

Distance Running Results

Vol. 11, No. 25 – 27 June 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

NOTE TO SUBSCRIBERS

Subscribers who received renewal notices a few weeks ago and who have not yet renewed their subscription will not receive any further issues of *Distance Running Results* after this one. If you do want to continue, please submit your payment according to the instructions in the e-mail message you received. Thank you.

EDITORIAL

There was some great running in the Eersterivier 15 km in the Cape Peninsula this weekend. Last year the first three women, led by Zintle Xiniwe, ran faster than the then list leader. This year only Xiniwe (53:44) did so, but the next two women also dipped under 54 minutes. Three more list leaders were set, in the categories for veteran men, junior men and junior women.

Internationally, the world's fastest time for 10 km this year was posted by Joyce Chepkurui, who ran 30:43 in the Appingedam Stadsloop. She won the race by almost 1½ minutes.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Eersterivier 15 km, Eersterivier
- * Volkswagen/Johnson Controls 10 km, Uitenhage
- * Impendle 10 km & 16 km, Pietermaritzburg
- * XC: Interprovincial Meeting, Polokwane; WP League Meeting #5, Koeberg

International highlights:

- * Inaugural BAA 10 km, Boston, USA
 - * Stadsloop 10 km, Appingedam, NED
-

ROAD RUNNING

Eersterivier 15 km

Eersterivier, 25 June
(Certified out-and-back course. Finishers: 950.)

MEN

1. Sityhilo Diko (Adid) 45:32; 2. Anthony Godongwana (Celtic) 46:13; 3. Tom Lusaseni (MP) 46:29.

Veterans: 1. Johnny Persents (Adid) 50:25; 2. John September (Celtic) 50:29; 3. Dion Middelkoop (VOB) 52:01. **Masters:** 1. Raymond Howard (Celtic) 53:19; 2. Michael Bekapi (VOB) 55:56; 3. Friedl van der Merwe (Strand) 56:01. **G'masters:** 1. Awie Veldsman (Held) 60:30; 2. Carel Muller (Stell) 62:24; 3. Johann Diener (Strand) 63:32. **G/g'masters:** 1. Rob Lanning (AAC) 2:15:22. **Juniors:** 1. Luxolo Mdzanga (Gugs) 47:22; 2. Gcobani Mndi (Gugs) 49:02; 3. Godwin Swartz (Elsies) 49:34.

WOMEN

1. Zintle Xiniwe (Ned) 53:44; 2. Bulelwa Simae (Ned) 53:47; 3. Nomvuyisi Seti (Celtic) 53:52.

Veterans: 1. Sheryl de Lange (Adid) 63:03; 2. Mariëtte Esterhuyse (Tyger) 63:20; 3. Patricia Adams (Met) 64:39. **Masters:** 1. Helen du Plessis (Tyger) 71:23; 2. Anne Pool (Strand) 72:09; 3. Carine Kruger (Held) 74:45. **G'masters:** 1. Marietha Herbert (Bell) 76:59; 2. Pixie Sparg (Celtic) 78:02; 3. Sarah Herdien (Atlantis) 87:18. **G/g'masters:** 1. Maggie Johnson (Tyger) 1:54:15. **Juniors:** 1. Annie Bothma (Held) 59:51; 2. Reghanna Beukes (Eerste) 68:33; 3. Candice Hosking (UWC) 71:21.

Volkswagen/Johnson Controls 10 km

Uitenhage, 25 June

(Loop course. Weather: cold, rain. Finishers: 188.)

MEN

1	Zolani	Ngqaqa	Mr Price AC EP	22	31:19
2	Sibusiso	Thu	PEAAC	23	31:20
3	Eric	Sigxashe	Mr Price AC EP	32	31:45
4	Melikhaya	Frans (1 st jun)	Nedbank RC EP	19	32:01
5	Mzolisi	Makhanda	Nedbank RC EP	28	32:37
6	Mariano	Eesou	Nedbank RC EP	19	32:55
7	Bulelini	Niwa	PEAAC	25	33:19
8	Simphiwe	Ntombana	Nedbank RC EP	17	33:35
9	Robert	Matthys	Mr Price AC EP	35	33:41
10	Sandile	Ngunuza	Nedbank RC EP	28	34:05
11	Alfred	Qogi	Nedbank RC EP	37	34:13
12	Xolisa	Nelani	Nedbank RC EP	16	34:20
13	Mila	Pasiya	Nedbank RC EP	31	34:23
14	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	43	34:34
15	August	Esau	Nedbank RC EP	40	35:04
16	Salman	Booi	Temp	37	35:25
17	Morne	Buis	Nedbank RC EP	18	35:32
18	Christopher	Mabengeza	Nedbank RC EP	45	35:48
19	Thembekile	Msipa	Charlo RR	36	36:02
20	Sonwabo	Hina	PEAAC	21	36:19

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	43	34:34
2	August	Esau	Nedbank RC EP	40	35:04
3	Nkosinathi	Gcakasi	Bluewater Bay	40	36:22

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	45	35:48
2	Welcome	Loliwe	Nedbank RC EP	46	37:03
3	Ian	Patterson	Muirite Striders	48	37:35

50-54:

1	Alfred	Spiers	Elite AC	51	36:49
2	Charles	Baatjies	Elite AC	54	41:18

3	Lenneth	Erasmus	Willard Batteries	53	41:24
55-59:					
1	Sizinzo	Kama	Achilles AAA	59	40:45
2	Bruce	Mcewan	Achilles AAA	57	43:26
3	Paul	Steffens	Transnet Re EP	59	44:43
60-64:					
1	Graham	Channon	Achilles AAA	61	49:21
2	Eldon	Fortmann	Walmer AC	60	54:16
3	Bob	Stedman	Achilles AAA	61	55:49
65-69:					
1	Tamsanqa	Jusayi	Nedbank RC EP	69	41:36
2	Johannes	Herbst	Muirite Striders	65	48:03
3	Eckart	Schumann	Body Concept	65	51:03
70-74:					
1	Gerald	Hoxley	Achilles AAA	70	58:28
2	Henry	Human	VW AC	72	1:04:26
Juniors:					
1	Melikhaya	Frans	Nedbank RC EP	19	32:01
2	Simphiwe	Ntombana	Nedbank RC EP	17	33:35
3	Xolisa	Nelani	Nedbank RC EP	16	34:20
WOMEN					
1	Ntombesintu	Mfunzi	Mr Price AC EP	29	38:03
2	Deliwe	Nyanga	Nedbank RC EP	22	38:10
3	Ursula	Kuhn	Absa NMMU AC	29	42:48
4	Priscilla	Dyantyi	Mr Price AC EP	37	45:13
5	Noxolo	Marks	Mr Price AC EP	25	46:00
6	Janette	Schierz-Crusius (1 st mast)	Body Concept	50	46:22
7	Adele	Nel	St Albans CS EP	38	47:54
8	Bronwen	Perry	Crusaders AC	29	49:58
9	Sharon	Smuts (1 st vet)	St Albans CS EP	45	50:17
10	Aletta	Joubert	Crusaders AC	49	50:46
11	Denise	Darlow	Charlo RR	42	51:16
12	Desiree	Ebrahim	Willard Batteries	45	51:30
13	Tammy	Southby	Charlo RR	37	52:24
14	Debbie	Dodd	Charlo AC	40	52:35
15	Charlotte	Van Coller	Elite AC	43	53:21
16	Gwenneth	Mackwena	Temp	33	54:35
17	Nomfundo	Hlela	Body Concept	28	55:05
18	Teresa	Van Jaarsveld	Temp	40	55:07
19	Phindiwe	Mzuzo	Temp	28	55:22
20	Katie	Morris	Crusaders AC	28	55:28
40-44:					
1	Denise	Darlow	Charlo RR	42	51:16
2	Debbie	Dodd	Charlo AC	40	52:35
3	Charlotte	Van Coller	Elite AC	43	53:21
45-49:					
1	Sharon	Smuts	St Albans CS EP	45	50:17
2	Aletta	Joubert	Crusaders AC	49	50:46
3	Desiree	Ebrahim	Willard Batteries	45	51:30
50-54:					
1	Janette	Schierz-Crusius	Body Concept	50	46:22
2	Marietjie	Pietersen	Temp	54	57:31
3	Liz	Austin	Achilles AAA	52	1:00:33
55-59:					
1	Marcelle	Harran	Body Concept	56	1:00:17

Impendle 10 km & 16 km

Pietermaritzburg, 16 June

10 km

MEN

1. Thobani Chagwe (Boxer AC) 38:45
2. Samuel Pazanga (ZIM/Mr Price AC) 39:56
3. Lagat Tenai (KEN/Formula 1 AC) 40:17

WOMEN

1. Mary Mwelase (Boxer AC) 61:38
2. Sindisiwe Jali (Eskom Gijimas) 63:27

16 km

MEN

1. Sibonelo Duma (Boxer AC) 1:03:03
2. Tuso Mosia (Eskom Gijimas) 1:03:29
3. Khulekani Ngubane (Mr Price AC) 1:04:24

WOMEN

1. Nonsikelelo Mbambo (Natal Carb) 1:29:29
2. Sibongile Ziqubu (Eskom Gijimas) 1:42:44
3. Nolwazi Mosia (Impendle AC) 2:03:52

CROSS-COUNTRY**Interprovincial Meeting**

Polokwane, 18 June

Note: All distances are 4 km except where indicated otherwise. – Ed.**MEN**

SR. MEN (12 km)

1	STEPHEN	MOKOKA	?	37:00
2	AMOS	THANTEKWAYO	MPU	37:08
3	LUCAS	JANI	MPU	37:17
4	BENEDICT	MOENG	AGN	38:37
5	WILLEM	NDZHUKULA	AGN	39:36
6	RAPELAG	KGAJE	AGN	40:30
7	FRANS	MOTJOPYE	LIMA	40:33
8	ALBERT	NTSOANE	LIMA	41:05
9	DIPHETOGU	PONCHO	AGN	41:15
10	GERALD	MAGWAI	LIMA	41:36

SR. MEN

1	KIPKOECH	CHIRCHIR	KEN/MPU	12:01
2	TROU	PEU	LIMA	12:03
3	RAFAEL	MAHAPA	AGN	12:24
4	EMANUEL	TERER	MPU	12:26
5	ELLIOT	MAKGOBA	AGN	12:48
6	KENNETH	NDABEZITH	MPU	12:49
7	GINO	NKOE	AGN	12:50
8	ANDRIES	MALETE	AGN	12:57

9	EMMANUEL	MABASO	MPU	12:59
10	ELIAS	MOLEMANE	AGN	13:08

40-44 (8 km):

1	PIET	MOSEBEDI	AGN	25:09
2	KOOS	APHANE	AGN	28:19
3	GRAHAM	MEGAW	AGN	28:33

45-49 (8 km):

1	JERRY	MASEKO	MPU	28:11
2	EUGENE	SCHUTTE	LIMA	31:36
3	WILLEM	VAN DER MERWE	AGN	34:33

50-54 (8 km):

1	PIET	LOTTER	AGN	29:56
2	JAPIE	BADENHORST	AGN	31:07
3	JOHAN	MAKHANYA	MPU	31:52

55-59 (8 km):

1	PHILIP	ENTRES	LIMA	32:42
2	GERHARD	SWART	AGN	32:50
3	FRANS	KEKANA	LIMA	33:47

60-64 (6 km):

1	JOE	BELLINGHAM	AGN	25:08
2	JACK	MATHABATHE	LIMA	26:52
3	ALLAN	KLUGE	AGN	26:58

65-69 (6 km):

1	GABRIEL	JOUBERT	MPU	29:07
2	IVEN	MOORHOUSE	AGN	31:31

70-74 (6 km):

1	ANDRIES	VAN DER MERWE	AGN	28:57
---	---------	---------------	-----	-------

75-79 (6 km):

1	MARTIN	COETZEE	AGN	35:49
2	FRANS	GROBLER	AGN	47:20

U.23:

1	LEONARD	MAKHANYE	MPU	12:12
2	IVAN	AMBRAAL	AGN	12:23
3	MARTIN	NKOE	AGN	12:25

U.21:

1	PRECIOUS	MASHELE	LIMA	11:59
2	JOEL	MADIBA	AGN	12:02
3	MKOSINATHI	VILAKAZI	MPU	12:11

U.19 (8 km):

1	SIMON	MOKONYAMA	AGN	24:14
2	JACK	MASOGO	AGN	25:01
3	NKOSINATHI	SOTYANTYA	AGN	25:09

U.17 (6 km):

1	BONGINKOSI	MANKGE	MPU	19:31
2	MPHO	MOTAUNG	AGN	19:54
3	THABO	TSOTETSI	MPU	20:09

WOMEN**SR. WOMEN (8 km)**

1	REGINA	KOECH	KEN/MPU	28:11
2	SIMANGELE	MABUZA	AGN	29:48
3	CYNTHIA	BALOYI	LIMA	30:43
4	JOYCE	SEKGALA	LIMA	34:15
5	PATIENCE	KHUMALO	AGN	34:47

SR. WOMEN				
1	VIOLET	RASEBOYA	AGN	13:46
2	AMANDIE	PANSEGRAUW	NWN	16:15
3	BUSISIWE	JELE	MPU	20:07
40-44:				
1	ELSABE	CRONJE	LIMA	15:50
2	MARIETJIE	VAN DER MERWE	LIMA	16:25
3	SHARON	KWETEPANE	LIMA	16:41
45-49:				
1	SALOMÉ	VERMEULEN	AGN	15:49
2	MARIA	MOKONE	AGN	18:45
3	ILSE	MERRICK	AGN	18:57
50-54:				
1	GRETA	BEKKER	LIMA	17:40
2	HANNALIE	VAN ZYL	MPU	18:25
3	MAGDA	OPPERMAN	LIMA	22:05
55-59:				
1	LYN	DE BRUIN	AGN	19:15
60-64:				
1	ELIZE	DE BEER	AGN	31:13
U.23:				
1	THEMBI	BALOYI	AGN	15:06
2	MARYKE	ROSSOUW	AGN	15:08
U.21:				
1	CASTER	SEMENYA	AGN	13:46
2	ANKIA	STOLS	AGN	14:49
3	MONE	SCHALEKAMP	AGN	15:39
U.19 (6 km):				
1	MASABATA	MATOANE	AGN	23:18
2	MARCIA	MOKWANA	MPU	24:09
3	MELISSA	TAYLOR	AGN	24:21
U.17:				
1	KATEKANI	MASHELE	AGN	14:18
2	GLENROSE	XABA	AGN	14:33
3	ANNAH	LEKALAKALA	AGN	14:57



Caster Semenya and Violet Raseboya in action over 4 km.
[Marius Wilters]

WP League Meeting #5

Koeberg, 18 June

Note: 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	Sityhilo	Diko	Adidas	41:39
2	Duane	Fortuin	Adidas	41:44
3	Mthandazo	Qhina	RCS Gugs	41:54
4	Victor	Msopi	Nedbank	42:45
5	Sipho	Phala	ACSIS VOB	43:26
6	Manfred	Samuels	Helderberg Harr	43:36
7	Samson	Gulubelo	Atlantic	43:52
8	Bonisile	Ngculana	Atlantic	43:53
9	Innocent	Nogwaza	Adidas	44:33
10	Tebello	Poni	ACSIS VOB	44:42

SR. MEN (4 km)

1	Vuyolwethu	Kayi	Tygerberg NLK	13:09
2	Barry-John	Pienaar	Tygerberg NLK	13:32
3	Nicholas	Mdutyana	Celtic Harriers	13:36
4	Enver	Pedro	CPUT	13:42
5	Alphonso	Primo	Maties	13:43
6	Morne	Kammies	Itheko	13:58
7	Sibusiso	Valashiya	Bidvest	13:59
8	Ricardo	Jafta	Eerste River	14:01
9	Enrico	Newman	Itheko	14:03
10	Virgina	Ngudlumana	Celtic Harriers	14:25

40-49:

1	Johnny	Persents	Adidas	29:07
2	Graham	Katzen	Celtic Harriers	30:01
3	Shaun	Abrahams	Adidas	30:26

50-59:

1	Raymond	Howard	Celtic Harriers	31:21
2	Goodman	Mpukani	RCS Gugs	32:06
3	Shafiek	Cassiem	Celtic Harriers	32:51

60+:

1	Awie	Veldsman	Helderberg Harriers	33:47
2	Johan	Diener	Strand	36:11
3	Michael	Clarke	ACSIS VOB	41:22

U.19:

1	Orion	Faro	MP Titans	29:07
2	Godwin	Swartz	Elsies River	29:36
3	Yeyethu	Njokwana	Celtic Harriers	30:25

U.17:

1	Gcobani	Mndi	RCS Gugs	17:18
2	Asive	Njenxa	Khayelitsha	17:32
3	Lukhanyo	Malgas	Khayelitsha	17:39

SR. WOMEN (8 km)

1	Bulelwa	Simae	Nedbank	34:07
2	Asiphe	Sikabalanjana	RCS Gugs	35:21
3	Sheryl	De Lange	Adidas	35:51
4	Danette	Smith	Adidas	36:41
5	Candyce	Hall	Hout Bay	36:48
6	Jenny	Close	NBMC	37:11
7	Busisiwe	Matiwane	Celtic Harriers	37:21
8	Andrea	Pretorius	NBMC	38:21
9	Evelina	Tshabalala	RCS Gugs	38:53
10	Heidi	van der Merwe	NBMC	38:55

SR. WOMEN (4 km)

1	Linda	Hanekom	Adidas	17:02
2	Phelokazi	Mbombo	Khayelitsha	17:26
3	Natasha	Oosthuizen	Adidas	18:01
4	Christiane	Fischer	ACSIS VOB	18:07
5	Chantel	Walt	Helderberg Harriers	18:41
6	Adri	Meyer	Maties	18:54
7	Tanya	du Toit	No Club	20:09
8	Anthea	Siegelaar	WCSS	20:23
9	Audrey	Seale	ACSIS VOB	20:42
10	Leanne	Olivier	CPUT	21:27

40-49:

1	Sheryl	De Lange	Adidas	16:47
2	Mariëtte	Esterhuysen	Tygerberg NLK	17:24
3	Alta	Welmans	NBMC	17:59

50-59:

1	Bev	Charters	ACSIS VOB	18:47
2	Charmaine	Cupido	Nedbank	20:34
3	Michele	Priestman	ACSIS VOB	20:48

60+:

1	Pixie	Sparg	Celtic Harriers	22:11
2	Zonia	Barnard	Celtic Harriers	23:54
3	Rosalie	Richfield	UCT	23:59

U.19:

1	Asiphe	Snyman	Celtic Harriers	21:24
2	Heleen	Malan	Swartland H/S	22:21
3	Reghana	Beukes	Eerste River	23:49

U.17:

1	Pamela	Mtshemla	ACSIS VOB	13:51
2	Annereen	Malan	Melkbos	14:11
3	Amy	Abrahams	Eerste River	14:27

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**Inaugural BAA 10 km**

Boston, USA, 26 June

MEN

- 1) Geoffrey Mutai (KEN), 27:19, \$5000
- 2) Gebre Gebremariam (ETH), 28:11, \$3000
- 3) Moses Mosop (KEN), 28:29, \$1500
- 4) Samuel Chelanga (KEN), 28:31, \$1000
- 5) Samuel Ndereba (KEN), 29:01, \$600
- 6) Shawn Forrest (AUS), 29:10, \$500
- 7) Simon Ndirangu (KEN), 29:30, \$400
- 8) Joseph Chirlee (USA), 29:37, \$300
- 9) Elkanah Kibet (KEN), 30:13, \$200
- 10) Tim Ritchie (USA), 30:26, \$100

WOMEN

- 1) Caroline Kilel (KEN), 31:58, \$5000
- 2) Kim Smith (NZL), 32:06, \$3000
- 3) Misiker Demissie (ETH), 33:08, \$1500
- 4) Heather Cappello (USA), 33:32, \$1000
- 5) Benita Willis (AUS), 34:11, \$600
- 6) Katie Dicamillo (USA), 34:26, \$500
- 7) Jennifer Campbell (USA), 35:42, \$400
- 8) Caroline Bjune (USA), 36:08, \$300
- 9) Trina Painter, 45, USA, 36:13, \$700*
- 10) Mary Kate Champagne (USA), 36:38, \$100

*) Includes Masters prize money (40+)

Stadsloop 10 km

Appingedam, NED, 25 June

MEN

- | | | |
|------------------------|-----|---------|
| 1. Boniface Kirui | KEN | 28:01:6 |
| 2. Wilson Kipsang | KEN | 28:25:6 |
| 3. Philip Langat | KEN | 28:31:8 |
| 4. David Barmasai | KEN | 28:52:8 |
| 5. Nathaniel Kipkosgei | KEN | 28:55:0 |

WOMEN

- | | | |
|-------------------------|-----|---------|
| 1. Joyce Chepkurui | KEN | 30:42:9 |
| 2. Flomena Chepchirchir | KEN | 32:12:4 |
| 3. Valentina Kipketer | KEN | 33:06:1 |
| 4. Viola Kimetto | KEN | 34:33:6 |
| 5. Naomy Jepkosgei | KEN | 34:37:2 |

NEWS

PAULA RADCLIFFE WILL RUN BERLIN MARATHON

As the summer track season just begins to heat up, organisers of big fall marathons are beginning to announce their top athletes, reports *Race Results Weekly*. Directors of the Berlin and Frankfurt Marathons – both title-sponsored by auto maker BMW – and the Bank of America Chicago Marathon all made athlete announcements last week.

Berlin race director Mark Milde revealed that in addition to men's marathon record holder Haile Gebrselassie, his event on 25 September will also host women's world record holder Paula Radcliffe. For Radcliffe, 37, the Berlin race will be her first marathon start in nearly two years. She last competed at the distance at the ING New York City Marathon in November 2009, when she finished fourth. Radcliffe had been on maternity leave after giving birth to son Raphael last September.

Radcliffe will be using the Berlin contest to qualify for the 2012 Olympics. According to UK Athletics officials, Radcliffe must post a marathon time of 2:31 or better within the IAAF qualifying window (which opened on 1 January 2011) to be considered for the team. So far, only two British women, Jo Pavey and Louise Damen, have achieved that mark, both doing so at the Virgin London Marathon last April, running personal best of 2:28:24 and 2:30:00, respectively.

In Chicago, executive race director Carey Pinkowski said that Moses Mosop, the incredible Kenyan who set the pending IAAF world records for 25000 and 30000 metres at the Prefontaine Classic earlier this month, will run the Bank of America Chicago Marathon on 9 October. Mosop, 25, the 2005 IAAF World Championships bronze medalist at 10000 m, ran the fastest-ever debut marathon at Boston last April, clocking 2:03:06 to finish second to Geoffrey Mutai.

"I was very pleased with my performance at the Boston Marathon, especially since it was my first marathon," Mosop said through a prepared statement. "In my second marathon, I want to run even faster. I feel that the Bank of America Chicago Marathon is where I have the best opportunity to do that. I like the course, I feel strong in my training and I am looking forward to coming back to Chicago for this great event."

Both the BMW Berlin Marathon and Bank of America Chicago Marathon are part of the five-part World Marathon Majors series.

Meanwhile, in Frankfurt, race director Jo Schindler told the media that Kenyans Wilson Kipsang and Gilbert Kirwa would run his race on 30 October. Kipsang, 29, whose full name is Wilson Kipsang Kiprotich, won Schindler's race in 2010 and became the first athlete to

complete the Frankfurt course in under two hours and five minutes. He clocked a personal best 2:04:57 to win by a minute and a half.

Schindler's elite athlete coordinator Christoph Kopp added that the course would be potentially faster this year: eight turns had been eliminated.

Kirwa won the Frankfurt Marathon in 2009 in 2:06:14, still his personal best.

STATS TIME

Last week we looked at the twenty fastest men's times ever run in the month of July. Here is the women's list. Fourteen times were run in SA Championships, and the dominance of Elana Meyer and Colleen de Reuck is evident – they own eleven performances between them. Nine of the times were run in 1990 or earlier.

HALF MARATHON: TOP 20 WOMEN'S TIMES IN JULY

1:08:38	Colleen de Reuck	1	Durban	22 Jul 89
1:09:26	Elana Meyer	2	Durban	22 Jul 89
1:09:53	Meyer-2	2	Sapporo	02 Jul 00
1:10:12	Meyer-3	1	Durban	21 Jul 90
1:11:09	Irvette van Blerk	1	Port Elizabeth	24 Jul 10
1:11:22	De Reuck-2	1	East London	23 Jul 88
1:11:33	De Reuck-3	1	Durban	26 Jul 86
1:11:49	Annerien van Schalkwyk	1	Port Elizabeth	04 Jul 09
1:11:51	Meyer-4	10	Sapporo	07 Jul 02
1:11:56	René Kalmer	2	Durban	01 Jul 07
1:12:18	De Reuck-4	2	Durban	21 Jul 90
1:12:19	Meyer-5	1	Namakgale	31 Jul 99
1:12:25	Meyer-6	1	Namakgale	28 Jul 01
1:12:25	Kalmer-2	2	Port Elizabeth	04 Jul 09
1:12:42	Gwen van Lingen	3	Durban	21 Jul 90
1:13:02	Zintle Xiniwe	1	Port Elizabeth	05 Jul 08
1:13:13	Xiniwe-2	2	Port Elizabeth	24 Jul 10
1:13:22	Tanith Maxwell	3	Port Elizabeth	24 Jul 10
1:13:40	Marietjie McDermott	4	Durban	21 Jul 90
1:13:42A	De Reuck-5	1	East London	25 Jul 87

THIS MONTH IN HISTORY

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

30 years ago: 19 June 1981

South Africa's Patsy Sharples, studying at the University of Idaho, finished second to Joan Benoit in the 10000 m at the US Championships in Sacramento. Benoit, who was to win the inaugural Olympic Marathon three years later, won in 33:37.5 after a last kilometre in 3:21.6, while Sharples clocked 34:10.2. Three weeks before, at the AIAW Championships in Austin, Sharples had set a new national record of 33:34.85 (and also ran 16:25.88 for 5000 m).

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 Trafeh (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
	72:13	Mathew Kipkoech Kisorio (KEN)		
	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	31:45	Butiki Jantjies	Germiston	22 May
	28:51	Paulo Catarino (POR) 2003		
15 km	50:25	Johnny Persents	Eersterivier	25 Jun
	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	33:58	Stuart McCall	Germiston	22 May
	[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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
10 km	30:11	Unathi Nteta	Stellenbosch	23 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	47:22	Luxolo Mdzanga	Eersterivier	25 Jun
	42:25	Moses Mosop (KEN) 2004		
21.1 km	69:01	Melikhaya Frans	Port Elizabeth	30 Apr
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	32:50	Irvette van Blerk	Durban	19 Jun
	30:43	Joyce Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:44	Zintle Xiniwe	Eersterivier	25 Jun
	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
	83:22	Filomena Chepchirchir (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:02:46	Bulelwa Simae	Parow	03 Apr
	1:46:27	Hiroshi 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		
<u>Veterans (40+)</u>				
10 km	36:34	Michelle Bartman	Bellville	04 Jun
	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		
<u>Masters (50+)</u>				
10 km	42:09	Olga Howard	Bellville	04 Jun
	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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
10 km	36:08	Dominique Scott	Bellville	10 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	59:51	Annie Bothma	Eersterivier	25 Jun
	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: Alen Hattingh, Kevin Harlock, André Gobey, Elsa & Ben Oliver, André Pienaar, Marius Wilters

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