

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

The national marathon championships broke new ground this year: for the first time since 1962 it was not held in one of the country's big metropolitan areas, and the race was closed to foreigners. With many of South Africa's top athletes staying away, it was also a rather exclusive event: only 130 runners finished.

South Africa's second fastest marathoner of 2010, Lusapho April, won his first SA title rather easily in 2:13:21, 68 seconds ahead of Coolboy Ngamole. Defending champion Benedict Moeng was third in 2:16:10 – almost two minutes faster than he ran in 2010 – but won the silver medal as Ngamole was not a member of a provincial team.

Interestingly enough, Ngamole was first across the line last year, but was ineligible for the same reason – a rather strange circumstance for one of South Africa's best marathon runners to find himself in.

In the women's race Charné Bosman, the 2008 champion, had an even easier win by beating Tshifhiwa Mundalamo by exactly three minutes in 2:44:44.

However, the silver medal went to the next runner, Catherine Skosana (2:48:06) because Mundalamo was also not a member of a provincial team.

The standard of the performances was considerably higher than last year, when only five men dipped under 2:20 and the women's winning time was a pedestrian 3:00:30. This time the first seven men were under 2:18 and the first six women under 2:50. Thirteen women beat the 2010 winning time. April's time is the fastest since Johannes Maremane ran 2:11:15 in 2000 (there were no races from 2002 to 2004) and Bosman's the fastest since her own 2:42:28 in 2008.

Six of the top ten men ran PBs: Ngamole, Moeng, Othaniel Phahlane, Charles Tjiane, Doctor Mtsweni and Vusi Malobola. One of the top ten women did so – Melanie van Rooyen



The leading men in the SA Marathon: Enoch Skosana (8), Masixole Dlaku (45), winner Lusapho April (61), Charles Tjiane (red vest, partly obscured), George Mofokeng (6) and Shadrack Hoff (10). [Allie van Niekerk]

in seventh – although it should be noted that Joanna Thomas's 2:54:53 is a PB on a standard course (and one that is above suspicion). List leaders were set in all categories except the men veterans division.

As he did last year in Durban, former Comrades champion (and fourth-placed finisher in the 1980 Olympic Marathon) Vladimir Kotov (52) set a new Western Province masters record of 2:30:24. He placed 28th overall (since he has a South African residence permit, he is eligible for national championships). His team-mate Thomas took the veterans title, missing the provincial record by a scant 11 seconds.

Veronica van Niekerk's 3:41:01 is the fastest ever by a South African woman in the 65-69 age group and makes her the 11th fastest runner in this category ever in the world (8th fastest on a standard course). An exceptional performance indeed.

The beautiful town of George proved a good choice for the event, with a fast course and excellent running weather. Hopefully the increased quality of performances marks a turning point in the fortunes of the SA Marathon after a number of years in the doldrums. Restricting the field to South African citizens is a policy long advocated by *Distance Running Results*. A further change that should be made is not to limit the championship medals to members of provincial teams – DRR has always felt this rule to be rather unfair.

The prize money was dramatically increased on the eve of the event (why only then?) – the winning purse from R20 000 to R50 000!

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Lotto S.A. Marathon, George
- * Pick 'n Pay Marathon & Half Marathon, Johannesburg
- * Nimas Challenge Hillcrest Villagers Marathon & Half Marathon, Hillcrest
- * Bronkhorstspuit 32 km & 10 km , Bronkhorstspuit
- * Emnambithi Half Marathon, Ladysmith
- * Metlife Mall/Die Burger Valentine's 10 km, Port Elizabeth
- * Top Form 10 km Challenge, Athlone
- * Prison to Prison Half Marathon & 10 km, Brandvlei
- * De Zeekoe Half Marathon & 10 km, Oudtshoorn

International highlights:

- * 26.2 for Donna, National Marathon to Finish Breast Cancer, Jacksonville, USA
 - * San Blas Half-Marathon, Coamo, PUR
 - * Marugame Half Marathon, Marugame, JPN
 - * Beppu-Oita Mainichi Marathon, Oita, JPN
 - * Mitja Maratón de Granollers, Granollers, ESP
 - * Achmea Midwinter Marathon, Apeldoorn, NED
 - * State Farm Melbourne & Beaches Music Half Marathon, Melbourne, USA
 - * XC: Gran Premio Cáceres de Campo a Través, Casar de Cáceres, ESP; USA Cross-country Championships, San Diego, USA; Cinque Mulini XC, San Vittore Olona, ITA
 - * Track: NYRR Saturday Night at The Armory III, New York, USA; PSD Bank Meeting, Düsseldorf, GER; Meeting du Pas de Calais, Lièvin, FRA; Sparkassen Cup, Stuttgart, GER; New Balance Indoor Grand Prix, Boston, USA
 - * Empire State Building Run-Up, New York, USA
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NEWS

INQUIRY FINDS CHUENE GUILTY

Sport24 reported today that former Athletics South Africa (ASA) president Leonard Chuene, along with vice-president Kakata Maponyane and director Simon Dlamini, have been found guilty on various charges following a lengthy and detailed disciplinary process into ASA's affairs.

Among the charges faced by the three after the SASCOC-commissioned forensic audit into ASA by Deloitte were those of poor corporate governance, misappropriation of funds and tax evasion.

SASCOC, the country's Olympic governing body, suspended the trio late in 2009, together with the whole executive and three employees of ASA, after which the investigating process was conducted. No announcement was made today regarding the suspension at the same time of the other members of the executive and the three employees.

In his conclusion of the investigation Advocate Norman Arendse found the three guilty of a number of serious charges and also not guilty in respect of others. The charges in relation to which the respondents have been found guilty are very serious, according to Arendse.

Observing due process, Advocate Arendse then handed his findings back to both the ASA Board and SASCOC's Board.

Both boards were given the option to either act on the findings or refer them back to the disciplinary inquiry, headed by Advocate Arendse, for appropriate action.

SASCOC elected to hand the matter back to the inquiry and the resulting outcome is that Chuene, Dlamini and Maponyane all have until Thursday, 17 February, to appeal the findings. Thereafter the disciplinary inquiry will announce their sanctions.

In his response to the findings, SASCOC CEO Tubby Reddy said: "All along we have followed due process and we will continue to do so. We are comfortable with the integrity of the process and the investigation and we will accept whatever action the investigation deems necessary when it makes its final decision."

ROAD RUNNING

Lotto South African Marathon Championships (80th for men; 28th for women)

George, 13 February

(Distance: 42.195 km; certified three-lap course of 14 km each – the first and last approx. 4 km of each lap out and back, with an approx. 5.4 km loop at the far end)

Note: Runners indicated with * were not part of the SA Marathon, because they were not members of a provincial team (no foreigners were allowed to compete). There were no silver and bronze medal awards in the women's 60-69 age category. The results of the accompanying 10 km were not available. – Ed.

MEN

1	Lusapho	April	BORA	28	2:13:21	R50 000
2	Coolboy	Ngamole*	ACNW - Ind	33	2:14:29	R30 000
3	Benedict	Moeng	AGN	28	2:16:10	R15 000 [silver medal]
4	Othaniel	Phahlane	AGN	26	2:17:29	R10 000 [bronze]
5	Johannes	Kekana	CGA	38	2:17:31	R7 500
6	Raphael	Segodi	CGA	24	2:17:38	R5 000
7	Charles	Tjiane	CGA	36	2:17:55	R3 000
8	Doctor	Mtsweni	AMPU	31	2:18:50	R2 500
9	Mzwanele	Maphekula	EPA	34	2:20:16	R2 000
10	Vusi	Malobola	CGA	27	2:20:16	R1 500
11	Pule	Hlabahlaba*	CGA - Ind	28	2:20:30	
12	Piet	Mpheteng	AFS	32	2:22:00	
13	Elias	Mabane	CGA	41	2:22:46	

14	Masixole	Dlaku	EPA	32	2:22:47
15	David	Ngakane*	ACNW - Ind	30	2:23:31
16	Bong'musa	Mthembu	KZNA	27	2:23:37
17	Enoch	Skosana	AGN	36	2:24:16
18	Donald	Mathipa*	CGA - Ind	31	2:24:27
19	George	Ntshiliza	EPA	31	2:24:29
20	Seun	Moleshioa	AMPU	24	2:24:44
21	Peter	Muthubi*	AGN - Ind	29	2:24:51
22	Sandile	Ngunuza	EPA	28	2:24:57
23	Ntuthuko	Maseko	AMPU	33	2:25:27
24	Mthandazo	Qhina	WPA	33	2:26:07
25	George	Mofokeng	AGN	31	2:27:05
26	Lovers	Hlatswayo	AMPU	29	2:27:44
27	Vincent	Seng	CGA	29	2:28:30
28	Piet	Mosebedi	AGN	41	2:28:38
29	Eric	Ngubane	KZNA	29	2:29:02
30	Lucky	Mohale	CGA	25	2:29:30
31	Butiki	Jantjies	CGA	40	2:29:57
32	David	Gatebe	ANWN	29	2:30:11
33	Vladimir	Kotov	BLR/WPA	52	2:30:24
34	Jacob	Mazibuko	CGA	41	2:31:13
35	Velani	Lusaseni	WPA	27	2:31:15
36	Petros	Sosibo	KZNA	41	2:31:54
37	Enos	Matalane	AGN	31	2:32:02
38	Khayaletu	Makalima	EPA	27	2:32:02
39	Samuel	Makamu	AMPU	33	2:32:40
40	Gurome	Gelderblom	ASWD	35	2:33:07
41	Johnny	Persents	WPA	46	2:33:55
42	Enoch	Ngubane	KZNA	42	2:35:11
43	Raphael	Tladi	CGA	34	2:35:29
44	Neo	Molema	WPA	34	2:36:56
45	Bheki	Nene	CGA	46	2:37:25
46	Sindile	Somke	EPA	34	2:38:09
47	Japhter	Sithole	AMPU	36	2:39:09
48	Daniel	Mothibe	AGN	48	2:40:03
49	Stuart	McColl*	ACNW - Ind	50	2:40:32
50	Nkosinathi	Gcakasi	EPA	41	2:40:36

Prize money for the three age categories was the same: R1 500, R1 250, R750.

40-49:

1	Elias	Mabane	CGA	41	2:22:46
2	Piet	Mosebedi	AGN	41	2:28:38
3	Butitjie	Jantjies	CGA	40	2:29:57

50-59:

1	Vladimir	Kotov#	BLR/WPA	52	2:30:24
2	Stuart	McColl*	ACNW - Ind	50	2:40:32
3	Hermanus	Jonkerman	ASWD	51	2:49:54 [silver]
4	Nicholas	Dlamini	KZNA	55	2:53:20 [bronze]

#) Kotov, although a foreigner, has a South African residence permit and is eligible for the national championships.

60+:

1	Don	Charles*	CGA - Ind	61	3:13:44
2	Michael	Langa	KZNA	62	3:15:56 [SA champion]
3	Petros	Shumi	KZNA	63	3:16:54 [silver]
4	Richard	Weatherall-Thomas	EPA	60	3:18:10 [bronze]

WOMEN (Same prize money as men)

1	Charné	Bosman	AGN	35	2:44:44
2	Tshifhiwa	Mundalamo*	CGA - Ind	29	2:47:44
3	Catherine	Skosana	AGN	30	2:48:06
4	Mpho	Mabuza	CGA	40	2:48:09
5	Riana	Van Niekerk	AGN	34	2:48:22
6	Azwindini	Lukhwareni	AGN	30	2:49:42
7	Melanie	Van Rooyen	KZNA	33	2:52:33
8	Bulelwa	Mtshagi	WPA	31	2:54:37
9	Farwa	Mentoor*	CGA - Ind	37	2:54:50
10	Joanna	Thomas	WPA	42	2:54:53
11	Kerry	Koen	KZNA	35	2:57:09
12	Julanie	Basson	CGA	36	2:57:51
13	Ursula	Frans	WPA	42	2:59:14
14	Paula	Quinsee	CGA	39	3:02:13
15	Gillian	Sieling	CGA	41	3:04:09
16	Celeste	Swart	EPA	42	3:06:33
17	Helga	Matthee	ASWD	36	3:07:54
18	Lauren	Calenborne	KZNA	37	3:10:17
19	Annatjie	Botes	ASWD	53	3:10:48
20	Jane	Mudau	CGA	48	3:12:58
21	Marie	Wolmarans	ASWD	51	3:17:20
22	Sandra	Van Graan	WPA	43	3:18:16
23	Lisl	Grobler	ASWD	34	3:19:01
24	Anneke	Slabbert	BOLA	39	3:19:08
25	Liana	Maree	BOLA	33	3:20:46
26	Michelle	Mee	CGA	38	3:22:46
27	Terri-Lyn	Penney	EPA	33	3:24:04
28	Johanna	Raubenheimer	ASWD	42	3:24:44
29	Christine	Claasen	EPA	46	3:24:52
30	Mirriam	Mooki	AGN	37	3:30:04

40-49:

1	Joanna	Thomas	WPA	42	2:54:53
2	Ursula	Frans	WPA	42	2:59:14
3	Gillian	Sieling	CGA	41	3:04:09

50-59:

1	Annatjie	Botes	ASWD	53	3:10:48
2	Marie	Wolmarans	ASWD	51	3:17:20
3	Hanlie	Van der Westhuizen	EPA	54	3:42:09

60+:

1	Veronica	Van Niekerk	BOLA	65	3:41:01
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Pick 'n Pay Marathon (27th) & Half Marathon

Johannesburg, 13 February

(Distances: 42.195 km & 21.1 km; loop courses)

Marathon**MEN**

1 Leburu Kgosiemang (Bonitas) 2:20:52; 2 Jabulani Nhlapo (Bonitas) 2:23:41; 3 Mabule Raphotle (Bonitas) 2:29:28; 4 Thabo Nkuma (Bonitas) 2:30:40; 5 Raymond Msiza (Dayveton) 2:31:20; 6 Brian Zondi (Bonitas) 2:31:38; 7 M Morepella (Toyota) 2:33:23; 8 Linda Muathaza (BNAC) 2:33:26; 9 Sam Bolo (Bonitas) 2:33:37; 10 Reginald Ngobese (GS) 2:34:23 (1st vet).

Veterans: 1 Reginald Ngobese (GS) 2:34:23; 2 Elgin Mokgale (Harmony Striders) 2:35:41; 3 Tsietsi Mokoena (Nedbank) 2:42:14; 4 David Mokoena (SCAW) 2:49:03; 5 Mario Bailaze (RAC) 2:50:01. **Masters:** 1 Johannes Seakamela (RAC) 2:56:34; 2 Gideon Radebe (Sasol) 2:58:00; 3 Aubrey Watson (New Balance) 3:05:10. **G'masters:** 1 Jack Thokoane (Sasol) 3:36:52.

WOMEN

1 Paulina Njeya (Bonitas) 3:05:26; 2 Joyce Lekwareni (Bonitas) 3:08:31; 3 Tessa Burrell (Art of Running) 3:08:58 (1st vet); 4 Renate Dreyer (Sunninghill) 3:13:48; 5 Stephanie Hurry (RAC) 3:14:16; 6 Lesley Train (Nedbank) 3:18:17; 7 Vanessa Bowman (Kempton) 3:24:23; 8 Jeannie Jordaan (RAC) 3:25:45; 9 Jiu Oliphant (RAC) 3:29:02; 10 Anita v. Wyk (Boksburg) 3:31:00.

Veterans: 1 Tessa Burrell (Art of Running) 3:08:58; 2 Vanessa Bowman (Kempton) 3:24:23; 3 Anita v. Wyk (Boksburg) 3:31:00; 4 Lianne Rey (RAC) 3:31:42; 5 Shelley v.d. Spuy (Boksburg) 3:32:02. **Masters:** 1 Gail Claasen (JHAC) 3:47:17; 2 Val Watson (New Balance) 3:47:52; 3 Mariet Geyer (Kempton) 4:13:53. **G'masters:** 1 Elaine Greenblatt (Rockies) 3:52:06.

Half marathon

MEN

1 Desmond Mokgobu (ADT) 68:20; 2 Aaron Gabonewe (Bonitas) 68:31; 3 Wesley Mutai (KEN/Unisa) 69:01; 4 Degene Asefa (ETH/ADT) 70:49; 5 Eliud Kipketer (KEN/Art of Running) 70:56.

Veterans: 1 Lawrence Chipangaan (Nedbank) 72:39; 2 Simon Mphulanyane (Bonitas) 75:33; 3 Jackson Seanego (New Balance) 75:47. **Masters:** 1 Charles Vilakazi (Kwa Thema) 77:25; 2 Meschack Motla (South Deep) 77:32; 3 Themba Phulu (Panorama) 81:47. **G'masters:** 1 Pele Tshikundamalema (Yebo Striders) 98:28.

WOMEN

1 René Kalmer (Nedbank) 82:08; 2 Christine Kalmer (Nedbank) 84:05; 3 Maphuti Phaka (GS) 93:22; 4 Estie Grobler (Mr Price) 93:37; 5 Ali Glatt (Temp) 94:45.

Veterans: 1 Catherine Naane (Goldfields) 95:49; 2 Angelina Mungai (BNAC) 96:27; 3 Barene Janckovich-Besan (RAC) 96:37. **Masters:** 1 Linda Potgieter (Magnolia) 1:45:36; 2 Pam Hampton (Sunninghill) 1:50:08; 3 Rhoda Berry (RAC) 2:00:18. **G'masters:** 1 Penny Visser (Breakthru Midrand) 1:51:03.

Nimas Challenge Hillcrest Villagers Marathon (34th) & Half Marathon

Hillcrest, 13 February

(Distances: 42.195 km & 21.0975 km; loop courses)

Marathon

MEN

1. Robson Chigara (ZIM/Form1) 2:28:15; 2. Samson Tenai (ZIM/Form1) 2:28:29; 3. Herbert Chokera (ZIM/MP) 2:30:39; 4. Samuel Katui (ZIM/Form1) 2:34:34; 5. Clement Nkosi (MP) 2:38:01.

40-49: 1. Shaun Meiklejohn (Ned) 2:52:45; 2. Willie Majombozi (Boxer) 2:54:26; 3. Allen Ndlovu (West) 2:55:09. **50-59:** 1. Bongani Ndlovu (Zaba) 3:17:30; 2. Colin Goosen (Saints) 3:20:38; 3. Simon Chilize (Syd) 3:21:43. **60+:** 1. Gopal Chetty (Shall) 3:30:13; 2. Rob Betsy (YWP) 3:30:41; 3. Mike Cowling (Saints) 3:33:35.

WOMEN

1. Helen Buley (Ind) 3:11:31; 2. Nonsikelelo Mbambo (NC) 3:28:36; 3. Donny Bridgeforp (Ned) 3:29:24; 4. Wendy Durow (CH) 3:30:13; 5. Jenny Sutton (YWP) 3:30:41 (1st vet).

40-49: 1. Jenny Sutton (YWP) 3:30:41; 2. Erica Walker (NC) 3:33:21; 3. Megan Finestone (West) 3:42:25. **50-59:** 1. Judy Goss (AN) 3:41:31; 2. Liz Chelin (West) 3:58:31; 3. Patricia Winterboer (UAC) 4:02:26. **60+:** 1. Linda Vivian (UAC) 4:28:58; 2. Maureen Parry (Chilt) 4:45:26; 3. Dixie Brown (EAC) 4:54:37.

Half marathon

MEN

1. Prodigal Khumalo (ZIM/MP) 69:02; 2. Sibonelo Duma (Boxer) 69:18; 3. Thobani Chagwa (Boxer) 70:06.

40-49: 1. Nkosikhona Dlamini (SAP) 81:40; 2. Nicholas Cekwane (Ned) 83:54; 3. Elias Madlala (Eskom) 84:08. **50-59:** 1. Mike Sutton (YWP) 92:47; 2. Barlan Govender (Chats) 93:22; 3. Garry Mann (Stella) 97:01. **60+:** 1. Les Smith (West) 1:44:17; 2. Moray Calder (Howick) 1:46:47; 3. Charm Naidoo (Chats) 1:49:38. **Juniors:** 1. Cade Pillay (Wood) 1:35:15; 2. Mfanafuthi Dlamini (Ind) 1:38:50; 3. Kyle Hattingh (West) 2:07:48.

WOMEN

1. Tanith Maxwell (Boxer) 86:41; 2. Janene Carey (Boxer) 88:14; 3. Lisa Baumann (MP) 90:09 (1st vet).

40-49: 1. Lisa Baumann (MP) 90:09; 2. Lise Muchna (PDAC) 92:57; 3. Shani Silver (Kears) 94:50. **50-59:** 1. Sandy Fisser (HH) 1:41:10; 2. Daniela Papini (Sav) 1:48:17; 3. Zoe Buchan (Sav) 1:49:32. **60+:** 1. Patricia Crawley (Sani) 2:01:44; 2. Lynda Bell (QH) 2:05:51; 3. Gill Tregenna (West) 2:15:24. **Juniors:** 1. Geena Mechanicos (Sav) 1:56:57; 2. Jenny Light (Ind) 2:11:45.

Bronkhorstspuit 32 km & 10 km

Bronkhorstspuit, 12 February

(Undulating loop courses. Finishers: 32 km – 1600; 10 km – 860.)

32 km

MEN

1 Colin Khoza (Temp) 1:49:49; 2 Elijah Mogoboya (Nedbank) 1:50:24; 3 Shadrack Mudimbu (ZIM/Nedbank) 1:51:09; 4 Sipho Maisela (Toyota) 1:56:04; 5 Radisegwana Malika 2:00:58.

Veterans: 1 Linda Maphanga (Anglo Vaal) 2:05:13; 2 Moses Letlhaku (Public Works) 2:07:27; 3 Jerry Masego (Eskom) 2:11:04. **Masters:** 1 Gert Pelsaer (Magnolia) 2:23:24; 2 Theo Swanepoel (Kempton) 2:25:03. **G'masters:** 1 Phil Connolly (Randburg Harriers) 2:48:02. **G/g'masters:** 1 Dion Heigers (ACRW) 3:59:34.

WOMEN

1 Margaret Mahohoma (ZIM/Mr Price) 2:19:17; 2 Carien Visser (Tuks) 2:21:45 (1st vet); 3 Winia Janse van Rensburg (Tuks) 2:26:55; 4 Linah Mhlongu (Anmar BRS) 2:29:26; 5 Christelle v.d. Merwe (Irene) 2:29:43.

Veterans: 1 Carien Visser (Tuks) 2:21:45; 2 Ansie Viljoen (Irene) 2:30:29; 3 Madeleen Simmonds (Nedbank) 2:31:24. **Masters:** 1 Sandra Steenkamp (Irene) 2:32:40; 2 Wilna Pretorius (PMK) 2:49:00. **G'masters:** 1 Marilyn Moore (Breakthru Midrand) 3:38:09.

G/g'masters: 1 Mavis Stadler (Agape) 3:42:21.

10 km**MEN**

1 Enoch Manyande (Nedbank) 32:16; 2 Cephas Pasipamire (ZIM/Nedbank) 32:29; 3 Mthetho Goxo (Nedbank) 33:04.

Veterans: 1 Jerry Xaba (Temp) 44:08. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 38:21.

G'masters: 1 Nippy Cripwell (PMMC) 48:33. **G/g'masters:** 1 Ken Nurden (Agape) 47:29.

Juniors: 1 Barry Crouch (Eskom) 42:37.

WOMEN

1 Olivia Chitate (ZIM/Bashewa) 39:52; 2 Queen Mokwebo (Temp) 42:46; 3 Otilia Mwape (Eskom) 44:01.

Veterans: 1 Lettie Saayman (Irene) 44:37. **Masters:** 1 Maryna Steinmann (Agape) 51:54.

G'masters: 1 Ina Wheatley (PMMC) 57:46. **G/g'masters:** 1 Miemie Schoeman (Transnet)

81:31. **Juniors:** 1 Jennifer Baker (Breakthru Midrand) 55:03.

Emnambithi Half Marathon

Ladysmith, 12 February

(Distance: 21.1 km; loop course)

MEN

1. Khelkane Mngubane	Mr Price AC	1:13:27
2. Thulani Duma	Ind	1:15:27
3. Basil Mazibuko	Mandeni AC	1:16:06

40-49:

1. Petros Mabusu	KZN Striders	1:25:14
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50-59:

1. Caiphas Mazibuko	Emnambithi AC	1:39:03
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WOMEN

1. Judith Geldenhuys	Estcourt AC	1:41:27 (1 st mast)
2. Renee Schuler	LAC	1:51:19 (1 st vet)
3. Khanyisile Ghabede	KZN Striders	1:58:18

40-49:

1. Renee Schuler	LAC	1:51:19
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50-59:

1. Judith Geldenhuys	Estcourt AC	1:41:27
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Metlife Mall/Die Burger Valentine's 10 km

Port Elizabeth, 12 February

(Loop course. Finishers: 478.)

MEN

1	Eric	Sigxashe	Nedbank RC EP	32	32:10
2	Zolani	Mabongo	Mr Price AC EP	24	32:30
3	Terrance	Mjekula	Triangle Sports	38	33:56
4	Lubabalo	Jusayi	Mr Price AC EP	19	34:07
5	Patrick	Klaas (1 st jun)	Temp	17	35:25
6	David	Mama	Aspen Pharmacare	35	35:56
7	John	Rafani (1 st vet)	Nedbank RC EP	43	36:21
8	Mpumelelo	Ndlumbini	Nedbank RC EP	35	36:38
9	Lunga	Sizani	Temp	18	37:13

10	Bulelini	Niwa	PEAAC	25	37:33
11	Juan	Cordier	Transnet RE EP	25	38:23
12	Melikhaya	Frans	Nedbank RC EP	19	38:42
13	Felix	Weber	VW AC	23	39:03
14	Sizinzo	Kama (1 st mast)	Achilles AAA	59	39:13
15	Efese	Peter	SANDF EP	50	39:25
16	Andrew	Long	Madiba Bay AC	43	39:35
17	Zandisile	Mpisane	Mr Price AC EP	27	39:42
18	Nick	Lynch	Temp	23	40:26
19	Darryl	Bagley	Nedbank RC EP	35	40:56
20	Rudi	Van Tonder	Elite AC	38	40:59

40-44:

1	John	Rafani	Nedbank RC EP	43	36:21
2	Andrew	Long	Madiba Bay AC	43	39:35
3	George	Buka	Nedbank RC EP	40	41:16

45-49:

1	John	Stevens	Bluewater Bay	47	43:02
2	Leonardo	De Villiers	Temp	45	45:21
3	Coenie	Kukkuk	Temp	48	46:18

50-54:

1	Efese	Peter	SANDF EP	50	39:25
2	Gerrie	Hermann	Jeffreys Bay AC	54	41:03
3	Daniel	Ferreira	Elite AC	52	42:49

55-59:

1	Sizinzo	Kama	Achilles AAA	59	39:13
2	Chris	Terblanche	Achilles AAA	55	45:26
3	Mbulelo	Sobikwa	Crusaders AC	56	48:22

60-64:

1	Hannes	Els	Madiba Bay AC	61	41:43
2	Johan	Nel	Elite AC	62	49:50
3	Anton	De Koning	SANDF EP	61	50:48

65-69:

1	Loynes	Jenkerson	Walmer AC	69	55:43
2	Jan	Von Mollendorf	Elite AC	65	59:01
3	Chris	Jansen	PEAAC	66	1:05:52

70-74:

1	Rolf	Mentzel	Profiles AC	71	52:42
2	Selwyn	Solomon	Crusaders AC	72	1:03:52
3	Michael	Smout	Temp	70	1:05:11

75-79:

1	Ernie	Verrall	Absa NMMU AC	76	57:40
2	Hilary	Pritchard	Crusaders AC	76	1:06:01

Juniors:

1	Patrick	Klaas	Temp	17	35:25
2	Lunga	Sizani	Temp	18	37:13
3	Melikhaya	Frans	Nedbank RC EP	19	38:42

WOMEN

1	Ntombesintu	Mfunzi	Mr Price AC EP	29	36:00
2	Deliwe	Nyanga	Nedbank RC EP	21	39:02
3	Ursula	Kuhn	Absa NMMU AC	29	41:42
4	Natascha	De Villiers	Absa NMMU AC	21	42:42
5	Noxolo	Marks	Mr Price AC EP	24	43:59
6	Catherine-Ann	Hustler	Absa NMMU AC	24	44:11
7	Lizette	Sydien	Elite AC	24	44:45
8	Desire-Ann	Serfontein (1 st vet)	Temp	47	44:48

9	Grizelda	Pietersen	Achilles AAA	42	45:27
10	Tiani	Claassen	Transnet RE EP	20	48:34
11	Tracey	Allmirial	Temp	30	49:20
12	Mari-Nel	Goussard	Temp	25	49:37
13	Treloar	Childs	Walmer AC	47	49:48
14	Suzanne	Gendall	Temp	49	50:58
15	Willemien	Du Randt	Transnet RE EP	36	50:59
16	Annelize	Shergold-Smith	Bluewater Bay	30	51:00
17	Monique	Jordaan	Elite AC	19	51:27
18	Liesl	Barker	PEAAC	44	51:33
19	Liz	Grundlingh (1 st g'mast)	Muirite Striders	64	51:39
20	Aletta	Joubert	Crusaders AC	49	51:47

40-44:

1	Grizelda	Pietersen	Achilles AAA	42	45:27
2	Liesl	Barker	PEAAC	44	51:33
3	Angela	Rumsey	Crusaders AC	41	54:43

45-49:

1	Desire-Ann	Serfontein	Temp	47	44:48
2	Treloar	Childs	Walmer AC	47	49:48
3	Suzanne	Gendall	Temp	49	50:58

50-54:

1	Amanda	Wolmarans	Walmer AC	52	53:07
2	Glynis	Scott	Bluewater Bay	50	55:14
3	Rosemary	Joubert	Crusaders AC	50	55:39

55-59:

1	Jos	Els	Madiba Bay AC	58	53:56
2	Rina	Pelser	Run For Life EP	58	1:05:43
3	Stephanie	Hay	Walmer AC	55	1:15:44

60-64:

1	Liz	Grundlingh	Muirite Striders	64	51:39
2	Helene	Oppel	Crusaders AC	61	57:24
3	Christine	Fourie	Elite AC	64	1:05:10

65-69:

1	Vicky	Ashley	Profiles AC	65	1:06:10
2	Tersia	De Jager	PEAAC	65	1:17:56
3	Angeline	Kivido	Walmer AC	65	1:27:14

70-74:

1	Dorothy	Hart	PEAAC	72	1:03:06
2	Lorna	Brown	PEAAC	72	1:20:58
3	Catharina	Botha	Temp	70	1:22:55

Juniors:

1	Mieke	Roberts	Charlo RR	14	1:04:12
2	Alex	Harvey	Temp	15	1:16:36
3	Tracy	Goldswain	PEAAC	18	1:18:20

Top Form 10 km Challenge

Athlone, 12 February

(Certified loop course. Finishers: 720.)

MEN

1. Nkosinathi Madyo (Ned) 30:32; 2. Siyabonga Makhaluza (East) 31:19 (1st jun); 3. Unathi Nteta (AAC) 31:19; 4. Hein Camphor (Adid) 33:09; 5. Luxolo Mdzanga (Gugs) 33:09; 6. Riaan Witbooi (Eerste) 33:17; 7. Zolani Bhitane (Adid) 33:17; 8. Graham Katzen (Celtic) 33:35 (1st vet); 9. Thandile Joseph (East) 33:53; 10. Bongile Tshewula (East) 33:57; 11. John September (Celtic) 34:29; 12. Fabian Faro (MPT) 34:39; 13. Nelson Bass

(UCT) 35:04; 14. Berend Abrahams (Itheke) 35:20; 15. Faizel October (Itheke) 35:33; 16. Xolani Makinana (Gugs) 35:36; 17. Llewellyn Jacobs (Celtic) 35:45; 18. Jessie Petoors (Eerste) 36:09; 19. Luntjy Kosana (Gugs) 36:27; 20. Windell Nortjé (Edge) 36:47.

40-49: 1. Graham Katzen (Celtic) 33:35; 2. John September (Celtic) 34:29; 3. Chris Mitchell (Celtic) 36:48. **50-59:** 1. Gregory Jacobs (Edge) 37:34; 2. Ludwig Lillie (Durb) 38:32; 3. Shafiek Cassiem (Celtic) 38:50. **60+:** 1. Awie Veldsman (Held) 39:40; 2. Kenny Williams (Pine) 43:39. **Juniors:** 1. Siyabonga Makhaluza (East) 31:19; 2. Unathi Nteta (AAC) 31:19; 3. Luxolo Mdzanga (Gugs) 33:09.

WOMEN

1. Asiphe Sikabalanjana (Gugs) 38:25; 2. Busisiwe Matiwane (Celtic) 38:55; 3. Sheryl de Lange (Adid) 40:28 (1st vet); 4. Lisa-Jo Austin (Durb) 41:50; 5. Tania Kapp (Ind) 43:35; 6. Chantelle Simpson (Ned) 43:48; 7. Patricia Adams (Met) 43:53; 8. Sue Dickson (VOB) 43:57; 9. Reghana Beukes (Eerste) 44:18 (1st jun); 10. Evelina Tshabalala (Gugs) 44:58; 11. Olga Howard (Celtic) 45:26 (1st mast); 12. Cheryl Rudolph (East) 45:58; 13. Charmaine Cupido (Ned) 46:06; 14. Lindie Bouwer (Sanlam) 46:49; 15. N. Baard (Yebo) 47:22; 16. Megan Walker (Ind) 47:27; 17. A.N. Other 48:18; 18. Wendy Jansen (Edge) 48:23; 19. Helen du Plessis (Tyger) 49:52; 20. Gaylon Atson (MPT) 50:40.

40-49: 1. Sheryl de Lange (Adid) 40:28; 2. Tania Kapp (Ind) 43:35; 3. Chantelle Simpson (Ned) 43:48. **50-59:** 1. Olga Howard (Celtic) 45:26; 2. Charmaine Cupido (Ned) 46:06; 3. Helen du Plessis (Tyger) 49:52. **60+:** 1. Rosalie Richfield (UCT) 59:08; 2. Irene Eygelaar (Edge) 64:26. **Juniors:** 1. Reghana Beukes (Eerste) 44:18; 2. Gaylon Atson (MPT) 50:40; 3. Samantha Rietmann (Celtic) 56:18.

Prison to Prison Half Marathon & 10 km

Brandvlei, 5 February

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

Note: As usually happens with Boland races, the times were reported in hundredths of a second and were corrected by DRR according to the rules. Other errors in the results, eg. with athletes' gender, were also corrected. – Ed.

Half marathon

MEN

1	Pieter Koopman	Maties	1:08:28
2	Sityhilo Diko	Adidas	1:09:03
3	Tsungai Mwanengeni	ZIM/New Balance	1:09:35
4	Zolie Bhitane	VOB	1:11:15
5	M Gumenge	Axis VOB	1:11:31
6	Hillroy Slingers	Fit to Run	1:12:19
7	Marks Mpekula	VOB	1:12:52
8	Isaac Opperman	Corr Services	1:13:23
9	Sipho Phala	VOB	1:14:19
10	Darryl Eksteen	Worcester	1:14:44

WOMEN

1	Farwa Mentoor	Bonitas	1:27:36
2	Danette Smith	Adidas	1:31:00
3	Styntjie Prins	Paarl	1:37:44
4	L de Jager	Worc	1:38:06
5	Mary-Ann Baron	Fit 2 Run	1:39:11
6	E Gous	Worcester	1:42:44
7	Veronica van Niekerk	Elgin Grabouw	1:42:46
8	C Bredenkamp	Paarl	1:43:15

9	Liesel Bester	Bester	1:44:32
10	Lindie van wyk	New Balance	1:45:57

10 km**MEN**

1	Anton Faro	Maties	31:36
2	Henrico Rooi	Nedbank	32:05
3	William Kaptein	Robertson	33:32
4	A.N. Other		33:44
5	Garth Maarman	Swartland	33:49
6	Bulelani Bhebha	Assis VOB	34:26
7	Rowan Prins	Robertson	35:30
8	Petrus ?	Ceres	35:52
9	Andrew Fielies	Fit 2 Run	35:59
10	Darryl Eksteen	Worcester	36:37

WOMEN

1	Glenda Werth	Metropolitan	41:57
2	Ileana Dreyer	Fit 2 Run	44:40
3	Jacqueline Goliath	Fit 2 Run	45:08
4	Pamela Mtshemia	Assis VOB	45:46
5	Magrietha Smit	Ceres	47:38
6	Magriet Hanekom	Ceres	50:47
7	Erika Stemmet	TL	52:20
8	Notalie le Roux	Worcester	52:57
9	Magneta Willmse	Ceres	54:46
10	G van der Merwe	Ceres	54:47

De Zeekoe Half Marathon & 10 km

Oudtshoorn, 29 January

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 170; 10 km – 133.)

Note: Unfortunately many athletes in these results provided only their first name and no surname. The results are given here as received. The fourth runner in the 10 km could be a woman, but was indicated as a male. – Ed.

Half marathon**MEN**

1	Ettienne ?	Nedbank	23	1:08:11
2	Lindile Tokota	Nedbank	43	1:10:42
3	Gurome Gelderbloem	Mosselbaai Harriers	35	1:11:34
4	Principal Fana	Rainbow	42	1:13:21
5	Zuzile Ntsiniyabo		37	1:14:24
6	Melikhaya ?	Knysna	27	1:14:35
7	Vuyo Witbooi		35	1:15:37
8	Booi Salman		37	1:18:55
9	Mario Meyer	Hartenbos Drawwers	31	1:19:23
10	John Rafani	Nedbank	43	1:19:29

WOMEN

1	Kerry Roos	Knysna	33	1:30:04
2	Elizma Horne	De Rust Striders	32	1:33:04
3	Annatjie Botes	Nedbank	53	1:33:18
4	Lisl Grobler	Knysna	34	1:35:06
5	Romé Phillipson	Mosselbaai Harriers	28	1:41:26
6	Suzaan ?	Outeniqua Harriers	28	1:41:27

7	Kleintjie van Schalkwyk	Hartenbos Drawwers		1:41:43
8	Maryke Sass	Mosselbaai Harriers	39	1:42:24
9	Mikateko ?	MSC	27	1:42:33
10	Yolande de Villiers		38	1:44:23

10 km**MEN**

1	John ?	Run/Walk for Life Odn	22	35:58
2	B. Pienaar	Hartenbos Drawwers	19	40:22
3	G. Groenewald	Mr Price	37	41:29
4	Christa Niemand (female?)	Run/Walk for Life Odn	17	42:10
5	Patrick Peters	Military Sports Club	47	42:27
6	Cameron Danhausen	Knysna	16	42:51
7	Jassem Jafta	Run/Walk for Life Odn	51	43:03
8	Wentzel ?		31	43:29
9	A.N. Other		30	44:19
10	Ronnie le Roux	Brackenfell	65	44:35

WOMEN

1	Johanna Claassen	Nedbank	42	43:10
2	Sanchia du Preez	Run/Walk for Life Odn	18	43:25
3	Ané Kruger	B-Wes Drawwers	17	48:21
4	Carin Leonard		37	52:56
5	Elsabe Pienaar		32	53:41
6	Louisa-Ann Ungerer		27	53:48
7	Ziska Theron	Brackenfell	54	54:22
8	Monja le Roux	De Rust	32	54:52
9	Taschyana ?	Hartenbos Drawwers	31	54:53
10	Marlize Jason	Hartenbos Drawwers	35	54:53

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**26.2 for Donna, National Marathon to Finish Breast Cancer (4th)**

Jacksonville, USA, 13 February

(Distance: 42.195 km; certified course with no start/finish separation or elevation loss)

MEN (gun times)

1. Kennedy Kemei, 32, Charlotte, NC (KEN) 2:20:00 \$10,000

WOMEN (gun times)

1. Anzhelika Averkova, 41, Jackson, NJ (RUS) 2:36:49 \$10,000

2. Svetlana Semova, 34, New York, NY (RUS) 2:40:42 7,000

3. Alena Vinitskaya, 37, Eugene, OR (RUS) 2:41:09 4,000

... 5. Ramilya Burangulova, 49, Gainesville, FL (RUS) 2:42:27 2,000m

m) Earned masters prize money

San Blas Half-Marathon (49th)

Coamo, PUR, 6 February

(Distance: 21.1 km; hot and very hilly)

MEN (gun times)

- | | | |
|-------------------------------|---------|--------|
| 1. James Kwambai, KEN | 1:03:09 | \$8000 |
| 2. William Chebon Chebor, KEN | 1:04:04 | 4000 |
| 3. Simon Cheprot, KEN | 1:04:57 | 3000 |

WOMEN (gun times)

- | | | |
|---------------------------|---------|---------|
| 1. Yolanda Caballero, COL | 1:14:48 | \$6000# |
| 2. Sharon Tavengwa, ZIM | 1:17:41 | 4000 |

#) Prize money reduced for slower than 1:14:00

Marugame Half Marathon (65th)

(IAAF Silver Label Road Race)

Marugame, JPN, 6 February

(Distance: 21.1 km; certified out-and-back course)

MEN

- | | |
|---------------------------------|------------|
| 1. Samuel Ndungu, KEN | 1:00:55 PB |
| [14:08 / 28:33 / 43:12 / 57:47] | |
| 2. Tsuyoshi Ugachi, JPN | 1:00:58 PB |
| [14:08 / 28:33 / 43:12 / 57:48] | |
| 3. Mekubo Mogusu, KEN | 1:01:29 |
| 4. Rachid Kisri, MAR | 1:01:52 PB |
| 5. Hiromitsu Kakuage, JPN | 1:02:34 PB |
| 6. Ryotaro Nitta, JPN | 1:02:35 PB |
| 7. Hiroki Kadota, JPN | 1:02:35 PB |
| 8. Satoru Kasuya, JPN | 1:02:40 PB |
| 9. Yuki Kawauchi, JPN | 1:02:40 PB |
| 10. Ryohei Nakano, JPN | 1:02:49 |

WOMEN

- | | |
|-----------------------------------|------------|
| 1. Kayoko Fukushi, JPN | 1:09:00 |
| [15:56 / 32:09 / 48:46 / 1:05:22] | |
| 2. Karolina Jarzynska, POL | 1:10:36 PB |
| 3. Rei Ohara, JPN | 1:10:50 PB |
| 4. Mika Yoshikawa, JPN | 1:11:13 PB |
| 5. Aki Otagiri, JPN | 1:11:49 PB |
| 6. Yoshiko Fujinaga, JPN | 1:12:03 |
| 7. Megumi Seike, JPN | 1:12:04 |
| 8. Misato Horie, JPN | 1:12:16 PB |
| 9. Kumi Ogura, JPN | 1:12:21 PB |
| 10. Silvia Skvortosva, RUS | 1:12:39 |

Beppu-Oita Mainichi Marathon (60th)

Oita, JPN, 6 February

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

MEN

- | | |
|------------------------|------------|
| 1. Ahmed Baday, MAR | 2:10:14 PB |
| 2. Daniel Njenga, KEN | 2:10:24 |
| 3. Kazuhiro Maeda, JPN | 2:10:29 PB |

Gert Thys, **RSA** (pace) DNF (1:16:12 at 25 km)

Mitja Maratón de Granollers (25th)

Granollers, ESP, 6 February

(Distance: 21.1 km; out-and-back course)

MEN (gun times)

1. Erick Kibet, KEN 1:03:25
2. Thomson Cherogony, KEN 1:03:40
3. Rafael Iglesias Borrego, ESP 1:04:26
- ... 7. Viktor Röthlin, SUI 1:05:35

WOMEN

1. Ruth Matebo, KEN 1:14:26
2. Nazha Machrouch, 1985, MAR 1:15:27
3. Holly Rush, GBR 1:15:40

Achmea Midwinter Marathon (38th)

Apeldoorn, NED, 6 February

(Distance: 42.195 km)

MEN

1. Luc Krotwaar, 1968, NED 2:30:24
2. Philip Nawrocki, GER 2:33:34
3. Pavel Brydl, CZE 2:33:52
4. Jaroslaw Janicki, 1966, POL 2:35:16

WOMEN (gun times) -

1. Petra Kaminkova, 1973, CZE 2:45:33 (7th win here)

State Farm Melbourne & Beaches Music Half Marathon

(USATF Masters Championships)

Melbourne, USA, 6 February

MEN

1. Mark Andrews, 40, Rochester, NY, 1:10:32 (\$1000)

WOMEN

1. Heather Magill, 30, Wilmington, NC, 1:17:57
- ... Zola Budd Pieterse, 43, Myrtle Beach, SC (**RSA**), 1:27:12

CROSS-COUNTRY

Gran Premio Cáceres de Campo a Través (41st)

Casar de Cáceres, ESP, 6 February

SR. MEN (11.3 km)

1. Sergey Lebid, 1975, UKR, 30:20
2. Wilson Busienei, 1981, UGA, 30:22
3. Antonio Jimenez Pentinel, 1977, ESP, 30:23

SR. WOMEN (7.3 km)

1. Nuria Fernández, 1976, ESP, 21:32

2. Diana Martín, 1981, ESP, 21:38
3. Milcah Chemos Cheywa, 1986, KEN, 21:44

USA Cross-country Championships

San Diego, USA, 5 February

(Course: 2 km loop on well-groomed grass, many turns but only small hills)

SR. MEN 12 km (6 laps):

1. Brent Vaughn, 26, Black Hawk, CO, 35:46 (\$2000)
2. Andrew Bumbalough, 23, Portland, OR, 35:52 (\$1000)
3. Ed Moran, 29, Williamsburg, VA, 35:54 (\$800)
4. Matt Tegenkamp, 29, Portland, OR, 36:01 (\$700)
5. Ben True, 25, Hanover, NH, 36:03 (\$600)

SR. WOMEN 8 km (4 laps):

1. Shalane Flanagan, 29, Portland, OR, 25:47 (\$2000)
2. Molly Huddle, 26, Providence, RI, 26:31 (\$1000)
3. Lisa Koll, 23, Portland, OR, 26:41 (\$800)
4. Magdalena Lewy Boulet, 37, Oakland, CA, 27:02 (\$700)
5. Blake Russell, 35, Pacific Grove, CA, 27:06 (\$600)
6. Alissa McKaig, 24, Blowing Rock, NC, 27:07 (\$500)
7. Kara Goucher, 32, Portland, OR, 27:37 (\$400)

JR. MEN 8 km (4 laps):

1. Erik Olson, 18, Novato, CA, 24:48
2. Maxwell Straneva, 18, Binghamton, NY, 24:57
3. Craig Lutz, 18, Highland Village, TX, 25:06
4. Justin Vilhauer, 19, Visalia, CA, 25:09
5. Ryan Poland, 19, Westminster, CO, 25:16

JR. WOMEN 6 km (3 laps):

1. Aisling Cuffe, 17, Cornwall On Hudson, NY, 21:13
2. Molly Grabill, 18, Poway, CA, 21:39
3. Katie Flood, 18, Des Moines, IA, 21:43
4. Sierra Vega, 18, Santa Ana, CA, 22:00
5. Julie Nacouzi, 17, Buffalo Chips Running Club, 22:09

MASTERS MEN 8 km (4 Laps):

Overall:

1. Peter Magill, 49, Compex Racing -B, 26:17
2. Gray Mavhera, 41, Compex Racing, 26:38
3. Christian Cushing-Murray, 43, Compex Racing, 26:46

MASTERS WOMEN 8 km (4 Laps):

Overall:

1. Colleen De Reuck, 46, Running Republic of Boulder, 28:47
2. Joanna Zeiger, 40, Running Republic of Boulder, 30:21



The brilliant junior Aisling Cuffe won the US cross-country title with ease and now has a win streak of nine races. [Jane Monti]

3. Tania Fischer, 44, The Janes Elite Racing, 30:36

Cinque Mulini XC (79th for men and 41st for women)
 (Includes 48th European Champions Clubs Cross-country Cup)
 San Vittore Olona, ITA, 6 February
 (Distances (approx): men, 10.2 km; women, 5 km)

SR. MEN

1. Ayad Lamdassem, 1981, ESP 28:58
2. Youssef El Kalay, POR 29:00
3. Abraham Niyonkuru, BDI 29:01
4. Pascal Mombo Sarwat, TAN 29:09
5. Manuel Damiao, POR 29:19

WOMEN

1. Alemitu Bekele Degga, TUR 20:28
2. Ana Dulce Félix, POR 20:31
3. Sara Moreira, POR 20:38
4. Bahar Dogan, TUR 20:44
5. Nadia Ejjafini, ITA 20:46

INDOOR TRACK

NYRR Saturday Night at The Armory III

New York, USA, 12 February

MEN

2 miles:

1. Bernard Lagat, Nike 8:10.07 AR \$10,000* (7:39.35 at 3000 m)
2. Lukas Verzbicas, Unattached (LTU) 8:43.24 (8:07.54)
3. Harbert Okuti, Westchester TC (UGA) 8:57.80

PSD Bank Meeting (6th)

Düsseldorf, GER, 11 February

MEN

800:

1. Boaz Lalang, KEN, 1:46.00
2. Richard Kiplagat, KEN, 1:46.16 PB
3. Adam Kszczot, POL, 1:46.85

1500:

1. Nixon Chepseba, KEN, 3:34.63 WL/PB/MR
2. Augustine Choge, KEN, 3:34.66
3. William Biwott, KEN, 3:35.25
4. Daniel Kipchirchir Komen, KEN, 3:36.46
5. Brimin Kipruto, KEN, 3:37.17 PB

5000:

1. Isaiah Koech, 1993, KEN, 12:53.29 WL/WJR
2. Eliud Kipchoge, KEN, 12:55.72 PB
3. Paul Kipsiele Koech, KEN, 13:15.64
4. Galen Rupp, USA, 13:21.83

WOMEN

800:

1. Egle Balciunaite, LTU, 2:01.23 NR
2. Lenka Masná, CZE, 2:02.12
3. Angelika Cichocka, POL, 2:03.83

1500:

1. Abeba Arigawi, ETH, 4:06.10 PB
2. Irene Jelagat, KEN, 4:09.46
3. Sylwia Ejdys, POL, 4:09.57

Meeting du Pas de Calais

Lièvin, FRA, 8 February

MEN

800:

Race A:

1. Richard KIPLAGAT, 1987, KEN, 1:46.99
2. David TORRENCE, 1985, USA, 1:48.10
3. Jackson MUMBWA KIVUVA, 1989, KEN, 1:48.18
- Abubaker KAKI, 1989, SUD, DNF

1500:

1. Nixon Kiplimo CHEPSEBA, 1990, KEN, 3:34.98 WL
2. William Biwott TANUI, 1990, KEN, 3:35.23 PB
3. Deresse MEKONNEN, 1987, ETH, 3:35.51
4. Daniel Kipchirchir KOMEN, 1984, KEN, 3:37.13
5. Mehdi BAALA, 1978, FRA, 3:37.50

WOMEN

800:

1. Jenny MEADOWS, 1981, GBR, 2:00.29
2. Linda MARGUET, 1983, FRA, 2:01.87 PB
3. Natalia LUPU, 1987, UKR, 2:02.06 PB
4. Yulia KREVSUN, 1980, UKR, 2:02.50
5. Egle BALCIUNAITE, 1988, LTU, 2:02.98

3000:

1. Mekdes BEKELE, 1987, ETH, 8:55.08 PB
2. Lidia CHOJECKA, 1977, POL, 8:55.91
3. Mary CULLEN, 1982, IRL, 8:56.89

Sparkassen Cup (25th)

Stuttgart, GER, 5 February

800:

1. Abubaker KAKI, SUD, 1989, 1:45.02 WL
2. Boaz LALANG, KEN, 1989, 1:45.66
3. Marcin LEWANDOWSKI, POL, 1987, 1:46.17

1500:

1. William Biwott TANUI, KEN, 1990, 3:37.14
2. Silas KIPLAGAT, KEN, 1989, 3:37.32
3. Yoann KOWAL, FRA, 1987, 3:38.07

3000:

1. Yenew ALAMIREW, ETH, 1990, 7:27.80 PB/WL/MR
2. Augustine CHOGE, KEN, 1987, 7:28.00 PB
3. Eliud KIPCHOGE, KEN, 1984, 7:29.37 PB

WOMEN

1500:

1. Ancuta BOBOCEL, ROM, 1987, 4:08.13 PB
2. Fanjanteino FÉLIX, FRA, 1980, 4:08.76 PB
3. Irene JELAGAT, KEN, 1988, 4:10.70

3000:

1. Mercy NJOROGÉ, KEN, 1986, 8:50.32 PB/WL
2. Dolores CHECA, ESP, 1982, 8:53.44 PB
3. Renata PLIS, POL, 1985, 8:59.41

New Balance Indoor Grand Prix (16th)

Boston, USA, 5 February

MEN

Mile:

- | | |
|-----------------------------|------------|
| 1. Russell Brown, USA | 3:54.81 PB |
| 2. Garrett Heath, USA | 3:55.87 PB |
| 3. Nick Willis, NZL | 3:56.29 SB |
| 4. Henok Legesse, ETH | 3:58.06 PB |
| 5. Rob Myers, USA | 3:58.87 SB |
| 6. Will Leer, USA | 4:00.01 SB |
| 7. Alan Webb, USA | 4:00.70 SB |
| 8. Lukas Verzbicas, USA/LTU | 4:03.88 PB |

3000:

- | | |
|---------------------------|------------|
| 1. Dejen Gebremeskel, ETH | 7:35.37 PB |
| 2. Mo Farah, GBR | 7:35.81 SB |
| 3. Nixon Chepseba, KEN | 7:37.64 PB |

WOMEN

800:

- | | |
|-----------------------|------------|
| 1. Phoebe Wright, USA | 2:01.01 |
| 2. Morgan Uceny, USA | 2:01.65 PB |
| 3. Maggie Vessey, USA | 2:01.87 PB |

Mile:

- | | |
|-----------------------------|------------|
| 1. Marina Muncan, SRB | 4:34.46 |
| 2. Carmen Douma-Hussar, CAN | 4:34.53 |
| 3. Sheila Reid, CAN | 4:35.30 PB |

3000:

- | | |
|-----------------------|------------|
| 1. Sally Kipyego, KEN | 8:49.74 SB |
| 2. Jenny Simpson, USA | 8:50.78 SB |
| 3. Megan Wright, CAN | 8:52.01 SB |

MOUNTAIN/TRAIL/ULTRA RUNNING

Empire State Building Run-Up (34th)

New York, USA, 1 February

(Distance: About 320 m up 1576 steps)

Note: Thomas Dold of Germany won this race for the sixth time, making him the first six-time winner. – Ed.

MEN

1. Thomas Dold, 26, GER 10:10
2. Omar Bekkali, 32, BEL 11:25
3. Christian Riedl, 30, GER 11:29
- ... 14. Michael Wardian, 36, Arlington, VA 12:18

WOMEN

1. Alice McNamara, 24, AUS 13:03
2. Cristina Bonacina, 35, ITA 13:54
3. Cindy Harris, 42, Indianapolis, IN 14:03

NEWS

This article appeared in Mail Online.

BELGIAN RUNNER DOES 365 MARATHONS IN A YEAR

A Belgian runner has set a new world record after completing an astonishing 365 marathons in as many days. Stefaan Engels (pictured), 49, crossed the finish line on his final race in Barcelona, Spain, after pounding the roads in several countries across Europe and North America in the last year.

Dubbed the "Marathon Man", Engels was diagnosed with asthma as a child and told not to take part in sports.

He said he took on the incredible challenge as an example to others.

"After running 20 triathlons in one year, I was not ready to go back to normal life," he said.

"I also wanted to inspire people by showing that if I could run a marathon a day for an entire year, that anyone could run or bike a little each day or do something about their weight problem."

Engels already holds the record for the most Ironman triathlons in a year after completing twenty in 2007 and 2008.

He ran a total of 15 310 km over the year and said the key to his



success was a slow pace over each 26.2-mile marathon.

"I recover quickly. I don't run fast and my heartbeat is slow, below 100 if I run 10 kilometres, but it is more a mental story.

"The problem was thinking about running a marathon every day. I just told myself to run that day and did not think about the next day or next week."

He averaged an impressive four hours for each of his marathons, with the quickest taking two hours and 56 minutes.

The races were in the UK, Spain, Portugal, Belgium, Canada, Mexico and the U.S. It was his second attempt at the feat after he injured his leg 18 days into his first try last year.

The previous record was held by Japanese runner Akinori Kusuda, who ran 52 consecutive marathons at the age of 65 in 2009.

Engels added: "There were a lot of moments when I thought, 'Today, I won't finish'. Now it is time for other things. It is time to give my body a rest."

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 MARATHON: TOP 10 WOMEN

2:32:33	Tanith Maxwell	8	Berlin	26 Sep
2:34:24	Maxwell-2	15	London	25 Apr
2:35:32	Annerien van Schalkwyk	3	Singapore	05 Dec
2:51:22	Riana van Niekerk	4	Mossel Bay	14 Aug
2:51:58	Lauren Stewart	11	London	25 Apr
2:52:04A	Joanna Thomas	1	Oudtshoorn	27 Feb
2:52:14A	Ntombesintu Mfunzi	1	Port Elizabeth	25 Sep
2:54:28	Lesley Train	4	Gaborone	18 Apr
2:55:21	Thomas-2	1	Stellenbosch	20 Nov
2:55:52	Adinda Kruger	3	Sasolburg	06 Feb
2:56:04A	Michelle Williams	1	Nelspruit	06 Nov
2:56:24	Suzette Botha	1	Howick	14 Mar

THIS MONTH IN HISTORY

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

37 years ago: 17 February 1974

The results of the fifth Springs Striders 32 km proclaimed: "655 runners can't be wrong!" Heading the field was Andrew Greyling with a route record of 1:47:58 to beat some famous names: Doug Schaefer, Dave Hensman, Geoff Tribe, Brian Chamberlain and Ron Brimelow. Down in 52nd place was Denis Morrison, who had won the race the previous three years and would win again in 1975. But Morrison was looking to greater things: five months later he captured the SA Marathon in Stilfontein. The Springs Striders race is one of South Africa's oldest – it was held for the 42nd time last weekend.

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	2:13:21	Lusapho April	George	13 Feb
	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	70:42	Lindile Tokota	Oudtshoorn	29 Jan
	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
	[73:54	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	2:40:32	Stuart McColl	George	13 Feb
	[2:30:24	Vladimir Kotov (BLR)	George	13 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	39:40	Awie Veldsman	Athlone	12 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	3:13:44	Don Charles	George	13 Feb
100 km				
<u>Juniors</u>				
10 km	31:19	Siyabonga Makhaluza	Athlone	12 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	
WOMEN				
<u>Open</u>				
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	2:44:44	Charné Bosman	George	13 Feb
	2:22:45	Aselefech Mergia (ETH)		
	2:15:25	Paula Radcliffe (GBR)	2003	
100 km				
	6:33:11	Tomoe Abe (JPN)	2000	
<u>Veterans (40+)</u>				
10 km	40:28	Sheryl de Lange	Athlone	12 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	87:12	Zola Pieterse	Melbourne	06 Feb
	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	2:54:53	Joanna Thomas	George	13 Feb
	2:26:51	Priscilla Welch (GBR)	1987	
100 km				
	7:00:27	Normi Sakurai (JPN)	2007	
<u>Masters (50+)</u>				
10 km	45:26	Olga Howard	Athlone	12 Feb
	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	93:18	Annatjies Botes	Oudtshoorn	29 Jan
	76:07	Tatyana Pozdniakova (UKR)	2006	
25 km				
30 km	2:27:59	Dawn Middelkoop	Camps Bay	09 Jan

Marathon	3:10:48	Annatjie Botes	George	13 Feb
100 km	2:31:05	Tatyana Pozdniakova (UKR) 2005		

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	1:42:46	Veronica van Niekerk	Brandvlei	05 Feb
25 km	2:43:02	Hazel Quilliam	Johannesburg	23 Jan
30 km	2:35:21	Veronica van Niekerk	Camps Bay	09 Jan
Marathon	3:41:01	Veronica van Niekerk	George	13 Feb
100 km				

Juniors

10 km	44:18	Reghana Beukes	Athlone	12 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		

Contributors to this issue: Alen Hattingh, Kevin Harlock, Derrick Chamberlain, André Pienaar, Jakes Jacobs, Boland Athletics, SWD Athletics, Elaine Greenblatt, Allie van Niekerk

Published by Riël Hauman
 42 Fifteenth Avenue, Boston, Bellville 7530, RSA
 Telephone: 021 948-0293
 Fax: 0866 89-44-74
 Cellphone: 082 922-8538
 E-mail: rielh@mweb.co.za