

Distance Running Results

Vol. 10, No. 6 – 16 February 2010

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

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Publisher: Riël Hauman

EDITORIAL

René Kalmer set her third SA indoor record in as many races when she ran 4:16.96 for 1500 metres in Ghent on Sunday. Four days earlier in Stockholm she had broken sister Christine's 5000-metre record with 15:45.40. In an e-mail message she said the longer race was "very tough" and that she felt she could have run "about 10 seconds" faster, but lost concentration over the last 2 km. On the 1500 m she said she was aiming for closer to 4:10, "but my leg turnover was not good enough, as if I was still running 5000 metres". Kalmer is now returning home after her very successful European tour.

The second member of the South African duo competing in Europe, Juan van Deventer, achieved his second consecutive national record in the 1500 m when he ran 3:36.96 in Ghent behind Haron Keitany. Eleven days earlier he had run 3:37.25 in Düsseldorf.

DRR has often commented on the doubts about the fast times run in Sasolburg and Secunda – most recently in DRR 10:05 when the results of the Sasol Marathon, Half Marathon and 10 km in Sasolburg were published. Many performances in these races have been disregarded because of evidence provided by the RTB (Race Time Bias) factor that the courses were probably short.

The results of the Pick 'n Pay Marathon in Johannesburg in this issue provide interesting comparisons with the Sasol Marathon. Three runners appear in both sets of results received by DRR. In the *Nedbank Runners' Guide* the two races are given difficulty ratings of 3 (Pick 'n Pay) and 2 (Sasol) respectively. Sasolburg is 1488 m above sea level and Johannesburg 1748 m. The three runners who ran both races, with their times, are:

	Pick 'n Pay	Sasol
Reginald Ngobese	2:32:48	2:29:04
Gideon Radebe	2:58:23	2:49:25
Lindsay van Aswegen	3:17:16	3:08:45

Odwa Tunyiswa, who won the Bosal Bobbies 25 km recently (see DRR 10:05), is not a Botswana national as indicated, but in fact has South African citizenship. Tunyiswa ran for Gaborone Runners in last year's Nedbank SA Half Marathon, but according to his identity document he is South African.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Pick 'n Pay Marathon & Half Marathon, Johannesburg
- * Nimas Challenge Hillcrest Villagers Marathon & Half Marathon, Hillcrest

- * F4 Edumbe Mayor's Fund Half Marathon, Bilanyoni Stadium
- * DB Enterprises 10 km, Ladysmith
- * Top Form 10 km, Athlone
- * Bronkhorstspuit 32 km & 10 km , Bronkhorstspuit
- * Metlife Plaza/Die Burger Valentine's Day 10 km, Port Elizabeth
- * Emnambithi Half Marathon, Ladysmith
- * Emondlo Half Marathon & 10 km, Emondlo
- * Prison to Prison Half Marathon & 10 km, Brandvlei
- * Elgin Grabouw Groenberg Half Marathon, Grabouw
- * De Zeekoe Half Marathon & 10 km, Oudtshoorn

International highlights:

- * Maratón Ciudad de Sevilla, Sevilla, ESP
- * Mitja Marató de Barcelona, Barcelona, ESP
- * XC: U.S. Cross-country Championships, Spokane, USA
- * Indoor track: 2010 Toyota Indoor Flanders, Gent, BEL; Aviva World Trials, Sheffield, GBR; 2010 Husky Classic, Seattle, USA; Reunión Internacional Ciudad de Valencia, Valencia, ESP; Tyson Invitational, Fayetteville, USA; GE Galan, Stockholm, SWE

VIEWPOINT

ZANI KRUGER: WHY DO THIS TO SUCH A TALENTED YOUNGSTER?

By Riël Hauman

The second junior female in the recent KFC Brackenfell 10 km was Zani Kruger of the Bellville Athletics Club, whose age in the results is shown as 15. She ran 43:38 and won R100. Nothing remarkable about that. But that is not the whole story.

Zani Kruger is one of the most promising young girls over the middle distances in the Western Province. She has run some brilliant times for 800 m and 1500 m this season.

One's first reaction is that a runner with this kind of track credentials should not be running 10 km on the road in the middle of the track season – or even at all. What makes matters worse, is that Zani is in fact only 13 years old – she was born on 7 October 1996. She therefore ran this race unlawfully and should not have received the prize money; this should have gone to the next junior, Wilmien Toua, and someone else should have received the money for third.

She also was not running with her licence number, but in a different number.

It seems clear that there was deliberate deception here to make it possible for her to run, since the minimum age for a 10 km is 15. This was stated on the entry form and the person who entered her increased her age by two years to circumvent the rule.

Whoever did this – whether a parent or a coach or someone else – is doing this talented young girl a big disservice, in more ways than one. One fails to understand why such an exceptional athlete was allowed (pushed?) to run 10 km on the road AND allowed to break the rules to do so.

Western Province Athletics should look into this, and at the very least the prize money should be returned.

ROAD RUNNING

Pick 'n Pay Marathon (26th) & Half Marathon

Johannesburg, 14 February

(Distances: 42.195 km & 21.0975 km; loop courses. Finishers: marathon – 2 200; half marathon – 2 300.)

Marathon

MEN

1.	Butiki Jantjies	Mr Price	2:25:23
2.	Aaron Gabonewe	Nedbank	2:26:58
3.	Michael Msini	Cabstrut	2:29:08
4.	Stephen Molepo	Mr Price	2:29:14
5.	Thabo Nkuna	Carlton	2:29:25
6.	Kipkoech Chirchir	KEN/Nedbank	2:31:41
7.	Sam Bolo	Bedfordview	2:32:30
8.	Reginald Ngobese (1 st vet)	Gauteng Striders	2:32:48
9.	Nongoma Siphamandla	Temp	2:33:49
10.	Leburu Kgosiemang	Klerksdorp	2:33:59

40-49:

1.	Reginald Ngobese	Gauteng Striders	2:32:48
2.	Bigboy Goromonzi	ZIM/UCKG	2:35:39
3.	Elgin Mokgale	Harmony Striders	2:35:59
4.	Deon Ollewagen	RAC	2:43:36
5.	Solomon Khumalo	Carlton	2:52:40

50-59:

1.	Gideon Radebe	Sasol	2:58:23
2.	Ralph Mashabela	Cheetahs	3:10:45
3.	Jan Maboya	Germiston Callies	3:11:26

60+:

1.	Alistor Preston	RAC	3:38:49
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WOMEN

1.	Riana van Niekerk	Mr Price	2:59:23
2.	Paula Quinsee	Randburg Harriers	3:04:33
3.	Mankutoane Matlakeng	LES/Mr Price	3:11:51
4.	Anita O'Brien	Nedbank	3:14:54
5.	Lindsay van Aswegen (1 st vet)	Temp	3:17:16
6.	Paulina Phaho	Bonitas	3:18:14
7.	Anne Bonniwell	Nedbank	3:18:24
8.	Salomie Brits	Boksburg	3:20:21
9.	Sylvia Caroto	Bedfordview	3:26:24
10.	Vuylwa Sam	Pick 'n Pay	3:28:55

40-49:

1.	Lindsay van Aswegen	Temp	3:17:16
2.	Madeleen Simmons	Nedbank	3:32:52
3.	Barene Jankowich-Besan	RAC	3:35:22
4.	Terry Swait	RAC	3:38:55
5.	Caroline Wridgeway	Boksburg	3:42:51

50-59:

1.	Sue Harrisberg	RAC	3:31:31
2.	Sarah Webb	RAC	4:06:21
3.	Thandi Mlambo	Afrox	4:11:50

60+:

1.	Maureen Arthur	RAC	4:39:59
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Half marathon**MEN**

1.	Michael Mazibuko	Temp	66:19
2.	Lucky Mohale	Gauteng Striders	66:50
3.	Degene Asefa	ETH/ADT	67:13
4.	Johannes Kekana	Mr Price	68:31
5.	Lebenya Nkoka	LES/Mr Price	68:58

40-49:

1.	Gethun Wordofa	ETH/Mr Price	73:21
2.	Lawrence Chipangaan	Nedbank	74:04
3.	Tidimalo Modiga	Toyota	74:41

50-59:

1.	Samuel Mogudi	RAC	79:40
2.	Johannes Seakamela	RAC	81:12
3.	Ernest Tjela	Emfuleni	82:11

60+:

1.	Don Charles	Brotherhood	91:31
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WOMEN

1.	Michelle Williams	RAC	88:16
2.	Maphetanu Matlakeng	LES/Mr Price	90:53
3.	Tessa Burrell (1 st vet)	Gauteng Striders	91:04
4.	Sarah Mahlangu	Mr Price	93:01
5.	Refeloe Mafisa	Temp	94:30

40-49:

1.	Tessa Burrell	Gauteng Striders	91:04
2.	Sarah Mahlangu	Mr Price	93:01
3.	Catherine Naane	Goldfields	94:52

50-59:

1.	Linda Potgieter	Magnolia	1:45:20
2.	Cindy Beeming	Alberton	1:50:46
3.	Pam Hampton	Sunninghill	1:53:14

60+:

1.	Elaine Greenblatt	Rockies	1:50:28
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Nimas Challenge Hillcrest Villagers Marathon (33rd) & Half Marathon

Hillcrest, 14 February

(Distances: 42.195 km & 21.0975 km; loop courses – the marathon twice the half-marathon loop. Finishers: marathon – 1 171.)

Marathon**MEN**

1.	Shingie Badza	ZIM/Form One AC	2:24:36
2.	Eric Ngubane	Mr Price AC	2:27:31
3.	Vusi Mnyandu	Mr Price AC	2:27:55

40-49:

1.	Mbongeni Sposibo	Nedbank AC	2:44:00
2.	Abdul Manse	Shakaland AC	2:52:09
3.	Mbongenseni Jijanei	UMhlathuze AC	2:55:51

50-59:

1.	Aubrey Watson	New Balance AC	2:48:03
2.	Simphiew Ntentesa	Toyota AC	2:49:31

60+:

1.	Petros Shumi	Zabalaza AC	3:29:46
2.	Linel De Haas	SCS	4:02:48

WOMEN

1.	Melanie van Rooyen	Richards Bay AC	3:07:07
2.	Helen Burley	Ind	3:09:29
3.	Maya Lawrie	Boxer AC	3:14:34

40-49:

1.	Maya Lawrie	Boxer AC	3:14:34
2.	Julie Shadwell	Boxer AC	3:24:46
3.	Leanne Rey	RAC	3:30:17

50-59:

1.	Trish Winterboer	UMhathuze AC	3:54:26
2.	Val Watson	New Balance AC	3:56:22

60+:

1.	Lien Botha	Toti AC	3:50:16
2.	Linda Vivien	UMhathuze AC	4:26:30

Half marathon

MEN

1.	Prodigal Khumalo	ZIM/Mr Price AC	67:33
2.	Michael Ngaseke	ZIM/Mr Price AC	68:44
3.	Samuel Mwambula	Stella AC	73:47

40-49:

1.	Henry Blose	Kersney Striders	80:26
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50-59:

1.	Jeremiah Ngwenya	Boxer AC	86:4
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WOMEN

1.	Danielle Adlam	Boxer AC	83:27
2.	Grace de Oliviera	Boxer AC	88:34
3.	Patricia Bahlman	Sptit Wind	90:20

40-49:

1.	Grace de Oliviera	Boxer AC	88:34
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50-59:

1.	Sandy Fismer	Hilton Harr	100:53
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60+:

1.	Gill Tregenna	West AC	122:50
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F4 Edumbe Mayor's Fund Half Marathon

Bilanyoni Stadium, 14 February
(Distance: 21.0975 km. Finishers: 21.)

MEN

1.	Samuel Pengaza	Mr Price AC	67:14
2.	Professor Mollen	ZIM/Mr Price AC	67:43
3.	Bongani Msimango	Boxer AC	72:48

40-49:

1.	Petros Mabusa	Umgulusi AC	82:26
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50-59:

1.	Izipho Zondi	Umgulusi AC	98:40
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WOMEN

1. Nokatulu Hlophe Ind 132:50

DB Enterprises 10 km

Ladysmith, 14 February

MEN

1. Saza Ndaba Boxer AC 31:14
 2. Thembenkosi Maphalala KZN Strid 32:01
 3. Menzi Mswane Jabulani AC 33:24

WOMEN

1. Mbheli Mnyandu Ind 40:45
 2. Sibongile Lushaba Ind 42:12
 3. Nelisewe Dladla Ind 57:56

Top Form 10 km

Athlone, 13 February

(Certified multi-loop course)

Note: The elite and mass races are run separately. – Ed.

Elite race

MEN

1. Nkosinathi Madyo (MP) 30:29; 2. Unathi Phezolo (AAC) 30:57 (1st jun); 3. Tebello Poni (VOB) 31:04; 4. Luxolo Mdzanga (Gugs) 31:51; 5. Hein Camphor (Adid) 32:19; 6. Vladimir Kotov (BLR/Cent) 32:56 (1st mast); 7. Nkosinathi Sotyantya (Celtic) 33:19; 8. Jeromy Andreas (UWC) 33:29; 9. John September (Celtic) 33:36 (1st vet); 10. Babalo Hambi (Adid) 34:00.

40-49: 1. John September (Celtic) 33:36; 2. Brian Mapeyi (VOB) 34:25; 3. Clifflie Drury (MP) 34:34. **50-59:** 1. Vladimir Kotov (BLR/Cent) 32:56; 2. Raymond Howard (Celtic) 36:51; 3. Gregory Jacobs (Edge) 37:29. **60+:** 1. Albertus Bock (Adid) 38:50; 2. Awie Veldsman (Held) 39:08; 3. Jimmy Morris (Forest) 40:25. **Juniors:** 1. Unathi Phezolo (AAC) 30:57; 2. Luxolo Mdzanga (Gugs) 31:51; 3. Nkosinathi Sotyantya (Celtic) 33:18.

WOMEN

1. Zintle Xiniwe (MP) 38:10; 2. Asiphe Sikabalanjana (Gugs) 38:45 (1st jun); 3. Helene Perold (Adid) 39:40; 4. Busisiwe Matiwane (Celtic) 40:16; 5. Sheryl de Lange (Adid) 40:35 (1st vet); 6. Natasha Oosthuizen (Adid) 40:53; 7. Ursula Frans (Adid) 41:41; 8. Olga Howard (Celtic) 42:05 (1st mast); 9. Asanda Dayimani (AAC) 44:05; 10. Nancy Will (Pine) 44:12.

40-49: 1. Sheryl de Lange (Adid) 40:35; 2. Ursula Frans (Adid) 41:41; 3. Evelina Tshabalala (Gugs) 44:59. **50-59:** 1. Olga Howard (Celtic) 42:05; 2. Nancy Will (Pine) 44:12; 3. Bev Charters (VOB) 44:33. **60+:** 1. Marietha Herbert (Bell) 50:36; 2. Pixie Sparg (Celtic) 54:22. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 38:45; 2. Asanda Dayimani (AAC) 44:05; 3. Khanya Mateyisi (Celtic) 45:30.

Mass race

MEN

1. Nicholas Mduyana (UWC) 31:49; 2. Fabian Faro (MPT) 32:44; 3. Professor Khwetane (VOB) 32:45; 4. Masixole Peza (Adid) 33:14; 5. G. McCallum (Mamre) 33:21; 6. Luyanda

Mapeyi (Khaye) 33:33; 7. Orian Faro (MPT) 34:25; 8. Roger Dickson (VOB) 34:27; 9. Odwa Peter (Khaye) 34:40 (1st jun); 10. Lonwabe Tsolo (Khaye) 34:50.

40-49: 1. Tamsanwa Bolililyo (Khaye) 36:09; 2. Doctor Tshiseka (Celtic) 37:00; 3. Paul Riethman (Celtic) 38:40. **50-59:** 1. Dicky Cloete (SANDF) 41:41; 2. Jakes Jacobs (Strand) 43:51; 3. Derrick Rondganger (Telkom) 44:21. **60+:** 1. Malcolm Rhodes (Pine) 47:17; 2. Kevin Kohler (Edge) 47:45; 3. Roger Davids (FH) 48:06. **Juniors:** 1. Odwa Peter (Khaye) 34:40; 2. Gladwin Engel (MPT) 36:04; 3. Lukhanyo Malgas (Khaye) 36:45.

WOMEN

1. Kim Ground (Celtic) 40:19; 2. Melody Marcus-Cupido (Met) 41:36; 3. Candyce Hall (Hout) 41:49; 4. Glenda Werth (Met) 42:14 (1st vet); 5. Bianca Marais (Edge) 42:58; 6. Cleo Oliver (VOB) 43:16; 7. Frith van der Merwe (RWFL EP) 44:20; 8. Kathleen McQuaide-Little (Celtic) 45:54; 9. Norma Nonkonyana (Adid) 41:34; 10. Sue Dickson (VOB) 47:55.

40-49: 1. Glenda Werth (Met) 42:14; 2. Frith van der Merwe (RWFL EP) 44:20; 3. Kathleen McQuaide-Little (Celtic) 45:54. **50-59:** 1. Cynthia Booysen (Gugs) 50:12; 2. Helen du Plessis (Tyger) 53:20; 3. Joy Riviera (SH) 55:17. **60+:** 1. Zonia Barnard (Celtic) 61:30; 2. Cathy Taylor (Durb) 65:10; 3. Wendy Josephs (RWFL) 65:40. **Juniors:** 1. Lusanda Mesilane (Khaye) 50:02; 2. Gaylan Atsen (MPT) 52:41; 3. Candace Fritz (MPT) 57:23.

Bronkhorstspuit 32 km & 10 km

Bronkhorstspuit, 13 February

(Undulating loop courses. Finishers: 32 km – 1800; 10 km – 520)

32 km

MEN

1 Seun Moleshioa (Anmar BRS Striders) 1:45:30; 2 Doctor Mtsweni (Anmar BRS Striders) 1:46:45; 3 Wesley Mutai (KEN) 1:48:47; 4 Limpson Maifo (Nedbank) 1:52:49; 5 Siphon Maisela (Nedbank) 1:53:15.

Veterans: 1 Greg Barnes (Irene) 2:01:59; 2 Stemmer Lekota (Nedbank) 2:04:16; 3 Linda Mapanga (Nedbank) 2:05:32. **Masters:** 1 Colin Fisher (CSIR) 2:21:49; 2 Theo Swanepoel (Kempton) 2:26:02. **G'masters:** 1 Geoff Hawkrigde (HQH) 2:49:06. **G/g'masters:** 1 Maarten Coetzee (Magnolia) 3:36:05

WOMEN

1 Adinda Kruger (Nedbank) 2:19:01; 2 Lesley Train (Nedbank) 2:20:49; 3 Belinda Waghorn (Temp) 2:27:40; 4 Mareta v Niekerk (Nedbank) 2:28:18; 5 Precious Tshabalala (Temp) 2:33:08.

Veterans: 1 Hannelie le Roux (Wingate) 2:40:15; 2 Joanne Fourie (HMK) 2:43:21; 3 Gillian Sieling (Fourways) 2:48:14. **Masters:** 1 René v Zyl (Tuks) 2:43:28; 2 Karin Smith (Striders) 2:47:28. **G'masters:** 1 Maz Moore (Breakthru Midrand) 3:25:52.

10 km

MEN

1 Joshua Sabao (ZIM/Mr Price) 30:38; 2 Wesley Ruto (KEN/Nedbank) 30:51; 3 Collen Parura (ZIM/Bashewa) 31:15; 4 Richard Mavuso (Mr Price) 31:53; 5 William Chinyongo (ZIM/Nedbank) 33:28.

Veterans: 1 Boy Koen (Nedbank) 35:05. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 38:18. **G'masters:** 1 Lammie Fourie (Agape) 53:19. **G/g'masters:** 1 Ken Nurden (Agape) 45:14. **Juniors:** 1 Morga Mtswenie (Midack) 35:20

WOMEN

1 Olivia Chitate (ZIM/Bashewa) 37:37; 2 Loveness Madziva (Nedbank) 38:05; 3 Maryke Meyer (New Balance) 40:49; 4 Catherine Thomas (AS Eagles) 45:44; 5 Lona Liebenberg (New Balance) 46:21 (1st vet).

Veterans: 1 Lona Liebenberg (New Balance) 46:21. **Masters:** 1 Hannelie v Zyl (Eskom) 49:27. **G'masters:** 1 Elize Greeff (Enduro) 66:18. **G/g'masters:** 1 Miemie Schoeman (Transnet) 75:48.

Metlife Plaza/Die Burger Valentine's Day 10 km

Port Elizabeth, 13 February
(Loop course. Finishers: 469.)

Note: Ntombesintu Ntshiliza finished 9th overall. – Ed.

MEN

1	Zolani	Ngqaqa	Mr Price PE	21	30:30
2	George	Ntshiliza	Nedbank RC EC	30	30:38
3	Sibusiso	Thu	Temp	22	30:54
4	Eric	Sigxashe	Mr Price PE	31	31:55
5	Desmond	Zibi (1 st vet)	Mr Price PE	46	33:03
6	Zandisile	Mpisane	Mr Price PE	26	33:35
7	Luvuyo	Stephen	Nedbank RC EC	39	35:31
8	Freddie	Jantjies	Mr Price PE	40	35:32
9	Gurshan	Petersen	X-Cel AC	33	36:56
10	Cyril	Niit (1 st mast)	Triangle Sports	50	37:11
11	Sinekhaya	Ndlakuse	Nedbank RC EC	20	38:46
12	Dali	Tsili	NMMU AC	46	39:53
13	Philbert	Tyombo	PEAAC	47	40:14
14	John	Stevens	Bluewater Bay	46	40:21
15	Tamsanqa	Jusayi	Mr Price PE	67	40:24
16	Ferdinand	Grobler	Transnet RE	51	41:00
17	Hannes	Els (1 st g'mast)	Madiba Bay	60	41:01
18	At	Van Der Berg	Nedbank RC EC	43	41:02
19	Chris	Terblanche	Achilles AAA	54	41:38
20	Chalres	Booyesen	Body Concept	25	41:39

40-44:

1	Freddie	Jantjies	Mr Price PE	40	35:32
2	At	Van Der Berg	Nedbank RC EC	43	41:02
3	Neville	Muller	St Albans CS EP	43	43:29

45-49:

1	Desmond	Zibi	Mr Price PE	46	33:03
2	Dali	Tsili	NMMU AC	46	39:53
3	Philbert	Tyombo	PEAAC	47	40:14

50-54:

1	Cyril	Niit	Triangle Sports	50	37:11
2	Ferdinand	Grobler	Transnet RE	51	41:00
3	Chris	Terblanche	Achilles AAA	54	41:38

55-59:

1	Aubrey	Le Roux	Transnet RE	57	47:17
2	Joseph	Serfontein	PEAAC	59	48:05
3	John	Fraser	Temp	57	52:29

60-64:

1	Hannes	Els	Madiba Bay	60	41:01
2	William	Vorster	PEAAC	63	47:07

3	Anton	De Koning	SANDF EP	60	49:25
65-69:					
1	Tamsanqa	Jusayi	Mr Price PE	67	40:24
2	Loynes	Jenkerson	Walmer AC	68	55:54
3	Clive	Batty	Triangle Sports	65	1:04:56
70+:					
1	Selwyn	Solomon	Crusaders AC	71	1:00:39
2	John	Peart	Nedbank RC EC	73	1:10:14
3	Petrus	De Jager	PEAAC	70	1:14:52
70+:					
1	Ernie	Verrall	NMMU AC	75	57:23
2	Hilary	Pritchard	Crusaders AC	75	1:04:51
Juniors:					
1	J C	Stevens	Bluewater Bay	17	44:09
2	Daniel	Grimes	Triangle Sports	19	44:58
3	Armand	Rautenbach	Temp	19	49:58
WOMEN					
1	Ntombesintu	Ntshiliza	Mr Price PE	28	36:22
2	Deliwe	Nyanga	Nedbank RC EC	20	37:51
3	Treloar	Childs (1 st vet)	Walmer AC	46	44:13
4	Grizelda	Pietersen	Achilles AAA	41	44:41
5	Adele	Nel	St Albans CS EP	36	47:08
6	Lindie	Stander	St Albans CS EP	25	47:22
7	Cheri	Rademeyer (1 st jun)	NMMU AC	18	47:49
8	Liz	Grundlingh (1 st g'mast)	Muirite	63	48:30
9	Lizette	Sydien	Temp	23	49:10
10	Desiree	Ebrahiem	Willard Batteries	44	50:02
11	Lizelle	Barnard	Temp	27	50:14
12	Madeleine	Fourie	Muirite	32	50:26
13	Doris	Liberty	Elite AC	49	51:53
14	Megan	Wilson	Charlo R R	14	52:05
15	Cara	Chamberlain	Plexus Durbanville	33	52:07
16	Terray	Newcombe	Nedbank RC EC	19	52:10
17	Kirsten	Huysamen	Rhodes University	21	52:11
18	Madeleine	Du Toit	Rhodes University	18	52:12
19	Megan	Cunnama	Rhodes University	21	52:27
20	Christa	Meuwesen	Bluewater Bay	43	53:10
40-44:					
1	Grizelda	Pietersen	Achilles AAA	41	44:41
2	Desiree	Ebrahiem	Willard Batteries	44	50:02
3	Christa	Meuwesen	Bluewater Bay	43	53:10
45-49:					
1	Treloar	Childs	Walmer AC	46	44:13
2	Doris	Liberty	Elite AC	49	51:53
3	Shirley	Mostert	St Albans CS EP	45	53:33
50-54:					
1	Latella	Du Toit	Muirite	53	54:26
2	Gillian	Dealtry	Crusaders AC	51	54:41
3	Colleen	Muller	Walmer AC	52	57:04
55-59:					
1	Jos	Els	Madiba Bay	57	1:09:56
2	Rita	Boucher	Walmer AC	59	1:11:46
3	Jakkie	Van Niekerk	Jeffreys Bay	58	1:13:28
60-64:					
1	Liz	Grundlingh	Muirite	63	48:30

2	Helene	Oppel	Crusaders AC	60	56:11
3	Christine	Fourie	Elite AC	63	1:05:28
65-69:					
1	Bertie	Richards	Muirite	66	1:32:54
2	Deanne	Boyley	Temp	65	1:38:49
70+:					
1	Dorothy	Hart	PEAAC	71	1:01:38
2	Lorna	Brown	PEAAC	71	1:16:56
3	Aletta	Fourie	Triangle Sports	71	1:17:59
Juniors:					
1	Cheri	Rademeyer	NMMU AC	18	47:49
2	Megan	Wilson	Charlo R R	14	52:05
3	Terray	Newcombe	Nedbank RC EC	19	52:10

Emnambithi Half Marathon

Ladysmith, 13 February
(Distance: 21.0975 km)

MEN

1.	Sazi Ndaba	Boxer AC	1:11:34 (R300)
2.	Khukkani Ngubane	Coll Harr	1:12:11 (R200)
3.	Sibonelo Duma	Boxer AC	1:12:44 (R150)

40-49:

1.	Corneluis Dlamini	Emnambithi Strid	1:25:53 (R150)
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50-59:

1.	Magic Hlahwayo	KZN Strid	1:39:46 (R150)
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60+:

1.	Cameron Boucher	LAC	1:59:45 (R150)
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WOMEN (Same prize money as men)

1.	Judith Geldenhuys	Estcourt AC	1:40:39
2.	Phumzile Mbanjwa	Umtshezi AC	1:59:18
3.	Sazi Mbuyisa	KZN Strid	2:00:19

40-49:

1.	Tracy vd Merwe	Bigg AC	2:15:03
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50-59:

1.	Judith Geldenhuys	Estcourt AC	1:40:39
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60+:

1.	Cathy Blake	Bigg AC	2:15:15
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Emondlo Half Marathon & 10 km

Emondlo (KZN), 6 February
(Distances: 21.0975 km & 10 km. Finishers: half marathon – 28; 10 km – 7.)

Half marathon

MEN

1.	Clement Nkosi	Mr Price AC	1:16:16
2.	Basil Mazibuko	New Balance Wanderers	1:19:51
3.	Justice Nkosi	Umqulusi AC	1:22:02

40-49:

1.	Salelo Ndlovu	Vryheid AC	1:48:48
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50-59:

1.	Isaac Sibisi	Gods Golden Acre	1:54:58
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Juniors:

1.	Malusi Thabethe	Umqulusi AC	1:38:21
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WOMEN:

1.	Qobile Khoza	Newcastle Harriers	2:00:10
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10 km**MEN**

1.	Bonginkosi Zwane	Ind	35:40
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WOMEN

1.	Phindile Siwela	Ind	58:20
----	-----------------	-----	-------

Prison to Prison Half Marathon & 10 km

Brandvlei, 6 February

(Distances: 21.0975 km & 10 km; out-and-back courses)

Half marathon**MEN**

1	Tom Lusaseni	Mr Price	1:07:30
2	Pieter Koopman	Mr price	1:07:31
3	Ricardo Jacobs	Nedbank	1:12:17
4	H Slingers	Worcester	1:13:19
5	Piet Jacobs	Nedbank	1:14:22
6	Tau Khotso	LES/Ceres	1:15:10
7	W Jansen	Robertson	1:16:18
8	D van Rooyen	Worcester	1:17:28
9	F Stemmet	Bonnievale	1:17:30
10	Marthunis ?	EGA	1:17:46

WOMEN

1	B Mtshagi	Celtic Harriers	1:22:20
2	N Seti	Mr Price	1:26:43
3	S de Lange	Adidas	1:28:59
4	E Gous	Worcester	1:37:43
5	R Swart	Stellenbosch	1:39:19
6	B Swanepoel	Ind	1:40:07
7	E Swart	Ceres	1:40:59
8	V v Niekerk	EGA	1:41:26
9	L Bester	Ind	1:43:28
10	P Smit	Elgin Grabouw	1:43:33

10 km**MEN**

1	Unathi Phezolo	AAC	32:07
2	Nolema Neo	Mr Price	32:54
3	Azrail Scheepers	CPUT	33:21
4	Marshall Rooi	Nedbank	n/t
5	J Small	Wellington	38:15
6	Andries Swarts	Ceres	40:20
7	Chris Ras	Brackenfell	41:49
8	Glen Mpanyipheli	Nedbank	42:30
9	Evert Kleinhans	Korrektiewe Dienste	45:37
10	Riaan Nel	Hartenbos	47:16

WOMEN

1	Glenda Werth	Metropolitan	43:01
2	C Bezuidenhout	Private	n/t
3	Marietha Herbert	Bellville	47:47
4	Berta Brandt	Ceres	52:49
5	Gail Barnard	Ceres	53:45
6	Gerda van der Merwe	Ceres	54:22
7	Ria Basson	Paarl	56:48
8	Sorette de Villiers	Worcester Atletiek	57:32
9	Anekke Verster	Ceres	57:34
10	Petro Conradie	Ceres	57:34

Pietermaritzburg Women vs Highway Women Time Trial Challenge

Pietermaritzburg, 4 February

Note: Frankie Cawdry ran her first official time trial since seriously injured when struck by a car in May 2009. She finished in 29:56. – Ed.

1.	Suzette Botha	Eskom	16:35
2.	Lise Munchna	PDAC	18:17
3.	Kristen Williams	UKZN	18:22
4.	Kirsty Scott	CH	18:52
5.	Nonsikelelo Mbambo	Ntl Carb	19:03
6.	Sibongile Zigubu	Eskom	19:22
7.	A. Beggs	HH	19:52
8.	Fiona	PDAC	20:01
9.	Meggan Mackenzie	CH	20:08
10.	Precious	HV	20:13

Elgin Grabouw Groenberg Half Marathon

Grabouw, 30 January

(Distance: 21.0975 km)

NOTE: These times were given in hundredths of a second and were rounded up to the next full second according to the rules. – Ed.

MEN

1	Pieter	Koopman	Maties	35	1:12:31
2	Velani	Lusaseni	Adidas	27	1:14:00
3	Henrico	Rooi	Nedbank	21	1:16:18
4	Anele	Ndzuta	Adidas	30	1:17:17
5	Luyanda	Qolo	Hangklip	18	1:17:31
6	Dawid	Gous	Swartland	27	1:18:46
7	Vladimer	Kotov	BLR/Century City	51	1:18:53
8	Brian	Mapeyi	Acsis	43	1:23:42
9	Lubabalo	Khatshona	Adidas	17	1:24:05
10	Eric	Mlonyeni	Nedbank	50	1:24:38

WOMEN

1	Bulelwa	Mtshagi	Celtics		1:29:28
2	Sheryl	de Lange	Adidas	41	1:32:53
3	Jacoline	Haasbroek	Stellenbosch	44	1:33:41
4	Liana	Maree	Stellenbosch	32	1:34:09
5	Ena	Gous	Worcester	39	1:46:16

6	M	Sheala	Celtics	56	1:46:27
7	C	Willis	Celtics	33	1:49:27
8	Liesel	Lourens	Stellenbosch	32	1:50:01
9	Lindie	Bouwer	Sanlam	24	1:52:52
10	Marie	Barnard	Run/Walk/Life	51	1:53:04

De Zeekoe Half Marathon & 10 km

Oudtshoorn, 30 January

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

Half marathon

MEN

1	Luwayne Duitsjan	Hartenbos Drawwers	23	1:10:33
2	Vuyo Witbooi	Outeniqua Harriers	34	1:10:43
3	Gurome Gelderbloem	Mosselbaai Harriers	34	1:11:22
4	Principal Fana	Rainbow Athletics	41	1:13:24
5	Zuzile Ntsiniyabo	Knysna	35	1:16:00
6	Booi Salman	Run/Walk For Life	36	1:16:18
7	Dewald Kleinhans	Hartenbos Drawwers	27	1:17:03
8	Mario Meyer	Hartenbos Drawwers	30	1:21:16
9	Marlon Mortlock	Knysna	35	1:21:17
10	H. Jonkerman	Outeniqua Harriers	50	1:24:14

WOMEN

1	Anna Haw	Nedbank	25	1:29:28
2	Heilani Streuderst	Hartenbos Drawwers	38	1:29:58
3	Annatjie Botes	Nedbank	52	1:30:45
4	Kerry Roos	Knysna	32	1:30:54
5	Karin van der Merwe	Nedbank	25	1:34:21
6	Marie Wolmarans	Nedbank	50	1:36:52
7	Loura Klinck	Outeniqua Harriers	39	1:39:19
8	Suzaan	Outeniqua Harriers	27	1:40:44
9	Karin Pauw	Nedbank	44	1:41:57
10	Justine Sharples	Eden	36	1:43:41

10 km

MEN

1	Sinosipho Didishe		17	33:09
2	Melikhaya Msizi	Knysna	26	35:56
3	Tony Cleophas	Nedbank	44	37:02
4	J. Nieuwenhuys	Nedbank	48	37:37
5	Greens Groenewald	Run/Walk for Life	36	38:55
6	Mervyn Jaers	Run/Walk for Life	33	40:21
7	Allan Giles		17	41:25
8	Angelo Adams		15	41:58
9	Francois Verwey	Nedbank	31	47:12
10	Peet Meyer	CSIR	61	47:19

WOMEN

1	Sanchia du Preez	Run/Walk for Life	17	42:37
2	Carmen Maloney	OAAC	38	46:47
3	Marica Vorster		15	47:44
4	Monja le Roux	De Rust Striders	31	48:33
5	Charlene Folding	Nedbank	29	50:51
6	Sonja du Preez	De Rust Striders	42	51:32
7	Thea-Mari v.d. Sandt	Nedbank	34	51:46

8	Corita Loubsher	Outeniqua Harriers	42	53:22
9	Anguelle v Rensburg		25	55:00
10	Taschyana Hurter	Hartenbos Drawwers	30	55:12

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

Maratón Ciudad de Sevilla (26th)

Sevilla, ESP, 14 February
(Distance: 42.195 km)

MEN (gun times)

1. Philip Biwott, 1977, KEN 2:10:39
2. Pablo Villalobos, ESP 2:13:33 DB
3. José Moreira, 1980, POR 2:13:37 PB

WOMEN (gun times)

1. Tadesse Desta Girma, ETH 2:34:53
2. Dirba Badada Tesfaye, ETH 2:35:46
3. Tamara Sanfabio Rodriguez 2:36:37 DB

Mitja Marató de Barcelona (20th)

Barcelona, ESP, 14 February
(Distance: 21.1 km; two-loop course [two different loops]; negligible start/finish separation)

MEN (gun times)

1. Erick Kibet, KEN 1:03:10 1000 euro
2. Marc Roig Tio, ESP 1:04:57 600
3. Bruno Jesus, POR 1:04:58 400

WOMEN (gun times)

1. Joyce Chepkirui, KEN 1:12:31 1000 euro
2. Monica Jepkoech, KEN 1:15:16 600
3. Filomena Costa, POR 1:15:50 400

CROSS-COUNTRY

U.S. Cross-country Championships

Spokane, USA, 13 February

OPEN MEN (12 km - 91 finishers)

1. Dathan RITZENHEIN, 27, NIKE 34:34 \$2400
2. Patrick SMYTH, 23, TEAM USA MINNESOTA/NIKE 34:52 1000
3. Scott BAUHS, 23, ADIDAS 35:01 800
4. Ben BRUCE, 27, OREGON TC ELITE 35:16 700
5. Bobby CURTIS, 25, REEBOK 35:22 600
6. Ryan VAIL, 23, BROOKS 35:25 500
7. Bobby MACK, 25, THE ATHLETES FOOT RACING 35:34 400

- | | | |
|--|-------|-----|
| 8. Antonio VEGA, 26, TEAM USA MINNESOTA/MIZUNO | 35:41 | 300 |
| 9. Stephen FURST, 24, RALEIGH, NC | 35:45 | 200 |
| 10. Matt GABRIELSON, 31, TEAM USA MINNESOTA | 35:47 | 100 |

OPEN WOMEN (8 km - 76 finishers)

- | | | |
|--|-------|--------|
| 1. Shalane FLANAGAN, 28, NIKE | 25:10 | \$2400 |
| 2. Molly HUDDLE, 25, SAUCONY | 26:01 | 1000 |
| 3. Amy HASTINGS, 26, Mammoth Track Club | 26:06 | 800 |
| 4. Magdalena LEWY BOULET, 36, SAUCONY/BATC | 26:09 | 700 |
| 5. Renee METIVIER-BAILLIE, 28, BOULDER, CO | 26:26 | 600 |
| 6. Sara HALL, 26, ASICS | 26:37 | 500 |
| 7. Emily BROWN, 25, TEAM USA MINNESOTA/New Bal | 26:55 | 400 |
| 8. Blake RUSSELL, 34, REEBOK | 27:07 | 300 |
| 9. Katie MCGREGOR, 32, TEAM USA MINNESOTA/Reebok | 27:08 | 200 |
| 10. Kathy NEWBERRY, 31, NEW YORK ATHLETIC CLUB | 27:19 | 100 |

JR. MEN (8 km - 35 finishers)

- | | |
|--|-------|
| 1. Trevor DUNBAR, 18, UNIVERSITY OF PORTLAND | 24:04 |
| 2. Walter SCHAFER, 18, CENTENNIAL CO | 24:10 |
| 3. Andrew COLLEY, 18, NORTH CAROLINA STATE | 24:16 |
| 4. Andrew KIMPEL, 18, WASHINGTON STATE | 24:19 |
| 5. Michael LYNCH, 18, COLUMBIA MD | 24:24 |

JR. WOMEN (6 km - 39 finishers)

- | | |
|--|-------|
| 1. Shelby GREANY, 18, PROVIDENCE COLLEGE | 20:27 |
| 2. Emily SISSON, 18, CHESTERFIELD MO | 20:32 |
| 3. Juliet BOTTORFF, 19 DUKE UNIVERSITY | 20:32 |
| 4. Emily JONES, 19 GEORGETOWN UNIVERSITY | 20:33 |
| 5. Laura TREMBLAY, 18 LOVELAND CO | 20:46 |

MASTERS MEN (8 km - 30 finishers)

- | | | |
|--|-------|-------------|
| 1. Tracy LOKKEN, 44, MARQUETTE MI | 25:39 | \$300 (4th) |
| ... 4. Darren DE REUCK, 44, RUNNING REP OF BOULDER | 26:42 | |

MASTERS WOMEN (8 km - 25 finishers)

- | | | |
|---|-------|-------------------------|
| 1. Colleen DE REUCK, 45, RUNNING REP OF BOULDER | 27:27 | \$1000 (1st age graded) |
|---|-------|-------------------------|

INDOOR TRACK**2010 Toyota Indoor Flanders**

Ghent, BEL, 14 February

MEN

1500:

- | |
|---|
| 1. Haron Keitany, KEN, 3:35.69 |
| 2. Juan van Deventer, RSA, 3:36.96 NR |
| 3. Daniel Kipchirchir Komen, KEN, 3:37.19 |

WOMEN

1500:

- | |
|--|
| 1. Genzebe Dibaba, 1991, ETH, 4:04.80 PB |
| 2. Angelika Cichocka, POL, 4:11.08 |
| 3. Fanjanteino Felix, FRA, 4:13.15 |
| 4. Irene Jelagat, KEN, 4:13.91 |
| 5. René Kalmer, RSA, 4:16.96 NR |
| 6. Diane Cummins, CAN, 4:19.09 PB |

Aviva World Trials

(GBR World Indoor Championships Selection Meet)
Sheffield, GBR, 13-14 February

WOMEN

800:

Final (14):

- | | |
|--------------------------------|-------------|
| 1. Jenny MEADOWS, WIGAN | 2:00.91 SR* |
| 2. Vicky GRIFFITHS, LIVERPOOL | 2:02.94 |
| 3. Danielle CHRISTMAS, CRAWLEY | 2:05.15 PB |

2010 Husky Classic

Seattle, USA, 12-13 February

WOMEN

Invitational 800 (13):

Section 3 -

- | | |
|---------------------------------------|------------|
| 1. Julia Howard, Valley Royals (CAN), | 2:03.87 PB |
| 2. Helen Crofts, Simon Fraser (CAN), | 2:04.57 PB |
| 3. Angela Wagner, Byu (RSA), | 2:05.72 PB |

Invitational 3000 (13):

Section 3 -

- | | |
|---------------------------------------|------------|
| 1. Jordan Hasay, 1991, Oregon, | 9:12.25 PB |
| 2. Andrea Woodvine, Unattached (GBR), | 9:17.82 PB |
| 3. Alisha Williams, Boulder Runn, | 9:18.28 PB |

Reunión Internacional Ciudad de Valencia

Valencia, ESP, 13 February

MEN

800:

Race A:

- | | |
|----------------------------------|-------------|
| 1. Yuriy BORZAKOVSKIY, 1981, RUS | 1:46.54 MR* |
| 2. Adam KSZCZOT, 1989, POL | 1:46.61 |
| 3. Robin SCHEMBERA, 1988, GER | 1:46.66 PB |

1500:

Race A:

- | | |
|------------------------------------|------------|
| 1. William BIWOTT TANUI, 1990, KEN | 3:35.86 PB |
| 2. Gideon GATHIMBA, 1989, KEN | 3:36.54 PB |
| 3. Geoffrey RONO, 1987, KEN | 3:37.18 PB |

WOMEN

800:

- | | |
|---------------------------------|------------|
| 1. Hasna BENHASSI, 1978, MAR | 2:01.87 |
| 2. Elian PERIZ TOYAS, 1984, ESP | 2:03.52 PB |
| 3. Veronika MRACKOVA, 1982, CZE | 2:04.56 |

1500:

- | | |
|-------------------------------|------------|
| 1. Sylwia EJDYS, 1984, POL | 4:07.17 PB |
| 2. Renata PLIS, 1985, POL | 4:09.85 PB |
| 3. Jessica AUGUSTO, 1981, POL | 4:09.91 PB |

4. Lidia CHOJECKA, 1977, POL 4:10.36

Tyson Invitational

Fayetteville, USA, 12-13 February

WOMEN

800 Invitational (12):

Section 3 -

1. Kathryn Benvegna, Baylor, 2:13.85
2. Natanya Luther, Arkansas (RSA), 2:13.86

GE Galan

Stockholm, SWE, 10 February

MEN

800:

Race A:

1. Abubaker Kaki, 89, SUD 1:46.29
2. Yuriy Borzakovskiy, 81, RUS 1:46.51
3. Ismail Ismail, 84, SUD 1:46.75
4. Asbel Kiprop, 89, KEN 1:47.25 PB
5. Marcin Lewandowski, 87, POL 1:47.44 PB

3000:

1. Augustine Choge, 87, KEN 7:31.75 WL/PB
2. Tariku Bekele, 87, ETH 7:31.78
3. Sammy Alex Mutahi, 89, KEN 7:32.02 PB
4. Paul Kipsiele Koech, 81, KEN 7:32.78 PB
5. Bouabdallah Tahri, 78, FRA 7:33.73 ER*

WOMEN

1500:

Race A

1. Kalkidan Gezahegn, 91, ETH 4:03.28 WJR
2. Anna Alminova, 85, RUS 4:04.36
3. Sylvia Kibet, 84, KEN 4:05.33 NR
4. Irene Jelagat, 88, KEN 4:09.31
5. Ingvill Måkestad Bovim, 81, NOR 4:11.30 NR
- ... 8. Lidia Chojecka, 77, POL 4:14.82

5000:

1. Meseret Defar, 83, ETH 14:24.79 WL
2. Alemitu Bekele, 77, TUR 14:46.44 ER
3. Sentayehu Ejigu, 85, ETH 14:46.80
4. Meskerem Assefa, 86, ETH 15:03.49
5. Analia Rosa, 76, POR 15:45.39
6. René Kalmer, 80, RSA 15:45.40 NR

NEWS

CROSS-COUNTRY TEAM SELECTED

Athletics South Africa has announced the following team for the Southern Region Cross-country Championships in Victoria, Seychelles:

MEN (12 km)	
Lungisa Mdedelwa	ATRA
Stephen Mokoka	AVT
Xolisa Tyali	CGA
Kgosi Tsosane	ACNW
Gladwin Sibabalwe	CGA
Siyabonga Nkonde	KZNA
Boy Soke	AFS (non-travelling reserve)

WOMEN (8 km)	
Lebo Phalula	CGA
Lebogang Phalula	CGA
Ronel Thomas	CGA
Ntombesintu Ntshiliza	EPA
Tebogo Masehla	CGA
Marelize Retief	AGN
Christine Kalmer	CGA (non-travelling reserve)

JUNIOR MEN (8 km)	
Vuyisile Tshoba	CGA
Lucas Bothobutle	ACNW
Sithyilo Diko	CGA
Joel Mmonne	ACNW
Wiseman Fadane	ATRA
Sphamandla Nyembe	KZNA
Pieter Wilders	? (non-travelling reserve)

JUNIOR WOMEN (6 km)	
Letitia Saayman	CGA
Sylvia Tshetlanyane	CGA
Thato Makhafola	CGA
Mamphielo Sibanda	ACNW
Ashleigh Schnetler	CGA
Juan-Marie Cooper	AGN

TWO OCEANS HALF MARATHON ENTRIES CLOSE AHEAD OF DEADLINE

Entries for the country's biggest half marathon, the Old Mutual Two Oceans Half Marathon, which takes place on Easter Saturday, 3 April, have reached the 11 000 mark and race organisers are accepting no further entries. Of the entries received, 95% were made online.

Deadline for entries was 3 March, but according to race director Rowyn James, the organisers had "always expected to close the half marathon entries ahead of the deadline, and anticipated that it would be around the second week of February and we were accurate with our prediction". The flagship event, the 56 km ultramarathon, currently has just on 2 600 entries and the race office is expecting to see that increase significantly over the next two weeks with most of the major qualifying events taking place around the country during February.

Participants are encouraged to get their entries in as soon as they have completed their qualifying marathon to avoid possible disappointment. Ultramarathon entries also close on 3 March, or when 11 000 entries are reached – whichever comes first.

No late entries will be taken after the cut-off date, but representatives will be at the Seeff Weskus Marathon in Langebaan on 6 March and at the Vaal Marathon in Vanderbijlpark on 7 March, to take ultra entries only. No online entries will be accepted after the 3 March cut-off.

Title sponsor Old Mutual also announced this week that well-known journalist and professional coach Norrie Williamson will take over the reigns as virtual coach for the Two Oceans in place of Dave Spence, who passed away recently.

BOOK REVIEW

58TH S.A. ATHLETICS ANNUAL FULL OF STATS, RESULTS, ANALYSIS

The controversy surrounding Caster Semenya and her victory in the 800 metres at the 2009 World Championships in Berlin has resulted in the SA Athletics Statisticians (SAAS) taking a decision not to select a Female Athlete of the Year or make the Harry Beinat Award in time for publication in its *2010 NWU Puk South African Athletics Annual*. These awards will be finalised once the International Association of Athletics Federations (IAAF) has made a ruling about Semenya's status.

However, a photograph of Semenya has been placed on the cover of the Annual, which has just been published. She appears with men's 800-metre world champion Mbulaeni Mulaudzi to celebrate South Africa's brilliant success in the two-lap race in Berlin.

The 58th edition of the Annual, one of the oldest national athletics annuals in the world, has been enlarged to 248 pages (the biggest it has been since 2003) and is again crammed with information about everything that happened on the athletics scene in South Africa and the rest of the world in 2009.

The Annual is dedicated to the memory of Allister Matthews, one of the three founding members of the SAAS in 1954 (with Harry Beinat and Arrie Joubert). Matthews passed away in 2009.

As usual, it contains all the best performances by South African senior, junior and youth athletes and road runners for the past year (2009), as well as all-time lists; a Hall of Fame of the best of the best in the history of SA athletics; SA and all major international records; results of the most important local and international meetings; photographs of South Africa's top athletes, and much more.

Mulaudzi was selected as Male Athlete of the Year after what well-known author Richard Mayer describes in his article, "Mulaudzi fulfils SA middle distance destiny", as one of the greatest ever performances by a South African athlete on the world stage. Mulaudzi won the world title with courageous front-running tactics and finished the year with third place on the world list.

The other four athletes nominated for the award were Khotso Mokoena, LJ van Zyl, Willem Coertzen and Ruben Ramolefi. Van Zyl, with his second place on the 400-metre hurdles world list, will receive the Beinat Award if Semenya is declared ineligible. This prestigious award is given annually to the highest placed SA athlete on the world lists.

The female nominees, apart from Semenya, are Sunette Viljoen, René Kalmer, Annerien van Schalkwyk and Tsholofelo Thipe, who graces the back cover of the Annual.

J.P. van der Merwe, Mulaudzi's coach, has been selected as the second SAAS Coach of the Year.

The Annual has more articles than usual. Apart from Mayer's discussion of South Africa's middle distance tradition and successes, there is a profile of Gert le Roux, the doyen of SA statisticians, who was involved in the publication of the Annual for the 51st consecutive time, as well as Cobus Kok's analysis of the decline in standards of SA athletics and his proposals to "revive" the sport, and Le Roux's look at the World Championships and the events following the Semenya debacle – "surely the greatest crisis the national body has found itself in since its inaugural meeting in 1894".

Riël Hauman, editor of the publication for the fourth consecutive time, describes the events 25 centuries ago that led to the birth of the modern marathon.

Copies can be ordered at R70 from the following address: SA Athletics Annual, P.O. Box 688, Bela-Bela (Warmbaths) 0480, or from Gert le Roux by e-mail (gler@mweb.co.za). When ordering, full postal details must be given. Enquiries (also previous annuals) can be made at the following numbers: 014 736-6206 or 073 258-1535 or 086 669-3368 (fax).

STATS TIME

This week we have a list of the world's top ten women in the 100 km for 2009, compiled by Franco Anichini. Note that in last week's 50 km list (men) the times in the Loskop race in Middelburg should have been indicated with an "A". This race is extremely aided (it drops 10.9 m/km from start to finish). Further ultra lists will follow in the next few weeks.

2009 100 KM: WORLD'S TOP 10 WOMEN

7:37:21	Kami Semick	USA	1	Torhout	20 Jun
7:41:23	Jackie Fairweather	AUS	1	Cwumbria	19 Sep
7:46:24	Irina Vishnevskaya	RUS	2	Torhout	20 Jun
7:53:58	Monica Carlin	ITA	3	Torhout	20 Jun
7:55:37	Tanja Hooss	GER	1	Neuenahr-Ahrweiler	03 Oct
7:56:05	Monica Casiraghi	ITA	1	Seregno	22 Mar
7:57:17	Branka Hajek	GER	2	Neuenahr-Ahrweiler	03 Oct
7:58:34	Sabine Hofer	AUT	1	Steyr	19 Sep
7:59:14	Devon Crosby-Helms	USA	4	Torhout	20 Jun
8:04:09	Emma Gooderham	GBR	2	Cwumbria	19 Sep

THIS MONTH IN HISTORY

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

25 years ago: 9 February 1985

Briton Mike McLeod waited until only 500 metres remained of the Gasparilla Distance Classic 15 km in Tampa, Florida, before surging from the pack of six, taking everone by surprise. McLeod, who had earned the silver medal in the 10000 m at the LA Olympics the previous year, won by two seconds in 43:02. He left some big names in his wake – among them Bill Rodgers, Mike Musyoki and Charlie Spedding. Two other LA Olympians finished first and second in the women's race: Grete Waitz (NOR) won in 48:10 from Briton Wendy Sly's 48:17.

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	28:40	Gladwin Mzazi	Sasolburg	06 Feb
	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

Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:22:17	Joseph Mphuthi	Sasolburg	06 Feb
	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	32:26	Piet Mosebedi	Pretoria	06 Feb
	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	71:39	Lawrence Chipangaan	Benoni	31 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	89:35a	Peter Sehloho	Pinetown	24 Jan
	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	2:29:04	Reginald Ngobese	Sasolburg	06 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	36:46	Johannes Seakamela	Pretoria	30 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	57:34	Darrell Wicht	Port Elizabeth	06 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	79:27	Johannes Seakamela	Benoni	31 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	2:00:02	Thomas Moses	Camps Bay	10 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon	2:45:10	Ernest Tjela	Sasolburg	06 Feb
100 km				

Grandmasters (60+)

10 km	38:50	Albertus Bock	Athlone	13 Feb
15 km	61:56	Tamsanqa Jusayi	Port Elizabeth	06 Feb
21.1 km	85:17	Mike du Bruto	Pretoria	06 Feb
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	Unathi Phezolo	Brackenfell	20 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:39	Xola Bongoza	Port Elizabeth	06 Feb
	42:25	Moses Mosop (KEN) 2004		
21.1 km	75:54	Akhona Makila	Tokai	06 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	36:22	Ntombesintu Ntshiliza	Port Elizabeth	13 Feb
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15 km	30:21 56:45 46:55 46:28p	Paula Radcliffe (GBR) 2003 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	1:36:29 82:13	René Kalmer Johannesburg 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	2:55:52 2:15:25	Adinda Kruger Sasolburg Paula Radcliffe (GBR) 2003	06 Feb
100 km	6:33:11	Tomoe Abe (JPN) 2000	

Veterans (40+)

10 km	39:59 32:14	Elmarie Coetzee Brackenfell Priscilla Welch (GBR) 1985	20 Jan
15 km	63:25 49:35	Sheryl de Lange Durbanville Priscilla Welch (GBR) 1985	27 Jan
21.1 km	84:53 69:56	Joanna Thomas Tokai Irina Permitina (RUS) 2009	06 Feb
25 km	1:52:13a 82:13	Vanessa Zimmerman Pinetown Mizuki Noguchi (JPN) 2005	24 Jan
30 km	2:06:43 1:51:37	Joanna Thomas Camps Bay Mieke Pullen (NED) 2001	10 Jan
Marathon	3:08:45 2:26:51	Lindsay van Aswegen Sasolburg Priscilla Welch (GBR) 1987	06 Feb
100 km	7:00:27	Normi Sakurai (JPN) 2007	

Masters (50+)

10 km	41:24 34:44	Marietjie Ceronio Sasolburg Tatyana Pozdniakova (UKR) 2005	06 Feb
15 km	64:37 54:33	Margie Saunders Port Elizabeth Shirley Matson (USA) 1991	06 Feb
21.1 km	1:40:39 76:07	Linda Potgieter Benoni Tatyana Pozdniakova (UKR) 2006	31 Jan
25 km	2:04:09a	Jenny Scott Pinetown	24 Jan
30 km	2:16:34 2:31:05	Olga Howard Camps Bay Tatyana Pozdniakova (UKR) 2005	10 Jan
Marathon	3:31:31	Sue Harrisberg Johannesburg	14 Feb
100 km			

Grandmasters (60+)

10 km	48:30	Liz Grundlingh Port Elizabeth	13 Feb
15 km	72:20	Sonja Laxton Johannesburg	10 Jan
21.1 km	1:45:49	Lien Botha Scottburgh	17 Jan
25 km	2:10:34	Elaine Greenblatt Johannesburg	24 Jan
30 km	2:31:56	Veronica van Niekerk Camps Bay	10 Jan
Marathon	3:41:39	Elaine Greenblatt Sasolburg	06 Feb
100 km			

Juniors

10 km	38:45 31:42	Asiphe Sikabalanjana Athlone Zola Pieterse (RSA) 1984	13 Feb
15 km	62:13	Ida Phorisa Krugersdorp	13 Jan

21.1 km	49:40	Ines Chenonge (KEN) 2001	East London	30 Jan
	93:06	Bathobele Hlazo		
	1:09:05	Delilah Asiago (KEN) 1991		

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