

Distance Running Results

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

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Publisher: Riël Hauman

EDITORIAL

The Olympic Games ended on an absolute high on Sunday when Samuel Wanjiru (KEN) shattered the Games record in the marathon with his brilliantly executed 2:06:32. Wanjiru, already the world record holder in the half marathon, broke the 24-year-old mark established by Carlos Lopes in Los Angeles. Lopes was 37 when he won in 2:09:21 (the oldest winner in Olympic history); Wanjiru is only 21. In second place Jaouad Gharib (MAR) also ran faster than the previous record. Conditions were not as bad as was predicted, with Beijing's infamous pollution almost totally absent, but it was still hot and this (as well as the equally hot pace from the beginning) affected quite a number of favoured athletes.

Once again, as in Osaka last year, Swiss Viktor Röthlin was the first non-African (finishing sixth) and he was followed by Americans Dathan Ritzenhein and Ryan Hall in ninth and tenth. Defending champion Stefano Baldini (ITA) was twelfth. Wanjiru gave Kenya its first ever Olympic marathon gold medal, and considering the conditions his performance must rank among the very best seen in Beijing.

And, once again, the South Africans disappointed: Hendrick Ramaala, among the leaders in the early going, finished 44th in 2:22:43, and Norman Dlomo 53rd in 2:24:28.

Juan van Deventer, the only South African to reach a distance final, ran an excellent race to finish seventh in the 1500 m in 3:34.77 – only 0.31 sec slower than his PB (which made him the eleventh fastest of the finalists). Mbulaeni Mulaudzi did not make the 800 m final.

South Africa (in all sports) won only one medal: Khotso Mokoena's silver in the triple jump. Full results of the Games since last week's DRR are included in this issue, with a list of all South African performances (not already included in the main results) at the end.

Kenenisa Bekele joined such greats as Hannes Kolehmainen, Emil Zatopek, Vladimir Kuts, Lasse Viren and Miruts Yifter in winning a 5000/10000 double. Compatriot Tirunesh Dibaba became the first woman to win these two events at the Games – the 10000 in the second fastest time in history and the 5000 in the slowest time ever at a global championship.

Watching the marathon unfold on television and realising it would develop into one of the great distance running performances of all time was a wonderful experience. Throughout the week the commentators continued their merry mangling of athletes' names and misidentifying them, even with the names shown on the screen. Sometimes they seemed to give up on pronouncing names and merely called the athlete "he" or "she". They could not even get Kenenisa Bekele right! My three favourites among their utterances were "Leading the pack as we speak", "In third place is ... [long pause] a Kenyan", and pronouncing Liechtenstein as "Laitshenstain".

Locally, grandmaster Tamsanqa Jusayi set a new list leader in the ITEC 10 km (he also owned the previous one), while veteran Desmond Zibi missed his own list leader by 1 second.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Vodacom Country Challenge Half Marathon & 10 km, Johannesburg
- * ITEC 10 km, Port Elizabeth
- * Atlantis Harriers 15 km, Atlantis
- * Fynbos Half Marathon, Bredasdorp
- * Ebenharts Calitzdorp Half Marathon, Calitzdorp
- * XC: Central Gauteng Championships, Westonaria

International highlights:

- * Olympic Games, Beijing
-

OLYMPIC PREDICTION CONTEST

Three readers and the Editor stuck their necks out to predict the medal winners in Beijing. As usual, it was great fun and in the end it was a close contest for first place. The final scoreboard was as follows: Dave Spence 354, Dirk du Toit 352, Riël Hauman 314, Harold Berman 306. (Scoring was 10 points for gold, 6 for silver and 4 for bronze, with 2 points if a medal winner was placed in the wrong position.)

There were only two perfect scores: Dave in the women's steeplechase and Riël in the women's 4x400. Gold medal winners correct: Harold 21, Dirk 21, Dave 20, Riël 16. Dirk was the only one to have Steven Hooker (PV) and Maurren Maggi (LJ) correct, while Harold was the only one to have Nelson Evora (TJ) and Veronica Campbell-Brown (200) correct.

Athletes who let the contestants down badly were Tyson Gay, Allyson Felix, Sanya Richards, Reese Hoffa, Lolo Jones, Blanka Vlasic, Maryam Jamal and Jeremy Wariner (to name a few).

ROAD RUNNING

Vodacom Country Challenge Half Marathon & 10 km

Johannesburg, 24 August

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

Half marathon

MEN

1 Thidiso Bosiu (GS) 66:55; 2 Lebenya Nkoka (LES/Toy) 66:45; 3 Portipher Dombojena (ZIM/MP) 67:16; 4 Wesley Ruto (KEN/Kudus) 67:43; Nkopane Seqhobane (GS) 67:58; 6 Vusi Molobela (Powerade) 68:07; 7 Johannes Kekana (MP) 68:14; 8 Serame Kutoane (Powerade) 69:09; 9 Teboho Sello (LES/Toy) 69:24; 10 Peter Muthubi (Nedbank) 69:53.

Veterans: 1 Gethun Wordofa (ETH/ADT) 71:34; 2 Tidimalo Modiga (Toy) 73:42; 3 Morgan Sithole (ZIM/MP) 74:06; 4 Elgin Mokale (Nedbank) 74:57. **Masters:** 1 Johannes Seakamela (RAC) 80:42; 2 Francis Makuka (ZAM/Bashewa) 81:13; 3 Michael Molahloe (HAC) 85:19. **G'masters:** 1 Pele Ntshikundamalema (Yebo) 95:53.

WOMEN

1 Moleboheng Mafata (Toy) 81:30; 2 Matrinta Mota (LES/Toy) 82:20; 3 Irvette van Blerk (MP) 87:49; 4 Sarah Mahlangu (MP) 88:26 (1st vet); 5 Mankutoane Matlakeng (LES/MP) 90:21; 6 Jennifer Koech (KEN/Nedbank) 93:13; 7 Thudis Matini (Kwa) 93:18; 8 Kashmira Parbhoo (Lenasia) 96:08; 9 C Banda (Khatlehong) 97:38; 10 Florence Mnuyai (Raiders) 97:45.

Veterans: 1 Sarah Mahlangu (MP) 88:26; 2 Sandra Steenkamp (AC) 99:30; 3 Angie Munyai (Rainbow) 1:44:24 **Masters:** 1 Linda Potgieter (Tuks) 1:44:40; 2 Selinah Netshisaulu (RAC) 1:47:30 **G'masters:** 1 Sue van Heerden (Roodepoort) 2:15:20.

10 km

MEN

1 Xolisa Tyali (Nedbank) 30:56; 2 Sibusiso Nzima (Powerade) 31:05; 3 Lucky Mohale (Powerade) 31:10; 4 Ngxazozo Mbongeni (Nedbank) 31:19; 5 Luwis Masunda (ZIM/MP) 31:21; 6 Thabang Letsiye (Driefontein) 31:30; 7 Motlokoa Nkhabutlane (Toy) 31:48; 8 Richard Mavuso (MP) 31:48; 9 Don Ndlovu (ADT) 31:50; 10 Jackson Chauke (Harambe) 32:14.

Veterans: 1 Simon Ramashapa (Corobrick) 33:49; 2 Meshack Mogotsi (Driefontein) 34:21; 3 Simon Meli (HAC) 34:42. **Masters:** 1 Thulane Sibisi (ADT) 37:12; 2 Andre Jansen (Toy) 38:10. **G'masters:** 1 Trevor Payne (Carlton) 53:07. **Juniors:** 1 Jonathan Chinyoka (ZIM/MP) 32:17; 2 Folavia Sehohle (Powerade) 33:01; 3 Desmond Mokgubu (GS) 33:26.

WOMEN

1 Violet Raseboya (Transnet) 37:31; 2 Gloria Baeba (Transnet) 38:21; 3 Cornelia Joubert (UJ) 38:52; 4 Mpho Mabuza (Powerade) 39:23; 5 Refiloe Khechane (Toy) 41:09 (1st jun); 6 Rene Strydom (RH) 41:58 (1st vet); 7 Zintle Sinqe (Nedbank) 42:57; 8 Andronica Mokgotla (Temp) 42:58; 9 Kefilwe Molefe (ADT) 43:45; 10 Cynthia Mkovane (Powerade) 44:29.

Veterans: 1 Rene Strydom (RH) 41:58; 2 Cynthia Mkovane (Powerade) 44:29. **Masters:** 1 Sonja Laxton (RAC) 44:58. **G'masters:** 1 Rachel Ledwaba (PnP) 64:08. **Juniors:** 1 Refiloe Khechane (Toy) 41:09; 2 Zintle Sinqe (Nedbank) 42:57.

ITEC 10 km

Port Elizabeth, 23 August
(Loop course)

MEN

1	George	Ntshiliza	Mr Price AC EP	28	30:04
2	Wayne	Gallant	Mr Price AC EP	34	30:48
3	Sibusiso	Thu	Raleigh AC	20	31:07
4	Mzwanele	Maphekula	Mr Price AC EP	32	31:33
5	Desmond	Zibi (1 st vet)	Mr Price AC EP	44	31:37
6	Thomas	Pongola	Nedbank RC EP	32	31:39
7	Luyanda	Tshangana	Nedbank RC EP	25	31:47
8	Zamubuntu	Teyise	Nedbank RC EP	31	31:54
9	Sandile	Ngunuza	Nedbank RC EP	25	32:25
10	Maboyisana	Mazwayi	Nedbank RC EP	40	32:49
11	Simon	Ngcoko	Mr Price AC EP	38	33:07
12	James	Cunnama	Temp	25	33:09
13	Ivan	Ambraal (1 st jun)	Nedbank RC EP	19	33:25
14	Mzamo	Fokwana	Charlo AC	30	33:33
15	Mlungiseleli	Manyati	St Albans CSEP	32	33:34
16	Lubabaloo	Mdlungwane	Nedbank RC EP	14	33:47
17	Darrell	Wicht	Raleigh AC	45	33:49

18	Brian	Carolus	Nedbank RC EP	18	34:23
19	Lubabalo	Jusayi	NMMU AC	17	34:45
20	Antonio	Seconds	Nedbank RC EP	28	34:53

40-44:

1	Desmond	Zibi	Mr Price AC EP	44	31:37
2	Maboyisana	Mazwayi	Nedbank RC EP	40	32:49
3	Mutekile	Rasmeni	Raleigh AC	43	35:16

45-49:

1	Darrell	Wicht	Raleigh AC	45	33:49
2	Efese	Peter	Sandf EP	48	37:14
3	Neil	De Meillon	New Balance	45	37:16

50-54:

1	Charles	Baatjies	Nedbank RC EP	51	37:13
2	Ferdinand	Grobler	Despatch AC	50	40:24
3	Donald	Mancasa	Raleigh AC	54	41:31

55-59:

1	Hannes	Els	Madiba Bay AC	58	39:45
2	Jackson	Ngcoko	Willard Batt	59	40:08
3	Sicelo	Duze	Temp	55	41:13

60-64:

1	William	Vorster	PEAAC	62	45:25
2	David	O'rielly	X-Cel AC	60	46:27
3	Jaco	Knoetzen	Plett AC	61	47:45

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	66	37:47
2	Michael	Collins	PEAAC	69	46:21
3	Robin	Clark	Nedbank RC EP	67	58:25

70+:

1	Samuel	Stemele	New Balance	70	49:54
2	David	Fraser	PEAAC	70	52:55
3	Ernie	Verrall	NMMU AC	73	56:19

Juniors:

1	Ivan	Ambraal	Nedbank RC EP	19	33:25
2	Lubabaloo	Mdlungwane	Nedbank RC EP	14	33:47
3	Brian	Carolus	Nedbank RC EP	18	34:23

WOMEN

1	Ntombesintu	Ntshiliza	NMMU AC	26	39:29
2	Davera	Magson	Mr Price AC EP	33	39:46
3	Treloar	Childs (1 st vet)	Spar Walmer AC	45	42:05
4	Deliwe	Nyanga (1 st jun)	PEAAC	19	42:53
5	Pat	Thomson	Achilles AAA	48	43:06
6	Suzanne	Lavis (1 st mast)	Jeffreys Bay	50	43:13
7	Karin	Hillhouse	PEAAC	37	43:47
8	Lesley	Wood	Achilles AAA	51	44:06
9	Asanda	Solani	NMMU AC	25	44:17
10	Amanda	Prideaux	Bluewater Bay	33	44:55
11	Claire	Nagel	Elite AC	44	47:10
12	Sharon	Tessendorf	Temp	26	47:15
13	Hermie	Fisher	Madiba Bay AC	40	47:22
14	Dorianne	Phillips	Jeffreys Bay	36	47:29
15	Lindi	Van Tonder	Elite AC	30	47:33
16	Desiree	Titus	Spar Walmer AC	43	44:58
17	Laetitia	Smith	Despatch AC	39	48:08
18	Suzann	Knoetzen	Charlo AC	25	48:32
19	Liz	Grundlingh (1 st g'mast)	Muirite Strider	61	48:52

20	Lesley	Maggott	Achilles AAA	41	49:31
40-44:					
1	Claire	Nagel	Elite AC	44	47:10
2	Hermie	Fisher	Madiba Bay AC	40	47:22
3	Desiree	Titus	Spar Walmer AC	43	44:58
45-49:					
1	Treloar	Childs	Spar Walmer AC	45	42:05
2	Pat	Thomson	Achilles AAA	48	43:06
3	Nurunnisa	Madatt	Malabar	46	51:15
50-54:					
1	Suzanne	Lavis	Jeffreys Bay	50	43:13
2	Lesley	Wood	Achilles AAA	51	44:06
3	Gillian	Dealtry	Crusaders AC	50	52:20
55-59:					
1	Jos	Els	Madiba Bay AC	56	51:32
2	Maria	Oppel	Crusaders AC	58	53:36
3	Rita	Boucher	Spar Walmer AC	58	1:02:51
60-64:					
1	Liz	Grundlingh	Muirite Strider	61	48:52
2	Margaret	Paton	Charlo AC	62	57:11
3	Jeanette	Pienaar	Temp	60	1:04:51
70+:					
1	Dorothy	Hart	PEAAC	70	58:09
2	Aletta	Fourie	Raleigh AC	70	1:21:29
3	Sylvia	Pritchard	Crusaders AC	75	1:24:58
Juniors:					
1	Deliwe	Nyanga	PEAAC	19	42:53
2	Terray	Newcombe	Nedbank RC EP	17	54:03
3	Aimee	Swart	Temp	16	57:06

Atlantis Harriers 15 km

Atlantis, 23 August

(Course configuration unknown)

MEN

1. Zolani Bhitane (Ned) 49:15; 2. Mzukile Silayi (Adid) 49:43; 3. Tebello Poni (VOB) 50:25; 4. Nelson Charlie (VOB) 51:17; 5. Bongane Peza (Adid) 51:44; 6. Luvuyo Mlungu (VOB) 53:33; 7. Quinton Pince (Metrop) 54:03; 8. Pedro Envor (MP Titans) 55:27 (1st jun); 9. Francois Laubscher (Edg) 55:34 (1st vet); 10. Isak Oliphant (WP Def) 55:42; 11. Abraham Afrika (Swart) 56:27; 12. Jakobus Januarie (Metrop) 56:27; 13. Moos Ruiters (Salkor) 56:45; 14. Jan Nero (Rieb Vallei) 56:47; 15. Jafta Nero (Ind) 56:48; 16. Willem Swanepoel (Brack) 57:40; 17. Brendon Jackson (Ind) 58:10; 18. Roston Isaacs (Ned) 58:15; 19. Peter Bunn (Edg) 59:00; 20. Muhammad Kriel (Ned) 59:36 (1st mast); 21. Damian Will (Pine) 60:38; 22. Jafta Hendricks (Rieb Vallei) 60:49; 23. Paul Kelly (R/W for L) 62:18; 24. Richard Muller (Top) 62:28; 25. Sam Kotzé (Ned) 62:38; 26. Richard Johnson (H.Harr) 62:46; 27. Marius van Schalkwyk (Brack) 62:47; 28. Peter Bennett (Celt) 63:01; 29. Martin Bongers (N.Carb) 64:14; 30. Calvin Dirks (Metrop) 65:47.

Masters: (40+): 1. Francois Laubscher (Edg) 55:34; 2. Isak Oliphant (WP Def) 55:42; 3. Jakobus Januarie (Metrop) 56:27. **(50+):** 1. Muhammad Kriel (Ned) 59:36; 2. Sam Kotzé (Ned) 62:38; 3. Richard Johnson (H.Harr) 64:14. **(60+):** 1. Carl Hendricks (Ned) 74:13; 2. Caspar Greeff (Atl) 74:55; 3. Ray Shooter (Edg) 77:39. **(70+):** 1. Caspar Greeff (Atl) 74:55. **Juniors:** 1. Pedro Envor (MP Titans) 55:27; 2. Wilfred Soggop (Salkor) 69:57; 3. Emile Mentoer (Mamre) 75:40.

WOMEN

1. Sheryl de Lange (Ned) 62:38 (1st vet); 2. Mariëtte Esterhuyse (Tyg/NL) 62:47; 3. Claire Jackson (Ind) 63:01; 4. Candyce Hall (N.Carb) 69:47; 5. Melody Cupido (Ind) 70:29; 6. Nancy Will (Pine) 71:30 (1st mast); 7. Priscilla Knowles (Metrop) 72:02; 8. Joanne Wynne (Dur) 73:43; 9. Lindie Bouwer (Sanlam) 73:59; 10. Cailey Bredenkamp (Paarl) 74:19; 11. Sonia Harlock (FH) 76:26; 12. Protesia Dlamini (RCS Gug) 77:32; 13. Alcione Mantz (WC) 77:35; 14. Elsabet van Collier (Rieb Vallei) 77:48; 15. Jenny da Silva (Metrop) 77:57; 16. Priscilla von Schlicht (Tyg/NL) 78:23 (1st g'mast); 17. Helen du Plessis (Tyg/NL) 78:43; 18. Doris Flink (East) 81:29; 19. Janine Abrahams (B.Down) 82:29; 20. Sandra Sanderson (Ind) 82:38.

Masters: (40+): 1. Sheryl de Lange (Ned) 62:38; 2. Mariëtte Esterhuyse (Tyg/NL) 62:47; 3. Claire Jackson (Ind) 63:01. **(50+):** 1. Nancy Will (Pine) 71:30; 2. Helen du Plessis (Tyg/NL) 78:43; 3. Doris Flink (East) 81:29. **(60+):** 1. Priscilla von Schlicht (Tyg/NL) 78:23; 2. Marianne Nelson (Dur) 90:07; 3. Dot Pickett (WC) 91:39.

Fynbos Half Marathon

Potberg Nature Reserve (near Bredasdorp), 23 August
(Distance: 21.0975 km; out-and-back course on gravel)

Note: Unfortunately not all the women's times were provided. – Ed.

MEN

1. Enrico Newman (Bred) 73:18; 2. Ivan Reynicke (Bred) 73:41 (1st vet); 3. Randall Smith (Bred) 73:59; 4. Alfred Tshabeni (Whal) 77:00; 5. Owen Smith (Saf/Wel) 77:50; 6. Nicolaas Kees (Rob) 79:51; 7. John Small (Saf/Wel) 83:48; 8. Frank Gillion (Whal) 87:18 (1st mast); 9. Darryl Williams (Mont) 91:54 (1st jun); 10. Thys Bouwer (Sanlam) 93:03; 11. Petrus Stander (Bred) 94:59 (1st g'mast); 12. Blackie Swart (Swart) 98:55; 13. J. Fouché (Hang) 99:17; 14. Willie Steenkamp (Ind) 100:40; 15. Hennie Malan (Tyg/NL) 101:06; 16. M. Mostert (Ind) 103:37; 17. Johan Brink (Ind) 104:49; 18. Pieter Taljaard (SAPS) 104:56; 19. Peter Mitchell (Ind) 105:36; 20. M. Milne (Whal) 106:15; 21. B. Louw (Whal) 107:00; 22. David Cupido (Whal) 109:21; 23. Willie Bester (Ind) 109:25; 24. I. Matasa (Ind) 110:25; 25. Les Hanna (Whal) 110:54; 26. S. Delport (NB) 113:55; 27. Leon Jamneck (Ind) 113:55; 28. Kevin Mulder (Pine) 114:26; 29. Wayne Coughlan (Ind) 114:27; 30. Aandine van Heerden (Ind) 114:30.

Masters: (40+): 1. Ivan Reynicke (Bred) 73:41; 2. Nicolaas Kees (Rob) 79:51; 3. John Small (Saf/Wel) 83:45. **(50+):** 1. Frank Gillion (Whal) 87:18; 2. Thys Bouwer (Sanlam) 93:03; 3. Hennie Malan (Tyg/NL) 101:06. **(60+):** 1. Petrus Stander (Bred) 94:59; 2. Blackie Swart (Swart) 98:52; 3. Les Hanna (Whal) 110:54. **Juniors:** 1. Darryl Williams (Mont) 91:54.

WOMEN

1. Marinda Surridge (Str) 96:03; 2. Maria Carstens (Ind) 104:21; 3. Nicky Mitchell (Ind) 105:44; 4. Anneline Hugo (Whal) 106:43; 5. Grietjie Malan (Tyg/NL) 107:50 (1st vet); 6. Maryna Bingle (Hex) 108:00; 7. Christine Hibberd (Whal) 109:43 (1st mast); 8. Rina Cloete (Bred) 112:34; 9. Anna Kilian (Ind) 114:25; 10. E. Sievers (Bred) 117:49; 11. Vanessa Walker (Pine) 128:26; 12. Rina van Papendorp (Bred) 168:02; 13. Elizma Geldenhuys (Ind); 14. Antoinette Truter (NB); 15. Frankline Fouché (Ind); 16. Laura Bouwer (Sanlam); 17. Excell Brenna (Ind); 18. Theresa Scholtz (Ind); 19. Cheryl Morris (VOB); 20. Rita Bruwer (Ind).

Masters: (40+): 1. Grietjie Malan (Tyg/NL) 107:50; 2. Maryna Bingle (Hex) 108:00; 3. Rina Cloete (Bred) 112:34. **(50+):** 1. Christine Hibberd (Whal) 109:43; 2. Laura Bouwer (Sanlam); 3. Carol Nepgen (Kowie Str). **(60+):** 1. Arlene Ehrenberg (Whal).

Highway Ladies Time-trial League (5th)

Durban, 21 August

(Distance: 4 km)

1. Cary Ann Cave	West	14:45
2. Danelle Adlam	PDAC	15:05
3. Lise Muchna	PDAC	16:03
4. Janine Engels	PDAC	16:32
5. Sam Hibbert	PDAC	17:29

Ebenharts Calitzdorp Half Marathon

Calitzdorp, 19 July

(Distance: 21.0975 km; course configuration unknown)

MEN

1	Luwayne	Duitsjan	Mosselbaai	22	1:10:23
2	Booi	Salman	Run For Life SWD	34	1:10:58
3	Julie	Saaiers	Nedbank RC SWD	38	1:12:20
4	Fana	Principal	Nedbank RC SWD	39	1:20:27
5	Disqualified				
6	Hans	Makatees	Topforms	33	1:22:55
7	Greens	Groenewald	Run For Life SWD	35	1:25:51
8	Patrick	Van Der Ross (1 st jun)	Nedbank RC SWD	19	1:30:21
9	Jacob	Karelse (1 st vet)	Mosselbaai	49	1:30:31
10	Willie	Freeks (1 st mast)	Run For Life SWD	51	1:30:57
11	Danie	Liebenberg	Outeniqua	38	1:34:52
12	Pierre	Knoesen	Raleigh	53	1:35:46
13	Benjamin	Swartbooi	Outeniqua	40	1:38:24
14	Willie	Hewitt	Outeniqua	44	1:39:00
15	Danie	Raubenheimer	Nedbank RC SWD	41	1:41:37

40-44:

1	Disqualified				
2	Benjamin	Swartbooi	Outeniqua	40	1:38:24
3	Willie	Hewitt	Outeniqua	44	1:39:00
4	Danie	Raubenheimer	Nedbank RC SWD	41	1:41:37

45-49:

1	Jacob	Karelse	Mosselbaai	49	1:30:31
2	Andy	Cox	Knysna	45	1:51:28
3	Andre	Pienaar	Spar Walmer	45	1:55:22

50-54:

1	Willie	Freeks	Run For Life SWD	51	1:30:57
2	Pierre	Knoesen	Raleigh	53	1:35:46
3	Leon	Van Der Merwe	Run For Life SWD	53	1:42:21

55-59:

1	Jurgens	Zwiegelaar	Nedbank RC SWD	59	1:57:38
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60-64:

1	Plaatjie	Cronje	Outeniqua	61	1:53:48
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65-69:

1	Hans	Pretorius	Hartenbos	66	2:24:56
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Juniors:

1	Patrick	Van Der Ross	Nedbank RC SWD	19	1:30:21
2	Llewelyn	Hewitt	Outeniqua	17	2:10:06

WOMEN

1	Elize	Kloppers	Temp	38	1:39:40
2	Sarita	v.d. Heever (1 st mast)	Run For Life SWD	52	1:42:22
3	Christa	Smit (1 st vet)	Mosselbaai	40	1:49:38
4	Ad	Cole	Eden	40	1:50:30
5	Ruweida	Du Preez	Run For Life SWD	36	1:51:38
6	Portia	Cronje	Outeniqua	36	1:53:48
7	Cornelia	Burger	Oudtshoorn	47	1:53:53
8	Petra	Pienaar	Spar Walmer	44	1:55:22
9	Carmen	Marx	Hartenbos	31	1:55:25
10	Max	Visagie	Whalers	36	1:55:26
11	Benita	Olivier	Run For Life SWD	55	1:56:15
12	Carla	Forssman	Temp	31	1:59:40
13	Sollie	Liebenberg	Mosselbaai	52	1:59:49
14	Magda	Botma	Hartenbos	43	2:08:19
15	A	Van Rensburg	Temp	49	2:22:22

40-44:

1	Christa	Smit	Mosselbaai	40	1:49:38
2	Ad	Cole	Eden	40	1:50:30
3	Petra	Pienaar	Spar Walmer	44	1:55:22

45-49:

1	Cornelia	Burger	Oudtshoorn	47	1:53:53
2	A	Van Rensburg	Temp	49	2:22:22

50-54:

1	Sarita	Van Der Heever	Run For Life SWD	52	1:42:22
2	Sollie	Liebenberg	Mosselbaai	52	1:59:49

55-59:

1	Benita	Olivier	Run For Life SWD	55	1:56:15
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65-69:

1	Trix	De Villiers	Run For Life SWD	66	2:51:17
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CROSS-COUNTRY**Central Gauteng Championships**

Westonaria, 16 August

MEN

12 km:

1	Jeffrey Gwebu	Nedbank	36:36
2	Themba Miya	Tsakane	36:15
3	Sibusiso Nzima	Powerade	36:29
4	Joseph tyali	Nedbank	36:59
5	Raphael Segodi	Gaut Str	37:19
6	Lucky Miya	Powerade	37:23
7	Don Ndlovu	Sow Harts	37:25
8	Sello Mahase	Powerade	37:47
9	Augustine Manemela	Powerade	37:54
10	Vincent Kutoane	Powerade	38:03

4 km:

1	Thuso Phaswana	Wits	13:15
2	Isaac Mbuyase	Univ Jhb	13:21
3	Desmond Mokgobu	Gaut Str	13:30

40-44:

1 Lawrence Chipangaan	Powerade	27:38
2 Billy Majafa	Powerade	27:45
3 Elgin Mokale	Nedbank	28:11

45-49:

1 Tony Silva	F2000	28:20
2 Themba Buthelezi	Scaw	29:29
3 Jerry Rankapule	Powerade	29:38

50-54:

1 Thulani Sibisi	ADT	30:03
2 Andre Jansen	Toyoto	30:49
3 Wilson Moloto	Powerade	31:33

55-59:

1 Stephen Moagi	Chamber	32:18
2 Pieter van Zyl	Toyota	33:04
3 Vincent Lentsoenyane	JHAC	33:22

60-65:

1 Pele Tshidundamalema	Vodacom	35:41
2 Hans Sliep	Toyota	35:52
3 Neil Coville	Kudus	36:16

70+:

Dick Welch	RAC	46:58
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Under 21:

1 Thuso Phaswana	Wits	13:15
2 Desmond Mokgobu	Gaut Str	13:30
3 Derocious Makhobalo	Gaut Str	13:44

Under 19:

1 Vuyisile Tshoba	Powerade	25:49
2 David Molebatsi	Powerade	25:
3 Caiphus Mthombeni	Nedbank	25:54

Under 17:

1 Olwethu Mhlaba	Wits	18:50
2 Michael van Aswegen	Kempies	18:56
3 Thabiso Matheba	Rockies	19:07

WOMEN**8 km:**

1 Dinah Lebo Phalula	Univ Jhb	28:41
2 Dinah-Rose Lebogang Phalula	Univ Jhb	29:12
3 Violet Raseboya	Transnet	29:59
4 Poppy Mlambo	MrPrice	30:28
5 Tshifhiwa Mundalamo	Nedbank	30:35
6 Portia Ngwenya	Univ Jhb	31:16
7 Cornelia Joubert	Univ Jhb	32:04
8 Cecilia Ndaweni	ADT	32:25
9 Jennifer Mpho	Powerade	32:37
10 Pulane Mosome	Univ Jhb	32:50

4 km:

1 Mapaseka Makhanya	Transnet	16:12
2 Priscilla Kubu	Wits	17:46
3 Donna Taylor	Rand H	18:00
4 Annah Sepotokele		18:25
5 Christelle Theron	Ben Hg	19:47
6 Mofutsana Nthabeleng	Kempies	19:58
7 Pulane Letlotlo	ADT	20:17
8 Kealeboga Montshonyane	Protea	20:34

9	Noeline Blignaut	Alberton	28:03
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40-44:

1	Rene Strydom	Rand H	17:39
2	Martie Naude	Jeugland	17:54
3	Cynthia Mkovane	Powerade	18:54

45-49:

1	Connie vd Westhuizen	Nedbank	18:29
2	Rita Loots	RAC	19:45
3	Mari vd Westhuizen	Ben Hg	21:09

50-54:

1	Linda Coston	GCH	19:50
2	Selinah Netshisaulu	RAC	20:11
3	Bukiwe Damane	Raiders	23:08

55-59:

1	Elaine Greenblatt	Rockies	19:53
2	Josphina Stungoane	Orange Farm	30:11

60+:

1	Ingrid Wieland	BNAC	29:02
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Under 21:

1	Monyane Teleko	Univ Jhb	19:12
2	Zoe Brentano	Rand H	20:04
3	Bongiwe Phetla	Gaut Str	20:30
4	Pualne Mokhele	Harambe	21:17
5	Bongekile Phetla	Gaut Str	23:04

Under 19:

1	Maxine Heine-Wacker	Nedbank	22:12
2	Annet Gildenhuis	Kempies	23:07
3	Ashleigh Schnetler	Kempies	23:28

Under 17:

1	Juan-Marie Cooper	Khosa	16:29
2	Michelle Meyer	Jeugland	16:43
3	Anelda Pypers	Kempies	17:03

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****800 (23):**

1	3	Wilfred Bungei	KEN	1:44.65 (SB)
2	8	Ismail Ahmed Ismail	SUD	1:44.70
3	5	Alfred Kirwa Yego	KEN	1:44.82
4	6	Gary Reed	CAN	1:44.94
5	4	Yusuf Saad Kamel	BRN	1:44.95
6	7	Yeimer Lopez	CUB	1:45.88
7	2	Nabil Madi	ALG	1:45.96

8 9 Nadjim Manseur ALG 1:47.19

1500 (19):

1	Rashid Ramzi	BRN	3:32.94
2	Asbel Kipruto Kiprop	KEN	3:33.11
3	Nicholas Willis	NZL	3:34.16
4	Mehdi Baala	FRA	3:34.21
5	Juan Carlos Higuero	ESP	3:34.44
6	Abdalaati Iguider	MAR	3:34.66
7	Juan van Deventer	RSA	3:34.77
8	Belal Mansoor Ali	BRN	3:35.23
9	Andrew Baddeley	GBR	3:35.37
10	Augustine Kiprono Choge	KEN	3:35.50
11	Daham Najim Bashir	QAT	3:37.68
12	Christian Obrist	ITA	3:39.87

5000 (23):

1	Kenenisa Bekele	ETH	12:57.82	(OR)
2	Eliud Kipchoge	KEN	13:02.80	
3	Edwin Cheruiyot Soi	KEN	13:06.22	(SB)
4	Moses Ndiema Kipsiro	UGA	13:10.56	
5	Abreham Cherkos	ETH	13:16.46	
6	Tariku Bekele	ETH	13:19.06	
7	Juan Luis Barrios	MEX	13:19.79	(SB)
8	James Kwalia C'Kurui	QAT	13:23.48	
9	Bernard Lagat	USA	13:26.89	
10	Kidane Tadasse	ERI	13:28.40	
11	Aelemayehu Bezabeh	ESP	13:30.48	
12	Thomas Pkemei Longosiwa	KEN	13:31.34	
13	Matthew Tegenkamp	USA	13:33.13	
14	Jesus Espana	ESP	13:55.94	
.	Alistair Ian Cragg	IRL	DNF	

Marathon (24):

1	Samuel Kamau Wanjiru	KEN	2:06:32	(OR)
2	Jaouad Gharib	MAR	2:07:16	
3	Tsegay Kebede	ETH	2:10:00	
4	Deriba Merga	ETH	2:10:21	
5	Martin Lel	KEN	2:10:24	
6	Viktor Röthlin	SUI	2:10:35	
7	Gashaw Asfaw	ETH	2:10:52	
8	Yared Asmerom	ERI	2:11:11	
9	Dathan Ritzenhein	USA	2:11:59	
10	Ryan Hall	USA	2:12:33	
11	Mike Fokoroni	ZIM	2:13:17	(PB)
12	Stefano Baldini	ITA	2:13:25	
13	Tsuyoshi Ogata	JPN	2:13:26	(SB)
14	Grigoriy Andreyev	RUS	2:13:33	
15	Ruggero Pertile	ITA	2:13:39	
16	Jose Manuel Martinez	ESP	2:14:00	
17	Francis Kirwa	FIN	2:14:22	
18	Myongseung Lee	KOR	2:14:37	
19	Janne Holmen	FIN	2:14:44	
20	Abderrahim Goumri	MAR	2:15:00	
21	Aleksey Sokolov	RUS	2:15:57	
22	Brian Sell	USA	2:16:07	
23	Ottaviano Andriani	ITA	2:16:10	

24	Dan Robinson	GBR	2:16:14	
25	Haiyang Deng	CHN	2:16:17	
26	Abderrahime Bouramdane	MAR	2:17:42	
27	Vasyl Matviychuk	UKR	2:17:50	
28	Bong-ju Lee	KOR	2:17:56	
29	Oleg Kulkov	RUS	2:18:11	
30	Paulo Gomes	POR	2:18:15	
31	Alex Malinga	UGA	2:18:26	
32	Carlos Cordero	MEX	2:18:40	
33	Kum-Song Ri	PRK	2:19:08	
34	Henryk Szost	POL	2:19:43	
35	Jose Amado Garcia	GUA	2:20:15	
36	Yonas Kifle	ERI	2:20:23	
37	Nasar Sakar Saeed	BRN	2:20:24	
38	Jose de Souza	BRA	2:20:25	
39	Kamiel Maase	NED	2:20:30	
40	Song-Chol Pak	PRK	2:21:16	
41	Iaroslav Musinschi	MDA	2:21:18	
42	Il-Nam Kim	PRK	2:21:51	
43	Juan Carlos Cardona	COL	2:21:57	
44	Hendrick Ramaala	RSA	2:22:43	
45	Arjun Kumar Basnet	NEP	2:23:09	(PB)
46	Holder Ornelas	POR	2:23:20	
47	Procopio Franco	MEX	2:23:24	
48	Nelson Cruz	CPV	2:23:47	
49	Roberto Echeverria	CHI	2:23:54	
50	Yi-yong Kim	KOR	2:23:57	
...				
53	Norman Dlomo	RSA	2:24:28	

WOMEN

1500 (23):

1	Nancy Jebet Lagat	KEN	4:00.23	(PB)
2	Iryna Lishchynska	UKR	4:01.63	
3	Nataliya Tobias	UKR	4:01.78	(PB)
4	Lisa Dobriskey	GBR	4:02.10	(PB)
5	Maryam Yusuf Jamal	BRN	4:02.71	
6	Natalia Rodriguez	ESP	4:03.19	(SB)
7	Shannon Rowbury	USA	4:03.58	
8	Iris Fuentes-Pila	ESP	4:04.86	
9	Anna Mishchenko	UKR	4:05.13	(PB)
10	Siham Hilali	MAR	4:05.57	
11	Anna Alminova	RUS	4:06.99	
12	Btissam Lakhoud	MAR	4:07.25	

5000 (22):

1	Tirunesh Dibaba	ETH	15:41.40	
2	Elvan Abeylegesse	TUR	15:42.74	
3	Meseret Defar	ETH	15:44.12	
4	Sylvia Jebiwott Kibet	KEN	15:44.96	
5	Vivian Cheruiyot	KEN	15:46.32	
6	Liliya Shobukhova	RUS	15:46.62	
7	Alemitu Bekele	TUR	15:48.48	
8	Meselech Melkamu	ETH	15:49.03	
9	Kara Goucher	USA	15:49.39	
10	Shalane Flanagan	USA	15:50.80	

11	Priscah Jepleting Cherono	KEN	15:51.78
12	Gulnara Samitova-Galkina	RUS	15:56.97
13	Fei Xue	CHN	16:09.84
14	Jennifer Rhines	USA	16:34.63
15	Megan Metcalfe	CAN	17:06.82

OTHER EVENTS

MEN

200 (-0.9 m/s) (20):

1	5	Usain Bolt	JAM	19.30 (WR)	0.182
2	4	Shawn Crawford	USA	19.96	0.210
3	8	Walter Dix	USA	19.98	0.151
4	6	Brian Dzingai	ZIM	20.22	0.185
5	3	Christian Malcolm	GBR	20.40	0.212
6	2	Kim Collins	SKN	20.59	0.165
.	7	Churandy Martina	AHO	DQ	0.144
.	9	Wallace Spearmon	USA	DQ	0.167

400 (21):

1	4	LaShawn Merritt	USA	43.75 (PB)	0.318
2	7	Jeremy Wariner	USA	44.74	0.209
3	9	David Neville	USA	44.80	0.293
4	5	Chris Brown	BAH	44.84	0.231
5	6	Leslie Djhone	FRA	45.11	0.164
6	8	Martyn Rooney	GBR	45.12	0.208
7	2	Renny Quow	TRI	45.22	0.201
8	3	Johan Wissman	SWE	45.39	0.218

110 H (0.1 m/s) (21):

1	6	Dayron Robles	CUB	12.93	0.183
2	5	David Payne	USA	13.17 (SB)	0.175
3	7	David Oliver	USA	13.18	0.158
4	8	Ladji Doucoure	FRA	13.24	0.170
5	4	Artur Noga	POL	13.36	0.169
6	2	Maurice Wignall	JAM	13.46	0.163
7	3	Richard Phillips	JAM	13.60	0.154
8	9	Jackson Quinonez	ESP	13.69	0.187

High jump (19):

1	Andrey Silnov	RUS	2.36	
2	Germaine Mason	GBR	2.34 (=PB)	
3	Yaroslav Rybakov	RUS	2.34 (SB)	
4	Stefan Holm	SWE	2.32	
5	Raul Spank	GER	2.32 (PB)	
6	Jaroslav Baba	CZE	2.29	
7	Tomas Janku	CZE	2.29	
8	Tom Parsons	GBR	2.25	
9	Martyn Bernard	GBR	2.25	
10	Filippo Campioli	ITA	2.20	
10	Jesse de Lima	BRA	2.20	
12	Rozle Prezelj	SLO	2.20	

Pole vault (22):

1	Steven Hooker	AUS	5.96 (OR)
2	Evgeniy Lukyanenko	RUS	5.85

3	Denys Yurchenko	UKR	5.70
4	Derek Miles	USA	5.70
5	Dmitry Starodubtsev	RUS	5.70
6	Danny Ecker	GER	5.70
7	Jerome Clavier	FRA	5.60
8	Raphael Holzdeppe	GER	5.60
9	Igor Pavlov	RUS	5.60
10	Jan Kudlicka	CZE	5.45
11	Przemyslaw Czerwinski	POL	5.45
.	Giuseppe Gibilisco	ITA	NM
.	Leonid Andreev	UZB	NM

Triple jump (21):

1	Nelson Evora	POR	17.67	(1.1)	(SB)
2	Phillips Idowu	GBR	17.62	(0.9)	(SB)
3	Leevan Sands	BAH	17.59	(0.9)	(NR)
4	Arnie David Girat	CUB	17.52	(0.2)	(PB)
5	Marian Oprea	ROU	17.22	(-0.2)	
6	Jadel Gregorio	BRA	17.20	(0.2)	
7	Onochie Achike	GBR	17.17	(-0.2)	
8	Viktor Kuznyetsov	UKR	16.87	(-0.3)	
9	Igor Spasovkhodskiy	RUS	16.79	(-0.6)	
10	Yanxi Li	CHN	16.77	(1.2)	
11	Momchil Karailiev	BUL	16.48	(-0.2)	
12	Hector Dairo Fuentes	CUB	16.28	(-0.6)	

Discus throw (19):

1	Gerd Kanter	EST	68.82	
2	Piotr Malachowski	POL	67.82	
3	Virgilijus Alekna	LTU	67.79	
4	Robert Harting	GER	67.09	
5	Yennifer Frank Casanas	ESP	66.49	
6	Bogdan Pishchalnikov	RUS	65.88	(PB)
7	Rutger Smith	NED	65.39	
8	Robert Fazekas	HUN	63.43	
9	Mario Pestano	ESP	63.42	
10	Rashid Shafi Al-Dosari	QAT	62.55	
11	Frantz Kruger	FIN	61.98	
12	Aleksander Tammert	EST	61.38	

Javelin throw (23):

1	Andreas Thorkildsen	NOR	90.57	(OR)
2	Ainars Kovals	LAT	86.64	(PB)
3	Tero Pitkamaki	FIN	86.16	
4	Tero Jarvenpaa	FIN	83.95	
5	Teemu Wirkkala	FIN	83.46	
6	Jarrold Bannister	AUS	83.45	
7	Ilya Korotkov	RUS	83.15	
8	Uladzimir Kazlou	BLR	82.06	(PB)
9	Vadims Vasilevskis	LAT	81.32	
10	Scott Russell	CAN	80.90	
11	Magnus Arvidsson	SWE	80.16	
12	Vitezslav Vesely	CZE	76.76	

4x100 (22):

1	5	Jamaica		
(Nesta Carter; Michael Frater; Usain Bolt; Asafa Powell)			JAM	37.10 (WR)

2	4	Trinidad and Tobago			
		(Keston Bledman; Marc Burns; Emmanuel Callander; Richard Thompson)	TRI	38.06	
3	7	Japan			
		(Naoki Tsukahara; Shingo Suetsugu; Shinji Takahira; Nobuharu Asahara)	JPN	38.15	
		(SB)			
4	3	Brazil			
		(Vicente de Lima; Sandro Viana; Bruno de Barros; Jose Carlos Moreira)	BRA	38.24	
		(SB)			
5	9	Germany			
		(Tobias Unger; Till Helmke; Alexander Kosenkow; Martin Keller)	GER	38.58	
6	6	Canada			
		(Hank Palmer; Anson Henry; Jared Connaughton; Pierre Browne)	CAN	38.66	(SB)
.	2	PR of China			
		(Yongyi Wen; Peimeng Zhang; Bin Lu; Kai Hu)	CHN	DQ	
.	8	Netherlands			
		(Maarten Heisen; Guus Hoogmoed; Patrick van Luijk; Caimin Douglas)	NED	DQ	

4x400 (23):

1	7	United States			
		(LaShawn Merritt; Angelo Taylor; David Neville; Jeremy Wariner)	USA	2:55.39	(OR)
2	5	Bahamas			
		(Andretti Bain; Michael Mathieu; Andrae Williams; Chris Brown)	BAH	2:58.03	(SB)
3	4	Russia			
		(Maksim Dyldin; Vladislav Frolov; Anton Kokorin; Denis Alekseyev)	RUS	2:58.06	(NR)
4	6	Great Britain & N.I.			
		(Andrew Steele; Robert Tobin; Michael Bingham; Martyn Rooney)	GBR	2:58.81	(SB)
5	8	Belgium			
		(Kevin Borlee; Jonathan Borlee; Cedric van Branteghem; Arnaud Ghislain)	BEL		
		2:59.37		(NR)	
6	2	Australia			
		(Sean Wroe; John Steffensen; Clinton Hill; Joel Milburn)	AUS	3:00.02	(SB)
7	3	Poland			
		(Rafal Wieruszewski; Piotr Klimczak; Piotr Kedzia; Marek Plawgo)	POL	3:00.32	(SB)
8	9	Jamaica			
		(Michael Blackwood; Ricardo Chambers; Sanjay Ayre; Lanceford Spence)	JAM		
		3:01.45			

Decathlon (21-22):

1	Brian Clay	USA	8791
2	Andfrei Krauchanka	BLR	8551
3	Leonel Suárez	CUB	8527 (NR)
4	Aleksandr Pogorelov	RUS	8328
5	Romain Barras	FRA	8253 (SB)
6	Roman Sebrle	CZE	8241 (SB)
7	Oleksiy Kasyanov	UKR	8238 (PB)
8	Andre Niklaus	GER	8220
9	Maurice Smith	JAM	8205
10	Michael Schrader	GER	8194
11	Mikk Pahapill	EST	8178 (PB)
12	Aleksey Drozdov	RUS	8154
13	Andres Raja	EST	8118 (PB)
14	Eugene Martineau	NED	8055
15	Yordani Garcia	CUB	7992
16	Mikalai Shubianok	BLR	7906 (SB)
17	Aliaksandr Parkhomenka	BLR	7838
18	Haifeng Qi	CHN	7835 (SB)

19	Massimo Bertocchi	CAN	7714
20	Jangy Addy	LBR	7665 (NR)

50 km walk (22):

1	Alex Schwazer	ITA	3:37:09	(OR)
2	Jared Tallent	AUS	3:39:27	(PB)
3	Denis Nizhegorodov	RUS	3:40:14	
4	Jesus Angel Garcia	ESP	3:44:08	(SB)
5	Erik Tysse	NOR	3:45:08	(PB)
6	Horacio Nava	MEX	3:45:21	(PB)
7	Yuki Yamazaki	JPN	3:45:47	
8	Rafal Fedaczynski	POL	3:46:51	(PB)
9	Grzegorz Sudol	POL	3:47:18	
10	Luke Adams	AUS	3:47:45	(PB)
11	Antonio Pereira	POR	3:48:12	(NR)
12	Andre Höhne	GER	3:49:52	
13	Mikel Odriozola	ESP	3:51:30	
14	Jianbo Li	CHN	3:52:20	
15	Jarkko Kinnunen	FIN	3:52:25	(PB)
16	Igors Kazakevics	LAT	3:52:38	(PB)
17	Tianfeng Si	CHN	3:52:58	
18	Jesus Sanchez	MEX	3:52:58	
19	Marco De Luca	ITA	3:54:47	
20	Antti Kempas	FIN	3:55:19	(PB)

WOMEN**200 (0.6 m/s) (21):**

1	4	Veronica Campbell-Brown	JAM	21.74	(PB)	0.172
2	5	Allyson Felix	USA	21.93	(SB)	0.193
3	6	Kerron Stewart	JAM	22.00		0.199
4	9	Muna Lee	USA	22.01	(PB)	0.176
5	7	Marshevet Hooker	USA	22.34	(PB)	0.200
6	8	Sherone Simpson	JAM	22.36		0.167
7	2	Debbie Ferguson-McKenzie	BAH	22.61		0.175
8	3	Cydonie Mothersill	CAY	22.68		0.206

400 (19):

1	4	Christine Ohuruogu	GBR	49.62	(SB)	0.237
2	6	Shericka Williams	JAM	49.69	(PB)	0.207
3	7	Sanya Richards	USA	49.93		0.196
4	5	Yulia Gushchina	RUS	50.01	(PB)	0.242
5	9	Anastasiya Kapachinskaya	RUS	50.03	(PB)	0.378
6	3	Tatyana Firova	RUS	50.11	(SB)	0.196
7	2	Rosemarie Whyte	JAM	50.68		0.181
8	8	Amantle Montsho	BOT	51.18		0.299

100 H (0.1 m/s) (19):

1	6	Dawn Harper	USA	12.54	(PB)	0.193
2	3	Sally McLellan	AUS	12.64		0.138
3	8	Priscilla Lopes-Schliep	CAN	12.64		0.174
4	7	Damu Cherry	USA	12.65		0.239
5	5	Delloreen Ennis-London	JAM	12.65		0.151
6	9	Brigitte Foster-Hylton	JAM	12.66		0.167
7	4	LoLo Jones	USA	12.72		0.185
8	2	Sarah Claxton	GBR	12.94		0.163

400 H (20):

1	6	Melaine Walker	JAM	52.64	(OR)	0.236
2	5	Sheena Tosta	USA	53.70		0.191
3	7	Tasha Danvers	GBR	53.84	(PB)	0.189
4	4	Anastasiya Rabchenyuk	UKR	53.96	(PB)	0.248
5	9	Anna Jesien	POL	54.29	(SB)	0.206
6	2	Ekaterina Bikert	RUS	54.96		0.193
7	3	Zuzana Hejnova	CZE	54.97		0.195
8	8	Tiffany Williams	USA	57.55		0.184

High jump (23):

1	Tia Hellebaut	BEL	2.05	(NR)
2	Blanka Vlasic	CRO	2.05	
3	Anna Chicherova	RUS	2.03	(=PB)
4	Elena Slesarenko	RUS	2.01	
5	Vita Palamar	UKR	1.99	
6	Chaunté Howard	USA	1.99	(SB)
7	Ariane Friedrich	GER	1.96	
7	Ruth Beitia	ESP	1.96	
9	Emma Green	SWE	1.96	(SB)
10	Marina Aitova	KAZ	1.93	
10	Antonietta Di Martino	ITA	1.93	
12	Iva Strakova	CZE	1.93	
12	Vita Styopina	UKR	1.93	
14	Svetlana Shkolina	RUS	1.93	
15	Romana Dubnova	CZE	1.89	

Long jump (22):

1	Maurren Higa Maggi	BRA	7.04	(0.2)	(SB)
2	Tatyana Lebedeva	RUS	7.03	(0.4)	(SB)
3	Blessing Akagbare	NGR	6.91	(0.1)	(PB)
4	Chelsea Hammond	JAM	6.79	(0.2)	(PB)
5	Brittney Reese	USA	6.76	(0.4)	
6	Oksana Udmurtova	RUS	6.70	(0.6)	
7	Jade Johnson	GBR	6.64	(0.7)	
8	Grace Upshaw	USA	6.58	(0.4)	
9	Carolina Klüft	SWE	6.49	(0.2)	
10	Tabia Charles	CAN	6.47	(0.5)	
11	Keila Costa	BRA	6.43	(0.3)	
12	Funmi Jimoh	USA	6.29	(0.2)	

Javelin throw (21):

1	Barbora Spotakova	CZE	71.42	(AR)
2	Mariya Abakumova	RUS	70.78	(NR)
3	Christina Obergföll	GER	66.13	
4	Goldie Sayers	GBR	65.75	(NR)
5	Steffi Nerius	GER	65.29	
6	Osleidys Menendez	CUB	63.35	
7	Barbara Madejczyk	POL	62.02	
8	Kathrina Molitor	GER	59.64	
9	Mercedes Chilla	ESP	58.13	
10	Li Zhang	CHN	56.14	
11	Sinta Ozolina	LAT	53.38	
12	Felicia Tilea-Moldovan	ROU	53.04	

Hammer throw (20):

1	Aksana Miankova	BLR	76.34	(OR)
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2	Yipsi Moreno	CUB	75.20
3	Wenxiu Zhang	CHN	74.32 (SB)
4	Darya Pchelnik	BLR	73.65
5	Manuela Montebrun	FRA	72.54
6	Anita Wlodarczyk	POL	71.56
7	Clarissa Claretti	ITA	71.33
8	Martina Danisova-Hrasnova	SVK	71.00
9	Betty Heidler	GER	70.06
10	Yelena Priyma	RUS	69.72
11	Stilian Papadopoulos	GRE	64.97
.	Kamila Skolimowska	POL	NM

4x100 (22):

1	4	Russia		
		(Yevgeniya Polyakova; Aleksandra Fedoriva; Yulia Gushchina; Yuliya Chermoshanskaya)		
		RUS	42.31 (SB)	
2	5	Belgium		
		(Olivia Borlee; Hanna Marian; Elodie Ouadraogo; Kim Gevaert)	BEL	42.54 (NR)
3	3	Nigeria		
		(Ene Franca Idoko; Gloria Kemasuode; Halimat Ismaila; Oludamola Osayomi)	NGR	43.04 (SB)
4	8	Brazil		
		(Rosemar Maria Neto; Lucimar Aparecida de Moura; Thaissa Presti; Rosangela Santos)		
		BRA	43.14 (SB)	
5	9	Germany		
		(Anne Möllinger; Verena Sailer; Cathleen Tschirch; Marion Wagner)	GER	43.28
.	2	Poland		
		(Ewelina Kłoczek; Daria Korczyńska; Dorota Jedrusińska; Joanna Kocielnik)	POL	DQ
.	6	Jamaica		
		(Shelly-Ann Fraser; Sherone Simpson; Kerron Stewart; Veronica Campbell-Brown)	JAM	DNF
.	7	Great Britain & N.I.		
		(Jeanette Kwakye; Montell Douglas; Emily Freeman; Emma Ania)	GBR	DNF

4 x 400 (23):

1	4	United States		
		(Mary Wineberg; Allyson Felix; Monique Henderson; Sanya Richards)	USA	3:18.54 (SB)
2	5	Russia		
		(Yulia Gushchina; Lyudmila Litvinova; Tatyana Firova; Anastasiya Kapachinskaya)	RUS	3:18.82 (SB)
3	7	Jamaica		
		(Shericka Williams; Shereefa Lloyd; Rosemarie Whyte; Novlene Williams)	JAM	3:20.40 (SB)
4	8	Belarus		
		(Anna Kozak; Iryna Khliustava; Ilona Usovich; Sviatlana Usovich)	BLR	3:21.85 (NR)
5	9	Great Britain & N.I.		
		(Christine Ohuruogu; Kelly Sotherton; Marilyn Okoro; Nicola Sanders)	GBR	3:22.68 (SB)
6	6	Cuba		
		(Roxana Diaz; Zulia Calatayud; Susana A. Clement; Indira Terrero)	CUB	3:23.21 (NR)
7	2	Nigeria		
		(Joy Eze; Folasade Abugan; Olouma Nwoke; Muizat Ajoke Odumosu)	NGR	3:23.74 (SB)
8	3	Germany		
		(Jonna Tilgner; Sorina Nwachukwu; Florence Ekpo-Umoh; Claudia Hoffmann)	GER	3:28.45

20 km walk (21):

1	Olga Kaniskina	RUS	1:26:31	(OR)
2	Kjersti Plätzer	NOR	1:27:07	(NR)
3	Elisa Rigaud	ITA	1:27:12	(PB)
4	Hong Liu	CHN	1:27:17	(PB)
5	Maria Vasco	ESP	1:27:25	(NR)
6	Beatriz Pascual	ESP	1:27:44	(PB)
7	Olive Loughnane	IRL	1:27:45	(PB)
8	Ana Cabecinha	POR	1:27:46	(NR)
9	Athanasia Tsoumeleka	GRE	1:27:54	(NR)
10	Vera Santos	POR	1:28:14	(PB)
11	Ryta Turava	BLR	1:28:26	(SB)
12	Tatyana Sibileva	RUS	1:28:28	
13	Na Shi	CHN	1:29:08	(SB)
14	Mayumi Kawasaki	JPN	1:29:43	
15	Sabine Zimmer	GER	1:30:19	
16	Sonata Milusauskaite	LTU	1:30:26	(NR)
17	Vira Zozulya	UKR	1:30:31	
18	Maria Jose Poves	ESP	1:30:52	
19	Kristina Saltanovic	LTU	1:31:03	(SB)
20	Jane Saville	AUS	1:31:17	

OTHER SOUTH AFRICAN PERFORMANCES

h = heat

qf = quarter-final

sf = semi-final

Q = qualify automatically

q = qualify as one of next fastest

All the field performances were in the qualifying rounds.

Date of performances in brackets.

Pieter de Villiers (400 H): 2h (15), 49.24Q; 7sf (16), 49.44

René Kalmer (1500): 7h (21), 4:08.41

Isabel le Roux (200): 7h (19), 23.67

Khotso Mokoena (LJ): 4 (16), 8.14q

Thuso Mpuang (200): 6h (18), 20.87q; 7qf (18), 21.04

Mbulaeni Mulaudzi (800): 2h (20), 1:47.64Q; 6sf (21), 1:46.24

Alwyn Myburgh (400 H): 3h (15), 48.92Q; 5sf (16), 49.16

Elizna Naudé (DT): 9 (15), 58.75

Samson Ngoepe (800): 5h (20), 1:47.42

Robert Oosthuizen (JT): 11 (21), 76.16

Ruben Ramolefi (3000 st): 1h (16), 8:19.86Q (PB)

Justine Robbeson (JT): 6 (19), 59.63

Tsholofelo Thipe (400): 6h (16), 54.11

Juan van Deventer (1500): 1h (15), 3:36.32Q; 6sf (17), 3:37.75q

L.J. van Zyl (400 H): 2h (15), 48.86Q; 3sf (16), 48.57Q

Sunette Viljoen (JT): 17 (19), 55.58

4x100: DNF in heat (21) - Hannes Dreyer; Leigh Julius; Kagisho Kumbane; Thuso Mpuang

4x400: 6h (22) - Pieter Smith; Ofentse Mogawane; Alwyn Myburgh; L.J. van Zyl, 3:01.26

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2008 each week, with one list per issue. Secondary performances of the top three are also listed.

As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2008 10 KM: TOP 10 JUNIOR MEN

29:59*	Zolani Ngqqaqa	2	Miles of Smiles	Robertson	07 Jun
30:03	Lungisa Mdedelwa	12	Matha Series	Durban	10 Feb
30:10	Ngqqaqa-2	1	Spar	Port Elizabeth	01 May
30:38	Ngqqaqa-3	1	AF General Construction	Despatch	31 May
30:48	Esau Radebe	2	Akasia	Pretoria	08 Mar
31:00	Folavia Sehohle	24	Matha Series	Durban	10 Feb
31:01	Moses Chagwe	25	Matha Series	Durban	10 Feb
31:04	Xolela Ngcebetshe	4	Spar	East London	07 Jun
31:13*	Charlton September	8	Miles of Smiles	Robertson	07 Jun
31:13	Ngqqaqa-4	1	Jeffreys Bay	Jeffreys Bay	05 Jan
31:14	Mzwandile Mhlandleni	26	Matha Series	Durban	10 Feb
31:22	Willem Daries	6	PetroSA	Mossel Bay	12 Apr
31:26	Manfred Samuels	11	Gino's	Stellenbosch	27 Feb

*) Questionable time

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	37:47	Tamsanqa Jusayi	Port Elizabeth	23 Aug
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

Contributors to this issue: Frans du Toit, Alen Hattingh, Irene & Jan van Eeden, Rowyn James, André Pienaar, Vreni Welch

Published by Riël Hauman
 42 Fifteenth Avenue, Boston, Bellville 7530, RSA
 Telephone: 021 948-0293
 Fax: 0866 89-44-74
 Cellphone: 082 922-8538
 E-mail: rielh@mweb.co.za