

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

René Kalmer made a welcome return to form in the Johnson Crane Half Marathon, winning in 76:25, a list leader. Irvette van Blerk was second, exactly one minute behind, after having won the George Claassen 10 km in 34:34 the previous day. Van Blerk's racing schedule is a cause for concern (as it has been at times in the past too). For someone of her immense talent it is unnecessary to race on consecutive days. In the past six months (since the beginning of August) she has raced eleven times – five of these were half marathons – including the SA 10 km, the Southern Region Half-marathon Championships, the World Half Marathon and, most recently, the Dis-Chem Half Marathon (where she set a course record). Just one week before the beginning of August, she also won the SA Half Marathon. She has been invited to run the New York City Half Marathon on 20 March and David Monti, elite athletes coordinator for the race, has expressed his worries about Van Blerk's over-racing towards DRR.

Well-known Eastern Cape runner and DRR correspondent Sharon Eldridge reports that she, with daughter Terry, took part in the first Iron Girl event in South Africa on 22 January in East London. Hanlie Botha won in 31:32, followed by Lesyl Potgieter (35:44) and Sharon Wood (35:49). Eldridge was 13th (second in the 45-49 age category) in 41:30. There were 335 finishers.

The Candlelight 10 km, results of which were published last week without the venue and date, was held at Waboomskraal near George (on the inland side of the Outeniqua Mountains) on 16 December. According to Eastern Cape correspondent André Pienaar it rained throughout the day and also during the race itself – "so there was no possibility of candles or lanterns to provide light". Patrick Baransky also ran the undulating out-and-back route; he wrote that the field is limited to 300 runners and that it is "a must-do race for holiday makers, with candles every 10-15 m for the entire route (if not raining) ... magical stuff".

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Kloofnek Classic Half Marathon, Cape Town
- * Johnson Crane Marathon, Half Marathon & 10.5 km, Benoni
- * PDAC 25 km, Pinetown
- * PWC George Claassen Half Marathon & 10 km, Pretoria
- * The Herald Flexider Friendly City Marathon & 10 km, Port Elizabeth
- * Durbanville Pharmacy Dan Luyt 15 km, Durbanville
- * Arwyp 15 km, Kempton Park
- * David Rattray Memorial Half Marathon, Isandlwana to Rorke's Drift

* Track: WPA Junior Meeting, Bellville

International highlights:

- * Chevron Houston Marathon & Aramco Half Marathon, Houston, USA
 - * Discovery Kenya Half Marathon, Eldoret, KEN
 - * Osaka International Ladies Marathon, Osaka, JPN
 - * ING Miami Marathon, Miami, USA
 - * USA Half-marathon Championships, Houston, USA
 - * Indoor track: Millrose Games, New York, USA; University of Washington Invitational, Seattle, USA; Texas A&M Challenge: Big-12, SEC, Pac 10, College Station, USA
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ROAD RUNNING

Kloofnek Classic Half Marathon

Cape Town, 30 January

(Distance: 21.1 km; certified, very hilly out-and-back course. Weather: Cool at start, warmer later, with a light breeze. Finishers: 1155.)

MEN

1. Sityhilo Diko (Adid) 70:59; 2. Mthandazo Qhina (Gugs) 71:40; 3. Neo Molema (MP) 74:34; 4. Tom Lusaseni (Adid) 75:17; 5. Lufumba Sakila (Celtic) 75:19 (1st jun); 6. Luvuyo Ntando (Sat) 75:59; 7. Bonisile Ngculana (AAC) 76:13; 8. Samson Gulubela (AAC) 76:27; 9. Graham Katzen (Celtic) 76:45 (1st vet); 10. Sihle Mapukata (MP) 78:03; 11. Professor Khwetane (VOB) 79:27; 12. Laban Ponco (Ned) 79:36; 13. Phumlani Nxusani (Ind) 81:25; 14. Patrick Ketelo (Adid) 81:49; 15. A.N. Other (ATC) 81:49; 16. Andries Swanepoel (Brack) 83:07; 17. E. Whitebooi (SANDF) 84:11; 18. Chris Mitchell (Celtic) 85:21; 19. Johan van Zyl (Tyger) 86:01; 20. Mike O'Donovan (VOB) 86:16.

Veterans: 1. Graham Katzen (Celtic) 76:45; 2. Andries Swanepoel (Brack) 83:07; 3. Chris Mitchell (Celtic) 85:21. **Masters:** 1. Shafiek Cassiem (Celtic) 89:24; 2. Walter Segatswi (Celtic) 96:27; 3. Malcolm Harrington (SS) 96:55. **G'masters:** 1. Ronnie le Roux (Brack) 1:44:08; 2. Kenny Williams (Pine) 1:49:31; 3. Eugene Cairncross (SS) 1:51:11. **Juniors:** 1. Lufumba Sakila (Celtic) 75:19.

WOMEN

1. Joanna Thomas (VOB) 1:28:09 (1st vet); 2. Bulelwa Mtshagi (Celtic) 1:28:38; 3. Ulrica Stander (NBMC) 1:29:09; 4. Nomvuyisi Seti (Celtic) 1:32:03; 5. Busisiwe Matiwane (Celtic) 1:32:11; 6. Sheryl de Lange (Adid) 1:35:00; 7. Monice Brand (Adid) 1:37:30; 8. Stefanie van der Spuy (Ind) 1:38:46; 9. Dain Hamilton (Forest) 1:40:31; 10. Lisa-Jo Austin (Durb) 1:41:07; 11. Liesl Stoltz (Durb) 1:41:09; 12. Candyce Hall (Hout) 1:41:20; 13. Lesyl Potgieter (ATC) 1:41:52; 14. Ellie Courts (Celtic) 1:46:47; 15. Dominique Leibbrandt (UCT) 1:47:46; 16. Karen Versfeld (ATC) 1:47:58; 17. E. Maree (Ind) 1:48:52; 18. Claire Cousins (VOB) 1:49:08; 19. Paula Dollman (Ind) 1:49:24; 20. Evelina Tshabalala (Gugs) 1:49:27.

Veterans: 1. Joanna Thomas (VOB) 1:28:09; 2. Sheryl de Lange (Adid) 1:35:00; 3. Monice Brand (Adid) 1:37:30. **Masters:** 1. Holly Jones (Break) 1:55:15; 2. Brenda Stevenson (Pine) 1:56:57; 3. Sonia Smith (MPT) 1:57:09. **G'masters:** 1. Pixie Sparg (Celtic) 1:58:24; 2. Marietha Herbert (Bell) 2:00:54; 3. Chippy Steele (Hout) 2:15:52. **Juniors:** 1. Benine Havenga (Tyger) 2:36:43.

Johnson Crane Marathon (31st), Half Marathon & 10.5 km

Benoni, 30 January

(Distances: 42.195 km, 21.1 km & 10.5 km. Loop courses. Finishers: marathon – 1700; half-marathon – 2700; 10.5 km – 850.).

Note: The shortest race is 10.5 km, not 10 km. Elias Mabane also ran the George Claassen 10 km the previous day. – Ed.

Marathon

MEN

1 Elias Mabane (Bidvest) 2:22:07 (1st vet); 2 Michael Ngasake (ZIM/Mr Price) 2:22:11; 3 Tshidiso Bosiu (GS) 2:22:47; 5 Africa Mailola (Mr Price) 2:23:14; 5 Samuel Mashishi (ADT) 2:33:18; 6 Elijah Mokoboya (Nedbank) 2:33:58; 7 Josia Modluli (Mr Price) 2:35:26; 8 John Motsitsi (GS) 2:35:43; 9 David Mthonyana (GS) 2:37:42; 10 Stephen Molepa (Mr Price) 2:37:43.

Veterans: 1 Elias Mabane (Bidvest) 2:22:07; 2 David Mthonyana (GS) 2:37:42. **Masters:** 1 Themba Phulu (Panorama) 3:02:01. **G'masters:** 1 Alwyn Burger (Klerksdorp) 3:45:22.

WOMEN

1 Dimakatso Menong (Bidvest) 3:11:02; 2 Estie Grobler (Mr Price) 3:16:32; 3 Marlie Hunt (Kimberley Pirates) 3:20:52; 4 Madeleen Simmons (Nedbank) 3:25:05 (1st vet); 5 Jeannie Jordaan (RAC) 3:25:56; 6 Maphur Phaka (GS) 3:25:57; 7 Stephanie Hurry (RAC) 3:26:13; 8 Barene Jankovich-Besan (RAC) 3:26:29; 9 Angela Bott (Temp) 3:28:01; 10 Salomie Cooper (Toyota) 3:28:57.

Veterans: 1 Madeleen Simmons (Nedbank) 3:25:05; 2 Barene Jankovich-Besan (RAC) 3:26:29. **Masters:** 1 Val Watson (New Balance) 3:34:02. **G'masters:** 1 Carol Cronck (Florida) 4:14:34.

Half marathon

MEN

1 Johannes Kekana (Mr Price) 66:05; 2 Juan van Deventer (Nedbank) 66:09; 3 Lucky Mohale (Mr Price) 66:50.

Veterans: 1 Jacob Mazibuko (Bidvest) 73:21; 2 Isaac Masilela (ADT) 76:14. **Masters:** 1 Charles Vilakazi (Kwa-Themba) 77:25. **G'masters:** 1 Jose Rebordao (RAC) 94:23.

WOMEN

1 René Kalmer (Nedbank) 76:25; 2 Irvette van Blerk (Nedbank) 77:25; 3 Christene Kalmer (Nedbank) 80:17.

Veterans: 1 Sarah Mahlangu (Mr Price) 92:32; 2 Catherine Naane (Goldfields) 94:05.

Masters: 1 Estelle Viljoen (Kempton) 1:49:21. **G'masters:** 1 Margaret Boshoe (Sunninghill) 2:06:12.

10.5 km

MEN

1 Enoch Manyande (Nedbank) 32:59; 2 Joshua Sabao (ZIM/Mr Price) 33:17; 3 Degene Asega (ETH/ADT) 33:28.

Veterans: 1 Lawrence Chipangaan (Nedbank) 35:24; 2 Gethun Wordofa (ETH/ADT) 36:39.

Masters: 1 Jerry Rankapule (Nedbank) 39:21. **G'masters:** 1 Rob Storey (RRW) 58:20.

WOMEN

1 Maxine Heine-Wacker (Nedbank) 39:23; 2 Helen Chiundu (ZIM/Mr Price) 39:52; 3 Gladys Lukhwareni (Transnet) 40:51.

Veterans: 1 Stella Madlala (Fourways) 58:38; 2 Elsabé Aucamp (Arcelor Mittal) 59:39.
Masters: 1 Linda Potgieter (Magnolia) 50:02. **G'masters:** 1 Yvonne Slappendale (SPRAC) 64:54.

PDAC 25 km (30th)

Pinetown, 30 January
 (Point-to-point downhill course)

Note: According to reports received by DRR, this race, which in any case is excessively downhill, was very poorly marshalled. The times will therefore not be used for any statistical lists. – Ed.

MEN

1 Kelvin Pangiso ZIM/Mr Price 1:15:51, 2 Samuel Pazanga ZIM/Mr Price 1:18:35, 3 Munyarazi Jara ZIM/Bluff Meats Formula One 1:20:53.

40-49: 1 Petros Sosibo Nedbank 1:31:05, 2 Willie Majombozi Boxer 1:31:53, 3 Herbert Mazongolo Toyota 1:32:21. **50-59:** Richard Dlamini Toyota 1:37:29. **60+:** Roger McCarrol RWFL 2:00:31.

WOMEN:

1 Cary-Ann Smith Nedbank 1:36:44, 2 Suzette Botha Eskom 1:37:03, 3 Loveness Madziva ZIM/Boxer 1:39:17

40-49: 1 Sandy de Beer SANDF 1:54:09, 2 Janine Engels PDAC 1:55:05, 3 Mary Mwelase Boxer 2:01:05. **50-59:** Sandy Fisser HiltonH 1:58:20. **60+:** Elaine Greenblatt Rocky Road Run 2:03:59.

PWC George Claassen Half Marathon & 10 km

Pretoria, 29 January
 (Distances: 21.1 km & 10 km. Loop courses. Finishers: half marathon – 1400; 10 km – 2150.)

Half marathon

MEN

1 Luwis Masunda (ZIM/Nedbank) 65:25; 2 Shadrack Hoff (Toyota) 65:29; 3 Lebonto Tootsi (LES/Toyota) 66:33.

Veterans: 1 Nicky Mazibuko (New Balance) 74:15; 2 Kackson Seanego (New Balance) 75:15; 3 Moses Letlhaku (Dept of Public Works) 82:44. **Masters:** 1 André Jansen (GS) 85:04; 2 Colin Fisher (CSIR) 92:09. **G'masters:** 1 Joaquim Barboza (RAC) 99:11.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 78:55; 2 Cornelia Joubert (BCC) 83:52; 3 Margaret Mahohoma (ZIM/Mr Price) 87:59.

Veterans: 1 Carin Visser (Tuks) 95:18; 2 Belinda Hickman-Mosdell (Phobians) 97:09; 3 Ansie Viljoen (Irene) 97:38. **Masters:** 1 Vollie Spies (Tuks) 1:59:12; 2 Martine Garrioch (Breakthru Midrand) 2:01:40. **G'masters:** 1 Regina Hughes (Agape) 2:19:48.

10 km

MEN

1 Sibusiso Nzima (Nedbank) 29:49; 2 Gladwin Mzazi (Transnet) 31:07; 3 Skhumbuzo Seme (Tuks) 31:11.

Veterans: 1 Elias Mabane (Bidvest) 34:35; 2 Daniel Mothibe (New Balance) 35:02; 3 Herman Mulder (New Balance) 37:29. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 35:54; 2 Jannie Buys (PPMK) 48:40. **G'masters:** 1 Ken Nurden (Agape) 46:04. **Juniors:** 1 Morgan Mtsweni (Midack) 33:59.

WOMEN

1 Irvette van Blerk (Nedbank) 34:34; 2 Helen Chiundu (ZIM/Mr Price) 36:35; 3 Olivia Chitate (ZIM/Bashewa) 36:57.

Veterans: 1 Debbie Bredenkamp (HQH) 44:52; 2 Hanlie Visser (Irene) 47:26; 3 Tessa Groenewald (Phobians) 52:16. **Masters:** 1 Linda Potgieter (Magnolia) 47:30; 2 Pam Hampton (Sunninghill) 49:36. **G'masters:** 1 Olga Smit (PVM Affies) 60:57.

The Herald Flexider Friendly City Marathon (32nd) & 10 km

Port Elizabeth, 29 January

(Distances: 42.195 km & 10 km; out-and-back courses. Finishers: marathon – 391; 10 km – 362.)

Marathon

MEN

1	Masande	Mlonyeni	Nedbank RC EP	30	2:35:19
2	Mzukisi	Khebeni	Real Gijimas	34	2:35:48
3	Ricardo	Plaatjies	Elite AC	27	2:36:27
4	Alfred	Qogi	Nedbank RC EP	37	2:43:58
5	Anele	Maliza	Nedbank RC EP	33	2:44:20
6	Emerson	Kayana	Nedbank RC EP	37	2:51:37
7	Thobile	Xata	Nedbank RC EP	36	2:53:32
8	Welcome	Loliwe (1 st vet)	Nedbank RC EP	46	2:54:04
9	Darrell	Wicht	Triangle Sports	47	2:56:28
10	Mpumelelo	Ndlumbini	Nedbank RC EP	35	2:56:46
11	Errol	Koert	Ebenezer AC	34	2:56:56
12	David	Mama	Aspen Pharmacare	35	2:57:18
13	Kobus	Joubert	Jeffreys Bay AC	35	2:57:36
14	Graham	Eshmade	Crusaders AC	33	2:57:50
15	Thembekile	Msipa	Charlo RR	36	2:58:45
16	Ruan	Smalberger	St Albans CS EP	21	3:00:01
17	Mzukisi	Klaas	Nedbank RC EP	42	3:01:12
18	Vusumzi	Runeli	Nedbank RC EP	38	3:03:59
19	Alfred	Pakkies	PEAAC	42	3:04:04
20	John	Du Preez	Cradock AC	45	3:04:44

40-44:

1	Mzukisi	Klaas	Nedbank RC EP	42	3:01:12
2	Alfred	Pakkies	PEAAC	42	3:04:04
3	Christo	Muller	Body Concept	42	3:11:12

45-49:

1	Welcome	Loliwe	Nedbank RC EP	46	2:54:04
2	Darrell	Wicht	Triangle Sports	47	2:56:28
3	John	Du Preez	Cradock AC	45	3:04:44

50-54:

1	Andre	Willemse	Elite AC	52	3:18:05
2	Disemba	Blou	Triangle Sports	52	3:18:14
3	Peter	Van Rensburg	Elite AC	52	3:20:31

55-59:

1	Colin	Parkins	Bluewater Bay	57	3:39:12
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2	Jimmy	Styan	Triangle Sports	58	3:49:28
3	Paul	Steffens	Transnet RE EP	59	4:00:30

60-64:

1	Peter	Jakoby	Knysna M C	61	3:50:19
2	William	Vorster	PEAAC	64	3:52:23
3	Les	Brightman	Triangle Sports	62	3:59:18

65-69:

1	Mike	Derbidge	Knysna M C	66	3:55:55
2	Stan	Barbour	Oxford Striders	67	4:17:14
3	Peter	Smith	Temp	65	4:53:33

70-74:

1	David	Fraser	Sedgefield	72	4:40:34
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WOMEN

1	Davera	Magson	Mr Price AC EP	36	3:13:14
2	Frith	Van der Merwe (1 st vet)	Run For Life EP	46	3:20:31
3	Maresa	Ah Kun	Bluewater Bay	35	3:25:57
4	Elmarie	Bezuidenhout	Charlo RR	28	3:27:04
5	Jane	Barnardo	Body Concept	35	3:28:13
6	Benita	Barton	Crusaders AC	40	3:34:03
7	Michelle	Sivewright	Triangle Sports	42	3:35:18
8	Sime	Baynes	Body Concept	27	3:37:05
9	Katherine	Van der Walt	Body Concept	34	3:44:17
10	Laura	Maritz (1 st mast)	Elite AC	50	3:45:30
11	Lauren	Van der Walt	Charlo RR	23	3:46:56
12	Julie	Truter	Body Concept	27	3:48:52
13	Jaclynn	Fismer	Queenstown	30	3:50:29
14	Janette	Schierz-Crusius	Body Concept	50	3:51:36
15	Sharon	Jessop	Triangle Sports	40	3:53:56
16	Debbie	Dodd	Charlo RR	40	3:55:05
17	Marissa	Black	Nedbank RC EP	32	3:55:17
18	Angela	Ackermann	Body Concept	32	3:55:20
19	Adele	Nel	St Albans CS EP	37	3:57:01
20	Camarin	Van Eyk	Elite AC	28	3:58:51

40-44:

1	Benita	Barton	Crusaders AC	40	3:34:03
2	Michelle	Sivewright	Triangle Sports	42	3:35:18
3	Sharon	Jessop	Triangle Sports	40	3:53:56

45-49:

1	Frith	Van der Merwe	Run For Life EP	46	3:20:31
2	Debbie	Du Plessis	Jeffreys Bay AC	46	4:18:05
3	Aletta	Joubert	Crusaders AC	49	4:18:39

50-54:

1	Laura	Maritz	Elite AC	50	3:45:30
2	Janette	Schierz-Crusius	Body Concept	50	3:51:36
3	Christine	Snyman	VW AC	54	4:28:55

55-59:

1	Jacomina	Linstrom	Rand AC	57	3:17:34
2	Elize	Smalberger	Temp	55	4:29:38
3	Monica	Kemp	Madiba Bay AC	55	4:58:25

60-64:

1	Marlene	Wiese	Kowie Striders	64	4:50:23
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70-74:

1	Heather	Raymond	Plett AC	70	4:34:55
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10 km**MEN**

1	George	Ntshiliza	Nedbank RC EP	31	32:13
2	Sandile	Ngunuza	Nedbank RC EP	28	32:17
3	Zolani	Mabongo	Mr Price AC EP	24	32:27
4	Zandisile	Mpisane	Mr Price AC EP	27	33:37
5	Raynard	Tissink	Temp	37	33:47
6	Anelisa	Stamper	Temp	23	37:18
7	Nkosinathi	Vlakhok	Triangle Sports	33	38:15
8	Willie	Deysel	Temp	35	38:38
9	Jonty	Truter	Temp	21	41:38
10	Ayanda	Blou (1 st jun)	Triangle Sports	17	41:42
11	Philbert	Tyombo (1 st vet)	PEAAC	48	41:47
12	Jarl	Heurlin	Temp	38	41:48
13	Leonard	Nkosa	Mr Price AC EP	42	42:15
14	Peter	Wildschut	Cadbury AC	34	42:58
15	Wellington	Tshingane	SANDEF EP	40	43:06
16	Patrick	Williams	Temp	41	43:07
17	Hannes	Els (1 st g'mast)	Madiba Bay AC	61	43:19
18	Jean-Louis	Matthee	Nedbank RC EP	18	43:27
19	Mthobeli	Nyanga	Mr Price AC EP	22	44:28
20	Reyno	Momberg	Temp	27	44:54

40-44:

1	Leonard	Nkosa	Mr Price AC EP	42	42:15
2	Wellington	Tshingane	SANDEF EP	40	43:06
3	Patrick	Williams	Temp	41	43:07

45-49:

1	Philbert	Tyombo	PEAAC	48	41:47
2	De Wet	Williams	Muirite Striders	48	47:37
3	Tommy	Faltain	X-Cel AC	48	51:30

50-54:

1	Bafumane	Nyanga	Mr Price AC EP	50	46:11
2	John	Galela	Run For Life EP	51	47:09
3	Fanie	Claassen	Transnet RE EP	53	50:57

55-59:

1	Johann	Horak	Temp	58	54:34
2	Barry	Nelson	Legacy AC	59	55:56
3	Stephen	Coetzee	Bluewater Bay	55	56:23

60-64:

1	Hannes	Els	Madiba Bay AC	61	43:19
2	Hansie	Els	Somerset East	62	45:24
3	Eldon	Fortmann	Walmer AC	60	55:21

65-69:

1	Jan	Von Mollendorf	Elite AC	65	1:07:41
2	Chris	Jansen	PEAAC	66	1:09:05
3	Bryan	Drake	Temp	66	1:10:22

70-74:

1	Selwyn	Solomon	Crusaders AC	72	1:05:59
2	John	Pearl	Nedbank RC EP	74	1:14:45
3	Petrus	De Jager	PEAAC	71	1:19:12

75-79:

1	Wells	Anderson	PEAAC	78	1:11:02
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Juniors:

1	Ayanda	Blou	Triangle Sports	17	41:42
2	Jean-Louis	Matthee	Nedbank RC EP	18	43:27
3	Ruan	Wolfaardt	Temp	17	45:58

WOMEN

1	Deliwe	Nyanga	Nedbank RC EP	21	40:41
2	Noxolo	Marks	Mr Price AC EP	24	44:26
3	Hanlie	V.d. Westhuizen (1 st mast)	Transnet RE EP	54	48:00
4	Shannon	Swart	Profiles AC	28	48:21
5	Lise	Claassen (1 st vet)	Muirite Striders	40	48:38
6	Leonie	Loots	Jeffreys Bay AC	33	51:02
7	Claire	Nagel	Elite AC	46	51:45
8	Lindie	Stander	St Albans CS EP	26	51:58
9	Tracy	Hanner	Temp	40	52:19
10	Bridget	Hill	Temp	24	52:34
11	Yolande	Knoetze	Elite AC	43	53:34
12	Annelize	Shergold-Smith	Bluewater Bay	30	54:35
13	Rozelle	Von Molendorff	Elite AC	46	54:41
14	Amanda	Wolmarans	Walmer AC	52	55:07
15	Liesl	Barker	PEAAC	44	55:32
16	Sunelle	Horne	Bluewater Bay	36	55:43
17	Leta	Dos Santos	Walmer AC	46	56:05
18	Angela	Rumsey	Crusaders AC	41	56:18
19	Candice	Van Rooyen	Bluewater Bay	24	56:23
20	Kate	Pearson	Temp	20	56:29

40-44:

1	Lise	Claassen	Muirite Striders	40	48:38
2	Tracy	Hanner	Temp	40	52:19
3	Yolande	Knoetze	Elite AC	43	53:34

45-49:

1	Claire	Nagel	Elite AC	46	51:45
2	Rozelle	Von Molendorff	Elite AC	46	54:41
3	Leta	Dos Santos	Walmer AC	46	56:05

50-54:

1	Hanlie	Van der Westhuizen	Transnet RE EP	54	48:00
2	Amanda	Wolmarans	Walmer AC	52	55:07
3	Zelda	Krige	Walmer AC	50	59:20

55-59:

1	Jos	Els	Madiba Bay AC	58	57:04
2	Stephanie	Hay	Walmer AC	55	1:22:15
3	Rina	Barnard	Elite AC	57	1:24:28

60-64:

1	Helene	Oppel	Crusaders AC	61	59:00
2	Denise	Terblanche	Walmer AC	63	1:08:56
3	Christine	Fourie	Elite AC	64	1:08:58

65-69:

1	Tersia	De Jager	PEAAC	65	1:24:06
2	Norah	Beukes	Crusaders AC	65	1:30:49
3	Angeline	Kivido	Walmer AC	65	1:31:26

70-74:

1	Dorothy	Hart	PEAAC	72	1:07:41
2	Lorna	Brown	PEAAC	72	1:30:04

Juniors:

1	Tracy	Goldswain	PEAAC	18	1:17:47
2	Anthea	Schnetler	PEAAC	15	1:26:57

Durbanville Pharmacy Dan Luyt 15 km (38th)

Durbanville, 26 January

(Certified loop course, hilly with many corners. Weather: Very windy. Finishers: 803.)

MEN

1. Tsungai Mwanengeni (ZIM/NBMC) 49:47; 2. Peter Tsawayo (ZIM) 49:47 [correct]; 3. Neo Molema (MP) 50:25.

40-49: 1. Michael Bekapi (VOB) 55:01; 2. Selwyn Losper (Mossel) 55:06; 3. Pieter Hanekom (Ned) 59:28. **50-59:** 1. Kosie Botha (CS Bol) 58:09; 2. Desmond Rondganger (Bell) 62:33; 3. Robbie Lindsay (Ned) 62:57. **60+:** 1. Hennie Wentzel (Durb) 64:26; 2. Kevin Kohler (Edge) 71:26; 3. Bernard Kleinveld (NBMC) 80:49. **Juniors:** 1. André Afrika (Eerste) 56:36; 2. Liam Brindels (Edge) 79:07; 3. Stephen Cloete (RWFL) 85:08.

WOMEN

1. Ulrica Stander (NBMC) 59:46; 2. Sheryl de Lange (Adid) 63:51 (1st vet); 3. Candyce Hall (Hout) 65:30.

40-49: 1. Sheryl de Lange (Adid) 63:51; 2. Sandra van Graan (Edge) 65:49; 3. Mariëtte Esterhuyse (Tyger) 66:41. **50-59:** 1. Styntjie Prins (Paarl) 70:04; 2. Charmaine Cupido (Ned) 74:36; 3. Helen du Plessis (Tyger) 83:28. **60+:** 1. Marietha Herbert (Bell) 82:29; 2. Olwyn Oliver (FH) 87:37; 3. Lynda Fillmore (Edge) 1:40:15. **Juniors:** 1. Lodeka Miya (Gugs) 87:16; 2. Benine Havenga (Tyger) 93:51; 3. Lauren Latimer (Durb) 99:47.

Arwyp 15 km

Kempton Park, 26 January

(Loop course. Finishers: 1150)

MEN

1 Sibusiso Nzima (Nedbank) 46:52; 2 Desmond Mokgob (ADT) 47:43; 3 Vincent Kutoane (Nedbank) 48:14.

Veterans: 1 Lawrence Chipangaan (Nedbank) 51:24; 2 Never Matiya (Wanderers) 51:42.

Masters: 1 Johannes Seakamela (RAC) 55:57; 2 Charles Vilakazi (Kwa-Thema) 56:08.

G'masters: 1 Pele Tshudakamela (Yebo Striders) 68:59. **Juniors:** 1 Sibusiso Lebogo (Tsakane) 53:57.

WOMEN

1 Mpho Mabuza (Nedbank) 58:04; 2 Yolande Maclean (Jeppe) 60:06; 3 Takalane Nthulane (Transnet) 63:41.

Veterans: 1 Sarah Mahlangu (Mr Price) 67:07; 2 Charmaine Rowley (RRW) 69:04.

Masters: 1 Sandra Steenkamp (Irene) 67:20; 2 Linda Potgieter (Magnolia) 75:01.

G'masters: 1 Penny Visser (Breakthru Midrand) 78:28.

David Rattray Memorial Half Marathon

Isandlwana to Rorke's Drift, 22 January

(Distance: 21.1 km; point-to-point course. Finishers: 130.)

Note: The picture on the next page shows the start of the race. – Ed.

MEN

1	Ngubane, K	Mr Price	1:20:40
2	Mathe, N	Nquthu	1:26:18
3	Mazibuko, X	Biggarsberg	1:26:33

4	Nhlengethwa, B	Nedbank	1:28:42
5	Sangweni, L	Biggarsberg	1:34:06
6	Soutar, G	Biggarsberg	1:34:20
7	Mdgubane, P	Nquthu	1:37:15
8	Nkosi, M	Biggarsberg	1:37:38
9	Pretorius, C	Umhalthuze	1:38:45
10	Faralla, F	Savages	1:39:45

WOMEN

1	Van Blommenstein, U	Biggarsberg	1:43:43
2	Westbrook, K	Hilton Harriers	1:54:54
3	Black, Driekie	Biggarsberg	1:56:58
4	Soutar, J	Biggarsberg	1:58:50
5	Webber, B	Biggarsberg	2:04:48
6	Handingham, J	Savages	2:05:24
7	Labuschange, S	Biggarsberg	2:06:38
8	Botha, M	Biggarsberg	2:07:01
9	Wilken, S		2:07:01
10	Allan, E		2:07:50



TRACK

WPA Junior Meeting

Bellville, 29 January

JR. MEN

800:

1	Hilton Persents	UWC	2:00.72
2	Arthur Lewies	METR	2:19.88

3000 s/chase:

1	Luxolo Mdzanga	GUGS	9:32.55
2	Nande Qhamgwane	KHAY	10:20.13
3	Roger van Wyk	ERAC	11:39.97

5000:

1	Jeromy Andreas	UWC	14:52.71
2	Luxolo Mdzanga	GUGS	15:28.25

YOUTH MEN

800:

1	Duran Faro	TNLK	1:57.94
2	Lukhanyo Malgas	KHAY	1:58.40
3	Vuyisinani Ndevu	TNLK	2:02.73

1500:

1	Lukhanyo Malgas	KHAY	4:14.19
2	Duran Faro	TNLK	4:14.72
3	Vuyisinani Ndevu	TNLK	4:17.04

2000 s/chase:

1	Asive Njenxa	KHAY	6:16.13
2	Ewart Damane	UWC	6:20.35
3	Andre Afrika	ERAC	6:44.33

3000:

1	Sanele Ngcukana	KHAY	9:14.30
2	Ryno Kruger	HSST	9:14.55
3	Asive Njenxa	KHAY	9:18.11

SUB-YOUTH MEN

800:

1	Kaleb Beukes	UWC	2:04.17
2	Lee-Roy Lawrence	IND	2:05.41
3	Jason Ferreira	HSST	2:12.34

1500:

1	Lee-Roy Lawrence	IND	4:15.51
2	Kaleb Beukes	UWC	4:23.85
3	Jason Ferreira	HSST	4:36.93

3000:

1	McMarshall Hartzenburg	ERAC	9:36.50
2	Bruch-Lynn Damons	WCSS	9:41.05
3	Landisa Grayela	KHAY	10:06.10

JR. WOMEN

1500:

1	Minette Meier	HSST	5:35.01
2	Marianca Koegelenberg	HSST	5:36.13
3	Anje Kruger	BAK	5:38.70

2000 s/chase:

1	Shaundrey-Lee Farmer	ERAC	9:14.35
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3000:

1	Dominique Scott	ADID	10:10.76
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YOUTH WOMEN

800:

1	Sumé Matthysen	NBMC	2:22.03
2	Elmé Vermeulen	BAK	2:23.36

3	Suzanne Broodryk	HSPG	2:24.27
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1500:

1	Chanel Nieuwoudt	HSST	5:28.94
2	Anthea Siegelaar	WCSS	5:37.98
3	Chantelle Links	ERAC	5:48.23

3000:

1	Jana Burger	BAK	11:19.00
2	Lucinda Cloete	ERAC	12:44.76

SUB-YOUTH WOMEN

800:

1	Chanel de Lange*	DFM	2:32.87
2	Mareli van Schalkwyk	HSST	2:33.63
3	Jessica du Plessis	HSST	2:40.13

*) I attended this meeting and this race was won by Zani Kruger in just over 2:20 (on my watch), so this result is wrong. Kruger is shown as DNS in the results. – Ed.

1500:

1	Zani Kruger	BAK	4:47.11
2	Chanel de Lange	DFM	5:16.48
3	Mareli van Schalkwyk	HSST	5:20.42

3000:

1	Kristen Heath	VOB	11:30.75
2	Chanel de Lange	DFM	11:51.78
3	Yvonne Steenkamp	HSST	12:18.93

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

Chevron Houston Marathon (39th) & Aramco Half Marathon (7th)

Houston, USA, 30 January

(Distances: 42.195 km & 21.1 km; certified loop courses with no net elevation change)

Marathon (gun times)

MEN

1.	Bekana Daba, 22, ETH	2:07:04 PB/CR	\$35,000
2.	Nick Arciniaga, 27, Flagstaff, AZ	2:11:30 PB	17,000
3.	Wilfred Murgor, 22, KEN	2:11:41 PB	7,000

WOMEN

1.	Mamitu Daska, 27, ETH	2:26:33	\$35,000
2.	Ashu Kasim, 26, ETH	2:27:47	17,000
3.	Stephanie Rothstein, 27, Flagstaff, AZ	2:29:35 PB	7,000

Half marathon (gun times)

MEN

1.	Jeff Eggleston, 26, Flagstaff, AZ	1:08:26	---
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WOMEN

1. Colleen De Reuck, 46, Boulder, CO 1:16:19 \$750m
2. Leah Thorvilson, 32, Little Rock, AR 1:18:50

m) Earned masters prize money

Discovery Kenya Half Marathon (20th)

Eldoret, KEN, 30 January

(Distance: 21.1 km; multi-loop course)

MEN

1. Abraham Chebii 1:02:59 DB KSH 50,000 (=USD 625)
2. Vincent Kipruto 1:03:11 40,000
3. Joseph Aperumoi 1:03:41 30,000

Osaka International Ladies Marathon (30th)

Osaka, JPN, 30 January

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

(gun times)

1. Yukiko Akaba, JPN 2:26:29
[1:12:05 / 1:14:24]
2. Mai Ito, JPN 2:26:55 PB
[1:12:05 / 1:14:50]
3. Chika Horie, JPN 2:27:26
[1:12:05 / 1:15:21]
4. Anna Incerti, ITA 2:27:33 PB
5. Ryoko Kizaki, JPN 2:29:35

ING Miami Marathon (9th)

Miami, USA, 30 January

(Distance: 42.195 km)

(gun times)

MEN

1. Tesfaye Alemayehu, 25, ETH 2:12:57 \$2000
2. Benazzouz Slimani, 36, ITA 2:18:23 1000
3. Michael Wardian, 36, Arlington, VA 2:23:41 500

WOMEN

1. Alena Vinitskaya, 37, RUS 2:44:39 \$2000

USA Half-marathon Championships

Houston, USA, 29 January

(Distance: 21.1 km; certified, two-loop course)

MEN (gun times)

1. Mohamed Trafef, 25, Duarte, CA 1:02:17 \$12,000
2. Ryan Hall, 28, Big Bear Lake, CA 1:02:20 6,500
3. Patrick Smyth, 24, Mammoth Lakes, CA 1:02:32 4,000
4. Fasil Bizuneh, 30, Flagstaff, AZ 1:02:47 2,000
5. Jason Lehmkuhle, 33, Minneapolis, MN 1:02:49 1,500
- ... 8. Jorge Torres, 30, Boulder, CO 1:04:18 750

WOMEN (gun times)

- | | | |
|---|------------|--------|
| 1. Jen Rhines, 36, Mammoth Lakes, CA | 1:11:14 PB | 12,000 |
| 2. Serena Burla, 28, Ellisville, MO | 1:11:38 | 6,500 |
| 3. Nan Kennard, 29, Boulder, CO | 1:12:03 PB | 4,000 |
| 4. Katie McGregor, 33, Savage, MN | 1:12:13 | 2,000 |
| 5. Tera Moody, 30, Colorado Springs, CO | 1:12:30 PB | 1,500 |

INDOOR TRACK**Millrose Games** (104th)

Madison Square Garden, New York City, USA, 28 January

MEN

Wanamaker Mile:

1. Deresse Mekonnen, ETH, 3:58.58
2. Bernard Lagat, USA, 3:59.01
3. David Torrence, USA, 4:00.13
4. Lee Emanuel, GBR, 4:04.91
5. Rob Novak, USA, 4:06.11
6. Peter van der Westhuizen, RSA, 4:15.82

WOMEN

1500:

1. Sara Hall, USA, 4:15.35
2. Carmen Douma-Hussar, CAN, 4:16.73
3. Heidi Dahl, USA, 4:16.99

University of Washington Invitational

Seattle, USA, 28-29 January

WOMEN

Mile (29):

- | | | |
|---------------------|------|------------|
| 1. Lauren Johnson | Nike | 4:33.64 PB |
| 2. Shalane Flanagan | Nike | 4:33.81 |
| 3. Geena Gall | Otc | 4:37.29 PB |

3000 (29):

- | | | |
|------------------|------------|------------|
| 1. Jordan Hasay | Oregon | 9:05.42 PB |
| 2. Alex Kosinski | Oregon | 9:08.60 PB |
| 3. Alison Gregg | California | 9:26.58 PB |

5000 (28):

- | | | |
|---------------------|--------------------|-------------|
| 1. Kara Goucher | Nike | 16:11.50 PB |
| 2. Bronwyn Crossman | Oregon | 16:20.83 |
| 3. Sarah Porter | Western Washington | 16:26.66 PB |

Texas A&M Challenge: Big-12, SEC, Pac 10

College Station, USA, 28-29 January

MEN

Mile (29):

Heat 1 -

1. Will Barry, JR Texas A&M, 4:12.47

Heat 2 -

1. Dumisane Hlaselo, JR Florida (RSA), 4:05.95

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.

2010 15 KM: TOP 10 MEN

43:50	Lusapho April	1	Port Elizabeth	06 Mar
45:55	George Ntshiliza	1	Despatch	20 Feb
46:03	Rodney Prins	2	Port Elizabeth	06 Mar
46:06	Gerald Munetsi	1	Verulam	02 May
46:09	Raphael Segodi	2	Alberton	14 Mar
46:11	Sityhilo Diko	1	Eersterivier	26 Jun
46:13	Nkosinathi Madyo	2	Eersterivier	26 Jun
46:17	Tom Lusaseni	2	Constantia	13 Mar
46:32	Lucky Modike Mohale	1	Pretoria	10 Jul
46:34	Patrick Magadla	3	Constantia	13 Mar

THIS MONTH IN HISTORY

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

26 years ago: 27 January 1985

Gibeon Moshaba (2:22:11) and Adelene Joubert scored the first of their two consecutive wins in the Johnson Crane Marathon in Benoni. Joubert was South Africa's top marathoner in the mid-eighties, also taking home three national titles in a row (1983-85). On this day in Benoni she ran 2:50:31 to win by 17 minutes, but thirteen weeks later she won the SA Marathon in a new SA record of 2:35:45 – beating the previous record holder, Sonja Laxton, by exactly two minutes. The Johnson Crane Marathon was held for the 31st time this past weekend (results elsewhere in this issue).

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	29:49	Sibusiso Nzima	Pretoria	29 Jan
	29:13	Abraham Kiprotich (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:43	Lusapho April	Jeffreys Bay	08 Jan
	44:43	Lusapho April (RSA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	65:29	Shadrack Hoff	Pretoria	29 Jan

	62:33	Ayele Abshuro Biza (ETH)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:36:14	Elroy Gelant	Camps Bay	09 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:22:07	Elias Mabane	Benoni	30 Jan
	2:07:18	David Barmasai Tumo (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	32:43	Piet Mosibedi	Pretoria	22 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	50:30	Graham Katzen	Constantia	15 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	73:21	Jacob Mazibuko	Benoni	30 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
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:22:07	Elias Mabane	Benoni	30 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	39:57	Mike du Bruto	Pretoria	15 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:57	Johannes Seakamela	Kempton Park	26 Jan
	[52:23	Vladimir Kotov (BLR)	Constantia	15 Jan]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:25	Charles Vilakazi	Benoni	30 Jan
	66:42	Martin Rees (GBR) 2003		
25 km				
30 km	1:58:23	Raymond Howard	Camps Bay	09 Jan
Marathon	3:01:22	Kosie Botha	Fish Hoek	22 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	39:57	Mike du Bruto	Pretoria	15 Jan
15 km	62:32	Mike Hirst	Johannesburg	09 Jan
21.1 km	94:23	Jose Rebordao	Benoni	30 Jan
25 km				
30 km	2:10:29	Jimmy Morris	Camps Bay	09 Jan
Marathon	3:35:50	Daniel Hlongwane	Pretoria	22 Jan
100 km				

Juniors

10 km	33:56	Mthandazo Loni	Port Elizabeth	22 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:42	Juwayne Fletcher	Jeffreys Bay	08 Jan

21.1 km	42:25	Moses Mosop (KEN) 2004		
	75:19	Lufumba Sakila	Cape Town	30 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	34:34	Irvette van Blerk	Pretoria	29 Jan
	32:46	Christelle Daunay (FRA)		
15 km	30:21	Paula Radcliffe (GBR) 2003		
	56:38	Ntombesintu Mfunzi	Jeffreys Bay	08 Jan
	56:38	Ntombesintu Mfunzi (RSA)		
21.1 km	46:28	Tirunesh Dibaba (ETH) 2009		
	76:25	René Kalmer	Benoni	30 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	3:09:33	Farwa Mentoor	Fish Hoek	22 Jan
	2:22:45	Aselefech Mergia (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	42:26	Ansie Viljoen	Pretoria	15 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	61:42	Joanna Thomas	Constantia	15 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	88:09	Joanna Thomas	Cape Town	30 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:04:22	Joanna Thomas	Camps Bay	09 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	3:20:31	Frith van der Merwe	Port Elizabeth	29 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	47:30	Linda Potgieter	Pretoria	29 Jan
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	67:20	Sandra Steenkamp	Kempton Park	26 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:47:11	Marina Coetzee	Pretoria	22 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km				
30 km	2:27:59	Dawn Middelkoop	Camps Bay	09 Jan
Marathon	3:34:02	Val Watson	Benoni	30 Jan
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	59:00	Helene Oppel	Port Elizabeth	29 Jan
15 km	78:28	Penny Visser	Kempton Park	26 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	4:14:34	Carol Cronck	Benoni	30 Jan
100 km				

Juniors

10 km	54:16	Megan Wilson	Port Elizabeth	22 Jan
	31:42	Zola Pieterse (RSA) 1984		
15 km	68:36	Jeanni Seymour	Johannesburg	09 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	2:36:43	Benine Havenga	Cape Town	30 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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