

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

One of South Africa's oldest non-marathon races, the Springs Striders 32 km, was held this weekend for the 42nd time. In the women's race René Kalmer scored a ridiculously easy win over Olivia Chitate (ZIM) in 2:07:47.

The country's second oldest marathon, the Sasol race in Sasolburg, was held for the 61st time. This may sound like harping on the same string every year, but once again the times in all three races (there were also a half marathon and a 10 km) must be regarded as suspicious (see comments with the results). The 10 km is certainly short and the times will not be included in any statistical lists. It is a great pity that one of South Africa's most traditional races always has this cloud of doubt over the performances produced there and that the organisers do nothing to resolve the issue once and for all and give the runners a fair opportunity to run trustworthy times. The two longer races produced no fewer than eight list leaders.

With the late publication of *Race Results Weekly* this week, we will catch up with international results in the next issue.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Springs Striders 32 km & 15 km, Springs
 - * Sparksport Challenge 32 km & 16 km, Durban
 - * Cassies 15 km, Port Elizabeth
 - * Lion of Africa Half Marathon & 10 km, Tokai
 - * McCarthy Toyota Half marathon & 10 km, Pretoria
 - * Sasol Marathon, Half Marathon & 10 km, Sasolburg
 - * Battlefields 3-in-1, Newcastle
 - * Exxaro 10 km, Pretoria
 - * Track: WP League Meeting, Bellville
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ROAD RUNNING

Springs Striders 32 km (42nd) & 15 km

Springs, 6 February
(Loop course)

32 km

MEN

1 Themba Miya (GS) 1:45:21; 2 Vusi Malobola (Bonitas) 1:45:26; 2 Ntobeko Mtintso (Kwa-Thema) 1:47:00.

Veterans: 1 Elias Mabane (Bidvest) 1:56:43; 2 Moketsi Moabi (Kwa-Thema) 2:04:16; 3 Richard Twala (Scaw) 2:14:03. **Masters:** 1 Gideon Radebe (Sasol) 2:07:47; 2 Aubrey Watson (New Balance) 2:22:14; 3 William v.d. Berg (RRW) 2:23:39. **G'masters:** 1 Phil Conolly (Randburg Harriers) 2:38:25; 2 Ken Poole (Jeppe) 2:3:21.

WOMEN

1 René Kalmer (Nedbank) 2:07:47; 2 Olivia Chitate (ZIM/Bashewa) 2:19:03; 3 Estie Grobler (Mr Price) 2:25:15.

Veterans: 1 Vanessa Bowman (Kempton) 2:28:40; 2 Belinda Mosdell (Phobians) 2:37:03; 3 Shelley v.d. Spuy (Boksburg) 2:40:30. **Masters:** 1 Val Watson (New Balance) 2:51:19; 2 Estelle Viljoen (Kempton) 2:51:09; 3 Gail Classe (JHAC) 2:57:56. **G'masters:** 1 Elaine Greenblatt (Rockies) 2:48:35; 2 Carol Cronk (Florida) 2:55:29.

15 km

MEN

1 Enoch Manyande (Nedbank) 48:35; 2 Sydney Ngwenya (Tsakane) 51:20; 3 Linda ? (BNAC) 51:32.

Veterans: 1 Ian Morshead (Boksburg) 54:42; 2 Boy Koen (Nedbank) 54:56; 3 Dan Sekhu (Katlhohong) 59:10. **Masters:** 1 Jerry Rankapule (Nedbank) 57:25; 2 Kobus Theron (Kempton) 1:20:41; 3 David Jordaan (Acrcecelor Mital) 1:22:11. **G'masters:** 1 George Hodgson (BNAC) 1:26:00; 2 Steward Buxbaun (Rockies) 1:31:00. **Juniors:** 1 Jonathan Beard (Rockies) 1:21:06.

WOMEN

1 Christine Kalmer (Nedbank) 57:30; 2 Maputie Phaka (GS) 1:08:51; 3 Jill Olifant (RAC) 1:10:10.

Veterans: 1 Linda Dennis (Randburg Harriers) 1:15:45; 2 Daphne Passmore (New Balance) 1:18:37; 3 Bernadette du Jardin (Alberton) 1:27:15. **Masters:** 1 Diane Keys (JHAC) 1:32:52; 2 Brenda Nooi (RAC) 1:36:35; 3 Patsy Parker (RAC) 1:37:13. **G'masters:** 1 Bets Greyling (Sunward) 1:34:57; 2 Sandy Fine (Rockies) 1:35:24. **Juniors:** 1 Lerato Moasho (Kwa-Thema) 1:27:15.

Sparksport Challenge 32 km & 16 km

Durban, 6 February
(Loop courses)

32 km

MEN

1.	Samuel Pazanga	ZIM/Mr Pricr AC	1:52:03
2.	Hlomiya Macheza	Mr Price AC	1:52:39
3.	Xolani ?	Verulam AC	1:59:07

40-49:

1.	Sipho Mbokazi	Toyota AC	2:03:11
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50-59:

1.	Derrick Mazibuko	West AC	2:36:00
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60+:

1.	Mbekiseni Mchunu	Savages AC	3:00:41
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WOMEN

1.	Jo MacKenzie	Sani Stag	2:36:44
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2.	Monsikelelo Mbambo	Ntl. Carb	2:45:07
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3.	Sandy de Beer	SANDF	2:45:49
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40-49:

1.	Sandy de Beer	SANDF	2:45:49
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50-49:

1.	Debby de Koning	Escom Gij	3:04:43
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60+:

1.	Maureen Parry	Chiltern AC	3:40:44
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10 km**MEN**

1.	Andries Masoeu	Mr Price AC	52:44
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2.	Sipho Ngxongo	Phumanathi AC	52:49
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3.	Richard Nene	ZIM/Mr Price AC	53:00
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WOMEN

1.	Melanie v Rooyen	R/Bay AC	64:55
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2.	Fakile Nbuthuma	Nedbank AC	70:50
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3.	Maureen Slack	Glenwood Harr	76:22
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Cassies 15 km

Port Elizabeth, 5 February

(Out-and-back course. Finishers: 618.)

Note: The three Wilson sisters took the top three junior positions again. – Ed.

MEN

1	Zolani	Ngqaqa	Mr Price AC EP	22	47:16
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2	George	Ntshiliza	Nedbank RC EP	31	47:25
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3	Mzwanele	Maphekula	Run For Life EP	34	48:00
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4	Mzolisi	Makhandanda	Nedbank RC EP	28	48:09
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5	Masixole	Dlaku	Mr Price AC EP	32	48:40
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6	Ivan	Ambraal	SANDF AGN	21	48:50
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7	Khayaletu	Makalima	Mr Price AC EP	27	49:01
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8	Sandile	Ngunuza	Nedbank RC EP	28	49:08
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9	Bulelini	Niwa	PEAAC	25	50:01
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10	Luyanda	Tshangana	Mr Price AC EP	27	50:07
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11	Eric	Sigxashe	Nedbank RC EP	32	50:14
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12	Mila	Pasiya	Nedbank RC EP	31	50:16
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13	Zolani	Mabongo	Mr Price AC EP	24	50:48
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14	Masande	Mlonyeni	Nedbank RC EP	30	50:55
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15	Sylvester	Honnie	Mr Price AC EP	25	51:02
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16	Robert	Matthys	Mr Price AC EP	34	51:19
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17	Melikhaya	Frans (1 st jun)	Nedbank RC EP	19	51:42
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18	Anele	Maliza	Nedbank RC EP	33	51:44
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19	Kgotso	Majara	Mr Price AC EP	30	51:59
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20	Alfred	Qogi	Nedbank RC EP	37	52:05
40-44:					
1	Nkosinathi	Gcakasi	Bluewater Bay	40	54:55
2	Freddie	Jantjies	Mr Price AC EP	41	55:18
3	Christopher	Mabengeza	Nedbank RC EP	44	55:55
45-49:					
1	Mutekile	Rasmeni	Triangle Sports	46	53:32
2	Desmond	Zibi	Nedbank RC EP	47	54:50
3	Darrell	Wicht	Triangle Sports	47	57:33
50-54:					
1	Alfred	Spiers	Elite AC	50	59:34
2	Charles	Baatjies	Elite AC	54	59:36
3	Sidwel	Roboshi	Nedbank RC EP	51	1:01:28
55-59:					
1	Sizinzo	Kama	Achilles AAA	59	1:00:35
2	Bruce	McEwan	Achilles AAA	57	1:08:07
3	Chris	Terblanche	Achilles AAA	55	1:08:31
60-64:					
1	Hannes	Els	Madiba Bay AC	61	1:07:26
2	Cilliers	Swart	Nedbank RC EP	64	1:09:33
3	Johannes	Herbst	Muirite Striders	64	1:12:59
65-69:					
1	Eckart	Schumann	Body Concept	65	1:21:16
2	Piet	Scholtz	Queenstown	66	1:34:27
3	Clive	Batty	Triangle Sports	66	1:48:31
70-74:					
1	Godfrey	Kariem	Cadbury AC	70	1:16:46
2	Gerald	Hoxley	Achilles AAA	70	1:31:22
3	Robin	Clark	Achilles AAA	70	1:37:29
75-79:					
1	Ernie	Verrall	Absa NMMU AC	76	1:36:32
Juniors:					
1	Melikhaya	Frans	Nedbank RC EP	19	51:42
2	Simphiwe	Ntombana	Nedbank RC EP	17	57:07
3	J C	Stevens	Bluewater Bay	18	1:07:33
WOMEN					
1	Ntombesintu	Mfunzi	Mr Price AC EP	29	55:56
2	Davera	Magson	Nedbank RC EP	36	1:00:23
3	Deliwe	Nyanga	Nedbank RC EP	21	1:03:48
4	Jane	Barnardo	Body Concept	36	1:05:34
5	Christine	Claasen (1 st vet)	Achilles AAA	46	1:06:56
6	Noxolo	Marks	Mr Price AC EP	24	1:08:10
7	Lesley	Wood (1 st mast)	Achilles AAA	53	1:10:04
8	Grizelda	Pietersen	Achilles AAA	42	1:10:40
9	Janette	Schierz-Crusius	Body Concept	50	1:10:57
10	Julie	Taunton	Crusaders AC	50	1:11:11
11	Sime	Baynes	Body Concept	27	1:12:07
12	Elmarie	Bezuidenhout	Charlo RR	29	1:12:07
13	Katherine	Van der Walt	Body Concept	34	1:12:43
14	Michelle	Sivewright	Triangle Sports	42	1:12:55
15	Shannon	Swart	Profiles AC	28	1:13:04
16	Laura	Maritz	Elite AC	50	1:13:11
17	Lizette	Sydien	Elite AC	24	1:14:04
18	Hanlie	Van der Westhuizen	Transnet RE EP	54	1:14:06
19	Sharon	Jessop	Triangle Sports	41	1:14:30

20	Adele	Nel	St Albans CS EP	37	1:14:36
40-44:					
1	Grizelda	Pietersen	Achilles AAA	42	1:10:40
2	Michelle	Sivewright	Triangle Sports	42	1:12:55
3	Sharon	Jessop	Triangle Sports	41	1:14:30
45-49:					
1	Christine	Claasen	Achilles AAA	46	1:06:56
2	Treloar	Childs	Walmer AC	47	1:17:40
3	Claire	Nagel	Elite AC	46	1:20:26
50-54:					
1	Lesley	Wood	Achilles AAA	53	1:10:04
2	Janette	Schierz-Crusius	Body Concept	50	1:10:57
3	Julie	Taunton	Crusaders AC	50	1:11:11
55-59:					
1	Cathy	Ives	Achilles AAA	57	1:24:42
2	Monica	Kemp	Madiba Bay AC	55	1:27:29
3	Jos	Els	Madiba Bay AC	58	1:27:45
60-64:					
1	Liz	Grundlingh	Muirite Striders	64	1:23:32
2	Minnie	Trimally	PEAAC	61	1:30:39
3	Helene	Oppel	Crusaders AC	61	1:40:27
65-69:					
1	Orgia	Nell	Muirite Striders	67	1:51:32
2	Angeline	Kivido	Walmer AC	65	2:15:29
70-74:					
1	Tarryn	Spearman	Temp	73	1:28:53
2	Dorothy	Hart	PEAAC	72	1:46:36
Juniors:					
1	Megan	Wilson	Charlo RR	15	1:24:33
2	Tanya	Wilson	Charlo RR	18	1:35:16
3	Kimberley	Wilson	Charlo RR	15	1:35:18

Lion of Africa Half Marathon & 10 km

(WP Half-marathon Championships)

Tokai, 5 February

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half-marathon – 1207; 10 km – 912.)

Note: No juniors were included in the half-marathon results. – Ed.

Half marathon

MEN

1. Elroy Gelant (Itheke) 67:24 (R700); 2. Zolani Ntongana (MP) 67:30 (R500); 3. Wanda Roro (Adid) 68:12 (R300); 4. Nkosinathi Sotyantya (Celtic) 72:25 (1st jun); 5. Graham Katzen (Celtic) 73:14 (1st vet); 6. Mandla Bangalele (Gugs) 73:30; 7. Vladimir Kotov (BLR/Cent) 73:54 (1st mast); 8. Luyanda Maboyi (Khay) 74:29; 9. Dumisani Dosi (Paarl) 75:00; 10. Laban Ponco (Ned) 75:01; 11. Neo Molema (MP) 75:09; 12. Alex Mabikane (Gugs) 76:30; 13. Mervyn Steenkamp (Itheke) 77:30; 14. Simon von Witt (AAC) 77:36; 15. Mthetho Qoho (Khay) 78:17; 16. Arnold Hyde (FH) 80:08; 17. Faizel October (Itheke) 80:21; 18. Warren Jeppe (VOB) 80:26; 19. Peter Vlok (Adid) 81:02; 20. Friedl van der Merwe (Strand) 81:28.

Veterans: 1. Graham Katzen (Celtic) 73:14 (R400); 2. Stef Patten (VOB) 82:03 (R300); 3. Mike O'Donovan (VOB) 82:13 (R200). **Masters:** 1. Vladimir Kotov (BLR/Cent) 73:54 (R300); 2. Friedl van der Merwe (Strand) 81:28 (R200); 3. Gregory Jacobs (Edge) 85:15

(R100). **G'masters:** 1. Jimmy Morris (Forest) 87:45 (R150); 2. Hennie Wentzel (Durb) 90:08 (R100); 3. James Bhana (Ind) 1:41:14 (R75). (WP bronze medal: Kevin Kohler [Edge] 1:41:54)

WOMEN (Same prize money as men)

1. Busisiwe Matiwane (Celtic) 86:32; 2. Zintle Xiniwe (Ned) 86:34; 3. Helene Perold (Adid) 86:46; 4. Ester Brink (Strand) 88:43 (1st ve); 5. Sheryl de Lange (Adid) 89:33; 6. Candyce Hall (Hout) 91:47; 7. Michelle Dreyer (Paarl) 92:24; 8. Julia Janse van Rensburg (Ind) 95:54; 9. Ronel Marshall (Ind) 97:23; 10. Kirsten Norris (VOB) 97:33; 11. Renée Scott (Adid) 98:45; 12. Karin Winterbach (Ind) 99:19; 13. Dawn Middelkoop (VOB) 99:25 (1st mast); 14. K. Antel (ATC) 99:53; 15. Bev Charters (VOB) 99:59; 16. Tanya Kapp (Ind) 1:40:10; 17. Emme Liebenberg (Ind) 1:40:37; 18. Anita Oppel (Durb) 1:41:28; 19. Ellie Courts (Celtic) 1:41:58; 20. Caroline Wills (Celtic) 1:42:12.

Veterans: 1. Ester Brink (Strand) 88:43; 2. Sheryl de Lange (Adid) 89:33; 3. Renée Scott (Adid) 98:45. **Masters:** 1. Dawn Middelkoop (VOB) 99:25; 2. Bev Charters (VOB) 99:59; 3. Caroline Weinel (Durb) 1:47:58. **G'masters:** 1. Marietha Herbert (Bell) 1:54:07; 2. Margie Plantema (VOB) 1:57:48; 3. Olwyn Oliver (FH) 2:01:31.

10 km

MEN

1. Unathi Nteta (AAC) 31:38 (1st jun) (R200); 2. Siyabonga Makhaluza (East) 31:40 (R150); 3. Dimitri Witbooi (Itheko) 31:51 (R100); 4. Lufumba Sakila (Celtic) 33:01; 5. Bongile Tshewula (East) 33:10; 6. Johnny Persents (Adid) 33:47 (1st vet); 7. Joseph ? (East) 33:53; 8. Mthandazo Qhina (Gugs) 33:59; 9. Nelson Bass (UCT) 34:34; 10. Anthony Matthee (Held) 35:08; 11. F. Faro (MPT) 35:24; 12. McNiel Hendricks (Held) 35:30; 13. Dion Middelkoop (VOB) 36:27; 14. Owen Smith (Well) 36:35; 15. Oloff van Zyl (VOB) 37:02; 16. Steven Parkins (Met) 37:06 (1st mast); 17. Jacques van Wyk (Itheko) 37:30; 18. Julian Paul (SANDF) 38:04; 19. Gerald Sullivan Idurb) 38:09; 20. Goodman Mpukane (Gugs) 38:27.

Veterans: 1. Johnny Persents (Adid) 33:47 (R150); 2. Dion Middelkoop (VOB) 36:27 (R100); 3. Owen Smith (Well) 36:35 (R75). **Masters:** 1. Steven Parkins (Met) 37:06 (R100); 2. Julian Paul (SANDF) 38:04 (R75); 3. Goodman Mpukane (Gugs) 38:27 (R50). **G'masters:** 1. Awie Veldsman (Held) 39:43 (R75); 2. Achmat Peters (Top) 56:44 (R50); 3. Neels Nauta (Secunda) 63:57 (R25). **Juniors:** 1. Unathi Nteta (AAC) 31:38 (R100); 2. Siyabonga Makhaluza (East) 31:40 (R75); 3. Lufumba Sakila (Celtic) 33:01 (R50).

WOMEN (Same prize money as men)

1. Bulelwa Mtshagi (Celtic) 38:18; 2. Bulelwa Simae (Ned) 38:22; 3. Mariëtte Esterhuysen (Tyger) 42:01 (1st vet); 4. Patricia Adams (Met) 43:20; 5. Kerry Roos (Knys) 44:04; 6. Margaret Monk (Ind) 45:02; 7. Tammy Williams (Ind) 46:45; 8. Charmaine Cupido (Ned) 47:44 (1st mast); 9. Kirsten Lilford (VOB) 48:53; 10. Londeca Miya (Gugs) 49:40; 11. Alicia Nortje (Celtic) 49:42; 12. Pat Jardine (WC) 50:15; 13. Michelle Davy (ATC) 50:26; 14. Natalia Koen (Ind) 51:10; 15. A.N. Other 51:12; 16. Ongeziwe Boyisi (Brack) 51:50; 17. Theresa du Toit (Tyger) 51:57; 18. Levona Paul (SANDF) 52:10; 19. Chivonne Groeneveld (Met) 52:30; 20. Megan Patten (Ind) 52:34.

Veterans: 1. Mariëtte Esterhuysen (Tyger) 42:01; 2. Patricia Adams (Met) 43:20; 3. Rozetta Scheepers (MPT) 54:21. **Masters:** 1. Charmaine Cupido (Ned) 47:44; 2. Pat Jardine (WC) 50:15; 3. Levona Paul (SANDF) 52:10. **G'masters:** 1. Marlene James (Pine) 59:22; 2. Marianne Nelson (Durb) 60:18; 3. Irene Eygelaar (Edge) 64:45. **Juniors:** 1. Londeca Miya (Gugs) 49:40; 2. Nuria Jakobi (Itheko) 66:31; 3. Leandre Brand (VOB) 81:44.

McCarthy Toyota Half marathon & 10 km

Pretoria, 5 February

(Distances: 21.1 km & 10 km; loop courses)

Half marathon

MEN

1 Luwis Masunda (ZIM/Nedbank) 66:23; 2 Richard Mavuso (Mr Price) 66:27; 3 Desmond Mokgobu (ADT) 66:47.

Veterans: 1 Greg Barnes (Irene) 73:06. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 79:36. **G'masters:** 1 Mike du Bruto (Irene) 86:45. **G/g'masters:** 1 Ken Nurden (Agape) 1:41:09.

WOMEN

1 Irvette van Blerk (Nedbank) 77:26; 2 Rutendo Nyahora (ZIM/Nedbank) 78:22; 3 Olivia Chitate (ZIM/Bashewa) 81:26.

Veterans: 1 Ansie Viljoen (Irene) 90:25. **Masters:** 1 Pam Hampton (Sunninghill) 1:46:43. **G'masters:** 1 Penny Visser (Breakthru Midrand) 1:49:57.

10 km

MEN

1 Lucky Mohale (Mr Price) 30:55; 2 Enoch Manyande (Nedbank) 30:58; 3 Lukhano Nabinza (Transnet) 31:57.

Veterans: 1 Piet Mosibedi (HSRC) 32:15. **Masters:** 1 John Grundy (Nedbank) 42:48. **G'masters:** 1 Johannes Setshedi (New Balance) 40:51. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 58:04. **Juniors:** 1 Morgan Mtsweni (Midack) 35:33.

WOMEN

1 Paula Ngwenya (TUT) 37:10; 2 Nandipha Dywili (Mr Price) 38:16; Myrette Filmalter (Tuks) 39:04.

Veterans: 1 Debbie Bredenkamp (HQH) 46:49. **Masters:** 1 Maryna Steinmann (Agape) 50:54. **G'masters:** 1 Moira Terwey (RWFL) 63:31. **G/g'masters:** 1 Mavis Stadler (Agape) 60:46. **Juniors:** 1 Jennifer Becker (Breakthru Midrand) 50:22.

Sasol Marathon (61st), Half Marathon & 10 km

Sasolburg, 5 February

(Distances: 42.195 km, 21.1 km & 10 km. Loop courses. Finishers: marathon – 635; half marathon – 500; 10 km – 440.)

Note: As usual, there is doubt about the validity of these courses. DRR comments about it every year and despite a course certificate being available for the marathon and half marathon (NOT the 10 km), the times remain under suspicion. The certificate seen by DRR also does not state that an accredited course measurer has actually measured the courses, only that he "examined ... and verified ... data provided by the race organiser". Using the Race Time Bias (RTB) formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), this year's marathon, South Africa's second oldest, produced a figure of -1.57 sec/km (based on seven time comparisons) and the half marathon a figure of -3.42 sec/km (twelve times) – both within the acceptable limit of -5 sec/km. But the 10 km produced a whopping -11 sec/km (more than double the limit, calculated on eleven time comparisons). Although doubts remain about the length of all three courses, this year's 10 km times will therefore be disregarded for statistical purposes. – Ed.

Marathon

MEN

1 Brighton Chipere (ZIM/Nedbank) 2:18:18; 2 Samuel Ongaki (KEN/Global) 2:23:52; 3 William Makwalakwala (Toyota) 2:30:06; 4 Joseph Mphuthi (Nedbank) 2:31:25; 5 Khelegi Molete (Toyota) 2:33:47.

Veterans: 1 Reginald Ngobese (GS) 2:46:52; 2 Ngaka Selepe (Bethlehem) 2:52:55; 3 Mackson Makamu (Bonitas) 2:54:37. **Masters:** 1 Johannes Seakamela (RAC) 2:56:15; 2 Daniel Molefe (Emfuleni) 3:26:15; 3 Ernest Tjela (Emfuleni) 3:26:16. **G'masters:** 1 Patrick Mafilika (Nedbank) 3:29:28; 2 Jose Rebardao (RAC) 3:45:05; 3 Joggie v. Staden (Klerksdorp) 3:49:28.

WOMEN

1 Lizzy Chokore (ZIM/Nedbank) 2:48:08; 2 Esther Makau (KEN/Nedbank) 2:50:50; 3 Margaret Mahohoma (ZIM/Mr Price) 3:02:48; 4 Dimakatso Menong (Bidvest) 3:06:37; 5 Marie Bruwer (Arcelor Mittal) 3:06:42 (1st vet).

Veterans: 1 Marie Bruwer (Arcelor Mittal) 3:06:42; 2 Catherine Naane (Goldfields) 3:20:46; 3 Karen Rautenbach (CSIR) 3:44:06. **Masters:** 1 Erika Nieuwoudt (Krugersdorp) 3:37:38; 2 Rene v Rensburg (Klerksdorp) 3:56:28; 3 Heila Smit (Klerksdorp) 3:58:28. **G'masters:** 1 Hazel Quilliam (Roodepoort) 4:40:20.

Half marathon

MEN

1 Vusi Malabolo (Bonitas) 66:04; 2 Raphael Segodi (GS) 66:10; 3 Chabeli Nyedimane (Transnet) 66:36.

Veterans: 1 Elias Mabane (Bidvest) 71:29; 2 Elgin Mokgale (Harmony Striders) 71:36. **Masters:** 1 Charles Vilakazi (Kwa-Thema) 77:09; 2 Andre Jansen (GS) 82:33. **G'masters:** 1 Don Charles (Nedbank) 87:12; 2 Jonathan Such (RAC) 97:00. **Juniors:** 1 Elsin Mofokeng (GS) 74:48; 2 Sifiso Nkosi (Take it Easy) 78:31.

WOMEN

1 Muchanetta Gwata (ZIM/Mr Price) 79:21; 2 Marelize Retief (Mr Price) 79:33; 3 Chyedza Chokore (ZIM/Mr Price) 82:12.

Veterans: 1 Sarah Mahlangu (Mr Price) 90:45; 2 Reinette Bosman (Boksburg) 1:43:25. **Masters:** 1 Rose v. Wyk (Brotherhood) 1:54:41; 2 Lettie Coetzee (Eskom) 1:54:50. **G'masters:** 1 Elaine Murphy (JHAC) 2:31:22; 2 Phyllis Maartens (Fir 2000) 2:48:45. **Juniors:** 1 Alice Bote (Mr Price) 1:53:05.

10 km

MEN

1 Gladwin Mzazi (Transnet) 28:27; 2 Kgosi Tsosane (Transnet) 28:48; 3 Frik Guys (Nedbank) 28:55.

Veterans: 1 Never Matiya (Wanderers) 32:03; 2 Lawrence Chipangaan (Nedbank) 33:21. **Masters:** 1 Temba Phulu (Panorama) 36:29; 2 Abraham Mafobokoane (Nedbank) 47:33. **G'masters:** 1 Briano Rojassee (Bidvest) 51:00; 2 Colin Thomas (Arcelor Mittal) 54:11. **Juniors:** 1 Vladimir Gcaba (ADT) 31:55; Sibusiso Maku (Sebideng) 35:30.

WOMEN

1 Samukeliso Moyo (ZIM/Mr Price) 35:16; 2 Onneile Dintwe (BOT/UCKG) 35:20; 3 Mpho Mabuza (Nedbank) 35:39.

Veterans: 1 Florence Molawa (Arcelor Mittal) 45:50; 2 Elsabe Aucamp (Arcelor Mittal) 52:01. **Masters:** 1 Selinah Netsisaulu (RAC) 51:45; 2 Sharon Zeelie (Vaal) 59:20.

G'masters: 1 Bets Greyling (Sunward) 69:09; 2 Martaresa Holtzhauzen (Temp) 83:52.
Juniors: 1 Michelle de Lange ((Arcelor Mittal) 64:06; 2 Nthabiseng Kombi (Harmony Striders) 83:49.

Battlefields 3-in-1

Newcastle, 5 February

(Distances: 42.195 km, 21.1 km & 10 km; out-and-back courses. Finishers: marathon – 101; half marathon – 109; 10 km – 94.)

Marathon

MEN

1.	Thapela Mokekeng	Fit 2000	2:32:55
2.	Basil Mazibuko	Ind	2:44:06
3.	Xolani Mazibuko	Bigg AC	2:54:09

WOMEN

1.	Rasihika Rampersad	Boksburg AC	3:44:39
2.	Renée Schuler	LAC	3:56:48
3.	Elmien Scott	Welkom AC	3:59:54

Half marathon

MEN

1.	Bundile Khulu	Ind	1:20:20
2.	Bongani Ngobese	Gauteng Strid	1:22:29
3.	Jacob Gamedu	New/Harr	1:24:32

WOMEN

1.	Cathy de Beer	Vryheid AC	1:58:39
2.	M van Zyl	Bigg AC	2:01:12
3.	L. Addicott	Ind	2:08:08

10 km

MEN

1.	Sphmandla Nyembe	Ind	33:29
2.	Josiah Mduli	Ind	34:05
3.	Lynda Mncube	Ind	36:26

WOMEN

1.	Hlobisile Madida	Ind	52:05
2.	Marika Roos	New/Harr	53:51
3.	Linah Nkosi	Blue Sky AC	54:16

Exxaro 10 km

Pretoria, 2 February

MEN

1 Charles Reynolds (Wonderboom) 36:28; 2 Frank Ramapuputla (Beefcor) 37:14; 3 Herman Mulder (New Balance) 37:40.

Veterans: 1 Herman Mulder (New Balance) 37:40. **Masters:** 1 Japie Badenhorst (Kentron) 42:38. **G'masters:** 1 Hubrecht Ribbens (CSIR) 61:00. **G/g'masters:** 1 Neville Muir (Phobians) 91:30. **Juniors:** 1 Charles Reynolds (Wonderboom) 36:28.

WOMEN

1 Ansie Viljoen (Irene) 43:05 (1st vet); 2 Simone Faasen (Overkruin) 45:39; 3 Stephanie Mallory (Overkruin) 47:59.

Veterans: 1 Ansie Viljoen (Irene) 43:05. **Masters:** 1 Linda Potgieter (Magnolia) 49:17.

G'masters: 1 Mariet Louw (Irene) 77:54.

TRACK

WP League Meeting

Bellville, 5 February

MEN

800:

Heat 1 -

1	Sibusiso Sishi	Mati	1:54.41
2	Shaun Abrahams	Adid	1:54.60
3	Ruan De Jager	Mati	1:58.79

Heat 2 -

1	Emile Pieterse	Mati	1:57.80
2	Hilton Presents	UWC	1:59.94
3	Manuel Afrika	Dwar	2:02.91

Heat 3 -

1	Shaun De Jager	Mati	1:52.00
2	Jacques Pretorius	Mati	1:53.54
3	Duran Faro	TNLK	1:58.21

1500:

1	Jeromy Andreas	UWC	3:57.91
2	Nanco Qangwana	Khay	4:10.55
3	Keathon Olivier	CPUT	4:12.63

3000 s/chase:

1	Luxolo Mdzanga	Gugs	9:25.03
2	Riaan Wildskut	ATC	9:45.41
3	Jp Abrahams	Adid	10:09.20

5000:

1	Nkosinathi Madyo	Ned	14:52.43
2	Victor Msopi	MRP	15:26.34
3	Riaan Wildskut	ATC	15:48.48

WOMEN

800:

1	Linda Hanekom	Adid	2:18.01
2	Adri Meyer	Mati	2:26.11
3	Saskia Kotze	Mati	2:26.12

1500 (hand times):

1	Dominique Scott	Adid	4:42.8
2	Sumé Matthysen	NBMC	5:03.9
3	Micky Parker	UCT	5:15.3

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 WOMEN

51:24	Tanith Maxwell	1	Eersterivier	26 Jun
53:44	Nolene Conrad	2	Eersterivier	26 Jun
54:53	René Kalmer	1	Eldorado Park	28 Feb
54:54	Bulelwa Mtshagi	3	Eersterivier	26 Jun
55:31	Zintle Xiniwe	1	Constantia	13 Mar
55:32	Ntombesintu Mfunzi	1	Port Elizabeth	09 Oct
55:37	Nomvuyisi Seti	1	Strandfontein	18 Sep
56:15	Poppy Mlambo	1	Boksburg	09 May
56:31	Michelle Bartman	4	Eersterivier	26 Jun
56:36	Anneline Roffey	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.

37 years ago: 23 February 1974

Ewald Bonzet's versatility – he achieved a sub-3:58 mile and a sub-2:13 marathon – is matched by few athletes in the world. He ran one of the best races of his long career on this day in Port Elizabeth when he smashed Johnny Halberstadt's SA 5000-metre record with a time of 13:31.2. This placed him 25th on the world list that year. Five days earlier he had also set a national 3000-metre record (7:53.2); in March he established a record for the steeplechase (8:37.6) and in May for the 10000 metres (28:16.2).

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)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	44:43	Lusapho April	Jeffreys Bay	08 Jan
	44:43	Lusapho April (RSA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	65:29	Shadrack Hoff	Pretoria	29 Jan
	60:32	Azmiraw Bekele Molalign (ETH)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	79:50	Juan van Deventer	Johannesburg	23 Jan
	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
	2:07:04	Bekana Daba (ETH)		
	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	32:15	Piet Mosibedi	Pretoria	05 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	50:30	Graham Katzen	Constantia	15 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	71:29	Elias Mabane	Sasolburg	05 Feb
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	90:13	Reginald Ngobese	Johannesburg	23 Jan
	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	37:06	Steven Parkins	Tokai	05 Feb
	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	77:09	Charles Vilakazi	Sasolburg	05 Feb
	[Vladimir Kotov (BLR)		Tokai	05 Feb]
	66:42	Martin Rees (GBR) 2003		
25 km	1:47:20	A. Watson	Johannesburg	23 Jan
30 km	1:58:23	Raymond Howard	Camps Bay	09 Jan
Marathon	2:56:15	Johannes Seakamela	Sasolburg	05 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	39:43	Awie Veldsman	Tokai	05 Feb
15 km	62:32	Mike Hirst	Johannesburg	09 Jan
21.1 km	86:45	Mike du Bruto	Pretoria	05 Feb
25 km	1:52:19	J. Meyer	Johannesburg	23 Jan
30 km	2:10:29	Jimmy Morris	Camps Bay	09 Jan
Marathon	3:29:28	Patrick Mafilika	Sasolburg	05 Feb
100 km				

Juniors

10 km	31:38	Unathi Nteta	Tokai	05 Feb
	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	74:48	Elsin Mofokeng	Sasolburg	05 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	34:34	Irvette van Blerk	Pretoria	29 Jan
	32:46	Christelle Daunay (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:56	Ntombesintu Mfunzi	Port Elizabeth	05 Feb
	50:17	Ana Dulce Felix (POR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	76:25	René Kalmer	Benoni	30 Jan
	69:58	Belainesh Zemedken Gebre (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	95:17	René Kalmer	Johannesburg	23 Jan
	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	3:06:37	Dimakatso Menong	Sasolburg	05 Feb
	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	42:01	Mariëtte Esterhuysen	Tokai	05 Feb
	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	2:10:49	D. Slater	Johannesburg	23 Jan
	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	3:06:42	Marie Bruwer	Sasolburg	05 Feb
	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	99:25	Dawn Middelkoop	Tokai	05 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:12:35	W. Du Toit (g'mast)	Johannesburg	23 Jan
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	2:12:35	W. Du Toit	Johannesburg	23 Jan
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	49:40	Londeca Miya	Tokai	05 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	68:36	Jeanni Seymour	Johannesburg	09 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:53:05	Alice Bote	Sasolburg	05 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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