

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

Stephen Mokoka showed his versatility when he won his third SA title of the year in the weekend's Nedbank SA 10 km Championships in Stellenbosch. He has also won the 10000-metre title on the track and the half-marathon crown – a superb year for the talented 24-year-old.

The women's title went to another versatile star, René Kalmer, who grabbed her 27th SA title with a time of 32:39 – the only women to achieve an incentive time. Kalmer had no trouble beating Lebo Phalula.

The first three men – Mokoka 28:21, Tshamano Setone 28:22 and Lindikhaya Mthangayi 28:24 – won themselves incentive money and ran PBs to boot. Six of the top eleven in the championship race scored PBs. Only three list leaders were set – by Mokoka, grandmaster Albertus Bock and Kalmer.

The Race Time Bias (RTB) calculations, where runners' times are compared to what one could expect them to run (based on their most recent performances), for the race are -1.36 sec/km for the men and -3.1 sec/km for the women, well within the internationally accepted limit of -5 sec/km.

Unfortunately I cannot report much about the race, because the driver of the media vehicle ignored repeated requests to drive closer to the runners, and mostly sped around the course about 600-700 metres ahead of the leaders, making it impossible to get any idea of what was going on. The first four finishers (see the results) broke away from the leading bunch at about 7.5 km (after Gert Manora of ACNW had been leading for most of the first half). Fortunately Rowyn James, who was riding in the time car, was able to take the splits of the leaders: 2:50, 2:51 (5:41), 3:03 (8:44), 2:52 (11:36), 2:46 (14:22 at halfway), 2:46 (17:08), 2:48 (19:56), 2:46 (22:42), 3:01 (25:43) and a blistering 2:38. Mokoka's second half therefore was 13:59.

With the delay in publication of DRR's international partner, *Race Results Weekly*, this issue has only the results of the Hokkaido Marathon and the Golden League Meeting in Zurich.

Riël Hauman

PUBLICATION NOTICE

I will be travelling overseas for the next few weeks and the next issue of *Distance Running Results* will be published on 13 October. Subscription rates will obviously be amended when they become due again to take this into account. Contributors should please continue to send news and results – these will be published when DRR resumes again. – Ed.

INCLUDED IN THIS ISSUE:

- * Don Lock Memorial Race, Claremont
- * Nedbank SA 10 km Championships, Stellenbosch
- * Despatch 15 km, Despatch
- * XC: SWD Championships, George

International highlights:

- * Hokkaido Marathon, Sapporo, JPN
- * Track: Weltklasse Meeting, Zurich, SUI

VIEWPOINT

LESSONS OF THE SEMENYA DEBACLE: SEEKING EXPERTS BEYOND REPROACH

by Richard Mayer,

who has started the Lydiard Athletics Club (see www.lydiardclub.org – this will be operational soon), which aims to bring young athletes from the north of Johannesburg into club athletics and has already recruited athletes from Alexandra primary schools, St John's College and Hyde Park High School.

As a practising lawyer with more than a passing interest in athletics, I find it it disappointing – but not surprising – that, as is usual in most local athletics controversies, the wrong questions are being asked in the Caster Semenya debacle. I do not wish to further muddy the waters. The issues are simple: What are the rules and how do they apply to Caster? Of all the expert and non-expert pundits who have entered into the fray, Ross Tucker appears to be the only person who has consistently confronted and addressed the real issues.

It is not my intention to weigh in on the debate, which should be handled by the appropriate experts, but I simply wish to make the observation that to anyone who knows a little about athletics, it was obvious that when she became a world leader with her 800-metre performance in Mauritius, it was vitally necessary that if there were any doubts about Semenya's gender status (which there evidently were), such doubts would have had to be resolved before she was thrown into the spotlight of world scrutiny at the Berlin World Championships.

Against this backdrop, my point is not to attack ASA or the IAAF (much as their handling of the situation has been extremely poor) but to strongly support the point made by Tucker that ASA must ensure that they use the best available expertise both locally and overseas to optimally promote the sport and protect and develop the country's abundant athletics talent.

A leading observer of SA athletics commented to me that "the heart of the rot has been exposed in South African athletics – what was going on [in South Africa] was of no importance to the world, but now the arrogant incompetence has been exposed for all to see".

One may or may not agree with this view, but few would disagree that the lack of expertise and competence in South African athletics extends well beyond the technical officials who failed in their duty to properly protect Semenya and SA athletics. Sticking closely to my own field of expertise, coaching middle and long distance athletes, one "expert" who ASA must get rid of in the wake of the Semenya debate is the controversial ASA coaching consultant, Dr Ekkert Arbeit. Local and international commentators have

already pointed out that Dr Arbeit's presence in the SA camp heightened suspicions regarding Semenya's sudden world class performances because of his position as head coach in the now defunct but drug-sodden Communist East German athletics structure.

How such a discredited figure could have been appointed in the first place is difficult to understand, but even if, as he claims, he was never involved in the systematic illegal drugs programme in GDR athletics, my own personal experience of Arbeit calls into question his expertise, his integrity and his commitment to South African athletes. I bring the issue up now because Semenya's difficulties were undoubtedly worsened by his association with SA athletics and I am not sure that the ASA Board is aware of his appalling conduct, which I relate.

By 2006, after working hard for over four years as head coach of the Wanderers Club, together with leading coach Lungile Bikwani and biokinetic expert Zac van Heerden, we managed to get the Phalula twins' 800-metre times down to 2:02.34 and 2:02.94 respectively at the SA Championships, running without pacemakers. This was extremely encouraging because this was within striking distance of Olympic "A" and "B" qualifying standards. These performances attracted the attention of Arbeit, who then became involved with their training, supposedly assisting Bikwani and Van Heerden, but in reality interfering with and undermining their good work.

Where Arbeit really let the twins down was that he said to them some time before their departure for a training camp in his native Berlin in 2007: "Your club will not be able to get you races in Europe, but I will!" When the twins reported this to me my only comment was, "It will be great if he can get you races and this should allow you to qualify for Beijing." To my horror, when the twins had already been in Berlin a couple of weeks, at the height of the European athletics season, I received frantic phone calls from them asking me desperately to get them races in Europe. I immediately contacted John Bicourt, who said if I had come to him earlier he certainly would have gotten them good races but it was too late and the lanes in all events were already full and there was nothing he could do.

I can think of three possibilities that can explain what happened, all of which present Arbeit in the poorest possible light. One: he deliberately sabotaged the twins' qualification bids (unlikely, but I am afraid not impossible); two: he forgot his promise (to anyone who knows what strong characters the twins are, an impossible scenario); and three: Arbeit's reputation amongst European meet organisers is so poor that they refuse to deal with him. The net result was the twins got no races in Europe and Arbeit's interference in their training led to a situation that their season's bests in the 800 metres in 2007 were a mediocre 2:04.61 in Oudshoorn for Lebogang and a poor 2:07.74 for Lebo in Durban. They also failed to better their personal bests or qualify for the Olympics in 2008.

The Phalula twins and, indeed, Semenya, as well as South African athletics, deserve better than to be undermined or tainted by association with Arbeit, who remains a loathsome throwback to an undeniably successful but discredited athletics system.

In closing, I simply wish to say to Leonard Chuene and the ASA Board, I would respectfully suggest that you take a leaf out the book of the late Harry Oppenheimer, who built Anglo-American into South Africa's leading conglomerate by his skill in selecting the right people for the right job. Having thought long and hard about the right person for the crucial job of middle and long distance coach, Bobby McGee's local and international experience and success and knowledge of local conditions makes him the frontrunner. While I would welcome the input of other readers of this newsletter on their ideal person, one thing is clear: if we persist with people of the calibre, or lack thereof, of Arbeit in our sport, we are playing into the hands of those who are only too happy to see SA athletics go down the drain.

ROAD RUNNING

Don Lock Memorial Race (50th)

Claremont, 30 August

(Distance: 8 km. Certified out-and-back course)

MEN

1. Peter Tsawayo (ZIM/Gugs) 23:55; 2. Makhosonke Fika (Gugs) 24:17; 3. Graham Katzen (Celtic) 24:29.

40-49: 1. Lindile Tokota (Ned SWD) 25:35; 2. Clifford Drury (MP) 26:58; 3. Donovan Wright (Maties) 27:47. **50-59:** 1. Nick Miles (WC) 29:42; 2. Fuad Hendricks (Ind) 30:04; 3. Gemjikile Tom (Eskom) 30:11. **60+:** 1. Kenny Williams (Pine) 33:28; 2. Fred Moore (Ind) 33:54; 3. Carl Hendricks (Ned) 36:51. **Juniors:** 1. Luxolo Mdzanga (Gugs) 25:21; 2. Gcobani Mndi (VOB) 25:35; 3. Nande Qamgwana (Khay) 25:51.

WOMEN

1. Thozama April (Celtic) 28:02; 2. Rakela Akukothela (NAM/MP T'kei) 29:06; 3. Ottilie Aimwata (NAM/MP T'kei) 29:38.

40-49: 1. Mariëtte Esterhuyse (Tyger) 31:41; 2. Tania Kapp (VOB) 34:11; 3. Johanna Claassen (Ned SWD) 35:31. **50-59:** 1. Olga Howard (Celtic) 31:53; 2. Diana Rixon (VOB) 38:51; 3. Brenda Stevenson (Pine) 38:58. **60+:** 1. Marlene James (Pine) 44:41; 2. Marianne Nelson (Durb) 46:20; 3. Christine Williams (SH) 49:05. **Juniors:** 1. Asiphe Sikhabalanjani (Gugs) 31:49; 2. Yonela Hewu (Gugs) 32:33; 3. Tania Scott (UCT) 32:59.

Nedbank SA 10 km Championships

Stellenbosch, 29 August

(Certified near-loop course with a start/finish separation of 310 m, virtually no difference in elevation but with many corners [slightly changed from last year]. Lowest point of course: approx. 96 m at 7.5 km; highest point: approx. 138 m at 3 km; start/finish at approx. 121 m. Weather: Cool, excellent running conditions. Finishers: 1327.)

Note: The national championships were staged as part of the Nedbank Matha Series; runners indicated by * are either foreigners or South Africans who were not members of a provincial team and therefore not part of the South African Championships race (but still eligible for prize money). Time incentives are indicated by "i"; the incentives achieved were for sub-28:25 (men) and sub-33 (women). Where necessary, more than three runners are given in the age categories to indicate the medal winners in the SA Championships; in the junior category the first ten are given. Thanks to course measurer Pieter de Jager for information about the course. – Ed.

MEN

1	Stephen	Mokoka	24	AGN	28:21 R25 000 + R25 000i
2	Tshamano	Setone	23	CGA	28:22 R20 000 + R15 000i
3	Lindikhaya	Mthangayi	30	WPA	28:24 R15 000 + R10 000i
4	Lungisa	Mdedelwa*	24	Nedbank ATRA	28:33 R10 000
5	Jeffrey	Gwebu	28	CGA	28:50 R8 000
6	Luwis	Masunda*	33	ZIM/Nedbank AGN	28:52 R7 000
7	Zolani	Ntongana	29	WPA	28:55 R6 000
8	Sibusiso	Nzima	22	CGA	28:59 R5 500
9	Joseph	McKenzie	23	CGA	29:01 R5 000
10	Gladwin	Mzazi	21	AVT	29:06 R4 000
11	Xolisa	Tyali	20	CGA	29:08 R3 500
12	Boy	Soke	26	AFS	29:17 R3 000
13	Gert	Manora	24	ACNW	29:18 R2 500

14	Raphael	Segodi	23	CGA	29:20 R2 000
15	Esau	Nkosi	21	AVT	29:23 R1 000
16	Olebogeng	Masire	26	ACNW	29:27 R750
17	Mbongeni	Ngxazozo	29	CGA	29:29 R500
18	Chabeli	Nyedimane	26	AFS	29:32 R350
19	Samuel	Segoaba	26	AFS	29:36 R300
20	Aaron	Thlobo	28	AFS	29:39 R200
21	Sithyilo	Diko	17	CGA	29:45
22	Nkosinoxolo	Sonqibido	22	AGN	29:48
23	Omphemetse	Mothibe	24	ANWN	29:52
24	Nkosinathi	Madyo	21	EPA	29:52
25	Luketz	Swartbooi*	43	NAM	29:53
26	Shaun	Zuzani*	18	Nedbank CGA	29:54
27	Thubalethu	Phaku	29	AKZN	30:00
28	Sibusiso	Mbingeleli	31	WPA	30:01
29	Kanie	Simons	30	AGN	30:03
30	Mandla	Maseko	23	AGN	30:03
31	Kawanivi	Mynhardt*	25	Temp	30:04
32	Jonathan	Chinyoka*	19	ZIM/MPKZN	30:04
33	Pieter	Koopman	34	Bola	30:07
34	Pakiso	Pedi	31	AFS	30:09
35	Isaac	Mboyase	22	CGA	30:11
36	Ishmael	Phokwane	24	ANWN	30:11
37	Kgosi	Tsosane	23	AFS	30:12
38	Pharson	Magagane	23	LIMA	30:14
39	Elisha	Mabhunu*	17	ZIM/Mr Price AGN	30:14
40	Joel	Monne	18	ACNW	30:15
41	Tebogo	Setlelo	19	ACNW	30:16
42	Jeromy	Andreas	17	WPA	30:19
43	Colin	Khoza	29	AMPU	30:25
44	Unathi	Pezolo	16	WPA	30:26
45	Phumzile	Sikawuti	29	EPA	30:26
46	Vuyisile	Tshoba	18	CGA	30:29
47	Makhosonke	Fika	37	WPA	30:30
48	Alexander	Motone	29	AGN	30:34
49	Tsungai	Mwanengeni*	35	ZIM/Mr Price WP	30:44
50	Kotopetsa	Mhlanga	19	CGA	30:45

Prize money in all the older age categories (except 70+) were the same: R2 000, R1 500, R1 000.

40-49:

1	Luketz	Swartbooi*	NAM	43	29:53
2	Greg	Barnes	AGN	40	31:44 [SA champion]
3	Reginald	Ngobese	CGA	42	31:52
4	Desmond	Zibi	EPA	45	32:01

50-59:

1	Vladimir	Kotov	BLR/WPA	51	32:33
2	Kosie	Botha	BOLA	52	35:46
3	Thomas	Moses	BOLA	52	36:19

60-69:

1	Albertus	Bock	WPA	63	37:53
2	Tamsanqa	Jusayi	EPA	67	38:19
3	Jimmy	Morris	WPA	62	39:19

70+:

1	Pieter	Schreve*	Wellington AC	73	1:00:33 R500
2	Ronald	van Loggerenberg*	Edgemoor Runnin	73	1:11:34 R300
3	Stuart	Halsall*	Run Walk For Li	79	1:13:14 R200

Juniors:

1	Sithyilo	Diko	CGA	17	29:45 R10 000
2	Shaun	Zuzani*	Nedbank RC CGA	18	29:54 R8 000
3	Jonathan	Chinyoka*	ZIM/MPKZN	19	30:04 R7 000
4	Elisha	Mabhunu*	ZIM/Mr Price AGN	17	30:14 R6 000
5	Joel	Monne	ACNW	18	30:15 R5 000
6	Tebogo	Setlelo	ACNW	19	30:16 R4 500
7	Jeromy	Andreas	WPA	17	30:19 R4 000
8	Unathi	Pezolo	WPA	16	30:26 R3 500
9	Vuyisile	Tshoba	CGA	18	30:29 R3 250
10	Kotopetsa	Mhlanga	CGA	19	30:45 R3 000

WOMEN (Same prize money as men)

1	René	Kalmer	28	CGA	32:39 R8 000i
2	Lebo	Phalula	25	CGA	33:09
3	Sharon	Tavengwa*	25	ZIM/Nedbank AGN	33:31
4	Lebohang	Phalula	25	CGA	33:32
5	Helena	Iipenge*	24	NAM	33:50
6	Poppy	Mlambo	28	CGA	34:10
7	Nolene	Conrad	24	CGA	34:24
8	Onneile	Dintwe*	23	BOT/Nedbank AGN	34:26
9	Irvette	van Blerk*	22	Nedbank CGA	34:34
10	Ntombesintu	Ntshiliza	27	EPA	34:35
11	Tebogo	Masehla	30	CGA	34:44
12	Marelize	Retief	23	AGN	34:57
13	Thozama	April	23	WPA	35:00
14	Samukeliso	Moyo*	35	ZIM/MPKZN	35:05
15	Violet	Raseboya	23	CGA	35:09
16	Tabitha	Tsatsa*	36	ZIM/Boxer Superst	35:16
17	Jenna	Challenor	28	AKZN	35:18
18	Joyce	Thiane	22	AFS	35:45
19	Sylvia	Tshetlanyane	16	CGA	35:48
20	Kim	Laxton	27	AMPU	35:52
21	Dominique	Scott	17	Bola	36:00
22	Nandipha	Dywili*	18	Mr Price Tra	36:03
23	Daniel	Adlam	29	AKZN	36:09
24	Catherine	Skosana	28	AGN	36:09
25	Anneline	Roffey	28	WPA	36:10
26	Ronel	Thomas	37	AGN	36:20
27	Bulelwa	Mtshagi	29	WPA	36:26
28	Makhosazane	Mhlongo	27	AKZN	36:31
29	Letitia	Saayman	16	AGN	36:33
30	Lusanda	Bomvana	17	ATRA	36:46
31	Amukelani	Baloyi	16	CGA	36:47
32	Myrette	Filmater	28	AGN	37:00
33	Michelle	Bartman	45	WPA	37:11
34	Elene	Lourens	19	Bola	37:13
35	Puseletso	Maema	26	AFS	37:20
36	Rakela	Akukothela*	30	NAM/Mr Price Tra	37:21
37	Janene	Carey	37	AKZN	37:22
38	Sibongile	Shezi	24	AKZN	37:33
39	Thato	Makhafola	15	CGA	37:41
40	Annika	Claassen	19	AMPU	37:41
41	Zinhle	Sinqe	17	AGN	37:49
42	Maya	Lawrie	41	AKZN	37:49
43	Joanna	Thomas	41	WPA	37:50
44	Juan-Marie	Cooper	16	CGA	37:53

45	Bronwyn	Falconer*	27	Nedbank CGA	38:07
46	Maryna	Swanepoel	23	AFS	38:28
47	Marlise	Jordaan*	17	Bellville AC	38:33
48	Ronelle	Natrass	27	WPA	38:40
49	Busisiwe	Matiwane	34	WPA	38:44
50	Mari	Rabie*	22	Maties AC	38:47

40-49:

1	Michelle	Bartman	WPA	45	37:11
2	Maya	Lawrie	AKZN	41	37:49
3	Joanna	Thomas	WPA	41	37:50

50-59:

1	Olga	Howard	WPA	51	40:25
2	Marietjie	Ceronio	AVT	52	40:44
3	Annatjie	Botes	ASWD	51	41:00

60-69:

1	Sonja	Laxton	CGA	61	42:37
2	Veronica	Van Niekerk	BOLA	63	44:48
3	Pixie	Sparg	WPA	64	49:23

70+:

1	Ina	Steyn*	Swartland AC	71	1:42:43
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Juniors:

1	Sylvia	Tshetlanyane	CGA	16	35:48
2	Dominique	Scott	BOLA	17	36:00
3	Nandipha	Dywili*	Mr Price Tra	18	36:03
4	Letitia	Saayman	AGN	16	36:33
5	Lusanda	Bomvana	ATRA	17	36:46
6	Amukelani	Baloyi	CGA	16	36:47
7	Elene	Lourens	BOLA	19	37:13
8	Thato	Makhafola	CGA	15	37:41
9	Annika	Claassen	AMPU	19	37:41
10	Zinhle	Sinqe	AGN	17	37:49

Despatch 15 km

Despatch, 29 August
(Loop course)

MEN

1	Khayaletu	Makalima	Mr Price PE	25	46:34
2	George	Ntshiliza	Mr Price PE	29	46:42
3	Masande	Mlonyeni	Nedbank RC	28	47:32
4	Sandile	Ngunuza	Nedbank RC	26	48:19
5	Mzolisi	Makhanda	Nedbank RC	26	48:24
6	Bulelini	Niwa	PEAAC	23	49:24
7	Anele	Maliza	Mr Price PE	31	49:52
8	Mzamo	Fokwana	Charlo R R	31	49:53
9	Robert	Matthys	Mr Price PE	33	49:54
10	Lubabaloo	Mdlungwane (1 st jun)	PEAAC	15	50:07
11	Morne	Buis	Nedbank RC	16	50:08
12	Mzuvumile	Lungu	Nedbank RC	16	50:52
13	Mncedi	Khanti	Nedbank RC	29	51:13
14	Alfred	Qogi	Nedbank RC	36	51:49
15	Durian	Louw	Malabar	19	52:23
16	Mariano	Eesou	Nedbank RC	17	52:27
17	Mzwanele	Maphekula	Nedbank RC	33	53:40
18	Mzukisi	Klaas (1 st vet)	PEAAC	40	54:11

19	Maliviwe	Ngamntwini	Nedbank RC	22	54:53
20	Michael	Hendricks	Nedbank RC	33	54:55
40-44:					
1	Mzukisi	Klaas	PEAAC	40	54:11
2	Chris	Darke	Achilles AAA	41	57:02
3	Vincent	Mbixana	Legacy AC	41	57:40
45-49:					
1	Colben	Ngcupe	PEAAC	46	55:30
2	Ian	Patterson	Muirite Strider	46	57:45
3	Robin	Fourie	Achilles AAA	46	58:29
50-54:					
1	Andre	Willemse	Elite AC	51	59:10
2	Charles	Baatjies	Elite AC	52	59:29
3	Stephen	Klue	Elite AC	50	1:01:46
55-59:					
1	Donald	Mancasa	Raleigh AC	55	1:01:05
2	Fikile	Seya	Nedbank RC	56	1:01:58
3	Hannes	Els	Madiba Bay	59	1:03:22
60-64:					
1	Percy	Dalton	Achilles AAA	61	1:04:48
2	William	Vorster	PEAAC	63	1:10:37
3	Eckart	Schumann	Body Concept	64	1:15:53
65-69:					
1	Godfrey	Kariem	Cadbury AC	68	1:16:17
2	Nic	Snyman	PEAAC	65	1:19:20
3	Robin	Clark	Achilles AAA	68	1:27:29
70-74:					
1	David	Fraser	PEAAC	71	1:20:17
2	Henry	Human	VWAC	70	1:35:45
3	Selwyn	Solomon	Crusaders AC	71	1:47:38
75-79:					
1	Hilary	Pritchard	Crusaders AC	75	1:40:50
Juniors:					
1	Lubabaloo	Mdlungwane	PEAAC	15	50:07
2	Morne	Buis	Nedbank RC	16	50:08
3	Mzuvumile	Lungu	Nedbank RC	16	50:52
WOMEN					
1	Maureen	Dladla	Saps	30	1:01:02
2	Zoleka	Dondashe	Nedbank RC	23	1:02:43
3	Asanda	Solani	Nedbank RC	26	1:03:56
4	Priscilla	Dyantyi	Mr Price PE	35	1:04:03
5	Grizelda	Pietersen (1 st vet)	Achilles AAA	40	1:05:49
6	Lesley	Wood (1 st mast)	Achilles AAA	52	1:06:36
7	Christine	Claasen	Achilles AAA	45	1:07:24
8	Julie	Taunton	Crusaders AC	49	1:08:58
9	Hanlie	v.d. Westhuizen	Despatch AC	53	1:09:05
10	Claire	Nagel	Elite AC	45	1:09:15
11	Adele	Nel	St Albans Csep	36	1:09:58
12	Joy Anne	Pregalato	Achilles AAA	38	1:10:51
13	Elmarie	Bezuidenhout	Charlo R R	27	1:11:28
14	Gwen	Mgudwa	Nedbank RC	31	1:12:34
15	Annelie	Nel	Legacy AC	35	1:12:35
16	Leana	Berg	Nedbank RC	40	1:12:37
17	Lindie	Stander	NMMU AC	24	1:13:23
18	Mary Grace	Villanueva	Achilles AAA	33	1:13:59

19	Hermie	Fisher	Madiba Bay	41	1:14:34
20	Liz	Grundlingh (1 st g'mast)	Muirite Strider	62	1:15:25
40-44:					
1	Grizelda	Pietersen	Achilles AAA	40	1:05:49
2	Leana	Berg	Nedbank RC	40	1:12:37
3	Hermie	Fisher	Madiba Bay	41	1:14:34
45-49:					
1	Christine	Claasen	Achilles AAA	45	1:07:24
2	Julie	Taunton	Crusaders AC	49	1:08:58
3	Claire	Nagel	Elite AC	45	1:09:15
50-54:					
1	Lesley	Wood	Achilles AAA	52	1:06:36
2	Hanlie	Van Der Westhuizen	Despatch AC	53	1:09:05
3	Theresa	Lillis	Achilles AAA	53	1:16:12
55-59:					
1	Cathy	Ives	Achilles AAA	56	1:15:31
2	Jos	Els	Madiba Bay	57	1:20:40
3	Maria	Oppel	Crusaders AC	59	1:25:54
60-64:					
1	Liz	Grundlingh	Muirite Strider	62	1:15:25
2	Retha	Snyman	PEAAC	62	1:21:24
3	Debbie	Oelofse	Legacy AC	62	1:49:31
65-69:					
1	Orgia	Nell	Muirite Strider	65	1:39:31
70-74:					
1	Dorothy	Hart	PEAAC	71	1:30:06
80+:					
1	Jane	Geldenhuys	NMMU AC	82	2:25:46
Juniors:					
1	Chiney	Hobbs	NMMU AC	16	1:21:51
2	Clarissa	Greeff	Temp	15	1:21:57
3	Candice	Hobbs	NMMU AC	14	1:22:01

CROSS-COUNTRY

SWD Championships

George, 8 August

Note: The men's results were published in DRR 9:33. – Ed.

WOMEN

19 years 6 km:

1	Janine Muller	George	24:38
2	Elderine Jantjies	George	25:10
3	Chane Schumyn	Mossel Bay	25:51
4	Nicolene van der Sandt	George	25:59
5	Wilma Wanie	Oudtshoorn	33:33

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

Hokkaido Marathon (23rd)

Sapporo, JPN, 30 August

(Distance: 42.195 km; about 6.5 km start/finish separation [about 15% of the race distance] with about a 40 m elevation loss)

MEN

1. Daniel Njenga (KEN) 2:12:03
2. Ryo Yamamoto 2:12:10
3. Laban Kagika (KEN) 2:12:24
4. Masaru Takamizawa 2:13:05
5. Seiji Kobayashi 2:13:27
6. Chiharu Takada 2:14:34
7. Shingo Sato 2:14:35
8. Isamu Sueyoshi 2:14:37
9. Yoshiyuki Suetsugu 2:14:51
10. Yuichi Washio 2:15:32

WOMEN

1. Kiyoko Shimahara 2:25:10
2. Akemi Ozaki 2:25:23
3. Satoko Uetani 2:33:55
4. Nami Tani 2:33:59
5. Misuzu Okamoto 2:34:12
6. Chinami Fukaminato 2:34:16
7. Mizuho Nasukawa 2:34:17
8. Chihiro Tanaka 2:35:15
9. Nozomi Iijima 2:36:46
10. Aki Fujikawa 2:37:25

TRACK

Weltklasse Meeting

(IAAF Golden League)

Zurich, SUI, 28 August

MEN

800:

1	David Lekuta Rudisha	KEN	1:43.52	20
2	Alfred Kirwa Yego	KEN	1:43.66	16
3	Mbulaeni Mulaudzi	RSA	1:44.03	14
4	Bram Som	NED	1:44.10	12
5	Gary Reed	CAN	1:44.26	10
6	Yuriy Borzakovskiy	RUS	1:44.40	8
7	Nick Symmonds	USA	1:44.86	6
8	Marcin Lewandowski	POL	1:44.89	4
9	Mohammed Al-Salhi	KSA	1:46.57	
	Khadevis Robinson	USA	DNF	

1500:

1	Augustine Kiprono Choge	KEN	3:33.38	20
2	Belal Mansoor Ali	BRN	3:33.74	16
3	Asbel Kiprop	KEN	3:34.09	14
4	Yusuf Saad Kamel	BRN	3:34.33	12
5	Thomas Lancashire	GBR	3:34.74	10
6	Mohamed Moustauoui	MAR	3:34.90	8
7	Lopez Lomong	USA	3:36.94	6
8	Tarek Boukensa	ALG	3:38.76	4
9	Leonel Manzano	USA	3:42.30	3
10	Anter Zerguelaine	ALG	3:48.64	3
	David Krummenacker	USA	DNF	
	Peter van der Westhuizen	RSA	DNF	

5000:

1	Kenenisa Bekele	ETH	12:52.32	20
2	Edwin Cheruiyot Soi	KEN	12:55.03	16
3	Dathan Ritzenhein	USA	12:56.27	14
4	Vincent Kiprop Chepkok	KEN	12:58.17	12
5	Moses Ndiema Kipsiro	UGA	12:59.27	10
6	Joseph Ebuya	KEN	13:00.22	8
7	Moses Ndiema Masai	KEN	13:06.16	6
8	Silas Kipruto	KEN	13:09.08	4
9	Leonard Patrick Komon	KEN	13:17.43	3
10	Micah Kipkemboi Kogo	KEN	13:18.57	3
	James Kwalia C'Kurui	QAT	DNF	
	Bekana Daba	ETH	DNF	
	Mark Kosgey Kiptoo	KEN	DNF	
	Thomas Pkemei Longosiwa	KEN	DNF	
	Sammy Alex Mutahi	KEN	DNF	

3000 s/chase:

1	Ezekiel Kemboi	KEN	8:04.44	20
2	Bouabdellah Tahri	FRA	8:05.29	16
3	Paul Kipsiele Koech	KEN	8:06.10	14
4	Michael Kipyego	KEN	8:09.54	12
5	Richard Kipkemboi Mateelong	KEN	8:10.25	10
6	Jukka Keskisalo	FIN	8:10.67	8
7	Abel Kiprop Mutai	KEN	8:18.70	6
8	Brimin Kiprop Kipruto	KEN	8:20.24	4
9	Elijah Chelimo Kipterege	KEN	8:21.50	3
10	Wesley Kiprotich	KEN	8:22.44	3
11	Mustafa Mohamed	SWE	8:28.62	3
12	Ruben Ramolefi	RSA	8:36.38	3
	David Kiprono Langat	KEN	DNF	
	Tareq Mubarak Taher	BRN	DNF	

WOMEN**1500:**

1	Maryam Yusuf Jamal	BRN	3:59.15	20
2	Anna Willard	USA	3:59.38	16
3	Lisa Dobriskey	GBR	3:59.50	14
4	Shannon Rowbury	USA	4:00.81	12
5	Christin Wurth-Thomas	USA	4:01.01	10
6	Anna Alminova	RUS	4:01.15	8
7	Nancy Jebet Langat	KEN	4:01.64	6
8	Viola Jelagat Kibiwot	KEN	4:05.15	4

9	Lidia Chojecka	POL	4:06.52	3
10	Irene Jelagat	KEN	4:07.19	3
	Natalya Evdokimova	RUS	DNF	
	Gulnara Galkina	RUS	DNF	
	Jemma Simpson	GBR	DNF	

NEWS

SPAR GRAND PRIX STANDINGS

The points table in the Spar Grand Prix Series after four races is (top twenty only):

1	René Kalmer	Mr Price CGA	122
2	Michelle Bartman	Harfield H	87
3	Poppy Mlambo	Nedbank CGA	80
4	Maxine Heine-Wacker	Nedbank CGA	72
5	Jenna Challenor	Boxer	68
6	Irvette van Blerk	Nedbank CGA	65
7	Annerien van Schalkwyk	Irene	64
8	Thozama April	Celtics	56
9	Ronel Thomas	Bashewa	51
	Sonja Laxton	RAC	51
12	Maya Lawrie	Boxer	48
11	Tshifhiwa Mundalamo	Nedbank CGA	44
13	Ezbe Strydom	Univ NW	38
14	Danielle Adlam	Boxer	35
15	Lebo Phalula	UJ	32
16	Lebogang Phalula	UJ	31
17	Nandipha Dywili	Mr Price T/kei	26
	Bianca van Niekerk	Nedbank	26
19	Phyllis de Fouw	Standard Bank	25
20	Marietjie Ceronio	Nedbank Vaal	24

The club standings are as follows:

1.	Nedbank CGA	333
2.	Boxer	178
3.	Mr Price CGA	146
4.	Harfield H	87
5.	U Johannesburg	81
6.	Celtics	78
7.	Irene	66
8.	Bashewa	51
9.	RAC	51
10.	Gauteng Striders	43
11.	Nedbank AGN	30

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 WOMEN

32:39	René Kalmer	1	SA Championships	Stellenbosch	29 Aug
33:09	Lebo Phalula	2	SA Championships	Stellenbosch	29 Aug
33:29	Kalmer-2	5	New York Mini	New York	07 Jun
33:32	Lebogang Phalula	3	SA Championships	Stellenbosch	29 Aug
33:48	Kalmer-3	1	Spar	Port Elizabeth	02 May
33:52	Annerien v. Schalkwyk	2	Spar	Port Elizabeth	02 May
34:03	Lebo Phalula-2	1	RAC	Johannesburg	07 Jun
34:08	Irvette van Blerk	1	Matha Series	Durban	08 Feb
34:10	Poppy Mlambo	4	SA Championships	Stellenbosch	29 Aug
34:24	Nolene Conrad	5	SA Championships	Stellenbosch	29 Aug
34:31	Lebogang Phalula-2	1	S. Mahlangu Mem	Mamelodi	05 Apr
34:35	Ntombesintu Ntshiliza	6	SA Championships	Stellenbosch	29 Aug
34:41	Kalmer-4	1	Spar	Pretoria	22 Aug
34:42	Lebo Phalula-3	2	S. Mahlangu Mem	Mamelodi	05 Apr
34:42	Ezbé Strydom	10	Zwitserloot Dakrun	Groesbeek	07 Jun
34:44	Tebogo Masehla	7	SA Championships	Stellenbosch	29 Aug

THIS MONTH IN HISTORY

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

10 years ago: 22 August 1999

Joseph Kibor (KEN) won the Great Scottish Run Half Marathon in Glasgow in 1:02:36 with South Africa's Olympic champion Josiah Thugwane second in 1:02:47 and another South African, John Morapedi, third in 1:03:26. The women's race went to Joyce Chepchumba (KEN) in 1:09:21, and she was followed by Lornah Kiplagat (KEN) in 1:10:11 and Lyubov Morgunova (RUS) in 1:11:29. Later that year Thugwane finished 26th in the Fukuoka Marathon (a race he had won two years earlier) in 2:17:01.

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.

MENSeniors

10 km	28:21	Stephen Mokoka	Stellenbosch	29 Aug
	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	37:53	Albertus Bock	Stellenbosch	29 Aug
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	32:39	René Kalmer	Stellenbosch	29 Aug
	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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