

Distance Running Results

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

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EDITORIAL

The amazing men's 5000 metres at the first Yellow Pages Meeting in Port Elizabeth on Friday night was a real eye-opener – and a historic event. Never before in South Africa has a race produced fourteen sub-14:00 times. Thirteen of these came from South Africans, led by Tshamano Setone's 13:25.51. According to *Distance Running Results'* records, the only three runners among the top fifteen who did not run a PB were Olebogeng Masire, Boy Soke and Sibusiso Nzima. And this is just the beginning of the season!

Only two 5000-metre races in the history of SA athletics have produced twelve sub-14 performances – on 17 December 1992 in Cape Town and on 8 February 2002 in Durban. Ten such performances in one race happened on three occasions – the last time on 14 February 2003 in Stellenbosch.

In the women's 5000 m Lebo Phalula, Ntombesintu Ntshiliza, Deliwe Nyanga and Marelize Retief ran PBs.

Internationally, brilliant running was also seen in the RAK (Ras Al Khaimah) Half Marathon, where the first four men clocked under the hour and Elvan Abeylegesse won the women's race by 6 sec in 67:07 – the fastest ever debut on a record-standard course (and a national record). A total of five women were under 68 minutes.

No results of the BDO Peninsula Marathon, run for the 43rd time this weekend, were available for inclusion in this issue.

No fewer than six previous winners will contest the Boston Marathon on 19 April: Deriba Merga, Robert Kipkoech Cheruiyot, Dire Tune, Salina Kosgei, Catherine Ndereba and Lidiya Grigoryeva. Cheruiyot and Ndereba have both won the race four times. Among the invited runners for the Lake Biwa Marathon in Otsu on 7 March is Hendrick Ramaala; others include Yemane Tsegay ETH (pb of 2:06:30) and Charles Munyeki KEN (2:07:06).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Glasfit Pirates Half Marathon, Johannesburg
- * Kearsney Striders Half Marathon, Kearsney College
- * Golden Sun 32 km & 16 km Challenge, Tongaat
- * Mondi Half Marathon & 10 km, Durban
- * Kromberg & Schubert 15 km, Despatch
- * Tuks Half Marathon & 10 km, Pretoria
- * Kloppers Marathon, Half Marathon & 10 km, Bloemfontein

- * AEL Mielie Marathon, Welkom
- * XC: KZNA Paarlauf, Westville
- * Track: Yellow Pages Series Meeting #1, Port Elizabeth; Central Gauteng Championships, Germiston

International highlights:

- * Maratón Popular de Valencia, Valencia, ESP
- * Medio Maratón Guadalajara, Guadalajara, MEX
- * RAK Half Marathon, Ras Al Khaimah, UAE
- * XC: KCB Nairobi International Cross-country, Nairobi, KEN
- * Indoor track: Aviva Indoor Grand Prix, Birmingham, GBR

ROAD RUNNING

Glasfit Pirates Half Marathon

Johannesburg, 21 February

(Distance: 21.0975 km; hilly loop course)

MEN

- | | | |
|-------------------------|------------|---------|
| 1. Titsetso Ramokheseng | LES/Toyota | 1:09:08 |
| 2. Lucky Miya | Nedbank | 1:09:36 |
| 3. Sekeke Lesole | Global | 1:10:02 |
| 4. Asafa Tahese | ETH/ADT | 1:12:11 |
| 5. Nest Mokoloko | Ind | 1:12:25 |

Veterans:

- | | | |
|-------------------|--------------|---------|
| 1. Wordofo Sethun | ETH/Mr Price | 1:15:59 |
| 2. Elias Mabane | Curstut | 1:19:41 |
| 3. Bheki Nene | ADT | 1:20:42 |

Masters:

- | | | |
|------------------|-----|---------|
| 1. Samuel Mogudi | RAC | 1:23:27 |
|------------------|-----|---------|

G'masters:

- | | | |
|------------------|-----|---------|
| 1. Derek Jeffers | RAC | 1:43:33 |
|------------------|-----|---------|

Juniors:

- | | | |
|--------------------|-----|---------|
| 1. Daniel Phakathe | ADT | 1:17:39 |
|--------------------|-----|---------|

WOMEN

- | | | |
|------------------------|---------------|---------|
| 1. Irvette van Blerk | Nedbank | 1:22:28 |
| 2. Cornelia Joubert | Bedfordview | 1:26:04 |
| 3. Tshifhiwa Mundalamo | Nedbank | 1:26:56 |
| 4. Mpho Mabuza | Nedbank | 1:28:30 |
| 5. Maphubi Phaka | Gaut Striders | 1:33:17 |

Veterans:

- | | | |
|---------------------|--------|---------|
| 1. Mari Bruwer | Mittal | 1:40:09 |
| 2. Lianne Rey | RAC | 1:45:19 |
| 3. Michelle Du Toit | Khoza | 1:46:21 |

Masters:

- | | | |
|---------------------|----------|---------|
| 1. Natalie Saunders | Fourways | 1:53:38 |
|---------------------|----------|---------|

Grandmasters:

- | | | |
|----------------------|---------|---------|
| 1. Elaine Greenblatt | Rockies | 1:51:31 |
|----------------------|---------|---------|

Juniors:

- | | | |
|------------------------|--------------|---------|
| 1. Maphetang Matlakeng | LES/Mr Price | 1:40:06 |
|------------------------|--------------|---------|

Kearsney Striders Half Marathon (9th)

Kearsney College, 21 February

(Distance: 21.0975 km; loop course. Finishers: 573.)

MEN

1.	Thubalethu Phaku	DUT	1:12:08
2.	Samuel Mwambula	Stella AC	1:17:24
3.	Siphosaka Khumalo	Boxer AC	1:18:16

40-49:

1.	Peter Sehloho	Boxer AC	1:18:52
2.	Henry Blose	Kearsney	1:24:14
3.	Orbit Ngcobo	Coll Harr	1:24:35

50-59:

1.	Jeremiah Ngwenya	Boxer AC	1:31:11
2.	Siyabonga Jali	Nedbank AC	1:35:50
3.	Rob McInerney	West AC	1:45:03

60+:

1.	Petros Shumi	Zabalaza AC	1:48:15
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WOMEN

1.	Jenna Challenor	Boxer AC	1:24:37
2.	Makhosi Mhlongo	Savages AC	1:33:03
3.	Ann Boniwell	Nedbank AC	1:35:28

40-49:

1.	Julie Shadwell	Boxer AC	1:43:33
2.	Erica McDonald	HV	1:46:35
3.	Tammy Dennill	West AC	1:50:05

50-59:

1.	Jane Dickenson	RWFL	2:00:17
2.	Teresa Scott	PDAC	2:03:01

60+:

1.	Gill Tregenna	West AC	2:07:29
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Golden Sun 32 km & 16 km Challenge

Tongaat, 21 February

(Loop courses. Finishers: 32 km – 750.)

32 km**MEN**

1.	Michael Ngubese	Mr Price AC	1:49:36
2.	Shingi Badza	Form One AC	1:54:31
3.	Sandile Makhaye	Mr Price AC	1:54:00

40-49:

1.	Nkosinathi Ndlovu	Boxer AC	1:2:17:51
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50-59:

1.	Maxwell ?	Toyota AC	2:33:41
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60+:

1.	Dave Lowe	West AC	3:05:15
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WOMEN

1.	Debbie Eaton	Coll Harr	2:31:01
2.	Shlezipi ?	Nedbank AC	2:31:12
3.	Sarah Eksteen	West AC	2:53:16

40-49:

1.	Michele Coskey	Ath North AC	3:10:56
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50-59:

1.	Glenda Bardenhorst	Umhlathuze	3:18:50
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60+:

1.	Maureen Parry	Chiltern AC	3:45:13
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16 km**MEN**

1.	Richard Nene	Mr Price AC	56:47
2.	Michael Sinobo	Toyota AC	57:29
3.	Lenwabo ?	Boxer AC	60:00

WOMEN

1.	Janene Carey	Boxer AC	69:12
2.	Maureen Slack	Chiltern AC	76:54
3.	Nana Tholakele	Boxer AC	77:49

Mondi Half Marathon & 10 km

Durban, 21 February

(Distances: 21.0975 km & 10 km; loop courses. Finishers: half marathon – 980.)

Half marathon**MEN**

1.	M Mkwani	R/Bay AC	1:12:07
2.	S Mkhanza	Umhlathuze	1:14:02
3.	N Zungu	Empangeni AC	1:15:03

40-49:

1.	M Jiyane	Umhlathuze	1:21:09
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50-59:

1.	N Zungu	Umhlathuze	1:33:07
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60+:

1.	G Mc Gregory	R/Bay AC	1:55:02
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WOMEN

1.	Simone Scrase	R/Bay AC	1:38:39
2.	M McMurray	Ind	1:40:08
3.	T Muller	R/Bay AC	1:45:01

40-49:

1.	P Nel	R/Bay AC	1:48:15
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10 km**MEN**

1.	Bernard Phlatsane	Nedbank AC	32:34
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Kromberg & Schubert 15 km

Despatch, 20 February

(Loop course. Finishers: 380.)

MEN

1	George	Ntshiliza	Nedbank RC	30	45:55
2	Zolani	Ngqaqa	Mr Price PE	21	46:47

3	Masixole	Dlaku	Mr Price PE	31	46:53
4	Mzwanele	Maphekula	Nedbank RC	33	47:05
5	Mzolisi	Makhandla	Nedbank RC	27	47:29
6	Phumzile	Sikawuti	Nedbank RC	30	48:03
7	Eugene	Pelem	Nedbank RC	30	48:05
8	Desmond	Zibi (1 st vet)	Mr Price PE	46	49:03
9	Kgotso	Majara	Nedbank RC	29	49:10
10	Maboyisana	Mazwayi	Nedbank RC	41	50:11
11	Robert	Matthys	Mr Price PE	33	50:43
12	Khayaletu	Makalima	Mr Price PE	26	50:44
13	Alfred	Qogi	Nedbank RC	36	51:43
14	Thulani	Mdlalo	Nedbank RC	24	51:58
15	Mariano	Eesou (1 st jun)	Nedbank RC	18	52:11
16	Duwayne	Lucas	Nedbank RC	20	53:08
17	Gcobani	Bekwapi	Nedbank RC	35	53:13
18	Welcome	Loliwe	Nedbank RC	45	53:20
19	Riaan	Kock	Nedbank RC	40	53:53
20	Vusumzi	Runeli	Nedbank RC	37	54:01

40-44:

1	Maboyisana	Mazwayi	Nedbank RC	41	50:11
2	Riaan	Kock	Nedbank RC	40	53:53
3	Andrew	Long	Madiba Bay	42	58:05

45-49:

1	Desmond	Zibi	Mr Price PE	46	49:03
2	Welcome	Loliwe	Nedbank RC	45	53:20
3	Dali	Tsili	Temp 45		1:01:07

50-54:

1	Sidwel	Roboshi	Nedbank RC	50	58:18
2	Andre	Willemse	Elite AC 51		1:02:50
3	Chris	Terblanche	Achilles AAA	54	1:03:24

55-59:

1	Donald	Mancasa	Triangle Sports	55	1:07:28
2	Pierre	Knoesen	Madiba Bay	55	1:07:43
3	Fikile	Seya	Nedbank RC	57	1:08:14

60-64:

1	Hannes	Els	Madiba Bay	60	1:03:35
2	Piet	Meyer	St Albans CSEP	60	1:18:07
3	Peter	Eck	Muirite Strider	63	1:20:47

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	67	1:00:50
2	Nic	Snyman	PEAAC 65		1:19:18
3	Irvine	Nakani	Mr Price PE	67	1:24:05

70+:

1	David	Fraser	PEAAC	71	1:24:48
2	Ernie	Verrall	NMMU AC	75	1:28:50
3	John	Peart	Nedbank RC	73	1:48:23

Juniors:

1	Mariano	Eesou	Nedbank RC	18	52:11
2	Xola	Bongoza	Mr Price PE	17	1:02:31
3	Mthuthuzeli	Myanga	Temp	17	1:04:41

WOMEN

1	Deliwe	Nyanga	Nedbank RC	20	58:35
2	Marisa	Ferraris	Triangle Sports	39	1:03:49
3	Ursula	Kuhn	NMMU AC	28	1:05:18
4	Asanda	Solani	Nedbank RC	26	1:08:09

5	Treloar	Childs (1 st vet)	Walmer AC	46	1:09:29
6	Adele	Nel	St Albans CSEP	36	1:11:33
7	Buyelwa	Kobokana	Nedbank RC	44	1:12:49
8	Cheri	Rademeyer (1 st jun)	NMMU AC	18	1:12:58
9	Noxolo	Marks	Mr Price PE	23	1:13:40
10	Lindie	Stander	St Albans CSEP	25	1:13:50
11	Melanie	Muller	Bluewater Bay	27	1:14:15
12	Hermie	Fisher	Madiba Bay	42	1:15:57
13	Jennifer	Coppinger	Rhodes University	20	1:16:23
14	Lizette	Sydien	Temp	23	1:17:48
15	Madeleine	Fourie	Muirite Striders	32	1:18:23
16	Sime	Baynes	Body Concept	26	1:19:59
17	Willemien	Du Randt	Temp	35	1:20:27
18	Yolandie	Van Niekerk	Temp	36	1:20:36
19	Helen	McLean	Madiba Bay	49	1:21:18
20	Amanda	Pieterse	NMMU AC	32	1:21:23

40-44:

1	Buyelwa	Kobokana	Nedbank RC	44	1:12:49
2	Hermie	Fisher	Madiba Bay	42	1:15:57
3	Gail	Klichowicz	Achilles AAA	43	1:21:56

45-49:

1	Treloar	Childs	Spar Walmer AC	46	1:09:29
2	Helen	Mc Lean	Madiba Bay	49	1:21:18
3	Doris	Liberty	Elite AC	49	1:23:06

50-54:

1	Christine	Snyman	VWAC	53	1:26:45
2	Colleen	Muller	Spar Walmer AC	52	1:29:05
3	Lynette	Crause	Spar Walmer AC	50	1:30:35

55-59:

1	Jos	Els	Madiba Bay	57	1:44:20
2	Rina	Barnard	Elite AC	56	1:57:54
3	Carol	Nepgen	Kowie Striders	58	2:09:27

60-64:

1	Retha	Snyman	PEAAC	62	1:25:23
2	Marlene	Wiese	Kowie Striders	64	1:29:44
3	Helene	Oppel	Crusaders AC	60	1:30:27

70+:

1	Dorothy	Hart	PEAAC	72	1:34:16
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Juniors:

1	Cheri	Rademeyer	NMMU AC	18	1:12:58
2	Terray	Newcombe	Nedbank RC	19	1:21:54

Tuks Half Marathon & 10 km

Pretoria, 20 february

(Distances: 21.0975 km & 10 km; loop courses. Finishers: half marathon – 1550; 10 km – 1800.)

Half marathon**MEN**

1 Paul Kekana (RAC) 71:54; 2 Elias Mabane (Cabstrut) 73:23 (1st vet); 3 Greg Barnes (Irene) 74:29.

Veterans: 1 Elias Mabane (Cabstrut) 73:23. **Masters:** 1 Colin Fisher (CSIR) 87:39.

G'masters: 1 Mike du Bruto (Irene) 87:46. **G/g'masters:** 1 Ken Nurden (Agape) 1:43:43.

WOMEN

1 Gloria Baeba (Transnet) 86:16; 2 Juan-Marie Cooper (Khosa) 88:00 (1st jun); 3 Ansie Viljoen (Irene) 91:48.

Veterans: 1 Ansie Viljoen (Irene) 91:48. **Masters:** 1 Linda Potgieter (Magnolia) 1:41:13. **G'masters:** 1 Elaine Greenblatt (Rockies) 1:46:43. **Juniors:** 1 Juan-Marie Cooper (Khosa) 88:00.

10 km

MEN

1 Josua Sabao (ZIM/Mr Price) 30:09; 2 Nkosinoxolo Sonqibido (Transnet) 30:16; 3 Benedict Moeng (Transnet) 30:31.

Veterans: 1 Jackson Seanego (New Balance) 33:30. **Masters:** 1 John Grundy (Nedbank) 42:12. **G'masters:** 1 Pieter Rossouw (Enduro) 45:25. **G/g'masters:** 1 John McDonald (RAC) 50:12. **Juniors:** 1 Calev Kaz (Agape) 41:15.

WOMEN

1 Andrea Steyn (Temp) 36:16; 2 Mirriam Thole (MAW/Tuks) 36:28; 3 Loveness Madziva (ZIM/Nedbank) 36:34.

Veterans: 1 Antoinette Loock (Agape) 43:12. **Masters:** 1 Vera Nel (Medihelp) 53:10. **G'masters:** 1 Elsa Meyer 53:02. **G/g'masters:** 1 Marina Odendaal (Sol) 60:06. **Juniors:** 1 Nandi Phadywala (Mr Price) 37:19.

Kloppers Marathon (30th), Half Marathon & 10 km

Bloemfontein, 6 February

(Distances: 42.195 km, 21.0975 km & 10 km; loop courses. Finishers: marathon – 180; half marathon – 183; 10 km – 295.)

Note: The times in especially the half marathon and 10 km look quite fast (Chabeli Nyedimane's in the half marathon is a list leader), but unfortunately there aren't enough time comparisons available to make a proper Race Time Bias analysis (many of the athletes, eg. the female marathon winner, are quite unknown to DRR). The RTB for three athletes in the 10 km is -3.77 sec/km (below the maximum allowable of -5 sec/km). These times will therefore have to be accepted for statistical purposes. Note the return of SA marathon record holder Gert Thys, who has served out a doping suspension, in the half marathon. Thys tested positive for the prohibited substance Norandrosterone at the Seoul Marathon in Korea on 12 March 2006, which he won in 2:10:40. During his period of ineligibility Thys completed the mandatory four out-of-competition tests and all results were negative. The Seoul result is the only performance invalidated by his suspension. He set the still standing South African record of 2:06:33 in Tokyo in 1999. – Ed.

Marathon

MEN

1	S	Motsoeneng	Discovery	32	2:33:47
2	E	Motenekoane	Goldfields Fit College	25	2:37:16
3	A	Motsoeneng	Discovery	30	2:40:48
4	J	Motlhabani	SANDF FS	31	2:42:28
5	S	Mkhize	SANDF FS	36	2:43:09
6	G	Mkhojane	Black Mountain Harriers	26	2:43:31
7	T	van Streyid	Ind	31	2:43:55
8	M	Mokgati	Bft Achilles	35	2:44:49
9	M	Selete	Ind	26	2:45:51
10	R	Mkhi	Black Mountain Harriers	35	2:48:20

WOMEN

1	F	Mouka	SABS	39	3:12:56
2	CJ	van der Leek	Bft Achilles	39	3:29:06
3	C	van der Walt	Bft Achilles	50	3:45:56
4	M	Pappen	Bft Achilles	37	3:48:29
5	L	Potgieter	Bft Achilles	39	3:50:00
6	I	Enslin	Bft Achilles	37	3:52:24
7	A	Neetling	Bfn Striders	44	3:58:00
8	B	de Wet	Harrismith	39	3:58:11
9	E	de Klerk	Bft Achilles	52	4:00:05
10	H	Coetzer	Kimberley Harriers	30	4:09:49

Half marathon

MEN

1	Chabeli	Nyedimane	Transnet	25	1:03:15
2	Wilfred	Leeuw	Transnet	26	1:05:10
3	Gert	Thys	Ind	38	1:11:04
4	Mpho	Matsoso	Bft Achilles	35	1:12:04
5	Mpho J.	Martswa	SANDF	27	1:14:10
6	Mangalisi	Kleinbooi	Bft Achilles	24	1:15:28
7	Gerhard	Uys	Bft Achilles	28	1:21:09
8	Johannes	Baartman	Bft Achilles	42	1:21:21
9	Abram	Mpakanyane	Rutegang School	33	1:23:27
10	Sydney	Nuambule	SANDF	24	1:25:19

WOMEN

1	Paulina	Njeya	Bft Achilles	32	1:28:21
2	Marina	Olivier	Ind	31	1:33:37
3	Nelmare	Loubser	AFS	20	1:34:24
4	Hannelie	Stadler	Bft Achilles	50	1:40:06
5	Tharina	van Schalkwyk		30	1:43:52
6	Kyle	Burgess	Ind	24	1:45:00
7	Adele	van der Walt	Bft Achilles	49	1:46:00
8	Rozelle C.	Cloete	New Balance	41	1:46:08
9	Melanie	Patrick	Bloem Striders	21	1:47:36
10	Corlette	Neethling	Bft Achilles	48	1:48:26

10 km

MEN

1	S	Segoaba	Transnet	27	29:04
2	B	Sechaba*	LES/CADC	28	29:09
3	B	Ramolefi	CADC	18	29:15
4	T	Nyedimane	Transnet	22	29:25
5	T	Machelenyano	UFS	28	31:08
6	M	Mokgothu	Young Generation	24	31:44
7	B	Phalatsane	Bft Achilles	33	32:19
8	M	Thoro	UFS	24	32:21
9	T	Thekiso	Bft Achilles	37	33:48
10	S	Morapedi	Motheo	41	33:57

*) This could be the Lesotho runner Sechaba Bohosi.

WOMEN

1	M	Swanepoel	UFS	23	38:19
2	Y	van Vuurren	BMAC	33	45:32
3	D	Theron	New Balance Running Club	38	47:32
4	M	van der Watt		21	49:05

5	M	van Eeden	Bfn Striders	21	51:13
6	C	van Heerden		24	51:20
7	M	Mosia	NDNE	37	51:30
8	K	van der Merwe	Kby Pirates	32	52:32
9	J	Qmoai		26	53:19
10	M	Venter	Bft Achilles	44	53:20

AEL Mielie Marathon (32nd)

Welkom, 23 January

(Distance: 42.195 km; loop course. Finishers: 190.)

Note: These results are published as received; it is a great pity that some names are not complete, including the winner's. – Ed.

MEN

1	Eliot	?	Goldfields	25	2:30:10
2	Thato	Lephoto	LES/PRC	20	2:35:44
3	Malaka	Moeketsi	LES/PRC	30	2:36:36
4	Pule	Tyaoane		35	2:45:35
5	Samuel	Matsoso	Goldfields	44	2:46:55
6	?	Kali	Goldfields	40	2:49:44
7	?	Mosaia	LES/PRC		2:51:44
8	KP	Sethojane	Harmony		2:54:50
9	?	Tumahole	Harmony	37	2:57:07
10	Marius	Bester	Welkom Striders	29	2:57:09

WOMEN

1	Matrinta	Mota	LES/PRC	24	3:12:20
2	Berdine	Smit	Nedbank GN	45	3:14:18
3	Rita	van Wyk	Boksburg	46	3:45:08
4	Lydia	Makotoane		50	3:46:16
5	Malie	van der Walt	Arcelor Mittal	47	3:50:30
6	Elmien	Scott	Welkom Striders	32	3:51:48
7	Barbara	Pretorius	Harmony	46	3:59:38
8	Clasina	Britz	Harmony	43	4:00:36
9	Bri-anne	Masencamp	Riebeeckstad	44	4:02:33
10	Rozelle	Cloete	New Balance	41	4:02:46

CROSS-COUNTRY

KZNA Paarlauf

Westville, 19 February

MEN (8 km – 4x1 km x 2 athletes)

1.	Daryl Hefer & Duane Dicks	HV/WEST	26:43
2.	Jeff Speed & James Speed	HILTON	27:38
3.	Steve Muchna & Ross Mckechnie	PDAC/WEST	28:47
4.	Mike Sutton & Martin Birthwhistle	YWPAC	29:36
5.	Evin Banks & Brett Banks	IND	30:08

WOMEN (6 km – 3x1 km x 2 athletes)

1.	Pat Bahlman & Danelle Adlam	S-WIND/PDAC	20:34
2.	Janine Engels & Lise Muchna	PDAC	22:54
3.	Taryn Ford & Margaret Scharien	CHILTN	23:50
4.	Fiona Baldwin & Hillary O'Neil	PDAC	24:19

5. Zea Oosthuizen & Kerry Grenfell	STS	26:10
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MIXED TEAMS (8 km – 4x1 km x 2 athletes)

1. Brett Challenor & Jenna Challenor	Boxer A C	26:26
2. Janene Carey & Gary Babich	Boxer/Mr Price	28:30
3. Laurie Raubenheimer & Kim C Clarke	HILTON	29:47
4. Simon Collins & Kylie Griffin	WEST	29:50
5. Garth Hancock & Kalyan Porritt	YWPAC	30:54

TRACK

Yellow Pages Series Meeting #1

Port Elizabeth, 19 February

MEN

1 mile:

1. Windy Jonas 4:02.88
2. Pharson Magagane 4:04.65
3. Dean Brummer 4:07.50
4. Mthombisi Baloyi 4:09.07
5. Sajeesh Joseph (IND) 4:10.34
6. Marc Buccarazzi 4:11.39

3000 steeplechase:

1. Edwin Molepe 8:44.59
2. Thuso Phaswana 8:49.82
3. Sikhumbuzo Seme 9:08.67

5000:

1. Tshamano Setone 13:25.51
2. Elroy Gelant 13:25.88
3. Stephen Mokoka 13:27.22
4. Gladwin Mzazi 13:32.09
5. Lungisa Mdedelwa 13:32.70
6. Isaac Mbuyaze 13:35.55
7. Xolisa Tyali 13:43.42
8. Dumisane Hlaselo 13:48.68
9. Olebogeng Masire 13:54.10
10. Boy Soke 13:54.11
11. Kgosi Tsosane 13:54.46
12. Ramolifi Motsieloa (LES) 13:56.65
13. Rodney Prins 13:58.92
14. Sibusiso Nzima 13:59.01
15. Siyabonga Nkonde 14:11.31

WOMEN

3000 steeplechase:

1. Tebogo Masehla 10:10.14
2. Myrette Filmalter 10:31.51
3. Nolene Conrad 10:47.01
4. Christine Kalmer 11:01.17
5. Destiny Titus 11:44.27

5000:

1. Lebo Phalula 15:48.45
2. Lebogang Phalula 16:06.14

3. Irvette van Blerk 16:26.13
4. Ntombesintu Ntshiliza 16:37.30
5. Ronel Thomas 16:46.82
6. Catherine Skosana 16:57.30
7. Marelize Retief 17:04.25
8. Deliwe Nyanga 18:06.17

Central Gauteng Championships

Germiston, 13 February
(Hand times)

MEN

800: 1 Folavio Sehohle 1:49.1; 1500: 1 Isaac Mbuyaza 3:45.1; 5000: 1 Tshamano Setone 13:54.3; 3000 s/chase: 1 Thuso Phaswane 9:23.6.

WOMEN

1500: 1 Lebogang Phalula 4:32.4, 2 Maxine Heine-Wacker 4:45.6.

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 Popular de Valencia (30th)

Valencia, ESP, 21 February
(Distance: 42.195 km)

MEN

1. David Njagi, KEN 2:09:45 PB/ACR 2000 + 3000 euro
2. Joseph Langat, KEN 2:10:24 PB 1200
3. Ben Kimutai Kimwole, KEN 2:10:30 PB 600

WOMEN

1. Gladys Chebet, KEN 2:42:06 PB 1000* euro

Medio Maratón Guadalajara (24th)

Guadalajara, MEX, 21 February
(Distance: 21.1 km)

MEN (gun times)

1. Julius Kipyego Ketter, KEN 1:02:56 MXN 55,000 (=USD 4300)
3. Shadrack Kipkorir Kiyai, KEN 1:02:59 40,000
3. Juan Luis Barrios, MEX 1:03:21 25,000 + 45,000^

^) Earned Mexican citizen prize money

WOMEN

1. Alene Shewarge Amara, ETH 1:15:26 MXN 55,000 (=USD 4300)
2. Rahab Ndungu, KEN 1:15:59 40,000
3. Janet Jelagat Rono, KEN 1:16:15 25,000

RAK Half Marathon (4th)

Ras Al Khaimah, UAE, 19 February

(Distance: 21.1 km; IAAF certified loop course)

MEN

1. Geoffrey Mutai, KEN	59:43	\$20,000
2. Tadese Tola, KEN	59:49 PB	10,000
3. Titus Masai, KEN	59:51 PB	7,000
4. Getu Feleke, ETH	59:56 PB	5,000
5. Jairus Chanchima, KEN	1:00:31	4,000
6. Stephen Kibiwott, KEN	1:00:38	3,000
7. Josphat Ndambiri Muchiri, KEN	1:01:07 PB	2,000
8. Willy Mwangi, KEN	1:01:21	1,500
9. John Kiprotich, KEN	1:01:41	1,000
10. Fabiano Joseph, TAN	1:01:43	500
Deriba Merga, ETH	DNF (about 18 km)	

WOMEN

1. Elvan Abeylegesse, TUR	1:07:07 DB/NR/CR*	\$20,000 + 5,000*
2. Mare Dibaba, ETH	1:07:13 NR	10,000
3. Aselefech Mergia, ETH	1:07:22 PB	7,000
4. Teyba Erkesso, ETH	1:07:41 PB	5,000
5. Dire Tune, ETH	1:07:58	4,000
6. Atsede Habtamu, ETH	1:08:30	3,000
7. Hilda Kibet, NED	1:08:39 PB	2,000
8. Agnes Kiprop, KEN	1:08:48 PB	1,500
9. Koren Jejela, ETH	1:10:52 PB	1,000
10. Magdalena Mukunzu, KEN	1:11:11	500

CROSS-COUNTRY**KCB Nairobi International Cross-country**

(Kenyan Cross-country Championships and World Team Trials)

Nairobi, KEN, 20 February

SR. MEN (12 km)

1. Paul Tanui, Nyanza South, 35:12.5
2. Lucas Rotich, Individual, 35:42.7
3. Joseph Ebuya, Individual, 35:44.8
4. Hosea Macharinyang, Nairobi, 35:47.4
5. Leonard Komon, Nairobi, 35:56.2
6. Richard Mateelong, Kenya Police, 35:58.0
7. Bernard Kipyego, Individual, 35:59.0
8. John Thuo, Individual, 35:59.7
9. Vincent Kiprop, Armed Forces, 36:04.5
10. Julius Kogo, Individual, 36:05.7

SR. WOMEN (8 km)

1. Linet Masai, Kenya Police, 26:43.0
2. Lineth Chepkurui, Armed Forces, 27:03.5
3. Margaret Wangare, Kenya Police, 27:05.8
4. Emily C. Muge, South Rift, 27:06.6
5. Monica Wangari, Central, 27:13.2
6. Ann Wanjiru, Central, 27:14.4
7. Esther Chemtai, Nairobi, 27:17.0
8. Pamela Lisoreng, Kenya Police, 27:21.0

9. Veronica Nyaruai, Armed Forces, 27:26.2
10. Edna Kiplagat, Kenya Police, 27:27.7

JR. MEN (8 km)

1. Charles Chebet, Individual, 23:38.0
2. Paul Mutoero, Central, 23:40.8
3. Caleb Mwangangi, Southern, 23:42.4
4. Japhet Korir, South Rift, 23:48.5
5. Gideon Kipketer, North Rift, 23:52.6
6. Isaiah Kiplangat, Nairobi, 23:54.6
7. Clement Lagat, North Rift, 23:56.1
8. David Bett, South Rift, 24:06.5
9. John Koech Chepkwony, Nairobi, 24:07.4
10. Aden Dubow, North Eastern, 24:08.6

JR. WOMEN (6 km)

1. Nelly Chebet, Nairobi, 20:12.7
2. Purity Cherotich, North Rift, 20:13.6
3. Faith Chepngetich, South Rift, 20:25.6
4. Mercy Cherono, South Rift, 20:21.6
5. Alice Aprot, North Rift, 20:24.6
6. Esther Chemtai, Nairobi, 20:32.5
7. Gladys Chesir, North Rift, 20:35.5
8. Janet Kisa, Western, 20:39,
9. Nancy Chepkemai, Western, 20:39.8
10. Caroline Chepkoech, South Rift, 20:48.5

INDOOR TRACK

Aviva Indoor Grand Prix

Birmingham, GBR, 20 February

MEN

800:

- | | |
|----------------------------|------------|
| 1. Marcin Lewandowski, POL | 1:47.50 |
| 2. Richard Kiplagat, KEN | 1:47.55 |
| 3. Andrew Osagie, GBR | 1:47.71 PB |
| 4. Lukas Rifesar, ITA | 1:47.94 |
| 5. Ed Aston, GBR | 1:48.24 PB |

1500:

- | | |
|--------------------------------------|-------------|
| 1. Deresse Mekonnen, ETH | 3:33.10 SR* |
| 2. Augustine Choge, KEN | 3:33.74 PB |
| 3. Gideon Gathimba, KEN | 3:35.40 PB |
| 4. Bernard Lagat, USA | 3:35.49 SB |
| 5. Nick Willis, NZL | 3:35.80 NR |
| ... 9. Peter Van Der Westhuizen, RSA | 3:42.38 PB |

*) 5th best 1500 indoor mark of all time

3000:

- | | |
|----------------------------|------------|
| 1. Sammy Mutahi, KEN | 7:44.58 |
| 2. Dejene Gebremeskel, ETH | 7:45.42 PB |
| 3. Saif Saeed Shaheen, QAT | 7:46.97 |
| 4. Brimin Kipruto, KEN | 7:47.61 |
| 5. Andy Vernon, GBR | 7:49.84 PB |

WOMEN

800:

- | | |
|-------------------------|------------|
| 1. Jenny Meadows, GBR | 1:59.11 NR |
| 2. Yuliya Krevsun, UKR | 2:00.36 PB |
| 3. Vicky Griffiths, GBR | 2:02.44 SB |
| 4. Daniela Reina, ITA | 2:03.67 PB |
| 5. Lenka Masna, CZE | 2:04.61 |

Mile:

- | | |
|---------------------------------|------------|
| 1. Gelete Burka, ETH | 4:23.53 SR |
| 2. Kalkidan Gezahegn, 1991, ETH | 4:24.10 PB |
| 3. Maryam Yusuf Jamal, BRN | 4:24.71 PB |
| 4. Sylwia Ejdys, POL | 4:27.75 PB |
| 5. Ingvill Måkestad NOR | 4:28.49 NR |
| ... 7. Helen Clitheroe, GBR | 4:29.46 PB |

Hand times at 1500 m:

1. Burka 4:06.9 (cell 4:06.97)
2. Jamal 4:07.4
3. Gezahegn 4:07.6
4. Ejdys 4:10.0
5. Frankiewicz 4:10.7

2 miles:

- | | |
|-------------------------|------------|
| 1. Tirunesh Dibaba, ETH | 9:12.23 SR |
| 2. Vivian Cheriyot, KEN | 9:12.35 PB |
| 3. Sentayehu Ejigu, ETH | 9:12.68 PB |
| 4. Jessica Augusto, POR | 9:19.39 NR |
| 5. Lidia Chojecka, POL | 9:31.68 NR |

Official hand times at 3000 m:

1. Dibaba 8:40.3
2. Ejigu 8:40.6
3. Cheruiyot 8:41.0
4. Augusto 8:42.2
5. Herzog 8:53.8
6. Chojecka 8:54.4

Intermediate times for Dibaba:

- 440 y 69.5
 880 y 2:18.3 (68.9)
 1320 y 3:29.0 (70.7)
 1 mile 4:41.2 (72.2) – Cheruiyot led c 4:41
 1.25 miles 5:50.9 (69.7)
 1.5 miles 7:01.5 (70.6)
 1.75 miles 8:10.7 (69.2)
 2 miles 9:12.3 (61.6)
-

TRAINING**NIKE'S OREGON RUNNING PROJECT HAS *EVERYTHING***

By Bobby McGee

I recently had the pleasure of visiting with Alberto Salazar and Darren Treasure in Beaverton, Oregon, where they run the Nike Oregon Running Project on the incredible Nike

Campus. We enjoyed such an amazing insider's view that we had to sign non-disclosure agreements in case we spotted something secret they were working on and stole the idea! They can construct an entire running shoe, from start to finish, on the campus; they have heat chambers, Alter G treadmills, pressure plates, indoor tracks, high speed film – you name it, they have it.

The Nike people have assembled what is probably the greatest group of distance runners ever in the USA under one roof – athlete like Amy Begley, Alan Webb, Dathan Ritzenhein, Galen Rupp, Matt Tegenkamp, Adam and Kara Goucher, to name a few.

They have split the group into two parts as I understand it; the one half trains in the traditional fashion and the other makes use of every subsidiary component you can think of. They employ Michael Johnson's organization to assess biomechanics and then prescribe routines based on these assessed needs. These routines are carefully applied and monitored by Alberto's son, who is an expert in this field.

As an example, I watched as Rupp showed up at a grass soccer field on the Nike campus and ran a controlled 6.4 km on a loop of 1/3 mile long. He usually runs this at 3:03/km for the first mile and cuts it down by 5 sec per mile each mile – ending with a 2:54/km pace last mile. This looked very comfortable to me. He then ran a bunch of quick 150s (also on the grass) and then moved onto a comprehensive set of plyometric drills (for about 35 min) before going into the weight room and performing a complex weight routine. This was an easy day, as he was going to an indoor track in four days to do a session to get used to the boards. He runs about 150 km per week currently. His sub-4 mile & sub-8 3000 m in the same meet and then a 13:14.21 indoor 5000 m a few weeks later showed what this form added up to.

Ritzenhein had dinner with us and I asked him to run me through his 12:56.27 US record which he said was a long time coming. He said he'd broken down too much with his previous coach, while Salazar increased the recovery and generally reduced the peak stress of individual workouts which allowed him to accumulate more training in the long haul.

The approach seems quite classical, but there is a sense of urgency – if they don't medal in the distances in London, the program is in jeopardy. They seemed open to any and all questions. As usual with any successful program, it seemed as if concerted hard work, long-term vision and daily commitment to the process, with the prerequisite attention to detail, were the only secrets.

Added to having EVERYTHING they need in one place on the Nike Campus and a budget large enough to run a small country, they also all live for 18 hours a day in altitude houses that are set up at around 8500 ft.

The athletes seem calm, relaxed and focused.

Interestingly, Salazar likes them to end each day in the water for both the active recovery benefits and range of motion work. It is no longer core work, but multi-planar broad-range athletic movement and conditioning work, and then narrow sport specific work.

The above is just a quick insight into how things can get done when the focus is on performance. I saw no athlete with more talent than we have back home in South Africa – not a one! I sure hope we figure it out sooner rather than later ...

STATS TIME

This week's list shows the world's top twenty women over 50 km in 2009, led by Riana van Niekerk. There are three South Africans on the list, compiled by Franco Anichini. Note that the Loskop race in Middelburg is extremely aided (it drops 10.9 m/km from start to finish). Further ultra lists will follow in the next few weeks.

2009 50 KM: WORLD'S TOP 20 WOMEN

3:27:30	Riana van Niekerk	RSA	1	Hartbeespoort	21 Mar
3:28:35	Maria dos Remedios Castro	BRA	1	Rio Grande	15 Feb
3:29:20	Kami Semick	USA	1	Caumsett Park	01 Mar

3:30:09A	Chiyedza Chokore	ZIM	1	Middelburg	18 Apr
3:31:04A	Mamorallo Tjoka	LES	1	Centurion	27 Sep
3:31:41	Monica Carlin	ITA	1	Castelbolognese	25 Apr
3:34:45	Julie Spencer	USA	1	Madison	04 Apr
3:35:22	Denise Paiva Lucas Campos	BRA	2	Rio Grande	15 Feb
3:36:35	Walquiria Milaine Martins	BRA	3	Rio Grande	15 Feb
3:38:23	Lesley Train	RSA	3	Gibraltar	31 Oct
3:38:25	Mai Fujisawa	JPN	1	Tokyo	12 Sep
3:39:00	Verity Tolhurst	AUS	1	Canberra	19 Apr
3:39:47	Carolyn Smith	USA	2	Madison	04 Apr
3:40:16	Samukeliso Moyo	ZIM	3	Centurion	27 Sep
3:41:11	Heather Foundling Hawker	GBR	1	Gloucester	25 Jan
3:41:21	Jill Perry	USA	2	Caumsett Park	01 Mar
3:42:05	Marija Vrajic	CRO	2	Castelbolognese	25 Apr
3:42:33A	Anita O'Brien	RSA	3	Middelburg	18 Apr
3:43:01	Daniela Da Forno	ITA	3	Castelbolognese	25 Apr
3:43:49	Emma Gooderham	GBR	1	Bodington	14 May

THIS MONTH IN HISTORY

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

60 years ago: 11 February 1950

South African marathoners had a magnificent record in the early years of the Commonwealth Games, with Johannes Coleman winning the title in 1938. On this day in Auckland, in the first Games since 1938, Sydney Luyt added to the tradition with an excellent second behind favourite Jack Holden (ENG). Luyt finished in 2:37:02.2 after he had ensured his trip to New Zealand the previous year with a win in the SA Marathon, beating Coleman, and then another victory in the Empire Games Trial in Paarl. Among the runners behind Luyt in Auckland was one Arthur Lydiard (twelfth in 2:54:51.6), who would later become a world-renowned coach. Luyt's time was the fastest by a South African for the year. (The meeting, originally called the British Empire Games, became known as the British Commonwealth Games in 1970.)

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
	28:40	Gladwin Mzazi (RSA)		
	27:01	Micah Kogo (KEN) 2009		
15 km	45:55	George Ntshiliza	Despatch	20 Feb
	44:46a	James Carney (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	63:15	Chabeli Nyedimane	Bloemfontein	06 Feb
	59:18	Tilahun Regassa (ETH)		
	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	2:22:17	Joseph Mphuthi	Sasolburg	06 Feb
	2:06:09	Haile Gebrselassie (ETH)		
	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	60:50	Tamsanqa Jusayi	Despatch	20 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		

WOMENOpen

10 km	36:22	Ntombesintu Ntshiliza	Port Elizabeth	13 Feb
	32:50	Shino Saito (JPN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	56:45	Ntombesintu Ntshiliza	Jeffreys Bay	02 Jan
	51:05a	Janet Cherobon (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	77:36	Irvette van Blerk	Benoni	31 Jan
	67:14	Mary Keitany (KEN)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:36:29	René Kalmer	Johannesburg	24 Jan
	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	2:55:52	Adinda Kruger	Sasolburg	06 Feb
	2:23:53	Teyiba Erkiso (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	39:59	Elmarie Coetzee	Brackenfell	20 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	63:25	Sheryl de Lange	Durbanville	27 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	84:53	Joanna Thomas	Tokai	06 Feb
	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	3:08:45	Lindsay van Aswegen	Sasolburg	06 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:24	Marietjie Ceronio	Sasolburg	06 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:37	Margie Saunders	Port Elizabeth	06 Feb
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:40:06	Hannelie Stadler	Bloemfontein	06 Feb
	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	3:31:31	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				
<u>Juniors</u>				
10 km	37:19	Nandi Phadywala	Pretoria	20 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:13	Ida Phorisa	Krugersdorp	13 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	88:00	Juan-Marie Cooper	Pretoria	20 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Chamberlain's Timekeeping, André Pienaar, Irene & Jan van Eeden, Paul Barnes, Bloemfontein Achilles, Vreni Welch, Gert le Roux, Athletics South Africa

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