

Distance Running Results

Vol. 10, No. 48 – 6 December 2010

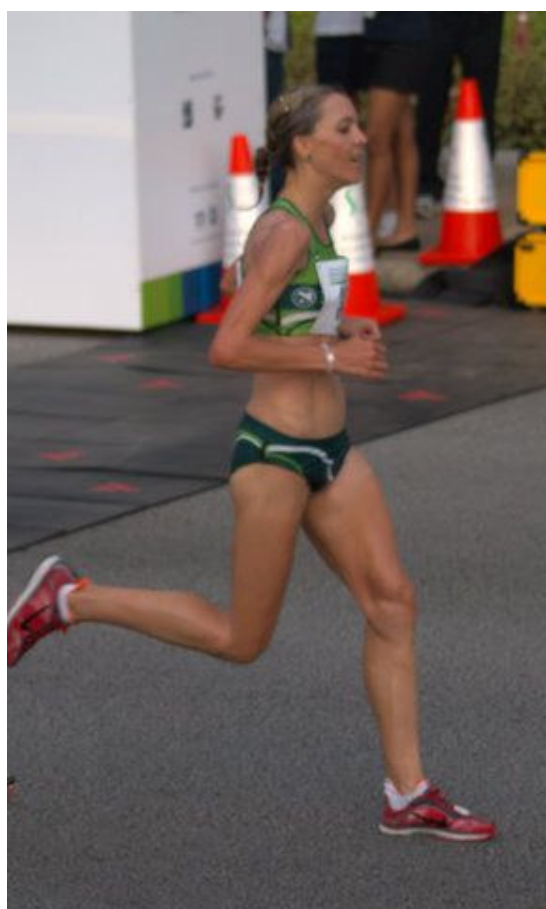
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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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Publisher: Riël Hauman

EDITORIAL



Annerien van Schalkwyk (left, at the finish line) made a magnificent debut in the Standard Chartered Singapore Marathon yesterday. Running in hot and humid conditions – par for the course in the Asian city – she finished third in 2:35:32 to take sixth place on the SA all-time list (with the 24th fastest performance). The first three women finished within 10 seconds of one another, with the win going to Commonwealth champion Irene Jerotich Kosgei (KEN) in 2:35:22. Ethiopian Ayelu Lemma Geda was second in 2:35:31.

The race was a wonderful way for Van Schalkwyk (31) to end the year after the serious injury she suffered at the beginning of it in the SA Cross-country Trials for the World Championships. She could not run for six months and returned to racing only in August. In early September she was seventh in the Great Scottish Run Half Marathon in Glasgow. Her time of 74:45 places her sixth on the SA list for the year. In an e-mail after Singapore she said her big dream is still the Olympic Marathon in 2012 and that the Singapore race was “a first step in that direction”. For 2011 she plans a competitive cross-country season – aiming for the World Championships – because she regards this discipline as an important ingredient of a successful marathon career.

In Singapore she started in the lead group, but after 10 km decided that the pace was too fast for her. She began passing athletes in the second half and then started feeling stronger after about 29 km. With 6 km to go, she caught Geda and then thought she could also overhaul the leader. But it was not to be, and right before the finish line the Ethiopian caught her again and outkicked her. “I then realised I am not a 100-metre athlete and will have to work on my finish,” she wrote. Van Schalkwyk, who has been running only since 2003, added that husband Martin and coach Dan Muchoki must take much credit for her performance.

Speaking of marathon debuts, Stephen Mokoka’s Seoul Marathon performance (with the list leader of 2:08:33) was not his debut marathon, as mentioned in DRR 10:44. It was his first

completed marathon – he did not finish the Lake Biwa Mainichi Marathon in March. This was the only blemish in an otherwise outstanding year.

The Aspen Pharmacare Port Elizabeth City Marathon was run for the 28th time this weekend and Davera Magson scored her fourth successive win in 2:56:35.

Other long-running races held this weekend were the Muller Potgieter Memorial (42nd edition) and the Bearing Man Stainbank Cup (37th).

One of KZN's most popular road races, the Illovo Sugar Christmas Challenge 15 km, will be held for the 17th time on Sunday. Organised by Westville AC, it starts at the clubhouse at 06:00. There are T-shirts for the first 2 000 finishers.

Since I will be on holiday until 16 December, there will be no issue of *Distance Running Results* next week. The last issue of the year will be published on 20 December.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Bearing Man Stainbank Cup 15 km, Durban
- * Muller Potgieter Memorial 15 km, Pretoria
- * Aspen Pharmacare Port Elizabeth City Marathon & 10 km, Port Elizabeth
- * Vital Run Half Marathon & 10 km, Somerset West
- * Langeberg Mall Velskoen 32 km & 10 km, Mossel Bay
- * Metropolitan 10 km, Bellville
- * Asics RAC Tough One 5 km, Johannesburg
- * Die Vlakte Marathon, Half Marathon & 10 km, Heidelberg to Witsand
- * Lagoon to Bay Half Marathon, Knysna

International highlights:

- * Standard Chartered Singapore Marathon, Singapore, SIN
 - * Fukuoka International Open Marathon Championships, Fukuoka, JPN
 - * California International Marathon, Folsom Dam to Sacramento, USA
 - * Course de l'Escalade, Genève, SUI
 - * XC: Cross Internacional de la Constitución, Alcobendas, ESP; Cross Internacional de la Constitución, Aranda de Duero, ESP; Nike Cross Nationals, Portland, USA
 - * Track: Nittai University Distance Meet, Yokohama, JPN; Asian Games, Guangzhou, CHN
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ROAD RUNNING

Bearing Man Stainbank Cup 15 km (37th)

Durban, 5 December
(Loop course)

MEN

1.	Joseph Mandizha	Form One AC	51:13
2.	Richard Nene	ZIM/Mr Price AC	51:34
3.	Thabiso Ngalenkulu	Chatsworth AC	51:37

40-49:

1.	Herbert Mazongolo	Toyota AC	58:08
2.	Alan Ndlovu	West AC	59:18
3.	Sibusiso Ntuli	Nedbank AC	60:03

50-59:

1.	Maxwell Ngwengwe	Toyota AC	61:43
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60+:

1.	Petros Shumi	Zabalaza AC	69:45
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WOMEN

1.	Jenna Challenor	Boxer AC	60:15
2.	Alicen Manake	Form One AC	63:08
3.	Juan-Marie Cooper	Khoza	63:29

40-49:

1.	Lise Muchna	PDAC	69:31
2.	Jenny Sutton	YWP AC	70:09
3.	Jeanette Davidson	DHSOB	70:57

50-59:

1.	Wendy Fitzmaurice	West AC	79:52
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60+:

1.	Maureen Perry	Chiltern AC	98:35
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Muller Potgieter Memorial 15 km (42nd)

Pretoria, 4 December

(Hilly loop course. Finishers: 1035.)

MEN

1 Joshua Sabao (ZIM/Mr Price) 49:24; 2 Esau Radebe (Transnet) 50:01; 3 Wesley Mutai (KEN/New Balance) 50:24.

Veterans: 1 Greg Barnes (Irene) 52:52. **Masters:** 1 Andre Jansen (GS) 60:31.**G'masters:** 1 Mike du Bruto (Irene) 64:59. **Juniors:** 1 Joel Madiba (TUT) 54:31.**WOMEN**

1 Thembi Baloyi (TUT) 67:36; 2 Ansie Viljoen (Irene) 67:52; 3 Sandra Steenkamp (Irene) 69:37.

Veterans: 1 Ansie Viljoen (Irene) 67:52. **Masters:** 1 Sandra Steenkamp (Irene) 69:37.**G'masters:** 1 Olga Smit (PVM Affies) 96:20.**Aspen Pharmacare Port Elizabeth City Marathon (28th) & 10 km**

Port Elizabeth, 4 December

(Distances: 42.195 km & 10 km; out-and-back courses. Finishers: marathon – 409; 10 km – 276.)

Note: The marathon finisher tally was much reduced from last year. Runners selected for the SA Marathon next year were not allowed to run farther than 32 km. Women's winner Davera Magson and third-placed man Michael Magson are husband and wife. – Ed.

Marathon**MEN**

1	Vuso	Nkonzo	Mr Price AC EP	25	2:39:49
2	Daryl	North	Achilles AAA	33	2:41:14
3	Michael	Magson	Mr Price AC EP	34	2:42:25
4	Thembinkosi	Zweni (1 st vet)	RCS Guguletu	45	2:43:26
5	Mongezi	Mboya	PEAAC	33	2:43:42
6	Terrance	Mjekula	Triangle Sports	38	2:46:06
7	Colben	Ngcupe	Nedbank RC EP	47	2:48:18
8	Bradley	Mackenzie	Achilles AAA	38	2:48:46
9	Eric	Sigxashe	Nedbank RC EP	32	2:49:42

10	Mpumelelo	Ndlumbini	Nedbank RC EP	35	2:51:58
11	Willie	Ensel	Nedbank RC EP	33	2:53:12
12	Clinton	Ferreira	Temp - GN	34	2:53:13
13	Thembekile	Msipa	Charlo RR	36	2:53:31
14	Vincent	Mbixana	Temp	42	2:53:51
15	Eric	Wiebols	The Legends	39	2:58:56
16	Bennie	Stadler	Achilles AAA	47	2:59:45
17	Welcome	Loliwe	Nedbank RC EP	46	2:59:52
18	Sisa	Camasu	Nedbank RC EP	36	3:00:16
19	Malungisa	Olayi	PEAAC	31	3:00:35
20	David	Mama	Aspen Pharmacare	35	3:01:57

40-44:

1	Vincent	Mbixana	Temp	42	2:53:51
2	Leonard	Nkosa	Mr Price AC EP	42	3:03:01
3	Alfred	Pakkies	PEAAC	42	3:11:04

45-49:

1	Thembinkosi	Zweni	RCS Guguletu	45	2:43:26
2	Colben	Ngcupe	Nedbank RC EP	47	2:48:18
3	Bennie	Stadler	Achilles AAA	47	2:59:45

50-54:

1	Andre	Willemse	Elite AC	52	3:10:45
2	Booi	Lewis	Nedbank RC EP	50	3:13:55
3	Disemba	Blou	Triangle Sports	52	3:18:16

55-59:

1	Sizinzo	Kama	Achilles AAA	59	3:13:09
2	Richard	Foss	Albany RR	56	3:22:27
3	Bruce	Mcewan	Achilles AAA	57	3:27:25

60-64:

1	Percy	Dalton	Achilles AAA	62	3:34:19
2	William	Vorster	PEAAC	64	3:51:14
3	Piet	Meyer	St Albans CS EP	61	3:57:41

65-69:

1	Eckart	Schumann	Body Concept	65	4:10:45
2	Kobus	Gerber	PEAAC	66	4:24:37
3	Diliza	Mbande	Rand AC	65	4:51:32

70-74:

1	Godfrey	Kariem	Cadbury AC	70	4:01:19
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WOMEN

1	Davera	Magson	Mr Price AC EP	36	2:56:35
2	Paula	Quinsee	Randburg	38	2:58:54
3	Lauren	Calenborne	Westville AC	37	3:11:47
4	Helga	Matthee	New Balance Eden AC	35	3:12:23
5	Kirsten	Leimans	Fourways	39	3:24:18
6	Anelle	Vorster	Irene M C	38	3:26:16
7	Michelle	Sivewright (1 st vet)	Triangle Sports	41	3:31:31
8	Sharon	Jessop	Triangle Sports	40	3:31:43
9	Maresa	Ah Kun	Bluewater Bay	35	3:33:05
10	Elmarie	Bezuidenhout	Charlo RR	28	3:34:59
11	Katherine	Van der Walt	Body Concept	34	3:39:01
12	Marilyn	Zimmermann	Triangle Sports	35	3:40:15
13	Monika	Seele	Gonubie Harriers	28	3:45:18
14	Camarin	Van Eyk	Elite AC	28	3:50:32
15	Vicki	Terblanche	Bluewater Bay	31	3:51:04
16	Debbie	Dodd	Charlo RR	40	3:51:20
17	Adele	Nel	St Albans CS EP	37	3:53:28

18	Lizette	Sydien	Elite AC	24	3:53:37
19	Almarie	Jansen van Rensburg	PEAAC	37	4:02:39
20	Beate	Stindt	Run For Life EP	23	4:04:22

40-44:

1	Michelle	Sivewright	Triangle Sports	41	3:31:31
2	Sharon	Jessop	Triangle Sports	40	3:31:43
3	Debbie	Dodd	Charlo RR	40	3:51:20

45-49:

1	Janice	McKerry	Queenstown	45	4:07:27
2	Retha	Trollip	Nedbank RC EP	46	4:15:17
3	Nurunnisa	Madatt	Malabar AC	48	4:19:32

50-54:

1	Laura	Maritz	Elite AC	50	4:11:42
2	Toska	Joubert	Jeffreys Bay AC	54	4:13:21
3	Janette	Schierz-Crusius	Body Concept	50	4:13:47

55-59:

1	Monica	Kemp	Madiba Bay AC	55	4:14:51
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60-64:

1	Liz	Grundlingh	Muirite Striders	63	4:35:24
2	Marlene	Wiese	Kowie Striders	64	4:45:35

10 km**MEN**

1	George	Ntshiliza	Nedbank RC EP	31	32:17
2	Bulelini	Niwa	PEAAC	25	32:30
3	Robert	Matthys	Mr Price AC EP	34	34:37
4	Anelisa	Stamper	Temp	23	35:55
5	Lubabalo	Jusayi (1 st jun)	Mr Price AC EP	19	36:57
6	Hernus	Sass (1 st vet)	Nedbank RC EP	46	37:19
7	Ruan	Smalberger	Nedbank RC EP	20	38:26
8	Andrew	Long	Madiba Bay AC	43	39:01
9	Sidwel	Roboshi (1 st mast)	Nedbank RC EP	50	40:00
10	Vusumzi	Vitshima	Nedbank RC EP	25	40:57
11	Patrick	Klaas	Humansdorp AC	17	41:26
12	Tamsanqa	Jusayi (1 st g'mast)	Mr Price AC EP	68	41:28
13	Ayanda	Blou	Triangle Sports	16	41:30
14	Naren	Sunker	Temp	27	41:31
15	Jabulani	Hlabane	Manoni AC	37	41:54
16	Chris	Terblanche	Achilles AAA	55	42:43
17	Simphiwe	Koba	Temp	35	43:48
18	Hannes	Els	Madiba Bay AC	60	43:55
19	Hansie	Els	Somerset East	62	44:08
20	Cliff	Commons	SANDF EP	36	44:24

40-44:

1	Andrew	Long	Madiba Bay AC	43	39:01
2	Christo	Muller	Body Concept	42	48:16
3	Gerrie	Janse van Rensburg	Nedbank RC EP	40	49:31

45-49:

1	Hernus	Sass	Nedbank RC EP	46	37:19
2	Kurt	Uderstadt	Temp	48	49:50
3	Norman	Lawrence	Temp	48	52:59

50-54:

1	Sidwel	Roboshi	Nedbank RC EP	50	40:00
2	Samuel	Erasmus	Nedbank RC EP	53	48:15
3	Chris	Herselman	Temp	51	51:09

55-59:

1	Chris	Terblanche	Achilles AAA	55	42:43
2	Tim	Fox	Temp	56	51:21
3	Deon	Doubell	Temp	57	54:08

60-64:

1	Hannes	Els	Madiba Bay AC	60	43:55
2	Hansie	Els	Somerset East	62	44:08
3	Cilliers	Swart	Nedbank RC EP	64	44:42

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	68	41:28
2	Jan	Von Mollendorf	Elite AC	65	55:34
3	Piet	Scholtz	Queenstown	66	1:03:13

70-74:

1	Michael	Collins	PEAAC	72	48:54
2	Kai	Tarnow	Jeffreys Bay AC	72	1:11:54
3	John	Peart	Nedbank RC EP	74	1:11:54

75-79:

1	Wells	Anderson	PEAAC	78	1:02:25
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Juniors:

1	Lubabalo	Jusayi	Mr Price AC EP	19	36:57
2	Patrick	Klaas	Humansdorp AC	17	41:26
3	Ayanda	Blou	Triangle Sports	16	41:30

WOMEN

1	Ntombesintu	Mfunzi	Mr Price AC EP	28	37:48
2	Deliwe	Nyanga	Nedbank RC EP	21	39:00
3	Michelle	Mee	Rand AC	38	40:45
4	Noxolo	Marks	Mr Price AC EP	24	45:21
5	Priscilla	Dyantyi	Mr Price AC EP	36	46:45
6	Treloar	Childs (1 st vet)	Walmer AC	47	47:54
7	Jade	Hooke	Temp	20	49:02
8	Claire	Nagel	Elite AC	46	49:16
9	Lindie	Stander	St Albans CSEP	26	50:17
10	Yolande	Knoetze	Elite AC	43	52:02
11	Tessa	Roos	Albany RR	26	52:27
12	Etreshia	Coetzee	Temp	35	52:36
13	Mari-Nel	Goussard	Temp	24	53:12
14	Megan	Wilson (1 st jun)	Charlo RR	15	53:12
15	Elaine	Kock	Nedbank RC EP	41	54:15
16	Lucia	Phokatha	Aspen Pharmacare	31	54:35
17	Amanda	Wolmarans (1 st mast)	Temp	52	54:46
18	Christelle	Slabbert	Absa NMMU AC	38	54:48
19	Tanja	Lategan	Temp	34	54:49
20	Jos	Els	Madiba Bay AC	58	54:51

40-44:

1	Yolande	Knoetze	Elite AC	43	52:02
2	Elaine	Kock	Nedbank RC EP	41	54:15
3	Charlotte	Van Coller	Elite AC	42	55:35

45-49:

1	Treloar	Childs	Walmer AC	47	47:54
2	Claire	Nagel	Elite AC	46	49:16
3	Rozelle	Von Molendorff	Elite AC	46	56:18

50-54:

1	Amanda	Wolmarans	Temp	52	54:46
2	Zelda	Krige	Walmer AC	50	57:07
3	Lynette	Spruyt	Temp	51	58:47

55-59:

1	Jos	Els	Madiba Bay AC	58	54:51
2	Marcelle	Harran	Body Concept	56	1:00:22
3	Glenys	Joubert	Nedbank RC EP	59	1:09:23

60-64:

1	Denise	Terblanche	Walmer AC	63	1:07:31
2	Elmarie	Ikonomou	PEAAC	62	1:16:19
3	Anna	Schnetler	PEAAC	63	1:22:02

65-69:

1	Margaret	Paton	Charlo RR	65	1:01:00
2	Orgia	Nell	Muirite Striders	67	1:07:45
3	Tersia	De Jager	PEAAC	65	1:17:57

70-74:

1	Dorothy	Hart	PEAAC	72	1:05:50
2	Catharine	Botha	Temp	70	1:24:46

Juniors:

1	Megan	Wilson	Charlo RR	15	53:12
2	Tanya	Wilson	Charlo RR	18	59:35
3	Kimberley	Wilson	Charlo RR	15	1:00:29

Vital Run Half Marathon & 10 km

Somerset West, 4 December

(Distances: 21.1 km & 10 km; certified loop courses on forest and farm roads, very hilly)

Half marathon**MEN**

1. Anthony Godongwana (Celtic) 70:35 (R1500); 2. Tom Lusaseni (Adid) 71:28 (R1000); 3. Zolani Ntongana (MP) 73:34 (R600).

Veterans: 1. Graham Katzen (Celtic) 77:45 (R750); 2. Johnny Persents (Adid) 81:20 (R500); 3. Bruce Steward (Gugs) 87:28 (R300). **Masters:** 1. Vladimir Kotov (BLR/Cent) 80:08 (R500); 2. Raymond Howard (Celtic) 83:44 (R300); 3. Eric Mlonyeni (Ned) 86:56 (R150). **G'masters:** 1. Kevin Kohler (Edge) 1:51:12 (R300); 2. Roger Davis (Celtic) 1:53:23 (R100). **G/g'masters:** 1. Jan Theron (Ind) 2:17:42 (R100). **Juniors:** 1. Luxolo Mdzanga (Gugs) 83:44 (R200); 2. Gcobani Mndi (Gugs) 91:29 (R100).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (MP) 90:31; 2. Bulelwa Mtshagi (Celtic) 92:45; 3. Sheryl de Lange (Adid) 93:05 (1st vet).

Veterans: 1. Sheryl de Lange (Adid) 93:05; 2. Wilna Eybers (Strand) 99:24; 3. Dain Hamilton (Forest) 103:43. **Masters:** 1. Hanlie Stegman (S East) 1:44:29; 2. Hannelie Stadler (Strand) 1:50:29; 3. Moira Olivere (Satori) 2:00:18. **G'masters:** 1. Veronica van Niekerk (EGA) 1:51:31; 2. Hester Kotze (Durb) 1:57:34. **G/g'masters:** 1. Anneli Gouws (Rob) 2:41:34.

10 km**MEN**

1. Gladwin Mzazi (Trans) 30:21 (R1000); 2. Mathandazo Qhina (Gugs) 31:10 (R500); 3. Duane Fortuin (Adid) 31:23 (R300).

Veterans: 1. Shaun Abrahams (Adid) 35:19 (R500); 2. Michael Bekapi (VOB) 36:56 (R250); 3. Percy Kelly (Celtic) 38:20 (R150). **Masters:** 1. Goodman Mpukane (Gugs) 39:01 (R300); 2. Gemjikile Tom (Eskom) 40:22 (R200); 3. Fuad Hendricks (Ind) 43:07 (R100). **G'masters:** 1. Awie Veldsman (Held) 40:27 (R200); 2. Johan Botdha (RWFL) 46:26 (R100). **G/g'masters:** 1. Leo Benning (Whalers) 63:08 (R100); 2. Vince Kingswell

(VOB) 83:36 (R75). **Juniors:** 1. Siyabonga Makhaluza (East) 31:28 (R150); 2. Unathi Nteta (AAC) 32:45 (R100); 3. Asive Njenxa (Khay) 33:34 (R50).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (Ned) 35:45; 2. Nolene Conrad (UJ) 36:28; 3. Thozama April (Trans) 39:12.

Veterans: 1. Ursula Frans (Adid) 40:54; 2. Mariëtte Esterhuyse (Tyger) 43:41; 3. Louise Erasmus (Whalers) 44:25. **Masters:** 1. Olga Howard (Celtic) 44:31; 2. Charmaine Cupido (Ned) 48:07; 3. Pat Jardine (WC) 50:27. **G'masters:** 1. Pixie Sparg (Celtic) 53:38; 2. Christine Williams (SH) 67:40. **G/g'masters:** 1. Magdalene Johnson (Tyger) 1:24:06; 2. Marian Khan (Ommie) 1:54:49. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 40:20; 2. Bevan-Lee Swartz (HHH) 55:42; 3. Melanie van Niekerk (WC) 56:40.

Langeberg Mall Velskoen 32 km & 10 km

Mossel Bay, 4 December

(Out-and-back courses. Finishers: 32 km – 94; 10 km – 107.)

Note: Melissa van As finished sixth overall in the 10 km. – Ed.

32 km

MEN

1	Lindile	Tokota	Nedbank RC George	1:54:52
2	Gurome	Gelderbloem	Mosselbaai Harriers	1:57:50
3	Vuyo	Witbooi	Outeniqua Harriers	1:59:32
4	Msizi	Melikhaza	Knysna Marathon Club	2:03:31
5	Fana	Principal	Rainbow AC	2:05:28
6	Paulus	Allart	Mosselbaai Harriers	2:06:15
7	Sydney	Landsberg	Nedbank RC George	2:07:54
8	Joey	Klaasen	Rainbow AC	2:11:09
9	Dewald	Kleinhans	Hartenbos Drawwers	2:16:37
10	Hermanus	Jonkerman	Outeniqua Harriers	2:26:47

WOMEN

1	Elizma	Horne	De Rust Striders	2:29:50
2	Johanna	Claassen	Nedbank RC George	2:30:45
3	Heilani	Streuderst	Hartenbos Drawwers	2:34:30
4	Marie	Wolmarans	Nedbank RC George	2:44:32
5	Elize	Kloppers	Hartenbos Drawwers	2:47:39
6	Maryke	Sass	Mosselbaai Harriers	2:48:18
7	Kleintjie	van Schalkwyk	Hartenbos Drawwers	2:49:26
8	Elzet	Oosthuizen	Hartenbos Drawwers	2:50:32
9	Romé	Phillipson	Mosselbaai Harriers	2:54:01
10	Una	Saayman	Hartenbos Drawwers	2:58:40

10 km

MEN

1	Julius	Korkee	Rainbow AC	35:58
2	Aubrey	Brinkhuis	Knysna Marathon Club	38:55
3	Jannie	Nieuwenhuys	Nedbank AC George	39:07
4	Jacques	Mouton	Outeniqua Harriers	39:33
5	Anton	Chevalier	Nedbank AC George	39:52
6	Dimitri	Oktober	Rainbow AC	42:51
7	Billy	Nel	Hartenbos Drawwers	43:08
8	Johan	Streuderst	Hartenbos Drawwers	43:23
9	Rogan	Leckie	Nedbank AC George	43:53

10	Ockert	Broodryk	Durbanville	44:02
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WOMEN

1	Melissa	Van As	Nedbank AC George	40:31
2	Annatjie	Botes	Nedbank AC George	44:36
3	Lize	Cornelius	Hartenbos Drawwers	46:13
4	Cecile	Schultz	Ind	47:27
5	Melinda	Snyman	Ind	47:43
6	Karin	Pauw	Nedbank AC George	49:17
7	Christa	Smit	Hartenbos Drawwers	49:58
8	Jolene	Koekemoer	Mosselbaai Harriers	50:23
9	Elsa	de Villiers	Hartenbos Drawwers	50:58
10	Loura	Klinck	Outeniqua Harriers	51:03

Metropolitan 10 km (17th)

Bellville, 1 December

(Certified loop course, very hilly)

MEN

1. Gladwin Mzazi (Trans) 31:18 (R400); 2. Tom Lusaseni (Ind) 31:33 (R300); 3. Anthony Godongwana (Celtic) 31:48 (R200); 4. Mthandazo Qhina (Gugs) 31:59 (R100); 5. Unathi Nteta (AAC) 32:33 (1st jun) (R50).

Veterans: 1. Vladimir Kotov (BLR/Cent) 34:00 (R200); 2. Johnny Persents (Adid) 35:56 (R150); 3. Rudolf Warries (Paarl) 38:46 (R100). **Masters:** 1. Gemjikile Tom (Eskom) 41:07 (R150); 2. Eise Geerts (Bell) 43:35; 3. Maxwell Godloza (NBMC) 44:12. **G'masters:** 1. James Bhana (Ind) 49:12; 2. Henry Cleophas (Ned) 49:38 (R100); 3. M.Y. Abrahams (Top) 50:31 (R50). **Juniors:** 1. Unathi Nteta (AAC) 32:33 (R250); 2. Luxolo Mdzanga (Gugs) 32:51 (R200); 3. William Kaptein (Rob) 32:58 (R150).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (Ned) 37:11; 2. Nomvuyisi Seti (MP) 39:50; 3. Asiphe Sikabalanjana (Gugs) 40:02 (1st jun); 4. Bulelwa Mtshagi (Celtic) 40:39; 5. Sheryl de Lange (Adid) 41:23 (1st vet).

Veterans: 1. Sheryl de Lange (Adid) 41:23; 2. Mariëtte Esterhuyse (Tyger) 44:15; 3. Cheryl Rudolph (East) 49:20. **Masters:** 1. Olga Howard (Celtic) 45:27; 2. Maretha de Kock (Adid) 51:24; 3. Helen du Plessis (Tyger) 52:19. **G'masters:** 1. Pixie Sparg (Celtic) 51:18; 2. Marietha Herbert (Bell) 52:00; 3. Marianne Nelson (Durb) 66:18. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 40:02; 2. Amy Abrahams (East) 45:37; 3. Reghana Beukes (Eerste) 45:48.

Asics RAC Tough One 5 km

Johannesburg, 28 November

Note: The results of the 32 km appeared last week. – Ed.

MEN

1	Stephen Mokoka	Transnet	14:40
2	Tsosane Kgosi	Nedbank	14:43
3	Frik Buys	Nedbank	14:53
4	Xolisa Tyali	Nedbank	15:03

Veterans:

1	Bheki Nene	ADT	16:35
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2	Lawrence Chipangaan	Nedbank	16:52
3	Jabulani Mngomezulu	Adt	16:58

Juniors:

1	Vuysile Tsboba	Nedbank	15:57
2	Sifiso Mncwango	Take-It-Easy	15:59
3	Zweli Nzima	Take-It-Easy	16:14

WOMEN

1	Mapaseka Makhanya	Mr Price	17:04
2	Makhosi Mhlono	Savages	18:15
3	Thandi Sihlohle	Nedbank	19:11
4	Nombulelo Mashinini	Kagiso Striders	19:24

Veterans:

1	Sarah Mahlangu	Mr Price	20:41
2	Nomvula Kenyane	ADT	23:00
3	Stella Madlala	Fourways	27:13

Juniors:

1	Thandi Sihlohle	Nedbank	19:11
2	Nombulelo Mashinini	Kagiso	19:24
3	Thato Makhafala	Kagiso	19:54

Die Vlakte Marathon, Half Marathon & 10 km

Heidelberg to Witsand, 27 November

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point downhill courses. Finishers: marathon – 142; half marathon – 114; 10 km – 83.)

Note: Kutlwano Ramaboa finished 12th overall in the marathon and Ané Kruger 10th in the 10 km. Unfortunately very few clubs were provided in the 10 km. – Ed.

Marathon**MEN**

1	Pieter	Koopman	Maties	2:29:52
2	Lindile	Tokota	Nedbank	2:36:26
3	Gurome	Gelderbloem	Mosselbaai Harriers	2:37:52
4	Vuyo	Witbooi	Outeniqua Harriers	2:40:43
5	Mervin	Steenkamp	Itheko Spoetsac	2:49:53
6	Salwyn	Losper	Nebank	2:54:25
7	Johan	Stemmet	Bonnievale	2:54:39
8	Mario	Meyer	Hartenbos Drawwers	2:57:39
9	Dewald	Kleinhans	Hartenbos	3:06:31
10	Henry	van der Watt	Nedbank Running Club George	3:11:40

WOMEN

1	Kutlwano	Ramaboa	West Coast	3:16:19
2	Lisl	Grobler	Knysna Marathon Club	3:20:13
3	Candyce	Hall	Houtbay	3:30:33
4	Suzaan	Kruger	Outeniqua Harriers	3:36:15
5	Romé	Phillipson	Mosselbaai Harriers	3:37:44
6	Thea-Mari	van der Sandt	Nedbank Running Club	3:38:47
7	Eunice	Avenant	Helderberg Harriers Atletiek klub	3:41:37
8	Cailey	Bredenkamp	Paarl	3:45:29
9	Arina	Cilliers	ORAK	3:46:40
10	Tracy	Rogers	Temp	3:46:47

Half marathon**MEN**

1	Luwayne	Duitsjan	Hartenbos Drawwers	1:10:37
2	Principal	Fana	Rainbow	1:10:55
3	Frans	Malgas	Knysna Marathon Club	1:13:23
4	Melikhaza	Msizi	Knysna Marathon Club	1:14:00
5	Granville	Hendricks	Rainbow Atletiek Klub	1:17:03
6	Eugene	Maart	Mosselbaai Harriers	1:20:24
7	Gerald	Willeman	Rainbow	1:21:59
8	Morne	Hansen	IND	1:25:00
9	Harold	Basson	Outeniqua Harriers	1:32:27
10	Andrew	Jansen	Hartenbos Drawwers	1:32:53

WOMEN

1	Marie	Wolmarans	Nedbank George	1:38:09
2	Sunette	Beyers	?	1:45:52
3	Jolene	Koekemoer	Mosselbaai Harriers	1:45:53
4	Liezel	Fourie		1:47:27
5	Rea	Oosthuizen	Hartenbos	1:47:43
6	Loura	Klinck	Outeniqua Harriers	1:48:00
7	Karliën	Conradie	Stellenbosch	1:49:47
8	Alta	Diedericks	Outeniqua Harriers	1:52:04
9	Estelle	Muller	Stellenbosch Atletiek Klub	1:52:21
10	Janie	van Rensburg		1:52:28

10 km**MEN**

1	Elfonso	Pieterse	Rainbow	36:44
2	Francois	Juries		37:19
3	Abraham	Chaka		38:47
4	Aubrey	Brinkhuis	Knysna	39:36
5	Nicolaas	Kees	Robertson	40:14
6	Nelis	Swart	Stellenbosch	45:01
7	Koos	Viviers		46:32
8	Nicolaas	Esau		46:56
9	Justin	Diener		50:29
10	LJ	Gilliomee		50:44

WOMEN

1	Ané	Kruger	Beaufort West	50:30
2	Vanesse	Cronje	New Balance	52:21
3	Lisa-Mari	Gilliomee		53:32
4	Samantha	Smuts		56:09
5	Deidre	Scholtz		59:03
6	Denise	Scholtz		59:08
7	Marissa	du Toit		59:51
8	Sariza	Claassen		59:55
9	Sonja	du Preez	De Rust	60:33
10	Stella	Engelbrecht		62:16

Lagoon to Bay Half Marathon

Knysna, 20 November

(Distance: 21.1 km; loop course. Finishers: 111.)

MEN

1	Principal	Fana	Rainbow	42	1:13:37
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2	Vuyo	Witbooi	Outeniqua	35	1:14:33
3	Zandisile Mashack	Ngeva	Nedbank	33	1:14:48
4	Lidile	Tokota	Nedbank	42	1:15:38
5	Zuzile	Ntsiniyabo	Knysna	35	1:17:02
6	Melikhaya	Msizi	Knysna	27	1:18:27
7	Siyabonga	Madala	Rainbow	25	1:21:36
8	Eugene	Maart	Mossel Bay	23	n/t
9	Mario	Meyer	Hartenbos	31	1:24:51
10	Hermanus	Jonkerman	Outeniqua	51	1:26:58

WOMEN

1	Melissa	Van As	Nedbank	28	1:28:02
2	Anna	Haw	Nedbank	26	1:34:49
3	Lisl	Grobler	Knysna	34	1:35:50
4	Kerry	Roos	Knysna	32	1:35:50
5	Annatjie	Botes	Nedbank	52	1:36:49
6	Janelle	Stephenson	Temp	32	1:48:26
7	Elize	Kloppers	Hartenbos	40	1:49:08
8	Rome	Phillipson	Mossel Bay	28	1:50:20
9	Thea-Mari	Van der Sandt	Nedbank	35	1:50:20
10	Tanya	Faber	Outeniqua	38	1:53:49

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

Standard Chartered Singapore Marathon

Singapore, SIN, 5 December
(Distance: 42.195 km)

MEN

1. Kenneth Mungara, KEN 2:14:06 SGD 65,000 (=USD 49,895)
2. Thomas Cherogony, KEN 2:14:32 26,600
3. Vincent Krop, KEN 2:14:57 13,792

WOMEN

1. Irene Jerotich, KEN 2:35:22 SGD 65,000 (=USD 49,895)
2. Ayelu Lemma Geda, ETH 2:35:31 26,600
3. Annerien van Schalkwyk, RSA 2:35:32 13,792

Fukuoka International Open Marathon Championships (64th)

Fukuoka, JPN, 5 December
(Distance: 42.195 km; certified loop course with stadium start and finish)

MEN (gun times)

1. Jaouad Gharib, 1972, MAR 2:08:24
[1:03:14 / 1:05:10]
2. Dmitry Safronov, 1981, RUS 2:10:12 PB
[1:04:14 / 1:05:58]
3. Takayuki Matsumiya, 1980, JPN 2:10:54
[1:04:28 / 1:06:36]
4. Chiharu Takada, 1981, JPN 2:12:44 PB

5. Masato Imai, 1984, JPN 2:13:23 PB

California International Marathon (28th)

Folsom Dam to Sacramento, USA, 5 December

(Distance: 42.195 km; certified course with 105 m elevation loss)

Note: This was the fourth marathon victory of the year in five starts for defending champion Buzunesh Deba, an Ethiopian who lives in New York City, and her third completed marathon in a span of just 64 days! – Ed.

MEN (gun times)

1. Dylan Wykes, 27, CAN	2:12:39 PB	\$10,000
2. Andrey Toptun, 30, UKR	2:12:50	5,000
3. Tesfaye Alemayehu, 26, ETH	2:13:59	2,500
4. Joseph Mutinda, 36, KEN	2:14:01	1,000
5. Justin Young, 31, Superior, CO	2:14:07	500
... 11. Michael Wardian, 36, Arlington, VA	2:20:57	

WOMEN (gun times)

1. Buzunesh Deba, 23, Bronx, NY (ETH)	2:32:13	\$10,000
2. Erin Moeller, 33, Mt. Vernon, IA	2:37:33	5,000
3. Wioletta Kryza, 42, POL	2:38:19	2,500 + 500m
4. Brett Ely, 31, Natick, MA	2:40:46 PB	1,000
5. Kelly Calway, 26, Manitou Springs, CO	2:42:19 DB	500

Course de l'Escalade (33rd)

Genève, SUI, 4 December

(Distances: Men, 7.25 km [three laps]; women, 4.78 km [two laps])

ELITE MEN (extended gun times)

1. Paul Kipkorir, 1982, KEN	19:26.8
2. Mike Kigen, 1986, KEN	19:34.7
3. Daniel Chebii, 1985, KEN	19:41.5

ELITE WOMEN (extended gun times)

1. Linet Masai, 1989, KEN	14:45.8 =CR
2. Caroline Chepkwony, 1985, KEN	15:16.9
3. Aurelie Coulaud, 1979, FRA	15:21.4

CROSS-COUNTRY

Cross International de la Constitución (29th)

Alcobendas, ESP, 5 December

MEN (10100 m)

1. Joseph Ebuya, 1987, KEN	29:37
2. Teklemariam Medhin, 1989, ERI	29:56
3. Kidane Tadese, 1987, ERI	30:09
4. Sergio Sánchez Martínez, 1982, ESP	30:14
5. Cuthbert Nyasango, 1982, ZIM	30:58

WOMEN (5900 m)

1. Monica Rosa, 1978, POR	20:15
2. Bouchra Chaabi, 1980, MAR	20:16

3. Souad Kambouchia, 1982, MAR 20:30
4. Gemma Barrachina Fernández, 1986, ESP 20:38
5. Estela Navascues Parra, 1981, ESP 20:42
- ... 8. Dina Lebo Phalula, 1982, RSA 21:31

Cross International de la Constitución (25th)

Aranda de Duero (Burgos), ESP, 4 December

MEN (9985 m)

1. Amanuel Mesel, 1990, ERI 28:20
2. Sium Kiflom, 1987, ERI 28:29
3. Tesfayohannes Mesfin, 1974, ERI 28:34
4. Elijah Muturi Karanja, 1981, KEN 29:01
5. Miguel Barzola, 1982, ARG 29:02

WOMEN (6105 m)

1. Joyce Chepkirui, 1986, KEN 19:36
2. Nuria Fernández Domínguez, 1976, ESP 19:37
3. Dinahrose Lebogang Phalula, 1983, RSA 19:50
4. Dolores Checa Porcel, 1982, ESP 19:53
5. Bouchra Chaabi, 1980, MAR 19:59

Nike Cross Nationals (7th)

(High School)

Portland, USA, 4 December

(Distance: 5 km)

BOYS

1. Lukas Verzbicas 11 Midwest-1 (LTU) 15:59.2
2. Edward Cheserek 13 Northeast-2 (KEN) 16:01.5
3. Craig Lutz 11 Highland Village 16:04.4
4. Ammar Moussa 11 Arcadia XC Club 16:16.3
5. Spencer Wenck 11 Southwest-1 16:19.8

GIRLS

1. Rachel Johnson 11 South-1 18:18.6
2. Christie Rutledge 12 Manlius XC Club 18:21.4
3. Amy-Eloise Neale 13 Northwest-2 18:48.8
4. Katie Sischo 12 Manlius XC Club 18:49.7
5. Haley Pierce 12 Wilmington XC Club 18:50.4

TRACK

Nittai University Distance Meet

Yokohama, JPN, 4-5 December

MEN

5000, Race 35 (05):

1. Ibrahim Jeilan (Honda/ETH) 13:15.18
2. Clement Langat (Subaru/KEN) 13:15.81
3. Gideon Ngatuny (Nissin/KEN) 13:18.71
4. Caleb Ndiku (Nissin/KEN) 13:18.96
5. Edward Waweru (NTN/KEN) 13:20.07
6. Bitan Karoki (S&B/KEN) 13:24.29

- | | |
|--------------------------------|----------|
| 7. Uchiro Ueno | 13:33.15 |
| 8. Nahom Mesfin (Kanebo/ETH) | 13:42.21 |
| 9. Yuta Takahashi | 13:46.35 |
| 10. Daniel Gitau (Fujitsu/KEN) | 13:46.66 |

10000, Race 11 (04):

- | | |
|--------------------------------------|-------------|
| 1. Jacob Wanjuki (Aichi Steel/KEN) | 27:49.44 PB |
| 2. Samuel Ndungu (Aichi Steel/KEN) | 28:08.14 |
| 3. Kenta Murayama, 1992 (HS student) | 28:23.18 PB |
| 4. Takayuki Hamaguchi, 1990 | 28:26.77 PB |
| 5. Masakazu Fujiwara | 28:27.52 |
| ... 10. John Wainaina (Omokawa/KEN) | 28:36.18 |

WOMEN

5000 (05):

Race 24:

- | | |
|---------------------|----------|
| 1. Kasumi Nishihara | 15:25.50 |
| 2. Mai Ishibashi | 15:35.38 |
| 3. Yuriko Ozaki | 15:46.66 |
| 4. Chinami Mori | 15:48.69 |
| 5. Sayuri Oka | 15:50.86 |
| 6. Saori Noda | 15:52.31 |
| 7. Akane Sueyoshi | 15:53.58 |
| 8. Risa Kikuchi | 15:54.09 |
| 9. Sachie Nagata | 15:54.61 |
| 10. Miki Yamada | 15:54.62 |

Asian Games (16th)

Guangzhou, CHN, 21-27 November

Note: In both the men's 5000 m and 10000 m all the medals were won by athletes born in Africa. This is the first edition of the Asian Games where a Japanese woman did not earn a medal in the marathon. – Ed.

MEN

800 (25):

- | | |
|---------------------------------------|-------------------|
| 1. Sajad MORADI, 1983, IRI | 1:45.45 CR Gold |
| 2. Adnan ALMNTFAGE, 1980, IRQ | 1:45.88 NR Silver |
| 3. Musaab Abdelrahman BALA, 1989, QAT | 1:46.19 PB Bronze |
| ... 7. Belal Mansoor ALI, 1988, BRN | 1:49.03 |

1500 (23):

- | | |
|--|-------------------|
| 1. Mohammed Othman SHAWREEN, KSA, 1986 | 3:36.49 CR Gold |
| 2. Sajad MORADI, 1983, IRI | 3:37.09 NR Silver |
| 3. Belal Mansoor ALI, 1988, BRN | 3:38.39 Bronze |

5000 (21):

- | | |
|-----------------------------------|-----------------|
| 1. Ali Hassan MAHBOOB, 1981, BRN | 13:47.86 Gold |
| 2. James Kwalia KURUI, 1984, QAT | 13:48.55 Silver |
| 3. Felix Kikwai KIBORE, 1988, QAT | 13:49.31 Bronze |

10000 (26):

- | | |
|--------------------------------------|---------------------|
| 1. Bilisuma Shugi GELASSA, 1989, BRN | 27:32.72 PB/CR Gold |
| 2. Essa Ismail RASHED, 1986, QAT | 27:33.09 Silver |
| 3. Ali Hasan MAHBOOB, 1981, BRN | 27:40.07 Bronze |

3000 s/chase (23):

1. Tareq Mubarak Salem TAHER, 1986, BRN 8:25.89 CR Gold
2. Thamer Kamal ALI, 1988, QAT 8:26.27 Silver
3. Ali Ahmad S ALAMRI, 1985, KSA 8:30.96 Bronze

Marathon (27):

1. Ji Young-jun, 1981, KOR 2:11:11 Gold
2. Yukihiro KITAOKA, 1982, JPN 2:12:46 Silver
3. Mubarak Hassan SHAMI, 1980, QAT 2:12:53 Bronze

WOMEN

800 (25):

1. Margarita MATSKO, 1986, KAZ 2:00.29 PB Gold
2. TRUONG Thanh Hang, 1986, VIE 2:00.91 NR Silver
3. Tintu LUKKA, 1989, IND 2:01.36 Bronze
- ... 6. Maryam Yusuf JAMAL, 1984, BRN 2:06.07

1500 (23):

1. Maryam Yusuf JAMAL, 1984, BRN 4:08.22 CR Gold
2. TRUONG Thanh Hang, 1986, VIE 4:09.58 NR Silver
3. Mimi Belete GEBREGEIORGES, 1988, BRN 4:10.42 Bronze

5000 (26):

1. Mimi Belete GEBREGEIORGES, 1988, BRN 15:15.59 PB Gold
2. Preeja SREEDHARAN, 1982, IND 15:15.89 NR Silver
3. Kavita RAUT, 1985, IND 15:16.54 PB Bronze

10000 (21):

1. Preeja SREEDHARAN, 1982, IND 31:50.47 NR Gold
2. Kavita RAUT, 1985, IND 31:51.44 PB Silver
3. Shitay HABTEGEBREL, 1990, BRN 31:53.27 NR Bronze

3000 s/chase (21):

1. Sudha SINGH, 1986, IND 9:55.67 NR/CR Gold
2. JIN Yuan, 1988, CHN 9:55.71 Silver
3. Minori HAYAKARI, 1972, JPN 10:01.25 Bronze

Marathon (27):

1. ZHOU Chunxiu, 1978, CHN 2:25:00 Gold
2. ZHU Xiaolin, 1984, CHN 2:26:35 Silver
3. KIM Kum Ok, 1988, PRK 2:27:06 Bronze

NEWS**90 YEARS LATER, ANOTHER CLAPHAM IN COMRADES**

Antony Clapham hails from a family of firsts, and now he plans to be the first of the current generation of Claphams to run the Comrades Marathon. His great-granddad, Vic Clapham, initiated the first-ever Comrades Marathon in 1921. Then his grandfather, also Vic Clapham, founded the First Hillcrest Scouts.

Antony (33) is a resident of Pietermaritzburg, and his sport of choice, cycling, has ensured his involvement in many of the big cycling races like the Argus, Amashovashova, Time Freights and the Nando's Cycling Challenge. But he also enjoys the occasional run.

"Running is a sure way for me to keep fit whilst having fun and socialising," says the Comrades-inspired Clapham descendant. He adds: "Over the years, running the ultra-marathon has often crossed my mind but the Comrades fever has now finally gripped me. I

am keenly aware that there is a time and place for everything, and have therefore decided to take on the challenge in 2011!"

Antony has never run a marathon and realises that his first Comrades will be a challenge, but he hopes to experience a fun and successful run. "I don't think I will be disappointed if I don't complete the race, but I'm very positive at the moment." He adds that he is training with a great bunch of people and looks forward to a good qualifying time.

On being quizzed about what he thinks is easier: the "up" or the "down" run, he says: "It is exciting because the general advice that I get from people is that the up is better, but I will have to see for myself."

And how does he feel about being a part of the great Clapham heritage? "I always enjoy family history, so this is in my blood. It is a great honour to be a part of something as big as this, especially considering that the Comrades is now a Guinness record-breaker. But unfortunately I did not have the privilege of meeting my great-granddad."

Of course, meeting the Comrades King, Bruce Fordyce, is high on his to-do list. Antony concludes: "He is an outstanding role model for all of humanity!"



■ In the picture Antony Clapham and CMA Chairman Peter Proctor flank a statue of Comrades founder Vic Clapham. [Comrades Marathon Association]

NEWS SHORTS FROM *ATHLETICS INTERNATIONAL*

■ The IAAF continues to work with its appointed medical and scientific experts and the international sports community, including the IOC, on the issue of **disorder of sexual development** to formulate new regulations for the management of cases of hyperandrogenism (a medical condition in particular characterised by excessive production of androgens) in athletics. This work is now at an advanced stage and will be finalised in the coming months. The intention is that new regulations will be implemented with effect from 1 May 2011.

■ **Kara Goucher**, who gave birth to a son, Colt, on 25 September, resumed training in October and will start racing in the Rock 'n' Roll Arizona half marathon on 16 January. **Paula Radcliffe**, whose son Raphael was born on 29 September, is not rushing her comeback. She has ruled out the London Marathon in April, is considering the 10000 m at the World Championships in Daegu, and the probability is that her only marathon in 2011 will be in the autumn, maybe Chicago or New York, in order to qualify for the London Olympics.

■ **Beijing** was confirmed as host of the 2015 IAAF World Championships, bringing great athletics back to the Bird's Nest Stadium. The Chinese capital was the only contender following the withdrawal of London. This follows the World Championships in Daegu (2011) and Moscow (2013).

■ The Ukrainian city of **Donetsk** has been awarded the 2013 IAAF World Youth Championships.

STATS TIME

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

2010 HALF MARATHON: TOP 10 VETERAN WOMEN

1:21:10	Michelle Bartman	1	Port Elizabeth	24 Jul
1:21:48	Tessa Burrell	2	Port Elizabeth	24 Jul
1:21:50	Maya Lawrie	3	Port Elizabeth	24 Jul
1:21:57	Joanna Thomas	1	Cape Town	10 Oct
1:23:07	Grace de Oliveira	4	Port Elizabeth	24 Jul
1:23:52	Elmarie Coetzee	5	Port Elizabeth	24 Jul
1:23:56	Sheryl de Lange	6	Port Elizabeth	24 Jul
1:25:15	Ester Brink	7	Port Elizabeth	24 Jul
1:25:20	Ursula Frans	3	Brackenfell	15 May
1:25:26A	Johanna Raubenheimer	2	De Rust	16 Oct

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: 7 December 1980

Toshihiko Seko (JPN) won the 34th edition of the Fukuoka (JPN) Marathon – his third victory in a row in this race – and the Japanese marathon title with a time of 2:09:45. He overtook Takeshi Soh (JPN) as they entered the Heiwadai Stadium for the final 1½ laps on the track. Soh ran 2:09:49 to make this the world's first marathon in which two runners finished under 2:10. Soh's twin brother, Shigeru, was fifth. The previous year the twins had finished second and third. All three Japanese runners recorded PBs. Double Olympic champion Waldemar Cierpinski (DDR) was sixth and Aussie Robert de Castella eighth. The next year (today exactly 29 years ago) De Castella would set a world record of 2:08:18 here; in 1983 he became the first world champion in Helsinki.

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)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar
	41:13	Leonard Patrick Komon (KEN)		

	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	41:13p	Leonard Patrick Komon (KEN) 2010		
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	2:08:33	Stephen Mokoka	Seoul	07 Nov
	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	Sithembele Fanekho	Port Elizabeth	24 July
	59:16	Samuel Wanjiru (KEN)	2005	

WOMENOpen

10 km	32:32	René Kalmer	New York	12 Jun
	30:45a	Lineth Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR)	2003	
15 km	51:24	Tanith Maxwell	Eersterivier	26 Jun
	47:54	Genet Getaneh (ETH)		
	46:28	Tirunesh Dibaba (ETH)	2009	
21.1 km	71:09	Irvette van Blerk	Port Elizabeth	24 July
	67:07	Elvan Abeylegesse (TUR)		
	66:25	Lornah Kiplagat (KEN)	2007	
25 km	1:36:29	René Kalmer	Johannesburg	24 Jan
	79:53	Mary Keitany (KEN)		
	79:53	Mary Keitany (KEN)	2010	
30 km	2:03:52	Farwa Mentoer	Camps Bay	10 Jan
	1:43:24	Mara Yamauchi (GBR)		
	1:38:49	Mizuki Noguchi (JPN)	2005	
Marathon	2:32:33	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

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

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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