

# 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

Tanith Maxwell's brilliant run in the real, - Berlin Marathon on Sunday was the highlight of the weekend. Maxwell's 2:32:33 is the fastest by a South African woman since Elana Meyer ran 2:31:43 in New York in 2001. Maxwell, who clocked 2:34:24 earlier this year in London, has now moved up into fourth place on the all-time list, passing Annette Falkson. The three women topping her on the list, Meyer, Colleen de Reuck and Frith van der Merwe, ran twenty sub-2:32 times among them.

Maxwell's splits in Berlin were as follows:

5 km	00:18:07	18:07
10 km	00:35:31	17:24
15 km	00:53:19	17:48
20 km	01:11:27	18:08
Half	01:15:24	03:57
25 km	01:29:31	14:07
30 km	01:47:44	18:13
35 km	02:05:52	18:08
40 km	02:24:23	18:31
Finish	02:32:33	08:10

In an e-mail to DRR Maxwell, who ran in bib number F13, wrote: "The race was great, although the weather conditions were far from ideal. I ran my own race and had to contend with no personal drinks bottles until the 20 km mark - not sure what happened, but there seemed to be a mix-up with the men and woman elite bottles. I am just thrilled it ended in a PB! I will be resting for a while now and taking things easy until mid-October or so."

The first two men in Berlin, Patrick Makau and Geoffrey Mutai, duplicated their finish positions in the Rotterdam Marathon in April. Makau's 2:05:08 was 2 seconds faster than Mutai's time, and the two men have now clocked the four fastest times in the world this year: 2:04:48 and 2:05:08 for Makau and 2:04:55 and 2:05:10 for Mutai. Athletes from Africa took the first eight positions.

A comparison of the number of sub-2:xx performers (not performances) in the marathon over the last twelve years looks like this:

	<b>2010 (so far)</b>	<b>2009</b>	<b>2008</b>	<b>2007</b>	<b>2006</b>	<b>2005</b>	<b>2004</b>	<b>2003</b>	<b>2002</b>	<b>2001</b>	<b>2000</b>	<b>1999</b>
<2:05	<b>2</b>	<b>2</b>	<b>2</b>	1	0	0	0	<b>2</b>	0	0	0	0
<2:06	<b>8</b>	<b>8</b>	6	1	1	0	0	3	2	0	0	1
<2:07	16	<b>20</b>	13	6	8	1	5	10	9	1	2	9
<2:08	28	<b>37</b>	31	24	19	12	12	25	15	12	10	16

The Berlin race is now the fastest men's marathon of all time based on the average of its best ten marks: 2:05:10.

The Cape Town Marathon went to Gert Thys in 2:22:12 and Nomvuyisi Seti in 2:57:12. Thys has run a couple of half marathons since his return from a doping suspension, but this is his first marathon. He still holds the SA record with the 2:06:33 he ran in Tokyo in 1999.

DRR reported last week on the new ASA Board elected at its Special General Meeting. The media release sent out by ASA after the elections made no mention of the election of a chairperson, but a circular sent out since then by WP Athletics announced that James Evans, who was elected as chairperson of the track & field commission, was elected by the board members in this position. "The Board decided to elect James Evans to chair the Board at least until the first Board meeting, where a final decision will be made," the statement said. "The elected members will serve until the end of the current Board's term, i.e. no later than April 2012." Evans is also president of WP Athletics.

Riël Hauman

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**INCLUDED IN THIS ISSUE:**

- \* Cape Town Marathon & 10 km, Cape Town
- \* Verulam Marathon, Half Marathon & 10 km, Verulam
- \* Mtubatuba 10 km, Mtubatuba
- \* Whale Half Marathon, Hermanus
- \* McCarthy Volkswagen Half Marathon & 10 km, Pretoria
- \* Nelson Mandela Bay Ecomile Marathon, Port Elizabeth to Uitenhage
- \* Nedbank 15 km Trail Run, Port Elizabeth
- \* Ithala 35 km & 10 km Challenge, Vryheid
- \* SAPS Striders 15 km, Durban
- \* Race against crime, Herbertsdale
- \* XC: Absa USSA Championships, Port Elizabeth

**International highlights:**

- \* real,- Berlin Marathon, Berlin, GER
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**ROAD RUNNING**

**Cape Town Marathon & 10 km**

(WP Marathon Championships)

Cape Town, 26 September

(Distances: 42.195 km & 10 km; certified loop courses)

Note: Unfortunately the results as released did not include clubs. – Ed.

**Marathon**

MEN

1. Gert Thys 2:22:12
2. Pule Hlabahlaba 2:22:19
3. Mzwanele Maphekula 2:22:38
4. Sityhilo Diko 2:22:50
5. Neo Molema 2:24:40
6. Velani Lusaseni 2:26:50
7. John Mboko 2:29:48
8. Mxolisi Fana 2:31:27 (1<sup>st</sup> vet)
9. Anele Ndzuta 2:35:38
10. Zolani Bhitane 2:36:09
11. Sekgole Josiah Malatje 2:37:15

12. Luyanda Mapoyi 2:39:45
13. Laban Ponco 2:40:29
14. Mario Balaze 2:43:04
15. Zolani Sowazi 2:43:18
16. Paul Moshilo 2:43:46
17. Andries Ntsizakalo 2:44:35
18. Patrick Thenga 2:45:44
19. Selwyn Losper 2:46:23
20. Justin Hand 2:46:52

**40-49:** 1. Mxolisi Fana 2:31:27; 2. Mario Balaze 2:43:04; 3. Andries Ntsizakalo 2:44:35.

**50-59:** 1. Steven Parkins 2:51:58; 2. Friedl van der Merwe 2:56:09; 3. Zama Witvoet 2:57:19. **60-69:** 1. Dave Wheeler 3:31:54; 2. Vernon du Preez 3:40:11; 3. Hans Egli 3:41:59. **70+:** 1. Caspar Greeff 4:09:11; 2. Bob Rebello 4:51:59; 3. Hugh Waters 4:54:28.

#### WOMEN

1. Nomvuyisi Seti 2:57:12
2. Anneline Roffey 2:59:26
3. Bulelwa Mtshagi 3:02:07
4. Ronel Natrass 3:09:12
5. Kerryn Armstrong 3:12:03
6. Sandra van Graan 3:12:17 (1<sup>st</sup> vet)
7. Wilna Eybers 3:14:54
8. Kutlwano Ramaboa 3:21:01
9. Marilyn Fischer 3:25:38
10. Melany Porter 3:25:42
11. Marie Louw 3:25:46
12. Miranda Symons 2:25:52
13. Caroline Wills 3:25:52
14. Kirsten Norris 3:26:53
15. Lorna Loubser 3:27:25
16. Nancy Will 3:27:33 (1<sup>st</sup> mast)
17. Veronica van Niekerk 3:30:14 (1<sup>st</sup> g'mast)
18. Maretha de Kock 3:33:59
19. Theresa Burgess 3:38:24
20. Dominique Leibbrandt 3:40:15

**40-49:** 1. Sandra van Graan 3:12:17; 2. Wilna Eybers 3:14:54; 3. Marie Louw 3:25:46.

**50-59:** 1. Nancy Will 3:27:33; 2. Maretha de Kock 3:33:59; 3. Brenda Stevenson 4:06:47.

**60-69:** 1. Veronica van Niekerk 3:30:14; 2. Marlene James 4:35:55; 3. Marlene Wiese 4:38:02.

#### 10 km

##### MEN

1. Nkosinathi Madyo 30:14
2. Tom Lusaseni 30:24
3. Peter Tsawayo (ZIM) 30:27
4. Luxolo Mdzanga 30:57 (1<sup>st</sup> jun)
5. Hein Camphor 31:06
6. Zolani Matshoba 31:29
7. Akhona Makila 32:09
8. Graham Katzen 32:13 (1<sup>st</sup> vet)
9. Victor Msopi 32:14
10. Yeyethu Njokwana 32:16
11. Vladimir Kotov (BLR) 32:30 (1<sup>st</sup> mast)
12. Zuko Zenzile 32:49

13. John Stewe 33:02
14. Jonathan Collins 33:27
15. Xolile Macanda 33:30
16. Nelson Bass 33:42
17. Luthando Diba 33:54
18. Shaun Abrahams 33:58
19. Vuyolwethu Piyose 34:22
20. Gilbert Korir (KEN) 34:22

**40-49:** 1. Graham Katzen, 40, 32:13; 2. Shaun Abrahams 33:58; 3. Michael Bekapi 35:06.  
**50-59:** 1. Vladimir Kotov (BLR) 32:30; 2. Gregory Jacobs 37:34; 3. Moses Matshabi 38:45.  
**60-69:** 1. Moegamat Abrahams 46:53; 2. Melville Silke 48:03; 3. Peter Brennan 51:14.  
**Juniors:** 1. Luxolo Mdzanga 30:57; 2. Zolani Matshoba 31:29; 3. Akhona Makila 32:09.

#### WOMEN

1. Zintle Xiniwe 33:54
2. Annerien van Schalkwyk 34:31
3. Helene Perold 39:23
4. Elmarie Coetzee 39:24 (1<sup>st</sup> vet)
5. Sheryl de Lange 39:48
6. Olga Howard 41:53 (1<sup>st</sup> mast)
7. Vivienne Fenton 42:06
8. Tania Kapp 42:10
9. Beth Mandel 44:03
10. Melissa Rothman 44:07
11. Chantel Simpson 44:27
12. Lizelle Brundyn 44:29
13. Charmaine Cupido 44:51
14. Asanda Dayimani 45:28 (1<sup>st</sup> jun)
15. Nonhlanhla Ngcobo 46:16
16. Verena Noller 47:04
17. Alison ? 47:19
18. Theresa Feltes 47:43
19. Candice Morrison 47:47
20. Dominique D'Oliveira 48:27

**40-49:** 1. Elmarie Coetzee 39:24; 2. Sheryl de Lange, 42, 39:48; 8. Tania Kapp 42:10.  
**50-59:** 1. Olga Howard 41:53; 2. Charmaine Cupido 44:51; 3. Helen du Plessis 49:26. **60-69:** 1. Marietha Herbert 49:51; 2. Pixie Sparg 51:49; 3. Zonia Barnard 55:06. **Juniors:** 1. Asanda Dayimani 45:28; 2. Gaylon Atson 50:32; 3. Sinead Hattingh 68:56.

### Verulam Marathon, Half Marathon & 10 km

Verulam, 26 September

(Distances: 42.195 km, 21.1 km & 10 km; hilly out-and-back courses)

#### Marathon

##### MEN

1 Richard Nene ZIM/Mr P 2:34:03, 2 Peter Mavura F1 2:50:04, 3 Mdumiseni Zondi Natal Carbineers 2:53:41, 4 Michael Qwabe SCS 2:56:54, 5 Fortune Mthembu Woodview 2:58:51.

**40-49:** Mangena Mokoena PDAC 3:12:24, 2 Bheki Bhengu Boxer 3:16:16, 3 Christian Tiernely Hillcrest 3:48:45. **50-59:** Jeremia Ngwenya Boxer 3:20:24, 2 Felokwakhe Nxumalo Falcons 3:45:09, 3 Ronald Heathcote Umhlathuze 3:48:46.

## WOMEN

1 Nonsikelelo Mbambo Natal Carb 3:42:29, 2 Maria Mthembu Boxer 3:58:12, 3 Jane Baker DAC 4:01:44.

**40-49:** 1 Maria de Villiers Natal Carbineers 4:25:47, 2 Nithiakalyani Reddy Verulam Falcons 4:36:57, 3 Molly Parasaraman Woodview 4:48:50. **50-59:** Jane Baker DAC 4:01:44, 2 Irma Stephens Eskom 4:55:40.

**Half marathon**

## MEN

1 Sabelo Ncube Phumananthi 1:17:17, 2 Mbuyiswa Mangi HV 1:18:10, 3 Thandabantu Khafuza Boxer 1:20:34, 4 Xolani Tongaat 1:21:53, 5 Madondo Mandlenkosi Collegians Harriers 1:21:58.

**40-49:** Sipho Ngwane Woodview 1:25:04. **50-59:** Vincent Ncgobo Woodview 1:38:41. **60+:** Charm Naidoo Chats 1:51:27.

## WOMEN

1 Sibongilie Mpanza Boxer 1:35:54, 2 Maureen Slack Glenwood H 1:38:18 3 Sandy de Beer SANDF 1:38:19.

**40-49:** Maureen Slack Glenwood H 1:38:18. **50-59:** Jenny Scott DCS 1:54:57. **60+:** Gill Tregenna West 1:58:57.

**10 km**

## MEN

1 Gerald Munetsi Glenwood 32:38 2 Sibusiso Madikizela SAV 32:41, 3 Sipho Ngxongo F1 32:43, 4 Xolani ? Bluff 32:49, 5 Sivuyile Mathandabuzo Clermont 34:46.

**Juniors:** 1 Sibusiso Madikizela SAV 32:41, 2 Emmanuel Ngidi F1 37:34, 3 Mthokozisi Mkhize Stella 52:58.

## WOMEN

1 Precious Duma HV 44:49, 2 Shiree Kirsten PDAC 53:19, 3 Mary-Anne Taylor Clermont 53:51.

**Juniors:** Thandeka Ngobo Nedbank 55:56.

**Mtubatuba 10 km**

Mtubatuba, 26 September

## MEN

1. Thubalethu Phaku (DUT) 30:47, 2. Samuel Pazanga (ZIM/Mr Price) 30:50, 3. Thelumusa Sibiya (Siyaphambili) 32:50.

**40-49:** 1. Shadreck Mncwango (Mamba) 38:02, 2. Mgcumiseni Maphalala (Nedbank) 38:40, 3. Sipho Langa (Zululand) 40:00. **50-59:** 1. Siyabonga Jali (Nedbank) 38:46, 2. Magic Hlatshwayo (KZN Striders) 39:02, 3. N.M Zungu (Mhlathuze) 39:40. **60+:** 1. Jerome Swani (Mhlathuze) 52:16. **Juniors:** 1. Sanele Mthembu (Zululand) 39:00, 2. Philani Fihlela (Mhlathuze) 39:20.

## WOMEN

1. Makhosi Mhlongo (Savages) 38:06, 2. Nompumelelo Mnyandu (KZN Striders) 39:10 (1<sup>st</sup> jun), 3. Puseletso Dladla (Boxer) 39:40.

**40-49:** 1. Simone ? (Richards Bay) 52:20, 2. Prisca Ntuli (Canon Richards Bay) 54:40.

**60+:** 1. Lindy Vivian (Mhlathuze) 1:07, 2. Mandy Marshall (Mamba) 1:20, 3. Ntombi Masangane (Mamba) 1:38. **Juniors:** 1. Nompumelelo Mnyandu (KZN Striders) 39:10, 2. Puseletso Dladla (Boxer) 39:40.

### Whale Half Marathon

Hermanus, 25 September

(Distance: 21.1 km. Loop course. Finishers: 426.)

#### MEN

1	Hillroy	Slingsers	Worcester	1:11:13	R500
2	Marshall	Rooi	Nedbank	1:15:38	R300
3	Thembelani	Zola	Mr Price	1:15:58	R200
4	Byron	February	Wellington	1:16:54	
5	Malixole	Peter	Temp	1:18:00	
6	Sollie	Van Rooyen	Worcester	1:19:39	
7	Daniel	Claassen	MSM	1:19:40	
8	Alfred	Tshabeni	Whalers	1:20:24	
9	RG	du Toit	Temp	1:21:18	
10	Dion	Middelkoop	VOB	1:22:02	
11	Chris	Wheeler	Temp	1:22:05	
12	Brett	Wood	Temp	1:22:17	
13	Thomas	Moses	Worcester	1:24:23	
14	Sean	Privett	Whalers	1:24:25	
15	Bennie	Stadler	Achilles	1:24:38	
16	Christo	Du Plessis	Whalers	1:24:44	
17	Charles	De Wet	Helderberg	1:26:49	
18	Hendrik	Floor	Bonny Town	1:27:41	
19	Baba	Seitumeng	Whalers	1:28:07	
20	J	Johnson	Worcester	1:28:18	

#### 40-49:

1	Sollie	Van Rooyen	Worcester	1:19:39	R200
2	Dion	Middelkoop	VOB	1:22:02	R150
3	Christo	Du Plessis	Whalers	1:24:44	R100

#### 50-59:

1	Thomas	Moses	Worcester	1:24:23	R150
2	Frank	Gillion	Whalers	1:28:23	R100
3	Wilhelm	Coetzee	West Coast	1:33:17	R50

#### 60-69:

1	Alf	Scullard	Whalers	1:39:02	R100
2	Ronnie	Le Roux	Brackenfell	1:39:58	R75

#### 70+:

1	Derry	Devine	VOB	2:57:13	
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#### WOMEN (Same prize money as men)

1	Tameshia	Hammer	Temp	1:32:04	
2	Lesyl	Potgieter	ATC	1:34:27	
3	Ronelle	Marshall	Temp	1:36:39	
4	Lydia	West	Temp	1:36:48	
5	Victoria	Shephard		1:40:13	
6	Dawn	Middelkoop	VOB	1:40:17	
7	Louise	Erasmus	Whalers	1:41:17	
8	Tilda	Krugman	West Coast	1:41:37	
9	Carien	Helberg	New Balance	1:41:43	
10	Ursula	Turck	Strand	1:43:05	

11	Johandie	De Kock	Tygerberg	1:44:03
12	M	Pretorius	West Coast	1:45:39
13	Estelle	Rossouw	Temp	1:46:41
14	Paula	Dollman	Temp	1:47:11
15	A	Steyn	Bredasdorp	1:47:32
16	Anzel	Du Plessis	Whalers	1:47:36
17	Carina	Classens	Temp	1:48:07
18	Lorraine	Rogers	Durbac	1:48:38
19	N	Griffith	VOB	1:48:46
20	Mia	Smit	Helderberg	1:48:56

**40-49:**

1	Ronelle	Marshall	Temp	1:36:39
2	Louise	Erasmus	Whalers	1:41:17
3	Anzel	Du Plessis	Whalers	1:47:36

**50-59:**

1	Dawn	Middelkoop	VOB	1:40:17
2	Tilda	Krugman	West Coast	1:41:37
3	Lorraine	Rogers	Durbac	1:48:38

**60-69:**

1	Avril	De Lapelin-Dumont	West Coast	2:15:55
2	Carol Ann	Aver	RWFL	2:46:23

**70+:**

1	Arlene	Ehrenberg	Whalers	2:53:53
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**McCarthy Volkswagen Half Marathon & 10 km**

Pretoria, 25 September

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1 200; 10 km – 1 300.)

**Half marathon**

MEN

1 Wesley Ruto (KEN/Nedbank) 66:39; 2 Sekete Lesole (LES/Toyota) 66:49; 3 Shadrack Hoff (New Balance) 69:32.

**Veterans:** 1 Piet Mosibedi (Nedbank) 71:56. **Masters:** 1 Philemon Mogasane (Nedbank) 81:52. **G'masters:** 1 Jan v Wettering (PMK) 1:44:18.

WOMEN

1 Helen Chiundo (ZIM/Nedbank) 80:47; 2 Tony Snoxell (Jeppe) 81:40; 3 Lineo Chaka (LES/Toyota) 83:38.

**Veterans:** 1 Ansie Viljoen (Irene) 90:15. **Masters:** 1 Linda Potgieter (Magnolia) 1:45:41. **G'masters:** 1 Maureen Arthur (RAC) 2:06:51.

**10 km**

MEN

1 Richard Mavuso (Mr Price) 30:45; 2 Esau Radebe (Transnet) 31:11; 3 Wesley Mutai (KEN/New Balance) 32:00.

**Veterans:** 1 Nicky Mazibuko (Nedbank) 33:36. **Masters:** 1 Charles Vilakazi (Kwa Thema) 35:37. **G'masters:** 1 Johannes Setshedi (New Balance) 44:26.

WOMEN

1 Catherine Skosana (Transnet) 37:53; 2 Bronwen Small (Nedbank) 38:42; 3 Sarah Mahlangu (Mr Price) 42:20 (1<sup>st</sup> vet).

**Veterans:** 1 Sarah Mahlangu (Mr Price) 42:20. **Masters:** 1 Lynette Fischer (Tuks) 44:10.  
**G'masters:** 1 Sarie du Toit (PMK) 46:50.

### **Nelson Mandela Bay Ecomile Marathon (2<sup>nd</sup>)**

Port Elizabeth, 25 September

(Distance: 42.195 km; new point-to-point and downhill course, with one out-and-back section. Finishers: 137.)

#### **MEN**

1	Sindile	Somke	Nedbank RC	34	2:25:15
2	George	Ntshiliza	Nedbank RC	31	2:25:46
3	Mzolisi	Makhanda	Nedbank RC	27	2:28:06
4	Emerson	Kayana	Nedbank RC	36	2:30:56
5	Alfred	Qogi	Nedbank RC	37	2:39:36
6	Nkosinathi	Gcakasi	Bluewater Bay	39	2:41:19
7	Mzamo	Fokwana	Charlo RR	32	2:42:16
8	John	Rafani (1 <sup>st</sup> vet)	Nedbank RC	43	2:46:45
9	Anele	Maliza	Mr Price PE	32	2:48:32
10	Mongezi	Mboya	PEAAC	32	2:49:38
11	Andre	Van den Berg (1 <sup>st</sup> mast)	Jeffreys Bay	50	2:52:46
12	Mzukisi	Klaas	Nedbank RC	41	2:53:08
13	Phumzile	Sikawuti	Nedbank RC	31	2:53:10
14	Thobile	Xata	Nedbank RC	36	2:54:34
15	Riaan	Kock	Nedbank RC	40	2:54:58
16	Ruan	Smalberger	Nedbank RC	20	2:54:59
17	Malungisa	Olayi	PEAAC	31	2:55:52
18	Michael	Magson	Mr Price PE	34	2:56:52
19	Brendon	Slabbert	NMMU AC	39	2:56:55
20	Bradley	Mackenzie	Achilles AAA	38	2:59:27

#### **40-44:**

1	John	Rafani	Nedbank RC	43	2:46:45
2	Mzukisi	Klaas	Nedbank RC	41	2:53:08
3	Riaan	Kock	Nedbank RC	40	2:54:58

#### **45-49:**

1	Robin	Fourie	Achilles AAA	47	2:59:28
2	Peter	Tshikila	Mr Price PE	48	3:04:33
3	Derek	Wilson	Charlo RR	46	3:06:16

#### **50-54:**

1	Andre	Van den Berg	Jeffreys Bay	50	2:52:46
2	Sidwel	Roboshi	Nedbank RC	50	3:06:48
3	Disemba	Blou	Triangle Sports	52	3:17:47

#### **60-64:**

1	Thembisile	Ntoni	PEAAC	62	5:03:45
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#### **65-69:**

1	Tamsanqa	Jusayi	Mr Price PE	68	3:23:32
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#### **WOMEN**

1	Ntombesintu	Mfunzi	Mr Price PE	28	2:52:14
2	Davera	Magson	Mr Price PE	35	3:07:54
3	Maureen	Dladla	Matela	30	3:13:55
4	Marisa	Ferraris	Triangle Sports	39	3:15:55
5	Maresa	Ah Kun	Bluewater Bay	34	3:29:59
6	Buyelwa	Kobokana (1 <sup>st</sup> vet)	Nedbank RC	45	3:35:44
7	Michelle	Sivewright	Triangle Sports	41	3:35:56

8	Sharon	Jessop	Triangle Sports	40	3:35:57
9	Camarin	Van Eyk	Elite AC	28	3:45:41
10	Jacqui	Van der Vyver	Elite AC	41	3:45:42
11	Adele	Van de Venter	Temp	42	3:48:12
12	Debbie	Dodd	Charlo RR	39	3:53:17
13	Sime	Baynes	Body Concept	26	3:56:27
14	Angela	Ackermann	Body Concept	31	3:56:27
15	Lindie	Steyn	Kimberley Harri	30	4:07:25
16	Helen	Short	Charlo RR	34	4:12:20
17	Christa	Meuwesen	Bluewater Bay	44	4:17:14
18	Denise	Darlow	Charlo RR	41	4:18:21
19	Amanda	Prideaux	Bluewater Bay	35	4:21:11
20	Sharon	Smuts	St Albans CSEP	44	4:23:51

**40-44:**

1	Michelle	Sivewright	Triangle Sports	41	3:35:56
2	Sharon	Jessop	Triangle Sports	40	3:35:57
3	Jacqui	Van Der Vyver	Elite AC	41	3:45:42

**45-49:**

1	Buyelwa	Kobokana	Nedbank RC	45	3:35:44
2	Cathy	Allers	Transnet RE	48	4:37:39
3	Helen	Mc Lean	Madiba Bay	49	4:45:59

**50-54:**

1	Doris	Liberty	Elite AC	50	4:42:44
2	Gesina	Oosthuizen	PEAAC	51	5:00:50

**Nedbank 15 km Trail Run**

Port Elizabeth, 25 September  
(Finishers: 235)

**MEN**

1	Bulelani	Niwa	PEAAC	26	54:26
2	Melikhaya	Frans	Nedbank RC EP	18	57:47
3	Sisa	Camasu	Nedbank RC EP	36	59:04
4	Willie	Ensel	Nedbank RC EP	33	59:12
5	Johannes	Arries	Nedbank RC EP	37	1:00:48
6	Juwayne	Fletcher	Mr Price AC EP	18	1:01:04
7	Thembekile	Msipa	Charlo AC	36	1:01:17
8	David	Mama	Aspen Pharmacare	34	1:04:17
9	Mziwabantu	Manxanga	Temp	23	1:04:19
10	Neil	De Meillon	New Balance	47	1:06:24
11	Chris	Darke	Achilles AAA	42	1:06:58
12	Lonwabo	Mlilwana	Nedbank RC	44	1:07:35
13	Emil	Hougaard	Triangle Sports	46	1:07:50
14	Cj	Landman	Temp	24	1:07:55
15	Patrick	Seddon	Queenstown	47	1:09:27
16	Izak	Van Der Merwe	Temp	32	1:10:39
17	Benji	Willis	Temp	24	1:10:39
18	Joseph	Gunn	Nedbank RC EP	36	1:11:13
19	Mthuthuzeli	Nyanga	PEAAC	17	1:11:20
20	Wellington	Tshingane	SANDF EP	40	1:11:44

**40-44:**

1	Chris	Darke	Achilles AAA	42	1:06:58
2	Lonwabo	Mlilwana	Nedbank RC	44	1:07:35
3	Wellington	Tshingane	SANDF EP	40	1:11:44

**45-49:**

1	Neil	De Meillon	New Balance	47	1:06:24
2	Emil	Hougaard	Triangle Sports	46	1:07:50
3	Patrick	Seddon	Queenstown	47	1:09:27

**50-54:**

1	Tony	Boardman	Achilles AAA	51	1:29:18
2	Hennie	Van Eck	PEAAC	54	1:29:34
3	George	Kant	Temp	50	1:30:07

**60-64:**

1	Blackie	Swart	Langebaan	62	1:26:26
2	Graham	Channon	Achilles AAA	61	1:31:03
3	Lucas	Bowles	Body Concept	61	1:50:32

**65-69:**

1	Rolf	Kordes	Triangle Sports	69	02:25:56
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**70+:**

1	John	Peart	Nedbank RC EP	74	02:11:49
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**Juniors:**

1	Melikhaya	Frans	Nedbank RC EP	18	57:47
2	Juwayne	Fletcher	Mr Price AC EP	18	1:01:04
3	Mthuthuzeli	Nyanga	PEAAC	17	1:11:20

**WOMEN**

1	Deliwe	Nyanga	Nedbank RC EP	21	1:07:14
2	Jane	Barnardo	Body Concept	35	1:15:51
3	Sanmari	Woithe	Triangle Sports	41	1:16:51
4	Treloar	Childs	Walmer AC	47	1:25:32
5	Leanie	Loots	Temp	33	1:25:43
6	Margreet	Mbelihle	Temp	31	1:26:49
7	Paulette	McEwan	Achilles AAA	45	1:27:28
8	Kim	Verwoerd	Temp	26	1:27:34
9	Julie	Taunton	Crusaders AC	50	1:30:18
10	Allison	Buchner	Jeffreys Bay	38	1:30:24
11	Heather	Paton	Body Concept	28	1:31:34
12	Gina	Watson	New Balance	26	1:32:35
13	Sally	Goedhals	Temp	29	1:33:36
14	Jaqhia	Nordien	Temp	38	1:33:53
15	Megan	Holmes	Temp	25	1:33:56
16	Elfrieda	Pretorius	Body Concept	37	1:35:28
17	Lindie	Stander	St Albans CSEP	26	1:35:38
18	Candice	Bezuidenhout	Madiba Bay Ac	27	1:35:46
19	Lara	Hattingh	Temp	22	1:35:49
20	Debbie	Grey	Temp	40	1:35:59

**40-44:**

1	Sanmari	Woithe	Triangle Sports	41	1:16:51
2	Debbie	Grey	Temp	40	1:35:59
3	Lesley	Maggott	Achilles AAA	43	1:38:11

**45-49:**

1	Treloar	Childs	Walmer AC	47	1:25:32
2	Paulette	Mcewan	Achilles AAA	45	1:27:28
3	Miemsie	Swanepoel	Elite AC	49	1:42:41

**50-54:**

1	Julie	Taunton	Crusaders AC	50	1:30:18
2	Elize	Smalberger	Temp	54	1:39:33
3	Erlene	Oosthuyisen	Temp	54	1:40:46

**60-64:**

1	Rita	Boucher	Walmer AC	60	1:59:43
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2	Debbie	Oelofse	Legacy Ac	63	2:16:10
<b>65-69:</b>					
1	Val	Sadow	Walmer AC	65	2:26:56
<b>Juniors:</b>					
1	Megan	Wilson	Charlo AC	15	1:36:50
2	Terray	Newcombe	Nedbank RC EP	19	1:48:44
3	Jocelyn	Hustler	Temp	20	2:06:03

### **Ithala 35 km & 10 km Challenge**

Vryheid, 25 September

#### **35 km**

MEN

1	Bongani Msimango	Boxer AC	2:16:47
2	Justice Nkosi	Umqulusi AC	2:17:41
3	Basil Mazibuko	Madadeni AC	2:22:39

#### **40-49:**

1	Sabelo Ndlovu	Vryheid AC	3:14:26
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#### **50-59:**

1	Richard Dlomo	Pongola	3:24:54
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WOMEN

1	Judith Geldenhuys	Estcourt AC	3:25:46
2	Megan Finestone	Westville AC	3:28:08
3	Tracey Wereszczuk	Howick AC	3:38:05

#### **40-49:**

1	Megan Finestone	Westville AC	3:28:08
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#### **50-59:**

1	Judith Geldenhuys	Estcourt	3:25:46
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#### **10 km**

MEN

1	Thekumusa Sibiya	Siyzila AC	44:36
2	Mselo Mphuti	Temp	48:54
3	Marais van Wyk	Temp	51:19

#### **50-59:**

1	Nigel Thomas	RAC	1:06:58
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#### **Juniors:**

1	Mselo Mphuti	Temp	48:54
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WOMEN

1	Xoli Madida	Temp	48:19
2	Diane Wearne	Wosiville	56:16
3	Carla Miller	Temp	1:05:10

#### **40-49:**

1	Diane Wearne	Wosiville	56:16
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**SAPS Striders 15 km**

Durban, 19 September

**MEN**

1. Samuel Pazanga (ZIM/Mr Price) 48:29, 2. Richard Nene (ZIM/Mr Price) 48:32,  
3. Gerald Mnetsi (Glenwood Harries) 48:50.

**40-49:** 1. Mbongeni Sosibo (Nedbank) 53:02, 2. Allen Ndlovu (Westville) 54:44, 3. Mandla Dlamuka (Boxer) 55:37. **50-59:** 1. Richard Dlamini (Toyota) 58:21, 2. Ackim Mhlanzi (Savages) 58:26, 3. Jan Koegelenberg (Mr Price) 59:14. **60+:** 1. Pertos Shumi (Zabalaza) 64:36, 2. Mbhekiseni Mchunu (Savages) 66:55, 3. Fred Medlock (Hillcrest) 67:25.

**Juniors:** 1. Samkelo (Eskom) 56:52, 2. Joseph Mangwenya (Verulam) 59:16,  
3. Cade Pillay (Woodview) 66:53.

**WOMEN**

1. Tanith Maxwell (Boxer) 55:24, 2. N. Mbambo (Natal Carb.) 1:06:28, 3. Maureen Slack (Glenwood) 1:07:20 (1<sup>st</sup> vet).

**40-49:** 1. Maureen Slack (Glenwood) 1:07:20, Janet Davidson (DHS) 1:07:47, 3. Sandy De Beer (SANDF) 1:07:50. **50-59:** 1. Sandy Fisher (Hilton) 1:09:23, 2. Jane Baker (DAC) 1:16:40, 3. Jenny Scott (Dolphin) 1:16:52. **60+:** 1. Gill Tregenna (Westville) 1:23:27.

**Juniors:** 1. Lauren Jurn (Temp) 1:24:52, 2. Nadia Groenewald (SAP) 1:47:??.

**Race against crime**

Herbertsdale, 11 September

(Distances: 21.1 km &amp; 15 km)

Note: Elisma Horne finished fifth overall and Elzet Oosthuizen seventh overall in the half marathon. In the 15 km Helene Muller was eighth overall. – Ed.

**Half marathon****MEN**

1	Vuyo	Witbooi	Outeniqua Harriers	35	1:17:51
2	Melikhaya	Msizi	Knysna Marathon Club	27	1:19:12
3	Selwyn	Losper	Nedbank Running Club	46	1:20:02
4	Eugene	Maart	Mossel Bay Harriers	23	1:38:35
5	Adrian	Du Plooy	Hartenbos Drawwers	43	1:44:10
6	Martin	Rulphse	Mossel Bay Harriers	48	1:47:37
7	Gideon	Lerm	RWFL	45	1:48:04
8	Freddie	Terblanche	Outeniqua Harriers	29	1:48:23
9	Brian	Kubheka	Mossel Bay Harriers	34	1:49:32
10	Dumisani	Nyandeni	Mossel Bay Harriers	36	1:52:31

**WOMEN**

1	Elisma	Horne	De Rust Striders	31	1:42:56
2	Elzet	Oosthuizen	Hartenbos Drawwers	37	1:44:25
3	Maryke	Sass	Mossel Bay Harriers	39	1:56:20
4	Christa	Smit	Hartenbos Drawwers	42	2:00:21
5	Yolanda	Vermeulen	Hartenbos Drawwers	35	2:05:04
6	Rina	Fraser	Hartenbos Drawwers	46	2:05:05
7	Tanya	Faber	Outeniqua Harriers	38	2:05:54
8	Adele	Ungerer	Hartenbos Drawwers	55	2:10:55
9	Suzaan	Kruger	Outeniqua Harriers	27	2:17:13
10	Jill	Meyer	Mossel Bay Harriers	34	2:25:08

**15 km****MEN**

1	Marlon	Mortlock	Knysna Marathon Club	56	59:59
2	Jimmy	Henecke	Rainbow AC	35	1:07:41
3	Sidwell	Oktober	Rainbow AC	52	1:11:29
4	Andrew	Jansen	Hartenbos Drawwers	57	1:15:37
5	Peter	Berry	Hartenbos Drawwers	34	1:16:21
6	Dirk	Joubert	Hartenbos Drawwers	52	1:18:25
7	Wynand	De Bruyn	Temp License	21	1:19:01
9	Ernest	Danke	Temp License		1:24:04
10	Gerhard	Du Preez	De Rust Striders	46	1:24:18
11	Solly	Beyi	Hartenbos Drawwers	31	1:25:23

**WOMEN**

1	Helene	Muller	Hartenbos Drawwers	17	1:19:53
2	Marlize	Jason	Hartenbos Drawwers	35	1:34:13
3	Sonja	Du Preez	De Rust Striders	42	1:34:31
4	Maryke	Joubert	Hartenbos Drawwers	20	1:37:43
5	Mallene	Coetzee	Hartenbos Drawwers	45	1:41:27
6	Sue	Swart	Hartenbos Drawwers	40	1:51:05
7	Lesley	Lerm	RWFL - SWD	45	1:51:43
8	Susan	Theron	Hartenbos Drawwers	57	1:52:22
9	Elize	Strydom	Temp License	46	1:52:39
10	Solly	Liebenberg	Mossel Bay Harriers	54	1:54:41

**CROSS-COUNTRY****Absa USSA Championships**

Port Elizabeth, 24 September

Note: Caster Semenya finished fifth in the 4 km race. – Ed.**MEN****10 km:**

1	Stephen	Mokoka	Tshwane (TUT)	25	31:14
2	Elroy	Gelant	NWU - Pukke	24	31:46
3	Gert	Manora	NWU - Pukke	25	31:53
4	Thoriso	Ratsela	Johannesburg U	20	32:07
5	Witness	Hlalele	Vaal (VUT)	21	32:10
6	Lloyd	Bosman	NWU - Pukke	22	32:23
7	Gladwin	Mzazi	Vaal (VUT)	22	32:24
8	Rafaele	Mahapa	Tshwane (TUT)	26	32:25
9	Koos	Mbele	Vaal (VUT)	20	32:42
10	Joel	Madiba	Tshwane (TUT)	19	32:48
11	Thabang	Masihleko	CUT Welkom	20	32:51
12	Lucas	Bothobutle	NWU - Pukke	19	33:03
13	Jean	Brummer	NWU - Pukke	22	33:08
14	Azreal	Scheepers	Cape Peninsula	21	33:21
15	Orlando	Molotsi	Vaal (VUT)	22	33:32
16	Kgosietsile	Lefifi	Witwatersrand U	26	33:46
17	Sandile	Zuma	Vaal (VUT)	22	34:02
18	Olwethu	Mlabho	Johannesburg U	18	34:12
19	Terrance	Mukona	Johannesburg U	21	34:13
20	Bongani	Mokaloba	CUT Welkom	18	34:21

TEAMS: 1. NWU – Pukke, 2. Vaal (VUT), 3. Tshwane (TUT).

**4 km:**

1	Edwin	Molepo	NWU - Pukke	23	11:39
2	Boy	Soke	U Free State	30	11:43
3	Johan	Cronje	U Free State	28	11:45
4	Mthobisi	Baloyi	NWU - Pukke	25	11:47
5	Dean	Brummer	NWU - Pukke	22	11:48
6	Isaac	Mboyasi	Johannesburg U	23	11:51
7	Ratlale	Mokone	U Free State	19	11:59
8	Thuso	Phaswana	Johannesburg U	23	12:05
9	Marco	Bucarizza	Witwatersrand U	21	12:06
10	Pharson	Magagane	U Limpopo	24	12:06
11	Molefe	Molefe	Johannesburg U	24	12:07
12	Zwelakhe	Sebotso	NWU - Pukke	22	12:09
13	Clinton	Swanepoel	Johannesburg U	21	12:13
14	Khothatso	Mokone	U Free State	21	12:18
15	Jacques	Pretorius	U Stellenbosch	21	12:21
16	Adriaan	Geldenhuys	U Stellenbosch	22	12:23
17	Windy	Jonas	U Free State	20	12:34
18	Donney	Danster	NWU - Pukke	18	12:35
19	Siyaya	Khoza	Johannesburg U	23	12:50
20	Antonie	Peens	U Free State	21	12:53

TEAMS: 1. NWU – Pukke, 2. U Free State, 3. Johannesburg U.

**WOMEN****8 km:**

1	Thitshamba	Ravhandalala	Tshwane (TUT)	20	30:35
2	Liziwe	Mabona	U Pretoria	22	30:44
3	Carlyn	Fischer	U Pretoria	19	30:53
4	Mia	Pienaar	U Stellenbosch	21	31:29
5	Anika	Claasens	Johannesburg U	20	31:36
6	Thembi	Baloyi	Tshwane (TUT)	21	31:47
7	Tshegofatso	Taukabong	U Pretoria	21	31:51
8	Portia	Ngwenya	Tshwane (TUT)	22	32:15
9	Thandi	Malindi	U Free State	23	32:50
10	Maryna	Swanepoel	U Free State	24	32:56
11	Danette	Smith	U Stellenbosch	21	33:10
12	Lettie	Dhlamini	U Free State	18	33:35
13	Charity	Molotsane	U Free State	18	34:01
14	Lauren	Venter	Johannesburg U	18	34:41
15	Done	Vermaak	U Pretoria	19	35:01
16	Pulani	Musomi	Johannesburg U	22	35:34
17	Daniella	Botha	U Stellenbosch	19	35:37
18	Nelmari	Loubser	U Free State	20	36:01
19	Mamiki	Motsiri	Tshwane (TUT)	21	38:01
20	Estie	Bester	Johannesburg U	19	38:01

TEAMS: 1. U Pretoria, 2. Tshwane (TUT), 3. U Free State.

**4 km:**

1	Nolene	Conrad	Johannesburg U	25	13:56
2	Zinhle	Sinqe	U Pretoria	19	14:08
3	Anuscha	Nice	U Pretoria	19	14:10
4	Mandie	Brandt	Johannesburg U	27	14:13
5	Caster	Semenya	U Pretoria	19	14:23
6	Ashleigh	Schnelter	Johannesburg U	19	14:41

7	Denga	Mashavha	Vaal (VUT)	22	15:06
8	Chanelle	Olivier	Johannesburg U	24	15:10
9	Twane	Van Der Westhuizen	Johannesburg U	20	15:13
10	Mishelene	Lagerwall	U Pretoria	22	15:17
11	Refiloe	Kubheka	Vaal (VUT)	22	15:48
12	Doseda	Obisi	Tshwane (TUT)	22	15:56
13	Nonhlanhla	Ngubeni	Vaal (VUT)	20	15:57
14	Natascha	De Villiers	Absa NMMU	21	16:01
15	Mariska	Buys	U Pretoria	20	16:02
16	Junaida	Pieters	Absa NMMU	21	16:09
17	Nerissa	Van Der Walt	U Pretoria	21	16:11
18	Kaylee	Shields	Johannesburg U	20	16:33
19	Rejoice	Mthonti	U Zululand	29	17:10
20	Roline	Machabaphala	Johannesburg U	20	17:34

TEAMS: 1. U Pretoria, 2. Johannesburg U, 3. Vaal (VUT).

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## 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.

Note: With the publication of *Race Results Weekly* delayed this week, we will catch up with international results again next week. – Ed.

## ROAD RUNNING

### real,- Berlin Marathon (37<sup>th</sup>)

Berlin, GER, 26 September

(Distance: 42.195 km; AIMS-certified loop course)

#### MEN

1	Patrick	Makau	(KEN)	2:05:08
2	Geoffrey	Mutai	(KEN)	2:05:10
3	Bazu	Worku	(ETH)	2:05:25
4	Yemane	Tsegay	(ETH)	2:07:52
5	Eliud	Kiptanui	(KEN)	2:08:05
6	Bernard	Kipyego	(KEN)	2:08:50
7	Abraham	Tadese	(ERI)	2:09:24
8	Gilbert	Yegon	(KEN)	2:10:34
9	Masakazu	Fujiwara	(JPN)	2:12:00
10	Ser-Od	Bat-Ochir	(MGL)	2:12:42

#### WOMEN

1	Kebede	Aberu	(ETH)	2:23:58
2	Bezunesh	Bekele	(ETH)	2:24:58
3	Tomo	Morimoto	(JPN)	2:26:10
4	Sabrina	Mockenhaupt	(GER)	2:26:21
5	Olena	Burkovska	(UKR)	2:28:31
6	Adriana	Pirtea	(ROM)	2:30:15
7	Adriana	Da Silva	(BRA)	2:32:30
8	Tanith	Maxwell	(RSA)	2:32:33
9	Lisa	Stublic	(CRO)	2:33:42
10	Agnieszka	Gortel	(POL)	2:34:47

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## STATS TIME

After the weekend's real-, Berlin Marathon, here is a list of the top ten men and women in the marathon for 2010.

### 2010 WORLD MARATHON: TOP 10 MEN & WOMEN

#### MEN

2:04:48	1	Patrick Makau Musyoki	KEN	85	Rotterdam	11 Apr
2:04:55	2	Geoffrey Kiprono Mutai	KEN	81	Rotterdam	11 Apr
2:05:13	3	Vincent Limo Kipruto	KEN	87	Rotterdam	11 Apr
2:05:19	1	Tsegay Kebede	ETH	87	London	25 Apr
2:05:23	4	Gemechu Feyisa Lelisa	ETH	90	Rotterdam	11 Apr
2:05:25	3	Bazo Worku	ETH	90	Berlin	26 Sep
2:05:39	1	Eliud Kiptanui	KEN	89	Praha	9 May
2:05:52	1	Robert Kiprono Cheruiyot	KEN	88	Boston	19 Apr
2:06:09	1	Haile Gebrselassie	ETH	73	Dubai	22 Jan
2:06:23	2	Emmanuel Kipchirchir Mutai	KEN	84	London	25 Apr

#### WOMEN

2:22:00	1	Liliya Shobukhova	RUS	77	London	25 Apr
2:22:04	1	Atsede Bayisa Tesema	ETH	87	Paris	11 Apr
2:22:19	2	Inga Abitova	RUS	82	London	25 Apr
2:22:38	3	Aselefech Mergia	ETH	85	London	25 Apr
2:23:17	4	Bezunesh Bekele Sertsu	ETH	83	London	25 Apr
2:23:53	1	Teyiba Erkesso	ETH	82	Houston	17 Jan
2:23:58	1	Aberu Kebede Shewaye	ETH	89	Berlin	26 Sep
2:24:13	1	Amane Gobena	ETH	86	Seoul	21 Mar
2:24:19	1	Mamitu Daska Molisa	ETH	83	Dubai	22 Jan
2:24:22	2	Christelle Daunay	FRA	74	Paris	11 Apr

### THIS MONTH IN HISTORY

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

#### 114 years ago: 20 September 1896

In last week's issue we looked back on 13 September 1970, when the first New York City Marathon was held on a multi-lap course in Central Park. On this day 74 years earlier, the first marathon outside of Europe was held as part of the New York City Knickerbocker Athletic Club's meeting at Columbia Oval. Thirty runners were taken by train to Stamford, Connecticut, to run 25 miles to the track. The conditions they had to endure were described in *The New York Times*: "For the first eight miles they plowed along through mud and slush, occasionally taking to a hard path by the side of the road ... [but] the last part of the struggle was perhaps the hardest of all ... through Mount Vernon Avenue to the oval – a hill with a tremendous rise, and full of small projecting cobbles." John J. McDermott won in 3:25:55.6 in front of nine other finishers; seven months later he also won the first Boston Marathon, in 2:55:10.

### 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	28:23	Stephen Mokoka	Paarl	14 Aug
	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)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	61:58	Lucky Mohale	Port Elizabeth	24 July
	58:23	Zersenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	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	30:27	Mluleki Nobanda	Paarl	14 Aug
	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	2:24:16	Lindile Tokota	Mossel Bay	14 Aug
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

### Masters (50+)

10 km	33:06	Charles Vilakazi	Paarl	14 Aug
	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	37:56	Awie Veldsman	Paarl	14 Aug
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	29:57	Thobane Chagwe	Paarl	14 Aug
	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		

**WOMEN**Open

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 Mentoor	Camps Bay	10 Jan
	1:43:24	Mara Yamauchi (GBR)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:32:33	Tanith Maxwell	Berlin	26 Sep
	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 34:44	Olga Howard Tatyana Pozdniakova (UKR) 2005	Bellville	10 Apr
15 km	63:25 54:33	Olga Howard Shirley Matson (USA) 1991	Eersterivier	26 Jun
21.1 km	89:51 76:07	Olga Howard Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	24 July
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 2:31:05	Annatjie Botes Tatyana Pozdniakova (UKR) 2005	Oudtshoorn	27 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:39	Sonja Laxton	Paarl	14 Aug
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	3:30:14	Veronica van Niekerk	Cape Town	26 Sep
100 km				
<u>Juniors</u>				
10 km	34:28 31:42	Dominique Scott Zola Pieterse (RSA) 1984	Bellville	05 Jun
15 km	57:44 49:40	Asiphe Sikabalanjana Ines Chenonge (KEN) 2001	Constantia	13 Mar
21.1 km	78:42 1:09:05	Nandipha Dywili Delilah Asiago (KEN) 1991	Port Elizabeth	24 July

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Contributors to this issue: Jakes Jacobs, Kevin Harlock, Alen Hattingh, Derrick Chamberlain, André Pienaar, Patrick Baransky, SWD Athletics, Norrie Williamson, Carina van der Merwe

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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)