

Distance Running Results

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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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EDITORIAL

Distance Running Results, now in its eleventh year, restarts after a short holiday with a rather big issue, bringing you up to date with results of races held during the past few weeks.

Some of South Africa's oldest road races other than marathons were run recently. In one of these, Sunday's Ocean Basket Bay to Bay 30 km in Cape Town, Elroy Gelant, now resident in the Western Cape, clocked the fourth fastest winning time ever for the race that has seen famous winners like the Donald brothers, Ewald Bonzet, Bernard Rose, Donovan Wright and Luketz Swartbooi. The race was held for the 35th time.

Another old race on Sunday, the 33rd Ronnie Davel Memorial 16 km, had three Zimbabweans in the first three places. Both Prodigal Khumalo and women's winner Kerry Koen successfully defended their titles, and both by considerable margins.

Internationally, Haile Gebrselassie's retirement lasted all of 53 days, as he came roaring back to win the Corrida de São Silvestre 10 km in Luanda easily over Josephat Kiprono Menjo on the last day of the year. South African Lungisa Mdedelwa was fifth in 29:12.

An amazing show of longevity came in the Asbury Park Polar Bear Race in New Jersey, usually held over 5 miles but shortened to 3 miles because of a severe snow storm (the race didn't get its name for nothing!). Harry Nolan, who won the 60-69 age group, has run every edition of the race since the inaugural year, 1964!

Titus Mamabolo, the first black runner to win a South African track title (in the 5000 m in 1974, when he ran 14:09.12 in Pretoria to beat Franco Fava [ITA] and Matthews Batswadi), turns 70 tomorrow. Mamabolo still holds the world 50+ record for the marathon with the 2:19:29 he achieved in Durban in 1991.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Ocean Basket Bay to Bay 30 km & Relay, Camps Bay
- * Ronnie Davel Memorial 16 km, Hilton
- * Woodlands Dairy 15 km, Jeffreys Bay
- * NSRI Beach Run, Hartenbos
- * Stilbaai NSRI 10 km, Stilbaai
- * Runners' Memorial Race, Mouille Point
- * Danger Point Half Marathon & 10 km, Gansbaai
- * Tokai Manor House 16 km, Tokai
- * New Balance Sundowner 10 km, Cape Town
- * Total Grootbrak Moordkuil 15 km, Great Brak River
- * KMC Nite Race, Knysna

International highlights:

- * PWE Halve-Marathon von Egmond, Egmond Aan Zee, NED
- * Walt Disney World Marathon, Orlando, USA
- * Tiberias International Marathon, Sea of Galilee, ISR
- * Xiamen International Marathon, Xiamen, CHN
- * San Silvestre Vallecana, Madrid, ESP
- * São Silvestre Road Race, São Paulo, BRA
- * Corsa Internazionale di San Silvestro "Boclassic", Bolzano, ITA
- * Corrida de São Silvestre, Luanda, ANG
- * Bitburger-Silvesterlauf in Trier, Trier, GER
- * Corrida Pedestre Internationale de Houilles 10 km, Houilles (Yvelines), FRA
- * São Silvestre do Porto, Porto, POR
- * Sanyo Road Races for Women, Okayama, JPN
- * Danzhou International Marathon, Danzhou, CHN
- * XC: Cross Internacional Zornotza, Amorebieta, ESP; Cross Internacional del Calzado, Fuensalida, ESP; Bupa Great Edinburgh Cross-country, Edinburgh, GBR; Campaccio Classica del Cross, San Giorgio su Legnano, ITA; Cross Internacional Venta de Baños, Venta de Baños (Palencia), ESP; Lotto CrossCup Brussels, Brussels, BEL

ROAD RUNNING**Ocean Basket Bay to Bay 30 km (35th) & Relay**

Camps Bay, 9 January

(Certified out-and-back course, very hilly; relay 2x15 km)

Note: Joanna Thomas repeated her win of 2009, but in a considerably faster time. Defending men's champion Nkosinathi Madyo narrowly lost to Elroy Gelant. Luketz Swartbooi won the race in 2008, but this year – one month short of his 45th birthday – ran almost 4 minutes faster to finish sixth. – Ed.

30 km**MEN**

1. Elroy Gelant (Itheke) 1:36:14; 2. Nkosinathi Madyo (MP) 1:36:25; 3. Pieter Koopman (Maties) 1:37:15; 4. Sityhilo Diko (Ned CGA) 1:38:27; 5. Mthandazo Qhina (Gugs) 1:38:56; 6. Luketz Swartbooi (NAM/Ned) 1:39:30 (1st vet); 7. Wanda Roro (Adid) 1:44:07; 8. Mthobeli Mathomane (SANDF) 1:45:13; 9. Graham Katzen (Celtic); 10. Professor Khwetane (VOB) 1:48:56; 11. Luvuyo Ntanolo (Sat) 1:49:04; 12. Innocent Nogwaza (Adid) 1:49:45; 13. Mandla Pangalelo (Gugs) 1:50:19; 14. Luyanda Mapoyi (Khay) 1:50:22; 15. Johnny Persents (Adid) 1:51:26; 16. Laban Ponco (Ned) 1:51:56; 17. Sabelo Ngcwama (Celtic) 1:53:14; 18. Monde Mpemnyama (Celtic) 1:54:10; 19. Jacov Lalou (Ned CGA) 1:54:47; 20. Michael Bekapi (VOB) 1:55:54.

40-49: 1. Luketz Swartbooi (NAM/Ned) 1:39:30; 2. Graham Katzen (Celtic) 1:46:14; 3. Johnny Persents (Adid) 1:51:26. **50-59:** 1. Raymond Howard (Celtic) 1:58:23; 2. Thomas Moses (Worc) 2:02:13; 3. Steven Parkins (Met) 2:02:29. **60-69:** 1. Frank Reilly (GBR) 2:07:17; 2. Jimmy Morris (Forest) 2:10:29; 3. Hennie Wentzel (Durb) 2:13:22. **70+:** 1. Derry Devine (VOB) 3:38:04.

WOMEN

1. Joanna Thomas (VOB) 2:04:22 (1st vet); 2. Ursula Frans (Adid) 2:07:47; 3. Kutlwano Ramaboa (WC) 2:11:43; 4. Busisiwe Matiwane (Celtic) 2:13:03; 5. Candyce Hall (Hout) 2:13:53; 6. Anneline Roffey (Adid) 2:15:39; 7. Bulelwa Simise (Ned Bol) 2:17:26; 8. Lesyl Potgieter (ATC) 2:18:44; 9. Jenna Kamps (RAC) 2:19:09; 10. Linda Doke (Hout) 2:20:03; 11. Wilna Eybers (Strand) 2:20:05; 12. Jacoline Haasbroek (Stel) 2:21:36; 13. Ronelle Marshall (RWFL) 2:22:56; 14. A. Slabbert (Stel) 2:22:57; 15. Liana Maree (Stel) 2:22:58; 16. Herlien van Zyl (NBMC) 2:25:25; 17. Sandra van Graan (Edge) 2:25:29; 18. Lisa-Jo Austen (Durb) 2:26:05; 19. Rachel Shuttleworth (Strand) 2:26:29; 20. Marie Louw (Adid) 2:26:53.

40-49: 1. Joanna Thomas (VOB) 2:04:22; 2. Ursula Frans (Adid) 2:07:47; 3. Linda Doke (Hout) 2:20:03. **50-59:** 1. Dawn Middelkoop (VOB) 2:27:59; 2. Hannelie Stadler (Strand) 2:29:47; 3. Juliette Savini (Durb) 2:38:37. **60-69:** 1. Veronica van Niekerk (EGA) 2:35:21; 2. Pixie Sparg (Celtic) 2:51:06; 3. Olwyn Oliver (FH) 3:01:38.

Relay

MEN

1. Bernard Rukadza & Tsungai Mwanengeni (ZIM/NBMC) 1:42:26; 2. Samson Gulubela & Bonisile Ngculana (AAC) 1:43:27; 3. Charles Paule & Riaan Wildskut (Eerste) 1:52:06.

WOMEN

1. Andrea Pretorius & Colleen de Oliveira (NBMC) 2:24:33; 2. Amicha Carstens & Carina Viljoen (Ind) 2:28:21; 3. Lisa Smith & Jenny Close (NBMC) 2:26:41.

MIXED

1. Helene Perold & Hein Campher (Adid) 1:53:46; 2. Danette Smith & Riaan de Jager (Adid) 1:57:27; 3. Bulelwa Mtshagi & Stanley Malange (Gugs) 2:04:45.

Ronnie Davel Memorial 16 km (33rd)

Hilton, 9 January
(Loop course)

Note: Both Prodigal Khumalo and Kerry Koen successfully defended the titles they won last year, and both with considerable margins.

MEN

1. Prodigal Khumalo (ZIM/MP) 56:13
2. Samuel Pazanga (ZIM/MP) 60:46
3. Richard Nene (ZIM) 60:56

40-49: 1. Shaun Meiklejohn (MP) 1:08:20, 2. Paul Eichert (West) 1:10:50. **50-59:** 1. Joseph Dumakude (Ver) 1:13:24, 2. Jan Koegelnberg (West) 1:14:23. **60+:** 1. Moray Calder (Howick) 1:33:52. **Juniors:** 1. Sbongiseni Mncwabe (CH) 1:14:39.

WOMEN

1. Kerry Koen (Ned) 1:13:40
2. Kirsten Williams (UKZN) 1:15:38
3. Sarah Grey (CH) 1:20:50

40-49: 1. Erica Walker (Qaulgians) 1:20:50. **50-59:** 1. Pamela Rasmussen (Queensburgh) 1:41:28, 2. Belinda Smith (Escourt) 1:45:57. **60+:** 1. Margaret Usher (Spartan) 2:03:28.

Woodlands Dairy 15 km

Jeffreys Bay, 8 January
(Loop course. Finishers: 366.)

MEN

1	Lusapho	April	Temp	26	44:43
2	George	Ntshiliza	Nedbank RC	31	47:04
3	Sandile	Ngunuza	Nedbank RC	28	47:31
4	Mzolisi	Makhanda	Nedbank RC	28	47:33
5	Mzwanele	Maphekula	Temp	34	48:57
6	Juwayne	Fletcher (1 st jun)	Mr Price PE	19	50:42
7	Melikhaya	Frans	Nedbank RC	18	50:53
8	Robert	Matthys	Mr Price PE	34	51:22
9	Christopher	Mabengeza (1 st vet)	Nedbank RC	44	53:13
10	Melikhaya	Msizi	Knysna M C	27	53:32
11	Mongezi	Mboya	PEAAC	33	53:45
12	Jacques	Leander	Temp	27	56:11
13	John	Rafani	Nedbank RC	43	56:19
14	Darrell	Wicht	Triangle Sports	47	56:25
15	Riaan	Kock	Nedbank RC	40	57:12
16	Alfred	Spiers (1 st mast)	Elite A C	50	57:30
17	Inga	Sizani	Temp	17	59:04
18	Robin	Fourie	Achilles AAA	47	59:30
19	Christo	Muller	Body Concept	42	59:57
20	Graham	Eshmade	Crusaders A C	33	1:00:06

40-44:

1	Christopher	Mabengeza	Nedbank RC	44	53:13
2	John	Rafani	Nedbank RC	43	56:19
3	Riaan	Kock	Nedbank RC	40	57:12

45-49:

1	Darrell	Wicht	Triangle Sports	47	56:25
2	Robin	Fourie	Achilles AAA	47	59:30
3	Piet	Boesak	Nedbank RC	47	1:02:12

50-54:

1	Alfred	Spiers	Elite A C	50	57:30
2	Charles	Baatjies	Elite A C	54	1:00:33
3	Peter	Van Rensburg	Elite A C	52	1:06:21

55-59:

1	Neil	Ridley	Westville Sec	56	1:09:27
2	Colin	Parkins	Bluewater Bay	57	1:11:18
3	Paul	Steffens	Transnet RE	59	1:13:41

60-64:

1	Hannes	Els	Madiba Bay	61	1:07:42
2	Eric	Mapara	Rhodes Universi	63	1:09:15
3	Brian	Merrington	Temp	63	1:11:44

65-69:

1	Tamsanqa	Jusayi	Nedbank RC	68	1:06:04
2	Nic	Snyman	PEAAC	66	1:26:51
3	Jan	Von Mollendorf	Elite A C	65	1:28:29

70+:

1	John	Peart	Nedbank RC	74	1:55:06
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2	Andre	Pienaar	Temp	71	2:14:30
Juniors:					
1	Juwayne	Fletcher	Mr Price PE	19	50:42
2	Melikhaya	Frans	Nedbank RC	18	50:53
3	Inga	Sizani	Temp	17	59:04
WOMEN					
1	Ntombesintu	Mfunzi	Mr Price PE	29	56:38
2	Deliwe	Nyanga	Nedbank RC	21	1:01:09
3	Davera	Magson	Mr Price PE	36	1:07:43
4	Sally	Waterworth	Temp	33	1:08:42
5	Sime	Baynes	Body Concept	27	1:09:37
6	Julie	Taunton (1 st mast)	Crusaders A C	50	1:09:43
7	Grizelda	Pietersen (1 st vet)	Achilles AAA	42	1:10:53
8	Janette	Schierz-Crusius	Body Concept	50	1:10:56
9	Hanlie	Van der Westhuizen	Transnet RE	54	1:11:45
10	Adele	Nel	St Albans CSEP	37	1:12:06
11	Lizette	Sydien	Elite A C	24	1:12:57
12	Laura	Maritz	Elite A C	50	1:13:04
13	Lindie-Renee	Agenbag (1 st jun)	Temp	16	1:15:16
14	Yvonne	Van Rensburg	Temp	49	1:16:41
15	Elsabe	Spoormaker	Temp	50	1:19:31
16	Lindie	Stander	St Albans CSEP	26	1:20:50
17	Denise	Darlow	Charlo R R	42	1:21:14
18	Yolande	Knoetze	Elite A C	43	1:21:28
19	Jeanne-Marie	Agenbag	Temp	28	1:21:29
20	Annalise	Viljoen	Temp	28	1:22:01
40-44:					
1	Grizelda	Pietersen	Achilles AAA	42	1:10:53
2	Denise	Darlow	Charlo R R	42	1:21:14
3	Yolande	Knoetze	Elite A C	43	1:21:28
45-49:					
1	Yvonne	Van Rensburg	Temp	49	1:16:41
2	Nurunnisa	Madatt	Malabar	48	1:22:16
3	Carol	Bernard	Humansdorp A C	46	1:22:45
50-54:					
1	Julie	Taunton	Crusaders A C	50	1:09:43
2	Janette	Schierz-Crusius	Body Concept	50	1:10:56
3	Hanlie	Van der Westhuizen	Transnet RE	54	1:11:45
55-59:					
1	Mariana	Bornman	Temp	55	1:22:39
2	Janie	Lamont	Temp	58	1:37:16
3	Jos	Els	Madiba Bay	58	1:40:34
60-64:					
1	Cora	Van der Wath	Temp	60	1:23:15
2	Retha	Snyman	PEAAC	63	1:38:09
3	Elmarie	Ikonomou	PEAAC	62	1:57:10
65-69:					
1	Orgia	Nell	Muirite Strider	67	1:49:03
2	Marietha	Dippenaar	Agape R C	66	1:53:48
3	Val	Sadow	Spar Walmer Ac	65	2:09:33
70+:					
1	Dorothy	Hart	PEAAC	72	1:49:16
2	Rhonell	Du Plessis	Temp	70	1:57:03
Juniors:					
1	Lindie-Renee	Agenbag	Temp	16	1:15:16

2	Megan	Wilson	Charlo R R	15	1:23:18
3	Terray	Newcombe	Nedbank RC	19	1:28:12

NSRI Beach Run

Hartenbos, 1 January

(Distance: 15 km; out-and-back course. Finishers: 254.)

Note: Runners have to predict their finishing time and run without a watch. The athlete who has the smallest differential between his predicted and actual time (last column), wins the race. The fastest actual times came from Luwayne Duitsjan (42:48) and Nelmaré Loubser (47:23). Judging from the times in general, the race is nowhere near 15 km, probably less than 13 km. – Ed.

MEN

1	Gerhard	Blom	Temp	22	49:58	00:02
2	Thymon	Venter	Temp	17	53:28	00:08
3	Johan	Coetzee	Temp	16	1:02:15	00:18
4	Johan	Kok	Affies	57	1:16:08	00:23
5	Martin	Rulphse	MBH	49	55:58	00:26
6	Pieter	Van Meerden	Temp	28	49:32	00:28
7	Johan	Coetzee	Orak	22	51:04	00:34
8	Michael	Van Der Walt	Bfn Achilles	54	1:07:22	00:40
9	Ruben	Redelinghuys	Hartenbos Drawwers	50	59:14	00:46
10	Marius Gerrit	Van Der Berg	Temp	20	1:06:48	00:48

WOMEN

1	Marthy	Watson	Temp	52	1:10:18	00:14
2	Una	Saayman	Hartenbos Drawwers	49	1:07:45	00:27
3	Berdine	Smit	Nedbank	46	51:50	00:33
4	Thea	Barkhuizen	Temp	35	1:00:40	00:36
5	Natale	Louw	Temp	34	57:38	00:59
6	Hettie	Fourie	Fit 2000	48	1:41:34	1:09
7	Brenda	Kritzenger	Hartenbos Drawwers	51	1:08:43	1:10
8	Rea	Oosthuizen	Hartenbos Drawwers	64	1:05:45	1:25
9	Anet	Van Heerden	Vryburg MC	37	1:00:33	1:30
10	Henriette	Botes	Temp	43	1:16:32	1:32

Stilbaai NSRI 10 km

Stilbaai, 31 December

Note: South African junior 1500 m and 3000 m champion Dominique Scott, fifth overall in 2009, was seventh this time.

MEN

1	Jacques Pretorius	22	38:25
2	Jac Steenekamp	32	38:56
3	Rick Hambridge	20	39:43
4	Mechiel Niewoudt	18	40:02
5	Tiaan Gildenhuys	21	41:00
6	Ross Lahana	25	41:26
7	Tommie Visagie	39	42:48
8	Eloris Steytler	43	43:12
9	Helmutt Engelbrecht	44	45:30
10	Eugene Groenwald	43	45:44

WOMEN

1	Dominique Scott	18	41:37
2	Winia Janse van Rensburg	33	42:33
3	Jacqui Bakkes	40	43:11
4	Marlie Kotze	17	45:58
5	Lisl Grobler	34	46:37
6	Marlene Stofberg	42	48:13
7	Greta de Wet	44	48:17
8	Renee Scott	48	48:18
9	Sharnell Kiss	40	49:02
10	Karien van der Merwe	25	49:04

Runners' Memorial Race (38th)

Mouille Point, Cape Town, 31 December

(Distance: 8 km; certified two-loop course – small loop followed by a big loop. Finishers: 1256.)

Note: Hanlie Botha finished tenth overall; her time is the fastest since 2005. – Ed.

MEN

1	Sityhilo	Diko	Nedbank CGA	20	24:35
2	Riaan	Wildskut	ATC	23	26:13
3	Tom	Charles	GBR/Trafford AC	26	26:13
4	Marius	Petersen	Helderberg	17	26:55
5	Dawid	Visser	Mr Price	31	27:06
6	Elliot	Tye	Bellville	29	28:45
7	Youssef	Kanouni	Itheko	37	28:45
8	D	Austin	New Balance	33	28:55
9	Simping	Gceba	RCS Gugs	36	29:18
10	Ronnie	Hooi	SANDF	41	29:28

WOMEN

1	Hanlie	Botha	Oxford Stri	32	29:20
2	Simone	Links	Eersterivier		33:07
3	Candyce	Hall	Hout Bay	26	33:27
4	Y	Visser	Mr Price	28	34:39
5	Chantelle	Links	Eersterivier	16	35:25
6	Elizabeth	De Gouveia	Plexus Durbac	36	36:37
7	Eveline	Julius	Paarl	30	37:01
8	Leani	Schaffner	Running Inn	34	39:27
9	Jowaine	Parrott	Westville	43	40:05
10	Jackie	Adam	Fish Hoek	48	40:06

Danger Point Half Marathon & 10 km

Gansbaai, 31 December

(Distances: 21.1 km & 10 km; loop courses, partly on gravel)

Note: Unfortunately no clubs were included in the results received. – Ed.**Half marathon**

MEN

1	Tembelani Zola	1:19:23
2	Jumat Witbooi	1:20:12
3	Tiseto Tshabeni	1:21:00
4	Malixole Peter	1:21:23

5	Pieter Hanekom	1:24:06
6	Owen Smith	1:24:33
7	Thomas Moses	1:27:47
8	Kirsten Leemans	1:27:54
9	Theuns Matthee	1:29:41
10	Christo du Plessis	1:30:03

WOMEN

1	Ester Brink	1:36:27
2	Alida Hillary	1:37:21
3	Michelle Dreyer	1:42:58
4	Gezina Retief	1:44:23
5	Annamarie Steyn	1:45:47
6	Hannelie Stadler	1:46:08
7	Retha Heyman	1:51:37
8	Natale Roelofse	1:51:52
9	Anne Pool	1:52:10
10	Alison Towner	1:52:20

10 km

MEN

1	Michael Boesak	34:28
2	David du Plessis	35:12
3	Manie Robinson	38:58
4	Devan van der Berg	39:13
5	Brian Nofoty	39:49
6	Desmond Frecthas	40:05
7	Awie Veldsman	40:20
8	Julian Johnson	40:23
9	Louis Coetzee	40:28
10	Arrie Koopman	40:33

WOMEN

1	Jane Swarbreck	41:17
2	Lizahn Venter	43:22
3	Alicia Botha	43:57
4	Astel Jaars	44:25
5	Christine Bronkhorst	46:24
6	Isabel de Wet	47:14
7	Anneline Hugo	49:07
8	Katrien du Plessis	49:08
9	Corneli Aspeling	49:09
10	Christelle Groenewald	49:10

Tokai Manor House 16 km

Tokai, 26 December

(Loop course on gravel and forest trails; hilly. Finishers: 1245.)

MEN

1	Innocent	Nogwaza	Adidas		56:56
2	Piet	Jacobs	Nedbank Bol	32	59:17
3	Tom	Charles	GBR/Trafford AC	26	1:01:00
4	Charles	Witbooi	Acis VOB	38	1:01:45
5	Derrick	Baard	Temp	40	1:02:53
6	Chris	Mitchell	Celtic	49	1:03:20
7	Simphiwe	Gceba	RCS Gugs	36	1:03:56

8	Damian	Will	Pinelands	24	1:04:41
9	Casper	Van Antwerpen	Tuks	35	1:05:08
10	Andrew	Trott	Temp	22	1:05:16
11	Ronnie	Hooi	SANDF	41	1:05:21
12	Duncan	Gilmour	Acis VOB	34	1:05:29
13	Roger	Dickson	Acis VOB	37	1:05:29
14	Oloff	Van Zyl	Acis VOB	41	1:05:41
15	Andries	Swanepoel	Brackenfell	41	1:05:46
16	Willem	Swanepoel	Brackenfell	25	1:05:46
17	Shafiek	Cassiem	Celtic	50	1:06:45
18	Youssef	Kanouni	Itheko	37	1:07:12
19	Lionel	Cronje	Metropolitan	30	1:07:28
20	Lucky	Ziqwayi	Acis VOB	33	1:07:43

WOMEN

1	Hanlie	Botha	Temp	32	1:05:36
2	Kutlwano	Ramaboa	West Coast	34	1:10:12
3	Anneline	Roffey	Adidas	29	1:10:26
4	Jo	Thomas	Acis VOB	42	1:13:09
5	Lesyl	Potgieter	ATC	36	1:14:17
6	A.N. Other				1:14:18
7	Kerry	Roos	Knysna	32	1:14:19
8	Dain	Hamilton	Foresters	44	1:15:06
9	Jodi	Moss	Temp	32	1:16:17
10	Linda	Doke	Hout Bay	41	1:16:18
11	Kylie	Griffin	Westville	46	1:17:46
12	Abigail	Adie	Temp	21	1:18:18
13	Candyce	Hall	Hout Bay	26	1:19:33
14	Tania	Andreson	Acis VOB	38	1:19:37
15	Alex	Adie	Rhodes	21	1:20:14
16	Linette	Barrister	Temp	37	1:20:37
17	Adele	Koen	Temp	36	1:21:10
18	Melany	Porter	Pinelands	35	1:21:26
19	Kerryn	Vollmer	Boksburg AC	33	1:22:18
20	Jayde	Morison	ATC	25	1:22:32

New Balance Sundowner 10 km

Cape Town, 22 December

(Certified loop course. Finishers: 2178.)

MEN

1	Elroy	Gelant	Potch Univ	24	30:14
2	Sityhilo	Diko	Nedbank CGA	20	30:22
3	Mthandazo	Qhina	RCS Gugs	34	30:52
4	Duane	Fortuin	Adidas	26	30:55
5	Siyabonga	Makaluza	Easterns	17	32:08
6	Graham	Katzen	Celtic	40	32:20
7	Vladimir	Kotov	Century City	52	32:34
8	Riaan	Witbooi	Eersterivier	25	33:06
9	Neo	Molema	Mr Price		33:07
10	Luvuyo	Ntando	Satori	33	33:21

40-49: 1. Graham Katzen (Celtic) 32:20; 2. John September (Celtic) 33:28; 3. Shaun Abrahams (Adid) 33:49. **50-59:** 1. Vladimir Kotov (BLR/Cent) 32:34; 2. Friedl van der Merwe (Strand) 37:43; 3. Terrence Brown (Bell) 38:48. **60+:** 1. Roger Davis (Celtic) 46:48; 2. M.Y. Abrahams (Top) 48:12; 3. Chris Readman (AAC) 48:38. **Juniors:** 1.

Siyabonga Makhaluza (East) 32:08; 2. Asive Njenxa (Khay) 33:54; 3. Terrence Kahn (RCS Gugs) 34:00.

WOMEN

1	Asiphe	Sikabalanjana	RCS Gugs	19	38:30
2	Bulelwa	Mtshagi	Celtic	31	39:10
3	Candyce	Hall	Hout Bay	26	39:16
4	Ester	Brink	Strand	45	39:45
5	Sandra	Van Graan	Edgemead	43	42:38
6	Colleen	De Oliveira	New Balance	24	42:45
7	Lesyl	Potgieter	ATC	36	43:13
8	Jenny	Close	Temp	33	43:16
9	Katherine	Antel	ATC		43:26
10	Kerry	Roos	Knysna	32	43:30

40-49: 1. Ester Brink (Strand) 39:49; 2. Sandra van Graan (Edge) 42:38; 3. Glenda Werth (Met) 44:59. **50-59:** 1. Dawn Middelkoop (VOB) 44:06; 2. Charmaine Cupido (Ned) 45:51; 3. Helen du Plessis (Tyger) 49:35. **60+:** 1. Marietha Herbert (Bell) 52:54; 2. Pixie Sparg (Celtic) 53:00; 3. Jenny Robert-Shaw (Rockies) 60:55. **Juniors:** 1. Asiphe Sikabalanjana (RCS Gugs) 38:30; 2. Jana Burger (Bell) 44:46; 3. Tarry Ferguson (VOB) 56:51.

Total Grootbrak Moordkuil 15 km

Great Brak River, 22 December
(Loop course. Finishers: 224.)

MEN

1.	Lindile Tokota	Nedbank RC	55:54
2.	Selwyn Losper	Nedbank RC	59:35
3.	Aldrin Smit	New Balance MC WP	1:00:50

Veterans:

1.	Lindile Tokota	Nedbank RC	55:54
2.	Selwyn Losper	Nedbank RC	59:35

Masters:

1.	Hermanus Jonkerman	Nedbank RC	1:05:49
----	--------------------	------------	---------

G'masters:

1.	Dave Edge	Sedgefield Striders	1:26:03
----	-----------	---------------------	---------

Juniors:

1.	Jan Lubbe	Ind	1:07:34
----	-----------	-----	---------

WOMEN

1.	Nelmaré Loubser	AFS	1:10:15
2.	Lize Cornelius	Hartenbos Drawwers	1:13:26
3.	Hannelie le Roux	Wingatepark	1:14:22

Veterans:

1.	Hannelie le Roux	Wingatepark	1:14:22
2.	Johanna Claassen	Nedbank RC	1:15:32

Masters:

1.	Ingrid Prinsloo	Nedbank RC	1:30:39
----	-----------------	------------	---------

G'masters:

1.	Esther Oosthuizen	Hartenbos Drawwers	1:40:02
----	-------------------	--------------------	---------

Juniors:

1.	Marieke Vermaak	Bronkhorstspuit	1:17:21
----	-----------------	-----------------	---------

KMC Nite Race

Knysna, 15 December

(Distance: 10 km; loop course. Finishers: 297.)

MEN

1	George	Ntshiliza	Nedbank RC	30:58
2	Zandisile	Ngeva	Nedbank RC	32:54
3	Julius	Korkee	Rainbow	33:07
4	Frans	Malgas	Knysna MC	33:20
5	Lindile	Tokota	Nedbank RC	33:45
6	Zuzile	Ntisinyabo	Knysna MC	34:12
7	Juan	Pretorius	Hartenbos Drawwers	34:18
8	Melikhaya	Msizi	Knysna MC	34:43
9	Granville	Hendriks	Rainbow AC	35:05
10	Siyabonga	Madala	Rainbow AC	35:31

WOMEN

1	Melissa	Van As	Nedbank RC	39:59
2	Sheryl	De Lange	Adidas	40:14
3	Kerry	Roos	Knysna MC	40:49
4	Annatjie	Botes	Nedbank RC	42:01
5	Lisl	Grobler	Knysna MC	42:57
6	Marie	Wolmarans	Nedbank RC	43:52
7	Rentia	Retief		43:59
8	Kirsten	Gohl		45:04
9	Susan	Kruger	Outeniqua Harriers	45:04
10	Raine	Phillipson	Mossel Baai	45:43

INTERNATIONAL

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

ROAD RUNNING**PWE Halve-Marathon von Egmond (38th)**

Egmond Aan Zee, NED, 9 January

(Distance: 21.1 km; tough course, on the streets of Egmond until 5 km when the course moves to the beach, then back over the roads; elite women run separately with 8 minute, 46 second head start)

MEN

1.	Ayele Abshero, ETH	1:02:23 CR
2.	Wilfred Kirwa, KEN	1:02:53
3.	Abebe Dinkesa, ETH	1:03:10
4.	Fabiano Joseph, TAN	1:03:16
5.	Michael Mutai, KEN	1:03:19

WOMEN

1.	Abebech Afework, ETH	1:12:53
2.	Workitu Ayanu, ETH	1:12:56
3.	Flomena Chepchirchir, KEN	1:13:10
4.	Melkam Gisaw, ETH	1:13:48
5.	Hilda Kibet, NED	1:14:24

Walt Disney World Marathon (18th)

Orlando, USA, 9 January

(Distance: 42.195 km)

MEN

1. Fredison Costa, 33, BRA 2:21:15
2. Michael Wardian, 36, Arlington, VA 2:27:37
3. Paul Nielsen, 24, Orlando, FL 2:31:45

WOMEN

1. Leah Thorvilson, 32, Little Rock, AR 2:42:11
2. Karen Simmonds-Brady, 36, Auburn, NY 2:51:14
3. Jessica Crate, 25, Melbourne, FL 2:51:53

Tiberias International Marathon (34th)

(Israel Marathon Championships)

Sea of Galilee, ISR, 6 January

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

MEN

1. Stephen Chemlany, KEN 2:10:02 PB USD \$20,000
2. Patrick Tambwe, COD 2:10:09 12,000
3. Julius Muriuki, KEN 2:10:11 PB 10,000

WOMEN

1. Abaynesh Sisay, ETH 2:44:31 USD 4,000
2. Habtamnesh Gashaw, ETH 2:48:45 3,000
3. Bikila Megra, ETH 2:50:13 PB 2,000

Xiamen International Marathon (8th)

(IAAF Gold Label Road Race)

Xiamen, CHN, 2 January

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

MEN

1. Robert Kipchumba, KEN 2:08:07 PB/CR USD 40,000 + 20,000i
2. Mesfin Hailu Lemma, ETH 2:09:50 PB 20,000 + 10,000i
3. Alemayehu Shumye, ETH 2:09:58 10,000 + 10,000i

i) Earned time incentive bonus

WOMEN

1. Amane Gobena, ETH 2:31:49 USD 40,000
2. Alemitu Abera, ETH 2:31:54 20,000
3. Wang Jiali, CHN 2:32:00 10,000

San Silvestre Vallecana (46th)

Madrid, ESP, 31 December

(Distance: 10 km; certified point-to-point course with 55 m elevation loss [extremely aided]);

MEN (gun times)

1. Zersenay Tadese, ERI 28:27
2. Ayad Lamdassem, ESP 28:36

- | | |
|------------------------------|-------|
| 3. Jesus España, ESP | 28:40 |
| 4. José Manuel Martínez, ESP | 28:49 |
| 5. Sergio Sánchez, ESP | 28:53 |

WOMEN

- | | |
|----------------------------------|-------|
| 1. Jessica Augusto, POR | 31:59 |
| 2. Nuria Fernández, ESP | 32:54 |
| 3. Maria Jose Pueyo, ESP | 33:19 |
| 4. Diana Martín, ESP | 33:19 |
| 5. Elena Maria Espeso Gayte, ESP | 33:42 |

São Silvestre Road Race (86th)

São Paulo, BRA, 31 December

(Distance: 15 km; certified)

Note: The elite women ran in a separate race starting 17 minutes before the elite men and the mass race. – Ed.

MEN (gun times)

- | | | | |
|-----------------------------------|-------|---------------------------------|---------------|
| 1. Marilson Gomes dos Santos, BRA | 44:04 | BRL 28,000 + 2,800 [^] | (=USD 18,540) |
| 2. Barnabas Kiplagat Kosgei, KEN | 44:50 | 14,000 | |
| 3. James Kwambai, KEN | 45:16 | 7,000 | |
| 4. Giovanni dos Santos, BRA | 45:35 | 5,000 + 500 [^] | |
| 5. Emmanuel Kipkemei Bett, KEN | 45:42 | 4,000 | |

ALL-WOMEN'S ELITE RACE (gun times)

- | | | | |
|------------------------------------|-------|--------------------------------|---------------|
| 1. Alice Timbilili, KEN | 50:19 | CR BRL 28,000 | (=USD 16,855) |
| 2. Simone Alves da Silva, BRA | 50:25 | DB 14,000 + 1,400 [^] | |
| 3. Eunice Jepkirui Kirwa, KEN | 51:42 | DB 7,000 | |
| 4. Cruz Nonata da Silva, BRA | 51:51 | PB 5,000 + 500 [^] | |
| 5. Diana Judith Landi Andrade, BRA | 52:36 | 4,000 + 400 [^] | |

Corsa Internazionale di San Silvestro "Boclassic" (35th)

Bolzano, ITA, 31 December

(Course: 1250 m circuit; flat with sharp turns and cobblestone surfaces. Distances: men, 10.05 km [8 laps]; women, 5.05 km [4 laps])

MEN (extended gun times)

- | | |
|-----------------------------------|---------|
| 1. Imane Merga, 1985, ETH | 28:32.6 |
| 2. Mo Farah, 1983, GBR | 28:32.8 |
| 3. Edwin Soi Cheruiyot, 1986, KEN | 28:41.6 |
| 4. Silas Kipruto, 1984, KEN | 29:15.0 |
| 5. Scott Bauhs, 1986, USA | 29:16.1 |
| ... 10. Sergey Lebid, 1975, UKR | 30:04.1 |

WOMEN (extended gun times)

- | | |
|---------------------------------|---------|
| 1. Vivian Cheruiyot, 1983, KEN | 15:52.7 |
| 2. Sule Utura Gedo, 1990, ETH | 15:52.8 |
| 3. Prisca Cherono, 1980, KEN | 15:59.6 |
| 4. Anikó Kálovics, 1977, HUN | 16:17.2 |
| 5. Ana Dias, 1974, POR | 16:20.6 |
| 6. Irina Mikitenko, 1972, GER | 16:22.4 |
| 7. Christelle Daunay, 1974, FRA | 16:24.5 |

Corrida de São Silvestre (55th)

Luanda, ANG, 31 December

(Distance: 10 km)

MEN

- | | |
|--------------------------------|-------|
| 1. Haile Gebrselassie, ETH | 28:04 |
| 2. Josephat Kiprono Menjo, KEN | 28:34 |
| 3. Dida Deriba Bonsa, 15, ETH | 28:37 |
| 4. Deriba Merga, ETH | 28:48 |
| 5. Lungisa Mdelewa, RSA | 29:12 |
| ... 10. Luwis Masunda, ZIM | 29:54 |

WOMEN (extended times)

- | | |
|-----------------------------|-------|
| 1. Dire Tune, ETH | 32:16 |
| 2. Almaz Ayana Eba, ETH | 32:19 |
| 3. Beleynesh Oljira, ETH | 32:57 |
| 4. Rehima Kedir, ETH | 33:14 |
| 5. Grace Momanyi, KEN | 33:26 |
| ... 9. Rutendo Nyahora, ZIM | 35:04 |

Bitburger-Silvesterlauf in Trier (21st)

Trier, GER, 31 December

(Distances: men, 8 km; women, 5 km [both races use the same 1 km circuit])

MEN

- | | |
|------------------------------------|----------|
| 1. Micah Kogo, 1986, KEN | 22:56 PB |
| 2. Arne Gabius, 1981, LAV Tübingen | 23:18 PB |
| 3. Mariusz Gizynski, 1981, POL | 23:22 DB |
| 4. Patrick Stitzinger, 1981, NED | 23:31 DB |
| 5. Jean-Pierre Werts, 1986, BEL | 23:44 PB |

WOMEN

- | | |
|---|-------|
| 1. Sabrina Mockenhaupt, 1980, Kölner Verein Mar | 16:24 |
| 2. Anna Hahner, 1989, PSV Grün-Weiß Kassel | 16:55 |
| 3. Gesa Krause, 1992, LG Eintracht Frankfurt | 16:57 |
| 4. Lisa Hahner, 1989, PSV Grün-Weiß Kassel | 17:12 |
| 5. Rosemary Kithusi, 1983, BEL | 17:26 |

Corrida Pedestre Internationale de Houilles 10 km (39th)

Houilles (Yvelines), FRA, 26 December

MEN

- | | |
|-----------------------------------|--------------|
| 1. Imane Merga, 1988, ETH | 27:47 PB/CR* |
| 2. Micah Kogo, 1986, KEN | 27:48 |
| 3. Philemon Limo, 1986, KEN | 27:58 |
| 4. Edwin Soi Cheruiyot, 1986, KEN | 28:17 |
| 5. Paul Melly, 1982, KEN | 28:27 |
| ... 11. Ali Saidi Sief, 1978, ALG | 29:54 |

WOMEN

- | | |
|--------------------------------|----------|
| 1. Sule Utura Gedo, 1990, ETH | 32:01 PB |
| 2. Priscah Cheronno, 1980, KEN | 32:04 |
| 3. Marisa Barros, 1980, POR | 32:18 PB |
| 4. Rkia El Moukim, 1988, MAR | 32:38 PB |
| 5. Irina Sergeyeva, 1987, RUS | 32:40 PB |

São Silvestre do Porto (17th)

Porto, POR, 26 December

(Distance: 10 km)

MEN

- | | | |
|---------------------------------------|-------|-------|
| 1. Rui Pedro Silva, 1981, Maratona CP | 29:17 | € 750 |
| 2. Tiago Costa, Sporting Braga | 30:05 | 600 |
| 3. Rui Silva, Sporting CP | 30:10 | 500 |
| 4. Paulo Gomes, Conforlimpa | 30:13 | 400 |
| 5. Alberto Paulo, Unattached | 30:31 | 300 |

WOMEN

- | | | |
|--------------------------------------|-------|--------------|
| 1. Fernanda Ribeiro, 1969, Unatt | 34:58 | € 750 + 150m |
| 2. Claudia Pereira, Sporting C Braga | 35:22 | 600 |
| 3. Ercilia Machado, Sporting C Braga | 35:27 | 500 |
| 4. Joana Costa, Sporting C Braga | 35:47 | 400 |
| 5. Monica Silva, Maratona CP | 35:59 | 300 |

m) Earned masters prize money

Sanyo Road Races for Women (29th)

Okayama, JPN, 23 December

(Distances: 21.1 km and 10 km)

Note: Amazing depth in both these races: nine under 75 min in the half marathon, and 18 under 34 min in the 10 km! Only two of these 27 runners are not from Japan. – Ed.

Half Marathon

- | | | |
|--------------------------------|---------|----|
| 1. Shoko Mori, 1984, JPN | 1:11:41 | PB |
| [16:55, 34:08, 51:33, 1:08:02] | | |
| 2. Yoko Miyauchi, 1983, JPN | 1:12:06 | |
| 3. Yuri Kano, 1978, JPN | 1:12:29 | |
| 4. Kaori Urata, 1985, JPN | 1:12:35 | |
| 5. Mina Nomura, 1988, JPN | 1:13:45 | |
| 6. Mika Okunaga, 1982, JPN | 1:14:14 | |
| 7. Yuka Izumi, 1985, JPN | 1:14:26 | |
| 8. Chiharu Matsuo, 1986, JPN | 1:14:34 | |
| 9. Emi Mori, 1990, JPN | 1:14:48 | DB |
| 10. Yumi Sato, 1976, JPN | 1:15:23 | |
| 11. Ayumi Nakayama, 1985, JPN | 1:15:27 | |
| 12. Naoko Inoue, JPN | 1:15:28 | |

10 km

- | | | |
|---|-------|----|
| 1. Selly Kaptich Chepyego, KEN/Kyudenko | 32:13 | PB |
| 2. Kasumi Nishihara, 1989, JPN | 32:26 | PB |
| 3. Hikari Yoshimoto, 1990, JPN | 32:34 | PB |
| 4. Hiroko Miyauchi, 1983, JPN | 32:36 | |
| 5. Risa Shigetomo, JPN | 32:38 | PB |
| 6. Machiko Iwakawa, 1989, JPN | 32:48 | PB |
| 7. Namiko Yamamoto, 1988, JPN | 32:52 | PB |
| 8. Christine Muyanga, 1991, KEN/Panasonic | 32:58 | PB |
| 9. Chinami Mori, JPN | 33:08 | PB |
| 10. Mai Ishibashi, 1989, JPN | 33:09 | PB |
| 11. Rei Ohara, 1990, JPN | 33:17 | |

12. Chieko Kido, 1990, JPN	33:20 PB
13. Megumi Kinukawa, 1989, JPN	33:33 PB
14. Misaki Kato, JPN	33:34 PB
15. Takami Ota, 1980, JPN	33:38 PB
16. Megumi Hirai, 1990, JPN	33:46 PB
17. Ayaka Inoue, JPN	33:52 PB
18. Kozue Matsumoto, 1991, JPN	33:53 PB
19. Yurika Nakamura, 1986, JPN	34:02

Danzhou International Marathon (1st)

Danzhou, CHN, 18 December

(Distance: 42.195 km; rolling hills throughout)

Note: Debuts for both Tadesse and Juwawo. – Ed.

MEN

1. Dereje Tadesse Raya, ETH	2:11:58 DB	USD 20,000 + 1,000i
2. Joseph Marego, KEN	2:12:21	8,000
3. Wirimayi Juwawo, ZIM	2:12:38 DB	6,000

CROSS-COUNTRY

Cross Internacional Zornotza (57th)

Amorebieta, ESP, 9 January

SR. MEN (10.7 km)

1. Joseph EBUYA, 1987, KEN	31:27
2. Vincent Kiprop CHEPKOK, 1988, KEN	32:07
3. Lucas ROTICH, 1990, KEN	32:08
4. Mark KIPTOO, 1976, KEN	32:20
5. Micah KOGO, 1986, KEN	32:48
... 8. Cutbert NYANSANGO, 1982, ZIM	33:45

SR. WOMEN (6.7 km)

1. Pauline KORIKWIANG, 1988, KEN	22:48
2. Doris CHANGEYWO, 1984, KEN	22:52
3. Gemma BARRACHINA FERNÁNDEZ, 1986, ESP	23:19
4. Lakhoud BTISSAM, 1980, MAR	23:24
5. Jacqueline MARTÍN ALVAREZ, 1974, ESP	23:29

Cross Internacional del Calzado (24th)

Fuensalida, ESP, 9 January

MEN (11 km)

1. Teklemariam Medhin, ERI	38:56
2. Hosea Macharyniang, KEN	39:05
3. Matthew Kisorio, KEN	39:08
4. Kidane Tadese, ERI	39:39
5. Ayad Lamdassem, ESP	40:36

WOMEN (8 km)

1. Eunice Jepkorir, KEN	33:43
2. Lebogang Phalula, RSA	34:30
3. Bouchra Chaabi, MAR	34:40

4. Hannane Ouahddou, MAR 35:02
5. Vanesa Veiga, ESP 35:23
6. Dina Lebo Phalula, RSA 36:14

Bupa Great Edinburgh Cross-country

Edinburgh, GBR, 8 January

(Distances: men, 4 km and 8 km; women, 6 km)

MEN

International Team Challenge (8 km):

Teams: 1. Europe Select, 50 points; 2. USA, 53; 3. GBR, 69.

1. Mo Farah, GBR 25:41
2. Galen Rupp, USA 25:50
3. Ayad Lamdassam, ESP (Europe) 25:55
4. Sergey Lebid, UKR (Europe) 26:00
5. Andy Vernon, GBR 26:14

4 km:

1. Eliud Kipchoge, KEN 13:12
2. Asbel Kiprop, KEN 13:18
3. Brimin Kipruto, KEN 13:19
4. Steve Vernon, Stockport Harriers 13:21
5. Tom Lancashire, Bolton United Ha 13:29

WOMEN (6 km)

1. Linet Masai, KEN 20:24
2. Genzebe Dibaba, ETH 20:32
3. Vivian Cheruiyot, KEN 20:36
4. Charlotte Purdue, Aldershot F 20:49
5. Hatti Dean, Hallamshire H 21:00
- ... 7. Stephanie Twell, Aldershot 21:24
8. Liz Yelling, Bedford & County 21:38

Campaccio Classica del Cross (54th)

San Giorgio su Legnano, ITA, 6 January

Note: A big battle here between two of the best runners in the world, Kenya's Joseph Ebuya and Leonard Patrick Komon. Ebuya, the reigning world cross-country champion, beat Komon, the world 10 km and 15 km record holder, in the final 300 m. – Ed.

MEN (10 km)

1. Joseph Ebuya, KEN 28:15
2. Leonard Patrick Komon, KEN 28:19
3. Dennis Masai, KEN 28:51
4. Micah Kogo, KEN 28:53
5. Gideon Kipketer, KEN 29:21

WOMEN (6 km)

1. Anikó Kálovics, 1977, HUN 20:04
2. Veerle DeJaeghere, 1973, BEL 20:15
3. Ana Dias, POR 20:28
4. Irina Sergeyeva, 1987, RUS 20:34
5. Nadia Ejjafini, ITA 20:36

Cross International Venta de Baños (31st)

Venta de Baños (Palencia), ESP, 19 December

MEN (10575 m)

1. Lucas Kimeli Rotich, KEN 32:20
2. Vincent Kiprop Chepkok, 1988, KEN 32:21
3. John Kipkoech, 1991, KEN 32:24

WOMEN (6775 m)

1. Alessandra Aguilar, 1978, ESP 23:19
2. Nuria Fernández, 1976, ESP 23:20
3. Sara Moreira, 1985, POR 23:21

Lotto CrossCup Brussels (18th)

Brussels, BEL, 19 December

MEN (10.5 km)

1. Sergey Lebid, UKR 31:27
2. Isaiah Koech, KEN 31:28
3. Paul Meli, KEN 31:29

WOMEN (6 km)

1. Caroline Chepkwony, 1985, KEN 20:35
2. Fionualla Britton, 1984, IRL 20:37
3. Prisca Cherono, 1980, KEN 20:45

NEWS**TEAM FOR WORLD CROSS TO BE SELECTED AFTER TRIALS**

Teams in four age categories will be selected after the SA Cross-country Trials in Potchefstroom on 22 January to represent South Africa at the Southern Region Championships in Zambia on 26 February, the Africa Championships in Cape Town on 5 and 6 March and the World Championships in Punta Umbria, Spain, on 20 March.

The categories are senior men (12 km), senior women (8 km), junior men (8 km) and junior women (6 km).

According to Athletics South Africa, six athletes will be selected in each category. The first four athletes in each trials race "can be relatively certain of a position" in the team, "with the other two positions to be wild cards for the selector to decide on".

Two current SA champions, Stephen Mokoka and Lebo Phalula, are included in the provisional squad of 48 athletes named by ASA.

RUDISHA, LANGAT TOP RUNNERS OF THE YEAR

Race Results Weekly, the world's most comprehensive source of middle and long distance running results and news, announced Kenyans David Rudisha and Nancy Jebet Langat (pictured on next page) as its 2010 Runners of the Year.

"Rudisha, who was overwhelmingly the best 800 m runner in the world, was a clear choice for our Runner of the Year," said Editor & Publisher David Monti. "But Russia's Liliya Shobukhova, who won both the Virgin London and Bank of America Chicago Marathons, and Kenya's Vivian Cheruiyot, who scored 12 victories including the African and Commonwealth titles at 5000 meters, were also excellent candidates. It was a tough choice."

Rudisha's season was one of the best ever by a middle distance runner. He was undefeated at 800 m in 16 starts (including heats), won the African title, the Samsung Diamond League points chase, and the IAAF/VTB Bank Continental Cup. But, by breaking Wilson Kipketer's vaunted world record twice in the span of eight days last August, first at Berlin (1:41.09) and then again at Rieti (1:41.01), the 22-year-old Kenyan sealed his position as this year's best middle or long distance runner.

Langat endured a leg-bending season in both cross-country and track, and consistently performed brilliantly. The reigning Olympic 1500 m champion opened her season back on 9 January with a victory at the Great Edinburgh Cross-country, and closed it nine months later with her second Commonwealth Games gold medal on 11 October.

"We really admired Langat's record of consistent performances on two surfaces over such a long period of time," Monti explained. "In 23 starts (including heats), she won 16 times, and finished on the podium 21 times. With the exception of her eighth place finish at the Continental Cup, where she was tripped in the homestretch, Langat always won when it counted."

Langat's victories included both the 800 m and 1500 m at the Commonwealth Games (she set a Games record of 4:05.26 at 1500 m), and the African Championships at 1500 m. She was also the Diamond League points champion for 1500 m, and won invitational 1500 m titles at the adidas Grand Prix, DN Galan, Aviva London Grand Prix, and the Weltklasse amongst other meets. Langat even ran the #3 time in the world for 800 m this year: 1:57.75. That kind of versatility and consistency are rare.

The authoritative US magazine *Track & Field News* also selected Rudisha as its Athlete of the Year. The Kenyan star amassed a 100% points tally (30 first places) in *TFN's* poll of world experts. High jumper Blanca Vlasic is women's Athlete of the Year.

The top ten men and women are: MEN: 1. Rudisha, 2. David Oliver, 3. Christian Cantwell, 4. Tyson Gay, 5. Andreas Thorkildsen, 6. Teddy Tamgho, 7. Bershawn Jackson, 8. Jeremy Wariner, 9. Dwight Phillips, 10. Patrick Makau. WOMEN: 1. Vlasic, 2. Allyson Felix, 3. Nadezhda Ostapchuk, 4. Jessica Ennis, 5. Liliya Shobukhova, 6. Veronica Campbell-Brown, 7. Olga Rypakova, 8. Tirunesh Dibaba, 9. Fabiana Murer, 10. Priscilla Lopes-Schliep.

Only four South Africans make the magazine's event rankings: Mbulaeni Mulaudzi is fourth in the 800, Khotso Mokoena fifth in the long jump, Sunette Viljoen fifth in the javelin throw, and LJ van Zyl ninth in the 400 hurdles.

The three runners ahead of Mulaudzi in the 800 are Rudisha, Abubaker Kaki (SUD) and Boaz Lalang (KEN).



WANJIRU CHARGED WITH MURDER ATTEMPT ON HIS WIFE

Kenyan Olympic marathon champion Samuel Wanjiru was charged in court in December with threatening to kill his wife and illegal possession of an AK-47 assault rifle, according to reports from AFP and Reuters Africa. Wanjiru, the first Kenyan to win the Olympic gold in

the marathon, also faced two other counts of threatening to kill his watchman and assaulting him.

The 24-year-old Kenyan and two-time Chicago marathon winner denied the charges of attempting to murder his wife Terezah Njeri Muturi when he appeared before the magistrate in Nyahururu, in Central Kenya (some 150 km northwest of Nairobi).

Police prosecutor John Rutto told the court that Wanjiru went to his home overnight while he was drunk and had a row with his wife.

"It was alleged that it was at this time that Wanjiru went and picked up the rifle and attempted to shoot his wife and the watchman before they were rescued by neighbours responding to their distress calls," he added.

Rutto said police were called and immediately arrested the accused.

The runner was released on bail until 9 February when the case will be heard.

Twice world half-marathon record holder and 2009 London marathon champion, Wanjiru was crowned the men's 2009-2010 World Marathon Majors series champion following his back-to-back victories at the 2009 and 2010 Chicago Marathons.

STATS TIME

To start off the year, here is a compilation of marathon stats by Ken Nakamura, showing splits for the ten fastest women marathons of all time (two tables), and marathon trends for men and women (performances per year under various time goals).

Split/Lap times for some of the world fastest marathons

	5Km	10Km	15Km	20Km	Half	25Km	30Km	35Km	40Km	42.195K
Paula Radcliffe	15:48	32:01	48:15	64:28	68:02	1:20:34	1:36:36	1:52:34	2:08:29	2:15:25
Paula Radcliffe	16:27	32:47	49:05	65:26	68:39	1:21:34	1:37:40	1:53:45	2:10:08	2:17:18
Paula Radcliffe	15:47	32:17	48:34	64:55	68:27	1:21:03	1:37:27	1:54:07	2:10:26	2:17:42
Catherine Ndereba	17:41	34:09	50:40	66:45	70:15	1:22:49	1:39:04	1:55:21	2:11:45	2:18:47
Paula Radcliffe	16:37	33:56	50:44	67:30	71:04	1:23:31	1:39:45	1:55:56	2:11:58	2:18:56
Mizuki Noguchi	16:24	32:53	49:22	65:43	69:19	1:22:12	1:38:48	1:55:19	2:11:53	2:19:12
Irina Mikiyenko	16:40	33:11	49:47	66:28	70:05	1:23:08	1:39:36	1:56:05	2:12:22	2:19:19
Deena Kastor	16:32	33:09	49:41	66:12	69:48	1:22:36	1:39:08	1:55:43	2:12:22	2:19:36
Liliya Shobukhova	16:33	33:06	49:39	66:21	70:00	1:23:02	1:39:56	1:56:40	2:13:26	2:20:25
Liliya Shobukhova	18:22	36:20	54:08	71:28	75:05	1:28:30	1:45:45	2:02:42	2:19:20	2:25:56

Name		5Km	10Km	15Km	20Km	25Km	30Km	35Km	40Km	42.195	Final 7.195
Radcliffe	03 London	15:48	16:13	16:14	16:13	16:06	16:02	15:58	15:55	6:56	22:51
Radcliffe	02 Chicago	16:27	16:20	16:18	16:21	16:08	16:06	16:05	16:23	7:10	23:33
Radcliffe	05 London	15:47	16:30	16:17	16:21	16:08	16:24	16:40	16:19	7:16	23:35
Ndereba	01 Chicago	17:41	16:28	16:31	16:05	16:04	16:15	16:17	16:24	7:02	23:26
Radcliffe	02 London	16:37	17:19	16:48	16:46	16:01	16:14	16:11	16:02	6:58	23:00
Noguchi	05 Berlin	16:24	16:29	16:29	16:21	16:29	16:36	16:31	16:34	7:19	23:53
Mikiyenko	08 Berlin	16:40	16:31	16:36	16:41	16:40	16:28	16:29	16:17	6:57	23:14
Kastor	06 London	16:32	16:37	16:32	16:31	16:24	16:32	16:35	16:39	7:14	23:53
Shobukhova	10 Chicago	16:33	16:33	16:33	16:42	16:41	16:54	16:44	16:46	6:59	23:45
Shobukhova	09 Chicago	18:22	17:58	17:48	17:20	17:02	17:15	16:57	16:38	6:36	23:14

Marathon trends**MEN****Number of sub-2:XX performers (NOT performances)**

	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999
<2:05	3	2	1	1	0	0	0	2	0	0	0	0
<2:06	10	8	6	1	1	0	0	3	2	0	0	1
<2:07	20	20	13	6	8	1	5	10	9	1	2	9
<2:08	40	37	31	24	19	12	12	25	15	12	10	16
<2:09	75	64	58	42	38	29	30	51	33	21	27	29
<2:10	124	103	87	71	56	55	59	84	57	39	49	55
<2:11	178	160	129	114	102	87	89	119	94	88	80	81

Number of sub-2:XX performances

	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999
<2:05	3	2	2	1	0	0	0	2	0	0	0	0
<2:06	12	10	7	1	1	0	0	3	3	0	0	1
<2:07	24	25	16	6	9	1	7	10	12	1	2	9
<2:08	47	43	36	25	21	12	14	27	18	13	10	16
<2:09	91	80	66	45	43	31	35	56	37	23	31	31

WOMEN**Number of sub-2:XX performers (NOT performances)**

	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999
<2:20	0	0	1	0	2	2	1	3	2	2	0	0
<2:22	1	0	2	3	7	6	1	7	8	2	1	1
<2:24	13	3	9	8	14	10	8	16	18	5	8	6
<2:26	35	24	28	16	25	24	17	26	29	22	16	14
<2:28	67	59	56	32	41	52	43	40	53	53	42	34
<2:30	107	98	104	69	82	76	74	80	85	79	63	56

Number of sub-2:XX performances

	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999
<2:20	0	0	1	0	2	2	1	3	3	2	0	0
<2:22	1	0	2	3	9	7	1	7	10	2	1	1
<2:24	15	3	10	10	16	14	8	20	21	6	10	8
<2:26	45	28	32	19	29	35	17	38	35	28	24	18
<2:28	86	73	74	36	57	69	50	62	65	65	59	43

THIS MONTH IN HISTORY

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

27 years ago: 14 January 1984

A photo-finish in a marathon? It certainly is rare, but it happened in the Houston Marathon when Briton Charles Spedding was judged the winner over Italian Masimo Magnani, both running 2:11:54 and both believing he had won. The difference in prize money was \$10 000. Four months later Spedding won the London Marathon by almost two minutes in 2:09:57 and another three months after that he took the bronze medal in the Olympic

Marathon with a time just one second slower – and losing the silver by a scant two seconds to John Treacy.

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)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		06 Mar
	43:50	Lusapho April	Port Elizabeth	
	41:13	Leonard Patrick Komon (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		24 July
	61:58	Lucky Mohale	Port Elizabeth	
	58:23	Zersenay Tadese (ERI)		
25 km	58:23	Zersenay Tadese (ERI) 2010		09 May
	75:02	Lusapho April	Berlin	
	71:50	Sammy Kosgei (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		10 Jan
	1:38:03	Nkosinathi Madyo	Camps Bay	
	89:46	Atsushi Fujita (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		07 Nov
	2:08:33	Stephen Mokoka	Seoul	
	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
	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 47:52	Charles Vilakazi Titus Mamabolo (RSA) 1991	Boksburg	09 May
21.1 km	71:07 66:42	Charles Vilakazi Martin Rees (GBR) 2003	Port Elizabeth	24 July
25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	1:57:40	Raymond Howard	Parow	21 Mar
Marathon	2:43:30 2:19:29	Charles Vilakazi Titus Mamabolo (RSA) 1991	Durban	02 Oct
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 27:52	Thobane Chagwe Richard Chelimo (KEN) 1990	Paarl	14 Aug
15 km	47:28 42:25	Siyabonga Makhaluza Moses Mosop (KEN) 2004	Eersterivier	26 Jun
21.1 km	66:23 59:16	Sithembele Fanekho Samuel Wanjiru (KEN) 2005	Port Elizabeth	24 July
WOMEN				
<u>Open</u>				
10 km	32:32 30:45a 30:21	René Kalmer Lineth Chepkurui (KEN) Paula Radcliffe (GBR) 2003	New York	12 Jun
15 km	51:24 47:54 46:28	Tanith Maxwell Genet Getaneh (ETH) Tirunesh Dibaba (ETH) 2009	Eersterivier	26 Jun
21.1 km	71:09 67:07 66:25	Irvette van Blerk Elvan Abeylegesse (TUR) Lornah Kiplagat (KEN) 2007	Port Elizabeth	24 July
25 km	1:36:29 79:53 79:53	René Kalmer Mary Keitany (KEN) Mary Keitany (KEN) 2010	Johannesburg	24 Jan
30 km	2:03:52 1:43:24 1:38:49	Farwa Mentoor Mara Yamauchi (GBR) Mizuki Noguchi (JPN) 2005	Camps Bay	10 Jan
Marathon	2:32:33 2:20:25 2:15:25	Tanith Maxwell Liliya Shobukhova (RUS) Paula Radcliffe (GBR) 2003	Berlin	26 Sep
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:06 32:14	Tessa Burrell Priscilla Welch (GBR) 1985	Port Elizabeth	01 May
15 km	56:31 49:35	Michelle Bartman Priscilla Welch (GBR) 1985	Eersterivier	26 Jun
21.1 km	81:10 69:56	Michelle Bartman Irina Permitina (RUS) 2009	Port Elizabeth	24 July

25 km	1:47:49 82:13	Ansie Viljoen Mizuki Noguchi (JPN) 2005	Pretoria	08 May
30 km	2:06:43 1:51:37	Joanna Thomas Mieke Pullen (NED) 2001	Camps Bay	10 Jan
Marathon	2:52:04a 2:26:51	Joanna Thomas Priscilla Welch (GBR) 1987	Oudtshoorn	27 Feb
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:28 34:44	Olga Howard Tatyana Pozdniakova (UKR) 2005	Bellville	10 Apr
15 km	63:25 54:33	Olga Howard Shirley Matson (USA) 1991	Eersterivier	26 Jun
21.1 km	89:51 76:07	Olga Howard Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	24 July
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 2:31:05	Annatjie Botes Tatyana Pozdniakova (UKR) 2005	Oudtshoorn	27 Feb
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 31:42	Dominique Scott Zola Pieterse (RSA) 1984	Bellville	05 Jun
15 km	57:44 49:40	Asiphe Sikabalanjana Ines Chenonge (KEN) 2001	Constantia	13 Mar
21.1 km	78:42 1:09:05	Nandipha Dywili Delilah Asiago (KEN) 1991	Port Elizabeth	24 July

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