

Distance Running Results

Vol. 10, No. 39 – 4 October 2010

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

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Publisher: Riël Hauman

EDITORIAL

Poor scheduling, months-long uncertainty about the date, relatively low prize money, the folly of running the race in hot and humid Durban at the wrong time of the year, windy conditions and the general disorganisation reigning in the top administrative echelons of Athletics South Africa after the demise of the Chuene regime resulted in one of the weakest SA Marathon Championships in recent years – despite the fast course.

Many provinces did not enter teams; others sent considerably weakened squads. The host province, Kwazulu-Natal, had just eight finishers – all men.

A time of 2:18:03 sufficed to win the men's title – the slowest since 2005 (when the race was also held in Durban). Before that, one has to go back to 1978, when the race was run in high-altitude Springs (interestingly enough, also in October), to find a slower time.

In the case of the women's race, Lindsay van Aswegen's 3:00:30 is the slowest winning time in the history of the championships. Comrades star Van Aswegen (42) is also the oldest winner ever after Sonja Laxton, who won at age 44 in 1993. But Laxton ran more than 17 minutes faster! Van Aswegen finished fourth in the City to City Ultramarathon less than two weeks before the marathon.

Another indication of the pathetic standard of the women's race is that Penny Visser, the winner of the grandmaster (60+) category, finished 25th at age 63.

If there were any saving graces in this depressing event, it is that the champion, Benedict Moeng, ran a personal best, that Butiki Jantjies won the bronze medal with the fastest time by a veteran for 2010, and that ever-reliable Vladimir Kotov set a new Western Province masters record with his 2:31:17. The 2:19:45 by Jantjies and the 2:43:30 by Charles Vilakazi in the masters category are list leaders.

Samukeliso Moyo also won the women's race last year, when it was part of the Nedbank Series and there were 1 564 finishers (more than three times the 2010 tally). The winner then took home five times the amount of money that was on offer this year.

There is no doubt that a serious rethink of the scheduling and image of the SA Marathon is imperative.

In the Cape Gate add Hope 10 km in Brackenfell René Kalmer suffered a rare – and decisive – defeat by a fellow South African when Zintle Xiniwe beat her by 36 seconds on a difficult course. Kalmer, who has been struggling to regain form after her European track safari in June/July, where she had mixed success, also finished eighth in the 10 km at the City to City Ultramarathon two weeks ago.

Leonard Patrick Komon shocked the running world last weekend when he shattered the global record for 10 km by 17 seconds in the 60th Singelloop race in Utrecht. Komon (22) became the first man to dip under 27 minutes with his phenomenal 26:44, beating Sammy Kitwara by 27 seconds. Micah Kogo set the previous record of 27:01 in Brunssum last year. Komon, who was fourth in the World Cross-country Championships earlier this year, had a personal best of 27:10 beforehand, set in the same race last year (when he also won), and has run 26:57.08 on the track.

In the results of the Ithala 10 km Challenge in DRR 10:38 the club for first veteran Di Wearne should be Westville.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Roy Brown Memorial Half Marathon & 10 km, Krugersdorp
- * Saints Thorntree 15 km, Pitermaritzburg
- * Lotto South African Marathon Championships & 10 km, Durban
- * Kromberg & Schubert 15 km, Brits
- * Ebenezer 10 km Classic, Port Elizabeth
- * Cape Gate add Hope Run, Brackenfell
- * Hamilton Nite Race Half Marathon, Ladysmith
- * Dis-Chem Andries Steyn Memorial Half Marathon & 10 km, Buffalo Bay
- * City to City Ultramarathon & 10 km, Pretoria to Johannesburg

International highlights:

- * Rock 'n' Roll San Jose Half Marathon, San Jose, USA
 - * Medtronic Twin Cities Marathon & 10 Miles, Minneapolis to St. Paul, USA
 - * Kosice Peace Marathon, Kosice, SVK
 - * Giro Podistica Internazionale de Rovereto, Rovereto, ITA
 - * ABN AMRO Singelloop, Utrecht, NED
 - * Scotiabank Toronto Waterfront Marathon, Toronto, CAN
 - * Continental Airlines Fifth Avenue Mile, New York, USA
 - * Dexia Route du Vin Half Marathon, Remich to Wormeldange to Remich, LUX
 - * Meia-Maratona de Portugal, Lisbon, POR
 - * Maratonina Città di Udine, Udine, ITA
 - * Lexus Santa Monica 5000, Santa Monica, USA
 - * Southern Region Half-marathon Championships, Blantyre, MAW
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ROAD RUNNING

Roy Brown Memorial Half Marathon & 10 km

Krugersdorp, 3 October
(Distances: 21.1 km & 10 km; loop courses)

Note: Shadrack Hoff ran his second race in two days here; he also competed in the Kromberg & Schubert 15 km the previous day (see results below). – Ed.

Half marathon

MEN

1 Raphael Segodi (GS) 68:25; 2 Stephen Dikobo (ADT) 70:54; 3 Shadrack Selewane (ADT) 71:23.

Veterans: 1 Lucas Matlala (Nedbank) 82:37; 2 Frans Matlhagadi (Florida) 87:19. **Masters:** 1 Johannes Seakamela (RAC) 81:10. **G'masters:** 1 Vincent Siease (Randburg Harriers) 1:42:34. **Juniors:** 1 Siyanda Madhlala (Take it Easy) 77:37.

WOMEN

1 Cornelia Joubert (BCC) 86:13; 2 Marelize Retief (Nedbank) 86:44; 3 Julianie Basson (Nedbank) 93:13.

Veterans: 1 Catherinne Naane (Goldfields) 96:52; 2 Malie vd Walt (Arcelor Mittal) 2:01:27. **Masters:** 1 Marina Coetzee (PMK) 2:01:51. **G'masters:** 1 Carol Cronk (Florida) 1:59:13. **Juniors:** 1 Michelle Strydom (Nedbank) 1:40:08.

10 km

MEN

1 Shadrack Hoff (New Balance) 32:07; 2 Itumeleng Tshetlanyane (Nedbank) 32:58; 3 Jeremia Bojosi (ADT) 33:58.

Veterans: 1 Amos Zulu (Bidvest) 38:37; 2 Dale Rynhoud (Irene) 43:23. **Masters:** 1 Jan Mokiti (Exarro) 42:09. **G'masters:** 1 George Seoka (Juluka) 52:20. **Juniors:** 1 Daniel Phakathe (ADT) 35:41.

WOMEN

1 Idah Simon (BOT/UCKG) 41:29 (1st jun); 2 Takalane Ntulane (Transnet) 43:47; 3 Ohna Visser (Jannas) 46:57.

Veterans: 1 Katja Bruwer (Krugersdorp) 56:41; 2 Maria Khalip (UCKG) 64:31. **Masters:** 1 Selinah Netsisaulu (RAC) 57:44. **G'masters:** 1 Fiona Graham (RWFL) 1:47:40. **Juniors:** 1 Idah Simon (BOT/UCKG) 41:29.

Saints Thorntree 15 km

Pitermaritzburg, 3 October
(Loop course)

MEN

1.	Washington Zuma	Mr Price AC	51:50
2.	Lawrence Sibiyi	Coll Harr	52:40
3.	Philani Ncgobo	Coll Harr	53:13 (1 st jun)

40-49:

1.	Patrick Mkhize	Verulam AC	58:57
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50-59:

1.	Joseph Dumakude	VAC	64:04
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60+:

1.	Eric Quibell	Hill Vill	64:50
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Juniors:

1.	Philani Ncgobo	Coll Harr	53:13
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WOMEN

1.	Kerry Koen	Nedbank AC	61:25
2.	Kristen Williams	UKZN	65:04
3.	Sandy Fismer	Hilton	72:15

40-49:

1.	Tammy Dennill	West AC	74:07
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50-59:

1.	Sandy Fismer	Hilton	72:15
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60+:

1.	Gill Tregenna	West AC	89:37
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Juniors:

1. Thembeka Bhengu Coll Harr 84:00

Lotto South African Marathon Championships (79th) & 10 km

(as part of the Race Against Time Series)

Durban, 2 October

(Distances: 42.195 km & 10 km. Marathon [new course] – certified course with one loop of 18 km and a 24 km out-and-back section; 10 km – one loop of 6 km and a 4 km out-and-back section. Finishers: marathon – 504; 10 km – 354.)

Note: Runners indicated with * were not part of the SA Marathon, either because they are foreigners or were not members of a provincial team. There were no silver and bronze medal awards in the women's 50-59 and 60-69 age categories. – Ed.

Marathon

MEN

1	Coolboy	Ngamole*	NEDCGA	33	2:16:19	R20 000
2	Benedict	Moeng [SA champion]	AGN	27	2:18:03	R15 000
3	Doctor	Mtsweni	AMPU	30	2:19:09	R10 000
4	David	Ngakane*	NEDCGA	30	2:19:38	R7 500
5	Butiki	Jantjies	CGA	40	2:19:45	R5 000
6	Seun	Moleshioa	AMPU	24	2:20:03	R4 000
7	William	Mokwalakwala	CGA	33	2:20:09	R3 000
8	Enos	Matalane	AGN	31	2:20:14	R2 500
9	Vincent	Seng	CGA	29	2:20:41	R2000
10	Ludwick	Mamabolo	CGA	28	2:21:23	R1 500
11	Sam	Bolo	CGA	32	2:22:02	
12	Mzukile	Silayi*	BOJANALA	23	2:24:08	
13	Enoch	Skosana	AGN	36	2:25:31	
14	Professor	Mollen*	ZIM/MPKZN	24	2:25:58	
15	Oscar	Sixoka*	MPTKEI	22	2:26:00	
16	Vincent	Kutoane*	NEDCGA	31	2:26:23	
17	Ntutuko	Maseko	AMPU	33	2:26:46	
18	Prodigal	Khumalo*	ZIM/MPKZN	28	2:27:41	
19	Eugene	Pelem	EPA	31	2:28:26	
20	Donald	Mathipa*	NEDCGA	31	2:28:32	
21	Bongani	Msimango	KZNA	25	2:28:58	
22	Mluleki	Nobanda*	MPTKEI	41	2:29:41	
23	Wellington	Chidodo*	ZIM/MPKZN	27	2:29:54	
24	Clement	Nkosi*	MPKZN	27	2:31:00	
25	Vladimir	Kotov	BLR/WPA	52	2:31:17	
26	Matlabeya	Mabapa*	TEMP	35	2:31:44	
27	George	Mofokeng	AGN	31	2:32:08	
28	Asanda	Malunga*	NEDKZN	25	2:32:23	
29	Nick	Masumbuka	AGN	40	2:32:24	
30	Bongani	Mthembu*	NEDKZN	30	2:32:40	
31	Paul	Mokolokolo	CGA	31	2:33:31	
32	Lucky	Miya*	NEDCGA	29	2:33:40	
33	David	Gadebe	ANWN	29	2:33:42	
34	Shepherd	Chitake*	MPKZN	34	2:33:50	
35	Johannes	Mthimkulu*	NEDCGA	34	2:33:59	
36	Masixole	Diaku	EPA	30	2:33:59	
37	Solomon	Khumalo	CGA	44	2:34:32	
38	Edwin	Manyokole*	MPKZN	38	2:35:20	
39	Elgin	Mokale	CGA	44	2:35:22	
40	Sandile	Makhaye*	MPKZN	36	2:36:29	
41	Samuel	Makamu	AMPU	33	2:36:31	

42	Donald	Mohlahlo		AMPU	25	2:37:10
43	Eric	Ngubane		KZNA	28	2:37:18
44	Khayelihle	Ngcobo*		GODSAC	24	2:37:39
45	Dumsani	Manzini*		BOXER	32	2:37:58
46	Thandabant	Khafuza*		BOXER	29	2:38:29
47	Sithembiso	Masikane*		NEULAND	27	2:38:32
48	Innocent	Nyawose*		QBH	30	2:38:34
49	Petros	Sosibo*		MPKZN	40	2:39:53
50	Garikai	Madawo*		MPKZN	28	2:39:58

40-49:

1	Butiki	Jantjies	40	CGA	2:19:45	R1 500	
2	Mluleki	Nubanda	41	MPTKEI	2:29:41	R1 250	
3	Nick	Masumbuka	40	AGN	2:32:24	R750	[silver medal]
4	Solomon	Khumalo	44	CGA	2:34:32		[bronze medal]

50-59:

1	Vladimir	Kotov#	52	BLR/WPA	2:31:17	R1 500	
2	Charles	Vilikazi	50	CGA	2:43:30	R1 250	
3	Jumario	Khuzwoyo	52	AMPU	2:50:40	R750	

#) Kotov, although a foreigner, has a South African residence permit and is eligible for the national championships.

60-69:

1	Don	Charles	61	CGA	3:17:59	R1 500	
2	Jan	Meyer	60	CGA	3:25:06	R1 250	
3	Michael	Langa	62	KZNA	3:32:57	R750	

WOMEN (Same prize money as men)

1	Samukeliso	Moyo*		ZIM/MPKZN	36	2:48:56	
2	Lindsay	Van Aswegen [SA champion]		CGA	42	3:00:30	
3	Gladys	Lukhwareni		AGN	29	3:01:47	
4	Catherine	Skosana		AGN	29	3:02:43	
5	Thobile	Ngwane*		MPKZN	31	3:11:10	
6	Alison	Jordaan		ASWD	44	3:11:35	
7	Jane	Mudau		AGN	47	3:11:54	
8	Mirriam	Mooki		AGN	37	3:16:04	
9	Sarah	Mahlangu		CGA	44	3:16:53	
10	Annatjie	Botes		ASWD	52	3:19:19	
11	Salome	Brits		CGA	35	3:19:25	
12	Lauren	Dougall*		MPKZN	25	3:20:09	
13	Janine	Engels*		PDAC	48	3:24:37	
14	Dimakatso	Menong		CGA	35	3:26:38	
15	Christine	Claasen		EPA	46	3:28:32	
16	Sibongile	Ziqubu*		EGIJKZN	38	3:30:47	
17	Julie	Shadwell*		BOXER	48	3:31:36	
18	Cynthia	Mkhovane		CGA	46	3:32:44	
19	Erica	Walker*		CARB	43	3:37:33	
20	Precious	Duma*		HV	32	3:39:58	
21	Shelley	Van Der Spuy		CGA	46	3:40:38	
22	Jadi	Clark*		STELLA	24	3:49:27	
23	Cynthia	Mdepha*		TEMP	30	3:51:08	
24	Philile	Maphalala		CGA	32	3:53:45	
25	Penny	Visser		CGA	63	3:56:27	
26	Florence	Munyani		CGA	38	3:57:41	
27	Petro	Matthysen*		DOLPHIN	40	3:57:41	
28	Catherine	Miller*		EGIJKZN	36	3:57:41	

29	Ntombizane Mkhize*		EGIJKZN	34	3:57:41
30	Violet Sclanders*		TEMP	46	3:57:41

40-49:

1	Lindsay Van Aswegen	42	CGA	3:00:30
2	Alison Jordaan	44	ASWD	3:11:35
3	Jane Mudau	47	AGN	3:11:54

50-59:

1	Annatjie Botes	52	ASWD	3:19:19
2	Patricia Fisher	58	STELLA	3:57:41
3	Pamela Rasmussen	58	STELLA	3:57:41

60-69:

1	Penny Visser	63	CGA	3:56:27
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10 km**MEN**

1	Lungisa Mdedelwa	NEDTRA	26	30:27	R2 500
2	Sibusiso Nzima	NEDCGA	23	30:30	R2 000
3	Lungile Gongqa	MPKZN	31	30:46	R1 750
4	Samuel Pazanga	MPKZN	24	30:48	R1 625
5	Enock Manyandi	NEDCGA	21	31:00	R1 500
6	Siyabonga Nkomde	MPKZN	22	31:09	R1 375
7	Legenyeho Makhobalo	GAUSTRID	22	31:44	R1 250
8	Thobani Chagwe	WILLIE	19	32:11	R 1000
9	Sithembele Fanekho	NEDTRA	19	32:49	R750
10	Shingi Badza	FORM1	36	32:56	R500

WOMEN (Same prize money as men)

1	Lebo Phalula	GAUSTRID	26	36:30
2	Mpho Mabuza	NEDCGA	30	37:21
3	Makhosazan Mhlongo	SAVAGES	28	38:36
4	Lusanda Bomvana	MPTKEI	18	39:51
5	Janene Carey	BOXER	38	39:58
6	Thandi Sehohle	NEDKZN	12	40:15
7	Sibongile Shezi	NEDKZN	24	41:18
8	Mtetelwa Hlazo	HLAZO	18	41:44
9	Nontokozi Mkhize	EGIJKZN	18	41:45
10	Cary-Ann Smith	MPKZN	30	42:22

Kromberg & Schubert 15 km

Brits, 2 October

(Loop course)

MEN

1 Wesley Ruto (KEN/Nedbank) 48:10; 2 Shadrack Hoff (New Balance) 48:31; 3 Peter Tadziripa (Toyota) 49:38.

Veterans: 1 Dirk Cloete (Irene) 56:35. **Masters:** 1 Colin Fischer (CSIR) 61:33.

G'masters: 1 Mike du Bruto (Irene) 60:34.

WOMEN

1 Louisa Leballo (GS) 57:01 CR; 2 Millicent Pennekan (ACR) 69:25; 3 Anita O'Brien (Nedbank) 69:25.

Veterans: 1 Marinda Surrige (Strand) 69:59. **Masters:** 1 Marina Coetzee (PMK) 82:13.

G'masters: 1 Hazel Quilliam (Roodepoort) 1:45:23.

Ebenezer 10 km Classic

Port Elizabeth, 2 October

(Loop course. Finishers: 442.)

MEN

1	Zolani	Ngqaqa	Mr Price PE	21	30:53
2	Melikhaya	Frans (1 st jun)	Nedbank RC EP	18	31:11
3	Khayaletu	Makalima	Mr Price PE	27	32:14
4	Mzamo	Fokwana	Charlo RR	33	32:40
5	Luyanda	Tshangana	Mr Price PE	27	33:19
6	Ricardo	Plaatjies	Elite AC	27	33:23
7	Lubabaloo	Mdlungwane	PEAAC	17	33:30
8	Sylvester	Honnie	Mr Price PE	26	33:46
9	Alfred	Qogi	Nedbank RC EP	37	34:13
10	Desmond	Zibi (1 st vet)	Mr Price PE	47	34:26
11	Terrance	Mjekula	Triangle Sports	37	34:31
12	Christopher	Mabengeza	Nedbank RC EP	44	34:50
13	Bradley	Mackenzie	Achilles AAA	38	35:21
14	Nkosinathi	Gcakasi	Bluewater Bay	39	35:27
15	Thando	Bixa	Triangle Sports	30	35:28
16	Mongezi	Mboya	PEAAC	33	35:35
17	Thando	Rwexana	Nedbank RC EP	23	35:53
18	Willie	Ensel	Nedbank RC EP	33	36:04
19	Mpumelelo	Ndlumbini	Nedbank RC EP	35	36:52
20	Johannes	Arries	Nedbank RC EP	37	36:54
40-44:					
1	Christopher	Mabengeza	Nedbank RC EP	44	34:50
2	Luvuyo	Stephen	Nedbank RC EP	40	36:57
3	John	Du Preez	Craddock AC	44	37:14
45-49:					
1	Desmond	Zibi	Mr Price PE	47	34:26
2	Robin	Fourie	Achilles AAA	47	38:52
3	Warren	Griffiths	Muirite Striders	45	40:42
50-54:					
1	Alfred	Spiers	Elite AC	50	37:01
2	Leonard	Erasmus	Willard Batteries	52	38:32
3	Andre	Willemse	Elite AC	52	39:53
55-59:					
1	Sizinzo	Kama	Achilles AAA	59	40:34
2	Chris	Terblanche	Achilles AAA	55	41:41
3	Bruce	Mcewan	Achilles AAA	57	42:36
60-64:					
1	Hannes	Els	Madiba Bay	60	41:40
2	Fred	Verrall	Charlo RR	62	44:06
3	Cilliers	Swart	Nedbank RC EP	63	44:13
65-69:					
1	Tamsanqa	Jusayi	Mr Price PE	68	41:27
2	Godfrey	Kariem	Cadbury AC	69	46:44
3	Eckart	Schumann	Body Concept	65	49:58
70-74:					
1	Michael	Collins	PEAAC	72	48:15
2	John	Peart	Nedbank RC EP	74	1:10:40
3	Graham	Jorgensen	Charlo RR	72	1:29:39
75-79:					

1	Ernie	Verrall	Absa NMMU AC	75	57:48
Juniors:					
1	Melikhaya	Frans	Nedbank RC EP	18	31:11
2	Lubabaloo	Mdlungwane	PEAAC	17	33:30
3	Muneeb	Esau	Temp	16	49:06
WOMEN					
1	Ntombesintu	Mfunzi	Mr Price PE	28	37:04
2	Deliwe	Nyanga	Nedbank RC EP	21	38:39
3	Ursula	Kuhn	Absa NMMU AC	29	41:11
4	Marisa	Ferraris	Triangle Sports	39	41:45
5	Grizelda	Pietersen (1 st vet)	Achilles AAA	41	44:06
6	Lizette	Sydien	Elite AC	24	44:43
7	Lesley	Wood (1 st mast)	Achilles AAA	53	45:33
8	Laura	Maritz	Elite AC	49	45:41
9	Janette	Schierz-Crusius	Body Concept	50	46:02
10	Paulette	Mcewan	Achilles AAA	45	46:37
11	Adele	Nel	St Albans CS EP	37	47:10
12	Shannon	Swart	Profiles	28	47:24
13	Vicki	Terblanche	Bluewater Bay	30	47:24
14	Camarin	Van Eyk	Elite AC	28	47:26
15	Hanlie	Van der Westhuizen	Transnet RE EP	54	47:54
16	Cheri	Rademeyer (1 st jun)	Absa NMMU AC	19	48:05
17	Julie	Taunton	Crusaders AC	50	48:14
18	Sime	Baynes	Body Concept	26	49:06
19	Gail	Klichowicz	Achilles AAA	43	49:18
20	Debbie	Dodd	Charlo RR	39	49:38
40-44:					
1	Grizelda	Pietersen	Achilles AAA	41	44:06
2	Gail	Klichowicz	Achilles AAA	43	49:18
3	Jacqui	Van Der Vyver	Elite AC	41	50:00
45-49:					
1	Laura	Maritz	Elite AC	49	45:41
2	Paulette	Mcewan	Achilles AAA	45	46:37
3	Leta	Dos Santos	Walmer AC	46	52:03
50-54:					
1	Lesley	Wood	Achilles AAA	53	45:33
2	Janette	Schierz-Crusius	Body Concept	50	46:02
3	Hanlie	Van der Westhuizen	Transnet RE EP	54	47:54
55-59:					
1	Cathy	Ives	Achilles AAA	57	54:31
2	Jos	Els	Madiba Bay	58	55:34
3	Marcelle	Harran	Body Concept	56	1:00:45
60-64:					
1	Liz	Grundlingh	Muirite Striders	63	50:45
2	Helene	Oppel	Crusaders AC	60	1:00:25
3	Rita	Boucher	Walmer AC	60	1:02:23
65-69:					
1	Margaret	Paton	Charlo RR	65	1:02:19
2	Orgia	Nell	Muirite Striders	67	1:09:09
70+:					
1	Dorothy	Hart	PEAAC	72	1:04:04
2	Aletta	Fourie	Triangle Sports	72	1:11:34
Juniors:					
1	Cheri	Rademeyer	Absa NMMU AC	19	48:05
2	Megan	Wilson	Charlo RR	15	50:50

Cape Gate add Hope Run

Brackenfell, 2 October

(Distance: 10 km; certified, hilly figure-8 course)

MEN

1. Tom Lusaseni (Adid) 30:32 (R1000); 2. Nkosinathi Madyo (MP) 30:40 (R700); 3. Peter Tsawayo (ZIM/Gugs) 30:44 (R600); 4. Luxolo Mdzanga (Gugs) 31:20 (R500) (1st jun); 5. Avukile Ntongana (MP) 31:32 (R400); 6. Duane Fortuin (Adid) 31:53; 7. Unathi Phezolo (AAC) 31:55; 8. Tsungai Mwanengeni (ZIM/NBMC) 31:56; 9. Hein Camphor (Adid) 32:02; 10. Victor Msopi (VOB) 32:06; 11. Zolani Matshoba (Celtic) 32:22; 12. Marks Mpekula (VOB) 32:26; 13. Akhona Makila (VOB) 32:46; 14. Wanda Roro (Adid) 32:55; 15. Barry-John Pienaar (Bell) 33:16; 16. Graham Katzen (Celtic) 33:45 (1st vet); 17. Neo Molema (MP) 33:45; 18. Jonathan Collins (East) 33:49; 19. A.N. Other (Ned) 34:01; 20. Siphon Phala (VOB) 34:16.

40-49: 1. Graham Katzen (Celtic) 33:45 (R400); 2. Shaun Abrahams (Adid) 34:16 (R300); 3. John September (Celtic) 34:42 (R200). **50-59:** 1. Raymond Howard (Celtic) 36:24 (R250); 2. Goodman Mpukane (Gugs) 38:05 (R200); 3. Eric Mlonyeni (Ned) 38:12 (R150). **60-69:** 1. Ronnie le Roux (Brack) 44:06 (R200); 2. Willie van Wyk (Brack) 45:10 (R150); 3. Kenny Williams (Pine) 45:40 (R100). **70+:** 1. Ron Daw (WC) 64:22 (R150); 2. Sam Milner (Spart) 73:59 (R130); 3. Buck Taylor (Pine) 2:01:50 (R100). **Juniors:** 1. Luxolo Mdzanga (Gugs) 31:20 (R150); 2. Unathi Phezolo (AAC) 31:55 (R130); 3. Zolani Matshoba (Celtic) 32:22 (R100).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (Celtic) 35:09; 2. René Kalmer (Ned) 35:45; 3. Nomvuyisi Seti (MP) 38:42; 4. Sheryl de Lange (Adid) 39:22 (1st vet); 5. Asiphe Sikabalanjana (Gugs) 40:03 (1st jun); 6. Ursula Frans (Adid) 40:03; 7. Busisiwe Matiwane (Celtic) 40:30; 8. Asiphe Snyman (Celtic); 9. Ester Brink (Strand) 41:16; 10. Colleen de Oliveira (NBMC) 41:55; 11. Mariëtte Esterhuysen (Tyger) 42:01; 12. Melody Marcus-Cupido (Met) 42:30; 13. Martha Lötter (Adid) 42:38; 14. Olga Howard (Celtic) 43:30 (1st mast); 15. Patricia Adams (Met) 43:31; 16. Monice Brand (Adid) 43:40; 17. Chantel Simpson (Pine) 44:24; 18. Ronel Steenkamp (Durb) 44:24; 19. Bulelwa Simae (Ind) 45:12; 20. Melissa Rothmann (NBMC) 45:16.

40-49: 1. Sheryl de Lange (Adid) 39:22; 2. Ursula Frans (Adid) 40:03; 3. Ester Brink (Strand) 41:16. **50-59:** 1. Olga Howard (Celtic) 43:30; 2. Nancy Will (Pine) 46:28; 3. Maretha de Kock (Adid) 48:27. **60-69:** 1. Mariëtha Herbert (Bell) 50:32; 2. Pixie Sparg (Celtic) 52:09; 3. Zonia Barnard (Celtic) 57:24. **70+:** 1. Joyce Archer (Ind) 2:08:24; 2. Marianne Ballarin (VOB) 2:16:22; 3. Julie Wilson (Celtic) 2:31:17. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 40:03; 2. Asiphe Snyman (Celtic); 3. Martha Lötter (Adid) 42:38.

Hamilton Nite Race Half Marathon

Ladysmith, 2 October

(Distance: 21.1 km; two-loop course)

MEN

1.	Philani Buthelezi	Ncwanga AC	1:13:51
2.	Thomas Maphalanga	KZN ST	1:15:53
3.	Zuzi Ndaba	Boxer AC	1:19:46

40-49:

1.	George Gotgaka	KZN ST	1:36:02
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50-59:

1. Mike Hlatswayo KZN ST 1:38:49

WOMEN

1. Xoli Nadida Estcourt AC 1:36:35
 2. Anne Erasmus NHC 1:51:15
 3. Lushaba Sbo KZN ST 1:53:53

40-49:

1. Anne Erasmus NHC 1:51:15

50-59:

1. Belinda Smith Estcourt AC 2:05:28

Dis-Chem Andries Steyn Memorial Half Marathon & 10 km

Buffalo Bay, 25 September

(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon – 82; 10 km – 93.)

Note: The athletes' names are in the order of surname followed by first name. The first three women in the 10 km finished 7th, 8th and 10th overall, respectively. – Ed.

Half marathon

MEN

1	Witbooi Vuyo	Outeniqua Harriers	43	1:13:00
2	Msizi Melikhauya	Knysna MC	27	1:17:36
3	Roos Marsel	Knysna MC	29	1:19:47
4	Khumalo Sifiso	Sedgefield Striders	25	1:19:59
5	Mortlock Marlon	Knysna MC	36	1:21:53
6	De Jager Cobus	Strand	37	1:22:08
7	Matrocs David	Rainbow	36	1:26:53
8	Chevalier Anthon	Nedbank	45	1:27:49
9	Dayimani Sebenzile	Knysna MC	48	1:28:03
10	Van Dea Henry	Nedbank	44	1:28:28

WOMEN

1	Nienaber Chantel		37	1:31:57
2	Svelka Sharp	Knysna MC	35	1:40:35
3	Kloppers Elize	Hartenbos	40	1:41:30
4	Kruger Suzaan	Outeniqua Harriers	27	1:41:50
5	Van Schalkwyk Kleintjie	Hartenbos	46	1:43:50
6	Stephenson Janelle		32	1:46:25
7	Taft Elsabet	Vor	42	1:49:34
8	Cole Ad	Knysna MC	43	1:49:39
9	Pauw Karin	Nedbank	44	1:51:49
10	De Jager Sunett	Nedbank	39	1:51:50

10 km

MEN

1	Fana Principal	Rainbow	42	32:16
2	Malga Frans	Knysna Marathon	20	33:28
3	Pzetero Elfonso	Rainbow	21	33:45
4	Didiswe Sinesiblo	Knysna Marathon	18	34:21
5	Schlechter Marius-Hugo	Plett	45	36:23
6	West Slade	Sedgefield Striders	17	37:25
7	La Grange Danie		40	40:32
8	Jakoby Peter	Knysna Marathon	61	42:27

9	Roos Mihan	Knysna Marathon	32	42:27
10	Robertson Jimmy	Hartenbos	29	42:39

WOMEN

1	Jordaan Alison	Outeniqua Harriers	44	39:12
2	Claassen Johanna	Nedbank RC	42	40:25
3	Werth Glenda	Metropolitan	40	41:38
4	Joubert Heleen		39	44:51
5	Van der Schyff E	New Balance	34	46:25
6	Marais Bianca	Edgemead	34	47:25
7	Potgieter Johan	New Balance	39	47:26
8	Van Staden Marlene		39	48:54
9	Farnham Mellusca		21	51:34
10	Potgieter Joha		24	52:12

City to City Ultramarathon (37th) & 10 km

Pretoria to Johannesburg, 19 September

(Distances: 50 km & 10 km. The 50 km is a point-to-point course, but uphill [from 1400 m above sea level to 1748 m]. The 10 km is a loop course. Finishers: ultra – 1096; 10 km – 1004.)

50 km

MEN

1	Prodigal	Khumalo	ZIM/Mr Price AC	28	3:00:14
2	Brighton	Chipere	ZIM/Nedbank AC	39	3:00:38
3	Mahloane	Lebohang	LES/Toyota AC		3:02:27
4	Jabulani	Nhlapo	Mr Price AC	31	3:04:35
5	Samuel	Bolo	Bonitas AC	32	3:05:07
6	Adora	Lephetesang	Nedbank AC	30	3:06:08
7	Felix	Mushurwa	ZIM/Nedbank AC	33	3:06:41
8	Elias	Mabane	Bidvest AC	40	3:07:10
9	Justanus	?	Bidvest AC	37	3:10:02
10	Sepitle	Phaladi	Jeppe Quondam	28	3:10:16

40-49:

1	Elias	Mabane	Bidvest AC	3:07:10
2	Reginald	Ngobese	Gauteng Striders AC	3:13:34
3	Solomom	Khumalo	Carlton AC	3:24:23

50-59:

1	Ernest	Tjela	Emfuleni AC	3:43:28
2	Themba	Phula	Yebo Striders	3:39:47
3	Philemon	Mogashane	Nedbank AC	3:46:01

60+:

1	Don	Charles	Brotherhood AC	04:03:53
2	Jan	Meyer	Randmark AC	4:16:27
3	Jack	Thokoane	Sasol AC	04:27:40

WOMEN

1	Riana	van Niekerk	Mr Price AC	34	3:34:40
2	Julanie	Basson	Nedbank AC	35	3:45:32
3	Margaret	Mohoba	Mr Price AC		3:47:54
4	Gladys	Lukhwareni	Transnet AC	30	3:52:51
5	Lindsay	van Aswegan	Toyota AC	42	3:54:37
6	Joyce	Makwarela	Bonitas AC	29	3:56:32
7	Margaret	Mohohoma	ZIM/Mr Price AC		3:57:43
8	Jane	Mudau	Bonitas AC	47	3:59:46

9	Lindy	Folscher	Heidelberg AC	29	4:01:38
10	Mphuti	Mphaka	Gauteng Stiders	32	4:11:20
11	Kashmira	Parboo	Nedbank AC	35	4:14:55

40-49:

1	Lindsey	van Aswegen	Toyota AC	3:54:37
2	Jane	Mudau	Bonitas AC	3:59:46
3	Catherine	Naane	Goldfields AC	4:21:48

50-59:

1	Thandi	Mlambo	Afrox AC	05:12:23
2	Mashigo	Mkwena	Gauteng Striders	05:31:17

60+:

1	Penny	Visser	Breakthru AC	5:07:53
2	Hilda	Brewer		6:59:58

10 km**MEN**

1	Xolisa	Tyali	Nedbank AC	22	30:11
2	Kgosi	Tsosane	Nedbank AC		30:17
3	Wesley	Ruto	KEN/Nedbank AC	30	30:23
4	Lucky	Mohale	Bonitas AC	25	30:39
5	Jeffrey	Gwebu	Nedbank AC	29	30:56
6	Luwis	Masunda	ZIM/Nedbank AC		31:18
7	Johannes	Kekana	Mr Price AC		31:26
8	Joshua	Sabao	ZIM/Mr. Price AC	21	31:41
9	Frik	Guys	Nedbank AC	24	31:58
10	Asafa	Tafese	ETH/ADT AC		32:08

WOMEN

1	Irvette	van Blerk	Nedbank AC	23	34:28
2	Lebo	Phalula	Univ. JHB		35:37
3	Rutendo	Nyahora	ZIM/Nedbank AC	21	36:27
4	Louisa	Leballo	Ind	32	36:38
5	Lebogang	Phalula	Univ. JHB	26	37:04
6	Onneile	Dintwe	BOT/Nedbank AC	24	37:43
7	Christine	Kalmer	Nedbank AC	24	38:43
8	René	Kalmer	Nedbank AC	29	39:04
9	Idah	Simon	BOT/U.C.K.G AC	19	39:06
10	Muchaneta	Gwata	ZIM/Mr. Price AC		40:27

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**Rock 'n' Roll San Jose Half Marathon (5th)**

San Jose, USA, 3 October

(Distance: 21.1 km; certified loop course with no elevation change)

MEN (gun times)

1.	Meb Keflezighi, Mammoth Lakes, CA	1:01:45
2.	Brian Medigovich, Rochester Hills, MI	1:04:56
3.	Paul Hefferon, Rochester Hills, MI	1:05:55

WOMEN (gun times)

1. Blake Russell, 35, Pacific Grove, CA 1:11:55 PB
2. Linda Somers Smith, 49, Arroyo Grande, CA 1:13:32 AR W4549
3. Rachel Booth, 29, Mountain View, CA 1:14:47 PB

Medtronic Twin Cities Marathon (29th) & 10 Miles (12th)

(USA Men's Marathon Championship; USA Women's 10-Mile Championship)
 Minneapolis to St. Paul, USA, 3 October

(Distances: 42.195 km, standard certified course with slight elevation GAIN; 10 miles, point-to-point course with slight elevation GAIN)

Marathon:

MEN

1. Sergio Reyes, 28, Palmdale, CA 2:14:02 PB \$25,000 + 1,500^ + 400@
2. Jeff Eggleston, 26, New York, NY 2:14:09 PB 15,000 + 750^ + 400@
3. Fernando Cabada, 28, Longmont, CO 2:15:25 10,000 + 600^ + 400@

^) Earned separate all-comers prize money

@) Earned a share of \$4000 set aside for Olympic Trials qualifying marks

WOMEN

1. Buzunesh Deba, 23, Bronx, NY (ETH) 2:27:24 PB \$25,000
2. Svetlana Ponomarenko, 40, RUS 2:35:23 15,000 + 1,500~
3. Serkalem Biset Abrha, 23, Bronx, NY (ETH) 2:36:16 10,000
4. Alena Vinitskaya, 37, Eugene, OR (RUS) 2:36:31 7,000

~) Earned open masters prize money in addition to the USA Masters Championships awards

10 Miles:

WOMEN (USA championship race)

1. Katie McGregor, 33, St Louis Park, MN 54:21 \$10,000
2. Renee Metivier Baillie, 28, Boulder, CO 54:37 6,000
3. Alissa McKaig, 24, Blowing Rock, NC 55:18 4,000
- ... 9. Jen Rhines, 36, Mammoth Lakes, CA 55:41 250

Kosice Peace Marathon (85th)

(SVK Marathon Championships)

Kosice, SVK, 3 October

(Distance: 42.195 km)

MEN (gun times)

1. Gilbert Chepkwony Kiptoo, 1985, KEN 2:08:33 PB/CR* 15,000 EUR
2. Solomon Bushendich, 1984, KEN 2:08:41 PB 5,000
3. Peter Kiplagat Chebet, 1982, KEN 2:08:42 PB 3,000

WOMEN (gun times)

1. Almaz Alemu Balcha, 1982, ETH 2:36:35 6,000 EUR

Giro Podistica Internazionale de Rovereto (63rd)

Rovereto, ITA, 2 October

(Distance: 9.63 km for elite men [9 laps of 1070m])

MEN (extended gun times)

1. Wilson Busienei, 1981, UGA 27:10.3

2. Erastus Chirchir, 1983, KEN 27:10.7
3. Philip Langat, 1990, KEN 27:10.7 (correct)
4. Gebretsadik Adihana Abraha, 1992, ETH 27:11.4
5. Isaac Tanui, 1986, KEN 27:15.0

ABN AMRO Singelloop (60th)

Utrecht, NED, 26 September

(Distance: 10 km; flat one-loop course with no start/finish separation)

MEN (gun times)

1. Leonard Patrick Komon, 1988, KEN 26:44 WR
2. Sammy Kitwara, 1986, KEN 27:11 PB
3. Bonface Kirui, 1987, KEN 28:08
4. John Mwangangi, KEN 28:10
5. Ezekiel Chebii, KEN 28:34

WOMEN

1. Rkia Elmoukim, 1988, MAR 32:51 PB
2. Helen Kiprop, KEN 32:54
3. Miranda Boonstra, NED 33:24
4. Gladys Kipsoi, KEN 33:30
5. Rasa Drazdauskaite, 1981, LAT 33:44

Scotiabank Toronto Waterfront Marathon (11th)

(IAAF Silver Label Road Race)

Toronto, CAN, 26 September

(Distance: 42.195 km)

MEN (gun times)

1. Kenneth Mungara, KEN 2:07:58 PB/ACR 20,000 + 30,000i CAD
2. Jafred Chirchir, KEN 2:08:10 PB 12,000
3. Daniel Rono, KEN 2:08:15 10,000
4. Nixon Machichim, KEN 2:08:22 PB 8,000
5. Gashaw Melese Asfaw, ETH 2:08:55 5,000

i) Earned special CAD 30,000 bonus for breaking course record (2:08:32) and also breaking 2:08:00

WOMEN

1. Sharon Cherop, KEN 2:22:43 PB/ACR 20,000 + 30,000i CAD
2. Tirfi Tsegaye, ETH 2:22:44 PB 12,000
3. Merima Mohammed, 1992, ETH 2:23:06 PB 10,000
4. Koren Yal, ETH 2:24:33 PB 8,000
5. Firehiwot Dado, ETH 2:26:40 5,000

i) Earned special CAD 30,000 bonus for breaking course record (2:28:31) and also breaking 2:25:00

Continental Airlines Fifth Avenue Mile (30th)

New York, USA, 26 September

(Distance: 1 mile; certified point-to-point course, downhill with 9.2 m elevation loss [5.7m/km])

MEN

1. Amine Laalou, 28, MAR, Nike	3:52.83	\$5000
2. Bernard Lagat, 35, Tucson, AZ, Nike	3:53.30	3500
3. Andy Baddeley, 28, GBR, New Balance	3:53.34	2500
4. Alan Webb, 27, Portland, OR, Oregon TC Elite	3:53.72	1500
5. Leonel Manzano, 26, Austin, TX, Nike	3:54.17	1000
6. Nick Willis, 27, Ann Arbor, MI, NZL, Reebok	3:54.81	750
7. Will Leer, 25, Eugene, OR, Oregon TC Elite	3:55.02	500
8. Tom Lancashire, 25, GBR, Nike	3:55.22	250
9. David Torrence, 24, Berkeley, CA, Nike	3:55.43	
10. Adrian Blincoe, 30, Bryn Mawr, PA, NZL, New Balance	3:56.07	
11. Garrett Heath, 24, Palo Alto, CA, Saucony	3:56.15	
12. Daniel Huling, 27, Geneva, IL, Reebok	3:56.77	
13. Pedro Antonio Estes, 33, ESP, Strands.com	3:56.96	
14. Haron Lagat, 27, Lubbock, TX, KEN, New Balance	3:57.43	
15. Taylor Milne, 29, Guelph, ON, CAN, New Balance	3:58.05	1000i
16. Tim Bayley, 28, Lafayette, CA, GBR, Puma	3:58.29	
17. Alistair Cragg, 30, Mammoth Lakes, CA, IRL, adidas	3:58.59	

i) Earned bonus for leading at halfway and finishing in under 4:00.00

WOMEN

1. Shannon Rowbury, 26, San Francisco, CA, Nike	4:24.12	\$5000
2. Sara Hall, 27, Mammoth Lakes, CA, Asics	4:24.34	3500
3. Erin Donohue, 27, Haddonfield, NJ, Nike	4:24.40	2500 + 1000i
4. Hannah England, 23, Birmingham, GBR, Nike	4:25.29	1500
5. Molly Huddle, 26, Providence, RI, Saucony	4:25.92	1000
6. Morgan Uceny, 25, Mammoth Lakes, CA, Reebok	4:26.27	750
7. Amy Mortimer, 29, Kansas City, MO, Reebok	4:27.07	500
8. Carmen Douma-Hussar, 33, Ardmore, PA, CAN, New Bal	4:27.53	250
9. Elisa Cusma Piccione, 29, ITA, Nike	4:28.50	
10. Treniere Moser, 28, Knoxville, TN, Nike	4:28.84	

i) Earned bonus for leading at halfway and finishing in under 4:32.00

Dexia Route du Vin Half Marathon (49th)

Remich to Wormeldange to Remich, LUX, 26 September

(Distance: 21.1 km; out-and-back course)

MEN (gun times)

1. Leonard Langat, 1990, KEN	59:56	PB/CR
2. John Kiprotich, 1988, KEN	1:00:07	
3. Megeresa Bacha, ETH	1:00:27	
4. Pius Maiyo Kirop, KEN	1:00:39	
5. Charles Wachira Maina, KEN	1:01:40	
6. Abdellah Tagrhafet, MAR	1:01:41	
7. Felix Limo, KEN	1:02:20	
8. Abderrahim El Asri, MAR	1:02:21	
9. Kadengoi Loitareng, KEN	1:02:22	
10. Evans Kamromboi, KEN	1:02:33	

WOMEN

1. Pauline Wangui, 1984, KEN 1:11:17
2. Jacqueline Nytipei, KEN 1:11:35
3. Jane Muia, KEN 1:12:26
4. Etaferahu Temesgen, ETH 1:13:02
5. Mary Naali, TAN 1:13:09

Meia-Maratona de Portugal (11th)

Lisbon, POR, 26 September

(Distance: 21.1 km; out-and-back course with no net elevation change)

MEN (gun times)

1. Tadese Tola, ETH 1:01:05
2. Josphat Kiprono Menjo, KEN 1:01:42
3. Francis Kiprop, KEN 1:01:47
4. Dickson Marwa, TAN 1:03:11
5. Emmanuel Mutai, KEN 1:03:18
- ... 13. Viktor Röthlin, SUI 1:08:50

WOMEN (gun times)

1. Mary Keitany, KEN 1:08:50
2. Alice Timbilili, KEN 1:10:07
3. Agnes Kiprop, KEN 1:10:32
4. Lydia Cheromei, KEN 1:11:28
5. Zhu Xiaolin, CHN 1:13:27

Maratonina Città di Udine (11th)

Udine, ITA, 26 September

(Distance: 21.1 km)

MEN (gun times)

1. William Chebon Chebor, KEN 1:00:49 1400 + 200i EUR
2. Benson Barus, KEN 1:01:24 1200 + 150i
3. Antony Maritim, KEN 1:01:27 1000 + 150i
4. Richare Kipkoros Bartale, KEN 1:01:37 800 + 150i
5. Hosea Macharinyang, KEN 1:01:38 700 + 150i

WOMEN

1. Anikó Kálovics, HUN 1:11:34 1400 + 80i EUR
2. Hellen Kimutai, KEN 1:12:18 1200
3. Getahun Etagerahu Tarekegn, ETH 1:13:13 1000
4. Chen Huirong, CHN 1:13:27 800
5. Martina Facciani, ITA 1:13:34 700

i) Earned time incentive bonus

Lexus Santa Monica 5000 (5th)

Santa Monica, USA, 12 September

(Distance: 5 km; flat out-and-back USATF certified courses)

MEN (gun times)

1. Alistair Cragg, IRL 13:55 CR \$800
2. Aron Rono, KEN 14:06 600
3. Devin Swann, USA 14:53 400

WOMEN

1.	Jen Rhines, USA	16:01	\$800
2.	Lindsay Allen, USA	16:42	600
3.	Chantelle Wilder, USA	17:19	400

Southern Region Half-marathon Championships

Blantyre, MAW, 12 September

(Distance: 21.1 km)

Note: The top results, without date or venue, were published in DRR 10:36. These are deeper results – thanks to Pieter de Jager of ASA. – Ed.

MEN

1	Sibusiso Nzima	RSA	1:05:42
2	Boy Soke	RSA	1:05:50
3	Samuel Segoba	RSA	1:05:54
4	Lungisa Mdedelwa	RSA	1:06:28
5	Zolani Ntongana	RSA	1:06:56
6	Nkosinathi Madyo	RSA	1:07:44
7	Mike Tebulo	MAW	1:07:54
8	Kaelo Mosalagae	BOT	1:08:35
9	Linos Chintali	ZAM	1:08:56
10	Chauncy Master	MAW	1:08:57

WOMEN

1	Invette van Blerk	RSA	1:16:54
2	Louisa Leballo	RSA	1:20:10
3	Zintle Xiniwe	RSA	1:20:19
4	Mpho Mabuza	RSA	1:20:25
5	Thozama April	RSA	1:20:31
6	Nancy Matanda	MAW	1:20:51
7	Ilipinga Helena	NAM	1:21:17
8	Doris Fisha	MAW	1:23:09
9	Nomvuyisi Seti	RSA	1:24:01
10	Nolene Conrad	RSA	1:24:46
...			
12	Cornelia Joubert	RSA	1:26:41
13	Christine Kalmer	RSA	1:27:30

NEWS**PENINSULA MARATHON RETURNS TO TRADITIONAL ROUTE**

The Peninsula Marathon will return to the faster traditional route that runners have grown accustomed to over the years in 2011. The marathon, which will be held for the 44th time, will start in Green Point, near the soccer stadium, while the half marathon will start in Bergvliet. Both routes take runners along the Main Road through to the finish at the Naval Sports Grounds in Simonstown.

Event organisers were forced to introduce a new route for 2009 and 2010 to avoid the construction around the stadium.

Registration and number collection will take place at two venues – one in the southern suburbs and one in the northern suburbs. Entries will open shortly. More information can be obtained by phoning 021 511-7130 or by visiting www.topevents.co.za.

HALL PULLS OUT OF CHICAGO MARATHON

The USA record holder for the half marathon, Ryan Hall, has decided to withdraw from the Bank of America Chicago Marathon scheduled on 10 October, reports *Race Results Weekly*.

"I have made the very difficult decision to withdraw from the 2010 Bank of America Chicago Marathon," Hall said in a statement. "Perhaps I was a bit too eager to capitalize on the lightning fast course, atmosphere, and history of the Chicago Marathon in my race preparations, causing me to over-train and suffer from perpetual fatigue. Despite pouring my heart and soul into these last six months of training and all my best efforts to rest and recover, I have been unable to restore my body to where it needs to be for me to step to the starting line prepared to fulfill what I promised when I first agreed to the race."

The 27 year-old Hall, who has a marathon personal best time of 2:06:17, had chosen to run Chicago this year after finishing fourth at both the ING New York City Marathon last November, and the Boston Marathon last April. Hall was attracted to Chicago's flat and fast course, and had hoped to take a run at Khalid Khannouchi's American record of 2:05:38 set in London in 2002.

But Hall, who lives in Mammoth Lakes, California, had a poor outing at the ING Rock 'N' Roll Philadelphia Half-Marathon on 20 September, finishing 13th in 1:03:56, nearly four minutes behind the winner, Matthew Kisorio of Kenya. He knew something was wrong.

The men's field at Chicago, a World Marathon Majors (WMM) event, remains strong. Olympic champion Samuel Wanjiru of Kenya will face off against 2010 Virgin London Marathon champion Tsegaye Kebede, and 2010 Boston Marathon champion Robert Kiprono Cheruiyot. The 2009/2010 WMM points title is likely to be decided in Chicago with the \$500 000 winner-take-all prize going to either Wanjiru or Kebede.

STATS TIME

Following the weekend's SA Marathon, here are the top ten men and women in South Africa for 2010. Three men's times in Durban made it into the top ten.

MEN

2:10:45	Lusapho April	5	Hannover	02 May
2:14:45	Hendrick Ramaala	7	San Diego	06 Jun
2:16:02	Norman Dlomo	5	Taiyuan	05 Sep
2:16:09	Johannes Kekana	2	Stockholm	05 Jun
2:16:19	Coolboy Ngamole	1	Durban	02 Oct
2:18:03	Benedict Moeng	2	Durban	02 Oct
2:18:05A	Simon Peu	1	Ngodwana	20 Mar
2:19:06	Raphael Segodi	9	Pyongyang	11 Apr
2:19:09	Doctor Mtsweni	3	Durban	02 Oct
2:19:24	Odwa Uhuru Tunyiswa	2	Sasolburg	06 Feb

WOMEN

2:32:33	Tanith Maxwell	8	Berlin	26 Sep
2:51:22	Riana van Niekerk	4	Mossel Bay	14 Aug
2:51:58	Lauren Stewart	10	London	25 Apr
2:52:04A	Joanna Thomas (vet)	1	Oudsthoorn	27 Feb
2:54:28	Lesley Train	4	Gaborone	18 Apr
2:55:52	Adinda Kruger	3	Sasolburg	06 Feb
2:56:24	Suzette Botha	1	Howick	14 Mar
2:56:54	Louisa Leballo	2	Pretoria	27 Feb
2:57:12	Nomvuyisi Seti	1	Cape Town	26 Sep
2:58:06	Kerry Koen	5	Mossel Bay	14 Aug

A = aided course. The Ngodwana course is extremely downhill.

THIS MONTH IN HISTORY

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

10 years ago: 24 September 2000

Naoko Takahashi (JPN) took the gold medal at the Olympic Games Marathon with her 2:23:14, breaking Joan Benoit's Olympic record of 2:24:52 despite the difficult course and high humidity. The second and third runners, Lidia Simon (ROM) and Joyce Chepchumba (KEN), were also inside the record with their times of 2:23:22 and 2:24:45 respectively. South Africa's representative, Colleen de Reuck, finished 31st in 2:36:48. A year and one week later Takahashi became the first woman to break the 2:20 barrier when she ran 2:19:46 in Berlin.

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
	26:44	Leonard Patrick Komon (KEN)		
	27:01	Micah Kogo (KEN) 2009		
15 km	26:44p	Leonard Patrick Komon (KEN) 2010		06 Mar
	43:50	Lusapho April	Port Elizabeth	
	42:46	Lelisa Desisa (ETH)		
21.1 km	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		24 July
	61:58	Lucky Mohale	Port Elizabeth	
	58:23	Zersenay Tadese (ERI)		
25 km	58:23	Zersenay Tadese (ERI) 2010		09 May
	75:02	Lusapho April	Berlin	
	71:50	Sammy Kosgei (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		10 Jan
	1:38:03	Nkosinathi Madyo	Camps Bay	
	89:46	Atsushi Fujita (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		02 May
	2:10:45	Lusapho April	Hannover	
	2:04:48	Patrick Makau (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		
	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

21.1 km	44:14	Pierre Levisse (FRA) 1992		
	66:17	Mluleki Nobanda	Port Elizabeth	24 July
25 km	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
	87:31a	Basie Bonaparte	Somerset East	24 Apr
30 km	76:49	Martin Mondragon (MEX) 1994		
	1:46:04	Lindile Tokota	Sedgefield	13 Mar
Marathon	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	2:19:45	Butiki Jantjies	Durban	02 Oct
100 km	2:08:46	Andres Espinosa (MEX) 2003		
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
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	2:43:30	Charles Vilakazi	Durban	02 Oct
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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				
<u>Open</u>				
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	Ivette 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		
<u>Veterans (40+)</u>				
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		
<u>Masters (50+)</u>				
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
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
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	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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