

Distance Running Results

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EDITORIAL

Two fast 15 km races in the Eastern Cape, in Jeffreys Bay and Port Elizabeth, provided the bulk of the list leaders for this distance as we resume this regular feature with the first leading times for 2010. One of these was a magnificent 48:40 by veteran Maboyisana Mazwayi in the 25th running of the Marina Sea Salt race. This is a veteran PB for him and 6 seconds faster than the time that placed him third on last year's SA performance list.

The well-known race announcer and writer on athletics, George Koertzen, passed away on Saturday while on a cycle training session in Johannesburg. Koertzen (57) made a name for himself as announcer at road races and cycling, canoe and triathlon events. Koertzen suffered a heart attack in September, but recovered.

In the USA Half-marathon Championships in Houston track star Shalane Flanagan, making her debut over the distance, broke Colleen de Reuck's course record with her 69:41 win. In the marathon unheralded Teshome Gelana of Ethiopia also set a course record, winning by almost a minute in 2:07:37. This is a huge improvement for the Ethiopian – in 2009 he ran 2:14:32 at Barcelona, 2:21:23 at Hannover and 2:12:03 at Warsaw (his personal best was 2:11:58 set in Israel in 2008).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Alex Wasps Half Marathon, Pietermaritzburg
- * Scottburgh Challenge Half Marathon, Scottburgh
- * Hohenort 15 km, Cape Town
- * Marina Sea Salt 15 km, Port Elizabeth
- * Berg en Dal 15 km, Krugersdorp
- * Ocean Basket Bay to Bay 30 km, Camps Bay
- * SSI 10 km, George
- * Woodlands Dairy 15 km, Jeffreys Bay
- * Builders Express 15 km, George

International highlights:

- * Chevron Houston Marathon & Aramco Half Marathon, Houston, USA
 - * P.F. Chang's Rock 'n' Roll Arizona Marathon & Half Marathon, Phoenix to Tempe, USA
 - * Zayed International Half Marathon, Abu Dhabi, UAE
 - * XC: Cross Internacional de Itálica, Seville, ESP; Australian Cross-country Selection Trials, Melbourne, AUS
 - * Indoor track: University of Washington Indoor Preview, Seattle, USA
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ROAD RUNNING

Alex Wasps Half Marathon (31st)

Pietermaritzburg, 17 January

(Distance: 21.0975 km; loop course. Finishers: 680.)

MEN

1.	Washington Zuma	Mr Price AC	1:12:07
2.	Muzi Madiqwa	Coll Harr	1:13:02
3.	Tsepo Shelembe	Boxer AC	1:13:24

50-59:

1.	Sanelle Khuzwayo	Hulmin AC	1:21:33
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60+:

1.	Petros Shumi	Zabalaza AC	1:36:39
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WOMEN

1.	Suzette Botha	Escom Gijimas	1:24:13
2.	Kerry Koen	Nedbank AC	1:27:07
3.	Sarah Scott	Coll Harr	1:32:20

40-49:

1.	Vanessa Zimmerman Kearsney Strid		1:35:52
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50-59:

1.	Sandy Fismer	Hilton Harr	1:41:06
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60+:

1.	Gill Tregenna	West AC	2:00:43
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Scottburgh Challenge Half Marathon

Scottburgh, 17 January

(Distance: 21.0975 km; out-and-back course. Finishers: 930.)

MEN

1.	Eric Ngubane	Nedbank AC	1:11:09
2.	Maxwell Ngwanzi	Nedbank AC	1:12:47
3.	Nkosianathi Ngcongco	Stella AC	1:13:27

40-49:

1.	Cliff Robertze	West AC	1:21:39
2.	Willie Majombozi	Boxer AC	1:21:08
3.	Herbert Mazongolo	Toyota AC	1:24:13

50-59:

1.	Jan Koegelenberg	Mr Price AC	1:24:21
2.	Simon Chiliza	Sydenham AC	1:28:38
3.	Jeremiah Ngwenya	Boxer AC	1:29:42

60+:

1.	Michael Langa	Athletic North	1:34:30
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WOMEN

1.	Maya Lawrie	Boxer AC	1:27:10
2.	Debbie Lambouru	SCS	1:31:08
3.	Caryly Dixon	DHSOB	1:31:36

40-49:

1.	Maya Lawrie	Boxer AC	1:27:10
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2.	Debbie Lambouru	SCS	1:31:08
3.	Jane Davidson	DHSOB	1:35:48

50-59:

1.	Alison Pearce	SCS	1:46:58
2.	Elise Celliers	Savages AC	1:50:56
3.	Jane Baker	DAC	1:51:55

60+:

1.	Lien Botha	Toti AC	1:45:49
2.	Alet Engelbrecht	SCS	1:59:22

Hohenort 15 km (36th)

Cape Town, 16 January

(Certified loop course, hilly)

Note: Interestingly, the three women who won the race the last three years finished in that order this year: Mtshagi won in 2007, Xiniwe in 2008 and Seti in 2009. Runners from the Adidas AC ran the race together as a memorial run for Dave Spence. – Ed.

MEN

1. Anthony Godongwana (Celtic) 47:12; 2. Sibusiso Mbingeleli (MP) 47:53; 3. Patrick Magadla (VOB) 50:26; 4. George McCallum (Mamre) 51:26; 5. Luxolo Mdzanga (Gugs) 51:57 (1st jun); 6. Vladimir Kotov (BLR/Cent) 52:02 (1st mast); 7. Quinton Prince (Met) 52:25; 8. Marks Mpekula (VOB) 52:43; 9. Johnny Persents (Adid) 53:02 (1st vet); 10. Xolile Macanda (Ned) 53:17; 11. John September (Celtic) 53:22; 12. Stanley Malange (Gugs) 53:46; 13. Akhona Makila (VOB) 53:51; 14. Thandile Joseph (Gugs) 54:01; 15. Bulelani Bhebha (VOB) 54:22; 16. Sibusiso Nontanga (Met) 54:57; 17. Michael Bekapi (VOB) 55:14; 18. Michael Hodgson (Ind) 55:38; 19. Andrew Payne (MP) 57:13; 20. William Robinson (UCT) 57:21 ... 26. Makhosonke Fika (Gugs) 57:39.

40-49: 1. Johnny Persents (Adid) 53:02; 2. John September (Celtic) 53:22; 3. Michael Bekapi (VOB) 55:14. **50-59:** 1. Vladimir Kotov (BLR/Cent) 52:02; 2. Paul Siebritz (Top) 59:57; 3. Julian Paul (Def) 62:15. **60+:** 1. Awie Veldsman (Held) 63:55; 2. Jimmy Morris (For) 64:18; 3. Richard Acheson (VOB) 71:05. **Juniors:** 1. Luxolo Mdzanga (Gugs) 51:57; 2. Akhona Makila (VOB) 53:51; 3. Thandile Joseph (Gugs) 54:01.

WOMEN

1. Bulelwa Mtshagi (Celtic) 58:33; 2. Zintle Xiniwe (MP) 60:40; 3. Nomvuyisi (MP) Seti 62:22; 4. Asiphe Sikabalanjana (Gugs) 62:41; 5. Sheryl de Lange (Adid) 63:08; 6. Joanna Thomas (VOB) 63:20; 7. Olga Howard (Celtic) 65:40; 8. Emer Brangan (IRL/Top) 65:53; 9. Helen McDonald (Harf) 66:06; 10. Candice Davison (Harf) 67:31; 11. Ellie Courts (Celtic) 69:35; 12. Lee-Ann Dawson (Satori) 69:53; 13. Chantel Simpson (Pine) 69:55; 14. Paula Jandrell (VOB) 70:17; 15. Kirsten Norris (Ind) 70:31; 16. Bev Charters (VOB) 70:47; 17. Karen de Kock-Wentzel (Durbac) 70:52; 18. Ronelle Marshall (RWFL) 70:54; 19. H. Van der Watt (Ind) 70:59; 20. Madré Steenkamp (Met) 71:18.

40-49: 1. Sheryl de Lange (Adid) 63:08; 2. Joanna Thomas (VOB) 63:20; 3. Chantel Simpson (Pine) 69:55. **50-59:** 1. Olga Howard (Celtic) 65:40; 2. Bev Charters (VOB) 70:47; 3. Dawn Middelkoop (VOB) 75:31. **60+:** 1. Hester Kotze (Durbac) 73:41; 2. Margie Plantema (VOB) 76:55; 3. Marietha Herbert (Bell) 77:24. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 62:41; 2. Lee-Anne Slack (VOB) 80:10; 3. Benine Havenga (Tyg) 97:34.

Marina Sea Salt 15 km (25th)

Port Elizabeth, 16 January

(Loop course)

Note: A welcome return to racing for Frith van der Merwe here. – Ed.**MEN**

1	Masixole	Dlaku	Mr Price PE	31	46:41
2	George	Ntshiliza	Nedbank RC	30	47:08
3	Phumzile	Sikawuti	Nedbank RC	30	47:39
4	Sandile	Ngunuza	Nedbank RC	27	48:03
5	Maboyisana	Mazwayi (1 st vet)	Nedbank RC	41	48:40
6	Kgotso	Majara	Nedbank RC	29	48:59
7	Mzwanele	Maphekula	Nedbank RC	33	49:25
8	Christopher	Mabengeza	Nedbank RC	43	49:49
9	Melikhaya	Frans (1 st jun)	Nedbank RC	17	50:12
10	Mzamo	Fokwana	Charlo RR	32	50:12
11	Robert	Matthys	Mr Price PE	33	50:23
12	Anele	Maliza	Mr Price PE	31	50:47
13	Zandisile	Mpisane	Mr Price PE	26	51:03
14	Masibulele	Heugh	Kwanobuhle	15	52:11
15	Mncedi	Khanti	Nedbank RC	30	52:24
16	Zolile	Mhlahlo	Triangle	35	52:25
17	Thembisile	Bashe	Mr Price PE	31	52:26
18	Alfred	Qogi	Nedbank RC	36	52:39
19	Siyabulela	Matsha	Temp	24	53:19
20	Thobile	Xata	Nedbank RC	35	53:33

40-44:

1	Maboyisana	Mazwayi	Nedbank RC	41	48:40
2	Christopher	Mabengeza	Nedbank RC	43	49:49
3	Deon	Pretorius	Nedbank RC	44	58:36

45-49:

1	Kenneth	Menze	Nedbank RC	48	57:49
2	Ian	Patterson	Muirite Strider	46	57:58
3	Robin	Fourie	Achilles AAA	46	58:11

50-54:

1	Sidwel	Roboshi	Nedbank RC	50	57:50
2	Leonard	Erasmus	Willard Batt	51	1:01:14
3	Andre	Willemse	Elite AC	51	1:02:25

55-59:

1	Sizinzo	Kama	Achilles AAA	58	1:00:16
2	Donald	Mancasa	Triangle	55	1:03:06
3	Mati	Jack	Nedbank RC	58	1:04:44

60-64:

1	Hannes	Els	Madiba Bay	60	1:04:13
2	Percy	Dalton	Achilles AAA	61	1:05:53
3	Eddie	Walker	PEAAC	63	1:08:34

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	67	1:02:39
2	Godfrey	Kariem	Cadbury AC	69	1:14:53
3	Irvine	Nakani	Mr Price PE	68	1:17:43

70-74:

1	Henry	Human	VWAC	70	1:32:37
2	Selwyn	Solomon	Crusaders AC	71	1:41:01
3	Alf	Zehmke	PEAAC	70	1:54:18

75-79:

1	Dion	Heigers	Alpha Centurion	76	1:28:16
Juniors:					
1	Melikhaya	Frans	Nedbank RC	17	50:12
2	Masibulele	Heugh	Kwanobuhle	15	52:11
3	Zuko	Gana	Kwanobuhle	17	57:11
WOMEN					
1	Deliwe	Nyanga	PEAAC	20	57:13
2	Frith	van der Merwe (1 st vet)	RFLG	45	1:03:50
3	Priscilla	Dyanti	Mr Price PE	35	1:05:33
4	Treloar	Childs	Spar Walmer AC	46	1:08:05
5	Loesje	de Beer (1 st mast)	Spar Walmer AC	51	1:08:10
6	Grizelda	Pietersen	Achilles AAA	41	1:08:36
7	Elmarie	Bezuidenhout	Charlo RR	27	1:09:33
8	Janine	Papenhuijzen	Achilles AAA	30	1:09:36
9	Suzanne	Lavis	Jeffreys Bay	51	1:09:54
10	Paulette	McEwan	Achilles AAA	44	1:11:43
11	Adele	Nel	St Albans CSEP	36	1:11:52
12	Claire	Nagel	Elite AC	45	1:12:00
13	Janette	Schierz-Crusius	Body Concept	49	1:12:32
14	Shannon	Swart	Temp	27	1:12:41
15	Gail	Klichowicz	Achilles AAA	43	1:14:43
16	Rosemary	Buchanan	Achilles AAA	24	1:15:26
17	Liz	Grundlingh (1 st g'mast)	Muirite Strider	63	1:16:23
18	Lindie	Stander	St Albans CSEP	25	1:16:32
19	Nophendule	Sineke	Nedbank RC	44	1:16:34
20	Hermie	Fisher	Madiba Bay	42	1:16:51
40-44:					
1	Grizelda	Pietersen	Achilles AAA	41	1:08:36
2	Paulette	McEwan	Achilles AAA	44	1:11:43
3	Gail	Klichowicz	Achilles AAA	43	1:14:43
45-49:					
1	Frith	van der Merwe	RFLG	45	1:03:50
2	Treloar	Childs	Spar Walmer AC	46	1:08:05
3	Claire	Nagel	Elite AC	45	1:12:00
50-54:					
1	Loesje	de Beer	Spar Walmer AC	51	1:08:10
2	Suzanne	Lavis	Jeffreys Bay	51	1:09:54
3	Christine	Snyman	VWAC	53	1:23:23
55-59:					
1	Glenys	Joubert	Nedbank RC	58	1:34:02
2	Rita	Boucher	Spar Walmer AC	59	1:37:38
3	Jos	Els	Madiba Bay	57	1:45:06
60-64:					
1	Liz	Grundlingh	Muirite Strider	63	1:16:23
2	Retha	Snyman	PEAAC	62	1:24:16
3	Christine	Fourie	Elite AC	63	1:41:55
65-69:					
1	Orgia	Nell	Muirite Strider	66	1:42:53
70+:					
1	Dorothy	Hart	PEAAC	71	1:37:23
Juniors:					
1	Tanya	Wilson	Charlo RR	17	1:39:01

Berg en Dal 15 km

Krugersdorp, 13 January
(Out-and-back course)

MEN

1 Vincent Kutoane (Nedbank) 50:01; 2 Vincent Seng 50:52; 3 Motlatsi Madiba (Powerade) 53:01; 4 Elgin Mogale (HAC) 53:34 (1st vet); 5 Michael Msini (Voltex) 54:15.

Veterans: 1 Elgin Mokale (HAC) 53:39 ; 2 Lucas Matlala (Nedbank) 56:07. **Masters:** 1 Andre Jansen (GS) 61:37. **G'masters:** 1 Wilson Maguru (Nedbank) 69:22.

WOMEN

1 Onneile Dintwe (BOT/Nedbank) 56:52; 2 Ida Phorisa (Temp) 62:13; 3 Clodia Serame (ADT) 66:15; 4 Lesley Train (Nedbank) 69:24; 5 Yolane Basson (Nedbank) 69:26.

Veterans: 1 Sarah Mahlangu (MP) 70:34. **Masters:** 1 Natalie Saunders (Fourways) 76:56. **G'masters:** 1 Maz Moore (Breakthru) 91:31. **Juniors:** 1 Ida Phorisa (Temp) 62:13.

Ocean Basket Bay to Bay 30 km (34th)

(Deeper results)

Camps Bay, 10 January

(Certified out-and-back course; relay 2x15 km)

Note: The top results appeared last week. Here are deeper results, thanks to Kevin Harlock.
– Ed.

MEN

1	Nkosinathi	Madyo	Nedbank EP	21	1:38:03
2	Tom	Lusaseni	Temp	22	1:39:18
3	Peter	Tsawayo	ZIM/RCS Gugs	28	1:39:22
4	Bernado	Rukadza	ZIM/RCS Gugs	28	1:40:10
5	Pieter	Koopman	Maties	35	1:41:14
6	Tebelo	Poni	Acsis VOB		1:44:30
7	Velani	Lusaseni	Adidas	27	1:44:42
8	Professor	Khwetane	Acsis VOB		1:45:14
9	Mkhululi	Mbejeni	AAC	27	1:45:25
10	Samson	Gulubela	AAC	24	1:45:30
11	Zolan	Sowazi	RCS Gugs	29	1:45:59
12	Johnny	Persents	Adidas	45	1:46:47
13	Siyabonga	Habe	Mr Price WP	34	1:46:53
14	Luvuyo	Ntando	Thomas Mbiza	32	1:47:19
15	Vladimir	Kotov	BLR/Century City	51	1:47:30
16	Keith	Court	Mr Price WP	40	1:47:51
17	Mandla	Pangalele	RCS Gugs	31	1:48:35
18	Zondlia	Nonbexeza	AAC	26	1:49:26
19	John	September	Celtic	43	1:49:52
20	Sihle	Mapuka	Mr Price WP	33	1:50:10

WOMEN

1	Farwa	Mentoor	Bonitas	36	2:03:52
2	Nomvuyisi	Seti	Mr Price WP	29	2:06:30
3	Joanna	Thomas	Acsis VOB	41	2:06:43
4	Michelle	Bartman	Harfield	45	2:08:33
5	Berdine	Smit	Nedbank WP	45	2:10:46
6	Ester	Brink	Strand	44	2:12:20
7	Lisa	Baumann	Mr Price WP	38	2:13:05

8	Ursula	Frans	Adidas	40	2:14:12
9	Ronel	Natrass	Adidas	27	2:16:12
10	Olga	Howard	Celtic	51	2:16:34
11	Jacoline	Haasbroek	Stellenbosch	44	2:16:37
12	Emer	Brangan	IRL/Top Form	36	2:17:47
13	Kutlwano	Ramaboa	UCT	33	2:19:09
14	Sandra	Van Graan	Edgemead	42	2:19:33
15	Kim	Ground	Celtic	26	2:20:36
16	Elizabeth	De Goveia	Durbac	35	2:21:56
17	Rachel	Shuttleworth	Strand	43	2:22:18
18	Liana	Maree	Stellenbosch	32	2:22:46
19	Herlien	Van Zyl	New Balance	35	2:23:31
20	Liesl	Stoltz	Durbac	33	2:25:29

SSI 10 km

George, 9 January
(Loop course)

MEN

1	Elroy Gelant		23	32:03
2	Luwayne Duitsjan	Hartenbos Drawwers	23	32:37
3	Principal Fana	Rainbow	41	32:41
4	Juan Pretorius	Hartenbos Drawwers	28	33:34
5	Sinesiphe Didishe	Knysna	18	33:52
6	Julie Saaier	Nedbank SWD	40	35:15
7	Mario Meyer	Hartenbos Drawwers	30	36:10
8	DP Swart	Outeniqua Harriers	16	36:18
9	Marlon Mortlock	Knysna	35	36:52
10	Phillipus Wildeman	Outeniqua Harriers	35	37:10
11	Hermanus Jonkerman	Outeniqua Harriers	50	37:41
12	Anton Chevalier	Nedbank SWD	40+	37:45
13	Mihan Roos	Knysna	31	38:14
14	De Waal Swart	Outeniqua Harriers	27	38:25
15	Jannie Nieuwenhuys	Nedbank SWD	48	38:39
16	Greens Groenewald	Run/Walk for Life	36	39:11
17	Dawid Matroos	Rainbow	35	39:16
18	Jacques Mouton	Outeniqua Harriers	31	39:22
19	Aubrey Brinkhuis	Outeniqua Harriers	40	39:51
20	Granville Hendricks	Rainbow	26	39:56

WOMEN

1	Kerry Roos	Knysna	31	42:30
2	Renee Moll		39	42:59
3	Marie Wolmarans	Nedbank SWD	50	43:20
4	Karen le Roux		43	47:08
5	Karin Pauw	Nedbank SWD	40+	47:31
6	Christa Smit	Hartenbos Drawwers	42	47:46
7	Justine Sharples	Eden AC	36	47:57
8	Suzaan Kruger	Outeniqua Harriers	26	48:06
9	Anita Beutel		27	49:19
10	Petra Rossouw	Nedbank SWD	32	51:42

Woodlands Dairy 15 km

Jeffreys Bay, 2 January

(Loop course)

MEN

1	George	Ntshiliza	Mr Price PE	30	48:26
2	Rodney	Prins	Mr Price PE	21	48:44
3	Sandile	Ngunuza	Nedbank RC	27	48:48
4	Anele	Maliza	Mr Price PE	31	50:20
5	Zolani	Ngqaqa	Mr Price PE	20	50:27
6	Ivan	Ambraal	Malabar	20	50:40
7	Phumzile	Sikawuti	Nedbank RC	30	50:52
8	Zolani	Mabongo	Mr Price PE	23	51:03
9	Aphlyn	Taai	Temp	27	51:43
10	Kgotso	Majara	Nedbank RC	29	52:13
11	Bulelini	Niwa	PEAAC	24	52:18
12	Desmond	Zibi (1 st vet)	Mr Price PE	46	52:32
13	Robert	Matthys	Mr Price PE	33	52:37
14	Conrad	Charles (1 st jun)	Malabar	19	54:27
15	Bennett	Wilson	Jeffreys Bay	30	54:35
16	Zandisile	Mpisane	Mr Price PE	26	55:09
17	Mzuvumile	Lungu	Nedbank RC	16	55:23
18	Simon	Adams	Malabar	19	55:37
19	Darrell	Wicht	Raleigh AC	46	55:40
20	Mzukisi	Klaas	PEAAC	41	55:46

40-44:

1	Mzukisi	Klaas	PEAAC	41	55:46
2	Alfred	Pakkies	Legacy AC	41	58:16
3	Adrian	Clarke	Temp	44	58:54

45-49:

1	Desmond	Zibi	Mr Price PE	46	52:32
2	Darrell	Wicht	Raleigh AC	46	55:40
3	Welcome	Loliwe	Nedbank RC	45	55:55

50-54:

1	Sidwel	Roboshi	Nedbank RC	50	1:00:14
2	Jan	Bester	Alpha Centurion	50	1:04:49
3	Sam	Erasmus	Nedbank RC	52	1:06:45

55-59:

1	Donald	Mancasa	Raleigh AC	55	1:06:02
2	Hannes	Els	Madiba Bay	59	1:08:11
3	Errol	Rossouw	PEAAC	59	1:08:52

60-64:

1	Cilliers	Swart	Nedbank RC	63	1:10:03
2	Brian	Merrington	Jeffreys Bay	62	1:11:01
3	Piet	Meyer	St Albans CSEP	60	1:17:50

65-69:

1	Godfrey	Kariem	Cadbury AC	69	1:20:36
2	Nic	Snyman	PEAAC	65	1:26:56
3	Herman	Dekker	SAP M C EP	65	1:33:49

70+:

1	Paul	Sieberhagen	Temp	74	1:37:39
2	John	Peart	Nedbank RC	73	1:54:16

Juniors:

1	Conrad	Charles	Malabar	19	54:27
2	Mzuvumile	Lungu	Nedbank RC	16	55:23
3	Simon	Adams	Malabar	19	55:37

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price PE	28	56:45
2	Deliwe	Nyanga	PEAAC	20	58:28
3	Charne	Bosman	Mpcga	34	59:18
4	Riana	Hattingh	Temp	24	1:08:40
5	Trudie	Vermeulen (1 st vet)	Temp	40	1:10:54
6	Marie	Scholtz	Run For Life CGA	40	1:12:23
7	Noxolo	Marks	Mr Price PE	23	1:12:54
8	Leandre	Van Dyk	Temp	23	1:13:12
9	Anne	de Swardt	Temp	41	1:13:19
10	Janine	Papenhuijzen	Achilles AAA	30	1:13:43
11	Suzanne	Lavis (1 st mast)	Jeffreys Bay	51	1:13:56
12	Anine	Claasen	Temp	38	1:14:12
13	Adele	Nel	St Albans CSEP	36	1:14:38
14	Janette	Schierz-Crusius	Body Concept	49	1:15:32
15	Shannon	Swart	Temp	27	1:15:42
16	Mary Grace	Villanueva	Achilles AAA	33	1:15:52
17	Claire	Nagel	Elite AC	45	1:16:27
18	Estelle	Uys	CSIRR C	51	1:17:00
19	Buyelwa	Kobokana	Temp	44	1:17:15
20	Greta	Bekker	Tzaneen M C	48	1:17:35

40-44:

1	Trudie	Vermeulen	Temp	40	1:10:54
2	Marie	Scholtz	Run For Life CGA	40	1:12:23
3	Anne	de Swardt	Temp	41	1:13:19

45-49:

1	Janette	Schierz-Crusius	Body Concept	49	1:15:32
2	Claire	Nagel	Elite AC	45	1:16:27
3	Greta	Bekker	Tzaneen M C	48	1:17:35

50-54:

1	Suzanne	Lavis	Jeffreys Bay	51	1:13:56
2	Estelle	Uys	CSIRR C	51	1:17:00
3	Monica	Kemp	Madiba Bay	54	1:23:24

55-59:

1	Cora	van der Wath	Temp	59	1:29:33
2	Rose	Prew	Mr Price Celtic	55	1:38:22
3	Elsa	Gomez	Jeffreys Bay	57	1:41:32

60-64:

1	Retha	Snyman	PEAAC	62	1:29:12
2	Anna	Potgieter	Jeffreys Bay	63	1:41:26
3	Pat	Scheepers	PEAAC	61	1:45:30

65-69:

1	Marietha	Dippenaar	Agape R C	65	1:50:01
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70+:

1	Dorothy	Hart	PEAAC	71	1:45:03
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Juniors:

1	Cheri	Rademeyer	Muirite Strider	18	1:20:31
2	Marike	du Toit	Temp	15	1:22:54
3	Carina	Cilliers	Temp	15	1:38:58

Builders Express 15 km

George, 2 January
(Out-and-back course)

MEN

1	Elroy Galant		23	49:36
2	Lloyd Bosman	Pukke	21	49:38
3	Principal Fana	Rainbow AC	41	50:21
4	Vuyo Witbooi	Outeniqua H	34	54:42
5	Jullie Saaier	Nedbank RC	40	55:13
6	M. van Rensburg	Free State	38	59:03
7	H. Jonkerman	Outeniqua H	50	59:11
8	K. Westvic		38	59:30
9	Jacques ?	Outeniqua H	31	1:00:21
10	Dawid Matroos	Rainbow AC	35	1:00:22
11	Anton Chevalier	Nedbank RC	44	1:00:24
12	Johann Diener	Strand	58	1:00:49
13	Mario Meyer	Hartenbos D	30	1:02:59
14	Samuel Oliphant		25	1:04:08
16	Chris Gomersall	Outeniqua H	38	1:05:04
17	Jurgens Zwiegelaar	Nedbank RC	61	1:05:24
18	Martin Jacobs	Nedbank RC	45	1:05:25
19	Gideon Beukes	VOB	43	1:06:01
21	Dirk Joubert	Hartenbos D	51	1:08:02
22	Andre Barnado	Outeniqua H	53	1:08:52

WOMEN

1	Julia J. van Rensburg		27	1:04:29
2	Annatjie Botes	Nedbank RC	52	1:06:19
3	Kerry Roos	Knysna	31	1:09:44
4	Suzaan ?	Outeniqua H	26	1:12:04
5	Kleintjie van Schalkwyk	Hartenbos D	46	1:15:07
6	Carina Muller	Hartenbos D	31	1:15:07
7	Christa Smit	Hartenbos D	42	1:18:34
8	Sari Stegman		26	1:19:00
9	L. le Roux	Herbalife	36	1:20:03
10	B. Cuthbert		38	1:20:24
11	Petra Rossouw	NSWD	32	1:22:05
12	Bianca Grotepass		20	1:23:29
13	Leoni Wessels		28	1:24:22
14	A. van den Berg		20	1:24:20
15	Lelanie van Dyk	Herbalife	39	1:25:38
16	Susanne Colloty	Striders Welkom	34	1:26:05
17	Celeste Collier		35	1:27:42
18	Suzanne Smuts		25	1:30:55
19	Aika Grotepass	Outeniqua H	48	1:31:04
20	Pippa Harris		26	1:32:15

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

Chevron Houston Marathon (38th) & Aramco Half Marathon (6th)

(USA Half-marathon Championships)

Houston, USA, 17 January

(Distances: 42.195 km & 21.1 km; USATF certified, loop courses with no net elevation change)

Marathon (gun times)

MEN

1. Teshome Gelana, 25, ETH	2:07:37 PB/CR	\$35,000
2. Zembaba Yigeze, 25, ETH	2:08:27 PB	17,000
3. Jason Mbote, 33, KEN	2:08:58	7,000
4. Hussen Adelo Roba, 27, ETH	2:09:09 PB	4,000
5. Charles Kibiwott Seronei, 33, KEN	2:09:10	2,000
6. Vincent Kiplagat, 25, KEN	2:09:22 PB	
7. Brett Gotcher, 25, USA	2:10:36 DB	
8. Eric Gillis, 29, CAN	2:13:52 DB	
9. Josh Ordway, 29, USA	2:16:52	
10. Karim El Mabchour, 27, MAR	2:18:27	

WOMEN

1. Teyba Erkesso, 27, ETH	2:23:53 PB/CR	\$35,000
2. Margarita Plaksina, 32, RUS	2:28:44 PB	17,000
3. Alemitu Abera, 24, ETH	2:31:01 PB	7,000
4. Paige Higgins, 27, USA	2:33:22	4,000
5. Lydia Kurgat, 34, KEN	2:36:14	2,000

Half marathon (gun times)

MEN

1. Antonio Vega, 26, USA	1:01:54 PB	\$12,000
2. Patrick Smyth, 23, USA	1:02:01 DB	6,500
3. Brent Vaughn, 25, USA	1:02:04 DB	4,000
4. Tim Nelson, 25, USA	1:02:11 DB	2,000
5. Stephan Shay, 23, USA	1:02:26 DB	1,500

WOMEN

1. Shalane Flanagan, 28, USA	1:09:41 DB/CR	\$12,000 + 4,000*
2. Serena Burla, 27, USA	1:10:08 PB	6,500
3. Amy Hastings, 25, USA	1:11:19 PB	4,000
4. Renee Metivier Baillie, 28, USA	1:11:51 DB	2,000
5. Magdalena Lewy Boulet, 36, USA	1:12:22	1,500
... 17. Colleen De Reuck, 45, USA	1:16:30 NR	W4549

P.F. Chang's Rock 'n' Roll Arizona Marathon & Half Marathon (7th)

Phoenix to Tempe, USA, 17 January

(Distances: 42.195 km and 21.1 km; certified point-to-point courses)

Marathon (gun times)

MEN

1. Terefe Yae, 29, ETH	2:12:41	\$17,500
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2. Christopher Kipyego, 35, KEN	2:12:56	10,000
3. Meschack Kirwa, 34, KEN	2:13:06	5,000

WOMEN

1. Teyba Naser, 23, BRN	2:30:39 DB/CR	\$17,500
2. Meseret Legesse, ETH	2:33:01	10,000
3. Olena Schurkhno, 31, UKR	2:33:15	5,000

Half marathon (gun times)

MEN

1. Simon Bairu, 26, CAN	1:02:47 PB/CR
2. Ryan Hall, 27, USA/CA	1:04:08
3. Luke Humphrey, 29, USA	1:06:02

WOMEN

1. Deena Kastor, 26, USA/CA	1:09:43 CR
2. Ilas Paulson, 21, USA/HI	1:17:04
3. Addie Bracy, 23, USA/NC	1:18:47

Zayed International Half Marathon (2nd)

Abu Dhabi, UAE, 7 January

(Distance: 21.1 km; flat point-to-point course. Finishers: 70 men + 28 women = 98 total)

Note: This race has the largest first-place payment in the world (\$300 000). According to *Race Results Weekly*, the event was marred by "shakey organisation, including poor course control, last minute schedule changes (which caused some athletes to miss the starts of companion races), and course cutting". As can be seen, the times were very quick, with eight men running sub-61 and nine women sub-70. – Ed.

MEN (gun times)

1. Tilahun Regassa, 1990, ETH	59:19 PB/CR*	\$300,000
2. Sammy Kitwara, KEN	59:34	100,000
3. Lelisa Desisa, ETH	59:59 PB	50,000
4. Wilson Kiprotich, KEN	1:00:04	20,000
5. Willy Mwangi, KEN	1:00:07 PB	10,000
6. Wilson Chebet, KEN	1:00:31	7,000
7. Kiplimo Kimutai, KEN	1:00:41	5,000
8. Fabiano Joseph, TAN	1:00:53	4,000
9. Duncan Kibet, KEN	1:01:00	2,500
10. Shumi Eticha, ETH	1:01:08	1,500
11. Micah Kogo, KEN	1:01:30	
12. Vincent Kipruto, KEN	1:01:43	
13. Yemane Adhane, ETH	1:01:50	
14. Tadesse Woldegeberel, ETH	1:01:56	
15. Bernard Kipyego, KEN	1:02:02	

WOMEN

1. Mary Keitany, KEN	1:07:14 CR*	\$300,000
2. Philes Ongori, KEN	1:09:16	100,000
3. Dire Tune, ETH	1:09:19	50,000
4. Aselefech Mergia, ETH	1:09:21	20,000
5. Amane Gobena, ETH	1:09:24	10,000
6. Wude Ayalew Yimer, ETH	1:09:25	7,000
7. Mare Ibrahimova^, AZB	1:09:38	5,000
8. Peninah Arusei, KEN	1:09:39	4,000
9. Teyba Erkesso, ETH	1:09:48	2,500

10. Lineth Chepkurui, KEN	1:10:35	1,500
11. Mamitu Daska, ETH	1:11:29	
12. Caroline Cheptonui Kilel, KEN	1:12:11	
13. Ashu Kasim Rabo, ETH	1:12:48	
14. Berhane Adere Debela, ETH	1:12:50	
15. Restituta Joseph, TAN	1:13:20	

CROSS-COUNTRY

Cross Internacional de Itálica (28th)

Seville, ESP, 17 January

SR. MEN (11 201 m)

1. Leonard Patrick Komon, KEN	31:14
2. Mathew Kisorio, KEN	31:19
3. Lucas Rotich, KEN	31:35
4. Moses Kibet, UGA	31:45
5. Mike Kipyego, KEN	32:02
6. Gebre Gebremariam, ETH	32:03

SR. WOMEN (8 000 m)

1. Linet Masai, KEN	25:54
2. Pauline Korikwang, KEN	26:23
3. Ann Karandi Mwangi, KEN	26:35
4. Hilda Kibet, NED	26:44
5. Grace Momanyi, KEN	26:50

Australian Cross-country Selection Trials

Melbourne, AUS, 17 January

MEN (12 km)

1. Collis Birmingham, Melbourne Track Club	36:50
2. Cint Perrett, Victoria	36:57
3. Duer Yoa, Eureka	37:00
4. Liam Adams, Athletics Essendon	37:04
5. Jeffrey Hunt, Randwick Botany Harriers	37:08

WOMEN (8 km) -

1. Benita Willis, Glenhuntly	26:56
2. Nikki Chapple, Box Hill	27:00
3. Lara Tamsett, University of the Sunshin	27:26

INDOOR TRACK

University of Washington Indoor Preview

Seattle, USA, 16 January

MEN

Mile:

Section 4 -

1. Alistair Cragg, Adidas [IRL]	3:59.42
2. Tim Bayley, Brighton Pho	3:59.58
3. John Jefferson, OTC	4:00.70

3000:

Section 2 -

- | | |
|---------------------------------|---------|
| 1. Alistair Cragg, Adidas [IRL] | 7:54.88 |
| 2. Michael Nicks, Unattached | 8:03.37 |
| 3. Jonathan Pierce, Asics | 8:03.76 |
-

NEWS

YELLOW PAGES RENEWS SPONSORSHIP, BUT WHAT ABOUT CASTER?

Yellow Pages has decided to renew its sponsorship of South African athletics for another three years. The amount of the sponsorship is R20 million and there will be six Yellow Pages meetings in addition to the national senior and junior championships.

The format of the series will be different in that three meetings will be held before the SA Track & Field Championships, and three thereafter.

The series will start on 19 February in Port Elizabeth, with the second meeting in Durban on 26 February and the third in Potchefstroom on 4 March.

The Yellow Pages SA Senior Championships follow on 19 and 20 March, and the last three meetings will be on 24 March at the University of Johannesburg, on 30 March in Stellenbosch and on 6 April in Pretoria.

The season will end with the Yellow Pages SA Junior and Youth Championships at the University of Johannesburg on 9 and 10 April and the USSA SA Student Championships in Potchefstroom on 16 and 17 April.

■ In the meantime the new leadership of Athletics South Africa does not fare much better in its handling of the Caster Semenya saga than the old one. According to media reports, Gideon Sam, President of SASCOC, has said that he had written an urgent letter to the IAAF to ask for a speedy decision on the athlete's status.

This came shortly after an ASA official said Semenya was free to compete in the Yellow Pages series – only to be contradicted directly by Ray Mali, SASCOC's administrator of athletics, the next day. Mali said Semenya would not be allowed to run.

However, the world governing body said – rightly, in the view of many followers of the sport – that there is nothing stopping Semenya from competing. She is not banned in any way, according to IAAF spokesman Nick Davies.

NYC HALF MARATHON WILL BE AMERICA'S RICHEST

The fifth edition of the NYC Half Marathon on Sunday, 21 March, will be the richest 21.1 km race in the United States with a \$100 000 prize money purse, according to *Race Results Weekly*. The \$20 000 first prize will be the largest offered by any non-marathon road race in the USA.

The first four editions of the race had been held in the summer in July and August. This will be the first year that the race from Central Park to Battery Park will be held in the spring. The date puts the race four weeks before the Boston Marathon and five weeks before the Virgin London Marathon, making it the perfect marathon tune-up for recreational and elite runners alike.

Some of the world's best athletes have competed in the NYC Half Marathon in its short four-year history, including multiple Olympic medallists Haile Gebrselassie and Catherine Ndereba, who hold the course records of 59:24 and 69:43 respectively. Current champions are Tadesse Tola (61:06) and Paula Radcliffe (69:45).

STATS TIME

To start off Stats Time for 2010, here is a list of the top 20 men in the marathon in 2009. Note that thirteen of them are Kenyans. The top twenty ran under 2:07, with eight going under 2:06; there were 37 under 2:08. The comparative figures for 2008 were 13, 7 and 31.

2009 MARATHON: WORLD'S TOP 20 MEN

1	2:04:27	Duncan Kibet	KEN	1	Fortis Rotterdam	5 Apr
2	2:04:27	James Kwambai	KEN	2	Fortis Rotterdam	5 Apr
3	2:05:04	Abel Kirui	KEN	3	Fortis Rotterdam	5 Apr
4	2:05:10	Samuel Wanjiru	KEN	1	Flora London	26 Apr
5	2:05:18	Tsegaye Kebede	ETH	1	Fukuoka	6 Dec
6	2:05:27	Jaouad Gharib	MAR	3	Flora London	26 Apr
7	2:05:29	Haile Gebrselassie	ETH	1	Dubai	16 Jan
8	2:05:47	Vincent Kipruto	KEN	1	Paris	5 Apr
9	2:06:04	Abderrahim Goumri	MAR	2	Bank of America Chicago	11 Oct
10	2:06:14	Patrick Makau	KEN	4	Fortis Rotterdam	5 Apr
11	2:06:14	Gilbert Kirwa	KEN	1	Commerzbank Frankfurt	25 Oct
12	2:06:15	Bazu Worku	ETH	2	Paris	5 Apr
13	2:06:18	Gilbert Koech	KEN	1	Amsterdam	18 Oct
14	2:06:23	Robert K. Cheruiyot	KEN	2	Commerzbank Frankfurt	25 Oct
15	2:06:26	David Kiyeng	KEN	3	Paris	5 Apr
16	2:06:30	Yemane Adhane	ETH	4	Paris	5 Apr
17	2:06:41	Elijah Keitany	KEN	2	Amsterdam	18 Oct
18	2:06:48	Rachid Kisri	MAR	5	Paris	5 Apr
19	2:06:53	David Kipkorir	KEN	6	Paris	5 Apr
20	2:06:53	Emmanuel Mutai	KEN	4	Flora London	26 Apr

THIS MONTH IN HISTORY

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

55 years ago: 30 January 1955

John J Kelley (known as Johnny Kelley "The Younger") won the Shanahan Catholic Club Marathon in Philadelphia in 2:25:23. Kelley – not to be confused with his famous name-sake John A. Kelley (Johnny Kelley "The Elder"), who won the Boston Marathon in 1935 and 1945 and completed the race an astonishing 61 times – won Boston two years later in 2:20:05. The race, now known as the Philadelphia Marathon, has had 51 runnings. Johnny "The Younger" won the Yonkers Marathon in New York for the next eight years in a row (1956-63).

SOUTH AFRICAN ROAD LIST LEADERS FOR 2010

This section lists this year's best South African performance 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

Open

10 km	32:03	Elroy Gelant	George	09 Jan
	27:01	Micah Kogo (KEN) 2009		

15 km	46:41	Masixole Dlaku	Port Elizabeth	16 Jan
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	71:09	Eric Ngubane	Scottburgh	17 Jan
	58:33	Samuel Wanjiru (KEN) 2007		
25 km				
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon				
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km				
	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	32:41	Principal Fana	George	09 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	48:40	Maboyisana Mazwayi	Port Elizabeth	16 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	81:39	Cliff Robbertze	Scottburgh	17 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km				
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:47	Johnny Persents	Camps Bay	10 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon				
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	37:41	Hermanus Jonkerman	George	09 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	57:50	Sidwel Roboshi	Port Elizabeth	16 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	81:33	Sanelle Khuzwayo	Pietermaritzburg	17 Jan
	66:42	Martin Rees (GBR) 2003		
25 km				
30 km	2:00:02	Thomas Moses	Camps Bay	10 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon				
100 km				

Grandmasters (60+)

10 km	40:26	Jurgens Zwiendelaar	George	09 Jan
15 km	62:39	Tamsanqa Jusayi	Port Elizabeth	16 Jan
21.1 km	94:30	Michael Langa	Scottburgh	17 Jan
25 km				
30 km	2:13:46	Albertus Bock	Camps Bay	10 Jan
Marathon				
100 km				

Juniors

10 km	33:52	Sinesiphe Didishe	George	09 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:12	Melikhaya Frans	Port Elizabeth	16 Jan

21.1 km	42:25	Moses Mosop (KEN) 2004		
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	42:30	Kerry Roos	George	09 Jan
	30:21	Paula Radcliffe (GBR) 2003		
15 km	56:45	Ntombesintu Ntshiliza	Jeffreys Bay	02 Jan
	46:55	Kayoko Fukushi (JPN) 2006		
	46:28p	Tirunesh Dibaba (ETH) 2009		
21.1 km	84:13	Suzette Botha	Pietermaritzburg	17 Jan
	66:25	Lornah Kiplagat (KEN) 2007		
25 km				
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon				
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	43:20	Marie Wolmarans	George	09 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	63:50	Frith van der Merwe	Port Elizabeth	16 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	87:10	Maya Lawrie	Scottburgh	17 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km				
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:43	Joanna Thomas	Camps Bay	10 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon				
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	43:20	Marie Wolmarans	George	09 Jan
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	66:19	Annatjie Botes	George	02 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:41:06	Sandy Fismer	Pietermaritzburg	17 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km				
30 km	2:16:34	Olga Howard	Camps Bay	10 Jan
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon				
100 km				
<u>Grandmasters (60+)</u>				
10 km	55:43	Steph Bennett	George	09 Jan
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:45:49	Lien Botha	Scottburgh	17 Jan
25 km				
30 km	2:31:56	Veronica van Niekerk	Camps Bay	10 Jan

Marathon
100 km

Juniors
10 km

15 km	31:42	Zola Pieterse (RSA) 1984	
	62:13	Ida Phorisa	Krugersdorp 13 Jan
	49:40	Ines Chenonge (KEN) 2001	
21.1 km	1:09:05	Delilah Asiago (KEN) 1991	

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