

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 Nedbank Johannesburg City Marathon ended on a bizarre note on Sunday when three of the top four athletes, all from Lesotho and running for Toyota, crossed the finish line carrying flags with the company's logo. One has become used to athletes in, for instance, the country's big-money ultras having sponsor caps practically screwed down onto their heads as soon as they finish and then having to do TV interviews with their eyes almost invisible, but this time the officials for some reason decided it was too much and promptly disqualified Warinyana Lebopo, Lebenya Nkoka and Tiisetiso Ramokheseng.

The referees cited the IAAF rule on advertsing. The Toyota team manager appealed the decision, but the ruling was upheld. Then Athletics South Africa intervened and overturned the ruling, thereby reverting to the original order. It is not clear on what grounds the ruling was enforced, but IAAF Rule 8.1 states: "Advertising and displays of a promotional nature shall be permitted in all International Competitions held under Rule 1(a) to (h), provided such advertising and displays comply with the terms of the Rule and with any Regulations that may be passed hereunder." Rule 1(h) makes provision for meetings "specifically authorised by a Member so that foreign athletes may take part".

In the 19th Old Mutual Om die Dam 50 km South African marathon champion Riana van Niekerk scored her fourth victory. She has also won in 2002, 2005 and 2007; this time she was almost exactly 5 minutes slower than her brilliant 3:22:39 of two years ago. Defending champion Mankutoane Matlakeng opted for the shorter 20 km.

As mentioned last week, DRR battles to obtain results from some provinces. One set of results missing is that of the Kosmos 3-in-1 races in Secunda on 14 March. Sonja Laxton won the masters division here in 42:55; this is a list leader.

Sonja's daughter Kim now has the world's longest known win streak for women with her nine victories in a row (mentioned last week). Tom Lusaseni, with eight, has the second longest streak among the world's men. Not bad for two South Africans!

The third runner in the Tongaat 16 km (results in last week's issue, was Sandile Lembethe (MrPr); his time was 59:38. Edwin Chimombo won in 53:16.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Nedbank Johannesburg City Marathon & 10 km, Johannesburg
- * Glenryck Tygerberg 30 km, Parow
- * Stella Royal 25 km & 10 km, Durban

- * Old Mutual Om die Dam 50 km & Gawie Krause Memorial 20 km, Hartebeespoort Dam
- * Algoafm Bukani Print adidas Lake Farm 25 km & 10 km, Port Elizabeth
- * Beesloop Farm Race, Overhex
- * Track: Top-10 Meeting, Bellville; Half League Meeting, Parow

International highlights:

- * Meia-Maratona Internacional de Lisboa, Lisbon, POR
- * Maratona della Città di Roma, Rome, ITA
- * Tokyo Marathon, Tokyo, JPN
- * Track: Australian Championships, Brisbane, AUS; Shamrock Invitational, Conway, USA

VIEWPOINT

ASA FORCED TO WITHDRAW GREAT TRAIN RACE SMEARS

By Riël Hauman

Athletics South Africa (ASA) has once again been forced to slink back to its Houghton headquarters with its proverbial tail between its legs after having to pay what is reported to be a five-figure sum in damages and legal fees – money that could have been spent far better for the advancement of the struggling sport in the country – in connection with the 2004 Great Train Race debacle.

In the process the names of two of South Africa's most respected administrators, Petrus Boukes and Drusilla Deysel, have been cleared of the smear attached to them by Leonard Chuene, President of ASA, who infamously called them "money vampires" and "[members of] a rebellion".

In a settlement by which ASA has to pay Boukes and Deysel an undisclosed amount and send a letter explaining the outcome of the case to all its provinces and the Minister of Sport and Recreation, Chuene "unreservedly retract[s]" his former "defamatory or disparaging" allegations. Among these were that Boukes –

- (1) "was part of any evil force whose object was to make money out of black athletes";
- (2) "was part of the campaign to discredit ASA and to smear ASA's leadership";
- (3) "had unscrupulously used club structures to advance her [sic] own shady business agenda";
- (4) "was a money vampire".

In a separate letter the same accusations against Deysel were withdrawn.

In the original accusatory letter Chuene singled out Boukes and Deysel, as well as Nick Bester, Bruce Fordyce, Alec Riddle and Errol Green, as members of a "clique [building] resistance to the transformation of road running in our country".

The letter further stated that ASA also had the names "of media people who are either members or close associates of the clique".

In 2004 Boukes and Deysel (President of Eastern Province Athletics at the time) were the organisers of the popular Spoornet Great Train Race in Port Elizabeth. Together with the other administrators mentioned above, they were accused by ASA of being resistant to transformation and discrediting ASA.

The shambles started a week before the race after ASA declared that foreign athletes would not be allowed to win prize money in local races. "We had men's and women's teams from Kenya and couldn't just follow [ASA's] demand a week before the race. ASA declared the race illegal and suspended EP," said Boukes.

The case was taken to court, but was overthrown. However, Boukes and Deysel felt that the allegations against them should not be left unchallenged and started a case of defamation which was to have been heard in March 2008. ASA applied for a postponement, and the parties have now agreed to an out-of-court settlement which included a letter of apology and payment of an amount of cash for damages.

In an interview with the *Eastern Province Herald* Boukes said: "After having spent so many hours working for athletics, such allegations affect one's dignity. During the past 2½ years it has been difficult to look people in the eye. I did my best for the sport that was so good to me and I can now lift my head again; but I will never get involved in the administrative side again.

"I am very pleased that the truth has finally come out."

According to Boukes, ASA's unreserved apology "clearly indicates that our actions at the time have been vindicated". In an e-mail message to DRR he wrote: "The biggest damage to the sport comes from the ruthless tactics used to eliminate from the sport anyone who thinks differently [than ASA]. People simply do not care how the things they say affect other people's lives. Countless capable officials have been driven from the sport to its detriment – and it can be seen in the setup we have at the moment."

This deteriorating situation in South African athletics has been in the spotlight recently, and many concerned observers have expressed dismay at how the sport is administered – from technical matters such as poor officiating, lack of wind readings and reliable results at meetings, to the general weakening of the standard of performances such as seen at last year's Olympic Games – and ultimately the lack of a grand vision for the future.

When will ASA learn that its mission is not to fight court cases against people who can bring huge improvement to the sport, but instead to gather all the people it has ostracised back into the fold and take athletics forward?

What a tragic policy it is to use hundreds of thousands of Rands – in all three cases around the Train Race this amount is probably close to R1 million – for legal battles instead of pumping it into development, coaching (not by imported East German pariahs), medical assistance to athletes, incentives, financial support, strategy. And, as everyone knows, these legal cases are not the first ones ASA has been involved in, nor – most likely – will it be the last.

In the meantime athletics, its image and its athletes suffer. Stadiums are empty, coaches and sponsors turn their back on the sport, media who dare to criticise get short shrift.

"The problem will continue, in fact, it will get worse," a respected observer who spoke on condition of anonymity said, "as long as ASA clings to its race-driven agenda and simply ignores all opinions it does not like. What the sport needs is to be governed from the bottom to the top – as it used to be, by athletics people, not political pawns – and not the other way around. In reality it needs a new, or at least renewed, governing body."

In the original letter of 12 November 2004 to all provincial bodies Chuene stated that the so-called clique was "infested with ... business people, who are nothing else but athletes' agents (not registered with ASA) masquerading as club administrators, who unscrupulously use club structures to advance their shady business agendas.

"... [T]hey strategically sit in these clubs to satisfy their own selfish interests, which ... militate against ASA's vision and mission to address the imbalances caused by apartheid." Harmony Gold, Chuene continued, was "the flagship of this resistance".

"It is time that these money vampires be shamed and exposed for exactly what they are. The fact that some of them have dominated the Comrades Marathon does not give them a licence to do as they please. The fact that the majority of their victims are black athletes from poor backgrounds leaves a very sour taste in our mouths.

"My advise [sic] to you all is that we should remain vigilant, but we should refuse to be intimidated or coerced ... I call upon you to stand firm and to crush this rebellion ... We will be seeking the minister's assistance in ensuring that these evil forces are stopped dead in their tracks."

One can only ask: Does this sound like a letter about sport? Is the writer of this letter, who now has had to eat his words, fiery adjectives and verbs and all, someone the athletes and athletics officials of South Africa can look up to as their leader?

ROAD RUNNING

Nedbank Johannesburg City Marathon & 10 km

Johannesburg, 22 March

(Distances: 42.195 km & 10 km; loop courses)

Note: Although indicated in media reports as "Nathaniel Lebopo" the winner of the marathon is indeed the well-known Lesotho runner Warinyana Lebopo. Also, Nedbank master Jumario Khuzwayo may be from Zimbabwe. – Ed.

Marathon

MEN

1 Warinyane Lebopo (LES/Toy) 2:18:32 (R60 000); 2 Lebenya Nkoka (LES/Toy) 2:18:45 (R30 000); 3 Daniel Cheyegun (UGA/Tuks) 2:18:56 (R20 000); 4 Tiisetiso Ramokheseng (LES/Toy) 2:20:03 (R10 000); 5 Charles Tjiane (MP) 2:20:07 (R8 000); 6 Pule Hlabahlaba (Transnet) 2:20:32 (R6 000); 7 Teboho Sello (LES/Toy) 2:20:55 (R5 000); 8 Phillip Molefe (Nedbank) 2:21:26 (R4 000); 9 Bokadko Molahleli (LES/Toy) 2:22:52 (R3 000); 10 Mike Tebulo (MAW/Tuks) 2:22:59 (R2 000).

Prize money the same in all age categories: R3 000, R2 500, R2 000 – **Veterans:** 1 Reginald Ngobese (GS) 2:33:37; 2 Daniel Radebe (ADT) 2:36:27; 3 Ben Mathibela (SW) 2:40:10. **Masters:** 1 Jumario Khuzwayo (Nedbank) 2:46:20; 2 Ernest Tjela (Emfuleni) 2:51:23; 3 Cornet Matomane (Nedbank) 2:51:47. **G'masters:** 1 Jack Thokoane (Sasol) 3:20:16; 2 Daniel Hlongwane (Nedbank) 3:20:27; 3 Pele Tshinkundalema (Yebo) 3:38:11.

WOMEN (Same prize money as men)

1 Sharon Tavengwa (ZIM) 2:47:13; 2 Samukeliso Moyo (ZIM/MP) 2:50:30; 3 Catherine Skosana (Transnet) 2:56:59; 4 Gloria Baeba (Transnet) 2:58:52; 5 Angeline Molaba (Nedbank) 2:59:31; 6 Moleboheng Mafata (LES/Toy) 3:03:17; 7 Prudence Zwane (Bashewa) 3:05:30; 8 Sarah Mahlangu (MP) 3:06:18 (1st vet); 9 Muchaneta Gwata (ZIM/MP) 3:06:41; 10 Jane Madau (Nedbank) 3:09:47.

Veterans: 1 Sarah Mahlangu (MP) 3:06:18; 2 Jane Madau (Nedbank) 3:09:47; 3 Sue Harrisberg (RAC) 3:33:08. **Masters:** 1 Elaine Greenblatt (RRR) 3:38:11; 2 Francis van Blerk (Nedbank) 3:40:34; 3 Sarah Webb (RAC) 3:41:22.

10 km

MEN

1 Hendrick Ramaala (Nedbank) 29:51 (R 5000); 2 Lungisa Mdedelwa (Nedbank) 29:53 (R4 000); 3 Moeketsi Mosuhli (LES/Toy) 30:14 (R3 500); 4 Dominic Khoza (Nedbank) 30:24 (R3 250); 5 Wesley Ruto (KEN/Toy) 30:48 (R3 000); 6 Lucky Mohale (GS) 30:56 (R2 750); 7 Masilo Matjiane (LES/Toy) 30:59 (R2 500); 8 Joseph MacKenzie (ADT) 31:07 (R2 500); 9 Xolisa Tyali (Nedbank) 31:09 (R1 500); 10 Skhumbuzo Seme (ADT) 31:13 (R1 000).

Prize money the same in all age categories: R2 000, R1 000, R750, except juniors: R3 000, R2 750, R2 500 – **Veterans:** 1 Maxwell Bangani (ZIM/Bashewa) 32:23; 2 Tuluboshera Burka (ETH) 33:53; 3 Sam Molokomme (Bashewa) 34:08. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 37:39; 2 Thulani Sibisi (ADT) 37:39; 3 Petrus Lefine (GRRRC) 38:41. **G'masters:** 1 Paulus Masilela (Irene) 41:13; 2 Bill Lambert (RH) 44:04; 3 Blake Wilkins (RAC) 47:44. **Juniors:** 1 Shaun Zuzani (Nedbank) 32:45; 2 Abel Minnaar (Transnet) 33:14; 3 Reuben Mangenene (OF) 33:19.

WOMEN

1 Mamorallo Tjoka (LES/MP) 35:20; 2 Varaidzo Shindi (ZIM/MP) 35:29; 3 Milliam Thole (MAW/Tuks) 35:26 (1st jun); 4 Olivia Chitate (ZIM/Bashewa) 35:40; 5 Violet Raseboya (Transnet) 36:51; 6 Poppy Mlambo (Nedbank) 37:01; 7 Patience Khumalo (RS) 37:04; 8

Onneile Dintwe (BOT/Nedbank) 37:10; 9 Ronel Thomas (Bashewa) 37:15; 10 Marelize Retief (Nedbank) 37:19.

Veterans: 1 Marietjie Montgomery (Bashewa) 40:51; 2 René Strydom (RH) 42:20; 3 Mirela Bentel (Jeppe) 43:25. **Masters:** 1 Marietjie Ceronio (Nedbank) 44:25; 2 Selinah Netshisaulu (RAC) 49:50; 3 Natalie Sanders (Fourways) 50:21. **G'masters:** 1 Sonja Laxton (RAC) 45:22; 2 Liz Ruickbie (RAC) 47:56; 3 Patricia Moore (Temp) 1:56:52. **Juniors:** 1 Milliam Thole (MAW/Tuks) 35:26; 2 Juan-Marie Cooper (Khosa) 40:34; 3 Chomoleng Molopo (Khosa) 42:08.

Glenryck Tygerberg 30 km (30th)

Parow, 22 March

(Certified loop course, very hilly. Finishers: 1079.)

Note: Your Editor was the referee at this race and realised that all the times received for publication by DRR were wrong – through no fault of DRR correspondent Frans du Toit. From my notes I could correct the times of the first three men and women, as well as the category times, but not the rest. I was unable to obtain the correct times from the race organisers. Hopefully correct times can be published next week. – Ed.

MEN

1. Sipho Phala (VOB) 1:42:54 (R1000); 2. Zolani Bhitane (Ned) 1:42:55 (R500); 3. John Mboko (Mr Pr) 1:43:22 (R250); 4. Velani Lusaseni (Ad) 1:52:02; 5. Patrick Magadla (VOB) 1:52:14; 6. Masixole Peza (Ad) 1:53:35; 7. Anele Ndzuta (Ad) 1:53:37; 8. Professor Khwatane (VOB) 1:55:33; 9. Asanda Mkiti (Mr Pr) 1:56:08; 10. Bonisile Ngculana (Atl) 1:56:21; 11. Thobekile Mbulana (Khaye) 1:57:06; 12. Khaya Fokwana (VOB) 1:57:13; 13. Sakawamzi Dyoleco (Atl) 1:57:19; 14. Mandla Pangalele (RCS Gug) 1:57:35; 15. Alex Madikane (RCS Gug) 1:58:20; 16. Steven Julies (C. Harr) 1:58:26 (1st vet); 17. Nicholas Mpoutsha (Met) 1:58:29; 18. Eddie Lambert (Dur) 1:58:35; 19. Elliot Mangete (RCS Gug) 1:58:54; 20. Khayaletu Baba (Ad) 1:59:03; 21. John van der Byl (MP Titans) 1:59:19; 22. Robert Roro (Celt) 1:59:43; 23. Mike Bobi (Met) 1:59:55; 24. Andries Swanepoel (Brack) 2:00:03; 25. Thembinkosi Zweni (Ind) 2:00:31; 26. Marco de Freitas (Celt) 2:00:36; 27. Andries Ntsizakalo (Ned) 2:01:09; 28. Sobhoyisi Mzolisi (Ned) 2:01:10; 29. Edward Zozi (Harf Harr) 2:02:04; 30. Gemjekile Tom (Esk Gij) 2:02:13 (1st mast).

Masters: (40+): 1. Stephen Julies (C. Harr) 1:53:37 (R500); John van der Byl (MP Titans) 1:57:13 (R250); 3. Thembinkosi Zweni (Ind) 1:58:27 (R150). **(50+):** 1. Gemjekile Tom (Esk Gij) 1:59:19 (R500); 2. Walter Segatswi (Celt) 2:07:27 (R250); 3. Henry Cieverts (Top) 2:08:07 (R150). **(60+):** 1. Albertus Bock (Ad) 2:09:10 (R300); 2. Kenny Williams (Pine) 2:18:34 (R150); 3. Claude Brooks (Top) 2:29:52 (R100). **(70+):** 1. Caspar Greeff (Atl) 2:46:28; 2. Pieter Schreve (Wel) 3:22:24.

WOMEN (Same prize money as men)

1. Bulelwa Mtshagi (Celt) 2:11:36; 2. Nomvuyisi Seti (Mr Pr) 2:11:38; 3. Joanna Thomas (VOB) 2:11:41 (1st vet); 4. Styntjie Prins (Paarl) 2:13:39 (1st mast); 5. Michelle Dreyer (Paarl) 2:13:41; 6. Liana Maree (Stel) 2:15:57; 7. Kim Sims (VOB) 2:18:03; 8. Glenda Werth (Ned) 2:19:43; 9. Karen de Kock (Dur) 2:21:01; 10. Tanya Kapp (VOB) 2:21:32; 11. Estelle van Schalkwyk (Str) 2:21:41; 12. Monice Brand (Ad) 2:22:32; 13. Veronica van Niekerk (Elg/Grab) 2:24:31 (1st g'mast); 14. Twane Stillianou (Met) 2:24:32; 15. Riana Abrahams (Dur) 2:24:50; 16. Colleen Hohlfeldt (S.Str) 2:25:17; 17. Tracy Bunn (R/W for L) 2:25:23; 18. Ronelle Marshall (R/W for L) 2:26:32; 19. Maresa Ah Kun (B. Waters) 2:26:39; 20. Bev Baker (VOB).

Masters: (40+): 1. Joanna Thomas (VOB) 2:11:41; 2. Estelle van Schalkwyk (Str) 2:25:22; 3. Monice Brand (Ad) 2:26:32. **(50+):** 1. Styntjie Prins (Paarl) 2:19:43; 2. Riana Abrahams (Dur) 2:27:52; 3. Marina de Milander (Str) 2:36:42. **(60+):** 1. Veronica van

Niekerk (Elg/Grab) 2:26:42; 2. Avril Delapelin-Dumont (WC) 3:00:27; 3. Lynda Fillmore (Top) 3:21:55.

Stella Royal 25 km (35th) & 10 km

Durban, 22 March

(Loop courses)

25 km

MEN

1.	Samuel Pazanga	ZIM/Formula One AC	1:20:21
2.	Moses Lepheana	Mr Price AC	1:20:54
3.	Joseph Mandizha	Formula One AC	1:25:17

40-49:

1.	Peter Sehloho	Boxer AC	1:30:57
2.	Alan Ndlovu	West AC	1:33:57
3.	Sithembiso Ngiba	Boxer AC	1:36:29

50-59:

1,	Eloi de Oliveria	Boxer AC	1:30:56
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60+:

1.	Mbekiseni Mchunu	Savages AC	2:03:55
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WOMEN

1.	Grace de Oliveria	Boxer AC (1 st vet)	1:50:46
2.	Sibongile Mpanza	Boxer AC	1:51:22
3.	Sibongile Zibqubu	Escom Gijimas	1:51:55

40-49:

1.	Grace de Oliveria	Boxer AC	1:50:46
2.	Nana Sigubudu	Boxer AC	2:02:57
3.	Danelle Pippini	Savages AC	2:08:18

50-59:

1.	Sheree Kirsten	PDAC	2:17:46
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60+:

1.	Gill Tregenna	West AC	2:22:06
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10 km

MEN

1.	Thubuletu Phaku	DUT	31:21
2.	Sibonelo Duma	Boxer AC	32:26
3.	Tse- Shelembe	Boxer AC	32:46

WOMEN

1.	Janine Carey	Boxer AC	37:39
2.	Danelle Adlam	Boxer AC	37:56
3.	Maya Lawrie	Boxer AC	39:28

Old Mutual Om die Dam 50 km (19th) & Gawie Krause Memorial 20 km

Hartebeespoort Dam, 21 March

(Distances: 50 km & 20 km; hilly loop courses)

Note: Once again the ultramarathon was accompanied by a 20 km instead of the more standard half marathon. – Ed.

50 km**MEN**

1 Lucas Nonyane(Nedbank) 2:55:50; 2 Butiki Jantjies (Mr Price) 2:57:20; 3 Herbert Chokera (Mr Price) 2:57:57; 4 Stephen Molepo (Mr Price) 2:59:27; 5 Harmans Mokgadi (Nedbank) 3:01:30; 6 Sipho Ncube (ZIM/Mr Price) 3:08:34; 7 Mohala Rasta Mohloli (LES/Toyota) 3:08:36 (1st vet); 8 Mpho Mokgonami (Nedbank) 3:09:57; 9 Donald Kgopa (Nedbank) 3:10:01; 10 Anele Lodim (Goldfields) 3:11:16.

Veterans: 1 Mohala Rasta Mohloli (LES/Toyota) 3:08:36; 2 John Makhanya (GCH) 3:19:18; 3 Theo Rafiri (Carlton) 3:20:54. **Masters:** 1 Aubrey Watson (NB) 3:26:03; 2 Bonolo Mofokeng (RAC) 3:40:16. **G'masters:** 1 Petrus Molefe (SPRAC) 4:25:57; 2 Hendrick Wageng (Kudus) 4:28:45. **G/g'masters:** 1 Keith Jolly (Sasol) 4:55:01.

WOMEN

1 Riana van Niekerk (Mr Price) 3:27:30; 2 Lesley Train (Nedbank) 3:41:52; 3 Adinda Kruger (Nedbank) 3:45:16; 4 Julianie Basson (Randmarc) 3:51:21; 5 Louise Oosthuizen (Alberton) 3:54:34 (1st vet); 6 Jennifer Koech (KEN/Nedbank) 3:56:11; 7 Belinda Waghorn (Nedbank) 3:57:27; 8 Paulina Phaho (Nedbank) 4:02:14; 9 Christelle van der Merwe (Irene) 4:02:17; 10 Kashmira Parbhoo (Lenasia) 4:04:09.

Veterans: 1 Louise Oosthuizen (Alberton) 3:54:34; 2 Shelley van der Spuy (Boksburg) 4:11:20; 3 Rita van Wyk (Boksburg) 4:24:57. **Masters:** 1 Natalie Saunders (Fourways) 4:25:12; 2 Ray Bisschoff (Nedbank) 4:32:33. **G'masters:** 1 Norah Doherty (RAC) 4:40:03; 2 Hazel Quilliam (Roodepoort) 5:11:31.

20 km**MEN**

1 Benedict Moeng (Transet) 66:54; 2 Prodigal Khumalo (ZIM/Mr Price) 67:11; 3 Peter Muso (Dainfern) 69:53; 4 Peter Medupe (Bashewa) 70:01.

Veterans: 1 Peter Asia (RAC) 75:34; 2 Koos Aphane (SANDF) 75:49; 3 Charles Osekeng (Brotherhood) 78:06. **Masters:** 1 Mmola Tsotso (Anglo) 76:37; 2 Andre Jansen (GS) 79:59. **G'masters:** 1 Ian Lambinon (Maritimo) 1:48:21.

WOMEN

1 Brenda Banda (LES/Toyota) 82:33; 2 Mankutoane Matlakeng (LES/Mr Price) 83:05; 3 Maryke Meyer (Tuks) 84:44; 4 Jill Oliphant (RAC) 90:40.

Veterans: 1 Lettie Saayman (Irene) 91:21; 2 Linda van der Gryp (Krugersdorp) 96:57; 3 Carina Peyper (Agape) 98:41. **Masters:** 1 Vollie Spies (Tuks) 1:41:48; 2 Linda Krause (Irene) 1:44:56. **G'masters:** 1 Ina Wheatley (SANDF) 1:59:35.

Algoafm Bukani Print adidas Lake Farm 25 km & 10 km (14th)

Port Elizabeth, 21 March

(Loop courses. Finishers: 25 km – 308; 10 km – 354.)

25 km**MEN**

1	George	Ntshiliza	Mr Price AC EP	29	1:21:51
2	Eric	Sigxashe	Mr Price AC EP	30	1:23:56
3	Masande	Mlonyeni	Nedbank RC EP	28	1:25:23
4	Mila	Pasiya	Nedbank RC EP	29	1:29:03
5	Riaan	Kock	Nedbank RC EP	39	1:33:32
6	Marius	Stander (1 st vet)	Achilles AAA	41	1:33:33
7	Darrell	Wicht	Raleigh AC	45	1:34:44
8	Derrick	Dubase	Madiba Bay AC	34	1:37:01

9	Mpumelelo	Ndlumbini	Mr Price AC EP	34	1:37:37
10	Cyril	Niit	Raleigh AC	49	1:38:22
11	Gilroy	Domingo	Willard Batt	36	1:39:01
12	Siyabulela	Matsha	Temp	24	1:39:30
13	Aaron	Nxumalo	PEAAC	25	1:40:34
14	Justin	Styan	Raleigh AC	20	1:41:01
15	Andrew	Long	Madiba Bay AC	42	1:41:02
16	Thando	Bixa	Temp	28	1:41:04
17	Bongani	Bashe	Nedbank RC EP	27	1:42:07
18	Goodman	Jim	Temp	28	1:44:47
19	Cyril	Uithaler	Willard Batt	46	1:44:48
20	Siphelo	Nyoka	Temp	31	1:45:22

40-44:

1	Marius	Stander	Achilles AAA	41	1:33:33
2	Andrew	Long	Madiba Bay AC	42	1:41:02
3	Martin	Jansen	Nedbank RC EP	40	1:48:06

45-49:

1	Darrell	Wicht	Raleigh AC	45	1:34:44
2	Cyril	Niit	Raleigh AC	49	1:38:22
3	Cyril	Uithaler	Willard Batt	46	1:44:48

50-54:

1	Sipho	Ncandana	Raleigh AC	52	1:47:49
2	Andre	Willemse	Elite AC	50	1:48:43
3	Alan	Taylor	Raleigh AC	51	1:48:51

55-59:

1	Hannes	Els	Madiba Bay AC	59	1:54:10
2	Colin	Parkins	Bluewater Bay	55	1:58:48
3	Darsoo	Moonien	Malabar	57	1:59:46

60-64:

1	Les	Brightman	Raleigh AC	60	2:08:34
2	William	Vorster	PEAAC	62	2:09:38
3	Tom	D'arcy	Achilles AAA	63	2:29:25

65-69:

1	Kobus	Gerber	PEAAC	65	2:19:06
2	Pietie	Barnard	Bluewater Bay	68	2:39:15
3	Robin	Clark	Achilles AAA	68	2:40:41

Juniors:

1	Daniel	Grimes	Raleigh AC	18	2:07:35
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WOMEN

1	Davera	Magson	Mr Price AC EP	34	1:48:56
2	Sharon	Zeelie	Raleigh AC	38	1:51:00
3	Terri-Lynn	Penney	Run/W For Life	31	1:51:48
4	Priscilla	Dyantyi	Mr Price AC EP	35	1:54:25
5	Tracey	Brink	Temp	38	1:57:07
6	Christine	Hart (1 st vet)	Albany R R	48	2:02:52
7	Suzanne	Lavis (1 st mast)	Jeffreys Bay	50	2:04:06
8	Nadia	Wessels	PEAAC	38	2:08:01
9	Janette	Schierz-Crusius	Body Concept	48	2:09:44
10	Claire	Nagel	Elite AC	44	2:10:59
11	Shannon	Holmes	Temp	26	2:11:59
12	Anndrea	Yetter	Temp	23	2:12:39
13	Hermie	Fisher	Madiba Bay AC	41	2:15:25
14	Yolanda	Blignaut	X-Cel AC	34	2:15:35
15	Nophendule	Sineke	Nedbank RC EP	43	2:19:00
16	Cathy	Ives	Achilles AAA	55	2:20:01

17	Monica	Kemp	Madiba Bay AC	53	2:20:55
18	Amanda	Prideaux	Bluewater Bay	33	2:22:11
19	Christa	Slabbert	PEAAC	40	2:22:47
20	Petra	Pienaar	Spar Walmer AC	45	2:22:48

40-44:

1	Claire	Nagel	Elite AC	44	2:10:59
2	Hermie	Fisher	Madiba Bay AC	41	2:15:25
3	Nophendule	Sineke	Nedbank RC EP	43	2:19:00

45-49:

1	Christine	Hart	Albany R R	48	2:02:52
2	Janette	Schierz-Crusius	Body Concept	48	2:09:44
3	Petra	Pienaar	Spar Walmer AC	45	2:22:48

50-54:

1	Suzanne	Lavis	Jeffreys Bay	50	2:04:06
2	Monica	Kemp	Madiba Bay AC	53	2:20:55
3	Ursula	Kilian	NMMU AC	51	2:25:50

55-59:

1	Cathy	Ives	Achilles AAA	55	2:20:01
2	Jos	Els	Madiba Bay AC	56	2:24:17
3	Elsa	Gomez	Jeffreys Bay	56	2:48:27

60-64:

1	Retha	Snyman	PEAAC	61	2:26:05
2	Elsa	Abrahams	Roodepoort AC	60	2:37:43

10 km**MEN**

1	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	40	33:00
2	Zolani	Mabongo	Mr Price AC EP	22	33:18
3	Khayaletu	Makalima	Mr Price AC EP	25	34:50
4	Terrance	Mjekula	Raleigh AC	36	35:43
5	Bedwell	Pikoli	PEAAC	22	36:10
6	Elliot	Nyarashe	PEAAC	29	36:22
7	Antonio	Seconds	Nedbank RC EP	29	36:34
8	Ayanda	Scheepers (1 st jun)	Nedbank RC EP	17	38:26
9	Wellington	Tshingane	SANDF EP	38	39:41
10	Marlin	Mfengu	Temp	30	40:39
11	Kgape	Williams	Temp	22	40:51
12	Andile	Go	PEAAC	37	42:40
13	Wayne	Brown	Body Concept	37	42:46
14	Mthuthuzeli	Nyanga	PEAAC	16	43:46
15	Donald	Mancasa (1 st mast)	Raleigh AC	55	44:27
16	Bafumane	Nyanga	Mr Price AC EP	48	44:44
17	Hansie	Els (1 st g'mast)	Somerset East	61	45:05
18	Mvuzo	Mahlali	Nedbank RC EP	27	46:11
19	Reon	Van Rensburg	New Balance	37	47:09
20	Barry	Curtin	Temp	32	48:00

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	40	33:00
2	Marius	Ingram	Charlo AC	44	50:44
3	Cobus	Pretorius	Temp	41	51:31

45-49:

1	Bafumane	Nyanga	Mr Price AC EP	48	44:44
2	Malibongwe	Ntsabo	Nedbank RC EP	49	52:53
3	Kurt	Uderstadt	Temp	46	55:17

50-54:

1	Keith	Wattrus	Body Concept	51	49:18
2	Wilhelm	Steffens	Temp	53	52:15
3	Renier	Van Vuuren	PEAAC	52	53:15
55-59:					
1	Donald	Mancasa	Raleigh AC	55	44:27
2	Les	Harty	Temp	55	51:14
3	Mati	Jack	Nedbank RC EP	57	52:19
60-64:					
1	Hansie	Els	Somerset East	61	45:05
2	David	O'reilly	Temp	61	52:07
3	Peter	Eck	Muirite Strider	62	54:50
65-69:					
1	Jan	Trosee	Despath AC	68	1:07:10
2	Brian	Smith	PEAAC	65	1:12:19
3	Petrus	De Jager	PEAAC	69	1:15:06
70+:					
1	Herbert	Gillson	Raleigh AC	70	1:02:01
2	Selwyn	Solomon	Crusaders AC	70	1:06:48
3	Hilary	Pritchard	Crusaders AC	74	1:06:52
Juniors:					
1	Ayanda	Scheepers	Nedbank RC EP	17	38:26
2	Mthuthuzeli	Nyanga	PEAAC	16	43:46
3	Thomas	Dealtry	Temp	16	48:14
WOMEN					
1	Ntombesintu	Ntshiliza	Mr Price AC EP	27	37:07
2	Liandre	Pretorius	Mr Price AC EP	29	39:32
3	Deliwe	Nyanga	PEAAC	19	40:35
4	Babalwa	Ngcoko	Mr Price AC EP	21	44:06
5	Treloar	Childs (1 st vet)	Spar Walmer AC	45	45:53
6	Noxolo	Marks	Mr Price AC EP	22	47:43
7	Aldi	Whitehead	Temp	41	48:44
8	Lindie	Barnardo	NMMU AC	24	49:53
9	Terray	Newcombe (1 st jun)	Nedbank RC EP	18	50:36
10	Desiree	Titus	Willard Batt	43	50:55
11	Annelie	Nel	Legacy AC	34	52:34
12	Laurinda	Rheeder	Temp	45	54:19
13	Siri	Risnes	Temp	38	55:05
14	Charmell	Jansen	Nedbank RC EP	29	55:45
15	Lynne	Collett	Temp	25	55:56
16	Megan	Gill	Temp	37	55:59
17	Ingrid	Kosaber	Temp	30	56:14
18	Jana	Hiscock	Spar Walmer AC	18	56:40
19	Michelle	Bezuidenhout	Temp	33	56:43
20	Margaret	Paton (1 st g'mast)	Charlo AC	63	57:02
40-44:					
1	Aldi	Whitehead	Temp	41	48:44
2	Desiree	Titus	Willard Batt	43	50:55
3	Annemarie	Fouche	Elite AC	41	1:00:28
45-49:					
1	Treloar	Childs	Spar Walmer AC	45	45:53
2	Laurinda	Rheeder	Temp	45	54:19
3	Lorita	Mienie	Temp	46	1:00:43
50-54:					
1	Mary	Van Eck	Temp	52	57:34
2	Trevlyn	Lotz	Temp	53	1:05:40

3	Hendrina	Claassen	Despatch AC	52	1:09:35
55-59:					
1	Maria	Oppel	Crusaders AC	59	59:38
2	Shelley	Wattrus	Temp	56	1:03:51
3	Sharon	Brown	PEAAC	55	1:12:22
60-64:					
1	Margaret	Paton	Charlo AC	63	57:02
2	Christina	Kriek	Jeffreys Bay	60	1:04:21
3	Anna	Potgieter	Jeffreys Bay	63	1:10:54
65-69:					
1	Isabella	Childs	Spar Walmer AC	67	1:12:52
2	Shirley	Jorgensen	Charlo AC	67	1:15:46
70+:					
1	Dorothy	Hart	PEAAC	71	1:03:40
Juniors:					
1	Terray	Newcombe	Nedbank RC EP	18	50:36
2	Jana	Hiscock	Spar Walmer AC	18	56:40
3	Tanya	Wilson	Charlo AC	16	58:52

Beesloop Farm Race

Overhex, Worcester, 14 March

(Distance: 15 km; loop course, mostly on gravel)

MEN

1. Graham Katzen (Celt) 49:37; 2. Rowan Prins (Rob) 50:27; 3. Roger Davids (Rob) 51:05; 4. Hillroy Slingers (Worc) 53:00 (1st jun); 5. Thembelani Zola (Mr Pr) 54:08; 6. Sollie van Rooyen (CS) 54:23 (1st vet); 7. Willam Kaptein (Rob) 56:08; 8. Randall Jacobs (Rob) 58:13; 9. Thomas Moses (Worc) 56:54 (1st mast); 10. Francois Soldaat (Mont) 57:26; 11. Abraham Fielies (Worc) 57:29; 12. Durin May (Worc) 58:35; 13. Gustav Antonie (Mont) 59:21; 14. Nkosana Mponeng (Ned) 60:09; 15. Pieter Hanekom (Ned) 60:14; 16. Priven September (Rob) 61:09; 17. Isidore Ngu (Worc) 61:33; 18. Ryno Matthee (Worc) 61:34; 19. Johann Diener (Str) 63:09; 20. Johann Snyman (Worc) 63:16; 21. Linkin Louw (Ind) 63:23; 22. Lewies Fredericks (CS) 64:26; 23. Henrico Hunter (Worc) 64:52; 24. John Davids (Ind) 65:01; 25. Johnny de Koker (Mont) 66:27; 26. Abraham Fredericks (Worc) 67:12; 28. Michael Glaz (Ind) 67:47; 29. Hano Maree (Stel) 67:47; 30. Natale Roelofse (Worc) 68:24.

Masters: (40+): 1. Sollie van Rooyen (CS) 54:23; 2. Abraham Fielies (Worc) 57:29; 3. Gustav Antonie (Mont) 59:21. **(50+):** 1. Thomas Moses (Worc) 56:54; 2. Johann Diener (Str) 63:09; 3. Johnny de Koker (Mont) 66:27. **(60+):** 1. Ronnie le Roux (Brack) 72:52; 2. Carl Hendricks (Ned) 73:42; 3. Hennie Vlok (Sw) 94:22. **Juniors:** 1. Hillroy Slingers (Worc) 53:00; 2. William Kaptein (Rob) 56:08; 3. Randall Jacobs (Rob) 58:13.

WOMEN

1. Sheryl de Lange (Ad) 64:00 (1st vet); 2. Marsha Fransman (Worc) 65:04; 3. Mariëtte Esterhuyse (Tyg) 66:11; 4. Liana Maree (Stel) 67:48; 5. Nancy Will (Pine) 72:38 (1st mast); 6. Lindie Bouwer (Sanlam) 73:48; 7. Monique Theron (Ceres) 73:59; 8. Karin Scherrer (Ind) 75:39; 9. V. de Kock (Paarl) 76:16; 10. Maryna Bingle (Worc) 77:11; 11. Ena Gous (Worc) 77:40; 12. Anne Pool (Str) 78:13; 13. Mariet van Rensburg (Ind) 78:41 (1st jun); 14. Thelma Rossouw (Worc) 78:51; 15. Cailey Bredenkamp (Paarl) 79:26; 16. Vondra Singleton (Worc) 79:36; 17. Marietha Herbert (Bel) 79:49 (1st g'mast); 18. Nadia Brits (Ind) 80:47; 19. Helene Nutt (Ind) 81:18; 20. Helen du Plessis (Tyg) 82:16.

Masters: (40+): 1. Sheryl de Lange (Ad) 64:00; 2. Marsha Fransman (Worc) 65:04. 3. Mariëtte Esterhuyse (Tyg) 66:11. **(50+):** 1. Nancy Will (Pine) 72:38; 2. Thelma Rossouw (Worc) 78:51; 3. Helen du Plessis (Tyg) 82:16. **(60+):** 1. Marietha Herbert (Bel) 79:49; 2.

Annette Verster (Ceres) 89:28; 3. Marianne Nelson (Dur) 90:34. **Juniors:** 1. Mariet van Rensburg (Ind) 78:41; 2. Ronél Moses (Worc) 93:22.

TRACK

Top-10 Meeting

Bellville, 21 March

MEN

800: 1st **race:** 1. Jacques Pretorius (Mat B) 1:51.18; 2. Rick Hambridge (Mat C) 1:52.93; 3. Nathan Beukes (Mat B) 1:53.33. **2nd race:** 1. Valentino Nomdoe (Tyg B) 1:56.98; 2. Wiam Grimes (Mat) 1:57.80; 3. Burger Symington (Mat F) 1:58.95. **1500:** 1. Patrick Magadla (VOB) 3:51.55; 2. Jacques Pretorius (Mat B) 3:52.39; 3. Isaac Selepe (CPUT) 4:14.67. **3000 s/chase:** 1. Nicholas Mdutyana (Celt) 9:43.91; 2. Brian Gillis (UCT) 9:43.91; 3. A. Makwela (VOB) 9:48.98. **5000:** 1. Isaac Selepe (CPUT) 15:53.8; 2. Nelson Bass (UCT) 15:54.2; 3. Akhona Mankina (VOB) 15:59.2.

WOMEN

800: 1. Chanelle Anderson (Mat B) 2:10.80; 2. Ilana Moolman (Mat D) 2:23.03; 3. Woudine Muller (Mat F) 2:27.04. **3000 s/chase:** Destiny Titus (UWC A) 11:49.26; 2. Candice Hosking (UWC) 12:38.42; 3. Megan Goodwin (Mat D) 13:03.90. **5000:** 1. Elene Lourens (Mat C) 17:26.17; 2. Danette Smith (Mat D) 19:26.66; 3. Tanya Scott (UCT) 20:16.02.

Half League Meeting

Parow, 17 March

800: 1. Jacques Pretorius (Mat) 1:53.62; 2. Adriaan Geldenhuys (CPUT) 1:58.61; 3. Wiam Grimes (Mat) 1:59.30.

3000: 1. Brian Gillis (UCT) 8:55.21; 2. Ruan de Jager (Bel) 9:35.47; 3. Timothy Windvogel (ER) 9:45.65.

800: 1. Elana Moolman (Mat) 2:19.88; 2. Sunél van Tonder (Ind) 2:26.09; 3. Lara van der Merwe (Ind) 2:26.10.

3000: 1. Elsiré Roos (Bel) 10:49.83; 2. Tanya Scott (UCT) 11:24.87.

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

Meia-Maratona Internacional de Lisboa (19th)

(IAAF Gold Label Road Race)

Lisbon, POR, 22 March

(Distance: 21.1 km; flat, IAAF-certified course [record-standard])

MEN (gun times)

- | | |
|-----------------------------------|---------|
| 1. Martin Lel, KEN | 59:56 |
| 2. Jaouad Gharib, MAR | 59:59 |
| 3. Robert Kipkoech Cheruiyot, KEN | 1:00:05 |
| 4. Gideon Ngatuny, KEN | 1:00:06 |
| 5. Samuel Shauri, TAN | 1:00:33 |

6. Emmanuel Mutai, KEN	1:00:45
7. Samuel Wanjiru, KEN	1:01:25
... 15. Felix Limo, KEN	1:05:33
... 19. Falk Cierpinski, GER	1:06:25

WOMEN (gun times)

1. Kara Goucher, USA	1:08:30
2. Alice Timbilili, KEN	1:09:00
3. Jane Kiptoo, KEN	1:09:07
4. Jelena Prokopcuka, LAT	1:09:58
5. Leah Malot, KEN	1:11:37
6. Monica Rosa, POR	1:14:14
7. Ayanu Workitu, ETH	1:15:03
8. Filomena Costa, POR	1:15:33
9. Galina Ivanova, RUS	1:15:50
10. Natalya Volgina, RUS	1:16:43

Maratona della Città di Roma (15th)

Rome, ITA, 22 March

(Distance: 42.195 km; AIMS-certified loop course)

MEN (gun times)

1. Benjamin Kiptoo Koulum, 1979, KEN	2:07:17 PB/CR	50,000 euro
2. Paul Kirui, 1980, KEN	2:08:23	12,000 + 20,000i
3. Joseph Ngeny, 1978, KEN	2:08:41 PB	8,000 + 15,000i
4. Hosea Rotich, 1979, KEN	2:09:47	6,000 + 5,000i
5. Philip Kimutai Sanga, 1983, KEN	2:10:09	3,000

i) earned time bonus (race winner not eligible because he won the 50,000 euro all-comers bonus)

WOMEN (gun times)

1. Firehiwot Dado, 1984, ETH	2:27:08 PB	18,000 + 10,000i euro
2. Tetyana Filonyuk, 1984, UKR	2:27:43	12,000 5,000i
3. Haile Lema Kebebus, 1986, ETH	2:28:08 PB	8,000 5,000i
4. Risper Kimaiyo Jemeli, 1979, KEN	2:29:16 PB	6,000
5. Anna Incerti, 1980, ITA	2:29:33	3,000

i) earned time bonus

Tokyo Marathon (30th)

(IAAF Gold Label Road Race)

Tokyo, JPN, 22 March

(Distance: 42.195 km; point-to-point course with approximately 30 m of elevation loss)

MEN

1. Salim Kipsang, KEN	2:10:27	8,000,000
2. Kazuhiro Maeda, JPN	2:11:01 DB	4,000,000
3. Kensuke Takahashi, JPN	2:11:25	2,000,000

WOMEN

1. Mizuho Nasukawa, JPN	2:25:38 PB	8,000,000
2. Yukari Sahaku, JPN	2:28:55	4,000,000
3. Reiko Tosa, JPN	2:29:19	2,000,000

OUTDOOR TRACK

Australian Championships (87th)

Brisbane, AUS, 19-21 March

MEN

800 (20):

1. Nicholas Bromley, NSWIS 1:47.76
2. Lachlan Renshaw, NSWIS 1:48.17
3. Werner Botha, QLD 1:48.24

1500 (21):

1. Jeffrey Riseley, VIS 3:35.71 PB, Meet Record
2. Jeremy Roff, NSWIS 3:37.62
3. Craig Huffer, VIC 3:41.67

3000 s/chase (19):

1. Youcef Abdi, NSWIS 8:38.65
2. Peter Nowill, QAS 8:40.91
3. Matthew Johnsen, VIC 9:00.98

WOMEN

800 (21):

1. Madeleine Pape, VIC 2:02.57
2. Nikki Hamblin, [NZL] 2:03.23
3. Katherine Katsanevakis, VIC 2:05.91

1500 (20):

1. Sarah Jamieson, VIS 4:16.15
2. Kaila McKnight, VIC 4:16.27
3. Bridey Delaney, NSWIS 4:16.58

3000:

1. Melanie Daniels, TAS 9:34.76
2. Lauren McKillop, NSW 9:40.99
3. Narelle Coady, VIC 9:46.85

3000 s/chase (20):

1. Donna MacFarlane, TIS 9:57.14
2. Ashlea Gilfillan, QLD 10:33.50
3. Andrea Ilakovac, ACT 11:00.60

Shamrock Invitational

Conway, USA, 19-21 March

MEN

800: 1. Johnny Shuping, Saint Augustine's [RSA], 1:53.08.

1500: 1. Johnny Shuping, Saint Augustine's [RSA], 3:57.82

NEWS

TIME RUNNING OUT FOR COMRADES ENTRIES

Time is running out to enter for the Comrades Marathon – runners have only until 31 March. NO exceptions will be made to this date.

Comrades Marathon Association (CMA) General Manager Gary Boshoff said he was concerned that prospective entrants must not confuse the closing date for entries (31 March) with the final date for qualifying, which is 28 April.

"Prospective entrants must submit their entries by 31 March, but may still qualify after submitting their entry up until the final cut-off for qualifying which is 28 April," said Boshoff in a media release. "We wish to emphasise, however, that we will not be accepting new entries after 31 March," said Boshoff.

To date just over 2 000 entries have been processed and the organisers are bracing themselves for the usual last-minute deluge.

To date entries have been received from 42 countries, with the biggest foreign contingents being the United Kingdom (72), the United States (38) and Australia (34). Foreign entries currently comprise 14% of the total number of entries processed - hopefully an indication that the final number of foreign entries will not be adversely affected by the global economic slowdown.

Entries have also been received from every province in South Africa, the largest number from Central Gauteng (572), followed by KwaZulu-Natal (312) and Gauteng North (238).

Big names include former winners Alan Robb, who will be running his 36th consecutive Comrades, and Bruce Fordyce, who will be running for the 27th time. The oldest entrant to date is 74-year-old Caspar Greeff, who has completed 35 Comrades.

Race Director Renee Jordaan noted that none of the current crop of top competitors have entered to date. "Former winners Andrew Kelehe, Fusi Nhlapo, Siphon Ngomane, and Vladimir Kotov have not entered. Nor have gold medallists Willie Mtolo, Mncedisi Mkhize, Stephen Muzhingi, Harmans Mokgadi, Johan Oosthuizen, Farwa Mentoor and Grace de Oliveira. We can only hope they are all engaged in intensive training and will join thousands of others in the last minute rush to enter."

Runners may enter online at www.comrades.com, drop off entries at any Mr Price clothing or sport store, send entries by post, or hand deliver to the Comrades Marathon office. CMA representatives will also accept hand delivered entries at Kingsmead in Durban on closing day ONLY, 31 March.

S.A. TEAM FOR WORLD XC CHAMPIONSHIPS

The South African team for the coming weekend's World Cross-country Championships in Amman, Jordan, is as follows:

SENIOR MEN: Boy Soke AFS, Stephen Mokoka AVT, Tshamano Setone CGA, Sibusiso Nzima CGA, Jeffrey Gwebu CGA, Kgosi Tsosane ACNW

SENIOR WOMEN: Lebo Phalula CGA, Annerien van Schalkwyk AGN, Tebogo Masehla CGA, Myrette Filmater AGN, Lebogang Phalula CGA

JUNIOR GIRLS: Ashleigh Schnettler CGA, Letitia Saayman CGA, Maxine Heine-Wacker AGN, Nandipha Dywili ATRA, Anneke Geldenhuys CGA, Zinhle Sinqe CGA

JUNIOR BOYS: Sithyilo Diko ATRA, Mfumaneko Fadane CGA, Vuyisile Tshoba ACNW, Windy Jonas CGA, Joel Monne KZNA, Folavia Sehohle ATRA

AOUITA SACKED BY MOROCCAN ATHLETICS FEDERATION

Former Olympic 5000-metre champion Said Aouita was sacked last week as technical director of the Moroccan Athletics Federation (FRMA), a day after claiming he was being forced out of his post, according to a report on Middle East Online. Aouita was brought on board in September 2008 as a replacement for Mustapha Aouchar and given the task of unearthing and coaching future Olympic talent.

But a day after claiming he had been working in a "tense" climate because of a new management structure put in place by federation bosses, the FRMA released a short statement saying the former two-time world 5000-metre champion was sacked.

Aouita, who won the Olympic gold medal in the 5000 at the Los Angeles Games in 1984, claimed that some elements within the federation had tried to prevent him from fulfilling his mission. He also indicated, without going further, that his serious approach to training, coupled with a strong stance against doping, was being met with resistance.

"I initially came here to train athletes in a serious and professional way. I also advocate a strong anti-doping stance. But unfortunately some people are preventing me from doing this," Aouita said. "I get the impression that this new body (within the federation) is trying to push me out the door."

Aouita said he had unearthed a few potential champions whom he would hope to lead to the London Olympics in 2012 and beyond.

PREGNANT PAVEY TO MISS LONDON

Commonwealth 5000-metre silver medallist Jo Pavey has announced she is pregnant and expecting her first child at the end of September, reports Reuters. Pavey is disappointed to miss next month's Flora London Marathon, where she planned making her debut over the distance, but intends continuing her international career after becoming a mum.

"Gavin and I are absolutely thrilled and delighted that we are to become parents," said the 35-year-old, who will also miss the World Championships in August, where she was planning to contest the 10000 m. "I'll continue running as long as I can but obviously races are out of the question until after the baby is born."

Pavey was speaking at the launch of the the Bupa Great North 10 km road race, which will take place in Sunderland on 12 July. Formerly the Bupa Great Women's Run, the event will now be open to male entrants due to popular demand and will be regarded as an ideal warm-up event for the Bupa Great North Run in September.

VIEWPOINT

SOUTH AFRICAN MIDDLE DISTANCE RUNNING'S GREATEST DAY

By Richard Mayer, author of *Three Men Named Matthews – Memories of the Golden Age of South African Distance Running and its Aftermath*

The wind on the first day of the SA T&F Championships not only blew away Juan van Deventer's chance of an early 3:36.3 1500-metres "A" qualifier in the heats but also robbed South Africa of the luxury of having three or more qualifiers in the event for the World Championships in Berlin later this year. With the heats in their legs the next day, despite sharing the lead, neither Van Deventer nor Johan Cronje, who retained his title by outsprinting Van Deventer by 1/10 second for 3:36.48, could beat the standard.

They are nevertheless currently first and second in the world this year.

For those with a love of the middle distances the 2009 SA Championships were special, not only for the best day of middle distance racing that I have ever been privileged to see in South Africa, but because the presence of certain prominent spectators ensured that a rich sense of history pervaded the event at a venue which is undoubtedly the spiritual home of South African middle distance running.

My own experience of the Championships was very much as a revival of our long latent but proud 1500-metre tradition, because two nights before the meting, I was privileged to interview Danie Malan, who so many years ago carried the torch for SA middle distance running with brilliance and dignity on the international stage when the country was gradually being excluded from the world stage.

Like many middle distance devotees I make a beeline to the start of the 1500 metres on the perimeter fence before the race, where on Friday afternoon at the Champs I saw Johan Fourie, the stadium record holder (3:33.87), in attendance. At the same place on the second day the current national record holder Johan Landsman (3:33.56) could be seen.

The women's 10000 metres that morning set the tone for the fastest and most competitive day of middle distance running ever at an SA Champs, with Irvette van Blerk and Mpho Mabuza running neck and neck until Van Blerk's superior leg speed prevailed in the last 120 metres for a 34:30.70 victory. In the afternoon the two 800-metre finals were also intensely competitive contests with winners Caster Semenya (2:03.16) and Mbulaeni Mulaedzi (1:44.81) both leading from before halfway, out-muscling Lebogang Phalula, and Andre Oliver and Hezekiel Sepeng respectively, in the last 100 metres. In the women's 1500 metres Lebo Phalula ran away from the rest of the field for a good 4:13.05 PB but was fortunate that Semenya and her twin sister had recently competed in the 800 meters.

To crown the day's middle distance proceedings, the men's 1500-metre race

was possibly the best and deepest race ever at an SA Championships with a co-ordinated assault on the qualifying standard. Cronje took the first lap through in 55 seconds, but the chance was lost when Tshamano Setone, who was meant to take the athletes through 800 metres in 1:52, could not sustain the required pace after 650 metres and Van Deventer was required to take the lead earlier than at 800 metres as planned. Six athletes under 3:42, four under 3:40 and a neck and neck battle for victory was just the tonic that SA 1500-metre running was looking for. One can only hope that with Cronje and Van Deventer sure to qualify in Europe, we may have more qualifiers in what has traditionally been a very strong South African event.

The sudden revival of competitive middle distance races and performances across the board begs explanation. From my perspective Van Deventer's bold run in the heats last year to narrowly miss an Olympic "A" qualification was the paradigm shift which led to the leap forward in standards this year. Van Deventer's bid to run fast in South Africa and his subsequent success in Beijing appear to be lessons not lost on his rivals and fellow athletes.

I make no secret of my admiration for Van Deventer. His 3:38 in strong wind followed the next day by a 3:36 in better conditions, but in which he was forced to lead from 650 metres to 1490 metres, leave no doubt that, barring unforeseen circumstances, he will break Landsman's SA record in Europe later this year and that he is a medal contender in Berlin. His comment to a co-competitor that the SA 5000-metre record is "soft" indicates he may have additional goals in mind.

STATS TIME

Many list leaders were set in two of South Africa's top races over 25 km and 30 km this weekend. Here are the all-time top ten men and women in the 25 km. The 30 km will follow next week.

25 KM: S.A. ALL-TIME TOP 10 MEN & WOMEN

MEN

75:31	Mark Plaatjes	Grand Rapids	110591
75:42	Kenny Jacobs	Secunda	130485

75:43	Jacob Mokoena	Secunda	130485
76:03	Charles Vilakazi	Secunda	130485
76:29	Thompson Magawana	Secunda	130485
76:33	Willie Deyse	Port Elizabeth	260497
77:14a	Sandile Lembethe	Pinetown	290106
77:15a	Moses Lepheana	Pinetown	290106
77:34	Johan Dreyer	Evander	070583
77:35	David Tsebe	Germiston	170190

WOMEN

1:27:26a	Colleen de Reuck	Pinetown	300194
1:31:15	Nicole Fuller	Germiston	110195
1:32:53a	Helen Lucre	Pinetown	250187
1:33:12a	Cary-Ann Cave	Pinetown	270108
1:33:23	Debbie van Rensburg	Durban	050289
1:33:52a	Tanith Maxwell	Pinetown	300105
1:33:57	Blanche Moila	Durban	050289
1:36:01	Sonja Laxton	Germiston	160185
1:36:06	Ann Blunden	Secunda	130485
1:36:33	Annette Falkson	Secunda	110487

THIS MONTH IN HISTORY

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

60 years ago: 12 March 1949

The New Zealand Marathon Championships were contested on this day in Christchurch, and George Bromley won in 2:40:05.6. Second was a man many consider the greatest distance coach the world has seen, Arthur Lydiard, who ran 2:40:48. Lydiard was then 31; eleven years later in Rome his athletes Peter Snell and Murray Halberg would explode on the world scene by winning the gold medals in the Olympic 800 and 5000 metres, while Barry Magee finished third in the marathon.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2009

This section lists 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 SA 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 grey background. World records are shown in green. – Ed.

MEN

Seniors

10 km	28:28	Hendrick Ramaala	Durban	08 Feb
	27:26	Sammy Kirop Kitwara (KEN)		
	27:02*	Haile Gebrselassie (ETH) 2002		
15 km	44:27	Lusapho April	Port Elizabeth	07 Mar
	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001		
21.1 km	64:11	Hendrick Ramaala	Pretoria	17 Jan
	58:52	Patrick Makau (KEN)		
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	80:54	Moses Lepheana	Durban	22 Mar

	83:12a	Eric Sigxashe	Somerset East	14 Mar
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
Marathon	2:15:11	Enos Matalane	Durban	08 Feb
	2:05:29	Haile Gebrselassie (ETH)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

*) The Association of Road Racing Statisticians (ARRS) recognises Kenyan Sammy Kipketer's 27:18 in 2001 as the world record because of technical irregularities with the Gebrselassie time. A time of 27:07 by Micah Kogo (KEN) in 2007 is pending.

Veterans (40+)

10 km	30:18	Mluleki Nobanda	Durban	08 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:48	Sam Molokomme	Pretoria	17 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	90:56	Eloi de Oliveira (mast)	Durban	22 Mar
	89:35a	Basie Bonaparte	Somerset East	14 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:53:37	Stephen Julies	Parow	22 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:27:32	Reginald Ngobese	Durban	08 Feb
	2:24:22a	Lindile Tokota	Oudtshoorn	28 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:50	Thulani Sibisi	Durban	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:45	Goodman Mpukane	Constantia	07 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	78:25	Johannes Seakamelo	Benoni	25 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	90:56	Eloi de Oliveira	Durban	22 Mar
30 km	1:59:19	Gemjikile Tom	Parow	22 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon	2:36:53	Eloi de Oliveira	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	38:25	Albertus Bock	Brackenfell	21 Jan
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	86:48	Albertus Bock	Constantia	07 Feb
25 km	1:47:48a	Tamsanqa Jusayi	Somerset East	14 Mar
30 km	2:09:10	Albertus Bock	Parow	22 Mar
Marathon	3:02:17	Paulus Masilela	Durban	08 Feb
100 km				

Juniors

10 km	29:56	Sityhilo Diko	Durban	08 Feb
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	27:52	Richard Chelimo (KEN) 1990		
15 km	50:27	Luxolo Mdzanga	Bloubergstrand	03 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:55	Shaun Zuzani	Pretoria	17 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENSeniors

10 km	34:08	Irvette van Blerk	Durban	08 Feb
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:18	Kim Laxton	Eldorado Park	08 Mar
	49:23	Sara Moreira (POR)		
	46:55	Kayoko Fukushi (JPN) 2006		
21.1 km	78:13	Irvette van Blerk	Bedfordview	11 Jan
	67:18	Dire Tune (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:48:56	Davera Magson	Port Elizabeth	21 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:47:01	Tomoe Yokoyama (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:47:05	Tshifhiwa Mundalamo	Durban	08 Feb
	2:23:42	Yoko Shibui (JPN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	40:12	Marietjie Montgomery	Durban	08 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:58	Michelle Bartman	Constantia	07 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:41	Zola Pieterse	Myrtle Beach	14 Feb
	70:32	Helena Javornik (SLO) 2007		
25 km	1:50:46	Grace de Oliveira	Durban	22 Mar
	1:54:08a	Grizelda Pietersen	Somerset East	14 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:10	Sarah Mahlangu	Durban	08 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:02	Loesje de Beer	Port Elizabeth	21 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
		(and same time in Port Elizabeth on 31 Jan)		
	54:33	Shirley Matson (USA) 1991		
21.1 km	94:26	Styntjie Prins	Rawsonville	07 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:04:06	Suzanne Lavis	Port Elizabeth	21 Mar
30 km	2:19:43	Styntjie Prins	Parow	22 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb

100 km

Grandmasters (60+)

10 km	42:55	Sonja Laxton	Secunda	14 Mar
15 km	68:48	Sonja Laxton	Eldorado Park	08 Mar
21.1 km	1:41:15	Hester Kotze	Constantia	07 Feb
25 km	2:22:06	Gill Tregenna	Durban	22 Mar
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:28:36	Liz Ruickbie	Durban	08 Feb
100 km				

Juniors

10 km	35:58	Nandipha Dywili	Durban	08 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:35	Nadia Hechter	Krugersdorp	04 Feb
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:43:32	Lauren Venter	Bedfordview	11 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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