

Distance Running Results

Vol. 11, No. 7 – 21 February 2011

© Distance Running Results. All rights reserved.

Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

In the RAK Half Marathon on Friday Kenya's Mary Keitany, the 2009 IAAF World Half-marathon champion, showed that she is still the world's best half-marathoner. Keitany (29) flew through the certified 21.1 km course in a remarkable 1:05:50, breaking Lornah Kiplagat's IAAF-ratified world record of 1:06:25, set in Udine in 2007.

Running in a mixed-gender race, Keitany covered 8 km in 24:30 (a world best) and 10 miles in 50:05 (another world best). She crossed the certified 20 km mark in 1:02:36, another pending IAAF world record, surpassing Lornah Kiplagat's 1:02:57 *en route* time from Udine. The IAAF accepts *en route* times for world record consideration if all of the same conditions have been met for records set at a finish line (the independent Association of Road Racing Statisticians does not accept *en route* times for world records, and does not recognize women's world records set in mixed-gender races).

The RAK men's winner was Deriba Mergia in 59:25; the next two runners also dipped under an hour.

One of South Africa's oldest marathons, the Peninsula, was held this weekend for the 44th time. The marathon and half marathon returned to the routes used in 2008 – the longer race to its traditional point-to-point course from Green Point in Cape Town to Simon's Town. The dreaded southeaster had its effect – Pieter Koopman's winning time was 2:32:15, while Julia Janse van Rensburg took the women's victory in 3:09:13. The former time is the slowest on the traditional route since 1978.

Two list leaders were set in the Bestmed Tuks Half Marathon and 10 km in Pretoria – by Stephen Mokoka (29:32) and Ivette van Blerk (75:04).

Riël Hauman



Nedbank runners René Kalmer, Annerien van Schalkwyk and Christine Kalmer (from right) sandwich Nolene Conrad in the 3000 m at the first Yellow Pages meeting in Potchefstroom on Saturday. [Martin van Schalkwyk]

INCLUDED IN THIS ISSUE:

- * Peninsula Marathon & Half Marathon, Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half marathon)
- * Mondi Richards Bay Half Marathon & 10 km, Richards Bay
- * DB Enterprise 10 km, Ladysmith
- * Bestmed Tuks Half Marathon & 10 km, Pretoria
- * Kromberg & Schubert 15 km, Despatch
- * Edumbe Mayor's Half Marathon & 10 km, Durban
- * Paarlauf Relay, Durban
- * Jacobus "Ballie" Bruintjies Memorial Race, Ravensmead
- * ASWD 10 km, George
- * Track: Yellow Pages Series Meet #1, Potchefstroom

International highlights:

- * Yokohama Women's Marathon, Yokohama, JPN
- * Ohme-Hochi Road Race 30 km, Tokyo, JPN
- * Bi-Lo Myrtle Beach 5 km, Myrtle Beach, USA
- * RAK Half Marathon, Ras Al Khaimah, UAE
- * XC: KCB Nairobi International Cross-country, Nairobi, KEN
- * Indoor track: Aviva Grand Prix, Birmingham, GBR

ROAD RUNNING**Peninsula Marathon (44th) & Half Marathon (11th)**

Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half marathon),
20 February

(Distances: 42.195 km & 21.1 km; certified point-to-point courses with no elevation loss.
Weather: Cool, strong headwind. Finishers: marathon – 1866; half-marathon – 1265.)

Marathon**MEN**

1	Pieter	Koopman	36	MATIES	2:32:15	R2500
2	Laban	Ponco	26	NEDWP	2:36:55	R1000
3	Zolani	Bhitane	27	ADIDAS	2:37:59	R500
4	Professor	Khwethane	28	VOB	2:38:09	
5	Johan	Oosthuizen	37	ANMAR	2:40:00	
6	Sihle	Mapukata	34	MPWP	2:40:47	
7	Simon	Von Witt	33	AAC	2:41:33	
8	Anele	Mnukwa	39	ELGRAB	2:42:26	
9	Asanda	Mkiti	32	MPWP	2:46:26	
10	Zolani	Sowazi	29	RCSGUGS	2:46:57	
11	Luyanda	Mapoyi	24	KAC	2:47:15	
12	Jimmy	Drury (1 st vet)	41	NEDWP	2:47:59	
13	Patrick	Qelo	33	TEMP	2:48:49	
14	Enrico	September	29	PAARL	2:51:50	
15	Allan	Benn	43	WPCC	2:52:24	
16	Charles	Witbooi	38	VOB	2:52:37	
17	William	Ruijsch van Dugteren	38	AAC	2:52:38	
18	Lunu	Kosana	33	RCSGUGS	2:54:03	
19	Arnold	Hyde	40	FHOEK	2:54:18	
20	AJ	Calitz	27	MELKBOS	2:54:18	

Veterans:

1	Jimmy	Drury	41	NEDWP	2:47:59	R750
2	Allan	Benn	43	WPCC	2:52:24	R400

3	Arnold	Hyde	40	FHOEK	2:54:18	R200
Masters:						
1	Julian	Paul	51	SANDFWP	3:04:27	R300
2	Desmore	Oppel	51	DURBAC	3:05:26	R150
3	Walter	Segatswi	57	CELTIC	3:17:13	R50
G'masters:						
1	Kenny	Williams	61	PINE	3:29:45	R200
2	Lionel	Klassen	60	DURBAC	3:43:22	R100
3	Eugene	Cairncross	62	SOUTHS	3:50:22	
G/g'masters:						
1	Caspar	Greeff	76	AAC	4:29:13	R200
2	Hugh	Waters	74	WHALERS	4:42:23	R100
3	Eddie	Miles	70	RAC	4:54:53	

WOMEN (Same prize money as men)

1	Julia	Janse van Rensburg	28	VOB	3:09:13	
2	Kutlwano	Ramaboa	34	WCOAST	3:14:06	
3	Busisiwe	Matiwane	35	CELTIC	3:16:52	
4	Kerryn	Armstrong	25	CELTIC	3:18:05	
5	Michelle	Dreyer	32	PAARL	3:18:05	
6	Mariëtte	Esterhuyse (1 st vet)	48	TYGER	3:18:14	
7	Melany	Porter	35	PINE	3:19:17	
8	Rachel	Shuttleworth	44	STRAND	3:23:40	
9	Moyra	Sheard	37	CELTIC	3:23:42	
10	Candyce	Hall	26	HOUTBAY	3:24:52	
11	Pat	Rich	31	AAC	3:26:38	
12	Carole	Messham	32	ATC RC	3:27:14	
13	Belinda	Hickman-Mosdell	40	PHOBS	3:27:31	
14	Elizabeth	De Gouveia	36	DURBAC	3:28:24	
15	Leanne	Juul	37	WPA	3:28:30	
16	Almarie	De Bruyn	43	NBMSC	3:28:30	
17	Lisa-Jo	Austin	26	DURBAC	3:28:31	
18	Estelle	Van Schalkwyk	44	STRAND	3:28:33	
19	Miranda	Symons	32	ADIDAS	3:28:56	
20	Robyn	Woodward	37	HARF	3:29:18	

Veterans:

1	Mariëtte	Esterhuyse	48	TYGER	3:18:14	
2	Rachel	Shuttleworth	44	STRAND	3:23:40	
3	Belinda	Hickman-Mosdell	40	PHOBS	3:27:31	

Masters:

1	Juliette	Savini	53	DURBAC	3:33:51	
2	Christine	Hibberd	54	WHALERS	3:51:23	
3	Caroline	Weinel	52	DURBAC	3:52:45	

G'masters:

1	Fran	Pocock	61	CELTIC	4:10:03	
2	Olwyn	Oliver	60	FHOEK	4:19:59	
3	Honor	Nkala	65	AAC	4:28:56	

Half marathon

MEN

1	Lindikhaya	Mthangayi	31	MPWP	1:10:17	R1000
2	Mthandazo	Qhina	33	RCSGUGS	1:11:58	R500
3	Sityhilo	Diko	20	ADIDAS	1:13:28	R250
4	Riaan	Witbooi	28	EERSTE	1:15:32	
5	Graham	Katzen (1 st vet)	40	CELTIC	1:15:52	
6	Ricardo	Jaftha	23	EERSTE	1:16:48	

7	Wanda	Roro	21	ADIDAS	1:17:26
8	Nelson	Bass	32	UCT	1:17:27
9	Johnny	Persents	46	ADIDAS	1:20:58
10	Zondwa	Nombexeza	27	RCSGUGS	1:21:16
11	Damian	Will	24	PINE	1:22:48
12	Richard	Woolrich	32	CELTIC	1:22:53
13	Jesse	Petoors	21	EERSTE	1:23:03
14	Chris	Mitchell	49	CELTIC	1:23:12
15	Malcolm	Pringle	32	PICKPAY	1:24:32
16	Oloff	Van Zyl	41	VOB	1:24:58
17	Mike	O'Donovan	42	VOB	1:25:18
18	Alan	Matthews	32	VOB	1:25:59
19	Neil	Quayle	32	TEMP	1:27:07
20	Alexander	Pagon	28	TEMP	1:27:29

Veterans:

1	Graham	Katzen	40	CELTIC	1:15:52	R600
2	Johnny	Persents	46	ADIDAS	1:20:58	R400
3	Chris	Mitchell	49	CELTIC	1:23:12	R200

Masters:

1	Muhammad	Kriel	57	NEDWP	1:31:20	R300
2	Desmond	Frechthas	52	DEFWP	1:36:38	R150
3	Thys	Bouwer	55	SANLAMC	1:39:43	R50

G'masters:

1	James	Bhana	60	TEMP	1:46:07	R200
2	Steven	Richardson	64	SATORI	1:49:55	R100
3	Les	Hanna	63	WHALERS	1:55:54	R50

G/g'masters:

1	John	Josephs	71	SOUTHS	2:27:31	R200
2	Gordon	Leonard	75	STRAND	2:29:04	
3	Dave	Kirby	75	SH	2:42:46	

Juniors:

1	Enrique	Havenga	17	WORC	1:34:28	R200
---	---------	---------	----	------	---------	------

WOMEN (Same prize money as men)

1	Nomvuyisi	Seti	29	CELTIC	1:28:00
2	Bulelwa	Simae	33	NEDWP	1:29:30
3	Helene	Perold	26	ADIDAS	1:29:52
4	Suzanne	Marais (1 st vet)	45	STRAND	1:34:46
5	Anel	Wesson	36	TEMP	1:36:06
6	Chantel	Simpson	41	NEDWP	1:37:39
7	Ronelle	Marshall	41	VOB	1:37:55
8	Mariah	Barstow	20	TEMP	1:38:25
9	Liz	Verheyden	27	TEMP	1:38:45
10	Madre	Steenkamp	33	METLIFE	1:40:02
11	Bev	Charters (1 st mast)	53	VOB	1:40:11
12	Heidi	Van der Merwe	33	NBMSC	1:40:21
13	Tracy	Forbes	38	VOB	1:40:38
14	Talia	Norvall	23	ATC RC	1:42:11
15	Charmaine	Cupido	55	NEDWP	1:42:46
16	Bryn	Kass	20	TEMP	1:42:53
17	Amicha	Lonte	32	TEMP	1:43:00
18	Carina	Viljoen	42	TEMP	1:43:01
19	Kathryn	Leek	29	TEMP	1:43:45
20	Jill	Walker	45	VOB	1:44:02

Veterans:

1	Suzanne	Marais	45	STRAND	1:34:46
2	Chantel	Simpson	41	NEDWP	1:37:39
3	Ronelle	Marshall	41	VOB	1:37:55

Masters:

1	Bev	Charters	53	VOB	1:40:11
2	Charmaine	Cupido	55	NEDWP	1:42:46
3	Lyndsay	Jackson	53	VOB	1:50:20

G'masters:

1	Marietha	Herbert	66	BELL	1:58:51
2	Ginette	Flockton	62	CELTIC	2:00:41
3	Jean	Hughes	64	UK	2:17:49

G/g'masters:

1	Heather	Cooke	70	TEMP	2:21:13
2	Valerie	Lumb	70	SH	3:08:24
3	Margaret	Norton	71	SH	3:13:09

Juniors:

1	Benine	Havenga	18	TYGER	2:19:01
2	Serryn	Prytz	17	FHOEK	2:40:08

Mondi Richards Bay Half Marathon & 10 km

Richards Bay, 20 February

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

MEN

1.	Mundradzi Jari	ZIM/Form One AC	70:36
2.	Thobiso Mosmica	Escom Gijams	73:08
3.	Simon Mcwiza	Ind	74:34

40-49:

1.	Sifiso Mthiyane	ZMSC	77:32
----	-----------------	------	-------

50-59:

1.	Louis Fourie	R/Bay AC	90:13
----	--------------	----------	-------

60+:

1.	Chris vd Westhuizen	ZMSC	100:00
----	---------------------	------	--------

WOMEN

1.	Melanie v. Rooyen	R/Bay AC	83:22
2.	Izelle Geyzer	ZMSC	98:36
3.	Simone Scrase	R/Bay AC	100:13 (1 st vet)

40-49:

1.	Siomone Scrase	R/Bay AC	100:13
----	----------------	----------	--------

50-59:

1.	Erica v.d. Spuy	ZMSC	113:16
----	-----------------	------	--------

60+:

1.	Maggie Marshall	Glen Harr	153:30
----	-----------------	-----------	--------

10 km**MEN**

1.	S. Sikhosana	Stella AC	36:12
----	--------------	-----------	-------

WOMEN

1.	L. Madziba	Boxer AC	39:20
----	------------	----------	-------

DB Enterprise 10 km

Ladysmith, 20 February

MEN

1.	Corneluis Dlamini	Nambithi AC	37:21
2.	Phylyso Mazibuko	Ind AC	38:12
3.	Sihle Hlatswayo	KZN Striders	38:48

WOMEN

1.	Xoli Madida	KZN Striders	42:02
2.	Phumelo Mnyandu	KZN Striders	44:12
3.	Bandele Dlamini	KZN Striders	45:49

Bestmed Tuks Half Marathon & 10 km

Pretoria, 19 February

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1700; 10 km – 2600.)

Half marathon

MEN

1 Sibusiso Nzima (Nedbank) 65:56; 2 Lucky Mohale (Mr Price) 67:37; 3 Shadrack Hoff (Toyota) 68:24; 4 Charles Soza (Bashewa) 70:38.

Veterans: 1 Elias Mabane (Bidvest) 71:09; 2 Nicky Mazibuko (New Balance) 73:10; 3 Lawrence Chipangaan (Nedbank) 74:19. **Masters:** 1 Charles Vilakazi (Kwa Thema) 78:32; 2 Johannes Seakamela (RAC) 79:25; 3 Francis Makuka (ZAM/Bashewa) 80:04. **G'masters:** 1 Johan van Wetering (PMK) 1:44:34. **Juniors:** 1 Zweli Nzima (Take it Easy) 75:45.

WOMEN

1 Mamorallo Tjoka (LES/Toyota) 74:25; 2 Irvette van Blerk (Nedbank) 75:04; 3 Onneile Dintwe (BOT/UCKG) 80:59; 4 Marelize Retief (Mr Price) 82:03.

Veterans: 1 Sarah Mahlangu (Mr Price) 93:41; 2 Lelanie van Zyl (Nedbank) 97:06; 3 Rita van Wyk (Boksburg) 1:45:10. **Masters:** 1 Pam Hampton (Sunninghill) 1:49:31; 2 René van Zyl (Tuks) 1:51:05; 3 Maxine Garrioch (Breakthru Midrand) 1:56:56. **G'masters:** 1 Sarie du Toit (PMK) 1:51:24. **Juniors:** 1 Juan-Marie Cooper (Nedbank) 91:03.**10 km**

MEN

1 Stephen Mokoka (Transnet) 29:32; 2 Frik Guys (Nedbank) 30:34; 3 Luwis Masunda (ZIM/Nedbank) 31:04.

Veterans: 1 Piet Modibedi (HSRC) 32:51; 2 Jackson Seanego (New Balance) 34:33; 3 Isaac Masilela (ADT) 34:55. **Masters:** 1 Andre Jansen (GS) 38:47; 2 Piet Brits (BFN Striders) 41:14; 3 Jan Mokiti (Exxaro) 43:17. **G'masters:** 1 Johannes Setshedi (New Balance) 43:37. **Juniors:** 1 Sithembile Dondolo (Take it Easy) 33:12.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 35:02; 2 Catherine Skosana (Transnet) 37:11; 3 Mpho Mabuza (Nedbank) 37:32.

Veterans: 1 Ansie Viljoen (Irene) 41:45; 2 Lettie Saayman (Irene) 44:13; 3 Vanessa Bowman (Kempton) 44:34. **Masters:** 1 Linda Potgieter (Magnolia) 47:42; 2 Maryna Steinmann (Agape) 50:19; 3 Selinah Netshisaulu (RAC) 53:18. **G'masters:** 1 Rina Machado (Ndaba) 62:01.

Kromberg & Schubert 15 km

Despatch, 19 February

(Loop course. Finishers: 498.)

MEN

1	Zolani	Ngqaqa	Mr Price AC EP	22	47:27
2	George	Ntshiliza	Nedbank RC EP	31	47:43
3	Sibusiso	Thu	PEAAC	22	50:07
4	Mzolisi	Makhanda	Nedbank RC EP	28	50:32
5	Melikhaya	Frans (1 st jun)	Nedbank RC EP	19	51:22
6	Alfred	Qogi	Nedbank RC EP	37	51:23
7	Emerson	Kayana	Nedbank RC EP	37	52:37
8	Terrance	Mjekula	Triangle Sports	38	52:49
9	Thulani	Mdlalo	Nedbank RC EP	25	53:01
10	Thando	Bixa	Triangle Sports	30	53:11
11	Kgotso	Majara	Mr Price AC EP	30	53:51
12	Christopher	Mabengeza (1 st vet)	Nedbank RC EP	44	54:29
13	Mongezi	Mboya	PEAAC	33	54:34
14	Welcome	Loliwe	Nedbank RC EP	46	54:51
15	Sylvester	Honnie	Mr Price AC EP	27	55:27
16	David	Mama	Aspen Pharmacare	35	55:53
17	Carriot	Galela	Run For Life EP	41	56:00
18	Thembekile	Msipa	Charlo RR	36	56:05
19	Willie	Ensel	Nedbank RC EP	33	56:12
20	Mncedi	Khanti	Nedbank RC EP	31	56:13
40-44:					
1	Christopher	Mabengeza	Nedbank RC EP	44	54:29
2	Carriot	Galela	Run For Life EP	41	56:00
3	Riaan	Kock	Nedbank RC EP	41	56:20
45-49:					
1	Welcome	Loliwe	Nedbank RC EP	46	54:51
2	Colben	Ngcupe	Nedbank RC EP	47	58:18
3	Robin	Fourie	Achilles AAA	47	59:51
50-54:					
1	Alfred	Spiers	Elite AC	50	56:59
2	Charles	Baatjies	Elite AC	54	1:00:57
3	Disemba	Blou	Triangle Sports	52	1:02:40
55-59:					
1	Sizinzo	Kama	Achilles AAA	59	1:01:46
2	Bruce	Mcewan	Achilles AAA	57	1:07:07
3	Donald	Mancasa	Triangle Sports	56	1:11:23
60-64:					
1	Hannes	Els	Madiba Bay	61	1:05:51
2	Graham	Channon	Achilles AAA	61	1:12:55
3	William	Vorster	PEAAC	64	1:16:05
65-69:					
1	Tamsanqa	Jusayi	Nedbank RC EP	68	1:04:54
2	Herman	Dekker	SAP M C EP	66	1:47:23
3	Brian	Smith	PEAAC	67	1:56:58
70-74:					
1	Godfrey	Kariem	Cadbury AC	70	1:18:22
2	Robin	Clark	Achilles AAA	70	1:35:40
3	Selwyn	Solomon	Crusaders AC	72	1:43:52
75-79:					
1	Hilary	Pritchard	Crusaders AC	76	1:47:40

Juniors:

1	Melikhaya	Frans	Nedbank RC EP	19	51:22
2	Muneeb	Esau	Malabar AC	16	1:21:15
3	Malcolm	Bain	Temp	18	1:48:49

WOMEN

1	Davera	Magson	Nedbank RC EP	36	59:50
2	Deliwe	Nyanga	Nedbank RC EP	21	1:00:07
3	Frith	Van der Merwe (1 st vet)	Run For Life EP	46	1:03:42
4	Natalie	Ross	Rhodes University	20	1:04:06
5	Ursula	Kuhn	Absa NMMU AC	29	1:08:01
6	Christine	Claasen	Achilles AAA	46	1:08:14
7	Grizelda	Pietersen	Achilles AAA	42	1:09:29
8	Lizette	Sydien	Elite AC	24	1:10:04
9	Priscilla	Dyantyi	Mr Price AC EP	36	1:10:21
10	Hanlie	V.d. Westhuizen (1 st mast)	Transnet RE EP	54	1:11:50
11	Shannon	Swart	Profiles AC	28	1:12:22
12	Janette	Schierz-Crusius	Body Concept	50	1:12:49
13	Laura	Maritz	Elite AC	50	1:12:54
14	Paulette	Mcewan	Achilles AAA	45	1:14:33
15	Adele	Nel	St Albans Cs EP	37	1:15:37
16	Debbie	Dodd	Charlo RR	40	1:16:18
17	Tiani	Claassen	Transnet RE EP	20	1:17:24
18	Willemien	Du Randt	Transnet RE EP	36	1:17:59
19	Lindie	Stander	St Albans Cs EP	26	1:19:16
20	Anche	Schubart	Achilles AAA	29	1:19:18

40-44:

1	Grizelda	Pietersen	Achilles AAA	42	1:09:29
2	Debbie	Dodd	Charlo RR	40	1:16:18
3	Noleen	Ambraal-Davids	PEAAC	40	1:20:31

45-49:

1	Frith	Van der Merwe	Run For Life EP	46	1:03:42
2	Christine	Claasen	Achilles AAA	46	1:08:14
3	Paulette	Mcewan	Achilles AAA	45	1:14:33

50-54:

1	Hanlie	Van der Westhuizen	Transnet RE EP	54	1:11:50
2	Janette	Schierz-Crusius	Body Concept	50	1:12:49
3	Laura	Maritz	Elite AC	50	1:12:54

55-59:

1	Jos	Els	Madiba Bay	58	1:26:14
2	Amanda	Bezuidenhout	Jeffreys Bay AC	56	1:53:18
3	Stephanie	Hay	Walmer AC	55	2:02:03

60-64:

1	Helene	Oppel	Crusaders AC	61	1:34:04
2	Denise	Terblanche	Walmer AC	63	1:47:39
3	Debbie	Oelofse	Legacy AC	64	2:03:11

65-69:

1	Marlene	Wiese	Kowie Striders	65	1:32:32
2	Val	Sandow	Profiles AC	65	2:09:32

70-74:

1	Dorothy	Hart	PEAAC	73	1:35:56
---	---------	------	-------	----	---------

Juniors:

1	Megan	Wilson	Charlo RR	15	1:24:33
2	Kimberley	Wilson	Charlo RR	15	1:32:16
3	Tanya	Wilson	Charlo RR	18	1:33:15

Edumbe Mayor's Half Marathon & 10 km

Durban, 19 February

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1. Samuel Pazanga (ZIM/Mr Price) 63:57, 2. Prodigal Khumalo (ZIM/Mr Price) 64:41, 3. N. Maseko (Nedbank) 65:29.

40-49: 1. Wilson Maphalala (Nedbank) 79:24, 2. Petros Mavuso (uMqulusi) 80:02. **50-59:**

1. N. Hlatshwayo (KZN Striders) 92:10, 2. P. Naicker (Biggersberg) 1:41:??.

WOMEN

1. Xolile Madide (Kzn Striders) 81:42, 2. Sibongile Lushaba (Kzn Striders) 98:49, 3. Khanyisile Thabede (Kzn Striders) 1:42:??.

40-49: 1. E. Schoonrade (Vryheid) n/t.

10 km

MEN

1. Bonginkosi Zwane (Madadeni) 30:40.

WOMEN

1. Phumelele Mnyandu n/t.

Paarlauf Relay

Durban, 18 February

MEN (8 km – 4x1 km x 2 athletes)

1. Claude Eksteen (PDAC) & Donovan v. Gelder (PDAC) 25:09
2. Duane Dicks (West) & Sandile Lambethe (West) 25:10
3. Garnet Bebekhulu (HV) & Thulani Cebekhulu (HV) 25:15
4. Walter Mjwara (Ind) & Quinton Cebekhulu (Ind) 25:47
5. Innocent Nyawase (QBH) & Reece Allard (QBH) 25:59

WOMEN (6 km – 3x1 km x 2 athletes)

1. Danielle Adlam (Boxer) & Lise Muchna (PDAC) 20:45
2. Isabel Moolman (Ind) & Margaret Scharein (Chilt) 22:38
3. Kim Westbrook (HH) & Emma Horner (HH) 22:48
4. Kylie Griffin (West) & Lauren Calenborn (West) 23:59
5. Fiona Baldwin (PDAC) & Hillary O'Neill (PDAC) 24:47

MIXED TEAMS (8 km – 4x1 km x 2 athletes)

1. Paul Eichert (West) & Cary Ann Smith (Nedbank) 26:43
2. Robin Cockbain (Ind) & Ursula Cockbain (Pmb AC) 30:06
3. Paul Worsnip (West) & Tamryn Worsnip (West) 30:07
4. Kelvin Borland (PDAC) & Tracy Ibbertson (PDAC) 31:27
5. Allan Harms (Sunshine) & Sharon Williams (Sunshine) 31:41

Jacobus "Ballie" Bruintjies Memorial Race

Ravensmead, 16 February

(Distance: 10 km. Finishers: 307.)

MEN

1	Nkosinathi	Madyo	Nedbank WP	23	30:35
2	Victor	Msopi	Mr Price WP	31	31:40
3	Hein	Camphor	Adidas	26	32:26
4	Luxolo	Mdzanga	RCS Gugs	19	33:40
5	Bongile	Tshewula	Easterns	23	33:52
6	Thandile	Joseph	Easterns	17	34:49
7	Faizel	October	Itheko	23	34:51
8	Robert	Roro	AAC	33	36:50
9	Junaid	Parker	Temp	17	37:09
10	Steven	Parkins	Metropolitan	50	37:14

WOMEN

1	Nomvuyisi	Seti	Celtic	29	39:59
2	Sheryl	De Lange	Adidas	42	40:00
3	Candyce	Hall	Hout Bay	26	40:33
4	Mariëtte	Esterhuysen	Tygerberg	48	42:26
5	Amy	Abrahams	Eersterivier	16	42:36
6	Patricia	Adams	Metropolitan	40	43:36
7	Chantel	Simpson	Nedbank WP	41	45:18
8	Olga	Howard	Celtic	52	46:20
9	Charmaine	Cupido	Nedbank WP	55	46:21
10	Lindie	Bouwer	Sanlam	25	47:06

ASWD 10 km

George, 13 February

(Out-and-back course)

Note: This race was held together with the SA Marathon. Zintle Xiniwe finished ninth overall; former track star Marius-Hugo Schlechter, now 46, was just behind her. – Ed.

MEN

1	Lindikhaya	Mthangayi	MPWP	31	30:20
2	Zolani	Ngqaqa	MPEP	22	30:44
3	Frans	Malgas	Knysna	21	33:50
4	Elfonzo	Pieterse	Rainbow	22	34:02
5	John	April	RWFLSWD	21	34:07
6	Siyabonga	Madala	Rainbow	25	34:51
7	Juyene	Maart	Mossel	23	36:36
8	Ensley	Geswindt	Mossel	17	36:55
9	Marius-Hugo	Schlechter	Knysna	46	37:17
10	Anton	Chevalier	NedSWD	45	38:01

WOMEN

1	Zintle	Xiniwe	NedWP	24	37:03
1	Melissa	Van As	NedSWD	28	41:24
3	Tanja	Fourie	Outenh	24	44:29
4	Michelle	Van Rooyen	NedSWD	15	44:29
5	Ane	Kruger	Bwest	17	44:46
6	Tanja	Faber	Outenh	38	48:35
7	Esther	Oosthuizen	Hbosdraw	62	54:17
8	Michelle	Schernbrucker	Hbosdraw	51	59:51

9	Tertia	Grobler	Treec	51	1:01:23
10	Sandra	Solomons	Knysna	43	1:03:31

TRACK

Yellow Pages Series Meet #1

Potchefstroom, 19 February

MEN

800:

1. Tlou Seloba 1:47.95
2. Windy Jonas 1:49.54
3. Daniel Nghipandulwa, NAM, 1:49.67
4. Jacques Pretorius 1:49.91
5. Moshampe Setarara, BOT, 1:50.04

3000:

1. Stephen Mokoka 7:55.92
2. Gladwin Mzazi 8:01.34
3. David Skosi-Tsosane 8:02.84
4. Dean Brummer 8:03.68
5. Gert Manora 8:03.93
6. Tshamano Setone 8:07.52
7. Molefe Molefe 8:07.97
8. Isaac Mbuyazi 8:11.60
9. Dikotsi Lekopa 8:14.66
10. Lloyd Bosman 8:20.17
11. Xolisa Tyali 8:24.49

WOMEN

800:

1. Caster Semenya 2:04.12
2. Mapaseka Makhanya 2:04.99
3. Mandie Brandt 2:07.74
4. Annuschka Nice 2:07.75
5. Done Vermaak 2:10.23

3000:

1. Lebogang Phalula 9:26.63
 2. René Kalmer 9:27.18
 3. Dina Lebo Phalula 9:32.87
 4. Christine Kalmer 9:33.77
 5. Maxine Heine-Wacker 9:42.89
 6. Nolene Conrad 9:44.81
 7. Annerien van Schalkwyk 9:45.18
 8. Portia Ngwenya 9:51.61
 9. Ntombisintu Mfunzi 9:52.63
 10. Tebogo Mashela 10:01.65
 11. Thozama April 10:04.22
 12. Zinhle Sinqe 10:08.72
 - ... 14. Myrette Filmalter 10:39.99
-

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**Yokohama Women's Marathon** (2nd)

Yokohama, JPN, 20 February

(Distance: 42.195 km; three-lap course)

1. Yoshimi Ozaki, 1981, JPN	2:23:56 CR
2. Remi Nakazato, 1988, JPN	2:24:29 PB
3. Marisa Barros, 1980, POR	2:25:04 PB
4. Kaoru Nagao, 1989, JPN	2:26:58 DB
5. Karolina Jarzynska, 1981, POL	2:27:16 PB
... 11. Derartu Tulu, 1972, ETH	2:35:48

Ohme-Hochi Road Race 30 km (44th)

Tokyo, JPN, 20 February

MEN

1. Jason Lehmkuhle, USA	1:32:08 PB
2. Toyoyuki Abe, JPN	1:32:09 PB
3. Daisuke Shimizu, JPN	1:33:15 PB
8. Soichiro Ichikawa, JPN	1:35:32

WOMEN

1. Hiromi Ominami, JPN	1:46:27
2. Saori Makishima, JPN	1:48:20 PB
3. Yoshimi Hoshino, 1966, JPN	1:53:29 (40+)

Bi-Lo Myrtle Beach 5 km

Myrtle Beach, USA, 19 February

WOMEN

1. Zola Pieterse, 44, Myrtle Beach, SC (RSA),	18:17.
---	--------

RAK Half Marathon (5th)

Ras Al Khaimah, UAE, 18 February

(Distance: 21.1 km; IAAF certified loop course)

MEN (gun times)

1. Deriba Merga, ETH	59:25	\$25,000
[13:37 PB / 27:30 / 41:44 / 56:15 PB]		
2. Bernard Kipyego, KEN	59:45	12,000
3. Leonard Langat, KEN	59:52 PB	9,000
4. John Kiprotich, KEN	1:00:10	5,000
5. Titus Masai, KEN	1:00:40	4,000
6. Getu Feleke, ETH	1:01:28	3,000
7. Terefe Maregu Zewdie, ETH	1:02:03	2,000
8. Dickson Marwa, TAN	1:02:04	1,500
9. Hafid Chani, MAR	1:02:23 PB	1,000

10. Alemayehu Shumye, ETH 1:02:58 PB 500

WOMEN (gun times)

1. Mary Keitany, KEN	1:05:50 WR*	\$25,000 + 50,000*
[15:18 PB / 30:45 PB / 46:40 PB / 1:02:36 WR**]		
2. Dire Tune, ETH	1:08:52	12,000
3. Mare Dibaba, ETH	1:08:57	9,000
4. Rose Kosgei, KEN	1:09:04	5,000
5. Agnes Kiprop, KEN	1:09:11	4,000
6. Hilda Kibet, NED	1:09:35	3,000
7. Sultan Haydar, TUR	1:10:02 PB	2,000
8. Eunice Kales, KEN	1:10:41	1,500
9. Christelle Daunay, FRA	1:11:14	1,000
10. Anikó Kálovics, HUN	1:13:25	500

*) IAAF world record pending validation/\$50,000 bonus

***) IAAF world record pending validation

CROSS-COUNTRY

KCB Nairobi International Cross-country

(Kenyan Cross-country Championships and World Team Trials)

Nairobi, KEN, 19 February

SR. MEN (12 km):

1. Geoffrey Mutai, Kenya Police	34:35.0
2. Mathew Kisorio, Kenya Police	35:19.4
3. Vincent Kiprop, Armed Forces	35:23.5
4. Philemon Limo, Kenya Police	35:26.0
5. Hosea Macharinyang, North Rift	35:35.4
6. Leonard Patrick Komon, Nairobi	35:40.8
7. Paul Tanui, Kenya Police	35:46.1
8. Stephen Kiprotich, Individual	35:49.1
9. John Mwangangi, Kenya Prisons	35:07.3
10. Philip Kiprono, South Rift	35:54.2

SR. WOMEN (8 km):

1. Linet Masai, Kenya Police	26:20.5
2. Vivian Cheruiyot, Kenya Police	26:23.2
3. Priscah Cheron, North Rift	26:33.2
4. Sharon Cherop, Armed Forces	26:39.8
5. Sylvia Kibet, Kenya Police	26:41.4
6. Pauline Korikwang, Individual	26:45.9
7. Pauline Njeri, Kenya Police	26:59.6
8. Lineth Chepkurui, Armed Forces	27:02.5
9. Doris Changeiywo, Armed Forces	27:04.4
10. Viola Kibiwott, Individual	27:06.3

JR. MEN (8 km):

1. Isiah Koech Kiplagat, 19-Dec-1992, Nairobi	23:25.9
2. Justin Cheruiyot, 4-Nov-1992, North Rift	23:29.8
3. Philemon Yator, 4-Feb-1992, North Rift	23:30.5
4. Geoffrey Kipsang, 22-Nov-1992, North Rift	23:31.4
5. James Gitahi, 15-Jun-1905, Individual	23:37.1

JR. WOMEN (6 km):

1. Janet Kisa, Individual, 19:51.7
2. Jepkorir Kipkoech, 3-Sep-1995, North Rift 19:52.2
3. Faith Chepngetich, 6-Oct-1994, South Rift 19:54.0
4. Nancy Chepkwemoi, Individual 19:59.4
5. Naomi Chepngeno, 22-Dec-1994, South Rift 20:06.0

INDOOR TRACK**Aviva Grand Prix**

Birmingham, GBR, 19 February

MEN

1000:

1. Abubaker KAKI, SUD, 2:17.75 SB
2. Boaz LALANG, KEN, 2:17.81 PB
3. Jackson KIVUVA, KEN, 2:18.46 PB
4. Andrew OSAGIE, GBR, 2:18.56 PB
5. Musaeb Abdulrahman BALLA, QAT, 2:21.71 NR

1500:

1. Augustine CHOGE, KEN, 3:33.23 PB
2. Derese MEKONNEN, ETH, 3:33.97 SB
3. Bethwel BIRGEN, KEN, 3:37.07
4. Brimin KIPRUTO, KEN, 3:37.80
5. Henok LEGESSE, ETH, 3:38.07 PB

5000:

1. Mo FARAH, GBR, 13:10.60 NR (\$5000)
2. Galen RUPP, USA, 13:11.44 NR
3. Shedrack KORIR, KEN, 13:39.52 SB
4. Rui SILVA, POR, 13:41.93 NR
5. Gezachw YOSSEF, ISR, 14:17.81 NR

WOMEN

800:

1. Jenny MEADOWS, GBR, 1:59.22 SB
2. Morgan UCENY, USA, 1:59.97 PB
3. Jana HARTMANN, GER, 2:03.28,
4. Danielle CHRISTMAS, GBR, 2:04.39 PB

1500:

1. Abeba AREGAWI, ETH, 4:03.28 PB
2. Irene JELAGAT, KEN, 4:06.90 PB
3. Hannah ENGLAND, GBR, 4:07.24 PB
4. Stacey SMITH, GBR, 4:07.42 PB
5. Ingvill MÅKESTAD BOVIM, NOR, 4:09.17 NR

3000m:

1. Sentayehu EJIGU, ETH, 8:30.26 WL/FR
 2. Kalkidan GEZAHEGN, ETH, 8:37.47 PB
 3. Mercy NJOROGE, KEN, 8:39.70 PB
 4. Helen CLITHEROE, GBR, 8:39.81 PB
 5. Mary CULLEN, IRL, 8:53.01 SB
-

NEWS

CHUENE BANNED FROM ALL SPORT FOR SEVEN YEARS

Leonard Chuene, the disgraced former President of Athletics South Africa (ASA), has been banned for seven years from all involvement in sport by the South African Sports Confederation and Olympic Committee (SASCOC).

This decision came a few days after it was announced that Chuene had been found guilty on charges of poor corporate governance, misappropriation of funds and tax evasion. The disciplinary inquiry was instituted by SASCOC after Chuene, his entire executive and three employees were suspended in late 2009.

The final decision was handed down after Chuene, his deputy Kakata Maponyane and ASA Board member Simon Dlamini failed to beat Thursday's deadline to appeal against the guilty verdict.

Maponyane was given a 5-year ban and Dlamini received a 3-year ban.

According to Tubby Reddy, CEO of SASCOC, the forensic report on Chuene's activities as president of ASA has been sent to the national prosecuting authority and it is possible that he may also be prosecuted under criminal law.

Chuene may not return to any position in South African sport until he paid all his legal costs, repaid all the money he obtained illegally from ASA, and showed remorse for the disgrace he brought on South African athletics, the verdict by Advocate Norman Arendse, who headed the SASCOC disciplinary inquiry, stated.

STATS TIME

This week we have some interesting stats about the world's fastest marathons, compiled by Ken Nakamura. Adding the men's and women's averages together, London clearly comes out on top, with 2:25:18, followed by Berlin (2:26:11) and Chicago (2:26:20).

MEN

Average of top 10 performances in major marathons

	Average	Marathon
1	2:05:10	Berlin
2	2:05:15	Rotterdam
3	2:05:31	London
4	2:06:02	Chicago
5	2:06:25	Amsterdam
6	2:06:30	Paris
7	2:06:47	Fukuoka
8	2:06:53	Frankfurt
9	2:07:04	Dubai
10	2:07:22	Boston

Fastest marathon based on the average of top 10 performances since 2008

Rotterdam Marathon

Performance	Time	Performer	Name	Nat	Place	Date
1	2:04:27	1	Duncan Kibet	KEN	1	5 Apr 2009
2	2:04:27	2	James Kwambai	KEN	2	5 Apr 2009
3	2:04:48	3	Patrick Makau	KEN	1	11 Apr 2010
4	2:04:55	4	Geoffrey Mutai	KEN	2	11 Apr 2010
5	2:05:04	5	Abel Kirui	KEN	3	5 Apr 2009
6	2:05:13	6	Vincent Kipruto	KEN	3	11 Apr 2010
7	2:05:23	7	Feyisa Lelisa	ETH	4	11 Apr 2010
8	2:05:49	8	William Kipsang	KEN	1	13 Apr 2008
9	2:06:14		Makau		4	5 Apr 2009
10	2:06:58	9	Daniel Rono	KEN	2	13 Apr 2008

Average: 2:05:20

WOMEN

Average of top 10 performances in major marathons

	Average	Marathon
1	2:19:47	London
2	2:20:18	Chicago
3	2:21:01	Berlin
4	2:22:36	Beijing
5	2:22:37	Osaka Ladies
6	2:22:47	Boston
7	2:23:32	New York
8	2:23:51	Tokyo Women
9	2:24:10	Nagoya Women

THIS MONTH IN HISTORY

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

12 years ago: 22 February 1999

In the greatest 10000-metre race ever held in South Africa, Hendrick Ramaala broke Xolile Yawa's national record by almost 10 seconds with his superb 27:29.94 – pulling both Enoch Skosana (27:57.47) and Shadrack Hoff (27:57.76) under the magical 28-minute barrier. The time placed Ramaala 14th on the world list for the year. No other South African but Ramaala and Hoff has since run under 28 minutes. Two weeks later Ramaala won the SA title in 28:30.42; in August he finished 11th at the World Championships in Seville.

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.

MENOpen

10 km	29:32	Stephen Mokoka	Pretoria	19 Feb
	29:13	Abraham Kiprotich (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	44:43	Lusapho April	Jeffreys Bay	08 Jan
21.1 km	44:43	Lusapho April (RSA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	65:29	Shadrack Hoff	Pretoria	29 Jan
	60:32	Azmiraw Bekele Molalign (ETH)		
30 km	58:23	Zersenay Tadese (ERI) 2010		
	79:50	Juan van Deventer	Johannesburg	23 Jan
Marathon	71:50	Sammy Kosgei (KEN) 2010		
	1:36:14	Elroy Gelant	Camps Bay	09 Jan
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	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				

Juniors

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

Open

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	75:04	Irvette van Blerk	Pretoria	19 Feb
	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
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
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 31:42	Reghana Beukes Zola Pieterse (RSA) 1984	Athlone	12 Feb
15 km	68:36 49:40	Jeanni Seymour Ines Chenonge (KEN) 2001	Johannesburg	09 Jan
21.1 km	1:53:05 1:09:05	Alice Bote Delilah Asiago (KEN) 1991	Sasolburg	05 Feb

Contributors to this issue: Alen Hattingh, Kevin Harlock, Derrick Chamberlain, André Pienaar, Jakes Jacobs, Top Events, Irene & Jan van Eeden, Martin van Schalkwyk

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