

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

South Africa won only one medal in the distance events at the World Junior Championships in Bydgoszcz, Poland, during the past week – André Olivier's bronze in the 800 m in 1:47.57. In addition, only two medals were won in the other events – one silver and one bronze – for an unsatisfactory total of three for the Championships.

In the Rome Golden Gala meeting Mbulaeni Mulaudzi finished a somewhat disappointing second in the 800, running 1:44.61. Only two athletes are now in contention for the jackpot prize – Pamela Jelimo, who won the 800, and Blanka Vlasic, who took the high jump.

The Pick 'n Pay Cape Times Knysna Forest Marathon and Half Marathon were held this weekend, the marathon for the 25th time. It was amazing to see a couple of athletes who had run in the SA Half Marathon the previous weekend in action again – among them Lindile Tokota and Christopher Mabengeza (in the marathon!), and Alae Brand and Janene Carey.

In June I wrote that Kobus Lategan of Upington had helped me uncover two more marathons for Gert Thys, the SA record holder for the distance. I then said that Thys ran his first marathon in the 1988 Voet van Afrika, and followed that in February 1989 with the SA Marathon. Now my research into the oldest marathons in South Africa has uncovered yet another marathon for Thys – and this is in fact his first. Marius and Christa Stander in Kenhardt sent me the list of winners of the Dorperland Marathon for the 25 years of its existence, where Thys ran his first marathon (well, as far as is known!) on 7 May 1988, winning in 2:34:10. This brings his total of completed marathons to 35 (with 13 DNFs).

In last week's Editorial it was stated that the SA Half Marathon was Stephen Mokoka's first race over this distance. In fact, he was third in the 2007 SASSU Championships Half Marathon, running 70:38 (the results appeared in DRR). Thanks to Karen Zimmerman for pointing this out.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Pick 'n Pay Cape Times Knysna Forest Marathon & Half Marathon, Knysna
- * Sardine Half Marathon, Umtentweni to Hibberdene
- * ADT Pirates 10 km, Johannesburg
- * Dinamika Springbok Vasbyt Half Marathon & 13.1 km, Pretoria
- * Freedom Half Marathon, Paarl to Franschhoek
- * XC: ASWD Development Meeting, Knysna

International highlights

- * Utica Boilermaker 15 km, Utica, USA
 - * Indian Path Medical Center/SunTrust Bank Crazy 8's 8 km, Kingsport, USA
 - * Track: Tsiklitiria 2008, Athens, GRE; Spanish 10000 m Championships, Vigo, ESP; Golden Gala Kinder+Sport, Rome, ITA; IAAF World Junior Championships, Bydgoszcz, POL; Aviva National Championships and U.K. Olympic Trials, Birmingham, GBR; Cork City Sports, Cork, IRL; Mondo De Keien Meeting, Uden, NED; Kuts Memorial, Moscow, RUS; Sollentuna Grand Prix, Sollentuna, SWE; Trofeo Citta di Lugano, Lugano, SUI; Portuguese 10000 m Championships, Lisboa, POR
 - * European Mountain Running Championships, Zell am Harmersbach, GER
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ROAD RUNNING

Pick 'n Pay Cape Times Knysna Forest Marathon (25th) & Half Marathon

Knysna, 12 July

(Distances: 42.195 km & 21.10975 km; point-to-point downhill courses, mostly on gravel)

Marathon

MEN

1	Keith	Court	MPWP	39	2:36:05
2	Julie	Saaier	NedRCSWD	37	2:36:48
3	Nicholas	Rupanga	Celtic	33	2:39:48
4	Sandile	Ngunuza	NedRCEP	25	2:43:35
5	Lindile	Tokota (1 st vet)	NedRCSWD	40	2:45:56
6	Zolile	Mhlahlo	Raleigh	33	2:48:46
7	Paulus	Allart	Mossel	39	2:49:53
8	Christopher	Mabengeza	MPEP	42	2:52:00
9	Adriaan	Gouws	Raleigh	35	2:52:23
10	Darrell	Wicht	Raleigh	45	2:53:15
11	Alfred	Qogi	NedRCEP	34	2:53:27
12	Cyril	Niit	Raleigh	49	2:54:20
13	Kgotso	Majara	Newbal	27	2:55:41
14	Alan	Matthews	RAC	29	2:55:54
15	Evan	McLean	RAC	40	2:56:36
16	Mauritz	Jansen van Rensburg	NBOFS	37	3:03:06
17	Jacques	Jansen van Rensburg	Maties	40	3:03:14
18	Jose	Rodrigues	RAC	38	3:05:14
19	Neil	De Meillon	NBEP	45	3:05:25
20	C	Kinsley	Temp	27	3:07:21

40-49:

1	Lindile	Tokota	NedRCSWD	40	2:45:56
2	Christopher	Mabengeza	MPEP	42	2:52:00
3	Darrell	Wicht	Raleigh	45	2:53:15

50-59:

1	Alan	Taylor	Raleigh	51	3:12:47
2	Peter	Jackson	Bluebay	54	3:28:23
3	Allen	Mattocks	WAC	52	3:28:42

60+:

1	Brian	Key	Forest	69	3:19:42
2	Gideon	Malherbe	Celtic	63	4:03:38
3	Mike	Derbidge	Knysna	64	4:07:01

WOMEN

1	Michelle	Williams	RAC	28	3:05:20
2	Davera	Magson	MPEP	33	3:08:25

3	Celeste	Swart	NedRCEP	39	3:18:39
4	Jeannie	Bomford	Temp	28	3:22:00
5	Sharon	Zeelie	Raleigh	37	3:24:02
6	Heleen	Joubert	Irene	37	3:25:51
7	Lisl	Grobler	Knysna	32	3:28:36
8	Tamaryn	Roberts	Temp	26	3:33:48
9	Kirsten	Leemans	Triosp	37	3:35:38
10	Sandra	Baetsen	Llandud	35	3:36:38
11	Sanmari	Woithe	Raleigh	38	3:41:51
12	Benita	Barton	Crusade	37	3:41:58
13	Kathleen	McQuaide (1 st vet)	MPWP	43	3:42:18
14	Dominique	Clogg	RFLG	33	3:45:08
15	Angelique	Tostee	Temp	31	3:46:32
16	Lisa	Baumann	Celtic	37	3:47:08
17	Cheryl	Young	Edge	48	3:50:07
18	Marinda	Surridge	Strand	39	3:50:58
19	Siobhain	Coburn	Fourways	38	3:54:45
20	Layle	Henderson	Rhodesu	24	3:56:51

40-49:

1	Kathleen	McQuaide	MPWP	43	3:42:18
2	Cheryl	Young	Edge	48	3:50:07
3	Janette	Terblanche	Houtbay	47	3:57:58

50-59:

1	Maralyn	Hattingh	EgijKZN	51	4:08:06
2	Marina	De Milander	Strand	50	4:18:38
3	Tonni	Upham	SH	56	4:27:14

Half marathon**MEN**

1	Mzwanele	Maphekula	MPEP	32	1:06:52
2	Siyabonga	Nqabeni	Celtic	25	1:08:49
3	Phumzile	Sikawuti	NedRCEP	33	1:09:17
4	Steve	Farrell	VOB	25	1:10:57
5	Thomas	Pongola	NedRCEP	33	1:11:15
6	Vuyo	Witbooi	Outenh	32	1:11:26
7	Vuyolwethu	Marityi	NedRCSWD	29	1:11:41
8	Rohan	Kennedy	Temp	28	1:11:51
9	Ross	Cameron	Temp	26	1:12:12
10	Justin	Gray	Temp	26	1:13:31
11	Lebohang	Thinyane	Temp	23	1:14:44
12	Dawid	Visser	MPWP	29	1:15:03
13	Bulelani	Niwa	PEAAC	23	1:15:17
14	Juan	Pretorius	Hbosdraw	26	1:15:22
15	Warren	Petterson (1 st vet)	MPWP	40	1:15:45
16	Nelson	Bass	UCT	28	1:15:57
17	Altus	Badenhorst	Irene	18	1:16:16
18	Jean	van Wyk	Temp	25	1:16:27
19	Simon	Von Witt	AAC	31	1:17:22
20	Marlon	Mortlock	Knysna	34	1:17:44

40-49:

1	Warren	Petterson	MPWP	40	1:15:45
2	Willem	Maré	Jeffbay	44	1:19:37
3	Bruce	Poole	Temp	43	1:20:16

50-59:

1	Gerrie	Hermann	Jeffbay	51	1:32:07
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2	David	Roux	Temp	54	1:32:26
3	Herman	Williams	UWC	53	1:32:42

60+:

1	Konrad	Stutterheim	Temp	62	1:38:47
2	Willie	van Wyk	Bracken	60	1:40:51
3	Neil	Cryer	Oldselb	62	1:41:57

WOMEN

1	Anneline	Roffey	MPWP	26	1:19:51
2	Alae	Brand	Adidas	22	1:22:47
3	Janene	Carey	Boxer	36	1:23:09
4	Lene	van der Merwe	Temp	29	1:25:27
5	Amy	Aronson	UCT	24	1:26:28
6	Chantel	De Lange	MPWP	27	1:26:49
7	Kasha	Dickie	Celtic	27	1:27:36
8	Liza-Marie	Bright	Raleigh	26	1:27:38
9	Elmarie	Coetzee (1 st vet)	Adidas	44	1:28:14
10	Sharon	Wood	Oxford	41	1:30:09
11	Susan	Dickson	VOB	40	1:30:14
12	Sarah	Louw	Temp	26	1:30:23
13	Lara	Woodcock	Grootc	25	1:30:54
14	Tania	van Rensburg	Durbac	35	1:31:03
15	Elana	Meyer	Temp	41	1:31:21
16	Ineke	Nel	UCT	19	1:32:13
17	Marnette	Meyer	Adidas	43	1:32:31
18	Nicola	Lockhart	Temp	32	1:32:36
19	Jeanine	Williams	Fourways	38	1:33:12
20	Jenna	Kamps	RAC	22	1:33:26

40-49:

1	Elmarie	Coetzee	Adidas	44	1:28:14
2	Sharon	Wood	Oxford	41	1:30:09
3	Susan	Dickson	VOB	40	1:30:14

50-59:

1	René	van Zyl	Mag	53	1:36:08
2	Sarita	van Heerden	RFLGr	53	1:44:58
3	Gloudien	Spies	Tukkies	55	1:47:39

60+:

1	Priscilla	Von Schlicht	Tyger	60	1:52:26
2	Diana	Thomson	VOB	62	1:55:29
3	Janet	Paton	Charlo	62	2:08:17

Sardine Half Marathon

Umtentweni to Hibberdene, 13 July

(Distance: 21.0975 km; point-to-point course)

MEN

1	Elmore Sibanda	ZIM/Boxer AC	65:55
2.	L Bitini	Nedbank AC	66:20
3.	Tawanda Tokisi	ZIM/Mr Price	66:30

40-49:

1.	Clever Chidiniza	ZIM/Boxer AC	69:34
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50-59:

1.	Jeremiah Ngwenya	Boxer AC	81:22
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60+:

1.	Andrew Spencer	SCS	89:39
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Juniors:

1.	J H Schiltz	JFSA	97:59
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WOMEN

1.	Debbie Lamblambourn	SCS	89:34 (1 st vet)
2.	Iris Ndlovu	Boxer AC	91:37
3.	Marie Mthembu	Boxer AC	93:10

40-49:

1.	Debbie Lamblambourn	SCS	89:34
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50-59:

1.	Wendy Fitzmaurice	West AC	100:37
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60+:

1.	Gill Tregenna	West AC	115:35
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ADT Pirates 10 km

Johannesburg, 13 July
(Loop course)

MEN

1 Tshidiso Bosiu (GS) 30:13; 2 Degene Asafa (ETH/ADT) 30:38; 3 Maru Ondo Olimo (ETH/Raiders) 31:11; 4 Silvestor Moleko (Powerade) 31:48; 5 Sipho Ncube (ZIM/MP) 32:06.

Veterans: 1 Gethun Wordofa (ETH/ADT) 32:18; 2 Jerry Rankapule (Powerade) 36:43.

Masters: 1 Thulani Sibisi (ADT) 37:06; 2 Don Charles (Brotherhood) 40:23. **G'masters:** 1 Pele Tshinkundalema (Yebo) 45:19; Jimmy Harding (Dosco) 48:04. **Juniors:** 1 Shaun Zuzani (Nedbank) 32:51; Divan Botha (Krugersdorp) 35:44.

WOMEN

1 Dimakatso Menong (GS) 37:38; 2 Phyllis de Fouw (Standard) 38:44; 3 Maxine Heine-Wacker (Nedbank) 39:53 (1st jun); 4 Sarah Mahlangu (MP) 40:07 (1st vet).

Veterans: 1 Sarah Mahlangu (MP) 40:07; 2 Rene Strydom (RH) 40:35. **Masters:** 1 Sonja Laxton (RAC) 43:35; 2 Selinah Netshisaulu (RAC) 47:34. **G'masters:** 1 Hazel Quilliam (Roodepoort) 56:26; 2 Laura Hofer (RH) 56:39. **Juniors:** 1 Maxine Heine-Wacker (Nedbank) 39:53.

Dinamika Springbok Vasbyt Half Marathon & 13.1 km

Pretoria, 12 July

(Distances: 21.1 km & 13.1 km; partly on gravel, very hilly)

Half marathon**MEN**

1 Esau Radebe (Ind) 76:07 (1st jun); 2 Lympton Maifo (Powerade) 76:40; 3 Sipho Mazibuko (Goldfileds) 77:47.

Veterans: 1 Ruben Setumu (Aerosud) 81:45. **Masters:** 1 Jeff Sales (Nedbank) 1:40:56.

G'masters: 1 Neels Venter (Roodepoort) 1:52:55. **Juniors:** 1 Esau Radebe (Ind) 76:07.

WOMEN

1 Belinda Hickman (Phobians) 1:41:55; 2 Aleca Ross (Newcastle Harriers) 1:44:57; 3 Karin Brookes (Irene) 1:50:00.

Veterans: 1 Karin Brookes (Irene) 1:50:00. **Masters:** 1 Linda Potgieter (Tuks) 1:55:02.

G'masters: 1 Isa Alexander (HQH) 2:32:28.

13.1 km

MEN

1 Matthews Nkoana (Powerade) 45:29; 2 Joshua Sabao (ZIM/Mr Price) 48:16 (1st jun); 3 Maxwell Bangani (ZIM/Nedbank) 50:31.

Veterans: 1 Maxwell Bangani (ZIM/Nedbank) 50:31. **Masters:** 1 Johannes Seakamala (RAC) 53:25. **G'masters:** 1 Marshall Hackney (Boksburg) 82:11. **Juniors:** 1 Joshua Sabao (ZIM/Mr Price) 48:16.

WOMEN

1 Angela Wagner (Ind) 56:51; 2 Yvette Velleman (Tuks) 63:08; 3 Lorraine Boshoff (Ind) 67:43.

Veterans: 1 Linda vd Gryp (Krugersdorp) 70:51. **Masters:** 1 Vere Moorhouse (Phobains) 82:18. **G'masters:** 1 Marina Odendaal (Solidariteit) 83:30. **Juniors:** 1 Roxanne de Kock (Irene) 82:07.

Freedom Half Marathon

Paarl to Franschhoek, 12 July

(Distance: 21.0975 km. Point-to-point course with slight elevation GAIN.)

MEN

1. Zolile Bhitane (Ned) 68:37; 2. Tsungai Mwanengeni (ZIM/Mr Pr) 68:49; 3. Dicarido Jacobs (Ned) 71:43; 4. Wanda Roro (Adid) 73:19 (1st jun); 5. Riaan Wildskut (East) 76:42; 6. Aaron Lewis (Adid) 76:49 (1st vet); 7. Richard Bergoër (Ned) 78:53; 8. Whitey Motabogi (Celt) 79:44; 9. Mervyn Steenkamp (Ind) 81:54; 10. Isak Olifant (WP Def) 82:03; 11. Peter Bunn (Edg) 82:37; 12. Roston Isaacs (Ned) 84:16; 13. Jonathan Collins (East) 84:41; 14. Eckhardt Visser (Dur) 84:45; 15. Bernard Botes (Dur) 84:47; 16. Friedl van der Merwe (Str) 86:22; 17. Phumzo Mrali (Saf/Wel) 86:52; 18. Colin George (VOB) 87:10; 19. Afrika Koopman (Paarl) 87:48; 20. Garry Wilford (Dur) 88:22 (1st mast); 21. Andrew Smit (Atl) 89:11; 22. Roche Rhodas (East) 90:05; 23. Zola Jama (East) 90:06; 24. Barry Goliath (East) 91:53; 25. Adrian Jacobs (Paarl) 92:20; 26. Sam Kotzé (Ned) 93:27; 27. Theuns de Lange (Ceres) 93:52; 28. Colin Williams (CS) 94:42; 29. Albert Mahlahla (H.Harr) 96:05; 30. Calvin Kroutz (Paarl) 96:32.

Masters: (40+): 1. Aaron Lewis (Adid) 76:49; 2. Isak Olifant (WP Def) 82:03; 3. Peter Bunn (Edg) 82:37. **(50+):** 1. Garry Wilford (Dur) 88:22; 2. Sam Kotzé (Ned) 93:27; 3. Colin Williams (CS) 94:42. **(60+):** 1. Mike Mellon (Celt) 137:07; 2. Pieter Schreve (Saf/Wel) 146:30; 3. Buck Taylor (Pine) 156:09. **(70+):** 1. Pieter Schreve (Saf/Wel) 146:30; 2. Buck Taylor (Pine) 156:09. **Juniors:** 1. Wanda Roro (Adid) 73:19; 2. Mervyn Steenkamp (Ind) 81:54; 3. Roche Rhodas (East) 90:05.

WOMEN

1. Nomvuyisi Seti (Mr Pr) 90:07; 2. Jacqueline Haasbroek (Fransch) 91:56 (1st vet); 3. Mariëtte Esterhuyse (Tyg/NL) 93:55; 4. Miranda Ward (Paarl) 94:47; 5. Styntjie Prins (Paarl) 94:55 (1st mast); 6. Nancy Will (Pine) 96:50; 7. Hester Kotzé (Dur) 101:08; 8. Suné Greeff (Dur) 102:10; 9. Marisa Smalberger (Atl) 103:14; 10. Robyn Garlick (Pine) 104:42; 11. Karen de Kock (Met) 105:21; 12. Annemarie Bruwer (Dur) 107:03; 13. Carli Basson (Paarl) 108:30; 14. Shaan Cooper (Ind) 108:38; 15. Khulukazi Lupondo (Gug)

108:51 (1st jun); 16. Elke Wicht (Ind) 109:45; 17. Maryke Sass (Mossel) 110:34; 18. Cailey Bredenkamp (Paarl) 111:26; 19. Pixie Sparg (Celt) 111:38 (1st g'mast); 20. Marietha Herbert (Bel) 111:50.

Masters (40+): 1. Jacqueline Haasbroek (Fransch) 91:56; 2. Mariëtte Esterhuyse (Tyg/NL) 93:55; 3. Miranda Ward (Paarl) 94:47. **(50+):** 1. Styntjie Prins (Paarl) 94:55; 2. Nancy Will (Pine) 96:50; 3. Hester Kotzé (Dur) 101:08. **(60+):** 1. Pixie Sparg (Celt) 111:38; 2. Marietha Herbert (Bel) 111:50; 3. Cathy Taylor (Dur) 137:25. **Juniors:** 1. Khulukazi Lupondo (Gug) 108:51; 2. Ilse Jacobs (Ned) 114:25.

CROSS-COUNTRY

ASWD Development Meeting

Knysna, 8 July

Note: Unfortunately some times are missing from the results received. – Ed.

BOYS 18/19 YEARS (8 km)

1	Willem Darries	Bastiaanse Secondary	25:20
2	Dewald van Rooi	Beaufort Wes Secondary	25:50
3	Edwayne Ewerts	Beaufort Wes Secondary	
4	Elfonso Pieterse		
5	Frans Malgas	Knysna Secondary	
6	Arthur Cockcroft	Oakdale	30:32
7	Henry Cockcroft	Oakdale	30:33
8	Johannes van Rooyen	Sedgefield Striders	31:25

BOYS 16/17 YEARS (6 km)

1	Donney Danser		18:37
2	Jaco petersen	Parkdene Secondary	19:04
3	Merlin Klaaste	Beaufort West Secondary	19:39
4	Ensliano Deyce	Outeniqua	20:02
5	Jesse Visagie	Bastiaanse Secondary School	20:06
6	Mark Malowitz	Bastiaanse Secondary School	20:50
7	Sylvester Shobe	Beaufort West Secondary	21:01
8	Simeon van Hansen	Morêson Secondary	21:34
9	Gershan Fuller	Beaufort West Secondary	23:05
10	Joshua Venter	Langenhoven Gymnasuim	23:25

CLUB LEAGUE (8 km)

1	Ettiene Plaatjies	North West University	23:58
2	William Jacobs	Murraysburg High	24:07
3	Francois Juries	Outeniqua Harriers	
4	Gabriël Cupido	Murraysburg High	
5	Alfred Nise	Knysna Marathon Club	29:38

GIRLS 16/17 YEARS (6 km)

1	Gillian George	Parkdene Secondary	16:42
2	Queline Amsterdam	Beaufort Wes Secondary	18:19
3	Monique de Beer	Beaufort Wes Secondary	18:33

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly, Athletics International, e-Track Newsletter*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites.

ROAD RUNNING

Utica Boilermaker 15 km (31st)

Utica, USA, 13 July

(Certified point-to-point course with no elevation loss and a start/finish separation of 27.9% of the race distance)

MEN (gun times)

1. Terefe Maregu, Ethiopia	44:17	\$6000
2. Peter Kamais, Kenya	44:18	3500
3. Girma Tola, Ethiopia	44:19	2000
4. Daniel Kipkoech, Kenya	44:21	1300
5. MacDonard Ondara, Kenya	44:27	1000
... 7. Felix Limo, Kenya	44:59	800

WOMEN (gun times)

1. Ashu Rabo Kasim, Ethiopia	50:39	\$6000
2. Catherine Ndereba, Kenya	50:40	3500
3. Edith Masai (40+), Kenya	50:40	2000 + 1500
4. Angelina Mutuku, Kenya	50:44	1300
5. Lidia Simon, Romania	50:44	1000

Indian Path Medical Center/SunTrust Bank Crazy 8's 8 km (19th)

Kingsport, USA, 12 July

(Certified figure-8 course)

MEN (gun times)

1. Demssew Tsega, 20, West Chester, PA (ETH)	22:41	\$5000
2. Philip Koech, 21, West Chester, PA (KEN)	22:44	2500
3. Julius Kiptoo, 30, Chapel Hill, NC (KEN)	23:10	1500
4. Josphat Boit, 24, Fayetteville, AR (KEN)	23:14	1000
5. Karim El Mabchour, 26, West Chester, PA (MAR)	23:33	750

WOMEN (gun times)

1. Ogla Kimaiyo, 19, Las Cruces, NM (KEN)	25:54	\$5000
2. Amane Gobena, 25, West Chester, PA (ETH)	26:19	2500
3. Jane Muia, 21, West Chester, PA (KEN)	26:45	1500
4. Hyvon Ngetich, 23, Las Cruces, NM (KEN)	26:50	1000
5. Jane Murage, 21, Royersford, PA (KEN)	27:19	750

TRACK

Tsiklitiria 2008

(IAAF Super Grand Prix)

Athens, GRE, 13 July

MEN

800:

1. Yeimer Lopez, CUB	1:44.07
2. Abraham Chepkirwok, UGA	1:44.26

- | | |
|--------------------------|------------|
| 3. Yusuf Saad Kamel, BRN | 1:44.40 |
| 4. Boaz Lalang, KEN | 1:44.68 PB |
| 5. Justus Koech, KEN | 1:45.08 SB |

3000 s/chase:

- | | |
|-----------------------------|------------|
| 1. Ezekiel Kemboi, KEN | 8:09.25 SB |
| 2. Tareq Mubarak Taher, BRN | 8:11.58 SB |
| 3. Hamid Ezzine, MAR | 8:13.20 SB |
| 4. Brahim Taleb, MAR | 8:14.32 SB |
| 5. Wesley Kiprotich, KEN | 8:16.76 SB |

WOMEN

800:

- | | |
|--------------------------|------------|
| 1. Zulia Calatayud, CUB | 1:59.26 SB |
| 2. Élodie Guégan, FRA | 1:59.68 |
| 3. Kenia Sinclair, JAM | 1:59.84 |
| 4. Yvonne Hak, NED | 1:59.98 PB |
| 5. Anna Rostkowska, POL | 2:00.24 SB |
| ... 8. Hazel Clark, USA | 2:03.94 |
| DNF - Diane Cummins, CAN | |

1500:

- | | |
|----------------------------------|------------|
| 1. Maryam Yusuf Jamal, BRN | 4:00.67 SB |
| 2. Iryna Lishchynska, UKR | 4:01.61 SB |
| 3. Daniela Yordanova, BUL | 4:02.37 SB |
| 4. Sarah Jamieson, AUS | 4:02.44 SB |
| 5. Dolores Checa, ESP | 4:02.77 PB |
| ... 7. Agnes Samaria, NAM | 4:05.43 NR |
| 8. Elena Antoci, ROU | 4:05.63 |
| ... 15. Nouria Mérah-Benida, ALG | 4:10.96 |
| ... 18. Carmen Douma-Hussar, CAN | 4:14.22 |

3000 s/chase:

- | | |
|-------------------------------|------------|
| 1. Eunice Jepkorir, KEN | 9:26.56 |
| 2. Zemzem Ahmed, ETH | 9:29.84 |
| 3. Ruth Bisibori Nyangau, KEN | 9:30.23 |
| 4. Roisin McGettigan, IRL | 9:30.56 SB |
| 5. Irini Kokkinariou, GRE | 9:30.72 NR |
| 6. Cristina Casandra, ROU | 9:31.11 SB |

Spanish 10000 m Championships

Vigo, ESP, 12 July

MEN

- | | |
|-------------------------------------|-------------|
| 1. Juan Carlos De La Ossa, 1976 | 27:28.31 |
| 2. Carles Castillejo Salvador, 1978 | 27:39.79 PB |
| 3. Ayad Lamdassem El Mouhcin, 1981 | 27:45.58 PB |
| 4. Surendra Singh, 1978, IND | 28:02.89 NR |
| 5. Ali Abdallah, ERI | 28:04.58 |

WOMEN

- | | |
|----------------------------------|----------|
| 1. Isabel Checa Porcel, 1982 | 32:07.78 |
| 2. Ana Dulce Félix, 1982, POR | 32:40.12 |
| 3. Azucena Diaz Calvo, 1982 | 33:22.43 |
| 4. Estela Navascues Parra, 1981 | 33:45.38 |
| 5. Maria Elena Moreno Mazo, 1979 | 34:45.89 |

Golden Gala Kinder+Sport (28th)

(AF Golden League)

Rome, ITA, 11 July

MEN**800**

1. Amine Laalou, MAR 1:44.27 SB
2. Mbulaeni Mulaudzi, RSA 1:44.61
3. Youssef Saad Kamel, BRN 1:44.68
4. Nadjim Manseur, ALG 1:44.75 PB
5. Alfred Kirwa Yego, KEN 1:45.05

1500:

1. Asbel Kiprop, 1989, KEN 3:31.64 PB
2. Abdelaati Iguider, MAR 3:31.88 PB
3. Tarek Boukensa, ALG 3:31.98 SB
4. Mehdi Baala, FRA 3:32.00 SB
5. Mohamed Moustauoui, MAR 3:32.06 PB
- ... 10. Daniel Kipchirchir Komen, KEN 3:34.30

5000:

1. Sileshi Sihine, ETH 13:04.94
2. Eliud Kipchoge, KEN 13:05.26
3. Tariku Bekele, ETH 13:06.00
4. Mark Kiptoo, KEN 13:06.60 PB
5. Joseph Ebuya, KEN 13:06.61 SB
- ... 12. Gebregziabher Gebremariam, ETH 13:36.67 SB

3000 s/chase:

1. Brimin Kipruto, KEN 8:15.71
2. Ezekiel Kemboi, KEN 8:16.91
3. Tareq Mubarak Taher, BRN 8:17.65 SB
4. Patrick Langat, KEN 8:19.13 PB
5. Nahom Mesfin Tariku, ETH 8:21.09

WOMEN**800:**

1. Pamela Jelimo, 1989, KEN 1:55.69
2. Janeth Jepkosgei, KEN 1:58.74 SB
3. Yuliya Krevsun, UKR 1:58.75 SB
4. Maryam Jamal, BRN 1:59.34
5. Lucia Klocová, SVK 1:59.42
6. Tamsyn Lewis, AUS 1:59.43 SB
- ... 9. Brigita Langerholc, SLO 1:59.57 SB
10. Kenia Sinclair, JAM 1:59.77

5000:

1. Tirunesh Dibaba, ETH 14:36.58
2. Meselech Melkamu, ETH 14:38.78 SB
3. Priscah Cherono, KEN 14:45.12 SB
4. Kim Smith, NZL 14:45.93 AR
5. Peninah Chepchumba, KEN 15:00.26 PB
6. Ejegayehu Dibaba, ETH 15:09.93

IAAF World Junior Championships (12th)

Bydgoszcz, POL, 8-13 July

MEN**800 (11):**

1. Abubaker Kaki, SUD 1:45.60 GOLD
2. Geoffrey Kibet, KEN 1:46.23 PB SILVER
3. André Olivier, RSA 1:47.57 BRONZE
4. Adam Kszczot, POL 1:47.91
5. Diomar de Souza, BRA 1:49.80

Heats (08):**Heat 2 -**

1. Felix Martine Konchellah, KEN 1:51.72 Q
- ... 6. Raaghid Fredericks, RSA 1:52.60

1500 (10):

1. Imad Touil, ALG 3:47.40 GOLD
2. James Kiplagat Magut, KEN 3:47.51 SILVER
3. Demma Daba, ETH 3:47.65 BRONZE
4. Fredrick Musyoki Ndunge, KEN 3:48.00
5. Ryan Gregson, AUS 3:48.23
- ... 10. Dumisane Hlaselo, RSA 3:51.71

5000 (13):

1. Abreham Cherkos, ETH 13:08.57 CR GOLD
2. Mathew Kipkoech Kisorio, KEN 13:11.57 PB SILVER
3. Dejen Gebremeskel, ETH 13:11.97 BRONZE
4. Geoffrey Kusuro, UGA 13:31.80
5. Tonny Wamulwa, ZAM 13:33.09

10000 (09):

1. Josphat Kipkoech Bett, KEN 27:30.85 CR GOLD
2. Titus Kipjumba Mbishei, KEN 27:31.65 PB SILVER
3. Ibrahim Jeilan, ETH 28:07.98 BRONZE
4. Hunegnaw Mesfin, ETH 28:08.58
5. Stephen Kiprotich, UGA 28:10.71

3000 s/chase (13):

1. Jonathan Muia Ndiku, KEN 8:17.28 PB GOLD
2. Benjamin Kiplagat, UGA 8:19.24 SILVER
3. Patrick Kipyegon Terer, KEN 8:25.14 PB BRONZE
4. Dereje Abdi, ETH 8:32.98
5. Legese Lamiso, ETH 8:38.34

WOMEN**800 (11):**

1. Elena Mirela Lavric, ROU 2:00.06 CR GOLD
2. Merve Aydin, TUR 2:00.92 SILVER
3. Machteld Anna Mulder, NED 2:02.05 PB BRONZE
4. Alison Leonard, GBR 2:02.15 PB
5. Winny Chebet, KEN 2:04.13 SB

Heats (08):**Heat 4 -**

1. Merve Aydin, TUR 2:06.89 Q
- ... 7. Caster Semenya, RSA 2:11.98

1500 (13):

1. Stephanie Twell, GBR 4:15.09 GOLD
2. Kalkidan Gezahegne, ETH 4:16.58 SILVER
3. Emma Pallant, GBR 4:17.06 BRONZE
4. Jordan Hasay, USA 4:19.02
5. Bridey Delaney AUS 4:21.20

3000 (12):

1. Mercy Cherono, KEN 8:58.07 SB GOLD
2. Bizunesh Urgesa, ETH 8:58.90 SILVER
3. Frethiwat Goshu, ETH 9:03.76 PB BRONZE
4. Marina Gordeeva, RUS 9:11.59 PB
5. Jackline Chebii, KEN 9:12.85

5000 (08):

1. Sule Utura, ETH 16:15.59 GOLD
2. Genzebe Dibaba, ETH 16:16.75 SILVER
3. Nelly Chebet, KEN 16:17.96 BRONZE
4. Lucia Kamene Muangi, KEN 16:25.04
5. Kasumi Nishihara JPN 16:33.28

3000 s/chase (10):

1. Christine Kambua Muyanga, KEN 9:31.35 CR GOLD
2. Elizabeth Mueni, KEN 9:36.50 PB SILVER
3. Korahubish Itaa, ETH 9:37.81 NJ BRONZE
4. Halima Hassen, ETH 9:38.44 PB
5. Sandra Eriksson FIN 10:00.87 NJ

South African performances in other events:

(Event winners in brackets)

100: 2. Wilhelm van der Vyver 10.42 (Dexter Lee JAM 10.40)

400 H: 4. Cornel Fredericks 50.39 (PB), 5. P.C. Beneke 50.78 (PB) (Jeshua Anderson USA 48.68)

PV: 11. Cheyne Rahme 5.00 (Raphael Holzdeppe GER 5.50)

LJ: 6. Stefan Brits 7.42 (Marquise Goodwin USA 7.74)

DT: 4. Victor Hogan 60.64 (Gordon Wolf GER 62.00)

4x100: 3. RSA (Johannes Mosala, Roscoe Engel, Patrick Vosloo, Wilhelm v.d. Vyver) 39.70 (USA 38.98) [South Africa set a national record of 39.59 in the semifinal.]

WOMEN

JT: 5. Tazmin Brits 56.12 (Vira Rebryk UKR 63.01 WJR)

Aviva National Championships and U.K. Olympic Trials

Birmingham, GBR, 11-13 July

WOMEN

5000 (13):

1. Jo Pavey 15:12.55
2. Hayley Yelling 15:38.60
3. Laura Kenney 15:54.11

Cork City Sports (57th)

Cork, IRL, 12 July

MEN

1500:

1. Bernard Kiptum, KEN 3:38.70
2. Alistair Cragg, IRL 3:39.12 SB
3. Rob Myers, USA 3:39.37

3000:

1. Mike Kigen, KEN 7:49.50 SB
2. Alistair Cragg, IRL 7:55.86 SB
3. Bobby Curtis, USA 8:00.82 PB

Mondo De Keien Meeting

Uden, NED, 12 July

WOMEN

800:

1. Leanna MacLean, CAN 2:04:70
2. Juanee Cilliers, RSA 2:04:97

Kuts Memorial

Moscow, RUS, 10 July

MEN

1500:

Race 3 -

1. Vyacheslav Shabunin (27.09.69) 3:37.99
2. Vyacheslav Sokolov (15.12.84) 3:39.53
3. Ramil Aritkulov (01.03.78) 3:42.55

WOMEN

1500:

1. Yelena Soboleva (03.10.82) 3:56.59 WL
2. Yekaterina Martynova (06.08.86) 4:13.17
3. Olga Yakubovskaya (81) 4:31.55

Sollentuna Grand Prix

(Folksam Grand Prix)

Sollentuna, SWE, 8 July

WOMEN

1500:

Race A -

1. Deirdre Byrne, 82, IRL 4:10.00 SEK 5000
2. Emebet Bedada, 90, ETH 4:11.80 SEK 3000
3. René Kalmer, 80, RSA 4:14.07 SEK 1500

DNF - Juanee Cilliers, 82, RSA

Trofeo Citta di Lugano (7th)

Lugano, SUI, 4 July

MEN

800:

Race A -

- | | |
|----------------------------|---------|
| 1. Dmitrijs Milkevics, LAT | 1:47.42 |
| 2. Rashid Mohamed, BRN | 1:47.85 |
| 3. Mahamoud Farah, DJI | 1:48.24 |
| 4. Hezekiel Sepeng, RSA | 1:48.86 |

Portuguese 10000 m Championships

Lisboa, POR, 28 June

MEN

- | | |
|----------------------------|----------|
| 1. Rui Pedro Silva, 1981 | 28:37.39 |
| 2. Lincinio Pimentel, 1977 | 29:05.03 |
| 3. Nelson Cruz, 1977 | 29:09.51 |

WOMEN

- | | |
|---------------------------|-------------|
| 1. Fernanda Ribeiro, 1969 | 32:07.54 |
| 2. Inês Monteiro, 1980 | 32:16.19 PB |
| 3. Ana Dulce Félix, 1982 | 32:28.63 PB |

ULTRA/MOUNTAIN/TRAIL RUNNING**European Mountain Running Championships (7th)**

Zell am Harmersbach, GER, 12 July

(Courses: Men, 12.85 km [climb 804 m, descend 714 m]; Women, 8.75 km [climb 566 m, descend 476 m])

MEN

Teams: 1. ITA, 11 points; 2. ESP, 32 (3rd finisher 13th); 3. FRA, 32 (third finisher 15th); 4. TUR, 32 (third finisher 17th); 5. POR, 41 points...

Individuals:

- | | |
|---------------------------------|--------------|
| 1. Ahmet Asslan, 1986, TUR | 50:01 Gold |
| 2. Bernard Dematteis, 1986, ITA | 50:29 Silver |
| 3. Marco De Gasperi, 1977, ITA | 50:57 Bronze |
| 4. Jose Gaspar, 1977, POR | 51:09 |
| 5. Julien Rancon, 1980, FRA | 51:13 |

WOMEN

Teams: 1. GBR, 17 points; 2. FRA, 21; 3. ITA, 22; 4. SLO, 57; 5. CZE 61...

Individuals:

- | | |
|-----------------------------------|--------------|
| 1. Elisa Desco, 1982, ITA | 40:00 Gold |
| 2. Constance Devillers, 1977, FRA | 40:18 Silver |
| 3. Sarah Turnstall, 1986, GBR | 40:48 Bronze |
| 4. Mateja Kosovelj, 1988, SLO | 41:20 |
| 5. Victoria Wilkinson, 1978, GBR | 41:28 |
-

NEWS

S.A. TEAM FOR BEIJING

Mbulaeni Mulaudzi and René Kalmer were both included in the South African team for the Beijing Olympics. Mulaudzi won the silver medal behind Yuriy Borzakovskiy in the Athens Games 800, but it will be Kalmer's first Olympics. She recently ran an "A" standard qualifier for the 1500 m in Madrid.

The team is: Pieter de Villiers (400 H), Alwyn Myburgh (400 H), Mbulaeni Mulaudzi (800), Samson Ngoepe (800), Ruben Ramolefi (3000 s/chase), Khotso Mokoena (long jump), Robert Oosthuizen (javelin throw), Thuso Mpuang (200), LJ van Zyl (400 H), Juan van Deventer (1500), Isabel le Roux (200), Tsholofelo Thipe (400), Elizna Naudé (discus throw), René Kalmer (1500), Norman Dlomo and Hendrick Ramaala (both marathon).

The team manager is Kakata Maponyane, the head coach Ekkart Arbeit, and the other coaches Wilfred Daniels, Magda Botha and JP van der Merwe.

Two notable omissions are South Africa's best female javelin thrower, Justine Robbeson, who has a best distance of 63.49 m this year, and the Commonwealth javelin champion, Sunette Viljoen. They are the only two athletes with an "A" qualifier who were not included in the team. Also, no relay teams were announced.

Despite the fact that the team was announced as the "final" team, when asked about Robbeson, Daniels gave this rather absurd answer, according to a newspaper report: "We must still decide about a few borderline cases and the relay teams. These names will be announced next week. Justine's name will *definitely* [my italics] then be read out."

One can only ask in exasperation: Then why not read it out now?

HUGE PRIZES IN CITY TO CITY

This year's City to City ultramarathon between Pretoria and Johannesburg on 7 September will offer the biggest first prize for an ultramarathon in Africa. The race will be sponsored by Blue IQ.

First prize for both men and women will be R250 000, it was announced last week, with prizes going down to R5 000 for tenth spot. Total sponsorship for the race will be R4 million.

The winner in the accompanying half marathon will receive R10 000 (both men and women).

The ultramarathon will start at Hennops Park in Centurion and finish at Mary Fitzgerald Square in Newtown, Johannesburg. Entry forms are obtainable from all major sport shops in the province as well as the Central Gauteng Athletics offices in the Germiston Stadium and the Athletics Gauteng North offices in the Pilditch Stadium.

S.A. DISTANCE RANKINGS

Ken Young has published the following ranking list of the top ten South African distance runners for 2008 in *The Analytical Distance Runner*, with their points scored in all their races:

MEN

2837	Hendrick Ramaala
2830	Stephen Mokoka
2827	Morosi Boy Soke
2807	Tshamano Setone
2785	Norman Dlomo
2755	Jabulane (Jeffrey) Gwebu
2734	Enos Matalane
2732	Lindikaya Mthangayi

2728 Lungile Gongqa
2721 Joseph Xolisa

WOMEN

2685 René Kalmer
2677 Zintle Xiniwe
2605 Charné Bosman
2603 Violet Raseboya
2598 Annerien van Schalkwyk
2583 Tanith Maxwell
2580 Louisa Leballo
2575 Rianna van Niekerk
2568 Marelise Retief
2564 Christine Kalmer

ETHIOPIA'S TEAM FOR BEIJING

MEN

1500: Derese Mekonnen, Mulugeta Wondimu, Mekonnen Gebremedhin, Demma Daba.
3000 S/chase: Nahom Mesfin, Roba Gari, Yacob Jarso.
5000: Kenenisa Bekele, Tariku Bekele, Abraham Cherkos, Ali Abdosh.
10000: Kenenisa Bekele, Sileshi Sihine, Haile Gebrselassie, Ibrahim Jeylan.
Marathon: Tsegaye Kebede, Deriba Mergia, Gudisa Shentema, Gashaw Melese.

WOMEN

1500: Gelete Burka, Meskerem Assefa.
3000 s/chase: Zemzem Ahmed, Mekdes Bekele, Sofia Assefa.
5000: Tirunesh Dibaba, Meseret Defar, Meselech Melkamu, Belaynesh Fekadu .
10000: Mestawet Tufa, Tirunesh Dibaba, Ejegayehou Dibaba, Wude Ayalew.
Marathon: Gete Wami, Berhane Adere, Bezunesh Bekele, Dire Tune.

BACKGROUND

The following article on Bill Rodgers, the first man to win the Boston and New York marathons in the same year, appeared on the *Sports Illustrated* website.

BOSTON BILLY STILL AT IT

Bill Rodgers had just returned to his Barbados hotel room after having a rum and coke with friends last December when he got a call from his doctor back at Massachusetts General. His blood-test results were in: Rodgers had prostate cancer. The doctor recommended surgery for the following month.

Rodgers, who had been brought to Barbados to promote a local race series and run in the 10 km, was shaken. "I said, What? I haven't been in a hospital for surgery since I was 10 years old and had my appendix removed." Rodgers had the surgery and is doing fine—a blood test in early June showed no signs of cancer—and he is now trying to help with a cure by doing what he became famous for three decades ago.

When Rodgers attempted his first marathon, in Boston in 1973, he didn't even finish, dropping out at mile 20, unable to handle the heat. He won the race for the first time in '75. In '78 he became the first man to win the Boston and New York marathons in the same year, and he repeated the feat in '79. (He is still the only person to have done it twice.) By '80 he would win 16 marathons—including four in Boston and four in New York.

As Rodgers ran, America was running with him. Thanks to such phenomena as Frank Shorter's '72 Olympic marathon gold medal, Jim Fixx's *The Complete Book of Running* in '77 and even the training montage in *Rocky*, jogging became one of the signature trends of

the '70s, and Rodgers was one of the faces of the movement. "It was like being a surfer and being on top of a 40-foot wave," says Rodgers, 60. "You're just flying along."

In 1977 Rodgers and his brother, Charlie, decided to ride that wave and open the Bill Rodgers Running Center in Boston's Cleveland Circle, and then another in Faneuil Hall in '78. The stores were among the first in the U.S. to cater specifically to runners. The brothers chose the right time to get into the business. The year before, 25,000 people finished marathons in the United States. By 2007, according to Running USA, an advocacy group, the number had multiplied to 412,000. "People were coming in the door who had been tennis players, and they'd say, 'Gee, I'd like to try this running thing out,'" says Charlie. The Faneuil Hall store is still outfits runners today. Charlie handles the day-to-day operations, and Bill—who is twice divorced and lives 35 miles away in Boxborough, Mass., with his fiancée, Mary ("We always say next Tuesday," says Rodgers when people ask him when they plan to get married)—comes in weekly to meet and greet and talk to runners about their training regimens.

Boston Billy, as he came to be known after his success in the city's premier athletic event, has run in marathons from Houston to Holland to Vietnam. In August 2006 he even made an appearance at the inaugural Arctic Marathon, where he ran with his two daughters from his second marriage, Erika, 18, and Elise, 23. (It was a balmy 55° [13 °C].)

Rodgers now runs 40 to 60 miles per week (down from the 130 he logged weekly in the '70s) and participates in 25 to 30 races a year, ranging from 5Ks to half-marathons, where he speaks to runners about training. "Many of them, they overdo it, and they think they have to run through pain," explains Rodgers, who has written books on the sport, including *The Complete Idiot's Guide to Jogging and Running*. "I say, 'No, no, no. You've got to rest, and you've got to try to run on dirt and grass and get good shoes'—of course, hopefully at our store in Boston." One thing he doesn't preach about is nutrition. "I certainly don't have what could be called the healthiest diet all the time," says Rodgers, who indulges by eating cookies and cheeses and continuing a 30-year habit of eating mayonnaise straight from the jar. "It's just so delicious. People think marathon runners all must have perfect diets. Of course that's not true. I definitely eat better than I used to. I just don't eat as much. We all know more about nutrition."

He last tried the marathon in 1999, in Boston. Attempting to set the 50-59 age record, he succumbed to the heat at mile 20 on Heartbreak Hill and, as with his first attempt, failed to finish. He's shooting for Boston again in April 2009, health permitting—but not for any records. "I don't want my last Boston to be a DNF," says Rodgers. This year he has already won his age group in two half-marathons, one in Orange County, Calif., before the surgery and one in Oklahoma City in April. "I've done a few other races, and I've gotten whipped in those," Rodgers says with a laugh.

In April he became the national spokesman for the PACE Race series, sponsored by the Prostate Cancer Education Council. The series, which includes races from 5Ks to marathons, began in 2002 as a way to raise awareness about the disease and boost early detection efforts by offering free on-site blood screenings. Rodgers is happy he can help while doing what he has always loved. "The office is out my front door," he says with satisfaction. "I always like that office in particular. It's a big office, not a little tiny cubicle. You can just go."

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2008 each week, with one list per issue. Secondary performances of the top three are also listed. 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.

2008 HALF MARATHON: TOP 10 VETERAN WOMEN

1:21:35	Maya Lawrie	1	Savages	Durban	25 May
1:22:13	Lawrie	1	SA Championships	Port Elizabeth	05 Jul

1:22:43	Lawrie	1	KZN Championships	Durban	13 Apr
1:22:50	Michelle Bartman	1	Milkwood	Kommetjie	20 Apr
1:23:57	Lawrie	1	Maritzburg	Pietermaritzburg	16 Mar
1:24:00	Tessa Burrell	1	Vasbyt	Nigel	30 Mar
1:24:08	Bartman	1	Two Oceans	Cape Town	22 Mar
1:24:09	Burrell	1	Matha Series	Pretoria	19 Jan
1:24:29	Sarah Mahlangu	1	Matha Series	Polokwane	29 Mar
1:25:50	Martie Naude	1	Slow Mag	Benoni	06 Apr
1:26:03	Elmarie Coetzee	1	WP Championships	Durbanville	11 May
1:26:08	Grace de Oliveira	2	Savages	Durban	25 May
1:26:34	Leanne Finlay	3	SA Championships	Port Elizabeth	05 Jul
1:26:43	Hanlie Stegmann	1	KKNK	Oudtshoorn	29 Mar
1:26:48	Frith van der Merwe	1	EP Championships	Port Elizabeth	17 May

SOUTH AFRICAN ROAD LIST LEADERS FOR 2008

In this section I list the best South African performance this year 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 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 light green background. – Ed.

MEN

Seniors

10 km	28:45	Hendrick Ramaala	Durban	10 Feb
	27:22	Moses Masai (KEN)		
15 km	45:44	Tom Lusaseni	Eerste River	28 Jun
	43:44	Zenbaba Tegezu (ETH)		
21.1 km	62:04	Stephen Mokoka	Port Elizabeth	05 Jul
	59:15	Haile Gebrselassie (ETH)		
25 km	81:04	Leburu Kgosiemang	Pretoria	10 May
	73:50	Samuel Karuku (KEN)		
30 km	1:29:50	Hendrick Ramaala	London	13 Apr
	1:28:30	Martin Lel (KEN)		
Marathon	2:11:44	Hendrick Ramaala	London	13 Apr
	2:04:53	Haile Gebrselassie (ETH)		
100 km				

Veterans

10 km	31:36	Desmond Zibi	Port Elizabeth	01 May
15 km	48:32	John September	Bloubergstrand	05 Jan
21.1 km	67:20	Desmond Zibi	Port Elizabeth	17 May
25 km	88:24	Jackson Seanego	Pretoria	10 May
30 km	1:49:10	Johnny Persents	Parow	02 Mar
Marathon	2:28:09	Lindile Tokota	Mossel Bay	12 Apr
100 km				

Masters

10 km	35:28	Goodman Mpukane	Bellville	31 May
15 km	55:23	Goodman Mpukane	Constantia	08 Mar
21.1 km	76:03	Samuel Mogudi	Port Elizabeth	05 Jul
25 km	96:25	Jeremiah Ngwenya	Durban	27 Apr
30 km	1:58:13	Zama Witvoet	Camps Bay	13 Jan
Marathon	2:39:29	Samson Mogodi	Durban	10 Feb
100 km				

Grandmasters

10 km	37:54	Tamsanqa Jusayi	Port Elizabeth	01 May
15 km	58:50	Albertus Bock	Constantia	08 Mar
21.1 km	83:04	Tamsanqa Jusayi	Jeffreys Bay	05 Jan
25 km	1:57:37	Ken Nurden (70+)	Pretoria	10 May
30 km	2:12:57	Albertus Bock	Parow	02 Mar
Marathon	3:14:37	Tamsanqa Jusayi	Durban	10 Feb
100 km				

Juniors

10 km	29:58	Zolani Ngqqaqa	Robertson	07 Jun
15 km	46:53	Zolani Ngqqaqa	Despatch	26 Apr
21.1 km	65:24	Esau Radebe	Port Elizabeth	05 Jul

WOMENSeniors

10 km	33:27	René Kalmer	Bellville	13 Apr
	31:01	Hilda Kibet (NED)		
15 km	54:45	Zintle Xiniwe	Constantia	08 Mar
	49:36	Deena Kastor (USA)		
21.1 km	73:02	Zintle Xiniwe	Port Elizabeth	05 Jul
	67:57	Fyles Ongori (KEN)		
25 km	1:44:09	Michelle Williams	Pretoria	10 May
	1:24:10	Peninah Arusei (KEN)		
30 km	2:05:32	Bulelwa Mtshagi	Parow	02 Mar
	1:44:00	Miho Notagashira (JPN)		
Marathon	2:37:35	Tanith Maxwell	Rome	16 Mar
	2:22:38	Ying-ying Zhang (CHN)		
100 km				

Veterans (40+)

10 km	36:59	Judy Bird	Pretoria	08 Mar
15 km	59:22	Michelle Bartman	Constantia	08 Mar
21.1 km	81:35	Maya Lawrie	Durban	25 Apr
25 km	1:55:05	Karen Brooks	Pretoria	10 May
30 km	2:13:05	Renée Scott	Parow	02 Mar
Marathon	2:48:06	Tessa Burrell	Rotterdam	13 Apr
100 km				

Masters (50+)

10 km	40:45	Annatjie Botes	George	08 Mar
15 km	64:34	Nancy Will	Bloubergstrand	05 Jan
21.1 km	90:16	Margie Saunders	Port Elizabeth	17 May
25 km	2:02:21	Wendy Fitzmaurice	Durban	27 Apr
30 km	2:20:42	Annatjie Botes	Beaufort West	17 May
Marathon	3:12:07	Annatjie Botes	Durban	10 Feb
100 km				

Grandmasters (60+)

10 km	43:44	Rea Oosthuizen	Mossel Bay	12 Apr
15 km	72:39	Marietha Herbert	Eerste River	28 Jun
21.1 km	95:45	Rea Oosthuizen	Great Brak River	15 Mar
25 km	2:22:35	Olga Smit	Pretoria	10 May
30 km	2:29:42	Veronica van Niekerk	Camps Bay	13 Jan
Marathon	3:27:30	Naome Nxumalo	Durban	10 Feb
100 km				

Juniors

10 km	34:11	Nandipha Dywili	Mossel Bay	12 Apr
15 km	57:34	Destiny Titus	Eerste River	28 Jun
21.1 km	81:59	Nandipha Dywili	Port Elizabeth	05 Jul

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