

Distance Running Results

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

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Publisher: Riël Hauman

EDITORIAL

Twice before, Kuils River near Cape Town has made road running history – and it did so again on Saturday when the Medihelp Bike & Tekkie 10 km (plus two mountain bike races) was held in the town on the edge of the Cape Winelands. It was the first time in South Africa that the women runners received a head start, with a big prize on offer for the first runner, male or female, across the line. This type of contest is often held overseas (the Dutch Dam tot Damloop and the Los Angeles Marathon being prime examples), but this race, organised by the Western Cape's newest club, the New Balance Multisport Club, in aid of the Jan Kriel School, was the first of its kind in this country. (The Dam tot Damloop is scheduled for this Sunday, with Olympic marathon champion Constantina Dita in the field.)

As it turned out, the handicap of 6 min 40 sec was too generous and the men could not catch Anneline Roffy (or, for that matter, the second woman, Thozama April), who beat the first male by 77 sec in 37:18. The first two men, Zolani Bhitane and Avukile Ntongana, ran the same time of 31:55, but Bhitane was placed first.

Kuils River first made history in South African road running in 1983 when Johan Dreyer became the first SA man to run the marathon in less than 2 hours 12 minutes with his 2:11:42, and then again the next year when Sonja Laxton became the first SA woman under 2:40 with her clocking of 2:36:44.

South Africa's third oldest road race, the Duke of York Flying Scramble, was held for the 77th time this weekend, with Elmore Sibanda and Thobile Ngwane winning.

In the USA Zola Pieterse ran her first race since relocating to that country, winning the Asheville Citizen-Times Half Marathon in 85:16.

With the results of the Muirite Marathon in Uitenhage in last week's issue it was reported that Sidwel Roboshi became the first runner to complete twenty Muirite marathons. According to Irene van Eeden, Gesina Oosthuizen has also done twenty.

This is one of the biggest issues of DRR in a long while – due in large part to the inclusion of the results of the SA Cross-country Championships, which only came to hand a week after the meeting.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Duke of York Flying Scramble, Pietermaritzburg
- * Vusi Nxumalo Half Marathon & 10 km, Ulundi

- * Pick 'n Pay Brackenfell Half Marathon, Brackenfell
- * Medihelp Bike & Tekkie 10 km, Kuils River
- * Hexkoel Orchard 10 km, Worcester
- * Kogelberg Half Marathon & 10 km, Pringle Bay
- * Value Logistics Ou Voetpad 10-miler, Pretoria
- * Mpati Mountain Race, Dundee
- * The Willows Challenge 10 km, Port Elizabeth
- * City to City 50 km & Half Marathon, Centurion to Johannesburg
- * Daisy Marathon & Half Marathon, Springbok
- * Living Free 15 km, East London
- * Trail running: Crazy Store Table Mountain Challenge Trail Race, Cape Town
- * XC: SA Championships, Witbank

International highlights:

- * Fortis Rotterdam Half Marathon, Rotterdam, NED
- * Volksbank Münster-Marathon, Münster, GER
- * Deutschen Strassenlauf-Meisterschaften 10 km, Karlsruhe, GER
- * Asheville Citizen-Times Half Marathon, Asheville, USA
- * Two Countries Marathon & Half Marathon, Beit Bridge, RSA/ZIM
- * Track: IAAF VTB Bank World Athletics Final, Stuttgart, GER; Palio della Quercia, Rovereto, ITA
- * Ultra/mountain/trail running: World Mountain Running Trophy, Sierre Crans-Montana, SUI

VIEWPOINT

Two well-known names in South African athletics have expressed their views on the situation in SA athletics, and *Distance Running Results* is pleased to publish these opinions here (translated from Afrikaans). Coach Bobby McGee, nowadays based in Boulder, reacted to the articles by Bob de la Motte, Richard Mayer and the Editor in previous issues of DRR, while respected journalist Sarel van der Walt wrote about the situation in his blog on the *Beeld* website (used here with permission). – Ed.

S.A. ATHLETICS NEEDS A NEW CULTURE

"The time has come, as was stated, for South Africa to pay for medals, as all countries are doing. And if this approach does not produce medals, then you should get rid of the people in charge and put new people in their shoes," wrote McGee. "I don't know if the politics in South Africa would allow this, but [in the US] it works exactly the same way. Coaches and administrators are fired if there are no results – even in the case of the small sports, the money they receive from the Olympic committee is determined by their medal count and position on the world ranking list. Nothing more, nothing less and there are no arguments about it: 'Produce, or you get no funds.'

"One should also remember that marketing, management and coaching are three totally different entities and they should be approached and operated thus. The marketing people should ask only one question: How much money do we need, and how are we going to get it? Management must be totally competition driven and they should answer only one question: What do the coaches and athletes need to produce results?

"The task of the coaches is more complex: What does the athlete who could produce results look like, where is he, how do we find him, how long will it take to get him to reach his potential, and lastly, how do we do it?

"Top performances are not created by associations or bodies, they are created by individuals – coaches, physiotherapists, chiropractors, psychologists, together with the athlete – a team. Associations or clubs create the vehicles for the finding and early

moulding of the individuals (as can be seen in the Aussie model described by Bob de la Motte). They form the culture or basis from which the stars come.

"How many athletes should a country have in an event to produce one or two stars? To produce a Bekele or Dibaba? One should merely read Haile Gebrselassie's biography to understand the culture from which the Ethiopians come. We had this culture in South Africa: just think of Elana Meyer – Robertson High School – Charles Faasen – Stellenbosch University – Piet Kloppe – Pieter Labuschagne – WP Athletics – the national body (SAAAU).

"We all know the road athletes like Elana travelled – there were individuals who fought for every yard of progress with only one goal: achievement at the highest level.

"This is not the yardstick anymore – we are either complaining, or we are on the gravy train protecting our political power. The people in charge are allowed to tell the media (who has no idea of what is going on and in any case is too scared to reveal the truth if it does know) the biggest nonsense.

"It is clearly obvious what is wrong in SA sport – there is no true management, there is only pseudo-marketing (and the little there is shows no synergy), and there is bitterness and isolation among coaches. There is no money for coaches and no real standards and requirements for those who still want to contribute. The sport has no 'pull' in terms of stars and characters. Potential athletes are just not interested – who wants to work hard and then get no recognition?

"Of course there was much wrong with the old SAAAU, but as an organisation that was basically amateur it only had one mission – to see athletic achievement; nothing else mattered – not money, not colour, not perks.

"I cringed with shame in Beijing as a South African, being asked all the time what went wrong. One can't blame it all on Ramaala or Mulaudzi; the pressure on stars like them is immense. Josiah Thugwane was his own person, unique, with a gigantic heart and will – he won *despite* everything, not because of it. He broke so many rules, but good for him. He asked for help, but received very little, and after Atlanta they suffocated him with false praise and actually prevented him from gaining the highest stage again," says McGee.

Van der Walt referred to the City to City ultramarathon, which had in the opinion of many followers of the sport ridiculously high prize money, and wrote that the money should rather be used for a fast city marathon, since South African marathoning is going backwards. (Total prize money was R1.3 million, and both first prizes went to Zimbabweans.)

"We have no depth anymore. With the exception of Hendrick Ramaala (2:06:55 PB) there is no other marathon runner who excites me. Maybe Norman Dlomo, but his 2:10:39 in Milan last year was nothing special. We do not have a Gert Thys (2:06:33), Ian Syter (2:07:06), Josiah Thugwane (2:07:28) and other stars like Zithulele Sinqe, David Tsebe, and Willie Mtolo anymore.

"Last year Ramaala (2:07:56 in London) was the only South African who could run sub-2:10. I still remember that when Thugwane booked his place for the Olympic Marathon in the 1996 SA Marathon in Cape Town, there were seventeen men under 2:20 in that single race. Last year only 23 did it the whole year!

"Our marathon running is being destroyed by athletes running too many long road races. The main reason is that, although the prize money is not big, it still provides an income for unemployed runners. Another reason is that our athletes do not sharpen their speed in track and cross-country races anymore, as the world's top runners do. Haile Gebrselassie

(2:04:26 WR) first went through the mill in these disciplines before the tackled the marathon.

"Many of our athletes start running marathons too soon, instead of first doing shorter distances. Runners like Thugwane and Mtolo only started running ultras once they realised they could not compete successfully in the big city marathons any longer.

"South Africa has had only ten runners who could clock sub-2:10, and they did so 25 times. Only three of those have been run inside South Africa – and guess where? Port Elizabeth, the city that also saw the only sub-2:30 by a South African woman inside the country.

"South Africa's women are doing even worse than the men. Our fastest last year was Poppy Mlambo's 2:39:19 – a time that will not even be noticed by the rest of the world. The days of Elana Meyer, Frith van der Merwe and Colleen de Reuck are long gone," according to Van der Walt.

ROAD RUNNING

Duke of York Flying Scramble (77th)

Pietermaritzburg, 14 September

(Distance: 16 km; point-to-point, severely downhill course)

MEN

1.	Elmore Sibanda	ZIM/Boxer AC	48:53
2.	Sibonelo Duma	Boxer AC	49:52
3.	Richard Nene	ZIM/Boxer AC	51:59

40-49:

1.	Linford Mbanjwa	VAC	59:08
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50-59:

1.	Joseph Dumakude	VAC	64:29
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60+:

1.	Graham Taylor	Saints	69:31
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Juniors:

1.	Muzi Zuma	Boxer AC	54:28
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WOMEN

1.	Thobile Ngwane	Mr Price AC	66:24
2.	Amanda Bradshaw	Boxer AC	67:16
3.	Sibongile Ziqubu	RWFL	69:43

40-49:

1.	Linda Wolhurter	Hilton Harr	79:49
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50-59:

1.	Judith Geldenhuys	Estcourt AC	70:25
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60+:

1.	Daphne Edwards	Coll Harr	110:06
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Juniors:

1.	Nompumelelo Nzama	Mr Price	108:06
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Vusi Nxumalo Half Marathon & 10 km

Ulundi, 14 September

(Distances: 21.0975 km & 10 km)

Half marathon

MEN

1.	Godfrey Koki	Boxer	1:06:45
2.	Nkosi Thelmusi	Nongoma	1:11:06
3.	Madondo Mbogeleni	Nongoma	1:13:06

50-59:

1.	Sipho Zondi	Ulundi	1:49:44
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Juniors:

1.	Thelumusi Nkosi	Nongoma	1:11:02
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WOMEN

1.	Iris Ndlovu	Boxer	1:29:17
2.	Sandi Jali	Eskom	1:35:53
3.	Lungile Nkosi	Eskom	1:51:23

40-49:

1.	Samke Simelane	Sydenham	2:24:12
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10 km

MEN

1	Sithole Bheki	Ind	40:28
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WOMEN

1.	Angel Mkhabela	Ind	64:25
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Pick 'n Pay Brackenfell Half Marathon

Brackenfell, 14 September

(Distance: 21.0975 km; certified loop course. Finishers: 300.)

MEM

1. Sibusiso Mbingeleli (Mr Pr) 68:31 (R500); 2. Dicardo Jacobs (Ned) 69:36 (R350); 3. Anthony Godongwana (Celt) 70:35 (R250); 4. Tebello Poni (VOB) 71:01; 5. Wanda Roro (Ad) 71:32 (1st jun); 6. John Mboko (Mr Pr) 74:22; 7. Anton Faro (Saf/Wel) 76:13; 8. Nelson Charlie (VOB) 78:50; 9. John van der Byl (MP Titans) 78:57 (1st vet); 10. Zithulele Joseph (RCS Gug) 79:08; 11. Brian Mapeyi (VOB) 81:58; 12. Arthur Matongo (ZIM/Mr Pr) 82:21; 13. Alfred Maliti (Celt) 82:44; 14. Kagiso Masio (WP Def) 83:13; 15. Hans Makatees (Top) 83:36; 16. Sipho Phala (VOB) 84:01; 17. Zama Witvoet (Ned) 84:02 (1st mast); 18. Aldrin Smit (NB) 84:17; 19. Lungisa Cuba (Ned) 84:18; 20. Walter Segatswi (Celt) 84:40; 21. Robbie Lindsay (Ned) 84:54; 22. Friedl van der Merwe (Str) 85:48; 23. Nkosiye Ntshongweni (N.Carb) 86:40; 24. Norman Smit (Saf/Wel) 87:00; 25. Ishmael Moseme (Bel) 87:40; 26. Lionel Atson (MP Titans) 88:12; 27. Pieter Hanekom (Ned) 88:15; 28. Mark Naumann (Edg) 88:38; 29. Doctor Tshiseka (Celt) 89:17; 30. Johan Esterhuizen (N.Sands) 90:36.

Masters: (40+): 1. John van der Byl (MP Titans) 78:57 (R200); 2. Brian Mapeyi (VOB) 81:58 (R100); 3. Friedl van der Merwe (Str) 85:48 (R50). **(50+):** 1. Zama Witvoet (Ned) 84:02 (R200); 2. Walter Segatswi (Celt) 84:40 (R100); 3. Robbie Lindsay (Ned) 84:54 (R50). **(60+):** 1. Carl Hendricks (Ned) 110:52 (R100); 2. Caspar Greeff (Atl) 112:54 (R50); 3. Mike Taylor (Tyg/NL) 116:15 (R25). **(70+):** 1. Caspar Greeff (Atl) 112:54; 2. Dermott Devine (VOB) 151:35; 3. Buck Taylor (Pine) 157:02. **Juniors:** 1. Wanda Roro (Ad) 71:32.

WOMEN (Same prize money as men)

1. Bulelwa Mtshagi (Celt) 85:38; 2. Kirsty Weir (MSM) 90:58; 3. Sheryl de Lange (Ned) 92:06 (1st vet); 4. Styntjie Prins (Paarl) 92:18 (1st mast); 5. Khulukazi Lupondo (RCS Gug) 95:44 (1st jun); 6. Robyn Redhead (Edg) 101:05; 7. Bertha Denichaud (Edg) 101:05; 8. Tania Kapp (VOB) 101:47; 9. Vivian Fransman (Orak) 103:34; 10. Patricia Adams (Met) 104:06; 11. Ilse Engle (Tyg/NL) 104:08; 12. Theresa Brand (NB) 104:33; 13. Nancy Will (Pine) 104:58; 14. Gine Enenkel (Ind) 106:38; 15. Joanne Wynne (Dur) 107:46; 16. Grace Bokaba (WP Def) 108:16; 17. Laura Bouwer (Sanlam) 108:29; 18. Liza Retief (Paarl) 108:37; 19. Lynne Shannon (Pine) 110:01; 20. Chantel Boonzaier (Strag) 110:36.

Masters: (40+): 1. Sheryl de Lange (Ned) 92:06; 2. Bertha Denichaud (Edg) 101:05; 3. Vivien Fransman (Orak) 103:34. **(50+):** 1. Styntjie Prins (Paarl) 92:18; 2. Nancy Will (Pine) 104:58; 3. Helen du Plessis (Tyg/NL) 120:26. **(60+):** 1. Pixie Sparg (Celt) 113:52; 2. Dolla Naurattel (Ceres) 144:35; 3. Marie Hill (Ceres) 165:31. **Juniors:** 1. Khulukazi Lupondo (RCS Gug) 95:44 2. Benine Havenga (Tyg/NL) 160:37.

Medihelp Bike & Tekkie 10 km

Kuils River, 13 September

(Certified loop course. Finishers: 269.)

MEN

1. Zolani Bhitane (Ned) 31:55 (R800); 2. Avukile Ntongana (Mr Pr) 31:55 (R500); 3. Peter Tsawayo (RCS Gug) 32:00 (R300); 4. Lindikhaya Mthangayi (Mr Pr) 32:09 (R200); 5. Anthony Godongwana (Celt) 32:31 (R100); 6. Jacques Pretorius (Ind) 32:59; 7. Unathi Pezolo (RCS Gug) 33:07 (1st jun); 8. Vladimir Kotov (BLR/Mr Pr) 33:45 (1st mast); 9. Adriaan Adendorff (Ind) 35:45; 10. Hein Camphor (Adid) 35:51; 11. Alfred Maliti (Celt) 36:06; 12. Cecil Roffey (Mr Pr) 36:06; 13. Sipho Phala (VOB) 36:23; 14. Bulelani Bhebha (VOB) 37:05; 15. Gerald Sullivan (Dur) 37:21 (1st vet); 16. Bernard Botes (Dur) 37:37; 17. Ivan Ruthven-Brujns (Ind) 39:48; 18. Siyanda Gxaba (Khaye) 41:45; 19. Gerardo Niemand (Brack) 41:48; 20. Derick Golding (Top) 41:54; 21. Sam Kotzé (Ned) 42:06; 22. Thorsten Smith (Ind) 44:15; 23. Marcél Olivier (R/W for L) 44:40; 24. Henry Cleophas (Ned) 45:17; 25. David Heinecke (Celt) 45:54; 26. Isaac Prins (Saf/Wel) 45:56 (1st g'mast); 27. Rassie Pretorius (Sanlam) 46:23; 28. Gideon Lerm (R/W for L) 47:07; 29. Carl Hendricks (Ned) 47:38; 30. Willie Richter (Brack) 47:48.

Note: All age categories the same prize money – R300, R200, R100.

Masters: (40+): 1. Gerald Sullivan (Dur) 37:21; 2. Derick Golding (Top) 41:54; 3. Rassie Pretorius (Sanlam) 46:23. **(50+):** 1. Vladimir Kotov (BLR/Mr Pr) 33:5; 2. Sam Kotzé (Ned) 42:06; 3. Henry Cleophas (Ned) 45:17. **(60+):** 1. Isaac Prins (Saf/Wel) 45:56; 2. Carl Hendricks (Ned) 47:38; 3. Duncan Haigh (Irene) 58:27. **Juniors:** 1. Unathi Pezolo (RCS Gug) 33:07; 2. Bulelani Bhebha (VOB) 37:05; 3. Siyanda Gxaba (Khaye) 41:45.

WOMEN (Same prize money as men*)

1. Anneline Roffey (Mr Pr) 37:18; 2. Thozama April (Celt) 37:33; 3. Ursula Frans (Mr Pr) 40:19; 4. Chantel de Lange (Mr Pr) 40:27; 5. Busisiwe Matiwane (Celt) 41:31; 6. Sheryl de Lange (Ned) 41:43 (1st vet); 7. Yonela Hewu (RCS Gug) 42:30 (1st jun); 8. Khulukazi Lupondo (RCS Gug) 42:54; 9. Elizabeth de Gouveia (Dur) 44:27; 10. Nancy Will (Pine) 44:30 (1st mast); 11. Carien Helberg (NB) 46:30; 12. Charmaine Cupido (Ned) 46:52; 13. Pixie Sparg (Celt) 50:19 (1st g'mast); 14. Helen du Plessis (Tyg/NL) 50:21; 15. Emmerentia Kellerman (Sanlam) 51:40; 16. Hesta du Plessis (Ind) 52:29; 17. Gaymore de Wee (Paarl) 54:15; 18. Cornelia Vezasie (Ind) 54:25; 19. Kyra Solomons (Brack) 56:17; 20. Liezi Marais (Dur) 56:32.

*) Anneline Roffey won a bonus of R200 for being the first runner, male or female, across the line after the women received a handicap of 6 min 40 sec.

Masters: (40+): 1. Sheryl de Lange (Ned) 41:43; 2. Adeline van Niekerk (R/W for L) 67:48; 3. Marilyn Maree (East) 67:57. **(50+):** 1. Nancy Will (Pine) 44:30; 2. Charmaine Cupido (Ned) 46:52; 3. Helen du Plessis (Tyg/NL) 50:21. **(60+):** 1. Pixie Sparg (Celt) 50:19; 2. Charlotte Kettlewell (VOB) 62:03; 3. Elize Grobbelaar (Bel) 75:47. **Juniors:** 1. Yonela Hewu (RCS Gug) 42:30; 2. Khulukazi Lupondo (RCS Gug) 42:54.

Hexkoel Orchard 10 km

Worcester, 13 September
(Loop course)

MEN

1. Rowan Prins (Rob) 33:35; 2. Sollie van Rooyen (CS) 35:15 (1st vet); 3. Jacques van Wyk (P 'n P) 37:03; 4. Morné Hansen (Worc) 37:22; 5. Lincoln Louw (Ind) 37:39 (1st jun); 6. Stanley Bernet (Hex) 37:40; 7. Abraham Fielies (Worc) 37:47; 8. Jan Oliphant (Hex) 38:09; 9. Hindel Swartz (Hex) 38:44; 10. Abraham Jacobus (CS) 39:25; 11. Jerry Swartz (Hex) 40:42; 12. Julian Johnson (Worc) 41:02; 13. Enrico Hunter (Worc) 43:11; 14. Davy Minnies (Hex) 43:59; 15. Norman Ontong (Worc) 46:39; 16. Henk de Klerk (Ned) 47:00; 17. Jan Lucas (Hex) 48:43; 18. Dirk de Kock (Str) 49:07; 19. Dirk Hunter (Worc) 49:35; 20. Natale Roelofse (Worc) 49:37 (1st mast).

Masters: (40+): 1. Sollie van Rooyen (CS) 35:15; 2. Jacques van Wyk (P 'n P) 37:03; 3. Abraham Fielies (Worc) 37:47. **(50+):** 1. Natale Roelofse (Worc) 49:37; 2. Philip Nieuwoudt (Worc) 65:04. **Juniors:** 1. Lincoln Louw (Ind) 37:39; 2. Enrico Hunter (Worc) 43:11.

WOMEN

1. Magrietha Smit (Ceres) 43:58; 2. Marinda Pheiffer (Hex) 45:41; 3. Mary-Ann Baron (Mr Pr) 46:32 (1st vet); 4. Maryna Bingle (Hex) 49:37; 5. Anneke Greenwood (Str) 50:49; 6. Vondra Singleton (Worc) 56:40.

Masters: (40+): 1. Mary-Ann Baron (Mr Pr) 46:32; 2. Maryna Bingle (Hex) 49:37; 3. Anneke Greenwood (Str) 50:49.

Kogelberg Half Marathon & 10 km

Pringle Bay, 13 September
(Distances: 21.0975 km & 10 km; loop courses on sand, gravel and tar)

Half marathon

MEN

1. Alfred Tshabeni (Whal) 85:55; 2. Carlo Jacobs (Top) 87:09; 3. Andries Ntsizakalo (Ned) 88:37 (1st vet); 4. Aldrin Smit (NB) 89:13; 5. Marthinus Corah (Elg/Grab) 89:51; 6. Francois Groenewald (Elg/Grab) 93:28; 7. Willem Floors (Hang) 93:36; 8. Henry Cieverts (Top) 93:44 (1st mast); 9. Johann Diener (Str) 94:45; 10. Colby de Jager (Str) 96:37; 11. Jasper Cloete (Stel) 96:47; 12. Pieter Langenegger (H.Harr) 97:03; 13. Godfrey Swartz (Hang) 103:17; 14. S.C. Rabe (Ind) 103:17; 15. Glen Britten (VOB) 103:56; 16. Mark le Roux (Elg/Grab) 104:35; 17. R. Besselaar (Ind) 105:0; 18. Willie Kotzé (Ind) 105:34; 19. Donovan Jacobs (ER) 105:39; 20. Raymond Currie (Edg) 106:03; 21. Craig February (Celt) 106:23; 22. Abrie Jordaan (Str) 106:49; 23. Alex Taute (Top) 106:53; 24. Anton du Plessis (Ind) 107:10; 25. Jacobus Marthinus (Ind) 107:33; 26. Gerson Banda (Atl) 107:52; 27. Mervin Smith (MP Titans) 107:54; 28. Gary Calderwood (FH) 108:18; 29. Zandr  Raath (Ind) 108:40; 30. G.J. Ras (Ceres) 109:26.

Masters: (40+): 1. Andries Ntsizakalo (Ned) 88:37; 2. Willem Floors (Hang) 93:36; 3. Glen Britten (VOB) 104:35. **(50+):** 1. Henry Cieverts (Top) 93:44; 2. Johann Diener (Str)

96:37; 3. Pieter Langenegger (H.Harr) 103:04. **(60+)**: 1. Caspar Greeff (Atl) 122:15; 2. Roelof van Wheele (Whal) 124:59; 3. Dicky Weirs (Pine) 144:32. **(70+)**: 1. Caspar Greeff (Atl) 122:15; 2. Dermott Devine (VOB); 3. Buck Taylor (Pine).

WOMEN

1. Martha Pretorius (Top) 108:51; 2. Veronica van Niekerk (Elg/Grab) 110:49 (1st g'mast); 3. Tania Welgemoed (Str) 111:10; 4. Cailey Bredenkamp (Paarl) 116:41 (1st vet); 5. Anne Pool (Str) 118:40; 6. Katrina Niemand (Ind) 119:24; 7. A. Braid (Ind) 119:47; 8. Sonia Smith (Top) 122:33 (1st mast); 9. Mathilda Dixon (Paarl) 123:56; 10. Ferial Johaar (Top) 125:53; 11. Annemi van Zyl (Celt) 126:17; 12. Lynette Voigt (Top) 126:45; 13. Nicolene du Plessis (Ind) 127:38; 14. Melanie Porter (Ind) 128:34; 15. Susannah Faro (Ind) 128:53; 16. Francelle Vivic (Sanlam) 129:38; 17. Christine Hibberd (Whal) 131:07; 18. V. da Silva (Ind) 133:15; 19. Rosette Scheepers (MP Titans) 134:07; 20. Magdaleen Brits (Hang) 134:43.

Masters: (40+): 1. Cailey Bredenkamp (Paarl) 116:42; 2. Anne Pool (Str) 119:01; 3. Ferial Johaar (Top) 125:53. **(50+)**: 1. Sonia Smith (Top) 122:33; 2. Lynette Voigt (Top) 126:45; 3. Christine Hibberd (Whal) 131:07. **(60+)**: 1. Veronica van Niekerk (Elg/Grab) 111:10.

10 km

MEN

1. Anton Faro (Saf/Wel) 36:24; 2. Jerry Joy (Met) 40:22; 3. Eric Mlonyeni (Ned) 40:23 (1st vet); 4. Stephen Marais (Ind) 49:48; 5. Simon James (Ind) 59:12; 6. Barry Blount (Str) 53:18; 7. Nick Chadwick (Ind) 53:50; 8. J. Boshoff (Ind) 54:15; 9. Arol Goliath (Ind) 54:40; 10. Grant Forbes (Ind) 55:26; 11. W. Montgomery (Ind) 55:33; 12. Lionel Klassen (Dur) 55:35; 13. I. Walton (Esk Gij) 56:26; 14. Grant Hendricks (Ind) 56:38; 15. Faffa Joubert (Paarl) 57:30 (1st g'mast); 16. Stephanus Kleynhans (Ind) 58:25; 17. Martin Burr (Dur) 62:21 (1st mast); 18. Joerg Neethling (Paarl) 62:40; 19. Jacques du Toit (Ind) 67:25; 20. Martin van Vuuren (Sanlam) 67:37; 21. Chris Jurgens (Ind) 67:49; 22. D. Kortje (Ind) 68:15; 23. G. Leveton (Hang) 68:34; 24. Leo Benning (Whal) 68:55 (1st g/g'mast); 25. Cameron McCallum (Ind) 69:25; 26. Graham Niemand (Whal) 69:41; 27. Riaan Oosthuizen (Ind) 70:11; 28. S. Steyn (Paarl) 70:13; 29. Johan van Dyk (R/W for L) 71:02; 30. Chris van der Spuy (Str) 71:16.

Masters: (40+): 1. Eric Mlonyeni (Ned) 40:23; 2. Martin van Vuuren (Sanlam) 67:37; 3. Johan van Dyk (R/W for L) 71:02. **(50+)**: 1. Martin Burr (Dur) 62:21; 2. W. Montgomery (Ind) 55:33; 3. Lionel Klassen (Dur) 55:35. **(60+)**: 1. Faffa Joubert (Paarl) 57:30; 2. Leo Benning (Whal) 68:35; 3. Winfried Ruschzyk (Ind) 75:45. **(70+)**: 1. Leo Benning (Whal) 68:35; 2. Winfried Ruschzyk (Ind) 75:45.

WOMEN

1. Maritza Kossman (Ind) 52:07; 2. Louise Erasmus (Whal) 52:48 (1st vet); 3. Lindie Bouwer (Sanlam) 52:58; 4. M. Mason (Ind) 53:20; 5. Retha Kruger (Ind) 54:46; 6. A. Mason (Prw) 55:31; 7. Liezl van Rooyen (Str) 55:32; 8. Kathy Burr (Dur) 56:28 (1st mast); 9. Marita Minnaar (NB) 56:37; 10. E. Deluse (Ind) 56:46; 11. Phillippa Colmen (Ind) 57:35; 12. Vircilla Hallick (Ind) 57:56; 13. Ericka Niemand (Ind) 59:33; 14. Nicolette Cronjé (Ind) 63:33; 15. Tessa van Schaik (Ind) 65:55; 16. Annelise Bergh (Ind) 66:49; 17. Jane Spricknell (Ind) 67:18; 18. Laura Bouwer (Sanlam) 67:20; 19. Naomi du Toit (Ind) 67:24; 20. Hanlie van Vuuren (Sanlam) 67:36.

Masters: (40+): 1. Louise Erasmus (Whal) 52:48; 2. L. Tredoux (Brack) 59:15; 3. Tammy Matose (Ind) 90:36. **(50+)**: 1. Kathy Burr (Dur) 56:28; 2. Laura Bouwer (Sanlam) 67:20; 3. Ziska Theron (Met) 92:31. **(60+)**: 1. Arelene Ehrenberg (Whal) 84:25; 2. Marianne Balarin (VOB) 112:31; 3. Blanche de Wet. **(70+)**: 1. Marianne Balarin (VOB) 112:31.

Value Logistics Ou Voetpad 10-miler

Pretoria, 13 September

(Distance: 16 km; loop course on mountain paths and trails)

MEN

1 Jonathan Chinyoka (ZIM/Mr Price) 56:00 (1st jun); 2 Charles Soza (ZIM/Bashewa) 57:40;
3 Wesle Mutai (KRN/Mr Price) 58:06.

Veterans: 1 Jerome Gcaba (Gauteng Striders) 73:05. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 68:06. **G'masters:** 1 Paulus Masilela (Irene) 74:38. **Juniors:** 1 Jonathan Chinyoka (ZIM/Mr Price) 56:00.

WOMEN

1 Renate Dryer (Sunninghill) 78:45; 2 Mshilene Lagerwall (Tuks) 82:40; 3 Michelle Singleton (RAC) 83:38.

Veterans: 1 Rita v Wyk (Boksburg) 91:30. **Masters:** 1 Christa Mouton (Agape) 1:44:02. **G'masters:** 1 Marina Odendaal (Solidarity) 1:52:43. **Juniors:** 1 Roxanne de Kock (Irene) 1:42:21.

Mpati Mountain Race

Dundee, 13 September

(Distance: 15 km; hilly loop course)

MEN

1	Bongani Msimango	Boxer AC	59:25
2.	Suzi Ndaba	Nambithi Striders	1:00:05
3.	Richmond Nsuntha	NHC	1:01:08

40-49:

1.	Petros Mavuso	Umquluzi	1:07:46
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50-59:

1.	Bonginko Si Zikalala	Eskom	1:29:09
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60+:

1.	Clive Bunting	Bigg AC	1:39:17
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Juniors:

1.	Sinenhlanala Sibisi	Nambithi	1:16:24
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WOMEN

1.	Karen v.d. Merwe	Standerton AC	1:29:16
2.	Dudu Shongwe	Ind	1:39:34
3.	Ntombikayise Mbatha	Ind	1:41:38

40-49:

1.	Carin Franzsen	Vry AC	1:42:42
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50-59:

1.	Mtizi Pilgrim	Forest AC	2:08:49
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60+:

1.	Alice Fraser	Bigg AC	2:22:41
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Juniors:

1.	Thobeka Zakwa	Unvi Zulu	2:15:55
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The Willows Challenge 10 km

Port Elizabeth, 13 September

(Cross-country type event on gravel, trails, grass and tar)

MEN

1	George	Ntshiliza	Mr Price AC EP	28	34:45
2	Robert	Matthys	Mr Price AC EP	32	34:56
3	Kobus	Joubert	Nelspruit M C	33	36:58
4	Disqualified		Mr Price Athlet		
5	Gurshan	Petersen	X-Cel AC	32	38:26
6	Efese	Peter (1 st vet)	SANDEF EP	48	38:58
7	Sylvester	Appollis	Nedbank RC EP	25	39:08
8	Clive	Wewers	Elite AC	48	41:44
9	Donald	Mancasa (1 st mast)	Raleigh AC	54	41:49
10	Hannes	Els	Madiba Bay AC	58	41:52
11	Robert	Rietmuller	PEAAC	52	43:03
13	Ferdinand	Grobler	Despatch AC	50	43:32
14	Gary	Muller	Temp	21	43:53
16	Raditshipi	Balatseng	Temp	34	44:04
17	Hannes	Pelser	Temp	25	45:33
18	John	Rafani	Mr Price AC EP	41	45:42
19	Renier	Van Vuuren	PEAAC	51	46:03
20	Ryan	Hawkins (1 st jun)	Charlo AC	15	46:18

40-44:

1	John	Rafani	Mr Price AC EP	41	45:42
2	Anthony	Hornabrook	Charlo AC	41	49:11
3	Andries	Barthers	Elite AC	44	52:11

45-49:

1	Efese	Peter	SANDEF EP	48	38:58
2	Clive	Wewers	Elite AC	48	41:44
3	Jacobus	Wyatt	Despatch AC	45	47:17

50-54:

1	Donald	Mancasa	Raleigh AC	54	41:49
2	Robert	Rietmuller	PEAAC	52	43:03
3	Ferdinand	Grobler	Despatch AC	50	43:32

55-59:

1	Hannes	Els	Madiba Bay AC	58	41:52
2	Jan	Roux	Temp	56	51:46
3	Lawrence	Plum	Nedbank RC EP	58	54:42

60-64:

1	William	Grobler	Elite AC	60	53:45
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Juniors:

1	Ryan	Hawkins	Charlo AC	15	46:18
2	Ntando	Poro	Charlo AC	17	46:47
3	Heinrich	Basson	Charlo AC	18	47:19

WOMEN

1	Treloar	Childs (1 st vet)	Spar Walmer AC	45	43:25
2	Deliwe	Nyanga (1 st jun)	PEAAC	19	43:56
3	Lesley	Wood (1 st mast)	Achilles AAA	51	46:41
4	Antonette	Grobler	Temp	28	49:00
5	Janette	Schierz-Crusius	Body Concept	48	49:18
6	Chwayita	Thathoba	Temp	22	4:94:8
7	Shannon	Holmes	Temp	26	50:21
8	Johannette	Oosthuizen	Temp	44	51:04
9	Suretha	Myburgh	Temp	26	51:17

10	Christelle	Blume	Jeffreys Bay	40	53:34
11	Lindie	Barnardo	Nmmu AC	24	54:17
12	Hermie	Fisher	Madiba Bay AC	40	54:34
13	Lesley	Loock	Temp	42	55:05
14	Vanesse	Jansen Van Rensburg	Jeffreys Bay	47	55:49
15	Gillian	Dealtry	Crusaders AC	50	56:05
16	Carin	Du Preez	Jeffreys Bay	33	56:23
17	Terray	Newcombe	Nedbank RC EP	17	56:33
18	Lee-Anne	Diedericks	Temp	18	57:19
19	Sabihe	Happe-Spees	Temp	29	57:24
20	Jos	Els	Madiba Bay AC	56	57:26

40-44:

1	Johannette	Oosthuizen	Temp	44	51:04
2	Christelle	Blume	Jeffreys Bay	40	53:34
3	Hermie	Fisher	Madiba Bay AC	40	54:34

45-49:

1	Treloar	Childs	Spar Walmer AC	45	43:25
2	Janette	Schierz-Crusius	Body Concept	48	49:18
3	Vanesse	Jansen Van Rensburg	Jeffreys Bay	47	55:49

50-54:

1	Lesley	Wood	Achilles AAA	51	46:41
2	Gillian	Dealtry	Crusaders AC	50	56:05
3	Roz	Gerber	Crusaders AC	50	1:05:18

55-59:

1	Jos	Els	Madiba Bay AC	56	57:26
2	Rina	Barnard	Elite AC	55	1:23:35
3	Martie	Vorsatz	Temp	59	1:35:15

60-64:

1	Debbie	Oelofse	Legacy AC	61	1:18:13
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70+:

1	Dorothy	Hart	PEAAC	70	1:02:38
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Juniors:

1	Deliwe	Nyanga	PEAAC	19	43:56
2	Terray	Newcombe	Nedbank RC EP	17	56:33
3	Lee-Anne	Diedericks	Temp	18	57:19

City to City 50 km (35th) & Half Marathon

Centurion to Johannesburg, 7 September

(Distances: 50 km & 21.0975 km. The ultra is a point-to-point uphill course, very hilly;

Centurion is at 1400 m above sea level and Johannesburg at 1748 m. Half-marathon course configuration unknown.)

50 km**MEN**

1. Portipher Dombojena (ZIM/Mr Price), 25, 2:54:15
2. Hatiwande Nyamande (ZIM/Mr Price), 29, 2:55:54
3. Sipho Ncube (ZIM/Mr Price), 36, 2:56:18
4. Mabule Raphotle (Mr Price), 27, 2:56:20
5. Butiki Jantjies (Mr Price), 38, 2:56:44
6. Mluleki Nobanda (Mr Price), 39, 2:57:42
7. John Maina (KEN), 29, 2:58:17
8. Jabulani Nhlapo (Mr Price), 29, 2:58:38
9. Johannes Kekana (Mr Price), 36, 2:59:40
10. Sylvester Moleko (Gauteng S), 38, 3:00:32
11. Doctor Mtsweni (Nedbank), 26, 3:04:04

12. Anthony Kirui (KEN/Bagwera), 28, 3:04:21
13. Legogang Monyele (Toyota), 27, 3:04:21
14. Enny Mashoene (Mr Price), 31, 3:04:59
15. Michael Mnisi (GR), 36, 3:06:34
16. Ben Breyntzis (ADT), 32, 3:06:57
17. Patrick Sefako (Driefontein), 26, 3:08:58
18. Bethuel Netshifhefhe (Bonitas), 36, 3:09:10
19. Kaserai Sita (ZIM/Mr Price), 30, 3:09:20
20. Morgen Sithole (ZIM/Mr Price), 47, 3:09:22 (1st vet)
21. Vladimir Kotov (BLR/Mr Price), 50, 3:09:25 (1st mast)

Veterans:

1	Morgen	Sithole	ZIM/Mr Price	47	3:09:22
2	Reginald	Ngobese	Gauteng S	41	3:10:49
3	Ruben	Setumu	Aerosud	40	3:18:24

Masters:

1	Vladimir	Kotov	BLR/Mr Price	50	3:09:25
2	Tumario	Khuzwayo	Nedbank	50	3:27:48
3	Samuel	Mogudi	RAC	52	3:35:20

G'masters:

1	Johannes	Mosehla	Polokwane	66	4:16:00
2	Daniel	Hlongwane	Nedbank	60	4:16:39
3	Gezane	Hlungwane	Germiston Callies	63	4:34:10

WOMEN

1. Samukeliso Moyo (ZIM/Mr Price), 25, 3:28:10
2. Riana van Niekerk (Mr Price), 32, 3:30:59
3. Farwa Mentoer (Bonitas), 35, 3:33:10
4. Chiyedsa Chokore (ZIM/Mr Price), 30, 3:36:11
5. Tessa Burrell (Gauteng S), 43, 3:41:59 (1st vet)
6. Mandiwane Ndothiwa (Nedbank), 27, 3:43:30
7. Monica Kativhu (ZIM/Mr Price), 28, 3:44:04
8. Sarah Mahlangu (Mr Price), 42, 3:45:27
9. Muchaneta Gwata (ZIM/Mr Price), 23, 3:47:48
10. Angelina Molaba (Harmony), 26, 3:50:49

Veterans:

1	Tessa	Burrell	Gauteng Striders	43	3:41:59
2	Sarah	Mahlangu	Mr. Price	42	3:45:27
3	Lelanie	van Zyl	Nedbank	43	4:16:23

Masters:

1	René	van Zyl	Magnolia	53	4:20:14
2	Linda	Potgieter	Tuks	56	4:32:50
3	Amor	van Zyl	Nedbank	52	4:47:14

G'masters:

1	Liz	Ruickbie	RAC	61	4:40:30
2	Sue	van Heerden	Roodepoort	61	05:47:46

Half marathon**MEN**

1	Mehari	Baraki	ETH/ADT	1:08:18
2	Elmore	Sibanda	ZIM/Boxer	1:08:39
3	John	Ngeny	KEN/Bagwera	1:09:16
4	Kelvin	Pangiso	ZIM/Mr Pr	1:09:31
5	Aaron	Gabonewe	Mr Pr	1:10:07
6	Masilo	Matjhake	Toyota	1:10:20
7	Jonathan	Chinyoka	ZIM/Mr Pr	1:10:46

8	Teboho	Sello	Toyota	1:11:30
9	Tumi	Malo	Toyota	1:13:59
10	Shadrack	Hoff	Ind	1:14:00
11	Alfred	Kiplagat	KEN/Bagwera	1:14:04
12	A.N. Other			
13	Shebbhas	Kipkoech	KEN/Nedbank	1:14:36
14	Xolela	Ngcbetsha	Mr Pr	1:15:14
15	Michael	Ngaseke	Mr Pr	1:15:15
16	Leswene	Africa	BCC	1:15:16
17	Moses	Mjodzi	ZIM/Mr Pr	1:15:46
18	Morongoa	Raseruthe	ZIM?	1:16:23
19	Patrick	Kanyane	Nedbank	1:16:31
20	Lucian	Krotwaar	NED	1:16:37

Veterans:

1	Elgin	Mokale	Nedbank	1:17:24
2	Belay	Alemayehu	ETH/ADT	1:17:49
3	Dumisani	Mahlangu	Rand Har	1:19:18

Masters:

1	Johannes	Seakamela	RAC	1:23:57
2	Tsotso	Mmola	Anglo RPM	1:27:10
3	Andre	Jansen	Toyota	1:27:12

G'masters:

1	Paulus	Masilela	Irene	1:38:25
2	John	Moroka	Ukhozi	2:02:40
3	Doenie	Rabie	JHAC	2:03:39

WOMEN

1	Sharon	Tavengwa	ZIM	1:18:38
2	Ivette	van Blerk	Ind	1:18:48
3	Taemo	Weldegebriel	ETH/ADT	1:21:58
4	Tabitha	Tsatsa	ZIM/Boxer	1:24:31
5	Eunice	Nhlapo	Gauteng S	1:25:41
6	Judy	Bird (1st vet)	Nedbank	1:33:04
7	Rene	Strydom	Rand Har	1:36:53
8	Lindsay	van Aswegen	KRR	1:39:38
9	Dolly	Khumalo	ADT	1:43:16
10	Engelinah	Munyai	Rainbow	1:43:50

Veterans:

1	Judy	Bird	Nedbank	1:33:04
2	Rene	Strydom	Har	1:36:53
3	Lindsay	van Aswegen	KRR	1:39:38

Masters:

1	Frances	van Blerk	Nedbank	1:47:52
2	Selinah	Netshisaulu	RAC	1:49:14
3	Bets	Greyling	Sunward P	2:22:46

G'masters:

1	Patricia	Moore	Ind	2:14:13
2	Rachel	Ledwaba	Pick 'n Pay	2:30:54
3	Ferna	McKay	Rand Har	2:48:12

Daisy Marathon & Half Marathon

Springbok, 6 September

(Distances: 42.195 km & 21.0975 km; course configurations unknown)

Marathon

MEN

1. Henry Seekoei (Kim Harr) 2:58:18; 2. Pietertjie Boorman (Assm) 3:03:38; 3. David Ndata (Assm) 3:09:04; 4. Jan Nero (Ind) 3:10:34; 5. Piet Geduld (Swart) 3:14:07; 6. Patrick Oabona (Assm) 3:21:48 (1st vet); 7. Marius Bron (Orak) 3:26:55; 8. Emile Muller (Stel) 3:26:59; 9. Ganneth Jannetjies (Okiep AC) 3:39:05; 10. Jacob Erasmus (Ceres) 3:43:57 (1st mast); 11. Johannes Brandt (Bl Mount) 3:51:22; 12. Bernard Farmer (Ned) 3:54:09; 13. Willem Mostert (Spring) 3:58:09; 14. Samuel Jannetjies (Ind) 4:00:08; 15. Marcel Bostander (Ind) 4:06:05.

Masters: (40+): 1. Patrick Oabona (Assm) 3:21:48; 2. Emile Muller (Stel) 3:26:59; 3. Willem Mostert (Spring) 3:58:09. **(50+):** 1. Jacob Erasmus (Ceres) 3:43:57; 2. Johannes Brandt (Bl Mount) 3:51:22.

WOMEN

1. Dolla Taljaard (Spring) 5:15:42; 2. Linda Els (FH) 5:22:42; 3. Debbie Tuckett (Oxf Str) 5:22:43 (1st vet).

Masters: (40+): 1. Debbie Tuckett (Oxf Str) 5:22:43. **(50+):** 1. Dolla Taljaard (Spring) 5:15:42.

Half marathon

MEN

1. Thembelani Zola (Mr Pr) 81:17; 2. Alex Oabona (Assm) 83:06 (1st jun); 3. Salman Olyn (Assm) 85:51; 4. Clinton Andrew (Okiep AC) 86:24; 5. Nicolaas Kees (Rob) 87:45 (1st vet); 6. Angelo Cloete (Okiep AC) 88:36; 7. Boet Sehelhegh (Assm) 91:21; 8. Amos Cloete (Ind) 91:32; 9. Christopher Phillips (Ind) 92:48; 10. Joseph August (Okiep AC) 92:56; 11. Brian Fortuin (Ind) 97:57; 12. Jacques de Jongh (Ind) 97:59; 13. Mothibedi Lekeka (SAPS) 101:28; 14. Sesupo Mothibi (Assm) 105:08; 15. André Larie (Ind) 107:16; 16. Christo Afrikaner (Ind) 107:18; 17. Benjamin Waters (Ind) 109:36; 18. George Farmer (Spring) 109:43; 19. Jan Cloete (Ind) 114:34; 20. Arnoldus Kennedy (Orak) 116:09.

Masters: (40+): 1. Nicolaas Kees (Rob) 87:45; 2. Sesupo Mothibi (Assm) 105:08; 3. George Farmer (Spring) 109:43. **(50+):** 1. Wuthrich Martin (Ind) 132:10; 2. Rudi Roath (Ind) 146:09. **Juniors:** 1. Alex Oabona (Assm) 83:06; 2. Brian Fortuin (Ind) 97:57; 3. André Larie (Ind) 107:16.

WOMEN

1. Nomvuyisi Seti (Mr Pr) 95:08; 2. Marge Cloete (Ind) 109:41 (1st vet); 3. Zerilda Fysel (Ind) 133:55; 4. Anneline Badenhorst (Ind) 142:12; 5. Liefie van Wyk (Orak) 146:06.

Masters: (40+): 1. Marge Cloete (Ind) 109:41. **(50+):** 1. Anny Linde (Ind) 211:41.

Living Free 15 km

East London, 30 August

MEN

1	Vukile Ndabeni	Old Selbornians	55:47
2	Julian Beukes	Oxford Striders	57:22
3	Craig Alers	Living Free	57:28
4	Wesley Arentsen	Oxford Striders	58:18
5	Freeman Vutu	Oxford Striders	59:17

6	Msimdisi Joji	Old Selbornians	1:00:55
7	Kevin Derbyshire	Oxford Striders	1:03:22
8	B Bahlman	Gonubie Harriers	1:04:08
9	A.N. Other		1:04:12
10	Phindile Gobane	Oxford Striders	1:04:41

WOMEN

1	Xoliswa Bici	Mr Price Transkei	1:03:23
2	Theresa Breetzke	Oxford Striders	1:04:35
3	Weziwe Dlavana	Mr Price Transkei	1:07:28
4	Michelle Small	Bufs	1:08:18
5	Janine Jackson	Bufs	1:09:15
6	Renette Kriel	Old Selbornians	1:10:21
7	Tracy Maree	Old Selbornians	1:11:48
8	Gail Langley	Bufs	1:12:48
9	Karen Minnie	United	1:16:29
10	Margaret Hewetson	ELAC	1:20:39

ULTRA/MOUNTAIN/TRAIL RUNNING**Crazy Store Table Mountain Challenge Trail Race**

Cape Town, 13 September
(Distance unknown)

MEN

1	William Robinson	3:57:32
2	Simon Mtuy	4:16:05
3	Andrew Hagen	4:21:39
4	Greg Goodall	4:23:28
5	Guy Morel	4:24:07
6	Cas Van Aardenne	4:33:53
7	Marc De Rooy	4:34:37
8	Eddie Lambert	4:37:26
9	Brett Chilcott	4:41:55
10	Ross Cameron	4:42:47

WOMEN

1	Moyra Sheard	5:07:03
2	Elske Schabort	5:23:33
3	Robyn Ferrar	5:25:17
4	Lisa Gething	5:37:17
5	Kim Sims	5:40:20
6	Anja Carstens	5:50:45
7	Robyn Woodward	5:52:59
8	Vivienne Fenton	5:56:57
9	Liza Chin	5:57:28
10	Ingrid Serritslev	5:58:18

CROSS-COUNTRY**SA Championships**

Witbank, 6 September

SENIOR MEN**12 km:**

1	Boy	Soke	FSA	42:20
2	Stephen	Mokoka	AVT	42:33
3	Enos	Matalane	AGN	42:42
4	Jeffrey	Gwebu	CGA	43:07
5	Kgosi	Tsosane	ACNW	43:15
6	Xolisa	Tyali	CGA	43:24
7	Lungile	Gongqa	ATRA	43:25
8	Nkululeko	Zamisa	CGA	43:40
9	Sibusiso	Nzima	CGA	43:41
10	Vincent	Kutoane	CGA	43:47
11	Themba	Miya	CGA	43:48
12	Siyabonga	Nkonde	KZN	43:58
13	Tshamano	Setone	CGA	44:05
14	Lucky	Miya	CGA	44:06
15	Sameul	Segoaba	FSA	44:09
16	Elroy	Gelani	ACNW	44:16
17	Thabang	Letsiye	ACNW	44:23
18	Aaron	Tlhobo	FSA	44:27
19	Don	Ndlovu	CGA	44:31
20	Lukas	Jani	MP	44:37
21	Thubalethu	Phaku	KZN	44:39
22	Kgotso	Sesing	FSA	44:42
23	Gladwin	Mzazi	AVT	44:46
24	Xolisani	Zamkele	ATRA	44:47
25	Lloyd	Bosman	ACNW	45:12
26	Abel	KOENA	FSA	45:18
27	Skhumbuzo	Buthelezi	KZN	45:22
28	Jacob	Letsholo	ACNW	45:23
29	Tom	Luasaseni	WPA	45:29
30	Tunyiswa	Odwa	CGA	45:36
31	Sampie	Mokgatla	AVT	45:37
32	Augustine	Manamela	CGA	45:52
33	Nkosivelile	Ntantiso	ATRA	45:53
34	Samuel	Moleshiao	MP	45:57
35	Shadrack	Selewane	CGA	45:58
36	Piet	Jacobs	BOL	45:58
37	Mpumelelo	Mtshubeki	ATRA	46:00
38	Molifi	Tsuane	ACNW	46:09
39	Onkatlholetse	Mabihi	ACNW	46:10
40	Samuel	Mashisih	CGA	46:11
41	Fussy	Nkhuta	AVT	46:18
42	Isaac	Motong	ACNW	46:26
43	Anthony	Godongwana	WPA	46:35
44	Siyabulela	Mtsha	ATRA	46:39
45	Joseph	Ntiti	ACNW	46:47
46	Sandile	Lembethe	KZN	46:52
47	Siyabonga	Nqabeni	WPA	46:58
48	Goodman	Khumalo	KZN	47:05
49	Mandla	Nkosi	MP	47:29
50	Karabo	Mahase	FSA	47:35

SENIOR & U.21 MEN

(* = u.21)

4 km:

1	Mthobisi	Baloyi	ACNW	12:51
2	Esau	Nkosi	AVT	13:09
3	Joseph	Mckenzie	CGA	13:21
4	Isaac	Mbuyase	CGA	13:23
5	Desmond	Mokgobu*	CGA	13:25
6	Molefe	Molefe	AVT	13:26
7	Dean	Brummer*	AGN	13:26
8	Lesiba	Peu	LIMA	13:28
9	Lezole	Zim*	FSA	13:30
10	Pharson	Magagane	LIMA	13:32
11	Dikotsi	Lekopa*	ACNW	13:34
12	Tukelo	Putsoenyane*	FSA	13:37
13	Derocious	Makhobalo*	CGA	13:39
14	Paul	Tjaoana	CGA	13:41
15	Marko	Bucarazzia*	CGA	13:43
16	William	Motsola*	FSA	13:43
17	Sydney	Ngwenya*	CGA	13:51
18	Samuel	Malelengoane*	FSA	13:54
19	Siyaya	Khoza*	CGA	13:56
20	Wandile	Nzima*	CGA	13:56
21	Johan	Pretorius	MP	14:00
22	David	Sebetele	AGN	14:01
23	Kagiso	Motyale	ANWN	14:03
24	Mthetho	Goxo	CGA	14:03
25	Thapelo	Mofokeng	CGA	14:04
26	Orlando	Molotsi	AVT	14:06
27	Matome Vusi	Ramosifa*	LIMA	14:08
28	Jean	Brummer*	AGN	14:09
29	Jackson	Chauke*	CGA	14:11
30	Marcel	Luther*	CGA	14:12

JUNIOR MEN

8 km:

1	Sithyilo	Diko	ATRA	24:23
2	Folavia	Sehohle	CGA	24:45
3	Joel	Monne	ACNW	24:47
4	Vuyisile	Tshoba	CGA	24:56
5	Witness	Hlalele	FSA	24:57
6	Senzo	Nkosi	KZN	24:59
7	Mfumaneko	Fadane	ATRA	25:02
8	Windy	Jonas	FSA	25:08
9	Samuel	Setleelo	ACNW	25:10
10	David	Molebatsi	CGA	25:14
11	Lucas	Bothoboile	ACNW	25:24
12	Willem	Darries	ASWD	25:28
13	Stephen	Metsing	ACNW	25:45
14	Simon	Khumalo	CGA	25:50
15	Thoriso	Ratsela	CGA	25:51
16	Sithembele	Fanekho	ATRA	25:53
17	Matthews	Siyephu	AGN	25:55
18	Shaun	Zuzani	CGA	25:57
19	Reuben	Magengenene	CGA	25:59
20	Makhini	Masango	KZN	26:00

21	Thelumusa	Nkosi	KZN	26:02
22	Gary Eugene	Nyathi	LIMA	26:09
23	Sphamandla	Khulu	KZN	26:22
24	Valentine	Maphisa	FSA	26:24
25	Bongani	Mthombeni	KZN	26:32
26	Kotopetsa	Mhlanga	CGA	26:38
27	Thabo	Tau	ANWN	26:38
28	Gaorgtiwe	Baikepi	ACNW	26:39
29	Joel	Mokoena	CGA	26:43
30	Siviwe	Tyika	ATRA	26:46

MEN AGE GROUPS

8 km:

40-44:

1	Elgin	Mokale	CGA	25:36
2	Billy	Majafa	CGA	26:16
3	Brian	Mapeyi	WPA	26:33

45-49:

1	Meshack	Mogotsi	ACNW	26:01
2	Tony	Silva	CGA	27:13
3	Nelson	Buthelezi	CGA	27:54

50-54:

1	Thulani	Sibisi	CGA	28:30
2	Cornelius	Tsotso	ANWN	29:14
3	Mpendulo	Mpukane	WPA	29:38

55-59:

1	Mike	Du Bruto	AGN	30:06
2	Stephen	Moagi	CGA	30:52
3	Awie	Veldsman	WPA	31:16

60-64:

1	Albertus	Bock	WPA	31:07
2	Hans	Sliep	CGA	33:53
3	Johan	Swart	BOL	35:09

65-69:

1	Andries	Van Der Merwe	AGN	39:25
2	Chrisjan	Morake	CGA	40:47

75+:

1	Martin	Coetzee	AGN	44:34
2	Martin	Weideman	ANWN	53:57
3	F	Grobbelaar	AGN	68:53

SENIOR WOMEN

8 km:

1	Lebo	Phalula	CGA	29:37
2	Lebogang	Phalula	CGA	29:56
3	Viloet	Raseboya	CGA	30:16
4	Tebogo	Masehla	CGA	30:24
5	Takalani	Nthulani	CGA	30:30
6	Myrette	Filmalter	AGN	31:04
7	Annerien	Van Schalkwyk	AGN	31:21
8	Tshifhiwa	Mundalamo	CGA	31:24
9	Ntombesintu	Ntshiliza	EP	31:29
10	Mpho	Mabuza	CGA	31:42
11	Nolene	Conrad	WPA	31:45
12	Portia	Ngwenya	CGA	31:50
13	Simangele	Mabuza	AVT	31:56

14	Patience	Khumalo	AVT	32:04
15	Cecilia	Ndaweni	CGA	32:06
16	Thozama	April	WPA	32:17
17	Mia	Pienaar	BOL	32:23
18	Thandi	Malindi	FSA	32:31
19	Busisiwe	Matiwane	WPA	32:39
20	Tshegofatso	Taukobong	AGN	32:43
21	Maryna	Swanepoel	FSA	32:43
22	Noria	Sibanda	MP	33:02
23	Amy	Aronson	WPA	33:05
24	Claudia	Serame	CGA	33:20
25	Thitshaamba	Ravhandalala	AGN	33:32
26	Nancy	Dipela	AGN	33:47
27	Danette	Smith	BOL	33:54
28	Rose	Tselia	ACNW	35:27
29	Zanele	Fuzile	ATRA	36:08
30	Danelle	Rossouw	BOL	36:14

SENIOR & U.21 WOMEN

(* = u.21)

4 km:

1	S	Strydom	ACNW	16:21
2	Myrette	Filmalter	AGN	16:35
3	Catherine	Nkosi	AGN	16:53
4	Mapaseka	Makhanya	CGA	17:00
5	Thembi	Baloyi*	AGN	17:03
6	Lisa	Maritz	AGN	17:48
7	Dolores	Bondis*	FSA	17:55
8	Tondani	Mundalamo	AGN	18:10
9	Regina	Thukane*	FSA	18:10
10	Vuyokazi	Mabhude	ATRA	18:12
11	Priscilla	Kubu	CGA	18:21
12	Thembelihle	Selela*	CGA	18:21
13	R	Lourens	ACNW	18:39
14	Natasha	Oosthuizen	WPA	18:39
15	Nerissa	Van Der Walt*	AGN	18:39
16	Chanaix	Nice*	AGN	19:05
17	Mishelene	Lagerwall*	AGN	19:05
18	Monyane	Teleko*	CGA	19:05
19	Khanyisa	Siphunzi	ATRA	19:14
20	Rozanne	Coetzer*	FSA	19:22
21	Lesedi	Matjila	AGN	19:23
22	Zikhona	Mavana	ATRA	19:31
23	Corne	Geyser*	AGN	19:53
24	Sibongile	Masanabo*	CGA	19:53
25	Zoe	Brentano*	CGA	20:10
26	Amandie	Pansegrouw*	ANWN	20:15
27	P	Khumalo*	AVT	20:20
28	Dominique	Lundall	AGN	20:48
29	Simbley	Phelwane*	ANWN	20:48
30	Zylani	Naude*	AGN	20:49

JUNIOR WOMEN

6 km:

1	Nandipha	Dywili	ATRA	20:49
2	Maxine	Heine-Wacker	CGA	21:11
3	Letitia	Saayman	AGN	21:28

4	Abongile	Lerotholi	FSA	21:48
5	Zinhle	Mtshali	KZN	21:54
6	Vuyiseka	Dlongwana	ATRA	22:00
7	Anneke	Claasens	MP	22:01
8	Ashleigh	Schnettler	CGA	22:15
9	Zintle	Singe	CGA	22:19
10	Anneke	Gildenhuis	CGA	22:24
11	Destiny	Titus	WPA	22:31
12	Amanda	Dyalivani	ATRA	22:47
13	Elizabeth	Masebe	CGA	22:49
14	Lusanda	Bomvana	ATRA	22:59
15	Mbali	Mbatha	KZN	23:06
16	Silindile	Myeni	KZN	23:12
17	Jeanette	Moko	CGA	23:23
18	Petro	Fourie	AGN	23:40
19	Nontokozo Cynthia	Dlamini	MP	23:48
20	Roline	Machabapala	CGA	23:58
21	Francelle	Strydom	AGN	24:05
22	Anja	Wiid	CGA	24:12
23	Sesi	Ndlovo	MP	24:30
24	Beauty	Marema	AGN	24:45
25	Hlengiwe	Buthlezi	KZN	24:59
26	Senzeni	Mngxanyelwa	ATRA	25:01
27	Megan	Williams	CGA	25:08
28	Ruth	Ndlovu	CGA	25:25
29	Cecile	Coetzee	BOL	25:27
30	Ayanda	Mqhakayi	WPA	25:27

WOMEN AGE GROUPS

4 km:**40-44:**

1	René	Strydom	CGA	17:43
2	Salome	Vermeulen	AGN	18:08
3	Kylie	Griffen	KZN	18:08

45-49:

1	Judy	Bird	AGN	17:28
2	Mariëtte	Esterhuyse	WPA	18:14

50-54:

1	Marietjie	Ceronio	AVT	18:31
2	Francis	Van Blerk	AGN	18:53
3	Lynette	Fischer	FSA	19:03

55-59:

1	Nancy	Will	WPA	19:39
2	Collette	Van Eck	WPA	20:31
3	Elaine	Greenblatt	CGA	20:49

60-64:

1	Pixie	Sparg	WPA	22:09
2	Priscilla	Von Schlicht	WPA	23:12
3	Willemien	Smuts	FSA	23:38

65-69:

1	Gill	Tregenna	KZN	24:42
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70+:

1	Ingrid	Wieland	CGA	30:08
2	Kytie	Burger	ANWN	32:11

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

Fortis Rotterdam Half Marathon (6th)

Rotterdam, NED, 14 September

(Distance: 21.1 km; certified, flat out-and-back course)

MEN

1. Patrick Makau Musyoki, KEN 59:29
2. Evans Cheruiyot, KEN 59:29
3. Wilson Chebet, KEN 59:33 PB
4. Paul Kosgei, KEN 59:37
5. Charles Munyeki, KEN 59:44
6. Joseph Maregu, KEN 59:52
7. Abebe Dinkesa, ETH 1:00:03 PB
8. Dieudonne Disi, RWA 1:00:06
9. Raji Assefa, ETH 1:00:07 PB
10. Jonathan Maiyo, KEN 1:00:12

WOMEN

1. Lydia Cheromei, KEN 1:08:35 PB/CR*
2. Ilse Pol, NED 1:14:17 PB
3. Miranda Boonstra, NED 1:14:23 PB
4. Nadja Wijenberg, 1964, NED 1:14:39
5. Jolanda Verstraten, NED 1:16:31 PB

Volksbank Münster-Marathon (7th)

Münster, GER, 14 September

(Distance: 42.195 km)

MEN (gun times)

1. Richard Ngolepus, KEN 2:14:21
2. Francis Kiprop, KEN 2:17:25
3. Isaac Kipkosgei Kiprop, KEN 2:21:47
4. Simon Ripis, KEN 2:22:57
5. Elisha Sawe, KEN 2:24:40

WOMEN (gun times)

1. Joanna Chmiel-Gront, 1969, POL 2:45:48
2. Krystyna Kuta, POL 2:48:18
3. Peris Poywo, KEN 2:53:47
4. Birgit Lennartz, 1965, GER 3:00:32

Deutschen Strassenlauf-Meisterschaften 10 km

(German 10 km Championships)

Karlsruhe, GER, 13 September

(Criterium course [separate races for men and women])

MEN

1. Falk Cierpinski, 1978, ST SG Spergau 29:14
2. Steffen Uliczka, 1984, SH SG TSV Kronshagen/Kieler TB 29:17
3. Alexander Lubina, 1979, WE TV Wattenscheid 01 29:19

WOMEN

1. Irina Mikitenko, 1972, WE TV Wattenscheid 01 30:57 PB/WL
2. Sabrina Mockenhaupt, 1980, NO Kölner Verein für Mar e.V 31:50
3. Susanne Hahn, 1978, SL SV Schlau.Com Saar 05 SBR 32:53

Asheville Citizen-Times Half Marathon (9th)

Ashville, USA, 13 September

(Distance: 21.1 km)

MEN: 1. Shadrack Muteri, 28, Marietta, GA (KEN), 1:08:58; 2. Stewart Ellington, 33, Knoxville, TN, 1:09:51; 3. Sammy Nyamongo, 32, Marietta, GA, 1:11:27.

WOMEN: 1. Zola Pieterse, 42, Myrtle Beach, SC (RSA), 1:25:16; 2. Michelle Ziegler, 27, Ashville, NC, 1:33:04.

Two Countries Marathon & Half Marathon (12th)

Beit Bridge, RSA/ZIM, 7 September

(Distances: 42.195 km & 21.1 km)

Marathon

MEN: 1. Nkosiya Sibanda, ZIM, 2:28:55; 2. Sipho Motau, RSA, 2:50:21.

WOMEN (none reported).

Half marathon

MEN: 1. Millen Matende, ZIM, 1:08:23; 2. Rabson Chigara, ZIM, 1:08:30; 3. Tsungai Mwanengeni, ZIM, 1:09:33.

WOMEN: 1. Varaidzo Shindi, ZIM, 1:24:47; 2. Olivia Chitate, ZIM, 1:31:28.

TRACK**IAAF VTB Bank World Athletics Final (6th)**

Stuttgart, GER, 13-14 September

MEN

800 (13):

1. Alfred Kirwa Yego, KEN 1:49.05 \$30,000
2. Abraham Chepkirwok, UGA 1:49.22 20,000
3. Yusuf Saad Kamel, BRN 1:49.40 12,000
4. Marcin Lewandowski, POL 1:49.40 7,000
5. Amine Laalou, MAR 1:50.03 5,000
6. Mbulaeni Mulaudzi, RSA 1:50.70 4,000

1500 (14):

1. Haron Keitany, KEN 3:37.92 \$30,000
2. Asbel Kiprop, KEN 3:37.93 20,000
3. Nick Willis, NZL 3:38.22 12,000
4. Gideon Gathimba, KEN 3:38.35 7,000
5. Yusuf Saad Kamel, BRN 3:38.50 5,000
6. Bernard Lagat, USA 3:38.79 4,000
7. Belal Mansoor Ali, BRN 3:39.62 3,000
8. Mohamed Moustoui, MAR 3:39.90 1,000

9. Abdalaati Iguider, MAR 3:41.70 1,000
10. Nicholas Kemboi, KEN 3:43.91 1,000

3000 (13):

1. Bernard Lagat, USA 8:02.97 SB \$30,000
2. Edwin Soi, KEN 8:03.55 20,000
3. Matt Tegenkamp, USA 8:03.56 12,000
4. Mike Kigen, KEN 8:03.63 7,000
5. James Kwalia C'Kurui, QAT 8:04.07 5,000
6. Mark Kiptoo, KEN 8:04.30 4,000
7. Chris Solinsky, USA 8:04.78 3,000
8. Abraham Chebii, KEN 8:05.87 1,000
9. Mohammed Farah, GBR 8:05.97 1,000
10. Isaac Songok, KEN 8:06.33 1,000
11. Boniface Songok, KEN 8:07.59 1,000
12. Shadrack Kosgei, KEN 8:09.41 1,000

5000 (14):

1. Edwin Soi, KEN 13:22.81 \$30,000
2. Moses Kipsiro, UGA 13:23.02 20,000
3. Micah Kogo, KEN 13:23.37 12,000
4. Mark Kiptoo, KEN 13:23.73 7,000
5. Eliud Kipchoge, KEN 13:24.13 5,000
6. Tariku Bekele, ETH 13:24.75 4,000
7. Silas Kipruto, KEN 13:25.21 3,000
8. Boniface Kiprop, UGA 13:36.33 1,000
9. Bernard Kipyego, KEN 13:41.43 1,000
10. Moses Masai, KEN 13:46.04 1,000

3000 s/chase (14):

1. Paul Kipsiele Koech, KEN 8:05.35 \$30,000
2. Ezekiel Kemboi, KEN 8:15.32 20,000
3. Richard Mateelong, KEN 8:16.05 12,000
4. Tareq Mubarak Taher, BRN 8:16.27 7,000
5. Benjamin Kiplagat, UGA 8:16.58 5,000

WOMEN

800 (14):

1. Pamela Jelimo, KEN 1:56.23 CR \$30,000
2. Janeth Jepkosgei, KEN 1:58.41 20,000
3. Marilyn Okoro, GBR 1:58.64 12,000
4. Kenia Sinclair, JAM 1:58.85 7,000
5. Lucia Klocova, SVK 2:00.05 5,000
6. Elisa Cusma Piccione, ITA 2:00.12 4,000
7. Jenny Meadows, GBR 2:00.80 3,000
8. Yuliya Krevsun, UKR 2:04.44 1,000

1500 (13):

1. Maryam Yusuf Jamal, BRN 4:06.59 \$30,000
2. Gelete Burka, ETH 4:07.45 20,000
3. Iryna Lishchynska, UKR 4:07.65 12,000
4. Lisa Dobriskey, GBR 4:07.72 7,000
5. Shannon Rowbury, USA 4:08.16 5,000
- ... 10. Agnes Samaria, NAM 4:12.20 1,000

3000 (14):

1. Meseret Defar, ETH 8:43.60 SB \$30,000

2. Vivian Cheruiyot, KEN	8:44.64	20,000
3. Jane Kiptoo, KEN	8:47.65	12,000
4. Zakia Mrisho Mohamed, TAN	8:49.41	7,000
5. Linet Masai, KEN	8:49.66	5,000
6. Sylvia Kibet, KEN	8:50.55	4,000

5000 (13):

1. Meseret Defar, ETH	14:53.82	\$30,000
2. Vivian Cheruiyot, KEN	14:54.60	20,000
3. Meselech Melkamu, ETH	14:58.76	12,000
4. Linet Masai, KEN	14:58.88	7,000
5. Priscah Jepleting, KEN	14:59.74	5,000

3000 s/chase (13):

1. Gulnara Galkina-Samitova, RUS	9:21.73 CR	\$30,000
2. Eunice Jepkorir, KEN	9:24.03	20,000
3. Ruth Bisibori Nyangau, KEN	9:24.38	12,000
4. Yekaterina Volkova, RUS	9:29.49	7,000
5. Wioletta Frankiewicz, POL	9:31.89	5,000
6. Cristina Casandra, ROU	9:35.27	4,000

Palio della Quercia

Rovereto, ITA, 10 September

MEN

800:

Race A -

1. Nick Symmonds, USA	1:46.14
2. Marcin Lewandowski, POL	1:46.40
3. Ismael Kombich, KEN	1:46.68
4. Diego Ruíz, ESP	1:46.68
5. Eugenio Barrios, ESP	1:46.89

Race B -

1. Nicholas Kemboi, KEN	1:47.38 PB [1989]
2. Dave Campbell, IRL	1:48.70
3. Maurizio Bobbato, ITA	1:49.22 SB
4. Mattia Picello, ITA	1:49.44 PB
5. Christian Niederberger, SUI	1:50.61

1500:

1. Merihun Crespi, ITA	3:47.41 PB
2. Francesco Nadalini, ITA	3:48.20
3. Liberato Pellicchia, ITA	3:49.58 SB
4. Antonio Garavello, ITA	3:49.81 SB
5. Dario Ceccarelli, ITA	3:50.10 SB

5000:

1. Silas Kipruto, KEN	13:14.19
2. Mathew Kisorio, KEN	13:16.31 [1989]
3. James Kwalia, QAT	13:31.02
4. Khoudir Aggoune, ALG	13:31.77
5. Rui Silva, POR	13:38.00 SB

WOMEN**800:**

1. Elisa Cusma Piccione, ITA 1:59.84
2. Nuria Fernández, ESP 2:00.35 PB
3. Alice Schmidt, USA 2:00.48
4. Brigita Langerholc, SLO 2:01.12
5. Yekaterina Kostetskaya, RUS 2:01.50

3000:

1. Zakia Mrisho Mohamed, TAN 8:44.78
2. Jane Kiptoo, KEN 8:44.92 PB
3. Sylvia Kibet, KEN 8:45.36 SB
4. Ayalew Yimer, ETH 8:46.53
5. Peninah Chepchumba, KEN 8:53.26
6. Laura Kenney, GBR 8:56.59 PB
7. Anna Alminova, RUS 8:56.96 PB
8. Stephanie Twell, GBR 8:57.22 SB [1989]
9. Habiba Ghribi, TUN 8:58.92 NR
10. Nelly Chebet, KEN 8:59.94 PB
- ... 16. Olga Komyagina, RUS 9:09.15
17. Sara Hall, USA 9:23.33 SB

ULTRA/MOUNTAIN/TRAIL RUNNING**World Mountain Running Trophy (24th)**

Sierre Crans-Montana, SUI, 14 September

(Distances: Men: 12 km, gaining 958 m; Women, 8.4 km, gaining 693 m; point-to-point, all uphill courses)

MEN

1. Jonathan Wyatt, 1972, NZL 55:04 Gold
2. Martin Toroitich, 1977, UGA 55:16 Silver
3. Ahmet Arslan, 1986, TUR 55:27 Bronze
4. Bernard DeMatteis, 1986, ITA 55:49
5. Raymond Fontaine, 1979, FRA 55:53

Teams (cross-country scoring, top-4 per team score): 1. ITA 43 points; 2. SUI 59; 3. USA 76

WOMEN

1. Andrea Mayer, 1979, AuT 43:58 Gold
2. Renate Rungger, 1979, ITA 44:58 Silver
3. Elisa Desco, 1982, ITA 45:29 Bronze
4. Kirsten Melkevik Otterbu, 1970, NOR 45:30
5. Martina Strähl, 1987, SUI 45:44

Teams (top-3 per team score): 1. NOR 24 points; 2. SUI 25; 3. ITA 33 ... 8. USA 82.

NEWS**S.A. TEAM FOR WORLD HALF MARATHON**

Both South African half-marathon champions, Stephen Mokoka and Zintle Xiniwe, will represent the country in the World Half-marathon Championships in Rio de Janeiro on 12 October.

Distance Running Results did not receive a media release on the selection of the team, but according to the ASA website the team is as follows:

MEN

Boy Soke	(AFS)
Stephen Mokoka	(AVT)
Tshamano Setone	(CGA)
Jeffrey Gwebu	(CGA)
Lindikhaya Mthangayi	(WPA)

WOMEN

Zintle Xiniwe	(WPA)
Annerien van Schalkwyk	(AGN)
Ntombesintu Ntshiliza	(EPA)

Enos Matelane, who finished fourth at the SA 10 km Championships and was selected for the provisional team, requested to be omitted from the final team as he is preparing for the Nedbank Cape Town City Marathon.

WORLD MARATHON MAJORS

Samuel Wanjiru's victory in Beijing made him shoot up in the World Marathon Majors (WMM) points table. Wanjiru's 40 points place him equal third in the competition. It was the first time that the Olympic Marathon counted in the series.

The WMM Series consists of the Boston, London, Berlin, Chicago and New York marathons.

The IAAF World Champs Marathon and Olympic Marathon are also included in the scoring on the years in which they are contested. Scoring takes place over a two-year period, with points awarded for a top-5 finish: 1st - 25, 2nd - 15, 3rd - 10, 4th - 5, 5th - 1. An athlete's best four placings are scored and the top man and woman receive \$500 000 each.

Top positions for the 2007-08 series (with Berlin, Chicago and New York still to come):

MEN: 1, Martin Lel KEN 76 pts (1st 07 London, 1st 07 New York, 1st 08 London, 5th 08 Oly); 2, Robert K Cheruiyot KEN 55 (1st 07 Boston, 4th 07 Chicago, 1st 08 Boston); 3=, Abderrahim Goumri MAR 40 (2nd 07 London, 2nd 07 New York, 3rd 08 London) & Sammy Wanjiru KEN 40 (2nd 08 London, 1st 08 Oly).

WOMEN: 1, Gete Wami ETH 65 (2nd 07 London, 1st 07 Berlin, 2nd 07 New York, 3rd 08 London); 2, Zhou Chunxiu CHN 50 (1st 07 London, 2nd 07 World, 3rd 08 Oly); 3, Catherine Ndereba KEN 41 (1st 07 World, 5th 07 New York, 2nd 08 Oly); 4, Irina Mikitenko GER 40 (2nd 07 Berlin, 1st 08 London).

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.

ALL-TIME MARATHON PERFORMANCES IN CAPE TOWN

With the Nedbank Cape Town Marathon being run this Sunday, I decided to deviate from the normal pattern of publishing 2008 performance lists and include the twenty fastest marathon times ever run in Cape Town instead. It is interesting to note that two races account for more than half (28) of the times – the 1992 SA Championships (and Olympic Trial, with 15 performances) and the 1988 SA Championships (13). – Ed.

MEN

2:10:18	Willie Mtolo	1	SA Championships	30 Apr 88
2:11:07	Abel Mokibe	1	SA Championships	28 Mar 92
2:11:47	Zithulele Sinqe	2	SA Championships	28 Mar 92
2:11:56	Jan Tau	3	SA Championships	28 Mar 92
2:12:14	David Tsebe	2	SA Championships	30 Apr 88
2:13:02	John Sebata	3	SA Championships	30 Apr 88
2:13:36	Josiah Thugwane	4	SA Championships	28 Mar 92
2:13:38	Stephens Morake	4	SA Championships	30 Apr 88
2:13:47	Antony Nyabanyaba	5	SA Championships	28 Mar 92
2:14:10	Isaac Tshabalala	6	SA Championships	28 Mar 92
2:14:25	Thugwane-2	1	SA Championships	20 Mar 93
2:14:35	Tsebe-2	7	SA Championships	28 Mar 92
2:14:42	Zakihele Zondo	5	SA Championships	30 Apr 88
2:14:45	Mluleki Nobanda	1	City of Cape Town	16 Sep 07
2:14:56	Johannes Thobejane	6	SA Championships	30 Apr 88
2:14:59	Danie Mbuli	2	SA Championships	20 Mar 93
2:15:18	David Phalatse	7	SA Championships	30 Apr 88
2:15:40	Michael Scout	8	SA Championships	28 Mar 92
2:15:45	Patrick Vilakazi	8	SA Championships	30 Apr 88
2:16:07	Jacob Ledwaba	3	SA Championships	20 Mar 93

WOMEN

2:31:21	Colleen de Reuck	1	SA Championships	28 Mar 92
2:33:39	Annette Falkson	1	SA Championships	30 Apr 88
2:40:05	Sonja Laxton	2	SA Championships	30 Apr 88
2:40:12	Laxton-2	2	SA Championships	28 Mar 92
2:41:05	Blanche Moila	3	SA Championships	28 Mar 92
2:41:35	Monica Drögemöller	4	SA Championships	28 Mar 92
2:43:01	Laxton-3	1	SA Championships	20 Mar 93
2:43:09	Grace de Oliveira	5	SA Championships	28 Mar 92
2:44:16	Liz Eglington	3	SA Championships	30 Apr 88
2:44:32	Charné Bosman	3	City of Cape Town	16 Sep 07
2:46:47	Evelina Tshabalala	6	SA Championships	28 Mar 92
2:46:50	Louisa Leballo	4	City of Cape Town	16 Sep 07
2:47:04	Jean Rayner	2	SA Championships	20 Mar 93
2:47:40	Tshifhiwa Mundalamo	5	City of Cape Town	16 Sep 07
2:48:23	Tshabalala-2	4	SA Championships	30 Apr 88
2:48:38	Esmé Koopman	1	Cape Town	25 Feb 95
2:48:51	Cynthia Hardenburg	3	SA Championships	20 Mar 93
2:49:43	Laura Hofer	5	SA Championships	30 Apr 88
2:50:05	Hardenburg-2	7	SA Championships	28 Mar 92
2:50:22	Eunice Phindile Nhlapo	8	City of Cape Town	16 Sep 07

SOUTH AFRICAN ROAD LIST LEADERS FOR 2008

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

MENSeniors

10 km	28:45	Hendrick Ramaala	Durban	10 Feb
	27:22	Moses Masai (KEN)		
15 km	45:44	Tom Lusaseni	Eerste River	28 Jun
	43:44	Zenbaba Tegezu (ETH)		
21.1 km	62:04	Stephen Mokoka	Port Elizabeth	05 Jul
	59:15	Haile Gebrselassie (ETH)		
25 km	81:04	Leburu Kgosiemang	Pretoria	10 May
	73:50	Samuel Karuku (KEN)		
30 km	1:29:50	Hendrick Ramaala	London	13 Apr
	1:28:30	Martin Lel (KEN)		
Marathon	2:11:44	Hendrick Ramaala	London	13 Apr
	2:04:53	Haile Gebrselassie (ETH)		
100 km				

Veterans

10 km	31:36	Desmond Zibi	Port Elizabeth	01 May
15 km	48:32	John September	Bloubergstrand	05 Jan
21.1 km	67:20	Desmond Zibi	Port Elizabeth	17 May
25 km	88:24	Jackson Seanego	Pretoria	10 May
30 km	1:49:10	Johnny Persents	Parow	02 Mar
Marathon	2:28:09	Lindile Tokota	Mossel Bay	12 Apr
100 km				

Masters

10 km	35:28	Goodman Mpukane	Bellville	31 May
15 km	55:23	Goodman Mpukane	Constantia	08 Mar
21.1 km	76:03	Samuel Mogudi	Port Elizabeth	05 Jul
25 km	96:25	Jeremiah Ngwenya	Durban	27 Apr
30 km	1:58:13	Zama Witvoet	Camps Bay	13 Jan
Marathon	2:39:29	Samson Mogodi	Durban	10 Feb
100 km				

Grandmasters

10 km	37:47	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

WOMENSeniors

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
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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