

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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Publisher: Riël Hauman

EDITORIAL

It was a busy long weekend, with a number of Women's Day races taking place today (and making this a big issue of DRR). The fastest time came from Zintle Xiniwe, who ran 36:56 to win the Women's Day Challenge in cold and rainy conditions in Bellville.

Juan van Deventer (5000 m) was the only South African who took part in the DN Galan Diamond League Meeting in Stockholm. Van Deventer was 15th in a race in which the first five runners finished within 2.07 sec, but ran a personal best of 13:22.64; it is also the fastest time this year by a South African.

Lee Muller, who was included as the 14th woman in the Clover Milk Run (results in last week's DRR) is a male. Everyone behind him should be moved up one position.

It is with great sadness that *Distance Running Results* heard that the tradition-rich Paarl Mountain Race will not take place this year, apparently because of the move of the SA 10 km Championships to 14 August. The "Paarlberg", as it is popularly known, is the fifth oldest race in the country – it has been held 75 times – and it seems incredible that a club and province can just cancel a race of this stature without trying to make alternative arrangements. Of course, in 1996 the Paarl Athletics Club, one of the oldest in the country, already showed its disregard for tradition when it changed the distance of the race – the unconventional 18 km which made it special – to a half marathon. The only four races older than this one are the Comrades, with 85 runnings, the Harrismith Mountain Race (83), the SA Marathon (78), and the Duke of York Flying Scramble (78).

The IAAF has ratified the following 25 km road racing records set at the BIG 25 in Berlin on 9 May: Senior men – 1:11:50 1:11:50 Samuel Kosgei, Kenya (previous record: 1:12:45 Paul Kosgei KEN, Berlin, 9 May 2004); Senior women – 1:19:53 Mary Keitany, KEN (previous: 1:22:13 Mizuki Noguchi, JPN, Berlin, 25 September 2005). The independent Association of Road Racing Statisticians (ARRS) also accepts Kosgei's mark as the world record, but not Keitany's. The ARRS only recognises world records for women set in all-women's races; they also do not accept marks set en route to longer distances.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Women's Day Challenge 10 km, Bellville
- * Totalsports Ladies Race, Stellenbosch
- * SRK Consulting Childline 10 km, Port Elizabeth
- * SPACE Ladies 10 km Challenge, East London
- * Wierie Half Marathon & 10 km, Centurion

- * Rietvlei Farm Off-road 15 km, Alberton
- * Checkout Marathon, Half Marathon & 10 km, Verulam
- * Mtunzini Bush Run 16 km, Mtunzini
- * Moffat on Main Heartbreak Hill Half Marathon, Port Elizabeth
- * Carlton Half Marathon & 10 km, Pretoria
- * Old Mutual Rustenburg Mountain Race, Rustenburg
- * ArcelorMittal Saldanha Half Marathon, Saldanha
- * Ebenharts Half Marathon & 10 km, Calitzdorp
- * XC: WP League Meeting, Rocklands

International highlights:

- * Sun-Herald City to Surf 14 km, Sydney, AUS
- * TD Bank Beach to Beacon 10 km, Cape Elizabeth, USA
- * Track: Spitzen Leichtathletik, Luzern, SUI; DN Galan, Stockholm, SWE; White River 50-mile Trail Run, Crystal Mountain, USA

NEWS

YES, THE STELLENBOSCH COURSE WAS SHORT!

By Riël Hauman

Under the heading, "Yet another short race in Stellenbosch?", I wrote in *Distance Running Results*, Vol. 9 No. 9, last year about concerns that have been expressed on numerous occasions about the length of the Totalsports and Gino's races in the Boland town.

I wrote: "After last year's Totalsports Women's Day race I wrote in DRR: 'Many runners set PBs in this race, some by up to 3 minutes. Others ran 2-4 minutes faster than expected. (At least two runners in the top twenty did run *slower* than expected.) Using the Race Time Bias (RTB) formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), the RTB figure for fifteen of the top twenty athletes is an almost unbelievable -11.65 sec/km – much more than twice the acceptable limit of -5 sec/km. Unfortunately these times can therefore not be included in any statistical lists.'

"After [the 2008] Gino's 10 km, a race which I have run myself on more than one occasion, I wrote: '[The race] produced five list leaders. Various runners have expressed concern over the last few years that this race is short (particularly the last kilometre) ...'

"Last week's Gino's (results in this issue) again produced exceptionally fast times, with at least two runners measuring a short course on their GPS devices (one measured the last kilometre as being 979 m). There were also reports of athletes cutting corners (which were not taped) and running on and across pavements.

"This time I used the times of 23 runners (of all age groups) and calculated a Race Time Bias factor of -9.42 sec/km – almost double the limit of -5 sec/km. Although not nearly as high as the figure for the Totalsports event, this figure makes these performances ineligible for statistical purposes."

■ I am now glad to report that the RTB calculations have been vindicated when remeasurement of the Totalsports course found it to be 600 metres short. This means an athlete running at 36-minute pace will gain approx. 2:10, one doing 38 min will gain 2:17 and a male runner clocking 31 min will gain 1:52. It was therefore correct not to include these times in statistical lists.

The course used this year was the correct length (see results in this issue).

ROAD RUNNING

Women's Day Challenge 10 km (3rd)

(Women only)

Bellville, 9 August

(Certified double-leg out-and-back course)

1. Zintle Xiniwe (Ned) 36:56 (R2 000)
2. Nomvuyisi Seti (MP) 37:20 (R1 500)

3. Bulelwa Mtshagi (Celtic) 38:10 (R1 000)
4. Asiphe Sikabalanjana (Gugs) 38:13 (R750)
5. Alae Brand (Adid) 38:29 (R500)
6. Bathobele Hlazo (Hlazo) 39:11 (R450)
7. Asiphe Snyman (Celtic) 39:58 (R400)
8. Ursula Frans (Adid) 40:23 (R350)
9. Busisiwe Matiwane (Celtic) 41:09 (R300)
10. Xoliswa Bici (Ned AGN) 41:13 (R250)
11. Mariëtte Esterhuyse (Tyger) 41:20
12. Glenda Werth (Met) 41:41
13. Khanya Mateyisi (Celtic) 41:55
14. Sandra van Graan (Edge) 42:55
15. Monice Brand (Adid) 43:00
16. Tania Kapp (VOB) 43:20
17. Chantel Simpson (Pine) 44:01
18. Charmaine Cupido (Ned) 44:11
19. Twana Stillianou (Met) 45:00
20. Shelly van Schalkwyk (Edge) 45:02

Note: Prize money in all age categories except the juniors is the same: R500, R400, R300; for the juniors it is R500, R450, R400, R350, R300.

40-49: 1. Ursula Frans (Adid) 40:23; 2. Mariëtte Esterhuyse (Tyger) 41:20; 3. Glenda Werth (Met) 41:41. **50-59:** 1. Charmaine Cupido (Ned) 44:11; 2. Maretha de Kock (Adid) 47:15; 3. Jenny da Silva (Met) 51:34. **60-69:** 1. Marietha Herbert (Bell) 50:05; 2. Pixie Sparg (Celtic) 51:10; 3. Marlene James (Pine) 56:28. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 38:13; 2. Bathobele Hlazo (Hlazo) 39:11; 3. Asiphe Snyman (Celtic) 39:58; 4. Khanya Mateyisi (Celtic) 41:55; 5. Melani van Niekerk (WC) 52:10.

Totalsports Ladies Race

(Women only)

Stellenbosch, 9 August

(Distance: 10 km; loop course. Finishers: 1958.)

Note: Elana Meyer, multiple SA record holder and champion, finished 20th here. – Ed.

1	Lusanda	Bomvana	18	MPTra	37:20
2	Mia	Pienaar	21	Maties	37:50
3	Anneline	Roffey	29	Adidas	39:02
4	Sheryl	De Lange	42	Adidas	39:37
5	Ester	Brink	45	Strand	40:20
6	Magretha	Wang	24	Maties	41:15
7	Olga	Howard	52	Celtic	41:34
8	Melody	Marcus-Cupido	36	Metlife	41:57
9	Patricia	Adams	39	Metlife	42:21
10	Marguerite	Gerber	42	Temp	42:38
11	Denise	Derbyshire	30	Temp	44:00
12	Joshua	Weissenstein	25	Temp	45:01
13	Zelda	Van Wijk	41	Temp	45:06
14	Nancy	Will	57	Pine	45:11
15	Carla	Wood	29	Temp	45:30
16	Lindie	Moolman	21	Temp	45:39
17	Ingrid	Bester	41	Temp	45:41
18	Jennifer	Ross	39	Temp	45:51
19	Helena	Schoeman	42	Lbaan	45:54
20	Elana	Meyer	44	Temp	45:56

40-49: 1. Sheryl de Lange (Adid) 39:37; 2. Ester Brink (Strand) 40:20; 3. Marguerite Gerber (Temp) 42:38. **50-59:** 1. Olga Howard (Celtic) 41:34; 2. Nancy Will (Pine) 45:11; 3. Kathy Burr (Durb) 49:44. **60-69:** 1. Veronica van Niekerk (EGA) 47:10; 2. Marianne Nelson (Durb) 60:40; 3. Corinne Usendorff (Tem) 66:24. **70+:** 1. Anneli Gous (Rob) 64:54; 2. Lorraine Green (Temp) 1:48:19; 3. Julie Wilson (Temp) 1:56:08. **Juniors:** 1. Lusanda Bomvana (MPTra) 37:20; 2. Linda Hanekom (Adid) 46:31; 3. Liza-Mari Dippenaar (Worc) 48:01; 4. Jana de Jongh (Paarl) 48:19; 5. Tana-Mari Nell (Temp) 49:38.

SRK Consulting Childline 10 km

Port Elizabeth, 9 August

Note: This race replaced the planned Women's Day event. According to correspondent André Pienaar it was cold and windy. – Ed.

MEN

1	George	Ntshiliza	Nedbank RC	30	32:07
2	Zolani	Ngqqa	Mr Price PE	21	32:33
3	Khayaletu	Makalima	Mr Price PE	26	32:43
4	Melikhaya	Frans (1 st jun)	Nedbank RC	18	32:47
5	Zandisile	Mpisane	Mr Price PE	27	35:24
6	Luvuyo	Stephen (1 st vet)	Nedbank RC	40	37:13
7	Desmond	Zibi	Mr Price PE	46	38:22
8	Siphelo	Nyoka	PEAAC	32	38:25
9	Malungisa	Olayi	PEAAC	31	38:27
10	Christo	Muller	Body Concept	42	38:40
11	Lefu	Rampine	Temp	21	39:52
12	Simphiwe	Mbimbi	Temp	30	40:54
13	Brendon	Persens	SANDEF EP	35	41:15
14	Athenkosi	Majola	Temp	20	41:21
15	Andre	Willemse (1 st mast)	Elite AC	52	41:36
16	Mthuthuzeli	Nyanga	PEAAC	17	41:50
17	Brendon	Slabbert	Absa NMMU AC	39	41:52
18	Tamsanqa	Jusayi (1 st g'mast)	Mr Price PE	68	41:54
19	Bafumane	Nyanga	Mr Price PE	49	42:42
20	Juan	Cordier	Temp	25	43:15

40-44:

1	Luvuyo	Stephen	Nedbank RC	40	37:13
2	Christo	Muller	Body Concept	42	38:40
3	Elias	Kase	PEAAC	41	50:54

45-49:

1	Desmond	Zibi	Mr Price PE	46	38:22
2	Bafumane	Nyanga	Mr Price PE	49	42:42
3	Johann	Meuwesen	Bluewater Bay	45	46:30

50-54:

1	Andre	Willemse	Elite AC	52	41:36
2	Ferdinand	Grobler	Transnet RE	52	44:53
3	Renier	Van Vuuren	PEAAC	53	45:35

55-59:

1	Donald	Mancasa	Triangle Sports	56	47:50
2	Mbulelo	Sobikwa	Crusaders AC	56	51:28
3	Henry	Thorne	Willard Batt	56	52:27

60-64:

1	Piet	Meyer	St Albans CSEP	60	51:28
2	William	Grobler	Elite AC	62	1:04:40

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	68	41:54
2	Jean	Nepgen	Kowie Striders	65	1:28:57

70+:

1	John	Peart	Nedbank RC	74	1:17:33
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Juniors:

1	Melikhaya	Frans	Nedbank RC	18	32:47
2	Mthuthuzeli	Nyanga	PEAAC	17	41:50
3	Marcel	Meyer	Nedbank RC	16	54:48

WOMEN

1	Ntombesintu	Mfunzi	Mr Price PE	28	39:36
2	Grizelda	Pietersen (1 st vet)	Achilles AAA	41	45:14
3	Julia	Cayisa	Nedbank RC	27	46:55
4	Suretha	Verwey	Jeffreys Bay	43	47:04
5	Noxolo	Marks	Mr Price PE	24	47:52
6	Lesley	Wood (1 st mast)	Achilles AAA	53	48:11
7	Hanlie	Van der Westhuizen	Transnet RE	54	49:23
8	Janette	Schierz-Crusius	Body Concept	49	50:57
9	Liz	Grundlingh (1 st g'mast)	Muirite Strider	63	53:09
10	Amanda	Pieterse	Absa NMMU AC	33	55:25
11	Antoinette	Coertze	St Albans CSEP	45	56:13
12	Gillian	Dealtry	Crusaders AC	52	56:16
13	Petra	Pienaar	Bluewater Bay	46	56:33
14	Wendy	Denston	Aspen Pharmacar	37	57:41
15	Cathy	Allers	Transnet RE	48	58:02
16	Aletta	Joubert	Crusaders AC	48	58:41
17	Charlene	De Coning	Crusaders AC	45	58:42
18	Marlene	Wiese	Kowie Striders	64	59:37
19	Doris	Liberty	Elite AC	50	59:42
20	Lucia	Phokatha	Aspen Pharmacar	31	1:01:17

40-44:

1	Grizelda	Pietersen	Achilles AAA	41	45:14
2	Suretha	Verwey	Jeffreys Bay	43	47:04
3	Carol	Mallett	Muirite Strider	41	1:02:22

45-49:

1	Janette	Schierz-Crusius	Body Concept	49	50:57
2	Antoinette	Coertze	St Albans CSEP	45	56:13
3	Petra	Pienaar	Bluewater Bay	46	56:33

50-54:

1	Lesley	Wood	Achilles AAA	53	48:11
2	Hanlie	Van Der Westhuizen	Transnet RE	54	49:23
3	Gillian	Dealtry	Crusaders AC	52	56:16

55-59:

1	Marcelle	Harran	Body Concept	56	1:02:29
2	Sanderah	Hendricks	Cadbury AC	56	1:17:32
3	Carol	Nepgen	Kowie Striders	59	1:28:56

60-64:

1	Liz	Grundlingh	Muirite Strider	63	53:09
2	Marlene	Wiese	Kowie Striders	64	59:37
3	Jeanette	Pienaar	PEAAC	62	1:05:21

70+:

1	Dorothy	Hart	PEAAC	72	1:02:33
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Juniors:

1	Tracy	Goldswain	PEAAC	17	1:25:16
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SPACE Ladies 10 km Challenge

East London, 9 August

1	S	Wood	44	ELAC	41:52
2	S	Gquzula	16	Mr. Hlazo Athletics	48:34
3	G	Langley	42	Bufs	48:48
4	J	Newey	29	Bufs	48:49
5	Z	Mangaliso	17	Oxford Striders	53:22
6	M	van Biljon	26	Gonubie	53:27
7	D	Hensberg	51	Bufs	54:16
8	C	Novulela	46		54:28
9	Y	Louw	30	Old Boys	54:57
10	M	Ngagane	31	Real Gijimas	56:38

40-49:

1	Sharon	Wood	ELAC	41:52
2	Gail	Langley	Bufs	48:34
3	Christine	Cordier	Oxford Striders	57:11

50-59:

1	Diane	Hensberg	Bufs	54:16
2	Irene	Delpont	ELAC	58:23
3	Kala	Makan	ELAC	61:15

Juniors:

1	Sihle	Gquzula	Mr. Hlazo Athletics	48:34
2	Zoliswa	Mangaliso	Oxford Striders	53:22

Wierie Half Marathon & 10 km

Centurion, 9 August

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1 Johannes Mthimkulu (Nedbank) 70:14; 2 Tsokololo Letlotlo (Scaw) 74:30; 3 Greg Barnes (Irene) 77:29 (1st vet).

Veterans: 1 Greg Barnes (Irene) 77:29. **Masters:** 1 Johannes Seakamela (RAC) 81:25.

G'masters: 1 Albert Lamley (GRRR) 2:00:23. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:46:46.

WOMEN

1 Anita O'Brien (Nedbank) 91:03; 2 Nicole v. Wyk (Sunninghill) 99:41; 3 Lorraine Boshoff (VTM) 1:40:06.

Veterans: 1 Ansa Strydom (Overkruin) 1:50:44. **Masters:** 1 Francis v Blerk (Nedbank) 1:53:56. **G'masters:** 1 Ina Wheatley (PMMC) 2:33:48. **G/g'masters:** 1 Eva O'Brien (Phobians) 3:08:20.

10 km

MEN

1 Esau Radebe (Transnet) 32:42; 2 Samuel Ongaki (Toyota) 33:04; 3 Elyah Mogoboya (Nedbank) 34:45.

Veterans: 1 Isaac Masilela (ADT) 36:12. **Masters:** 1 Jerry Rankapule (Nedbank) 37:54.

G'masters: 1 Pieter Rossouw (Enduro) 46:36. **G/g'masters:** 1 Ken Nurden (Agape) 46:46. **Juniors:** 1 Kaleb Khokhololo (Elim) 35:20.

WOMEN

1 Jackie v.d. Waals (Temp) 40:51; 2 Ansie Viljoen (Irene) 41:17; 3 Estie Grobler (Mr Price) 43:10.

Veterans: 1 Ansie Viljoen (Irene) 41:17. **Masters:** 1 Linda Potgieter (Magnolia) 48:47.

G'masters: 1 Maz Moore (Breakthru Midrand) 68:09. **G/g'masters:** 1 Desire Kantor (Agape) 85:17. **Juniors:** 1 Geraldine Combrinck (Nedbank) 55:52.

Rietvlei Farm Off-road 15 km

Alberton, 8 August

Note: Second grandmaster was former triple SA marathon and double Two Oceans champion Brian Chamberlain, now 61. – Ed.

MEN

1 Nkopane Seqhobane (LES/GS) 50:59; 2 Derocios Makhobalo (GS) 51:21; 3 Michael Ngaseke (ZIM/Mr Price) 51:22.

Veterans: 1 Reginald Ngobese (GS) 55:13; 2 Trevor Toerien (Boksburg) 59:13; 3 Arthur Woolridge (BCC) 63:13. **Masters:** 1 Jerry Rankapule (Nedbank) 60:13; 2 Johannes Seakamela (RAC) 63:35; 3 Themba Phulu (Yebo Striders) 64:30. **G'masters:** 1 Don Charles (Brotherhood) 68:19; 2 Brian Chamberlain (Kudus) 71:36; 3 Maxwell Teffo (CC) 72:45.

WOMEN

1 Mpho Mabuza (Nedbank) 64:32; 2 Azwindini (Gladys) Lukhwareni (Temp) 67:40; 3 Takalane Nthulane (Transnet) 68:03.

Veterans: 1 Sarah Mahlangu (Mr Price) 74:54; 2 Amanda le Roux (Tuks) 77:22; 3 Cynthia Mkovane (Nedbank) 80:19. **Masters:** 1 Linda Potgieter (Magnolia) 84:25; 2 Pam Hampton (Sunninghill) 85:34; 3 Lynn Nicolas (JHAC) 86:12. **G'masters:** 1 Elsa Meyer (Irene) 1:42:12; 2 Bets Greyling (Sunward) 1:49:07; 3 Janet Goodman (Wanderers) 2:09:45.

Checkout Marathon, Half Marathon & 10 km

Verulam, 8 August

(Distances: 42.195 km, 21.1 km & 10 km)

Marathon

MEN

1.	Vusi Mnyandu	Mr Price AC	2:25:00
2.	Richard Nene	ZIM/Mr Price AC	2:27:00
3.	Eric Ngubane	Mr Price AC	2:33:00

40-49:

1.	Thembili Qharensa	Tongaat AC	2:39:00
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50-59:

1.	Innocent Ndlovu	Mandini AC	3:14:00
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WOMEN

1.	Iris Ndlovu	Boxer AC	3:31:00
2.	Eunice Ntuli	Nedbank AC	4:07:00
3.	Nonhlanhla Slante	Nedbank AC	4:08:00

40-49:

1.	Ntombisikle Filwanyana	Gem AC	4:59:00
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Half marathon**MEN**

1.	Nunyawazi Jari	Form One AC	1:07:00
2.	Xolani Nzimande	Form One AC	1:09:00
3.	Gerald Nunetsi	Glen Harr	1:10:00

WOMEN

1.	Sandy de Beer	SANDF	1:33:00
2.	Judi Clark	Stella AC	1:41:00
3.	Sajida Abdool	Tongaat Pan	1:44:00

10 km**MEN**

1.	Menzi Ngcobo	UKZN	34:09
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WOMEN

1.	Fikile Mbuthula	Nedbank AC	42:21
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Mtunzini Bush Run 16 km

Mtunzini, 8 August

(Loop course, including dune, beach and off-road running)

MEN

1.	Berand Phaletsane	Nedbank AC	1:01:13
2.	Innocent Nyawonse	Temp	1:03:01
3.	Phila Nene	Temp	1:03:12

40-49:

1.	Alfred Khanzile	Corr Serv AC	1:16:40
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50-59:

1.	Louis Fourie	R/Bay AC	1:16:03
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60+:

1.	Buzz Boulton	Glen Harr	1:24:31
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WOMEN

1.	Noncembo Mthethwa	Umhlathuze AC	1:18:44
2.	Simone Scrase	R/Bay AC	1:21:07
3.	Tamryn Worsnip	Chiltern AC	1:31:28

40-49:

1.	Simone Scrase	R/Bay AC	1:21:07
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50-59:

1.	Julie Jennings	R/Bay AC	1:32:41
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60+:

1.	Annetjie Kruger	R/Bay AC	2:33:26
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Moffat on Main Heartbreak Hill Half Marathon (32nd)

Port Elizabeth, 7 August

(Distance: 21.1 km. Loop course. Finishers: 537.)

MEN

1	George	Ntshiliza	Nedbank RC	30	1:10:39
2	Khayaletu	Makalima	Mr Price PE	26	1:11:58
3	Sandile	Ngunuza	Nedbank RC	27	1:13:06
4	Mzamo	Fokwana	Charlo RR	32	1:13:35

5	Emerson	Kayana	Nedbank RC	36	1:13:40
6	Alfred	Qogi	Nedbank RC	36	1:13:45
7	Zandisile	Mpisane	Mr Price PE	27	1:14:28
8	Bulelini	Niwa	PEAAC	24	1:15:02
9	Thando	Bixa	Triangle Sports	30	1:16:05
10	Mzukisi	Klaas (1 st vet)	Nedbank RC	41	1:16:21
11	Basie	Boneparte	Albany RR	44	1:16:37
12	Christopher	Mabengeza	Nedbank RC	44	1:17:44
13	Terrance	Mjekula	Triangle Sports	37	1:17:47
14	Mutekile	Rasmeni	Triangle Sports	45	1:18:52
15	Thembekile	Msipa	Charlo RR	36	1:19:11
16	Derrick	Dubase	Nedbank RC	36	1:19:42
17	Mzuvumile	Lungu (1 st jun)	Nedbank RC	17	1:19:46
18	Mpumelelo	Ndlumbini	Nedbank RC	35	1:19:55
19	John	Rafani	Nedbank RC	43	1:20:35
20	Luvuyo	Stephen	Nedbank RC	40	1:21:17

40-44:

1	Mzukisi	Klaas	Nedbank RC	41	1:16:21
2	Basie	Boneparte	Albany RR	44	1:16:37
3	Christopher	Mabengeza	Nedbank RC	44	1:17:44

45-49:

1	Mutekile	Rasmeni	Triangle Sports	45	1:18:52
2	Desmond	Zibi	Mr Price PE	46	1:21:50
3	Colben	Ngcupe	Nedbank RC	47	1:21:57

50-54:

1	Sidwel	Roboshi	Nedbank RC	50	1:25:13
2	Alfred	Spier	Elite AC	50	1:28:16
3	Joseph	Bain	St Albans CSEP	50	1:29:55

55-59:

1	Sizenzo	Kama	Achilles AAA	59	1:30:26
2	Chris	Terblanche	Achilles AAA	55	1:34:56
3	Jimmy	Styan	Triangle Sports	58	1:39:26

60-64:

1	Hannes	Els	Madiba Bay	60	1:35:46
2	Hansie	Els	Somerset East	62	1:37:30
3	Errol	Rossouw	PEAAC	60	1:37:55

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	68	1:29:14
2	Godfrey	Kariem	Cadbury AC	69	1:47:57
3	Kobus	Gerber	PEAAC	66	1:57:43

Juniors:

1	Mzuvumile	Lungu	Nedbank RC	17	1:19:46
2	Richard	Parker	NMMU AC	19	1:36:56

WOMEN

1	Liza-Marie	Bright	Elite AC	28	1:27:48
2	Marisa	Ferraris	Triangle Sports	39	1:33:57
3	Christine	Claasen (1 st vet)	Achilles AAA	45	1:36:35
4	Sharon	Zeelie	Triangle Sports	39	1:37:57
5	Grizelda	Pietersen	Achilles AAA	41	1:38:13
6	Margie	Saunders (1 st mast)	Nedbank RC	56	1:38:19
7	Benita	Barton	Crusaders AC	40	1:38:28
8	Lesley	Wood	Achilles AAA	53	1:41:17
9	Priscilla	Maleiba	Cadbury AC	39	1:43:06
10	Lizette	Sydien	Elite AC	24	1:44:11
11	Tracey	Almirall	Temp	29	1:44:51

12	Hanlie	Van der Westhuizen	Transnet RE	54	1:45:23
13	Tracey	Brink	Temp	40	1:45:31
14	Joy Anne	Pregalato	Achilles AAA	39	1:45:58
15	Buyelwa	Kobokana	Nedbank RC	45	1:46:28
16	Christine	Hart	Albany RR	49	1:46:29
17	Shannon	Swart	Profiles	28	1:46:36
18	Michelle	Sivewright	Triangle Sports	41	1:47:44
19	Sharon	Jessop	Triangle Sports	40	1:47:46
20	Janette	Schierz-Crusius	Body Concept	49	1:47:53

40-44:

1	Grizelda	Pietersen	Achilles AAA	41	1:38:13
2	Benita	Barton	Crusaders AC	40	1:38:28
3	Tracey	Brink	Temp	40	1:45:31

45-49:

1	Christine	Claasen	Achilles AAA	45	1:36:35
2	Buyelwa	Kobokana	Nedbank RC	45	1:46:28
3	Christine	Hart	Albany RR	49	1:46:29

50-54:

1	Lesley	Wood	Achilles AAA	53	1:41:17
2	Hanlie	Van der Westhuizen	Transnet RE	54	1:45:23
3	Liz	Austin	Achilles AAA	52	2:00:00

55-59:

1	Margie	Saunders	Nedbank RC	56	1:38:19
2	Monica	Kemp	Madiba Bay	55	2:04:16
3	Jos	Els	Madiba Bay	58	2:05:46

60-64:

1	Liz	Grundlingh	Muirite Strider	63	1:56:01
2	Marlene	Wiese	Kowie Striders	64	2:07:35
3	Helene	Oppel	Crusaders AC	60	2:14:37

Juniors:

1	Cheri	Rademeyer	NMMU AC	19	1:48:42
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Carlton Half Marathon & 10 km

Pretoria, 7 August

(Distances: 21.1 km & 10 km; loop courses)

Half marathon**MEN**

1 Michael Ngaseke (ZIM/Mr Price) 66:40; 2 Brighton Chipere (ZIM/Nedbank) 68:22; 3 Wesley Mutai (KEN/New Balance) 69:18.

Veterans: 1 Nuno Thomaz (New Balance) 89:11. **Masters:** 1 Aubrey Watson (New Balance) 89:12. **G'masters:** 1 Paulus Masilela (Irene) 90:35. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:44:18. **Juniors:** 1 Jopo Malekanyane (Temp) 90:31.

WOMEN

1 Margaret Mahohoma (ZIM/Mr Price) 90:23; 2 Sharon Chinokuya (ZIM/Mr Price) 90:40; 3 Ansie Viljoen (Irene) 92:14 (1st vet).

Veterans: 1 Ansie Viljoen (Irene) 92:14. **Masters:** 1 Val Watson (New Balance) 1:56:56. **G'masters:** 1 Elsa Meyer (Irene) 2:04:31. **Juniors:** 1 Mapetane Matlakeng (LES/Mr Price) 94:27.

10 km**MEN**

1 Enoch Manyandi (Nedbank) 30:32; 2 Wesley Ruto (KEN/Nedbank) 30:57; 3 Joshua Sabao (ZIM/Mr Price) 31:03.

Veterans: 1 Isaac Masilela (ADT) 34:59. **Masters:** 1 Jerry Rankapule (Nedbank) 35:50. **G'masters:** 1 Mike du Bruto (Irene) 38:19. **G/g'masters:** 1 Ken Nurden (Agape) 44:47. **Juniors:** 1 Joel Madiba (TUT) 32:08.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 37:08; 2 Loveness Madziva (ZIM/Nedbank) 39:35; 3 Thembi Baloyi (TUT) 31:22.

Veterans: 1 Sandra Steenkamp (Irene) 41:53. **Masters:** 1 Ute de Milander (Arete) 50:00. **G'masters:** 1 Winnie Koekemoer (Agape) 57:41. **G/g'masters:** 1 Jeanette Loots (Irene) 1:21:35.

Old Mutual Rustenburg Mountain Race (13th)

Rustenburg, 31 July

(Distances: 25 km; loop course, very hilly & partly on gravel)

MEN

1. Sekete Lesole (LES/Toy) 1:24:13
2. Teboho Sello (LES/MP) 1:25:02 (also King of the Mountain)
3. Edwin Chimombo (ZIM/Ned) 1:25:48

40-49: 1. Simon Ramashapo (Coro) 1:36:30; 2. Trevor Toerien (Boks) 1:38:37; 3. Mmuso Kgopisho (Disc) 1:43:53. **50-59:** 1. Marius Carstens (Alber) 1:50:23. **60+:** 1. Pele Tshundamalema (Yebo) 2:13:39.

WOMEN

1. Thabita Tsatsa (ZIM/MP) 1:40:12 (also Queen of the Mountain)
2. Samukeliso Moyo (ZIM/MP) 1:43:08
3. Gloria Baeba (Ned) 1:52:24

40-49: 1. Catherine Naane (Gold) 2:01:59; 2. Shelley van der Spuy (Boks) 2:19:30; 3. Elmarie Hayes (Ned) 2:32:14. **50-59:** 1. Francis van Blerk (Ned) 2:20:00. **60+:** 1. Annette Roos (RAC) 2:52:54.

ArcelorMittal Saldanha Half Marathon

Saldanha, 24 July

(Distance: 21.1; course configuration unknown. Finishers: 273.)

MEN

1	Neo	Molema	Mr Price WP	33	1:17:34
2	Cobus	Gous	Temp	31	1:18:20
3	Sipho	Gole	Temp	24	1:20:09
4	Abraham	Afrika	Swartland	35	1:22:03
5	Basil	Lehman	Metropolitan	41	1:22:49
6	Derick	Zoutman	Swartland	32	1:23:25
7	Tebogo	Kwes	Temp	22	1:23:26
8	Carlo	Jacobs	Top Form	39	1:23:59
9	Lionel	Cronje	Metropolitan	29	1:24:27
10	Pieter	Hanekom	Nedbank	41	1:24:55
11	Steven	Parkins	Metropolitan	50	1:27:02

12	Ryk	Lochner	Temp	42	1:27:53
13	Moos	Ruiters	Salkorlane	41	1:29:20
14	Joggie	Maarman	Mamre	44	1:29:53
15	Bradley	Smith	Temp	26	1:30:23
16	John	Khabo	Temp	22	1:30:40
17	Henry	Cieverts	Top Form	52	1:30:51
18	Caven	Matsho	Temp	26	1:31:03
19	Virgil	Kalakoda	Temp	32	1:31:35
20	SP	Wambi	Temp	21	1:32:25

WOMEN

1	Mariëtte	Esterhuyse	Tygerberg	48	1:32:41
2	Glenda	Werth	Metropolitan	40	1:34:57
3	Lindie	Bouwer	Sanlam	25	1:42:38
4	Lujeanne	Geldenhuis	Temp	24	1:43:50
5	Cailey	Bredenkamp	Paarl	47	1:46:51
6	Yvette	Phillips	Temp	37	1:50:56
7	René	Du Preez	Temp	41	1:51:50
8	Helane	Smit	Swartland	46	1:53:22
9	Megan	Goliath	Brackenfell	34	1:53:54
10	Charisse	Hansen	Langebaan Strandlopers	44	1:54:52

Ebenharts Half Marathon & 10 km

Calitzdorp, 17 July

(Distances: 21.1 km [see note] & 10 km; loop courses)

Note: The half marathon was approx. 200 m short. Elzet Oosthuizen was fifth overall in the half marathon and Anneke Slabbert seventh. In the 10 km Sanchia du Preez and Christa Smit finished seventh and eight overall. – Ed.

Half marathon

MEN

1	Donney Danster	NWU	18	1:12:48
2	Luwayne Duitsjan	Hartenbos Drawwers	24	1:15:10
3	Booi Salman	Run/Walk for Life	36	1:15:34
4	Eddie Mouton	Nedbank	36	1:34:17
5	Patrick van der Ross		21	1:35:02
6	Chris Leggatt	NBMC Eden	38	1:40:42
7	Rogan Leckie	Nedbank	17	1:41:59
8	Stephen Gerber	Hartenbos Drawwers	37	1:42:47
9	Gregor Leckie	Strand	45	1:43:25
10	Jacques Hofsta	Mosselbaai Harriers	29	1:44:03

WOMEN

1	Elzet Oosthuizen	Hartenbos Drawwers	36	1:34:18
2	Anneke Slabbert	Stellenbosch	38	1:35:06
3	Thea-Mari van der Sandt	Nedbank	34	1:41:35
4	R. Phillipson	Mosselbaai Harriers	28	1:46:44
5	Justine Sharples	NBMC Eden	36	1:46:45
6	Anita Beutel		28	1:51:25
7	Surita van Heerden	Run/Walk for Life	54	1:57:40
8	Annelie Nel	Legacy Athletics Club	35	1:57:51
9	Carla Marucci	Plett Athletics	33	2:01:59
10	Ad Cole	Knysna	42	2:01:59

10 km**MEN**

1	Ettiene Plaatjies	Pukke	22	30:42
2	Gershwill ?		19	32:35
3	Edwayne ?		20	34:22
4	Tony Cleophas	Nedbank	44	36:16
5	Riaan van der Sandt	Nedbank	31	38:47
6	Kagisho Mothupi		23	40:11
9	Joseph Stoffels	Run/Walk for Life	47	47:32
10	C. Snyman		56	47:38
11	Richard ?	SANDEF	39	47:44

WOMEN

1	Sanchia du Preez	Run/Walk for Life	18	42:28
2	Christa Smit	Hartenbos Drawwers	42	46:40
3	Sonja du Preez	De Rust Striders	42	51:00
4	May Weideman	Run/Walk for Life	21	54:05
5	Ilse Schoeman	Hartenbos Drawwers	41	56:03
6	Diana Mouton	Nedbank	33	56:11
7	Elmarie Meissner-Roloff	Hartenbos Drawwers	51	56:30
8	L. van der Veen		46	1:00:43
9	Ilse Louw		25	1:03:12
10	Karin Otto	Hartenbos Drawwers	58	1:05:11

CROSS-COUNTRY**WP League Meeting (7th)**

Rocklands, 31 July

Note: The athletes' names are in the order of surname followed by first name. – Ed.**MEN****12 km:**

1	Lusaseni Tom	Adidas	39:37
2	Qhina Mtandazo	Adidas	39:41
3	Poni Tebello	ACSIS VOB	39:57
4	Fortuin Duane	Adidas	40:04
5	Camphor Hein	Adidas	40:31
6	Msopi Victor	ACSIS VOB	40:34
7	Nogwaza Innocent	Adidas	40:54
8	Ngculana Bonisile	Atlantic	41:05
9	Mpekula Marks	ACSIS VOB	41:31
10	Lusaseni Velani	Adidas	41:47

4 km:

1	Meleni Wongalethu	ACSIS VOB	13:04
2	Fortuin Duane	Adidas	13:14
3	Wildskut Riaan	ATC	13:19
4	Mdoda Eric	Easterns	13:25
5	Tshewula Bongile	Easterns	13:28
6	Faro Fabian	MP Titans	13:29
7	Collins Jonathan	Easterns	13:45
8	Pedro Enver	CPUT	13:59
9	Petoors Jessie	Eerste River	14:02
10	Abrahams J P	Adidas	14:11

40-49 (8 km):

1	Abrahams Shaun	Adidas	28:59
2	Jacobs Barend	Celtic Harriers	29:34
3	September John	Celtic Harriers	30:19

50-59 (8 km):

1	Paul Julian	Defence WP	30:21
2	Isaacs Kevin	Celtic Harriers	30:26
3	van der Merwe Friedl	Strand	31:11

60+ (8 km):

1	Veldsman Awie	Helderberg Harriers	33:02
2	Bock Albertus	Adidas	33:54
3	Donald Peter	West Coast	39:09

Juniors (8 km):

1	Andreas Jeromy	UWC	26:01
2	Nteta Unathi	Atlantic	26:03
3	Mdzanga Luxolo	RCS Gugs	26:21

WOMEN**4 km:**

1	Theron Gerda-Marié	Tygerberg NLK	16:47
2	Hanekom Linda	Adidas	18:01
3	Fillies Levonia	MP Titans	18:12
4	Manchip Genine	Maties	18:19
5	Groener Courtney	Bellville	18:25
6	Lewis L V	UWC	18:52
7	Steenkamp Liesl	Bellville	19:37
8	Jordaan Marlise	Bellville	19:45
9	Johannes Tyshia	RCS Gugs	19:47
10	Olivier Lee-Ann	CPUT	20:24

40-49 (4 km):

1	De Lange Sheryl	Adidas	15:52
2	Malan Mariaan	Melkbos	17:28
3	Brand Monice	Adidas	17:48

50-59 (4 km):

1	Howard Olga	Celtic Harriers	16:29
2	Cupido Charmaine	Nedbank	19:15
3	Hood Sandy	ACSIS VOB	20:32

60+ (4 km):

1	Sparg Pixie	Celtic Harriers	21:21
2	Barnard Zonia	Celtic Harriers	23:24
3	Williams Christine	Spartan Harriers	25:01

Juniors (6 km):

1	Sikabalanjana Asiphe	RCS Gugs	24:11
2	Parker M	UCT	24:47
3	Burger Jana	Bellville	25:21

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

Sun-Herald City to Surf 14 km (40th)

Sydney, AUS, 8 August

(Point-to-point course)

MEN

1. Ben St. Lawrence, AUS 41:05
2. Michael Shelley, AUS 41:06
3. Jeff Hunt, AUS 41:17

WOMEN

1. Lara Tamsett, 21, AUS 46:54
2. Cassie Fien, AUS 47:51
3. Jessica Trengove, AUS 48:26

TD Bank Beach to Beacon 10 km (13th)

Cape Elizabeth, USA, 7 August

(Certified, point-to-point course with 65% start/finish separation and 0.82 m/km elevation loss)

MEN (extended gun times)

1. Gebre Gebremariam, 25, ETH 27:40.4 PB \$10,000
2. Alan Kiprono, 20, KEN 27:41.7 PB 5,000
3. Wilson Chebet, 25, KEN 27:44.5 3,000
4. Stephen Kibet, 23, KEN 27:51.4 PB 2,000
5. Edward Muge, 27, KEN 28:08.3 1,000
6. Shawn Forrest, 27, AUS 28:16.3 PB 900
7. Martin Lel, 31, KEY 28:38.4 800
8. Boaz Cheboiywo, 32, KEN 28:44.4 700
9. Martin Fagan, 27, IRL 28:46.5 600
10. Joel Kimurer Kemboi, 27, KEN 28:56.7 500
- ... 54. Khalid Khannouchi, 38, Ossining, NY 33:10.6

WOMEN (extended gun times)

1. Lineth Chepkurui, 22, KEN 30:59.4 CR \$10,000 + 2,500*
2. Wude Ayalew Yimer, 23, ETH 31:06.9 PB 5,000
3. Edna Kiplagat, 30, KEN 31:33.1 PB 3,000
4. Irene Limika, 30, KEN 33:06.1 2,000
5. Leonora Joy-Petrina, 28, NZL 33:25.0 PB 1,000
6. Catherine Ndereba, 38, KEN 33:33.7 900
7. Malika Mejdoub, 28, MAR 33:39.6 800
8. Heidi Westover, 29, Walpole, NH 34:11.2 700
9. Allison Krol, 26, Pittsfield, MA 34:24.9 600
10. Kristin Barry, 36, Scarborough, ME 34:34.9 500 + 1,000^

*) Course record bonus

TRACK**Spitzen Leichtathletik**

Luzern, SUI, 8 August

MEN

3000:

1. David Torrence, 1985, USA, 7:54.61 PB
2. Daniel Huling, 1983, USA, 7:55.59 PB
3. Arne Gabius, 1981, GER, 7:56.78
- ... 7. Peter Van der Westhuizen, 1984, RSA, 8:00.05 PB

DN Galan

(Samsung Diamond League)

Stockholm, SWE, 6 August

MEN

800 (DL):

- | | | |
|----------------------------------|------------|----------|
| 1. Marcin Lewandowski, 1987, POL | 1:45.06 | \$10,000 |
| 2. Jackson Kivuna, 1988, KEN | 1:45.28 | 6,000 |
| 3. Boaz Lalang, 1989, KEN | 1:45.31 | 4,000 |
| 4. Nick Symmonds, 1983, USA | 1:45.32 | 3,000 |
| 5. Leonel Manzano, 1984, USA | 1:45.41 | 2,500 |
| 6. Alfred Kirwa Yego, 1986, KEN | 1:46.41 | 2,000 |
| 7. Andrew Wheating, 1987, USA | 1:46.51 | 1,500 |
| 8. Yussef Saad Kamel, 1981, BRN | 1:46.86 | 1,000 |
| Abubaker Kaki, 1989, SUD | DNF | |
| Michael Rimmer, 1986, GBR | DQ* | |
| Khadevis Robinson, 1976, USA | DNF (pace) | |

*) Originally finished second in 1:45.11 but was disqualified under rule 163.6, leaving the course

5000 (DL):

- | | | |
|----------------------------------|-------------|----------|
| 1. Mark Kiptoo, 1976, KEN | 12:53.46 PB | \$10,000 |
| 2. Dejene Gebremeskel, 1989, ETH | 12:53.56 PB | 6,000 |
| 3. Imane Merga, 1988, ETH | 12:53.58 PB | 4,000 |
| 4. Eliud Kipchoge, 1984, KEN | 12:54.36 | 3,000 |
| 5. Chris Solinsky, 1984, USA | 12:55.53 PB | 2,500 |
| 6. Vincent Chepkok, 1988, KEN | 12:58.17 | 2,000 |
| 7. Titus Mbishei, 1990, KEN | 13:00.04 PB | 1,500 |
| 8. Augustine Choge, 1987, KEN | 13:04.64 | 1,000 |
| ... 14. James Kwalia, 1984, QAT | 13:21.05 | |
| 15. Juan van Deventer, 1983, RSA | 13:22.64 | |
| Galen Rupp, 1986, USA | DNF | |

3000 s/chase:

- | | |
|-----------------------------------|------------|
| 1. Paul Kipsiele Koech, 1981, KEN | 8:02.18 |
| 2. Silas Kosgei Kitum, 1990, KEN | 8:12.42 PB |
| 3. Elijah Chelimo, 1984, KEN | 8:12.93 |
| 4. Tareq Mubarak Taher, 1984, BRN | 8:17.21 |
| 5. Linus Chumba, 1980, KEN | 8:18.48 |
| 6. Tomasz Szymkowiak, 1983, POL | 8:21.05 |
| 7. Youcef Abdi, 1977, AUS | 8:29.40 |
| 8. Mustafa Mohamed, 1979, SWE | 8:29.95 |

WOMEN

1500 (DL):

1. Nancy Jebet Langat, 1981, KEN	4:00.70	\$10,000
2. Anna Alminova, 1985, RUS	4:01.53	6,000
3. Mimi Belete, 1988, BRN	4:01.64	4,000
4. Abeba Arigawi, 1990, ETH	4:01.98	3,000
5. Morgan Uceny, 1985, USA	4:02.72	2,500
6. Gelete Burka, 1986, ETH	4:02.84	2,000 (fell)
7. Shannon Rowbury, 1984, USA	4:02.95	1,500
8. Maryam Yusuf Jamal, 1984, BRN	4:03.29	1,000
9. Stephanie Twell, 1989, GBR	4:04.25	
10. Anna Pierce, 1984, USA	4:04.52	
11. Christin Wurth-Thomas, 1980, USA	4:04.56	

5000:

1. Mesret Defar, 1983, ETH	14:42.46
2. Alemitu Bekele, 1977, TUR	14:42.62 PB
3. Emebet Anteneh, 1992, ETH	14:55.65
4. Gedo Utura, 1990, ETH	14:56.18
5. Margaret Muriuki, 1986, KEN	14:57.26
6. Alice Nawowuna, 1994, KEN	15:16.74 PB
7. Shitaye Eshete, 1990, BRN	15:25.67
8. Jen Rhines, 1974, USA	15:50.55
Lauren Fleshman, 1981, USA	DNF (pace)

3000 s/chase (DL):

1. Yuliya Zarudneva, 1986, RUS	9:17.59	\$10,000
2. Milcah Chemos, 1986, KEN	9:19.32	6,000
3. Lydia Rotich, 1988, KEN	9:21.25	4,000
4. Sofia Assefa, 1987, ETH	9:22.09	3,000
5. Gladys Jerotich Kipkemoi, 1986, KEN	9:24.96	2,500
6. Mercy Njoroge, 1986, KEN	9:26.64 PB	2,000
7. Katarzyna Kowalska, 1985, POL	9:37.00	1,500
8. Lisa Aguilera, 1979, USA	9:37.98	1,000

ULTRA/MOUNTAIN/TRAIL RUNNING

White River 50-mile Trail Run

(USA 50-mile Trail Championships)

Crystal Mountain, USA, 31 July

(The course includes 2653 m of climbing and descending)

MEN

1. Anton Krupicka, 26, Boulder, CO	6:25:29 CR
2. Dakota Jones, 19, Durango, CO	6:49:20
3. Greg Crowther, 37, Seattle, WA	6:58:10
4. Scott Jurek, 36, Seattle, WA	7:02:49

WOMEN

1. Meghan Arbogast, 49, Corvallis, OR	8:10:51
2. Amy Sproston, 36, Portland, OR	8:22:03
3. Amber Nonforte, 32, Reno, NV	8:30:04

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2010 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2010 10 KM: TOP 10 WOMEN

32:32	René Kalmer	8	New York	12 Jun
33:25	Kalmer-2	1	Bellville	18 Apr
33:51	Zintle Xiniwe	1	Port Elizabeth	31 Jul
33:53	Kalmer-3	1	Port Elizabeth	01 May
33:56	Thozama April	2	Port Elizabeth	31 Jul
34:03	Tanith Maxwell	2	Bellville	18 Apr
34:07	Irvette van Blerk	2	Port Elizabeth	01 May
34:17	Nolene Conrad	1	Bellville	05 Jun
34:28	Dominique Scott (jun)	2	Bellville	05 Jun
34:42	April-2	3	Bellville	18 Apr
34:44	Nandipha Dywili	3	Port Elizabeth	01 May
34:49	Ntombesintu Mfunzi	4	Port Elizabeth	01 May
34:53	Catherine Skosana	3	Port Elizabeth	31 Jul

THIS MONTH IN HISTORY

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

29 years ago: 2 August 1981

In 1981 sub-2:13 marathons were still a rarity in South Africa. When the year started, only five had been run: Ferdie le Grange achieved the first one on 23 April 1974 with his 2:12:47, then Johnny Halberstadt broke the record five years later with 2:12:19, Gabashane Rakabaele (LES) ran 2:12:27 the same year, followed by Geoff Bacon's SA record of 2:12:10 in 1980, and Thompson Magawana's 2:12:50, also in 1980. On this day, in the Durban Athletic Club Marathon, Bernard Rose broke the barrier by 3 seconds (after he had failed to do so by 2 seconds in May) when he won by 2:15 from Ben Choeu. It was the fastest performance by a South African that year. At the time the DAC Marathon was the oldest in the country after the national championship; sadly it was discontinued after 68 runnings in 2001.

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
	27:04	Josphat Kiprono (KEN)		
	27:01	Micah Kogo (KEN) 2009		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar

	42:46	Lelisa Desisa (ETH)		
21.1 km	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	61:58	Lucky Mohale	Port Elizabeth	24 July
	58:23	Zersenay Tadese (ERI)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		
	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:10:45	Lusapho April	Hannover	02 May
	2:04:48	Patrick Makau (KEN)		
	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	30:34a	Mluleki Nobanda	East London	22 May
	28:51	Paulo Catarino (POR) 2003		
15 km	48:36	Graham Katzen	Eersterivier	26 Jun
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	66:17	Mluleki Nobanda	Port Elizabeth	24 July
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	87:31a	Basie Bonaparte	Somerset East	24 Apr
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:04	Lindile Tokota	Sedgefield	13 Mar
	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	34:53	Raymond Howard	Bellville	05 Jun
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:36	Charles Vilakazi	Boksburg	09 May
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	71:07	Charles Vilakazi	Port Elizabeth	24 July
	66:42	Martin Rees (GBR) 2003		
25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	1:57:40	Raymond Howard	Parow	21 Mar
Marathon	2:45:10	Ernest Tjela	Sasolburg	06 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	37:58	Awie Veldsman	Bellville	05 Jun
15 km	59:47	Albertus Bock	Constantia	13 Mar
21.1 km	83:01	Mike du Bruto	Port Elizabeth	24 July
25 km	1:47:41	Mike du Bruto	Pretoria	08 May
30 km	2:13:46	Albertus Bock	Camps Bay	10 Jan
Marathon	3:10:22a	Simon Mokone	East London	27 Feb
100 km				

Juniors

10 km	30:10	Unathi Phezolo	Brackenfell	20 Jan
	27:52	Richard Chelimo (KEN)	1990	
15 km	47:28	Siyabonga Makhaluzo	Eersterivier	26 Jun
	42:25	Moses Mosop (KEN)	2004	
21.1 km	66:23	Sithembele Fanekho	Port Elizabeth	24 July
	59:16	Samuel Wanjiru (KEN)	2005	

WOMENOpen

10 km	32:32	René Kalmer	New York	12 Jun
	30:45a	Lineth Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR)	2003	
15 km	51:24	Tanith Maxwell	Eersterivier	26 Jun
	47:57	Edna Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH)	2009	
21.1 km	71:09	Irvette van Blerk	Port Elizabeth	24 July
	67:07	Elvan Abeylegesse (TUR)		
	66:25	Lornah Kiplagat (KEN)	2007	
25 km	1:36:29	René Kalmer	Johannesburg	24 Jan
	79:53	Mary Keitany (KEN)		
	79:53	Mary Keitany (KEN)	2010	
30 km	2:03:52	Farwa Mentoer	Camps Bay	10 Jan
	1:43:24	Mara Yamauchi (GBR)		
	1:38:49	Mizuki Noguchi (JPN)	2005	
Marathon	2:34:24	Tanith Maxwell	London	25 Apr
	2:22:00	Liliya Shobukhova (RUS)		
	2:15:25	Paula Radcliffe (GBR)	2003	
100 km	6:33:11	Tomoe Abe (JPN)	2000	

Veterans (40+)

10 km	37:06	Tessa Burrell	Port Elizabeth	01 May
	32:14	Priscilla Welch (GBR)	1985	
15 km	56:31	Michelle Bartman	Eersterivier	26 Jun
	49:35	Priscilla Welch (GBR)	1985	
21.1 km	81:10	Michelle Bartman	Port Elizabeth	24 July
	69:56	Irina Permitina (RUS)	2009	
25 km	1:47:49	Ansie Viljoen	Pretoria	08 May
	82:13	Mizuki Noguchi (JPN)	2005	
30 km	2:06:43	Joanna Thomas	Camps Bay	10 Jan
	1:51:37	Mieke Pullen (NED)	2001	
Marathon	2:52:04a	Joanna Thomas	Oudtshoorn	27 Feb
	2:26:51	Priscilla Welch (GBR)	1987	
100 km	7:00:27	Normi Sakurai (JPN)	2007	

Masters (50+)

10 km	40:28	Olga Howard	Bellville	10 Apr
	34:44	Tatyana Pozdniakova (UKR)	2005	
15 km	63:25	Olga Howard	Eersterivier	26 Jun
	54:33	Shirley Matson (USA)	1991	
21.1 km	89:51	Olga Howard	Port Elizabeth	24 July
	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	3:08:34a	Annatjie Botes	Oudtshoorn	27 Feb

100 km 2:31:05 Tatyana Pozdniakova (UKR) 2005

Grandmasters (60+)

10 km	43:28	Sonja Laxton	Port Elizabeth	01 May
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:36:59	Veronica van Niekerk	Port Elizabeth	24 July
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	34:28	Dominique Scott	Bellville	05 Jun
	31:42	Zola Pieterse (RSA) 1984		
15 km	57:44	Asiphe Sikabalanjana	Constantia	13 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	78:42	Nandipha Dywili	Port Elizabeth	24 July
	1:09:05	Delilah Asiago (KEN) 1991		

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