

Distance Running Results

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EDITORIAL

The course records for both men and women were smashed at the weekend's Commerzbank Frankfurt Marathon, with Kenya's Wilson Kipsang becoming history's eighth man to break the 2:05 barrier with his 2:04:57 winning time. He crushed Gilbert Kirwa's one-year-old course record of 2:06:14 by more than a minute. Tadesse Tola (ETH) held on for second place in 2:06:31, a personal best. In the women's race Caroline Kilel clocked a course record and personal best of 2:23:25. The next seven runners all achieved personal bests.

Frankfurt now has the fourth fastest course record among world marathons, behind Berlin (2:03:59), Rotterdam (2:04:27) and Dubai (2:04:53). (See also Stats Time in this issue.)

Hungarian Simona Staicu, who won the Old Mutual Two Oceans Marathon in 2003, scored her third victory of October in the Budakeszi-Budapest Half Marathon and now has a six-win streak.

Quite a few readers pointed out that Gert Thys had won the Cape Town Marathon in 2:22:12 recently, so the Beijing race was not his first completed marathon in more than four years, as I wrote last week. I apologise for this bad mistake. Thys has now completed 37 marathons (including the one after which he tested positive for a banned substance in 2006) and has 13 DNFs.

Reader Hans Hugo wrote to say that I was "partially correct" in calling the Eikendal race (results in last week's issue) a loop course on gavel farm roads. In fact, wrote Hans, the race gives a new meaning to the description "hilly course" – it is far more difficult than the "tame uphills" of Louw se Bos or the one from the 6 km mark on the Winelands Marathon route (two other lung-burning climbs in the vicinity of Stellenbosch).

The runners indicated as running for Bluff AC in the results of the Swift Half Marathon (in last week's DRR) actually belong to the Bluff Meats Formula One club.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Plexus Half Marathon & 10 km, Durbanville
- * Sportsmans Warehouse 15 km, Boksburg
- * Stonebridge 20 km & 10 km, Mount Edgecombe
- * Hunter's Challenge Half Marathon & 10 km, Pretoria
- * Rainbow Williams Eden Municipality Half Marathon, George
- * Isostar Forest Fifteen, Tokai
- * Builders Warehouse Llewellyn Clack Memorial 27 km & 10 km, Port Elizabeth

International highlights:

- * Commerzbank Frankfurt Marathon, Frankfurt, GER
 - * Athens Classic Marathon, Athens, GRE
 - * Standard Chartered Nairobi Marathon & Half Marathon, Nairobi, KEN
 - * Asics Bolt, Noosa, AUS
 - * XC: Big 12 Championships, Stillwater, USA; PAC 10 Championships, Los Angeles, USA
-

ROAD RUNNING**Plexus Half Marathon & 10 km**

Durbanville, 31 October

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

Half marathon**MEN**

1. Nkosinathi Madyo (MP) 68:15; 2. Velani Lusaseni (Adid) 69:56; 3. Neo Molema (MP) 70:10.

Veterans: 1. Johnny Persents (Adid) 79:12; 2. Dion Middelkoop (VOB) 79:25; 3. Andries Swanepoel (Brack) 80:03. **Masters:** 1. Raymond Howard (Celtic) 77:37; 2. Steven Parkins (Met) 82:59; 3. Paul Cieverts (Top) 86:52. **G'masters:** 1. Hennie Wentzel (Durb) 90:29; 2. Eugene Cairncross (SS) 1:43:49; 3. Melville Silke (AAC) 1:54:06. **G/g'masters:** 1. Derry Devine (VOB) 2:26:53; 2. Peter Schreve (Well) 2:33:54; 3. David Kirby (SH) 2:36:22. **Juniors:** 1. Nande Qamgwana (Khay) 72:24; 2. Akhona Makila (VOB) 72:55; 3. Gcobani Mndi (Gugs) 75:07.

WOMEN

1. Ulrica Stander (NBMC) 84:27; 2. Candyce Hall (Hout) 90:29; 3. Glenda Werth (Met) 93:39 (1st vet).

Veterans: 1. Glenda Werth (Met) 93:39; 2. Esmé Koopman (Durb) 97:52; 3. Marie Louw (Adid) 1:42:17. **Masters:** 1. Nancy Will (Pine) 1:41:26; 2. Caroline Weinell (Durb) 1:44:44; 3. Maretha de Kock (Adid) 1:45:40. **G'masters:** 1. Rita van Wyk (Brack) 2:17:45; 2. Dolla Naurattel (Ceres) 2:28:06; 3. Mary Skipper (RWFL) 2:45:49. **G/g'masters:** 1. Anneli Gouws (Rob) 2:34:02. **Juniors:** 1. Benine Havenga (Tyger) 2:30:01.

10 km**MEN**

1. Anthony Godongwana (Celtic) 30:51; 2. Peter Tsawayo (ZIM/Gugs) 30:58; 3. Luxolo Mdzanga (Gugs) 32:17 (1st jun).

Veterans: 1. Graham Katzen (Celtic) 32:51; 2. Ismael Mosemi (Bell) 37:39; 3. Charles de Wet (Held) 38:14. **Masters:** 1. Eric Mlonyeni (Ned) 37:42; 2. Mohammad Kriel (Ned) 38:53; 3. Gemjikile Tom (Eskom) 41:04. **G'masters:** 1. Ronnie le Roux (Brack) 43:38; 2. Johan Botha (RWFL) 44:35; 3. Bernard Kleinveld (NBMC) 50:59. **G/g'masters:** 1. Abubakar Marcus (ARD) 72:31; 2. Winfred Joschzyk (Met) 86:27. **Juniors:** 1. Luxolo Mdzanga (Gugs) 32:17; 2. Nkosinathi Sotyantya (Celtic) 33:34; 3. Luthando Diba (Celtic) 34:53.

WOMEN

1. Asiphe Sikabalanjana (Gugs) 39:03 (1st jun); 2. Sheryl de Lange (Adid) 39:18 (1st vet); 3. Bulelwa Samae (Ned Bol) 39:49.

Veterans: 1. Sheryl de Lange (Adid) 39:18; 2. Mariëtte Esterhuyse (Tyger) 42:22; 3. Sandra van Graan (Edge) 42:54. **Masters:** 1. Charmaine Cupido (Ned) 44:49; 2. Dawn

Middelkoop (VOB) 44:58; 3. Olga Howard (Celtic) 45:44. **G'masters:** 1. Marietha Herbert (Bell) 51:26; 2. Pixie Sparg (Celtic) 52:52; 3. Zonia Barnard (Celtic) 56:37. **G/g'masters:** 1. Joyce Archer (Ind) 85:59. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 39:03; 2. Courtney Groener (Bell) 47:21; 3. Tosca Joseph (Khay) 51:03.

Sportsmans Warehouse 15 km

Boksburg, 31 October
(Loop course)

MEN

1 Tshamano Setone (Nedbank) 48:13; 2 Vincent Seng (Nedbank) 49:13; 3 Eliya Mogoboya (Nedbank) 49:41; Mthetho Goxo (Nedbank) 49:42; 5 George Mooi (Temp) 52:53 (1st vet).

Veterans: 1 George Mooi (Temp) 52:53; 2 Sipho Dlamini (GCH) 54:15; 3 Moeketsi Moagi (Kwa-Themba) 54:52. **Masters:** 1 Johannes Seakamela (RAC) 60:11; 2 Johannes Pieterse (Brotherhood) 61:52; 3 Andre Jansen (GS) 61:56. **G'masters:** 1 Mike Hirst (Brooks Striders) 59:47. **G/g'masters:** 1 John MacDonald (RAC) 81:15.

WOMEN

1 Onneile Dintwe (BOT/Nedbank) 55:55; 2 Poppy Mlambo (Nedbank) 58:20; 3 Cornelia Joubert (BCC) 59:22; 4 Takalane Nthulane (Transnet) 62:15; 5 Sarah Mahlangu (Mr Price) 63:15 (1st vet).

Veterans: 1 Sarah Mahlangu (Mr Price) 63:15; 2 Marie Bruwer (Arcelor Mittal) 66:17; 3 Vanessa Bowman (Kempton) 68:15. **Masters:** 1 Alta v.d. Berg (Running Inn) 79:44; 2 Gail Visagie (RWFL) 85:09; 3 Sharon van Wyk (RWFL) 89:24. **G'masters:** 1 Bets Greyling (Sunward) 90:22. **G/g'masters:** 1 Mavis Stadler (Agape) 95:09.

Stonebridge 20 km & 10 km

Mount Edgecombe, 31 October

Note: Unfortunately the race organisers did not include seconds with the times in the 20 km, nor age category results (except juniors) in the 10 km. – Ed.

20 km

MEN

1. Richard Nene (Mr Price) 1:07, 2. Gerald Munetsi (Glenwood Harries) 1:08, 3. Nkosinathi Ngongo (Stella) 1:10.

40-49: 1. Mandla Dlamuka (Boxer) 1:14. **50-59:** 1. Jeremiah Ngwenya (Boxer) 1:22. **60+:** 1. Smitey Naidoo (Ver) 1:58.

WOMEN

1. Nonsikelelo Mbambo (Natal Carbineers) 1:29, 2. Janine Engels (PDAC) 1:31, 3. Jodi Clark (Stella) 1:31.

50-59: 1. Denise Reyneke (Queensburgh) 1:59. **60+:** 1. Maureen Parry (Chiltren) 2:03.

10 km

MEN

1. Munyaradzi Jari (ZIM/Bluff Meats) 31:22, 2. Sibusiso Madikizela (Savages) 31:32, 3. Sipho Ngxomgo (Temp) 33:28.

Juniors: 1. Sibusiso Madikizela (Savages) 31:32.

WOMEN

1. Maureen Slack (Glenwood Harries) 45:24, 2. Nana Sigubudu (Boxer) 46:41, 3. Nomthandazo Mlotshwa (Temp) 49:33.

Juniors: 1. Nomthandazo Mlotshwa (Temp) 49:33.

Hunter's Challenge Half Marathon & 10 km

Pretoria, 30 October

(Distances: 21.1 km & 10 km. Loop courses. Finishers: half marathon – 920; 10 km – 1360.)

Half marathon

MEN

1 Steve Ngqola (Transnet) 68:19; 2 Frans Makola (Transnet) 68:27; 3 Mthetho Goxo (Nedbank) 68:46.

Veterans: 1 Jackson Seanego (New balance) 75:29. **Masters:** 1 Andre Jansen (GS) 83:20. **G'masters:** 1 Phil Connolly (Randburg Harriers) 1:41:11. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:46:17. **Juniors:** 1 Charles Reynolds (Wonderboom H/S) n/t.

WOMEN

1 Helen Chiundo (ZIM/Nedbank) 83:51; 2 Juan-Marie Copper (Khoza) 89:18; 3 Charlene Bester (Turn To God) 96:36.

Veterans: 1 Linda Smart (Dainfern) 1:40:46. **Masters:** 1 Allison Hoogenwegen (Morningside) 1:50:59. **G'masters:** 1 Penny Visser (Breakthru Midrand) 1:57:32. **G/g'masters:** 1 Mavis Stadler (Agape) 2:10:35. **Juniors:** 1 Juan-Marie Copper (Khoza) 89:18.

10 km

MEN

1 Enoch Manyandi (Nedbank) 30:18; 2 Esau Radebe (Transnet) 30:22; 3 Wesley Mutai (KEN/New Balance) 32:09.

Veterans: 1 Dean Passmore (New balance) 39:51. **Masters:** 1 John Grundy (Nedbank) 43:50. **G'masters:** 1 Pieter Rossouw (Enduro) 46:00. **G/g'masters:** 1 Ken Nurden (Agape) 46:16. **Juniors:** 1 Joel Madiba (TUT) 32:50.

WOMEN

1 Mirriam Thole (MAW/Tuks) 37:12; 2 Myrette Filmalter (Tuks) 37:24; 3 Michelle Williams (RAC) 38:07.

Veterans: 1 Vanessa Bowman (Kempton) 44:18. **Masters:** 1 Alta v.d. Berg (Running Inn) 51:53. **G'masters:** 1 Rita Laker (Overkruin) 60:27. **G/g'masters:** 1 Deidre Larkin (Randburg Harriers) 69:57. **Juniors:** 1 Nandipha Dywili (Temp) 39:20.

Rainbow Williams Eden Municipality Half Marathon

George, 30 October

(Distance: 21.1 km. Finishers: 54.)

MEN

1	Principal Fana	Rainbow AC	42	1:10:48
2	Frans Malgas	Knysna MC	20	1:11:54
3	Julius Korkee	Rainbow AC	26	1:12:56
4	Zuzile Ntsiniya	Knysna MC	35	1:13:29

5	Melikhaya Msizi	Knysna MC	27	1:15:39
6	Salman Booï	Run/Walk F Life	37	1:17:15
7	Joey Klaassen	Rainbow AC	40	1:18:08
8	Elfonso Pietersen	Rainbow AC	21	1:18:08
9	Jan Isaacs	Rainbow AC	25	1:20:10
10	Siyabonga Madala	Rainbow AC	25	1:22:31
11	Dawid Matroos	Rainbow AC	30	1:22:34
12	Sebenzile Dayimani	Knysna MC	48	1:23:04
13	Granville Hendricks	Rainbow AC	27	1:23:21
14	Anton Chevalier	Nedbank AC	45	1:25:21
15	Eugene Maart	Mosselbay H	23	1:26:02
16	R. Klue	Outeniqua H	45	1:28:17
17	Henry v.d. Watt	Nedbank AC	44	1:29:54
18	Jurgens Swiegelaar	Nedbank AC	61	1:29:54
19	Enslin Geswindt	Mosselbay H	17	1:30:44
20	Floors Steenberg	Mosselbay H	46	1:30:48

WOMEN

1	Johanna Claassen	Nedbank AC	42	1:31:25
2	Anna Haw	Nedbank AC	26	1:32:51
3	Annetjie Botes	Nedbank AC	52	1:33:00
4	Kleintjie van Schalkwyk	Hartenbos RC	46	1:46:39
5	Tanya Faber	Outeniqua H	38	1:51:30
6	Renee Heunis	Nedbank AC	51	2:05:05
7	Marlize Jason	Hartenbos RC	35	2:07:43
8	Esther Oosthuizen	Hartenbos RC	62	2:11:09
9	Bonnee v.d. Walt	Hartenbos RC	53	2:36:32

Isostar Forest Fifteen

Tokai, 30 October

(Distance: 15 km; loop course, very hilly, mostly on gravel and trails)

MEN

1. Thembelani Zola (MP) 55:06; 2. Quinton Prince (Met) 55:09; 3. Nelson Bass (UCT) 57:28; 4. Charles Witbooi (VOB) 57:38; 5. Chris Mitchell (Celtic) 59:36 (1st vet); 6. Imraan Paya (Gugs) 60:30; 7. Mike O'Donovan (VOB) 60:37; 8. Stef Patten (VOB) 61:22; 9. Carlo Jacobs (Top) 61:52; 10. Les Chivell (FH) 61:54 (1st mast); 11. Corus Nande (WC) 62:03; 12. Wages Magomboh (ZIM/Celtic) 62:53; 13. Grant Lewis (Gugs) 62:55; 14. Ian Little (FH) 63:05; 15. André Arendse (MHS) 63:25 (1st jun); 16. Richard Flint (Ind) 63:29; 17. Oloff van Zyl (VOB) 63:54; 18. M. Bullivant (Ind) 63:55; 19. Brandon van Vuuren (Cent) 64:37; 20. A.N. Other (Celtic) 65:01.

Veterans: 1. Chris Mitchell (Celtic) 59:36; 2. Mike O'Donovan (VOB) 60:37; 3. Stef Patten (VOB) 61:22. **Masters:** 1. Les Chivell (FH) 61:54; 2. Willie Baartman (SH) 65:41; 3. Eisa Geerts (Bell) 70:23. **G'masters:** 1. James Bhana (Ind) 75:23; 2. Roger Davis (FH) 77:21; 3. Issie Margolin (Celtic) 85:56.

WOMEN

1. Joanna Thomas (VOB) 65:48 (1st vet); 2. Renée Scott (Adid) 71:31; 3. Candyce Hall (Hout) 72:16; 4. Anel Wesson (Ind) 72:35; 5. Sue Dickson (VOB) 73:29; 6. Tracy Forbes (VOB) 74:41; 7. Kirsten Norris (VOB) 75:02; 8. Bev Charters (VOB) 76:06 (1st mast); 9. Julie Gordecke (Harf) 76:41; 10. Nicola Elliott (UCT) 77:02; 11. Kathleen McQuaide-Little (Celtic) 77:07; 12. Jana Trojan (VOB) 77:32; 13. Lesyl Potgieter (ATC) 77:35; 14. Tatum Monnery (MHS) 78:22 (1st jun); 15. Verena Noller (ATC) 78:46; 16. Ellie Courts (Celtic) 79:23; 17. Andrea Larsen (Ind) 80:18; 18. W. Arya (Celtic) 80:29; 19. Sarah-Jane Jackson (UCT) 81:10; 20. Megan Beckett (UCT) 81:11.

Veterans: 1. Joanna Thomas (VOB) 65:48; 2. Renée Scott (Adid) 71:31; 3. Sue Dickson (VOB) 73:29. **Masters:** 1. Bev Charters (VOB) 76:06; 2. Denise Johannes (SH) 83:44; 3. Jenny da Silva (Met) 87:54. **G'masters:** 1. Pixie Sparg (Celtic) 87:46; 2. Zonia Barnard (Celtic) 92:38; 3. Carol Gahwiler (VOB) 1:41:56.

Builders Warehouse Llewellyn Clack Memorial 27 km & 10 km

Port Elizabeth, 30 October

(Out-and-back courses. Finishers: 27 km – 289; 10 km – 283.)

27 km

MEN

1	Masixole	Dlaku	Mr Price AC EP	31	1:29:57
2	George	Ntshiliza	Nedbank RC EP	31	1:32:11
3	Khayaletu	Makalima	Mr Price AC EP	27	1:32:52
4	Anele	Maliza	Mr Price AC EP	32	1:34:14
5	Sindile	Somke	Nedbank RC EP	34	1:34:39
6	Sandile	Ngunuza	Nedbank RC EP	27	1:37:09
7	Mzwanele	Maphekula	Nedbank RC EP	34	1:38:54
8	Christopher	Mabengeza (1 st vet)	Nedbank RC EP	44	1:38:58
9	Vuso	Nkonzo	Mr Price AC EP	25	1:40:21
10	Mongezi	Mboya	PEAAC	33	1:40:38
11	Emerson	Kayana	Nedbank RC EP	36	1:40:43
12	Thembinkosi	Mdyogolo	Nedbank RC EP	42	1:40:43
13	Deon	Appollis	Nedbank RC EP	31	1:44:10
14	Anelisa	Stamper	Temp	23	1:44:16
15	John	Du Preez	Cradock AC	45	1:46:22
16	Colben	Ngcupe	Nedbank RC EP	47	1:47:57
17	Kgotso	Majara	Nedbank RC EP	30	1:48:05
18	Graham	Eshmade	Crusaders AC	33	1:51:12
19	David	Mama	Aspen Pharmacare	35	1:51:34
20	Mziwabantu	Manxanga	Temp	24	1:51:37

40-44:

1	Christopher	Mabengeza	Nedbank RC EP	44	1:38:58
2	Thembinkosi	Mdyogolo	Nedbank RC EP	42	1:40:43
3	Riaan	Kock	Nedbank RC EP	40	1:52:29

45-49:

1	John	Du Preez	Cradock AC	45	1:46:22
2	Colben	Ngcupe	Nedbank RC EP	47	1:47:57
3	Robin	Fourie	Achilles AAA	47	1:53:26

50-54:

1	Leonard	Erasmus	Willard Batteries	52	1:54:59
2	Sidwel	Roboshi	Nedbank RC EP	50	1:56:28
3	Andre	Willemse	Elite AC	52	1:58:09

55-59:

1	Richard	Weatherall-Thomas	PEAAC	59	2:01:10
2	Bruce	Mcewan	Achilles AAA	57	2:08:14
3	Colin	Parkins	Bluewater Bay	57	2:11:40

60-64:

1	Percy	Dalton	Achilles AAA	62	2:08:52
2	William	Vorster	PEAAC	64	2:18:41
3	Eric	Mapara	Rhodes University	63	2:19:12

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	68	2:04:14
2	Eckart	Schumann	Body Concept	65	2:26:17

3	Peter	Smith	Temp	65	2:45:27
Juniors:					
1	Lubabalo	Jusayi	Mr Price AC EP	19	1:55:31
2	Thulani	Jonas	Kwanobuhle	18	2:03:09
3	Daniel	Grimes	Absa NMMU AC	19	2:21:52

WOMEN

1	Ntombesintu	Mfunzi	Mr Price AC EP	28	1:57:04
2	Davera	Magson	Mr Price AC EP	35	1:58:57
3	Priscilla	Maleiba (1 st vet)	Cadbury AC	40	2:07:52
4	Christine	Claasen	Achilles AAA	46	2:08:31
5	Margie	Saunders (1 st mast)	Nedbank RC EP	57	2:09:04
6	Maresa	Ah Kun	Bluewater Bay	34	2:10:59
7	Elmarie	Bezuidenhout	Charlo RR	28	2:13:38
8	Buyelwa	Kobokana	Nedbank RC EP	45	2:14:31
9	Laura	Maritz	Elite AC	50	2:14:36
10	Katherine	Van der Walt	Body Concept	34	2:15:00
11	Paulette	Mcewan	Achilles AAA	45	2:16:30
12	Shannon	Swart	Profiles AC	28	2:17:20
13	Vicki	Terblanche	Bluewater Bay	31	2:17:25
14	Benita	Barton	Crusaders AC	40	2:19:56
15	Hanlie	Van der Westhuizen	Transnet RE EP	54	2:20:04
16	Adele	Nel	St Albans CS EP	37	2:21:22
17	Debbie	Dodd	Charlo RR	39	2:23:53
18	Cindy	Finlay	PEAAC	41	2:28:39
19	Jacqui	Van der Vyver	Elite AC	41	2:29:02
20	Lindie	Stander	St Albans CS EP	26	2:29:36

40-44:

1	Priscilla	Maleiba	Cadbury AC	40	2:07:52
2	Benita	Barton	Crusaders AC	40	2:19:56
3	Cindy	Finlay	PEAAC	41	2:28:39

45-49:

1	Christine	Claasen	Achilles AAA	46	2:08:31
2	Buyelwa	Kobokana	Nedbank RC EP	45	2:14:31
3	Paulette	Mcewan	Achilles AAA	45	2:16:30

50-54:

1	Laura	Maritz	Elite AC	50	2:14:36
2	Hanlie	Van der Westhuizen	Transnet Re EP	54	2:20:04
3	Christine	Snyman	VW Ac	54	2:39:10

55-59:

1	Margie	Saunders	Nedbank RC EP	57	2:09:04
2	Monica	Kemp	Madiba Bay AC	55	2:36:43

60-64:

1	Liz	Grundlingh	Muirite Striders	63	2:31:24
2	Marlene	Wiese	Kowie Striders	64	2:47:30
3	Rita	Boucher	Walmer AC	60	3:04:41

10 km**MEN**

1	Zolani	Ngqaqa	Mr Price AC EP	21	31:01
2	Melikhaya	Frans (1 st jun)	Nedbank RC EP	18	31:32
3	Ivan	Ambraal	Temp	21	32:09
4	Bulelini	Niwa	PEAAC	24	32:28
5	Zolani	Mabongo	Mr Price AC EP	24	32:34
6	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	42	34:27
7	Alfred	Qogi	Nedbank RC EP	37	35:12

8	Nkosinathi	Gcakasi	Bluewater Bay	39	35:35
9	Thobile	Xata	Nedbank RC EP	36	35:46
10	Sinekhaya	Ndlakuse	Nedbank RC EP	21	35:51
11	Freddie	Jantjies	Mr Price AC EP	41	36:04
12	Sylvester	Honnie	Mr Price AC EP	26	36:24
13	Hernus	Sass	Nedbank RC EP	46	37:14
14	John	Rafani	Nedbank RC EP	43	38:07
15	Ruan	Smalberger	Nedbank RC EP	20	40:56
16	Sindile	Ngiyo	Nedbank RC EP	15	41:03
17	Sizinz	Kama (1 st mast)	Achilles AAA	59	41:04
18	Wellington	Tshingane	SANDEF EP	40	41:47
19	Craig	Wilson	Achilles AAA	42	41:52
20	Mike	Palframan	Temp	41	41:53

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	42	34:27
2	Freddie	Jantjies	Mr Price AC EP	41	36:04
3	John	Rafani	Nedbank RC EP	43	38:07

45-49:

1	Hernus	Sass	Nedbank RC EP	46	37:14
2	John	Stevens	Bluewater Bay	46	42:37
3	De Wet	Williams	Muirite Striders	48	43:15

50-54:

1	Selwyn	Uithaler	X-Cel AC	54	43:05
2	Robert	Rietmuller	PEAAC	54	45:35
3	David	Enslin	Charlo RR	52	49:40

55-59:

1	Sizinz	Kama	Achilles AAA	59	41:04
2	Chris	Terblanche	Achilles AAA	55	42:07
3	Fikile	Seya	Nedbank RC EP	57	44:40

60-64:

1	Fred	Verrall	Charlo RR	62	42:36
2	Johannes	Herbst	Muirite Striders	64	45:31
3	Peter	Sale	Temp	60	56:48

65-69:

1	Robin	Clark	Achilles AAA	69	58:45
2	Gerald	Bouwer	Achilles AAA	67	1:05:27
3	Jan	Von Mollendorf	Elite AC	65	1:05:29

70+:

1	Michael	Collins	PEAAC	72	48:41
2	Rolf	Mentzel	Profiles AC	70	56:59
3	Kai	Tarnow	Jeffreys Bay AC	72	1:06:54

70+:

1	Ernie	Verrall	Absa NMMU AC	76	58:45
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Juniors:

1	Melikhaya	Frans	Nedbank RC EP	18	31:32
2	Sindile	Ngiyo	Nedbank RC EP	15	41:03
3	J C	Stevens	Bluewater Bay	17	42:32

WOMEN

1	Deliwe	Nyanga	Nedbank RC EP	21	38:26
2	Noxolo	Marks	Mr Price AC EP	24	43:36
3	Desire	Serfontein (1 st vet)	Bloemfontein Ach	47	44:54
4	Janette	Schierz-Crusius (1 st mast)	Body Concept	50	46:54
5	Treloar	Childs	Walmer AC	47	47:38
6	Julie	Taunton	Crusaders AC	50	48:03
7	Samantha	Schewitz	Temp	39	51:31

8	Elmarie	Ott	Brackenfell	48	52:02
9	Terray	Newcombe (1 st jun)	Nedbank RC EP	19	52:43
10	Jos	Els	Madiba Bay AC	58	54:18
11	Jackie	Hutton	Body Concept	53	54:36
12	Candice	Van Rooyen	Bluewater Bay	24	54:54
13	Rochelle	Viviers	Temp	39	55:11
14	Terri	Blake	Temp	32	56:46
15	Faye	Manthe	Temp	20	56:47
16	Amanda	Wolmarans	Temp	51	56:58
17	Christelle	Slabbert	Absa NMMU AC	38	57:06
18	Penelope	Fick	Charlo RR	33	57:08
19	Nicky	Charlewood	Temp	40	57:10
20	Helene	Oppel (1 st g'mast)	Crusaders AC	60	57:15
40-44:					
1	Nicky	Charlewood	Temp	40	57:10
2	Irma	Ingram	Nedbank RC EP	44	59:22
3	Helen	Fourie	Elite AC	40	59:50
45-49:					
1	Desire	Serfontein	Bloemfontein ACh	47	44:54
2	Treloar	Childs	Walmer AC	47	47:38
3	Elmarie	Ott	Brackenfell	48	52:02
50-54:					
1	Janette	Schierz-Crusius	Body Concept	50	46:54
2	Julie	Taunton	Crusaders AC	50	48:03
3	Jackie	Hutton	Body Concept	53	54:36
55-59:					
1	Jos	Els	Madiba Bay AC	58	54:18
2	Marcelle	Harran	Body Concept	56	1:00:26
3	Glenys	Joubert	Nedbank RC EP	59	1:03:49
60-64:					
1	Helene	Oppel	Crusaders AC	60	57:15
2	Denise	Terblanche	Walmer AC	63	1:07:55
3	Kaye	Henrick	Temp	63	1:21:36
65-69:					
1	Tersia	De Jager	PEAAC	65	1:19:42
2	Lynette	Rowe	Temp	66	1:25:10
3	Bertie	Richards	Muirite Striders	66	1:40:00
70+:					
1	Lorna	Brown	PEAAC	71	1:25:13
Juniors:					
1	Terray	Newcombe	Nedbank RC EP	19	52:43

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

Commerzbank Frankfurt Marathon (28th)

(IAAF Gold Label Road Race)

Frankfurt, GER, 31 October

(Distance: 42.195 km; certified course)

MEN (gun times)

1. Wilson Kipsang Kiprotich, KEN	2:04:57 PB/CR	€ 15,000 + 80,000i
[1:02:38 / 1:02:19]		
2. Tadese Tola, ETH	2:06:31 PB	10,000 + 20,000i
[1:02:38 / 1:03:53]		
3. Elias Kemboi Chelimo, KEN	2:07:04 PB	7,500 + 10,000i
[1:02:39 / 1:04:25]		
4. Philip Kimutai Sanga, KEN	2:07:11 PB	5,000 + 5,000i
5. Daniel Kipkorir Chepyegon, UGA	2:08:24 NR	3,500
6. Terefe Maregu Zewdie, ETH	2:09:03 DB	2,500
7. Ronald Rutto Kipchumba, KEN	2:09:17 DB	2,000
8. Elijah Keitany, KEN	2:09:19	1,500
9. Evans Kiplagat, KEN	2:10:07	1,000
10. Henry Sugut, KEN	2:10:43	500

WOMEN (gun times)

1. Caroline Cheptonui Kilel, KEN	2:23:25 PB/CR	€ 15,000 + 25,000i
[1:10:59 / 1:12:26]		
2. Dire Tune, ETH	2:23:44 PB	10,000 + 20,000i
[1:10:59 / 1:12:45]		
3. Agnes Kiprop, KEN	2:24:07 PB	7,500 + 10,000i
4. Isabellah Andersson, SWE	2:25:10 NR	4,000 + 5,000i
5. Mare Dibaba, ETH	2:25:27 PB	2,500
[1:10:59 / 1:14:28]		
6. Hilda Kibet, NED	2:26:23 PB	1,500
7. Yuliya Ruban, UKR	2:27:44 PB	1,000
8. Yelena Sokolova, RUS	2:28:01 PB	500
9. Hellen Kimutai, KEN	2:28:38	
10. Anikó Kálovics, HUN	2:30:56	

Athens Classic Marathon (28th)

(IAAF Gold Label Event)

Athens, GRE, 31 October

(Distance: 42.195 km; hilly point-to-point course from Marathon to Athens, finishing in the ancient Panethenaiko Stadium [same course as the 2004 Olympic Games marathon])

MEN

1. Raymond Bett, 1984, KEN	2:12:40 ER*
2. Jonathan Kipkorir, 1982 KEN	2:14:05
3. Edwin Kimutai, 1984, KEN	2:15:21

WOMEN (gun times)

1. Rasa Drazdaikaite, 1981, LTU	2:31:06 ER*
2. Olga Glock, 1982, RUS	2:33:51

- | | |
|----------------------------------|---------|
| 3. Svitlana Stanko, 1976, UKR | 2:38:59 |
| 4. Eri Hayakawa, 1981, JPN | 2:40:25 |
| 5. Konstantina Kefala, 1977, GRE | 2:40:36 |

Standard Chartered Nairobi Marathon (8th) & Half Marathon

Nairobi, KEN, 31 October

(Distances: 42.195 km - loop course starting and finishing at Nyayo Stadium; and 21.1 km. Nairobi is at 1680 m of altitude.)

Marathon (gun times)

MEN

- | | |
|------------------------|---------|
| 1. David Barmasai, KEN | 2:10:31 |
| 2. Philemon Gitia, KEN | 2:11:11 |
| 3. Vincent Sittuk, KEN | 2:12:09 |

WOMEN

- | | |
|---------------------------------|---------|
| 1. Helena Loshanyang Kirop, KEN | 2:31:11 |
| 2. Leah Malot, KEN | 2:33:41 |
| 3. Frashiah Waithaka, KEN | 2:35:09 |

Half marathon (gun times)

MEN

- | | |
|-------------------------|---------|
| 1. Kiprop Tiony, KEN | 1:02:15 |
| 2. Daniel Too, KEN | 1:02:16 |
| 3. Kiprotich Mutai, KEN | 1:02:19 |

WOMEN

- | | |
|----------------------------|---------|
| 1. Chemtah Rionutukei, KEN | 1:12:47 |
| 2. Helen Jepkurgat, KEN | 1:15:35 |
| 3. Sylvia Kipyego, KEN | 1:15:45 |

Asics Bolt

Noosa, AUS, 30 October

(Distance: 5 km, five-lap course)

MEN

- | | |
|---------------------------|-------|
| 1. Collis Birmingham, AUS | 14:08 |
| 2. Ben St. Lawrence, AUS | 14:11 |
| 3. Bobby Curtis, USA | 14:20 |

WOMEN

- | | |
|------------------------------------|-------|
| 1. Lara Tamsett, AUS | 16:29 |
| 2. Georgie Clarke, AUS | 16:57 |
| 3. Belinda Martin, AUS | 17:19 |
| ... 7. Sonia O'Sullivan (40+), IRL | 18:11 |

CROSS-COUNTRY

Big 12 Cross-country Championships

Stillwater, USA, 31 October

MEN (8 km)

Teams: 1. Oklahoma State 19 points; 2. Colorado 46; 3. Oklahoma 61; 4. Texas 127; 5. Iowa State 133.

1. Girma Mecheso	JR	Oklahoma State (ETH)	23:56.94
2. German Fernandez	JR	Oklahoma State	23:58.20
3. Colby Lowe	JR	Oklahoma State	23:58.37

WOMEN (6 km)

Teams: 1. Texas Tech 44 points; 2. Colorado 53; 3. Iowa State 79; 4. Oklahoma State 90; 5. Texas 147.

1. Rose Tanui	JR	Texas Tech (KEN)	20:04.34
2. Betsy Saina	SO	Iowa State (KEN)	20:18.55
3. Aliphine Tuliamuk	SO	Iowa State (KEN)	20:19.86

PAC 10 Cross-country Championships

Los Angeles, USA, 30 October

MEN (8 km)

Teams: 1. Stanford 25 points; 2. Oregon 56; 3. California 86; 4. UCLA 101; 5. Arizona State 143.

1. Elliott Heath	Stanford	23:00.46
2. Jake Riley	Stanford	23:00.57
3. Chris Derrick	Stanford	23:00.59

WOMEN (6 km)

Teams: 1. Stanford 62 points; 2. Arizona 65; 3. (tie) Oregon and Washington 68; 5. California 132.

1. Jordan Hasay	Oregon	19:44.95
2. Kathy Kroeger	Stanford	19:49.43
3. Deborah Maier	California	20:01.85

BACKGROUND

This excellent article on Haile Gebrselassie and next weekend's New York City Marathon by Jeré Longman appeared in *The New York Times*. – Ed.

GBRSELASSIE RACING MARATHON COURSE, NOT CLOCK

Having won world championships or set world records from the metric mile to the marathon, Haile Gebrselassie of Ethiopia is considered by many the greatest distance runner of this or any generation. And yet, as he prepares for the New York City Marathon on Sunday, Gebrselassie's world mark of 2:03:59 has fostered debate about competition versus records and has drawn criticism from some elite runners for the orchestrated way his fastest times over 26.2 miles were achieved.

After setting two dozen world records and winning two Olympic gold medals on the track at 10000 meters, Gebrselassie

has lately raced marathons in an engineered manner intended to foster more record runs — using pacesetters on flat courses, avoiding throngs of top challengers, competing less against other runners than against the clock, essentially running time trials instead of conventional races.

Meanwhile, he has struggled on more challenging courses, against top competition, in races involving surging and other tactical decisions that play as integral a role as sheer speed.

That is what makes his coming appearance in New York so intriguing, given its bridges, hills, sharp turns,

potholes and recent prohibition against pacesetters. In March, for instance, Gebrselassie dropped out during a half-marathon in New York, complaining of what appeared to be asthma but has since been identified as a nasal problem and has been resolved, according to his agent.

There is nothing against the rules in choosing to run marathons in search of records instead of racing against stringent competition. Gebrselassie has become the most recognized and popular distance runner in the world, and one of the wealthiest. He will command an appearance fee in New York of about \$400 000, along with \$130 000 in prize money if he wins and \$60 000 to \$70 000 in a time bonus if he breaks the course record of 2:07:43.

He remains unapologetic about his primary aim of setting records on courses built for speed in Dubai and Berlin, where his current mark was set in 2008.

"At the end of the day, people want to see how fast you run," Gebrselassie, 37, said Tuesday in a brief phone interview from Addis Ababa, the Ethiopian capital. But he has also drawn accusations of ducking other elite runners and undermining the spirit of head-to-head competition.

Some experts consider the greatest marathon not to be Gebrselassie's world record in Berlin but, given the moment and the conditions, the 2:06:32 that Sammy Wanjiru of Kenya ran to win the 2008 Beijing Olympics in blistering heat. Gebrselassie skipped that Olympic marathon, expressing concerns about air pollution.

"I have a lot of respect for him, but he never faces anyone," Federico Rosa, Wanjiru's Italian manager, said of Gebrselassie. "He doesn't like to face other strong athletes. When he does, he has trouble."

At the London Marathon, Gebrselassie has not finished higher than third in three races, including one dropout. He has won his nine other marathons.

"It would be great to face him," said Wanjiru, who won the 2009 London Marathon and the 2009 and 2010 Chicago Marathons and is taking aim at Gebrselassie's world record. "Maybe when

other strong guys are running, it makes him nervous."

Robert Kiprono Cheruiyot of Kenya, winner of the 2010 Boston Marathon, said of Gebrselassie: "I want to run with him; he's the best. Maybe he's afraid of us. He should be running against us, not from us."

Perhaps the criticism stems, in part, from the intense distance-running rivalry between the neighboring East African nations Kenya and Ethiopia. Some others are loath to criticize Gebrselassie, given his surpassing career, ambassadorial personality and sense of social responsibility.

In Ethiopia, one of the world's poorest countries, Gebrselassie serves as a distributor of Hyundai automobiles, sits on the board of directors of a bank that he started with a group of investors, campaigns for AIDS awareness and has built two or three schools, a hotel and a gym, employing more than 1 000 people directly or indirectly, according to Jos Hermens, his agent from the Netherlands.

Dathan Ritzenhein of the United States, expected to be one of Gebrselassie's top challengers in New York, said: "He's the most accomplished distance runner in the world; he can do what he wants. He supersedes the sport."

It has proven a shrewd business move for Gebrselassie to run marathons designed more for records than head-to-head competition, said Alberto Salazar, Ritzenhein's coach and a three-time winner in New York.

"If he's going for a world record and everyone else is running, they're just going to sit on you, and you end up doing all the work, and they pick you off at the end," Salazar said. "Financially, he might get half a million bucks for breaking a record, and another half-million from sponsors. He's raced against the best and beaten them at the Olympics. I don't think he's ducking competition. This is a business."

The criticism has been both stinging and inspiring, Hermens said. "People say he's afraid to compete. O.K., we come to New York. He's not afraid of anyone. Not to say he's unbeatable, but he's well trained and motivated. He has nothing to prove, but he still wants to show people

he can race and beat people and he's at the top of his game."

That seemed apparent in September at the Great North Run, a half-marathon in England that Gebrselassie won by nearly two minutes in 59:33. He seemed free of recent respiratory problems that he believed might have been caused by asthma, bronchitis or allergies but was reluctant to have treated by a doctor.

Finally, in the spring, Hermens said, a Dutch doctor found that the problem was Gebrselassie's nose, not his lungs. His nasal passages became aggravated by dust or pollen, which restricted his breathing somewhat. The problem was solved with nasal spray that does not contain any banned performance-enhancing substances, Hermens said.

Racing for the first time in the New York City Marathon, Gebrselassie will be considered both a favorite and an unknown quantity. Will he blow everyone away? Struggle on the undulating course? He has trained on various surfaces and plans to wear shoes that are softer than the usual racing flats.

"My training has gone well," Gebrselassie said. "I don't know how fast

I can run, but New York is not important for the time; it is important to win the race. If you are a really good marathoner, you have to run New York."

At his best, Gebrselassie would be almost impossible to beat, Salazar said. But New York is not like Berlin with its smooth, flat roads and rabbits setting the pace and cyclists pedaling alongside the runners, handing them fluids so they do not have to break stride in pursuit of records.

"New York is the antithesis of Berlin," said Mary Wittenberg, director of the New York City Marathon. "The terrain is the great equalizer."

At some point, on a friendlier course, Gebrselassie still believes he could lower his world record by 30 seconds to a minute. And he plans to run the Olympic Marathon in London in 2012. But first comes New York. A victory would surpass his manufactured world record, said Rosa, Wanjiru's agent.

"One hundred percent it would be more impressive," Rosa said. "Because it would be in a race against some of the best marathoners in the world."

STATS TIME

KENYAN MEN DOMINATE BUMPER MARATHON YEAR

The dominance shown by Kenyan men since the unofficial opening of the fall marathon season in Montreal, Canada, on 5 September has been breathtaking, according to David Monti of *Race Results Weekly* (RRW). Of 42 marathons in 24 countries (before this past weekend) with international elite fields tracked by RRW, men from Kenya have won 39 of them, a winning percentage of 90%. Ethiopian men have won the other four.

Athletes from other nations were able to win elite marathons during this period, however. But those races restricted either their fields or prize money purses, like the Medtronic Twin Cities Marathon in St. Paul, Minnesota, which served as the USA championship race for men, and the Lotto South African Marathon Championships in Durban.

In the weekend's major race, the Commerzbank Frankfurt Marathon, Kenya scored another victory when Wilson Kipsang became the eighth man to break the 2:05 barrier, clocking 2:04:57.

Among the races won by Kenyans were Chicago, the Commonwealth Games, Berlin, Kosice and Dublin.

Kipsang's victory also marked another milestone – it is the first time in history that three men have broken 2:05 in one year.

The following stats on marathon trends since 1999 and the chronological list of sub-2:05 performers were compiled by Ken Nakamura.

Number of sub-2:XX performances

	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999
<2:05	3	2	2	1	0	0	0	2	0	0	0	0
<2:06	12	10	7	1	1	0	0	3	3	0	0	1
<2:07	24	25	16	6	9	1	7	10	12	1	2	9
<2:08	47	43	36	25	21	12	14	27	18	13	10	16
<2:09	85	80	66	45	43	31	35	56	37	23	31	31

Chronological order of sub-2:05 marathons

Chronological order	Time	Name	Nat	Place	Venue	Date
1	2:04:55	Paul Tergat	KEN	1	Berlin	28 Sept 2003
2	2:04:56	Sammy Korir	KEN	2	Berlin	28 Sept 2003
3	2:04:26	Haile Gebrselassie	ETH	1	Berlin	30 Sep 2007
4	2:04:27	Duncan Kibet	KEN	1	Rotterdam	5 Apr 2009
5	2:04:27	James Kwambai	KEN	2	Rotterdam	5 Apr 2009
6	2:04:48	Patrick Makau	KEN	1	Rotterdam	11 Apr 2010
7	2:04:55	Geoffrey Mutai	KEN	2	Rotterdam	11 Apr 2010
8	2:04:57	Wilson Kiprotich Kipsang	KEN	1	Frankfurt	31 Oct 2010

The list shows each runner's first sub-2:05 time.

THIS MONTH IN HISTORY

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

30 years ago: 26 October 1980

Alberto Salazar (USA) won the 11th edition of the New York City Marathon, beating Rodolfo Gomez (MEX) by 33 seconds in 2:09:41. John Graham (SCO) was 3rd in 2:11:46.5. Salazar's time was only beaten by one other performance in 1980 – the 2:09:01 run by Gerard Nijboer (NED) in Amsterdam. The next year Salazar won in 2:08:13, a "world record", but the course was later found to be short by 151 metres. It is generally accepted that all New York marathons from 1976 to 1981 were short. Salazar also won in 1982, running a legitimate 2:09:29. Grete Waitz (NOR) won the third of her nine titles in 1980 in 2:25:41.3. Patti Catalano (USA) was second at 2:29:33.6, while Ingrid Kristiansen (NOR) placed third in 2:34:24.9.

(Although we are already in November, I felt this race an appropriate choice with the NYC Marathon coming up this Sunday. – Ed.)

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.

MENOpen

10 km	28:23	Stephen Mokoka	Paarl	14 Aug
	26:44	Leonard Patrick Komon (KEN)		

	27:01	Micah Kogo (KEN) 2009		
	26:44p	Leonard Patrick Komon (KEN) 2010		
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	2:19:45	Butiki Jantjies	Durban	02 Oct
	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	2:43:30	Charles Vilakazi	Durban	02 Oct
	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	Sithembe 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 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
	2:20:25	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
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

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				

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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