

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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Publisher: Riël Hauman

EDITORIAL

Two of South Africa's oldest marathons were run this weekend, both for the 38th time. In Pretoria Lucky Miya won the Deloitte Pretoria Marathon in 2:25:07, with Zimbabwean Margaret Mahohoma taking the women's title easily in 3:03:07. In the Old Mutual Buffs Marathon in East London Xoliswa Bici was denied a third consecutive win by Suzette Botha, who has won the race twice herself, in 2005 and 2006. Botha's time on the excessively downhill course was a quick 2:49:59. The men's race went to Melikhaya Sithuba in 2:19:13.

Three list leaders were set this weekend, two in the Postnet Pietermaritzburg Half Marathon.

Internationally, Hailu Mekonnen (ETH) won the Tokyo Marathon, where Gert Thys holds the event record (which is also the SA record), in a PB 2:07:35.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Postnet Pietermarathon & Half Marathon, Pietermaritzburg
- * Deloitte Pretoria Marathon, Half Marathon & 10 km, Pretoria
- * Old Mutual Buffs Marathon, Macleantown to East London
- * Algoa Bus Bay Ultra, Port Elizabeth
- * Koeberg 15 km, Duynefontein
- * Exxaro 10 km, Pretoria
- * Track: Yellow Pages Series Meeting #2, Pretoria

International highlights:

- * Maratonina Roma-Ostia, Roma to Ostia, ITA
- * Tokyo Marathon, Tokyo, JPN
- * World's Best 10 km, San Juan, PUR
- * Publix Super Markets Gasparilla Distance Classic Race Weekend, Tampa, USA
- * XC: ING Eurocross, Diekirch, LUX
- * Indoor track: USA Indoor Championships, Albuquerque, USA; South Eastern Conference (SEC) Indoor Championships, Fayetteville, USA; XL Galan, Stockholm, SWE

NEWS

S.A. ATHLETICS ANNUAL PUBLISHED FOR 59TH TIME

The uncertainty over the future of world champion Caster Semenya at the beginning of 2010 resulted in the SA Athletics Statisticians (SAAS) taking a decision at the time not to select a Female Athlete of the Year or make the Harry Beinart Merit Award before the publication of its *2010 NWU Puk South African Athletics Annual*. Since then the International Association of Athletics Federations (IAAF) has decided that Semenya may compete again, and in the *2011 SA Athletics Annual* she is duly confirmed as Female Athlete of 2009.

The 2010 Athletes of the Year are Chris Harmse and Sunette Viljoen. Harmse graces the front cover of the Annual, while Viljoen appears on the back cover.

The Harry Beinart Merit Award for 2009 has been made to Semenya, while the 2010 award goes to another 800-metre star, Mbulaeni Mulaudzi. The award, which commemorates the late Harry Beinart, a founder member and President of the SAAS, is made annually to the highest placed athlete on the world performance lists in an IAAF-recognised track event.

The 59th edition of the Annual, one of the oldest national athletics annuals in the world, has just been published and is again crammed with information about everything that happened on the athletics scene in South Africa and the rest of the world in 2010.

As usual, it contains all the best performances by South African senior, junior and youth athletes and road runners in 2010, as well as all-time lists; a Hall of Fame of the best of the best in the history of SA athletics; SA and all major international records; results of the most important local and international meetings; photographs of South Africa's top athletes, and much more.

Hammer thrower Harmse was elected Male Athlete of the Year after he had won an unprecedented 15th consecutive SA title, then was second at the African Championships, seventh at the Continental Cup, and finished the year with a gold medal at the Commonwealth Games.

The other four athletes nominated for the award were Mulaudzi, Khotso Mokoena, world junior long jump champion Luvo Maniyonga, and Stephen Mokoka.

The female nominees, apart from Viljoen, were Semenya, African champion Elizna Naudé, Tanith Maxwell, and Irvette van Blerk. Viljoen, who won gold medals at the Commonwealth Games and African Championships, a silver medal at the Continental Cup, and was fourth in the Diamond League series, was the unanimous choice of SAAS members.

Viljoen's coach, Terseus Liebenberg, was selected as SAAS Coach of the Year.

The Annual includes an analysis of the medals won at the 2010 SA Championships by Richard Mayer, an article on the standard of our athletes' performances in 2009 by Cobus Kok, and one by top middle distance runner Juan van Deventer on the changes in the top hierarchy of SA athletics and his expectations for the future.

In his Foreword Riël Hauman, Editor of the publication for the fifth consecutive time, looks at the closer cooperation that has already been initiated between Athletics South Africa and the SAAS since the demise of the Chuene regime and expresses the hope that, "after years of animosity directed at SAAS", the documentation of the sport – something that was virtually ignored by the previous national office bearers – will now be improved for the benefit of the sport as a whole.

In his introduction to the road running statistics Hauman describes the performances of the top four road athletes of the year – Mokoka, Van Blerk, Maxwell and Annerien van Schalkwyk.

Copies of the Annual can be ordered for R80 (postage included) from the following address: SA Athletics Annual, P.O. Box 7699, Halfway House 1685. When ordering books, full postal details must be given. Enquiries (also previous annuals) can be made at the

following numbers: 082 85-666-55 or 082 800-6472 or 012 481-3696 (fax), or by e-mail from ckok@safcol.co.za, or from Riël Hauman.

ROAD RUNNING

Postnet Pietermarathon & Half Marathon

Pietermaritzburg, 27 February

(Distances: 42.195 km & 21.1 km. Loop courses.)

Marathon

MEN

1. Khayelihle Ngcobo (Boxer) 2:29:55; 2. Sandile Makhaye (MP) 2:32:00; 3. Delani Mkhize (Boxer) 2:32:27.

40-49: 1. Richard Dlamini (MP) 2:36:26; 2. Nkosikhona Dlamini (SAPS) 2:46:50; 3. Abdul Mlanse (Shaka) 2:47:11. **50-59:** 1. Nicholas Dlamini (Boxer) 2:51:19; 2. Craig Anderson (DOB) 2:52:44; 3. Edmund Mngadi (Stella) 2:59:32. **60+:** 1. Eric Mthembu (Stella) 3:14:56; 2. Petros Shumi (Zaba) 3:21:40; 3. Chris v.d. Westhuizen (Umhlat) 3:57:17.

WOMEN

1. Melanie van Rooyen (RBAC) 2:57:37; 2. Thobile Ngwane (MP) 3:12:49; 3. Nicola McMurray (Mtunz) 3:18:11.

40-49: 1. Vicky Crookes (CH) 3:23:57; 2. Megan Finestone (West) 3:35:28; 3. Karen Fisher (West) 3:45:27. **50-59:** 1. Holly Jones (Midrand) 3:47:51; 2. Lindsay Watkeys (West) 3:50:21; 3. Jennifer Scott (DCS) 3:55:51. **60+:** 1. Penny Visser (Midrand) 3:53:31; 2. Maureen parry (Chilt) 4:32:51; 3. Dixie Brown (4:37:20).

Half marathon

MEN

1. Sibonelo Duma (Boxer) 70:09; 2. Tsepo Shelembe (Boxer) 71:19; 3. Philani Ngcobo (CH) 72:30 (1st jun).

40-49: 1. Sipho Willie Majombozi (Boxer) 81:09; 2. Michael Malunga (Toy) 81:38; 3. Steven Ngubane (SAPS) 89:38. **50-59:** 1. Andy Patterson (HV) 1:43:10; 2. Sid Reddy (Chats) 1:43:46; 3. Douglas Couperthwaite (CH) 1:59:07. **60+:** 1. Moray Calder (Howick) 1:44:37; 2. Beeman Chetty (Spartan) 1:47:44; 3. Johan Cronjé (West) 1:49:35. **Juniors:** 1. Philani Ngcobo (CH) 72:30; 2. Ndumiso Mkhize (CH) 84:18; 3. Nkosinathi Mncwabe (Eskom) 90:57.

WOMEN

1. Danielle Adlam (Boxer) 83:27; 2. Xoli Madida (KRS) 84:23; 3. Cary-Ann Smith (Ned) 84:31.

40-49: 1. Shani Silver (Kears) 1:32:47; 2. Janine Engels (PDAC) 1:35:30; 3. Tholakele Sigubudu (Boxer) 1:41:36. **50-59:** 1. Sandra Fisser (HH) 1:41:58; 2. Jane Dickinson (RWFL) 1:47:02; 3. Cathy de Beer (Vryheid) 2:02:29. **60+:** 1. Stephanie Carlton-Shields (PDAC) 2:20:50; 2. Cathy Blake (Biggars) 2:24:15; 3. Hester Bekker (Stella) 2:35:18. **Juniors:** 1. Sbhongile Lushaba (KRS) 1:45:37; 2. Khanyisile Thabede (KRS) 1:47:32; 3. Danielle Theron (Riebeeck) 2:01:23.

Deloitte Pretoria Marathon (38th), Half Marathon & 10 km

Pretoria, 26 February

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 1950; half marathon – 2300; 10 km – 3300.)

Marathon

MEN

1 Lucky Miya (Nedbank) 2:25:07; 2 Samuel Ongaki (KEN/Global) 2:27:12; 3 Aaron Gabonewe (Temp) 2:27:46; 4 Richard Mavuso (Mr Price) 2:29:11; 5 Lucas Nonyana (Nedbank) 2:31:39.

Veterans: 1 Ruben Setumu (Toyota) 2:43:11; 2 Nhlanhla Magubane (Corr Serv) 2:50:57; 3 Glyn Rynhoudt (Alberton) 2:54:41. **Masters:** 1 Johannes Seakamela (RAC) 2:58:00; 2 Elias Letlape (Nedbank) 3:02:55. **G'masters:** 1 Peter Purdon (Florida) 3:31:48.

WOMEN

1 Margaret Mahohoma (ZIM/Mr Price) 3:03:07; 2 Adinda Kruger (Nedbank) 3:12:54; 3 Winia Jansen van Rensburg (Tuks) 3:16:29; 4 Carien Visser (Tuks) 3:17:17; 5 Ansie Viljoen (Irene) 3:27:40.

Veterans: 1 Carien Visser (Tuks) 3:17:17; 2 Ansie Viljoen (Irene) 3:27:40; 3 Liaee Rey (RAC) 3:33:12. **Masters:** 1 Wilna Pretorius (PMK) 3:52:39; 2 Val Watson (New Balance) 3:54:28. **G'masters:** 1 Elaine Greenblatt (Rockies) 3:53:35.

Half marathon

MEN

1 Juan van Deventer (Nedbank) 67:52; 2 Luwis Masunda (ZIM/Nedbank) 68:54; 3 Tiitsetso Ramokheseng (LES/Mr Price) 69:20.

Veterans: 1 Elias Mabane (Bidvest) 73:52. **Masters:** 1 Charles Vilakazi (Kwa Thema) 82:01. **G'masters:** 1 Paulus Masilela (Kempton) 91:36. Great **G'masters:** 1 Ian Goggard (BNAC) 2:19:21. **Juniors:** 1 Garreth van Dyk (H/S Cenurion) 88:24.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 81:19; 2 Cornelia Joubert (BCC) 82:38; 3 Samukeliso Moyo (ZIM/Mr Price) 84:01.

Veterans: 1 Julie Shadwell (Kearsney Striders) 1:42:34. **Masters:** 1 Linda Potgieter (Magnolia) 1:47:25. **G'masters:** 1 Esme Kloppers (Transnet) 2:15:40. **G/g'masters:** 1 Anne Haddow (RWFL) 3:03:36.

10 km

MEN

1 Shadrack Hoff (Toyota) 30:26; 2 Sikhumbuzo Seme (Tuks) 30:38; 3 Benedict Moeng (Transnet) 30:41.

Veterans: 1 Lawrence Chipangaan (Nedbank) 33:40. **Masters:** 1 John Grundy (Nedbank) 43:13. **G'masters:** 1 Mike du Bruto (Irene) 38:47. **G/g'masters:** 1 Ken Nurden (Agape) 46:20. **Juniors:** 1 Lindokuhle Duma (Temp) 37:03.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 35:29; 2 Olivia Chitate (ZIM/Bashewa) 37:03; 3 Thozama April (Transnet) 37:33.

Veterans: 1 Debbie Bredenkamp (HQB) 46:50. **Masters:** 1 Pam Hampton (Sunninghill) 49:20. **G'masters:** 1 Rina Machado (Ndaba) 60:00. **G/g'masters:** 1 Deidre Larkin (Randburg Harriers) 68:00. **Juniors:** 1 Jennifer Baker (Breakthru Midrand) 49:08.

Old Mutual Buffs Marathon (38th)

Macleantown to East London, 26 February

(Distance: 42.195 km. Point-to-point downhill course, dropping approx. 9.5 m/km from start to finish. Finishers: 500.)

MEN

1	Melikhaya	Sithuba	Nedbank RC	27	2:19:13
2	Mzolisi	Makhanda	Nedbank RC	28	2:20:43
3	Zingisile	Marikeni	Corr Services B	35	2:30:29
4	Thabiso	Mohapi	Nedbank Bfn Ach	28	2:33:55
5	Mzukisi	Kebeni	Real Gijimas	34	2:35:28
6	Thembinkosi	Mdyogolo (1 st vet)	Nedbank RC	42	2:37:44
7	Thandabantu	Rhafuza	Boxer Superst	29	2:38:07
8	Mdumiseni	Zondi	Natal Carbineer	31	2:39:28
9	Thembela	Bobotyane	Mr Price Tra	24	2:39:38
10	Makaya	Masumpa	Oxford Striders	44	2:41:36
11	Soyiso	Mzobotshi	Umthatha Speed	27	2:43:04
12	Simphiwe	Tana	Nedbank RC	31	2:44:24
13	Lizo	Tomas	Eleven	49	2:45:07
14	Corne	Herbst (1 st mast)	Oxford Striders	53	2:45:52
15	Mbuyiseli	Mema	Nedbank RC	33	2:46:09
16	Sisa	Camasu	Nedbank RC	36	2:46:57
17	Welcome	Tishini	Butterworth AC	38	2:47:07
18	Celane	Velembo	Cheetahs	30	2:48:03
19	Carriot	Galela	RFLG	41	2:51:35
20	Zakuthini	Retsu	Queenstown Harr	39	2:52:15

40-44:

1	Thembinkosi	Mdyogolo	Nedbank RC	42	2:37:44
2	Makaya	Masumpa	Oxford Striders	44	2:41:36
3	Carriot	Galela	RFLG	41	2:51:35

45-49:

1	Lizo	Tomas	Eleven	49	2:45:07
2	Haydon	Wood	Oxford Striders	45	2:57:10
3	Martin	Venter	Eskom Gijimas A	45	2:59:30

50-54:

1	Corne	Herbst	Oxford Striders	53	2:45:52
2	Desmore	Oppel	Plexus Durbanvi	51	2:55:18
3	Themba	Bhelwana	Oxford Striders	54	3:15:00

55-59:

1	Frederick	Van Staden	Savages	56	3:01:46
2	Jimmy	Styan	Triangle Sports	58	3:25:02
3	Donald	Mancasa	Triangle Sports	56	3:41:53

60-64:

1	Mashoga	Mokone	Nedbank Bfn Ach	63	3:17:14
2	Lebamang	Mpho	Nedbank Bfn Ach	62	3:27:43
3	Sindile	Tshaka	Oxford Striders	61	3:37:30

65-69:

1	Stanley	Barbour	Oxford Striders	67	4:22:10
2	Sibuyiso	Dabula	Cheetahs	65	5:23:03
3	John	Maytham	Temp	65	6:30:49

70+:

1	Zeb	Luhabe	Real Gijimas	83	6:28:41
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WOMEN

1	Suzette	Botha	Eskom Gijimas A	39	2:49:59
2	Xoliswa	Bici	Hlazo AC	31	3:14:12
3	Sharon	Wood (1 st vet)	East London AC	44	3:14:33
4	Vanessa	Zimmerman	Kearsney Strid	41	3:16:08
5	Catheryn	Meyer	Natal Carbineer	35	3:23:39
6	Andrea	Ranger	Old Selbornian	28	3:27:11
7	Nonsikelelo	Mbambo	Natal Carbineer	32	3:29:40
8	Nosisa	Soqhaga	Hlazo AC	35	3:30:30
9	Jene	Banfield	RFLG	40	3:31:17
10	Jodi	Clark	Stella Running	24	3:31:34
11	Anita	Oppel	Plexus Durbanvi	46	3:34:35
12	Sonia	Landman	Oxford Striders	39	3:35:06
13	Renette	Kriel	Old Selbornian	46	3:35:15
14	Tammy	Dennill	Westville	45	3:35:23
15	Vicki	Bottcher	Oxford Striders	38	3:37:16
16	Liz	Watson	Temp	39	3:39:56
17	Zelda	Smit	Buffalo RR	43	3:42:25
18	Charlene	Kennedy	Old Selbornian	37	3:45:20
19	Sophia	Warren	Temp	43	3:45:40
20	Judith	Grove (1 st mast)	Hilton Harriers	57	3:46:06

40-44:

1	Sharon	Wood	East London AC	44	3:14:33
2	Vanessa	Zimmerman	Kearsney Strid	41	3:16:08
3	Jene	Banfield	RFLG	40	3:31:17

45-49:

1	Anita	Oppel	Plexus Durbanvi	46	3:34:35
2	Renette	Kriel	Old Selbornian	46	3:35:15
3	Tammy	Dennill	Westville	45	3:35:23

50-54:

1	Debby	De Koning	Eskom Gijimas A	52	3:49:00
2	Adele	Bosch	Nedbank Bfn Ach	50	3:57:55
3	Maureen	Pitt	Oxford Striders	52	4:15:18

55-59:

1	Judith	Grove	Hilton Harriers	57	3:46:06
2	Sheree	Kirsten	Pinetown & Dist	55	4:27:59
3	Jenny	Abrams	Eskom Gijimas A	58	5:14:11

65-69:

1	Willemien	Smuts	Nedbank Bfn Ach	69	4:28:04
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Algoa Bus Bay Ultra (29th)

Port Elizabeth, 26 February

(Distance: 50 km. Out-and-back course. Finishers: 298.)

MEN

1	Mzwanele	Maphekula	Run For Life EP	34	2:55:55
2	Wayne	Gallant	Temp	36	2:56:12
3	Sandile	Ngunuza	Nedbank RC EP	28	3:01:55
4	Masande	Mlonyeni	Nedbank RC EP	30	3:02:03
5	Eric	Sigxashe	Mr Price AC EP	32	3:02:42
6	Emerson	Kayana	Nedbank RC EP	37	3:10:36
7	Ricardo	Plaatjies	Elite AC	28	3:12:35
8	Masixole	Dlaku	Mr Price AC EP	32	3:14:32
9	Zolile	Mhlahlo	Triangle Sports	36	3:18:14
10	Sindile	Somke	Nedbank RC EP	34	3:20:32

11	Anele	Maliza	Nedbank RC EP	33	3:21:30
12	Mila	Pasiya	Nedbank RC EP	31	3:23:57
13	Thobile	Xata	Nedbank RC EP	36	3:24:23
14	Wilson	Bennett	Jeffreys Bay AC	31	3:25:10
15	Welcome	Loliwe (1 st vet)	Nedbank RC EP	46	3:27:16
16	Mzukisi	Klaas	Nedbank RC EP	42	3:28:35
17	Luvuyo	Matani	VW AC	28	3:31:55
18	Thembekile	Msipa	Charlo RR	36	3:34:00
19	Colben	Ngcupe	Nedbank RC EP	47	3:36:09
20	Ruan	Smalberger	St Albans CS EP	21	3:38:29

40-44:

1	Mzukisi	Klaas	Nedbank RC EP	42	3:28:35
2	Luvuyo	Stephen	Nedbank RC EP	40	3:45:52
3	Riaan	Kock	Nedbank RC EP	41	3:55:39

45-49:

1	Welcome	Loliwe	Nedbank RC EP	46	3:27:16
2	Colben	Ngcupe	Nedbank RC EP	47	3:36:09
3	Darrell	Wicht	Triangle Sports	47	3:39:50

50-54:

1	Lenneth	Erasmus	Willard Batteries	53	4:06:11
2	Andre	Willemse	Elite AC	52	4:06:34
3	Basil	McLean	Madiba Bay AC	51	4:26:11

55-59:

1	Sizinzo	Kama	Achilles AAA	59	4:02:14
2	Richard	Foss	Albany RR	56	4:36:24
3	Paul	Steffens	Transnet RE EP	59	4:41:24

60-64:

1	Piet	Meyer	St Albans CS EP	61	5:26:52
2	David	O'rielly	Nedbank RC EP	63	5:45:04
3	Joseph	Serfontein	PEAAC	60	5:50:40

70+:

1	Godfrey	Kariem	Cadbury AC	70	6:00:52
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WOMEN

1	Celeste	Swart (1 st vet)	Nedbank RC EP	42	4:01:21
2	Christine	Claasen	Achilles AAA	46	4:14:17
3	Sime	Baynes	Body Concept	27	4:16:42
4	Katherine	Van Der Walt	Body Concept	35	4:23:07
5	Buyelwa	Kobokana	Nedbank RC EP	46	4:24:15
6	Michelle	Sivewright	Triangle Sports	42	4:25:03
7	Benita	Barton	Crusaders AC	40	4:30:09
8	Elmarie	Bezuidenhout	Charlo RR	29	4:30:55
9	Janette	Schierz-Crusius (1 st mast)	Body Concept	50	4:43:01
10	Lizette	Sydien	Elite AC	24	4:44:17
11	Camarin	Van Eyk	Elite AC	28	4:47:20
12	Lauren	Van Der Walt	Charlo RR	23	4:50:09
13	Vicki	Terblanche	Bluewater Bay	31	4:52:06
14	Annelie	Nel	Body Concept	36	4:53:46
15	Debbie	Dodd	Charlo RR	40	4:54:01
16	Yolanda	Dugmore	Charlo RR	38	4:59:28
17	Adele	Nel	St Albans CS EP	38	5:01:02
18	Laura	Maritz	Elite AC	50	5:01:39
19	Marissa	Black	Nedbank RC EP	32	5:03:02
20	Christa	Meuwesen	Bluewater Bay	44	5:06:40

40-44:

1	Celeste	Swart	Nedbank RC EP	42	4:01:21
2	Michelle	Sivewright	Triangle Sports	42	4:25:03
3	Benita	Barton	Crusaders AC	40	4:30:09

45-49:

1	Christine	Claasen	Achilles AAA	46	4:14:17
2	Buyelwa	Kobokana	Nedbank RC EP	46	4:24:15
3	Nurunnisa	Madatt	Malabar AC	48	5:07:41

50-54:

1	Janette	Schierz-Crusius	Body Concept	50	4:43:01
2	Laura	Maritz	Elite AC	50	5:01:39
3	Helen	McLean	Madiba Bay AC	50	5:38:24

55-59:

1	Jacomina	Linstrom	Rand AC	57	5:13:43
2	Monica	Kemp	Madiba Bay AC	55	5:33:17

Koeberg 15 km

Duynefontein, 26 February

(Loop course, partly on gravel through nature reserve. Finishers: 950. Weather: Clear and cool, with some wind later on.)

MEN

1. Marks Mpekula (VOB) 49:11; 2. Mthandazo Qhina (Gugs) 50:11; 3. Thembelani Zola (MP) 50:22; 4. Thandile Joseph (East) 51:38 (1st jun); 5. Siyabuela Ponco (VOB) 52:04; 6. Graham Katzen (Celtic) 52:28 (1st vet); 7. Bongile Tshewula (East) 53:04; 8. Bulelani Bhebha (VOB) 53:18; 9. Godwin Swarts (Elsies) 53:33; 10. A. Calitz (Melk) 54:59; 11. R. Gebenga (Atlantis) 56:13; 12. Masibulele Joseph (East) 56:26; 13. Steven Parkins (Met) 56:43 (1st mast); 14. Chris Mitchell (Celtic) 57:11; 15. Stef Patten (VOB) 57:42; 16. Matthew Speekman (Atlantis) 58:10; 17. Leo Rust (VOB) 58:23; 18. De Wit Stegmann (Paarl) 58:35; 19. Vuyisa Nkonze (East) 59:08; 20. R. Hooi (SANDF) 59:27.

40-49: 1. Graham Katzen (Celtic) 52:28; 2. Chris Mitchell (Celtic) 57:11; 3. Stef Patten (VOB) 57:42. **50-59:** 1. Steven Parkins (Met) 56:43; 2. Gemjikile Tom (Eskom) 62:40; 3. Sam Kotze (Adid) 66:07. **60+:** 1. Ronnie le Roux (Brack) 68:28; 2. Kevin Kohler (Edge) 71:26; 3. Roger Davis (Celtic) 79:33. **Juniors:** 1. Thandile Joseph (East) 51:38; 2. Godwin Swarts (Elsies) 53:33; 3. Johan van Wyk (Ceres) 62:33.

WOMEN

1. Bulelwa Mtshagi (Celtic) 58:52; 2. Ulrica Stander (NBMC) 58:59; 3. Linley Holmes (WC) 61:29; 4. Sheryl de Lange (Adid) 64:31 (1st vet); 5. Mariëtte Esterhuyse (Tyger) 65:20; 6. Mia Smit (Ind) 65:59; 7. Patricia Adams (Met) 66:44; 8. Monice Brand (Adid) 67:33; 9. Sandra van Graan (Edge) 68:13; 10. Melany Porter (Pine) 69:26; 11. Candyce Hall (Hout) 69:47; 12. Micha Conte (Ind) 69:55; 13. Chantel Simpson (Ned) 71:43; 14. H. Fetton-Smith (WC) 72:39; 15. Charmaine Cupido (Ned) 73:12 (1st mast); 16. Nicole Elliott (UCT) 73:49; 17. Tania Janse van Rensburg (Ind) 74:21; 18. Charmaine Rossouw (Ind) 74:36; 19. Tilda Krugman (WC) 74:50; 20. Julie Goedeke (Harf) 75:32.

40-49: 1. Sheryl de Lange (Adid) 64:31; 2. Mariëtte Esterhuyse (Tyger) 65:20; 3. Patricia Adams (Met) 66:44. **50-59:** 1. Charmaine Cupido (Ned) 73:12; 2. Tilda Krugman (WC) 74:50; 3. Helen du Plessis (Tyger) 77:54. **60+:** 1. Mariëtha Herbert (Bell) 80:02; 2. Olwyn Oliver (FH) 82:46; 3. Marlene James (Pine) 91:23. **Juniors:** 1. Benine Havenga (Tyger) 98:45.

Exxaro 10 km

Pretoria, 23 February

MEN

1 Juan van Deventer (Nedbank) 31:24; 2 Samuel Ongaki (KEN) 32:52; 3 Wesley Ruto (KEN/Nedbank) 32:57.

Veterans: 1 Jan Tselana (Temp) 39:18. **Masters:** 1 Rufan Palm (AS Eagles) 42:23.

G'masters: 1 Iain McFadyen (Phobians) 54:50. **G/g'masters:** 1 Neville Muir (Phobians) 89:55. **Juniors:** 1 Charles Reynolds (Wonderboom) 38:17.

WOMEN

1 Samukeliso Moyo (ZIM/Mr Price) 43:25; 2 Thabita Tsatsa (ZIM/Mr Price) 43:27; 3 Ansie Viljoen (Irene) 43:28 (1st vet).

Veterans: 1 Ansie Viljoen (Irene) 43:28. **Masters:** 1 Linda Potgieter (Magnolia) 50:14.

G'masters: 1 Rina Machado (Ndaba) 62:15. **G/g'masters:** 1 Jeanette Loots (Irene) 83:03. **Juniors:** 1 Shanon Teixeira (Boksburg) 73:57.

TRACK

Yellow Pages Series Meeting #2

Pretoria, 25 February

MEN

800:

1. Windy Jonas 1:48.91
2. Daniel Nghipandulwa (NAM) 1:49.25
3. Reinhard Van Rooyen 1:49.76
4. Tlou Seloba 1:50.46
5. Jacques Pretorius 1:50.84
6. Zwelakhe Seboto 1:50.88
7. Isaac Seoke (BOT) 1:51.50
8. Molefe Molefe 1:51.86
9. Samuel Sepeng 2:01.23

1500:

1. Stephen Mokoka 3:46.26
2. Tshamano Setone 3:47.69
3. Jerry Motsau 3:48.49
4. Dean Brummer 3:48.58
5. Pharson Magagne 3:48.69
6. Isaac Mboyazi 3:49.93
7. Marco Buccaraza 3:51.03
8. Folavia Sehohle 3:53.12
9. Thuso Phaswana 3:54.31

3000:

1. Siyabonga Nkonde 8:22.30
2. Joel Mmone 8:27.18
3. Omphemetse Mothibi 8:43.73
4. Maitiso Molibi (BOT) 8:47.20
5. Witness Hlalele 8:49.07
6. Torisa Radsela 8:53.61
7. Karabo Jacobs 8:59.29
8. Stephens Mokubung 9:06.40

3000 s/chase:

1. Ruben Ramolefe 8:43.80
2. Edwin Molepo 8:54.69
3. Sikhumbuzo Seme 9:04.64
4. Anthony Godongwana 9:15.60
5. Khothatso Mokone 9:15.86
6. Lucas Bothobutle 9:16.54
7. Lukhanyo Mabinza 9:31.22
8. Daniel Mokoma 10:04.03

WOMEN

800:

1. Mapaseka Makanya 2:05.63
2. Mandie Brandt 2:07.71
3. Annuschka Nice 2:08.03
4. Doné Vermaak 2:11.05
5. Happiness Mkhize 2:13.44
6. Lisa Steyn 2:14.44
7. Janet Lawless 2:19.00
8. Stella Marais 2:24.10

1500:

1. Lebogang Phalula 4:19.08
2. Lebo Phalula 4:21.09
3. Christine Kalmer 4:24.57
4. Caster Semenya 4:24.68
5. Violet Raseboya 4:25.61
6. Nolene Conrad 4:30.69
7. Zinhle Sinqe 4:32.87
8. Maxine Heine-Wacker 4:33.07
9. Portia Ngwenya 4:40.33
10. Annerien van Schalkwyk 4:44.48

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

Maratonina Roma-Ostia (37th)

Roma to Ostia, ITA, 27 February

(Distance: 21.1 km. New point-to-point course with 20 m elevation loss with 4 km loop after start, then only 300 m along the beach at the finish.)

MEN

- | | | |
|--------------------------------------|-------------|------------|
| 1. Tujuba Mergesa Beyu, 1987, ETH | 59:58 PB/CR | € 2500 |
| 2. Joel Kemboi Kimurer, 1988, KEN | 1:00:05 PB | 1500 |
| 3. Abraham Chebii, 1979, KEN | 1:00:07 PB | 1000 |
| 4. Abreham Cherkos Feleke, 1989, ETH | 1:01:42 PB | 800 |
| 5. Nickson Kurgat, 1988, KEN | 1:01:43 PB | 600 |
| 6. Yared Admasu Miratu, 1987, ETH | 1:02:52 PB | 500 |
| 7. Ruggero Pertile, 1974, ITA | 1:03:00 | 400 + 800^ |
| 8. Eric Sebahire, 1983, RWA | 1:04:44 | 300 |
| 9. Jaouad Zain, 1984, ITA | 1:04:46 PB | 250 + 400^ |

10. Antonello Petrei, 1972, ITA 1:05:51 200 + 200^

^) Earned Italian citizen prize money (1:06:00 maximum time)

WOMEN

1. Anna Incerti, 1980, ITA	1:09:06 PB/CR*	€ 2500 + 800^
2. Jessica Augusto, 1981, POR	1:09:10	1000
3. Monica Wangari, 1986, KEN	1:11:37	700
4. Krisztina Papp, 1982, HUN	1:12:18	500
5. Olha Kotovska, 1983, UKR	1:12:19 PB	300
6. Kirsten Melkevik, 1970, NOR	1:14:10 (40+)	200
7. Ding Changqin, 1991, CHN	1:16:10 PB	150
8. Martina Celi, 1987, ITA	1:16:57 PB	100
9. Silvia Del Fava, 1987, ITA	1:19:01 PB	100
10. Anna Quagliaro, ITA	1:21:11	100

^) Earned Italian citizen prize money (1:16:00 maximum time)

Tokyo Marathon (32nd/5th as a mixed gender race)

(IAAF Gold Label Road Race)

Tokyo, JPN, 27 February

(Distance: 42.195 km. Point-to-point course with approximately 30 m of elevation loss.)

MEN

1. Hailu Mekonnen, ETH	2:07:35 PB	JPY 8,000,000 (=USD 97,853)
[1:03:13 / 1:04:22]		
2. Paul Biwott, KEN	2:08:17	4,000,000
[1:03:13 / 1:05:04]		
3. Yuki Kawauchi, JPN	2:08:37 PB	2,000,000
[1:03:14 / 1:05:23]		
4. Yoshinori Oda, JPN	2:09:03 DB	1,000,000
5. Cyrus Njui, KEN	2:09:10 PB	750,000
6. Felix Limo, KEN	2:10:50	500,000
[1:03:13 / 1:07:37]		
... 55. Eric Wainaina, KEN	2:28:59	
[1:08:44 / 1:20:15]		

WOMEN

1. Tatiana Aryasova, RUS	2:27:29	JPY 8,000,000 (=USD 97,853)
[1:14:28 / 1:13:01]		
2. Noriko Higuchi, JPN	2:28:49 DB	4,000,000
[1:13:30 / 1:15:19]		
3. Tatiana Petrova, RUS	2:28:56	2,000,000
[1:14:42 / 1:14:14]		
4. Yoko Shibui, JPN	2:29:03	1,000,000
[1:13:19 / 1:15:47]		
5. Misaki Katsumata, JPN	2:31:10 DB	750,000
[1:12:50 / 1:18:20]		

World's Best 10 km (14th)

San Juan, PUR, 27 February

(Certified out and back course)

MEN

1. Sammy Kitwara, 24, KEN	27:35	\$20,000 + 10,000i
---------------------------	-------	--------------------

[8:14 / 21:59]

2. Dejen Gebremeskel, 21, ETH 27:45 PB 12,000 + 10,000i

[8:14 / 22:06]

3. Lelisa Desisa, 21, ETH 28:02 PB 8,000

[8:14 / 22:18]

4. Leonard Patrick Komon, 23, KEN 28:05 6,000

5. Joseph Ebuya, 23, KEN 28:07 4,000

i) Earned time bonus for sub-28:00

WOMEN

1. Sentayehu Ejigu, 21, ETH 31:50 DB \$20,000

[9:27 / 25:28]

2. Dire Tune, 25, ETH 31:51 12,000

[9:27 / 25:27]

3. Atsede Habtamu Besuye, 23, ETH 31:54 8,000

[9:27 / 25:27]

4. Grace Momanyi, 29, ETH 32:06 6,000

5. Risper Gesabwa Biyaki, 22, KEN 32:35 4,000

Publix Super Markets Gasparilla Distance Classic Race Weekend

Tampa, USA, 26 February

(Distance: 15 km)

MEN

1. Jeremy Criscione, 23, Bartow, FL 46:22 PB \$2000

2. Andrew Letherby, 37, Clearwater, FL (AUS) 47:05 1500

3. Richmond Austin, 25 47:19 750

WOMEN

1. Briana Whaley, 32, Clearwater, FL 54:05 \$2000

2. Tiffany chartier, 32, Fort Myers, FL 55:08 1500

3. Emily Mortensen, 28, Rochester, MI 56:02

... 6. Joan Samuelson, 53, Freeport, ME 58:04

CROSS-COUNTRY

ING Eurocross (41st)

Diekirch, LUX, 27 February

MEN (10 km)

1. Elabbassi El Hassan, MAR, 31:27.1

2. Abdellah Tagharrafet, MAR, 31:28.7

3. Najim El Qady, MAR, 31:29.6

WOMEN (5.35 km)

1. Maryam Yusuf Jamal, BRN, 19:03.8

2. Simret Restle, GER, 19:09.5

3. Antonina Rutto, KEN, 19:10.8

INDOOR TRACK**USA Indoor Championships presented by BMW**

Albuquerque, USA, 26-27 February

MEN**800 (27):**

- | | |
|------------------------------|---------|
| 1. Duane Solomon, Saucony | 1:48.03 |
| 2. Tetlo Emmen, unattached | 1:48.35 |
| 3. Mark Wiczorek, unattached | 1:48.38 |

Mile (27):

- | | |
|--------------------------------|---------|
| 1. Jeff See, Saucony | 4:04.63 |
| 2. Aaron Braun, McMillan Elite | 4:04.83 |
| 3. Garrett Heath, Saucony | 4:04.91 |

3000 (27):

- | | |
|-------------------------------------|-------------------------|
| 1. Bernard Lagat, Nike | 7:57.17 (defends title) |
| 2. Galen Rupp, Nike/Oregon TC Elite | 7:59.91 |
| 3. Aaron Braun, McMillan Elite | 8:02.59 |

WOMEN**800 (27):**

- | | |
|----------------------------------|---------|
| 1. Phoebe Wright, Nike | 2:02.27 |
| 2. Erica Moore, unattached | 2:02.92 |
| 3. Heather Kampf, TmUSA Mn/Asics | 2:04.30 |

Mile (27):

- | | |
|---------------------------------------|---------|
| 1. Jenny Simpson, New Balance | 4:34.96 |
| 2. Heidi Dahl, New Balance | 4:36.35 |
| 3. Gabriele Anderson, TmUSA Mn/Brooks | 4:36.64 |
| 4. Sara Hall, Asics | 4:38.47 |

3000 (27):

- | | |
|-------------------------------|---------|
| 1. Jenny Simpson, New Balance | 9:02.20 |
| 2. Sara Hall, Asics | 9:03.91 |
| 3. Allie Kieffer, Sun Elite | 9:35.89 |

South Eastern Conference (SEC) Indoor Championships

Fayetteville, USA, 25-27 February

MEN**Mile (27):**

- | | |
|--|---------|
| 1. Dumisane Hlaselo, JR Florida (RSA), | 4:04.21 |
| 2. Duncan Phillips, JR Arkansas, | 4:04.29 |
| 3. Emmanuel Bor, SR Alabama (KEN), | 4:07.80 |
| 4. Julius Bor, SR Alabama (KEN), | 4:08.09 |

Prelims (26):**Heat 1 -**

- | | |
|--|-----------|
| 1. Emmanuel Bor, SR Alabama (KEN), | 4:08.67 Q |
| 2. Dumisane Hlaselo, JR Florida (RSA), | 4:09.21 Q |

3000 (26):

- | | |
|--|------------|
| 1. Dumisane Hlaselo, JR Florida (RSA), | 8:00.43 PB |
| 2. Ben Cheruiyot, JR Auburn (KEN), | 8:01.38 PB |

3. Emmanuel Bor, SR Alabama (KEN), 8:02.07

XL Galan

(IAAF Indoor Permit Meeting)
Stockholm, SWE, 22 February

MEN

800:

Race A:

1. Richard Kiplagat, 1984, KEN, 1:46.28
2. Boaz Lalang, 1989, KEN, 1:46.37
3. Jackson Kivuva, 1989, KEN, 1:46.38

1000:

1. Abubaker Kaki, 1989, SUD, 2:17.55 WL
2. Augustine Choge, 1987, KEN, 2:18.91
3. Bethwell Birgen, 1988, KEN, 2:19.03

WOMEN

1500:

Race A:

1. Abeba Arigawi, 1990, ETH, 4:01.47 PB/WL
2. Kalkidan Gezahegn, 1991, ETH, 4:03.83
3. Irene Jelagat, 1988, KEN, 4:05.17 PB
4. Morgan Uceny, 1985, USA, 4:05.35 PB
5. Sylvia Ejdays, 1984, POL, 4:05.38 PB
6. Helen Clitheroe, 1974, GBR, 4:06.86
7. Renata Plis, 1985, POL, 4:07.10 PB
8. Hannah England, 1987, GBR, 4:07.13

3000:

1. Meseret Defar, 1983, ETH, 8:36.91
2. Shalane Flanagan, 1981, USA, 8:39.18
3. Lidia Chojecka, 1977, POL, 8:44.25

NEWS

S.A. TEAM FOR WORLD CROSS-COUNTRY

Stephen Mokoka, South African 10000-metre and cross-country champion, and the Phalula twins spearhead the SA contingent to both the African Cross-country Championships in Cape Town on Sunday and the World Championships in Spain two weeks later on 20 March.

The team is:

Senior men:

Kgosi Tsosane, Stephen Mokoka, Lungiswa Mdedelwa, Boy Soke, Xolisa Tyali, Tshamano Setone

Senior women:

Lebogana Phalula, Annerien van Schalkwyk, Lebo Phalula, Mapaseka Makhanya, Teboho Masehla, René Kalmer

Junior men:

William Kaptein, Merline Klaaste, Jeromy Andreas, Luyanda Qolo, Luxolo Mdzanga, Edwin Sesipi

Junior women:

Letitia Saayman, Caroline Marandela, Thato Makhafola, Sylvia Tshetlanyane, Thandeka Manzana, Konzeni Gwegwe

CRAGG MAKES DEBUT IN BOSTON

The elite fields for the 115th running of the Boston Marathon on 18 April have been announced. Last year's winners, Robert Kiprono Cheruiyot and Teyba Erkesso, will line up against formidable opposition.

Leading entrants with PBs include: Men: Geoffrey Mutai KEN 2:04:55, Robert Kiprono Cheruiyot KEN 2:05:52, Ryan Hall USA 2:06:17, Gilbert Yegon KEN 2:06:18, Evans Cheruiyot KEN 2:06:25, Tadese Tola ETH 2:06:31, Sylvester Teimet KEN 2:06:49, Bekana Daba ETH 2:07:04, Philip Kimutai Sanga KEN 2:07:11, Tekeste Kebede ETH 2:07:23, Feleke Abreham Cherkos ETH 2:07:29, Gebre Gebremariam ETH 2:08:14; Alistair Cragg IRL & Moses Mosop KEN make their marathon debuts; Women: Galina Bogomolova RUS 2:20:47, Sharon Cherop KEN 2:22:43, Tirfi Tsegaye ETH 2:22:44, Merima Mohammed ETH 2:23:06, Salina Kosgei KEN 2:23:22, Caroline Kilel KEN 2:23:25, Dire Tune ETH 2:23:44, Teyba Erkesso ETH 2:23:53, Alice Timbilili KEN 2:25:03, Kim Smith NZL 2:25:21, Kara Goucher USA 2:25:52, Werknesh Kidane ETH 2:27:15; Florence Kiplagat KEN debut.

VIEWPOINT**ATHLETICS MUST WAKE UP TO SLOPPY ORGANISATION**

By Riël Hauman

Why do we keep on hurting athletics with sloppy organisation? Why are we making it so difficult for kids (and their parents) to like athletics? Sociologists or education experts could probably provide good answers to these questions, but some recent personal experiences made me wonder again about this.

At a recent meeting I arrived about an hour after the meeting had started. The programme was already twenty minutes late. In the first fifteen minutes after my arrival not a single event took place – there was no attempt to catch up, and as the afternoon went on, the meeting fell further and further behind schedule.

At the weekend's Northern Zone Meeting – one of the most important schools meetings before the Western Province Junior Championships – the programme was 40 minutes behind two hours after it had started. The Friday events finished well after midnight, about two hours late.

This nonadherence to the programme is unfair to athletes and spectators alike and makes it impossible for athletes to do their warmups properly. This is further complicated by the fact that they are required to report to the "call room" an hour before their event and are then required to sit still in rows – almost concentration camp-like – and not move again.

And a "room" it is not – at the Bellville Stadium the area next to the entrance gate is used, where the athletes have to sit in the blazing sun or howling wind (sometimes both at the same time). I complained about this last year, but there was little improvement this year.

Also, there were no printed programmes at the meeting (not that the programme was followed, of course).

At another recent meeting, where entries had to be made at least 45 minutes before an event, I entered an athlete 48 minutes beforehand and was told: "You just made it, you know." Strictly speaking, yes, but then at the start of one of the distance events I saw an incredible thing happening: The starter had already issued his "On your marks!" command and the official had run across the track to ensure that everyone's toes were behind the line. Then the starter said: "Stand back – there's another man coming!"

A runner came jogging from behind, his name was hastily added to the entry list and he was allowed to compete!

At still another meeting I noticed with astonishment how a tiny band of three hurdles helpers went around the track before a 400 m hurdles event and adjusted all eighty hurdles packed out on the track – even though there were only two athletes in the race! I did not time them, but it must have taken about fifteen minutes or so.

And at yet another meeting it was discovered before the steeplechase that there was no water in the water jump. A big pipe was laid across the track to fill the jump – and in the half hour this took, no running events were possible.

At the same Northern Zone Meeting mentioned earlier it was almost impossible to find out how many athletes qualified for a final from each heat. Three officials were asked, but none knew, or purported not to know.

This meeting had ten minutes between each hurdles event – all of which had numerous heats – which is far too little time to adjust hurdles. The same happened at almost all the meetings I attended this season. It is no wonder programmes fall behind, but the question is: Why don't the organisers sit down after a meeting, discuss the problems, and then adjust the programme for the next year? Why is this allowed to happen year after year?

It has to be said that two other meetings I attended this season went like clockwork. One was the biggest schools meeting in the Western Cape, the MTBS (with D.F. Malan, Tygerberg, Bellville and Stellenberg high schools taking part). Hundreds of athletes participate – there are 110 events – with the programme running from 08:30 to 15:00. All 110 events started exactly on schedule, even the very last one. The other meeting was the triangular clash between D.F. Malan, Paul Roos/Bloemhof and Paarl Gimnasium in Stellenbosch, where the same excellent organisation was evident.

Schools athletics is where a love for the sport should be awakened and developed; it is the nurturing ground for future stars. Making it unenjoyable and stressful for youngsters is not going to help in achieving this goal, and is just going to accelerate the already disturbing talent drain to rugby and other sports.

STATS TIME

This week we include a list of the top 35 all-time performances in the 100 km, up to South Africa's Bruce Fordyce. There are twenty runners on the list. All the times, except the top one by Don Ritchie, were run on the road. The list was compiled by Franco Anichini and Andy Milroy.

6:10:20	Don Ritchie	GBR	1	London	28oct1978
6:13:33	Takahiro Sunada	JPN	1	Lake Saroma	21jun1998
6:15:30	Jean-Paul Praet*	BEL	1	Torhout	24jun1989
6:16:41	Praet	BEL	1	Winschoten	12sep1992
6:17:17	Sunada	JPN	1	Belves	30apr2000
6:18:09	Valmir Nunes	BRA	1	Winschoten	16sep1995
6:18:24	Mario Ardemagni	ITA	1	Winschoten	11sep2004
6:20:44	Aleksey Volgin	RUS	2	Winschoten	16sep1995
6:20:59	Aleksandr Masarygin	RUS	1	Rognonas	31jan1993
6:22:08	Yasafumi Mikami	JPN	1	Lake Saroma	20jun1999
6:22:13	Nunes	BRA	1	Sacramento	18feb1995
6:22:19	Masarygin	RUS	1	Rodenbach	24apr1993
6:22:28	Konstantin Santalov	RUS	1	Barcelona	03may1992
6:22:33	Jaroslav Janicki	POL	1	Kalisz	21oct1995
6:22:43	Volgin	RUS	1	Lake Saroma	26jun1994
6:23:00	Tsutomu Sassa	JPN	1	Lake Saroma	27jun2004
6:23:08	Grigoriy Murzin	RUS	1	S.Cruz de Bezana	02oct2004
6:23:14	Murzin	RUS	1	S.Cruz de Bezana	07oct2000
6:23:15	Santalov	RUS	1	Amiens	25sep1993
6:23:15	Pascal Fetizon	FRA	1	Winschoten	09sep2000
6:23:21	Shinichi Watanabe	JPN	1	Winschoten	08sep2007
6:23:29	Murzin	RUS	1	Torhout	19jun1998

6:23:34	Janicki	POL	2	Lake Saroma	26jun1994
6:23:35	Santalov	RUS	1	Palamos	16feb1992
6:23:44	José Maria Gonzalez Munoz	ESP	1	Torhout	16jun2006
6:23:48	Murzin	RUS	1	S.Cruz de Bezana	01oct2005
6:24:05	Simon Pride	GBR	1	Chavagnes	15may1999
6:24:15	Murzin	RUS	1	Lake Saroma	26jun2005
6:24:24	Santalov	RUS	1	Amiens	19oct1991
6:24:26	Thierry Guichard	(30) FRA	2	Chavagnes	15may1999
6:24:29	Kazimierz Bak	GER	3	Lake Saroma	26jun1994
6:24:46	Praet	BEL	1	Torhout	19jun1992
6:24:55	Santalov	RUS	1	Amiens	24oct1992
6:24:56	Yasafumi Mikami	JPN	1	Lake Saroma	22jun1997
6:25:07	Bruce Fordyce	(35) RSA	1	Stellenbosch	04feb1989

*) At the time Praet was under suspension by the Belgian Federation.

THIS MONTH IN HISTORY

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

50 years ago: 19 February 1961

John J. Kelley (USA) won the 4th edition of the Cherry Tree Marathon in 2:25:27.5, with course certification guru (and well-known ultrarunner and author) Ted Corbitt (USA) 5th in 2:45:28. Corbitt had won the first two editions of the race in 1958 and 1959. Kelley, not to be confused with his namesake John A. Kelley, had won Boston Marathon in 1957. After several name changes and change of venues, this race is still being held, now as the Long Island Marathon (it has had 53 runnings).

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	29:32	Stephen Mokoka	Pretoria	19 Feb
	28:41	Sindre Buraas (NOR)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:43	Lusapho April	Jeffreys Bay	08 Jan
	43:35A	Mark Kenneally (IRL)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	65:29	Shadrack Hoff	Pretoria	29 Jan
	59:25	Deribe Merga (ETH)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	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
	1:32:08	Jason Lehmkuhle (USA)		
	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	38:47	Mike du Bruto	Pretoria	26 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	72:30	Philani Ngcobo	Pietermaritzburg	27 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	34:34	Irvette van Blerk	Pretoria	29 Jan
	32:32	Alene Sheewarge Amara (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:56	Ntombesintu Mfunzi	Port Elizabeth	05 Feb
	49:58A	Janet Cherobon (USA)		
	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
	1:46:27	Hiromi Ominami (JPN)		
	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		

Veterans (40+)

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		

Masters (50+)

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				

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				
<u>Juniors</u>				
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	1:45:37	Sbongile Lushaba	Pietermaritzburg	27 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Kevin Harlock, Derrick Chamberlain, André Pienaar, Irene & Jan van Eeden

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