

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

After the outstanding runs by Johan Cronje and Ruben Ramolefi in Monaco last Tuesday, South African distance running had even more cause to celebrate on Friday when Caster Semenya raced to the world's fastest 800-metre time at the African Junior Championships in Mauritius. Semenya clocked 1:56.72 to shatter the national senior record of 1:58.85 set by Zelda Pretorius in 1991. Provided she can carry this form to Berlin and then is able to handle the series of rounds, Semenya is a serious medal contender at the World Championships later this month.

The ten fastest women in the world this year are:

1:56.72	Caster Semenya (RSA)	1	Bambous	31 Jul
1:57.84	Maggie Vessey (USA)	1	Monaco	28 Jul
1:57.86	Anna Alminova (RUS)	1	Cheboksary	23 Jul
1:57.90	Mariya Savinova (RUS)	1	Moscow	01 Jul
1:58.23	Svetlana Klyuka (RUS)	2	Cheboksary	23 Jul
1:58.60	Yelena Kofanova (RUS)	2	Moscow	01 Jul
1:58.62	Yuliya Krevsun (UKR)	1	Leiria	20 Jun
1:58.63	Jennifer Meadows (GBR)	3	Monaco	28 Jul
1:58.80	Anna Willard (USA)	1	Paris	17 Jul
1:58.99	Elisa Cusma Piccione (ITA)	2	Paris	17 Jul

Semenya also took the 1500 in a PB 4:08.01, but South Africa won no further medals in the distance events.

In Monaco Ramolefi broke his own national record in the steeplechase with 8:11.63 in third place, while Cronje ran a magnificent 3:33.63 in the 1500 m – a mere 0.07 sec short of Johan Landsman's SA record set almost exactly 16 years ago. Cronje was ninth in a super-fast race in which the first five went under 3:32 and eight of the first ten set either personal or season's best times. Cronje is now the third fastest South African ever.

The Rock 'N' Roll Half Marathon in Chicago produced one of those rare occurrences in a major road race: a woman won outright. Two-time USA 5000-metre champion Kara Goucher completed a very successful tune-up for the IAAF World Championships Marathon by winning in 68:05. Goucher (31) beat all 14 437 other finishers of the race, including all of the men. Although not a career best time, Goucher ran her fastest ever half marathon on a record-standard course. She was faster in her debut at the distance at the 2007 Bupa Great North Run in Newcastle, but that course is slightly aided. Her Chicago time was just 31 seconds slower than Deena Kastor's American record 67:34 set in Berlin in 2006 and was her first half marathon in the United States.

The IAAF has recognised Kenyan Micah Kogo's 27:01 performance in Brunssum, the Netherlands, on 29 March as the world record for 10 km. His time surpassed by one second Haile Gebrselassie's mark set in Qatar on 11 December 2002 (a time not recognised by the Association of Road Racing Statisticians, as the athletes received illegal assistance from a large truck driving directly in front of them).

The Clover 10 km in Port Elizabeth (results in last week's DRR) was the Eastern Province Championships.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * McKenna Scott Pinelands 10 km, Pinelands
- * Value Prop Orion Half Marathon, Pietermaritzburg
- * Mt. Pleasant Spar Heartbreak Hill Half Marathon, Port Elizabeth
- * Riebeekberg Marathon & 10 km, Riebeek West
- * Braai Ketts Longest Day 12-hour Race, Pietermaritzburg
- * Donkey's Pass 24 km & 12 km Mountain Challenge, Newcastle
- * Old Mutual Rustenburg Mountain Race, Rustenburg
- * Top Gear Safari 10 km & Half Marathon, George
- * Liberty Health Rhodes Trail Run, Rhodes
- * XC: WP League Meeting, Fish Hoek; Boland Trials, Paarl

International highlights:

- * Rock 'N' Roll Chicago Half Marathon, Chicago, USA
 - * TD Banknorth Beach to Beacon 10 km, Cape Elizabeth, USA
 - * Stragglers Wedding Day 7 km, London, GBR
 - * White River 50-mile Trail Run, Crystal Mountain, USA
 - * Track: DN Galan, Stockholm, SWE; African Junior Championships, Bambous, MRI; Herculis 2009, Fontvieille, MON
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STATISTICS

THE DURBAN COURSE WAS SHORT

Remeasurement of the course used for the Spar Grand Prix Series race in Durban (see DRR 9:30) by Norrie Williamson, IAAF Grade A measurer, has shown the course to have been 88.8 metres short (a new route was used this year). The times run are therefore invalid, including the SA record for grandmasters of 41:07 set by Sonja Laxton and the Western Province veterans record of 36:31 by Michelle Bartman. No official announcement by KZN Athletics on the error in the route length has been made. (See also the Spar GP standings later in this issue.)

■ In the meantime, despite all DRR's efforts, Molatelo Malehopo, General Manager of Athletics South Africa, has stated in an e-mail message forwarded to DRR that in his opinion it was "not necessary" to validate the course used for the SA Half Marathon in Port Elizabeth. Unfortunately, as previously mentioned in DRR, the times run there will now receive no international recognition.

THE TRAINING CAMP DEBATE

THIS IS HARDLY THE WAY TO TREAT OUR ATHLETES!

In last week's issue of *Distance Running Results* we revealed the dissatisfaction among athletes with the training provided by the Kenyan distance coach appointed by Athletics South Africa (ASA) at the Potchefstroom training camp. This led to Lusapho April and Enos Matalane being kicked off the marathon team for the World Championships in Berlin by ASA.

It became clear from information gathered by DRR that the training did not suit the runners and this led to physiological problems (which, in turn, led to motivation problems). The article drew response from one of South Africa's best-known distance coaches, Bobby McGee, from exercise scientist and coach Prof Andrew Bosch, and from coach and author Richard Mayer, whose book *Three Men Named Matthews* will be published later this month. Their views further the debate.

In an e-mail Bosch wrote, making an extremely valid point in the last paragraph: "It makes absolutely no physiological sense to expose a runner to a different training regimen so soon before competition. The physiological stresses of the 'new' training may well be so different to that which the athlete is accustomed, that there will be insufficient time for adaptation. Distances, speedwork, etc., could all be so different that the net result is that the athlete will perform far worse AFTER a training camp in which the techniques of a different coach are enforced on the athlete.

"Particularly, choosing a Kenyan coach, presumably because someone jumped to the conclusion that because the Kenyans are so successful, their coaches must be good, may have been short-sighted as their training methods are likely to be very different to that which our athletes are used to. That is not to imply that I think our coaches use great methods; some do, some don't. However, I therefore agree totally with April's coach, Karen Zimmerman, that he would be better off continuing with his normal training regimen.

"I wonder if the likes of Bekele, Gebrselassie, Wanjiru, Radcliffe, Bolt *et al*

are also expected by THEIR governing bodies to change their training schedules just weeks before a World Championship or Olympics?"

McGee, who now coaches in the USA, responded with: "Give me strength!", and continued: "This breaks my heart. How on earth can South African running ever recover if this type of incredibly ludicrous snafu occurs on a regular basis? I am a coach, not an administrator by any means, but after attending five Olympics I have never seen such ineptitude before! Basic questionnaires regarding training up to the point the camp started and requests to athletes and coaches as to the athlete's requirements at the camp are standard operating practice.

"Kenya places athletes in a camp setup for months and then chooses the athletes from that squad. Most countries support athletes and their coaches within the framework of the system (mostly private), that got that athlete onto the team through the trials and selection system in the first place. At the US Olympic training camps we invite individual coaches, or, at the very least make sure that the staff has EVERY detail, so that the athlete's program is executed in every detail to ensure seamless continuity and the best performance.

"What is needed is continuity, consistency and support. Athletes being threatened as regards the rest of their careers is hardly the way to go about forming a system that nurtures athletes who are willing to do what it takes to represent their country.

"Of course I do not know all the details, but from this report one thing seems clear: We cannot hope for any great resurgence of South Africa in the distance running events any time soon.

"When last did South Africa have an athlete who could run 4x5 km in 14:40 each with 90 sec rest – and that is only 20 km broken up at world record pace! Give someone the go-ahead and the power, and he'll find seven such guys in Johannesburg alone.

"You must get back to basics, for heaven's sake – differentiate between

administration, coaching, athlete support, event preparation. Even if there is much less funding available, have a unit that really is all about performance – if we only have three women under 2:45, then let's get them to run sub 2:40, and if we only have three men under 2:14, then let's get them to 2:12. Ask those who ran 2:06–2:08 and those who ran sub-2:30 how they did it – they'll have no secrets, but be sure to listen when they speak about a secure environment, support and the necessity of acknowledging that they and their teams were small businesses run on a for-profit basis doing whatever was necessary to ensure that the athlete arrived at the start line ready to race and free to concentrate on the race alone.

"Who cares who gets the kudos – South Africa wins. Who knows who Usain Bolt's coach is? Far fewer than those who know him and the fact that he comes from Jamaica! I am not pointing fingers and who knows, there probably are many good people who are doing a lot of good work, but clearly there are a few very high-ranking and well-paid people who are not ensuring that the athletes do not once again get the short end of the stick and get blamed as scapegoats to hide the incredibly ineffectual leadership.

"What we are talking about here is the business of running and the opportunities for athletes who have the talent to make a living from the sport. So much has been done by the Kenyans and Ethiopians for the upliftment of their people and "communities – they plow their earnings back, their running is an export product, people's lives are improved through it. Just look at what soccer, rugby and cricket do for our country – and we can be just as dominant in athletics. Josiah, Hendrick, Willie, Gert – they did well for themselves, but it was also good for the country."

Mayer, who is a well-known proponent of the need for a national coaching figure, wrote that he believed "there are a number of lessons to be learned from the incident.

"At the outset, although I am on record as saying it would be desirable to bring in a coach from overseas, on the evidence of the reported 40x500 m hill training session (which, as far as I know, is something that was discarded from

modern training theory since the days of Zatopek in the 1950s), there are at least ten coaches active in South Africa who could do a better job. If we are going to go to the expense of getting someone from overseas, he or she must be demonstrably better than the local coaches. In the light of the revival of middle distance running in the last few months, I would think it would be difficult to persuade Home Affairs that a foreigner could do the job better than the locals, certainly in this area of the sport.

"Crucially, however, if one is going to get a local or overseas coach to head a national programme or work with a national squad, one must consult with the local role players, more particularly the coaches and athletes to get their buy-in. Sadly, this is not something that is amenable to a quick fix, which appears to have been the problem here, and may take an entire Olympic cycle.

"From my own experience, when I was appointed the coach of the SA men's team to the Ekiden relays, I was given strict instructions not to interfere with the athletes' training programmes. This was understandable, because to tinker with athletes' programmes late in the day would only be counterproductive, but I was placed in a strange position as the effective deputy manager to team manager Aleck Skosana, because I could not and did not coach the athletes. While I could not take any credit for the one or two athletes who ran well, by the same token I was also not responsible for the poor performers.

"That being said, I am firmly of the school that there is good coaching and bad coaching and we must not fall prey to the post-modern fallacy that all coaching methods will lead to equal success. It is thus vitally important that one gets the right person for a national coaching job, who applies tried and tested coaching principles. Quite what are tried and tested coaching principles will always be in dispute, but my solution to the problem would be to have any future contenders for national coach or coaching consultant interviewed by a panel comprising of all local coaches who have coached Olympic or World Champs "A" qualifiers in the relevant event in the last decade. Each would have one vote and deadlock

mechanisms could be built in. Decisions made by any other bodies or persons would be blatantly underqualified by comparison and this mechanism or a variant of it has in-built checks and balances. I would be interested what my fellow coaches think.

"An interesting parallel to the SA situation was provided by the appointment by Athletics Australia of Saïd Aouita as national middle distance coach. The appointment was strongly resisted by local coaches, led by Nick Bideau, coach to Craig Mottram. I don't know what the grounds of the opposition were, but I would suspect it was because Aouita's coaching philosophy was excessively speed-based. The appointment was pushed through by the administrators in the face of the opposition and Aouita was a dismal failure. While most great coaches were athletes, few great athletes make great coaches.

"The unequal balance of power between coaches and administrators all over the world will mean that my system for selecting the next national coach/consultant is unlikely to be implemented, but on the SA scene what I call "coaching by osmosis" is proving

remarkably effective – in this unofficial scenario Gerrie Coetzee is currently the *de facto* national middle distance coach and all the recent middle distance breakthroughs are in large part in emulation of the methodology underlying Juan van Deventer's achievements in 2008. It is also to be hoped we can learn the lessons, if any, of his season-ending injury."

In the meantime April's lawyer is challenging the decision by ASA to leave him out of the team because he was not prepared to go back to the camp and the coaching provided by Danson Muchoki.

In a letter to ASA the lawyer refers to ASA's statement that April was "undisciplined", not committed to the national body and was derailing its plans, and calls these allegations "defamatory". ASA is requested to retract these allegations; to reverse the decision to withdraw April from the team; and to send a written apology to the athlete "for the harm caused by virtue of the unlawful conduct" of ASA.

The lawyer points out that April had first heard of the decision from a newspaper reporter (as was reported in DRR last week).

ROAD RUNNING

McKenna Scott Pinelands 10 km

Pinelands, 2 August
(Certified loop course)

MEN

1. Virginia Ngudlumana (Celtic) 30:19; 2. Patrick Magadla (VOB) 30:52; 3. Makhosonke Fika (Gugs) 30:56; 4. Anthony Godongwana (Celtic) 31:26; 5. Tebello Poni (VOB) 31:25; 6. Luxolo Mdzanga (Gugs) 31:33 (1st jun); 7. Hein Camphor (Adid) 31:38; 8. Unathi Pezolo (Atl) 31:43; 9. L. Mqhele (Ned) 32:20; 10. J. Pretorius (Maties) 32:24; 11. Zolani Matshoba (Celtic) 32:29; 12. Gcobani Mndi (VOB) 32:37; 13. N. Qamgwana (Khay) 32:44; 14. S. Malanse (Gugs) 33:00; 15. N. Sotyantya (Celtic) 33:08; 16. Z. Zenzile (Khay) 33:10; 17. A. Makibane (Gugs) 33:24; 18. M. Pangalele (Gugs) 33:26; 19. A. Njenxa (Gugs) 33:35; 20. X. Melani (Ned) 33:41; 21. Z. Matshoba (Celtic) 34:04; 22. Z. Sowazi (Gugs) 34:07; 23. A. Kabingesi (Khay) 34:09; 24. X. Macanda (Ned) 34:24; 25. Willie-John Cupido (Ned) 34:30; 26. Akhona Makila (VOB) 34:31; 27. T. Mbulawa (Khay) 34:31; 28. Donovan Wright (Ind) 34:52 (1st vet); 29. V. Ndevu (Khay) 34:53; 30. Sabelo Ngcwama (Celtic) 34:59.

Masters: 40-49: 1. Donovan Wright (Ind) 34:52; 2. Paul Rietmann (Celtic) 38:31; 3. Sydney Rustin (WP Def) 39:55. **50-59:** 1. Gregory Jacobs (Edge) 36:58; 2. Peter Wrench (Tyger) 38:35; 3. Henry Cieverts (Top) n/t. **60+:** 1. Kenny Williams (Pine) 41:42; 2. Johan

Botha (RWFL) 43:06; 3. Carl Hendericks (Ned) 45:24. **Juniors:** 1. Luxolo Mdzanga (Gugs) 31:33; 2. Unathi Pezolo (Atl) 31:43; 3. Zolani Matshoba (Celtic) 32:29.

WOMEN

1. Kirsty Weir (Adid) 37:57; 2. Busisiwe Matiwane (Celtic) 38:39; 3. Joanna Thomas (VOB) 38:40 (1st vet); 4. Asiphe Sikhlabalanjana (Gugs) 40:06 (1st jun); 5. Ester Brink (Strand) 40:12; 6. Olga Howard (Celtic) 40:21 (1st mast); 7. Mariëtte Esterhuyse (Tyger) 41:27; 8. Yonela Hewu (Gugs) 41:50; 9. Malana Uys (Durbanv) 42:18; 10. Marnette Meyer (Adid) 43:12; 11. Nancy Will (Pine) 42:21; 12. Bev Charters (VOB) 44:05; 13. R. Steenkamp (Durbanv) 44:25; 14. Ayanda Mqakhayi (Gugs) 44:49; 15. S. Stevens (Ind) 45:00; 16. J. Adam (Harf) 45:51; 17. R. Beukes (Eerste) 46:01; 18. Charmaine Cupido (Ned) 46:11; 19. Candice Hall (Hout) 46:13; 20. Norma Nonkonyana (Adid) 47:01.

Masters: 40-49: 1. Joanna Thomas (VOB) 38:40; 2. Ester Brink (Strand) 40:12; 3. Mariëtte Esterhuyse (Tyger) 41:27. **50-59:** 1. Olga Howard (Celtic) 40:21; 2. Nancy Will (Pine) 42:21; 3. Bev Charters (VOB) 44:05. **60+:** 1. Pixie Sparg (Celtic) 49:42; 2. Marlene James (Pine) 55:38; 3. Marianne Nelson (Durbanv) 58:03. **Juniors:** 1. Asiphe Sikhlabalanjana (Gugs) 40:06; 2. Yonela Hewu (Gugs) 41:50; 3. Khanya Mateyise (Celtic) 42:03.

Value Prop Orion Half Marathon

Pietermaritzburg, 2 August

(Distance: 21.0975 km; loop course)

MEN

1.	Sibonelo Duma	Boxer AC	71:47
2.	Khwenza Ngubane	Boxer AC	73:55
3.	Sipho Shelembe	Mr Price AC	74:50

40-49:

1.	Patrick Mkhize	Verulam AC	86:41
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50-59:

1.	Joseph Dumakude	Verulam AC	90:01
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60+:

1.	Bill v d Berg	PDAC	93:33
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Juniors:

1.	Muti Zuma	Boxer AC	75:57
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WOMEN

1.	Nonsikelelo Mbambo	RWFL	99:45
2.	Debbie Eaton	Coll Harr	101:24
3.	Belinda Saunders	Coll Harr	107:27

40-49:

1.	Belinda Saunders	Coll Harr	107:27
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50-59:

1.	Rashida Kader	Chatsworth AC	2:25:06
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60+:

1.	Margaret Usher	Spartan AC	2:55:01
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Juniors:

1.	Thobeka Ngcobo	SAPS AC	2:14:08
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Mt. Pleasant Spar Heartbreak Hill Half Marathon (31st)

Port Elizabeth, 1 August

(Distance: 21.0975 km; loop course. Finishers: 502.)

Note: This is the seventh double victory for the Ntshiliza couple this year. They also won the race together in 2007.

MEN

1	George	Ntshiliza	Mr Price PE	29	1:07:55
2	Anele	Maliza	Mr Price PE	31	1:08:02
3	Mzwanele	Maphekula	Nedbank RC	32	1:08:09
4	Masixole	Dlaku	Mr Price PE	30	1:09:09
5	Khayaletu	Makalima	Mr Price PE	25	1:11:00
6	Zolani	Ngqaqa	Mr Price PE	20	1:11:28
7	Sibusiso	Thu	Mr Price PE	21	1:11:29
8	Masande	Mlonyeni	Nedbank RC	28	1:11:38
9	Vuso	Nkonzo	Mr Price PE	24	1:12:40
10	Sakhiwo	Ganca (1 st jun)	PEAAC	19	1:12:54
11	Mzamo	Fokwana	Charlo RR	31	1:14:20
12	Bulelini	Niwa	PEAAC	23	1:14:51
13	Maboyisana	Mazwayi (1 st vet)	Nedbank RC	41	1:15:04
14	Zolile	Mhlahlo	Raleigh AC	34	1:15:28
15	Terrance	Mjekula	Raleigh AC	36	1:15:34
16	Zamubuntu	Teyise	Charlo RR	32	1:18:41
17	Deon	Appollis	Nedbank RC	30	1:19:00
18	August	Esau	Nedbank RC	38	1:19:02
19	Aaron	Nxumalo	PEAAC	25	1:19:47
20	Monwabisi	Mtwisha	PEAAC	25	1:20:08

40-44:

1	Maboyisana	Mazwayi	Nedbank RC	41	1:15:04
2	Paul	Wolff	Raleigh AC	41	1:20:28
3	Alfred	Pakkies	Legacy AC	41	1:23:03

45-49:

1	Colben	Ngcupe	PEAAC	46	1:22:10
2	Robin	Fourie	Achilles AAA	46	1:26:22
3	Steven	Fanella	Raleigh AC	46	1:27:18

50-54:

1	Andre	Willemse	Elite AC	51	1:25:02
2	Stephen	Klue	Elite AC	50	1:30:59
3	Ferdinand	Grobler	Despatch AC	51	1:32:43

55-59:

1	Donald	Mancasa	Raleigh AC	55	1:29:56
2	Sizenzo	Kama	Achilles AAA	58	1:30:26
3	Fikile	Seya	Nedbank RC	56	1:31:26

60-64:

1	Hansie	Els	Somerset East	61	1:34:38
2	Percy	Dalton	Achilles AAA	61	1:37:55
3	Eddie	Walker	PEAAC	62	1:40:07

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	67	1:29:44
2	Godfrey	Kariem	Cadbury AC	68	1:51:32
3	Nic	Snyman	PEAAC	65	2:01:16

70+:

1	Selwyn	Solomon	Crusaders AC	71	2:29:46
2	John	Peart	Nedbank RC	73	3:06:08

Juniors:

1	Sakhiwo	Ganca	PEAAC	19	1:12:54
2	Ayanda	Scheepers	Nedbank RC	17	1:20:15
3	Mkhululi	Rhoboshe	Nedbank RC	17	1:35:09

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price PE	27	1:23:05
2	Maureen	Dladla	SAP AC FS	30	1:24:56
3	Deliwe	Nyanga	PEAAC	20	1:25:37
4	Liza-Marie	Bright	Elite AC	27	1:27:12
5	Terri-Lynn	Penney	RFLG	32	1:31:45
6	Leanne	Finlay (1 st vet)	Nedbank RC	41	1:32:43
7	Mariette	Hattingh	NMMU AC	43	1:33:42
8	Maresa	Ah Kun	Bluewater Bay	33	1:37:15
9	Grizelda	Pietersen	Achilles AAA	40	1:37:38
10	Priscilla	Dyantyi	Mr Price PE	35	1:38:47
11	Christine	Claasen	Achilles AAA	44	1:39:09
12	Lesley	Wood (1 st mast)	Achilles AAA	52	1:39:33
13	Julie	Taunton	Crusaders AC	49	1:41:19
14	Michelle	Sivewright	Raleigh AC	40	1:42:18
15	Sharon	Zeelie	Raleigh AC	38	1:42:18
16	Georgina	Thomas	Varsity Old Boy	43	1:42:58
17	Peta	Fothergill	Nedbank RC	27	1:44:52
18	Marilyn	Zimmermann	Raleigh AC	33	1:45:51
19	Adele	Nel	St Albans CSEP	36	1:46:08
20	Claire	Nagel	Elite AC	45	1:47:03

40-44:

1	Leanne	Finlay	Nedbank RC	41	1:32:43
2	Mariette	Hattingh	NMMU AC	43	1:33:42
3	Grizelda	Pietersen	Achilles AAA	40	1:37:38

45-49:

1	Julie	Taunton	Crusaders AC	49	1:41:19
2	Claire	Nagel	Elite AC	45	1:47:03
3	Christine	Hart	Albany R R	48	1:47:27

50-54:

1	Lesley	Wood	Achilles AAA	52	1:39:33
2	Theresa	Lillis	Achilles AAA	53	1:53:17
3	Liz	Austin	Achilles AAA	51	1:58:10

55-59:

1	Cathy	Ives	Achilles AAA	56	1:52:56
2	Jos	Els	Madiba Bay	57	1:59:37
3	Maria	Oppel	Crusaders AC	59	2:08:46

60-64:

1	Liz	Grundlingh	Muirite Strider	62	1:57:30
2	Retha	Snyman	PEAAC	62	2:00:25
3	Heather	Davies	Temp	60	2:06:18

65-69:

1	Orgia	Nell	Muirite Strider	65	2:25:59
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70+:

1	Dorothy	Hart	PEAAC	71	2:17:34
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Juniors:

1	Nonkangelelko	Nyanga	PEAAC	16	2:35:55
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Riebeekberg Marathon (24th), Half marathon & 10 km

Riebeek West, 1 August

(Distances: 42.195 km – loop course, partly on gravel, very hilly; 21.0975 km & 10 km – course configurations unknown)

Marathon

MEN

1. Tsungai Mwanengeni (ZIM/MP) 2:38:43; 2. Stefan Patten (VOB) 2:49:41; 3. Vuyani Sixaso (VOB) 2:55:04.

Veterans: 1. Brian Mapeyi (VOB) 2:57:40; 2. John Small (Well) 3:06:38; 3. Leon Williams (Swart) 3:13:35. **Masters:** 1. Koos van Niekerk (Bell) 3:10:58; 2. Hercu Hofmeyer (Swart) 3:18:17; 3. Jacobus Visagie (Well) 3:21:21. **G'masters:** 1. Richard Butcher (Swart) 4:24:25.

WOMEN

1. Elizabeth de Gouveia (Durbac) 3:37:13; 2. Maretha de Kock (Adid) 3:39:04 (1st vet); 3. Martha Pretorius (Top) 3:39:23.

Veterans: 1. Maretha de Kock (Adid) 3:39:04; 2. Cailey Bredenkamp (Paarl) 3:50:41; 3. Elzette Louw (Well) 3:54:11. **Masters:** 1. Caroline Weinel (Durbac) 4:00:25; 2. Adri Visser (Swart) 4:07:15. **G'masters:** 1. Hester Kotze (Durbac) 3:41:11.

Half marathon

MEN

1. Thanduluntu Magqaza (Spart) 1:11:58, 2. Masixole Mkaza (Adid) 1: 14: 16, 3. Zolani Bhitane (Ned) 1:15:15.

Veterans: 1. Clifford Drury (MP) 1:16:35, 2. Alwyn Maas (Namakwa) 1:24:16, 3. Roedolf Warries (Paarl) 1:25:43. **Masters:** 1. Thomas Moses (Worc) 1:28:11, 2. Henry Cieverts (Top) 1:31:46. **G'masters:** 1. Roger Collins (WC) 1:49:30. **Juniors:** 1. Pieter Opperman (Melkbos) 1:27:29.

WOMEN

1. Bulelwa Mtshagi (Celtic) 1:28.03, 2. Helene Perold (Durbac) 1:28:20, 3. Tanya Fourie (Durbac) 1:32:34.

Veterans: 1. Tania Kapp (VOB) 1:40:28, 2. Elaine Smith (Swart) 1:50:39, 3. Riana Wernich (Durbac) 1:51:57. **Masters:** 1. Styntjie Prins (Paarl) 1:41:19, 2. Lindsay Jackson (VOB) 1:52:30. **G'masters:** 1. Annette Verster (Ceres) 2:09.58. **Juniors:** 1. Amy Gillmour (VOB) 1:53:41.

10 km

MEN

1. Dicardo Jacobs (Maties) 31:56; 2. Pieter Koopman (Maties) 31:58; 3. Wanda Roro (Adid) 32:29.

Veterans: 1. Jimmy Drury (MP) 35:55; 2. Phillip Jacobs (Lange) 36:41; 3. Edmund Isaacs (Top) 44:09. **Masters:** 1. Riedewaan Salie (Top) 54:30; 2. Daniel Papier (Salk) 57:07. **G'masters:** 1. Blackie Swart (Swart) 45:03. **Juniors:** 1. Servaas Zurnamer (Mont) 42:27.

WOMEN

1. Nomvuyisi Seti (MP) 39:41; 2. Alae Brand (Adid) 41:20; 3. Mariëtte Esterhuyse (Tyger) 42:48 (1st vet).

Veterans: 1. Mariëtte Esterhuyse (Tyger) 42:48; 2. Vondra Singleton (Worc) 53:01; 3. Suzanne Osborne (Swart) 57:12. **Masters:** 1. Pedro Conradie (Ceres) n/t; 2. Hildegard Hopes (Sanlam) n/t. **G'masters:** 1. Marie Hill (Ceres) n/t.

Braai Ketts Longest Day 12-hour Race

Pietermaritzburg, 1 August

Note: The race is run on a grass track of 333 m long.

MEN

1.	Bongani Ndlovu	Umhlathuze AC	111.33 km
2.	Brian Botha	Toti AC	102.73 km
3.	Les Willows	Coll Harr	100.66 km
4.	Mohamed Allie	DAC	99.97 km
5.	Deon Stumke	Corr Serv	99.67 km

WOMEN

1.	Lezette Botha	Toti AC	98.58 km
2.	Sandra Deysel	Alpha Cent	98.58 km
3.	Veronica Mahlati	DAC	93.00 km

Donkey's Pass 24 km & 12 km Mountain Challenge

Newcastle, 1 August

(Loop courses on mountain trails, with more than 600 m of elevation change from the start to the highest point)

24 km

MEN

1.	Fusi Nhlapo	Connexion AC	2:25:18
2.	Justice Nkosi	Umqulusi	2:26:52
3.	Nkosi Mbatha	Ind	2:30:35

40-49:

1.	Trevor Torien	Boksburg	2:33:06
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50-59:

1.	Magic Hlatwayo	KZN Striders	3:32:21
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60+:

1.	Bert v.d. Raad	Alpha Cent	4:23:22
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WOMEN

1.	Erna du Toit	Lichtenburg	3:25:04
2.	Tracy Folker	Howick AC	3:26:11
3.	Salome Brits	Benoni North	3:31:48

40-49:

1.	Driekie Black	Bigg AC	3:40:05
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50-59:

1.	Wilma Jordaan	Ind	5:19:07
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60+:

1.	Franci Pretorius	Ind	5:48:11
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12 km

MEN

1. Sazi Ndaba (Emnam) 55:43; 2. Bongumisa Zondo (Endum) 65:59; 3. Melusy Langa (Ind) 67:55; 4. Lindani Sangweni (Sun) 69:56.

WOMEN

1. Judith Geldenhuys (East) 86:58; 2. Nonhlanhla Ndebele (NH) 93:59; 3. Gayle van Rooyen (Ind) 96:40; 4. Noluthando Thusini (NH) 100:17; 5. Zanele Makubu (Ind) 101:14.

Old Mutual Rustenburg Mountain Race (12th)

Rustenburg, 25 July

(Distance: 25 km; loop course, very hilly & partly on gravel)

Note: The top athletes were published last week; these are deeper results. – Ed.

1.	David Radebe	Platinum	1:23:55
2.	Simon Mpolo	ADT	1:24:41
3.	Tiisetso Ramokheseng	LES/Toyota	1:26:40
4.	Phillip Molefi	Nedbank	1:27:17
5.	Teboho Sello	LES/Mr Price	1:27:35
6.	Lebenya Nkoka	LES/Mr Price	1:28:19
7.	Stephen Molepo	Mr Price	1:29:20
8.	Jan Mokwena	Mr Price	1:29:35
9.	Sam Ongaki	KEN/Toyota	1:30:25
10.	Abraham Kipketer	KEN/Nedbank	1:31:30

Veterans:

1.	Trevor Toerien	Boksburg	1:40:25
2.	Paul Mabena	New Balance	1:42:55
3.	Louis Liebenburg	New Balance	1:45:25

Masters:

1.	Stephen Moagi	Chambers	1:48:20
2.	Cornelius Tsotso	Anglo RPM	1:51:55
3.	M Castens	Alberton	1:54:33

G'masters:

1.	Ian McFadyen	Phobians	2:21:01
2.	D Meyer	RAC	2:22:08
3.	H Stebler	RAC	2:24:29

WOMEN

1.	Matrinta Mota	LES	1:44:14
2.	Elizabeth Mthobeni	Mohlakeng	1:48:34
3.	Mapheng Matlakeng	LES/Mr Price	1:49:15
4.	Ntulani Takani	Transnet	1:57:56
5.	Lindsey van Aswegen	Nedbank	1:58:08
6.	L Boshoff	VTM	2:03:12
7.	Lesley Train	Nedbank	2:04:52
8.	Roelande Visser	Ind.	2:05:14
9.	J Judith	Mr Price	2:06:32
10.	Jodi Zulberg	Bedfordview	2:09:19

Veterans:

1.	Lindsey van Aswegen	Nedbank	1:58:08
2.	Lynn Biesheuvel	RAC	2:11:29
3.	Lilanie van Zyl	Nedbank	2:12:51

Masters:

1.	Linda Potgieter	Phobians	2:13:39
2.	K Reddy	Germiston	2:19:22
3.	G Preston	Brooks	2:43:25

G'masters:

1.	Penny Visser	Breakthru	2:29:58
2.	Mavis Stadler	Agape	2:47;27

Top Gear Safari 10 km & Half Marathon

(SWD 10 km Championships)

George, 25 July

(Distances: 10 km & 21.0975 km)

10 km

MEN

1	Donney Danster	Oudtshoorn	33:05
2	Luwayno Duitsjan	Mossel Bay	33:44
3	Didishe Sinesipho	Knysna	33:51

40-49:

1	Anton Chevalier	Nedbank	38:27
2	Sidney Somathamba	Outeniqua	39:30

50-59:

1	Jacob Karelse	Mossel Bay	42:42
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60+:

1	Jurgens Zwiendelaar	Nedbank	42:35
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Juniors:

1	Donney Danster	Oudtshoorn	33:05
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WOMEN

1	Lana Theunissen	Outeniqua	41:15
2	Annatjie Botes	Nedbank	42:51
3	Lizl Grobler	Knysna	43:42

40-49:

1	Sharifa Louw	Knysna	48:49
2	Ad Cole	Knysna	48:59

50-59:

1	Annatjie Botes	Nedbank	42:51
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Juniors:

1	Sanchia du Preez	Run/Walk	46:33
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Half marathon

MEN

1	Lindile Tokota	Nedbank	41	1:12:15
2	Fana Mxolisi	Ind	40	1:14:18
3	Selwyn Losper	Mossel Bay	45	1:15:50
4	Victor Gugushe	Plettenberg Bay	30	1:22:54
5	Bonisile Kalolo	Nedbank	29	1:27:41

WOMEN

1	Johanna Claassen	Nedbank	40	1:35:41
2	Elize Kloppers		39	1:41:34
3	Maryke Sass	Mossel Bay	35	1:49:05
4	Romé Phillipson	Mossel Bay	27	1:50:48
5	Elmien Nel	Outeniqua Harriers	38	1:51:32

Liberty Health Rhodes Trail Run (21st)

Rhodes, 18 July

(Distance: 52 km; loop course on mountain trails with lots of snow. Finishers: 292.)

MEN

1. Trevor Toerien 4:30:50
2. Cas van Aardenne 4:51:24
3. Mike de Villiers 4:51:27
4. Lance Chapman 4:59:08
5. Allan Smith 5:00:09
6. Coenraad Hefer 5:01:19
7. Bruce Arnett 5:05:55
8. Johnny Young 5:05:55
9. Dirk Cloete 5:10:31
10. Alwyn le Roux 5:13:22

WOMEN

1. Erina du Toit 5:40:29
2. Melanie van Rooyen 5:47:18
3. Christine Claasen 5:57:48
4. Sarah Scott 6:05:33
5. Rentia Denissen 6:06:07
6. Kirsty Scott 6:09:58
7. Esna Roux 6:11:24
8. Charlene Kennedy 6:13:30
9. Lisl Grobler 6:22:37
10. Sonja Palframan 6:31:06

CROSS-COUNTRY

WP League Meeting (8th)

Fish Hoek, 1 August

MEN

12 km: 1. Patrick Magadla (VOB) 44:41; 2. Tebello Poni (VOB) 45:01; 3. Anthony Godongwana (Celtic) 45:02; 4. Bonisile Ngculana (Atl) 45:28; 5. Velani Lusaseni (Adid) 45:35; 6. Bernard Rukadza (ZIM/Gugs) 45:41; 7. Marks Mpekula (VOB) 45:52; 8. Samson Gulubela (Atl) 45:53; 9. Stanley Malange (Gugs) 47:01; 10. Mthobeli Mathomane (Ind) 47:07; 11. Thobekile Mbulawa (Khay) 47:12; 12. Mandla Pangalele (Gugs) 47:19; 13. Thandeka Gqamana (TM) 47:28; 14. Monde Mpemnyama (Celtic) 48:01; 15. Zolani Sowazi (Gugs) 48:41; 16. Mervin Steenkamp (Adid) 48:56; 17. Collins Lekitima (WP Def) 50:24; 18. Fusi ? (TM) 50:33; 19. Nelson Bass (UCT) 50:48; 20. Lusanda Selumo (Khay) 50:49; 21. Gareth Berning (VOB) 51:14; 22. Siyabonga Maweza (Top) 51:16; 23. Zuko Zenzile (Khay) 51:33; 24. William Majoro (NBMC) 53:03; 25. Wayne Julius (BD) 54:02; 26. Nigel Strydom (MPT) 57:39; 27. Ryan Winter (Ind) 59:42; 28. Damian Will (Pine) 59:52; 29. Ntisikelelo Matyalana (Gugs) 60:07; 30. Deon Conway (WC) 62:06.

4 km: 1. Virginia Ngudlumana (Celtic) 15:34; 2. Riaan Wildskut (East) 15:41; 3. Nongalethu Meleni (VOB) 15:43.

Masters (8 km): 40-49: 1. Johnny Persents (Adid) 31:52; 2. Aaron Lewis (Adid) 32:19; 3. Barend Jacobs (Celtic) 32:37. **50-59:** 1. Les Chivell (FH) 35:29; 2. Julian Paul (WP Def) 36:07; 3. Gemjikile Tom (Eskom) 37:34. **60+:** 1. Albertus Bock (Adid) 37:19; 2. Michael Clarke (VOB) 40:59; 3. Anthony Riddick (VOB) 42:55. **Juniors (8 km):** 1. Nswele Sitembele (Ned) 31:28; 2. Akhona Makila (VOB) 31:29; 3. Gcobani Mndi (VOB) 31:31.

WOMEN

8 km: 1. Thozama April (Celtic) 35:51; 2. Kirsty Weir (Adid) 36:43; 3. Destiny Titus (UWC) 36:51; 4. Busisiwe Matiwane (Celtic) 37:03; 5. Natasha Oosthuizen ((Adid) 39:31; 6. Sheryl de Lange (Adid) 39:35; 7. Ineke Nel (UCT) 39:42; 8. Colleen de Oliveira (NBMK) 41:18; 9. Jo-Ann Bate (Tyger) 41:24; 10. Gerda-Marié Theron (Tyger) 41:42; 11. Andrea Pretorius (NBMC) 45:03; 12. Nomawabo Jojo (Gugs) 45:55; 13. Miriam Elissa (Itheko) 46:55; 14. Kath Fennemore (UCT) 47:31; 15. Megan Beckett (UCT) 47:44; 16. Lezanne Botha (UCT) 48:59; 17. Nancy Will (Pine) 49:13; 18. Megan Goliath (Brack) 49:16; 19. Johandi de Kock (Tyger) 51:27; 20. Protasia Dlamini (Gugs) 51:51.

4 km: 1. Marlise Jordaan (Bell) 20:49; 2. Ayanda Mahlombe (Atl) 22:24; 3. Zintle Xiniwe (MP) 22:54.

Masters (4 km): 40-49: 1. Sheryl de Lange (Adid) 20:05; 2. Joanna Thomas (VOB) 20:21; 3. Mariëtte Esterhuyse (Tyger) 20:41. **50-59:** 1. Olga Howard (Celtic) 20:14; 2. Nancy Will (Pine) 23:01; 3. Charmaine Cupido (Ned) 24:04. **60+:** 1. Pixie Sparg (Celtic) 25:37; 2. Priscilla von Schlicht (Tyger) 27:26; 3. Marianne Nelson (Durb) 28:59.

Boland Trials (4th)

Paarl, 1 August

Note: Unfortunately no times were provided with these results by Boland Athletics. – Ed.

MEN

12 km:

1	Piet Jacobs	Nedbank AC
2	Desmond Lucas	Lynedoch
3	Vincent Pretorius	Bergendal Pr

4 km:

1	Anton Faro	Maties AC
2	Dicardo Jacobs	Maties AC
3	Pieter Koopman	Maties AC

WOMEN

8 km:

1	Magrieta Smith	Ceres AC
2	Christina Langenhoven	Maties AC

4 km:

1	Elene Lourens	Maties AC
2	Liezle du Plooy	Ceres AC

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

Rock 'N' Roll Chicago Half Marathon (1st)

Chicago, USA, 2 August

(Distance: 21.1 km; certified loop course)

OVERALL

1. Kara Goucher (F), 31, Portland, OR 1:08:05
2. Chad Ware, 24, Deerfield, IL 1:08:24
3. David Williams, 37, Milwaukee, WI 1:08:49

TD Banknorth Beach to Beacon 10 km (12th)

Cape Elizabeth, USA, 1 August

(Certified point-to-point course with 65% start/finish separation and 0.82 m/km elevation loss)

MEN (extended gun times)

- | | | |
|----------------------------------|---------|----------|
| 1. Ed Muge, 26, KEN | 28:04.5 | \$10,000 |
| 2. Boaz Cheboiywo, 30, KEN | 28:08.9 | 5,000 |
| 3. Ibrahim Jeilan Gashu, 20, ETH | 28:19.7 | 3,000 |
| 4. Gilbert Okari, 30, KEN | 28:21.8 | 2,000 |
| 5. Tekeste Kebede, 27, ETH | 28:26.5 | 1,000 |
| ... 9. James Kwambai, 26, KEN | 28:55.6 | 600 |
| ... 11. Richard Limo, 28, KEN | 29:17.1 | |
| 12. Felix Limo, 28, KEN | 29:42.2 | |

WOMEN (extended gun times)

- | | | |
|--|------------|----------|
| 1. Irene Limika, 29, KEN | 32:05.8 PB | \$10,000 |
| 2. Nadia Ejjaflini, 31, BRN | 32:12.8 | 5,000 |
| 3. Berhane Adere, 36, ETH | 32:28.0 | 3,000 |
| 4. Aheza Kiros, 23, ETH | 32:30.6 | 2,000 |
| 5. Rebecca Donaghue, 33, St. College, PA | 32:46.2 PB | 1,000 |

Stragglers Wedding Day 7 km (28th)

London, GBR, 31 July

MEN

1. David McNeill, AUS 20:27 CR*

WOMEN

1. Benita Johnson, AUS 23:10

ULTRA/MOUNTAIN RUNNING

White River 50-mile Trail Run

(USATF National 50-mile Trail Championships)

Crystal Mountain, USA, 25 July

(Distance: 50 miles on trails; 2653 m of climbing/2653 m of descending)

MEN

1. Anton Krupicka, 25, Leadville, CO 6:32:07 CR
2. Michael Wardian, 35, Arlington, VA 6:51:49
3. Greg Crowther, 36, Seattle, WA 7:01:59
4. Scott Jurek, 35, Seattle, WA 7:13:09

WOMEN

1. Kami Semick, 43, Bend, OR 7:57:35
2. Prudence L'Heureux, 38, Tahoe City, CA 8:19:52
3. Shawna Wilskey, 37, Brulington, WA 8:33:40

TRACK

DN Galan

(IAAF Super Grand Prix)

Stockholm, SWE, 31 July

MEN

800:

1. Boaz Lalang, KEN 1:47.11
2. Yuriy Borzakovskiy, RUS 1:47.34
3. Oleksandr Osmolovych, UKR 1:47.35
4. Nadim Mansour, ALG 1:47.46
5. Youssef Saad Kamel, BRN 1:47.65
6. Michael Rimmer, GBR 1:47.98

1000:

1. Bilal Mansour Ali, BRN 2:16.55 SB
 2. Geoffrey Rono, KEN 2:16.82 SB
 3. Abubaker Kaki, SUD 2:16.98 SB
 4. Jeff Riseley, AUS 2:17.35 PB
 5. Bernard Lagat, USA 2:17.52 SB
 - ... 8. Peter van der Westhuizen, RSA 2:17.81 PB
 9. Nate Brannen, CAN 2:17.87 SB
 10. Leonel Manzano, USA 2:19.73 PB
- DNF - David Krummenacker, USA

3000 s/chase:

1. Michael Kipyego, KEN 8:17.17
2. Wesley Kiprotich, KEN 8:18.29
3. Abel Mutai, KEN 8:24.76
4. Linus Chumba, KEN 8:25.43
5. Josh McAdams, USA 8:25.66

WOMEN

1500:

1. Christin Wurth-Thomas, USA 4:03.01
2. Shannon Rowbury, USA 4:05.47
3. Hannah England, GBR 4:06.28

4. Stephanie Twell, GBR 4:06.35
5. Anna Mishchenko, UKR 4:06.45 SB
- DNF - Iryna Lishchynska, UKR

5000:

1. Jenny Barringer, USA 15:05.25 PB
2. Natalya Popkova, RUS 15:05.95 PB
3. Inês Monteiro, POR 15:07.08
4. Jen Rhines, USA 15:07.78 SB
5. Dulce Félix, POR 15:08.02 PB

African Junior Championships (9th)

Bambous, MRI, 30 July – 2 August

MEN

800 (02):

1. Mohamed Aman Geleto, ETH 1:48.82 Gold
2. Nickson Tuwei, KEN 1:48.91 Silver
3. David Mutinda, KEN 1:49.82 Bronze
4. William Mothosola, RSA 1:51.44
- ... 6. Ratlale Mokone, RSA 1:52.00

1500 (31):

1. James Magut, KEN 3:37.05 CR Gold
2. Nickson Chepseba, KEN 3:37.63 Silver
3. Dawit Wolde Arega, ETH 3:41.24 Bronze
4. Girman Bekle Gebremariam, ETH 3:42.92
- ... 6. Windy Jonas, RSA 3:47.76
- ... 8. Jerry Motsau, RSA 3:53.99

5000 (01):

1. Abera Kuma Lema, ETH 13:42.53 Gold
2. John Mwangangi, KEN 13:42.88 Silver
3. Kennedy Kithuka, KEN 13:43.94 Bronze
- ... 7. Joel Monne, RSA 15:05.72
8. Folavio Sehohle, RSA 15:07.39

10000 (31):

1. Lelisa Desisa Benti, ETH 28:46.74 Gold
2. John Cheruiyot, KEN 28:47.89 Silver
3. Peter Kimeli, KEN 28:53.64 Bronze
- ... 6. Senzo Nkosi, RSA 31:15.92

3000 s/chase (30):

1. Jonathan Muya Ndiku, KEN 8:28.83 Gold
2. Stephen Kiprotich, KEN 8:35.97 Silver
3. Legesse Lemesso Lemesso, ETH 8:39.53 Bronze
- ... 7. Lucas Bothabutle, RSA 10:35.81

WOMEN

800 (31):

1. Caster Semenya, RSA 1:56.72 NR/CR/WL Gold
2. Winny Chebet, KEN 2:01.36 PB Silver
3. Abebe Aregawi Gebretsadik, ETH 2:02.17 NR Bronze
- ... 6. Anuschka Nice, RSA 2:11.00

1500 (02):

1. Caster Semenya, **RSA** 4:08.01 PB/CR Gold
2. Kalkidan Gezagne Befrkad, ETH 4:09.36 Silver
3. Fancy Cherotich, KEN 4:17.38 Bronze

3000 (30):

1. Mercy Cherono, KEN 8:54.96 Gold
2. Etenesh Diro Neda, ETH 9:09.22 Silver
3. Tsaga Gela Reta, ETH 9:25.31 Bronze

5000 (02):

1. Genzebe Dibaba Kenini, ETH 16:11.85 Gold
2. Mercy Cherono, KEN 16:12.65 Silver
3. Sule Utura Gedo, ETH 16:13.09 Bronze

3000 S/C (02):

1. Elizabeth Mueni, KEN 9:58.55 Gold
2. Almaz Ayona Eba, ETH 10:03.75 Silver
3. Tsehynesh Tsale Tsenga, ETH 10:09.00 Bronze

Herculis 2009

(IAAF Super Grand Prix)

Fontvieille, MON, 28 July

Note: Maggie Vessey's world lead in the 800 m was surpassed three days later by Caster Semenya. – Ed.

MEN

800:

1. Abubaker Kaki, SUD 1:43.50
2. Yuriy Borzakovskiy, RUS 1:43.58 SB
3. Nick Symmonds, USA 1:43.83 PB
4. Marcin Lewandowski, POL 1:43.84 PB
5. Bram Som, NED 1:44.12 SB
6. Gary Reed, CAN 1:44.24
7. Thomas Chamney, IRL 1:45.50
8. Khadevis Robinson, USA 1:45.50
9. Jeff Lastennet, FRA 1:48.84
10. Michael Rimmer, GBR 1:49.19

1500:

1. Mehdi Baala, FRA 3:30.96 SB
2. Antar Zerguelaine, ALG 3:31.21 PB
3. Abdelaati Iguider, MAR 3:31.47 PB
4. Youssef Saad Kamel, BRN 3:31.56 PB
5. Tarek Boukensa, ALG 3:31.90 SB
6. Deresse Mekonnen, ETH 3:32.18 PB
7. Lopez Lomong, USA 3:32.94 PB
8. Juan Carlos Higuero, ESP 3:33.19
9. Johan Cronje, **RSA** 3:33.63 PB
10. Mo Farah, GBR 3:33.98 PB

3000:

1. Moses Kipsiro, UGA 7:30.95 NR
2. Silas Kipruto, KEN 7:32.52 PB
3. Sammy Alex Mutahi, KEN 7:33.02 PB

4. Bouabdellah Tahri, FRA 7:33.18 PB
5. Mark Kiptoo, KEN 7:34.87
6. Leonard Patrick Komon, KEN 7:35.96 SB
7. Mourad Amdouni, FRA 7:39.10
8. Lucas Rotich, KEN 7:41.14 PB [1990]
9. Evan Jager, USA 7:41.78 PB
10. Joseph Kiplimo, KEN 7:46.21

3000 s/chase:

1. Tareq Mubarak Taher, BRN 8:07.24
2. Michael Kipyego, KEN 8:08.48 PB
3. Ruben Ramolefi, RSA 8:11.63 NR
4. Jukka Keskisalo, FIN 8:12.93 PB
5. Abel Mutai, KEN 8:14.38
6. Wesley Kiprotich, KEN 8:14.45 SB
7. Elijah Chelimo, KEN 8:15.33
8. Abdellatif Chemlal, MAR 8:15.63 PB
9. Patrick Terer, KEN 8:20.00
10. Dan Huling, USA 8:21.65 SB

WOMEN

800:

1. Maggie Vessey, USA 1:57.84 PB/WL
2. Mariya Savinova, RUS 1:58.39
3. Jenny Meadows, GBR 1:58.63 PB
4. Jemma Simpson, GBR 1:59.07 PB
5. Kenia Sinclair, JAM 1:59.13 SB
6. Yekaterina Kostetskaya, RUS 1:59.31 SB
7. Christin Wurth-Thomas, USA 1:59.35 PB
8. Yuliya Krevsun, UKR 1:59.47
9. Élodie Guégan, FRA 1:59.77
10. Morgan Uceny, USA 2:00.06 SB

1500:

1. Maryam Jamal, BRN 3:58.83
2. Gelete Burka, ETH 3:59.56
3. Mariem Alaoui Selsouli, MAR 4:00.95 PB
4. Anna Willard, USA 4:01.68
5. Lisa Dobriskey, GBR 4:02.28 SB
6. Sylwia Ejdys, POL 4:02.30 PB
7. Btissam Boucif, MAR 4:03.23 PB
8. Stephanie Twell, GBR 4:03.48 PB
9. Hannah England, GBR 4:04.29 PB
10. Natalya Pantelyeva, RUS 4:04.29
- ... 12. Lidia Chojecka, POL 4:06.07
13. Iryna Lishchynska, UKR 4:13.14

NEWS

SPAR GP STANDINGS

The top 20 runners in the Spar Grand Prix standings after three races are as follows:

1	René Kalmer	Mr Price CGA	89
2	Michelle Bartman	Harfeld	71
3	Annerien van Schalkwyk	Irene	64

4	Poppy Mlambo	Nedbank CGA	61
5	Maxine Heine-Wacker	Nedbank CGA	58
6	Jenna Challenor	Boxer	57
7	Irvette van Blerk	Nedbank CGA	48
8	Ronel Thomas	Bashewa	43
	Thozama April	Celtics	43
10	Sonja Laxton	RAC	39
11	Ezbé Strydom	Univ NW	38
12	Maya Lawrie	Boxer	37
13	Tshifhiwa Mundalamo	Nedbank CGA	35
14	Danielle Adlam	Boxer	32
15	Phyllis de Fouw	Standard Bank	27
16	Nandipha Dywili	Mr Price Transkei	26
17	Grace de Oliveira	Boxer	21
	Tanith Maxwell	Mr Price KZNA	21
19	Simangele Mabuza	Nedbank AGN	20
	Lusanda Bomvana	Temp	20

There are two races left, in Pretoria on 22 August and Johannesburg on 11 October. The top five clubs are: 1. Nedbank CGA 223 points; 2. Boxer 150; 3. Mr Price CGA 89; 4. Harfield Harriers 71; Irene 64.

LESOTHO BANS FIVE FROM RUNNING IN S.A.

The following athletes from Lesotho have been banned by their national federation, the Lesotho Amateur Athletics Association, from participating in any competition in South Africa until further notice:

Mabuthile Lebopo
 Lebenya Nkoka
 Moeketsi Mosuhli
 Motlokoa Nkhabutlane
 Mamorallo Tjoka

LONGER SUSPENSION FOR RUSSIAN SEVEN

The Court of Arbitration for Sport announced on 22 July that it has upheld the IAAF's objections to the sanctions applied by the All Russia Athletic Federation in respect of seven prominent women athletes and more severe suspensions will be applied, report *Athletics International*. As a result, Olga Yegorova (37), Svetlana Cherkasova (31), Yuliya Fomenko (29), Gulfiya Khanafeyeva (27), Tatyana Tomashova (34), Yelena Soboleva (26) and Darya Pishchalnikova (24) are all banned until 30 Apr 2011 and their results since April or May 2007 have been annulled. All seven were charged with urine substitution prior to the Beijing Olympics and they have been suspended for 2 years and 9 months from 31 July 2008.

The IAAF appeal to CAS of the original decision(s) was made because it was unacceptable to the IAAF that these athletes, who had committed serious and deliberate breaches of its Anti-Doping Rules, would receive an effective ban of approximately 9-10 months and make them eligible to compete again in the summer of 2009. Considering the circumstances the IAAF had also requested to CAS an extended sanction of up to four years. The IAAF stated it was pleased to note that the starting date of the sanctions has been amended and also the length of sanction increased over and above the minimum two years.

This decision also supports the IAAF actions in pro-actively targeting, investigating, and prosecuting doping cases with non traditional methods – in this case the storage of samples

and the comparison of DNA. It should provide a strong warning to any athletes who are considering doping that their samples will be stored and may be later re-analysed, meaning they are never safe from the detection of their cheating against their fellow athletes.

As a result of this CAS decision, performances to be annulled include:

- * Yegorova: (from 7.4.07) 2007 marks of 4:01.2 (1500) & 4:20.10 (mile); 7th WAF 1500; 2008 4:07.19 (1500).
- * Cherkasova: (from 26.4.07) 2007 1:58.37 (800) & 5:40.49 (2000); 6th WAF 800; 2008 1:58.37 (800) & 4:06.58 (1500).
- * Fomenko: (from 27.4.07) 2007 2:01.04 (800), 4:00.7 (1500) & 4:24.79 (mile); 7th World Champs 1500; 2nd European Cup 1500; 8th WAF 1500; 2008 indoor 2:02.59 (800), 2:34.67 (1000) & 3:59.41 (1500); World Indoor 1500 silver; 2008 4:00.57 (1500).
- * Khanafeyeva: (from 9.5.07) 2007 77.36 (HT); 10th World Champs; 2008 75.07.
- * Tomashova: (from 23.5.07) 2007 4:02.8 (1500) & 4:24.84 (mile); 2008 3:59.42 (1500).
- * Soboleva: (from 26.4.07) 2007 1:59.49 (800), 3:57.30 (1500), 4:15.63 (mile) & 5:36.43 (2000); World Champs 1500 silver; 2nd WAF 1500; 2008 indoor 1:56.49, 3:58.05 & 3:57.71 (world indoor 1500 records) & 4:20.21 mile; World Indoor 1500; 2008 1:54.85 (800) & 3:56.59 (1500).
- * Pishchalnikova: (from 10.4.07) 2007 65.78 (DT); World Champs silver; European U23 Champs silver; 2nd European Cup; 2008 67.28.

Consequently, the revised medal winners in the 2007 World Champs 1500 are: 1. Maryam Jamal BRN 3:58.75; 2. Iryna Lishchynska UKR 4:00.69; 3. Daniela Yordanova BUL 4:00.82; 2007 World Champs DT: 1. Franka Dietzsch GER 66.61; 2. Yarelis Barrios CUB 63.90; 3. Nicoleta Grasu ROU 63.40; 2008 World Indoor 1500: 1. Gelete Burka ETH 3:59.75; 2. Jamal 3:59.79; 3. Yordanova 4:04.19. The world indoor 1500 record reverts to Soboleva's 3:58.28 in 2006.

In March 2007 the IAAF began an investigation into the possible manipulation of samples collected under the IAAF out-of-competition testing programme in Russia, the conclusion of which was that the seven athletes above appeared to have breached IAAF Rules 32.2(b) and 32.2(e) on account of a fraudulent manipulation of their urine samples. The athletes' cases were heard by a Special Commission convened by the ARAF Council which rendered decisions in October 2008 finding the athletes guilty and suspending them from competition for a period of two years.

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2009 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2009 10 KM: TOP TEN JUNIOR MEN

29:44	Shaun Zuzani	Matha Series	Durban	08 Feb
29:56	Sithyile Diko	Matha Series	Durban	08 Feb
30:48	Asanda Malunga	Matha Series	Durban	08 Feb
30:51	Zuzani-2	Pro Sano	Bellville	18 Apr
31:12	Zolani Matshoba	Pro Sano	Bellville	18 Apr
31:13	Unathi Phezolo	WP Championships	Bellville	30 May
31:16	Moses Chagwe	Matha Series	Durban	08 Feb
31:16	Sithembele Faneko	Matha Series	Durban	08 Feb
31:21	Akhona Makila	Pro Sano	Bellville	18 Apr
31:26	Luxolo Sydwell Mdzanga	WP Championships	Bellville	30 May
31:36	Gcobani Mndi	Pro Sano	Bellville	18 Apr

THIS MONTH IN HISTORY

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

21 years ago: 28 August 1988

Willie Mtolo won the 55th running of the Durban Athletic Club Marathon in 2:14:36, with Raymond Bantom second and Aaron Mkoka third. Mtolo had also won four years previously. In the women's race Sonja Laxton, three weeks past her 40th birthday, scored the second of her three successive victories in 2:36:59 – a national veteran record. (Earlier this year Laxton set her first SA grandmaster record of 41:20 for 10 km.) The marathon, South Africa's oldest, sadly was discontinued after its 68th running in 2001.

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
	27:01	Micah Kogo (KEN)		
15 km	27:01	Micah Kogo (KEN) 2009		
	44:27	Lusapho April	Port Elizabeth	07 Mar
21.1 km	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	61:26	Stephen Mokoka	Port Elizabeth	04 Jul
	58:52	Patrick Makau (KEN)		
25 km	58:33	Samuel Wanjiru (KEN) 2007		
	79:32	Shadrack Hoff	Pretoria	09 May
	73:24	Matthew Kipchirchir (KEN)		
30 km	72:45	Paul Kosgei (KEN) 2004		
	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
Marathon	88:00	Takayuki Matsumiya (JPN) 2005		
	2:07:44	Hendrick Ramaala	London	26 Apr
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		
	6:47:59	Vsevolod Khudyakov (RUS)		
	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

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	64:48	Mluleki Nobanda	Port Elizabeth	04 Jul
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:36	Johannes Maluleka	Pretoria	09 May

30 km	76:49	Martin Mondragon (MEX) 1994		
	1:44:25	Lindile Tokota	Sedgefield	21 Mar
Marathon	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	2:27:32	Reginald Ngobese	Durban	08 Feb
	2:24:25a	Lindile Tokota	Oudtshoorn	28 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	34:50	Thulani Sibisi	Durban	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:07	Goodman Mpukane	Mamre	20 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	73:28	Samuel Mogudi	Port Elizabeth	04 Jul
	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				
<u>Grandmasters (60+)</u>				
10 km	37:58	Albertus Bock	Bellville	18 Apr
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	81:53	Tamsanqa Jusayi	Port Elizabeth	04 Jul
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				
<u>Juniors</u>				
10 km	29:44	Shaun Zuzani	Durban	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:04	Manfred Samuels	Eerste River	27 Jun
	42:25	Moses Mosop (KEN) 2004		
21.1 km	67:38	Sithyilo Diko	Port Elizabeth	04 Jul
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Seniors</u>				
10 km	33:29	René Kalmer	New York	07 Jun
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:09	Mia Pienaar	Eerste River	27 Jun
	48:13	Ines Chenonge (KEN)		
	46:55	Kayoko Fukushi (JPN) 2006		
21.1 km	71:49	Annerien v. Schalkwyk	Port Elizabeth	04 Jul
	67:18	Dire Tune (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:48:56	Davera Magson	Port Elizabeth	21 Mar
	82:31	Peninah Arusei (KEN)		
	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

	2:22:11	Irina Mikitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	7:50:00	Irina Vishnevskaya (RUS)		
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:52	Michelle Bartman	Port Elizabeth	02 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:58	Michelle Bartman	Constantia	07 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:11	Maya Lawrie	Port Elizabeth	04 Jul
	70:32	Helena Javornik (SLO) 2007		
25 km	1:42:34	Sandra Steenkamp	Pretoria	09 May
	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		
<u>Masters (50+)</u>				
10 km	40:21	Olga Howard	Pinelands	02 Aug
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	63:17	Olga Howard	Mamre	20 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:41	Olga Howard	Port Elizabeth	04 Jul
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:58:00	Rae Bisschoff	Pretoria	09 May
30 km	2:18:56	Annatjie Botes	Sedgefield	21 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:20	Sonja Laxton	Bellville	05 Apr
15 km	68:48	Sonja Laxton	Eldorado Park	08 Mar
21.1 km	1:33:51	Liz Ruickbie	Port Elizabeth	04 Jul
25 km	1:59:25	Regina Hughes	Pretoria	09 May
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:24:03	Elaine Greenblatt	Londen	26 Apr
100 km				
<u>Juniors</u>				
10 km	35:45	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	59:33	Juan-Marie Cooper	Pretoria	13 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	79:31	Lusanda Bomvana	Port Elizabeth	04 Jul
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Elsa & Ben Oliver, André Pienaar, Rowyn James, Kevin Harlock, Harold Berman, Nico Steenekamp, SWD Athletics, Andrew Bosch, Bobby McGee, Richard Mayer

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za