

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

One of the truly great athletics performances of all time was seen in Berlin on Sunday when Haile Gebrselassie became the first man to go under 2:04:00 for the marathon. Geb, who ran 2:03:59, now owns the top three marathon times in history. With this he slashed his previous world record by 27 seconds and brought the average of his five fastest marathons down to an amazing 2:05:07. Set up as a time trial, the race produced a thrilling contest, with relatively unknown James Kwambai finishing second in 2:05:36, an improvement of almost 5 minutes on his personal best. Kwambai kept Geb company up to 36 km, when even he had to concede to the greatest marathon runner on the planet.

In the women's race Irinia Mikitenko broke through the 2:20:00 barrier with her 2:19:19 win, a national record and the second fastest time in the history of the race. Mikitenko accelerated towards the end and her last full 5 km were run in 16:17, with the last 2.195 km passing in 6:57 – just 32 seconds slower than Gebrselassie.

Berlin had 35 786 finishers and is now the largest marathon in Europe. The special stats section following this Editorial has fascinating figures about this race, marathoning in general and Gebrselassie.

In the Warsaw Marathon Tanith Maxwell ran a superb PB (by almost a minute) of 2:36:38 to finish fourth. She now has three of the four fastest South African marathons of 2008.

Neo Molema has been racing furiously over the past week. On 21 September he finished fourth in the Nedbank Cape Town Marathon in 2:16:22 – South Africa's fourth fastest time of the year – and followed this up with a half marathon on 24 September (78:11), another one on 27 September (72:06) and a THIRD one the very next day (78:05). That is 105.5 km of racing in seven days! What a waste of one of South Africa's best marathon talents.

In DRR 8:32 it was noted that the RTB (Race Time Bias) figure for fifteen of the top twenty athletes in the Totalsports Women's Day 10 km in Stellenbosch was an almost unbelievable -11.65 sec/km – much more than twice the acceptable limit of -5 sec/km. The validity of this formula to give an indication of short courses has again been proved with the news by Norrie Williamson that validation of the course showed it to be 407 metres short of a standard measurement (i.e., with a safety factor included). As noted at the time, the performances in this race are therefore not eligible for inclusion in statistical lists.

Vladimir Kotov's official time for his new WP masters record is 2:31:59, not 2:31:58 as reported last week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cape Town Festival of Running, Cape Town
- * ADT Fred Morrison 15 km, Germiston
- * Venk Pac 15 km, Durban
- * Total Whale Half Marathon, Hermanus
- * Nissan Diesel Mfuli Mountain Race, Mfuli
- * Beachcomber 15 km, Strandfontein
- * Wilde Bainskloof Ultra & Half Marathon, Wellington
- * Jonkershoek Half Marathon, Stellenbosch
- * Clearwater Florida Flat One Half Marathon & 10 km, Roodepoort
- * Leani Kwekery 15 km, Great Brak River

International highlights:

- * real,- Berlin Marathon, Berlin, GER
- * Memorial Peppe Greco, Ragusa, ITA
- * Meia-Maratona de Portugal, Lisboa, POR
- * Utrechtse Singelloop, Utrecht, NED
- * Maratonina Città di Udine, Udine, ITA
- * Flora Warsaw Marathon, Warszawa, POL
- * US Women's 8 km Championship, Akron, USA
- * Omaha Mile, Omaha, USA
- * CVS Caremark Downtown 5 km, Providence, USA
- * Meia Maratona SportZone, Porto & Gaia, POR
- * Greifenseelauf Half Marthon, Zürich-Uster, SUI
- * Windhoek Half Marathon, Windhoek, NAM
- * Track: All-Japan Corporate T&F Championships, Yamagata, JPN; Colorful Daegu Athletics Meeting, Daegu, KOR; Shanghai Golden Grand Prix, Shanghai, CHN

SPECIAL STATS: BERLIN MARATHON

The Berlin Marathon on Sunday produced some brilliant performances, with quick times from Haile Gebrselassie, James Kwambai, Irina Mikitenko and Askale Tafa Magarsa. The following lists were compiled by Ken Nakamura before the race and have been updated with Sunday's results.

Berlin Marathon all-time list (all those under 2:07)

1	2:03:59	1	Haile Gebrselassie	ETH	1	28 Sept 2008
2	2:04:26		Gebrselassie-2	ETH	1	30 Sept 2007
3	2:04:55	2	Paul Tergat	KEN	1	28 Sept 2003
4	2:04:56	3	Sammy Korir	KEN	2	28 Sept 2003
5	2:05:36	4	James Kwambai	KEN		28 Sept 2008
6	2:05:56		Gebrselassie-3		1	24 Sept 2006
7	2:06:05	5	Ronaldo da Costa	BRA	1	20 Sep 1998
8	2:06:15	6	Titus Munji	KEN	3	28 Sept 2003
9	2:06:44	7	Josephat Kiprono	KEN	1	26 Sept 1999
10	2:06:44	8	Felix Limo	KEN	1	26 Sept 2004
11	2:06:47	9	Raymond Kipkoech	KEN	1	29 Sept 2002
12	2:06:49	10	Simon Biwott	KEN	2	29 Sept 2002
13	2:06:49	11	Joseph Riri	KEN	2	26 Sept 2004
14	2:06:51	12	Abel Kirui	KEN	2	30 Sept 2007
15	2:06:52	13	Vincent Kipsos	KEN	3	29 Sept 2002
16	2:06:57	14	Takayuki Inubushi	JPN	2	26 Sept 1999

Split & lap time for fastest marathons in Berlin

	5Km	10Km	15Km	20Km	25Km	30Km	35Km	40Km	42.195K
Haile Gebrselassie	14:35	29:13	44:03	58:50	1:13:41	1:28:27	1:43:05	1:57:34	2:03:59WR
Haile Gebrselassie	14:44	29:27	44:17	59:11	1:14:06	1:28:57	1:43:40	1:58:10	2:04:26WR
Paul Tergat	15:01	29:58	44:48	59:45	1:14:43	1:29:25	1:44:00	1:58:38	2:04:55WR

Name	Year	5Km	10Km	15Km	20Km	25Km	30Km	35Km	40Km	42.195K
Haile Gebrselassie	2008	14:35	14:38	14:50	14:47	14:51	14:46	14:38	14:29	6:25
Haile Gebrselassie	2007	14:44	14:43	14:50	14:54	14:55	14:51	14:43	14:30	6:16
Paul Tergat	2003	15:01	14:57	14:50	14:57	14:58	14:42	14:35	14:38	6:17
Haile Gebrselassie	2006	14:44	15:11	14:56	14:39	14:50	14:47	14:32	15:21	6:59
Ronald da Costa	1998	15:21	15:17	15:25	15:14	14:41	14:36	14:41	14:40	6:10

5 fastest men on average of top 5 marathons**1. Haile Gebrselassie**

1	2:03:59	Berlin	1	28 Sept 2008
2	2:04:26	Berlin	1	30 Sept 2007
3	2:04:53	Dubai	1	18 Jan 2008
4	2:05:56	Berlin	1	24 Sept 2006
5	2:06:20	Amsterdam	1	16 Oct 2005
Average	2:05:07			

2. Khalid Khannouchi

1	2:05:38	London	1	14 Apr 2002
2	2:05:42	Chicago	1	24 Oct 1999
3	2:05:56	Chicago	1	13 Oct 2002
4	2:07:01	Chicago	1	22 Oct 2000
5	2:07:04	London	4	23 Apr 2006
Average	2:06:16			

3. Paul Tergat

1	2:04:55	Berlin	1	28 Sept 2003
2	2:05:48	London	2	14 Apr 2002
3	2:06:18	Chicago	4	13 Oct 2002
4	2:07:59	London	4	13 Apr 2003
5	2:08:06	London	6	22 Apr 2007
Average	2:06:37			

4. Felix Limo

1	2:06:14	Rotterdam	1	4 Apr 2004
2	2:06:39	London	1	23 Apr 2006
3	2:06:42	Amsterdam	2	19 Oct 2003
4	2:06:44	Berlin	1	26 Sept 2004
5	2:07:02	Chicago	1	9 Oct 2005
Average	2:06:40			

5. Sammy Korir

1	2:04:56	Berlin	2	28 Sept 2003
2	2:06:38	Rotterdam	1	9 Apr 2006
3	2:06:48	London	2	18 Apr 2004
4	2:07:32	Seoul	1	16 Mar 2008
5	2:08:01	Dubai	1	18 Jan 2008
Average	2:06:47			

Some stats on James Kwambai:

Last seven marathons

2:05:36	Berlin	2	28 Sept 2008
2:15:52	Boston	8	21 Apr 2008
2:12:25	New York	5	4 Nov 2007
2:14:33	Boston	2	16 Apr 2007
2:10:36	Beijing	1	15 Oct 2006

Previous PB:	DNF 2:10:20	Berlin Brescia	Was a pacemaker 1	24 Sept 2006 30 Apr 2006
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Berlin Marathon all-time list - Women

1	2:19:12	1	Mizuki Noguchi	JPN	1	25 Sept 2005
2	2:19:19	2	Irina Mikitenko	GER	1	28 Sept 2008
3	2:19:41	3	Yoko Shibui	JPN	1	26 Sept 2004
4	2:19:46	4	Naoko Takahashi	JPN	1	30 Sept 2001
5	2:20:43	5	Tegla Loroupe	KEN	1	26 Sept 1999
6	2:21:31	6	Askale Tafa Magarsa	ETH	2	28 Sept 2008
7	2:21:34	7	Gete Wami	ETH	1	24 Sept 2006
8	2:21:49		Takahashi-2		1	29 Sept 2002
9	2:23:17		Wami-2		1	30 Sept 2007
10	2:23:22	8	Salina Kosgei	KEN	2	24 Sept 2006

SPECIAL STATS: HAILE GEBRSELASSIE

Haile Gebrselassie has now set 24 world records or world bests. Here is a list, courtesy of *Race Results Weekly*.

1)	12:56.96	5000	Hengelo	04Jun94
2)	8:07.46*	2 miles	Kerkrade	27May95
3)	26:43.53	10,000	Hengelo	05Jun95
4)	12:44.39	5000	Zurich	16Aug95
5)	13:10.98	5000	Sindelfingen (i)	27Jan96
6)	7:30.72	3000	Stuttgart (i)	04Feb96
7)	12:59.04	5000	Stockholm (i)	20Feb97
8)	8:01.08*	2 miles	Hengelo	31May97
9)	26:31.32	10,000	Oslo	04Jul97
10)	12:41.86	5000	Zurich	13Aug97
11)	7:26.14	3000	Karlsruhe (i)	25Jan98
12)	4:52.86*	2000	Birmingham (i)	15Feb98
13)	26:22.75	10,000	Hengelo	01Jun98
14)	12:39.36	5000	Helsinki	13Jun98
15)	12:50.38	5000	Birmingham (i)	14Feb99
16)	27:02	10km	Doha	11Dec02
17)	8:04.69*	2 miles	Birmingham (i)	21Feb03
18)	44:23*	10 miles	Tilburg	04Sep05
19)	55:48	20 km	Tempe	15Jan06
20)	58:55	Halfmar	Tempe	15Jan06
21)	56:25.98	20,000	Ostrava	27Jun07
22)	21 285 m	1 hour	Ostrava	27Jun07
23)	2:06:26	Marathon	Berlin	30Sep07
24)	2:03:59	Marathon	Berlin	28Sep08

*) not an IAAF record event; (i) = indoors

Not Ratified:

41:22**	15km	Tilburg	04Sep05
1:11:37***	25km	Alphen aan den Rijn	12Mar06

**) not officially timed

**) no post-race EPO test

ROAD RUNNING

Cape Town Festival of Running

Cape Town, 27-28 September

(Distances: 100 miles, 100 km, 21.0975 km; the ultras [starting on 27 September] a 10 km loop, the half marathon [starting on 28 September] out and back, all certified)

100 miles

MEN

1. Matthew Speelman (Atl Harr) 17:06:11 (R1500); 2. Johan Esterhuizen (N.Sands) 18:03:36 (R750); 3. Emile Muller (Stel) 18:26:09 (R500); 4. Andrzej Okreglicki (UCT) 19:26:01; 5. John Ludick (OM) 22:26:02.

100 km

MEN

1. Ernest Ndzabdza (Celt) 10:03:41 (R1000); 2. Peter-John August (VOB) 11:10:14 (R500); 3. Rupert Brooks (Spart) 11:21:48 (R300); 4. Julian Maggott (Celt) 12:59:26; 5. Theuns de Lange (Ceres) 13:25:49; 6. Ricardo Bosman (OM) 15:05:00; 7. Malcolm Marks (WC) 14:40:01; 8. Don Ross-Watt (G.Reef) 14:53:55; 9. Alan Margolin (For) 15:30:15; 10. Jan Swart (SAPS) 16:01:49.

WOMEN (Same prize money as men)

1. Arina Cilliers (Orak) 10:31:16; 2. Cailey Bredenkamp (Paarl) 10:38:09; 3. Natasha van Wyk (Tyg) 13:56:17; 4. Martie Britz (Chap) 14:49:02; 5. Mercia Smith (Pine) 15:17:43.

Half marathon

MEN

1. Sibusiso Mbingeleli (Mr Pr) 67:28 (R600); 2. Sipho Phala (VOB) 70:27 (R400); 3. Anthony Godongwana (Celt) 70:54 (R300); 4. Zolile Bhitane (Ned) 71:13 (R200); 5. Nicholas Rupanga (Celt) 71:29 (R150); 6. John Mboko (Mr Pr) 73:14; 7. Michael Bailey (Celt) 71:13; 8. Wanda Roro (Ad) 74:52 (1st jun); 9. Luxolo Mdzange (RCS Gug) 76:12; 10. Dave Morison (For) 76:29; 11. David Molema (Mr Pr) 78:00; 12. Simon von Witt (Atl) 78:02; 13. Neo Molema (Mr Pr) 78:05; 14. Patrick Mpinambina (Celt) 78:43; 15. Georg Schoenbaechler (UCT) 79:53 (1st vet); 16. Sinawo Matanzima (RCS Gug) 82:41; 17. Rupert Becker (FH) 83:39; 18. Gerald Sullivan (Dur) 84:37; 19. Mzolisi Sobhoyisi (Ned) 84:56; 20. Damian Will (Pine) 86:12; 21. Mark Logan (Mr Pr) 86:37; 22. Oliver Marshall (Ind) 86:37; 23. Mphicothi Qantolo (Celt) 86:57; 24. Pieter Hanekom (Ned) 87:01; 25. Felix Faulhaber (Ind) 87:38; 26. David McMillan (Pine) 89:11; 27. Aubrey Isaacs (RCS Gug) 89:11; 28. Karl Westvig (RCS Gug) 89:14; 29. Craig February (Celt) 89:25; 30. Angus Kleinsmith (Top) 89:58.

Masters: (40+): 1. Georg Schoenbaechler (UCT) 79:53 (R300); 2. Gerald Sullivan (Dur) 84:37 (R200); 3. Aubrey Isaacs (Top) 89:11 (R150). **(50+):** 1. Alan Ryninks (Harf Harr) 90:10 (R200); 2. Richard Johnson (H.Harr) 90:34 (R150); 3. Heinrich Dietzsch (VOB) 91:56 (R100). **(60+):** 1. Michael Clarke (VOB) 91:29 (R150); 2. Derek Walton (Ind) 101:22 (R125); 3. David O'Reilly (X Cel) 102:55 (R100). **(70+):** 1. Caspar Greeff (Atl) 109:03 (R125); 2. Fred Ashford (Ind) 115:59 (R100); 3. Pieter Schreve (Wel) 125:31 (R80). **Juniors:** 1. Wanda Roro (Ad) 74:52 (R125); 2. Luxolo Mdzange (RCS Gug) 76:12 (R100); 3. Sinawo Matanzima (RSC Gug) 82:41 (R80).

WOMEN (Same prize money as men)

1. Bulelwa Mtshagi (Celt) 87:58; 2. Suzette Vermaak-McIver (Ind) 88:00; 3. Nomvuyisi Seti (Mr Pr) 91:22; 4. Khulukazi Luponzo (RCS Gug) 96:37 (1st jun); 5. Tessa Stewart (Tuks) 97:07; 6. Tania Kapp (VOB) 97:47; 7. Sandra van Graan (Edg) 99:32 (1st vet); 8. Robyn Redhead (Edg) 100:22; 9. Helga Louw (Swart) 100:47; 10. Nancy Will (Pine) 101:36 (1st mast); 11. Karen de Kock (Met) 102:56; 12. Candyce Hall (N.Carb) 103:39; 13. Julie Marshall (Ad) 103:48; 14. Vivien Fransman (Orak) 104:14; 15. Lindie Bouwer

(Sanlam) 105:10; 16. Nicolene Koegelenberg (Brack) 105:23; 17. Brenda Stevenson (Pine) 105:57; 18. Shelley Thomas (WC) 106:27; 19. Marilyn Fischer (Ind) 108:13; 20. Avril Beyleveld (Kowie Str) 108:33.

Masters: (40+): 1. Sandra van Graan (Edg) 99:32; 2. Vivien Fransman (Orak) 104:14; 3. Nicolene Koegelenberg (Brack) 105:23. **(50+):** 1. Nancy Will (Pine) 101:36; 2. Brenda Stevenson (Pine) 105:57; 3. Avril Beyleveld (Kowie Str) 108:33. **(60+):** 1. Pixie Sparg (Celt) 112:34; 2. Marlene James (Pine) 128:58; 3. Cathy Taylor (Dur) 133:57. **Juniors:** 1. Khulukazi Lupondo (RCS Gug) 96:37.

ADT Fred Morrison 15 km

Germiston, 28 September
(Loop course)

MEN

1 Sello Mahase (Powerade) 47:45; 2 Degene Asafa (ETH/ADT) 47:45; 3 Lucky Mohale (Powerade) 48:31; 4 Odwa Tunyiswa (GS) 48:36; 5 Don Ndlovu (ADT) 49:57.

Veterans: 1 Godfrey Koki (ZIM/Boxer) 50:51; 2 Lawrence Chipangaan (Powerade) 51:35; 3 David Seabo (ADT) 54:35. **Masters:** 1 Johannes Seakamela (RAC) 55:50. **G'masters:** 1 Patrick Mafilika (Nedbank) 69:08. **G/g'masters:** 1 John McDonald (RAC) 81:46. **Juniors:** 1 Desmond Mokgobu (GS) 51:33.

WOMEN

1 Cecilia Ndaweni (ADT) 62:41; 2 Florence Munyie (ADT) 67:27; 3 Cynthia Mokovane (Powerade) 68:31 (1st vet); 4 Kerry Barrable (BNAC) 68:55; 5 Carol Hatfield (RAC) 69:14.

Veterans: 1 Cynthia Mokovane (Powerade) 68:31; 2 Shelly van der Spuy (Boksburg) 70:10; 3 Laura Venter (Nedbank) 72:30. **Masters:** 1 Elain Greenblatt (RRR) 73:38. **G'masters:** 1 Sarah Hackney (Boksburg) 87:21. **Juniors:** 1 Lauren Venter (Nedbank) 70:28.

Venk Pac 15 km

Durban, 28 September
(Loop course)

MEN

1.	Samuel Pazangu	ZIM/F1 AC	50:04
2.	Richard Nene	ZIM/Boxer AC	50:16
3.	Amos Chimombo	ZIM/F1 AC	51:15

40-49:

1.	Lungani Gcabashe	Boxer AC	54:37
2.	Peter Jardine	RAC	55:05
3.	Thembile Qhanqiso	Tong Pant	59:40

50-59:

1.	Jeremiah Ngwenya	Boxer AC	58:49
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Juniors:

1.	Joseph Mangcwyngule	Ver Falcons	60:19
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WOMEN

1.	Lindiwe Ndlovu	Boxer AC	65:34
2.	Mary Ann Nieuwoudt	DHSOB	66:25
3.	Janine Engels	PDAC	66:32 (1 st vet)

40-49:

1.	Janine Engels	PDAC	66:32
2.	Tammy Dennill	West AC	71:35
3.	Rosnee Natesan	Hiway AC	79:07

50-59:

1.	Sheree Kirsten	PDAC	77:03
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60+:

1.	Gill Tregenna	West AC	84:24
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Juniors:

1.	Holiness Ntsetwa	Ind	80:29
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Total Whale Half Marathon

Hermanus, 27 September

(Distance: 21.0975 km; loop course)

MEN

1. Neo Molema (Mr Pr) 72:06 (R500); 2. Anton Faro (Wel) 72:25 (R300); 3. David Molema (Mr Pr) 75:21 (R200); 4. Mervyn Seryners (Ceres) 77:11; 5. Lehlohonolo Molefe (Ceres) 77:18; 6. Alfred Tshabeni (Whal) 77:27; 7. Johnny Michaels (Bred) 78:19; 8. Leon Williams (Swart) 79:28 (1st vet); 9. Aldrin Smit (NB) 79:33; 10. Kleinbooie Nayi (Ceres) 79:49; 11. Julie Welkom (Swart) 79:52; 12. Jakob Volmoer (Ceres) 79:59; 13. Marius Muller (Ceres) 80:11; 14. Morné Hansen (Worc) 81:22; 15. Christo Laban (Ceres) 82:23; 16. Thomas Moses (Worc) 82:48 (1st mast); 17. Jan Nero (Ind) 82:50; 18. Japhta Nero (Rieb Vall) 82:50; 19. Francois Groenewald (Elg/Grab) 83:27; 20. Hano Maree (Stel) 83:31; 21. Derick Adams (Rieb Vall) 83:55; 22. Marius Kruger (Bel) 84:19; 23. Buzile Mafutha (Ceres) 84:41; 24. Mlanbeni Mkhohlakali (Whal) 84:57; 25. Anton Mouton (Ceres) 85:19; 26. Koos van Niekerk (Bel) 85:42; 27. Willem Floors (Hang) 85:48; 28. Herman de Vries (Whal) 85:59; 29. Anton du Plessis (Whal) 86:41; 30. Frank Gillion (Whal) 87:05.

Masters: (40+): 1. Leon Williams (Swart) 79:28 (R200); 2. Christo Laban (Ceres) 82:23 (R150); 3. Willem Floors (Hang) 85:48 (R100). **(50+):** 1. Thomas Moses (Worc) 82:48 (R150); 2. Koos van Niekerk (Bel) 85:42 (R100); 3. Frank Gillion (Whal) 87:05 (R50). **(60+):** 1. Brian Key (For) 92:56 (R100); 2. Roelof van Weele (Whal) 110:45 (R75); 3. Jurgen Scherzinger (Ind) 112:44. **Juniors:** 1. Lumile Esbach (Whal) 140:39 (R150).

WOMEN (Same prize money as men*)

1. Sue Dickson (VOB) 88:40 (1st vet); 2. Helene Perold (Ceres) 89:42; 3. Tania J. van Rensburg (Dur) 91:25; 4. Liana Maree (Stel) 91:36; 5. Marie Louw (Adid) 97:14; 6. Sylvie Mazurkiewicz (VOB) 98:31; 7. Ulrica Stander (Dur) 98:46; 8. Viv Williams (Adid) 100:32; 9. Jonette Coetzee (WC) 102:02; 10. Veronica van Niekerk (Elg/Grab) 102:07 (1st g'mast); 11. Rykie Jonck (Ind) 102:46; 12. Tilda Krugmann (WC) 103:12 (1st mast); 13. Adri Visser (Swart) 103:43; 14. Bridget van Breda (Adid) 103:52; 15. Mary-Anne Finlayson (Ind) 106:04; 16. Charmaine Cupido (Ned) 106:51; 17. Christine Hibberd (Whal) 107:18; 18. Sarah Hall (Ind) 109:01; 19. Anneline Hugo (Whal) 109:20; 20. Elke Wicht (Ind) 109:59.

Masters: (40+): 1. Sue Dickson (VOB) 88:40; 2. Marie Louw (Adid) 97:14; 3. Viv Williams (Adid) 100:32. **(50+):** 1. Tilda Krugmann (WC) 103:12; 2. Adri Visser (Swart) 103:43; 3. Charmaine Cupido (Ned) 106:51. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 102:07; 2. Sonia Beard (For) 131:06; 3. Blanche de Wet (Ind) 141:9.

*) There was no open category and the main prize money was in the senior category. Race winner Sue Dickson, being a veteran, therefore did not win the first prize of R500 – this went to Helene Perold instead, with Tania van Rensburg getting R300 and Liana Maree R200.

Nissan Diesel Mfuli Mountain Race

Mfuli, 27 September

(Distance: 16 km; loop course)

MEN

1	Phila	Nene	Imamba AC	1:12:19
2	Xolani	Mzimela	UAC	1:13:24
3	Alex	Mathaba	Zld AC	1:14:33

40-49:

1	Shadrack	Mngwanango	Imamba AC	1:21:50
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50-59:

1	Patrick	Lukhele	Zld AC	1:38:17
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60+:

1	Jerome	Mswane	Rand AC	1:54:50
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Juniors:

1	Lindani	Ximba	UAC	1:28:31
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WOMEN

1	Nomcebo	Mthethwa	UAC	1:42:06
2	Trish	Wintebroer	UAC	1:46:49 (1 st vet)
3	Kalani	Buthelezi	UAC	1:48:32

40-49:

1	Trish	Wintebroer	UAC	1:46:49
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50-59:

1	Sandy	Curran	Canon Rbay	1:55:25
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60+:

1	Lorna	Rautenbach	Mtunzini AC	02:08:09
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Beachcomber 15 km

Strandfontein (Cape Town), 24 September

(Certified loop course)

MEN

1. Tom Lusaseni (Celt) 47:48; 2. Sipho Phala (VOB) 47:54; 3. Shaun Zuzani (Ned) 48:13 (1st jun); 4. Tebello Poni (VOB) 48:21; 5. Wanda Roro (Ad) 48:34; 6. Bonisile Ngculana (Atl) 48:47; 7. Victor Msopi (VOB) 49:39; 8. Luvuyo Mlungu (VOB) 50:15; 9. Virginia Ngudlumana (Celt) 50:24; 10. Vuyani Sixaso (VOB) 50:36; 11. Nicholas Rupanga (Celt) 50:59; 12. Quinton Prince (Met) 51:34; 13. Anele Funindawo (Met) 52:03; 14. Tim Lindsay (UCT) 52:06; 15. Roger Dickson (VOB) 52:13; 16. Teboho Phooko (UCT) 53:07; 17. Michael Bekapi (VOB) 53:29 (1st vet); 18. John van der Byl (MP Titans) 55:01; 19. Carlo Jacobs (Top) 55:33; 20. Goodman Mpukane (RCS Gug) 55:43 (1st mast); 21. Roston Isaacs (Ned) 56:49; 22. Kevin Isaacs (Ned) 57:02; 23. Ian Little (FH) 57:31; 24. Julian Paul (WP Def) 58:36; 25. Richard Muller (Top) 58:45; 26. Riaan Daniels (Met) 59:00; 27. Valentino Barends (Top) 59:08; 28. Manfred Samuels (H.Harr) 59:11; 29. Friedl van der Merwe (Str) 59:17; 30. Ricardo Korkee (MP Titans) 59:20.

Masters: (40+): 1. Michael Bekapi (VOB) 53:29; 2. John van der Byl (MP Titans) 55:01; 3. Roston Isaacs (Ned) 56:49. **(50+):** 1. Goodman Mpukane (RCS Gug) 55:43; 2. Jan de Beer (Sanlam) 61:37; 3. Richard Johnson (H.Harr) 61:54. **(60+):** 1. Claude Brooks (Top) 71:46; 2. Roger Davis (Celt) 74:28. **Juniors:** 1. Shaun Zuzani (Ned) 48:13; 2. Wanda Roro (Ad) 48:34; 3. Virginia Ngudlumana (Celt) 50:24.

WOMEN

1. Bev Charters (VOB) 67:28 (1st mast); 2. Lorna Loubser (Sanlam) 68:20; 3. Patricia Adams (Met) 68:31; 4. Estelle Rossouw (Ind) 69:09; 5. Khulukazi Lupondo (VOB) 69:14 (1st jun); 6. Lindie Bouwer (Sanlam) 71:04; 7. Martha Pretorius (Top) 71:53; 8. Sonia Smith (Top) 71:55; 9. Priscilla Knowles (Met) 72:52; 10. Melody Fynn (UCT) 74:05; 11. Jenny da Silva (Met) 75:11 (1st vet); 12. Ferial Johaar (Top) 76:08; 13. Diana Rixon (VOB) 76:13; 14. Protasia Dlamini (RCS Gug) 76:37; 15. Elsabe Moyo (RCS Gug) 77:06; 16. Sibis Mouton (Celt) 77:22; 17. Rosette Scheepers (MP Titans) 77:28; 18. Gail Jacobs (WP Def) 77:30; 19. Louise Voigt (Top) 77:35; 20. Beverley Turner (Spart) 77:53.

Masters: (40+): 1. Jenny da Silva (Met) 75:11; 2. Ferial Johaar (Top) 76:08; 3. Beverley Turner (Spart) 77:53. **(50+):** 1. Bev Charters (VOB) 67:28; 2. Sonia Smith (Top) 71:53; 3. Diana Rixon (VOB) 76:13. **(60+):** 1. Pixie Sparg (Celt) 79:46; 2. Cathy Taylor (Dur) 92:43. **Juniors:** 1. Khulukazi Lupondo (VOB) 69:14; 2. Amy Gilmour (VOB) 79:09.

Wilde Bainskloof Ultra & Half Marathon

Wellington, 24 September

(Distances: 63.3 km & 21.0975 km; out-and-back courses)

Ultramarathon**MEN**

1. Sihle Mapukata (Mr Pr) 4:45:30 (R3000); 2. Babalo Mpumlwana (DAC) 4:48:18 (R2000); 3. Owen Smith (Wel) 4:53:02 (R1000); 4. Moses Ngqola (Ned) 5:07:03; 5. Lungisa Cuba (Ned) 5:07:22; 6. Leon Williams (Sw) 5:09:16 (1st vet); 7. Zakhele Mdingi (Old Selb) 5:12:55; 8. Xolani Songcq (T.Mbiza) 5:17:53; 9. Byron February (Wel) 5:29:32; 10. Louis van der Walt (Lange) 5:45:30; 11. Ettienne van der Merwe (Wel) 5:47:38; 12. E. Muller (Stel) 5:48:31; 13. Danie Hauptfleisch (Wel) 5:55:04 (1st mast); 14. Sam Kotzé (Ned) 6:08:44; 15. Eric Mlonyeni (Ned) 6:08:58; 16. J.T. Basson (Prl) 6:12:41; 17. Andries Ntsizakalo (Ned) 6:14:18; 18. Victor Pilizo (P'n P) 6:22:36; 19. Marius van Schalkwyk (Brack) 6:29:30; 20. Julian Karp (Mt Edg) 6:31:22; 21. Caspar Greeff (Atl) 6:40:36 (1st g'mast & g/g'mast); 22. Robert Engledoe (Wel) 6:45:35; 23. Theuns de Lange (Ceres) 6:48:16; 24. Johan Keuler (Ned); 25. Frankie Sadie (Wel).

Masters: (40+): 1. Leon Williams (Sw) 5:09:16 (R1000); 2. Zakhele Mdingi (Old Selb) 5:12:55 (R500); 3. Louis van der Walt (Lange) 5:45:30 (R250). **(50+):** 1. Danie Hauptfleisch (Wel) 5:55:04 (R1000); 2. Sam Kotzé (Ned) 6:08:44 (R500); 3. J.T. Basson (Prl) 6:12:41 (R250). **(60+):** 1. Caspar Greeff (Atl) 6:40:36 (R1000); 2. Johan Keuler (Ned) n/t (R500). **(70+):** 1. Caspar Greeff (Atl) 6:40:36.

WOMEN (Same prize money as men)

1. Styntjie Prins (Prl) 5:20:13 (1st mast); 2. Elizabeth de Gouveia (Dur) 5:52:34; 3. Elzet Louw (Wel) 6:29:29 (1st vet); 4. Joan Els (Wel) 7:02:29; 5. Elmarie Bezuidenhout (Charlo).

Masters: (40+): 1. Elzet Louw (Wel) 6:29:29; 2. Joan Els (Wel) 7:02:29. **(50+):** 1. Styntjie Prins (Prl) 5:20:13.

Half marathon**MEN**

1. Lindikhaya Mthangayi (Mr Pr) 70:17 (R2000); 2. Sibusiso Mbingeleli (Mr Pr) 70:29 (R1500); 3. Avukile Ntongana (Mr Pr) 71:36 (R1000); 3. Dicarido Jacobs (Ned) 71:50; 5. Anthony Godongwana (Celt) 76:38; 6. Neo Molema (Mr Pr) 78:11; 7. Kevin Oliphant (ER) 78:26; 8. Johnny Persents (Ad) 78:29 (1st vet); 9. M. Qinela (MP Titans) 82:39; 10. Isak Olifant (WP Def) 83:46; 11. Thomas Moses (Worc) 84:38 (1st mast); 12. Herbert Damons (H.Harr) 85:00; 13. Piet Geduld (Sw) 86:38; 14. Piet Meintjies (Wel) 86:30; 15. Albertus Bock (Ad) 89:46 (1st g'mast); 16. Gerhard Niemand (Wel) 89:55; 17. Appie Maritz (Prl) 89:58; 18. Garth Small (Ceres) 90:07; 19. Andrew van Wijk (V.Sports) 90:15; 20. Jacobus

Visagie (Wel) 90:30; 21. David van Huffel (Ceres) 91:16; 22. P. Kleynhans (ER) 92:58; 23. P. Rubenhemer (Ned) 93:15; 24. John Small (Wel) 93:27; 25. Aubrey Symington (Ind) 95:59; 26. Simon Peters (Ind) 97:05; 27. Tilis Moggee (Wel) 98:52; 28. F. Frances (Wel) 98:54; 29. Isak Prins (Wel) 99:30; 30. Jan Williams (Ind) 99:49.

Masters: (40+): 1. Johnny Persents (Ad) 78:29 (R500); 2. Isak Olifant (WP Def) 83:46 (R300); 3. Piet Meintjies (Wel) 86:30 (R150). **(50+):** 1. Thomas Moses (Worc) 84:38 (R500); 2. Brian Rothman (Brack) 100:04 (R300); 3. Sybrand du Plessis (Prl) 101:42 (R150). **(60+):** 1. Albertus Bock (Ad) 89:46 (R500); 2. Isak Prins (Wel) 99:30 (R300); 3. Blackie Swart (Sw) 101:54 (R150).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (Celt) 86:46; 2. Thozama April (Celt) 87:01; 3. Nomvuyisi Seti (Mr Pr) 90:10; 4. Sheryl de Lange (Ned) 95:12 (1st vet); 5. D. Jordaan (Ind) 99:54; 6. Hester Kotzé (Dur) 100:58 (1st g'mast); 7. Carli Basson (Prl) 102:39; 8. Warreniece Olifant (Celt) 106:24; 9. Charmaine Cupido (Ned) 107:06 (1st mast); 10. Nancy Will (Pine) 108:11; 11. Lucilia Schultz (Ind) 109:36; 12. Colleen de Oliveira (NB) 111:38; 13. Cailey Bredenkamp (Prl) 113:05; 14. Liza Retief (Prl) 113:14; 15. Brenda Steyn (Wel) 113:28; 16. Marina de Milander (Str) 113:30; 17. Annie Labuschagne (Stel) 114:43; 18. Irene Small (Ceres) 114:48; 19. Charisse Hansen (Ind) 115:31; 20. Mardré Fourie (Met) 117:50.

Masters: (40+): 1. Sheryl de Lange (Ned) 95:12; 2. Cailey Bredenkamp (Prl) 113:05; 3. Brenda Steyn (Wel) 113:28. **(50+):** 1. Charmaine Cupido (Ned) 107:06; 2. Nancy Will (Pine) 108:11; 3. Marina de Milander (Str) 113:30. **(60+):** 1. Hester Kotzé (Dur) 100:58; 2. San Viljoen (Prl) 144:24; 3. Dolla Naurattel (Ceres) 152:00.

Jonkershoek Half Marathon

Stellenbosch, 24 September

(Distance: 21.0975 km; out-and-back course)

MEN

1. Graham Katzen (Celt) 69:36; 2. Warren Petterson (Mr Pr) 81:34 (1st vet); 3. Jacques van Rensburg (Mr Pr) 81:35; 4. Jaco Botha (Win) 83:20; 5. Eddie Lambert (Celt) 84:49; 6. Jasper Cloete (Stel) 85:13; 7. Deon Andrews (Ind) 85:43; 8. James Cloete (Mat) 85:57; 9. Steyn Viljoen (Ind) 85:58; 10. Erns Loubser (Ind) 86:41; 11. Harry Niemand (H.Harr) 87:06; 12. Christoff Smit (Ind) 87:15; 13. Ben Kooijman (Mat) 87:19; 14. Craig February (Celt) 87:32; 15. Frik Nelson (Bel) 87:42; 16. Marius Kruger (Bel) 88:24; 17. Carel Muller (Mat) 88:42 (1st mast); 18. Jaco Cloete (Stel) 89:21; 19. Brett Wood (Ind) 89:22; 20. André Pepler (WC) 89:45.

Masters: (40+): 1. Warren Petterson (Mr Pr) 81:34; 2. Jacques van Rensburg (Mr Pr) 81:35; 3. Craig February (Celt) 87:32. **(50+):** 1. Carel Muller (Mat) 88:42; 2. Pieter Langenegger (H.Harr) 90:20; 3. Albert Mahlahla (H.Harr) 93:29. **(60+):** 1. Lynn Thomas (WC) 103:45; 2. Uwe Strack (VOB) 110:58; 3. Mike Taylor (Tyg) 113:17.

WOMEN

1. Jacqueline Haasbroek (Fransch) 88:24 (1st vet); 2. Ronél Natrass (Mr Pr) 89:22; 3. Naomi Brand (Mat) 90:47 (1st jun); 4. Nanine Steenkamp (H.Harr) 91:54; 5. Marée Burger (Paarl) 94:02; 6. Anneke Slabbert (Ind) 95:08; 7. Tanya Rabie (Ind) 96:04; 8. Miranda Ward (Paarl) 96:14; 9. Robyn Ellis (Ind) 96:46; 10. Helcia Louw (Swart) 98:16; 11. Lorinde Olivier (Str) 98:26; 12. T. Brand (Ind) 98:36; 13. Carla Beyers (Mat) 99:56; 14. Hanlie Booyens (Ind) 100:12; 15. Tania Welgemoed (Str) 101:14; 16. Karen de Kock (Met) 101:41; 17. Joane de Waal (H.Harr) 102:13; 18. Sunette Beyers (Ind) 102:14; 19. Liezl Heerschap (Ind) 104:21; 20. Zahm Munch (Ind) 105:01.

Masters: (40+): 1. Jacqueline Haasbroek (Fransch) 88:24; 2. Miranda Ward (Paarl) 96:14; 3. Lorinde Olivier (Str) 98:26. **(50+):** 1. Leonora Erasmus (H.Harr) 110:46; 2. Sue Trott (VOB) 112:20; 3. Doris Flink (East) 117:55. **Juniors:** 1. Naomi Brand (Mat) 90:42; 2. Nanine Steenkamp (H.Harr) 91:54; 3. Carla Beyers (Mat) 99:56.

Clearwater Florida Flat One Half Marathon & 10 km

Roodepoort, 24 September
(Distances: 21.0975 km & 10 km)

Half maraton

MEN

1 Simon Mpholo (GS) 68:28; 2 Lucky Mohale (Powerade) 69:30; 3 Zongamele Dyubeni (GS) 70:14; 4 Themba Nontshatsho (Nedbank) 70:37; 5 Alfred Kiplagat (Bagwera) 71:35.

Veterans: 1 Soccer Ncube (GS) 77:56. **Masters:** 1 Andre Jansen (Toy) 84:49.

G'masters: 1 Pele Tshikundamalema (Vodacom) 1:42:07.

WOMEN

1 Varaidza Shindi (ZIM/MP) 83:38; 2 Dimakatso Menong (GS) 85:02; 3 Sarah Mahlangu (MP) 94:22 (1st vet); 4 Natasha Gorrie (RH) 98:00; 5 Lisa Green (RAC) 1:41:36.

Veterans: 1 Sarah Mahlangu (MP) 94:22; 2 Lisa Green (RAC) 1:41:36. **Masters:** 1 Linda Potgieter (Tuks) 1:44:54. **G'masters:** 1 Elsa Meyer (RWFL) 2:40:11.

10 km

MEN

1 Sibusiso Nzima (Powerade) 31:13; 2 Zamiza Nkuleko (Transnet) 31:24; 3 Vusi Mamabola (Powerade) 31:59; 4 Vincent Seng (Powerade) 32:23; 5 Kumutai Cheruiyot (KEN/Bagwera) 32:57.

Veterans: 1 Godfrey Koki (ZIM/Boxer) 34:38. **Masters:** 1 Simon Phaiphai (RAC) 40:01; 2 John Grundy (RH) 43:22. **G'masters:** 1 Patrick Mafilika (Nedbank) 46:14.

WOMEN

1 Taemo Shamyie (ETH/ADT) 36:43; 2 René Kalmer (MP) 37:59; 3 Thakalane Nthulane (Transnet) 38:53; 4 Andronica Makgotla (Temp) 42:00; 5 Lesley Train (Nedbank) 43:34.

Veterans: 1 Thembeka Ketsekile (Ukhozi) 46:53. **Masters:** 1 Brenda Nooy (RWFL) 51:15.

G'masters: 1 Gwyneth Staples (Chamber) 65:20.

Leani Kwekery 15 km

Great Brak River, 24 September

MEN

1	Selwyn	Losper	Knysna Marathonklub	44	52:47
2	Paulus	Allart	Mosselbaai Harriers	39	53:47
3	Sydney	Landsberg	New Balance	47	57:17
4	Morné	Van Greunen	Nedbank Running Club	27	58:29
5	Rudi	Bergoër	Nedbank W/C	37	1:01:10
6	Louis	Tsana	Temp Lic	32	1:01:21
7	Elmam	Carelse	Mosselbaai Harriers	37	1:01:47
8	Albiton	Joy	Rainbow Athletics Club	18	1:01:57
9	Floors	Steenberg	Mosselbaai Harriers	44	1:02:25
10	Frans	Rademeyer	Mosselbaai Harriers	34	1:02:42

WOMEN

1	Elzet	Oosthuizen	Nedbank Running Club	35	1:07:50
2	Lelané	van der Merwe	Nedbank Running Club	34	1:10:03
3	Lola	de Meyer	Outeniqua Harriers	38	1:11:23
4	Elmari	Booyesen	Outeniqua Harriers	42	1:13:37
5	Elsa	de Villiers	Hartenbos Drawwers	49	1:14:08
6	Suzaan	Kruger	Outeniqua Harriers	25	1:15:36
7	Loura	Klinck	Outeniqua Harriers	37	1:16:26
8	Thea-Mari	Du Rand	Nedbank Running Club	33	1:18:40
9	Mariëtte	De Haan	Nedbank Running Club	54	1:18:53
10	Justine	Sharples	Eden Athletics Club	35	1:19:03

INTERNATIONAL

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

ROAD RUNNING**real,- Berlin Marathon** (35th)

Berlin, GER, 28 September

(Distance: 42.195 km, AIMS-certified loop course)

MEN (gun times)

1.	Haile Gebrselassie, ETH	2:03:59	WR*	50,000 + 80,000i
2.	James Kwambai, KEN	2:05:36	PB	25,000 + 15,000i
3.	Charles Kamathi, KEN	2:07:48		20,000 + 7,500i
4.	Mariko Kipchumba, KEN	2:09:03		15,000 + 2,500i
5.	Ademasu Mesfin, ETH	2:12:02		10,000
6.	Joseph Ngolepus, KEN	2:12:07		7,500
7.	Kenjiro Jitsui, JPN	2:12:48		5,000
8.	Toshinari Suwa, JPN	2:13:04		4,000
9.	Falk Cierpinski, GER	2:13:30		3,000
10.	Francis Kiprop, KEN	2:14:30		2,000

Intermediate times for Gebrselassie:

5 km 14:35

10 km 29:13

15 km 44:03

20 km 58:50

25 km 1:13:41

30 km 1:28:27

35 km 1:43:05

40 km 1:57:34

Halves: 1:02:05 / 1:01:54

WOMEN (gun times)

1.	Irina Mikitenko, GER	2:19:19	NR	50,000 + 30,000i
2.	Magarsa Askale Tafa, ETH	2:21:31	PB	25,000 + 15,000i
3.	Helena Kiprop, KEN	2:25:01	PB	15,000 + 2,500i
4.	Rose Cheruiyot, KEN	2:26:25		10,000 + 2,500i
5.	Gulnara Vygovskaya, 1980, RUS	2:30:03		7,500
6.	Shuru Deriba, ETH	2:31:20		5,000
7.	Edyta Lewandoswka, POL	2:33:00		4,000
8.	Evelyn Kimuria, KEN	2:35:53		3,000
9.	Daniela Cirlan, ROU	2:36:18		2,500

10. Zivile Balciunaite, LTU 2:36:40 2,000 (1:14:49 at half)

i) Earned time bonus

Intermediate times for Mikitenko:

5 km 16:40

10 km 33:11

15 km 49:47

20 km 1:06:28

25 km 1:23:08

30 km 1:39:36

35 km 1:56:05

40 km 2:12:22

Halves: 1:10:05 / 1:09:14

Memorial Peppe Greco (18th)

(Men only)

Scicli, Ragusa, ITA, 28 September

(Distance: 10 km [loop course, 10 laps, with a 300m long climb on each lap];
cobblestones)

MEN

- | | |
|--------------------------|-------|
| 1. Edwin Soi, KEN | 28:57 |
| 2. Samuel Wanjiru, KEN | 29:09 |
| 3. Wilson Kiprotich, KEN | 29:22 |
| 4. Moses Aliwa, UGA | 29:41 |
| 5. Stefano Baldini, ITA | 29:46 |

Meia-Maratona de Portugal (9th)

Lisboa, POR, 28 September

(Distance: 21.1 km; point-to-point course [begins on a bridge, the Ponte Vasco da Gama,
and finishes on land so there is a significant elevation loss])

MEN (gun times)

- | | |
|------------------------------|---------|
| 1. Silas Sang, KEN | 1:01:28 |
| 2. Paul Tergat, 1969, KEN | 1:01:34 |
| 3. Samuel Mwangi, KEN | 1:01:42 |
| 4. Peter Korir Kipkassi, KEN | 1:01:49 |
| 5. Willy Kariuki, KEN | 1:01:50 |
| 6. Jaouad Gharib, MAR | 1:02:19 |
| ... 14. Martin Lel, KEN | 1:04:04 |

WOMEN (gun times)

- | | |
|-------------------------|---------|
| 1. Rita Jeptoo, KEN | 1:09:48 |
| 2. Alice Timbilili, KEN | 1:10:13 |
| 3. Salina Kosgei, KEN | 1:11:10 |
| 4. Ines Monteiro, POR | 1:11:33 |
| 5. Dulce Felix, POR | 1:11:42 |

Utrechtse Singelloop (58th)

Utrecht, NED, 28 September

(distance: 10 km)

MEN

1. Sammy Kitwara, KEN 27:44 PB/CR*
2. Joseph Kiptoo, KEN 27:51 PB
3. Bernard Rotich, KEN 28:05

WOMEN

1. Monica Chepkoech, KEN 32:01 PB/CR
2. Irene Kwambai, KEN 32:22
3. Kareema Jasin, BRN 32:43

Maratonina Città di Udine (9th)

Udine, ITA, 28 September

(Distance: 21.1 km)

MEN

1. Benson Barus, KEN 59:41 PB
2. John Kiprotich, KEN 59:44 PB
3. Lilesa Gemechu Feyisa, ETH 1:02:26

WOMEN

1. Anikó Kálovics, HUN 1:10:08
2. Mare Dibaba, ETH 1:10:32
3. Masresha Azalesh, ETH 1:10:35

Flora Warsaw Marathon (30th)

Warszawa, POL, 28 September

(Distance: 42.195 km)

MEN (gun times)

1. Alemayehu Shumye, 1988, ETH 2:11:50 CR
2. Michael Karonei, 1982, KEN 2:13:17
3. Disdery Hombo, 1980, TAN 2:13:41
4. Pawel Ochal, 1981, Bydgoszcz 2:14:29
5. Rafal Wojcik, 1972, KKL Kielce Timex Group 2:16:29

WOMEN (gun times)

1. Malgorzata Sobanska, 1969, MGKS LUKS Korfantów 2:31:20 CR*
2. Tadelech Birra, 1975, ETH 2:35:20
3. Etaferahu Tarekegne, 1980, ETH 2:36:21
4. Tanith Maxwell, 1976, RSA 2:36:38
5. Yelena Kozhevnikova, 1973, RUS 2:37:41

US Women's 8 km Championship

Akron, USA, 27 September

(gun times)

1. Sara Slattery, 26, Boulder, CO 25:54 \$7500
2. Katie McGregor, 31, St. Louis Park, MN 25:56 4500
3. Amy Rudolph, 35, Providence, RI 26:01 3000
4. Molly Huddle, 24, Providence, RI 26:06 2500

5. Renee Metivier-Baillie, 26, Flagstaff, AZ 26:14 2000

Omaha Mile (2nd)

Omaha, USA, 27 September

(Distance: 1 mile; certified point-to-point course with 36 m elevation loss)

MEN

1. Peter Van Der Westhuizen, Team Nebraska Brooks [RSA] 3:57.40 CR \$500
2. John Richardson, Reebok 3:58.10 500*
3. Tommy Schmitz, Wisconsin Runners 4:08.40 400*

WOMEN

1. Alice Schmidt, adidas 4:38.52 CR^ \$600*
2. Casey Owens, Team Iowa Ablaze 4:40.52 500*
3. Stacy Girard, Chadron St. 4:41.02 NCAA

CVS Caremark Downtown 5 km (19th)

(U.S. 5 km Championships for men and women)

Providence, USA, 21 September

MEN (extended gun times)

1. Anthony Famiglietti, 29, Knoxville, TN 13:41.0 \$3000 + 5000a
2. Matt Tegenkamp, 26, Madison, WI 13:49.7 2000 + 3000a
3. Luke Kipkosgei, 32, KEN 13:57.6 1000
4. Dan Browne, 33, Beaverton, OR 14:00.1 2000a
5. David Jankowski, 23, Rochester Hills, MI 14:08.3 1500a

WOMEN (extended gun times)

1. Shalane Flanagan, 27, Pittsboro, NC 15:28.4 \$3000 + 5000a
2. Mary Cullen, 26, Providence, RI (IRL) 15:45.5 2000
3. Jane Wanjiku Gakunyi, 29, KEN 15:51.3 1000
4. Renee Metivier-Baillie, 26, Flagstaff, AZ 15:52.2 3000a
5. Molly Huddle, 24, Providence, RI 15:55.9 2000a
- ... 26. Joan Samuelson, 52, Freeport, ME 17:24.3

Meia Maratona SportZone (2nd)

Porto & Gaia, POR, 21 September

(Distance: 21.1 km)

MEN

1. Samuel Wanjiru, KEN 1:01:25
2. Jacob Yator, KEN 1:02:42
3. Thomas Kipkosgei, KEN 1:02:54

WOMEN

1. Pamela Chepchumba, KEN 1:10:27
2. Linah Cheruiyot, KEN 1:10:37
3. Gladys Cherono, KEN 1:10:43
- ... 7. Benita Johnson, AUS 1:21:05

Greifenseelauf Half Marthon (29th)

Zürich-Uster, SUI, 20 September

(Distance: 21.1 km; certified one-loop course)

MEN (gun times)

- | | |
|------------------------|---------|
| 1. John Mwangani, KEN | 1:04:23 |
| 2. Abraham Tadese, ERI | 1:05:00 |
| 3. Tesfaye Eticha, ETH | 1:05:31 |
| ... 6. Jon Brown, CAN | 1:05:54 |

WOMEN (gun times)

- | | |
|---------------------------|---------|
| 1. Hellen Musyoka, KEN | 1:13:57 |
| 2. Beata Rakonczai, HUN | 1:14:47 |
| 3. Eunice Kioko, KEN | 1:15:08 |
| ... 7. Tegla Loroupe, KEN | 1:21:24 |

Windhoek Half Marathon

Windhoek, NAM, 20 September

(Distance: 21.1 km)

MEN

1. Frans Hosea 1:09:37; 2. Edward Kawaniu, 1:10:27; 3. Johannes Naitembu, 1:12:27.

WOMEN

1. Helalia Lukeiko Johannes, 1:16:31; 2. Lavinia Haitope (junior), 1:22:26; 3. Helena Ipinge, 1:23:50.

TRACK**All-Japan Corporate T&F Championships** (56th)

Yamagata, JPN, 26-28 September

MEN

10000 (26):

Race 3 -

- | | |
|---------------------------|----------|
| 1. Josephat Ndambiri, KEN | 27:35.35 |
| 2. Martin Mathathi, KEN | 27:37.59 |
| 3. Joseph Gitau, KEN | 27:58.09 |
| 4. Nicholas Makau, KEN | 27:59.03 |
| 5. Martin Mukure, KEN | 28:06.08 |

WOMEN

10000 (26):

Race 2 -

- | | |
|-------------------------|----------|
| 1. Evelynne Wambui, KEN | 31:14.08 |
| 2. Julia Mombi, KEN | 31:42.92 |
| 3. Ongori Philes, KEN | 31:58.21 |
| 4. Hiromi Ominami | 32:14.10 |
| 5. Madoka Ogi | 32:28.37 |

Colorful Daegu Athletics Meeting

Daegu, KOR, 25 September

MEN**800:**

1. Wilfred Bungei, KEN 1:47.02
2. Justus Koech, KEN 1:47.05
3. Mohammed Al-Salhi, KSA 1:47.73
4. Ismael Kombich, KEN 1:48.52
5. Park Sung-Soo, KOR 1:48.65 PB

5000:

1. James Kwalia, QAT 13:32.89
2. Sahle Warga, ETH 13:33.04
3. Silas Kipruto, KEN 13:33.85
4. Thomas Longosiwa, KEN 13:35.96
5. Hwang Joon-Hyun, KOR 14:12.58

WOMEN**1500:**

1. Anna Mishchenko, UKR 4:28.61
2. Anna Jakubczak, POL 4:28.75
3. Sonja Roman, SLO 4:29.34
4. Anna Alminova, RUS 4:29.65
5. Yekaterina Martynova, RUS 4:30.01

3000 s/chase:

1. Ruth Bisibori, KEN 9:35.94
2. Halima Hassen, ETH 9:40.31 [1992]
3. Elizabeth Mueni, KEN 9:42.11 [1991]
4. Cristina Casandra, ROU 9:43.79
5. Yekaterina Volkova, RUS 10:00.63

Shanghai Golden Grand Prix (4th)

Shanghai, CHN, 20 September

MEN**800:**

1. Wilfred Bungei, KEN 1:44.63 SB
2. Pawel Czapiewski, POL 1:44.96 SB
3. Geoffrey Rono, KEN 1:45.13
4. Justus Koech, KEN 1:45.80
5. Robert Lathouwers, NED 1:46.09

5000:

1. Levy Matebo, KEN 13:16.26
2. James Kwalia C'Kurui, QAT 13:16.29
3. Sahle Warga, ETH 13:16.49
4. Sileshi Sihine, ETH 13:16.60
5. Thomas Longosiwa, KEN 13:18.80
- ... 9. Daniel Kipchirchir Komen, KEN 13:24.39

WOMEN**1500:**

1. Gelete Burka, ETH 4:02.30
2. Anna Mishchenko, UKR 4:07.89

3. Helen Clitheroe, GBR 4:08.36
 4. Irene Jelagat, KEN 4:08.67
 5. Meselech Melkamu, ETH 4:08.79
- DNF - Olga Komyagina, RUS
-

NEWS

MIKITENKO WILL NOT CHASE MAJORS TITLE IN NEW YORK

In a surprising development, newly crowned real, Berlin Marathon champion Irina Mikitenko said she would not attempt to win the 2007/2008 World Marathon Majors series title and the attendant \$500 000 award by competing in the ING New York City Marathon on 2 November, reports David Monti in *Race Results Weekly*. The three-time Olympian is currently tied with Ethiopian Gete Wami for the series lead with 65 points, and Wami's participation in New York has already been announced (see following story).

"Money isn't everything," said Mikitenko at a press conference in Berlin today. "I've already done very well, winning London and Berlin. If you're in a sport at this level, you need goals and targets, and my goal is next year's World Championships marathon here in Berlin. The most important thing is to win. If you win, money follows."

It is still possible, however, that Mikitenko could win the WMM title (or a share of it) without competing in New York. That's because Wami can only score points in New York should she finish first or second (she's already scored in the allowable maximum of four events and only the best four results count). Should Mikitenko and Wami be tied on points after New York, WMM rules state that head-to-head results would break the tie. However, they are also tied in this regard with one victory each (Wami beat Mikitenko in Berlin in 2007 but Mikitenko beat Wami in London in 2008). If this were the series outcome, the race directors of the marathons in Berlin, Boston, Chicago, London and New York would have to decide how to crown the 2007/2008 women's series champion.

It is still possible for two other women to win the 2007/2008 WMM title: Zhou Chunxiu of China and Catherine Ndereba of Kenya. Zhou has scored 50 points in three races while Ndereba has scored 41 points, also in three races. Neither athlete has been announced for a fall marathon, but Ndereba is expected to compete in New York according to Richard Finn, the ING New York City Marathon's media director. If Ndereba wins New York and Wami finishes lower than second, Ndereba would win the series with 66 points to Wami's 65.

In the 2008/2009 series Mikitenko is the leader with 50 points, twice the total of Dire Tune (ETH) and Constantina Dita (ROU) who are tied for second with 25 points.

ING NYC MARATHON WOMEN'S FIELD TAKING SHAPE

The women's field for the ING New York City Marathon is taking shape. Race organisers announced five top women for the race on 2 November, reported David Monti in *Race Results Weekly*.

Three veterans -- Gete Wami of Ethiopia, Lyubov Morgunova of Russia and Hayley Haining of Great Britain -- have joined the field, as have rising stars Kim Smith of New Zealand and Dire Tune of Ethiopia. That line-up gives the race the champions of the marathons in Berlin in 2007, and Boston and Rotterdam in 2008.

Wami, 33, is the 2007/2008 World Marathon Majors champion and was RRW #1 ranked marathoner in the world in 2007. She finished second at New York last year after a pitched battle with Britain's Paula Radcliffe. Wami has three Olympic medals and a marathon personal best of 2:21:34.

Morgunova set a surprising personal best at age 37 of 2:25:12, winning the Rotterdam Marathon last April, while Haining, 36, earned an alternate's position on the British Olympic team this year when she set a 2:29:18 personal best at the Flora London Marathon in April.

Smith and Tune lead the ING New York City Marathon's youth movement. Smith, 26, a two-time Olympian, has chosen New York for her marathon debut and has a 30:35.54 national 10000-metre record leading her impressive résumé.

Tune, 23, has already run three marathons this year, winning two of them. She won the Chevron Houston Marathon last January in a personal best and course record 2:24:40, then bounced back to win the Boston Marathon last April in a fantastic sprint finish over Russian Alvetina Biktimirova by two seconds. She also competed in the Beijing Olympic marathon last month and finished 16th. Back in June in Ostrava, Tune broke Tegla Loroupe's world one-hour record, logging 18,571 meters.

The professional women at the ING New York City Marathon will run in a separate race before the elite men and the waves of recreational runners. No pacemakers will be used.

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 MARATHON: TOP 10 OPEN WOMEN

2:36:38	Tanith Maxwell	4	Warsaw	Warsaw	28 Sep
2:37:35	Maxwell-2	9	Rome	Rome	16 Mar
2:39:51	Charné Bosman	13	Rotterdam	Rotterdam	13 Apr
2:40:05	Maxwell-3	5	Vienna City	Vienna	27 Apr
2:42:28	Bosman-2	1	SA Championships	Durban	10 Feb
2:45:05	Riana van Niekerk	2	SA Championships	Durban	10 Feb
2:45:20	Tshifhiwa Mundalamo	4	Cape Town	Cape Town	21 Sep
2:45:49	Mpho Mabuza	5	Cape Town	Cape Town	21 Sep
2:48:06	Tessa Burrell	20	Rotterdam	Rotterdam	13 Apr
2:48:32	Riana van Niekerk	1	PetroSA	Mossel Bay	12 Apr
2:49:58	Louisa Leballo	3	PetroSA	Mossel Bay	12 Apr
2:50:20	Eunice Phindile Nhlapo	4	PetroSA	Mossel Bay	12 Apr
2:51:30	Bulelwa Mtshagi	6	Cape Town	Cape Town	21 Sep

THIS MONTH IN HISTORY

In this new weekly column we highlight a special race or event from the past that happened in the current month.

25 years ago: 21 September 1983

Jan Olyn recorded the year's best distance for the hour run when he reached 18 903 metres in Bloemfontein, pulling three other runners – Johan Müller, Kenny Jacobs and Simon Madibeng – over the 18 km mark. Just more than two weeks before, Olyn had finished third in the SA Cross-country Championships and earlier in the year he had won the SA 10 km title by easily defeating Matthews Temane.

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
	2:03:59	Haile Gebrselassie (ETH)		
100 km	10:03:41	Ernest Ndzabdza	Cape Town	28 Sep

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	3:03:36	Paulus Masilela	Cape Town	21 Sep
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	2:36:38	Tanith Maxwell	Warsaw	28 Sep
	2:19:19	Irina Mikitenko (GER)		
100 km	10:31:16	Arina Cilliers	Cape Town	28 Sep

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	10:31:16	Arina Cilliers	Cape Town	28 Sep

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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