

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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EDITORIAL

South Africa had to wait until the fourth day of the Olympic Games before it could celebrate its first medal when Khotso Mokoena took the silver in the long jump. In the distance running events Juan van Deventer reached the final of the 1500 m (but only just), while Ruben Ramolefi finished next to last in the final of the steeplechase (after setting a PB of 8:19.86 in his heat, which he won). These are the only distance running performances of note by South Africans so far. Van Deventer will be running in the final today.

A full list of South African performances will be published in DRR once the Games are over.

Running highlights have been Constantina Tomescu-Dita's self-assured performance in the marathon, which brought her an unexpected gold (and one should not forget the gutsy run by Paula Radcliffe), the terrific battle in the women's 10000 m between Tirunesh Dibaba and Elvan Abeylegesse, with Shalane Flanagan getting the bronze, Kenenisa Bekele's wholly expected victory in the men's race over the same distance, and Pamela Jelimo's superb gold-winning run in the 800. Lastly, the brilliant new world record of 8:58.81 by Gulnara Samitova-Galkina in the steeplechase – the first woman under 9 min.

Of course, the absolute highlight has been Usain Bolt's 9.69 world record in the 100 m – certainly one of the four or five greatest athletics performances any of us will see in our lifetime. Although I was personally somewhat put off by his showboating over the last 30 m, his mastery was undisputed. He could possibly have recorded at least 9.60 if he ran hard through the tape instead of acting the way he did.

A big frustration is the inept TV commentary by, presumably, New Zealand commentators. Why they are used instead of the regular European circuit commentators is beyond understanding. They have not done their homework and seem to be incapable of pronouncing names correctly – even English ones!; to continuously mispronounce household athletics names like Gebrselassie, Radcliffe, Saladino, Kapachynskaya and Ross-Williams is unforgivable. Not to mention inanities like "the third half of the race", while almost every track start is described as "They got away safely this time" and almost every field event throw or jump as "This one will have to be measured" (isn't that what is supposed to happen?!). In Van Deventer's heat they did not once mention his name, not even when he crossed the line in first place.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Merewent 15 km Challenge, Durban
- * Epson Printers Old Eds Half Marathon & 10 km, Johannesburg

- * RDL John Korasie 30 km & Thomas Mbiza Memorial 10 km, Simon's Town
- * The Witness Capital Climb 15 km, Pietermaritzburg
- * Star Bakery Border Masters Marathon, Macleantown to East London
- * Donkey's Pass Mountain Challenge 12 km & 24 km, Newcastle
- * Midlands 100-miler, Winterton to Pietermaritzburg
- * XC: WP Championships, Bellville; EP Championships, Port Elizabeth: SWD & SWDUSSA Championships, Beaufort West

International highlights:

- * Olympic Games, Beijing

ROAD RUNNING

Merewent 10 km Challenge

Durban, 17 August

MEN

1.	Richard Nene	ZIM/Boxer AC	31:00
2.	T Thabiso	Chat AC	31:01
3.	Simon Tsoanyana	Stella	32:53

40-49:

1.	Gareth Robson	Toyota AC	34:48
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50-59:

1.	Eloi de Oliveira	Boxer AC	35:46
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60+:

1.	Piet Badenhorst	PDAC	41:59
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Juniors:

1.	Calvin Shabalala	Wings	34:47
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WOMEN

1.	Bongekile Hlongwane	Chat AC	38:25
2.	Alexia Loizou	Ind	38:59
3.	Grace de Oliveira	Mr Price AC	39:45

50-59:

1.	Pat Fischer	Stella	49:23
2.	Sheree Kirsten	PDAC	50:18
3.	Helen Cadir	DAC	54:10

60+:

1.	Gill Tregenna	West	51:17
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Juniors:

1.	Bongekile Hlongwane	Chat AC	38:25
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Epson Printers Old Eds Half Marathon & 10 km

Johannesburg, 17 August

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

Half marathon

MEN

1 Johannes Kekana (MP) 66:53; 2 Kumutae Cheruiyot (Bagwera) 66:55; 3 Nkopane Seqhobane (GS) 66:58.

Veterans: 1 Soccer Ncube (GS) 76:02; 2 Reginald Ngobese (GS) 81:31; 3 David Seabo (ADT) 82:22. **Masters:** 1 Johannes Seakamela (RAC) 88:18; 2 Joseph Mugolovhedzi (RRR) 91:32; 3 Levy Sefora (SAPS) 94:02. **G'masters:** 1 Patrick Mafilika (Nedbank) 98:38.

WOMEN

1 Dimakatso Menong (GS) 86:27; 2 Caroline Koll (MP) 87:44; 3 Sarah Mahlangu (MP) 89:24 (1st vet).

Veterans: 1 Sarah Mahlangu (MP) 89:24; 2 Mirela Bentel (Jeppe) 1:40:10; 3 Cynthia Mokovane (Powerade) 1:42:32. **Masters:** 1 Selinah Netshisaulu (RAC) 1:44:38; 2 Pam Hampton (Sunninghill) 1:50:40. **G'masters:** 1 Annette Roos (RAC) 2:23:00.

10 km

MEN

1 Tsidisio Bosiu (GS) 30:34; 2 Lucky Mohale (Powerade) 31:27; 3 Zongamela Dyubeni (GS) 31:46; 4 Maru Ondo Olimo (ETH/Raiders) 31:47; 5 Degene Asafa (ETH/ADT) 32:19.

Veterans: 1 Gethun Wordofa (ETH/ADT) 32:15; 2 Simon Ramashapa (Corobrick) 33:55; 3 Belay Hagos (ETH/ADT) 35:17. **Masters:** 1 Andre Jansen (Toy) 38:26; 2 Wilson Moloto (Powerade) 39:52; 3 Wilson Netshisaulu (RAC) 42:50. **G'masters:** 1 Trevor Payne (Carlton) 51:42. **Juniors:** 1 Desmond Mokgobu (GS) 33:13; 2 Andrew Leeuw (GS) 37:01; 3 Mick Motene (GS) 37:10.

WOMEN

1 Mpho Mabuza (Powerade) 39:37; 2 Rene Strydom (RH) 41:31; 3 Jenna Kamps (RAC) 42:45; 4 Donna Taylor (RH) 44:13; 5 Jean Welch (Temp) 44:27.

Veterans: 1 Rene Strydom (RH) 41:31; 2 Judy Pace (RAC) 45:36; 3 Rita Loots (RAC) 48:09. **Masters:** 1 Sonja Laxton (RAC) 45:07; 2 Bukiwe Damane (Raiders) 56:26. **G'masters:** 1 Elaine Murphy (JHAC) 69:34. **Juniors:** 1 Daniela Di Rago (Jeppe) 47:48; 2 Bridgette Nkoana (Amanda) 54:34.

RDL John Korasie 30 km & Thomas Mbiza Memorial 10 km

Simon's Town, 17 August

(Certified courses, the 30 km a hilly loop & the 10 km out and back)

30 km

MEN

1. Zolani Bhitane (Ned) 1:44:18 (R500); 2. Velani Lusaseni (Adid) 1:44:18 (R300); 3. Sihle Mapukata (Mr Pr) 1:45:00 (R200); 4. Ernest Ngakumbi (T.Mbiza) 1:48:48; 5. Zondwa Nombexeza (Khaye) 1:48:54; 6. Peza Bonqgny (Adid) 1:50:32; 7. Mandla Pangalele (T.Mbiza) 1:53:25; 8. Nicholas Rupanga (Celt) 1:53:39; 9. Dawid Visser (Mr Pr) 1:54:12; 10. Asanda Mkiti (Adid) 1:55:37; 11. Robert Roro (Celt) 1:57:35; 12. Nelson Bass (UCT) 1:58:21; 13. Brian Mapeyi (VOB) 2:00:05 (1st vet); 14. Carlo Jacobs (Top) 2:00:18; 15. Dion Middelkoop (VOB) 2:01:04; 16. Sabelo Ngcwama (Celt) 2:02:03; 17. Jakobus Januarie (Metrop) 2:02:03; 18. John van der Byl (MP Titans) 2:02:13; 19. Marco de Freitas (Celt) 2:02:15; 20. Zama Witvoet (Ned) 2:02:47 (1st mast); 21. Lungisa Cuba (Ned) 2:02:51; 22. Ryan Winter (Pine) 2:02:52; 23. Brendon Jackson (AV Str) 2:04:12; 24. Walter Segatswi (Celt) 2:04:24; 25. Guy Morel (WC) 2:04:41; 26. Matthew Speelman (Atl Harr) 2:05:19; 27. Whitey Motabogi (Celt) 2:05:44; 28. Lionel Atson (MP Titans) 2:06:22; 29. Henry Cieverts (Top) 2:06:41; 30. Guy Harker (Atl) 2:07:42.

Masters: (40+): 1. Brian Mapeyi (VOB) 2:00:05 (R350); 2. Jakobus Januarie (Metrop) 2:02:03 (R250); 3. John van der Byl (MP Titans) 2:02:12 (R150). **(50+):** 1. Zama Witvoet (Ned) 2:02:47 (R300); 2. Walter Segatswi (Celt) 2:02:24 (R200); 3. Henry Cieverts (Top)

2:06:22 (R100). **(60+)**: 1. Caspar Greeff (Atl) 2:36:23 (R200); 2. Claude Brooks (Top) 2:40:33 (R100); 3. D-J. Price (FH) 2:40:37 (R75).

WOMEN (Same prize money as men)

1. Kim Laxton (Celt) 2:09:58; 2. Julia Janse van Rensburg (Celt) 2:14:42; 3. Miranda Ward (Paarl) 2:24:09 (1st vet); 4. Tracy Bunn (Edg) 2:24:28; 5. Nancy Will (Pine) 2:26:35 (1st mast); 6. Veronica van Niekerk (Elg/Grab) 2:27:07 (1st g'mast); 7. Candyce Hall (N.Carb) 2:29:48; 8. Martha Pretorius (Top) 2:30:53; 9. Lauren Ballantyne (Ind) 2:31:41; 10. Robyn Garlick (Pine) 2:34:19; 11. Bertha Denichaud (Edg) 2:34:38; 12. Lindie Bouwer (Sanlam) 2:34:58; 13. Rowen Gloyne (Ind) 2:36:27; 14. Cailey Bredenkamp (Paarl) 2:36:59; 15. Matilda le Roux (Ned) 2:38:16; 16. Beverley Barker (Four) 2:38:31; 17. Arina Cilliers (Orak) 2:39:19; 18. N. Griffith (VOB) 2:40:08; 19. Nola Parsons (WC) 2:40:36; 20. Cecile Reed (VOB) 2:43:54.

Masters: (40+): 1. Miranda Ward (Paarl) 2:24:09; 2. Bertha Denichaud (Edg) 2:34:38; 3. Cailey Bredenkamp (Paarl) 2:36:59. **(50+)**: 1. Nancy Will (Pine) 2:26:35; 2. Caroline Weinel (Dur) 2:45:09; 3. Sonia Smith (Top) 2:53:36. **(60+)**: 1. Veronica van Niekerk (Elg/Grab) 2:27:07; 2. Jennie Bancroft (WC) 3:20:58; 3. Marianne Nelson (Dur) 3:34:46.

10 km

MEN

1. Zolile Bhitane (Ned) 31:53 (R250); 2. Fabian Faro (MP Titans) 32:02 (R150); 3. Sipho Phala (VOB) 32:32 (R100); 4. Wanda Roro (Adid) 32:33 (1st jun); 5. Dimitri Jansen (Gaut N Def) 33:25; 6. Lerato Mokoena (PMMC) 33:25; 7. Barry-John Pienaar (H.Harr) 34:26; 8. Naphtaly Mabotja (PMMC) 34:35; 9. Enver Pedro (MP Titans) 34:53; 10. Anthony Matthee (H.Harr) 35:08; 11. Kevin Oliphant (ER) 35:41; 12. Luyanda Mapoyi (Khaye) 35:45; 13. Mervin Steenkamp (Ind) 36:13; 14. Michael Bekapi (VOB) 36:24 (1st vet); 15. Goodman Mpukane (RCS Gug) 36:30 (1st mast); 16. K.J. Khwinana (Pol MSC) 36:47; 17. McNeil Hendricks (H.Harr) 36:50; 18. Luthando Williams (Top) 37:01; 19. K.S. Aphane (Gaut Def) 37:03; 20. M. Kobue (KMSC) 37:22; 21. Jeremy Norman (FH) 37:29; 22. Matahitshila Johannes (Gaut Def) 37:58; 23. Mal Mnyazi (PMMC) 38:07; 24. M.T. Malebye (Limp) 38:15; 25. Monde Funda (VOB) 38:35; 26. Gemjekile Tom (Esk Gij) 38:38; 27. I. Maroka (EC Def) 38:42; 28. Obed Noname (WP Def) 38:43; 29. Friedel van der Merwe (Str) 39:04; 30. C.N. Pole (SANDF) 39:21.

Masters: (40+): 1. Michael Bekapi (VOB) 36:24 (R100); 2. Koos Aphane (Gaut Def) 37:03 (R75); 3. Friedel van der Merwe (Str) 39:04 (R50). **(50+)**: 1. Goodman Mpukane (RCS Gug) 36:30 (R80); 2. Gemjekile Tom (Esk Gij) 38:38 (R60); 3. Badrudien da Silva (Top) 45:12 (R40). **(60+)**: 1. Eric Joubert (FH) 44:44 (R80); 2. Hassiem Arnold (Top) 59:55; 3. G. Fillmore (Top) 65:27. **Juniors**: 1. Wanda Roro (Adid) 32:33 (R150); 2. Anthony Matthee (H.Harr) 35:08 (R100); 3. Luyanda Mapoyi (Khaye) 35:45 (R50).

WOMEN (Same prize money as men)

1. Judy Everingham (VOB) 39:23 (1st vet); 2. Claire Jackson (AV Striders) 41:15; 3. Ester Brink (Str) 41:40; 4. Khulukazi Lupondo (RCS Gug) 43:09 (1st jun); 5. Najwa Gogills (UWC) 43:47; 6. Ayanda Mqhakayi (RCS Gug) 44:42; 7. Melody Fynn (UCT) 45:21; 8. L.D. Tsamela (Gaut) 46:04; 9. Charmaine Cupido (Ned) 46:07 (1st mast); 10. Collette van Eck (FH) 46:13; 11. Berlize du Plessis (VOB) 46:49; 12. Margie Plantema (VOB) 47:41 (1st g'mast); 13. Thandiwe Balentulo (Zakes) 47:52; 14. Pixie Sparg (Celt) 48:58; 15. N.D. Madonsela (Gaut) 47:38; 16. Sue Dickson (VOB) 50:26; 17. Kholofelo Sono (WP Def) 51:04; 18. Colleen D'Oliveira (Ind) 51:39; 19. Charmaine Klem (WP Def) 52:23; 20. Hanlie Burger (Tyg/NL) 53:01.

Masters: (40+): 1. Judy Everingham (VOB) 39:23; 2. Ester Brink (Str) 41:40; 3. Sue Dickson (VOB) 50:26. **(50+)**: 1. Charmaine Cupido (Ned) 46:07; 2. Collette van Eck (FH) 46:13; 3. Hildegard Hopes (Sanlam) 55:49. **(60+)**: 1. Margie Plantema (VOB) 47:41; 2.

Pixie Sparg (Celt) 48:58; 3. Carol Gahwiler (VOB) 59:59. **Juniors:** 1. Khulukazi Lupondo (RCS Gug) 43:09; 2. Ayanda Mqhakayi (RCS Gug) 44:42.

The Witness Capital Climb 15 km (33rd)

Pietermaritzburg, 16 August
(Point-to-point hilly course)

MEN

1.	Sibonela Duma	Boxer AC	50:56
2.	Khulekani Ngubane	Boxer AC	52:17
3.	Vusi Sokela	Mr Price	52:51

40-49:

1.	Patrick Mkhize	Pmb City	61:25
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50-59:

1.	Eric Quibell	Hillcrest	66:12
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WOMEN

1.	Sibongile Ziqubu	RWFL	70:38
2.	Judith Geldenhuys	Est AC	71:38
3.	Debbie Eaton	Coll Harr	71:38

40-49:

1.	Belinda Saunders	Saints	81:07
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50-59:

1.	Judith Geldenhuys	Estcourt	71:36
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Star Bakery Border Masters Marathon (31st)

Macleantown to East London, 16 August
(Distance: 42.195 km; point-topoint downhill course)

MEN

1	Mbadlanyna	Mzwanele	Sakhizwe AC	38	2:33:26
2	Babalo	Mpulwana	D.A.C	32	2:37:01
3	Desmond	Witbooi	Albany R.R.	37	2:37:04
4	Melikhaya	Jacobs	Albany RR	30	2:45:21
5	Peter	Bunn (1 st vet)	Edgemead Runners	43	2:45:32
6	Haydon	Wood	Oxford Striders	42	2:53:29
7	Vukile	Ndabeni	Old Boys	33	2:56:33
8	Faro	Mateo	Old Boys	40	2:57:43
9	Zakhele	Mdingi	Old Boys	47	2:58:14
10	Stephen	Klue	Elite AC	49	3:04:51
11	Tsepho	Rantjie	Oxford Striders	31	3:06:01
12	Deon	Zeelie	Oxford Striders	39	3:06:15
13	Cisce	Coetzee	Old Boys	39	3:07:16
14	Luvo	Gaxa	Eskom Gijimas	27	3:09:18
15	Peter	Van Rensburg (1 st mast)	Harmony AC	50	3:09:31
16	Johann	Postma	Elite AC	43	3:11:40
17	Goodwill	Stoffels	Real Gijimas	30	3:13:14
18	Sam	Damane	Oxford Striders	57	3:18:53
19	Mxolisu	Dayi	Real Gijimas	45	3:22:24
20	Colin	Parkins	Bluewater Bay	54	3:22:35

40-44:

1	Peter	Bunn	Edgemead Runners	43	2:45:32
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2	Haydon	Wood	Oxford Striders	42	2:53:29
3	Faro	Mateo	Old Boys	40	2:57:43
45-49:					
1	Zakhele	Mdingi	Old Boys	47	2:58:14
2	Stephen	Klue	Elite AC	49	3:04:51
3	Mxolisu	Dayi	Real Gijimas	45	3:22:24
50-54:					
1	Peter	Van Rensburg	Harmony AC	50	3:09:31
2	Colin	Parkins	Bluewater Bay	54	3:22:35
3	Anver	Goga	Stella A/C	52	3:54:44
55-59:					
1	Sam	Damane	Oxford Striders	57	3:18:53
2	Jimmy	Styan	Raleigh	56	3:28:54
3	Schalk	Hoon	Old Boys	59	3:29:00
60-64:					
1	Neil	Cryer	Old Boys	63	3:34:36
2	Barry	Steidlen	Bufs	64	3:34:53
3	Mervyn	Griffiths	El Pacers	62	4:26:58

WOMEN

1	Sharon	Wood (1 st vet)	Oxford Striders	42	2:59:49
2	Gina	Hinchliffe	Stella AC	41	3:17:14
3	Renette	Kriel	Old Boys	43	3:19:30
4	Sonia	Landman	Oxford Striders	36	3:25:37
5	Carol	Tinhof	Individual	35	3:29:43
6	Gail	Langley	Bufs	39	3:33:56
7	Tracy Joy	Maree	Old Boys	38	3:41:48
8	Bev	Burmeister	Oxford Striders	41	3:45:11
9	Mandy	Morgan	Gonubie Harriers	40	3:49:50
10	Heloise	Botha	Gonubie Harriers	43	3:54:42
11	Maureen	Pitt (1 st mast)	Oxford Striders	50	3:56:05
12	Louise	Hucklesby	Stella AC	46	3:58:58
13	Sharon	Eldridge	Old Boys	46	4:01:39
14	Janice	Mckerry	Qtn Harriers	43	4:07:53
15	Irene	Delpert	Oxford Striders	48	4:11:35
16	Mandisa	Ngagane	Real Gijimas	29	4:13:42
17	Sandra	Schoeman	Oxford Striders	37	4:14:02
18	Fiona	Webber	Individual	37	4:15:32
19	Kate	Godfrey	Oxford Striders	40	4:16:06
20	Maryna	Coetzee	Oxford Striders	41	4:17:33

40-44:

1	Sharon	Wood	Oxford Striders	42	2:59:49
2	Gina	Hinchliffe	Stella AC	41	3:17:14
3	Renette	Kriel	Old Boys	43	3:19:30

45-49:

1	Louise	Hucklesby	Stella AC	46	3:58:58
2	Sharon	Eldridge	Old Boys	46	4:01:39
3	Irene	Delpert	Oxford Striders	48	4:11:35

50-54:

1	Maureen	Pitt	Oxford Striders	50	3:56:05
2	Marilyn	Page	Oxford Striders	54	4:53:18

55-59:

1	Coldagh	Springer	Albany R.R.	59	4:57:27
2	Penny	Lancaster	Athletics North	59	4:57:55
3	Margaret	Usher	Spartan AC	59	5:20:10

65-69:

1 Paula Richardson Buffs 65 4:20:35

Donkey's Pass Mountain Challenge 12 km & 24 km

Newcastle, 16 August

(Loop courses; extremely difficult)

12 km**MEN**

1 Jabulani Nhlapo (MP) 73:00; 2 Fusi Nhlapo (Temp) 73:34; 3 Thabo Mopedi (Temp) 73:40.

Veterans: 1 Leonard Beets (Toti) 85:54. **Masters:** 1 Micheal Zikalala (Eskom) 92:14.

G'masters: 1 Clive Buntting (Biggarsberg) 1:43:50. **Juniors:** 1 Lourens Jonker (Temp) 84:24.

WOMEN

1 Emeli Malemi (Bibi) 85:42; 2 Alma Geldenhuys (Newcastle) 94:21; 3 Duduzile Shongwe (Temp) 94:43.

Veterans: 1 Magali McLain (Newcastle) 94:47. **G'masters:** 1 Ria Kotze (Temp) 2:29:20.

Juniors: 1 Angelique Pretorius (Newcastle) 1:52:20.

24 km**MEN**

1 Sandile Khuw (Temp) 2:37:50; 2 Jabulani Mthabela (Temp) 2:38:02; 3 Johannes Mahlewo (Temp) 2:40:27.

Veterans: 1 Sipiwe Mchunu (Yebo) 3:04:32. **Masters:** 1 Rory Manning (Temp) 3:32:56.

G'masters: 1 Chris Hattingh (Potch) 4:32:28. **Juniors:** 1 Jano Kleinsmith (Vryheid) 4:07:21.

WOMEN

1 Alecea Ross (Newcastle) 3:15:13; 2 Helene Joubert (Irene) 3:32; 3 Janet van Veijeren (Newcastle) 3:45:13.

Veterans: 1 Driekie Black (Biggarsberg) 3:46:42. **Masters:** 1 Wendy Fitzmaurice (Westville) 3:52:01. **G'masters:** 1 Marilyn Moore (Breakthru) 5:01:08.

Midlands 100-miler

Winterton to Pietermaritzburg, 15-16 August

(Distance: 160 km; point-to-point downhill course, but very hilly. Finishers: 25.)

Note: Estelle Earle finished fifth overall and Sandra Deysel tenth. – Ed.

MEN

1	Craig	Norris	Hilton Harriers	47	15:55:11
2	Jeffrey	Speed	Hilton Harriers	45	19:05:46
3	Patrick	Collins	Kearsney		19:51:10
4	Steve	Hobbs	Kearsney	35	20:44:15
5	Grant	Kobus	Hilton Harriers	29	20:56:12
6	Isak Johannes	Ludick	Irene Road Running	31	21:00:07
7	James	Mc Allister	Umhlatuze	51	21:06:53
8	Marius	Sadler	Tubatse Marathon Club	43	21:45:33
9	Phillip	Snyman	Alpha Centurion	49	23:06:15

10	Mel	Greyling	Toti	27	23:32:44
11	Sandile Patrick	Jama	Richmond	29	23:59:20
12	Mthembeni David	Shamase	Newlands	37	23:59:20
13	Neels	Vermeulen	Coaldust Road Runners	32	24:01:27
14	Cliff	Hagerman	Highway	56	24:21:17
15	Paul	Selby	Fit2000	62	24:36:10

WOMEN

5	Estelle	Earle	Ndaba	40	20:52:56
10	Sandra	Deysel	Alpha Centurion	28	21:48:48
11	Susan	Hurter	A.S. Eagles	42	22:42:57
17	Dalene Emelie	Pohl	Umhlatuze	36	24:16:59

CROSS-COUNTRY

WP Championships

Bellville, 16 August

MEN

12 km: 1. Lindikhaya Mthangayi (M Pr) 36:06; 2. Tom Lusaseni (Celt) 36:43; 3. Avukile Ntongana (Mr Pr) 36:58.

4 km: 1. Vuyolwethu Kayi (UWC) 12:27; 2. Fabian Faro (MP Titans) 12:33; 3. Marks Mpekula (CPUT) 12:43.

Masters: 8 km: (35+): 1. Graham Katzen (Celt) 25:47; 2. Sabelo Ngcwama (Celt) 26:28; 3. Keith Court (Mr Pr) 27:21. **(40+):** 1. Johnny Persents (Adid) 26:07; 2. Aaron Lewis (Adid) 26:15; 3. John September (Celt) 29:01. **(45+):** 1. Michael Bekapi (VOB) 27:53; 2. Kevin Isaacs (Ned) 28:43; 3. Barend Jacobs (Celt) 29:01. **(50+):** 1. Goodman Mpukane (RCS Gug) 28:41; 2. Gemjekile Tom (Esk Gij) 29:15; 3. Robbie Lindsay (Ned) 30:47. **(55+):** 1. Awie Veldsman (H.Harr) 30:31; 2. Albert Mahlahla (H.Harr) 33:34; 3. Albert Williams (Ned) 34:39. **(60+):** 1. Albertus Bock (Adid) 30:09; 2. Michael Clark (VOB) 33:26; 3. Johan Botha (R/W for L) 34:54. **(65+):** 1. Peter Donald (WC) 37:35; 2. Carl Hendricks (Ned) 40:32; 3. Kaare James (Pine) 42:31. **(70+):** 1. Dermott Devine (VOB) 48:24; 2. Alan Nelson (Dur) 52:27. **(75+):** 1. Ralph King (Spart) 53:14.

Juniors: (8 km): 1. Eric Mdoda (Ind) 27:51; 2. Wanda Roro (Adid) 28:02; 3. J.P. Abrahams (Adid) 28:15.

WOMEN

8 km: 1. Anneline Roffey (Mr Pr) 29:02; 2. Thozama April (Celt) 29:17; 3. Nolene Conrad (UWC) 30:07. **4 km:** 1. Elsire Roos (Bel) 15:11; 2. Nomvuyisi Seti (Mr Pr) 15:31; 3. Natasha Oosthuizen (Adid) 15:35.

Masters: 4 km: (35+): 1. Ellie Courts (Celt) 17:23; 2. Patricia Adams (Metrop) 17:46; 3. Berdine Grobbelaar (Brack) 17:52. **(40+):** 1. Sheryl de Lange (Ned) 16:14; 2. Sue Dickson (VOB) 16:38; 3. Monice Brand (Adid) 17:01. **(45+):** 1. Mariëtte Esterhuyse (Tyg/NL) 16:19; 2. Viv Williams (Adid) 16:34; 3. Miema Murray (Brack) 19:31. **(50+):** 1. Olga Howard (Celt) 17:27; 2. Charmaine Cupido (Ned) 18:31; 3. Denise Johannes (Spart) 19:35. **(55+):** 1. Nancy Will (Pine) 17:29; 2. Collette van Eck (FH) 18:27; 3. Pam Immelman (Ned) 20:21. **(60+):** 1. Pixie Sparg (Celt) 18:48; 2. Priscilla von Schlicht (Tyg/NL) 20:17; 3. Marlene James (Pine) 22:59. **(65+):** 1. Cathy Taylor (Dur) 22:43; 2. Christine Williams (Spart) 25:14; 3. Valerie Lumb (Spart) 26:16. **(70+):** 1. Peggy Reid (Spart) 28:01; 2. Magdalene Johnson (Tyg/NL) 30:59; 3. Marianne Balarin (VOB) 36:42.

Juniors: 6 km: 1. Destiny Titus (Adid) 25:19; 2. Ayanda Mqhakayi (RCS Gug) 26:21; 3. Sharney Titus (Adid) 26:38.

EP Championships

Port Elizabeth, 16 August

MEN

1	George	Ntshiliza	MPEP	38:55
2	Mzwanele	Maphekula	MPEP	39:11
3	Zolani	Ngqaqa	Nedbank	40:07
4	Khayaletu	Makalima	MPEP	40:14
5	Phumzile	Sikawuti	Nedbank	40:15
6	Sixolile	Shinta	Nedbank	41:02
7	Eric	Sigxashe	MPEP	41:16
8	Masande	Mlonyeni	Nedbank	41:38
9	Robert	Matthys	MPEP	41:44
10	Aphlyn	Taai	Nedbank	41:45

4 km:

1	Zolani	Ngqaqa	Nedbank	12:08
2	Sixolile	Shinta	Nedbank	12:25
3	Sello	Molefe	NMMU	12:39
4	Vuso	Nkonzo	MPEP	12:41
5	Mncedi	Khanti	Nedbank	13:01
6	Mkhuseli	Nyongo	NMMU	13:12
7	Marinus	Johnson	PEAAC	13:32
8	Antonio	Seconds	Nedbank	13:35
9	Andile	Manona	Nedbank	13:46
10	Maliviwe	Ngamntwini	Nedbank	14:09

40-49 (8 km):

1	Welcome	Loliwe	Nedbank	29:27
2	Neil	De Meillon	Newbal	30:51
3	Kevin	Gillmer	Eliteac	32:20
4	Ian	Patterson	Muirite	33:33
5	Bafumane	Nyanga	PEAAC	35:12

50-59 (8 km):

1	Charles	Baatjies	Nedbank	31:56
2	Stiglingh	Sticks	Kowie	33:50
3	Hannes	Els	Madiba	33:56
4	Sizinzo	Kama	Ach	34:37
5	Bruce	Mcewan	Ach	36:04

60+ (6 km):

1	Tamsanqa	Jusayi	MPEP	24:14
2	David	Fraser	PEAAC	33:25
3	Herbert	Gillson	Raleigh	39:56

o.21 (4 km):

1	Nkosinathi	Madyo	MPEP	12:09
2	Rodney	Prins	Humansdorp SS	12:15
3	Sibusiso	Thu	Raleigh	12:35

o.19 (8 km):

1	Jonathan	Petersen	Humansdorp SS	27:09
2	Melumzi	Tshotyana	Nedbank	27:18
3	Ivan	Ambraal	Gelvan	27:18
4	Thabiso	Dikana	Newbal	27:43
5	Xolisa	Kula	Nedbank	28:44

o.17 (6 km):

1	Vernon	Booyesen	John Walton	20:40
2	Thulani	Sandlana	Nkululeko	20:40
3	Simpfiwe	Charlie	Motherwell HS	20:53
4	Mongezi	Ntsebe	Sisonke	21:07
5	Lolonwabo	Mbityi	Motherwell HS	21:22

WOMEN**8 km:**

1	Ntombesintu	Ntshiliza	NMMU	30:10
2	Liandre	Pretorius	MPEP	32:45
3	Ursula	Kuhn	NMMU	34:18
4	Andiswa	Qutyelo	Nedbank	34:22
5	Priscilla	Dyantyi	MPEP	35:24
6	Grizelda	Pietersen	Ach	36:11
7	Layle	Henderson	Rhodesu	37:24
8	Asanda	Solani	NMMU	38:18
9	Noxolo	Marks	Nedbank	41:03
10	Nomfundo	Yeni	Rhodesu	47:05

4 km:

1	Ntombesintu	Ntshiliza	NMMU	14:49
2	Liandre	Pretorius	MPEP	16:06
3	Priscilla	Dyantyi	MPEP	16:34
4	Grizelda	Pietersen	Ach	16:56
5	Andiswa	Qutyelo	Nedbank	18:08

40-49 (4 km):

1	Treloar	Childs	WAC	16:52
2	Buyelwa	Kobokana	Bluebay	19:13
3	Paulette	Mcewan	Ach	19:30
4	Gail	Klichowicz	Ach	19:37
5	Hermie	Fisher	Madiba	19:46

50-59 (4 km):

1	Jos	Els	Madiba	22:00
2	Glenys	Joubert	Raleigh	24:03

60+ (4 km):

1	Liz	Grundlingh	Muirite	20:30
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o.19 (6 km):

1	Elene	Lourens	Framesby	23:51
2	Ane	Ferreira	DF Malherbe	26:06
3	Gwendoline	Gysman	Humansdorp SS	27:06
4	Lorinda	Fourie	Despatch HS	28:02
5	Claudea	Coetzee	Framesby	28:29

o.17 (4 km):

1	M	Samson	John Walton	18:29
2	Chantelle	Herbst	Framesby	18:49
3	Aimee	Swart	Alex	21:13
4	Bianca	Edwards	McCarthy	23:04
5	Thandiwe	Kwanini	Mzamomhle	23:46

SWD & SWDUSSA Championships

Beaufort West, 9 August

MEN**8 km:**

1	William Jacobs	Murraysburg High	27:01
2	Gabriel Cupido	Murraysburg High	31:02

4 km:

1	Bernardo Fredericks	Spoornet (SWD) AC	12:56
2	Francois Juries	Outeniqua Harriers	13:52

BOYS 19 YEARS**8 km:**

1	Willem Darries	Bastiaanse Secondary	25:53
2	Dewald Van Rooi	Beaufort West Secondary	27:14
3	Edwayne Ewerts	Bridgton Secondary	27:58

4 km:

1	Elfonso Pieterse	Outeniqua Harriers	13:34
2	Alsergio Coerecius	Môrester Secondary	15:18

BOYS 17 YEARS**6 km:**

1	Jaco Petersen	Parkdene Secondary	20:08
2	Jessé Visagie	Bastiaanse Secondary	20:11
3	Markham Blom	Beaufort West Secondary	21:11

GIRLS 19 YEARS**6 km:**

1	Johanie Smalberger	Outeniqua High	31:09
2	Ferancia Mintoer	Olympia School	n/t

GIRLS 17 YEARS**4 km:**

1	Janine Muller	Olympia School	17:40
2	Nicolene Van Der Sandt	Outeniqua High	17:55
3	Elderine Jantjies	Outeniqua High	18:09

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.

OLYMPIC GAMES

In the shorter running events (starting in lanes) the second column is the athlete's lane, while in the sprints the last column is the reaction time. The distance running events are grouped together, followed by the other events.

DISTANCE RUNNING**MEN****3000 s/chase (18):**

1	Brimin Kiprop Kipruto	KEN	8:10.34	(SB)
2	Mahiedine Mekhissi-Benabbad	FRA	8:10.49	(PB)
3	Richard Kipkemboi Mateelong	KEN	8:11.01	
4	Yacob Jarso	ETH	8:13.47	(NR)
5	Bouabdellah Tahri	FRA	8:14.79	

6	Youcef Abdi	AUS	8:16.36	(PB)
7	Ezekiel Kemboi	KEN	8:16.38	
8	Abubaker Ali Kamal	QAT	8:16.59	
9	Benjamin Kiplagat	UGA	8:20.27	
10	Mustafa Mohamed	SWE	8:20.69	
11	Tareq Mubarak Taher	BRN	8:21.59	
12	Ion Luchianov	MDA	8:27.82	
13	Anthony Famiglietti	USA	8:31.21	
14	Ruben Ramolefi	RSA	8:34.58	
15	Abdelkader Hachlaf	MAR	9:02.06	

10000 (17):

1	Kenenisa Bekele	ETH	27:01.17	(OR)
2	Sileshi Sihine	ETH	27:02.77	
3	Micah Kogo	KEN	27:04.11	(SB)
4	Moses Ndiema Masai	KEN	27:04.11	(SB)
5	Zersenay Tadese	ERI	27:05.11	
6	Haile Gebrselassie	ETH	27:06.68	
7	Martin Irungu Mathathi	KEN	27:08.25	(PB)
8	Ahmad Hassan Abdullah	QAT	27:23.75	(SB)
9	Fabiano Joseph Naasi	TAN	27:25.33	
10	Boniface Kiprop Toroitich	UGA	27:27.28	
11	Selim Bayrak	TUR	27:29.33	(NR)
12	Kidane Tadasse	ERI	27:36.11	
13	Galen Rupp	USA	27:36.99	(SB)
14	Dickson Marwa Mkami	TAN	27:48.03	
15	Abdihakem Abdirahman	USA	27:52.53	
16	Abdellah Falil	MAR	27:53.14	
17	Juan Carlos de la Ossa	ESP	27:54.20	
18	Hasan Mahboob	BRN	27:55.14	
19	Dieudonne Disi	RWA	27:56.74	
20	Essa Ismail Rashed	QAT	27:58.67	
21	Samwel Shauri	TAN	28:06.26	
22	Felix Kikwai Kibore	QAT	28:11.92	
23	Carles Castillejo	ESP	28:13.68	
24	Ayad Lamdassem	ESP	28:13.73	
25	Jorge Torres	USA	28:13.93	
26	Surendra Kumar Singh	IND	28:13.97	
27	Gunther Weidlinger	AUT	28:14.38	
28	Kensuke Takezawa	JPN	28:23.28	
29	Juan Carlos Romero	MEX	28:26.57	
30	Sergey Ivanov	RUS	28:34.72	
31	Takayuki Matsumiya	JPN	28:39.77	
32	Teklemariam Medhin	ERI	28:54.33	
33	Eric Gillis	CAN	29:08.10	
34	Rui Pedro Silva	POR	29:09.03	
35	Alejandro Suarez	MEX	29:24.78	
.	Cuthbert Nyasango	ZIM	DNF	
.	David Galvan	MEX	DNF	
.	Mohamed El Hachimi	MAR	DNF	
.	Khoudir Aggoune	ALG	DNS	

WOMEN**800 (18):**

1	4	Pamela Jelimo	KEN	1:54.87	(WJ)
2	7	Janeth Jepkosgei	KEN	1:56.07	(SB)
3	8	Hasna Benhassi	MAR	1:56.73	(SB)

4	6	Svetlana Klyuka	RUS	1:56.94	
5	2	Maria de Lurdes Mutola	MOZ	1:57.68	(SB)
6	3	Kenia Sinclair	JAM	1:58.24	(SB)
7	9	Yuliya Krevsun	UKR	1:58.73	
8	5	Tatyana Andrianova	RUS	2:02.63	

3000 s/chase (17):

1	Gulnara Samitova-Galkina	RUS	8:58.81	(WR)
2	Eunice Jepkorir	KEN	9:07.41	(AR)
3	Yekaterina Volkova	RUS	9:07.64	(SB)
4	Tatyana Petrova	RUS	9:12.33	(SB)
5	Cristina Casandra	ROU	9:16.85	(NR)
6	Ruth Bisibori Nyangau	KEN	9:17.35	(PB)
7	Zemzem Ahmed	ETH	9:17.85	(NR)
8	Wioletta Frankiewicz	POL	9:21.76	(SB)
9	Jennifer Barringer	USA	9:22.26	(AR)
10	Anna Willard	USA	9:25.63	
11	Elena Romagnolo	ITA	9:30.04	
12	Zulema Fuentes-Pila	ESP	9:35.16	
13	Habiba Ghribi	TUN	9:36.43	
14	Roisin McGettigan	IRL	9:55.89	
.	Marta Dominguez	ESP	DNF	

10000 (15):

1	Tirunesh Dibaba	ETH	29:54.66	(OR)
2	Elvan Abeylegesse	TUR	29:56.34	(AR)
3	Shalane Flanagan	USA	30:22.22	(AR)
4	Linnet Chepkwemai Masai	KEN	30:26.50	(WJ)
5	Mariya Kononova	RUS	30:35.84	(PB)
6	Inga Abitova	RUS	30:37.33	(SB)
7	Lucy Kabuu Wangui	KEN	30:39.96	(PB)
8	Lornah Kiplagat	NED	30:40.27	(SB)
9	Kimberley Smith	NZL	30:51.00	
10	Kara Goucher	USA	30:55.16	(PB)
11	Kayoko Fukushi	JPN	31:01.14	(SB)
12	Joanne Pavey	GBR	31:12.30	(PB)
13	Sabrina Mockenhaupt	GER	31:14.21	(PB)
14	Ejegayehu Dibaba	ETH	31:22.18	
15	Hilda Kibet	NED	31:29.69	
16	Yingying Zhang	CHN	31:31.12	(SB)
17	Yoko Shibui	JPN	31:31.13	
18	Penninah Arusei	KEN	31:39.87	
19	Tatyana Khmeleva-Aryasova	RUS	31:45.57	
20	Yukiko Akaba	JPN	32:00.37	
21	Xue Bai	CHN	32:20.27	
22	Aniko Kalovics	HUN	32:24.83	
23	Kate Reed	GBR	32:26.69	
24	Nathalie De Vos	BEL	32:33.45	(SB)
25	Preeja Sreedharan	IND	32:34.64	
26	Amy Begley-Yoder	USA	32:38.28	
27	Dulce Maria Rodriguez	MEX	32:58.04	
28	Xiaoqin Dong	CHN	33:03.14	
29	Isabel Checa	ESP	33:17.88	
.	Mestawet Tufa	ETH	DNF	
.	Asmae Leghzaoui	MAR	DNF	
.	Nataliya Berkut	UKR	DNS	

Marathon (17):

1	Constantina Tomescu	ROU	2:26:44	(SB)
2	Catherine Ndereba	KEN	2:27:06	
3	Chunxiu Zhou	CHN	2:27:07	(SB)
4	Xiaolin Zhu	CHN	2:27:16	(SB)
5	Martha Komu	KEN	2:27:23	
6	Mara Yamauchi	GBR	2:27:29	
7	Irina Timofeyeva	RUS	2:27:31	
8	Lidia Simon	ROU	2:27:51	
9	Souad Ait Salem	ALG	2:28:29	
10	Salina Jebet Kosgei	KEN	2:29:28	
11	Zivila Balciunaite	LTU	2:29:33	
12	Kum-Ok Kim	PRK	2:30:01	(SB)
13	Yurika Nakamura	JPN	2:30:19	
14	Anna Incerti	ITA	2:30:55	(PB)
15	Dire Tune	ETH	2:31:16	
16	Nina Rillstone	NZL	2:31:16	
17	Bruna Genovese	ITA	2:31:31	
18	Luminita Talpos	ROU	2:31:41	
19	Madai Perez	MEX	2:31:47	
20	Christelle Daunay	FRA	2:31:48	
21	Benita Johnson	AUS	2:32:06	
22	Svetlana Zakharova	RUS	2:32:16	
23	Paula Radcliffe	GBR	2:32:38	
24	Monika Drybulska	POL	2:32:39	(SB)
25	Eun-jung Lee	KOR	2:33:07	
26	Liz Yelling	GBR	2:33:12	
27	Blake Russell	USA	2:33:13	
28	Beata Naigambo	NAM	2:33:29	
29	Vincenza Sicari	ITA	2:33:31	
30	Dorota Gruca	POL	2:33:32	
31	Tetyana Filonyuk	UKR	2:33:35	
32	Marisa Barros	POR	2:34:08	
33	Lisa Jane Weightman	AUS	2:34:16	
34	Kirsten Melkevik Otterbu	NOR	2:34:35	
35	Liza Hunter-Galvan	NZL	2:34:51	
36	Yong-Ok Jong	PRK	2:34:52	
37	Rasa Drazdauskaite	LTU	2:35:09	
38	Melanie Kraus	GER	2:35:17	
39	Maria Portillo	PER	2:35:19	(NR)
40	Helalia Johannes	NAM	2:35:22	
41	Shujing Zhang	CHN	2:35:35	
42	Lucia Kimani	BIH	2:35:47	(NR)
43	Sandra Ruales	ECU	2:35:53	(PB)
44	Kate Smyth	AUS	2:36:10	
45	Yesenia Centeno	ESP	2:36:25	
46	Ana Dias	POR	2:36:25	
47	Nebiat Habtemariam	ERI	2:37:03	
48	Bun-Hui Jo	PRK	2:37:04	
49	Tabitha Tsatsa	ZIM	2:37:10	
50	Bahar Dogan	TUR	2:37:12	(PB)
51	Marily dos Santos	BRA	2:38:10	
52	Susanne Hahn	GER	2:38:31	
53	Eun-hee Chae	KOR	2:38:52	
54	Alessandra Aguilar	ESP	2:39:29	
55	Patricia Rotiz	MEX	2:39:34	
56	Sun-young Lee	KOR	2:43:23	

57	Eva-Maria Gradwohl	AUT	2:44:24
58	Yuliya Arzipova	KGZ	2:44:41
59	Sonia Calizaya	BOL	2:45:53
60	Eleni Dinta	GRE	2:46:44
61	Karina Perez	MEX	2:47:02
62	Bertha Sanchez	COL	2:47:02
63	Pauline Curley	IRL	2:47:16
64	Maria Jose Pueyo	ESP	2:48:01
65	Petra Teveli	HUN	2:48:32
66	Epiphanie Nyirabaramwe	RWA	2:49:32
67	Zuzana Sarikova	SVK	2:49:39
68	Gabriela Trana	CRC	2:53:45
69	Oksana Sklyarenko	UKR	2:55:39
.	Mamorallo Tjoka	LES	DNF
.	Magdalena Lewy-Boulet	USA	DNF
.	Valentina Delion	MDA	DNF
.	Deena Kastor	USA	DNF
.	Olivera Jevtic	SRB	DNF
.	Gete Wami	ETH	DNF
.	Berhane Adere	ETH	DNF
.	Beata Rakonczai	HUN	DNF
.	Reiko Tosa	JPN	DNF
.	Galina Bogomolova	RUS	DNF
.	Ines Monteiro	POR	DNF
.	Mariana Dias Ximenes	TLS	DNF
.	Nadia Ejjafini	BRN	DNS

OTHER EVENTS

MEN

100 (16)(0.0 m/s):

1	4	Usain Bolt	JAM	9.69	(WR)	0.165
2	5	Richard Thompson	TRI	9.89	(PB)	0.133
3	6	Walter Dix	USA	9.91	(PB)	0.133
4	9	Churandy Martina	AHO	9.93	(NR)	0.169
5	7	Asafa Powell	JAM	9.95		0.134
6	2	Michael Frater	JAM	9.97	(PB)	0.147
7	8	Marc Burns	TRI	10.01		0.145
8	3	Darvis Patton	USA	10.03		0.142

400 H (18):

1	6	Angelo Taylor	USA	47.25	(PB)	0.164
2	4	Kerron Clement	USA	47.98		0.265
3	7	Bershawn Jackson	USA	48.06		0.145
4	5	Danny McFarlane	JAM	48.30	(SB)	0.213
5	8	L.J. van Zyl	RSA	48.42		0.253
6	3	Marek Plawgo	POL	48.52	(SB)	0.226
7	9	Markino Buckley	JAM	48.60		0.264
8	2	Perikis Iakovaikis	GRE	49.96		0.195

Long jump (18):

1	Irving Saladino	PAN	8.34	(-0.3)	
2	Godfrey Khotso Mokoena	RSA	8.24	(0.0)	
3	Ibrahim Camejo	CUB	8.20	(0.2)	
4	Ngonidzashe Makusha	ZIM	8.19	(0.6)	
5	Wilfredo Martinez	CUB	8.19	(-0.4)	
6	Ndiss Kaba Badji	SEN	8.16	(0.2)	(SB)
7	Luis Felipe Maliz	ESP	8.07	(-0.1)	

8	Roman Novotna	CZE	8.00	(-0.3)
9	Gable Garenamotse	BOT	7.85	(0.1)
10	Greg Rutherford	GBR	7.84	(-0.4)
11	Hussein Taher Al-Sabee	KSA	7.80	(0.0)
.	Loais Tsatoumas	GRE	NM	

Shot put (15):

1	Tomasz Majewski	POL	21.51	(PB)
2	Christian Cantwell	USA	21.09	
3	Andrei Mikhnevich	BLR	21.05	
4	Dylan Armstrong	CAN	21.04	(NR)
5	Pavel Lyzhyn	BLR	20.98	(PB)
6	Yuriy Bilonoh	UKR	20.63	(SB)
7	Reese Hoffa	USA	20.53	
8	Pavel Sofin	RUS	20.42	
9	Rutger Smith	NED	20.41	
10	Yury Bialou	BLR	20.06	
11	Ivan Yushkov	RUS	19.67	
.	Adam Nelson	USA	NM	

Hammer throw (17):

1	Primož Kozmus	SLO	82.02	(SB)
2	Vadim Devyatovskiy	BLR	81.61	
3	Ivan Tsikhan	BLR	81.51	
4	Krisztian Pars	HUN	80.96	
5	Koji Murofushi	JPN	80.71	
6	Olli-Pekka Karjalainen	FIN	79.59	(SB)
7	Szymon Ziolkowski	POL	79.22	
8	Libor Charfreitag	SVK	78.65	
9	Markus Esser	GER	77.10	
10	Andras Haklits	CRO	76.58	
11	Dilshod Nazarov	TJK	76.54	
12	James Steacy	CAN	75.72	

20 km walk (16):

1	Valeriy Borchin	RUS	1:19:01	
2	Jefferson Perez	ECU	1:19:15	(SB)
3	Jared Tallent	AUS	1:19:42	
4	Hao Wang	CHN	1:19:47	(PB)
5	Ivano Brugnetti	ITA	1:19:51	(SB)
6	Luke Adams	AUS	1:19:57	
7	Francisco Javier Fernaindez	ESP	1:20:32	
8	Robert Heffernan	IRL	1:20:36	
9	Luis Lopez	COL	1:20:59	(SB)
10	Yafei Chu	CHN	1:21:17	

WOMEN**100 (17)(0.0 m/s):**

1	4	Shelly-Ann Fraser	JAM	10.78	(PB)	0.190
2	2	Sherone Simpson	JAM	10.98		0.155
2	7	Kerron Stewart	JAM	10.98		0.232
4	8	Lauryn Williams	USA	11.03		0.149
5	5	Muna Lee	USA	11.07		0.234
6	9	Jeanette Kwakye	GBR	11.14	(PB)	0.161
7	3	Debbie Ferguson-McKenzie	BAH	11.19		0.167
8	6	Torri Edwards	USA	11.20		0.179

Pole vault (18):

1	Yelena Isinbaeva	RUS	5.05	(WR)
2	Jennifer Stuczynski	USA	4.80	
3	Svetlana Feofanova	RUS	4.75	(=SB)
4	Yuliya Golubchikova	RUS	4.75	(PB)
5	Monika Pyrek	POL	4.70	
6	Carolin Hingst	GER	4.65	(SB)
7	Silke Spiegelburg	GER	4.65	
8	April Steiner	USA	4.55	
9	Vanessa Boslak	FRA	4.55	(SB)
10	Anna Rogowska	POL	4.45	
10	Fabiana Murer	BRA	4.45	
12	Shuying Gao	CHN	4.45	

Triple jump (17):

1	Francoise Mbango Etone	CMR	15.39	(0.5)	(OR)
2	Tatyana Lebedeva	RUS	15.32	(0.5)	(SB)
3	Hrysopiyi DevetzÄi	GRE	15.23	(1.6)	(SB)
4	Olga Rypakova	KAZ	15.11	(0.3)	(AR)
5	Yargelis Savigne	CUB	15.05	(0.1)	
6	Marija Estak	SLO	15.03	(1.1)	(NR)
7	Viktoriya Gurova	RUS	14.77	(1.1)	
8	Anna Pyatykh	RUS	14.73	(-0.2)	
9	Olha Saladuha	UKR	14.70	(1.2)	
10	Kaire Leibak	EST	14.13	(0.8)	
11	Trecia Smith	JAM	14.12	(0.5)	
12	Limei Xie	CHN	14.09	(0.8)	

Shot put (16):

1	Valerie Vili	NZL	20.56	(AR)
2	Natallia Mikhnevich	BLR	20.28	
3	Nadzeya Ostapchuk	BLR	19.86	
4	Misleydis Gonzalez	CUB	19.50	(PB)
5	Lijiao Gong	CHN	19.20	
6	Anna Omarova	RUS	19.08	
7	Nadine Kleinert	GER	19.01	
8	Meiju Li	CHN	19.00	
9	Olga Ivanova	RUS	18.44	
10	MailÄn Vargas	CUB	18.28	
11	Christina Schwanitz	GER	18.27	
12	Jillian Camarena	USA	18.24	
13	Chiara Rosa	ITA	18.22	
14	Ling Li	CHN	17.94	
15	Michelle Carter	USA	17.74	

Discus throw (18):

1	Stephanie Brown-Trafton	USA	64.74	
2	Yarelis Barrios	CUB	63.64	
3	Olena Antonova	UKR	62.59	(SB)
4	Aimin Song	CHN	62.20	
5	Vera Pospailova-Cechlova	CZE	61.75	
6	Ellina Zvereva	BLR	60.82	
7	Yanfeng Li	CHN	60.68	
8	Malina Robert-Michon	FRA	60.66	
9	Dani Samuels	AUS	60.15	
10	Aretha Thurmond	USA	59.80	
11	Iryna Yatchenko	BLR	59.27	

12 Nicoleta Grasu ROU 58.63

Heptathlon (15-16):

1	Nataliya Dobrynska	UKR	6733 (PB)
2	Lyudmila Blonska	UKR	6700 (SB)
3	Hyleas Fountain	USA	6619
4	Tatyana Chernova	RUS	6591
5	Kelly Sotherton	GBR	6517
6	Jessica Zelinka	CAN	6490 (NR)
7	Anna Bogdanova	RUS	6465 (PB)
8	Karolina Tyminska	POL	6428 (PB)
9	Lilli Schwarzkopf	GER	6379
10	Jolanda Keizer	NED	6370 (PB)
11	Kylie Wheeler	AUS	6369 (PB)
12	Jennifer Oeser	GER	6360
13	Marie Collonville	FRA	6302 (SB)
14	Olga Kurban	RUS	6192
15	Hanna Mlenychenko	UKR	6165
16	Kamila Chudzik	POL	6157
17	Sonja Kesselschläger	GER	6140
18	Lucimara da Silva	BRA	6076 (AR)
19	Ida Antoinette Nana Djimou	FRA	6055
20	Aiga Grubuste	LAT	6050 (PB)

NEWS

SEB COE'S FATHER PASSES AWAY

Peter Coe, the father and coach of two-time Olympic 1500-metre champion Sebastian Coe, passed away last week aged 88, reported the IAAF website.

Sebastian Coe, an IAAF Vice-President, had delayed his trip to Beijing to spend time with his father, who was seriously ill in hospital. He eventually made the flight, arriving in Beijing early last Saturday morning, only to receive the sad news a few hours later that his father had died.

Coe, the Chairman of London 2012, lost his mother, Angela, aged 75, in 2005.

Peter was the inspirational coach to the Olympic champion and multiple world record breaker during his running career. An engineer, he became a self-taught coach after realising that the training strategies for middle-distance running in the 1960s and early 70s were flawed. Peter Coe introduced revolutionary ideas to his son's training which helped him win two Olympic 1500 m golds, two Olympic 800 m silver medals and break several world records.

British Olympic Association chairman Colin Moynihan praised Peter Coe's contribution to Seb's success, to British athletics and to everyone who had the privilege of knowing him.

"In the world of coaching and inspiring and influencing there are few men in the history of British athletics of whom it could be said that they were truly among the greatest. He had a quiet determination and concentration on detail."

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 WOMEN

33:27	René Kalmer	1	Spar	Bellville	13 Apr
33:49	Zintle Xiniwe	1	Clover Milk	Port Elizabeth	26 Jul
33:50	Xiniwe-2	1	PetroSA	Mossel Bay	12 Apr
33:58	Annerien van Schalkwyk	2	Clover Milk	Port Elizabeth	26 Jul
34:11	Nandipha Dywili	2	PetroSA	Mossel Bay	12 Apr
34:11	Xiniwe-3	3	Spar	Bellville	13 Apr
34:20	Xiniwe-4	1	WP Championships	Bellville	31 May
34:24	Xiniwe-5	3	Spar/Mercury Challenge	Durban	22 Jun
34:42	Irvette van Blerk	4	Spar	Bellville	13 Apr
34:52	Van Schalkwyk-2	1	Spar	Port Elizabeth	03 May
34:54	Ntombesintu Ntshiliza	3	Clover Milk	Port Elizabeth	26 Jul
35:04	Charné Bosman	4	Spar/Mercury Challenge	Durban	22 Jun
35:07	Violet Raseboya	5	Spar/Mercury Challenge	Durban	22 Jun
35:22	Catherine Nkosi	2	Spar	Port Elizabeth	03 May
35:24	Tanith Maxwell	7	Spar/Mercury Challenge	Durban	22 Jun

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.

MENSeniors

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	2:27:07	Veronica van Niekerk	Simon's Town	17 Aug
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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