

Distance Running Results

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EDITORIAL

A number of Women's Day races were held this weekend, with the results of those in Bellville, Johannesburg, Pretoria and Stellenbosch included. Considering the relatively small running population in the Western Cape, it was a real tragedy that two women's races were held on the same morning about 30 km apart. The Totalsports race in Bellville became a huge success over the past few years; this type of split between two neighbouring provinces does not serve the sport at all. To aggravate matters, the route in Stellenbosch was obviously short (see comment with the results below).

Internationally, things have quieted down in the run-up to the Olympic Games in Beijing. If any readers still want to send in predictions, the deadline is Thursday.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Thaba Ya Batswana Eco Lodge 15 km, Alberton
- * Elsies River 10 km, Bellville
- * Gaterite Challenge Half Marathon & 10 km, Verulam
- * KwaMashu 15 km, Durban
- * Totalsports Women's Day 10 km, Johannesburg
- * Totalsports Women's Day 10 km, Stellenbosch
- * PG Glass Mountain Drive Half Marathon, Grahamstown
- * Bonitas Women's Day Challenge, Bellville
- * Sharon Fruit Swellendam Half Marathon, Swellendam
- * Castle Walk Women's Day 10 km, Pretoria
- * Top Gear Kaasfees 10 km, George

International highlights:

- * CIGNA Falmouth Road Race, Woods Hole to Falmouth Heights, USA
 - * Sun-Herald City to Surf 14 km, Sydney, AUS
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ROAD RUNNING

Thaba Ya Batswana Eco Lodge 15 km

Alberton, 10 August

MEN

1 Zongamele Dyubeni (GS) 48:37; 2 Sello Mohase (Powerade) 48:48; 3 Lucky Miya (Powerade) 48:57; 4 Sipho Ncube (ZIM/MP) 49:26; 5 Kimutai Cheruiyot (Bagwera) 49:38.

Veterans: 1 Gethun Wordofa (ETH/ADT) 50:56; 2 Reginald Ngobese (GS) 53:47; 3 Tony Silva (Fit 2000) 56:02. **Masters:** 1 Johannes Seakamela (RAC) 62:21; 2 Mike Hirst (Brooks) 64:46; 3 Vincent Lentsoenyane (JHAC) 65:40. **G'masters:** 1 Brian Rojassee (ZIM/Nedbank) 67:43; 2 Pele Tshikundalema (Yebo) 71:01; 3 Neels Venter (Roodepoort) 71:53. **Juniors:** 1 Desmond Mokgobu (GS) 52:00; 2 Tiaan Basson (JL) 61:17; 3 Calvin Mojapelo (Toy) 62:44.

WOMEN

1 Thakalane Nthulane (Transnet) 61:23; 2 Sarah Mahlangu (MP) 64:05 (1st vet); 3 Cecile Ndowne (ADT) 65:18; 4 Jane Pooe (GS) 69:52; 5 Janine Williams (Fourways) 72:48.

Veterans: 1 Sarah Mahlangu (MP) 64:05; 2 Lisa Green (RAC) 71:36; 3 Laura Venter (Nedbank) 75:20. **Masters:** 1 Pam Hampton (Sunninghill) 80:06; 2 Brenda Nooy (RWFL) 83:43; 3 Shelagh Smith (Pirates) 95:27. **G'masters:** 1 Marilyn Moore (Breakthru) 91:39; 2 Patricia Moore (Temp) 99:31; 3 Sue van Heerden (Roodepoort) 99:37. **Juniors:** 1 Angelique Leitao (UJ) 76:34; 2 Michelle Meyer (JL) 77:05; 3 Melissa Meyer (JL) 82:25.

Elsies River 10 km

Bellville, 10 August

Note: Pixie Sparg and the well-known KZN grandmaster Gill Tregenna are sisters. Both also ran in the previous day's Bonitas race. – Ed.

MEN

1. Zolile Bhitane (Ned) 31:25; 2. Fabian Faro (MP Titans) 31:31; 3. Unathi Phezolo (RCS Gug) 31:52 (1st jun); 4. Hein Camphor (Adid) 32:05; 5. Mzukile Silayi (Adid) 32:07; 6. Victor Msopi (VOB) 32:51; 7. J-P. Abrahams (Adid) 33:02; 8. Ernest Ngakumbi (T.Mbiza) 33:22; 9. Faizel October (Celt) 33:37; 10. Wanda Roro (Adid) 34:22; 11. Mandla Pangalele (T.Mbiza) 34:27; 12. Xolile Mqanda (T.Mbiza) 34:53; 13. Yeyethu Njukwana (T.Mbiza) 35:17; 14. Siyanda Plaatjies (Adid) 36:14; 15. Majozi Mbiza (T.Mbiza) 36:30; 16. Goodman Mpukane (RCS Gug) 36:31 (1st mast); 17. Lungiso Cuba (Ned) 36:59; 18. Muhammad Kriel (Ned) 37:02; 19. Kevin Isaacs (Ned) 37:16 (1st vet); 20. Jabu Ndikinda (Str) 37:30; 21. Willem Swanepoel (Brack) 38:01; 22. Albertus Bock (Adid) 38:23 (1st g'mast); 23. Siyabonga Maweza (Top) 38:35; 24. Gaobuse Kgagamatso (Tyg/NL) 38:37; 25. Johann Diener (Str) 38:50; 26. Pieter Hanekom (Ned) 39:07; 27. Gerald Myburgh (MP Titans) 39:09; 28. Aaron Boyisi (T.Mbiza) 39:19; 29. Lionel Atson (MP Titans) 39:17; 30. Richard Muller (Top) 39:37.

Masters: (40+): 1. Kevin Isaacs (Ned) 37:16; 2. Gaobuse Kgagamatso (Tyg/NL) 38:37; 3. Richard Muller (Top) 39:37. **(50+):** 1. Goodman Mpukane (RCS Gug) 36:31; 2. Muhammad Kriel (Ned) 37:02; 3. Johann Diener (Str) 38:50. **(60+):** 1. Albertus Bock (Adid) 38:23; 2. Carl Hendricks (Ned) 47:20; 3. Caspar Greeff (Atl) 47:57. **(70+):** 1. Caspar Greeff (Atl) 47:57; 2. Dermott Devine (VOB) 65:07. **Juniors:** 1. Unathi Phezolo (RCS Gug) 31:52; 2. J-P. Abrahams (Adid) 33:02; 3. Wanda Roro (Adid) 34:27.

WOMEN

1. Mariëtte Esterhuyse (Tyg/NL) 40:41 (1st vet); 2. Nancy Will (Pine) 42:41 (1st mast); 3. Tanya Kapp (VOB) 43:44; 4. Charmaine Cupido (Ned) 46:42; 5. Nicolene Koegelenberg (Brack) 46:54; 6. Joanne Wynne (Dur) 47:13; 7. Alcyone Mantz (WC) 47:39; 8. Lindie Bouwer (Sanlam) 47:52; 9. Helen du Plessis (Tyg/NL) 48:59; 10. Lauren Smith (Top) 49:25; 11. Pixie Sparg (Celt) 49:36 (1st g'mast); 12. Sonia Harlock (FH) 49:46; 13. Cailey Bredenkamp (Paarl) 50:05; 14. Protasia Dlamini (RCS Gug) 50:49; 15. Gill Tregenna (West) 52:40; 16. Kate Schoeman (Pine) 53:30; 17. Marinelle Tolken (Brack) 54:22; 18. Renata Thirion (R/W for L) 54:38; 19. Kim Lamb (Edg) 54:41; 20. Anne Muller (Edg) 54:41.

Masters: (40+): 1. Mariëtte Esterhuyse (Tyg/NL) 40:41; 2. Nicolene Koegelenberg (Brack) 46:54; 3. Sonia Harlock (FH) 49:46. **(50+):** 1. Nancy Will (Pine) 42:51; 2. Charmaine Cupido (Ned) 46:42; 3. Helen du Plessis (Tyg/NL) 48:59. **(60+):** 1. Pixie Sparg (Celt) 49:36; 2. Gill Tregenna (West) 52:40; 3. Marianne Nelson (Dur) 57:35.

Gaterite Challenge Half Marathon & 10 km

Verulam, 10 August

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

Half marathon

MEN

1.	Eric Ngubane	Nedbank AC	72:50
2.	Grankai Mandaioo	Boxer AC	73:40
3.	Ronnie Zondi	Ntl Carb	75:27

40-49:

1.	Bheki Bhengu	Ubunye AC	82:03
2.	Bheki Mbatha	Nedbank AC	88:29
3.	Lloyd Bronghton	Virginia	102:27

50-59:

1.	Jermiah Ngwenya	Boxer AC	81:39
2.	Malcolm Miller	DAC	100:11
3.	Gavin Frankeiss	PDAC	106:06

60+:

1.	Anthony Bishop	HV	113:30
2.	Jeff Arms-ng	Athletic North	133:30
3.	Ron Harris	QBH	137:39

WOMEN

1.	Janine Engels (1 st vet)	PDAC	93:03
2.	Nensikelelo Mbambo	RWFL	97:18
3.	Nana Sigubudu	Boxer AC	100:23

40-49:

1.	Janine Engels	PDAC	93:03
2.	Jandi Hallett	PDAC	137:39
3.	Val Green	Sydenham AC	139:16

50-59:

1.	Dawn Frankeiss	PDAC	117:11
2.	Wendy Rook	Savages AC	119:47
3.			

60+:

1.	Jackie Davis	Savages	119:47
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10 km

MEN

1.	Simon Swenyena	Stella	35:48
2.	Myekeni Mnguni	Toyota AC	36:23
3.	Mjabalo Mncwango	Ind	37:13
4.	Vukani Maphumalo	Ver. Falcons	39:00

Juniors:

1.	Jonotta Mongongolo	Ver. Falcon	46:35
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WOMEN

1.	Precious Duma	HV	46:49
2.	Krishi Glass	Ind	47:42
3.	Sindy Kreutzner	PDAC	50:40
4.	Sheree Kirsten	PDAC	50:55

Juniors:

1.	Thamleke Ngcobo	Ver. Falcons	51:14
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KwaMashu 15 km

Durban, 10 August

MEN

1.	Richard Nene	ZIM/Boxer AC	49:55
2.	Sipho Ngxongo	Hlabisa	50:53
3.	Vusi Mnyandu	Mr Price AC	51:15
4.	Godfrey Koki	ZIM/Boxer	51:23
5.	Mthembeni Nzama	Nedbank	53:24

40-49:

1.	Clever Chidziva	Boxer	53:56
2.	Herbert Mazongolo	Toyota	54:11

50-59:

1.	Ackim Mhlanzi	Savages	59:18
2.	Bongani Ndlovu	Zabalaza	66:00

60+:

1.	Mbhekiseni Mchunu	Savages	69:00
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Juniors:

1.	Siphiwe Phungula	Toti	65:00
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WOMEN

1.	Varaidzo Shindi	ZIM/Mr Price AC	57:52
2.	Sibongile Ziqubu	RWFL	67:40
3.	Iris Ndlovu	Boxer AC	69:52
4.	Maria Mthembu	Boxer AC	70:07
5.	Penny Ndlovu	Ind	76:48

50-59:

1.	Pat Fischer	Stella	83:13
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Totalsports Women's Day 10 km

Johannesburg, 9 August

Note: This was Sonja Laxton's first race as a grandmaster. – Ed.

1 Irvette van Blerk (Temp) 36:49; 2 Poppy Mlambo (MP) 37:47; 3 Cornelia Joubert (UJ) 37:56; 4 Maleboheng Mafata (Toy) 38:10; 5 Dimakatso Menong (GS) 39:08; 6 Caroline Koll (MP) 39:47; 7 Kenfilwe Molefe (ADT) 40:11; 8 Sarah Mahlangu (MP) 40:44 (1st vet); 9 Pemla Kubu (Wits) 41:28; 10 Danielle Botha (Alberton) 41:58.

Veterans: 1 Sarah Mahlangu (MP) 40:44; 2 Judy Pace (RAC) 45:40; 3 Cynthia Mokovane (Powerade) 46:53. **Masters:** 1 Marietjie Ceronio (Nedbank) 43:30; 2 Selina Netshisaule (RAC) 47:48; Linda Coston (Ind) 49:00. **G'masters:** 1 Sonja Laxton (RAC) 44:35; 2 Anette Roos (RAC) 62:32; 3 Gwenyth Staples (Chamber) 65:32. **G/g'masters:** 1 Miemie

Schoeman (Transnet) 71:32; 2 Phyllis Maartins (Fit 2000) 75:41; 3 Thelma Fouché (GR) 78:18.

Totalsports Women's Day 10 km

Stellenbosch, 9 August
(Loop course)

Note: Many runners set PBs in this race, some by up to 3 minutes. Others ran 2-4 minutes faster than expected. (At least two runners in the top twenty did run *slower* than expected.) Using the Race Time Bias formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), the RTB figure for fifteen of the top twenty athletes is an almost unbelievable -11.65 sec/km – much more than twice the acceptable limit of -5 sec/km. Unfortunately these times can therefore not be included in any statistical lists. – Ed.

1. Anneline Roffey (Mr Pr) 34:41; 2. Dominique Scott (Adid) 34:48 (1st jun); 3. Thozama April (Celt) 35:05; 4. Mia Pienaar (Mat) 37:05; 5. Kirsty Weir (MSM) 37:32; 6. Megan Goodwin (Mat) 38:07; 7. Naomi Brand (Mat) 38:30; 8. Danette Smith (Mat) 38:33; 9. Annamari van Jaarsveld (Ind) 38:38; 10. Helene Perold (Ceres) 38:44; 11. Sheryl de Lange (Ned) 38:57 (1st vet); 12. Busisiwe Matiwane (Celt) 39:06; 13. Natasha Oosthuizen (Adid) 39:10; 14. Chantel de Lange (Mr Pr) 39:11; 15. Ronél van den Dool (Mr Pr) 39:12; 16. Jacoline Haasbroek (Fransch) 39:13; 17. Renée Scott (Adid) 40:39; 18. Lisa Roux (Ind) 40:43; 19. Olga Howard (Celt) 41:19 (1st mast); 20. Khulukazi Lupondo (RCS Gug) 41:22; 21. Yolandi Visser (Celt) 41:45; 22. Styntjie Prins (Paarl) 41:52; 23. Sunell Jacobs (Mat) 41:53; 24. Rachel Ohm (Ind) 41:56; 25. Annei Kloppers (Mat) 41:57; 26. D. O'Brien (Ind) 42:05; 27. Charlize Wolmarans (Ind) 42:07; 28. C. Anthonissen (Bel) 42:12; 29. Tonia Anthonissen (Bel) 42:14; 30. Najwa Cogills (Ind) 42:27; 31. Christa Mulder (Bel) 42:37; 32. Anneke Slabbert (Ind) 42:39; 33. Tameshia Hammer (Ind) 42:45; 34. Genine Manchip (Mat) 42:52; 35. Marnelia Scribante (Ind) 43:10; 36. Luna Greyling (Ind) 43:11; 37. Tyshia Johannes (UWC) 43:35; 38. Zahn Munch (Ind) 43:35; 39. Almarie de Bruyn (Ind) 42:36; 40. Anél Mostert (Ind) 43:40; 41. Veronica van Niekerk (Elg/Grab) 43:50 (1st g'mast); 42. Amy Burger (Mat) 44:11; 43. Joannine Oosthuizen (Bel) 44:26; 44. Roseline Makutu (UCT) 44:28; 45. Inge Kotzé (Mat) 44:29; 46. Bianca Browne (Ind) 44:31; 47. Maretha de Kock (Adid) 44:35; 48. J. du Plessis (Stel) 44:48; 49. Resia Swart (Stel) 44:49; 50. Keelyn van Breda (Ind) 44:50.

Masters: (40+): 1. Sheryl de Lange (Ned) 38:57; 2. Jacoline Haasbroek (Fransch) 39:13; 3. Renée Scott (Adid) 40:39. **(50+):** 1. Olga Howard (Celt) 41:19; 2. Styntjie Prins (Paarl) 41:52; 3. Helen du Plessis (Tyg/NL) 47:36. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 43:50; 2. Marianne Nelson (Dur) 54:57; 3. Dolla Naurattel (Ceres). **(70+):** 1. Edith Green (Ind); 2. Magdaline Johnson (Tyg/NL); 3. Catherine Cloete (Ind). **Juniors:** 1. Dominique Scott (Adid) 34:48; 2. Megan Goodwin (Mat) 38:07; 3. Naomi Brand (Mat).

PG Glass Mountain Drive Half Marathon

Grahamstown, 9 August
(Distance: 21.0975 km; loop course)

MEN

1	George	Ntshiliza	Mr Price AC EP	28	1:12:24
2	Mzwanele	Maphekula	Mr Price AC EP	31	1:12:42
3	Phumelelo	August	Nmmu AC	23	1:13:17
4	Simphiwe	Tana	Run/W For Life	29	1:14:41
5	Mzamo	Fokwana	Charlo AC	30	1:14:54
6	Thembinkosi	Ndyogolo (1 st vet)	Nedbank RC EP	40	1:14:56

7	Bulelini	Niwa	PEAAC	23	1:18:38
8	Basie	Bonaparte	Nedbank RC EP	42	1:18:46
9	Elliot	Nyarashe	PEAAC	29	1:19:20
10	Thomas	Pongola	Nedbank RC EP	32	1:19:45
11	Warrick	Smith	Rhodes Universi	21	1:21:08
12	Mzukisi	Klaas	PEAAC	39	1:21:35
13	Thembekile	Msipa	Nedbank RC EP	34	1:21:41
14	Patrick	Mnto	Run/W For Life	25	1:22:58
15	Ananias	Kgopa	Rhodes Universi	31	1:24:04
16	Sindile	Somke	New Balance	31	1:24:27
17	Bradley	Mackenzie	Achilles AAA	36	1:24:31
18	Wayne	Rice	Temp	25	1:24:55
19	Luyolo	Nqi	Charlo AC	22	1:25:22
20	Melikhaya	Jacobs	Albany R R	30	1:25:47

40-44:

1	Thembinkosi	Ndyogolo	Nedbank RC EP	40	1:14:56
2	Basie	Bonaparte	Nedbank RC EP	42	1:18:46
3	Vernon	Newfeldt	Willard Batt	42	1:29:42

45-49:

1	Efese	Peter	SANDEF EP	48	1:31:07
2	Bafumane	Nyanga	PEAAC	47	1:42:40
3	Clive	Wewers	Elite AC	48	1:43:18

50-54:

1	Ferdinand	Grobler	Despatch AC	50	1:31:56
2	Bruce	McEwan	Achilles AAA	54	1:38:13
3	Peter	van Rensburg	Nedbank RC EP	50	1:39:28

55-59:

1	Fred	Verrall	Charlo AC	59	1:35:16
2	Sizinz	Kama	Achilles AAA	57	1:37:45
3	Hannes	Els	Madiba Bay AC	58	1:37:48

60-64:

1	Hansie	Els	Somerset East	60	1:39:20
2	Percy	Dalton	Achilles AAA	60	1:49:24
3	William	Grobler	Elite AC	60	2:03:04

Juniors:

1	Revan	Fillis	Run/W For Life	18	1:29:04
2	Thulani	Matyunu	Charlo AC	17	1:33:55
3	Thomas	Niven	Temp	17	1:37:35

WOMEN

1	Frith	van der Merwe (1 st vet)	Albany R R	44	1:35:04
2	Grizelda	Pietersen	Achilles AAA	39	1:36:48
3	Elmarie	Bezuidenhout	Charlo AC	26	1:36:56
4	Terri-Lynn	Penney	Run/W For Life	31	1:38:44
5	Layle	Henderson	Rhodes Universi	24	1:43:39
6	Dominique	Clogg	Run/W For Life	33	1:46:18
7	Adele	Nel	St Albans CSEP	35	1:50:29
8	Tamaryn	Roberts	Temp	26	1:50:41
9	Paulette	McEwan	Achilles AAA	43	1:52:02
10	Tracy	Kitching	Run/W For Life	39	1:52:38
11	Joy Anne	Pregalato	Achilles AAA	37	1:52:56
12	Leilanie	Kleinhans	Run/W For Life	28	1:54:42
13	Hermie	Fisher	Madiba Bay AC	40	1:54:45
14	Laetitia	Smith	Despatch AC	39	1:55:50
15	Diana	Grant	Temp	36	1:56:55
16	Jacqui	Claassen	Rand Athletic C	36	2:00:27

17	Annelie	Nel	Legacy AC	33	2:00:34
18	Jos	Els (1 st mast)	Madiba Bay AC	56	2:00:59
19	Lindsay	Jackson	Temp	24	2:02:56
20	Antoinette	Coertze	Despatch AC	43	2:03:26

40-44:

1	Frith	van der Merwe	Albany R R	44	1:35:04
2	Paulette	Mcewan	Achilles AAA	43	1:52:02
3	Hermie	Fisher	Madiba Bay AC	40	1:54:45

45-49:

1	Doris	Liberty	Elite AC	48	2:07:28
2	Ronelle	Niksch	Elite AC	45	2:12:46
3	Janette	Wood	Nedbank RC EP	49	2:16:31

50-54:

1	Robin	Elbourne	Crusaders AC	50	2:15:29
2	Christine	Snyman	Vwac	52	2:17:50
3	Liz	Austin	Achilles AAA	50	2:20:00

55-59:

1	Jos	Els	Madiba Bay AC	56	2:00:59
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60-64:

1	Marlene	Wiese	Kowie Striders	62	2:15:08
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Juniors:

1	Fikile	Sithole	Rhodes Universi	19	2:24:53
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Bonitas Women's Day Challenge (1st)

Bellville, 9 August

(Distance: 10 km. Certified two-leg out-and-back course. Weather: Cold at the start; cool later. Finishers: 1252.)

1. Zintle Xiniwe (CH) 35:51 (R2500)
2. Nomvuyisi Seti (MrP) 36:49 (R1250)
3. Nolene Conrad (Adid) 36:53 (R750)
4. Farwa Mentoor (Bon) 38:22 (R500)
5. Elmarie Coetzee (Adid) 38:49 (R400) (1st vet)
6. Viv Williams (Adid) 39:37 (R300)
7. Ursula Frans (MrP) 39:46 (R200)
8. Mariëtte Esterhuyse (Tyger) 39:55 (R100)
9. Amy Aronson (UCT) 40:10
10. Destiny Titus (Adid) 41:11 (1st jun)
11. Yonela Hewu (RCS Gug) 41:13; 12. Sarah Louw (Ind) 41:19; 13. Tania van Rensburg (Dur) 41:19; 14. Liesl Steenkamp (Bel) 41:34; 15. Nancy Will (Pine) 42:04 (1st mast); 16. Ineke Nel (UCT) 42:06; 17. Nicola Carter-Lockhart (Ind) 42:36; 18. Marnette Meyer (Adid) 42:46; 19. Lunga Xipu (RCS Gug) 42:53; 20. Ayanda Mqhakayi (RCS Gug) 43:06; 21. Beverley Charters (VOB) 43:28; 22. Tania Kapp (VOB) 43:53; 23. Freda O'Malley (Ind) 44:04; 24. Linda Hanekom (Bel) 44:15; 25. Theresa Brand (NB) 44:22; 26. Jalme Cilliers (Mat) 44:37; 27. Twana Stillianou (Met) 44:56; 28. Charmaine Cupido (Ned) 45:00; 29. Tandi Kitching (Dur) 45:08; 30. Marlise Jordaan (Bel) 45:23.

(Prize money in all age categories were the same, i.e. R750, R450, R250.)

40-49: 1. Elmarie Coetzee (Adid) 38:49; 2. Viv Williams (Adid) 39:37; 3. Mariëtte Esterhuyse (Tyger) 39:55. **50-59:** 1. Nancy Will (Pine) 42:04; 2. Bev Charters (VOB) 43:28; 3. Charmaine Cupido (Ned) 45:00. **60-69:** 1. Pixie Sparg (CH) 48:16; 2. Priscilla von Schlicht (Tyger) 49:45; 3. Gill Tregenna (West) 52:31. **70+:** 1. Peggy Reid (SH) 66:28; 2. Johanna Visser (RWFL) 75:57; 3. Julie Wilson (CH) 99:59. **Juniors:** 1. Destiny Titus (Adid) 41:11; 2. Yonela Hewu (Gugs) 41:13; 3. Ayanda Mqakayi (Gugs) 43:06.

Sharon Fruit Swellendam Half Marathon

Swellendam, 9 August

(Distance: 21.0975 km; loop course, mostly on gravel)

MEN

1. Vuyo Witbooi (Outen) 73:13; 2. Enrico Newman (Bred) 74:45; 3. Ivan Reynicke (Bred) 76:33 (1st vet); 4. Randall Smith (Bred) 79:26; 5. Johan Stemmet (Bonnie) 82:56; 6. Anton Chevalier (Ned) 83:30; 7. Johnny Michaels (Bred) 84:39; 8. Henry Pietersen (Ned) 90:11; 9. Johan Hartnick (Ned) 90:26; 10. Ngu Ndimma (Worc) 90:57; 11. Tumiza Nkanunu (Ind) 92:20 (1st jun); 12. Gerald Jantjies (Rain) 94:27; 13. Henry Philander (Lange) 95:42; 14. Louis Botha (Esk Gij) 97:05; 15. Johnny de Koker (Mont) 97:28 (1st mast); 16. Dirk Joubert (Harten) 97:42; 17. Kenneth Berg (Str) 98:49; 18. Petrus Stander (Bred) 100:12 (1st g'mast); 19. Benjamin Swartbooi (Outen) 100:36; 20. Hennie Uys (Knys) 101:45; 21. Willie van Jaarsveld (Ind) 101:48; 22. Henrico Hunter (Worc) 102:11; 23. Josef Makaye (Bred) 102:15; 24. Wilbur Pepper (Ind) 103:27; 25. Natale Roelofse (Worc) 103:53.

Masters: (40+): 1. Ivan Reynicke (Bred) 76:33; 2. Anton Chevalier (Ned) 83:30; 3. Louis Botha (Esk Gij) 97:05. **(50+):** 1. Johnny de Koker (Mont) 97:28; 2. Dirk Joubert (Harten) 97:42. **(60+):** 1. Petrus Stander (Bred) 100:12; 2. David-John Price (FH) 104:23.

Juniors: 1. Tumiza Nkanunu (Ind) 92:20.

WOMEN

1. Evonne Nieuwoudt (Paarl) 92:21; 2. Lisl Grobler (Knys) 95:42; 3. Danelle Rossouw (Bred) 95:42; 4. Elizabeth van den Berg (Bred) 99:09; 5. Miranda Ward (Paarl) 99:10 (1st vet); 6. Elize Kloppers (Ind) 102:07; 7. Deirdre Jooste (Lange) 104:21; 8. Christa Smit (Mossel) 108:05; 9. Bettie Stevens (Ind) 109:24; 10. Grietjie Malan (Tyg/NL) 109:37.

Masters: (40+): 1. Miranda Ward (Paarl) 99:10; 2. Christa Smit (Mossel) 108:05; 3. Grietjie Malan (Tyg/NL) 109:37. **(50+):** 1. Thelma Rossouw (Worc) 123:20; 2. Jeanette Farrell (VOB) 133:23. **(60+):** 1. Janet Jackson (FH) 150:24.

Castle Walk Women's Day 10 km

Pretoria, 9 August

Note: Andrea Steyn was formerly Andrea Horak. – Ed.

1 Andrea Steyn (Individual) 39:06; 2 Muchaneta Gwata (ZIM/Mr Price) 39:22; 3 Chiyeeza Chokore (ZIM/Mr Price).

Veterans: 1 Antoinette Looch (Agape) 45:57. **Masters:** 1 Linda Potgieter (Tuks) 48:17.

G'masters: 1 Esme Kloppers (Transnet) 63:02. **G/g'masters:** 1 Marina Odendaal (Solidarity) 63:22. **Juniors:** 1 Sharon Chinokuya (ZIM)

Top Gear Kaasfees 10 km

George, 26 July

MEN

1	D Danster	Oudtshoorn	16	32:04
2	V Witbooi	Outeniqua	32	32:36
3	L Duitsjan	Mosselbaai	22	32:50
4	J Saaier	Nedbank SWD	38	33:14
5	V Martyi	Nedbank SWD	29	33:27
6	B Salman	RWFL	34	33:36
7	Z Ntsinyabo	Knysna	33	33:44

8	R Blignaut	Nedbank SWD	20	33:49
9	S Losper	Knysna	44	33:54
10	F Malgas	Knysna	18	34:09

WOMEN

1	J Claassen	Nedbank SWD	39	42:09
2	A Botes	Nedbank SWD	50	43:10
3	L Grobler	Knysna	32	43:12
4	R Moll	Temp	38	45:57
5	S Kruger	Outeniqua	25	46:33
6	N Liebenberg	Mosselbaai	16	46:36
7	E de Villiers	Hartenbos	48	47:00
8	C Smit	Mosselbaai	40	48:03
9	B Hage	Eden	41	48:24
10	L Nortje	Nedbank SWD	33	49:16

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

CIGNA Falmouth Road Race (36th)

Woods Hole to Falmouth Heights, USA, 12 August

(Distance: 7.0 miles: certified point-to-point course)

MEN

1.	Tadesse Tola, 20, ETH	32:01	\$10,000
2.	Meb Keflezighi, 33, Mammoth Lakes, CA	32:09	5,000 + 5,000a
3.	Boaz Cheboiywo, 30, KEN	32:12	2,000
4.	Samuel Ndereba, 31, KEN	32:25	1,500
5.	Dereje Tadesse, 21, ETH	32:32	1,000
6.	James Carney, 30, Longmont, CO	32:33	800 + 3,000a
7.	Lishan Yigezu, 22, ETH	32:35	650
8.	Girma Tola, 32, ETH	32:45	600
9.	Ed Moran, 27, Williamsburg, VA	32:57	450 + 2,000a
10.	Hosea Rotich, 29, KEN	32:58	350

WOMEN

1.	Edith Masai, 41, KEN	37:02	\$10,000 + 2,500m
2.	Lyudmila Biktasheva, 34, RUS	37:05	5,000
3.	Angelina Mutuku, 25, KEN	37:07	2,000
4.	Mamitu Daska, 24, ETH	37:15	1,500
5.	Renee Metivier Baillie, 26, Flagstaff, AZ	37:30	1,000 + 5,000a
6.	Amy Rudolph, 34, Providence, RI	37:34	800 + 3,000a
7.	Aziza Aliyu, 22, Bronx, NY (ETH)	37:36	650
8.	Jane Wanjiku Gakunyi, 29, KEN	37:40	600
9.	Elva Dryer, 36, Gunnison, CO	37:45	450 + 2,000a
10.	Rebecca Donaghue, 32, State College, PA	37:49	350 + 1,000a
... 13.	Colleen De Reuck, 44, Boulder, CO	38:17	600a + 1,000m
... 28.	Joan Samuelson, 51, Freeport, ME	41:49	250m

a) won USA citizen award

m) won masters award

Sun-Herald City to Surf 14 km (38th)

Sydney, AUS, 11 August
(Point-to-point course)

MEN

1. Martin Dent, 29, AUS 41:12
2. Michael Shelley, 24, AUS 41:24

WOMEN

1. Rebecca Lowe, 19, AUS 47:18 DB
2. Emily Brichacek, AUS 48:12

NEWS

TWO OCEANS FOUNDER DAVE VENTER PASSES AWAY

By Harold Berman (used with permission)

The Cape Town running community was saddened last week when news was received that Dave Venter had passed away in Howick, KwaZulu-Natal at age 78 after a long struggle with cancer. Dave founded the Two Oceans Marathon and was its first race chairman.

In the late 1960s he moved from the Savages Athletic Club in Natal to Celtic Harriers in the Cape where he immediately made an impression. An ultradistance freak, he ran his first Comrades in 1967 at age 37 and also took part in 100 mile races – one in Durban and the other in Cape Town. With the scarcity of long-distance races in Cape Town, Dave attempted to start a new one mainly for the Cape runners as a training run for the Comrades.

For two years he battled to get this message across in Cape Town without any encouragement and without any success. Celtic Harriers, to whom he belonged, showed no interest. They said they did not feel that there was any need for such a race and that, in any event, they had too much on their plate already. The controlling body of WP Athletics was originally disinclined to the idea.

Soon afterwards, Dave met Bryan Grieve, a sports reporter at *The Argus*, and then a Celtic member, Stewart Banner, became the chairman of the provincial athletics body. Both supported Dave's idea of an ultramarathon, as did Celtics later. Dave obtained the club's approval, provided that the necessary arrangements were made by him and that the club would not be in any way involved and also that it did not clash with a cross-country event scheduled for that afternoon. *The Argus* thereafter became the first sponsor of The Two Oceans Marathon. The rest is history.

Dave maintained a strong link with the club and the Two Oceans Marathon. He attended the club's centenary celebrations in 2006 and assisted in various Two Oceans events, more recently three years ago with the firing of the gun for the various cut-off times. He was looking forward a great deal to attending the 40th anniversary of The Two Oceans Marathon in 2009.

Twenty years ago Dave Venter was quoted as saying: "You know, we have so many failures in our lives, that its nice to have a success like this as well."

BACKGROUND

The following article by Dr Ross Tucker was published in *The Science of Sport*.

CAN PAULA CONQUER BEIJING'S HEAT?

Can Paula Radcliffe possibly pull off the Olympic marathon title? The birth of a child, a toe-injury, a stress fracture, a spider bite, the memory of Athens 2004, are just some of the obstacles Radcliffe has cleared leading into Beijing's Marathon on Sunday. Those "obstacles" seem insurmountable, especially when combined with the heat and humidity in Beijing, which certainly do not favour Radcliffe's size (compared to her rivals, that is).

Yet Radcliffe is there, having arrived in Macau, where the UK team is doing their Beijing preparations, last week. She arrived with a full entourage, including physio, husband and daughter, and is committed to running in Beijing. But can she win it?

I really hope so. I think that of any athlete, Radcliffe deserves Olympic success. The world record holder, London, New York and World Championship marathon winner, she is one athlete who (if ever this were true) deserves an Olympic medal (of any colour, though gold would seem appropriate). However, as much as I'd love for it to happen, I do feel that it's highly unlikely, given what has gone on in the months leading up to this race.

Four years ago in Athens she ended her race on the side of road, in tears, as her Olympic dream (and rivals) disappeared into the distance after 35 km of racing. That particular DNF was blamed on a reaction she had to anti-inflammatory medication she took the week before the race to treat a leg injury. (Personally, I suspect that the heat has as much to do with it, but more on that a little later)

Since then, Radcliffe bounced back, winning New York shortly in the same year, but the last four years have been tempered by constant struggles with injury, and the birth of her child, of course, from which she made a huge come-back last year to win New York again.

And it's injury that threatens Radcliffe's 2008 Olympics. Earlier this year she passed up the chance to run London because of a toe injury. That was only the beginning, because it soon emerged that she had a mild stress fracture of the femur, which, as you can appreciate, is a fairly significant injury for an athlete who would likely be training more than 180 km a week in the build-up to the Beijing Marathon.

Doctors reportedly told her that it would be impossible to put in the required training to run a competitive marathon in Beijing. She went off to her home in the Pyrenees, where she reportedly put in 9 hours a day of rehabilitation and training. Training that included aqua-classes, pool running and the use of an anti-gravity treadmill.

The anti-gravity treadmill is designed to allow the user to run without the impact loading of normal running - recently published evidence suggests that the impact forces on the legs can be reduced by 44% using the treadmill. It works, incidentally, by using positive air pressure around the lower body to support body weight during treadmill running, though I must confess that I've not used one (judging by our SA team "Beljing" kits, you might not be surprised to hear that we probably don't even have these treadmills here yet).

Of course, that's good and well, but one of the biggest limiting factors in running are those very same impact factors - the eccentric loading, where the muscles have to repeatedly decelerate the limb. That "eccentric fatigue" is likely a huge component of the overall inability of athlete's to speed up or maintain pace towards the end of races.

And so while Paula Radcliffe has likely done significant training, and developed the "aerobic" (for want of a better word) fitness capacity that is required for a marathon, whether her legs will stand up beyond 30 km of the race is another question.

Unfortunately, perhaps as a result of her being so exceptional in the 2001-2002 seasons, when she set the world alight with her brilliant solo-running performances, Radcliffe has taken a lot of criticism in the recent past. Media and followers of the sport tend to throw out words like "choker", "mental meltdown" and "collapse" to describe her Athens performance. And the latest litany of injuries have further entrenched the belief, among some, that she just has one too many excuses before the race. To add to her injury

concerns, it was recently reported that she suffered a spider bite that kept her off her feet for a further four days.

It's difficult to know whether she's just really unlucky, or whether the brighter than usual spotlight on her tends to focus our attention on these small (but perhaps common) obstacles that Radcliffe faces. I tend to think it's the latter. I certainly don't agree that Athens was a "meltdown" - it was a physiological impossibility. And unfortunately, Beijing may be headed the same way...

We know that people who are smaller in size perform better in the heat. The smaller you are, the less heat you produce, and you are better able to lose that heat relative to a larger runner. Therefore, a smaller runner will have a lower rate of heat storage running at the same speed as a larger runner. This, in turn, means that a smaller runner can run faster before reaching a very high, potentially limiting body temperature.

In fact, it is mathematically possible to work out what "limiting" speed runners could run, and also how the body size affects this speed. Of course, you can't simply do the math and know who will win - we could just as well scrap the Games and award the medals. But it's important to recognize that all things being equal (which they rarely are), the smaller athlete will win in the heat.

Now, Radcliffe is, by marathon standards, a relatively large runner, at least compared to the Japanese and Chinese women she'll race against. That means that whatever advantage she enjoys performance-wise (an advantage that has been narrowed, if not removed, because of her injuries) is immediately eroded in the heat. I therefore believe that like in Athens, Radcliffe faces what is almost a physiologically impossible task, and only if she were many minutes better than the other women in the race would she maintain an advantage over them. The field in Beijing is strong, however, and I just feel that despite her guts, strength and ability, this won't be her race.

But, then the Olympics throw up a surprise, an inspirational story. Perhaps Paula will be that story. I hope so ... but I doubt it.

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 OPEN MEN

The list published last week has been updated:

28:44	Hendrick Ramaala	1	Matha Series	Durban	10 Feb
28:49	Boy Soke	1	Clover Milk	Port Elizabeth	26 Jul
29:18	Nkosinoxolo Sonqibido	2	Clover Milk	Port Elizabeth	26 Jul
29:22	Elroy Gelant	1	CTM	George	12 Jan
29:24	Mbongeni Ngxazozo	4	Matha Series	Durban	10 Feb
29:24	Samuel Segoaba	3	Clover Milk	Port Elizabeth	26 Jul
29:27	Lindikhaya Mthangayi	1	Gino's	Stellenbosch	27 Feb
29:28	Enos Matalane	12	Sunfeast World	Bangalore	18 May
29:28	Lungile Gongqa	4	Clover Milk	Port Elizabeth	26 Jul
29:39	Neo Molema	2	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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