

Distance Running Results

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EDITORIAL

The top performances of the weekend came from two of South Africa's Beijing Olympians. Juan van Deventer easily defended his title in the 35th City Lodge RAC Tough One 32 km, while René Kalmer, in only her second race over a distance longer than 30 km, took the women's race by a massive margin of more than 7 minutes in 2:03:29. Van Deventer, who reportedly often topped 160 km a week in his base training phase for the Olympic Games, where he finished seventh in the 1500-metre final, can certainly look forward to an even better 2009. Both he and Kalmer are proof of the value of Lydiard-type training – something which many middle distance coaches tend to overlook.

Kalmer ran more than 3 minutes faster than she did in the same race in 2006 and clocked the eighth fastest time ever by a South African for the distance. Here are the top fifteen performances by SA women over 32 km:

1:53:40	Frith van der Merwe	Johannesburg	14-May-89
1:59:55	Sonja Laxton	Johannesburg	10-Feb-85
1:59:59	Van der Merwe-2	Nelspruit	10-Jul-93
2:00:19	Van der Merwe-3	Johannesburg	27-Nov-88
2:00:20	Michelle Joy	Vanderbijlpark	03-Dec-89
2:01:16	Van der Merwe-4	Springs	09-Feb-92
2:01:42	Laxton-2	Springs	07-Feb-88
2:03:29	René Kalmer	Johannesburg	23-Nov-08
2:03:32	Louisa Leballa	Johannesburg	23-Nov-03
2:03:42	Laxton-3 (vet)	Springs	11-Feb-90
2:04:06	Laxton-4	Boksburg	08-May-88
2:04:36	Lyn Lombaard	Springs	09-Feb-86
2:04:56	Van der Merwe-5	Pretoria	13-Mar-93
2:05:00	Laxton-5 (vet)	Springs	09-Feb-92
2:05:04	Laxton-6	Johannesburg	22-Nov-87

It is interesting to note that Sonja Laxton has six times on the list, two of those after turning 40. In Saturday's Mr Price Winelands Half Marathon the mother-and-daughter combination of Sonja and Kim performed exceptionally well, with Kim winning in 84:37 and Sonja finishing 12th overall (1st in the 60+ age group) in 98:28. Velani Lusaseni was unable to defend his title in the marathon, losing to Siyabonga Habe.

Also this weekend Norman Dlomo finished twelfth in the Milan Marathon in an unremarkable 2:20:27.

Three more performances by South Africans in the ING New York City Marathon have come to light. In what is believed to be his first marathon, Jacques van Rensburg finished in

position 3367 in 3:23:20, Elizka Ferreira was 125th in 3:09:14 and master Tilda Krugmann 918th (24th in her age group) in 3:35:53.

The NY Road Runners have also released final finisher figures for the race. There were 38 832 starters (105 000 applied to run the marathon) and 38 096 finishers from 105 nations (25 216 men and 12 880 women). Among the legends of the past who finished were Rod Dixon in 3:34:50 and Steve Jones in 4:50:30.

Zolani Ntongana has been reinstated by Athletics South Africa. He had tested positive for a banned substance at the Nedbank Matha Series 20 km in George on 14 October 2006 and was then banned for two years from 8 November 2006.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * City Lodge RAC Tough One 32 km & 5 km, Johannesburg
- * Thompsons Tasty Meat 15 km, Durban
- * Mr Price Winelands Marathon & Half Marathon, Stellenbosch
- * Malabar 10 km, Port Elizabeth
- * Austin Jordaan 15 km, Benoni
- * Heatherpark Superspar Half Marathon, George

International highlights:

- * Hanji Aoki Cup/2008 Chiba Ekiden, Chiba, JPN
 - * Samsung Milano City Marathon, Milan, Italy
 - * Kobe Women's Half Marathon, Kobe, JPN
 - * Ageo Half-Marathon, Ageo, JPN
 - * Carrera Popular Canillejas - Trofeo José Cano, Madrid, ESP
 - * XC: NCAA Division I, Terre Haute, USA; Cross Internacional de Soria, Soria, ESP; NCAA Division II Championships, Slippery Rock, USA
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ROAD RUNNING

City Lodge RAC Tough One 32 km (35th) & 5 km

Johannesburg, 23 November
(Loop courses)

32 km

MEN

1 Juan van Deventer (UJ) 1:45:01; 2 George Mofokeng (Transnet) 1:46:18; 3 Joseph Mphuthi (Nedbank) 1:48:25; 4 Sam Bolo (BCC) 1:48:47; 5 Lucky Mohale (Temp) 1:50:13; 6 Adam Motona (Daxina) 1:50:20; 7 Johannes Kekana (MP) 1:50:53; 8 Morongoa Raseruthe (Midrand) 1:50:56; 9 Frans Mojela (Lekoa) 1:51:05; 10 Tshepo Masebi (MP) 1:51:32.

Veterans: 1 Tidimalo Modiga (Toy) 1:54:01; 2 Reginald Ngobese (GS) 1:54:01; 3 Petrus Tsotetsi (Mittal) 1:58:20; 4 Elgin Mokale (Nedbank) 1:59:56; 5 James Khotle (Driefontein) 2:01:11. **Masters:** 1 Samuel Mogudi (RAC) 2:07:56; 2 Elias Motlhabya (NBW) 2:13:38; 3 Steven Seema (SAP) 2:15:48. **G'masters:** 1 Paulus Masilela (Irene) 2:23:00; 2 Daniel Hlongwane (Nedbank) 2:24:43; 3 Mhlupheki Ngoben (Carlton) 3:52:24.

WOMEN

1 René Kalmer (MP) 2:03:29; 2 Mpho Mabuza (Powerade) 2:10:33; 3 Dimakatso Menong (GS) 2:14:03; 4 Michelle Kellock (BCC) 2:20:46; 5 René Strydom (RH) 2:21:49 (1st vet); 6 Phyllis de Fouw (Standard) 2:24:06; 7 Jennifer Koech (KEN/Nedbank) 2:24:39; 8 Lesley

Train (Nedbank) 2:25:09; 9 Belinda Waghorn (RWFL) 2:25:55; 10 Louise Oosthuizen (Alberton) 2:26:06.

Veterans: 1 René Strydom (RH) 2:21:49; 2 Louise Oosthuizen (Alberton) 2:26:06; 3 Martie Naude (Jeugies) 2:29:22. **G'masters:** 1 Penny Visser (Breakthru) 3:20:00; 2 Hazel Quilliam (Roodepoort) 3:54:02.

5 km

MEN

1 Stephen Mokoka (VUT) 14:33; 2 Themba Miya (GS) 14:41; 3 Olebogeng Masire (Driefontein) 14:45; 4 Xolisa Tyali (Nedbank) 14:48.

Veterans: 1 Laurence Chipangaan (Powerade) 16:20; 2 Adam Motlagale (Goldfields) 16:42; 3 Lucas Matlala (Krugersdorp) 16:53. **Juniors:** 1 Enoch Manyandi (Powerade) 15:02; 2 Vusi Tshoba (Powerade) 15:27; 3 Sithembile Dondolo (TIE) 15:33

WOMEN

1 Lebogang Phalula (UJ) 16:48; 2 Lebo Phalula (UJ) 16:50; 3 Mamphielo Sibando (Harambe) 18:53 (1st jun); 4 Sarah Mahlangu (MP) 19:36 (1st vet).

Veterans: 1 Sarah Mahlangu (MP) 19:36; 2 Cynthia Mokovane (Powerade) 23:40; 3 Natalie Sanders (Fourways) 24:26. **Juniors:** 1 Mamphielo Sibando (Harambe) 18:53; 2 Jeanette Makin (ADT) 20:10; 3 Bianca van Niekerk (Temp) 21:08

Thompsons Tasty Meats 15 km

Durban, 23 November

(Finishers: 503)

MEN

1.	Richard Nene	ZIM/Boxer AC	48:58 (R250)
2.	Dzingai Dandana	ZIM/Boxer AC	49:27 (R150)
3.	Simon Tsoangate	Stella AC	50:34 (R100)

40-49:

1	Lungani Gcabashe	Boxer AC	53:35 (R150)
2.	Gareth Robson	Toyota AC	55:38 (R100)
3.	Bheki Mbhele	Toyota AC	60:00 (R75)

50-59:

1.	Jeremiah Ngwenya	Boxer AC	58:41 (R150)
2.	Buzz Bolton	Glenwood Harr	77:37 (R100)
3.	Bheki Mngogwane	Nedbank AC	78:26 (R75)

60+:

1.	Petros Shumi	Zabalaza AC	70:51 (R150)
2.	Mbhekiseni Mchunu	Savages AC	71:49 (R100)
3.	Victor Padahcee	Woodview AC	78:38 (R75)

Juniors:

1.	Joseph Mancomuum	Ver Falcons	67:57 (R250)
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WOMEN (Same prize money as men)

1.	Precious Musampa	Mr Price AC	66:18
2.	Sibongile Mpanza	Boxer AC	66:43
3.	Iris Ndlovu	Boxer AC	68:42

40-49:

1.	Janine Engels	PDAC	69:16
2.	Tammy Dennill	West AC	74:34

3.	Nana Sigubudu	Boxer AC	76:17
50-59:			
1.	Karen Bargate	UKZN	79:07
2.	Jenny Scott	DCS	80:21
3.	Jane Baker	DAC	82:55
60+:			
1.	Gill Tregenna	West AC	86:57
2.	Maureen Parry	Chiltern AC	93:00
3.	Brenda Hughes	Sydenham AC	100:27
Juniors:			
1.	Nosiphoho Bhange	Lamontville AC	113:15

Mr Price Winelands Marathon (31st) & Half Marathon (12th)

Stellenbosch, 22 November

(Distances: 42.195 km & 21.0975 km; loop courses, very hilly, the half marathon partly on gravel. Weather: overcast and cool; light drizzle at times.)

Marathon

MEN

1. Siyabonga Habe (Mr Pr) 2:27:06 (R1500); 2. Velani Lusaseni (Ad) 2:27:52 (R1000); 3. Sihle Mapukata (Mr Pr) 2:28:46 (R500); 4. Keith Court (Mr Pr) 2:29:47; 5. Tebello Poni (VOB) 2:30:29; 6. Bonisile Ngculana (Atl) 2:30:52; 7. Vuyani Sixaso (VOB) 2:35:01; 8. Asanda Mkiti (Ad) 2:35:25; 9. Brian Mapeyi (VOB) 2:35:44 (1st vet); 10. John Mboko (Mr Pr) 2:37:28; 11. Vladimir Kotov (BLR/Mr Pr) 2:42:31 (1st mast); 12. Ernest Ngakumbi (T. Mbiza) 2:43:32; 13. Quinton Prince (Met) 2:43:53; 14. Johnny Persents (Ad) 2:44:03; 15. Marius Muller (Ceres) 2:46:35; 16. Eddie Lambert (Celt) 2:46:53; 17. Anele Funindawo (Met) 2:50:42; 18. Arnold Hyde (Atl) 2:50:52; 19. Chris Mitchell (Celt) 2:52:43; 20. Marks Mpekula (VOB) 2:52:44; 21. Simon von Witt (Atl) 2:53:07; 22. Kleinbooi Nayi (Ceres) 2:53:18; 23. Jan Nero (Mat) 2:54:03; 24. Andries Ntsizakalo (Ned) 2:54:34; 25. Kosie Botha (CS) 2:56:00; 26. Dawid Pieterse (Dwars) 2:56:23; 27. Owen Smith (Wel) 2:56:28; 28. Pikkie du Plessis (Ned) 2:56:49; 29. Desmore Oppel (Dur) 2:57:34; 30. Paul Conradie (Ned) 2:57:35.

Masters: (40+): 1. Brian Mapeyi (VOB) 2:35:44 (R750); 2. Johnny Persents (Ad) 2:44:03 (R500); 3. Chris Mitchell (Celt) 2:52:43 (R250). **(50+):** 1. Vladimir Kotov (BLR/Mr Pr) 2:42:31 (R300); 2. Kosie Botha (CS) 2:56:00 (R200); 3. Thomas Moses (Worc) 3:02:51 (R100). **(60+):** 1. Michael Clarke (VOB) 3:17:01 (R150); 2. Ian Bocock (For) 3:36:33 (R100); 3. Abe Fortuin (Wel) 3:39:21 (R50).

WOMEN (Same prize money as men)

1. Marlize van Schaik (Dur) 3:08:33; 2. Leanne Juul (Mr Pr) 3:09:43; 3. Styntjie Prins (Paarl) 3:17:19 (1st mast); 4. Michelle Dreyer (Paarl) 3:20:23; 5. Busisiwe Matiwane (Celt) 3:21:35; 6. Renée Scott (Ad) 3:22:10 (1st vet); 7. Robyn Redhead (Edg) 3:25:04; 8. Marie Louw (Ad) 3:30:05; 9. Theresa Brand (NB) 3:31:58; 10. Lorinde Olivier (Str) 3:33:34; 11. Tracy Baxter (Sat) 3:33:35; 12. Monice Brand (Ad) 3:34:03; 13. Riana Abrahams (Dur) 3:34:17; 14. Eunice Avenant (H.Harr) 3:34:44; 15. Tania Welgemoed (Str) 3:35:01; 16. Veronica van Niekerk (Elg/Grab) 3:38:17 (1st g'mast); 17. Natalie Bird (VOB) 3:38:41; 18. Lorna Loubser (Sanlam) 3:40:40; 19. Liana Maree (Stel) 3:41:18; 20. Candyce Hall (N.Carb) 3:41:41.

Masters: (40+): 1. Renée Scott (Ad) 3:22:10; 2. Marie Louw (Ad) 3:30:05; 3. Lorinde Olivier (Str) 3:33:34. **(50+):** 1. Styntjie Prins (Paarl) 3:17:19; 2. Riana Abrahams (Dur) 3:34:17; 3. Kim Wettergreen (FH) 3:48:00. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 3:38:17; 2. Helena Daneel (Ind) 4:45:32; 3. Gail McLellan (VOB) 4:46:57.

Half marathon

MEN

1. Sibusiso Mbingeleli (Mr Pr) 67:21 (R500); 2. Siyabonga Nqabeni (Celt) 67:45 (R300); 3. Wanda Roro (Ad) 70:58 (1st jun) (R200); 4. Kevin Oliphant (ER) 75:32; 5. Warren Petterson (Mr Pr) 76:15 (1st vet); 6. Luvuyo Mlungu (VOB) 76:59; 7. Sollie van Rooyen (CS) 77:00; 8. Dawid Visser (Mr Pr) 77:45; 9. Roger Dickson (VOB) 79:43; 10. Nicholas Bryant (Celt) 79:53; 11. Madoda Feni (T. Mbiza) 80:51; 12. Chris Farley (Ind) 82:17; 13. Jeremy Norman (FH) 83:24; 14. Edward Zozi (Harf Harr) 83:41; 15. Bolititye Thamsanga (Khaye) 83:45; 16. Andrew Steenkamp (Mr Pr) 84:01; 17. Jan Niemand (Ind) 84:33; 18. Willem Swanepoel (Brack) 85:05; 19. Barry Goliath (East) 85:10; 20. Robbie Lindsay (Ned) 85:23 (1st mast); 21. Andile Ngxisho (CS) 85:55; 22. Les Chivell (FH) 86:14; 23. Happy Mavakela (Harf Harr) 86:27; 24. Hano Maree (Stel) 86:58; 25. Hendrik Coetzee (Dur) 87:09; 26. Eckhardt Visser (Dur) 87:16; 27. Appie Maritz (Paarl) 87:16; 28. Nigel Nitzky (Esk Gij) 87:35; 29. Johann Diener (Str) 87:46; 30. Abraham Jacobs (CS) 88:23.

Masters: (40+): 1. Warren Petterson (Mr Pr) 76:15 (R250); 2. Sollie van Rooyen (CS) 77:00 (R150); 3. Eckhardt Visser (Dur) 87:16 (R75). **(50+):** 1. Robbie Lindsay (Ned) 85:23 (R150); 2. Les Chivell (FH) 86:14 (R100); 3. Hendrik Coetzee (Dur) 87:09 (R50). **(60+):** 1. Henry Cleophas (Ned) 100:39 (R100); 2. Blackie Swart (Sw) 102:34 (R75); 3. Bernard Kleinveld (RCS Gug) 108:53 (R50). **(70+):** 1. Hugh Waters (Whal) 110:57; 2. Jan Theron (Ind) 115:42; 3. Pieter Schreve (Wel) 127:53. **(80+):** 1. Danie Hauptfleisch (Wel) 157:00. **Juniors:** 1. Wanda Roro (Ad) 70:58 (R100); 2. Charlo Scheepers (Brack) 89:58 (R75); 3. Rico Hunter (Worc) 98:13 (R50).

WOMEN (Same prize money as men)

1. Kim Laxton (Celt) 84:37; 2. Joanna Thomas (VOB) 86:27; 3. Carol Mercer (Mr Pr) 87:35; 4. Helene Perold (Ceres) 88:39; 5. Sheryl de Lange (Ned) 88:49; 6. Sue Dickson (VOB) 91:43; 7. Dain Hamilton (For) 94:06; 8. Tania J. van Rensburg (Dur) 94:22; 9. Bianca Marais (Edg) 94:57; 10. Patricia Adams (Met) 97:02; 11. Sandra van Graan (Edg) 98:14; 12. Sonja Laxton (RAC) 98:28; 13. Tania Kapp (VOB) 98:38; 14. Nolene Kritzing (Ind) 98:47; 15. Yolandi Visser (Mr Pr) 99:11; 16. Natalie de Villiers (Mat) 99:38; 17. Kirsty Marshall (Ind) 100:21; 18. Anina Heystek (H.Harr) 100:22; 19. Freda O'Malley (Ind) 100:57; 20. Anita Naudé (Ind) 101:37.

Masters: (40+): 1. Joanna Thomas (VOB) 86:27; 2. Carol Mercer (Mr Pr) 87:35; 3. Sheryl de Lange (Ned) 88:49. **(50+):** 1. Denise Johannes (Spart) 107:49; 2. Magriet Hanekom (Ceres) 108:37; 3. Christine Hibberd (Whal) 111:36. **(60+):** 1. Sonja Laxton (RAC) 98:28; 2. Marlene James (Pine) 130:30; 3. Marianne Nelson (Dur) 130:42. **(70+):** 1. Annelie Gous (Rob) 145:02; 2. Magdaline Johnson (UWC) 167:48. **Juniors:** 1. Anina Heystek (H.Harr) 100:22; 2. Benine Havenga (Tyg) 154:47; 3. Rose Mizon (WPCC) 174:36.

Malabar 10 km

Port Elizabeth, 22 November

(Loop course. Weather: Very windy.)

MEN

1	George	Ntshiliza	Mr Price AC EP	29	32:16
2	Sandile	Ngunuza	Nedbank RC EP	25	32:41
3	Sibusiso	Thu	Raleigh AC	20	32:55
4	Desmond	Zibi (1 st vet)	Mr Price AC EP	45	33:19
5	Masande	Mlonyeni	Nedbank RC EP	28	33:31
6	Anele	Maliza	Mr Price AC EP	30	33:34
7	Ivan	Ambraal (1 st jun)	Nedbank RC EP	19	33:38
8	Mzamo	Fokwana	Charlo AC	31	34:17
9	Maboyisana	Mazwayi	Nedbank RC EP	40	34:18
10	Aphlyn	Taai	Nedbank RC EP	26	34:31

11	Phumzile	Sikawuti	Nedbank RC EP	29	34:54
12	Lubabaloo	Mdlungwane	Nedbank RC EP	15	35:55
13	Bulelani	Vena	Mr Price AC EP	29	36:02
14	Morne	Buis	Nedbank RC EP	16	36:21
15	Melikhaya	Frans	Nedbank RC EP	16	36:22
16	Mlungiseleli	Manyati	St Albans CSEP	33	36:23
17	Mariano	Eesou	Nedbank RC EP	16	36:24
18	Melikhaya	Kepe	Nedbank RC EP	32	36:25
19	Terrance	Mjekula	Nedbank RC EP	36	36:26
20	Thembekile	Msipa	Nedbank RC EP	34	36:42
40-45:					
1	Maboyisana	Mazwayi	Nedbank RC EP	40	34:18
2	Alfred	Pakkies	Legacy AC	40	38:42
3	Andrew	Long	Madiba Bay AC	41	39:10
45-49:					
1	Desmond	Zibi	Mr Price AC EP	45	33:19
2	Philbert	Tyombo	PEAAC	45	40:18
3	Gerhard	Luck	Temp	49	40:43
50-54:					
1	Charles	Baatjies	Nedbank RC EP	52	40:12
2	Andre	Willemse	Elite AC	50	40:58
3	Ferdinand	Grobler	Despatch AC	50	40:58
55-59:					
1	Fikile	Seya	Nedbank RC EP	55	41:32
2	Hannes	Els	Madiba Bay AC	58	44:10
3	Jimmy	Styan	Raleigh AC	56	44:27
60-64:					
1	Fred	Verrall	Charlo AC	60	44:18
2	Eddie	Walker	PEAAC	62	45:19
3	Percy	Dalton	Achilles AAA	60	46:22
65-69:					
1	Tamsanqa	Jusayi	Mr Price AC EP	66	41:31
2	Godfrey	Kariem	Cadbury AC	68	53:45
3	Gerald	Bouwer	Achilles AAA	65	1:00:37
70-74:					
1	Michael	Collins	PEAAC	70	51:13
2	Ernie	Verrall	NMMU AC	74	59:30
3	Selwyn	Solomon	Crusaders AC	70	1:12:08
75-76:					
1	Wells	Anderson	PEAAC	76	1:04:54
80-84:					
1	Henry	Botha	Despatch AC	81	1:13:25
Juniors:					
1	Ivan	Ambraal	Nedbank RC EP	19	33:38
2	Lubabaloo	Mdlungwane	Nedbank RC EP	15	35:55
3	Morne	Buis	Nedbank RC EP	16	36:21
WOMEN					
1	Ntombesintu	Ntshiliza	NMMU AC	26	39:11
2	Zoleka	Dondashe	Nedbank RC EP	23	41:58
3	Deliwe	Nyanga (1 st jun)	PEAAC	19	42:34
4	Ursula	Kuhn	NMMU AC	27	43:53
5	Treloar	Childs (1 st vet)	Spar Walmer AC	45	44:19
6	Elmarie	Bezuidenhout	Charlo AC	26	46:52
7	Grizelda	Pietersen	Achilles AAA	40	48:10
8	Annelie	Nel	Legacy AC	34	49:23

9	Mary Grace	Villanueva	Achilles AAA	32	49:41
10	Joy Anne	Pregalato	Achilles AAA	38	49:46
11	Gail	Klichowicz	Achilles AAA	42	49:48
12	Janette	Schierz-Crusius	Body Concept	48	50:04
13	Adele	Nel	St Albans CSEP	35	50:18
14	Noxolo	Marks	Nedbank RC EP	22	51:14
15	Hermie	Fisher	Madiba Bay AC	41	51:47
16	Paulette	Mcewan	Achilles AAA	43	52:15
17	Liz	Grundlingh (1 st g'mast)	Muirite Strider	61	52:43
18	Cathy	Ives (1 st mast)	Achilles AAA	55	53:10
19	Carmen	Meyer	PEAAC	37	53:32
20	Lindie	Barnardo	NMMU AC	24	53:50

40-45:

1	Grizelda	Pietersen	Achilles AAA	40	48:10
2	Gail	Klichowicz	Achilles AAA	42	49:48
3	Hermie	Fisher	Madiba Bay AC	41	51:47

45-49:

1	Treloar	Childs	Spar Walmer AC	45	44:19
2	Janette	Schierz-Crusius	Body Concept	48	50:04
3	Cathy	Allers	Despatch AC	46	56:49

50-54:

1	Monica	Kemp	Madiba Bay AC	53	56:21
2	Liz	Austin	Achilles AAA	50	58:01
3	Marcelle	Harran	Body Concept	54	1:02:54

55-59:

1	Cathy	Ives	Achilles AAA	55	53:10
2	Maria	Oppel	Crusaders AC	58	59:40
3	Rita	Boucher	Spar Walmer AC	58	1:07:12

60-64:

1	Liz	Grundlingh	Muirite Strider	61	52:43
2	Retha	Snyman	PEAAC	61	56:16
3	Margaret	Paton	Charlo AC	63	58:52

70-74:

1	Dorothy	Hart	PEAAC	70	1:04:19
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Juniors:

1	Deliwe	Nyanga	PEAAC	19	42:34
2	Terray	Newcombe	Nedbank RC EP	17	56:08
3	Lee-Anne	Diedericks	PEAAC	18	1:01:26

Austin Jordaan 15 km

Benoni, 19 November

(Loop course)

MEN

1 Lucky Miya (Powerade) 48:35; 2 Vusi Malobola (Powerade) 48:54; 3 Lawrence Chipangaan (Powerade) 51:35 (1st vet).

Veterans: 1 Lawrence Chipangaan (Powerade) 51:35. **Masters:** 1 Andre Jansen (Toy) 61:36. **G'masters:** 1 Pele Tshinkundalema (Yebo) 61:39. **Juniors:** 1 Manuel Madakwe (Yebo) 51:36.

WOMEN

1 Anneke Geldenhuis (Kempies) 62:37; 2 Ashley Schnetler (Kempies) 62:59; 3 Lisa Maritz (Irene) 65:55.

Veterans: 1 Lindsay van Aswegen (Kempton) 66:51. **Masters:** 1 Natalie Saunders (Fourways) 80:11. **G'masters:** 1 Liz Mulder (RAC) 82:38. **Juniors:** 1 Sibongile Masinba (GS) 70:30.

Heatherpark Superspar Half Marathon

George, 15 November

(Distance: 21.0975 km; course configuration unknown)

MEN

1. Thomas Pongola	Nedbank Running Club	1:10.11
2. Vuyo Witbooi	Outeniqua Harriers	1:10.28
3. Lindile Tokota (1 st vet)	Nedbank Running Club	1:13.00

40-49:

1. Lindile Tokota	Nedbank Running Club	1:13.00
2. Sidney Somathamba	Outeniqua Harriers	1:19.40
3. Sidney Landsberg	Nedbank Running Club	1:20.07

50-59:

1. Danie Joubert	Hartenbos Drawwers	1:40.57
2. Harold Basson	Outeniqua Harriers	1:47.12

60+:

1. Nic Brummer	Sedgefield Striders	1:44.02
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Juniors:

1. Ensliano Deyce	Nedbank Running Club	1:19.15
2. Jaco Petersen	Nedbank Running Club	1:22.21
3. Sinisipho Didishe	Knysna Marathon Club	1:23.37

WOMEN

1. Alison Jordaan (1 st vet)	Outeniqua Harriers	1:29.56
2. Lisl Grobler	Knysna Marathon Club	1:34.06
3. Jo Mckenzie	Sedgefield Striders	1:35.30

40-49:

1. Alison Jordaan	Outeniqua Harriers	1:29.56
2. Marie Wolmarans	Nedbank Running Club	1:38.10

50-59:

1. Annatjie Botes	Nedbank Running Club	1:36.42
2. Mariëtte de Haan	Nedbank Running Club	1:57.10

60+:

1. Rea Oosthuizen	Hartenbos Drawwers	1:39.08
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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

Hanji Aoki Cup/2008 Chiba Ekiden (20th)

Chiba, JPN, 24 November

(Distance: Six sections totalling 42.195 km: 5 km [men], 5 km [women], 10 km [men], 5 km [women], 10 km [men], 7.195 km [women])

TEAMS

1. Ethiopia (ETH)	2:05:27 CR*
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2. Japan (JPN)	2:06:39
3. Russia (RUS)	2:08:04
4. Japanese Unified Team (JUT)	2:08:47
5. Australia (AUS)	2:09:36
6. Chiba	2:10:00
7. Great Britain (GBR)	2:10:12
8. United States (USA)	2:11:54
9. Canada (CAN)	2:11:58
10. China (CHN)	2:12:11

Samsung Milano City Marathon (9th)

Milan, Italy, 23 November

(Distance: 42.195 km; new course beginning and ending at Piazza Castello)

MEN (gun times)

1. Duncan Kibet, 1978, KEN	2:07:53 PB/CR	20,000 Euros
2. Elias Kemboi Chelimo, 1984, KEN	2:08:39 PB	10,000
3. Leonard Mucheru, 1978, KEN	2:10:05 PB	5,000
4. Rachid Kisri, 1975, MAR	2:11:53	2,500
5. Benjamin Kiprotich, 1978, KEN	2:13:17	2,000
... 9. Christopher Isegwe, 1976, TAN	2:16:52	500
... 11. Danilo Goffi, 1972, ITA	2:18:38	
12. Norman Dlomo, 1975, RSA	2:20:27	

WOMEN (gun times)

1. Anna Incerti, 1980, ITA	2:27:42 PB	20,000 Euros
2. Pamela Chepchumba, 1979, KEN	2:28:34	10,000
3. Merima Denboba, 1974, ETH	2:29:57	5,000
4. Ivana Iozzia, 1973, ITA	2:37:32	2,500
5. Bizuhan Behailu Kiflegiorgis, ETH	2:40:03	2,000

Kobe Women's Half Marathon

Kobe, JPN, 16 November

(Distance: 21.1 km)

1. Julia Mombi, KEN	1:09:45
2. Akane Wakita	1:09:57
3. Maki Suzawa	1:12:29
4. Mari Ozaki	1:12:42
5. Mai Kizaki	1:12:58

Ageo Half-Marathon

Ageo, JPN, 16 November

(Distance: 21.1 km. Finishers: 3121 men.)

Note: According to *Race Results Weekly*, there is no other half marathon in the world, and probably no other road race, with the depth of quality results as produced by this event, which is mostly for Japan's university men. The 100th man ran 1:05:28; the 200th ran 1:06:43; the 300th 1:08:09; and the 400th 1:09:48. In all, 408 men broke 70 minutes. – Ed.

MEN (gun times)

1. Yuichi Tokuchi	1:02:50
2. Yuichi Suematsu	1:03:22

3. Yuki Kawauchi	1:03:22
4. Takahiro Taniguchi	1:03:28
5. Tsuyoshi Nakagawa	1:03:30
6. Yo Yazawa	1:03:31
7. Hiroaki Inoue	1:03:32
8. Koji Matsushita	1:03:32
9. Ryo Takami	1:03:53
10. Masahiro Takaya	1:03:53

Carrera Popular Canillejas - Trofeo José Cano

Madrid, ESP, 16 November
(Distance: 10 km)

WOMEN (gun time)

1. Jane Kiptoo, KEN	31:31	2200 Euros
2. Gladys Cherono, KEN	32:17	1100
3. Dolores Checa, ESP	32:47	760 + 2200^

CROSS-COUNTRY

NCAA Division I Cross-country Championships (70th for men & 33rd for women)

Terre Haute, USA, 24 November
(Distances: Men, 10 km; women, 6 km)

MEN

Teams (score five best runners): 1. Oregon, 93 points; 2. Iona, 147; 3. Stanford, 227; 4. Wisconsin, 229; 5. Auburn, 264; 6. Northern Arizona, 281; 7. Portland, 293; 8. Oklahoma State, 205; 9. BYU, 310; 10. Georgetown, 319.

1. Galen Rupp, SR, Oregon, 29:03.2
(3 km, 8:29; 5 km, 14:29; 8 km, 23:17)
2. Samuel Chelanga, SO, Liberty (KEN), 29:08.0
(8:26, 14:28, 23:17)
3. Andrew Ledwith, SR, Iona, 29:25.4
4. David Kinsella, SR, Portland, 29:26.5
5. Luke Puskedra, FR, Oregon, 29:27.8
6. Mohamed Khadraoui, SR, Iona, 29:29.3
7. Chris Derrick, FR, Stanford, 29:29.4
8. John Kosgei, JR, Oklahoma State (KEN), 29:32.4
9. Shadrack Kiptoo-Biwott, SR, Oregon (KEN), 29:43.4
10. Kyle Perry, SR, BYU, 29:46.1

WOMEN

Teams (score five best runners): 1. Washington, 79 points; 2. Oregon, 131; 3. Florida State, 163; 4. West Virginia, 198; 5. Princeton, 220; 6. Villanova, 248; 7. Texas Tech, 272; 8. Stanford, 299; 9. Georgetown, 305; 10. Illinois, 318.

1. Sally Kipyego, SR, Texas Tech (KEN), 19:28.1
(2 km, 6:13; 4 km, 12:43)
2. Susan Kuijken, JR, Florida State (NED), 19:34.9
(6:13, 12:46)
3. Tasmin Fanning, SR, Virginia Tech, 19:37.1
4. Brianna Feltnagle, SR, North Carolina, 19:53.3
5. Racheal Marchand, SR, Iowa, 19:54.9
6. Angela Bizzarri, JR, Illinois, 19:59.1

7. Christine Babcock, FR, Washington, 20:01.7
8. Alex Kosinski, SO, Oregon, 20:04.2
9. Nicole Bush, SR, Michigan State, 20:07.6
10. Nicole Blood, JR, Oregon, 20:08.6

Cross Internacional de Soria (15th)

(IAAF Permit Meeting)

Soria, ESP, 23 November

MEN (10000 m)

1. Leonard Patrick Komon, KEN 29:11
2. Mark Kiptoo, KEN 29:21
3. Alemayehu Bezabeh, ESP 29:29
4. Sergio Sánchez, ESP 29:52
5. Andrea Lalli, ITA 30:00

WOMEN (8000 m)

1. Jane Kiptoo, KEN 26:40
2. Margaret Muriuki, KEN 26:42
3. Gladys Cherono, KEN 26:45
4. Ines Monteiro, POR 26:55
5. Dulce Felix, POR 27:07

NCAA Division II Cross-country Championships

Slippery Rock, USA, 22 November

MEN (10 km)

Teams:

1. Adams State 67; 2. Western State 88; 3. Chico State 120; 4. Abilene Christian 128; 5. Grand Valley St 190; 6. Harding 198; 7. Queens (NC) 224; 8. Minn. St. Mankato 230; 9. Colorado Mines 254; 10. Western Washington 263.

1. Scott Bauhs, Sr, Chico State 30:23
2. Aaron Braun, Jr, Adams State 30:36
3. Michael Crouch, So, Queens (NC) 30:56
4. Chris Clark, Sr, California U. 31:12
5. Iain Donnan, Jr, Western State 31:14
6. Brian Medigovich, Sr, Adams State 31:24
7. Daniel Kirwa, Fr, Harding [KEN] 31:30
8. Jeff Weiss, Sr, Slippery Rock 31:32
9. Marko Cheseto, So, Alaska Anchorage 31:32
10. James Krajsa, Jr, Minn. St. Mankato 31:34

WOMEN (6 km)

- Teams: 1. Adams State 79; 2. Grand Valley St 102; 3. Western State 183; 4. Seattle Pacific 194; 5. Augustana (SD) 203; 6. Shippensburg 212; 7. Chico State 241; 8. Minnesota-Duluth 249; 9. Alaska Anchorage 266; 10. Western Washington 301.

1. Jessica Pixler, Jr, Seattle Pacific 20:59
2. Neely Spence, Fr, Shippensburg 21:27
3. Shannon Payne, Sr, Uc-Colo. Spgs. 21:29
4. Heather Wood, Sr, Adams State 21:37
5. Jessica Monson, Sr, Wis -Parkside 21:38
6. Rachelle Malette, Sr, Wayne St. (Mich) 21:44
7. Morgan Place, Fr, Minnesota-Duluth 21:49

- | | |
|---|-------|
| 8. Vivien Wadeck, Jr, Cal St. Los Angeles | 21:55 |
| 9. Kimi Shank, Jr, Missouri Southern | 21:57 |
| 10. Mary Ballinger, Jr, Southern Indiana | 21:58 |
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NEWS

COMRADES WILL BE "DOWN" IN 2009 AND 2010

With 2010 being a landmark year for South African sport when soccer's World Cup is held in the country, the Comrades Marathon Association (CMA) has decided that the Comrades Marathon that year will also be a "down" run, like the 2009 edition of the world's biggest ultramarathon.

The tradition of alternative "up" and "down" races has been broken only once before, when both the 1987 and 1988 races were run up, i.e. from coastal Durban to Pietermaritzburg.

Every finisher in the 2010 race, to be run on 30 May, will be presented with a special 85th Comrades/World Cup 2010 commemorative race medal.

Next year there will be another major change in the scheduling of the Comrades: For the first time since 1996, the race will revert to a date in May, specifically Sunday the 24th. This is because the FIFA Confederations Cup soccer tournament will take place in South Africa from the second week of June onwards.

The race will be a down run from Pietermaritzburg to Durban, starting at the Pietermaritzburg City Hall and finishing at Sahara Kingsmead Cricket Stadium. Because the race will take place about three weeks earlier than normal, the closing date for entries has been set at 31 March, and no entries received after this date will be accepted. However, taking into consideration that several key and traditional Comrades qualifying races will take place after 31 March, the CMA has decided to allow participants who have not qualified by 31 March to run races up to 28 April, and then inform the CMA office of their qualifying time, at which stage their entry will be confirmed. The CMA insists, however, that the closing date for entries remains 31 March, and the final qualification date will be 28 April.

This arrangement will allow races such as the Ironman SA, Old Mutual Two Oceans Marathon, Forever Resorts Loskop Marathon and Chatsworth Marathon to remain as qualifying events, although they take place after entries have closed.

In addition, the CMA has decided that all official finishers in the popular local and international Ironman endurance events will automatically qualify to run the Comrades Marathon, providing that the qualifier falls within the CMA's official qualifying window of 15 June 2008 to 28 April 2009. The standard Ironman event comprise of a 3.8 km swim, 180 km cycle and 42.2 km marathon. Given that next year's Ironman event in South Africa takes place on 5 April, athletes will, according to the new rules, have to submit their entries before participating in the event. This qualifying option excludes the 70.3 Half Ironman.

Online entries for the 2009 race (www.comrades.com) open on 1 December, while printed entry forms will be available in January.

NEW WORLD CUP FORMAT ANNOUNCED, BOLT & ISINBAYEVA WIN AWARDS

A new format for the IAAF World Cup, the possible inclusion of cross-country into the Olympic program and the high profile mid-summer suspensions of leading Russian athletes were among the key topics discussed at the two-day meeting of the IAAF Council in Monte Carlo, reports *Race Results Weekly*.

The new setup unveiled for the quadrennial World Cup, the IAAF's only international track and field team competition, features a dramatic shift from the format in use since the meet's inception in 1977. The new format, which will be introduced at its next edition in Split, Croatia, in September 2010, will consist of four continental teams, representing Africa, the Americas, Australasia, and Europe, with two athletes per team in each individual

event, and three athletes in the 1500 m, 3000 m, 5000 m and 3000 m steeplechase. Additionally, only an overall combined men's and women's champion will be crowned.

Precisely how the teams will be picked and who will lead the teams has yet to be ironed out, but the consensus, based upon feedback from athletes, media and the public, said IAAF spokesman Nick Davies, was that the competition is worth continuing, albeit with a significant facelift.

Cross-country in the Winter Olympic Games?

That's an admittedly unlikely scenario backed by IAAF president Lamine Diack. Earlier this year, Haile Gebreselassie, Kenenisa Bekele and Paul Tergat wrote a letter to IOC chief Jacques Rogge requesting that cross-country, last contested in the Olympics in 1924, be returned to the Olympic program. Diack followed up their request with a letter of his own to Rogge, backing the measure.

The IOC's initial reply was that any sports on the winter program must be contested on "snow or ice". But adding the footraces to the summer Games is out of the question, Diack said, since the inclusion of new events would require the cutting of others from the track and field program.

Challenge to Russian Federation over timing of high-profile suspensions?

The IAAF will decide by 26 November whether to challenge the All Russia Athletics Federation over the timing of doping suspensions handed down to six athletes on the eve of the Beijing Olympic Games.

The group of suspended athletes, which includes two-time world 1500 m champion Tatyana Tomashova and Yelena Soboleva, who lost her 2008 world indoor title and world record in the 1500 due to her doping bust, were found guilty of manipulating and substituting urine tests following a year-long investigation by the global governing body.

Russian athletics authorities back-dated the start of the bans to April and May 2007, corresponding with the athletes' initial positive tests, contrary to IAAF rules which state that athletes are deemed ineligible from the date they were first suspended. Whether the decision will be challenged will be decided next week, said Diack, a member of the three-member Doping Review Board that is studying the case.

Pierre Weiss, the IAAF's General Secretary, suggested that the decision could also include a recommendation to increase the length of the suspensions from two years to four. "If we go to CAS there are two questions," said Weiss, who is not a member of the review board. "The date of the start of the suspension, and also the duration of the suspension.

"We could ask for four years," Weiss said. "We don't consider this just a doping offense. It's (even worse) cheating."

Key future competition dates and venues were also decided by the IAAF. The 2010 World Athletics Final will take place in Rabat, Morocco, on 11-12 September, the first time that the season-capping event in its present form will be contested outside of Europe. The 2010 World Half-marathon Championships will be held in Nanning, China, on 9 October, and the 2011 edition of the World Youth Championships will take place in Lille, France.

Also in Monte Carlo over the weekend, Olympic champions and world record holders Usain Bolt of Jamaica and Yelena Isinbayeva of Russia were named the 2008 IAAF World Athletes of the Year.

Bolt, 22, captivated the imagination of the sporting world when he captured three gold medals at the Olympic Games in Beijing in August, sweeping the 100 and 200 meters and running the third leg on the victorious 4x100 m relay. His run of 9.69 seconds in the 100 and 19.30 in the 200 m were both world records, as was the 37.10 performance by the Jamaican relay squad. In June, Bolt set his first world record in the 100, beating world champion Tyson Gay and running 9.72 at the Reebok Grand Prix in New York City.

Isinbayeva, 26, raised her own world record in the pole vault three times outdoors in 2008, first to 5.03 m in Rome and 5.04 m in Monaco in June, and again to 5.05 m when she successfully defended her Olympic title in Beijing. It was the second consecutive Olympic Games in which Isinbayeva set a world record at the Olympic Games.

While Bolt was an overwhelming favorite for the sport's top annual prize (he was selected over double Olympic champion Kenenisa Bekele and world marathon record holder Haile Gebrselassie), Isinbayeva reportedly narrowly edged Ethiopian distance star Tirunesh Dibaba, who produced an unprecedented Olympic double victory in the 5000 and 10000 m in Beijing, and also set a world record in the 5000 m with 14:11.15 in Oslo in June.

Dibaba, along with Czech Olympic javelin champion Barbora Spotakova, shared the award for performance of the year. Spotakova broke the javelin world record with a 72.28 m throw at the World Athletics Final in Stuttgart in September. Olympic 110 m hurdles champion Dayron Robles of Cuba, who broke the world record in his event with 12.87 in June, won the men's performance of the year award.

Kenyan teenager Pamela Jelimo, who produced a nearly unprecedented rise from obscurity to finish the season undefeated in the 800 m this season, won the Revelation of the Year award. Jelimo, who captured the Olympic title and the \$1 million IAAF Jackpot, didn't take up the event until April.

VIAGRA MAY HELP RUNNING PERFORMANCE TOO

A front page story in *The New York Times* by veteran Olympic sports reporter Jere Longman reported that drug testing authorities are evaluating whether the popular drug Viagra, prescribed for men with erectile dysfunction, may enhance more than just sexual performance. The drug, which relaxes blood vessels and improves blood flow, is now under consideration by the World Anti-Doping Agency's and could be added to their banned substances and methods list.

"Basically, it allows you to compete with a sea level, or near-sea level, aerobic capacity at altitude," researcher Kenneth W. Rundell told the *Times*. "It clearly provides an unfair advantage, at least at altitude," Rundell added.

Viagra, or sildenafil citrate, was devised to treat pulmonary hypertension, or high blood pressure, in arteries of the lungs. The drug works by suppressing an enzyme that controls blood flow, allowing the vessels to relax and widen. The same mechanism facilitates blood flow into the penis of impotent men. In the case of athletes, increased cardiac output and more efficient transport of oxygenated fuel to the muscles can enhance endurance.

Some experts are more skeptical. Anthony Butch, the director of the Olympic drug-testing lab at UCLA, said it would be "extremely difficult, if not impossible" to prove that Viagra provided a competitive edge, given that the differences in performance would be slight and that athletes would probably take it in combination with other drugs. Scientists have the same uncertainty about the performance-enhancing effects of human growth hormone, though it is banned. But some athletes do not need proof — only a belief — that a drug works before using it, Dr. Butch said.

"I think it's going to be a problem," he said.

Interest in the drug among antidoping experts was further increased by a study conducted at Stanford University and published in 2006 in *The Journal of Applied Physiology*. The study indicated that some participants taking Viagra improved their performances by nearly 40 percent in 10-kilometer cycling time trials conducted at a simulated altitude of 12,700 feet — a height far above general elite athletic competition. Viagra did not significantly enhance performance at sea level, where blood vessels are fully dilated in healthy athletes.

A 2004 German study of climbers at 17,200 feet at a Mount Everest base camp, published in *The Annals of Internal Medicine*, found that Viagra relieved constriction of blood vessels in the lungs and increased maximum exercise capacity.

There is some suspicion that Viagra may be used to circumvent doping controls in cycling, which has faced waves of scandal. Last May, the cyclist Andrea Moletta was removed from the Tour of Italy after a search of his father's car turned up 82 Viagra pills, as well as syringes concealed in a tube of toothpaste, according to news accounts. An investigation ended without formal accusations of doping.

Because the air in Beijing is so polluted, some suspected that Viagra would be a popular drug at the 2008 Olympics. But there was no attempt to measure its presence

because it was not prohibited, a spokeswoman for the International Olympic Committee said.

Even if Viagra increases athletic stamina by a small amount, it could have a significant effect on results in sports like distance running, or cycling and Nordic skiing, whose events can be held at altitudes of 6,000 feet or above, Dr. Rundell said. He noted that the time between first place and fourth place in the 15-kilometer cross-country ski race at the 2006 Turin Olympics amounted to a performance differential of less than 1 percent.

KASERAI SITA SERIOUSLY INJURED

Zimbabwean runner Kaserai Sita, winner of the Stockholm Marathon in 2005 and the City to City 50 km in 2002, will not be able to run for at least eighteen months after having been knocked over by an official vehicle in the Nedbank Soweto Marathon on 2 November, according to correspondent Dewald Steyn.

Sita had just recovered from a two-year injury and was aiming to make a proper comeback in 2009.

The accident happened after about 24 km in the race, and both the tibia and fibula in his right leg were fractured.

He was operated on at Chris Hani Baragwanath Hospital the day after the race, and according to the doctors he will not be able to run for at least 18 months. Sita, an athletics coach in the Zimbabwe Armed Forces, might lose his job because of this serious injury, and will have no income for at least the next two years. Although there will be insurance claims, this can take between two to four years to be resolved. Sita is married with three children.

Sita also won the Macau Marathon in 2003, as well as the Loksop 50 km and Korkie 50 km in 2002 and finished second in his debut Two Oceans in 2003. He has a marathon PB of 2:12:42.

The following article by David Monti was published in *Race Results Weekly*. – Ed.

RYAN HALL TO MAKE BOSTON MARATHON DEBUT

It's been more than 25 years since an American man crossed the finish line first at the Boston Marathon, but race organizers hope that will change next April when Ryan Hall of Big Bear Lake, Calif., steps to their famous starting line in Hopkinton for the first time. John Hancock Financial, which funds the elite fields for the race, announced today that they had landed Hall, America's top marathoner with a 2:06:17 personal best, for the 2009 edition of America's oldest marathon.

"I am grateful to have the opportunity to compete on the John Hancock elite team at the 2009 Boston Marathon," said Hall, 26, through a news release. "The Boston Marathon is the grand daddy of the World Marathon Majors. To win here would mean as much to me as winning any marathon in the world, including the Olympic Games. To win in Boston would show the world that American distance

running is indeed back to the days of Salazar, Beardsley, and Rodgers."

The last USA men's champion in Boston was Greg Meyer, who triumphed in 2:09:01 over compatriots Ron Tabb and Benji Durden. Since then, men from Australia, Great Britain, Ethiopia, Kenya, Korea, Italy and Japan have won at Boston, but not a single American (Lisa Larsen Weidenbach won the women's race in 1985, however). Kenyan men have won the race 17 times since Meyer's victory, including the last three editions which were won by course record holder Robert Kipkoech Cheruiyot.

"I hope that I can contribute to bringing American marathoning back to the forefront," continued Hall. "There is no better place to do that than Boston. What is done in Boston lives on for all time."

Hall certainly has a credible chance for victory. In his marathon debut in London in 2007, he clocked a USA debut

record of 2:08:24 and was actually leading the race at 30 km. Later that year, he won the hilly USA Olympic Trials marathon in New York City in a championship record 2:09:02, the followed up with his excellent personal best in London last spring. He finished tenth at the Beijing Olympics in 2:12:33. Landing Hall is a major coup for Boston which has been strongly challenged by the Flora London Marathon in recent years for supremacy amongst spring marathons. While Hall was well

received in London, his presence in the 113th Boston race will have a much greater impact on newspaper coverage and television ratings in the United States. The Boston Marathon is in live television nationally in the USA, and nearly every major newspaper sends a reporter to cover it.

The Boston Marathon, part of the World Marathon Majors series, will be held on Monday, April 20, Patriots Day in Massachusetts.

BACKGROUND

The following article by Bob Ramsak for the IAAF is not purely about distance running, but interesting nevertheless. The calculation of win streaks is for finals only. – Ed.

WIN STREAKS – 2008 A YEAR OF DRAMA

In terms of unbeaten streaks in the sport, 2008 will perhaps be most remembered not for the winning streaks that emerged over the course of the year, but for those that came to their dramatic conclusions.

Since her 2008 debut in late January, the world watched Croatia's world high jump champion Blanka Vlasic build a sensational run in her event, taking on all comers and beating them all. Beginning the year with a 15-meet win streak, the 25-year-old extended it to 34 through the winter, spring and summer, by far the longest the sport has witnessed in recent years. But it came to a crashing halt at the most inopportune time, when Vlasic, heavily favoured for Olympic gold, finished second to Belgium's European champion Tia Hellebaut in Beijing.

The longest streak on the men's side also came to an abrupt end when 3000 m steeplechase world record holder Saif Saaeed Shaheen returned to the track for the first time since winning the 2006 IAAF World Cup. Sidelined by injury in 2007, Shaheen made his return on that same Athens track but still ailing, dropped out of the race with three laps to go to put an end to his 24-race victory streak in the event.

Pole vault world record holder Yelena Isinbayeva began her 2008 season after a perfect 18 for 18 campaign in 2007. She added another notch to that tally after her traditional season's debut in Donetsk in February where she once again raised her own world indoor record, this time to 4.95 m. But she couldn't manage a 20th straight triumph after finishing in a tie for second at the Pedro's Cup meet in Bydgoszcz four days later. The Russian quickly regrouped however, and won the rest of the 11 meets she contested this year, collecting another Olympic title, another world indoor gold, and a trio of world records in the process.

Irving Saladino did manage to break through the increasingly difficult 20 straight win barrier. Since emerging as the world's finest long jumper in 2006, the Panamanian pieced together an impressive run. He began 2008 with four victories to extend his unbeaten streak to 21 before it came to an end at the Golden League opener in Berlin in June.

One streak that hasn't changed is the phenomenal record in heptathlon competition produced by Carolina Klüft, currently the longest in the sport. The Swede, who shifted her focus to the long jump this year, is sitting on a phenomenal 19-competition unbeaten streak in the heptathlon, one which began on 22 July 2001 when she captured the European junior title, and ended -- for now -- with her 7032 point European record tally at the World Championships in Osaka last year. Even if she decides to never return to the multi-events, she can rest assured that her six-year run at the top of the heptathlon charts will not find itself under the remotest of threats for a very long time.

At the moment, the closest to Klüft's accomplishment is Melaine Walker who romped to Olympic 400 m hurdles gold in Beijing. The 25-year-old Jamaican's rise in the event in 2008 was nothing short of phenomenal; in the Chinese capital she became the fourth fastest ever in her event, clocking 52.64. Walker will begin her follow-up campaign riding a 13-race streak. She lost only once in 2008, her opening competition in Sydney on 16 February.

More remarkable was the nearly unprecedented rise from obscurity illustrated by Pamela Jelimo. The Kenyan teenager contested her first 800 m race in April, and remained unbeaten in each of her 12 outings. All of her victories, including her Olympic triumph and those that brought her the \$1 million ÅF Golden League Jackpot, came in dominating fashion.

Also ending her 2008 campaign with a dozen straight wins was world shot put champion Valerie Vili. Among her 11 victories this year were Olympic and world indoor gold.

While his numbers aren't as high, few would argue that Kenenisa Bekele is not the finest all-around distance runner in the world today. The 26-year-old Ethiopian extended his streaks at both the 5000 m and 10000 m to 11 straight in each, among those his historic Olympic double victory. Since his international debut over the distance in Hengelo in May 2003, Bekele hasn't lost a 10000 m race, while his last loss in the 5000 came on 28 July 2006 in London. Bekele was without equal in 2008, winning each of his 10 races, from 3000 m to the 10000 m.

STATS TIME

We deviate from the normal list of the top ten South Africans over the standard distances in 2008 this week. In last week's "This month in history" I wrote about Isavel Roche-Kelly's SA marathon record in the 1981 Winelands Marathon. Below is a list of the top twenty female times ever run in Stellenbosch. Heading the list is another SA record, Sonja Laxton's 2:35:44 in the 1986 Stellenbosch Marathon. Laxton, now 60, was the first grandmaster in the weekend's Mr Price Winelands Half Marathon. Roche-Kelly's time is fifth on the list, but hers was run on a more difficult course.

STELLENBOSCH MARATHON TIMES: TOP 20 WOMEN'S PERFORMANCES

2:35:44	Sonja Laxton	1	Stellenbosch	13 Sep 86
2:36:13	Annette Falkson	1	SA Championships	02 May 87
2:40:08	Monica Drögemöller	2	SA Championships	02 May 87
2:42:01	Drögemöller-2	1	Stellenbosch	10 Sep 88
2:42:27	Isavel Roche-Kelly	1	Winelands	21 Nov 81
2:42:38	Laxton-2	3	SA Championships	02 May 87
2:44:02	Drögemöller-3	1	Winelands	21 Nov 87
2:44:28	Judy Ryan	1	Stellenbosch	13 Sep 80
2:44:42	Drögemöller-4	1	Stellenbosch	16 Sep 89
2:44:55	Liz Eglington	1	Stellenbosch	12 Sep 87
2:48:05	Eglington-2	2	Stellenbosch	16 Sep 89
2:49:01	Roche-Kelly-2	2	Stellenbosch	13 Sep 80
2:49:03	Beverley Malan	1	Stellenbosch	11 Sep 82
2:49:13	Lindsay Weight	1	Stellenbosch	08 Sep 84
2:49:21	Lyn Lombaard	2	Stellenbosch	13 Sep 86
2:49:45	Marion Loveday	1	Stellenbosch	10 Sep 83
2:50:16	Louise Sinclair	2	Stellenbosch	11 Sep 82
2:51:21	Laura Hofer	4	SA Championships	02 May 87
2:51:53	Jowaine Parrott	1	Winelands	20 Nov 93
2:52:40	Jenny Wilson	2	Stellenbosch	10 Sep 83

THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

44 years ago: 13 November 1964

South Africa became the 16th country to produce a four-minute mile when 22-year-old Matie student De Villiers Lamprecht ran the distance in 3:59.7 on the Coetzenburg track. Running barefoot on the dirt oval, Lamprecht's performance was made even more remarkable by the fact that he had no serious opposition – and of course no pacemakers. Earlier in the year Lamprecht had finished second to New Zealand's world record holder Peter Snell at the SA Championships in Port Elizabeth. On that occasion Snell, who twelve days before had run the first dream mile on South African soil, clocked 4:06.2 and Lamprecht 4:06.4. Lamprecht was voted SA Athlete of the Year.

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
	42:17	Ayele Abshiro (ETH)		
21.1 km	62:04	Stephen Mokoka	Port Elizabeth	05 Jul
	59:15	Haile Gebrselassie (ETH)		
	59:15	Deriba Merga (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	7:07:46a	Victor Ngubelanga	Port Elizabeth	08 Nov

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	7:59:59a	Darrell Wicht	Port Elizabeth	08 Nov

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	10:40:03a	Wellington Matiso	Port Elizabeth	08 Nov

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	11:40:10a	Caspar Greeff (70+)	Port Elizabeth	08 Nov

Juniors

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

WOMEN

Seniors

10 km	33:01	Lebo Phalula	Stellenbosch	30 Aug
	30:57	Irina Mikitenko (GER)		
15 km	54:45	Zintle Xiniwe	Constantia	08 Mar
	46:57	Mestawet Tufa (ETH)		
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	8:46:18a	Davera Magson	Port Elizabeth	08 Nov

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	11:41:18	Marlene Wiese (60+)	Port Elizabeth	08 Nov

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	11:41:18	Marlene Wiese	Port Elizabeth	08 Nov

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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