

Distance Running Results

Vol. 10, No. 49 – 20 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.

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

A big issue to end the year with. It includes results of two of South Africa's oldest short-distance races, the Avbob 15 km, which was held for the 30th time, and the Calder Cup/Sulin Trophy 10 km, which saw its 29th running (it would also have been the 30th running, but the race was cancelled last year).

In Albufeira, Portugal, Sergey Lebid (UKR) won an amazing ninth European cross-country title. The 35-year-old runner is the only athlete to have competed in every Championships since they were established in 1994 and has achieved the astonishing feat of winning the gold medal at the majority of them.

This is the last issue of *Distance Running Results* for 2010, the tenth year of its existence. I would like to thank all the dedicated contributors for their assistance in sending results and other information during the year and answering my queries; this newsletter would not have existed without your help. A special thought goes to KZN correspondent Alen Hattingh, who is experiencing health problems and is currently in hospital.

I wish all contributors and readers compliments of the season and a wonderful, healthy and happy 2011. The next issue of DRR will be sent out on 10 January. In the meantime I will be working on the *SA Athletics Annual* for 2011.

Important notice: Subscribers who received renewal notices should please make their payments before 8 January, for either six months or the full year.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Calder Cup/Sulin Trophy 10 km, Durban
- * KwaZulu Weavers Summer Holiday 23 km, Winterton
- * Gateway Superspar 10 km, Onrus
- * Mitchells Plain Titans Half Marathon & 10 km, Mitchells Plain
- * Reconciliation Day 10 km, Guguletu
- * Illovo Sugar 15 km Christmas Challenge, Durban
- * Avbob 15 km, Table View
- * Volkswagen/Johnson Controls 10 km, Despatch
- * Noordkaap Makelaars Magersfontein Races, Kimberley
- * Palm Tyres Half Marathon & 10 km, George
- * Chas Everitt Ernst Louw Memorial Race, Little Brak River
- * Track: Yellow Pages Summer Series, Parow, Port Elizabeth, Oudtshoorn & Stellenbosch

International highlights:

- * Honolulu Marathon, Honolulu, USA
 - * Silvesterlauf Zürich, Zürich, SUI
 - * Course de Noël, Sion, SUI
 - * XC: SPAR European Cross-country Championships, Albufeira, POR; Cross Hiru-Herri/Trofeo "Reyno de Navarra", Burlada, ESP; Foot Locker Cross-country Championships, San Diego, USA
 - * Track: Zatopek Classic, Melbourne, AUS
-

ROAD RUNNING**Calder Cup/Sulin Trophy 10 km** (29th)

Durban, 19 December
(Loop course)

Note: This race was not held in 2009. – Ed.

MEN

1. Enock Manyande (Nedbank) 30:53, 2. Mthethwa Goqo (Nedbank) 30:59, 3. Joseph Mandizha (Formula One) 32:01.

40-49: 1. Willie Majombozi (Boxer) 36:09. **50-59:** 1. Ackim Mhlanzi (Savages) 38:09. **60+:** 1. Mbhekiseni Mchunu (Savages) 43:14. **Juniors:** 1. Sabelo ? (Marianridge) 33:59.

WOMEN

1. Alicen Manake (Formula One) 37:34, 2. Jadi Clark (Stella) 42:34, 3. Sandy de Beer (SANDF) 43:00 (1st vet).

40-49: 1. Sandy de Beer (SANDF) 43:00. **50-59:** 1. Sheree Kirsten (PDAC) 53:27. **60+:** 1. Lindy Bell (Queensburgh) 57:13. **Juniors:** 1. Katia Kirkwood (Eskom Gijimas) 1:22:55.

KwaZulu Weavers Summer Holiday 23 km

Winterton, 19 December
(Point-to-point course)

MEN

1. Blessing ? (Temp) 1:19:05; 2. Washington Zuma (Mr Price) 1:19:25; 3. Thembinkosi Maphalala (KZN Striders) 1:19:34.

40-49: 1. Bethuel Mlambo (Nedbank) 1:26:34. **50-59:** 1. Joseph Dumakude (Veralum AC) 1:39:28. **60+:** 1. Fred Medlock (Hillcrest Villagers) 2:06:23. **Juniors:** 1. Wandile Zungu (KZN Striders) 1:43:45; 2. Roy Robert (Newcastle) 2:07:54.

WOMEN

1. Tracey Zunckel (Escourt) 1:42:09; 2. Sally Scott (Coaligians) 1:43:22; 3. Sibongile Ziqubu (Eskom Gijimas) 1:47:07.

40-49: 1. Evelyn Swart (Newcastle Harriers) 1:54:48. **50-59:** 1. Sandy Fishmer (Hilton Harries) 1:53:33. **60+:** 1. Dixie Brown (Escourt) 2:19:21. **Juniors:** 1. Khanyisile Thabethe (KZN Striders) 1:56:39.

Gateway Superspar 10 km

Onrus, 18 December

(Loop course. Finishers: 253.)

MEN

1	Alfred	Tshabeni	Whalers	36:17
2	Michael	Boesak	Whalers	37:20
3	Larne	Alexander	UCT	38:53
4	Christiaan	de Wet	Whalers	39:15
5	Herman	de Vries	Temp	39:42
6	Baba	Seitumeng	Whalers	39:54
7	Theuns	Mathee (1 st vet)	Strand	40:03
8	Darren	Vermeulen	Randburg	40:28
9	J	Raubenheimer	Temp	41:17
10	Gys	van den Berg	Vaal AC	41:59

40-49:

1	Theuns	Mathee	Strand	40:03
2	Aubrey	Symington	AAC	43:22
3	Gerhard	Vermeulen	Worcester	45:11

50-59:

1	Natale	Roelofse	Worcester	46:22
2	Frank	Gillion	Whalers	47:00
3	Neil	Ebing	WPCC	47:42

60-69:

1	Roelof	van Weele	Whalers	50:07
2	Juan	Schewitz	Rockies	54:29

70+:

1	Leo	Benning	Whalers	62:37
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Juniors:

1	Henrico	Hunter	Worcester	46:05
2	Morne	Taljaard	Temp	60:31

WOMEN

1	Louise	Erasmus (1 st vet)	Whalers	43:31
2	Ingrid	Peens	Temp	44:51
3	Annatjie	Kilian	Durbanville	47:08
4	Veronica	van Niekerk (1 st g'mast)	EGA	47:22
5	Ina	Lagerwall	Magnolia	47:45
6	Griet	Zakarian	Hantam	49:05
7	Anzel	du Plessis	Whalers	50:10
8	Jana	Taljaard	Temp	50:36
9	Christine	Hibberd (1 st mast)	Whalers	50:52
10	Elmarie	du Toit	Akasia	52:14

40-49:

1	Louise	Erasmus	Whalers	43:31
2	Ina	Lagerwall	Magnolia	47:45
3	Griet	Zakarian	Hantam	49:05

50-59:

1	Christine	Hibberd	Whalers	50:52
2	Elmarie	du Toit	Akasia	52:14

60-69:

1	Veronica	van Niekerk	EGA	47:22
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70+:

1	Arlene	Ehrenberg	Whalers	78:58
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Juniors:

1	Jana	Taljaard	Temp	50:36
2	Marina	Badenhorst	Bredasdorp	57:07
3	Rozelle	Bootha	Whalers	60:48

Mitchells Plain Titans Half Marathon & 10 km

Mitchells Plain, 18 December

(Distances: 21.1 km & 10 km; certified out-and-back courses)

Half marathon

MEN

1. Mthandazo Qhina (Gugs) 67:11; 2. Sityhilo Diko (Ned CGA) 68:19; 3. Luxolo Mdzanga (Gugs) 70:09 (1st jun); 4. Innocent Noqwaza (Adid) 70:16; 5. Riaan Wildskut (ATC) 71:34; 6. Graham Katzen (Celtic) 72:48 (1st vet); 7. Monde Mpamnyama (Celtic) 72:53; 8. Thandile Joseph (East) 73:19; 9. Godwin Swartz (Elsies) 73:43; 10. Riaan Witbooi (Eerste) 74:08; 11. Mandla Pangalele (Gugs) 74:45; 12. Nelson Bass (UCT) 76:05; 13. Zolani Sowazi (Gugs) 76:58; 14. B. Lephallo (Strand) 77:11; 15. Johnny Persents (Adid) 77:11; 16. Raymond Howard (Celtic) 77:25 (1st mast); 17. Rachan Scholtz (Elsies) 77:48; 18. Bruce Stewart (Gugs) 79:41; 19. Johan van Zyl (Tyger) 79:59; 20. Xolani Makinang (Gugs) 80:06.

Veterans: 1. Graham Katzen (Celtic) 72:48; 2. Johnny Persents (Adid) 77:11; 3. Bruce Stewart (Gugs) 79:41. **Masters:** 1. Raymond Howard (Celtic) 77:25; 2. Steven Parkins (Met) 81:34; 3. Eric Mlonyeni (Ned) 81:51. **G'masters:** 1. Albertus Bock (Adid) 1:38:20; 2. Kevin Kohler (Edge) 1:39:01; 3. James Bhana (Ind) 1:41:00. **G/g'masters:** 1. Joppie Hattingh (Bell) 1:58:22; 2. Abubakar Marcus (ARD) 2:32:40; 3. Derry Devine (VOB) 2:33:25. **Juniors:** 1. Luxolo Mdzanga (Gugs) 70:09; 2. Thandile Joseph (East) 73:19; 3. Godwin Swartz (Elsies) 73:43.

WOMEN

1. Zintle Xiniwe (Ned) 84:03; 2. Bulelwa Mtshagi (Celtic) 87:00; 3. Candyce Hall (Hout) 87:14; 4. Kutlwana Ramaboa (WC) 87:39; 5. Ursula Frans (Adid) 87:51 (1st vet); 6. Busisiwe Matiwane (Celtic) 94:48; 7. Sandra van Graan (Edge) 95:13; 8. Christa Mulder (Adid) 95:41; 9. Taraya Stanford (Ind) 98:58; 10. Tanya Kapp (VOB) 99:18; 11. Anita Oppel (Durb) 99:29; 12. Natalie Cloete (Durb) 1:41:51; 13. Dawn Middelkoop (VOB) 1:42:16 (1st mast); 14. Martha Pretorius (Top) 1:43:29; 15. Cailey Bredenkamp (Paarl) 1:45:09; 16. Arina Cilliers (Orak) 1:47:44; 17. Lindie Bouwer (Sanlam) 1:48:26; 18. Wendy Junsin (Edge) 1:48:59; 19. Lorna Loubser (Sanlam) 1:49:04; 20. Anne Pool (Strand) 1:49:18.

Veterans: 1. Ursula Frans (Adid) 87:51; 2. Sandra van Graan (Edge) 95:13; 3. Christa Mulder (Adid) 95:41. **Masters:** 1. Dawn Middelkoop (VOB) 1:42:16; 2. Helen du Plessis (Tyger) 1:50:33; 3. Marié Barnard (RWFL) 1:57:22. **G'masters:** 1. Pixie Sparg (Celtic) 1:54:04; 2. Dolla Naurattel (Ceres) 2:20:39; 3. Marianne Nelson (Durb) 2:33:04.

10 km

MEN

1. Siyabonga Makhaluza (East) 31:46 (1st jun); 2. Bongile Tshekula (Easdt) 32:29; 3. Nkosinathi Sotyantya (Celtic) 32:33.

Veterans: 1. Michael Bekapi (VOB) 36:47; 2. Andries Ntsizakalo (Ned) 36:53; 3. Percy Kelly (Celtic) 37:10. **Masters:** 1. Julian Paul (SANDF) 41:07; 2. Derick Rondganger (Telkom) 43:38; 3. Robert Arnold (Top) 44:27. **G/g'masters:** 1. Vincent Kingwell (VOB) 82:24. **Juniors:** 1. Siyabonga Makhaluza (East) 31:46; 2. Nkosinathi Sotyantya (Celtic) 32:33; 3. Terrence Kahn (Gugs) 32:34.

WOMEN

1. Asiphe Sikabalanjana (Gugs) 39:41 (1st jun); 2. Mariëtte Esterhuyse (Tyger) 41:41 (1st vet); 3. Patricia Adams (Met) 42:17.

Veterans: 1. Mariëtte Esterhuyse (Tyger) 41:41; 2. Patricia Adams (Met) 42:17; 3. Glenda Werth (Met) 43:08. **Masters:** 1. Charmaine Cupido (Ned) 45:48; 2. Levona Paul (SANDF) 50:04; 3. Joy Riviera (SH) 59:03. **G'masters:** 1. Mariëtha Herbert (Bell) 51:51; 2. Cynthia Kavanagh (Edge) 61:25; 3. Irene Eygelaar (Edge) 63:53. **G/g'masters:** 1. Magdalene Johnson (Tyger) 83:12; 2. Mariam Kahn (Ommie) 91:03. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 39:41; 2. Londeca Miya (Gugs) 53:55; 3. Sinead Hattingh (Ned) 63:54.

Reconciliation Day 10 km

Guguletu, 16 December
(Certified loop course)

MEN

1. Zolani Ntongana (MP) 30:13; 2. Athony Godongwana (Celtic) 30:31; 3. Siyabonga Makhaluza (East) 30:35 (1st jun); 4. Mthandazo Qhina (Gugs) 30:47; 5. Sityhilo Diko (Ned CGA) 31:02; 6. Luxolo Mdzanga (Gugs) 32:05; 7. Innocent Nogwaza (Adid) 32:06; 8. Bonisile Ngculana (AAC) 32:12; 9. Wongalethu Meleni (VOB) 32:27; 10. Gcobani Mndi (Gugs) 32:35; 11. Asive Njenxa (Khay) 33:10; 12. Mande Mpemnyana (Celtic) 33:24; 13. Xolile Macanda (Ned) 33:33; 14. Thandile Joseph (East) 33:36; 15. Godwin Swartz (Elsies) 33:41; 16. Eric Mdoda (East) 33:47; 17. Nicholas Mduyana (Celtic) 33:56; 18. Mandla Pangalele (Gugs) 33:58; 19. Luyanda Mapoyi (Khay) 34:22; 20. Barend Abrahams (Itheko) 34:26.

Veterans: 1. John September (Celtic) 34:29; 2. Michael Bekapi (VOB) 36:20; 3. Andries Ntsizakalo (Ned) 36:21. **Masters:** 1. Eric Mlonyeni (Ned) 37:38; 2. Goodman Mpukane (Gugs) 37:53; 3. Shafiek Cassiem (Celtic) 38:05. **G'masters:** 1. Kevin Kohler (Edge) 44:44; 2. Henry Cleophas (Ned) 47:14; 3. Roger Davis (Celtic) 47:30. **Juniors:** 1. Siyabonga Makhaluza (Easdt) 30:35; 2. Luxolo Mdzanga (Gugs) 32:05; 3. Gcobani Mndi (Gugs) 32:35.

WOMEN

1. Zintle Xiniwe (Ned) 34:44; 2. Nomvuyisi Seti (MP) 37:47; 3. Asiphe Sikabalanjana (Gugs) 38:26 (1st jun); 4. Busisiwe Matiwane (Celtic) 40:07; 5. Ursula Frans (Adid) 40:23 (1st vet); 6. Kim Woolrich (Celtic) 40:33; 7. Mariëtte Esterhuyse (Tyger) 42:10; 8. Candyce Hall (Hout) 42:50; 9. Tanya Kapp (VOB) 42:50; 10. Sandra van Graan (Edge) 43:19; 11. Bulelwa Simae (Ned) 43:41; 12. Christa Mulder (Adid) 43:57; 13. Cheryl Rudolph (East) 44:58; 14. Kirsten O'Sullivan (Harf) 45:13; 15. Charmaine Cupido (Ned) 46:43 (1st mast); 16. Megan Lloyd (Ind) 47:01; 17. H. Wright (Ind) 48:10; 18. Lindie Bouwer (Sanlam) 48:17; 19. Norma Nonkonyana (Adid) 48:21; 20. Megan Galloway (Ind) 48:54.

Veterans: 1. Ursula Frans (Adid) 40:23; 2. Mariëtte Esterhuyse (Tyger) 42:10; 3. Tanya Kapp (VOB) 42:50. **Masters:** 1. Charmaine Cupido (Ned) 46:43; 2. Helen du Plessis (Tyger) 49:33; 3. Denise Johannes (SH) 50:22. **G'masters:** 1. Mariëtha Herbert (Bell) 51:31; 2. Pixie Sparg (Celtic) 52:31; 3. Annatjie Berntzen (Tyger) 68:42. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 38:26; 2. Lusanda Mesibani (Khay) 49:51; 3. Gaylon Atsom (MPT) 51:51.

Illovo Sugar 15 km Christmas Challenge (17th)

Durban, 12 December

(Loop course)

MEN

1.	Samuel Pazanga	Mr Price AC	49:22 (R300)
2.	Richard Nene	Mr Price AC	50:45 (R250)
3.	Thabiso Ngalonkulu	Chatsworth AC	50:47 (R150)

All age categories the same prize money – R150, R100, R75:

40-49:

1.	Petros Sosibo	Mr Price AC	51:03
2.	Willie Majombozi	Boxer AC	56:23
3.	Sibusiso Ntuli	Nedbank AC	57:46

50- 59:

1.	Eloi de Oliveria	Boxer AC	56:54
2.	Edmond Mngadi	Stella AC	59:53
1.	Jeremiah Ngwenya	Boxer AC	60:38

60+

1.	Petros Shumi	Zabalaza AC	67:51
2.	Mbekeseni Mchunu	Savages AC	69:56
3.	Moray Calder	Howick AC	74:23

WOMEN (Same prize money as men)

1.	Tanith Maxwell	Boxer AC	61:34
2.	Maya Lawrie	Boxer AC	62:29
3.	Janine Carey	Boxer AC	63:23

40-49:

1.	Maya Lawrie	Boxer AC	62:23
2.	Grace de Oliveria	Boxer AC	64:11
3.	Sandy de Beer	SANDF	69:20

50-59:

1.	Debbie de Koning	Escom Gij	70:40
2.	Zoe Buchan	Savages AC	77:46
3.	Jane Baker	DAC	82:06

60+

1.	Bets Greyling	Sunward AC	94:35
2.	Maggie Marshall	Ind	105:55
1.	Nthombi ?	Imamba AC	106:00

Avbob 15 km (30th)

Table View, 11 December

(Certified loop course. Finishers: 826.)

MEN

1	Mthandazo	Qhina	RCS Gugs	34	47:22
2	Anthony	Godongwana	Celtics	30	48:08
3	Siyabonga	Makhaluza	Easterns	17	48:13
4	Elroy	Gelant	Itheko	24	49:00
5	Sityhilo	Diko	Nedbank	20	49:42
6	Marks	Mpekula	VOB	30	50:52
7	Luxolo	Mdzanga	RCS Gugs	18	51:05
8	Bonisile	Ngculana	Atlantic	34	51:06
9	Gcobani	Mndi	RCS Gugs	17	51:09
10	T	Joselolt	Easterns	17	51:36

11	Vladimir	Kotov	BLR/Century City	52	51:51
12	Godwin	Swartz	Elsiesrivier	18	53:12
13	Hannes	Pelser	Nedbank	27	53:15
14	Mandwa	Pangalele	RCS Gugs	32	53:27
15	Shaun	Abrahams	Adidas	40	53:33
16	Zolani	Sonazi	RCS Gugs	29	55:21
17	Warren	Jeppe	VOB	29	55:45
18	Michael	Bekapi	VOB	49	57:00
19	Andries	Swanepoel	Brackenfell	41	57:02
20	R	Gebenga	Atlantis	34	57:03

WOMEN

1	Nomvuyisi	Seti	Mr Price	29	59:31
2	Asiphe	Sikabalanjana	RCS Gugs	19	59:55
3	Bulelwa	Mtshagi	Celtics	30	1:00:50
4	Bulelwa	Simae	Nedbank	33	1:01:45
5	Candyce	Hall	Hout Bay	26	1:02:08
6	Busisiwe	Matiwane	Celtics	35	1:02:20
7	Patricia	Adams	Metropolitan	40	1:06:47
8	Dawn	Middelkoop	VOB	50	1:06:52
9	Sandra	Van Graan	Edgemoed	42	1:07:53
10	Christa	Mulder	Adidas	48	1:08:10
11	Ronel	Steenkamp	Durbanville	40	1:08:27
12	Elizabeth	De Gouveia	Durbanville	36	1:09:07
13	Charmaine	Cupido	Nedbank	54	1:10:37
14	Cheryl	Rudolph	Easterns	49	1:10:40
15	L	Van Niekerk	Temp	26	1:10:57
16	Tilda	Krugmann	West Coast	53	1:11:05
17	Melissa	Rothmam	New Balance	46	1:11:08
18	Lezindy	Louw	Run Walk For Life	38	1:11:08
19	Marie	Louw	Adidas	44	1:11:17
20	Priscilla	Knowles	Metropolitan	35	1:11:25

Volkswagen/Johnson Controls 10 km

Despatch, 11 December

(Loop course. Finishers: 273.)

MEN

1	Lusapho	April	Temp	28	30:34
2	George	Ntshiliza	Nedbank RC EP	31	30:36
3	Ivan	Ambraal	Temp	21	31:26
4	Mzolisi	Makhandla	Nedbank RC EP	28	31:35
5	Zolani	Mabongo	Mr Price AC EP	24	32:19
6	Sandile	Ngunuza	Nedbank RC EP	28	32:22
7	Lubabaloo	Mdlungwane (1 st jun)	PEAAC	17	32:28
8	Zolani	Ngqaqa	Mr Price AC EP	21	33:14
9	Juwayne	Fletcher	Mr Price AC EP	19	34:00
10	Alfred	Qogi	Nedbank RC EP	37	34:19
11	Mutekile	Rasmeni (1 st vet)	Triangle Sports	45	35:08
12	Willie	Ensel	Nedbank RC EP	33	35:22
13	Zandisile	Mpisane	Mr Price AC EP	27	35:50
14	Welcome	Loliwe	Nedbank RC EP	46	35:57
15	Lubabalo	Jusayi	Mr Price AC EP	19	35:57
16	Vusumzi	Runeli	Nedbank RC EP	38	36:08
17	Hernus	Sass	Nedbank RC EP	46	36:29
18	John	Rafani	Nedbank RC EP	43	36:48

19	Sonwabo	Hina	PEAAC	20	37:06
20	Alfred	Spiers (1 st mast)	Elite AC	50	37:33
40-44:					
1	John	Rafani	Nedbank RC EP	43	36:48
2	Christo	Muller	Body Concept	42	39:09
3	Elroy	Matthews	Nedbank RC EP	41	41:08
45-49:					
1	Mutekile	Rasmeni	Triangle Sports	45	35:08
2	Welcome	Loliwe	Nedbank RC EP	46	35:57
3	Hernus	Sass	Nedbank RC EP	46	36:29
50-54:					
1	Alfred	Spiers	Elite AC	50	37:33
2	Charles	Baatjies	Elite AC	54	38:20
3	Sidwel	Roboshi	Nedbank RC EP	50	39:14
55-59:					
1	Mbulelo	Sobikwa	Crusaders AC	56	47:29
2	Younus	Amod	Malabar AC	57	47:32
3	Mof	Botha	Achilles AAA	55	53:10
60-64:					
1	Hannes	Els	Madiba Bay AC	60	42:54
2	Johannes	Herbst	Muirite Striders	64	45:12
3	Piet	Meyer	St Albans CS EP	61	49:51
65-69:					
1	Tamsanqa	Jusayi	Mr Price AC EP	68	41:19
2	Jan	Von Mollendorf	Elite AC	65	53:54
3	Robin	Clark	Achilles AAA	69	58:54
70-74:					
1	Michael	Collins	PEAAC	72	48:21
2	Henry	Human	VWAC	71	1:01:59
3	John	Peart	Nedbank RC EP	74	1:10:38
Juniors:					
1	Lubabaloo	Mdlungwane	PEAAC	17	32:28
2	Juwayne	Fletcher	Mr Price AC EP	19	34:00
3	Lubabalo	Jusayi	Mr Price AC EP	19	35:57
WOMEN					
1	Ntombesintu	Mfunzi	Mr Price AC EP	28	37:37
2	Deliwe	Nyanga	Nedbank RC EP	21	38:32
3	Liziwe	Mabona	Tukkies	22	39:25
4	Grizelda	Pietersen (1 st vet)	Achilles AAA	42	45:35
5	Lizette	Sydien	Elite AC	24	46:09
6	Janette	Schierz-Crusius (1 st mast)	Body Concept	50	46:17
7	Megan	Wilson (1 st jun)	Charlo RR	15	49:25
8	Adele	Nel	St Albans CS EP	37	49:51
9	Tiani	Claassen	Temp	20	50:18
10	Liz	Grundlingh (1 st g'mast)	Muirite Striders	63	50:52
11	Kimberley	Wilson	Charlo RR	15	52:19
12	Yolande	Knoetze	Elite AC	43	52:46
13	Terray	Newcombe	Nedbank RC EP	19	53:33
14	Amanda	Wolmarans	Temp	52	54:16
15	Christa	Meuwesen	Bluewater Bay	44	54:26
16	Jos	Els	Madiba Bay AC	58	54:49
17	Madelein	Fourie	Muirite Striders	33	54:51
18	Doris	Liberty	Elite AC	50	55:33
19	Janneke	Wolmarans	Temp	22	55:37
20	Leta	Dos Santos	Walmer AC	46	55:38

40-44:

1	Grizelda	Pietersen	Achilles AAA	42	45:35
2	Yolande	Knoetze	Elite AC	43	52:46
3	Christa	Meuwesen	Bluewater Bay	44	54:26

45-49:

1	Leta	Dos Santos	Walmer AC	46	55:38
2	Petra	Pienaar	Bluewater Bay	46	56:03
3	Ronell	Niksich	Elite AC	48	56:23

50-54:

1	Janette	Schierz-Crusius	Body Concept	50	46:17
2	Amanda	Wolmarans	Temp	52	54:16
3	Doris	Liberty	Elite AC	50	55:33

55-59:

1	Jos	Els	Madiba Bay AC	58	54:49
2	Marcelle	Harran	Body Concept	56	59:41
3	Anna	Gerber	Absa NMMU AC	57	1:10:01

60-64:

1	Liz	Grundlingh	Muirite Striders	63	50:52
2	Denise	Terblanche	Walmer AC	63	1:07:43
3	Anna	Schnetler	PEAAC	63	1:22:36

65-69:

1	Orgia	Nell	Muirite Striders	67	1:07:14
2	Norah	Beukes	Crusaders AC	65	1:26:23

70-74:

1	Dorothy	Hart	PEAAC	72	1:01:25
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Juniors:

1	Megan	Wilson	Charlo RR	15	49:25
2	Kimberley	Wilson	Charlo RR	15	52:19
3	Terray	Newcombe	Nedbank RC EP	19	53:33

Noordkaap Makelaars Magersfontein Races

Kimberley, 12 December

(Distances: 25 km & 10 km. Finishers: 25 km – 106; 10 km – 47.)

Note: Marlie Hunt was 8th overall in the 25 km and Karien van der Merwe 4th in the 10 km.
– Ed.

25 km**MEN**

1	Active Hikwane	Sesheng AC	23	1:35:20
2	S Magida	KMSCB	24	1:38:42
3	Patrick Moeng	VKRR	37	1:41:37
4	Schalk Kagisho	Seshen AC	23	1:47:44
5	Elridge de Koker	Sishen	22	1:48:59
6	Geoff Hunt	Kbly Pirates	30	1:49:42
7	Bernard Setuti	Sesheng AC	32	1:56:18
8	Josua ?		30	1:58:52
9	Loyd Makie	Finlime	45	1:59:01
10	Boitumelo Thagakane	Sesheng AC	21	1:59:02

WOMEN

1	Marlie Hunt	Kbly Pirates	27	1:57:09
2	Surien van Litsenborgh	Ind	32	2:15:33
3	Leana Esterhuizen	Bfn Striders	36	2:19:43
4	Elize Kruger	Kbly Harriers	52	2:20:58

5	Marlese Smith	Bfn Striders	33	2:20:59
6	C Pelser	Kbly Pirates	45	2:20:59
7	Elsabe de Klerk	Bfn Nedbank Achilles	53	2:24:29
8	Trudie Oosthuizen	Bfn Nedbank Achilles	48	2:24:29
9	Heidi Coetzer	Finlime Harriers	31	2:27:13
10	Natale Louw	Ind	34	2:28:45
51	Carmen Ward	VKRR	39	2:30:50

10 km

MEN

1	Johannes Swiegers	VKRR	27	36:13
2	Itumeleng Dipitsi	CUT Athletic Club	26	38:07
3	Choi Asnak	VKRR	21	42:19
4	Victor Kleinjan	Kbly Pirates	48	57:41
5	Andries du Plessis		53	57:42
6	Albie Muller	Hartenbos Harriers	59	59:15
7	W Goldblatt	Kbly Pirates	57	59:25
8	David Menezes		42	1:00:32
9	Roc Wilson		50	1:02:09
10	Armand van Eck	Ind	25	1:04:01

WOMEN

1	Karien v.d. Merwe	Kbly Pirates	33	57:27
2	A Coetzee	Ind		58:29
3	Thalita Gresse	Ind	28	59:22
4	Maureen van Wyk		39	1:00:33
5	Mariza ?	VKRR	43	1:02:27
6	Jeanette Harding	Ind		1:02:59
7	N Liebenberg	Ind	24	1:04:01
8	Hester du Toit	Ind	31	1:05:20
9	Maurida Halliday	Ind	35	1:08:36
10	Gill Smalberger	Ind		1:09:25

Palm Tyres Half Marathon & 10 km

George, 11 December

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 120; 10 km – 98.)

Half marathon

MEN

1	Lindile Tokota	Nedbank	43	1:14:39
2	Vuyo Witbooi	Outeniqua Harriers	35	1:16:41
3	Melikhaya Msizi	Knysna	27	1:16:57
4	Jan Ischaks	Rainbow	24	1:21:44
5	Siyabonga Madala	Rainbow	25	1:21:57
6	Dawie Matroos	Rainbow	36	1:24:30
7	Mauritz Jansen v Rensburg	New Balance FS	39	1:25:20
8	Gerald Willeman	Rainbow	30	1:25:37
9	Jimmy Heneke	Rainbow	35	1:26:59
10	Anton Chevalier	Nedbank	45	1:27:17

WOMEN

1	Sheryl de Lange	Adidas	42	1:31:14
2	Alison Jordaan	Outeniqua Harriers	44	1:33:29
3	Helga Mathee	New Balance Eden	35	1:35:07
4	Annatjie Botes	Nedbank	53	1:38:37
5	Marie Wolmarans	Nedbank	54	1:40:39

6	Lisl Grobler	Knysna	34	1:41:47
7	Elize Kloppers	Hartenbos	40	1:45:01
8	Elana Buckley	Nedbank	35	1:47:57
9	Suzaan Kruger	Outeniqua Harriers	27	1:53:14
10	Rome Phillipson	Mossel Bay	28	1:53:15

10 km

MEN

1	Frans Malgas	Knysna	20	33:08
2	Julius Korkee	Rainbow		33:55
3	Juan Pretorius	Hartenbos	28	34:16
4	Zamdisile Ngeva	Nedbank	32	35:08
5	Joey Klaasen	Rainbow	40	35:17
6	Granville Hendricks	Rainbow	27	35:51
7	Aubrey Brinkhuis	Knysna	40	39:00
8	Dimitri Oktober	Rainbow	15	39:34
9	Philipus du Toit	Hartenbos	44	40:05
10	Sidwell Oktober	Rainbow	52	41:28

WOMEN

1	Kerry Roos	Knysna	32	41:42
2	Johanna Claassen	Nedbank	42	42:54
3	Petra Rossouw	Nedbank	33	49:23
4	Lizel Fivaz	Hartenbos	42	50:42
5	Natasha le Roux	Nedbank	36	51:18
6	Linda Jooste	Hartenbos	26	52:38
7	Taschyana Hurter	Hartenbos	31	52:39
8	Ria Mattheus	Plettenberg Bay	52	53:08
9	Liedie Coetzee	Plettenberg Bay	60+	55:40
10	Madelein Leonard	Nedbank	35	56:02

Chas Everitt Ernst Louw Memorial Race

Little Brak River, 8 December

(Distance: 10 km; out-and-back course. Finishers: 159.)

MEN

1.	Luwayne Duitsjan	Hartenbos Drawwers	33:46
2.	Fana Principal (1 st vet)	Rainbow AC	33:49
3.	Juan Pretorius	Hartenbos Drawwers	34:29

40-49:

1.	Fana Principal	Rainbow AC	33:49
2.	Selwyn Losper	Nedbank RC	36:55

50-59:

1.	Hermanus Jonkerman	Outeniqua Harriers	39:09
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60-69:

1.	Plaattjie Cronje	Outeniqua Harriers	51:25
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70+:

	Karl Hoffmann	Ind	1:05:56
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Juniors:

1.	Bradley Pienaar	Hartenbos Drawwers	46:34
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WOMEN

1.	Annatjie Botes (1 st mast)	Nedbank RC	43:47
2.	Lize Cornelius	Hartenbos Drawwers	45:11
3.	Marie Wolmarans	Nedbank RC	46:26

40-49:

1.	Kleintjie v. Schalkwyk	Hartenbos Drawwers	47:46
2.	Tina van Wyk	Nedbank RC	49:16

50-59:

1.	Annatjie Botes	Nedbank RC	43:47
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60-69:

1.	Rea Oosthuizen	Hartenbos Drawwers	50:25
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Juniors:

1.	Helene Muller	Hartenbos Drawwers	48:45
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TRACK**Yellow Pages Summer Series**

Parow, 18 December

MEN

1 mile:

1 Dean Brummer 4:07.94, 2 Samson Ngoepe 4:11.12, 3 D. Fortuin 4:14.81.

WOMEN

1000:

1 Nolene Conrad 2:55.34, 2 Dominique Scott 3:00.01, 3 Linda Hanekom 3:06.37.

Yellow Pages Summer Series

Port Elizabeth, 15 December

MEN

1 mile:

1. Tshamano Setone 4:09.06
 2. Samson Ngoepe 4:09.89
 3. Folavia Sehohle 4:10.73
 4. I. Ambraal 4:29.67
 5. B. Niwa 4:35.50

WOMEN

3000:

1. Irvette van Blerk 9:35.87
 2. Nolene Conrad 9:38.05
 3. Christine Kalmer 10:00.06
 4. Deliwe Nyanga 11:07.33

Yellow Pages Summer Series

Oudtshoorn, 13 December

MEN

800:

1. Samson Ngoepe 1:52.17
 2. Tlou Seloba 1:52.45
 3. Rick Hambridge 1:56.02
 4. Jurgen Burger 1:59.47
 5. Marlo van Wyngaardt 2:00.67

1 mile:

1. Tshamano Setone 4:03.90
2. Folavia Sehohle 4:06.72
3. Samson Ngoepe 4:11.56
4. Ettienne Plaatjies 4:14.30

3000:

1. Jacques Pretorius 8:34.97
2. Adriaan Geldenhuys 8:35.32
3. Dean Brummer 8:35.75
4. Edwin Molepo 8:36.48

WOMEN

800:

1. Mandie Brandt 2:12.56
2. Mpaseka Makhanya 2:13.27
3. Danielle Coetzee 2:20.37
4. Zandri Ras 2:32.13
5. C. Coetzee 2:36.18

1500:

1. Irvette van Blerk 4:27.55
2. Mpaseka Makhanya 4:32.33
3. Mandie Brandt 4:32.91
4. Nolene Conrad 4:39.79
5. Christine Kalmer 4:44.33

Yellow Pages Summer Series

Stellenbosch, 10 December

MEN

1 mile:

1. Tshamano Setone 4:13.58
2. Samson Ngoepe 4:13.95
3. Folavia Sehohle 4:14.20
4. Abedingo Mashaba 4:18.90
5. Tlou Seloba 4:20.14

WOMEN

1000 (hand times):

1. Mpaseka Makhanya 2:49.9
 2. Mandie Brandt 2:51.0
 3. Juane Cilliers 2:53.2
 4. Nolene Conrad 2:55.7
 5. Dominique Scott 2:58.7
 6. Linda Hanekom 3:09.7
 7. Adri Meyer 3:13.2
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INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING**Honolulu Marathon** (38th)

Honolulu, USA, 12 December

(Distance: 42.195 km; certified out and back course)

MEN (gun times)

- | | | |
|----------------------------------|---------|----------|
| 1. Nicholas Chelimo, 1983, KEN | 2:15:18 | \$40,000 |
| 2. Richard Limo, 1980, KEN | 2:17:18 | 16,000 |
| 3. Solomon Bushendich, 1984, KEN | 2:19:54 | 10,000 |

WOMEN (gun times)

- | | | |
|----------------------------------|------------|----------|
| 1. Belainesh Gebre, 1987, ETH | 2:32:13 DB | \$40,000 |
| 2. Svetlana Zakharova, 1970, RUS | 2:33:01 | 16,000 |
| 3. Kaori Yoshida, 1981, JPN | 2:39:02 | 10,000 |

Silvesterlauf Zürich (34th)

Zürich, SUI, 12 December

(Distances: Men, 8.8 km; Women, 6.3 km)

MEN (extended times)

- | | |
|-------------------------------|---------|
| 1. Paul Kipkorir, 1984, KEN | 25:32.4 |
| 2. Abraham Tadesse, 1982, ERI | 25:35.2 |
| 3. Daniel Chebii, 1985, KEN | 25:35.3 |
| 4. Simon Tesfay, 1985, ERI | 25:38.4 |
| 5. Daniel Kiptum, 1978, KEN | 25:40.3 |

WOMEN (extended times) -

- | | |
|---------------------------------------|---------|
| 1. Caroline Chepkwony, 1985, KEN | 20:48.8 |
| 2. Andrina Schläpfer, 1993, SUI | 20:49.9 |
| 3. Maja Neuenschwander, 1980, SUI | 20:52.5 |
| 4. Patricia Morceli-Bühler, 1974, SUI | 20:53.4 |
| 5. Christina Carruzzo, 1981, SUI | 21:16.6 |

Course de Noël (42nd)

Sion, SUI, 11 December

(Distances: Men, 7.35 km; Women, 5.25 km)

MEN (extended times)

- | | |
|--------------------------------|---------|
| 1. Paul Kipkorir, 1984, KEN | 19:47.4 |
| 2. Daniel Chebii, 1985, KEN | 20:08.9 |
| 3. Wissem Hossni, 1985, TUN | 20:14.1 |
| 4. Alemayehu Vodajo, 1987, ETH | 20:15.1 |
| 5. Daniel Kiptum, 1978, KEN | 20:34.4 |

WOMEN (extended times)

- | | |
|----------------------------------|---------|
| 1. Ejegayehu Dibaba, 1982, ETH | 15:54.6 |
| 2. Caroline Chepkwony, 1985, KEN | 16:33.3 |
| 3. Christina Carruzzo, 1981, SUI | 17:04.9 |
| 4. Valérie Lehmann, 1980, SUI | 17:20.1 |

5. Cecilia Sampietro, 1983, ITA 17:38.8

CROSS-COUNTRY

SPAR European Cross-country Championships (17th)

Albufeira, POR, 12 December

SR. MEN (9870 m):

Teams: 1. FRA, 33 points; 2. POR, 35; 3. ESP, 58; 4. ITA, 96; 5. GBR, 99; 6. RUS, 106; 7. IRL, 142; 8. DEN, 181; 9. FIN, 184; 10. LAT, 254.

1. Sergey LEBID, UKR	29:15	Gold
2. Ayad LAMDASSEM, ESP	29:18	Silver
3. Youssef EL KALAI, POR	29:19	Bronze
4. Abdellatif MEFTAH, FRA	29:21	
5. Mourad AMDOUNI, FRA	29:21	
6. Andrea LALLI, ITA	29:28	
7. Eduard MBENGANI, POR	29:29	
8. Rui Pedro SILVA, POR	29:32	
9. Jesus ESPAÑA, ESP	29:32	
10. Mokhtar BENHARI, FRA	29:34	
... 17. Rui SILVA, POR	29:44	

SR. WOMEN (8170 m):

Teams: 1. POR, 19 points; 2. GBR, 65 points; 3. ESP, 72; 4. FRA, 79; 5. RUS, 101; 6. IRL, 132; 7. ITA, 147.

1. Jessica AUGUSTO, POR	26:52	Gold
2. Binnaz USLU, TUR	26:57	Silver
3. Ana Dulce FÉLIX, POR	26:59	Bronze
4. Fionnuala BRITTON, IRL	26:59	
5. Tetyana HOLOVCHENKO, UKR	27:04	
6. Marisa BARROS, POR	27:06	
7. Hattie DEAN, GBR	27:08	
8. Alessandra AGUILAR, ESP	27:09	
9. Sara MOREIRA, POR	27:26	
10. Ana DIAS, POR	27:27	
... 20. Stephanie TWELL, GBR	27:57	
21. Helen CLITHEROE, GBR	28:02	
... 28. Hayley YELLING-HIGHAM, GBR	28:25	

JR. WOMEN (3970 m):

Teams: 1. GBR, 23 points; 2. GER, 53; 3. ROU, 64; 4. TUR, 99; 5. BEL, 103; 6. ITA, 128; 7. ESP, 149; 8. POR, 165; 9. RUS, 172; 10. IRL, 184.

1. Charlotte PURDUE, GBR	12:42	Gold
2. Amela TERZIC, SRB	12:59	Silver
3. Emelia GORECKA, GBR	13:00	Bronze
4. Gulshat FAZLITDINOVA, RUS	13:03	
5. Corinna HARRER, GER	13:08	
6. Zenobie VANGANSBEKE, BEL	13:09	
7. Ciara MAGEEAN, IRL	13:16	
8. Ioana DOAGA, ROU	13:18	
9. Lily PARTRIDGE, GBR	13:19	
10. Annabel GUMMOW, GBR	13:19	

JR. MEN (6070 m):

Teams: 1. GBR, 62 points; 2. POR, 74; 3. RUS, 83; 4. FRA, 88; 5. IRL, 120; 6. UKR, 130; 7. ESP, 145; 8. BEL, 155; 9. HUN, 156; 10. NOR, 166.

1. Abdelaziz MERZOUGUI, ESP	18:07	Gold
2. Nemanja CEROVAC, SRB	18:07	Silver
3. Rui PINTO, POR	18:09	Bronze
4. Ivan STREBKOV, UKR	18:09	
5. Sondre Nordstad MOEN, NOR	18:16	
6. Andrey RUSAKOV, RUS	18:18	
7. Jesper VAN DER WIELEN, NED	18:19	
8. Sándor SZABO, HUN	18:23	
9. Marek KOWALSKI, POL	18:25	
10. Ryan SAUNDERS, GBR	18:27	

U.23 WOMEN (6070 m):

Teams: 1. GBR, 47 points; 2. RUS, 49; 3. UKR, 65; 4. ESP, 94; 5. GER, 107; 6. POR, 117; 7. FRA, 118; 8. POL, 194.

1. Meryem ERDOGAN, TUR	20:08	Gold
2. Cristina JORDAN, ESP	20:17	Silver
3. Emma PALLANT, GBR	20:28	Bronze
4. Ganna NOSENKO, UKR	20:36	
5. Roxana BIRCA, ROU	20:39	
6. Sandra ERIKSSON, FIN	20:41	
7. Natalie GRAY, GBR	20:43	
8. Viktoriya POGORIELSKA, UKR	20:46	
9. Yekaterina GORBUNOVA, RUS	20:46	
10. Lucie SEKANOVÁ, CZE	20:47	

U.23 MEN (8170 m):

Teams: 1. IRL, 60 points; 2. FRA, 78; 3. ESP, 79; 4. GBR, 104; 5. NOR, 112; 6. BEL, 114; 7. POR, 133; 8. GER, 134; 9. UKR, 149; 10. NED, 152.

1. Hassan CHAHDI, FRA	24:11	Gold
2. Florian CARVALHO, FRA	24:14	Silver
3. Yegor NIKOLAYEV, RUS	24:15	Bronze
4. Jeroen D'HOEDT, BEL	24:23	
5. Ricardo MATEUS, POR	24:25	
6. Siarhei PLATONAU, BLR	24:28	
7. Tiago COSTA, POR	24:32	
8. Sindre BURAAAS, NOR	24:34	
9. Ricky STEVENSON, GBR	24:34	
10. Florian ORTH, GER	24:44	

Cross Hiru-Herri/Trofeo "Reyno de Navarra" (18th)

Burlada, ESP, 12 December

MEN (10000 m)

1. Cuthbert Nyasango, 1982, ZIM	30:29
2. Sium Kiflom, 1987, ERI	30:32
3. Eliseo Martín, 1973, ESP	31:22

WOMEN (6120 m)

1. Dinahrose Lebogang Phalula, 1983, RSA	21:25
2. Eden Tesfalen, 1985, ERI	21:26

3. Aicha Bani, 1988, MAR 21:42

Foot Locker Cross-country Championships (32nd)

San Diego, USA, 11 December
(Distance: 5 km)

BOYS

1. Lukas Verzbicas (12)	Midwest, Orland Hills, IL (LTU)	14:59
2. Futsum Zeinasellassie (11)	Midwest, Indianapolis, IN (ERI)	15:10
3. Tony Smoragiewicz (11)	Midwest, Rapid City, SD	15:16
4. Andrew Gardner (10)	West, Spokane, WA	15:18
5. Chris Walden (12)	Midwest, Carmel, IN	15:22

GIRLS

1. Aisling Cuffe (12)	Northeast, Cornwall-on-Hudson, NY	16:53
2. Rachel Johnson (12)	South, Plano, TX	17:27
3. Julie Nacouzi (12)	West, Santa Rosa, CA	17:29
4. Kelsey Lakowske (12)	Midwest, Boulder, CO	17:29
5. Megan Venables (12)	Northeast, Lauren Springs, NJ	17:35

TRACK

Zatopek Classic (50th)

Melbourne, AUS, 9 December

MEN

800:

1. Matt Hammond, NSW	1:50.17
2. Edward Vining, VIC	1:50.57
3. James Boden, SA	1:50.85

1500:

1. Nick Toohey, QLD	3:40.41 PB
2. James Nipperess, 1990, NSW	3:41.60
3. James Kaan, 1990, NSW	3:43.76

10000:

1. Josphat Kiprono Menjo, 1979, KEN	27:39.80
2. Ben St. Lawrence, 1981, NSW	28:05.25 PB (NC)
3. Bobby Curtis, 1984, USA	28:08.78
4. Adrian Blincoe, 1979, NZL	28:25.52 DB
5. Luke Kipkosgei, 1975, KEN	28:47.45

3000 s/chase:

1. Daryl Crook, 1988, QLD	9:07.85
2. Jordan Nelson, VIC	9:19.23
3. Jonathan Dillon, VIC	9:32.78

WOMEN

600:

1. Tamsyn Lewis, 1978, VIC 1:27.77 MR
2. Caitlin Pincott, 1982, QLD 1:29.22 PB
3. Alice Platten, 1985, VIC 1:30.16 PB

1500:

1. Kaila McKnight, 1986, VIC 4:18.74
2. Bridey Delaney, 1989, NSW 4:19.61
3. Katelyn Simpson, 1994, QLD 4:22.38 PB

10000:

1. Eloise Wellings, 1982, NSW 32:08.32 PB (NC)
2. Lara Tamsett, 1988, NSW 32:32.02
3. Jessica Trengove, SA 34:21.14
4. Kellie Palmer, 1983, NZL 34:57.96 PB
5. Clare Geraghty, 1986, QLD 35:02.85 PB

NEWS

SPANISH DOPING SCANDAL INVOLVES DOMÍNGUEZ

World steeplechase champion Marta Domínguez has been suspended from her post as one of four vice-presidents of the Spanish Athletics Federation (RFEA) after being implicated in a doping investigation. Her home in Palencia was raided by police on 9 December and she was temporarily taken into custody under suspicion of trafficking and distributing banned substances. She was released after being questioned by police for eight hours. According to the newspaper *El País* the search of her home revealed substances, such as EPO, "in sufficient quantities to justify the accusation of supplying, further supported by the previous statements of another athlete".

The Federation's president, José María Odriozola, has told her in a letter published on the Federation's website that the matter "seriously damages the image of Spanish athletics," adding "I hope that these charges are swiftly resolved and we can learn the extent of your implication in this scheme as soon as possible". A further statement by the RFEA said: "All the guilty parties should be identified and punished accordingly. Everyone has the right of presumption of innocence until clear evidence proves they are guilty. If that happens, the RFEA will punish those according to existing laws."

According to international agency reports, Domínguez is one of 14 people charged with doping offences. Others include her coach César Pérez, her manager José Alonso Valero, Spain's 77-year-old head cross-country coach Manuel Pascua, and 2002 European 5000 m champion Alberto García, who served a two-year ban from 2003 after a positive test for EPO. The police probe (Operation Greyhound) found illegal drugs and blood bags and equipment used for illegal blood transfusions.

Numerous Spanish internationals have backed the anti-doping probe and a statement, signed by dozens of athletes, appears on the Federation's website. "We are completely behind the judicial process that has started, and we think it is the correct path towards the eradication of doping in Spanish sport. The cheats have enjoyed an exasperating impunity from the rest of the sports people who saw themselves condemned to compete in inferior conditions. This process is the light at the end of the tunnel ... a new hope for a cleaner future." The signatories include Eusebio Cáceres, Benjamín Sánchez, Carles Castillejo, Miguel Angel López, Luis Alberto Marco, Javier Cienfuegos, Juan Carlos Higuero, Jesús España, Javier Bermejo, Arturo Casado, Mikel Odriozola, Chema Martínez, Antonio Manuel Reina, Alvaro Rodríguez, Mario Pestano, Elisio Martín, José Ignacio Díaz, Mercedes Chilla, Mayte Martínez, Ruth Beitia, Concha Montaner, Rosa María Morató and Naroa Aguirre.

In the meantime, according to Spanish media, Alemayehu Bezabeh – who is coached by Pascua – has confessed to the police that he used banned substances. Bezabeh,

formerly from Ethiopia, set a Spanish record of 12:57.25 for 5000 m in Oslo in June but finished only seventh in the European Champs. Due to defend his European cross-country title, he pulled out of the team for Albufeira.

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. Secondary performances of the top three are also listed. 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 MARATHON: TOP 10 WOMEN

2:32:33	Tanith Maxwell	8	Berlin	26 Sep
2:34:24	Maxwell-2	15	London	25 Apr
2:35:32	Annerien van Schalkwyk	3	Singapore	05 Dec
2:51:22	Riana van Niekerk	4	Mossel Bay	14 Aug
2:51:58	Lauren Stewart	11	London	25 Apr
2:52:04A	Joanna Thomas	1	Oudtshoorn	27 Feb
2:52:14A	Ntombesintu Mfunzi	1	Port Elizabeth	25 Sep
2:54:28	Lesley Train	4	Gaborone	18 Apr
2:55:52	Adinda Kruger	3	Sasolburg	06 Feb
2:56:04A	Michelle Williams	1	Nelspruit	06 Nov
2:56:24	Suzette Botha	1	Howick	14 Mar

THIS MONTH IN HISTORY

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

40 years ago: 6 December 1970

Cheryl (Flanagan) Bridges (USA) won the 23rd Western Hemisphere Marathon in Culver City, USA, in 3:14:45. The next year Bridges would run the world's second fastest time ever when she set a new course record of 2:49:40. In November this year, Bridges's daughter Shalane finished second in her debut marathon in New York when she clocked 2:28:40 to win the US title. The men's race in 1970 went to Byron Lowry (USA) in 2:21:07.6, with Bill "Mad Dog" Scobey (USA) second in 2:23:23.2; Scobey would win the next year.

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 Makhaluza	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 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
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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