

Distance Running Results

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Publisher: Riël Hauman

EDITORIAL

The best performance of the weekend probably came from 50-year-old Vladimir Kotov, who ran 2:44:15 to win his age category in the difficult PPC Riebeeckberg Marathon easily – he was even more than 10 minutes faster than the winner of the veteran category and placed second overall.

I neglected to indicate last week that the Clover Milk 10 km in Port Elizabeth was the Eastern Province Championships over the distance.

Internationally, in one of the most famous races in the United States, the Beach to Beacon 10 km, Edith Masai (41) ran faster than the world record in the 40+ age category, winning the race in a magnificent 31:56.

A bit of trivia: Meseret Defar (ETH) now has four sub-14:30 performances at 5000 m and five under 14:30.3. No other woman has run under these standards more than once. The race between her and Tirunesh Dibaba will be one of the absolute highlights in Beijing (or Beljing, as the Chinese capital is shown on the vests of the South African competitors at the Olympic Games!).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sportsmans Warehouse Pinelands 10 km, Pinelands
- * Orion Challenge Half Marathon, Pietermaritzburg
- * PPC Riebeeckberg Marathon, Half Marathon & 10 km, Riebeeck West
- * Mtontwane Eco Challenge Half Marathon & 10 km, Weenen
- * Vryheid Game Park 15 km, Vryheid
- * XC: WP League Meeting, Bellville

International highlights:

- * TD Banknorth Beach to Beacon 10 km, Cape Elizabeth, USA
- * Run for Oromia, Minneapolis, USA
- * Vattenfall City-Nacht, Berlin, GER
- * Siberian International Marathon, Omsk, RUS
- * Bupa Great Wales Run, Cardiff, GBR
- * Media Maratón Internacional Bogotá, Bogotá, COL
- * La Corsa Piu' Antica, Castelbuono, ITA
- * Schlickeralm Berglauf, Telfes, AUT
- * Swiss Alpine Marathon, Davos, SUI
- * White River 50-Mile Trail Run, Crystal Mountain, USA

- * U.S. 100-mile Trail Championships, South Lake Tahoe, USA
- * AdventureCORPS Badwater Ultramarathon, Furnace Creek to Mount Whitney, USA
- * Track: Irkutsk Memorial, Irkutsk, RUS; Herculis 2008, Fontvieille, MON; Flanders Cup, Brasschaat, BEL; Memorial Leon Buyle, Oordegem, BEL; Folksam Grand Prix 2008, Karlstad, SWE

TRIBUTE

SONJA LAXTON TURNS 60

By Riël Hauman

Tomorrow (6 August) one of the greatest athletes produced in South Africa, Sonja Laxton, turns 60. From both *Distance Running Results* and myself personally I would like to extend the most heartfelt congratulations to a woman who is not only a great athlete, but also an outstanding person who has added lustre to the sport in this country.

The *grande dame* of South African athletics, Laxton is still going strong at the age of 60 – 37 years after she won her first SA title.

Laxton started running in 1962 when she was a standard seven pupil in Port Elizabeth. In those dark days of women's running, the longest distance the officials (men!) felt junior girls could safely conquer was 150 yards. So that's what she ran, and in matric won the provincial titles in the 100 y and 150 y.

From that modest start Laxton progressed to become one of the best athletes South Africa has produced. She was the first woman, and third overall, to receive Springbok colours for all three disciplines (track, road and cross-country). She has won 69 SA titles and set 46 SA records – figures no other South African has approached.

The RAC runner, who still wins the veterans category in local races, earned her first national title in 1971 when, as 22-year-old Sonja van Zyl, she took the 1500 metres in 4:29.8, a new SA record. Later in the same year she added the cross-country title. Over the years she amassed another 28 senior titles and 40 in the veterans and masters categories.

She broke more than 30 SA records and set close to 90 provincial records. In the seventies she revolutionised middle-distance track running in South Africa, bringing the SA record for 1500 m down from 4:32.7 to 4:13.1 and for 3000 m from her own 9:56.6 (the first record for the distance to be recognised) to 9:06.5.

Sonja set four SA marathon records. She was the first to run sub-2:50 when she clocked 2:46:33 in 1980, and also the first to go under 2:40 with her 2:36:44 in 1984. Her other two records were 2:43:49 in the 1980 New York Marathon and 2:35:44 at the age of 38 in 1986.

But it is as an over-40 runner that Sonja's superiority is really evident. Looking at the all-time lists, these statistics are testimony to what she has achieved:

- In the 10 km she has 36 out of the top 50 times (and 18 of the top 20).
- She has 36 of the top 50 times in the 15 km (including the top 22).
- In the half marathon she has 38 of the top 50 times (and 29 of the best 30).
- In the marathon, a distance she has not run often as a veteran, she owns the top eight times.
- As a master (50+) she has the top ten times in the 10 km, the top five in the 15 km and the top fifteen in the half marathon.

Sonja (born on 6 August 1948) has the following road PBs: 10 km – 34:02 (1985), 15 km – 51:45 (1984), 21.1 km – 73:45 (1985), 42.2 km – 2:35:44 (1986). Her SA records for veterans are 34:17, 52:57, 75:49 and 2:36:59, and for masters 36:50, 57:39 and 81:56. The records in the grandmasters category will probably follow in due course.

ROAD RUNNING

Sportsmans Warehouse Pinelands 10 km

Pinelands, 3 August
(Certified loop course)

Note: Second race on consecutive days for Naomi Brand and Marietha Herbert. – Ed.

MEN

1. Sibusiso Mbingeleli (Mr Pr) 30:45 (R200); 2. Eric Chirchir (KEN/Celt) 31:15 (R150); 3. Anton Faro (Saf/Wel) 31:44 (R100); 4. Marks Mpekula (CPUT) 32:22; 5. Fabian Faro (MP Titans) 32:41; 6. Hein Camphor (Ad) 32:50; 7. Professor Khwetane (VOB) 33:09; 8. Asanda Mkiti (Ad) 33:09; 9. Ernest Ngakumbi (T.Mbiza) 33:15; 10. Akhona Makila (VOB) 33:46 (1st jun); 11. J.P. Abrahams (Ad) 33:52; 12. Charles Phokane (WP Def) 33:57; 13. Collins Lekiyima (WP Def) 33:57; 14. Dawid Visser (Mr Pr) 34:08; 15. Sabelo Ngcwama (Celt) 34:36; 16. Anthony Matthee (H.Harr) 34:39; 17. Pieter Mokotary (Met) 34:52; 18. Anele Funindawo (Met) 35:00; 19. Luyanda Mapoyi (Khaye) 35:05; 20. Nelson Bass (UCT) 35:08; 21. Nicholas Rupanga (Celt) 35:21; 22. Xolisa Melane (T.Mbiza) 35:29; 23. Michael Qwesha (Celt) 35:36; 24. Siyanda Plaatjies (Ad) 35:41; 25. Brian Mapeyi (VOB) 35:52 (1st vet); 26. Kagiso Maliwa (WP Def) 35:59; 27. Babalo Landelo (Celt) 36:00; 28. Ivan Ruthven-Bruijns (Mat) 36:09; 29. Jacques Pretorius (Mat) 36:09; 30. Carlo Jacobs (Top) 36:20.

Masters: (40+): 1. Brian Mapeyi (VOB) 35:52 (R100); 2. Peter Bunn (Edg) 37:11 (R75); 3. Jacobus Januarie (Met) 37:44 (R50). **(50+):** 1. Goodman Mpukane (RCS Gug) 36:25 (R100); 2. Muhammad Kriel (Ned) 37:06 (R75); 3. Zama Witvoet (Ned) 38:39 (R50). **(60+):** 1. Stan Immelman (Ned) 42:36 (R100); 2. Fred Moore (Ind) 43:20 (R75); 3. Eric Joubert (FH) 44:32 (R50). **Juniors:** 1. Akhona Makila (VOB) 33:46 (R75); 2. J.P. Abrahams (Ad) 33:52 (R50); 3. Anthony Matthee (H.Harr) 34:39 (R30).

WOMEN (Same prize money as men)

1. Kate Roberts (Ind) 37:02; 2. Mari Rabie (Mat) 39:10; 3. Naomi Brand (Mat) 41:14 (1st jun); 4. Mariëtte Esterhuyse (Tyg/NL) 41:20 (1st vet); 5. Yonela Hewu (RCS Gug) 41:36; 6. Isel Grimes (Mat) 41:53; 7. Ayanda Mqhakayi (RCS Gug) 41:59; 8. Grace Bokaba (WP Def) 42:42; 9. Tania Kapp (VOB) 43:27; 10. Lorinde Olivier (Str) 43:52; 11. Jonette Coetzee (WC) 44:04; 12. Tracy Bunn (Edg) 44:06; 13. Nancy Will (Pine) 44:28 (1st mast); 14. Melody Fynn (UCT) 44:58; 15. Helga Louw (Swart) 45:38; 16. Patricia Adams (Met) 45:58; 17. Deirdre Hewitt (Dur) 46:03; 18. Chantel Simpson (Pine) 46:13; 19. Lindie Bouwer (Sanlam) 46:27; 20. Sibis Mouton (Celt) 48:08.

Masters: (40+): 1. Mariëtte Esterhuyse (Tyg/NL) 41:20; 2. Lorinde Olivier (Str) 43:52; 3. Margaret von Zeil (Pine) 49:20. **(50+):** 1. Nancy Will (Pine) 44:28; 2. Sibis Mouton (Celt) 48:08; 3. Diane Rixon (VOB) 48:54. **(60+):** 1. Marietha Herbert (Bel) 48:19; 2. Pixie Sparg (Celt) 48:51; 3. Marianne Nelson (Dur) 59:44. **Juniors:** 1. Naomi Brand (Mat) 41:14; 2. Yonela Hewu (RCS Gug) 41:36; 3. Ayanda Mqhakayi (RCS Gug) 41:59.

Orion Challenge Half Marathon

Pietermaritzburg, 3 August
(Distance: 21.0975 km)

MEN

1.	Sibonello Duma	Boxer AC	69:33
2.	Bonganusa Mthembu	Mr Price	70:20
3.	Sazi Ndaba	Nambithi AC	71:09

40-49:

1.	Linford Mbanjwa	Verulam AC	83:22
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50-59:

1.	Joseph Dumakude	Boxer AC	88:07
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60+:

1.	Graham Taylor	Saints AC	105:45
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Juniors:

1.	Musi Zungu		
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WOMEN

1.	Thobele Ngwane	Mr Price	89:12
2.	Sibongile Ziqubu	RWFL	93:58
3.	Sarah Scott	Coll Harr	99:01

40-49:

1.	Anne Cocksedge	Saints	123:11
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50-59:

1.	Sandy Fismer	Hilton Harr	105:07
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Juniors:

1.	Thokozani Mchunu	Ntl Carb	119:37
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PPC Riebeekberg Marathon (23rd), Half Marathon & 10 km

Riebeek West, 2 August

(Distances: 42.195 km, 21.0975 km, 10 km; marathon a loop course, partly on gravel, half marathon out and back, both hilly; 10 km course configuration unknown)

Marathon**MEN**

1. Moosa Mnikwa (ZIM/Mr Pr) 2:42:20; 2. Vladimir Kotov (BLR/Mr Pr) 2:44:15 (1st mast); 3. Leon Williams (Swart) 2:55:59 (1st vet); 4. Andries Swanepoel (Brack) 3:02:29; 5. Afrika Koopman (Paarl) 3:03:30; 6. Jan Nero (Rieb Vallei) 3:05:24; 7. Edward Conrad (Atl Harr) 3:05:25; 8. John van der Byl (MP Titans) 3:06:17; 9. Owen Smith (Saf/Wel) 3:06:22; 10. Koos van Niekerk (Bel) 3:06:32; 11. Abraham Afrika (Swart) 3:07:09; 12. Alwyn Maass (Nam Sands) 3:11:43; 13. Piet Geduld (Swart) 3:12:46; 14. Francois Faro (Swart) 3:13:51; 15. Moos Ruiters (Salk) 3:13:55; 16. Hercu Hofmeyr (Swart) 3:14:39; 17. Deon Rossouw (Edg) 3:17:15; 18. Jacobus Visagie (Saf/Wel) 3:19:53; 19. Emile Muller (Stel) 3:21:17; 20. Nkosinathi Apleni (Ind) 3:22:49; 21. Richard Johnson (H.Harr) 3:23:20; 22. John Small (Saf/Wel) 3:23:52; 23. David van Huffel (Ceres) 3:27:25; 24. Cornelis Esterhuizen (Nam Sands) 3:28:06; 25. Hendrik Coetzee (Dur) 3:30:00; 26. Gopolelang Thebeyagae (PPC) 3:32:42; 27. Heinrich Javan (Swart) 3:33:28; 28. Kobus Oosthuizen (Saf/Wel) 3:35:00; 29. Sibusiso Mpedulo (UCT) 3:36:26; 30. Salemo Dampies (Saf/Wel) 3:37:30.

Masters: (40+): 1. Leon Williams (Swart) 2:55:59; 2. Afrika Koopman (Paarl) 3:03:30; 3. John van der Byl (MP Titans) 3:06:17. **(50+):** 1. Vladimir Kotov (BLR/Mr Pr) 2:44:15; 2. Koos van Niekerk (Bel) 3:06:32; 3. Hercu Hofmeyr (Swart) 3:14:39. **(60+):** 1. Caspar Greeff (Atl) 4:03:02; 2. Japie Truter (Swart) 4:30:51. **(70+):** 1. Caspar Greeff (Atl) 4:03:02.

WOMEN

1. Styntjie Prins (Paarl) 3:20:10 (1st mast); 2. Elizabeth de Gouveia (Dur) 3:28:02; 3. Maretha de Kock (Adid) 3:38:44 (1st vet); 4. Sandra Baitzen (Llan) 3:38:54; 5. Caitlin Francis (Ind) 3:40:07; 6. Cailey Bredenkamp (Paarl) 3:49:44; 7. Elzet Louw (Saf/Wel) 3:50:14; 8. Arina Cilliers (Orak) 3:55:22; 9. Adri Visser (Swart) 3:55:33; 10. Veronica van Niekerk (Elg/Grab) 3:55:40 (1st g'mast); 11. Shelly Light (WC) 4:03:49; 12. Marinda Surridge (Str) 4:04:04; 13. Anne Pool (Str) 4:10:07; 14. Joanne Els (Saf/Wel) 4:14:22;

15. Helane Smit (Swart) 4:15:32; 16. Robyn Woodward (Ind) 4:15:53; 17. Carin Lochner (Nam Sands) 4:16:52; 18. Cilla Geldenhuys (Exx) 4:26:32; 19. Petronella van Dyk (Mont) 4:26:37; 20. Theresa de Vries (Ind) 4:26:42.

Masters: (40+): 1. Maretha de Kock (Adid) 3:38:44; 2. Elzet Louw (Saf/Wel) 3:50:14; 3. Arina Cilliers (Orak) 3:55:22. **(50+):** 1. Styntjie Prins (Paarl) 3:20:10; 2. Adri Visser (Swart) 3:55:33; 3. Pamela Charles (MP Titans) 4:43:27. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 3:55:40.

Half marathon

MEN

1. Johnny Persents (Adid) 73:59 (1st vet); 2. Aaron Lewis (Adid) 73:59; 3. Dawid Gous (Swart) 75:39; 4. Thomas Moses (Worc) 79:13 (1st mast); 5. Whitey Motabogi (Celt) 82:16; 6. Mike O'Donovan (VOB) 82:29; 7. Rudolph Adams (SA Weer) 86:17; 8. Gustav Antonie (Mont) 87:19; 9. Francois Groenewald (Elg/Grab) 87:20; 10. Theuns Matthee (Str) 87:29; 11. Paul Kelly (R/W for L) 88:42; 12. Derick Zoufman (Swart) 90:21; 13. Christiaan Adonis (Swart) 90:22; 14. Adrian Jacobs (Paarl) 90:51; 15. Anton Quenet (Ind) 91:29; 16. Paul Brewis (Ind) 92:22; 17. Petrus Lesch (Swart) 92:24; 18. John Davids (In Touch) 93:11; 19. Raymond Currie (Edg) 93:45; 20. Eric Judd (Met) 93:49; 21. Darren Hopkins (Hout) 94:01; 22. Jacques Dreyer (Paarl) 94:08; 23. Piet Smit (Swart) 94:13; 24. Jason Beukes (Swart) 94:30; 25. Gareth Foster (Edg) 94:32; 26. Desmond Arendse (Atl Harr) 95:02; 27. Johnny de Koker (Mont) 95:19; 28. Hans-Jorg Heckel (Llan) 97:47; 29. Adriaan Eksteen (Nam Sands) 97:53; 30. Silva Arunda (Ind) 98:01.

Masters: (40+): 1. Johnny Persents (Adid) 73:59; 2. Aaron Lewis (Adid) 73:59; 3. Mike O'Donovan (VOB) 82:29. **(50+):** 1. Thomas Moses (Worc) 79:13; 2. Eric Judd (Met) 93:49. **(60+):** 1. Henry Cleophas (Ned) 104:48. **Juniors:** Jaco de Klerk (Orak) 103:04.

WOMEN

1. Naomi Brand (Mat) 87:32 (1st jun); 2. Helene Perold (Ceres) 87:44; 3. Marlize van Schaik (Dur) 88:32; 4. Mel Gow (Atl) 90:15; 5. Evonne Nieuwoudt (Paarl) 90:51; 6. Miranda Ward (Paarl) 96:08 (1st vet); 7. Michelle Eilers (Paarl) 98:22; 8. Robyn Garlick (Pine) 102:11; 9. Anita van Wyk (Lange) 102:20; 10. Nicolene Koegelenberg (Brack) 104:01; 11. Matilda le Roux (Ned) 104:26; 12. Nola Parsons (WC) 106:00; 13. Lucilia Schultz (Ind) 106:37; 14. Lindie Bouwer (Sanlam) 106:43; 15. Annelita Goosen (Swart) 107:05; 16. Priscilla Knowles-February (Met) 107:20; 17. Cecile Reed (VOB) 107:50; 18. Elke Wicht (Ind) 108:06; 19. Anna-Mart van Staden (Swart) 108:24; 20. Ann-Doreen Koegelenberg (Ind) 108:43.

Masters: (40+): 1. Miranda Ward (Paarl) 96:08; 2. Anita van Wyk (Lange) 102:20; 3. Nicolene Koegelenberg (Brack) 104:01. **(50+):** 1. Brenda Stevenson (Pine) 112:47; 2. Maria Hofmeyr (Orak) 114:10. **(60+):** 1. Netta Truter (Nam Sands) 111:10. **Juniors:** Naomi Brand (Mat) 87:32.

10 km

MEN

1. Wanda Roro (Adid) 34:57; 2. David Molema (Mr Pr) 37:58; 3. Mervyn Coetzee (Mr Pr) 40:48 (1st vet); 4. Darryl Williams (Mont) 41:15 (1st jun); 5. Abré van Heerden (SAPS) 42:10; 6. Thembelani Figlan (Ned) 42:29; 7. Fransward Welkom (Rieb Vallei) 43:17; 8. Thys Bouwer (Sanlam) 45:43 (1st mast); 9. Jean-Pierre Botha (Str) 48:29; 10. Guy Healy (Rieb Vallei) 50:23; 11. Dries Britz (Bred) 51:00; 12. Shaan Laudien (Ind) 51:21; 13. Stephan Haldene (Ind) 53:09; 14. Timothy Shephard (Mr Pr) 53:36; 15. Basil Friedlander (Swart) 53:41 (1st g'mast); 16. Lodolfo Sandovac (Ind) 66:25; 17. Gareth Kruger (Tyg/NL) 55:50; 18. Kobus Drotschie (Ind) 56:50; 19. Edovard Catello (Ind) 57:00; 20. Erstan Theron (Ind) 57:07; 21. Johan Hattingh (Ind) 57:10; 22. Ray Hendricks (Ind) 57:26; 23. Stephen Partington (Rieb Vallei) 57:46; 24. Diego Raffetto (Ind) 57:48; 25. Michael Pedro

(Ind) 57:52; 26. Christian Wiesener (Ind) 58:27; 27. Derek Bock (Rieb Vallei) 59:48; 28. Ian Bester (Ind) 61:00; 29. Claudius Vyvers (Celt) 61:41; 30. John Hesom (Ind) 61:56.

Masters: (40+): 1. Mervyn Coetzee (Mr Pr) 40:48; 2. Thembelani Figlan (Ned) 42:29; 3. Guy Healy (Rieb Vallei) 50:23. **(50+):** 1. Thys Bouwer (Sanlam) 45:43; 2. Erstan Theron (Ind) 57:07. **(60+):** 1. Basil Friedlander (Swart) 53:41. **Juniors:** 1. Darryl Williams (Mont) 41:15.

WOMEN

1. Alae Brand (Adid) 40:32; 2. Nomvuyisi Seti (Mr Pr) 45:37; 3. Christa Mulder (Bel) 46:02 (1st vet); 4. Glenda Werth (Ned) 48:19; 5. Marietha Herbert (Bel) 52:35 (1st g'mast); 6. Helen du Plessis (Tyg/NL) 52:51 (1st mast); 7. Juanita Loubser (Ind) 53:26; 8. Debora van der Merwe (Stel) 53:52; 9. Marcelle Greeff (SAPS) 54:58; 10. Elizabeth van Coller (Rieb Vallei) 55:34; 11. Suzanne Lesch (Swart) 55:56; 12. Colleen de Oliveira (Ind) 56:03; 13. Rene Schuller (Top) 57:41; 14. Vondra Singleton (Worc) 57:58; 15. Sunita van der Berg (Ned) 58:28; 16. Laura Bouwer (Sanlam) 59:27; 17. Nerina van Zyl (Swart) 59:46; 18. Lisa Mostert (Ind) 59:52; 19. Sandra Burger (R/W for L) 60:42; 20. Aletta Theron (Ind) 60:30.

Masters: (40+): 1. Christa Mulder (Bel) 46:02; 2. Juanita Loubser (Ind) 53:26; 3. Rene Schuller (Top) 57:41. **(50+):** 1. Helen du Plessis (Tyg/NL) 52:51; 2. Laura Bouwer (Sanlam) 59:27. **(60+):** 1. Marietha Herbert (Bel) 52:35.

Mtontwane Eco Challenge Half Marathon & 10 km

Weenen, 27 July

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

Half marathon

MEN

1 Sazi Ndaba Umnabhithi 67:00, 2 Dumisi Zondi Carbineers 80:00, 3 Shezi Sandilie Carbineers 80:29.

WOMEN

1 Gillian Curr CH 1:52:25, 2 Margaret Curr CH 2:08:30, 3 Caren Bishop H.V. 2:11:38.

10 km

MEN

1 Muzi Kayse SAP 41:58, 2 Arno Potgieter 59:09.

WOMEN

1 Carmen Potgeiter 59:08.

Vryheid Game Park 15 km

Vryheid, 26 July

(Finishers: 82)

MEN

1 Mzikayifani Mdladla Boxer 57:52, 2 Bongani Msimango Boxer 62:00, 3 Xolani Mazibuko Biggars 62:08.

40-49: Xolani Mazibuko Biggars 62:08. **50-59:** Michael Zikalala Eskom 86:50. **60+:** Peter Chetty Chats 2:01:09.

WOMEN

1 Lindie van der Merwe 1:32:39 (1st jun), 2 Driekie Black Biggars 1:35:06 (1st vet), 3 Leonie Botha VAC 1:38:15.

40-49: Driekie Black Biggars 1:35:06. **60+:** Alixe Frazer Biggars 2:14:09. **Juniors:** Lindie van der Merwe 1:32:39.

CROSS-COUNTRY

WP League Meeting (8th)

Bellville, 2 August

MEN

12 km: 1. Tom Lusaseni (Celt) 40:26; 2. Siyabulela Qondiso (VOB) 40:39; 3. Silayi Mzukile (Adid) 41:02; 4. Duane Fortuin (Celt) 41:14; 5. Patrick Magadla (VOB) 41:43; 6. Asanda Mkiti (Adid) 41:59; 7. Monde Mpemnyama (Celt) 42:04; 8. Charles Phokane (WP Def) 42:17; 9. Hein Camphor (Adid) 42:24; 10. Friedel Maans (Adid) 42:48; 11. Isaac Ikahaleng (Adid) 42:49; 12. Gareth Berning (VOB) 44:59; 13. Peter Vlok (Adid) 46:04; 14. Luthando Mamakeli (Khaye) 46:27; 15. Flip Jorapetse (WP Def) 46:41; 16. Nicholas Mpontshani (Met) 46:49; 17. Collins Lektima (WP Def) 46:58; 18. Kagiso Maliwa (WP Def) 47:12; 19. Luyanda Sidomo (Khaye) 47:16; 20. Ryan Winter (Pine) 47:19; 21. Peter Mokotary (Met) 48:36; 22. Abongile Mabukela (BD) 48:39; 23. Damian Will (Pine) 49:08; 24. Joseph Pascal (RCS Gug) 50:07; 25. Robert Faull (Pine) 57:07; 26. Mark Barron (MP Titans) 57:37; 27. Nigel Strydom (MP Titans) 58:28; 28. Martin Jacobs (Celt) 61:31; 29. Stanley Beyers (Met) 61:32; 30. David Wilcock (WC) 68:27.

4 km: 1. Isaac Selebe (CPUT) 13:05; 2. Frankwin Saayman (Adid) 13:11; 3. Vuyolwethu Kayi (UWC) 13:16; 4. Fabian Faro (MP Titans) 13:18; 5. Marks Mpekula (CPUT) 13:19; 6. Riaan Wildskut (East) 13:26; 7. Enver Pedro (TMP Titans) 13:39; 8. Jonathan Collins (East) 13:42; 9. Sabata Botsane (WC) 13:48; 10. Mervin Steenkamp (Ind) 14:11.

Masters: (8 km) (35+): 1. Graham Katzen (Celt) 27:38; 2. Keith Court (Mr Pr) 28:17; 3. Shaun Abrahams (Adid) 28:32. **(40+):** 1. Tobias Philander (Adid) 29:02; 2. Aaron Lewis (Adid) 29:24; 3. John September (Celt) 29:25. **(50+):** 1. Goodman Mpukane (RCS Gug) 30:51; 2. Walter Segatswi (Celt) 32:41; 3. Awie Veldsman (H.Harr) 33:01. **(60+):** 1. Albertus Bock (Adid) 33:03; 2. Michael Clarke (VOB) 33:47; 3. Johan Botha (R/W for L) 37:34. **Juniors (8 km):** 1. Unathi Phezolo (RCS Gug) 27:51; 2. Bulelani Bhebha (VOB) 28:27; 3. Akhona Makila (VOB) 28:29.

WOMEN

8 km: 1. Thozama April (Celt) 32:16; 2. Anneline Roffey (Mr Pr) 33:44; 3. Busisiwe Matiwane (Celt) 34:31; 4. Sheryl de Lange (Ned) 36:24; 5. Martha Pretorius (Top) 41:01; 6. Nola Parsons (WC) 41:45; 7. Patience Nkohla (Khaye) 42:34; 8. Nancy Will (Pine) 42:51; 9. Levona Paul (WP Def) 43:42; 10. Nicola Frieslaar (VOB) 44:12; 11. Lauren Smith (Top) 44:41; 12. Magriet de Mooij (Brack) 47:55; 13. Sandra Jansen (Top) 49:51; 14. Jeanette Cloete (Telkom) 50:03; 15. Wendy Petersen (Top) 50:41.

4 km: 1. Natasha Oosthuizen (Adid) 16:18; 2. Mandy Jacobs (Bel) 17:17; 3. Grace Bokaba (WP Def) 17:47; 4. Ayanda Mahlombe (RCS Gug) 18:23; 5. Tina-Marie Meyer (Bel) 18:24; 6. Yolanda de Jager (East) 18:57; 7. Lee-Ann Olivier (CPUT) 19:31; 8. Kholofelo Sono (WP Def) 19:45; 9. Tyshia Johannes (UWC) 20:39; 10. Chantel de Lange (Mr Pr) 21:54.

Masters (4 km): (35+): 1. Ellie Courts (Celt) 18:03; 2. Patricia Adams (Met) 18:11; 3. Berdine Grobbelaar (Brack) 18:46. **(40+):** 1. Mariëtte Esterhuyse (Tyg/NL) 16:33; 2. Elmarie Coetzee (Adid) 16:34; 3. Sheryl de Lange (Ned) 16:41. **(50+):** 1. Nancy Will (Pine) 18:19; 2. Collette van Eck (Vis) 18:59; 3. Charmaine Cupido (Ned) 19:44. **(60+):**

1. Pixie Sparg (Celt) 20:11; 2. Priscilla von Schlicht (Tyg/NL) 21:18; 3. Marlene James (Pine) 23:45. **Juniors (6 km):** 1. Destiny Titus (Adid) 25:39; 2. Sharney Titus (Adid) 26:11; 3. Ayanda Mqhakayi (RCS Gug) 27:24.

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

TD Banknorth Beach to Beacon 10 km (11th)

Cape Elizabeth, USA, 2 August

(Certified point-to-point course with 65% start/finish separation and 0.82 m/km elevation loss. Finishers: 5249.)

MEN (extended gun times)

1. Edward Muge, 25, KEN	27:52.4	\$10,000
2. Terefe Maregu Zewdie, 25, ETH	27:53.0	5,000
3. Kiplimo Kimutai, 26, KEN	27:58.1	3,000
4. Duncan Kibet, 29, KEN	28:21.0	2,000
5. Boaz Cheboiywo, 29, KEN	28:23.4	1,000

WOMEN (extended gun times)

1. Edith Masai, 41, KEN	31:55.6	WMR* \$10,000
2. Liudmila Biktasheva, 34, RUS	32:03.2	5,000
3. Yuri Kano, 29, JPN	32:16.7	3,000
4. Marina Ivanova, 26, RUS	32:45.8	2,000
5. Jane Wanjiku Gakunyi, 28, KEN	32:58.4	1,000

Run for Oromia (2nd)

Minneapolis, USA, 2 August

(Distance: 10 km)

MEN

1. Tadesse Tola, 20, West Chester, PA (ETH)	28:21	CR* \$5000
2. Lishan Yigezu, 22, West Chester, PA (ETH)	28:27	2500
3. Girma Tola, 33, Bronx, NY (ETH)	28:29	1500
4. Macdonald Ondara, 23, Santa Fe, NM (KEN)	28:30	1000
5. Dereje Tadesse, 21, Briar Cliff, NY (ETH)	28:32	500

WOMEN

1. Teyba Naser, 21, Albuquerque, NM (ETH)	33:34	\$5000
2. Angelina Mutuku, 25, Briar Cliff, NY (KEN)	33:36	2500
3. Aziza AliyU, 22, Bronx, NY (ETH)	33:39	1500
4. Mamitu Daska, 24, West Chester, PA (ETH)	33:42	1000
5. Everlyne Lagat, 27, Albuquerque, NM (KEN)	33:42	500

Vattenfall City-Nacht (17th)

Berlin, GER, 2 August

(Distance: 10 km)

MEN

1. Martin Lauret, NED, 29:07

2. Falk Cierpinski, SG Spergau, 29:16
3. Stefan Koch, TV Wattenscheid, 29:22

WOMEN

1. Susanne Hahn, SV Schlau.com Saar Saarbrücken, 33:11
2. Melanie Kraus, TSV Bayer 04 Leverkusen, 33:55
3. Barbara Zutt, NED, 35:45

Siberian International Marathon (29th)

Omsk, RUS, 2 August
(Distance: 42.195 km)

MEN

1. Andrey Bryzgalov, RUS 2:15:29
2. Evgeniy Bozhko, UKR 2:15:49
3. Rik Ceulemans, BEL 2:18:13

WOMEN

1. Liliya Yadzhak, RUS 2:33:41
2. Tatiana Pushkareva, RUS 2:34:55
3. Irayda Pudovkina, RUS 2:37:19

Bupa Great Wales Run (2nd)

Cardiff, GBR, 27 July
(Distance: 10 km)

MEN

1. Eshetu Wondimu, ETH 27:45 CR*
2. Ahmed Hassan Abdullah, QAT 27:57
3. Titus Kipjumba Mbishei, KEN 28:19
4. Francis Kibiwott, KEN 28:26
5. Martin Fagan, IRL 28:48
- ... 8. Falk Cierpinksi, GER 29:17
9. Edwardo Torres, USA 29:21
- ... 12. Jon Brown, CAN 29:31

WOMEN

1. Rita Jeptoo, KEN 31:36 CR*
2. Amy Rudolph, USA 32:21
3. Anikó Kálovics, HUN 32:21
4. Hayley Haining, GBR 32:24
5. Nadia Ejjafini, BRN 32:31

Media Maratón Internacional Bogotá

Bogotá, COL, 27 July
(Distance: 21.1 km at 2600 m of elevation)

MEN

1. Isaac Macharia, KEN 1:03:34 Renault Symbol
2. Kiprono Mutai, KEN 1:03:49 COP 12,000,000
3. Kiplimo Kimutai, KEN 1:05:03 8,000,000
4. Marilson Gomes Dos Santos, BRA 1:05:59 5,500,000
5. William Naranjo, COL 1:06:21 4,000,000

WOMEN

- | | | |
|---------------------------|---------|----------------|
| 1. Pamela Chepchumba, KEN | 1:12:55 | COP 25,000,000 |
| 2. Neriah Asiba, KEN | 1:15:15 | 8,000,000 |
| 3. Emily Samoei, KEN | 1:15:53 | 4,000,000 |

La Corsa Piu' Antica (83rd)

Castelbuono, ITA, 26 July

(Distance: 11.026 km [10 x 1.1 km loop with hills])

MEN

- | | |
|------------------------------|-------|
| 1. Ibrahim Jeilan, ETH | 34:43 |
| 2. Paul Kosgei, KEN | 34:46 |
| 3. Martin Toroitich, UGA | 34:58 |
| 4. José Manuel Martínez, ESP | 35:03 |
| 5. Sergiy Lebid, UKR | 35:06 |
| ... 9. Richard Limo, KEN | 36:13 |

ULTRA/MOUNTAIN/TRAIL RUNNING**Schlickeralm Berglauf** (21st)

(World Mountain Running Grand Prix)

Telfes, AUT, 3 August

(Distance: 10.5 km all uphill course with 1270 m elevation GAIN)

MEN

- Jonathan Wyatt, 1972, NZL, 58:14
- Marco Gaiardo, 1970, ITA, 1:00:13
- Rickey Gates, 1981, USA, 1:00:14
- Markus Kroell, 1972, Topsport Kolland, 1:00:35
- David Schneider, 1981, SUI, 1:00:45

WOMEN

- Anna Pichrtova, 1973, CZE, 1:08:16
- Mateja Kosovelj, 1988, SLO, 1:11:56
- Daniela Gassmann Bahr, 1964, SUI, 1:13:23
- Anna Frost, 1981, NZL, 1:14:01
- Sarah Tunstall, 1986, GBR, 1:15:45

Swiss Alpine Marathon (23rd)

Davos, SUI, 26 July

Distances: See below (there were other less competitive races)

78 km (course gains then loses 2320 m of elevation):

MEN

- Jonas Budd, SWE, 6:00:27
- Konrad Von Allmen, SUI, 6:16:46
- René Fuchser, SUI, 6:19:15

WOMEN

- Jasmin Nunige, SUI, 7:00:38
- Elizabeth Hawker, GBR, 7:11:09
- Deborah Balz, SUI, 7:31:40

42.2 km (course gains 1890 m then loses 1710 m):**MEN**

1. Max Frei, GER, 3:22:14
2. Koen Van Rie, BEL, 3:30:34
3. Dirk Strothmann, GER, 3:30:36

WOMEN

1. Diana Lehmann, GER, 4:04:40
2. Carolina Reiber, SUI, 4:07:58
3. Regula Meier, SUI, 4:15:52

White River 50-Mile Trail Run

(USATF National 50 Mile Trail Championship)

Crystal Mountain, USA, 26 July

(2 653 m of climbing/2 653 m of descending)

MEN

- | | |
|---------------------------------------|---------|
| 1. Michael Wardian, 34, Arlington, VA | 6:52:50 |
| 2. Adam Lint, 25, Indiana, PA | 6:59:36 |
| 3. Jasper Halekas, 32, Oakland, CA | 7:04:25 |

WOMEN

- | | |
|-----------------------------------|-------------|
| 1. Susannah Beck, 40, Eugene, OR | 7:32:12 CR* |
| 2. Kami Semick, 42, Bend, OR | 7:42:54 |
| 3. Annie Thiessen, 37, Tacoma, WA | 8:29:45 |

U.S. 100-mile Trail Championships

South Lake Tahoe, USA, 19 July

(At high altitude)

MEN

- | | | |
|----------------------------------|----------|-------|
| =1. Erik Skaden, 36, Folsom, CA | 18:59:10 | \$500 |
| =1. Mike Wolfe, 30, Missoula, MT | 18:59:10 | 500 |
| 3. Ian Torrence, 35, Ashland, OR | 21:53:10 | |

WOMEN

- | | | |
|---|----------|--------|
| 1. Nikki Kimball, 37, Bozeman, MT | 20:18:12 | \$1000 |
| 2. Beverley Anderson-Abbs, 44 Red Bluff, CA | 23:28:40 | |
| 3. Jenny Capel, 35 Reno, NV | 24:53:38 | |

AdventureCORPS Badwater Ultramarathon (31st)

Furnace Creek (Death Valley) to Mount Whitney, USA, 14 July

(Distance: 135 miles, beginning at 85 m below sea level and finishing at 2 533 m above sea level. Finishers: 80 [race record])

OVERALL MEN AND WOMEN

- | | |
|--|--------------|
| 1. Jorge Pacheco, 40, Los Angeles, CA (MEX) | 23:20:16 |
| 2. Akos Konya, 33, Oceanside, CA (HUN) | 23:49:44 |
| 3. Jamie Donaldson (F), 33, Littleton, CO | 26:51:33 CR* |
| 4. Dean Karnazes, 45, San Francisco, CA | 27:11:00 |
| 5. Pam Reed (F), 47, Tucson, AZ | 27:42:52 |
| 6. Karl Hubert, 50, GER | 29:30:40 |
| 7. Shanna Christine Armstrong (F), 33, Lubbock, TX | 31:16:10 |
| 8. Lorie Hutchison (F), 44, Salt Lake City, UT | 31:17:16 |

- | | |
|--|----------|
| 9. Jen Lee Segger (F), 27, CAN | 32:31:57 |
| 10. David Horner, 50, Hendersonville, NC | 34:31:08 |

TRACK

Irkutsk Memorial

Irkutsk, RUS, 1-2 August

WOMEN

800:

- | | |
|-------------------------|------------|
| 1. Anna Alminova | 2:01.70 SB |
| 2. Yelena Sidorchenkova | 2:03.10 PB |
| 3. Anna Konovalova | 2:03.67 PB |

1500:

- | | |
|-----------------------------|------------|
| 1. Gulnara Galkina-Samitova | 4:03.31 SB |
| 2. Yelena Zadorozhnaya | 4:04.88 SB |
| 3. Yelena Sidorchenkova | 4:05.77 PB |

3000:

- | | |
|-------------------------|------------|
| 1. Mariya Konovalova | 8:44.46 SB |
| 2. Yelena Zadorozhnaya | 8:53.57 SB |
| 3. Yelena Sidorchenkova | 8:56.29 PB |

Herculis 2008

(IAAF Super Grand Prix)

Fontvieille, MON; Tuesday, July 29

MEN

800:

- | | | |
|------------------------|-----|------------|
| 1. Yuriy Borzakovskiy | RUS | 1:42.79 SB |
| 2. Yusuf Saad Kamel | BRN | 1:42.79 AR |
| 3. Mbulaeni Mulaudzi | RSA | 1:43.26 SB |
| 4. Gary Reed | CAN | 1:43.68 NR |
| 5. Ismail Ahmed Ismail | SUD | 1:44.34 PB |
| 6. Michael Rimmer | GBR | 1:44.68 PB |
| 7. Robert Lathouwers | NED | 1:44.75 PB |
| 8. Bram Som | NED | 1:45.55 SB |

1500:

- | | | |
|-----------------------------|-----|------------|
| 1. Daniel Kipchirchir Komen | KEN | 3:31.49 WL |
| 2. Shedrack Korir | KEN | 3:31.94 SB |
| 3. Nick Willis | NZL | 3:33.51 SB |
| 4. Gideon Gathimba | KEN | 3:33.73 |
| 5. Nabil Madi | ALG | 3:34.47 PB |
| 6. Guillaume Eraud | FRA | 3:36.14 PB |
| 7. Geoffrey Rono | KEN | 3:36.15 |
| 8. Yoann Kowal | FRA | 3:40.40 |

3000:

- | | | |
|--------------------|-----|------------|
| 1. Joseph Ebuya | KEN | 7:34.62 PB |
| 2. Isaac Songok | KEN | 7:35.06 SB |
| 3. Abraham Chebii | KEN | 7:36.08 SB |
| 4. Mark Kiptoo | KEN | 7:36.43 PB |
| 5. Boniface Songok | KEN | 7:37.41 SB |

6. Mike Kigen	KEN	7:37.97
7. James Kwalia	QAT	7:38.75 SB
8. Mohammed Farah	GBR	7:39.55 SB
DNF - Alistair Cragg	IRL	

3000 s/chase:

1. Mahiedine Mekhissi-Benabbad	FRA	8:17.22 SB
2. Wesley Kiprotich	KEN	8:17.95
3. Youcef Abdi	AUS	8:18.34 =PB
4. Michael Kipyego	KEN	8:18.96
5. Mohamed-Khaled Belabbas	FRA	8:20.25
6. Daniel Huling	USA	8:20.84 PB
7. Collins Kosgei	KEN	8:25.28
8. Krijn van Koolwijk	BEL	8:27.89

WOMEN

1500:

1. Nataliya Panteleeva	RUS	4:02.56 SB
2. Sarah Jamieson	AUS	4:03.03
3. Natalia Rodríguez	ESP	4:03.68 SB
4. Sylwia Ejdyś	POL	4:04.46 PB
5. Agnes Samaria	NAM	4:05.30 NR
6. Christin Wurth-Thomas	USA	4:05.31
7. Lidia Chojecka	POL	4:05.86 SB
8. Nouria Mérah-Benida	ALG	4:09.10 SB
DNF - Faith Macharia	KEN	

3000:

1. Wude Ayalew Yimer	ETH	8:35.50 PB
2. Dolores Checa	ESP	8:37.78 PB
3. Peninah Jepchumba	KEN	8:40.12 PB
4. Zakia Mrisho	TAN	8:44.33 SB
5. Jane Kiptoo	KEN	8:46.26 PB
6. Jen Rhines	USA	8:51.29 SB
7. Olesya Syreva	RUS	8:55.09 PB
8. Ines Chenonge	KEN	8:57.54 SB
DNF - Olga Komyagina	RUS	

Flanders Cup

Brasschaat, BEL, 23 July

WOMEN

800:

Race A -

1. Nicole Teter	USA	2:01.46
2. Nahida Touhami	ALG	2:01.68
3. Nikeya Green	USA	2:02.36
... 7. Juanee Cilliers	RSA	2:03.38

Memorial Leon Buyle (17th)

Oordegem, BEL, 26 July

WOMEN

800:

Race 2 -

- | | |
|-------------------------|------------|
| 1. Nataliya Lupu, UKR | 2:02.94 |
| 2. Nikeya Green, USA | 2:03.30 |
| 3. Jana Hartmann, GER | 2:03.57 |
| 4. Claire Gibson, GBR | 2:03.82 SB |
| 5. Sheena Gooding, BAR | 2:04.22 SB |
| 6. Juanee Cilliers, RSA | 2:04.29 |

Folksam Grand Prix 2008

(formerly Götagalan)

Karlstad, SWE, 28 July

WOMEN

800:

Race A -

- | | |
|--------------------------|-------------------|
| 1. Maria Shapaeva, RUS | 2:00.44 SR |
| 2. Johanna Hallberg, SWE | 2:03.95 |
| 3. Jana Hartmann, GER | 2:03.96 |
| 4. Sofia Oberg, SWE | 2:03.99 PB [1990] |
| 5. Natallia Koreiva, BLR | 2:04.04 |
| 6. Kajsa Haglund, SWE | 2:04.48 |
| 7. Juanee Cilliers, RSA | 2:04.73 |

NEWS**TOP RUSSIANS SUSPENDED BEFORE OLYMPICS**

In a scandal that will likely leave the Russian women's middle distance Olympic team in tatters, middle distance stars Yelena Soboleva and Tatyana Tomashova, along with five others, have been provisionally suspended for "tampering with the doping control process," the IAAF has announced.

According to a statement issued by the IAAF, the athletes have been charged "for a fraudulent substitution of urine which is both a prohibited method and also a form of tampering with the doping control process".

The athletes -- middle distance runners Yulia Fomenko, Svetlana Cherkasova, and Olga Yegorova, and throwers Daria Pishchalnikova and Gulfiya Khanafeyeva were also named -- were apparently targeted in a year-long investigation carried out by the global governing body, reports *Race Results Weekly*.

"These rule violations were established following the deliberate storage of samples by the IAAF and re-analysis using comparative DNA techniques," the IAAF statement continued, "and were the result of a specific investigation which was instigated and carried out by the IAAF for more than a year."

Soboleva, 25, broke the world indoor 1500 m record twice last winter, first at the Russian indoor championships running 3:58.05 on 10 February, and then again a month later at the World Indoor Championships in Valencia, Spain, where she won gold in 3:57.71. The silver medallist at last year's World Championships, Soboleva was this season's world leader at both the 800 m and 1500 m, running 1:54.85 and 3:56.59, respectively. Her 800 m performance was the fastest in the world since 1997, and lifted her to the No. 5 spot all-time.

A regular fixture on the international circuit and among the season's fastest in recent years, Soboleva's only appearance outside of Russia this year was in Valencia.

Tomashova, 33, won back-to-back world titles at 1500 m in 2003 and 2005, and is the reigning Olympic silver medallist. Tomashova has run sparingly this year, finishing a distant seventh at the Prefontaine Classic in Eugene on 8 June before winning the Russian Championships on 20 July clocking 3:59.42.

Fomenko, 28, raced to world indoor silver this year behind Soboleva after winning the title in Moscow in 2006, and was also the silver medallist at the 2006 European Championships. She was second at this year's Russian Championships, clocking 4:00.57. Cherkasova, 30, had 1:58.37 and 4:06.58 performances to her credit this season. Also named was Yegorova, the controversial 2001 world champion in the 5000 m.

The suspension will leave the Russian women without an entrant in the 1500 m in Beijing, unless alternates were also named to the team prior to the IOC deadline. Of the seven athletes named, only Cherkasova and Yegorova were not named to the Russian Olympic team.

Under IAAF rules, athletes have up to 14 days to request a hearing with their national federation. IAAF spokesman Nick Davies said that the global governing body has been informed that the Russian Federation will "speed up the hearing process". Two others, discus thrower Daria Pishchalnikova and hammer thrower Gulfiya Khanafeyeva, were also suspended. Pishchalnikova, 23, took the silver medal at last year's World Championships and won gold at the 2006 European Championships, and was this year's world leader with a 67.28 m throw. Khanafeyeva, 26, was the European silver medallist two years ago and won this year's Russian title with a 75.07 m throw, the fifth best in the world this season.

BACKGROUND

RAMAALA ON THE MOVE

Hendrick Ramaala, winner of the ING New York City Marathon in 2004, has been getting ready for the Olympic Marathon on 24 August in Beijing and ran the New York Half Marathon last weekend. Ramaala, Nedbank Brand Ambassador for Road Running, has written the following to give readers an insight into his preparations. The first part was written before the New York race and the second part afterwards. – Ed.

The build-up for the [Olympic Marathon] started as early as May. I started it by doing heavy mileage. My weekly mileage was around 170 km and peaked at just over 200 km.

The chilly highveld winter made training extra hard, but I was lucky as I have a bunch of guys who are committed and came every day to help with all the training. As part of the build-up I planned to run two half marathons. The first one was the Nedbank SA Half Marathon in Port Elizabeth on 5 July. I ran very well and came second to Steven Mokoka, a youngster from the Vaal. The top five men ran sub-63 minutes [four of them South Africans] despite some blustery conditions, which shows a big improvement in the state of road running in SA and I think in the near future we will have a bunch of guys who will be world-beaters.

Personally I left satisfied as I ran 62:16, which shows I am in good shape, and I managed to do it with heavy mileage and little speed training. After the race I continued with heavy mileage plus some speed endurance until 20 July. Overall the first part of the build-up has been a great success.

In the second phase I will put more emphasis on speed endurance and acclimatisation. It will all be done in the US where it's very warm. I left for New York in the middle of the week and will run the New York half marathon presented by the New York Road Runners. I choose this race as I have a good relationship with NYRR (I have run six New York marathons already).

I'll be very happy if I can run around 62 minutes. The field is going to be strong as there will be fast Kenyans, Ethiopians and the best US runners.

After the New York half marathon I will fly to New Mexico to do the final phase. It's very warm there with the temperature in the 30s. Beijing is going to be very warm so one needs to get used to the heat. I will spend 20 days in Mexico, then fly to Beijing a few days before the race. I will have enough time to rest and hopefully things will work out well and I can get a good race and do our country and myself proud!

.....
I flew out of Johannesburg on 23 July for New York. What was supposed to be an 18-hour flight ended up being a trip of more than 24 hours. We were delayed in Dakar, Senegal, for over five hours due to bad weather in the US. When I arrived, I barely made it to the press conference.

I was so tired that I went to sleep at 18h00 and got up the following day at 08h00. Friday and Saturday were easy days with lots of rest. Sunday morning we woke up at 05h00 for the 07h00 race. It was raining and we were worried about the lightning. Luckily it stopped raining just before the start.

Over 10 000 athletes started the race. It had a party atmosphere with bands and entertainers all over the course. The weather conditions were not favourable; high humidity (over 80%) and wet.

The elite athletes started very fast and most of us suffered due to that. We passed 5 km in 14:13 on hilly parts of Central Park. The men's field was packed with quality; in the field were Patrick Makau (58:56 for the half marathon), Felix Limo (a 2:06 marathoner), William Kipsang (2:05 marathoner), and many more from Kenya and Ethiopia and the best of US. The finish was close, with Tadesse Tola of Ethiopia running 60:58 and Makau 60:59.

I had a solid run finishing 8th in 64:07. The humidity and the wet conditions spoiled my plans of running a fast time. Still I am happy as I finished strongly and had a lot left after the race – which bodes well for the marathon in Beijing.

A big dinner party was organised afterwards for runners and volunteers and everybody had a good time. The race was a resounding success by the New York Road Runners and the City council and their sponsors.

On Tuesday we move to New Mexico for the next phase, heat acclimatising. Without that the Beijing Olympic marathon will be mission impossible. Conditions in Beijing are going to be extremely hot and humid.

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 11 OPEN MEN

28:44	Hendrick Ramaala	1	Matha Series	Durban	10 Feb
29:22	Elroy Gelant	1	CTM	George	12 Jan
29:24	Mbongeni Ngxazozo	4	Matha Series	Durban	10 Feb
29:27	Lindikhaya Mthangayi	1	Gino's	Stellenbosch	27 Feb
29:28	Enos Matalane	12	Sunfeast World	Bangalore	18 May
29:31	Lungile Gongqa	5	Matha Series	Durban	10 Feb
29:39	Neo Molema	2	Gino's	Stellenbosch	27 Feb
29:40	Gelant	3	PetroSA	Mossel Bay	12 Apr
29:41	Sibusiso Nzima	6	Matha Series	Durban	10 Feb
29:44	Samuel Segoaba	7	Matha Series	Durban	10 Feb
29:48	Avukile Ntongana	4	PetroSA	Mossel Bay	12 Apr
29:48	Olebogeng Masire	8	Matha Series	Durban	10 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

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	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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