

Distance Running Results

Vol. 11, No. 2 – 17 January 2011

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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

Fast times were recorded in the Marina Sea Salt 15 km in Port Elizabeth, where both Lungile Gongqa and Zolani Ngqqaqa dipped under 47 min. Another 15 km, the 37th Asics Hohenort race in Cape Town, saw Zintle Xiniwe winning the women's event in 58:57. Xiniwe also won in 2008, while second-placed Nomvuyisi Seti won in 2009. Joanna Thomas ran a veterans list leader or 61:42.

Comment was made last week about the distance of the NSRI Beach Run in Hartenbos on 1 January; it was felt that the distance was far short of the 15 km shown on the results received by DRR. In fact, says Eastern Cape correspondent André Pienaar, it was actually a 10 km – but judging from the times, it was probably not that distance either.

There were some spelling mistakes in the results of the Ocean Basket Bay to Bay races as received by DRR. In the relay, the runner in the third team was Riaan Witbooi, not Riaan Wildskut. The 11th runner in the 30 km was Luvoyo Ntando (not Luvuyo Ntanolo), the 13th athlete was Mandla Pangalele (not Pangalelo), and the 7th woman was Bulelwa Simae (not Simise).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Halfway Toyota Scottburgh Half Marathon, Scottburgh
- * BestMed ACE Half Marathon & 10 km, Pretoria
- * Marina Sea Salt 15 km, Port Elizabeth
- * Asics Hohenort 15 km, Constantia
- * Varsity Kudus 15 km, Johannesburg
- * Garden Route Casino 10 km, Hartenbos
- * Engen Night Run 10 km, George
- * Somerson Half Marathon & 10 km, Mossel Bay

International highlights:

- * P.F. Chang's Rock 'n' Roll Arizona Marathon & Half Marathon (and 50 km), Phoenix to Tempe, USA
 - * Standard Chartered Mumbai Marathon, Mumbai, IND
 - * Carrera Urbana Noche de San Antón, Jaen, ESP
 - * XC: Cross Internacional de Itálica, Seville, ESP; Bay Area Cross Challenge, Golden Gate Park, San Francisco, USA
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ROAD RUNNING**Halfway Toyota Scottburgh Half Marathon**

Scottburgh, 16 January

(Distance: 21.1 km; out-and-back course. Weather: clear, sunny, hot. Finishers: 836.)

MEN

1.	Vusi Mnyandu	Mr Price AC	1:10:41
2.	Samson Kiplagat	KEN/Bluff AC	1:11:46
3.	Richard Nene	ZIM/Mr Price AC	1:12:52

40-49:

1.	Michael Malunga	Toyota AC	1:19:25
2.	Herbert Mazongolo	Toyota AC	1:19:33
3.	Willie Majombozi	Boxer AC	1:21:32

50-59:

1.	Nicholas Dlamini	Boxer AC	1:24:52
2.	Joseph Dumakude	Veralum AC	1:27:49
1.	Mike Sutton	Yellowwood Park AC	1:32:19

60-69:

1.	Michael Langa	Athletics North AC	1:35:15
2.	Petros Shumi		1:35:36
3.	Andrew Spencer		1:41:44

70+:

1.	Barry Varty	Yellowwood Park AC	2:12:27
2.	Derumal Govender	Chatsworth AC	2:30:32
3.	Terry Hogan		2:38:54

Juniors:

1.	Kyle Storkey	Stella AC	1:46:54
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WOMEN

1.	Tanith Maxwell	Boxer AC	1:23:51
2.	Cary-Ann Smith	Nedbank AC	1:24:32
3.	Loveness Madziva	ZIM/Nedbank AC	1:25:50 (1 st jun)

40-49:

1.	Jenny Sutton	Yellowwood Park AC	1:38:22
2.	Megan Finestone	Westville AC	1:50:11
3.	Tammy Dernill	Westville AC	1:51:08

50-59:

1.	Pam Rasmussen	Queensburgh AC	1:51:58
2.	Dawn Frankish		2:01:26
3.	Elize Cilliers		2:01:32

60+:

1.	Alet Engelbrecht		2:06:11
2.	Linda Bell	Queensburgh AC	2:13:03
1.	Maureen Parry	Chiltern AC	2:19:30

Juniors:

1.	Loveness Madziva	ZIM/Nedbank AC	1:25:50
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BestMed ACE Half Marathon & 10 km

Pretoria, 15 January

(Loop courses. Finishers: half marathon – 950; 10 km – 1200.)

Half marathon

MEN

1 Lucky Miya (Nedbank) 67:44; 2 Othaniel Phahlane (Nedbank) 68:05; 3 Sikhumbuzo Seme (Tuks) 70:25.

Veterans: 1 Elias Mabane (Bidvest) 74:24. **Masters:** 1 Colin Fischer (CSIR) 90:33.

G'masters: 1 Joel Barbosa (RAC) 1:45:24. **G/g'masters:** 1 Johan Moolman (Transnet) 2:16:46.

WOMEN

1 Helen Chiundo (ZIM/Mr Price) 82:13; 2 Olivia Chitate (ZIM/Bashewa) 90:40; 3 Winia Jansen van Rensburg (Tuks) 93:12.

Veterans: 1 Madeleen Simmonds (Otto) (Nedbank) 99:45. **Masters:** 1 Marina Coetzee (PMK) 1:57:17. **G'masters:** 1 Liz Ruickbie (Nedbank) 1:43:22.

10 km

MEN

1 Richard Mavuso (Mr Price) 31:55; 2 Frans Makola (Transnet) 32:19; 3 Oupa Maseko (HSRC) 32:42.

Veterans: 1 Piet Mosibedi (HSRC) n/t. **Masters:** 1 Machiel v. Niekerk (Magnolia) 45:36.

G'masters: 1 Mike du Bruto (Irene) 39:57. **G/g'masters:** 1 Ken Nurden (Agape) 47:42.

WOMEN

1 Catherine Skosana (Transnet) 38:02; 2 Margaret Mahohoma (ZIM/Mr Price) 39:37; 3 Ansie Viljoen (Irene) 42:26 (1st vet).

Veterans: 1 Ansie Viljoen (Irene) 42:26. **Masters:** 1 Marina Steinman (Agape) 52:09.

G'masters: 1 Olga Smit (PVM Affies) 63:30. **G/g'masters:** 1 Mavis Stadler (Agape) 64:42.

Marina Sea Salt 15 km (26th)

Port Elizabeth, 15 January

(Loop course. Finishers: 597.)

MEN

1	Lungile	Gongqa	Mr Price AC EP	31	46:33
2	Zolani	Ngqaqa	Mr Price AC EP	22	46:43
3	Masixole	Dlaku	Mr Price AC EP	32	48:18
4	Khayaletu	Makalima	Mr Price AC EP	27	48:55
5	Bulelani	Niwa	PEAAC	27	49:13
6	Mzwanele	Maphekula	Temp	34	49:21
7	Anele	Maliza	Nedbank RC EP	32	50:30
8	Masande	Mlonyeni	Transnet GN	30	50:45
9	Mila	Pasiya	Nedbank RC EP	31	50:47
10	Mthandazo	Loni (1 st jun)	No Club	17	50:49
11	Luyanda	Tshangane	Mr Price AC EP	27	50:50
12	Robert	Matthys	Mr Price AC EP	34	51:36
13	Christopher	Mabengeza (1 st vet)	Nedbank RC EP	44	51:38
14	Maboyisana	Mazwayi	Nedbank RC EP	42	52:15
15	Zandisile	Mpisane	Mr Price AC EP	27	52:24

16	George	Ntshiliza	Nedbank RC EP	31	52:46
17	Sinekhaya	Ndlakuse	Nedbank RC EP	21	53:41
18	Thembinkosi	Mdyogolo	Nedbank RC EP	42	53:59
19	Mutekile	Rasmeni	Triangle Sports	46	54:16
20	Mongezi	Mboya	PEAAC	33	54:29
40-44:					
1	Christopher	Mabengeza	Nedbank RC EP	44	51:38
2	Maboyisana	Mazwayi	Nedbank RC EP	42	52:15
3	Thembinkosi	Mdyogolo	Nedbank RC EP	42	53:59
45-49:					
1	Mutekile	Rasmeni	Triangle Sports	46	54:16
2	Darrell	Wicht	Triangle Sports	47	58:12
3	Geddes	Gallant	SANDF EP	46	1:00:18
50-54:					
1	Alfred	Spiers	Elite AC	50	58:10
2	Charles	Baatjies	Elite AC	54	1:01:40
3	Joseph	Bain	St Albans CSEP	51	1:04:12
55-59:					
1	Sizinzo	Kama	Achilles AAA	59	1:03:00
2	Bruce	McEwan	Achilles AAA	57	1:07:37
3	Chris	Terblanche	Achilles AAA	55	1:10:17
60-64:					
1	Hannes	Els	Madiba Bay AC	61	1:06:59
2	Percy	Dalton	Achilles AAA	62	1:10:04
3	Errol	Rossouw	PEAAC	61	1:11:59
65-69:					
1	Tamsanqa	Jusayi	Nedbank RC EP	68	1:05:30
2	Diliza	Mbande	Rand AC	65	1:23:56
3	Jan	Von Mollendorf	Elite AC	65	1:28:58
70+:					
1	Godfrey	Kariem	Cadbury AC	70	1:14:24
2	Gerald	Hoxley	Achilles AAA	70	1:37:32
3	Selwyn	Solomon	Crusaders AC	72	1:44:41
Juniors:					
1	Mthandazo	Loni	No Club	17	50:49
2	Melikhaya	Frans	Nedbank RC EP	18	57:04
3	Brian	Saunders	Temp	18	1:05:33
WOMEN					
1	Sime	Baynes	Body Concept	27	1:08:18
2	Christine	Claassen (1 st vet)	Achilles AAA	46	1:09:14
3	Margie	Saunders (1 st mast)	Nedbank RC EP	57	1:09:57
4	Grizelda	Pietersen	Achilles AAA	42	1:10:25
5	Elmarie	Bezuidenhout	Charlo RR	28	1:10:39
6	Lizette	Sydien	Elite AC	24	1:11:21
7	Janette	Schierz-Crusius	Body Concept	50	1:11:25
8	Priscilla	Dyantyi	Mr Price AC EP	36	1:13:17
9	Hanlie	Van der Westhuizen	Transnet RE EP	54	1:13:26
10	Laura	Maritz	Elite AC	50	1:13:33
11	Catherine-Ann	Hustler	Temp	24	1:13:44
12	Camarin	Van Eyk	Elite AC	28	1:14:02
13	Adele	Nel	St Albans CSEP	37	1:14:13
14	Buyelwa	Kobokana	Nedbank RC EP	45	1:14:30
15	Rosemary	Buchanan	Achilles AAA	25	1:15:53
16	Shannon	Swart	Profiles AC	28	1:16:47
17	Megan	Holmes	Temp	25	1:16:47

18	Debbie	Dodd	Charlo RR	40	1:17:40
19	Bridget	Hill	Temp	24	1:17:50
20	Jacqui	Van der Vyver	Elite AC	42	1:21:26
40-44:					
1	Grizelda	Pietersen	Achilles AAA	42	1:10:25
2	Debbie	Dodd	Charlo RR	40	1:17:40
3	Jacqui	Van der Vyver	Elite AC	42	1:21:26
45-49:					
1	Christine	Claassen	Achilles AAA	46	1:09:14
2	Buyelwa	Kobokana	Nedbank RC EP	45	1:14:30
3	Desiree	Ebrahim	Willard Batteries	45	1:23:59
50-54:					
1	Janette	Schierz-Crusius	Body Concept	50	1:11:25
2	Hanlie	Van der Westhuizen	Transnet RE EP	54	1:13:26
3	Laura	Maritz	Elite AC	50	1:13:33
55-59:					
1	Margie	Saunders	Nedbank RC EP	57	1:09:57
2	Cathy	Ives	Achilles AAA	57	1:23:37
3	Jos	Els	Madiba Bay AC	58	1:28:08
60-64:					
1	Liz	Grundlingh	Muirite Striders	64	1:21:49
2	Jeanette	Pienaar	PEAAC	62	1:44:07
3	Rita	Boucher	Walmer AC	60	1:47:01
65-69:					
1	Orgia	Nell	Muirite Striders	67	1:47:43
2	Val	Sandow	Profiles AC	65	2:13:00
70+:					
1	Dorothy	Hart	PEAAC	72	1:46:18
Juniors:					
1	Megan	Wilson	Charlo RR	15	1:24:52
2	Kimberley	Wilson	Charlo RR	15	1:37:35

Asics Hohenort 15 km (37th)

Constantia, 15 January

(Certified loop course, hilly. Weather: Cool no wind. Finishers: 1756.)

MEN

1. Sityhilo Diko (Ned CGA) 48:09; 2. Mthandazo Qhina (Gugs) 49:37; 3. Innocent Nogwaza (Adid) 50:14; 4. Graham Katzen (Celtic) 50:30 (1st vet); 5. Riza Gultekin (AUS) 50:42; 6. Lufumba Sakila (Celtic) 50:48 (1st jun); 7. Wanda Roro (Adid) 51:19; 8. Zolani Bhitane (Adid) 51:46; 9. Marks Mpekula (VOB) 51:51; 10. Mthobel Mathorwitz (SANDF) 52:04; 11. Vladimir Kotov (BLR/Cent) 52:23 (1st mast); 12. Bonisile Ngculana (AAC) 53:13; 13. Samson Gulubela (AAC) 53:14; 14. Johnny Persents (Adid) 53:51; 15. Laban Ponco (Ned) 53:59; 16. Quinton Prince (Met) 54:05; 17. Dumisani Dozo (Paarl) 54:19; 18. Shaun Abrahams (Adid) 54:39; 19. Mervin Steenkamp (Itheke) 55:16; 20. William Robinson (UCT) 56:23.

40-49: 1. Graham Katzen (Celtic) 50:30; 2. Johnny Persents (Adid) 53:51; 3. Shaun Abrahams (Adid) 54:39. **50-59:** 1. Vladimir Kotov (BLR/Cent) 52:23; 2. Shafiek Cassiem (Celtic) 59:20; 3. Julian Paul (SANDF) 60:33. **60-69:** 1. Frank Reilly (GBR) 61:26; 2. Ronnie le Roux (Brack) 69:48; 3. Kevin Kohler (Edge) 72:55. **Juniors:** 1. Luke Bax (Pine) 69:47; 2. Oscar Williams (MPT) 73:53; 3. William Brinders (Edge) 79:48.

WOMEN

1. Zintle Xiniwe (Ned) 58:57; 2. Nomvuyisi Seti (Celtic) 60:21; 3. Joanna Thomas (VOB) 61:42 (1st vet); 4. Sheryl de Lange, 42, 63:17; 5. Julia Janse van Rensburg (Ind) 63:38; 6. Linley Holmes (WC) 64:12; 7. Mariëtte Esterhuyse (Tyger) 66:40; 8. Candyce Hall (Hout) 67:22; 9. Patricia Adams (Met) 67:52; 10. Monice Brand (Adid) 68:09; 11. Kasha Dickie (Celtic) 68:44; 12. Kathy McQuaide-Little (Celtic) 68:59; 13. Adele Koen (Ind) 69:04; 14. Kirsten Norris (VOB) 69:39; 15. Sue Dickson (VOB) 70:25; 16. Eleanor Cook (Ind) 70:29; 17. Jayde Morrison (ATC) 71:07; 18. Melany Porter (RWFL) 71:13; 19. Miranda Symons (Adid) 71:24; 20. Claire Cousins (VOB) 71:44.

40-49: 1. Joanna Thomas (VOB) 61:42; 2. Sheryl de Lange, 42, 63:17; 3. Mariëtte Esterhuyse (Tyger) 66:40. **50-59:** 1. Dawn Middelkoop (VOB) 72:44; 2. Caroline Weinel (Durb) 75:21; 3. Brenda Stevenson (Pine) 77:43. **60-69:** 1. Marietha Herbert (Bell) 78:57; 2. Pixie Sparg (celtic) 81:32; 3. Olwyn Oliver (FH) 86:39. **Juniors:** 1. Gaylon Atson (MPT) 1:26:57; 2. Elaan Coetzee (WC) 1:31:40; 3. Benine Havenga (Tyger) 1:44:25.

Varsity Kudus 15 km

Johannesburg, 9 January

(Loop course. Finishers: 2666.)

Note: A rare third place for René Kalmer. – Ed.

MEN

1	Xolisa	Tyali	Nedbank	22	47:58
2	Tshamano	Setone	Nedbank	23	48:08
3	Olebegeng	Masire	Ind	28	49:13
4	Serame	Kutoane	Nedbank	31	50:04
5	Desmond	Mokgotsu	ADT	22	50:37
6	Dorocios	Makhubalo	Gauteng Str	22	51:01
7	Odwa	Tunyiswa	Nedbank	26	51:20
8	Elias	Mabane	Bidvest	41	51:42
9	Elman	Mogoboya	Nedbank	26	51:56
10	Lawrence	Chipangaan	Nedbank	42	52:06
11	Sechaba	Motsitsi	Gauteng Str	33	52:39
12	Armin	Botha	Univ Jhb	18	52:54
13	Degene	Asefa	ETH/ADT	32	53:33
14	Sylvester	Mohalakane	Mr Price	29	53:53
15	Edwin	Sesipi	Take It Easy	18	54:23
16	Thabiso	Mateba	Gauteng Str	18	54:53
17	Nemutwani	Thifhelimbilu	Eskom	30	54:58
18	Jan	Mokoena	Mr Price	26	55:10
19	David	Mokwana	Nedbank	31	55:24
20	Timothy	Munzhelele	Yebo Str	18	55:51

WOMEN

1	Mapaseka	Makhanya	Mr Price	25	56:59
2	Christine	Kalmer	Nedbank	24	58:28
3	René	Kalmer	Nedbank	30	1:00:52
4	Maxine	Heine-Wacker	Nedbank	20	1:02:16
5	Yolande	Maclean	Jeppe	32	1:03:07
6	Cornelia	Joubert	Bedf cc	22	1:03:09
7	Dimakatso	Menong	Bidvest	35	1:06:47
8	Jeanni	Seymour	Ind	18	1:08:36
9	Sarah	Mahlangu	Mr Price	44	1:09:08
10	Ann	Boniwell	Nedbank	26	1:09:21
11	Vicky	Cotter	Wand	29	1:09:51

12	Catherine	Naane	Driefontein	45	1:10:44
13	Jodi	Moss	Ind	32	1:12:08
14	Vanessa	Bowman	Kempt rr	41	1:12:29
15	Melanie	Jennett	Fourways	38	1:13:23
16	Stephanie	Hurry	RAC	25	1:13:29
17	Nomvula	Kenya	ADT	40	1:13:31
18	Judith	Peo	Mr Price	29	1:13:50
19	Estie	Grobler	Mr Price	31	1:14:04
20	Claire	Liebmann	Florida	32	1:15:00

Garden Route Casino 10 km

Hartenbos, 29 December

(Loop course. Finishers: 221.)

Note: Andrea Steyn finished 8th overall. – Ed.

MEN

1	Peter van der Westhuizen	Saucony	26	32:18
2	Luwayne Duitsjan	Mosselbaai Harriers	24	33:12
3	Gurome Gelderbloem	Mosselbaai Harriers	34	33:22
4	Lindlo Tokota	Nedbank	43	33:34
5	Nelson Bass	UCT	31	34:55
6	Selwyn Losper	Nedbank	46	35:07
7	Adriaan van Zyl	Temp	27	36:59
8	Hermanus Jonkerman	Nedbank	51	37:48
9	Wilhelm Steyn	Running Inn	31	37:53
10	Jaco Botha	Uppington	37	37:58
11	Corus Naudé	West Coast	37	38:14
12	Elman Carelse	Mosselbaai Harriers	40	38:25
13	Pieter du Plessis	Boksburg	39	38:49
14	Jugene Maart	Mosselbaai Harriers	23	39:02
15	C Muller	Temp	42	39:04
16	J Nieuwenhuys	Nedbank	49	39:32
17	Hannes Naudé	Temp	20	40:12
18	Retief Joubert	Temp	27	40:21
19	Plogan Leckie	Nedbank	17	40:22
20	Nardus Matthysen	Adidas	20	40:28

WOMEN

1	Andrea Steyn	Temp	26	37:14
2	Annatjie Botes	Nedbank	53	42:21
3	Nelmarie Loubser	AFS	21	43:15
4	Lize Cornelius	Hartenbos Drawwers	24	43:45
5	Marika Vermaak	Bronkhorstspuit	17	44:11
6	A Pretorius	Agape		46:42
7	Elize Kloppers	Hartenbos Drawwers	40	46:51
8	Charlize Grové	Eskom	17	47:06
9	Lorinda Olivier	Strand	45	47:28
10	Tanja Fourie	Outeniqua Harriers	24	47:49
11	Susha du Plessis	Nedbank	41	48:16
12	Cecilia Schultz	Temp	19	48:25
13	Yolanda Muller	Temp	24	49:06
14	Miele J v. Vuuren	Temp	19	49:18
15	Lucille Rena	Mosselbaai Harriers	20	49:27
16	Elsa de Villiers	Hartenbos Drawwers	51	49:56
17	Lize Bruwer	Swartland	28	50:09

18	Stefanie Dunn	Temp	27	50:14
19	Jacquette Jackson	TEmp	32	50:40
20	Mari v.d. Westhuizen	Benoni	50	50:47
21	Tanya Faber	Outeniqua Harriers	38	50:56

Engen Night Run 10 km

George, 27 December

(Loop course. Finishers: 255.)

MEN

1	Elroy	Gelant	Itheko	24	32:19
2	Lloyd	Bosman	Pukke	22	32:20
3	Lindile	Tokota	Nedbank	43	33:17
4	Principal	Fana	Rainbow	42	34:25
5	Nardus	Matthysen	Simply Store	20	34:33
6	Selwyn	Losper	Nedbank	46	34:34
7	Julius	Korkee	Rainbow	26	34:53
8	Siyabonga	Madala	Rainbow	25	36:35
9	Jarrood	Shaw	Temp	38	36:40
10	Hermanus	Jonkerman	Nedbank	51	37:19
11	Carlo	Botha	ATC Running	26	37:21
12	Corus	Naude	West Coast	37	38:00
13	Hein	Lodewyks	NMMU	28	38:07
14	Anton	Chevalier	Nedbank	45	38:22
15	Aubrey	Brinkhuis	Knysna RC	40	38:47
16	Jannie	Niewenhuys	Nedbank	49	39:00
17	Elmen	Carelse	MBH	40	39:26
18	Jan	Hofmeyer	Nedbank	40	39:37
19	Rogan	Leckie	Nedbank	17	39:46
20	Daniel	Wiese	Boland/Maties	25	40:08

WOMEN

1	Sheryl	de Lange	Adidas	42	39:35
2	Helene	Perold	Adidas	26	39:41
3	Nelmare	Loubser	AFS	21	40:48
4	Annatjie	Botes	Nedbank	53	42:11
5	Marike	Vermaak	Bronkhorspruit	17	42:51
6	Johanna	Claassen	Nedbank	42	42:56
7	Kerry	Roos	Knysna RC	32	43:19
8	Elize	Kloppers	Hartenbos Drawwers	40	45:14
9	Tanja	Fourie	Outeniqua harriers	24	45:59
10	C	Reed	Temp	34	46:20
11	S	du Plessis	Nedbank-NWP	39	47:02
12	Suleen	Vermaas	Temp	22	47:39
13	Tania	Erasmus	Nedbank-SWD	35	48:00
14	Bianca	van Niekerk	Nedbank-Gauteng	16	48:08
15	Lezani	Scholtz	Temp	36	48:20
16	Petra	Rossouw	Nedbank-SWD	33	48:35
17	Bianca	Grotepass	Temp	21	48:56
18	Natale	Louw	Temp	34	49:07
19	Christa	Smit	Hartenbos Drawwers	43	49:14
20	Ad	Cole	Knysna RC	43	49:52

Somerson Half Marathon & 10 km

Mossel Bay, 18 December

(Loop courses. Finishers: half marathon – 255; 10 km – 240)

Half marathon

MEN

1	Gurome Gelderbloem	Mosselbaai	34	1:11:23
2	Lindile Tokota	Nedbank	43	1:12:44
3	Selwyn Losper	Nedbank	46	1:15:18
4	Siyabonga Madala	Rainbow	25	1:16:48
5	Jan Isaack	Rainbow	25	1:17:56
6	Mario Meyer	Hartenbos	31	1:19:02
7	Aldrin Smit	New Balance	35	1:19:14
8	Sydney Landsberg	Nedbank	49	1:19:19
9	Hermanus Jonkerman	Nedbank	51	1:21:46
10	Dewald Kleinhans	Hartenbos	28	1:22:24
11	Gerald Willeman	Rainbow	30	1:22:38
12	Corus Naudé	Westcoast	37	1:22:48
13	Jaco Botha	Wingate	37	1:23:04
14	Pienaar J v. Rensburg	Temp	25	1:23:08
15	Mashudu Marubini	Mosselbaai	32	1:25:04
16	Juan Cordier	Temp	25	1:27:10
17	Jacques Mouton	Outeniqua	32	1:27:47
18	Henry van der Walt	Nedbank	44	1:27:47
19	Hendrik de Bruin	Nylstroom	55	1:27:59
20	Jimmy Henneke	Rainbow	35	1:28:26

WOMEN

1	Helene Perold	Adidas	26	1:24:25
2	Michelle Williams	RAC	30	1:27:56
3	Kerry Roos	Knysna	32	1:29:42
4	Johanna Claassen	Nedbank	42	1:32:24
5	Hannelie le Roux	Wingate	42	1:33:13
6	Carmen Maloney		39	1:34:01
7	Janet van Veijeren	New Castle	39	1:35:07
8	Ursula Turck	Strand	38	1:36:04
9	Freda O'Malley	Temp	46	1:38:36
10	Charé de Klerk	Durbanville	24	1:39:58
11	Marise Fourie	New Balance	32	1:40:44
12	Elize Kloppers	Hartenbos	40	1:41:49
13	Dalene du Toit	AA Swartland	43	1:43:28
14	Rea Oosthuizen	Hartenbos	64	1:43:36
15	Thea Mari v.d. Walt	Nedbank	35	1:44:10
16	Natasja Kask	Temp	36	1:45:46
17	Carinmarie Mocke	Temp	41	1:45:49
18	Karien Gouws	Newcastle Harriers	35	1:46:30
19	Christa Smit	Hartenbos	43	1:46:58
20	Dilbrich Madic		38	1:47:09

10 km

MEN

1	Jumat Witbooi	Outeniqua Harriers	35	33:56
2	Dawie Janse v. Rensburg	NWU Dreamveld	34	34:08
3	Joey Klaasen	Rainbow Athletics Club	40	34:42
4	Burt Verster	AS Eagles	17	33:26
5	Edward v.d. Merwe	Temp	18	36:33
6	Elman Carelse	Mossel Bay Harriers	39	38:47

7	Dimitri October	Rainbow Athletics Club	15	39:43
8	Frans Elstadt	Hangklip	15	40:05
9	Bradley Pienaar	Hartenbos Drawwers	19	41:05
10	Mihan Roos	Knysna	32	41:43
11	Daniel Wiese	Boland	25	42:18
12	Manies Steenkamp	Nedbank George	61	42:49
13	Cobus Marais	Temp	26	43:23
14	Daniel Feldmann	Rhodes University	23	44:06
15	André Barnardo	Nedbank George	54	44:23
16	Johan Muller	Hartenbos Drawwers	15	44:49
17	Rudolph Minnie	Temp	24	44:51
18	Juan ?		23	45:05
19	André Prinsloo	Rustenburg Multi-Sport	51	46:27
20	Jaco van Zyl	Nedbank	45	46:41

WOMEN

1	Sheryl de Lange	Adidas	42	40:52
2	Marike Kotze			43:35
3	E Oosthuizen	Hartenbos Drawwers	37	43:54
4	Sunet Eybers	New Balance	37	45:02
5	Helene Muller	Hartenbos Drawwers	18	45:44
6	A van Emmenis		51	46:16
7	Elsa de Villiers	Hartenbos Drawwers	51	47:41
8	A.N. Other	Nedbank	16	48:40
9	Natalé Louw	Temp	35	48:53
10	Marchelle Bailey	Temp	27	49:04
11	Yolande Muller	Temp	24	49:24
12	Lonnie v.d. Merwe	Temp	26	49:29
13	Lohandi Janse v. Rensburg	Temp	16	49:54
14	Stephni v.d. Merwe	Temp	21	49:53
15	Jacquette Jackson	Temp	32	50:34
16	Nicole de Villiers	Temp	26	51:58
17	Michele van Lill	Temp	41	52:00
18	Toekie Steenkamp	Nedbank	58	52:25
19	Cornel Scheepers	Temp	15	52:41
20	Taschyana Hurter	Hartenbos Drawwers	31	53:36

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

P.F. Chang's Rock 'n' Roll Arizona Marathon & Half Marathon (8th) (& 50 km)

Phoenix to Tempe, USA, 16 January

(Distances: 42.195 km, certified point-to-point course with 14 m elevation GAIN; 21.1 km certified point-to-point courses with 14 m elevation GAIN; 50 km, certified point-to-point course with 29% start/finish separation (record standard) and 14 m elevation GAIN)

Marathon (gun times)

MEN

1. Josh Cox, 35, Mammoth Lakes, CA 2:17:32+
2. Solomon Kandie, 32, KEN 2:18:40
3. Roosevelt Cook, 31, Hesperia, CA 2:25:23

+) En route to 50 km finish of 2:43:45; pending USA record, previous 2:47:17, Cox, Tempe, 2009

WOMEN

1. Sally Meyerhoff, 27, Maricopa, AZ 2:37:56
2. Gina Slaby, 29, Tucson, AZ 2:42:21 PB
3. Liana Bernard, 29, Medford, OR 2:42:28 PB

Half marathon (gun times)

MEN

1. Shawn Forrest, 27, Greensboro, NC (AUS) 1:03:07
2. Alistair Cragg, 30, Mammoth Lakes, CA (IRL) 1:03:22
3. Joseph Chirlee, Colorado Springs, CO 1:05:00

WOMEN

1. Madai Perez, 30, MEX 1:11:49
2. Kara Goucher, 32, Portland, OR 1:14:02
3. Emily Kroshus, 27, Boston, MA (CAN) 1:15:18 PB

Standard Chartered Mumbai Marathon (8th)

(IAAF Gold Label Road Race)

Mumbai, IND, 16 January

(Distance: 42.195 km)

MEN

1. Girma Assefa, ETH 2:09:54 PB/ACR*USD 36,000
2. Botoru Tsegaye Wolde, ETH 2:09:57 PB 25,000
3. Patrick Muriuki, KEN 2:10:00 PB 16,000

WOMEN

1. Koren Jelila Yal, ETH 2:26:56 ACR* USD 36,000
2. Merima Mohammed Hasen, 1992, ETH 2:26:57 25,000
3. Efenesh Alemu, ETH 2:29:04 16,000

Carrera Urbana Noche de San Antón (28th)

Jaen, ESP, 16 January

(Distance: 8.7 km)

MEN

1. Cutbert Nyansango, ZIM 25:36
2. Pablo Lopez Sanchez Rey, ESP 25:48
3. Arturo Casado, ESP 25:49

WOMEN

1. Soud Kambouchia, 1987, MAR 29:47
2. Esther Hidalgo Garcia, ESP 29:48
3. Lebogang Phalula, 1983, RSA 30:43
- ... 6. Dina Lebo Phalula, 1982, RSA 32:02

CROSS-COUNTRY

Cross Internacional de Itálica (29th)

Seville, ESP, 16 January

MEN (10.8 km)

1. Leonard Patrick Komon, KEN 30:38
2. Mathew Kisorio, KEN 30:46
3. Hosea Macharinyang, KEN 31:01
4. Abera Kuma, ETH 31:09
5. Joseph Ebuya, KEN 31:09
- ... 9. Tariku Bekele, ETH 31:36
- ... 12. Sergey Lebid, UKR 31:53

WOMEN (8 km)

1. Vivian Cheruiyot, KEN 26:02
2. Linet Masai, KEN 26:05
3. Pauline Korikwiang, KEN 26:27
4. Mercy Cherono, KEN 26:35
5. Emebet Anteneh, ETH 27:01
- ... 7. Benita Willis, AUS 27:05

Bay Area Cross Challenge (1st)

Golden Gate Park, San Francisco, USA, 16 January

(Course: 2 km loop; men ran 4 loops [8 km]; women ran 3 loops [6 km])

MEN

1. Ben Bruce, Nike Oregon TC, 23:12 (\$2000)
2. Kevin Chelimo, Nike Oregon TC (KEN), 23:12 (\$1000)
3. Max King, Unattached, 23:12 (\$750)

WOMEN

1. Molly Huddle, Saucony, 19:19 (\$2000)
2. Renee Metevier Baillie, Nike, 19:31 (\$1000)
3. Magdalena Lewy Boulet, Saucony, 19:32 (\$750)

STATS TIME

In this section I include the top ten South Africans over the standard distances each week, with one list per issue. In the first few weeks of the year lists from 2010 will be published. Secondary performances of the top three are also listed.

2010 MARATHON: TOP 10 MEN

2:08:33	Stephen Mokoka	4	Seoul	07 Nov
2:10:45	Lusapho April	5	Hannover	02 May
2:13:35	Lucky Modike Mohale	5	Casablanca	24 Oct
2:14:45	Hendrick Ramaala	7	San Diego	06 Jun
2:15:56	Gert Thys	2	Beijing	24 Oct
2:16:02	Norman Dlomo	5	Taiyuan	05 Sep
2:16:09	Malesela Johannes Kekana	2	Stockholm	05 Jun
2:16:19	Coolboy Ngamole	1	Durban	02 Oct
2:18:03	Benedict Moeng	1	Durban	02 Oct
2:18:05A	Simon Peu	1	Ngodwana	20 Mar

THIS MONTH IN HISTORY

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

12 years ago: 15 January 1999

Elana Meyer ran the fastest half marathon of her brilliant career in Tokyo, setting a new world record of 66:44 to defeat Esther Wanjiru (KEN) and Kerryn McCann (AUS), who clocked 66:49 and 69:05 respectively. Meyer's time stood as a world record until 2007, when Lornah Kiplagat (NED) ran 66:25, and is still the Africa record. In her career Meyer dipped under 69 minutes twelve times (and under 68 min seven times). Colleen de Reuck, with one performance, is the only other South African who has run under 69 minutes.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2011

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	31:55	Richard Mavuso	Pretoria	15 Jan
	29:13	Abraham Kiprotich (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		15 Jan
	44:33	Lungile Gongqa	Port Elizabeth	
	44:33	Lungile Gongqa (RSA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		15 Jan
	67:44	Lucky Miya	Pretoria	
	62:33	Ayele Abshuro Biza (ETH)		
25 km	58:23	Zersenay Tadese (ERI) 2010		09 May
	75:02	Lusapho April	Berlin	
30 km	71:50	Sammy Kosgei (KEN) 2010		09 Jan
	1:36:14	Elroy Gelant	Camps Bay	
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:08:07	Robert Kipkorir (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	28:51	Paulo Catarino (POR) 2003		
15 km	50:30	Graham Katzen	Constantia	15 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	74:24	Elias Mabane	Pretoria	15 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:14	Graham Katzen	Camps Bay	09 Jan

Marathon	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	39:57	Mike du Bruto	Pretoria	15 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	57:30	Alfred Spiers	Jeffreys Bay	08 Jan
	[52:23	Vladimir Kotov (BLR)	Constantia	15 Jan]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	84:52	Nicholas Dlamini	Scottburgh	16 Jan
	66:42	Martin Rees (GBR) 2003		
25 km				
30 km	1:58:23	Raymond Howard	Camps Bay	09 Jan
Marathon	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	39:57	Mike du Bruto	Pretoria	15 Jan
15 km	62:32	Mike Hirst	Johannesburg	09 Jan
21.1 km	95:15	Michael Langa	Scottburgh	16 Jan
25 km				
30 km	2:10:29	Jimmy Morris	Camps Bay	09 Jan
Marathon				
100 km				
<u>Juniors</u>				
10 km	27:52	Richard Chelimo (KEN) 1990		
15 km	50:42	Juwayne Fletcher	Jeffreys Bay	08 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	1:46:54	Kyle Storkey	Scottburgh	16 Jan
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	38:02	Catherine Skosana	Pretoria	15 Jan
	32:46	Christelle Daunay (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	56:38	Ntombesintu Mfunzi	Jeffreys Bay	08 Jan
	56:38	Ntombesintu Mfunzi (RSA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	83:51	Tanith Maxwell	Scottburgh	16 Jan
	72:53	Abebech Afewok Bekele (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km				
	79:53	Mary Keitany (KEN) 2010		
30 km	2:04:22	Joanna Thomas	Camps Bay	09 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:49	Amane Gobena Gemedda (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	42:26 32:14	Ansie Viljoen Priscilla Welch (GBR) 1985	Pretoria	15 Jan
15 km	61:42 49:35	Joanna Thomas Priscilla Welch (GBR) 1985	Constantia	15 Jan
21.1 km	98:22 69:56	Jenny Sutton Irina Permitina (RUS) 2009	Scottburgh	16 Jan
25 km				
30 km	82:13 2:04:22 1:51:37	Mizuki Noguchi (JPN) 2005 Joanna Thomas Mieke Pullen (NED) 2001	Camps Bay	09 Jan
Marathon				
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	52:09 34:44	Marina Steinman Tatyana Pozdniakova (UKR) 2005	Pretoria	15 Jan
15 km	69:43 54:33	Julie Taunton Shirley Matson (USA) 1991	Jeffreys Bay	08 Jan
21.1 km	1:51:58 76:07	Pam Rasmussen Tatyana Pozdniakova (UKR) 2006	Scottburgh	16 Jan
25 km				
30 km	2:27:59	Dawn Middelkoop	Camps Bay	09 Jan
Marathon				
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	63:30	Olga Smit	Pretoria	15 Jan
15 km	78:57	Marietha Herbert	Constantia	15 Jan
21.1 km	1:43:22	Liz Ruickbie	Pretoria	15 Jan
25 km				
30 km	2:35:21	Veronica van Niekerk	Camps Bay	09 Jan
Marathon				
100 km				

Juniors

10 km				
	31:42	Zola Pieterse (RSA) 1984		
15 km	68:36 49:40	Jeanni Seymour Ines Chenonge (KEN) 2001	Johannesburg	09 Jan
21.1 km				
	1:09:05	Delilah Asiago (KEN) 1991		

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