

# Distance Running Results

Vol. 10, No. 8 – 2 March 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

This issue includes results of three of South Africa's oldest marathons, the BDO Peninsula (43 runnings), the Old Mutual Buffs (37) and Delotte Pretoria (37), as well as those of one of the oldest ultras, the Algoa Bus Bay Ultra 50 km in Port Elizabeth (28). Another marathon, the Postnet Pietermaritzburg Marathon, and its accompanying half marathon produced five list leaders. The Koeberg 15 km gave us four list leaders.

In the second Yellow Pages Series Meeting in Durban good wins were scored by world 800-metre champion Mbulaeni Mulaudzi, in his secondary event, Ruben Ramolefi and René Kalmer.

The Oudtshoorn Athletics Club has decided to cancel its KKNK (Klein Karoo Nasionale Kunstefees) Half Marathon, scheduled for 10 April.

Riël Hauman

---

## INCLUDED IN THIS ISSUE:

- \* Postnet Pietermaritzburg Marathon & Half Marathon, Pietermaritzburg
- \* Algoa Bus Bay Ultra 50 km, Port Elizabeth
- \* Old Mutual Buffs Marathon, Macleantown to East London
- \* Deloitte Pretoria Marathon, Half Marathon & 10 km, Pretoria
- \* Vryheid Half Marathon & 10 km, Vryheid
- \* Koeberg 15 km, Duynfontein
- \* Breede River Challenge Half Marathon & 10 km, Bonnievale
- \* BDO Peninsula Marathon & Half Marathon, Simon's Town
- \* Kingswood Women's Race, George
- \* 27 for Freedom, Drakenstein
- \* Track: Yellow Pages Series Meeting #2, Durban

## International highlights:

- \* World's Best 10 km, San Juan, PUR
  - \* Tokyo Marathon, Tokyo, JPN
  - \* Rock 'n' Roll Mardi Gras Marathon & Half Marathon, New Orleans, USA
  - \* Maratonina Roma-Ostia, Roma to Ostia, ITA
  - \* Indoor track: USA Indoor Championships, Albuquerque, USA; Mountain Pacific Sports Federation (MPSF) Indoor Championships, Seattle; USA Mountain West Indoor Championships, Albuquerque, USA; South Eastern Conference (SEC) Indoor Championships, Fayetteville, USA
-

## ROAD RUNNING

### Postnet Pietermaritzburg Marathon & Half Marathon

(KZN Marathon Championships)

Pietermaritzburg, 28 February

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

#### Marathon

MEN

1. Samuel Pazanga (ZIM/MP) 2:22:35; 2. Professor Mollen (ZIM/MP) 2:22:45; 3. Bongani Msimango (Boxer) 2:30:19.

**40-49:** 1. Enoch Ngubane (MP) 2:41:33; 2. Siphwe Ntentesa (Toy) 2:44:55; 3. Richard Dlamini (Boxer) 2:47:45. **50-59:** 1. Nicholas Dlamini (Boxer) 2:56:12; 2. Joseph Dumakude (Verulam) 3:04:25; 3. Barlan Govender (Chats) 3:07:15. **60+:** 1. Michael Langa (AN) 3:16:27; 2. Rob Edouard-Betsy (YWP) 3:22:56; 3. Petros Shumi (Zaba) 3:38:28.

WOMEN

1. Melanie van Rooyen (RBAC) 3:01:42; 2. Carol Mercer (Ned) 3:02:42; 3. Lauren Dougall (MP) 3:08:40.

**40-49:** 1. Carol Mercer (Ned) 3:02:42; 2. Maya Lawrie (Ind) 3:10:53; 3. Rentia Denissen (West) 3:22:19. **50-59:** 1. Wendy Fitzmaurice (West) 3:29:19; 2. Christine Harris (HH) 3:37:17; 3. Natalie Sanders (Four) 3:45:52. **60+:** 1. Dixie Brown (EAC) 4:21:42; 2. Pamela Osborn (AN) 4:31:52; 3. Aletta Engelbrecht (SCS) 4:34:55.

#### Half marathon

MEN

1. Sibonelo Duma (Boxer) 69:03; 2. Khulekani Ngubane (CH) 69:37; 3. Thembinkosi Maphalala (KZN Stri) 72:17.

**40-49:** 1. Gary Babich (MP) 90:46; 2. Jerome Mene (SAPS) 96:33; 3. Steven Ngubane (SAPS) 96:52. **50-59:** 1. Eloi de Oliveira (Boxer) 77:31; 2. Jeremiah Ngwenya (Boxer) 88:07; 3. Glenn le Roux (YWP) 95:40. **60+:** 1. Graham Taylor (Saints) 1:47:04; 2. Raymond Meyer (Sav) 1:52:49; 3. Jan Landman (PDAC) 1:56:00. **Juniors:** 1. Philani Ngcobo (CH) 72:38; 2. Thembalethu Xesibe (Ned) 75:31; 3. Wandile Zungu (KZN Str) 84:43.

WOMEN

1. Danielle Adlam (Boxer) 80:31; 2. Janene Carey (Boxer) 88:26; 3. Kristen Williams (NU) 91:39.

**40-49:** 1. Belinda Saunders (CH) 1:43:09; 2. Lauren de Scally (Howick) 1:44:35; 3. Maria Waring (Legends) 1:47:58. **50-59:** 1. Sandra Fisser (HH) 1:39:41; 2. Debby de Koning (Eskom) 1:42:43; 3. Jane Dickinson (RWFL) 1:46:29. **60+:** 1. Gill Tregenna (West) 1:59:51; 2. Judy Conlin (Harl) 2:41:50; 3. Barbara Brandjes (HV) 2:48:04.

### Algoa Bus Bay Ultra 50 km (28<sup>th</sup>)

Port Elizabeth, 27 February

(Loop course. Finishers: 378)

MEN

1	Wayne	Gallant	Mr Price PE	35	2:52:24
2	Eric	Sigxashe	Mr Price PE	31	3:04:13

3	Christopher	Mabengeza (1 <sup>st</sup> vet)	Nedbank RC	43	3:05:21
4	Zolile	Mhlahlo	Triangle Sports	35	3:11:02
5	Deon	Appollis	Temp	30	3:16:35
6	Alfred	Qogi	Nedbank RC	36	3:17:40
7	Errol	Koert	Triangle Sports	33	3:19:42
8	Emerson	Kayana	Nedbank RC	36	3:20:18
9	Mutekile	Rasmeni	Triangle Sports	45	3:20:56
10	Thembinkosi	Ndyogolo	Nedbank RC	41	3:22:56
11	Darrell	Wicht	Triangle Sports	46	3:23:57
12	Thobile	Xata	Nedbank RC	35	3:25:44
13	Thembekile	Msipa	Charlo RR	35	3:27:29
14	Mpumelelo	Ndlumbini	Nedbank RC	34	3:31:33
15	Mongezi	Mboya	PEAAC	32	3:32:06
16	Nkosinathi	Gcakasi	Bluewater Bay	39	3:33:12
17	Mzamo	Fokwana	Charlo RR	32	3:36:29
18	Colben	Ngcupe	Nedbank RC	46	3:36:48
19	Johannes	Jonck	St Albans CSEP	36	3:38:11
20	Thanduxolo	Bongwa	Jeffreys Bay	24	3:38:38

**40-44:**

1	Christopher	Mabengeza	Nedbank RC	43	3:05:21
2	Thembinkosi	Ndyogolo	Nedbank RC	41	3:22:56
3	Marius	Stander	Achilles AAA	42	3:38:49

**45-49:**

1	Mutekile	Rasmeni	Triangle Sports	45	3:20:56
2	Darrell	Wicht	Triangle Sports	46	3:23:57
3	Colben	Ngcupe	Nedbank RC	46	3:36:48

**50-54:**

1	Sidwel	Roboshi	Nedbank RC	50	3:50:17
2	Andre	Willemse	Elite AC	51	3:56:34
3	Charles	Baatjies	Elite AC	53	3:57:54

**55-59:**

1	Richard	Weatherall-Thomas	PEAAC	59	4:32:40
2	Colin	Parkins	Bluewater Bay	56	4:34:22
3	Roger	Trader	Achilles AAA	56	4:35:22

**60-64:**

1	Percy	Dalton	Achilles AAA	61	4:28:41
2	Cilliers	Swart	Nedbank RC	63	4:40:49
3	David	Uithaler	Willard Batt	63	4:53:29

**65-69:**

1	Tamsanqa	Jusayi	Mr Price PE	67	4:18:20
2	Herman	Dekker	SAP MC EP	65	5:44:39
3	Robin	Clark	Achilles AAA	69	6:18:12

**WOMEN**

1	Celeste	Swart (1 <sup>st</sup> vet)	Nedbank RC	41	3:51:29
2	Christine	Claasen	Achilles AAA	45	3:59:01
3	Paulina	Nteya	Nedbank RC FSA	32	4:03:56
4	Jane	Barnardo	Body Concept	35	4:04:32
5	Gail	Langley	Buffalo RR	41	4:10:47
6	Jene	Banfield	RFLG	39	4:13:13
7	Michelle	Sivewright	Triangle Sports	41	4:19:30
8	Elmarie	Bezuidenhout	Charlo RR	28	4:27:23
9	Priscilla	Maleiba	Cadbury AC	39	4:27:49
10	Buyelwa	Kobokana	Nedbank RC	45	4:28:55
11	Lesley	Wood (1 <sup>st</sup> mast)	Achilles AAA	52	4:31:00
12	Rethie	Cumming	Bo-Karoo MC	39	4:31:56

13	Mary Grace	Villanueva	Achilles AAA	34	4:34:44
14	Janine	Papenhuijzen	Achilles AAA	30	4:36:38
15	Claire	Nagel	Elite AC	45	4:37:35
16	Janette	Schierz-Crusius	Body Concept	49	4:42:29
17	Joy Anne	Pregalato	Achilles AAA	39	4:45:43
18	Annelie	Nel	Legacy AC	35	4:48:07
19	Lindy	Kretzmann	Charlo RR	33	4:54:26
20	Jacqui	Van der Vyver	Elite AC	41	4:55:18

**40-44:**

1	Celeste	Swart	Nedbank RC	41	3:51:29
2	Gail	Langley	Buffalo RR	41	4:10:47
3	Michelle	Sivewright	Triangle Sports	41	4:19:30

**45-49:**

1	Christine	Claasen	Achilles AAA	45	3:59:01
2	Buyelwa	Kobokana	Nedbank RC	45	4:28:55
3	Claire	Nagel	Elite AC	45	4:37:35

**50-54:**

1	Lesley	Wood	Achilles AAA	52	4:31:00
2	Christine	Snyman	VWAC	53	5:23:37
3	Noleen	Norris	Cadbury AC	52	5:35:21

**55-59:**

1	Jacomina	Linstrom	Rand Ath Club	56	5:10:25
2	Rieve	Geuens	FitCGA	57	6:13:12

**60-64:**

1	Liz	Grundlingh	Muirite Strider	63	5:16:00
---	-----	------------	-----------------	----	---------

**Old Mutual Buffs Marathon (37<sup>th</sup>)**

Macleantown to East London, 27 February

(Distance: 42.195 km; point-to-point downhill course, dropping approx. 9.5 m/km from start to finish. Finishers: 598.)

**MEN**

1	Prodigal	Kumalo	ZIM/MPKZN	27	2:20:13
2	Sibongiseni	Magwaca	Siyanda	23	2:25:51
3	Melikhaya	Sithuba	Mr Price PE	26	2:28:56
4	Mzuvelile	Hlanti	Nxarhuni	29	2:29:37
5	Mziwonke	Ngwendu	Amahala	21	2:35:06
6	Simphiwe	Tana	Nedbank RC	30	2:35:22
7	Mbuyiseli	Mema	Nedbank RC	32	2:36:53
8	Tapiwa	Hlanganiso	Amahala	35	2:37:47
9	Luvuyo	Stephen	Nedbank RC	39	2:38:09
10	Xolani	Nonabe	Temp	27	2:38:19
11	Makaya	Masumpa (1 <sup>st</sup> vet)	Oxford Striders	43	2:39:08
12	Carriot	Galela	RFLG	40	2:43:24
13	M	Smile	Mr Price Tra	27	2:44:02
14	Desmond	Witbooi	Nedbank RC	38	2:44:23
15	Zakuthini	Rethu	Queenstown Harr	38	2:45:25
16	Simo	Simatu	Mr Price Tra	30	2:46:29
17	Babalo	Mpumlwana	Durban AC	35	2:46:43
18	Raymond	De Klerk	Oxford Striders	24	2:46:52
19	Ntsikelelo	Kewuti	Siyanda	32	2:47:55
20	Dumisani	Sipamla	Hams Tech AC	39	2:48:09

**40-44:**

1	Makaya	Masumpa	Oxford Striders	43	2:39:08
---	--------	---------	-----------------	----	---------

2	Carriot	Galela	RFLG	40	2:43:24
3	Hayden	Wood	Oxford Striders	44	2:49:48
<b>45-49:</b>					
1	Michael	De Villiers	MPKZN	47	2:49:28
2	Nkosana	Mpolweni	Real Gijimas	46	2:57:29
3	Zwelakhe	Kutta	Wicks AC	48	3:04:12
<b>50-54:</b>					
1	Cyril	Niit	Triangle Sports	50	2:57:09
2	Matthews	Novokoza	CS Transkei	54	2:58:53
3	Vuyani	Maso	Cheetahs	51	3:04:07
<b>55-59:</b>					
1	Graham	Kumm	Oxford Striders	55	3:23:48
2	Andre	Pentz	Real Gijimas	59	3:43:30
3	Donald	Mancasa	Triangle Sports	55	3:44:32
<b>60-64:</b>					
1	Simon	Mokone	Nedbank Bfn Ach	62	3:10:22
2	Sindile	Tshaka	Oxford Striders	60	3:27:58
3	Paulus	Mpo	Nedbank Bfn Ach	61	3:31:43
<b>65-69:</b>					
1	Fred	Moodley	Gem Sport AC	69	4:49:30
2	Piet	Scholtz	Queenstown Harr	65	5:41:17
<b>70+:</b>					
1	Brian	De Beyer	Buffalo RR	72	5:10:28
<b>WOMEN</b>					
1	Xoliswa	Bici	Nedbank RC AGN	30	3:01:22
2	Lauren	Calenborne	Westville AC	36	3:13:55
3	Tammy	Kelly (1 <sup>st</sup> vet)	Oxford Striders	42	3:17:30
4	Charlene	Kennedy	Old Selbornian	36	3:19:56
5	Stephanie	Ackermann	Oxford Striders	24	3:22:11
6	Renette	Kriel	Old Selbornian	45	3:22:54
7	Sucille	Pieters	SANDF FS	32	3:23:37
8	Tammy	Dennill	Westville AC	44	3:27:28
9	Sonia	Landman	Oxford Striders	38	3:27:52
10	Sandy	De Beer	SANDF KZN	40	3:28:30
11	Andrea	Williams	Old Selbornian	27	3:28:58
12	Nosisa	Soqhaga	Siyanda	34	3:31:44
13	Vicki	Bottcher	Oxford Striders	37	3:32:43
14	Adele	Van der Walt	Nedbank Bfn Ach	49	3:35:35
15	Monika	Seele	Gonubie Harrier	27	3:36:28
16	Lindsey	Watkeys (1 <sup>st</sup> mast)	Westville AC	52	3:36:42
17	Hayley	Mclaren	Living Fee	32	3:39:47
18	Ruth	Gray	Kearsney Strid	33	3:41:37
19	Madeleine	Pieterse	Nedbank Bfn Ach	41	3:47:39
20	Catherine	Roberts	Queensburgh Har	36	3:48:24
<b>40-44:</b>					
1	Tammy	Kelly	Oxford Striders	42	3:17:30
2	Tammy	Dennill	Westville AC	44	3:27:28
3	Sandy	De Beer	SANDF KZN	40	3:28:30
<b>45-49:</b>					
1	Renette	Kriel	Old Selbornian	45	3:22:54
2	Adele	Van der Walt	Nedbank Bfn Ach	49	3:35:35
3	Helouise	Botha	Gonubie Harrier	45	3:56:23
<b>50-54:</b>					
1	Lindsey	Watkeys	Westville AC	52	3:36:42
2	Teresa	Scott	Pinetown & Dist	52	3:48:53

3	Maureen	Pitt	Oxford Striders	51	3:54:17
<b>55-59:</b>					
1	Denise	Reynecke	Queensburgh Har	56	4:14:03
2	Irma	Stephens	Eskom Gijimas A	57	4:22:04
3	Jenny	Abrams	Eskom Gijimas A	57	4:55:38
<b>60-64:</b>					
1	Lynda	Bell	Queensburgh Har	60	4:07:48
2	Stephanie	Carlton-Shields	Pinetown & Dist	62	4:33:17
3	Ivy	Lottering	Wings AC	64	5:39:42
<b>65-69:</b>					
1	Willemien	Smuts	Nedbank Bfn Ach	68	4:07:25
2	Elizabeth	Manall	Pinetown & Dist	66	5:00:49

### **Deloitte Pretoria Marathon (37<sup>th</sup>), Half Marathon & 10 km**

Pretoria, 27 February

(Distances: 42.195 km, 21.0975 km & 10 km; loop courses. Finishers: marathon – 2069; half marathon – 2230; 10 km – 1850.)

#### **Marathon**

##### **MEN**

1 Siphoncube (ZIM/Mr Price) 2:28:39; 2 David Adoro (LES/Matela) 2:28:49; 3 Siphon Maisela (Nedbank) 2:29:00; 4 Sivuyile Ndwembini (Anmar BRS Striders) 2:30:40; 5 Doctor Mtsweni (Anmar BRS Striders) 2:31:47; 6 Josiah Thugwane (Nedbank) 2:36:15; 7 Victor Mntambo (Nedbank) 2:40:23; 8 Sam Bolo (BCC) 2:40:44; 9 Gideon Mafakane (New Balance) 2:42:23; 10 Siphon Dlamini (New Balance) 2:42:26.

**Veterans:** 1 Reuben Setumu (Running Inn) 2:45:00; 2 Tichere Xaba (SAPS) 2:48:31; 3 Jacob Mazibuko (Temp) 2:56:14. **Masters:** 1 Aubrey Watson (New Balance) 2:58:27; 2 Marius Carstens (Alberton) 3:12:50. **G'masters:** 1 Daniel Hlongwane (Nedbank) 3:15:56. **G/g'masters:** 1 Dion Heigers (ACRW) 5:02:00.

##### **WOMEN**

1 Lizzy Chokore (ZIM/Mr Price) 2:56:28; 2 Louisa Leballo (Gauteng Striders) 2:56:54; 3 Riana van Niekerk (Mr Price) 2:59:44; 4 Adinda Kruger (Nedbank) 3:06:34; 5 Tshifhiwa Mundalamo (Nedbank) 3:06:59; 6 Lesley Train (Nedbank) 3:09:52; 7 Salomie Brits (Boksburg) 3:23:16; 8 Carien Visser (Tuks) 3:23:41; 9 Michelle Bremer (New Balance) 3:27:07; 10 Annelie v.d. Merwe (ACRW) 3:28:02.

**Veterans:** 1 Carien Visser (Tuks) 3:23:41; 2 Barene Jankovich-Besan (RAC) 3:30:22; 3 Shelley vd Spuy (Boksburg) 3:31:54. **Masters:** 1 Sue Harrisberg (RAC) 3:34:41; 2 René van Zyl (Tuks) 3:47:11.

#### **Half marathon**

##### **MEN**

1 Wesley Mutai (KEN) 68:25; 2 Sekeke Lesole (LES/Global) 68:33; 3 Brighton Chipere (ZIM/Nedbank) 69:57; 4 Tsitsetso Ramokheseng (LES/Toyota) 70:03.

**Veterans:** 1 Benson Momangi (Temp) n/t; 2 Jackson Seanego (New Balance) 78:48; 3 Linda Maphanga (Anglo). **Masters:** 1 Madumetja Mogashane (Nedbank) 82:25; 2 Themba Phulu (Temp) 85:03. **G'masters:** 1 Schalk Hoon (Klerksdorp) 1:53:19. **G/g'masters:** 1 Ernest Gobey (RWFL) 2:16:46.

##### **WOMEN**

1 Chiyedza Chokore (Mr Price) 83:43; 2 Cornelia Joubert (BCC) 85:21; 3 Muchaneta Gwata (Mr Price) 86:00; 4 Toni Snoxell (Jeppe) 89:22.

**Veterans:** 1 Elmarie du Toit (Akasia) 1:41:05; 2 Debbie Bredenkamp (HQB) 1:41:35; 3 Hannelie le Roux (Wingate) 1:41:37. **Masters:** 1 Linda Potgieter (Magnolia) 1:45:55; 2 Patricia Winterboer (Umhlathuze) 2:13:52. **G'masters:** 1 Nora Dorethy (RAC) 2:01:07. **G/g'masters:** 1 Cathy Reid (Dosco) 3:02:29. **Juniors:** 1 Christene Cherry (Breathru Midrand) 1:58:55.

### 10 km

#### MEN

1 Frik Guys (Nedbank) 30:37; 2 Richard Mavuso (Mr Price) 31:34; 3 Kipkoech Chirchir (KEN/Nedbank) 31:37; 4 Molifi Tsauane (Driefontein) 31:57.

**Veterans:** 1 Piet Mosibedi (Nedbank) 32:45; 2 Lawrence Chipangaan (Nedbank) 34:10; 3 Isaac Molekwa (New Balance) 36:28. **Masters:** 1 John Grundy (Nedbank) 43:26; 2 Hendrik Booysen (Boksburg) 47:30. **G'masters:** 1 Pieter Rossouw (Enduro) 46:08. **G/g'masters:** 1 Ken Nurden (Agape) 44:59. **Juniors:** 1 Tshepo Monyaki (Exxarro) 38:26.

#### WOMEN

1 Myrette Filmater (Tuks) 38:22; 2 Mary-Anne Warren (Running Inn) 40:12; 3 Meliska v.d. Vlies (Benoni High) 40:51; 4 Maryke Meyer (New Balance) 41:24.

**Veterans:** 1 Ansie Viljoen (Irene) 42:41; 2 Lona Liebenberg (New Balance) 46:23; 3 Jenevieve (Symonds) 48:06. **Masters:** 1 Pam Hampton (Sunninghill) 49:59; 2 Lizette Lubbe (Running Inn) 55:49. **G'masters:** 1 Sarie Botha (Tuks Alumni) 63:49. **G/g'masters:** 1 Marina Odendaal (Solidarity) 63:12. **Juniors:** 1 Natalie Constantinides (Tuks) 44:56.

## Vryheid Half Marathon & 10 km

Vryheid, 27 February

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

### Half marathon

#### MEN

1.	Maseku Ntuthual	Nedbank AC	1:11:32
2.	Clement Nkosi	Mr Price AC	1:13:46
3.	Muzi Magaula	Ind	1:16:52

#### 40-49:

1.	Khulani Khulu	Ind	1:23:08
----	---------------	-----	---------

#### 50-59:

1.	Wessel Potgieter	Vryheid AC	1:39:52
----	------------------	------------	---------

#### 60+

1.	At Swanepoel	New Harr	2:13:15
----	--------------	----------	---------

#### WOMEN

1.	Winnie Mnisi	Ind	1:35:24
2.	Beatrice Hlophe	Ind	1:42:10
3.	Vicky Viviers	R/By AC	1:48:34

#### 40-49:

1.	Vicky Viviers	R/Bay AC	1:48:34
----	---------------	----------	---------

#### 60+

1.	Georgina Tasseron	Vryheid AC	2:13:44
----	-------------------	------------	---------

### 10 km

#### MEN

1.	Freedom Khumalo	Nedbank AC	32:40
2.	Nkosinathi Zungu	Empangeni AC	32:47

3. Zondezi Siesang Nedbank AC 32:53

#### WOMEN

1. Zinhile Mtshali Nongoma AC 40:25  
 2. Sindile Ndlovu Nedbank AC 42:42  
 3. Paula Smal Vryheid AC 48:23

### Koeberg 15 km

Duynefontein, 27 February

(Loop course, partly on gravel through nature reserve)

#### MEN

1. Tebello Poni (VOB) 47:55; 2. Avukile Ntongana (MP) 48:40; 3. Luxolo Mdzanga (Gugs) 49:18 (1<sup>st</sup> jun); 4. Piet Jacobs (Ned) 49:47; 5. Bulelani Mafikila (Gugs) 49:51; 6. Marks Mpekula (VOB) 50:29; 7. Zolani Sewazi (Gugs) 50:47; 8. Akhona Makila (VOB) 51:18; 9. Stanley Malange (Gugs) 51:54; 10. V. Piyofe (Met) 51:55; 11. George McCallum (Mamre) 52:14; 12. Mavidla Pangalele (Gugs) 52:55; 13. Yondisa Cusani (Gugs) 52:59; 14. Bongile Tshewula (East) 55:09; 15. Khaya Fokwana (VOB) 53:26; 16. Faizel October (Celtic) 53:34; 17. Nicholas Mpantsha (Met) 53:49; 18. Sibusiso Nontanda (Met) 54:25; 19. Brian Mapeyi (VOB) 54:53 (1<sup>st</sup> vet); 20. Morné Kammies (Met) 55:12.

**Veterans:** 1. Brian Mapeyi (VOB) 54:53; 2. Dion Middelkoop (VOB) 55:17; 3. Edward Conrad (Mamre) 55:51. **Masters:** 1. Raymond Howard (Celtic) 55:47; 2. Kevin Isaacs (Celtic) 56:18; 3. Gregory Jacobs (Edge) 57:39. **G'masters:** 1. Awie Veldsman (Held) 62:43; Eugene Cairncross (SS) 72:58; 3. Kevin Kohler (Edge) 73:38. **Juniors:** 1. Luxolo Mdzanga (Gugs) 49:18; 2. Akhona Makila (VOB) 51:18; 3. Yondisa Cusani (Gugs) 52:59.

#### WOMEN

1. Zintle Xiniwe (MP) 57:44; 2. Nomvuyisi Seti (MP) 59:14; 3. René de Bruin (SANDF) 59:31; 4. Busisiwe Matiwane (Celtic) 60:55; 5. Asiphe Sikabalanjana (Gugs) 61:54 (1<sup>st</sup> jun); 6. Sheryl de Lange (Adid) 62:31 (1<sup>st</sup> vet); 7. Leanne Juul (MP) 63:27; 8. Marie Wessels (Ind) 64:18; 9. Olga Howard (Celtic) 64:35 (1<sup>st</sup> mast); 10. Patricia Adams (Met) 64:43; 11. Glenda Werth (Met) 65:44; 12. Andrea Pretorius (NBMC) 65:58; 13. Monice Brand (Adid) 66:02; 14. Colleen de Oliveira (NBMC) 66:11; 15. Cheryl Rudolph (East) 69:51; 16. Tanya Kapp (VOB) 70:12; 17. Lorna Loubser (Sanlam) 71:06; 18. Rita Toto (Gugs) 71:41; 19. Tanya ? (Ind) 71:44; 20. Priscilla Knowles (Met) 71:51.

**Veterans:** 1. Sheryl de Lange (Adid) 62:31; 2. Glenda Werth (Met) 65:44; 3. Monice Brand (Adid) 66:02. **Masters:** 1. Olga Howard (Celtic) 64:35; 2. Dawn Middelkoop (VOB) 72:10; 3. Beverley Mehl (Top) 76:50. **G'masters:** 1. Marietha Herbert (Bell) 77:35; 2. Pixie Sparg (Celtic) 80:53; 3. Marie Smit (Mittal) 93:42. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 61:54; 2. Ayanda Mqhakayi (Gugs) 76:37; 3. Benine Havenga (Tyger) 99:08

### Breede River Challenge Half Marathon & 10 km

Bonnievale, 27 February

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

#### Half marathon

##### MEN

1	Hillroy	Slingers	Worcester	1:10:20
2	Thembelani	Zola	Mr Price	1:13:18
3	Tau	Khotso	Ceres	1:13:22
4	Quinton	Lambert	Ceres	1:15:42
5	Byron	February	Wellington	1:16:44
6	Dunren	May		1:17:10

7	Quen	Smitt	Wellington	1:17:44
8	Mervin	Serynos	Ceres	1:17:59
9	Sollie	van Rooyen	Worcester	1:18:11
10	Julie	Welkom	Swartland	1:19:21

## WOMEN

1	Farwa	Mentoor	Bonitas	1:26:30
2	Ena	Gous	Worcester	1:40:46
3	Leonie	Schoeman		1:41:47
4	M	vd Westhuysen	Montagu	1:48:58
5	Joanne	Els	Wellington	1:49:00
6	Theresa	Visser		1:49:08
7	Ronel	Terblanche	Wellington	1:51:18
8	Brenda	Steyn	Wellington	1:54:08
9	Heleen	Rossouw		1:55:14
10	Susann	Wentzel		1:55:19

**10 km**

## MEN

1	William	Kaptein	Robertson	31:15
2	Luyanda	Qolo	Hangklip	31:35
3	Shaun	Lekay	Robertson	32:45

## WOMEN

1	Jorita	Bruwer	Worcester	45:03
2	Ronelle	vd Merwe		51:24
3	Mari	Kamfer	Hexvallei	51:39

**BDO Peninsula Marathon (43<sup>rd</sup>) & Half Marathon (10<sup>th</sup>)**

Simon's Town, 21 February

(Distances: 42.195 km & 21.0975 km. Certified courses, both starting and finishing at sea level; the marathon a very hilly figure eight, with a start/finish separation of 3.9 km, and the half marathon a hilly loop, with a separation of 1.8 km. Finishers: marathon – 1 600; half marathon – 930.)

**Marathon**

## MEN

1	Mthandazo	Qhina	32	Adidas	2:33:59 (R1000)
2	Zondwa	Nombexeza	26	AAC	2:41:07 (R500)
3	Mkhululi	Mbejeni	27	AAC	2:45:07 (R300)
4	Clifford	Drury (1 <sup>st</sup> vet)	40	MPWP	2:48:23
5	Luyanda	Mapoyi	23	Nbkhay	2:51:58
6	Jimmy	Drury	40	MPWP	2:52:43
7	Willie	Mtolo	45	MPCGA	2:56:52
8	Bethuel	Lephallo	33	Strand	2:57:00
9	Johan	Stemmet	35	Bonnie	2:57:31
10	Arnold	Hyde	39	MPWP	2:57:40
11	Duncan	Gilmour	33	VOB	2:58:04
12	Gareth	Berning	34	VOB	2:59:04
13	Alan	Matthews	31	VOB	2:59:41
14	Muziwakhe	Hlongwa	32	DefWP	2:59:59
15	Andries	Swanepoel	40	Brack	3:00:38
16	Zama	Witvoet (1 <sup>st</sup> mast)	52	Gugs	3:02:45
17	Quinton	Prince	36	Metlife	3:03:28
18	Vulindlela	Macembe	43	NedWP	3:04:58
19	Ryan	Winter	32	Pine	3:05:17

20	Peter	Bennett	34	Wcoast	3:05:17
<b>40-49:</b>					
1	Clifford	Drury	40	MPWP	2:48:23 (R500)
2	Jimmy	Drury	40	MPWP	2:52:43 (R200)
3	Willie	Mtolo	45	MpCGA	2:56:52 (R100)
<b>50-59:</b>					
1	Zama	Witvoet	52	Gugs	3:02:45 (R200)
2	Henry Paul	Cieverts	51	Topf	3:06:37 (R100)
3	Desmore	Oppel	50	Durbac	3:07:11 (R50)
<b>60-69:</b>					
1	Barrie	Downes	60	Forest	3:53:07 (R200)
2	Kenny	Williams	60	Pine	3:55:31 (R100)
3	Tony	Abrahamson	60	Forest	4:03:00 (R50)
<b>70+:</b>					
1	Caspar	Greeff	75	AAC	4:10:19 (R200)

WOMEN (Same prize money as men)

1	Lisa	Baumann	39	MPWP	3:14:39
2	Farwa	Mentoor	36	BonitCGA	3:16:44
3	Joanna	Thomas (1 <sup>st</sup> vet)	41	VOB	3:21:03
4	Ursula	Frans	41	Adidas	3:22:16
5	Julia	Jansen Van Rensburg	27	VOB	3:25:13
6	Leanne	Juul	36	MPWP	3:26:36
7	Carli	Basson	31	Paarl	3:29:27
8	Belinda-Leigh	Hickman Mosdell	39	Phobs	3:31:28
9	Ursula	Turck	37	Strand	3:32:27
10	Elizabeth	De Gouveia	35	Durbac	3:34:56
11	Kerryn	Armstrong	24	Celtic	3:35:02
12	Tania	Anderson	38	VOB	3:35:42
13	Helette	Basson	35	Lbaan	3:36:09
14	Carina	Van der Merwe	45	Whalers	3:36:34
15	Robyn	Woodward	36	Harf	3:39:40
16	Herlien	Van Zyl	36	NBMSC	3:39:52
17	Juliette	Savini (1 <sup>st</sup> mast)	52	Durbac	3:43:26
18	Melissa	Jorgensen	25	VOB	3:43:31
19	Maretha	Van Zyl	23	Namsan	3:44:15
20	Miranda	Symons	31	Adidas	3:44:19

**40-49:**

1	Joanna	Thomas	41	VOB	3:21:03
2	Ursula	Frans	41	Adidas	3:22:16
3	Carina	Van der Merwe	45	Whalers	3:36:34

**50-59:**

1	Juliette	Savini	52	Durbac	3:43:26
2	Lorraine	Rogers	50	Durbac	3:45:22
3	Hannelie	Stadler	50	Strand	3:56:55

**60-69:**

1	Veronica	Van Niekerk	64	Elgrab	3:53:29
2	Chippy	Steel	64	Houtbay	4:33:02
3	Norma	Wheeler	62	Whalers	4:35:44

**Half Marathon**

MEN

1	Bernard	Rukadza	28	ZIM/Gugs	1:14:00 (R500)
2	Thandeka	Gqamana	22	DefWP	1:16:02 (R300)
3	Mervin	Steenkamp	21	Itheko	1:16:31 (R200)

4	Nevule	Jacobs	30	Fhoek	1:18:41
5	Siyabonga	Nqabeni	27	VOB	1:21:18
6	Nicholas	Mpontshane	35	Metlife	1:22:06
7	Richard	Wright	22	UCT	1:25:06
8	Lionel	Cronje	28	Metlife	1:25:36
9	Aldrin	Smit	34	NBMSC	1:25:47
10	Thamsanqa	Bolilitye	39	Nbkhay	1:25:55
11	Bathandwa	Mayiji	23	Nbkhay	1:26:48
12	Mark	Pikker	26	Forest	1:26:51
13	Friedl	Van der Merwe (1 <sup>st</sup> vet)	49	Strand	1:26:54
14	Brian	Stout	38	UK	1:27:00
15	Zubayr	Harneker	28	Temp	1:28:00
16	Tessa	Ellis-Brown	47	Temp	1:28:13
17	Damian	Will	23	Pine	1:28:28
18	Byron	Reeve	22	UCT	1:28:48
19	Gemjikile	Tom (1 <sup>st</sup> mast)	54	EgijWP	1:29:05
20	Bruce	Stewart	39	Gugs	1:29:06

**40-49:**

1	Friedl	Van der Merwe	49	Strand	1:26:54 (R200)
2	Abre	Jordaan	41	Strand	1:33:45 (R100)
3	Costa	Dimopoulos	43	VOB	1:33:53 (R50)

**50-59:**

1	Gemjikile	Tom	54	EgijWP	1:29:05 (R200)
2	Johann	Diener	58	Strand	1:31:59 (R100)
3	Sam	Kotze	53	Adidas	1:37:50 (R50)

**60-69:**

1	Michael	Clarke	61	VOB	1:42:42 (R200)
2	Johan	Botha	63	RWFLWP	1:47:31 (R100)
3	Roger	Davis	63	Fhoek	1:54:29 (R50)

**70+:**

1	Brian	Key	71	Forest	1:37:33 (R200)
---	-------	-----	----	--------	----------------

**Juniors:**

1	Donovan	Caldecott	19	Paarl	1:37:40 (R200)
2	Henrico	Hunter	18	Worc	1:43:01 (R100)
3	Laurence	Van Aswegen	17	Yebo	1:56:05 (R50)

**WOMEN (Same prize money as men)**

1	Michelle	Bartman (1 <sup>st</sup> vet)	45	Harf	1:29:33
2	Tania	Fourie	36	Durbac	1:32:45
3	Linley	Holmes	39	Wcoast	1:34:32
4	Nikki	Cockcroft	29	Temp	1:35:27
5	Kim	Ground	26	Celtic	1:35:36
6	Patricia	Adams	39	Metlife	1:37:10
7	Jenna	Kamps	24	RAC	1:38:48
8	Chantel	Simpson	40	Pine	1:39:19
9	Nancy	Will (1 <sup>st</sup> mast)	57	Pine	1:41:55
10	Sibanda	Matthew	29	Bell	1:42:10
11	Renée	Scott	47	Adidas	1:42:44
12	Kirsten	Norris	27	VOB	1:42:55
13	Bev	Charters	52	VOB	1:43:13
14	Ronelle	Marshall	40	RwflWP	1:44:27
15	Sally	Stevens	32	Temp	1:45:28
16	Charmaine	Cupido	54	NedWP	1:45:45
17	Hester	Kotze (1 <sup>st</sup> g'mast)	61	Durbac	1:46:00
18	Lucilia	Schultz	31	ATC	1:46:00
19	Georgina	Sinclair	47	VOB	1:46:10

20	Cathryn	Proctor	30	VOB	1:46:41
<b>40-49:</b>					
1	Michelle	Bartman	45	Harf	1:29:33
2	Chantel	Simpson	40	Pine	1:39:19
3	Renée	Scott	47	Adidas	1:42:44
<b>50-59:</b>					
1	Nancy	Will	57	Pine	1:41:55
2	Bev	Charters	52	VOB	1:43:13
3	Charmaine	Cupido	54	NedWP	1:45:45
<b>60-69:</b>					
1	Hester	Kotze	61	Durbac	1:46:00
2	Margie	Plantema	65	VOB	1:51:51
3	Yvonne	Blomkamp	60	VOB	2:03:59
<b>70+:</b>					
1	Magdaline	Johnson	73	Tyger	2:57:33
<b>Juniors:</b>					
1	Leanne	Slack	18	VOB	1:53:33
2	Benine	Havenga	17	Tyger	2:26:44
3	Wilandi	Van der Westhuizen	16	Bell	2:33:11

### **Kingswood Women's Race**

George, 19 February  
(Distance: 10 km)

Note: Some men also ran this race. – Ed.

1	Annatjie Botes	Nedbank SWD	52	41:38
2	Eddie Mouton	Nedbank SWD	35	41:43
3	Frans Rademeyer	Hartenbos Drawwers	35	41:44
4	Lisl Grobler	Knysna	33	42:24
5	Helga Matthee	Ind	35	42:33
6	Nerine Looock	Nedbank PE	34	42:55
7	Henk Wichers	Ind	22	43:17
8	Lana Theunissen	Outeniqua Harriers	37	43:19
9	Renee Moll	Ind	39	43:39
10	Lola de Meyer	Nedbank SWD	39	45:20

### **27 for Freedom**

Drakenstein, 13 February  
(Distance: 27 km; course configuration unknown)

Note: Unfortunately no clubs were provided with these results. Spelling mistakes in names were corrected by DRR. – Ed.

#### **MEN**

1	Dieter Koopman	1:32:03
2	Avukile Ntongama	1:32:16
3	Velani Lusasini	1:32:28
4	Sakhunzi Toko	1:33:06
5	Johnny Persents	1:34:29
6	Zolani Sowazi	1:35:15
7	Byron Februarie	1:39:21
8	Thembelani Zola	1:44:50
9	Sollie van Rooyen	1:44:56

10 Duncan Glimour 1:45:06

WOMEN

1 Bulelwa Mtshagi 1:47:49  
 2 Farwa Mentoor 1:53:11  
 3 Marlene Hannes 2:06:22  
 4 Marinda Surridge 2:07:01  
 5 Caroline Wills 2:10:20  
 6 Jacqui Bakkes 2:12:02  
 7 June Greeff 2:20:47  
 8 Huguette van der Merwe 2:20:56  
 9 Cailey Bredenkamp 2:21:07  
 10 Anne Pool 2:21:32

**TRACK**

**Yellow Pages Series Meeting #2**

Durban, 26 February  
 (Strong wind)

MEN

1500:

1. Mbulaeni Mulaudzi 3:43.88  
 2. Windy Jonas 3:44.22  
 3. Elroy Gelant 3:44.25  
 4. Pharson Magagane 3:46.06  
 5. Molefe Molefe 3:46.68  
 6. Sajeesh Joseph (IND) 3:47.01  
 7. Mthombisi Baloyi 3:47.49  
 8. Isaac Mbuyaze 3:48.14  
 9. Tshamano Setone 3:51.24  
 10. Adriaan Geldenhuys 3:52.31

3000 s/chase:

1. Ruben Ramolefi 8:25.50  
 2. Edwin Molepe 8:36.83  
 3. Thuso Phaswana 9:17.98  
 4. Lukhanyo Mabinza 9:20.59  
 5. Sithembele Fanekho 9 26.59  
 6. Olweto Mhlana 9:29.10  
 7. Terrence Mukona 9:32.15

WOMEN

1500:

1. René Kalmer 4:19.49  
 2. Makhanya Mapaseka 4:23.57  
 3. Irvette van Blerk 4:27.18  
 4. Violet Raseboya 4:27.66  
 5. Maxine Heine-Wacker, 19, 4:28.67  
 6. Dominique Scott, 16, 4:31.18  
 7. Catherine Skosana 4:38.06  
 8. Christine Kalmer 4:47.46  
 9. Danielle Adlam 4:51.17  
 10. Phuseletso Dladla 4:53.88

---

## 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

#### World's Best 10 km (13th)

San Juan, PUR, 28 February  
(Certified out-and-back course)

##### MEN (gun times)

1. Moses Masai, 23, KEN	27:19 PB/CR*	\$20,000 + 10,000i
2. Sammy Kitwara, 23, KEN	27:42	12,000 + 10,000i
3. Geoffrey Mutai, 25, KEN	27:44	8,000 + 10,000i
4. Wilson Kipsang Kiprotich, 27, KEN	27:45	6,000 + 10,000i
5. Peter Kamais, 33, KEN	27:54	4,000 + 10,000i
6. Moses Kipsiro, 23, UGA	27:55	3,000 + 10,000i
7. Peter Kirui, 22, KEN	28:12	2,500
8. Edward Muge, 26, KEN	28:45	2,000
9. Wilfred Kipkosgei Murgor, 22, KEN	29:00	1,500
10. Silas Kiplagat, 25, KEN	29:13	1,000

i) Earned time bonus for sub-28:00

##### WOMEN

1. Vivian Cheruiyot, 26, KEN	31:07 PB	\$20,000
2. Mary Keitany, 28, KEN	31:09 PB	12,000
3. Dire Tune, 24, ETH	31:40	8,000
4. Elvan Abeylegesse, 27, TUR	31:58	6,000
5. Jane Kiptoo, 27, KEN	32:06	4,000
6. Caroline Cheptonui Kilel, 28, KEN	32:20	3,000
7. Belaynesh Fikadu, 22, ETH	32:50	2,500
8. Belainesh Gebre, 22, ETH	33:16	2,000
9. Wude Ayalew Yimer, 22, ETH	33:18	1,500
10. Jen Rhines, 35, USA	33:26	1,000

#### Tokyo Marathon (31st/4th as a mixed gender race)

(IAAF Gold Label Road Race)

Tokyo, JPN, 28 February

(Distance: 42.195 km; point-to-point course with approximately 30 m of elevation loss.)

Weather: Miserable; cold with heavy rain.)

##### MEN

1. Masakazu Fujiwara	2:12:19	8,000,000 yen (=USD 89,673)
2. Arata Fujiwara	2:12:34	4,000,000
3. Atsushi Sato	2:12:35	2,000,000
4. Yuki Kawauchi	2:12:36	1,000,000
5. Tomoya Adachi	2:12:46	750,000

##### WOMEN

1. Alevtina Biktimirova (RUS)	2:34:39	8,000,000 yen (=USD 89,673)
2. Robe Guta (ETH)	2:36:29	4,000,000
3. Nuta Olaru (ROU)	2:36:42	2,000,000

**Rock 'n' Roll Mardi Gras Marathon & Half Marathon (1st)**

New Orleans, USA, 28 February

(Distances: 42.195 km and 21.1 km; both rolling point-to-point courses.)

**Marathon** (gun times):

MEN

1. Paul Wachira, 32, KEN 2:22:31 \$1500
2. Meyer Friedman, 30, San Diego, CA 2:25:18 1750^
3. Matthew Lavine, 36, Crystal Lake, IL 2:32:31 850^

WOMEN

1. Karen Barlow, 31, AUS 2:46:06 \$1500
2. Karen Lockyer, 32, Lafayette, LA 2:58:24 1750^
3. Marnie Staehly, 32, Houston, TX 2:58:37 850^

^) Includes USA citizen bonus

**Half marathon** (gun times):

MEN

1. Martin Lel, 31, KEN 1:01:07 \$3500
2. Sammy Wanjiru, 24, KEN 1:01:33 2000
3. Shadrack Biwott, 26, KEN 1:01:40 PB 1500
4. Martin Fagan, 26, IRL 1:02:11 1000
5. MacDonald Ondara, 25, KEN 1:02:26 750

WOMEN

1. Berhane Adere, 36, ETH 1:07:52 PB \$3500 + 5000\*
2. Kim Smith, 28, NZL 1:07:55 NR 2000
3. Maresha Azalech, 22, ETH 1:09:46 PB 1500
4. Ilsa Paulson, 22, New York, NY 1:13:15 PB 1500^
5. Ramilya Buranglova, 48, RUS 1:13:38 1250#

\*) Bonus for pending USA all-comers record

^) Includes USA citizen bonus

#) Includes masters prize money

**Maratonina Roma-Ostia (36th)**

Roma to Ostia, ITA, 28 February

(Distance: 21.1 km; point-to-point course with 20 m elevation loss)

MEN (gun times)

1. Peter Kimeli, KEN 1:01:51
2. William Todoo Rotich, KEN 1:01:53
3. Tijuba Megeresa, ETH 1:02:16
4. Cosimo Caliandro, ITA 1:02:41
5. Daniele Meucci, ITA 1:02:41 (correct)
6. Elijah Keitany, KEN 1:02:49
7. Hillary Kiprono, KEN 1:03:09
8. Abraham Kipkemei Talam, KEN 1:03:18
9. Julius Kipkurgat Too, KEN 1:03:48
10. Mulatu Mengesha Hailemeskel, ETH 1:04:41

WOMEN (gun time)

1. Alice Timbilili, KEN 1:10:34
2. Rosaria Console, ITA 1:10:54
3. Christelle Daunay, FRA 1:13:39

- |                          |         |
|--------------------------|---------|
| 4. Soumiya Labani, MAR   | 1:16:55 |
| 5. Marcella Mancini, ITA | 1:17:15 |

## INDOOR TRACK

### USA Indoor Championships

Albuquerque, USA, 27-28 February

Note: The top two finishers in each event earned a spot on Team USA for the IAAF World Indoor Championships in Doha, Qatar, on 12-14 March. Athletes with an asterisk (\*) next to their name have confirmed that they plan to take their team spots for Doha. – Ed.

#### MEN

800 (28):

- |                                    |         |
|------------------------------------|---------|
| 1. Nick Symmonds*, Nike/OTC Elite  | 1:48.10 |
| 2. Duane Solomon*, Saucony         | 1:48.41 |
| 3. Tyler Mulder, Nike/OTC Elite    | 1:48.53 |
| 4. Brian Gagnon, Unattached        | 1:49.66 |
| 5. Mark Wieczorek, Oregon TC Elite | 1:49.73 |

1500 (28):

- |                            |         |
|----------------------------|---------|
| 1. Leo Manzano, Nike       | 3:49.16 |
| 2. Will Leer*, OTC/Nike    | 3:49.31 |
| 3. David Torrence, Nike    | 3:50.08 |
| 4. Garrett Heath, Saucony  | 3:50.11 |
| 5. Russell Brown, OTC/Nike | 3:50.56 |

3000 (27):

- |                                     |         |
|-------------------------------------|---------|
| 1. Bernard Lagat*, Nike             | 8:12.60 |
| 2. Galen Rupp*, Nike/OTC Elite      | 8:13.49 |
| 3. Chris Solinsky, OTC/Nike         | 8:13.85 |
| 4. Scott Bauhs, adidas              | 8:15.76 |
| 5. Aaron Braun, Adams State College | 8:17.40 |

#### WOMEN

800 (28):

- |   |         |
|---|---------|
| 1. Anna Pierce*, Nike                   | 2:00.84 |
| 2. Alysia Johnson*, Nike                | 2:01.45 |
| 3. Heather Dorniden, Team USA Minnesota | 2:02.33 |
| 4. Erin Donohue, Nike                   | 2:03.78 |
| 5. Angee Henry, Team Neb Brooks         | 2:04.62 |

1500 (28):

- |                              |         |
|------------------------------|---------|
| 1. Morgan Uceny, Reebok      | 4:19.46 |
| 2. Shannon Rowbury, Nike     | 4:19.48 |
| 3. Erin Donohue*, Nike       | 4:21.86 |
| 4. Sarah Bowman, New Balance | 4:22.28 |
| 5. Treniere Moser, Nike      | 4:22.81 |

3000 (27):

- |                                       |         |
|---------------------------------------|---------|
| 1. Renee Metivier Baillie, Unattached | 9:14.90 |
| 2. Sara Hall*, Asics                  | 9:14.92 |
| 3. Shannon Rowbury, Nike              | 9:15.41 |
| 4. Desiree Davila, Hansons-Brooks     | 9:21.05 |
| 5. Delilah DiCrescenzo, Puma          | 9:29.54 |

## Mountain Pacific Sports Federation (MPSF) Indoor Championships

Seattle, USA, 26-27 February

### WOMEN

Mile (27):

1. Jordan Hasay, Oregon, 4:35.01\* PB/MR
2. Nicole Blood, Oregon, 4:38.88 PB
3. Katie Follett, Washington, 4:39.91

## Mountain West Indoor Championships

Albuquerque, USA, 25-27 February

### WOMEN

800 (27):

1. Lacey Cramer, SO BYU, 2:05.55 MR\*/FR
2. Nachele Stewart, SO BYU, 2:07.0
3. Angela Wagner, SR BYU (RSA), 2:08.90

Mile (27):

1. Angela Wagner, SR BYU (RSA), 4:55.87
2. Amanda Mergaert, FR Utah, 4:57.38
3. Ashley Gibson, SR New Mexico (GBR), 4:58.53

## South Eastern Conference (SEC) Indoor Championships

Fayetteville, USA, 26-28 February

### WOMEN

Mile (28):

1. Charlotte Browning, Florida (GBR), 4:37.29
2. Brittany Sheffey, Tennessee, 4:43.56
3. Kristie Krueger, Georgia, 4:43.82
- ... 8. Natanya Luther, Arkansas (RSA), 4:55.29

Prelims (27):

Heat 1:

1. Charlotte Browning, Florida (GBR), 4:46.96 Q
- ... 5. Natanya Luther, Arkansas (RSA), 4:52.94 q

## NEWS

### TWO OCEANS ENTRIES CLOSE TOMORROW

Entries for the Old Mutual Two Oceans Marathon close tomorrow (Wednesday) and no entries will be taken after that date. Runners can enter online at [www.twooceansmarathon.org.za](http://www.twooceansmarathon.org.za) or pick up an entry form from any Sportsmans Warehouse and other leading sports stores countrywide. Close to 6 000 entries have been processed for the ultra marathon so far.

Representatives from the race office will be taking ultra entries only at the Seeff West Coast Marathon in Langebaan and the PWC Marathon in Nelspruit on 6 March and at the Vaal Marathon in Vanderbijlpark on 7 March. Only entries from runners taking part in these three events and who finish in the qualifying time will be accepted.

As entries for the half marathon are closed, those runners still wanting to run the half marathon can only do so by substituting with another runner or bidding for an entry

through the auction at [www.oldmutual.co.za/twooceansmarathon](http://www.oldmutual.co.za/twooceansmarathon). Substitutions, upgrades and downgrades, as well as any entry changes, will only be processed from 4 to 10 March. The onus is on the individual to find someone who is not running so that a substitution can be done.

Close to 500 entries have been received for the trail run, so runners wanting to secure their entries in this event are advised to do so as soon as they can. The event offers participants a choice of an 8 km and an 18 km route. The trail runs take place on Good Friday, 2 April, starting at 07h15. Entries are limited to 400 participants in the 8 km and 400 in the 18 km and will be taken at [www.trailrunning.co.za](http://www.trailrunning.co.za). Both routes start from the UCT grounds and will take runners along the lower slopes of Devils Peak and adjacent forests. For more information on the trail runs email [info@trailrunning.co.za](mailto:info@trailrunning.co.za).

## **RITZENHEIN OUT OF WORLD CROSS-COUNTRY**

American distance star Dathan Ritzenhein has announced that he will not represent the US team at the World Cross-country Championships in Poland because of injury.

Ritzenhein, who was expected to lead a strong American men's squad to the Championships following his convincing victory at the USA Cross-country Championships last month, posted a statement on his website Saturday stating that he was forced to withdraw from the competition because of sickness and injuries that have not healed.

A story about Galen Rupp, one of Ritzenhein's teammates at Oregon Track Club Elite, on TrackFocus.com, stated that a flu bug has swept through the group, which has been training at altitude outside Albuquerque, New Mexico, the site of the USA Indoor Track & Field Championships. The bug has apparently affected Ritzenhein and Amy Yoder Begley, but not Rupp.

## **OBITUARY**

### **BARRIER-BREAKER RAKABAELE HAS DIED IN LESOTHO**

By Riël Hauman

Gabashane (Vincent) Rakabaele, the best distance runner to come out of the tiny African kingdom of Lesotho, died on an unspecified date in 2009. Rakabaele, born on 3 September 1949, was the first black athlete to win an official Comrades Marathon medal.

Apart from his barrier-breaking effort in the 1975 Comrades, Rakabaele will be best remembered for his two magnificent victories in South Africa's other major ultramarathon, Cape Town's Two Oceans Marathon over 56 km. Like the Comrades, this race was opened to all race groups in 1975. The next year Rakabaele, after one of the most exciting head-to-head clashes in the history of the race, won in a course record 3:18:05 to beat Alan Robb by a mere 6 seconds.

In 1977 Rakabaele, not fully prepared, finished 43<sup>rd</sup>, but in 1978 he was second to Brian Chamberlain and in 1979 won for the second time to regain the record Chamberlain (3:15:22) had taken from

him in 1977. His time was 3:08:56 and he won by almost 10 minutes.

Rakabaele's record stood until 1981 when, after a dramatic tussle between him and Johnny Halberstadt, the latter clocked 3:05:37 to beat the Lesotho runner by 3 min 40 sec. Nine years later Rakabaele won the veterans (masters) title in 3:18:10.

Before 1975 the country's apartheid policies forbade competition between white and black athletes, unless the government gave the event "multi-national" status. Black runners had long participated unofficially in the Comrades, South Africa's biggest ultramarathon, but in 1975 they could do so officially for the first time. It was the 50<sup>th</sup> running of the race, and women were also given official status for the first time. Rakabaele finished 20<sup>th</sup> in 6:27 (in those days the times of runners outside the top ten were recorded only in full minutes).

In 1976 he was eighth and this started

speculation that he could become the first black winner of the race. However, this was not to be and the best he could do was fourth in 1977 in 6:03:50 – almost 17 minutes behind Robb.

Rakabaele also won the SA Marathon in 1976, 1979 and 1982. His 2:12:27 in Port Elizabeth in 1979, beating Halberstadt, gave him 21<sup>st</sup> position on the world list for the year (and third best African behind Ethiopian Kebede Balcha and Halberstadt).

In 1982 he won the Interprovincial Marathon, again in Port Elizabeth, in a career best 2:11:44. This time he was 20<sup>th</sup> on the world list, once more the third best runner on the continent (behind Tanzanian Juma Ikangaa and Kenya's Josph Nzau).

Rakabaele ran most of his races in South Africa, usually representing one of the big gold mining clubs that supported elite black runners during the glory days of South African road racing from the late seventies to the early nineties.

Among his other major marathon wins were the Peninsula (1980), Voet van Afrika ('80, '82, '83), Winelands ('79) and Port Elizabeth City ('83).

Rakabaele twice represented Lesotho in the Olympic Marathon. In 1980 he was 36<sup>th</sup> in 2:23:29 and four years later 61<sup>st</sup> in 2:32:15.

Information about the date and cause of his death is unclear. He would have been 60 last September. He is buried at Ha Rakabaele in Lesotho.

## STATS TIME

Continuing the 2009 ultra theme, this week's list shows the world's top ten men over 24 hours in 2009, compiled by Franco Anichini. Further ultra lists will follow.

### 2009 24 HOURS: WORLD'S TOP 10 MEN

263.408 (t)	Ryoichi Sekiya	JPN	1	Soochow	06 dec
258.801	Shingo Inoue	JPN	1	Tokyo	12 Sep
257.042	Henrik Olsson	SWE	1	Bergamo	03 May
255.934	Martin Fryer	AUS	1	Cwmbria	19 Sep
249.106	Jonathan Blake	AUS	2	Cwmbria	19 Sep
248.392	Thomas Maguire	IRL	1	Monaco	22 Nov
248.130 (t)	Tatsuro Endo	JPN	1	Tokyo	14 Jun
245.512	Stephane Collard	FRA	1	Aulnat	08 Nov
244.492	Ralf Weiss	GER	2	Bergamo	03 May
244.040	Michael Hilzen	GER	1	Stadtoldendorf	21 Jun

t) track

## THIS MONTH IN HISTORY

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

### 73 years ago: 27 March 1937

One of the greatest marathon performances in the history of South African distance running was delivered on this day in Bloemfontein by Jackie Gibson. The SA Marathon was held on a five-lap course and it was the third meeting between Gibson and Johannes Coleman. Coleman won the first two races and had never been beaten by a South African. However, he faded in the latter stages after running shoulder to shoulder with his younger rival from the start. Gibson crossed the line in the Ramblers Stadium for a new continental record of 2:30:45 – the second fastest time in the world that year (only 7 sec behind the list leader). This phenomenal record would stand for seventeen years. Gibson, who served

with the SA Air Force in World War II, was killed in a plane crash near Durban in 1944.

## 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	55:46	Raymond Howard	Duynefontein	27 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:31	Eloi de Oliveira	Pietermaritzburg	28 Feb

	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
Marathon	2:45:10	Ernest Tjela	Sasolburg	06 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
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	3:10:22a	Simon Mokone	East London	27 Feb
100 km				
<u>Juniors</u>				
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	72:38	Philani Ngcobo	Pietermaritzburg	28 Feb
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
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		
<u>Veterans (40+)</u>				
10 km	39:59	Elmarie Coetzee	Brackenfell	20 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	62:31	Sheryl de Lange	Duynefontein	27 Feb
	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	3:02:42	Carol Mercer	Pietermaritzburg	28 Feb

	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	41:24	Marietjie Ceronio	Sasolburg	06 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:35	Olga Howard	Duynefontein	27 Feb
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:39:41	Sandra Fismer	Pietermaritzburg	28 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
Marathon	3:29:19	Wendy Fitzmaurice	Pietermaritzburg	28 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
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	61:54	Asiphe Sikabalanjana	Duynefontein	27 Feb
	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, Kevin Harlock, Chamberlain's Timekeeping, André Pienaar, Irene & Jan van Eeden, Gert le Roux, Athletics South Africa, SWD Athletics, Boland Athletics, Top Events

---

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](mailto:rielh@mweb.co.za)