

Distance Running Results

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

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EDITORIAL

Highlight of the weekend was the final ÅF Golden League meeting in Brussels. When the Golden League events were selected last December, Pamela Jelimo, a largely unknown junior even in her native Kenya, had yet to contest her first 800 m race. In Brussels the 18-year-old capped one of the most extraordinary rises from obscurity to win the \$1 million jackpot, the largest prize in track and field.

"I am happy, I realized my dream," said Jelimo, who became the first single winner of the prize since triple jumper Tatyana Lebedeva did so in 2005. "This is the same happiness as in Beijing." After her race Jelimo had to wait about a half hour for the women's high jump to conclude before banking the entire prize pot. The chilly conditions and wet surface made for a dramatic competition but it was clear early on that Blanka Vlasic was having a rare off night. Struggling from the start, she eventually finished second behind German Ariane Friedrich to leave the Belgian capital empty-handed.

Locally, Emerson Kayana scored his tenth victory in the Muirite Marathon in Uitenhage, while Davera Magson got her second in a row.

Unfortunately, as was the case last year, no results of the SA Cross-country Championships were available – and this despite the fact that microchips were used. See Richard Mayer's article in this issue about the meeting.

The sad news was received this weekend that Bessie Windell, one of South Africa's most successful coaches, passed away on Saturday after a long illness. Windell (65) coached Myrtle Bothma, Evette de Klerk, Hennie Kotze and Hannes Pienaar, among others, and more recently Ter de Villiers. Bothma and De Klerk still hold the SA records for the 400 hurdles, 100 m and 200 m (set in 1986, 1990 and 1989 respectively). Windell is survived by her husband, Henry, a former chairman of Northern Transvaal Athletics.

In the results of the Nedbank SA 10 km Championships in DRR 8:35 Cecil Roffey was unfortunately included in the women's results (in 26th spot). Cecil is the husband of Annelene, who ran for Western Province but did not finish. All the other women should move up one position, with Western Province veteran Elmarie Coetzee (38:37) moving into 50th.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Natal Witness Ladies 10 km, Pietermaritzburg
- * Satori Camel Run, Noordhoek

- * Muirite Marathon & 10 km, Uitenhage
- * Riebeek Kasteel Half Marathon & 10 km, Riebeek Kasteel

International highlights:

- * adidas Women's 5 km Challenge, London, GBR
- * Sunday Mail Suncorp Bridge to Brisbane 10 km, Brisbane, AUS
- * Semi-Marathon International de Lille Métropole, Lille, FRA
- * Brabants Dagblad Ten Miles & 10 km of Tilburg, Tilburg, NED
- * Stratton Faxon New Haven 20 km, New Haven, USA
- * Rock 'n' Roll Half Marathon, Virginia Beach, USA
- * XC: Arkansas Dual, Fayetteville, USA
- * Track: Rieti 2008, Rieti, ITA; Memorial Van Damme, Brussels, BEL; Athletissima, Lausanne, SUI; Aviva British British Grand Prix, Gateshead, GBR
- * Memorial Partigiani Stellina, Susa to Costa Rosa, ITA

VIEWPOINT

The following contribution was sent by Bob de la Motte from Perth. De la Motte, who three times finished second in the Comrades, reacted to the article "What is wrong with South African athletics?" in DRR 8:35 and wrote that he "can understand your frustration". Concerning his own sporting activities, De la Motte wrote: "I did a 4-week cycling trip to Corsica and Italy in June and competed in Raid Corsica (1 000 km in a week like a mini-Tour de France), followed by three Gran Fondo events on successive weekends in Italy: Gran Fondo Campagnolo (250 km in the Dolomites), Gran Fondo Del Diavolo (150 km in Tuscany), and finally Gran Fondo Fausto Coppi (250 km in the Maritime Alps between Italy and France). The 250 km rides embrace the atmosphere of big city marathons together with the difficulty and physical demands of another Comrades. A solid 9-hour (plus) effort over four (plus) mountain passes at 2 000 m ... including snow, sleet, rain and life-threatening descents (remember the young SA guy who overshot the descent in the Tour de France ... well, that's what it is like, with snow up north). It all ended well as I won my age group in the GF Fausto Coppi. The 50-54 age group in Italy is called "Gentlemen" - not masters, vets, grandmasters, etc., merely 'Gentlemen' - so I finished my tour as the 'Primo Gentleman'."

'LITTLE ATHLETICS' OFFERS HOPE FOR S.A.

By Bob de la Motte

I am optimistic I can offer you some hope out of my observations in Australia. I believe Australia hit its low point at the Montreal Games and that gave rise to the Australian Institute of Sport, now emulated by other nations.

The "development of athletics" for children aged 5-16 has been achieved outside of Government and the Australian Institute of Sport. It is a national community organisation known as "Little Athletics". See www.littleathletics.com.au. If you look at their very informative website, you will notice that no fewer than five of Australia's Beijing medallists participated in Little Athletics, including the women's 100 m silver medallist, Sally McLennan.

Currently some 95 000 boys and girls participate in Little Athletics on Saturday mornings in the summer. This is not aimed at elite athletes, it is for every kid in the country who wants to have some fun running, jumping, throwing, etc. When I settled in Perth in 1987 and all three of my young daughters went along on Saturday mornings, it immediately struck me as the "perfect" model for development of junior athletics in South Africa. The infrastructure requirements are minimal.

As a parent I was "rostered" on volunteer duty and so came to respect this fantastic initiative for the enjoyment of all. The kids had great fun. They met new friends and likewise the parents all had to learn something about timekeeping, high jump, hurdles, long jump, triple jump, record-keeping, statistics, etc., and they too also made new friends. All

our kids were out there playing together. The kids who had extra special talent could strut their stuff and take on "all comers" every weekend, and then again at the end of the season via regional championships, state championships and national championships. The majority of kids were out there having fun discovering their preferred events. It was my general observation that most kids who played any form of sport at school went along to their local Little Athletics Club on a Saturday morning.

The physical requirements were an oval (or a rudimentary playing field) with basic markings. Most of the Little Athletics clubs would meet and compete on the equivalent of a rugby field. The investment in athletic equipment was insignificant. Fund-raising and modest membership subscriptions paid for this. Kids needed a club singlet and a number.

All you need now is a missionary in South Africa to come and have a look at the Australian structure and the extent to which it is embraced by all communities. The Australian Little Athletics movement has developed a highly successful model and has all the relevant intellectual property after some 40 years of experience (eg. variety and programme of events by age group throughout the season, staffing and organisation, volunteer rosters, etc.).

I honestly believe it could be rolled out effortlessly (and at minimal cost) in South Africa as long as the parents are prepared to contribute their time for roster duty a couple of times every season.



The following viewpoint was submitted by well-known Johannesburg coach Richard Mayer.

OLYMPIC MELTDOWN: EVERYONE IS TO BLAME

By Richard Mayer

My experience on the morning of the Olympic Marathon seemed to sum up Team South Africa's performance. I had gone to sleep and set my alarm for 02:30 in order to watch the last hour of the marathon, optimistically hoping to see a repeat by Hendrick Ramaala of Josiah Thugwane's heroics twelve years previously, or at least a medal or, at worst, a strong run.

At about 02:20 I was woken by an SMS from one of my athletes asking, "Where are the South Africans?" Half asleep I stumbled through to the TV and saw images of the Kenyan and Ethiopian leaders amongst the pagodas of a Beijing suburb at around 15 km into the race, with both Ramaala and Norman Dlomo apparently completely out of contention. I decided I had better things to do that witness yet further South African sporting humiliation - so it was back to bed to get some much-needed sleep.

Thinking about the Beijing Olympics the next day, I felt devastated. Yet to be coldly objective, one could not really have expected our athletes to perform in Beijing. Both from a distance running point of view, and from an overall track and field point of view, if one looked objectively at South Africa's world standings, the Olympics were an unavoidable disaster. Not one South African athlete - not even Mbulaeni Mulaudzi - had achieved a top three ranking in his or her event for 2007 in the *ATFS Annual*. South Africa thus needed one or more athlete to perform above potential to achieve a track and field medal or, conversely, for the competition to underperform in one event. Fortunately Khotso Mokoena (and the opposition) duly obliged with a silver which kept the SA flag (just) flying.

Nevertheless, what I found so depressing was the inescapable feeling, fuelled initially by the press when our swimmers failed to win a single medal, that our capacity as a nation to compete successfully at Olympic level now seemed irreparably damaged.

Our sports leaders and administrators may have put a brave face on the Beijing results, saying we actually did quite well or offering that now tired and extremely shop-worn excuse - "This is a young team and there is potential for the future." Sadly, the brutal truth is that if our national rugby team, of which we are all justifiably so proud, underperformed as lamentably as our national athletics team in Beijing, the Springboks would not reach the line-up for pool stages of the Rugby World Cup and would be battling to qualify for a place in the tournament with the likes of Namibia, Romania and Georgia.

Of course such a sporting disgrace is unlikely ever to happen in South African rugby because the outcry that would accompany such declining rugby performances from 5-10 million passionate South African fans and the rugby sports writers would place such pressure on the rugby administration to stop the rot that the necessary action would be taken. Thus, when unsuccessful national rugby coaches like Carel du Plessis talked vaguely of "the vision", or in the case of Rudolph Sträueli, an enigmatic "process" which never seemed to reveal itself, such justifications only cut ice for so long in the face of continuing defeats. Both men were eventually replaced by someone who could do the job.

By contrast, athletics' sports leaders and administrators do not experience the same levels of scrutiny and pressure because the South African public evidently does not expect the same satisfactory levels of performance from our track and field athletes as our rugby and cricket teams. Furthermore, genuine athletics journalists with any insight into the sport are virtually nonexistent in this country. I have read a number of journalistic accounts regarding our Olympic failure, but if previous patterns are repeated, we will be again lamenting Team South Africa's at the 2012 Olympics in London. If we are to avoid similar humiliation in London as in Beijing it is important that the press focus on the real issues underlying the Olympic failure in the lead-up to 2012 in order that SASCOC, the federations and our sports leaders are held to account. This will require more than attending a few "freebies" in the VIP or press tent at the various national champs or the odd World Championships, but rather some solid investigative journalism at the grass roots and interviewing people with true expertise in the sport.

Sadly South Africa's Olympic disaster in Beijing will almost certainly not lead to the same kind of soul-searching that followed Australia's poor showing in the 1976 Montreal Games which led to the establishment of the Australian Institute of Sport and Australia's global pre-eminence in a number of sports despite a population of only about 20 million people. If South Africa, however, was serious in devising a viable strategy for stronger showings in the next two to three Olympics in the major sports, led by athletics, public hearings should be convened to canvass the input of the leading stakeholders, including readers of this results service, leading coaches such as Tertius Liebenberg, Hennie Kotze, Martin Marx, Owen van Niekerk, and the administrators of the leading athletics clubs in the country, most notably the Univeristy of Johannesburg and Pretoria University regarding what is required to take the sport forward.

It is crucial that we move beyond the denialism and evasions of our sport's leaders (not only in ASA), and recognize at long last that there is something seriously wrong with the way we run athletics in this country if we wish to be a world force.

As a proud South African, I must state that it is always important to be constructive. I have written a book which will be published shortly which, while attempting to analyse the reasons for our athletic decline, is primarily intended to celebrate our proud athletics heritage which had its Golden Age in the 1980s. It is hoped that an account of the exploits of such world class athletes as Sydney Maree, Matthews Motshwarateu, Johan Fourie, Matthews Temane, Zola Budd, Elana Meyer, Josiah Thugwane and Hendrick Ramaala may help inspire another golden age of South African athletics.

I also must indicate that I am happy (a sentiment which I am sure is shared by many of my fellow coaches) to assist in building structures which will bring pride to our country in London 2012 and beyond if there is a genuine commitment to addressing the current crisis in our sport but for me there are certain issues that urgently need to be confronted if we are to seriously tackle the root causes of the Beijing fiasco:

We need a full-time internationally successful and respected national coach with primary expertise in middle and long distance running to oversee a national programme from school and grassroots level to international level because that is where our athletics competitive advantage as a nation lies, particularly amongst our black population

If money allows we can have other full-time national events coaches in the sprints, throws, and jumps, but what is absolutely crucial is that we establish substantial remuneration and rewards for coaches who produce results (in this regard Molatelo

Malehopo's comments on the After Eight Debate on SAFM on 22 August were very encouraging, but the fact that the country's best black coach, Lungile Bikwani, continues to live in semi-poverty despite his outstanding coaching achievements is a shocking indictment of the system as it stands).

We also need to have the national and provincial government departments of Sport and Education to work effectively to ensure that compulsory physical education is re-introduced as part of the standard curriculum in schools with a strong emphasis on cardiovascular fitness through aerobic running from the age of 10 years – this will ensure the general health of the South African youth at large (thereby combating rising obesity levels) and will contribute to the competitiveness of elite sportsmen and women in all sports, including track and field

ASA and the coaching structure envisaged above must ensure that it interface with the schools system at high school level and ensure that the contribution of schools' coaches (who inevitably will form the indispensable base of the participation pyramid) is to lay the foundation for senior success rather than be the prime cause of South Africa's high rate of junior burn-out through placing excessive pressure on school athletes to perform at junior level

While it is easy to point fingers at ASA for the current crisis in the sport, it is important to note that the lack of international competitiveness is contributed to by reduplication of lack of leadership at club and provincial level where the channeling of athletes in a competitive direction is not promoted and coaching not supported because these second- and third-tier structures are led by what I call the "Comrades Mafia" - who often with the best of intentions steer all athletics/athletes ultimately to what has once been termed the "longest dead end in the world".

Even if a serious attempt to address these issues was made, the challenge remains enormous. Competitive athletics is in decline in most of the developed world, of which South Africa is increasingly a part, as the pleasure-seeking and hedonistic youth culture of the United States extends its global reach. The discipline, the hardship and the sacrifice required for competitive distance running are qualities far removed from such a youth culture. To reverse this trend in South Africa will require more than just inspired leadership in athletics, it will require substantial government intervention and assistance far beyond the standard political posturing that has greeted so many of our national crises, and an unswerving and active commitment to the physical education and health of our youth.

It is not simply a question of money, it is the effective use of such money. While our sports leaders continue to utter the shibboleths of "transformation" and "development" without focusing on the people and processes that drive these policy imperatives – i.e., coaches and coaching backed up by sports science– the rich sporting and human resources of a vast majority of our population will forever, in the words of Thomas Gray in his famous "Elegy", be flowers born to "blush unseen" wasting their "sweetness in the desert air".

ROAD RUNNING

Spar Natal Witness Ladies 10 km

Pietermaritzburg, 7 September

1.	Tanith Maxwell	Mr Price	36:03
2.	Poppy Mlambo	Mr Price	36:39
3.	Nomsa Ntshethe	Ind	39:01

40-49:

1.	Nana Sigubudu	Boxer AC	45:38
2.	Xoli Mvelase	Ind	46:07

3.	Belinda Saunders	Saints	46:41
50-59:			
1.	Sandy Fismer	Hilton	46:52
2.	Jane Dickson	RWFL	50:20
3.	Irma Stevens	Ind	50:27
60+:			
1.	Jean Vorster	PDAC	84:14
Juniors:			
1.	Abegail Adie	Ind	44:31

Satori Camel Run

Noordhoek, Cape Town, 7 September

(Distance: 17 km; course configuration not known, but it includes beach and off-road tracks)

MEN

1. Sipho Phala (VOB) 59:37; 2. Ernest Ngakumbi (T.Mbiza) 59:45; 3. Carlo Jacobs (Atl) 66:59; 4. Damian Will (Pine) 67:41; 5. Kevin Ngorima (Satori) 69:23; 6. Mark Dunley-Owen (Ind) 69:26; 7. Ross MacGregor (Satori) 69:29; 8. Marius Kruger (Bel) 70:52; 9. Roger Steel (Harf Harr) 71:14; 10. Ian Little (FH) 72:10 (1st vet); 11. Richard Stubbs (VOB) 75:24; 12. Peter Kirk (Harf Harr) 75:53; 13. Michael Ohlsson (Harf Harr) 77:08; 14. Mark Wagenheim (Atl) 77:11 (1st mast); 15. Glen Brittin (VOB) 78:00; 16. Anton du Plessis (Ind) 78:14; 17. Darren Hopkins (Hout) 79:57; 18. Brian Key (For) 79:59 (1st g'mast); 19. Campbell Parry (Ind) 80:00; 20. Paul Merifield (FH) 80:06; 21. Jakes Jacobs (Str) 80:23; 22. Duncan Stevens (Ind) 80:54; 23. Darryl Smith (Celt) 81:07; 24. Terrence Mazzolini (VOB) 81:13; 25. Owen Hendricks (Celt) 81:20; 26. Mervin Smith (MP Titans) 82:23; 27. Raymond John Fuller (VOB) 82:41; 28. Tim Powell (Harf Harr) 82:49; 29. Dereck Cooper (FH) 82:58; 30. Chris Schutte (FH) 82:58.

Masters: (40+): 1. Ian Little (FH) 72:10; 2. Glen Brittin (VOB) 78:00; 3. Jakes Jacobs (Str) 80:23. **(50+):** 1. Mark Wagenheim (Atl) 77:11; 2. Terrence Mazzolini (VOB) 81:13. **(60+):** 1. Brian Key (For) 79:59; 2. Lynn Thomas (WC) 87:04.

WOMEN

1. Viv Williams (Adid) 76:04 (1st vet); 2. Karoline Hanks (Satori) 77:40; 3. Julie Stevens (Ind) 81:26; 4. Natalie Bird (VOB) 81:49; 5. Caitie Lewis (Ind) 82:03; 6. Delilah Sao Joao (For) 84:10; 7. Karin Winterbach (Ind) 84:35; 8. Linda Doke (Hout) 84:59; 9. Tracy Baxter (Satori) 85:53; 10. Glynnis Byron (Harf Harr) 86:18; 11. Coriaan de Villiers (CPUT) 88:59; 12. Nicky Steel (Ind) 90:25; 13. Cecile Reed (VOB) 90:43; 14. Liza Chin (VOB) 90:50; 15. Colleen Hohlfeld (S.Str) 91:19; 16. Shelley Thomas (WC) 91:21; 17. Anna-Tina Schaal (Lland) 91:44; 18. Jill Louise (VOB) 93:18; 19. Colleen de Oliveira (Ind) 94:11; 20. Alison Main (Spart) 94:36.

Masters: (40+): 1. Viv Williams (Adid) 76:04; 2. Mandy Tinkler (VOB) 96:07; 3. Liz Brink (VOB) 99:43. **(50+):** 1. Sonia Smith (Top) 97:31; 2. Sue Trantner (Spart) 104:58. **(60+):** 1. Nerina Manchip (Ind) 124:34; 2. Joan Lange (WC) 136:15. **Juniors:** Rose Mizon (WPCC) 129:37.

Muirite Marathon (23rd) & 10 km

Uitenhage, 6 September

(Distances: 42.195 km & 10 km; loop courses)

Note 1: According to correspondent André Pienaar the first at least eight runners in the 10 km ran approx. 700 m short after a marshalling error. The rest of the competitors ran the correct distance. The results were not amended to correct the error. – Ed.

Note 2: Emerson Kayana scored his tenth victory here (and eighth in a row) – a superb achievement. Sidwel Roboshi (13th) became the first runner to complete twenty Muirite marathons (at one stage called the Goodyear Marathon). – Ed.

Marathon

MEN

1	Emerson	Kayana	Nedbank RC EP	34	2:35:05
2	Patrick	Mnto	Run/W For Life	25	2:35:29
3	Alfred	Qogi	Nedbank RC EP	35	2:36:01
4	Luvuyo	Matani	VWAC	26	2:41:59
5	Mlungiseleli	Manyati	St Albans CSEP	32	2:45:33
6	Darrell	Wicht (1 st vet)	Raleigh AC	45	2:46:05
7	Riaan	Kock	Nedbank RC EP	38	2:47:49
8	Mzamo	Fokwana	Charlo AC	30	2:49:27
9	Derrick	Dubase	Madiba Bay AC	34	2:50:17
10	Melikhaya	Jacobs	Albany R R	30	2:51:07
11	Colben	Ngcupe	PEAAC	45	2:53:31
12	Alfred	Pakkies	Legacy AC	40	2:54:44
13	Sidwel	Roboshi	Nedbank RC EP	48	2:56:20
14	Zolile	Mhlahlo	Raleigh AC	33	2:57:06
15	Zoysile	Maklein	PEAAC	37	2:57:21
16	Johannes	Jonck	St Albans CSEP	35	2:57:47
17	Bradley	Mackenzie	Achilles AAA	36	2:57:53
18	Michael	Magson	Achilles AAA	32	2:57:56
19	Welcome	Loliwe	Nedbank RC EP	43	2:58:16
20	Vusumzi	Runeli	Nedbank RC EP	35	2:58:37

40-44:

1	Alfred	Pakkies	Legacy AC	40	2:54:44
2	Welcome	Loliwe	Nedbank RC EP	43	2:58:16
3	Vincent	Mbixana	Legacy AC	40	3:10:14

45-49:

1	Darrell	Wicht	Raleigh AC	45	2:46:05
2	Colben	Ngcupe	PEAAC	45	2:53:31
3	Sidwel	Roboshi	Nedbank RC EP	48	2:56:20

50-54:

1	Clifford	Hicken	Elite AC	51	3:18:41
2	Peter	Van Rensburg	Elite AC	50	3:20:44
3	Robert	Rietmuller	PEAAC	52	3:21:23

55-59:

1	Sizinzo	Kama	Achilles AAA	57	3:19:06
2	Piet	Meyer	St Albans CSEP	58	3:52:53
3	Medicine	Dlabati	Raleigh AC	57	3:56:07

60-64:

1	Percy	Dalton	Achilles AAA	60	3:46:33
2	David	O'rielly	X-Cel AC	60	4:07:00
3	William	Grobler	Elite AC	60	4:20:57

65-69:

1	Godfrey	Kariem	Cadbury AC	67	4:34:03
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70+:

1	David	Fraser	PEAAC	70	4:27:27
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WOMEN

1	Davera	Magson	Mr Price AC EP	33	3:19:39
2	Elmarie	Bezuidenhout	Charlo AC	26	3:23:44
3	Terri-Lynn	Penney	Run/W For Life	31	3:27:25

4	Pat	Thomson (1 st vet)	Achilles AAA	48	3:36:57
5	Jene	Banfield	Run/W For Life	38	3:38:45
6	Paulette	Mcewan	Achilles AAA	43	3:44:55
7	Laetitia	Smith	Despatch AC	39	3:51:44
8	Adele	Nel	St Albans CSEP	35	3:52:52
9	Yolanda	Blignaut	X-Cel AC	34	3:56:37
10	Annelie	Nel	Legacy AC	34	3:56:55
11	Elfrieda	Pretorius	Hulett Aluminu	35	3:57:56
12	Camarin	Van Eyk	Elite AC	26	4:00:37
13	Antoinette	Coertze	Despatch AC	43	4:06:55
14	Claire	Nagel	Elite AC	44	4:07:42
15	Jos	Els (1 st mast)	Madiba Bay AC	56	4:07:45
16	Elizabeth	Ackerman	New Balance	40	4:08:49
17	Amanda	Prideaux	Bluewater Bay	33	4:10:46
18	Christa	Meuwesen	Bluewater Bay	42	4:11:22
19	Whitty	Kubashe	Nedbank RC EP	47	4:13:17
20	Ronell	Claassen	Despatch AC	45	4:20:12

40-44:

1	Paulette	McEwan	Achilles AAA	43	3:44:55
2	Antoinette	Coertze	Despatch AC	43	4:06:55
3	Claire	Nagel	Elite AC	44	4:07:42

45-49:

1	Pat	Thomson	Achilles AAA	48	3:36:57
2	Whitty	Kubashe	Nedbank RC EP	47	4:13:17
3	Ronell	Claassen	Despatch AC	45	4:20:12

50-54:

1	Christine	Snyman	VWAC	52	4:47:03
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55-59:

1	Jos	Els	Madiba Bay AC	56	4:07:45
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10 km**MEN**

1	Sandile	Ngunuza	Nedbank RC EP	25	32:40
2	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	40	32:50
3	Aphlyn	Taai	Nedbank RC EP	26	32:53
4	Mzolisi	Makhanda	NMMU AC	25	33:07
5	Zolani	Mabongo	New Balance	22	33:16
6	Ivan	Ambraal (1 st jun)	Nedbank RC EP	19	33:28
7	Bulelini	Niwa	PEAAC	23	33:55
8	Melikhaya	Frans	Nedbank RC EP	16	34:04
9	Lubabaloo	Mdlungwane	Nedbank RC EP	15	34:46
10	Tamsanqa	Mangi	Temp	24	34:50
11	Maliviwe	Ngamntwini	Nedbank RC EP	21	34:55
12	Kobus	Joubert	Nelspruit M C	32	34:56
13	Vernon	Booyse	Nedbank RC EP	16	34:57
14	Morne	Buis	Nedbank RC EP	15	34:58
15	Mariano	Eesou	Nedbank RC EP	16	35:21
16	Thando	Bixa	Temp	28	35:51
17	Siyabulela	Matshaba	Temp	33	35:51
18	Juwayne	Fletcher	Temp	17	35:54
19	Richard	Dolf	PEAAC	38	35:56
20	Simphiwe	Ntombana	Nedbank RC EP	15	36:12

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	40	32:50
2	Bonakele	Mandeka	Temp	40	37:11

3	John	Rafani	Mr Price AC EP	41	44:59
45-49:					
1	Ian	Patterson	Muirite Strider	45	36:50
2	Duane	Myburgh	St Albans CSEP	45	52:35
3	Shane	Brown	PEAAC	47	53:10
50-54:					
1	Michael	Spilker	Temp	50	43:21
2	Roland	Dace	Willard Batt	53	45:20
3	Fanie	Claassen	Despatch AC	50	46:37
55-59:					
1	Gladman	Dwesi	PEAAC	57	48:14
2	Nicolaas	Claassen	Despatch AC	55	1:05:40
60-64:					
1	Thembisile	Ntoni	PEAAC	60	49:41
2	Alan	Penney	Spar Walmer AC	61	58:01
3	Sidwell	Kuze	PEAAC	61	59:42
65-69:					
1	Michael	Collins	PEAAC	69	47:36
2	Brian	Smith	PEAAC	65	1:04:01
3	Michael	Keddy	Temp	67	1:31:32
70+:					
1	Samuel	Stemele	New Balance	70	52:05
Juniors:					
1	Ivan	Ambraal	Nedbank RC EP	19	33:28
2	Melikhaya	Frans	Nedbank RC EP	16	34:04
3	Lubabaloo	Mdlungwane	Nedbank RC EP	15	34:46
WOMEN					
1	Treloar	Childs (1 st vet)	Spar Walmer AC	45	41:15
2	Priscilla	Dyantyi	Mr Price AC EP	34	41:40
3	Suzanne	Lavis (1 st mast)	Jeffreys Bay	50	43:55
4	Suretha	Verwey	Jeffreys Bay	41	46:48
5	Dorianne	Phillips	Jeffreys Bay	36	48:28
6	Lindi	Van Tonder	Elite AC	30	48:30
7	Tracy	Kitching	Run/W For Life	39	50:00
8	Carmen	Meyer	PEAAC	36	50:33
9	Lindie	Barnardo	NMMU AC	24	51:07
10	Terray	Newcombe (1 st jun)	Nedbank RC EP	17	53:13
11	Petra	Pienaar	Spar Walmer AC	44	53:38
12	Verna	Claassen	Despatch AC	45	53:53
13	Annelie	Meiring	Temp	35	54:35
14	Nomfundo	Yeni	Rhodes Universi	21	56:07
15	Margaret	Paton (1 st g'mast)	Charlo AC	63	56:16
16	Nolene	Rice	Temp	24	57:24
17	Anita	Coetzee	Temp	37	57:33
18	Claudette	Leonard	Temp	38	58:00
19	Riel	Leonard	Temp	39	58:02
20	Pearl	Damons	Willard Batt	45	58:10
40-44:					
1	Suretha	Verwey	Jeffreys Bay	41	46:48
2	Petra	Pienaar	Spar Walmer AC	44	53:38
3	Charlene	De Coning	Spar Walmer AC	44	58:36
45-49:					
1	Treloar	Childs	Spar Walmer AC	45	41:15
2	Verna	Claassen	Despatch AC	45	53:53
3	Pearl	Damons	Willard Batt	45	58:10

50-54:

1	Suzanne	Lavis	Jeffreys Bay	50	43:55
2	Michelle	Lawson	Charlo AC	50	1:04:44
3	Hendrina	Claassen	Despatch AC	52	1:05:39

55-59:

1	Rina	Barnard	Elite AC	55	1:21:05
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60-64:

1	Margaret	Paton	Charlo AC	63	56:16
2	Debbie	Oelofse	Legacy AC	61	1:13:00
3	Anna	Schnetler	PEAAC	61	1:14:41

70+:

1	Dorothy	Hart	PEAAC	70	59:31
2	Aletta	Fourie	Raleigh AC	70	1:24:11

Juniors:

1	Terray	Newcombe	Nedbank RC EP	17	53:13
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Riebeek Kasteel Half Marathon & 10 km

Riebeek Kasteel, 6 September

(Distances: 21.0975 km & 10 km)

Half marathon**MEN**

1. Anton Faro (Saf/Wel) 74:45; 2. Dawid Gous (Swart) 75:21; 3. John Molefe (Ceres) 77:05; 4. Japhta Nero (Rieb Vall) 78:59; 5. Abraham Afrika (Swart) 79:26; 6. Kleinbooi Nayi (Ceres) 80:57; 7. Isak Olifant (WP Def) 81:07 (1st vet); 8. Leon Williams (Swart) 81:10; 9. Marius Muller (Ceres) 83:04; 10. Anton Mouton (Ceres) 84:07; 11. Derick Adams (Rieb Vall) 84:31; 12. Xolile Somblo (SAPS) 85:19; 13. Bizice Mafutha (Ceres) 85:51; 14. Jan Esau (PMMC) 86:45 (1st mast); 15. Matthew Speelman (Atl Harr) 88:40; 16. Moos Ruiters (Salkor) 89:00; 17. Henry Cieverts (Top) 89:28; 18. Derick Zoutman (Swart) 90:30; 19. Christiaan Adonis (Swart) 91:15; 20. Cecil Reid (Celt) 92:11; 21. Desmond Arendse (Atl Harr) 92:18; 22. Frik Nelson (Bel) 92:37; 23. Sidney Rustiv (WP Def) 94:39; 24. Hennie Klaase (Swart) 94:44; 25. Martin Bonn (Atl Harr) 95:26; 26. Thys Bouwer (Sanlam) 95:36; 27. Piet Smit (Swart) 97:56; 28. George van Schalkwyk (Ind) 98:01; 29. Alex Taute (Top) 98:16; 30. Kenneth Bergh (Sanlam) 98:32.

Masters: (40+): 1. Isak Olifant (WP Def) 81:07; 2. Leon Williams (Swart) 81:10; 3. Moos Ruiters (Salkor) 89:00. **(50+):** 1. Jan Esau (PMMC) 86:45; 2. Henry Cieverts (Top) 89:28; 3. Thys Bouwer (Sanlam) 95:36. **(60+):** 1. Rob Joubert (S.Str) 104:42; 2. N. Marshall (Atl Harr) 106:03; 3. Caspar Greeff (Atl). **(70+):** 1. Caspar Greeff (Atl); 2. Dermott Devine (VOB); 3. Buck Taylor (Pine). **Juniors:** Wilfred Soggop (Salkor).

WOMEN

1. Ursula Frans (Mr Pr) 89:01; 2. Heléne Perold (Ceres) 90:04; 3. Styntjie Prins (Paarl) 96:16 (1st mast); 4. Robyn Garlick (Pine) 103:01; 5. Hester Kotzé (Dur) 104:12; 6. Carli Basson (Paarl) 105:21; 7. Lindie Bouwer (Sanlam) 106:03; 8. Cailey Bredenkamp (Paarl) 106:32 (1st vet); 9. Warreniece Olifant (Celt) 106:40 (1st jun); 10. Ariane Neethling (Lange) 106:42; 11. Ann-Doree Koegelenberg (Ind) 106:53; 12. Adri Visser (Swart) 107:38; 13. Anne Pool (Str) 110:56; 14. Vanessa Walker (PAC) 113:33; 15. Suzette Esterhuyse (Dur) 114:38; 16. Joanne Els (Saf/Wel) 115:02; 17. Ronél Terblanche (Saf/Wel) 115:51; 18. Theresa Visser (Ind) 115:52; 19. S. Griffith-Richards (Dur) 118:30; 20. Doris Flink (East) 119:28.

Masters: (40+): 1. Cailey Bredenkamp (Paarl) 106:32; 2. Ariane Neethling (Lange) 106:42; 3. Anne Pool (Str) 110:56. **(50+):** 1. Styntjie Prins (Paarl) 96:16; 2. Hester Kotzé (Dur) 104:12; 3. Adri Visser (Swart) 107:38. **(60+):** 1. Annette Verster (Ceres) 127:38; 2.

Marianne Nelson (Dur) 139:29; 3. Dolla Naurattel (Ceres) 147:11. **Juniors:** Warreniece Olifant (Celt) 106:40.

10 km

MEN

1. Dicardo Jacobs (Ned) 33:28; 2. Willy-John Cupido (ER) 35:34 (1st jun); 3. David Molema (Mr Pr) 35:57; 4. Jonathan Collins (East) 36:14; 5. Dimitri Adonis (East) 37:56; 6. Phillip Jacobs (Ind) 37:58 (1st vet); 7. Christo Laban (Ceres) 38:26; 8. Morné Hansen (Worc) 39:07; 9. Envor Rhodas (East) 39:56; 10. Aobakwe Molaletsa (Salkor) 40:26; 11. Jafta Hendricks (Rieb Vall) 40:58; 12. Piet Meintjies (Saf/Wel) 41:39; 13. Garth Small (Ceres) 43:39; 14. Richard Bester (Salkor) 43:47; 15. Sam Kotzé (Ned) 44:07 (1st mast); 16. Sethu Mafilika (Ind) 44:08; 17. J.D. Neethling (Ind) 44:30; 18. Jason Beukes (Swart) 44:42; 19. Franklin van Wyk (Ind) 45:11; 20. Albert Williams (Ned) 45:53; 21. Keenan Armoed (Ind) 46:33; 22. Johan du Toit (CPUT) 46:47; 23. A. van Heerden (SAPS) 46:48; 24. Salmon de Bruin (Swart) 47:02; 25. Reggie Crowster (Tyg/NL) 48:18; 26. Hendri Terblanche (Telkom) 48:23; 27. Reginald de Wee (Salkor) 48:42; 28. Fred Neethling (Ind) 48:46; 29. Brian Rothman (Brack) 48:50; 30. Renier Bekker (CPUT) 48:58.

Masters: (40+): 1. Phillip Jacobs (Ind) 37:58; 2. Christo Laban (Ceres) 38:26; 3. Japhta Hendricks (Rieb Vall) 40:58. **(50+):** 1. Sam Kotzé (Ned) 44:07; 2. Albert Williams (Ned) 45:53; 3. Brian Rothman (Brack) 48:50. **(60+):** 1. Carl Hendricks (Ned) 50:30; 2. Paul Davids (Paarl) 53:47; 3. Faffa Joubert (Paarl) 59:63. **Juniors:** 1. Willy-John Cupido (ER) 35:34; 2. Envor Rhodas (East) 39:56; 3. Aobakwe Molaletsa (Salkor) 40:26.

WOMEN

1. Magrietha Smit (Ceres) 44:58; 2. Olga Davids (Swart) 47:14 (1st jun); 3. Mariaan Malan (Ned) 47:38 (1st vet); 4. Charmaine Cupido (Ned) 50:24 (1st mast); 5. Colleen de Oliveira (NB) 50:55; 6. Magriet Hanekom (Ceres) 52:53; 7. Irene Small (Ceres) 53:10; 8. Geraldine du Toit (Ceres) 53:11; 9. Anneke Greenwood (Str) 53:48; 10. Marietjie Nieuwoudt (Swart) 54:44; 11. Helen du Plessis (Tyg/NL) 55:26; 12. Ria Basson (Paarl) 56:42; 13. Jacolet Steenkamp (Ind) 56:49; 14. Rochelle Rose (Ind) 57:29; 15. Gerda van der Merwe (Ceres) 58:08; 16. Rozann van Mieghem (Ind) 59:30; 17. Hildegard Hopes (Sanlam) 60:15; 18. Helena Bester (Ind) 60:48; 19. Christelle Niemand (Ind) 60:51; 20. Carinie Maree (Sanlam) 60:58.

Masters: (40+): 1. Mariaan Malan (Ned) 47:38; 2. Anneke Greenwood (Str) 53:48; 3. Marietjie Nieuwoudt (Swart) 54:44. **(50+):** 1. Charmaine Cupido (Ned) 50:24; 2. Magriet Hanekom (Ceres) 52:53; 3. Helen du Plessis (Tyg/NL) 55:26. **(60+):** 1. Marie Hill (Ceres) 73:14; 2. Cecile Kidson (Lange) 79:20; 3. Liddy Prins (Ceres) 79:51. **Juniors:** 1. Olga Davids (Swart) 47:14.

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites.

ROAD RUNNING

adidas Women's 5 km Challenge (11th)

London, GBR, 7 September

WOMEN

- | | |
|---------------------------|-------|
| 1. Meseret Defar, ETH | 15:01 |
| 2. Linet Masai, KEN | 15:31 |
| 3. Jo Pavey, GBR | 15:32 |
| 4. Lucy Wangui Kabuu, KEN | 15:53 |

5. Katrina Wootton, GBR 16:11

Sunday Mail Suncorp Bridge to Brisbane 10 km

Brisbane, AUS, 7 September

Note: I am not sure if Ashley Finaughty is indeed a South African. – Ed.

MEN

1. Scott Westcott, Carrington 30:35
2. Courtney Atkinson, Mermaid Beach 31:26
3. Chris Reeves, Estn Heights 31:56

WOMEN

1. Rowan Baird, NZL 34:07
2. Sarah Crowley, Lawnton 34:22
3. Ashley Finaughty, RSA 35:35

Semi-Marathon International de Lille Métropole (23rd)

Lille, FRA, 6 September

(Distance: 21.1 km)

MEN

1. Tilahun Regassa, ETH 59:36 PB/CR*
2. Stephen Kipkoech, KEN 59:44 PB
3. Solomon Bushendich, KEN 1:00:45
4. Matthew Koech, KEN 1:01:03
5. Peter Sitienei, KEN 1:01:25 PB

WOMEN

1. Tigist Tufa, ETH 1:11:42
2. Agnes Barsosio, KEN 1:12:03
3. Irene Jerotich, KEN 1:13:06

Brabants Dagblad Ten Miles & 10 km of Tilburg

Tilburg, NED, 2 September

MEN (10 miles/gun times)

1. Abiyote Guta, ETH 46:02
2. Wilson Kipsang, KEN 46:04
3. Yigeze Zembaba, ETH 46:31
4. Wesley Langat, KEN 47:07
5. Shadrack Kiplagat, KEN 47:48

WOMEN (10 km/gun times)

1. Mestawet Tufa, ETH 31:48
2. Bezunesh Bekele, ETH 31:56
3. Anikó Kálovics, HUN 32:25
4. Workitu Ayanu, ETH 32:41
5. Pauline Wangui, KEN 32:43

Stratton Faxon New Haven 20 km (31st)

(US Men's and Women's 20 km Championships)

New Haven, USA, 1 September

(Certified loop course)

MEN (gun times)

1. James Carney, 30	59:11	\$8000
2. Josh Rohatinsky, 26	59:58	4500
3. Dan Browne, 33	1:00:06	2500
4. Fernando Cabada, 26	1:00:39	1500
5. Celedonio Rodrituez, 27	1:00:42	1000

WOMEN

1. Jill Steffens, 24	1:08:48	\$8000
2. Elva Dryer, 36	1:08:54	4500
3. Ilsa Paulson, 19	1:08:55	2500
4. Stephanie Herbst-Lucke, 42	1:09:24	1500
5. Dot McMahan, 31	1:09:33	1000

Rock 'n' Roll Half Marathon (8th)

Virginia Beach, USA, 31 August

(Distance: 21.1 km, flat course)

MEN (gun times)

1. James Kwambai, 25, KEN	1:02:11	\$3500
2. Tadesse Tola, 21, ETH	1:02:33	2000
3. McDonald Ondara, 23, KEN	1:04:45	1500
4. Kazuyuki Maeda, 28, JPN	1:05:18	1000
5. Samuel Ndereba, 23, KEN	1:05:38	750
... 27. Darren De Reuck, 40, USA/CO	1:17:24	250m

ALL WOMEN'S ELITE RACE (gun times)

1. Edith Masai, 41, KEN	1:12:54	\$3500 + 500m
2. Katie McGregor, 31, USA/MN	1:13:04	2000 + 500a
3. Megumi Seike, 21, JPN	1:13:05	1500
4. Adanech Zekiros, 26, ETH	1:13:32	1000
5. Teyba Naser, 22, BRN	1:13:38	750
6. Colleen De Reuck, 44, USA/CO	1:14:46	250m + 400a

m) Earned masters prize money

a) US-only prize money

CROSS-COUNTRY**Arkansas Dual**

Fayetteville, USA, 5 September

WOMEN (4000 m)

1. Catherine White, Arkansas	14:06.5
... 5. Christine Kalmer, Arkansas [RSA]	14:15.9

TRACK**Rieti 2008**

Rieti, ITA, 7 September

MEN**800:****Race 1 -**

- | | | |
|----------------------|-----|---------|
| 1. Alfred Kirwa Yego | KEN | 1:44.69 |
| 2. Wilfred Bungei | KEN | 1:45.05 |
| 3. Asbel Kiprop | KEN | 1:45.15 |
| 4. Amine Laalou | MAR | 1:45.28 |
| 5. Nick Symmonds | USA | 1:45.33 |

Race 2 -

- | | | |
|-----------------------|-----|---------|
| 1. Justus Koech | KEN | 1:45.02 |
| 2. Ismael Kombich | KEN | 1:45.75 |
| 3. Marcin Lewandowski | POL | 1:45.97 |
| 4. Richard Kiplagat | KEN | 1:46.54 |
| 5. Eugenio Barrios | ESP | 1:46.84 |

1500:

- | | | |
|-------------------------|-----|---------|
| 1. Bernard Lagat | USA | 3:32.75 |
| 2. Gideon Gathimba | KEN | 3:34.61 |
| 3. Mekonnen Gebremedhin | ETH | 3:35.68 |
| 4. Diego Ruiz | ESP | 3:36.83 |
| 5. Nabil Madi | ALG | 3:37.82 |
| ... 9. Kevin Sullivan | CAN | 3:42.93 |

3000:

- | | | |
|-----------------------|-----|------------|
| 1. Edwin Soi | KEN | 7:31.83 WL |
| 2. Levi Matebo | KEN | 7:33.01 |
| 3. Remmy Limo | KEN | 7:37.00 |
| 4. Boniface Songok | KEN | 7:40.21 |
| 5. James Kwalia | QAT | 7:44.45 |
| ... 7. Abraham Chebii | KEN | 7:46.46 |
| ... 10. Rui Silva | POR | 7:55.35 |

WOMEN**Mile:**

- | | | |
|-----------------------|-----|------------|
| 1. Gelete Burka | ETH | 4:18.23 WL |
| 2. Maryam Yusuf Jamal | BRN | 4:19.50 SB |
| 3. Shannon Rowbury | USA | 4:20.34 PB |
| 4. Lisa Dobriskey | GBR | 4:20.35 |
| 5. Nuria Fernández | ESP | 4:21.13 |
| 6. Natalia Rodríguez | ESP | 4:21.92 |
| 7. Iryna Lishchynska | UKR | 4:25.32 |
| 8. Nataliya Tobias | UKR | 4:25.87 |
| 9. Erin Donohue | USA | 4:26.48 |
| 10. Sarah Jamieson | AUS | 4:26.85 |
| 11. Anna Willard | USA | 4:28.37 |
| 12. Janeth Jepkosgei | KEN | 4:28.72 |
| ... 17. Agnes Samaria | NAM | 4:40.76 |

5000:

- | | | |
|--------------------|-----|----------|
| 1. Tirunesh Dibaba | ETH | 14:23.46 |
| 2. Wude Ayalew | ETH | 15:07.65 |

3. Genzebe Dibaba ETH 15:09.61
4. Zakia Mrisho TAN 15:10.01
5. Peninah Jepchumba KEN 15:20.36

3000 s/chase:

1. Ruth Bisibori KEN 9:21.30
2. Wioletta Frankiewicz POL 9:28.07
3. Yekaterina Volkova RUS 9:34.59
4. Cristina Casandra ROU 9:38.81
5. Donna MacFarlane AUS 9:44.29
- ... 7. Marta Domínguez ESP 9:49.29

Memorial Van Damme (32nd)

(ÅF Golden League)

Brussels, BEL, 5 September

MEN

800:

1. Yusuf Saad Kamel BRN 1:44.56
2. Alfred Kirwa Yego KEN 1:45.01
3. Amine Laalou MAR 1:45.01 SB
4. Nadjim Manseur ALG 1:45.09
5. Pawel Czapiewski POL 1:45.70
6. Bram Som NED 1:45.96
7. Wilfred Bungei KEN 1:46.01
8. Abraham Chepkirwok UGA 1:47.33
9. Michael Rimmer GBR 1:50.73

1500:

1. Belal Mansoor Ali BRN 3:35.94
2. Abdalaati Igider MAR 3:36.14
3. Nick Willis NZL 3:36.23
4. Nicholas Kemboi KEN 3:36.29
5. Daniel Kipchirchir Komen KEN 3:36.53
6. Mohamed Moustoui MAR 3:36.61
7. Haron Keitany KEN 3:36.80
8. Asbel Kiprop KEN 3:36.82
9. Juan van Deventer RSA 3:37.30
10. Arturo Casado ESP 3:37.53

5000:

1. Eliud Kipchoge KEN 13:06.12
2. Isaac Songok KEN 13:06.71
3. Mang'ata Ndiwa KEN 13:07.46
4. Mo Farah GBR 13:08.11 SB
5. Moses Kipsiro UGA 13:08.52
6. Mike Kigen KEN 13:09.84 SB
7. Vincent Chepkok KEN 13:11.47
8. Ali Abdosh ETH 13:15.01
9. Lucas Kimeli KEN 13:15.54 PB
10. Sahle Warga ETH 13:16.14 SB
- ... 13. Matt Tegenkamp USA 13:25.71 SB

10000:

1. Sileshi Sihine ETH 27:06.97
2. Moses Masai KEN 27:07.36

3. Bernard Kipyego KEN 27:08.06 SB
4. Ahmad Hassan Abdullah QAT 27:09.11 SB
5. Robert Kipngetich KEN 27:19.81
6. Boniface Kiprop UGA 27:30.58
7. Silas Kipruto KEN 27:33.26
8. Micah Kogo KEN 27:36.42
9. Mark Kosgei KEN 27:36.86
10. Bernard Rotich KEN 27:39.57 PB
- ... 16. Meb Keflezighi USA 28:28.44 SB

3000 s/chase:

1. Paul Kipsiele Koech KEN 8:04.99
2. Brimin Kipruto KEN 8:10.26 SB
3. Tareq Mubarak Taher BRN 8:15.32
4. Bouabdellah Tahri FRA 8:15.68
5. Benjamin Kiplagat UGA 8:16.78
6. Michael Kipyego KEN 8:19.66
7. Mustafa Mohamed SWE 8:20.65
8. Collins Kosgei KEN 8:24.13
9. Nahom Mesfin ETH 8:25.10
10. Youcef Abdi AUS 8:26.07 SB

WOMEN

800:

1. Pamela Jelimo (Jr.) KEN 1:55.16 MR
2. Janeth Jepkosgei KEN 1:58.85
3. Kenia Sinclair JAM 1:59.11
4. Elisa Cusma Piccione ITA 1:59.26
5. Marilyn Okoro GBR 1:59.33
6. Yuliya Krevsun UKR 2:01.15
7. Ekaterina Kostetskaya RUS 2:01.73
8. Jennifer Meadows GBR 2:02.22
9. Agnes Samaria NAM 2:02.95
10. Mariya Shapayeva RUS 2:03.25

5000:

1. Vivian Cheruiyot KEN 14:25.43 MR
2. Meseret Defar ETH 14:25.52
3. Linet Masai (Jr.) KEN 14:52.10
4. Meselech Melkamu ETH 14:58.09
5. Priscah Jepleting Cherono KEN 15:01.02
6. Sylvia Kibet KEN 15:01.58 SB
7. Viola Kibiwot KEN 15:01.89
8. Grace Momanyi KEN 15:02.10 PB
9. Liliya Shobukhova RUS 15:02.79
10. Jane Kiptoo KEN 15:07.48
11. Lucy Wangui Kabuu KEN 15:15.48

Athletissima (33rd)

(IAAF Super Grand Prix)

Lausanne, SUI, 2 September

MEN

800:

1. Asbel Kiprop, KEN 1:44.71 PB
2. Alfred Kirwa Yego, KEN 1:44.77

3. Abraham Chepkirwok, UGA 1:45.00
4. Wilfred Bungei, KEN 1:45.31
5. Nadjim Manseur, ALG 1:45.48

1500:

1. Yusuf Saad Kamel, BRN 3:32.83 PB
2. Daniel Kipchirchir Komen, KEN 3:33.03
3. Haron Keitany, KEN 3:33.62
4. Gideon Gathimba, KEN 3:34.01
5. Belal Mansoor Ali, BRN 3:35.20
6. Nicholas Kemboi, KEN 3:35.94
7. Juan van Deventer, RSA 3:36.56

3000:

1. Tolossa Chengere, ETH 7:52.28
2. Philipp Bandi, SUI 8:02.23
3. Patrick Stitzinger, NED 8:05.75
4. Martin Steinbauer, AUT 8:08.07
5. Solomon Tesfamariam, ERI 8:08.94 PB

WOMEN

800:

1. Janeth Jepkosgei, KEN 1:58.15
2. Yekaterina Kostetskaya, RUS 1:58.90
3. Kenia Sinclair, JAM 1:59.02
4. Svetlana Klyuka, RUS 1:59.27
5. Alice Schmidt, USA 1:59.67
6. Tatyana Andrianova, RUS 2:00.06
7. Yulia Krevsun, UKR 2:02.69

1500:

1. Maryam Yusuf Jamal, BRN 3:59.84
2. Shannon Rowbury, USA 4:01.97
3. Lisa Dobriskey, GBR 4:05.18
4. Nuria Fernández, ESP 4:05.27
5. Sarah Jamieson, AUS 4:06.69
- ... 10. Lidia Chojecka, POL 4:14.27
- Olga Komyagina, RUS DNF

Aviva British British Grand Prix

(IAAF Super Grand Prix)

Gateshead, GBR, 31 August

MEN

1000:

1. Bernard Lagat USA 2:16.18 PB
2. Nick Willis NZL 2:16.93 PB
3. Nick Symmonds USA 2:17.10 PB
4. Nate Brannen CAN 2:17.34 PB
5. Bram Som NED 2:17.50 PB

3000:

1. Kenenisa Bekele ETH 7:31.94 SB
2. Isaac Songok KEN 7:38.15
3. Levi Matebo KEN 7:39.43 PB
4. Mike Kigen KEN 7:44.65

5. Mo Farah	GBR	7:46.39
6. Matt Tegenkamp	USA	7:47.17
7. Shadrack Kosgei	KEN	7:48.20
8. Chris Solinsky	USA	7:49.80
9. Nick McCormick	GBR	7:55.11
10. Boniface Songok	KEN	7:56.66
... 15. Jorge Torres	USA	8:03.71

WOMEN

800:

1. Marilyn Okoro	GBR	1:59.48
2. Brigita Langerholc	SLO	2:00.87
3. Alice Schmidt	USA	2:01.01
4. Morgan Uceny	USA	2:01.35
5. Jenny Meadows	GBR	2:01.64

1500:

1. Lisa Dobriskey	GBR	4:09.68
2. Susan Scott	GBR	4:10.23
3. Sylwia Ejdyś	POL	4:10.43
4. Erin Donohue	USA	4:11.57
5. Lindsey Gallo	USA	4:12.06
... 7. Georgie Clarke	AUS	4:15.36

3000:

1. Vivian Cheruiyot	KEN	8:33.66 WL
2. Priscah Jepleting	KEN	8:42.04 SB
3. Linet Masai (Jr.)	KEN	8:43.14 SB
4. Lucy Wangui Kabuu	KEN	8:46.15 PB
5. Sule Utura	ETH	8:57.90 PB
DNF - Georgie Clarke, AUS		

ULTRA/MOUNTAIN/TRAIL RUNNING

Memorial Partigiani Stellina (20th)

Susa to Costa Rosa, ITA, 24 August

(Distances: Men, 14.5 km, beginning at 500 m and climbing to 1960 m; Women, 8.1 km, beginning at 1375 m and climbing to 1960 m.)

Note: New Zealander Jonathan Wyatt won here for the tenth consecutive time. – Ed.

MEN

1. Jonathan Wyatt, Atletica Trento (NZL)	1:17:59
2. Matthew Rugut, Acsi Campidoglio (KEN)	1:20:50
3. Robert Krupicka, Team Salomon (CZE)	1:21:06

WOMEN

1. Mateja Kosovelj, Atletica Brugnera (SLO)	49:41
2. Antonella Confortola, GS Forestale	50:04
3. Maria Grazia Roberti, GS Forestale	50:47

S.A. CROSS-COUNTRY: A PERSONAL VIEW

Richard Mayer took part in the SA Cross-country Championships this weekend and sent the following personal view. Unfortunately *Distance Running Results* was unable to obtain results of the Championships. – Ed.

SA CROSS-COUNTRY CHAMPIONSHIPS: A SUNLIT DAY FULL OF PROMISE

By Richard Mayer

I left this year's SA Cross-country Championships in better spirits than I can remember ever having felt after a national championships. This was greatly assisted by the fact that I had my best ever run at a national championships, competing the first time in the veteran ranks.

I was delighted that my friend Tony Silva, who I saw streaking out in front of me during the race, won the 45-49 category. I was also pleased to see Tulani Sibisi, who I first met at the Frontrunner shoe store in 1983, win the masters section. Most of my CGA teammates also appeared to have had good runs and the camaraderie, handshakes and feeling of togetherness amongst the Central Gauteng subveterans, veterans, masters and grandmasters after the race was characteristic of the warmth that makes long distance running far from the lonely pursuit of legend and was something I had not experienced with similar intensity since my 'varsity running days.

I had not competed at the Championships for two years and the early 09:35 start of the veterans' and masters' race was a welcome change from the former graveyard shift when the subveteran to grandmaster men were the neglected and ignored last race of the day, often in extreme heat, at 16:00. In such circumstances there was the unavoidable feeling that the "oldies" were grudgingly tacked onto the programme and, at the start, as one surveyed the field of ageing men in the various provincial colours, ranging in age from 35 to even 80, one saw a rather depressing image of the future of one's running career.

There was a wonderful atmosphere on this warm, sunlit day at the attractive Lesedi grounds where the Championships were held outside Witbank, Mpumalanga. It was certainly the best atmosphere I have experienced as a competitor or spectator at all previous national cross-country champs at which I have been present. Spectators and competitors packed around the field where the start and finish were located and shouted vocal support for the competitors as they passed. From my own perspective, the strong support of a large group of young CGA girls was particularly encouraging at the top a grueling 600-metre climb to the field which had to be overcome three times on the 8 km route.

I always try to do everything possible to ensure the athletes I have coached make it to the national cross-country championships, because if one does not respond strongly to the experience one does not have competitive running in the blood. I did not manage to stay for the entire meeting because of afternoon engagements but I saw some of the junior races where the fast starts and obvious physical commitment of the runners displayed all the characteristic passion and enthusiasm of youth. It was good that the youngsters had an opportunity to watch the "old" men and women compete before they raced, as a clear demonstration that running can and should be a lifelong activity, as Anne McKenzie, now in her 80s and the "Queen Mother" of South African women's distance running, once emphasised to me.

Conversely, as an ageing athlete and coach, I found it heartening to see the abundant potential of South African junior distance running on show at the championships. I have no doubt there were potential Zola Budds, Elana Meyers, Shadrack Hoffs and Hendrick Ramaalas present, but the guidance of a coach of the calibre of Pieter Labuchagne, and the level of infra-structural and training support provided by Stellenbosch University and its athletics club in the 1980s to these two world champion women respectively, are prerequisites if the available talent is to actualize its full potential.

While the day will stand out with the very best of my athletics memories, a clue to why we are battling to produce more athletes of the eminence of those mentioned above dawned on me as I drove back home with my family in the afterglow of a wonderful

morning. Much as the course was tough and challenging with water jumps and hurdles and a lengthy climb, and certainly suited my personal running style which relies on strength rather than speed, one would never find a World Cross-country Championships over such a hilly course. Nevertheless the selection of our national cross-country teams will be made on the basis of performances on this course. If we are to be internationally competitive, we must start working to ensure that our athletes and athletics adapt to the requirements and conditions of international competition and organise our events and competition schedules accordingly.

NEWS

COMRADES CLOSES MUCH EARLIER IN 2009

The closing date for entries for the 2009 Comrades, which will be run on 24 May, has been set as 31 March 2009 – much earlier than in previous years. The race date has been moved forward from mid-June to May due to the Confederations Cup and FIFA World Cup tournaments scheduled for 2009 and 2010 respectively, the Comrades Marathon Association has announced.

Runners who usually ran their qualifying races during the month of April need not worry, as the CMA has put a special dispensation in place to accommodate them. Renée Jordaan, CMA Race Director, explained: "While all entries will have to be in by 31 March 2009, runners will still be allowed to qualify in official qualifying races during the month of April, with 28 April as the final cut-off. Upon qualification, runners simply need to give the time and details of the qualifying race through to the CMA office." Upon receiving the qualifying information, the runner's entry will be confirmed.

Runners who completed the 2008 Comrades Marathon automatically qualify for the 2009 event.

GAUTENG NORTH RUNNER SUSPENDED

Athletics Gauteng North runner Stoffel Olifant has been banned from all athletics activities from 15 June 2008 for a period of ten years. Olifant was found guilty by a disciplinary hearing on 27 August that he finished the 2008 Comrades without running the full distance.

According to a statement by Athletics Gauteng North, Olifant must return his silver medal to AGN before 30 September.

The last five years of Olifant's ban are suspended on condition that he is not found guilty of breaking any rule during that period. If he fails to return the medal before the due date, the full ten-year suspension will come into effect. Olifant runs for the Moretele Athletics Club.

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 WOMEN

As with the men (see last week), the women's list underwent quite a change at the SA Championships:

33:01	Lebo Phalula	1	SA Championships	Stellenbosch	30 Aug
33:02	Lebogang Phalula	2	SA Championships	Stellenbosch	30 Aug

33:16	René Kalmer	3	SA Championships	Stellenbosch	30 Aug
33:27	Kalmer-2	1	Spar	Bellville	13 Apr
33:29	Zintle Xiniwe	4	SA Championships	Stellenbosch	30 Aug
33:43	Violet Raseboya	5	SA Championships	Stellenbosch	30 Aug
34:11	Nandipha Dywili	2	PetroSA	Mossel Bay	12 Apr
34:11	Annerien van Schalkwyk	6	SA Championships	Stellenbosch	30 Aug
34:42	Irvette van Blerk	4	Spar	Bellville	13 Apr
34:52	Ntombesintu Ntshiliza	8	SA Championships	Stellenbosch	30 Aug
35:03	Mapaseka Makhanya	9	SA Championships	Stellenbosch	30 Aug
35:04	Charné Bosman	4	Spar/Mercury Challenge	Durban	22 Jun
35:10	Dominique Scott	10	SA Championships	Stellenbosch	30 Aug
35:20	Poppy Mlambo	11	SA Championships	Stellenbosch	30 Aug
35:22	Catherine Nkosi	2	Spar	Port Elizabeth	03 May
35:24	Tanith Maxwell	7	Spar/Mercury Challenge	Durban	22 Jun
35:29	Ezbe Strydom	3	Spar	Port Elizabeth	03 May
35:45	Tebogo Masehla	8	Spar/Mercury Challenge	Durban	22 Jun
35:52	Gloria Masego Baeba	5	Spar	Port Elizabeth	03 May
35:58	Jenna Challenor	6	Spar	Port Elizabeth	03 May
35:59	Cornelia Joubert	9	Spar/Mercury Challenge	Durban	22 Jun

SOUTH AFRICAN ROAD LIST LEADERS FOR 2008

In this section I list the best South African performance this year for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in races, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a light green background. – Ed.

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
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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	29:37	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

Seniors

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				

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	43:40	Sonja Laxton	Pretoria	30 Aug
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15 km	72:39	Marietha Herbert	Eerste River	28 Jun
21.1 km	95:45	Rea Oosthuizen	Great Brak River	15 Mar
25 km	2:22:35	Olga Smit	Pretoria	10 May
30 km	2:27:07	Veronica van Niekerk	Simon's Town	17 Aug
Marathon	3:27:30	Naome Nxumalo	Durban	10 Feb
100 km				

Juniors

10 km	34:11	Nandipha Dywili	Mossel Bay	12 Apr
15 km	57:34	Destiny Titus	Eerste River	28 Jun
21.1 km	81:59	Nandipha Dywili	Port Elizabeth	05 Jul

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