

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

None of the silly looking-over-the-shoulder antics displayed by Marilson Gomes dos Santos and Abderrahim Goumri for Paula Radcliffe. The British world record holder just puts her head down and runs – and this single-minded determination brought her her third ING New York City Marathon win on Sunday. Radcliffe ran brilliantly negative splits (1:13:23/1:10:33) to win in 2:23:56 and join Grete Waitz as the only three-time winner (Waitz won nine times). Behind her two significant records fell – Ludmila Petrova broke the masters world record of 2:26:51 set by Britain's Priscilla Welch in London 21 years ago with her 2:25:43 (Petrova won New York in 2000), while exciting newcomer Kara Goucher – clearly the future of US distance running – ran the fastest ever debut by an American woman, her 2:25:53 bettering the 2:26:58 clocked by Deena Kastor in 2001. Goucher also set the American women's course record and is now the third fastest American woman ever.

Gomes dos Santos (BRA) put his name on the multiple winners list as well, staging a comeback victory over Morocco's Goumri, passing him in the final mile on Central Park South after relinquishing the lead some two miles earlier as the duo entered the park for the first time.

South African Hendrick Ramaala, after competing well in the early stages, could do no better than 12th in a pedestrian 2:19:11, while compatriot Zola Pieterse finished 69th in 2:59:53. Pieterse does make history in this issue of *Distance Running Results* – her photo, with an article from *The New York Times* in the week before the race, is the first ever published by DRR.

Sunday's Nedbank Soweto Marathon again produced a string of mediocre performances which were rewarded with huge amounts of prize money. Seven of the top ten men were foreigners, and the first South African ran 2:21:39. Only two men dipped under 2:21, and only one woman (a foreigner) under 2:55. It should be noted that Ramaala won no prize money in New York for his 2:19:11 – if he had run Soweto in the same time, he would have won R100 000! Surely this money can be put to better use to improve the standard of South African distance running?

Coach and author Richard Mayer, whose contribution to the debate about the standard of SA athletics is included below, points out that the Soweto Marathon was held on the 50th birthday of Matthews "Loop en Val" Motshwarateu (it was also the seventh anniversary of the day he died). Mayer has submitted a proposal to Central Gauteng Athletics that the Elkah Stadium, where the Soweto Marathon starts, be renamed the Motshwarateu Stadium in honour of the great runner.

In the Twizza Bongolo Marathon Xoliswa Bici scored her fourth consecutive win (and fifth overall).

In an e-mail about the Godfrey Koki issue, Rhyn Swanepoel wrote that Koki is not a member of the Boxer club anymore (as he has been indicated in results). According to Swanepoel, Koki runs in Boxer colours "illegally". It is believed that Athletics South Africa is investigating the matter, but so far nothing has come of it, while Koki continues to win prize money as a veteran.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Nedbank Soweto Marathon, Soweto
- * Housewives Market Bluff AC Veterans Half Marathon, Durban
- * Twizza Bongolo Marathon & Half Marathon, Queenstown
- * Isostar Forest 15 km, Tokai
- * Dwars River Half Marathon & 10 km, Pniel
- * Builders Warehouse 27 km & 10 km Challenge, Port Elizabeth
- * Oxygen Old Mutual 10 km, Pinelands
- * Van der Stel Pass Challenge, Bot River
- * Zuurberg Mountain Inn 15 km, Addo
- * Tradouws Pass Half Marathon, Barrydale
- * Amatola Marathon, Stutterheim

International highlights:

- * ING New York City Marathon, New York, USA
 - * Joon Ang Seoul International Marathon, Seoul, KOR
 - * Great International Marathon, Casablanca, MAR
 - * Men's European Champion Clubs Cup Road Race, Almeirim, POR
 - * XC: PAC-10 Conference Championships, Springfield, USA
 - * IAU 24-Hours World Challenge, Seoul, KOR
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VIEWPOINT

LET'S DEFINE PRIORITIES BEFORE POINTING FINGERS

By Richard Mayer

I read the recent exchange between Dewald Steyn and Graham Daniel with interest and simply want to attempt a constructive intervention because both figures are or have been associated with commercial clubs that have/had the resources to make major contributions to assisting SA distance running emerge from the crisis in which it now finds itself. To those of you that are familiar with my views, sorry to flog the almost dead horse that is SA athletics. It is great that in the post-Beijing (and, who knows, post-Polokwane?) glasnost we are debating the issues, because solutions and some perestroika are needed fast.

At the outset I think to focus on South African marathon running and

ultramarathon running does not address the holistic problem the sport faces because it is not only marathon running but distance running from 800 m to the marathon that is in meltdown. Ramaala and Dlomo both came from a track, cross-country and short-distance road background and these events have not been producing a critical mass of South African world class performers for a long time. Women's and men's 5000-metre and 10000-metre international running in South Africa is practically dead and given the times being run in the standard marathon nowadays, and declining standards, unless drastic steps are taken to implement a systematic national programme, we can forget about even

having qualifiers in almost any distance event to the marathon in the global events in the near future.

Of the professional clubs Mr Price, in my mind, was the market leader and can take credit for the fact that it was a long-term sponsor of our two leading middle and long distance runners of the last decade in Shadrack Hoff and Hendrick Ramaala. It was also the sponsor of Correctional Services Pretoria, which assembled the most powerful middle distance and sub-marathon running club in SA history. It was not Mr Price's fault that Hoff, Morapedi, Gabonewe, Nkete, Mothuli and Morolong did not achieve their potential and catapult SA into a comfortable position behind Kenya and Ethiopia in the world distance running stakes, which brings me to my point.

The commercial clubs are under no obligation to develop SA athletics or contribute to SA's World Championship or Olympic effort. If they choose to support ultramarathoning in South Africa, that is their prerogative. Our international competitiveness is the responsibility of ASA and while I have no axe to grind with any individual at ASA, except perhaps the current de facto "national coach", who is clearly the wrong man for the job, one must in the words of Naas Botha "look at the scoreboard." Pieter de Villiers as rugby coach is under more pressure than ASA's Dr Arbeit, but is surely doing a far better job in comparison.

If, however, the commercial clubs do want to make it their priority to assist SA to become more competitive in World Track and Field Championship and Olympic events (which is entirely their prerogative) they would do well to call for the assistance of recognized coaches and support them with incentives and even full-time jobs to help the commercial clubs nurture their top athletes and assist their second-tier athletes with programmes to reach international standard, and to avoid basic mistakes such as overtraining and overracing, and to back their athletes with rehab and sports science. In fact, in the case of Harmony Athletics Club, an unfortunate bye-product of their efforts was a major contribution to Zimbabwe athletics.

The SA Universities, almost exclusively the formerly Afrikaans-

medium institutions, remain major contributors to SA's international athletics effort, but the disappearance of institutionalized coaching has been the key negative factor in the transition from the mines (whose distinguished active coaches included Turnbull [Temane], Geldenhuys [Yawa] and Ferreira [Seleke and Moshaba]) as the prime producers of distance running talent to the urban commercial clubs. With a coach of the calibre of Ian Harries crying for coaching opportunities in the *Sunday Times* recently, here, for example, is an opportunity to invest in a man who can add enormous value and profile to all athletes in a commercial club (and hence the club itself) from 800 m to the Washie 160 km, and for all I know, the field events and 100 m to 400 m as well. The resultant positive publicity for the sponsor would surprise even the most experienced athletics observer, because the sport is at such a low ebb a little goes a long way. Under Harries Correctional Services Pretoria would not have underperformed as it did.

Primarily, it is the absence of sound coaching structures (including the sports science and other backup) and financial support for coaches that has led to our current crisis. The old SAAAU could have done more, but it certainly had a strong coaching structure. If you don't maintain your car it will eventually break down. I don't know what other coaches think, but for one Owen Van Niekerk agrees with me that with appropriate funding, political will from government and coaching programmes we could be the strongest athletics nation on earth in eight to twelve years. But sadly, without an enormous turnaround in attitudes at the top that is never going to happen, so it is up to NGO's and civil society to at least keep a semblance of respectability in SA athletics.

New Zealand athletics collapsed when Arthur Lydiard left in the mid-1960s, disgusted with the attitude of the sports "leaders" that resembled our current amateurism and little-mindedness (without perhaps our pernicious politicization of sport and rampant cronyism) and the prime beneficiary of his coaching efforts was Finland. This is well documented. What is less well

documented is how British middle distance running lost its way. Coaches are difficult people but perhaps other readers could throw some light on how Peter Coe

and Harry Wilson were used (or not used) by the British athletics structures after the mid-1980s?

SOME NEW YORK STATS

Here are some interesting statistics around the weekend's ING New York City Marathon, as well as an all-time men's averages list.

Men's NY all-time list

(In order of performance, time, performer, name, country, position, date)

1	2:07:43	1	Tesfaye Jifar	ETH	1	4 Nov 2001
2	2:08:01	2	Juma Ikangaa	TAN	1	5 Nov 1989
3	2:08:07	3	Rodger Rop	KEN	1	3 Nov 2002
4	2:08:12	4	John Kagwe	KEN	1	2 Nov 1997
5	2:08:17	5	Christopher Cheboiboch	KEN	2	3 Nov 2002
6	2:08:20	6	Steve Jones	GBR	1	6 Nov 1988
7	2:08:39	7	Laban Kipkemboi	KEN	3	3 Nov 2002
8	2:08:43	8	Marilson Gomes dos Santos	BRA	1	2 Nov 2008
9	2:08:45		Kagwe		1	1 Nov 1998
10	2:08:48	9	Joseph Chebet	KEN	2	1 Nov 1998

Women's NY all-time list

1	2:22:31	1	Margaret Okayo	KEN	1	2 Nov 2003
2	2:23:03	2	Catherine Ndereba	KEN	2	2 Nov 2003
3	2:23:09	3	Paula Radcliffe	GBR	1	5 Nov 2007
4	2:23:10		Radcliffe		1	7 Nov 2004
5	2:23:13	4	Susan Chepkemei	KEN	2	7 Nov 2004
6	2:23:32	5	Gete Wami	ETH	2	5 Nov 2007
7	2:23:43	6	Lornah Kiplagat	NED	3	2 Nov 2003
8	2:23:56		Radcliffe		1	2 Nov 2008
9	2:24:21		Okayo		1	4 Nov 2001
10	2:24:40	7	Lisa Ondieki	AUS	1	1 Nov 1992

Marilson Gomes dos Santos in a nutshell

Personal bests: 10000 m: 27:28.12 (2007); Half marathon: 59:33 (2007)

Last eight marathons:

2:08:43	New York Marathon	1 st	2 Nov 2008
DNF	Olympic Games – Beijing	DNF	24 Aug 2008
2:13:47	New York Marathon	8 th	5 Nov 2007
2:08:37PB	London Marathon	8 th	22 Apr 2007
2:09:58	New York Marathon	1 st	5 Nov 2006
2:13:40	World Championships – Helsinki	10 th	13 Aug 2005
2:08:48	Chicago marathon	6 th	10 Oct 2004
2:12:22	Paris Marathon	6 th	4 Apr 2004

His 2008 results

12 Oct	World Half Marathon, Rio de Janeiro	Half marathon	8 th	1:03:14
24 Aug	Olympic Games	Marathon	DNF	
27 July	Media Maraton Internacional, Bogota	Half marathon	4 th	1:05:59
29 Jun	Trofea Brasil, Sao Paolo	5000 m	1 st	13:59.57
25 Jun	Trofea Brazil, Sao Paolo	10000 m	1 st	29:24.61
6 June	Askina 2008, Kassel	5000 m	5 th	13:35.88
31 May	Nacht Van de Euregio, Neerpelt	10000 m	8 th	27:35.05
17 May	Healthy Kidney 10 km	10 km	2 nd	28:31
26 Apr	Praia Grande	5000 m	1 st	13:35.14

13 Apr	Medio Maraton Shopping, Santo Andre	Half marathon	1 st	1:02:57
30 Mar	World XC Championships, Edinburgh	12.125 km	54 th	37:17
2 Mar	South American XC Championships, Asuncion	12 km	1 st	37:28
17 Feb	Brazilian XC Championships, Rio de Janeiro	12 km	1 st	38:58
25 Jan	Trefeo Ciudad de Sao Pablo	10 km	1 st	29:12

Paula Radcliffe

Last seven marathons:

2:23:56	New York	1 st	2 Nov 2008
2:23:09	New York	1 st	4 Nov 2007
2:20:57	WC Helsinki	1 st	14 Aug 2005
2:17:42	London	1 st	17 Apr 2005
2:23:10	New York	1 st	7 Nov 2004
DNF	OG Athens	DNF	22 Aug 2004
2:15:25 PB	London	1 st	13 Apr 2003

She ran only one race in 2008 before New York – 51:11 for 10 miles in the BUPA Great South Run on 28 October, which she won.

Top 13 men all-time according to the average of their five best marathons

1. Haile Gebrselassie 2:05:07
2. Khalid Khannouchi 2:06:16
3. Paul Tergat 2:06:37
4. Felix Limo 2:06:40
5. Sammy Korir 2:06:47
6. Evans Rutto 2:07:05
7. Josphat Kiprono 2:07:07
8. Martin Lel 2:07:13
9. Abdelkader El Mouaziz 2:07:16
10. Daniel Njenga 2:07:19
11. Jaouad Gharib 2:07:28
12. William Kipsang 2:07:33
13. Gert Thys 2:07:33

ROAD RUNNING

Nedbank Soweto Marathon

Soweto, 2 November

(Distance: 42.195 km; loop course)

MEN

1	Moeketsi	Mosuhli	LES/Toyota AC	27	2:19:34	R100 000
2	Teboho	Sello	LES/Toyota AC	29	2:20:31	R80 000
3	Thabo	Ntlaloe	LES	22	2:21:19	R60 000
4	Charles	Tjiane	Mr Price Trans	30	2:21:39	R10 000
5	Lebenya	Nkoka	LES/Toyota AC	26	2:21:59	R8 000
6	Prodigal	Khumalo	ZIM/MPKZN	26	2:22:22	R6 000
7	Mpesela	Ntlotsoeu	LES/Toyota AC	31	2:22:57	R5 000
8	Sylvester	Moleko	Gauteng Strider	38	2:23:02	R4 500
9	Amos	Maiyo	KEN/MPKZN	26	2:23:08	R3 000
10	Sergio	Motsoeneng	Discovery AC FS	30	2:23:19	R2 000

(All age category prize money the same: R3 000, R2 500, R1 500)

40-49:

1	Reginald	Ngobese	Gauteng Strider	42	2:34:41
2	Jonathan	Kipkorir	KEN/Gauteng Strider	47	2:36:09
3	Ben	Mathibela	Spirit Wind	41	2:40:57

50-59:

1	Jumario	Khuzwayo	Lowveld Country	50	2:49:34
2	Samuel	Mogudi	Temp	52	2:53:48
3	Almon	Zibuse	Randmark	56	2:55:26

60+:

1	Paulus	Masilela	Irene M C	60	3:15:06
2	Daniel	Hlongwane	Nedbank RC AGN	60	3:22:23
3	Johannes	Mosehla	Polokwane AC	66	3:28:20

WOMEN (Same prize money as men)

1	Mamorallo	Tjoka	LES/Toyota AC	24	2:53:48
2	Matrinta	Mota	LES/Peoples RC	23	2:55:36
3	Charné	Bosman	MPCGA	32	2:55:43
4	Eunice	Nhlapo	Gauteng Strider	30	2:55:58
5	Chiyedza	Chokore	ZIM/MPKZN	30	2:58:58
6	Gloria	Baeba	Temp	27	2:59:24
7	Puseletso	Maema	Goldfields FSA	25	2:59:25
8	Tessa	Burrell (1 st vet)	Gauteng Strider	43	3:01:19
9	Sarah	Mahlangu	MPCGA	42	3:03:22
10	Muchaneta	Gwata	ZIM/MPKZN	24	3:03:44

40-49:

1	Tessa	Burrell	Gauteng Strider	43	3:01:19
2	Sarah	Mahlangu	MPCGA	42	3:03:22
3	Judy	Bird	Nedbank RC AGN	47	3:05:33

50-59:

1	Elaine	Greenblatt	Rocky RR	59	3:40:27
2	Natalie	Sanders	Fourways	50	4:08:55
3	Selinah	Netshisaulu	Rand AC	52	4:14:56

60+:

1	Liz	Ruickbie	Rand AC	61	3:44:19
2	Esme	Kloppers	Transnet	62	4:40:05
3	Sue	van Heerden	Roodepoort AC	61	4:43:58

Housewives Market Bluff AC Veterans Half Marathon

Durban, 2 November

(Distance: 21.0975 km; loop course)

MEN

40-49:

1.	Lungani Gcabashe	Boxer AC	74:44
2.	Alan Ndlovu	West AC	79:27
3.	Bheki Bhengu	Ubunye AC	82:11

50-59:

1.	Eloi De Oliveria	Boxer AC	82:13
2.	Jeriamah Ngwenya	Boxer AC	84:22
3.	Phineas Ntombela	New Striders	92:15

60+:

1.	Raymond Meyer	Savages AC	108:14
2.	Victor Padahycee	Woodview AC	111:24
3.	Noel Saville	Toti AC	112:17

WOMEN

40-49:

1.	Janine Engels	PDAC	98:47
2.	Julie Shadwell	Hillcrest Vill	103:08

3.	Jenny Sutton	YWP AC	108:39
50-59:			
1.	Alison Piers	SCS	115:48
2.	Sheree Kirsten	PDAC	117:29
3.	Claire Mangan	Glenwood Harr	119:13
60+:			
1.	Gill Tregenna	West AC	153:00
2.	Maureen Parry	Chiltern AC	143:22
3.	Brenda Hughes	Sydenham AC	148:32

Twizza Bongolo Marathon (32nd) & Half Marathon

Queenstown, 1 November

(Distances: 42.195 km & 21.0975 km; loop courses)

Marathon

MEN

1.	Melikhaya Sithuba (Mr. Price Transkei)	2:29:42 (R1 500)
2.	Eugene Pellem (Individual)	2:34:47 (R600)
3.	Sakhumzi Toho (Glen Grey)	2:39:14 (R400)
4.	Simo Simatu (Mr. Price Transkei)	2:44:35 (R200)
5.	Lizo Tomas	2:48:37 (R100) (1 st vet)
6.	Ndoyisile Mantshantswa (Individual)	2:50:18
7.	Celani Velembo (Cheetahs)	2:54:14
8.	Liyanda Xayiya* (Queenstown Harriers)	2:57:22
9.	Z. G. Kutta (Siyanda)	3:01:50
10.	Monwabisi Mdoda (Individual)	3:06:01

40+:

1.	Lizo Tomas	2:48:37 (R200)
2.	Z. G. Kutta (Siyanda)	3:01:50
3.	Edgar Moyo* (East London)	3:11:39

50+:

1.	Vuyani Maso (Cheetahs)	3:12:24 (R200)
2.	Matthews Novokoza (Cheetahs)	3:28:16
3.	Malcolm Harrington (Southern Striders)	3:29:46

60+:

1.	Eric Mapara (Individual)	4:30:00 (R200)
2.	Brian James (Oxford Striders)	N/T

70+:

1.	Derry Devine	4:57:14 (R200)
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WOMEN

1.	Xoliswa Bici (M. Price Transkei)	3:17:19 (R1 500)
2.	Charlene Kennedy* (Old Selbornians)	3:33:25 (R600)
3.	Renette Kriel (Old Selbornians)	3:37:44 (R400) (1 st vet)
4.	Adele van der Walt (Bloem Achilles)	3:38:18 (R200)
5.	Tembisa Majoko (Individual)	3:52:51 (R100)
6.	Andrea Williams (Old Selbornians)	3:57:32
7.	Hannelie Botha (Individual)	4:07:05
8.	Maureen Pitt (Oxford Striders)	4:07:59 (1 st Master)
9.	Claudette Fouche (SANDF EP)	4:19:06
10.	Janice McKerry (Queenstown Harriers)	4:20:00

40+:

1.	Renette Kriel* (Old Selbornians)	3:37:44 (R200)
2.	Adele van der Walt (Bloem Achilles)	3:38:18

3. Claudette Fouche (SANDF EP)	4:19:06
50+:	
1. Maureen Pitt* (Oxford Striders)	4:07:59 (R200)
2. Sharon Pettit (Queenstown Harriers)	N/T
60+:	
1. Margie Brindley* (Bufs)	4:42:26 (R200)

*) Border champions

Half marathon

MEN

1. Lusapho April (Oxford Striders)	1:05:46 (R1 500)
2. George Ntshiliza (Mr. Price EP)	1:05:57 (R600)
3. Lungile Gongqa (Mr. Price Transkei)	1:07:16 (R400)
4. Mluleki Nobanda (Mr. Price Transkei)	1:07:31 (R200)
5. Mphuthumi Ngedle (M. Price Transkei)	1:08:20 (R100)
6. Nkosiveliwe Ntantiso (MP Transkei)	1:08:50
7. William Monela (Nedbank)	1:09:14
8. Sivuyile Dlongwana (Kwa-Wicks)	1:09:55
9. Lungisa Dyani	1:12:46
10. Mbongeni Ngxazozo	1:16:10

40+:

1. Lewis Booii	1:22:12 (R200)
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50+:

1. Themba Bhelwana (Oxford Striders)	1:27:18 (R200)
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60+:

1. Neil Cryer (Old Selbornians)	1:42:43 (R200)
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70+:

1. Brian de Beyer	2:12:27 (R200)
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WOMEN

1. Ntombesintu Ntshiliza (NMMU)	1:20:42 (R1 500)
2. Liziwe Mabona (Oxford Striders)	1:27:31 (R600)
3. Nomsa Ntsethe (Mr. Price Transkei)	1:27:45 (R400)
4. Sharon Wood (Oxford Striders)	1:33:24 (R200) (1 st Vet)
5. Nekuthula Ivy Sogiba	1:42:24 (R100)
6. Angela Bryant	1:46:43
7. Patience Mboniswa (Cheetahs)	1:50:37
8. Colleen Heuer (Individual)	1:59:03
9. Jurianne Step (Hamiltons)	2:01:28
10. Nosipho Dubula (Individual)	2:01:48

40+:

1. Sharon Wood (Oxford Striders)	1:33:24 (R200)
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50+:

1. Geraldine Beard (Old Selbornians)	2:04:22 (R200)
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60+:

1. Susan Gomm	2:15:54 (R200)
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Isostar Forest 15 km

Tokai, 1 November

(Loop course, very hilly, mostly on gravel and trails)

MEN

1. Bonisile Ngculana (Atl) 52:53; 2. Nicholas Rupanga (Celt) 52:57; 3. Mkhululi Mbejeni (Atl) 54:28; 4. Quinton Prince (Met) 54:31; 5. Sibusiso Valashiya (Atl) 56:22; 6. Samson Gulubela (Atl) 57:0; 7. Rupert Becker (FH) 57:13; 8. Ben Brimble (UCT) 57:14; 9. Dion Middelkoop (VOB) 59:0; 10. Simon von Witt (Atl) 59:08; 11. Michael Bekapi (VOB) 60:10 (1st vet); 12. Nicholas Bryant (Celt) 60:13; 13. William van Dugteren (Atl) 60:24; 14. Mark Owen (Ind) 61:20; 15. Ian Little (FH) 61:26; 16. Herbert Damons (H.Harr) 61:35; 17. Stef Patten (VOB) 61:58; 18. Mike O'Donovan (VOB) 62:00; 19. Siyabonga Maweza (Top) 63:03; 20. Carlo Jacobs (Top) 63:03; 21. Mark Agan (Mr Pr) 63:18; 22. Michael Marillier (Mr Pr) 63:49; 23. Les Chivell (FH) 64:13 (1st mast); 24. Dean Ollis (VOB) 64:24; 25. C. Moolman (Celt) 65:04; 26. Cecil Read (Celt) 65:07; 27. Ben Garrett (Ind) 65:14; 28. Marshall Swartz (Els) 65:20; 29. Ben Kooyman (Mat) 65:47; 30. James Day (UCT) 65:54.

Masters: (40+): 1. Michael Bekapi (VOB) 60:10; 2. Ian Little (FH) 61:26; 3. Rodney Davids (Spart) 67:00. **(50+):** 1. Les Chivell (FH) 64:13; 2. Sam Kotzé (Ned) 67:10; 3. Michael Kline (RCS Gug) 67:41. **(60+):** 1. Eric Joubert (FH) 75:46; 2. Mike Clark (VOB) 77:03; 3. M.Y. Abrahams (Ned) 78:23.

WOMEN

1. Julia J. van Rensburg (Celt) 66:03; 2. Sue Dickson (VOB) 70:13 (1st vet); 3. Joanna Thomas (VOB) 70:15; 4. Moira Sheard (Celt) 71:35; 5. Andrea Pretorius (Dur) 72:52; 6. Ellie Courts (Celt) 74:13; 7. Bev Charters (VOB) 74:53 (1st mast); 8. Ahlgren Taylor (Atl) 75:15; 9. Colleen de Oliveira (NB) 76:01; 10. Katarina Bova (Ind) 77:44; 11. Andrea Carsen (Ind) 78:25; 12. Kirsty Marshall (Ind) 78:49; 13. Judy Everingham (VOB) 79:51; 14. V. Fisher (Satori) 79:55; 15. Denise Johannes (Spart) 80:20; 16. Jennille Robertson (VOB) 81:24; 17. Colleen Hohlfeld (S.Str) 81:47; 18. Marinelle Tolken (Brack) 82:03; 19. Nicolene Koegelenberg (Brack) 82:05; 20. Jane Seggie (Ind) 82:19.

Masters: (40+): 1. Sue Dickson (VOB) 70:13; 2. Joanna Thomas (VOB) 70:15; 3. Judy Everingham (VOB) 79:50. **(50+):** 1. Bev Charters (VOB) 74:53; 2. Denise Johannes (Spart) 80:20; 3. Mandy Tinkler (VOB) 86:11. **(60+):** 1. Pixie Sparg (Celt) 83:23; 2. Carol Gahwiler (VOB) 97:06; 3. Marlene James (Pine) 100:51.

Dwars River Half Marathon & 10 km

Pniel, 1 November

(Distances: 21.0975 km & 10 km)

Half marathon

MEN

1. Tom Lusaseni (Celt) 78:52; 2. Peter Tsawayo (ZIM/RCS Gug) 78:54; 3. Zolani Bhitane (Ned) 80:37; 4. Leon Williams (Sw) 81:28 (1st vet); 5. Graham Katzen (Celt) 82:06; 6. Hillroy Slingers (Worc) 83:24 (1st jun); 7. Morné Hansen (Ind) 83:43; 8. Anton Mouton (Ceres) 83:47; 9. Buzile Mafutha (Ceres) 84:44; 10. Rowan Prins (Rob) 85:0; 11. Abraham Fielies (Worc) 85:09; 12. Jaco Botha (Win) 85:28; 13. John Small (Wel) 85:27; 14. Durin May (Worc) 85:39; 15. Mervin Serynce (Ceres) 86:35; 16. Julie Welkom (Sw) 87:49; 17. Roger Davids (Rob) 88:01; 18. Japhta Nero (Rieb Vall) 88:12; 19. Siyanda Plaatjies (Ad) 88:20; 20. Nathan Matthysen (Worc) 88:22; 21. Mervin Coetzee (Mr Pr) 88:41; 22. Anton du Plessis (Whal) 88:55; 23. Ngu Isidore (Worc) 89:14; 24. Jasper Cloete (Stel) 89:24; 25. Hano Maree (Stel) 89:25; 26. Nick Miles (WC) 89:32 (1st mast); 27. Colin Williams (CS) 89:39; 28. Frik Nelson (Bel) 90:15; 29. Eben Niemand (Ad) 91:23; 30. Pieter Langenegger (H.Harr) 92:27.

Masters: (40+): 1. Leon Williams (Sw) 81:28; 2. Abraham Fielies (Worc) 85:09; 3. John Small (Wel) 85:27. **(50+):** 1. Nick Miles (WC) 89:32; 2. Colin Williams (CS) 91:45; 3. Jacob Erasmus (Ceres) 95:23. **(60+):** 1. Mike Taylor (Tyg) 117:05; 2. Abie Stanfield (Tyg) 118:24; 3. Japie Truter (Sw) 118:38. **Juniors:** 1. Hillroy Slingers (Worc) 83:24; 2. Durin May (Worc) 85:39; 3. Syanda Plaatjies (Ad) 88:20.

WOMEN

1. Jaqueline Haasbroek (Fr'hoek) 89:15 (1st vet); 2. Helene Perold (Ceres) 90:15; 3. Liana Maree (Stel) 91:48; 4. Styntjie Prins (Paarl) 97:11 (1st mast); 5. Anneke Slabber (Ind) 98:52; 6. Marie Louw (Ad) 99:09; 7. Maretha de Kock (Ad) 107:10; 8. Resia Swart (Stel) 110:01; 9. Ilse Jacobs (Ned) 110:17 (1st jun); 10. Adri Visser (Sw) 110:51; 11. Lindie Bouwer (Sanlam) 112:08; 12. Tania Idas (Ned) 112:49; 13. Cailey Bredenkamp (Paarl) 113:11; 14. Anne Pool (Str) 113:12; 15. Annie Labuschagne (Stel) 114:53; 16. L. Taylor-Reddle (Ind) 116:52; 17. Khamita Rhode (Stel) 117:41; 18. Leonie Erasmus (H.Harr) 117:55; 19. Conita Henry (Stel) 118:11; 20. Lucette van Niekerk (Stel) 119:01.

Masters: (40+): 1. Jacqueline Haasbroek (Fr'hoek) 89:15; 2. Marie Louw (Ad) 99:09; 3. Maretha de Kock (Ad) 107:10. **(50+):** 1. Styntjie Prins (Paarl) 97:11; 2. Adri Visser (Sw) 110:51; 3. Leoni Erasmus (H.Harr) 117:55. **(60+):** 1. Marianne Nelson (Dur) 142:23; 2. San Viljoen (Paarl) 149:55; 3. Dolla Naurattel (Ceres) 152:14. **Juniors:** 1. Ilse Jacobs (Ned) 110:17.

10 km

MEN

1. Dicarido Jacobs (Ned) 31:40; 2. Sipho Phala (VOB) 32:05; 3. Unathi Phezolo (RCS Gug) 32:06 (1st jun); 4. Wanda Roro (Ad) 32:18; 5. Shaun Zuzani (Celt) 32:58; 6. L. Nkehleni (Mat) 33:49; 7. Henrico Rooi (Ned) 33:56; 8. Vuyisa Mlanaya (RCS Gug) 33:58; 9. Danzel Minnaar (Rob) 34:10; 10. Isak Opperman (CS) 34:15 (1st vet); 11. Randall Jacobs (Rob) 35:29; 12. Nkosinathi Sotyantya (Celt) 35:37; 13. Michael Mouries (Rob) 36:11; 14. Michael Quesha (Celt) 36:26; 15. Petrus Volmoer (Ceres) 36:32; 16. Azrail Scheepers (CPUT) 37:11; 17. Jacques van Wyk (CPUT) 37:12; 18. Siyanda Sixaba (Khaye) 38:14; 19. H. Siyo (Ind) 38:38; 20. Goodman Mpukane (RCS Gug) 40:05 (1st mast); 21. Richard Kennard (Ind) 41:07; 22. Salmon de Bruin (Sw) 42:21; 23. Brian Rothman (Brack) 42:32; 24. Blackie Swart (Sw) 42:33 (1st g'mast); 25. Reggie Crowster (Tyg) 43:56; 26. Carlos van Rooyen (Paarl) 44:08; 27. Dirk Snyman (Ind) 44:14; 28. Neal van der Merwe (Ind) 44:22; 29. Francois Steyn (Ind) 44:40; 30. Barry Blaunt (Str) 45:00.

Masters: (40+): 1. Isak Opperman (CS) 34:15; 2. Reggie Crowster (Tyg) 43:56; 3. Dirk Hunter (Worc) 48:42. **(50+):** 1. Goodman Mpukane (RCS Gug) 40:05; 2. Richard Kennard (Ind) 41:07; 3. Brian Rothman (Brack) 42:32. **(60+):** 1. Blackie Swart (Sw) 42:33; 2. Paul Davids (Paarl) 48:49; 3. Faffa Joubert (Paarl) 55:21. **Juniors:** 1. Unathi Phezolo (RCS Gug) 32:06; 2. Wanda Roro (Ad) 32:18; 3. Shaun Zuzani (Ned) 32:58.

WOMEN

1. Veronique Jacobs (Ned) 41:21 (1st jun); 2. Khulukazi Lupondo (RCS Gug) 42:32; 3. A.M. de Waal (Ind) 42:33; 4. Charmaine Cupido (Ned) 47:43 (1st mast); 5. J. Loubser (Ind) 47:54; 6. Kathy Burr (Dur) 48:11; 7. Mariaan Cloete (Stel) 48:15; 8. Geraldine du Toit (Ceres) 48:54; 9. Carin Minnie (Ind) 50:57; 10. Ria Basson (Paarl) 51:40; 11. Erika Messerschmidt (Ind) 51:48; 12. Marietha Herbert (Bel) 51:50 (1st g'mast); 13. Candy Niemand (Ind) 53:21; 14. Jean Hann (Whal) 53:27; 15. Sarah Johl (VOB) 54:36; 16. Helene Smit (Sw) 55:18 (1st vet); 17. Desary Ferreira (Ind) 55:20; 18. J. Combrinck (Ind) 56:10; 19. A-M. Theron (Ind) 56:45; 20. Laura Bouwer (Sanlam) 57:30.

Masters: (40+): 1. Helene Smit (Sw) 55:18; 2. Suzan Osborn (Sw) 58:03; 3. Bridgette Davids (Bel) 71:27. **(50+):** 1. Charmaine Cupido (Ned) 47:43; 2. Kathy Burr (Dur) 48:11; 3. Ria Basson (Paarl) 51:40. **(60+):** 1. Marietha Herbert (Bel) 51:50; 2. Jean Hann

(Whal) 53:27; 3. Irene Eygelaar (Edg) 70:07. **Juniors:** 1. Veronique Jacobs (Ned) 42:21; 2. Khulukazi Lupondo (RCS Gug) 42:32; 3. Inge Kotzé (Mat) 60:38.

Builders Warehouse 27 km & 10 km Challenge

Port Elizabeth, 1 November

(Out-and-back courses)

27 km

MEN

1	Phumelelo	August	NMMU AC	23	1:29:49
2	Sandile	Ngunuza	Nedbank RC EP	25	1:30:57
3	Desmond	Zibi (1 st vet)	Mr Price AC EP	45	1:34:14
4	Vuso	Nkonzo	Mr Price AC EP	23	1:35:29
5	Zandisile	Tshunungwa	Nedbank RC EP	32	1:38:24
6	Khayaletu	Makalima	Mr Price AC EP	25	1:41:14
7	Mlungiseleli	Manyati	St Albans CSEP	32	1:42:19
8	Mzukisi	Klaas	PEAAC	39	1:43:33
9	Mawande	Gxiva	New Balance	27	1:43:48
10	Mzamo	Fokwana	Charlo AC	31	1:43:51
11	Darrell	Wicht	Raleigh AC	45	1:46:40
12	Xolisa	Kula (1 st jun)	Nedbank RC EP	19	1:48:01
13	Christopher	Mabengeza	Mr Price AC EP	42	1:51:06
14	Thanduxolo	Mpushe	Nedbank RC EP	19	1:52:56
15	Kobus	Toabot	Nelspruit M C	33	1:53:13
16	Kaashif	Pietersen	Willard Batt	31	1:53:21
17	Tresh	Javu	Nedbank RC EP	35	1:53:37
18	Edwin	Mboya	Temp	31	1:53:39
19	Vernon	Newfeldt	Willard Batt	42	1:55:14
20	Neil	De Meillon	New Balance	45	1:55:19

40-44:

1	Christopher	Mabengeza	Mr Price AC EP	42	1:51:06
2	Vernon	Newfeldt	Willard Batt	42	1:55:14
3	Adrian	Clarke	Madiba Bay AC	43	2:00:20

45-49:

1	Desmond	Zibi	Mr Price AC EP	45	1:34:14
2	Darrell	Wicht	Raleigh AC	45	1:46:40
3	Neil	De Meillon	New Balance	45	1:55:19

50-54:

1	Charles	Baatjies	Nedbank RC EP	51	1:57:25
2	Clifford	Hicken	Elite AC	51	2:05:23
3	Ferdinand	Grobler	Despatch AC	50	2:06:59

55-59:

1	Fikile	Seya	Nedbank RC EP	55	2:05:28
2	Colin	Parkins	Bluewater Bay	55	2:12:46
3	Bruce	Mcewan	Achilles AAA	55	2:13:53

60-64:

1	Percy	Dalton	Achilles AAA	60	2:19:48
2	David	O'rielly	X-Cel AC	60	2:29:04
3	Kobus	Gerber	PEAAC	64	2:36:01

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	66	2:03:25
2	Godfrey	Kariem	Cadbury AC	68	2:40:44
3	Robin	Clark	Nedbank RC EP	67	2:58:29

70+:

1	David	Fraser	PEAAC	70	2:52:31
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Juniors:

1	Xolisa	Kula	Nedbank RC EP	19	1:48:01
2	Thanduxolo	Mpushe	Nedbank RC EP	19	1:52:56
3	Ruan	Smalberger	Nedbank RC EP	18	1:58:24

WOMEN

1	Leanne	Finlay (1 st vet)	Nedbank RC EP	40	2:02:57
2	Maresa	Ah Kun	Bluewater Bay	32	2:09:27
3	Margie	Saunders (1 st mast)	Nedbank RC EP	55	2:11:52
4	Lesley	Wood	Achilles AAA	51	2:15:55
5	Shelley	Jones	Temp	39	2:17:27
6	Pat	Thomson	Achilles AAA	48	2:18:50
7	Janette	Schierz-Crusius	Body Concept	48	2:21:47
8	Hermie	Fisher	Madiba Bay AC	41	2:30:57
9	Lindy	Allen	Legacy AC	31	2:32:16
10	Elfrieda	Pretorius	Hulamin AC	35	2:33:05
11	Adele	Nel	St Albans CSEP	35	2:33:36
12	Mary Grace	Villanueva	Achilles AAA	32	2:34:24
13	Cathy	Ives	Achilles AAA	55	2:35:20
14	Benita	Barton	Crusaders AC	38	2:36:02
15	Nina	Bodisch	Bluewater Bay	39	2:37:28
16	Gail	Klichowicz	Achilles AAA	41	2:37:34
17	Nurunnisa	Madatt	Malabar	46	2:38:25
18	Lesley	Maggott	Achilles AAA	41	2:42:38
19	Suzan	Terblanche	Elite AC	47	2:42:54
20	Marissa	Black	Nedbank RC EP	30	2:43:09

40-44:

1	Leanne	Finlay	Nedbank RC EP	40	2:02:57
2	Hermie	Fisher	Madiba Bay AC	41	2:30:57
3	Gail	Klichowicz	Achilles AAA	41	2:37:34

45-49:

1	Pat	Thomson	Achilles AAA	48	2:18:50
2	Janette	Schierz-Crusius	Body Concept	48	2:21:47
3	Nurunnisa	Madatt	Malabar	46	2:38:25

50-54:

1	Lesley	Wood	Achilles AAA	51	2:15:55
2	Liz	Austin	Achilles AAA	50	2:50:21
3	Robin	Elbourne	Crusaders AC	51	2:56:29

55-59:

1	Margie	Saunders	Nedbank RC EP	55	2:11:52
2	Cathy	Ives	Achilles AAA	55	2:35:20
3	Jos	Els	Madiba Bay AC	56	2:44:37

60-64:

1	Retha	Snyman	PEAAC	61	2:47:27
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70+:

1	Dorothy	Hart	PEAAC	70	3:20:35
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Juniors:

1	Caryn	Robinson	Temp	19	3:13:12
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10 km**MEN**

1	Xolile	Ndingane	Temp	37	32:27
2	Melikhaya	Kepe	Nedbank RC EP	32	32:49
3	Mzwanele	Maphekula	Mr Price AC EP	32	33:00
4	Ivan	Ambraal (1 st jun)	Nedbank RC EP	19	33:35
5	Mila	Pasiya	Nedbank RC EP	29	33:38

6	Thabiso	Dikana	New Balance	19	33:51
7	Melikhaya	Frans	Nedbank RC EP	16	34:11
8	Lolwethu	Mbityi	New Balance	17	34:15
9	Antonio	Seconds	Nedbank RC EP	29	35:00
10	Bulelini	Niwa	PEAAC	23	35:34
11	Mpumelelo	Ndlumbini	New Balance	33	35:36
12	Masibulele	Heugh	Nedbank RC EP	14	36:31
13	Thembekile	Msipa	Nedbank RC EP	34	36:42
14	Melumzi	Tshotyana	Nedbank RC EP	19	37:10
15	Vincent	Mbixana (1 st vet)	Legacy AC	40	37:13
16	Richard	Dolf	PEAAC	38	37:19
17	Unkown		Temp	33	37:25
18	Lubabaloo	Mdlungwane	Nedbank RC EP	15	37:28
19	Thokozani	Fani	Temp	19	37:29
20	Nkosinathi	Madyo	Mr Price AC EP	20	37:34
40-44:					
1	Vincent	Mbixana	Legacy AC	40	37:13
2	Alfred	Pakkies	Legacy AC	40	37:52
3	Bonakele	Mandeka	Temp	40	39:48
45-49:					
1	Geerhard	Luck	Temp	49	41:03
2	Adrian	Jansen	Achilles AAA	45	47:18
3	Johan	Rheeder	Nedbank RC EP	46	48:52
50-54:					
1	Keith	Wattrus	Body Concept	50	43:31
2	Mbulelo	Sobikwa	Crusaders AC	54	48:45
3	Malcolm	Figg	Temp	50	51:47
55-59:					
1	Sizinzio	Kama	Achilles AAA	57	41:43
2	Mati	Jack	Nedbank RC EP	56	50:01
3	Derek	Davidson	Crusaders AC	57	54:04
60-64:					
1	Fred	Verrall	Charlo AC	60	41:53
2	Jackson	Ngcoko	Willard Batt	60	43:12
3	Sidwell	Kuze	PEAAC	61	1:03:27
65-69:					
1	Loynes	Jenkerson	Spar Walmer AC	67	54:13
2	Alf	Zehmke	PEAAC	69	1:24:11
70+:					
1	Ernie	Verrall	NMMU AC	74	57:37
2	Selwyn	Solomon	Crusaders AC	70	1:02:21
3	Hilary	Pritchard	Crusaders AC	74	1:06:38
Juniors:					
1	Ivan	Ambraal	Nedbank RC EP	19	33:35
2	Thabiso	Dikana	New Balance	19	33:51
3	Melikhaya	Frans	Nedbank RC EP	16	34:11
WOMEN					
1	Davera	Magson	Mr Price AC EP	33	39:57
2	Deliwe	Nyanga (1 st jun)	PEAAC	19	42:39
3	Loesje	De Beer (1 st mast)	Spar Walmer AC	50	42:44
4	Babalwa	Ngcoko	Mr Price AC EP	21	44:57
5	Suzanne	Lavis	Jeffreys Bay	50	45:08
6	Hanlie	Vd Westhuizen	Umvoti AC	52	48:22
7	Tammy	Macdonald	Temp	24	48:50
8	Lindie	Barnardo	NMMU AC	24	49:32

9	Anine	Claasen	Temp	36	50:03
10	Lea	Chandler (1 st vet)	Temp	42	50:34
11	Liz	Grundlingh (1 st g'mast)	Muirite Strider	61	50:36
12	Genee	Reed	Temp	24	52:49
13	Monica	Kemp	Madiba Bay Ac	53	52:55
14	Michelle	Rothero	Temp	19	53:46
15	Laetitia	Smith	Despatch AC	39	54:11
16	Verna	Claassen	Despatch AC	45	54:12
17	Camarin	Van Eyk	Elite AC	26	54:35
18	Terray	Newcombe	Nedbank Rc EP	17	54:44
19	Julie	Taunton	Crusaders AC	48	55:15
20	Priscilla	Maleiba	Cadbury AC	38	55:21
40-44:					
1	Lea	Chandler	Temp	42	50:34
2	Anusha	Naidu	Charlo AC	41	1:00:36
3	Maryna	Van Der Merwe	Temp	42	1:01:02
45-49:					
1	Verna	Claassen	Despatch AC	45	54:12
2	Julie	Taunton	Crusaders AC	48	55:15
3	Rosemary	Joubert	Crusaders AC	48	59:04
50-54:					
1	Loesje	De Beer	Spar Walmer AC	50	42:44
2	Suzanne	Lavis	Jeffreys Bay	50	45:08
3	Hanlie	Vd Westhuizen	Umvoti AC	52	48:22
55-59:					
1	Maria	Oppel	Crusaders AC	58	58:11
2	Rita	Boucher	Spar Walmer AC	58	1:05:02
3	Joan	Senekal	Temp	56	1:13:45
60-64:					
1	Liz	Grundlingh	Muirite Strider	61	50:36
2	Margaret	Paton	Charlo AC	63	55:32
3	Denise	Terblanche	Spar Walmer AC	61	1:06:29
65-69:					
1	Anncarol	Hyam	Temp	65	1:25:29
70+:					
1	Sylvia	Pritchard	Crusaders AC	75	1:31:18
Juniors:					
1	Deliwe	Nyanga	PEAAC	19	42:39
2	Michelle	Rothero	Temp	19	53:46
3	Terray	Newcombe	Nedbank RC EP	17	54:44

Oxygen Old Mutual 10 km

Pinelands, 29 October
(Certified loop course)

MEN

1. Zolani Ntongana (Mr Pr) 29:38 (R350); 2. Tom Lusaseni (Celt) 29:47 (R250); 3. Peter Tsawayo (ZIM/RCS Gug) 30:43 (R150); 4. Zolile Bhitane (Ned) 31:13 (R100); 5. Shaun Zuzani (Ned) 31:23 (1st jun); 6. Duane Fortuin (Celt) 31:30; 7. Unathi Phezolo (RCS Gug) 31:45; 8. Wanda Roro (Ad) 31:48; 9. Odwa Goqwana (Atl) 31:54; 10. Thanduluntu Magqaza (M.Spart) 32:02; 11. Bonisile Ngculana (Atl) 32:05; 12. Anthony Godongwana (Celt) 32:09; 13. Sipho Phala (VOB) 32:15; 14. Tebello Poni (VOB) 32:16; 15. Victor Msopi (VOB) 32:20; 16. Makhosonke Fika (Mr Pr) 32:21; 17. Siyabulala Qandiso (VOB) 32:26; 18. Sabelo Ngcwama (Celt) 32:26; 19. Vladimir Kotov (BLR/Mr Pr) 32:26 (1st mast); 20. Luxolo Mdzanga (VOB) 32:35; 21. Brian Mapeyi (VOB) 32:39 (1st vet); 22. Akhona Mahlala

(VOB) 32:44; 23. Zolani Matshaba (Khaye) 32:49; 24. Yeye Thungokwa (Ned) 32:58; 25. Asanda Mkiti (Ad) 33:00; 26. Bulelani Bhebha (RCS Gug) 33:05; 27. Patrick Magadla (VOB) 33:08; 28. Lungisani Maroti (Khaye) 33:12; 29. Shaun Abrahams (Ad) 33:14; 30. Luvuyo Mlungu (VOB) 33:3.

Masters: (40+): 1. Brian Mapeyi (VOB) 32:39 (R150); 2. Thembinkosi Zweni (NB) 34:36 (R100); 3. Michael Bekapi (VOB) 34:54 (R50). **(50+):** 1. Vladimir Kotov (BLR/Mr Pr) 32:26 (R100); 2. Zama Witvoet (Ned) 36:47 (R75); 3. Goodman Mpukane (RCS Gug) 38:02 (R50). **(60+):** 1. Willie van Wyk (Brack) 43:27 (R100); 2. Fred Moore (Ind) 44:58 (R75); 3. Bernard Kleinveld (RCS Gug) 49:30. **Juniors:** 1. Shaun Zuzani (Ned) 31:23 (R200); 2. Unathi Phezolo (RCS Gug) 31:45 (R150); 3. Wanda Roro (As) 31:468 (R125).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (Celt) 36:55; 2. Thozama April (Celt) 37:02; 3. Nomvuyisi Seti (Mr Pr) 37:07; 4. Bulelwa Mtshagi (Celt) 37:51; 5. Alae Brand (Ad) 37:54; 6. Busisiwe Matiwane (Celt) 40:18; 7. Yonela Hewu (RCS Gug) 40:54 (1st jun); 8. Ayanda Mqhakayi (RCS Gug) 41:59; 9. Francis Roman (Celt) 42:16; 10. Vivienne Fenton (Ind) 42:4; 11. Robyn Woodward (Ind) 43:09; 12. Bertha Denichaud (Edg) 43:41 (1st vet); 13. Karen de Kock (Met) 43:45; 14. Patricia Adams (Met) 43:53; 15. Candyce Hall (N. Carb) 45:19; 16. Nancy Will (Pine) 45:27 (1st mast); 17. Ilse Engle (Tyg/NL) 45:42; 18. Khulukazi Lupondo (RCS Gug) 46:05; 19. Megan Galloway (Ind) 46:12; 20. Berdine Grobbelaar (Brack) 46:17.

Masters: (40+): 1. Bertha Denichaud (Edg) 43:41; 2. Sue Dickson (VOB) 47:32; 3. Ofra Sharp (Pine) 47:35. **(50+):** 1. Nancy Will (Pine) 45:27; 2. Charmaine Cupido (Ned) 46:53; 3. Diane Dixon (VOB) 48:51. **(60+):** 1. Pixie Sparg (Celt) 49:06; 2. Marietha Herbert (Bel) 50:34; 3. Marlene James (Pine) 56:58. **Juniors:** 1. Yonela Hewu (RCS Gug) 40:54; 2. Ayanda Mqhakayi (RCS Gug) 41:59; 3. Khulukazi Lupondo (RCS Gug) 46:05.

Van der Stel Pass Challenge

Bot River, 25 October

(Distances: 21.0975 km & 10 km)

Half Marathon

MEN

1. Willem Floors (Hang) 89:18; 2. Herman de Vries (Whal) 90:25; 3. Ngu Isadore (Worc) 92:11; 4. Frank Gillion (Whal) 92:26 (1st mast); 5. Emile Muller (Stel) 98:30 (1st vet); 6. Sam Kotzé (Ned) 99:21; 7. Willem Snyders (Elg/Grab) 99:28; 8. Donovan Jacobs (Ind) 100:29; 9. Mark le Roux (Elg/Grab) 103:07; 10. Natale Roelofse (Worc) 104:15; 11. Stefan Pieterse (Ind) 107:27; 12. Carl Hendricks (Ned) 107:45 (1st g'mast); 13. Reginald Crowster (Tyg/NL) 110:45; 14. Arthur Moses (Ned) 114:25; 15. Clifford Blake (Brack) 115:05; 16. Jannie Grobbelaar (Ind) 115:07; 17. Wayne le Roux (Ind) 117:24; 18. Edgar Isaacs (Elg/Grab) 118:24; 19. Roelof van Weele (Whal) 119:22; 20. Rodney Cupido (Ind) 119:33; 21. Jenann van Rensburg (Ind) 121:31; 22. Alfred Langa (Ind) 122:23; 23. Andie de Bruyn (Bred) 122:42; 24. Sifiso Shumi (Ind) 123:01; 25. Steve Norris (Ind) 125:26; 26. Frederick Motalingoane (Ned) 127:34; 27. Charles Jaars (Ind) 127:38; 28. Derrick Uren (Elg/Grab) 128:03; 29. David Wells (Ind) 128:34; 30. Buks van Tonder (Worc) 128:45.

Masters: (40+): 1. Emile Muller (Stel) 98:30; 2. Willem Snyders (Elg/Grab) 99:28. **(50+):** 1. Frank Gillion (Whal) 92:26; 2. Sam Kotzé (Ned) 99:21. **(60+):** 1. Carl Hendricks (Ned) 107:45; 2. Roelof van Weele (Whal) 119:22.

WOMEN

1. Veronica van Niekerk (Elg/Grab) 109:42 (1st g'mast); 2. Marinelle Tolken (Brack) 115:06 (1st vet); 3. Maryna Bingle (Hex) 116:25; 4. Cailey Bredenkamp (Parl) 117:52; 5. Petra King (Sanlam) 129:46 (1st mast); 6. Wilma Barnes (Dur) 131:52; 7. Sanet du Toit (Brack)

132:16; 8. Christa Nortjé (Ind) 137:58; 9. Bryony Barron (Spart) 154:00; 10. Venita Nel (Sanlam) 160:32.

Masters: (40+): 1. Marinelle Tolken (Brack) 115:06; 2. Maryna Bingle (Hex) 116:25; **(50+):** 1. Petra King (Sanlam) 129:46; 2. Wilma Barnes (Dur) 131:52. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 109:42.

10 km

MEN

1. Christo Dourie (CS) 39:56; 2. Godfrey Swarts (Hang) 44:48; 3. Ashley Jacobs (Ind) 46:09; 4. David Mdladlambo (Ind) 48:08; 5. Adowaan Booysen (Ind) 49:02; 6. Sybrand Mostert (Ind) 50:35; 7. Johan Tolken (Brack) 50:58; 8. Johan Conradie (Ind) 52:54; 9. Adriaan van Deventer (Ind) 53:20; 10. Richard Cherry (Ind) 55:40.

WOMEN

1. Jean Hann (Whal) 57:50; 2. Jeane Posthumus (Ind) 58:34; 3. Nicolette Cronjé (Ind) 59:05.

Zuurberg Mountain Inn 15 km

Addo, 25 October

(Loop course on mountain trails)

Note: Runners indicated with * ran an incorrect course and did not qualify for prize money.
– Ed.

MEN

1	Mzuvumile	Lungu*	Nedbank RC EP	15	59:52
2	Sidwel	Roboshi*	Harmony AC EP	47	1:00:40
3	Mkhululi	Rhoboshe*	Nedbank RC EP	16	1:13:39
4	Shaun	Korkie*	Charlo AC	24	1:20:02
5	Richard	Legg	Kowie Striders	38	1:22:16
6	Bradley	Joubert (1 st vet)	Achilles AAA	46	1:27:21
7	Richard	Betts	Kowie Striders	43	1:27:29
8	Hansie	Els*	Somerset East	59	1:28:30
9	Robin	Fourie	Achilles AAA	45	1:29:42
10	Graham	Channon (1 st mast)	Achilles AAA	59	1:32:49
11	Reg	Fridey	Achilles AAA	43	1:32:50
12	Ken	Barwood	Achilles AAA	52	1:33:04
13	Llewellyn	Clack	Raleigh AC	43	1:36:31
15	Graham	Nell	Achilles AAA	56	1:37:22
17	Peter	Pohlmann	Achilles AAA	45	1:38:22
18	W	Barwood	Individual	23	1:38:47
20	Riaan	Van Der Walt	Somerset East	38	1:46:05

40-44:

1	Richard	Betts	Kowie Striders	43	1:27:29
2	Reg	Fridey	Achilles AAA	43	1:32:50
3	Llewellyn	Clack	Raleigh AC	43	1:36:31

45-49:

1	Sidwel	Roboshi*	Harmony AC EP	47	1:00:40
2	Bradley	Joubert	Achilles AAA	46	1:27:21
3	Robin	Fourie	Achilles AAA	45	1:29:42

50-54:

1	Ken	Barwood	Achilles AAA	52	1:33:04
2	Johndavid	Metcalfe	Muirite Striders	51	1:57:20
3	Mof	Botha	Achilles AAA	52	2:04:39

55-59:

1	Hansie	Els*	Somerset East	59	1:28:30
2	Graham	Channon	Achilles AAA	59	1:32:49
3	Graham	Nell	Achilles AAA	56	1:37:22

60-64:

1	Peter	Stockwell	Albany RR	61	1:46:43
2	Stavie	Van Aardt	Albany RR	61	1:52:53
3	John	Haydock	Albany RR	64	2:17:25

65-69:

1	Gerald	Bouwer	Achilles AAA	65	2:02:05
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Juniors:

1	Mzuvumile	Lungu*	Nedbank RC EP	15	59:52
3	Mkhululi	Rhoboshe*	Nedbank RC EP	16	1:13:39

WOMEN

1	M	Zimmermann	Kimberley	33	1:36:32
2	Christine	Hart (1 st vet)	Albany RR	47	1:38:00
3	Bonita	Kilian	Temp	39	1:40:40
4	Nicola	Craig	Rhodes Universi	22	1:53:52
5	Theresa	Lillis (1 st mast)	Achilles AAA	52	1:54:07
6	Melanie	Selwood	Rhodes Universi	22	1:54:57
7	Maria	Oppel	Crusaders AC	58	1:56:22
8	Janet	Kingwill	Temp	47	1:57:21
9	Helen	Kean	Rhodes Universi	21	1:57:28
10	D	Mcfarlane	Individual	21	1:58:01

40-44:

1	Lavinia	Darlow	Charlo	40	2:03:53
2	A	Kroon	Temp	41	2:10:24
3	Lesley	Maggott	Achilles AAA	41	2:10:25

45-49:

2	Christine	Hart	Albany RR	47	1:38:00
8	Janet	Kingwill	Temp	47	1:57:21

50-54:

5	Theresa	Lillis	Achilles AAA	52	1:54:07
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55-59:

7	Maria	Oppel	Crusaders AC	58	1:56:22
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60-64:

11	Marlene	Wiese	Kowie Striders	62	2:02:23
14	Margaret	Paton	Charlo AC	62	2:03:57

Tradouws Pass Half Marathon

Barrydale, 25 October

(Distance: 21.0975 km; out-and-back course. Finishers: 77.)

MEN

1	Enrico Newman	Bredasdorp	1:13:53
2	Jumat Witbooi	Bredasdorp	1:16:31
3	Ivan Reyneke	Bredasdorp	1:16:51
4	Johan Stemmet	Bonnievale	1:18:51
5	Vuyolwethu Marityi	Nedbank	1:19:58
6	Shelton Swanepoel	Ind	1:25:34
7	Gustav Antonie	Montagu	1:28:30
8	Henry Philander	Langeberg	1:31:05
9	Attie Heyns	Pinelands	1:31:07
10	Louis Botha	Eskom	1:33:54

WOMEN

1	Bettie Stevens	Ind	1:41:18
2	Liza Chin	VOB	1:43:27
3	Christa Smit	Mosselbaai	1:48:07
4	Annemarie Matthysen	Langeberg	1:50:39
5	Rina Cloete	Bredasdorp	1:52:11
6	Alet Streicher	Ind	1:59:42
7	Emily Lee	Knysna	2:00:06
8	Antel van Deventer	Ind	2:05:26
9	Franki Fouche	Ind	2:06:56
10	Andrea Wilkinson	Ind	2:10:25

Amatola Marathon (44th)

Stutterheim, 28 September

(Distance: 42.195 km; near-loop course – start & finish approx. 10 km apart, partly on gravel)

MEN

1.	Linda Poyo (Hamiltons)	2:48:28
2.	Kevin Derbyshire (Oxford Striders)	3:03:12
3.	Faro Mateo (Old Selbornians)	3:11:57
4.	Goodwill Stoffels (Real Gijimas)	3:17:50
5.	Pieter Jagers (United)	3:19:01
6.	Wim Vergeer (Bert's Bricks)	3:48:49
7.	Gary Willard (Oxford Striders)	3:53:00
8.	Sidwell Tshaka (Oxford Striders)	3:53:21
9.	Mlungisi Mtikitiki (Individual)	3:57:23
10.	Edgar Anyona (Individual)	3:59:24

40+:

1.	Kevin Derbyshire (Oxford Striders)	3:03:12
2.	Faro Mateo (Old Selbornians)	3:11:57
3.	Pieter Jagers (United)	3:19:01

50+:

1.	Sidwell Tshaka (Oxford Striders)	3:53:21
2.	T. P. Kwinana (Individual)	4:12:34

60+:

1.	Piet Scholtz (Queenstown Harriers)	4:47:53
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WOMEN

1.	Gail Langley (Buffalo RR)	3:44:14
2.	Milly van Vuuren (Oxford Striders)	3:53:19
3.	Janine Jackson (Buffalo RR)	4:03:22
4.	Kate Godfrey (Oxford Striders)	4:09:01
5.	Maureen Pitt (Oxford Striders)	4:09:23
6.	Sandra Schoeman (Oxford Striders)	4:25:12
7.	Christine Cordier (Oxford Striders)	4:33:12

40+:

1.	Milly van Vuuren (Oxford Striders)	3:53:19
2.	Kate Godfrey (Oxford Striders)	4:09:01
3.	Christine Cordier (Oxford Striders)	4:33:12

50+:

1.	Maureen Pitt (Oxford Striders)	4:09:23
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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 New York City Marathon (39th)

New York, USA, 2 November

(Distance: 42.195 km; certified, point-to-point course, 5.5 m total elevation loss)

MEN

1. Marilson Gomes Dos Santos, BRA	2:08:43	\$130,000 + 35,000i
2. Abderrahim Goumri, MAR	2:09:07	65,000 + 30,000i
3. Daniel Rono, KEN	2:11:22	40,000 + 5000i
4. Paul Tergat, KEN	2:13:10	25,000
5. Abderrahime Bouramdane, MAR	2:13:33	15,000
6. Abdi Abdirahman, USA	2:14:17	10,000
7. Josh Rohatinsky, USA	2:14:23 PB	7500
8. Jason Lehmkuhle, USA	2:14:30	5000
9. Hosea Rotich, KEN	2:15:26	2500
10. Bolota Asmerom, USA	2:16:37 PB	500
11. Luke Humphrey, MI, USA	2:18:38	
12. Hendrick Ramaala, RSA	2:19:11	
13. Mohammed Awol, NY, USA	2:19:13	
14. Kassahun Kabiso, NY (ETH)	2:19:54	
15. Jacob Frey, VA, USA	2:20:17	
16. Genna Tufa, NY (ETH)	2:20:23	
17. Kyle Shackleton, CA, USA	2:20:38	
18. Teklu Tefera Deneke, NY (ETH)	2:20:47	
19. Boaz Cheboiywo, MI (KEN)	2:21:40 PB	
20. Deresse Deniboba, NY (ETH)	2:21:54 PB	

WOMEN

1. Paula Radcliffe, GBR	2:23:56	\$130,000 + 35,000i
2. Ludmila Petrova, RUS	2:25:43	65,000 + 25,000i
3. Kara Goucher, USA	2:25:53 DB *	40,000 + 25,000i
4. Rita Jeptoo, KEN	2:27:49	25,000 + 10,000i
5. Catherine Ndereba, KEN	2:29:14	15,000
6. Gete Wami, ETH	2:29:25	10,000
7. Dire Tune, ETH	2:29:28	7500
8. Lidia Simon, ROU	2:30:04	5000
9. Lyubov Morgunova, RUS	2:30:38	2500
10. Katie Mcgregor, USA	2:31:14 PB	1000
11. Magdalena Lewy Boulet, CA, USA	2:33:56	
12. Hayley Haining, GBR	2:35:11	
13. Lucy Macalister, GBR	2:39:25	
14. Sally Meyerhoff, AZ, USA	2:40:57	
15. Ilsa Paulson, AZ, USA	2:41:17 PB	
16. Robyn Friedman, IA, USA	2:41:21	
17. Melisa Christian, TX, USA	2:42:33	
18. Katarina Janosikova, NY (SVK)	2:42:57 PB	
19. Sopagna Eap, SC, USA	2:43:29	
20. Victoria Ganushina, NY (UKR)	2:43:55	
... 69. Zola Pieterse, RSA	2:59:53	

Joon Ang Seoul International Marathon (10th)

Seoul, KOR, 2 November

(Distance: 42.195 km)

MEN

1. Solomon Molla, ETH 2:08:46
2. Nicholas Chelimo, KEN 2:08:51
3. Paul Biwott, KEN 2:09:29
4. Chala Lemi, ETH 2:09:36
5. Ridouane Harro MAR 2:10:14

WOMEN

1. Sun-Young Lee, KOR 2:29:58
2. Hae-Jin Bae, KOR 2:42:44
3. Kyung-Hee Lim, KOR 2:42:45
4. Hyun-Jin Hon, KOR 2:45:08
5. Bong-Ha Lee, KOR 2:47:29

Great International Marathon (1st)

Casablanca, MAR, 26 October

(Distance: 42.195 km)

MEN

1. Adil Annani, MAR 2:12:03 USD 15,000
2. Kilonzo Musyoka, KEN 2:12:22 10,000
3. Yemane Adhane, ETH 2:13:29 7000
4. Hillary Kipchumba, KEN 2:16:29 5000
5. Larbi Es'Sraidi, FRA 2:17:30 3000

WOMEN

1. Kaori Yoshida, JPN 2:31:44 USD 10,000
2. Asmae Leghzaoui, MAR 2:34:42 6000
3. Yeshi Esayias, ETH 2:38:18 4000
4. Samira Raif, MAR 2:38:19 DB 2000
5. Yulia Rubain, UKR 2:40:21 1000

Men's European Champion Clubs Cup Road Race

Almeirim, POR, 25 October

(Distance: 21.1 km)

1. Rui Pedro Silva (POR/Maratona) 1:04:34
2. Licínio Pimentel (POR/Conforlimpa) 1:05:03
3. Hermano Ferreira (POR/Maratona) 1:05:05
4. Stefano Baldini (ITA/Corradini Excelsior) 1:05:13
5. Yousef Aakaou (ESP/Guadalajara) 1:05:27

CROSS-COUNTRY

PAC-10 Conference Championships

Springfield, USA, 31 October

MEN (8 km)

Teams: 1. Oregon 28; 2. Stanford 47; 3. Washington 104; 3. California 104

1. Galen Rupp	Oregon	22:55.14
2. Luke Puskedra	Oregon	23:32.11
3. Chris Derrick	Stanford	23:38.17
4. Garrett Heath	Stanford	23:41.18
5. Shadrack Kiptoo-Biwott	Oregon	23:42.50

WOMEN (6 km)

Teams: 1. Washington 15; 2. Oregon 55; 3. Stanford 99

1. Kendra Schaaf	Washington [CAN]	19:24.05
2. Marie Lawrence	Washington	19:52.76
3. Christine Babcock	Washington	19:53.71

ULTRA/MOUNTAIN/TRAIL RUNNING

IAU 24-Hours World Challenge

Seoul, KOR, 18 October

MEN

1. Ryoichi Sekiya, JPN	272.443 km
2. Fabien Hoblea, FRA	266.152
3. Yuji Sakai, JPN	263.466
4. Vladimir Bychkov, RUS	256.404
5. Christophe Martin, FRA	254.573

WOMEN

1. Anne-Marie Vernet, FRA	238.762 km
2. Anne-Cecile Fonaine, FRA	238.328
3. Brigitte Bec, FRA	229.818
4. Mami Kudo, JPN	226.915
5. Jamie Donaldson, USA	220.092

NEWS

TWO OCEANS ENTRIES OPEN

Entries for the country's biggest road running event, the 2009 Old Mutual Two Oceans Marathon, officially opened this Saturday (1 November). Next year's event takes place on Easter Saturday, 11 April, and will celebrate its 40th birthday, which also coincides with the 10-year anniversary of Old Mutual as the title sponsor.

A commemorative logo was specially designed to celebrate the forty years, as well as a new-look website that incorporates the "Growing Together. Running Together" tag line, introduced for the 2009 event.

Ultra runners are advised to take note of the changes to the qualifying process, run their qualifying marathon early and get their entries in as soon as possible to avoid disappointment. According to the Old Mutual Two Oceans office, in order to qualify for next year's 56 km ultra event, participants must use their time from a marathon or ultra

marathon run after 1 September this year. The 2008 Two Oceans ultra and Comrades cannot be used as a qualifier, as was the case for this year's event.

Participants are encouraged to enter online at www.twooceansmarathon.org.za and entry forms will be available at leading sports shops and running clubs countrywide during November. Entries close on Wednesday, 4 March 2009, or when the first 11 000 participants are reached in the half marathon.

The race organisers have announced that once a participant has entered, no entry changes will be allowed at all. There will also be no substitutions, upgrades or downgrades, refunds and no late entries – no matter what the circumstances.

Said race director Rowyn James: "We have taken this decision as the race has now reached a level where we are processing close to 20 000 entries, which takes a tremendous amount of planning and co-ordination. In order to ensure the entry process runs smoothly, once the deadline is reached our office will not make any changes."

The race office, in conjunction with the Sports Science Institute of South Africa [SSISA], is once again hosting a series of workshops with the aim of helping runners to achieve their personal running goals and provide them with valuable training advice and race preparation. Two Cape Town workshops, held at SSISA in Newlands, Cape Town, will take place on 26 January and 2 February 2009. The first workshop will focus on the 56 km ultramarathon race, while the second one will be aimed at half-marathon entrants. Durban will host a third workshop, catering for both distances, on 17 February 2009 at the Riverside Hotel.

Speakers will include *Runner's World* columnist Dr Ross Tucker, Prof Andrew Bosch and Old Mutual Virtual Coach Dave Spence, as well as others.

OLYMPIC MARATHONER TUMO KILLED IN BUS ACCIDENT

Turbo Tumo, who represented Ethiopia in the marathon at the 1996 Olympic Games, was among 19 people who were killed in a bus accident late last Monday, reports *Race Results Weekly*.

A bus he was travelling in hit a wall after its wheels snapped off about 190 km south of Addis Ababa. More than 30 others were also injured.

Tumo, 38, had a career best of 2:09:00 from the Lake Biwa Marathon in 1997. His best year was 1996 when he won the Houston and Eindhoven marathons and finished second in New York, but did not finish the marathon at the Olympic Games in Atlanta.

COGHLAN INJURED AT DUBLIN MARATHON

In a freak accident, Irish mile legend Eamonn Coghlan suffered several injuries while doing promotional work at last weekend's adidas Dublin Marathon, according to *Race Results Weekly*. Coghlan suffered several fractures in his foot after being struck by a cyclist. He was scheduled to undergo a second surgery last Thursday.

BACKGROUND

This article on Zola Pieterse and her aim to run the New York City Marathon appeared in *The New York Times* in the week before the race. – Ed.

ZOLA JUST WANTS TO ENJOY RUNNING

When people learn that Zola Budd Pieterse will run the New York City Marathon on Sunday, one question inevitably follows, the way one foot follows the other.

Will she wear shoes?

Yes, she said, smiling, explaining that she always wore shoes to train and race on the roads. Only when she ran track and cross-country did she go barefoot in a career forged

and fissured by family tension and tragedy, by the racial policies of South Africa and, of course, by the infamous collision with Mary Decker Slaney at the 1984 Summer Olympics in Los Angeles.

"I still can't understand why people think it's strange to run barefoot," said Budd Pieterse, who grew up on a farm in Bloemfontein, South Africa. "It's just a lifestyle. My kids went to school barefoot. It's normal."

She is 42 now, nearly a quarter century removed from that notorious tangle of feet in Los Angeles. She has a teenage daughter, twin sons and a husband with business interests in hotels and gas stations. She has a degree in psychology and is studying for a master's in religion-based counseling. She also has a two-year visa to live in the United States and compete on the masters running circuit, on which she hopes to find something that eluded her through two Olympics, two world cross-country titles and a handful of world records — contentment.

Since August, Budd Pieterse has lived outside Myrtle Beach [North Carolina], where the winters are moderate and the nearest golf course for her husband is only a par-3 drive away. She is a volunteer coach at nearby Coastal Carolina University. Her house is decorated with pumpkins and spider webs for her children's first experience with Halloween. She is open and candid and smiles easily. But sadness has inflected her life, and running has always been a catharsis, an escape.

"For me, this is more an emotional trip than anything else," Budd Pieterse said Friday, sitting on a couch in her living room. "I don't like the word closure, but in a sense, this is a closure to a running career that was devastating on an emotional and personal level, that had more losses than gains."

An escape from grief first inspired her career. When Budd Pieterse was 14, an older sister, Jenny, died. Her mother shielded her from the details. All she knows is that her sister had a tumor on her arm and reacted adversely to chemotherapy.

"After that, I poured all my energy into my running," Budd Pieterse said. "I could withdraw. I didn't have to be socially nice to people. I could say, 'I'm going to go train.' Even now, running is my escape. When I'm on a two-hour run, I'm alone with myself. I work out a lot of things in my mind. You get all these eureka moments."

In 1984, a waifish world-record holder at 18, Budd Pieterse skirted the Olympic ban against South Africa by competing for Britain at the Los Angeles Games, receiving accelerated citizenship because she had a British grandfather.

To anti-apartheid activists, and others who protested her races in England, Budd Pieterse was a remorseless symbol of South Africa's segregationist policies. To *The Daily Mail* newspaper of London, which sponsored her move to England, she was a circulation windfall. To her father, Frank Budd, she was, as she put it bluntly, "a way to easy money."

Once, her father had been her biggest supporter, she said, consoling her after poor races, driving the car behind her as she went for early-morning runs. But the two became estranged, she said, and she moved out of the family home two weeks before the Los Angeles Games.

"I definitely feel I was used by both sides," Budd Pieterse said. And at 18, she added, "I was just so ignorant and naïve."

"People don't want to believe it, but growing up in South Africa, we were so isolated, we didn't have any international news coverage," Budd Pieterse said. "Nelson Mandela went to prison before I was born. I didn't know about his existence. His name was never mentioned in any newspaper. For me, it was an eye opener to go to Britain and see coverage about South Africa."

She ignored calls to renounce apartheid until her biography, *Zola*, appeared in 1989, when she wrote, "The Bible tells me that all men are created equal," and called South



Africa's racial policies "intolerable." Why did she wait so long? "I don't believe sports people should be put in that position," Budd Pieterse said. "To me, sports is like music, bigger than politics." Speaking out, she said, "is a conflict of interest. It defies the object of having sport as a unifying effect. Other people will disagree."

Any hope that running success might have tempered controversy at the Los Angeles Games ended during the 3000-meter race. Wanting to escape the jostling of a tight pack, and seeking a faster pace, Budd Pieterse went to the front, cutting in front of Decker Slaney. They bumped twice, Budd Pieterse stumbled and Decker Slaney fell.

Budd Pieterse was later absolved of wrongdoing by race officials. But booing began in the crowd of 85 000 at the Los Angeles Coliseum. Budd Pieterse slowed down. She crossed the line seventh, even though she said she might have won a bronze medal, or even a silver, if she had maintained her pace.

"I thought, There's no way I'm going to stand there on the podium, with people booing like that," Budd Pieterse said.

In 1985, the two women competed against each other on the European track circuit. They last spoke at a road race in Australia before the 1992 Barcelona Olympics, where Budd Pieterse, competing for South Africa, failed to make the final of the 3000, which has since been discontinued. The tension melted, she said, even if the relationship never became truly friendly.

"She's forgiven me, but she still blames me," is how Budd Pieterse often described Decker Slaney's position.

Now, more than two decades later, Budd Pieterse said, the collision feels as if it happened in another lifetime. "One mellows with age," she said. "At the end of the day, it's just another race. It's not your life anymore."

In an interview in 1996, Decker Slaney also seemed to have moved beyond the incident, saying, "I don't think there were ever any hostile feelings, anyway." She described Budd Pieterse as seeming "much older, more mature. Aren't we all?"

Two years ago, Budd Pieterse also reconciled with the head of track and field's world governing body, known as the I.A.A.F. Its current president, Lamine Diack of the Western African nation of Senegal, had refused in 1986 to present Budd Pieterse with the second consecutive gold medal she had won at the World Cross-country Championships. In 2006, with apartheid long dismantled, Diack invited her onstage at an I.A.A.F. banquet and acknowledged that she had been caught in a political vise 20 years earlier.

"At the end of the day, sport won, not politics," Budd Pieterse said.

Earlier this year, Budd Pieterse also made peace, even if it was posthumously, with her father. By 1989, the relationship became so corrosive that Frank Budd was not invited to Zola's wedding and she was not welcomed, five months later, at his funeral. According to reports, Frank Budd was shot by a man who claimed Budd had made a homosexual advance at him.

Last March, Zola visited her father's grave for the first time. It was also about that time that she began to get into shape again, wanting to join the masters running circuit. In New York, she said with a laugh, she will be happy to finish the marathon in 2 hours 50 minutes without hallucinating.

"At age 42, I don't want to break any personal records," she said. "I just want to run. To enjoy running."

The following article also appeared in *The New York Times* last week. – Ed.

BIG MARATHONS, ALREADY PACKED, MAY STILL GROW

Having run the New York City Marathon 32 years in a row, Dave Obelkevich has a simple approach to navigating the increasingly clogged course.

"I just pray," he said, "and hope not to get mowed down."

Such is the experience for many participants in the sport's glamour races, like the marathons in New York, London, Chicago, Berlin and Boston. Bursting with runners, those

races appear to be at their saturation point, with several fields hosting more than 35 000 competitors. Some of those events have doubled in size from a decade ago.

Still, race directors are looking for ways to make their 26.2-mile races even bigger, while somehow maintaining a safe and enjoyable experience for runners.

To ease congestion on its five-borough course, New York is implementing a new starting system this year, when more than 39 000 are expected to compete. Recreational runners will begin the race in three intervals, 20 minutes apart.

The race director, Mary Wittenberg, and New York's deputy mayor for economic development, Robert C. Lieber, have discussed expanding the field. More than two-thirds of the runners come from outside the tristate area, bringing the city more than \$220 million, organizers say.

Lieber said he could envision at least 50 000 runners in New York's marathon.

For the 57 665 people who applied to run in last year's New York City Marathon but were denied entry, that may seem like great news. It would be a disappointing turn, however, for many runners who already find big-city marathons unmanageable.

Liam Mycroft, a 50-year-old tax auditor from Dublin, is a veteran of 22 marathons, including the Los Angeles, Cincinnati, Boston, Winnipeg and Rotterdam races. He ran the London Marathon twice, the last time in 1998. But never again, he said, because of the crowds.

Some streets in big-city marathons, like London's aptly named Narrow Street, were clearly not fashioned to handle a sea of 70 000 sneaker-clad feet and the 35 000 runners attached to them, Mycroft said.

"You're running in some places that there are some really tight bends, so you're almost walking the first three miles and you don't really get going until six or seven miles in," he said. "It's a fantastic, brilliant experience to run toward Big Ben and Buckingham Palace, closer to the end of the race. But when you're still weaving around people, it's annoying and not very much fun."

Bigger fields mean more challenges for race organizers. As the number of entrants increases, so does the number of volunteers, police and medical workers, said Carey Pinkowski, the executive race director for the Chicago Marathon, which caps its registration at 45 000.

"Could we take 60 000 participants? Sure," he said. "But that's not a simple process. Right now we're at a number we feel very comfortable with."

Race directors in Boston and London say it would be impossible to add more runners to their already crammed courses.

In 2002, the Boston Marathon had 16 939 entrants. It then relaxed its race standards for runners 45 and older, and the field grew to 25 283 this year. And that, apparently, is the maximum the course could handle as it winds through eight cities and towns, the race director Guy Morse said. The field size for 2009 will be limited to 25 000.

"You are a victim of what you accomplish," Morse said. "We want to be as big as we can be without compromising the integrity of the event. There's a breaking point, and you may not know what that is until you get there. We don't want to find out."

Mary Pardi, 38, from Falmouth, Me., competed in the Boston Marathon in April, and said she ran shoulder-to-shoulder with other runners through Mile 18. She said she was "up on lawns, weaving in and out of people and wasting a lot of energy," because the course was so packed. She failed to reach her goal of finishing in under three hours, crossing the line in 3 hours 3 minutes 44 seconds.

"I think they should make the standards a little harder because people are getting in better and better shape," Pardi said. "But, no matter how hard it is to qualify, I think there will always be 20 000 people running it. Everyone wants to run in Boston because it means you are the best of the best."

The attraction of running in a big-city marathon, where the course passes famous landmarks and goes through boisterous neighborhoods, has increased the demand for spots in races like the London Marathon. It already has 118 500 applicants for the 2009 event in April. About a third of them will be accepted.

David Bedford, the race director, said in an e-mail message that London was considered a marathon that many "want to do at least once in their lifetime." He added that

participants simply find ways “to cope” as they made their way through gridlocked parts of the course.

Although London organizers feel as if their race has reached its limit, New York officials are looking for their race to grow.

The wave start being used Sunday in the New York City Marathon is intended to ease crowding at particularly jammed points, like near the Brooklyn Academy of Music (Mile 8) and the Willis Avenue Bridge (Mile 20), said Wittenberg, the race director.

She said that she and other organizers have studied video, photographs and data from computerized timing chips on the runners’ sneakers to assess bottlenecks on the course. The start is an obvious point of congestion, but the finish area is also a problem because runners gather to reunite with friends and families.

Race organizers and city officials have discussed altering those two areas to expand the field.

“The No. 1 driver to get bigger is that more people can run the race and there is more economic impact,” Wittenberg said. “We think it makes sense just as long as the quality of the experience remains high.”

Pointing out that New York had more finishers than any other marathon last year, she added, “We want to be the biggest marathon, but never at the cost of being the best.” Lieber, the deputy mayor, said he would not mind if the race was both. He scoffed at those who said the race was too crowded.

“That’s baloney,” he said. “It’s all about how you set it up.

“We’re not going to go from 39 000 to 50 000 in one year. It will happen over time.”

Obelkevich, who has competed in the race every year since 1976, finished his first New York City Marathon in 1974, when there were 527 entrants. He shudders at the thought of the race growing any larger than it is right now. Even so, he said he would not turn his back on it.

“I’d never think of skipping it,” said Obelkevich, 65, a retired music teacher from Manhattan. “What other race do you run with hundreds of other people helping you through the tough miles? Where else will you hear 26 bands along the course playing the theme song from ‘Rocky’?”

“Now that I’ve got this streak going, I just can’t skip a year. Even if I broke my leg, I’d do it on crutches.”

STATS TIME

This week we deviate from the usual 2008 stats list by including the top 15 times run by South Africans in the Nedbank Soweto Marathon over the years. It clearly indicates the poor standard of this race.

SOWETO MARATHON: TOP 15 ALL-TIME S.A. MEN’S PERFORMANCES

2:17:38	Collin Jabulani Khoza	2	02 Nov 03
2:18:03	Zithulele Sinqe	1	03 Dec 95
2:18:14	Mluleki Nobanda	3	02 Nov 03
2:18:18	Joshua Peterson	1	07 Nov 99
2:18:42	Abel Mokibe	1	07 Dec 97
2:18:47	Simon Hlonepha Mphulanyane	2	03 Dec 95
2:19:07	Cornelius Poya	2	07 Nov 99
2:19:12	Jan Tau	1	30 Nov 94
2:19:17	Nobanda-2	1	04 Nov 01
2:19:22	Sivuyele Ndwembini	4	07 Nov 04
2:19:25	Matthews Temane	3	03 Dec 95
2:19:29	Daniel Radebe	2	07 Dec 97
2:19:37	Benedict Moeng	4	04 Nov 07
2:19:47	Mokibe-2	1	01 Dec 96
2:19:51	Sinqe-2	2	30 Nov 94

THIS MONTH IN HISTORY

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

4 years ago: 7 November 2004

Hendrick Ramaala scored the greatest win of his career when he took the ING New York City Marathon in 2:09:28 ahead of American Meb Keflezighi. It was Ramaala's eleventh marathon, but only his second victory. The next year he was involved in the most exciting finish in the history of the race when Paul Tergat beat him by less than a second. In this year's race Ramaala finished 12th in a slow 2:19:11.

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	31:31	Maboyisana Mazwayi	Port Elizabeth	25 Oct
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	54:29	Johannes Seakamela	Boksburg	26 Oct
21.1 km	76:03	Samuel Mogudi	Port Elizabeth	05 Jul
25 km	96:25	Jeremiah Ngwenya	Durban	27 Apr
30 km	1:58:13	Zama Witvoet	Camps Bay	13 Jan
Marathon	2:39:29	Samson Mogodi	Durban	10 Feb
100 km				

Grandmasters

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

Juniors

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

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 Mikitenko (GER)		
100 km	10:31:16	Arina Cilliers	Cape Town	28 Sep

Veterans (40+)

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

Masters (50+)

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

Grandmasters (60+)

10 km	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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