

Distance Running Results

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

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EDITORIAL

South African runners and teams dominated the annual JPMorgan Chase Corporate Challenge event in New York, with Tshamano Setone and Catherine Nkosi taking the individual titles over 3.5 miles and Transnet winning both team competitions. In fact, in the women's race the first five runners were from South Africa, with the men taking six of the top eight places. Another RSA team, Goldfields, won the Co-ed division.

In Bloemfontein the Nedbank Matha Series Half Marathon went to Hendrick Ramaala in 63:55 and René Kalmer in 74:25. Both beat off the challenges of foreign runners to win.

Unfortunately, no results could be obtained for the Coca-Cola Voet van Afrika Marathon (one of the country's oldest) and Half Marathon, reportedly because of a technical problem. What a sad day for this once superbly organised event, the pride of Bredasdorp. (Results for the 10 km are included, though.)

The IAAF has ratified three world records set in Beijing: Gulnara Galkina-Samitova's 8:58.81 in the 3000 m steeplechase, Pamela Jelimo's 1:54.87 world junior record in the 800 m, and Linet Masai's 30:26.50 world junior record in the 10000 m. Of course, Jelimo went considerably faster in Zurich eleven days after her Olympic victory, running 1:54.01.

And more on the real, - Berlin Marathon: Falk Cierpinski's 2:13:30 brought the father-son combined world record down to 4:13:25. Father Waldemar ran 2:09:55 in the 1976 Olympics.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * AfriSam Roy Brown Memorial Half Marathon & 10 km, Roodepoort
- * Stonebridge Half Marathon, Durban
- * Mahindra Thorntree 16 km Challenge, Pietermaritzburg
- * Nedbank Matha Series Half Marathon, Bloemfontein
- * Cape Gate 10 km, Brackenfell
- * Powertech Batteries 15 km, Port Elizabeth
- * Coca-Cola Voet van Afrika 10 km, Bredasdorp
- * Kromberg & Schubert 15 km, Brits
- * Coca-Cola Hamilton Nite Race, Ladysmith
- * Bauer 10 km, Port Elizabeth
- * Karoo Ultramarathon, Laingsburg
- * Track: Tygerberg Northlink Open Meeting, Parow

International highlights:

- * BUPA Great North Run, Newcastle to South Shields, GBR
 - * Ford Köln Marathon, Köln, GER
 - * Bredase Singelloop Half Marathon, Breda, NED
 - * Rock 'n' Roll San Jose Half Marathon, San Jose, USA
 - * Kosice Peace Marathon, Kosice, SVK
 - * JPMorgan Chase Corporate Challenge Championships, New York, USA
 - * African University Peace Marathon & Half Marathon, Mutare, ZIM
 - * XC: Bill Dellinger Invitational, Springfield, USA
 - * IAU 100 km Pedestres Internacionales de Cantabria, Santa Cruz de Bezana, ESP
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STATS

GEBRSELASSIE'S SPLITS IN BERLIN

3:02	2:59 [1:07:45]	Each 5 km
2:54 [5:56]	2:57 [1:10:42]	14:39
2:58 [8:54]	2:59 [1:13:41]	14:34 [29:13]
2:49 [11:43]	2:58 [1:16:39]	14:50 [44:03]
2:56 [14:39]	2:58 [1:19:37]	14:47 [58:50]
2:52 [17:31]	2:59 [1:22:36]	14:51 [1:13:41]
2:55 [20:26]	2:55 [1:25:31]	14:46 [1:28:27]
2:55 [23:21]	2:56 [1:28:27]	14:39 [1:43:06]
2:58 [26:19]	2:59 [1:31:26]	14:28 [1:57:34]
2:54 [29:13]	2:53 [1:34:19]	6:25
2:57 [32:10]	2:56 [1:37:15]	Average: 14:42
2:55 [35:05]	2:52 [1:40:07]	
3:04 [38:09]	2:59 [1:43:06]	Halves
3:00 [41:09]	2:56 [1:46:02]	1:02:05
2:54 [44:03]	2:52 [1:48:54]	1:01:54
2:57 [47:00]	2:54 [1:51:48]	
2:59 [49:59]	2:52 [1:54:40]	
2:58 [52:57]	2:54 [1:57:34]	
2:56 [55:53]	2:51 [2:00:25]	
2:57 [58:50]	3:02 [2:03:27]	
2:58 [1:01:48]	0:32	
2:58 [1:04:46]	Average: 2:56	

ROAD RUNNING

AfriSam Roy Brown Memorial Half Marathon & 10 km

Roodepoort, 5 October
(Loop courses)

Half marathon

MEN

1 Tshidiso Bosiu (GS) 67:30; 2 Joseph Mphuthi (Nedbank) 67:36; 3 Tsepo Dikobo (Raiders) 67:42; 4 Dan Lotuy (GS) 68:17; 5 Jonathan Kipkorir (KEN/GS) 68:21 (1st vet).

Veterans: 1 Jonathan Kipkorir (KEN/GS) 68:21; 2 Gethun Wordofa (ETH/ADT) 70:28.

Masters: 1 Johannes Seakamela (RAC) 76:49. **G'masters:** 1 Patrick Mafilika (Nedbank) 94:59. **Juniors:** 1 Nkosiathi Mashaba (Nedbank) 75:44

WOMEN

1 Tshifhiwa Mundalamo (Nedbank) 83:13; 2 Marelize Retief (Tuks) 88:06; 3 Jennifer Koech (KEN/Nedbank) 90:51; 4 Phyllis de Fouw (Std Bank) 90:59; 5 Belinda Waghorn (RWFL) 93:24.

Veterans: 1 Cynthia Mokovane (Powerade) 96:48; 2 Catherine Naane (Goldfields) 99:39.
Masters: 1 Yvonne Joubert (RAC) 1:56:58. **G'masters:** 1 Hazel Quilliam (Roodepoort) 2:16:18. **Juniors:** 1 Anja Wiid (UJ) n/t

10 km

MEN

1 Raphael Segodi (GS) 29:58; 2 Jacob Malakoane (GS) 30:05; 3 Brainson Mugun (GS) 30:06; 4 Madiba Motlatsi (Kagiso) 31:41; 5 Godfrey Koki (ZIM/Boxer) 31:59 (1st vet).

Veterans: 1 Godfrey Koki (ZIM/Boxer) 31:59; 2 Petrus Tsotetsi (Mittal) 32:39. **Masters:** 1 Andre Jansen (Toy) 36:06. **G'masters:** 1 Pele Tshkundamalema (Yebo) 42:30. **Juniors:** 1 Madiba Motlatsi (Kagiso) 31:41

WOMEN

1 Truphena Japchumba (KEN/GS) 37:07; 2 Thakalane Nthulane (Transnet) 37:30; 3 Sarah Mahlangu (MP) 38:29 (1st vet); 4 Lesley Train (Nedbank) 38:43; 5 René Strydom (RH) 39:10.

Veterans: 1 Sarah Mahlangu (MP) 38:29; 2 René Strydom (RH) 39:10. **Masters:** 1 Anne Bellamusto (Morningside) 43:49. **G'masters:** 1 Debbie van Heerden (Roodepoort) 57:58. **Juniors:** 1 Jean-Marie Cooper (KHOSA)

Stonebridge Half Marathon

Durban, 5 October

MEN

1.	Richard Nene	ZIM/Boxer AC	72:22
2.	Mandla Dlamuka	Nedbank AC	81:48
3.	Thambile Qoniso	Tongaat AC	82:46

40-49:

1.	Mandla Dlamuka	Nedbank AC	81:48
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50-59:

1.	Jeremiah Ngwenya	Boxer AC	82:00
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Juniors:

1.	Joseph Mangcwyngule	Ver Falcons	86:35
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WOMEN

1.	Iris Ndlovu	Boxer AC	93:57
2.	Sibongile Mpanza	Boxer AC	96:42
3.	Marie Mthembu	Boxer AC	100:38

40-49:

1.	Sharon Williams	Sunshine AC	107:44
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50-59:

1.	Claire Nangan	Glenwood Harr	112:02
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60+:

1.	Maureen Perry	Chiltern AC	84:24
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Juniors:

1.	Holiness Mthethwa	Verulam AC	118:58
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Mahindra Thorntree 16 km Challenge

Pietermaritzburg, 5 October

(Loop course)

MEN

1.	Sibonela Duma	Boxer AC	48:37
2.	Khulekani Ngubane	Boxer AC	49:11
3.	Sandile Makhaye	Mr Price AC	50:29

40-49:

1.	Gerald Dlamini	Collegian Harr	58:16
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50-59:

1.	Joseph Duma	Verulam AC	62:42
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60+:

1.	Moray Calder	Hilton Harriers	73:46
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Juniors:

1.	Philani Ngcobo	Collegian Harr	53:58
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WOMEN

1.	Amanda Bradshaw	Boxer AC	63:59
2.	Kerry Koen	Coll Harr	65:00
3.	Debbie Eaton	Coll Harr	65:55

40-49:

1.	Mary Mvelase	Boxer AC	72:22
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50-59:

1.	Sandy Fismer	Hilton Harriers	72.48
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Nedbank Matha Series Half Marathon

Bloemfontein, 4 October

(Distance: 21.0975 km; certified near-loop course)

Note: Thanks to Patrick Baransky for these results. – Ed.

MEN

1	Hendrick	Ramaala	35	Nedbank	1:03:55
2	Masilo	Matjiane		LES/Toyota AC	1:03:56
3	Tsotang	Maine	34	LES/Toyota AC	1:04:01
4	Lungile	Gongqa	29	Mr. Price	1:04:01
5	Kelvin	Pangiso	28	ZIM/Mr Price	1:04:06
6	Moeketsi	Mosuhli		LES/Toyota AC	1:04:09
7	Samuel	Segoaba		Transnet Bloemfontein	1:04:11
8	Chabeli	Nyedimane		Transnet	1:04:37
9	Zongamele	Dyubeni	35	Gauteng Striders	1:05:11
10	Norman	Dlomo		Lekoa	1:05:21
11	Joshua	Sabao	19	ZIM/Mr Price	1:05:27
12	Vusi	Malobola		Powerade	1:05:45
13	Teboho	Sello		LES/Toyota	1:05:46
14	Coolboy	Ngamole	31	Nedbank	1:06:15
15	Vincent	Seng	27	Powerade	1:06:29
16	Lusapho	April	26	Oxford Striders	1:06:33
17	Simon	Mpholo	32	Gauteng Striders	1:06:46
18	Khotso	Sesing	23	Eskom Gijimas	1:06:47
19	Jonathan	Kipkorir	40	KEN/Gauteng Striders	1:06:53
20	Shadrack	Hoff	35	Correctional Services	1:06:57

40-49:

1	Jonathan	Kipkorir		KEN/Gauteng Striders	1:06:53
2	Billy	Majafa	41	Powerade	1:10:34
3	William	Malekele		Nedbank Bftn Achilles	1:12:56

50-59:

1	Michael	Molahloe		Harmony Striders	1:18:57
2	Sello	Rantemane		Harmony Striders	1:23:13
3	Jeffrey	Gcelu		Real Lions	1:24:46

60-69:

1	Simon	Mokone		Nedbank Bftn Achilles	1:26:10
2	Paulus	Masilela	62	Irene	1:27:39
3	Johannes	Mosehla		Individual	1:30:05

Juniors:

1	Joshua	Sabao	19	ZIM/Mr Price	1:05:27
2	Mehari	Baraki	18	ETH/ADT	1:07:42
3	Thulo	Richard		Transnet	1:08:27
4	Esau	Radebe	18	Transnet	1:09:18
5	Mabuti	Mpholo	18	Gauteng Striders	1:09:24

WOMEN

1	René	Kalmer	27	Mr Price	1:14:25
2	Mamorallo	Tjoka	24	LES/Toyota AC	1:14:58
3	Helalia	Johannes	28	NAM/Boxer	1:15:27
4	Irvette	Van Blerk	21	Nedbank	1:15:41
5	Tabitha	Tsatsa	36	ZIM/Boxer	1:16:21
6	Taemo	Welgabriel	22	ETH/ADT	1:17:38
7	Varaidza	Shindi	20	ZIM/Mr Price	1:18:49
8	Poppy	Mlambo	27	Mr Price	1:18:58
9	Dimakatso	Menong	33	Gauteng Striders	1:19:56
10	Truphena	Japchumba		KEN/Gauteng Striders	1:20:41
11	Matrinta	Mota	23	LES/PRC	1:20:41
12	Charné	Bosman	32	Mr Price	1:21:14
13	Joyce	Tuiane	21	Goldfields	1:22:04
14	Mankutoane	Matlakeng	25	LES/Mr Price	1:22:58
15	Simangele	Mabuza		Nedbank	1:23:06
16	Angeline	Molaba	26	Nedbank	1:23:19
17	Paulina	Njeja	31	Transnet	1:23:33
18	Ndofhiwa	Mandiwana	27	Nedbank	1:24:09
19	Sarah	Mahlangu	42	Mr Price	1:25:53
20	Ronel	Thomas	37	Nedbank	1:26:17

40-49:

1	Sarah	Mahlangu		Mr Price	1:25:53
2	Jane	Mudau	45	Nedbank	1:30:49
3	Thembeka	Khetsekile	45	Ukhosi	1:39:51

50-59:

1	Frances	Van Blerk	53	Nedbank	1:38:35
2	Selinah	Netshisalu	52	Rac	1:45:20
3	Magdel	Holthausen		Nedbank	1:48:05

Juniors:

1	Sharon	Chinokuya	19	ZIM/Mr Price	1:29:00
2	Asiphe	Sikabalanjana		Siyanda AC	1:29:17
3	Andronica	Mokgotla		Individual	1:30:19
4	Thandazwa	Tatubana		Siyanda AC	1:40:15
5	Lawreen	Juru	17	ZIM/Mr Price	1:43:50

Cape Gate 10 km

Brackenfell, 4 October

(Certified loop course, hilly)

ME

1. Sibusiso Mbingeleli (Mr Pr) 30:53 (R600); 2. Peter Tsawayo (ZIM/RCS Gug) 31:11 (R500); 3. Tsungai Mwanengeni (ZIM/Mr Pr) 32:02 (R400); 4. Neo Molema (Mr Pr) 32:26 (R300); 5. Magquza Thandulu (M.Spart) 32:31 (R200); 6. Velani Lusaseni (Adid) 33:12; 7. Nicholas Rupanga (Celt) 33:16; 8. Unathi Phezolo (RCS Gug) 33:30 (1st jun); 9. Luxolo Mdzanga (RCS Gug) 33:45; 10. Johnny Persents (Adid) 34:28 (1st vet); 11. Wanda Roro (Adid) 34:29; 12. David Molema (Mr Pr) 36:07; 13. Patrick Mbina (Celt) 36:11; 14. Zola Zama (East) 36:45; 15. Isak Olifant (WP Def) 37:09; 16. Goodman Mpukane (RCS Gug) 37:32 (1st mast); 17. Aldrin Smit (NB) 37:46; 18. Siyanda Gxaba (Khaye) 37:54; 19. Gerald Sullivan (Dur) 38:01; 20. Mervin Steenkamp (Ind) 38:49; 21. Mtlanganiso Mbali (Ind) 39:10; 22. Hans Makatees (Top) 39:15; 23. Albertus Bock (Adid) 39:27 (1st g'mast); 24. Garry Wilford (Dur) 39:31; 25. Damian Will (Pine) 39:36; 26. S. Madjoe (Ind) 39:37; 27. Ryan Winter (Pine) 39:38; 28. Alphius Gqobuse (Tyg) 39:40; 29. Ben Kooijman (Mat) 39:55; 30. Steven Parkins (Raven) 40:00.

Masters: (40+): 1. Johnny Persents 34:28 (Adid) (R300); 2. Isak Olifant (WP Def) 37:09 (R200); 3. Gerald Sullivan (Dur) 38:01 (R150). **(50+):** 1. Goodman Mpukane (RCS Gug) 37:32 (R200); 2. Garry Wilford (Dur) 39:31 (R150); 3. Hendrik Coetzee (Dur) 40:27 (R100). **(60+):** 1. Albertus Bock (Adid) 39:27 (R150); 2. Willie van Wyk (Brack) 43:16 (R125); 3. Blackie Swart (Swart) 45:00 (R100). **(70+):** 1. Peter Brennan (Hout) 52:28 (R125); 2. Sam Milner (Spart) 79:05 (R100). **Juniors:** 1. Unathi Phezolo (RCS Gug) 33:20 (R125); 2. Luxolo Mdzanga (RCS Gug) 33:45 (R100); 3. Wanda Roro (Adid) 34:29 (R80).

WOMEN (Same prize money as men)

1. Delaine Mocke (Ind) 40:35; 2. Suzette Vermaak-McIver (Ind) 40:38; 3. Ayanda Mqhakayi (RCS Gug) 41:37 (1st jun); 4. Liesl Steenkamp (Bel) 42:04; 5. Yonela Hewu (RCS Gug) 42:17; 6. Khulukazi Lupondo (RCS Gug) 44:08; 7. Tanya Kapp (VOB) 44:50; 8. Patricia Adams (Metrop) 45:09; 9. Joanne Wynne (Dur) 45:11 (1st vet); 10. Bianca Marais (Edg) 46:01; 11. Charmaine Cupido (Ned) 46:59 (1st mast); 12. Cheryl Rudolph (Ind) 47:03; 13. Tanya J. van Rensburg (Dur) 47:39; 14. Nicolene Koegelenberg (Brack) 47:49; 15. Wynnne Swanepoel (Metrop) 48:17; 16. Diana Rixon (VOB) 49:00; 17. Helen du Plessis (Tyg/NL) 49:12; 18. Colleen de Oliveira (NB) 49:25; 19. Hanya Oosthuizen (Low) 49:32; 20. Protasia Dlamini (RCS Gug) 49:58.

Masters: (40+): 1. Joanne Wynne (Dur) 45:11; 2. Nicolene Koegelenberg (Brack) 47:49; 3. Margaret von Zeil (Pine) 50:29. **(50+):** 1. Charmaine Cupido (Ned) 46:59; 2. Diana Rixon (VOB) 49:00; 3. Helen du Plessis (Tyg/NL) 49:12. **(60+):** 1. Marietha Herbert (Bel) 50:39; 2. Pixie Sparg (Celt) 51:25; 3. Cathy Taylor (Dur) 59:15. **(70+):** 1. Elize Visser (R/W for L) 73:12. **Juniors:** 1. Ayanda Mqhakayi (RCS Gug) 41:37; 2. Yonela Hewu (RCS Gug) 42:7; 3. Khulukazi Lupondo (RCS Gug) 44:08.

Powertech Batteries 15 km

Port Elizabeth, 4 October

(Loop course)

MEN

1	George	Ntshiliza	Mr Price AC EP	29	45:59
2	Nkosinathi	Madyo	Mr Price AC EP	20	46:34
3	Sibusiso	Thu	Raleigh AC	20	46:55
4	Phumzile	Sikawuti	Nedbank RC EP	29	47:37
5	Wayne	Gallant	Mr Price AC EP	34	47:42
6	Zolani	Ngqaqa (1 st jun)	Nedbank RC EP	19	48:52

7	Khayaletu	Makalima	Mr Price AC EP	25	49:01
8	Desmond	Zibi (1 st vet)	Mr Price AC EP	45	49:17
9	Vuso	Nkonzo	Mr Price AC EP	23	49:29
10	Masande	Mlonyeni	Nedbank RC EP	28	49:45
11	Xolile	Ndingane	Temp	37	49:48
12	Sandile	Ngunuza	Nedbank RC EP	25	49:52
13	Ivan	Ambraal	Nedbank RC EP	19	50:07
14	Maboyisana	Mazwayi	Nedbank RC EP	40	50:10
15	Aphlyn	Taai	Nedbank RC EP	26	50:16
16	Eric	Sigxashe	Mr Price AC EP	29	51:06
17	Mzamo	Fokwana	Charlo AC	31	51:07
18	Zandisile	Tshunungwa	Nedbank RC EP	31	51:14
19	Robert	Matthys	Mr Price AC EP	32	51:17
20	Kgotso	Majara	New Balance	28	51:25

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	40	50:10
2	Christopher	Mabengeza	Mr Price AC EP	42	54:14
3	Welcome	Loliwe	Nedbank RC EP	43	55:49

45-49:

1	Desmond	Zibi	Mr Price AC EP	45	49:17
2	Sidwel	Roboshi	Nedbank RC EP	48	56:25
3	Efese	Peter	SANDF EP	48	57:24

50-54:

1	Charles	Baatjies	Nedbank RC EP	51	58:25
2	Andre	Willemse	Elite AC	50	1:01:00
3	Ferdinand	Grobler	Despatch AC	50	1:01:11

55-59:

1	Fikile	Seya	Nedbank RC EP	55	1:02:30
2	Sizinzio	Kama	Achilles AAA	57	1:03:10
3	Jimmy	Styan	Raleigh AC	56	1:04:43

60-64:

1	Fred	Verrall	Charlo AC	60	1:04:12
2	Eddie	Walker	PEAAC	61	1:04:51
3	Percy	Dalton	Achilles AAA	60	1:07:54

65-69:

1	Gerald	Hoxley	Achilles AAA	67	1:22:14
2	Robin	Clark	Nedbank RC EP	67	1:32:27
3	Gerald	Bouwer	Achilles AAA	65	1:36:20

70+:

1	Samuel	Stemele	New Balance	70	1:20:51
2	Ernie	Verrall	NMMU AC	73	1:28:48
3	Hilary	Pritchard	Crusaders AC	74	1:38:06

Juniors:

1	Zolani	Ngqaqa	Nedbank RC EP	19	48:52
2	Ivan	Ambraal	Nedbank RC EP	19	50:07
3	Melikhaya	Frans	Nedbank RC EP	16	51:38

WOMEN

1	Ntombesintu	Ntshiliza	NMMU AC	26	55:45
2	Davera	Magson	Mr Price AC EP	33	59:09
3	Liandre	Pretorius	NMMU AC	29	59:26
4	Liza-Marie	Bright	Raleigh AC	26	59:59
5	Zoleka	Dondashe	Nedbank RC EP	23	1:03:06
6	Treloar	Childs (1 st vet)	Spar Walmer AC	45	1:04:17
7	Deliwe	Nyanga (1 st jun)	PEAAC	19	1:04:26
8	Terri-Lynn	Penney	Run/W For Life	31	1:04:37

9	Lesley	Wood (1 st mast)	Achilles AAA	51	1:06:25
10	Elmarie	Bezuidenhout	Charlo AC	26	1:06:34
11	Pat	Thomson	Achilles AAA	48	1:07:09
12	Suzanne	Lavis	Jeffreys Bay	50	1:07:31
13	Maresa	Ah Kun	Bluewater Bay	32	1:08:18
14	Joy Anne	Pregalato	Achilles AAA	38	1:10:33
15	Adele	Nel	St Albans CSEP	35	1:10:40
16	Paulette	McEwan	Achilles AAA	43	1:11:33
17	Annelie	Nel	Legacy AC	34	1:11:40
18	Janette	Schierz-Crusius	Body Concept	48	1:12:00
19	Yolanda	Blignaut	X-Cel AC	34	1:12:10
20	Gail	Klichowicz	Achilles AAA	41	1:12:36

40-44:

1	Paulette	McEwan	Achilles AAA	43	1:11:33
2	Gail	Klichowicz	Achilles AAA	41	1:12:36
3	Claire	Nagel	Elite AC	44	1:14:59

45-49:

1	Treloar	Childs	Spar Walmer AC	45	1:04:17
2	Pat	Thomson	Achilles AAA	48	1:07:09
3	Janette	Schierz-Crusius	Body Concept	48	1:12:00

50-54:

1	Lesley	Wood	Achilles AAA	51	1:06:25
2	Suzanne	Lavis	Jeffreys Bay	50	1:07:31
3	Liz	Austin	Achilles AAA	50	1:19:36

55-59:

1	Cathy	Ives	Achilles AAA	55	1:19:31
2	Jos	Els	Madiba Bay AC	56	1:21:15
3	Hester	Botha	Temp	58	1:54:52

60-64:

1	Liz	Grundlingh	Muirite Strider	61	1:17:51
2	Retha	Snyman	PEAAC	61	1:21:37
3	Margaret	Paton	Charlo AC	63	1:23:13

70+:

1	Dorothy	Hart	PEAAC	70	1:32:07
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Juniors:

1	Deliwe	Nyanga	PEAAC	19	1:04:26
2	Terray	Newcombe	Nedbank RC EP	17	1:23:36

Coca-Cola Voet van Afrika 10 km

Bredasdorp, 4 October

(Hilly loop course)

MEN

1. Tom Lusaseni (Celt) 31:52; 2. Duane Fortuin (Celt) 32:19; 3. Virgina Ngudlumana (Celt) 32:57 (1st jun); 4. Riaan Wildskut (East) 33:07; 5. Rowan Prins (Rob) 33:40; 6. Hilroy Slingers (Worc) 34:02; 7. Dawid van Rooyen (Worc) 32:07; 8. Akhona Maskila (VOB) 34:33; 9. Ignatius Davids (Rob) 34:39; 10. Leswyn Arendse (Rob) 34:53; 11. Babalo Landelo (Celt) 35:48; 12. Michael Qwesha (Celt) 36:06; 13. Goliath Karelse (Bred) 36:21; 14. Danzel Minnaar (Rob) 36:33; 15. Michael Mouries (Rob) 36:35; 16. Ruan de Jager (Ind) 36:40; 17. Nathan Matthysen (Worc) 37:30; 18. J. Dowrie (CS) 38:19; 19. Nicolas Moutyana (Celt) 36:23; 20. G. Uithaler (Mossel) 39:18; 21. Bongani Krala (Celt) 39:47; 22. Gerald Lakay (Ind) 39:50; 23. M. Nkanunu (Ind) 40:01; 24. N. Farmer (Bred) 40:26; 25. R. Koebergh (Ind) 40:37; 26. Tiaan Oosthuizen (Adid) 40:41; 27. Derio Wessels (Ind) 40:50; 28. L. Sheard (Celt) 42:21; 29. Ashwin Bloom (Ind) 42:43; 30. Redowaan Mert (Lange) 42:48.

Masters: (40+): 1. R. Louw (Whal) 47:44; 2. Adriaan Koopman (Wel) 48:01; 3. L. Oosthuizen (Ind) 49:18. **(50+):** 1. Nolan Hendon (Dwars) 54:59; 2. Trevor Cross (Bred) 63:50. **(60+):** 1. Renier Schoeman (Ind) 45:26; 2. Les Hanna (Whal) 53:47; 3. Ian Cowburn (Ind) 61:15. **Juniors:** 1. Virginia Ngudlumana (Celt) 32:57; 2. Hilroy Slingers (Worc) 34:02; 3. Akhona Maskila (VOB) 34:33.

WOMEN

1. Thozama April (Celt) 37:34; 2. Nomvuyisi Seti (Mr Pr) 40:08; 3. Natasha Oosthuizen (Adid) 41:38; 4. L. Hammer (Ind) 41:57; 5. Francis Roman (Celt) 45:31; 6. Ana Drabbe (Ind) 46:47 (1st vet); 7. Christine Hibberd (Whal) 49:17 (1st mast); 8. Nolene Liebenberg (Mossel) 49:20 (1st jun); 9. Cornelia van Velden (Ned) 50:50; 10. Mariska Bruwer (Bred) 51:22; 11. L. Rencken (Str) 53:23; 12. Janet Hunter (WC) 53:26; 13. Josephine Matterson (Ind) 53:42; 14. R. Lagan (Ind) 53:44; 15. Lizl van Wyk (Ind) 54:05; 16. S. Slabbert (Ind) 54:11; 17. R. Schoeman (Lange) 54:58; 18. Susan Schuin (Ind) 55:25; 19. W. Wilcocks (Ind) 55:35; 20. Marina Badenhorst (Bred) 55:41.

Masters: (40+): 1. Ana Drabbe (Ind) 46:47; 2. Janet Hunter (WC) 53:26; 3. Sharon Moyles (VOB) 61:09. **(50+):** 1. Christine Hibberd (Whal) 49:17; 2. Sunette de Villiers (Ind) 56:13; 3. Ethnee Hepburn (Ind) 61:13. **(60+):** 1. R. Jackson (Ind) 64:10. **Juniors:** 1. Nolene Liebenberg (Mossel) 49:20; 2. Mariska Bruwer (Bred) 51:22; 3. Marina Badenhorst (Bred) 55:41.

Kromberg & Schubert 15 km

Brits, 4 October

MEN

1 Phineas Mothoa (Madibeng) 48:46; 2 Amos Chisale (Madibeng) 55:11; 3 Solomon Mashala (Madibeng) 56:44.

Veterans: 1 Peter Jaehne (RAC) 58:05. **Masters:** 1 Johan Nel (Exxaro) 70:06. **G'masters:** 1 Patrick Mafilika (Nedbank) 69:40. **Juniors:** 1 Simon Guse (Temp) 65:26.

WOMEN

1 Joy-Ann Nicholl (Irene) 72:37; 2 Lona Liebenberg (New Balance) 77:31 (1st vet); 3 Elmarie Hayes (Fochville) 80:49.

Veterans: 1 Lona Liebenberg (New Balance) 77:31. **Masters:** 1 Rina Pretorius (AS Eagles) 88:04. **G'masters:** 1 Mara Bosch (RWFL) 1:45:22.

Coca-Cola Hamilton Nite Race

Ladysmith, 4 October

(Distance: 21.0975 km; loop course)

MEN

1.	Richmond Nsuntsha	Newcastle Harriers	72:58 (R300)
2.	Sazi Ndaba	Nambithi Striders	73:29 (R200)
3.	Sandile Khulu	Assegai	75:14 (R100)

40-49:

1.	Cornelius Dlamini	Nedbank AC	80:29 (R100)
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50-59:

1.	John Nkomo	Ladysmiyh	106:01 (R100)
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WOMEN (Same prize money as men)

1.	Judith Geldenhuys	Estcourt AC	98:45
2.	Mbamba Nanzikeko	RWFL	100:12
3.	Marie Mthembu	Boxer AC	100:40

40-49:

1.	J V Govender	Escom	125:54
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Powerade Sports Zone Highway Ladies Time Trial

Durban, 1 October

(Distance: 4 km)

1.	Danelle Adlam	PDAC	14:40
2.	Lise Muchna	PDAC	15:06
3.	Cary Ann Cave	WEST	15:51
4.	Janine Engels	PDAC	16:01
5.	Shanon Clarke	WEST	16:09

Bauer 10 km

Port Elizabeth, 27 September

(Loop course)

MEN

1	Zolani	Ngqaga (1 st jun)	Nedbank RC EP	19	31:08
2	Desmond	Zibi (1 st vet)	Mr Price AC EP	45	32:05
3	Vuso	Nkonzo	Mr Price AC EP	23	32:14
4	Zandisile	Tshunungwa	Nedbank RC EP	31	32:39
5	Khayaletu	Makalima	Mr Price AC EP	25	32:49
6	Maboyisana	Mazwayi	Nedbank RC EP	40	32:52
7	Melikhaya	Kepe	Nedbank RC EP	32	32:57
8	Mzamo	Fokwana	Charlo AC	30	33:02
9	Luyanda	Tshangana	Nedbank RC EP	25	33:10
10	Luvuyo	Mkantando	Thomas Mbiza AC	31	33:15
11	Simon	Ngcoko	Mr Price AC EP	38	33:31
12	Zamubuntu	Teyise	Nedbank RC EP	32	33:52
13	Mlungiseleli	Manyati	St Albans CSEP	32	33:55
14	Bulelini	Niwa	PEAAC	23	34:02
15	Zolile	Mhlahlo	Raleigh AC	33	34:04
16	Ryan	Peter	Temp	24	34:05
17	Pakamani	Mkalipi	Mr Price AC EP	26	35:14
18	Alfred	Qogi	Nedbank RC EP	35	35:21
19	Carriot	Galela	Run/W For Life	39	35:33
20	Bradley	Mackenzie	Achilles AAA	36	35:58

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	40	32:52
2	Alfred	Pakkies	Legacy AC	40	36:57
3	Vernon	Newfeldt	Willard Batt	42	38:54

45-49:

1	Desmond	Zibi	Mr Price AC EP	45	32:05
2	Darrell	Wicht	Raleigh AC	45	36:37
3	Philbert	Tyombo	PEAAC	45	37:44

50-54:

1	Charles	Baatjies	Nedbank RC EP	51	38:24
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2	Ferdinand	Grobler	Despatch AC	50	40:17
3	Stephen	Klue	Elite AC	50	40:41
55-59:					
1	Sizinzo	Kama	Achilles AAA	57	40:54
2	Bruce	Mcewan	Achilles AAA	55	42:14
3	Darsoo	Moonien	Malabar	57	43:36
60-64:					
1	Fred	Verrall	Charlo AC	60	42:02
2	Eddie	Walker	PEAAC	61	42:25
3	Jackson	Ngcoko	Willard Batt	60	43:31
65-69:					
1	Tamsanqa	Jusayi	Mr Price AC EP	66	39:23
2	Gerald	Hoxley	Achilles AAA	67	53:15
3	Gerald	Bouwer	Achilles AAA	65	1:05:18
70-74:					
1	Samuel	Stemele	New Balance	70	51:30
2	David	Fraser	PEAAC	70	53:48
3	Hilary	Pritchard	Crusaders AC	74	1:05:27
75-79:					
1	Wells	Anderson	PEAAC	76	1:00:31
Juniors:					
1	Zolani	Ngqaqa	Nedbank RC EP	19	31:08
2	Thokozani	Fani	Temp	18	38:06
3	Sibusiso	Mali	Nedbank RC EP	16	38:56
WOMEN					
1	Ntombesintu	Ntshiliza	NMMU AC	26	39:03
2	Liandre	Pretorius	NMMU AC	29	39:51
3	Zoleka	Dondashe	Nedbank RC EP	23	40:55
4	Treloar	Childs (1 st vet)	Spar Walmer AC	45	41:22
5	Ursula	Kuhn	NMMU AC	27	41:43
6	Loesje	De Beer (1 st mast)	Spar Walmer AC	50	42:35
7	Deliwe	Nyanga (1 st jun)	PEAAC	19	42:45
8	Grizelda	Pietersen	Achilles AAA	39	43:45
9	Lesley	Wood	Achilles AAA	51	44:14
10	Suzanne	Lavis	Jeffreys Bay	50	44:58
11	Lorna	Lumb	PEAAC	40	45:21
12	Babalwa	Ngcoko	Mr Price AC EP	21	46:42
13	Adele	Nel	St Albans CSEP	35	46:48
14	Janette	Schierz-Crusius	Body Concept	48	47:07
15	Antonelle	Grobler	Temp	28	47:26
16	Paulette	Mcewan	Achilles AAA	43	47:53
17	Noxolo	Marks	Nedbank RC EP	22	49:36
18	Claire	Nagel	Elite AC	44	49:54
19	Liz	Grundlingh (1 st g'mast)	Muirite Strider	61	50:42
20	Desiree	Titus	Spar Walmer AC	43	50:50
40-44:					
1	Lorna	Lumb	PEAAC	40	45:21
2	Paulette	Mcewan	Achilles AAA	43	47:53
3	Claire	Nagel	Elite AC	44	49:54
45-49:					
1	Treloar	Childs	Spar Walmer AC	45	41:22
2	Janette	Schierz-Crusius	Body Concept	48	47:07
3	Ronelle	Niksch	Elite AC	45	56:04
50-54:					
1	Loesje	De Beer	Spar Walmer AC	50	42:35

2	Lesley	Wood	Achilles AAA	51	44:14
3	Suzanne	Lavis	Jeffreys Bay	50	44:58
55-59:					
1	Maria	Oppel	Crusaders AC	58	54:46
2	Sharon	Brown	PEAAC	55	1:12:03
3	Carol	Nepgen	Kowie Striders	57	1:17:26
60-64:					
1	Liz	Grundlingh	Muirite Strider	61	50:42
2	Margaret	Paton	Charlo AC	63	54:19
3	Retha	Snyman	PEAAC	61	55:27
65-69:					
1	Lorna	Brown	PEAAC	69	1:34:05
70-74:					
1	Dorothy	Hart	PEAAC	70	59:33
75-79:					
1	Sylvia	Pritchard	Crusaders AC	75	1:28:56
Juniors:					
1	Deliwe	Nyanga	PEAAC	19	42:45
2	Terray	Newcombe	Nedbank RC EP	17	53:16
3	Tanya	Wilson	Charlo AC	15	1:16:49

Karoo Ultramarathon (38th)

Laingsburg, 20 September

(Distance: 80 km; loop course, partly on gravel)

MEN

1. Mxolisi Fana (Ned) 6:08:00 (1st vet); 2. Hylton Dunn (Spr) 6:21:39; 3. John van der Byl (MP Titans) 6:22:08; 4. Afrika Koopman (Paarl) 6:33:00; 5. Jan Oliphant (Hex) 6:46:17; 6. Babalo Mpumlwana (DAC) 6:50:16; 7. Hercu Hofmeyr (Swart) 6:50:46 (1st mast); 8. Wessel Moolman (Roode) 6:54:00; 9. Sithile Nohaya (Celt) 6:54:42; 10. Danny Steenberg (Sp'net) 6:56:14; 11. Elias Klein (Laings) 6:58:20; 12. Johannes Mabuza (Ned) 7:17:16; 13. Niklaas Vlok (Voda) 7:31:51; 14. Dale Rynhoud (Irene) 7:36:54; 15. Dries du Toit (Uping) 7:40:52; 16. Jimmy Harding (Dosco) 7:46:48 (1st g'mast); 17. Coden-Magura Mugati (Sp'net) 7:54:32; 18. Neels Venter (Roode) 7:57:25; 19. Julian Karp (Mt Edge) 8:04:41; 20. Graham Kolm (Irene) 8:07:23.

Masters: (40+): 1. Mxolisi Fana (Ned) 6:08:00; 2. John van der Byl (MP Titans) 6:22:08; 3. Afrika Koopman (Paarl) 6:33:00. **(50+):** 1. Hercu Hofmeyr (Swart) 6:50:46; 2. Richard Butcher (Swart). **(60+):** 1. Jimmy Harding (Dosco) 7:46:48; 2. Neels Venter (Roode) 7:57:25; 3. Albert Lumley.

WOMEN

1. Martha Pretorius (Top) 7:14:21; 2. Maretha de Kock (Adid) 7:35:38 (1st vet); 3. Kleintjie van Schalkwyk (Harten) 7:58:20; 4. Shirley Middlemost (RAC) 8:06:05 (1st mast); 5. Yvonne Texeira (RAC) 8:06:05; 6. Anne Pool (Str) 8:15:56; 7. Maryna Bingle (Hex) 8:20:49; 8. Estelle Earle (NOABA) 8:31:17; 9. Marina Coetzee (Pret) 8:41:44; 10. Reinette Kok (Dosco) 9:13:07.

Masters: (40+): 1. Maretha de Kock (Adid) 7:35:38. **(50+):** 1. Shirley Middlemost (RAC) 8:06:05.

TRACK**Tygerberg Northlink Open Meeting**

Parow, 4 October

MEN

800: 1. Enver Pedro (M. Plain) 2:08.50; 2. Jamie Strang (Ind) 2:11.14; 3. Oscar Lott (Tyg/NL) 2:11.57. **1500:** 1. Martin Whatley (Bel) 4:39.60; 2. Godwin Swartz (Els) 4:40.70; 3. Jeremy Engelbrecht (Tyg/NL) 4:45.20. **5000:** 1. Enver Pedro (M. Plain) 16:54.17; 2. Tim Lindsay (VCT) 16:56.31; 3. Lionel Atson (M. Plain) 19:16.55.

WOMEN

800: 1. Leanda de Bruyn (Tyg/NL) 2:33.66; 2. Gaylon Alson (M. Plain) 3:07.24. **1500:** 1. Tatum Monnery (Mil) 5:31.2; 2. Gaylon Atson (M. Plain) 6:25.4.

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. South Africans' performances are highlighted in yellow.

ROAD RUNNING**BUPA Great North Run (28th)**

Newcastle to South Shields, GBR, 5 October

(Distance: 21.1 km; point-to-point course with elevation loss of 30.5 m and a start/finish separation of more than 75%; elite women ran a separate race with 25-minute headstart)

MEN (gun times)

1. Tsegay Kebede, ETH	59:45	USD 1000
2. Gebre-egziabher Gebremariam, ETH	61:29	DB 500
3. Abdi Abdirahman, USA	61:33	400
4. Luke Kibet, KEN	61:34	300
5. Juan Luis Barrios, MEX	61:48	PB 200
6. Martin Fagan, IRL	62:20	PB 250
7. Felix Limo, KEN	63:11	150
8. José Manuel Martínez, ESP	63:31	100
9. Rui Pedro Silva, POR	63:33	
10. Ricardo Ribas, POR	63:35	
11. Jon Brown, CAN	63:36	

WOMEN

1. Gete Wami, ETH	68:51	PB USD 1000
2. Magdalene Mukunzi, KEN	68:52	PB 500
3. Jo Pavey, GBR	68:53	PB 400 + £500
4. Mariya Kononova, RUS	70:48	300
5. Martha Komu, KEN	70:49	200
6. Hayley Haining, GBR	70:53	PB 150 + £400
7. Anikó Kálovics, HUN	71:08	100
8. Anália Rosa, POR	71:25	
9. Jessica Augusto, POR	71:38	
10. Worknesh Kidane, ETH	72:07	
11. Benita Johnson, AUS	74:31	
... 14. Hayley Yelling, GBR	76:57	£200

Ford Köln Marathon (12th)

Köln, GER, 5 October

(Distance: 42.195 km; certified loop course)

MEN

1. Sammy Kurgat, KEN 2:10:03 CR*
2. Daniel Too, KEN 2:10:37
3. Thomas Chemitei, KEN 2:11:20
4. Joel Kemboi, KEN 2:11:57
5. Samson Bungei Kiptoo, KEN 2:13:25

WOMEN

1. Robe Tola Guta, ETH 2:29:39
2. Luminita Zaituc, 1968, GER 2:30:00
3. Alem Ashebir Gebreezgi, ETH 2:39:09

Bredase Singelloop Half Marathon (23rd)

Breda, NED, 5 October

(Distance: 21.1 km)

MEN

1. Boniface Biwott, KEN 1:02:02
2. Joseph Kiptoo, KEN 1:02:07
3. Felix Keny, KEN 1:02:08
4. Saji Bouazza, MAR 1:03:13
5. Jamal Baligha, MAR 1:03:22

WOMEN

1. Beatrice Omwanza, KEN 1:13:29
2. Emily Chemutai, KEN 1:13:31
3. Sharon Tavengwa, ZIM 1:14:09

Rock 'n' Roll San Jose Half Marathon (3rd)

San Jose, USA, 5 October

(Distance: 21.1 km; certified loop course)

MEN (gun times)

1. Gilbert Okari, KEN 1:01:46 \$3500
2. Ridouane Harroufi, 27, MAR 1:01:57 2000
3. Moses Kigen, KEN 1:01:58 1500
4. McDonald Ondara, KEN 1:02:01 1000
5. Charles Munyeki, 22, KEN 1:02:15 750
- ... 14. Adam Goucher, 33, USA 1:05:43

WOMEN (gun times)

1. Yuri Kano, 29, JPN 1:10:03 \$3500
2. Azalech Masresha, 20, ETH 1:10:36 PB 1000
3. Ann Kosgei, 28, KEN 1:11:53 1500
4. Sally Meyerhoff, 24, USA 1:12:52 PB 1000 + 500a
5. Jane Wanjiku, 29, KEN 1:12:57 750

a) Earned USA citizen bonus

Kosice Peace Marathon (83rd)

(SVK Marathon Championships)

Kosice, SVK, 5 October

(Distance: 42.195 km)

MEN

- | | | |
|--------------------------|------------|------------|
| 1. Dejene Yirdawe, ETH | 2:10:51 PB | 12,000 EUR |
| 2. Jonathan Kibet, KEN | 2:12:23 | 5000 |
| 3. Joseph Mutiso, KEN | 2:12:25 | 3000 |
| 4. Sammy Rotich, KEN | 2:12:31 | 2000 |
| 5. Benson Cheruiyot, KEN | 2:15:56 | 1000 |

WOMEN

- | | | |
|------------------------|------------|-------------|
| 1. Selina Chelimo, KEN | 2:34:23 PB | 6000 |
| 2. Firehiwot Dado, ETH | 2:37:34 DB | 2500 |
| 3. Radiya Adlo, ETH | 2:39:21 DB | 1500 [1989] |

JPMorgan Chase Corporate Challenge Championships (26th)

New York, USA, 4 October

(Distance: 3.5 miles; loop course on Park Avenue)

MEN**Individuals:**

1. Tshamano Setone (RSA), TRANSNET RAIL ENGINEERING - JOHANNESBURG, 16:03
2. Olebogeng Masire (RSA), GOLDFIELDS - JOHANNESBURG, 16:04
3. Phil Wicks (GBR), LEGAL & GENERAL - LONDON, 16:08
4. Nkosi Sonqibido (RSA), TRANSNET RAIL ENGINEERING - JOHANNESBURG, 16:22
5. Raphael Schafer (GER), MINISTERIUM FUR INNERES UND SPORT DES SAARLANDES - FRANKFURT, 16:24
6. Jacob Selebalo (RSA), GOLDFIELDS - JOHANNESBURG, 16:28
7. Alexander Motone (RSA), TRANSNET RAIL ENGINEERING - JOHANNESBURG, 16:39
8. Benedict Moeng (RSA), TRANSNET RAIL ENGINEERING - JOHANNESBURG, 16:42
9. Crosby Freeman (USA), GOOGLE, INC. - SAN FRANCISCO, 16:48
10. Mark Olivier (USA), TEAM PFIZER (PGRD) - NEW YORK, 16:56

Teams (score five men on total time):

1. TRANSNET RAIL ENGINEERING - JOHANNESBURG, 1:05:46
2. GOOGLE, INC. - SAN FRANCISCO, 1:11:49
3. GENERAL ELECTRIC - CHICAGO, 1:12:15

WOMEN**Individuals:**

1. Catherine Nkosi (RSA), TRANSNET RAIL ENGINEERING - JOHANNESBURG, 18:52
2. Violet Raseboya (RSA), TRANSNET RAIL ENGINEERING - JOHANNESBURG, 18:53
3. Gloria Baeba (RSA), TRANSNET RAIL ENGINEERING - JOHANNESBURG, 19:16
4. Puseletso Maema (RSA), GOLDFIELDS - JOHANNESBURG, 19:18
5. Tebogo Masehla (RSA), TRANSNET RAIL ENGINEERING - JOHANNESBURG, 19:29

Teams (score four women on total time):

1. TRANSNET RAIL ENGINEERING - JOHANNESBURG, 1:16:30
2. POLIZEI HESSEN - FRANKFURT, 1:30:12
3. NYC BOARD OF EDUCATION - NEW YORK, 1:30:38

CO-ED TEAMS (score two men and two women on total time)

1. GOLDFIELDS - JOHANNESBURG, 1:14:02
2. ROCHE DIAGNOSTICS GMBH - FRANKFURT, 1:16:59

3. MINISTERIUM FÜR INNERES UND SPORT DES SAARLANDES - FRANKFURT, 1:20:08

African University Peace Marathon (7th) & Half Marathon

Mutare, ZIM, 20 September

(Distances: 42.195 km [?] & 21.1 km [?])

Marathon

MEN

1. Point Chaza, 2:27:00; 2. Tapiwa Chingadayi, 2:30:49; 3. Perkins Mushaningwa, 2:33:27.

WOMEN 1. Tabitha Tsatsa, 3:00:17; 2. Lizzy Chikore, 3:11:41; 3. Monica Kativu, 3:14:39.

Half marathon

MEN

1. Millen Matende, 1:10:42; 2. Lyno Muchena, 1:11:09.

WOMEN

Josephine Tshuma, 1:44:38.

CROSS-COUNTRY

Bill Dellinger Invitational

Springfield, USA, 4 October

WOMEN (6 km)

Teams: 1. Oregon 23; 2. Arkansas 60; 3. Penn State 107; 4. Wake Forest 115...

1. Alex Kosinski, Oregon	20:19.90
2. Melissa Grelli, Oregon	20:20.51
3. Catherine White, Arkansas	20:30.55
... 20. Christine Kalmer, Arkansas [RSA]	21:31.89

ULTRA/MOUNTAIN/TRAIL RUNNING

IAU 100 km Pedestres Internacionales de Cantabria (29th)

Santa Cruz de Bezana, ESP, 27 September

MEN

1. Gregoriy Murzin, RUS	6:42:36
2. Ricard Vergé, ESP	7:04:51
3. Ramón Alvarez, ESP	8:12:12
4. José Manuel Rodríguez, ESP	8:17:36
5. Javier Lozano, ESP	8:18:59

WOMEN

1. Denise da Paiva, BRA	8:26:25
2. Eva Esnaola, ESP	9:03:40
3. M. Cristina Raquel, ESP	9:29:08

NEWS

RADCLIFFE TO DEFEND IN NEW YORK

World marathon record holder Paula Radcliffe has announced that she would be on the starting line of the ING New York City Marathon on Sunday, 2 November, to defend her title. According to *Race Results Weekly*, the two-time New York champion, who won a thrilling duel with three-time Olympic medalist Gete Wami at last year's race, said she has bounced back from a stress fracture of her left femur which put her on crutches for three weeks and short on preparation for the Beijing Olympic Marathon last August. In Beijing she bravely limped to a 23rd place finish.

Radcliffe's participation in the race was confirmed by New York Road Runners president and CEO, Mary Wittenberg.

Radcliffe, 34, revealed that her body did not sustain any lasting damage from the Olympic Games, but that she took her time to fully recover before resuming her normal training. She reported some inflammation at the base of her spine, but that condition had cleared up normally with rest. The stress fracture, which she suffered last May, had fully healed, but her body was noticeably weaker on the left side.

"I knew I had a lot of strengthening work to do," said Radcliffe, who lifted weights three times a week and did "core" exercises to assure the strength and stability of her back and abdomen.

Radcliffe was under tremendous pressure to achieve a medal in Beijing after dropping out of the Athens Olympic Marathon in 2004. She was unable to do a full marathon preparation prior to Beijing because of the injury, and replaced most of her usual running mileage with cross training in a pool and on a cross country skiing machine before transitioning to running on a special treadmill which reduced her effective body weight. She arrived on the starting line adjacent to Tiananmen Square with good aerobic fitness, but insufficient mileage and strength in her legs. She limped badly in the final kilometers of the race which were clearly very painful. Her 2:32:38 finish time was remarkable given all of her difficulties leading up to the race.

Radcliffe indicated today that she may have one more Olympic Games remaining in her career, a tantalizing thought given that the 2012 Games are in her home country of Great Britain.

"I don't think my Olympic career is over yet," she said, admitting that she would be past her physical prime. But she pointed to the fact that 2008 Olympic champion Constantina Dita of Romania won the race at 38 years-old (Radcliffe would be the same age at the London Olympics). She still loves to run.

"I still have a huge enjoyment and desire to go out and run each day," she said. "It would be hard to have that (an Olympic medal) missing from my career."

GEBRSELASSIE TO DEFEND DUBAI MARATHON TITLE

Organizers of the Standard Chartered Dubai Marathon, set for 16 January in the United Arab Emirates, have announced that world marathon record holder Haile Gebrselassie would defend his 2008 title. Gebrselassie's Dutch management firm, Global Sports Communications, confirmed his participation in a separate e-mail message to *Race Results Weekly*.

Gebrselassie, 35, owns the three fastest times in world history for the marathon, including last Sunday's 2:03:59 in Berlin, the first-ever sub-2:04 marathon. He'll certainly be looking to lower that mark in Dubai where organizers have put a USD 1 million bonus on the line in addition to the USD 250 000 first prize which is already the highest winner's check in marathon running.

In Dubai last January, Gebrselassie ran very aggressively through the first half of the race. But his half-way split of 1:01:27 was simply too fast to sustain through the second half. Forced to slow down, he nonetheless ran a superb 2:04:53, then the world's second-fastest time.

"I made a mistake with the pace in Dubai last time," Gebrselassie told Berlin race organizers after his world record last Sunday. "I learned from that mistake. Everything has to be perfect for another record, weather, pacemakers. I feel I can do 2:03-something. If I don't get injured, maybe 2:02:59, but considering my shape and my age, 2:03:30, or 2:03:20."

While Gebrselassie's decision to run in Dubai is certainly a cause for celebration there, it will be taken as bad news by many of the sport's fans. That's because there is a longing to see Gebrselassie compete against the world's other top-ranked marathoners, like Samuel Wanjiru, Martin Lel, Robert Cheruiyot, Abderrahim Goumri and Jaouad Gharib. The last time Gebrselassie competed in such a contest was in London in April 2007, where he was forced to drop out due to breathing problems.

Anxious to bring the world record to Dubai -- a surprisingly small race which had just 657 finishers last year -- race director Peter Connerton has tweaked the course a bit to ensure Gebrselassie a fast ride.

"It's up and down the coast road, dead flat, with just three or four turns," Connerton said. "And we'll ensure the pacemakers are up to the job. Haile will get every opportunity to set another record, and win the biggest bonus in marathon running."

CHICAGO MARATHON READY FOR ANY WEATHER

Responding to last year's freakishly hot weather proved a huge challenge for the Bank of America Chicago Marathon, and race organizers have beefed up their race infrastructure to tame any conditions they may face this year (next Sunday).

Twenty aid stations will now dot the course spaced two to three kilometers apart, compared to 15 aid stations last year, reports *Race Results Weekly*. Each aid station will be equipped with licensed medical professionals and equipment, hydration supplies including bottled water and Gatorade, and toilets. An additional medical tent will be located near the 26-mile mark while the main medical tent remains near the finish line.

Backing up the preparations on the ground has been a new runner education program. Some 40% of the field are first-time marathoners, so organizers have reached out to their runners through television, print and electronic media to get the message of preparedness out.

"We learned a lot from the experience of the 2007 race," said executive race director Carey Pinkowski, through a media release. "The improvements and additions for 2008 will strengthen this race by providing a stronger runner support system and offering insight to our road racing peers who can benefit from our experience and the new practices that we are putting into place."

In 2007, the start temperature was 25°C, and under sunny skies the mercury rose to 27°C at the finish. Organizers decided to shut down the course about 3 hours and 50 minutes into the event due to the heat. Supplies of drinking water were outstripped as athletes poured a disproportionate amount of drinking water over their heads in an attempt to keep cool. The race recorded 24 933 official finishers, well below the 32 995 who crossed the finish line in cold conditions the prior year (the event accepts 45 000 entrants).

Long range forecasts for Chicago next Sunday, according to the website Weather.com, call for a low temperature of 7°C and a high of 18°C, under mostly cloudy skies. No rain is forecast.

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 HALF MARATHON: TOP 10 VETERAN MEN

Note that the Long Tom route is severely downhill, dropping a whopping 37.5 m/km.

1:07:20	Desmond Zibi	1	EP Championships	Port Elizabeth	17 May
1:08:01	Lindile Tokota	1	Great Brak River	Mossel Bay	15 Mar
1:08:48	Tidimalo Jerry Modiga	1	SA Championships	Port Elizabeth	05 Jul
1:09:11	Simon Meli	2	SA Championships	Port Elizabeth	05 Jul
1:09:17A	Samuel Mabuza	1	Long Tom	Lydenburg	29 Mar
1:09:20A	Tokota-2	1	Outeniqua	Wilderness	26 Apr
1:09:57	Modiga-2	2	Foskor	Phalaborwa	26 Jul
1:10:08	John September	1	Two Oceans	Cape Town	22 Mar
1:10:10	Tokota-3	1	KKNK	Oudtshoorn	29 Mar
1:10:13	Modiga-3	1	Matha Series	Polokwane	29 Mar
1:10:13	Modiga-4	2	Matha Series	Pretoria	19 Jan
1:10:15	Zibi-2	3	SA Championships	Port Elizabeth	05 Jul
1:10:18	Modiga-5	2	Two Oceans	Cape Town	22 Mar
1:10:26	Modiga-6	1	Transnet	Pretoria	17 May
1:10:31	Reginald Ngobese	4	SA Championships	Port Elizabeth	05 Jul
1:10:46	Johnny Persents	6	SA Championships	Port Elizabeth	05 Jul
1:10:57	Makaya Masumpa	7	SA Championships	Port Elizabeth	05 Jul
1:10:58	Thembinkosi Ndyogolo	8	SA Championships	Port Elizabeth	05 Jul

THIS MONTH IN HISTORY

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

31 years ago: 15 October 1977

Don Ritchie of Scotland continued the long British ultramarathon tradition by setting a new world record of 11:30:51 for 100 miles on the track in Crystal Palace, London, breaking Cavin Woodward's previous record by almost exactly 8 minutes. Over the next few years Ritchie would also set world records for 40 miles, 50 miles and 100 km on the track. The current world record, 11:28:03, was also set in London in October, by Oleg Kharitonov in 2002.

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
<u>Veterans</u>				
10 km	31:36	Desmond Zibi	Port Elizabeth	01 May
15 km	48:32	John September	Bloubergstrand	05 Jan
21.1 km	67:20	Desmond Zibi	Port Elizabeth	17 May
25 km	88:24	Jackson Seanego	Pretoria	10 May
30 km	1:49:10	Johnny Persents	Parow	02 Mar
Marathon	2:28:09	Lindile Tokota	Mossel Bay	12 Apr
100 km				
<u>Masters</u>				
10 km	35:28	Goodman Mpukane	Bellville	31 May
15 km	55:23	Goodman Mpukane	Constantia	08 Mar
21.1 km	76:03	Samuel Mogudi	Port Elizabeth	05 Jul
25 km	96:25	Jeremiah Ngwenya	Durban	27 Apr
30 km	1:58:13	Zama Witvoet	Camps Bay	13 Jan
Marathon	2:39:29	Samson Mogodi	Durban	10 Feb
100 km				
<u>Grandmasters</u>				
10 km	37:47	Tamsanqa Jusayi	Port Elizabeth	23 Aug
15 km	58:50	Albertus Bock	Constantia	08 Mar
21.1 km	83:04	Tamsanqa Jusayi	Jeffreys Bay	05 Jan
25 km	1:57:37	Ken Nurden (70+)	Pretoria	10 May
30 km	2:12:57	Albertus Bock	Parow	02 Mar
Marathon	3:03:36	Paulus Masilela	Cape Town	21 Sep
100 km				
<u>Juniors</u>				
10 km	29:37	Sithyilo Diko	Stellenbosch	30 Aug
15 km	46:53	Zolani Ngqaqa	Despatch	26 Apr
21.1 km	65:24	Esau Radebe	Port Elizabeth	05 Jul
WOMEN				
<u>Seniors</u>				
10 km	33:01	Lebo Phalula	Stellenbosch	30 Aug
	31:01	Hilda Kibet (NED)		
15 km	54:45	Zintle Xiniwe	Constantia	08 Mar
	49:36	Deena Kastor (USA)		
21.1 km	73:02	Zintle Xiniwe	Port Elizabeth	05 Jul
	67:57	Fyles Ongori (KEN)		
25 km	1:44:09	Michelle Williams	Pretoria	10 May
	1:24:10	Peninah Arusei (KEN)		
30 km	2:05:32	Bulelwa Mtshagi	Parow	02 Mar
	1:44:00	Miho Notagashira (JPN)		
Marathon	2:36:38	Tanith Maxwell	Warsaw	28 Sep
	2:19:19	Irina Mikitenko (GER)		
100 km	10:31:16	Arina Cilliers	Cape Town	28 Sep
<u>Veterans (40+)</u>				
10 km	36:59	Judy Bird	Pretoria	08 Mar
15 km	58:44	Elmarie Coetzee	Ravensmead	26 Jul

21.1 km	81:35	Maya Lawrie	Durban	25 Apr
25 km	1:55:05	Karen Brooks	Pretoria	10 May
30 km	2:13:05	Renée Scott	Parow	02 Mar
Marathon	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	42:12	Sonja Laxton	Cape Town	21 Sep
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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