

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

The South African runners in the IAAF World Half-marathon Championships produced yet another pathetic performance in Rio de Janeiro on Sunday. Three of the seven runners failed to finish and those who did manage to cross the finish line performed far below what they have shown themselves to be capable of so far this year. In fairness one has to say that it may not have been the athletes' fault this time. It is simply insane to fly athletes to a global championships halfway around the world three days before the race and then expect them to be anywhere near their best (the athletes only left on Thursday). The person (or persons) responsible for these arrangements has clearly shown that he (or she) knows nothing about sports preparation at the highest level, or cares about the interests of the athletes. Has Athletics South Africa never heard of jet lag?

The South African performances were as follows, with the athletes' season's best times in brackets followed by the percentage decline their Rio times represent in relation to those season's bests. The SA men's team finished eleventh, an average of 4:35 per runner slower than the winning Kenyans.

MEN

22. Tshamano Setone 65:20 [62:26] 4.6%
39. Jeffrey Gwebu 67:08 [63:06] 6.4%
52. Moorosi Boy Soke 68:41 [62:18] 10.2%
67. Stephen Mokoka 71:45 [62:04] 15.6%
DNF: Lindikhaya Mthangayi [63:16]

WOMEN

DNF: Annerien van Schalkwyk [76:00]
DNF: Ntombesintu Ntshiliza [77:31]

This writer does find it unfortunate and sad that a top runner like Zintle Xiniwe, who was a member of the team, renounced the opportunity to represent her country in a world event to run in a local race, albeit a financially beneficial one. This certainly underlines the prevalent lack of strategic planning, foresight and concern for athletes' interests that Dewald Steyn points out in his extremely insightful Viewpoint article in this issue.

In Rio Zersenay Tadese (ERI) and Lornah Kiplagat (NED) each collected their third consecutive victories with run-away performances. Running in warm conditions, Tadese won handily in 59:56, nearly two minutes ahead of Kenyan Patrick Makau Musyoki (1:01:54), who also finished second a year ago when the race was held in Udine, Italy. Kenyan-born Dutchwoman Kiplagat was in full control of the race from the gun and won in 1:08:37, well ahead of Ethiopian Aselefech Mergia (1:09:57).

In the results of the AfriSam Roy Brown Memorial 10 km published in DRR last week Godfrey Koki is indicated as having won the veteran category. Renier Grobler has reminded me that this Zimbabwean runner is only 35 years old (his 2005 licence form, completed by himself, clearly indicates his date of birth as 7 September 1973) and that he is therefore winning prize money illegally. Koki runs for the Boxer club in KZN. It is time that his club and province act against him.

The combined best marathon time for a father-and-son combination, by Waldemar and Falck Cierpinski, shown in last week's Editorial should have been 4:23:25 and not 4:13:25. Thanks to sharp-eyed Rowyn James for point this out.

This is one of the biggest issues of DRR in a long while, thanks mainly to a lot of results and to Dewald Steyn's article on the state of South African marathoning.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Women's 10 km, Johannesburg
- * OUTsurance 94.5 Kfm Gun Run Half Marathon & 10 km, Cape Town
- * Mica Lightning Fast 10 km, East London
- * Swift Half Marathon, Pietermaritzburg
- * Goss & Balfe South Coast Marathon & Half Marathon, Scottburgh to Amanzimtoti
- * SMS Direct Kowie Striders 27 km & 10 km, Bathurst to Port Alfred
- * Heather Park Superspar 10 km, George
- * Chamberlain Capital Classic Half Marathon & 10 km, Pretoria
- * Boland Masters Half Marathon, Paarl
- * Deetlefs Estate Nite Race, Rawsonville
- * Hi-Q Prima Tyres 10 km, Bellville
- * Coca-Cola Voet van Afrika Marathon & Half Marathon, Bredasdorp

International highlights:

- * Tufts Health Plan 10 km for Women, Boston
 - * IAAF World Half-marathon Championships, Rio de Janeiro, BRA
 - * LaSalle Bank Chicago Marathon, Chicago, USA
 - * Four Miles of Groningen, Groningen, NED
 - * Marathon Eindhoven, Eindhoven, NED
 - * World's Fastest 10 km, El Paso, USA
 - * Maratona D'Italia Memorial Enzo Ferrari, Maranello to Carpi, ITA
 - * Giro al Sas, Trento, ITA
 - * Semi-Marathon du Grand Nancy, Nancy, FRA
 - * Russian Half-marathon Championships, Novosibirsk, RUS
 - * World Mountain Running Trophy, Sierre Crans Montana, SUI
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VIEWPOINT

THE DECLINE IN SOUTH AFRICAN MARATHON RUNNING

By Dewald Steyn, with additional information by Riël Hauman

Introduction

South Africa is well known for its ultramarathons like the Comrades Marathon and the Two Oceans Marathon, while a few other big ultramarathons like the City to City, Om die Dam and Loskop also play a major role on the South African road running scene. South Africa is also one of the countries with the largest number of races country-wide per year. The question which therefore often arises is: Why does South Africa, with so much running

taking place and so much promising natural talent, not produce many more world champions like Mark Plaatjes and Olympic champions like Josiah Thugwane?

South Africa has over the years (especially during the golden years of 1984 to 1992) produced some individuals who have competed at a high level internationally, and who have won some big marathons. Among these were Thugwane, Plaatjes (in American colours), David Tsebe, Willie Mtolo, Lawrence Peu, Martin Ndivheni, Zithulele Singe, Thompson Magawana, Ernest Seleke, Gert Thys, Hendrick Ramaala and Ian Syster, to mention the most outstanding.

South Africa has never produced the same quality and depth in women's marathon running and the only three women who could compete at international level were Elana Meyer, Frith van der Merwe (fast times locally) and Colleen de Reuck (both for the United States and South Africa).

Investigation

To try and get a picture of what happened over the years, the results of the South African Marathon Championships over the last 28 years were studied. From these results, and while knowing the background picture, it is obvious that these years can be divided into five different periods, namely :

Period A: 1980-1983 - Black athletes just starting to emerge on the marathon scene.

Period B: 1984-1992 - Golden years with black athletes taking over.

Period C: 1993-2001 - Professional clubs emerging with emphasis on ultramarathons.

2002-2004 - No South African Championships.

Period D: 2005-2008 - Sponsors return but further decline after stagnant period.

		Male	Male	Female	Female
Period		top 3	top 10	top 3	top 10
A	1980-1983	2:16:40	2:19:18		
B	1984-1992	2:11:20	2:14:30	2:42:42	2:50:59
A-B		-5:20	-4:48		
C	1993-2001	2:13:52	2:15:52	2:45:35	2:51:50
B-C		+2:32	+1:22	+2:53	+0:51
D	2005-2008	2:16:01	2:18:03	2:46:21	2:54:22
C-D		+2:09	+2:11	+0:46	+2:32
B-D		+4:41	+3:33	+3:39	+3:23

Table 1: Average times for the top 3 and top 10 finishers at SA Marathon Championships between 1980 and 2008

Taking into consideration only the results of the South African Marathon Championships and excluding the performances of athletes running internationally, the following explanations can be given for these results:

1980 to 1983

Men

During the early years (before 1980) the SA Marathon Championships were usually part of the SA Athletics Championships and took place at the same venue, whether inland or at the coast. The field was small, and before 1974 black athletes were not allowed to participate. From 1980 to 1983 black (this designation includes coloured) athletes (like Magawana and Plaatjes) started emerging as young runners. These four years can be seen as the transition period from white domination to black domination. In percentages, blacks in the top 10 were respectively 40% (1980) and 70% (1981, 1982 and 1983) of the total, while it went up to 90% in 1986 and 100% in 1987.

The average time for the top 3 men during this period was 2:16:40 while the average time for the top 10 was 2:19:18.

Women

The first SA Marathon Championships for women were held in 1981, near the end of this period. For practical reasons the results of the women's races since 1984 (when the two sexes started running together in the SA Championships) have been included with the following period.

1984 to 1992

Men

This period can only be described as the golden years of SA marathoning. The average time for the top 3 men during this period was 2:11:20 (5 min 20 sec faster than 1980 to 1983) while the average time for the top 10 men was 2:14:13 (4 min 48 sec faster than 1980 to 1983). In some years during this period SA marathon runners such as Seleke, Plaatjes, Sinqe and Tsebe produced some of the top times in the world (Sinqe was fourth on the 1986 world list and Tsebe first in 1992).

Marathon athletes developed at this point also won some major international marathons during this and early in the next period, such as Tsebe in Berlin and Mtolo in New York. One of the main contributing factors to the success of this period was the mine clubs that were actively competing for top athletes and contributed considerably in developing and supporting these runners, who were employed at the mines and enjoyed all the benefits of regular employees.

Yet not all athletes who performed well belonged to these clubs – many ran well on their own, and were only motivated by their desire to improve their times.

It must be added that the South African Road Running Association (SARRA), then the governing body of the sport, also contributed significantly by having excellent sponsors and organising SA Marathon Championships only at coastal venues, as well as having a qualification system by which runners could earn South African colours for specific times (administered under the auspices of the national body, the SA Amateur Athletics Union).

Women

The average time for the top 3 women during this period was 2:42:42, while the average time for the top 10 women was 2:50:59. South Africa's best marathoner, Elana Meyer, only ran marathons abroad.

1993 to 2001

Men

Although the system of having the SA Marathon at coastal venues now became the rule, the decline in performances started during this period. The average time for the top 3 men during this period was 2:13:52 (2 min 32 sec slower than 1984 to 1992), while the average time for the top 10 men was 2:15:52 (1 min 22 sec slower than 1984 to 1992).

There may have been other reasons for this decline too, but one of the most obvious contributors is the emergence of professional clubs on the South African running scene. This opinion is based on the following facts. Although these professional clubs started playing a major and indispensable role in terms of financial support towards marathon athletes, their angle of approach was totally wrong and negative towards marathon development. These clubs started paying big retainers and incentives to athletes with the emphasis on the Comrades and other ultramarathons, mainly with the aim of getting big exposure for the sponsors on television. Young athletes were enticed to go for big money, instead of first developing through cross-country and shorter races (track and road) to become good marathon runners before turning to ultramarathons – which are meaningless in terms of international marathon running.

For example, one of the most promising and talented marathon runners in South Africa, Sipho Ngomane (in the 2005 to 2008 period), won the Comrades Marathon in 2005 at the age of 23 – this while he had the potential to become one of the greatest South African marathon athletes. When it was mentioned to a sponsor that Ngomane should be developed to become a second Thugwane at the Beijing Olympics in 2008, the reply came: "No, he must become the black Bruce Fordyce."

It is also well known that some of these professional clubs do not really care about the SA Marathon Championships, because the top athletes are competing in their provincial colours and not in the colours of their clubs.

Another problem with the professional clubs is that they do not care about the future of the athletes but only about the exposure of the sponsors. Often athletes disappear because nobody cares when they get injured. An example is Bethuel Netshifhefhe (2:11:44 in 2000), whose contract was cancelled when he became injured, but he was then in great demand when he returned on his own and at his own cost after seven years (2:14:08 at the SA Championships in 2007 and winning the Two Oceans in 2007).

Women

The average time for the top 3 women during this period was 2:45:35 (2 min 53 sec slower than 1984 to 1992), while the average time for the top 10 women was 2:51:50 (51 sec slower than 1984 to 1992).

Even though the women's standard of marathon running in 1984 to 1992 was not as high as that of the men, their standard also declined in the period 1993-2001, especially among the top women. Because the standard of our women is not as high as that of the men, especially compared to the Russians competing in the Comrades Marathon, they are not much in demand at the professional clubs. However, the few who do have the talent to run good marathons disappear into the ultramarathon scene.

2002 to 2004

In this period there were no sponsors for Athletics South Africa and therefore no SA Championships over any road race distance. This had a very negative influence on the quality of marathon running in South Africa, as is painfully obvious in the times achieved in the following period.

2005 to 2008

Men

One can perhaps call this the tragic period, and that is where we are now.

This period started with the 2005 SA Championships in Durban, where the average for the top 3 men was 2:20:17 and for the top 10 men 2:23:00.

The average time for the top 3 men during this period was 2:16:01 (2 min 9 sec slower than 1993 to 2001 and 4 min 41 sec slower than 1984 to 1992), while the average time for the top 10 men was 2:18:03 (2 min 11 sec slower than 1993 to 2001 and 3 min 33 sec slower than 1984 to 1992). These times almost take us back to the 1980-1983 period.

The figures look even worse when only South African athletes are considered, because between 2005 and 2008 on average 40% of the top 10 (both men and women) were foreign athletes.

		Male	Male	Female	Female
Period		top 3	top 10	top 3	top 10
A	1980-1983	2:16:40	2:19:18		
B	1984-1992	2:11:20	2:14:30	2:42:42	2:50:59
A-B		-5:20	-4:48		
C	1993-2001	2:13:52	2:15:52	2:45:35	2:51:50
B-C		+2:32	+1:22	+2:53	+0:51
D	2005-2008	2:16:24	2:19:01	2:48:35	2:57:32
C-D		+2:32	+3:09	+3:00	+5:42
B-D		+5:04	+4:31	+5:53	+6:33

Table 2: Average times for top 3 and top 10 finishers at SA Marathon Championships between 1980 and 2008 (excluding foreign athletes in 2005-2008)

When excluding foreign athletes from the results, the average time for the top 3 men during this period was 2:16:24 (2 min 32 sec slower than 1993 to 2001 and 5 min 4 sec slower than 1984 to 1992), while the average time for the top 10 men was 2:19:01 (3 min 9 sec slower than 1993 to 2001 and 4 min 31 sec slower than 1984 to 1992).

As mentioned, one reason for this decline is the lack of high-level competition during the previous period with no national championships. However, the bad influence of the professional clubs, with their overemphasis on ultramarathons, has become more prominent in this further decline in marathon times. Only two marathon athletes, Ramaala and Norman Domo, who do not belong to any of the professional clubs, qualified for the Beijing Olympic Marathon.

Women

The average time for the top 3 women during this period was 2:46:21 (46 sec slower than 1993 to 2001 and 3 min 39 sec slower than 1984 to 1992), while the average time for the top 10 women was 2:54:22 (2 min 32 sec slower than 1993 to 2001 and 3 min 23 sec slower than 1984 to 1992).

When excluding foreign athletes from the results, the average time for the top 3 women during this period was 2:48:35 (3 min slower than 1993 to 2001 and 5 min 53 sec slower than 1984 to 1992), while the average time for the top 10 women was 2:57:32 (5 min 42 sec slower than 1993 to 2001 and 6 min 33 sec slower than 1984 to 1992).

These figures show an enormous decline in the already low standard of women's marathon running in South Africa.

Evaluating the SA Half-marathon Championships

The results of the SA Half-marathon Championships over the same period as for the Marathon Championships were also evaluated in order to see whether the same situation existed here.

Table 3 clearly indicate a similar improvement of times for the 21.1 km as for the marathon from period A (1980-1983) to period B (1984-1992).

		Male	Male	Female	Female
Period		top 3	top 10	top 3	top 10
A	1980-1983	1:04:18	1:05:16		
B	1984-1992	1:01:59	1:02:47	1:14:07	1:17:22
A-B		-2:19	-2:29		
C	1993-2001	1:01:42	1:02:23	1:14:58	1:17:25
B-C		-0:17	-0:24	+0:51	+0:03
D	2005-2008	1:02:22	1:02:58	1:11:44	1:15:57
C-D		+0:42	+0:35	-3:14	-1:28
B-D		+0:23	+0:11	-2:23	-1:25

Table 3: Average times for the top 3 and top 10 finishers at SA Half-marathon Championships between 1980 and 2008

The table shows that there was no significant change in times in the half marathon between the 1984-1992 period and the following periods.

Evaluating the results of the women's races, there seems to be an enormous improvement between the C period (1993-2001) and the D period (2005-2008). However, when looking at Table 4 showing the average times for the top 3 and the top 10 finishers at the SA Half Marathon between 1980 and 2008 (excluding foreign athletes in 2005-2008), the picture for the women's races changes to be the same as for the men's races, i.e. no significant alteration in times.

However, the figures do point out how far the standard of South African women has fallen behind that of South Africa's neighbouring countries, whose athletes are responsible for these fast times.

		Male	Male	Female	Female
Period		top 3	top 10	top 3	top 10
A	1980-1983	1:04:18	1:05:16		
B	1984-1992	1:01:59	1:02:47	1:14:07	1:17:22
A-B		-2:19	-2:29		
C	1993-2001	1:01:42	1:02:23	1:14:58	1:17:25
B-C		-0:17	-0:24	+0:51	+0:03
D	2005-2008	1:02:25	1:03:05	1:15:39	1:17:34
C-D		+0:43	+0:42	+0:41	+0:09
B-D		+0:26	+0:18	+0:18	+0:12

Table 4: Average times for top 3 and top 10 finishers at SA Half-marathon Championships between 1980 and 2008 (excluding foreign athletes in 2005-2008)

Conclusions

To sum up, the reasons for the decline in South African marathon running can be stated as follows:

- The disappearance of the mine clubs that employed and developed athletes.
- The appearance of professional clubs that overemphasise the Comrades and other ultramarathons.
- The policy of excluding South African athletes not running in provincial colours from the national championships.
- The contracts top athletes have to sign, compelling them to run ultramarathons at an age when they should still be developed to become marathon runners.
- Ultramarathons with enormous prize money.
- Lack of opportunities to regularly compete in major international marathons.
- Lack of medical care for athletes.
- Lack of proper management of athletes for their long-term benefit.

NOTE: Diminished talent is not a reason for the decline, because the half-marathon results clearly indicate there was very little decline in times over this distance.

Solving the problem

Ideally, in a "perfect world", which does not exist in South Africa –

- the Government, through Athletics South Africa, should fund programs involving knowledgeable people that could develop athletes to their full potential; and
- these programs should ensure that unhealthy sponsorship does not put an early end to promising future athletes.

Second prize, but the more practical solution in the South African environment, is:

- Responsible sponsors should be found who would base their exposure on performances of athletes achieved through programmes developed and executed by knowledgeable people. "Knowledgeable people" does not mean great names or well-known ex-athletes, but coaches, managers and organisers who have proved themselves in sport and have expertise in the care, management and coaching of athletes.
- Professional clubs should base their incentives on well-planned time bonus systems in order to develop the athletes.

- There should be an agreement with Athletics South Africa allowing athletes to run in their club colours at South African Marathon Championships, even though they present their provinces.
- Injury prevention and care should be a high priority with any professional club or development program.
- Contracts for athletes should prevent young athletes from running ultramarathons and this must be adhered to strictly.
- Professional clubs should have an agreement between them not to take athletes who breached their contracts at other clubs.
- Promising athletes should be part of a care program to prevent them from having to run unnecessary races in order to make a living.
- Well-chosen (existing) coastal marathons where fast times can be achieved should have big time-bonus prizes, and smaller prizes for position.
- Big sponsors should be convinced to rather invest in such fast coastal marathons than in meaningless ultramarathons.

A last thought

Marathon runners only develop to their full potential through international competition (i.e., races abroad). Examples of this are Ramaala and the late Ian Syter, who only really started performing abroad in international competition. For invitations to these races athletes need fast times, which can only be achieved at fast coastal courses.

Top runners run too many local slow marathons to make a living, and these slow times degrade their CV's. It is an unfortunate fact that races like the Soweto Marathon are meaningless for any marathon athlete's CV. It should be remembered that this information about their performances is available on international websites, and this prevents them from getting invitations.

ROAD RUNNING

Spar Grand Prix Women's 10 km

Johannesburg, 12 October
(Loop course)

1	Allecen	Jepkosgei	KEN/Gaut Striders	34:58
2	René	Kalmer	Mr Price CG	35:43
3	Irvette	van Blerk	Ned CG	35:50
4	Zintle	Xiniwe	Celtics	36:58
5	Ezbé	Strydom	NW Univ	37:05
6	Poppy	Mlambo	Mr Price CG	37:30
7	Tshifihwa	Mundalamo	Ned GN	37:43
8	Triphena	Jepchumba	KEN/Gaut Striders	37:57
9	Jenna	Challenor	Boxer	38:01
10	Onneile	Dintwa	BOT/Sports View	38:14
11	Catherine	Nkosi	Transnet	38:22
12	Gloria	Baeba	Transnet	38:27
13	Mpho	Mabuza	Powerade	38:40
14	Tessa	Burrell (1 st vet)	Gaut Striders	38:45
15	Simangele	Mabuza	Ned AVT	39:21
16	Lisa	Maritz	Irene	40:18
17	Phyllis	de Fouw	Std Bank	40:21
18	Michelle	Bartman	CPUT	40:34
19	Sarah	Mahlangu	Mr Price CG	40:40
20	Cicilia	Ndaweni	ADT	40:46
21	Maxine	Heine-Wacker (1 st jun)	Ned CG	40:58
22	Tshidi	Moko	ADT	41:24
23	René	Strydom	Randburg Harr	41:32

24	Clodia	Serame	ADT	42:21
25	Mamikie	Mabale	Kagiso	42:23
26	Dimpho	Mokgetti	Wits Univ	43:03
27	Betty	Phungwayo	Randburg Harr	43:10
28	Michelle	Strydom	Randburg Harr	43:32
29	Tembi	Selala	Temp	43:47
30	Sonja	Laxton (1 st g'mast)	RAC	43:50

Veterans: 1. Tessa Burrell (GS) 38:45, 2. Michelle Bartman (CPUT) 40:34, 3. Sarah Mahlangu (MPCGA) 40:40. **Masters:** 1. Marietjie Ceronio (Ned VT) 45:18, 2. Anne Bellomusto (Morning) 45:59, 3. Nancy Will (Pine) 46:24. **G'masters:** 1. Sonja Laxton (RAC) 43:50, 2. Liz Ruickbie (RAC) 45:52, 3. Patricia Moore (Temp) 56:43. **Juniors:** 1. Maxine Heine-Wacker (Ned CGA) 40:58, 2. Tshidi Moko (ADT) 41:24, 3. Mamikie Mabale (Kagiso) 42:23.

OUTsurance 94.5 Kfm Gun Run Half Marathon & 10 km

Cape Town, 12 October

(Distances: 21.0975 km & 10 km; certified loop courses. Finishers: half marathon – 2284; 10 km – 2579)

Half marathon

MEN

1	Nkosinoxolo	Sonqibido	21	TnetWP	1:05:22	R5000
2	Mbongeni	Ngxazozo	28	NedCG	1:05:57	R2000
3	Avukile Alex	Ntongana	23	MPWP	1:07:02	R1000
4	Sibusiso	Mbingeleli	31	MPWP	1:07:06	R500
5	Peter	Tsawayo	28	ZIM/RCSGugs	1:07:15	R250
6	Thanduluntu	Magqaza	23	Midas	1:09:42	
7	Wanda	Roro (1 st jun)	18	Adidas	1:09:54	
8	Desmond	Zibi (1 st vet)	45	MPUPE	1:10:36	
9	Brian	Mapeyi	42	VOB	1:10:41	
10	Odwa	Goqwana	28	NETAAC	1:10:50	
11	Bonisile	Ngculana	32	NETAAC	1:11:04	
12	Vladimir	Kotov	49	BLR/MPWP	1:11:30	
13	Siyabulela	Qondiso	29	VOB	1:11:46	
14	Bongani	Peza	24	Adidas	1:12:02	
15	Zondwa	Nombexeza	25	NBKhay	1:12:05	
16	Vuyani	Sixaso	35	VOB	1:13:14	
17	Kent	Horner	26	Temp	1:13:39	
18	Arena	Lewis	40	Adidas	1:13:44	
19	Michael	Bailey	25		1:14:08	
20	Samson	Gulubela	22	NETAAC	1:14:41	
21	Edward	Motlapema	27	UCT	1:14:53	
22	Ross	Cameron	26	Temp	1:15:06	
23	Sibusiso	Valashiya	26	NETAAC	1:15:13	
24	Nelson	Bass	29	UCT	1:15:55	
25	Teboho	Phooko	23		1:16:16	
26	Eric	Kingwill	46	NBKhay	1:17:39	
27	Litha	Nkehlani	25	Maties	1:17:45	
28	Bulelani	Bhebha	17	VOB	1:17:52	
29	Philipp	Sassie	20	Temp	1:18:30	
30	Nkosinathi	Apleni	43	Temp	1:19:01	

Masters: (40+): 1. Desmond Zibi (UPE) 70:36 (R1000); 2. Brian Mapeyi (VOB) 70:41 (R500); 3. Vladimir Kotov (BLR/Mr Pr) 71:30 (R250). **(50+):** 1. Anthony Waldeck (Strag) 82:05 (R300); 2. Johann Diener (Str) 85:38 (R200); 3. Malcolm Harrington (Souths) 88:22

(R100). **(60+)**: 1. Jimmy Morris (For) 88:08 (R200); 2. Fred Moore (Ind) 102:42 (R100).
(70+): 1. Seamus Daly (VOB) 103:30 (R200). **Juniors**: 1. Wanda Roro (Adid) 69:54
 (R300); 2. Bulelani Bhebha (VOB) 77:52 (R200); 3. Armond Nel (Bel) 1:59:19 (R100).

WOMEN (Same prize money as men)

1	Charné	Bosman	32	MPCGA	1:19:45
2	Bulelwa	Mtshagi	29	Celtic	1:21:29
3	Nomvuyisi	Seti	26	MPWP	1:22:21
4	Maureen	Dladla	29	SAPSFS	1:25:49
5	Elmarie	Coetzee (1 st vet)	44	Adidas	1:26:11
6	Helene	Perold	24	Ceres	1:27:29
7	Busisiswe	Matiwane	33	Celtic	1:28:28
8	Kim	Laxton	26	Celtic	1:28:33
9	Joanna	Thomas	39	VOB	1:28:45
10	Marlize	Van Schaik	32	Durbac	1:29:33
11	Sheryl	De Lange	40	NedWP	1:30:04
12	Lara	Woodcock	26		1:30:20
13	Claire	Kinsley	27	Temp	1:30:43
14	Marile	Visser	35	Temp	1:31:24
15	Naomi	Brand (1 st jun)	18	Maties	1:31:43
16	Renée	Scott	46	Adidas	1:32:30
17	Alice Mari	De Waal	22	Temp	1:32:34
18	Jenna	Kamps	22	CARAC	1:33:20
19	Tania	Van Rensburg	34	Durbac	1:33:27
20	Helette	Basson	34	Lbaan	1:34:01
21	Marie	Wessels	25	Temp	1:34:11
22	Liesl	Steenkamp	30	Bell	1:34:14
23	Styntjie	Prins (1 st mast)	54	Paarl	1:34:37
24	Christina	Impey	29	MSM	1:35:44
25	Bertha	Denichaud	47	Edge	1:35:46
26	Robyn	Redhead	28	Edge	1:35:48
27	Bev	Charters	50	VOB	1:36:04
28	Carole	Messham	29	Temp	1:36:34
29	Nelisa	Sangotsha	28	Pine	1:36:39
30	Tracy	Bunn	39	Edge	1:36:43

Masters: (40+): 1. Elmarie Coetzee (Adid) 86:11; 2. Sheryl de Lange (Ned) 90:04; 3. Renée Scott (Ind) 92:30. **(50+)**: 1. Syntjie Prins (Paarl) 94:37; 2. Bev Charters (VOB) 96:04; 3. Tilda Krugmann (WC) 100:20. **(60+)**: 1. Veronica van Niekerk (Elg/Grab) 98:05; 2. Margie Plantema (VOB) 103:21. **Juniors**: 1. Naomi Brand (Mat) 91:43; 2. Amy Gilmour (VOB) 1:53:35; 3. Benine Havenga (Tyger) 2:35:36.

10 km

MEN

1	Joseph	Tyali	20	NedCG	30:31	R2000
2	Tom	Lusaseni	20	Celtic	30:37	R1000
3	Shaun	Zuzani (1 st jun)	17	NedWP	30:57	R500
4	Neo	Molema	32	MPWP	31:02	R250
5	Sipho	Phala	20	VOB	31:15	R100
6	Tebello	Poni	23	VOB	31:27	
7	Tsungai	Mwanengeni	34	MPWP	31:54	
8	Anthony	Goodgana	24	Celtic	32:13	
9	Unathi	Phezolo	15	RCSGugs	32:15	
10	Victor	Msopi	28	VOB	32:31	
11	Virginia	Ngudlumana	19	Celtic	32:41	
12	Luxolo	Mdzanga	16	RCSGugs	33:05	
13	Pieter Waldo	Du Plessis	19	Maties	33:14	

14	Jacques	Pretorius	19	Maties	33:21
15	Johnny	Persents (1 st vet)	43	Adidas	33:35
16	Xolile	Macanda	36	Temp	33:51
17	Kane	Reilly	16	Temp	34:03
18	Anton	Faro	28	Saf/Well	34:09
19	Christo	Anthonissen	17	Bell	35:04
20	Michael	Bekapi	47	VOB	35:18
21	Siyanda	Plaaityies	16	Adidas	35:37
22	Alfred	Malitit	31	Celtic	35:57
23	Ivan	Ruthven-Bruijns	20	Temp	35:58
24	Luke	Bush	28	Temp	36:05
25	Lundi	Mapoyi	17	NBKhay	36:34
26	Adriaan	Adendorff	20	Temp	36:44
27	Melikhaya	Zuzani	33	VOB	36:57
28	Thabo	Mokoen	23	TRAC	37:34
29	Quinten	Kearns	21	Temp	37:51
30	Goodman	Mpukane (1 st mast)	51	RCSGugs	37:58

Masters: (40+): 1. Johnny Persents (Ad) 33:35 (R500); 2. Michael Bekapi (VOB) 35:18 (R250); 3. Angus Kleinsmith (Top) 39:56 (R100). **(50+):** 1. Goodman Mpukane (RCS Gug) 37:58 (R300); 2. Sam Kotzé (Ned) 42:02 (R200); 3. Neil Ebing (FH) 43:15 (R100). **(60+):** 1. Albertus Bock (Ad) 39:45 (R150); 2. Johan Botha (R/W for L) 44:01 (R100). **(70+):** 1. Peter Brennan (Hout) 49:45 (R150). **Juniors:** 1. Shaun Zuzani (Ned) 30:57 (R300); 2. Unathi Phezolo (RCS Gug) 32:15 (R200); 3. Virginia Ngudlumana (Celt) 32:41 (R100).

WOMEN (Same prize money as men)

1	Thozama	April	22	Celtic	36:35
2	Nolene	Conrad	23	UWC	37:42
3	Lindsay	Macneill	30	Temp	38:34
4	Danielle	Adlam	28	Temp	38:54
5	Ayanda	Mqakayi	15	RCSGugs	41:19
6	Yonela	Hewu	16	RCSGugs	41:28
7	Chantel	De Lange	28	MPWP	41:29
8	Rene	De Bruyn	23	DefWP	42:09
9	Natasha	Oosthuizen	26	Adidas	42:34
10	Lancia	Voigt	28	Temp	44:46
11	Rushda	Abdurahman	31	Temp	44:49
12	Nadine	Schouw	26	Temp	44:50
13	Ilka	Bezuidenhout	36	Temp	45:15
14	Anita	Naude	25	Temp	45:29
15	Linda	Hanekom	17	Bell	45:32
16	Melody	Fynn	21	UCT	45:40
17	Cynthia	Hendricks	38	Temp	46:02
18	Lisa	Geffen	35	Temp	46:54
19	Charmaine	Cupido	52	Nedwp	47:13
20	Megan	Lloyd	36	CPUT	47:37
21	Yvette	Jordaan	35	Temp	47:49
22	Lauren	Koff	32	Temp	47:51
23	Marishka	Diebold	17	VOB	48:34
24	Retha	Kruger	32	Durbac	48:40
25	Diana	Rixon	55	VOB	48:45
26	Alriza	Reid	26	Temp	48:47
27	Kath	Fennemore	19		48:48
28	Nicola	Elliott	19	UCT	48:50
29	Lynne	Kemp	25	Temp	49:09
30	Kelly	Bevan	22	Tem	49:39

Masters: (40+): 1. Liz Brink (VOB) 53:34; 2. Annegret Diebold (R/W for L) 53:48; 3. Joanne Korber (Motshaw) 54:05. **(50+):** 1. Charmaine Cupido (Ned) 47:13; 2. Diana Rixon (VOB) 48:45; 3. Helen du Plessis 50:09. **(60+):** 1. Marietha Herbert (Bel) 50:33; 2. Jo Goddard (Benoni) 69:55. **(70+):** 1. Johanna Visser (R/W for L) 71:31. **Juniors:** 1. Ayanda Mkhakayi (RCS Gug) 41:19; 2. Yonela Hewu (RCS Gug) 41:28; 3. Linda Hanekom (Bel) 45:32.

Mica Lightning Fast 10 km

East London, 12 October

(Point-to-point downhill course. Finishers: 194.)

MEN

1.	Lusapho April	26	Oxford Striders	28:33 (R100)
2.	Melikhaya Sithuba	24	Mr. Price Transkei	30:55 (R50)
3.	Makaya Masumpa	42	Oxford Striders	31:53 (1 st vet) (R25)
4.	Simo Simatu	28	Mr. Price Transkei	34:03
5.	M. Rautini	32	Individual	34:29
6.	Dumisani Sipamla	37	Hamiltons	34:48
7.	Craig Alers	21	Living Free	35:20
8.	Colbert Lolwana	35	Individual	35:43
9.	Haydon Wood	43	Oxford Striders	36:05
10.	Peter Ranger	31	Old Selbornians	36:22

40+:

1.	Makaya Masumpa	42	Oxford Striders	31:53
2.	Haydon Wood	43	Oxford Striders	36:05
3.	Freeman Vutu	43	Oxford Striders	36:41

50+:

1.	Jay Jay Parsotam	56	Oxford Striders	40:36
2.	Graham Kumm	56	Oxford Striders	41:40
3.	Schalk Hoon	59	Old Selbornians	42:55

60+:

1.	Naville Burton	61	East London AC	40:20
2.	Arthur Brindley	63	Buffalo RR	41:14
3.	Neil Cryer	63	Old Selbornians	43:11

Juniors:

1.	Brandon Davoren	15	Oxford Striders	43:25
2.	Hendrik Coetzer	14	Oxford Striders	44:07
3.	Ayrten Pretorius	19	Oxford Striders	46:54

WOMEN

1.	Sharon Wood	42	Oxford Striders	39:06 (1 st vet) (R100)
2.	Charlene Kennedy	35	Old Selbornians	41:53 (R50)
3.	Andrea Williams	26	Old Selbornians	43:22 (R25)
4.	Louise van Wyk	41	Individual	45:42
5.	Tammy MacDonald	24	Individual	45:44
6.	Sharon Eldridge	46	Old Selbornians	45:50
7.	Daynie Loots	38	Individual	46:30
8.	Bev MacDonald	52	Individual	47:09 (1 st mast)
9.	Margaret Hewetson	46	East London AC	48:07
10.	Maryna Coetzee	41	Oxford Striders	48:22

40+:

1.	Sharon Wood	42	Oxford Striders	39:06
2.	Louise van Wyk	41	Individual	45:42
3.	Sharon Eldridge	46	Old Selbornians	45:50

50+:

1.	Bev MacDonald	52	Individual	47:09
2.	Maureen Pitt	50	Oxford Striders	48:45
3.	Beanie Beard	55	Old Selbornians	49:34

60+:

1.	Marcie Brindley	60	Buffalo RR	49:05
2.	Ruth Knight	60	Old Selbornians	58:50
3.	Eileen Cryer	64	Old Selbornians	59:44

Juniors:

1.	Alexandra Elliot	14	Individual	57:17
2.	Kimberly	15	Buffalo RR	57:27
3.	Tammy Rawston	19	Individual	59:55

Swift Half Marathon

Pietermaritzburg, 12 October

(Distance: 21.0975 km; loop course)

MEN

1.	Elmore Sibanda	ZIM	66:37
2.	Sibomela Duma	Boxer A C	67:31
3.	Professor Mollen	ZIM/Mr Price A C	67:55

40-49:

1.	Herbert Mazongolo	Toyota A C	72:27
2.	Bongani Gcabashe	Boxer A C	73:27
3.	Mbomgoni Sosibo	Nedbank A C	74:35

50-59:

1.	Eloi De Oliveria	Boxer A C	78:25
2.	Jeremiah Ngwenya	Boxer A C	81:21
3.	Joseph Dumakude	Verulam A C	85:23

60+:

1.	Graham Taylor	Saints	95:44
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Juniors:

1.	Tobane Chagwe	Saints	72:51
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WOMEN

1.	Thobile Ngwane	Mr Price A C	87:19
2.	Nonsikelelo Mbambo	RWFL	96:43
3.	Angela Bott	DHSOB	96:53

40-49:

1.	Anne Chadwick	West A C	118:10
2.	Anne Cocksedge	Saints	118:11
3.	Colleen Stencil	HV	118:37

50-59:

1.	Sandy Fismer	Hilton Harr	90:05
2.	Pat Fischer	Stella	119:52
3.	Christine Britian	Coll Harr	124:32

Goss & Balfe South Coast Marathon & Half Marathon

Scottburgh to Amanzimtoti, 12 October

(Distances: 42.195 km & 21.0975 km; point-to-point courses)

Marathon

MEN

1.	Wellinto Chidodo	ZIM/Mr Price A C	2:23:10
2.	Steve Muzhungi	ZIM/Form One A C	2:26:02
3.	Philani Memela	Mr Price A C	2:32:48

40-49:

1.	Willie Majombozi	Boxer A C	2:52:31
2.	Paul Nkosi	Stella A C	2:55:43
3.	Themba Qhaquiso	Tongaat	2:56:24

50-59:

1.	Nicolas Dlamini	Boxer A C	3:05:08
2.	Sam Mfayela	Stella A C	3:10:37
3.	Louis Fourie	R/Bay A C	3:11:30

60+:

1.	Michael Langa	Athletic North	3:24:28
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WOMEN

1.	Iris Ndlovu	Boxer A C	3:27:53
2.	Sindy Jali	Eskom	3:30:28
3.	Sibongile Ziqbubu	RWFL	3:30:29

40-49:

1.	Mega Finestone	West A C	3:53:41
2.	Mary Mvelase	Boxer A C	3:55:14
3.	Trish Winterboorn	Umhultze A C	3:59:20

50-59:

1.	Sheree Kirsten	PDAC	4:05:25
2.	Linda Vivian	Umhultze A C	3:59:20

Half marathon

MEN

1	Shingie Badza	Boxer A C	69:38
2.	Joseph Mandizha	Form One A C	69:54
3.	Simon Tsoanyane	Stella A C	71:46

40-49:

1.	Sipho Mbokazi	Toyota A C	80:28
2.	Terry Pletinckx	Mr Price A C	82:48
3.	Cele Makoba	Corr Serv A C	88:48

50-59:

1.	John Dumakude	Ubunye A C	100:23
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60+:

1.	Bobby Chetty	Newlands	125:39
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WOMEN

1.	Lise Muchna	PDAC	91:27
2.	Mary Anne Niewoudt	DHSOB	95:00
3.	Sibongile Mpanza	Boxer A C	95:45

40-49:

1.	Rosnee Natase	Hiway A C	112:30
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50-59:

1.	Theresa Scott	PDAC	107:36
2.	Karen Bargate	Natal U	110:20
60+:			
1.	Gill Tregenna	West	119:41

SMS Direct Kowie Striders 27 km (30th) & 10 km

Bathurst to Port Alfred, 11 October

(Point-to-point downhill courses; the long race mostly on gravel)

Note: Correspondent André Pienaar reports that a new route was used this year, with only about 7 km on tar. – Ed.

27 km

MEN

1	Phumelelo	August	NMMU AC	23	1:26:01
2	Masande	Mlonyeni	Nedbank RC EP	28	1:31:13
3	Thembinkosi	Ndyogolo (1 st vet)	Nedbank RC EP	40	1:31:37
4	Emerson	Kayana	Nedbank RC EP	34	1:34:07
5	Alfred	Qogi	Nedbank RC EP	35	1:34:50
6	Elliot	Nyarashe	PEAAC	29	1:35:34
7	Carriot	Galela	Run/W For Life	39	1:37:18
8	Patrick	Mnto	Run/W For Life	25	1:37:26
9	Christopher	Mabengeza	Mr Price AC EP	42	1:37:32
10	Mzukisi	Klaas	PEAAC	39	1:37:53
11	Mbuyiseli	Mema	Nedbank RC EP	30	1:38:47
12	Mlungiseleli	Manyati	St Albans CSEP	32	1:39:01
13	Antonio	Seconds	Nedbank RC EP	29	1:39:32
14	Welcome	Loliwe	Nedbank RC EP	43	1:39:37
15	Monwabisi	Mtwisha	Temp	25	1:40:29
16	Simphiwe	May	Temp	33	1:40:47
17	Thembekile	Msipa	Nedbank RC EP	34	1:41:20
18	Bradley	Mackenzie	Achilles AAA	36	1:42:02
19	Douglas	Gojela	Nedbank RC EP	33	1:42:39
20	Vusumzi	Runeli	Nedbank RC EP	35	1:43:03

40-44:

1	Thembinkosi	Ndyogolo	Nedbank RC EP	40	1:31:37
2	Christopher	Mabengeza	Mr Price AC EP	42	1:37:32
3	Welcome	Loliwe	Nedbank RC EP	43	1:39:37

45-49:

1	Andre	Dalton	New Balance	47	1:44:27
2	Clive	Wewers	Elite AC	48	1:55:11
3	Simon	Matebese	New Balance	45	1:59:28

50-54:

1	Ferdinand	Grobler	Despatch AC	50	1:51:14
2	Donald	Mancasa	Raleigh AC	54	1:52:39
3	Sipho	Ncandana	Raleigh AC	52	1:53:14

55-59:

1	Sizinzo	Kama	Achilles AAA	57	1:54:52
2	Hannes	Els	Madiba Bay AC	58	1:57:55
3	Bruce	Mcewan	Achilles AAA	55	1:58:54

60-64:

1	Jackson	Ngcoko	Willard Batt	60	2:03:06
2	Percy	Dalton	Achilles AAA	60	2:07:38
3	Eric	Mapara	Rhodes Universi	61	2:23:01

65-69:

1	Brian	Smith	PEAAC	65	3:28:05
Juniors:					
1	Vuyisa	Mbuqu	Nedbank RC EP	19	1:51:22
2	Thokozani	Fani	Temp	18	1:55:28
3	Gavin	Timm	Temp	18	2:21:50

WOMEN

1	Leanne	Finlay (1 st vet)	Nedbank RC EP	40	1:52:19
2	Tamaryn	Roberts	Temp	26	1:56:12
3	Tammy	Kelly	Old Selbornian	41	1:57:43
4	Terri-Lynn	Penney	Run/W For Life	31	2:00:55
5	Renette	Kriel	Old Selbornian	44	2:01:42
6	Jene	Banfield	Run/W For Life	38	2:05:13
7	Lesley	Wood (1 st mast)	Achilles AAA	51	2:05:30
8	Joy Anne	Pregalato	Achilles AAA	38	2:13:11
9	Layle	Henderson	Rhodes Universi	25	2:13:43
10	Yolanda	Blignaut	X-Cel AC	34	2:14:03
11	Janette	Schierz-Crusius	Body Concept	48	2:14:39
12	Paulette	Mcewan	Achilles AAA	43	2:15:01
13	Adele	Nel	St Albans CSEP	35	2:18:23
14	Mary Grace	Villanueva	Achilles AAA	32	2:19:46
15	Tracy	Kitching	Run/W For Life	39	2:20:48
16	Annelie	Nel	Legacy AC	34	2:21:29
17	Theresa	Lillis	Achilles AAA	52	2:24:18
18	Avril	Beyleveld	Kowie Striders	57	2:24:30
19	Elmarie	Bezuidenhout	Charlo AC	26	2:27:05
20	Lesley	Maggott	Achilles AAA	41	2:29:11

40-44:

1	Leanne	Finlay	Nedbank RC EP	40	1:52:19
2	Tammy	Kelly	Old Selbornian	41	1:57:43
3	Renette	Kriel	Old Selbornian	44	2:01:42

45-49:

1	Janette	Schierz-Crusius	Body Concept	48	2:14:39
2	Cathy	Allers	Despatch AC	46	2:40:16
3	Ronelle	Niksch	Elite AC	45	2:42:21

50-54:

1	Lesley	Wood	Achilles AAA	51	2:05:30
2	Theresa	Lillis	Achilles AAA	52	2:24:18
3	Christine	Snyman	VWAC	52	2:47:51

55-59:

1	Avril	Beyleveld	Kowie Striders	57	2:24:30
2	Jos	Els	Madiba Bay AC	56	2:30:16
3	Meg	Clark	Old Selbornian	57	3:22:57

60-64:

1	Margaret	Paton	Charlo AC	63	2:38:25
2	Marlene	Wiese	Kowie Striders	62	2:40:48

10 km**MEN**

1	Bulelini	Niwa	PEAAC	23	34:59
2	Melikhaya	Dyubele	RFLG	28	38:27
3	Revan	Fillis (1 st jun)	RFLG	18	39:41
4	Joseph	Molaba	Temp	29	40:09
5	Lucky	Kori	Temp	23	40:09
6	Ian	Stiglingh	Kowie	16	41:11
7	Mandilakhe	Sitatu	Temp	19	41:29

8	Andile	Mbumba	Temp	18	42:01
9	Mthuthuzeli	Nyanga	Temp	12	43:46
10	Bolly	Yekana (1 st vet)	Nedbank	41	43:47
11	Sinethemba	Jali	Temp	19	43:49
12	Monwabisi	Tshefu	Temp	15	44:37
13	John	Rafani	MPEP	41	44:53
14	Bafumane	Nyanga	PEAAC	48	47:27
15	Loyiso	Ndzuzo	Temp	20	51:07
16	Nico	Wapi	PEAAC	42	53:39
17	Allan-Andre	Pienaar	WAC	18	53:40
18	Michael	Mapala	Temp	40	54:18
19	Grant	Bowles	Bluebay	27	54:19
20	Stavie	Van Aardt (1 st g'mast)	Albany	61	54:52
40-44:					
1	Bolly	Yekana	Nedbank	41	43:47
2	John	Rafani	MPEP	41	44:53
3	Nico	Wapi	PEAAC	42	53:39
45-49:					
1	Bafumane	Nyanga	PEAAC	48	47:27
50-54:					
1	Anton	Snyman	VWAC	53	1:08:30
55-59:					
1	Mtutuzeli	Cakwebe	Temp	56	1:08:24
60-64:					
1	Stavie	Van Aardt	Albany	61	54:52
2	Billy	Futter	Kowie	62	1:08:50
65-69:					
1	Alf	Zehmke	PEAAC	69	1:20:42
70+:					
1	Bernard	Du Plessis	Temp	75	1:20:43
Juniors:					
1	Revan	Fillis	RFLG	18	39:41
2	Ian	Stiglingh	Kowie	16	41:11
3	Mandilakhe	Sitatu	Temp	19	41:29
WOMEN					
1	Fikile	Sithole (1 st jun)	Rhodesu	19	54:39
2	Nomfundo	Yeni	Rhodesu	22	54:57
3	Tammy	Van Der Westhuizen	Oldselb	21	1:00:35
4	Natalie	Christie	Temp	37	1:01:11
5	Esme	Snyman (1 st mast)	Temp	52	1:01:36
6	Lardi	Meyer	Temp	19	1:03:36
7	Louise	Stiglingh	Kowie	15	1:05:22
8	Nikki	Wales	Temp	38	1:05:36
9	Zinzile	Batyashe	Rhodesu	22	1:05:39
10	Susan	Baylis (1 st vet)	Ach	49	1:05:47
45-49:					
1	Susan	Baylis	Ach	49	1:05:47
2	Helen	Mc Lean	Madiba	47	1:05:48
50-54:					
1	Esme	Snyman	Temp	52	1:01:36
55-59:					
1	Karen	Duffell-Canham	Crusade	55	1:16:57
Juniors:					
1	Fikile	Sithole	Rhodesu	19	54:39

2	Lardi	Meyer	Temp	19	1:03:36
3	Louise	Stiglingh	Kowie	15	1:05:22

Heather Park Superspar 10 km

George, 11 October

MEN

1.	Vuyo Witbooi (OH)	32:05
2.	Gian Moos (RB)	32:39
3.	Principal Fana (Nedb) (1 st vet)	33:12
4.	Vuyolethu Marityi (Nedb)	33:59
5.	Joey Klaassen (Nedb)	34:39

Veterans:

1.	Principal Fana (Nedb)	33:12
2.	Anton Chevalier (Nedb)	37:32

Masters:

1.	Cap Badenhorst (Nedb)	43:04
2.	Andre Barnardo (OH)	44:22

G'masters:

1.	Carl Hendricks (Nedb)	46:29
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Juniors:

1.	Jaco Petersen (Nedb)	34:48
2.	Logan Stoffels (Nedb)	35:09
3.	DP Swart (OH)	39:08

WOMEN

1.	Hanlie Stegmann (Temp) (1 st mast)	41:05
2.	Johanna Claassen (Nedb) (1 st vet)	43:17
3.	Annatjie Botes (Nedb)	43:53
4.	Marie Wolmarans (Nedb)	44:40
5.	Suzaan Kruger (OH)	46:16

Veterans:

1.	Johanna Claassen (Nedb)	43:17
2.	Marie Wolmarans (Nedb)	44:40

Masters:

1.	Hanlie Stegmann (Temp)	41:05
2.	Annatjie Botes (Nedb)	43:53

Chamberlain Capital Classic Half Marathon & 10 km

Pretoria, 11 October

(Distances: 21.0975 km & 10 km; loop courses)

Half marathon

MEN

1 Aaron Gabonewe (MP) 65:59; 2 Vusi Mamabola (Powerade) 66:47; 3 Wesley Ruto (KEN/Global) 67:06; 4 Mathews Nkoana (Powerade) 67:22; 5 Donald Mathiba (Powerade) 67:27

Veterans: 1 Jonathon Cheroot (GS) 70:38; 2 Dan Mothibe (NB) 73:46. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 71:50. **G'masters:** 1 Neels Venter (Roodepoort) 97:33.

G/g'masters: 1 Johan Moolman (Arcadia) 2:05:58.

WOMEN

1 Varaidza Shindi (ZIM/MP) 84:39; 2 Margaret Mahohoma (ZIM/MP) 85:20; 3 Renata Dreyer (Sunninghill) 86:09; 4 Tondani Mundalamo (Arcadia) 89:21; 5 Prudence Zwane (Nedbank) 89:59.

Veterans: 1 Lisa Green (RAC) 96:39; 2 Antoinette Looock (Agape) 96:51. **Masters:** 1 Rene van Zyl (Mag) 97:32. **G'masters:** 1 Esme Kloppers (Transnet) 2:05:10. **G/g'masters:** 1 Phyllis Maartens (Fit 2000) 2:45:00.

10 km

MEN

1 Joshua Sabao (ZIM/MP) 30:26; 2 Lucky Mohale (Powerade) 30:37; 3 Mthetho Goxo (Powerade) 31:08; 4 Brianson Mugun (GS) 31:20; 5 Greg Barnes (Irene) 32:49

Veterans: 1 Jackson Seanego (Exxaro) 33:25; 2 Jerry Rankapule (Powerade) 35:20.

Masters: 1 Andre Jansen (Toy) 37:22. **G'masters:** 1 Paulus Masilela (Irene) 40:10.

G/g'masters: 1 Ken Nurden (Agape) 51:30.

WOMEN

1 Sharon Chinyoka (ZIM) 40:09; 2 Natalie Constantinides (Enduro) 42:02; 3 Ansie Viljoen (Irene) 42:18 (1st vet); 4 Michelle Singelton (RAC) 43:48; 5 Francelle Strydom (Kentron) 43:50.

Veterans: 1 Ansie Viljoen (Irene) 42:18; 2 Debbie Bredenkamp (HQB) 44:41. **Masters:** 1 Francis van Blerk (Nedbank) 48:28. **G'masters:** 1 Olga Smit (Affies) 57:40. **G/g'masters:** 1 Marina Odendaal (Sol) 55:41.

Boland Masters Half Marathon

Paarl, 11 October

(Distance: 21.0975 km; course configuration unknown)

MEN

1. Graham Katzen (Celt) 69:22; 2. Silayi Mzukile (Ad) 74:36; 3. David Molema (Mr Pr) 75:07; 4. Leon Williams (Sw) 79:18 (1st vet); 5. Rudolf Warries (Ath Alive) 80:01; 6. Herbert Damons (H.Harr) 83:5; 7. Afrika Koopman (Prl) 84:00; 8. Ganief Brink (Wel) 85:48; 9. Colin Williams (CS) 86:12 (1st mast); 10. Derick Adams (Rieb Vall) 86:59; 11. Jafta Hendricks (RiebVall) 87:12; 12. Jacques Dreyer (Prl) 91:30; 13. Albertus Cloete (Wel) 91:31 (1st jun); 14. Jan Williams (Ind) 91:59; 15. K. Joerdens (Ind) 91:59; 16. Simon Pieters (Ind) 92:03; 17. Jacob Erasmus (Ceres) 92:31; 18. George van Schalkwyk (Ind) 94:21; 19. Freddie Frances (Wel) 95:49; 20. Frankie Sadie (Wel) 95:54; 21. Thomas Mouton (Prl) 96:56; 22. Thys Bouwer (Sanlam) 96:50; 23. Rico Hunter (Worc) 97:04; 24. Steven Ceaser (Ceres) 97:13; 25. Mervin Smith (MP Titans) 97:41; 26. Isaac Prins (Wel) 97:56 (1st g'mast); 27. J.T. Basson (Prl) 98:14; 28. Nelis Swart (Stel) 99:17; 29. Carlos van Rooyen (Prl) 101:33; 30. Sean Light (Spart) 101:55.

Masters: (40+): 1. Leon Williams (Sw) 79:18; 2. Rudolf Warries (Ath Alive) 80:01; 3. Afrika Koopman (Prl) 84:00. **(50+):** 1. Colin Williams (CS) 86:12; 2. Jacob Erasmus (Ceres) 92:31; 3. Thys Bouwer (Sanlam) 96:50. **(60+):** 1. Isaac Prins (Wel) 97:56; 2. Pierre Claassen (NB) 115:42; 3. Martiens Beets (Ind) 124:57. **(70+):** 1. Dermott Devine (VOB) 145:14. **Juniors:** 1. Albertus Cloete (Wel) 91:31; 2. Rico Hunter (Worc) 97:04.

WOMEN

1. Jacoline Haasbroek (Fransch) 87:02 (1st vet); 2. Mareé Burger (Prl) 92:42; 3. Styntjie Prins (Prl) 92:59 (1st mast); 4. Michelle Dreyer (Prl) 95:11; 5. Resia Swart (Stel) 108:59; 6. Jaanri Koch (Ind) 110:19; 7. Cailey Bredenkamp (Prl) 111:01; 8. Anne Pool (Str) 112:06; 9. C. Meyer (MP Titans) 113:02; 10. Martie Swanepoel (Ned) 114:25; 11. Hanlie

Burger (Tyg) 114:36; 12. June Parr (Sanlam) 115:59; 13. E.M. van Coller (Rieb Vall) 117:06; 14. Irma Zöllner (H.Harr) 119:31; 15. Rosanne Howarth (Ind) 119:34; 16. Ria Basson (Prl) 121:00; 17. Petra King (Sanlam) 121:45; 18. Hanlie Diederichs (Bel) 122:58; 19. Deirdre Hewitt (Dur) 123:13; 20. Katie Schoeman (Pine) 123:14.

Masters: (40+): 1. Jacoline Haasbroek (Fransch) 87:02; 2. Cailey Bredenkamp (Prl) 111:01; 3. Anne Pool (Str) 112:06. **(50+):** 1. Styntjie Prins (Prl) 92:59; 2. Ria Basson (Prl) 121:00; 3. Petra King (Sanlam) 121:45. **(60+):** 1. Cathy Taylor (Dur) 137:31; 2. San Viljoen (Prl) 143:03; 3. Dolla Naurattel (Ceres) 147:36.

Deetlefs Estate Nite Race

Rawsonville, 10 October

(Distance: 10 km; loop course)

MEN

1. Henrico Rooi (Ned) 32:45 (1st jun); 2. Piet Jacobs (Ned) 34:32; 3. Rowan Prins (Rob) 35:56; 4. Sollie van Rooyen (CS) 37:04 (1st vet); 5. Leswyn Arendse (Rob) 38:21; 6. Linkin Louw (Ind) 38:22; 7. Thomas Moses (Worc) 38:45 (1st mast); 8. Abraham Fielies (Worc) 38:50; 9. Jakob Volmoer (Ceres) 39:50; 10. Willem Floors (Hang) 40:48; 11. Pieter Kick (Harf Harr) 41:30; 12. Frikkie Cronjé (Ind) 41:36; 13. Charlwin Seroot (Ceres) 42:43; 14. Augus Niemand (Ind) 43:20; 15. Godfrey Swart (Hang) 44:33; 16. Abraham Fredericks (CS) 45:19; 17. Thys Bouwer (Sanlam) 46:27; 18. Nel Meiring (Worc) 46:45; 19. Joco van Lill (Paarl) 47:53; 20. Phil du Toit (Paarl) 47:54; 21. Aubrey Swarts (CS) 48:11; 22. Henk de Klerk (Ned) 48:13; 23. J. Muller (Ind) 48:14; 24. Faure Basson (Paarl) 48:35; 25. D. Botha (Paarl) 48:38; 26. P. Truter (Ind) 48:42; 27. André Niemand (Ind) 48:43; 28. Rico Hunter (Worc) 49:35; 29. Quintus van Rensburg (Bel) 49:36; 30. Clifford Blake (Brack) 50:15.

Masters: (40+): 1. Sollie van Rooyen (CS) 37:04; 2. Abraham Fielies (Worc) 38:50; 3. Willem Floors (Hang) 40:48. **(50+):** 1. Thomas Moses (Worc) 38:45; 2. Frikkie Cronjé (Ind) 41:36; 3. Thys Bouwer (Sanlam) 46:27. **(60+):** 1. Dermott Devine (VOB) 69:26. **(70+):** 1. Dermott Devine (VOB) 69:26. **Juniors:** 1. Henrico Rooi (Ned) 32:45; 2. Linkin Louw (Ind) 38:22; 3. Rico Hunter (Worc) 49:35.

WOMEN

1. Carli Basson (Paarl) 47:06; 2. Marinda Pheiffer (Hex) 49:10; 3. Lola Strydom (Worc) 50:02; 4. Mary-Ann Baron (Mr Pr) 50:20 (1st vet); 5. Liezel Gey van Pittius (Ind) 50:28; 6. Junita van As (Dur) 51:29; 7. Ena Gous (Worc) 51:52; 8. Maryna Bingle (Hex) 53:07; 9. Marietha Herbert (Bel) 54:36 (1st g'mast); 10. Vondra Singleton (Worc) 55:08; 11. Marinelle Tolken (Brack) 55:35; 12. Lindie Bouwer (Sanlam) 55:54; 13. Ann-Maree Mostert (Ind) 56:45; 14. Hanlie van Vuuren (Sanlam) 60:30; 15. Simone Kotzé (Ind) 60:46; 16. Maryna du Plessis (Dur) 61:11 (1st mast); 17. Laura Bouwer (Sanlam) 61:37; 18. Sanet du Toit (Brack) 62:30; 19. Cornelia Morton (Ind) 62:35; 20. Annelde Raats (Sanlam) 63:31.

Masters: (40+): 1. Mary-Ann Baron (Mr Pr) 50:20; 2. Maryna Bingle (Hex) 53:07; 3. Vondra Singleton (Worc) 55:08. **(50+):** 1. Maryna du Plessis (Dur) 61:11; 2. Laura Bouwer (Sanlam) 61:37; 3. Elize van Tonder (Worc) 77:31. **(60+):** 1. Marietha Herbert (Bel) 54:36; 2. Janet Lanning (Fit 2000) 76:59; 3. Valerie Lumb (Spart) 86:11. **Juniors:** 1. T. Knoetze (Ind) 96:46.

Hi-Q Prima Tyres 10 km

Bellville, 8 October
(Certified loop course)

MEN

1. Peter Tsawayo (ZIM/RGS Gug) 30:43 (R200); 2. Neo Molema (Mr Pr) 31:12 (R150); 3. Tsungai Mwanengeni (ZIM/Mr Pr) 31:20 (R100); 4. Unathi Phezolo (RCS Gug) 32:08 (1st jun); 5. Wanda Roro (Ad) 32:14; 6. Frankwin Saayman (Ad) 32:14; 7. Vladimir Kotov (BLR/Mr Pr) 32:48 (1st mast); 8. Luxolo Mdzango (RCS Gug) 33:27; 9. Johnny Persents (Ad) 34:16 (1st vet); 10. Aaron Lewis (Ad) 34:20; 11. Peter Mokotary (Met) 34:56; 12. Richard Bergoër (Ned) 34:57; 13. Marius Acker (Ind) 35:05; 14. Brandon Snyder (BD) 35:25; 15. Mgwenda Mava (Mr Pr) 35:15; 16. Anthony Matthee (H.Harr) 35:53; 17. Anathi Kabingesi (RCS Gug) 36:10; 18. Aldrin Smit (NB) 36:16; 19. Jacques Fransman (Met) 36:20; 20. Siyanda Gxaba (NB) 36:27; 21. Kevin Isaacs (Ned) 36:38; 22. Johan van Zyl (Tyg) 36:42; 23. Bongile Tshwemba (Ind) 37:02; 24. Herbert Damons (H.Harr) 37:20; 25. Nick Miles (Ad) 38:13; 26. Robbie Lindsay (Ned) 38:39; 27. Heintz Misroll (Pine) 38:55; 28. Alphius Gaobase (Tyg) 38:56; 29. Shaun Daniels (H.Harr) 39:0; 30. Gerald Sullivan (Dur) 39:03.

Masters: (40+): 1. Johnny Persents (Ad) 34:16 (R150); 2. Aaron Lewis (Ad) 34:20 (R100); 3. Kevin Isaacs (Ned) 36:38 (R75). **(50+):** 1. Vladimir Kotov (BLR/Mr Pr) 32:48 (R100); 1. Robbie Lindsay (Ned) 38:39; 3. Garry Wilford (Dur) 39:09. **(60+):** 1. Willie van Wyk (Brack) 43:28 (R100); 2. Peter Donald (WC) 45:43; 3. Carl Hendricks (Ned) 48:21. **Juniors:** 1. Unathi Phezolo (RCS Gug) 32:08 (R75); 2. Wanda Roro (Ad) 32:14 (R50); 3. Luxolo Mdzanga (RCS Gug) 33:27 (R25).

WOMEN (Same prize money as men)

1. Alae Brand (Ad) 37:57; 2. Yonela Hewu (RSC Gug) 40:48 (1st jun); 3. Sheryl de Lange (Ned) 40:55 (1st vet); 4. Styntjie Prins (Paarl) 43:25 (1st mast); 5. Joanne Wynne (Dur) 43:54; 6. Ayanda Mqhakayi (RCS Gug) 43:59; 7. Theresa Brand (Ned) 44:04; 8. Tilda Krugmann (WC) 44:06; 9. Lorna Loubser (Sanlam) 44:38; 10. Jaanri Koch (Ind) 45:59; 11. Joanne Oosthuizen (Bel) 46:17; 12. Patricia Adams (Met) 46:18; 13. Wilmaré Opperman (Bel) 46:29; 14. Karen de Kock (Met) 46:40; 15. Glenda Werth (Ned) 47:01; 16. Cathy Weedall (Mr Pr) 47:03; 17. Colleen de Oliveira (NB) 47:32; 18. Denita Acker (Ind) 47:56; 19. Nina Basson (Bel) 48:07; 20. Nicolene Koegelenberg (Brack) 48:10.

Masters: (40+): 1. Sheryl de Lange (Ned) 40:55; 2. Joanne Wynne (Dur) 43:54; 3. Nicolene Koegelenberg (Brack) 48:10. **(50+):** 1. Styntjie Prins (Paarl) 43:25; 2. Tilda Krugmann (WC) 44:06; 3. Helen du Plessis (Tyg) 49:40. **(60+):** 1. Marietha Herbert (Bel) 50:02; 2. Marianne Nelson (Dur). **Juniors:** 1. Yonela Hewu (RCS Gug) 40:48; 2. Joannie Oosthuizen (Bel) 46:18; 3. Nina Basson (Bel) 48:07.

Coca-Cola Voet van Afrika Marathon & Half Marathon (both 31st)

Bredasdorp, 4 October

(Distances: 42.195 km [point-to-point course with 32 metres elevation GAIN; only last 16 km on tar, very hilly, with the first half climbing from 38m to 470 m] & 21.0975 km [loop course, about half on gravel, hilly])

Note: In an almost incredible mishap for a race of this stature (it is one of South Africa's oldest and, in the past, best organised marathons) there was a problem with the recording of the times, and the absence of a backup resulted in times being available for only the first three men and women in the marathon. There were no times in the half marathon. The problem did not affect the 10 km, though (results were included last week). Lindile Tokota clinched his fourth victory to become only the second man in the history of the race to achieve this, having also won in 2002, 2003 and 2005 (Elias Stemmer scored his four wins in successive years in the early nineties). – Ed.

Marathon**MEN**

1. Lindile Tokota (Ned) 2:33:56 (1st vet); 2. Sihle Mapukata (Mr Pr) 2:36:30; 3. Zolani Bhitane (Ned) 2:39:09.

Masters: (40+): 1. Lindile Tokota (Ned); 2. Mxolisi Fana (Ned); 3. Warren Petterson (Mr Pr). **(50+):** 1. Wilhelm Coetzee (WC) 2. Nick Miles (WC); 3. Dougie Engelke (Hang). **(60+):** 1. D.J. Price (FH).

WOMEN

1. Ursula Frans (Mr Pr) 3:17:03; 2. Bertha Denichaud (Edg) 3:39:14 (1st vet); 3. Evonne Nieuwoudt (Paarl) 3:43:16.

Masters: (40+): 1. Bertha Denichaud (Edg); 2. Una Saayman (Mossel); 3. Matilda le Roux (Ned). **(50+):** 1. Sue Wardrop (Virg); 2. Mickey Elliot (WC); 3. Doris Flink (East). **(60+):** 1. Willemien Smuts (Bloem Ach).

Half marathon**MEN**

1. Avukile Ntongana (Mr Pr); 2. Siyabonga Nqabeni (Celt); 3. Sipho Phala (VOB).

Masters: (40+): 1. John September (Celt); 2. Nicolaas Kees (Rob); 3. Robin Mohr (Str). **(50+):** 1. Johann Diener (Str); 2. Frank Gillion (Whal); 3. Trevor Drabbe (VOB). **(60+):** 1. Pieter Stander (Bred).

WOMEN

1. Alae Brand (Adid); 2. Bulelwa Mtshagi (Celt); 3. Sheryl de Lange (Ned) (1st vet).

Masters: (40+): 1. Sheryl de Lange (Ned); 2. Lorinde Olivier (Str); 3. Marie Louw (Adid). **(50+):** 1. Hester Kotzé (Dur); 2. Fran Pocock (Celt); 3. Denise Johannes (Spart). **(60+):** 1. Veronica van Niekerk (Elg/Grab).

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**Tufts Health Plan 10 km for Women** (32nd)

(US Women's 10 km Championship)

Boston, USA, 13 October

(Certified standard course)

1. Molly Huddle, 24, Providence RI	32:51.2	\$3700 + 7150a
2. Aziza Aliyu, 22, ETH	32:51.7	2300
3. Teyba Naser, 22, BRN	32:54.9	1900
4. Amy Rudolph, 35, Providence RI	33:04.2	4150a
5. Renee Metivier-Baillie, 26, Flagstaff AZ	33:12.4	3150a

a) Earned USA Championships prize money

IAAF World Half-marathon Championships

Rio de Janeiro, BRA, 12 October

(Distance: 21.1 km; certified, point-to-point course)

MEN

Teams: 1. Kenya 3:07:24 (\$15,000); 2. Eritrea 3:09:40 (\$12,000); 3. Qatar 3:10:52 (\$9,000); 4. Ethiopia 3:11:47 (\$7,500); 5. Brazil 3:14:07 (\$6,000); 6. Rwanda 3:15:02 (\$3,000); 7. Japan 3:15:28; 8. Spain 3:16:58; 9. Russia 3:18:12; 10. United States 3:20:50; 11. South Africa 3:21:09; 12. France 3:23:59; 13. Botswana 3:24:53; 14. Venezuela 3:26:44; 15. Ecuador 3:32:12; 16. Argentina 3:35:36.

1. Zersenay Tadese, ERI	59:56	Gold	\$30,000
2. Patrick Makau Musyoki, KEN	1:01:54	Silver	15,000
3. Ahmad Hassan Abdullah, QAT	1:01:57	Bronze	10,000
4. Stephen Kipkoech Kibiwott, KEN	1:01:58		7000
5. Yusei Nakao, JPN	1:02:05		5000
6. Dieudonné Disi, RWA	1:03:03		3000
7. Abebe Dinkesa, ETH	1:03:04		
8. Marilson Gomes dos Santos, BRA	1:03:14		
9. Joseph Maregu, KEN	1:03:32		
10. Essa Ismail Rashed, QAT	1:03:57	PB	
11. Sylvain Rukundo, RWA	1:04:02	SB	
12. Michael Tesfay, ERI	1:04:04	SB	
13. Eshetu Wendimu, ETH	1:04:11		
14. Raji Assefa, ETH	1:04:32		
15. Ignacio Cáceres, ESP	1:04:39		
16. Michael Shelley, AUS	1:04:44		
17. Pedro Mora, VEN	1:04:45	SB	
18. Dereje Tesfaye, ETH	1:04:57		
19. Ali Dawoud Sedam, QAT	1:04:58	SB	
20. Giomar da Silva, BRA	1:05:07	SB	
21. Jason Lehmkuhle, USA	1:05:17		
22. Tshamano Setone, RSA	1:05:20		
23. Anatoliy Rybakov, RUS	1:05:38		
24. James Kibocha Theuri, FRA	1:05:38		
25. Mogos Ahferom, ERI	1:05:40	PB	
26. Iván Galán, ESP	1:05:42		
27. João de Lima, BRA	1:05:46		
28. Franck de Almeida, BRA	1:05:52	SB	
29. Yemane Teame, ERI	1:05:56	PB	
30. Yevgeny Rybakov, RUS	1:05:59		
... 39. Jeffrey Gwebu, RSA	1:07:08		
... 52. Moorosi Soke, RSA	1:08:41		
... 67. Stephen Mokoka, RSA	1:11:45		
DNF - Lindikhaya Mthangayi, RSA			

WOMEN

Teams: 1. Ethiopia 3:30:59 (\$15,000); 2. Kenya 3:31:24 (\$12,000); 3. Japan 3:40:58 (\$9,000); 4. United States 3:45:06 (\$7,500); 5. Russia 3:48:47 (\$6,000); 6. Brazil 3:51:11 (\$3,000); 7. Argentina 4:00:51; 8. Venezuela 4:00:58; 9. Romania 4:02:44.

1. Lornah Kiplagat, NED	1:08:37	Gold	\$30,000
2. Aselefech Mergia, ETH	1:09:57	PB Silver	15,000
3. Pamela Chepchumba, KEN	1:10:01	Bronze	10,000
4. Genet Getaneh, ETH	1:10:03	PB	7,000
5. Peninah Arusei, KEN	1:10:12		5,000
6. Abebu Gelan, ETH	1:10:59	PB	3,000

7. Julia Mumbi Muraga, KEN	1:11:11	
8. Atsede Habtamu, ETH	1:11:13	
9. Luminita Talpos, ROU	1:11:16	SB
10. Yukiko Akaba, JPN	1:11:39	
11. Meseret Mengistu, ETH	1:12:03	PB
12. Furtuna Zegergish, ERI	1:12:16	SB
13. Ana Dulce Félix, POR	1:12:56	
14. Pauline Wangui Ngigi, KEN	1:12:58	
15. Yesenia Centeno, ESP	1:13:01	
16. María Azucena Díaz, ESP	1:13:30	
17. Maria Zeferina Baldaia, BRA	1:13:42	SB
18. Olesya Syreva, RUS	1:14:08	
19. Miki Ohira, JPN	1:14:27	
20. Lyudmila Biktasheva, RUS	1:14:33	
21. Melissa White, USA	1:14:37	
22. Yuko Machida, JPN	1:14:52	
23. Ikuyo Yamashita, JPN	1:15:05	
24. Dot McMahan, USA	1:15:14	
25. Kristen Nicolini, USA	1:15:15	
26. Angeline Nyiransabimana, RWA	1:15:23	SB
27. Stephanie Herbst, USA	1:15:25	PB
28. Maria Sig Møller, DEN	1:15:30	
29. Rosa Godoy, ARG	1:15:31	PB
30. Jill Steffens, USA	1:16:02	PB
DNF - Annerien van Schalkwyk, RSA		
DNF - Ntombesintu Ntshiliza, RSA		

LaSalle Bank Chicago Marathon (31st)

Chicago, USA, 12 October

(Distance: 42.195 km; certified loop course, almost completely flat. Finishers: 31 401.)

PROFESSIONAL MEN (gun times)

1. Evans Cheruiyot, 26, KEN	2:06:25	PB	\$100,000 + 40,000i
2. David Kipkorir Mandago, 30, KEN	2:07:37		55,000 + 15,000i
3. Timothy Cherigat, 32, KEN	2:11:39		30,000
4. Martin Lauret, 37, NED	2:15:10		15,000
5. Emmanuel Mutai, 24, KEN	2:15:36		10,000
6. Mike Renau, 30, USA	2:16:20		5,000a
7. William Kipsang, 31, KEN	2:16:41		
8. Daniel Njenga, 32, KEN	2:17:33		
9. Richard Limo, 28, KEN	2:18:48		
10. Moses Arusei, 25, KEN	2:20:48		

OPEN MEN (gun times)

1. Wesley Korir, 26, KEN	2:13:53	DB	
2. David Cheromei, 29, KEN	2:22:01		
3. Allen Wagner, 28, San Diego, CA	2:22:17		4,000a
... German Silva, 40, MEX	2:36:34		

PROFESSIONAL WOMEN (gun times)

1. Lidiya Grigoryeva, 34, RUS	2:27:17		\$100,000
2. Alevtina Biktimirova, 26, RUS	2:29:32		55,000
3. Kiyoko Shimahara, 32, JPN	2:30:19		30,000
4. Constantina Dita, 38, ROU	2:30:57		15,000
5. Desiree Davila, 25, Roch. Hills, MI	2:31:33	PB	10,000 + 5,000a
6. Colleen De Reuck, 44, Boulder, CO	2:32:25		4,000a

- | | |
|-------------------------------------|-------------------|
| 7. Bezunesh Bekele, 25, ETH | 2:32:41 |
| 8. Paige Higgins, 26, Flagstaff, AZ | 2:33:06 PB 3,000a |
| 9. Kate O'Neill, 28, Palo Alto, CA | 2:34:04 PB 2,000a |
| 10. Berhane Adere, 35, ETH | 2:34:16 |

i) time bonus

a) Earned USA citizen award

m) Earned masters prize money

OPEN WOMEN (gun times)

- | | |
|--|---------|
| 1. Alison Dublinski, 24, Atlanta, GA | 2:42:06 |
| 2. Leah Thorvilson, 29, Little Rock AR | 2:44:28 |
| 3. Jill Horst, 30, Rome, GA | 2:49:15 |

Four Miles of Groningen (22nd)

Groningen, NED, 12 October

(Distance: 4 miles; point-to-point flat course)

Note: Eliud Kipchoge won for the fifth consecutive time. – Ed.

MEN (gun times)

- | | |
|-------------------------|-------|
| 1. Eliud Kipchoge, KEN | 17:31 |
| 2. Bernard Kipyego, KEN | 17:31 |
| 3. Willy Mwangi, KEN | 17:53 |
| 4. Brimin Kipruto, KEN | 18:07 |
| 5. Michael Kipyego, KEN | 18:15 |

WOMEN

- | | |
|--------------------------|-------|
| 1. Meselech Melkamu, ETH | 20:05 |
| 2. Gedo Utura Sule, ETH | 20:15 |
| 3. Adrienne Herzog, NED | 21:00 |
| 4. Miranda Boonstra, NED | 21:08 |
| 5. Benita Johnson, AUS | 21:14 |

Marathon Eindhoven (25th)

Eindhoven, NED, 12 October

(Distance: 42.195 km)

MEN

- | | | |
|---------------------------|-----|---------------|
| 1. Geoffret Mutai | KEN | 2:07:50 PB/CR |
| 2. Philip Manyim | KEN | 2:09:31 |
| 3. Joseph Ngeny Kiprotich | KEN | 2:09:33 |
| 4. Raymond Kandie | KEN | 2:10:47 PB |
| 5. Simon Njoroge Kariuki | KEN | 2:11:15 |

WOMEN

- | | | |
|------------------------|-----|-----------------------------|
| 1. Lydia Kurgat | KEN | 2:33:39 PB |
| 2. Christine Chepkonga | KEN | 2:37:04 PB |
| 3. Alemitu Bekele | BEL | 2:40:58 |
| 4. Nadja Wijenberg | NED | 2:42:24 (National champion) |
| 5. Anja Smolders | BEL | 2:43:06 |

World's Fastest 10 km (2nd)

El Paso, USA, 12 October

(Point-to-point certified course with massive elevation loss [the race begins at 1608 m and finishes at 1163 m for a total elevation loss of 445 m]; start/finish separation is 87% of the race distance)

MEN

- | | | |
|------------------------|-------|------------------------|
| 1. Elisa Korir, KEN | 25:43 | CR \$2,000 + \$10,000i |
| 2. James Kirwa, KEN | 27:05 | 1,000 |
| 3. Chokri Dhouidi, TUN | 27:13 | 500 |
| 4. Matt Daaniels, USA | 27:44 | |

WOMEN

- | | | |
|-----------------------------|-------|-------------------------|
| 1. Hyvon Ngetich, KEN | 29:04 | CR* \$2,000 + \$10,000i |
| 2. Jacqueline Nyetipei, KEN | 30:55 | 1,000 |
| 3. Debbie Arzola, USA | 32:44 | 500 |

i) Earned time bonus for breaking world's "fastest" 10 km time of 26:02

Maratona D'Italia Memorial Enzo Ferrari (21st)

Maranello to Carpi, ITA, 12 October

(Distance: 42.195 km; point-to-point course with 100 m elevation loss)

MEN

- | | |
|----------------------------------|---------|
| 1. Ben Kipruno Chebet, KEN | 2:10:50 |
| 2. David Chepkwony Kiptanui, KEN | 2:10:57 |
| 3. Barnabas Kipkorir Koech, KEN | 2:11:19 |
| 4. Adam Draczynski, POL | 2:12:21 |
| 5. Alberico Di Cecco, ITA | 2:13:16 |

WOMEN

- | | |
|----------------------------------|---------|
| 1. Rosalba Console, ITA | 2:30:44 |
| 2. Wei Yanan, CHN | 2:33:29 |
| 3. Ivana Iozzia, ITA | 2:34:07 |
| 4. Josephine Wangoi Njoki, KEN | 2:38:33 |
| 5. Alemtsehay Hailu Kakissa, ETH | 2:39:05 |

Giro al Sas (62nd)

Trento, ITA, 11 October

(Distance: 10 km; multi-loop course with 1091 m for each full lap)

MEN

- | | |
|-----------------------------|-------|
| 1. Moses Mosop, KEN | 28:29 |
| 2. Jaouad Gharib, MAR | 28:57 |
| 3. David Toniok, KEN | 29:17 |
| ... 6. Stefano Baldini, ITA | 29:35 |

Semi-Marathon du Grand Nancy

Nancy, FRA, 5 October

(Distance: 21.1 km)

MEN

- | | |
|--------------------------------|---------|
| 1. Nicholas Manza Kamakya, KEN | 1:01:21 |
| 2. Musou Mwanzia, KEN | 1:03:48 |

3. Patrick Korir, KEN 1:03:50

WOMEN

1. Evelyne Kemboi, KEN 1:18:43
 2. Laurence Klein, FRA 1:19:59
 3. Ludmila Gurkina, RUS 1:20:25

Russian Half-marathon Championships

Novosibirsk, RUS, 13 September
 (Distance: 21.1 km)

MEN

1. Anatoliy Rybakov 1:02:54
 2. Mikhail Lemayev 1:03:22
 3. Sammy Tum 78 (KEN) 1:03:39

WOMEN

1. Olesya Syreva 1:09:52
 2. Irina Permitina 1:09:56
 3. Olga Glok 1:10:24

ULTRA/MOUNTAIN/TRAIL RUNNING

World Mountain Running Trophy

Sierre Crans Montana, SUI, 14 September

MEN (11.97 km, 1046 m height difference)

1, Jonathan Wyatt NZL (record sixth win) 55:03; 2, Martin Toroitich UGA 55:16; 3, Ahmet Arslan TUR 55:26; 4, DeMatteis ITA 55:48; 5, Fontaine FRA 55:52. Team: 1, ITA (15th title in last 16 years) 43; 2, SUI 59; 3, USA 76.

WOMEN (8.33 km, 733 m height difference)

1, Andrea Mayr AUT 43:57; 2, Renate Rungger ITA 44:57; 3, Elisa Desco ITA 45:39; 4, Otterbu NOR 45:30; 5, Strähl SUI 45:43. Team: 1, NOR 24; 2, SUI 25; 3, ITA 33.

NEWS

XINIWE GOES FOR R50 000 RATHER THAN RIO

South Africa's half-marathon champion, Zintle Xiniwe, chose not to run in the IAAF World Half-marathon Championships in Rio de Janeiro but rather compete in the final race of the Spar Grand Prix in Johannesburg on Sunday. Xiniwe finished fourth and that was enough to give her the top prize of R50 000.

Xiniwe's 93 points beat Poppy Mlambo's total by 6 points after Mlambo had finished sixth in the final event.

Xiniwe ran in the penultimate race of the series, in Pretoria, on the same afternoon of the Nedbank SA 10 km Championships in Stellenbosch, where she was fourth.

Ezbé Strydom finished third in the series, followed by Gloria Baeba and veteran Michelle Bartman.

Grandmaster Sonja Laxton had an excellent series, grabbing 11th place after a superb 43:50 in the last race.

A total of 139 runners from across the country scored at least one point in the Spar Grand Prix, and each will receive a commemorative certificate from the sponsors as a mark of recognition.

In the club competition Transnet Rail Engineering took top honours with 188 points, just 5 clear of Mr Price Central Gauteng, with Nedbank Gauteng North 3rd and Celtic Harriers 4th.

The top twenty points scorers in the competition, with their points total and prize money, are as follows:

1	Zintle	Xiniwe	21	Celtics	93	R50 000
2	Poppy	Mlambo	27	Mr Price CG	87	R30 000
3	Ezbe	Strydom	27	NW Univ	79	R15 000
4	Gloria	Baeba	27	Transnet RE	77	R10 000
5	Michelle	Bartman	44	Cape Tech	75	R8 500
	Irvette	Van Blerk	21	Various	75	R8 500
7	Catherine	Nkosi	27	Transnet RE	69	R6 000
8	Rene	Kalmer	27	Mr Price CG	65	R5 000
9	Jenna	Challenor	27	Boxer	61	R4 000
10	Annerien	Van Schalkwyk	29	Irene	60	R3 000
11	Sonja	Laxton	60	RAC	59	R1 000
12	Tshifihwa	Mundalamo	26	Nedbank GN	56	R1 000
13	Simangele	Mabuza	25	Nedbank VT	33	R1 000
14	Ronel	Thomas	36	Nedbank GN	27	R1 000
	Grace	De Oliveira	46	Mr Price KZ	27	R1 000
	Nancy	Will	55	Pinelands	27	R1 000
17	Phyllis	De Fouw	35	Std Bank	26	R1 000
18	Anneline	Roffey	27	Mr Price WP	24	R1 000
19	Sarah	Mahlangu	42	Mr Price CG	23	R1 000
20	Noria	Sibanda	20	Nedbank GN	22	R500
	Burrell	Tessa	43	Gaut Striders	22	R500

NEWS SNIPPETS

From *Athletics International*

Samaria retires

Announcing their retirements: Agnes Samaria NAM and Nobuharu Asahara JPN. Reiko Tosa, 2nd in the 2001 World Champs and 3rd in 2007 but a non-finisher in Beijing, has announced she will no longer run marathons.

Ron Hill: What a streak!

Former European and Commonwealth marathon champion Ron Hill, who celebrated his 70th birthday on 25 September by competing in a 5 km road race, claims he has run at least one mile every day since 20 December 1964 – 15 984 consecutive days! He reckons he has logged over 151 000 miles in training and racing since the mid-1950s and he recently fulfilled his ambition of racing in 100 countries by contesting the Faroe Islands half marathon.

Dibaba outranks Geb

Another distinction for Tirunesh Dibaba. In addition to her two Olympic gold medals, world cross-country title and world 5000 m record this year, she has now been accorded the rank of Chief Superintendent by her club, the Prisons Police, for her services to club and country. That is the rank achieved by Derartu Tulu but Dibaba now outranks Haile Gebrselassie, who is a Major with the Omedla Police club. Meanwhile, her fiancée, Sileshi Sihine (they will marry later this year), has been promoted to Major. The Tirunesh Dibaba Hospital is currently under construction in a suburb of Addis Ababa, while Kenenisa Avenue in the Ethiopian capital has been named after Kenenisa Bekele by the city's administration.

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2008 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2008 10 KM: TOP 10 JUNIOR MEN

29:37	Sithyile Diko	12	SA Championships	Stellenbosch	30 Aug
29:59	Zolani Ngqqa	2	Miles of Smiles	Robertson	07 Jun
30:02	Folavia Sehohle	24	SA Championships	Stellenbosch	30 Aug
30:03	Shaun Zuzani	25	SA Championships	Stellenbosch	30 Aug
30:03	Lungisa Mdedelwa	12	Matha Series	Durban	10 Feb
30:06	Ngqqa-2	7	EP Championships	Port Elizabeth	26 Jul
30:10	Ngqqa-3	1	Spar	Port Elizabeth	01 May
30:29	Enoch Manyande	33	SA Championships	Stellenbosch	30 Aug
30:31	Mfumaneko Fadane	35	SA Championships	Stellenbosch	30 Aug
30:31	Ngqqa-4	2	Sechaba	Port Elizabeth	19 Jul
30:33	David Molebatsi	38	SA Championships	Stellenbosch	30 Aug
30:35	Ruben Magengenene	39	SA Championships	Stellenbosch	30 Aug
30:36	Thoriso Ratsela	41	SA Championships	Stellenbosch	30 Aug

THIS MONTH IN HISTORY

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

10 years ago: 4 October 1997

For the first time in history two men dipped under an hour in the half marathon (on a legitimate course) when Shem Kororia and Moses Tanui finished ahead of the field in the World Half-marathon Championships in Kosice, Slovakia. They ran 59:56 and 59:58 respectively, with Kenneth Cheruiyot completing a Kenyan medal sweep in exactly one hour. South Africa's Hendrick Ramaala was fourth in 60:07, still the SA record. Tegla Loroupe (KEN) won the women's title in 1:08:14. Gert Thys (60:23) and Makhosonke Fika (63:04) helped Ramaala to give South Africa the silver medal in the team competition.

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	28:33a	Lusapho April	East London	12 Oct
	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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