18	Vicki	Laing	Raleigh	32	58:10
19	Cheri	Rademeyer	Muirite	18	58:11
20	Zelda	Krige	WAC	49	58:21

Spirit of Flight 10 km

Pretoria, 5 September

MEN

1 Donald Mathipa (Powerade) 30:49; 2 Enoch Skosana (Nedbank) 30:56; 3 Esau Radebe (Transnet) 31:39.

Veterans: 1 Elias Mabane (CSIR) 35:56; 2 Dirk Cloete (Irene) 35:57. **Masters:** 1 Colin Fisher (CSIR) 39:07. **G'masters:** 1 P Pauls (Temp) 40:09. **G/g'masters:** 1 Ken Nurdan (Agape) 45:37. **Juniors:** 1 Altus Badenhorst (Irene) 37:41.

WOMEN

1 Ndothiwa Mandiwana (Nedbank) 37:53; 2 Hellen Chiundo (ZIM/Nedbank) 39:27; 3 Quinsee Pawla (HS) 39:30.

Veterans: 1 Ansie Viljoen (Irene) 43:58; 2 Sandra Steenkamp (Transnet) 44:30. **Masters:** 1 Linda Potgieter (Phobians) 45:41. **G'masters:** 1 Sarie du Toit (Temp) 47:40.

G/g'masters: 1 Marina Odendaal (Sol) 57:12. **Juniors:** 1 Marli Kortenhoeven (Exxarro) 55:14.

Midlands 160 km

Winterton to Pietermaritzburg, 4-5 September
(Point-to-point course downhill course)

MEN

1.	Craig Norris	Hilton Harriers	15:21:30
2.	Mandlakha Hlongwa	Nedbank AC	17:11:04
3.	Bongani Ndlovu	Umhlatuze AC	18:42:23
4.	Lukas v d Merwe	Standerton AC	19:34:07
5.	Sanath Bandara	Sri Lankan Navy	20:46:37

WOMEN

1.	Tammy Dennill	Westville AC	20:06:59
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2.	Hazel Moller	Bedford view C C	22:06:35
3.	Estelle Earle	Ndaba AC	22:29:49

Don Lock Memorial 8 km (50th)

Claremont, 30 August
(Certified loop course)

Note: Some results were included in DRR 9:35; these are deeper results. – Ed.

MEN

1	Peter	Tswayo	ZIM/RCS Gugs	27	23:55
2	Makhosonke	Fika	RCS Gugs	37	23:58
3	Graham	Katzen	Celtic	39	24:29
4	Thanduluntu	Magqaza	Midas Spartan	25	24:50
5	Virgina	Ngudulamana	Celtic		25:13
6	Anthony	Godongwana	Celtic		25:21
7	Luxolo	Mdzonga	RCS Gugs	17	25:21
8	Gcobani	Mndi	Acsis VOB	15	25:35
9	Lindile	Tokota	Nedbank WP	41	25:35
10	Nande	Qamgwana	Khayelitsha	17	25:51
11	Nkosinathi	Sotyantya	Celtic	16	26:06
12	Mandla	Pangalele	RCS Gugs	31	26:11
13	Nicholas	Rupanga	Celtic	34	26:30
14	Xolile	Macanda	Nedbank WP	37	26:37
15	Nicholas	Mdutyana	Celtic	19	26:47
16	Akhona	Makila	Acsis VOB	18	26:53
17	Akhumzi	Dyubele	AAC	39	26:54
18	Thobekile	Mbulawer	Khayelitsha	26	26:58
19	Clifford	Drury	Mr Price WP		26:58
20	Yandisa	Chasana	RCS Gugs	15	27:07

WOMEN

1	Thozama	April	Celtic		28:02
2	Rakela	Akukothela	NAM/MrP Transkei	30	29:06
3	Ottillie	Aimwata	NAM/MrP Transkei	29	29:39
4	Busisiwe	Matiwane	Celtic	34	30:21
5	Mariette	Esterhuyse	Tygerberg	47	31:41
6	Asiphe	Sikhabanjana	RCS Gugs	17	31:50
7	Olga	Howard	Celtic	51	31:51
8	Yonela	Hewu	RCS Gugs	18	32:34
9	Tanya	Scott	UCT	19	33:00
10	Kerry	Roos	Knysna	31	33:15
11	Tania	Kapp	Acsis VOB	40	33:56
12	Kirstin	O` Sullivan	Harfield	29	34:57
13	Johanna	Claassen	Nedbank SWD	41	35:31
14	Marie	Henry	Springfield	14	35:49
15	Lusanda	Mesilane	Khayelitsha	13	35:55
16	Viv	Williams	Adidas	47	36:01
17	Ineke	Nel	UCT	20	36:01
18	Renata	Schoeman	New Balance	32	36:05
19	Nathalie	Cloete	Durbac	40	36:07
20	Asanda	Dayimani	AAC	17	36:07

Paarlberg Half Marathon (75th) & 10 km

Paarl, 15 August

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

Note: Unfortunately no category results were provided. The times were given in what appeared to be hundredths of a second and were rounded up according to the rules. – Ed.

Half marathon**MEN**

1	Dicardo	Jakobs	Maties	23	1:13:05
2	Lubabalo	Mqhele	Nedbank WP	23	1:14:01
3	Isaac	Opperman	Correctional Services	42	1:15:46
4	Tsungai	Mwanengeni	ZIM/Mr Price WP	35	1:18:22
5	Owen	Smith	Wellington	39	1:18:42
6	Dawid	Gous	Swartland	26	1:20:10
7	David	Molema	Mr Price WP	28	1:20:50
8	Jan	Nehro	Maties	36	1:22:18
9	Dawid	Van Rooyen	Worcester	22	1:22:31
10	Afrika	Koopman	Paarl	43	1:23:52
11	W	Floors	Hangklip	43	1:24:25
12	Xolile	Johnson	Paarl	45	1:24:31
13	Alwyn	Maass	Namaqua	40	1:24:33
14	Mark	Dunley-Owen	Acsis VOB	35	1:24:47
15	Kleinbooi	?	Ceres	35	1:25:11
16	John	Molefe	Ceres	40	1:26:14
17	Thomas	Moses	Worcester	52	1:26:21
18	Anton	Mouton	Ceres	24	1:27:30
19	John	Smith	Wellington	47	1:28:10
20	Marius	Kruger	Nb Multisport WP	34	1:28:52

WOMEN

1	Jacoline	Haasbroek	Stellenbosch	44	1:31:36
2	Leanne	Juul	Mr Price WP	35	1:36:38
3	Evonne	Nieuwoudt	Paarl	35	1:40:14
4	Carli	Basson	Paarl	31	1:42:59
5	Joritha	Prins	Temp	28	1:43:42
6	Lorinde	Olivier	Strand	44	1:44:31
7	Anneke	Slabbert	Stellenbosch	38	1:45:05
8	Huguette	V/D Merwe	Paarl	41	1:45:07
9	Wilna	Eybers	Strand	39	1:46:33
10	Maretha	De Kock	Adidas	49	1:47:31
11	Resia	Swart	Stellenbosch	36	1:49:08
12	Karen	De Kock	Plexus Durbanville	33	1:49:16
13	Vivien	Fransman	Namaqua	50	1:49:22
14	Tania	Welgemoed	Strand	39	1:49:55
15	Yvonne	Teixeira	RAC	38	1:50:02
16	Ronel	Steenkamp	Plexus Durbanville	39	1:50:15
17	Iné	Joubert	Stellenbosch	30	1:50:21
18	S	Middlemost	RAC	54	1:50:40
19	Liza	Retief	Paarl	37	1:50:59
20	Lorraine	Rogers	Plexus Durbanville	50	1:51:08

10 km**MEN**

1	Peter	Tsawayo	ZIM/RCS Guguletu	27	30:31
2	Pieter	Koopman	Maties	34	30:31
3	Henrico	Rooi	Nedbank (Bol)	20	32:06

4	Luyando	Qolo	Hangklip	17	32:15
5	Xolile	Macanda	Nedbank	37	32:56
6	Ignatuis	Davids	Robertson	17	33:06
7	Xolisa	Melani	Nedbank	16	33:53
8	Rowan	Prins	Robertson	21	34:18
9	Randall	Jacobs	Robertson	18	35:12
10	Duma	Mdbozi	Hangklip	32	35:43

WOMEN

14	Mari	Rabie	Maties	22	38:01
16	Magrietha	Smit	Ceres	24	39:20
17	Heléne	Perold	Plexus Durbanville	25	39:41
25	Jeanne	De Waal	Temp	25	43:02
45	Hanlie	Groenewald	New Balance	38	48:27
52	Johandie	De Kock	Tygerberg	21	49:22
57	Helen	Du Plessis	Tygerberg	57	49:40
59	Carla	Bruwer	Temp	29	49:59
66	Carinie	Maree	Sanlam	50	51:08
70	Salami	Joubert	Temp	23	52:43

CROSS-COUNTRY

SA Championships (61st)

Pretoria, 12 September

Note: Results courtesy of Rowyn James and Gert le Roux. DRR was unable to obtain results from Athletics South Africa. According to reports, including from athletes who participated, the races in the men's older age categories (40-plus) were not run on the correct course(s), and these results were not available. DRR was unable to get confirmation from ASA about these races, nor whether official results were available for them. – Ed.

SENIOR MEN

12 km:

1	Sibusiso	NZIMA	CGA	36:17
2	Stephen	MOKOKA	AGN	36:18
3	Jeffrey	GWEBU	CGA	36:44
4	Tsosane	KGOSI	AFS	36:50
5	Xolisa	TYALI	CGA	36:52
6	Lungisa	MDEDELWA	ATRA	36:53
7	Samuel	SEGOABA	AFS	36:53
8	Lucky	MIYA	CGA	37:03
9	Coolboy	NGAMOLE	CGA	37:06
10	Gladwin	MZAZI	AVT	37:16
11	Nkululeko	ZAMISA	CGA	37:22
12	Joseph	MACKENZIE	CGA	37:25
13	Thubalethu	PHAKU	KZN	37:32
14	Esau	NKOSI	AVT	37:34
15	Isaac	MBUYASE	CGA	37:38
16	Olebogeng	MASIRE	CNW	37:47
17	Elroy	GALANT	CNW	37:52
18	Omphemetsi	MOTHIBI	NWN	37:54
19	Pule	HLABHLABA	AFS	37:54
20	Richard	MAVUSO	AGN	38:15
21	Vincent	KUTOANE	CGA	38:27
22	Rafaele	MAHAPA	AGN	38:31
23	Desmond	MOKGOBU	CGA	38:43

24	Sabata	MOKANYANE	AVT	38:52
25	Kgotso	SESING	AFS	38:54
26	Siyabonga	NKONDE	KZN	38:58
27	Enoch	MANYANDI	CGA	39:08
28	Kabelo	KOENA	AFS	39:09
29	Nkosivelile	NTANTISO	ATRA	39:17
30	Lucas	JANI	AMPU	39:27
31	Oscar	SIXOKA	ATRA	39:29
32	Vincent	SENG	CGA	39:29
33	MC	LEKITIMA	SANDF	39:34
34	Kagiso	MOTJALE	NWN	39:37
35	Mandla	MTAMBO	CGA	39:39
36	Ishmael	PHOKWANE	NWN	39:41
37	Tumelo	MOTLAGALE	CNW	39:44
38	Khayaalethu	MAKALIMA	EPA	39:52
39	Fussy	NKUTA	AVT	39:52
40	Piet	JACOBS	BOLA	39:57
41	Hein	CAMPHOR	WPA	40:04
42	Daniel	HLONGWANE	AVT	40:09
43	William	MANELO	AFS	40:09
44	Tebello	PONI	WPA	40:14
45	Stoffel	SEBUSASENG	CNW	40:18
46	Dumisane	NYATHI	LIMA	40:22
47	Peter	METHUBE	AGN	40:30
48	Zukile	SILAYI	ATRA	40:33
49	Friedel	MAANS	WPA	40:37
50	Jeffrey	MOABANKWE	NWN	40:38

4 km:

1	Lloyd	BOSMAN	CNW	11:57
2	Don	NDLOVU	CGA	12:12
3	Lesiba	PEU	LIMA	12:33
4	Francois	PRETORIUS	AMPU	12:33
5	Sifiyile	DLONGWANA	ATRA	12:35
6	Jacob	DANSTER	AGW	12:35
7	Potso	KHOMO	AFS	12:39
8	Action Patli	RAMABOEA	CGA	12:40
9	Duane	FORTUIN	WPA	12:40
10	Samuel	MOLENGOANE	AFS	12:40
11	Samson	NGOEPE	AMPU	12:45
12	Virginia	NGUDLUMANA	WPA	12:53
13	Johannes	MTHIMKULU	CGA	12:57
14	Orlando	MOLOTSI	AVT	12:58
15	Robbie	MATTHYS	EPA	13:03
16	Pule	BOTSANE	AFS	13:06
17	Emanuel	MBASO	AMPU	13:08
18	Masanda	MLONYENI	EPA	13:10
19	Elliot	MAKGOBA	AGN	13:12
20	Abram	MOKHOASE	CGA	13:16
21	Motloung	MALEFETSANE	AFS	13:18
22	Ncedile	BHEKAMEYA	ATRA	13:19
23	Shebbas	CHIRCHIR	AMPU	13:26
24	Thabang	MADIBA	AGN	13:33
25	Pitso	MEKO	AFS	13:34
26	Charles	MONAHENG	CNW	13:45
27	Neville	MOKERE	CGA	13:46
28	Collurs	SEABELA	CGA	13:47

29	Kenny	MAKOKA	NWN	13:54
30	Thebeitsile	MATLHAKU	NWN	14:05

MEN U.23

4 km:

1	Tshamano	SETONE	CGA	11:41
2	Jackson	CHAUKE	CGA	11:53
3	Thuso	PHASWANA	CGA	12:00
4	Siyaya	KHOZA	CGA	12:11
5	Adriaan	GELDENHUYS	BOLA	12:29
6	Jacques	PRETORIUS	BOLA	12:39
7	Dicardo	JACOBS	BOLA	12:45
8	Heinrich	BLOM	BOLA	12:47
9	Tukelo	PUTSOENYANE	AFS	12:58
10	Nathan	BEUKES	BOLA	13:08
11	Maropeng Frans	MOTJOPYE	LIMA	13:11
12	Abel	MAHLANGU	MPU	13:12
13	Nethnaiel	GOVINDER	CGA	13:26
14	Patrick	NDATA	CGA	13:27
15	Lucas	PHOFA	CGA	13:34
16	Sibongiseni	MAGWACA	ATRA	13:34
17	Muller	DU PLESSIS	AGN	13:35
18	Sylvester	LETHULATSHIPI	CGA	13:40
19	Diteboho	XABA	NWN	13:45
20	Ishmael	TSITSI	NWN	14:01

MEN U.21

4 km:

1	Witness	HLALELE	AVT	12:04
2	Sandile	ZUMA	AVT	12:04
3	Marcel	LUTHER	CGA	12:08
4	Trevor	ROBERTSON	AGW	12:20
5	Derocious	MAKHOBALO	CGA	12:20
6	Michael	VAN ASWEGEN	CGA	12:21
7	Morena	DIJANA	NWN	12:24
8	Lavios	MATOME	CNW	12:29
9	Eugene	TALI	AVT	12:33
10	Wandile	NZIMA	CGA	12:34
11	Harold	SEGOKODI	CGA	12:34
12	Hereford	MADIBA	CGA	12:34
13	Rodney	PRINS	EPA	12:35
14	Ratlane	MOKONE	AFS	12:39
15	Clinton	SWANEPOEL	CGA	12:45
16	Thapelo Brian	MPHAHLELE	CGA	12:46
17	Nkosinathi	MADYO	EPA	12:51
18	Terrence	MUKONA	CGA	12:51
19	Wilfred	MOLEFE	CGA	12:52
20	Ivan	AMBRAAL	EPA	12:52

JUNIOR MEN

8 km:

1	Folavia	SEHOHLE	CGA	25:06
2	Joel	MMONNE	CNW	25:11
3	Vuyisile	TSHOBA	CGA	25:18
4	Reuben	MAGENGENENE	CGA	25:27
5	Adoonsie	MOHLAKOANA	AVT	25:33
6	Samuel	SETLETLO	CNW	25:40

7	Windy	JONAS	AFS	25:49
8	Sitynilo	DIKO	CGA	25:54
9	Joel	MADIBA	AGN	25:57
10	Lucas	BOTHOBUTLE	CNW	26:00
11	Tshepo	BOGATSU	CNW	26:01
12	Anele	FAKU	ATRA	26:07
13	teadi	KHOZA	AFS	26:08
14	Senzo	NKOSI	KZN	26:10
15	Johannes	MOLEHE	AFS	26:11
16	Koos	MBHELE	AVT	26:30
17	Pieter	WILDERS	CGA	26:34
18	Sifiso	MNCWANGO	CGA	26:34
19	Kamahelo	MOAHLADI	AFS	26:38
20	Wilfred	MACHOLE	AFS	26:39

SENIOR WOMEN

8 km:

1	Tebogo	MASEHLA	CGA	28:32
2	Lebogang	PHALULA	CGA	28:42
3	Annerien	VAN SCHALKWYK	AGN	28:50
4	Poppy	MLAMBO	CGA	29:08
5	Marelise	RETIEF	AGN	29:12
6	Ntombisintu	NTSHILIZA	EPA	29:34
7	Jenna	CHALLENGOR	KZN	30:00
8	Thozama	APRIL	WPA	30:03
9	Lebo	PHALULA	CGA	30:15
10	Myrette	FILMALTER	AGN	30:27
11	Ronel	THOMAS	AGN	30:32
12	Makhosi	MHLONGO	KZN	30:36
13	Mpho	MABUZA	CGA	30:43
14	Cornelia	JOUBERT	CGA	30:54
15	Sbongile	SHEZI	KZN	30:54
16	Zintle	SINQE	AGN	31:14
17	Joyce	THIANE	AFS	31:27
18	Thandi	MALINDI	AFS	31:27
19	Busisiwe	MATIWANE	WPA	31:47
20	Destiny	TITUS	WPA	31:53
21	Elizabeth	MTOMBENI	CGA	32:05
22	Danielle	ADLAM	KZN	32:52
23	Liandre	PRETORIUS	EPA	32:53
24	Deliwe	NYANGA	EPA	33:03
25	Babalwa	NGCOKO	EPA	33:16
26	René	DE BRUIN	SANDEF	33:20
27	Lizizwe	MABONA	BORA	33:32
28	Natasha	OOSTHUIZEN	WPA	33:44
29	Maryna	SWANEPOEL	AFS	33:53
30	Annah	SEPOTOKELE	CGA	34:03
31	Nomsa	NTSETHE	ATRA	34:11
32	Danette	SMITH	BOLA	34:11
33	Priscilla	KUBU	CGA	34:35
34	Julia	DHLAMINI	AFS	35:36
35	Mkhwae	NTOMBIKAYISE	KZN	35:36
36	Zanele	FUZILE	ATRA	35:44
37	Priscilla	DYANTYI	EPA	36:03
38	Elizabeth	MOGOFE	LIMA	36:27
39	Judith	PEO	CGA	36:47
40	Violet	THUKANI	AFS	37:16

4 km:

1	Anna	MOEKETSI	AFS	15:28
2	Nicole	VENTER	AGN	15:32
3	Mandi	BRANDT	CGA	15:41
4	Magrieta	SMITH	BOLA	15:42
5	Palesa	LEHASA	CNW	16:26
6	Regina	THUKANE	AFS	17:01
7	Ohna	VISSER	CGA	17:08
8	Hannetjie	PRETORIUS	AMPU	17:11
9	Christelle	THERON	CGA	17:39
10	Amandie	PANSEGRAUW	NWN	17:41

WOMEN U.23

4 km:

1	Dolores	BONDIS	AFS	15:15
2	Channel	OLIVIER	CGA	16:02
3	Jaenette	MCKENZIE	CGA	16:17
4	Dosenda	OBISI	CGA	16:29
5	Carla	MARAIS	AGN	16:40
6	Magret	SEEMA	CGA	17:41
7	Anet	COETZEE	CGA	18:11
8	Zoe	BRENTANO	CGA	19:01
9	Valreinah	NEMUTUDI	AGN	19:52

WOMEN U.21

4 km:

1	Mia	PIENAAR	BOLA	14:42
2	Thembi	BALOYI	AGN	15:07
3	Anuscha	NICE	CGA	15:24
4	Vuyiseka	DLONGWANA	ATRA	15:37
5	Nerissa	VAN DER WALT	AGN	15:41
6	Megan	WILLIAMS	CGA	15:59
7	Pulane	MOSOME	CGA	15:59
8	Mishelene	LAGERWALL	AGN	16:05
9	Junaida	PETERS	EPA	16:08
10	Melissa	VERMAAK	CGA	16:22
11	Mashavha	DENGA	AVT	16:54
12	Roline	MACHABAPHALA	CGA	17:05
13	Siphokazi	MUEZA	AFS	17:29
14	Bayanda	MPAMBANI	AGN	17:33
15	Zikhona	FUZILE	ATRA	17:39
16	Bianka	PRETORIUS	AGN	17:40
17	Azelle	WESSELS	AFS	17:51
18	Thembelihle	SELELA	CGA	18:11
19	Xoliswa	MAKAULA	ATRA	18:38
20	Krezelle	BEZUIDENHOUT	AGN	18:51

JUNIOR WOMEN

6 km:

1	Sylvia	TSHETLANYANE	CGA	22:09
2	Letitia	SAAYMAN	AGN	22:17
3	Annika	CLAASENS	AMPU	22:29
4	Juan-Marie	COOPER	CGA	22:49
5	Amukelani	BALOYI	CGA	22:53
6	Ellen	MYNHARDT	AGN	23:03
7	Lusanda	BOMVANA	ATRA	23:22

8	Ashleigh	SCHNETTLER	CGA	23:26
9	Avela	NKWEBA	ATRA	23:29
10	Nandipha	DYWILI	ATRA	23:36
11	Alita	PHIRI	CNW	23:39
12	Avela	NONGCI	ATRA	23:47
13	Masabata	MATOANE	AGN	23:48
14	Nomvula	DLAMINI	KZN	23:55
15	Mamikie	MABULE	CGA	23:58
16	Matshediso	MASEDI	AFS	24:02
17	Tenjiswa	NKUKWANA	ATRA	24:16
18	Anelda	PYPERS	CGA	24:31
19	Nosiphiwo	NONKOSI	ATRA	24:34
20	Mamohlolo	DHLAMINI	AFS	24:34

Note: The following age categories all ran 4 km:

40-44:

1	Lise	MUCHNA	KZN	15:26
2	Joanna	THOMAS	WPA	15:31
3	Kylie	GRIFFIN	KZN	15:43
4	Martie	NAUDE	AMPU	15:56
5	Lettie	SAAYMAN	AGN	16:23
6	Sheryl	DE LANGE	WPA	16:35
7	Heather	KAPPMEIER	AVT	16:43
8	Rene	STRYDOM	CGA	16:51
9	Salome	VERMEULEN	AGN	16:53
10	Hannelie	LE ROUX	AGN	16:55

45-49:

1	Connie	V.D. WESTHUIZEN	CGA	16:07
2	Elmarie	COETZEE	WPA	16:19
3	Mariëtte	ESTERHUYSE	WPA	16:29
4	Ansie	VILJOEN	AGN	16:47
5	Rika	VERMAAS	AFS	16:54
6	Amanda	LE ROUX	AGN	16:55
7	Cynthia	MKOVANE	CGA	17:21
8	Liz	POPICH	AGN	17:50
9	Lydia	VAN DER GRYP	CGA	17:57
10	Ina	LAGERWALL	AGN	18:35

50-54:

1	Marietjie	CERONIO	AVT	16:42
2	Frances	VAN BLERK	AGN	17:11
3	Olga	HOWARD	WPA	17:11
4	Blanche	MOILA	KZN	18:05
5	Linda	COSTON	CGA	18:29
6	Hannelie	VAN ZYL	AMPU	19:04
7	Cindy	BEEMING	CGA	19:19
8	Sheree	KIRSTEN	KZN	19:19
9	Teresa	SCOTT	KZN	19:33
10	June	WATSON	KZN	20:02

55-59:

1	Anne	WEEDEN	KZN	17:33
2	Collette	VAN ECK	WPA	18:34
3	Lyn	DE BRUIN	AGN	19:46
4	Stephanie	CLAASSEN	AGN	21:00
5	Vere	MOORHOUSE	AGN	21:01
6	Rina	PRETORIUS	AGN	21:23
7	Margaret	BOSHOF	CGA	21:29
8	Klippiess	VAN ROOYEN	AGN	21:44

60-64:

1	Sarie	DU TOIT	AGN	18:16
2	Pixie	SPARG	WPA	20:09
3	Wendy	WILKENS	CGA	20:53
4	Priscilla	VON SCHLICHT	WPA	21:17
5	Agnes	GRIESEL	CNW	23:22
6	M	VISSER	CGA	23:42
7	Esme	KLOPPERS	AGN	24:13
8	Pam	IMMELMAN	CGA	24:42
9	Rita	LAKER	AGN	26:36
10	Josephina	STUNGOANE	CGA	29:00

65-69:

1	Gill	TREGENNA	KZN	21:37
2	Marianne	NELSON	WPA	22:35
3	Mavis	STADLER	AGN	23:49
4	Jeanette	LOOTS	AGN	30:00
5	Kytie	BURGER	NWN	31:10

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**Tufts Health Plan 10 km for Women (33rd)**

(Women only; U.S. Women's 10 km Championship)

Boston, USA, 12 October

(Distance: 10 km; certified standard course)

WOMEN (extended gun times)

1.	Molly Huddle, 25, Providence, RI	32:06.6 PB	\$3800 + 7250a
2.	Genoveva Jelagat Kigen, 28, KEN	32:12.0	2400
3.	Rebecca Donaghue, 33, State College, PA	32:28.2 PB	2000 + 4250a
4.	Sara Hall, 26, Mammoth Lakes, CA	32:43.9 PB	3250a
...	20. Magdalena Lewy Boulet, 36, Oakland, CA	34:25.2	
21.	Carrie Messner-Vickers, 32, Carbondale, CO	34:31.2	
...	42. Joan Samuelson, 52, Freeport, ME	36:30.1	725m

a) Earned USA championships prize money

m) Earned masters prize money

Bank of America Chicago Marathon (32nd)

Chicago, USA, 11 October

(Distance: 42.195 km; certified loop course, almost completely flat)

MEN (gun times)

1.	Samuel Wanjiru, 22, KEN	2:05:41 CR*	\$75,000 + 100,000*
2.	Abderrahim Goumri, 33, MAR	2:06:04	50,000 + 40,000i
3.	Vincent Kipruto, 22, KEN	2:06:08	25,000 + 40,000i
4.	Charles Munyeki, 23, KEN	2:07:06 PB	15,000 + 15,000i
5.	Richard Limo, 28, KEN	2:08:43	10,000
6.	Wesley Korir, 26, KEN	2:10:38	
7.	Isaac Macharia, 30, KEN	2:11:09	

8. Sergio Reyes, 27, USA	2:15:30 PB	10,000a + 2,500^
9. Tadese Tola, 21, ETH	2:15:48 DB	
10. Patrick Rizzo, 26, USA	2:15:48 PB	8,000a + 2,500^

*) Course and USA all-comers record/\$100,000 bonus

i) Earned open time incentive bonus

^) Earned USA time bonus for sub-2:20:00

WOMEN (gun times)

1. Liliya Shobukhova, 31, RUS	2:25:56	\$75,000
2. Irina Mikitenko, 37, GER	2:26:31	50,000
3. Lidiya Grigoryeva, 35, RUS	2:26:47	25,000
4. Teyba Erkesso, 26, ETH	2:26:56	15,000
5. Berhane Adere, 36, ETH	2:28:38	10,000
6. Deena Kastor, 36, USA	2:28:50	10,000a + 2,500^
7. Mizuho Nasukawa, 29, JPN	2:29:22	
8. Melissa White, 27, USA	2:32:55 PB	8,000a + 2,500^
9. Tera Moody, 28, USA	2:32:59 PB	6,500a + 2,500^
10. Adriana Pirtea, 29, ROU	2:34:07	

^) Earned USA time bonus for sub-2:40:00

IAAF/EDF Energy World Half Marathon Championships

Birmingham, GBR, 11 October

(Distance: 21.1 km; certified, point-to-point course)

MEN (gun times)

Teams: 1. Kenya 3:01:06 [USD 15,000]; 2. Eritrea 3:02:39 [USD 12,000]; 3. Ethiopia 3:06:42 [USD 9000]; 4. United States 3:06:50 [USD 7500]; 5. Tanzania 3:08:29 [USD 6000]; 6. South Africa 3:08:36 [USD 3000]; 7. Japan 3:08:59; 8. France 3:09:23; 9. Uganda 3:09:32; 10. Morocco 3:10:15; 11. Italy 3:11:58; 12. Rwanda 3:12:05; 13. Mexico 3:12:08; 14. Great Britain & N.I. 3:12:42; 15. Brazil 3:14:15; 16. Peru 3:16:17; 17. Botswana 3:18:14; 18. Spain 3:21:22.

1. Zersenay Tadese, ERI	59:35 CR Gold	USD 30,000
2. Bernard Kipyego, KEN	59:59 Silver	15,000
3. Dathan Ritzenhein, USA	1:00:00 PB Bronze	10,000
4. Wilson Kiprotich, KEN	1:00:08	7,000
5. Samuel Tsegay, ERI	1:00:17 PB	5,000
6. Wilson Chebet, KEN	1:00:59	3,000
7. Kiplimo Kimutai, KEN	1:01:31 SB	
8. Stephen Mokoka, RSA	1:01:36	
9. Juan Carlos Romero, MEX	1:01:48 PB	
10. Sammy Kitwara, KEN	1:01:59	
11. Tilahun Regassa, ETH	1:02:08 SB	
12. Dereje Tesfaye, ETH	1:02:09	
13. Rachid Kisri, MAR	1:02:11 PB	
14. Abebe Negewo, ETH	1:02:25 PB	
15. Fabiano Joseph, TAN	1:02:25 SB	
16. Marco Joseph, TAN	1:02:41 PB	
17. Marilson Gomes dos Santos, BRA	1:02:41 SB	
18. Daniele Meucci, ITA	1:02:43 PB	
19. Adhanom Abraha, ERI	1:02:47 PB	
20. Andrew Carlson, USA	1:02:50	
21. Yukihiro Kitaoka, JPN	1:02:50	
22. Fouad Larhiouch, FRA	1:02:55 PB	

23. James Kibocha Theuri, FRA	1:02:55
24. Martin Toroitich, UGA	1:02:55 SB
25. Ryosuke Fukuyama, JPN	1:03:00
26. Andrew Lemoncello, GBR	1:03:03
27. Moses Aliwa, UGA	1:03:06
28. Yoshinori Oda, JPN	1:03:09
29. Olebogeng Masire, RSA	1:03:13
30. Mourad Marofit, MAR	1:03:22 SB
31. Gitimi Shamba, TAN	1:03:23 SB
32. Atsushi Sato, JPN	1:03:25
33. Jackson Kiprop, UGA	1:03:31
34. Simon Munyutu, FRA	1:03:33
35. Solomon Tsige, ETH	1:03:33 SB
36. Mbongeni Ngxazozo, RSA	1:03:47
37. Sylvain Rukundo, RWA	1:03:59 SB
38. James Carney, USA	1:04:00 SB
39. Jean Baptiste Simukeka, RWA	1:04:02 PB
40. Gervais Hakizimana, RWA	1:04:04
41. Eric Sebahire, RWA	1:04:09 PB
42. Jeffrey Gwebu, RSA	1:04:11
43. Jeff Hunt, AUS	1:04:16
44. Tesfahiwet Gebretinsae, ERI	1:04:17 PB
45. Giomar da Silva, BRA	1:04:20
46. Mark Miles, GBR	1:04:21
47. Yemane Teame, ERI	1:04:23 PB
48. Giovanni Ruggiero, ITA	1:04:24
49. Ahmed Baday, MAR	1:04:42
50. Abdellah Tagharrafet, MAR	1:04:46
... 85. Xolisa Tyali, RSA	1:09:12

WOMEN

Teams: 1. Kenya 3:22:30 [USD 15,000]; 2. Ethiopia 3:26:14 [USD 12,000]; 3. Russia 3:31:23 [USD 9000]; 4. Japan 3:31:31 [USD 7500]; 5. United States 3:34:24 [USD 6000]; 6. South Africa 3:36:30 [USD 3000]; 7. Great Britain & N.I. 3:41:00; 8. Mexico 3:45:39; 9. Peru 3:46:47.

1. Mary Keitany KEN	1:06:36 CR Gold USD 30,000
2. Philes Ongori, KEN	1:07:38 PB Silver 15,000
3. Aberu Kebede, ETH	1:07:39 PB Bronze 10,000
4. Caroline Cheptanui, KEN	1:08:16 PB 7,000
5. Mestawet Tufa, ETH	1:09:11 PB 5,000
6. Tirfi Tsegaye, ETH	1:09:24 PB 3,000
7. Kim Smith, NZL	1:09:35 NR
8. Filomena Cheyech, KEN	1:09:44
9. Inga Abitova, RUS	1:09:53 PB
10. Silviia Skvortsova, RUS	1:09:56 SB
11. Amy Yoder Begley, USA	1:10:09 PB
12. Yurika Nakamura, JPN	1:10:19
13. Ryoko Kizaki, JPN	1:10:32
14. Workitu Ayanu, ETH	1:10:35 PB
15. René Kalmer, RSA	1:10:37 PB
16. Remi Nakazato, JPN	1:10:40
17. Serena Burla, USA	1:10:55 PB
18. Analia Rosa, POR	1:11:08 PB
19. Peninah Arusei, KEN	1:11:10
20. Annerien van Schalkwyk, RSA	1:11:26 PB
21. Dulce María Rodríguez, MEX	1:11:32 SB

22. Abebu Gelan, ETH	1:11:33
23. Elza Kireeva, RUS	1:11:34 PB
24. Furtuna Zegergish, ERI	1:11:56
25. Claire Hallissey, GBR	1:12:14
26. Yukiko Akaba, JPN	1:12:20
27. Irina Timofeyeva, RUS	1:12:38 SB
28. Olivera Jevtic, SRB	1:12:44
29. Hiroko Shoi, JPN	1:12:46
30. Maria Sig Møller, DEN	1:12:50 PB
31. Cassie Fien, AUS	1:12:55
32. Galina Alexandrova, RUS	1:13:01
33. Amy Hastings, USA	1:13:20 PB
34. Michelle Ross-Cope, GBR	1:13:50
35. Alina Adriana Istudora, ROU	1:14:01 PB
36. Emma Quaglia, ITA	1:14:11 SB
37. Nyakisi Adero, UGA	1:14:17
38. Heidi Westover, USA	1:14:22
39. Marisol Romero, MEX	1:14:26 PB
40. Poppy Mlambo, RSA	1:14:27 PB
41. Inés Melchor, PER	1:14:33 PB
42. Jimena Misayauri, PER	1:14:47
43. Ivana Iozzia, ITA	1:14:52
44. Gemma Miles, GBR	1:14:56
45. Alyson Dixon, GBR	1:15:19
46. Rebecca Robinson, GBR	1:16:21
47. Claudette Mukasakindi, RWA	1:16:31 PB
48. Elva Dryer, USA	1:16:42
49. Nuta Olaru, ROU	1:16:56
50. Hortensia Arzapalo, PER	1:17:27

Marathon Eindhoven (26th)

Eindhoven, NED, 11 October

(Distance: 42.195 km)

MEN

1. Geoffrey Mutai, KEN	2:07:01 PB/CR
2. Philip Kimutai Sanga, KEN	2:08:07 PB
3. Josephy Ngeny, KEN	2:08:10 PB

WOMEN

1. Beata Naigambo, NAM	2:31:01 PB
2. Lydia Kurgat, KEN	2:31:26 PB
3. Virginie VanDroogenbroeck, BEL	2:43:48 PB

Meia-Maratona de Portugal (10th)

Lisbon, POR, 4 October

(Distance: 21.1 km; out-and-back course with no net elevation change)

MEN (gun times)

1. Silas Sang, KEN	1:00:20 PB	2000 euro
2. Emmanuel Mutai, KEN	1:00:39 PB	1000
3. Nicholas Kiprono, UGA	1:01:01	700
4. Dickson Marwa, TAN	1:01:18	400
5. Joel Kimurer, KEN	1:03:28	250
6. Rui Pedro Silva, POR	1:03:33	200

- | | | |
|------------------------------|---------|-----|
| 7. José Manuel Martínez, ESP | 1:03:39 | 100 |
| 8. Luis Feiteira, POR | 1:03:43 | 100 |
| 9. José Ramos, POR | 1:04:06 | 100 |
| 10. Manuel Damiao, POR | 1:04:18 | 100 |

WOMEN

- | | | |
|---------------------------------|------------|-----------|
| 1. Helena Loshanyang Kirop, KEN | 1:10:26 PB | 2000 euro |
| 2. Ana Dulce Félix, POR | 1:10:44 | 1000 |
| 3. Marisa Barros, POR | 1:11:07 | 700 |
| 4. Magdaline Chemjor, KEN | 1:11:55 | 400 |
| 5. Florence Chepsoi, KEN | 1:13:20 | 250 |

Rock 'n' Roll San Jose Half-Marathon (4th)

San Jose, USA, 4 October

(Distance: 21.1 km; certified loop course)

MEN

- | | | |
|--|------------|--------|
| 1. Meb Keflezighi, 34, Mammoth Lakes, CA | 1:01:00 PB | \$3500 |
| 2. Bolota Asmerom, 30, Oakland, CA | 1:03:06 PB | 2000 |
| 3. Charlie Serrano, 25, Chico, CA | 1:04:20 PB | 1500 |

WOMEN

- | | | |
|---|------------|--------|
| 1. Belainesh Gebre, 21, Flagstaff, AZ (ETH) | 1:11:24 | \$1500 |
| 2. Magdalena Lewy Boulet, 33, oakland, CA | 1:11:46 PB | 3000 |
| 3. Jenny Wilson, 26, Discovery Bay, CA | 1:22:40 | 1750 |

Medtronic Twin Cities Marathon (28th), 10 Miles (11th)

(USA Women's Marathon Championship; USA Masters Marathon Championships/USA Men's 10 Mile Championship)

Minneapolis to St. Paul, USA, 4 October

(Distances: Marathon, 42.195 km; standard certified course with slight elevation GAIN; 10 miles, point-to-point course with slight elevation GAIN)

Marathon**MEN**

- | | | |
|---------------------------------|------------|-------------------------|
| 1. Jason Hartmann, Portland, OR | 2:12:09 PB | \$25,000 + 1,500 + 500i |
| 2. Augustus Kavutu, KEN | 2:13:03 | 15,000 |
| 3. John Njoroge, KEN | 2:13:26 | 10,000 |

WOMEN (USA Championship)

- | | | |
|---------------------------------------|------------|-----------------------------|
| 1. Ilsa Paulson, 20, New York, NY | 2:31:49 PB | \$25,000 + 1,500 + 250i |
| 2. Colleen De Reuck, 45, Boulder, CO | 2:32:37 | 15,000 + 750 + 250i + 9750m |
| 3. Kristen Lehmkuhle, Minneapolis, MN | 2:35:06 DB | 10,000 + 600 + 250i |

10 miles (gun times):**MEN**

- | | | |
|-----------------------------------|-------------|----------|
| 1. Abdi Abdirahman, Tucson, AZ | 46:35 PB/CR | \$10,000 |
| 2. Josh Moen, St. Louis Park, MN | 46:38 PB | 6,000 |
| 3. Patrick Smyth, Minneapolis, MN | 47:09 DB | 4,000 |

WOMEN (no prize money)

- | | |
|-------------------|-------|
| 1. Rachel Booth | 57:33 |
| 2. Claudia Becque | 58:08 |
| 3. Jenna Boren | 58:21 |

Kosice Peace Marathon (84th)

Kosice, SVK, 4 October
(Distance: 42.195 km)

MEN

- | | | |
|-----------------------|------------|-----------|
| 1. Jacob Chesire, KEN | 2:10:59 PB | 9000 euro |
| 2. Shume Legese, ETH | 2:11:36 PB | 4000 |
| 3. Kedir Kassa, ETH | 2:11:39 PB | 2000 |

WOMEN

- | | | |
|----------------------------|----------------|-------------|
| 1. Olena Burkovska, UKR | 2:30:50 DB/CR* | 10,000 euro |
| 2. Radiya Adlo, ETH | 2:35:00 PB | 2,000 |
| 3. Florence Chepkurui, KEN | 2:36:01 | 1,000 |

Fortis Singelloop (59th)

Utrecht, NED, 27 September
(Distance: 10 km)

MEN

- | | |
|-------------------------------|--------------|
| 1. Leonard Patrick Komon, KEN | 27:10 PB/CR* |
| 2. Vincent Yator, KEN | 27:34 PB |
| 3. Boniface Kirui, KEN | 27:41 PB |
| 4. Shume Gerbaba, ETH | 27:53 PB |
| 5. Ezekiel Chibii, KEN | 28:04 |

WOMEN

- | | |
|----------------------------|-------|
| 1. Nadia Ejjaflini, BRN | 32:37 |
| 2. Rasa Drazdauskaite, LTU | 33:01 |
| 3. Emily Chemutai, KEN | 34:03 |

Scotiabank Toronto Waterfront Marathon (10th) & Half Marathon

Toronto, CAN, 27 September
(Distances: 42.195 km, 21.1 km)

Marathon (gun times)

MEN

- | | | |
|-------------------------------|-----------------|----------------------|
| 1. Kenneth Mburu Mungara, KEN | 2:08:32 PB/ACR* | CAD 20,000 + 25,000* |
| 2. Chala Lemi, ETH | 2:08:49 PB | 12,000 |
| 3. Gashaw Melese, ETH | 2:09:23 | 10,000 |

*) Canadian all-comers record/CAD 25,000 bonus

WOMEN

- | | | |
|------------------------------|-------------|---------------------|
| 1. Amane Gobena, ETH | 2:28:31 CR* | CAD 20,000 + 5,000* |
| 2. Mulu Seboka, ETH | 2:29:38 | 12,000 |
| 3. Haile Kebebush, ETH | 2:30:48 | 10,000 |
| ... 6. Nataliya Volgina, RUS | 2:35:50 | 3,000 |

*) Course record/CAD 5000 bonus

Half marathon (gun times)

MEN

- | | | |
|--------------------------|---------|-----------|
| 1. Bernard Lagat II, KEN | 1:05:14 | CAD 1,000 |
|--------------------------|---------|-----------|

WOMEN

1. Megan Brown, CAN 1:18:00 CAD 1,000
2. Joan Samuelson (50+), USA 1:22:05 500

Continental Airlines Fifth Avenue Mile (29th)

New York, USA, 26 September

(Point-to-point course, downhill with 9.2 m elevation loss [5.7 m/km])

MEN (Photo Times)

1. Andy Baddeley, 27, New Balance (GBR) 3:51.8 \$5000
2. Boaz Lalang, 20, adidas (KEN) 3:52.0 3500
3. Leonel Manzano, 25, Nike 3:52.2 2500
4. Bernard Lagat, 34, Nike 3:52.7 1500
5. Haron Lagat, 26, New Balance (KEN) 3:53.8 1000
6. Collis Birmingham, 24, New Balance (AUS) 3:53.9 750
7. Matt Tegenkamp, 27, Oregon Track Club 3:54.2 500
8. Chris Solinsky, 24, Oregon Track Club 3:54.5 250
9. Daniel Huling, 26, Reebok 3:55.0
10. David Torrence, 23, Nike 3:56.1

WOMEN (Photo Times)

1. Shannon Rowbury, 24, Nike 4:23.3 \$5000
2. Lisa Dobriskey, 24, adidas (GBR) 4:23.9 3500
3. Sara Hall, 25, Asics 4:23.9 2500
4. Christin Wurth-Thomas, 28, Nike 4:23.9 1500
5. Hannah England, 21, Nike (GBR) 4:25.4 1000
6. Erin Donohue, 25, Nike 4:27.0 750
7. Mestawot Tadesse, 23, adidas (ETH) 4:27.7 500
8. Amy Mortimer, 27, Reebok 4:29.6 250
9. Barbara Parker, 25, New Balance (GBR) 4:35.2
10. Sara Vaughn, 22, adidas 4:37.1

real,- Berlin Marathon (36th)

Berlin, GER, 20 September

(Distance: 42.195 km; AIMS-certified loop course)

MEN (gun times)

1. Haile Gebrselassie, ETH 2:06:08 50,000 + 30,000i euro
2. Francis Kiprop, KEN 2:07:04 PB 25,000 + 15,000i
3. Negari Terfa, ETH 2:07:41 PB 20,000 + 7,500i
4. Dereje Debele Tulu, ETH 2:09:41 15,000
5. Alfred Kering, KEN 2:09:52 10,000
6. Girma Assefa, ETH 2:09:58 DB 7,500
7. Eshetu Wondimu, ETH 2:12:28 5,000
8. Atsushi Fujita, JPN 2:12:54 4,000
9. Kensuke Takahashi, JPN 2:13:00 3,000
10. Cuthbert Nyasango, ZIM 2:13:19 DB 2,000

i) Earned time bonus

WOMEN (gun times)

1. Atsede Habtamu, ETH 2:24:47 PB 50,000 + 7,500i euro
2. Silvia Skvortsova, RUS 2:26:24 PB 25,000 + 2,500i
3. Mamitu Daska, ETH 2:26:36 DB 20,000 + 2,500i
4. Rosaria Console, ITA 2:26:45 PB 15,000 + 2,500i

5. Genet Getaneh, ETH	2:27:09	10,000
6. Leah Malot, KEN	2:29:17 PB	7,500
7. Tatiana Aryasova, RUS	2:32:17	5,000
8. Jacqueline Nytipei, KEN	2:34:16 DB	4,000
9. Maja Newenschwander, SUI	2:35:44 PB	3,000
10. Hayley Haining, GBR	2:36:08	2,000

i) Earned time bonus

BUPA Great North Run (29th)

Newcastle to South Shields, GBR, 20 September

(Distance: 21.1 km; point-to-point course with elevation loss of 30.5 m and a start/finish separation of more than 75%; elite women run separate race with 25 minute headstart)

MEN

1. Martin Lel, KEN	59:32	£500
2. Kiplimo Kimutai, KEN	59:44 PB	300
3. Jaouad Gharib, MAR	1:00:04	200
4. Gebre-egziabher Gebremariam, ETH	1:00:59 PB	150
5. Jackson Koech, KEN	1:01:12	100

WOMEN

1. Jessica Augusto, POR	1:09:08 PB	£500
2. Berhane Adere, ETH	1:09:42	300
3. Ana Dulce Félix, POR	1:09:48 PB	200
4. Nikki Chapple, AUS	1:10:03 PB	150
5. Salina Kosgei, KEN	1:10:11	100
... 9. Sally Barsosio, KEN	1:11:45 PB	
10. Benita Willis*, AUS	1:11:57	
11. Lidia Simon, ROU	1:12:20	
12. Anikó Kálovics, HUN	1:14:21	
... 16. Tegla Loroupe, KEN	1:19:41	

*) Formerly Johnson

ING Philadelphia Distance Run (32nd)

Philadelphia, USA, 20 September

(Distance: 21.1 km; certified, flat, out-and-back course)

MEN (gun times)

1. Ryan Hall, 26, Mammoth Lakes, CA	1:01:52	\$3500 + 500^
2. Samuel Ndereba, 32, KEN	1:01:56	2000
3. Benjamin Limo, 35, KEN	1:02:01	1500
... 8. Lee Troop, 36, AUS	1:05:42	

WOMEN (gun times)

1. Catherine Ndereba, 37, KEN	1:09:43	\$3500
2. Irene Limika, 30, KEN	1:09:46 PB	2000
3. Neria Asiba, 28, KEN	1:10:26	1500
4. Derartu Tulu, 37, ETH	1:10:33	1000
5. Hellen Kimutai, 31, KEN	1:10:43	750
... 10. Constantina Dita, 39, ROM	1:14:47	

^) Earned USA citizen award

Dam tot Damloop (25th)

Amsterdam to Zaandam, NED, 20 September

(Distance: 10 miles; point-to-point course with no elevation change)

MEN

- | | |
|-------------------------|-----------------|
| 1. Moses Masai, KEN | 45:16 WL |
| 2. Charles Kamathi, KEN | 45:16 (correct) |
| 3. Getu Feleke, ETH | 45:29 |
| 4. Micah Kogo, KEN | 45:41 |

WOMEN (all-women's race)

- | | |
|------------------------|----------|
| 1. Linet Masai, KEN | 50:39 WL |
| 2. Hilda Kibet, NED | 51:21 |
| 3. Peninah Arusei, KEN | 51:26 |

Fortis Rotterdam Half Marathon (6th)

Rotterdam, NED, 13 September

(Distance: 21.1 km; certified out-and-back course)

MEN (gun times)

- | | |
|--------------------------|-------------|
| 1. Sammy Kitwara, KEN | 58:58 PB/CR |
| 2. Jonathan Maiyo, KEN | 59:08 PB |
| 3. James Kwambai, KEN | 59:09 PB |
| 4. Bernard Kipyego, KEN | 59:10 PB^ |
| 5. Wilson Chebet, KEN | 59:15 PB^ |
| 6. John Kiprotich, KEN | 59:23 PB^ |
| 7. Robert Kipchumba, KEN | 59:32^ |
| 8. Charles Munyeki, KEN | 1:00:18 |
| 9. Samuel Wanjiru, KEN | 1:01:08 |
| 10. Elijah Keitany, KEN | 1:01:14 |

^) Best time for place of all-time

WOMEN

- | | |
|-------------------------|---------|
| 1. Merel de Knecht, NED | 1:14:31 |
|-------------------------|---------|

Stratton Faxon New Haven Road Race 20 km (32nd)

(U.S. Men's and Women's 20-K Championships)

New Haven, USA, 7 September

(Certified loop course)

MEN (gun times)

- | | |
|--|-----------------|
| 1. Brett Gotcher, 25, Flagstaff, AZ | 58:57 PB \$8000 |
| 2. Mohamed Trafeh, 23, Flagstaff, AZ | 59:01 PB 4500 |
| 3. Jason Lemkuhle, 31, Minneapolis, MN | 59:04 2500 |

WOMEN (gun times) -

- | | |
|---|-------------------|
| 1. Colleen De Reuck, 45, Boulder, CO | 1:07:21 WR \$8000 |
| [Halves = 33:03 / 34:18] | |
| 2. Serena Burla, 26, Ballwin, MO | 1:07:38 4500 |
| 3. Magdalena Lewy Boulet, 36, Oakland, CA | 1:08:11 2500 |

Brabants Dagblad Ten Miles & 10 km of Tilburg

Tilburg, NED, 6 September

10 miles

MEN

- | | |
|------------------------------|-------|
| 1. Abiyote Guta, ETH | 46:08 |
| 2. Fred Kosgei, KEN | 46:20 |
| 3. John Cheruiyot Korir, KEN | 46:50 |

10 km (gun times)

MEN

- | | |
|------------------------|-------------|
| 1. Peter Kamais, KEN | 27:09 CR/PB |
| 2. Silas Kiplagat, KEN | 28:00 |
| 3. Cosmas Kigen, KEN | 28:27 |

WOMEN

- | | |
|--------------------------|-------|
| 1. Mestewat Tufa, ETH | 31:15 |
| 2. Belaynesh Fikadu, ETH | 31:23 |
| 3. Inês Monteiro, POR | 32:05 |

Great Scottish Run Half Marathon (22nd)

Glasgow, SCO, 6 September

(Distance: 21.1 km)

MEN

- | | |
|-----------------------------------|---------|
| 1. Jason Mbote, KEN | 1:01:19 |
| 2. Hailu Mekonnen, ETH | 1:01:29 |
| 3. Dereje Tesfaye Gebrehiwot, ETH | 1:01:44 |
| 4. Nicholas Chelimo Kipkorir, KEN | 1:02:25 |
| 5. Okamoto Naoki, JPN | 1:02:37 |

WOMEN

- | | |
|----------------------------------|---------|
| 1. Caroline Cheptonui Kilel, KEN | 1:09:03 |
| 2. Eyerusalem Kuma, ETH | 1:10:42 |
| 3. Megumi Seike, JPN | 1:10:45 |

Semi-Marathon International de Lille Métropole (24th)

Lille, FRA, 5 September

(Distance: 21.1 km)

MEN

- | | |
|--------------------------|------------|
| 1. Stephen Kibiwott, KEN | 59:37 PB |
| 2. Jairus Chanchima, KEN | 59:43 PB |
| 3. Evans Kiplagat, KEN | 59:56 PB |
| 4. Stephen Tum, KEN | 1:00:58 PB |
| 5. Dieudonné Disi, RWA | 1:01:11 |
| 6. Salim Kipsang, KEN | 1:01:20 |
| 7. David Tarus, KEN | 1:01:26 PB |
| 8. Bernard Chepkok, KEN | 1:01:28 PB |
| 9. Edwin Kimaiyo, KEN | 1:01:36 |
| 10. James Rotich, KEN | 1:01:48 |

WOMEN

- | | |
|-----------------------|------------|
| 1. Mary Keitany, KEN | 1:07:00 CR |
| 2. Teyba Erkesso, ETH | 1:08:39 PB |

3. Miriam Wangari, KEN 1:10:47
4. Fernanda Ribeiro, 1969, POR 1:11:18

ULTRAMARATHONS

Ultraloop Winschoten

Winschoten, NED, 12 September
(Distance: 100 km; 10 x 10 km loop)

MEN

1. Jaroslaw Janicki (40+), POL 6:53:59
2. Chad Ricklefs (40+), USA 7:18:44
3. Daniel Orelek, CZE 7:22:15

WOMEN

1. Anne Cecile Fontaine, FRA 8:20:31
2. Jannet Ianger, NED 9:44:38
3. Henriette Klomp, NED 10:25:35

Leadville Trail 100-mile Endurance Run (27th)

Leadville, USA, 22-23 August

(Distance: 100 miles [50 miles out and back], extremely high altitude [the race tops out at 3843 m with constant climbing and descending], difficult terrain)

Note: Tim Parr won his first Leadville title – just one week after also winning the Pike's Peak Ascent (see below), a remarkable double. – Ed.

MEN

1. Tim Parr, Gunnison, CO 17:27:23
2. Nick Lewis, Memphis, TN 17:44:26
3. Duncan Callahan, Gunnison, CO 18:26:40

WOMEN

1. Lynette Clemons, Leadville, CO 20:58:01
2. Jamie Donaldson, Littleton, CO 21:53:37
3. Darcy Africa, Boulder, CO 21:55:22

Pikes Peak Ascent

Manitou Springs, USA, 15 August

(Distance: 13.32 miles. The race begins at an elevation of 1918 m and ends at 4299 m for a net elevation gain of 2381 m and covers a rocky course.)

MEN

1. Tim Parr, 27, Gunnison, CO 2:12:32
2. Tommy Manning, 33, Colorado Springs, CO 2:19:59
3. Simon Gutierrez, 43, Alamosa, CO 2:21:28

WOMEN

1. Megan Kimmel, 29, Silverton, CO 2:40:16
2. Kim Dobson, 25, Aurora, CO 2:41:49
3. Cindy O'Neill, 47, Manitou Springs, CO 2:51:50

TRACK**Colorful Daegu Meeting**

Daegu, KOR, 25 September

MEN

800:

1. Youssef Saad Kamel, BRN 1:45.09
2. Bilal Mansour Ali, BRN 1:45.29
3. Mbulaeni Mulaudzi, RSA 1:45.56
4. Marcin Lewandowski, POL 1:45.60
5. Bram Som, NED 1:45.64
6. Wilfred Bungei, KEN 1:46.39
7. Nick Symmonds, USA 1:46.70

Shanghai Golden Grand Prix

Shanghai, CHN, 20 September

MEN

800:

1. Augustine Choge, 1987, KEN 1:45.10
2. Mbulaeni Mulaudzi, 1980, RSA 1:45.68
3. Bram Som, 1980, NED 1:45.78
4. Marcin Lewandowski, 1987, POL 1:46.12
5. Wilfred Bungei, 1980, KEN 1:46.39
6. Samson Ngoepe, 1985, RSA 1:46.44
7. Nick Symmonds, 1983, USA 1:47.46

1500:

1. Amine Laalou, 1982, MAR 3:34.19
2. Youssef Saad Kamel, 1981, BRN 3:34.94
3. Bilal Mansour Ali, 1983, BRN 3:35.18
4. Geoffrey Rono, 1987, KEN 3:35.36
5. Isaac Songok, 1984, KEN 3:36.41

WOMEN

1500:

1. Gelete Burka, 1986, ETH 4:02.15
2. Nancy Jebet Lagat, 1981, KEN 4:02.96
3. Kalkedan Gezahegn, 1991, ETH 4:03.47
4. Irene Jelagat, 1988, KEN 4:04.44
5. Lidia Chojecka, 1977, POL 4:05.81

IAAF/VTB Bank World Athletics Final (7th)

Thessaloniki, GRE, 12-13 September

MEN

800 (12):

1. David Rudisha, KEN 1:44.85 CR \$30,000
2. Gary Reed, CAN 1:45.23 20,000
3. Mbulaeni Mulaudzi, RSA 1:45.53 12,000
4. Bram Som, NED 1:45.86 7,000
5. Yuriy Borzakovskiy, RUS 1:46.04 5,000
6. Nick Symmonds, USA 1:46.19 4,000
7. Alfred Kirwa Yego, KEN 1:46.66 3,000

8. Mohammed Al-Salhi, KSA 1:50.55 2,000

1500 (13):

1. William Biwott, 1990, KEN	3:35.04	\$30,000
2. Leonel Manzano, USA	3:35.40	20,000
3. Augustine Choge, KEN	3:35.46	12,000
4. Yusuf Saad Kamel, BRN	3:36.11	7,000
5. Gideon Gathimba, KEN	3:36.36	5,000

3000 (12):

1. Kenenisa Bekele, ETH	8:03.79^	\$30,000
2. Bernard Lagat, USA	8:04.00	20,000
3. Sammy Alex Mutahi, KEN	8:04.64	12,000
4. Deresse Mekonnen, ETH	8:05.32	7,000
5. Silas Kipruto, KEN	8:05.54	5,000

5000 (13):

1. Imane Merga, ETH	13:29.75	\$30,000
2. Micah Kogo, KEN	13:29.76	20,000
3. Edwin Soi, KEN	13:29.76	12,000
4. Joseph Kiplimo, KEN	13:30.22	7,000
5. Mark Kiptoo, KEN	13:30.59	5,000

3000 s/chase (13):

1. Ezekiel Kemboi, KEN	8:04.38	\$30,000
2. Paul Kipsiele Koech, KEN	8:05.47	20,000
3. Bouabdellah Tahri, FRA	8:09.14	12,000
4. Roba Gary, ETH	8:11.32 NR	7,000
5. Jukka Keskisalo, FIN	8:12.04	5,000

WOMEN

800 (13):

1. Anna Willard, USA	2:00.20	\$30,000
2. Maggie Vessey, USA	2:00.31	20,000
3. Jenny Meadows, GBR	2:00.41	12,000
4. Mariya Savinova, RUS	2:00.72	7,000
5. Elisa Cusma Piccione, ITA	2:00.84	5,000

1500 (12):

1. Nancy Lagat, KEN	4:13.63	\$ 30,000
2. Hannah England, GBR	4:14.05	20,000
3. Christin Wurth-Thomas, USA	4:14.10	12,000
4. Maryam Yusuf Jamal, BRN	4:14.12	7,000
5. Shannon Rowbury, USA	4:14.18	5,000
6. Gelete Burka, ETH	4:14.51	4,000

3000 (13):

1. Meseret Defar, ETH	8:30.15 WL	\$ 30,000
2. Vivian Cheruiyot, KEN	8:30.61 SB	20,000
3. Wude Ayalew Yimer, ETH	8:30.93 PB	12,000
4. Iness Chenonge, KEN	8:37.17 PB	7,000
5. Kalkidan Gezahegne, ETH	8:38.61 PB	5,000

5000 (12):

1. Meseret Defar, ETH	15:25.31	\$ 30,000
2. Tirunesh Dibaba, ETH	15:25.92	20,000
3. Vivian Cheruiyot, KEN	15:26.21	12,000

- | | | |
|----------------------|----------|-------|
| 4. Sylvia Kibet, KEN | 15:26.50 | 7,000 |
| 5. Wude Ayalew ETH | 15:27.34 | 5,000 |

3000 s/chase (12):

- | | | | |
|----------------------------------|---------|----|-----------|
| 1. Ruth Bisibori Nyangau, KEN | 9:13.43 | CR | \$ 30,000 |
| 2. Milcah Chemos Cheywa, KEN | 9:20.19 | | 20,000 |
| 3. Gladys Jerotich Kipkemoi, KEN | 9:21.18 | | 12,000 |
| 4. Sofia Assefa, ETH | 9:26.10 | | 7,000 |
| 5. Lydia Jebet Rotich, KEN | 9:26.94 | | 5,000 |

Rieti 2009

(IAAF Grand Prix)

Rieti, ITA, 6 September

MEN

800:

Race 1 -

- | | | |
|----------------------------|---------|----|
| 1. David Rudisha, KEN | 1:42.01 | AR |
| 2. Alfred Kirwa, Yego KEN | 1:42.67 | PB |
| 3. Mbulaeni Mulaudzi, RSA | 1:42.86 | PB |
| 4. Bram Som, NED | 1:43.59 | SB |
| 5. Youssef Saad Kamel, BRN | 1:44.83 | SB |
| 6. Lukas Rifesser, ITA | 1:46.94 | |
| 7. Mohammed Al-Salhi, KSA | 1:47.56 | |
| 8. Anter Zerguelaine, ALG | 1:49.41 | |

1500:

- | | |
|------------------------------------|------------|
| 1. William Biwott Tanue, 1990, KEN | 3:33.00 |
| 2. Leonel Manzano, USA | 3:33.33 PB |
| 3. Geoffrey Rono, KEN | 3:33.59 SB |
| 4. Bilal Mansour Ali, BRN | 3:34.05 |
| 5. Bouabdellah Tahri, FRA | 3:34.65 PB |
| 6. Andy Baddeley, GBR | 3:35.07 SB |
| 7. Tom Lancashire, GBR | 3:35.19 |
| 8. Collis Birmingham, AUS | 3:35.76 PB |
| 9. Gideon Gathimba, KEN | 3:36.48 |
| 10. Peter van der Westhuizen, RSA | 3:39.87 |

3000:

- | | | |
|-------------------------------|---------|----|
| 1. Joseph Kiplimo, KEN | 7:31.20 | PB |
| 2. Sammy Mutahi, KEN | 7:31.41 | PB |
| 3. Edwin Soi, KEN | 7:31.48 | PB |
| 4. Abreham Cherkos, ETH | 7:31.81 | PB |
| 5. Silas Kipruto, KEN | 7:32.25 | PB |
| 6. Isaac Songok, KEN | 7:32.57 | SB |
| 7. Deresse Mekonnen, ETH | 7:32.93 | PB |
| 8. Leonard Patrick Komon, KEN | 7:33.27 | PB |
| 9. Mathew Kisorio, KEN | 7:34.29 | PB |
| 10. Yusuf Biwott, KEN | 7:35.62 | SB |
| 11. Joseph Ebuya, KEN | 7:37.63 | SB |
| 12. Reyes Estévez, ESP | 7:37.93 | PB |
| 13. Augustine Choge, KEN | 7:39.62 | SB |
| ... 19. Ruben Ramolefi, RSA | 8:17.41 | |

WOMEN

1500:

- | | |
|---------------------------|------------|
| 1. Lisa Dobriskey, GBR | 4:01.23 |
| 2. Maryam Jamal, BRN | 4:01.29 |
| 3. Shannon Rowbury, USA | 4:03.46 |
| 4. Irene Jelagat, KEN | 4:03.62 PB |
| 5. Nancy Jebet Lagat, KEN | 4:03.95 |
| 6. Charlene Thomas, GBR | 4:05.39 |
| 7. Hannah England, GBR | 4:05.45 |
| 8. Erin Donohue, USA | 4:06.00 |
| 9. Mimi Belete, BRN | 4:06.29 |
| 10. Anna Alminova, RUS | 4:06.69 |

3000:

- | | |
|----------------------------|-------------------|
| 1. Sylvia Kibet, KEN | 8:43.93 SB |
| 2. Kalkedan Gezahegn, ETH | 8:44.33 PB [1991] |
| 3. Mercy Cherono, KEN | 8:44.67 PB [1991] |
| 4. Wude Ayalew Yimer, ETH | 8:45.10 |
| 5. Iness Chenonge, KEN | 8:45.14 |
| 6. Sentayehu Ejigu, ETH | 8:45.97 SB |
| 7. Lidia Chojecka, POL | 8:48.74 |
| 8. Ferhiwot Goshu, ETH | 8:50.38 PB [1990] |
| 9. Laura Kenney, GBR | 8:51.33 PB |
| 10. Kseniya Agafonova, RUS | 8:57.84 |
| ... 14. Jen Rhines, USA | 9:10.50 |

3000 s/chase:

- | | |
|----------------------------|---------|
| 1. Ruth Bisibori, KEN | 9:13.92 |
| 2. Milcah Cheywa, KEN | 9:21.81 |
| 3. Gladys Kipkemboi, KEN | 9:22.42 |
| 4. Sophie Duarte, FRA | 9:35.39 |
| 5. Ancuta Bobocel, ROU | 9:37.17 |
| 6. Lisa Galaviz, USA | 9:37.53 |
| 7. Lydia Rotich, KEN | 9:40.18 |
| 8. Livia Tóth, HUN | 9:44.57 |
| 9. Katarzyna Kowalska, POL | 9:52.99 |
| 10. Cristina Casandra, ROU | 9:55.90 |

Memorial Van Damme

(AF Golden League)

Brussels, BEL, 4 September

MEN

800:

- | | |
|----------------------------|---------|
| 1. David Rudisha, KEN | 1:45.80 |
| 2. Alfred Kirwa Yego, KEN | 1:46.36 |
| 3. Gary Reed, CAN | 1:46.82 |
| 4. Yuriy Borzakovskiy, RUS | 1:46.88 |
| 5. Mbulaeni Mulaudzi, RSA | 1:47.15 |
| 6. Nick Symmonds, USA | 1:47.16 |
| 7. Boaz Lalang, KEN | 1:47.21 |
| 8. Marcin Lewandowski, POL | 1:47.55 |
| 9. Bram Som, NED | 1:47.62 |
| 10. Mohammed Al-Salhi, KSA | 1:48.97 |

5000:

1. Kenenisa Bekele, ETH 12:55.31
2. Imane Merga, ETH 12:55.66 PB
3. Vincent Kiprop, KEN 12:55.98 PB
4. Ali Abdosh, ETH 12:56.53 PB
5. Josphat Bett, KEN 12:57.43 PB
6. Joseph Ebuya, KEN 12:58.16 SB
7. Matt Tegenkamp, USA 12:58.56 PB
8. Lucas Kimeli Rotich, KEN 13:02.44
9. Mike Kigen, KEN 13:04.38 SB
10. Leonard Patrick Komon, KEN 13:05.71

3000 s/chase:

1. Paul Kipsiele Koech, KEN 8:04.05
2. Richard Mateelong, KEN 8:06.92
3. Jukka Keskisalo, FIN 8:13.34
4. Daniel Huling, USA 8:14.69 PB
5. Roba Gary, ETH 8:15.50
6. Mustafa Mohamed, SWE 8:20.61
7. Tareq Mubarak Taher, BRN 8:23.68
8. Elijah Chelimo, KEN 8:25.41
9. Ruben Ramolefi, RSA 8:26.12
10. Abel Kiprop Mutai, KEN 8:28.21

WOMEN

800:

1. Anna Willard, USA 1:59.14
2. Jemma Simpson, GBR 1:59.40
3. Mariya Savinova, RUS 1:59.49
4. Elisa Cusma, ITA 1:59.75
5. Mayte Martínez, ESP 1:59.78
6. Anna Rostkowska, POL 2:00.08
7. Oksana Zbrozhek, RUS 2:00.65
8. Marilyn Okoro, GBR 2:01.68
9. Maggie Vessey, USA 2:01.88
10. Yuliya Krevsun, UKR 2:02.95

2000:

1. Gelete Burka, ETH 5:30.19 AR, WL
2. Vivian Cheruiyot, KEN 5:35.46
3. Mercy Cherono, KEN 5:35.65
4. Lidia Chojecka, POL 5:38.44 NR
5. Anna Alminova, RUS 5:40.99 PB
6. Milcah Chemos Cheywa, KEN 5:41.64
7. Viola Kibiwot, KEN 5:42.57
8. Renata Plis, POL 5:44.17
9. Ines Chenonge, KEN 5:44.51 PB
10. Anna Mishchenko, UKR 5:46.36

Meeting Citta di Padova

Padova, ITA, 30 August

MEN

800:

1. Reuben Bett, KEN 1:45.21
2. Darren St. Claire, GBR 1:46.20

3. Karjuan Williams, USA 1:46.67
 ... 5. Peter Van Der Westhuizen, RSA 1:47.60

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	28:21	Stephen Mokoka	Stellenbosch	29 Aug
	27:01	Micah Kogo (KEN)		
	27:01	Micah Kogo (KEN) 2009		
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	8:30:01a	Welcome Loliwe	Port Elizabeth	19 Sep
	6:47:59	Vsevolod Khudyakov (RUS)		
	6:13:33	Takahiro Sunada (JPN) 1998		

**) 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	
	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	
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	8:30:01a	Welcome Loliwe	Port Elizabeth	19 Sep
	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	10:58:14a	Mkhululi Kala	Port Elizabeth	19 Sep

Grandmasters (60+)

10 km	37:53	Albertus Bock	Stellenbosch	29 Aug
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	13:17:53a	Herman Dekker	Port Elizabeth	19 Sep

Juniors

10 km	29:44	Shaun Zuzani	Durban	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:56	Xola Bongoza	Port Elizabeth	02 Oct
	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	32:39	René Kalmer	Stellenbosch	29 Aug
	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	70:37a	René Kalmer	Birmingham	11 Oct
	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	2:41:48	Tanith Maxwell	Berlin	23 Aug
	2:22:11	Irina Mikiitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	11:07:22a	Buyelwa Kobokana	Port Elizabeth	19 Sep
	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 49:35	Michelle Bartman Priscilla Welch (GBR) 1985	Constantia	07 Mar
21.1 km	80:11 70:32	Maya Lawrie Helena Javornik (SLO) 2007	Port Elizabeth	04 Jul
25 km	1:42:34 82:13	Sandra Steenkamp Mizuki Noguchi (JPN) 2005	Pretoria	09 May
30 km	2:06:39 1:51:37	Joanna Thomas Mieke Pullen (NED) 2001	Camps Bay	11 Jan
Marathon	2:58:10 2:26:51	Sarah Mahlangu Priscilla Welch (GBR) 1987	Durban	08 Feb
100 km	11:07:22a 7:00:27	Buyelwa Kobokana Normi Sakurai (JPN) 2007	Port Elizabeth	19 Sep

Masters (50+)

10 km	40:21 34:44	Olga Howard Tatyana Pozdniakova (UKR) 2005	Pinelands	02 Aug
15 km	63:17 54:33	Olga Howard Shirley Matson (USA) 1991	Mamre	20 Jun
21.1 km	89:41 76:07	Olga Howard Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	04 Jul
25 km	1:58:00	Rae Bisschoff	Pretoria	09 May
30 km	2:18:56 2:31:05	Annatjie Botes Tatyana Pozdniakova (UKR) 2005	Sedgefield	21 Mar
Marathon	3:16:08	Annatjie Botes	Cape Town	27 Sep
100 km				

Grandmasters (60+)

10 km	41:20	Sonja Laxton	Bellville	05 Apr
15 km	68:05	Sonja Laxton	Germiston	20 Sep
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 31:42	Maxine Heine-Wacker Zola Pieterse (RSA) 1984	Port Elizabeth	02 May
15 km	59:33 49:40	Juan-Marie Cooper Ines Chenonge (KEN) 2001	Pretoria	13 Jun
21.1 km	79:31 1:09:05	Lusanda Bomvana Delilah Asiago (KEN) 1991	Port Elizabeth	04 Jul

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