

Distance Running Results

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EDITORIAL

Four South Africans excelled on the international stage this weekend. Hendrick Ramaala, a familiar face in the ING New York City Marathon (and a previous champion), once again did well in the Big Apple by finishing sixth in 2:12:30 in a race won by American Meb Keflezighi in a PB 2:09:15. Keflezighi, born in Eritrea, was the first American champion since Alberto Salazar's second victory in 1982, and completed a set of podium finishes in New York with his second-place finish in 2004 and third in 2005. It was his first-ever marathon win.

In the women's race Derartu Tulu's victory, in 2:28:52, was her first since London in 2001. World record holder Paula Radcliffe, suffering from a tendon injury, lost her first non-Olympic marathon when she finished fourth in 2:29:27.

Multiple South African distance champion Stephen Mokoka found himself in a super-quick race, the AirTel Delhi Half Marathon, and finished 9th in a fast 61:47 – but almost 2 min behind winner Deriba Merga (ETH).

Lucas Nonyana won the IAU 50 km World Trophy Final in Gibraltar in 2:58:03 – the only athlete in the race to dip under 3 hours. In the women's race Lesley Train was third in 3:38:23.

In Tulsa Christine Kalmer finished sixth in the Tulsa Run 15 km, clocking 55:09 for the equal-fastest time by a South African this year.

Christine's sister René ran her first marathon in Soweto on Sunday and, although visibly suffering in the last 4 km, scored a relatively easy win in 2:44:06, a new course record. Kalmer, the SA 10 km champion, won a total of R120 000 for her effort – not a bad payday at all. The men's race went to Tshidiso Bosiu – the first South African winner since 2001. Tshamano Setone took the 10 km in 29:45.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Nedbank Soweto Marathon & 10 km, Soweto
- * Venk-Pac 15 km, Verulam
- * Builders Warehouse 27 km & 10 km Challenge, Port Elizabeth
- * Isostar 15 km, Tokai
- * Old Mutual 10 km, Pinelands
- * Tradouw Pass Half Marathon, Barrydale

International highlights:

- * ING New York City Marathon, New York, USA
- * AirTel Delhi Half Marathon, New Delhi, IND
- * Tulsa Run 15 km, Tulsa, USA
- * National Games Marathon, Daejeon, KOR
- * IAU 50 km World Trophy Final, Gibraltar

ROAD RUNNING**Nedbank Soweto Marathon & 10 km**

Soweto, 1 November

(Distances: 42.195 km & 10 km; loop courses)

Note: Unfortunately deeper results of the marathon were not available. – Ed.**Marathon****MEN**

1	Tshidiso	Bosiu	27	Gauteng Striders	2:18:10	R100 000 + R10 000i
2	Mabothile	Lebopo	33	LES/MPCGA	2:19:19	R80 000
3	Tsotang	Maine	35	LES/Gauteng Striders	2:19:49	R60 000
4	Zolani	Ntongana	29	MR Price WP	2:20:26	R10 000
5	Moeketsi	Mosuhli	26	LES/MPCGA	2:21:09	R8 000
6	Johannes	Kekana	37	MPCGA	2:21:37	R6 000
7	Warinyane	Lebopo	30	LES/MPCGA	2:21:47	R5 000
8	Lebenya	Nkoka	27	LES/MPCGA	2:21:54	R4 500
9	Luwis	Masunda	33	ZIM/Nedbank RC AGN	2:22:18	R3 000
10	Phineas	Mothoa	27	Amanzi AC	2:22:46	R2 000

40-49: (Same prize money for 40-49, 50-59, 60-69)

1	Kingston	Maringe	40	ZIM/Nedbank RC AGN	2:31:33	R3 000
2	Thabiso	Moqhali	41	LES/Toyota AC	2:33:07	R2 500
3	Jacob	Mazibuko	40	MR Price TRANS	2:33:28	R1 500

50-59:

1	Samuel	Mogudi	53	RAC	2:47:04	
2	Eloi	de Oliveira	51	Boxer Superst	2:49:57	
3	Ernest	Tjela	55	Emfuleni AC	2:50:18	

60-69:

1	Don	Charles	60	Brotherhood AC	3:15:32	
2	Daniel	Hlongwane	61	Nedbank RC AGN	3:15:56	
3	Hendricks	Wageng	68	Varsity College	3:17:36	

70+:

1	Jean-Claude	Michel	70	Mittal Steel	4:14:20	R500
2	J.S.	Maboa	72	Corr Services	4:42:53	R300
3	Lerumo	Lentswe	74	Vaal Reefs MC	4:44:01	R200

i) time incentive for sub-2:19:00 (RSA runners only)

WOMEN (Same prize money as men)

1	René	Kalmer	28	MPCGA	2:44:06	CR* + R10 000i + R10 000#
2	Poppy	Mlambo	29	Nedbank RC CGA	2:45:28	+ R6 000i
3	Mamorallo	Tjoka	25	LES/Yeoville HUB	2:53:13	
4	Charné	Bosman	33	MPCGA	2:55:15	
5	Dimakatso	Menong	34	Temp	2:59:24	
6	Mpho	Mabuza	29	Powerade AC	2:59:24	
7	Samukeliso	Moyo	35	ZIM/MPKZN	2:59:42	

8	Eunice	Nhlapo	31	Yeoville HUB	3:00:25
9	Catherine	Skosana	29	Transnet	3:07:53
10	Azwindini	Lukhwareni	29	Nedbank RC AGN	3:07:54

40-49:

1	Sarah	Mahlangu	43	MPCGA	3:14:28
2	Catherine	Naane	43	Driefontein AC	3:20:37
3	Jane	Mudau	46	Nedbank RC AGN	3:22:29

50-59:

1	Linda	Potgieter	56	Pretoria HS	3:45:44
2	Natalie	Sanders	51	Fourways	4:00:41
3	Cindy	Beeming	52	Alberton AAC	4:02:17

60-69:

1	Hildagonda	Brewes	66	Run For Life A	5:28:25
2	Ivy	Lottering	64	Wings AC	5:52:41
3	Nqome	Nxumalo	64	Savages	6:23:15

*) course record; previous 2:45:37, Gwen van Lingen 2001

i) time incentive for sub-2:46:00 (RSA runners only)

#) course record incentive

10 km**MEN**

1	Tshamano	Setone	22	Nedbank	29:45	R5 000
2	Lungisa	Mdedelwa	25	Nedbank	29:56	R4 000
3	Xolisa	Tyali	20	Nedbank	30:10	R3 500
4	Mbongeni	Ngxazozo	29	Gauteng Striders	30:15	R3 250
5	Norman	Dlomo	34	Lekoa	30:26	R3 000
6	Joshua	Sabao	20	ZIM/Nedbank	30:30	
7	Masilo	Matjiane	26	LES/Toyota	30:39	
8	Michael	Mazibuko	22	Arcellor Mittal	30:52	
9	Lucky	Mohale	24	Gauteng Striders	31:07	
10	Nkululeko	Zamisa	24	Transnet	31:13	
11	Lusapho	April	27	Nedbank	31:17	
12	Reuben	Nkabinde	38	Tsakane	31:23	
13	Sityhilo	Diko	18	Gauteng Striders	31:33	
14	Samuel	Tsotsane	23	Nedbank	31:37	
15	Khotso	Sesing	25	Eskom Gijimas	31:41	
16	Sandile	Zuma	21	Vaal University	31:41	
17	Tumelo	Motlagale	22	Nedbank	31:52	
18	Vincent	Seng	28	Nedbank	31:55	
19	Motsieloa	Ramolefi	19	LES	32:00	
20	Vincent	Kutoane	30	Nedbank	32:07	

40-49: (Same prize money for 40-49, 50-59, 60-69)

1	Gethun	Wordofa	40	ETH/Adt	33:03	R2 000
2	Lawrence	Chiphangaan	41	Powerade	33:14	R1 000
3	Belay	Alemayehu	43	ETH/Adt	34:41	R750

50-59:

1	Mmola	Tsotso	51	Anglo Platinum	37:49
2	Petros	Lefine	50	Individual	40:18
3	Solomon	Mokhothu	58	Individual	41:12

60-69:

1	Paulus	Masilela	60	Individual	39:54
2	Regwell	Phandavhudzi	60	Foskor	55:14
3	Trevor	Payne	64	Carlton	57:31

70+:

1	Zeb	Luhabe	82	Real Gijima	1:32:09
2	Carl	Larsen	73	Florida	1:32:43
3	Chris	Louw	72	Nedbank	1:38:45

Juniors:

1	Sityhilo	Diko	19	Gauteng Striders	31:33	R3 000
2	Motsieloa	Ramolefi	19	LES	32:00	R2 750
3	Minyinga	Koropetsa	19	Gauteng Striders	32:15	R2 500
4	David	Molebatsi	18	Nedbank	32:42	R2 000
5	John	Thipe	19	Sasol	32:52	R1 750

WOMEN (Same prize money as men)

1	Lebo	Phalula	25	Absa Uj	34:08
2	Lebogang	Phalula	25	Absa Uj	35:07
3	Tebogo	Masehla	30	Transnet	37:20
4	Onneile	Dintwe	24	BOT/Nedbank	37:25
5	Maxine	Heine-Wacker	19	Nedbank	37:29
6	Hellen	Chiundo	20	KEN/Nedbank	38:16
7	Bianca	van Niekerk	15	Nedbank	38:40
8	Loveness	Madziva	19	ZIM/Nedbank	39:17
9	Tshifhiwa	Mundalamo	28	Nedbank	39:17
10	Mapaseka	Makhanya	24	Transnet	39:18
11	Tessa	Burrell	44	Gauteng Striders	39:24
12	Nadia	Hechter	16	Nedbank	39:25
13	Johanna	Maseko	64	Vaal Ac	39:40
14	Makampong	Masaile	18	LES/Toyota	39:41
15	Sibongile	Shezi	23	Madadeni	39:44
16	Nometheemily	Radebe	28	Eskom Gijimas	39:48
17	Monique	Hechter	16	Nedbank	40:05
18	Bathobele	Hlazo	16	Siyanda Ac	40:12
19	Irvette	van Blerk	22	Nedbank	40:24
20	Makhosi	Mhlongo	27	Savages	40:24
21	Grace	de Oliveira	47	Boxer	40:38

40-49:

1	Tessa	Burrell	44	Gauteng Striders	39:24
2	Grace	de Oliveira	47	Boxer	40:38
3	Constance	Mavinha	41	Eskom Gijmas	45:38

50-59:

1	Erika	Swart	52	Sasol	44:14
2	Anne	Bellomusto	56	Morningside	45:48
3	Thandi	Mlambo	51	Afrox	54:30

60-69:

1	Sonja	Laxton	61	Rac	44:48
2	Liz	Ruickbie	62	Rac	44:54
3	Elaine	Greenblatt	60	Rockies	50:24

70+:

1	Miemie	Schoeman	76	Transnet	1:16:01
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Juniors:

1	Maxine	Heine-Wacker	19	Nedbank	37:29
2	Bianca	van Niekek	19	Nedbank	38:40
3	Loveness	Madziva	19	ZIM/Nedbank	39:29
4	Nadia	Hechter	16	Nedbank	39:25
5	Monique	Hechter	16	Nedbank	40:05

Venk-Pac 15 km

Verulam, 1 November

(Loop course)

MEN

1.	Samuel Pazanga	ZIM/Form One AC	50:30
2.	Joseph Madizha	Form One AC	50:32
3.	Sibusiso Madizha	Savages AC	53:22

40-49:

1.	Peter Sehloho	Boxer AC	55:50
2.	Lucky Ngema	Verulam AC	58:09
3.	Dumisani Mbili	UKZN	63:44

50-59:

1.	Jeremiah Ngwenya	Boxer AC	61:25
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60+:

1.	Ted Liddiatt	Stella AC	81:11
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Juniors:

1.	Sibusiso Madizha	Savages AC	53:22
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WOMEN

1.	Janine Carey	Boxer AC	64:32
2.	Mary Ann Niewoudt	DHSOB	68:11
3.	Alicen Makake	Form One AC	70:46

40-49:

1.	Janette Davidson	DHSOB	71:41
2.	Roshini Nadesan	Hi Way AC	83:21
3.	Mavis Toto	Toti AC	86:55

50-59:

1.	Sheree Kirsten	PDAC	81:32
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60+:

1.	Maureen Parry	Chiltern AC	97:45
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Juniors:

1.	Alicen Makake	Form One	70:46
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Builders Warehouse 27 km & 10 km Challenge

Port Elizabeth, 31 October

(Out-and-back courses)

27 km**MEN**

1	George	Ntshiliza	Mr Price PE	30	1:27:04
2	Masixole	Dlaku	Mr Price PE	30	1:27:58
3	Wayne	Gallant	Mr Price PE	35	1:29:46
4	Mila	Pasiya	Nedbank RC	30	1:35:35
5	Anele	Maliza	Mr Price PE	31	1:36:46
6	Emerson	Kayana	Nedbank RC	35	1:38:14
7	Lubabaloo	Mdlungwane (1 st jun)	PEAAC	16	1:40:25
8	Siphuxolo	Vani	Kwanobuhle	15	1:41:16
9	Derrick	Dubase	Madiba Bay	35	1:42:10
10	Mzukisi	Klaas (1 st vet)	PEAAC	40	1:43:05
11	Thembekile	Msipa	Charlo RR	35	1:44:00
12	Mongezi	Mboya	PEAAC	32	1:45:13
13	Colben	Ngcupe	PEAAC	46	1:45:39

14	Graham	Eshmade	Temp	32	1:45:43
15	Zandisile	Mpisane	Mr Price PE	26	1:48:58
16	Andrew	Long	Madiba Bay	42	1:49:32
17	Bramley	Derrocks	PEAAC	36	1:49:47
18	Robin	Fourie	Achilles AAA	46	1:51:17
19	Daryl	North	Achilles AAA	32	1:51:18
20	Chris	Darke	Achilles AAA	41	1:51:18

40-44:

1	Mzukisi	Klaas	PEAAC	40	1:43:05
2	Andrew	Long	Madiba Bay	42	1:49:32
3	Chris	Darke	Achilles AAA	41	1:51:18

45-49:

1	Colben	Ngcupe	PEAAC	46	1:45:39
2	Robin	Fourie	Achilles AAA	46	1:51:17
3	Neil	De Meillon	New Balance	46	1:55:33

50-54:

1	Leonard	Erasmus	Willard Batt	51	1:56:22
2	Andre	Willemse	Elite AC	51	1:57:02
3	Peter	Van Rensburg	Elite AC	51	2:00:36

55-59:

1	Hannes	Els	Madiba Bay	59	2:02:46
2	Fikile	Seya	Nedbank RC	56	2:04:48
3	Bruce	McEwan	Achilles AAA	56	2:06:05

60-64:

1	Cilliers	Swart	Nedbank RC	62	2:06:29
2	Percy	Dalton	Achilles AAA	61	2:06:30
3	Eric	Mapara	Rhodes Universi	62	2:13:39

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	67	2:01:32
2	Kobus	Gerber	PEAAC	65	2:27:42
3	Robin	Clark	Achilles AAA	68	2:55:15

Juniors:

1	Lubabaloo	Mdlungwane	PEAAC	16	1:40:25
2	Siphuxolo	Vani	Kwanobuhle	15	1:41:16
3	Lolwethu	Mbityi	PEAAC	18	2:23:46

WOMEN

1	Davera	Magson	Mr Price PE	34	1:57:29
2	Terri-Lynn	Penney	RFLG	32	1:58:29
3	Margie	Saunders (1 st mast)	Nedbank RC	56	2:04:22
4	Maresa	Ah Kun	Bluewater Bay	33	2:05:38
5	Christine	Claasen (1 st vet)	Achilles AAA	45	2:07:39
6	Grizelda	Pietersen	Achilles AAA	41	2:10:28
7	Pat	Thomson	Achilles AAA	49	2:12:08
8	Elmarie	Bezuidenhout	Charlo RR	27	2:13:33
9	Claire	Nagel	Elite AC	45	2:17:50
10	Nadia	Wessels	PEAAC	39	2:18:43
11	Adele	Nel	St Albans CSEP	36	2:20:31
12	Joy Anne	Pregalato	Achilles AAA	39	2:21:18
13	Mary Grace	Villanueva	Achilles AAA	33	2:21:24
14	Genee	Reed	Temp	25	2:22:05
15	Johannette	Oosthuizen	Temp	45	2:23:23
16	Charmaine	Button	Nmmu AC	45	2:24:27
17	Eddelene	Smith	Nedbank RC Mpu	30	2:25:25
18	Nerine	Loock	Nedbank RC	33	2:26:25
19	Lindy	Kretzmann	Temp	32	2:27:38

20	Christine	Hart	Albany RR	48	2:27:39
40-44:					
1	Grizelda	Pietersen	Achilles AAA	41	2:10:28
2	Lesley	Maggott	Achilles AAA	42	2:30:54
3	Jacqui	van der Vyver	Elite AC	40	2:35:24
45-49:					
1	Christine	Claasen	Achilles AAA	45	2:07:39
2	Pat	Thomson	Achilles AAA	49	2:12:08
3	Claire	Nagel	Elite AC	45	2:17:50
50-54:					
1	Liz	Austin	Achilles AAA	51	2:35:23
2	Monica	Kemp	Madiba Bay	54	2:43:12
3	Janette	Wood	Nedbank RC	50	2:48:26
55-59:					
1	Margie	Saunders	Nedbank RC	56	2:04:22
2	Cathy	Ives	Achilles AAA	56	2:30:19
3	Rita	Boucher	Spar Walmer AC	59	2:58:28
60-64:					
1	Liz	Grundlingh	Muirite Strider	62	2:30:48
2	Retha	Snyman	PEAAC	62	2:45:41
3	Heather	Davies	Temp	60	2:46:45
70+:					
1	Dorothy	Hart	PEAAC	71	3:22:59
10 km					
MEN					
1	Rodney	Prins	Mr Price PE	21	30:08
2	Zolani	Mabongo	Mr Price PE	23	31:39
3	Xola	Bongoza (1 st jun)	Mr Price PE	16	31:58
4	Sibusiso	Thu	Mr Price PE	21	32:04
5	Melikhaya	Frans	Nedbank RC	17	32:25
6	Masibulele	Heugh	Nedbank RC	15	32:50
7	Maboyisana	Mazwayi (1 st vet)	Nedbank RC	41	32:52
8	Durian	Louw	Malabar	19	33:12
9	Mzamo	Fokwana	Charlo RR	32	33:28
10	Alfred	Qogi	Nedbank RC	36	33:30
11	Zoysile	Maklein	PEAAC	38	36:01
12	Sinekhaya	Ndlakuse	Nedbank RC	20	36:47
13	Errol	Koert	Ebenezer	33	37:05
14	Alfred	Pakkies	Legacy AC	41	37:13
15	John	Rafani	Mr Price PE	42	37:27
16	Ruan	Smalberger	Nedbank RC	19	37:49
17	Francois	De Villiers	Achilles AAA	33	38:14
18	Sonwabo	Hina	Temp	19	38:22
19	Darryl	Bagley	Nedbank RC	34	40:42
20	Sizinzo	Kama (1 st mast)	Achilles AAA	58	41:12
40-44:					
1	Maboyisana	Mazwayi	Nedbank RC	41	32:52
2	Alfred	Pakkies	Legacy AC	41	37:13
3	John	Rafani	Mr Price PE	42	37:27
45-49:					
1	Coenie	Kukkuk	Temp	47	46:35
2	Herman	Koen	Temp	46	46:58
3	De Wet	Williams	Temp	47	47:11
50-54:					

1	Keith	Wattrus	Body Concept	51	46:29
2	David	Enslin	Charlo RR	51	47:09
3	Peter	Newton	Crusaders AC	51	49:40
55-59:					
1	Sizinzo	Kama	Achilles AAA	58	41:12
2	Errol	Rossouw	PEAAC	59	45:12
3	Andre	Oelofse	Temp	55	49:50
60-64:					
1	Fred	Verrall	Charlo RR	61	42:25
2	William	Vorster	PEAAC	63	45:25
3	Denzil	Yon	Malabar	61	1:00:57
65-69:					
1	Nic	Snyman	PEAAC	65	52:12
2	Rolf	Mentzel	Temp	69	57:39
3	Gerald	Hoxley	Achilles AAA	69	1:00:27
70+:					
1	Ernie	Verrall	Nmmu AC	75	58:49
2	Selwyn	Solomon	Crusaders AC	71	1:09:35
3	John	Pearl	Nedbank RC	73	1:12:02
Juniors:					
1	Xola	Bongoza	Mr Price PE	16	31:58
2	Melikhaya	Frans	Nedbank RC	17	32:25
3	Masibulele	Heugh	Nedbank RC	15	32:50
WOMEN					
1	Babalwa	Ngcoko	Mr Price PE	22	37:10
2	Deliwe	Nyanga	PEAAC	20	37:31
3	Maureen	Dladla	Sap AC FS	30	41:11
4	Priscilla	Dyantyi	Mr Price PE	35	42:43
5	Treloar	Childs (1 st vet)	Spar Walmer AC	46	44:21
6	Julie	Taunton	Crusaders AC	49	45:56
7	Noxolo	Marks	Mr Price PE	23	46:26
8	Suzanne	Lavis (1 st mast)	Jeffreys Bay	51	46:46
9	Tineke	Rademeyer (1 st jun)	High	16	47:14
10	Hanlie	van der Westhuizen	Despatch AC	53	47:43
11	Melanie	Muller	Bluewater Bay	26	48:05
12	Janette	Schierz-Crusius	Body Concept	49	48:08
13	Peta	Fothergill	Nedbank RC	28	48:15
14	Nonkangelelko	Nyanga	PEAAC	16	49:28
15	Lindie	Stander	NMMU AC	25	49:45
16	Heidi	Jansen	Achilles AAA	42	50:42
17	Mileska	Bernard	Temp	21	50:46
18	Janine	Ruppelt	Temp	35	51:12
19	Desiree	Titus	Willard Batt	44	51:26
20	Georgina	Thomas	Varsity Old Boy	43	51:31
40-44:					
1	Heidi	Jansen	Achilles AAA	42	50:42
2	Desiree	Titus	Willard Batt	44	51:26
3	Georgina	Thomas	Varsity Old Boy	43	51:31
45-49:					
1	Treloar	Childs	Spar Walmer AC	46	44:21
2	Julie	Taunton	Crusaders AC	49	45:56
3	Janette	Schierz-Crusius	Body Concept	49	48:08
50-54:					
1	Suzanne	Lavis	Jeffreys Bay	51	46:46
2	Hanlie	van der Westhuizen	Despatch AC	53	47:43

3	Gillian	Dealtry	Crusaders AC	51	55:11
55-59:					
1	Marcelle	Harran	Body Concept	55	59:58
2	Maria	Oppel	Crusaders AC	59	1:03:07
3	Junid	Yon	Temp	59	1:20:26
60-64:					
1	Christine	Fourie	Elite AC	63	1:10:09
2	Esly	Strydom	Legacy AC	64	1:13:17
3	Debbie	Oelofse	Legacy AC	63	1:16:30
65-69:					
1	Orgia	Nell	Muirite Strider	66	1:04:51
2	Isabella	Childs	Spar Walmer AC	68	1:12:05
3	Shirley	Jorgensen	Charlo RR	67	1:18:20
Juniors:					
1	Tineke	Rademeyer	High	16	47:14
2	Nonkangelelko	Nyanga	PEAAC	16	49:28
3	Terray	Newcombe	Nedbank RC	18	55:49

Isostar 15 km

Tokai, 31 October

(Loop course, very hilly, mostly on gravel and trails)

MEN

1. Thembelani Zola (MP) 52:45; 2. Bonisile Ngculana (AAC) 52:48; 3. Keith Court (MP) 53:11; 4. Mktululi Mbejeni (AAC) 54:10; 5. Quinton Prince (Met) 54:14; 6. Samson Gulubela (AAC) 55:36; 7. Gareth Berning (VOB) 55:46; 8. Robert Roro (Celtic) 56:25; 9. Roger Dickson (VOB) 56:42; 10. Chris Mitchell (Celtic) 56:57; 11. Danzil Paulse (B'fell) 59:05; 12. Dion Middelkoop (VOB) 59:19; 13. Charles Witbooi (VOB) 59:49; 14. Mike O'Donovan (VOB) 60:01; 15. Rupert Becker (Ind) 61:10; 16. Siyabonga ? (top) 61:12; 17. Shahid Jagger (Ned) 61:24; 18. G. Lewis (Ind) 61:59; 19. William Ruisch van Dugteren (AAC) 62:04; 20. Stef Patten (VOB) 62:08; 21. Colin George (VOB) 62:10; 22. Damian Will (Pine) 62:24; 23. Mark Pikker (Forest) 62:36; 24. Andrew Smit (AAC) 62:43; 25. C. Dimopoulos (VOB) 63:00; 26. A.N. Other 63:00; 27. A.N. Other 63:04; 28. David Visser (MP) 63:05; 29. Les Chivell (FH) 63:08; 30. Marshall Swartz (Elsies) 63:33.

Veterans: 1. Keith Court (MP) 53:11; 2. Chris Mitchell (Celtic) 56:57; 3. Mike O'Donovan (VOB) 60:01. **Masters:** 1. Les Chivell (FH) 63:08; 2. Willie Baartman (SH) 65:32; 3. Terrance Massoni (VOB) 67:02. **G'masters:** 1. Richard Acheson (VOB) 73:06; 2. Toby Adams (Hout) 74:33; 3. M.Y. Abrahams (Top) 78:10.

WOMEN

1. Joanna Thomas (VOB) 64:25; 2. Julia Janse van Rensburg (Ind) 70:10; 3. Kath Fennemore (UCT) 73:27; 4. Julie Stevens (Ind) 73:42; 5. Y. Visser (MP) 74:24; 6. Ellie Courts (Celtic) 74:43; 7. Cleo Oliver (UCT) 75:08; 8. Kirsten Norris (Ind) 75:23; 9. Janine Lewerent (Ind) 76:49; 10. Jane Seggie (Ind) 77:52; 11. Colleen Hohlfield (SS) 79:11; 12. Jade Hutton (Harf) 79:17; 13. Joleen Bilgin (WC) 79:23; 14. Sarah Wicker (NW) 79:27; 15. Nicola Elliott (UCT) 79:36; 16. Leanne Slack (VOB) 82:09; 17. Melany Porter (Pine) 82:20; 18. Lucilla Schultz (Ind) 82:25; 19. S. Hyne (Ind) 82:27; 20. Margaret Moila (Celtic) 82:37.

Veterans: 1. Joanna Thomas (VOB) 64:25; 2. Colleen Hohlfield (SS) 79:11; 3. Margaret Moila (Celtic) 82:37. **Masters:** 1. Beverley Mehl (Top) 83:44; 2. Sonia Smith (Top) 83:53; 3. Brenda Stevenson (Pine) 83:59. **G'masters:** 1. Pixie Sparg (Celtic) 87:14; 2. Marilyn Moore (Break) n/t.

Old Mutual 10 km

Pinelands, 28 October
(Certified loop course)

MEN

1. Sityhilo Diko (GS) 30:28; 2. Patrick Magadla (VOB) 30:49; 3. Unathi Pezolo (AAC) 30:59.

Veterans: 1. Brian Mapeyi (VOB) 33:41; 2. Tobias Philander (Adid) 34:10; 3. Cliff Drury (MP) 34:21. **Masters:** 1. Gregory Jacobs (Edge) 36:28; 2. Goodman Mpukane (Gugs) 38:18; 3. Peter Wensch (Tyger) 38:39. **G'masters:** 1. Willie van Wyk (B'fell) 43:04; 2. Mogamat Abrahams (Top) 46:13. **Juniors:** 1. Sityhilo Diko (GS) 30:28; 2. Unathi Pezolo (AAC) 30:59; 3. Luxolo Mdzanga (Gugs) 31:07.

WOMEN

1. Bulelwa Mtshagi (Celtic) 36:28; 2. Nomvuyisi Seti (MP) 38:50; 3. Asiphe Sikabalanjana (Gugs) 39:20.

Veterans: 1. Elmarie Coetzee (Adid) 39:53; 2. Mariëtte Esterhuyse (Tyger) 40:18; 3. Sheryl de Lange (Adid) 40:23. **Masters:** 1. Olga Howard (Celtic) 41:04; 2. Nancy Will (Pine) 44:38; 3. Charmaine Cupido (Ned) 46:00. **G'masters:** 1. Pixie Sparg (Celtic) 50:02; 2. Marietha Herbert (Bell) 50:03. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 39:26; 2. Asanda Dayimani (AAC) 44:27; 3. Amy Gilmour (VOB) 45:44.

Tradouw Pass Half Marathon

Barrydale, 24 October

(Distance: 21.0975 km; out-and-back course. Finishers: 160.)

MEN

1	Enrico Newman	Ind	1:14:44
2	Jumat Witbooi	Bredasdorp	1:18:17
3	Randall Smith	Bredasdorp	1:18:49
4	David Maritayi	Nedbank	1:19:13
5	Ivan Reynicke	Bredasdorp	1:21:55
6	Johan Stemmet	Bonnievale	1:22:23
7	Nicolaas Kees	Robertson	1:26:37
8	Johan Hartnick	Nedbank	1:27:31
9	Christo ?		1:31:37
10	Frans Marthinus	Ind	1:31:49

WOMEN

1	Farwa Mentoer	Bonitas	1:33:28
2	Elizabeth v/d Berg	Bredasdorp	1:34:16
3	Lisl Grobler	Knysna	1:34:29
4	Kerry Roos	Knysna	1:39:26
5	Johanna Claassen	Nedbank	1:40:53
6	Bettie Stevens	Ind	1:43:54
7	Christina Langenhoven	Maties	1:45:48
8	Annemarie Matthysen	Langeberg	1:50:49
9	Christine de Jager	Ind	1:52:07
10	Rina Cloete	Bredasdorp	1:53:45

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

ING New York City Marathon (40th)

(US Marathon Championships for men)

New York, USA, 1 November

(Distance: 42.195 km; certified, point-to-point course, 5.5-metre total elevation loss.

Starters/Finishers: 43 741 starters, 43 475 finishers.)

MEN

1. Meb Keflezighi, USA	2:09:15	\$130,000 + 40,000* + 30,000i
2. Robert Kipkoech Cheruiyot, KEN	2:09:56	65,000 + 25,000i
3. Jaouad Gharib, MAR	2:10:25	40,000 + 15,000i
4. Ryan Hall, USA	2:10:36	25,000 + 25,000* + 10,000i
5. Abderrahime Bouramdane, MAR	2:12:14	15,000
6. Hendrick Ramaala, RSA	2:12:30	10,000
7. Jorge Torres, USA	2:13:00	7000 + 20,000*
8. Nick Arciniaga, USA	2:13:46	5000 + 15,000*
9. Abdi Abdirahman, USA	2:14:00	2000 + 12,000*
10. Jason Lehmkuhle, USA	2:14:39	1000 + 10,000*
11. Jackson Kotut Kipkoech, KEN	2:15:10	
12. Peter Gilmore, USA	2:15:22	8000*
13. Migidio Bourifa, ITA	2:16:01	
14. Mike Sayenko, USA	2:16:38	5000*
15. Mike Reneau, USA	2:16:45	4000*
16. Jose Telles De Souza, BRA	2:17:28	
17. Allen Wagner, USA	2:17:49	3000*
18. Max King, USA	2:19:11	2500*
19. Mohammed Awol, ETH	2:19:31	
20. Christopher Raabe, USA	2:19:49	2000*
DNF - Marilson Gomes dos Santos, BRA		
DNF - James Kwambai, KEN		
DNF - Patrick Makau, KEN		

* = USA Championship prize money

i = time incentive bonus

WOMEN

1. Derartu Tulu, ETH	2:28:52	\$130,000 + 5000i
2. Ludmila Petrova, RUS	2:29:00	65,000
3. Christelle Daunay, FRA	2:29:16	40,000
4. Paula Radcliffe, GBR	2:29:27	25,000
5. Salina Kosgei, KEN	2:31:53	15,000
6. Magdalena Lewy Boulet, USA	2:32:17	10,000
7. Buzunesh Deba, ETH	2:35:54	7000
8. Serkalem Biset Abrha, ETH	2:37:20	5000
9. Yuri Kano, JPN	2:39:05	1000^
10. Desiree Ficker, USA	2:39:30	500^
... 17. Joan Samuelson, USA	2:49:09	

i = time incentive bonus

AirTel Delhi Half Marathon (5th)

New Delhi, IND, 1 November

(Distance: 21.1 km)

MEN

1. Deriba Merga, ETH	59:54	USD 25,000
2. Eshetu Wendimu, ETH	1:00:02	15,000
3. Wilson Kipsang, KEN	1:00:04	10,000
4. Tilahun Regassa, ETH	1:00:37	9000
5. Titus Masai, KEN	1:00:43	7000
6. Dieudonne Disi, RWA	1:01:37	6000
7. Kiplimo Kimutai, KEN	1:01:40	5000
8. Juwawo Wirimai, ZIM	1:01:45	3000
9. Stephan Mokoka, RSA	1:01:47	2000
10. Ezekiel Cherop, KEN	1:01:50	1500

WOMEN

1. Mary Keitany, KEN	1:06:54	CR* USD 25,000
2. Ayelew Wude, ETH	1:07:58	15,000
3. Aberu Kebede, ETH	1:07:59	10,000
4. Mamitu Daska, ETH	1:08:07	9000
5. Peninah Arusei, KEN	1:08:30	7000
6. Mara Ibrahinova, AZE	1:08:45	6000
7. Teyba Erkesso, ETH	1:09:05	5000
8. Amane Gobena, ETH	1:09:32	3000
9. Aselefech Mergia, ETH	1:10:02	2000
10. Pamela Chepchumba, KEN	1:10:04	1500

Tulsa Run 15 km (32nd)

Tulsa, USA, 31 October

MEN (gun times)

1. Alene Reta, 27, New York, NY (ETH)	44:09	\$3000
2. Edward Tabut, 26, Santa Fe, NM (KEN)	44:38	1000
3. Ezkyas Sisay, 21, Flagstaff, AZ (ETH)	45:19	500

WOMEN (gun times) -

1. Belainesh Gebre, 21, Flagstaff, AZ (ETH)	50:29	\$3000
2. Teyba Naser, 20, Albuquerque, NM (BRN)	50:45	1000
3. Caroline Rotich, 25, Santa Fe, NM (KEN)	51:18	500
... 6. Christine Kalmer, 23, Fayetteville, AR (RSA)	55:09	

National Games Marathon

Daejeon, KOR, 31 October

(Distance: 42.195 km)

MEN

1. Lee Bong-Ju	2:15:25
2. Yu Young-Jin	2:17:32
3. Park Kyung-In	2:19:21

ULTRARUNNING

IAU 50 km World Trophy Final

Gibraltar, GIB, 31 October

Note: These results are from the IAU website. Unfortunately no nationalities were indicated. – Ed.

MEN

1. Lucas Nonyana **RSA** 2:58:03
2. Paul Molineux 3:00:15
3. Michael Wardian 3:00:56
4. David Kirkland 3:3:10
5. Julian Rendall 3:12:35
6. Pieter Vermeesch 3:13:40
7. Hermans Mokgodi **RSA** 3:13:52
8. Daniel Oralek 3:14:16
9. Justin Fyffe 3:15:02
10. Andrea Bernabei 3:15:10
- ... 26. Steven Molepo **RSA** 4:2:59

WOMEN

1. Kami Semick 3:29:48
2. Monica Carlin 3:37:10
3. Lesley Train **RSA** 3:38:23
4. June Petrie 3:44:35
5. Amanda Stickel 3:52:38

STATS TIME

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

2009 15 KM: TOP TEN WOMEN

55:09	Christine Kalmer	6	Tulsa	31 Oct
55:09	Mia Pienaar	1	Eerste River	27 Jun
56:04	Anneline Roffey	2	Eerste River	27 Jun
56:15	Ntombesintu Ntshiliza	1	Jeffreys Bay	03 Jan
56:16	Nomvuyisi Seti	1	Constantia	07 Mar
56:37	Poppy Mlambo	1	Boksburg	26 Apr
56:58	Deliwe Nyanga	1	Port Elizabeth	02 Oct
57:02	Alae Brand	2	Constantia	07 Mar
57:55	Bulelwa Mtshagi	3	Constantia	07 Mar
57:57	Liza-Marie Bright	1	Port Elizabeth	17 Jan

THIS MONTH IN HISTORY

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

53 years ago: 23 November 1956

Russian running machine Vladimir Kuts started his Olympic campaign in Melbourne with a resounding victory in the 10000 metres after a tactical battle in the early stages with Gordon Pirie (GBR). Kuts set off with a 61.2-second lap and his time at halfway (14:07) was just slightly slower than Emil Zatopek's Olympic record for the distance. The Russian's pressure finally was too much for Pirie in the 21st lap and Kuts went on to win the gold medal in an Olympic record 28:45.6. Five days later Kuts set another Olympic record of 13:39.6 to win the 5000 m, with world record holder Pirie second 11 sec in arrears. It was the first Olympics held in the southern hemisphere and Kuts' double victories signalled the emergence of the Soviet Union as a distance power.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2009

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

MENSeniors

10 km	28:21	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)		
21.1 km	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	61:26	Stephen Mokoka	Port Elizabeth	04 Jul
	58:52	Patrick Makau (KEN)		
25 km	58:33	Samuel Wanjiru (KEN) 2007		
	79:32	Shadrack Hoff	Pretoria	09 May
	73:24	Matthew Kipchirchir (KEN)		
	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	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:36	Johannes Maluleka	Pretoria	09 May
	76:49	Martin Mondragon (MEX) 1994		

30 km	1:44:25	Lindile Tokota	Sedgefield	21 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:27:32	Reginald Ngobese	Durban	08 Feb
	2:24:25a	Lindile Tokota	Oudtshoorn	28 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	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
	55:09	Christine Kalmer	Tulsa	31 Oct
	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 Mikitenko (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		
<u>Veterans (40+)</u>				
10 km	36:52	Michelle Bartman	Port Elizabeth	02 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:58	Michelle Bartman	Constantia	07 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:11	Maya Lawrie	Port Elizabeth	04 Jul
	70:32	Helena Javornik (SLO) 2007		
25 km	1:42:34	Sandra Steenkamp	Pretoria	09 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:10	Sarah Mahlangu	Durban	08 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	11:07:22a	Buyelwa Kobokana	Port Elizabeth	19 Sep
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:21	Olga Howard	Pinelands	02 Aug
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	63:17	Olga Howard	Mamre	20 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:41	Olga Howard	Port Elizabeth	04 Jul
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:58:00	Rae Bisschoff	Pretoria	09 May
30 km	2:18:56	Annatjie Botes	Sedgefield	21 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:16:08	Annatjie Botes	Cape Town	27 Sep
100 km				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
10 km	35:45	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	59:33	Juan-Marie Cooper	Pretoria	13 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	79:31	Lusanda Bomvana	Port Elizabeth	04 Jul
	1:09:05	Delilah Asiago (KEN) 1991		

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