

Distance Running Results

Vol. 10, No. 1 – 12 January 2010

© Distance Running Results. All rights reserved.

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

NOTE TO SUBSCRIBERS

Subscribers who received renewal notices in early December and who have not yet renewed their subscription will not receive any further issues of *Distance Running Results* after this one. If you do want to continue, please submit your payment according to the instructions in the e-mail message you received. Thank you.

EDITORIAL

The weekly publication of *Distance Running Results*, now in its 10th year, resumes with a big issue, including the sad news of Dave Spence passing away (see obituary below).

The remarkable Vladimir Kotov had a tremendous December, setting two Western Province records in the 50+ age group. He started off with 49:40 in the Avbob 15 km (results in DRR 9:45), then followed that with 31:52 in the Sundowner 10 km (results in this issue). Both these times were by far the fastest in 2009 by a master in South Africa, and the 10 km time also led the world's masters (Kotov, a Belorussian native, has permanent resident status in South Africa). On the last day of the year he ran 25:26 in the Runners' Memorial 8 km and then started off the new year with 1:47:30 in the Bay to Bay 30 km on the testing course from Camps Bay to Hout Bay and back – another WP record (and faster than the SA record).

With the exception of the 15 km, Kotov's times make him currently the top master over these distances in the world. He ranks as follows on the world all-time lists: 8 km – 2nd, 10 km – 9th, 15 km – 4th, 30 km – 2nd.

In another New Year's Eve race, this one in Luanda, Annerien van Schalkwyk finished fourth in a PB of 33:26. In the men's race Lungisa Mdedelwa was second in 28:36.

In her first race of the year, René Kalmer scored a clear victory in the Thomas Foundry Varsity Kudus 15 km, running 56:48 ahead of Irvette van Blerk. René now runs for Nedbank, and will be a Nedbank Sports Ambassador for the next two years. Sister Christine, who has completed her studies at the University of Arkansas, was a long way behind in eighth (like her sister, she is training under Gerrie Coetzee).

Riël Hauman

OBITUARY: DAVE SPENCE

By Riël Hauman

The year started off on a tragic note when, in the very first week, news came of the death of Dave Spence. A coach who was respected throughout the athletics community, Dave was a friend of more than thirty years and one of the most astute observers of our sport that I have known. His knowledge was far-reaching and encompassed all aspects of athletics – he could talk with equal authority about statistics, performances, physiology, race strategy, performance-enhancing substances, mental preparation.

And on top of all of that he was a superb coach.

Dave had been coaching since the late seventies and filled many roles – so much so that at times I feared he was overextending himself. One of the roles he relished most was that of virtual coach for Old Mutual's World of Endurance, a job he took up in 1999. He was the official coaching adviser for the Old Mutual Two Oceans and excelled as lecturer at countless national and provincial courses.

His own running career included one Two Oceans, and he ran close to fifty standard marathons. He was a member of Pinelands Athletics Club for many years, during which he also organised races like the Hohenort and the Pinelands 6x6 km Relay.

He coached at the Western Cape Sports Academy and, most recently, launched himself with typical enthusiasm and diligence into his job as head coach of the JAG Foundation.

Another role that was very close to his heart was the Adidas Athletics Club which he formed a few years ago. His hand at the helm was obvious from the results the club's members, especially the women, produced in road races in the Western Province and in national championships.

Dave's all-round coaching expertise is perhaps most evident in the performances of his two major successes, Johan Rossouw and Makhosonke Fika – who ran the very dissimilar distances of 100 metres and the marathon.

Rossouw sprinted to a South African record of 10.06 for 100 m on 23 April 1988 in Johannesburg – a record that today, after almost 22 years, still stands. The time made him the tenth fastest sprinter in the world that year and in the past more than two decades only two other South Africans (not counting Namibian Frank Fredericks) have managed to run faster than 10.11. Rossouw won the SA 100-metre title four times and the 200-metre title on three occasions.

Rossouw's 100-metre record came on the same day that he also ran his PB for double the distance – 20.48 – winning both events at the Nedbank Prestige Meeting. This was just a week after he had won SA titles in both sprints – a marvellous example of peaking at the right time.

With Fika, who five times finished in the top ten in one of the world's premier marathons, Dave showed road runners the essence of what is needed to become a top marathon runner: build up slowly, and concentrate on track and cross-country over many years before you tackle the marathon – and even then continue to maintain speed and strength by taking part in those disciplines. He firmly believed that there was no other way.

Fika won a handful of WP titles and still competes. His marathon PB of 2:10:16 in 2003 places him 13th on the SA all-time list, while his PBs for 10 km and 15 km put him in the top 30 and for the half marathon (in which he holds the WP record) just outside the top 30.

Apart from these two, Dave coached many other WP stars, who among them won numerous SA titles and medals in all age categories, set SA and WP records, and attained high placings in the World Masters Championships.

He was a leader who was not afraid to speak his mind. He could be "difficult", but only when he felt his athletes or the sport in general were harmed. We were friends brought together by the sport he had, and I have, a passion for. We shared many experiences: we



both belonged to the SA Athletics Statisticians, served on the WPA Road Running Executive, were convenor of the WPA road running selectors, managed WP teams (he never failed to fax me the results when the national championships were held elsewhere). I will never attain his heights as a coach, but I learned much from him.

We used to talk on the phone, or send text messages, while watching the World Championships, Olympic Games or major city marathons on the TV screens in our respective homes. Sometimes he would send an SMS: "So-and-so is not going to last" or "Too slow, so-and-so's kick will kill them." Sometimes he was wrong; mostly he was right. He often won the prediction contests I organised in *Distance Running Results*, or correctly answered my (sometimes obscure) trivia questions.

One of the memorable conversations I had with him was on 30 September 2001 when I did TV commentary for ESPN on the Berlin Marathon. He was absolutely delighted when I phoned him immediately after the race from my Berlin hotel room to tell him that Fika had finished seventh in 2:10:47. "That's what we trained for," he said. A true lover of the sport, he was just as delighted when I told him that I had witnessed the first sub-2:20 marathon by a woman; we then briefly discussed what the future of women's marathoning would be.

The last time he visited me was to discuss a book he was planning to write, but then never got around to. I will miss his gruff voice over the phone: "Môre, meneer Hauman, hoe gaan dit met die oefen vir die Wynland-marathon?" (no matter what time of the year it was). And I will miss his wonderful, sharp, often irreverent, sense of humour.

Athletics in the Western Province has a large debt to Dave Spence, a loving and caring husband, proud father and grandfather, dedicated administrator, treasured friend to many – and a great coach.

■ Photograph: Jasper Coetzee

INCLUDED IN THIS ISSUE:

- * Thomas Foundry Varsity Kudus 15 km, Johannesburg
- * Ocean Basket Bay to Bay 30 km & Relay, Camps Bay
- * Ronnie Davel Memorial 16 km, Hilton
- * NSRI Beach Run, Hartenbos
- * Runners' Memorial Race, Mouille Point
- * Stilbaai NSRI 10 km, Stilbaai
- * Casino Nite Race, Hartenbos
- * Tokai Manor House 16 km, Tokai
- * Kloppers Street Mile, Hartenbos
- * Engen 10 km, George
- * Moordkuil 15 km, Hartenbos
- * Sundowner 10 km, Cape Town
- * Gleniqua 10 km, Glentana
- * Somerson Half Marathon & 10 km, Mossel Bay
- * Knysna Nite Race 10 km, Knysna
- * Paarl 10 km, Paarl

International highlights:

- * Prova de Atletismo de Cesar, Cesar, POR
- * Tiberias International Marathon, Sea of Galilee, ISR
- * Miyazaki Road Races, Miyazaki, JPN
- * Xiamen International Marathon, Xiamen, CHN
- * Sao Silvestre de Luanda, Luanda, ANG
- * Bitburger-Silvesterlauf in Trier, Trier, GER
- * Corsa Internazionale di San Silvestro "Boclassic", Bolzano, ITA
- * São Silvestre Road Race, São Paulo, BRA
- * São Silvestre da Amadora, Lisboa, POR
- * Volta à Cidade do Funchal, Funchal, POR
- * Corrida Pedestre Internationale de Houilles 10 km, Houilles, FRA

- * Sanyo Road Races for Women, Okayama, JPN
 - * XC: Cross Internacional Zornotza, Amorebieta, ESP; Great Edinburgh Cross-country, Holyrood Park, Edinburgh, GBR; Campaccio Classica del Cross, San Giorgio su Legnano, ITA; Cross International Venta de Baños, Venta de Baños (Palencia), ESP; Athletics Kenya Weekend Cross-country Meeting #4, Kisii, KEN
-

ROAD RUNNING

Thomas Foundry Varsity Kudus 15 km

Johannesburg, 10 January
(Loop course)

MEN

1 Xolisa Tyali (Nedbank) 47:04; 2 Zongamele Dyubeni (Nedbank) 47:21; 3 Lucky Miya (Nedbank) 48:11; 4 Abraham Kipketer (KEN/Nedbank) 48:31; 5 Odwa Tunyiswa (BOT/Nedbank) 48:45; 6 Coolboy Ngamole (Nedbank) 49:04; 7 Degene Asafa (ETH/ADT) 49:19; 8 Morongoa Raserathe (BRSS) 49:26; 9 Shebbhas Kipkoech Chirchir (KEN/Nedbank) 49:31; 10 Vusi Molobola (Nedbank) 49:45.

Veterans: 1 Gethun Wordofa (ETH/ADT) 52:57; 2 Reginald Ngobese (GS) 53:26; 3 Ian Moorshead (Boksburg) 56:57. **Masters:** 1 Jerry Rankapule (Nedbank) 59:03; 2 Johannes Seakamela (RAC) 59:30. **G'masters:** 1 Andre van der Walt (RAC) 71:04; 2 Pele Tshikundamalima (Yebo) 73:41.

WOMEN

1 René Kalmer (Nedbank) 56:48; 2 Irvette van Blerk (Nedbank) 57:14; 3 Mpho Mabuza (Nedbank) 59:50; 4 Maxine Heine-Wacker (Nedbank) 60:39; 5 Yolande Maclean (Jeppe) 61:13; 6 Rochelle Short (Temp) 61:34; 7 Dimakatso Menong (Temp) 62:10; 8 Christine Kalmer (Temp) 64:31; 9 Mankutoane Matlakeng (LES/MP) 65:09; 10 Rachel Jesson (Temp) 65:22.

Veterans: 1 Sarah Mahlangu (MP) 67:42; 2 Catherine Naane (Driefontein) 68:54; 3 Mari Bruwer (Mittal) 72:40. **Masters:** 1 Linda Potgieter (Phobians) 75:20; Karin Smith (Brooks) 77:28; 3 Judy Pace (RAC) 78:01. **G'masters:** 1 Sonja Laxton (RAC) 72:20; 2 Maz Moore (Breakthru) 97:20.

Ocean Basket Bay to Bay 30 km (34th) & Relay

Camps Bay, 10 January
(Certified out-and-back course; relay 2x15 km)

30 km

MEN

1. Nkosinathi Madyo (Ned) 1:38:03, 2. Tom Lusaseni (Ind) 1:39:18, 3. Peter Tsawayo (ZIM/Gugs) 1:39:22, 4. Bernard Rukadza (ZIM/Gugs) 1:40:10, 5. Pieter Koopman (MP) 1:41:14.

40-49: 1. Johnny Persents (Adid) 1:46:47, 2. Keith Court (MP) 1:47:51, 3. John September (Celtic) 1:49:52. **50-59:** 1. Vladimir Kotov (BLR/Cent) 1:47:30, 2. Thomas Moses (Worc) 2:00:02, 3. Kevin Isaacs (Celtic) 2:00:29. **60-69:** 1. Albertus Bock (Adid) 2:13:46, 2. Hennie Wentzel (Durb) 2:19:15, 3. Kenny Williams (Pine) 2:26:46. **70+:** 1. Brian Key (For) 2:17:11.

WOMEN

1. Farwa Mentoor (Bon) 2:03:52, 2. Nomvuyisi Seti (MP) 2:06:30, 3. Joanna Thomas (VOB) 2:06:43, 4. Michelle Bartman (Harfield) 2:08:33, 5. Berdine Smit (Ned) 2:10:46.

40-49: 1. Joanna Thomas (VOB) 2:06:43, 2. Michelle Bartman (Harfield) 2:08:33, 3. Berdine Smit (Ned) 2:10:46. **50-59:** 1. Olga Howard (Celtic) 2:16:34, 2. Nancy Will (Pine) 2:29:41, 3. Lorraine Rogers (Durb) 2:31:13. **60-69:** 1. Veronica van Niekerk (EGA) 2:31:56, 2. Pixie Sparg (Celtic) 2:48:20, 3. Norma Wheeler (Whalers) 2:56:09.

Relay

MEN: Graham Katzen & Nicholas Rupanga (Celtic) 1:41:33.

WOMEN: Colleen de Oliveira & Andrea Pretorius (NBMC) 2:10:55.

MIXED: Helene Perold & Tiaan Oosthuizen (Adid) 1:58:48.

Ronnie Davel Memorial 16 km (32nd)

Hilton, 10 January

(Loop course. Finishers: 924.)

MEN

1.	Prodigal Khumalo	ZIM/Mr Price AC	53:37
2.	Proffesor Mollen	ZIM/Mr Price AC	53:49
3.	Kulakhani Ngubane	Coll Harr	55:20

40-49:

1.	Cliff Robertze	West AC	68:48
2.	Jan Kruger	Coll Harr	70:43

50-59:

1.	Jan Koegelenberg	Mr Price AC	68:41
2.	Andre Booyesen	Coll Harr	72:08

60+:

1.	Moray Calder	Howick AC	85:39
----	--------------	-----------	-------

WOMEN

1.	Kerry Koen	Nedbank AC	69:15
2.	Carey Ann Smith	Mr Price AC	71:03
3.	Janine Carey	Boxer AC	72:59

40-49:

1.	Kylie Griffin	West AC	76:15
2.	Belinda Saunders	Coll Harr	85:12
3.	Tammy Dennill	West AC	86:39

50-59:

1.	Judith Geldenhuys	Estcourt AC	79:23
2.	Debby de Koning	Escom Gijimas	86:50
3.	Lindsay Watkeys	West AC	1:27:03

60+:

1.	Gill Tregenna	West AC	93:48
----	---------------	---------	-------

NSRI Beach Run

Hartenbos, 1 January

(Distance: 15 km; out-and-back course. Finishers: 191.)

MEN

1	Luwayne	Duitsjan	Hartenbos Drawwers	23	51:12
2	Vuyo	Witbooi	Outeniqua Harriers	34	52:40
3	Gurome	Gelderbloem	Mossel Bay Harriers	33	55:13
4	Leon	Adams	Temp	17	55:46
5	Francois	Francies	Temp	17	55:54

6	Dewald	Kleinhans	Langeberg	27	56:56
7	Edward	Van der Merwe	Temp	17	1:01:12
8	Philippus	Du Toit	Langeberg	43	1:02:16
9	Wilhelm	Coetzee	West Coast AC	56	1:03:23
10	Christo	Botma	Kimberley Road Runners	32	1:03:35

WOMEN

1	Nelmare	Loubser		20	1:05:47
2	Jaanri	Koch	Temp	22	1:09:02
3	Elna	Gous	Worcester Athletics Club	39	1:09:55
4	Helene	Muller	Hartenbos Drawwers	17	1:10:25
5	Regine	Eenkel	Temp	36	1:11:04
6	Kerry	Roos	Knysna	31	1:11:11
7	Carol	Jordaan	Temp	38	1:11:52
8	Ingrid	Prinsloo	Nedbank SWD	50	1:14:47
9	Wilmari	Opperman	Temp	18	1:15:17
10	Annalita	Goosen	Temp	43	1:16:13

Runners' Memorial Race (37th)

Mouille Point, Cape Town, 31 December

(Distance: 8 km; certified two-loop course – small loop followed by a big loop. Finishers: 1069.)

Note: Ewald Bonzet (58), who won the first race in 1973 and scored five more victories after that, ran with his son, also Ewald, and finished 338th in 44:48. Your Editor, who also ran with his son, finished 460th. – Ed.

MEN

1	Nkosinathi	Madyo	Nedbank WP	21	24:13
2	Dicardo	Jacobs	Maties	23	24:42
3	Riaan	Wildskut	Easterns	22	25:07
4	Vladimir	Kotov	BLR/Century City	51	25:26
5	Victor	Msopi	Acsis VOB		25:40
6	Graham	Katzen	Celtic	39	25:55
7	George	McCallam	Mamre	25	26:14
8	Luvuyo	?	Thomas Mbiza	32	26:29
9	Dawid	Visser	Mr Price WP	30	26:45
10	Xolile	Macanda	Nedbank WP	40	27:02

WOMEN

1	Busisiwe	Matiwane	Celtic	34	32:01
2	Jodi	Moss	Temp	31	32:55
3	Amy	Abrahams	Eersterivier	15	35:44
4	Candyce	Hall	Hout Bay	25	36:17
5	A.N. Other				36:24
6	Sebenaule	Shabalala	AAC	27	36:31
7	Reghana	Beukes	Eersterivier	17	37:26
8	Simone	Links	Eersterivier	11	37:29
9	Jackie	Adam	Fish Hoek	45	39:09
10	Sonia	Harlock	Fish Hoek	47	39:10

Stilbaai NSRI 10 km

Stilbaai, 31 December

Note: Junior Dominique Scott finished fifth overall. – Ed.

MEN

1	Jac Steenekamp	31	38:44
2	Van Zyl Steenekamp	30	39:03
3	Christoff du Plessis (1 st jun)	17	41:05
4	Hano Maree	33	42:15
5	Marius Kruger	35	43:51
6	Jan Lubbe	18	43:53
7	Thys Cronje	36	45:19
8	Fritz van Zyl	24	45:40
9	Eugene Groenewald	40+	46:28
10	Kevin Vermeulen	22	46:48

Veterans: 1. Tommy Doubell 48:40. **Masters:** 1. Harold Basson 47:34. **G'masters:** 1. Fritz Louw 64:24. **Juniors:** 1. Christoff du Plessis 41:05.

WOMEN

1	Dominique Scott (1 st jun)	17	43:10
2	Liana Maree	32	46:02
3	Lisl Grobler	33	47:37
4	Angelique Tostee	33	38:31
5	Renée Scott (1 st vet)	47	49:12
6	Greta de Wet	40+	49:54
7	Kyla van Graan	15	50:34
8	Karen van der Merwe	24	51:07
9	Aynslee van Graan	14	51:55
10	Anita Olivier	33	53:16

Veterans: 1. Renée Scott 49:12. **Masters:** 1. Wilna Pretorius 54:12. **G'masters:** 1. Miemie Schoeman 90:39. **Juniors:** 1. Dominique Scott 43:10.

Casino Nite Race

Hartenbos, 28 December

(Distance: 10 km; loop course. Finishers: 446.)

Note: DRR received reports that this race appeared to be short. – Ed.

MEN

1	Elroy Gelant	Pukke	23	31:44
2	Lloyd Bosman	Pukke	21	31:45
3	Luwayne Duitsjan	Mossel Bay Harriers	23	32:34
4	Gurome Gelderbloem	Mossel Bay Harriers	33	33:49
5	Juan Pretorius	Hartenbos Drawwers	28	33:58
6	Jafta Mukwaja	Hartenbos Drawwers	30	34:34
7	Marsel Roos	Knysna	28	34:34
8	Julie Saaiers	Nedbank	40	35:07
9	Carlo Botha	Brackenfell AC	25	36:07
10	Mario Meyer	Hartenbos Drawwers	30	36:07

WOMEN

1	Heilani Streuderst	Nedbank	38	40:13
2	Natasha Oosthuizen	Adidas	27	40:07

3	Annatjie Botes	Nedbank	52	41:21
4	Nelmare Loubser	Kovsies	20	41:22
5	Kerry Roos	Knysna	31	41:45
6	Zanelle Grobler	New Balance	26	43:14
7	Maryke Rossouw	Kempies NB	21	43:19
8	Mariska Buys	Tukkies	19	43:22
9	Carol Jordaan	Temporary	38	43:41
10	Elzet Oosthuizen	Hartenbos Drawwers	36	44:15

Tokai Manor House 16 km

Tokai, 26 December

(Loop course on gravel and forest trails; hilly)

MEN

1	Johnny	Persents	Adidas	45	57:00
2	Gareth	Berning	Acsis VOB	34	57:53
3	Dawid	Visser	Mr Price WP	30	58:30
4	Tom	Charles	GBR/Trafford AC	25	59:34
5	Piet	Jacobs	Nedbank WP	31	59:47
6	Lionel	Cronje	Metropolitan	28	1:02:32
7	Michael	Bekapi	Acsis VOB	49	1:02:43
8	Michael	Hodgson	Temp	26	1:02:47
9	Johan	Van Zyl	Tygerberg	32	1:03:00
10	Simphiwe	Gcebe	RCS Gugs	36	1:03:14

WOMEN

1	Farwa	Mentoor	Bonitas	36	1:09:17
2	Kutlwano	Ramaboa	UCT	33	1:12:31
3	Candice	Davison	Harfield	32	1:13:07
4	Jodi	Moss	Temp	31	1:14:26
5	Angelique	Tostee	Temp	33	1:15:40
6	Lee-Ann	Dawson	Satori	39	1:15:47
7	Patricia	Adams	Metropolitan	39	1:16:44
8	Helen	Macdonald	Harfield	37	1:17:07
9	Kirsten	Norris	Temp	27	1:17:46
10	Lisa	Geffen	Temp	36	1:18:18

Kloppers Street Mile

Hartenbos, 26 December

(Distance: 1.609 km; point-to-point course)

MEN

1	Lloyd Bosman	21	4:25
2	Elroy Gelant	23	4:25
3	Luwayne Duitsjan	23	5:03
4	De Waal Swart	23	5:16
5	Mario Meyer	30	5:26
6	Anton Chevalier	44	5:43
7	Mihan Roos	31	5:51
8	Joseph Adams	44	5:57
9	Clarence Smart	39	06:07
10	Jugene Mauht	22	06:07

WOMEN

1	Hanlie Stegman	51	06:08
---	----------------	----	-------

2	Kerry Roos	31	06:12
3	Johanna Claassen	41	06:32
4	Amelia Cilliers	42	07:49
5	Ann-Marie du Plessis	42	07:58

Engen 10 km

George, 26 December
(Loop course. Finishers: 236.)

1	Lloyd Bosman	Pukke	21	30:13
2	Elroy Gelant	Pukke	23	30:14
3	George Ntshiliza	Mr Price	30	31:07
4	Luwayne Duitsjan	Mossel Bay Harriers	23	32:11
5	Mxolisi Fana	Rainbow Athletic	41	32:17
6	Gurome Gelderbloem	Mossel Bay Harriers	33	33:27
7	Lindile Tokota	Nedbank RC SWD	42	34:21
8	Zuzile Ntsiniyabo	Knysna Marathon	36	34:27
9	DP Swart	Outeniqua Harriers	16	35:01
10	Julie Saaiers	Nedbank RC SWD	40	35:37

WOMEN

1	Biancia van Niekerk	Nedbank AGN	15	37:23
2	Helene Perold	Adidas	25	38:32
3	Elmarie Coetzee	Adidas	45	38:40
4	Sheryl de Lange	Adidas	41	39:47
5	Hanlie Stegman	Somerset East	51	41:09
6	Annatjie Botes	Nedbank RC SWD	52	41:37
7	Anna Haw	Nedbank RC SWD	25	41:52
8	Kerry Roos	Knysna	31	42:01
9	Johanna Claassen	Nedbank RC SWD	41	42:46
10	Carol Jordaan		38	43:29

Moordkuil 15 km

Hartenbos, 23 December
(Loop course. Finishers: 184.)

MEN

1	Elroy Gelant	Pukke	23	52:57
2	Lloyd Bosman	NWU	21	52:58
3	Lindile Tokota	Nedbank AC SWD	42	54:08
4	Gurome Gelderbloem	Mosselbaai Harriers	33	56:07
5	Jafta Mukwaja	Hartenbos Drawwers	30	57:02
6	Vuyo Witbooi	Outeniqua Harriers	34	1:00:05
7	Julie Saaiers	Nedbank AC SWD	40	1:01:12
8	Joey Klaasen	Nedbank AC SWD	39	1:01:14
9	Jaco Botha	Wingate	36	1:02:39
10	Jugene Maart	Temp	22	1:06:27

WOMEN

1	Nelmaré Loubser	Kovsies	20	1:10:49
2	Karen Wentzel	Plexus Durbanville	33	1:13:32
3	Kerry Roos	Knysna	31	1:14:55
4	Helene Muller	Hartenbos Drawwers	17	1:15:51
5	Tana J.van Rensburg	West Coast	39	1:16:42
6	Kleintjie van Schalkwyk	Hartenbos Drawwers	46	1:17:27

7	Natale	Roelofse	Worcester	56	1:17:28
8	Ilze	J.v. Rensburg	Tuks	23	1:17:49
9	Bianca	Grotopass	Temp	20	1:25:02
10	Christa	Smit	Mosselbaai Harriers	42	1:26:49

Sundowner 10 km

Cape Town, 23 December

(Certified loop course. Finishers: 1208.)

MEN

1	Sityhilo	Diko (1 st jun)	Nedbank Vaal	18	30:23
2	Nkosinathi	Madyo	Nedbank WP	21	30:29
3	Zolile	Bhitane	Nedbank WP	26	31:46
4	Victor	Msopi	Acsis VOB	29	31:49
5	Vladimir	Kotov (1 st mast)	BLR/Century City	51	31:52
6	Nicholas	Mdutyana	Celtic	19	32:18
7	John	September (1 st vet)	Celtic	43	32:21
8	Pritchard	Troushe	Temp	19	32:25
9	Mthanda	Zoqhina	Temp	33	32:30
10	Keith	Court	Mr Price WP	40	32:39

40-49: 1. John September (Celtic) 32:22, 2. Keith Court (MP) 32:40, 3. Michael Bekapi (VOB) 35:12. **50-59:** 1. Vladimir Kotov (BLR/Cent) 31:52, 2. Kevin Isaacs (Celtic) 37:09, 3. Nick Miles (WC) 37:30. **60+:** 1. Willie van Wyk (Brack) 43:12, 2. Mdlingozi Radebe (MP) 44:48, 3. Henry Cleophas (Top) 46:28. **Juniors:** 1. Sityhilo Diko (Ned) 30:23, 2. Nicholas Mdutyana (Celtic) 32:18, 3. Akhona Makila (VOB) 32:46.

WOMEN

1	Zintle	Xiniwe	Mr Price WP	23	37:32
2	Bulelwa	Mtshagi	Celtic		38:02
3	Nomvuyisi	Seti	Mr Price WP	28	38:30
4	Ester	Brink (1 st vet)	Strand	44	38:38
5	Andrea	Pretorius	New Balance MC	20	40:46
6	Kutlwano	Ramaboa	UCT	33	41:01
7	Colleen	de Oliveira	New Balance MC	23	41:40
8	Caroline	Jubb	GBR/Full-On Tri London	31	41:54
9	Tania	Kapp	Acsis VOB	40	42:14
10	Candyce	Hall	Hout Bay	25	42:32

40-49: 1. Ester Brink (Strand) 38:20, 2. Monice Brand (Adid) 43:55, 3. Christa Mulder (Adid) 44:06. **50-59:** 1. Cynthia Booyesen (Gugs) 48:59, 2. Lynette Voigt (Top) 52:56, 3. Helen du Plessis (Tyger) 53:19. **60+:** 1. Marietha Herbert (Bell) 49:07, 2. Marlene James (Pine) 55:30, 3. Rita van Wyk (Brack) 58:59. **Juniors:** 1. Benine Havenga (Tyger) 57:36.

Gleniqua 10 km

Glentana, 21 December

(Finishers: 207)

MEN

1	Lloyd Bosman	Pukke		21	33:04
2	Elroy Gelant	Pukke		23	33:05
3	Vuyo Witbooi	Outeniqua Harriers		35	34:56
4	Juan Pretorius	Hartenbos Drawwers		28	35:14
5	Luwayne Duitsjan	Mossel Bay Harriers		27	36:28
6	Marsel Roos	Knysna		28	36:31

7	Mukwaja Jaftha	Hartenbos Drawwers	30	37:17
8	Julie Saaiers	Nedbank SWD	40	37:21
9	Mario Meyer	Nedbank SWD	30	37:55
10	Jaco Botha	Wingate	36	38:19

WOMEN

1	Annatjie Botes	Nedbank SWD	52	43:02
2	Lana Theunissen	Outeniqua Harriers	37	43:40
3	Kerry Roos	Knysna	31	44:02
4	Natalie Hanekom		16	44:39
5	Carol Jordaan		38	45:24
6	Carne de Jager		28	46:11
7	Corne de Jager		29	46:12
8	Madele Strydom	Nedbank SWD		47:43
9	Francelle Strydom		19	48:13
10	Suzaan Kruger	Outeniqua Harriers	26	49:43

Somerson Half Marathon & 10 km

Mossel Bay, 19 December

(Loop course. Finishers: Half marathon – 298; 10 km – 218.)

Note: Bianca van Niekerk, who is only 15, finished fifth overall in the 10 km, while Heléne Perold was tenth in the half marathon. DRR has received reports by runners who participated in the half marathon that the course was short. The Race Time Bias (RTB) figure, formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), for the half marathon is -5.93 sec/km – over the accepted limit of -5 sec/km. These times will not be included in statistical lists. – Ed.

Half marathon

MEN

1	Principal	Fana	Rainbow	41	1:10:06
2	Lindile	Tokota	Nedbank	42	1:11:04
3	Gurome	Gelderbloem	Mosselbaai Harriers	33	1:11:43
4	Johnny	Young	Rustenburg MC	35	1:13:26
5	Selwyn	Losper	Mosselbaai Harriers	45	1:15:13
6	Dewald	Kleinhans	Langeberg	27	1:18:33
7	Mario	Meyer	Nedbank SWD	30	1:20:17
8	Hermanus	Jonkerman	Outeniqua Harriers	50	1:20:23
9	Jaco	Botha	Wingate	36	1:23:04
10	Jacques	Mouton	Outeniqua Harriers	31	1:24:16

WOMEN

1	Heléne	Perold	Adidas	25	1:24:12
2	Elmarie	Coetzee	Adidas	45	1:24:56
3	Sheryl	de Lange	Adidas	41	1:28:51
4	Hanlie	Stegmann	Somerset East	51	1:28:54
5	Heilani	Streuderst	Nedbank	38	1:29:55
6	Michelle	Williams	RAC	29	1:30:43
7	Annetjie	Botes	Nedbank SWD	52	1:32:08
8	Nelmaré	Loubser	Kovsies	20	1:32:30
9	Janet	van Veijeren	Newcastle Harriers	38	1:33:27
10	Jo	Mackenzie	Knysna	34	1:34:16

10 km**MEN**

1	Luwayne Duitsjan	Mossel Bay Harriers	23	33:12
2	Julie Saaiers	Nedbank	40	35:16
3	Mihan Roos	Knysna	31	36:56
4	Corus Naude	West Coast AC	36	37:15
5	Anton Chevalier	Nedbank RC SC	44	37:55
6	Mashudu Marubini	Mossel Bay Harriers	30	39:36
7	Ulrich Carshage	Temp	19	41:26
8	Henkie Rhooede	Nedbank	47	41:30
9	Cordier de Beer	Temp	21	42:53
10	Werner Rademeyer	SWRR	37	42:57

WOMEN

1	Bianca van Niekerk	Nedbank	15	37:11
2	Johanna Claassen	Nedbank RC	41	41:54
3	Kerry Roos	Knysna	31	42:01
4	Karen vd Merwe	Nedbank RC	24	44:08
5	Terry Steenkamp	Rustenburg Multi Sport	49	44:24
6	Jaanri Koch	Temp	22	44:45
7	Cecile Schultz	Temp	18	46:38
8	Nadia Pretorius	Nedbank AVT	20	47:30
9	Wilma Loubser	Temp	20	49:22
10	Elsa de Villiers	Hartenbos Drawwers	50	49:54

Knysna Nite Race 10 km

Knysna, 16 December

(Loop course. Finishers: 300.)

Note: According to runners who ran this race, it was around 350 m short. The RTB figure (see also the results of the Somerson Half Marathon elsewhere in this issue) is -7.8 sec/km – far outside the acceptable limit of -5 sec/km. These times will therefore not be considered for statistical purposes. – Ed.

MEN

1	Eric	Sigxashe	Mr Price EP	31	31:06
2	Juan	Pretorius	Hartenbos	28	32:48
3	Lindile	Tokota	Nedbank SWD	42	33:05
4	Sinisipho	Didishe	Knysna	17	33:47
5	Ntsiniyabo	Suzile	Knysna	35	34:00
6	Phillip	?		27	34:04
7	Marsel	Roos	Knysna	28	34:55
8	Julie	Saaiers	Nedbank SWD	40	34:59
9	Nancu	Mnyamezeli	Plett	38	35:04
10	Melikhaya	Msizi	Knysna	26	35:22

WOMEN

1	Sheryl	de Lange	Adidas	41	39:50
2	Lauren	Dougal	Temp	24	40:48
3	Lisl	Grobler	Knysna	33	41:19
4	Kerry	Roos	Knysna	31	41:28
5	Johanna	Claassen	Nedbank SWD	41	42:00
6	Swelka	Sharp	Sedgefield	34	45:08
7	Johandri	Lategan	Temp	22	45:12
8	Bianca	Grootepas	Temp	20	45:37
9	Willemien	Doh	Temp	29	46:01

10 Sandra Fourie Knysna 31 47:15

Paarl 10 km

Paarl, 16 December

(Course configuration unknown)

Note: As seems to be fairly standard practice in the Boland province, these results were distributed with the times in hundredths of a second. DRR has rounded them up according to the rules. It seems strange that Boland officials appear to be unaware of the stipulations of IAAF Rule 165. – Ed.

MEN

1	Dicardo	Jacobs	Maties	23	31:16
2	Henrico	Rooi	Nedbank (Bol)	26	31:58
3	Isaac	Opperman	Correctional Services	43	32:59
4	Charlton	September	Nedbank	20	33:39
5	George	McCallum	Mamre AC	25	33:41
6	No Return				34:14
7	Marshall	Rooi	Nedbank	17	34:35
8	Petrus	Volmoer	Adidas	23	34:43
9	Kevin	Oliphant	Maties	22	35:00
10	Owen	Smith	Wellington	39	35:45

WOMEN

1	Alae	Brand	Adidas	24	40:25
2	Mariette	Esterhuyse	Tygerberg	47	41:49
3	Priscilla	Knowles	Metropolitan	34	46:22
4	Lindie	Moolman		21	47:15
5	Lizelle	du Plessis	Paarl	41	47:48
6	Lindie	Bouwer	Sanlam	24	48:01
7	Hanré	Swart		22	48:07
8	A	van Staden	Altech Autopage Swartland	43	48:12
9	Iné	Joubert	Stellenbosch	30	48:28
10	Pauline	Pullinger		22	49:23

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

Prova de Atletismo de Cesar (11th)

Cesar, POR, 10 January

(Distances: Men, 8.4 km; women, 5.6 km)

MEN

1.	Kenneth Kiplimo, Nike (KEN)	27:47
2.	Manuel Sousa, Boavista F.C.	28:41
3.	Rui Silva, Juventude Unida de Fornos	28:52

WOMEN

1.	Fernanda Ribeiro, 1969, Unattached	30:33
2.	Milka Jerotich, Nike (KEN)	31:13
3.	Carla Martinho, ADERCUS - Recer	32:11

Tiberias International Marathon (33rd)

(Israel Marathon Championships)

Sea of Galilee, ISR, 7 January

(Distance: 42.195 km; out-and-back course around the Sea of Galilee)

MEN

- | | | |
|-------------------------------------|------------|------------|
| 1. Simon Njoroge, 1980, KEN | 2:11:10 | USD 10,000 |
| 2. Lawrence Kiptoo Saina, 1981, KEN | 2:11:16 | 7,000 |
| 3. John Kipkorir Mutai, 1980, KEN | 2:11:23 PB | 6,000 |

WOMEN

- | | | |
|----------------------------|------------|-------|
| 1. Emily Samoei, 1980, KEN | 2:36:41 PB | 4,000 |
|----------------------------|------------|-------|

Miyazaki Road Races (30th)

(Women only)

Miyazaki, JPN, 6 January

(Distances: 21.1 km & 5 km)

Half marathon

- | | |
|---------------------------|------------|
| 1. Misaki Katsumata, 1985 | 1:10:27 DB |
| 2. Yoko Miyauchi, 1983 | 1:10:54 |
| 3. Mika Okunaga, 1982 | 1:11:24 |
| 4. Yoshiko Fujinaga, 1981 | 1:11:33 |
| 5. Aki Odagiri, 1990 | 1:11:43 DB |
| 6. Mayumi Fujita, 1983 | 1:12:03 |
| 7. Yuko Machida, 1980 | 1:12:08 |
| 8. Saori Nejyo | 1:12:18 PB |
| 9. Kayoko Obata, 1971 | 1:12:20 |
| 10. Sayo Nomura, 1989 | 1:12:25 |

5 km

- | | |
|-------------------|-------|
| 1. Mika Yoshikawa | 16:15 |
| 2. Hitomi Shimoto | 16:16 |
| 3. Yuka Hakoyama | 16:17 |

Xiamen International Marathon (8th)

(IAAF Gold Label Road Race)

Xiamen, CHN, 2 January

(Distance: 42.195 km, AIMS certified)

MEN

- | | | |
|-------------------------------|----------------|----------------------|
| 1. Feyisa Lilesa, ETH | 2:08:47 PB/CR* | USD 30,000 + 15,000* |
| 2. Negari Getachew Terfa, ETH | 2:09:40 | 15,000 + 10,000i |
| 3. Samuel Muturi Mugo, KEN | 2:10:11 | 8,000 |
| 4. Kiprotich Kenei, ETH | 2:10:46 | 5,000 |
| 5. Alemyehu Shumye, ETH | 2:11:20 | 3,000 |

WOMEN

- | | | |
|-----------------------|------------|------------|
| 1. Atsede Bayisa, ETH | 2:28:53 | USD 30,000 |
| 2. Sun Juan, CHN | 2:34:12 | 15,000 |
| 3. Jin Lingling, CHN | 2:36:00 PB | 8,000 |

Sao Silvestre de Luanda (54th)

Luanda, ANG, 31 December

(Distance: 10 km)

MEN

1	Ali Abdosh Mohammed	ETH	28:26
2	Lungisa Mdedelwa	RSA	28:36
3	Rogath John Stephen	TAN	29:22
4	Tony Wamulwa	ZAM	29:22
5	Elijah Nyabuti	KEN	29:29
6	Silas Sang	KEN	29:52
7	Sechaba Bohosi	LES	30:04
8	Kaelo Mosalagae	BOT	30:05
9	Nayel Suliman Eldoud	SUD	30:14
10	Luís Fernando de Almeida Paula	BRA	30:21

WOMEN

1	Grace Momanyi	KEN	31:37
2	Rehima Kedir Robele	ETH	32:58
3	Rose Jerotich Kosgei	KEN	33:19
4	Annerien van Schalkwyk	RSA	33:26
5	Workenesh Shashe Oda	ETH	33:49
6	Sharon Tavengwa	ZIM	33:57
7	Onneile Dintwe	BOT	34:40
8	Carla Martinho	POR	35:33
9	Ernestina Paulino	ANG	35:36
10	Samukeliso Moyo	ZIM	36:39

Bitburger-Silvesterlauf in Trier (20th)

Trier, GER, 31 December, 2009

(Both races use the same 1 km circuit.)

MEN (8 km)

1.	Haile Gebrselassie, ETH	22:22	DB
2.	Shadrack Lagat, KEN	22:47	
3.	Paul Kipkorir, KEN	23:18	
4.	Arne Gabius, GER	23:19	
5.	Benjamin Kemboi, KEN	23:20	

WOMEN (5 km)

1.	Yelena Zadorozhnaya, RUS	15:48
2.	Emebeth Anteneh, ETH	15:50
3.	Caroline Chepkwony, KEN	15:53
4.	Almensch Belete, ETH	15:53
5.	Genet Yalew, ETH	15:54
6.	Sabrina Mockenhaupt, GER	15:58
7.	Irina Mikitenko, GER	16:15

Corsa Internazionale di San Silvestro "Boclassic" (34th)

Bolzano, ITA, 31 December, 2009

(Distances: Men, 10.05 km [8 laps]; Women, 5.05 km [4 laps]. Course: 1250 m circuit, flat with sharp turns and cobblestone surfaces.)

MEN (extended gun times)

1.	Edwin Soi, 1986, KEN	28:44.3
----	----------------------	---------

2. Imane Merga Jida, 1989, ETH	28:45.3
3. Mo Farah, 1983, GBR	28:48.3
4. Silas Kipruto, 1984, KEN	29:25.2
5. Andrea Lalli, 1987, ITA	29:33.3
... 9. Sergey Lebid, 1975, UKR	30:18.9

WOMEN (extended gun times)

1. Sule Utura Gedo, 1990, ETH	16:11.4
2. Sonja Roman, 1977, SLO	16:13.9
3. Christelle Daunay, 1974, FRA	16:17.1
4. Sophie Duarte, 1981, FRA	16:22.7
5. Anikó Kálovics, 1977, HUN	16:24.3
6. Federica Dal Ri, 1980, ITA	16:26.4
7. Hayley Yelling, 1974, GBR	16:39.6

São Silvestre Road Race (85th)

São Paulo, BRA, 31 December, 2009

(Distance: 15 km, certified. Finishers: 18 006.)

MEN (gun times)

1. James Kwambai, KEN	44:40
2. Elias Kemboi Chelimo, 1984, KEN	44:58
3. Robert Kipkoech Cheruiyot, KEN	45:30
4. Diego Colorado, COL	45:32
5. William Naranjo, COL	45:36

WOMEN (gun times)

1. Pasalia Kipkoech Chepkorir, 1988, KEN	52:30
2. Olivera Jevtic, SRB	52:59
3. Marily dos Santos, BRA	53:35
4. Maria Zeferina Rodrigues Baldaia, BRA	53:58
5. Cruz Nonata da Silva, BRA	54:10
6. Derartu Tulu, ETH	54:25

São Silvestre da Amadora (35th)

Lisboa, POR, 31 December, 2009

(Distance: 10 km)

MEN

1. Joseph Ebuya, KEN	28:39	2500 EUR
2. Nicholas Korir, KEN	29:00	
3. Manuel Damiao, POR	29:02	
4. Kenneth Kiplimo, KEN	29:20	
5. Urige Buta, ETH	29:20	

WOMEN

1. Ana Dulce Félix, POR	32:27	2500 EUR
2. Sara Moreira, POR	33:04	
3. Elisabeth Rumokol, KEN	33:50	
4. Monica Rosa, POR	34:23	
5. Irina Sergeyeva, RUS	34:31	
... 7. Lebogang Phalula, RSA	35:40	

Volta à Cidade do Funchal (51st)

Funchal, POR, 28 December

(Distance: Approx. 6 km)

MEN

1. Rui Pedro Silva, 1981, POR 16:40
2. Eduardo Mbengani, 1985, POR 16:41
3. Jacob Chesari, 1989, KEN 16:56

WOMEN

1. Fernanda Ribeiro, 1969, POR 19:13
2. Veerle Dejaeghere, 1973, BEL 19:23
3. Karolina Jarzynska, 1981, POL 19:51

Corrida Pedestre Internationale de Houilles 10 km (38th)

Houilles, FRA, 27 December

MEN

1. Joseph Ebuya, 1987, KEN 28:35
2. Lelisa Desessa, 1992, ETH 28:35 (correct)
3. Imana Merga Jida, 1988, ETH 28:37
4. Edwin Soi, 1982, KEN 28:40
5. Sergey Lebid, 1975, UKR 28:42

WOMEN

1. Utura Gedo Sule, 1990, ETH 32:23
2. Veronica Nyaruai, 1989, KEN 32:32
3. Meseret Mengistu, 1990, ETH 33:12
4. Christelle Daunay, 1974, FRA 33:17
5. Martha Komu, 1983, FRA 33:28

Sanyo Road Races for Women

Okayama, JPN, 23 December

(Distances: 21.1 km & 10 km)

Half Marathon

1. Yumi Hirata, Shiseido 1:11:13 PB (33:45 at 10 Km)
2. Kaori Urata, Tenmaya 1:12:02 (33:45)
3. Kaori Akagawa 1:12:28 PB (33:47)
4. Manami Takemori 1:12:40 (33:46)
5. Yoko Yagi 1:13:39

10 km

1. Nanae Kuwashiro 32:27
2. Hiromi Ominami 32:34
3. Grace Mbuthye Kimanzi (KEN) 32:42
4. Hiroko Miyauchi 32:43
5. Miho Notagashira 32:46

CROSS-COUNTRY

Cross Internacional Zornotza (56th)

Amorebieta, ESP, 10 January

Note: A shocking loss here for world champion Gebremariam. – Ed.

MEN (10.7 km)

- | | |
|-------------------------------------|-------|
| 1. Humegaw Mesfin, ETH | 35:24 |
| 2. Gebre-egziahber Gebremariam, ETH | 35:24 |
| 3. Alemayehu Bezabeh, ESP | 35:50 |
| 4. Ayad Lamdassem, ESP | 36:09 |
| 5. Mark Kiptoo, KEN | 36:15 |

WOMEN (6.7 km)

- | | |
|-------------------------|-------|
| 1. Ann Mwangi, KEN | 24:22 |
| 2. Adriënne Herzog, NED | 24:33 |
| 3. Grace Momanyi, KEN | 24:49 |
| 4. Rosa Morató, ESP | 25:17 |
| 5. Btissam Lakhoad, MAR | 25:35 |

Great Edinburgh Cross-country

Holyrood Park, Edinburgh, GBR, 9 January

Weather: Cold with snow on the course

Note: Kenenisa Bekele was handed his first cross-country defeat since dropping out of the IAAF World Cross-country Championships in Mombasa in 2007. "I got killed by three Kenyans," he said. – Ed.

MEN (9 km)

- | | |
|---------------------------------|-------|
| 1. Joseph Ebuya, 1987, KEN | 28:41 |
| 2. Titus Mbishei, 1990, KEN | 28:43 |
| 3. Eliud Kipchoge, 1984, KEN | 29:04 |
| 4. Kenenisa Bekele, 1982, ETH | 29:17 |
| 5. Juan Luis Barrios, 1983, MEX | 29:25 |
| 6. Sergey Lebid, 1975, UKR | 29:51 |

WOMEN (5.8 km)

- | | |
|-------------------------------|-------|
| 1. Tirunesh Dibaba, ETH | 21:37 |
| 2. Vivian Cheruiyot, KEN | 21:47 |
| 3. Kalkidan Gezahegn, ETH | 21:48 |
| 4. Hayley Yelling-Higham, GBR | 21:51 |
| 5. Stephanie Twell, GBR | 21:51 |

Campaccio Classica del Cross (53rd)

San Giorgio su Legnano, ITA, 6 January

MEN (10 km)

- | | |
|-------------------------------|-------|
| 1. Abreham Cherkos, 1989, ETH | 28:52 |
| 2. Eliud Kipchoge, 1984, KEN | 28:53 |
| 3. Moses Masai, 1986, KEN | 28:56 |
| 4. Titus Mbishei, 1990, KEN | 28:57 |
| 5. Sergey Lebid, UKR | 29:30 |

WOMEN (6 km)

1. Anikó Kálovics, 1977, HUN 20:17
2. Elena Romagnolo, ITA 20:25
3. Federica Dal Ri, ITA 20:27
4. Stephanie Twell, GBR 20:37
5. Irina Serfeeva, RUS 20:42

Cross International Venta de Baños (30th)

Venta de Baños (Palencia), ESP, 20 December

MEN (10575 m)

1. Sergio Sanchez, 1982, ESP 30:59
2. Joseph Ebuya, 1987, KEN 31:10
3. Alemayehu Bezabeh, 1986, ESP 31:37
4. Carles Castillejo, 1978, ESP 32:00
5. Javier Guerra, 1983, ESP 32:04

WOMEN (6775 m)

1. Veronica Nyaruai, 1989, KEN 22:47
2. Stephanie Twell, 1989, GBR 22:57
3. Iris Fuentes Pila, 1980, ESP 23:03
4. Diana Martín, 1981, ESP 23:13
5. Sara Moreira, 1984, POR 23:21

Athletics Kenya Weekend Cross-country Meeting #4

Kisii, KEN, 19 December

SR. MEN (12 km)

1. Mathew Kisorio 36:58
2. Vincent Kiprop 37:13
3. Bernard Lagat 37:23
4. Kiptai Kiplimo 37:30
5. Shadrack Koskei 37:34
6. Wilson Kipsang 37:40

Junior MEN (8 km)

1. Japheth Korir 24:09
2. David Silele 24:14
3. Paulo Mutero 24:30
4. Simon Cheprot 24:31
5. Charles Kibet 24:38
6. Paul Kemboi 24:43

WOMEN (8 km)

1. Gladys Chemweno 28:12
2. Emily Muge 28:14
3. Ann Wanjiru 28:36
4. Esther Chemutai 28:54
5. Alice Kimeto 29:02
6. Mary Wangare 29:16

Junior WOMEN (6 km)

1. Alice Aprot 21:02
2. Viola Chemweno 21:18
3. Jackline Chepngeno 21:18

4. Hilda Chepkemoi 21:19
5. Faith Chepngetich 21:22
6. Mercy Cheronu 21:24

NEWS

ATHLETICS INTERNATIONAL CHOOSES BOLT AND RICHARDS

The British magazine *Athletics International*, edited by Peter Matthews and Mel Watman, has selected Usain Bolt and Sanya Richards as its Athletes of the Year for 2009. Both were selected to the top spots by a considerable margin.

The voting by the panel of experts was:

Men: 1. Usain Bolt 548; 2. Kenenisa Bekele 342; 3. Steve Hooker 165; 4. Tyson Gay 104; 5. LaShawn Merritt 90.

Women: 1. Sanya Richards 420; 2. Blanka Vlasic 247; 3. Valerie Vili 232; 4. Yelena Isinbayeva 115; 5. Anita Wlodarczyk 109.

Here are also the annual merit rankings compiled by *Athletics International* – the full list of ten names for the distance events, and the top three, plus any South Africans, in the other events.

MEN

100 M

1. Usain Bolt JAM
2. Tyson Gay USA
3. Asafa Powell JAM

200 M

1. Usain Bolt JAM
2. Tyson Gay USA
3. Wallace Spearmon USA

400 M

1. LaShawn Merritt USA
2. Jeremy Wariner USA
3. Renny Quow TRI

800 M

1. David Rudisha KEN
2. Mbulaeni Mulaudzi RSA
3. Alfred Kirwa Yego KEN
4. Abubaker Kaki SUD
5. Yuriy Borzakovskiy RUS
6. Bram Som NED
7. Youssef Saad Kamel BRN
8. Gary Reed CAN
9. Nick Symmonds USA
10. Asbel Kiprop KEN

1500 M

1. Asbel Kiprop KEN
2. Augustine Choge KEN
3. Youssef Saad Kamel BRN
4. Haron Keitany KEN
5. Deresse Mekonnen ETH
6. William Biwott KEN
7. Bernard Lagat USA
8. Mehdi Baala FRA
9. Amine Laâlou MAR
10. Bilal Mansour Ali BRN

5000 M

1. Kenenisa Bekele ETH
2. Bernard Lagat USA
3. Eliud Kipchoge KEN

4. Imane Merga ETH
5. Micah Kogo KEN
6. Edwin Soi KEN
7. Moses Kipsiro UGA
- 8, Vincent Chepkok KEN
9. James Kwalia QAT
10. Mark Kiptoo KEN

10000 M

1. Kenenisa Bekele ETH
2. Zersenay Tadese ERI
3. Moses Masai KEN
4. Josephat Muchiri Ndambiri KEN
5. Gideon Ngatuny KEN
6. Imane Merga ETH
7. Bernard Kipyego KEN
8. Sammy Kitwara KEN
9. Dathan Ritzenhein USA
10. Martin Mathathi KEN

MARATHON

1. Samuel Wanjiru KEN
2. Haile Gebrselassie ETH
3. Abel Kirui KEN
4. Tsegay Kebede ETH
5. Emmanuel Mutai KEN
6. Vincent Kipruto KEN
7. Yemane Tsegay Adhane ETH
8. Duncan Kibet KEN
9. James Kwambai KEN
10. Jaouad Gharib MAR

3000 M STEEPLECHASE

1. Ezekiel Kemboi KEN
2. Bouabdellah Tahri FRA
3. Paul K Koech KEN
4. Richard Matelong KEN
5. Brimin Kipruto KEN
6. Tareq Mubarak Taher BRN
7. Roba Gari ETH
8. Michael Kipyego KEN
9. Jukka Keskisalo FIN
10. Elijah Chelimo KEN

110 M HURDLES

1. Dayron Robles CUB
2. Ryan Brathwaite BAR
3. Terrence Trammell USA

400 M HURDLES

1. Kerron Clement USA
2. Bershawn Jackson USA
3. Javier Culson PUR
- ... 5. L.J. van Zyl RSA

HIGH JUMP

1. Yaroslav Rybakov RUS
2. Ivan Ukhov RUS
3. Raul Spank GER

POLE VAULT

1. Steve Hooker AUS
2. Renaud Lavillenie FRA
3. Romain Mesnil FRA

LONG JUMP

1. Dwight Phillips USA
2. Khotso Mokoena RSA
3. Fabrice Lapierre AUS

TRIPLE JUMP

1. Phillips Idowu GBR
2. Nelson Évora POR
3. Arnie David Giralt CUB

SHOT PUT

1. Christian Cantwell USA
2. Tomasz Majewski POL
3. Reese Hoffa USA

DISCUS THROW

1. Robert Harting GER
2. Gerd Kanter EST
3. Virgilijus Alekna LTU

HAMMER THROW

1. Primož Kozmus SLO
2. Krisztián Pars HUN
3. Aleksey Zagornyi RUS

JAVELIN THROW

1. Andreas Thorkildsen NOR
2. Tero Pitkämäki FIN
3. Vadims Vasilevskis LAT

DECATHLON

1. Trey Hardee USA
2. Leonel Suárez CUB
3. Aleksandr Pogorelov RUS

20 KM WALK

1. Valeriy Borchin RUS
2. Wang Hao CHN
3. Eder Sánchez MEX

50 KM WALK

1. Sergey Kiryapkin RUS
2. Trond Nymark NOR
3. Jesús Ángel García ESP

WOMEN**100 M**

1. Carmelita Jeter USA
2. Shelly-Ann Fraser JAM

3. Kerron Stewart JAM

200 M

1. Allyson Felix USA
2. Veronica Campbell-Brown JAM
3. Debbie Ferguson McKenzie BAH

400 M

1. Sanya Richards USA
2. Shericka Williams JAM
3. Antonina Krivoschapka RUS

800 M

1. Caster Semenya RSA
2. Janeth Jepkosgei KEN
3. Anna Willard USA
4. Jennifer Meadows GBR
5. Mariya Savinova RUS
6. Elisa Cusma Piccione ITA
7. Yuliya Krevsun UKR
8. Mayte Martínez ESP
9. Maggie Vessey USA
10. Hasna Benhassi MAR
11. Jemma Simpson GBR

(pending verdict on Semenya's eligibility)

1500 M

1. Maryam Jamal BRN
2. Gelete Burka ETH
3. Lisa Dobriskey GBR
4. Shannon Rowbury USA
5. Christin Wurth-Thomas USA
6. Anna Willard USA
7. Nancy Lagat KEN
8. Anna Alminova RUS
9. Natalia Rodríguez ESP
10. Nuria Fernández ESP

5000 M

1. Meseret Defar ETH
2. Vivian Cheruiyot KEN
3. Linet Masai KEN
4. Tirunesh Dibaba ETH
5. Sylvia Kibet KEN
6. Meselech Melkamu ETH
7. Wude Ayalew ETH
8. Sentayehu Ejigu ETH
9. Ines Chenonge KEN
10. Florence Kiplagat KEN

10000 M

1. Meselech Melkamu ETH
2. Linet Masai KEN
3. Wude Ayalew ETH
4. Meseret Defar ETH
5. Grace Momanyi KEN
6. Florence Kiplagat KEN
7. Amy Yoder Begley USA
8. Mariya Kononova RUS
9. Liliya Shobukhova RUS
10. Sylvia Kibet KEN

MARATHON

1. Irina Mikitenko GER
2. Bai Xue CHN
3. Aselefech Mergia ETH
4. Yoshimi Ozaki JPN

5. Mara Yamauchi GBR
6. Bezunesh Bekele ETH
7. Atsede Habtamu ETH
8. Lilya Shobukhova RUS
9. Tatyana Petrova RUS
10. Teyiba Erkesso ETH

3000 M STEEPLECHASE

1. Marta Domínguez ESP
2. Yuliya Zarudneva RUS
3. Gulnara Galkina RUS
4. Ruth Bisibori KEN
5. Milcah Chemos KEN
6. Jennifer Barringer USA
7. Gladys Kipkemboi KEN
8. Habiba Ghribi TUN
9. Antje Möldner GER
10. Zemzem Ahmed ETH

100 M HURDLES

1. Brigitte Foster-Hylton JAM
2. Priscilla Lopes-Schliep CAN
3. Dawn Harper USA

400 M HURDLES

1. Melaine Walker JAM
2. Lashinda Demus USA
3. Josanne Lucas TRI

HIGH JUMP

1. Blanka Vlasic CRO
2. Ariane Friedrich GER
3. Anna Chicherova RUS

POLE VAULT

1. Yelena Isinbayeva RUS
2. Anna Rogowska POL
3. Monika Pyrek POL

LONG JUMP

1. Brittney Reese USA
2. Naide Gomes POR
3. Tatyana Lebedeva RUS

TRIPLE JUMP

1. Yargelis Savigne CUB
2. Mabel Gay CUB
3. Tatyana Lebedeva RUS

SHOT PUT

1. Valerie Vili NZL
2. Nadine Kleinert GER
3. Gong Lijiao CHN

DISCUS THROW

1. Yarelis Barrios CUB
2. Nicoleta Grasu ROU
3. Dani Samuels AUS

HAMMER THROW

1. Anita Wlodarczyk POL
2. Betty Heidler GER
3. Martina Hrasnová SVK

JAVELIN THROW

1. Barbora Spotáková CZE
2. Mariya Abakumova RUS
3. Steffi Nerius GER
- ... 7. Sunette Viljoen RSA

HEPTATHLON

1. Jessica Ennis GBR
2. Nataliya Dobrynska UKR
3. Jennifer Oeser GER

20 KM WALK

1. Olga Kaniskina RUS
2. Kjersti Tysse Plätzer NOR
3. Olive Loughnane IRL

The US magazine *Track & Field News* also selected Bolt and Richards as its Athletes of the Year:

Men: 1. Usain Bolt 320, 2. Kenenisa Bekele 268, 3. Tyson Gay 218, 4. LaShawn Merritt 189, 5. Steve Hooker 174, 6. Dwight Phillips 173, 7. Andreas Thorkildsen 117, 8. Cristian Cantwell 79, 9. Samuel Wanjiru 75, 10. Trey Hardee 46, 11. Ezekiel Kemboi 41, 12. Primoz Kozmus 17, 13. Kerron Clement 16, 14. Phillips Idowu 14, 15. Valeriy Borchin 9, 16. Daniel Rudisha 4.

Women: 1. Sanya Richards 285, 2. Blanka Vlasic 240, 3. Valerie Vili 228, 4. Anita Wlodarczyk 207, 5. Yelena Isinbayeva 188, 6. Allyson Felix 177, 7. Carmelita Jeter 100, 8. Yargelis Savigne 99, 9. Melaine Walker 53, 10. Jessica Ennis 43, 11. Olga Kaniskina 42, 12. Brittney Reese 28, 13. Marta Domínguez 21, 14. Brigitte Foster-Hylton 15, 15. Maryam Jamal 13, 16. Linet Masai 11, 17. Caster Semenya 10.

RACE RESULTS WEEKLY HONOURS BEKELE AND MASAI

Race Results Weekly, the world's number one distance running results service, has selected Kenenisa Bekele and Linet Masai as its 2009 Runners of the Year. The Ethiopian and Kenyan athletes were selected both for their dramatic victories at the IAAF World Championships and consistency throughout their respective seasons.

"Bekele's undefeated season at 3000 meters and above, including two world titles, made him a clear choice," said Editor and Publisher David Monti. "But it was a tougher call to pick

Masai. World champions Maryam Yusuf Jamal of Bahrain (1500 m) and Vivian Cheruiyot of Kenya (5000 m) also had terrific records."

After failing to finish an early season 1500 m, Bekele, 27, went on to win ten consecutive races. He not only won the world titles at both 5000 m and 10000 m, but recorded the fastest times of the year for both of those distances (12:52.32 and 26:46.31). He was also the second fastest athlete at 3000 m, and won a share of the IAAF Golden League Jackpot by winning all six races he contested at Golden League events.

It was the fourth time Bekele was named *Race Results Weekly* Runner of the Year. He also won in 2003, 2006 and 2008.

Masai was the surprise world champion at 10000 m at just 19 years old, passing Ethiopia's Meselech Melkamu at the line to win by 1/10th of a second. She was also the silver medallist at the IAAF World Cross-country Championships in the senior division, and notched 9 victories in 16 podium finishes on all three surfaces (cross-country, road and track). For good measure, she ran the world-leading time at ten miles (50:39).

"Her silver medal at World Cross gave her a tiny edge over Jamal and Cheruiyot," explained Monti. "Jamal was absolutely dominant at 1500 m, and Cheruiyot had 15 total victories and fast times on both the track and the roads. But it was Masai who made two trips to the medal stand."

HEALTHY GAINS IN USA ROAD RACE PARTICIPATION FOR 2009

Participation in American road races grew by a healthy 11% in 2009, according to a detailed analysis prepared by *Race Results Weekly* (RRW).

The analysis, which looked at the results of 200 well-established road races in 38 states and the District of Columbia, found that 168 of the races, or 84%, showed growth in the number of official finishers compared to 2008. A total of 1 365 981 finishers were recorded by the group of events analyzed, up 133 706 from 2008. Year-over-year changes ranged from a gain of 10 199 for the Rock 'n' Roll Las Vegas Half Marathon (+132%), to a loss of 3 119 for the City of Los Angeles Marathon (-18%). The median event had 4 372 finishers.

"There are many good reasons for the continued growth of our sport, which have been voiced by race directors all over the world," commented Tracy Sundlun, Vice-President of the Competitor Group which owns and operates the Rock 'n' Roll series of marathons and half marathons, in an e-mail to RRW. "I believe virtually all of them are valid." Sundlun, whose events stress on-course entertainment, added: "In today's world people want more than just a race; they want an event."

Races held over the 5 km, 10-mile, and half-marathon distances showed the biggest increases, with each of those groups topping 15% growth. In the 10-mile group, the Credit Union Cherry Blossom 10 Mile, held each April in Washington, D.C., was up a hefty 21% to 14 883 finishers.

The results of 44 marathons from 28 states were included in the analysis, representing 297 683 finishers, up 5% from 2008. The ING New York City Marathon raised its number of allowed entrants this year to accommodate record demand and recorded a world record 43 660 finishers, up 5 564 or 15% from last year.

The record growth in New York was offset somewhat by declines in finishers at the marathons in Los Angeles (-3 119 or -18%) and San Diego (-3 045 or -19%). Nonetheless, the five largest American marathons -- New York, Chicago, Boston, Marine Corps (Washington, D.C.) and Honolulu -- recorded a total of 141 241 finishers, up 9%.

A separate and larger study of ALL American marathons by MarathonGuide.com showed a more robust 9% increase in the number of marathon finishers. "That's the largest year-to-year growth in finisher numbers since the 9.8% year-to-year growth seen in the abnormal years of 2001/2002 when travel and finisher numbers were down in 2001 after 9/11," wrote MarathonGuide.com owner John Elliott in an e-mail.

The ten largest events of any distance had a total of 328 115 finishers, up 6% from 2008. The largest event in the analysis was the Dick's Sporting Goods Bolder Boulder 10 km with 49 757 finishers. (The Atlanta Journal-Constitution Peachtree Road Race 10 km,

the largest fully timed race in the United States in 2009 with 49 997 finishers, could not be included in the analysis because the event did not time all finishers in 2008.)

The industry's traditional sweet spot, the 10 km, showed 10% growth for the 29 events of that distance analyzed. Only five of the 10 km races showed a decline in finishers.

NOTE: In order to be included in the analysis, events had to be staged for at least three years, have at least 1000 finishers in 2009 for the primary event for multi-race festivals, and have all of their finishers timed for both 2008 and 2009. A minimum of ten events for each month of the year were included to reduce any seasonal bias. Multi-race festivals had their races counted individually. Most, but not all, race festivals included in the analysis had all of their individual races counted, but relay finishers were not counted due to inconsistencies in how relays are staged and scored.

BOOK REVIEW

UNLIKELY CHAMPION ARTUR NEWTON'S LIFE STORY TOLD

Mild-mannered Englishman Arthur Newton remains an unlikely sporting legend in South Africa – in KwaZulu-Natal in particular – even though he died exactly 50 years ago.

His remarkable life is finally documented in full, in an acclaimed biography which recounts all his adventures and achievements. *Tea with Mr Newton*, written by UK-based runner and journalist Rob Hadgraft, was put together with the help of surviving relatives of Newton, archive material that included Newton's own papers and letters, plus the memories of close friends such as South African running legend Jackie Mekler.

Newton was the Harding farmer who became a long-distance running champion by accident. He first tried the sport aged 38, purely as a means of drawing public attention to a bitter land dispute he was having with the South African government. He attempted the newly-founded Comrades Marathon in 1922 merely as a publicity stunt – but not only survived the ordeal, actually won the thing!

And, what's more, he went on to win five of the next six Comrades, sparking a renaissance in distance running worldwide. He discovered talents he never knew he had and is nowadays regarded as the founding father of modern ultra-running.

Having fallen in love with Natal after spending more than twenty years of his life there, he proudly wore the province's name on his shirt as he broke world records galore all over the globe.

Arthur Newton was a pipe-smoking church minister's son who defied nature by running more than 100 000 miles at an advanced age. He ran the width of the USA twice, smashed 100-mile records in the UK and is acknowledged as the man who first made the Comrades Marathon famous.

Newton first arrived in Durban from the UK in 1902 as a fresh-faced teenager, sent by his father to join two brothers and make his way in business. But, weary of tedious office work, Newton soon switched to teaching in the Pietermaritzburg area, before then becoming a farmer at a remote spot near Harding. When the 1914-18 War and native resettlement projects led to problems on his farm, Newton began a long and bitter battle for compensation from the Union government.

His plan to turn himself into a famous runner and embarrass the Hertzog government didn't work as planned, and by 1925 Newton found himself a world renowned sportsman yet completely broke. Humiliated by his condition, he sneaked secretly out of Maritzburg in the dead of night to walk the 770 miles to Rhodesia to find work!

After several happy years in Bulawayo Newton returned to his native England where he devoted himself to coaching other runners. He wrote coaching books and helped athletes of all abilities and backgrounds. His modest home in the London suburbs became a magnet for distance runners the world over. Among those who came to stay were South African legends Jackie Mekler, Wally Hayward and Hardy Ballington. Champions and novices alike arrived in droves to meet the man behind the acclaimed series of books, articles and letters. They enjoyed endless supplies of tea, cake and advice – no appointment necessary.

As every distance runner knew, "tea with Mr Newton" was an essential part of any training schedule.

Natal always remained Newton's favourite place and he is commemorated in Harding by the friends who marvelled at his remarkable solo achievements on his remote farm and as a runner. He was surely the most unlikely sporting champion South Africa ever produced.

Tea with Mr Newton is a 224-page illustrated hardback which can now be ordered through bookshops, or directly via internet sites such as www.amazon.com or the publishers' www.desertislandbooks.com, priced 18.99 UK pounds. Alternatively Desert Island Books can be contacted at info@desertislandbooks.com).

THIS MONTH IN HISTORY

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

27 years ago: 22 January 1983

Bill Rodgers easily won the Orange Bowl Marathon in Miami's humidity in 2:15:08, stopping for a drink in the late stages of the race after having taken control at 22 miles. "I don't stop for a drink all the time, but I do it sometimes – usually when I'm falling apart," said Rodgers, who had won the Boston Marathon four times (his last victory was three years before). His fastest marathon of the year came three months later when he was tenth in Boston in 2:11:59. Second in Miami in 2:17:15 was Denmark's Henrik Jorgensen. The race turned out to be some 150 yards short.

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. This will be the last list for 2009 – from next week the 2010 list will be published. – Ed.

MEN

Open

10 km	28:21	Stephen Mokoka	Stellenbosch	29 Aug
	27:01	Micah Kogo (KEN)		
15 km	27:01	Micah Kogo (KEN) 2009		15 Nov
	44:15	Sibusiso Nzima	Nijmegen	
	43:26	Ryan Hall (USA)		
21.1 km	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		04 Jul
	61:26	Stephen Mokoka	Port Elizabeth	
	58:52	Patrick Makau (KEN)		
25 km	58:33	Samuel Wanjiru (KEN) 2007		09 May
	79:32	Shadrack Hoff	Pretoria	
	73:24	Matthew Kipchirchir (KEN)		
30 km	72:45	Paul Kosgei (KEN) 2004		22 Mar
	1:42:54	Sipho Phala	Parow	
	1:29:55	Yu Mitsuya (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		26 Apr
	2:07:44	Hendrick Ramaala	London	
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		19 Sep
	8:30:01a	Welcome Loliwe	Port Elizabeth	

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		

WOMEN

Open

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 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	36:38	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	2:55:37	Maya Lawrie	Port Elizabeth	05 Dec
	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 100 km	3:24:03	Elaine Greenblatt	Londen	26 Apr
<u>Juniors</u>				
10 km	35:45 31:42	Maxine Heine-Wacker Zola Pieterse (RSA) 1984	Port Elizabeth	02 May
15 km	58:11 49:40	Elene Lourens Ines Chenonge (KEN) 2001	Port Elizabeth	28 Nov
21.1 km	79:31 1:09:05	Lusanda Bomvana Delilah Asiago (KEN) 1991	Port Elizabeth	04 Jul

Contributors to this issue: Alen Hattingh, Kevin Harlock, SWD Athletics, Nico Steenekamp, Chamberlain's Timekeeping, Patrick Baransky, Rowyn James

Published by Riël Hauman
 42 Fifteenth Avenue, Boston, Bellville 7530, RSA
 Telephone: 021 948-0293
 Fax: 0866 89-44-74
 Cellphone: 082 922-8538
 E-mail: rielh@mweb.co.za