

# Distance Running Results

Vol. 10, No. 44 – 8 November 2010

© Distance Running Results. All rights reserved.

---

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

---

## EDITORIAL

Hendrick Ramaala could not finish the ING New York City Marathon, but many hours before on the same day, half a world away, Stephen Mokoka displayed his immense talent once again to leap to centre stage of the SA marathon scene with his brilliant debut of 2:08:33 in Seoul. This makes him the ninth fastest SA marathoner of all time (see Stats Time in this issue) and without a doubt the best distance runner in South Africa at the moment.

New York also saw the demise of Haile Gebrselassie, regarded by many as the greatest distance runner the world has seen. Geb stopped at 16 miles with an inflamed knee (he certainly should not have run) and then abruptly announced his retirement from running (see News story below). The men's race went to another Ethiopian, perhaps the man of the future – Gebre Gebremariam, also in his debut.

In the women's race Shalane Flanagan (USA) made one of the most auspicious debuts of recent years by finishing second behind Edna Kiplagat in 2:28:40. This gave Flanagan the US title.

Among the South African women who finished was South Africa's greatest female distance runner ever, Elana Meyer, who was 756<sup>th</sup> in 3:32:42. This was her 13<sup>th</sup> completed marathon; her 2:25:15 in the 1994 Boston Marathon is the fastest by a South African. She also ran New York in 2001, when she was tenth in 2:31:43 – almost exactly 61 minutes faster than this time.

The Soweto Marathon went to Lesotho runners Lebenya Nkoka and Mamorallo Tjoka, with former Two Oceans winner Simona Staicu (HUN) second in a surprise appearance. Last year Lesotho men filled five of the top ten places, although not first. This year they did much better by taking the top six positions, plus tenth. Tjoka, who was third in 2009 when René Kalmer made her marathon debut, took the win this time in Kalmer's absence (she won the 10 km). The first South Africans in the marathon were Vusi Malobola (2:22:51) and Charné Bosman (2:58:12).

In the results of the Township to Township 50 km (DRR 10:42) the time of the second runner was wrong. The correct results were: 1. Bongumusa Mthembu (Mr Price) 3:03:36, 2. Professor Mollen (ZIM/Mr Price) 3:03:38, 3. Andrias Masoeu (Mr Price) 3:03:48.

This issue was delayed because I waited for the publication of *Race Results Weekly*, but then decided to send DRR out anyway when the US newsletter had still not turned up this morning. My apologies for this; we will catch up with more international results next week.

Riël Hauman

---

**INCLUDED IN THIS ISSUE:**

- \* Soweto Marathon & 10 km, Soweto
- \* The Landmarks Half Marathon, Rondebosch
- \* Alpha Pharm 10 km, Port Elizabeth
- \* Easterns 10 km, Kraaifontein
- \* Agape 32 km, Half Marathon & 10 km, Pretoria
- \* Rudamans Kaapsehoop Marathon, Half Marathon & 10 km, Kaapsehoop to Nelspruit
- \* Dwars River Valley Half Marathon, Pniel
- \* Eskom 10 km, Parow
- \* Stonebridge 20 km, Mount Edgecombe
- \* Rustenburg 10 km Night Race, Rustenburg
- \* Amatola Marathon, Stutterheim

**International highlights:**

- \* ING New York City Marathon, New York, USA
- \* Joong Ang Seoul Marathon, Seoul, KOR,

**NEWS****GBRSELIASSIE ANNOUNCES ABRUPT RETIREMENT**

In a shocking development in New York, Haile Gebrselassie announced his retirement from professional road racing. According to *Race Results Weekly*, the world record holder in the marathon said at a news conference following the 41st ING New York City Marathon that he will be ending his amazing career, which includes two Olympic gold medals and 27 world records, including the current marathon world record of 2:03:59.

After running in the lead pack for the first 25 km of the race, Gebrselassie drifted to the side of the road on the Queensboro Bridge just before reaching 16 miles. After grabbing his water bottle at an aid station, Gebrselassie grabbed his right knee, and slowed to a complete stop.

Coming in to today's race, Gebrselassie had pain and swelling in that knee. On Saturday, race officials assisted him in getting an MRI, and he was examined by a doctor. Following the MRI, he had fluid in his knee drained, and told reporters that he was good to go on Sunday.

On race morning, Gebrselassie tweeted, "Starting and finishing NY marathon today will be tough. I trained well, and I am ready and eager to run. However... I have some inflammation in my right knee, because of the long travel to NY City. No big problem, just some fluids. Hopefully the knee holds!"

When the announcement came around 1:00 p.m., the press in attendance were stunned into silence.

"Well, I'm a little bit disappointed," he started. "Disappointed to myself."

After that opening sentence, Gebrselassie took a deep breath and said, "Okay, well, whatever it is, things happened I cannot change. When I announce this, everybody becomes a little bit shocked. I myself don't want to complain anymore after this, which means it's better to stop here."

"I did really very hard training to win this race. It didn't work... After this, I know I have no discussion with my manager, with anybody, but I discuss with myself. That's why it's better to stop here."

Gebrselassie then teared up.

"But for the first time, this is the day. Let me stop and do other work after this. Let me do other job. Let me give a chance for the youngsters."

When Gebrselassie started leaving the podium, a shocked reporter quickly asked, "Haile, you're not running anymore, you're retiring right now?"

His response: a one word "Yes".

His final comment: "No complaints, really. It's better not to complain anymore."

Fellow competitors view Gebrselassie as a positive man who helped build the sport. "Haile is special," said 2010 champion Gebre Gebremariam, a fellow Ethiopian who won in his marathon debut in 2:08:14. "We have to learn things from Haile. I am disappointed to hear this."

NOTE: Before the race in New York, the organisers of the Tokyo Marathon next February had announced Gebrselassie's participation.

## ROAD RUNNING

### Soweto Marathon & 10 km

Soweto, 7 November

(Distances: 42.195 km & 10 km; loop courses. Marathon finishers: 4608.)

Note: In some of the age categories in the 10 km no times were made available. – Ed.

#### Marathon

##### MEN

1	Lebenya	Nkoka	LES/Mr Price	2:19:44
2	Teboho	Sello	LES/Mr Price	2:20:10
3	Motiokoa	Nkhabutiane	LES	2:21:18
4	Moeketsi	Moshuhli	LES/Mr Price	2:21:19
5	Warinyana	Lebopo	LES/Mr Price	2:21:54
6	Mabuthile	Lebopo	LES	2:22:22
7	Vusi	Malobola	Nedbank	2:22:51
8	Charles	Tjiane	Mr Price	2:23:08
9	Pule	Hlabahlaba	Bonitas	2:24:50
10	Bokgoshi	Seshaba	LES/Toyota	2:26:14

##### 40-49:

1	Butiki	Jantjies	Mr Price	2:31:53
2	Elias	Mabane	Bidvest	2:34:08
3	Jacob	Mazibuko	Bidvest	2:37:57

##### 50-59:

1	Edward	Sibanda	SANDF	2:51:59
2	Bheki	Sandlala	PMC	2:52:13
3	Ernest	Tjela	Emfulweni	2:55:18

##### 60-69:

1	Don	Charles	Brotherhood	3:17:20
2	Vincent	Lentsoenyane	JHAC	3:27:42
3	Daniel	Hlongwane	Nedbank	3:32:04

##### 70+:

1	Pele	Tshikundamalele	Individual	4:16:02
2	Jean-Claude	Michel	RAC	4:26:35
3	Bobby	Chetty	Chatsworth	4:37:48

##### WOMEN

1	Mamorallo	Tjoka	LES/Toyota	2:48:36
2	Simona	Staicu	HUN/Nedbank	2:49:20
3	Charné	Bosman	Mr Price	2:58:12
4	Mpho	Mabuza	Nedbank	2:59:11
5	Poppy	Mlambo	Nedbank	3:00:27
6	Paulinah	Nyesa	Bonitas	3:00:43
7	Julanie	Basson	Individual	3:03:28
8	Reginah	Koech	KEN/Nedbank	3:09:33
9	Joyce	Makwarella	Bonitas	3:10:19

10	Prudence	Zwane	Transnet	3:11:50
----	----------	-------	----------	---------

**40-49:**

1	Catherine	Naane	Driefontein Ac	3:23:01
2	Serah	Mahlangu	Mr Price	3:30:25
3	Jane	Mudau	Bonitas	3:35:48

**50-59:**

1	Gladys	Mongalane	RAC	3:59:41
2	Thandi	Mlambo	Afrox	4:14:30
3	Damane	Bukiwe	Bidvest	4:31:15

**60-69:**

1	Penny	Visser	Midrand Ctry Striders	4:09:24
2	Rosinah	Sebati	RAC	5:07:30
3	Kelly	Madeleuwe	RAC	5:27:13

**10 km****MEN**

1	Daniel	Tegon	KEN/Nedbank	30:05
2	Tshamano	Setone	Nedbank	30:17
3	Xolisa	Tyali	Nedbank	30:23
4	Luwis	Masunda	ZIM/Nedbank	30:42
5	Wesley	Ruto	KEN/Nedbank	30:52

**40-49:**

1	Piet	Mosebedi	Nedbank
2	Elgin	Mokale	Harmony Striders
3	Wordofa	Gethun	ETH/ADT

**50-59:**

1	Charles	Vilakazi	Kwa Thema Striders
2	Thandi	Sangweni	Individual
3	Jerry	Rankapule	Nedbank

**60-69:**

1	Paulus	Masilela	Irene
2	Johannes	Setshedi	New Balance
3	Mike	Hirst	Gauteng Striders

**70+:**

1	Patrick	Mafilika	Nedbank
2	Fred	Moodley	Gemsports
3	Silas	Maepane	Lesedi

**Juniors:**

1	Thobani	Chingwe	Willie Motolo	32:10
2	Vuyisele	Tshoba	Nedbank	32:26
3	Reuben	Magengenene	Take It Easy	32:32
4	Joel	Mmone	Nedbank	33:20
5	Edwin	Sesipi	Take It Easy	34:40

**WOMEN**

1	René	Kalmer	Nedbank	35:10
2	Rutendo	Nyahora	ZIM/Nedbank	35:28
3	Zintle	Xiniwe	Nedbank	36:17
4	Onneile	Dintwe	BOT/Nedbank	36:40
5	Mapaseka	Makhanya	Mr Price	37:09

**40-49:**

1	Stella	Madlala	Fourways
2	Daphne	Passmore	New Balance
3	Alfrida	Nigrini	Harmony Striders

**50-59:**

1	Maponya	Sewele	Wanderers
2	Netshisalu	Selinah	RAC
3	Catherine	Monja	RAC

**70+:**

1	Mavis	Stadler	Agape
2	Miemie	Schoeman	Transnet
3	Joekie	Volschenk	Alberton

**Juniors:**

1	Idah	Simon	BOT/UCKJ
2	Johanna	Maluleka	Modiba Olieven
3	Mamphielo	Sibanda	Harambe
4	Nandipa	Dywili	Mr Price
5	Nomasa	Coesa	Daveyton Hearts

**The Landmarks Half Marathon (9<sup>th</sup>)**

Rondebosch, 7 November

(Distance: 21.1 km. Certified, hilly loop course.)

Note: This was Anthony Godongwana's second win in two days – he also won the Easterns 10 km the previous day (see results below). Among the other runners who ran both races were junior winner Asiphe Sikabalanjana – such a waste of young talent is really distressing – Sheryl de Lange, Charmaine Cupido, Nancy Will and Marietha Herbert. Velani Lusaseni and Bulelwa Mtshagi went even further: they had run another half marathon (Dwars River Valley) the day before! Also, De Lange had run both the Durbanville 10 km the previous weekend AND the Eskom 10 km on Wednesday (see results in this issue). Cupido, Herbert and Luxolo Mdzanga did likewise, while Akhona Makila ran the Durbanville Half Marathon, the Eskom 10 km and here. Sikabalanjana also ran the Durbanville 10 km. Vladimir Kotov ran in the 45-49 age group here. – Ed.

**MEN**

1. Anthony Godongwana (Celtic) 68:04 (R1000); 2. Lindikhaya Mthangayi (MP) 68:33 (R800); 3. Zolani Ntongana (MP) 68:51 (R600); 4. Mthandazo Qhayana (Adid) 70:02 (R300); 5. Nkosinathi Madyo (MP) 71:17 (R100); 6. Luxolo Mdzanga (Gugs) 72:05 (1<sup>st</sup> jun); 7. Nande Qamgwana (Khay) 72:08; 8. Akhona Makila (VOB) 72:20; 9. Velani Lusaseni (Adid) 73:22; 10. Vladimir Kotov (BLR/Cent) 73:24 (1<sup>st</sup> vet); 11. Luyanda Mapoyi (Khay) 75:03; 12. Sihle Mapukata (MP) 75:27; 13. Graham Katzen (Celtic) 76:10; 14. Zolani Sowazi (Gugs) 76:30; 15. Laban Ponco (Ned) 76:49; 16. Dumisani Dosi (Paarl) 78:45; 17. Hannes Pelsler (Ned) 79:14; 18. Dion Middelkoop (VOB) 79:29; 19. Lee Koffler (Ind) 79:44; 20. Charles Witbooi (VOB) 80:50.

(Prize money, distributed in 5-year age groups, was as follows: veterans – R400, R300, R200; masters – R350, R250, R150; g'masters – R300, R200, R100; g/g'masters – R250, R150, R100; juniors – R300, R250, R200.)

**40-44:** 1. Graham Katzen (Celtic) 76:10; 2. Dion Middelkoop (VOB) 79:29; 3. Bruce Stewart (Gugs) 82:06. **45-49:** 1. Vladimir Kotov (BLR/Cent) 73:24; 2. Johnny Persents (Adid) 80:56; 3. Chris Mitchell (Celtic) 82:31. **50-54:** 1. Raymond Howard (Celtic) 81:35; 2. Wilhelm Coetzee (WC) 93:45; 3. Allan Ryninks (Harf) 96:09. **55-59:** 1. Walter Segatswi (Celtic) 85:51; 2. Robbie Lindsay (Ned) 86:35; 3. Gemjikile Tom (Eskom) 88:35. **60-64:** 1. Jimmy Morris (Forest) 88:36; 2. Kenny Williams (Pine) 1:41:37; 3. Yusuf Abrahams (Top) 1:47:44. **65-69:** 1. Rob Joubert (Ind) 1:46:37; 2. Gideon Malherbe (Celtic) 1:49:35; 3. Mike Taylor (Tyger) 2:01:35. **70+:** 1. Brian Key (Forest) 1:52:22; 2. Jack Cammidge (FH) 2:26:07; 3. Derry Devine (VOB) 2:35:24. **Juniors:** 1. Luxolo Mdzanga (Gugs) 72:05; 2. Nande Qamgwana (Khay) 72:08; 3. Akhona Makila (VOB) 72:20.

## WOMEN (Same prize money as men)

1. Nomvuyisi Seti (MP) 84:29; 2. Joanna Thomas (VOB) 84:36 (1<sup>st</sup> vet); 3. Bulelwa Mtshagi (Celtic) 87:26; 4. Busisiwe Matiwane (Celtic) 88:54; 5. Sheryl de Lange (Adid) 89:47; 6. Michelle Dreyer (Paarl) 89:48; 7. Kim Woolrich (Celtic) 92:33; 8. Mariëtte Esterhuysen (Tyger) 94:49; 9. Candyce Hall (Hout) 96:04; 10. Renée Scott (Adid) 96:20; 11. Chantelle Simpson (Pine) 98:01; 12. Asiphe Sikabalanjana (Gugs) 98:57 (1<sup>st</sup> jun); 13. Viv Williams (Adid) 99:00; 14. Wilna Eybers (Strand) 99:21; 15. Janet Adam (Harf) 1:41:25; 16. Kathleen McQuaide-Little (Celtic) 1:41:42; 17. Laura Kempe (Pine) 1:41:53; 18. Olga Howard (Celtic) 1:41:57 (1<sup>st</sup> mast); 19. Dawn Middelkoop (VOB) 1:42:35; 20. Michelle Daya (VOB) 1:43:01.

**40-44:** 1. Joanna Thomas (VOB) 84:36; 2. Sheryl de Lange (Adid) 89:47; 3. Chantelle Simpson (Pine) 98:01. **45-49:** 1. Mariëtte Esterhuysen (Tyger) 94:49; 2. Renée Scott (Adid) 96:20; 3. Viv Williams (Adid) 99:00. **50-54:** 1. Olga Howard (Celtic) 1:41:57; 2. Charmaine Cupido (Ned) 1:43:05; 3. Ofra Sharp (Pine) 1:43:27. **55-59:** 1. Dawn Middelkoop (VOB) 1:42:35; 2. Nancy Will (Pine) 1:43:39; 3. Helen du Plessis (Tyger) 1:52:39. **60-64:** 1. Olwyn Oliver (FH) 2:05:40; 2. Chippy Steel (Hout) 2:06:20; 3. Zonia Barnard (Celtic) 2:07:41. **65-69:** 1. Pixie Sparg (Celtic) 1:55:48; 2. Mariëtha Herbert (Bell) 1:56:22; 3. Marlene James (Pine) 2:08:46. **70+:** 1. Jean Cammidge (FH) 2:25:49; 2. Maggie Johnson (Tyger) 2:57:34; 3. Joyce Archer (Ind) 3:12:20. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 98:57; 2. Lee-Ann Slack (VOB) 1:47:57.

**Alpha Pharm 10 km**

Port Elizabeth, 6 November  
(Finishers: 574.)

## MEN

1	Zolani	Ngqaqa	Mr Price AC EP	21	30:43
2	George	Ntshiliza	Nedbank RC EP	31	30:45
3	Khayaletu	Makalima	Mr Price AC EP	27	31:11
4	Mzolisi	Makhanda	Nedbank RC EP	27	31:17
5	Bulelini	Niwa	PEAAC	24	31:31
6	Melikhaya	Frans (1 <sup>st</sup> jun)	Nedbank RC EP	18	32:11
7	Mzamo	Fokwana	Charlo RR	33	32:32
8	Sandile	Ngunuza	Nedbank RC EP	27	32:35
9	Mzwanele	Maphekula	Nedbank RC EP	34	32:44
10	Sylvester	Honnie	Mr Price AC EP	26	33:04
11	Sibusiso	Thu	PEAAC	22	33:31
12	Robert	Matthys	Mr Price AC EP	34	33:45
13	Christopher	Mabengeza (1 <sup>st</sup> vet)	Nedbank RC EP	44	33:51
14	Terrance	Mjekula	Triangle Sports	38	34:47
15	Willie	Ensel	Nedbank RC EP	33	35:01
16	Thando	Rwexana	Nedbank RC EP	23	35:12
17	Sinekhaya	Ndlakuse	Nedbank RC EP	21	35:16
18	Daryl	North	Achilles AAA	33	35:42
19	Clement	Mushaike	Ebenezer AC	37	35:46
20	Thembekile	Msipa	Charlo RR	36	36:03

**40-44:**

1	Christopher	Mabengeza	Nedbank RC EP	44	33:51
2	Jacob	Abraham	Body Concept	44	38:06
3	Leonard	Nkosa	Mr Price AC EP	42	39:18

**45-49:**

1	Darrell	Wicht	Triangle Sports	47	36:14
2	Hernus	Sass	Nedbank RC EP	46	36:15
3	Robin	Fourie	Achilles AAA	47	37:43

**50-54:**

1	Alfred	Spiers	Elite AC	50	37:17
2	Charles	Baatjies	Elite AC	53	39:00
3	Andre	Willemse	Elite AC	52	39:45

**55-59:**

1	Sizinzo	Kama	Achilles AAA	59	39:12
2	Chris	Terblanche	Achilles AAA	55	41:19
3	Bruce	McEwan	Achilles AAA	57	42:20

**60-64:**

1	Fred	Verrall	Charlo RR	62	42:07
2	Percy	Dalton	Achilles AAA	62	43:16
3	Cilliers	Swart	Nedbank RC EP	63	44:28

**65-69:**

1	Tamsanqa	Jusayi	Mr Price AC EP	68	41:21
2	Eckart	Schumann	Body Concept	65	49:33
3	Robin	Clark	Achilles AAA	69	57:27

**70-74:**

1	Michael	Collins	PEAAC	72	47:17
2	Rolf	Mentzel	Profiles AC	71	55:03
3	Henry	Human	VW AC	71	59:47

**75-79:**

1	Ernie	Verrall	Absa NMMU AC	76	57:31
2	Hilary	Pritchard	Crusaders AC	76	1:06:56

**Juniors:**

1	Melikhaya	Frans	Nedbank RC EP	18	32:11
2	Lubabalo	Jusayi	Mr Price AC EP	19	36:10
3	Mthuthuzeli	Nyanga	PEAAC	17	41:05

**WOMEN**

1	Deliwe	Nyanga	Nedbank RC EP	21	38:17
2	Celeste	Swart (1 <sup>st</sup> vet)	Nedbank RC EP	41	39:33
3	Davera	Magson	Mr Price AC EP	36	40:39
4	Jane	Barnardo	Body Concept	35	41:05
5	Ursula	Kuhn	Absa NMMU AC	29	41:23
6	Margie	Saunders (1 <sup>st</sup> mast)	Nedbank RC EP	57	43:05
7	Grizelda	Pietersen	Achilles AAA	42	44:03
8	Lizette	Sydien	Elite AC	24	44:09
9	Katherine	Van Der Walt	Body Concept	34	44:11
10	Elmarie	Bezuidenhout	Charlo RR	28	44:25
11	Christine	Claasen	Achilles AAA	46	44:32
12	Laura	Maritz	Elite AC	50	44:39
13	Lesley	Wood	Achilles AAA	53	45:30
14	Janette	Schierz-Crusius	Body Concept	50	45:44
15	Vicki	Terblanche	Bluewater Bay	31	46:09
16	Julie	Taunton	Crusaders AC	50	46:26
17	Buyelwa	Kobokana	Nedbank RC EP	45	46:32
18	Paulette	Mcewan	Achilles AAA	45	46:41
19	Treloar	Childs	Walmer AC	47	46:56
20	Adele	Nel	St Albans CS EP	37	47:15

**40-44:**

1	Celeste	Swart	Nedbank RC EP	41	39:33
2	Grizelda	Pietersen	Achilles AAA	42	44:03
3	Gail	Klichowicz	Achilles AAA	43	49:22

**45-49:**

1	Christine	Claasen	Achilles AAA	46	44:32
2	Buyelwa	Kobokana	Nedbank RC EP	45	46:32

3	Paulette	Mcewan	Achilles AAA	45	46:41
<b>50-54:</b>					
1	Laura	Maritz	Elite AC	50	44:39
2	Lesley	Wood	Achilles AAA	53	45:30
3	Janette	Schierz-Crusius	Body Concept	50	45:44
<b>55-59:</b>					
1	Margie	Saunders	Nedbank RC EP	57	43:05
2	Monica	Kemp	Madiba Bay AC	55	52:13
3	Jos	Els	Madiba Bay AC	58	55:40
<b>60-64:</b>					
1	Helene	Oppel	Crusaders AC	60	56:33
2	Jeanette	Pienaar	PEAAC	62	1:02:21
3	Rita	Boucher	Walmer AC	60	1:02:57
<b>65-69:</b>					
1	Orgia	Nell	Muirite Striders	67	1:08:43
2	Shirley	Jorgensen	Charlo RR	68	1:14:36
3	Val	Sandow	Walmer AC	65	1:21:30
<b>70+:</b>					
1	Dorothy	Hart	PEAAC	72	1:07:26
2	Aletta	Fourie	Triangle Sports	72	1:27:50
<b>Juniors:</b>					
1	Megan	Wilson	Charlo RR	15	51:25
2	Terray	Newcombe	Nedbank RC EP	19	51:55
3	Kimberley	Wilson	Charlo RR	15	54:13

### Easterns 10 km

Kraaifontein, 6 November  
(Certified loop course)

#### MEN

1. Anthony Godongwana (Celtic) 30:24 (R300); 2. Peter Tsawayo (ZIM/Gugs) 30:29 (R200); 3. Riaan Wildskut (ATC) 31:34 (R150).

**40-49:** 1. Shaun Abrahams (Adid) 33:25 (R120); 2. John September (Celtic) 33:27 (R75); 3. Oelof van Zyl (VOB) 37:12 (R60). **50-59:** 1. Muhammad Kriel (Ned) 38:20 (R120); 2. Paul Cieverts (Top) 38:42 (R75); 3. Hendrik Coetzee (Durb) 39:29 (R60). **60+:** 1. Ronnie le Roux (Brack) 42:41 (R100); 2. Kevin Kohler (Edge) 44:35 (R75); 3. Paul Adonis (Pine) 49:33 (R60). **Juniors:** 1. Asive Njenxa (Khay) 32:10 (R75); 2. Gcobani Mndi (Gugs) 32:43 (R60); 3. Thandile Joseph (East) 33:36 (R45).

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

1. Asiphe Sikabalanjana (Gugs) 38:28 (1<sup>st</sup> jun); 2. Thozama April (Trans) 39:06; 3. Sheryl de Lange (Adid) 39:08 (1<sup>st</sup> vet).

**40-49:** 1. Sheryl de Lange (Adid) 39:08; 2. Ronel Steenkamp (Durb) 42:32; 3. Marie Louw (Adid) 44:48. **50-59:** 1. Charmaine Cupido (Ned) 44:49; 2. Nancy Will (Pine) 45:56; 3. Maretha de Kock (Adid) 46:42. **60+:** 1. Marietha Herbert (Bell) 52:43; 2. Rita van Wyk (Brack) 58:52; 3. Corinne Usendorff (RWFL) 63:21. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 38:28; 2. Melanie van Niekerk (WC) 50:28; 3. Londeka Miya (Gugs) 53:40.



## Agape 32 km, Half Marathon & 10 km

Pretoria, 6 November

(Distances: 32 km, 21.1 km, 10 km; loop courses. Finishers: 32 km – 250; half marathon – 480; 10 km – 1050.)

### 32 km

MEN

1 Esau Radebe (Transnet) 1:56:27; 2 Steven Nkosi (CSIR) 2:01:00; 3 Isaac Molekwa (New Balance) 2:08:41 (1<sup>st</sup> vet); 4 Moses Lengweng (New Balance) 2:09:42; 5 Clinton Ferreira (Temp) 2:16:36.

**Veterans:** 1 Isaac Molekwa (New Balance) 2:08:41. **Masters:** 1 Rodney Scott (Enduro) 2:30:44. **G'masters:** 1 Ivan Marais (Irene) 3:02:24. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 3:05:22.

WOMEN

1 Anita O'Brien (Nedbank) 2:22:23; 2 Monica Neuling (Boksburg) 2:28:42; 3 Melissen Pennekan (ACRW) 2:40:43; 4 Ronel v Graan (Krugersdorp) 2:42:08; 5 Nocawe Morake (DRDLR) 2:44:01.

**Veterans:** 1 Rita v Wyk (Boksburg) 2:49:16. **Masters:** 1 Ronel Theron (Kempton) 3:33:09.

### Half marathon

MEN

1 Elijah Mogoboya (Nedbank) 70:50; 2 Mthetho Goxo (Nedbank) 71:16; 3 William Chinyanga (ZIM/Nedbank) 72:51.

**Veterans:** 1 Greg Barnes (Irene) 74:37. **Masters:** 1 Andre Jansen (GS) 84:29. **G'masters:** 1 Henning vd Heever (Resbank) 1:57:42. **G/g'masters:** 1 Willem Lubbinge (Maritimo) 2:51:55. **Juniors:** 1 Charles Reynolds (Wonnies) 87:30.

WOMEN

1 Mirriam Mooki (Transnet) 97:56; 2 Hanre Swart (Temp) 99:15; 3 Sanette Loubser (Running Inn) 99:39.

**Veterans:** 1 Hannelie le Roux (Wingate) 99:55. **Masters:** 1 Linda Potgieter (Magnolia) 1:45:19. **G'masters:** 1 Sarie du Toit (PMK) 1:44:00. **G/g'masters:** 1 Ann Hadow (RWFL) 2:58:48.

### 10 km

MEN

1 Enoch Manyandi (Nedbank) 31:41; 2 Oupa Maseko (Ilanga) 32:16; 3 Frans Makola (Transnet) 32:41.

**Veterans:** 1 Koos Aphane (PMMC) 39:02. **Masters:** 1 Stefan Snyders (Irene) 43:08. **G'masters:** 1 Johannes Setshedi (New Balance) 40:22. **G/g'masters:** 1 Bruwer v Graan (Magnolia) 63:24. **Juniors:** 1 Bafana Maseko (Resbank) 42:12.

WOMEN

1 Ankia Stoltz (H/S Centurion) 41:57; 2 Kylie Merrick (H/S Centurion) 44:56; 3 Lettie Saaiman (Irene) 45:09 (1<sup>st</sup> vet).

**Veterans:** 1 Lettie Saaiman (Irene) 45:09. **Masters:** 1 Hannelie v Zyl (Eskom) 49:47. **G'masters:** 1 Elsa Meyer (Irene) 55:02. **G/g'masters:** 1 Miemie Schoeman (Transnet) 76:11. **Juniors:** 1 Ankia Stoltz (H/S Centurion) 41:57.

## Rudamans Kaapsehoop Marathon, Half Marathon & 10 km

Kaapsehoop to Nelspruit, 6 November

(Distances: 42.195 km, 21.1 km, 10 km; point-to-point, severely downhill courses.

Finishers: marathon – 670; half marathon – 385; 10 km – 400.)

### Marathon

MEN

1 Rufus Photo (Pietersburg) 2:19:31; 2 Nthutuku Maseko (Nedbank LVCC) 2:26:05; 3 Lovers Hlatswayo (Kruger Park) 2:29:58; 4 Japhter Sithole (Nelspruit) 2:27:01; 5 December Mashaba (Nelspruit) 2:38:42 (1<sup>st</sup> vet).

**Veterans:** 1 December Mashaba (Nelspruit) 2:38:42. **Masters:** 1 Johannes Nyahlunga (Ngodwana) 2:54:42. **G'masters:** 1 Gerhard Nortje (Sabie) 3:42:00.

WOMEN

1 Michelle Williams (RAC) 2:56:04; 2 Linah Mhlongo (ANMAR BRS) 3:08:02; 3 Ansie Viljoen (Irene) 3:16:11 (1<sup>st</sup> vet); 4 Vanessa Bowman (Kempton) 3:21:43; 5 Mareta v Niekerk (Nedbank) 3:23:47.

**Veterans:** 1 Ansie Viljoen (Irene) 3:16:11. **Masters:** 1 Val Watson (New Balance) 3:30:44. **G'masters:** 1 Anne Sonnendecker (Krugersdorp) 4:49:00.

### Half marathon

MEN

1 Amos Thamjekwayo (Bethal) 65:30; 2 Deon Machete (Klaserie) 67:49; 3 Milton Mabunda (Nelspruit) 69:41.

**Veterans:** 1 Alistor Scott (RAC) 99:41. **Masters:** 1 Biscuit McEvoy (Old Eds) 92:43. **G'masters:** 1 Peet Meyer (CSIR) 1:46:04. **Juniors:** 1 Milton Mabunda (Nelspruit) 69:41.

WOMEN

1 Adinda Kruger (Nedbank) 80:38; 2 Noto Dlamini (Nelspruit) 82:39; 3 Paula Quinsee (Randburg Harriers) 86:55.

**Veterans:** 1 Allison Hay (Nelspruit) 92:28. **Masters:** 1 Pam Hampton (Sunninghill) 1:43:24. **G'masters:** 1 Ina Weathley (PMMC) 1:57:56. **Juniors:** 1 Queen Thabete (Nedbank LVCC) 1:56:30.

### 10 km

MEN

1 Abednego Mashaba (Born to Win) 29:12; 2 Nkosinath Vilikazi (Bethal) 30:15 (1<sup>st</sup> jun); 3 Cansas Nhlapo (Temp) 30:43.

**Veterans:** 1 Patrick Mathebula (Legogote) 36:13. **Masters:** 1 Machiel v Niekerk (Magnolia) 41:26. **G'masters:** 1 Brain Bodys (Randburg Harriers) 44:38. **Juniors:** 1 Nkosinath Vilikazi (Bethal) 30:15.

WOMEN

1 Noria Sibanda (Nedbank LVCC) 38:17; 2 Martie Naude (Lowveld Canoe Club) 41:48; 3 Katryn Thomas (New Balance) 43:24.

**Veterans:** 1 Martie Naude (Lowveld Canoe Club) 41:48. **Masters:** 1 Ilse Lawrie (Sabie) 55:09. **G'masters:** 1 Anette Barnard (Nelspruit) 60:00. **Juniors:** 1 Valerie Lombaard (Nedbank LVCC) 63:42.

## Dwars River Valley Half Marathon

Pniel, 6 November

(Distance: 21.1 km; loop course. Finishers: 252.)

Note: As often happens with Boland races, the results were distributed with times in hundredths of a second. The times were rounded up according to the rules. – Ed.

### MEN

1	Avukile	Ntongana	25	Mr Price	1:10:55
2	Velani	Lusaseri	27	Adidas	1:11:05
3	Zolani	Bhitane	27	Adidas	1:11:17
4	Quinton	Lambert	29	Ceres	1:13:00
5	Mervin	Steenkamp	22	Itheko Sports	1:13:18
6	Rowan	Prins	23	Robertson	1:13:42
7	Thembelani	Zola	35	Mr Price	1:13:46
8	Dumisani	Dosi	31	Paarl	1:16:56
9	Marshall	Rooi	18	Nedbank	1:19:00
10	Leswyn	Arendse	23	Robertson	1:19:07

### WOMEN

1	Bulelwa	Mtshagi	31	Celtics	1:25:52
2	Ursula	Frans	41	Adidas	1:26:33
3	Jacoline	Haasbroek	45	Stellenbosch	1:27:21
4	Jacky	Snoep	45	Ind	1:31:54
5	Liana	Maree	33	Stellenbosch	1:32:06
6	Patricia	Adams	40	Metropolitan	1:36:42
7	Adri	Neff	43	Paarl	1:37:43
8	Styntjie	Prins	56	Paarl	1:38:19
9	Liesl	Stoltz	34	Ind	1:38:45
10	Ena	Gous	40	Worcester	1:39:35

## Eskom 10 km

Parow, 3 November

(Certified loop course)

### MEN

1. Neo Molema (MP) 32:03; 2. Luxolo Mdzanga (Gugs) 32:16 (1<sup>st</sup> jun); 3. Hein Camphor (Adid) 32:30.

**Veterans:** 1. Vladimir Kotov (BLR/Cent) 32:35; 2. Shaun Abrahams (Adid) 34:51; 3. Basil Lehman (Met) 36:34. **Masters:** 1. Goodman Mpukane (Gugs) 39:02; 2. Terence Brown (Bell) 39:13; 3. Robbie Lindsay (Ned) 39:24. **G'masters:** 1. Kevin Kohler (Edge) 45:22; 2. Bernard Kleinveldt (NBMC) 50:52. **Juniors:** 1. Luxolo Mdzanga (Gugs) 32:16; 2. Akhona Makila (VOB) 32:34; 3. Godwin Swartz (Elsies) 34:35.

### WOMEN

1. Bulelwa Mtshagi (Celtic) 39:36; 2. Sheryl de Lange (Adid) 40:24 (1<sup>st</sup> vet); 3. Candyce Hall (Hout) 40:48.

**Veterans:** 1. Sheryl de Lange (Adid) 40:24; 2. Mariëtte Esterhuyse (Tyger) 41:26; 3. Glenda Werth (Met) 41:51. **Masters:** 1. Tilda Krugman (WC) 45:33; 2. Charmaine Cupido (Ned) 46:27; 3. Lorraine Rogers (Durb) 48:28. **G'masters:** 1. Mariëtha Herbert (Bell) 49:38; 2. Pixie Sparg (Celtic) 51:18. **Juniors:** 1. Melanie van Niekerk (WC) 49:38; 2. Lundela Maun (Gugs) 53:10; 2. Lindsay Walsh (Edge HS) 55:29.

**Stonebridge 20 km**

Mount Edgecombe, 31 October

Note: These results were published last week, but without the seconds in the times. Thanks to the efforts of KZN correspondent Alen Hattingh, DRR has obtained the seconds and they are added here. – Ed.

**20 km**

MEN

1. Richard Nene (Mr Price) 1:07:25, 2. Gerald Munetsi (Glenwood Harries) 1:08:45, 3. Nkosinathi Ngcongco (Stella) 1:10:38.

**40-49:** 1. Mandla Dlamuka (Boxer) 1:14:46. **50-59:** 1. Jeremiah Ngwenya (Boxer) 1:22:55. **60+:** 1. Smithey Naidoo (Ver) 1:58:02.

WOMEN

1. Nonsikelelo Mbambo (Natal Carbineers) 1:29:39, 2. Janine Engels (PDAC) 1:31:10 (1<sup>st</sup> vet), 3. Jadi Clark (Stella) 1:31:22.

**40-49:** 1. Janine Engels (PDAC) 1:31:10. **50-59:** 1. Denise Reyneke (Queensburgh) 1:59:22. **60+:** 1. Maureen Parry (Chiltren) 2:03:19.

**Rustenburg 10 km Night Race**

Rustenburg, 29 October

(Two-loop course. Finishers: 161.)

Note: David Radebe also won the race in 2008 (there was no race in 2009), as well as the Rustenburg Mountain Race in 2009. In second place here was Butiki Jantjies. – Ed.

MEN

1	D	Radebe	Platinum		32:08
2	B	Jantjies	Mr Price	40	32:59
3	J	Young	Rustenburg	36	34:43
4	R	Meintjies	Protea Park	14	35:55
5	H	Havenga	Rustenburg	18	35:58
6	J	Mokotedi	Lethabong	31	37:46
7	M	Tsotso	Anglo RPM	52	38:54
8	F	Modise	Impala	43	39:02
9	T	Reyneke	Protea Park	15	39:58
10	J	Jordaan	Anglo RPM	43	40:34
11	K	Pietersen	Impala	38	41:01
12	S	Sello	Carlton		41:27
13	N	Prinsloo	Rustenburg	27	41:37
14	A	Khunou	Impala	40	42:11
15	I	Mothoane	Anglo RPM	47	42:43
16	A	Drecher	HTS	17	43:00
17	V	David	Nedbank	47	43:40
18	J	Pienaar	RWFL	34	43:43
19	C	Schoeman	Temp	24	44:23
20	A	Reyneke	Temp		44:47

WOMEN

1	C	Pienaar	RWFL	35	45:09
2	K	Murley	Protea Park	37	46:17
3	M	Haasbroek	Larrie Platina	41	48:32
4	J	Jordaan	Anglo RPM	15	49:26

5	P	V D Merwe	Elandskool	40	49:53
6	G	Horn	Rustenburg	39	51:14
7	T	Seome	RWFL	38	51:20
8	M	Greyling	RWFL	34	51:28
9	C	Schoeman	Temp	46	51:37
10	E	Moller	RWFL	42	51:39
11	J	Boshoff	Temp	33	51:46
12	J	Marais	Temp	43	52:35
13	A	Edwards	Temp	20	54:12
14	D	Jordaan	Temp	26	54:13
15	Z	Grunwald	Rustenburg	29	54:13
16	M	Pretorius	Temp	28	54:53
17	F	Harrison	Lebone	43	54:54
18	J	Rautenbach	Rustenburg	38	58:01
19	J	Du Toit	Temp	25	58:44
20	A	Barnard	DSK	40	59:14

### **Amatola Marathon (46<sup>th</sup>)**

Stutterheim (at Wriggleswade Dam), 3 October

(Distance: 42.195 km; near-loop course [start/finish separation approx. 10 km], with approx. 32 km on gravel)

Note: As previously mentioned, the results published in DRR 10:42 were those for 2009; here are the correct results. Gail Langley scored her third consecutive win and finished 12<sup>th</sup> overall. – Ed.

#### MEN

1. Zakhutini Retyu (QH) 2:46:36; 2. Luyanda Ndzandza (QH) 2:52:02; 3. Vincent Ntamo (AS) 2:52:11; 4. Zingisile Marikeni (CS) 2:58:43; 5. Zukile Mbinyashe (Ind) 3:01:31.

#### WOMEN

1. Gail Langley (Buffs) 3:33:20; 2. Stefanie Dose (Ind) 3:38:21; 3. Violeta Jiminez (Ind) 3:56:25; 4. Robin Coleman (OS) 4:02:35; 5. Janine Newey (Buffs) 4:04:24.

## **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**

#### **ING New York City Marathon (41<sup>st</sup>)**

(US Women's Championship)

New York, USA, 7 November

(Distance: 42.195 km; certified, point-to-point, challenging, 5.5 meter total elevation loss)

#### MEN

- 1) Gebre Gebrmariam (ETH), 2:08:14, \$165,000
- 2) Emmanuel Mutai (KEN), 2:09:18, \$95,000
- 3) Moses Kigen Kipkosgei (KEN), 2:10:39, \$50,000
- 4) Abderrahim Goumri (MAR), 2:10:51, \$35,000
- 5) James Kwambai (KEN), 2:11:31, \$15,000
- 6) Meb Keflezighi (USA), 2:11:38, \$10,000
- 7) Marilson Gomes dos Santos (BRA), 2:11:51, \$7000
- 8) Dathan Ritzenhein (USA), 2:12:33, \$5000

- 9) Abel Kirui (KEN), 2:13:01, \$2000  
 10) Abderrahime Bouramdane (MAR), 2:14:07, \$1000

Hendrick Ramaala (RSA), dnf

#### WOMEN

- 1) Edna Kiplagat (KEN), 2:28:20, \$135,000  
 2) Shalane Flanagan (USA), 2:28:40, \$110,000  
 3) Mary Keitany (KEN), 2:29:01, \$40,000  
 4) Inga Abitova (RUS), 2:29:17, \$25,000  
 5) Kim Smith (NZL), 2:29:28, \$15,000  
 6) Christelle Daunay (FRA), 2:29:29, \$10,000  
 7) Ludmila Petrova, 42, RUS, 2:29:41, \$10,000  
 8) Caroline Rotich (KEN), 2:29:46, \$5000  
 9) Madai Perez (MEX), 2:29:53, \$2000  
 10) Buzunesh Deba (ETH), 2:29:55, \$1000  
 ... 60) Rona Loubser (RSA) 2:59:40  
 ... 756) Elana Meyer (RSA) 3:32:42

### Joong Ang Seoul Marathon

Seoul, KOR, 7 November  
 (Distance: 42.195 km)

#### MEN

1. David Kiyeng KEN 2:08:15  
 2. Mohamed El Hachimi MAR 2:08:17  
 3. Wegayehu Girma ETH 2:08:25  
 4. Stephen Mokoka RSA 2:08:33  
 5. Jason Mbote KEN 2:09:04  
 6. Hwang Jun-Hyeun 2:10:43  
 7. Yusuf Songoka KEN 2:10:56  
 8. Jeong Jin-Hyeong 2:10:59  
 9. Dereje Abera ETH 2:12:34  
 10. Abebe Degefa ETH 2:14:09  
 ... 15. Norman Dlomo RSA 2:19:58

#### WOMEN

1. Kim Eun-Jung 2:44:25

### STATS TIME

#### MEN'S MARATHON: S.A. ALL-TIME LIST

2:06:33	Gert Thys	12 Nov 71	Tokyo	11 Feb 99
2:06:55	Hendrick Ramaala	02 Feb 72	London	23 Apr 06
2:07:06	Ian Syster	20 Jan 76	London	14 Apr 02
2:07:28	Josiah Thugwane	15 Apr 71	Fukuoka	07 Dec 97
2:08:04A	Zithulele Singe	09 Jun 63	Port Elizabeth	03 May 86
2:08:07	David Tsebe	09 Nov 66	Berlin	27 Sep 92
2:08:15A	Willie Mtolo	05 May 64	Port Elizabeth	03 May 86
2:08:58A	Mark Plaatjes	01 Jun 61	Port Elizabeth	04 May 85
2:08:33	Stephen Mokoka	31 Jan 85	Seoul	07 Nov 10
2:09:10	Lawrence Peu	13 Feb 66	London	13 Apr 97

The fastest time on a standard course in South Africa:

2:09:50

David Tsebe

09 Nov 66

Port Elizabeth

24 Feb 90

**THIS MONTH IN HISTORY**

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

**57 years ago: 20 November 1953**

When Wally Hayward started the 24-hour race at Motspur Park, England, he was already famous as a four-time winner and the oldest champion in the history of the Comrades Marathon, and an Olympic marathoner. But this track race turned into the greatest achievement of his career: at the end of it he had set world records for 100 km, 150 km, 100 miles, 200 km and – the most impressive of them all – 256.4 km for 24 hours. The latter record stood for 20 years and is, after 50 years, still the SA record. He would return to the Comrades the next year for his fifth win, setting a new “up” run record.

**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		
	43:50	Lusapho April	Port Elizabeth	06 Mar
	42:46	Lelisa Desisa (ETH)		
21.1 km	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	61:58	Lucky Mohale	Port Elizabeth	24 July
	58:23	Zersenay Tadese (ERI)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		
	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:08:33	Stephen Mokoka	Seoul	07 Nov
	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		
<b>WOMEN</b>				
<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
	2:20:25	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		

Contributors to this issue: Kevin Harlock, Alen Hattingh, Derrick Chamberlain, André Pienaar, Irene & Jan van Eeden, SWD Athletics, Nico Steenekamp, Sharon Wood, André Gobey, Boland Athletics

---

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)