

Distance Running Results

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

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Publisher: Riël Hauman

EDITORIAL

South Africa won two gold medals – both in the 800 – in the distance events at the Commonwealth Youth Games in Pune, plus a bronze. The golds went to Windy Cylof Jonas and Mokgadi Caster Semenya, while Jonas also finished third in the 1500 m.

In the USA, where she is now a volunteer assistant coach at Coastal Carolina University, Zola Pieterse won the Appalachian State Blue Ridge Open cross-country event in Boone.

The article by Dewald Steyn in DRR 8:41 has elicited a response from Graham Daniel of Mr Price, which is published below. DRR has also received another contribution to the debate from Prof Andrew Bosch of the UCT Sports Science Institute, who wrote: "The points raised by Dewald Steyn in his article highlight the plight of marathoning in South Africa in particular, but while the rest of the world has moved on in other distances, eg. the half marathon, we have, at best, only maintained in that and other distances. Even in the Comrades, the very event that many maintain is the cause of the downfall in our athletes in general, we have not consistently done that brilliantly! Which brings me to my point: Firstly, as I have said before, there is a wealth of scientific and medical expertise here in South Africa (at our Institute) that has been recognised and used by OTHER countries to help their Olympic athletes, but we are systematically ignored by our own administrators and, with a few exceptions of athletes who have approached us on their own accord, by SA athletes in their private capacity. Secondly, my personal view is that some of the prize money paid out is ridiculously high when compared against the quality of the performance. Is it not time that prize money for position was reduced and a scale used that pays out more as the performances improve. So, for example, winning SA Champs in only 2:15 gets a first prize of R5000, winning in 2:14 gets R7000, ... in 2:07 R100 000, etc."

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Carnival City Half Marathon & 10 km, Brakpan
- * Chatsworth Half Marathon, Pietermaritzburg
- * Road to the Vineyard 10 km, Kuils River
- * Arcelor Mittal Half Marathon, Vanderbijl Park
- * Van Loveren Wine Estate Vineyard Run, Robertson
- * Meiringspoort Half Marathon & 10 km, De Rust
- * Woodlands Half Marathon & 10 km, Pretoria
- * Ebenezer 10 km, Port Elizabeth
- * Bayside 15 km, Richards Bay
- * Top Gear Rainbow Night Race, George

International highlights:

- * ING Amsterdam Marathon, Amsterdam, NED
 - * Marathon & Semi-Marathon de Reims, Reims, FRA
 - * Dong-A Ilbo Gyeongju Marathon, Gyeongju, KOR
 - * ANA Beijing International Marathon, Beijing, CHN
 - * 20 km de Paris, Paris, FRA
 - * XC: Appalachian State Blue Ridge Open, Boone, USA; Chile Pepper Cross Country Festival, Fayetteville, USA
 - * Track: Commonwealth Youth Games, Pune, IND
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NEWS**XINIWE DISQUALIFIED FROM SPAR RACE**

As reported in *Distance Running Results* last week, Zintle Xiniwe won the Spar Grand Prix overall title by finishing fourth in the final race in Johannesburg, and thus took the series prize of R50 000. Xiniwe withdrew from the South African team that participated in the IAAF World Half Marathon in Rio de Janeiro on the same day in order to win the Spar series.

According to a spokesperson of Central Gauteng Athletics, Mandla Radebe, Xiniwe was subsequently disqualified from the Johannesburg race "because athletes who withdraw from a national team are not allowed to run another race from the week before until the week after" the international championship.

Xiniwe's club, Celtic Harriers, has appealed against the decision on the grounds of the special circumstances of Xiniwe's case. The outcome of this appeal is still awaited. If the decision is upheld, Poppy Mlambo will win the Spar Grand Prix Series.

Earlier in the year Xiniwe had run in the penultimate race of the series, in Pretoria, in the afternoon after she had been fourth in the Nedbank SA 10 km Championships in Stellenbosch that same morning.

Efforts to obtain comment from Athletics South Africa about developments around the disqualification and appeal were unsuccessful.

VIEWPOINT**DO NOT BLAME COMRADES FOR POOR MARATHON STANDARD**

By Graham Daniel

Dewald Steyn's article in DRR 8:41 poses the question, "Why does South Africa, with so much running taking place and so much natural talent, not produce more World & Olympic champions?"

I would be grateful for the opportunity to respond to this article – and assist you in your attempts to answer this question – given that there are direct accusations made at the "professional clubs", of which the Mr Price Athletics Club is a leading proponent. Being the National Manager and Sponsorship Manager for the Mr Price athletics programme I am in a position to offer certain insights from a "professional club" point of view and to defend this position.

But first, I would like to respond to the assumption in your question that South Africa should have more World & Olympic champions. Is it right to assume that we just "should" have champions? The rest of the world, and their leading athletes, are also trying to produce World champions. Historically countries have gone through cycles of brilliant performances and then an overall decline with very little success on the international stage. Finland and New Zealand are the first two countries which jump to mind in this regard, as does Great Britain and to a lesser extent Italy. I'm sure you are aware of their prodigious achievements of the athletes from these nations in the past. Are they looking at their present athletes and questioning their ability to perform internationally? Rather, Australia,

as an example, is investing heavily into the success of their athletes through a structured national programme. And there's no need to mention the "high" of success being enjoyed by the Kenyans at present. Fifty years ago the world was looking at Finland and asking the same questions of their athletes, which we are asking of the Kenyans today. The cycle has turned.

We need to recognize the fact the sport has become a global business and athletes are becoming ambassadors for their country. Nations who are succeeding in this regard have the governing bodies and corporate sponsors working together for the same common objectives (a win-win situation). Kenya & Nike are probably the best example of this while there are many other successful relationships (IAAF & TDK). If the governing bodies of all sporting codes are competing with corporate sponsors (a lose-lose situation) then there is bound to be problems through right of representation at the highest level.

One of the questions totally ignored in the article is the consideration of the social implications we are dealing with at present. If millions of South Africans are living below the poverty line, is it fair to be expecting world-class performances from those near to them or in a similar situation? If athletes have an opportunity to put a roof over their heads, feed their family and survive the next fuel increase then surely we should be encouraging that as a right more than just an opportunity. One of the athletes I have had the privilege to work with could not read or write when we first signed his contract (he used an "X"); now he's in a position where he can both read and write (he passed Grade 12), has a driver's license and has bought a house. His running ability changed his life and while he may not have won any major marathon titles, he does have respect in the community and pride in his achievements.

However, the solutions to these social problems are beyond our scope and we aim to focus on the deliverables.

I would like to bring the following information to the fore at this point. Let's look at the marathon best times of the South African Comrades gold medalists over the past 14 years:

1995	Name	Surname	Time	CLUB	42km PB	
1	Shaun	Meiklejohn	05:34:02	Mr Price	RSA	02:21
2	Charl	Mattheus	05:35:01	Fit 2000	RSA	02:22
3	Alexi	Volgin	05:40:38	Mr Price		
4	Mohala	Mohloli	05:41:30	GenGold		
5	Gary	Turner	05:42:33	Fit 2000	RSA	02:28
6	Sipho	Masango	05:47:09	Msauli	RSA	02:21
7	Colin	Lindeque	05:48:11	Natal U	RSA	02:20
8	Lucas	Matlala	05:49:13	Khosa	RSA	02:19
9	Nick	Bester	05:49:54	Voltaren	RSA	02:20
10	Theo	Rafiri	05:50:33	Rocky Road Runners	RSA	02:22
1996						
1	Dmitri	Grishin	05:29:33	Mr Price		
2	Nick	Bester	05:30:48	Voltaren		
3	Alexi	Volgin	05:32:21	Mr Price		
4	Charl	Mattheus	05:34:56	Mr Price		
5	Shaun	Meiklejohn	05:39:20	Mr Price		
6	Gary	Turner	05:40:52	Fit 2000		
7	Thomas	Johnson	05:41:57	Mr Price		
8	Mikhail	Kokorev	05:42:10	Mr Price		
9	Moses	Lebakeng	05:43:27	GenGold		

10	Donovan	Wright	05:45:55	UWC	RSA	02:18
1997						
1	Charl	Mattheus	05:28:37	Rentmeester		
2	Nick	Bester	05:30:41	Voltaren		
3	Jaroslav	Janicki	05:32:50	Mr Price		
4	Zithulele	Singe	05:33:18	Goldfields	RSA	02:08
5	Andrew	Kelehe	05:33:24	SAPS	RSA	02:23
6	Sarel	Ackermann	05:33:27	Voltaren	RSA	02:21
7	Shaun	Meiklejohn	05:34:04	Mr Price		
8	Mohala	Mohloli	05:34:34	Goldfields		
9	Peter	Camenzind	05:34:47	Switzerland		
10	Konstantin	Santalov	05:37:36	Rentmeester		
1998						
1	Dmitri	Grishin	05:26:25	Rentmeester		
2	Charl	Mattheus	05:31:32	Rentmeester		
3	Alexi	Volgin	05:33:57	Mr Price		
4	Igor	Tyupin	05:35:23	Mr Price		
5	Ravil	Kashapov	05:37:26	Mr Price		
6	Andrew	Kelehe	05:39:40	SAPS		
7	Sarel	Ackermann	05:40:49	Voltaren		
8	Livingstone	Jabanga	05:41:07	Liberty Life	RSA	02:19
9	Shaun	Meiklejohn	05:41:59	Mr Price		
10	Anatoli	Kruglikov	05:42:14	Mr Price		
1999						
1	Jaroslav	Janicki	05:30:11	Mr Price		
2	Andrew	Kelehe	05:32:42	Rentmeester		
3	Lucas	Matlala	05:33:30	Liberty Life		
4	Alexi	Volgin	05:35:00	Mr Price		
5	Anatoliy	Korepanov	05:38:04	Mr Price		
6	Walter	Nkosi	05:40:20	Liberty Life	RSA	02:23
7	Joseph	Ikaneng	05:41:08	Rentmeester	RSA	02:24
8	Konstantin	Santalov	05:41:36	Rentmeester		
9	Shaun	Meiklejohn	05:44:07	Mr Price		
10	Grigory	Murzin	05:47:25	Mr Price		
2000						
1	Vladimir	Kotov	05:25:33	Mr Price		
2	Alexi	Volgin	05:27:08	Mr Price		
3	Dmitri	Grishin	05:32:47	Rentmeester		
4	Donovan	Wright	05:35:37	Mr Price		
5	Andrew	Kelehe	05:36:32	Rentmeester		
6	Fusi	Nhlapo	05:37:46	Liberty Life	RSA	02:17
7	Walter	Nkosi	05:40:18	Liberty Life		
8	Don	Wallace	05:42:49	Australia		
9	Mikhail	Kokorev	05:43:15	Mr Price		
10	Anatoliy	Korepanov	05:44:38	Mr Price		

2001

1	Andrew	Kelehe	05:25:52	Rentmeester		
2	Leonid	Shvetsov	05:26:29	Mr Price		
3	Vladimir	Kotov	05:27:22	Mr Price		
4	Alexi	Volgin	05:27:41	Harmony		
5	Fusi	Nhlapo	05:30:38	Liberty Nike		
6	Grigory	Murzin	05:33:00	Mr Price		
7	Dmitri	Grishin	05:36:04	Rentmeester		
8	Sarel	Ackermann	05:36:51	Rentmeester		
9	Walter	Nkosi	05:38:16	Liberty Nike		
10	Michael	Mpotoane	05:38:43	New Balance	RSA	02:21

2002

1	Vladimir	Kotov	05:30:59	Mr Price		
2	Willie	Mtolo	05:33:35	Harmony		
3	Jorge	Aubeso Martinez	05:33:37	Mr Price		
4	Oleg	Kharitanov	05:34:43	Mr Price		
5	Sarel	Ackermann	05:39:05	Liberty		
6	Albe	Geldenduys	05:39:45	Harmony		
7	Joseph	Ikaneng	05:44:11	Liberty		
8	Don	Wallace	05:44:19	Australia		
9	Andrew	Kelehe	05:46:32	Liberty		
10	Fusi	Nhlapo	05:46:59	Liberty		

2003

1	Fusi	Nhlapo	05:28:52	Liberty		
2	Oleg	Kharitanov	05:31:41	Mr Price		
3	Joseph	Molaba	05:31:56	Harmony	RSA	02:19
4	Jorge	Aubeso Martinez	05:32:21	Mr Price		
5	Andrew	Kelehe	05:35:18	Liberty		
6	Sarel	Ackermann	05:35:51	Liberty		
7	Walter	Nkosi	05:39:25	Liberty		
8	Willie	Mtolo	05:41:29	Harmony		
9	Dennis	Zhalybin	05:41:38	Mr Price		
10	Moses	Lebakeng	05:42:30	Harmony		

2004

1	Vladimir	Kotov	05:31:22	Mr Price		
2	Jaroslav	Janicki	05:34:17	Mr Price		
3	Oleg	Kharitanov	05:39:09	Premier		
4	Willie	Mtolo	05:39:56	Harmony		
5	Andrew	Kelehe	05:42:34	Liberty		
6	Joseph	Ikaneng	05:43:03	Mr Price		
7	Simon	Mphulanyane	05:44:10	Mr Price	RSA	02:10
8	Jorge	Aubeso Martinez	05:45:34	Mr Price		
9	Johan	Oosthuizen	05:46:07	Liberty	RSA	02:26

10	Jacob	Madima	05:48:31	Harmony	RSA	02:24
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2005

1	Sipho	Ngomane	05:27:11	Harmony	RSA	02:14
2	Oleg	Kharitanov	05:29:16	Harmony		
3	Andrew	Kelehe	05:31:45	Liberty		
4	Vladimir	Kotov	05:34:00	Mr Price		
5	Fusi	Nhlapo	05:39:02	Mr Price		
6	Mohala	Mohloli	05:40:18	Mr Price		
7	Johan	Oosthuizen	05:40:58	Liberty		
8	Claude	Moshiywa	05:42:23	Liberty	RSA	02:22
9	Elias	Mabane	05:46:21	Harmony	RSA	02:20
10	Albe	Geldenhuys	05:46:38	Harmony		

2006

1	Oleg	Kharitanov	05:35:19	Harmony		
2	Brian	Zondi	05:37:32	Harmony		
3	Vladimir	Kotov	05:40:56	Mr Price		
4	Grigory	Murzin	05:41:26	Harmony		
5	Fusi	Nhlapo	05:41:43	Mr Price		
6	Jaroslav	Janicki	05:42:06	Mr Price		
7	Andrew	Kelehe	05:44:20	Liberty		
8	Mncedisi	Mkhize	05:44:28	Mr Price	RSA	02:30
9	Frans	Chauke	05:46:01	Mr Price	RSA	02:18
10	Leboka	Noto	05:47:29	Mr Price		

2007

1	Leonid	Shvetsov	05:20:41	Harmony		
2	Grigory	Murzin	05:30:12	Harmony		
3	Mncedisi	Mkhize	05:32:50	Mr Price		
4	Fusi	Nhlapo	05:33:48	Mr Price		
5	Leboka	Noto	05:35:27	Mr Price		
6	Oleg	Kharitanov	05:39:54	Harmony		
7	Stephen	Muzhingi	05:40:11	Formula 1		
8	Sipho	Ngomane	05:45:21	Harmony		
9	Lucas	Nonyana	05:47:32	Harmony		
10	Godfrey	Sesenyamotse	05:48:18	Mr Price	RSA	02:27

2008

1	Leonid	Shvetsov	05:24:47	Russian		
2	Jaroslav	Janicki	05:38:29	Mr Price		
3	Stephen	Muzhingi	05:39:40	Formula 1		
4	Oleg	Kharitanov	05:42:03	Mr Price		
5	Grigory	Murzin	05:43:07	Nedbank		
6	Harmans	Mokgadi	05:47:10	Nedbank	RSA	02:21
7	Mncedisi	Mkhize	05:48:18	Mr Price		
8	Vladimir	Kotov	05:48:42	Mr Price		
9	Johan	Oosthuizen	05:50:32	Breakthru		
10	Willie	Mtolo	05:53:36	Mr Price		

TABLE 1: Comrades gold medalists marathon PBs (Note: The PBs are not repeated, but only recorded once)

Clearly this information shows that these athletes are not international marathon material, and blaming Comrades – or sponsors for forcing athletes to run Comrades - for the lack of performance by the best marathoners is completely unfounded. We also need to consider the fact that the Comrades was being run during all the time periods identified in your tables and in fact when some of the best times were set. Why were the athletes able to run fast marathon times in Period A & B as per your table? The Comrades Marathon was indeed alive and well in those days.

We could do another analysis to get to the same conclusion and take the present group of performing marathon runners and see how many have run and/or performed in the Comrades. The likes of Coolboy Ngamole, George Mokofeng, Hendrick Ramaala and Norman Dlomo have all neither run Comrades nor any ultramarathons. These are the same athletes winning our SA titles at present and representing RSA. And yet your table indicates that they too are statistically significantly different to Period B – which you term the “golden years”.

However, there is a fundamental flaw in both of these statistical analyses, which in fact make all of these conclusions null and void. This fact is that we are taking into account one event in isolation, in each study,. Before you can draw any conclusion about the two events and/or their inter-relationship you first need to establish a very high correlation between these two events. By just assuming that it is because athletes compete in both events makes your conclusion fundamentally flawed. Similarly assuming that one event directly impacts on the other adds to the inconclusive nature of this data. Contrary proof of this fact is provided by our current Comrades record holder, Leonid Shevtsov, who ran Comrades twice, then ran a 2:10 marathon, then came back and broke the Comrades record. In fact, he finished 12th in the Athens Olympic Marathon, beating Ramaala, whom Mr Steyn considers one of the accepted top marathoners. (And, it should be pointed out, contrary to what was stated in the article, Ramaala was sponsored by Mr Price for many years. This fact was seldom recognized, as he raced outside of South Africa in the kit of international brands, first Nike and now addidas. At no stage was he forced to even consider running an ultra event.) Ramaala’s case provides proof that financial backing, incentives and sponsorships were provided by the events, their sponsors and the apparel companies. Why then did the times for these marathon events not decrease, if – according to your analysis – there has been a decline in those performances since the era of payments in the sport?

It can be concluded that it is both unfair and unfounded to compare the results of the SA Marathon Championships with those of the Comrades Marathon and/or the Two Oceans (or any other ultradistance race in the country).

However, one statement in the article is a direct allegation against the major sponsors and supporters of the sport in South Africa. I quote: “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.”

An allegation is made here that has no basis and is totally unfounded. Any proof, besides hear-say, to substantiate this allegation with regards to any of our Mr Price athletes would be needed before such a public statement can be made. At no stage has any Mr Price athlete been forced to run any event. Not now, not in the past nor in the future. Each athlete is given the opportunity to discuss his/her programme for the next year and then is assisted, in terms of preparation and race entries, etc., to perform in these events. Any athlete who has the potential to perform internationally is always given this opportunity and never forced to run an ultra event. Again I refer you to the above data and state that these athletes (Comrades gold medalists) are not international standard marathoners, and this proves that these athletes were not compromised in any way.

Not only are the allegations unfounded but they are libelous as well. I find it very difficult to understand these allegations, given the magnitude of support of the sport of athletics by Mr Price and other sponsors. The impact of the loss of these sponsorships to the sport would be horrific and the number of people suffering would be far greater than the potential loss of one individual performing at an international level.

With reference back to Table 1, I should also point out that, with the exception of Shaun Meiklejohn, Mr Price's Comrades involvement was predominantly with foreign athletes, thus having very little impact on the PB times of South African marathoners. Further to this it must be pointed out that Mr Steyn was intimately involved in the creation, development and management of the Rentmeester club, which was a dominant force in one of periods identified in your tables. The focus of our support has changed significantly to the extent that we are only supporting and sponsoring local athletes – a point highlighted in the print media this year.

So in conclusion my suggestion, in collaboration with your efforts to find solutions to the problems which rightly do exist, is to reassess your data and/or implications of the data. Furthermore, I suggest you look at the constructive effect of the millions of Rands poured into the sport by the sponsors and give the credit due where it is deserved. By alienating the sponsors you are only serving to shoot yourself in the foot, given that you are so intimately involved in the industry. I commend your credible efforts to seek solutions and do welcome, as I have in the past, any workable solution we can implement to resolve any of these issues you have identified. If there is a solution, then I believe it lies in all parties working together and for the common good of the sport and the athletes. We at Mr Price are in the fortunate position that we can justify our investment in a constructive and effective way and can quantify the contribution to the sport and to the athletes.

Congratulations on your efforts to address these issues. I certainly hope your investigation sparks more interest into the areas of concern, but I trust that I have been able to justify that the era of the "professional clubs" – as pointed out by you – is NOT responsible for the decline in the times of South Africans' performances at the SA Marathon Championships.

ROAD RUNNING

Carnival City Half Marathon & 10 km

Brakpan, 19 October

(Distances: 21.0975 km & 10 km)

MEN

1. Tshidiso Bosiu – Gauteng Striders 1:06:04
2. Lucky Mohale – Powerade 1:07:58
3. Sipho Ncube – ZIM/Mr. Price 1:08:29

Veterans:

1. Jonathan Cherono – KEN/Gauteng Striders 1:10:15
2. Reginald Ngobese – Gauteng Striders 1:13:01
3. Soccer Ncube – Gauteng Striders 1:14:35

Masters:

1. Ralph Mashabels – Cheetahs 1:26:06
2. Don Charles – Brotherhood 1:28:47

G'masters:

1. Pele Tshikundamalema – Dosco 1:36:20
2. Aldo Buccara – RAC 1:37:14

Juniors:

1. Sifiso Mthethwa – Boksburg 1:21:08
2. Mihle Nukwa – Alberton 1:25:08

WOMEN

1. Triphena Jepchumba – KEN/Gauteng Striders 1:21:10
2. Sarah Mahlangu – Mr. Price 1:27:23 (1st vet)
3. Michelle Kellock – Bedfordview CC 1:27:33

Veterans:

1. Sarah Mahlangu – Mr. Price 1:27:23
2. Rene Strydom – Randburg Harriers 1:28:48
3. Cynthia Mkhovane – Powerade 1:36:40

Masters:

1. Elaine Greenblatt – Rockies 1:43:49
2. Pam Hampton – Sunninghill 1:48:40

G'masters:

1. Sarah Hackney – Boksburg – 2.08:44
2. Annette Roos – RAC – 2.20:49

Juniors:

1. Andronica Mokgotloli – Gauteng Striders 1:44:59
2. Geraldine Combrink – Exxaro 1:45:20

10 km**MEN**

1. Themba Miya – Gauteng Striders 30:32
2. Lucky Miya – Gauteng Striders 30:47
3. Domenic Khoza – Raiders 31:04

Veterans:

1. Gethun Wordofa – ETH/ADT 32:18
2. Lawrence Chipangaan – Powerade 33:37
3. Simon Ramashapa – Corobrik 33:58

Masters:

1. Wilson Moloto – Powerade 39:46
2. Joe Rebordao – RAC 42:00

G'masters:

1. Joao Raposo – Dosco 51:15
2. John MacDonald – RAC 51:53

Juniors:

1. Reuben Madengiemang – Transnet 32:03
2. Kakopeksa Mhlangu – Rockies 32:47

WOMEN

1. Allecen Jepkosgei – KEN/Gauteng Striders 36:26
2. Jane Pooe – Gauteng Striders 43:12
3. Sonja Laxton – RAC 44:01 (1st vet)

Veterans:

1. Sonja Laxton – RAC 44:01
2. Judy Pace – RAC 46:25
3. Anne-Marie Eaga – Bethal 50:37

Masters:

1. Diane Keys – JHAC 1:01:13

G'masters:

1. Hazel Quilliam – Roodepoort 1:01:59
2. Mavis Stadler – Ilanga 1:04:02

Juniors:

1. Michelle Strydom – Randburg Harriers 44:18
2. Goodness Nxumalo – Ratonda Eagles 46:58

Chatsworth Half Marathon

Pietermaritzburg, 19 October

(Distance: 21.0975 km; loop course)

MEN

1. Nkosivelile Ntantiso	Mr Price T	68:57
2. Lingile Gonqa	Mr Price T	71:06
3. Elmore Sibanda	Boxer AC	71:05

40-49:

1. Lungani Gcabashe	Boxer AC	76:17
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50-59:

1. Eloi De Oliveria	Boxer AC	82:45
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60+:

1. Victor Padahycee	Woodview AC	105:09
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WOMEN

1. Iris Ndlovu	Boxer AC	94:41
2. Bongile Mpanza	Boxer AC	94:46
3. Nomusa Ntsetse	Mr Price T	98:32

40-49:

1. Julie Shadwell	Hillcrest Vill	99:49
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50-59:

1. Sheree Kirsten	PDAC	114:17
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60+:

1. Gill Tregenna	West AC	153:00
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Road to the Vineyard 10 km

Kuils River, 18 October

(Certified loop course. Finishers: 918.)

MEN

1. Tom Lusaseni (Celt) 30:18 (R400); 2. Neo Molema (Mr Pr) 30:30 (R300); 3. Peter Tsawayo (ZIM/RCS Gug) 3:33 (R200); 4. Zolile Bhitane (Ned) 31:17; 5. Tsungai Mwanengeni (ZIM/Mr Pr) 31:23; 6. Anthony Godongwana (Celt) 31:40; 7. Unathi Phezolo (RCS Gug) 32:03 (1st jun); 8. Shaun Zuzani (Ned) 32:28; 9. Nicholas Rupanga (Celt) 32:38; 10. Frankwin Saayman (Ad) 32:49; 11. Shaun Abrahams (Ad) 32:51; 12. Manfred Samuels (H.Harr) 32:59; 13. Brian Mapeyi (VOB) 33:03 (1st vet); 14. Luxolo Mdzanga (RCS Gug) 33:08; 15. Riaan Wildskut (East) 33:08; 16. Sipho Phala (VOB) 33:18; 17. Monde Mpemnyane (Celt) 33:19; 18. Dawid Visser (Mr Pr) 33:24; 19. Vuyani Sixaso (VOB) 33:26; 20. Quinton Prince (Met) 33:33; 21. Makhosonke Fika (Mr Pr) 33:40; 22. Professor Khwetane (VOB) 33:54; 23. Anele Funindawo (Met) 34:06; 24. Wanda Roro (Ad) 34:17; 25. Michael Qwasha (Celt) 34:28; 26. Joseph Nqzingawe (RCS Gug) 34:44; 27. Nicholas Mpantshae (RCS Gug) 34:59; 28. Anthony Matthee (H.Harr) 35:29; 29. Carlo Jacobs (Top) 35:55; 30. Johan April (Mat) 35:55.

Masters: (40+): 1. Brian Mapeyi (VOB) 33:03 (R100); 2. Carlo Jacobs (Top) 35:50 (R75); 3. Roston Isaacs (Ned) 37:32 (R50). **(50+):** 1. Kosie Botha (CS) 36:34 (R100); 2. Goodman Mpukane (RCS Gug) 37:56 (R75); 3. Robbie Lindsay (Ned) 38:13 (R50). **(60+):** Willie van Wyk (Brack) 42:22 (R100); 2. Blackie Swart (Swart) 44:31 (R75); 3. Isaac Prins (Saf/Wel) 44:35 (R50). **(70+):** 1. Sybrand Mostert (Ind) 48:10. **Juniors:** 1. Unathi Phezolo (RCS Gug) 32:03 (R150); 2. Shaun Zuzani (Ned) 32:28 (R125); 3. Manfred Samuels (H.Harr) 32:59 (R100).

WOMEN (Same prize money as men)

1. Thozama April (Celt) 36:49; 2. Nomvuyisi Seti (Mr Pr) 38:17; 3. Maureen Dladla (SAPSFS) 38:29; 4. Vicky van der Merwe (Ind) 38:41; 5. Marlize van Schaik (Dur) 40:33; 6. Natasha Oosthuizen (Ad) 40:38; 7. Sheryl de Lange (Ned) 40:51 (1st vet); 8. Danette Smith (Mat) 41:36; 9. Ayanda Mqhakayi (RCS Gug) 42:23 (1st jun); 10. Yonela Hewu (RCS Gug) 42:26; 11. Francis Roman (Celt) 42:39; 12. Tania Kapp (VOB) 43:29; 13. Patricia Adams (Met) 44:18; 14. Nancy Will (Pine) 44:28 (1st mast); 15. Andrea Pretorius (Ind) 44:42; 16. Joanne Wynne (Dur) 44:58; 17. Glenda Werth (Ned) 44:59; 18. Esmé Koopman (Celt) 45:30; 19. Zilla Stekhoven (Ind) 45:38; 20. Charmaine Cupido (Ned) 46:11.

Masters: (40+): 1. Sheryl de Lange (Ned) 40:51; 2. Joanne Wynne (Dur) 44:58; 3. Nicolene Koegelenberg (Brack) 47:07. **(50+):** 1. Nancy Will (Pine) 44:28; 2. Charmaine Cupido (Ned) 46:11; 3. Diane Rixon (VOB) 48:41. **(60+):** 1. Pixie Sparg (Celt) 49:15; 2. Marietha Herbert (Bel) 50:22; 3. Marlene James (Pine) 57:24. **Juniors:** 1. Ayanda Mqhakayi (RCS Gug) 42:23; 2. Yonela Hewu (RCS Gug) 42:26; 3. Khulukazi Lupondo (RCS Gug) 47:10.

Arcelor Mittal Half Marathon

Vanderbijl Park, 18 October

(Distance: 21.0975 km; loop course)

MEN

1 Peter Mathubi (Nedbank) 68:04; 2 Fussy Nkutha (Nedbank) 69:01; 3 Themba Lamane (Temp) 69:11.

Veterans: 1 Petrus Tsotetsi (Arcelor Mittal) 71:07. **Masters:** 1 Jeff Sales (Nedbank) 91:06. **G'masters:** Jimmy Harding (Dosco) 98:47. **Juniors:** 1 Stefan Aucamp (Arcelor Mittal) 79:12.

WOMEN

1 Nicolene van Deventer (Temp) 95:51; 2 Elsabe Aucamp (Arcelor Mittal) 1:42:08 (1st vet); 3 Welma Cronje (Brooks Striders) 1:46:07.

Veterans: 1 Elsabe Aucamp (Arcelor Mittal) 1:42:08. **Masters:** 1 Welma Cronje (Brooks Striders) 1:46:07. **G'masters:** 1 Dot van Heerden (Avis) 2:54:00.

Van Loveren Wine Estate Vineyard Run

Robertson, 18 October

(Distance: 10 km; loop course)

MEN

1. Rowan Prins (Rob) 36:11; 2. Anton Waterboer (Rob) 37:08; 3. Ignatius Davids (Rob) 37:18 (1st jun); 4. Randall Jacobs (Rob) 37:20; 5. Sollie van Rooyen (CS) 39:05 (1st vet); 6. Abraham Fielies (Worc) 41:22; 7. Fernandez Sebonicke (Ind) 41:39; 8. Manuel Lewies (Bonnie) 43:04; 9. Nicolaas Kees (Rob) 44:09; 10. Frikkie Cronjé (Ind) 45:16 (1st mast); 11. Sammy Boland (Ind) 45:59; 12. Ryno Fortuin (Ind) 46:45; 13. Henrico Hunter (Worc) 47:4; 14. Abraham Fredericks (CS) 48:08; 15. Eugene Marais (Edg) 49:21; 16. Robert de Monk (S.Str) 50:29; 17. Tyron Esau (Bonnie) 50:40; 18. Natale Roelofse (Worc) 50:59; 19. Duane Newman (Br'through) 54:50; 20. Johannes de Wee (Rob) 55:0; 21. Dirk Hunter (Worc) 58:39; 22. Kobus Kriel (Spr PR) 60:00; 23. Brad Gold (Ind) 61:16; 24. Edrick Terblanche (Ind) 61:20; 25. Steve Norris (WC) 62:07.

Masters: (40+): 1. Sollie van Rooyen (CS) 39:05; 2. Abraham Fielies (Worc) 41:22; 3. Nicolas Kees (Rob) 44:09. **(50+):** 1. Frikkie Cronjé (Ind) 45:16; 2. Natale Roelofse (Worc)

50:59; 3. Kobus Kriel (Spr PR) 60:00. **(60+)**: 1. Johan Adler (Ind) n/t. **Juniors**: 1. Ignatius Davids (Rob) 37:18; 2. Randall Jacobs (Rob) 37:20; 3. Fernandez Sebonicke (Ind) 41:39.

WOMEN (No times available after position 7)

1. Bianca Marais (Edg) 49:23; 2. Roné Martin (Ind) 52:05; 3. Bertha Denichaud (Edg) 52:37 (1st vet); 4. Lizzaby Kriel (Spr PR) 58:59; 5. Jandri de Wet (Ind) 60:55; 6. Anita Tichakl (Ind) 60:55 (1st mast); 7. Alison Donie (Rob) 61:28; 8. Sharon Newman (Br'through); 9. Sasha Botha (Ind); 10. Juhanné Jullies (Ind); 11. Elydin de Monk (S.Str); 12. Marlene Weyers (Ind); 13. Sandra van Deventer (Ind); 14. Zalea Zeelie (Ind); 15. Berenice Willemse (Ind); 16. Annelie Gous (Rob); 17. Leonie van Zyl (Ind); 18. Jolanda Venter (Ind); 19. Charlotte Badenhorst (Fit 2000); 20. Esna Lourens (Ind).

Masters: (40+): 1. Bertha Denichaud (Edg) 52:37; 2. Lizzaby Kriel (Spr PR) 58:59; 3. Elydin de Monk (S.Str). **(50+)**: 1. Anita Tichakl (Ind) 60:55. **(70+)**: 1. Annelie Gous (Rob) n/t. **Juniors**: 1. Juhanné Jullies (Ind) n/t.

Meiringspoort Half Marathon & 10 km

De Rust, 18 October

(Distances: 21.0975 km & 10 km; point-to-point courses)

Half marathon

MEN

1	Vuyo	Witbooi	Outeniqua Harri	33	1:08:26
2	Bernardo	Fredericks	Spoornet AC	21	1:08:57
3	Madimetja	Kekana	SANDF NC	24	1:10:03
4	Samson	Mkhize	SANDF FS	35	1:10:04
5	Dumitry	Jansen	SANDF Gauteng	34	1:10:21
6	Lucky	Dladla	SANDF MPU	35	1:11:26
7	Mxolisi	Fana (1 st vet)	Nedbank RC SWD	40	1:11:27
8	Mthobeli	Mathomane	SANDFWP	23	1:12:31
9	Booi	Salman	RWFL SWD	35	1:12:42
10	Itomeleng	Dipitsi	SANDF NC	24	1:13:09
11	Zuzile	Ntsiniyabo	Knysna MC	33	1:13:11
12	Isaak	Mokhobo	SANDF FS	39	1:13:51
13	Edward	Sibanda	SANDF Limpopo	49	1:13:57
14	Daniel	Pitlele	SANDF FS	43	1:14:02
15	Vusumzi	Ntuli	SANDF Gauteng	36	1:14:37
16	Sinesipho	Didishe (1 st jun)	Knysna MC	17	1:15:11
17	Peter	Mokotary	Metropolitan AC	21	1:15:23
18	Joey	Klaasen	Nedbank RC SWD	38	1:15:24
19	Lesiba	Noko	SANDF Limpopo	25	1:15:32
20	Kebonemodisa	Modisenyane	SANDFNW	41	1:15:47

40-49:

1	Mxolisi	Fana	Nedbank RC SWD	40	1:11:27
2	Edward	Sibanda	SANDF Limpopo	49	1:13:57
3	Daniel	Pitlele	SANDF FS	43	1:14:02

50-59:

1	Jan	Esau	SANDF Gauteng	51	1:18:15
2	Herold	Adams	SANDFWP	55	1:20:08
3	Seuntjie	Senatla	SANDF FS	51	1:21:51

60+:

1	Tinie	Strydom	Irene MC	62	1:34:05
2	Dave	Edge	Sedgefield	65	1:41:25
3	Petro	Knoetzen	Plett AC	62	1:44:06

Juniors:

1	Sinesipho	Didishe	Knysna MC	17	1:15:11
2	Frans	Malgas	Knysna MC	18	1:23:10
3	Stefaan	Marais	Temp	18	1:29:32

WOMEN

1	Davera	Magson	Mr Price PE	33	1:23:22
2	Alison	Jordaan (1 st vet)	Outeniqua Harri	42	1:26:20
3	Hanlie	Stegman (1 st mast)	Temp	50	1:28:53
4	Anneke	Slabbert	Temp	37	1:29:21
5	Rene	De Bruyn	SANDFWP	23	1:30:12
6	Annatjie	Botes	Nedbank RC SWD	51	1:30:47
7	Sucille	Pieters	SANDF FS	31	1:31:22
8	Carmen	Maloney	Oudtshoorn A A	37	1:31:48
9	Sandy	De Beer	SANDF KZN	39	1:32:16
10	Rhona	Zonnestein	Knysna MC	46	1:34:33
11	Elize	Kloppers	Temp	38	1:34:47
12	Rea	Oosthuizen (1 st g'mast)	Hartenbos	62	1:35:04
13	Marie	Wolmarans	Nedbank RC SWD	49	1:35:27
14	Molemoeny	Moaneno	SANDF FS	25	1:36:29
15	Mariaan	Griffiths	Outeniqua Harri	45	1:37:15
16	Lorna	Loubser	Sanlam R R C	34	1:37:16
17	Thato	Charles	SANDFNW	21	1:37:23
18	Grace	Bokaba	SANDFWP	23	1:38:17
19	Svelka	Sharp	Sedgefield	33	1:38:54
20	Christa	Smit	Mossel Bay Harr	40	1:39:21

40-49:

1	Alison	Jordaan	Outeniqua Harri	42	1:26:20
2	Rhona	Zonnestein	Knysna MC	46	1:34:33
3	Marie	Wolmarans	Nedbank RC SWD	49	1:35:27

50-59:

1	Hanlie	Stegman	Temp	50	1:28:53
2	Annatjie	Botes	Nedbank RC SWD	51	1:30:47
3	Amor	Van Zyl	Nedbank RC SWD	52	1:42:26

60+:

1	Rea	Oosthuizen	Hartenbos	62	1:35:04
2	Marianne	Nelson	Durbanville A C	64	2:01:43
3	Cathy	Taylor	Durbanville A C	66	2:02:34

Juniors:

1	Rosemary	Bailey	Temp	19	1:49:05
2	Maryke	Joubert	Hartenbos Draw	18	2:12:40
3	Elize	Wannenbourg	De Rust	18	2:20:51

10 km**MEN**

1	Merlyn	Klaaste (1 st jun)	Beaufort West D	15	33:07
2	Stuart	Marais	Temp	23	33:20
3	Luwayne	Duyitsjan	Mossel Bay Harr	22	34:21
4	Greens	Groenewald	RFWLSWD	35	36:47
5	Angus	Vaaltyn	Temp	29	37:09
6	Patrick	Lottering	Zwartberg	17	37:13
7	Tony	Cleophas (1 st vet)	RFWLSWD	42	37:49
8	Joy	Albiton	Rainbow A C	18	38:20
9	Sidwell	Oktober (1 st mast)	Rainbow A C	50	38:32
10	Willie	Freeks	RWFL SWD	51	40:21
11	Quinton	Meyer	Rainbow A C	25	40:49

12	Josop	Magwatti	Temp	22	41:21
13	Stefan	Jacobs	Nedbank RC SWD	15	41:53
14	Heinderie	Bostander	Zwartberg	25	44:28
15	Joshua	Swanepoel	Zwartberg	15	44:44
16	Petrus	Le Roux	Rainbow A C	35	45:00
17	Pieter	Le Roux	Temp	17	45:16
18	Christopher	Wilken	Bo-Karoo MC	17	46:02
19	Randall	Rossouw	Oudtshoorn A A	53	46:43
20	Richard	Hughes	SANDF SWD	36	47:09

40-49:

1	Tony	Cleophas	RFWLSWD	42	37:49
2	Ritus	Meiring	Temp	49	49:01
3	Andrew	King	Temp	46	49:55

50-59:

1	Sidwell	Oktober	Rainbow A C	50	38:32
2	Willie	Freeks	Rwfl SWD	51	40:21
3	Randall	Rossouw	Oudtshoorn A A	53	46:43

60+:

1	Denzil	Dick	Temp	63	1:01:33
2	Jos	De Villiers	Temp	64	1:04:27
3	Gert	Schoeman	Temp	61	1:10:04

Juniors:

1	Merlyn	Klaaste	Beaufort West D	15	33:07
2	Patrick	Lottering	Zwartberg	17	37:13
3	Joy	Albiton	Rainbow A C	18	38:20

WOMEN

1	Elizma	Horne	De Rust	30	46:13
2	Liezel	Leonard	Temp	32	46:49
3	Yolande	Malan	Temp	28	48:31
4	Jolandie	De Villiers	Temp	37	49:38
5	Maree	Muller (1 st mast)	Temp	51	50:28
6	Johanna	Mokoago	Zwartberg	21	51:38
7	Wilma	Smith (1 st vet)	Outeniqua Harri	42	52:46
8	Amy	Schwan (1 st jun)	Temp	15	52:54
9	Adele	Middlecote	Bo-Karoo MC	17	52:54
10	Marie	Van Der Spuy	Temp	50	54:43
11	Chrissie	Fourie	Ceres Athletic	44	54:50
12	Suzanne	Smit	Temp	26	55:02
13	Kristy	Seyfert	Temp	23	55:13
14	Marelize	Potgieter	Temp	27	55:14
15	Abigail	Modra	Zwartberg	15	55:17
16	Sanmarie	Van Eeden	Temp	14	55:21
17	Nicola	De Wet	Temp	27	55:32
18	Magdalena	Van Greunen	Outeniqua Harri	37	55:50
19	Ronel	Swanepoel	Temp	16	56:26
20	Anja	Lareman	Temporary	17	56:34

40-49:

1	Wilma	Smith	Outeniqua Harri	42	52:46
2	Chrissie	Fourie	Ceres Athletic	44	54:50
3	Mariana	Van Rooyen	Outeniqua Harri	45	58:09

50-59:

1	Maree	Muller	Temp	51	50:28
2	Marie	Van Der Spuy	Temp	50	54:43
3	Glennys	Joubert	Raleigh A C	57	58:14

60+:

1	Anne-Marie	Van Eck	Outeniqua Harri	62	1:03:44
2	Nellie	Du Toit	Temp	60	1:10:37
3	Elizabeth	Visser	Temp	65	1:12:51

Juniors:

1	Amy	Schwan	Temp	15	52:54
2	Adele	Middlecote	Bo-Karoo MC	17	52:54
3	Abigail	Modra	Zwartberg	15	55:17

Woodlands Half Marathon & 10 km

Pretoria, 18 October

(Distances: 21.0975 km & 10 km; out-and-back courses)

Half marathon**MEN**

1 Phatlalla Mohlohi (Toyota) 73:57; 2 Tidimalo Modiga (Temp) 74:05 (1st vet); 3 Gideon Mokofane (Ilange) 74:48.

Veterans: 1 Tidimalo Modiga (Temp) 74:05; 2 Louis Liebenberg (NB) 86:04. **Masters:** 1 Daniel Moeti (Beefcor) 96:29; 2 Aalwyn v Jaarsveld (Tuks) 1:40:36. **G'masters:** 1 Paulus Masilela (Irene) 92:36. **G/g'masters:** 1 Maartin Coetzee (Magnolia) 2:17:18. **Juniors:** 1 Tjaart Oosthuizen (Warmbaths) 2:11:55.

WOMEN

1 Gloria Baeba (Transnet) 87:04; 2 Marietjie Montgomery (Temp) 96:44 (1st vet); 3 Sally Fenwick (Wanderers) 1:43:03.

Veterans: 1 Marietjie Montgomery (Temp) 96:44; 2 Holly Jones (Breakthru Midrand) 1:47:26. **Masters:** 1 René v Zyl (Magnolia) 1:43:36; 2 Val Watson (NB) 2:02:48.

G'masters: 1 Esme Kloppers (Transnet) 2:13:36.

10 km**MEN**

1 Shadrack Hoff (Temp) 31:06; 2 Aaron Gabonewe (Mr Price) 31:12; 3 Daniel Mothibe (NB) 35:22 (1st vet).

Veterans: 1 Daniel Mothibe (NB) 35:22; 2 Johan Buys (Irene) 39:37. **Masters:** 1 Colin Fisher (CSIR) 41:57; 2 Dieter Gloeck (Magnolia) 44:53. **G'masters:** 1 Fritz Louw (Irene) 53:26. **G/g'masters:** 1 Ron Nothard (Phobians) 64:36.

WOMEN

1 Ronel Thomas (Nedbank) 39:37; 2 Jaqui vd Waals (Tuks) 41:36; 3 Renata Dreyer (Sunninghill) 41:50.

Veterans: 1 Ansie Viljoen (Irene) 44:03; 2 Debbie Bredenkamp (HQB) 47:14. **Masters:** 1 Vollie Spies (Tuks) 53:20; 2 Marjan vd Walt (Varsity Sports) 57:41. **G'masters:** 1 Mavis Stadler (Ilanga) 61:59. **G/g'masters:** 1 Marina Odendaal (Solidarity) 59:54. **Juniors:** 1 Francelle Strydom (Kentron) 47:40.

Ebenezer 10 km

Port Elizabeth, 18 October

MEN

1	George	Ntshiliza	Mr Price AC EP	29	29:37
2	Nkosinathi	Madyo	Mr Price AC EP	20	30:06

3	Zolani	Ngqaqa	Nedbank RC EP	19	30:26
4	Sibusiso	Thu	Raleigh AC	20	31:15
5	Desmond	Zibi	Mr Price AC EP	45	31:46
6	Anele	Maliza	Mr Price AC EP	30	31:56
7	Khayaletu	Makalima	Mr Price AC EP	25	32:09
8	Sixolile	Shinta	Nedbank RC EP	23	32:11
9	Maboyisana	Mazwayi	Nedbank RC EP	40	32:16
10	Vuso	Nkonzo	Mr Price AC EP	23	32:18
11	Mzamo	Fokwana	Charlo AC	31	32:47
12	Ivan	Ambraal	Nedbank RC EP	19	32:50
13	Mila	Pasiya	Nedbank RC EP	29	33:11
14	Simon	Ngcoko	Mr Price AC EP	38	33:33
15	Melikhaya	Frans	Nedbank RC EP	16	33:34
16	Terrance	Mjekula	Nedbank RC EP	36	34:00
17	Ayanda	Pana	NMMU AC	36	34:05
18	Lubabaloo	Mdlungwane	Nedbank RC EP	15	34:24
19	Bulelani	Vena	New Balance	29	34:28
20	Mpumelelo	Ndlumbini	New Balance	33	34:43

WOMEN

1	Ntombesintu	Ntshiliza	NMMU AC	26	35:53
2	Treloar	Childs	Spar Walmer AC	45	40:33
3	Deliwe	Nyanga	PEAAC	19	41:17
4	Priscilla	Dyantyi	Mr Price AC EP	34	42:27
5	Babalwa	Ngcoko	Mr Price AC EP	21	43:51
6	Suzanne	Lavis	Jeffreys Bay	50	44:29
7	Adele	Nel	St Albans CSEP	35	46:44
8	Noxolo	Marks	Nedbank RC EP	22	47:58
9	Amanda	Prideaux	Bluewater Bay	33	48:12
10	Janette	Schierz-Crusius	Body Concept	48	48:36
11	Lindie	Barnardo	NMMU AC	24	49:21
12	Liz	Grundlingh	Muirite Strider	61	49:50
13	Carmen	Meyer	PEAAC	36	50:19
14	Hanlie	Van Der Westhuizen	Umvoti AC	52	50:33
15	Nurunnisa	Madatt	Malabar	46	52:02
16	Margaret	Paton	Charlo AC	63	54:05
17	Lindi	Van Tonder	Elite AC	30	54:27
18	Nicola	Craig	Rhodes Universi	22	55:16
19	Melanie	Selwood	Rhodes Universi	21	55:17
20	Lavinia	Darlow	Charlo AC	40	55:19

Bayside 15 km

Richards Bay, 18 October
(Loop course)

MEN

1. S. Badza (ZIM/Boxer) 48:10
2. M. Mkhwanazi (RBAC) 49:38
3. S. Khumalo (Imamba) 52:50

40-49:

1. B. Mncwango (Imamb) 57:46

50-59:

1. L. Fourie (RBAC) 60:20

60+:

1. V. Mswane (uMhlat) 77:20

Juniors:

1. L. Ximba (uMhlat) 59:37

WOMEN

1. S. Scrase (RBAC) 67:15
2. N. Mthetwa (uMhlat) 71:31
3. K. Buthelezi (uMhlat) 72:42

40-49:

1. P. Nel (RBAC) 73:00

50-59:

1. T. Winterboer (uMhlat) 73:53

60+:

1. L. Rautenbach (Mtun) 86:20

Top Gear Rainbow Night Race

George, 8 October

(Distance: 10 km)

Note: Unfortunately the initials of some of the runners were not provided in the results. – Ed.

MEN

1	V Witbooy	Outeniqua Harriers	32	31:58
2	G Moos	Rainbow	24	33:00
3	M Fana	Nedbank RC	40	33:15
4	S Losper	Knysna AC	44	33:37
5	Z Ntsinyabo	Knysna AC	33	34:10
6	F Malgas	Knysna AC	18	34:29
7	S Didishe	Knysna AC	17	34:39
8	A Nise	Knysna AC	40	37:22
9	J Botha	G Sportklub	42	37:26
10	W Greeh	Rainbow	17	37:59

WOMEN

1	A Botes	Nedbank RC	50	43:02
2	K Roos	Knysna AC	30	45:52
3	? Grotepass	Outeniqua Harriers	47	59:00
4	A Cilliers	Ind	41	1:04:08
5	? Gericke	Outeniqua Harriers	32	1:04:24
6	? Ncizel	Ind	36	1:05:47
7	R Munro	Ind	40	1:05:48
8	? Kruyt	Ind	24	1:15:25

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

ING Amsterdam Marathon (33rd)

Amsterdam, NED, 19 October

(Distance: 42.195 km. Finishers: 5972)

MEN (gun times)

1. Paul Kirui, KEN	2:07:52
2. Chala Dechase, ETH	2:08:31 PB
3. Robert Cheboror, KEN	2:09:13
4. Jonathan Kosgei, KEN	2:09:22 PB
5. Jackson Koech, KEN	2:09:42
6. James Rotich, KEN	2:10:04
7. Deriba Deme, ETH	2:10:13
8. John Kibowen, KEN	2:11:28
9. Albert Matebor, KEN	2:11:34
10. Dejene Berhanu, ETH	2:12:23
... 12. Benjamin Limo, KEN	2:12:46

WOMEN (gun times)

1. Lydia Cheromei, KEN	2:25:57 DB
2. Adenech Zekioros, ETH	2:30:17
3. Marta markos, ETH	2:32:32
4. Risper Kimaiyo, KEN	2:33:33
5. Asnakech Mengistu, ETH	2:34:31
6. Gishu Mindaye, ETH	2:35:51
7. Yeshimebet Tadesse, ETH	2:37:42
8. Lena Gavelin, SWE	2:38:44
9. Veena Reddy, USA	2:39:33
10. Elaine Coburn, FRA	2:54:58

Marathon (25th) & Semi-Marathon de Reims

Reims, FRA, 19 October

(Distances: 42.195 & 21.1 km)

Marathon (gun times)

MEN

1. David Kemboi Kiyeng, 1983, KEN	2:07:53 CR*	20,000 Euro
2. John Komen, KEN	2:08:06	12,000
3. Vincent Kipruto, KEN	2:08:16	9,000
4. David Kemboi, 1975, KEN	2:08:40	6,000
5. Alex Kirui, KEN	2:09:38	4,000
... 16. Daniel Komen, KEN (1:04:29 at half)	2:19:46	

WOMEN

1. Agnes Kiprop, KEN	2:32:37	10,000 Euro
2. Rael Nguriatukei, KEN	2:39:15	3,000*
3. Susan Kurui, KEN	2:47:21	2,250*

Half marathon (gun times):

MEN

- | | | |
|------------------------|---------|-----------|
| 1. Dieudonné Disi, RWA | 1:02:04 | 2500 Euro |
| 2. Samuel Kosgei, KEN | 1:02:05 | 2000 |
| 3. Allan Ndiwa, KEN | 1:02:20 | 1500 |

WOMEN

- | | | |
|----------------------------|---------|-----------|
| 1. Gladys Cherono, KEN | 1:11:42 | 2500 Euro |
| 2. Shewaye Kebede, ETH | 1:11:43 | 2000 |
| 3. Elizabeth Chelagat, KEN | 1:12:42 | 1500 |

Dong-A Ilbo Gyeongju Marathon

Gyeongju, KOR, 19 October

(Distance: 42.196 km)

MEN

- | | |
|---------------------------------------|------------|
| 1. Sylvester Kimeli Teimet, 1984, KEN | 2:09:53 PB |
| 2. Yirefu Birhanu, ETH | 2:09:56 |
| 3. Charles Seronei, KEN | 2:10:06 PB |
| 4. Samson Barmao, KEN | 2:10:22 |
| 5. Edwin Komen, KEN | 2:11:12 |
| ... 7. John Yuda, TAN | 2:11:52 |

WOMEN

- | | |
|-----------------------|---------|
| 1. Youn Sun-Sook, KOR | 2:31:21 |
| 2. Chung Yun-Hee, KOR | 2:37:15 |

ANA Beijing International Marathon (28th)

Beijing, CHN, 19 October

(Distance: 42.195 km)

MEN

- | | |
|-------------------------------|------------|
| 1. Benjamin Kiptoo, 1979, KEN | 2:10:14 |
| 2. Luka Chelimo, KEN | 2:10:30 PB |
| 3. Simon Wangai, 1978, KEN | 2:10:52 |
| 4. Rachid Kisri, 1975, MAR | 2:11:31 |
| 5. Lawrence Saina, 1981, KEN | 2:13:25 |

WOMEN

- | | |
|------------------------------|---------|
| 1. Bai Xue, 1988, CHN | 2:26:27 |
| 2. Chen Rong, 1988, CHN | 2:28:25 |
| 3. Zhang Yingying, 1990, CHN | 2:28:52 |
| 4. Hellen Kimutai, 1977, KEN | 2:29:19 |
| 5. Alice Chelagat, KEN, 1976 | 2:31:40 |

20 km de Paris (30th)

Paris, FRA, 12 October

(Certified record-standard course. Finishers: 20 797)

MEN

- | | |
|------------------------------|-------|
| 1. Sammy Kitwara, 1986, KEN | 57:42 |
| 2. Getnet Dagim, 1983, ETH | 57:50 |
| 3. Lemma Fekadu, 1985, ETH | 57:53 |
| 4. John Kiprotich, 1989, KEN | 58:04 |

5. Luka Kanda, 1983, KEN 58:24

WOMEN

1. Miriam Wangari, 1979, KEN 1:08:05
 2. Merima Hashim, 1980, ETH 1:08:21
 3. Elizabeth Chelagat, 1979, KEN 1:08:35
 4. Mamitu Daska, 1983, ETH 1:08:40
 5. Agnes Barsosio, 1983, KEN 1:09:50

CROSS-COUNTRY

Appalachian State Blue Ridge Open

Boone, USA, 18 October

WOMEN (5 km)

Teams: 1. Clemson 74; 2. High Point 83; 3. Coastal Carolina 111...

1. Zola Pieterse, [RSA] 17:58
 2. Meg Gaffney, Appalachian 18:00
 3. Jessica Minty, ZapFitness 18:01

Chile Pepper Cross-country Festival

Fayetteville, USA, 18 October

WOMEN

Teams: 1. TEXAS TECH 72; 2. ARKANSAS 101; 3. SMU 139

1. Sally Kipyego TEXAS TECH [KEN] 19:26.91
 2. Tasmin Fanning VIRGINIA TECH 19:42.73
 3. Lillian Badaru TEXAS TECH 19:54.04
 ... 17. Christine Kalmer ARKANSAS [RSA] 21:03.31

TRACK

Commonwealth Youth Games (3rd)

Pune, IND, 14-16 October

Note: Eilish McColgan, who finished ninth in the girls' 1500 metres, is the daughter of former world 10000-metre champion and New York and London Marathon champion Liz McColgan. – Ed.

BOYS

800 (16):

1. Windy Cylof Jonas, 1990, [RSA] 1:50.72
 2. Daniel Lagamang, 1991, BOT 1:51.28
 3. David Mutinda, 1992, KEN 1:52.22

1500 (15):

1. Jonathan Ndiku, 1991, KEN 3:45.96 CR
 2. Alex Cherop, 1991, UGA 3:48.41
 3. Windy Cylof Jonas, 1990, [RSA] 3:48.41
 4. Folavia Sehohle, 1990, [RSA] 3:48.43

5000 (16):

1. Moses Kibet, 1991, UGA 14:10.86
2. Dickson Huru, 1990, UGA 14:11.06
3. Japhet Korir, 1993, KEN 14:11.39

GIRLS

800 (16):

1. Mokgadi Caster Semenya, 1991, RSA 2:04.23 CR
2. Rachel Stringer, 1990, ENG 2:05.71
3. Sharp Lynsey, 1990, SCO 2:06.77

1500 (15):

1. Stacy Ndiwa, 1992, KEN 4:20.16 CR
2. Jessica Anne Parry, 1991, CAN 4:20.59
3. Clara Mageean, 1992, Northern Ireland 4:22.53
- ... 9. Eilish McColgan, 1990, SCO 4:34.63

3000 (16):

1. Mercy Koech, 1991, KEN 9:06.01 CR
2. Doreen Chesang, 1990, UGA 9:35.71
3. Mary Xwaymay Naali, 1992, TAN 9:36.63

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 15 KM: TOP 10 OPEN WOMEN

54:45	Zintle Xiniwe	1	Constantia Village	Constantia	08 Mar
55:33	Thozama April	2	Constantia Village	Constantia	08 Mar
56:09	Bulelwa Mtshagi	1	Ravensmead	Ravensmead	26 Jul
56:17	Cornelia Joubert	1	Comrades Legends	Germiston	20 Apr
56:22	Nolene Conrad	1	INCA	Eerste River	28 Jun
56:50	Ntombesintu Ntshiliza	1	Kromberg & Schubert	Port Elizabeth	26 Apr
57:27	Zoleka Dondashe	1	Sportsmans Warehouse	Port Elizabeth	24 May
57:33	Destiny Titus	2	INCA	Eerste River	28 Jun
57:37	Xiniwe-2	1	Hohenort	Constantia	19 Jan
57:51	Tshifhiwa Mundalamo	2	Colgate	Boksburg	18 May
58:02	April-2	2	Hohenort	Constantia	19 Jan
58:05	René Kalmer	1	Midrand	Midrand	20 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.

10 years ago: 11 October 1997

Osoro Ondoro (KEN) won the LaSalle Banks Chicago Marathon in 2:06:53.3 with Khalid Khannouchi (MAR) second in 2:07:19 and South Africa's Gert Thys third in 2:07:45. The next year Khannouchi broke the world record at Chicago with 2:05:42. Joyce Chepchumba (KEN) won the women's race in 2:23:57 with two South Africans second and third: Colleen de Reuck in 2:27:04 and Elana Meyer in 2:27:20. (In this year's Chicago Marathon De Reuck, now 44, placed sixth in 2:32:25 – a time not approached by any other South

African apart from De Reuck and Meyer in the past decade.)

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

Veterans

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

Masters

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

Grandmasters

10 km	37:47	Tamsanqa Jusayi	Port Elizabeth	23 Aug
15 km	58:50	Albertus Bock	Constantia	08 Mar
21.1 km	83:04	Tamsanqa Jusayi	Jeffreys Bay	05 Jan
25 km	1:57:37	Ken Nurden (70+)	Pretoria	10 May
30 km	2:12:57	Albertus Bock	Parow	02 Mar
Marathon	3:03:36	Paulus Masilela	Cape Town	21 Sep
100 km				

Juniors

10 km	29:37	Sithyilo Diko	Stellenbosch	30 Aug
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15 km	46:53	Zolani Ngqqaqa	Despatch	26 Apr
21.1 km	65:24	Esau Radebe	Port Elizabeth	05 Jul

WOMENSeniors

10 km	33:01	Lebo Phalula	Stellenbosch	30 Aug
	31:01	Hilda Kibet (NED)		
15 km	54:45	Zintle Xiniwe	Constantia	08 Mar
	49:36	Deena Kastor (USA)		
21.1 km	73:02	Zintle Xiniwe	Port Elizabeth	05 Jul
	67:57	Fyles Ongori (KEN)		
25 km	1:44:09	Michelle Williams	Pretoria	10 May
	1:24:10	Peninah Arusei (KEN)		
30 km	2:05:32	Bulelwa Mtshagi	Parow	02 Mar
	1:44:00	Miho Notagashira (JPN)		
Marathon	2:36:38	Tanith Maxwell	Warsaw	28 Sep
	2:19:19	Irina Mikiitenko (GER)		
100 km	10:31:16	Arina Cilliers	Cape Town	28 Sep

Veterans (40+)

10 km	36:59	Judy Bird	Pretoria	08 Mar
15 km	58:44	Elmarie Coetzee	Ravensmead	26 Jul
21.1 km	81:35	Maya Lawrie	Durban	25 Apr
25 km	1:55:05	Karen Brooks	Pretoria	10 May
30 km	2:13:05	Renée Scott	Parow	02 Mar
Marathon	2:48:06	Tessa Burrell	Rotterdam	13 Apr
100 km	10:31:16	Arina Cilliers	Cape Town	28 Sep

Masters (50+)

10 km	40:20	Loesje de Beer	Port Elizabeth	26 Jul
15 km	64:34	Nancy Will	Bloubergstrand	05 Jan
21.1 km	90:16	Margie Saunders	Port Elizabeth	17 May
25 km	2:02:21	Wendy Fitzmaurice	Durban	27 Apr
30 km	2:20:42	Annatjie Botes	Beaufort West	17 May
Marathon	3:12:07	Annatjie Botes	Durban	10 Feb
100 km				

Grandmasters (60+)

10 km	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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