

Distance Running Results

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EDITORIAL

The fabulous sprinting by Usain Bolt tended to overshadow everything else at the World Championships, but there has been some wonderful distance running, too. Kenenisa Bekele is no less dominant than the Jamaican, and when he unleashed his kick with 400 m to go in the 10000 final (in which 30 runners started!), not even Zersenay Tadese could stop him. Bekele won in a championship record of 26:41.31, with Tadese and bronze medal winner Moses Masai also dipping under 27 minutes. The first fourteen runners all set personal or seasonal bests.

South Africa has two distance runners in finals. Caster Semenya won her heat after an unfortunate tangle with Janeth Jepkosgei, and then took her semi-final with a superb run of 1:58.66. Six others went under 2:00 and Semenya will certainly start the final as favourite despite her inexperience.

Ruben Ramolefi qualified for the steeplechase final by finishing third in his heat. It is unlikely that he will get a medal, but both he and Semenya showed guts by the way they tackled their races – unlike Johan Cronjé, who could not advance out of the first round of the 1500 m. Peter van der Westhuizen did, but in his semi-final ran out of steam after leading for more than 800 m.

Unfortunately, for the rest of the South Africans it was business as usual at global championships, with sub-par performances from L.J. van Zyl, Chris Harmse, Sunette Viljoen and Simon Magakwe, none of whom made a final.

The other distance gold medals went to Marta Domínguez (ESP, steeplechase), with world record holder Gulnara Galkina (RUS) only fourth, and Linet Masai (KEN, 10000 m) in a race in which Meseret Defar and Elvan Abeylegesse were only shadows of their usual best (and Tirunesh Dibaba did not run).

It is a great pity that a race (or rather, three races) with huge prize money such as the PetroSA Marathon in Mossel Bay was marred by an error in officiating that led to the marathon, half marathon and 10 km each being approximately 300 m short. Races of this nature simply cannot afford a mistake like this, robbing some of the best runners competing in the country (albeit not all South Africans) of acceptable times. A question also hangs over the participation of two Lesotho athletes in the marathon (see note with results later in this issue).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * John Korasie 30 km, Simon's Town
- * Epsom Old Eds Half Marathon & 10 km, Johannesburg
- * Ixopo Corridor Half Marathon, Ixopo
- * Stonebridge 20 km & 10 km, Mount Edgecombe
- * PetroSA Marathon, Half Marathon & 10 km, Mossel Bay
- * Weekend Witness Blomeyers Capital Climb, Pietermaritzburg
- * Mountain Drive Half Marathon, Grahamstown
- * Ocean Basket Marcel van't Slot 15 km, Pretoria
- * Nostalgie Women's Day 10 km, Oudtshoorn
- * Women's Day 10 km, East London
- * Sharon Fruit Swellendam Half Marathon, Swellendam
- * Kamanassie Half Marathon & 10 km, Oudtshoorn
- * XC: WP Championships, Rondebosch; SWD Championships, George

International highlights:

- * Track: World Championships, Berlin, GER

ROAD RUNNING**John Korasie 30 km**

Simon's Town, 16 August
(Hilly loop course)

MEN

1	Wanda Roro	Adidas	1:45:20
2	Zondwa Nombezi	AAC	1:46:04
3	Bonisile Ngculana	AAC	1:48:05
4	Samson Gulubela	AAC	1:48:59
5	Quinton Prince	Metropolitan	1:49:18
6	Zdani Sowazi	RCS Gugs	1:50:00
7	Vladimir Kotov (1 st mast)	Century City	1:50:59
8	Alen Mapikane	RCS Gugs	1:51:58
9	Mandla Pangalele	RCS Gugs	1:52:59
10	Mkhululi Mbejeni	AAC	1:53:53
11	No Return	RCS Gugs	2:01:17
12	Norman Johnson (1 st vet)	Fish Hoek	2:01:23
13	Nevule Jacobs	Fish Hoek	2:02:53
14	Andries Swanepoel	Brackenfell	2:02:56
15	Willem Swanepoel	Brackenfell	2:02:57
16	Bheka Mselelau	RCS Gugs	2:04:41
17	Cecil Roffey	Adidas	2:05:53
18	No Return	SANDF WP	2:06:45
19	Pieter Hanekom	Nedbank WP	2:06:58
20	Andre Bresler	Tygerberg	2:07:04
21	No Card		2:07:14
22	Heimie Misroll	Pinelands	2:07:21
23	Stef Patten	VOB	2:09:37
24	Mike O'Donovan	VOB	2:09:37
25	No Return	Adidas	2:12:55
26	Randall Joshua	Telkom	2:13:11
27	Taswell Schuller	Top Form	2:13:11
28	H. Cieverts	Top Form	2:13:12
29	Mark Kalis	Celtic	2:13:24
30	Shahied Jagger	Nedbank WP	2:13:55

40-49:

1	Norman	Johnson	Fish Hoek	2:01:23
2	Bheka	Mseleku	RCS Gugs	2:04:41
3	Mike	O'Donovan	VOB	2:09:37

50-59:

1	Vladimir	Kotov	Century City	1:50:59
2	H	Cieverts	Top Form	2:13:12
3	Daniel	Wysbroek	West Coast	2:19:31

60+:

1	Rob	Joubert	South Striders	2:43:15
2	Richie	Beucher	Swartland	2:47:49
3	Jim	Scott	Fish Hoek	2:48:46

WOMEN

1	Bulelwa Mtshagi	Celtic	2:07:17
2	Anneline Roffey	Adidas	2:07:21
3	Joanna Thomas (1 st vet)	Acsis VOB	2:10:17
4	Ronel Nattras	Adidas	2:14:23
5	Kutlwano Ramaboa	uct	2:23:57
6	Patricia Adams	Metropolitan	2:26:52
7	Angelique Tostee	Temp	2:32:54
8	Tracey Baxter	Satori	2:33:53
9	Sandra Van Graan	Edgemead	2:34:14
10	Jaqui Frylinck	Foresters	2:34:17
11	Nancy Will (1 st mast)	Pinelands	2:34:33
12	Candyce Hall	Hout Bay	2:36:22
13	Colleen Hohlfeld	Southern Striders	2:36:25
14	Lindie Bouwer	Sanlam	2:38:50
15	Lorna Loubser	Sanlam	2:38:52
16	Lauren Ballantyne	Temp	2:42:48
17	Lynne Shannon	Pinelands	2:43:24
18	Michelle Basson	Strand	2:44:07
19	Melany Porter	Pinelands	2:44:15
20	Brenda Stevenson	Pinelands	2:44:21

40-49:

1	Joanna	Thomas	VOB	2:10:17
2	Sandra	Van Graan	Edgemead	2:34:14
3	Colleen	Hohlfeld	South Striders	2:36:25

50-59:

1	Nancy	Will	Pinelands	2:34:33
2	Brenda	Stevenson	Pinelands	2:44:21
3	Lindsey	Jackson	VOB	2:49:51

60+:

1	Gail	McLellan	VOB	3:21:07
2	Isa	Alexandra	Harlequins	3:38:52
3	Janet	Jackson	Fish Hoek	3:40:38

Epson Old Eds Half Marathon & 10 km

Johannesburg, 16 August

(Distances: 21.0975 km & 10 km)

Half marathon**MEN**

1 Zongamele Dyubeni (Temp) 66:40; 2 Simon Mpholo (Raiders) 67:50; 3 Odwa Tunyiswa (Temp) 68:14.

Veterans: 1 Elias Mabane (Temp) 73:20; 2 Reginald Ngobese (GS) 74:20; 3 Filimon Dhladhla (RH) 86:30. **Masters:** 1 Moses Motshabi (RAC) 84:40; 2 Andre Jansen (GS) 86:35; 3 Ralph Matheta (Cheetah) 90:10. **G'masters:** 1 Don Charles (Brotherhood) 88:08.

WOMEN

1 Yolande Maclean (Jeppe) 81:48; 2 Marelise Retief (Nedbank) 83:06; 3 Elizabeth Phaka (GS) 90:50.

Veterans: 1 Lindsay van Aswegen (Nedbank) 93:55; 2 Thembeke Ketsekile (Ukhozi) 1:46:36; 3 Jeanine Williams (Fourways) 1:48:10. **Masters:** 1 Sarah Webb (RAC) 1:48:40; 2 Pam Hampton (Sunninghill) 1:49:48; 3 Gale Visage (RWFL) 1:55:10. **G'masters:** 1 Penny Visser (Breakthru) 1:56:48.

10 km

MEN

1 Degene Asafa (ETH/ADT) 31:09; 2 Olebogeng Mthetho (Goldfields) 31:43; 3 Mthetho Goxo (Powerade) 32:10; 4 Desmond Mokgobo (Temp) 32:20; 5 Tumelo Motlagale (Nedbank) 33:29.

Veterans: 1 Gethun Wordofa (ETH/ADT) 34:09; 2 Lawrence Chipangaan (Powerade) 35:58; 3 George Mooi (LEV) 37:19. **Masters:** 1 Arrigo Ferri (Nedbank) 40:51; 2 Joseph Mugolovhedzi (RRR) 40:52; 3 John Grundy (RH) 42:49. **G'masters:** 1 John McDonald (RAC) 50:40. **Juniors:** 1 Tega Adinew (ETH/ADT) 35:36; 2 Lindokuhle Ngema (Eagles) 37:11; 3 Tlhogi Motene (UJ) 37:14.

WOMEN

1 Azwindini (Gladys) Lukhwareni (Nedbank) 40:56; 2 Danielle Botha (Alberton) 44:15; 3 Sonja Laxton (RAC) 44:30 (1st mast).

Veterans: 1 Cynthia Mokovane (Powerade) 45:51; 2 Tracy Jarmin (Fit 2000) 47:24; 3 Stellah Madlala (Fourways) 55:07. **Masters:** 1 Sonja Laxton (RAC) 44:30; 2 Anne Bellamusto (Morningside) 47:18; 3 Natalie Sanders (Fourways) 48:49. **G'masters:** 1 Bertha van den Raad (Irene) 71:10.

Ixopo Corridor Half Marathon

Ixopo, 16 August

(Distance: 21.0975 km)

MEN

1.	Bongamusi Mthembu	Mr Price AC	75:27
2.	Thobane Thagwe	WMAC	75:31
3.	Tsepo Shelembe	Boxer AC	76:05

40-49:

1.	Nick Sissing	Boxer AC	109:49
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50-59:

1.	Ruben Gema	Ixopo AC	116:33
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WOMEN

1.	Sibongile Zigubu	Escom Gijams	107:04
2.	Debbie Eaton	Corr Harr	109:38
3.	Megan McKenzie	Corr Harr	131:02

40-49:

1.	Cheryl Searle	Kearsney Strid	154:05
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Stonebridge 20 km & 10 km

Mount Edgecombe, 16 August

20 km:**MEN**

1.	Five Mlambo	Mr Price AC	71:30
2.	Mdu Zondi	Ntl Carb	72:32
3.	Innocent Mazibuko	St James AC	73:16

40-49:

1.	Peter Jahne	RAC	76:45
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50-59:

1.	Jerimiah Ngwenya	Boxer AC	77:24
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60+:

1.	Bobby Chetty	Chatsworth AC	116:29
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WOMEN

1.	Sibongile Mpanza	Boxer AC	88:44
2.	Nonsikelelo Mbambo	RWFL	90:13
3.	Iris Ndlovu	Boxer AC	90:37

40-49:

1.	Janine Engels	PDAC	90:38
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50-59:

1.	Sheree Kirsten	PDAC	106:05
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10 km:**MEN**

1.	M. Munyaradzi	Form One AC	33:44
2.	Valeon Maphumelo	Verulam Falcons	35:02
3.	Menzi Ngcobo	St James AC	35:33

WOMEN

1.	Nonhlanla Nzimela	Verulam AC	43:41
2.	Leigh Fourie	PDAC	46:58
3.	Layle Henderson	PDAC	49:02

PetroSA Marathon (23rd), Half Marathon & 10 km

Mossel Bay, 15 August

(Distances: 42.195 km, 21.0975 km & 10 km; out-and-back courses. Finishers: marathon – 179; half marathon – 207; 10 km – 188.)

Note: All three distances were approx. 300 m short. Both Moeketsi Mosuhli and Lebenya Nkoka have been banned by their national governing body, yet ran here despite the ban. *Distance Running Results* has not received any news that the ban has been lifted, so their participation was probably illegal. – Ed.

Marathon**MEN**

1	Phillip	Bandawe	ZIM/Nedbank RC AGN	36	2:15:08	R80 000
2	Brighton	Chipere	ZIM/Nedbank RC AGN	36	2:15:23	R55 000
3	Tsotang	Maine	LES/Gauteng Strider	31	2:15:35	R30 000
4	Moeketsi	Mosuhli	LES/Toyota AC	28	2:16:28	R20 000
5	Lebenya	Nkoka	LES/MPCGA	26	2:16:54	R10 000
6	Mike	Fokoroni	ZIM/Nedbank RC AGN	32	2:17:51	

7	Mzwanele	Maphekula	Nedbank RC	33	2:18:57
8	Patrick	Sefako	Nedbank RC AGN	27	2:20:06
9	David	Ngakane	Nedbank RC CGA	29	2:21:02
10	Masixole	Dlaku	Mr Price PE	30	2:21:35
11	Tawanda	Tokisi	Temp	31	2:22:45
12	Anele	Maliza	Mr Price PE	31	2:23:01
13	Eugene	Pelem	Nedbank RC	29	2:23:47
14	Sihle	Mapukata	Mr Price WP	32	2:24:14
15	Lindile	Tokota (1 st vet)	Nedbank RC SWD	41	2:28:50
16	Justice	Lesenyeho	Gauteng Strider	31	2:30:33
17	Joseph	Molaba	Nedbank RC AGN	35	2:31:50
18	Vuso	Nkonzo	Mr Price PE	24	2:33:17
19	Deon	Appollis	Nedbank RC	30	2:33:38
20	Mzuvelile	Hlanti	Oxford Striders	28	2:35:19

All age categories the same prize money: R2 000, R1 500, R1 000 (10-year groups):

40-44:

1	Lindile	Tokota	Nedbank RC SWD	41	2:28:50
2	Jimmy	Drury	Mr Price WP	40	2:39:01
3	Andries	Ntsizakalo	Nedbank RC WP	42	2:45:45

45-49:

1	Selwyn	Losper	Mossel Bay Harr	45	2:40:03
2	Sonnyboy	Leeuw	Kimberley	45	2:46:05
3	Sidwel	Roboshi	Nedbank RC	49	2:52:25

50-54:

1	Nick	Miles	Westcoast AC	51	3:03:44
2	William	Mangaliso	Corr Serv FS	52	3:14:26
3	John	Saayman	Mossel Bay Harr	50	3:37:42

55-59:

1	Cornet	Matomane	Nedbank RC AGN	56	2:43:06
2	Arthur	Valasis	Jeppe Quondam	58	3:39:14
3	Victor	Grantham	Blue Downs Athl	58	4:14:10

60-64:

1	Kenny	Williams	Pinelands AC	60	3:54:45
2	Martin	Wuethrich	Unknown	60	4:27:36
3	Francois	Joubert	Stellenbosch	60	4:46:13

65-69:

1	Pele	Tshikundamalema	Vodacom AC	69	3:37:10
2	Godfrey	Kariem	Cadbury AC	68	4:21:26
3	Mike	Derbidge	Knysna M C	65	4:27:48

70+:

1	Derry	Devine	Varsity Old Boy	74	4:55:24
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WOMEN (Same prize money as men)

1	Tabitha	Tsatsa	ZIM/Boxer Superst	36	2:40:30
2	Matrinta	Mota	LES/Gauteng Strider	23	2:43:12
3	Sharon	Tavengwa	ZIM/Nedbank RC AGN	25	2:44:11
4	Riana	Van Niekerk	MPCGA	33	2:45:50
5	Charne	Bosman	MPCGA	33	2:46:04
6	Ottillie	Aimwata	BOT/Mr Price Tra	29	2:51:15
7	Tshifhiwa	Mundalamo	Nedbank RC CGA	28	2:51:28
8	Dimakatso	Menong	Temp	33	2:52:27
9	Eunice	Nhlapho	Gauteng Strider	31	2:55:27
10	Rakela	Akukothela	NAM/Mr Price Tra	30	2:56:32
11	Paulinah	Phabo	Nedbank RC AGN	37	2:57:37
12	Margaret	Mahohoma	ZIM/Nedbank RC AGN	30	3:05:06
13	Angeline	Molaba	Nedbank RC AGN	27	3:11:38

14	Sarah	Mahlangu (1 st vet)	MPCGA	42	3:23:53
15	Natalie	De Villiers	Maties AC	48	3:40:10
16	Veronica	Van Niekerk (1 st g'mast)	Elgin Grabouw	63	3:44:14
17	Ingrid	Prinsloo (1 st mast)	Nedbank RC SWD	50	3:44:31
18	Elize	Kloppers	Temp	39	3:54:56
19	Rome	Phillipson	Mossel Bay Harr	27	4:01:04
20	Elsabe	De Klerk	Nedbank RC FS	52	4:05:33

40-44:

1	Sarah	Mahlangu	MPCGA	42	3:23:53
2	Christel	Jacobs	Mossel Bay Harr	44	4:12:09
3	Christa	Smit	Mossel Bay Harr	41	4:18:22

45-49:

1	Natalie	De Villiers	Maties AC	48	3:40:10
2	Cornelia	Burger	Oudtshoorn AA	48	4:29:02
3	Ingrid	Solomon	Mr Price Celtic	46	4:56:21

50-54:

1	Ingrid	Prinsloo	Nedbank RC SWD	50	3:44:31
2	Elsabe	De Klerk	Nedbank RC FS	52	4:05:33

55-59:

1	Benita	Olivier	RFWLSWD	56	4:33:10
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60-64:

1	Veronica	Van Niekerk	Elgin Grabouw	63	3:44:14
2	Esther	Oosthuizen	Hartenbos Draw	61	4:57:53

Half marathon**MEN**

1	Luwis	Masunda	ZIM/Nedbank RC AGN	33	1:02:40 R10 000
2	Mbongeni	Ngxazozo	Gauteng Strider	24	1:02:47 R8 000
3	Wesley	Ruto	KEN/Nedbank RC AGN	28	1:03:27 R6 000
4	Rodney	Prins	Mr Price PE	20	1:03:55 R4 000
5	Pule	Hlabahlaba	Nedbank RC FS	26	1:04:35 R2 000
6	Enoch	Skosana	Nedbank RC AGN	36	1:04:53
7	Mandla	Maseko	Transnet	23	1:05:37
8	Phumzile	Sikawuti	Nedbank RC	29	1:05:42
9	Masande	Mlonyeni	Nedbank RC	28	1:07:30
10	Frans	Chauke	MPCGA	34	1:08:16
11	Edwin	Chimombo	ZIM/Formula 1 AC	27	1:09:10
12	Luyanda	Tshangana	Mr Price PE	26	1:09:16
13	John	September (1 st vet)	Mr Price Celtic	43	1:09:33
14	Simon	Gabriel	Gauteng Strider	25	1:09:55
15	Vuyo	Witbooi	Outeniqua Harri	30	1:10:08
16	Sinesipho	Didishe (1 st jun)	Knysna MC	18	1:10:24
17	Thuto	Lephoto	Gauteng Strider	19	1:11:07
18	Luwayne	Duitsjan	Mossel Bay Harr	23	1:11:27
19	Booi	Salman	RFLWP	35	1:11:48
20	Makaya	Masumpa	Oxford Striders	43	1:11:52

All age categories the same prize money: R1 500, R1 000, R800 (10-year groups):

40-44:

1	John	September	Mr Price Celtic	43	1:09:33
2	Makaya	Masumpa	Oxford Striders	43	1:11:52
3	Clifford	Drury	Mr Price WP	40	1:11:55

45-49:

1	Sollie	Van Rooyen	Corr Services A	46	1:16:55
2	Eric	Mlonyeni	Nedbank RC WP	49	1:18:01
3	Patrick	Peters	Oudtshoorn	45	1:21:16

50-54:

1	Sidwell	Oktober	Rainb SWD	51	1:24:57
2	Patrick	Rawlins	Outeniqua Harri	52	1:39:15
3	David	Foyn	Varsity Old Boy	51	1:44:54

55-59:

1	Basjan	Van Der Spuy	Oudtshoorn	58	1:46:13
2	Karl	Meissner-Roloff	Hartenbos Draw	56	1:52:01
3	Mtutuzeli	Cakwebe	Ford AC	57	1:57:06

60-64:

1	Jurgens	Zwiegelaar	Nedbank RC SWD	60	1:29:38
2	Jacobus	Koopman	Worcester AC	61	1:35:58
3	Nic	Brummer	Sedgefield	63	1:40:03

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	67	1:25:20
2	Arthur	Boyce	Vodacom Yebo	68	2:14:34
3	Hans	Pretorius	Temp	67	2:22:25

70+:

1	Sven	Liedberg	Nedbank RC SWD	70	1:49:13
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Juniors:

1	Sinesipho	Didishe	Knysna MC	18	1:10:24
2	Thuto	Lephoto	Gauteng Strider	19	1:11:07
3	Hillroy	Slingers	Worcester AC	18	1:12:21

WOMEN (Same prize money as men)

1	Samukeliso	Moyo	ZIM	35	1:19:28
2	Olivia	Chitate	ZIM/Bashewa	21	1:21:16
3	Rfiloe	Kechane	LES/Gauteng Strider	20	1:21:33
4	Andronica	Mokgotha	Gauteng Strider	20	1:24:36
5	Jane	Mudau (1 st vet)	Nedbank RC AGN	46	1:27:02
6	Ursula	Frans	Adidas AC	40	1:27:24
7	Alison	Jordaan	Outeniqua Harri	43	1:27:48
8	Annatjie	Botes (1 st mast)	Nedbank RC SWD	51	1:30:06
9	Lisl	Grobler	Knysna MC	33	1:32:35
10	Johanna	Claassen	Nedbank RC SWD	40	1:33:18
11	Tracy	Derbyshire	Temp	45	1:34:26
12	Elizabeth	Van Der Berg	Bredasdorp	36	1:35:57
13	Svelka	Sharp	Sedgefield	34	1:39:02
14	Amor	Van Zyl	Nedbank RC SWD	53	1:42:40
15	Helga	Mathee	Outeniqua Harri	34	1:42:40
16	Lelane	Van Der Merwe	Nedbank RC SWD	35	1:44:16
17	Sharifa	Louw	Knysna MC	40	1:45:24
18	Carmen	Maloney	Oudtshoorn	38	1:46:14
19	Lindie	Schnetler	Nedbank RC SWD	35	1:46:44
20	Suzaan	Kruger	Outeniqua Harri	26	1:47:04

40-44:

1	Ursula	Frans	Adidas AC	40	1:27:24
2	Alison	Jordaan	Outeniqua Harri	43	1:27:48
3	Johanna	Claassen	Nedbank RC SWD	40	1:33:18

45-49:

1	Jane	Mudau	Nedbank RC AGN	46	1:27:02
2	Tracy	Derbyshire	Temp	45	1:34:26
3	Shirley	Schmidt	Temp	46	1:59:00

50-54:

1	Annatjie	Botes	Nedbank RC SWD	51	1:30:06
2	Amor	Van Zyl	Nedbank RC SWD	53	1:42:40
3	Mariette	De Haan	Nedbank RC SWD	54	1:54:24

55-59:

1	Liedie	Coetzee	Plett AC	58	2:01:53
2	Elsabe	Jooste	NBMC	56	2:16:02
3	Valerie	Marais	Temp	57	2:26:56

60-64:

1	Shirley	Lottering	Mossel Bay Harr	60	2:29:37
2	Barbara	Derbidge	Temp	61	2:44:21
3	Elizabeth	Badenhorst	Hartenbos Draw	62	2:46:14

65-69:

1	Megan	Brennan	Sedgefield	66	2:55:20
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10 km**MEN**

1	Sibabalwe	Mzazi	Vaaltec	20	28:12	R5 000
2	Sibusiso	Nzima	Power	22	28:13	R4 000
3	Boy	Soke	Nedbank RC FS	26	28:28	R3 000
4	Joshua	Sabao	ZIM/Nedbank RC AGN	20	28:39	R2 000
5	Nkosinathi	Madyo	Nedbank RC	21	28:55	R1 000
6	Zolani	Mabongo	Mr Price PE	23	29:56	
7	Sandile	Ngunuza	Nedbank RC	26	30:15	
8	Xola	Bongoza (1 st jun)	Mr Price PE	16	30:21	
9	Desmond	Zibi (1 st vet)	Mr Price PE	45	31:43	
10	Jaco	Petersen	Nedbank RC SWD	16	32:25	
11	Richard	Nozingo	Unknown	25	33:16	
12	Victor	Gugushe	Plett AC	30	33:52	
13	Elfonso	Pieterse	Rainb SWD	20	33:58	
14	Themba	Bhelwana (1 st mast)	Oxford Striders	52	34:19	
15	Tony	Cleophas	RFWLSWD	43	34:52	
16	Geraldo	Innes	Rainbswd	18	35:15	
17	Llewellyn	Ruiters	Mossel Bay Harr	21	35:34	
18	David	Matroos	Rainbswd	35	35:57	
19	Dp	Swart	Outeniqua Harri	16	36:00	
20	Dudley	Fortuin	Mossel Bay Harr	17	36:21	

All age categories the same prize money: R1 000, R800, R500 (10-year groups):

40-44:

1	Tony	Cleophas	RFWLSWD	43	34:52
2	Anton	Jordaan	Sedgefield	40	39:48
3	Marius	Zaayman	Temp	40	44:43

45-49:

1	Desmond	Zibi	Mr Price PE	45	31:43
2	Elroy	Lekay	Bellville AC	45	40:29
3	Wouter	Pretorius	Hartenbos	46	54:40

50-54:

1	Themba	Bhelwana	Oxford Striders	52	34:19
2	Dirk	Joubert	Hartenbos Draw	51	40:53
3	Francois	Van Der Walt	Hartenbos Draw	53	56:28

55-59:

1	Christian	Pienaar	Hartenbos Draw	57	47:29
2	Ockie	De Lange	Hartenbos Draw	57	52:59
3	Hector	Klein	Hartenbos Draw	58	59:07

60-64:

1	Paul	Davids	Paarl AC	61	44:40
2	Lampies	Lamprecht	RFWLSWD	60	45:35
3	David	O'rielly	Nedbank RC	61	54:24

Juniors:

1	Xola	Bongoza	Mr Price PE	16	30:21
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2	Jaco	Petersen	Nedbank RC SWD	16	32:25
3	Geraldo	Innes	Rainbswd	18	35:15

WOMEN

1	Catherine	Skosana	Transnet	28	33:19
2	Ntombesintu	Ntshiliza	Mr Price PE	27	33:19
3	Loveness	Madiba (1 st jun)	Nedbank RC AGN	18	36:37
4	Lana	Theunissen	Outeniqua Harri	37	38:38
5	Priscilla	Dyantyi	Mr Price PE	35	39:51
6	Nancy	Will (1 st mast)	Pinelands AC	56	40:09
7	Kerry	Roos	Knysna M C	31	40:50
8	Geneve	Zaaiman	Eden AC	16	42:33
9	Charmaine	Cupido	Nedbank RC WP	53	42:37
10	Ad	Cole (1 st vet)	Knysna M C	41	44:05
11	Sanchia	Du Preez	RFLWP	17	44:10
12	Elsa	De Villiers	Hartenbos Draw	49	44:55
13	Cornelia	Van Velden	NBMC	40	46:34
14	Linda	Zaaiman	Eden AC	48	47:48
15	Monja	Le Roux	Temp	30	48:28
16	Elizabeth	Sonnekus	Mossel Bay Harr	36	50:06
17	Mathumba	Nomfobe	Corr Serv FS	25	50:35
18	Wilma	Smith	Nedbank RC SWD	44	50:42
19	Linda	Nortje	Nedbank RC SWD	34	50:42
20	Marlize	Jason	Nedbank RC SWD	33	51:38

40-44:

1	Ad	Cole	Knysna MC	41	44:05
2	Cornelia	Van Velden	NBMC	40	46:34
3	Wilma	Smith	Nedbank RC SWD	44	50:42

45-49:

1	Elsa	De Villiers	Hartenbos Draw	49	44:55
2	Linda	Zaaiman	Eden AC	48	47:48
3	Charlett	Smith	Nedbank RC SWD	46	56:00

50-54:

1	Charmaine	Cupido	Nedbank RC WP	53	42:37
2	Elmarie	Meissner-Roeloff	Hartenbos Draw	50	52:51
3	Dottie	Joubert	Hangklip	54	1:06:41

55-59:

1	Nancy	Will	Pinelands AC	56	40:09
2	Linda	Klein	Hartenbos Draw	58	1:06:55
3	Ellietta	Spies	RFWLSWD	56	1:06:58

60-64:

1	Ria	Bouwer	Hartenbos Draw	62	1:08:00
2	Annemarie	Van Eck	Outeniqua Harri	63	1:09:41
3	Ris	Relch	Langebaan	62	1:10:27

Juniors:

1	Loveness	Madiba	Nedbank RC AGN	18	36:37
2	Geneve	Zaaiman	Eden AC	16	42:33
3	Sanchia	Du Preez	RFLWP	17	44:10

Weekend Witness Blomeyers Capital Climb (34th)

Pietermaritzburg, 15 August

(Distance: 15 km; point-to-point, hilly course)

MEN

1.	Sibonelo Duma	Boxer AC	51:27
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2.	Sazi Ndaba	Enambithi AC	52:08
3.	Sandile Lembethe	Mr Price AC	53:33
4.	Khulekani Ngubani	Coll Harr	54:18
5.	Albert Phungula	Mr Price AC	55:16

40-49:

1.	Alfred Chonco	Vultures AC	58:52
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50-59:

1.	Sanele Khuzwayo	Hulamin AC	62:09
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60+:

1.	Graham Taylor	Saints AC	75:25
2.	Moray Calder	Howick AC	81:18

WOMEN

1.	Kristen Williams	UKZN	69:49
2.	Sarah Scott	Coll Harr	71:29
3.	Iris Ndlovu	Boxer AC	72:15
4.	Judith Geldenhuys	Estcourt AC	72:49 (1 st mast)
3.	Kirstie Scott	Coll Harr	75:49

40-49:

1.	Belinda Saunders	Coll Harr	78:47
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50-59:

1.	Judith Geldenhuys	Estcourt AC	72:49
2.	Sandra Fismer	Hilton Harr	77:07
3.	Shree Jane	PDRWFL	87:20

Mountain Drive Half Marathon

Grahamstown, 15 August

(Distance: 21.0975 km; hilly loop course, partly on gravel. Finishers: 278.)

MEN

1	George	Ntshiliza	Mr Price PE	29	1:13:22
2	Eric	Sigxashe	Mr Price PE	30	1:14:02
3	Mzamo	Fokwana	Charlo R R	31	1:15:04
4	Robert	Matthys	Mr Price PE	33	1:15:53
5	Alfred	Qogi	Nedbank RC	35	1:16:02
6	Thembisile	Bashe	Mr Price PE	31	1:16:13
7	Maboyisana	Mazwayi (1 st vet)	Nedbank RC	41	1:16:16
8	Basie	Bonaparte	Nedbank RC	43	1:16:27
9	Bulelini	Niwa	PEAAC	23	1:16:48
10	Emerson	Kayana	Nedbank RC	35	1:16:57
11	Christopher	Mabengeza	Nedbank RC	43	1:17:11
12	Welcome	Loliwe	Nedbank RC	44	1:17:14
13	Patrick	Mijto	RFLG	26	1:18:06
14	Zamubuntu	Teyise	Charlo R R	32	1:20:02
15	Mpumelelo	Ndlumbini	Mr Price PE	34	1:20:34
16	Terrance	Mjekula	Raleigh AC	36	1:20:37
17	Elliot	Nyarashe	PEAAC	30	1:21:48
18	Doran	Fritz	Oxford Striders	35	1:22:01
19	Zoysile	Maklein	PEAAC	38	1:22:42
20	Dumisani	Sipama	Hamilton	38	1:22:47

40-44:

1	Maboyisana	Mazwayi	Nedbank RC	41	1:16:16
2	Basie	Bonaparte	Nedbank RC	43	1:16:27

3	Christopher	Mabengeza	Nedbank RC	43	1:17:11
45-49:					
1	Colben	Ngcupe	PEAAC	46	1:24:47
2	Robin	Fourie	Achilles AAA	46	1:29:22
3	Alfred	Spiers	Elite AC	49	1:29:42
50-54:					
1	Stephen	Klue	Elite AC	50	1:33:29
2	Charles	Baatjies	Elite AC	52	1:35:36
3	Ferdinand	Grobler	Despatch AC	51	1:37:49
55-59:					
1	Sizinzo	Kama	Achilles AAA	58	1:33:09
2	Donald	Mancasa	Raleigh AC	55	1:34:31
3	Hannes	Els	Madiba Bay	59	1:37:26
60-64:					
1	Percy	Dalton	Achilles AAA	61	1:43:25
2	Bob	Stedman	Achilles AAA	60	1:58:03
3	Wilfred	Appollis	RFLG	61	2:03:30
Juniors:					
1	Mthuthuzeli	Nyanga	PEAAC	16	1:37:32
2	Vusumzi	Dickson	Charlo R R	18	1:38:51
3	Sizwe	Mhlaba	Temp	16	1:54:14

WOMEN

1	Terri-Lynn	Penney	RFLG	32	1:32:53
2	Grizelda	Pietersen (1 st vet)	Achilles AAA	40	1:43:07
3	Georgina	Thomas	Varsity Old Boy	43	1:43:36
4	Christine	Hayes	Achilles AAA	28	1:45:40
5	Lesley	Wood (1 st mast)	Achilles AAA	52	1:45:55
6	Elmarie	Bezuidenhout	Charlo R R	27	1:46:17
7	Nicolette	Brouwer	Temp	42	1:48:06
8	Julie	Truter	Temp	26	1:48:37
9	Kerry	Longhurst	Temp	37	1:48:38
10	Adele	Nel	St Albans CSEP	36	1:49:01
11	Julie	Taunton	Crusaders AC	49	1:49:55
12	Claire	Nagel	Elite AC	45	1:51:46
13	Lindy	Wright	Temp	33	1:53:16
14	Theresa	Lillis	Achilles AAA	53	1:56:16
15	Janette	Schierz-Crusius	Body Concept	48	1:56:53
16	Avril	Beyleveld	Kowie Striders	57	1:57:31
17	Jeannie	Ellis	Temp	26	2:01:12
18	Lesley	Maggott	Achilles AAA	42	2:01:53
19	Linda	Dennis	Randburg Harrie	39	2:02:08
20	Mary Grace	Villanueva	Achilles AAA	33	2:02:31

40-44:

1	Grizelda	Pietersen	Achilles AAA	40	1:43:07
2	Georgina	Thomas	Varsity Old Boy	43	1:43:36
3	Nicolette	Brouwer	Temp	42	1:48:06

45-49:

1	Julie	Taunton	Crusaders AC	49	1:49:55
2	Claire	Nagel	Elite AC	45	1:51:46
3	Janette	Schierz-Crusius	Body Concept	48	1:56:53

50-54:

1	Lesley	Wood	Achilles AAA	52	1:45:55
2	Theresa	Lillis	Achilles AAA	53	1:56:16
3	Christine	Snyman	VWAC	53	2:13:02

55-59:

1	Avril	Beyleveld	Kowie Striders	57	1:57:31
2	Jos	Els	Madiba Bay	57	2:06:17
3	Yvonne	Yendall	Kowie Striders	58	2:40:54
60-64:					
1	Marlene	Wiese	Kowie Striders	63	2:11:32
70+:					
1	Dorothy	Hart	PEAAC	71	2:39:40

Ocean Basket Marcel van't Slot 15 km

Pretoria, 15 August
(Loop course)

MEN

1 Millen Mitende (ZIM/Bashewa) 48:33; 2 Charles Soza (ZIM/Bashewa) 48:34; 3 Elisha Maghunu (MP) 49:09; 4 Elias Mabane (Temp) 52:02 (1st vet); 5 Jackson Seanego (NB) 52:06.

Veterans: 1 Elias Mabane (Temp) 52:02; 2 Jackson Seanego (NB) 52:06; 3 Shean Henry (ABRS) 57:57. **Masters:** 1 Johannes Setshedi (NB) 60:03; 2 Colin Fisher (CSIR) 61:51. **G'masters:** 1 Paulus Masilela (Bashewa) 63:54. **G/g'masters:** 1 Ian Goddard (BNAC) 86:47.

WOMEN

1 Munchaetta Gwata (ZIM/MP) 59:49; 2 Sharon Chinoicuya (ZIM/F1) 61:06; 3 Adinda Kruger (Nedbank) 62:27; 3 Renata Dreyer (Sunninghill) 63:03; 5 Bronwyn Small (Nedbank) 63:52.

Veterans: 1 Ansie Viljoen (Irene) 68:17; 2 Debbie Bredenkamp (HQB) 71:06; 3 Antoinette Looek (Agape) 71:25. **Masters:** 1 René van Zyl (Tuks) 71:27; 2 Alta van der Bergh (VS) 81:05. **G'masters:** 1 Ina Wheatley (PMMC) 89:47. **G/g'masters:** 1 Marina Odendaal (Sol) 89:52.

Nostalgie Women's Day 10 km

Oudtshoorn, 10 August

1. Carmen Maloney	Oudtshoorn AC	42:33
2. Annette Slabbert	Stellenbosch	45:09
3. Sanchia Du Preez	Run/Walk For Life – SWD	46:23

40-49:

1. Christa Smit	Mossel Bay Harriers	47:39
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50-59:

1. Louise Lategan	Oudtshoorn AC	1:04:26
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60+:

1. Ester Oosthuizen	Hartenbos Drawwers	57:41
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Juniors:

1. Sanchia du Preez	Run/Walk For Life – SWD	46:23
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Women's Day 10 km

East London, 9 August

MEN

1	M	Hlanti	28	Oxford Striders	33:34
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2	A	Bungu	17	Border Athletics	34:27
3	M	Masumpa	43	Oxford Striders	34:54
4	D	Fritz	35	Oxford Striders	35:41
5	T	Bhelvane	52	Oxford Striders	35:47
6	D	Sipamla	38	Hams Tech	36:22
7	L	Poyo	40	Hamilton AC	36:45
8	V	Golan	20	United Athletic	37:44
9	S	Gozi	29	Bufs	38:34
10	S	Mfanise	18	Port Rex Tech	39:21

WOMEN

1	L	Mabonsa	21	Oxford Striders	40:59
2	G	Langley	40	Bufs	46:29
3	J	Jackson	28	Bufs	48:39
4	M	Coetzee	42	Oxford Striders	53:57
5	V	Vuyokazi	34	Real Gijimas	56:08
6	C	Mackenzie	38		56:17
7	C	Cordier	41	Oxford Striders	58:18
8	P	Williams	51	Oxford Striders	58:41
9	K	Makan	50	ELAC	59:10
10	J	Lockyer	24	Individual	59:29

Sharon Fruit Swellendam Half Marathon

Swellendam, 8 August

(Distance: 21.0975 km; hilly loop course, mostly on gravel)

MEN

1.	Vuyo Witbooi	Outeniqua Harriers	1:14:01
2.	Jumat Witbooi	Bredasdorp	1:14:08
3.	Enrico Newman	Bredasdorp	1:14:16

40-49:

1.	Henry Wolstenholme	Durbanville	1:17:34
2.	Willem Floors	Hangklip	1:24:09
3.	Anton Chevalier	Nedbank Running Club – SWD	1:25:07

50-59:

1.	Johan Diener	Strand	1:29:30
2.	Johnny De Koker	Montagu	1:36:06

60+:

1.	Blackie Swart	Swartland	1:41:52
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Juniors:

1.	Redowaan Mert	Langeberg AC	1:40.57
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WOMEN

1.	Jacoline Haasbroek	Stellenbosch	1:29:48
2.	Annatjie Botes	Nedbank Running Club – SWD	1:34:14
3.	Kerry-Jade Roos	Knysna Marathon Club	1:34:35

40-49:

1.	Jacoline Haasbroek	Stellenbosch	1:29:48
2.	Natalie de Villiers	Maties	1:43:38
3.	Una Saayman	Hartenbos Drawwers	1:47:03

50-59:

1.	Annatjie Botes	Nedbank Running Club – SWD	1:43:14
2.	Thelma Rossow	Worcester	1:58:01

60+:

1. Esther Oosthuizen Hartenbos Drawwers

2:21:41

Kamanassie Half Marathon & 10 km

Oudtshoorn, 1 August

(Distances: 21.0975 km & 10 km)

Half marathon**MEN**

1	J. Hardnick	Nedbank	40	1:23:57
2	Andile Mchethakal	Rainbow Athletics	34	1:28:45
3	Willie Freeks	Run/Walk for Life	51	1:30:21
4	Jassem Jafta	Run/Walk for Life	49	1:31:09
5	Dirk Joubert	Hartenbos Drawwers	51	1:32:11
6	Johnny Dhlamini	Mosselbaai Harriers	47	1:50:02
7	Frikkie Ellis	Outeniqua Harriers	48	1:50:53
8	Rudi Bergoër	Mosselbaai Harriers	38	1:52:14
9	Danie Raubenheimer	Nedbank	42	1:58:28
10	G.A. Essel	Nedbank	48	1:58:44

WOMEN

1	Maryke Sass	Mosselbaai Harriers	38	1:46:53
2	Rome Phillipson	Mosselbaai Harriers	27	1:49:32
3	Sarita van Heerden	Run/Walk for Life	53	1:52:56
4	Michelle du Preez	Run/Walk for Life	40	1:53:04
5	Cornelia Burger	OAAK	48	1:53:50
6	Marietjie Zwiegelaar	Run/Walk for Life	40	2:03:30
7	Benita Olivier	Run/Walk for Life	56	2:03:31
8	Diana Mouton	Nedbank	32	2:03:31
9	Winifred Petersen	OAAK	53	2:11:27
10	Willemien Nel	OAAK	50	2:16:13

10 km**MEN**

1	Aubrey Brinkhuis	Outeniqua Harriers	39	39:27
2	Albiton Joy	Rainbow Athletics	19	40:15
3	Stefan Jacobs	Nedbank	15	41:02
4	Jurgens Zwiegelaar	Nedbank	60	43:03
5	Petrus le Roux	Rainbow Athletics	35	46:54
6	Ernest Blaauw	Rainbow Athletics	50	49:31
7	Gerhard du Preez	De Rust	45	52:54
8	Ferdi ?		24	54:49
9	Gert Venter	Hartenbos Drawwers	56	57:00
10	Brian Human		39	57:21

WOMEN

1	Johanna Claassen	Nedbank	40	44:28
2	Sanchia du Preez	Run/Walk for Life	17	48:40
3	Ruweida du Preez	Run/Walk for Life	37	54:11
4	Anquelle van Rensburg		25	56:01
5	Caroline Erasmus	Run/Walk for Life	37	57:55
6	Sonja du Preez	De Rust	40	58:13
7	Valerie Marais		57	1:10:15
8	Marietjie Joubert	Hartenbos Drawwers	44	1:12:21
9	Jacqui Nel	Hartenbos Drawwers	42	1:12:23
10	Hester Venter	Hartenbos Drawwers	56	1:17:10

CROSS-COUNTRY

WP Championships

Rondebosch, 15 August

MEN

12 km: 1. Patrick Magadla (VOB) 39:24; 2. Virgina Ngudlumana (Celtic) 39:33; 3. Tom Lusaseni (MP) 40:25; 4. Hein Camphor (Adid) 40:33; 5. Anthony Godongwana (Celtic) 40:51; 6. Friedel Maans (Adid) 40:55; 7. Marks Mpekula (VOB) 41:02; 8. Bonisile Ngculana (Atl) 41:26; 9. ZUCTo Zenzile (Khay) 42:08; 10. Tebello Poni (VOB) 42:44; 11. Vuyo Piyosi (Met) 42:48; 12. Thobekile Mbulawa (Khay) 43:46; 13. Nelson Bass (UCT) 45:25; 14. Mervin Steenkamp (Adid) 46:27; 15. Siyabonga Maweza (Top) 47:04; 16. William Majoro (NBMC) 48:41; 17. Wayne Julius (BD) 48:42; 18. Damian Will (Pine) 49:11; 19. Ryan Winter (Pine) 49:12; 20. Laine Alexander (UCT) 50:03; 21. Kevin Oliphant (Adid) 50:19; 22. Gareth Berning (VOB) 50:21; 23. F. Adams (Celtic) 51:07; 24. Carlo Solomons (BD) 53:05; 25. Neil Lloyd (UCT) 53:06; 26. Ntsikelelo Matyalana (Gugs) 54:59; 27. Robert Faull (Pine) 58:06; 28. David Wilcock (WC) 58:31; 29. Muzi Ndlovu (Gugs) 63:07; 30. Nceba Xipu (Gugs) 63:19.

4 km: 1. Virgina Ngudlumana (Celtic) 12:25; 2. Duane Fortuin (Celtic) 12:31; 3. Riaan Wildskut (East) 12:42.

Masters (8 km): 40-44: 1. Johnny Persents (Adid) 28:27; 2. Aaron Lewis (Adid) 28:33; 3. Brian Mapeyi (VOB) 29:10. **45-49:** 1. Tobias Philander (Adid) 28:52; 2. Barend Jacobs (Celtic) 29:17; 3. Chris Mitchell (Celtic) 30:27. **50-54:** 1. Julian Paul (WP Def) 30:54; 2. Les Chivell (FH) 31:06; 3. Gemjikile Tom (Eskom) 31:43. **55-59:** 1. Awie Veldsman (Held) 32:18; 2. Albert Mahlahla (Ned) 35:21; 3. Danie Nienabeer (Adid) 36:01. **60-64:** 1. Albertus Bock (Adid) 32:40; 2. Michael Clarke (VOB) 35:03; 3. Johan Botha (RWFL) 36:41. **65-69:** 1. Anthony Riddick (VOB) 37:38; 2. Peter Donald (WC) 38:37; 3. Kaare James (Pine) 44:02. **70-74:** 1. Seamus Daly (VOB) 42:22; 2. Jacobus van Zyl (VOB) 47:58. **75-79:** 1. Ralph King (Spart) 65:29. **Juniors (8 km):** 1. Nswele Sitembilo (Ned) 26:19; 2. Gcobani Mndi (VOB) 26:51; 3. Akhona Makila (VOB) 27:11.

WOMEN

8 km: 1. Bulelwa Mtshagi (Celtic) 30:56; 2. Thozama April (Celtic) 31:23; 3. Anneline Roffey (Adid) 31:46; 4. Destiny Titus (UWC) 32:28; 5. Busisiwe Matiwane (Celtic) 32:36; 6. Natasha Oosthuizen (Adid) 33:39; 7. René de Bruin (WP Def) 33:41; 8. Ineke Nel (UCT) 34:58; 9. Sheryl de Lange (Adid) 35:28; 10. Colleen de Oliveira (NBMC) 36:13; 11. Chantel de Lange (Adid) 36:16; 12. Nomhlanhla Ngcobo (UWC) 36:27; 13. Andrea Pretorius (NBMC) 36:47; 14. Kath Fennemore (UCT) 37:29; 15. Nomawabo Jojo (Gugs) 38:24; 16. Elizabeth de Gouveia (Durb) 38:43; 17. Norma Nonkonyana (Adid) 41:19; 18. Megan Goliath (Brack) 42:23; 19. Inge Reissenzahn (Pine) 43:46; 20. Nicola Frieslaar (VOB) 44:06.

4 km: 1. Gerda-Marie Theron (Tyger) 16:22; 2. Ayanda Mahlombe (Atl) 17:40; 3. Lucia Lewis (CPUT) 18:06.

Masters (4 km): 40-44: 1. Sheryl de Lange (Adid) 16:10; 2. Joanna Thomas (VOB) 16:12; 3. Ester Brink (Strand) 16:26. **45-49:** 1. Elmarie Coetzee (Adid) 16:18; 2. Mariëtte Esterhuyse (Tyger) 16:34; 3. Annagret Diebold (RWFL) 19:54. **50-54:** 1. Olga Howard (Celtic) 16:24; 2. Denise Johannes (Spart) 19:30; 3. Sonia Smith (Top) 19:54. **60-64:** 1. Pixie Sparg (Celtic) 20:15; 2. Priscilla von Schlicht (Tyger) 20:40; 3. Zonia Barnard (Celtic) 23:23. **65-69:** 1. Marianne Nelson (Durb) 22:57; 2. Marlene James (Pine) 23:13; 3. Cathy Taylor (Durb) 23:41. **70-74:** 1. Peggy Reid (Spart) 28:52; 2. Magdalene Johnson (Ind) 30:35; 3. Julie Wilson (Celtic) 44:41. **Juniors (6 km):** 1. Martha Lötter (Adid) 25:06; 2. Linda Hanekom (Bell) 25:33; 3. Ju-Randa Basson (Bell) 25:34.

SWD Championships

George, 8 August

Note: Unfortunately no women's results were available. – Ed.

MEN

12 km:

1. Luwayne Duitsjan	Mossel Bay Harriers	36:35
2. Bernardo Fredericks	Spoornet (SWD) AC	37:25
3. William Jacobs	Spoornet (SWD) AC	37:38

8 km:

1. Jonathan Tarentaal	Rainbow AC	18:23
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40+ 12 km:

1. Jerome Swartz	Mossel Bay Harriers	44:12
2. Patrick Nyuka	Nedbank Running Club	55:02

40+ 8 km:

1. Floors Steenberg	Mossel Bay Harriers	31:17
2. Martin Rulphse	Mossel Bay Harriers	35:27

50+ 8 km:

1. Jacob Karelse	Mossel Bay Harriers	32:37
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50+ 6 km:

1. Leslie Abrahams	Nedbank Running Club	23:33
2. Cyril Sheen	Hartenbos Drawwers	24:53
3. CC Pienaar	Hartenbos Drawwers	27:39

19 years 8 km:

1. Gershvil Jacobs	Oudtshoorn Region	24:47
2. Jaco Pietersen	George Region	24:53
3. Jessie Visagie	Karoo Region	25:30

19 years 4 km:

1. Elfonso Pieterse	Rainbow AC	14:37
2. Francois Juries	Rainbow AC	14:46

INTERNATIONAL

We will catch up with international road racing results next week; here we concentrate on the World Championships.

TRACK

IAAF World Championships

Berlin, GER, 15-17 August

Note: These results from the IAAF website. Finals in bold. Results of non-distance event finals and walks at the end. – Ed.

MEN

1500 heats (15):

Heat 1 -

1	436	Mehdi Baala	FRA	3:42.77 Q	.
2	1203	Leonel Manzano	USA	3:42.87 Q	.
3	808	Abdalaati Iguider	MAR	3:42.88 Q	.
4	144	Jeffrey Riseley	AUS	3:43.03 Q	.

5	232	Belal Mansoor Ali	BRN	3:43.06	Q	.
6	356	Arturo Casado	ESP	3:43.21		.
7	408	Mekonnen Gebremedhin	ETH	3:43.22		.
8	647	Christian Obrist	ITA	3:43.41		.
9	349	Hais Welday	ERI	3:43.84		.
10	1046	Goran Nava	SRB	3:44.13		.
11	769	Mohammed Shaween	KSA	3:49.03		.
12	816	Chauncy Master	MAW	3:50.73		.
13	841	Abdallahi Nanou	MTN	4:09.77	(PB)	.
.	1106	Boampougini Djigban	TOG	DNF		.

Heat 2 -

1	727	Asbel Kipruto Kiprop	KEN	3:41.42	Q	.
2	1196	Bernard Lagat	USA	3:41.60	Q	.
3	366	Juan Carlos Higuero	ESP	3:41.77	Q	.
4	940	Rui Silva	POR	3:41.98	Q	.
5	983	Peter van der Westhuizen	RSA	3:42.33	Q	.
6	109	Anter Zerguelaine	ALG	3:42.37		.
7	615	Thomas Chamney	IRL	3:42.54		.
8	511	Thomas Lancashire	GBR	3:42.68		.
9	566	Carsten Schlangen	GER	3:44.00		.
10	136	Ryan Gregson	AUS	3:44.79		.
11	1051	Abdalla Abdelgadir	SUD	3:47.78		.
12	334	Bayron Piedra	ECU	3:49.60		.
13	246	Bunting Hem	CAM	4:08.64	(SB)	.
14	523	Benjamín Enzema	GEQ	4:13.17	(PB)	.

Heat 3 -

1	721	Augustine Kiprono Choge	KEN	3:44.73	Q	.
2	810	Amine Laalou	MAR	3:44.75	Q	.
3	1198	Lopez Lomong	USA	3:44.89	Q	.
4	489	Andrew Baddeley	GBR	3:45.23	Q	.
5	412	Henok Legesse	ETH	3:45.63	Q	.
6	104	Tarek Boukensa	ALG	3:45.65		.
7	187	Kristof van Malderen	BEL	3:46.03		.
8	467	Yoann Kowal	FRA	3:46.42		.
9	960	Johan Cronje	RSA	3:46.45		.
10	145	Jeremy Roff	AUS	3:47.08		.
11	951	Mohamad Al-Garni	QAT	3:50.55		.
12	845	Álvaro Vásquez	NCA	3:55.06	(PB)	.
13	837	Antoine Berlin	MON	4:27.52		.

Heat 4 -

1	413	Deresse Mekonnen	ETH	3:37.04	Q	.
2	723	Haron Keitany	KEN	3:37.13	Q	.
3	491	James Brewer	GBR	3:37.17	Q	(PB)
4	811	Mohamed Moustouai	MAR	3:37.34	Q	.
5	233	Yusuf Saad Kamel	BRN	3:37.59	Q	.
6	362	Reyes Estévez	ESP	3:38.23	q	(SB)
7	249	Nathan Brannen	CAN	3:38.35	q	.
8	1239	Dorian Ulrey	USA	3:38.86	q	.
9	106	Taoufik Makhoulfi	ALG	3:40.04	q	.
10	531	Stefan Eberhardt	GER	3:40.05		.
11	483	Mounir Yemmouni	FRA	3:42.06		.
12	395	Tiidrek Nurme	EST	3:43.73		(SB)
13	110	Víctor Martínez	AND	4:02.10		(SB)

1500 semi-finals (17):

Heat 1 -

1	810	Amine Laalou	MAR	3:36.68 Q	.
2	1198	Lopez Lomong	USA	3:36.75 Q	.
3	1196	Bernard Lagat	USA	3:36.86 Q	.
4	233	Yusuf Saad Kamel	BRN	3:36.87 Q	.
5	436	Mehdi Baala	FRA	3:37.07 Q	.
6	491	James Brewer	GBR	3:37.27	.
7	366	Juan Carlos Higuero	ESP	3:37.33	.
8	412	Henok Legesse	ETH	3:37.79	.
9	249	Nathan Brannen	CAN	3:38.97	.
10	983	Peter van der Westhuizen	RSA	3:40.00	.
11	940	Rui Silva	POR	3:41.30	.
.	723	Haron Keitany	KEN	DNS	.

Heat 2 -

1	727	Asbel Kiprop	KEN	3:36.24 Q	.
2	1203	Leonel Manzano	USA	3:36.29 Q	.
3	721	Augustine Kiprono Choge	KEN	3:36.43 Q	.
4	413	Deresse Mekonnen	ETH	3:36.86 Q	.
5	232	Belal Mansoor Ali	BRN	3:36.87 Q	.
6	811	Mohamed Moustaoi	MAR	3:36.94 q	.
7	808	Abdalaati Iguider	MAR	3:37.19 q	.
8	362	Reyes Estévez	ESP	3:37.55	(SB)
9	106	Taoufik Makhoulfi	ALG	3:37.87	.
10	144	Jeffrey Riseley	AUS	3:38.00	.
11	489	Andrew Baddeley	GBR	3:38.23	.
12	1239	Dorian Ulrey	USA	3:39.33	.

3000 s/chase heats (16):

Heat 1 -

1	736	Richard Kipkemboi Mateelong	KEN	8:17.99 Q	.
2	236	Tareq Mubarak Taher	BRN	8:18.13 Q	.
3	733	Paul Kipsiele Koech	KEN	8:18.16 Q	.
4	406	Roba Gary	ETH	8:18.22 Q	.
5	955	Abubaker Ali Kamal	QAT	8:18.95 q	(SB)
6	804	Abdelatif Chemlal	MAR	8:25.68	.
7	924	Tomasz Szymkowiak	POL	8:27.93	.
8	891	Mario Bazán	PER	8:28.67	(NR)
9	182	Pieter Desmet	BEL	8:31.81	.
10	484	Vincent Zouaoui-Dandrieaux	FRA	8:41.85	.
11	1077	Per Jacobsen	SWE	8:44.80	.
12	375	Ángel Mullera	ESP	8:47.40	.
.	1164	Kyle Alcorn	USA	DNF	.

Heat 2 -

1	728	Brimin Kiprop Kipruto	KEN	8:18.07 Q	.
2	479	Bouabdellah Tahri	FRA	8:18.23 Q	.
3	973	Ruben Ramolefi	RSA	8:18.24 Q	.
4	1131	Benjamin Kiplagat	UGA	8:18.55 Q	.
5	425	Jukka Keskisalo	FIN	8:22.00 q	.
6	1081	Mustafa Mohamed	SWE	8:22.92 q	.
7	353	José Luis Blanco	ESP	8:24.07	.
8	186	Krijn van Koolwijk	BEL	8:24.22	(SB)
9	1003	Ildar Minshin	RUS	8:33.89	.
10	259	Rob Watson	CAN	8:44.73	.
11	119	Youcef Abdi	AUS	8:49.88	.

12	411	Legese Lamiso	ETH	8:51.63	.
13	1204	Joshua McAdams	USA	9:02.19	.

Heat 3 -

1	724	Ezekiel Kemboi	KEN	8:19.36 Q	.
2	803	Jamel Chatbi	MAR	8:20.26 Q	.
3	409	Yacob Jarso	ETH	8:20.91 Q	.
4	370	Eliseo Martín	ESP	8:24.29 Q	.
5	818	Ion Luchianov	MDA	8:27.41	.
6	873	Bjørnar Ustad Kristensen	NOR	8:28.49	(SB)
7	572	Steffen Uliczka	GER	8:37.83	.
8	1127	Simon Ayeko	UGA	8:37.86	.
9	691	Yoshitaka Iwamizu	JPN	8:39.03	.
10	1034	Boštjan Buc	SLO	8:40.56	.
11	932	Alberto Paulo	POR	8:43.13	.
12	1190	Daniel Huling	USA	8:46.79	.
.	473	Mahiedine Mekhissi-Benabbad	FRA	DNF	.

10000 (17):

1	402	Kenenisa Bekele	ETH	26:46.31	(CR)
2	347	Zersenay Tadese	ERI	26:50.12	(SB)
3	735	Moses Ndiema Masai	KEN	26:57.39	(SB)
4	415	Imane Merga	ETH	27:15.94	(PB)
5	730	Bernard Kiprop Kipyego	KEN	27:18.47	(SB)
6	1221	Dathan Ritzenhein	USA	27:22.28	(PB)
7	734	Micah Kipkemboi Kogo	KEN	27:26.33	(SB)
8	1227	Galen Rupp	USA	27:37.99	(SB)
9	346	Kidane Tadasse	ERI	27:41.50	(SB)
10	407	Gebre-egziabher Gebremariam	ETH	27:44.04	(SB)
11	950	Ahmad Hassan Abdullah	QAT	27:45.03	(SB)
12	344	Teklemariam Medhin	ERI	27:58.89	(SB)
13	1092	Fabiano Joseph Naasi	TAN	28:04.32	(SB)
14	825	Juan Carlos Romero	MEX	28:09.78	(SB)
15	358	Carles Castillejo	ESP	28:09.89	.
16	1091	Dickson Marwa Mkami	TAN	28:18.00	(SB)
17	1211	Tim Nelson	USA	28:18.04	.
18	820	Juan Luis Barrios	MEX	28:31.40	.
19	611	Surendra Kumar Singh	IND	28:35.51	(SB)
20	1013	Anatoliy Rybakov	RUS	28:42.28	.
21	1093	Ezekiel Jafari	TAN	28:45.34	.
22	1137	Martin Toroitich	UGA	28:49.49	(SB)
23	941	Rui Pedro Silva	POR	28:51.40	.
24	143	David McNeill	AUS	29:18.59	(SB)
25	690	Yuki Iwai	JPN	29:24.12	.
.	132	Collis Birmingham	AUS	DNF	.
.	368	Ayad Lamdassem	ESP	DNF	.
.	380	Manuel Ángel Penas	ESP	DNF	.
.	404	Abebe Dinkesa	ETH	DNF	.
.	956	Nicholas Kemboi	QAT	DNF	.
.	618	Martin Fagan	IRL	DNS	.

WOMEN

800 heats (16):

Heat 1 -

1	8	772	Caster Semenya	RSA	2:02.51 Q	.
2	2	989	Geena Gall	USA	2:02.63 Q	.
3	7	945	Tetiana Petlyuk	UKR	2:02.87 Q	.

4	5	638	Olga Cristea	MDA	2:03.99	.
5	4	475	Neisha Bernard-Thomas	GRN	2:04.55	.
6	3	109	Madeleine Pape	AUS	2:05.85	.
7	6	589	Janeth Jepkosgei Busienei	KEN	2:12.81	.

Heat 2 -

1	5	824	Mariya Savinova	RUS	2:03.27 Q	.
2	2	406	Jemma Simpson	GBR	2:03.33 Q	.
3	8	309	Mayte Martínez	ESP	2:03.39 Q	.
4	7	361	Élodie Guégan	FRA	2:03.87 q	.
5	6	623	Irina Krakoviak	LTU	2:04.26	.
6	3	758	Elena Mirela Lavric	ROU	2:04.49	.
7	4	656	Leonor Piuza	MOZ	2:08.08	.

Heat 3 -

1	6	935	Yuliya Krevsun	UKR	2:02.20 Q	.
2	2	403	Jennifer Meadows	GBR	2:02.47 Q	.
3	1	976	Hazel Clark	USA	2:02.67 Q	.
4	5	880	Lucia Klocová	SVK	2:02.98 q	.
5	7	478	Marian Burnett	GUY	2:03.89 q	.
6	3	924	Yeliz Kurt	TUR	2:13.42	.
7	4	642	Aishath Reesha	MDV	2:28.00	(NR)
.	8	703	Sanaa Abubkheet	PLE	DQ	.

Heat 4 -

1	7	503	Elisa Cusma Piccione	ITA	2:02.33 Q	.
2	3	726	Anna Rostkowska	POL	2:02.37 Q	.
3	5	632	Halima Hachlaf	MAR	2:02.46 Q	.
4	6	803	Elena Kofanova	RUS	2:02.49 q	.
5	2	287	Lenka Masná	CZE	2:03.32 q	.
6	4	461	Eléni Filándra	GRE	2:06.39	.
7	8	102	Natalia Gallego	AND	2:18.75	.

Heat 5 -

1	8	588	Pamela Jelimo	KEN	2:03.50 Q	.
2	6	1035	Maggie Vessey	USA	2:04.07 Q	.
3	4	541	Kenia Sinclair	JAM	2:04.52 Q	.
4	2	245	Rosibel García	COL	2:04.73	.
5	5	431	Jana Hartmann	GER	2:04.99	.
6	3	938	Nataliia Lupu	UKR	2:06.74	.
7	7	705	Salome Dell	PNG	2:08.22	.

Heat 6 -

1	8	257	Zulia Calatayud	CUB	2:02.33 Q	.
2	7	631	Hasna Benhassi	MAR	2:02.83 Q	.
3	2	392	Marilyn Okoro	GBR	2:03.07 Q	.
4	5	802	Svetlana Klyuka	RUS	2:03.40 q	.
5	3	508	Daniela Reina	ITA	2:06.30	.
6	4	657	Anabelle Lascar	MRI	2:06.53	(SB)
7	6	695	Nikki Hamblin	NZL	2:31.94	.

800 semi-finals (17):

Heat 1 -

1	3	824	Mariya Savinova	RUS	1:59.30 Q	.
2	6	935	Yuliya Krevsun	UKR	1:59.38 Q	.
3	1	309	Mayte Martínez	ESP	1:59.72 q	(SB)
4	5	631	Hasna Benhassi	MAR	2:00.06	.

5	4	406	Jemma Simpson	GBR	2:00.57	.
6	7	989	Geena Gall	USA	2:01.30	.
7	2	257	Zulia Calatayud	CUB	2:01.53	.
8	8	361	Élodie Guégan	FRA	2:04.38	.

Heat 2 -

1	4	772	Caster Semenya	RSA	1:58.66 Q	.
2	6	403	Jennifer Meadows	GBR	1:59.45 Q	.
3	7	589	Janeth Jepkosgei Busienei	KEN	1:59.47 q	.
4	7	976	Hazel Clark	USA	1:59.96	(SB)
5	5	802	Svetlana Klyuka	RUS	2:00.48	.
6	3	945	Tetiana Petlyuk	UKR	2:00.90	.
7	8	880	Lucia Klocová	SVK	2:01.56	.
8	1	478	Marian Burnett	GUY	2:02.75	.
.	2	632	Halima Hachlaf	MAR	DNF	.

Heat 3 -

1	6	503	Elisa Cusma Piccione	ITA	2:00.62 Q	.
2	1	392	Marilyn Okoro	GBR	2:01.01 Q	.
3	8	726	Anna Rostkowska	POL	2:01.40	.
4	5	803	Elena Kofanova	RUS	2:02.02	.
5	3	541	Kenia Sinclair	JAM	2:02.31	.
6	2	287	Lenka Masná	CZE	2:02.55	.
7	4	1035	Maggie Vessey	USA	2:03.55	.
.	7	588	Pamela Jelimo	KEN	DNF	.

3000 s/chase (17):

1	304	Marta Domínguez	ESP	9:07.32	(WL)
2	836	Yuliya Zarudneva	RUS	9:08.39	(PB)
3	584	Milcah Chemos Cheywa	KEN	9:08.57	(PB)
4	789	Gulnara Galkina	RUS	9:11.09	(SB)
5	968	Jennifer Barringer	USA	9:12.50	(AR)
6	918	Habiba Ghribi	TUN	9:12.52	(NR)
7	602	Ruth Bisibori Nyangau	KEN	9:13.16	(PB)
8	593	Gladys Jerotich Kipkemai	KEN	9:14.62	(PB)
9	445	Antje Möldner	GER	9:18.54	(NR)
10	320	Zemzem Ahmed	ETH	9:22.64	(SB)
11	732	Jessica Augusto	POR	9:25.25	(SB)
12	714	Katarzyna Kowalska	POL	9:30.37	.
13	322	Sofia Assefa	ETH	9:31.29	.
14	300	Eva Arias	ESP	9:33.34	.
15	352	Sophie Duarte	FRA	9:33.85	.

3000 s/chase heats (15):

Heat 1 -

1	789	Gulnara Galkina	RUS	9:17.67 Q	.
2	445	Antje Möldner	GER	9:21.73 Q	(NR)
3	322	Sofia Assefa	ETH	9:22.63 Q	.
4	584	Milcah Chemos Cheywa	KEN	9:23.87 Q	.
5	300	Eva Arias	ESP	9:25.14 q	(PB)
6	732	Jessica Augusto	POR	9:26.64 q	(SB)
7	751	Ancuta Bobocel	ROU	9:34.39	(SB)
8	465	Iríni Kokkinaríou	GRE	9:35.61	(SB)
9	828	Yelena Sidorchenkova	RUS	9:37.16	.
10	556	Minori Hayakari	JPN	9:39.28	(SB)
11	967	Lindsey Anderson	USA	9:46.03	.
12	113	Donna MacFarlane	AUS	9:52.46	(SB)

13	870	Durka Mana	SUD	9:52.90	.
14	514	Elena Romagnolo	ITA	9:56.61	.

Heat 2 -

1	918	Habiba Ghribi	TUN	9:26.40 Q	.
2	836	Yuliya Zarudneva	RUS	9:26.64 Q	.
3	968	Jennifer Barringer	USA	9:26.81 Q	.
4	714	Katarzyna Kowalska	POL	9:26.93 Q	(PB)
5	602	Ruth Bisibori Nyangau	KEN	9:27.04 q	.
6	740	Sara Moreira	POR	9:28.64	(PB)
7	333	Korahubsh Itaa	ETH	9:33.67	.
8	887	Ulrika Johansson	SWE	9:38.88	(PB)
9	382	Helen Clitheroe	GBR	9:41.71	.
10	308	Diana Martín	ESP	9:42.39	(PB)
11	372	Élodie Olivarès	FRA	9:43.83	.
12	177	Sabine Heitling	BRA	9:50.96	.
13	493	Roisin McGettigan	IRL	9:59.10	.
14	683	Silje Fjørtoft	NOR	10:01.04	.

Heat 3 -

1	320	Zemzem Ahmed	ETH	9:29.36 Q	(SB)
2	593	Gladys Jerotich Kipkemai	KEN	9:29.36 Q	.
3	352	Sophie Duarte	FRA	9:34.08 Q	.
4	304	Marta Domínguez	ESP	9:34.78 Q	.
5	635	Hanane Ouhammadou	MAR	9:35.78	.
6	639	Oxana Juravel	MDA	9:36.63	(NR)
7	832	Ekaterina Volkova	RUS	9:43.52	.
8	484	Livia Tóth	HUN	9:45.14	.
9	339	Sandra Eriksson	FIN	9:46.62	(PB)
10	684	Karoline Bjerkeli Grøvdal	NOR	9:48.47	.
11	753	Cristina Casandra	ROU	9:49.88	.
12	988	Bridget Franek	USA	9:50.02	.
13	923	Asli Cakir	TUR	10:06.64	.

10000 (15):

1	599	Linet Chepkwemai Masai	KEN	30:51.24	(SB)
2	335	Meselech Melkamu	ETH	30:51.34	.
3	323	Wude Ayalew	ETH	30:51.95	.
4	600	Grace Kwamboka Momanyi	KEN	30:52.25	(PB)
5	327	Meseret Defar	ETH	30:52.37	.
6	1042	Amy Yoder Begley	USA	31:13.78	(PB)
7	571	Yurika Nakamura	JPN	31:14.39	(PB)
8	697	Kimberley Smith	NZL	31:21.42	(SB)
9	554	Kayoko Fukushi	JPN	31:23.49	(SB)
10	739	Inês Monteiro	POR	31:25.67	(PB)
11	805	Mariya Kononova	RUS	31:26.94	.
12	594	Florence Jebet Kiplagat	KEN	31:30.85	.
13	736	Ana Dulce Félix	POR	31:30.90	(PB)
14	987	Shalane Flanagan	USA	31:32.19	.
15	775	Kseniya Agafonova	RUS	31:43.14	.
16	734	Ana Dias	POR	31:49.91	.
17	1010	Katie McGregor	USA	32:18.49	.
18	232	Yingying Zhang	CHN	32:33.63	(SB)
19	826	Liliya Shobukhova	RUS	32:42.36	.
20	574	Yukari Sahaku	JPN	33:41.17	.
.	921	Elvan Abeylegesse	TUR	DNF	.
.	862	Olivera Jevtic	SRB	DNS	.

OTHER FINALS**MEN****100 (16) (w 0.9 m/s):**

1	4	656	Usain Bolt	JAM	9.58	(WR)	0.146
2	5	1183	Tyson Gay	USA	9.71	(NR)	0.144
3	6	665	Asafa Powell	JAM	9.84	(SB)	0.134
4	3	111	Daniel Bailey	ANT	9.93	.	0.129
5	8	1116	Richard Thompson	TRI	9.93	(SB)	0.119
6	1	492	Dwain Chambers	GBR	10.00	(SB)	0.123
7	2	1110	Marc Burns	TRI	10.00	(SB)	0.165
8	7	1215	Darvis Patton	USA	10.34	.	0.149

Shot put (15):

1	1170	Christian Cantwell	USA	22.03	(WL)
2	907	Tomasz Majewski	POL	21.91	.
3	524	Ralf Bartels	GER	21.37	(PB)
4	1188	Reese Hoffa	USA	21.28	.
5	1210	Adam Nelson	USA	21.11	(SB)
6	199	Pavel Lyzhyn	BLR	20.98	(PB)
7	200	Andrei Mikhnevich	BLR	20.74	.
8	1039	Miroslav Vodovnik	SLO	20.50	(SB)
9	191	Hamza Alic	BIH	20.00	.
10	1018	Pavel Sofin	RUS	19.89	.
11	515	Carl Myerscough	GBR	18.42	.
.	563	Peter Sack	GER	NM	.

Hammer throw (17):

1	1036	Primož Kozmus	SLO	80.84	(SB)
2	925	Szymon Ziółkowski	POL	79.30	(SB)
3	1025	Aleksey Zagornyi	RUS	78.09	.
4	606	Krisztián Pars	HUN	77.45	.
5	556	Sergej Litvinov	GER	76.58	.
6	533	Markus Esser	GER	76.27	.
7	289	András Haklits	CRO	76.26	.
8	197	Pavel Kryvitski	BLR	76.00	.
9	653	Nicola Vizzoni	ITA	73.70	.
10	1067	Libor Charfreitag	SVK	72.63	.
11	1103	Dilshod Nazarov	TJK	71.69	.
.	1024	Igor Vinichenko	RUS	NM	.

20 km walk (15):

1	986	Valeriy Borchin	RUS	1:18:41	.
2	273	Hao Wang	CHN	1:19:06	(PB)
3	826	Eder Sánchez	MEX	1:19:22	(SB)
4	650	Giorgio Rubino	ITA	1:19:50	.
5	283	Luis López	COL	1:20:03	(NR)
6	147	Jared Tallent	AUS	1:20:27	.
7	879	Erik Tysse	NOR	1:20:38	.
8	827	Jesús Sánchez	MEX	1:20:52	(PB)
9	1070	Matej Tóth	SVK	1:21:13	.
10	942	João Vieira	POR	1:21:43	(SB)

WOMEN**100 (17) (w 0.1 m/s):**

1	3	528	Shelly-Ann Fraser	JAM	10.73	(WL)	0.146
2	4	531	Kerron Stewart	JAM	10.75	(PB)	0.170

3	5	1003	Carmelita Jeter	USA	10.90	.	0.160	
4	6	522	Veronica Campbell-Brown	JAM	10.95	(SB)	0.135	
5	8	1028	Lauryn Williams	USA	11.01	(SB)	0.158	
6	2	126	Debbie Ferguson-McKenzie	BAH	11.05	.	0.130	
7	7	125	Chandra Sturup	BAH	11.05	.	0.137	
8	1	520	Aleen Bailey	JAM	11.16	.	0.173	

Pole vault (17):

1	725	Anna Rogowska	POL	4.75	.	
2	724	Monika Pyrek	POL	4.65	.	
2	1005	Chelsea Johnson	USA	4.65	(SB)	
4	455	Silke Spiegelburg	GER	4.65	.	
5	179	Fabiana Murer	BRA	4.55	.	
6	383	Kate Dennison	GBR	4.55	.	
7	411	Anna Battke	GER	4.40	.	
7	814	Tatyana Polnova	RUS	4.40	.	
9	801	Aleksandra Kiryashova	RUS	4.40	.	
10	417	Kristina Gadschiew	GER	4.40	.	
.	795	Elena Isinbaeva	RUS	NM	.	
.	792	Yuliya Golubchikova	RUS	DNS	.	

Shot put (16):

1	698	Valerie Vili	NZL	20.44	.	
2	436	Nadine Kleinert	GER	20.20	(PB)	
3	217	Lijiao Gong	CHN	19.89	(PB)	
4	151	Natallia Mikhnevich	BLR	19.66	.	
5	778	Anna Avdeeva	RUS	19.66	.	
6	974	Michelle Carter	USA	18.96	.	
7	220	Meiju Li	CHN	18.76	.	
8	268	Misleydis González	CUB	18.74	.	
9	276	Mailín Vargas	CUB	18.67	.	
10	222	Xiangrong Liu	CHN	18.52	.	
11	433	Denise Hinrichs	GER	18.39	.	
12	453	Christina Schwanitz	GER	17.84	.	

20 km walk (16):

1	798	Olga Kaniskina	RUS	1:28:09	.	
2	492	Olive Loughnane	IRL	1:28:58	(SB)	
3	221	Hong Liu	CHN	1:29:10	(SB)	
4	800	Anisya Kirdyapkina	RUS	1:30:09	.	
5	741	Vera Santos	POR	1:30:35	.	
6	310	Beatriz Pascual	ESP	1:30:40	.	
7	552	Masumi Fuchise	JPN	1:31:15	.	
8	624	Kristina Saltanovic	LTU	1:31:23	(SB)	
9	513	Elisa Rigaud	ITA	1:31:52	.	
10	735	Susana Feitor	POR	1:32:42	.	

Heptathlon (15-16):

1. Jessica Ennis GBR 6731 points
2. Jennifer Oeser GER 6493
3. Kamila Chudzik POL 6471
4. Natalia Dobrynska UKR 6444
5. Lyudmyla Yosypenko UKR 6416
6. Hanna Melnychenko UKR 6414
7. Ida Antoinette Nana Djimou FRA 6323
8. Tatyana Chernova RUS 6288
9. Julia Mächtigt GER 6265

10. Sharon Day USA 6126

NEWS

BIG INCENTIVES ON OFFER IN STELLENBOSCH

South Africa's top 10 km runners will have incentive prizes worth R480 000 to shoot for at the Nedbank SA 10 km Championships on 29 August in Stellenbosch. R150 000 is on offer for any runner who breaks the SA records for men and women.

The first athlete under 28:10 will earn an incentive of R75 000, the second R50 000 and the third R30 000. The first under 28:25 will pocket R25 000, the second R15 000 and the third R10 000. The incentives for sub-28:40 are R8 000, R6 000 and R4 000.

The corresponding incentives for women are R75 000, R50 000 and R30 000 for sub-32:00; R25 000, R15 000 and R10 000 for sub-32:30; and R8 000, R6 000 and R4 000 for sub-33:00.

The incentives for juniors are R10 000 for sub-28:50, R7 000 for sub-29:10 and R5 000 for sub-29:30, while the junior women can earn the same amounts for sub-33:20, sub-33:30 and sub-34:00.

The incentives are not cumulative.

For some reason Athletics South Africa regards Matthews Motshwarateu's time of 27:54 set in New Orleans in 1988 as the national record – even though this course was not record standard (it dropped 2 m/km and had a start/finish separation of 70% of the race distance). The SA Athletics Statisticians and *Distance Running Results* recognise Motshwarateu's 28:00 on a standard course in Purchase in 1980 as the SA record.

The women's record is Elana Meyer's 31:13 run in Budapest in 2001.

RADCLIFFE MAY STILL RUN IN BERLIN

Paula Radcliffe's run in the New York City Half Marathon on Sunday, which she won in 1:09:45, was to test her surgically repaired foot for a possible run in the World Championships Marathon on Sunday.

According to Bloomberg.com, Radcliffe, the world record holder in the marathon, said she would decide whether to enter the World Championships in Berlin based upon how she performed in New York and how she feels in the coming days. She had surgery on 17 March to remove bunions and repair fractures in her foot.

"It was good for me to get out and run and get out and win," Radcliffe said on a conference call. "I'll see how I come through the next couple of days. It's definitely more likely than it was last week."

Radcliffe said her decision on Berlin probably will take two to three days. She said her foot felt fine and that she had to deal with a tight hamstring about 10 miles into the race.

"I'm still not 100 percent," she said.

"Running down Seventh Avenue through Times Square was a great opportunity," said Radcliffe, who won her seventh straight race on New York City streets.

PETER SNELL AWARDED KNIGHTHOOD

Just weeks after John Walker was made a knight in the Queen's Birthday Honours, one of his predecessors as world mile record holder, Peter Snell, has been similarly honoured by the New Zealand Government. Knighthoods were abolished in New Zealand in 1999, but have been reinstated for those who between 2000 and last year were made principal or distinguished companions of the New Zealand Order of Merit.

Snell (70), who has lived in the USA since 1971, set world records at 800 m (1:44.3), 880 y (1:45.1), 1000 m (2:16.6) and the mile (3:54.4 and 3:54.1) between 1962 and 1964 and won three Olympic gold medals – 800 m in 1960 and 1964, 1500 m in 1964. Another

great New Zealand runner, Murray Halberg, was knighted in 1988.

VIEWPOINT

S.A. MARATHON VENUE: DURBAN IS FASTER THAN CAPE TOWN

By Norrie Williamson

Dewald Steyn raises some interesting points in his article about venues for the SA Marathon, but fails to deal with the other issues that impact on the marathon in particular – weather conditions, time of year in competitive seasons, the impact of head-to-head competition, and international influence.

Comparing Durban in February with July in Port Elizabeth is a no-brainer as to what the choice should be. However, it is just as important to look at the date, time in the calendar and international influence as it is to look at venues and configurations.

One can understand the current desire to have the marathon in February from the viewpoint of doing the selection for the relevant games (Commonwealth, Olympic, World Champs, etc.) in the same year and as close to the time as possible to get the on-form athlete. Theoretically this would also allow the country's top marathoners to compete as they will be well rested following the previous year's championships.

It has long been recognised that there are two prime marathon seasons worldwide – March to May and August (championships month) to November (New York). To a large extent this is why the SA Championships have tended (since our return to international competition) to be in February.

However, I would suggest that the SA Marathon be moved to September/October at the coast. Marathoners have effectively two bites of the cherry a year to make good money. For this reason it is important for any decent marathoner to maximise this opportunity, and so if the international championship event is in August, then the March to May event must provide the "pay-day" for most marathoners – for instance Hendrick Ramaala will run London – then follows the Championships in August, and then a second payday in New York (that is probably too much on a year-by-year basis). This means he or she does not compete in the SA Championships, so it is unlikely that the title ever goes to the country's true champion at this distance.

Let's accept that, so if we put the championships into September/October (or possibly July in Durban), then – (a) we will have suitable/optimum weather, (b) coastal running, (c) the existing cream of the country will be able to qualify in the relevant global championships in August, (d) the ability to select and prepare the team from one year in advance, and (e) allow the athletes an annual payday in international city marathons in the northern hemisphere spring season.

Yes, Cape Town has some routes that are conducive to fast times, but holding the championships in February (as they are now) would open Cape Town for winds – which is why Dewald is telling only half the story and his proposal and analysis are flawed.

Now that we have a marathon squad training camp (which I believe should be welcomed as a principle – although it has been criticised, the fact that there is one and that it seems to be on-going is great news, although the commencing date may not have been optimal, and we will see the benefit of at least the camaraderie in Berlin), the best combination of a Nedbank Series event would be Cape Town in February for a final Two Oceans qualifier (mass numbers) and final SA Marathon qualifier, followed by the SA Championships in Durban on a fast course in ideal weather (July or September).

The 2009 Durban course is indisputedly potentially faster than Cape Town, but will never produce times in the heat and humidity of February – talk July or September and it will be hard to beat anywhere in South Africa.

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 MEN

28:28	Hendrick Ramaala	2	Matha Series	Durban	08 Feb
28:29	Lungisa Mdedelwa	3	Matha Series	Durban	08 Feb
28:34	Stephen Mokoka	4	Matha Series	Durban	08 Feb
28:44	Sibusiso Nzima	5	Matha Series	Durban	08 Feb
28:48	Domenic Khoza	6	Matha Series	Durban	08 Feb
28:54	Lusapho April	1	Umhlobo Wenene	Port Elizabeth	18 Apr
29:02	Olebogeng Masire	9	Matha Series	Durban	08 Feb
29:02	Juan van Deventer	10	Matha Series	Durban	08 Feb
29:09	Gladwin Mzazi	1	Zio Cash & Carry	Sasolburg	09 May
29:13	Xolisa Tyali	11	Matha Series	Durban	08 Feb

THIS MONTH IN HISTORY

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

35 years ago: 18 August 1974

Bill Rodgers (USA) won the second edition of the Falmouth 7-mile race in Maine, USA, in 34:16, beating former elite miler Marty Liquori by more than a minute. Rodgers would go on to also win the race in 1977 and 1978 – one of only three men to claim the title three times. The next year Rodgers won the Boston Marathon in 2:09:55, the fastest time in the world for 1975 (and the only sub-2:10 performance).

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)		
	27:01	Micah Kogo (KEN) 2009		
15 km	44:27	Lusapho April	Port Elizabeth	07 Mar
	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	61:26	Stephen Mokoka	Port Elizabeth	04 Jul
	58:52	Patrick Makau (KEN)		
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	79:32	Shadrack Hoff	Pretoria	09 May
	73:24	Matthew Kipchirchir (KEN)		
	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	2:07:44	Hendrick Ramaala	London	26 Apr
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km	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
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:25	Lindile Tokota	Sedgefield	21 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	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		

Masters (50+)

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				

Grandmasters (60+)

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				

Juniors

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

Seniors

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 Mikiitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	7:50:00	Irina Vishnevskaya (RUS)		
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

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		

Masters (50+)

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				

Grandmasters (60+)

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				

Juniors

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		

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