

Distance Running Results

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EDITORIAL

The Clover Milk 10 km in Port Elizabeth produced some brilliant times, with Boy Soke and Zintle Xiniwe, the SA half-marathon champion, winning in 28:49 and 33:49 respectively. Both have been included in the provisional SA team for the World Half Marathon, but if the ASA media release is understood correctly, they will have to run under 28:30 and 33:30 at the Nedbank SA 10 km Championships to gain final selection. This seems a very tall order. Xiniwe's time in Port Elizabeth was already an improvement of 1 second on her PB, while behind her Annerien van Schalkwyk cut her PB by 36 seconds and Ntombesintu Ntshiliza hers by 40 seconds.

One list leader was run in this race, 40:20 by Loesje de Beer in the masters category. In Ravensmead Elmarie Coetzee, who has won two Western Province titles this year, ran a 15 km list leader of 58:44 in the veterans category.

In the New York Half Marathon Hendrick Ramaala was a somewhat disappointing eighth in 64:07.

Included is a special report on the Washie 100-miler, which produced the first ever overall women's winner, but almost turned tragic when Susan Hurter was attacked during the night. Fortunately she escaped unhurt – at least physically.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * CuPedis Washie 100-miler, Port Alfred to East London
- * Foskor Half Marathon & 10 km, Namakgale
- * Clover Milk 10 km, Port Elizabeth
- * Jolly Jumbo Half Marathon & 10 km, Pretoria
- * Shoe Link Ravensmead 15 km, Ravensmead
- * Braai Ketts Longest Day 12-hour Race, Pietermaritzburg
- * XC: WP League Meeting, Mitchells Plain

International highlights

- * NYC Half Marathon, New York, USA
 - * Quad-City Times Bix 7, Davenport, USA
 - * Track: Aviva London Grand Prix, London, GBR; DN Galan, Stockholm
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SPECIAL REPORT

WHAT A WASHIE!

By Riël Hauman

History was made in South Africa's oldest 100-mile race, the CuPedis Washie ultramarathon between the coastal towns of Port Alfred and East London, last weekend when Vanessa Wayland became the first woman to win outright in the 32 years of the race's existence. Wayland ran 16:19:52 to beat three-time champion John Magagane.

Another first, but a much less positive one, happened when the ugly spectre of South Africa's inordinately high level of violent crime raised its head midway through the race and last year's female winner, Susan Hurter, was attacked by an assailant and dragged into the bushes beside the road. Hurter was severely traumatised, but eventually finished the race in eleventh place (third woman).

Wayland, who runs for Golden Reef Road Runners, beat Magagane by just over 45 minutes. "This was girl-power at its best," Wayland, 41, said after her win. She took the lead after about 120 km and ran especially strongly over the last 30 km.

"There were a few nasty surprises along the way, but the weather was brilliant," Wayland added. "I will definitely return to defend my title next year."

Her time is the fastest by a woman since Rae Bisschoff finished third overall in 14:53:06 in 1998. She has won the Golden Reef 100-miler three times.

Hurter was attacked at 2 a.m. and dragged into thick bushes alongside the lonely road by her hair. The man demanded that she switch off her light – all the runners carry one at night to protect them from on-coming traffic – but she refused and fought back, screaming loudly.

About 300 m away, Alec Wainwright, who was acting as a second for his son Stuart, heard her screams and drove to her as fast as he could. The attacker saw him coming, released Hurter and disappeared into the darkness.

The traumatised Hurter decided after about 50 minutes to continue. Stuart Wainwright insisted on running alongside her for the rest of the race. She finished in 21:52:11, almost three hours slower than last year.

Among the runners who could not finish the gruelling course was Eric Wright, who has completed 20 runs and won the race in 1997.

CuPedis Washie 100-miler (32nd)

Port Alfred to East London, 18-19 July (the race starts at 5 p.m. on Friday)

Distance: 100 miles (160 km). Point-to-point course with no elevation loss, but very hilly.

Finishers: 41 (from 45 starters).

MEN

1.	John Magagane 46	Rand Road Warriors	17:05:00
2.	Mogale Piloso 37	SANDF	17:29:34
3.	David Duffey 47	Bufs	18:49:34
4.	James Parsons 56	South Coast Striders	18:59:56
5.	Peter Kwa Kwa 30	SANDF	20:15:02
6.	Christiaan Koch 40	Irene RR Club	21:20:34
7.	Pieter Jagers 40	United AC	21:30:10
8.	Gerald Carmont 48	France	21:30:52
9.	Stuart Wainwright 24	Varsity Kudus	21:52:11
10.	Neville Keevy 37	Somerset East	21:53:04
11.	Richard Butcher 59	Swartland	22:16:44
12.	Robert Button 49	Old Selbornian RR	22:20:15
13.	Desmond Muir 51	Albany RR	22:27:43
14.	André du Toit 46	SANDF	22:43:37
15.	Garth Lary 36	SANDF	22:48:50
16.	Wimpie Herbst 46	Bluewater Bay	22:56:32
17.	André Kleynhans 50	Bufs	23:06:02

18. Peter Johnstone 55	SANDF	23:27:07
19. David Ditsela 35	SANDF	23:27:25
20. Petrus Roux 48	Queenstown Harriers	23:35:10

WOMEN

1. Vanessa Wayland 41	Golden Reef RR	16:19:52
2. Gail Langley 39	Bufs	20:25:32
3. Susan Hurter 46	AS Eagles	21:52:11
4. Wilhelmina Cordier 40	Oxford Striders	23:35:10
5. Julinda Adriaanse 47	Enduro Club	23:48:32
6. Joey Mason 29	Bufs	24:33:59
7. Estelle Earl 47	Ndaba	24:52:37
8. Dawn Lubbe 38	Swartland	25:02:21
9. Eliska Hendrikse 37	New Balance WP	25:23:09
10. Kate Godfrey 40	Oxford Striders	25:52:15

ROAD RUNNING

Foskor Half Marathon & 10 km

Namakgale (Phalaborwa), 26 July

(Distances: 21.0975 km & 10 km; loop courses)

Half marathon

MEN

1 Jeffrey Gwebu (Nedbank) 63:58; 2 Nkopane Seqhobane (GS) 64:06; 3 Coolboy Ngamole (Nedbank) 64:25; 4 Tshamano Setone (Transnet) 64:48; 5 Themba Miya (Tsakane) 65:09; 6 Tshidiso Bosiu (GS) 65:19; 7 Enos Matalane (MP) 65:50; 8 Aaron Gabonewe (MP) 66:05; 9 Josua Sabao (ZIM/MP) 66:16; 10 Kgosi Tsosane (Nedbank) 66:33.

Veterans: 1 Morgan Sithole (ZIM/Tuks) 68:13; 2 Tidimalo Modiga (Toy) 69:51; 3 Simon Ramashapa (Corobrick) 72:15. **Masters:** 1 Johannes Seakamela (RAC) 79:06; 2 Sam Ndala (Nedbank) 81:22; 3 Sam Magabane (Temp) 85:26. **G'masters:** 1 Johannes Mohsele (Polo) 87:06; 2 Paulus Masilela (Irene) 92:12; 3 Patrick Mafilika (Nedbank) 95:53.

WOMEN

1 Sharon Tavengwa (ZIM/VS) 73:32; 2 Tabitha Tsatsa (ZIM/MP) 75:30; 3 Samukeliso Moyo (ZIM/MP) 75:52; 4 Beata Naigambo (NAM) 76:49; 5 Poppy Mlambo (MP) 79:09; 6 Varaidza Shindi (ZIM/MP) 80:16; 7 Olivia Chitate (ZIM/MP) 81:12; 8 Munchaneta Gwata (ZIM/MP) 82:10; 9 Catherine Nkosi (MP) 82:30; 10 Sihadi Mbofholowo (Nedbank) 82:52.

Veterans: 1 Sarah Mahlangu (MP) 85:18; 2 Jane Madau (HAC) 3 Cynthia Mokovane (Powerade) 94:04. **Masters:** 1 Celina Netshisaulu (RAC) 1:56:24; 2 Margaret Boshoe (Sunninghill) 1:59:30; 3 Damane Bukiwe (GS) 2:18:48.

10 km

MEN

1 Lesiba Peu (Mogoshi) 32:02; 2 Omphemetse Mothibi (Platinum AC) 32:36; 3 Tlou Peu (Mogoshi) 33:01

WOMEN

1 Joyce Makwarela (Bonitas) 39:50; 2 Cynthea Baloyi (Tshakhuma) 41:39; 3 Lutendo Chauke (Tshakhuma) 43:32.

Clover Milk 10 km

Port Elizabeth, 26 July

(Loop course)

MEN

1	Boy	Soke	Univ OFS	24	28:49 (R10 000)
2	Nkosinoxolo	Sonqibido	Transnet	21	29:18 (R5 000)
3	Samuel	Segoaba	Transnet AC	23	29:24 (R3 000)
4	Lungile	Gongqa	Mr Price Transk	29	29:28 (R2 500)
5	Motsamai	Motone	Transnet	28	30:00 (R800)
6	Lindikhaya	Mthangayi	Mr Price WP	29	30:03
7	Zolani	Ngqaqa (1 st jun)	Nedbank RC EP	19	30:06
8	Nkosinathi	Madyo	Mr Price AC EP	20	30:07
9	George	Ntshiliza	Mr Price AC EP	28	30:08
10	Wayne	Gallant	Mr Price AC EP	34	30:15
11	Khayaletu	Makalima	Mr Price AC EP	24	31:02
12	Phumzile	Sikawuti	Nedbank RC EP	28	31:16
13	Phumelelo	August	NMMU AC	23	31:18
14	Xolela	Ngcebetsha	Mr Price Transk	16	31:35
15	Simon	Ngcoko	Mr Price AC EP	38	31:35
16	Desmond	Zibi (1 st vet)	Mr Price AC EP	44	31:40
17	Luyanda	Tshangana	Nedbank RC EP	25	31:42
18	Mzwanele	Maphekula	Mr Price AC EP	31	31:47
19	Rodney	Prins	Temp	19	31:51
20	Simphiwe	Tana	Run/W For Life	28	31:59

40-44:

1	Desmond	Zibi	Mr Price AC EP	44	31:40
2	Maboyisana	Mazwayi	Nedbank RC EP	40	32:03
3	Thembinkosi	Ndyogolo	Nedbank RC EP	40	32:25

45-49:

1	Michael	Bekapi	Varsity Old Boys	47	34:18
2	Philbert	Tyombo	PEAAC	45	36:44
3	Ian	Patterson	Muirite Strider	45	36:53

50-54:

1	Charles	Baatjies	Nedbank RC EP	51	37:37
2	Ferdinand	Grobler	Despatch AC	50	38:03
3	Alan	Taylor	Raleigh AC	51	38:09

55-59:

1	Jackson	Ngcoko	Willard Batt	59	38:58
2	Sizinzo	Kama	Achilles AAA	57	39:42
3	Hannes	Els	Madiba Bay AC	58	40:12

60-64:

1	Eddie	Walker	PEAAC	61	40:55
2	Cilliers	Swart	Nedbank RC EP	61	43:47
3	David	O'rielly	X-Cel AC	60	45:16

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	66	37:55
2	Godfrey	Kariem	Cadbury AC	67	48:04
3	Gerald	Hoxley	Achilles AAA	67	52:29

70+:

1	Ernie	Verrall	NMMU AC	73	54:38
2	Wells	Anderson	PEAAC	76	57:38
3	Hilary	Pritchard	Crusaders AC	73	1:01:41

Juniors:

1	Zolani	Ngqaqa	Nedbank RC EP	19	30:06
2	Xolela	Ngcebetsha	Mr Price Transk	16	31:35

3	Siviwe	Tyika	Mr Price Transk	18	32:56
WOMEN (Same prize money as men)					
1	Zintle	Xiniwe	Mr Price Celtic	21	33:49
2	Annerien	Van Schalkwyk	Irene MC	29	33:58
3	Ntombesintu	Ntshiliza	NMMU AC	26	34:54
4	Tebogo	Masehla	Transnet	29	35:30
5	Nandipha	Dywili (1 st jun)	Mr Price Transk	16	35:38
6	Thembi	Baloyi	Transnet	19	36:43
7	Angeline	Molaba	Nedbank AGN	26	36:59
8	Celeste	Swart	Nedbank RC EP	39	37:19
9	Liandre	Pretorius	Mr Price AC EP	29	38:03
10	Elene	Lourens	High Schools	17	38:37
11	Nomvuyisi	Seti	Mr Price WP	26	38:39
12	Leanne	Finlay (1 st vet)	Nedbank RC EP	40	38:53
13	Liza-Marie	Bright	Raleigh AC	26	39:34
14	Zoleka	Dondashe	Nedbank RC EP	22	40:07
15	Loesje	De Beer (1 st mast)	Spar Walmer AC	50	40:20
16	Mariette	Hattingh	NMMU AC	42	40:37
17	Margie	Saunders	Nedbank RC EP	54	40:59
18	Deliwe	Nyanga	PEAAC	19	41:00
19	Ursula	Kuhn	NMMU AC	26	41:08
20	Treloar	Childs	Spar Walmer AC	45	41:17
40-44:					
1	Leanne	Finlay	Nedbank RC EP	40	38:53
2	Mariette	Hattingh	NMMU AC	42	40:37
3	Lorna	Lumb	PEAAC	40	43:50
45-49:					
1	Treloar	Childs	Spar Walmer AC	45	41:17
2	Pat	Thomson	Achilles AAA	48	44:00
3	Janette	Schierz-Crusius	Body Concept	47	45:58
50-54:					
1	Loesje	De Beer	Spar Walmer AC	50	40:20
2	Margie	Saunders	Nedbank RC EP	54	40:59
3	Lesley	Wood	Achilles AAA	51	43:22
55-59:					
1	Jos	Els	Madiba Bay AC	56	50:41
2	Cathy	Ives	Achilles AAA	55	51:28
3	Maria	Oppel	Crusaders AC	58	54:32
60-64:					
1	Liz	Grundlingh	Muirite Strider	61	49:31
2	Retha	Snyman	PEAAC	61	54:23
3	Anna	Potgieter	Jeffreys Bay	62	1:03:28
65-69:					
1	Isabella	Childs	Spar Walmer AC	66	1:11:36
2	Shirley	Jorgensen	Charlo AC	66	1:12:08
3	Lorna	Brown	PEAAC	69	1:23:11
70+:					
1	Dorothy	Hart	PEAAC	70	59:50
2	Aletta	Fourie	Raleigh AC	70	1:21:25
3	Sylvia	Pritchard	Crusaders AC	74	1:26:09
Juniors:					
1	Nandipha	Dywili	Mr Price Transk	16	35:38
2	Thembi	Baloyi	Transnet	19	36:43
3	Elene	Lourens	High Schools	17	38:37

Jolly Jumbo Half Marathon & 10 km

Pretoria, 26 July

(Distances: 21.0975 km & 10 km; loop courses)

Half marathon

MEN

1 Stephen Molepo (Mr Price) 70:54; 2 Lympton Maifo (Powerade) 72:20 ; 3 Wesley Mutai (KEN) 72:43.

Veterans: 1 Seve Tavares (New Balance) 87:12. **Masters:** 1 Alwyn v Jaarsveld (Tuks) 1:44:30. **G'masters:** 1 Daniel Hlongwane (Nedbank) 91:38. **G/g'masters:** 1 Dion Heigers (ACR) 2:08:51. **Juniors:** 1 Justice Mthombeni (G/S) 83:02.

WOMEN

1 Liza Maritz (Irene) 99:04; 2 Antoinette Looock (Agape) 99:38 (1st vet); 3 Monica Neuling (Boksburg) 1:40:33.

Veterans: 1 Antoinette Looock (Agape) 99:38. **Masters:** 1 Christa Mouton (Agape) 2:04:19. **G'masters:** 1 Isa Alexander (HQH) 2:27:12.

10 km

MEN

1 Dean Brummer (New Balance) 32:07; 2 Gilbert Korir (KEN/Varsity Sports) 32:58; 3 John Brummer (Tuks) 34:10.

Veterans: 1 Danie Krugel (ACR) 44:05. **Masters:** 1 Colin Fisher (CSIR) 40:41. **G'masters:** 1 Linke Jurgan (Fit 2000) 55:36. **G/g'masters:** 1 Chris de Jager (Transnet) 82:14. **Juniors:** 1 Micheal Sheahan (Magnolia) 41:02.

WOMEN

1 Maryke Meyer (Tuks) 41:48; 2 Ronel du Plessis (HMK) 43:05 (1st vet); 3 Francelle Strydom (Kentron) 43:06.

Veterans: 1 Ronel du Plessis (HMK) 43:05. **Masters:** 1 Letitia v Dyk (HMK) 50:41. **G'masters:** 1 Marilyn Moore (Breakthru Midrand) 57:23. **G/g'masters:** 1 Miemie Schoeman (Transnet) 71:12. **Juniors:** 1 Francelle Strydom (Kentron) 43:06.

Shoe Link Ravensmead 15 km

Ravensmead, 26 July

(Certified loop course. Weather: cold.)

MEN

1. Sibusiso Mbingeleli (Mr Pr) 45:57 (R400*); 2. Tom Lusaseni (Celt) 46:10 (R275); 3. Fabian Faro (M.Plain) 47:06 (R225); 4. Anthony Godongwana (Celt) 47:27; 5. Tebello Poni (VOB) 47:37; 6. Manfred Samuels (H.Harr) 48:56 (1st jun); 7. Siyabulela Qondiso (VOB) 49:03; 8. Luvuyo Mlungu (VOB) 49:04; 9. Johnny Persents (Ad) 49:05 (1st vet); 10. Nelson Charlie (VOB) 49:10; 11. Charles Phokane (WP Def) 49:23; 12. Wanda Roro (Ad) 49:35; 13. Vladimir Kotov (BLR/Mr Pr) 49:48 (1st mast); 14. Victor Msopi (VOB) 49:56; 15. Nicholas Rupanga (Celt) 50:09; 16. Melikhaya Zuzani (VOB) 50:37; 17. Anele Funindawo (Met) 50:41; 18. Elroy Floors (Tyg/NL) 50:43; 19. Tim Lindsay (UCT) 50:48; 20. John September (Celt) 50:58; 21. J.P. Abrahams (Ad) 51:32; 22. Mthobeli Mathomane (WP Def) 51:45; 23. Dion Middelkoop (VOB) 51:47; 24. Brian Mapeyi (VOB) 52:13; 25. Robert Roro (Celt) 52:32; 26. Anthony Matthee (H.Harr) 52:56; 27. Jimmy Drury (Mr Pr) 53:01; 28. Siyabonga Nkentsha (VOB) 53:14; 29. Roger Dickson (VOB) 53:26; 30. Jacques Fransman (Met) 53:28.

Masters: (40+): 1. Johnny Persents (Ad) 49:05 (R100); 2. John September (Celt) 50:58 (R75); 3. Brian Mapeyi (VOB) 52:13 (R50). **(50+):** 1. Vladimir Kotov (Mr Pr) 49:48 (WP rec)(R100); 2. Goodman Mpukane (RCS Gug) 55:26 (R75); 3. Muhammad Kriel (Ned) 55:54 (R50). **(60+):** 1. Albertus Bock (Ad) 59:01 (R100); 2. Eric Joubert (FH) 65:58 (R75); 3. Stan Immelman (Ned) 66:48 (R50). **(70+):** 1. Seamus Daly (VOB) 70:27; 2. Jack Cammidge (FH) 87:03; 3. Pieter Schreve (Saf/Wel) 92:58. **Juniors:** 1. Manfred Samuels (H.Harr) 48:56 (R100); 2. Wanda Roro (Ad) 49:35 (R75); 3. J.P. Abrahams (Ad) 51:32 (R50).

WOMEN

1. Bulelwa Mtshagi (Celt) 56:09 (R400); 2. Elmarie Coetzee (Ad) 58:44 (1st vet)(R200); 3. Sheryl de Lange (Ned) 60:48 (R175); 4. Ursula Frans (Mr Pr) 61:00 (R75); 5. Busisiwe Matiwane (Celt) 62:25 (R50); 6. Mariëtte Esterhuyse (Tyg/NL) 62:29; 7. Ayanda Mqhakayi (RCS Gug) 63:39 (1st jun); 8. Yonela Hewu (RCS Gug) 63:48; 9. Sandra van Graan (Edg) 65:27; 10. Ilse Engle (Tyg/NL) 67:30; 11. Nancy Will (Pine) 68:21 (1st mast); 12. Lorna Loubser (Sanlam) 68:26; 13. Glenda Werth (Ned) 69:57; 14. Nicolene Koegelenberg (Brack) 71:47; 15. Lindie Bouwer (Sanlam) 71:57; 16. Candyce Hall (N. Carb) 72:18; 17. Melody Fynn (UCT) 73:07; 18. Pixie Sparg (Celt) 73:13 (1st g'mast); 19. Marietha Herbert (Bel) 73:19; 20. Joanne Wynne (Dur) 74:35.

Masters: (40+): 1. Elmarie Coetzee (Ad) 58:44; 2. Sheryl de Lange (Ned) 60:48; 3. Mariëtte Esterhuyse (Tyg/NL) 62:29. **(50+):** 1. Nancy Will (Pine) 68:21; 2. Sheree Kirsten (PDAC) 74:46; 3. Diana Rixon (VOB) 75:15. **(60+):** 1. Pixie Sparg (Celt) 73:13; 2. Marietha Herbert (Bel) 73:19; 3. Cathy Taylor (Dur) 85:12. **Juniors:** 1. Ayanda Mqhakayi (RCS Gug) 63:39; 2. Yonela Hewu (RCS Gug) 63:48.

*) The race had open and senior prize money. In the men's race the first three runners in the open category were also the first three seniors. In the women's race the second and third runners in the open category were veterans, therefore the prize money differs. The prize money in the other categories were the same for men and women. – Ed.

Braai Ketts Longest Day 12-hour Race (13th)

Pietermaritzburg, 26 July

Note: The race is run on a grass track of 333 m long. Veronica Mahalati finished third overall and Elize van der Merwe fourth.

MEN

1.	Harrison Mkhulise	Verulam AC	120.28 km
2.	Wellington Phakathi	Coll Harr	117.28 km
3.	Steve Hobbs	Kearsney	106.00 km
4.	Paul Selby	Fit 2000	100.33 km
5.	David Shamase	Newlands	95.96 km
6.	Ray Williams	Ntl. Carbs	93.71 km
7.	Deon Stumke	Corr Serv	92.81 km
8.	Donald Williams	Orion	92.72 km
9.	Cyril van Whye	EG Striders	91.03 km
10.	Darryl King	SCS	90.55 km

WOMEN

1.	Veronica Mahalati	DAC	108.17 km
2.	Elize van der Merwe	Gijimas	107.16 km
3.	Geetha Maharaj	Verulam AC	99.25 km
4.	Linda Vivian	Umhlatuze	92.27 km
5.	Dalene Pohl	Umhlatuze	90.73 km

CROSS-COUNTRY

WP League Meeting (7th)

Mitchells Plain, 27 July

MEN

12 km: 1. Tom Lusaseni (Celt) 39:14; 2. Siyabulela Qondiso (VOB) 39:41; 3. Anthony Godongwana (Celt) 39:56; 4. Tebello Poni (VOB) 40:01; 5. Siyabonga Nqabeni (Celt) 40:22; 6. Silayi Mzukile (Ad) 40:42; 7. Bonisile Ngculana (Atl) 41:17; 8. Velani Lusaseni (Ad) 41:28; 9. Asanda Mkiti (Ad) 41:53; 10. Sipho Phala (VOB) 42:01; 11. Monde Mpemnyama (Celt) 42:11; 12. Hein Camphor (Ad) 42:52; 13. Mthobeti Mathomane (WP Def) 42:56; 14. Mandla Pangalele (T.Mbiza) 43:01; 15. Mqsiyde Peza (Ad) 43:43; 16. Charles Pholane (WP Def) 43:48; 17. Gareth Berning (VOB) 44:21; 18. Peter Vlok (Ad) 44:29; 19. Alfred Maliti (Celt) 44:59; 20. Wanda Roro (Ad) 45:24; 21. Zithulele Joseph (RCS Gug) 45:37; 22. Nelson Bass (UCT) 45:39; 23. Ben Brimble (UCT) 45:47; 24. Collins Lekitima (WP Def) 45:51; 25. Lyanda Sidumo (Khaye) 46:09; 26. Roger Dickson (VOB) 47:06; 27. Ryan Winter (Pine) 47:16; 28. Duane Fortuin (Celt) 47:35; 29. Flip Jorapetse (WP Def) 47:52; 30. Majozi Mbiza (T.Mbiza) 48:33.

4 km: 1. Kayi Vuyolwethu (UWC) 13:01; 2. Eric Chirchir (Celt) 13:04; 3. Fabian Faro (MP Titans) 13:09; 4. Marks Mpekula (CPUT) 13:13; 5. Riaan Wildskut (East) 13:15; 6. Kevin Oliphant (ER) 13:27; 7. Stanley Beyers (Met) 13:35; 8. Christo van Rooyen (Ned) 13:41; 9. Jonathan Collins (East) 13:46; 10. Enver Pedro (MP Titans) 13:49.

Masters: (8 km): (35+): 1. Graham Katzen (Celt) 27:34; 2. Shaun Abrahams (Ad) 27:55; 3. Nicholas Rupanga (Celt) 28:28. **(40+):** 1. Johnny Persents (Ad) 27:09; 2. Tobias Philander (Ad) 28:08; 3. John September (Celt) 29:54. **(50+):** 1. Goodman Mpukane (RCS Gug) 29:16; 2. Awie Veldsman (H.Harr) 32:59; 3. Henry Cieverts (Top) 33:48. **(60+):** 1. Albertus Bock (Ad) 33:23; 2. Michael Clarke (VOB) 35:58; 3. Peter Donald (WK) 38:35. **Juniors (8 km):** 1. Bulelani Bhebha (VOB) 27:08; 2. J.P. Abrahams (Ad) 27:12; 3. Manfred Samuels (H.Harr) 27:51.

WOMEN

8 km: 1. Nolene Conrad (UWC) 32:08; 2. Thozama April (Celt) 33:01; 3. Busisiwe Mtiwane (Celt) 34:26; 4. Amy Aronson (UCT) 35:29; 5. Ineke Nel (UCT) 36:48; 6. Sarah-Jane Jackson (UCT) 40:15; 7. Megan Beckett (UCT) 40:16; 8. Estelle Grunewald (Ned) 41:11; 9. Nancy Will (Pine) 42:04; 10. Patience Nkohl (Khaye) 44:03; 11. Jenny da Silva (Met) 44:38; 12. Lauren Smith (Top) 44:52; 13. Petra Riggs (Brack) 45:41; 14. Nicola Goemans (Pine) 45:51; 15. Levona Paul (WP Def) 45:56; 16. Protasia Dlamini (RCS Gug) 46:05; 17. Aloyone Mantz (WC) 46:09; 18. Nicola Frieslaar (VOB) 47:49; 19. Kyra Solomon (Brack) 48:02; 20. Kim Delbridge (Harf Harr) 50:26. **(4 km):** 1. Alae Brand (Ad) 15:56; 2. Natasha Oosthuizen (Ad) 16:11; 3. Anneline Roffey (Mr Pr) 17:29; 4. Chantel de Lange (Mr Pr) 17:31; 5. Tania van Rensburg (Dur) 17:32; 6. Tina-Mari Meyer (Bel) 18:47; 7. Tysia Johannes (UWC) 19:24; 8. Yolanda de Jager (East) 19:48; 9. Khofelo Sono (WP Def) 21:01; 10. Adele MacCannel (VOB) 22:22.

Masters: (4 km) (35+): 1. Ellie Courts (Celt) 18:41; 2. Berdine Grobbelaar (Brack) 19:01; 3. Aloyone Mantz (WC) 21:52. **(40+):** 1. Sheryl de Lange (Ned) 16:45; 2. Mariëtte Esterhuyse (Tyg/NL) 16:53; 3. Viv Williams (Ad) 16:59. **(50+):** 1. Nancy Will (Pine) 18:13; 2. Sibis Mouton (Celt) 18:38; 3. Collette van Eck (FH) 18:43. **(60+):** 1. Pixie Sparg (Celt) 20:25; 2. Priscilla von Schlicht (Tyg/NL) 22:01; 3. Marlene James (Pine) 24:44. **Juniors (6 km):** 1. Ayanda Mqhakayi (RCS Gug) 26:12; 2. Yonela Hewu (RCS Gug) 27:07; 3. Sharney Titus (Ad) 27:21.

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.

ROAD RUNNING

NYC Half Marathon (3rd)

New York, USA, 27 July

(Distance: 21.0975 km; point-to-point course. Finishers: 10 506.)

MEN

1. Tadesse Tola (ETH) 1:00:58, \$10,000
2. Patrick Makau (KEN) 1:00:59, \$7500
3. Dathan Ritzenhein (USA) 1:01:38, \$5000
4. Richard Maiyo (KEN) 1:01:55, \$3500
5. Girma Tola (ETH) 1:02:58, \$2000
6. William Kipsang (KEN) 1:03:25, \$1500
7. Hosea Rotich (KEN) 1:03:33, \$1000
8. Hendrick Ramaala (RSA) 1:04:07, \$750
9. Worku Beyi (ETH) 1:04:07, \$500
10. Demesse Tefera (ETH) 1:04:1, \$250

WOMEN

1. Catherine Ndereba (KEN) 1:10:18, \$10,000
2. Madai Perez (MEX) 1:10:26, \$7500
3. Yuri Kano (JPN) 1:10:31, \$5000
4. Alice Timbilili (KEN) 1:11:08, \$3500
5. Colleen De Reuck, 44, (USA) 1:12:03, \$2000
6. Lyudmila Biktasheva (RUS) 1:12:23, \$1500
7. Aziza Aliyu (ETH) 1:12:27, \$1000
8. Rose Cheruiyot (KEN) 1:12:28, \$750
9. Ilsa Paulson, 19, (USA) 1:13:22, \$500
10. Kiyoko Shimahara (JPN) 1:13:41, \$250

Quad-City Times Bix 7

Davenport, USA, 26 July

(Distance: 7 miles)

MEN

1. Edward Muge (KEN) 32:16, \$10,000 or 2008 automobile
2. Maregu Zewdie (ETH) 32:25, \$4000
3. Abel Kirui (KEN) 32:28, \$2500
4. Duncan Kibet (KEN) 32:41, \$1500
5. Dereje Tadesse (ETH) 32:49, \$1000
6. Lishan Tigezu (ETH) 32:56, \$900
7. Dejene Berhanu (ETH) 33:05, \$800
8. Daniel Kipkoech (KEN) 33:06, \$700
9. MacDonald Ondara (KEN) 33:09, \$600
10. Dmessew Tsega (ETH) 33:17, \$500

WOMEN

1. Edith Masai, 41, (KEN) 37:20, \$10,000 or 2008 automobile
2. Angelina Mutuku (KEN) 37:21, \$4000
3. Ashu Kasim (ETH) 37:27, \$2500
4. Ogla Kimaiyo (KEN) 37:30, \$1500

5. Pauline Wangui (KEN) 37:34, \$1000
6. Mamitu Daska (ETH) 37:48, \$900
7. Irene Limika (KEN) 38:14, \$800
8. Nuta Olaru (ROU) 38:24, \$700
9. Jane Murage (KEN) 39:00, \$600
10. Diane Nukuri (BDI) 39:10, \$500

TRACK

Aviva London Grand Prix

London, GBR, 25 July

MEN

800:

1	Abraham Chepkirwok	UGA	1:45.64	20
2	Michael Rimmer	GBR	1:45.76	16
3	Marcin Lewandowski	POL	1:46.49	14
4	Bram Som	NED	1:46.55	12
5	Richard Kiplagat	KEN	1:46.81	10
6	Nicholas Willis	NZL	1:47.56	8
	Mbulaeni Mulaudzi	RSA	DNF	
	Gary Reed	CAN	DNF	

1 mile:

1	Shedrack Kibet Korir	KEN	3:54.68	20
2	Andrew Baddeley	GBR	3:54.76	16
3	Bernard Lagat	USA	3:55.20	14
4	Craig Mottram	AUS	3:55.44	12
5	Michael East	GBR	3:55.54	10
6	Thomas Lancashire	GBR	3:55.69	8
7	Kevin Sullivan	CAN	3:55.87	6
8	Christopher Lukezic	USA	3:56.03	4

3000:

1	Boniface Kiprop	UGA	7:36.95	20
2	Mike Kipruto Kigen	KEN	7:37.66	16
3	Alistair Ian Cragg	IRL	7:38.60	14
4	Abebe Dinkesa	ETH	7:40.00	12
5	Mark Kosgei Kiptoo	KEN	7:42.08	10

WOMEN

800:

1	Marilyn Okoro	GBR	1:58.45	20
2	Elisa Cusma Piccione	ITA	1:59.33	16
3	Morgan Uceny	USA	2:00.01	14
4	Ewelina Setowska-Dryk	POL	2:00.37	12
5	Jennifer Meadows	GBR	2:00.65	10
	Faith Macharia	KEN	DNF	

1500:

1	Lisa Dobriskey	GBR	4:08.97	20
2	Erin Donohue	USA	4:09.63	16
3	Agnes Samaria	NAM	4:11.50	14
4	Lindsey Gallo	USA	4:11.65	12
5	Hannah England	GBR	4:11.89	10

...

7 Lidia Chojecka POL 4:13.63 6

3000:

1	Jennifer Rhines	USA	8:53.26	20
2	Pauline Chemning Korikwang	KEN	8:56.98	16
3	Laura Kenney	GBR	8:57.39	14
4	Anna Willard	USA	8:58.07	12
5	Stephanie Twell	GBR	8:58.45	10
6	Sara Slattery	USA	9:00.25	8
7	Georgie Clarke	AUS	9:03.16	6
8	Katrina Wootton	GBR	9:06.19	4

3000 s/chase:

1	Roisin McGettigan	IRL	9:33.76	20
2	Ancuta Bobocel	ROU	9:37.45	16
3	Korene Hinds	JAM	9:40.02	14
4	Barbara Parker	GBR	9:40.43	12
5	Mercy Wanjiku Njoroge	KEN	9:42.99	10
6	Lisa Galaviz	USA	9:43.27	8
7	Helen Clitheroe	GBR	9:43.41	6

Dn Galan

(IAAF Super Grand Prix)
Stockholm, SWE, 22 July

MEN

1000:

1	Abubaker Kaki	SUD	2:13.93	20
2	Yusuf Saad Kamel	BRN	2:14.72	16
3	Yuriy Borzakovskiy	RUS	2:15.50	14
4	Geoffrey Kipkoech Rono	KEN	2:15.97	12
5	Jackson Mumbwa Kivuna	KEN	2:17.47	10
6	Richard Kiplagat	KEN	2:18.14	8
7	Christopher Lukezic	USA	2:18.34	6

3000:

1	Craig Mottram	AUS	7:37.73	20
2	Isaac Kiprono Songok	KEN	7:38.97	16
3	Daham Najim Bashir	QAT	7:39.45	14
4	Matthew Tegenkamp	USA	7:40.75	12
5	Jonas Cheruiyot	KEN	7:40.79	10
6	Juan van Deventer	RSA	7:41.06	8
7	Kevin Sullivan	CAN	7:41.61	6
8	Boniface Kiprotich Songok	KEN	7:42.53	4

3000 s/chase:

1	Michael Kipyego	KEN	8:14.35	20
2	Wesley Kiprotich	KEN	8:14.52	16
3	Mustafa Mohamed	SWE	8:14.77	14
4	Hamid Ezzine	MAR	8:21.08	12
5	Collins Kosgei	KEN	8:23.73	10
6	Anthony Famiglietti	USA	8:25.16	8

WOMEN

5000:

1	Meseret Defar	ETH	14:12.88	20
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2	Zakia Mrisho Mohamed	TAN	14:58.36	16
3	Joanne Pavey	GBR	14:58.62	14
4	Kimberley Smith	NZL	15:02.07	12
5	Jane Kiptoo	KEN	15:03.90	10
...				
8	Amy Rudolph	USA	15:34.23	4
9	Molly Huddle	USA	15:51.59	3
	Olga Komyagina	RUS	DNF	
	Sara Slattery	USA	DNF	

NEWS

MOKOKA, XINIWE IN S.A. TEAM FOR RIO

Both South African half-marathon champions, Stephen Mokoka and Zintle Xiniwe, have been included in the provisional squad for the IAAF World Half Marathon in Rio de Janeiro on 12 October.

In a media release from Athletics South Africa, in which it is erroneously stated that Xiniwe won the silver medal at the Nedbank SA Half Marathon, the national body says the Nedbank SA 10 km Championships on 30 August will be the last opportunity for athletes to make the final team.

"In order for the athletes in the squad to gain automatic selection into the final team, the men will have to finish under 28:30, while the women will have to come in below 33:30. Athletes who fail to achieve these times may still be selected into the team at the sole discretion of the ASA Board," the release states. It does not say if athletes who are not in the provisional squad can also be selected if they achieve the times in Stellenbosch.

The squad is: Mokoka, Boy Soke, Tshamano Setone, Jeffrey Gwebu, Lindikhaya Mthangayi, Enos Matalane, Xiniwe, Annerien van Schalkwyk and Ntombesintu Ntshiliza.

'ORIGINAL' MARATHON RUN AGAIN IN LONDON, A CENTURY LATER

Under a blazing sun at Windsor Castle last Thursday, running writer John Bryant and *Runner's World* publisher Steve Seaton set off to rerun the course of the 1908 Olympic marathon, an event which established the race's now standard 26 mile, 385 yard distance (42.195 km). Their unique tribute to the event came exactly 100 years to the day after that legendary race.

In that legendary race a century ago, Italian Dorando Pietri collapsed five times in the final yards in the old White City Stadium before crossing the line nearly unconscious. He was later disqualified and the gold medal awarded to his American rival, Johnny Hayes. South Africa's Charles Hefferon won the silver medal.

"It was a great pleasure to run in the footsteps of Dorando on the exact day, 24th July, that marked the centenary of the distance," said Bryant, the author of *Marathon Makers*, who dressed as Pietri to mark the occasion. "That day, in 1908, was the hottest day of the summer, and [Thursday] the sun was not to be outdone." Also playing the part was Seaton, who was dressed as Hayes.

"The finish was strangely moving," Bryant said. "I have written a book on the subject so I know every corner where great runners of the past dropped out in 1908. But to complete the course that Dorando ran 100 years ago, tells all those many millions who run marathons in 2008 where the race comes from, the history of the event, and why they should be proud of running marathons today."

In 1908, the course primarily covered narrow dusty roads through several villages outside of London, and was lined with the biggest spectator crowd in sporting history. On Thursday, the runners were forced to cross major congested motorways and thoroughfares. Dave Bedford, Race Director of the London Marathon, guided the pair to the site of the original White City Stadium, now the BBC Media Centre.

"This is a very important moment in the history of the Marathon," Bedford said, "and I am pleased that the Flora London Marathon was able to be part of the recreation of the event."

JAVORNIK DOPING CASE HEADING TO CAS; OLYMPIC APPEARANCE IN DOUBT

The IAAF will pursue the doping case of Slovenian distance runner Helena Javornik at the Court of Arbitration for sport, leaving the 42-year-old marathoner's Olympic appearance in doubt. *Race Results Weekly* reports that Javornik, the national record holder in all events from the mile to the marathon, tested positive for EPO after the LCC Eisbarlauf Half Marathon in Vienna in March, but she was cleared by the Slovenian Athletics Federation (AZS) in June.

The decision by the IAAF to appeal the federation's ruling means that Javornik will remain provisionally suspended until the case runs its course, which in all likelihood will keep her from competing in the marathon in Beijing.

Maintaining her innocence, Javornik told the Slovenian Press Agency (STA) that she will honor the suspension but will continue her Beijing preparation. She did acknowledge that a hearing and decision by the Lausanne-based body prior to 17 August, the date of the Olympic marathon, is unlikely.

In the ruling that cleared Javornik last month, Tadej Malovrh, the head of the Slovenian federation's anti-doping commission, said that the value of the samples that the IAAF concluded were positive were well "below the standards set by WADA." Upon Javornik's invitation, Malovrh witnessed the testing of her B sample.

Javornik won the 5000m at the national championships last weekend, running 17:12.15 against a modest field, her 39th national title.

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 10 KM: TOP 10 JUNIOR MEN

29:59	Zolani Ngqqa	2	Miles of Smiles	Robertson	07 Jun
30:03	Lungisa Mdedelwa	12	Matha Series	Durban	10 Feb
30:10	Ngqqa	1	Spar	Port Elizabeth	01 May
30:38	Ngqqa	1	AF General Construction	Despatch	31 May
30:48	Esau Radebe	2	Akasia	Pretoria	08 Mar
31:00	Folavia Sehohle	24	Matha Series	Durban	10 Feb
31:01	Moses Chagwe	25	Matha Series	Durban	10 Feb
31:04	Xolela Ngcebetshe	4	Spar	East London	07 Jun
31:13	Charlton September	8	Miles of Smiles	Robertson	07 Jun
31:13	Ngqqa	1	Jeffreys Bay	Jeffreys Bay	05 Jan
31:14	Mzwandile Mhlandleni	26	Matha Series	Durban	10 Feb
31:22	Willem Daries	6	PetroSA	Mossel Bay	12 Apr
31:26	Manfred Samuels	11	Gino's	Stellenbosch	27 Feb

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	29:59	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

WOMEN

Seniors

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	58:44	Elmarie Coetzee	Ravensmead	26 Jul
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	40:20	Loesje de Beer	Port Elizabeth	26 Jul
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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