

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

The Asics RAC 10 km was held for the 28th time this weekend and Lucky Mohale ran the second fastest winning time in the history of the race, only 3 seconds off the course record set by Shadrack Hoff in 2003. Christine Kalmer took the women's title.

Internationally, Leonard Komon went to New York on his first visit and won the UAE Healthy Kidney 10 km in a course record 27:35, seven seconds under Gebre Gebremariam's time of a year ago. Komon, the world record holder for 10 km, earned \$45 000 – the largest purse of any 10 km in the world.

Sad news arrived today of the tragic death of one of the great marathoners of recent years, Olympic champion Samuel Wanjiru (see story on the next page).

There were two errors in last week's DRR: David Ngakane (2:15:31 in Pyongyang) should be added to the list of marathoners who have qualified for the World Championships, and Nandipha Dywili, named as the first junior in the Foskop Half Marathon, is not a junior anymore (born in 1991), so cannot claim the list leader. The list has been updated in this issue.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Asics RAC 10 km, Johannesburg
- * Pick 'n Pay Brackenfell Half-Marathon, Brackenfell
- * Sunridge Village Family 10 km, Port Elizabeth
- * Zio Cash & Carry 10 km, Sasolburg
- * George Habelgaarn 10 km, Mossel Bay
- * RBM 35 km & 10 km, Richards Bay
- * Mossel Bay Mall Half Marathon & 10 km, Mossel Bay
- * Pick 'n Pay Two Lagoons 32 km & 10 km, Knysna
- * Pennypinchers Half Marathon & 10 km, East London
- * XC: WP League Meeting #1, Bellville

International highlights:

- * Leiden Marathon & Half Marathon, Leiden, NED
 - * Zazzle Bay to Breakers 12 km, San Francisco, USA
 - * UAE Healthy Kidney 10 km, New York, USA
 - * Fifth Third River Bank 25 km, Grand Rapids, USA
 - * Medtronic TC 1 Mile, Minneapolis, USA
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NEWS

OLYMPIC MARATHON CHAMPION WANJIRU DEAD AT 24

Race Results Weekly reports that Olympic Marathon champion Samuel Wanjiru of Kenya has died, apparently from a fall from a balcony at his home. The news was reported to RRW in a telephone call by Shadrack Biwott, the former University of Oregon runner who had spoken to his brother, marathoner Duncan Kibet, in Kenya.

"He jumped out of a balcony and they tried to revive him, but he didn't make it," said Biwott. Federico Rosa, Wanjiru's manager, confirmed his client's death via a text message.

According to Reuters, police were trying to ascertain whether the athlete, the first Kenyan to win the Olympic Marathon, had deliberately killed himself by jumping off the balcony at his Nyahururu home.

Jaspher Ombati, the regional police chief for the area, said Wanjiru appeared to have suffered internal injuries after the fall and was confirmed dead by doctors at a nearby hospital.

"I can confirm that Wanjiru is dead. It is not yet clear whether it was a suicide or if he jumped out of rage, or what caused him to fall to the ground," Ombati told Reuters. "He jumped from his first floor balcony to the ground. He was bleeding from the nose and the mouth, and may have suffered internal injuries."

Ombati said police were investigating a possible love triangle that could have been behind the death of Wanjiru, a former winner of the Chicago and London marathons. Ombati said the athlete's wife, Triza Njeri, had come home to find Wanjiru in bed with another woman, had locked the couple in the bedroom and ran outside. Wanjiru then leapt from the balcony, he said.

Ombati said Njeri and Wanjiru's female companion are assisting police in investigating the death.

Last December, Wanjiru was charged in court with threatening to kill Njeri and illegal possession of an AK-47 assault rifle. Njeri later withdrew her accusation of attempted murder against him in court, saying the couple had reconciled.

Wanjiru also suffered minor injuries from a car crash in January when he swerved to avoid an oncoming truck, hit a pot hole and rolled his car.

Wanjiru won the Olympic marathon title in Beijing in 2008 with an Olympic record performance of 2:06:32. His other marathon victories included Chicago in 2009 and 2010, Fukuoka in 2007, and London in 2009. Wanjiru was the World Marathon Majors points champion for the 2008/2009 and 2009/2010 seasons, and had a career best time of 2:05:10. He was also the former world record holder for the half marathon with a 58:33 personal best.

- There is more news later in this issue.

ROAD RUNNING

Asics RAC 10 km (28th)

Johannesburg, 15 May
(Loop course)

MEN -

1	Lucky Mohale	Mr Price	25	29:22
2	Richard Mavuso	Nedbank	33	29:54
3	Xolisa Tyali	Nedbank	23	30:36
4	Frik Guys	Nedbank	24	31:02
5	Givemore Mudzinganyama	ZIM/Art of Running	21	31:40
6	Derocious Makhobalo	Gauteng Striders	22	31:53

7	Nkopane Seqhobane	LES/Gauteng Striders	31	31:59
8	Simon Mphoto	Bidvest	36	32:05
9	Ntobeko Mtintso	Kwa-Thema	36	32:08
10	Petr Muso	Eskom	31	32:11

40-49:

1	Gethun Wordofa	ETH/Toyota	44	32:11
2	Lawrence Chipaangaan	Nedbank	42	32:46
3	Butiki Jantjies	Mr Price	40	33:20

50-59:

1	Charles Vilakazi	Kwa-Thema	51	36:32
2	Adam Motlageng	Goldfields	50	36:55
3	Samuel Mogudi	RAC	54	37:21

60-69:

1	Mike Hurst	Striders	60	40:07
2	Brian Chamberlain	Kudus	62	41:06
3	Don Charles	Nedbank	62	41:48

70-79:

1	Pele Tshikudamelena	Vodacom	70	45:00
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Juniors:

1	Thabiso Mateba	Gauteng Striders	19	33:04
2	Thapelo Madiba	Kagiso Striders	18	33:11
3	Olebogeng Masethe	Kagiso Striders	15	33:57

WOMEN

1	Christine Kalmer	Nedbank	25	35:59
2	Nolene Conrad	University of Jhb	25	36:42
3	Maxine Heine-Wacker	University of Jhb	21	37:05
4	Moyo Samukeliso	ZIM/Mr Price KZN	37	37:15
5	Mpho Mabuza	Nedbank	31	38:03
6	Julanie Basson	Toyota	36	40:07
7	Thato Makafola	Kagiso Striders	17	40:03
8	Michelle Mee	RAC	39	41:04
9	Andronica Mokgotla	Gauteng Striders	21	41:36
10	Briguetta Bezuidenhout	University of Jhb	16	42:31

40-49:

1	Vanessa Bowman	Kempton	41	43:30
2	Gillian Whittal	RAC	43	47:12
3	Beth Libby Neall	Randburg Harriers	42	49:07

50-59:

1	Pam Hampton	Sunninghill	54	50:18
2	Lynne Nicolas	JHAC	56	52:28
3	Esme Pereira	JHAC	56	57:47

60-69:

1	Sonja Laxton	RAC	62	46:51
2	Ithuteng Boshoe	Sunninghill	60	55:31
3	Margaret McGilp	Florida	63	58:20

70-79:

1	Deidre Larkin	Randburg Harriers	79	66:30
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Juniors:

1	Thato Makafola	Kagiso Striders	17	40:23
2	Briquette Bezuidenhout	University of Jhb	16	42:31
3	Sune Jonker	Kempies New Balance	15	43:35

Pick 'n Pay Brackenfell Half-Marathon

Brackenfell, 14 May

(Distance: 21.1 km; certified loop course. Weather: Overcast, cold. Finishers: 920.)

MEN

1. Anthony Godongwana (Celtic) 1:06:32; 2. Victor Msopi (MP) 1:07:31; 3. Tebello Poni (VOB) 1:07:35.

Veterans: 1. Dawid Pieterse (Dwars) 1:19:16; 2. Bruce Steward (Gugs) 1:19:37; 3. Isak Oliphant (SANDF) 1:21:55. **Masters:** 1. Friedl van der Merwe (Strand) 1:19:24; 2. Stephen Parkins (Met) 1:20:28; 3. Robbie Lindsay (Ned) 1:23:44. **G'masters:** 1. Hennie Wentzel (Durb) 1:30:34; 2. Albertus Bock (Adid) 1:31:39; 3. Eugene Cairncross (SS) 1:38:55. **Juniors:** 1. Lufumba Sakila (COD/Celtic) 1:09:59; 2. Yeyethu Nokwana (Celtic) 1:13:49; 3. Godwin Swartz (Elsies) 1:16:12.

WOMEN

1. Busisiwe Matiwane (Celtic) 1:24:10; 2. Anneline Roffey (Adidas) 1:25:35; 3. Ursula Frans (Adid) 1:27:19 (1st vet).

Veterans: 1. Ursula Frans (Adid) 1:27:19; 2. Mariëtte Esterhuyse (Tyger) 1:30:13; 3. Cheryl Rudolph (East) 1:36:07. **Masters:** 1. Anne Pool (Strand) 1:44:15; 2. Helen du Plessis (Tyger) 1:44:41; 3. Tutu Haynes-Smart (Edge) 1:46:33. **G'masters:** 1. Marietha Herbert (Bell) 1:52:24; 2. Pixie Sparg (Celtic) 1:55:31; 3. Maryna Vos (Bell) 2:18:01. **Juniors:** 1. Benine Havenga (Tyger) 2:12:00.

Sunridge Village Family 10 km

Port Elizabeth, 14 May

(Loop course. Finishers: 760.)

MEN

1	Zolani	Ngqaqa	Mr Price AC EP	22	30:00
2	George	Ntshiliza	Nedbank RC EP	31	30:02
3	Lungile	Gongqa	Mr Price AC EP	32	30:19
4	Sandile	Ngunuza	Nedbank RC EP	28	30:25
5	Sibusiso	Thu	PEAAC	22	30:54
6	Rodney	Prins	Mr Price AC EP	22	31:05
7	Eric	Sigxashe	Mr Price AC EP	32	31:19
8	Bulelini	Niwa	PEAAC	25	31:54
9	Melikhaya	Frans (1 st jun)	Nedbank RC EP	19	32:13
10	Khayaletu	Makalima	Mr Price AC EP	27	32:15
11	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	42	32:23
12	Mzwanele	Maphekula	Run For Life EP	34	32:42
13	Lubabaloo	Mdlungwane	PEAAC	17	33:01
14	Luyanda	Tshangana	Mr Price AC EP	27	33:02
15	Mila	Pasiya	Nedbank RC EP	31	33:06
16	Msimelelo	Ganca	Nedbank RC EP	23	33:18
17	Lubabalo	Jusayi	Mr Price AC EP	20	33:21
18	Simphiwe	Ntombana	Nedbank RC EP	17	33:53
19	Kobus	Joubert	Jeffreys Bay AC	36	33:56
20	Terrance	Mjekula	Triangle Sports	38	33:57

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	42	32:23
2	Luvuyo	Stephen	Nedbank RC EP	41	34:05
3	Paul	Wolff	Triangle Sports	43	34:18

45-49:

1	Mutekile	Rasmeni	Triangle Sports	46	34:31
2	Darrell	Wicht	Triangle Sports	48	36:53
3	Johann	Postma	Elite AC	46	40:19

50-54:

1	Alfred	Spiers	Elite AC	51	37:39
2	Disemba	Blou	Triangle Sports	52	38:41
3	Alan	Taylor	Triangle Sports	53	39:05

55-59:

1	Sizinzo	Kama	Achilles AAA	59	38:48
2	Bruce	Mcewan	Achilles AAA	57	43:03
3	Colin	Parkins	Bluewater Bay	57	46:03

60-64:

1	Hannes	Els	Madiba Bay AC	61	40:33
2	Percy	Dalton	Achilles AAA	62	45:44
3	David	O'Reilly	Nedbank RC EP	63	48:09

65-69:

1	Tamsanqa	Jusayi	Nedbank RC EP	69	40:26
2	Eckart	Schumann	Body Concept	65	51:15
3	Tom	D'arcy	Achilles AAA	65	55:30

70-74:

1	Gerald	Hoxley	Achilles AAA	70	55:44
2	Selwyn	Solomon	Crusaders AC	72	1:05:06
3	Petrus	De Jager	PEAAC	71	1:13:07

75-79:

1	Wells	Anderson	PEAAC	79	1:03:11
2	Hilary	Pritchard	Crusaders AC	76	1:05:52
3	John	Peart	Nedbank RC EP	75	1:13:08

Juniors:

1	Melikhaya	Frans	Nedbank RC EP	19	32:13
2	Lubabaloo	Mdlungwane	PEAAC	17	33:01
3	Simphiwe	Ntombana	Nedbank RC EP	17	33:53

WOMEN

1	Ntombesintu	Mfunzi	Mr Price AC EP	29	35:38
2	Deliwe	Nyanga	Nedbank RC EP	22	38:18
3	Davera	Magson	Nedbank RC EP	36	38:38
4	Frith	V.d. Merwe (1 st vet)	Run For Life EP	46	41:08
5	Freedah	Ncube	Nedbank RC EP	29	42:27
6	Jane	Barnardo	Body Concept	36	42:27
7	Natascha	De Villiers	Absa NMMU AC	22	42:30
8	Kayla	Nell (1 st jun)	Absa NMMU AC	17	43:25
9	Grizelda	Pietersen	Achilles AAA	42	43:29
10	Jennifer	Coppinger	Rhodes University	21	43:40
11	Lesley	Wood (1 st mast)	Achilles AAA	54	44:16
12	Catherine-Ann	Hustler	Absa NMMU AC	25	44:35
13	Suretha	Verwey	Jeffreys Bay AC	44	44:39
14	Lorna	Lumb	PEAAC	43	44:47
15	Noxolo	Marks	Mr Price AC EP	25	44:55
16	Priscilla	Dyantyi	Mr Price AC EP	37	44:59
17	Hanlie	Van der Westhuizen	Transnet RE EP	55	45:13
18	Caitlin	Deasy	Temp	15	45:17
19	Tiani	Claassen	Transnet RE EP	20	45:59
20	Maresa	Ah Kun	Bluewater Bay	35	45:59

40-44:

1	Grizelda	Pietersen	Achilles AAA	42	43:29
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2	Suretha	Verwey	Jeffreys Bay AC	44	44:39
3	Lorna	Lumb	PEAAC	43	44:47
45-49:					
1	Frith	Van der Merwe	Run For Life EP	46	41:08
2	Treloar	Childs	Walmer AC	47	47:18
3	Paulette	Mcewan	Achilles AAA	46	48:13
50-54:					
1	Lesley	Wood	Achilles AAA	54	44:16
2	Colleen	Steele	Temp	53	50:06
3	Amanda	Wolmarans	Walmer AC	52	52:21
55-59:					
1	Hanlie	Van der Westhuizen	Transnet RE EP	55	45:13
2	Christine	Snyman	Vw Ac	55	54:13
3	Marcelle	Harran	Body Concept	56	57:59
60-64:					
1	Liz	Grundlingh	Muirite Striders	64	50:55
2	Helene	Oppel	Crusaders AC	61	57:08
3	Denise	Terblanche	Walmer AC	63	1:04:07
65-69:					
1	Margaret	Paton	Charlo RR	65	57:39
2	Orgia	Nell	Muirite Striders	67	1:06:12
3	Margaret	Brittain	Legacy Ac	68	1:13:34
70-74:					
1	Dorothy	Hart	PEAAC	73	1:04:58
2	Lorna	Brown	PEAAC	72	1:20:04
3	Aletta	Fourie	Triangle Sports	72	1:24:43
Juniors:					
1	Kayla	Nell	Absa NMMU AC	17	43:25
2	Caitlin	Deasy	Temp	15	45:17
3	Megan	Wilson	Charlo RR	15	51:31

Zio Cash & Carry 10 km

Sasolburg, 14 May

MEN

1 Kgosi Tsosane (Transnet) 29:31; 2 Jeffrey Gwebu (Nedbank) 29:48; 3 John Thipe (Art of Running) 30:28; 4 Norman Dlomo (Lekoa) 30:30; 5 Duseletso Mofokeng (Temp) 30:33 (1st jun).

Veterans: 1 Isaac Sehokho (Rand Water) 35:06. **Masters:** 1 Ernest Tjela (Emfuleni) 38:42. **G'masters:** 1 Johnathan Such (RAC) 45:14. **Juniors:** 1 Duseletso Mofokeng (Temp) 30:33.

WOMEN

1 Masabatha Matoane (Art of Running) 38:59 (1st jun); 2 Mathapela Dlomo (Lekoa) 43:59; 3 Florence Molawa (Arcelor Mittal) 45:37 (1st vet); 4 Malie v.d. Walt (Arcelor Mittal) 45:49; 5 Heather Kappmeier (Nedbank) 47:10.

Veterans: 1 Florence Molawa (Arcelor Mittal) 45:37. **Masters:** 1 Elize Kempen (Arcelor Mittal) 56:06. **G'masters:** 1 Vicky Baker (Vaal) 63:53. **Juniors:** 1 Masabatha Matoane (Art of Running) 38:59.

George Habelgaarn 10 km

Mossel Bay, 14 May

MEN

1. Vuyo Witbooi	Outeniqua Harriers	33:00
2. Julius Korkee	Rainbow AC	33:18
3. Elfonzo Pieterse	Coastline Athletics	33:26

40-49:

1. Mxolisi Fana	Temporary License	34:01
2. Selwyn Losper	Mossel Bay Harriers	34:21

50-59:

1. Hermanus Jonkerman	Nedbank Running Club	38:09
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60+:

1. Jack v.d. Berg	Knysna Marathon Club	54:52
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Juniors:

1. Brendon Nieuwenhuis	Coastline Athletics	36:33
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WOMEN

1. Karen v.d. Merwe	Nedbank Running Club	42:19
2. Annatjie Botes	Nedbank Running Club	42:36
3. Marie Wolmarans	Nedbank Running Club	43:07

40-49:

1. Maryke Sass	Mossel Bay Harriers	46:25
2. Christa Smit	Hartenbos Drawwers	46:40

50-59:

1. Annatjie Botes	Nedbank Running Club	42:36
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60+:

1. Rea Oosthuizen	Hartenbos Drawwers	49:39
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RBM 35 km & 10 km

Richards Bay, 8 May

Note: Unfortunately no clubs or complete names were provided. – Ed.**35 km****MEN**

1. S. Pazanga	1:57:33
2. ? Wellington	1:57:50
3. L. Muchena	1:58:37

WOMEN

1. C. Nyakwishira (ZIM)	2:24:44
2. M. van Rooyen	2:26:08
3. S. Scrase	2:41:40

10 km**MEN**

1. S. Tenai (ZIM)	32:20
2. P. Nkosi	33:00
3. M. Ngubane	35:05

WOMEN

1. N. Mthethuda	41:33
2. Z. Langelihle	44:40

3. B. Mthonti 45:29

Mossel Bay Mall Half Marathon & 10 km

Mossel Bay, 7 May

(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon – 128; 10 km – 134.)

Half marathon

MEN

1	Gurome	Gelderbloem	Mosselbaai Harriers	35	1:12:07
2	Disqualified				
3	Lindile	Tokota	Nedbank	43	1:12:57
4	Vuyo	Witbooi	Outeniqua Harriers	35	1:14:30
5	John	April	RWFL Oudtshoorn	22	1:17:32
6	Sydney	Landsberg	Nedbank	49	1:19:54
7	Paulus	Allart	Mosselbaai Harriers	42	1:19:59
8	Mario	Meyer	Hartenbos Drawwers	32	1:20:02
9	Marlon	Mortlock	Knysna Marathon Club	37	1:21:18
10	Jaco	Botha	Nedbank Bloem Achillies	37	1:21:21
11	Granville	Hendricks	Rainbow AC	27	1:24:06

WOMEN

1	Roelande	Visser	Ind	27	1:32:24
2	Heilani	Streuderst	Hartenbos Drawwers	39	1:32:48
3	Lisl	Grobler	Knysna Marathon Club	34	1:36:20
4	Carina	Muller	Hartenbos Drawwers	32	1:41:25
5	Kleintjie	van Schalkwyk	Hartenbos Drawwers	47	1:41:26
6	Romé	Phillipson	Mosselbaai Harriers	29	1:43:14
7	Maryke	Sass	Mosselbaai Harriers	40	1:43:55
8	Christa	Smit	Hartenbos Drawwers	43	1:43:56
9	Rea	Oosthuizen	Hartenbos Drawwers	64	1:51:30
10	Tanya	Faber	Outeniqua Harriers	38	1:52:00

10 km

MEN

1	Julius	Korkee	Rainbow AC	26	34:19
2	André	Jabobus	Ind	31	35:08
3	Leon	Adams	Ind	17	35:23
4	Zuzile	Ntsiniyabo	Outeniqua Harriers	36	35:55
5	Melikhaya	Msizi	Knysna MC	27	36:17
6	Elfonzo	Pieterse	Coastline AC	22	36:34
7	Siyaboonga	Madale	Coastline AC	26	37:06
8	Joey	Klaasen	Coastline AC	40	37:20
9	Jimmy	Heneke	Rainbow AC	36	37:36
10	Slade	West	Sedgefield Striders	17	37:42

WOMEN

1	Angeline	Daries	Ind	15	44:52
2	Lize	Cornelius	Hartenbos Drawwers	24	45:10
3	Chad	Lahana	Ind	35	50:07
4	Jessica	Jacobs	Hartenbos Drawwers	15	52:10
5	Marike	Pieterse	Hartenbos Drawwers	27	52:33
6	Elsa	de Villiers	Hartenbos Drawwers	51	52:59
7	Annemarie	Roetz	Nedbank	51	53:52
8	Linda	Jooste	Hartenbos Drawwers	25	57:06
9	Marlene	Coertze	Hartenbos Drawwers	46	57:13

10 Antionette du Preez Mosselbaai Harriers 39 57:45

Pick 'n Pay Two Lagoons 32 km & 10 km

Knysna, 30 April

(Loop courses. Finishers: 32 km – 81; 10 km – 151.)

Note: Elize Kloppers finished eighth overall in the 32 km. – Ed.

32 km

MEN

1	Eric	Sigxashe	Mr Price	33	1:52:35
2	Lindile	Tokota	Nedbank	44	1:58:18
3	Zuzile	Nitziniyabo	Outeniqua	36	2:03:41
4	Sitthembe	Tabata	Plett Ath	43	2:06:28
5	Melikhaya	Msizi	Knysna	28	2:08:52
6	Marlon	Mortlock	Knysna	37	2:15:26
7	Sebenzile	Dayimani	Knysna	49	2:20:13
8	Mihan	Roos	Knysna	33	2:32:46
9	James	Ngzale	Knysna	48	2:36:50
10	Joe	Mthimuny	Jeppe Quo	46	2:39:44

WOMEN

1	Elize	Kloppers	Hartenbos	41	2:25:49
2	Lisl	Grobler	Knysna	35	2:42:12
3	Helga	Mathee	Temp	36	2:50:28
4	Nicky	Ryder	Rac	38	2:54:57
5	Christa	Smith	Hartenbos	44	2:55:16
6	Denise	De Jongh	Temp	33	2:55:28
7	Rome	Philipson	Mosselbaai	29	2:56:41
8	Michelle	Viljoen	Klerksdorp MC	35	2:58:03
9	Tanya	Faber	Outeniqua	39	3:08:45
10	Margaret	O'Connor	Knysna	54	3:16:57

10 km

MEN

1	Gerome	Gelderbloem	Moselbaai	35	32:06
2	Zandisele	Negeva	Nedbank	34	32:35
3	Juluis	Korkee	Rainbow	27	33:19
4	Vuyo	Witbooi	Outeniqua	36	34:36
5	Didishe	Sinesipho	Knysna	20	35:28
6	Mpumelelo	Ndlunbine	Nedank	39	35:41
7	V E	Lotter	Alberton	18	36:27
8	Enslie	Geswindt	Mosselbaai		36:32
9	Grenwell	Hendricks	Rainbow	28	36:33
10	Jimmy	Henneke	Rainbow	36	37:07

WOMEN

1	Melissa	Van As	Nedbank	29	40:18
2	Eva	Offer			42:41
3	Rianda	Gilliland	Plexus Durbanvill	27	45:09
4	Nadia	Lottering	Temp	25	46:47
5	Linda	Hegerty	Knysna	34	47:15
6	Aneen	Koch	Temp	43	47:44
7	Tea Mari	Van der Sandt	Nedbank	36	48:47
8	Sam	Webser		16	48:49
9	Dawn	Springer	Temp	50	49:33

10 Elsa De Villiers Hartenbos 52 49:43

Pennypinchers Half Marathon (33rd) & 10 km

East London, 29 January

(Distances: 21.1 km & 10 km. Finishers: half marathon – 227; 10 km – 420.)

Note 1: The race was run as a marathon 30 times (including once as a 32 km) and changed to a half marathon in 2009. Since it remains essentially the same event, organised by the same club, the sequence of total runnings of the race is continued – it now stands at 33. – Ed.

Note 2: Better late than never! Thanks to Sharon Eldridge for these results. – Ed.

MEN

1	Melikhaya Sithuba	Mr Price	1:13:14
2	Zingisile Marikeni	Crrctnl Services	1:15:12
3	Makhaya Masumpa	Oxford Striders	1:17:15

40-49:

1	Makhaya Masumpa	Oxford Striders	1:17:50
2	Kenneth Mnyamana		n/t

50-59:

1	Pierre Jean Renaud	Oxford Striders	1:34:34
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60+:

1	Joseph Stander	Qunstwn Hrriers	1:57:15
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WOMEN

1	Hanlie Botha	Oxford Striders	1:21:34
2	Sharon Wood	ELAC	1:35:01
3	Gayle Langley	Bufs	1:38:52

40-49:

1	Sharon Wood	ELAC	1:35:01
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Juniors:

1	Zoliswa Mangaliso	Oxford Striders	2:04:00
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10 km

MEN

1	Luyando Ntlokwana	Individual	38:27
2	Gary Muller	Oxford Striders	39:04
3	Masixole Mpemvusle	Individual	40:05

40-49:

1	Grant Wolff	Individual	46:32
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50-59:

1	Themba Bhelwana	Oxford Striders	43:22
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60+:

1	Arthur Brindley	Bufs	52:22
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Juniors:

1	Vusanzi Zondo	All Stars	40:15
2	Vuyani Makeleni	All Stars	41:05
3	Zolani Mangaliso	Oxford Striders	43:36

WOMEN

1	Kirsty Weir	Individual	41:33
2	Cindy Schwulst	Individual	45:39
3	Charlene Kennedy	Individual	46:20

40-49:

1	Amanda Kelly	Individual	73:52
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50-59:

1	Colleen Muller	Individual	50:03
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60+:

1	Ruth Knight	Old Boys	66:28
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Juniors:

1	Cindy Schwulst	Individual	45:39
2	Leah Sloman	Individual	46:35
3	Sihle Gquzulo	Individual	48:33

CROSS-COUNTRY**WP League Meeting #1**

Bellville, 7 May

Note: The athletes' names are given in the order surname, first name. All men's age categories run 8 km, except the u.17 boys (6 km) and all women's age categories run 4 km, except the u.19 girls (6 km). – Ed.

SR. MEN (12 km)

1	Madyo Nkosinathi	Nedbank WP	39:11
2	Diko Sityhilo	Adidas	39:12
3	Qhina Mthandalo	RCS Gugs	40:14
4	Camphor Hein	Adidas	40:24
5	Fortuin Duane	Adidas	40:26
6	Msopi V	Mr Price WP	41:11
7	Gumenge	ACSIS VOB	41:24
8	Samuels Manfred	Helderberg Harr	41:33
9	Mpekula Marks	ACSIS VOB	41:54
10	Nogwaza Innocent	Adidas	42:28

SR. MEN (4 km)

1	Ngudlumana Virginia	Celtic Harriers	12:48
2	Mouries Dewayne	Itheko	12:56
3	Phumlani Sigidi	Nedbank WP	13:08
4	Pedro E J	CPUT	13:19
5	Pretorius J	Maties	13:24
6	Mdeni Wongalethu	ACSIS VOB	13:32
7	Bhebha Bulelani	ACSIS VOB	13:39
8	Mgweba M	CPUT	13:46
9	Newman E	Itheko	13:52
10	Jaftha R	Eerste River	13:54

Veterans:

1	Katzen Graham	Celtic Harriers	29:05
2	Persents Johnny	Adidas	29:22
3	September John	Celtic Harriers	29:34

Masters:

1	Howard Raymond	Celtic Harriers	30:31
2	Mpukani Goodman	RCS Gugs	31:37
3	V.d. Merwe Friedl	Strand	31:48

G'masters:

1	Veldsman Awie	Helderberg Harriers	32:59
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2	Bock Albertus	Adidas	35:57
3	Cleophas Henry	Nedbank WP	37:57

U.19:

1	Andreas Jeromy	UWC	27:16
2	Makhaluza Siyabonga	Easterns	27:17
3	Mdzanga Luxolo	RCS Gugs	27:19

U.17:

1	Njenxa Asive	Khayelitsha	20:34
2	Timoteus Anthony	UWC	20:35
3	Gcobani Mndi	RCS Gugs	20:36

SR. WOMEN (8 km)

1	Mtshagi Bulelwa	Celtic Harriers	32:59
2	Skabalanjana Asiphe	RCS Gugs	33:21
3	Roffey Anneline	Adidas	33:31
4	Fischer C	ACSIS VOB	33:37
5	Matiwane Busisiwe	Celtic Harriers	34:42
6	de Lange Sheryl	Adidas	35:07
7	Hall Candyce	Hout Bay	35:24
8	Impey C A	NBMS	36:14
9	Close J	NBMS	36:27
10	Wilke S	UCT	36:51

SR. WOMEN (4 km)

1	Perold Helene	Adidas	16:52
2	Teleko Naome	Nedbank WP	17:54
3	Mahla Ayanda	Atlantic	17:56
4	Mbombo P	Khayelitsha	18:01
5	Giliomee L	Maties	18:03
6	Sauls Abegail	Itheko	18:22
7	Oosthuizen Natasha	Adidas	18:55
8	Seale A	ACSIS VOB	19:04
9	Siegelaar A	WCSS	19:06
10	Johannes Tyshia	RCS Gugs	20:34

Veterans:

1	De Lange Sheryl	Adidas	16:32
2	Coetzee Elmarie	Adidas	16:45
3	Esterhuyse Mariëtte	Tygerberg NLK	16:55

Masters:

1	Paul Levona	Defence WP	18:54
2	Johannes Denise	Spartan Harriers	19:58
3	Smith Sonia	MP Titans	20:38

G'masters:

1	Sparg Pixie	Celtic Harriers	21:03
2	Barnard Zonia	Celtic Harriers	22:09
3	Richfield Rosalie	UCT	24:19

U.19:

1	Mateyisi Khanya	Khayelitsha	25:36
2	Snyman Asiphe	Celtic Harriers	26:03
3	Beukes Reghana	Eerste River	27:02

U.17:

1	Faulman S	Springfield P/S	16:25
2	Mtshemla Pamela	ACSIS VOB	16:48
3	Bothma Annie	Helderberg Harr.	17:02

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

Leiden Marathon & Half Marathon

Leiden, NED, 15 May

Marathon

MEN

- | | |
|-------------------------|-------------|
| 1. Abdelkrim Boubkert | KEN 2:14:40 |
| 2. Samson kitwai Tuiyan | KEN 2:24:52 |
| 3. Jos Hoogeboorn | NED 2:38:34 |

WOMEN

- | | |
|-------------------|-------------|
| 1. Jimma Abo | ETH 2:39:04 |
| 2. Mariska Kramer | NED 2:46:17 |

Half marathon

MEN

- | | |
|------------------------|--------------|
| 1. Natahniel Kipkosgei | KEN 1:01:26 |
| 2. Kennedy Kimutai | KEN 1:01:30 |
| 3. Igor Geletiy | RUS? 1:05:31 |

WOMEN

- | | |
|--------------------------|-------------|
| 1. Soumiya Labani | MAR 1:12:56 |
| 2. Lindsay van Marrewijk | NED 1:15:42 |
| 3. Fa Adda | NED 1:21:19 |

Zazzle Bay to Breakers 12 km (100th)

San Francisco, USA, 15 May

(Certified point-to-point course with minimal elevation loss [0.1 m/km])

MEN

- 1) Ridouane Harroufi (MAR), 34:26, \$37,000*#
- 2) Direba Merga (ETH), 34:29, \$3000
- 3) Allan Kiprono (KEN), 34:31, \$2000
- 4) Tesfaye Sendeku (ETH), 35:10, \$1250
- 5) Lani Kiplagat (KEN), 35:21, \$750
- ... 7) Meb Keflezighi (USA), 35:34, \$500

WOMEN

- 1) Lineth Chepkurui (KEN), 39:12, \$12,000*
- 2) Mamitu Daska (ETH), 39:13, \$3000
- 3) Jelliah Tingea (KEN), 39:58, \$2000
- 4) Misiker Mekonnin Demiss (ETH), 40:36, \$1250
- 5) Jane Kibii (KEN), 41:21, \$750
- 6) Magdalena Lewy-Boulet (USA), 41:26, \$1750 (Top American, First Bay Area Female)

*) Includes \$5000 bonus for first to Hayes Street Summit

#) Includes \$25,000 for first to break the tape at the Breakers

UAE Healthy Kidney 10 km

New York, USA, 14 May

MEN

- 1) Leonard Patrick Komon (KEN), 27:35 CR, \$45,000
- 2) Micah Kogo (KEN), 27:55, \$12,500
- 3) Joseph Ebuya (KEN), 27:56, \$8000
- 4) Lelisa Desisa (ETH), 28:19, \$5000
- 5) Simon Ndirangu (KEN), 28:19, \$2500
- 6) Tesfaye Girma (ETH), 28:25, \$2250
- 7) Ezkyas Sisay (ETH), 28:47 PB, \$1250
- 8) Bado Worku Merdessa (ETH), 29:06, \$750
- 9) Bobby Curtis (USA), 29:09 PB, \$250
- 10) Derese Deniboba (ETH), 29:10, \$300

WOMEN

- 1) Buzunesh Deba (ETH), 33:39, \$1000
- 2) Betsy Burke (USA), 36:13
- 3) Michaela Laussegger (USA), 37:32

Fifth Third River Bank 25 km (34th)

(USA Men's & Women's Championships)

Grand Rapids, USA, 14 May

MEN

- 1) Fernando Cabada (CO), 1:15:41, \$7500
- 2) Josh Moen (MN), 1:16:09, \$3500
- 3) Andrew Carlson (MN), 1:16:35, \$2000
- 4) Nicholas Arciniaga (AZ), 1:17:22, \$1000
- 5) Matthew Gabrielson (MN), 1:17:50, \$800

WOMEN

- 1) Molly Pritz (MI), 1:25:38, \$7500
- 2) Dot McMahan (MI), 1:28:38, \$3500
- 3) Jeanette Faber (MA), 1:28:48, \$2000
- 4) Kristen Fryburg-Zaitz (CO), 1:29:16, \$1000
- 5) Jennifer Houck (MN), 1:30:06, \$800
- 6) Colleen De Reuck (CO), 1:31:06, \$600

Medtronic TC 1 Mile (7th)

(USA Men's & Women's Championships)

Minneapolis, USA, 12 May

MEN

- 1) David Torrence(CA), 3:58.4*, \$4000
- 2) Aaron Braun (AZ), 4:01.2, \$2500
- 3) Craig Miller (WI), 4:01.3, \$1500
- 4) MacKlin Chaffee (VA), 4:03.2, \$800
- 5) James Hatch (CO), 4:04.0, \$500

WOMEN

- 1) Sara Hall (CA), 4:30.8*, \$4000
- 2) Heather Kampf (MN), 4:36.3, \$2500
- 3) Gabriele Anderson (MN), 4:36.9, \$1500
- 4) Lauren Bonds (NC), 4:37.1, \$800

5) Amy Mortimer (TN), 4:37.3, \$500

NEWS

JUAN VAN DEVENTER OUT OF WORLD CHAMPIONSHIPS

Distance star Juan van Deventer will not be at the IAAF World Championships in Daegu. Van Deventer was hit by a car while training on the road in Ruimsig, near Johannesburg, last Wednesday. The impact broke his left knee cap.

Van Deventer, who finished seventh in the 1500 m final at the 2008 Olympic Games in Beijing, was also prevented by injury to take part in the World Championships in Berlin and last year's Commonwealth Games.

Van Deventer's knee was operated on on Friday and he will be out of action for at least two months.

The athlete was on a long training run when a motorist apparently lost control of his car, cut a corner and hit Van Deventer from the side. "I haven't had so much pain for a long time," Van Deventer said.

He was supposed to run in the Diamond League meetings in Shanghai on Sunday and Eugene on 4 June.

Van Deventer, the SA record holder for 3000 m, won the national 1500 m title last month.

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2011 each week, with one list per issue. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2011 10 KM: TOP 10 MEN

28:42	Lusapho April	1	Port Elizabeth	16 Apr
29:13	George Ntshiliza	2	Port Elizabeth	16 Apr
29:28	Lindikhaya Mthangayi	1	Stellenbosch	23 Feb
29:32	Stephen Mokoka	1	Pretoria	19 Feb
29:35	Nkosinathi Madyo	2	Stellenbosch	23 Feb
29:44	Lukhanyo Mabimza	1	Goodwood	05 Mar
29:45	Richard Motsamai Mavuso	1	Pretoria	21 Mar
29:45	Zolani Ntongana	2	Goodwood	05 Mar
29:49	Sibusiso Nzima	1	Pretoria	29 Jan
29:49	Elroy Gelant	3	Stellenbosch	23 Feb

THIS MONTH IN HISTORY

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

57 years ago: 6 May 1954

The announcement remains probably the most famous in the history of athletics: "Ladies and gentlemen, here is the result of event number nine, the one mile: First, R.G. Bannister ... with a time that will be a new English Native, British National, British all-comers', European, British Empire and World's record. The time is three ..." The rest was drowned out by the crowd's roar. But the world's first dream mile, Roger Bannister's 3:59.4 at the Iffley Road track in Oxford, was only one of two celebrated records set that month. Twenty-four days later Emil Zatopek broke Gunder Hägg's 12-year-old world 5000-metre

record with 13:57.2. And within 48 hours, on June 1 in Brussels, Zatopek became the first man to run a sub-29 minute 10000 m, 28:54.2.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2011

This section lists this year's best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in SA races, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

MEN

Open

10 km	28:42	Lusapho April	Port Elizabeth	16 Apr
	27:15	Micah Kogo (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:43	Lusapho April	Jeffreys Bay	08 Jan
	42:58	Mohamed Trafah (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:42	Stephen Mokoka	Yangzhou	24 Apr
	58:30	Zerzenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	78:37	Richard Mavuso	Pretoria	07 May
	76:56	Jan Fitschen (GER)		
	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	2:09:25	Lusapho April	Hannover	08 May
	2:03:02A	Geoffrey Mutai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	32:15	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	86:37	Nikky Masombuka	Pretoria	07 May
	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	35:18	Meshack Motla	Hartebeespoort	19 Mar
	[32:10	Vladimir Kotov	Cape Town	02 Mar]

	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:11	Johannes Seakamela	Alberton	13 Mar
	[50:03	Vladimir Kotov (BLR)	Constantia	12 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	72:24	Charles Vilakazi	Johannesburg	27 Mar
	66:42	Martin Rees (GBR) 2003		
25 km	1:39:05	Edmond Mngadi	Durban	10 Apr
30 km	1:58:23	Raymond Howard	Camps Bay	09 Jan
	[1:46:47	Vladimir Kotov (BLR)	Parow	03 Apr]
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	38:23	Awie Veldsman	Bellville	16 Apr
15 km	59:28	Jimmy Morris	Constantia	12 Mar
21.1 km	86:45	Mike du Bruto	Pretoria	05 Feb
25 km	1:48:44	Michael Langa	Durban	20 Mar
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	30:18	Unathi Nteta	Cape Town	02 Mar
	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	69:01	Melikhaya Frans	Port Elizabeth	30 Apr
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	33:07	René Kalmer	Bellville	10 Apr
	31:26	Doris Chepngywo (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:48	René Kalmer	Alberton	13 Mar
	49:31	Jennifer Rhines (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	70:56A	Irvette van Blerk	New York	20 Mar
	72:04	Irvette van Blerk	Cape Town	23 Apr
	65:50	Mary Keitany (KEN)		
	66:25	Lornah Kiplagat (KEN) 2007		
	65:50p	Mary Keitany (KEN) 2011		
25 km	94:11	Louisa Leballo	Pretoria	07 May
	87:02	Eleni Gebrewot (ETH)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:02:46	Bulelwa Simae	Parow	03 Apr
	1:46:27	Hiromi Ominami (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:34:47	René Kalmer	Prague	08 May
	2:19:19	Mary Keitany (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	38:08	Jacqui Bakkes	Bellville	10 Apr
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:51	Joanna Thomas	Constantia	12 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	83:18	Jacqui Bakkes	Cape Town	23 Apr
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:34A	Frith van der Merwe	Somerset East	19 Mar
	1:49:49	Grace de Oliveira	Durban	20 Mar
	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	2:53:24A	Joanna Thomas	Oudtshoorn	26 Feb
	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	42:27	Olga Howard	Bellville	16 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	67:09	Bev Charters	Constantia	12 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	92:40A	Annatjie Botes	Wilderness	09 Apr
	93:18	Annatjies Botes	Oudtshoorn	29 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:57:33	Sandra Steenkamp	Pretoria	07 May
30 km	2:25:56	Miranda Ward	Worcester	12 Mar
Marathon	3:10:48	Annatjie Botes	George	13 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	45:36	Sonja Laxton	Port Elizabeth	08 May
15 km	69:11	Liz Ruickbie	Johannesburg	27 Feb
21.1 km	1:42:46	Veronica van Niekerk	Brandvlei	05 Feb
25 km	2:30:27	Linda Bell	Durban	10 Apr
30 km	2:30:15	Veronica van Niekerk	Worcester	12 Mar
Marathon	3:41:01	Veronica van Niekerk	George	13 Feb
100 km				

Juniors

10 km	36:08	Dominique Scott	Bellville	10 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	68:36	Jeanni Seymour	Johannesburg	09 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:25:31	Letitia Saayman	Stellenbosch	30 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Kevin Harlock, Alen Hattingh, André Pienaar, Irene & Jan van Eeden, Derrick Chamberlain, SWD Athletics, Dot Barker (RAC), Patrick Baransky, Elsa & Ben Oliver, Vreni Welch, Sharon Eldridge

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