

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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EDITORIAL

Maggie Visser, South Africa's fastest veteran over 10 km this year, finished 15th in the Synaptics Elite 5 km in San Jose last week, running 18:03 as third 40+ athlete.

With the year almost at an end, list leaders are hard to come by, but Matie junior Elene Lourens bagged one in the Frans van Heusden Memorial 15 km in Port Elizabeth, clocking 58:11.

In the Soul City Half Marathon René Kalmer suffered a rare loss when she was beaten by Lebo Phalula, 80:46 to 83:20.

The Winelands Marathon (results in last week's DRR) was not only the Western Province Championships, but also the Boland Championships.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Soul City Half Marathon & 10 km, Johannesburg
- * Sani Stagger Marathon & Half Marathon, Sani Pass
- * Frans van Heusden Memorial 15 km, Port Elizabeth
- * Lagoon 2 Bay Half Marathon, Knysna

International highlights:

- * Great Australian Run, Melbourne, AUS
 - * Manchester Road Race, Manchester, USA
 - * Synaptics Elite 5 km, San Jose, USA
 - * Nagoya Half Marathon, Nagoya, JPN
 - * Toyota Great Ethiopian Run, Addis Ababa, ETH
 - * Kobe Women's Half Marathon, Kobe, JPN
 - * XC: Cross Internacional de Soria, Soria, ESP; NCAA Division I Championships, Terre Haute, USA; Cross Internacional de Llodio, Llodio, ESP
 - * JFK 50 Mile, Boonsboro to Williamsport, USA
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ROAD RUNNING

Soul City Half Marathon & 10 km

Johannesburg, 29 November

(Distances: 21.0975 km & 10 km)

Note: The 10 km was considerably short. – Ed.

Half marathon

MEN

1 Xolisa Tyali (Nedbank) 67:33; 2 Michael Mazibuko (Mittal) 68:15; 3 Degene Asafa (ETH/ADT) 68:39; 4 Zongamele Dyubeni (Temp) 68:43; 5 Joshua Sabao (ZIM/Nedbank) 70:17.

Veterans: 1 Tidimalo Modiga (Toy) 76:58; 2 Meshack Motla (Powerade) 79:51; 3 Muso Kgapiso (Discovery) 82:47. **Masters:** 1 Samuel Mogudi (RAC) 83:50; 2 Moses Motshabi (RAC) 87:50; 3 Raymond Sibanyoni (Scaw) 90:28. **G'masters:** 1 Paulus Masilela (Irene) 92:47; 2 Don Charles (Brotherhood) 93:41; 3 Jack Thokwane (Sasol) 99:40.

WOMEN

1 Lebo Phalula (UJ) 80:46; 2 René Kalmer (MP) 83:20; 3 Irvette van Blerk (Nedbank) 83:28; 4 Samukeliso Moyo (MP) 84:42; 5 Tabitha Tsatsa (ZIM/Boxer) 87:06.

Veterans: 1 Tessa Burrell (GS) 88:17; 2 Sarah Mahlangu (MP) 1:45:10; 3 Laura Venter (Nedbank) 1:46:40. **Masters:** 1 Sarah Webb (RAC) 1:53:46; 2 Natalie Sanders (Fourways) 1:55:31; 3 Margaret Boshoe (Sunninghill) 2:02:25. **G'masters:** 1 Debbie van Heerden (Roodepoort) 2:17:42; 2 Elsa Meyer (Irene) 2:24:33; 3 Hazel Quilliam (Roodepoort) 2:26:10.

10 km

MEN

1 Lucky Mohale (GS) 26:14; 2 Enoch Manyani (Nedbank) 26:18; 3 Maru Ondo Olimo (ETH/ADT) 26:25; 4 Jeremiah Bojozi (Krugersdorp) 26:30; 5 Andrew Tsega (Temp) 26:31.

Veterans: 1 Gethun Wordofa (ETH/ADT) 26:40; 2 Lawrence Chipangaan (Nedbank) 27:26; 3 Belay Hagos (ETH/ADT) 27:30. **Masters:** 1 Andre Jansen (GS) 30:21; Simon Phaiphai (RAC) 32:02; 3 Arigo Ferri (Nedbank) 32:48. **G'masters:** 1 Joao Raposa (Dosco) 43:46; 2 Ray Davis (RAC) 44:52; 3 Joe Texeira (JHAC) 45:12.

WOMEN

1 Dinarose Phalula (UJ) 29:03; 2 Helen Chiundu (ZIM/Nedbank) 31:04; 3 Mabaseka Makanye (Transnet) 32:06; 4 Jane Mudau (Nedbank) 34:15 (1st vet); Chanté Venter (Nedbank) 34:54.

Veterans: 1 Jane Mudau (Nedbank) 34:15; 2 Catherine Naane (Goldfields) 35:40; 3 Cynthia Mokovane (Nedbank) 37:37. **Masters:** 1 Ann Bellamusto (Sunninghill) 36:23; 2 Judy Pace (RAC) 40:04; 3 Sewele Maponya (NBW) 46:26. **G'masters:** 1 Sonja Laxton (RAC) 36:11; 2 Rachel Ledwaba (PnP) 52:27; 3 Marilyn Moore (Breakthru) 52:40.

Sani Stagger Marathon & Half Marathon

Sani Pass, 28 November

(Distances: 42.195 km [up and down pass] & 21.0975 km [down pass])

Marathon

MEN

1. Phillip Shezi Sani AC 3:15:59

2.	Eric Duma	Sani AC	3:38:38
3.	Kwenza Mgubane	Mr Price AC	3:40:18

40-49:	1.	Filipo Faralla	Savages AC	4:10:26
50-59:	1.	Maruis Carstens	Alberton AC	4:05:02
60+:	1.	Ken Poole	Jeppe Q	5:10:04

WOMEN

1.	Tracey Lee Zunckel	Estcourt AC	3:55:16
2.	Melanie v Rooyen	R/Bay AC	3:46:10
3.	Debbie Eaton	Coll Harr	4:16:28

40-49:	1.	Tammy Dennill	West AC	5:09:42
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Half marathon

MEN

1.	Jannie Kruger	Coll Harr	91:58
2.	Warren Jee	Vaal AC	98:57
3.	Chico Subremanian	R/Bay AC	99:33

40-49:	1.	Jannie Kruger	Coll Harr	91:58
50-59:	1.	Chico Subremanian	R/Bay AC	99:38
60+:	1.	Deon Marais	Phobians AC	129:00
Juniors:	1.	Michael Parnell	Kears Strid	160:09

WOMEN

1.	Sharon Rawlins	IND	114:09
2.	Kim Jackson	VHSOB	114:32
3.	Sheree Kirsten	PDAC	128:38

40-49:	1.	Kim Jackson	VHSOB	114:32
50-59:	1.	Sheree Kirsten	PDAC	128:38
60+:	1.	Bertha v d Raad	Irene AC	179:59

Frans van Heusden Memorial 15 km

Port Elizabeth, 28 November
(Loop course. Finishers: 542.)

MEN

1	Lusapho	April	Nedbank RC	27	45:03
2	Rodney	Prins	Mr Price PE	21	46:39
3	Masixole	Dlaku	Mr Price PE	31	47:56
4	Khayaalethu	Makalima	Mr Price PE	26	48:27
5	Bulelini	Niwa	PEAAC	24	48:55
6	Ivan	Ambraal	Malabar	20	49:09
7	Mzamo	Fokwana	Charlo RR	32	49:48
8	Mzwanele	Maphekula	Nedbank RC	33	50:14
9	Sandile	Ngunuza	Nedbank RC	26	50:33
10	George	Ntshiliza	Mr Price PE	30	50:33
11	Melikhaya	Frans (1 st jun)	Nedbank RC	17	51:09
12	Vuso	Nkonzo	Mr Price PE	24	51:12
13	Maboyisana	Mazwayi (1 st vet)	Nedbank RC	41	51:45
14	Zolile	Mhlahlo	Triangle Sports	34	51:50
15	Terrance	Mjekula	Triangle Sports	37	52:20
16	Simon	Adams	Malabar	18	52:49
17	Mzukisi	Klaas	PEAAC	41	54:14

18	Gcobani	Bekwapi	Nedbank RC	30	54:31
19	Clement	Mushaike	Ebenezer	36	54:50
20	Zoysile	Maklein	PEAAC	38	54:54
40-44:					
1	Maboyisana	Mazwayi	Nedbank RC	41	51:45
2	Mzukisi	Klaas	PEAAC	41	54:14
3	John	Rafani	Mr Price PE	42	57:09
45-49:					
1	Darrell	Wicht	Triangle Sports	46	55:01
2	Alfred	Spier	Elite AC	49	57:17
3	Colben	Ngcupe	PEAAC	46	58:16
50-54:					
1	Andre	Willemse	Elite AC	51	1:02:05
2	Stephen	Klue	Elite AC	51	1:02:42
3	Peter	Van Rensburg	Elite AC	51	1:03:45
55-59:					
1	Donald	Mancasa	Triangle Sports	55	1:03:38
2	Hannes	Els	Madiba Bay	59	1:03:43
3	Bruce	Mcewan	Achilles AAA	56	1:04:49
60-64:					
1	Fred	Verrall	Charlo RR	61	1:05:41
2	Percy	Dalton	Achilles AAA	61	1:07:08
3	Eric	Mapara	Rhodes University	62	1:09:05
65-69:					
1	Godfrey	Kariem	Cadbury AC	69	1:16:59
2	Gerald	Hoxley	Achilles AAA	69	1:31:00
3	Robin	Clark	Achilles AAA	68	1:32:54
70-74:					
1	David	Fraser	PEAAC	71	1:26:55
2	Henry	Human	VWAC	70	1:34:01
3	Selwyn	Solomon	Crusaders AC	71	1:42:05
75-79:					
1	Wells	Anderson	PEAAC	77	1:45:47
80+:					
1	Henry	Botha	Despatch AC	82	2:02:27
Juniors:					
1	Melikhaya	Frans	Nedbank RC	17	51:09
2	Simon	Adams	Malabar	18	52:49
3	Conrad	Charles	Malabar	19	58:21
WOMEN					
1	Deliwe	Nyanga	PEAAC	20	57:24
2	Elene	Lourens (1 st jun)	Maties AC	19	58:11
3	Celeste	Swart (1 st vet)	Nedbank RC	40	58:15
4	Davera	Magson	Mr Price PE	35	1:01:48
5	Christine	Claasen	Achilles AAA	45	1:06:27
6	Treloar	Childs	Spar Walmer AC	46	1:09:19
7	Roger	Steele	Temp	52	1:09:28
8	Nerine	Looock	Nedbank RC	33	1:09:53
9	Elmarie	Bezuidenhout	Charlo RR	27	1:10:15
10	Grizelda	Pietersen	Achilles AAA	41	1:10:44
11	Julie	Taunton	Crusaders AC	49	1:11:07
12	Babalwa	Ngcoko	Mr Price PE	22	1:11:33
13	Hanlie	v.d. Westhuizen (1 st mast)	Despatch AC	53	1:11:59
14	Janette	Schierz-Crusius	Body Concept	49	1:12:12
15	Maresa	Ah Kun	Bluewater Bay	34	1:12:20

16	Sharon	Jessop	Triangle Sports	39	1:12:30
17	Michelle	Sivewright	Triangle Sports	40	1:12:31
18	Adele	Nel	St Albans CSEP	36	1:12:34
19	Claire	Nagel	Elite AC	45	1:13:14
20	Rethie	Cumming	Bo-Karoo MC	39	1:13:21

40-44:

1	Celeste	Swart	Nedbank RC	40	58:15
2	Grizelda	Pietersen	Achilles AAA	41	1:10:44
3	Michelle	Sivewright	Triangle Sports	40	1:12:31

45-49:

1	Christine	Claasen	Achilles AAA	45	1:06:27
2	Treloar	Childs	Spar Walmer AC	46	1:09:19
3	Julie	Taunton	Crusaders AC	49	1:11:07

50-54:

1	Hanlie	v.d. Westhuizen	Despatch AC	53	1:11:59
2	Colleen	Steele	Temp	52	1:22:34
3	Liz	Austin	Achilles AAA	51	1:24:24

55-59:

1	Cathy	Ives	Achilles AAA	56	1:16:48
2	Jos	Els	Madiba Bay	57	1:26:17
3	Marieta	Lucas	Temp	59	1:28:30

60-64:

1	Olive	Williams	Temp	60	1:41:03
2	Jeanette	Pienaar	Temp	61	1:47:50
3	Esly	Strydom	Legacy AC	64	1:50:34

65-69:

1	Orgia	Nell	Muirite Striders	66	1:44:36
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70-74:

1	Dorothy	Hart	PEAAC	71	1:46:48
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Juniors:

1	Elene	Lourens	Maties AC	19	58:11
2	Cheri	Rademeyer	Muirite Striders	18	1:22:27

Lagoon 2 Bay Half Marathon

Knysna, 21 November

(Distance: 21.0975 km; point-to-point course. Finishers: 121.)

Note: Paula Quinsee was eighth overall. – Ed.

MEN

1	Eric	Sigxashe	Mr Prize	30	1:11:23
2	Lindile	Tokota	Nedbank	42	1:12:22
3	Mxolisi	Fana	Rainbow	41	1:15:25
4	Melikhaya	Msizi	KMC	26	1:22:35
5	Zuzile	Mtsinijabo	KMC	34	1:26:53
6	?	Noxhara	PEAAC	29	1:28:18
7	Marlon	Mortlock	KMC	35	1:28:27
8	Mario	Meyer	Nedbank	30	1:31:45
9	?	Rademeyer	Hartenbos Drawwers	35	1:34:26
10	Mihan	Roos	KMC	31	1:37:25
11	Aubrey	Brinkhuis	Outeniqua	39	1:37:25
12	R.	Besselaar	VOB	45	1:38:04
13	Eugene	Julian	KMC	26	1:42:30
14	Patrick	Rawlins	Outeniqua	52	1:43:21
15	Hennie	De Swart	KMC	44	1:44:20

16	Dirk	Joubert	Hartenbos Drawwers	51	1:44:33
17	Chris	McCarthy	KMC	44	1:45:06
18	Grant	Axton	Temp	22	1:45:33
19	Adrian	Du Plooy	Hartenbos Drawwers	42	1:47:02
20	Robert	Galvin	KMC	43	1:48:05

WOMEN

1	Paula	Quinsee	Randburg Harriers	37	1:29:36
2	Annetjie	Botes	Nedbank	51	1:38:30
3	Jo	Mackenzie	KMC	34	1:39:42
4	Candice	Lamb	Phobians	43	1:49:08
5	Stephanie	Hurry	RAC	24	1:49:13
6	Anne	Tolpelt	Free Radicals	30	1:50:47
7	Loura	Klinck	Outeniqua	38	1:52:37
8	Shelly	De Villiers	Plett Ateltiek Klub	36	1:52:51
9	Hellen	Bennet	Temp	31	1:53:20
10	Chista	Smit	Mosselbaai Harriers	42	1:57:42

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

Great Australian Run (2nd)

Melbourne, AUS, 29 November

(Distance: 15 km; loop course)

MEN

1.	Günther Weidlinger, AUT	43:01	NR
2.	Collis Birmingham, AUS	43:19	PB AUD 1500
3.	Martin Dent, AUS	44:00	PB 1300
4.	Samuel Wanjiru, KEN	44:20	

WOMEN

1.	Nikki Chapple, AUS	50:18	DB AUD 1500
2.	Benita Willis, AUS	51:15	1300
3.	Helen Clitheroe, GBR	51:17	
4.	Fernanda Ribeiro, 1969, POR	51:41	

Manchester Road Race (73rd)

Manchester, USA, 26 November

(Distance: 4.748 miles; hilly)

MEN (gun times)

1.	Haron Lagat, 26, Lubbock, TX (KEN)	21:40	\$3000
2.	Patrick Smyth, 23, Minneapolis, MN	21:41	2500
3.	David Jankowski, 25, Blowing Rock, NC	21:44	2000

WOMEN (gun times)

1.	Alemtsehay Misganaw, 29, New York, NY (ETH)	25:26	\$3000
2.	Amy Rudolph, 36, Providence, RI	25:27	2500
3.	Teyba Naser, 23, Albuquerque, NM (BRN)	25:31	2000

Synaptics Elite 5 km

San Jose, USA, 26 November

(Four-lap course; men and women run separate races)

MEN

- | | | |
|---|-------|--------|
| 1. Julius Kogo, 24, Chapel Hill, NC (KEN) | 13:39 | \$2500 |
| 2. Robert Letting, 25, KEN | 13:42 | 1500 |
| 3. Christopher Thompson, 28, GBR | 13:46 | 850 |
| 4. Kevin Chelimo, 26, KEN | 13:50 | 500 |
| 5. Alistair Cragg, 29, IRL | 13:51 | 250 |

WOMEN

- | | | |
|---|-------|-----------|
| 1. Sally Kipyego, 23, KEN | 15:41 | CR \$2500 |
| 2. Genoveva Jelagat Kigen, 28, KEN | 15:49 | 1500 |
| 3. Irene Kimaiyo, 26, KEN | 15:56 | 850 |
| ... 15. Magdalena Visser, 41 San Francisco, CA, RSA | 18:03 | 200 |

Nagoya Half Marathon

Nagoya, JPN, 23 November

(Distance: 21.1 km)

MEN

- | | |
|------------------------|-------------|
| 1. Gideon Ngatuny, KEN | 59:50 PB/CR |
| 2. Jacob Wanjuki, KEN | 1:01:30 |
| 3. Samuel Ndungu, KEN | 1:01:32 |
| 4. Mekubo Mogusu, KEN | 1:02:01 |
| 5. James Mwangi, KEN | 1:02:35 |

WOMEN

- | | |
|---------------------|---------|
| 1. Julia Mombi, KEN | 1:10:35 |
|---------------------|---------|

Toyota Great Ethiopian Run (9th)

Addis Ababa, ETH, 22 November

(Distance: 10 km at very high altitude)

MEN

- | | |
|-------------------------------|-------------------|
| 1. Tilahun Regassa, 1990, ETH | 28:36 CR USD 2800 |
| 2. Abera Kuma, ETH | 28:37 |
| 3. Feyisa Lelisa, ETH | 28:41 |
| 4. Getu Feleka, ETH | 28:49 |
| 5. Tadesse Tola, ETH | 28:54 |

WOMEN

- | | |
|--------------------------|-------------------|
| 1. Koreni Jelila, ETH | 33:03 CR USD 2800 |
| 2. Amane Gobena, ETH | 33:18 |
| 3. Belaynesh Algira, ETH | 33:31 |

Kobe Women's Half Marathon

Kobe, JPN, 22 November

(Distance: 21.1 km)

- | | |
|-----------------|---------|
| 1. Misato Horie | 1:13:09 |
|-----------------|---------|

2. Manami Takemori 1:13:54
3. Kaori Yoshida 1:14:06
4. Satoko Uetani 1:14:41
5. Kaori Oyama 1:15:57

CROSS-COUNTRY

Cross Internacional de Soria (16th)

Soria, ESP, 29 November

MEN (10000 m)

1. Gebre-egziabher Gebremariam, ETH 30:21
2. Sergio Sánchez, ESP 30:28
3. Ayad Lamdassem, ESP 30:31
4. Hunegnaw Mesfin, ETH 30:32
5. Kidane Tadesse, ERI 30:54
6. Javier Guerra, ESP 31:02
7. Javier López, ESP 31:10
8. Boniface Kiprop, UGA 31:13
9. Manuel Penas, ESP 31:28
10. Antonio Jiménez, ESP 31:29

WOMEN (8000)

1. Linet Masai, KEN 27:06
2. Ines Monteiro, POR 27:34
3. Rosa Morató, ESP 28:01
4. Iris Fuentes-Pila, ESP 28:31
5. Ana Días, POR 28:36

NCAA Division I Championships (71st for men & 34th for women)

Terre Haute, USA, 23 November

(Distances: Men, 10 km; Women, 6 km)

MEN

Teams: 1. Oklahoma State 127; 2. Oregon 143; 3. Alabama 173; 4. Northern Arizona 190; 5. William & Mary 226; 6. Colorado 315; 7. Wisconsin 321; 8. New Mexico 350; 9. Iona 350; 10. Stanford 354.

1. Samuel Chelanga, JR, Liberty [KEN] 28:41.3
2. David McNeill, JR, Northern Arizona [AUS] 29:06.5
3. Chris Derrick, SO, Stanford 29:14.8
4. Barnabas Kirui, JR, Mississippi [KEN] 29:24.1
5. Jordan Chipangama, JR, N Arizona [ZAM] 29:33.1
6. Dorian Ulrey, JR, Arkansas 29:37.9
7. Brandon Bethke, SR, Arizona State 29:38.3
8. Andrew Bumbalough, SR, Georgetown 29:39.1
9. Ryan Vail, SR, Oklahoma State 29:40.7
10. Colby Lowe, SO, Oklahoma State 29:42.4
- ... 97. German Fernandez, SO, Oklahoma State 30:53.9

WOMEN

Teams: 1. Villanova 86; 2. Florida State 133; 3. Washington 188; 4. Texas Tech 191; 5. Princeton 251; 6. West Virginia 259; 7. Florida 260; 8. Duke 272; 9. Oregon 276; 10. Minnesota 310.

1. Angela Bizzarri, SR, Illinois	19:46.8
2. Kendra Schaaf, SO, Washington [CAN]	19:51.6 [1990]
3. Susan Kuijken, SR, Florida State [NED]	19:57.7
4. Catherine White, JR, Virginia	19:59.5
5. Allie McLaughlin, FR, Colorado	20:01.1
6. Amanda Marino, JR, Villanova	20:02.4
7. Megan Duwell, SR, Minnesota	20:06.9
8. Emily Infeld, SO, Georgetown	20:07.9
9. Risper Kimaiyo, FR, UTEP [KEN]	20:10.9
10. Cecily Lemmon, JR, BYU	20:11.9
... 18. Jordan Hasay, FR, Oregon	20:23.1
... 163. Jenny Barringer, SR, Colorado	21:46.9

Cross International de Llodio (26th)

Llodio, ESP, 22 November

MEN (9790 m)

1. Teklemariam Medhin, ERI	29:08
2. Leonard Patrick Komon, KEN	29:14
3. Kidane Tadesse, ERI	29:20
4. Alemayehu Bezabeh, ESP	29:26
5. Ayad Lamdassem, ESP	29:54
6. Mustafa Mohamed, SWE	29:58
7. Mesfin Hunegnau, ETH	30:05
8. Carles Castillejo, ESP	30:07
9. Francisco Javier López, ESP	30:13
10. Manuel Penas, ESP	30:21

WOMEN (7640 m)

1. Linet Masai, KEN	25:11
2. Milcah Cheywa, KEN	25:58
3. Ines Monteiro, POR	26:03
4. Rosa Morató, ESP	26:57
5. Diana Martín, ESP	27:19

ULTRA/MOUNTAIN/TRAIL RUNNING

JFK 50 Mile (47th)

Boonsboro to Williamsport, USA, 21 November
(Distance: 50.2 miles; point-to-point course)

MEN

1. Greg Crowther, 36, Seattle, WA	5:50:13
2. Michael Arnstein, 32, New York, NY	5:50:58
3. Matt Woods, 39, Falls Church, VA	5:54:18

WOMEN

1. Devon Crosby-Helms, 27, Sausalito, CA	6:29:21 CR
2. Meghan Arbogast, 42, Cornvallis, OR	6:56:06
3. Annette Bednoski, 42, Jefferson, NC	7:02:52

NEWS

COMRADES ENTRIES OPEN FOR ONE MORE DAY

The Comrades Marathon Association (CMA) has decided to reopen entries for next year's Comrades for one day only in January. The CMA announced that it has taken this decision after an "overwhelming response from previous Comrades Marathon runners and novices" resulted in the available entries being snapped up in record time.

The race organisers were then "inundated with requests from runners" to reopen entries. In a media release the CMA states that entries will be reopened for a limited number of 2 000 additional runners on 30 January 2010. Entries will only be taken at Mr Price Clothing, Sport and Home stores countrywide.

No fax, postal or on-line entries will be accepted and entries will also not be accepted at Comrades House in Pietermaritzburg.

"This has not been an easy decision for the CMA," said CMA Chairman Dave Dixon, "as we do not want to send mixed messages and signals to our runners or compromise the decision-making process, but we do have an obligation to all the Comrades athletes and CMA stakeholders to ensure that the 85th anniversary race is a true celebration, especially with the fantastic response to the 'early entry initiative'."

Entries will open at 09:00 on 30 January, and will close when 2 000 entries have been received.

2011 WORLD XC CHAMPS GO TO SPAIN

Punta Umbria, a coastal city in Huelva, Andalusia, Spain, will host 2011 IAAF World Cross-country Championships, reports *Race Results Weekly*. This will be the third time Spain will host the championships: Madrid played host in 1981 and Amorebieta in 1993.

The championships, set for 20 March 2011, will take place on a two-kilometer loop course close to the town center.

The 2010 championships will be held in Bydgoszcz, Poland, on 28 March.

The IAAF Council meeting in Monaco last weekend coincided with the annual World Athletics Gala, hosted by Prince Albert II and the International Athletics Foundation. Double world champion and world record holder Usain Bolt of Jamaica won the best male athlete of the year honour for the second straight year. US 400 m record holder Sanya Richards was named best female athlete, also for the second time. She also received the honour in 2006.

The weekend's activities also included the official launch of the IAAF Diamond League, the series of the world's finest 14 one-day meetings. Among the league's eight athlete ambassadors on hand at the Saturday evening event was double world champion Kenenisa Bekele. The nine premiere athletes contracted by the series -- others include sprinters Usain Bolt, Tyson Gay and Asafa Powell, high jumper Blanka Vlasic, pole vaulters Yelena Isinbayeva and Steven Hooker, 400 m world champion Sanya Richards, and two-time Olympic javelin throw champion Andreas Thorkildsen -- have each agreed to compete in at least seven of the 14 meetings.

The series will begin in Doha, Qatar, on 14 May, and will conclude with a double final in Zurich (19 August) and Brussels (27 August).

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2008 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. Note: Last week's list showed the top ten junior men in the half marathon for 2009, but unfortunately the heading was missing; my apologies for this error.

2009 HALF MARATHON: TOP TEN JUNIOR WOMEN

1:19:31	Lusanda Bomvana	1	SA Championships	Port Elizabeth	04 Jul
1:21:07	Bathobele Hlazo	2	Matha Series	Port Elizabeth	04 Jul
1:24:09	Quarta Wiese	1	Safari	Wellington	01 May
1:24:27	Elene Lourens	3	Matha Series	Port Elizabeth	04 Jul
1:27:22	Ziphosonke Ndlovu	5	Matha Series	Port Elizabeth	04 Jul
1:28:28	Nadia Hechter	2	Matha Series	Polokwane	03 Oct
1:29:29	Thenjiswa Mkukhwane	2	SA Championships	Port Elizabeth	04 Jul
1:30:02	Asiphe Nondaphu	3	SA Championships	Port Elizabeth	04 Jul
1:31:27	Tilda Murato	9	Matha Series	Port Elizabeth	04 Jul
1:32:33	Cynthia Baloyi	3	Matha Series	Polokwane	03 Oct

THIS MONTH IN HISTORY

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

17 years ago: 12 November 1992

With South Africa's runners able to return to global competition and Willie Mtolo having won the New York City Marathon on the first day of the month, Enoch Skosana and Piet Ramudzuli also received international recognition by finishing first and second in the Taipei International Marathon, running 2:14:43 and 2:14:59 respectively – the latter being a personal best for Ramudzuli. Six weeks earlier Skosana, who had won the SA Marathon the previous year in a PB 2:10:29, had finished 21st in the Berlin Marathon in 2:17:05 (far behind David Tsebe, who won in the world's leading time for the year, 2:08:07).

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	44:15	Sibusiso Nzima	Nijmegen	15 Nov
	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		
	87:49p**	Haile Gebrselassie (ETH) 2009		
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		
	46:28p	Tirunesh Dibaba (ETH) 2009		
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	36:38	Maggie Visser	Danville (USA)	03 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
	69:56	Irina Permitina (RUS) 2009		
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	2:58:04	Joanna Thomas	Stellenbosch	21 Nov
	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		

Masters (50+)

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				

Grandmasters (60+)

10 km	41:20	Sonja Laxton	Bellville	05 Apr
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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	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:11	Elene Lourens	Port Elizabeth	28 Nov
	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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