

Distance Running Results

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Publisher: Riël Hauman

EDITORIAL

While the predicted big storm hit the Cape Peninsula only in the afternoon, with devastating results, the cold, wind and rain on Saturday morning were enough to dampen spirits at the Nedbank SA 10 km Championships, drenching the athletes and slowing the times.

If it weren't for the weather, the new design of the "old" course, making it faster with fewer turns than last year, would certainly have resulted in quicker times. As it was, the winning time, Sibusio Nzima's 28:52, was only 5 seconds slower than Tshamano Setone's clocking in 2007. Three men ducked under 29 minutes, compared to four last year. Defending champio Setone could finish only fifth this time, while half-marathon champion Stephen Mokoka was third. The kilometre splits of the leaders were: 2:54, 3:02, 2:51, 2:48, 2:46, (14:21), 2:52, 2:52, 2:57, 2:56, 2:54 (14:31).

Before the race Olympian René Kalmer, who had won last year in 32:28, complained of being jet-lagged and tired after her return from Beijing. It showed and Kalmer was third behind the flying Phalula twins. Lebo beat sister Lebogang by one second in 33:01, both running big PBs. Six of the first seven women in the championships event achieved the best times of their careers.

Kalmer clocked 33:16, while in fourth local runner Zintle Xiniwe scored a hugh PB of 33:29 and then raced to the airport to fly to Pretoria for the Spar Women's Challenge 10 km the same afternoon (see comment below). In the championships race five women ducked under 34 minutes, compared to two last year (when Lebogang Phalula was second in 33:59).

Former Comrades record holder Vladimir Kotov won the 50-59 age category by almost 3 minutes, setting a new Western Province record of 32:239. The race produced two list leaders. Fortunately there were fewer foreigners than usual in the Matha Series event, making the SA medal winners situation less confusing. In only one category (junior men) did a foreigner finish first, relegating the national champion to second, while in another a non-championship runner was third. In the open categories the first foreigners were sixth and fifth respectively.

The Race Time Bias (RTB) factor for the SA Championships, which worked out to -3.25 sec/km, in my view confirmed that the Totalsports Women's Day 10 km, held on 9 August on a course which was about 80 percent the same as this one, was short. The RTB for that race was -11.65 sec/km – more than twice the allowable figure of -5 (see DRR 8:32).

Apart from the weather, the only other negative aspect of the race was the start. Much criticism was leveled against the narrow street used last year – and the organisers responded by changing the start to an even narrower one! What is worse, the street is

lined by one of the deep open water furrows that are historic features in South Africa's second oldest town.

After one of its women athletes fell (or was knocked over) in the chaotic start at the SA Half Marathon earlier this year, at least one province asked officially for a women's starting pen at national championships, but nothing came of this. (This particular athlete was so traumatised by the incident, and disappointed at losing a fast time, that she refused to make herself available for the 10 km.) The request was again refused at the pre-race managers meeting. The situation was aggravated by the narrow start and considerable unhappiness was voiced especially by the female runners, who feared they would be knocked over by the faster men. In the event a number of runners indeed fell or were knocked down – but this time they were men, not women. Such a dangerous and unfair start is certainly not acceptable for a race of this nature – especially when a number of better starting places are available in Stellenbosch.

Other criticism stems from my personal involvement in the race (although I was certainly not the only person inconvenienced). The Team Manual stated that a "Technical Meeting" would be held at 17:00 on Friday. Since there was no indication of the usual Managers Meeting, team managers assumed that the latter and the Technical Meeting were the same. On turning up, team managers were told that the Managers Meeting was at 18:00, but nobody knew where. At the appointed time (and why are the meetings for registration and for team managers four hours apart, causing busy people to kick their heels for this duration?) there was still no official announcement, so the managers started wandering across the extensive Coetzenburg sports grounds, searching buildings for the meeting. At long last the right hall was pointed out, but the meeting started only well after 18:30! The reception at the door, where team managers had to register, was so rude and unfriendly that one almost felt it was better outside in the rain and wind. And why each team could only receive two accreditation cards (the large Western Province team had five managers), with more cards refused point-blank, is really beyond understanding. The whole procedure seemed like a totally premeditated piece of power play and one-upmanship.

On the morning of the race there was no media vehicle to take the media around the course to do their reporting. In the last minute before the start I twisted Norrie Williamson's arm to ride on the back of his lead bakkie. I got soaking wet, but was the only media person to see the whole race close up. After the race it was the usual frustration to get results. Why is it necessary to have to ask four, five different officials and still get a brush-off? Why is it so difficult to provide the media with results without them having to go onto their knees to get it? Once again, in the end I went directly to ever-friendly and cooperative Jan and Irene van Eeden, who were doing the timing, to get the results – but it is certainly not fair to pester them when there are officials appointed to do the job.

It is just incredible that Athletics South Africa seems to have no feeling for public relations, or think it necessary to improve theirs, both within their own organisation and to the larger athletics world on the outside – as the two examples above illustrate. Are the empty stadiums and the lack of publicity for athletics in the printed media not indicative of where ASA is falling short? (See also Viewpoint below.)

My last piece of criticism: Xiniwe's 33:29 PB in Stellenbosch and 37:40 in Pretoria about seven hours apart undoubtedly constitute the two fastest 10 km performances on one day in history. It is a phenomenal double, but the question is: Is it good for the athlete? In my view the answer is: This is the kind of insane racing that destroys an athlete. Scheduling like this should never be allowed (and remember, ASA and Boland Athletics, the host of the SA 10 km, allowed another race – one of the most popular in the Western Cape – to take place on the same day about 30 km from Stellenbosch!).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Dolphin Coast 50 km, Half Marathon & 10 km, Ballito
- * Spar Women's 10 km Challenge, Pretoria
- * Nedbank South African 10 km Championships, Stellenbosch
- * Paarlberg Half Marathon & 10 km, Paarl
- * Cape Truss Heartbreak Hill Half Marathon, Port Elizabeth
- * Puffer & Tuffer Puffer Mountain Ultramarathons, Cape Town
- * Dumbe Mountain Race, Vryheid

International highlights:

- * Hokkaido Marathon, Sapporo, JPN
- * Klagenfurt Halbmarathon, Klagenfurt, AUT
- * Crim Festival of Races, Flint, USA
- * Internationaler Schortenser JEVER-FUN-LAUF, Schortens, GER
- * Solidarity Marathon, Gdansk, POL
- * Leadville Trail 100 Mile Endurance Run, Leadville, USA
- * Pikes Peak Ascent, Manitou Springs, USA
- * Track: Weltklasse Zürich, Zürich, SUI

VIEWPOINT

WHAT IS WRONG WITH SOUTH AFRICAN ATHLETICS?

By Riël Hauman

It seems we return to this question after every Olympics or World Championships, from Athens to Helsinki to Osaka and now Beijing. In Beijing South Africa hit a low point – in fact, almost the bottom – with the worst Olympic showing in 72 years when only Khotso Mokoena could bring home a medal.

How long will we still have to endure watching how the arrogant ineptness of people like the so-called “expert” parliamentarians Cedric Frolick and Bhutana Komphela on their lofty self-righteous pedestals, and from them down to the incompetent politicians at SASCOC and the national governing body, Athletics South Africa, pull South African sport, particularly athletics, further into the mud where we are the laughing stock of the rest of the world?

Can Messrs Frolick and Komphela point to one sport that has made progress during their tenure?

Why is athletics “administered” by people who equate administering to safeguarding their powerful privileged positions, overseas trips and other fringe benefits while the athletes are left to their own devices at best and bullied to toe the line at worst? In how many other countries in the world – Russia and China perhaps excepted – would a top athlete say that he cannot comment on the situation around the team for fear of being victimised?

Is this the way sport on a national level should be conducted? Is this how Jamaica won eleven gold medals in Beijing?

Jamaica has a population of approximately 3 million; South Africa's is approximately 40 million. Australia, with a population half that of South Africa, won 46 medals in Beijing. A tiny country like Georgia, suffering from immense political turmoil caused by its giant neighbour Russia (who invaded Georgia during the Games), won six medals. South Africa's Beijing performances place it on par with countries like Iceland, Singapore, Armenia (how many people can find this one on a map without consulting the index first?), Israel and Moldova.

What is more, 132 individual athletes each won more medals than the whole South African team!

In a radio interview last Monday I pointed out seven reasons for South Africa's umpteenth failure on the international stage.

Firstly, of course, political interference and the concurrent power games played with provinces and athletes in which the big stick is wielded to make everyone listen to his master's voice. As long as the government regards sport as its personal fiefdom to be misused, milked and dominated instead of developed, the status quo will not change.

Secondly, the tragic loss of expertise in administration and plain know-how. What has happened to the glory days of the eighties and early nineties when athletics was blooming all over the country? Where are the leaders like Mick and Cheryl Winn, Kevin Dunkley, Cliff Hopkins, Chet Sainsbury, Nelis Swart, Kaai Preller, Petrus Boukes, Ivor Potgieter, Gert le Roux, Wium Mostert, Bob Norris, Lars Naylor, Ivor Lazerson, Henry Windell and many others? Some of them have gone, but many of the others are still around with their immense store of knowledge – why are they not consulted or brought back into the sport?

Why does ASA seemingly take delight in snubbing people and ignoring offers of help for everything from statistics to coaching? Why does it ignore a simple request such as a separate women's starting pen at a national championships road race?

Thirdly, ASA has embarked on a seemingly wilful campaign to alienate as many top coaches as possible, and this has led to a dramatic loss of technical knowledge. Instead, it has placed its trust in someone who is under suspicion in the rest of the world because of his ties to the infamous and dangerous East German doping system. What has this man achieved so far?

Then there is the fact that athletics has no national strategy. Our top athletes are not supported – quite the contrary – and there seems to be no short-, medium- or long-term planning to get them to develop fully. The distance runners run too many races, turn to marathons too early, the marathoners turn to ultras too soon, and there are too few 5000-metre and 10000-metre track races to develop speed. One of the biggest mistakes in the system is not sending full teams to the global cross-country and road running championships (cross-country is regarded throughout the world as the nurturing ground for top runners, but not in South Africa). Coupled to all of this is the disappearance of physical education in schools, and the fact that athletics is not properly promoted in the schools system.

A respected coach concurred with this view: "There is no integrated plan and strategy to take athletes to Olympic level, no full-time national coach (who must be a middle and long distance man given South Africa's needs and comparative advantage), no remuneration for leading coaches, no functional coaching structure with strong connections to the schools, an obsession with development which leads to nothing tangible and constructive. Sport is led by non-athletic people at club, provincial and national level who are petty-minded, self-serving bureaucrats."

Fifthly, there is no vision for the future. After Osaka last year, where South Africa won not a single medal ("outscored" by the Bahamas, Belgium, Croatia, Estonia, Switzerland and Cyprus!), ASA President Leonard Chuene declared himself "satisfied that the plans [ASA] put in place after the Helsinki World Championships have started to pay dividends. We are looking at the bigger picture regarding our performance at the World Champs in Japan, rather than looking at the event in isolation. The result from Osaka is consistent with this philosophy. It all began at the previous World Championships held in Helsinki in 2005 when we failed to achieve a medal, we knew that something was wrong, and we did a thorough stock-take of our performance at the time." And: "For the record, ASA is pleased with the results of the Championships, and believe that Osaka marked an important milestone towards it achieving its objective of being among the top-5 athletics nations by 2012."

I wrote then (in DRR 7:35): "The cruel fact is that there has been no improvement since Helsinki. There were no medals for South Africa in Osaka. Only three athletes, Mbulaeni Mulaudzi, Robert Oosthuizen and Godfrey Mokoena, reached finals. Of the entire South African team only one – Oosthuizen – set a personal best. And this at a meeting where athletes are supposed to be in peak condition and during which approximately 40 national records were set. Once more both marathons were a complete disaster for South Africa."

ASA then announced plans to discuss the situation with athletes and coaches – but only in January 2008, less than a year before the Beijing Olympics. Everyone but ASA knew that

this would serve no purpose. As one commentator said: "We have heard all of this before. The sad reality is that there will be no change in Beijing – we will have the exact same picture again."

And so it was. Only four athletes reached finals. The question is: Will Chuene keep saying everything is fine until 2020 or 2030? Does ASA call this head-in-the-sand attitude vision?

In Jamaica running is as much part of childhood as the Little League baseball competition in the USA. Boys and girls take part in national events from the age of five, and by the time they are teenagers, top sprinters are competing before crowds of 30 000 in the country's National Stadium. More than one of the triumphant Jamaican sprinters in Beijing stated that their success came because they were proud to represent their country, that they came to believe they were the best, and because they knew they had all the support they needed (not to mention a well-designed, attractive, modern uniform).

In sixth place is the lack of money and the knack ASA has of losing sponsors. After Athens Great Britain started working with one goal in mind – to improve its medal tally in Beijing. It poured R3.5 billion into its preparations, and won 47 medals at the Games – a total surpassed only by the USA, China and Russia. Australia spent R3.6 billion.

What did South Africa have at its disposal? A measly R60 million! (But it spent another R11 million on an abortive exhibit for the 2010 World Cup in soccer.)

According to Dr Andrew Bosch of the Sports Science Institute in Cape Town, Great Britain "saw fit to get some of our people [of the Institute] involved with their athletes [yet although] we have world-class experts here, we have never been consulted [by the SA sports authorities]! Some years ago when I spoke to Hendrick Ramaala, he showed an 'I know it all' attitude, yet his record is actually pretty pathetic and he is making all sorts of training errors (well, at least he was then, and judging by his performances, I assume he still is).

"I do think that in most cases [in Beijing] we can't blame the athletes too much; I'm sure they all trained hard and ran as best they could. Rather, most of the finger-pointing should be in the direction of the politicians and organisers of sport in the country for not making more money available and putting structures in place."

Bosch added: "Interesting, too, is that we were involved with one gold medal; not a sport that you would normally think that science can help, but it did. The Indian shottist who won gold got help from us with analysis of his brain waves to help him relax and get into 'the zone' before shooting. Its quite interesting how those guys get into a state of total relaxation and exclusion of all external influences around them before firing their shot."

Lastly, there is the high-handed bullying and manipulation of our top athletes and the inability to see them, rather than the administrators, as our biggest asset. This ranges from the inferior clothing designed for the team to the way in which Sunette Viljoen, Natalie du Toit and our swimmers, to name a few, were treated. It is simple: sport at this level should revolve around the athletes and not the fat cats.

In a thorough analysis in *Die Burger* last week, Charles Naudé wrote that Mokoena produced "a giant leap", but his country took a step backward. Naudé said the decline in sports excellence was a symptom of what is happening in the country as a whole, and mentioned the police, Eskom, medical services, South African Airways, etc., as examples. "A culture of mediocrity is getting the upper hand," he wrote, and called the Beijing performances "an embarrassment in front of the whole world".

"The ideal stage where the identification and development of sporting and other talents should start is in the schools. This is not happening, and the sections of the community where it is mostly not happening are those that got the short end of the stick during apartheid. They are still suffering under the new, democratically elected government.

"There are also other problems. Sporting and other achievements only come through dedication and hard work. There is still some of this present in South Africa; that is why the economy still functions and grows. But there is also a dangerous tendency to entitlement, an attitude that people have the right to harvest and eat fruit for which they have not worked. This sets a bad example for young people.

"Coupled to this is the problem of a lack of role models. Here also the government should take the lead. But in the current Cabinet are a number of ministers who are, because of their general incompetence, also unfit as role models.

"What is worse, South Africa is heading for a situation where the highest office of President is going to be filled by someone with a dubious history of honesty, integrity and respect for women."

Naudé parallels the demands waiting for the new government to those waiting in sport. "There are so many similarities between success on the sports fields and in economic, social and other spheres that a strategic plan for sport can help to keep the next government focused. Sports success in its turn can help to establish a culture of excellence, which can become a giant leap forward for the country."

So what should be done?

The sport should be put back into the hands of dedicated, passionate, knowledgeable sports people. Running the Comrades is not necessarily a qualification for running a national sports body. Everyone knows that the country's sports administrators are dancing to the strings pulled in Luthuli House and singing along the strident tunes of "experts" like Komphela and Frolick. Unless this changes, London in 2012 will be just another Beijing.

ROAD RUNNING

Dolphin Coast 50 km, Half Marathon & 10 km

Ballito, 31 August

(Distances: 50 km - point-to-point course; 21.0975 km & 10 km – course configurations unknown)

50 km

MEN

1.	Mthembini Nzama	Nedbank AC	3:13:12
2.	Sigeobile Feni	Newland Striders	3:22:20
3.	Lovemore Chabata	Mr Price AC	3:27:37

WOMEN

1.	Sarah Scott	Coll Harr	4:25:40
2.	Kristie Scott	Coll Harr	4:32:34
3.	Nonsikelelo Mbambo	RWFL	4:36:51

Half marathon

MEN

1.	Richard Nene	ZIM/Boxer AC	67:58
2.	Singe Badza	ZIM/Boxer AC	68:00
3.	Simon Tsoanyana	Stella	71:57

WOMEN

1.	Marie Mntembu	Boxer AC	97:11
2.	Lhleleziphi Ncayiyane	Nedbank AC	99:47

10 km

MEN

1.	Christopher Lutmundja	Mr Price AC	33:11
2.	Bongani Mathunjwa	Nedbank AC	34:12
3.	Senzo Miya	Mr Price AC	34:24

WOMEN

1.	Ntombi Mukwayi	Boxer AC	43:21
2.	Monica Noyingana	Ind	44:08
3.	Nana Sigubudu	Boxer AC	44:15

Spar Women's 10 km Challenge

Pretoria, 30 August
(Loop course)

Note: Zintle Xiniwe finished fourth in the Nedbank SA 10 km earlier in the day – see results below and Editorial. – Ed.

1 Irvette van Blerk (Mr Price) 35:47; 2 Faithy Kamagila (ZIM/Kuwadzana) 36:41; 3 Zintle Xiniwe (Mr Price Celtics) 37:40; 4 Poppy Mlambo (Mr Price) 38:02; 5 Andrea Steyn (Temp) 38:10; 6 Myrette Filmater (Tuks) 38:23; 7 Jenna Challenor (Boxer) 38:27; 8 Catherine Nkosi (Transnet) 39:01; 9 Gloria Baeba (Transnet) 39:24; 10 Mbafholowo Sihadi (Nedbank) 40:06

Veterans: 1 Sarah Mahlangu (Mr Price) 41:03; 2 Michelle Bartman (Cape Tech) 41:26; 3 Lettie Saayman (Irene) 43:09. **Masters:** 1 Lynette Fisher (Kovsies) 46:13; 2 Francis v Blerk (Nedbank) 46:27; 3 Nancy Will (Pinelands) 49:36. **G'masters:** 1 Sonja Laxton (RAC) 43:40; 2 Esme Kloppers (Transnet) 57:45; 3 Marilyn Moore (Breakthru Midrand) 58:00. **G/g'masters:** 1 Marina Odendaal (Solidarity) 67:45; 2 Miemie Schoeman (Transnet) 71:36; 3 Thelma Fouche (74:18). **Juniors:** 1 Locilda Grobler (New Balance) 43:33; 2 Andronica Mokgotla (Temp) 43:48; 3 Tumelo Mokgethi (Wits) 47:47.

Nedbank South African 10 km Championships

(as part of the Nedbank Matha Series)

Stellenbosch, 30 August

(Certified near-loop course with a start/finish separation of 500 m, no difference in elevation [slightly changed from last year]. Weather: Cold, rain, wind. Finishers: 956.)

Note: The national championships were staged as part of the Nedbank Matha Series; runners indicated by * are either foreigners or South Africans who were not members of a provincial team and therefore not part of the South African Championships race (but still eligible for prize money). Where foreigners were placed in the top three in the age categories, South Africans were added to the top three to show the medal winners in the national title race. – Ed.

MEN

1	Sibusiso	Nzima	CGA	21	28:52	R25 000
2	Boy	Soke	AFS	25	28:56	R20 000
3	Stephen	Mokoka	AVT	23	28:57	R15 000
4	Enos	Matalane	AGN	29	29:02	R10 000
5	Tshamano	Setone	CGA	21	29:03	R8000
6	Mehari	Baraki*	ETH/ADTCGA	18	29:04	R7000
7	Ruben	Ramolefi	CGA	30	29:14	R6000
8	Jeffrey	Gwebu	CGA	27	29:15	R5500
9	Themba	Miya	CGA	26	29:23	R5000
10	Samuel	Tsosane	ACNW	22	29:25	R4000
11	Xolisa	Tyali	CGA	19	29:27	R3500
12	Lungile	Gongqa	ATRA	29	29:35	R3000
13	Sithyilo	Diko	ATRA	16	29:37	R2500
14	Lucky	Mohale	LIMA	23	29:41	R2000
15	Samuel	Segoaba	AFS	25	29:41	R1000
16	Thabang	Letsiye	ACNW	23	29:42	R750
17	Xolisani	Zamkele	ATRA	21	29:43	R500
18	Thubalethu	Phaku	AKZN	28	29:44	R350
19	Richard	Mavuso	AGN	30	29:50	R300

20	Lindikhaya	Mthangayi	WPA	29	29:54	R200
21	Coolboy	Ngamole	CGA	31	29:54	
22	Kelvin	Pangiso*	ZIM/MRPRICE	27	29:55	
23	Alexander	Motone	AGN	28	29:58	
24	Ishmael	Phokwane	ANWN	23	30:01	
25	Frik	Guys	CGA	22	30:02	
26	Sehohle	Folavia	CGA	17	30:02	
27	Shaun	Zuzani	CGA	17	30:03	
28	George	Ntshiliza	EPA	28	30:03	
29	Edwin	Molepo	ACNW	21	30:07	
30	Rafael	Mahapa*	LEKOA A	24	30:09	
31	Gladwin	Mzazi	AVT	20	30:09	
32	Siyabonga	Nkonde	AKZN	20	30:11	
33	Raphael	Segodi	CGA	22	30:16	
34	Nkosinathi	Madyo	EPA	20	30:17	
35	Mbongeni	Ngxazozo*	NEDCGA	28	30:22	
36	Jacob	Letsholo	ACNW	23	30:27	
37	Enoch	Manyandi	CGA	19	30:29	
38	Elroy	Gelant	ACNW	22	30:31	
39	Mfumaneko	Fadane	ATRA	15	30:31	
40	Dikotsi	Lekopa	ACNW	20	30:32	
41	Sixolile	Shinta	EPA	23	30:33	
42	David	Molebatsi	CGA	17	30:33	
43	Reuben	Magengenene	CGA	16	30:35	
44	Jonathan	Chinyoka*	ZIM/MRPRICE	18	30:35	
45	Lloyd	Bosman	ACNW	20	30:36	
46	Thoriso	Ratsela	CGA	18	30:36	
47	Kotokapetsa	Mhlanga	CGA	18	30:37	
48	Xolela	Ngcebetsha	ATRA	16	30:38	
49	Sampie	Mokgatla	AVT	29	30:39	
50	Vuyisile	Tshoba	CGA	17	30:40	

(Same prize money in the three older age categories: R2000, R1500, R1000)

40-49: 1. Maboyisana Mazwayi (EPA) 32:00; 2. Warren Petterson (WPA) 32:03; 3. Simon Meli (AFS) 32:24. **50-59:** 1. Vladimir Kotov (BLR/WPA) 32:39 (WP rec); 2. Antonie Nyabanyaba 35:29 (AFS); 3. Eloi de Oliveira* (Boxer) 35:33; 4. Achim Mhlanzi (KZN) 35:54. **60+:** 1. Albertus Bock (WPA) 38:13; 2. Tamsanqa Jusayi (EPA) 38:17; 3. Johannes Moseithla (LIMA) 39:01. **Juniors:** 1. Mehari Baraki* (ETH/ADT CGA) 29:04 R10000; 2. Sithyilo Diko (CGA) 29:37 R8000 [SA champion]; 3. Folavia Sehohle (CGA) 30:02 R7000; 4. Shaun Zuzani (CGA) 30:03 R6000.

WOMEN (Same prize money as men)

1	Lebo	Phalula	CGA	24	33:01
2	Lebogang	Phalula	CGA	24	33:02
3	Rene	Kalmer	CGA	27	33:16
4	Zintle	Xiniwe	WPA	21	33:29
5	Helalia	Johannes*	NAM/BOXER	30	33:42
6	Violet	Raseboya	CGA	22	33:43
7	Annerien	Van Schalkwyk	AGN	29	34:11
8	Samukeliso	Moyo*	ZIM/MRPRICE	34	34:16
9	Tabitha	Tsatsa*	ZIM/BOXER	35	34:32
10	Nandipha	Dywili	ATRA	15	34:35
11	Sharon	Tavenga*	ZIM/MRPRICE	24	34:51
12	Ntombesintu	Ntshiliza	EPA	26	34:52
13	Taemo	Weldegebriel*	ETH/ADTCGA	22	34:58
14	Mapaseka	Makhanya	CGA	23	35:03
15	Dominique	Scott	WPA	16	35:10

16	Poppy	Mlambo	CGA	27	35:20
17	Catherine	Nkosi	AGN	27	35:46
18	Olivia	Chitate*	ZIM/MRPRICE	20	35:47
19	Maxine	Heine-Wacker	CGA	18	36:00
20	Mundalamo	Tshivhiwa	CGA	27	36:04
21	Portia	Ngwenya	CGA	20	36:06
22	Carey ann	Cave	AKZN	28	36:14
23	Mpho	Mabuza	CGA	28	36:22
24	Gloria	Baeba	AGN	27	36:27
25	Dimakatso	Menong	CGA	32	36:41
26	Cecil	Roffey	MPWP	36	36:43
27	Nomsa	Ntsethe	ATRA	31	36:43
28	Takalane	Nthulane	CGA	28	36:46
29	Nolene	Conrad	WPA	23	37:00
30	Daniella	Adlam	AKZN	28	37:12
31	Tembi	Baloyi	AGN	19	37:19
32	Farwa	Mentoor*	BONITAS	35	37:21
33	Bulelwa	Mtshagi	WPA	28	37:27
34	Vuyiseka	Dlongwana	ATRA	18	37:37
35	Thozama	April	WPA	22	37:43
36	Ronel	Thomas	AGN	36	37:46
37	Laetitia	Saayman	AGN	15	37:47
38	Janene	Cary	AKZN	36	37:50
39	Amanda	Dyaluvani	ATRA	16	37:53
40	Noloyiso	Monti	ATRA	16	37:55
41	Maya	Lawrie	AKZN	40	37:57
42	Cornelia	Joubert	CGA	20	38:24
43	Mia	Pienaar	BOL	19	38:25
44	Zinhle	Mtshali	AKZN	16	38:30
45	Nomvula	Dlamini	AKZN	16	38:31
46	Liandre	Pretorius	EPA	29	38:31
47	Destiny	Titus	WPA	19	38:32
48	Grace	De oliveira	AKZN	47	38:36
49	Monique	Hachter	CGA	15	38:36
50	Nadia	Hachter	CGA	15	38:36

40-49: 1. Maya Lawrie (KZN) 37:57; 2. Grace de Oliveira (KZN) 38:36; 3. Elmarie Coetzee (WPA) 38:37. **50-59:** 1. Loesje de Beer (EPA) 40:47; 2. Marietjie Ceronio (AVT) 41:17; 3. Annatjie Botes (ASWD) 43:32. **60+:** 1. Rea Oosthuizen (ASWD) 45:15; 2. Veronica van Niekerk (BOLA) 45:17; 3. Margie Plantema (WPA) 47:40. **Juniors:** 1. Nandipha Dywili (ATRA) 34:35; 2. Dominique Scott (WPA) 35:10; 3. Maxine Heine-Wacker (CGA) 36:00.

Paarlberg Half Marathon (74th) & 10 km

Paarl, 30 August

(Distances: 21.0975 km & 10 km; the half marathon a very hilly loop, partly on gravel across Paarl Mountain; 10 km course configuration unknown)

Half marathon

MEN

1. Velani Lusaseni (Adid) 72:30; 2. Mzukile Silayi (Adid) 73:53; 3. Asanda Mkiti (Adid) 74:08; 4. Godwell Blaauw (Ind) 79:15; 5. David Molema (Mr Pr) 80:38; 6. Siyanda Plaatjies (Adid) 81:40 (1st jun); 7. Mervyn Steenkamp (Ind) 82:53; 8. Owen Smith (Saf/Wel) 83:46; 9. Isak Oliphant (WP Def) 85:44 (1st vet); 10. Rudolf Warries (A.Alive) 86:03; 11. Mike O'Donovan (VOB) 86:23; 12. Damian Will (Pine) 86:24; 13. Lungisa Cuba (Ned) 87:11; 14. Zama Witvoet (Ned) 87:21 (1st mast); 15. Phumzo Mrali (Saf/Wel) 87:51; 16. John Small (Saf/Wel) 87:58; 17. Stef Patten (VOB) 88:25; 18. Brendon Jackson

(Ind) 90:09; 19. Mark Naumann (Edg) 90:23; 20. Henry Cieverts (Top) 90:30; 21. Randall Joshua (Telkom) 91:15; 22. Siyanda Gxaba (Khaye) 91:43; 23. Thembelani Zola (Mr Pr) 92:24; 24. Thembelani Figlan (Ned) 92:30; 25. Patrick Sineli (Ned) 92:57; 26. Hymie Misroll (Pine) 93:10; 27. Marcél Oosthuizen (Dur) 93:19; 28. Jacobus Visagie (Saf/Wel) 94:17; 29. Adrian Jacobs (Paarl) 94:40; 30. Hendrik Coetzee (Dur) 94:56.

Masters: (40+): 1. Isak Oliphant (WP Def) 85:44; 2. Rudolf Warries (A.Alive) 86:03; 3. John Small (Saf/Wel) 87:58. **(50+):** 1. Zama Witvoet (Ned) 87:21; 2. Henry Cieverts (Top) 90:30; 3. Sam Kotzé (Ned) 95:36. **(60+):** 1. Isaac Prins (Saf/Wel) 106:52; 2. Claude Brooks (Top) 109:55; 3. Caspar Greeff (Atl) 114:09. **(70+):** 1. Caspar Greeff (Atl) 114:09. **Juniors:** 1. Siyanda Plaatjies (Adid) 81:40; 2. Mervyn Steenkamp (Ind) 82:53; 3. Siyanda Gxaba (Khaye) 91:43.

WOMEN

1. Ursula Frans (Mr Pr) 92:17; 2. Claire Jackson (Ind) 97:11 (1st vet); 3. Styntjie Prins (Paarl) 98:20 (1st mast); 4. Michelle Eilers (Paarl) 100:19; 5. Elizabeth de Gouveia (Dur) 101:27; 6. Robyn Gardiner (Edg) 103:30; 7. Bertha Denichaud (Edg) 103:50; 8. Tracy Bunn (Edg) 105:56; 9. Maretha de Kock (Adid) 107:25; 10. Elzet Louw (Saf/Wel) 107:26; 11. Carli Basson (Paarl) 108:31; 12. Warreniece Oliphant (Celt) 111:13 (1st jun); 13. Nicola Kemp (WC) 111:53; 14. Nicolene Koeglenberg (Brack) 112:29; 15. Lindie Bouwer (Sanlam) 113:17; 16. Joanne Wynne (Dur) 113:23; 17. Cailey Bredenkamp (Paarl) 113:24; 18. Sonia Smith (Top) 117:26; 19. Christina Langenhoven (Ind) 117:51; 20. Liezel Joubert (Edg) 118:47.

Masters: (40+): 1. Claire Jackson (Ind) 97:11; 2. Bertha Denichaud (Edg) 103:50; 3. Maretha de Kock (Adid) 107:25. **(50+):** 1. Styntjie Prins (Paarl) 98:20; 2. Sonia Smith (Top) 117:26; 3. Lynette Voigt (Top) 123:38. **(60+):** 1. Marlene James (Pine) 137:03. **Juniors:** Warreniece Oliphant (Celt) 111:13.

10 km

MEN

1. Marks Mpekula (CPUT) 32:48; 2. Luvuyo Mlungu (VOB) 34:10; 3. Veyethu Mjokwana (Ned) 35:45 (1st jun); 4. McNeil Hendricks (H.Harr) 36:59; 5. Kevin Oliphant (ER) 38:19; 6. Byron February (Saf/Wel) 38:21; 7. Christo Dourie (CS) 38:55; 8. Shaun Daniels (H.Harr) 38:58; 9. Tiaan Oosthuizen (Adid) 39:11; 10. Johan Matthee (Paarl) 39:12; 11. Muhammad Kriel (Ned) 39:20 (1st mast); 12. Xolile Johnson (Saf/Wel) 39:36 (1st vet); 13. Jafta Hendricks (Rieb Vallei) 39:47; 14. Piet Meintjies (Saf/Wel) 40:25; 15. Eillias Siku (Ned) 41:14; 16. Cobus Matthee (Paarl) 41:26; 17. Brendon Goosen (Paarl) 41:27; 18. Petri Westraadt (Ind) 42:04; 19. Godfrey Swartz (Hang) 42:49; 20. Chriszando Jacobs (Ind) 43:48; 21. Hilton Jonathan (Ind) 44:24; 22. Barend Robinson (Ind) 44:35; 23. Johan du Toit (CPUT) 45:22; 24. Percival Oliphant (Telkom) 45:45; 25. Christie Hendricks (Saf/Wel) 46:44; 26. Hendri Terblanche (Telkom) 47:06; 27. J.P. Botha (Str) 47:30; 28. Mdu Mmbuthuma (Ind) 48:11; 29. Brian Rothman (Brack) 48:37; 30. Carl Hendricks (Ned) 50:36 (1st g'mast).

Masters: (40+): 1. Xolile Johnson (Saf/Wel) 39:36; 2. Jafta Hendricks (Rieb Vallei) 39:47; 3. Piet Meintjies (Saf/Wel) 40:25. **(50+):** 1. Muhammad Kriel (Ned) 39:20; 2. Brian Rothman (Brack) 48:37; 3. David Marais (Ind) 63:32. **(60+):** 1. Carl Hendricks (Ned) 50:36; 2. M.S. Burger (Bel) 63:09. **Juniors:** 1. Veyethu Mjokwana (Ned) 35:45; 2. McNeil Hendricks (H.Harr) 36:59; 3. Shaun Daniels (H.Harr) 38:58.

WOMEN

1. Natasha Oosthuizen (Adid) 41:46; 2. Dané Jordaan (Ind) 45:05; 3. Monique-Ann Lombard (Ind) 45:51; 4. Mariaan Malan (Ned) 46:03 (1st vet); 5. Hanlie Groenewald (NB) 49:29; 6. Ilse Jacobs (Ned) 49:36 (1st jun); 7. Colleen de Oliveira (Ind) 51:03; 8. Helen du Plessis (Tyg/NL) 52:51 (1st mast); 9. Leana Oosthuizen (Ind) 54:32; 10. Liezel Lourens (Stel) 54:43; 11. Rochelle Rose (Ind) 54:56; 12. Juanette Barnard (Ind) 55:34; 13. Marina

Badenhorst (Bred) 44:42; 14. Maryna du Plessis (Dur) 55:45; 15. Theresa le Roux (Paarl) 57:48; 16. Laura Bouwer (Sanlam) 58:13; 17. Elke van Dyk (R/W for L) 58:43; 18. Liezl Smit (Paarl) 58:57; 19. Celeste Marais (Ind) 59:19; 20. Stephanie Betts (Ind) 59:51.

Masters: (40+): 1. Mariaan Malan (Ned) 46:03; 2. Theresa le Roux (Paarl) 57:48; 3. Lynn van Niekerk (Paarl) 76:30. **(50+):** 1. Helen du Plessis (Tyg/NL) 52:51; 2. Maryna du Plessis (Dur) 55:45; 3. Laura Bouwer (Sanlam) 58:13. **(60+):** 1. Dolla Naurattel (Ceres) 67:34; 2. Ulla Paul (Spart) 84:49; 3. Marianne Balarin (VOB) 95:08. **(70+):** 1. Marianne Balarin (VOB) 95:08. **Juniors:** 1. Ilse Jacobs (Ned) 49:36; 2. Marina Badenhorst (Bred) 44:2.

Cape Truss Heartbreak Hill Half Marathon (30th)

Port Elizabeth, 30 August

(Distance: 21.0975 km; loop course)

MEN

1	Phumelelo	August	NMMU AC	23	1:08:01
2	Thomas	Pongola	Nedbank RC EP	32	1:08:43
3	Sandile	Ngunuza	Nedbank RC EP	25	1:09:00
4	Anele	Maliza	Mr Price AC EP	30	1:09:14
5	Eric	Sigxashe	Mr Price AC EP	29	1:11:06
6	Zamubuntu	Teyise	Nedbank RC EP	31	1:11:26
7	Masande	Mlonyeni	Nedbank RC EP	27	1:11:38
8	Mzamo	Fokwana	Charlo AC	30	1:11:41
9	Simon	Ngcoko	Mr Price AC EP	38	1:12:22
10	Melikhaya	Kepe	Nedbank RC EP	32	1:12:47
11	Luvuyo	Ntando	Thomas Mbiza AC	31	1:13:11
12	Xolile	Ndingane	Mr Price Athlet	36	1:13:17
13	Bulelini	Niwa	PEAAC	23	1:14:13
14	Mila	Pasiya	Nedbank RC EP	28	1:14:18
15	Mlungiseleli	Manyati	St Albans CSEP	32	1:14:53
16	Kelly	Soyamba	Nedbank RC EP	31	1:14:58
17	Basie	Bonaparte (1 st vet)	Nedbank RC EP	42	1:15:38
18	Terrance	Mjekula	Nedbank RC EP	35	1:15:39
19	Darrell	Wicht	Raleigh AC	45	1:16:47
20	Mzukisi	Klaas	PEAAC	39	1:17:19

40-44:

1	Basie	Bonaparte	Nedbank RC EP	42	1:15:38
2	Mutekile	Rasmeni	Raleigh AC	43	1:19:31
3	Alfred	Pakkies	Legacy AC	40	1:20:52

45-49:

1	Darrell	Wicht	Raleigh AC	45	1:16:47
2	Colben	Ngcupe	PEAAC	45	1:22:19
3	Philbert	Tyombo	PEAAC	45	1:22:55

50-54:

1	Clifford	Hicken	Elite AC	51	1:31:50
2	Sipho	Ncandana	Raleigh AC	52	1:32:06
3	Donald	Mancasa	Raleigh AC	54	1:33:00

55-59:

1	Sizinzo	Kama	Achilles AAA	57	1:28:55
2	Jackson	Ngcoko	Willard Batt	59	1:29:15
3	Fikile	Seya	Nedbank RC EP	55	1:30:35

60-64:

1	Fred	Verrall	Charlo AC	60	1:31:03
2	Eddie	Walker	PEAAC	61	1:36:40

3	Percy	Dalton	Achilles AAA	60	1:42:15
65-69:					
1	Gerald	Hoxley	Achilles AAA	67	1:59:25
2	Pietie	Barnard	Bluewater Bay	68	2:14:07
3	Robin	Clark	Nedbank RC EP	67	2:15:46
70+:					
1	Samuel	Stemele	New Balance	70	1:58:29
2	Hilary	Pritchard	Crusaders AC	74	2:23:44
Juniors:					
1	Akhona	Madalane	Temp	16	1:25:38
2	Thokozani	Fani	Temp	18	1:27:00
3	Vuyisa	Mbuqu	Nedbank RC EP	19	1:27:15
WOMEN					
1	Davera	Magson	Mr Price AC EP	33	1:27:18
2	Liza-Marie	Bright	Raleigh AC	26	1:28:40
3	Frith	v.d. Merwe (1 st vet)	Albany R R	44	1:29:50
4	Priscilla	Dyanti	Mr Price AC EP	34	1:32:09
5	Grizelda	Pietersen	Achilles AAA	39	1:33:37
6	Treloar	Childs	Spar Walmer AC	45	1:34:21
7	Maresa	Ah Kun	Bluewater Bay	32	1:36:15
8	Lesley	Wood (1 st mast)	Achilles AAA	51	1:37:28
9	Sharon	Zeelie	Raleigh AC	37	1:38:06
10	Suzanne	Lavis	Jeffreys Bay	50	1:39:36
11	Pat	Thomson	Achilles AAA	48	1:40:08
12	Deliwe	Nyanga (1 st jun)	PEAAC	19	1:40:11
13	Allison	Hertel	Temp	38	1:42:49
14	Janette	Schierz-Crusius	Body Concept	47	1:43:56
15	Paulette	Mcewan	Achilles AAA	43	1:44:30
16	Layle	Henderson	Rhodes Universi	25	1:44:34
17	Nadia	Wessels	PEAAC	38	1:44:48
18	Antoinette	Grobler	Temp	28	1:44:54
19	Claire	Nagel	Elite AC	44	1:47:48
20	Julia	Gallinetti	Temp	27	1:48:01
40-44:					
1	Frith	van der Merwe	Albany R R	44	1:29:50
2	Paulette	Mcewan	Achilles AAA	43	1:44:30
3	Claire	Nagel	Elite AC	44	1:47:48
45-49:					
1	Treloar	Childs	Spar Walmer AC	45	1:34:21
2	Pat	Thomson	Achilles AAA	48	1:40:08
3	Janette	Schierz-Crusius	Body Concept	47	1:43:56
50-54:					
1	Lesley	Wood	Achilles AAA	51	1:37:28
2	Suzanne	Lavis	Jeffreys Bay	50	1:39:36
3	Theresa	Lillis	Achilles AAA	52	2:01:57
55-59:					
1	Cathy	Ives	Achilles AAA	55	1:52:17
2	Jos	Els	Madiba Bay AC	56	1:54:21
3	Maria	Oppel	Crusaders AC	58	2:06:16
60-64:					
1	Liz	Grundlingh	Muirite Strider	61	1:52:05
2	Esly	Strydom	Legacy AC	63	2:29:08
3	Debbie	Oelofse	Legacy AC	61	2:45:38
70+:					
1	Dorothy	Hart	PEAAC	70	2:19:47

Juniors:

1	Deliwe	Nyanga	PEAAC	19	1:40:11
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Puffer & Tuffer Puffer Mountain Ultramarathons

Cape Town, 23 August

(Distances: 80 km – point-to-point course on tar and mountain trails & 160 km – double the one-way distance)

Note: The 80 km race was lengthened to 90 km this year because of atrocious weather which precluded the athletes from running across Table Mountain (they had to take a detour); so it is assumed the Tuffer Puffer wasn't 160 km but 180 km. – Ed.

Puffer**MEN**

1. William Robinson 7:30:06; 2. Ben Goeriot 8:13:20; 3. Costa Dimopoulos 8:52:48; 4. Marc du Rooy 8:53:1; 5. Ian Little 8:53:13; 6. Godfrey Lee 9:02:35; 7. Ross MacGregor 9:08:28; 8. Willem Coetzee 9:11:25; 9. Mark Logan 9:11:40; 10. Arno Lourens 9:13:11; 11. Hayden Hobbs 9:24:33; 12. Eric Tollner 9:25:21; 13. Angelo Henry 9:31:53; 14. Carlo Boreaux 9:44:20; 15. George Dimopoulos 9:47:42; 16. Mark Tolsma 9:52:41; 17. C.M. Laker 9:53:49; 18. Brian Key 9:48:49; 19. Craig Fusell 10:01:22; 20. Dave Johnston 10:05:41; 21. Stuart Purcell 10:08:16; 22. Tiaan Roodt 10:21:07; 23. Johan Marnewick 10:21:14; 24. Clive Mitchell 10:22:43; 25. David Hudson 10:22:54; 26. Frik Nelson 10:23:41; 27. Chris Allen 10:25:54; 28. Hannes van der Merwe 10:29:41; 29. Grant Oliver 10:29:47; 30. Colin Hepburn 10:34:25.

WOMEN

1. Olivia Read 8:13:20; 2. Caroline Hanks 9:03:52; 3. Janette Terblanche 9:47:41; 4. Miema Murray 9:58:22; 5. Martha Pretorius 10:22:46; 6. Miranda Symonds 10:57:45; 7. Kerry Foster 10:57:46; 8. Dominique Egli 11:05:37; 9. Sandra Baetsen 11:19:34; 10. Tolullah Oni 11:19:35; 11. Robyn Woodward 11:23:35; 12. Lynn Thomas 11:28:57; 13. Judy Tancred 11:31:10; 14. Edith van der Merwe 11:34:12; 15. Jenny Bradshaw 11:45:56; 16. Elaine Harvey 11:45:57; 17. Tracy Lentin 11:55:15; 18. Linda Sparks 11:56:55; 19. Isabel Ritz 12:18:14; 20. Beryl Penny 12:21:07.

Tuffer Puffer**MEN**

1. Kevin Balfour 23:56:15; 2. Allan Green 28:29:54; 3. Beaumont Cooper 29:12:06; 4. Hamish Horrell 31:29:41; 5. Robert Graham 33:13:00.

Dumbe Mountain Race

Vryheid, 30 August

(Distance: 15 km; loop course)

MEN

1.	Godfrey Koki	ZIM/Boxer AC	57:04
2.	Bongani Msimango	Boxer AC	60:54
3.	Mziayifan Mdludu	Boxer AC	62:12

40-49:

1.	M Mavuso	Umhul AC	69:36
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50-59:

1.	Simon Chiliza	Sydenham AC	76:49
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60+:

1.	Clive Bunting	Bigg AC	105:15
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WOMEN

1.	Karen Franse	VAC	1:40:57
2.	Dudizile Shongwe	Ind	1:43:41
3.	Lee Ann Collyer	Ind	1:53:54

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 WRAP-UP

At 21 years and 288 days old Samuel Wanjiru became the youngest male marathon gold medal winner since Juan Carlos Zabala (20 years 321 days) in 1932. He was the youngest to win any Major since 1993 when Cosmas Ndeti (21 years 146 days) was first at the Boston Marathon. Not surprisingly, his time is the fastest marathon ever run in the month of August (previous 2:08:31, Jaouad Gharib, World Championships, Paris/St. Denis, 2003).

Splits for top finishers in men's marathon:

	Wanjiru	Gharib	Kebede
5 km	14:52	14:53	14:54
10 km	29:26 (14:34)	29:26 (14:33)	29:32 (14:38)
15 km	44:37 (15:11)	44:37 (15:11)	44:37 (15:05)
20 km	59:10 (14:33)	59:10 (14:33)	59:33 (14:56)
half	1:02:34	1:02:34	1:02:50
25 km	1:13:58 (14:48)	1:13:58 (14:48)	1:14:43 (15:07)
30 km	1:29:14 (15:16)	1:29:18 (15:20)	1:30:25 (15:42)
35 km	1:44:37 (15:23)	1:44:38 (15:20)	1:46:29 (16:04)
40 km	1:59:54 (15:17)	2:00:12 (15:34)	2:02:37 (16:08)
42.195	2:06:32 (6:38)	2:07:16 (7:04)	2:10:00 (7:23)

Splits for top finishers in women's marathon:

	Dita	Ndereba	Zhou
5 km	18:26	18:27	18:25
10 km	36:11 (17:45)	36:19 (17:52)	36:11 (17:46)
15 km	53:52 (17:41)	53:55 (17:36)	53:52 (17:41)
20 km	1:11:27 (17:35)	1:11:34 (17:39)	1:11:28 (17:36)
half	1:15:11	1:15:23	1:15:15
25 km	1:28:16 (16:49)	1:28:53 (17:19)	1:28:50 (17:22)
30 km	1:45:04 (16:48)	1:46:02 (17:09)	1:46:01 (17:11)
35 km	2:02:00 (16:56)	2:03:10 (17:08)	2:03:10 (17:09)
40 km	2:19:07 (17:07)	2:20:08 (16:58)	2:20:07 (16:57)
42.195 km	2:26:44 (7:37)	2:27:06 (6:58)	2:27:07 (7:00)

ROAD RUNNING**Hokkaido Marathon**

Sapporo, JPN, 31 August

(Distance: 42.195 km. All runners JPN unless indicated otherwise.)

MEN

1. Masaru Takamizawa 2:12:10
2. Kentaro Nakamoto 2:15:21
3. Masaya Shimizu 2:15:29
4. Yuzo Onishi 2:15:49

5. Yuki Abe 2:16:21
 ... 11. Eric Wainaina (KEN) 2:18:42

WOMEN

1. Yukari Sahaku 2:31:50 DB
 2. Hitomi Niiya 2:32:19
 3. Kaori Yoshida 2:33:37
 4. Mai Tagami 2:35:44
 5. Yukiko Matsubara 2:36:55
 ... 7. Alice Chelangat (KEN) 2:39:11

Klagenfurt Halbmarathon

Klagenfurt, AUT, 24 August
 (Distance: 21.1 km)

MEN

1. Francis Kiprop, 1982, KEN 1:00:59 CR
 2. Andrew Limo, 1984, KEN 1:03:17
 3. Rotath John Stephen, 1984, TAN 1:03:34
 4. Stanley Salil, 1986, KEN 1:04:04
 5. Geoffrey Gikuni-Ndungu, 1984, KEN 1:04:14

WOMEN

1. Anikó Kálovics, 1977, HUN 1:12:33
 2. Alice Mogire, 1987, KEN 1:13:56
 3. Joyce Chepchumba, 1970, KEN 1:15:05

Crim Festival of Races (32nd)

Flint, USA, 23 August
 (Distance: 10 miles)

MEN (gun times)

1. Stephen Koech, KEN 48:04 \$5000
 2. Samuel Ndereba, KEN 48:07 2500
 3. Boaz Cheboiywo, KEN 48:09 2800^
 4. Edward Muge, KEN 48:16 1500
 5. Daniel Kipkoech, KEN 48:36 1000

^) Prize money includes Michigan resident award

WOMEN (gun times)

1. Irene Limika, KEN 55:49 \$5000
 2. Edith Masai, 40, KEN 55:52 2500
 3. Neriah Asiba, KEN 55:56 2000
 4. Angelina Mutuku, KEN 56:07 1500
 5. Jane Murage, KEN 56:10 1000

Internationaler Schortenser JEVER-FUN-LAUF (22nd)

Schortens, GER, 16 August
 (Distance: 10 mles; slightly less than 4 laps of a 4.125 km loop)

MEN

1. Stephen Chelimo, 1985, KEN 45:38
 2. Felix Keny, 1985, KEN 45:49

3. Daniel Keitany, 1984, KEN 46:41
4. Johnstone Chepkwony, 1984, KEN 47:34
5. Sammy Kipruto, 1978, KEN 47:40

WOMEN

1. Alice Mogire, 1987, KEN 55:28
2. Joyce Chepchumba, 1970, KEN 55:51
3. Irene Cherop, 1986, KEN 57:19
4. Emily Chemu Ngetich, 1984, KEN 58:35
5. Judith Jebichi, 1983, KEN 1:03:18

Solidarity Marathon (14th)

Gdansk, POL, 15 August
(Distance: 42.195 km)

MEN

1. Jaroslaw Janicki, 1966, POL, 2:20:59; 2. Adam Dobrzynski, 1974, POL, 2:21:29; 3. Sergey Okseniuk, 1980, UKR, 2:23:52.

WOMEN

1. Arleta Meloch, 1979, POL, 2:40:06.

ULTRA/MOUNTAIN/TRAIL RUNNING

Leadville Trail 100 Mile Endurance Run (26th)

Leadville, USA, 16-17 August
(Distance: 100 miles [50 miles out and back], extremely high altitude [the race tops out at 3843 m with constant climbing and descending], difficult terrain. Finishers: 186.)

MEN

1. Duncan Callahan, Gunnison, CO 18:02:39
2. Andrew Skurka, Seekonk, MA 18:17:25
3. Zeke Tiernan, Aspen, CO 18:37:27
4. Rick Hessek, Colorado Springs, CO 19:18:22
5. Scott Jaime, Highlands Ranch, CO 20:59:59

WOMEN

1. Helen Cospolich, Breckenridge, CO 23:21:53
2. Stephanie Ehret, Boulder, CO 24:43:28
3. Rhonda Claridge, Telluride, CO 26:05:25

Pikes Peak Ascent

Manitou Springs, USA, 16 August
(Distance: 13.32 miles. The race begins at an elevation of 1918 m and ends at 4299 m for a net elevation GAIN of 2381 m and covers a rocky course. Finishers: 761.)

MEN

1. Simon Gutierrez, 42, Alamosa, CO 2:18:09
2. Tim Parr, 26, Gunnison, CO 2:19:33
3. Payton Batliner, 24, Boulder, CO 2:23:28
4. Alex Nichols, 23, Colorado Springs, CO 2:26:52
5. Zach Crandall, 28, Lafayette, CO 2:28:16

WOMEN

1. Brandy Erholtz, 30, Bailey, CO 2:41:26
2. Lisa Goldsmith, 43, Nederland, CO 2:51:23
3. Connilee Walter, 35, Colorado Springs, CO 2:53:46

TRACK

Weltklasse Zürich

(Golden League Meeting)

Zürich, SUI, 29 August

MEN

1500:

1	Haron Keitany	KEN	3:32.06	20
2	Rashid Ramzi	BRN	3:32.86	16
3	Belal Mansoor Ali	BRN	3:33.06	14
4	Yusuf Saad Kamel	BRN	3:33.11	12
5	Juan Carlos Higuero	ESP	3:33.37	10
6	Abdalaati Iguider	MAR	3:33.42	8
7	Mehdi Baala	FRA	3:33.67	6
8	Alfred Kirwa Yego	KEN	3:33.69	4
9	Nicholas Kemboi	KEN	3:35.05	3
10	Gideon Gathimba	KEN	3:35.40	3
11	Thomas Lancashire	GBR	3:35.66	3
12	Daniel Kipchirchir Komen	KEN	3:35.81	3
13	Asbel Kipruto Kiprop	KEN	3:36.68	
14	Shedrack Kibet Korir	KEN	3:40.00	

5000:

1	Kenenisa Bekele	ETH	12:50.18	20
2	Moses Ndiema Kipsiro	UGA	12:59.48	16
3	Moses Ndiema Masai	KEN	13:00.15	14
4	Edwin Cheruiyot Soi	KEN	13:07.98	12
5	Ahmad Hassan Abdullah	QAT	13:09.97	10
6	Micah Kogo	KEN	13:12.29	8
7	Mark Kosgei Kiptoo	KEN	13:13.09	6
8	Joseph Ebuya	KEN	13:21.35	4
9	Boniface Kiprotich Songok	KEN	13:33.22	3
10	Leonard Patrick Komon	KEN	13:35.52	3
11	Boniface Kiprop Toroitich	UGA	13:40.71	3
12	Abraham Chebii	KEN	13:44.88	3

3000 s/chase:

1	Paul Kipsiele Koech	KEN	8:04.26	20
2	Mahiedine Mekhissi-Benabbad	FRA	8:08.95	16
3	Michael Kipyego	KEN	8:09.05	14
4	Wesley Kiprotich	KEN	8:14.93	12
5	Bouabdellah Tahri	FRA	8:15.82	10
6	Ezekiel Kemboi	KEN	8:19.36	8
7	Mustafa Mohamed	SWE	8:20.10	6
8	Richard Kipkemboi Mateelong	KEN	8:28.38	4
9	Brahim Taleb	MAR	8:48.91	3

WOMEN

800:

1	Pamela Jelimo	KEN	1:54.01	20
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2	Maryam Yusuf Jamal	BRN	1:57.80	16
3	Janeth Jepkosgei	KEN	1:58.26	14
4	Maria de Lurdes Mutola	MOZ	1:58.71	12
5	Marilyn Okoro	GBR	1:59.03	10
6	Tatyana Andrianova	RUS	2:00.21	8
7	Yuliya Krevsun	UKR	2:00.33	6
8	Kenia Sinclair	JAM	2:03.45	4
9	Nancy Jebet Lagat	KEN	2:05.84	

NEWS

SPAR GRAND PRIX SERIES

Celtic runner Zintle Xiniwe is now in top spot of the Spar Grand Prix standings, four points ahead of Poppy Mlambo and the duo of Michelle Bartman and Gloria Baeba. After the weekend's race in Pretoria two new runners have entered the top ten – Jenna Challenor and grandmaster Sonja Laxton in eighth and ninth respectively. The last race in the series is on 12 October in Johannesburg.

Individual standings:

1	Zintle Xiniwe	Celtics	73
2	Poppy Mlambo	Mr Price CGA	69
3	Michelle Bartman	Cape Tech	65
	Gloria Baeba	Transnet	65
5	Annerien van Schalkwyk	Irene	60
	Ezbe Strydom	NW Univ	60
7	Catherine Nkosi	Transnet	56
8	Jenna Challenor	Boxer	48
9	Sonja Laxton	RAC	44
10	Ivette van Blerk	Temp/Mr Price CGA	43
11	Tshifiwa Mundalamo	Nedbank AGN	39
12	René Kalmer	Mr Price CGA	33
13	Ronel Thomas	Nedbank AGN	27
	Grace de Oliveira	Mr Price KZN	27
	Nancy Will	Pinelands	27
16	Anneline Roffey	Mr Price WPA	24
	Simangele Mabuza	Nedbank AVT	24
18	Noria Sibanda	Nedbank AGN	22
19	Thozama April	Celtics	21
20	Vuyiseka Dlongwana	Mr Price	20
	Charné Bosman	Mr Price AGN	20

Club standings:

1	Mr Price CGA	167
2	Transnet Rail Engineering	163
3	Nedbank AGN	121
4	Celtics	117
5	Irene	87
6	Cape Technikon	65
7	Nw University	63
8	Boxer	54
9	Mr Price KZN	46
10	RAC	44

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 20 OPEN MEN

The Nedbank SA 10 km Championships in Stellenbosch this weekend resulted in quite a few changes to the list:

28:44	Hendrick Ramaala	1	Matha Series	Durban	10 Feb
28:49	Boy Soke	1	Clover Milk	Port Elizabeth	26 Jul
28:52	Sibusiso Nzima	1	SA Championships	Stellenbosch	30 Aug
28:56	Soke-2	2	SA Championships	Stellenbosch	30 Aug
28:57	Stephen Mokoka	3	SA Championships	Stellenbosch	30 Aug
29:02	Enos Matalane	4	SA Championships	Stellenbosch	30 Aug
29:03	Tshamano Setone	5	SA Championships	Stellenbosch	30 Aug
29:14	Ruben Ramolefi	6	SA Championships	Stellenbosch	30 Aug
29:15	Jeffrey Gwebu	7	SA Championships	Stellenbosch	30 Aug
29:18	Nkosinoxolo Sonqibido	2	Clover Milk	Port Elizabeth	26 Jul
29:22	Elroy Gelant	1	CTM	George	12 Jan
29:23	Themba Miya	8	SA Championships	Stellenbosch	30 Aug
29:24	Mbongeni Ngxazona	4	Matha Series	Durban	10 Feb
29:24	Samuel Segoaba	3	Clover Milk	Port Elizabeth	26 Jul
29:25	Samuel Tsosane	9	SA Championships	Stellenbosch	30 Aug
29:27	Lindikaya Mthangayi	1	Gino's	Stellenbosch	27 Feb
29:27	Xolisa Tyali	10	SA Championships	Stellenbosch	30 Aug
29:28	Lungile Gongqa	4	Clover Milk	Port Elizabeth	26 Jul
29:37	Sithyilo Diko	12	SA Championships	Stellenbosch	30 Aug
29:39	Neo Molema	2	Gino's	Stellenbosch	27 Feb
29:41	Lucky Mohale	13	SA Championships	Stellenbosch	30 Aug

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

100 km	2:04:53	Haile Gebrselassie (ETH)		
<u>Veterans</u>				
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				
<u>Masters</u>				
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				
<u>Grandmasters</u>				
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				
<u>Juniors</u>				
10 km	29:37	Sithyilo Diko	Stellenbosch	30 Aug
15 km	46:53	Zolani Ngqqaqa	Despatch	26 Apr
21.1 km	65:24	Esau Radebe	Port Elizabeth	05 Jul
WOMEN				
<u>Seniors</u>				
10 km	33:01	Lebo Phalula	Stellenbosch	30 Aug
	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				
<u>Veterans (40+)</u>				
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 100 km	2:48:06	Tessa Burrell	Rotterdam	13 Apr
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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 100 km	3:12:07	Annatjie Botes	Durban	10 Feb

Grandmasters (60+)

10 km	43:40	Sonja Laxton	Pretoria	30 Aug
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 100 km	3:27:30	Naome Nxumalo	Durban	10 Feb

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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