

Distance Running Results

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

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EDITORIAL

The first issue of *Distance Running Results* for 2009 has lots of results from December, with many races held over the Christmas period. I would like to wish all readers of DRR a wonderful 2009, with success in all your endeavours – running and otherwise.

Among the highlights in this issue is another double victory for the Ntshiliza couple, with George and Ntombesintu taking the Woodlands Dairy 15 km (this race was previously a half marathon). Ntombesintu ran an excellent 56:15 for a huge win, with Charné Bosman also under an hour (59:01).

In one of the oldest short races in KZN, the Calder Cup/Sulin Trophy 10 km, Jenna Challenor won in 36:28.

This issue includes a "This month in history", but the regular features "Stats Time" and the list leaders will resume next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Thomas Foundry Kudus 15 km, Johannesburg
- * SA Legion Poppy Race, Bloubergstrand
- * Woodlands Dairy 15 km, Jeffreys Bay
- * Runners' Memorial Race, Mouille Point
- * Danger Point Races, Gansbaai
- * Stilbaai 10 km, Stilbaai
- * South Easter 15 km, Fish Hoek
- * Big Blue Half Marathon, Betty's Bay
- * Tokai Manor House 16 km, Tokai
- * Calder Cup/Sulin Trophy 10 km, Durban
- * Gateway Superspar Onrus 10 km, Onrus
- * Mitchells Plain Half Marathon, Mitchells Plain
- * Remax Sundowner 10 km, Cape Town

- * Reconciliation Day 10 km, Guguletu
- * Speedy/ST Motors Kleinmond 10 km, Kleinmond
- * Track: Community Challenge Meeting, Parow

International highlights:

- * Xiamen International Marathon, Xiamen, CHN
 - * San Silvestre Vallecana, Madrid, ESP
 - * Corsa Internazionale di San Silvestro "Boclassic", Bolzano, ITA
 - * São Silvestre Road Race, São Paulo, BRA
 - * Bietigheimer Silvesterlauf, Bietigheim, GER
 - * Corrida Pedestre Internationale de Houilles 10 km, Houilles, FRA
 - * Volta à Cidade do Funchal, Funchal, POR
 - * ING Taipei International Marathon, Taipei, TPE
 - * XC: Cross Internacional Zornotza, Amorebieta, ESP; Athletics Kenya Weekend Meeting #5, Nyahururu, KEN
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ROAD RUNNING

Thomas Foundry Kudus 15 km

Johannesburg, 4 January
(Loop course)

MEN

1 Xolisa Tyali (Temp) 47:37; 2 Mabuthile Lebopo (LES/Toy) 48:41; 3 Wesley Ruto (KEN) 48:17; 4 Lebenya Nkoka (LES/Toy) 48:51; 5 Odwa Tunyiswa (GS) 48:58.

Veterans: 1 Sam Molokomme (Temp) 50:51; 2 Gethun Wordofa (ETH/ADT) 51:43; 3 Morgan Sithole (ZIM) 52:10; 4 Reginald Ngobese (GS) 52:43. **Masters:** 1 Aubrey Watson (NB) 60:53; 2 Bonolo Mofokeng (RAC) 63:56. **G'masters:** 1 Bill Lambert (RH) 70:38; 2 Pele Tshinkundalema (Yebo) 70:39.

WOMEN

1 Kim Laxton (RAC) 61:21; 2 Sarah Mahlangu (MP) 64:42 (1st vet); 3 Anna Sepotokele (ADT) 64:59; 5 Bronwyn Small (Temp) 67:53.

Veterans: 1 Sarah Mahlangu (MP) 63:42; 2 Louise Oosthuizen (Alberton) 65:29; 3 Holly Jones (Breakthru) 73:48. **Masters:** 1 Ann Bellamusto (Morningside) 69:07; 2 Natalie Sanders (Fourways) 79:29. **G'masters:** 1 Sonja Laxton (RAC) 70:28; 2 Hazel Quilliam (Roodepoort) 94:36.

SA Legion Poppy Race

Bloubergstrand, 3 January
(Distance: 15 km; certified loop course)

MEN

1. Piet Jacobs (Ned) 49:34; 2. Patrick Ketelo (Mr Pr) 50:10; 3. Luxolo Mdzanga (RCS Gug) 50:27 (1st jun); 4. André Hammeroe (Ind) 50:47; 5. Bernard Rukadza (RCS Gug) 51:17; 6. John September (Celt) 52:41 (1st vet); 7. Eddie Lambert (Celt) 53:46; 8. Andries Swanepoel (Brack) 54:52; 9. Steyn Viljoen (Ind) 55:21; 10. Mike O'Donovan (VOB) 55:47; 11. Xolani Makinana (RCS Gug) 56:44; 12. Peter Bunn (R/W for L) 56:53; 13. Francois Laubscher (R/W for L) 56:54; 14. Barend Jacobs (Celt) 57:18; 15. Dion Middelkoop (VOB) 57:26; 16. Stef Patten (VOB) 57:30; 17. Ronnie Hooi (WP Def) 57:39; 18. Terence Brown (Ind) 58:04 (1st mast); 19. Marius Kruger (NB) 59:23; 20. Zizi Hsapanza (RCS Gug) 59:27; 21. Kobus Wilson (Gt Con) 59:51; 22. Mark Kalis (Celt) 59:53; 23. Gerald Sullivan (Dur) 59:57; 24. Robert Bartholomew (Tyg) 60:00; 25. Leonard Kali (RCS Gug) 60:13; 26. Lionel

Cronjé (Met) 60:24; 27. Kevin Isaacs (Top) 60:44; 28. Richard Johnson (H.Harr) 60:49; 29. Shahied Jagger (MP Titans) 61:05; 30. Mark Naumann (Edg) 61:19.

Masters: (40+): 1. John September (Celt) 52:41; 2. Mike O'Donovan (VOB) 55:47; 3. Peter Bunn (R/W for L) 56:53. **(50+):** 1. Terence Brown (Ind) 58:04; 2. Richard Johnson (H.Harr) 60:49; 3. Alan Ryninks (Harf Harr) 63:11. **(60+):** 1. Blackie Swart (Swart) 67:57; 2. Lynn Thomas (WC) 73:33; 3. Sybrand Mostert (Ned) 74:05. **(70+):** 1. Sybrand Mostert (Ned) 74:05; 2. Dermott Devine (VOB) 99:37; 3. Sam Milner (Spart). **Juniors:** 1. Luxolo Mdzanga (RCS Gug) 50:27; 2. Zizi Hsapanza (RCS Gug) 59:27; 3. Armond Nel (Bel) 80:39.

WOMEN

1. Tania J. van Rensburg (Dur) 63:12; 2. Marlize van Schaik (Dur) 63:34; 3. Sandra van Graan (Edg) 64:49 (1st vet); 4. Christa Mulder (Bel) 65:21; 5. Ayanda Mqhakayi (RCS Gug) 65:40 (1st jun); 6. Viv Williams (Ad) 65:44; 7. Nancy Will (Pine) 65:56 (1st mast); 8. Glenda Werth (Ned) 66:50; 9. Malana Uys (Dur) 68:05; 10. Marie Louw (Ad) 68:23; 11. Beverly Baker (VOB) 68:48; 12. Tilda Krugmann (WC) 69:15; 13. Tracy Bunn (R/W for L) 69:19; 14. Kerri Roos (Knys) 69:30; 15. Andrea Swartz (Edg) 70:35; 16. Melissa Rothmann (NB) 70:42; 17. Nathalie Cloete (Ind) 71:24; 18. Andrea Pretorius (NB) 71:44; 19. Colleen de Oliveira (NB) 71:44; 20. Cailey Bredenkamp (Paarl) 72:00.

Masters: (40+): 1. Sandra van Graan (Edg) 64:49; 2. Christa Mulder (Bel) 65:21; 3. Viv Williams (Ad) 65:44. **(50+):** 1. Nancy Will (Pine) 65:56; 2. Tilda Krugmann (WC) 69:15; 3. Sue Bracher (Dur) 72:54. **(60+):** 1. Pixie Sparg (Celt) 75:29; 2. Marietha Herbert (Bel) 76:36; 3. Dot Pickett (WC) 90:31. **Juniors:** 1. Ayanda Mqhakayi (RCS Gug) 65:40; 2. Andrea Pretorius (NB) 71:44.

Woodlands Dairy 15 km

Jeffreys Bay, 3 January
(Loop course)

MEN

1	George	Ntshiliza	Mr Price AC EP	29	47:10
2	Sandile	Ngunuza	Nedbank RC EP	26	47:43
3	Rodney	Prins	Temp	20	47:57
4	Pumelelo	August	Mr Price AC EP	24	48:30
5	Eric	Sigxashe	Mr Price AC EP	30	49:03
6	Anele	Maliza	Mr Price AC EP	30	49:10
7	Desmond	Zibi (1 st vet)	Mr Price AC EP	45	49:18
8	Vuso	Nkonzo	Mr Price AC EP	23	50:29
9	Luyanda	Tshangana	Mr Price AC EP	25	51:20
10	Zolani	Ngqaqa	Mr Price AC EP	20	51:35
11	Khayaletu	Makalima	Mr Price AC EP	25	52:38
12	Thanduxolo	Mpushe	Nedbank RC EP	19	52:54
13	Melikhaya	Jacobs	Albany RR	30	53:17
14	Robbie	Matthys	Mr Price AC EP	33	53:33
15	Eamon	Oerson	Nedbank RC EP	23	54:10
16	Desmond	Witbooi	Albany RR	37	54:17
17	Masibulele	Heugh (1 st jun)	Nedbank RC EP	14	54:52
18	Morne	Buis	Nedbank RC EP	16	55:13
19	Mariano	Eesou	Nedbank RC EP	17	55:22
20	Corney	van der Ryst	Jeffreys Bay	18	56:14

40-44:

1	Willem	Mare	Jeffreys Bay	44	57:04
2	Vernon	Newfeldt	Willard Batt	42	1:01:08

3	Johann	Postma	Elite AC	43	1:02:49
45-49:					
1	Desmond	Zibi	Mr Price AC EP	45	49:18
2	Andre	van den Berg	Jeffreys Bay	49	59:56
3	Fiedl	van der Merwe	Strand AC	48	1:00:08
50-54:					
1	Alan	Taylor	Raleigh AC	51	1:02:12
2	Peter	van Rensburg	Elite AC	50	1:03:05
3	Stephen	Klue	Elite AC	50	1:03:53
55-59:					
1	Sizinzo	Kama	Achilles AAA	57	1:02:25
2	Johannes	Augustus	Sandf EP	55	1:07:41
3	Jan	du Plessis	Eskom Gijimas A	55	1:09:45
60-64:					
1	Eric	Mapara	Rhodes Universi	61	1:07:19
2	Brian	Merrington	Temp	61	1:09:03
3	Willy	Porter	Jeffreys Bay	60	1:19:05
65-69:					
1	Tamsanqa	Jusayi	Mr Price AC EP	66	1:05:49
2	Abie	Petersen	Brotherhood AC	67	1:42:50
3	Brian	Smith	PEAAC	65	1:43:30
70+:					
1	Michael	Collins	PEAAC	70	1:13:29
2	David	Fraser	Temp	70	1:23:32
3	Henry	Botha	Despatch AC	81	1:48:29
Juniors:					
1	Masibulele	Heugh	Nedbank RC EP	14	54:52
2	Morne	Buis	Nedbank RC EP	16	55:13
3	Mariano	Eesou	Nedbank RC EP	17	55:22
WOMEN					
1	Ntombesintu	Ntshiliza	Mr Price AC EP	27	56:15
2	Charné	Bosman	Mr Price CGA	33	59:01
3	Mariette	Hattingh (1 st vet)	NMMU AC	43	1:03:44
4	Grizelda	Pietersen	Achilles AAA	40	1:08:17
5	Suzanne	Lavis (1 st mast)	Jeffreys Bay	50	1:08:42
6	Andrea	Triegaardt	Temp	23	1:09:59
7	Hanlie	Van Der Westhuizen	Despatch AC	52	1:10:38
8	Anel	Viljoen	Kimberley Harri	31	1:11:00
9	Adele	Nel	St Albans CSEP	35	1:11:15
10	Charmaine	Botha	Durbanville AC	40	1:11:23
11	Susan	Meyer	Nelspruit M C	47	1:11:40
12	Carli	Rauch	Temp	21	1:12:12
13	Janette	Schierz-Crusius	Body Concept	48	1:12:18
14	Lindi	Meyer	Jeffreys Bay	29	1:14:00
15	Mari	Malan	Agape R C	50	1:14:41
16	Anine	Claasen	Temp	37	1:15:28
17	Susan	Smit	Temp	38	1:15:55
18	Claire	Nagel	Elite AC	44	1:16:04
19	Annelie	Nel	Legacy AC	34	1:16:31
20	Christa	Slabbert	PEAAC	40	1:16:50
40-44:					
1	Mariette	Hattingh	NMMU AC	43	1:03:44
2	Grizelda	Pietersen	Achilles AAA	40	1:08:17
3	Charmaine	Botha	Durbanville AC	40	1:11:23
45-49:					

1	Susan	Meyer	Nelspruit M C	47	1:11:40
2	Janette	Schierz-Crusius	Body Concept	48	1:12:18
3	Elsabe	Spoormaker	Temp	48	1:19:00
50-54:					
1	Suzanne	Lavis	Jeffreys Bay	50	1:08:42
2	Hanlie	van der Westhuizen	Despatch AC	52	1:10:38
3	Mari	Malan	Agape R C	50	1:14:41
55-59:					
1	Annelize	Slabbert	Randburg Harrie	57	1:29:26
2	Elsa	Gomez	Jeffreys Bay	56	1:35:49
3	Jakkie	van Niekerk	Jeffreys Bay	57	1:53:39
60-64:					
1	Retha	Snyman	PEAAC	61	1:22:41
2	Marietha	Dippenaar	Agape R C	64	1:44:21
3	Wendy	Nel	Humansdorp AC	62	1:47:04
65-69:					
1	Rene	du Plessis	Temp	68	1:51:51
1	Dorothy	Hart	PEAAC	70	1:39:20
Juniors:					
1	Terray	Newcombe	Nedbank RC EP	17	1:22:15
2	Alta-Mare	Bekker	Tzaneen M C	17	1:23:29

Runners' Memorial Race (36th)

Mouille Point, Cape Town, 31 December

(Distance: 8 km; loop course)

MEN

1. André Hammeroe (Ind) 25:30; 2. Peter Tsawayo (ZIM/RCS Gug) 25:39; 3. Dawid Visser (Mr Pr) 25:55; 4. Bulelani Bhebha (VOB) 26:03; 5. Bernard Rukadza (RCS Gug) 26:12; 6. Luxolo Mdzanga (RCS Gug) 26:31; 7. Riaan Wildskut (East) 26:39; 8. Nkosinathi Sotyana (Celt) 26:41; 9. Jimmy Drury (Mr Pr) 26:48; 10. Tobias Philander (Ad) 26:57; 11. Brian Mapeyi (VOB) 27:24; 12. Cliffie Drury (Mr Pr) 27:25; 13. Christopher Nciphya (Edg) 27:38; 14. Babalo Landelo (Celt) 27:49; 15. Telang Leboto (Ind) 28:22; 16. Monde Mpemnyama (Celt) 28:50; 17. John van der Byl (MP Titans) 28:51; 18. Michael Owesha (Celt) 29:37; 19. Thomas Moses (Wor) 29:4; 20. Johan van Zyl (Tyg) 29:47; 21. Lungisa Cuba (Ned) 29:56; 22. Clive Sack (Ind) 29:58; 23. Leo Rust (VOB) 30:05; 24. Babalo Mpumlwana (DAC) 30:08; 25. Josiah Rudolph (Ind) 30:10; 26. Ronni Hooi (WP Def) 30:12; 27. Selwyn Morris (Macas) 30:13; 28. Henry Cieverts (Top) 30:15; 29. Valentino Barends (Top) 30:33; 30. Patrick Raubenheimer (Ned) 30:40.

WOMEN

1. Jodi Moss (Ind) 33:47; 2. Moira Sheard (Celt) 34:01; 3. Elizabeth de Gouveia (Dur) 35:12; 4. Yolandi Visser (Mr Pr) 35:42; 5. Ayanda Mqhakayi (RCS Gug) 35:47; 6. Theresa Brand (NB) 36:29; 7. Thuliswa Nonkonyana (Ad) 36:44; 8. Mary-Ann Baron (Mr Pr) 36:56; 9. Anastasia Spheris (R/W for L) 37:23; 10. Barbara Malan (Ind) 37:28; 11. Lindie Bouwer (Sanlam) 37:40; 12. Zadie Isaacs (H.Harr) 37:55; 13. Olga Howard (Celt) 38:03; 14. Sue Bracher (Dur) 38:10; 15. Gail Jacobs (WP Def) 38:17; 16. Alison Main (Spart) 38:26; 17. Irmgard Franzen (N.Carb) 38:45; 18. Sonia Harlock (FH) 39:04; 19. Lizette Bannister (Ind) 39:22; 20. Charmaine Klem (WP Def) 39:40.

Danger Point Races

Gansbaai, 31 December

(Distances: 21.0975 km & 10 km; loop courses, partly on gravel)

Note: Unfortunately no club designations were provided by the race organisers. – Ed.

Half marathon

MEN

1. Peter Maloxoli 77:29; 2. Alfred Tshabeni 78:45; 3. Johan van Zyl 83:13; 4. Mlandeli Mkhohlkali 84:56; 5. Ryan Sanders 86:22; 6. Kirsten Leeman 88:01; 7. Gustav Antonie 88:43 (1st vet); 8. Appie Maritz 88:54; 9. Nelson Ngeese 89:10; 10. Cobus de Jager 89:15; 11. Leroi Steenkamp 89:17; 12. Kobus Oosthuizen 89:48; 13. Henry Pietersen 91:33; 14. Gerrie Cilliers 93:19; 15. Janes Cloete 94:24; 16. Bennie van der Merwe 94:32; 17. Campbell Parry 95:51; 18. Sean Privett 96:14; 19. Francois du Plessis 96:07; 20. Rupert Brooks 96:31; 21. Jannie de Villiers 96:41; 22. Johan Lategan 97:35; 23. Kobus Lategan 97:44; 24. Richard Meldau 97:49; 25. P.A. Botha 97:52; 26. Eric Bateman 97:59 (1st g'mast); 27. Louis de Kock 98:17; 28. Khoza Mzamani 98:22; 29. Juan Lewis 98:99; 30. Gys van den Berg 98:41.

Masters: (40+): 1. Gustav Antonie 88:43; 2. Appie Maritz 88:54; 3. Kobus Oosthuizen 89:48. **(50+):** 1. Sybrand du Plessis 102:44; 2. Kobus Brand 104:41; 3. Graham Hough 105:04. **(60+):** 1. Eric Bateman 97:59; 2. Carl Hendricks 107:50; 3. Paul de Wet 111:26. **(70+):** 1. Hugh Waters 116:40; 2. Dermott Devine 152:36; 3. Buck Taylor 190:21. **Juniors:** 1. Gerardo Pretorius 111:50; 2. Sebastiaan Barnard 115:17; 3. Stuart Brown 128:00.

WOMEN

1. Jacqueline Haasbroek 90:11 (1st vet); 2. Leanne Juul 93:37; 3. Barene Jankovic-Besan 94:53; 4. Helette Basson 96:47; 5. Sandra Baetsen 98:34; 6. Paola Vigmani 101:36; 7. Nancy Will 102:04 (1st mast); 8. Hester Kotzé 102:47 (1st g'mast); 9. Christine Craven 104:37; 10. Marusa Mason 105:54; 11. Nelda Hazelhurst 107:25; 12. Annalene Roelofse 110:27; 13. Cailey Bredenkamp 111:18; 14. Annemarie Steyn 112:56; 15. Anna-Tina Schaal 113:52; 16. Anneline Hugo 114:27; 17. Marié Barnard 115:03; 18. Juanita van As 115:46; 19. Suzette Myburgh 116:32; 20. Retha Heymann 116:44.

Masters: (40+): 1. Jacqueline Haasbroek 90:11; 2. Paola Vigmani 101:36; 3. Nelda Hazelhurst 107:25. **(50+):** 1. Nancy Will 102:04; 2. Marié Barnard 115:03; 3. Retha Heymann 116:44. **(60+):** 1. Hester Kotzé 102:47; 2. Marianne Nelson 148:05; 3. Margo Radcliff 160:20. **Juniors:** 1. Helise Beukes 163:32.

10 km

MEN

1. Brine Nofotyo 35:25; 2. Bulelani Mhlomyone 35:39 (1st jun); 3. Frank Gillion 37:14 (1st mast); 4. Jandré Pretorius 38:53; 5. Charles Nienaber 39:19 (1st vet); 6. Carl-Stephan Nienaber 39:25; 7. James Mackay 39:47; 8. Cobus Greeff 39:59; 9. Michael Khanyana 41:49; 10. Gawie Nienaber 42:21; 11. Johnie Jonker 42:54; 12. Russel Beaton 43:18; 13. Andrew Bateman 43:33; 14. Hendrik Saayman 43:20; 15. Murray Heymann 44:00; 16. Berthold Alheit 44:26; 17. Jean-Pierre de Kock 44:43; 18. Dawie Fourie 44:46; 19. Willem Immelman 44:48; 20. A. Hoogendijk 45:01.

Masters: (40+): 1. Charles Nienaber 39:19; 2. Hendrik Saayman 43:20; 3. Gideon Adriaanse 45:55. **(50+):** 1. Frank Gillion 37:14; 2. Gawie Nienaber 42:21; 3. Johnie Jonker 42:54. **(60+):** 1. At van Schoor 50:42; 2. Theo Kruger 57:58; 3. Gert Shephard 61:34. **(70+):** 1. Vincent J. van Rensburg 63:58; 2. Gert Koen 71:50. **Juniors:** 1. Bulelani Mhlomyone 35:39; 2. Jandré Pretorius 38:53; 3. Carl-Stephan Nienaber 39:25.

WOMEN

1. Izel Oosthuizen 46:44; 2. Millar Nienaber 47:00; 3. Marli Ackerman 47:13; 4. Lawrette Macfarlane 47:19; 5. H. Andrag 47:57; 6. Hannelie Naudé 48:10; 7. Wilna Nienaber 48:29 (1st jun); 8. Gerda Oosthuizen 48:40 (1st vet); 9. Antoinette Oosthuizen 48:44; 10. Katrien du Plessis 49:21; 11. Dine Kemp 50:00; 12. M. van Rensburg 50:04; 13. Dawn Saunders 50:39 (1st mast); 14. Gerda Hayes 50:52; 15. Gerda van Collier 50:54.

Masters: (40+): 1. Gerda Oosthuizen 48:40; 2. Gerda Hayes 50:52; 3. Ute de Milander 51:35. **(50+):** 1. Dawn Saunders 50:39; 2. Sunette de Villiers 51:44; 3. Mareen Burger 53:49. **(60+):** 1. Arlene Ehrenberg 75:21; 2. Ina de Klerk 78:03; 3. Karin Basson 78:06. **Juniors:** 1. Wilna Nienaber 48:29; 2. Dine Kemp 50:00; 3. M. van Rensburg 50:04.

Stilbaai 10 km

Stilbaai, 31 December

Note: Dominique Scott finished ninth overall. – Ed.

MEN

1	David Krynauw	24	40:23
2	Rick Hambridge	18	41:43
3	Marius Kruger	34	42:16
4	Jan Lubbe	17	42:36
5	Nicolaas Steenekamp	20	42:48
6	Tommie Visagie	37	43:00
7	L. Opperman	36	43:00
8	Conrad Brits	29	43:00
9	Henry Philander	33	44:03
10	Erhardt Joubert	22	44:07
11	Garet Leck	38	46:52
12	Armand Fourie	17	47:06
13	Kobus Uys	14	47:32
14	Deon Augustyn	28	48:35
15	Pieter Delpont	16	49:06
16	Johan de Jager	17	49:12
17	Johan Steenekamp	21	50:06
18	Julian van der Lith	40	50:32
19	Johan van der Merwe	55	50:17
20	Eddie van Eden	32	50:32

WOMEN

1	Dominique Scott	16	43:16
2	Winia Janse van Rensburg	31	44:03
3	Styntjie Prins	54	45:39
4	Lisl Grobler	32	47:07
5	Renee Scott	46	47:32
6	Jaritha Prins	28	50:07
7	Carine Smit	21	51:42
8	Mariette Eksteen	27	52:20
9	Theunetha van der Walt	40	53:06
10	Christi-Mari Botes	28	54:14
11	Suzette van rooyen	30	54:39
12	Ina-Marie Visagie	37	54:40
13	Natasha Scott	13	54:53
14	Emmeri Stewart	31	55:08
15	Christine	26	55:34
16	Jandri de Wet	25	56:03

17	K. Opperman	32	56:38
18	Riana Meyer	29	56:38
19	Adelle Wiese	44	57:22
20	Annalize Willemse	32	58:35

South Easter 15 km

Fish Hoek, 27 December

(Loop course on tar, gravel and sand; hilly)

MEN

1. Anthony Godongwana (Celt) 50:39; 2. Mathomani Motabogi (WP Def) 51:11; 3. Victor Msopi (VOB) 51:38; 4. Nicholas Rupanga (Celt) 52:29; 5. Piet Jacobs (Ned) 52:32; 6. Johnny Persents (Ad) 52:36 (1st vet); 7. Michael Bekapi (VOB) 55:47; 8. Nelson Bass (UCT) 55:48; 9. Alfred Maliti (Celt) 56:25; 10. Babalo Mpumlwana (DAC) 56:58; 11. Andrew Payne (Mr Pr) 57:19; 12. Mike O'Donovan (VOB) 57:51; 13. Georg Schönbaechler (UCT) 58:02; 14. Johan van Zyl (Tyg) 58:05; 15. Jeremy Norman (FH) 58:12; 16. Philippe Sassi (Ind) 58:20 (1st jun); 17. Dion Middelkoop (VOB) 58:28; 18. Gareth Berning (VOB) 58:52; 19. Karl Westvig (RCS Gug) 59:08; 20. Daniel Schlimper (UCT) 59:18; 21. Carlo Jacobs (Top) 59:59; 22. Charles Witbooi (VOB) 60:19; 23. Aubrey Isaacs (RCS Gug) 60:33; 24. Mphicothi Qantolo (Celt) 60:9; 25. Walter Segatswi (Celt) 61:04 (1st mast); 26. Valentino Barends (Top) 61:21; 27. Marius Kruger (Bel) 62:05; 28. Les Oliphant (Eskom Gij) 62:22; 29. Gerald Sullivan (Dur) 62:28; 30. Wilson Baartman (Spart) 62:39.

Masters: (40+): 1. Johnny Persents (Ad) 52:36; 2. Michael Bekapi (VOB) 55:47; 3. Mike O'Donovan (VOB) 57:51. **(50+):** 1. Walter Segatswi (Celt) 61:04; 2. Wilson Baartman (Spart) 62:39; 3. Richard Johnson (H.Harr) 63:10. **(60+):** 1. Michael Clarke (VOB) 65:21; 2. Eric Joubert (FH) 72:22; 3. Claude Brooks (Top) 74:50. **Juniors:** 1. Philippe Sassi (Ind) 58:20; 2. Trevino Barends (Top) 68:35; 3. Frederick Wagenvoorde (FH) 69:49.

WOMEN

1. Busisiwe Matiwane (Celt) 65:01; 2. Nancy Will (Pine) 70:24 (1st mast); 3. Hester Kotzé (Dur) 72:53; 4. Beverly Baker (VOB) 74:23 (1st vet); 5. Tyshia Johannes (UWC) 75:10; 6. Candyce Hall (N.Carb) 75:26; 7. Theresa Brand (NB) 75:29; 8. Andrea Swartz (Edg) 75:30; 9. Caroline Weinel (Dur) 75:38; 10. Colleen Hohlfeldt (S.Str) 76:42; 11. Nathalie Cloete (Ind) 77:33; 12. Gail Jacobs (WP Def) 77:57; 13. Pixie Sparg (Celt) 78:10 (1st g'mast); 14. Denise Johannes (Spart) 78:38; 15. Alison Main (Spart) 78:46; 16. Brenda Stevenson (Pine) 78:49; 17. N. Griffith (VOB) 79:05; 18. Katarina Boug (Ind) 79:18; 19. Moira Harding (Satori) 80:11; 20. Rosette Scheepers (MP Titans) 80:12.

Masters: (40+): 1. Beverly Baker (VOB) 74:23; 2. Colleen Hohlfeldt (S.Str) 76:42; 3. Gail Jacobs (WP Def) 77:57. **(50+):** 1. Nancy Will (Pine) 70:24; 2. Caroline Weinel (Dur) 75:38; 3. Denise Johannes (Spart) 78:38. **(60+):** 1. Pixie Sparg (Celt) 78:10; 2. Marietha Herbert (Bel) 80:42; 3. Cathy Taylor (Dur) 98:53. **Juniors:** 1. Amy Gilmour (VOB) 87:09; 2. Wilandi van der Westhuizen (Bel) 115:39; 3. Louise van der Westhuizen (Bel) 115:0.

Big Blue Half Marathon

Betty's Bay, 27 December

(Distance: 21.0975 km; course configuration unknown)

MEN

1. Thembelani Zola (Mr Pr) 80:10; 2. Alfred Tshabeni (Whal) 80:30; 3. Mxolisi Mabunzana (Ned) 82:33; 4. Andries Ntsizakalo (Ned) 83:22 (1st vet); 5. Morné Hansen (Worc) 83:33; 6. Aldrin Smit (NB) 84:04; 7. Barend Jacobs (Celt) 84:12; 8. Willem Floors (Hang) 84:13; 9. Thomas Moses (Worc) 86:58 (1st mast); 10. Luke Powers (Ind) 90:13; 11. Heine Matthee (Str) 90:22; 12. Paul Floquet (VOB) 90:37; 13. Stefan Alberts (Ind) 90:55; 14.

Michael Sohles (Ind) 92:06; 15. Koos van Niekerk (Bel) 92:39; 16. Pieter Langenegger (H.Harr) 95:39; 17. Adriaan van Wijk (Ind) 95:43; 18. Casey du Plooy (Ind) 95:44; 19. Leon Baker (Break) 95:52; 20. John Morison (Ind) 96:04; 21. Joshi Paterson (Ind) 96:55; 22. Henry van der Ray (Ind) 98:18; 23. Andrew van Wijk (Ind) 98:52; 24. Padia Vignani (Ind) 99:15; 25. Godfrey Swart (Hang) 101:06; 26. C. Parry (Ind) 101:08; 27. Eric Bateman (VOB) 101:20 (1st g'mast); 28. Roger McCullum (Celt) 102:17; 29. Nollie Hietbrink (Ind) 102:36; 30. Christopher Kipping (Ind) 102:52.

Masters: (40+): 1. Andries Ntsizakalo (Ned) 83:22; 2. Barend Jacobs (Celt) 84:12; 3. Willem Floors (Hang) 84:13. **(50+):** 1. Thomas Moses (Worc) 86:58; 2. Koos van Niekerk (Bel) 92:39; 3. Pieter Langenegger (H.Harr) 95:39. **(60+):** 1. Eric Bateman (VOB) 101:20; 2. Henry Cleophas (Ned) 103:23; 3. Hugh Waters (Whal) 120:28. **(70+):** 1. Hugh Waters (Whal) 120:28; 2. Gordon Leonard (Str) 152:05. **Juniors:** 1. Luan J. van Rensburg (Ind) 107:08.

WOMEN

1. Rona Loubser (Ind) 92:39; 2. Paola Vignani (Ind) 99:15; 3. Ester Brink (Str) 102:53 (1st vet); 4. Marie Louw (Ad) 104:37; 5. Veronica van Niekerk (Elg/Grab) 108:24 (1st g'mast); 6. Adri Wessels (Ind) 108:33; 7. Cailey Bredenkamp (Paarl) 109:31; 8. Wilna Eybers (Str) 109:47; 9. Libby Burrell (Hang) 110:23 (1st mast); 10. Maretha de Kock (Ad) 116:13; 11. Marié Barnard (R/W for L) 117:08; 12. Anneke Greenwood (Str) 117:19; 13. Hetsie van Zyl (NB) 118:05; 14. Jackie Border (Ind) 118:54; 15. Anne Pool (Str) 119:29; 16. Susan Siu (Ind) 120:03; 17. Estelle Wiid (Satori) 121:26; 18. Lulu van Rensburg (Syn) 121:52; 19. Max Visagie (Whal) 123:12; 20. Tessa Wood (Ind) 124:32.

Masters: (40+): 1. Ester Brink (Str) 102:53; 2. Marie Louw (Ad) 104:37; 3. Cailey Bredenkamp (Paarl) 109:31. **(50+):** 1. Libby Burrell (Hang) 110:23; 2. Marié Barnard (R/W for L) 117:08; 3. Ginette Flockton (Celt) 128:48. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 108:24; 2. Wilbé van der Westhuizen (Str) 152:05.

Tokai Manor House 16 km

Tokai, 26 December

(Loop course on gravel and forest trails; hilly)

MEN

1. Ben Brimble (UCT) 58:41; 2. Robert Roro (Celt) 60:28; 3. Eddie Lambert (Celt) 61:24; 4. Mike O'Donovan (VOB) 61:48 (1st vet); 5. Mark Owen (Ind) 61:55; 6. Daniel Schlimper (UCT) 62:35; 7. Chad Ulansky (Ind) 62:40; 8. William Robinson (UCT) 62:42; 9. Andrew Payne (Mr Pr) 62:43; 10. Lungisa Cuba (Ned) 62:50; 11. Simon von Witt (Atl) 62:53; 12. Trevor James (Mr Pr) 63:06; 13. Johan van Zyl (Tyg) 63:18; 14. Julian Paul (WP Def) 65:05; 15. Dion Middelkoop (VOB) 65:09; 16. Nigel Nitzky (Esk) 65:09; 17. Ronnie Hooi (WP Def) 66:16; 18. Stef Patten (VOB) 66:21; 19. Charles Witbooi (VOB) 66:21; 20. Leo Rust (VOB) 66:22; 21. Dean Ollis (VOB) 66:26; 22. Taylor Ahlgren (Atl) 66:52; 23. Robert Davidson (Ind) 67:07; 24. Marius Kruger (Bel) 67:18; 25. Kirsten Leemans (Troi) 67:25; 26. Ross MacGregor (Satori) 67:28; 27. Cecil Wheeler (Ind) 67:30; 28. James Wynne (VOB) 67:48; 29. Duane Dicks (Mr Pr) 68:21; 30. Cas van Ardenne (Ind) 68:28.

Masters: (40+): 1. Mike O'Donovan (VOB) 61:48; 2. Julian Paul (WP Def) 65:05; 3. James Wynne (VOB) 67:48. **(50+):** 1. Dicky Cloete (WP Def) 70:41; 2. Sam Kotzé (Ned) 71:21; 3. Alan Ryninks (Harf Harr) 71:25. **(60+):** 1. Richard Acheson (VOB) 79:20; 2. Seamus Daly (VOB) 85:17; 3. Roger Collins (WC) 89:35. **(70+):** 1. Seamus Daly (VOB) 85:17; 2. Brian Key (For) 89:48; 3. Pieter Schreve (Wel) 102:40. **Juniors:** 1. Shaun Evans (WC) 90:11.

WOMEN

1. Kim Laxton (Celt) 65:09; 2. Joanna Thomas (VOB) 69:03 (1st vet); 3. Leanne Juul (Mr Pr) 71:21; 4. Candice Davison (Harf Harr) 71:43; 5. Abby Miedema (Ind) 73:35; 6. Dain Hamilton (For) 74:21; 7. Natascha Trainar (Ind) 75:48; 8. Lisa Gething (Ind) 77:03; 9. Marie Louw (Ad) 79:10; 10. Rethie Cumming (Bo Karoo) 79:33; 11. Andrea Pretorius (NB) 80:55 (1st jun); 12. Kirsten Norris (Ind) 81:18; 13. Kerri Roos (Knys) 81:26; 14. Leanne Dawson (Ind) 81:40; 15. Joanne Wynne (Dur) 81:44; 16. Andrea Swartz (Edg) 81:51; 17. Vanessa Fisher (Satori) 82:02; 18. Ronél Marshall (R/W for L) 82:07; 19. Jacquie Adam (FH) 82:22; 20. Sharon Bull (Hout) 83:44.

Masters: (40+): 1. Joanna Thomas (VOB) 69:03; 2. Dain Hamilton (For) 74:21; 3. Marie Louw (Ad) 79:10. **(50+):** 1. Sue Bracher (Dur) 84:41; 2. Brenda Stevenson (Pine) 92:01; 3. Ferail Johaar (Top) 97:04. **(60+):** 1. Laura Hofer (Randb) 97:37; 2. Pixie Sparg (Celt) 98:28; 3. Carol Gahwiler (VOB) 103:27. **Juniors:** 1. Andrea Pretorius (NB) 80:55; 2. Leanne Slack (VOB) 84:23.

Calder Cup/Sulin Trophy 10 km (28th)

Durban, 21 December

(Loop course. Finishers: 904.)

MEN

1 Edwin Chimombo ZIM/F1 30:29, 2 Professor Mollen ZIM/MrP 30:47, 3 Richard Nene ZIM/Boxer 33:31, 4 Joseph Madizna F1 31:37, 5 ? Cebekhulu Mr P 31:42.

40-49: 1 Alen Ndlovu West 35:05, 2 Mandla Dlomuka Ned 35:48, 3 Bheki Bhengu Ubunye 36:38. **50-59:** 1 Ackim Mhlanzi Sav 36:56, 2 Sam Mfayela Stella 37:11, 3 Jeremiah Ngwenya Boxer 37:36. **60+:** 1 Andrew Spence SCS 42:10, 2 Petros Shumi Zabalaza 44:10, 3 Moray Calder Howick 45:17. **Juniors:** 1 Simon Tsonyane 32:27.

WOMEN

1 Jenna Challenor Boxer 36:28, 2 Janine Carey Boxer 38:27, Maya Lawrie Boxer 39:25, Kim Ground Celtics 41:05.

40-49: 1 Maya Lawrie Boxer 39:25, 2 Jenny Sutton YWP 44:03, 3 Maureen Slack Sav 44:07. **50-59:** 1 Shireen Kirsten PDAC 50:35, 2 Zanele Luthuli West 52:17, 3 Dawn Frankish PDAC 52:50. **60+:** 1 Gill Tregenna West 54:07, 2 Allet Engelbrecht SCS 54:39, 3 Maureen Parry Chilt 59:30. **Juniors:** ? Puseletso 42:40.

Gateway Superspar Onrus 10 km

Onrus, 20 December

(Loop course)

MEN

1. Roger Davids (Rob) 32:03 (R400); 2. Rowan Prins (Rob) 32:04 (R200); 3. Johan Landsman (Pulse) 33:40 (1st vet) (R100); 4. Anton Waterboer (Rob) 34:07; 5. Alfred Tshabeni (Whal) 35:36; 6. William Kaptein (Rob) 35:43 (1st jun); 7. Barend Jacobs (Celt) 37:16; 8. Clinton Douwie (CS) 37:25; 9. Thembelani Zola (Mr Pr) 37:26; 10. Thomas Moses (Worc) 37:37 (1st mast); 11. Morné Hansen (Ind) 37:49; 12. Francois du Plessis (Mat) 38:17; 13. Mlandeli Mkhohlakali (Whal) 38:23; 13. Willem Floors (Hang) 38:58; 15. Herman de Vries (Whal) 39:0; 16. Japie Cloete (Stel) 39:12; 17. Robert Davidson (Ind) 40:08; 18. Frank Gillion (Whal) 40:42; 19. Roland Peenes (Ind) 41:06; 20. Jan Niemand (Ind) 42:14; 21. Simon Jonassen (Ind) 42:50; 22. J.P. Visser (Ind) 42:54; 23. Gert Niemand (Ind) 43:08; 24. Johannes de Wet (Ind) 43:11; 25. Edward Salies (Rob) 43:12; 26. Brett King (WC) 43:31; 27. Retief Joubert (Ind) 43:48; 28. Charl Stephan (Ind) 43:49; 29. Mzamani Khosa (Ind) 43:50; 30. Charles Nienaber (Ind) 43:51.

Masters: (40+): 1. Johan Landsman (Pulse) 33:40 (R150); 2. Barend Jacobs (Celt) 37:16 (R100); 3. Willem Floors (Hang) 38:58 (R50). **(50+):** 1. Thomas Moses (Worc) 37:37 (R100); 2. Frank Gillion (Whal) 40:42 (R50); 3. Johannes de Wet (Ind) 43:11. **(60+):** 1. Kêk Verster (Ind) 46:39 (R100); 2. Carl Hendricks (Ned) 47:20. **Juniors:** 1. William Kaptein (Rob) 35:43 (R150); 2. Rico Hunter (Worc) 44:46 (R100); 3. Edward Venter (Mat) 46:44 (R50).

WOMEN (Same prize money as men)

1. Alae Brand (Ad) 37:54; 2. Malana Uys (Dur) 45:04 (1st vet); 3. Erina du Toit (Ind) 45:33; 4. Tilda Krugmann (WC) 45:45 (1st mast); 5. Monica Cloete (Stel) 45:47; 6. Veronica van Niekerk (Elg/Grab) 46:16 (1st g'mast); 7. Marissa Mason (Whal) 46:46; 8. Rethie Cumming (Bo-Karoo) 46:52; 9. Elmarie du Toit (Ind) 47:07; 10. Elaine Gibson (Whal) 47:30; 11. Lizahn Venter (Ind) 48:07; 12. Kathy Burr (Dur) 48:35; 13. Lola Strydom (Worc) 48:47; 14. Maryna Bingle (Hex) 48:53; 15. Christine Hibberd (Whal) 48:55; 16. Annemarie Bruwer (Dur) 49:00; 17. Izel Oosthuizen (Tuks) 49:22; 18. Valerie van Deventer (Whal) 49:29; 18. S. Griffiths-Richards (Dur) 49:31; 20. Retha Heymann (Ind) 49:48.

Masters: (40+): 1. Malana Uys (Dur) 45:04; 2. Maryna Bingle (Hex) 48:53; 3. Vondra Singleton (Worc) 52:25. **(50+):** 1. Tilda Krugmann (WC) 45:45; 2. Kathy Burr (Dur) 48:35; 3. Christine Hibberd (Whal) 48:55. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 46:16. **Juniors:** 1. Mariana Badenhorst (Bred) 58:32; 2. Maryke Engelbrecht (Tyg) 65:01; 3. Louise van der Westhuizen (Bel) 80:23.

Mitchells Plain Half Marathon

Mitchells Plain, 20 December

(Distance: 21.0975 km; loop course)

MEN

1. Sibusiso Mbingeleli (Mr Pr) 66:55; 2. Zolile Bhitane (Ned) 68:34; 3. Anthony Godongwana (Celt) 69:13; 4. Peter Tsawayo (ZIM/RCS Gug) 69:20; 5. Nicholas Rupanga (Celt) 70:00; 6. Tebello Poni (VOB) 70:13; 7. Velani Lusaseni (Ad) 71:39; 8. Wanda Roro (Ad) 71:39 (1st jun); 9. Johnny Persents (Ad) 71:40 (1st vet); 10. Monde Mpemnyama (Celt) 72:17; 11. Riaan Witbooi (ER) 72:55; 12. John September (Celt) 73:03; 13. Luxolo Mdzanga (RCS Gug) 74:23; 14. Bernard Rukazda (RCS Gug) 74:24; 15. Brian Daniels (Ned) 75:26; 16. Bulelani Bhebha (VOB) 76:45; 17. Luvuyo Ntando (T.Mbiza) 76:52; 18. Zolani Sowazi (RCS Gug) 78:51; 19. Michael Bekapi (VOB) 79:59; 20. Chris Mitchell (Celt) 80:04; 21. Alfred Maliti (Celt) 80:34; 22. Babalo Mpumlwana (DAK) 81:27; 23. Elliot Madida (Ind) 81:44; 24. Bethuel Lebhallo (Str) 82:12; 25. Carlo Jacobs (Top) 82:19; 26. Charles Witbooi (VOB) 82:19; 27. Mike O'Donovan (VOB) 82:20; 28. Dion Middelkoop (VOB) 82:22; 29. Walter Segatswi (Celt) 82:31 (1st mast); 30. Giyani Joseph (Atl) 83:00.

Masters: (40+): 1. Johnny Persents (Ad) 71:40; 2. John September (Celt) 73:03; 3. Michael Bekapi (VOB) 79:59. **(50+):** 1. Walter Segatswi (Celt) 82:31; 2. Awie Veldsman (H.Harr) 83:26; 3. Hendrik Coetzee (Dur) 86:29. **(60+):** 1. Albertus Bock (Ad) 86:21; 2. Jimmy Morris (For) 86:59; 3. Henry Cleophas (Ned) 98:53. **(70+):** 1. Pieter Schreve (Wel) 126:40; 2. Jack Cammidge (FH); 3. Dermott Devine (VOB). **Juniors:** 1. Wanda Roro (Ad) 71:39; 2. Luxolo Mdzanga (RCS Gug) 74:23; 3. Bulelani Bhebha (VOB) 76:45.

WOMEN

1. Elmarie Coetzee (Ad) 87:44 (1st vet); 2. Sue Dickson (VOB) 91:13; 3. Nanine Steenkamp (H.Harr) 93:00 (1st jun); 4. Christa Mulder (Bel) 93:12; 5. Yonela Hewu (RCS Gug) 94:02; 6. Patricia Adams (Met) 95:06; 7. Sandra van Graan (Edg) 97:46; 8. Ayanda Mqhakayi (RCS Gug) 99:07; 9. Joanne Wynne (Dur) 100:59; 10. Andrea Swartz (Edg) 101:43; 11. Nancy Will (Pine) 102:57 (1st mast); 12. Martha Pretorius (Top) 103:09; 13.

Ronél Steenkamp (Dur) 103:56; 14. Charmaine Botha (Dur) 103:59; 15. Colleen Hohlfeldt (S.Str) 104:15; 16. Rita Toto (RCS Gug) 104:24; 17. Sue Bracher (Dur) 105:07; 18. Caroline Weinel (Dur) 105:07; 19. Cailey Bredenkamp (Paarl) 105:15; 20. Lorinde Olivier (Str) 105:54.

Masters: (40+): 1. Elmarie Coetzee (Ad) 87:44; 2. Sue Dickson (VOB) 91:13; 3. Christa Mulder (Bel) 93:12. **(50+):** 1. Nancy Will (Pine) 102:57; 2. Sue Bracher (Dur) 105:07; 3. Caroline Weinel (Dur) 105:07. **(60+):** 1. Pixie Sparg (Celt) 113:04; 2. Marietha Herbert (Bel) 113:10; 3. Cathy Taylor (Dur) 133:51. **Juniors:** 1. Nanine Steenkamp (H.Harr) 93:00; 2. Yonela Hewu (RCS Gug) 94:02; 3. Ayanda Mqhakayi (RCS Gug) 99:07.

Remax Sundowner 10 km

Cape Town, 17 December

(Certified loop course. Finishers: 1180.)

MEN

1. Zolile Bhitane (Ned) 31:52 (R350); 2. Peter Tsawayo (ZIM/RCS Gug) 31:56 (R200); 3. Zolani Bhitane (Ned) 33:16 (R150); 4. Luxolo Mdzanga (RCS Gug) 33:39 (1st jun); 5. Wongaletu Meleni (Voor) 33:48; 6. Isaac Opperman (CS) 33:58 (1st vet); 7. Manfred Samuels (H.Harr) 34:16; 8. Riaan Witbooi (ER) 34:19; 9. Adriaan Geldenhuys (CPUT) 34:24; 10. Tebello Poni (VOB) 34:29; 11. Bulelani Bhebha (VOB) 34:30; 12. Brian Daniels (Ned) 34:55; 13. Tobias Philander (Ad) 35:10; 14. Ferdie Geldenhuys (Bol) 35:24; 15. Eddie Lambert (Celt) 35:35; 16. Michael Bekapi (VOB) 35:42; 17. Henry Wolstenholme (Dur) 35:46; 18. Ryan Kennedy (Brooks) 36:27; 19. Nelson Bass (UCT) 36:33; 20. Johan van Zyl (Tyg) 36:44; 21. Siyanda Plaatjies (Ad) 36:52; 22. John van der Byl (MP Titans) 37:02; 23. Marco de Freitas (Celt) 37:04; 24. Chris Mitchell (Celt) 37:11; 25. Siyabonga Maweza (Top) 37:12; 26. Daniel Schlimper (UCT) 37:23; 27. Zolani Sowazi (RCS Gug) 37:32; 28. Babalo Mpumlwana (DAC) 37:36; 29. Damien Will (Pine) 37:41; 30. Goodman Mpukane (RCS Gug) 37:45 (1st mast).

Masters: (40+): 1. Isaac Opperman (CS) 33:58 (R200); 2. Tobias Philander (Ad) 35:10 (R150); 3. Michael Bekapi (VOB) 35:42 (R100). **(50+):** 1. Goodman Mpukane (RCS Gug) 37:45 (R150); 2. Robbie Lindsay (Ned) 39:23 (R100); 3. Nick Miles (WC) 39:44 (R75). **(60+):** 1. Fred Moore (Ind) 44:13 (R100); 2. Willie van Wyk (Brack) 45:25 (R75); 3. Steven Townsend (Atl) 50:45 (R50). **Juniors:** 1. Luxolo Mdzanga (RCS Gug) 33:39 (R100); 2. Manfred Samuels (H.Harr) 34:16 (R75); 3. Bulelani Bhebha (VOB) 34:30 (R50).

WOMEN (Same prize money as men)

1. Kim Laxton (Celt) 38:12; 2. Rona Loubser (Ind) 39:15; 3. Nomvuyisi Seti (Mr Pr) 40:05; 4. Janine Engels (Pinetown) 42:15 (1st vet); 5. Malana Uys (Dur) 43:25; 6. Patricia Adams (Met) 43:38; 7. Martha Koekemoer (Atl) 43:45; 8. Styntjie Prins (Paarl) 44:03 (1st mast); 9. Viv Williams (Ad) 44:35; 10. Yonela Hewu (RCS Gug) 45:10 (1st jun); 11. Karen de Kock (Met) 45:31; 12. Nancy Will (Pine) 45:33; 13. Robyn Redhead (Edg) 46:03; 14. Candyce Hall (N.Carb) 46:30; 15. Tandi Kitching (Dur) 47:06; 16. Tracy Bunn (R/W for L) 47:07; 17. Sandra van Graan (Edg) 47:33; 18. Theresa Brand (NB) 47:37; 19. Colleen de Oliveira (NB) 48:07; 20. Joanne Wynne (Dur) 48:13.

Masters: (40+): 1. Janine Engels (Pinetown) 42:15; 2. Malana Uys (Dur) 43:25; 3. Viv Williams (Ad) 44:35. **(50+):** 1. Styntjie Prins (Paarl) 44:03; 2. Nancy Will (Pine) 45:33; 3. Helen du Plessis (Tyg) 49:40. **(60+):** 1. Pixie Sparg (Celt) 51:03; 2. Marietha Herbert (Bel) 52:56; 3. Marlene James (Pine) 59:44. **Juniors:** 1. Yonela Hewu (RCS Gug) 45:10; 2. Andrea Pretorius (NB) 50:48; 3. Benine Havenga (Tyg) 66:46.

Reconciliation Day 10 km

Guguletu, 16 December

(Certified loop course. Finishers: 784.)

MEN

1. Tom Lusaseni (Celt) 30:30 (R500); 2. Sibusiso Mbingeleli (Mr Pr) 30:46 (R400); 3. Avukile Ntongana (Mr Pr) 30:59 (R300); 4. Peter Tsawayo (ZIM/RCS Gug) 31:08 (R200); 5. Anthony Godongwana (Celt) 31:59; 6. Velani Lusaseni (Ad) 32:21; 7. Duane Fortuin (Celt) 32:25; 8. Silayi Mzukile (Ad) 32:28; 9. Makhosonke Fika (Mr Pr) 32:34; 10. Nicholas Rupanga (Celt) 32:40; 11. Odwa Goqwana (Atl) 32:54; 12. Virginia Ngudlumana (Celt) 33:06 (1st jun); 13. Professor Khwatane (Celt) 33:06; 14. Monde Mpemnyama (Celt) 33:23; 15. Luvuyo Ntando (T.Mbiza) 33:34; 16. Hein Camphor (Ad) 33:41; 17. Wanda Roro (Ad) 33:41; 18. Roger Dickson (VOB) 33:43; 19. Ernest Ngakumbi (T.Mbiza) 33:46; 20. Akhona Makila (VOB) 34:00; 21. Bernard Rukadza (RCS Gug) 34:01; 22. Michael Bekapi (VOB) 34:08 (1st vet); 23. Tobias Philander (Ad) 34:12; 24. Morné Kammies (Met) 34:18; 25. Nkosinathi Sontandya (Celt) 34:24; 26. Peter Vlok (Ad) 34:28; 27. Thandeka Gqomana (T.Mbiza) 34:32; 28. Mandla Pangalele (T.Mbiza) 34:37; 29. Xolile Macanda (Ned) 32:49; 30. Babalo Landelo (Celt) 34:55.

Masters: (40+): 1. Michael Bekapi (VOB) 34:08 (R150); 2. Tobias Philander (Ad) 34:12 (R100); 3. John van der Byl (MP Titans) 35:57 (R75). **(50+):** 1. Wilson Bartman (Spart) 39:54 (R150); 2. Richard Johnson (H.Harr) 40:13 (R100); 3. Desmond Frechtas (WP Def) 40:40 (R75). **(60+):** 1. Henry Cleophas (Ned) 44:58 (R100); 2. M.Y. Abrahams (Ned) 46:56; 3. Claude Brooks (Top) 51:43. **(70+):** 1. Brian Key (For) 61:18; 2. Dermott Devine (VOB); 3. Vincent Kingswill (VOB). **Juniors:** 1. Virginia Ngudlumana (Celt) 33:06 (R150); 2. Wanda Roro (Ad) 33:41 (R100); 3. Nkosinathi Sontandya (Celt) (R75).

WOMEN (Same prize money as men)

1. Thozama April (Celt) 37:12; 2. Bulelwa Mtshagi (Celt) 38:25; 3. Nomvuyisi Seti (Mr Pr) 39:12; 4. Busisiwe Matiwane (Celt) 40:24; 5. Sue Dickson (VOB) 41:45 (1st vet); 6. Ayanda Mqhakayi (RCS Gug) 42:36 (1st jun); 7. Sandra van Graan (Edg) 42:51; 8. Christa Mulder (Bel) 42:54; 9. Mariëtte Esterhuyse (Tyg) 43:37; 10. Yonela Hewu (RCS Gug) 44:14; 11. Sandra Baetsen (Lland) 44:39; 12. Moira Sheard (Celt) 44:58; 13. Lorna Loubser (Sanlam) 46:01; 14. Kathy McQuaide (Celt) 46:45; 15. Tullulah Oni (Atl) 46:49; 16. Evelinah Tshabalala (VOB) 47:14; 17. Nancy Will (Pine) 47:23 (1st mast); 18. Helen Tloubatna (Tyg) 47:23; 19. Nicolene Koegelenberg (Brack) 48:02; 20. Thuliswa Nonkonyana (Ad) 47:54.

Masters: (40+): 1. Sue Dickson (VOB) 41:45; 2. Sandra van Graan (Edg) 42:51; 3. Christa Mulder (Bel) 42:54. **(50+):** 1. Nancy Will (Pine) 47:23; 2. Ferial Johaar (Top) 51:51; 3. Pamela Charles (MP Titans) 56:23. **(60+):** 1. Pixie Sparg (Celt) 51:53; 2. Sonia Beard (For) 61:17; 3. Charlotte Kettlewell (VOB) 65:30. **Juniors:** 1. Ayanda Mqhakayi (RCS Gug) 42:36; 2. Yonela Hewu (RCS Gug) 44:14; 3. Cody Majwede (Celt) 49:38.

Speedy/ST Motors Kleinmond 10 km

Kleinmond, 5 December

MEN

1. Johnny Persents (Ad) 35:14 (1st vet); 2. Johan Landsman (Pulse) 35:28; 3. Alfred Tshabeni (Wh) 36:32; 4. Morné Hansen (Ind) 38:54; 5. Willem Floors (Hang) 39:22; 6. Heimie Misroll (Pine) 41:22; 7. Frank Gillion (Wh) 43:05 (1st mast); 8. Reginald Crowster (Tyg) 43:44; 9. J.G. du Plessis (Ind) 45:26 (1st jun); 10. P.A. Botha (Polok) 46:08; 11. Natale Roelofse (Worc) 46:23; 12. Carl Hendricks (Ned) 46:47 (1st g'mast); 13. Brian Rothman (Brack) 46:59; 14. Shaheed Russon (Top) 48:12; 15. Jean Boshoff (Hang) 48:17; 16. Duwayne Lackay (Ind) 48:31; 17. Bongani Ngidi (Ind) 48:41; 18. Anthony Gen (Ind) 49:11; 19. Andries Pretorius (Nyl) 49:33; 20. Wendal Smith (Pine) 49:49; 21. Robert Alam

(Wh) 49:51; 22. Vernon Murtz (Telkom) 50:00; 23. Julian Maggott (Celt) 50:25; 24. Luan J. van Rensburg (Ind) 51:30; 25. Howard Warrington (Str) 51:36.

Masters: (40+): 1. Johnny Persents (Ad) 35:14; 2. Johan Landsman (Pulse) 35:28; 3. Willem Floors (Hang) 39:22. **(50+):** 1. Frank Gillion (Wh) 43:05; 2. Natale Roelofse (Worc) 46:23; 3. Brian Rothman (Brack) 46:59. **(60+):** 1. Carl Hendricks (Ned) 46:47; 2. Schalk Visser (Over) 53:15; 3. Riël Hugo (Dur) 55:45. **Juniors:** 1. J.G. du Plessis (Ind) 45:26; 2. Duwayne Lackay (Ind) 48:31; 3. Luan J. van Rensburg (Ind) 51:30.

WOMEN

1. Alae Brand (Ad) 38:41; 2. Veronica van Niekerk (Elg/Grab) 49:44 (1st g'mast); 3. Annamarie Steyn (Bred) 50:21; 4. Liezel G. van Pittius (Ind) 50:39; 5. Anne Pool (Str) 51:31 (1st vet); 6. Mari Rabie (Mat) 51:44; 7. Libby Burrell (Hang) 51:45 (1st mast); 8. Cailey Bredenkamp (Paarl) 51:52; 9. Desre Tarr (Ind) 54:25; 10. Lulu J. van Rensburg (Syng) 54:41; 11. Dawn Saunders (Tuk) 55:15; 12. Nisa van Zyl (Ind) 55:22 (1st jun); 13. Debora van Zyl (Ind) 55:36; 14. Karen Erasmus (Ind) 56:22; 15. Estie Beukes (A. Cent) 57:47; 16. Vondra Singleton (Worc) 57:53; 17. Zelda O'Connell (Ind) 57:55; 18. Wilma Barnes (Dur) 58:05; 19. Melanie van Greunen (Atl North) 58:30; 20. Annelize Hietbrink (Ind) 58:36.

Masters: (40+): 1. Anne Pool (Str) 51:31; 2. Cailey Bredenkamp (Paarl) 51:52; 3. Lulu J. van Rensburg (Syng) 54:41. **(50+):** 1. Libby Burrell (Hang) 51:45; 2. Dawn Saunders (Tuk) 55:15; 3. Wilma Barnes (Dur) 58:05. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 49:44; 2. Arlene Ehrenberg (Wh) 85:25; 3. Elize Grobbelaar (Bel) 88:33. **Juniors:** 1. Nisa van Zyl (Ind) 55:22; 2. Marina Badenhorst (Bred) 62:08.

TRACK

Community Challenge Meeting

Parow, 14 December

MEN

800 (u.20): 1. Tarquin Paramoer (UWC) 1:59.48; 2. Antonio May (Paarl) 2:00:01; 3. Roche Rhodas (East) 2:02.60.

1 mile: 1. Jacques Potgieter (Mat) 4:12.69; 2. Doney Dunster (Môre) 4:16.44; 3. Duane Fortuin (Celt) 4:18.17.

3000: 1. Envor Pedro (MP Titans) 9:34.37; 2. Jonathan Collins (East) 9:50.04; 3. Martin Whatley (Bel) 10:35.39.

WOMEN

1500: 1. Marlise Jordaan (Bel) 4:48.5; 2. Linda Hanekom (Bel) 4:56.2; 3. Anee van Wermeskerken (Mat) 5:03.5.

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

Xiamen International Marathon (7th)

Xiamen, CHN, 3 January

(Distance: 42.195 km, AIMS certified)

MEN

- | | | |
|-------------------------------|---------------|----------------------|
| 1. Samuel Muturi Mugo, KEN | 2:08:51 PB/CR | USD 30,000 + 15,000i |
| 2. Negari Getachew Terfa, ETH | 2:09:01 PB | 15,000 + 15,000i |
| 3. Rachid Kisri, MAR | 2:10:33 PB | 10,000 |
| 4. Sammy Kurgat, KEN | 2:11:00 | 5,000 |
| 5. Frederick Cherono, KEN | 2:12:31 | 3,000 |

WOMEN

- | | |
|------------------------------|------------|
| 1. Chen Rong, 1988, CHN | 2:29:52 |
| 2. Zhang Yingying, 1990, CHN | 2:32:57 |
| 3. Wang Jiali, 1986, CHN | 2:33:58 |
| 4. Feng Aiping, 1986, CHN | 2:35:05 |
| 5. Zheng Wenrong, CHN | 2:36:08 PB |

i) Earned time bonus

San Silvestre Vallecana (44th)

Madrid, ESP, 31 December

(Distance: 10 km; certified point-to-point course with 55 m elevation loss, i.e. not record standard)

MEN

- | | |
|--------------------------------|-------|
| 1. Tadesse Tola, ETH | 27:53 |
| 2. Alemayehu Bezabeh, ESP | 28:06 |
| 3. Josephat Kiprono Menjo, KEN | 28:26 |

WOMEN

- | | |
|-------------------------|-------|
| 1. Marta Domínguez, ESP | 33:05 |
| 2. Diana Martín, ESP | 33:09 |
| 3. Eunice Jepkorir, KEN | 33:33 |

Corsa Internazionale di San Silvestro "Boclassic" (34th)

Bolzano, ITA, 31 December

(Course: 1250 m circuit, flat with sharp turns and cobblestone surfaces. Distances: Men, 10.05 km [8 laps]; Women, 5.05 km [4 laps])

MEN (extended gun times)

- | | |
|-------------------------------|---------|
| 1. Edwin Soi, 1986, KEN | 28:55.5 |
| 2. Sergey Lebid, 1975, UKR | 28:59.5 |
| 3. Sahle Wargha, 1984, ETH | 29:13.8 |
| 4. Jaouad Gharib, 1972, MAR | 29:22.8 |
| 5. Stefano Baldini, 1971, ITA | 29:33.8 |

WOMEN (extended gun times)

1. Gulnara Galkina-Samitova, 1978, RUS 15:59.7
2. Anikó Kálovics, 1977, HUN 16:07.5
3. Sylvia Kibet, 1984, KEN 16:09.4
4. Sonja Roman, 1977, SLO 16:19.6
5. Federica Dal Ri, 1980, ITA 16:30.0

São Silvestre Road Race (84th)

São Paulo, BRA, 31 December

(Distance: 15 km, certified. Finishers: 17 003.)

MEN (gun times)

1. James Kwambai, KEN 44:42
2. Evans Cheruiyot, KEN 45:16
3. Chemwolo Kiprono Mutai, KEN 45:28

WOMEN (gun times) -

1. Wude Ayalew Yimer, ETH 51:37
2. Fabiana Cristine de Silva, BRA 52:28
3. Marily dos Santos, BRA 52:48

Bietigheimer Silvesterlauf (28th)

Bietigheim, GER, 31 December

(Distance: 11.2 km)

MEN (gun times)

1. Falk Cierpinski, SG Spergau 32:45
2. Sebastian Hallmann, LG Stadtwerke München 32:51
3. Christian Glatting, TV Wattenscheid 01 32:57

WOMEN (gun times)

1. Melanie Kraus, TSV Bayer 04 Leverkusen 37:16
2. Veronika Ulrich, LG Telis Finanz Regen 38:23
3. Mira Glocker, LAV asics Tübingen 38:57

Corrida Pedestre Internationale de Houilles 10 km (37th)

Houilles (Yvelines), FRA, 28 December

MEN

1. Micah Kogo, KEN 28:04
2. Edwin Soi, KEN 28:13
3. Jaouad Gharib, MAR 28:54

WOMEN

1. Sylvia Kibet, KEN 31:50 CR*
2. Christelle Daunay, FRA 33:03
3. Samira Mezeghrane, FRA 33:59

Volta à Cidade do Funchal (50th)

Funchal, POR, 28 December

(Distance: Approx. 6 km)

MEN

- | | |
|--------------------------------------|-------|
| 1. Josephat Kiprono Menjo, 1979, KEN | 16:36 |
| 2. Josphat Bett, 1990, KEN | 16:36 |
| 3. Rui Pedro Silva, 1981, POR | 16:48 |
| 4. Manuel Damião, 1978, POR | 16:48 |
| 5. Sergey Lebid, 1975, UKR | 16:49 |

WOMEN

- | | |
|--------------------------------|-------|
| 1. Jessica Augusto, 1981, POR | 18:33 |
| 2. Eunice Jepkorir, 1982, KEN | 19:27 |
| 3. Fernanda Ribeiro, 1969, POR | 19:35 |

ING Taipei International Marathon (5th)

Taipei, TPE, 21 December

(Distance: 42.195 km)

MEN

- | | |
|-------------------------------|---------|
| 1. Sammy Chumba, KEN | 2:15:37 |
| 2. Luka Chelimo, KEN | 2:15:43 |
| 3. Lawrence Kiptoo Saina, KEN | 2:16:32 |

WOMEN

- | | |
|----------------------------------|---------|
| 1. Caroline Cheptanui Kilel, KEN | 2:30:44 |
| 2. Tabitha Tsatsa, ZIM | 2:35:46 |
| 3. Junko Suzuki, JPN | 2:45:25 |

CROSS-COUNTRY**Cross Internacional Zornotza (49th)**

Amorebieta, ESP, 4 January

MEN (10.7 km)

- | | |
|-------------------------------|-------|
| 1. Samuel Tsegay, ERI | 31:36 |
| 2. Moses Masai, KEN | 31:57 |
| 3. Kidane Tadese, ERI | 32:02 |
| 4. Yonas Kifle, ERI | 32:14 |
| 5. Ayad Lamdassem, ESP | 32:17 |
| ... 8. Cuthbert Nyasango, ZIM | 33:00 |
| ... 10. Eliseo Martín, ESP | 33:15 |

Women (6.7 km)

- | | |
|-----------------------------|-------|
| 1. Linet Masai, KEN | 21:36 |
| 2. Vivian Cheruiyot, KEN | 21:49 |
| 3. Ines Monteiro, POR | 22:50 |
| 4. Rosa Morató, ESP | 22:57 |
| 5. Zulema Fuentes-Pila, ESP | 23:05 |

Athletics Kenya Weekend Meeting #5

Nyahururu, KEN, 26 December

MEN (12 km)

1. Mathew Kisorio	34:10.9
2. Barnabas Kosgei	34:17.9
3. Kiplimo Kimutai	34:20.4
4. Mark Kiptoo	34:49.9
5. Levy Matebo	25:02.8
6. Yegon Kiprotich	35:05.9
7. Sammy Kipketer	35:07.3
8. Edwin Kipkorir	35:15.9
9. David Chepterit	35:17.4
10. Gilbert Lagat	35:19.6

Junior MEN (8 km)

1. Vincent Rono	22:44.2
2. Japhet Korir	22:49.6
3. Simon Cheprot	22:56.8
4. Paul Kiboi	23:05.4
5. Peter Kimer	23:10.9

WOMEN (8 km):

1. Linet Chepkirui	25:48.8
2. Joyce Wanjiku	26:32.5
3. Irene Limika	26:39.2
4. Ines Chenonge	26:51.2
5. Florence Chepkemai	26:52.7
6. Rahab Ndungu	26:59.8
7. Sally Barsosio	26:59.9
8. Penina Wamboi	27:03.1
9. Ann Wanjiru	27:06.7
10. Milka Chepmos	27:10.7

Junior WOMEN (6 km):

1. Hilda Chepkemai	19:16.5
2. Mercy Cherono	19:30.9
3. Judy Cheboi	19:33.8
4. Nelly Chebet	19:54.5
5. Judy Chepkoech	20:06.4

NEWS

BEKELE, DIBABA ATHLETES OF THE YEAR

The US results newsletter *Race Results Weekly* has chosen Ethiopians Kenenisa Bekele and Tirunesh Dibaba as its 2008 Runners of the Year. *RRW*, the world's most comprehensive source of middle and long distance running results and news, selected Bekele and Dibaba for their double gold medal performances at the Beijing Olympics, IAAF World Cross-country Championships titles, world and Olympic records, and nearly undefeated seasons.

"Bekele and Dibaba achieved more this year than some of the world's top athletes will achieve in a lifetime," said Editor and Publisher David Monti. "For each of them to turn back all challengers in two Olympic finals, and finish first in every final of the year but one is incredible. They totally dominated."

Bekele, 26, defended his Olympic 10000 m title by setting a new Olympic record of 27:01.17. Three days later he finished third in his 5000 m heat, and in yet another three

days broke the Olympic record in winning the 5000 m in 12:57.82. He became the first man since countryman Miruts Yifter in 1980 to win both events at the same Olympic Games.

While Bekele's Olympic double was the key achievement of his 2008 campaign, he also ran the fastest times in the world for both 5000 m (12:50.18) and 10000 m (26:25.97), won the IAAF World Cross-country Championships 12 km event for the sixth time, took the African title at 5000 m, and set a world best for two miles indoors (8:04.35). In 14 race appearances (13 finals), he finished first 12 times. His only true defeat was in a 15 km road race last November in the Netherlands where he finished third, despite sustaining a stress fracture in his right ankle.

Dibaba, who became the first woman in history to win the 5000 m and 10000 m titles in a single Olympic Games, did so by running both the fastest and slowest Olympic winning times in history. Showing a total mastery of her craft, despite being only 22 years old at the time, Dibaba roared to a blazingly fast 29:54.66 to beat Turkey's Elvan Abeylegesse in the 10000 m, the second-fastest time in history. A week later, in an achingly slow strategic race against Abeylegesse, and her compatriot and archrival Meseret Defar, she won the 5000 m title in 15:41.40, the slowest time in Olympic history, with an overwhelming final sprint.

In addition to her Olympic victories, Dibaba also won the IAAF World Cross-country Championships 8 km for the third time, shattered the world record for 5000 m (14:11.15), and won the African title at 5000 m in front of a home country crowd in Addis Ababa. In 11 starts, she was victorious 10 times, including heats.

- Readers of *Athletics International* voted for Usain Bolt (almost unanimously) and Tirunesh Dibaba (by a very narrow margin over Pamela Jelimo and Yelena Isinbayeva) as World Athletes of the Year. Scoring on the basis of six points for a first place vote, four for second, three for third, two for fourth and one for fifth, these were the top ten:

MEN: 1, Usain Bolt 490 points (80 first place votes); 2, Kenenisa Bekele 309; 3, Dayron Robles 200; 4, Haile Gebrselassie 118; 5, Bryan Clay 44; 6, Andreas Thorkildsen 34; 7, Samuel Wanjiru 25; 8, Irving Saladino 20; 9, LaShawn Merritt 19; 10, Asafa Powell 18.

WOMEN: 1, Tirunesh Dibaba 349 (27 first place votes); 2, Pamela Jelimo 342 (23); 3, Yelena Isinbayeva 337 (24); 4, Barbora Spotáková 98; 5, Gulnara Galkina 48; 6, Blanka Vlasic 38; 7, Veronica Campbell-Brown 29; 8, Melaine Walker 20; 9, Valerie Vili 14; 10=, Shelly-Ann Fraser & Tia Hellebaut 13.

KARA GOUCHER TO AIM FOR BOSTON MARATHON VICTORY

On the heels of her successful marathon debut in New York in November where she became the first American woman to make the podium there since 1994, Kara Goucher has committed to April's Boston Marathon, according to *Race Results Weekly*. Goucher will try to break the 24-year USA drought for victory at America's oldest continuously contested marathon, founded in 1897.

The last American woman to win the Boston Marathon was Lisa Larsen-Weidenbach in 1985, clocking 2:34:06.

Goucher, the reigning IAAF World Championships bronze medalist at 10000 m, finished third at the ING New York City Marathon in 2:25:53. Her performance was the fastest-ever by an American debutante, and put her #3 on the USA all-time list behind only Deena Kastor and Joan Benoit Samuelson. Goucher had a shot at finishing second, but was thwarted in the final mile by a gritty performance by the 40-year-old Russian Ludmila Petrova, who finished ten seconds ahead of her in a masters world record.

Alberto Salazar successfully coached Goucher to her New York performance, and Goucher definitely benefited from Salazar's knowledge of the course (he was a three-time winner there). Salazar was also a Boston champion in 1982, setting a then-course record and world best of 2:08:52. Goucher definitely sees this as a big advantage.

"Coach Salazar will guide me to be ready to tackle the course, and the infamous Heartbreak Hill," added Goucher. "Winning Boston is my next big challenge, and I could not have picked a bigger stage."

John Hancock Financial is in its 24th year as the principal sponsor of the Boston Marathon, financing the elite fields. In recruiting both Goucher and Ryan Hall, the fastest American-born marathoner ever with a 2:06:17 personal best, Hancock seems to be strengthening their commitment to American athletes.

The Boston Marathon is held on the third Monday in April each year. This year's race will be held on 20 April.

TWO OF MIKITENKO'S BERLIN SPLITS RATIFIED AS NATIONAL RECORDS

When Irina Mikitenko won last September's real, - Berlin Marathon in 2:19:19, she broke her own national record for the standard marathon distance. Now she's also been recognized for German records at 25 km and 30 km, thanks to Berlin race director Mark Milde who made sure proper measurement and timing practices were used at those intermediate points in his race, reports *Race Results Weekly*.

Mikitenko officially passed 25 km in 1:23:07 and 30 km in 1:39:34, and those splits were recorded by a full timing crew, not just the ChampionChip timing mats. Furthermore, the distances from the race's starting line to those intermediate points were accurately measured and are close enough to the starting line (in a straight line) to negate any possible effects of a following wind (the 25 km point is approximately 4 km from the starting line while the 30 km point is about 5 km from the starting line). The course has no elevation change.

"Already at this stage I am really looking forward to my next marathon, which I will run in London," Mikitenko said through a press release. "With such a strong field you can not predict anything. It will be really interesting to see how this race will develop."

Mikitenko was the 2007/2008 World Marathon Majors series champion. Although tied with Ethiopia's Gete Wami, she was elected the champion by the Majors' five race directors in a special vote after last November's ING New York City Marathon.

The IAAF recognizes records as intermediate race points provided the same measurement and timing criteria for recording records at the finish line are employed. However, the independent Association of Road Racing Statisticians does not recognize records set at intermediate points. National federations generally follow IAAF guidelines when ratifying national records.

DRUG NEWS FROM AROUND THE WORLD

These stories with the latest on the world of drugs (in all branches of athletics, not only distance running) were published in *Athletics International*. – Ed.

Hammer pair lose Olympic medals

Vadim Devyatovskiy and Ivan Tikhon, the hammer throwers from Belarus who placed second and third in Beijing, have been disqualified by the IOC as a result of doping violations and stripped of their medals.

Devyatovskiy's sample, taken immediately after the event in which he threw 81.61, indicated the presence of exogenous testosterone, a T/E ratio of 8.1 (± 1.5), above the WADA T/E ratio threshold of 4. At an IOC Disciplinary Commission hearing in Lausanne the following month Devyatovskiy declared that he was innocent and that he won his medal honestly. He also declared that he did in general not train with the rest of the team and that in the last eight years he had always been vigilant with respect to the substances he took, in order to avoid any mistakes. This was in particular due to the fact that he could still not explain today why he tested positive (for anabolic steroids) in 2000 at the Olympic Games in Sydney.

Tikhon's T/E ratio was measured at 7.8 (± 1.5). At his hearing he declared that he was aware of the anti-doping rules and had never used any prohibited substance. He had always provided his whereabouts information, never refused a test and was always available for testing. In the past and in the lead up to the Games, he had been tested several times, including out of competition, and this never led to an adverse analytical finding. He further indicated that he took medication or substance only under the supervision of the doctors and only those substances that had been certified as not being prohibited.

The Commission's decision, announced on 11 December, was that both be disqualified and their medals and diplomas withdrawn. Devyatovskiy is permanently ineligible for all future Olympic Games in any capacity. As this was his second doping offence he will in any case be banned for life by the IAAF. The IAAF was requested to consider any further action for Tikhon; this will presumably take the form of a two-year ban.

Devyatovskiy (31) has a pb of 84.90 from 2005 for fourth on the world all-time list. He was 2nd in the 1996 World Juniors, 4th in the 2004 Olympics, winner of the 2005 World University Games title, 2nd in the 2005 World Champs and 3rd in the 2006 Europeans.

Tikhon (32) is one of the towering figures in hammer history. He produced the second longest ever throw with 86.73 in 2005, just 1 cm short of Yuriy Sedykh's world record. World champion in 2003, 2005 and 2007, he was European U23 champion in 1997, 4th in the 2000 Olympics, World University Games champion in 2003, 2nd in the 2004 Olympics and European champion in 2006.

As a result of the disqualifications, Krisztián Pars moves up from fourth to second with 80.96 and Koji Murofushi from fifth to third with 80.71. Murofushi, who became Olympic champion in Athens after Adrian Annus was disqualified, commented: "It's a great honour to get a medal in two straight Olympics. But it's sad that this has come about because of doping. This is something that really needs to be tackled."

IAAF disputes Russian decision

The IAAF has officially appealed to the Court of Arbitration for Sport (CAS) against the decisions taken by the All Russian Athletic Federation (ARAF) in the case of seven Russian athletes: middle distance runners Svetlana Cherkasova, Yuliya Fomenko, Yelena Soboleva, Tatyana Tomashova and Olga Yegorova (now retired), discus thrower Darya Pishchalnikova and hammer thrower Gulfiya Khanafeyeva.

In October 2008 the ARAF found that each athlete had committed an anti-doping rule violation under IAAF Rules 32.2 (b) and 32.2 (e) and sanctioned each for a period of two years which has been backdated to the date the anti-doping rule violation occurred.

The IAAF appeal to CAS contains two specific elements in each case: 1. In accordance with IAAF Rules, the date of any applicable sanction cannot begin earlier than the day the athlete was first provisionally suspended from competition. 2. The period of ineligibility be lengthened to more than the minimum two year sanction under IAAF Rules if the athletes are found guilty of the above doping offences.

IAAF President Lamine Diack said: "It is unacceptable to the IAAF that these athletes, who have committed serious and deliberate breaches of our anti-doping rules, would receive an effective ban of approximately 9-10 months and see them eligible to compete again in the summer of 2009. What is more, I consider the circumstances surrounding these cases warrants the IAAF to seek an extended ban over and above the minimum two-year period".

The ARAF banned the athletes for two years from the date of the tests in April and May 2007, which would enable them to compete in next year's World Champs in Berlin.

South Africans get relay bronze

Following the cancellation by the IAAF of all of Antonio Pettigrew's results from 1997, the 4x400 m gold medal at the 1997 World Champs will be retrospectively awarded to Britain in 2:56.65 with silver to Jamaica (2:56.75) and bronze to Poland (3:00.26). The result of the 1999 World Champs race will be amended to: 1, Poland 2:58.91; 2, Jamaica 2:59.34; 3, South Africa 3:00.20; while in 2001 the placings are now: 1, Bahamas 2:58.19; 2, Jamaica 2:58.39; 3, Poland 2:59.71. In the individual 400 m Pettigrew's 7th place in 1997 and 4th places in 1999 and 2001 will be annulled but his title win in 1991 will stand.

Drugs could lead to early death

By Mel Watman

The premature deaths of two top world class athletes within two weeks of each other in the last weeks of last year, both of them having served doping bans, should cause alarm bells to ring for any athlete misguided enough to have taken performance enhancing drugs. There may not be conclusive medical proof yet that Russian 50 km walker German Skurygin (45) and Bulgarian discus thrower Tsvetanka Khristova (46) died as a direct result of their doping history but it cannot be ruled out. As we shall see, there is strong circumstantial evidence that warnings, first issued more than 40 years ago, that athletes risked dire medical consequences if they abused their bodies with anabolic steroids and the like, were not just scaremongering. Quite apart from the deplorable cheating aspect, athletes who have taken that route can't possibly know what they may be storing up for themselves in later life. Although not all of the examples quoted here are necessarily linked to drug use the high incidence of premature death, all before their 50th birthday and predominantly in the power events, is salutary.

Although all the other cases quoted involve death after retirement from competition, the most notorious case of an athlete dying young because of drugs was that of the West German heptathlete Birgit Dressel in 1987, aged just 26. The previous year she had placed fourth in the European Champs and had scored 6487 as well as high jumping 1.92. She died in agony from a multiple organ failure at least partly triggered by long-term steroid abuse; the autopsy revealed traces of 101 different medications in her body.

1993: Uwe Beyer of West Germany, the 1971 European hammer champion and 1964 Olympic bronze medallist, died of a heart attack aged 48. Detlef Gerstenberg, the 1975 European junior champion who set a GDR hammer record of 80.50 in 1984, died at 35 of cancer of the pancreas and hepatitis, allegedly brought on by the use of steroids and testosterone.

1995: Goran Svensson of Sweden and later of the USA, who threw the discus 66.40 in 1988 after serving a drugs ban in 1985-86, died at 36.

1997: Another Swedish discus thrower, Stefan Fernholm (68.30 in 1987), died at 37.

1998: She never failed a drugs test but there will always be suspicion surrounding Florence Griffith Joyner, whose 1988 world records of 10.49 and 21.34 have never been approached. The American died in her sleep of a heart seizure, aged 38. German shot putter Ralf Reichenbach, the 1974 European silver medallist with a best of 21.51 in 1980, died of heart failure at 47. He admitted drugs use. Russia's world record breaking hammer thrower and 1976 Olympic silver medallist Aleksey Spiridonov died at 46.

2001: Another former East German who like Gerstenberg would surely have been subjected to the state sponsored doping programme, Rositha Hellmann (née Potreck), a 66.08 javelin thrower in 1981, died aged 42.

2002: Discus thrower Ben Plucknett, who failed a drugs test (nortestosterone) at the 1981 Pan Pacific Games prior to setting world records of 71.20 and 72.34, died of a brain aneurysm at age 48. The IAAF refused to ratify his marks although perversely they were accepted as US records. His legal pb, still the best by an American, was 71.32 in 1983.

2003: Finland's 1984 Olympic hammer champion, with a best of 81.52 that year, Juha Tiainen died of a stroke at the age of 47. Danica Zivanov-Sljapic, silver medallist for Yugoslavia in the women's javelin at the 1985 European Junior Champs (she threw 61.98 that year), died at 35. She was disqualified for a drugs offence at the 1989 Balkan Champs.

2004: Three-time Spanish shot champion José-Luis Martínez (pb of 19.31 in 1995) died of a heart attack aged 34.

2006: The 1990 European 10000 m and 1992 Olympic 3000 m champion Yelena Romanova of Russia died of heart-related problems at 43. Her pbs included 4:00.91 1500 m, 8:30.45 3000 m, 14:59.70 5000 m and 31:46.83 10000 m.

2008: Gary Cadogan, British 49.07 400 m hurdler in 1994, died of cancer at 41. He was handed a two-year drugs ban in 1998 but was later cleared by a UK Athletics panel. Bulgaria's 1982 European and 1991 world discus champion Tsvetanka Khristova, also an Olympic medallist in 1988 and 1992, died at 46 from lung cancer and bronchopneumonia. Her best was 73.22 in 1987 and she served a four-year drugs ban from 1993. Heart failure

claimed the life of Russian walk star German Skurygin at 45. Stripped of the 1999 world 50 km title and banned for two years after a test revealed the use of human chorionic gonadotropin, he was second in the 2003 World Champs and had a pb of 3:36:42.

Two questions. Who will be next? And when will athletes realise that their very lives could be at stake when they seek to cheat?

U.S. BODY AMENDS HEADPHONE RULE

The "headphone rule" has been a topic of hot debate on internet message boards, industry group convention floors and group runs. Battle lines were drawn and nearly everyone was asked at some point to take a side: do you support the ban on wearing headphones during running races?

The controversy stemmed from a little-known IAAF rule which prohibited top athletes from wearing radios which would allow them to receive instructions and advice from their coaches during competition. The spirit of that rule had nothing to do with recreational runners participating in road races who wanted to listen to their favorite tunes while they ran. Technically, this behavior was also banned, but only a handful of race organizers took action stop runners from wearing headphones. Other organizers openly flouted the ban, encouraging runners to "plug in" at their events, reports *Race Results Weekly*.

Now, USATF has modified the rule governing the wearing of headphones so that it is narrowly limited to the sport's most competitive athletes competing for important accolades or prize money. Rule 144.3, which pertains to the use of headphones and other electronic devices, has now been modified to enable race directors to choose to allow the use of headphones by runners in non-championship races. Athletes competing "in Championships for awards, medals, or prize money may not use such devices," reads the new rule.

"The difficulty in enforcement was part of the reasoning," said USATF Rules Committee chairman John Blackburn through a news release. "However, several good-sized races have demonstrated that they were able to enforce the rule. There were strong opinions on all sides of this discussion, both understanding the issues related to athlete safety, race organization, difficulty of enforcement. This resolution appeared to be the best position for USATF overall."

Many race organizers thought the genesis of the ban was due to safety concerns; runners may be listening to music which is so loud that they cannot respond to instructions should an emergency arise. Indeed, the issue had been couched that way by many who supported the ban, who also argued that plugged-in runners were discourteous to their fellow athletes, running in their own world and blocking race courses.

While the rule modification will certainly provide race organizers with much-needed breathing room, it will do little to quell the debate amongst runners themselves. Many serious recreational runners don't want to line up next to headphone wearers, afraid that their competitive efforts may be impeded. The new language of the rule may prompt some event organizers to offer headphone-free starting corrals to mollify those concerns.

LONGEST-LASTING WORLD RECORD

Jarmila Kratochvílová's 1:53.28 800 m on 26 July 1983 has surpassed Jesse Owens' long jump of 8.13 (25 May 1935) as the longest standing of all world records. Owens' leap lasted for 25 years and 79 days, and that was bettered by the Czech last month. Kratochvílová (57), now a coach, reflected: "I really was not pushing to my limits during that race in Munich. It was very relaxed. I think I could have run faster."

Of her career, she observed: "Fifteen years of hard work and only one year really successful ... but it was worth it."

It remains to be seen how much longer that record will stand as Pamela Chelimo, a junior in her first season at the event, ran 1:54.01 this year.

GRETE WAITZ HONOURED

Grete Waitz, trailblazer for women's distance running, has been honoured by the King of Norway with the Royal Norwegian order of St. Olav First Class. She is only the third sportsman or woman to be so honoured, following ice skater Sonja Henie and footballer Ole Gunnar Solksjær.

THIS MONTH IN HISTORY

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

11 years ago: 11 & 18 January 1998

Hendrick Ramaala twice was fourth in two major European cross-country races. First, on 11 January, he finished in 30:40 behind Paul Koech, Abel Chimukoko and Fita Bayesa over 10.2 km in Amorebieta, Spain, and a week later was beaten in Seville, Spain, over 10 km by Paul Tergat, Bernard Barmasai and Paul Kosgei, running 28:25. These and some other good performances during the European winter gave Ramaala sixth spot in the IAAF World Cross-country Challenge. Tergat, who won the competition easily, also took his fourth straight world cross-country title in Marrakech in March.

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