

Distance Running Results

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EDITORIAL

Stephen Mokoka, who did not defend his South African half-marathon title three weeks ago, did so with the greatest of ease in Paarl on Saturday, at times seeming to toy with the opposition to win with a sprint on the track of the Dal Josaphat Stadium. It was the first time since the SA Track & Field Championships (including the marathon) of 1961 that a national championships of any kind was held in the Boland town.

In the women's race Irvette van Blerk claimed her third consecutive national title of the year in 33:15. Earlier in the year she had won the 10000 metres on the track and followed this with the half-marathon crown. As in latter race, Zintle Xiniwe was second, just 4 seconds behind.

Mokoka missed his personal best, run when he won the title last year in Stellenbosch, by 2 seconds; Van Blerk missed hers by 3 seconds. Xiniwe ran a PB by 10 seconds.

The first half of the race was on a gradual, although slight, incline. A group of thirteen runners soon separated from the rest, with Jeffrey Gwebu and Sibusiso Nzima, who was second in the SA Half Marathon, doing most of the front-running. The leaders completed the first kilometre in 2:55 and the second went by in 2:47. Lucky Mohale, who won the half-marathon title, joined Gwebu and Nzima at the front and they reached 3 km in 8:44 after a 3:02 split.

Soon after 4 km was reached in 11:36, Mokoka, clad in gloves and a woolen cap, surged to the front for the first time. He looked over his shoulder a few times, but no one followed and he dropped back again.

The halfway mark, shortly after the turnaround, was reached in 14:31 and then the pace picked up. Mohale and Gwebu moved ahead and this soon reduced the pack to nine. The sixth kilometre was run in 2:50 and this got rid of Boy Soke.

Mokoka shot out of the group soon after and it seemed as if he was taunting his rivals, grinning and looking back repeatedly, but only Nzima followed. Then both slowed again and the rest caught up. But the seventh kilometre had gone in 2:44 and soon the effect showed. Only six men remained at the 8 km mark, reached in 22:57: Mokoka, Nzima, Mohale, Lungisa Mdedelwa, Lindikhaya Mthangayi and Gwebu.

Mokoka surged one final time and ran the ninth kilometre in 2:48. He safely negotiated a rather rough gravel stretch between the gate of the stadium and the track and kicked away from Mdedelwa to win by 5 seconds. His final kilometre was also run in 2:48; the second half took only 13:52.

Although the standard of performances in depth was not as high as in 2009, only three men and three women in the top ten did not set PBs (Mkoka, Mthangayi and Zolani Ntongana among the men, and Van Blerk, Nolene Conrad and Tanith Maxwell among the women).

As was the case in the half marathon, the meagre prize money caused the usual visitors from Zimbabwe and other African countries to stay away. The only foreigner was Vladimir Kotov, who is a South African resident and is eligible for the national championships. He successfully defended his title in the 50-59 age group – as did Olga Howard in the same division for women, Sonja Laxton in the 60-69 category and Syvlia Tshetlanyane among the juniors.

In contrast to the days of the Nedbank sponsorship of SA road running championships, the media got short shrift. There was no invitation to the race, no accreditation, no numbers list to identify the runners. There was one improvement on last year: the driver of the media vehicle drove where the journalists asked him to, and not helter-skelter a kilometre in front of the leaders so that no one could see anything. And Top Events' Andrew Bell provided an excellent results service.

The straight, out-and-back route towards Wellington was fast (six list leaders were set) – and with a few minor tweaks can be made faster still. More realistic incentives will also result in quicker times next year.

The weekend's PetroSA Marathon was won by Phatlalla Mohloli (LES) in 2:18:30 and Tabitha Tsatsa (ZIM) in 2:39:54. The winners of the half marathon were Nkopane Seqhobane (LES) in 64:03 and Rutendo Nyahora (ZIM) in 78:29, while the 10 km went to Kgosi Samuel Tsosane in 29:38 and Violet Raseboya in 36:09. DRR has received no reports that the courses were short, as they were last year; results will be included next week.

Elana Meyer wrote to say that her 20th position in the Stellenbosch Totalsports 10 km (results in last week's issue) was due to the fact that, "in the true spirit of Women's Day", she pushed her daughter, Ené, in a baby jogger. Elana still holds the SA record for the distance at 31:13, set in 2001.

Three marathon greats of yesteryear, two of them Olympic champions, showed up in the results of the Falmouth Road Race, one of the most famous events in the USA. Bill Rodgers, multiple Boston Marathon champion, was 979th, Frank Shorter, Olympic champion in 1972, was far back in 3671st, and Joan Samuelson, the first female Olympic marathon champion, was 18th. South African marathon record holder Colleen de Reuck was the first American in fifth.

THE STELLENBOSCH TOTALSPORTS COURSE

Michael Meyer informed DRR that the course used for the Totalsports 10 km in Stellenbosch on 9 August was actually remeasured before the 2009 race, and provided a certificate that it is the correct distance. The course was measured and certified on 27 June 2009 by IAAF B Grade Measurer Gavin Wright. This means that the course has been the correct length for the last two years (2009 and 2010). The course used in 2008 was short, as mentioned in DRR 10:31, a fact borne out by the Race Time Bias factor of -11.65 sec/km – much more than twice the allowable limit of -5 sec/km. I am still of the opinion that courses in Stellenbosch are prone to shortening of the distance by insufficient corner taping and by athletes cutting corners and running across pavements (I have observed this myself on more than one occasion), but it is indeed good news that the Totalsports course has been certified for two years. It is now essential that the Gino's course in Stellenbosch is also checked by a competent measurer to legitimise the times run there.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Reutech Solutions John Korasie 30 km, Simon's Town
- * Kwamashu 15 km Challenge, Durban
- * Lotto South African 10 km Championships, Paarl
- * Ocean Basket Marcel van't Slot 15 km, Pretoria
- * The Witness Blomeyers Capital Climb, Pietermaritzburg
- * Mountain Drive Half Marathon, Grahamstown
- * Chatsworth Women in Action Challenge, Durban
- * Totalsports Ladies Race, Johannesburg
- * Swellendam Half Marathon, Swellendam
- * XC: EP Championships, Port Elizabeth; WP League Meeting, Youngsfield

International highlights:

- * CIGNA Falmouth Road Race, Woods Hole to Falmouth Heights, USA
- * Track: Aviva London Grand Prix, London, GBR

ROAD RUNNING

Reutech Solutions John Korasie 30 km

Simon's Town, 15 August
(Certified loop course)

Note: The second male runner was disqualified, so all others moved up one position. Graham Katzen, who had been the second veteran in the previous day's SA 10 km Championships, Bulelwa Mtshagi, who had been the 17th woman, and Maretha de Kock (3rd master in the open race) all ran again here. – Ed.

MEN

1. Mthandazo Qhina (Adid) 1:39:45; 2. Peter Tsawayo (Gugs) 1:43:27; 3. Velani Lusaseni (Adid) 1:45:18; 4. Wanda Roro (Adid) 1:46:00; 5. Kevin Oliphant (Itheko) 1:46:29; 6. Zolani Sowazi (Gugs) 1:46:36; 7. Bonisile Ngculana (AAC) 1:47:20; 8. Graham Katzen (Celtic) 1:47:53; 9. Samson Gulubela (AAC) 1:48:46; 10. Mervyn Steenkamp (Itheko) 1:51:13; 11. Mandla Pangalelo (Gugs) 1:51:43; 12. Quinton Prins (Met) 1:52:06; 13. Dumisani Dosi (Paarl) 1:53:46; 14. Bongile Tshewula (East) 1:55:48; 15. Patrick Ketelo (Adid) 1:56:12; 16. Gilbert Korir (KEN/UWC) 1:56:31; 17. Patrick Mbina (Celtic) 1:56:58; 18. Mtikiaki Lubabalo (CS) 1:57:06; 19. Andries Swanepoel (Brack) 1:58:06; 20. William Robinson (UCT) 1:58:54; 21. Carlo Jacobs (Top) 1:58:57; 22. Innocent Nogwazi (Adid) 2:00:12; 23. Phillip Sassie (FH) 2:00:26; 24. Johan van Zyl (Tyger) 2:02:27; 25. Bruce Stewart (Gugs) 2:03:35; 26. A.N. Other; 27. Norman ? (FH) 2:04:50; 28. Simon von Witt (AAC) 2:06:19; 29. Henry Cievarts (Top) 2:06:35; 30. Lionel Cronjé (Met) 2:07:25.

40-49: 1. Graham Katzen (Celtic) 1:47:53; 2. Andries Swanepoel (Brack) 1:58:06; 3. Bruce Stewart (Gugs) 2:43:35. **50-59:** 1. Henry Cievarts (Top) 2:06:35; 2. Waklter Segatswi (Celtic) 2:08:40; 3. Malcolm Harrington (SS) 2:17:09. **60+:** 1. Richard Acheson (VOB) 2:33:58; 2. Roger Davids (FH) 2:39:55; 3. Jim Scott (FH) 2:51:09.

WOMEN

1. Anneline Roffey (Adid) 2:08:30; 2. Bulelwa Mtshagi (Celtic) 2:14:56; 3. Ronel Nattrass (Adid) 2:15:17; 4. Sandra van Graan (Edge) 2:24:07; 5. Candyce Hall (Hout) 2:25:31; 6. Kim Woolrich (Celtic) 2:26:18; 7. Nanhlanhla Ngcobo (UWC) 2:28:13; 8. Kirsten Norris (VOB) 2:28:25; 9. Eunice Avenant (Held) 2:28:45; 10. Marie Louw (Adid) 2:30:19; 11. Theresa Brand (NBMC) 2:31:41; 12. Carli Basson (Paarl) 2:31:42; 13. H. Van der Watt (Ind) 2:33:17; 14. Lorna Loubser (Sanlam) 2:34:08; 15. Lindie Bouwer (Sanlam) 2:35:01; 16. Dominique Leibbrandt (UCT) 2:35:35; 17. Martha Pretorius (Top) 2:35:47; 18. Maretha

de Kock (Adid) 2:35:51; 19. Sogba Nokuthula (Ind) 2:36:16; 20. Esmé Koopman (Durb) 2:38:00.

40-49: 1. Sandra van Graan (Edge) 2:24:07; 2. Eunice Avenant (Held) 2:28:45; 3. Marie Louw (Adid) 2:30:19. **50-59:** 1. Maretha de Kock (Adid) 2:35:51; 2. Sonja Smith (MPT) 2:50:05; 3. Jenny da Silva (Met) 2:50:56. **60+:** 1. Marlene James (Pine) 3:18:54; 2. Marianne Nelson (Durb) 3:33:40; 3. Cathy Taylor (Durb) 3:39:35.

Kwamashu 15 km Challenge

Durban, 15 August

MEN

1. Richard Nene (ZIM/Mr Price) 48:33, 2. Sandile Lembethe (PDAC) 48:42, 3. Xolani Khawula (Formular One) 50:26.

40-49: 1. Herbert Mazongolo (Toyota) 55:20, 2. Mandla Dlamuka (Boxer) 56:43, 3. S'busiso Ntuli (Nedbank) 57:10. **50 to 59:** 1. Ackim Mhlanzi (Saveges) 59:46, 2. Siyabonga Jali (Nedbank) 1:04:63, 3. Wilson Dlamini (DAC) 1:19:25. **60+:** 1. Bhekisisa Mchunu (Saveges) 1:08:37, 2. Jeff Armstrong (Athletics North) 1:32:14, 3. Jack Jorn (Woodview) 2:01:47.

WOMEN

1. Iris Ndlovu (Boxer) 63:47, 2. Fikile Mbuthuma (Nedbank) 64:09, 3. Hleziphi Ncayiyana (Nedbank) 76:49.

40-49: 1. Xoli Mwelase (Boxer) 1:10:20, 2. Nana Sigubudu (Boxer) 1:11:40, 3. Judith Mlaba (Saveges) 1:25:37. **50-59:** 1. Jane Barker (DAC) 1:19:55, 2. Pat Fisher (Stella) 1:35:40.

Lotto South African 10 km Championships

(as part of the Race Against Time Series)

Paarl, 14 August

(Certified out-and-back course; slightly uphill the first half and then downhill on the return. Weather: Cool, excellent conditions. Finishers: 629.)

Note: Only one runner in these results, indicated with an asterisk (*) in the women's 50-59 age group, was not part of the SA 10 km Championships, because she was not a member of a provincial team. The next runner, who won the SA Championships bronze medal, is also indicated in this age category. (In contrast to previous years, there were no foreigners in the race apart from Vladimir Kotov – see note with 50-59 age group results.) – Ed.

MEN

1	Stephen	Mokoka	AGN	25	28:23	R3 000
2	Lungisa	Mdedelwa	ATRA	25	28:28	R2 000
3	Sibusiso	Nzima	CGA	23	28:29	R1 000
4	Lucky	Mohale	CGA	24	28:31	R750
5	Lindikhaya	Mthanganyi	WPA	31	28:32	R500
6	Jeffrey	Gwebu	CGA	29	28:37	R400
7	Enock	Manyandi	CGA	21	28:46	R350
8	Zolani	Ntongana	WPA	30	28:51	R300
9	Boy	Soke	AFS	27	29:00	R250
10	Samuel	Segoaba	AFS	27	29:00	R200
11	Chabeli	Nyedimane	AFS	22	29:08	
12	Benedict	Moeng	AGN	27	29:20	
13	Nkosinathi	Madyo	WPA	22	29:22	

14	Zamlandela	Nkosi	AVT	22	29:25
15	Ntobeko	Mtintso	CGA	35	29:49
16	Olebogeng	Masire	ACNW	27	29:57
17	Thobane	Chagwe	KZNA	19	29:57
18	Omphemetse	Mothibi	ANWN	25	29:58
19	Peter	Wilders	CGA	19	29:59
20	Siphembele	Fanekho	ATRA	19	30:02
21	Raphael	Segodi	CGA	24	30:04
22	Jeromy	Andreas	WPA	18	30:07
23	Reuben	Mangengenene	CGA	18	30:09
24	Luxolo	Mdzanga	WPA	18	30:10
25	Mthandazo	Qhina	WPA	32	30:15
26	Lucas	Bothabutle	ACNW	19	30:19
27	Nkuleleko	Zamisa	AGN	25	30:21
28	Sibusiso	Mbingeleli	WPA	32	30:27
29	Mluleki	Nobanda	ATRA	41	30:27
30	Joel	Monne	ACNW	19	30:32
31	Sikhumbuzo	Seme	AGN	25	30:34
32	Oupa	Hlalele	AVT	21	30:34
33	Siyabonga	Nkonde	KZNA	22	30:35
34	Sithembile	Dondolo	CGA	16	30:35
35	Ishmael	Phokwane	ANWN	25	30:37
36	Sibusiso	Thu	EPA	22	30:38
37	Edwin	Sesipi	CGA	18	30:38
38	Abednico	Mashaba	AMPU	20	30:45
39	Letjelo	Mphuthi	AVT	33	30:45
40	Hein	Camphor	WPA	25	30:46
41	Lebogang	Masilo	ACNW	20	30:55
42	William	Kaptein	BOLA	18	30:56
43	Nkosinathi	Vilakazi	AMPU	18	30:57
44	Pieter	Koopman	BOLA	35	30:59
45	Frans	Makola	AGN	25	30:59
46	Xola	Bongoza	EPA	20	31:02
47	Derocious	Makhobale	CGA	22	31:04
48	Graham	Katzen	WPA	40	31:04
49	Michael	Bailey	CELTIC	27	31:06
50	Wiseman	Fadane	AVT	17	31:08

40-49:

1. Mluleki Nobanda (ATRA), 41, 30:27 R750
2. Graham Katzen (WPA), 40, 31:04 R500
3. Bheki Nene (CGA), 41, 31:49 R300

50-59:

1. Vladimir Kotov# (BLR/WPA), 52, 32:08 R750
2. Charles Vilakazi (CGA), 50, 33:06 R500
3. Johannes Seakamela (CGA), 50, 33:58 R300

#) Kotov, although a foreigner, has a South African residence permit and is eligible for the national championships.

60-69:

1. Awie Veldsman (WPA), 60, 37:56 R750
2. Albertus Bock (WPA), 64, 37:58 R500
3. Don Charles (CGA), 61, 38:00 R300

Juniors:

1. Thobane Chagwe (KZNA), 19, 29:57 R1 500
2. Pieter Wilders (CGA), 19, 29:59 R1 000
3. Siphembele Fanekho (ATRA), 19, 30:02 R750
4. Jeromy Andreas (WPA), 18, 30:07 R500

5. Reuben Mangengenene (CGA), 18, 30:09 R400

WOMEN (Same prize money as men)

1	Irvette	van Blerk	CGA	23	33:15
2	Zintle	Xiniwe	WPA	23	33:19
3	Thozama	April	AGN	24	33:53
4	Christine	Kalmer	CGA	24	33:53
5	Nolene	Conrad	CGA	25	34:36
6	Mpho	Mabuza	CGA	30	34:44
7	Tanith	Maxwell	KZNA	34	34:45
8	Zinhle	Sinqe	AGN	20	34:50
9	Sylvia	Tshetlane	CGA	17	34:58
10	Nomvuyisi	Seti	WPA	28	35:23
11	Ntombisint	Mfunzi	EPA	28	35:29
12	Nandipha	Dywili	AGN	18	35:40
13	Charné	Bosman	AGN	34	35:55
14	Dominique	Scott	WPA	18	36:16
15	Makhosazana	Mhlongo	KZNA	28	36:38
16	Ashleigh	Schnetler	CGA	19	36:43
17	Bulelwa	Mtshagi	WPA	30	36:47
18	Ronel	Thomas	AGN	38	37:01
19	Juan-Marie	Cooper	CGA	17	37:02
20	Cary-Ann	Smith	KZNA	30	37:04
21	Mia	Pienaar	BOLA	21	37:10
22	Ulrica	Stander	WPA	35	37:31
23	Tessa	Burrell	CGA	45	37:43
24	Grace	De Oliviera	KZNA	49	38:03
25	Letitia	Saayman	AGN	17	38:05
26	Puseletso	Dladla	KZNA	18	38:12
27	Mpumelelo	Mnyandu	KZNA	18	38:15
28	Danielle	Adlam	KZNA	30	38:20
29	Elmarie	Coetzee	WPA	46	38:34
30	Mamphielo	Sibanda	CGA	17	38:34

40-49:

1. Tessa Burrell (CGA), 45, 37:43
2. Grace de Oliveira (KZNA), 49, 38:03
3. Elmarie Coetzee (WPA), 46, 38:34

50-59:

1. Olga Howard (WPA), 52, 41:09
2. Marietjie Ceronio (AVT), 53, 41:33
3. Maretha de Kock* (Adidas), 50, 45:36
4. Magrieta Hanekom (BOLA), 55, 47:59 (SA Championships bronze medal)

60-69:

1. Sonja Laxton (CGA), 62, 42:39
2. Ann Weeden (KZNA), 60, 44:18
3. Veronica van Niekerk (BOLA), 64, 45:09

Juniors:

1. Sylvia Tshetlanyane (CGA), 17, 34:58
2. Nandipha Dywili (AGN), 18, 35:40
3. Dominique Scott (WPA), 18, 36:16

Ocean Basket Marcel van't Slot 15 km

Pretoria, 14 August
(Loop course. Finishers: 1350.)

MEN

1 Joshua Sabao (ZIM/Mr Price) 49:13; 2 Wesley Mutai (KEN/New Balance) 50:05; 3 Esau Radebe (Transnet) 50:32; 4 Piet Mosibedi (Nedbank) 50:39 (1st vet); 5 Elias Mabane (Bidvest) 53:05.

Veterans: 1 Piet Mosibedi (Nedbank) 50:39; 2 Elias Mabane (Bidvest) 53:05; 3 Jackson Seanego (New Balance) 53:12. **Masters:** 1 Colin Fisher (CSIR) 64:08; 2 Jan Mokiti (Exarro) 65:48; 3 Japie Badenhorst (Kentron) 69:27. **G'masters:** 1 Pieter Rossouw (Enduro) 70:22; 2 Johan vd Wetering (PMK) 73:25. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 72:31.

WOMEN

1 Marlize Retief (Nedbank) 59:25; 2 Kerry Walton (Running Inn) 59:44; 3 Margaret Mahohoma (ZIM/Mr Price) 61:20; 4 Loveness Madziva (ZIM/Nedbank) 62:45; 5 Jaqui vd Waals (Temp) 63:43.

Veterans: 1 Ansie Viljoen (Irene) 64:48; 2 Antoinette Looock (Agape) 71:31; 3 Debbie Bredenkamp (HQH) 76:41. **Masters:** 1 Linda Potgieter (Magnolia) 75:00; 2 Francis v Blerk (Nedbank) 81:37; 3 Vera Nel (Medihelp) 82:22. **G'masters:** 1 Sarie du Toit (PMK) 77:09; 2 Penny Visser (Breakthru Midrand) 80:29. **G/g'masters:** 1 Mavis Stadler (Agape) 92:53.

The Witness Blomeyers Capital Climb (35th)

Pietermaritzburg, 14 August
(Distance: 15 km; out-and-back, hilly course.)

MEN

1. Prodigal Khumalo	ZIM/Mr Price AC	50:43
2. Proffesor Mollen	ZIM/Mr Price AC	51:17
3. Sibonelo Duma	Boxer AC	51:45

40-49:

1. Richard Dlamini	Boxer AC	57:33
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50-59:

1. Simphiwe Ntentesa	Toyota AC	65:00
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WOMEN

1. Sarah Grey	Coll Harr	67:48
2. Janine Bamford	Ind	67:58
3. Kirsten Williams	UKZN	69:57

40-49:

1. Kylie Griffin	West AC	74:24
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50-59:

1. Judith Geldenhuys	Estcourt AC	74:59
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Mountain Drive Half Marathon

Grahamstown, 14 August
(Distance: 21.1 km; hilly loop course, partly on gravel. Finishers: 318.)

MEN

1	George	Ntshiliza	Nedbank RC	30	1:12:28
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2	Eric	Sigxashe	Nedbank RC	31	1:13:48
3	Simphiwe	Tana	Nedbank RC	31	1:13:58
4	Alfred	Qogi	Nedbank RC	36	1:14:56
5	Patrick	Mnto	RFLG	27	1:15:17
6	Emerson	Kayana	Nedbank RC	36	1:17:24
7	Thembinkosi	Mdyogolo	Nedbank RC	42	1:17:56
8	Melikhaya	Jacobs	Nedbank RC	32	1:18:22
9	Basie	Boneparte	Albany RR	44	1:19:23
10	Mpumelelo	Ndlumbini	Nedbank RC	35	1:21:16
11	Zandisile	Dzudzudzu	Kowie Striders	29	1:21:50
12	Thembekile	Msipa	Charlo RR	36	1:21:55
13	Mzamo	Fokwana	Charlo RR	32	1:23:36
14	Carriot	Galela	RFLG	41	1:24:12
15	Malibongwe	Mbelu	RFLG	38	1:24:47
16	Aaron	Nxumalo	PEAAC	26	1:24:51
17	Bradley	Mackenzie	Achilles AAA	38	1:25:00
18	Christo	Muller	Body Concept	42	1:25:04
19	Revan	Fillis	Albany RR	20	1:25:14
20	Malungisa	Olayi	PEAAC	31	1:25:30

40-44:

1	Thembinkosi	Mdyogolo	Nedbank RC	42	1:17:56
2	Basie	Boneparte	Albany RR	44	1:19:23
3	Carriot	Galela	RFLG	41	1:24:12

45-49:

1	Robin	Fourie	Achilles AAA	47	1:27:10
2	Sean	Eriksen	Albany RR	46	1:30:02
3	Hendrik	Van Wyk	Transnet RE	46	1:35:34

50-54:

1	Andre	Willemse	Elite AC	52	1:32:07
2	Leonard	Erasmus	Willard Batt	52	1:33:59
3	Selwyn	Uithaler	X-Cel AC	54	1:37:43

55-59:

1	Sizinzo	Kama	Achilles AAA	59	1:35:20
2	Bruce	Mcewan	Achilles AAA	56	1:40:35
3	Paul	Steffens	Transnet RE	59	1:48:20

60-64:

1	Errol	Rossouw	PEAAC	60	1:41:43
2	Percy	Dalton	Achilles AAA	62	1:45:31
3	Eric	Mapara	Rhodes Universi	63	1:46:33

65-69:

1	Godfrey	Kariem	Cadbury AC	69	1:53:45
2	Piet	Scholtz	Queenstown Harr	65	2:17:21

Juniors:

1	Thendo	Thenga	Rand Ath Club	18	1:29:40
2	Mthuthuzeli	Nyanga	PEAAC	17	1:31:30

WOMEN

1	Marisa	Ferraris	Triangle Sports	39	1:33:09
2	Frith	Van der Merwe	RFLG	46	1:36:03
3	Christine	Claasen	Achilles AAA	45	1:37:49
4	Benita	Barton	Crusaders AC	40	1:40:23
5	Tamaryn	Roberts	Temp	28	1:40:53
6	Jene	Banfield	RFLG	39	1:41:03
7	Elmarie	Bezuidenhout	Charlo RR	28	1:42:23
8	Jennifer	Coppinger	Rhodes Universi	20	1:44:15
9	Davera	Magson	Mr Price PE	35	1:44:55

10	Lesley	Wood	Achilles AAA	53	1:47:20
11	Shannon	Swart	Profiles	28	1:47:22
12	Hanlie	Van der Westhuizen	Transnet RE	54	1:47:34
13	Jill	Moeller	Temp	25	1:49:13
14	Linda	Wright	Kowie Striders	34	1:51:01
15	Diana	Grant	Temp	38	1:51:30
16	Joy Anne	Pregalato	Achilles AAA	39	1:51:42
17	Kelly	Dower	Temp	42	1:52:02
18	Adele	Nel	St Albans CSEP	37	1:54:01
19	Beate	Stindt	Temp	22	1:54:14
20	Lizette	Owen	Temp	43	1:54:25

40-44:

1	Benita	Barton	Crusaders AC	40	1:40:23
2	Kelly	Dower	Temp	42	1:52:02
3	Lizette	Owen	Temp	43	1:54:25

45-49:

1	Frith	Van der Merwe	RFLG	46	1:36:03
2	Christine	Claasen	Achilles AAA	45	1:37:49
3	Janice	Mc Kerry	Queenstown Harr	45	2:00:09

50-54:

1	Lesley	Wood	Achilles AAA	53	1:47:20
2	Hanlie	Van der Westhuizen	Transnet RE	54	1:47:34
3	Theresa	Lillis	Achilles AAA	54	2:09:04

55-59:

1	Jos	Els	Madiba Bay	58	2:10:38
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Juniors:

1	Tanya	Wilson	Charlo RR	17	2:26:31
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Chatsworth Women in Action Challenge

(Women only)

Durban, 9 August

(Distance: 10 km)

1. Puseletso Dladla (Boxer) 38:26
2. Makhosi Mhlongo (Saveges) 38:37
3. Bongekile Hlongwane (Flora CAC) 40:09
4. Nontokozi ? (Eskom Gijimas) 40:23
5. Grace de Oliveria (Boxer) 40:47.

40-49:

1. Grace de Oliveria (Boxer) 40:47
2. Nana Sigubudu (Boxer) 47:01
3. Sharon Williams (Sunshine) 50:17

50-59:

1. Debbie de Koning (Eskom Gijimas) 48:32
2. Jane Watson (PDAC) 50:03
3. Jane Baker (DAC) 50:50

60+:

1. Hester Bekker (Stella) 1:09:47
2. Selvie Chetty (Flora CAC) 1:10:18
3. Ntombi (Imamba) 1:13:07

Juniors:

1. Puselesto Dladla (Boxer) 38:26
2. Bongekile Hlongwane (Flora CAC) 40:09
3. Nontokozi ? (Eskom Gijimas) 40:23

Totalsports Ladies Race

(Women only)

Johannesburg, 9 August

(Distance: 10 km; loop course.)

1	Irvette	Van Blerk	Nedbank	35:31
2	Nolene	Conrad	UJ	37:40
3	Christine	Kalmer	Nedbank	37:42
4	Mpho	Mabuza	Nedbank	37:59
5	Sylvia	Tshetlanyane	Kasigo	38:02
6	Poppy	Mlambo	Nedbank	38:03
7	Juan-Marie	Cooper	Khosa	39:19
8	Idah	Simon	BOT/Univ Church	39:52

40-49:

1	Sarah	Mahlangu	Mr Price	43:30
2	Catherine	Naane	Goldfields	44:00
3	René	Binneman	Roodepoort	47:38

50-59:

1	Tandie	Mlambo	Afrox	52:11
2	Gladys	Mohgalane	RAC	53:07
3	Sewele	Maponya	Wanderers	54:00

60-69:

1	Rachel	Ledwaba	Pick 'n Pay	1:03:15
2	Moirá	Terwey	RWFL	1:03:44
3	Annette	Roos	RAC	1:05:21

70+:

1	Wilma	Strydom	Fit 2000	1:25:35
2	Hilda	Makhene	Kagiso	1:55:34

Juniors:

1	Sylvia	Tshetlanyane	Kasigo	38:02
2	Juan-Marie	Cooper	Khosa	39:19
3	Idah	Simon	BOT/Univ Church	39:52

Swellendam Half Marathon

Swellendam, 7 August

(Distance: 21.1 km; loop course, mostly on gravel. Finishers: 237.)

MEN

1	Sihyhilo	Diko	Nedbank	1:11:00
2	Luwayne	Duitsjan	Hartenbos	1:13:04
3	Roger	Davids	Robertson	1:14:45
4	Vuyo	Witbooi	Outeniqua	1:17:02
5	David	Ruiters	Robertson	1:17:24
6	Fana	Principal	Rainbow	1:18:49 (1 st vet)
7	Dewald	Kleinhans	Hartenbos	1:20:25
8	Johan	Stemmet	Bonnievale	1:20:26
9	Sollie	van Rooyen	Worcester	1:20:35
10	William	Jansen	Robertson	1:23:20 (1 st jun)
...				
12	Marius-Hugo	Schlechter	Plettenberg Bay	1:26:30

40-49:

1	Fana	Principal	Rainbow	1:18:49
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2	Sollie van Rooyen	Worcester	1:20:35
3	Marius-Hugo Schlechter	Plettenberg Bay	1:26:30

50-59:

1	William Snyders	EGA	1:38:54
2	Johan Theron	Durbanville	1:40:03
3	Dirk Joubert	Hartenbos	1:40:32

60+:

1	Hennie Malan	Tygerberg	1:47:20
2	Lionel Klassen	Durbanville	1:48:36

Juniors:

1	William Jansen	Robertson	1:23:20
2	Ehren Dauelsberg	Temp	1:37:50

WOMEN

1	Lisl Grobler	Knysna	1:31:37
2	Evonne Nieuwoudt	Paarl	1:32:34
3	Kerry Roos	Knysna	1:33:42
4	Bettie Stevens	Langeberg	1:34:55
5	Annatjie Botes	Nedbank	1:35:52 (1 st mast)
6	Ilse Esterhuizen		1:40:03
7	Miranda Ward	Paarl	1:40:06
8	Monique du Plooy		1:41:49
9	Marie Louw	Adidas	1:42:24 (1 st vet)
10	Maretha de Kock	Adidas	1:47:02

40-49:

1	Marie Louw	Adidas	1:42:24
2	Una Saayman	Hartenbos	1:47:18
3	Lize du Preez	Temp	1:48:01

50-59:

1	Annatjie Botes	Nedbank	1:35:52
2	Miranda Ward	Paarl	1:40:06
3	Maretha de Kock	Adidas	1:47:02

60+:

1	Esther Oosthuizen	Hartenbos	02:18:15
2	Lynda Fillmore	Edgemead	02:25:09

CROSS-COUNTRY**EP Championships**

Port Elizabeth, 14 August

MEN

12 km

1	Zolani	Ngqaqa	Mr Price AC EP	21	39:20
2	Khayaletu	Makalima	Mr Price PE	26	39:35
3	Mzolisi	Makhanda	Nedbank RC EP	27	39:37
4	Bulelini	Niwa	PEAAC	24	40:39
5	Anele	Maliza	Mr Price AC EP	32	40:53
6	Zandisile	Mpisane	Mr Price AC EP	26	41:48
7	Ricardo	Plaatjies	Elite AC	27	42:02
8	Willie	Ensel	Nedbank RC EP	33	43:08
9	Jayiya	Ntsapho	Temp	27	43:27
10	Thando	Rwexana	Nedbank RC EC	23	45:12

4 km:

1	Mkhuseli	Nyongo	Absa NMMU AC	24	12:15
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2	Marinus	Johnson	Mr Price AC EP	24	12:23
3	Zolani	Mabongo	Mr Price AC EP	23	12:35
4	Robert	Matthys	Mr Price AC EP	34	12:53
5	Khayaletu	Makalima	Mr Price AC EP	26	13:06
6	Jayiya	Ntsapho	Temp	27	13:45
7	Thando	Rwexana	Nedbank RC EC	23	14:14
8	Errol	Koert	Triangle Sports	33	14:23

40-49 (8 km):

1	Luvuyo	Stephen	Nedbank RC EP	40	28:12
2	Welcome	Loliwe	Nedbank RC EP	45	28:17
3	Willem	Mare	Jeffreys Bay	46	28:58

50-59 (8 km):

1	Gideon	Van Zyl	Temp	58	29:28
2	Alfred	Spiers	Elite AC	50	30:10
3	Charles	Baatjies	Elite AC	53	32:20

60+ (6 km):

1	Tom	D'arcy	Achilles AAA	64	31:47
2	Gerald	Hoxley	Achilles AAA	69	32:54

U.23 (4 km):

1	Banele	Mngcitha	Absa NMMU AC	22	14:30
2	Jon-Paul	Raper	Absa NMMU AC	22	15:11
3	Vuyisanani	Ngcayi	Reuben Birin	22	17:11

U.21 (4 km):

1	Zolani	Ngqaqa	Mr Price AC EP	21	12:00
2	Mariano	Eesou	Nedbank RC EP	18	12:35
3	Conrad	Charles	Malabar	20	13:10

Juniors (8 km):

1	Mariano	Eesou	McCarthy H/S	18	25:49
2	Vernon	Booyse	John Walton H/S	18	27:03
3	Morne	Buis	McCarthy H/S	17	27:06

WOMEN**8 km**

1	Deliwe	Nyanga	Nedbank RC EP	21	31:29
2	Liandre	Pretorius	Nedbank RC EP	30	33:33
3	Thabisa	Mayedwa	Nedbank RC EP	23	34:10
4	Ursula	Kuhn	Absa NMMU AC	28	34:52
5	Noxolo	Marks	Mr Price AC EP	24	35:58
6	Rosemary	Buchanan	Achilles AAA	24	41:41

4 km:

1	Thabisa	Mayedwa	Nedbank RC EP	24	16:28
2	Ursula	Kuhn	Absa NMMU AC	28	17:36
3	Sandra	Sluis-Cremer	Absa NMMU AC	24	19:03

40-49 (4 km):

1	Treloar	Childs	Walmer AC	47	17:11
2	Suretha	Verwey	Jeffreys Bay	43	17:22
3	Melissa	Berg	Muirite Striders	40	25:03

50-59 (4 km):

1	Suzanne	Lavis	Jeffreys Bay	52	19:08
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U.21 (4 km):

1	Natascha	De Villiers	Absa NMMU AC	21	16:12
2	Junaida	Pieters	Absa NMMU AC	20	16:41
3	Clarissa-Mari	Rabie	Absa NMMU AC	19	17:58

Juniors (6 km):

1	Annica	Coetzee	Absa NMMU AC	18	25:51
2	Jeanette	Jacobs	McCarthy H/S	17	27:15
3	Anita	Ndiki	Nedbank RC EP	18	27:16

WP League Meeting (8th)

Youngsfield, 7 August

Note: The athletes' names are in the order of surname followed by first name. – Ed.

MEN

12 km:

1	Lusaseni Tom	Adidas	34:25
2	Qhina Mthandazo	Adidas	34:37
3	Pienaar Barry-John	Bellville	35:08
4	Nogwaza Innocent	Adidas	35:27
5	Mpekula Marks	ACSIS VOB	35:48
6	Roro Wanda	Adidas	36:16
7	Poni Tebello	ACSIS VOB	36:33
8	Ngculana Bonisile	Atlantic	36:47
9	Pangalele Mandla	RCS Gugs	37:06
10	Mapoyi Luyanda	Khayelitsha	37:28

4 km:

1	Wildskut Riaan	ATC	13:57
2	Faro Fabian	MP Titans	13:58
3	Petoors Jessie	Eerste River	14:28
4	Tshewula Bongile	Easterns	14:32
5	Collins Jonathan	Easterns	14:37
6	Abrahams JP	Adidas	14:47
7	Witbooi Riaan	Eerste River	14:55
8	Mdutyana Nicholas	Celtic Harriers	15:09
9	Snyders Bronwine	Adidas	15:16
10	Mokotary Pieter	Metropolitan	15:27

40-49 (8 km):

1	Abrahams Shaun	Adidas	25:45
2	September John	Celtic Harriers	26:48
3	Jacobs Barend	Celtic Harriers	27:24

50-59 (8 km):

1	Howard Raymond	Celtic Harriers	27:28
2	Isaacs Kevin	Celtic Harriers	27:45
3	Mpukani Goodman	RCS Gugs	28:14

60+ (8 km):

1	Veldsman Awie	Helderberg Harriers	29:47
2	Bock Albertus	Adidas	30:02
3	Cleophas Henry	Nedbank	34:55

Juniors (8 km):

1	Andreas Jeromy	UWC	24:08
2	Nteta Unathi	Atlantic	24:11
3	Mdzanga Luxolo	RCS Gugs	24:12

WOMEN

8 km:

1	Matiwane Busisiwe	Celtic Harriers	30:32
2	De Bruin René	Defence WP	30:33
3	De Lange Sheryl	Adidas	31:12

4	De Oliveira Colleen	NB Multisport	32:17
5	Mbombo Phelokazi	Khayelitsha	32:38
6	Pretorius Andrea	NB Multisport	33:11
7	Scott Tanya	UCT	33:23
8	Jackson Sarah-Jane	UCT	34:04
9	Scott Renée	Adidas	34:35
10	Simpson C	Pinelands	34:45

4 km:

1	Theron Gerda-Marié	Tygerberg NLK	17:55
2	Hanekom Linda	Adidas	18:22
3	Fillies Levonia	MP Titans	19:03
4	Lewis Lucia	UWC	19:35
5	Phillips Shireen	Helderberg Harriers	19:51
6	Olivier Lee-Ann	CPUT	20:33
7	Johannes Tyshia	RCS Gugs	20:42
8	de Kock Johandie	Tygerberg NLK	21:01
9	Smith Esmerelda	Celtic Harriers	23:59
10	Battersby Jane	Spartan Harriers	24:56

40-49 (4 km):

1	De Lange Sheryl	Adidas	17:19
2	Coetzee Elmarie	Adidas	17:36
3	Brink Ester	Strand	17:57

50-59 (4 km):

1	Howard Olga	Celtic Harriers	18:16
2	Cupido Charmaine	Nedbank	20:15
3	Hood Sandy	ACSIS VOB	21:23

60+ (4 km):

1	Sparg Pixie	Celtic Harriers	22:31
2	Barnard Zonia	Celtic Harriers	24:27
3	James Marlene	Pinelands	25:32

Juniors (6 km):

1	Sikabalanjana Asiphe	RCS Gugs	21:25
2	Parker M	UCT	21:38
3	Beukes Reghana	Eerste River	23:24

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**CIGNA Falmouth Road Race (38th)**

Woods Hole to Falmouth Heights, USA, 15 August

(Distance: 7.0 miles; certified point-to-point course with rolling hills)

MEN

1.	Gebre Gebremariam, 25, ETH	32:20	\$10,000
2.	Wilson Chebet, 25, KEN	32:21	5,000
3.	Martin Lel, 31, KEN	32:37	2,000
4.	Edward Muge, 27, KEN	32:40	1,500
5.	Ed Moran, 29, Williamsburg, VA	32:40	1,000 + 5,000a
6.	Stephen Kibet, 23, KEN	32:50	800
7.	Peter Cheruiyot Kirui, 22, KEN	32:50	650

8. Antonio Vega, 26, St. Paul, MN	32:53	600 + 3,000a
9. Sean Quigley, 25, Philadelphia, PA	32:58	450 + 2,000a
10. Allan Kiprono, 20, KEN	33:05	350
... 979. Bill Rodgers, 62, Boxboro, MA	54:28	
... 3671. Frank Shorter, 62, Boulder, CO	1:10:08	

a) Earned USA citizen bonus

WOMEN

1. Wude Ayalew Yimer, 23, ETH	35:46	\$10,000
2. Lineth Chepkurui, 22, KEN	35:50	5,000
3. Edna Kiplagat, 30, KEN	36:31	2,000
4. Catherine Ndereba, 38, KEN	38:06	1,500
5. Colleen De Reuck, 46, Boulder, CO	38:10	1,000 + 5,000a + 2,500m
6. Fiona Docherty, 34, NZL	38:26	800
7. Amy Hastings, 26, Mammoth Lakes, CA	38:33	650 + 3,000a
8. Irene Limika, 30, KEN	38:59	600
9. Jeannette Seckinger, 28, Somerville, MA	39:01	450 + 2,000a
10. Kathy Newberry, 31, Williamsburg, VA	39:10	350 + 1,500a
... 18. Joan Samuelson, 53, Freeport, ME	41:36	200a + 750m + 500mm

a) Earned USA citizen bonus

m) Earned masters prize money

mm) Earned 50+ prize

TRACK

Aviva London Grand Prix

(Samsung Diamond League)

London, GBR, 13 & 14 August

MEN

800 (13):

1. Abubaker Kaki, SUD	1:44.38
2. Andrew Wheating, USA	1:44.56 PB
3. Nick Symmonds, USA	1:45.28
4. Darren St. Clair, GBR	1:45.74 PB
5. Jackson Kivuva, KEN	1:45.89
6. Alfred Kirwa Yego, KEN	1:45.91
7. Gareth Warburton, GBR	1:46.47 PB
8. Michael Rimmer, GBR	1:46.51
9. Abraham Kiplagat, KEN	1:46.83
10. Niall Brooks, GBR	1:47.41

Mile (14):

1. Augustine Choge, KEN	3:50.14 PB	\$10,000
2. Mekonnen Gebremedhin, ETH	3:50.35	6,000
3. Leonel Manzano, USA	3:50.64 PB	4,000
4. Amine Laalou, MAR	3:51.51	3,000
5. Ryan Gregson, AUS	3:52.24 PB	2,500
6. Silas Kiplagat, KEN	3:52.32	2,000
7. Gideon Gathimba, KEN	3:52.81	1,500
8. Mohamed Moustaoui, MAR	3:53.06	1,000
9. Thomas Lancashire, GBR	3:53.39 PB	
10. Lopez Lomong, USA	3:54.55	
11. Andrew Baddeley, GBR	3:57.50	

... 13. Peter van der Westhuizen, RSA 4:05.52

3000 (13):

1. Bernard Lagat, USA	7:40.36
2. Mo Farah, GBR	7:40.75
3. Mark Kiptoo, KEN	7:41.56
4. Collis Birmingham, AUS	7:42.39 PB
5. Galen Rupp, USA	7:43.24 PB
6. Chris Thompson, GBR	7:43.34 PB
7. Micah Kogo, KEN	7:45.66
8. Craig Mottram, AUS	7:45.87
9. Titus Mbishei, KEN	7:47.84 PB
10. Adrian Blincoe, NZL	7:49.21

3000 s/chase (13):

1. Paul Kipsiele Koech, KEN	8:17.70	\$10,000
2. Ezekiel Kemboi, KEN	8:19.95	6,000
3. Brimin Kipruto, KEN	8:20.77	4,000
4. Linus Chumba, KEN	8:30.59	3,000
5. Antonio David Jiménez, ESP	8:30.90	2,500
6. Youcef Abdi, AUS	8:31.87	2,000
7. Ben Bruce, USA	8:32.14	1,500
8. Luke Gunn, GBR	8:32.65	1,000
9. Stuart Stokes, GBR	8:33.00	
10. Michael Kipyego, KEN	8:34.90	

WOMEN

800 (14):

1. Mariya Savinova, RUS	1:58.64	\$10,000
2. Janeth Jepkosgei, KEN	1:59.16	6,000
3. Jemma Simpson, GBR	1:59.26	4,000
4. Morgan Uceny, USA	1:59.32	3,000
5. Jenny Meadows, GBR	1:59.40	2,500
6. Anna Pierce, USA	1:59.64	2,000
7. Lisa Dobriskey, GBR	2:00.14 PB	1,500
8. Alysia Johnson, USA	2:00.51	1,000
9. Emma Jackson, GBR	2:00.88 PB	
10. Maggie Vessey, USA	2:01.83	

1500 (13):

1. Nancy Langat, KEN	4:07.60	\$10,000
2. Anna Alminova, RUS	4:08.82	6,000
3. Lisa Dobriskey, GBR	4:09.07	4,000
4. Erin Donohue, USA	4:09.72	3,000
5. Shannon Rowbury, USA	4:09.93	2,500
6. Anna Mishchenko, UKR	4:10.61	2,000
7. Ingvill Måkestad Bovim, NOR	4:10.95	1,500
8. Genzebe Dibaba, ETH	4:11.34	1,000
9. Laura Weightman, GBR	4:12.95 PB	
10. Christin Wurth-Thomas, USA	4:13.13	
... 13. Stephanie Twell, GBR	4:14.39	
14. Maryam Yusuf Jamal, BRN	4:15.60	

5000 (13):

1. Tirunesh Dibaba, ETH	14:36.41	\$10,000
2. Vivian Cheruiyot, KEN	14:38.17	6,000
3. Sentayehu Ejigu, ETH	14:39.24	4,000

4. Sally Kipyego, KEN	14:41.94	PB 3,000
5. Linet Masai, KEN	14:42.37	2,500
6. Pauline Korikwiang, KEN	14:46.80	2,000
7. Emebet Anteneh, ETH	14:52.54	1,500
8. Mercy Cheron, KEN	14:53.61	1,000
9. Molly Huddle, USA	14:57.93	
10. Jessica Augusto, POR	15:04.97	
11. Lauren Fleshman, USA	15:13.08	

3000 s/chase (14):

1. Milcah Chemos Cheywa, KEN	9:22.49	\$10,000
2. Yuliya Zarudneva, RUS	9:22.60	6,000
3. Lydia Jebet Rotich, KEN	9:23.68	4,000
4. Sofia Assefa, ETH	9:24.33	3,000
5. Mercy Wanjiku Njoroge, KEN	9:27.84	2,500
6. Birtukan Adamu, ETH	9:31.39	2,000
7. Lisa Galaviz, USA	9:31.93	1,500
8. Katarzyna Kowalska, POL	9:35.60	1,000
9. Gladys Jerotich Kipkemai, KEN	9:37.68	
10. Almaz Ayana, ETH	9:39.12	
... 13. Helen Clitheroe, GBR	9:50.21	

NEWS

RIMMER REINSTATED FOR STOCKHOLM 800 M

Michael Rimmer, the European Championships silver medallist at 800 m, has been reinstated to second place in the 800 at the DN Galan meeting in Stockholm, part of the Samsung Diamond League. He had been disqualified by officials after the race under IAAF rule 163.6 (leaving the race course) after a protest by another runner. Rimmer was involved in some contact with other athletes between 500 and 600 and took several steps inside of the curb.

However, the jury of appeals decided that Rimmer had not gained an unfair advantage from briefly leaving the track, reports *Race Results Weekly*.

"As the stepping inside can be regarded as unintentional, and as no other runner was disturbed and no material advantage was gained, the Jury of Appeal decides, interpreting the basic purposes of IAAF Rule 163.4, to revoke Martin Rimmer's disqualification and reinstate him to the second place in the race," read a statement released by meeting director Rajne Söderberg.

Rimmer clocked 1:45.11, behind winner (and European champion) Marcin Lewandowski of Poland. All other athletes were bumped down by one place.

EUROPEAN ODYSSEY

As reported in DRR No. 27, South African marathoner and DRR contributor Sharon Eldridge ran four marathons in Europe within four weeks in June, shortly after achieving her 19th medal in the Comrades in 10:41:31. On 5 June she finished 2338th in the Stockholm Marathon in 4:51:46, on 12 June she was first in the 45+ age category in the Santa Claus Marathon in Rovaniemi (FIN) in 4:59:02, on 19 June she finished 50th (8th in the 45+ category) in the Front Midnight Sun Marathon in Tromso (NOR) in 4:27:59, and on 27 June she was 74th in the ERGO White Nights Marathon in St Petersburg (RUS) in 4:58:50. A remarkable achievement by the eight-times winner of the Amatola Marathon. Here are her views on her tour. The pictures show her in St Peteresburg (top) and Tromso. – Ed.

FOUR MARATHONS ... PLUS BEER AND A REINDEER HIDE

By Sharon Eldridge

We started off in Stockholm on 5 June, just five days after the Comrades Marathon, so the legs were tired and sore very early in the race. My goal was to finish all four marathons in under 5 hours, a slow time, but given the running I had already done, this would not be an



easy task. I managed to finish Stockholm in just under my target, one of 18 000 runners who completed the distance. The race was very well organised.

Next was Rovaniemi. We flew from Paris via Helsinki to Rovaniemi, where the race starts on the Arctic Circle, and Santa Claus fires the starting gun. The total number of competitors for the marathon was 70, a vast difference to the one in Sweden. The race started at 18.30 and was run in broad daylight, as

the sun does not set for two months of the year. I once again finished in under 5 hours – just barely- and received a wooden medal with a picture of a reindeer on it. I won my age category and received a trophy and a reindeer hide, which I successfully managed to get through customs back in South Africa!

The following week I ran the Tromso Marathon in Norway. Tromso is the northernmost marathon in the world and was run in terrible conditions. It rained and the surrounding mountains were snow-capped.

Temperatures were between zero and 5°C. I managed to finish in under 4:30 – it must have been the fear of freezing to death if I ran too slowly!!

The final race was the ERGO White Nights Marathon in St Petersburg, Russia, and by now the legs and body were showing signs of fatigue. My left knee decided to give problems 12 km from the end, so I had to walk/hobble for the rest of the way, but still managed another sub-5.

Mission accomplished: Comrades

Marathon followed by four international marathons! I am deeply grateful for being afforded the opportunity to travel overseas, see places of tremendous beauty and historical value, run four totally different marathons, but each special in their own way. I saw Paris from the top of the Eiffel Tower, tried the beer in all the countries, saw real live reindeer, snow, travelled through no fewer than seven countries, and had the time of my life.



STATS TIME

In this section I include the top ten South Africans over the standard distances in 2010 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.

2010 10 KM: TOP 10 VETERAN MEN

30:27	Mluleki Nobanda	1	Paarl	14 Aug
30:34A	Nobanda-2	1	East London	22 May
30:49	Mabhoyisana Mazwayi	1	Port Elizabeth	27 Apr
31:04	Graham Katzen	2	Paarl	14 Aug
31:34	Mazwayi-2	1	Port Elizabeth	15 May
31:36	Mazwayi-3	1	Port Elizabeth	27 Mar
31:49	Bheki Nene	3	Paarl	14 Aug
32:04	Elgin Mokale	4	Paarl	14 Aug
32:05	Mazwayi-4	1	Port Elizabeth	31 Jul
32:08	John September	1	Cape Town	03 Mar
32:14	Jacob Mazibuko	1	Sasolburg	15 May
32:26	Piet Mosebedi	1	Pretoria	06 Feb
32:31	Mxolisi Principal Fana	1	Mossel Bay	15 May
32:36	Mazwayi-5	5	Paarl	14 Aug
32:41	Billy Majafa	1	Sasolburg	06 Feb

THIS MONTH IN HISTORY

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

37 years ago: 11 August 1973

Andries Krogmann set his second SA record of August when he finished second in a 10000-metre race in the Dutch town of Papendal, running 28:27.2 behind Jos Hermens (28:15.6). Earlier in the month Kroggie, as he was popularly known, had run a national record of 7:53.4 for 3000 m, also finishing second behind Hermens in Papendal. The Dutchman's time placed him ninth on the world list for the year; Krogmann was twelfth. In the longer event Krogmann's time gave him 29th spot on the world list. Four months before his visit to Europe he had won the fourth of six consecutive SA titles over 10000 m. Krogmann, born in 1951, passed away last year.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2010

This section lists this year's best South African performance 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

Open

10 km	28:23	Stephen Mokoka	Paarl	14 Aug
	27:04	Josphat Kiprono (KEN)		
	27:01	Micah Kogo (KEN) 2009		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar

	42:46	Lelisa Desisa (ETH)		
21.1 km	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	61:58	Lucky Mohale	Port Elizabeth	24 July
	58:23	Zersenay Tadese (ERI)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		
	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:10:45	Lusapho April	Hannover	02 May
	2:04:48	Patrick Makau (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km				
	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	30:27	Mluleki Nobanda	Paarl	14 Aug
	28:51	Paulo Catarino (POR) 2003		
15 km	48:36	Graham Katzen	Eersterivier	26 Jun
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	66:17	Mluleki Nobanda	Port Elizabeth	24 July
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	87:31a	Basie Bonaparte	Somerset East	24 Apr
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:04	Lindile Tokota	Sedgefield	13 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:29:04	Reginald Ngobese	Sasolburg	06 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:06	Charles Vilakazi	Paarl	14 Aug
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:36	Charles Vilakazi	Boksburg	09 May
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	71:07	Charles Vilakazi	Port Elizabeth	24 July
	66:42	Martin Rees (GBR) 2003		
25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	1:57:40	Raymond Howard	Parow	21 Mar
Marathon	2:45:10	Ernest Tjela	Sasolburg	06 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	37:56	Awie Veldsman	Paarl	14 Aug
15 km	59:47	Albertus Bock	Constantia	13 Mar
21.1 km	83:01	Mike du Bruto	Port Elizabeth	24 July
25 km	1:47:41	Mike du Bruto	Pretoria	08 May
30 km	2:13:46	Albertus Bock	Camps Bay	10 Jan
Marathon	3:10:22a	Simon Mokone	East London	27 Feb
100 km				

Juniors

10 km	29:57	Thobane Chagwe	Paarl	14 Aug
	27:52	Richard Chelimo (KEN)	1990	
15 km	47:28	Siyabonga Makhaluzo	Eersterivier	26 Jun
	42:25	Moses Mosop (KEN)	2004	
21.1 km	66:23	Sithembele Fanekho	Port Elizabeth	24 July
	59:16	Samuel Wanjiru (KEN)	2005	

WOMENOpen

10 km	32:32	René Kalmer	New York	12 Jun
	30:45a	Lineth Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR)	2003	
15 km	51:24	Tanith Maxwell	Eersterivier	26 Jun
	47:57	Edna Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH)	2009	
21.1 km	71:09	Irvette van Blerk	Port Elizabeth	24 July
	67:07	Elvan Abeylegesse (TUR)		
	66:25	Lornah Kiplagat (KEN)	2007	
25 km	1:36:29	René Kalmer	Johannesburg	24 Jan
	79:53	Mary Keitany (KEN)		
	79:53	Mary Keitany (KEN)	2010	
30 km	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:43:24	Mara Yamauchi (GBR)		
	1:38:49	Mizuki Noguchi (JPN)	2005	
Marathon	2:34:24	Tanith Maxwell	London	25 Apr
	2:22:00	Liliya Shobukhova (RUS)		
	2:15:25	Paula Radcliffe (GBR)	2003	
100 km	6:33:11	Tomoe Abe (JPN)	2000	

Veterans (40+)

10 km	37:06	Tessa Burrell	Port Elizabeth	01 May
	32:14	Priscilla Welch (GBR)	1985	
15 km	56:31	Michelle Bartman	Eersterivier	26 Jun
	49:35	Priscilla Welch (GBR)	1985	
21.1 km	81:10	Michelle Bartman	Port Elizabeth	24 July
	69:56	Irina Permitina (RUS)	2009	
25 km	1:47:49	Ansie Viljoen	Pretoria	08 May
	82:13	Mizuki Noguchi (JPN)	2005	
30 km	2:06:43	Joanna Thomas	Camps Bay	10 Jan
	1:51:37	Mieke Pullen (NED)	2001	
Marathon	2:52:04a	Joanna Thomas	Oudtshoorn	27 Feb
	2:26:51	Priscilla Welch (GBR)	1987	
100 km	7:00:27	Normi Sakurai (JPN)	2007	

Masters (50+)

10 km	40:28	Olga Howard	Bellville	10 Apr
	34:44	Tatyana Pozdniakova (UKR)	2005	
15 km	63:25	Olga Howard	Eersterivier	26 Jun
	54:33	Shirley Matson (USA)	1991	
21.1 km	89:51	Olga Howard	Port Elizabeth	24 July
	76:07	Tatyana Pozdniakova (UKR)	2006	
25 km	2:04:09a	Jenny Scott	Pinetown	24 Jan
30 km	2:16:34	Olga Howard	Camps Bay	10 Jan
Marathon	3:08:34a	Annatjie Botes	Oudtshoorn	27 Feb

100 km	2:31:05	Tatyana Pozdniakova (UKR) 2005		
<u>Grandmasters (60+)</u>				
10 km	42:39	Sonja Laxton	Paarl	14 Aug
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:36:59	Veronica van Niekerk	Port Elizabeth	24 July
25 km	2:10:34	Elaine Greenblatt	Johannesburg	24 Jan
30 km	2:31:56	Veronica van Niekerk	Camps Bay	10 Jan
Marathon	3:41:39	Elaine Greenblatt	Sasolburg	06 Feb
100 km				
<u>Juniors</u>				
10 km	34:28	Dominique Scott	Bellville	05 Jun
	31:42	Zola Pieterse (RSA) 1984		
15 km	57:44	Asiphe Sikabalanjana	Constantia	13 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	78:42	Nandipha Dywili	Port Elizabeth	24 July
	1:09:05	Delilah Asiago (KEN) 1991		

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