

Distance Running Results

Vol. 10, No. 4 – 2 February 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

EDITORIAL

Three South Africans competed with distinction in international track meetings on the weekend. World champion Mbulaeni Mulaudzi finished second in the 800 m at the Aviva International Match in Glasgow, Peter van der Westhuizen was fourth in the Wanamaker Mile at the 103rd Millrose Games, while at the BW-Bank Meeting in Karlsruhe René Kalmer was fourth in the 3000 m.

Locally Irvette van Blerk clocked two list leaders on consecutive days over the weekend. She first won the George Claassen 10 km in Pretoria on Saturday in 36:42, and on Sunday took the Johnson Crane Half Marathon in 77:36. The Johnson Crane Marathon was run for the 30th time, while in Port Elizabeth the Herald/Flexider Friendly City Marathon was held for the 31st time.

Master Johannes Seakamela also ran in both Benoni and Pretoria; he now has three list leaders.

With the help of Finnish statistician Mirko Jalava I have at long last obtained the time for Tanith Maxwell in the Xiamen Half Marathon in China on 2 January. Maxwell was second in 85:21.

News has just come to light of a new world record for 24 hours set on 12-13 December in Taipei by a 45-year old Japanese athlete, Mami Kudo, who covered 254.425 km on the track. The previous world best was 250.106 km by Edit Berces (HUN) in 2002. Kudo's previous best was only 227.838 km, ran in 2008. In the men's race Ryoichi Sekiya achieved the world's top performance of 2009, 263.408 km.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sparksport Challenge 32 km & 16 km, Sydenham
- * Johnson Crane Marathon & Half Marathon , Benoni
- * Kloofnek Classic Half Marathon, Cape Town
- * PWC George Claassen Half Marathon & 10 km, Pretoria
- * The Herald/Flexider Friendly City Marathon & 10 km, Port Elizabeth
- * KFC Brackenfell 10 km, Brackenfell
- * XC: ASA & USSA Trials, Potchefstroom

International highlights:

- * Osaka International Ladies Marathon, Osaka, JPN
- * Marrakech Marathon & Half Marathon, Marrakech, MAR

- * Nagpur International Marathon & Half Marathon, Nagpur, IND
 - * XC: Cinque Mulini, San Vittore Olona, ITA
 - * Indoor track: BW-Bank Meeting, Karlsruhe GER; Aviva International Match, Glasgow, GBR; Millrose Games, New York City, USA; Texas A&M Challenge: Big-12, SEC, Pac 10, College Station, USA; University of Washington Invitational, Seattle, USA
-

ROAD RUNNING

Sparksport Challenge 32 km & 16 km

Sydenham, 31 January

(Loop courses. Finishers: 32 km – 936; 16 km – 762.)

Note: According to correspondent Alen Hattingh, well-known TV presenter Arnold Geerds ran the 32 km and finished in 2:34:04. – Ed.

32 km

MEN

1.	Samuel Pengaza	ZIM/Mr Price AC	1:50:57 (R500)
2.	Michael Ngaseke	ZIM/Mr Price AC	1:54:01 (R250)
3.	Vusi Mngando	Mr Price AC	1:56:57 (R125)

40-49:

1.	Peter Sehloho	Boxer AC	2:04:29 (R200)
2.	Clever Chidzia	Ubunge AC	2:04:48 (R150)
3.	Willie Majombozi	Boxer AC	2:08:10 (R75)

50-59:

1.	Simon Chiliza	Sydenham AC	2:18:10 (R150)
2.	Andre Booysen	Coll Harr	2:30:21 (R100)

60+:

1.	Michael Langa	Ath North	2:31:49 (R150)
2.	Petros Shumi	Zabalaza AC	2:37:22 (R100)

WOMEN (Same prize money as men)

1.	Maya Lawrie	Boxer AC	2:18:04
2.	Debbie Eaton	Coll Harr	2:27:13
3.	Kirsty Scott	Coll Harr	2:33:56

40-49:

1.	Maya Lawrie	Boxer AC	2:18:04
2.	Julie Shadwell	Boxer AC	2:34:44
3.	Erica McDonald	Hill Vill	2:40:35

50-59:

1.	Teresa Scott	PDAC	3:03:19
----	--------------	------	---------

60+:

1.	Alet Engelbrecht	SCS	3:25:03
----	------------------	-----	---------

16 km

MEN

1.	Thubalethu Phaku	DUT	50:31 (R300)
2.	Professor Mollen	ZIM/Mr Price	50:52 (R200)
3.	Richard Nene	ZIM/Mr Price	57:41 (R100)

40-49:

1.	Isreal Mncwango	Nedbank AC	60:40 (R100)
----	-----------------	------------	--------------

50-59:

1.	Jeremiah Ngwenya	Boxer AC	65:52 (R100)
----	------------------	----------	--------------

60+

1. Tommy Chetty Sunshine AC 80:31 (R100)

WOMEN (Same prize money as men)

1. Janene Carey Boxer AC 67:31
 2. Maureen Slack Glenwood Harr 71:34
 3. Gertje Strachan West AC 76:29

40-49:

1. Mureen Slack Glenwood Harr 71:34

50-59:

1. Clare Mangen Glenwood Harr 86:53

60+

1. Gill Tregenna West AC 91:55

Johnson Crane Marathon (30th) & Half Marathon

Benoni, 31 January

(Distances: 42.195 km & 21.0975 km; loop courses)

Marathon

MEN

1 Ndabili Bashingili (BOT) 2:23:47
 2 Ludwick Mamabolo (Mr Price) 2:25:06
 3 Michael Msini (Cabstrut) 2:29:07
 4 Kevin Ramathofo (Rand Water) 2:30:31
 5 Sam Bolo (BCC) 2:31:05

Veterans: 1 Big Boy Goromonzi (ZIM/University of Church) 2:36:48. 2 Bethuel Mlambo (Nedbank) 2:45:48. **Masters:** 1 Ernest Tjela (Emfuleni) 2:49:56. **G'masters:** 1 Alister Prestan (RAC) 3:36:34.

WOMEN

1 Julanie Basson (Nedbank) 3:07:46
 2 Estie Grobler (Mr Price) 3:11:55
 3 Renate Dreyer (Sunninghill) 3:12:11
 4 Kashmiri Parbhoo (Nedbank) 3:13:48
 5 Salomie Brits (Boksburg) 3:17:50

Veterans: 1 Shelley vd Spuy (Boksburg) 3:20:20. 2 Lianne Rey (RAC) 3:33:01. **Masters:** 1 René v Zyl (Tuks) 3:46:05. **G'masters:** 1 Petra Myburgh (Striders) 4:51:42.

Half marathon

MEN

1 Johannes Kekana (Mr Price) 65:36
 2 Degene Asefa (ETH/ADT) 66:11
 2 Lucky Mohale (GS) 67:10
 4 Enoch Skosana (Nedbank) 67:25
 5 Morongara Raserutte (Anmar) 67:55

Veterans: 1 Lawrence Chipangaan (Nedbank) 71:39. 2 Belay Hagos (ETH/ADT) 73:36.

Masters: 1 Johannes Seakamela (RAC) 79:27. **G'masters:** 1 Brian Chamberlain (Kudus) 95:02.

WOMEN

1 Irvette van Blerk (Nedbank) 77:36
 2 Mpho Mabuza (Nedbank) 82:26

3 Caroline Koll (Mr Price) 87:20
 4 Christene Kalmer (Tuks) 88:02
 5 Rachel Jesson (Temp) 89:23

Veterans: 1 Sarah Mahlangu (Mr Price) 92:41. 2 Lindsay v Aswegen (Temp) 93:37.
Masters: 1 Linda Potgieter (Magnolia) 1:40:39. **G'masters:** 1 Mavis Stadler (Agape) 2:16:49.

Kloofnek Classic Half Marathon

Cape Town, 31 January

(Distance: 21.0975 km; certified, very hilly out-and-back course)

MEN

1	Sibusiso	Mbingeleli	Mr Price WP	1:09:55
2	Peter	Tsawayo	ZIM/RCS Gugs	1:10:09
3	Neo	Molema	Mr Price WP	1:12:38
4	Pieter	Koopman	Maties	1:14:37
5	Graham	Katzen	Celtic Harriers	1:14:48
6	Michael	Bailey	Celtic Harriers	1:14:57
7	Mkhululi	Mbejeni	AAC	1:15:38
8	Bonisile	Ngculana	AAC	1:16:53
9	Quinton	Prince	MetropolIt An	1:17:25
10	Samson	Gulubela	AAC	1:18:14
11	Siyabonga	Habe	Mr Price WP	1:18:14
12	Phumlani	Mehlomakula	RCS Gugs	1:19:16
13	Nicholas	Mpontshane	Metropolitan	1:20:21
14	Sihle	Mapukata	Mr Price WP	1:20:43
15	Robert	Gebenga	Atlantis Harriers	1:22:15
16	Owen	Smith	Wellington	1:22:48
17	Innocent	Momberg	Temp	1:23:11
18	Disqualified			1:23:46
19	Xolani	Makinana	RCS Gugs	1:24:13
20	Willem	Swanepoel	Brackenfell	1:24:18
21	Odwa	Goqwana	AAC	1:24:23
22	Lionel	Cronje	Metropolitan	1:24:45
23	Ryan	Winter	Pinelands	1:25:26
24	Johan	van Zyl	Tygerberg	1:25:45
25	Damien	Will	Pinelands	1:26:04
26	Johnny	Persents	Adidas	1:26:04
27	Eckhardt	Visser	Plexus Durbac	1:26:13
28	Michael	Hodgson	Temp	1:26:18
29	Shahid	Jagger	Nedbank WP	1:26:46
30	Simphiwe	Gceba	RCS Gugs	1:26:54

Veterans:

1	Johnny	Persents	Adidas	1:26:04
2	Eckhardt	Visser	Plexus Durbac	1:26:13
3	Sakhu	Mzi	AAC	1:27:48

Masters:

1	Walter	Segatswi	Celtic Harriers	1:31:11
2	Fuad	Hendericks	Pinelands	1:33:59
3	Robert	Arnold	Temp	1:37:19

G'masters:

1	Brian	Key	Foresters	1:37:43
2	Kenny	Williams	Pinelands	1:44:50
3	Vernon	du Preez	Langebaan	1:48:22

WOMEN

1	Joanna	Thomas	Acis VOB	1:29:46
2	Ulrika	Stander	Temp	1:32:25
3	Busisiwe	Matiwane	Celtic Harriers	1:33:38
4	Kim	Ground	Celtic Harriers	1:38:28
5	Kutlwano	Ramaboa	West Coast	1:40:48
6	Monice	Brand	Adidas	1:43:46
7	Theresa	Brand	New Balance	1:43:56
S	Andrea	Swartz	Corr Serv	1:45:23
9	S	Baetsen	Llandudno	1:45:49
10	Evelina	Tshabalala	RCS Gugs	1:46:13
11	Patricia	Adams	Metropolitan	1:47:27
12	Marie	Louw	Adidas	1:47:59
13	Candyce	Hall	Houtbay	1:48:01
14	Tana	J. v. Rensburg	West Coast	1:50:12
15	Cecile	Pentz	Temp	1:50:31
16	M	Pretorius	Temp	1:50:49
17	Tania	Welgemoed	Strand	1:51:06
18	M	Hall	Temp	1:51:20
19	Nathalie	Cloete	Plexus Durbac	1:51:22
20	A-T.	Schaal	Llandudno	1:51:30

Veterans:

1	Joanna	Thomas	Acis VOB	1:29:46
2	Monice	Brand	Adidas	1:43:46
3	Evelina	Tshabalala	RCS Gugs	1:46:13

Masters:

1	Sonia	Smith	MP Titans	1:56:19
2	Beverley	Mehl	Top Form	1:56:24
3	Cynthia	Booyesen	RCS Gugs	1:57:39

G'masters:

1	Pixie	Sparg	Celtic Harriers	1:57:26
2	Marietha	Herbert	Bellville	2:00:58
3	Chippy	Steel	Hout Bay	2:14:20

PWC George Claassen Half Marathon & 10 km

Pretoria, 30 January

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

Half marathon

MEN

1	Lewis Masunda (ZIM/Nedbank)	67:53
2	Jonathan Chinyoka (ZIM/Nedbank)	69:01
3	Sekeke Lesole (Global)	70:11

Veterans: 1 Elias Mabane (Cabstrut Raiders) 75:28. **Masters:** 1 Elias Letlape (Nedbank) 83:29. **G'masters:** 1 Pieter Rossouw (Enduro) 1:44:31. **G/g'masters:** 1 Maarten Coetzee (Magnolia) 2:12:26. **Juniors:** 1 Matthews Monene (Transnet) 82:26.

WOMEN

1	Rutendo Nyahora (ZIM/Nedbank)	87:13
2	Lizih Chokore (ZIM/Mr Price)	90:11
3	Paulina Njeja (Nedbank)	92:10

Veterans: 1 Carien Visser (Tuks) 1:42:01. **Masters:** 1 Francis v Blerk (Nedbank) 1:58:25.
G'masters: 1 Esme Kloppers (Transnet) 2:17:53.

10 km

MEN

- 1 Shadrack Hoff (Individual) 31:14
- 2 Brighton Chipere (ZIM/Nedbank) 31:21
- 3 Wesley Ruto (KEN/Nedbank) 31:30

Veterans: 1 Jackson Seanego (New Balance) 34:11. **Masters:** 1 Johannes Seakamela (RAC) 36:46. **G'masters:** 1 Mike du Bruto (Irene) 43:13. **G/g'masters:** 1 Ken Nurden (Agape) 48:23. **Juniors:** 1 Thabo Kubheka (Individual) 32:10.

WOMEN

- 1 Irvette van Blerk (Nedbank) 36:42
- 2 Riana van Niekerk (Mr Price) 37:14
- 3 Olivia Chitate (ZIM/Bashewa) 38:00

Veterans: 1 Ansie Viljoen (Irene) 43:12. **Masters:** 1 Lizette Lubbe (Running Inn) 57:25.
G'masters: 1 Mavis Stadler (Agape) 60:42. **G/g'masters:** 1 Marina Odendaal (Solidarity) 62:39. **Juniors:** 1 Lisa Potgieter (AS Eagles) 49:38.

The Herald/Flexider Friendly City Marathon (31st) & 10 km

Port Elizabeth, 30 January

(Distances: 42.195 km & 10 km; out-and-back courses. Finishers: marathon – 485; 10 km – 995)

Note: Frith van der Merwe finished 15th overall in the 10 km. – Ed.

Marathon

MEN

1	Wayne	Gallant	Mr Price PE	35	2:27:39
2	George	Ntshiliza	Nedbank RC	30	2:40:06
3	Zolile	Mhlahlo	Triangle Sports	35	2:40:45
4	Melikhaya	Jacobs	Nedbank RC	31	2:42:13
5	James	Cunnama	Temp	26	2:44:24
6	Mpumelelo	Ndlumbini	Nedbank RC	34	2:48:33
7	Simphiwe	Tana	Nedbank RC	30	2:49:36
8	Thembinkosi	Ndyogolo (1 st vet)	Nedbank RC	41	2:51:41
9	Errol	Koert	Triangle Sports	33	2:53:07
10	Raymond	de Klerk	Oxford Striders	24	2:53:09
11	Kobus	Joubert	Jeffreys Bay	34	2:53:13
12	Darrell	Wicht	Triangle Sports	46	2:53:15
13	Mzamo	Fokwana	Charlo RR	32	2:53:40
14	Derrick	Dubase	Nedbank RC	35	2:54:17
15	Riaan	Kock	Nedbank RC	39	2:54:20
16	Malungisa	Olayi	PEAAC	31	2:55:47
17	Mongezi	Mboya	PEAAC	32	2:58:41
18	Andrew	Long	Madiba Bay	42	2:58:49
19	Thembekile	Msipa	Charlo RR	35	3:00:25
20	August	Esau	Nedbank RC	39	3:02:16

40-44:

1	Thembinkosi	Ndyogolo	Nedbank RC	41	2:51:41
2	Andrew	Long	Madiba Bay	42	2:58:49
3	Kobus	De Vos	Temp	43	3:11:03

45-49:

1	Darrell	Wicht	Triangle Sports	46	2:53:15
2	Cyril	Uithaler	Willard Batt	47	3:14:04
3	Neil	De Meillon	New Balance	46	3:14:21

50-54:

1	Andre	Willemse	Elite AC	51	3:17:15
2	Alan	Taylor	Triangle Sports	52	3:18:09
3	Stephen	Klue	Elite AC	51	3:18:58

55-59:

1	Mati	Jack	Nedbank RC	58	3:39:45
2	Pierre	Knoesen	Madiba Bay	55	3:53:40
3	Danie	Coetsee	Muirite Strider	56	3:57:49

60-64:

1	Cilliers	Swart	Nedbank RC	63	3:47:49
2	Les	Brightman	Triangle Sports	61	3:59:51
3	Piet	Meyer	St Albans CSEP	60	4:00:02

65-69:

1	Mike	Derbidge	Knysna M C	65	3:45:32
2	Godfrey	Kariem	Cadbury AC	69	4:06:10
3	Kobus	Gerber	PEAAC	65	4:06:41

70+:

1	Noel	Stamper	Plett AC	70	4:33:36
---	------	---------	----------	----	---------

WOMEN

1	Terri-Lynn	Penney	RFLG	32	3:23:20
2	Lisl	Grobler	Knysna MC	33	3:27:46
3	Jane	Barnardo	Body Concept	35	3:29:16
4	Tammy	Kelly (1 st vet)	Oxford Striders	42	3:29:54
5	Johanna	Claassen	Nedbank RC SWD	41	3:31:18
6	Jene	Banfield	RFLG	39	3:32:58
7	Marisa	Ferraris	Triangle Sports	39	3:38:11
8	Lauren	Ballantyne	Somerset East	22	3:38:19
9	Maresa	Ah Kun	Bluewater Bay	34	3:39:57
10	Michelle	Sivewright	Triangle Sports	41	3:43:14
11	Stephanie	Ackermann	Oxford Striders	24	3:44:01
12	Suzanne	Lavis (1 st mast)	Jeffreys Bay	51	3:48:36
13	Anne	de Swardt	Temp	41	3:49:02
14	Janette	Schierz-Crusius	Body Concept	49	3:50:20
15	Leana	Berg	Nedbank RC	40	3:51:26
16	Adele	Nel	St Albans CSEP	36	3:57:28
17	Madelein	Fourie	Muirite Strider	32	3:57:43
18	Charmaine	Button	NMMU AC	46	3:57:50
19	Doortjie	van der Spuy	Sedgefield	43	3:58:55
20	Karen	le Roux	Outeniqua Harri	43	3:59:08

40-44:

1	Tammy	Kelly	Oxford Striders	42	3:29:54
2	Johanna	Claassen	Nedbank RC SWD	41	3:31:18
3	Michelle	Sivewright	Triangle Sports	41	3:43:14

45-49:

1	Janette	Schierz-Crusius	Body Concept	49	3:50:20
2	Charmaine	Button	NMMU AC	46	3:57:50
3	Claire	Nagel	Elite AC	45	4:01:19

50-54:

1	Suzanne	Lavis	Jeffreys Bay	51	3:48:36
2	Noreen	Davison	Nedbank RC SWD	51	4:11:23
3	Monica	Kemp	Madiba Bay	54	4:21:12

55-59:

1	Jacomina	Linstrom	Rand Ath Club	56	4:20:48
2	Saundria	Visser	Outeniqua Harri	58	4:46:30

60-64:

1	Marlene	Wiese	Kowie Striders	63	4:38:55
---	---------	-------	----------------	----	---------

10 km**MEN**

1	Phumzile	Sikawuti	Nedbank RC	30	36:14
2	Terrance	Mjekula	Triangle Sports	37	36:25
3	Mthobeli	Ndalen	PEAAC	19	36:47
4	Thamsanqa	Mangi	PEAAC	25	37:40
5	Ruan	Smalberger	Nedbank RC	20	37:52
6	Desmond	Witbooi	Nedbank RC	38	37:54
7	Andrew	Stuart (1 st vet)	Temp	42	39:25
8	Mlungiseleli	Manyati	Nedbank RC	34	40:20
9	Patrick	Williams	Temp	40	40:47
10	Mbuyiseli	Stenge	Nedbank RC	31	40:55
11	Arnold	Terblanche	Bluewater Bay	42	41:22
12	Joseph	Bain (1 st mast)	St Albans CSEP	50	41:51
13	Hannes	Els (1 st g'mast)	Madiba Bay	60	42:14
14	At	van den Berg	Nedbank RC	43	43:09
15	Stephen	Penney	RFLG	35	43:29
16	Brendon	Persens	SANDEF EP	35	43:50
17	Russell	Zauber	Temp	44	43:57
18	Stephan	Botha	Nedbank RC	41	44:04
19	Donald	Mancasa	Triangle Sports	55	44:57
20	Richard	Alexander	RFLG	24	45:02

40-44:

1	Andrew	Stuart	Temp	42	39:25
2	Patrick	Williams	Temp	40	40:47
3	Arnold	Terblanche	Bluewater Bay	42	41:22

45-49:

1	Rick	Allsopp	Temp	49	48:17
2	Andre	Nel	SAP MC EP	49	49:04
3	Nico	Maritz	Temp	45	50:26

50-54:

1	Joseph	Bain	St Albans CSEP	50	41:51
2	Peter	Newton	Crusaders AC	52	52:07
3	Johann	Coetzee	Temp	51	53:44

55-59:

1	Donald	Mancasa	Triangle Sports	55	44:57
2	Mbulelo	Sobikwa	Crusaders AC	55	49:51
3	Johann	Horak	Temp	57	54:41

60-64:

1	Hannes	Els	Madiba Bay	60	42:14
2	Hansie	Els	Somerset East	61	47:01
3	William	Grobler	Elite AC	61	56:29

65-69:

1	Piet	Scholtz	Queenstown Harr	65	1:01:17
2	Gerald	Scheepers	PEAAC	67	1:01:55
3	Clive	Batty	Triangle Sports	65	1:07:44

70+:

1	Selwyn	Solomon	Crusaders AC	71	1:05:21
2	Wells	Anderson	PEAAC	77	1:05:53
3	John	Peart	Nedbank RC	73	1:13:56

Juniors:

1	Govandre	Warren	Temp	15	52:39
2	Gareth	Coyle-Dowling	Temp	15	53:29
3	Reginald	Hufkie	Spar Walmer AC	17	53:54

WOMEN

1	Frith	v.d. Merwe (1 st vet)	RFLG	45	43:28
2	Loesje	de Beer (1 st mast)	Spar Walmer AC	51	44:06
3	Treloar	Childs	Spar Walmer AC	46	46:47
4	Melanie	Muller	Bluewater Bay	27	47:59
5	Peta	Fothergill	Nedbank RC	28	50:31
6	Lindie	Stander	St Albans CSEP	25	50:36
7	Heloise	van Ronge	Temp	28	50:46
8	Cheri	Rademeyer (1 st jun)	NMMU AC	18	51:27
9	Liz	Grundlingh (1 st g'mast)	Muirite Strider	63	51:29
10	Terray	Newcombe	Nedbank RC	18	52:31
11	Lizette	Sydien	Temp	23	53:14
12	Desiree	Ebrahiem	Willard Batt	44	53:27
13	Liesl	Barker	PEAAC	43	53:42
14	Darelle	Nell	Temp	37	53:52
15	Lezanne	Notley	Temp	26	53:55
16	Janine	Ruppelt	Temp	35	55:00
17	Ronel	Scheepers	PEAAC	34	55:05
18	Petra	Pienaar	Bluewater Bay	45	55:13
19	Leta	Dos Santos	Spar Walmer AC	45	55:30
20	Vicki	Terblanche	Bluewater Bay	30	55:58

40-44:

1	Desiree	Ebrahiem	Willard Batt	44	53:27
2	Liesl	Barker	PEAAC	43	53:42
3	Angela	Rumsey	Crusaders AC	40	55:59

45-49:

1	Frith	Van Der Merwe	RFLG	45	43:28
2	Treloar	Childs	Spar Walmer AC	46	46:47
3	Petra	Pienaar	Bluewater Bay	45	55:13

50-54:

1	Loesje	De Beer	Spar Walmer AC	51	44:06
2	Renee	Heunis	Nedbank RC SWD	50	57:41
3	Robin	Elbourne	Crusaders AC	52	1:01:55

55-59:

1	Glenys	Joubert	Nedbank RC	58	1:01:59
2	Rita	Boucher	Spar Walmer AC	59	1:06:25
3	Jos	Els	Madiba Bay	57	1:10:45

60-64:

1	Liz	Grundlingh	Muirite Strider	63	51:29
2	Helene	Oppel	Crusaders AC	60	59:30
3	Denise	Terblanche	Spar Walmer AC	62	1:07:24

65-69:

1	Shirley	Jorgensen	Charlo RR	68	1:16:18
---	---------	-----------	-----------	----	---------

70+:

1	Dorothy	Hart	PEAAC	71	1:06:33
2	Aletta	Fourie	Triangle Sports	71	1:19:35
3	Lorna	Brown	PEAAC	71	1:21:35

Juniors:

1	Cheri	Rademeyer	NMMU AC	18	51:27
2	Terray	Newcombe	Nedbank RC	18	52:31
3	Megan	Wilson	Charlo RR	14	57:56

KFC Brackenfell 10 km

Brackenfell, 20 January

(Certified loop course. Finishers: 996.)

MEN

1	Unathi	Phezolo	AAC	16	30:10
2	Pieter	Koopman	Maties	35	30:14
3	Peter	Tsawayo	ZIM/RCS Gugs	28	30:58
4	No Return				
5	Henrico	Rooi	Nedbank	21	31:29
6	Sakhimzi	Taho	Nedbank	28	32:21
7	Dikardo	Jacobs	Maties	23	32:30
8	Vladimir	Kotov	BLR/Century City	51	32:31
9	Kevin	Oliphant	Maties	22	33:08
10	Luxolo	Mdzanga	RCS Gugs	18	33:16
11	Marshall	Rooi	Maties	17	33:23
12	Masixole	Peza	Adidas	25	33:38
13	Xolile	Macanda	Nedbank	40	34:39
14	T	Joseph	RCS Gugs	16	35:08
15	?	Mtugtua	Ind	29	35:27
16	Dumisani	Bosi	Paarl	31	35;30
17	Jonathan	Collins	Easterns	22	35:46
18	Barend	Jacobs	Celtic	46	35:57
19	L	Khatsha	Adidas	17	36:29
20	Lionel	Cronje	Metropolitan	28	36:36

WOMEN

1	Zintle	Xiniwe	Mr Price WP	23	37:03
2	Bulelwa	Mtshagi	Celtic		37:10
3	Nomvuyisi	Seti	Mr Price WP	29	38:04
4	Busisiwe	Matiwane	Celtic	34	39:20
5	Danette	Smith	Maties	21	39:31
6	Elmarie	Coetzee	Adidas	45	39:59
7	Helene	Perold	Adidas	25	40:00
8	Asiphe	Sikabalanjana	RCS Gugs	18	40:14
9	Natasha	Oosthuizen	Adidas	28	40:30
10	Sheryl	de Lange	Adidas	41	40:53
11	Mariëtte	Esterhuyse	Tygerberg	47	41:15
12	Glenda	Verth	Metropolitan	40	41:27
13	Tania	Fourie	Durbanville	36	41:42
14	Herlien	van Zyl	New Balance	36	42:58
15	Olga	Howard	Celtic	51	42:59
16	Melody	Marcus-Cupido	Temp	36	43:37
17	Zani	Kruger	Bellville	15	43:38
18	Monice	Brand	Adidas	42	43:47
19	Karli	Basson	Paarl	31	44:03
20	Ronel	Steenkamp	Durbanville	39	44:06

CROSS-COUNTRY**ASA & USSA Cross-country Trials**

Potchefstroom, 30 January

Note: The Trials were held to select the South African team for the World Cross-country Championships in Bydgoszcz on 28 March. – Ed.

SENIOR MEN (12 km)

1	Lungisa	Mdedelwa	ATRA	33:22
2	Stephen	Mokoka	AGN	33:23
3	Xolisa	Tyali	CGA	33:26
4	Kgosi	Tsosane	AFS	33:34
5	Gladwin	Sibabalwe	VUT	33:40
6	Siyabonga	Nkonde	KZN	33:42
7	Boy	Soke	AFS	33:49
8	Elroy	Gelant	ACNW	34:12
9	Chabeli	Nyedimane	AFS	34:16
10	Jeffrey	Gwebu	CGA	34:18
11	Coolboy	Ngamole	CGA	34:19
12	Mthobisi	Baloyi	NWU-PUK	34:20
13	Edwin	Molepo	NWU-PUK	34:32
14	Alexander	Motone	AGN	34:35
15	Jackson	Chauke	CGA	34:37
16	Nkosinoxolo	Sonqibido	AGN	34:43
17	Lucky	Miya	CGA	34:56
18	William	Monelo	AFS	35:01
19	Ishmail	Phokwane	ANWN	35:10
20	Pharson	Magagane	UJ	35:13
21	George	Mofokeng	AGN	35:16
22	Rafaele	Mahapa	TUT	35:20
23	Dean	Brummer	NWU-PUK	35:22
24	David	Ngakane	CGA	35:24
25	Enock	Manyandi	CGA	35:30
26	Molefe	Molefe	CGA	35:33
27	Odwa	Tunyiswa	CGA	35:34
28	Jeremia	Bojosi	CGA	35:38
29	Anthony	Godongwana	WPA	35:42
30	Samuel	Segoaba	AFS	35:44
31	Sibusiso	Nzima	CGA	35:49
32	Kgotso	Sesing	AFS	36:00
33	Don	Ndlovu	CGA	36:03
34	Desmond	Mokgobu	CGA	36:04
35	Bennedict	Moeng	AGN	36:09
36	Witness	Hlalele	VUT	36:15
37	Koos	Mokopo	VUT	36:16
38	Peter	Mogorosi	CGA	36:17
39	Chris	Mackay	SCO	36:22
40	Dumisane	Hlaselo	UOVS	36:23
41	Sandile	Zuma	VUT	36:25
42	Wilfred	Leeuw	AFS	36:30
43	Alistair	Hay	SCO	36:32
44	Johannes	Mthimkhulu	CGA	36:40
45	Nathalian	Govender	CGA	36:48
46	Martin	Williams	SCO	36:57
47	Frans	Makola	AGN	37:15
48	Daniel	Mokoma	VUT	37:24

49	Keorapetse	Mosito	NWU-MFK	37:49
50	Eugene	Tau	CGA	38:14

JUNIOR MEN (8 km)

1	Vuyisile	Tshoba	CGA	23:19
2	Lucas	Bothobutle	CNW	23:22
3	Sityhilo	Diko	CGA	23:27
4	Joel	Mmonne	CNW	23:35
5	Wiseman	Fadane	VUT	23:39
6	Sphamandla	Nyembe	KZN	23:40
7	Pieter	Wilders	CGA	23:52
8	Reuben	Magengenene	CGA	24:00
9	Tshepo	Bogatsu	CNW	24:06
10	Themba	Mateba	CGA	24:28
11	Sithemdele	Fanekho	ATRA	24:33
12	Sandy	Londt	CWU	24:40
13	Anele	Faku	ATRA	24:43
14	Sifiso	Mncwango	CGA	24:52
15	Melrlin	Klaaste	SWD	24:53
16	Tieho	Mare	CGA	24:54
17	Joel	Madiba	AGN	25:04
18	Teadi	Khoza	AFS	25:06
19	Lucky	Mokgothu		25:07
20	Olwethu	Mhlaba	CGA	25:08
21	Wisdom	Ndlovu	CGA	25:09
22	Doonie	Banster	NWU-PUK	25:10
23	Kamohelo	Moahlodi	AFS	25:25
24	Bonginkosi	Zwane	KZN	25:35
25	Dewan	Botha	CGA	25:43
26	Tumelo	Mokabame		25:49
27	Lindokuhle	Maseko	CGA	26:05
28	Abednego	Mashaba	AMPU	26:09
29	Jessie	Visagie	SWD	26:38
30	Andries	Mokoma	AFS	26:42

SENIOR WOMEN (8 km)

1	Freya	Murray	SCO	25:40
2	Lebo	Phalula	CGA	26:25
3	Lebogang	Phalula	CGA	26:44
4	Onneile	Dintwe	BOT	26:55
5	Ronel	Thomas	AGN	27:05
6	Ntombisintu	Ntshiliza	EPA	27:30
7	Tebogo	Masehla	CGA	27:42
8	Marelise	Retief	AGN	27:47
9	Christine	Kalmer	AGN	27:51
10	Charné	Bosman	AGN	28:08
11	Thozama	April	WPA	28:18
12	Myrette	Filmalter	AGN	28:22
13	Jenna	Challenor	KZN	28:31
14	Tembi	Baloyi	TUT	28:39
15	Catherine	Skosana	AGN	28:52
16	Carlyn	Fischer	AGN	29:07
17	Elene	Lourens	IND	29:25
18	Mia	Pienaar	IND	29:30
19	Nolene	Conrad	CGA	29:56
20	Anika	Claassens	CGA	30:04
21	Gladys	Lukhwareni	AGN	30:21

22	Makhosi	Mhlango	KZN	30:29
23	Noria	Sibanda	AMPU	30:38
24	Thitshaamba	Ravhandalala	TUT	30:41
25	Dolores	Bondis	AFS	30:45
26	Nthokoza	Dlamini	AMPU	30:51
27	Meliska	van der Vlies	CGA	30:55
28	Danette	Smith	IND	31:28
29	Portia	Ngwenya	TUT	31:53
30	Anna	Moeketsi	AFS	32:00

JUNIOR WOMEN (6 km)

1	Letitia	Saayman	AGN	20:45
2	Idah	Simon	NEDB	20:54
3	Sylvia	Tshetlanyane	CGA	21:00
4	Thato	Makhafola	CGA	21:07
5	Mamphielo	Sibanda	CGA	21:17
6	Ashleigh	Schnetler	CGA	21:23
7	Juan-Marie	Cooper	CGA	21:26
8	Masabata	Matoane	AGN	21:45
9	Anelda	Pypers	CGA	21:52
10	Lusanda	Bomvana	ATRA	21:57
11	Nandipa	Dywili	AGN	21:58
12	Bianca	van Niekerk	CGA	22:00
13	Amukelani	Baloyi	CGA	22:41
14	Caroline	Marandela	CGA	23:06
15	Happyness	Mkhize	AGN	23:08
16	Anneke	Geldenhuis	CGA	23:50
17	Melissa	Taylor	AGN	24:07
18	Vinokazi	Gebe	ATRA	24:13
19	Bianca	Vermeulen	CNW	25:13
20	Sanele	Sibosa	AMPU	25:34

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

Osaka International Ladies Marathon (29th)

Osaka, JPN, 31 January

(Distance: 42.195 km; certified out-and-back course)

(gun times)

1. Amane Gobena, 1982, ETH 2:25:14 PB
2. Marisa Barros, 1980, POR 2:25:44 PB
3. Mari Ozaki, 1975, JPN 2:26:27
4. Lidia Simon, 1973, ROM 2:27:11
5. Kayoko Obata, 1971, JPN 2:27:19
6. Ryoko Kizaki, 1985, JPN 2:27:34 DB
7. Chika Horie, 1981, JPN 2:28:29
8. Azusa Nojiri, JPN 2:29:12 DB
9. Ayumi Nakayama, 1985, JPN 2:32:43
10. Seika Iwamura, 1984, JPN 2:33:15 DB

Marrakech Marathon (21st) & Half Marathon

Marrakech, MAR, 31 January

(Distances: 42.195 km [AIMS certified according to the race website] and 21.1 km)

Marathon (gun times)

MEN

1. Yared Dagnaw Sharew, ETH 2:10:20 PB
2. Gebrselassie Tsegay Reda, ETH 2:10:32 PB
3. Ahmed Baday, MAR 2:10:58 PB
4. David Toniok Cherono, KEN 2:11:26 PB
5. Khalid El Boumlili, MAR 2:11:56

WOMEN

1. Tsega Gelaw, 1990, ETH 2:32:06 DB
2. Georgina Rono, KEN 2:34:52
3. Zebenay Moges Gebre, ETH 2:39:13

Half marathon (gun times):

MEN

1. Bekele Azmiro, ETH 1:00:57
2. Abdellah Falil, MAR 1:01:15
3. Mohamed Trafah, USA 1:02:11 DB
4. Rachid Kisri, MAR 1:02:13
5. Allan Ndiwa, KEN 1:02:17

WOMEN

1. Meriem Wangari, KEN 1:12:19
2. Asmae Leghzaoui, MAR 1:12:45
3. Amina Driouich, MAR 1:15:24

Nagpur International Marathon & Half Marathon

Nagpur, IND, 31 January

(Distances: 42.195 km [men] and 21.1 km [women]; courses not certified)

MEN

1. Patrick Nyangelo Lusato, TAN 2:13:06 PB/CR*
2. Oswald Revelian Kahuruza, 1982, TAN 2:13:07 PB
3. Benson Kipkosgei Yator, KEN 2:13:54 PB

WOMEN

1. Hellen Nzembi Musyoka, 1987, KEN 1:11:27 CR*
2. Restituta Joseph Kemi, TAN 1:12:39
3. Dehninet Demsew Jara, ETH 1:13:00

CROSS-COUNTRY**Cinque Mulini** (78th for men, 40th for women)

San Vittore Olona, ITA, 31 January

MEN (9.8 km)

1. Humegaw Mesfin, ETH 28:03
2. Richard Matelong, KEN 28:12
3. Adere Chane, ETH 28:20
4. Vasil Matvichuk, UKR 29:24
5. Juan Luis Barrios, POR 29:24

WOMEN (6 km)

1. Nancy Langat, KEN 19:25
2. Tizita Bogale, ETH 19:30
3. Ana Dulce Félix, POR 19:42
4. Stephanie Twell, GBR 19:57
5. Asmerawork Bekele, ETH 20:14

INDOOR TRACK**BW-Bank Meeting** (28th)

Karlsruhe GER, 31 January

MEN

800:

1. Yuriy Borzakovskiy, RUS 1:45.94 WL
2. Jakub Holusa, CZE 1:46.09 NR
3. Jackson Kivuna, KEN 1:47.50 PB

1500:

1. Gideon Gathimba, KEN 3:37.01 WL
2. Gebremehdin Mekkonen, ETH 3:37.46
3. Cornelius Chirchir, KEN 3:38.03

30000:

1. Saif Saaeed Shaheen, QAT 7:43.44
2. Joseph Kitur Kiplimo, KEN 7:49.08
3. Shadrack Korir, KEN 7:49.13

WOMEN

1500:

1. Gelete Burka, ETH 4:03.92 WL
2. Felix Fanjanteino, FRA 4:14.64 PB
3. Marcela Lustigova, CZE 4:16.12

3000:

1. Sylvia Kibet, KEN 8:41.24 WL, MR
2. Anna Alminova, RUS 8:47.57
3. Federica Dal Ri, ITA 9:12.02
4. René Kalmer, **RSA** 9:12.72

Aviva International Match

Glasgow, GBR, 30 January

MEN

800:

1. Robin SCHEMBERA, GER 1:48.55 SB
2. Mbulaeni MULAUDZI, **RSA** [COM] 1:49.45 SB
3. Anton ASPLUND, SWE 1:49.83 PB
4. Joe THOMAS, GBR 1:50.73 SB
5. Karjuan WILLIAMS, USA 1:50.82 SB

3000:

1. Sammy MUTAHI, KEN [COM] 8:06.85 PB
2. Michael SKINNER, GBR 8:07.85 SB

- | | |
|-----------------------|------------|
| 3. Arthur LENZ, GER | 8:08.98 PB |
| 4. Stephen PIFER, USA | 8:12.27 SB |
| 5. Eric SENORSKI, SWE | 8:20.78 PB |

WOMEN

800:

- | | |
|-------------------------------------|------------|
| 1. Jenny MEADOWS, GBR | 2:02.53 SB |
| 2. Neisha BERNARD THOMAS, GRN [COM] | 2:04.74 SB |
| 3. Rebecca HOGBERG, SWE | 2:07.65 SB |
| 4. Laura HERMANSON, USA | 2:07.77 SB |

1500:

- | | |
|-----------------------------|------------|
| 1. Heidi DAHL, USA | 4:17.96 |
| 2. Lisa DOBRISKEY, GBR | 4:18.22 SB |
| 3. Diana SUJEW, GER | 4:18.79 |
| 4. Diane CUMMINS, CAN [COM] | 4:20.46 PB |
| 5. Charlotta FOUGBERG, SWE | 4:37.09 |

3000:

- | | |
|-----------------------------|------------|
| 1. Helen CLITHEROE, GBR | 9:05.87 SB |
| 2. Sabrina MOCKENHAUPT, GER | 9:06.39 SB |
| 3. Ulrika JOHANSSON, SWE | 9:08.68 PB |
| 4. Lindsey ALLEN, USA | 9:29.03 SB |
| 5. Sarah INGLIS, GBR [COM] | 9:48.49 PB |

Millrose Games (103rd)

New York City, USA, 29 January

MEN

600y:

- | | |
|--------------------------|---------|
| 1. Bershawn Jackson, USA | 1:11.26 |
| 2. Edino Steele, JAM | 1:11.30 |
| 3. Renny Quow, TRI | 1:11.60 |
| 4. Lajerald Betters, USA | 1:12.51 |

800:

- | | |
|-----------------------|---------|
| 1. Boaz Lalang, KEN | 1:50.51 |
| 2. Duane Solomon, USA | 1:51.14 |
| 3. Prince Mumba, ZAM | 1:51.15 |

Wanamaker Mile:

- | | | |
|----------------------------------|------------|--------------------|
| 1. Bernard Lagat, USA | 3:56.34 | (3:42.0 at 1500 m) |
| 2. Asbel Kiprop, KEN | 3:58.03 DB | (3:42.4) |
| 3. Andy Baddeley, GBR | 3:58.09 | (3:42.7) |
| 4. Peter van der Westhuizen, RSA | 4:00.35 | (3:44.0) |

WOMEN

Fred Lebow Mile:

- | | | |
|------------------------|------------|-------------------|
| 1. Hannah England, GBR | 4:31.48 | (4:14.7 at 1500m) |
| 2. Sara Hall, USA | 4:31.50 PB | (4:15.0) |
| 3. Sally Kipyego, KEN | 4:32.30 | (4:15.5) |
| 4. Sarah Bowman, USA | 4:34.84 | (4:16.1) |
| 5. Molly Lehman, USA | 4:36.57 PB | (4:18.3) |

Texas A&M Challenge: Big-12, SEC, Pac 10

College Station, USA, 29-30 January

WOMEN

Mile (30):

1. Jordan Hasay, FR, Oregon, 4:38.48 PB
2. Stephanie Brown, FR, Arkansas, 4:46.40 PB
3. Lisa Egami, SR, Washington S (CAN), 4:47.92

University of Washington Invitational

Seattle, USA, 29-30 January

Mile (30):

1. Chris Solinsky, Nike, 3:55.75 PB/FR*
2. Galen Rupp, Nike, 3:56.22 PB
3. Abdi Hassan, Arizona, 3:59.76 PB

3000 (30):

1. Galen Rupp, Nike, 7:51.48
2. Scott Bauhs, adidas, 7:51.65 PB
3. Aaron Braun, Adams State, 7:51.68 PB

WOMEN

800 (30):

1. Lacey Cramer, BYU, 2:05.19
2. Nachele Stewart, BYU, 2:05.27 PB
3. Lea Wallace, Sacramento St., 2:06.31
- ... 5. Angela Wagner, BYU (RSA), 2:06.48

NEWS**LOVE STORY AUTHOR SEGAL DIES**

Athletics International reports that Erich Segal, the world famous author of *Love Story*, died of a heart attack at his London home on 17 January aged 72. Segal was a marathon fanatic. Not only did he run several marathons but he commentated for TV on Frank Shorter's 1972 Olympic victory and wrote the screenplay for "The Games", a Michael Winner directed film about an Olympic marathon starring Ryan O'Neal and Michael Crawford. He was a Classics professor at various prestigious universities including Yale, where one of his students was Frank Shorter.

STATS TIME

This week we have a list of the world's top ten men in the 100 km for 2009, compiled by Franco Anichini. The best South African time does not make the top 400 on the list. Further ultra lists will follow in the next few weeks.

2009 100 KM: WORLD'S TOP 10 MEN

6:36:31	Hideo Nojo	JPN	1	Lake Saroma	28 Jun
6:40:44	Yasukazu Miyasato	JPN	1	Torhout	20 Jun
6:41:50	Jonas Buud	SWE	2	Torhout	20 Jun
6:42:05	Giorgio Calcaterra	ITA	3	Torhout	20 Jun

6:45:39	Marco Boffo	ITA	4	Torhout	20 Jun
6:47:59	Vsevolod Khudyakov	RUS	1	Puschino	19 Apr
6:51:18	Masakazu Takahashi	JPN	5	Torhout	20 Jun
6:53:17	Michael Wardian	USA	6	Torhout	20 Jun
6:53:59	Jaroslav Janicki	POL	1	Winschoten	12 Sep
6:55:46	Christophe Buquet	FRA	7	Torhout	20 Jun

Best SA time:

8:30:01	Welcome Loliwe	RSA	1	Port Elizabeth	19 Sep
---------	----------------	-----	---	----------------	--------

THIS MONTH IN HISTORY

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

20 years ago: 24 February 1990

John Sebata became the 10th South African to run a sub-2:12 marathon when he finished second to David Tsebe in the Ohlsson's SA Marathon Championships in Port Elizabeth in 2:11:24. Tsebe's time of 2:09:50 made him only the fifth South African under 2:10. Sebata was more than a minute ahead of the third runner, Lesotho's Thabiso Moqhalo. In the master's division Danny Shongwe set a new national record of 2:25:57. Tsebe and Sebata filled the two top positions on the SA performance list for 1990; no one else ran under 2:13.

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	30:10	Unathi Phezolo	Brackenfell	20 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	65:36	Johannes Kekana	Benoni	31 Jan
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	76:58a	Moses Lepheana	Pinetown	24 Jan
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:25:06	Ludwick Mamabolo	Benoni	31 Jan
	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
-------	-------	----------------	--------	--------

15 km	28:51 48:40 44:14	Paulo Catarino (POR) 2003 Maboyisana Mazwayi Port Elizabeth Pierre Levisse (FRA) 1992		16 Jan
21.1 km	71:39 62:28	Lawrence Chipangaan Benoni John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		31 Jan
25 km	89:35a 76:49	Peter Sehloho Pinetown Martin Mondragon (MEX) 1994		24 Jan
30 km	1:46:47 1:35:28	Johnny Persents Camps Bay Geraldo Antonio da Silva (BRA) 2002		10 Jan
Marathon	2:44:55 2:08:46	Johnny Persents Fish Hoek Andres Espinosa (MEX) 2003		23 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
Masters (50+)				
10 km	36:46 30:35	Johannes Seakamela Pretoria Tecwyn Davies (GBR) 1988		30 Jan
15 km	57:46 47:52	Johannes Seakamela Kempton Park Titus Mamabolo (RSA) 1991		20 Jan
21.1 km	79:27 66:42	Johannes Seakamela Benoni Martin Rees (GBR) 2003		31 Jan
25 km	91:02a	Simphiwe Ntentesa Pinetown		24 Jan
30 km	2:00:02 2:19:29	Thomas Moses Camps Bay Titus Mamabolo (RSA) 1991		10 Jan
Marathon	2:49:56	Ernest Tjela Benoni		31 Jan
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	1:54:19a	Petros Shumi Pinetown		24 Jan
30 km	2:13:46	Albertus Bock Camps Bay		10 Jan
Marathon	3:20:06	Brian Key Fish Hoek		23 Jan
100 km				
Juniors				
10 km	30:10 27:52	Unathi Phezolo Brackenfell Richard Chelimo (KEN) 1990		20 Jan
15 km	50:12 42:25	Melikhaya Frans Port Elizabeth Moses Mosop (KEN) 2004		16 Jan
21.1 km	82:26 59:16	Matthews Monene Pretoria Samuel Wanjiru (KEN) 2005		30 Jan
WOMEN				
Open				
10 km	36:42 30:21	Irvette van Blerk Pretoria Paula Radcliffe (GBR) 2003		30 Jan
15 km	56:45 46:55 46:28p	Ntombesintu Ntshiliza Jeffreys Bay Kayoko Fukushi (JPN) 2006 Tirunesh Dibaba (ETH) 2009		02 Jan
21.1 km	77:36 66:25	Irvette van Blerk Benoni Lornah Kiplagat (KEN) 2007		31 Jan
25 km	1:40:24a 82:13	Danielle Adlam Pinetown Mizuki Noguchi (JPN) 2005		24 Jan
30 km	2:03:52 1:38:49	Farwa Mentoor Camps Bay Mizuki Noguchi (JPN) 2005		10 Jan

Marathon	3:07:46	Julanie Basson	Benoni	31 Jan
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	39:59	Elmarie Coetzee	Brackenfell	20 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	1:52:13a	Vanessa Zimmerman	Pinetown	24 Jan
	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	3:20:20	Shelley van der Spuy	Benoni	31 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	42:59	Olga Howard	Brackenfell	20 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	1:40:39	Linda Potgieter	Benoni	31 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:04:09a	Jenny Scott	Pinetown	24 Jan
30 km	2:16:34	Olga Howard	Camps Bay	10 Jan
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:38:59	Lorraine Rogers	Fish Hoek	23 Jan
100 km				
<u>Grandmasters (60+)</u>				
10 km	49:36	Marietha Herbert	Brackenfell	20 Jan
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:45:49	Lien Botha	Scottburgh	17 Jan
25 km	2:28:10a	Lynda Bell	Pinetown	24 Jan
30 km	2:31:56	Veronica van Niekerk	Camps Bay	10 Jan
Marathon	4:38:55	Marlene Wiese	Port Elizabeth	30 Jan
100 km				
<u>Juniors</u>				
10 km	40:14	Asiphe Sikabalanjana	Brackenfell	20 Jan
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:13	Ida Phorisa	Krugersdorp	13 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Kevin Harlock, Chamberlain's Timekeeping, Rowyn James, André Pienaar, Irene & Jan van Eeden

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