

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

Highlight of the weekend on the local scene was René Kalmer's victory in the Breakthru 15 km in 58:05, well ahead of Moleboheng Mafata. Kalmer will be running the 1500 m in Beijing, her first Olympics.

Internationally, as athletes start to put the finishing touches to their preparation for the Games, the astounding Pamela Jelimo set another world junior record in the 800 when she ran 1:54.97 in Paris. Behind her the next five athletes set either personal or seasonal bests. In the Russian Championships Yelena Soboleva went one better when she ran a world leader of 1:54.85, while Liliya Shobukhova set a European record of 14:23.75 in the 5000 m. Another world leader came from Gulnara Galkina-Samitova in the steeplechase (9:08.21).

In Heusden Juan van Deventer was fourth in the 1500 in 3:35.20.

The SA Olympic team was published in last week's DRR, with incredulity expressed about the omission of Justine Robbeson and Sunette Viljoen. Another top athlete who was left out of the team for Beijing is Tanith Maxwell. She missed the Olympic "A" standard by a scant 35 seconds, but was well under the "B" standard. As South Africa's fastest marathoner, she can certainly feel aggrieved at not being given the chance to compete in Beijing. Maxwell has now accepted an invitation to run in the Berlin Marathon on 28 September.

Athletics South Africa did add Robbeson to the team last week, but not Viljoen – another slap in the face of an athlete who is deserving of her place among the world's best. The two men's relay teams are: 4x100 m – Thuso Mpuang, Kagisho Kumbane, Hannes Dreyer, Corné du Plessis, Sergio Mullins and Leigh Julius; 4x400 m – Ofentse Mogawane, Sibusiso Sishi, Pieter Smith, LJ van Zyl, Alwyn Myburgh and Ter de Villiers. Only the top sixteen relay teams in the world are allowed to compete in Beijing.

It has often been pointed out in DRR that Elias Mabane (Nedbank) has been running illegally as a veteran, while his date of birth is 3 March 1969. Athletics Gauteng North recently suspended him temporarily (see DRR 8:22), and has now suspended him for two years from 29 May 2008. Among other races, Mabane finished fourth veteran in the Old Mutual Two Oceans but with his disqualification the true veterans below him in the order will move up one place (Peter Sehloho gets fourth, etc.).

Riël Hauman

OLYMPIC PREDICTION CONTEST

Readers are invited to send in their predictions for all the track and field events, plus the marathon, in Beijing. Please e-mail your predictions of the medal winners in each event (including relays) before 12 August. The track and field programme at the Games starts on 15 August, with the last event – the men's marathon – on 24 August.

INCLUDED IN THIS ISSUE:

- * Breakthru 15 km, Midrand
- * Nongoma Half Marathon, Nongoma
- * Sechaba 10 km, Port Elizabeth
- * Worcester Voorsieners Half Marathon & 10 km, Worcester
- * Ocean Basket Phobians 15 km, Pretoria
- * XC: WP League Meeting, Bellville

International highlights

- * Semi-Marathon Marvejols Mende, Lozere, FRA
- * Fortis Loopfestijn Voorthuizen, Voorthuizen, NED
- * Asics British 10 km London Run, London, GBR
- * Heiligenblut-Grossglockner Berglauf, Heiligenblut, AUT
- * Track: KBC Night of Athletics, Heusden, BEL; Meeting Internacional Ciutat de Barcelona, Barcelona, ESP; Meeting Gaz de France Paris Saint-Denis, Saint-Denis, FRA; Russian Athletics Championships, Kazan, RUS; Meeting International d'Athletisme de la Province de Liège, Naimette-Xhovemont, BEL; Tangiers International Meeting, Tangiers, MAR

ROAD RUNNING

Breakthru 15 km

Midrand, 20 July
(Loop course)

MEN

1 Nkopane Seqhopane (GS) 47:43; 2 Tsidisio Bosiu (GS) 47:44; 3 Raphael Segodi (GS) 48:11; 4 Maru Ondo Olimo (ETH/Voltex) 48:27; 5 Vusi Malobolha (Powerade) 48:42.

Veterans: 1 Gethun Wordofa (ETH/ADT) 51:05; Simon Ramashapa (Corobrick) 53:24; 3 Isaiah Tolo (Irene) 58:12. **Masters:** 1 Johannes Seakamela (RAC) 57:15. **G'masters:** 1 Pele Ntshaveheni (Yebo) 68:55. **G/g'masters:** 1 John McDonald (RAC) 82:35. **Juniors:** 1 Mahlogonolo Maruma (Diepsloot) 57:20.

WOMEN

1 René Kalmer (MP) 58:05; 2 Moleboheng Mafata (Toy) 58:54; 3 Maxine Heine-Wacker (Nedbank) 60:29 (1st jun); 4 Irvette van Blerk (MP) 62:25; Mpho Mabuza (Powerade) 62:31.

Veterans: 1 Cynthia Mokovane 70:05; 2 Lisa Green (RAC) 70:32; 3 Judy Pace (RAC) 71:45. **Masters:** 1 Sonja Laxton (RAC) 68:27; Celina Netshisaulu (RAC) 76:38; 3 Pam Hampton (Bankserv) 81:15. **G'masters:** 1 Hazel Quilliam (Roodepoort) 94:51. **Juniors:** 1 Maxine Heine-Wacker (Nedbank) 60:29

Nongoma Half Marathon

Nongoma, 20 July

(Distance: 21.0975 km)

MEN

1.	Elmore Sibanda	ZIM/Boxer A C	69:34
2.	Sipho Ncube	ZIM/Mr Price A C	71:10
3.	Richard Nene	ZIM/Boxer A C	71:51

40-49:

1.	Bheki Nyawo	Imamba A C	87:17
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50-59:

1.	Gerald Thabade	Nongoma A C	104:03
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Juniors:

1.	Thelumosa Nkosi	Nongoma A C	77:09
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WOMEN

1.	Iris Ndlovu	Boxer A C	93:52
2.	Marie Mthembu	Boxer A C	100:58
3.	Notebo Buthelezi	Cezi A C	103:01

50-59:

1.	Nontombi Masangane	Imamba A C	151:35
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Sechaba 10 km

Port Elizabeth, 19 July

MEN

1	Sixolile	Shinta	Nedbank RC EP	23	30:28
2	Zolani	Ngqaqa (1 st jun)	Nedbank RC EP	19	30:31
3	Wayne	Gallant	Mr Price AC	34	30:36
4	Phumzile	Sikawuti	Nedbank RC EP	28	32:15
5	Sibusiso	Thu	Raleigh AC	20	33:02
6	Ntando	Luvuyo	Thomas Mbiza AC	31	33:07
7	Zamubuntu	Teyise	Nedbank RC EP	31	33:09
8	Mzamo	Fokwana	Charlo AC	30	33:53
9	Bulelini	Niwa	PEAAC	23	34:05
10	Phumelelo	August	Nmmu AC	23	34:10
11	Zolile	Mhlahlo	Raleigh AC	33	34:35
12	Ganca	Sakhiwo	Temp	18	34:57
13	Kenneth	Menze (1 st vet)	New Balance	46	35:05
14	Elliot	Nyarashe	PEAAC	29	35:23
15	Vincent	Mbixana	Legacy AC	40	35:48
16	Johannes	Jonck	St Albans CSEP	35	35:51
17	Zoysile	Maklein	PEAAC	37	35:54
18	Thembekile	Msipa	Nedbank RC EP	33	36:11
19	Hanson	Singaphi	Raleigh AC	30	36:49
20	Mzuvumile	Lungu	Nedbank RC EP	15	36:51

40-44:

1	Vincent	Mbixana	Legacy AC	40	35:48
2	Mutekile	Rasmeni	Raleigh AC	43	37:03
3	Vernon	Newfeldt	Willard Batt	42	37:50

45-49:

1	Kenneth	Menze	New Balance	46	35:05
2	Philbert	Tyombo	PEAAC	45	36:57

3	Colben	Ngcupe	PEAAC	45	37:34
50-54:					
1	Ferdinand	Grobler	Despatch AC	50	39:11
2	Robert	Rietmuller	PEAAC	52	41:28
3	Bruce	Mcewan	Achilles AAA	54	41:34
55-59:					
1	Sizinzo	Kama	Achilles AAA	57	38:30
2	Hannes	Els	Madiba Bay AC	58	40:48
3	Fred	Verrall	Charlo AC	59	41:42
60-64:					
1	Eddie	Walker	PEAAC	61	42:15
2	Thembisile	Ntoni	PEAAC	60	47:47
3	Jan	Von Mollendorf	Elite AC	63	49:17
65-69:					
1	Tamsanqa	Jusayi	Mr Price AC	66	39:09
2	Michael	Collins	PEAAC	69	48:30
3	Gerald	Hoxley	Achilles AAA	67	57:38
70+:					
1	David	Fraser	PEAAC	70	52:55
2	Selwyn	Solomon	Crusaders AC	70	1:03:33
3	James	Morey	PEAAC	71	1:03:44
Juniors:					
1	Zolani	Ngqaga	Nedbank RC EP	19	30:31
2	Ganca	Sakhiwo	Temp	18	34:57
3	Mzuvumile	Lungu	Nedbank RC EP	15	36:51
WOMEN					
1	Ntombesintu	Ntshiliza	Nmmu AC	26	35:25
2	Liandre	Pretorius	Mr Price AC	29	38:43
3	Loesje	De Beer (1 st vet)	Spar Walmer AC	49	40:50
4	Deliwe	Nyanga (1 st jun)	PEAAC	19	41:33
5	Elmarie	Bezuidenhout	Charlo AC	26	43:48
6	Lesley	Wood (1 st mast)	Achilles AAA	51	44:15
7	Suzanne	Lavis	Jeffreys Bay	50	44:18
8	Nadia	Wessels	PEAAC	38	44:19
9	Jasmine	Jack	Willard Batt	37	45:32
10	Nozuko	Nyanga	PEAAC	21	45:33
11	Michelle	Sivewright	Raleigh AC	39	45:55
12	Adele	Nel	St Albans CSEP	35	46:10
13	Janette	Schierz-Crusius	Body Concept	47	46:20
14	Paulette	McEwan	Achilles AAA	43	46:57
15	Amanda	Prideaux	Bluewater Bay	33	47:05
16	Claire	Nagel	Elite AC	44	47:15
17	Johannette	Oosthuizen	Temp	43	47:24
18	Heidi	Jansen	Achilles AAA	41	47:28
19	Hermie	Fisher	Madiba Bay AC	40	47:49
20	Camarin	Van Eyk	Elite AC	26	48:13
40-44:					
1	Paulette	McEwan	Achilles AAA	43	46:57
2	Claire	Nagel	Elite AC	44	47:15
3	Johannette	Oosthuizen	Temp	43	47:24
45-49:					
1	Loesje	De Beer	Spar Walmer AC	49	40:50
2	Janette	Schierz-Crusius	Body Concept	47	46:20
3	Nurunnisa	Madatt	Malabar	46	50:07

50-54:

1	Lesley	Wood	Achilles AAA	51	44:15
2	Suzanne	Lavis	Jeffreys Bay	50	44:18
3	Gillian	Dealtry	Crusaders AC	50	52:56

55-59:

1	Jos	Els	Madiba Bay AC	56	50:14
2	Ursula	Slabbert	Temp	56	1:06:00
3	Gaynor	Laurie	Crusaders AC	59	1:08:11

60-64:

1	Liz	Grundlingh	Muirite Strider	61	49:35
2	Esly	Strydom	Legacy AC	63	1:06:14
3	Val	Sadow	Spar Walmer AC	62	1:23:45

70+:

1	Dorothy	Hart	PEAAC	70	1:00:09
2	Sylvia	Pritchard	Crusaders AC	74	1:25:47

Juniors:

1	Deliwe	Nyanga	PEAAC	19	41:33
2	Tanya	Wilson	Charlo AC	15	59:27
3	Tiani	Claassen	Despatch AC	17	1:03:01

Worcester Voorsieners Half Marathon & 10 km

Worcester, 19 July

(Distances: 21.0975 km & 10 km; point-to-point courses)

Half marathon**MEN**

1. Rowan Prins (Rob) 71:15; 2. Richard Nozingo (Worc) 73:09; 3. Dawid Gous (Swart) 73:40; 4. Sollie van Rooyen (CS) 76:55 (1st vet); 5. Leon Williams (Swart) 78:01; 6. Marius Muller (Ceres) 78:18; 7. Morné Hansen (Worc) 78:27; 8. Kleinbooi Nayi (Ceres) 78:52; 9. Thomas Moses (Worc) 80:12 (1st mast); 10. Peter Bunn (Edg) 80:15; 11. Christo Laban (Ceres) 80:56; 12. Piet Geduld (Swart) 80:59; 13. Mohammad Kriel (Ned) 81:03; 14. Julie Welkom (Swart) 81:49; 15. Buzile Mafutha (Ceres) 81:54; 16. Jan Oliphant (Hex) 82:01; 17. Nicolaas Kees (Rob) 84:25; 18. Anton Mouton (Ceres) 87:52; 19. Hano Maree (Stel) 88:35; 20. Abraham Jacobs (CS) 88:53; 21. Nicol John (Worc) 90:17 (1st jun); 22. Francois Groenewald (Elg/Grab) 90:46; 23. H. Hendricks (CS) 91:10; 24. Gerald Myburgh (MP Titans) 92:29; 25. Isak Skippers (MP Titans) 92:29; 26. Brandon Scheepers (Ned) 95:07; 27. Rico Hunter (Worc) 95:18; 28. Aubrey Swarts (CS) 95:21; 29. William Snyders (Elg/Grab) 95:38; 30. Abraham Fredericks (CS) 95:55.

Masters: (40+): 1. Sollie van Rooyen (CS) 76:55; 2. Leon Williams (Swart) 78:01; 3. Peter Bunn (Edg) 80:15. **(50+):** 1. Thomas Moses (Worc) 80:12; 2. Muhammad Kriel (Ned) 81:03; 3. Thys Bouwer (Sanlam) 97:09. **(60+):** 1. Kosie Koopman (Worc) 101:35; 2. Nick Marshall (Atl Harr) 102:20; 3. Les Hanna (Whal) 104:11. **(70+):** 1. Caspar Greeff (Atl); 2. Buck Taylor (Pine); 3. Dermott Devine (VOB). **Juniors:** 1. Nicol John (Worc) 90:17; 2. Rico Hunter (Worc) 95:18.

WOMEN

1. Helene Perold (Ceres) 87:20; 2. Liana Maree (Stel) 90:20; 3. Styntjie Prins (Paarl) 92:16 (1st mast); 4. Christa Mulder (Bel) 93:57 (1st vet); 5. Veronica van Niekerk (Elg/Grab) 100:52 (1st g'mast); 6. Carli Basson (Paarl) 102:02; 7. Lorna Loubser (Sanlam) 103:29; 8. Adri Visser (Swart) 103:38; 9. Cailey Bredenkamp (Paarl) 103:54; 10. Ann-Marie Steyn (Bred) 104:37; 11. Lindie Bouwer (Sanlam) 107:07; 12. Arina Cilliers (Orak) 107:31; 13. Christine Hibberd (Whal) 107:51; 14. Beverley Turner (Spart) 107:57; 15. Sharon Bothma (Ind) 108:25; 16. Anne Pool (Str) 108:57; 17. Maryna Bingle (Hex) 109:27; 18. Jaanri Koch (Ind) 110:17; 19. Anne Muller (Edg) 111:26; 20. Anneke Greenwood (Str) 112:57.

Masters: (40+): 1. Christa Mulder (Bel) 93:57; 2. Cailey Bredenkamp (Paarl) 103:54; 3. Arina Cilliers (Orak) 107:31. **(50+):** 1. Styntjie Prins (Paarl) 92:16; 2. Adri Visser (Swart) 103:38; 3. Christine Hibberd (Whal) 107:51. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 100:52; 2. Annette Verster (Ceres) 125:04; 3. Cathy Taylor (Dur) 129:40.

10 km

MEN

1. Piet Jacobs (Ned) 32:42; 2. Danzel Minnaar (Rob) 32:54; 3. Hillroy Slingers (Worc) 33:08 (1st jun); 4. Tumisani Tumisang (Worc) 33:58; 5. Leswyn Arendse (Rob) 34:02; 6. Durin May (Worc) 34:08; 7. Randall Jacobs (Rob) 35:38; 8. Eugene Davids (Rob) 36:20; 9. Mervin Seryners (Ceres) 36:39; 10. Claudius Vyvers (Celt) 36:47; 11. Abraham Fielies (CS) 36:50 (1st vet); 12. Nathan Matthysen (Worc) 36:55; 13. Adrian Mitchell (CS) 37:47; 14. John Small (Saf/WEL) 38:34; 15. Gustav Antonie (Mont) 39:03; 16. Brine Mofotyo (Whal) 39:10; 17. Anthony ? (Ind) 39:39; 18. Andries Swarts (Ceres) 39:43; 19. Adriaan Phillips (CS) 40:12; 20. Jaypee Snyman (Worc) 40:35; 21. Frank Gillion (Whal) 41:15 (1st mast); 22. Rico Havenga (Ind) 43:12; 23. Reggie Crowster (Tyg/NL) 43:36; 24. Mandla Newevela (Ceres) 43:40; 25. Dirk Hunter (Worc) 46:49; 26. Steven Clewer (Ceres) 47:36; 27. Natalie Roelofse (Worc) 49:22; 28. Paul de Wet (Worc) 49:23 (1st g'mast); 29. Niel Burger (Ind) 49:55; 30. Eugene Duvenhage (Ind) 51:50.

Masters: (40+): 1. Abraham Fielies (CS) 36:50; 2. John Small (Saf/Wel) 38:34; 3. Gustav Antonie (Mont) 39:03. **(50+):** 1. Frank Gillion (Whal) 41:15; 2. Natalie Roelofse (Worc) 49:22; 3. Basil Nieuwoudt (Swart) 92:03. **(60+):** 1. Paul de Wet (Worc) 49:23; 2. Faffa Joubert (Paarl) 54:23; 3. Winfried Ruschzyk (Met) 68:31. **Juniors:** 1. Hillroy Slingers (Worc) 33:08; 2. Durion May (Worc) 34:08; 3. Randall Jacobs (Rob) 35:38.

WOMEN

1. Mariëtte Esterhuyse (Tyg/NL) 40:58 (1st vet); 2. Magrietha Smit (Ceres) 41:54; 3. Suzette Williams (Worc) 43:45 (1st jun); 4. Alma Colyn (Ind) 45:17; 5. Olga Davids (Swart) 46:05; 6. Marietha Herbert (Bel) 47:37 (1st g'mast); 7. Geraldine du Toit (Ceres) 47:44; 8. Vondra Singleton (Worc) 53:03; 9. Sybil Lawrence (Ind) 60:50; 10. L. Roux (R/W for L) 62:48; 11. Di Bilitivant (R/W for L) 62:50; 12. Sharlene Maartens (Tyg/NL) 64:14; 13. Dalene van Reenen (Tyg/NL) 64:15; 14. Annelize Bergh (Ind) 64:27; 15. Dolla Naurattel (Ceres) 65:13; 16. Juanita de Villiers (Ind) 66:21; 17. Celia Pienaar (Str) 66:22; 18. Oni de Jager (Ind) 67:50; 19. Annetjie Claassen (Sanlam) 72:29 (1st mast); 20. Arlene Ehrenberg (Whal) 75:32.

Masters: (40+): 1. Mariëtte Esterhuyse (Tyg/NL) 40:58; 2. Vondra Singleton (Worc) 53:03; 3. Dalene van Rooyen (Tyg/NL) 64:15. **(50+):** 1. Annetjie Claassen (Sanlam) 72:29. **(60+):** 1. Marietha Herbert (Bel) 47:37; 2. Dolla Naurattel (Ceres) 65:13; 3. Arlene Ehrenberg (Whal) 75:32. **Juniors:** 1. Suzette Williams (Worc) 43:45; 2. Olga Davids (Swart) 46:05.

Ocean Basket Phobians 15 km

Pretoria, 19 July

(Loop course)

MEN

1 Aaron Gabonewe (MP) 47:20; Lucky Mohale (Powerade) 47:24; 3 Wesley Ruto (KEN/Global) 47:25; 4 Maru Ondo Olimo (ETH/Raiders) 49:37; 5 Joshua Sabao (ZIM/MP) 50:55 (1st jun).

Veterans: 1 Tidimalo Modiga (Toy) 52:58; 2 Maxwell Bangani (ZIM/Nedbank) 54:57; 3 Isaac Molekwa (VS) 55:13. **Masters:** 1 Johannes Seakamela (RAC) 56:57; 2 Colin Fisher

(CSIR) 63:37. **G'masters:** 1 Patrick Mafilika (Nedbank) 69:07. **G/g'masters:** 1 Johan Moleman (Arcadia) 88:46. **Juniors:** 1 Joshua Sabao (ZIM/MP) 50:55

WOMEN

1 Varaidza Shindi (ZIM/MP) 58:18 2 Rutendo Nyahora (ZIM/MP) 62:10; 3 Angela Wagner (Brigham Young) 63:40; 4 Renata Dreyer (Sunninghill) 64:26; 5 Heleen Joubert (Irene) 65:37.

Veterans: 1 Tracy Jarmin (Fit 2000) 69:31; 2 Lisa Green (RAC) 69:41; 3 Hanelie le Roux (Wingate) 71:41. **Masters:** 1 Rene van Zyl (Mag) 70:01; 2 Linda Potgieter (Tuks) 73:08; 3 Pam Hampton (Bankserv) 79:02. **G'masters:** 1 Olga Smit (Affies) 87:39. **G/g'masters:** 1 Marina Odendaal (Sol) 88:23. **Juniors:** 1 Geraldine Combrink (Exarro) 81:04.

Highway Ladies Time-trial League (4th)

Durban, 15 July

(Distance: 4.4 km)

1. Cary Ann Cave	West	16:16
2. Danelle Adlam	PDAC	16:24
3. Lise Muchna	PDAC	17:42
4. Janine Engels	PDAC	18:16
5. Kim Lowe	West	19:11

Super League results after League 3:

1. PDAC	201 points
2. Westville	196
3. HV	114

CROSS-COUNTRY

WP League Meeting (6th)

Bellville, 19 July

MEN

12 km: 1. Siyabulela Qondiso (VOB) 37:01; 2. Patrick Magadla (VOB) 37:11; 3. Tebello Poni (VOB) 37:14; 4. Duane Fortuin (Celt) 37:25; 5. Anthony Godongwana (Celt) 38:07; 6. Mzukile Silayi (Adid) 38:12; 7. Abongile Snyman (Atl) 38:13; 8. Monde Mpemnyama (Celt) 38:15; 9. Patrick Ketelo (Mr Pr) 38:46; 10. Isaac Ikalaheng (Adid) 38:54; 11. Hein Camphor (Adid) 39:47; 12. Asanda Mkiti (Adid) 39:48; 13. Aaron Lewis (Adid) 39:49; 14. Mandla Pangalele (TM Mbiza) 40:13; 15. Sibusiso Valashiya (Atl) 40:14; 16. Gareth Berning (VOB) 40:15; 17. Pieter Mokotary (Metrop) 41:45; 18. Samson Gulubela (Atl) 41:51; 19. Peter Vlok (Adid) 41:55; 20. Alfred Maliti (Celt) 42:53; 21. Luyanda Sindewo (Khaye) 42:59; 22. Eddie Lambert (Celt) 43:41; 23. Roger Dickson (VOB) 44:05; 24. Ryan Winter (Pine) 44:33; 25. Pascal Joseph (RCS Gug) 44:35; 26. Eric Matiso (OM) 45:01; 27. Willem Swanepoel (Brack) 45:55; 28. Thabo Mokoena (TM Mbiza) 45:58; 29. Damian Will (Pine) 46:05; 30. Aaron Boyisi (Brack) 46:11.

4 km: 1. Vuyolwethu Kayi (UWC) 13:29; 2. Fabian Faro (MP Titans) 13:31; 3. Thanduluntu Magqasa (M.Spart) 13:32; 4. Marks Mpekula (VOB) 13:33; 5. Hein Camphor (Adid) 13:34; 6. Isaac Selebe (CPUT) 13:39; 7. Riaan Wildskut (East) 13:41; 8. Christo van Rooyen (Ned) 13:49; 9. Jonathan Collins (East) 13:55; 10. Enver Pedro (MP Titans) 13:56.

Masters: (8 km): (35+): 1. Graham Katzen (Celt) 26:22; 2. Shaun Abrahams (Adid) 26:59; 3. Charles Witbooi (VOB) 28:13. **(40+):** 1. Tobias Philander (Adid) 26:11; 2. Johnny Persents (Adid) 26:31; 3. John September (Celt) 27:22. **(50+):** 1. Goodman

Mpukane (RCS Gug) 28:13; 2. Walter Segatswi (Celt) 29:45; 3. Robbie Lindsay (Ned) 30:32. **(60+)**: 1. Albertus Bock (Adid) 31:06; 2. Michael Clarke (VOB) 33:08; 3. Stan Immelman (Jhb Harr) 36:07. **Juniors (8 km)**: 1. Bulelani Bhebha (VOB) 25:52; 2. Manfred Samuels (H.Harr) 26:14; 3. Lungisani Maroti (Khaye) 26:21.

WOMEN

8 km: 1. Zintle Xiniwe (Celt) 29:26; 2. Nolene Conrad (UWC) 29:57; 3. Thozama April (Celt) 31:01; 4. Busisiwe Matiwane (Celt) 31:51; 5. Amy Aronson (UCT) 33:51; 6. Liesl Steenkamp (Bel) 34:47; 7. René de Bruin (WP Def) 35:01; 8. Thandiwe Balintulo (Zakes) 36:38; 9. C.L. Mosoeu (WP Def) 37:14; 10. A.M. de Cafmeyer (MSM) 37:21; 11. Martha Pretorius (Top) 37:55; 12. Nola Parsons (WC) 37:58; 13. Monice Brand (Adid) 38:01; 14. Freda O'Mally (Ind) 38:02; 15. Riana Abrahams (Dur) 38:03; 16. Estelle Grunewald (Ned) 38:47; 17. Nancy Will (Pine) 39:04; 18. Megan Goliath (Brack) 39:57; 19. Annie van den Berg (MSM) 41:29; 20. P. Henwood (UCT) 42:09.

4 km: 1. Natasha Oosthuizen (Adid) 16:01; 2. Elsiré Roos (Bel) 16:02; 3. Mandy Jacobs (Bel) 16:21; 4. Chantel de Lange (Mr Pr) 16:51; 5. Tania van Rensburg (Dur) 16:53; 6. Warreniece Olifant (Celt) 17:57; 7. Tina-Marie Meyer (Ind) 18:16; 8. Ayanda Mahlombe (RCS Gug) 18:28; 9. Tysia Johannes (UWC) 18:29; 10. Jolene Perkins (WC) 18:48.

Masters (4 km): (35+): 1. Ellie Courts (Celt) 17:47; 2. Patricia Adams (Met) 17:57; 3. Berdine Grobbelaar (Brack) 18:21. **(40+)**: 1. Viv Williams (Adid) 16:27; 2. Elmarie Coetzee (Adid) 16:34; 3. Mariëtte Esterhuyse (Tyg/NL) 16:43. **(50+)**: 1. Nancy Will (Pine) 17:46; 2. Collette van Eck (FH) 18:13; 3. Charmaine Cupido (Ned) 18:22. **(60+)**: 1. Pixie Sparg (Celt) 19:28; 2. Priscilla von Schlicht (Tyg/NL) 21:08; 3. Cathy Taylor (Dur) 23:25. **Juniors (6 km)**: 1. Ayanda Mqhakayi (RCS Gug) 24:16; 2. Xonela Hewu (Zakes) 26:06; 3. Marishka Diebold (VOB) 27:29.

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

Semi-Marathon Marvejols Mende (36th)

Lozere, FRA, 20 July
(Distance: 22.4 km, very hilly)

MEN (gun times)

1. Nicholas Kiprono, UGA	1:11:26
2. Dereje Debele Tulu, ETH	1:12:01
3. Martin Toroitich, UGA	1:12:44

WOMEN

1. Lydia Cheromei, KEN	1:23:21
2. Elizabeth Chemweno, KEN	1:25:41
3. Hafida Gadi-Richard, FRA	1:26:20

Fortis Loopfestijn Voorthuizen (13th)

Voorthuizen, NED, 16 July
(Distance: 10 km)

MEN

1. Geoffrey Mutai, KEN	28:05
------------------------	-------

- | | |
|-------------------------|-------|
| 2. Barnabas Kemboi, KEN | 28:37 |
| 3. Paul Kemboi, KEN | 28:40 |

WOMEN

- | | |
|------------------------|-------|
| 1. Susanne Hahn, GER | 33:30 |
| 2. Julia Ruban, UKR | 33:41 |
| 3. Peninah Arusei, KEN | 34:06 |

Asics British 10 km London Run

London, GBR, 6 July

(Distance: 10 km)

OVERALL MEN & WOMEN COMBINED

- | | |
|------------------------------------|-------|
| 1. Stefano Baldini, ITA | 30:06 |
| 2. Hugo Van De Broek, NED | 30:24 |
| 3. Lornah Kiplagat (F), NED | 32:13 |
| ... 7. Hilda Kibet (F), NED | 32:41 |
| ... 11. Catherine Ndereba (F), KEN | 33:33 |
| ... 17. Steve Jones, 52, GBR | 34:27 |

MOUNTAIN/TRAIL/ULTRA RUNNING

Heiligenblut-Grossglockner Berglauf

Heiligenblut, AUT, 20 July

(Distance: 12.670 km with 1514 m of climbing)

MEN (gun times)

- | | |
|-------------------------------|---------|
| 1. Jonathan Wyatt, 1972, NZL | 1:12:02 |
| 2. Marco Gaiardo, 1970, ITA | 1:12:46 |
| 3. Robert Kripicka, 1981, CZE | 1:12:47 |

WOMEN (gun times)

- | | |
|------------------------------|---------|
| 1. Anna Pichrtova, 1973, CZE | 1:25:09 |
| 2. Irmí Kubicka, 1981, AUT | 1:34:13 |
| 3. Anne Buckley, 1966, GBR | 1:37:32 |

TRACK

KBC Night of Athletics

Heusden, BEL, 20 July

MEN

800:

- | |
|--------------------------------------|
| 1. Gary REED, CAN, 1:44.46 |
| 2. Ahmed Ismail ISMAIL, SUD, 1:44.71 |
| 3. Najim MANSEUR, ALG, 1:44.83 |

1500:

- | |
|---|
| 1. Nabil MADI, ALG, 3:34.53 PB |
| 2. Daniel Kipchirchir KOMEN, KEN, 3:34.66 |
| 3. Belal Mansoor ALI, BRN, 3:34.88 |
| 4. Juan VANDEVENTER, RSA, 3:35.20 |
| 5. Mahiedine, MEKHISSI, FRA, 3:35.73 PB |
| 6. Alan WEBB, USA, 3:35.86 |

3000 s/chase:

1. Paul Kipsiele KOECH, KEN, 8:00.57 WL
2. Abraham CHIRCHIR, KEN, 8:19.81 PB
3. Ruben PALOMEQUE, ESP, 8:20.07 PB

WOMEN

3000 s/chase:

1. Jenny BARRINGER, USA, 9:22.73 NR
2. Anna WILLARD, USA, 9:22.76 PB
3. Irina KOKKINARIOU, GRE, 9:33.11

Meeting Internacional Ciutat de Barcelona

Barcelona, ESP, 19 July

MEN

800:

Race A -

- | | |
|---------------------------|---------|
| 1. Amine Laalou, MAR | 1:44.85 |
| 2. Wilfred Bungei, KEN | 1:45.32 |
| 3. Alfred Kirwa Yego, KEN | 1:45.33 |

Race B -

- | | |
|-------------------------|----------------|
| 1. Abubaker Kaki, SUD | 1:44.93 [1989] |
| 2. Fabiano Pecanha, BRA | 1:46.39 |
| 3. Diego Ruiz, ESP | 1:46.40 PB |

5000:

- | | |
|-------------------------|-------------|
| 1. Moses Masai, KEN | 12:55.72 |
| 2. Micah Kogo, KEN | 13:03.71 SB |
| 3. Jonas Cheruiyot, KEN | 13:11.24 SB |

WOMEN

800:

Race A -

- | | |
|--------------------------------|------------|
| 1. Zulia Calatayud, CUB | 1:59.16 SB |
| 2. Hasna Benhassi, MAR | 1:59.76 |
| 3. Zoya Hladun-Nesterenko, UKR | 2:00.89 |

Meeting Gaz de France Paris Saint-Denis (10th)

(AF Golden League)

Saint-Denis, FRA, 18 July

MEN

1500:

Race A -

- | | |
|---------------------------|----------------|
| 1. Augustine Choge, KEN | 3:32.40 |
| 2. Asbel Kiprop, KEN | 3:32.78 [1989] |
| 3. Bilal Mansour Ali, BRN | 3:33.12 SB |
| 4. Tarek Boukensa, ALG | 3:33.57 |
| 5. Shadrack Korir, KEN | 3:33.93 |

3000:

- | | |
|----------------------|------------|
| 1. Edwin Soi, KEN | 7:36.71 |
| 2. Joseph Ebuya, KEN | 7:36.84 SB |

3. Abraham Chebii, KEN 7:37.51 SB
4. Alistair Cragg, IRL 7:38.21 SB
5. Mark Kiptoo, KEN 7:38.98 SB

3000 s/chase:

1. Tareq Mubarak Taher, BRN 8:08.53 SB
2. Michael Kipyego, KEN 8:09.93 PB
3. Mustafa Mohamed, SWE 8:11.10 SB
4. Bouabdellah Tahri, FRA 8:12.72 SB
5. Vincent Zouaoui Dandrieux, FRA 8:14.74 PB

WOMEN

800:

1. Pamela Jelimo, KEN 1:54.97 WJR [1989]
2. Lucia Klocova, SVK 1:58.51 PB
3. Janeth Jepkosgei, KEN 1:58.52 SB
4. Anna Rostkowska, POL 1:58.72 PB
5. Élodie Guégan, FRA 1:58.93 PB
6. Jenny Meadows, GBR 1:59.11 PB
7. Maria Mutola, MOZ 1:59.51
8. Tamsyn Lewis, AUS 2:00.94

1500:

1. Maryam Jamal, BRN 3:59.99 SB
2. Shannon Rowbury, USA 4:00.33 PB
3. Daniela Yordanova, BUL 4:02.40
4. Sarah Jamieson, AUS 4:02.94
5. Viola Kibiwott, KEN 4:04.17 SB
6. Irene Jelagat, KEN 4:04.59 PB
7. Gelete Burka, ETH 4:05.25

5000:

1. Lucy Wangui Kabuu, KEN 14:38.47
2. Priscah Cherono, KEN 14:58.96
3. Sylvia Kibet, KEN 15:09.23
4. Jen Rhines, USA 15:11.79
5. Sentayehu Ejigu, ETH 15:18.66

DNF - Georgie Clarke, AUS

Russian Athletics Championships

Kazan, RUS, 17-20 July

MEN

800 (18):

1. Yuriy Borzakovskiy (12.04.81) 1:46.59
2. Yuriy Koldin (01.11.83) 1:47.83
3. Dmitriy Bogdanov (11.04.79) 1:48.20

WOMEN

800 (18):

1. Yelena Soboleva (03.10.82) 1:54.85 WL/PB
2. Tatyana Andrianova (10.12.79) 1:56.00 PB
3. Svetlana Klyuka (27.12.78) 1:56.64 PB

1500 (20):

1. Tatyana Tomashova (01.07.75) 3:59.42 SB

2. Yuliya Fomenko (30.08.79) 4:00.57
3. Anna Alminova (17.01.85) 4:02.02

5000 (19):

1. Liliya Shobukhova 14:23.75 ER
2. Gulnara Galkina-Samitova 14:33.13 PB
3. Mariya Konovalova 14:38.09
4. Yelena Zadorozhnaya 14:43.89
5. Viktoriya Klimina 14:55.55

10000 (17):

1. Inga Abitova (06.03.82) 30:46.70
2. Mariya Konovalova (14.08.74) 30:59.35
3. Tatyana Aryasova (02.04.79) 31:04.88
4. Viktoriya Klimina (01.03.76) 31:13.50
5. Marina Ivanova (19.01.82) 31:19.54

3000 s/chase (18):

1. Gulnara Galkina-Samitova (10.12.78) 9:08.21 WL
2. Tatyana Petrova (08.04.83) 9:15.84
3. Yelena Sidorchenkova (30.05.80) 9:24.04
4. Natalya Medvedeva (17.04.83) 9:42.32
5. Svetlana Ivanova (18.08.83) 9:48.38

Meeting International d'Athletisme de la Province de Liège

Naimette-Xhovemont, BEL, 16 July

MEN

800:

Race B -

1. Dmitrijs Jurkevics, LAT 1:46.59
2. Rob Myers, USA 1:47.43 SB
3. Graeme Wells, CAN 1:47.64 PB
- ... 7. André Olivier, 1989, RSA 1:48.54

Tangiers International Meeting (1st)

Tangiers, MAR, 13 July

MEN

1500:

1. Mohamed Moustou, MAR 3:34.64
2. Dahame Najem Bashir, QAT 3:37.28
3. Gideon Gathimba, KEN 3:37.44
- ... 5. Juan van Deventer, RSA 3:37.89

WOMEN

1500:

1. Siham Hilali, MAR 4:06.56
 2. Anna Mishchenko, UKR 4:06.71
 3. Ibhisam Lakhoud, MAR 4:07.28
 4. Renè Kalmer, RSA 4:07.76
-

NEWS

NEW YORK FINAL TUNE-UP FOR RAMAALA

By Riël Hauman

Hendrick Ramaala, South African record holder for the distance, is one of a galaxy of international stars who will compete in the NYC Half Marathon presented by Nike this Sunday, 27 July. Ramaala won the ING New York City Marathon in 2004 and two weeks ago finished second in the Nedbank SA Half Marathon.

Other top athletes in the field announced by New York Road Runners president and CEO Mary Wittenberg are the reigning world marathon champion, Catherine Ndereba, and Felix Limo, who has taken World Marathon Majors Series wins at Berlin (2004), Chicago (2005), and London (2006), as well as winning in Rotterdam.

Among the top Americans in the race are two-time Olympian Dathan Ritzenhein, US half-marathon champion James Carney, US Olympic Trials (marathon) fourth-place finisher Zoila Gómez, and four-time Olympian and former South African Colleen de Reuck.

The race begins with a hilly loop of Central Park (about 10 km), followed by a run through the heart of Times Square before heading west for a very flat final 5 km to the finish just north of Battery Park, with a view of the Statue of Liberty. Despite the hills in the first half, the course can be very fast, as can be seen from the course records of 59:24 by Haile Gebrselassie (2007) and 69:43 by Ndereba (2006).

The New York Road Runners, who founded and organises the race and is celebrating its 50th anniversary this year, reported that about 19 000 runners attempted to gain entry to the race through a special lottery. About 14 000 were accepted.

Prize money totals \$70 000, with \$10 000 going to each of the race winners.

Ramaala finished second to Stephen Mokoka in the Nedbank SA Half Marathon in Port Elizabeth on 5 July, running 62:16. He then said he was satisfied with his time, as he is currently training for the Olympic Marathon in Beijing. He said he would do the final stage of his training at altitude in Albuquerque, New Mexico.

Earlier this year Ramaala won the national title over 10000 metres in Stellenbosch, running 28:53.04 in very windy conditions. This was his twelfth national title.

He has run one marathon so far in 2008, finishing tenth in the Flora London Marathon in 2:11:44. South Africa's premier marathoner in recent years, since 2003 Ramaala has twice placed third and once fifth in London and first, second, third and ninth in New York. His World Championships races have been disappointing: ninth in 2003 and 27th in 2007, while he did not finish in 2005.

In the Olympic Games he was twelfth in Sydney, while in Athens he also failed to finish. Apart from the ING New York City Marathon in 2004 he has won only one other marathon in his career total of nineteen – in Mumbai in 2004.

Ramaala set the current SA half-marathon record of 60:07 in 1997, when he was fourth in the World Championships in Kosice. He has also run 59:20 on the aided Lisbon course. He has dipped under 61 minutes on standard courses four times, and apart from Kosice was also second (1998) and fourth (2001) in the World Half Marathon.

In New York Ndereba's main challenge will come from former world cross-country champion Benita Johnson of Australia and Mexican marathon record holder Madaí Pérez. The three women, like Ramaala, will use the race as their final tune-up for the Olympic Marathon.

Ndereba claimed her second World Championships Marathon title last year in Osaka after becoming the first African woman to win the title in 2003 in Helsinki. Ndereba was the silver medallist in the 2004 Olympic marathon, and she is a four-time Boston Marathon and two-time Chicago Marathon champion. She won the inaugural NYC Half Marathon in 2006 and returned last year to finish second.

Also in the women's race is Yuri Kano of Japan, who took fourth place in the NYC Half Marathon in each of the last two years and returns fresh off a personal best of 1:08:57, set in winning the Sapporo Half Marathon.

Another top male runner is Patrick Makau, last year's World Half Marathon silver medallist. Makau is returning to New York after capturing the Healthy Kidney 10 km crown

in Central Park in May and will be putting a four-race winning streak at the half marathon on the line.

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 MEN

Note that the Long Tom route is severely downhill, dropping a whopping 37.5 m/km.

1:07:20	Desmond Zibi	1	EP Championships	Port Elizabeth	17 May
1:08:01	Lindile Tokota	1	Great Brak River	Mossel Bay	15 Mar
1:08:48	Tidimalo Jerry Modiga	1	SA Championships	Port Elizabeth	05 Jul
1:09:11	Simon Meli	2	SA Championships	Port Elizabeth	05 Jul
1:09:17A	Samuel Mabuza	1	Long Tom	Lydenburg	29 Mar
1:09:20A	Tokota	1	Outeniqua	Wilderness	26 Apr
1:10:08	John September	1	Two Oceans	Cape Town	22 Mar
1:10:10	Tokota	1	KKNK	Oudtshoorn	29 Mar
1:10:13	Modiga	1	Matha Series	Polokwane	29 Mar
1:10:13	Modiga	2	Matha Series	Pretoria	19 Jan
1:10:15	Zibi	3	SA Championships	Port Elizabeth	05 Jul
1:10:18	Modiga	2	Two Oceans	Cape Town	22 Mar
1:10:26	Modiga	1	Transnet	Pretoria	17 May
1:10:31	Reginald Ngobese	4	SA Championships	Port Elizabeth	05 Jul
1:10:46	Johnny Persents	6	SA Championships	Port Elizabeth	05 Jul
1:10:57	Makhaya Masumpa	7	SA Championships	Port Elizabeth	05 Jul
1:10:58	Thembinkosi Ndyogolo	8	SA Championships	Port Elizabeth	05 Jul

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 Ngqaqa	Robertson	07 Jun
15 km	46:53	Zolani Ngqaqa	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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